



Healthy living and indulging in the Gastein mountains

Guests and locals alike have appreciated for centuries that in Gastein Valley you can experience the magic world of 3,000-metre peaks and boost your health while swimming and relaxing. That this can be fantastically combined with Alpine lifestyle, enticing gastronomy and Austrian charm is shown by DAS ALPENHAUS GASTEINERTAL in an impressive and sustainable manner.

Instead of dietary supplements from the pharmacy, you can effectively revive body and mind without prescription during a stay in DAS ALPENHAUS GASTEINERTAL. A relaxing massage, supplemented with a red clay mask with watercress does your stressed skin a world of good. A mountain hike in the morning with a picnic on the summit activates the happiness hormones and gets you in your stride for many hours and days to come. The Gastein classic per se is a bath in the famous thermal waters and an outing to the Gastein Healing Gallery, which provides positive effects for the airways and skin. Healthy living is just one quality in DAS ALPENHAUS GASTEINERTAL, indulgence another. The 2,000 m² large ALPEN.VEDA.SPA with panoramic indoor pool, saunas, relaxation rooms and sun terrace beckons to relax and unwind. In the restaurant of "DAS ALPENHAUS GASTEINERTAL" you can treat yourself to Austrian classics, Gastein specialities and creations from the healthy kitchen, also vegetarian and vegan on request. The delicacies are of course freshly prepared with many regional ingredients and in organic quality.

Experiencing and enjoying the mountains, drawing inspiration and strength. DAS ALPENHAUS GASTEINERTAL has everything that makes this natural living environment so fascinating. The stylish four-star establishment in the centre of Bad Hofgastein with its classic façade has boosted its feelgood factor once more since December 2016. In the former Grand Park Hotel Bad Hofgastein, 89 completely refurbished rooms and suites now await guests. Food, exercise, wellness and health are the four pillars of this unique holiday offer in the Alpenhaus. The specially developed ALPEN.KRAFT. SELFNESS-programme with activities ranging from yoga in the mountains all the way to meditative hiking with Alfred Silbergasser is the key to a new, inspiring lifestyle. With numerous leisure activities such as Alpine and cross-country skiing also beckoning right at the front door, in addition to the impressive mountains, as well as hiking and biking in summer, unforgettable holiday moments are ensured and boredom doesn't stand a chance. These exhilarating offers in the Alpenhaus, by the way, also delight many participants in seminars and incentives who find perfect conditions here.

2,635 characters



DAS ALPENHAUS Hotels & Resorts

Under the motto "...of life near the mountains" DAS ALPENHAUS HOTELS & RESORTS" with its hotels in Kaprun, Katschberg and Bad Hofgastein offers regional authenticity, with a contemporary and down-to-earth touch. Alpine and modern spirit with authentic hosts and first-class pampering and service options in likely the most beautiful regions of Austria. Alpine world fully in keeping with your own requirements - enjoying sports or simply kicking back in our wellness zones. Let us pamper you with culinary delicacies or simply follow your own rhythm while truly relaxing. Everything goes, nothing is a must.

Booking contact

DAS ALPENHAUS GASTEINERTAL, Kurgartenstrasse 26, 5630 Bad Hofgastein, Austria,
T +43 (0) 6432 6356, F +43 (0) 6432 8454, willkommen@alpenhaus-gastein.at,
www.alpenhaus-gastein.at

Press Contact

OBERHAUSER CONSULTING GmbH, Gabriele Trinker, Tivoli Office, Olympiastrasse 17/6,
6020 Innsbruck, Mobile +43 (0) 664 88250 299 trinker@oberhauser-consulting.at,
www.oberhauser-consulting.at

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