



# AT- *Worlds of pleasure*

## BEST OF SPECIAL WEEKS

enjoy | relax | take a break

05.11.2023 - 12.11.2023



Golden days ahead..

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

# at – worlds of pleasure– best of special weeks highlights

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

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

## monday

- AT 09.00 AM Hike with hiking guide Axl to the Strudelkopf with a fantastic view of the Three Peaks
- AT 09.00 AM Autumn hike in the Villgratental with hiking guide Anton
- FROM 3.15 PM Experience hourly highlight theme infusions in our adventure sauna from 3.15 pm onwards
- AT 9.30 PM Dreams meditation with Manuela & Ira in the panorama relaxation room

## tuesday

- AT 10.00 AM Yoga workshop "Healthy back" with Magdalena
- AT 3.00 PM Yoga "Balance" with Magdalena
- FROM 3.15 PM Experience hourly highlight theme infusions in our adventure sauna from 3.15 pm onwards
- AT 1.00 PM Leisurely walk with Axl to "AlpenHigh" Seppila followed by a tasting.
- FROM 6.45 PM Kitchen party in the AT kitchen
- FROM 9.00 PM TO 11.00 PM Exclusive gourmet event- Hubert Stockner, master cheese maker, fromelier and certified beer sommelier.
- AT 9.30 PM High End Tasting in the AT Wine Bunker - Master Class Chardonnay with Sommelier Gerold  
*(limited number of participants | 40,-€)*

## wednesday

- AT 09.00 AM Morning Yoga with Magdalena
- AT 09.00 AM Hiking tour with hiking guide Axl to the Allwartstein
- AT 3.30 PM Sunset hike on the Lutterkopf with hiking guide Anton
- AT 3.00 PM Tips and suggestions for your cardio training with Lukas
- AT 3.00 PM Back gymnastics with Daniel
- FROM 3.15 PM Experience hourly highlight theme infusions in our adventure sauna from 3.15 pm onwards
- AT 5.00 PM Infopoint Nui Cosmetics with Manuela
- AT 5.15 PM "Best Off" show infusion with Ira and Lukas

## thursday

- AT 09.00 AM Hike with hiking guide Axl to Monte Piana
- AT 10.00 AM Yoga Workshop "Classic Hatha" with Magdalena
- AT 3.00 PM Yin Yoga with Magdalena
- FROM 3.15 PM Experience hourly highlight theme infusions in our adventure sauna from 3.15 pm onwards
- FROM 19.00 PM BIS 12.00 PM Long sauna night- with highlight infusions until 11.15 pm
- AT 9.30 PM High End Tasting in the AT Wine Bunker- Master Class Pinot Noir with Sommelier Max  
*(limited number of participants | 45,-€)*

## friday

- AT 09.00 AM Fascia training with Hannah
- AT 09.00 AM Hike to the beautiful Armentara meadows with hiking guide Axl
- FROM 2.00 PM TO 6.00 PM Open wine bunker - wine table tasting with winery Nals Magreid
- AT 3.00 PM Yoga "Stability" with Magdalena
- AT 3.15 PM Experience hourly highlight theme infusions in our adventure sauna from 3.15 pm onwards
- FROM 6.45 PM Seductive vernissage with the artist David Pallua

## saturday

- AT 08.30 AM Hike with hiking guide Daniel to the Nemesalm in Sesto
- AT 10.00 AM Workshop "Qi Gong" with Magdalena
- AT 3.00 PM Meditation journey "Power of the forest" with Mäggi
- FROM 3.15 PM Experience hourly highlight theme infusions in our adventure sauna from 3.15 pm onwards
- FROM 3.30 PM TO 3.30 PM Autumn magic with the AT reception team and AT house technique team
- FROM 6.45 PM Highlight Gala Dinner

## sunday

- FROM 7.00 AM Highlight Gourmet Breakfast



## Sunday

3.00 pm: Relaxation techniques with Nadine

## Monday

09.00 am: **Hike to the Strudelkopf with a fantastic view to the Three Peaks**

Experience a wonderful hike in a colorful autumn landscape to the "Heimkehrer Kreuz" and enjoy the unique view of the mystical Three Peaks.

*Difficulty: easy | Height difference: 300 | Walking time: 3 h*

09.00 am: **Wonderful autumn hike in the rustic Villgratental valley**

Villgratental is located in East Tyrol, Austria and offers an impressive scenery with its picturesque mountains, colorful larch forests and charming villages.

*Difficulty: moderate | Height difference: 400 | Walking time: 3-4 h*

from 3.15 pm: Experience hourly highlight theme infusions in our adventure sauna from 3.15 pm onwards

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



## Tuesday

10.00 am: Yoga workshop "Healthy back" with Magdalena

3.00 pm: Yoga "Balance" with Magdalena

from 3.15 pm: Experience hourly highlight theme infusions in our adventure sauna from 3.15 pm onwards

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

*Tasting of mountain spirits and fine liqueurs from own production in the context of a story hour with Jimmy Holzer*

6.45 pm: **Kitchen party - dive into the world of our AT kitchen**

Enjoy a relaxed atmosphere, meet our talented chefs and discover the secrets behind our delicious dishes.

from 9.00 pm: **Exclusive gourmet event - let us take you to an unforgettable taste explosion.**

In the hotel lobby, Hubert Stockner, renowned cheese master, fromelier and certified beer sommelier, will present you with a unique tasting of beer, cheese and chocolate.

Enjoy carefully selected beers presented by a certified beer sommelier. Learn from a master of his trade how cheese becomes the highlight of its enjoyment. Discover the harmonious combination of chocolate and the various flavors.

9.30 pm: **High End Tasting at AT Wine Bunker Master Class Chardonnay**

Under the expert guidance of sommelier Gerold we will taste the respective "Grand Cru" of the different countries. Look forward to an unforgettable journey through the world of this unique grape variety and its national and international spearheads.

(max. 12 persons | 40,-€ )

## Wednesday

- 09.00 am: Morning Yoga with Magdalena
- 09.00 am: **Mountain hike with hiking guide Axl on the Allwartstein**  
With its western pre-summit, the Badmeisterkofel, the Allwartstein is considered the local mountain of Altprags. As if from a specially erected viewing platform, the Allwartstein overlooks the magnificent Altprags basin with the majestic rock massifs of the Dürrenstein and the Hohe Gaisl.  
*Difficulty: moderate | Height difference: 540 | Walking time: 4 h*
- 3.00 pm: Tips and suggestions for your cardio training with Lukas
- 3.00 pm: Back gymnastics with Daniel
- from 3.15 pm: Experience hourly highlight theme infusions in our adventure sauna from 3.15 pm onwards
- 3.30 pm: **Sunset on the Lutterkopf with hiking guide Anton**  
We start at the Mudlerhof parking lot (1,432m) above Taisten and climb high through dense mountain forest to the Lutterkopf. A gentle, comfortable hiking mountain with amazing views of the Pustertal and the Dolomites. The mountain is the first peak of a long ridge that flanks the Antholz Valley. We return to the hotel for dinner  
*Difficulty: moderate | Height difference: 530 | Walking time: 3,5 h*
- 5.00 pm: Infopoint Nui Cosmetics with Manuela
- 5.15 pm: "Best Off" Show infusion with Ira & Lukas

## Thursday

- 09.00 am: **Highlight hike with hiking guide Axl to Monte Piana**  
The itinerary, starting from the parking lot near Lake Misurina, takes us to Rifugio Bosi and to a small chapel dedicated to the fallen of the First World War. During the First World War, Monte Piana was a much-contested area: on the north summit were the Austrians, on the south summit the Italians. For defense, fortifications, tunnels, galleries and trenches were built. This can still be visited today. With the Three Peaks in the foreground, from here you probably have one of the most beautiful views in the entire Dolomite area.  
*Difficulty: moderate | Height difference: 560 | Walking time: 4- 5 h*
- 10.00 am: Yoga Workshop "Classic Hatha" with Magdalena
- 3.00 pm: Yin Yoga with Magdalena
- from 3.15 pm: Experience hourly highlight theme infusions in our adventure sauna from 3.15 pm onwards
- 9.30 pm: **High End Tasting in the AT Wine Bunker**  
**Master Class Pinot Noir - King of the red wines**  
Under the expert guidance of sommelier Max, we will taste the respective "Grand Cru" of the different countries.  
Look forward to an unforgettable journey through the world of this unique grape variety and those of national and international spearheads.  
(max. 12 persons | 45,-€ )

## The long sauna night on Thursday

*Extern sauna evening: from 7.15 pm to 11.15 pm, enjoy hourly infusion highlights with the "AT infusion masters" Ira, Daniel, Axl, Magdalena, Karin, Maggi, Hannah, Carmen and Lukas*



## Friday

9.00 am: Fascia training with Hannah

9.00 am: **Varied autumn hike to the Armentara meadows with hiking guide Axl**

The Armentara meadows in the Fanes Sennes Braies Nature Park are located below the Heiligkreuzkofel massif. Due to their unique diversity of alpine flora, they belong to one of the most beautiful alpine meadows, especially in autumn. In front of us towers the mighty Kreuzkofel group which accompanies us during the entire hike. We enjoy the great view of the Gardenaccia highlands to the west and the Marmolada to the south.

*Difficulty: moderate | Height difference: 400 | Walking time: 3.5 h*

2.00 - 6.00 pm: **Open wine bunker - wine table tasting**

We welcome the winery Nals Magreid

3.00 pm: Yoga "Stability" with Magdalena

from 3.15 pm: Experience hourly highlight theme infusions in our adventure sauna from 3.15 pm onwards

from 18.45 pm: **A wonderful evening full of artistic and culinary delights! A vernissage of a special kind.**

After dinner, artist David Pallua presents his fascinating paintings in the hotel lobby. In collaboration with AT Patisserie, exquisite chocolates and petit fours were created to match each painting.

## Saturday

08.30 am: **Hiking guide Daniel hikes with you in Sexten to the Nemesalm**

At the southern end of the valley is the Kreuzberg Pass at (1,656 m) - border with the neighboring province of Veneto, which is also the starting point for our scenic hike. From the Nemes-Alm you have a fantastic view of the Sesto Dolomites.

*Difficulty: easy | Height difference: 300 | Walking time: 3,5 h*

10.00 am: Workshop "Qi Gong" with Magdalena

3.00 pm: Meditation journey "Power of the forest" with Mäggi

from 15.15 pm: Experience hourly highlight theme infusions in our adventure sauna from 3.15 pm onwards

3.30 pm: **Autumn magic with the AT reception team and AT house technique team on the hotel terrace**

Join us and dive into the magic of autumn! We cordially invite you to a cozy get-together with chestnuts, mulled wine and accordion atmosphere.

from 6.45 pm: **Highlight Final Gala Dinner**

...our AT kitchen team will enchant you tonight

## Sunday

from 7.00 am: **Enjoy a highlight gourmet breakfast with exquisite dishes from AT cuisine.**

From savory delicacies and aromatic coffee specialties to homemade sweet temptations and fresh baked pastries - our gourmet breakfast leaves nothing to be desired.

Look forward to Fin de Claire oysters | poached egg | caviar | beef tartare | apple pancakes and much more...

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

The swimming pools are open for you from 07. am to 4. pm,

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

We invite you to the buffet lunch from 12.30 pm to 3:00 pm.

**We wish you a wonderful AT Worlds of Pleasure week.**

*Family Feichter and the whole AT-Team* ♥





## Hubert Stockner, the pleasure hunter

Hubert Stockner, master cheese maker, fromelier and qualified beer sommelier proves his taste: A bunker in the rock - a relic from the World War - serves him as a maturing cave for his exquisite South Tyrolean and international cheese specialties.

There, he cares for and preserves raw milk cheeses from selected cheese dairies from the Alpine region for months or years and refines them into cheese specialties with that very special touch. He also attaches great importance to sustainability, which means, among other things, silage-free feeding.

This has also earned him the name "pleasure hunter" - a designation, by the way, that one of his cheeses also has. His guests get a unique insight into the traditional art of cheese and learn how to harmonize chocolate (KARUNA CHOCOLATE), craft beer and cheese in a perfectly harmonizing symphony.



## The artist David Pallua

For David Pallua, becoming an artist meant courageously defying the expectations of others in order to fulfill a personal dream. That is why he sees integrity and authenticity as the most important aspect of his art.

His works are characterized by a variety of motifs, from portraits to fantastic, symbolic landscapes. Whatever subject he chooses, he carefully considers how to personalize it to make it distinctively his. His work has since spread to new areas, such as installation and murals. Represented by Agora Gallery in Chelsea New York, he was part of collective exhibitions including: "On Earth and Elsewhere". His works were also part of the art fair "Artexpo-NewYork".

## Alpen High® - Seppila

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

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

All the flavors for the spirits and liqueurs are obtained by an extraction of various herbs, roots, berries or fruits. The particularly elegant process of Alpen High® - Seppila is to use this very grain spirit as a solvent and thus create new, surprising and natural flavor explosions with the help of a wide variety of natural products.



## Winery Nals Margreid

Nals Margreid - many centuries of wine culture are associated with this name.

The tradition begins in 1764, when the Von Campi winery was built on the site of today's winery.

In 1932 the Nals Winery was founded and with the merger with the Margreid Winery in 1985, the name Nals Margreid was born. Today 138 winegrowers cultivate about 160 hectares of vineyards. The 14 areas, each with its complex geological history of formation, are distributed between Nals and Margreid.

The geographical characteristics are the most valuable resources and a constant source of inspiration in the creation of the wines. In interaction with the respectful treatment of nature, the grapes are harvested, whose peculiarities are clearly stylized, elaborated and expressively brought into the bottle with the signature of Nals Margreid: **Alpine-fresh. Terroir-related. International**