

www.hochgenusstour.at
Spring / Summer 2011



Annelies Wallner's
HOCHGENUSSTOUR®

Incentives, teambuilding
and experiences in nature





Dear friends of the Hochgenusstour!

When the world begins to burst with new life in Spring, we see the multi-facetted beauty of nature at its very best, inviting us to explore a wide range of adventures. It's a truly unforgettable experience when the horizons open up their endless views before you after climbing to the top of a mountain. Or when the fascinating colour display of a mountain sunrise reminds you of the treasures nature holds for us.

Nature is the most beautiful world of experiences with all its originality and diversity. Nowhere else lends itself so easily to slowing down and finding yourself again or reinforcing a sense of team spirit. This is one of the key factors which have made the Hochgenusstour so successful over the years and reinforced my actions. In my programmes, I combine nature, pleasure and increased performance to create a harmonious interplay. The focus is on shared experiences in nature, whether in the form of walking tours, team competitions such as the biathlon or workshops high up in the meadows, far away from the everyday stresses of the cities. Here you can really feel the endless power of the mountains and your senses will be invigorated. The most beautiful spot for clearing your head, gathering motivation, reinforcing your team spirit and devising new strategies. The originality of nature enables us to see what is most important and find our inner peace. The feeling of constant time pressure and stress subsides. We all know that feeling of having a full diary of appointments and that oppressive sense of never having enough time. That's why it's all the more important to find time for those things



which give you energy – in order to achieve greater satisfaction and generate new energy to tackle challenges in life.

So we will make use of the time in the beautiful breathtaking mountains to find ourselves, gather creative thoughts and be inspired by the wealth of variety in nature!



Yours, Annelies Wallner

Imprint

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Hochgenusstour Highlights

Fascinating biathlon

Our specially developed Summer biathlon competitions are popular programmes for promoting team spirit and utilising the strengths of each individual participant. Steadiness and precision are required for the shooting competition as well as full powers of concentration and a steady hand – which is not easy when your pulse is racing! Then it's time to conquer an obstacle course or put your stamina to the test with running, Nordic walking or biking. As you can see, the possibilities for the biathlon competitions are very varied and can be individually adapted to suit your team.



The shooting competition presents a challenge for the body and mind, requiring full concentration.

Team building with SIXCUP

Speed, skill and happiness – with this combination, the innovative fun sport SIXCUP provides plenty of fun, excitement and entertainment. The aim is to place large foam cubes into baskets of different heights – the so-called cups – using only your feet. This new concept is particularly popular with organisation events and team building exercises as part of company seminars and incentives. The game takes various forms and can be adapted to suit the needs and requirements of the relevant players at any time, anywhere. SIXCUP reinforces team spirit and social skills and offers a special social experience.



SIXCUP demands and improves the skill of the participants.

The mountains are calling...

From a cosy leisure walk to a challenging peak tour for mountain enthusiasts – our Hochgenusstour walks enable you to explore nature in various different ways. You can enjoy relaxed time together and walk across the Alpine meadows and past picturesque lakes through the breathtaking mountain landscapes. Here you will feel in complete harmony with nature. There will be time for relaxed discussions and any conflicts will be much easier to resolve as shared experiences create bonds. The combination of physical exertion, the power of the mountains and the fantastic feeling of satisfaction when you have reached the goal make it all worthwhile. And to re-charge your batteries en route, we provide culinary treats by an open fire or stop off at one of the numerous traditional huts for a hearty snack. Many of the huts offer the chance to stay overnight. This means that you can savour the dreamy unique mountain backdrop together even after your day in the mountains has come to an end. Our morning sunrise walks on the 2,444 m Kröndlhorn are a truly unforgettable experience in nature. We set off at 2.00 am with head torches, walking towards the skies. Night-time, tranquillity and the legendary nature; from time to time, you will hear the sounds of cow bells or the croaking of a crow. Once at the peak, your efforts will be rewarded: the first rays of sunlight signal the arrival of a new day and create a special lively ambience. The mountain world opens up before you in all its splendour.



Sunrise walk – an unforgettable experience



Mountain tour on the "Großes Reifhorn"

Hillclimb in Brixen on 29 June 2011

Following last year's participant and track record, numerous enthusiastic cyclists will be battling against time and altitude again this year as part of the legendary Hillclimb mountain race. At the kick-off event during the internationally renowned KitzAlpBike Mountain Bike Festival from 29 June to 3 July 2011, our Thalhof-Hochgenusstour team will again be taking part in this team competition. You too can be part of our team as we battle for a top ranking in the Hillclimb 2011 following our sensational 3rd place last year. We will also be awarding a Hochgenusstour voucher to the oldest, furthest travelled and fastest team member!

Register at: office@hochgenusstour.at



The Hillclimb brings together the world's best mountain bikers, amateur athletes and mountain bike enthusiasts.

HOCHGENUSS on TOUR

We are also happy to organise a top quality Hochgenusstour at your site! This will enable you to save on travel costs and avoid any complicated journeys while still experiencing the pleasures of a programme tailor-made to suit your meeting, seminar or incentive. Simple, uncomplicated and perfectly organised...

How does it work?

After contacting us, we work with you to analyse any sticking

points within the company. We at the Hochgenusstour then build on this information to devise a programme which incorporates team building activities to suit the situation in hand. Our successful Hochgenusstour programme activities can also be incorporated (Biathlon, climbing, SIXCUP or mountain biking) and adapted to the relevant features of the region.

Need more information?

Contact us by phone: +43 (0)664 279 49 73

or by email at: office@hochgenusstour.at

Annelies Wallner's Hochgenusstour

„Merging pleasures and increasing performance“



1 Hochgenusstour – philosophy

- Back to the roots by experiencing this fascinating mountain world
- Exercise and adventure in nature to increase satisfaction and performance
- Focusing on people and their individuality

3 Hochgenusstour – offer

- Incentives
- Team building
- Team contests and competitions
- Workshops
- Meetings
- Talks
- Coaches und trainers
- Events with stars from the world auf sport and culture (e.g. Hansi Hinterseer, Thomas Bubendorfer, Wolfgang Fasching, Chris Lohner, Markus Gandler, Sepp Kahn)
- Company celebrations
- Company excursions
- Family days
- Outdoor activities in Summer:
Hiking, Nordic walking, mountain climbing, climbing, rafting tours, canyoning, paragliding, golf, Biathlon, quad riding, obstacle course with various stages, SIXCUP etc.
- Outdoor activities in Winter:
Ski tours, free skiing, Heli skiing, snow shoe walks, dog-drawn sledge rides, Biathlon, curling, sledging etc.
- Cultural programmes
- Culinary delights

2 Hochgenusstour – target groups

- Firms
- Associations
- Families
- Friends





6 Hochgenusstour – organisation

- Flexible and personal support
- Overall organisation = 1 contact partner
- Bond between customers and experts
- Highly professional team
- Full tailor-made offer
- Non-bureaucratic process
- Organisation and implementation independent of site and region

4 Hochgenusstour – example sites

- Mountains
- Lakes
- Huts and chalet
- Seminar rooms
- Farm
- Restaurants
- Sports facilities

5 Hochgenusstour – results

- Achieve a feeling of positivity and zest for life
- Improve social skills and take on responsibility
- Achieve greater efficiency and satisfaction
- Increase performance
- Promote a feeling of togetherness
- Appreciate what is most important
- Improve health
- Enjoy relaxation and pleasure
- Gather and store strength
- Find trust

“The idea of spending most of our lives doing work which brings us no passion or joy is horrible and depressing. The thought of it alone is shocking. However, coming to the decision that you will do something you enjoy as your job automatically brings pleasure, joy and passion all at once. Performance level increases infinitely. A feeling of zest for life emerges – with yourself and during your interaction with your family, surroundings, employees, colleagues and customers. This energy brings success. Everyone has to decide for themselves how they want to be: do I go about my day with pride and pleasure, tackling new challenges or do I choose the easy route – boring and emotionless? We all need the courage to change! Life is much too short not to take these chances”.

Annelies Wallner on her principles and calling.

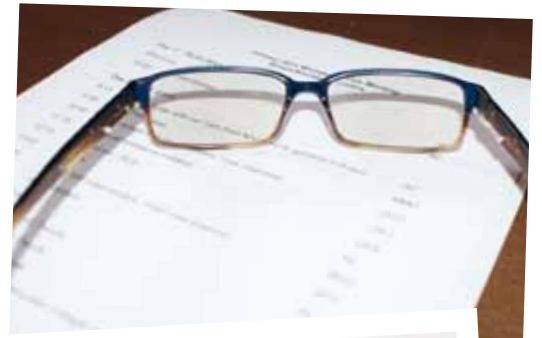




Hochgenusstour Review



Global Sales Meeting 2011 with SCM Microsystems at 1,300 m above sea level



The Novartis group invited pharmaceutical sales representatives and vets from 12 countries to a meeting in the mountains.



The employees of Reichhart Logistik experienced a varied and entertaining Winter's day with cross-country skiing, skiing and snow shoe walks under the motto of 'sport and pleasure'.





Anton Gasteiger AGA-Bau and his new company B.i.m.m. – Meeting with outdoor programme for a dose of refreshment



Software specialists from Kraft Food – Wintry conditions on the Melkalm



Following a workshop by company Sandoz at the Seminaralm, the team's stability was put to the test in a team biathlon competition.

References:

Novartis, International | Kraft Food, International | B.i.m.m., International | Fam. Heuser, Germany | Dr. Ogon, Orthopaedic clinic, Vienna, Austria | Sparkasse audit committee, Vienna, Austria | Klosterquell-Hofer, Austria, Spain, Great Britain | Reichhart Kontrakt-Logistik, Gilching, Germany | Microsoft, Munich, Germany | e.on Ruhrgas IBU World Cup Biathlon, Hochfilzen, Austria | Deutscher Ring Insurance, Hamburg, Germany | Sports club Brixen im Thale, Austria | Meyer Logistik, Friedrichsdorf, Germany | Schondorf school field centre, Germany | Raiffeisen Landesbank, Innsbruck, Austria | Porsche centre, Augsburg, Germany | SCM Microsystems, Ismaning, USA, Germany | AGA-Bau, Kufstein, Austria | SmApper Technologies, Kufstein, Austria | Sandoz, Kundl, Austria | Krauss Maffei, Munich, Germany | Donau Versicherung, Vienna, Austria | Sony Ericsson, Vienna, Austria, Switzerland, Germany | Mannesmann AG, Munich, Germany | Flaga Gas, Vienna, Austria | Aquent, Munich, USA, Germany, France, Slovenia | UBS, Munich, Germany | Rotary Club Bavaria, Germany | Faurecia, Neuburg, France, Germany | Webasto, Stockdorf, Germany | Sonnenkraft Italia, Florence, Italy | Group of journalists, Italy | Van Pelt executive board meeting, Rotterdam, Netherlands | OMA – Toyota group, Rotterdam, Netherlands | IBU Biathlon meeting, Hochfilzen, Austria | Sivag insurance agency, Kirchberg, Austria | Aaart Foundation, Kirchberg, Austria | Fam. Houdek, Starnberg, Germany | Fam. Dr. Baumann, Kitzbühel, Austria | Fam. Bremer, Kirchberg, Austria | Dr. Rosenwald dental group, Hamburg, Germany | Franz Kuhn IBU waterski International, Austria | Cecil, Germany

Seminaralm & Chalet



Unique seminar locations in the mountains

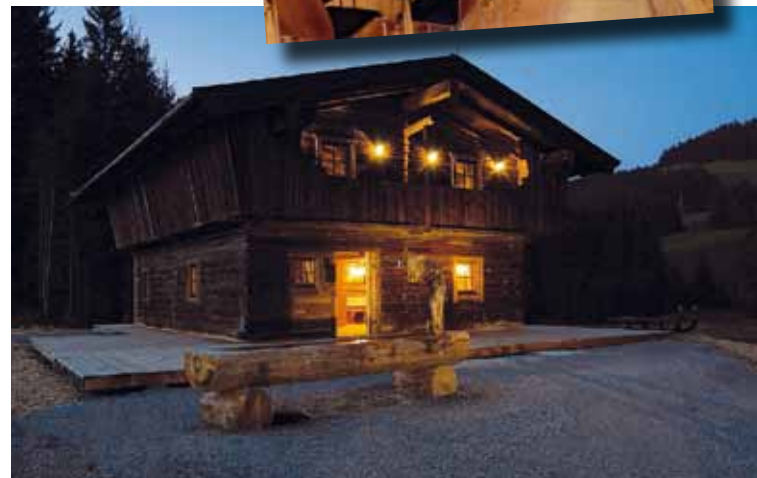
Are you looking for an exceptional place for your company event? What about a location at the heart of the mountains, surrounded by blossoming meadows, far away from the hustle and bustle of everyday life? The perfect spot for developing creative ideas and finding new strategies. After a busy few hours of work, the mountains await right on the doorstep – ideal for finding a sporty balance with one of the many Hochgenusstour programmes. With culinary treats from the region to re-charge your batteries!

Seminaralm – the office in nature

The Seminaralm on the lake Filzalmsee at an altitude of 1,300 m is the ideal place for workshops and training sessions in harmony with nature. The traditional hut ambience, seminar room with the latest technological equipment for up to 22 people and dreamy location at the heart of the mountains leaves no wish unfulfilled and ensures a productive session. A rustic old timber lounge, brick fireplace and open room design give the Seminaralm a special atmosphere.

Alpine chalet – for exclusive events

This idyllic chalet in the Kitzbühel Alps offers plenty of space for seminars and meetings in a private atmosphere for up to 20 people. It is only available for exclusive hire. After a busy few hours of work, sunny recliners, a swimming pool and a well-being area with sauna, invigorating showers and a relaxation oasis are available for some pleasant relaxation. And the cosy rooms guarantee you a relaxed and healthy sleep. It's a magnificent feeling to wake up in the morning to dreamy views of the mountains and to start the new working day full of energy!



Seminaralm – productive working in harmony with nature



The Alpine chalet offers you an exclusive atmosphere for seminars and meetings





Life offers us various opportunities to celebrate with friends, family and colleagues – ideally at a location which reflects this atmosphere of celebration. A charmingly decorated room, the attentive eye of the host, magnificent culinary creations and an appropriate selection of drinks combine to create a special and unique ambiance. The big celebrations in life (engagements, weddings, birthdays, christenings, confirmations and company events) require lively locations. We are happy to undertake the entire organisation of your event, from the decoration to the musical supporting programme.

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CELEBRATIONS.



RECIPE SUGGESTION for 4 people

Rhubarb strudel served in a glass

Ingredients:

400 g rhubarb
 4 table spoons of sugar
 1/2 lemon
 2 table spoons of butter
 4 table spoons of white bread crumbs
 Cinnamon
 Rum
 Raspberry juice

Mascarpone foam:

250 g mascarpone
 1/8 l cream
 1 vanilla pod
 2 egg yolks
 1 egg
 50 g sugar
 200 g puff pastry

Preparation:

Peel the rhubarb and slice into pieces of approx. 1 cm. Then mix with the sugar and lemon juice. Leave to stand for an hour and then poach gently in the raspberry juice. Finally, add rum to taste and mix with the buttery breadcrumbs.
 Buttery breadcrumbs: melt some butter in a pan and caramelise with sugar. Add breadcrumbs to the pan and cook briefly, adding cinnamon to taste.

Mascarpone foam: Stir egg yolks, egg and sugar over steam to create a foam and then beat until cold. Stir in the cream, vanilla and mascarpone and add mixture to a cream bottle. Then leave to cool.

Bake the puff pastry until golden.

Place the rhubarb in glasses and add the mascarpone foam on top. Finally decorate with puff pastry triangles and mint.



We look forward to seeing you at the Restaurant Thalhof – Annelies and Klaus Wallner



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