

Forster's

NATURRESORT ★★★★★ DE LUXE

SUMMER & AUTUMN MAGAZINE 2019



Beautiful & pristine ● ● ●

NATURE JEWEL AND TRANQUIL PARADISE OF THE STUBAI

Two areas in particular make the Stubai one of Austria's most impressive regions. On the one hand, there is the Kalkkögel protected area, named after the impressive mountain massif, which is often nicknamed the "Dolomites of North Tyrol" and is probably one of the most impressive mountain ranges in Austria: bizarre rock formations with towers and needles characterise the beauty of the Kalkkögel, which has become a symbol of Tyrol. The Kalkkögel protected area was established in 1983 in order to preserve the unspoilt nature for future generations.

The Stubai - around the picturesque Pinnis Valley - is also home to the Serles – Habicht – Zuckerhütl landscape conservation area, named after the most striking peaks in the region. There is hardly any other place that is so rich in magnificent alpine wilderness, ranging from slopes covered in forest to high valleys with streams, to mountain peaks full of flowers and glacier-capped summits. Our Forster's Naturresort is located right in the heart of this paradise. The perfect place for you to discover the natural jewel of the Stubai!



On the mountain. By the lake.



The wonder of life

Nature as a gift from God

"Life is different every day, but always full of miracles!" Those like us who have the impressive beautiful nature of the Stubai Valley in front of their eyes every day can only agree with this phrase. For there is hardly any other place where the cycle of life and creation in all its splendour can be experienced better than here with us. Whether on the magnificent meadows, in the thick forests or on the majestic peaks - everywhere, in every place and in every creation you can feel the energy and power of Mother Earth, which God has bestowed upon us as a gift.

We ourselves were able to experience what nature can do in a particularly beautiful way at the beginning of this year, through the birth of our daughter Madlen on 4 January.

If you want to experience nature and all its power and wonders every day, then you have found the right place in the wonderful Stubai Valley.

We look forward to seeing you!

The
Gleirscher Family

Right in the thick of it - not just on the sidelines ● ● ●

OUR LIVE ACTS AT THE KRÄUTERHOF

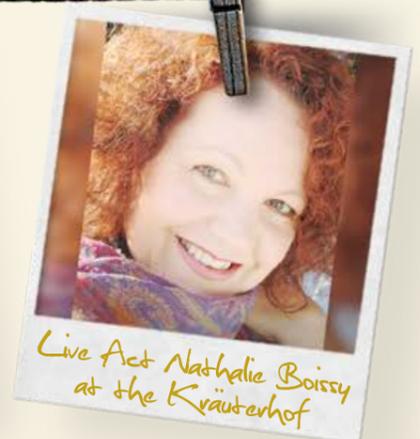
The herb farm has been very popular with our guests since it was founded - so original, so exquisite, so instructive and so convivial. In short: a very special place to feel good. An opinion that is also shared by numerous artists who like to present themselves and their skills in the unique atmosphere of our farm. Whether it is the dialect group Findling with their dialect songs between folk and pop, the subtle Ötz Valley family quartet Herzgluat or the opera singer Nathalie Boissy, who has already impressed by Placido Domingo's side - they all felt very much at home in the rustic event location and captivated the guests of Forster's with the best of moods. The live acts were of course accompanied by refreshing and tasty herb farm aperitifs and fine regional delicacies from our herb farm kitchen.

We are pleased to be able to continue this musical and culinary entertainment programme in the summer and are looking forward to more illustrious artists and their audiences!



Unforgettable moments!

Enjoy the good life, learn new things, experience plenty... in the Forster's Naturresort



Whether events at the Kräuterhof, lectures or adventure hikes – there is always something going on here. The topics are as colourful and diverse as the Stubai alpine meadows during the summer and range from the popular herb tours, to the beekeeper sessions with Alban through to hikes through the magnificent Tyrolean mountain landscape with Markus. There is, of course, plenty to celebrate in between, such as the traditional Sacred Heart Fire during June or in October with the Feast of St. Francis, where we invite our guests to celebrate the namesake of our chapel. We would be delighted if you would enjoy these special experiences together with us – unforgettable moments are guaranteed!

Crispbread with burnet saxifrage

Ninas RECIPE TIP

Finely chop the burnet saxifrage leaves and mix with all ingredients. Add as much water as necessary until you get a dough that is not too runny. Spread the dough thinly on a baking tray lined with baking paper. Cut into pieces if desired, otherwise break into pieces immediately after baking. Bake at 180°C (circulating air) in a preheated oven for approx. 20 minutes.

Ingredients:

- 1 1/2 handful of burnet saxifrage leaves
- 1 handful of oat flakes
- 1 handful of sunflower seeds
- 1 handful of pumpkin seeds
- 1 handful of linseed
- 100 g of wholemeal spelt flour
- 50 g of rye flour
- 1 tsp each of salt and baking powder
- 100 ml of vegetable oil (not olive oil)



Mediterranean flair in middle of the Stubai Alps.

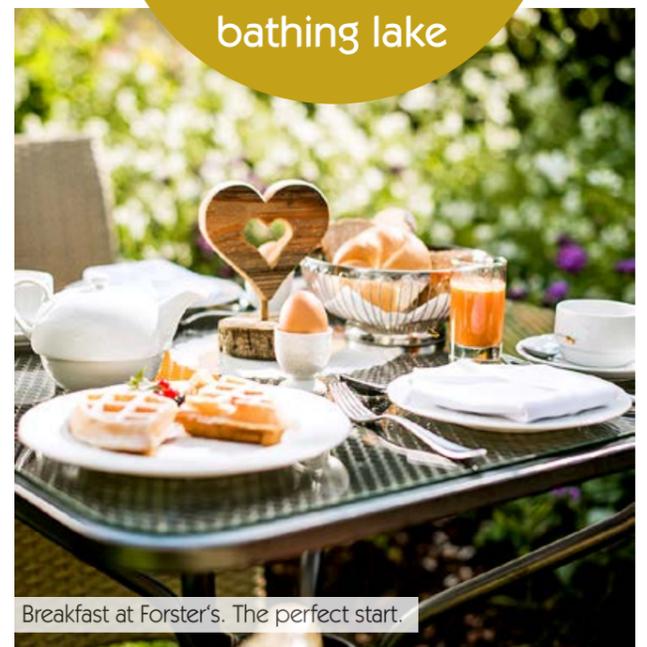
Simply immerse yourself
In Forster's sea of flowers and natural bathing lake

Relax & recover ● ● ●

IN FORSTER'S DREAM GARDEN

Your eyes will be enchanted by the charming sea of flowers. The soul soothed by the Mediterranean flair of the wellness courtyard, which is protected against the wind. The senses are spoiled by the ambience of the magnificent garden terrace. Our guests will find all of this in the

spacious area around the hotel's very own natural bathing lake 1,000 m² in size, fed by our own source, cleaned by mother nature and surrounded by the impressive backdrop of the Stubai mountains. Those who do not find a favourite place here only have themselves to blame!



Breakfast at Forster's. The perfect start.



By candlelight. The perfect mood is what really matters.

Unearth gladioli, dahlias and other non-winter-hardy bulbous plants from the end of September on a sunny, dry day. It is important to label them uniformly, variety names and flower colour make it easier to lay out the bed in the following year. Let the tubers dry. Store dry in a frost-free place over the winter.



Margrets flower tip



With the power of nature for inner wellness and beauty.

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.



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



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

... with active ingredients from the mountains

You will find the following for this here:

- ◆ soothing and therapeutic massages and body treatments
- ◆ Cosmetic treatments



Order and rhythm

It is a matter of taking time to consciously listen to yourself and your needs. Place your own life philosophy back as your priority!

You will find the following for this here:

- ◆ presentations on this topic covering the different seasons



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.
- ◆ Presentations on this topic throughout the year.

Treatmentprogramm

WITH ACTIVE COMPONENT FROM THE MOUNTAINS.



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

Ninas Treatment Tips

Swiss stone pine, minerals, arnica, edelweiss, honey, lingonberry, lavender, birch sap... We have put together treatments which are designed to bring about the 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!

Detoxifying massage with herbal compresses - Nr. 112

Detoxifying and deeply relaxing. Rhythmic massage with warm herbal compresses.

Price per person 60 min. € 76,00



Balance & Spa ● ● ● REGENERATION LIES IN RELAXION

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.

TREATMENT AREA

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

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!

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

BATHING LAKE

- ◆ 1000 m² private bathing lake



Extensive
programme
for our
younger guests

Forster's Childclub

Big Programm for our little Guests ● ● ●

Included for our younger guests

- ◆ Caring childcare for children from 3 years of age ("potty trained") throughout the year!
- ◆ 2 children's playrooms, 1 games room with billiards, table football, PlayStation
- ◆ Exciting 500 m² playground with trampoline, spacious quartz sand box with toys, see-saw, climbing tower, slide, swing, "wobbly bridge", table tennis, mini mondo house and crawling tunnel
- ◆ Free participation in the Big Family Stubai kids club
- ◆ Stubai Super Card (page 7)
- ◆ Babysitter service (bookable at reception, charge applies)
- ◆ Children's meals freshly prepared each day
- ◆ Cots, high chairs and children's stool in the bathroom
- ◆ Fallow deer feeding and visit at the farm



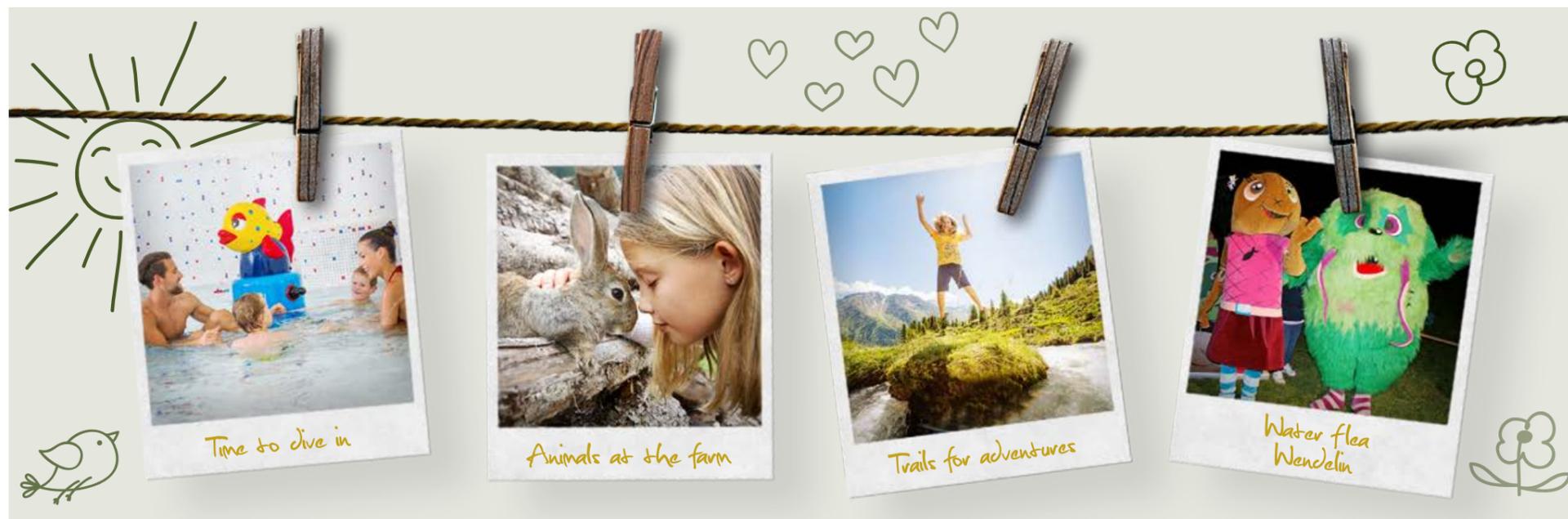
Childcare times:

06.06. – 05.07. > across 4 days a week for 2 hours each
 07.07. – 23.08. > across 5 days a week for 4 hours each
 25.08. – 27.09. > across 4 days a week for 2 hours each
 29.09. – 11.10. > across 5 days a week for 4 hours each
 13.10. – 20.12. > across 4 days a week for 2 hours each

Children discounts

WHEN STAYING IN A ROOM / APARTMENT WITH PARENTS

AGE OF THE CHILDREN	DISCOUNT
Up to 2 years	100 %
3 – 5 years	70 %
6 – 9 years	60 %
10 – 14 years	50 %
From 15 years	40 %



Inclusive for Forster kids Big Family Stubai Club

Supervised children's and youth programme
 25.06. - 06.09.2019
 and 30.09. - 25.10.2019
 from 10:00 to 16:00.

Inclusive for "Forster kids". The starting point and the clubhouse are right by the hotel. It is also possible to register for individual programme items.

Supervised children's programme for children between the ages of 4 and 9

- ◆ **MONDAY** Tree house detective day
- ◆ **TUESDAY** water fun in the mountains – Serlesbahn
- ◆ **WEDNESDAY** Visit to a farm and Pony Riding
- ◆ **THURSDAY** Spectacular forest adventure with Rudi Rucksack
- ◆ **FRIDAY** Wild Waterways and a handmade raft

Supervised children's programme for children from 10 years

- ◆ **MONDAY** Wild Water Fun
- ◆ **TUESDAY** Summer Toboggan run, archery & tandem trial flight
- ◆ **WEDNESDAY** Aim for the treetops in Tyrol's largest Adventure Park
- ◆ **THURSDAY** Geocaching, Bike Academy & cool design
- ◆ **FRIDAY** Rock-Climbing & Flying Fox

Forster's inclusive service ● ● ●

- 3/4 GOURMET BOARD ● STUBAI SUPER CARD ● WEEKLY PROGRAM
- SPA & WELLNESS FACILITIES - ALL INCLUSIVE



Extra special culinary delights

3/4 GOURMET BOARD

- ◆ 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 specialties



Stubai Super Card (06.06. - 20.10.2019)

Stubai Card* (21.10. - 31.10.2019)



- ◆ Free travel on the Innsbruck public buses between Mutterberg and Innsbruck
- ◆ Free travel on the Stubai Valley railway between Fulpmes and Innsbruck
- ◆ Free use of the Stubai Glacier cableway: 1 ascent and descent per day (except ski passes)
- ◆ Free use of the Serles cableway: 1 ascent and descent per day
- ◆ Free use of the Schlick 2000 mountain railway: 1 ascent and descent per day
- ◆ 1 ride on the Mieders Alpine coaster run per week
- ◆ Free use of the Elfer lifts in Neustift: 1 ascent and descent per day
- ◆ Free use of the Neustift indoor and outdoor pool
- ◆ Free use of the Mieders swimming pool
- ◆ Valid for the entire stay as well as on the day of arrival and departure
- ◆ One entry per week for 3 hours in the new StuBay swimming pool

* You can obtain the Stubai Card (21.10. - 31.10.2019) free of charge with reservations of 7 nights or more. This card is valid for 5 consecutive days.

Weekly program

- ◆ Aperitif reception with the Gleirscher family
- ◆ Guided tour through Forster's Balance SPA followed by a vitality drink
- ◆ 1 x weekly fallow deer feeding
- ◆ 3 x weekly breathing exercise and deep relaxation
- ◆ 2 – 3 x weekly guided hike
- ◆ Live music of an evening 1-2 x a week
- ◆ Bingo evening
- ◆ 1 x weekly guided herb tour / herb walk
- ◆ Hikes along the path of reflection to the Forster alpine lodge with the Gleirscher family and subsequent picnic
- ◆ Power walking or water gymnastics 5 x a week
- ◆ "Enchanting Stubai Valley" slide presentation with Paul
- ◆ Free childcare throughout the year and every child under the age of 15 can take part in the Big Family Stubai Club programme (see page 6)
- ◆ See page 10-11 for additional programme points

The spa and wellness facilities

- ◆ Panoramic indoor pool (30 °C) with numerous water attractions and swimthrough lock into the outdoor pool
- ◆ Outdoor swimming pool with year-round comfortable temperature of 30 °C
- ◆ Forster's sauna village with Finnish sauna, covered fresh-air relaxation area, laconium, sweating room (outdoors), brine inhalation grotto, aroma-herb steam bath, family steam bath, multi-sensory showers and Kneipp spa
- ◆ Panoramic relaxation pavilion with recliners and waterbeds
- ◆ Lounge chairs with cushions and umbrellas in the 13,000 m² hotel garden
- ◆ Hotel's private bathing lake with a water surface of 1,000 m² and spring water bay
- ◆ Juices, South Tyrolean apples and teas in Forster's Balance SPA
- ◆ Use of the fitness room with highquality cardio fitness equipment
- ◆ Fresh Forster water from the Pinnis source, refined with the Grander water revitalisation technique – as much as you want! (not in restaurant)
- ◆ "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
- ◆ Two well-equipped children's playrooms
- ◆ 500 m² children's playground with many attractions
- ◆ Free use of Wi-Fi in the rooms, on the ground floor and on the terraces. There is also an Internet terminal with desk
- ◆ Rental of mountain bikes, rucksacks and hiking sticks as well as Nordic walking poles



Summer & autumn prices 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.
- ◆ **Discounts for adults:** The third adult staying in the same room, suite or apartment as two other full paying adults will receive a 40% discount.

Inklusive
Stubai Super Card/
Stubai Card
06.06. - 31.10.2019
see page 7

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	from 7		1 - 3	4 - 6	from 7
06.06. - 22.06.2019	€ 112,00	€ 101,00	€ 97,00	21.09. - 19.10.2019	€ 117,00	€ 109,00	€ 101,00
22.06. - 13.07.2019	€ 112,00	€ 112,00	€ 112,00	19.10. - 31.10.2019	€ 102,00	€ 102,00	€ 102,00
13.07. - 24.08.2019	€ 124,00	€ 124,00	€ 124,00	31.10. - 21.12.2019	€ 112/96*	€ 101/96*	€ 96,00
24.08. - 21.09.2019	€ 117,00	€ 117,00	€ 117,00				



Zindegg double room

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

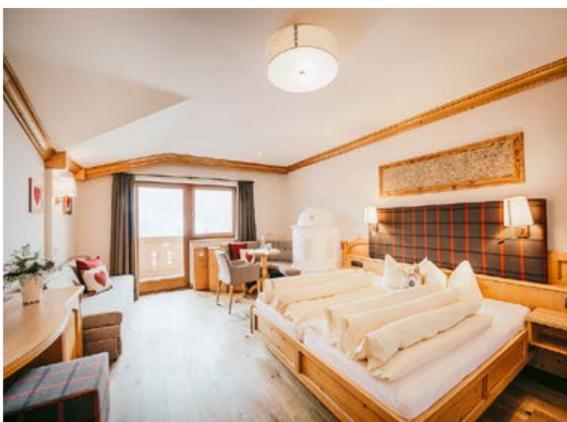
	NUMBER OF NIGHTS				NUMBER OF NIGHTS		
	1 - 3	4 - 6	from 7		1 - 3	4 - 6	from 7
06.06. - 22.06.2019	€ 120,00	€ 107,00	€ 103,00	21.09. - 19.10.2019	€ 125,00	€ 117,00	€ 107,00
22.06. - 13.07.2019	€ 120,00	€ 120,00	€ 120,00	19.10. - 31.10.2019	€ 108,00	€ 108,00	€ 108,00
13.07. - 24.08.2019	€ 129,00	€ 129,00	€ 129,00	31.10. - 21.12.2019	€ 120/102*	€ 106/102*	€ 102,00
24.08. - 21.09.2019	€ 125,00	€ 125,00	€ 125,00				



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	from 7		1 - 3	4 - 6	from 7
06.06. - 22.06.2019	€ 127,00	€ 115,00	€ 109,00	21.09. - 19.10.2019	€ 130,00	€ 122,00	€ 112,00
22.06. - 13.07.2019	€ 127,00	€ 127,00	€ 127,00	19.10. - 31.10.2019	€ 113,00	€ 113,00	€ 113,00
13.07. - 24.08.2019	€ 139,00	€ 139,00	€ 139,00	31.10. - 21.12.2019	€ 126/107*	€ 111/107*	€ 107,00
24.08. - 21.09.2019	€ 130,00	€ 130,00	€ 130,00				



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	from 7		1 - 3	4 - 6	from 7
06.06. - 22.06.2019	€ 127,00	€ 115,00	€ 109,00	21.09. - 19.10.2019	€ 130,00	€ 122,00	€ 112,00
22.06. - 13.07.2019	€ 127,00	€ 127,00	€ 127,00	19.10. - 31.10.2019	€ 113,00	€ 113,00	€ 113,00
13.07. - 24.08.2019	€ 139,00	€ 139,00	€ 139,00	31.10. - 21.12.2019	€ 126/107*	€ 111/107*	€ 107,00
24.08. - 21.09.2019	€ 130,00	€ 130,00	€ 130,00				



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	from 7		1 - 3	4 - 6	from 7
06.06. - 22.06.2019	€ 137,00	€ 123,00	€ 118,00	21.09. - 19.10.2019	€ 142,00	€ 132,00	€ 122,00
22.06. - 13.07.2019	€ 137,00	€ 137,00	€ 137,00	19.10. - 31.10.2019	€ 125,00	€ 125,00	€ 125,00
13.07. - 24.08.2019	€ 152,00	€ 152,00	€ 152,00	31.10. - 21.12.2019	€ 138/119*	€ 124/119*	€ 119,00
24.08. - 21.09.2019	€ 142,00	€ 142,00	€ 142,00				



* = If your stay neither includes a Friday nor Saturday night

- ◆ **ARRIVAL & DEPARTURE:** 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:** Generally € 300,00 per room
Bank Account: Hypobank Fulpmes BIC: HYPTAT22, IBAN-Code: AT300 5553 5466
- ◆ **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	from 7		1 - 3	4 - 6	from 7
06.06. - 22.06.2019	€ 137,00	€ 123,00	€ 118,00	21.09. - 19.10.2019	€ 142,00	€ 132,00	€ 122,00
22.06. - 13.07.2019	€ 137,00	€ 137,00	€ 137,00	19.10. - 31.10.2019	€ 125,00	€ 125,00	€ 125,00
13.07. - 24.08.2019	€ 152,00	€ 152,00	€ 152,00	31.10. - 21.12.2019	€ 138/119*	€ 124/119*	€ 119,00
24.08. - 21.09.2019	€ 142,00	€ 142,00	€ 142,00				



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.

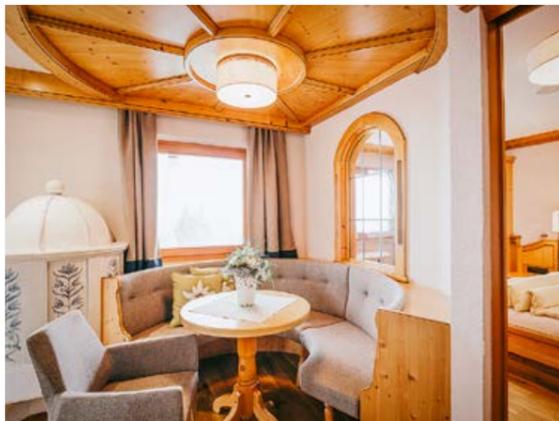
	NUMBER OF NIGHTS				NUMBER OF NIGHTS		
	1 - 3	4 - 6	from 7		1 - 3	4 - 6	from 7
06.06. - 22.06.2019	€ 150,00	€ 134,00	€ 128,00	21.09. - 19.10.2019	€ 151,00	€ 141,00	€ 130,00
22.06. - 13.07.2019	€ 150,00	€ 150,00	€ 150,00	19.10. - 31.10.2019	€ 134,00	€ 134,00	€ 134,00
13.07. - 24.08.2019	€ 160,00	€ 160,00	€ 160,00	31.10. - 21.12.2019	€ 147/128*	€ 133/128*	€ 128,00
24.08. - 21.09.2019	€ 151,00	€ 151,00	€ 151,00				



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	from 7		1 - 3	4 - 6	from 7
06.06. - 22.06.2019	€ 159,00	€ 143,00	€ 138,00	21.09. - 19.10.2019	€ 161,00	€ 149,00	€ 138,00
22.06. - 13.07.2019	€ 159,00	€ 159,00	€ 159,00	19.10. - 31.10.2019	€ 142,00	€ 142,00	€ 142,00
13.07. - 24.08.2019	€ 167,00	€ 167,00	€ 167,00	31.10. - 21.12.2019	€ 157/136*	€ 141/136*	€ 136,00
24.08. - 21.09.2019	€ 161,00	€ 161,00	€ 161,00				



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	from 7		1 - 3	4 - 6	from 7
06.06. - 22.06.2019	€ 175,00	€ 158,00	€ 150,00	21.09. - 19.10.2019	€ 180,00	€ 167,00	€ 154,00
22.06. - 13.07.2019	€ 175,00	€ 175,00	€ 175,00	19.10. - 31.10.2019	€ 156,00	€ 156,00	€ 156,00
13.07. - 24.08.2019	€ 186,00	€ 186,00	€ 186,00	31.10. - 21.12.2019	€ 177/150*	€ 157/150*	€ 150,00
24.08. - 21.09.2019	€ 180,00	€ 180,00	€ 180,00				



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. You also enjoy the full scope of all Forster's Inclusive services.

	NUMBER OF NIGHTS				NUMBER OF NIGHTS		
	1 - 3	4 - 6	from 7		1 - 3	4 - 6	from 7
06.06. - 22.06.2019	€ 117,00	€ 106,00	€ 102,00	21.09. - 19.10.2019	€ 124,00	€ 117,00	€ 108,00
22.06. - 13.07.2019	€ 123,00	€ 123,00	€ 123,00	19.10. - 31.10.2019	€ 106,00	€ 106,00	€ 106,00
13.07. - 24.08.2019	€ 139,00	€ 139,00	€ 139,00	31.10. - 21.12.2019	€ 113/100*	€ 103/100*	€ 100,00
24.08. - 21.09.2019	€ 123,00	€ 123,00	€ 123,00				



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. You also enjoy the full scope of all Forster's Inclusive services.

	NUMBER OF NIGHTS				NUMBER OF NIGHTS		
	1 - 3	4 - 6	from 7		1 - 3	4 - 6	from 7
06.06. - 22.06.2019	€ 117,00	€ 106,00	€ 102,00	21.09. - 19.10.2019	€ 124,00	€ 117,00	€ 108,00
22.06. - 13.07.2019	€ 123,00	€ 123,00	€ 123,00	19.10. - 31.10.2019	€ 106,00	€ 106,00	€ 106,00
13.07. - 24.08.2019	€ 139,00	€ 139,00	€ 139,00	31.10. - 21.12.2019	€ 113/100*	€ 103/100*	€ 100,00
24.08. - 21.09.2019	€ 123,00	€ 123,00	€ 123,00				



* = If your stay neither includes a Friday nor Saturday night

◆ **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 (max. 1 dog per room).

◆ **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:** We reserve the right to charge a minimum occupancy rate at certain times (based on the individual offer).

◆ Errors, changes, printing and typesetting errors excepted

Fovstev's Summer Calendar

June 2019



Feast of Corpus Christi: Thursday, 20.06.2019



Heart of Jesus celebration at the farm: Saturday, 29.06.2019



Stubai Ultratrail 29.06.2019



Weekly "forest bathing" with our sylvotherapy expert Werner



Weekly "Kräuterhof aperitif" with music and a greeting from our kitchen

July 2019



Music carousel – every Thursday on the village square



Weekly - Music at the Kräuterhof with aperitif and greeting from our kitchen



Wild water activity week 4 guided hikes



Weekly bee sessions with the specialist



Leisurely hiking evening by the waterfall 16.07.2019

August 2019



Weekly - Concert at the Kräuterhof with aperitif and greeting from our kitchen



Leisurely hiking evening at Ruetz Katarakt 06.08.2019



23rd "Almklang" celebration Pinnis Valley: Sunday, 11.08.2019



Ascension of the Virgin Mary Thursday, 15.08.2019



Weekly - "Brain walking" through nature

NATURE - REGION - TRADITION ● ● ●

In addition to our weekly programme Included in the price

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

Changes in timings reserved.

September 2019



Public wildlife watching



Music carousel – every Thursday on the village square



Pastoral transhumance in the Stubai Valley
21.09.2019



Weekly "forest bathing" with our sylvotherapy expert Werner



Weekly "Kräuterhof aperitif" with live act and a greeting from our kitchen



Herb workshop days at the Kräuterhof
19.09. + 26.09.19

October 2019



Weekly - sociable Törggelen evening at the Kräuterhof



Feast of St. Francis: 04.10.2019 at the Kräuterhof



Weekly hike on the chestnut path in South Tyrol



Kaiserschmarren feast: Saturday, 05.10.2019



Harvest thanksgiving: Sunday, 06.10.2019

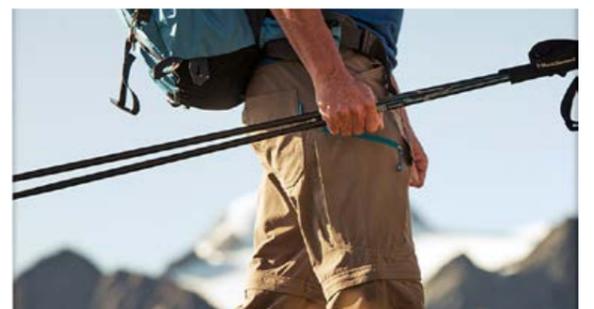


Weekly "forest bathing" with our sylvotherapy expert Werner

November 2019



All Saints' Day Friday, 01.11.2019



Weekly - "Brain walking" through nature



Weekly - Kräuterhof sessions with interesting facts on the topic of herbs



Sport Scheck "Glacier Festival" 07.-10.11.2019

Forster's

NATURRESORT ★★ ★★ DE LUXE



Forster's Naturresort



Cordiality ...

R50 principle: top employees from our region ● ● ● AWARDED TOGETHER!

We usually present our R50 suppliers on this page, who are all located within a radius of 50 km around Forster's and supply us with high-quality food year after year. But this time we would like to use this prominent place for another purpose:

Because today we would like to sincerely thank our many hard-working employees. It is through their commitment, friendliness and competence that we have won many great awards together. They always devote themselves to their work with love and passion, ensuring unforgettable and pleasant holidays for our guests.

First of all, there is our reception team. They warmly welcome our guests, always have an open ear for their concerns and are there to help with useful tips.

Our service is, of course, friendly and competent too - we always endeavour to fulfil the wishes of our guests, whether they are apprentices or experienced professionals, when it comes to the well-being of our guests, everyone does their very best.

Our committed young sommelier as well as the kitchen crew lead by our head chef Martin, who conjures up culinary delights from the regional food of our R50 suppliers, will take care of your physical well-being.

Our ladies in the wellness and cosmetics department are as professional as they are experienced, pampering our guests with massages and baths and motivating them to engage in Nordic walking and water gymnastics.

We would also like to thank our hard-working dishwashers, who give the dishes their shine, as well as our maids, who always keep the entire hotel clean and turn every room into a cosy home away from home for your holiday.

We are proud of our many long-serving employees, the majority of which come from around the region - just like our R50 principle.



We are stronger together!

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. Ground-water 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.

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.

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 "Saunadörfel", the indoor swimming pool with water attractions and the open-air pool, heated all year round, in the wellness courtyard or the extensive massage, bathing and beauty treatments.

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 wellknown 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.



Top marks from the best holiday testers, the Forster guests

A heartfelt thanks to our dear Forster guests, without whom we simply wouldn't be here. It is always a great pleasure to be able to welcome and indulge you here with us. We would like to take this opportunity to express our gratitude for the wonderful reviews you have left us on a number of internet platforms.

God bless from the Stubai Valley - Your Gleirscher family and team



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