

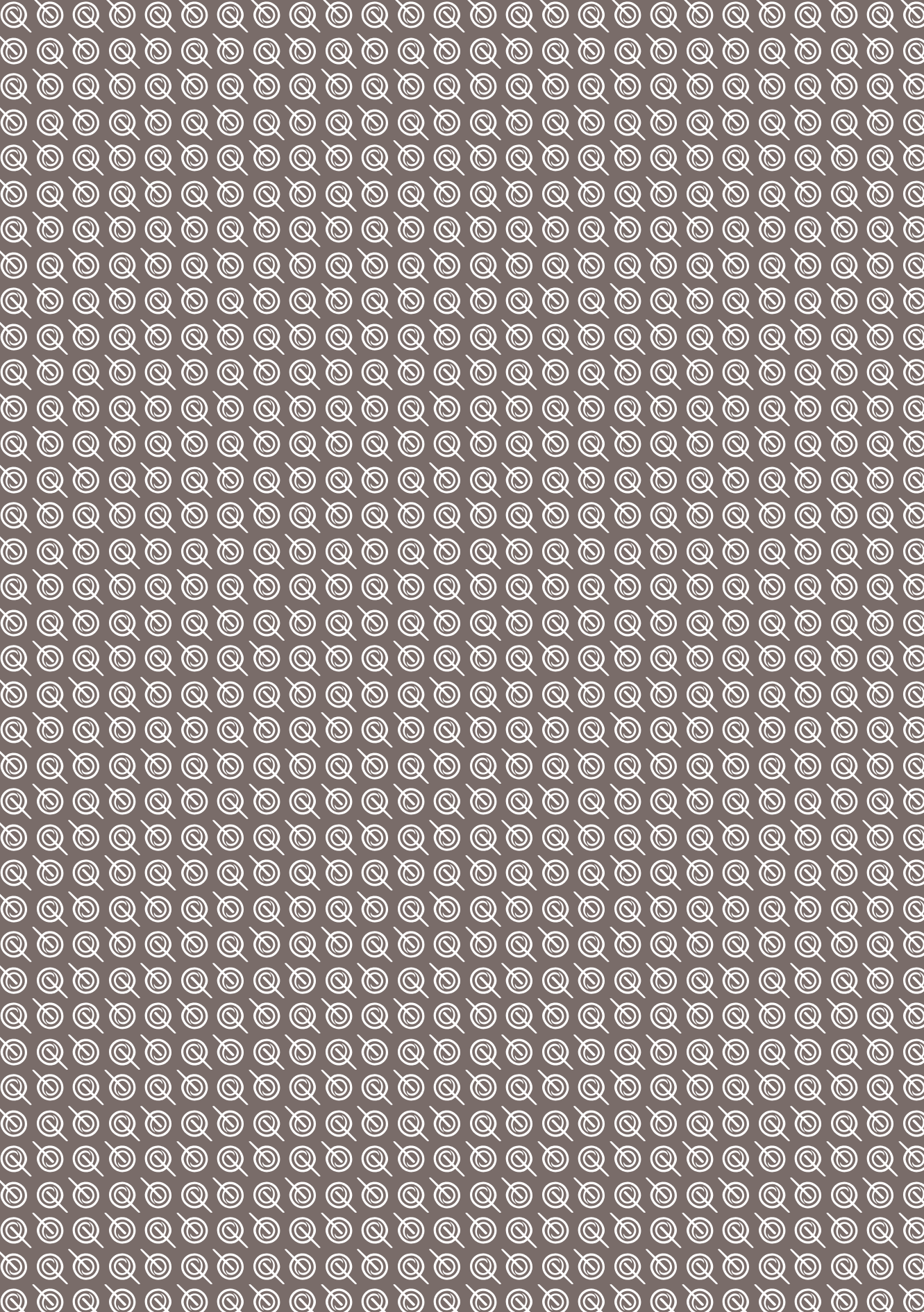
PostHotel
ACHENKIRCH

Your holiday starts here

The adults-only resort in the Tirolean mountains



INSPIRATIONS AND OFFERS





Dear guests, dear friends,

Finding yourself, reinventing yourself, and embarking on a journey to yourself can feel impossible in times of constant change. At the Posthotel, we have created a special place of tranquility that will give our guests the time and the space they need to enhance their well-being: "Where the journey begins." Beautifully nestled beneath the imposing backdrop of the Karwendel and Rofan mountains and close to Lake Achensee, the Posthotel Achenkirch is a haven of peace, a place for moments of pure self-indulgence!

A long-established wellness and health resort for adults, our holiday retreat has offered the utmost in recreation and enjoyment for over 100 years! The Posthotel successfully blends living tradition with innovation, sustainability and environmental awareness.

Our guests can expect a diversity of options for enjoyment and well-being in all facets - "where the journey begins!"

Warm greetings,

Karl C. Reiter



CONTENTS



| | |
|--------------------------|----|
| Posthotel: an overview | 05 |
| Ever sought-after | 16 |
| Luxury at the Bistro | 18 |
| Energize your day | 19 |
| Creative spaces | 20 |
| TENZO | 22 |
| Guest referral programme | 24 |
| Posthotel vouchers | 25 |
| Our rooms and suites | 27 |
| Top holiday packages | 40 |
| Top tips | 46 |





POSTHOTEL: AN OVERVIEW



Your holiday starts here...

The adults-only hotel

- ◆ Exclusive well-being oasis for guests over 18 years of age
- ◆ Resort stretches across 4ha

Undisturbed nature

- ◆ Outdoor experiences all year round: the Karwendel mountain range (Austria's largest natural reserve), Rofan mountains and Lake Achensee all tempt our guests to go exploring
- ◆ Influences from the Japanese living concept "Wabi Sabi" bring the beauty of nature into relaxation spaces, spreading an atmosphere of pure peace and comfort through systematic design using oak, leather, linen and natural clay plaster



KRÄUTERSAUNA

Temperatur ca. 50-55 °C
Luftfeuchte 30-40 %

Anwendungsdauer
8-15 Minuten

Wirkung

Mit jedem Atemzug die Kraft der Kräuter einatmen. Abzuschälen hilft in dieser Biosphäre besonders leicht. Zu den positiven Wirkungen zählen u. a. Entspannung, Kreislauf, was, At-

HERBAL SAUNA

Temperatur ca. 50-55 °C
Humidity 30-40 %

Length of stay
8-15 minutes

Benefits

Switch off and experience the power of the herbs with every breath. The use of this soft sauna promotes clear skin, strengthens the circulatory system and



Water and sauna worlds

- ◆ 7,000m² spa and wellness area
- ◆ Multiplex water and sauna worlds:
3 indoor pools, outdoor pool with swimming channel, Yin Yang outdoor pool, 2 saltwater pools, 2 whirlpools
- ◆ The legendary Posthotel sauna area was completely modernized: steam bath, herbal sauna, Finnish sauna, salt steam room, water path, Kneipp treatment, ice grotto, Zen garden, infrared room, Zirbenkammer and snack bar.
- ◆ “The Sunken Temple”: Dome of Serenity, relaxation nooks, Dragon steam room, soledome, temple sauna and water path





Atrium spa – health and beauty

- ◆ Posthotel Achenkirch: wellness pioneer since 1982
- ◆ Multiple awards (Wellness-Aphrodite, RELAX Guide, Spa Award, Spa Star plus 2021, Connoisseur Circle 2021 – best wellness hotel in Austria etc.)
- ◆ An experienced spa team for health and beauty
- ◆ Over 30 different massages and body treatments
- ◆ Regional wellness services
- ◆ Well-being from the Far East
- ◆ Couples spa treatment in the private spa “Timeless”
- ◆ Atrium spa signature treatment “Strength ritual”
- ◆ Tiroler Steinöl® (shale oil) from the Achensee region
- ◆ Skincare and cosmetic products by Gertraud Gruber since 1982
- ◆ Products by Cellcosmet, Ligne ST BARTH, alpienne
- ◆ EBENHOLZ natural skincare for men





Fitness and meditation

- ◆ Large outdoor fitness area featuring SYNRGY-BlueSky outdoor training area with trampoline, table tennis, bocce ball, yoga platform, slackline and bouldering wall
- ◆ The weight room: 175 m² equipped with Life-Fitness equipment (Cardio fitness equipment, functional and selfie-free-zone)
- ◆ The “Zöhler” House: relaxation, meditation and group courses
- ◆ Fitness and relaxation programme with up to 60 hours of courses (including Qi Gong, yoga, surfset fitness, back fitness, nordic walking)
- ◆ Personal training

Sport and leisure

- ◆ Outdoor base camp: storage space with sports area for summer and winter sporting equipment
- ◆ Bike rental (mountain, electric, trekking and cube bikes), as well as other rental equipment including sledges, snowshoes and walking poles
- ◆ Guided hikes and bike rides
- ◆ Electric driving experiences: Tesla model S 85D with 428 HP and two Johammer electric motorbikes, golf carts and e-bikes.





Equestrian stud farm

- ◆ Lipizzaner stud farm
- ◆ Riding stables with a large indoor riding arena
- ◆ Outdoor riding ground
- ◆ Riding experiences available: “First time on a horse”, “the Lipizzaner experience”
- ◆ Private, lunge and indoor lessons, riding courses
- ◆ Day trips
- ◆ Horse and carriage trips, romantic carriage rides

Posthotel Alpine golf

- ◆ The resort’s own 9-hole course
- ◆ Alpine plateau with a stunning panorama
- ◆ Clubhouse with a listed “Dollnhof” building
- ◆ Golf lessons
- ◆ Indoor golf (putting), available 365 days a year

Tennis and squash

- ◆ Two indoor courts
- ◆ Two outdoor courts
- ◆ Professional tennis lessons on request
- ◆ A squash hall





“Post” Shopping Arcade

Browse through a selection of small, exquisite shops at our shopping arcade.

Home Collection

Home and decoration accessories, homemade jams, honey from year-round organic beekeeping, beautiful souvenirs and mementos, and our elegantly designed products from the Posthotel fragrance collection.

Fashion

Exclusive shopping experience featuring swimwear for her and him, fashion trends and designer fashion for women and men of the brands Sportalm, Luis Trenker and many more, precious designer bags and accessories, books and magazines.

Sustainable – Regional – “Green Luxury”

- ◆ Products from our own agriculture: hay milk, meat, fallow deer meat (quality and processing are very important for us)
- ◆ Products from the region and the surrounding farms: fish, bread, eggs, ice cream, yoghurt, cheese and more.
- ◆ Honey from the Posthotel bees in collaboration with BeeFuture
- ◆ Heating since 2012 from a 100 percent woodheating system
- ◆ Green electricity from Tirolean hydropower
- ◆ Rental of electric vehicles



EVER SOUGHT-AFTER



Our well-being offer

- ◆ Treat yourself to something special for breakfast and get your taste buds tingling in the morning at the new "Posthotel Deli Market" with TCM* breakfast choices
- ◆ Energizing lunch at the bathrobe restaurant Bistro
- ◆ Multi-course gourmet menu combined with an exquisite dinner buffet in the evening and main courses served from the daily changing menu of our gourmet kitchen. All courses of the gourmet menu can be supplemented and extended with ingredients from the "Posthotel Deli Market" as desired.
- ◆ More than 7,000m² spacious water and wellness worlds: 10 pools, "The Sunken Temple", outdoor blockhouse sauna and Yin Yang pool. The legendary Posthotel sauna area was completely modernized in 2021.
- ◆ Tea and snack bar in the sauna area
- ◆ Indoor and outdoor fitness worlds covering 500 m²
- ◆ Exercise and relaxation programme run by fitness coaches (approx. 60 hours per week)
- ◆ Renatured rooms equipped with memon technology which ensures a natural room climate, the best breathing air and energy-boosting natural water throughout the hotel
- ◆ Top skincare products from the hotel's own brand in your room
- ◆ Find the Posthotel spa bag with bathrobes, towels, and slippers in your room for complimentary use
- ◆ Underground car park and use of car wash
- ◆ Tour suggestions and rental of bicycles, rucksacks and walking poles

* TCM = Traditional Chinese Medicine



LUXURY AT THE BISTRO



Bistro and cookery school

Our restaurant Bistro can be accessed directly from the bathing area - in your bathrobe! It entices with a light and airy atmosphere and a cosy sun terrace. From 12:30 p.m. to 04:00 p.m. we offer energizing lunches with salad buffet, soups, cakes, tea and coffee, and a warm dish. The Bistro offers healthy cuisine of the highest quality which strengthens all organs and leaves you feeling pleasantly light, because enjoyment and joie de vivre go hand in hand.



ENERGIZE YOUR DAY



Indoor and outdoor fitness

The Posthotel blends invigorating sports offers - indoors or outdoors in Tirol's magnificent nature - with the pursuit of well-being and inner harmony. Fitness trainings in the new large gym in the main building won't feel strenuous at all.

In the Zöhrrerhaus, mental and physical strength can be combined in the boxing room or in the Japanese dojo, the meditation room - or outdoors in the SYNRGY-BlueSky tower with trampoline, climbing wall, table tennis, bocce ball, yoga platform, slackline and outdoor bouldering wall.



CREATIVE SPACES



Conferences with a difference

Two new creative rooms at the Posthotel offer space for small groups of 12 to 36 people - the perfect setting for tailor-made seminars and workshops. The Posthotel itself hosts various events on the subjects of mindfulness and contentment.

Space for relaxation

Our recreational, reading and playrooms offer a relaxing atmosphere to read an exciting thriller or engage in a game of chess or mill.







TENZO



and the philosophy of Traditional Chinese Medicine at the Posthotel

In Tirol's first healthy restaurant, the Far Eastern healing art of the 5-elements theory meets regional organic products from the Alps: invigorating Yin or Yang balancing dishes and creative cuisine, spice selections, high-quality local ingredients from organic farming and tea bar. In this way, we support our guests in leading a long and healthy life in happiness and contentment.

In cooperation with our TCM expert team we have created a holistic programme that gets your energy flowing and (re-)establishes your balance. As a result, you stimulate the flow of life energy (Qi) in such a way that the self-healing powers of your body are awakened and serious health problems can be prevented.

In addition to TCM basics such as Qi Gong and Tai Chi, the Posthotel offers nutrition according to the 5 elements, herbal cures and special massages, as well as several retreats every year. Dates can be found on our website.



GUEST REFERRAL PROGRAMME



Recommend the Posthotel Achenkirch and earn €50

Recommend the Posthotel Achenkirch to your friends and they will receive a €50 voucher for their first stay - redeemable for extras throughout the hotel. For each voucher redeemed by your friends, you will be rewarded with a €50 voucher! One recommendation voucher can be redeemed per stay of 3 nights or more. After your friends have redeemed their voucher, your bonus voucher will be sent to you directly by email. Register now and invite your friends at mein.posthotel.at. Recommendation vouchers can only be generated online.



POSTHOTEL VOUCHERS



Always a special gift

A gift voucher makes a lovely present for your friends or loved ones. Choose anything from overnight stays to spa experiences or buy a voucher at your value of choice. Visit our website to create your gift voucher and print it out yourself or call us and we can create a personalized voucher and have it delivered to you.





OUR ROOMS AND SUITES



Please find the current prices on our website www.posthotel.at



Zöhler room (30m²)

Comfortable double room with slant roof. Simple comfort and cozy seating corner.



Karwendel Suite (40m²)

Living room with couch, desk and antique country-style cupboard. Sleeping room with wooden double bed and balcony. Bathroom with large bath and shower, some rooms have a separate toilet.





Karwendel room – NATURE (30m²)

Fully refurbished in 2017. Situated in the main guesthouse building with a view over the garden/small Annakirchl church. Furnished according to the Japanese aesthetic concept “Wabi Sabi” with earthy tones and harmonising materials such as wood, leather, linen, stone and glass.





Landhaus room (35m²)

Spacious and chic double rooms located in both the Landhaus East and South with views over the garden/pool/inner courtyard. Living and sleeping areas with oak floors, seating area, desk, bath and shower, separate WC (some rooms are also equipped with a bidet), balcony or terrace.





"Edelweiß"



"Gipfelstürmer"



"Platzhirsch"



"Kaiserzeit"



"Weltenbummler"



"Auszeit"

**Limited Edition Landhaus room –
Style studio – Creative studio (35m²)**

Situated in the Landhaus South. Choose your favourite room according to your individual taste.



Floor plans may vary



Schlössl suite (45m²)

The suites are situated in the "Schlössl" building and have an elegant feel-good ambiance and manor house charm. Views over the Seekar Spitze/lawn/small Annakirchl church. Living room with comfy sofa and desk, antique farmhouse cupboard serves as a minibar. Bedroom with large wooden double bed. Spacious bathroom with XL bathtub and shower, separate WC and balcony.



Floor plans may vary



Landhaus suite (45m²)

Spacious and chic double rooms located in the Landhaus East with views over the garden/pool/inner courtyard. Separate living and sleeping areas, large living room, cosy seating area, desk, spacious bathroom with bathtub, shower, separate WC and bidet, balcony or terrace.





Junior suite (55m²)

Spacious junior suite located in the Landhaus West with views over the inner courtyard/garden. Combined living and sleeping area, "You bed" system, mattress firmness can be adjusted according to taste, luxurious bathroom with separate WC, bidet, Japanese overflow bathtub, huge mirror and TV in the bathroom.





Family suite (60m²)

Situated in the Landhaus East with views overlooking the mountains and the Alpine golf course. Spacious living room and bedroom with cosy seating area and fireplace. Second double bedroom with desk and hallway, large bathroom with bathtub, separate WC, bidet and shower, roof terrace.





Penthouse spa suite (102m²)

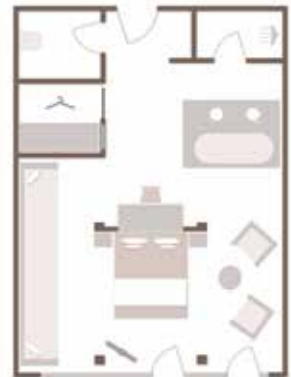
Situated on the 4th floor of the Landhaus East with views over the mountains, stretching all the way to the Alpine golf course. Two bedrooms and bathrooms, spacious living room with sofa and armchair, 3 flat screen TVs, bar and tiled stove. Roof terrace with private sauna and steam bath, balcony.





Posthotel SigNature suite (50m²)

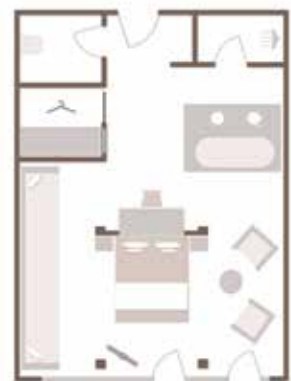
Modern rooms located in the main building. Furnished according to the Japanese aesthetic concept “Wabi Sabi” and integrated into our Posthotel. Homely puristic comfort. Materials such as wood, linen and healing clay used as wall plaster break down the boundaries between the indoors and outdoors. Double bed, walk-in wardrobe, large bathtub, underfloor and ceiling heating, projector and soundsystem.





Posthotel SigNature suite – Panorama (55m²)

Modern rooms located in the main building. Furnished according to the Japanese aesthetic concept “Wabi Sabi” and integrated into our Posthotel. Homely puristic comfort with views across the natural landscape. Materials such as wood, linen and healing clay used as wall plaster break down the boundaries between the indoors and outdoors. Double bed, walk-in wardrobe, large bathtub, underfloor and ceiling heating, projector and soundsystem.







TOP HOLIDAY PACKAGES



Celebrating over 100 years of the Posthotel Achenkirch



Energizing TENZO half board

Alpine gourmet cuisine meets the 5-elements theory. Inspired by the theory of the Traditional Chinese Medicine as an alternative to our classic half board. The offer is available year-round except over Christmas. Inclusive services:

- TCM breakfast
- Energizing lunch at the Bistro
- TCM 3-course dinner
- Tai Chi or Qi Gong exercises



40 years of wellness

The Posthotel has been known as a wellness pioneer since 1982. It all began over 40 years ago with products from Gertraud Gruber from Lake Tegernsee and Tiroler Steinöl®, the “black gold” extracted from oil shale mined in the Karwendel mountains. Discover the holistic treatments for the whole body during a Posthotel journey.

- 7 nights
- 1 Posthotel journey of relaxation
- 1 Tiroler Steinöl® special heat treatment with partial massage
- 1 facial with Gertraud Gruber cosmetics



Give me strength

Stimulate your mind and body with our Posthotel signature treatment and a romantic carriage ride.

- 7 nights
- 1 Posthotel signature treatment “Strength ritual”
- 1 romantic horse carriage ride



Romance, nature and pure relaxation

Sensual, romantic and private - first-class relaxation.

- 3 nights
- 1 sea salt treatment in the private spa
"Timeless": soothing body peel treatment using oil, followed by a relaxation bath

Prices starting from €674 per person in a double room



Honeymoon forever

Spend treasured moments as a couple.

- 4 nights
- 1 couple relaxation massage with aromatic oils
- 1 champagne breakfast
- 1 private horse and carriage ride with Lipizzaners
- 1 romantic dinner (surprise menu)

Prices starting from €888 per person in a double room



Hiking pleasure – year-round

A natural paradise in the Alps:
hiking in the Karwendel mountains
at Lake Achensee.

- 4 nights
Rental of hiking poles, route
suggestions and hiking maps
- 1 Posthotel hiking snack
- 1 combi-massage - partial massage
with foot reflexology

Prices starting from €782 per person in a
double room



Best friends

Immerse yourself in the Far Eastern
culture of physical relaxation with our
pampering massages.

- 3 nights

Prices starting from €660 per person in a
double room







TOP TIPS



The Posthotel Achenkirch is an exclusive well-being oasis for adults only (over 14 years of age).

Please find the current prices on our website
www.posthotel.at



Check-in/check-out:

You can check into your room from 3pm at the earliest and 10pm at the latest on the day of arrival. Please inform us of any later arrival times when making your booking. Check-out time is 11am.

Information and services

| | |
|---|--------------------------------|
| Extras | surcharge in euros and per day |
| Underground car parking space | included |
| Use of the carwash facilities | included |
| Extra breakfast on the day of arrival | €35 |
| Discount for overnight stay with breakfast only | €15 |
| Upgrade to half board | €40 |
| Small dog* | €20 |
| Large dog* | €30 |
| One-time cleaning fee for dogs | €55 |

**dogs only permitted in the room categories "Schlössl" and "Karwendel Suite".*

Prices are in euros, per person per day, excluding €3 local tax.

Prices are subject to change - even within the period of validity for this price list.

Best price guarantee

We can assure that you'll receive the best available price if you book via telephone, email or via our website. Our guarantee: you won't find a cheaper price anywhere else!

Weeks dedicated to our regular guests

Loyalty is rewarded: get 8 nights for the price of 7, including the renowned gala evening for our regular guests.

Dates: 14.-22.01.23 | 22.-30.04.23 | 01.-09.07.23 | 11.-19.11.23

7 plus 1
BONUS

Long-stay bonus

All guests who book 15 nights at the Posthotel enjoy one night for free (except over Christmas).

14 plus 1
BONUS

Anniversary bonus – 7 plus 1

Get one night free on round-number or wedding anniversaries. Stay 8 nights and only pay for 7 (except over Christmas).

7 plus 1
BONUS

Quicker to find – easier to book

Visit the Posthotel website (www.posthotel.at) and find inspiration for your holidays. Book your accommodation online and plan your wellness and leisure experiences. Our friendly staff will be happy to assist you if you have questions. Contact us by phone at +43 5246 6522 or by email at info@posthotel.at.



Please note!

We recommend taking out our travel cancellation insurance for €25 per person. Cancellations of reservations are only possible free of charge up to four weeks before the date of arrival. In the case of short-term cancellations, we will deduct the half-board flat rate from the booked package and reduce the accommodation rate by 20% for services not used. In case of early departure, the full amount of the accommodation rate (according to the booking confirmation) will be charged. Please pay deposits directly to us or by bank transfer to our account:

Austria:

Raiffeisen Regionalbank Achensee eGen

IBAN: AT94 3621 8000 0021 2332

SWIFT BIC: RZTIAT22218

Payments

Our preferred methods of payment are cash (in euros), or by EC, Visa or Mastercard.

Your holiday starts here – how to reach us

By train or plane

The nearest train station is located in Jenbach, 20 minutes away. Our taxi partner will be happy to collect you there. We are also happy to arrange a transfer from Innsbruck airport (50km) or Munich airport (120km). Price on request.

By car

If you arrive by car, we have free parking spaces available in our underground car park. What's more, you can also make use of our car washing facilities free of charge

Munich - Achenkirch:

If you are coming from Munich, take the A8 leaving at exit Holzkirchen, followed by the B318 and B307 to Achenkirch. You will arrive in around 1 ½ hours.

Salzburg - Achenkirch:

If you are coming from Salzburg, take the A8, A93 and A12. Take junction 39 at Wiesing, continue to the roundabout, then get into the left lane and take the third exit to the B181 to Achenkirch. You will arrive in around 2 hours.

Innsbruck - Achenkirch:

If you are coming from Innsbruck, take the A12 and come off at junction 43, Wiesing-Achensee. From here, follow the B181 until you reach Achenkirch. You will reach the Posthotel Achenkirch in around 50 minutes.



Legal notice:

Publisher: Karl Reiter Posthotel Achenkirch GmbH,

ATU: 576 444 00, FN 244 516 h

Editor: Elisabeth Höllwarth

Graphic design: Rosemarie Lechner | Picture credits: Archiv

Posthotel Achenkirch - G.A.Service - MAXUM Jenni Koller -

Christian Leischner - Karl Schrotter - Thomas Steinlechner

SOUTHERN BURGENLAND IS CALLING

REITERS FINEST FAMILY 4*^S
REITERS SUPREME 5*

So much more than just hotels



WWW.REITERS-RESERVE.AT

