



★★★★★ Stanglwirt

*Bound by Tradition, Open to New Things
... at Home at Stanglwirt
in Going / Tyrol*

1609 - 2009 ... 400 Years of Hospitality

Hospitality has been important to the people of Tyrol for centuries - Tyrol is a region that has always linked the north of Europe with the south. People from all over the world took a break from their travels here, were happy about their peaceful lodgings and the wholesome Tyrolean cuisine; even provisions for the often difficult onward journey was no problem here.

The "hospitality award" was presented for the first time in 1609, and in 1643 it went to Johann Stangl as "landlord of the Prama" – and ever since, the inn has been carrying the name "Stangl".

The culture of travel has changed fundamentally, but what remains is the hospitality and the warmth of the Stanglwirt inn. And when guests say good-bye to us and tell us "... we had great expectations when we arrived. They were not met, they were far exceeded!" then this means that tradition and service have not changed for centuries.

Stanglwirt is not a typical wellness hotel ...

Stanglwirt is not a typical sports hotel ...

Stanglwirt is not a typical children's hotel ...

Stanglwirt is not a typical conference hotel ...

Stanglwirt is not a typical event hotel ...

Stanglwirt is not a typical 5-star hotel ...

Stanglwirt is not a typical farm ...

Stanglwirt is not a typical Tyrolean inn ...

Stanglwirt is a generalist!

Here you can find truly combined what are seemingly opposites:

Stanglwirt is local, regional, national, international, and with a family atmosphere!

Progress and Tradition

It's not just service and hospitality that is traditional in our hotel. Balthasar Alois Hauser (his mother Anna inherited the property in 1944 and laid the foundation for the hotel the way it is today) is deeply rooted in his native Tyrol. Even in times when the world is mostly interested in innovation and tradition no longer counts for much, he does not interfere with the underlying rural structure – on the contrary, he gathers the treasures of peasant craftsmanship and old timber that you seldom see any more these days.

He loves wood as a material and so it was a logical step for him to go from the refurbishment of a lounge on the first floor, which was paneled with very old threshing wood, to the construction of today's "Stangl-Alm" following the century-old Alpine tradition, all the way to today's bio hotel.

With consistency and a good amount of Tyrolean steadfastness, Balthasar Hauser and his wife Magdalena demonstrated that “bio” certainly does not have to mean asceticism – on the contrary, in the long run, there is nothing more natural than the combination of true comfort with a well-thought-through bio-logical foundation.

The natural foods are produced on approx. 100 hectares of cultivable land (vegetables, meat, sausages) and the delicious dairy products from the Alpine cheese dairy: during the summer months, the legendary “mountain cheese” of the Stanglwirt matures here, which the horses take into the valley in the autumn, eagerly awaited by guests, landlords and staff, who all love this delicacy.

Waste disposal of course follows the principle of waste separation, and don't use any chemical cleaning agents either.

All refurbishments and new buildings follow the strict guidelines of Rosenheim's building biologist Professor Palm:

An environmentally-friendly heating system that uses the rind waste of the surrounding saw mills provides comfort and heat to the entire complex.

The wood bricks are bonded using lime mortar, not cement; instead of the more common steel ceilings, our ceilings are supported using beams of wood. The beds are positioned in such a way that electromagnetic fields do not disturb the restorative sleep of our guests.

The furniture is made from solid wood, you won't find any fiber slabs here. Guests will enjoy our carpets made from pure wool and our upholstery, towels and bedding, which for the benefit of your skin and your circulation are only made from pure cotton or finest linen, are a pleasure!

*A Family
and its Passion*

The Stanglwirt is a family-run business. Always at the very heart of the family are Mr. Balthasar and his wife Magdalena Hauser. Their eldest son, Richard Alois Hauser, has finished the traditional apprenticeship as innkeeper and landlord and now very successfully helps his father run the business. Daughter Maria Magdalena Hauser, after spending several years abroad, is now co-responsible for the marketing and PR of this Tyrolean model company.

The two younger Hauser children Elisabeth und Johannes have also been helping to continue the family tradition.

Like all family members, they have inherited a love of music from their highly musical grandmother Anna – and whenever there is any kind of a celebration at the Stanglwirt, big or small, it would be inconceivable without music. The traditional singers' and musicians' meeting, which was started by the grandmother, brings hundreds of singers from across the Alps to the hotel, playing traditional music, a custom that is likely to continue for many decades to come.

The singers' meeting – an unforgettable experience!

Attractive Children's World
The Bio Children's Farm

As soon as they arrive in Going, your little ones will happy as can be, and any dreams of Disney World forgotten! The Stanglwirt has created a separate yet very real world for their youngest guests.

So much more exciting than any video game: the farm creatures at the foot of the Wilder Kaiser mountain on the Bio Farm.

Here, you can pet rabbits and goats, search for eggs and gather them, look after pony Susi and brush her silky mane. The foals from the stud will be curious and stop by and gratefully and tenderly, carefully at first, accept the gift of an apple.

Or you can bombard the tireless kindergarten teachers with questions. The children's carpentry is also an attraction; the tools are robust and the instructions expertly. And there is certainly plenty of wood.

In the children's kitchen, even the boys can get active. And you can turn products that you harvested yourself into tasty dishes. And the princely four-poster beds are there for dreaming. German entertainer Thomas Gottschalk also thought that, who enthusiastically "tried out" the children's paradise for hours just after its opening.

The Stanglwirt also has plenty of the second element that children love so much: water! Water for paddling and splashing about, for swimming and jumping. Two outdoor pools in the summer – and then there is the rockspa pool. But that's a world in its own right!

Sports Paradise
at the Foot of the Wilder Kaiser Mountain Range

Towered by the Wilder Kaiser, you will find many heavenly worlds outside our front door: The Winter Ski Paradise with 279 kilometers of pistes and 91 lifts (during ski season 2008/2009, the “Wilder Kaiser” ski region won 1st place among the top ski regions worldwide), never-ending, well looked after cross country runs (35 km) through the winter fairy tale landscape, that also attracts ramblers of all ages. And if you like it romantic, why not enjoy the magical winter landscape, wrapped up warm, in a horse sledge.

The summer paradise? Playing golf and running, tennis and horse-back riding – to name just a few.

The Stanglwirt of course has its own golf training centre. If ‘birdies’ and ‘eagles’ are the most interesting and most beautiful summer birds for you, why not entrust your golf clubs to the “Stanglwirt golf school”. Our golf school is unrivaled when it comes to teaching you how to handle ball and club in a focused and playful way, developing more and more innovative methods and perfecting your existing skills. Whether you aim to just achieve course permission or are planning to fight for an international title, every single minute with one of our Stangl pros is a step closer to success.

Eight outdoor tennis courts (and 6 indoor courts on the first green indoor tennis courts in Europe!) are available to the friends of the white sport. In the adjoining tennis camp of Peter-Burwash-International, you will find trainers that teach in the world’s best tennis hotels. In 1998, the Stanglwirt was pleased to be awarded the “tennis facility award”. The speed of your serves is measured using radar; after a video analysis, the results will immediately put into practice on the court. Private lessons or training with the ball serving machine? No problem! We are very proud to announce that recently the Stanglwirt was nominated one of the 25 best tennis resorts worldwide and one of the 10 best tennis camps worldwide.

Our brand-new fitness garden (500m² indoor) is a very special highlight for our active guests. Fitted with the most exclusive and high-quality equipment of fitness leader Technogym, the Stanglwirt fitness garden offers everything an athlete’s heart may desire (open 24 hours and looked after by professional sports coaches). We offer our guests a number of attractive courses free of charge (Pilates, workouts, yoga, and much more). Our sports scientists provide you with valuable exercise and nutritional advice.

Wonderfully tranquil hiking routes start directly outside the Stanglwirt's front door and take you the most beautiful mountain pastures in an unspoilt countryside. Wilder Kaiser is the first region in Austria to capture all its hiking routes using GPS and to use these geo-referenced data to create a map! This means that you can access all hiking routes digitally.

The Stanglwirt's 600 hectare hunting ground, very well maintained and easily accessible, offers a wonderful nature experience: wildlife watching, tracking, romantic mountain lodges. Besides wildlife watching, hunting wild animals is also a part of looking after the ground.

The Stanglwirt is the ideal starting point for mountain bike excursions. You can enjoy great mountain bike routes around the Wilder Kaiser and our own mountain bike hire offering professional and good-as-new mountain bikes, our own bike repair workshop and the option of hiring a special GPS mountain bike route planner.

White or green:

every "sporty outlook" is at home here

New Stanglwirt Attractions

Stanglwirt's-Hüttling Moos

Hüttling-Moos – now a small, rustic conference center in the forest – is one of the most ancient populated areas in Going. Tradition has it that the first buildings were constructed here in the 16th century. Around 50 years ago, the property was bought by the Austrian forestry service and agriculture in the area was abandoned. The old farm house lay vacant for some time until in 2005 the Hauser family entered into a long-term contractual relationship and took over the property. This unique location by a brook including its water area with rare fish, birds, fauna and flora by the foot of the Wilder Kaiser just below the “Graspoint-Alm” where they produce Stanglwirt cheese, now serves as a picturesque backdrop for a superb conference venue. The property was extensively renovated, costing more than one million euros. The historical basic structure was maintained and the old farmhouse was turned into an unequalled conference venue in the middle of the countryside. The state-of-the-art fittings include a modern video conferencing room with beamer technology as well as a specially fitted radio link with its own glass fiber cables. A memorable experience for our guests from the city looking for a change.

In addition to its use as a conference and seminar venue, the Hüttlingmoos house can also be hired for celebrations – including 5-star service with own cook and butler. And – it's best if you keep this to yourself: Hüttling-Moos is of course a wonderfully romantic “hiding place” and absolute insider tip for new lovers and anyone looking for a romantic get-away...

Nature Watch by Wilder Kaiser

The Nature Watch hikes take you on a unique journey of discovery into the virtually unspoilt countryside of the Wilder Kaiser. High-quality binoculars by Swarovski Optics give you unforgettable insights into the flora and fauna of our magnificent countryside.

It allows you to see nature from a completely different perspective. Our professionally trained Nature Watch guides and a delicious Tyrolean mountain snack on "Stanglwirts-Hüttling Moos" rounds off this wonderful experience.

Lipizzaner Stud Stanglwirt

The noble white horses with their fiery eyes are not just much-loved by the Hauser family. Guests from all over the world come here to admire and ride Stanglwirt's Lipizzaner horses.

It all started with an auction. The famous charity campaign "Licht ins Dunkel" (light into the darkness) organized a charitable auction marathon and everyone came, including Stanglwirt's Balthasar Hauser. He came, saw and was conquered: by the grace and fire of the Lipizzaner horse "Pluto Verona". Winning the auction, is one of the great successes of his life. And he is still pleased today that even the main news reported about his terrific purchase.

Pluto Verona was not alone for long. He became the proud father of a fascinating breed, one of the few privately owned Austrian Lipizzaner breeds, attracting fans from around the world.

We offer dressage courses for beginners, special dressage courses and jump dressage courses. In addition to the Lipizzaner horses, the stud also houses 20 other well-trained thoroughbreds – to the delight of all riders and all those hoping to be riders one day.

And if you think that a change would do your horse some good and that it might like the tasty Tyrolean grass: why not take a holiday with your own horse (including training for horse and rider). Horse boxes for guests are available.

Beauty & Wellness

A 12-hectare hotel complex must of course have beauty and wellness facilities. And since it is Stanglwirt's Balthasar Hauser main aim to provide his guests with harmony, wellbeing and satisfaction, he was there with heart and soul during the planning and development phases and during fitting. The bright sunshine yellow of the lush curtains affording views of the blooming, rich green meadows and woods around, puts you in a good mood. And there is wood wherever you look, lovingly crafted. Perfect conditions for a new and relaxing start into your everyday life.

The Beauty Farm, the spacious bath, massage and therapy department – a first class vitality area:

Exclusive products (Maria Galland Paris, Christian Dior, QMS by Dr. Erich Schulte and Thalasso products directly from the source, from Provence), complemented by the most gentle form of long-term make-up. Far Eastern bathing rituals, healthful purification, perfectly complemented by traditional, local moor and hay flower packs, reduction wraps to combat cellulite and slack tissue – to name just a few examples of our well thought through and highly effective range of vitality offers.

Small and large packs, lovingly arranged for our guests: why not have a try and take advantage of our special introductory offer. And if you want to fully benefit from your stay at the Stanglwirt in Going, it's best if you book your wellness appointments in advance.

Special Innovations in the Stanglwirt Beauty Farm

Liposculpture by Derma Concept®

In medicine, high-frequency ultrasound has been used for therapeutic purposes for some time. So far, it has not been used in cosmetics and in particular not for the treatment of undesirable fat deposits and to combat cellulite.

This medical tool was developed by Italian scientists after years of research and tests. It allows the targeted breakup of subcutaneous fat cells. This in turn provides a body shaping tool without surgical intervention and without the use of foreign matter!

The shaping effect is achieved through the so-called cavitation principle which is brought about through ultrasound. Cavitation is a mechanical, thermal and chemical process that leads to the implosion of fat cells. The fatty acids in the fat cells are transported into the circulatory system, where they are metabolized by the body. This effect is faster the more cellular fluid is available. Liposculpture is a device that fulfills the requirements of the medical products law and thus offers a high degree of safety and quality.

Byonik laser treatment

The Byonik method is gentle and effective. It reactivates inactive cells, supports the connective tissue and promotes the bonding of elastin, collages and hyaluronic acid. These three elements restore the skin to its former stable, mobile and luxuriant appearance. For smoother skin and a more youthful complexion.

The special feature of the Byonik method is the simultaneous laser. It bundles infrared and red light in such a way that cells are vitalized directly and effectively. And all this without ever touching the skin. After a thorough cleanse prior to the treatment, the light rod slowly hovers over the skin and reaches the problem areas. You can feel some warmth as if a light warm feather dances across your skin.

Rock Sauna and Adventure World

All the year round, guests at the Stanglwirt can enjoy a very special mountainous bathing experience.

Everywhere you go in the huge 'dome', you hear it swooshing, bubbling and rippling. Small and large grottos, caves, waterfalls over rocks. There is lush vegetation that grows beautifully here and forms small quiet zones to relax in. One path takes you to the sauna world. Natural relaxation – in an Alpine world that is bound to brighten your mood. This massive complex took three years to build. 750 tons of rock were used: red sandstone from the foot of the Wilder Kaiser and white dolomitic lime rock from 1000 meters above sea level; the rock that the floor is made from is dolomitic silver quartz – stones that are 200 million years old.

And all the water of course is from our own rock spring - bubbling, grade 1 water – the same as throughout the complex! We continuously check and monitor the quality of the water.

And so, for those guests who don't feel like exploring the Wilder Kaiser in person, the Stanglwirt brought the Wilder Kaiser to you. With magnificent views of the real thing outside, through huge panoramic windows.

Is there a better way to start the day? The bubbly rock bath and the sophisticated rock sauna are very attractive at any time of the day or year, always at a pleasant temperature, freeing your heart to enjoy the view through the wonderful vaulted roof to the wide Tyrolean sky.

A piece of cultivated nature, worth a trip in its own right!

Adventure "Alte Tenne" ... a Vision Becomes Reality

The name is entirely misleading! Do you remember your old history books from school? The reconstructions of the imperial palaces on the Rhine? This comes a little closer to the ambience - breathtaking not just at first sight.

Stay by the entrance for a while as is fitting for a prince. It is grand and luxurious. And, incidentally, you are standing on church stone plates that were created centuries ago and have retained their shape. The wood that you see everywhere is up to 800 years old. Stone pine wood, patiently gathered over the course of many years.

The seating areas in the high and gently vaulted hall are comfortable and lush, and guests are more than welcome to spend time here and relax. A unique spectacle will be waiting for you: huge panoramic windows all around do not just open up the view to the fascinating outside – the view into the building is overwhelming too. In the large hall, the die Lipizzaner horses are doing their daily dressage exercises – with great elegance and grace. Almost as if they knew how impressive they look to the enraptured audience.

The 63 suites on the floors above keep the promise made by the entrance: luxury and wellbeing in a lush bio ambience.

Each suite – from a good 65 to a spacious 250 square meters – is individually designed; the Bio-Relax mattresses, which have been specially produced for the Stanglwirt, are of course also available in special sizes up to 2.20 meters. The light and friendly carpets (pure new wool) were laid using an environmentally-friendly glue. The traditional chairs, artfully crafted, were patented a long time ago, the bath tubs of our very own 'relaxation baths' were built according to our own designs. And of course there are sunny balconies all around.

You have great expectations?

Here at the Stanglwirt, they will be exceeded!

Shark Aquarium with Modern Technology

designed by "House of Nature" in Salzburg

headed by Prof. DDr. h.c. Eberhard Stüber

The Aquarium contains 28,000 l of sea water and is run using modern aquarium technology. This technology also includes a large trickle filter, a protein skimmer, and a strong current in the pool itself, necessary for corals and sharks.

Reef aquarium with a wide variety of animals:

In addition to many different corals (especially soft corals, but also gorgonians and hard corals) you can admire a wide range of wonderfully colored butterfly fish such as surgeonfish, clown fish, damsels, anthias, sand-chewing gobies and algae-eating blennies.

The highlight - sharks:

The aquarium is dominated by two blacktip sharks.

A reef shark that reaches a length of up to 180 cm and in its natural habitat is typically found in large coral reefs.

Sharks are athletes fully adjusted to life in the sea and their sensory performance is outstanding.

There were even sharks in the seas where the rocks of the Kaisergebirge mountain range were formed.

The Wilder Kaiser was also once a breathtaking coral reef. And so Stanglwirt's Balthasar Hauser thought that he might bring back these sharks to their original habitat. But not from the great oceans of course...

The two Stangl sharks were born in captivity and are therefore used to living in an aquarium.

Shark Profile

High performance swimmer:

A streamlined body and powerful muscles allow him to swim for weeks and do sprints of up to 65 km/h.

“Revolver dentition”:

Reserve teeth are ready for use at any time. A shark uses up around 1000 teeth in ten years!

The “revolver dentition” is considered the shark’s most perfect adaptation, perfectly suited to his predatory way of life. The razor-sharp teeth are anchored in several rows on the shark’s lower and upper jaw. Most of the time, only the outer-most row is used, the others lie in reserve, folded back. As soon as one row is worn, the next one will be used.

“Cutaneous teeth” for silent gliding.

Outstanding sensory performance:

Highly developed sense of smell: *water-soluble substances such as blood can be registered even if greatly diluted.*

Perception of vibrations (e.g. wriggling fish) with its “lateral line organ”

Perception of electromagnetic fields using its “shark radar”. *The shark can thus perceive the heartbeat of a buried fish.*

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o. Prof. Konrad Spindler

A few Words on the Origins of the Rock-Sauna World of the Stanglwirt

For people under stress, the bio hotel Stanglwirt in Going offers an extensive holiday program including adventures, sports and wellness. Your host family Hauser attaches particular importance to incorporating the natural and cultural aspects around the Wilder Kaiser.

The idea is that guests will find out about the geological and historical development of the valley landscape of the mountain range. Most people will not know that where the Stanglwirt is now, sharks and ammonites used to cross the Jurassic sea, that the neighboring "Tischofer cave" was home to prehistoric man and that agriculture and animal husbandry originated in Ötzi's times? 2000 years ago, the ancient Roman road lead through this valley and even in medieval times, there was an inn here where traveler had the chance to change their horses.

The wellness landscape of the Stanglwirt is an elaborate three-dimensional installation, which at the same time, using the latest technology, is designed to illustrate evolution in fast motion, from the Big Bang to the space age. Using pulsating light effects, the observer's eyes are led from the origins of the earth, the emergence of the Wilder Kaiser to the most prominent turning points in human history. Animals and people are represented as silhouettes together with select fossils and artifacts, some replicated, but mostly as originals.

In collaboration with the Institute for Pre- and Protohistory and Medieval and Early Modern Archeology of the University of Innsbruck headed by Prof. Konrad Spindler, the Stanglwirt attempts to visually implement its philosophy with this unique installation, in an artistic and aesthetically pleasing way.

Prof. Konrad Spindler

The Stanglwirt Sharks are called Romolus & Irenäus

Prof. Hans Hass and Prof. Irenäus Eibl-Eibesfeldt are their godparents

Prof. Hans Hass, the pioneer of underwater and marine research and world-famous behavioral scientist Prof. Irenäus Eibl-Eibesfeldt together became partners of the blacktip reef sharks that live in the sea water aquarium in the rock sauna of the bio hotel Stanglwirt in Going by Wilder Kaiser. During an official baptism celebration, the two godparents gave the sharks the names “Romolus” and “Irenäus” (Renki).

Together with Prof. Eberhard Stüber from the ‘House of Nature’ in Salzburg, who also acted as scientific advisor during the construction of the aquarium, and landlord Balthasar Hauser, the two scientists presented the names of the sharks on 30 August 2002.

“Romolus” is named after Prof. Has’ middle name, and “Irenäus” after Prof. Eibl-Eibesfeldt.

The 28,000-liter saltwater aquarium is one of the largest and most modern of its kind in Austria. It is only one of a few places where you can admire live sharks in our climes. The facility was constructed according to the latest scientific findings to ensure optimal living conditions for the sharks and many other tropical fish, crabs and other animals in an impressive saltwater aquarium.

Sharks lived in the Alpine region 400 million years ago, when the area was covered in oceans. Unlike many other animals, these majestic underwater predators have survived for millions of years and still dominate the earth’s oceans to this day.

Balthasar Hauser wants to give spring water greater gastronomical significance and notes that a special water culture should not come for free

*Stanglwirt Raises Spring Water from an
Everyday to a Luxury Product*

Stanglwirt's Balthasar Hauser is wholeheartedly devoted to present water in a new cultural and valuable form – to celebrate it in fact: Tyrol's first water sommelier and a water bar that serves fresh mountain spring water, the Stanglwirt's own "Kaiser spring", is intended to raise the value of this "contemporary treasure" for gastronomy.

Once more, the bio hotel Stanglwirt in Going, which has become established as one of the few internationally known hotel brands in Austria in the past few years, has set standards for the hotel industry as a whole.

Tyrol has around 10,000 registered drinking water springs. This means that the region would be able to supply this valuable resource to around 250 million people. The "country in the mountains" is thus well-equipped to further strengthen its position as a natural "energy fueling station" and number 1 holiday and recreational area in the Alps.

And so Balthasar Hauser asks a trend-setting question that is relevant to the local gastronomy business as a whole: "Why should the most valuable good of our home country be free? Tea, coffee, wine and beer have been an integral part of the catering business for a long time, now the time has come to establish a distinct water culture as an integral part of fine dining. Because without a doubt, our water is a contemporary treasure which the gastronomy and hotel business must rediscover as such!"

And indeed, increased water consumption that goes hand in hand with the recent wellness boom is a statistical fact. In Germany alone, the sale of mineral and still waters has increased from one year to the next by around 14% to 9.6 billion liters. If you take a look at daily business, this trend has sharpened even further, according to Stanglwirt's Mr Hauser: "My forecast is clear: spring water is increasingly competing with traditional beverages in the gastronomy business, even mineral waters. Two out of four guests at the Stanglwirt already order spring water with their meal today. But guests feel a bit guilty when they order their second glass. That's why our guests will be grateful when we elevate water from an everyday beverage to a luxury product."

And so in future, the Stanglwirt will celebrate water, not just present it: In addition to a stylish water bar, the first water sommelier in Tyrol now represents a new kind of “enjoyment manager” to our guests. Even wine experts today agree: Not every water goes well with every wine. The strength of the perlage, just like the water’s mineralization, has an effect on how it harmonizes with different wines.

A lot of our guests prefer to order spring water over mineral water. We should accommodate this deliberate drink purism with high standards and an eye for quality.

For more than 250 years, the Stanglwirt in Going has owned the “Kreuzbrunnen” well, its own spring whose high quality has been confirmed by water experts and hygiene researchers. In 1970, when the spring was about to be channeled, an artesian well with fresh spring water from the Kaiser mountain range was found, which permanently bubbles because of the ground water pressure. Hauser: “To offer this valuable Kaiser spring in a dignified setting is a central element in our campaign to establish a new water drinking culture!”

With much love of detail, the hotel then designed its own water carafe from which the spring water can be served at the right temperature (6-7 degrees Celsius). Hauser: “In line with its inherent quality, the water is cooled in the carafe before serving, and this is becoming a valuable and natural part of fine Tyrolean dining. This of course also requires high quality glassware. While previously, the water glass was the least valuable in the gastronomy business, the Stanglwirt will serve the spring water only in stemmed glasses in the future. This is also intended as a symbolic act designed to raise the significance of water in the gastronomy and hotel business.”

Stanglwirt’s Balthasar Hauser believes that this new high quality water culture will not just be accepted by their guests, but rather received very positively. Hauser: The price of one euro for the water carafe (1.5 liters), Hauser believes, will be seen and valued for what it is in practice: “A symbolic contribution for the new, high-quality setting of fine spring water as a valuable good!” The biblical tax of one euro will be donated to the special Stanglwirt friend Karlheinz Böhm for his charitable campaign “People for people” to build wells in the most arid regions of the world.

Dr. Friedrich Tiefenbrunner
Professor for Technical Hygiene

at the medical faculty at University of Innsbruck

9 August 2004

Drinking water – a product which, although it has the same name throughout the world, nonetheless differs greatly with regard to quality and composition. In addition to springs where the ground water voluntarily, so to speak, comes to the surface, wells are probably the most coming source of drinking water.

Flowing water and standing water (natural and artificial lakes) are either direct “sources” for the inhabitants of large areas in Africa, South America and Asia or they have to be made to conform with for instance US or EU drinking water standards, usually involving great technological efforts.

The basis for the assessment of drinking water is at least twofold; harmless composition based on microbiological indicators (fecal indicators) with regard to epidemics and hygiene and an upper limit to chemical-physical parameters. According to EU directives, for instance, lifelong consumption of the necessary amount of drinking water (depending on climatic zone, level of activity etc.) must not (according to what we know today) have any effect on people’s health.

Austria is one of only a few countries where water for showering and bathing must also conform to drinking water quality (cold and heated up drinking water).

Formerly, drinking water hygiene was almost exclusively limited to procurement, storage and distribution of cold drinking water; microorganisms that entered this system through defects, accidents or major weather events were, most people believed, merely transported by the drinking water.

The main finding from research into biofilms, that was accelerated by the emergence of legionella (legionnaire’s disease) was the fact that microorganisms that are bred in the laboratory on nutritious media do not multiply in the drinking water itself, which is low in nutrients, but rather only in the microcolonies on the walls (biofilm) that are protected by slimy substances. The occurrence of legionella for instance could thus be described as a purely “home-made” problem, i.e., the piping of a building must be regarded as an ecosystem if certain precautionary measures are not taken.

Stone Pine at the Bio Hotel Stanglwirt

Organized by the Tyrolean association of forest owners, a group interested in the processing of stone pine has given the Joanneum Research Center in Graz a stone pine research assignment. The extensive studies also investigated the effect of stone pine wood on people. The results show that this type of wood has a significant positive effect on people. Test persons sleeping in a sleep laboratory furnished with stone pine wood showed a change in heart frequency, which increased the quality of their sleep. Similarly favorable results were reported about test persons during quiet phases and during stressful phases.

These research results indicate a clear relationship between room furniture made from stone pine and health and wellbeing. It is to be expected that this positive relationship will soon be announced by the forest and wood industry in close relationship with partners from medicine and the wellness industry.

There are no stone pines in the forests around Going. This frugal tree mostly grows in the Inner Alps and often at the top of the forest line. Which is one of the reasons it is also called the Queen of the Alps.

In our hotel, we have taken on board these latest findings about this type of wood and given it the attention it deserves.

