



# AT - *Worlds of Pleasure*

BEST OF SPECIAL WEEKS

enjoy | relax | take a break

03.11.2024 - 10.11.2024



Golden days ahead.

The colourful leaves of autumn appear like flowers blossoming on the treetops, while you go on relaxed tours through the world of the Dolomites together with our hiking guides and let us enchant you with the subsequent gourmet menu. Do as nature do and get in the mood for the most beautiful season with relaxed meditations, movement sessions and yoga workshops.

# at – best of week – highlights

ALL YOGA AND RELAXATION SESSIONS TAKE PLACE IN THE MOVEMENT ROOM.

FOR ALL SESSIONS AND HIKE WE ASK FOR REGISTRATION AT THE RECEPTION WITHIN 7:00 PM THE DAY BEFORE.

## monday

- AT 8.<sup>00</sup>AM Pampering moments with Dr. Boos products
- AT 9.<sup>00</sup>AM Hike with hiking guide Axl from Brücke to the Prato Piazza high plateau
- AT 9.<sup>00</sup>AM Autumn hike to the Roskogel with hiking guide Anton
- FROM 3.<sup>15</sup>PM Experience highlight themed infusions every hour from 3.15 pm on in our adventure sauna
- AT 9.<sup>30</sup>PM Dream meditation with Manuela & Ira in the panorama relaxation room

## tuesday

- AT 9.<sup>00</sup>AM Hike to the Kühwiesenkopf with hiking guide Anton
- AT 10.<sup>00</sup>AM "Healthy back" yoga workshop with Magdalena
- AT 12.<sup>00</sup>PM Leisurely walk with Axl to "AlpenHigh" Seppila followed by a schnapps tasting
- AT 3.<sup>00</sup>PM Yoga "Balance" with Magdalena
- FROM 3.<sup>15</sup>PM Experience highlight themed infusions every hour from 3.15 pm on in our adventure sauna
- AT 5.<sup>15</sup>PM "Best Of" show infusion with Lukas & Daniel
- FROM 6.<sup>45</sup>PM "Törggelen Edition" kitchen party in the AT kitchen
- AT 9.<sup>30</sup>pm High-end tasting in the AT wine bunker - Master Class White Cuvée South Tyrol with sommelier Max  
*(limited number of participants | 45,-€)*

## wednesday

- AT 9.<sup>00</sup>AM Morning Yoga with Magdalena
- AT 9.<sup>00</sup>AM Highlight hike around the world-famous Three Peaks with hiking guide Zenzi
- AT 3.<sup>00</sup>PM Suggestions for your cardio training with Lukas
- AT 3.<sup>00</sup>PM Back gymnastics with Daniel
- FROM 3.<sup>15</sup>PM Experience highlight themed infusions every hour from 3.15 pm on in our adventure sauna
- AT 3.<sup>30</sup>PM Sunset hike on the Lutterkopf with hiking guide Axl
- AT 5.<sup>00</sup>PM Infopoint Nui Cosmetics with Manuela
- AT 9.<sup>30</sup>PM Guided rum tasting with Master Rummelier & IHK Bar Master Stefan Lercher  
*Registration at the reception, until Wednesday 12.00 noon (limited number of participants) | 18,-€*

## thursday

- AT 9.<sup>00</sup>AM Hike with hiking guide Axl to the beautiful Armentara meadows
- AT 10.<sup>00</sup>AM Yoga workshop "Classic Hatha" with Magdalena
- AT 3.<sup>00</sup>PM Yin Yoga with Magdalena
- FROM 3.<sup>15</sup>PM Experience highlight themed infusions every hour from 3.15 pm on in our adventure sauna
- FROM 6.<sup>45</sup>PM Highlight Galadinner
- FROM 7.<sup>00</sup>PM TO 12.<sup>00</sup> Long sauna night - with highlight infusions until 11.15 pm

## friday

- AT 9.<sup>00</sup>AM Hike up Monte Piana with hiking guide Axl
- FROM 3.<sup>15</sup>PM Experience highlight themed infusions every hour from 3.15 pm on in our adventure sauna
- FROM 6.<sup>45</sup>PM Gourmet menu with cheese tasting with Florian from "Goasglick"
- AT 9.<sup>30</sup>PM High-end tasting in the AT wine bunker - Master Class Bordeaux Blends with sommelier Max  
*(limited number of participants | 50,-€)*

## saturday

- AT 08.<sup>30</sup>AM Hike with hiking guide Daniel to the beautiful Lago delle Baste
- AT 10.<sup>00</sup>AM Workshop Kundalini Yoga with Magdalena
- AT 3.<sup>00</sup>PM Meditation journey "Power of the forest" with Mäggi
- FROM 3.<sup>15</sup>PM Experience highlight themed infusions every hour from 3.15 pm on in our adventure sauna
- 3.<sup>30</sup>PM TO 4.<sup>30</sup>PM Autumn magic with the AT reception team and AT house technique team
- FROM 6.<sup>45</sup>PM Highlight dinner with guest chef Daniel Niederkofler from the Arieshof in St. Lorenzen

## sunday

- AT 07.<sup>15</sup>AM Gourmet breakfast with special highlights

## Monday

8.00 am: Pampering moments with Dr. Boos products with Nadine at the beauty reception

9.00 am: **Hike from Brücke to the beautiful Prato Piazza high plateau**

The circular hike in the Altpragsertal valley starts at the parking lot at the "Brücke" hotel and leads along trail no. 18 through forests and meadows, along the Stolla stream. After around 1.5 hours, you reach the Stolla Alm, surrounded by the rock faces of the Dürrenstein and the Hohe Gaisl. From there, continue on trail no. 3 to Plätzwiese, a high plateau with an impressive mountain backdrop.

*Difficulty: moderate | difference in altitude: 500 m | walking time: 3.5 - 4 h*

9.00 am: **Wonderful autumn hike on the Rosskogel near Dobbiaco**

The hike to the Rosskogel starts in Frondeigen and leads across forest, larch and mountain meadows to the summit, from where you can enjoy a magnificent 360° panoramic view of the Dolomites, Dobbiaco and Lake Dobbiaco. The ascent is easy and rewards you with impressive views of the surrounding mountain peaks and valleys.

*Difficulty: moderate | difference in altitude: 500 m | walking time: 3-4 h*

from 3.15 pm: Experience highlight themed infusions every hour from 3.15 pm on in our adventure sauna

9.30 pm: **A special highlight:** Dream meditation with Manuela & Ira in the panorama relaxation room



## Tuesday

9.00 am: **Fantastic hike to the Kühwiesenkopf in Braies**

A pleasant mountain hike leads from Lake Braies via the Riedlhof to the "Franz-Josefshöhe", which offers an impressive panoramic view of the Zillertal Alps to the north and the Dolomites to the south.

After the summit experience, we return to the starting point via the same route.

*Difficulty: moderate | difference in altitude: 640 m | walking time: 4 h*

10.00 am: "Healthy back" yoga workshop with Magdalena

12.00 pm: **Leisurely walk with Axl to "AlpenHigh" Seppila followed by a tasting session.**

Tasting of mountain schnapps and fine liqueurs from our own production as part of a storytelling session with Jimmy Holzer

3.00 pm: Yoga with Magdalena

from 3.15 pm: Experience highlight themed infusions every hour from 3.15 pm in our adventure sauna

5.15 pm: **"Best Of" show infusion** with Lukas & Daniel

from 6.45 pm: **Kitchen party "Törggelen Editon" - discover the secrets of our AT cuisine**

Experience Törggelen in a new form at our kitchen party, where traditional and modern interpretations of Törggelen classics come together. Enjoy the lively atmosphere of our kitchen, meet our talented chefs and discover the secrets behind the unique creations.

9.30 pm: **High-end tasting in the AT wine bunker Master Class White Cuvée South Tyrol**

Our wine region of South Tyrol is known for its exceptional white wines. The spearheads are the great cuvées from various wineries. Under the guidance of sommelier Max, we will taste different interpretations of the respective cellar masters. Look forward to an unforgettable journey with the local spearheads of this wine style. (max. 14 persons | 45,-€)

## Wednesday

- 9.00 am: Morning Yoga with Magdalena
- 9.00 am: **Highlight hike around the world-famous Three Peaks**  
The Three Peaks circuit starts at the Auronzo hut and leads along hiking trail no. 101 to the Lavaredo hut and on to the Paternsattel saddle, from where you can admire the impressive Three Peaks. The trail then leads to the popular Three Peaks hut and on along trail no. 105 to the Langalm. Finally, you return to the starting point at the Auronzo hut via the Col de Medo saddle.  
*Difficulty: moderate | difference in altitude: 400 m | walking time: 4 h*
- 3.00 pm: Suggestions for your cardio training with fitness coach Lukas
- 3.00 pm: Back gymnastics with Daniel
- from 3.15 pm: Experience highlight themed infusions every hour from 3.15 pm on in our adventure sauna
- 3.30 pm: **Sunset on the Lutterkopf with hiking guide Axl**  
We start at the Mudlerhof parking lot (1,432m) above Taisten and climb up through dense mountain forest to the Lutterkopf.  
A gentle, leisurely hiking mountain with amazing views of the Pustertal Valley and the Dolomites. The mountain is the first peak of a long ridge that flanks the Antholz Valley.  
*Difficulty: moderate | difference in altitude: 530 m | walking time: 3.5 h*
- 5.00 pm: Infopoint Nui Cosmetics with Manuela
- 9.30 pm: **Guided rum tasting with Master Rummelier & IHK Bar Master Stefan Lercher**  
Let yourself be carried away into the fascinating world of rum while you taste different varieties and gain interesting insights into the history and production of this noble drink. Enjoy the perfect combination of expertise and pleasure in a convivial atmosphere.  
(max. 12 persons | 18,-€)

## Thursday

- 9.00 am: **Hike with Axl to the autumnal Armentara meadows**  
The hike to the Heiligkreuz pilgrimage church (La Crusc) leads from Wengen through sunny meadows and shady forests up to the picturesque little church at the foot of the Heiligkreuzkofel, accompanied by the impressive Kreuzkofel group. After about two hours of gentle ascent, we enjoy the view of the Gardenaccia plateau and the Marmolada before returning to the starting point.  
*Difficulty: moderate | difference in altitude: 400 m | walking time: 3.5 h*
- 10.00 am: Yoga workshop "Classic Hatha" with Magdalena
- 3.00 pm: Yin Yoga with Magdalena
- from 3.15 pm: Experience highlight themed infusions every hour from 3.15 pm on in our adventure sauna
- from 6.45 pm: **Gala dinner highlight**  
A special gala dinner - an evening full of culinary delights



## Friday

9.00 am:

### Highlight hike with hiking guide Axl on Monte Piana

The route takes us from the parking lot near Lake Misurina to the Rifugio Bosi and a small chapel dedicated to the fallen of the First World War. During the First World War, Monte Piana was a highly contested area: the Austrians were on the northern summit and the Italians on the southern summit. Fortifications, tunnels, galleries and trenches were built for defense. These can still be seen today. With the Three Peaks in the foreground, you probably have one of the most beautiful views in the entire Dolomites region from here.

*Difficulty: moderate | difference in altitude: 560 m | walking time: 4- 5 h*

from 3.15 pm: Experience highlight themed infusions every hour from 3.15 pm in our adventure sauna

from 6.45 pm: Gourmet menu with cheese tasting with Florian from the "Goasglick" farm cheese dairy

9.30 pm:

### High-end tasting in the AT wine bunker

#### Master Class Bordeaux Blends

A Bordeaux Blend is a style of wine made from the grape varieties cultivated in Bordeaux, France - Cabernet Sauvignon, Merlot, Cabernet Franc, Petit Verdot and Malbec.

Under the guidance of sommelier Max, we will taste great representatives of different wine-growing regions. Look forward to a journey through the world of these wine styles

*(max. 14 persons | 50,-€)*

## Saturday

8.30 am:

### Hiking guide Daniel takes you on a hike to the beautiful Lago delle Baste

The hike starts at the Giau Pass and leads through the Val di Zonia, past the Forcella Col Piombin, up to the Forcella Passo Giau. From there, there is a spectacular view of the Tofane and 5 Torri, while you continue to Lago delle Baste, where you can see the impressive reflection of the Pelmo in the lake.

*Difficulty: easy | difference in altitude: 300 m | walking time: 3.5 h*

10.00 am:

Workshop „Kundalini Yoga“ with Magdalena

3.00 pm:

Meditation journey "Power of the forest" with Mäggi

from 3.15 pm: Experience highlight themed infusions every hour from 3.15 pm in our adventure sauna

3.30 pm:

### "Autumn magic" with the AT reception team and AT house technique team on the hotel terrace

We warmly invite you to a cozy get-together with chestnuts, mulled wine and accordion music.

from 6.45 pm:

### Highlight dinner with guest chef Daniel Niederkofler

Look forward to an exclusive highlight dinner with guest chef Daniel Niederkofler from the Arieshof in St. Lorenzen. Enjoy his refined creations, which combine tradition and innovation in a delicious way, and experience an unforgettable evening full of culinary highlights.

## Sunday

at 7.15 am:

### Enjoy a gourmet breakfast with special highlights

Look forward to Fin de Claire oysters | poached egg | chocolate fountain with fresh fruits  
white sausage with pretzels | wheat beer | Chai Latte

### Today at 4.00 pm we close our hotel:

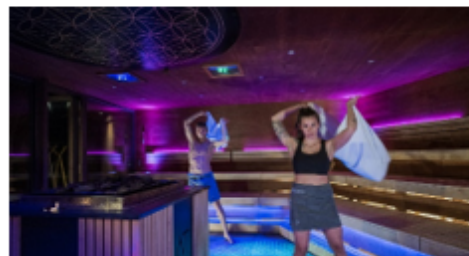
The swimming pools are open for you from 07.00 am to 4.00 pm,

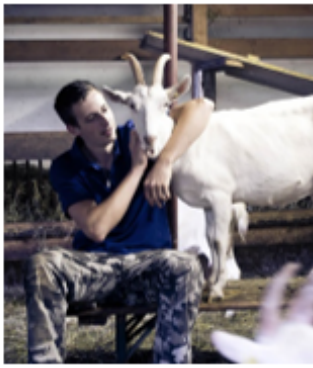
the saunas from 10.00 am to 4.00 pm. Today we spoil you from 11.15 am with 5 highlight infusions in the event sauna

We invite you to the buffet lunch from 12.30 pm to 3.00 pm.

We wish you a wonderful AT Worlds of Pleasure week.

*Family Feichter and the whole AT-Team ♥*





## Daniel Niederkofler

### *Chef at Arieshof in St. Lorenzen*

Daniel Niederkofler is a passionate chef from the Ahrntal Valley and is currently the head chef at the restaurant in Arieshof in St. Lorenzen. His culinary philosophy is based on regional and seasonal ingredients sourced from organic and sustainable farming. In addition to his work as a chef, he is also an organic farmer, fisherman, beekeeper, and hunter, which perfectly complements his approach to 0-km cuisine. Together with his wife Marion, he runs the Maurmairhof, where they raise goats and refine meat. Niederkofler is a well-traveled chef with experience in countries such as Spain, Portugal, England, and

New Zealand, which have shaped his passion for high-quality food. He places great importance on regionality and the processing of natural products that he produces himself. With much dedication and attention to detail, he offers a culinary experience that takes guests on a sustainable journey of enjoyment.



## Stefan Lercher

### *Master Rummelier & IHK Bar Master*

Stefan Lercher is a recognized Master Rum Taster and IHK Bar Master, specializing in exclusive spirits and high-quality cocktails. His passion for rum and the art of mixing has made him a sought-after expert in the bar scene. As a Master Rum Taster, he possesses in-depth knowledge of the world of rum, from its origins and production to the finest flavors and nuances of this spirit, which he conveys in an engaging and entertaining manner. His stories about travels to sugar cane plantations and his comprehensive sensory training sessions are particularly impressive. His tastings are not only informative

but also a delight for the senses. In addition to his specialization in rum, Stefan Lercher is also an experienced bar master who regularly offers training sessions and tastings. He is known for his ability to combine complex flavors in unique cocktails, providing his guests with an unparalleled tasting experience. Through his work, he contributes to the refinement of bar culture and captivates both enthusiasts and professionals with his skills.



## Josef Holzer

### *Alpen High® - Seppila*

*Josef Holzer, "Jimmy" is a jack-of-all-trades, lateral thinker and creative spirit, who is always putting new ideas into practice.*

Alpen High Seppila is a down-to-earth company whose stated goal is to produce high-quality spirits and liqueurs, using mostly natural raw materials.

All the flavors for the spirits and liqueurs are obtained by an extraction of various herbs, roots, berries or fruits. The particularly elegant process of Alpen High® - Seppila is to use

this very grain spirit as a solvent and thus create new, surprising and natural flavor explosions with the help of a wide variety of natural products.



## Florian Wolfsgruber

### *Goasglick*

The GoasGlick cheese dairy is beautifully nestled at 1,575 meters above sea level in the small village of Oberwielenbach near Brunico, on the historic farm "Oberwolfsgrube." The history of this listed farmhouse dates back to 1545. Today, the farm is managed with great dedication and passion by Florian and Ulrike. They place special emphasis on sustainable farming practices and the highest quality standards.

On the lush mountain pastures surrounding the farm, around 80 dairy goats of various breeds graze: the Colored German Edel Goat, the Saanen Goat, and the Anglo-Nubian

Goat. The result of this species-appropriate husbandry and nature-oriented management is a particularly rich and flavorful milk, which forms the basis for their high-quality goat cheese. The cheese, produced with careful handcrafting, is characterized by its unique, intense flavor that captures the aromas of mountain herbs and grasses, reflecting them in every variety of cheese.