

17. July 2020

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ACTIVITIES IN THE GREEN PEARLS® HOTELS: FROM API-WELLNESS TO “WALDBADEN”



What does vacation mean these days? A break from everyday life? Traveling and getting to know foreign cultures? Wellness with a breathtaking mountain panorama? Or the chance to participate in various outdoor activities? Exactly, holidays can mean many things. Some people are looking for a place where they can let go of the stress of everyday life. Others are looking for that certain kick. The home cook is looking for the perfect gourmet experience. And another enjoys the silence of the remoteness of a small hotel in the middle of untouched nature. Read here what our [Green Pearls® Hotels](#) have to offer, from API-Wellness to “Waldbaden”, which basically means to dive into the forest atmosphere. It's like a meditative bath in the forest, that's why we can also call it forest bathing.

FOREST BATHING AND UPCYCLING

Everybody is looking for something different and yet our demands for a perfect holiday experience have become more and more demanding. Are you also looking for several of the factors described above? For you, the perfect sustainable hotel has excellent vegan cuisine, cooking classes with regional vegan dishes, a wild herb hike or meditative forest bathing, yoga classes and maybe a creative workshop? The feeling of being surrounded by like-minded people is also important to you? Then the [SCHWARZWALD PANORAMA](#) is the right place for you. Besides forest bathing (Waldbaden), the hotel offers various tours into the Black Forest and has a hiking guide called “Baumkundlicher Führer”. You can let your creative spirit run free in the “Upcycling Workshops”.

EXPERIENCE THE MAGIC OF THE MOUNTAINS

Those who love the mountains are in the best of hands with Renato at [Locanda Mistral](#). Renato has been an enthusiastic and experienced hiking guide for 20 years. He knows the flora and fauna of the Maira Valley in Piedmont like the back of his hand and knows a lot about the culture and history of the region. His enthusiasm for the nature of his homeland is definitely contagious. He will be happy to accompany you on a climbing tour to the Rocca Provenzale, the so-called Matterhorn of Piedmont. A special highlight is also the sunrise hikes. In the early hours of the day, nature and the mountains are surrounded by a very special magic. But the Maira Valley is not only an experience in the summer months; the region also has a lot to offer in winter. Renato offers hikes with snowshoes or touring skis. In the evening you can let his wife Manuela cook for you and enjoy the regional Occitan cuisine of Piedmont.



A PLACE FOR CREATIVE GOURMETS

Gourmets will get their money's worth at the gourmet hotel [Die Forelle](#), which offers bread baking courses, various cooking classes and wine tastings. The operator of the hotel's own [Restaurant Weissensee](#), Hannes Müller, is a trendsetter in sustainable cuisine. His dishes are intense, honest, healthy and creative. The use of regional and seasonal ingredients is particularly important to him. Anyone who knows “Slow Food” knows that dishes here are prepared with love, peace and thoughtfulness. This results in creations of a special kind. During a cooking course in autumn or winter, you will learn about the versatility of root vegetables, and in the cooking workshop “Storage Kitchen” you will practice the art of fermentation and preserving. Back to the roots, but by no means boring, is the motto here. The Green Pearls® Hotel on the shore of Lake Weissensee, the highest bathing lake in the Alps, also offers a good starting point for guided hikes.

TIME OUT FROM EVERYDAY LIFE: WELLNESS WITH BEES

If you are looking for exceptional wellness with a panoramic view of the mountains, you should stop by the [Hotel Rinner](#) in South Tyrol. The host, Paul Rinner, directs your attention to the natural remedies of nature – especially those of the bees and their golden nectar. In addition to his own organic bee farm with honey tastings and bee nature trail, he also offers an extraordinary wellness program: the so-called API-Wellness. This is a special Inhalation system for beehive air. This valuable air, delicately scented with beeswax, is sucked out of the hive without disturbing the bees in their work. It contains many valuable ingredients such as essential oils, flavonoids, pollen, wax and propolis. These have a healing effect on various respiratory diseases and allergies and can generally increase the sense of well-being. A wellness program of a special kind.



BACK TO THE ORIGIN: ON THE TRACKS OF THE INCAS

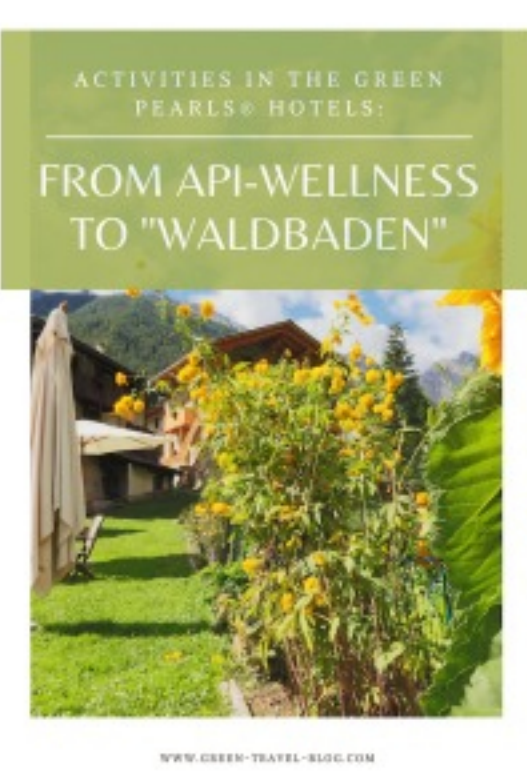
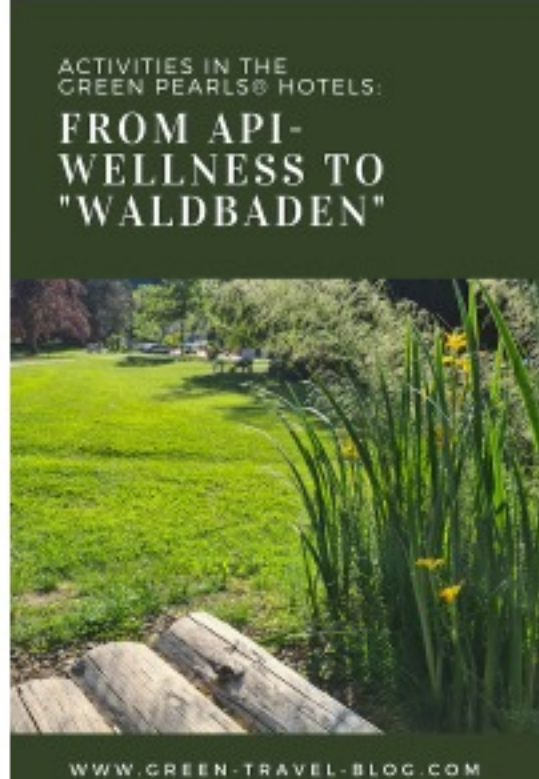
The Inkaterra hotels are located in southern Peru and extend from Cusco to Macchu Picchu and the rainforest around the Madre de Dios River. The goal of the [Inkaterra Reserva Amazonica](#) is to preserve the natural landscape and to pass on the valuable treasure of the culture of the Andean people. What chocolate lovers should not miss at this Green Pearls® Hotel is the participation in a chocolate workshop. With trained Inkaterra guides, you can follow the tracks of native plants, animals and insects. Peru's biodiversity is impressive and definitely worth preserving. With the earth-to-table concept of the [Inkaterra Hacienda Urubamba](#), you will help to harvest the food that will end up on your plate in the evening. For the most part, traditional methods are still used here, e.g. with the help of bulls.



We are becoming more and more individualists and take the space to live out our versatile personality, especially on holiday. Because here you finally have the time for hobbies that get lost in the daily routine. Many of the Green Pearls® Hotels have realized and taken up this trend and offer their guests a wide repertoire of activities to make your holiday unforgettable and versatile.

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17. June 2019

MORE THAN WASTE: SUSTAINABLE GASTRONOMY

Tomorrow we celebrate “Sustainable Gastronomy Day”, which was launched by the UN. For us, sustainability is an important topic in all areas of life – as well as for our Green Pearls® partner hotels. Our hoteliers understand the importance of agriculture and food for the [...]

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3. June 2019

VACATION BY BIKE: IDEAS FOR THE WORLD BICYCLE DAY

Only last year the UN General Assembly has introduced the world bicycle day on the 3rd of June (under the official hashtag: #June3WorldBicycleDay). The aim is to stress the meaning of bike riding: It is about the health of people, the positive effects on our [...]

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