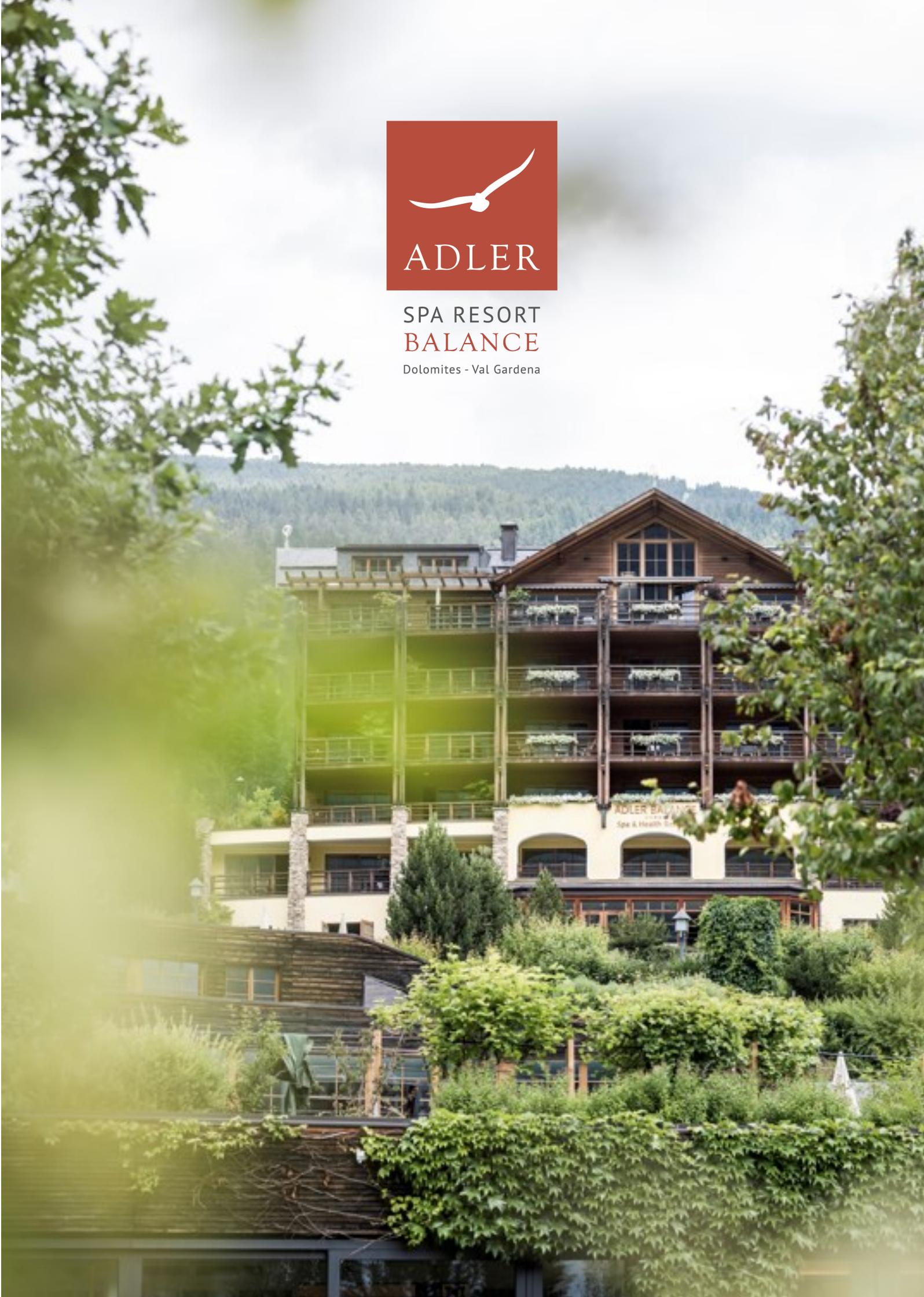




ADLER

SPA RESORT  
BALANCE

Dolomites - Val Gardena



**Time-out for body, soul and spirit**  
Energised and balanced in the Dolomites

*The ADLER Spa Resort BALANCE nestles in the "most beautiful mountains in the world". The peaceful location and an ambience of pure lightness not only create a holiday mood, they also ensure sustainable regeneration. The Spa Resort in the Dolomites is all about your health and the unity of body, mind and soul. Be the centre of attention for once and enjoy nature, gentle exercise and a multi-faceted range of spa packages.*

**ADDRESS** ADLER Spa Resort BALANCE  
Via Stufan 5  
I-39046 Ortisei/Val Gardena  
Tel. +39 0471 775 002  
info@adler-balance.com  
www.adler-balance.com

**PROPERTY** Family Sanoner

**OPENING PERIOD** All year round, except from mid-April to mid-May

**CATEGORY** 5 stars

**LOCATION**

The ADLER Spa Resort BALANCE is located in the **centre of Ortisei** in the South Tyrol, in Val Gardena, which is surrounded by the mountains of the Dolomites, a UNESCO World Heritage Site, recognised for its outstanding natural beauty.

At 1,236 m above sea level, Ortisei, the biggest of the Val Gardena communities, is situated at an elevation that is ideal for both winter and summer holidays. Ortisei, an old trading centre with a rich local history, has grown organically and, as a result, blends harmoniously with the surrounding countryside. The lively central pedestrian precinct is an ideal place for people to meet and shop, as well as being the point of departure for various idyllic woodland walks leading up to old mountain farmhouses. A modern cable car links Ortisei with wonderful walking and skiing areas on system Seceda, Rasciesa and Alpe di Suisi.



## ACCESS

Chiusa (nearest train station)	20km	25 mins
Bolzano (nearest mainline train station)	36km	40 mins
Chiusa-Val Gardena (nearest motorway exit)	20km	25 mins
Milan	280km	200 mins
Innsbruck (nearest airport)	120km	80 mins
Verona (nearest Italian airport)	170km	120 mins

The hotels can arrange taxi transfers from train stations/airports for guests

## PARKING

Free indoor parking

## ROOMS

The **ADLER Balance** has **31 spacious Junior suites** (45 sq m) accommodating 2 persons (2 Suites, one of them with connecting room for 4 pax) with unique modern furnishings in compliance with the organic architecture code; each has its own private balcony and view of the Dolomites. The rooms have coffee & tea making facilities, free wifi and wired Internet, digital TV with free movie channels, minibars and room service. The ADLER BALANCE is linked via an under-road passageway to all the amenities of the ADLER DOLOMITI.



## WELLNESS & SPA

The spa at **ADLER Spa Resort DOLOMITI** is the hotel's soul. The sprawling Water World area has more than **4,000 square metres** of hot and cold pools, baths, saunas, and indoor - outdoor relaxation spaces.

An expansive, welcoming reception area flooded with natural light and provided with private areas where guests receive personalised advice for their spa treatments. The buffet area and the waiting hall are an exclusive and comfortable open space with view over a sun terrace. In the stylish spa shop guests can purchase their favourite ADLER Spa cosmetics.

Since summer 2022 there are new lakeside saunas, in addition to the existing ones, located outside, on a wide dock at the center of a small lake connected to the land by a boardwalk. Facilities include a biosauna, finnish sauna, turkish bath, hot whirlpool overlooking the lake and a cold plunge pool. A real island on waters, an island of tranquillity, privacy and exclusivity.

Since summer 2023, the new relaxation area at ADLER Spa Resort DOLOMITI offers even more space for our guests to unwind in the wellness area. Whether in the inviting pavilion with a view of the Sassolungo or in one of the cosy relaxation bunks, the homely scent of larch wood surrounds you everywhere. A fireplace in the inner courtyard exudes a magical atmosphere. And a beautifully landscaped walkway leads directly into the garden and to the sauna area by the lake.

## MEDICAL PROGRAMME

The hotel has a highly qualified **team of doctors** and experts onsite who specialise in the fields of regenerative, preventive, complementary and gentle aesthetic medicine.

Detox programmes, weight loss and innovative non-invasive aesthetic treatments including mini-lifting with laser or Carb-O-xxygen are all available on site.

## ACTIVITY PROGRAMME

The ADLER Spa Resorts offer a unique **outdoor programme** that is included in the price of all guest rooms; in summer, the hotels offer 2 guided walks daily, as well as mountain-biking and Nordic walking options, the loan of e-bikes and mountain bikes. In winter, they offer ski guiding and ski safaris, ski pass service, ski bus, ski school service, guided winter walks. **Fitness and relaxation** programmes and excursions are offered year-round.



## **AKI KIDS CLUB**

The AKI Kids Club is open every day for **kids from the age of 4** and up. The activities include **sports, art, indoor and outdoor programmes**, and a lot of fun! Babysitting service is available upon request and payment. Children under 4 years are only allowed if accompanied by a parent.

## **RESTAURANTS & BARS**

ADLER Balance **à la carte restaurant**

## **GASTRONOMIC OFFER**

Varied gourmet cuisine, alongside healthy options, taking inspiration from classic South Tyrolean and Mediterranean dishes, which are prepared with carefully selected, fresh and, wherever possible, regional market produce.



## CULTURAL ATTRACTIONS

Varied programme in Ortisei and Val Gardena, from classical ensembles to folk events with music and dancing.

### Sights:

Museum of Ladin Culture in Ortisei

Trostburg Castle (12 km)

Prösels Castle (25 km)

Messner Mountain Museums (25 km)

Iceman Museum in Bolzano (36 km)

Trauttmansdorf Castle and Botanical Garden (50 km)

### Shopping:

Ortisei – including local wood carvings

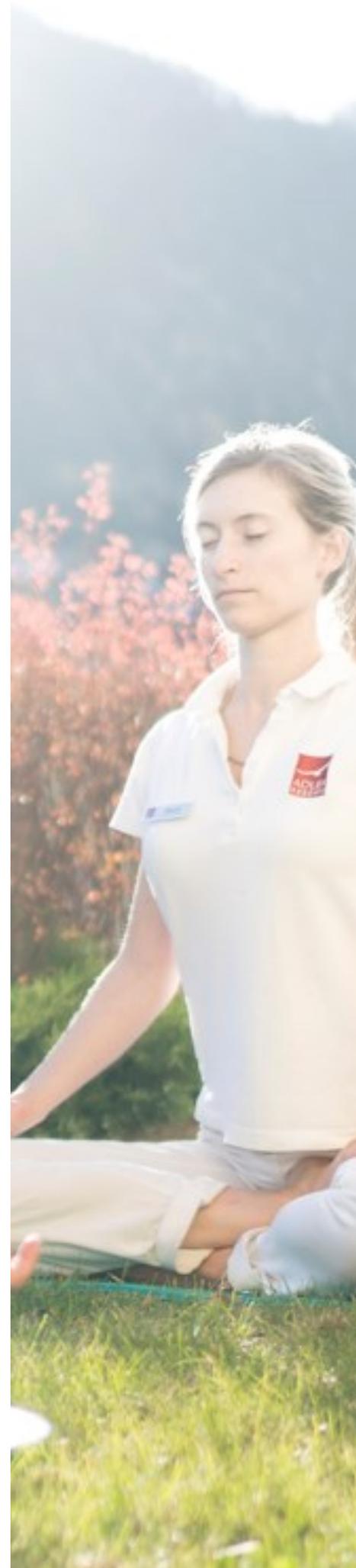
Bressanone (24 km)

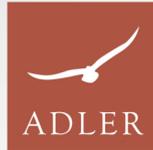
Bolzano (36 km)

Brenner Outlet Centre (70 km)

Verona (100 km)

Milan (280 km)





## CONTACT

Lara Holzkecht

Sales & Marketing Manager

ADLER Spa Resort BALANCE

[lara.holzkecht@adler-dolomiti.com](mailto:lara.holzkecht@adler-dolomiti.com)