

01 / 2022

ALPINE VIEWS

- BY SEG'L -

#fitmindbody

#fitbeauty

#fitkitchen

#fitforaction

#fitforfamily

#summerfit

#sunnylife

#bettertogether



Fit for life?

Active Family Holidays



#detoxtime

#fitkitchen

#fitmindbody

#fitforaction

#fitforfamily

#fitbeauty



#summerfun
#detox

Gift vouchers

Create your voucher online and either print it out or have it delivered by post – make somebody happy today!

- SPA voucher for massages, beauty treatments or baths and wraps
- A romantic dinner
- A hot-stone meal
- Wellness day
- Accommodation
- Monetary gift vouchers – anticipation's a great gift



'It's not the blowing of the wind that determines our destination, it's the set of the sail ... we make holiday dreams come true!'

Christine & Georg Segl



On the sunny side. Our Alpenblick garden is great for summer



Alpenblick Family Plus

Our littlest guests love the SUMMER ICE CREAM TIME!



Alpine views

... that move you



The Segl family and crew



Dear Alpenblick guests and friends,

Are you as ready to start the summer season as we are? Full of fresh energy and drive? This year, you can look forward to an extensive **#fitforlife** health and exercise programme at the Sportresort Alpenblick – one that will help your body and mind to feel healthy and fit again, from the top of your head to the tips of your toes. Our highly motivated **#fitmindbody** team will find just the right check-up, exercise and training programme for you. Holidays are always about enjoyment, and our **#fitkitchen** will show you how to achieve this in a healthy and revitalising way, with everything from beneficial detox treatments to sampling regional delicacies. Our lifestyle philosophy: always active, with more conscious enjoyment! For the wellbeing of both your skin and your soul, we'll put together your own personalised and beneficial **#loveyourlook** beauty programme. **#regeneration** down to the tiniest cell, letting your inner beauty radiate from the inside out. It's not just your acid-base balance we restore, we also provide the perfect **#fitforfamily** holiday – chock full of indoor and outdoor fun and **#action** for guests of all ages. We look forward to welcoming you soon ... **full of life and with the sun in our faces!**



Fast your way to happiness

Detoxify and pay more attention to your body – it's the best foundation for health and wellbeing.

Now is the time to stop hiding away and face the music! When nature awakens and the first flowers bloom – but also in between times, when our own batteries are low – we should heed the rhythm of nature and give our bodies a thorough spring clean.

Over the past few months, your body may well have been accumulating toxins as a result of eating heavy foods, drinking a little too much alcohol and not exercising enough. Now's the time to get rid of all those excess pollutants with a detox. Healthy nutrition, massages and exercise help to relieve the body and cleanse it from the inside out.

Detox Beauty Tip

Our personalised treatments stimulate your detoxification and self-healing powers.

Detox & Purification

4 nights incl. #fitkitchen detox nutrition from €789 per person

Light and invigorating breakfast buffet | A new #fitkitchen dinner menu every day – vegan options available |
Physiodermie Anti-Ageing – Dehydrated Skin or Anti-Ageing – Natural Lifting
Available until 17 September 2022



Everyday Detox Tips

- Eat plenty of vegetables
- Eat at least 5 vegetarian meals a week
- Drink sweet drinks or alcohol max. once per week
- Exercise for at least 30 minutes before eating sweets



Ancient Knowledge Revisited

In ancient Rome, surgeons used freshly gathered daisies to treat injured soldiers. Furthermore, the Medieval folk names for the daisy included bruisewort and woundwort.

There is truth in the ancient lore ... in addition to bitter substances, daisies contain saponins that have a detoxifying and expectorant effect. Tannins also provide mild pain relief.

DETOX Yoga

The breath of fire technique activates the digestive fire and energy, relieves stress, cleanses and releases tension. Take a seated position, place a hand on your tummy, inhale through the nose and exhale through the nose with pressure and a hissing sound. Repeat 20 times.



Yoga moves muscles, joints, fascia & mind



Forest terpenes are calming and boost the immune system



BREATHE WELL

This is how ...

... Reduce your respiratory rate and enhance the quality of your breathing at the same time. Inhale deeply through your nose, directing the breath to your abdomen. You should feel your tummy rise and fall as you breathe. Slowly exhale.



Restart with a spiritual Yoga event: Top trainer and Yoga teacher Dr Nadja Klag

Breathe yourself free

Restart with a spiritual Yoga event.
Purify, detoxify, recharge your batteries.

Composure and Ease of Mind

Oxygen is essential for life. We breathe in and out around 20,000 times a day – it's a reflex action that happens all day, every day. However, most of us have forgotten how to breathe properly. Did you know that breathing too shallowly can trigger high blood pressure, tension and headaches? Yoga teaches you to properly supply your body with breath, filling it with life energy.

Detox Yoga Retreat with Dr Nadja Klag

Purify, detoxify, re-energise!

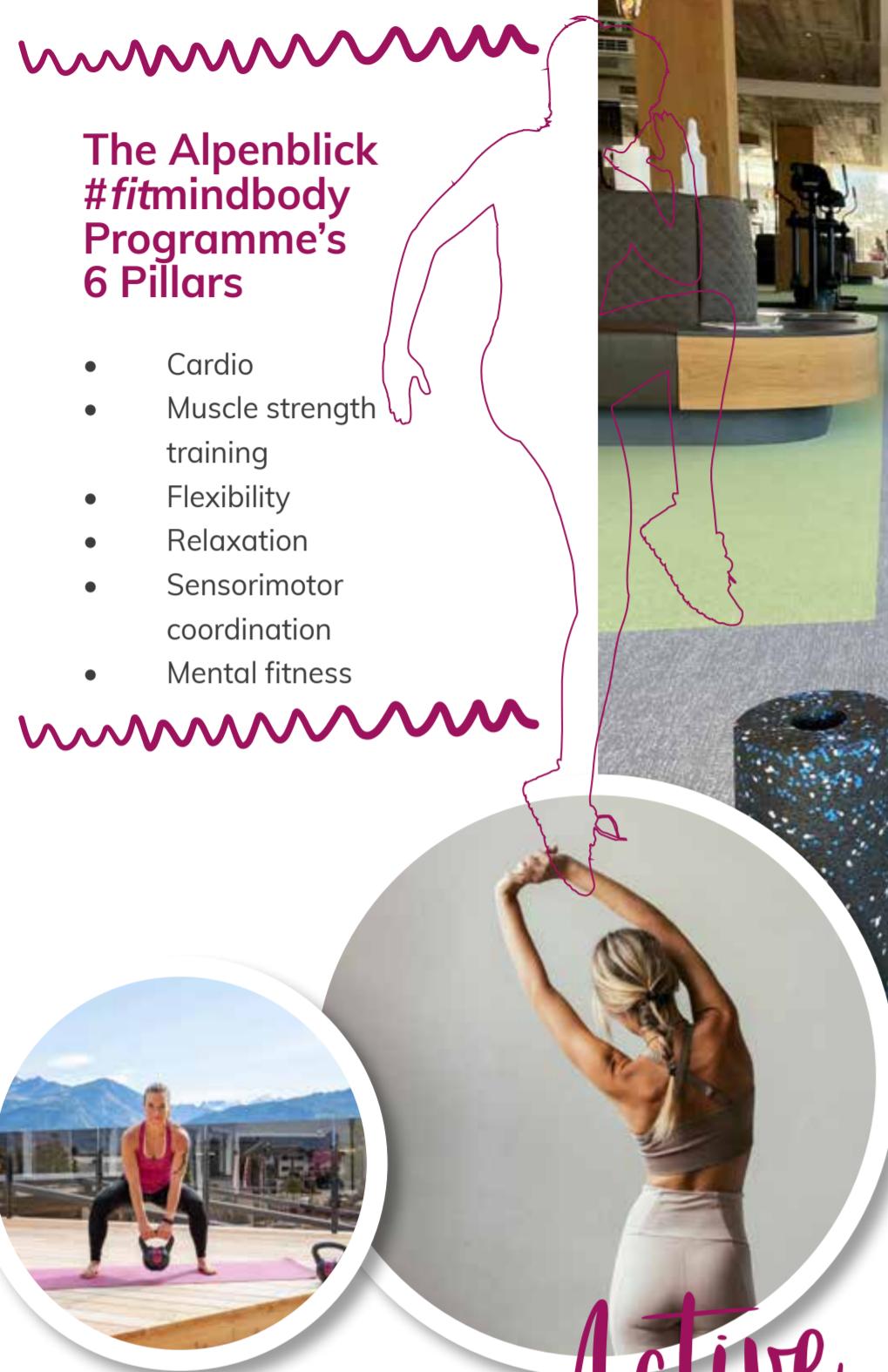
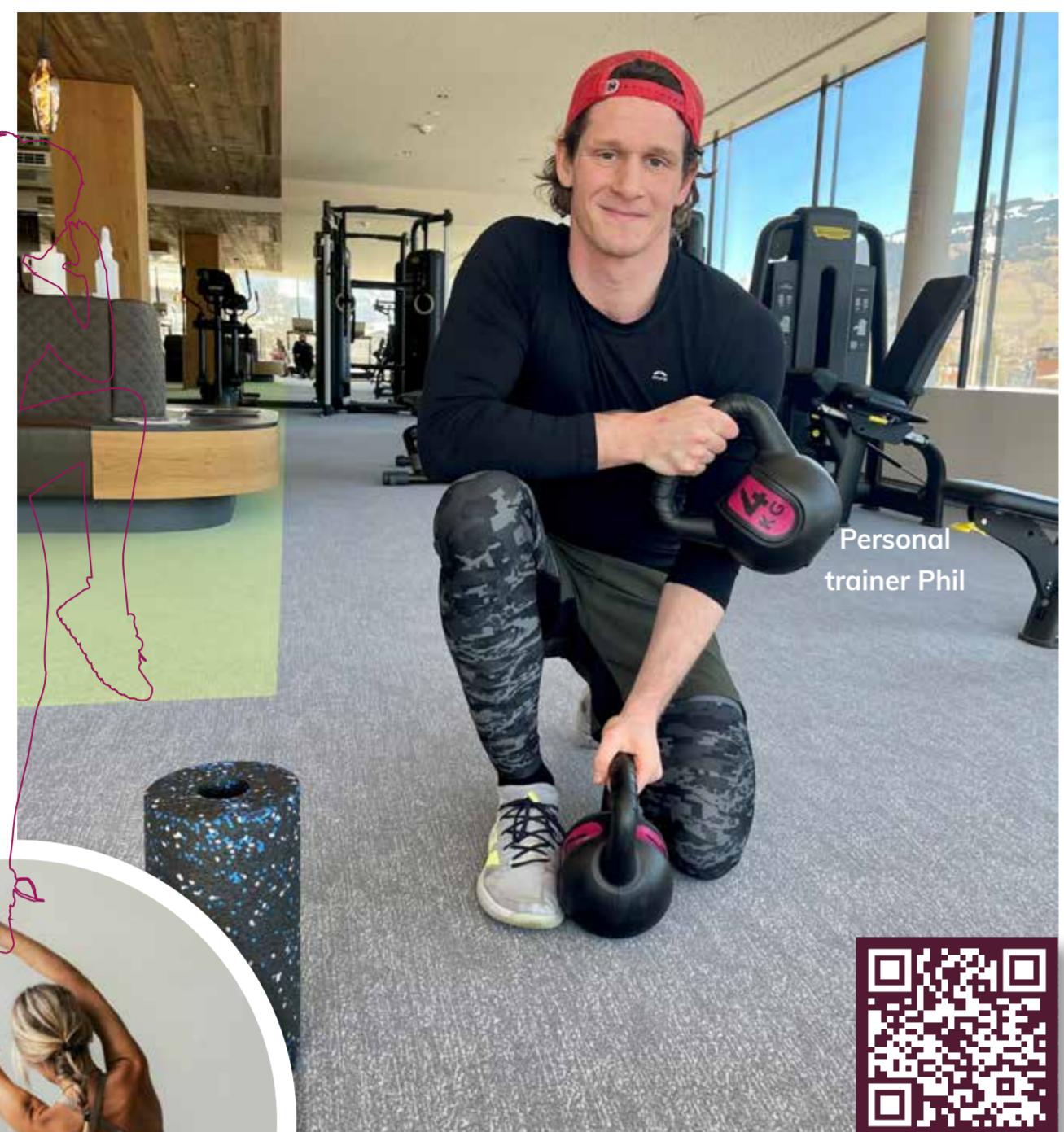
- Daily Yoga sessions and group hiking or e-biking
- Wim Hof Method breathing exercises
- Circuit and fascia training
- Themed talks: Back to the Roots and Nutrition

Your me-time

Yoga in the Mountains

26 – 29 May 2022

4 nights in a single room incl. #fitkitchen detox nutrition from €1,020 per person
Morning and afternoon spiritual Yoga programme with Dr Nadja Klag



Active experiences

Our Alpenblick fitness programme: 7 days a week, with varied workouts and Yoga. For workouts that are more fun, enabling you to celebrate personal victories quickly.

A Top-Up for My Batteries ...

Our team of sports scientists and exercise instructors provide a wide range of personalised training support. This individual attention enhances your enjoyment of exercise, inspiring you to lead a healthier and more active life – not just today, but in the long term, too.

Tailor-made training, coaching, workout schedules, diagnostics and check-ups including bioimpedance analysis (holistic body check) and individual performance diagnostics

'Stretching not only keeps our musculoskeletal system, fascia and muscles flexible, it also prevents over-acidification.'

Superb: Combined with our Alpenblick #fitkitchen!

PHILIPP AIGNER
FITNESS INSTRUCTOR



CHRISTINE SEGL RECOMMENDS

The Region's Top 10 Trail Runs

- Panorama trail
- Hochsonnbergalm trail
- Thumersbach circular run
- Grafenleiten loop incl. High-Altitude Promenade
- Klamm run
- Lake Zell loop incl. High-Altitude Promenade
- Porscheallee run
- Schüttbach challenge
- Around Kaprun
- Schmitten-Ebenberg trail

100% investment in your health

Fit for run

Run towards greater happiness and get your immune system back on track.

Early-Summer Amateur Runners' Camp

If you can run between 8 and 10km without too much effort and wish to improve your running skills under professional guidance, this exclusive running camp is suitable for you. The focus is on gaining body awareness, rhythm and ease of movement.

- Daily running sessions in the stadium
- 21 magnificent routes in Zell am See-Kaprun
- Support with individual training plans
- Performance diagnostics
- Running shoe advice
- Fireside chats on nutrition



Runners' Tip

The closest trail run starts right behind the hotel!

Active moments at Sportresort Alpenblick

Movement and exercise are vital for inner wellbeing and to restore vitality. Running improves muscle strength, endurance, heart, circulation and the immune system.

Early Bird the Catches Worm:

Once a week, you can start your day with an early-morning run accompanied by Christine or Georg Segl. Part of our weekly activity programme.

Sleep, Eat, Run 26 – 29 May 2022
3 nights incl. running training and half board from €590 per person
Training programme with former professional cross-country runner Andreas Tomaselli | Video analyses | Individual training planning | Running shoe test | Time for wellness, relaxation and other activities

Switch off and revitalise

Glacier. Mountain and lake adventures

400km of hiking trails in fresh
mountain air



Tip
Run & Walk Park
for mountain hikes
and Nordic walking

Family Tip
Daily Magic Lake Show
in Zell: from 15 May, on the
hour, every hour,
1pm-6pm.

A Yen for Mountains?

Zell am See-Kaprun is a truly inspiring hiker's paradise in SalzburgerLand. The mountains' tranquillity strikes deep roots within while captivating outdoor experiences inspire us. Extraordinary views, green and gentle slopes, the Kitzsteinhorn glacier and Lake Zell's crystal-clear blue waters: pure relaxation in Zell am See!

After a hike, trail run or mountain bike tour, it's worth taking a detour to Lake Zell where visitors find welcome refreshment and there's lots of fun for all water sports enthusiasts. Which will be your favourite? Fun time at a lido, a pleasure boat trip, or perhaps having a go at stand-up paddle boarding?

TOP: Gipfelwelt 3000. The viewing platforms offer breathtaking views.



Ice day & light night

Summertime
glacier views.

- Gipfelwelt 3000
- National Park Gallery
- Top of Salzburg viewing platform
- Guided hikes
- Guided summit tours
- Kitzsteinhorn Explorer Tour
- Restaurants and huts
- GREAT FOR #fitfamilies:
Kitzsteinhorn ICE ARENA
- Year-round snow
- State-of-the-art cable cars

Magic Lake Show
A magical dance of water, light,
music and lasers on Lake Zell.
A romantic end to the day:
every Tuesday, Thursday and
Sunday, from 15 May to 16
October, 9.30pm.





Fit and tasty

What the body needs now

Extra Culinary Options for Athletes and the Health-Conscious
Wholefoods, vegan dishes, superfoods and fresh herbs:
home-made or home-gathered!



Body Shape Tip

When you make lifestyle changes, don't focus on all the things you're missing. Instead, celebrate each and every improvement: do a happy dance when you notice that your go-to lunch is a tasty salad rather than a burger, or when taking the stairs instead of the lift has turned into habit!



Top tip

Our vegan menu!



SHOP TIP



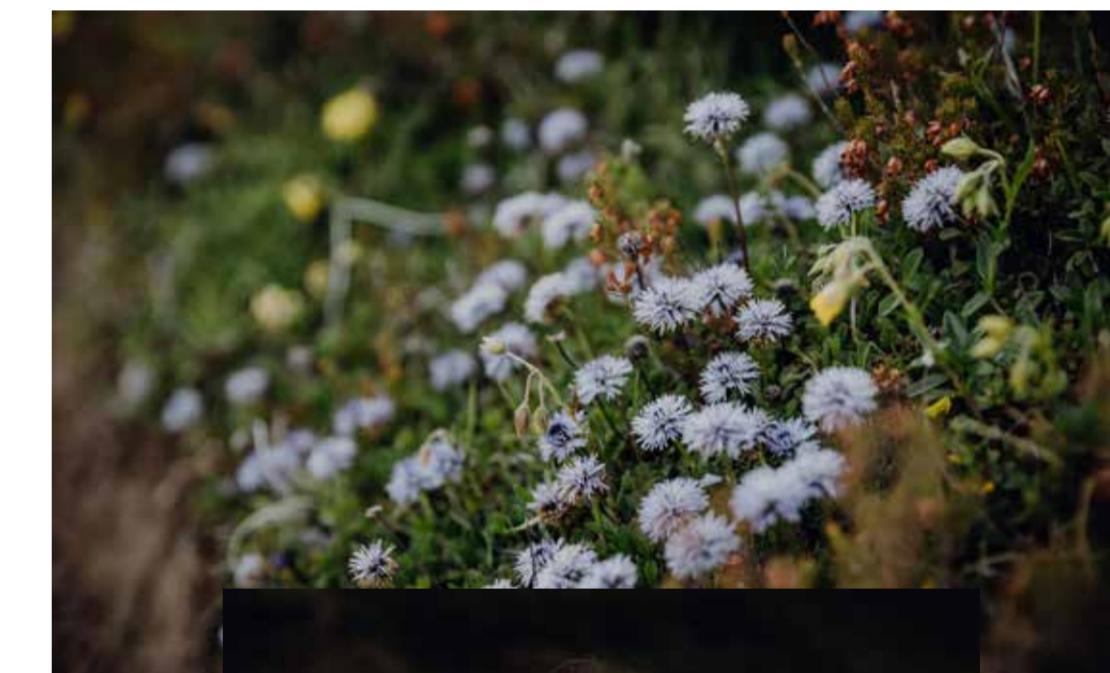
Alpenblick Health Whizz

Margret Wöhrer is a herbalist and an expert in nutrition and traditional European medicine.



'A positive attitude towards food is important to me. Join us on a journey of discovery and find out about delicious and delightful foods that benefit body and soul!'

MARGRET WÖHRER



Workshops & Herb Forays

Eat foods that look good, taste good *and* are good for you too! Our workshops on nutrition cover topics such as gut health and fermentation, while time spent on inspiring herb forays gives you the knowledge to both improve holistic health and boost your immune system with the help of conscious nutrition.



Tip: Enjoy a one-to-one consultation for a personalised nutritional concept that you can easily incorporate into your everyday life.



Summertime activities

Segl Crew on Tour.



The Segl Family

Hosts

We love it when the whole family goes hiking or horse riding across our beautiful Alpine pastures. And as a couple, we enjoy a daily walk.



Philipp Aigner

Fitness Instructor

In the summer months, I love to play beach volleyball – and I'm so fortunate, because there's a great beach volleyball court right on Lake Zell!!



Magdalena Segl

Senior Director

Yoga is such a special experience, especially here on the Schmittenhöhe mountain. The practice keeps my body supple and flexible, relaxes me and makes me happy and content.



Sintija Federa

Therapist

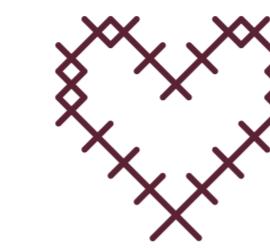
Ice bathing is my absolute passion. It's such a health booster, which is why summer hikes always include mountain lake dips.



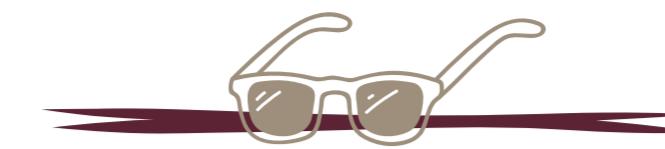
Hannah Neumayer

Reservations

I'm a true sun worshipper, and our chic summer collection is great for being outdoors. I'm wearing one of our pieces now!



#goodtimes



FriSUNte

Our Sparkling Tips for Summer Wine!

White Moments by Segl: Kirnbauer's light summer wine for mellow evenings on the Alpenblick terrace.

Zöhrer Frisandté Sophie: Sparkling, with fresh notes of elderflower and tropical fruit – perfect for a summer's day.



Wine is the Most Civilised Thing in the World

Roland Peinhopf, sommelier and barista, with junior sommeliers Magdalena Kirchner (left) and Christine Scheffauer (right).



Wine & dine moments

For the most beautiful moments in life, for unforgettable holiday memories.

All you have to do now is decide what your favourite moment will be:
sparkling, red or white?



'Shake it! Mixing cocktails exercises your arm muscles, as well as being a sensory experience!'

Bar Manager Florian



**Red
Moments**

— BY SEGL —



**White
Moments**

— BY SEGL —



**Sparkling
Moments**

— BY SEGL —

Wine Tasting 1 March – 17 September 2022

2 nights incl. wellness package from €470 per person

2 evenings dedicated to wine | 1 gala dinner incl. wine pairings by our sommeliers |

1 wine tasting evening with our certified sommelier at the Alpenblick Alm.



We're walking on sunshine



More family fun! Get your fill of exercise and adventure on your holiday. Getting used to being active from childhood is a great foundation for a healthy and fit life.

At Sportresort Alpenblick, families never go wanting – the ALPI CLUB for the little ones, COOL KIDS FUN with cool ideas for kids' adventures and family outings, as well as TEENS PLUS for all adventurous teenagers up to 16 years.

Out and About

Exercise is fun and stimulates your children's development – an active lifestyle creates a holistic foundation for your children's physical, intellectual and emotional health.

TOP Family Summer Specials

Cool Kids Fun 28 June – 2 September 2022: 7 nights for 2 adults and 1 child (up to age 12) from €2,772
Teen Summer Days 2 July – 3 September 2022: 7 nights for 2 adults and 1 teenager (up to age 16) from €3,066



Teenager Summer Days
The daily action-packed summer programme for teens aged 12 – 16!



Teens – the summer is yours! If you're between 12 and 16, there's something cool planned for you every day.



Yummy
Kids love it!

We know what kids like to eat, they never go wanting at our ALPI Kids Buffet. Even cooler: the ice cream buffet!

eeeeeee



Cool Kids Fun
The daily action-packed summer programme for kids aged 5 – 11!



Discover the great outdoors and loads of fun for you and your parents. All 5 to 11-year-olds love making new discoveries – especially when it's a family trek with llamas and an alpaca!

Our Alpenblick Family Plus

- Our own petting zoo, with our goats and ponies Thessa and Lilly
- Trekking with llamas and alpacas
- Garden with sensory path, fire pit, climbing wall and a house on stilts
- Kids' Yoga
- Adventure playground with a sand and mud play area and a tree house
- Mondays to Fridays: Year-round ALPI CLUB childcare for ages 3 to 8
- Textile art workshop
- Kids wellness, with special children's massages and treatments
- Play castle with game consoles, air hockey table, table tennis and more
- Extra-large family rooms and suites
- Footpaths adjacent to the hotel



Always on the Move

*Top e-bike rental @Alpenblick**

#gotransport

All highlights and natural wonders can be reached comfortably and sustainably with public transport.



#mustsee

- Our local mountains – Kitzsteinhorn and Schmittenhöhe
- Kaprun Alpine reservoirs
- Sigmund Thun gorge
- Krimml waterfalls
- Grossglockner High Alpine Road
- and much more



In the thick of it

Your Alpenblick activity holiday pass.

Free travel on all the Kitzsteinhorn glacier and Schmittenhöhe cable cars!

Benefits & highlights at a glance:

- The card is valid throughout Pinzgau & Zell am See-Kaprun for the duration of your stay
- Valid from your first night
- Valid from 15 May to 31 October 2022
- Free return travel on Kitzsteinhorn and Schmittenhöhe cable cars
- Free admission to Zell am See's lake lidos
- Free admission to 40 attractions, excursions & experiences: Kaprun Alpine reservoirs, boat trips on Lake Zell, Mittersill National Park centre, Krimml waterfalls, Maiskogel family mountain, Sigmund Thun gorge, museums & cultural highlights

*for a fee

Autumn's a time to remember

Autumn Smiles

Events & Camps

Colourful, eventful and enjoyable – autumn is here!



Dinner & Show at Andreas Restaurant @funevening Man Flu

18 November 2022



Oktoberfest

Time to get out your dirndl or lederhosen
6 – 9 October 2022



Winter Yoga Retreat with Marcel Clementi

8 – 11 December 2022



Let's Dance @Alpenblick
19 November 2022

Tavern Life ... as it Used to Be with Tom & Basti – German TV celebrities
20 November 2022



Ice Bathing with Sintija, our Meditation Instructor
15 – 18 December 2022

A wonderful setting
for the most
**beautiful day
of your life!**



#fitforlife in Style
Porsche 911 convertible
– 150km of pure Alpine
freedom
1 May – 17 September 2022
2 nights incl. Porsche excursion &
picnic basket



Leading
SPA Award 2022
**We are happy
#thankyou** 



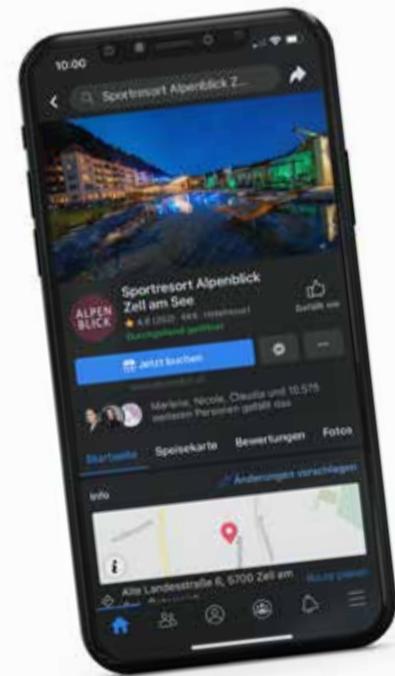
Book direct

Book direct

If you book direct,
the Summer Card is automatically included!
Book and enjoy all the summer has to offer!



Tel. +43 6542 5433



Follow us

We'll
keep you
posted!



We're
always
open