

Move & Relax

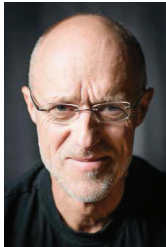
DEAR GUESTS OF THE SPORTRESORT HOHE SALVE,

I am delighted to be involved in this new hotel concept as the Move & Relax theme ties in with many of my professional and personal experiences. Exercise is without doubt a significant part of my life.

Living is moving – but in modern society people often have a lower quality of life due to a lack of physical exercise. In elite sport, the opposite can happen – over-exertion can impact upon long-term quality of life.

Here at the Sportresort, we, together with our guests, aim to find the right balance between exercise and relaxation – with state-of-the-art infrastructure, an understanding of wide-ranging requirements and the knowledge provided by our highly qualified experts. The hotel, which is nestled in the mountains next to the ski lifts and right in the heart of our impressive natural surroundings, offers plenty of incentives to keep fit and to relax, to create memories and gain experiences and to take part in important learning activities alone or in a group – and take them home with you. The head of the Move & Relax area, Patrick Koller from Söll, is a "home-grown Tyrolean". As a sports scientist and Olympic ski cross competitor, he is the ideal person to implement our concept. For me, this collaboration with a very successful and experienced business family from the region also symbolises high stability, competence and creative drive.

With this in mind – stay active and in balance
Yours, Toni Innauer



Toni Innauer,
Austrian Olympic
ski jumping
champion, former
Nordic sports
director of the
ÖSV (Austrian Ski
Association)

MOVE & RELAX AREA

8.00 a.m. to 8.00 p.m.

Sauna: 2.00 p.m. to 10.00 p.m.

Fitness: 6.00 a.m. to 10.00 p.m.

Swimming: Winter 7.00 a.m. to 7.00 p.m. / Summer 7.00 a.m. to 10.00 p.m.

Sports pool: Always open, unless covered

Hotel guests can use the Move & Relax area before check-in on their arrival day and after check-out on their day of departure, provided spaces are available. Please ask at reception in advance – advance booking required.

Toni Innauer