

Guest magazine

The magazine for pleasure, balance, cordiality and activity in Forster's Naturresort **** de luxe. Holidays at their best in the heart of the Alps.



Pioneer in sustainability



Only five hotels throughout Austria have been awarded the Austrian and European eco-labels. The Federal Ministry for Sustainability and Tourism examines over 70 different requirements for so-called Eco-label eligibility. Ecological compatibility and sustainable effectiveness are assessed in this process. We are proud to be one of these five sustainable hotels in Austria. After all, the conscious use of the resources that nature provides has been very important to us from the beginning. A good example of this is the use

of water, which is fortunately available in abundance and of the highest quality at Forster's. We heat our water using our very own heat pumping process. The energy needed for the necessary compressors is supplied 100% by Tirolean Wasserkraft AG from our Tyrolean hydroelectric power plants. We use heat pumps to generate heat even on the coldest days of the year - without the consumption of fossil fuels. Sustainable and environment-conscious!



"Heal, help, with a wonderful scent!" - Swiss stone pine can do this and so much more. No wonder that for many it is the real pearl of the Alps. The reddish knotholes and large annual rings provide a sense of well-being. Craftsmen appreciate the simplicity of the workmanship it entails. What counts for us above all, though, is the wonderful fragrance and the special effect on people. Our masseuses ensure soothing relaxation with warm Swiss stone pine sticks and oil, fragrant Swiss stone pine herbal cushions in every room promote a restful sleep and our homemade Swiss stone pine liqueur at the hotel bar enchants the palate with indulgence.

The Swiss stone pine creations of Markus and Christian are real delights. The two natives of Stubai put all their love and finesse into these special sculptures. On display and available from us!

**We look forward
to seeing you!**

*The
Gleirscher Family*





Herbalism made easy

Prepare healing teas and ointments yourself and reap the rewards

You never stop learning – not even on holiday. At the Kräuterhof, we like to combine learning with lots of fun, excitement and of course practical experience! We head on a voyage of discovery in the herb farm, as long as the weather allows it of course. Our guests find out more about the importance of precious local herbs and their use in medicine and cuisine here. When winter finally dawns upon us,

we simply carry on inside the homely herb farm: fully tuned to the season, we concentrate on the production of fragrant soaps, healing ointments and wholesome teas. In the weekly Kräuterhof session, our guests also learn a lot about the use of herbs in the medicine cabinet and the baking of bread. You are more than welcome to take home the tips given by our charming and experienced herbal fairies.

Game in winter

Protection and food for wild animals

Winter is on its way to immerse the meadows and forests of Tyrol into a layer of white. But with the snow usually comes the freezing cold that both humans and animals have to endure. The winter is a particularly hard time for wild animals. They retreat to the valleys, where they find a milder climate and food in the floodplains and deciduous woods. Our primary responsibility is to protect these wild animals, especially red deer and roe deer. They need fresh hay and rest when feeding in the cold season. This care-

ful approach allows our guests to observe the shy animals in the wild together with the hunter and photographer Paul from the autumn. Our fallow deer enclosure provides a year-round animal experience. The guests can get to know the gentle nature of the beautiful animals during the weekly feedings here. With lively brown eyes and sometimes also with a piercing roar, our fallow deer welcome you inquisitively and provide you with pleasant holiday memories that you will always look back on fondly.



Tasting evening at the Kräuterhof

Dedicated to Saint Francis

Time to reflect

Tyrolean Mountain Christmas

Celebrate good times as they come ...

Farm evenings, Feast of St. Francis, traditional Advent and a contemplative Christmas season.

It is true, our Kräuterhof is really something. Its homely atmosphere, the wonderful aroma of herbs and Tyrolean delicacies, the glasses full of golden honey and the welcoming lounge – all this and much more makes our herb farm the perfect place for numerous events. You are sure to experience plenty of enjoyment and fun with top class Tyrolean music at our weekly farm evening. Here we come together to encounter St. Francis. We all toast the most contemplative time of the year with songs, brass and harp sounds.



Autumn herb vinegar

Nina's recipe tip

"A beautiful play of colours."

- Ingredients:
- 8 rose hips
 - 2 tbsp. chanterelle or 1 small porcini mushroom
 - ½ l red wine vinegar
 - 2 sprigs of thyme
 - 2 sprigs of oregano
 - 2 sprigs of summer savoury
 - 2 blades of garlic-chives
 - 2 juniper berries

1. Prick the rosehips several times with a darning needle so that the juice can be extracted more easily.
2. Clean small chanterelles (they can be used whole). If using a porcini mushroom, clean it and chop into slices (1 tbsp. of dried mushrooms can also be used as a substitute).
3. Place the rose hips, mushrooms and vinegar in a saucepan, heat and allow to simmer for about 4-5 minutes.
4. Then filter off and place the solid ingredients in a wide-neck bottle.
5. Add the rest of the dry herbs into the bottle and finally fill up with the cooled vinegar and cover everything. Always store the vinegar in a cool and dark place. After approx. 2 weeks, it is thoroughly absorbed through and can be filtered off if desired. In essence, the herbs can remain in the vinegar after it is opened, however everything should always be covered with vinegar. This vinegar adds an autumnal touch to your plate and also goes wonderfully well with game dishes.

Wishing you the best of success!

Winter wonderland



Active during the winter

With ski pleasure and fantastic alternatives

Immerse yourself into nature and enjoy life to the fullest, there is no reason why this cannot be done in winter in many different ways. Whether it is with skis or snowboard rapidly down the slopes, a little more comfortably on the magnificent hiking routes, tobogganing or on one of the interesting snow-shoe hiking routes: The enchanting winter wonderland of the Stubai Valley definitely has something for everyone. This perfect opportunity for you to see winter, forest and mountains with your own eyes and to explore this landscape!

Skischool- and Skipassprice

Group courses (10-12 o'clock and 13-15 o'clock)

1 day	79,00
2 days	129,00
3 days	159,00
4 days	179,00
5 days	195,00
Extension as of 5th day	20,00

Privat courses 1 person

2 hours	129,00
4 hours	209,00
For each additional person per day	25,00



Forster's Ski Servicepaket

Forster's ski pass service

Do you want to start your winter holiday without the endless queues at the lift counter? Then use our ski pass service and simply let the reception know of your wishes. We will take care of your ticket into the snow and skiing paradise of the Stubai Valley!

Forster's ski servicing and rental package for effortless skiing

The Stubai ski rental centre is located directly by the hotel. You are guaranteed to find the perfect ski equipment that is individually tailored to you here. Your skis are perfectly prepared at a favourably priced Forster discount (our guests receive a discount of 10% on rental and 5% on sales items). Ski equipment from the professionals, carefully prepared and tailored to you – it could not be better!

Forster's ski school service

Our ski instructor Markus from the Neustift ski school will provide his professionalism and in-depth knowledge every Saturday during a "question and answer" session. You will find out all there is to know and lots of practical information on "Ski schools and courses". You can book your course easily and conveniently with us at the hotel as soon as all your requests have been clarified.

Forster's ski shuttle service

Our exclusive Forster ski shuttle service will take you to the ski resort you want to go to and bring you back to the hotel again afterwards. We offer 3 departure times every day from the beginning of November until the end of April between 8am and 11am, as well as 2 pick-up times between 2pm and 5pm. **Service charge: Euro 3.90 per person per day.**

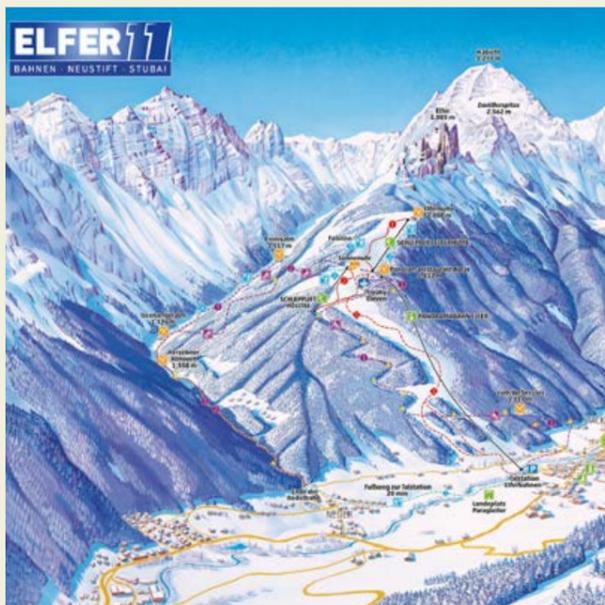
You can of course also travel with your own car (there are enough parking spaces at each ski resort). Or choose the public, free ski bus that departs directly outside our front door.

Glacier skipass

14.10.2018 - 05.05.2019

1 day ski pass	48,00
2 1/2 day ski pass	95,00*
3 1/2 day ski pass	139,00*
6 day ski pass	231,00*
5 in 7 day ski pass	221,00*

*inkl. the Elfer lifts)



1 km distance to the Hotel

Stubai skipass

(valid for all lifts of Stubai valley)

01.12.2018 - 22.04.2019

2 day ski pass	107,00
3 day ski pass	148,00
4 day ski pass	185,00
5 day ski pass	222,00
6 day ski pass	259,00



5 km distance to the Hotel



15 km distance to the Hotel



3 km distance to the Hotel



With the power of nature for inner wellness and beauty.



Forster's Balance Programme

- become in harmony with yourself once again!

No matter what culture. No matter what era. Centuries old knowledge seems to be getting more important these days: Body, mind and soul form a single unit. Your balance is therefore of great importance. Based on this knowledge, and in accordance with old monastic medicine, we have developed a programme here at Forster's Naturresort that has been medically proven to re-establish this balance. **We cannot make you healthy, but we want to help keep you healthy.**



Plenty of water

A healthy body needs lots of water. Energy from within!

You will find the following for this here:
 ♦ The water in the rooms and drinking fountains are refined from the Pinnis source using the Grander water revitalisation technique.



Good food

There is no better time to eat well than on holiday. Take this opportunity – good food unites body and soul.

Our dishes include:
 ♦ healthy and seasonal food
 ♦ regional (R50 principle), homemade and well-balanced cuisine

Vegetarian and fish dishes can also be found, among other items, on each dinner menu.



Warm & cold in alternation

We use the effects of temperature stimuli for different treatments and for preventative health measures as well as for general all-round well-being.

You will find the following for this here:
 ♦ six different saunas and thermal baths
 ♦ our private spring water bay
 ♦ Kneipp fountain



Clear your mind

Exercise is key to light physical body training. A clear body helps a clear mind!

We therefore offer:
 ♦ Nordic walking
 ♦ water gymnastics
 ♦ walks in the mountains



Deep breathing & Forest bathing

New energy through proper breathing – you will increase your energy and quality of life with our balanced breathing programme.

You will find the following for this here:
 ♦ breathing exercises in nature
 ♦ tips for more life energy
 ♦ Recharge energy and feel the power of the wood



Active in nature

From easy to demanding – exercise is essential for your health.

♦ Our activity programme runs all year round.
 ♦ Perfect starting point for:
 • hiking, running, cycling, mountaineering, climbing ...
 • skiing, tobogganing, ice skating, snowshoe hiking, cross-country skiing ...



Well-being for the body

Tensions from everyday life are released with body stroke movements for all-round regeneration and well-being for body and soul.

You will find the following for this here:
 ♦ soothing and therapeutic massages and body treatments



Sound sleep

Indulge the body with plenty of sleep to help regeneration.

You will find the following for this here:
 ♦ choice of pillows
 ♦ choice of mattresses
 ♦ herb and Swiss pine pillows
 ♦ natural materials in the room



Peace and spirituality

A place to take time out. Find peace within. Just be yourself!

You will find the following for this here:
 ♦ Our own private chapel where each and everyone is warmly welcome, with or without faith.



Treatmentprogramm with active component from the mountains.

Swiss stone pine, minerals, arnica, edelweiss, honey, lingonberry, lavender, birch sap... very best effects for your well-being and beauty with nature and plants from our alpine mountain landscape. Take advantage of what we have on offer and see for yourself how you can just let go of the stress and hecticness of everyday life!

Nina's Treatment Tips

Swiss stone pine relaxation treatment - Nr. P6

Stress-reducing effect, while improving blood circulation and relieving tensions and blockages. Massage with warm Swiss stone pine sticks, Swiss stone pine honey exfoliation, Swiss stone pine honey bath, Swiss stone pine liqueur with Prosecco. Can also be booked for two.

Price per person 85 min. € 99,00

PS: On our homepage you can find under Balance & Spa more relaxation treatments for your holidays. There is also the brochure for Download. www.hotel-forster.at



Balanca & SPA Aria

Regeneration lies in relaxation

Sauna village (from 12 years)

- ◆ **Finnish sauna**
The "Classic Sauna" with 90°C and low humidity is accompanied by wonderful infusions with aromas of spruce and high-mountain woods.
- ◆ **Laconium**
At a constant body temperature of approx. 37°C, the immune system is activated and strengthened, the body is optimally purified and detoxified.
- ◆ **"Sweating room" (outdoors)**
The inhalation sweating room has a stimulating effect at a temperature of 55°C in combination with herbal infusions, increasing the all-round sense of well-being.
- ◆ **"Amethyst" inhalation grotto**
Steam and radiant heat create a type of ocean climate, which relaxes and nourishes in combination with essential lavender extracts at a temperature of 45°C.
- ◆ **Brine steam bath**
This steam bath is especially suitable for neurodermatitis sufferers with 90% humidity at approx. 50°C, sprayed in brine (liquid salt).
- ◆ **Aroma herbal steam bath**
A sweating treatment with the soothing effects of different herbs will make the skin wonderfully soft, detoxify the body and regenerate the airways at temperatures of around 55°C.
- ◆ **Kneipp spa**
The warm-cold alternation ensures an energising effect for blood circulation and overall health – according to the principle by Sebastian Kneipp.
- ◆ **Multi-sensory showers**
Immerse yourself in our multi-sensory showers with special water settings and experience a diverse range from the finest fog to tropical rain.
- ◆ **Panoramic relaxation pavilion**
Water beds (with different mattress hardness levels), recliners and magnificent views over the Stubai mountains are on offer in the relaxation pavilion
- ◆ **Romantic covered fresh-air relaxation area**
The outdoor relaxation area, with wonderful relaxing loungers for relaxing moments alone or in couples, is directly connected to our free sauna facility.

Indoor pool

- ◆ ... with whirl loungers
- ◆ counter-current system
- ◆ massage bay
- ◆ **Family steam bath**
You will find a steam bath that can be used with swimwear in the area of the panoramic indoor pool – meaning an experience for the whole family!

Treatment area

- ◆ Couple's treatment room ◆ Massage room
- ◆ Cosmetics room ◆ Waterbed body pack facility
- ◆ Pedicures and manicures

Outdoor swimming pool

- ◆ ... with swim-through lock to the panoramic indoor swimming pool
- ◆ whirl loungers
- ◆ massage bay
- ◆ **Wellness courtyard**
Whether you are in the sheltered Mediterranean wellness courtyard, around the bathing lake or on the spacious sunbathing area – everyone will find their own individual place to relax here.

SPA reception

- ◆ ... with vitamin bar



Forster's Childclub



Skipass Special

Children under the age of 10 free of charge if accompanied by a parent.

Big Programm for our little Guests

Included for our younger guests

- ◆ Year-round caring childcare facilities at the hotel
- ◆ 2 children's playrooms
- ◆ 1 games room with billiards, table football, X-Box and PlayStation
- ◆ A variety of discounts across the whole valley
- ◆ Babysitter service (bookable at reception, charge applies)
- ◆ Children's meals freshly prepared each day
- ◆ Cots, high chairs and children's stool in the bathroom
- ◆ Special children's discounts!



Childcare times:

- 29.09. - 12.10. > across 5 days a week for 4 hours each
- 13.10. - 21.12. > across 4 days a week for 2 hours each
- 22.12. - 05.01. > across 5 days a week for 4 hours each
- 06.01. - 02.03. > across 4 days a week for 2 hours each
- 03.03. - 09.03. > across 5 days a week for 4 hours each
- 10.03. - 13.04. > across 4 days a week for 2 hours each
- 14.04. - 27.04. > across 5 days a week for 4 hours each
- 28.04. - 30.04. > across 4 days a week for 2 hours each

5 days a week for 4 hours each from 3pm - 7pm.
4 days a week for 2 hours each from 5pm - 7pm. (Changes may be made)

Children discounts

When staying in a room / apartment with parents

Age of the children	Discount
Up to 2 years	100 %
3 to 5 years	70 %
6 - 9 years	60 %
10 - 14 years	50 %
From 15 years	40 %



Water Fun



Big Family Skicamp



Toboggan fun for young and old



Family time

Big Family Skicamp

The little ski hobbys can take full advantage of the "Miniland" as part of the children's ski club with the ski school for beginners from 4 years old and the "Children's Land" with the ski school for children from 4 years old with some experience already in skiing. More advanced children can benefit from our

wonderful skiing area on the Stubai Glacier. Children under 3 years, which come along with their parents, can expect loving child care in the Gamsgarten at the play paradise and club house where they can do crafts, play and paint.

14.12.2018 - 01.05.2019

Children Alpin 4 hours, Sunday - Thursday 10.00 - 12.00 13.00 - 15.00	without lunch and supervision	with lunch and supervision
5 days	195,-	255,-
4 days	179,-	227,-
3 days	159,-	195,-
2 days	129,-	153,-
1 day	79,-	91,-

Minnie Mouse group (beginners from 4 years) Only the difference is payable for the extension of a ski course.

Taster day 59,-

1/2 day in the afternoon 39,-

The taster days shall be included as an extension to 3-5 day courses! All prices given in Euro incl. VAT.

Forster's inclusive service

More on offer for you here! - package

Leave your everyday life behind at reception and immerse yourself into an all-round feel-good package at Forster's Naturresort. We have put together a comprehensive package of inclusive services to bring your body, mind and soul back into harmony. For a long-lasting holiday!



3/4 gourmet board Extra special culinary delights

- ◆ Welcome drink upon arrival
- ◆ The rich Forster gourmet breakfast buffet – start every day of your holiday perfectly!
- ◆ The “light” breakfast up to 12.30pm especially for our late risers (on request)
- ◆ The sweet and savoury delicacies of our afternoon buffet from 2.30pm to 5pm
- ◆ The evening 5-course menu of your choice – attention to detail, light and carefully prepared – serviced in the stylish ambience of candlelight – with specialist wine advice.
- ◆ Daily fresh salad buffet with dressings and salad accompaniments of your choice
- ◆ Daily “gourmet cheese buffet” with fruity chutneys and fresh fruit
- ◆ Forster's sweet tooth buffet with homemade desserts once a week
- ◆ Indulgence buffet with typical Stubai specialities once a week... Come face to face with our region!
- ◆ Specialty buffet with delicacies from South Tyrol and Italy once a week – for indulgence beyond borders
- ◆ Feel fresh and well every day: a selection of soft drinks and teas, as well as South Tyrolean apples in Forster's Balance SPA
- ◆ Tasting sessions in Forster's Kräuterhof herb farm with homemade delicacies and specialities.

Assisted and vitality weekly programme

- ◆ Welcome cocktail with the family Gleirscher accompanied by Tyrolean music
- ◆ Guided tour through Forster's Balance SPA followed by a vitality drink
- ◆ Active weekly programme with Nordic walking and aqua gymnastics
- ◆ 1 guided snowshoe hike or winter trekking once a week
- ◆ 3 x weekly breathing exercise and deep relaxation
- ◆ Convivial ice stick shooting tournament and mulled wine party with the manager
- ◆ Caring childcare facilities all year round
- ◆ 1x weekly dance evening with live music
- ◆ 1x weekly bingo evening with small prizes
- ◆ A slide presentation “Dreamlike Stubai Valley” once a week



The spa and wellness facilities

- ◆ Panoramic indoor pool (30 °C) with numerous water attractions and swim-through lock into the outdoor pool
- ◆ Outdoor swimming pool with year-round comfortable temperature of 30 °C
- ◆ Forster's sauna village with sweating room (outdoors), covered fresh-air relaxation area, laconium, sweating room, brine inhalation grotto, aroma-herb steam bath, family steam bath, multi-sensory showers and Kneipp spa.
- ◆ Panoramic relaxation pavilion with recliners and waterbeds
- ◆ Juices, South Tyrolean apples and teas in Forster's Balance SPA
- ◆ Fresh Forster water from the Pinnis source, refined with the Grander water revitalisation technique – as much as you want! (not in the restaurant)
- ◆ Use of the fitness room with high-quality cardio fitness equipment
- ◆ Lounge chairs on the sun terrace with lambskins and covers
- ◆ “Cosy bathrobe”, wellness bathing towels and spa bathing basket for the duration of your stay
- ◆ Wellness slippers
- ◆ Games room with billiards, table football, Sony PlayStation and X-Box Kinect
- ◆ Cosy outdoor blankets to borrow
- ◆ Two well-equipped children's playrooms
- ◆ Ski room including boot dryer with rustic characteristics
- ◆ Free use of Wi-Fi in the rooms, on the ground floor and on the terraces. There is also an Internet terminal with desk
- ◆ Free rental of toboggans
- ◆ Free rental of backpacks and hiking poles





Winter prices 2018/2019

Rooms for sweet dreams

- ◆ **PRICES:** are for accommodation per person per day with the Forster's inclusive package. – see page 7.
- ◆ **DISCOUNTS FOR CHILDREN:** see page 6.
- ◆ **DISCOUNT FOR ADULTS:** The third adult staying in the same room, suite or apartment as two other full paying adults will receive a 40% discount.

All our rooms are equipped with telephone, WiFi, radio, Flat-TV, safe, minibar, hairdryer, vanity mirror and balcony.



Steinkogel double room

Approx. 21-25m², double bed, sitting area, shower/toilet, some for max. 3 guests

	Number of nights				Number of nights		
	1 - 3	4 - 6	ab 7		1 - 3	4 - 6	ab 7
27.10. - 21.12.18	€ 109/93*	€ 98/93*	€ 93	02.03. - 09.03.19	€ 122		
21.12. - 25.12.18	€ 137			09.03. - 23.03.19	€ 115		
25.12.18 - 02.01.19	€ 171			23.03. - 13.04.19	€ 115	€ 107	€ 100
02.01. - 06.01.19	€ 137			13.04. - 23.04.19	€ 122		
06.01. - 02.02.19	€ 100			23.04. - 27.04.19	€ 115		
02.02. - 02.03.19	€ 115			27.04. - 01.05.19	€ 95		



Zindegg double room

Approx. 28-30m², double bed, sitting area, bathroom (with bath tub or shower) / toilet separated, some for max. 3 guests

	Number of nights				Number of nights		
	1 - 3	4 - 6	ab 7		1 - 3	4 - 6	ab 7
27.10. - 21.12.18	€ 116/99*	€ 103/99*	€ 99	02.03. - 09.03.19	€ 128		
21.12. - 25.12.18	€ 147			09.03. - 23.03.19	€ 122		
25.12.18 - 02.01.19	€ 185			23.03. - 13.04.19	€ 122	€ 113	€ 106
02.01. - 06.01.19	€ 147			13.04. - 23.04.19	€ 128		
06.01. - 02.02.19	€ 105			23.04. - 27.04.19	€ 122		
02.02. - 02.03.19	€ 122			27.04. - 01.05.19	€ 101		



Seejöchel single room

Approx. 20m², single bed, shower/toilet separated, view facing Innsbruck/north-east

	Number of nights				Number of nights		
	1 - 3	4 - 6	ab 7		1 - 3	4 - 6	ab 7
27.10. - 21.12.18	€ 122/104*	€ 108/104*	€ 104	02.03. - 09.03.19	€ 137		
21.12. - 25.12.18	€ 157			09.03. - 23.03.19	€ 131		
25.12.18 - 02.01.19	€ 203			23.03. - 13.04.19	€ 131	€ 121	€ 114
02.01. - 06.01.19	€ 157			13.04. - 23.04.19	€ 137		
06.01. - 02.02.19	€ 114			23.04. - 27.04.19	€ 131		
02.02. - 02.03.19	€ 131			27.04. - 01.05.19	€ 112		



Sonnenstein junior suite

Approx. 35-37m², double bed, sitting area, traditional stove, bathroom (with bath tub or shower) / toilet separated, mostly for max. 4 guests

	Number of nights				Number of nights		
	1 - 3	4 - 6	ab 7		1 - 3	4 - 6	ab 7
27.10. - 21.12.18	€ 122/104*	€ 108/104*	€ 104	02.03. - 09.03.19	€ 137		
21.12. - 25.12.18	€ 157			09.03. - 23.03.19	€ 131		
25.12.18 - 02.01.19	€ 203			23.03. - 13.04.19	€ 131	€ 121	€ 114
02.01. - 06.01.19	€ 157			13.04. - 23.04.19	€ 137		
06.01. - 02.02.19	€ 114			23.04. - 27.04.19	€ 131		
02.02. - 02.03.19	€ 131			27.04. - 01.05.19	€ 112		



Burgstall suite

Approx. 41 m², anteroom, single room, living room with double bed, sitting area, traditional stove, bathroom (with bath tub)/toilet separated, view facing glacier, max. for 4 guests

	Number of nights				Number of nights		
	1 - 3	4 - 6	ab 7		1 - 3	4 - 6	ab 7
27.10. - 21.12.18	€ 134/115*	€ 120/115*	€ 115	02.03. - 09.03.19	€ 156		
21.12. - 25.12.18	€ 168			09.03. - 23.03.19	€ 143		
25.12.18 - 02.01.19	€ 216			23.03. - 13.04.19	€ 143	€ 133	€ 124
02.01. - 06.01.19	€ 168			13.04. - 23.04.19	€ 156		
06.01. - 02.02.19	€ 121			23.04. - 27.04.19	€ 143		
02.02. - 02.03.19	€ 143			27.04. - 01.05.19	€ 120		



◆ **On Arrival day:** The rooms and Apartment are ready for occupancy after 15.00. On departure day, we ask our guests to vacate the rooms or apartments by 11.00.

◆ **Cancellations:** Are unpleasant for everyone. It is a pity when someone does not arrive and rooms remain vacant, although other would have gladly come. On the other hand, something can crop up with everybody. Therefore our request: please inform us in due time – we try to be tolerant. In other respects, the Austrian Hotel Regulations are applicable. Hotel cancellation insurance.

◆ **Local Taxes:** for people age 15 and over the local taxes amount to €2,80 per day.

◆ **Deposit:** on request: €300.- Bank Account: Hypobank Fulpmes: Swift: Hyptat 22, IBAN-Code: AT825700000270033351.

◆ **Payment:** please pay your bill with cash or EC card.

◆ **Garage:** you can gladly reserve a garage space. The price for this amounts to €10.- per day.

All our rooms are equipped with telephone, WiFi, radio, Flat-TV, safe, minibar, hairdryer, vanity mirror and balcony.



Serles suite

Approx. 42-47m², anteroom, living room with traditional stove, bedroom with double bed, bathroom (with bath tub)/toilet separated, max. for 4 guests

	Number of nights			Number of nights		
	1 - 3	4 - 6	ab 7	1 - 3	4 - 6	ab 7
27.10. - 21.12.18	€134/115*	€120/115*	€ 115	02.03. - 09.03.19	€ 156	
21.12. - 25.12.18	€ 168			09.03. - 23.03.19	€ 143	
25.12.18 - 02.01.19	€ 216			23.03. - 13.04.19	€ 143	€ 124
02.01. - 06.01.19	€ 168			13.04. - 23.04.19	€ 156	
06.01. - 02.02.19	€ 121			23.04. - 27.04.19	€ 143	
02.02. - 02.03.19	€ 143			27.04. - 01.05.19	€ 120	



Grawa suite

Approx. 53m², with ash wood floor, living room with double bed, marble fountain, separated sitting area, modern bathroom with freestanding bath tub, steam bath and shower, separated toilet, view facing the glacier/south-west, max. for 4 guests

	Number of nights			Number of nights		
	1 - 3	4 - 6	ab 7	1 - 3	4 - 6	ab 7
27.10. - 21.12.18	€143/124*	€130/124*	€ 124	02.03. - 09.03.19	€ 160	
21.12. - 25.12.18	€ 178			09.03. - 23.03.19	€ 150	
25.12.18 - 02.01.19	€ 227			23.03. - 13.04.19	€ 150	€ 130
02.01. - 06.01.19	€ 178			13.04. - 23.04.19	€ 160	
06.01. - 02.02.19	€ 125			23.04. - 27.04.19	€ 150	
02.02. - 02.03.19	€ 150			27.04. - 01.05.19	€ 124	



Zuckerhütl Suite

Approx. 59m², anteroom, bedroom with double bed, bedroom with 2 single beds, living room with traditional stove, bathroom (with bath tub) / toilet separated, view facing the glacier, max. for 5 guests

	Number of nights			Number of nights		
	1 - 3	4 - 6	ab 7	1 - 3	4 - 6	ab 7
27.10. - 21.12.18	€152/132*	€137/132*	€ 132	02.03. - 09.03.19	€ 168	
21.12. - 25.12.18	€ 187			09.03. - 23.03.19	€ 155	
25.12.18 - 02.01.19	€ 237			23.03. - 13.04.19	€ 155	€ 135
02.01. - 06.01.19	€ 187			13.04. - 23.04.19	€ 168	
06.01. - 02.02.19	€ 134			23.04. - 27.04.19	€ 155	
02.02. - 02.03.19	€ 155			27.04. - 01.05.19	€ 132	



Kirchdach suite

Approx. 66m², with oak wood floor, anteroom, bedroom with double bed, bedroom with 1 or 2 single beds, living room with traditional stove, bathroom (with bath tub/toilet separated, sauna/steam bath, view facing the glacier, max. for 5 guest

	Number of nights			Number of nights		
	1 - 3	4 - 6	ab 7	1 - 3	4 - 6	ab 7
27.10. - 21.12.18	€ 171/146*	€ 152/146*	€ 146	02.03. - 09.03.19	€ 187	
21.12. - 25.12.18	€ 208			09.03. - 23.03.19	€ 176	
25.12.18 - 02.01.19	€ 260			23.03. - 13.04.19	€ 176	€ 153
02.01. - 06.01.19	€ 208			13.04. - 23.04.19	€ 187	
06.01. - 02.02.19	€ 154			23.04. - 27.04.19	€ 176	
02.02. - 02.03.19	€ 176			27.04. - 01.05.19	€ 155	



Elfer apartment

located directly in the hotel garden (approx. 50m from the main building), approx. 90m², 3 bedrooms with double bed (everywhere additional beds possible), living room with generous sitting area, bathroom (with bath tub and shower) / toilet separated, refrigerator, microwave, kettle, balcony, max. for 8 guests

	Number of nights			Number of nights		
	1 - 3	4 - 6	ab 7	1 - 3	4 - 6	ab 7
27.10. - 21.12.18	€ 110/97*	€ 100/97*	€ 97	02.03. - 09.03.19	€ 126	
21.12. - 25.12.18	€ 141			09.03. - 23.03.19	€ 121	
25.12.18 - 02.01.19	€ 176			23.03. - 13.04.19	€ 121	€ 105
02.01. - 06.01.19	€ 141			13.04. - 23.04.19	€ 126	
06.01. - 02.02.19	€ 103			23.04. - 27.04.19	€ 121	
02.02. - 02.03.19	€ 121			27.04. - 01.05.19	€ 103	



Elfer Deluxe apartment

located directly in the hotel garden (approx. 50m from the main building), approx. 90m², 2 bedrooms with double bed, bedroom with bunk bed, living room with traditional stove and generous sitting area, bathroom (with bath tub and shower) / toilet separated, refrigerator, microwave, kettle, terrace, max. for 7 guests

	Number of nights			Number of nights		
	1 - 3	4 - 6	ab 7	1 - 3	4 - 6	ab 7
27.10. - 21.12.18	€ 110/97*	€ 100/97*	€ 97	02.03. - 09.03.19	€ 126	
21.12. - 25.12.18	€ 141			09.03. - 23.03.19	€ 121	
25.12.18 - 02.01.19	€ 176			23.03. - 13.04.19	€ 121	€ 105
02.01. - 06.01.19	€ 141			13.04. - 23.04.19	€ 126	
06.01. - 02.02.19	€ 103			23.04. - 27.04.19	€ 121	
02.02. - 02.03.19	€ 121			27.04. - 01.05.19	€ 103	



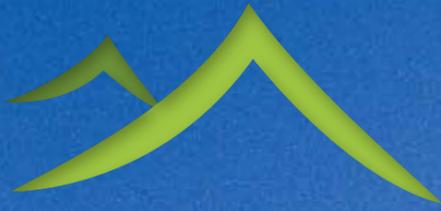
◆ **Surcharge:** The deluxe surcharge applies to room 105 (Serles Deluxe) 208, 214 and 303 (Zindegg Deluxe), 305, 308 and 309 (Sonnenstein Deluxe).

◆ **Dogs:** Can only be taken along by prior arrangement and if they are calm and clean, but not in the dining and lounge rooms. We inform you about costs and conditions.

◆ **Room sketches:** Minor deviations from the room sketches are possible.

◆ **Short stays:** We reserve the right to charge a short stay supplement (based on the individual offer)

◆ **Minimum occupancy:** At certain times, we reserve the right to charge a minimum occupancy rate (according to offer) for larger rooms, suites and apartments.



Forster's Winter Calendar

October 2018



Weekly sociable Törggelen evening at the Kräuterhof



Feast of St. Francis: 04.10.2018 at the Kräuterhof



Weekly hike on the chestnut path in South Tyrol



Kaiserschmarren feast: Saturday, 06.10.2018

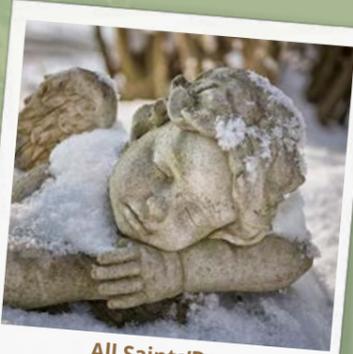


Harvest thanksgiving: Sunday, 07.10.2018



Weekly "Forest bathing" with our sylvotherapy expert Werner

November 2018



All Saints' Day 01.11.2018



Weekly "Brain walking" through nature



Weekly Kräuterhof sessions with interesting facts on the topic of herbs



Sport Scheck "Glacier Festival" 08.-11.11.2018

December 2018



Nativity Scene exhibition in Mieders 08. - 09.12.2018



Weekly drive to the beautiful Christmas markets in Innsbruck



Weekly tasting evening and readings of a Christmas text as part of Tyrolean Advent



Traditional Christmas market at the church square



24.12.2018 Tyrolean Christmas at the Kräuterhof



"Stubai Christmas" church concert in the parish church 27.12.2018

January 2019



Biblical Magi celebration: 06.01.2018



Weekly "Smoked" tasting evening at the Kräuterhof



Weekly Kräuterhof sessions with interesting facts on the topic of herbs



"Stubai Farmer's Market" in Neustift



Weekly snowshoe hike with Markus

NATURE – REGION – TRADITION

In addition to our weekly programme - included in the price

February 2019



Weekly snowshoe hike with Markus



Weekly tasting evening at the Kräuterhof



Weekly church viewing with organ concert



Weekly cosy torchlight hike with a glass of schnaps at the hotel bar at the end



Weekly Kräuterhof sessions with interesting facts on the topic of herbs

March 2019



Weekly sociable evening at the Kräuterhof with music, wine and delights from the kitchen



Weekly Kräuterhof sessions with interesting facts on the topic of herbs



Weekly "Forest bathing" with our sylvotherapy expert Werner



Weekly "Brain walking" through nature



Stubai Cup for paragliders

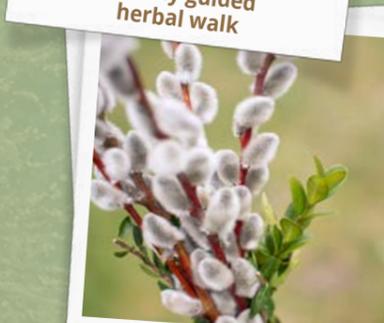
April 2019



Weekly bee sessions with the beekeeper



Weekly guided herbal walk



Palm Sunday procession 14.04.2019



Good Friday to Easter Monday - the holiest days of the year 19.04. - 22.04.2019



Weekly tasting evening at the Kräuterhof



Weekly "Forest bathing" with our sylvotherapy expert Werner



Get your personal offer and call immediately +43 5226/2600



6 good reasons to think about your next holiday with us

A warm heart & a feel for nature

The Gleirscher family and the Forster team, as your dedicated hosts, will offer you a special holiday experience. Especially popular are the family events on the mountain hut and at the herb farm. Sustainable respect for nature and its resources is an important concern for us. Groundwater heat pumps generate energy, rubbish is properly separated each day, electrical isolator switches are used etc. The effect on nature is always in the back of our minds with all our new acquisitions in the hotel.

Pleasure & regional delicacies

For us, nature, our region and pleasure are completely intertwined. Regional food and recipes, in-house products, weekly tastings at the herb farm, a diverse range of specialty buffets, Forster's 3/4 board for gourmets are all tempting reasons for you to come and enjoy yourself.

Open space & recreation

The beautiful location with its idyllic and spacious hotel garden, terraces and lawns as well as the picturesque herb farm in close proximity to the hotel offer everyone the opportunity to discover their own favourite place. Recreation and relaxation are also on offer in Forster's wellness and spa area, which is over 1,300 m² and includes the "Saunadörf", the indoor swimming pool with wa-

ter attractions and the open-air pool, heated all year round, in the wellness courtyard or the extensive massage, bathing and beauty treatments.

Activity & nature

The varied activity programme in the hotel or in the mountains of the beautiful Stubai Valley ranges from light physical exercise to endurance sport. And the whole thing is right on the doorstep.

Rural & central

Approx. 1,000 m away from the centre of Neustift, Forster's Naturresort is also the perfect starting point for excursions, shopping and culture. The provincial capital Innsbruck and Hall are only about 20 minutes away. You can reach Vipiteno/Sterzing and Bressanone/Brixen in South Tyrol as well as the Swarovski Crystal Worlds in about 40 minutes. Further well-known and interesting places can be reached in less than 60 minutes.

Family-friendly & restorative

The nature resort offers plenty of space for a wide range of activities for children: family rooms and suites, a children's playroom and outdoor playground, small animals at the herb farm, a deer enclosure with shared feeding and year-round childcare. All this brings the children closer to nature.

