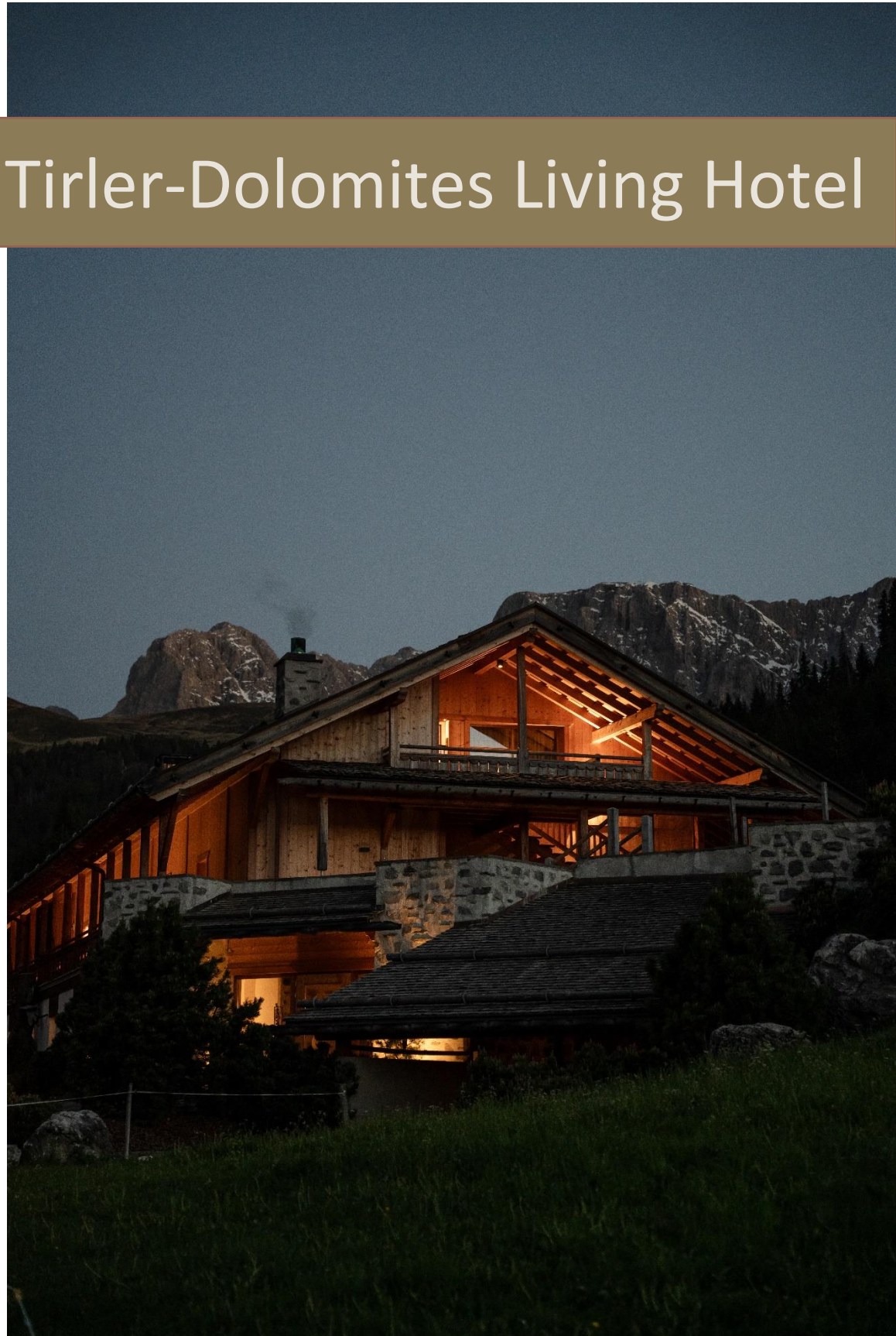
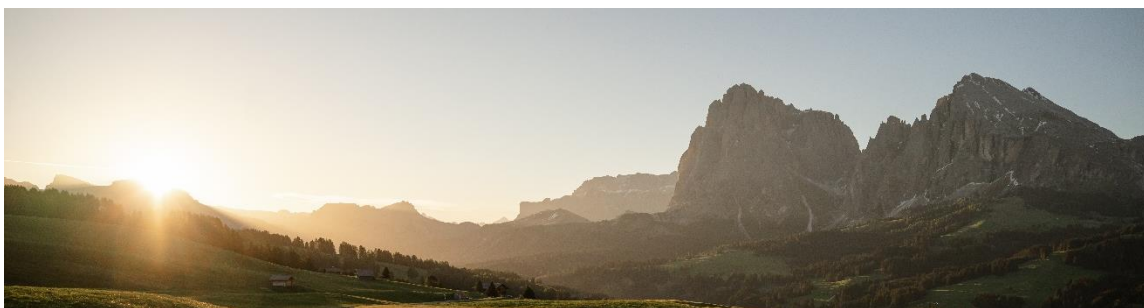


4*^S Tirler-Dolomites Living Hotel

Saltria 59
39040 Alpe di Siusi, Italy
info@hotel-tirler.com
www.hotel-tirler.com
Phone: 0471/727927





At an altitude of 1,752 metres, Tirlir Dolomites Living Hotel combines healthy sleep, nature, physical activity and mindful nutrition. Among its most innovative concepts is “Positive Eating”, developed in collaboration with the German biochemist Dr. Johannes F. Coy.

A 4-star superior hotel located in one of the most beautiful places in South Tyrol, in the heart of the UNESCO World Heritage Dolomites. Offering a 360° panoramic view across the 56 km² Alpe di Siusi, Europe’s largest high-altitude alpine meadow. And one unique promise: to leave feeling better than when you arrived.

The hotel opened in December 2011. A unique retreat that reflects a deep connection with nature in every detail.

“Conscious relaxation” is the philosophy of the house, brought to life through an exceptional concept created with great professionalism for the well-being of body, mind and soul. Pure nature meets contemporary design, inspired by the principles of the UNESCO Biosphere Programme.



With 31 rooms (46–69 m²), the architecture is inspired by nature, as reflected in the use of ecological building materials such as wood, stone and clay. Flooded with natural light, exceptionally cosy, and offering enchanting views of an unspoilt natural landscape. Most of our rooms feature their own private entrance, allowing guests to enjoy an extraordinary sense of freedom. As the first hotel in Italy, "Tirlir Dolomites Living Hotel", was certified with the seal of guarantee ECARF (European Centre of Allergical Research Foundation) for the adaptation of people suffering from allergies.

A unique project, developed in collaboration with institutions of Biology, professionals, and environmental health experts and motologia.

Tirlir-Dolomites Living Hotel ****S





The hotel's organic philosophy is also reflected in its restaurant. Its gourmet cuisine skilfully combines tradition and innovation: whether regional specialities, local classics or dishes for guests with food intolerances, our kitchen team delights every guest with great care and is highly knowledgeable about allergies and dietary requirements. With our Positive Eating concept, we also focus on carefully selected naturally derived sweeteners for mindful enjoyment, complementing our holistic health philosophy. In the evening, guests can indulge in a refined five-course gourmet menu as well as an extensive à la carte selection.



Our generous "Curasoa-Energy"-Spa invites you to relax after a long day in the outdoors: An indoor pool is connected with the large external pool with water heated to 33 ° C and enriched with pure oxygen. An invigorating alpine herbal sauna area, real hay sauna and relaxation area, spa treatments with authentic cosmetic products; the perfect place for relaxation and well-being. The ingredients of the products are dominated by pine, arnica oil, water from the source of Tirler and dolomite silver quartzite.

Our line of spa products "Tirler"
exclusively from natural ingredients!

❖ **Spring water from the Alp Tirler**

Comes from great depth and is made in a special way with minerals and vitamins. It has an invigorating and rejuvenating effect on the skin - right from our own spring!

❖ **Dolomite Silver Quartzite**

Stone arising from the Dolomite Mountains.

❖ **Arnica extract from plants of the Alpe di Siusi**

Has an anti-inflammatory and soothing effect on muscles and joints

❖ **Extract of pine by pine trees in the vicinity of Tirler**

Has a vitalizing force and antiseptic. The smells ethereal positively affect the heart beat!



Our guests can look forward to a fascinating landscape of legendary beauty: Europe's largest plateau, surrounded by the spectacular scenery of the mountains of the Dolomites. Staged by an overview that make you breathless, guests will find everything they want: Hiking from hut to hut through fields and woods, where you can discover over 3426 of various species of animals and plants. Unlimited sport activities: for those who enjoy hiking adventure in the mountains, you can go to the giant and majestic mountains of the Dolomites: lo Sciliar, il Sasso Lungo and Sasso Piatto are in the near.



Mountain bikers can choose between 33 routes with wonderful views and opinions of relaxation in rustic huts of the Alpe di Siusi. Even golf lovers will be impressed: in the near by the village of Castelrotto is the golf course with 18 holes, par 69, with awesome natural resources, streams, ponds and waterfalls. Families and children can inspire the senses on the **path to the sources of the witches**, which begins directly at Tirler. On the trail you will find many places that provide a deep experience of hiking in nature. So the forest above the Tirler becomes a natural playground.

Everything is right in front of Tirler - Dolomites Living Hotel. Next door is the **traditional Tirler Alm, awarded as the most beautiful mountain hut** in South Tyrol. On the large terrace you can relax in the sun and at the same time recharging your batteries! Following the concept of anti-allergic, unfortunately pets can not be accepted.



Our rooms

Alpine Living – 100% Luis Trenker!

Inspired by Nature.

Our Alpine Living – 100% Luis Trenker! Deluxe Rooms (approx. 40 m²), designed in the unmistakable style of Luis Trenker and built according to the latest principles of building biology, are certified allergy-friendly and offer a low-radiation environment thanks to a dedicated mains power isolation switch.

Locally sourced larch wood provides additional protection from electromagnetic radiation, while reclaimed spruce wood and natural materials from the surroundings of Tirlir – Dolomites Living Hotel create a warm and welcoming atmosphere. These carefully selected materials not only enhance comfort but also have a positive effect on well-being and concentration.

The rooms also feature a cosy double bed, walk-in wardrobe, comfortable sitting area, balcony or private garden, entrance hall, heated clay wall for a pleasant indoor climate, shower, hairdryer, make-up mirror, bathrobes, WC, LCD TV, satellite TV, telephone, LAN internet connection, safe and minibar.

Occupancy: 2–4 guests.



Saslong Room

Experience the Alpine Environment.

The Saslong Junior Suite offers a generous 46 m² of space and radiates a sense of pure tranquillity. It features a cosy double bed, a walk-in wardrobe, a comfortable living area with what is arguably one of the most spectacular panoramic views in South Tyrol, an entrance hall, an elegant bathroom and a separate daytime WC.

Relax on your private balcony or terrace while enjoying the breathtaking natural surroundings. Some rooms also feature their own private entrance, ensuring maximum freedom and privacy.

Naturally, the room also includes a heated clay wall for a pleasant indoor climate and a mains power isolation switch, providing the ideal conditions for a truly restful night's sleep on the Alpe di Siusi.

Occupancy: 2–4 guests.



Dolomit Suite

Spacious Comfort for the Whole Family.

The Dolomite Family Suite is a cosy alpine-style apartment spread over two levels, offering 66 m² of space and the perfect setting for a relaxing family holiday.

On the lower floor, guests will find a separate bedroom with a double bed, a walk-in wardrobe and entrance hall, a small kitchenette, a comfortable living area, a bathroom with shower, a separate daytime WC, and a private balcony with panoramic views of the Sassolungo and Sasso Piatto or the Molignon mountain range.

The upper floor, connected internally, features a second independent bedroom with every comfort as well as a private bathroom with a bathtub, providing additional space and privacy for your loved ones.

Occupancy: 2–6 guests.



Suite Curasoa

Unique luxury and romance!

End the day at the open fireplace in your Suite Curasoa (58 m²). A free-standing and handmade wood-bathtub integrated in a heated clay wall and the private infrared cabin are the special highlights. Furthermore, there is a private living room, a large bathroom as well as a spacious walk-in closet.

Occupancy: 2-5 people



Suite 1752

Nature and Harmony – Unforgettable Moments of Well-Being in the Heart of the Alpe di Siusi Chalet – 69 m²

The private panoramic sauna on the sun terrace invites you to unwind, while the cosy living area with its breathtaking panoramic views provides the perfect place to relax. From the spacious south-facing balcony, guests can enjoy magnificent views of the unforgettable Dolomite mountain landscape.

With a generous 69 m² of living space, the suite radiates peace and tranquillity. Natural wood panelling and the soothing scent of Swiss stone pine create an atmosphere of deep relaxation and renewed energy.

The suite features a cosy sleeping area with direct views of the fireplace, an elegant bathroom with shower and WC, entrance hall, sofa, wardrobe, refrigerator, satellite TV, telephone and safe.

Naturally, the suite also includes a heated clay wall for a pleasant indoor climate and a mains power isolation switch, ensuring the ideal conditions for a truly restful night's sleep on the Alpe di Siusi.

The Suite 1752 is located directly adjacent to the main building and has its own private outdoor entrance, guaranteeing maximum freedom and privacy.

Occupancy: 2–4 guests.



Of course we also thought about duvets and pillows for our guests.
We have the following pillows available:

- ❖ **Pillow “ready for the day”** → of natural latex, with elastic and comfortable support
- ❖ **Pillow “sweet dreams advanced”** → In visco-elastic foam adapts individually to the shape of the head and neck.
- ❖ **Pillow “PINO”** → keeps the head and spine throughout the night in a healthy position
- ❖ **Pillow “Cherry heart”** → heated efficient in the case of muscle pain, headaches or digestive problems
- ❖ **Pillow “PINO” per vein ed artery** → decreases pain in the joints, knees and thighs, ideal in the case of risk thrombosis, venous congestion and varicose arteries

The kitchen team

...showcases the perfect blend of tradition and innovation while creating delicious dishes, even for guests with food intolerances.



Our breakfast buffet features **gluten-free bread and brioche, lactose-free and soy milk, lactose-free cheeses, organic goat's yoghurt**, and many other carefully selected delicacies suitable for guests with food intolerances.

In the evening, we delight our guests with a refined **five-course gourmet menu** and an extensive selection of dishes. We place great emphasis on the careful preparation of every meal and whenever possible use high-quality, locally sourced organic ingredients. Healthy, carefully selected ingredients and gentle preparation are the foundation of our cuisine. Our Executive Chef is happy to accommodate special dietary requirements and creates tempting culinary delights tailored to individual needs. To complement your dining experience, enjoy an excellent South Tyrolean wine from our carefully curated wine cellar.



Tirler "POSITIVE EATING"

with healthy sugar!

-Health without renouncement and prohibitions! -

The sugar that your brain likes too!



Conventional sugar causes an increase in the level of sugar in the blood and therefore a high production of insulin. (insulin regulates and lowers blood sugar, transforms excess sugars into fat to be deposited - high blood sugar damages our brain cells and increased insulin production damages our nerves)

Continuous oscillations of insulin can cause diabetes. This disease increases the risk of memory disorders (such as Alzheimer's disease), nervous disorders (such as Parkinson's disease) and cancer. Patients suffering from diabetes also have a higher risk of heart attack.

The studies and tests of **Dot. Rer. Nat. Johannes F. Coy**, a renowned oncologist and recognized expert on this field, scientifically demonstrates that alternative sugars (such as Tagatose, Trealose, Galatose and Isomaltulose) are absorbed much more slowly from the body and they cover the entire sugar requirement for a long time. **So, there is no hyperglycemia and at the same time the production of insulin remains at a minimum.**

Our innovative idea "Positive Eating": **prevent the negative consequences of conventional sugars, without having to give up any pleasure.**

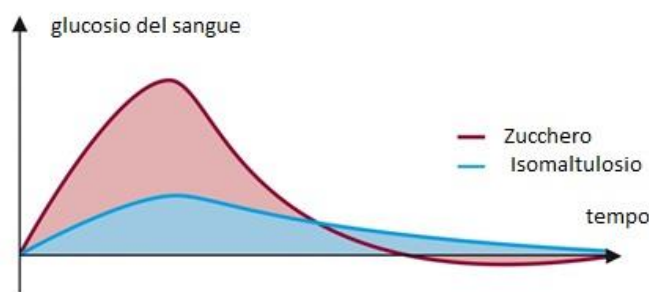
We are the first hotel in Europe that uses these sugars for the preparation of different dishes. The alternative sugar has its own characteristics and is used individually in our kitchen.

Some interesting information on the sugars used by us

Isomaltulose

Isomaltulose is extracted from sugar cane and is a natural component found in honey.

The natural sweetness of Isomaltulose is very similar to that of sugar. This type of sugar prevents the formation of acids produced by bacteria of the oral flora, responsible for the formation of caries.



Various studies have shown that Isomaltulose, in relation to maltodextrin (hydrolyzed starch), increases muscle performance in terms of strength and speed.

This type of sugar is well caramelizable and is perfectly suited to the preparation of our Kaiserschmarren and various desserts.

Galactose

Galactose is a simple sugar, present in the milk of every mammal. For newborns it is essential for brain development and maturation.

Galactose is involved in the processes of body control and vital information. It is the foundation for cells, cell walls and the intercellular substance; for obese people: this sugar is able to move fat.

Galactose is suitable for the preparation of all dishes and gives them a beneficial and sustainable sweetness.

Tagatose

Tagatose is extracted from lactose. It is very versatile, because with its sweetness it is very similar to traditional sugar, but in comparison it has only 20% of calories (only 38% compared to fructose). It is very good also for intestinal flora.

Tagatose is lactose-free and in our kitchen it is used for the preparation of various desserts.



Trehalose

Trehalose is a sugar with a sweetening power of about 50%.

Trehalose has a protective function from freezing on proteins and fats or on the cells as a whole. This sugar is an ideal alternative when you have a fructose or lactose intolerance.



The Sauna

Pine wood bio sauna

The pine wood bio Sauna is a special experience, perfect for everyone who does not love saunas too hot. The Bio-Sauna with 50-60 ° C and a humidity of 45-55%, is also practicable for people with high blood pressure.

The warm warmth and light aromatic steam of the essences of natural plants, wrap the whole body. The climate of the Sauna has a healing effect on skin and hair. During the sauna the respiratory tract is purified and stimulated, and the aroma of the pinewood causes a general relaxation, which will accompany you, even after the sauna, body regeneration is increased and the quality of sleep improves.



Turkish bath

The Turkish bath will envelop you with 40-50 ° C and 90% humidity, with the smell of mountain meadows. The oils of healing plants dissolve in the vapor and are absorbed by the body through the skin and the respiratory tract, where they then develop their healing and healthy effect.



The contractions of the muscles are loosened with heat and steam; General relaxation for body and soul!

Hay sauna

The most special Sauna is definitely the exclusive Hay Sauna. The hay igloo invites with 80-90 ° C and 10-30% moisture to relax.

For the construction, we have used South Tyrolean wood and hand-cut hay from the Alpe di Siusi, with all herbs and flowers, which nature gives us on the meadows.

The hay sauna is accessible from the outside and invites you to relax in a unique setting. Stimulates blood circulation, strengthens the immune system and has a detoxifying effect. Pure relaxation for body and soul.



Panoramic & Event Sauna

New in the Curasoa SPA is the panoramic sauna, with a breathtaking view on the Alp! Enjoy a temperature of 85-90 ° C and 10-30% moisture and watch the nature to relax your soul!

The panoramic sauna is a combination of pine wood, glass and dolomite stones.



The regulated moisture of the sauna has a detoxifying effect, decreases the risk of allergies and chronic and skin diseases. Daily sauna infusion with herbs and natural essences assists the detoxifying effect and cures skin and respiratory tract. Stimulates blood circulation and strengthens the immune system, and all this with a wonderful view!

In addition, the perfume of the pinewood causes a general relaxation, which will accompany you even after the sauna, body regeneration is increased and the quality of sleep improved.



Our Certificates!

ECARF-Certificate<



The Tirler Dolomites Living Hotel is the first hotel in Italy to be awarded with the Seal of Quality ECARF to be eligible to allergies. The non-profit foundation ECARF (European Centre of Allergical Research Foundation) recognizes the hard work of superior four star hotel in South Tyrol that through its design, the range of services and the taking account of the special needs of guests with allergies fulfill the criteria set by ECARF for hotels. The restaurant serves meals suitable for allergy sufferers and the staff was prepared by ECARF to provide qualified information to guests who have food allergies in relation to the suitability of the food served.

World Luxury Hotel Award



The World Luxury Hotel Award was established in 2006 to honor the best hotels around the world in comparison to the excellence of the services. Since 2006, many "Top Hotels" have fought all over the world for the World Luxury Hotel Awards. For the award, in 2013, were appointed more than 1,000 hotels in 87 countries. Votes are made at a global and continental base and for each state. The hotel Tirler, in 2013, won the World Luxury Hotel Award in the category family!

The tamper seal “BEST SLEEP HOTEL GOLD”

This certificate guarantees optimal environment according to the following criteria; **are also shown excellent results!**

A1 → electric field alternative	- <u>result= 0,3-0,5 V/m² !</u>
A2 → magneti field alternativ	- <u>result= 0-10 nT !</u>
A3 → electric magnetic wave	- <u>result= <10 μW/m² !</u>
A4 → electric field continuous flow	- <u>result= 40-60 V !</u>
A5 → magnetic field continuous flow	- <u>result= 3-11 μT !</u>
A6 → radioactivity	- <u>result= negativ !</u>

The interior of the rooms must be free of harmful environmental substances and must not harm people; to protect the health and immune circulation! Some important results:

A7→ Tossini and harmful substances at the inside	
Formaldehyd substances and gases	- <u>risultato= <50 μg/m³ !</u>
Solvable substances	- <u>risultato= <100 ppb !</u>
pesticides	- <u>risultato <2mg/kg !</u>



Green Travel Award

Friday, February 15 in Milan, during the BIT - International Tourism Exchange, The GIST - Italian Tourist Press Group (group of specialization of the Federation of the Italian Press) has proclaimed

Tirler Dolomites Living Hotel

As the winner in the category "Hotels" in the first edition of the **Green Travel Awards - GIST Award for the excellence of sustainable and responsible tourism.**

Assigned on the basis of reports received from more than 200 members, the award aims to highlight the best reality Italian tourist accommodation, outlined by the newly-formed "European Charter for sustainable and responsible tourism".

HERE ARE THE REASONS:

Green Travel Award 2013

Gist Award for the excellence of sustainable and responsible tourism

Category: Hotel

Tirler Dolomites Living Hotel

Welcome and sustainable well-being in high altitude

In South Tyrol, Saltria, at the Alpe di Siusi, in an area that has embraced by the soft mobility, the Tirler is made entirely of bio-architecture, with materials with



zero km. He has won numerous awards, including the UNESCO Biosphere and the best sleep in Gold. In the hotel the South Tyrolean wood soothe, and lower the heart rate to contribute the well-being of the guest's. Among the advantages is, the gluten-free menu and a path of "bare footing" to walk barefoot in the surrounding woods.

Our water is also certified!

Our water rises several hundred meters above the Tirlar - Dolomites Living Hotel; confirmed by geologists, directly from the roots of the "Teeth of terra rossa" (the area around the Alpe di Tires - belonging to the group of Rosengarten - UNESCO).



Our source is monitored continuously in collaboration with the Institute for the Environment and Water Protection (Lab N ° 0434, EA, ILAC & IAF) **for its quality and purity!**

The **basic composition** of our water can facilitate the **purification mainly**: the water can absorb many pollutants and thereby help the body to clean and get rid of all the toxins!

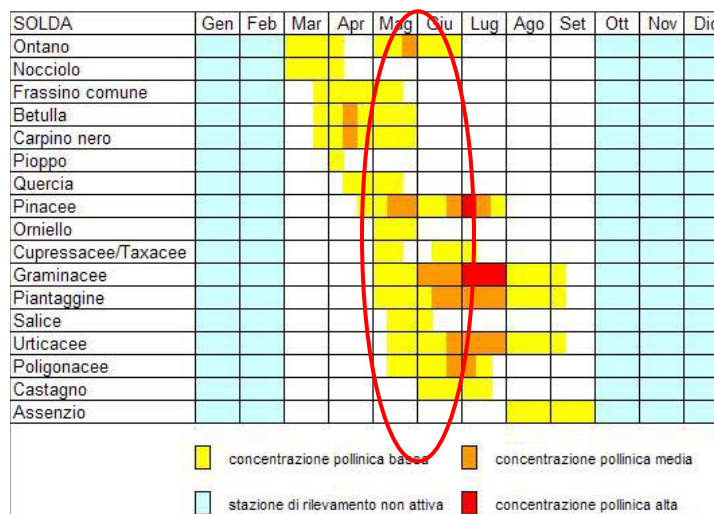
Our project is "**Tirlar waters**", where exactly this water is enriched with herbs from the Alpe di Siusi, in order to offer our guests really special water! The herbs are selected, dried slowly and in a special way by the "Pflegerhof" in Seis. Based on the characteristics and effects of the herbs we set our three themes to choose from: **health, vitality and relaxation.**



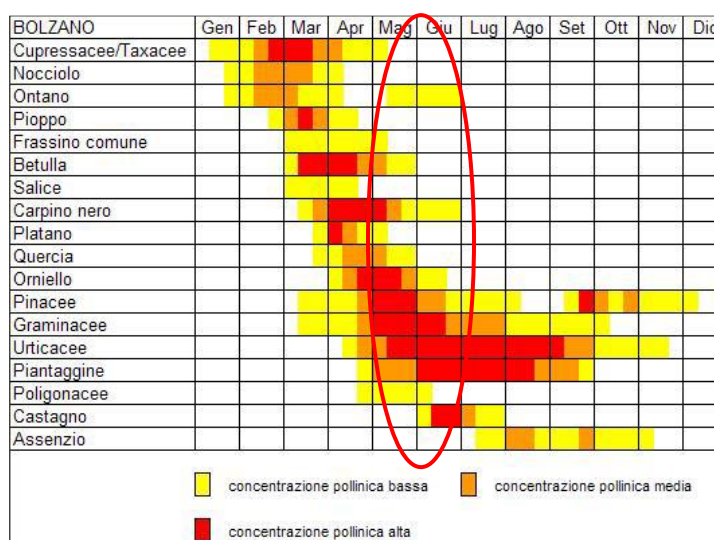
Pollen and allergies

The Tirler-Dolomites Living Hotel is an ideal place for holidays in full breath, no allergies to pollen! At an altitude of over 1,600 m above sea level, the presence of pollen almost disappears! Especially in the months of May and June, where low altitude increases the discomfort of allergies. Doctors and experts in the field recommend a minimum stay of 5 days; a feeling of relief will be the Reward!

The presence of pollen on the Alpe di Siusi (1752 m):



in comparison to the presence in Bozen (165 m):



Path of witches

Directly in front of Tirler begins the Witches' Trail – a 2 km nature adventure for the whole family. Crossing small bridges and mystical forests, the trail leads to the natural sulphur spring before returning to Tirler.

Along the way, our little witch Curadina guides children and adults through playful sensory stations. Children may already know her from the Curasoa Forest and our playground, where she is waiting to share her magical world with them. On the trail, she encourages young explorers to search for tracks, play, discover and experience nature with curiosity and joy.



For adults and families, the stations invite you to slow down, sharpen your senses and reconnect with nature. A special highlight is the natural sulphur spring, whose sulphurous water is traditionally valued for its beneficial properties for the skin and overall well-being.



In summer, we especially recommend walking the trail barefoot. The direct contact with the natural ground stimulates the feet, supports circulation and turns the walk into an even more intense sensory experience.

A playful adventure for children, a healthy nature experience for adults – and a special way for the whole family to experience the natural surroundings of Tirler together.

Unforgettable: Saying “I Do” in the Heart of the Dolomites



Couples who wish to reach new heights exchange their vows on the Seiser Alm, the largest high-altitude alpine meadow in Europe, surrounded by the breathtaking mountain scenery of the Dolomites. Tirlar – Dolomites Living Hotel, located at the gateway to the UNESCO World Heritage Site, offers lovers an incomparable setting and quite literally brings them the stars from the sky.

A wonderful addition since the end of 2015 is the possibility to celebrate a civil wedding ceremony directly at this award-winning nature hotel. For small, intimate religious ceremonies, a romantic chapel is available.

The bridal couple is free to choose their favourite location for the big day. Whether in the cosy fireplace lounge, on the panoramic rooftop terrace, or in the charming hotel courtyard, almost anything is possible.

The hosts are delighted to assist with planning an unforgettable celebration. Decorations, floral arrangements, the bridal bouquet, romantic horse-drawn carriage rides with an aperitif, a wedding menu, wedding cake, champagne reception, a falconry show, or even a helicopter flight above the majestic peaks of the Dolomites.

With us, every kind of wedding is possible – including beautiful same-sex weddings



Our Hotel

Name:	Tirler Dolomites Living Hotel
Stars category	4s
Owner:	Hannes Rabanser
Architect:	Hugo Demetz
Place:	Seiser Alm (Gemeinde Kastelruth)
Area:	Saltria
Sea level:	1752 m
Number of rooms:	28
Room category:	4 (Alpine Living – 100% Luis Trenker, Saslong, Dolomit, Curasoa)
Opening hours:	From December until beginning April, middle of March until beginning October
Eating times	Breakfast: 7:30 until 11:00 am Dinner: 18:00 until 21:00 pm
Point of origin	Summer: walking tours, bike tours, climbing tours, promenade, Winter: direct on the Ski and cross-country skiing slopes, sledge slope, snowshoeing, ski tours, winter hiking trails

To download high-resolution photos, please contact us:

info@tirler.com

More information on our website www.hotel-tirler.com or by phone at

+39 0471 727927 (Mr. Rabanser Hannes)

Tirler-Dolomites Living Hotel *****

