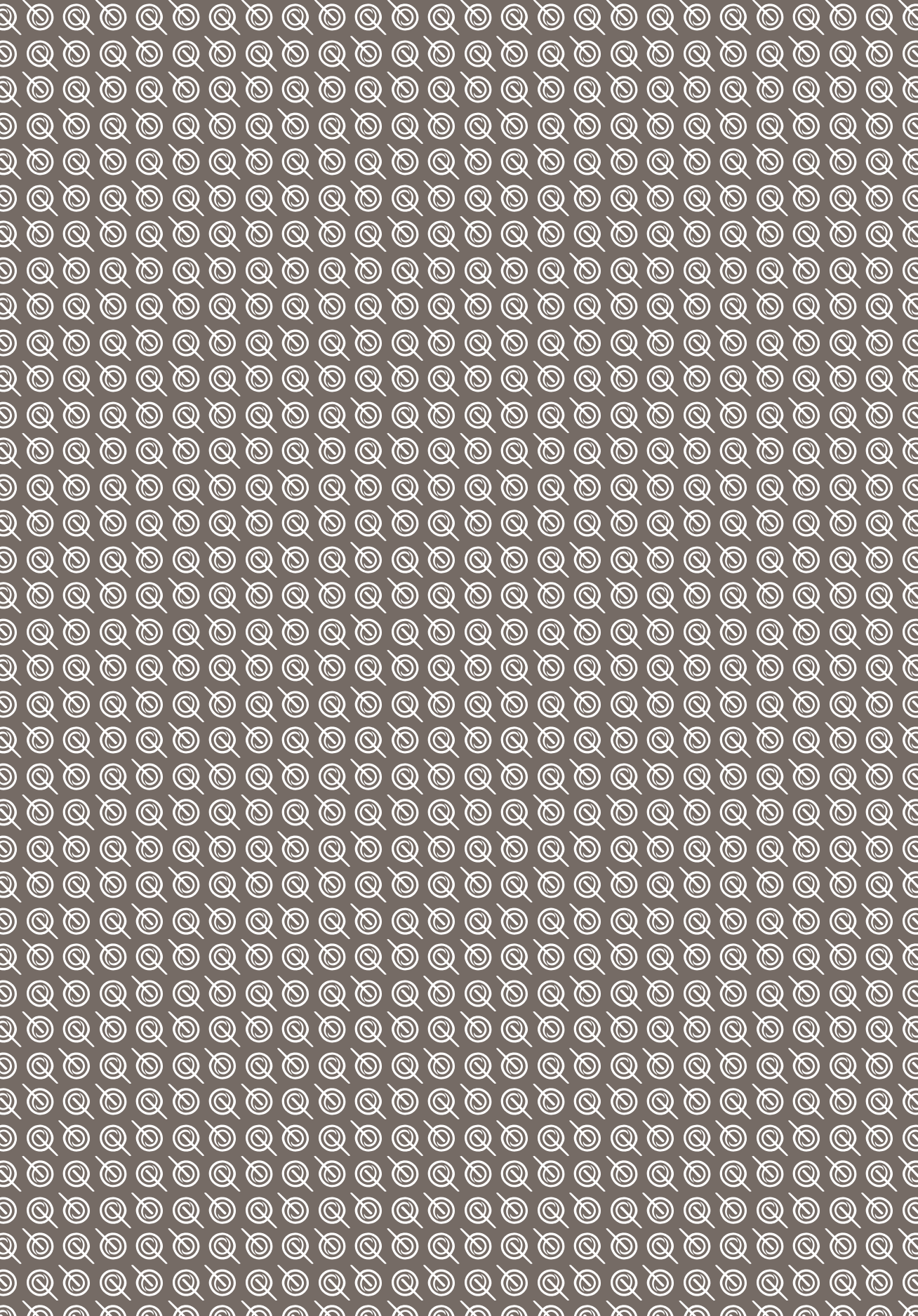


PostHotel  
ACHENKIRCH



# GUEST INFORMATION







**Dear guests and 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 tranquillity 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 diverse range of options for their enjoyment and well-being - "Where the journey begins! "

Warm greetings,

Karl C. Reiter

# A

## Accessoires

All our rooms at the Posthotel have been equipped with selected accessories and inspirations to enhance your comfort and to create a feeling of cosiness. Most of these items can be purchased on request, or you can find them beautifully wrapped in our various shops in the Post-gallery (shopping arcade). Our accessories include backpacks, bathrobes, bath baskets as well as high-quality products from our in-house care range, our books, the "room box" and our specially designed leather briefcase.

## Achensee

This is the largest lake in Tyrol - with a surface area of 6.8 km<sup>2</sup> - and also one of the most beautiful lakes in the Alps. Situated at 929 metres above sea level, 9.5 km<sup>2</sup> long and up to 133 metres deep, it is located between the Karwendel mountain range in the west and the mountain range known as Sonnentog (= Rofan group) in the east. It was originally drained northward towards the Isar River through the Ache (river), but since 1927 it serves as the reservoir (with 66 million cubic metres of water) for the Achensee power plant in Jenbach.

## Address

Posthotel Achenkirch GmbH  
Obere Dorfstraße 382  
6215 Achenkirch  
Tirol, Austria  
Telephone: +43 5246 6522  
Fax: +43 5246 6522 468  
info@posthotel.at  
www.posthotel.at

## Airport

If you require a transfer to the airport in Innsbruck, Salzburg, or Munich, we are happy to organise it for you. Advance booking required - prices available on request.

## **Ampelsbacherhof**

The Ampelsbacherhof is our own Posthotel farm and provides our extremely palatable, pure unadulterated meat, milk, and cheese products as well as daily fresh herbs and spices. Alpine pastures and huts such as the Reitergütl, Falkenmoosalm, Lempereralm and Zöhrreralm are also part of our natural alpine environment.

## **Annakirchl**

The chapel known as Annakirchl (Anna Church) crowns the hill next to the formerly largest original farm - called "Dollnhof"- in the Achen Valley. It was built in 1670 by its owner Christoph Unterberger and supported with 3,000 guilders for further expansion in 1683 by his brother Barnabas. Barnabas was a Franciscan monk and imposed the condition that four Holy Masses were to be held in the Annakirchl every week. The chapel was consecrated in 1732 by the Prince-Bishop of Brixen - Kaspar Ignaz Count Königl - to commemorate the Assumption of Mary into Heaven, her mother Anna (Saint Anne) and the holy martyr Saint Christopher. The altarpiece is the work of an unknown painter and stems from the middle of the 18th century. It depicts the Coronation of Mary.

## **Arrival/departure**

Rooms, the swimming pool and wellness area are available from 03:00 pm. on the day of your arrival. On your day of departure, we kindly ask you to check out by 11:00 am at the latest.

## **Atrium Spa**

In our spacious sanctuary you will find comfortably furnished cabins for all our massage, cosmetic and body treatments - we offer individual treatments as well as treatments for couples who may be friends or spouses - in our "Timeless" private spa suite.

Additionally, you can rest and relax in our beautiful relaxation room sanctuary with a fireplace either before or after your treatments. The spa reception is accessible daily from 09:00 am to 06:00 pm (telephone 558). You will find all available treatments in the Atrium Spa brochure.

## **Atrium Spa body care range**

Our luxurious spa body care products are available for you to use throughout the whole well-being, spa and sauna area. You will discover this exclusive body care range in your own bathroom - a complimentary touch of the Posthotel. You can purchase those spa body care products in our Post-gallery shop.

# B

## **Base Camp**

Our Outdoor Base Camp is located in the basement of the main building. All outdoor equipment can be rented there, including bicycles, walking boots, toboggans, backpacks, helmets and much more. A comfortable changing area is available for you to change into your leisure equipment. Additionally, in winter our guests are free to use our spacious storage area to store skis and ski boots. A comfortable bench and ski boot heating system will make sure everything stays dry. A utility room with an iron, ironing board as well as opportunities to clean mountaineering and hiking boots can be used too. For our furry friends a dog parlour with shower, towels, and hair dryer is available for use.

## **Backpacks**

We are happy to provide you with a comfortable backpack to carry your personal belongings for outdoor trips and scenic hikes in the Tyrolean Mountains. Just ask at the reception.

## **Bathing-swim bag**

We offer our guests an exclusive (spa) swim bag to carry your personal belongings with you while using the spa area to fully relax during your stay. Please leave the bag in your room or at the reception prior to departure. Bags can also be purchased in our "Post" shopping arcade.

## **Bed comfort**

### **Luxurious sleeping with "You Bed"**

Enjoy sleeping with "You Bed" in our junior suites. "You Bed" is the world's first bed comfort system, that can be adapted on either side of the bed with a remote control to ensure a good night's sleep. The firmness or softness of the mattress can be regulated to support your shoulders and hip areas. This will assure great quality of sleep with your comfort and relaxation in mind. "You Bed" is an internationally patented, high-quality pocket spring bed with a high-quality mattress topper. You will thoroughly enjoy it!

### **Luxurious sleeping with "Samina"**

The double-sided, freely suspended ash wooden slat frame enables free body movement and promotes a deep sound sleep. "SAMINA" ensures your



spine and it's inter vertebral discs will be supported to leave you feeling re-generated! The mattress cover is made of 100 % natural rubber and provides elasticity and optimal recovery for your body. This free of any body pressure, unrestricted blood flow is supported. The 100 % organic sheep wool and breathable cotton from the topper, duvets and pillows, creates a pleasant, pure and relaxing sleep. The special earthing pad re-establishes contact between man and earth - this feels like walking barefoot for eight hours promoting regeneration of body, mind and soul. Magnetic fields de-stress the body, provide energy and protect against electric smog.

## **Bedding & towel service**

Please let reception know (direct line 556), if you would like to have beds turned down or fresh towels in the evening.

## **Bed linen & pillows**

Our rooms are equipped with high-quality down duvets and down pillows. For your individual well-being we gladly upgrade the amenities with the following:

- \* Hypo-allergenic bed-covers with appropriate pillows
- \* Summer bed-covers
- \* Woollen blankets
- \* Neck rolls
- \* Neck support pillows
- \* Side-sleeper pillows
- \* Back-sleeper pillows
- \* Hard pillows
- \* Small pillows

## **Bicycle**

In the Outdoor Base Camp, we offer a wide selection of bikes for various tours and excursions around the Posthotel. In addition to city-bikes and mountain bikes, for a small fee (price varies depending on the length of time used), we will also provide Cube branded mountain bikes and electric mountain bikes as well as e-trekking bikes.

## **Bistro**

Our Bistro restaurant can be accessed directly from the bathing area - please use your bathrobe. The Bistro is beautifully furnished and entices you with its light relaxed atmosphere. You may also choose to use the cosy sun terrace (weather permitting). The bistro opens daily from 12:30 pm to 04:00 pm. You can choose from a variety of dishes such as: savoury energizing lunches, a salad buffet, soups, cakes, tea, coffee, and various warm dishes. The Bistro offers healthy cuisine of the highest standard, using the

natural wisdom of Traditional Chinese Medicine including the philosophy and effects of the 5 Elements in foods, herbs and spices. This will support your body's metabolism and energy! The Posthotel's cuisine has received numerous awards.

## **Breakfast**

The hotel offers a sumptuous breakfast where you can help yourself to the extensive buffets in the restaurant every day from 7:30 am to 10:30 am. We also offer breakfast via room service for an additional charge. You can place your order by calling 574. Forms for room service can be found in the information box in your room or at the reception desk.

## **Bus**

A free regional bus is available to transport directly to the ski lifts or to the Achensee lake. The bus schedule and the guest card to use the bus are available at the reception desk.

# C

## **Carwash**

You can obtain a complimentary ticket for a car-wash at reception. A car vacuum cleaner and a device for checking your tyre pressure are available for you at all times.

## **Cash machine**

There are two ATM's in the village near the Posthotel - one to the south at the Sparkasse and one to the north at the Raiffeisenbank.

## **Cigar Lounge**

For our passionate smokers, we have created our sophisticated Cigar Lounge. This room is equipped with a special ventilation system. The elegant lounge is situated on the ground floor between the reception area and the Atrium Spa.

## Coffee & cake buffet

Between 12:30 and 04:00 pm we invite you to enjoy a light meal at our extensive buffet consisting of fresh salads, cheese, an assortment of breads and soup of the day as well as a selection of fruit and cakes with coffee and tea.

## Creative Spaces – Conferences with a difference

Our two creative rooms at the Posthotel offer a meeting space for small groups from 12 to 36 people - the perfect setting for tailor-made seminars and workshops. The Posthotel hosts various events throughout the week.

## Cross-country skiing trails

The unique network of trails in the Karwendel/Achensee region with its approximately 150 kilometres prepared trails for classic style as well as skating is regarded among aficionados as one of the most beautiful cross-country skiing regions in Tyrol. You can reach the so-called "Seeloipe" and access to the 58 km long network of trails around Achenkirch directly from the Posthotel. You can get a map of the region as well as individual advice at the reception desk .

# D

## Dentist

A specialist in dentistry, oral medicine and orthodontics is available for you in Achenkirch. Our reception team will gladly provide information and help you if you need to arrange an appointment.

Dr. med. Alexander Oltenau  
(Dentistry, oral medicine & orthodontics)  
6215 Achenkirch 455  
Telephone: +43 5246 20239  
Fax: +43 5246 20239

### Opening hours:

Monday to Thursday: 09:00 am – 12:00 noon & 02:00 pm – 06:00 pm  
Friday: 09:00 am – 12:00 noon

## Dinner

Dinner is served from 06:00 pm to 08:00 pm, in our beautiful Tyrolean style restaurant. We look forward to pamper you with a variety of culinary delicacies. Each evening will be dedicated to culinary themes such as: Italian evenings, Tyrolean cuisine, Cheese Eldorado, Mediterranean evenings and more. Your own dinner table will be allocated to you during your entire stay. Our head waiters will assist you in choosing the most beautiful dinner table for you.

## Doctor

If you require a doctor, please feel free to contact the reception team at any time. The following doctors are available for you in Achenkirch:

### **Dr. univ. med. Stefan Hofmann**

General practitioner (with in-house pharmacy)

A-6215 Achenkirch 118B

Telephone: +43 5246 6219

Mobile: +43 664 3507879

#### **Opening hours:**

Monday & Wednesday:	08:30 am - 11:30 am 04:30 pm - 06:30 pm
Tuesday, Thursday & Friday:	08:30 am - 11:30 am

### **Dr. Thomas Waldhart**

General practitioner

A-6215 Achenkirch 407

Telephone: +43 5246 20292

#### **Opening hours:**

Monday to Friday:	08:30 am - 11:30 am
Monday, Wednesday & Thursday:	04:30 am - 06:00 pm

## Dogs

Our four-legged guests are unfortunately not allowed in the restaurant nor in the riding stable, but they are permitted in the hotel foyer and lobby area. Please put your dog on a leash at all times in all areas and facilities around the hotel.

We have our own dog walking trail for our four-legged friends, as well as a dog salon in the hotel basement, which is located directly opposite our Outdoor Base Camp. A shower with towels, dog bags and a dog hair-dryer can be found there too.

Did you forget a feeding bowl? No problem, we will gladly provide you with a feeding bowl. Please contact reception, if a clean up is required, or some damage occurred. If you require a dog sitter, we will endeavour to internally arrange this for you, but are unable to promise an outcome.

## **Dress code**

As an old proverb says, "You never get a second chance to make a first impression!" As a 5 star hotel, offering a high qualitative culinary experience, we kindly ask for a smart dress code. For example, shorts, sleeveless tops or flip flops are inappropriate for gentlemen as an evening wear.

# E

## **Emergency**

In case of emergency, you can press 566 for reception, alternatively dial 6 then press one of the numbers below:

Fire brigade:	122
Police:	133
Rescue service:	144
Mountain rescue:	140
EU emergency call:	112

## **Excursions/Trips**

We have created several exciting trips for you to discover our beautiful landmarks within our county Tyrol! For example, you can visit the Tyrolean capital Innsbruck with the famous "Goldenes Dachl" ("Golden Roof") or delve into the fascinating Swarovski Crystal Worlds in Wattens.

For more information about guest service, please contact reception directly or your personal holiday assistant in the reception area.

## **Extras**

We are happy to provide you with extra utensils, such as a hot-water bottle, reading lamp, humidifier, additional hair-dryer, an iron with ironing board, bathroom scales, fan, or an additional chest of drawers.

Please contact your chamber maid or the reception desk dialling 566.



# F

## Fitness

Our unique and extensive sports, fitness and health programme is available for you to take part and freely use throughout your stay at the Posthotel. Our health programme offers up to 60 hours of activities in a 7 day period. You are able to choose your preferred activities such as: sports courses, guided outdoor activities, aqua fitness classes, exercises for core, legs & gluts. Our experienced tutors offer a large variety of classes such as: Mindfulness & Pranayama, different styles of Yoga such as Yin Yoga, Hatha Yoga and Vinyasa. Or experience the eastern philosophy of Tai-Chi or Qi Gong with our Master Liang! For the more outdoor orientated person - enjoy Nordic Walking or take part in an light bike tour around Lake Achensee. For the experienced Athlete try mountain bike tours and challenging hikes in the mountains! Create your individual activity programme for your Tyrol holiday at the Posthotel! All workouts and indoor classes are held in our beautiful chalet/farmhouse the Zöhrerhaus.

**The Zöhrerhouse - a centre for exercise & meditation** in the middle of the Posthotel premises: the Zöhrerhaus is unique in Tyrol! Feng Shui experts have carefully rearranged the farmhouse from the 16th century and created beautiful rooms which exude harmony.

**The Dojo room**, upstairs with it's bright, open attic floor offers the suitable atmosphere for all exercise & meditation. Here you can restore your body, mind and soul and cultivate inner strength.

Our 3 Zöhrerhaus-"Stuben" (rooms) on the ground floor:

**The Box Stube:** Provided with various box equipment. You can really let off steam here! A "kinesis tower" is also available for specific sports exercises.

**The Energy Stube:** A place of peace and contemplation. It is ideal for meditation, yoga, and gymnastic exercises. You can independently use the Energy Stube for your own programme. As desired, you can also book our relaxation experts for a guided relaxation session.

**The Personal Training Stube:** Our fitness experts will respond to your very own individual wishes, regardless of whether it is fitness exercises for you to do at home, tips for a healthy back or a session on our Power Plate or the Schumann Plate.

**Fitness equipment and Gym:** The Gym and weights room in the main building of Posthotel Achenkirch is furnished with the latest fitness equipment from Life Fitness, which enables professional weight training. HD touch screens in the cardio equipment enables the use of entertainment apps such as Netflix and YouTube as well as Internet browser and television or participation in interactive courses and more!

## Flowers

We are happy to order a flower bouquet for occasions of any kind. Please let us know a day in advance. Simply contact us at the reception desk or dial telephone 566.

# G

## Games

For sociable hours - in your room or in the lobby by the fireplace, as a group or as a pair - we have all kinds of amusing board & card games in the depot of our reception area or in the hotel foyer.

## Guest card

You will receive the guest card on request at reception. The guest card entitles you to free travel in the regional bus throughout the Achensee region and to receive various discounts on cable cars, boat trips and in museums.

## Golf course

Our attractive 9-hole golf course - "Posthotel Alpengolf" - is not only in the direct vicinity of the hotel, but is also located on a high plateau opposite the Annakirchl with a sensational panoramic view. The most varying tees and diverse course design will please beginners as well as experienced golfers. The facility includes a driving range, putting and chipping greens, pitching terrain, bunker training area, indoor golf area as well as the sociable clubhouse in the heritage protected Dollnhof.

Whether it is in the cosy "Stube", or on the sun terrace, the stylish ambience of our golf clubhouse will quickly energise you with our culinary delights. For further information, please contact reception or dial 6-6604.



Golfclub Achensee Pertisau	18 km
Tegernseer Golfclub Bad Wiessee	34 km
Golfclub Mieminger Plateau	100 km
Golfplatz Wilder Kaiser Ellmau	67 km
Golf Eichenheim Kitzbühel Aurach	85 km

## Guests recommend guests

Recommend us to your friends and both of you will receive a € 50 Posthotel gift voucher. On their first stay with us, your friends will receive their € 50 gift voucher, which they can use towards any additional services they have. You can post your personal recommendation link on facebook. Once your friends use their gift voucher, you will automatically receive a € 50 Posthotel gift voucher via an email-link. Your gift voucher can be redeemed after a 3 night stay with us. Register online now at [mein.posthotel.at](http://mein.posthotel.at) and invite your friends! (Please note: Recommendation can only be generated online.)

# H

## Hairdresser

Professional hair service with our in-house hairdresser Christian. He will advise you on the latest hair styling and colouring techniques. Hair-salon Christian is a unisex salon and situated next to the Cigar Lounge on your way to the spa.

### Opening hours:

Tuesday to Friday: 08:30 am – 07:00 pm  
Saturday: 08:30 am – 06:00 pm  
Appointments can be made dialling 535.

## Hiking trails

Whether you prefer a beautiful walk, a mountain hike, or a climbing tour – the surrounding Karwendel mountain range, our largest nature conservation area in the Alps, invites you to explore its breath taking view, gazing down into lake Achensee and enjoying the views of the neighbouring Rofan Mountain range. There are countless trails and tour opportunities

for all sporting ambitions. We are happy to help you, finding a suitable route for all your bike, hiking and climbing tours, through this beautiful Tyrolean landscape.

We offer guided walks to various destinations (where you can stop for refreshments) such as the Zöhreralm, Ampelsbacher Hof, Bründlalm and Falkenmoosalm. You will find all these activities in our weekly programme.

## **HolidayCheck, TripAdvisor and Google**

Your personal recommendation on travel platforms would be very much appreciated. Thank you for taking the time writing your holiday review!

## **Horses**

On your visit to our riding stable, you will discover a variety of beautiful horse species. Next to our noble Lipizzaner breed, you will see our Haflinger and Kladruber horses as well as ponies cosily snuggled in their stable boxes. To organise a tour through the stable, please contact reception, they will gladly assist you.

## **Horse Carriage Rides**

Discover and enjoy the romantic beautiful scenery of Lake Achensee with one of our own signature horse carriage rides! Our Lipizzaner horses are cared for in our own stables by a dedicated team of equine experts and trainers. We offer our horse carriage rides every week at specific times, or alternatively we will endeavour to arrange an individual carriage ride for you. To book a horse carriage ride, simply contact our reception team, dialling 566. Prices provided on request .

## **Hospital**

The nearest hospital is in Schwaz, 27 km from Achenkirch.

The address:

Swarovskistr. 1-3

6130 Schwaz, Tirol

Telephone: +43 5242 6000

If you feel unwell, require medical assistance or first aid, please contact reception immediately! We have a number of fully qualified first aiders available to assist you.

## **Hotel body care products**

Our in-house Atrium Spa natural body care products provide luxurious body care. These products are available throughout the swimming and sauna area as well as during sauna infusions. They are free of charge for all our guests.

## **Hotel foyer**

Comfortable cosy seating area for relaxing, reading and enjoying the open fireplace! The hotel foyer can be used by all our guests. Please do kindly respect other hotel guests by refraining from making phone calls.

# I

## **Infrared cabins, relax loungers, suspended floating loungers**

2 complimentary infra-red cabins are available for you to use in our Atrium Spa, as well as in our Sauna area. Additionally you can find 4 infra-red suspended "floating" loungers in our Wellness and Spa area. Infra-red heat allows the connective tissue and muscles to relax.

We kindly ask you to consider other guests when using our loungers in our well-being area. Towels that have been left on sun loungers, beds or infra-red loungers for longer than 2 hours, without actively being used, will be removed by one of our sauna- and well-being-team. This insures that all hotel guests can enjoy all our facilities equally. Thank you for your cooperation and understanding.

## **Internet connection**

Our Posthotel WiFi is free of charge in all hotel rooms, in the hotel foyer as well as in the lobby. If you are experiencing difficulties with your WiFi connection, click on settings on your phone and add the Posthotel WiFi. Our reception team is available to help you with any technical issues.

# J

## **Johammer motorcycle**

The electric motorbike Johammer is a completely unique innovation by the Austrian company Felix, based in Leonfelden in Upper Austria. With a range of 200 kilometres and a top speed of 120 km/h, the sleek Johammer ensures an unforgettable and soundless riding experience. Renting a Johammer for a small fee is a worthwhile experience. We can also equip you with the appropriate protective clothing!

## **Jubilee (anniversary) bonus**

If you are planning to celebrate your significant birthday, wedding anniversary, engagement or special day with us at the Posthotel and stay for a minimum of 7 nights with us, then you will receive as a complimentary gift of an additional overnight stay! (Please note, this offer cannot be combined with other offers!)

# K

## **Kaiserstube**

House guests and Posthotel visitors, enjoy the intimate setting of our à-la-Carte restaurant in the original old Tyrolean-style guest parlour. The parlour is reminiscent of the historic visit by Emperor Franz Joseph I, who stopped for refreshments in 1881 with his aristocratic entourage at the "Gasthof zur Post" inn, and who explicitly praised the excellent hospitality.

# L

## **Laundry service**

All information on pricing of your laundry can be found inside your wardrobe. For quick and easy handling inform the reception team by dialling 566. Our utility room in the "Schlössl Passage" is available for all your laundry needs. We will gladly provide you with washing detergent and coins for the dryer.

## **Lipizzaner breed**

The Posthotel Lipizzaner stud farm is one of the largest private Lipizzaner breedings in Europe, and Karl Reiter's breeding successes rank among the top horse breeders in Europe. You can visit our legendary riding stable every day between 9:00 am and 5:00 pm. Alternatively personal appointments may be arranged (dial 570) to meet our horses up close.

## **Lipizzaner experience**

If you love horses as we do and would like to spend some time and connect closely with them, then set up a Lipizzaner experience! We appreciate the beautiful bond between humans and horses and the intimate closeness creating pure joy and healing. Connect by gently grooming the horse, or lovingly stroking/petting the animals and of course enjoy some riding too!

## **Locker**

Lockers in the sauna and well-being area are available for use before check-in and or after check-out. You can obtain locker keys from the reception desk in return for a small deposit.

## **Lost & Found**

If you loose or find an item, please contact our reception team.

## **Luggage**

If you need to store or transfer luggage or require assistance, contact our reception team or call us on 524 or 566.



# M

## **Medications**

We are unable to dispense medications due to strict legislation. Most medications can be picked up from the general practitioner on duty or at the local in-house pharmacy.

For more information search keywords “doctor” and “pharmacy”.

## **Meditation/Mindfulness**

Meditation has been practised in various cultures around the globe for centuries. Today it is primarily used to help people calm their mind, to slow down and to connect their inner-self.

Various workshops/classes in our wellness and fitness programme will point you in the right direction. The weekly programme is available at the reception desk, throughout the hotel and online. We are happy to advise.

## **Memon**

We have installed innovative Memon technology in the entire hotel. This protects against electric smog and invigorates the water cycles in the hotel at the same time. All rooms have been naturally restored to achieve harmony and inner balance supporting your holistic well-being. Enjoy a natural indoor climate, high quality air and energising natural water.

## **Midday – light lunch**

Between 12:30 pm and 00:40 pm you are able to enjoy light healthy snacks, a selection of fresh salads, soup of the day, delicious cheeses and a tasty assortment of local home made breads. We also offer fresh fruit, coffee, tea, and delicious home made cakes.

## **Minibar**

Our mini-bar is exclusively oriented towards your personal preferences and individual wishes. Please let the team at reception know, which additional beverages or snacks we can provide for you and we will stock your mini bar accordingly! You will find a list of available beverages and snacks located on the inside door of the cabinet, where the mini-bar is located.

# N

## **Newspaper**

Newspapers and magazines are available in the hotel foyer as well as in the "Fashion shop" in the Post-gallery.

You can order your daily newspaper and enjoy your morning reading in your room or at your breakfast table in the restaurant. Please let us know your preferences in advance at the reception desk!

## **Nike of Samothrake – Angel without a headpiece**

Nike of Samothrake is a sculpture that represents the Greek goddess Nike and is currently kept in the Louvre in Paris. She was discovered on the Greek island of Samothrake inside the shrine of the Cabiri (tall gods), who were worshipped by the ancient Greeks. Her origin presumably dates back to 190 BC. Charles Champoiseau, a vice consul, found fragments of the Nike statue in 1863. They were assembled on the original site and transported back to Paris. An excavation in 1873, carried out by an Austrian archaeological team, found further fragments and 2 digits! Frenchmen discovered the pedestal in 1879 and the right palm was located in 1950. The search for the head and arm pieces were unsuccessful. A replica of this elegant angel embellishes our outdoor pool area.

## **Non-smoking hotel**

Posthotel Achenkirch is a non smoking hotel. Therefore, we ask you to use the sites provided for enjoying your tobacco. On the ground floor near the Atrium Spa, you will find our stylish Cigar Lounge. Ashtrays are available on the balcony.

Smoking is not permitted in your hotel room. Non-compliance will result in an additional cleaning charge of € 300. Thank you for your understanding and cooperation on this matter.

## **Nordic Walking sticks**

Are you a passionate walker, or would you simple like to try Nordic Walking? In both cases: welcome to the natural paradise around Achensee. We will gladly provide you with the appropriate Nordic Walking sticks free of charge. Please contact the reception desk.



# O

## **Outdoor Base Camp (see Base Camp)**

### **Outdoor Fitness**

Large outdoor fitness area featuring SYNRGY-BlueSky outdoor training area with trampoline, table tennis, boccia ball (similar to bowling), yoga platform, slack line and bouldering wall.

# P

## **Personal training/coaching**

One to one coaching sessions for guests are available for toning up, maintaining weight, building strength, mindfulness, regaining energy, body awareness and more. To book an individually coordinated training session, please contact the Atrium Spa, or speak to one of our fitness team. Our professionally trained coaches and sport experts will advise, coach, and motivate you to meet all your training needs.

## **Pharmacy**

Achensee Apotheke  
Achenseestr. 69  
6200 Jenbach, Tirol  
Telephone: +43 5244 625 00

### **Opening hours:**

Monday to Friday:	08:00 am - 12:30 pm 03:00 pm - 07:00 pm
Saturday:	08:00 am - 12:30 pm

Please contact the team at reception to check opening times and information about the respective pharmacies on duty in the immediate vicinity during the weekend or outside business hours.

## Postcards

In our writing corner on the first floor, you will find some post cards to send to your loved ones! Please speak to the reception desk, who will gladly take care of their dispatch.

## Post-gallery

You can stroll around and shop in the Posthotel gallery. Our shopping mall with it's old town flair ambiance and the tranquil fountain in the square awaits you between the Postgasse (alleyway) stairs and the underground car park – you will find a large range of beautiful hand selected goods there!

### Opening hours:

Monday to Friday: 08:30 am – 12:00 noon  
03:00 pm – 06:00 pm  
Saturday and Sunday: 08:30 am – 12:00 noon

PS: The benches near the fountain in the "Post gallery" are our meeting point, where our trainers will pick you up for the fitness activity programme.

# R

## Railway station

Railway service is ideal for stress-free travel. The following railway stations are in our vicinity: Jenbach, Tegernsee, Innsbruck and Munich.

You can obtain detailed information about train connections and costs from our reception desk or via Austrian Railways ([www.oebb.at](http://www.oebb.at)).

## Reception

Our reception team is available around the clock for all your questions as well as any requests you might have. Simply speak to us at reception or call us directly dialling 566.

## Recommend the Posthotel Achenkirch and earn €50

See under: " Guests recommend guests", for more info

## Reiters Reserve

In the sun kissed Burgenland in the south-eastern corner of Austria, you will find the Karl Josef Reiter senior, a beautifully developed Reiters Reserve Supreme Hotel. Karl Reiter senior found the ideal natural area to continue his wellness philosophy journey. Burgenland is among the oldest cultural landscapes in Central Europe and is famous for its gentle hilly landscape, historic castles, first-class wines, mild climate, and medicinal thermal springs. Reiters Supreme Hotel in Bad Tatzmannsdorf has a total area of 120 hectares. This includes the five-star Reiters Supreme Hotel, an establishment for discerning individualists, and the four-star Reiters Finest Family Hotel, an establishment with a family atmosphere and all-inclusive features.

### Info:

REITERS SUPREMEHOTEL 5\* & REITERS FINEST FAMILYHOTEL 5\*

Im Reiters Reserve

Am Golfplatz 1-4

7431 Bad Tatzmannsdorf, Austria

Telephone +43 3353 8841 607

reserve@reiters-hotels.com

www.reiters-reserve.at

## Rent a vehicle

Our exclusive Posthotel Tesla electric car and two Johammer electric cruiser motorcycles are available in the garage for joyrides and spontaneous excursions in the surrounding area of Tyrol.

## Reservation

Our reservations team is available for you daily from 08:00 am to 09:00 pm (telephone 566) for all questions concerning offers and room categories. Alternatively please see our team at reception, they will gladly advise you.

## Resting

"Being off-line" is the epitome of a holiday for most guests nowadays. Therefore, we ask you to refrain from any use of mobile phones and smart-phones, as well as laptops and tablets in the entire swimming and sauna area. Please note: filming and photographing is also strictly not allowed in this area - many thanks!

## **Restaurants**

Twice daily - in the morning and evening - our kitchen team orchestrates a sumptuous gourmet festival of food in the centre of the restaurant. As far as the atmosphere is concerned, you have a choice of ambiance to choose from the original panelled Tyrolean parlours, the eloquent glass dome, or a more modern styling in an extra room. Our home grown delicacies and gourmet food, supplied by our own farm, can be enjoyed with style in a great setting and ambiance.

## **Riding stable**

You can call (telephone 579) or also personally visit the riding & carriage stables between 09:00 am and 05:00 pm.

Our Lipizzaner and Haflinger horses are eagerly waiting to meet you there.

## **Room amenities/additional requests**

See "Extras" under "E".

## **Room service**

Our team is at your service around the clock. If you require an extra snack between meals, please call 574 or 566 directly.

# S

## **Safe**

Please use the safe in your room for your own sense of security and to keep your valuables safe. To activate the safe, please follow the steps below:

1. Press the "reset" button
2. Key in a 6-digit code
3. Close the door  
The safe closes automatically; the display confirms with "closed"
4. To open the safe door, key in the chosen 6-digit code

To lock the safe door with a new code, repeat step 1 to 3.

## Saline pools

Our two salt pools with waterfall and integrated whirlpool are certainly a fountain of youth. The concentration of brine (+4 % and +8 %) helps to regenerate and alleviate rheumatic condition. It also supports your cardiovascular flow, relieves muscle tension, calms the respiratory system and nerves, stimulates the metabolism and refines the skin. We recommend that you limit your time in the saline pools to no longer than 20 minutes a day, and to shower thoroughly beforehand and afterwards. Please note the entire swimming & sauna area is a mobile-phone and tablet-free zone.

## SAMINA

Detailed information about SAMINA is available under "bed comfort".

## Schumann Plate

The 3D plate is a very high-quality training device primarily used in rehabilitation. It is an oval plate which can be used seated, standing or lying down, depending on the area that needs stimulation. Due to the vibration of the plate in the Schumann resonance frequency, the entire body is stimulated in a gentle manner and regeneration is promoted. We also offer weekly taster sessions.

## Ship

Crystal-clear water under a blue sky and the magnificent backdrop of the Karwendel mountain range all around you - experience the impressive mountain world and ambiance around lake "Achensee"! Three passenger ships cruise daily across the "Tyrol's fjord" from May to October. The landing stage or bay in Achenkirch is called "Scholastika" and can be accessed by bus. Our team at reception is always at hand to help you with your planned trips and any questions you may have.

## Skiing area

The famous Tyrolean skiing area Christlum lies between 950 and 1,800 metres above sea level in Achenkirch. It tends to be well covered in snow in winter and has an area of over 20 km for fun on the slopes. State of the art snow making systems guarantee additional snow reliability from the beginning of the winter to April.

Hochalm lifte Christlum  
6215 Achenkirch am Achensee  
Telephone: +43 5246 6300  
Email: info@christlum.at

## **Ski rental**

Our local ski rental outlet at Busslehner Sports is open daily for you. The reception team will gladly help you with any assistance you might need.

## **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.

## **Smart phones, tablets, etc.**

Please note that the use of mobile phones, smart phones, tablets and other mobile devices is prohibited in the hotel foyer, restaurant and the areas around the saunas and various pools. Enjoy being "off-line". Filming and photography in the pool and sauna areas is also prohibited. Thank you for your cooperation and understanding.

## **Spring water**

Straight from the tap: Enjoy our pure spring water any time and anywhere. In the entire hotel complex you will find drinking fountains with our high-quality water from the Zöhrer spring, where you can refill your carafe in your room.

## **Squash-Court**

Would you like to have a go at playing squash again? You need squash tokens from the reception desk to use our modern court. It is located right next to the indoor tennis court and is conveniently accessible via the Postgasse. You can also borrow rackets and balls at reception.

## **Sun hall**

Even in the midst of winter, you can relax and unwind in our comfortable loungers in the light-flooded glass sun hall and be inspired by the unique view of the Karwendel mountains. The mobile device-free zone applies here too.

## **Sunken Temple**

The mystical sauna oasis of the Posthotel – a refuge for body and soul in the centre of the Sunken Temple with its glass dome – serves as a meditation space that connects you with the five elements.

This includes an open fireplace – surrounded by water – under the bridge between the brine dome, dragon sauna, temple sauna and ice fountain.

This Asian-inspired place of peace, becomes a refuge of tranquillity and self-discovery for inner clarity, calm and regeneration.

# T

## **TCM (Traditional Chinese Medicine)**

In cooperation with our TCM expert team we have created a holistic programme that gets your life force energy flowing and re-establishes your balance. As a result your capacity and storage of Qi (life force) is increased in such a way, that the self-healing powers of your body are awakened and your body's equilibrium is supported to help prevent disease.

## **TENZO**

In Tyrol's first TCM style 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 a tea bar seek to support our guests in leading a long and healthy life, creating happiness and contentment.

## **Telephone**

Your room telephone is a direct-dial device for local and long-distance calls as well as for in-house calls. To get an open line, please press the "Amt" (office) key or digit "6".

Call fees will be automatically booked to your room. Below are the numbers of in-house connections:

Reception	566
Luggage	524
Service	574
Kitchen	552
Bar	563
Bistro	573
Atrium Spa	558
Hairstyling	535
Post-gallery	001
Riding stable	579

## **Tennis**

At the Posthotel, guests can play tennis all year round, as there is a large hall with two courts (velour granules) and two outdoor courts (clay). We are happy to organise professional training sessions for you. Rackets and tennis balls can be rented at the reception.

## **Tesla**

Our exclusive Posthotel Tesla model S 85D electric car will take you from 0 to 100 km/h in a racy 4.6 seconds with its 428-horsepower engine. This innovative electric vehicle keeps you up to date via touch screen about battery performance and driving distance. Depending on your driving style, you can reach up to 500 kilometres. Just like our Johammer electric motorcycle, the Tesla is practically soundless and ensures an unforgettable driving experience.

## **Tip money**

The whole team at the Posthotel is here to create an unforgettable holiday experience for you. If you wish to honour the services received with some tip money, then a tip box is available in every department for this purpose. With your kind donations in our "savings bus" located at the reception desk, you will be supporting our joint Posthotel staff trip. We would like to express our gratitude for this.

## **Toboggans/sledges**

Experience unforgettable winter fun with toboggans for the whole family at the Christlum skiing area. Tobogganing is also available once a week at night by floodlight, and everyone can enjoy the magical mountain backdrop as an organised Posthotel fun-outing.

Information about departure times to the skiing and tobogganing area as well as toboggans for private use/hire is available at the reception desk.

## **Towels**

The Posthotel has constantly paid attention to sustainability, for the protection of nature and our valuable water. You can help us by placing the towels according to the following code: If you would like a fresh towel, please place the used towel in the bathtub. If you would like to use the towel a second time, simply place it on the towel rail.



## **Turning area**

Please drive into the turning area - the roundabout in the underground car park - and let us take care of your luggage to ensure that your holiday starts right here - meanwhile you can enjoy a welcome drink in the hotel foyer!

# U

## **Underground car park**

The underground car park with 170 parking spaces and direct access to reception is available to you free of charge. Cards for the hotel's own car wash are available at reception.

# V

## **Vouchers**

You can create individual gift vouchers with a personal greeting on our Posthotel website: [www.posthotel.at](http://www.posthotel.at). Here you can choose between service or value vouchers as well as vouchers for various packages and offers. By special request, we will gladly send vouchers with our brochures to your address. Please speak to the reception desk for more information (telephone 566).



# W

## **Wake-up call**

If you require a wake up call, please inform the reception desk and we will take care of your request.

## **Water sports**

Due to its excellent wind conditions, the Achensee is regarded as a paradise for sailors, windsurfers and kite surfers and also offers ideal conditions for stand-up paddling (SUP). We will gladly organise appropriate courses along with sail-boats, surfers and SUP equipment - as well as canoe trips across the lake. The wild water of the mountain streams and rivers in the surrounding area - such as the Imster Schlucht (Imst Gorge) on the Inn River - is also ideal for rafting or canoeing adventures.

## **Water world**

Opened daily from 07:00 am until 08:00 pm, our water wellness area is inspired by Yin and Yang Spa architecture.

You will find a refuge of water and light, with pools and grottos, light-flooded halls and cosy relaxation zones that invite you to unwind and simply enjoy just being. In the spirit of Goethe's wise words: "The human soul is akin to water". Thanks to innovative Memon technology, you can swim in re-naturalised and thus particularly pleasantly soft water throughout our hotel complex. To keep the spirit of tranquillity and peace, we would like to make you aware that the entire bathing and sauna area is a mobile-free zone! Thank you for your understanding.

## **Well-being world**

Our unique and comprehensive well-being and sauna area here at the Post-hotel combines the ancient traditions of bathing culture with modern knowledge of wellness and aesthetics. Our daily variety of sauna infusions and times can be found on the notice board in the sauna relaxation area or in the morning paper the "Morgenbote" - just enjoy being taken on a fragrant journey to Finland, Italy, the Alps or the Tropics. To cool down after your sauna infusion, use our Yin Yang Pool outside (see Yin Yang).

Our sauna team is available for individual requests and questions. The Sunken Temple is open daily for you from 01:00 pm to 08:00 pm and is

a garment-free zone. No photographing or filming is allowed there. The use of all mobile phones, smart phones, tablets and laptops is strictly prohibited in the entire swimming and sauna area. Enjoy a few hours “off-line” in the spirit of relaxation.

## **Wildlife preserve**

In the middle of our Posthotel Alpine golf premises, we accommodate two dozen fallow deer in a five-hectare wildlife preserve. The deer and stags also like to watch you golfing! You can observe the wild animals directly from your Posthotel balcony or window. Fawn can always be seen in June. Please contact the reception desk if you are interested in a short excursion to watch the wildlife feeding. In the winter you can do this while enjoying mulled wine.

## **Wine cellar**

The most exquisite wines from all over the world and selected assortments of special Austrian wines are stored in the rustic vaults of the Posthotel wine cellar. On request you can enjoy an exclusive wine tasting session with our Posthotel sommeliers at any time.

## **WiFi**

Free WiFi is available to you in the lobby, the entire hotel foyer, in the bistro and in all rooms.

# **Y**

## **Yin Yang Pool**

We offer a particularly thrilling bodily experience in the garment-free outdoor area with our Yin Yang Pool, which features a delightful contrasts of cool Yin (17 °C) and pleasantly warm Yang (34 °C) water. It is the ideal complement to our blockhouse sauna and chapel shower.

## **You Bed**

Detailed information about You Bed is available under “bed comfort”.

# Z

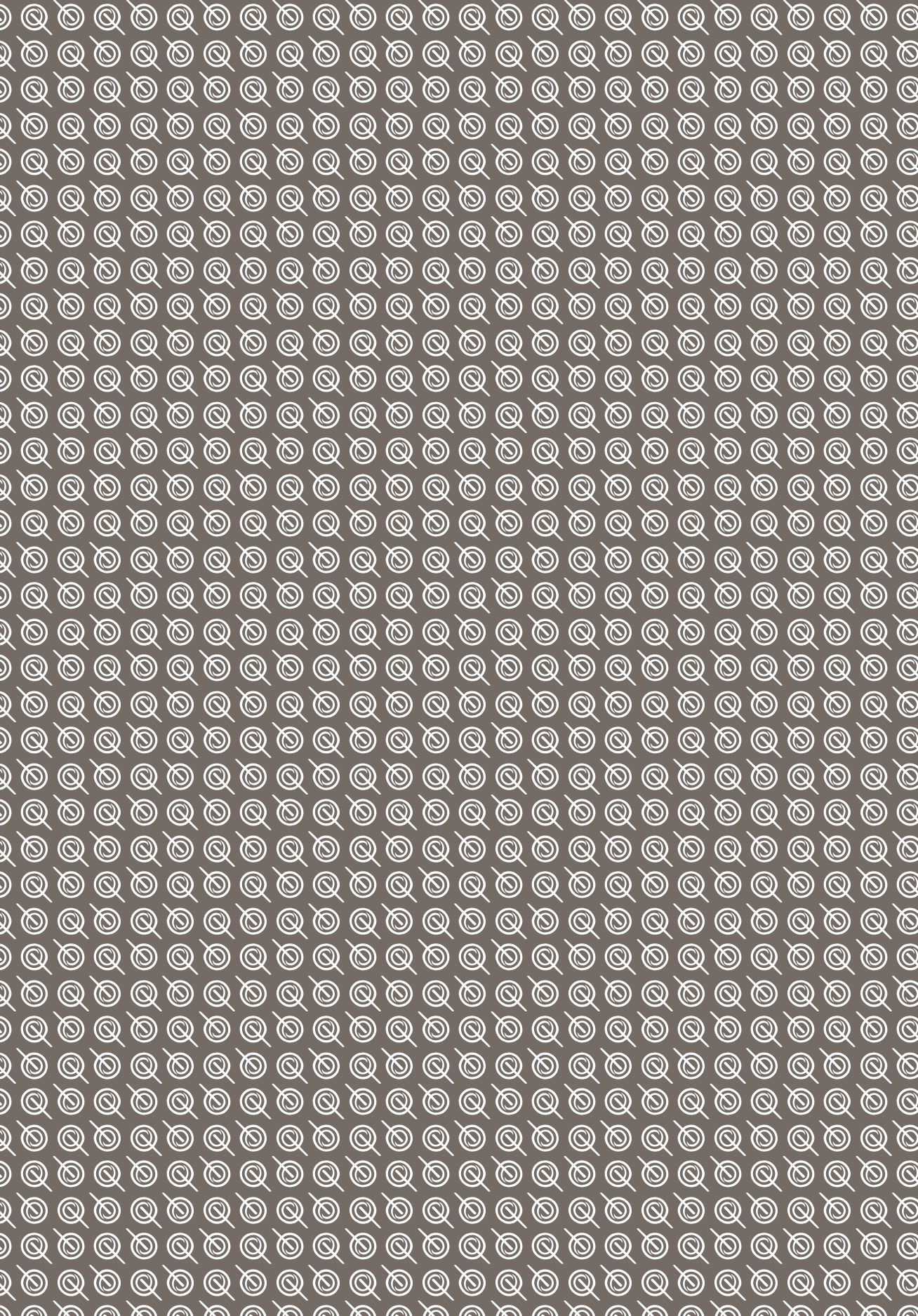
## **Zöhreralm**

The first panoramic destination for all our hikers and mountain bike enthusiasts during the summer season, is the Zöhrer-alm (chalet) at 1,344 metres above sea level. Situated on a sunny hillside called the Unnütz, the sociable alpine hut/chalet offers food and refreshments and can easily be reached in a 90-minute hike from the Posthotel. The reception desk will gladly provide further information.

## **Zöhrerhaus**

The original old Tyrolean farmhouse is located behind the main building of the Posthotel right next to the riding stable. Here on the first floor, we offer varying group courses for sports as well as relaxation. You will find equipment for stamina training as well as a Power Plate and kinesis trainer on the ground floor. More detailed information is readily available at any time under "F" (Fitness) or at the reception desk.







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