

# Kientalerhof



Welcome...

Important information about Kientalerhof infrastructure, parking and shopping in Kiental as well as recreational activities to make your stay with us as comfortable as possible.

## GENERAL INFORMATION

### Reception / Check-in and –out in Kientalerhof, main house

Please, contact us if you have any questions or requests. Please, let us know if you arrive later than 5 p.m.

**Please, bring slippers or warm socks to wear in course- and hotel rooms.**

### Opening hours reception desk:

Daily 08.00 a.m. – 12.30 p.m. and 1.30 – 5.00 p.m.

### The phone line is open:

Mo – Fr 09.00 a.m. – 12.00 p.m. and 1.30 – 5 p.m.

Sat – Sun 09.00 a.m. – 12.00 p.m.

**Check-In:** Your hotel room will be ready by 2 p.m., sometimes earlier, just ask us.

**Check-Out:** until 9.30 am for seminar participants, until 10.30 am for hotel guests.

Personal mail and messages will be placed on the reception desk. We have a small shop with assorted books, shiatsu clothes, CDs, candles, gemstones etc.

### Mobile reception and Wifi

In Kiental there is only reception with Swisscom. All other providers will not work. You can access our Wifi in the main house and the lounge of Chiene-Huus for free. In Chiene-Huus hotel rooms do not have Wifi, but an internet connection via cable/landline.

### Parking

There is parking at Chiene-Huus and on the public parking place in the village. You are welcome to unload your luggage directly in front of the house and park there for a short period of time.

### Taxi

Taxi Gerber, Reichenbach, phone number: +41 33 676 29 29 or +41 79 311 81 16.

### Cash machines/postal office/shopping

In Kiental with its about 300 inhabitants there is a small bakery and groceries shop (Aellig) which also runs the postal office of the village. There, you can withdraw money with the Swiss Post-

card. There is **NO OTHER** cash machine in Kiental – the nearest one is down in the valley in Reichenbach.

### Food/Meals

Our natural cooking tastes good, feeds body and soul, is ecologically sensible, imaginative, fresh and unique.

It is based on versatile, creative, vegetarian natural cooking. Meals are complemented by a choice of meat or fish about 3 – 4 times a week. Home-baked bread, self-made bouillon and seitan are only a few examples of our unique culinary treats.

Our self-service snack bar contains little organic snacks, chocolate, beverages like tea, coffee, wine, beer, fruit juices, mineral water.

### Meal times

Breakfast: 08.00 – 09.00 a.m.

Lunch: 12.30 – 13.10 p.m.

Dinner: 18.30 – 19.10 p.m.

### Hotel rooms

31 hotel rooms in the 100 years old main house (single-, twin-/double- and dormitory rooms with or without private bathroom, 82 beds in total) are designed in a simple and unobtrusive way in order to create a feeling of well-being.

The newly built Chiene-Huus is right next to Kientalerhof main house. From the 1st floor upwards it is built from ecological and natural pine wood that has been cut according to the cycles of the moon. 16 double rooms (completely wood or wood/loam walls) and 4 holiday apartments (2,5 rooms each) are built with high-quality natural materials that support your well-being and a healthy sleep. The way the house is built protects and eliminates emf radiation.

We deliberately abstain from tv- and radio-devices.

**Use of kitchen in double rooms with kitchenette:** Upon request we make the kitchenette in your room available to you (for hotel guests only; for seminar participants full board is included)

Costs are: 30.00 CHF in total (if you stay 1 – 3 nights) | 50.00 CHF in total (if you stay 4 nights and longer)

### Laundry

We will wash and dry your clothes for a fee of 20.00 CHF. Please, give a bag with your name and room number on it to the receptionist. Sheets and towels are provided in all rooms.

## Internet

Free internet access is available in the main building at the staircase leading down to the dining room.

## No smoking

It is forbidden to smoke or burn any incense or candles in your room and on the balconies – also due to fire safety. There is a designated smoking area on the terrace of Kientalerhof main house.

## Rest periods

Starts 10.30 p.m. in dormitory rooms, on the balconies and outdoors areas.

## Pets

We do allow small and well behaved dogs in some rooms of Chiene-Huus and Kientalerhof upon request. Please, inform and ask us with your reservation. Dogs are not allowed into the dining area. We cannot accept any other pets in our house. Thank you for your understanding.

## Eco-balance

Eco-balance and sustainability are important aspects of our efforts and values. Especially the new Chiene-Huus is built up to these standards.

- It produces up to 60% of the electricity it uses with its own photovoltaic system.
- The pellets for the heating system stem from Swiss forests
- Ecological shower and cleaning products
- Waste separation
- Mainly regional, organic groceries including environmentally friendly production and keeping of animals in a species-appropriate environment.
- You can reach us easily with public transport. The bus stop is directly at the house.

## AMENITIES

### Room of Silence in Chiene-Huus

The room is open all day and night for all our guests to be there in stillness and silence.

**Group meditation:** Tue - Sun 06.30 - 07.00 a.m.

### Qi Gong, Yoga or mindfulness exercises:

Tue - Sun 07.00 - 08.00 a.m.

### Events to join in

Every week there are different events to attend. Please ask at the reception desk.

### Sauna & steam bath

We have a wood fired sauna in the main house and a steam bath in Chiene-Huus on the top floor. One sauna evening is included in each of our seminars (at a minimum of 4 participants). For hotel guests or additional sauna evenings in our seminars we charge 15 CHF per person (minimum of 60 CHF per heating).

### Treatment sessions

You can book a variety of treatment sessions (i.e. shiatsu, craniosacral therapy, trager, energetic healing, ayurveda- and esalen® massage), ideally ahead of your arrival, but also directly at the reception.

## Garden & Fireplace

Our lovely garden invites you to pause for a moment. The fireplace can be used after arrangement with the reception. Depending on the effort involved, CHF 20.00 - 50.00 will be charged.

## ACTIVITIES

Kiental is situated in powerful nature, surrounded by high mountains and waterfalls.

**Winter** cross-country skiing, downhill skiing, snowboarding and sledding

**Sommer** Explore countless hiking trails. Information available in the local tourist office next door.

## TRAVEL INFORMATION

### To Switzerland

#### By Plane

International airports:

Zürich | Genf | Basel (about 2.5 hours train ride / last 15 Min. by bus to Kiental)

Nearest international airport:

Bern-Belp (about 1 hour train ride / last 15 Min. by bus to Kiental)

#### Trains

International connections to Berne:

North Europe via Basel

SouthWestern Europe via Geneva

Eastern Europe via Munich or Vienna - Zurich

South Europe via Gotthard tunnel or Simplon/Lotschberg

### Berne to Kiental

#### By Train

Go with the regional train to Reichenbach im Kandental (by fast train: change in Spiez to regional train). In Reichenbach, change to bus (Postauto) to Kiental. Kientalerhof is right next to the bus stop "Kiental, Dorf".

Train schedule: <https://www.sbb.ch/en/home.html>

#### By Car

Highway Berne in direction Interlaken, change in Spiez to direction Kandersteg, turn left in Reichenbach in direction of Kiental.

