



**SCHWARZSCHNIED**

Hotel & Spa

## The South Tyrolean Art of Living at the Yoga and Design Hotel Schwarzschnied

In Lana, nestled between vineyards and orchards and not far from Merano, the Dissertori family has created Hotel Schwarzschnied, an oasis where guests can find space and time for their personal development. "Ideally, a stay with us will inspire you to live your life in an even better and more conscious way," says host Klaus Dissertori, explaining the vision that he realized together with his family in opening the first 'art of living' hotel in South Tyrol.

The hoteliers have brought their vision to life by harmoniously combining holistic wellness with sophisticated design, fine art and local slow food cuisine. The effort paid off, with Hotel Schwarzschnied's Rooftop Suites receiving the German Design Award.

## Yoga, Active Sports & Wellness: In the Name of Balance

Regular yoga practice is also considered one of the essential elements for bringing body and soul into harmony at the Schwarzschnied. Therefore, two daily classes taught by alternating teachers from various yoga disciplines are integral to the hotel's program. Retreats with different focuses are also planned regularly. And for moments in between, those who want to practice yoga on their own can make use of the yoga mat in the room.

Next to a state-of-the-art gym, Hotel Schwarzschnied offers functional training every Sunday: a practice intended for anyone who wants to train their body awareness, improve their fitness, or boost their athletic performance.

Guests who prefer working out in the great outdoors can enjoy a bike ride through the South Tyrolean landscape. In addition, Schwarzschnied hosts special cycling weeks with guided tours. Here, experts accompany participants and provide valuable tips on riding technique, route selection and training. Just the thing for those aching to move their body, to feel that zest for life, and unlock new energy.

Golfers will enjoy the nearby courses, which boast impressive mountain vistas for unforgettable sporting moments. With the Golf Days offer, guests can refresh or perfect their golfing skills while enjoying wellness offerings and culinary highlights.

After a session on the yoga mat, in the mountains or on the golf course, guests can look forward to relaxing in the 1,000 square meter spa area. It features an indoor pool, a steam bath, saunas and a beautiful natural backdrop – which, thanks to the floor-to-ceiling windows, feels close enough to touch. From the Finnish sauna, guests enjoy an unobstructed view of the surrounding mountains. In the 20-metre-long outdoor pool, they can swim towards the vines. The massages and beauty treatments are also a special treat and can also be booked at short notice. High-quality natural cosmetic products from Susanne Kaufmann are exclusively used across all of Schwarzschnied's wellness facilities. Another highlight for cold days? The open fireplace.

## Inner Gardens

Regular courses ranging from yoga and meditation to eating more consciously invite guests to experience mindfulness and movement, while the 'Dance Your Inner Wave' program brings participants closer in touch with their bodies. The offerings are complemented by sound treatments



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– a sound therapy where gentle frequencies and vibrations harmonize body and mind, reducing stress and promoting lasting relaxation.

Saturdays at Schwarzschild are reserved for self-care – the perfect opportunity to partake in mindfulness rituals, meditation sessions and soothing treatments to build a deeper connection to oneself.

### Wellness redefined: Outdoor Treatment Spaces

Designed by Harry Thaler and built by local craftsmen, two outdoor treatment spaces offer spa treatments and massages with a side of unobstructed nature and mountain views. Focused on reinterpreting design typologies, Thaler is known for combining traditional craftsmanship with innovative shapes and high-end quality. Here too, nature served as inspiration, with the outdoor treatment area modelled after the shape of the valley: When looking at the mountains from the Hotel Schwarzschild garden, one side sits higher than the other – just like the treatment cabins.

### Architecture & Design: Nature in Focus

While expanding the hotel step by step each year, its architects found the nature right outside the doorstep to be their most important source of inspiration. Fittingly, they worked almost exclusively with local materials – including larch and spruce wood typical of the region, marble from Vinschgau, and porphyry slabs from Sarntal. Large windows allow the indoors to blend seamlessly with the outdoors. More recently, twelve guest rooms and two suites have been renovated in the Main House.

The Residence also enjoyed a stylish makeover. Today, the modernized rooms feature a minimalist design defined by regional materials, creating a natural connection between tradition and the present.

When furnishing the 68 light-flooded rooms and suites, light colors, lots of wood and simplicity were key. Spread across three areas, the Garden Wing, Residence, and the Main House, Hotel Schwarzschild focuses on tranquility and coziness, as well as regionality. Both the design and carefully selected furniture in the new rooms, the restaurant and parts of the lobby were created especially for the hotel by the Merano interior design studio Biquadra and produced by a local carpenter. In addition, several lamps were designed by South Tyrolean product designer Harry Thaler, and the sheep's wool rugs were hand-woven locally.

Also inspired by nature is the Mongolian yurt in the hotel garden – the perfect hideaway for outdoor adventures and to spark children's curiosity. During the summer months, the hotel offers childcare services and children's yoga, to keep your little ones busy and inspired.

Both the yurt and the children's area in the hotel feature a hand-picked selection of products from the nearby Feines children's shop, a favorite among the hotel's youngest guests. This way, they can experience the beautiful atmosphere and the high standards of quality and sustainability that spread throughout the hotel for themselves.

### Art: unleashing the artist

The man behind countless works of art that can be admired in the hotel, such as the abstract wall drawings in the rooms, is Hans Egger from Lana. With the keen eye of a graphic designer, the hotel owner's cousin creates his minimalist, archaic-looking paintings. The creative mind has also come



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up with something very special for visitors. In the new rooms, guests can become gallerists themselves and unleash their inner artist by choosing their favorite works from 21 different motifs and hanging them on the wall – or they can continue working on pictures in a book provided. In addition to the artworks by Hannes Egger, Schwarzschnied regularly welcomes international artists as part of its 'Artists in Residence' program. These creative minds design installations that add another inspiring artistic dimension to the hotel experience.

## Cuisine: From Garden to Table

Fruit, vegetables, herbs and flowers are grown and harvested in the 1,000 square metre Schwarzbauergarten, which dates back to the 17th century, as well as in the Arnica Acker surrounding the closely sister hotel Villa Arnica. The fresh harvest is turned into delicious and healthy dishes not only for Hotel Schwarzschnied's "La Fucina" under the direction of head chef Andreas Pircher – all four ALTO properties (Hotel Schwarzschnied, 1477 Reichhalter, Villa Arnica, and Parkhotel Mondschein) use the seasonal produce to delight guests' taste buds.

Wherever possible, the kitchen relies heavily on regional ingredients. The butter and honey come from South Tyrolean mountain pastures, the goat cheese is from an organic goat farmer in Ultental, and the organic and fair-trade coffee is roasted in Völs. Even the pasta is made in-house. Vegans can also expect something special: from breakfast to the evening menu, there are plant-based dishes prepared especially for them. In the Schwarzschnied bar and the Bistro Luce, the slow food principle is also upheld – with homemade organic lemonades and fruit juices as well as a variety of local beers and wines. The four-star hotel offers a range of more than 400 national and international wines from various vintages.



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### Factsheet

#### #Rooms and suites

There are 68 light-flooded rooms and suites with large balconies in the garden wing, the residence and Main House: from 36 square meter double rooms for two to the new 75 square meter rooftop suites for up to six guests.

There is also plenty of space for events: a seminar room for up to 30 people and the 1,000 square meter Schwarzbauergarten garden with outdoor treatment spaces and a yurt for children.

#### #Spa & fitness

Balance Spa with two spacious relaxation areas with a library, open fireplaces and glass fronts / sauna area with a panoramic Finnish sauna, outdoor sauna and steam bath / outdoor relaxation garden / fitness room on the ground floor with vineyard views / yoga room with sonorium

#### #Cuisine

Slow food cuisine at "La Fucina": restaurant with buffet area, open kitchen and pasta made in-house / daily fresh vegan breakfast dishes and dinner menus / "Luce" bar and bistro: classic and newly interpreted long drinks, small regional snacks and wines from South Tyrol

#### #Activities

E-bikes, mountain bikes and city bikes are available to hire / golf at a discount/ guided hikes / daily open yoga classes in the morning and evening / yoga specials with interchanging teachers / Inner Garden event series / dance and sound baths / Kneipp tours / Sunday morning functional training / childcare services during the summer

#### #Location

Hotel Schwarzschild is located in the vineyards in the center of Lana. Free parking is available as well as an underground car park. Those travelling by train are picked up at the Burgstall/Lana train station. The nearest airports are in Bolzano, Innsbruck, Verona, Bergamo or Milan.

#### #Address

Schmiedgasse 6, 39011 Lana, South Tyrol, Italy

#### #Bookings & rates

Room rates start at €115 per person/night with breakfast. Prices vary depending on the booking period.

Book online at [www.schwarzschild.com](http://www.schwarzschild.com) or by phone at +39 0473 562800.



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**#Press contact**

Kathrin Willhöft

PR & Communications

[mail@kathrin-willhoeft.de](mailto:mail@kathrin-willhoeft.de)

+49 170 4790535