



Travel Stories

A SWANKY 72 HOURS IN VAIL, COLORADO AT THE SONNENALP HOTEL



72 Hours in Vail, Colorado at The Sonnenalp Hotel

While most people go to Vail for the epic ski conditions, the locals will tell you that they came for the winter and stayed for the summer. In the summer months, with the flowers in bloom and warmer weather you can enjoy the beautiful fresh air, scenic vistas and abundance of watersports and golf courses. With 72 hours in the Vail Valley here is a perfect itinerary.

Day 1

8:00 am-9:00 am: Start your day off with a bountiful European style buffet at Ludwig's. (<http://www.sonnenalp.com/dining/ludwigs/>) Breakfast is served on the beautiful glass enclosed terrace surrounded by Colorado's Rocky Mountains.

9:00 am-9:30 am: Take a moment to sit back and relax by Sonnenalp's Tranquility Pool and enjoy Vail's iconic views and crisp mountain air.

10:00 am-12:00 pm: Explore the town and shop through Vail Village (<http://www.vail.com/lodging-and-dining/explore-town/town-maps.aspx?page=viewall>) enjoying favorites such as Valbruna and Gorsuch.

12:00 pm-1:00 pm: Bring your appetite to Vail's landmark spot, Pepi's Restaurant, which has been opened for over 50 years. This vintage eatery serves up Old World Classics as well as a variety of unique meats such as boar, elk, venison and caribou, all carved tableside for those looking to enjoy some local delicacies.

1:00 pm-3:00 pm: Treat yourself at one of Vail's top rated spas- Sonnenalp Spa (<http://www.sonnenalp.com/spa/>). Rejuvenate your mind and body with an array of unique treatment options. You can try the Bavarian Body Polish, which incorporates a full body scrub and a relaxing moisturizing treatment or the 80-minute Detoxifying Mud Wrap. Locals love to freshen it up with a Vitamin C Fresh Peel that leaves your skin immediately softer and smoother with noticeable improvements in skin tone and texture.

4:00 pm-5:00 pm: Relax in your luxury suite, recently renovated and boasting unique amenities including oversized bathrooms, Bavarian decor and lovely fireplaces.

5:00 pm-7:00 pm: Wine and dine on European cuisine in a classic-Swiss style setting at the Swiss Chalet (<http://www.sonnenalp.com/dining/swiss-chalet/>), offering guests the ultimate alpine dining experience. Traditional

Käse Spätzle (homemade Swiss dumpling topped with cheese and crispy onions) and delicious fondues all make your dining experience quite delectable. Save room for freshly made desserts like their Austrian apple strudel and chocolate fondue.

7:00 pm-9:00 pm: End your night at the King's Club offering nightly live entertainment. Enjoy a specialty drink from the top shelf selection, a glass of wine or German beer while you relax by the fireplace and listen to great music from local musicians.

Day 2

8:30 am-9:30 am: Begin the day with something sweet at Big Bear Bistro like a nutella and banana crepe or enjoy something savory instead. Try the delicious wild-caught, smoked sockeye salmon served freshly on a toasted bagel.

9:30 am-1:00 pm: Take advantage of Vail's summertime activities by exploring the mountain on foot. Take a hiking tour with Sonnenalp's trusted guides who have complete intimate access to some of the most beautiful trails in the Vail Valley.

12:00 pm-1:00 pm: Round-up friends and family and head over to Bully Ranch for a fun casual, western-style lunch. The Southwestern and American menu includes their signature chicken wings and famous Bully Burgers. Take a seat outside and enjoy a cold beer. Dogs are invited too.

1:00 pm-4:00 pm: Take a tour of the Rockies via horseback with one of Sonnenalp's guided adventure tour guides. With miles of trails and flowers in bloom, this epic trail ride will be a beautiful way to see the scenery.

4:00 pm-6:00 pm: Unwind from the day and begin your evening with a specialty cocktail by the fire at the Kings Club.

6:00 pm-8:00 pm: Dinner at Mountain Standard is a must do on every trip to Vail and a definite local favorite. Enjoy some shrimp and grits and rocky mountain trout at this gastropub boasting a lively crowd and open kitchen.

8:00 pm: Vail Ale House has over twenty local beers on tap. Hop on over and enjoy the evening as live DJ's spin the night away.

Day 3:

8:00 am-9:00 am: Fuel up on a mean cup of coffee and get down on some Southern style food such as Alpenrose's biscuit and gravy dish – complete with their famous house-made sausage gravy.

9:00 am-12:00 pm: Take some “tee” time at Sonnenalp Club's 7,100-yard championship links style course. It sits in the sun drenched valley of Edwards, 16 miles west of Vail Village. Or, if golf isn't quite your thing – try Sonnenalp's morning stand up paddle-boarding class followed by a riverside lunch.

2:00 pm-3:00 pm: Exercise your creativity with a poolside pottery class. Sonnenalp offers this unique opportunity to paint outdoors and decorate your own personalized souvenir to take home. Selections include but not limited to picture frames, flower pots or coffee mugs.

3:00 pm-4:00 pm: Need a boost of energy? Sonnenalp's Oxygen Bar is the perfect fix. Choose scents like eucalyptus, lavender, peppermint, wintergreen and lemongrass. The oxygen treatment also aids in symptoms related to altitude sickness including: shortness of breath, lightheadedness, dizziness, headaches, fatigue, weakness, and nausea.

5:00 pm-7:00pm: Treat yourself to something fancy this evening and take the gondola ride up to Game Creek. You'll be treated to a private multi-course tasting menu featuring unique and tasty international fare such as lamb tartare, rabbit with purple potatoes and venison with red onion jam.

7:00 pm: Afterwards, have a glass or two at Root and Flower from their extensive list of wine-by-the-glass selections or signature craft cocktails.

If you can plan your visit accordingly, The Sonnenalp Hotel is hosting two wellness retreats this fall. The 2017 Retreat Schedule includes:

IGNTD Women, September 28-October 1, 2017

With expert leaders, Sophie Jaffe and Caley Alyssa, find the clarity to realize your dreams with The IGNTD Women Retreat. This program will focus on removing obstacles standing in the way of reaching your full potential. This transformational weekend will be further enhanced with group meditations, yoga practices, and a Philosophie Mama Superfood workshop.

IGNTD Couples Retreat, November 16-19, 2017

Led by husband and wife team, Adi Jaffe, PH.D and Sophie, this retreat focuses on utilizing expertise of physical and mental health, nutrition, exercise, neuroscience and self-actualization to positively impact individual's relationships, career, and well-being. Using varied approaches such as cognitive behavioral education, mindfulness techniques and the latest in biofeedback and neurofeedback, Dr. Jaffe is known for changing lives. Itinerary highlights include daily activities such as yoga and hiking, an introduction to biofeedback, meditation, and stargazing.

Prices for retreats range between \$2600 and \$5200 based on occupancy.

To book a retreat or for more information, www.sonnenalp.com (<http://www.sonnenalp.com>)