



SCHLOSSHOTEL FISS

MOMENTS

PARADISE

Where's the paradise
you've been searching for?

APPRECIATION

Your SUPER. SUMMER.
CARD. 2022

DESIGN & DETAIL

Ernst Summer talks
about the SHF's unique
interior design

POWERHOUSE

Our SHF Crew

10 QUESTIONS & ANSWERS

Verena Resch, SHF HR &
reservation manager

MORE THAN JUST A 5-STAR HOTEL

Chef de cuisine Mathias
Seidel describes the
delicious SHF cuisine

FINDING HARMONY

Ayurveda at Schlosshotel Fiss

COME ON IN!

Two adventurous surprises
for families

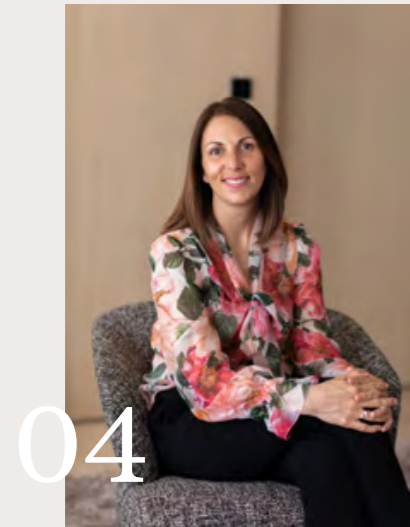


SUMMER MAGAZINE 2022



SCHLOSSHOTEL
FISS

EDITORIAL



SUMMER



VERENA RESCH



SHF CUISINE



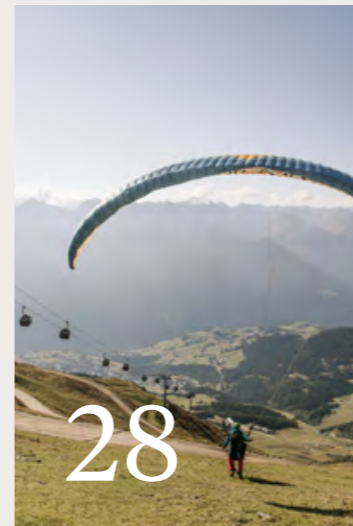
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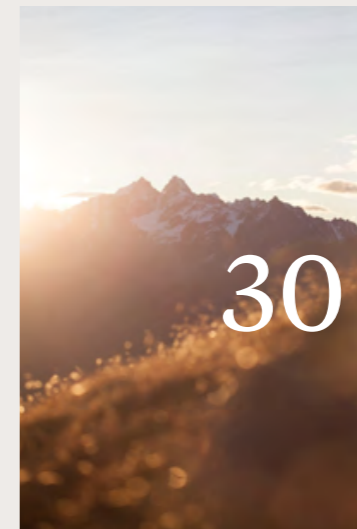
SHF INTERIOR



LIGHTNESS



CULINARY AUTUMN



SHF FAMILY



SHF DESIGN



SHF CREW



SHF SPA



Paradise

Sometimes we look out into the world and wonder: Does it exist? A calm and safe haven? A place where we feel at home? A place where we find the way back to our true selves and feel more freedom than ever before.

Where is this paradise where we can feel, smell, experience, and enjoy nature? Where we can laugh, awaken the child within us, and create unforgettable memories together?

We'll reveal the secret and tell you where you can find it: Paradise is right here.

1,436 metres above sea level. At the foot of serene mountains – protected by the alpine abundance. This is such an exceptional place – each and every detail, room, service, and every encounter will have a heartfelt effect on you.

Your Schlosshotel experience will be unique and unforgettable.

It's a pleasure and an honour to create rooms full of beauty, calmness, and strength – and to fill them with our heart and harmony especially for you.

Yours,
Simone Domenig



“It’s an invaluable feeling to know that there’s a place where everything you’re looking for is awaiting you. A place full of beauty, calmness, and strength you can be part of.”

SIMONE DOMENIG

Every day begins with a sunrise. The alpine world blossoms. The peaks touch the sky. Every path leads to a new adventure and an amazing feeling. Embedded in the picture-book scenery, the sun rays reflect on the crystal-clear water. The lush green meadows glow, and the children's eyes sparkle.



Places that touch our heart & soul



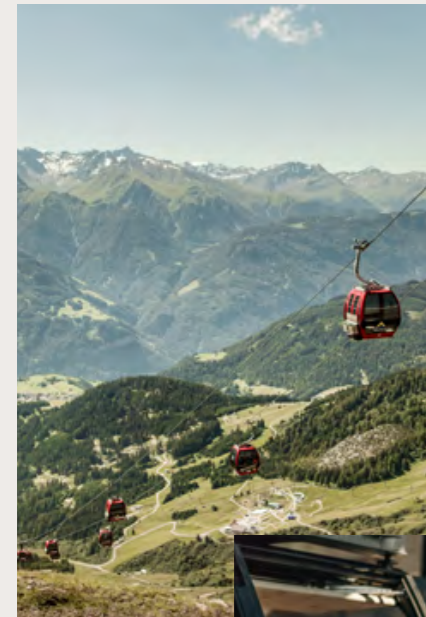
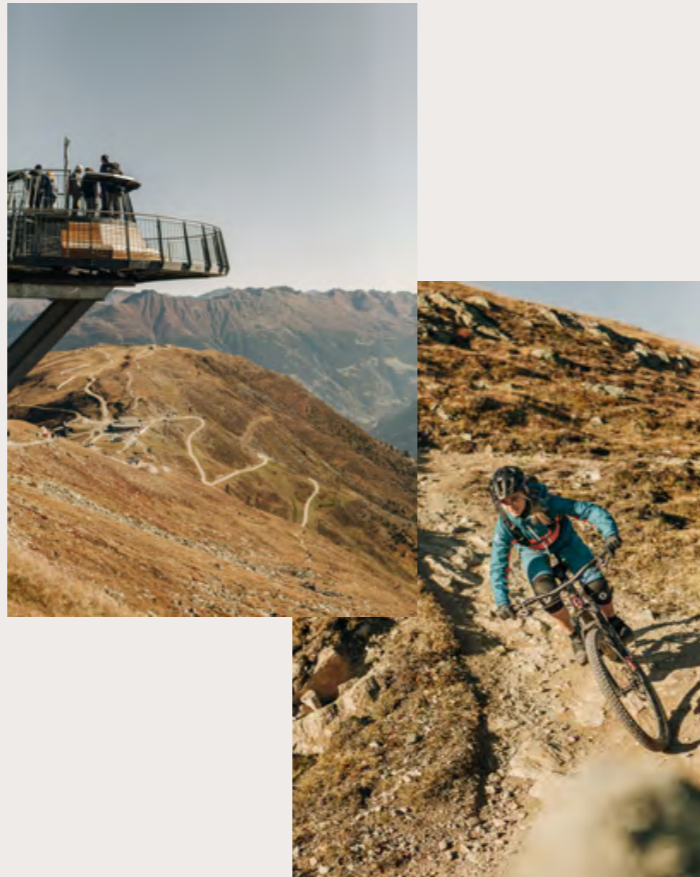
Gentle and yet so strong they are, these silent and majestic mountains. Protective and beautiful at the same time. Every time we arrive, it feels like a new beginning. The beginning of a new path towards the destinations that fascinate us – and the places that touch our heart and soul.



A PARADISE WITH AN IMPRESSIVE ADDED VALUE

The Schlosshotel is located in an award-winning place that has so much to offer:

- a biker's paradise with countless single trails, e-bike trails, and the legendary SFL Bike Park;
- an adventure mountain world with fantastic, themed hiking trails, including interactive geocaching – there's just so much to discover;
- a fun area with various parks and special attractions on the mountain;
- a climbing garden with easy and challenging walls;
- a hiking world that takes you up to over 3,000 metres above sea level;
- a culinary region with beautiful alpine pastures, high-quality mountain restaurants, and various specials such as the Gourmet Gondola, the Crystal Cube, or the mountain picnic;
- a water world with charming mountain lakes that combine tranquillity and adventure;
- family-friendly concepts and the children's clubs that guarantee lots of fun each and every day;
- a cultural area with Tyrolean customs and festivals;
- and countless reasons to return over and over again.



In order to maintain this diversity and abundance in the most sustainable way, a new concept is being developed. The mountain railways are now charging a small fee for the SUPER. SUMMER.CARD. 2022. This appreciation and service fee is 5 euros per day for adults and 2.50 euros per day for children aged 6 and over. Infants and children up to 5 years of age are free. This appreciation and service fee is essential for Serfaus-Fiss-Ladis to remain the unique, creative, and innovative summer destination that it is. 100 percent of the revenue is invested in the maintenance and further development of amazing and special summer offers.

Thank you for supporting us on our mindful and sustainable path – and for attaching value to the things you love. Join us on our journey. Together, we are looking forward to all that the future has to offer here in this magnificent region and home of the Schlosshotel.

Attach value

Creativity, playfulness, joy, a desire for innovation, and a great passion for quality, comfort, and uniqueness have made Serfaus-Fiss-Ladis one of the world's leading holiday destinations over the last two decades – not only as a grandiose skiing destination, but above all as a summer paradise for families and connoisseurs.

to the things you love.

Your ticket for the holiday paradise Serfaus-Fiss-Ladis includes:

- Use of the cable car¹ in Serfaus-Fiss-Ladis
- Serfaus Adventure World (Murmlwasser, Murmlweg trail, etc.)
- Hög Adventure Park² (water labyrinth, swimming area with shallow water area, woodcutter playground, etc.)
- Summer Fun Park Fiss² (Berta's Air Slide, Kneipp centre, slackline park, LIKEaBiKEs, etc.)
- Children's Mine (adventure playground, Golden Man Trail with 11 stations, etc.)
- Hikers' bus daily between the villages of Serfaus, Fiss and Ladis
- Kids' entertainment 5 days a week (Monday to Friday) and information event (on Sundays) in the 2 kids' clubs (Murmli-Club Serfaus & Mini&Maxi Club Fiss-Ladis)
- Thomas Brezina's Adventure Mountains (The Pirates' Trail in Serfaus, The Witches' Trail in Fiss, The Explorers' Trail in Ladis)³
- Guided hikes in Serfaus-Fiss-Ladis
- Discount on bike park tickets and trail tickets



SUPER. SUMMER. CARD. 2022

Adults (15 years and older): 5.00 euros / day
 Children (between 6 and 14 years): 2.50 euros / day
 Infants and children 5 years and younger: free
 Your contribution towards the SUPER.SUMER.CARD. will be charged to your room. We distribute the cards upon check-in, and they remain valid during your entire stay.

¹ excluding bike transport
² attractions subject to a charge are excluded
³ excluding the Adventure Booklet with colourful stickers

The mountain cable cars of Serfaus-Fiss-Ladis, the tourism association, and we as a partner hotel would like to thank you for your appreciation and contribution.



#1

“We have been coming here to Fiss with our now teenage children for over 10 years. Every summer we are thrilled. It's almost as if the offer evolves along with our children and our wishes. We really have found our paradise and, in our opinion, the new ticket price for the SUPER. SUMMER. CARD. is more than justified.”

Family Neuhaus, Münster (Germany)



#2

“Together with our two boys, we are passionate travellers, but hardly anywhere else offers so much, invests so much and develops so many great things. For us, Serfaus-Fiss-Ladis is a 10 out of 10 and it's not only justified, but high time that this offer also be clearly appreciated.”

Family Beck, Hamburg (Germany)



“Because we enjoy it.”

#3

“Our children want to go to Fiss every year during the autumn holidays. And it's a great holiday every time where everything is just right. We believe that a contribution to the SUPER. SUMMER. CARD. is a good way of maintaining its high standards, and we are already looking forward to the new attractions that will be created.”

Family Thalmann, Winterthur (Switzerland)

The art of saying “welcome”

When the doors of Schlosshotel Fiss open, all of your senses will unfold: Because design and detail interact in an exciting and simultaneously wonderfully grounding manner. The design and details are contemporary and timeless as well as innovative and calming – all at once. They are classic and at the same time in a class for themselves.

Primarily our highly appreciated regular guests notice and experience how the SHF interior changes and evolves over time. The young managing director Simone Domenig has put her heart and soul into the new branding, the SHF tableware collection, and the Beef Club. “For me, style is so much more than design or a trend. It’s an expression of personality. That’s why every detail is so important to me,” she explains.

Observing global trends, attending the important trade fairs, and working with talented people creates a wealth of ideas. Focussing these ideas on the essentials and finding exactly the pieces that embody the consistency and harmony of Schlosshotel Fiss, that’s the real art.

“Every combination has to create an all-round good feeling. Coherence and beauty are the goal. Only then is it right for our Schlosshotel,” says Simone Domenig. With each and every selection, she combines both: solid quality and durability as well as the lightness of modern luxury.

Craftsmanship plays an important role: “We work together with manufacturers who give every piece of furniture, every fabric, and every accessory the attention it needs to stand out as a unique piece. You can feel the subtle difference that ultimately makes the difference.”

Thus, an aura of something extraordinary was achieved in the newly designed SHF lobby, an atmosphere that expresses a heartfelt “welcome” in the most beautiful way. With carpets by Stepevi, seating and tables by Minotti, and furnishing by interior designer Ernst Summer, which embody not only a unique feeling of generous cordiality here at the Schlosshotel, but also of being appreciated as a human being, as a fine spirit, and as a connoisseur:

“After all, every design, every fabric, simply everything is an invitation to our guests to feel special and at home.”



Ernst Summer. Interior designer.

Mr Summer, you have been focussing your eye for detail on the Schlosshotel Fiss and have been highlighting the SHF language of art through your special interior design for more than a decade now. How did your collaboration with Schlosshotel Fiss start?

At the beginning of my "Schlosshotel story" there was Hermi Artner, who was responsible for interior design here at the Schlosshotel for many years. She invited me to assist her and to meet Bernadette Domenig. That's how I was introduced to this special hotel, where I now have the pleasure to enjoy a beautiful and trusting collaboration with Simone Domenig. This kind of appreciation, this openness, and this high awareness for quality is something I can hardly find anywhere else.

Which hotel characteristics are expressed through the interior design?

The Schlosshotel Fiss is a pleasant, attentive, and exclusive hotel, which at the same time perfectly fits in to the landscape and alpine world around it. Each and every detail is carefully selected and put in its place.

Where do you find your inspiration?

On holiday, at trade fairs in Frankfurt, Munich, and Paris as well as in spontaneous "encounters". There's an exciting story behind the large new golden pots in the hallways. When I saw them, I instantly knew: This perfect shade of gold belongs into the Schlosshotel.

As they were already out of stock though, I decided to order an entire container of them without hesitation and without speaking to Simone Domenig about it beforehand. When Simone Domenig then told me that she wanted to renew the hallway decorations, the pots were ready to take their place. It's an amazing feeling for me when a puzzle piece finds its perfect spot.

What's the most important criterion in the SHF interior design?

The quality. I am allowed to work with very special gold and metal varnishing, high-quality products, and I can choose from the newest collections and refine my basic ideas directly at the hotel. I always arrive with a basic concept, but I never plan anything down to the last detail, because I want the interior design to evolve right here in the rooms of the hotel and fall into place. The full appreciation and trust I receive, allows me to unfold and expand my creativity.



MADE FOR LIVING

Carry the SHF interior feeling into your own home. Annelies Buchhammer, the "good soul" at the SHF shop, is happy to give you advice on the details, brands, and quality of the unique products.

Powerhouse

Extraordinary companies attract extraordinary people – and that’s also true here at our Schlosshotel Fiss. This is where wonderful guests – connoisseurs with a distinct sense of style – meet staff members whose work exceeds the ordinary.



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Our crew members are enthusiastic and motivated with the desire to help shape a top gastronomy – and create the unique Schlosshotel experience each and every day. The SHF crew is part of a powerhouse brimming with competence, cordiality, and professionalism.

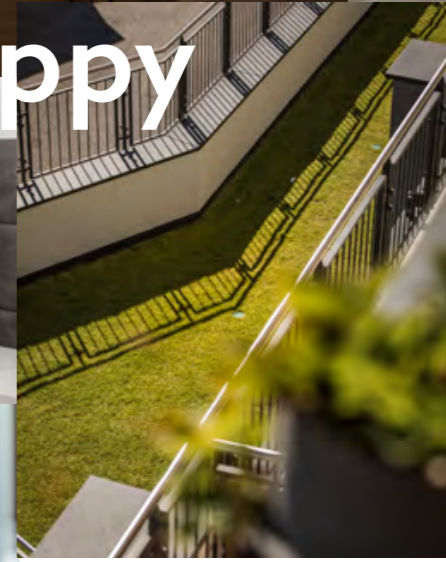
Our SHF crew deserves not only applause and recognition, but also the highest respect, which the Domenig family expresses in everyday interactions and with a variety of ground-breaking benefits.

In the alpine region, Schlosshotel Fiss is now also considered the leading hotel in human resources in the 5-star hotel industry – and has set new benchmarks with the innovative SHF crew channels, the SHF academy, and the new SHF home. Now is the time to live the essential values and to create great things together.



SHF HOME

Staying here, means living here. It also means arriving and feeling at home. Yes, maybe you may even start your own family and write hotel history together with the rest of the SHF crew.



#workhappy

#playhappy

- 28 stylish studios
- 9 spacious apartments
- High-quality furnishings
- Real wood floors, beautiful furniture, large tiles, design kitchens, amazing fabrics, beautiful ambience for living, a place to feel good and relax, natural colours and stylish touches, plenty of storage space
- Terraces or loggias, in some cases even gardens
- Best location directly opposite the Schlosshotel Fiss
- High standard of living
- Amazing south-facing views towards Serfaus
- Underground car parking spot for employees living in the SHF home or the region
- Washing room, storage rooms
- Bicycle room
- And so much more

Togetherness makes gastronomy thrive. It's all about precise planning, being perfectly prepared, being able to fully rely on each other – and knowing that everything is flowing during the most important moments. This requires time to exchange ideas, to be honest with each other, to reflect on mis-haps, and to celebrate successes together.



Togetherness makes gastronomy thrive. Togetherness of dear people who are passionate about giving their best, knowing that they can still grow – even if they have already reached their initial goal, because they laugh together, live together, and love what they do.

Cheers to our crew life

It feels good.

Togetherness makes gastronomy thrive. It's also good to have a chat, experience trust and encouragement for everyone. Now and then, enjoy a glass of wine together – at just the right temperature from the perfect wine glass.



At Schlosshotel Fiss, we provide space for this precious togetherness: the SHF crew kitchen. It's the central meeting point that's always open to everyone – and a place where the SHF crew chef prepares fresh, healthy, and varied food every day especially for the SHF crew.

It's not just a place to enjoy delicious food together, but also a place to motivate each other and wish each other a great day.



#1

SHF CREW VALUES

- Trust & honesty
- Cordiality
- Enthusiasm
- Respect & tolerance
- Motivation



#2

SHF CREW HOMES

- 3 high-class crew homes in close proximity to the hotel
- Apartments for the whole family in the SHF home
- Studios in the SHF home and SHF crew homes
- Car parking free of charge
- Wi-Fi free of charge



#3

SHF CREW LIFE

- An average of 2,000 hours of sunshine per year in Fiss
- Foundation for a home in Fiss and maybe even a family
- Collegial cohesion and solid friendships
- Living in the "paradise for families and connoisseurs" with incomparable summer offers and a world-class skiing area
- SHF crew events for team building and celebrating joint success (hike & bike, rafting, excursions, etc.)



SHF ACADEMY

- Season kick-off
- Interactive exchange
- Professional training and further education
- Personal development and training
- Training and apprenticeships possible in all departments

#4



SHF CREW BENEFITS

- Daily pool time
- Special rates at the SHF spa and SHF shop
- Various discounts
- Free catering
- Excellent salary level and flexible work schedule

#5

10 Questions

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answered by SHF human resources & reservation manager
Verena Resch

Ms Resch, you're thoughtful and at the same time very clear nature enhances the SHF human resources management team. As the SHF reservation manager, you're now also responsible for the strategic decisions and developments for this important department. What's particularly close to your heart in terms of your management work?

Our goal is to fill every position in the SHF crew with the ideal person, to maintain direct contact with our employees, and to support the department managers in carrying forward our values.

Where do you find the ideal SHF crew members?

The recruiting process is undergoing a strong shift. The classic job advertisement is not as effective anymore, and skilled workers are scarce. That's why we have built up professional SHF crew channels with our own corporate design, our own website, and our own social media pages. We present the SHF crew life and the benefits we offer on these channels to reach potential employees.

How does the employment and the integration of new members into the SHF crew work?

After a successful interview, we draw up the contracts and then the new crew member can move in to one of the SHF crew homes. The SHF academy then explains all the important details so that the new crew member is well prepared. In most cases, all this happens before the first guests arrive. The opening day is the start button for everyone.

The Schlosshotel is more than just a place of employment. It's a place where the SHF crew can settle down and feel at home.

Yes, definitely. It's a family-run hotel and our crew members are the beating heart of the hotel. The appreciation of people is

the main focus. You can experience that in the everyday teamwork, in the respectful togetherness, and of course in the services offered: Especially in the tastefully designed apartments of the SHF home, which also offer enough space for families, or in the studios, single and double rooms in the SHF crew homes. Many SHF crew members have found their home here and now live in Fiss all year round.

What benefits are offered to the SHF crew members?

A few examples include, the delicious staff buffet, the new SHF crew kitchen, the highest quality work utensils, spa evenings, and discounts at the hotel and in the Serfaus-Fiss-Ladis region. The opportunity to adapt working hours to the wishes and needs of our employees is becoming increasingly important. Thus, we offer different working time models at Schlosshotel Fiss: Many of the SHF crew members work a five-day week. Kitchen, service, wellness, and reception staff, for example, work five and a half days per week. Part-time jobs are also possible.

What do you expect from the SHF crew members?

As a 5-star hotel, we are the ideal workplace for young, motivated, and well-trained employees. Fortunately, the gourmet and Falstaff awards for the cuisine, the high level of wine knowledge, the sophisticated service, the specialised SHF spa, the clearly structured administration, and also the high-quality features attract many professionals to our hotel. When competence, commitment, and cordiality go hand in hand, the performance is right.

The motto is #workhappy #playhappy – how do you successfully combine professional success and personal development?

Ideally, by establishing one's own living space and centre of life here in the "paradise for families and connoisseurs", and

by becoming an important and valuable part of the SHF crew.

What makes the SHF academy stand out?

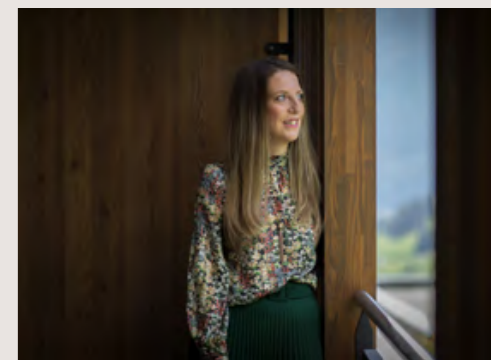
The SHF academy is in the process of development, and each season we focus on a different area which offers added value and inspiration.

Are there any current challenges you are facing?

The crisis due to Covid-19 has hit the hotel and catering industry as well as gastronomy with full force. We will do everything we can to meet the new challenges of our industry with experience, consistency, and know-how.

What's the most important next step for you now?

We have many plans that we are successively implementing. However, I think it's essential that the young talents are made aware of the versatile, attractive, and beautiful careers in gastronomy, because we not only give a lot, but also get a lot in return: from the other SHF crew members and, of course, from the many friendly and appreciative guests.



Sweet Dreams



— — —
Sweet temptation and tantalising curiosity. You have to taste them all: the fresh macarons, the assorted chocolates, the fine tartlets, cakes, and creative desserts – all homemade by Sophie Winkler and Sabrina Brennsteiner.



— — —
They run the SHF patisserie with creativity and passion, producing surprising details, complex creations, and individual interpretations of popular classics. This way, they make sure the SHF patisserie is not only an amazing enrichment for SHF cuisine, but also a true work of art.



“We only really enjoy the things we consciously enjoy.”

Mathias Seidel, SHF chef de cuisine,
2 Toques in Gault & Millau

Michael Angerer & Mathias Seidel

Every evening, an à la carte menu sequence is prepared and augmented by an en-place menu. Guests preferring a vegetarian or vegan dish, will find various ingredients that are clearly marked and can be combined into a coherent and delicious menu.

But irrespective of your selection: “In terms of quality, we don’t differentiate between the type of dish. It’s always about making the best from the best. And thereby, continually honouring the fact that our guests recognise this appreciation and return it to us.”



Magnificent

“ONE THING IS CLEAR:

Enthusiasm only begins once the expected is surpassed. But no matter how exclusive an offer is, the most important ingredient is always appreciation. Appreciation for the resources, the quality, the energy, and the attention that goes into a dish and a menu from sowing to harvesting, processing to preparing. Because we only really enjoy the things we consciously enjoy,” explains Mathias Seidel, SHF chef de cuisine.



THE GUIDING PHILOSOPHY

Each and every day he lives this philosophy with his entire SHF kitchen crew. His principles are applied not only at the SHF Beef Club gourmet restaurant and at his chef’s table but also at the SHF luxury board. “With up to 40 cooks in the kitchen, everything is freshly prepared from scratch every day. Both the cold and the hot dishes, the breakfast, and the afternoon buffet as well as the dinner. For us, our credo is always: Our world-class dishes are homemade, handmade, and from the best suppliers.”



The culinary and above all the high quality offered as well as the per capita value of the SHF luxury board go far beyond the classic level of a 5-star hotel. “As a result of the fresh and in-house preparation, the craftsmanship, and sophisticated techniques we employ, we produce a depth of detail and clarity that create great pleasure,” Mathias Seidel explains.

“AN UNFORGETTABLE EXPERIENCE”

- Flying time from Schönjoch to Fiss (in summer to Berta's Kinderland at the Sonnenburg or yellow gondola; in winter all the way to Schlosshotel Fiss on skis) approx. 15 to 20 minutes
- Flying time from Schönjoch to Ried: approx. 25 to 35 minutes
- Meeting point: at the Schönjochbahn (at 1,436 metres above sea level)
- Take-off point: below the restaurant Bergdiamant (at 2,436 metres above sea level)
- Minimum age: 6 years
- Weight: min. 25 to max. 110 kilograms
- Requirements: no fear of heights (it feels similar to travelling on a chairlift) and you have to anticipate this unforgettable experience
- Equipment: sturdy shoes, long trousers, wind-breaker jacket

- Roland Patsch is a social education worker for persons with disabilities, and it is a great pleasure for him to be able to offer special flights for persons with disabilities and thus fulfil the dream of flying for people who, for example, use a wheelchair.
- Winter special for Schlosshotel guests: In winter you can start your flight on skis at Schönjoch and land on the slope right next to the Schlosshotel.
- Registration possible directly at the SHF reception

B E L I F T E D U P

“Tandem flying and paragliding are so much more than just sports. Every time you fly, you feel like you are coming alive deep inside,” says Roland Patsch as he places his large rucksack on the floor next to him in the Schönjochbahn gondola. The gondola ascends at a constant speed and quickly reaches the final station at 2,400 metres above sea level, from where we will start our adventure today. “When I see the guests at the meeting point for the first time, I can already feel this very special kind of anticipation that only exists with flying. For many, flying is simply the greatest dream in life – and then this dream comes true.”

The Tyrolean paragliding and tandem pilot speaks from experience: Roland Patsch has conducted more than 11,000 flights in the last 30 years, and this desire that gripped him at the age of twelve has never left him. But is this adventure really for everyone? “If you don't mind being on a chairlift, you can also try a tandem flight. A panoramic tandem flight from Fisser Schönjoch to the village takes about 20 minutes, depending on the weather conditions. We'll be in the air for about 35 minutes before reaching Ried. It's a tremendously beautiful experience to fly over the plateau, gazing

over the hundreds of mountain peaks from the Zugspitze all the way to Italy and Switzerland, and just to be 'up there in the air' for once.” And it really is an unforgettable feeling: As we get ready to take off (with a rather fluttery heart and butterflies in our stomachs) at 2,436 metres above sea level, and after a strong run-up, the autumn sky lifts us up, and we can feel the sparks of freedom and joy in each and every part of our body.

11,000 times in the air

ROLAND PATSCH

started his passion as a paragliding and tandem pilot 30 years ago and has conducted more than 11,000 flights. In 2005, he founded the tandem flight company “Panorama Flüge Tirol”.

Having wings. Taking off. Leaving everything behind for a few moments. Sometimes freedom is attained when hanging on only to a tight harness and some fine strings.

Here and now

STRENGTH LIES IN THE QUIET DAYS FROM MID-AUGUST UNTIL THE END OF SEPTEMBER

When the holiday days are nearly over and the mountain meadows have been mown, it's time for autumn to arrive. The autumn season brings along peace, security, and a wonderfully gentle pace. It's the time of the year when the bright summer green mountain ridges turn red. The sky is clearer, the distant view more dignified, and nature richer than ever.

THIS IS THE PERFECT TIME FOR A CALM HOLIDAY:

The perfect morning starts with a swim and plenty of time for breakfast. Then it's time to lace up your hiking boots and walk as far as your heart desires. Marvel at the reflecting mountain lakes. Discover deep forests, and then return to the hotel for a cup of fragrant cappuccino by the open fire. Read a beautiful book. Enjoy a massage. Practice yoga. Enjoy your company. Spend the evening under the stars and take space and time to a new dimension.

Feel the beauty and power of being in the here and now.



SHF CULINARY AUTUMN FROM MID-AUGUST UNTIL THE END OF SEPTEMBER

Feel the bounty. Treat yourself – and enjoy. The SHF culinary autumn is a special highlight here at the Schlosshotel Fiss. During these autumn weeks, we celebrate the fine senses, golden nature, the rich harvest, and SHF cuisine created just for you. A magnificent and noble culinary autumn rounded off with an activities programme that will enrich your senses and your soul.



- Wine tastings: Meet some of the region's top winemakers
- Gin, rum, and whiskey tastings from special distilleries with our SHF bar manager Sam Lutz
- Truffle tastings
- Cheese tastings
- SHF sauna evenings
- Sunrise hikes
- Yoga
- Ayurveda workshops
- Guides meditations
- Jewellery exhibitions
- And many wonderful golden autumn moments

OUR SPECIAL INVITATIONS IN 2022 GO BEYOND THE CULINARY AUTUMN:

- SHF culinary autumn from mid-August until the end of September 2022
- SHF summer beginning & end from 25 June to 2 July & 10 to 17 September 2022
- SHF balance days from 19 to 23 June & 18 to 22 September 2022
- SHF yoga days from 26 to 30 June & 25 to 29 September 2022
- SHF girlfriend days from 17 September to 1 October 2022
- SHF starry summer in September 2022

Find out more here:

<https://www.schlosshotel-fiss.com/en/hotel/offers/>

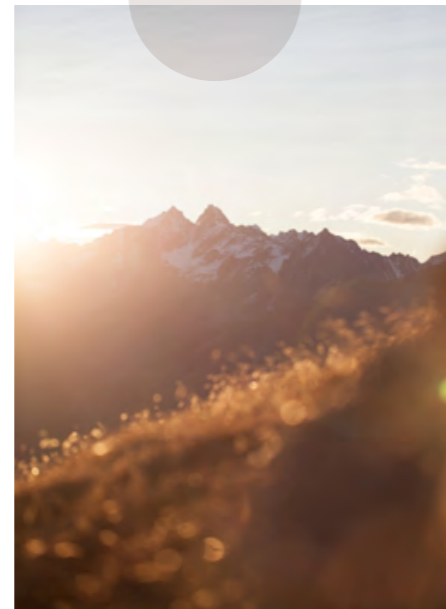
SHF SUMMER BEGINNING & END
25 JUNE - 2 JULY & 10 - 17 SEPTEMBER 2022

Watch the sun rising from behind the mountains. Conquer the magnificent mountains. Smile, relax, and dive into the Aqua Monte water world. Enjoy the unique Schlosshotel experience with the entire family.

- 5, 6 or 7 nights including SHF luxury board
- Guided exercise programme & outdoor activities
- 5,000 m² of spa experience
- 15% discount on the room price if you stay for 7 nights
- 10% discount on the room price if you stay for 6 nights
- 5% discount on the room price if you stay for 5 nights

Additional offer in autumn:

- Culinary autumn programme with wine and cheese tastings, culinary highlights & nature experiences



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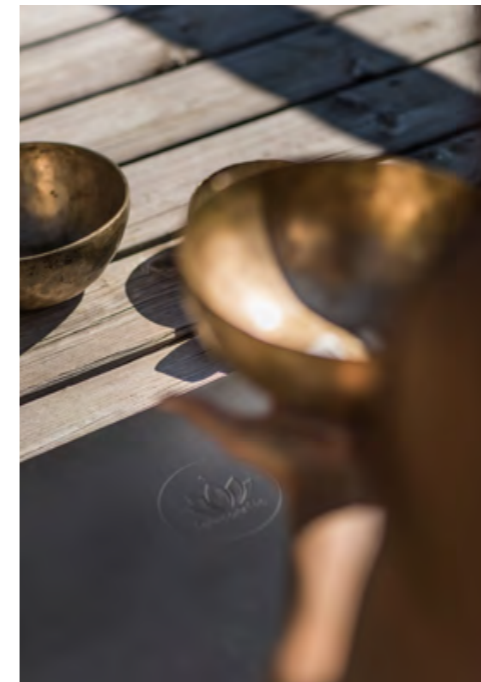


SHF YOGA DAYS
26 - 30 JUNE &
25 - 29 SEPTEMBER 2022

Find inner harmony through gentle movement. Build up new strength through the flows. Welcome the new day with a smile - and end it in a relaxing way. Treat yourself to days full of warmth and happiness.

- 4 nights including SHF luxury board
- Yoga | Vinyasa Flow Yoga, Yin Yoga & Morning Yoga
- Energising morning walk with sun salutations at the lake
- Guided chakra meditation
- All SHF inclusive services
- 5,000 m² of spa experience

#3



SHF GIRLFRIEND DAYS
17 SEPTEMBER - 1 OCTOBER 2022

Days as sparkling as the champagne at the bar, as relaxed as a visit to the spa, and as lively and beautiful as the mountain world around you. Treat yourself - and enjoy having so much time for yourself and your best friend.

- 3 nights including SHF luxury board
- 1 glass of champagne as a welcome drink at the bar
- 1 Pharmos Natur facial treatment of your choice (50 min.)
- 1 manicure with varnish (50 min.)
- Culinary autumn programme with wine tastings, culinary highlights & nature experiences
- All SHF inclusive services
- 5,000 m² of spa experience

#2



#4

SHF BALANCE DAYS
19 - 23 JUNE & 18 - 22 SEPTEMBER 2022

- 4 nights including SHF luxury board

FOR YOUR BODY

- Body scrub treatment: peeling massage with the sacred plants from Pharmos Natur (60 min.)
- Sunrise hike with early bird snack on the mountain with our hiking guide
- Yoga | Vinyasa Flow

FOR YOUR MIND

- Guided chakra meditation
- Your holiday relaxation book for at home. (Books are only available in German.)



#Vata

SHF Detox Body SHF Pharmos Natur body treatments

The purifying Pharmos Natur experience will have a harmonising effect on your body. Your muscle tissue will be decongested, the extracellular matrix regenerated, and the metabolism stimulated. Blocked lymph energy is now ready to flow again. Cellulite can be significantly reduced through this treatment. Enjoy the feeling of new lightness and vitality.

More information at the SHF spa reception, in the SHF app and at <https://www.schlosshotel-fiss.com/en/body-mind/ayurveda/>

SHF Ayurveda massages

ABHYANGA

"Relax – let go – feel at home"

Herbal oils and aromatic oils are used to improve blood circulation, nourish the skin, revitalise muscles, release blockages, and relax the body and mind. It also has a harmonising and detoxifying effect.

PADABHYANGA

A soothing massage focussing on the feet and calves with the use of herbal oils. This massage relieves pain in your feet, it stimulates circulation to alleviate health problems, and relaxes your body and mind.

SHIROABHYANGA

A strongly calming and relaxing massage that passes over the shoulders and neck up to the head. It completely releases stress from the body and mind, helps improve sleep quality, works deep into the hair roots, and treats recurring headaches and migraines.

SHIRODHARA-ABHYANGA

This treatment offers a relaxing full-body massage from head to toe, which ends with a pleasant Shirodhara treatment (the pouring of a steady stream of warm oil onto the centre of your forehead). This treats the body and mind, brings deep relaxation, and lifts you to another dimension.

#Pitta

Energy in harmony

THE ART OF HEALING

For over five thousand years, the experience, wisdom, and dedication of countless masters have been poured into the traditional Indian art of Ayurveda – creating a healing practice that returns us to a deeper inner balance.

As a well-founded system of diagnosis and treatment, Ayurveda is "the science of a long and healthy life" which connects body, mind, soul and the five Panchamahabhutas (elements) – on the basis of which the three doshas of Vata, Pitta, and Kapha are described. If these three doshas are in a balanced relationship, we enjoy health and spiritual abundance in the Prakriti state.

The SHF Ayurvedic massages are individually designed according to your dosha type and are a wonderful way to bring your own natural disposition into harmony, to balance energies, and to find lasting relaxation.

However, it is not only through massages and the right choice of oils that the effectiveness of Ayurveda can have a healing influence on your life. Ayurveda therapist Agnes Surdi-Papocsi will introduce you to this science during SHF Ayurveda workshops, help you recognise your dosha type, and give practical tips for a more balanced life in full harmony.

SHF AYURVEDA WORKSHOPS

Dive into the deep knowledge of this Indian science:

- Introduction to the Ayurveda art of healing
- Guidance towards the 5 elements of Ayurveda based on ether, air, fire, water, and earth
- Transfer of knowledge about the three doshas: Vata, Pitta, and Kapha
- Find out more about your own dosha type
- Treatment recommendations and tips based on your dosha type

Participation in the framework of the SHF culinary autumn from mid-August until the end of September 2022



Whooooo

SHF CHILDREN'S PLAYGROUND

In a private and wonderfully sunny location, the SHF children's playground directly below the Aqua Monte outdoor pool is a little insider tip for all the kids who want to find a place to have fun just a few steps away from the hotel.



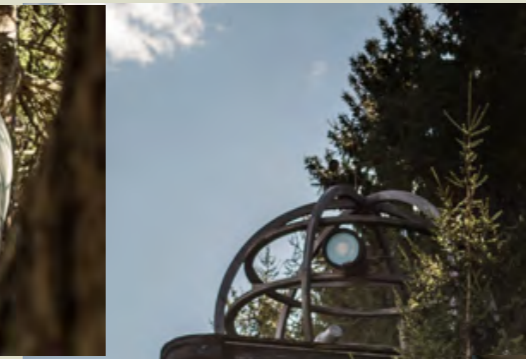
Who can swing higher? Who can reach the sky?
Whose turn is it to jump on the trampoline?
Who can climb higher?

Come here, look!

If you can feel curiosity tingling in your fingers and the path is leading towards an exciting destination, then you are on one of the three paths leading towards the adventure mountains. Designed by the Austrian children's book star Thomas C. Brezina, the paths are filled with puzzle challenges, fairy tale delights and nature enjoyment – all at the same time.

*On a great
discovery tour*

What have you found?



Suddenly animals and plants seem huge – and everything around us can be examined very closely. Perfect for the researchers Albert Ameis and Helga Hirsch – and everyone who loves discovering new things, unravelling mysteries, and solving riddles. With the puzzle pad or the app firmly in one hand, the task now is to learn more about the flowers, mountain animals, plants, and mushrooms – and to decipher the mysterious clues.

The little explorers will dive deep into the forest. The path leads past unusual animals, amazing findings, and tricky questions. It then takes the explorers to a mysterious tree house ... the explorer's house. Here they not only learn a lot about the alpine world, but also get to experience research in a whole new and joyful way.



FOLLOW THE RESEARCHERS ALBERT AMEIS & HELGA HIRSCH ON THE EXPLORER TRAIL IN LADIS

-
- In total 2 hours walking time (1 hour to the start and then about 1 hour from the start to the end)
 - 170 metres of altitude difference (the path runs along the forest just above Ladis)
 - Start: follow the road from Schlosshotel Fiss towards the parking area of the cable car station, take the Sägegasse path and then follow the signs to the Falterjochl
 - End: close to the Sonnenbahn cable car in Ladis; you can then take the cable car back down to Fiss
 - Important: good footwear required & not suitable for prams or pushchairs

Amazing. Adventurous.
The perfect path for explorers.

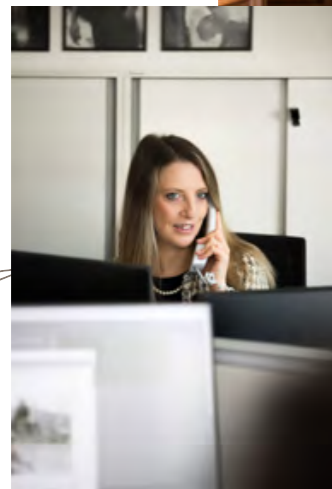
We look forward

WWW.SCHLOSSHOTEL-FISS.COM / INFO@SCHLOSSHOTEL-FISS.COM

BY PHONE

We are looking forward to meeting you! A phone call is the best way to receive individually tailored advice and assistance. We will also be happy to call you back if you wish!

0043 5476 6397



MOBILE

Don't worry if you're busy or on the road. You can receive fast and compact information to gather some first impressions of our offers.

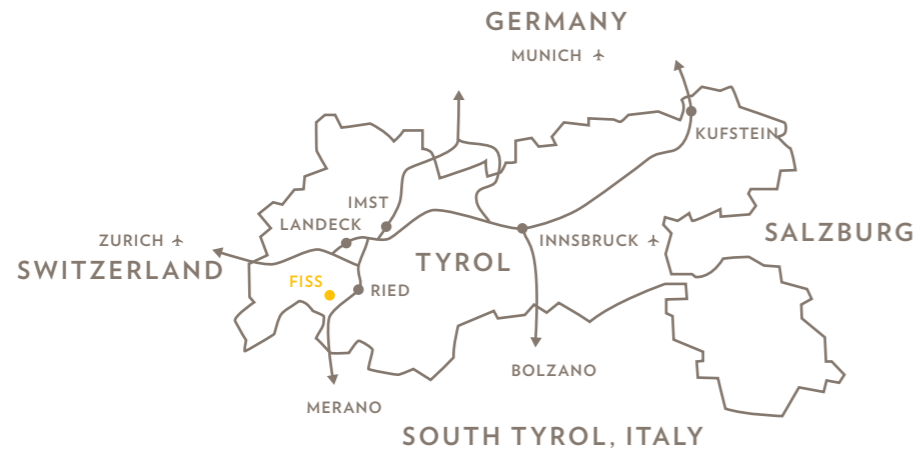
AT YOUR DESK

Take your time to collect all the information you need. Find out more about all the services we offer. Look forward to an unforgettable Schlosshotel experience.

to welcoming you

We want your stay at Schlosshotel Fiss to be truly special. Therefore, we will help you plan the perfect holiday, tailored to your wishes. We will find the right room for you, advise you on customised spa offers, and take care of all the finishing touches that will guarantee an exceptional Schlosshotel experience.





The Serfaus-Fiss-Ladis holiday destination is nestled in the Oberland region in the west of Tyrol, Austria. It is a 2.5-hour drive from Zurich, Ulm, Munich, Salzburg, and Bolzano.

All information has been carefully checked. Misprints and errors excepted. Subject to change.
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SHF APP

Sunny days are coming ... and now it's easier than ever to plan them: With the new SHF app, you can find all the information about your booking, the SHF weekly programme, the events, and highlights around your holiday. Book your spa treatments, activities and much more right here.



JUST ONE
CLICK

Book your summer getaway to the sunny Tyrolean mountains anytime at: +43 5476 6397



YOUR UNIQUE SCHLOSSHOTEL EXPERIENCE

