



October 05. – 19.

## Autumn delight weeks

Autumn not only brings vibrant forests but also culinary pleasures. During our Autumn Delights Weeks, you can expect special experiences, exclusive wine masterclasses, sociable Törggelen evenings, philosophical wine tastings, and much more. Culinary highlights include the Vigiljoch Potato Weeks and Lana Chestnut Weeks. Autumnal flavors and fine wines combine to create a feast for the senses.

Let us discover the beauty of autumn together and experience the power of nature in all its facets.  
We look forward to welcoming you to our autumn activities.

## Highlights

---

### Törggelen Evenings

Sociable evenings in our traditional Stube with South Tyrolean Törggelen specialties. Enjoy local delicacies in a cozy atmosphere.

---

### Meet the Winemaker

Taste wines from nearby wineries.

---

### Potato Weeks

During Potato Weeks, enjoy culinary creations featuring the special Vigiljoch potatoes, lovingly cultivated by the Schötze family at Mount Vigiljoch.

---

### Chestnut Weeks

During Lana’s Chestnut Weeks, we treat you to special chestnut dishes on our menu.

---

### Forest Bathing in the Autumn Woods

Deepen your connection with nature and strengthen your immune system through various forest exercises, reducing stress hormones. Let yourself be surprised

---

### Chestnut Roasting

Following South Tyrolean autumn traditions, chestnuts are roasted, and "Sußer" wine (grape must) is tasted.

---

### Culinary Journey through South Tyrol

Taste local products, get to know innovative or classic South Tyrolean businesses, and meet our local suppliers.

---

### Immune Boosting Sauna

Prepare for winter and strengthen your immune system with a sauna session guided by our sauna master David. He uses a specially selected blend of herbs to enhance immunity and ensure pure relaxation.

---

### Archery

Improve your aim with archery. Focus and skill are required.

---

### Find Inner Balance with Yoga, Meditation, and Singing Bowls

In autumn, as the leaves fall and nature rests, these activities invite you to find inner harmony. Experience a deep connection between body and mind.

---