

Leithof

Welcome home

Naturhotel Leithof.
A place to arrive.



DISCOVER MORE

Hiking trails, mountain tours, bike trails, cross-country tracks, ski slopes, crafts, tradition & more.

THE TASTE OF NATURE

Alpine cuisine with Mediterranean lightness, including recipes to try at home.

MINDFUL RELAXATION

Treat yourself to a time out. In the sauna, with a massage or a water bath.




Simply unwind



Feeling at home. Here with us at the Leithhof, you have the opportunity to enjoy your holiday with a clear conscience. Because we do not only admire the nature around us, hike through it or explore it, above all we protect it. Nature conservation and sustainability are the guiding principles of our hotel. That is why we have developed the Leithhof into a climate-friendly operation, WITHOUT our guests having to forgo luxury. That makes us unique. See for yourself and enjoy your time out. We hope you find inspiration here and experience something truly special. We wish you a restful stay...

Evelin & Stephan Mühlmann,
owners



“It is the spirit of a place
that shapes how you feel there.”

Author unknown

Index

A SENSE OF ARRIVAL

- 04 – **Arrive**
- 06 – **At a glance**
- 08 – **A conversation with Stephan Mühlmann**

SIMPLY FEEL GOOD

- 11 – **At the Leithof**
- 12 – **At the ATTO Apartments and Suites**
- 14 – **At the Mühlhof**

DISCOVER MORE

- 16 – **Discover**
- 18 – **Close to nature – our 5 favourite spots**
- 20 – **A conversation with Rudi**
- 22 – **Craftsmanship with tradition**
- 24 – **Ready, set, pedal**
- 26 – **Winter paradise**

THE TASTE OF NATURE

- 28 – **Indulge**
- 30 – **A conversation with Markus Auer including recipes to recreate at home**
- 32 – **Black Angus cattle**

MINDFUL RELAXATION

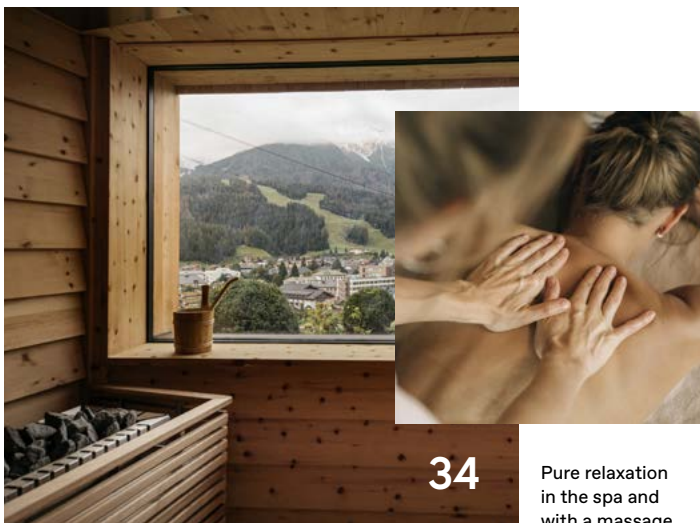
- 34 – **Relax**
- 36 – **Spa area: From sweat lodge to sauna**
- 37 – **Sauna ABC**

LET YOURSELF BE PAMPERED

- 38 – **Overview of treatments**

Leithof GmbH · Via Pusteria 29
39038 San Candido · South Tyrol – Italy

Concept and text · Anke Sommerfeld
Design · Melissa Fiebig, www.melissafiebig.de
Photos · bureaurabensteiner, Montamont & Franziska Unterholzner
Print · Südtirol Druck GmbH



Pure relaxation in the spa and with a massage.



For active visitors: the Leithof offers its guests free guided hiking tours. Those who wish to explore the area on their own will find suitable recommendations under “Discover more”.



26

115 km of slopes, 200 km of trails with stunning mountain views – our free shuttle will take you there.



12

Refined, minimalist, close to nature: ATTO Apartments and Suites.

Bike guide Theo Wiesthaler shares his favourite routes.



24

The Mühlmanns' Black Angus cattle live in harmony with nature.



32



30

Natural indulgence: Markus Auer's cuisine centres on the finest ingredients, mainly from regional producers. Including finely marbled beef from our own Black Angus cattle and vegetables from the family-run Mühlhof farm.



A sense of arrival

Creating a place that feels more like a second home than a holiday retreat – that is what we aim to offer our guests at the Leithof. That is why every piece of furniture in the nature hotel is carefully considered; nothing is left to chance. Here, nature sets the tone, creating a wellness holiday in South Tyrol that gives you goosebumps and a clear conscience. The carefully curated design, the comfort, the warm service, and the landscape surrounding the Leithof all invite you to pause from everyday life. To breathe in, breathe out – and finally arrive.

1997

The Mühlmann family takes over the Leithof and continues to develop it into the Naturhotel Leithof.

12.2 kg

CO₂

This is how low CO₂ emissions per guest per night are.

3,000 m²

Wellness area

is available to guests free of charge.

62

Rooms & suites

furnished with natural materials to create a warm, welcoming atmosphere.

4

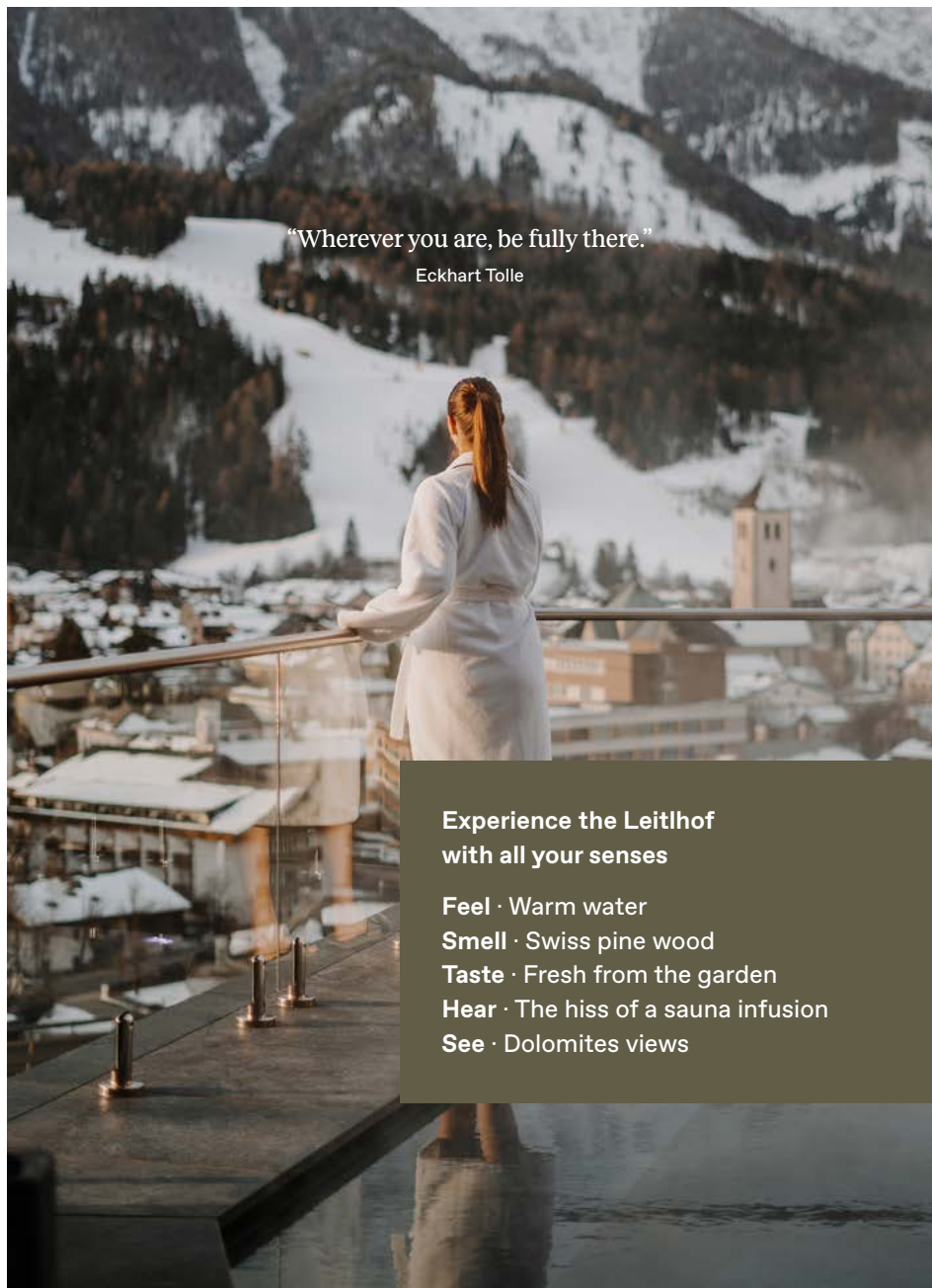
guided hikes

and 5 bike tours per week are offered to guests at the Leithof.

115

kilometres of slopes

invite you to enjoy winter sports in the Tre Cime Dolomites ski area – easily reached by free shuttle.



“Wherever you are, be fully there.”

Eckhart Tolle

**Experience the Leithof
with all your senses**

Feel · Warm water

Smell · Swiss pine wood

Taste · Fresh from the garden

Hear · The hiss of a sauna infusion

See · Dolomites views

Certified climate-positive since 2012, the Leithof is a pioneer in lived sustainability. The Mühlmann family hotel has found a number of innovative ways to actively contribute to climate protection. Alongside smaller initiatives, such as employees travelling in an environmentally friendly way by bike or public transport, the hotel’s own wood-chip combined heat and power plant supplies green electricity as well as thermal energy for the entire hotel. The wood required for it comes from the hotel’s own forest. The hotel has already been awarded the World Travel Award in the category “Europe’s Leading Green Hotels” for the sixth time thanks to its sustainability concept. Most recently in October 2025. It is one of the few energy self-sufficient hotels in the world.

At a glance

In the west wing are our modern and airy Swiss pine rooms.



The restaurant at the Leitlhof is more than a meeting place: it is a place for enjoyment and togetherness.

The “main house” is a long-established part of the hotel – with cosy rooms combining wood and fine fabrics.



For an afternoon snack, the sun terrace is the perfect spot – with South Tyrolean speck, savoury cheese or sweet cakes and views of the surrounding peaks.





The "east house" was built in 1979 after the "middle house" and, together with it, forms the oldest part of the Leitlhof.



Whether summer or winter, the heated outdoor pool is always 32 degrees. Here you can swim lengths, drift and always enjoy views of San Candido and the mountains. Next to it is the relaxation room and fitness area.

Wellness area

The modern wellness area with Alpine Spa, gym, sauna and steam baths is ideal for recharging your energy. Particularly calming: the mountain view from the relaxation room.

For relaxation

- Classic Finnish sauna 80 – 95 °C
- Bio sauna 50 – 60 °C
- Swiss pine sauna 70 – 80 °C
- Steam bath 45 °C
- Whirlpool 30 °C
- Onsen pool 40 °C



A hotel dedicated to nature and sustainability — that was what **Stephan Mühlmann** had in mind. Thanks to the hotelier's drive for change, the Leithof is now one of the few climate-friendly, energy self-sufficient hotels in the world, without compromising on luxury.



A CONVERSATION WITH

Stephan, the Leithof is now regarded as a pioneer in sustainability. How did this journey begin? Was it a strategic plan from the outset? To be honest, no. Things started to gain momentum in 2011, after we had built our outdoor pool. The rising energy costs took us by surprise and we wanted to counteract them. Our initial goal was simply to get these costs under control and invest in our own energy sources. At the time, we approached it purely from an economic perspective – until a guest pointed something out to us: “Do you actually realise what a great thing you’re doing here? You should measure it and communicate it!” That was the real eye-opener. We then began to have an annual CO2 balance drawn up by ClimatePartner – for ourselves and for our guests. Only then did we realise that we were far ahead of our competitors in terms of sustainability. While general awareness of sustainability only truly grew during the pandemic, we had already been deeply engaged with the subject for over a decade by that point.

Many guests today are looking for “conscious luxury”. How do you define luxury at the Leithof, and what makes your spa so special? For me today, luxury is above all about authenticity and provenance. It is the sense of calm you feel on our terrace overlooking Monte Baranci. It is knowing where the meat on your

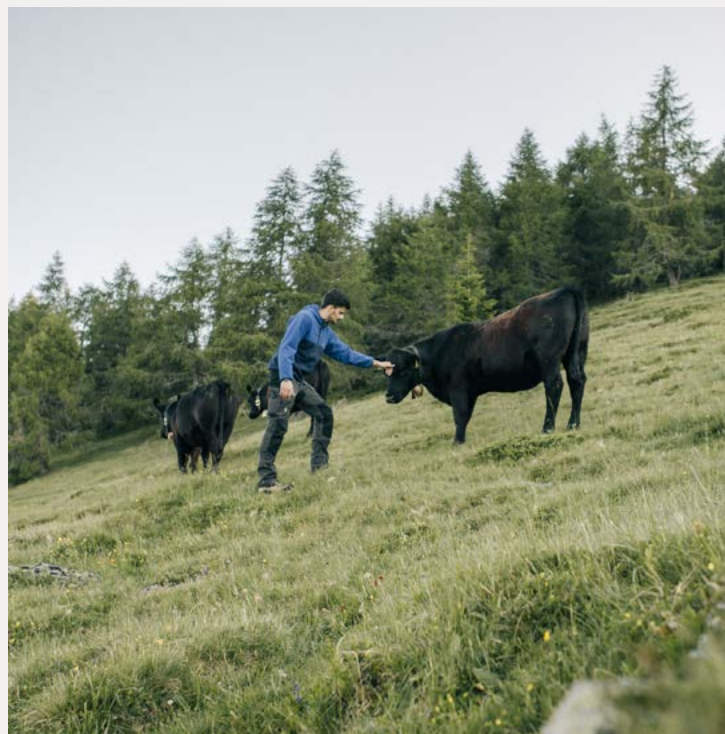
plate comes from – namely from our own farm, the Mühlhof. It is when guests can feel that everything around them is genuine and sincere. But of course, luxury is also about physical wellbeing. Our wellness area is designed to make the nature of the Dolomites Tre Cime region truly tangible. One absolute highlight is our 40-degree panorama Onsen pool. Here, the South Tyrolean mountain landscape meets Japanese bathing culture. Sitting in this warm water while gazing out at the Dolomites – it is a moment of complete deceleration that lingers.

The Leithof is a family-run hotel. How do you combine the hotel’s traditions with a modern spirit? For me, tradition does not mean standing still, but preserving our alpine values without closing ourselves off to progress. It is a constant interplay: we consistently use local materials such as loden and Swiss pine wood, and honour traditional construction methods – while consciously creating space for clean, modern architectural elements. The same philosophy guides us in the kitchen: we use regional ingredients based on time-honoured recipes, yet reinterpret them in a contemporary way and present them with a modern touch. Every day, we strive to build this bridge anew: we are deeply rooted in the Dolomites Tre Cime region, yet we think globally when it comes to forward-looking



The outdoor pool is heated all year round using the hotel's own energy.

In June, the Angus cattle head off to their quiet summer home: the Klammbach Alm. They remain there until the end of September before returning to the Mühlhof.



technology and protecting our environment. For us, this combination of love for our homeland and openness to the world is not a contradiction, but the key to our success.

Where is your personal place of strength, either in the hotel or the surrounding area? In my private time, I am often drawn up to our Mühlhof. There, among the animals and the meadows, I see the cycle of nature most clearly. When I am at the hotel, it is the feeling of warmth and calm that our new Onsen pool radiates – especially when it is cool outside. That grounds me.

When a guest visits you for the first time: what feeling would you like them to take home with them? The feeling that luxury and an ecological conscience are not mutually exclusive. I hope our guests leave feeling refreshed and inspired, taking with them the idea that genuine commitment and quality always go hand in hand.



The Swiss pine rooms at the Leithof come highly recommended. Their unique, soothing scent helps guests truly unwind.

Simply feel good

Whether in the rooms at the Leithof, the ATTO Apartments and Suites or the holiday apartments at the Mühlhof – anyone seeking an atmosphere to feel at ease is guaranteed to find it with the Mühlmann family. While the scent of Swiss pine welcomes guests in the rooms of the nature hotel and invites them to linger with views of a truly unique mountain panorama, the purist architecture of the ATTO Apartments and Suites offers architecture lovers a special kind of retreat – without having to forgo hotel comfort. A shuttle service takes guests to the nature hotel, which also includes the hotel's own farm, the Mühlhof. Two lovingly designed holiday apartments there make "green holidays" possible.



Committed to the environment: the pool water is stored overnight and reheated in the morning before returning to the pools.



Did you know? The Leitlhof owes its name to its hillside location – with dense forest behind and views of the rugged Dolomites. “Leitl” comes from “Leite” meaning steep slope, while “Hof” refers to the former farm taken over by the Mühlmann family in 1997.

Hand in Hand.

South Tyrol in its most natural form — at the nature hotel Leitlhof, a love of home is found in every detail. Here, understated luxury and tradition go hand in hand; here, original features blend seamlessly with new design. And always present: the connection to nature.

The design of the rooms at the Leitlhof is deliberately understated. Natural tones and materials define the hotel, radiating a sense of refined luxury. At the Leitlhof, living close to nature is combined with comfort. Each room is a retreat, with its own character – always elegant and reduced to the essentials. Swiss pine wood and soft fabrics create a feeling of warmth, clay-plastered walls ensure a restorative indoor climate, while natural stone adds subtle accents. And everywhere, they invite you to unwind: spaces to pause: a tiled stove bench that beckons you to rest; a sofa where thoughts are free to wander; loungers on the balcony overlooking the Dolomites.

Here, you can simply focus on yourself. And on nature, ever present – whether through the interior, the hiking rucksack in your room, or the mountain scenery beyond the window.

A feast for lovers of architecture – ATTO Apartments and Suites.

Just a ten-minute walk from the Leithhof, Evelin and Stephan Mühlmann have created a new place to stay: ATTO. Where once it was bread that drew people here, today it is a blend of a longing for holidays and a passion for distinctive design.



Purist architecture with regional roots

Where the former Stubenruss bakery once stood, a building was completed in 2022 after 13 months of construction – created for people from near and far, and designed to endure for generations. This is reflected in its very name: ATTO was once the bishop of San Candido and played a defining role in the history of the market town.

Every detail at ATTO embodies quality, craftsmanship and respect for people, animals and nature. Guided by this philosophy, the South Tyrolean architectural studio Pedevilla designed the entire interior cladding of the apartments using locally sourced spruce wood. Warm and fully focused on the essentials, four inviting apartments and one penthouse suite were created. And while ATTO's striking architecture certainly catches the eye, it is deeply rooted in the traditions of the Alta Pusteria valley. The lightweight concrete structure echoes the colour tones of the characteristic local stone from Sesto. In this way, regional heritage and contemporary architecture come together in perfect harmony.



ATTO x Leithhof

Guests at ATTO enjoy the tranquillity of an apartment house while benefiting from all the advantages of a hotel. A shuttle service takes them to the climate-positive Leithhof, where they can unwind in the 3,000-square-metre wellness area or swim lengths in the outdoor pool with views of the Dolomites.



Already dreaming of
your next holiday?
Scan here to find out
more or book directly.

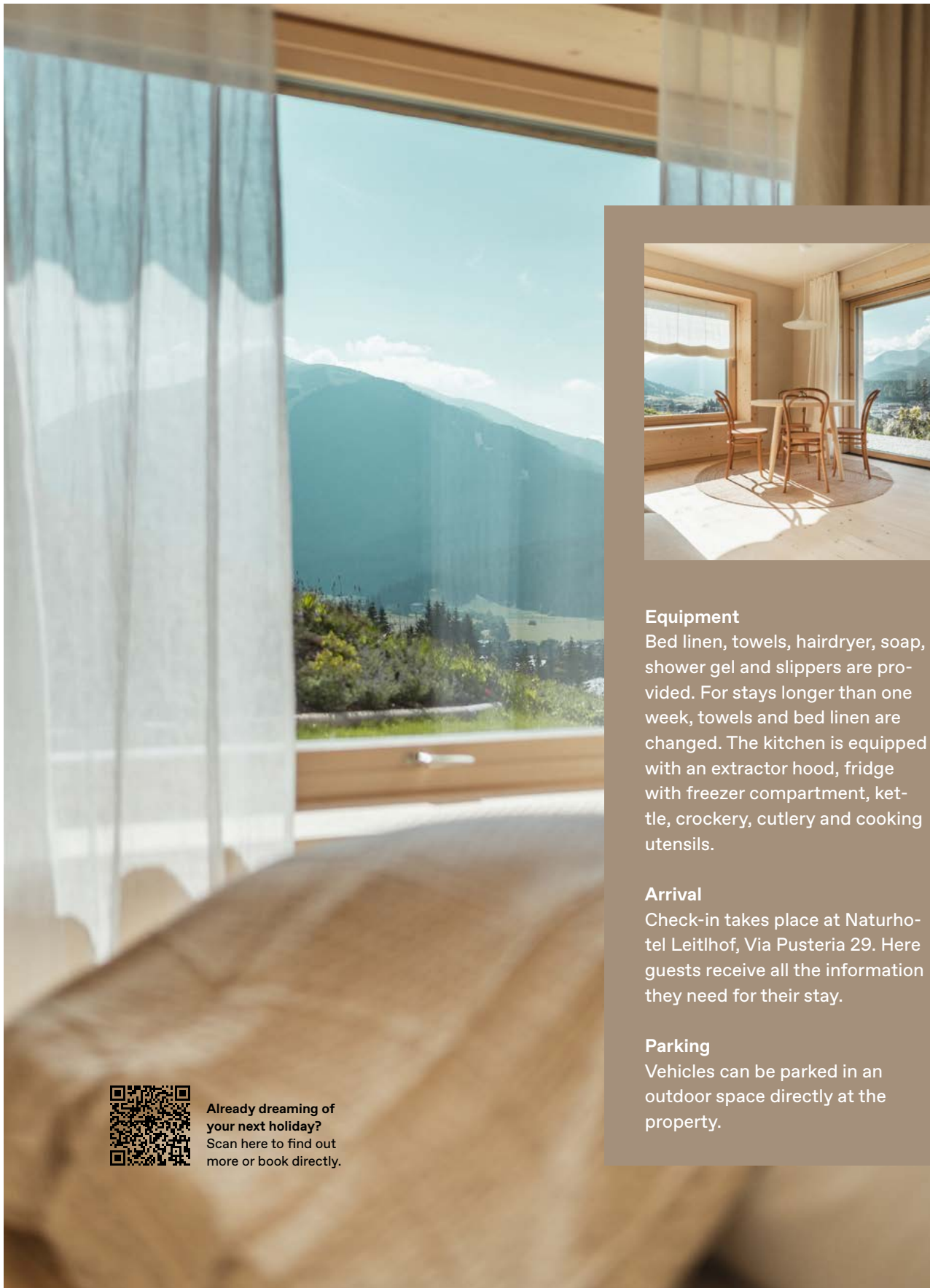


Stay authentic

Refined, minimalist, close to nature. Understated luxury – that is how the apartments and penthouse suite at ATTO can be described. The architecture is monolithic. The interior design is warm and calming from the moment you enter. Reduced to the essentials, the spaces are fitted with the finest local materials.

Included services at ATTO

- Private underground parking space
- Lift to all suites
- Wellness at the Leithof



Equipment

Bed linen, towels, hairdryer, soap, shower gel and slippers are provided. For stays longer than one week, towels and bed linen are changed. The kitchen is equipped with an extractor hood, fridge with freezer compartment, kettle, crockery, cutlery and cooking utensils.

Arrival

Check-in takes place at Naturhotel Leitlhof, Via Pusteria 29. Here guests receive all the information they need for their stay.

Parking

Vehicles can be parked in an outdoor space directly at the property.



Already dreaming of
your next holiday?
Scan here to find out
more or book directly.

Green Holidays at the Mühlhof.

Evelin and Stephan Mühlmann make it possible. On their family-run farm, everything revolves around closeness to nature, responsibility towards animals and genuine enjoyment. A stay here offers the chance to experience the Mühlhof and its four-legged residents up close.

Just a few minutes from the Leitlhof in San Candido, the Mühlhof enjoys wonderful views of the surrounding mountains. It is home to the gentle Angus cattle, bred here by Stephan Mühlmann and his family. Its peaceful location outside the village makes it an ideal retreat for those seeking to slow down – whether as a couple or as a family.

Here too, lived sustainability is at the heart of the Mühlmann family's philosophy. One that makes "green holidays" possible for their guests. Two high-quality holiday apartments have been welcoming guests to relax and feel at ease since 2024. Each apartment measures 40 square metres and is located on the ground floor of the building, featuring a well-equipped kitchen, a bedroom with a double bed, a sofa bed for two people and a bathroom with shower. Solid wood furnishings and warm wooden floors create a natural, cosy atmosphere.

Both apartments accommodate up to four people and are therefore ideal for families. Each one also has a small terrace with beautiful views of San Candido and the local mountain Monte Baranci – a place that offers tranquillity while creating space for shared holiday moments.



Discover more

Seeing the world from a different perspective – in the Tre Cime area, in the heart of the Dolomites, the Leithof offers exactly that. Here, where the Tre Cime di Lavaredo rise majestically, every outing becomes an experience. Our region invites you to stay active, to truly feel nature and to discover new favourite places. Dozens of hiking trails lead to hidden alpine pastures, crystal-clear mountain lakes and breathtaking viewpoints. Those who wish to experience tradition and craftsmanship will find local producers and small artisan workshops in San Candido that tell stories of culture and flavour.

Hiking guide Rudi also explains how to explore the Dolomites away from the usual paths. And bike guide Theo Wiesthaler shares tips for the best cycling tours. And to ensure that winter is just as varied, we have put together recommendations for cross-country trails, ski slopes and snowshoe hikes. Whatever you choose, the Leithof is the perfect starting point for experiencing new adventures every day.

Route to the Tre Cime via the Val Fiscalina



Did you know? A hiking backpack awaits guests in every room at the Leitlhof. Water bottles, thermos flasks, crampons and walking poles are available for hire.

Close to nature — our 5 favourite spots.

From Leithof, many paths lead upwards, to the right and left, and to the most beautiful spots. With its location directly in the Tre Cime region, our hotel is the ideal starting point in both summer and winter for hikes, mountain and cycling tours, skiing, ski touring and walks in nature.



01 Sparkling mountain jewel

Formed in ancient times by several landslides on its western side, Lake Dobbiaco is fed by the Rienza river, which rises below the Tre Cime di Lavaredo. The mountain lake can be reached directly from the hotel. A nature trail winds its way around the 4.5 km shoreline and invites you to enjoy a leisurely walk.

02 A high plateau with a view

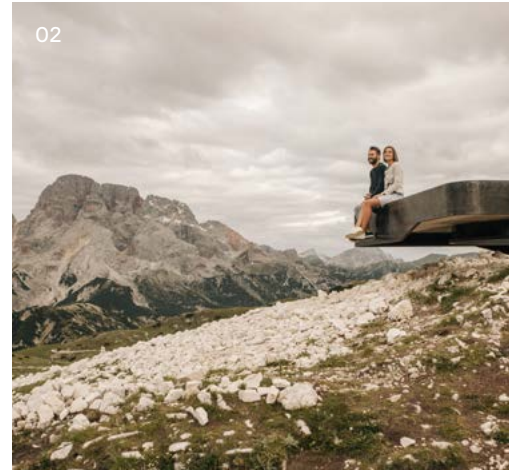
Situated at 2,000 metres above sea level, the Prato Piazza area offers visitors pure relaxation. Nestled within the Fanes-Sennes-Braies Nature Park, this alpine idyll – surrounded by imposing peaks – has preserved its originality and natural charm. Far from any traffic, it captivates with sweeping views of the surrounding mountains, including Monte Specie (1,878m) and Croda Rossa d'Ampezzo (3,146m). Looking further afield, you can spot the jagged peaks of Monte Cristallo (3,221m) and the Tofane (highest peak 3,244m). On Prato Piazza, in a truly panoramic setting, you will also find the Dürrenstein mountain hut, inviting you to pause and savour the moment.

03 Close to heaven

The hike to Monte Baranci summit (2,158 m) begins in San Candido, at the valley station of the Monte Baranci lift. From here, an idyllic trail leads through fragrant alpine conifer forests. Via path no. 28 and the toboggan run, the route continues to the Monte Baranci hut and on to the summit. From the top, hikers are rewarded with breathtaking panoramic views of the main Alpine ridge, Monte Baranci, the Punta dei Tre Scarperer and the Tre Cime di Lavaredo. The hike is 7.7 km in total and suitable for both beginners and more experienced walkers. The descent follows the same route.

04 Pure alpine idyll

The Langalm – or “Long-Olbe” in the local Val Pusteria dialect – lies at 2,283m in the heart of the UNESCO World Heritage Tre Cime di Lavaredo. For centuries, it has only been accessible on foot, and the owners are committed to keeping it that way. During the summer months, hikers and mountaineers can look forward to an authentic place to stop for a break and a wonderful mountain panorama. Access via the Val di Landro is recommended.

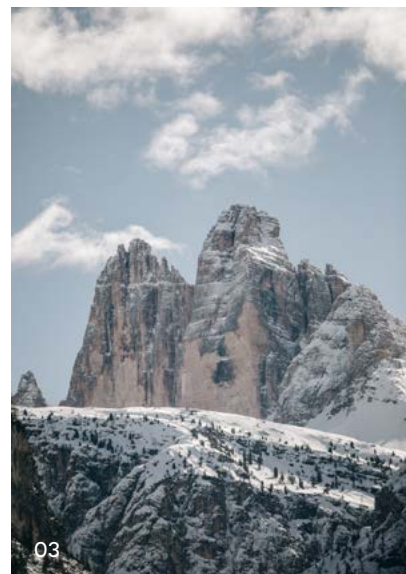


The Leithof offers an extensive programme of guided hikes and bike tours.

A dedicated hiking app is also available.

05 A vibrant village with alpine charm

Nestled in the impressive mountain landscape of the Dolomites Tre Cime region lies San Candido – a charming village that offers a wide range of experiences throughout the year. Between majestic peaks, modern infrastructure and South Tyrolean lifestyle, San Candido combines nature with a touch of urban flair. It is not only its location that captivates, but also its lively village atmosphere. Lovingly run shops, cafés and boutiques invite you to stroll and linger. Traffic-calmed zones ensure a relaxed pace, making the village centre a meeting place for connoisseurs, families and those seeking tranquillity alike.



Croda dei Baranci

17 km | +1,350 hm | 6.5 h

Difficulty ●●●



Lücklescharte
2,545 m

Dreischusterhütte
1,639 m

Parkalate
Antoniusstein
1,502 m



Sustainable hiking experiences away from the tourist trails. Rudi makes it possible. The Leitlhof's hiking guide helps guests plan and experience their own adventure.

Rudi has loved the mountains and sport since a young age. After the trained pastry chef closed his bakery in the neighbouring village and retired, he now shows our guests the most beautiful spots in the Dolomites.

Hochbeukenkofel
2,905 m

Birkenkofel
2,922 m

A CONVERSATION WITH

Rudi, why did you become a hiking guide? I love revealing our nature and landscape to our guests. For me, the mountains mean total freedom. Being outdoors, enjoying beautiful views and experiencing nature with all the senses – it truly inspires me.

Which mountain hut would you particularly recommend? The Rossalm. To get there, you start in Ponticello in the Alta Pusteria valley. The ascent begins gently along the valley floor. Later, the forest path becomes steeper until you reach the Kaserle. What comes next will make every hiker feel in heaven, because the mountain scenery that unfolds is simply breathtaking. At the end, you stop for a break at the Rossalm. Ponticello – Rossalm: 4.6 km | +600 m | 4 h

You must also have a favourite mountain tour. Which one comes to mind first? The route to the Croda dei Baranci via the Dreischuster mountain hut and the Lücke saddle. A demanding tour for experienced hikers with stamina and some climbing ability. The view from the Croda dei Baranci is magnificent.

It starts at the Antoniusstein car park and leads to the Dreischuster mountain hut, located just above



the road near a small chapel. From there, you continue along the track through the Innerfeld towards the end of the valley, cross a scree field to the right-hand side, pass junction no. 8 on the right and reach the next fork at the valley's end. Here, keep right (signposted Lücke saddle, no. 9) and ascend through the wide Hangenalpental to the so-called Schwarzboden. Again, follow path no. 9 to the right, continuing uphill through terrain that becomes increasingly rocky towards the end. The final metres lead in switchbacks over a steep scree slope up to the Lücke saddle, offering beautiful views down to Lake Malga di Mezzo. You then leave path no. 9 and follow the Croda dei Baranci trail over rocky steps, later through a gully secured with a steel cable, eventually reaching the Piatta Alta with its distinctive summit marker. From there, descend over rocky steps to the saddle before the Croda dei Baranci, continue along the narrow ridge to the striking summit structure and climb the final steep section – secured with a rope and iron pins – up to the summit cross of the Croda dei Baranci. The descent follows the same route back.

Traditional crafts-
manship, fine
cheese specialities
and living herit-
age: in and around
San Candido, small
workshops can be
discovered that have
stood for quality and
regional culture for
generations.



In San Candido, local craftsmanship is seen not only in workshops but also in historic buildings. The Romanesque Collegiate Church and the late Baroque St Michael's Church showcase stonework, frescoes and carved altars – evidence of centuries of craftsmanship. As cultural excursions, they offer a calm contrast to hiking and sport, bringing the craft tradition of the Tre Cime Dolomites to life.

A look back

To this day, San Candido is home to numerous active, centuries-old craft businesses, such as the renowned hat maker known far beyond the region. In the workshop of the Zacher family, handcrafted felt products made from pure new wool tell the story of a time-honoured craft that has been practised since 1560. For generations, they have produced felt slippers, wool felt insoles and seat pads made from regional wool – all representing natural comfort, functionality and durability.

The range is complemented by hats, caps and scarves made from fine natural materials, crafted in selected European partner workshops, as well as carefully curated accessories. All products stand for quality, timeless design and a responsible approach to materials. Visit the production in San Candido from the Leithof and take home a piece of authentic South Tyrolean craftsmanship. The charming village is easily reached on foot.

Holes in the cheese

Just a few minutes' walk from the ATTO Apartments and Suites, traditional enterprises such as the Drei Zinnen dairy tell their stories. At the dairy, guided tours are available, along with all the information about the production of milk, yoghurt and butter. The Drei Zinnen dairy is both a production site and a show dairy. The cooperative has been processing the milk produced by mountain farmers in the Alta Pusteria Valley since 1882. Every day, around 30,000 litres of valuable milk from approximately 2,500 cows are collected early in the morning and brought to the dairy for processing. There, cheese, butter, ricotta and cream are produced, and hay milk is also processed into fresh milk and cheese.

The show dairy also offers the opportunity to observe the processing and refinement of milk and gain insight into the art of cheese making. Through expert-guided tours or several short films, the entire production process is explained, while also shedding light on the labour-intensive life of our mountain farmers. Those wishing to deepen their knowledge will find the perfect complement in the Sesto Milk Mile – an eleven-kilometre interactive themed trail through the UNESCO World Heritage Dolomites.



Starting from the Heideckstraße playground in Moso near Sesto, the “Milk Mile” leads over ten stations to the Sesto dairy. Questions such as how cheese is made or how the holes form are answered here, along with information about different cattle breeds. The route is marked throughout with green arrows and is also suitable for pushchairs.



Golden, delicious, rich aroma: in the show dairy, fresh mountain milk becomes true craftsmanship – a look behind the scenes of cheese-making.



As a local, Theo knows exactly which tours suit whom. In summer, he works as a bike guide for the Naturhotel, and in winter as a ski instructor. He also holds a tandem licence: guests can book a paragliding flight and experience Val Pusteria from above.

Ready, set, ride.

The region around the Leithhof in San Candido is ideal for cyclists of all experience levels. In summer, the nature hotel offers five guided tours per week with bike expert Theo Wiesthaler. Depending on fitness and preference, there are both easy, family-friendly routes and more challenging trails. Guests can also hire e-bikes directly at the Leithhof.



THEO'S PICKS

Lake Braies tour

40 km | +700 hm | 5 h

Difficulty ● ○ ○

This route is perfect for those who want to enjoy nature above all while cycling. The tour starts along the Val Pusteria cycle path to the village of Schmieden in the Val di Braies. From there, the trail follows forest track no. 1 to St. Veit, then continues along the main road for two kilometres to the destination: Lake Braies. After walking around the lake (on foot, approx. 40 min), the hiking trail no. 1 leads back to Schmieden and the Val Pusteria cycle path returns to San Candido.

Alpine pasture tour Sesto

39 km | +1,000 hm | 4 – 5 h

Difficulty ● ● ○

Starting on the cycle path directly in front of the hotel, the route leads to Sesto. From there, a paved mountain road climbs towards the “Mitterberg fortress”. A gentle ascent continues to the Saumagd plateau, past the Nemes Alm and on to the Klambach Alm. Here, the view of the Sesto Dolomites is well worth a pause, before returning along the same route to the Leithhof.

Marchkinkele tour

51 km | +1,450 hm | 5 – 6 h

Difficulty ● ● ●

The tour begins along the Val Pusteria cycle path to Dobbiaco. Heading towards Alt-Dobbiaco, the route passes the Enzian mountain hut and continues to the Silvesteralm, before following a First World War military road in switchbacks up to the Marchkinkele at 2,550 metres – always accompanied by outstanding views of the world-famous Tre Cime di Lavaredo. The summit lies on the border with East Tyrol and offers a 360-degree panoramic view of the Dolomites as well as Austria's glacier landscapes. The return route follows the same military road back to Silvesterplatz near Versciaco/Prato alla Drava and then via Monte San Candido back to the Leithhof.

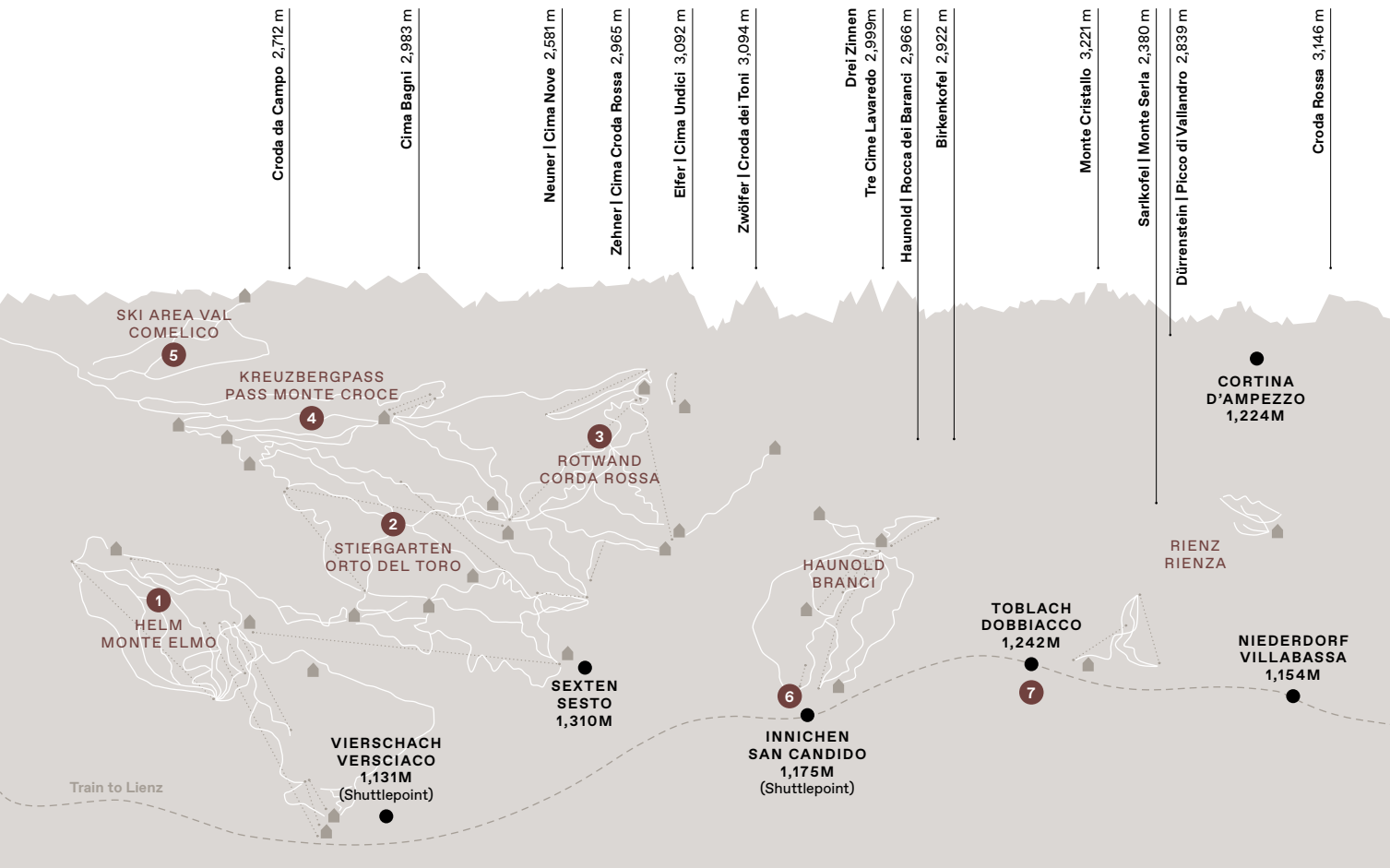
Winterparadies.

Varied slopes, perfectly groomed cross-country trails and breathtaking views ensure ideal conditions for winter sports in the Tre Cime Dolomites ski area. We are happy to take you directly to the ski slopes or show you the untouched landscape of the UNESCO World Heritage site on a guided winter hike or snowshoe tour.



Prefer a winter hike instead of downhill skiing? We have all the equipment you need for an extended mountain tour. We rent out snowshoes to keep you from sinking in deep snow, as well as crampons for grip on icy ground.





Pure skiing pleasure

One mountain is not enough? The Giro delle Cime is the ideal ski circuit for those who want more: more snow, more skiing, more peaks. Across 35 kilometres of pistes and with 11 lifts, the route leads through the spectacular UNESCO World Heritage Dolomites, connecting five impressive mountains – an unforgettable panoramic experience in the heart of the Tre Cime Dolomites ski area. The ski mountains Monte Elmo ①, Stiergarten ②, Croda Rossa ③, Passo Monte Croce ④ and Ski Area Val Comelico ⑤ lie at your feet on this circuit with just one pass. Ski lifts or ski shuttles connect the individual sections.

A cross-country dream

In the impressive landscape of the Dolomites Tre Cime region, cross-country enthusiasts can enjoy over 200 kilometres of perfectly prepared trails, which – thanks to the altitude – offer reliable snow conditions throughout the winter. One of the highlights is the cross-country trail from Dobbiaco ⑦ towards Cortina. It starts at the Dobbiaco cross-country stadium and follows the former railway line through the Val di Landro, passing Lake Dobbiaco, the war cemetery and Lake Landro. At Lake Landro, a magnificent view opens up towards the Tre Cime di Lavaredo. The route is 26.3 km long and of medium difficulty. A return by bus is possible.

Snow tracks


Gentle ascents, dense forests and wonderful views await on the snowshoe hike that leads from San Candido ⑥ via the Burg mountain hut to the Jäger mountain hut in the Monte Elmo ski area ①. The starting point is Via Sesto in San Candido. A forest track leads towards the Burg forest play park. Shortly before the park, the path branches off to the right and climbs gently to a junction (1,540 m). From there, the route continues to the Jäger mountain at 1,830 m, which is reached after around four hours. The return can be made either on foot or by cable car. Simply continue on to the Monte Elmo mountain station.



The taste of nature

Allowing food the time it needs to grow and mature. And then taking the time to prepare it with dedication and creativity: that is the secret behind the Leithof cuisine. The ingredients come both from the Mühlhof, the family-owned farm, and from carefully selected regional suppliers. Together, they provide the hotel with everything needed for sustainable enjoyment: seasonal vegetables, fresh herbs and the finest beef from our own Black Angus cattle breeding.

The Leithof menu reflects what is in season. Honest, natural and prepared with respect for animals and nature. Head chef Markus Auer makes sure of it personally. In conversation, the 53-year-old South Tyrolean explains how tradition and Mediterranean lightness come together – and shares recipes that make “the taste of nature” possible at home. Those who would like to learn more about the Leithof’s Angus cattle breeding will also find fascinating insights here: from animal husbandry and breed characteristics to sustainable rearing.

A chef in a white uniform is kneeling in a lush vegetable field, carefully selecting produce. A wooden crate is placed on the ground next to him, filled with various vegetables like carrots and leafy greens. The background shows a dense forest of tall trees and rolling green hills under a soft, overcast sky.

“The sun can ripen a handful
of grapes as if it had nothing
else to do in the universe.”

Galileo Galilei

Head chef Markus Auer and his team draw inspiration from nature, aiming to reflect their surroundings in every dish.

Markus Auer has been head chef at the Leithof since 2019. With creativity and passion, he combines alpine cuisine with Mediterranean lightness, skilfully working with the finest ingredients. The result is a finely balanced cuisine, full of character and rooted in a sense of place.



A CONVERSATION WITH

Markus, your journey into the kitchen took you out into the world at an early stage – from South Tyrol to Belgium and the Côte d’Azur. What did these experiences give you, and what ultimately brought you back? My training and the years abroad were formative. In Michelin-starred restaurants in Belgium, France and England, I learned precision, respect for the product and a deep understanding of craftsmanship. At the same time, I realised how strongly my own culinary identity is connected to my origins. South Tyrol is not a retreat for me, but a conscious choice: here I have everything that good cuisine needs – outstanding ingredients, a strong farming culture and the freedom to combine tradition with Mediterranean influences.

You describe your cuisine as Tyrolean with Mediterranean influences. How does this signature style present itself on the plates? My cuisine is light, clear and seasonal. I enjoy working with classic South Tyrolean products, combining them with flavours and techniques from the Mediterranean. The result is dishes that feel familiar and yet still surprise.

A key element of your work is regionality – many ingredients come from the hotel garden or the Mühlhof. Why is that so important to you? I would say that regionality is not an idea, but an attitude. When you can watch ingredients grow and mature, it changes your perspective on cooking. At the Leithof, we work with what the season provides. This closeness to the product builds trust – within the team and with our guests. You can taste when ingredients have been given time and treated with care.

The Leithof is all about enjoyment and shared moments. What role does the kitchen play in the overall guest experience? The kitchen is a unifying element. Our daily changing five-course menus, the afternoon snack, or special evenings such as the dessert buffet, the aperitif evening or the Italian cenone at Ferragosto and Christmas – all of these create moments that make memories.



Strauben prepared according to a traditional recipe

For 4 people

200 g flour
200 g milk
3 egg yolks
3 egg whites
40 g sugar
1 pinch of salt
25 g plum or apricot schnapps

- 01 – Whisk the egg whites with the sugar until lightly stiff.
- 02 – Mix all the remaining ingredients into a smooth batter.
- 03 – Gently fold in the egg whites.
- 04 – Pour the batter through a funnel into oil heated to 180 °C and fry until golden brown.
- 05 – Dust with icing sugar.

Tip: best served with cranberry jam or vanilla cream.

Hay flower soup with nutmeg and dried blossoms

For 4 people

1.5 L chicken broth
100 g organic alpine hay
Zest and juice of one lemon
250 ml cream
Salt, pepper, nutmeg, dried blossoms

- 01 – Bring the chicken broth to the boil once. Then add the hay and leave to infuse for approx. 5 minutes.
- 02 – Strain the hay infusion.
- 03 – Add lemon juice and zest.
- 04 – Stir in the cream and season with salt and spices. Bring briefly to the boil and froth with a hand blender.
- 05 – Finally, serve in a soup bowl and garnish with blossoms.



In harmony with nature. Black Angus cattle originally come from the north-east of Scotland. In the Dolomites, these predominantly black-coated animals have found a new home: the Mühlhof is now home to between 30 and 40 of them.



The Black Angus cattle live in a species-appropriate way. In summer, guests can see this for themselves on the alpine pastures. Farm tours are available on request.





During the summer months, our Angus cattle live on the alpine pastures – calm and undisturbed. In autumn, they return to the barn at the Mühlhof, where they spend the winter months. As they can easily withstand sub-zero temperatures, they are often still drawn outside. This natural way of rearing allows us to guarantee the highest quality of meat. The fine-fibred, well-marbled beef is prepared and served exclusively at the Leitlhof. What makes our dry-aged beef so special is its delicate, slightly nutty flavour. Thanks to the long maturation process, the meat becomes exceptionally tender. After slaughter, the ageing process in a maturation chamber takes six to eight weeks.

18 to 24
months

until the Angus cattle mature. Slow growth instead of intensive fattening.

120
days

This is how long an alpine summer lasts. Time for movement, fresh air and natural rhythms.

1.2 mill.
steps

That is how much one animal moves per grazing season. Grazing instead of stable housing.

6
tonnes

of grass, herbs and meadow flowers are eaten each summer. A variety you can taste later on.

60
animals

are in a typical Angus herd. Manageable. Personal. Responsible.

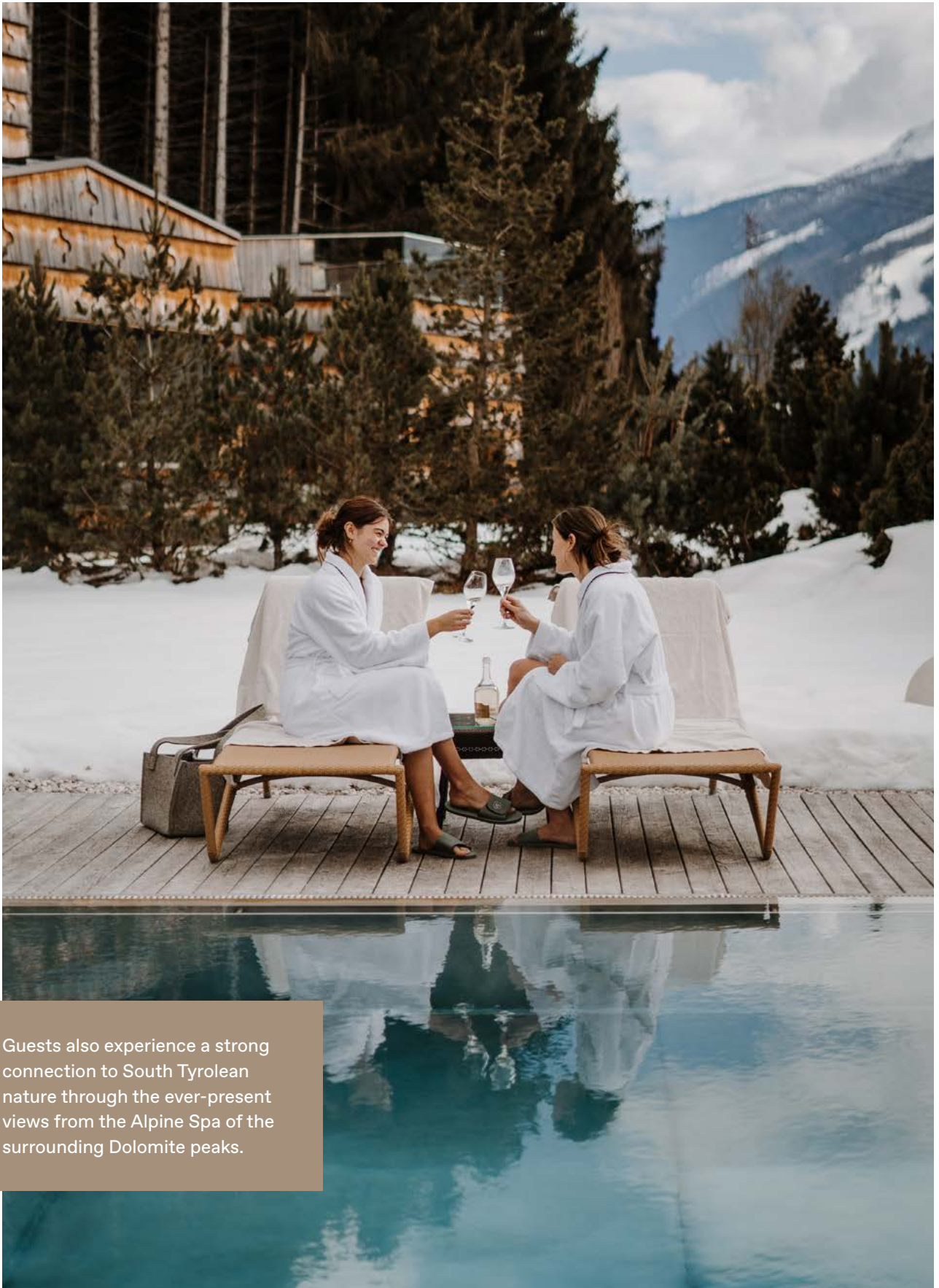
0
horns

Angus cattle are naturally hornless. Low-stress rearing, greater safety for animals and people.

Mindful relaxation

The Leithof remains true to its values even with the spa extension. In collaboration with the sustainably minded architectural studio Pedevilla, the Mühlmann family has succeeded in harmoniously integrating the newly designed wellness area into the alpine architecture of the nature hotel.

A special highlight is the Far Eastern-inspired Onsen pool. In the 40-degree warm water, guests can unwind while gazing out over San Candido and its soaring peaks. In the new bio sauna and Swiss pine sauna, relaxation comes naturally – not just for sauna enthusiasts, but for anyone seeking to unwind. The Finnish sauna offers a welcome visual change from classic sweat lodges. Finished entirely in black and featuring a large panoramic window, it creates a captivating interplay with the South Tyrolean landscape outside. The new whirlpool invites you to switch off and simply let go, with gently bubbling water and time set aside for pure relaxation. For an added sense of wellbeing, massages and beauty treatments offer moments of mindful indulgence.



Guests also experience a strong connection to South Tyrolean nature through the ever-present views from the Alpine Spa of the surrounding Dolomite peaks.

Calm down.

The sauna is not a place for haste. Quite the opposite: at the nature hotel Leithof, the Finnish sauna, bio sauna, steam bath and Swiss pine sauna offer soothing relaxation in a calm and unhurried setting.



Did you know? A whirlpool bath is not only incredibly relaxing but also proven to benefit physical wellbeing. The combination of heat, water and hydromassage relieves joints and the spine. Gentle buoyancy creates a sense of lightness.



From sweat lodge to sauna

The origins of what we now know as sauna culture date back to the Stone Age. Back then, people dug pits in the ground, placed heated stones inside and poured water over them. The rising steam warmed the body, cleansed the skin and restored strength after a long day. These simple sweat baths are considered the origin of today's sauna culture.

With migrating peoples, the knowledge of sweating also reached Scandinavia. In Finland, it developed into a distinct tradition. As the ground was often frozen, huts were built above ground – the so-called smoke saunas, with a stove inside on which stones were heated.

Today, the sauna combines thousands of years of tradition with modern comfort. Heat relaxes the muscles, stimulates circulation and provides new energy. A sauna session is therefore more than wellness – it is a small ritual of regeneration. Treat yourself to some time out and experience for yourself how beneficial it is for body and mind.

Sauna ABC

01 Bio Sauna

A low-temperature sauna is also referred to as a bio sauna. It differs from a Finnish sauna in that it has a lower temperature and higher level of humidity.

02 Steam bath

A steam bath is a special type of sauna with very high humidity. By constantly pouring water, pure or mixed with essential oils, onto the stones on the sauna heater at temperatures of up to 500 °C, a dense cloud of water vapour is created.

03 Finnish sauna

The Finnish sauna is a traditional form of sauna, with temperatures of around 85 to 95 °C and humidity levels of approximately 10 to 30 %: due to the high loss of

fluids, it helps to purify and detoxify the body, stimulates circulation and blood flow, and strengthens the immune system.

04 Staying healthy

Sauna bathing is a benefit for body and mind. Sweating makes you happy and is a miracle cure for your skin, hair and immune system. Regular sauna use strengthens the immune system, supports cardiovascular regeneration, improves the skin and promotes relaxation.

05 Duration of a sauna session

How long you stay in the sauna depends on the type of sauna and the temperature. A typical session lasts around 8 to 12 minutes. Personal wellbeing is more important here than watching the clock.



06 Nudity

Sauna bathing is done naked, as clothing hinders the evaporation of sweat and interferes with the body's natural cooling process.

07 Onsen pool

A Japanese Onsen is a bath in hot springs. Our Onsen pool is 40 °C warm and is designed for relaxation with a stunning mountain panorama.

08 Swiss stone pine sauna

Swiss stone pine symbolises endurance and strength, unbroken courage to face life and the strengthening of the spirits. Equipped with the refined and fragrant wood of the Swiss stone pine, the Zirbensauna has a host of beneficial effects.



Let yourself be pampered

With professional techniques and skilled movements, tension is released at the Alpin Spa. In addition to rolling, kneading and stroking, essential aromatic oils, warm basalt stones and fragrant herbal stamps ensure deep relaxation. Whether a classic sports massage or a soothing relaxation massage – at the Leithof's Alpin Spa, we offer treatments tailored precisely to your needs. For our baths and massages, we also rely on traditional alpine remedies. Alpine fango, arnica and a bath in hot hay, for example, promote both wellbeing and health.



Massages

Classic massages

→ Full body massage

50 min · 82 euro

→ Partial massage

25 min · 49 euro

Kneading, stroking and rolling movements stimulate circulation in the muscles and revitalise them. The positive effect on the central nervous system creates an immediate sense of wellbeing. Tension in the muscles is released.

Head, neck

& shoulder massage

→ 50 min · 85 euro

A combination of specialised massage techniques, warm basalt stones and effective plant extracts relieves tension in the head, neck and shoulder area.

Back Vital

→ 50 min · 85 euro

An intensive back treatment with highly effective natural ingredients: the individually tailored programme, including massage, cupping and heat application, relieves muscular tension and blockages.

Foot reflex zone massage

→ 45 min · 75 euro

This treatment can positively influence various organs as well as the lymphatic and nervous systems. It improves circulation, reduces stress and releases congestion and blockages. Includes a revitalising herbal foot bath.

Aroma oil massage

→ Full body massage

50 min · 85 euro

→ incl. scalp massage

75 min · 112 euro

This massage is tailored to your individual needs. The modulated massage techniques, combined with your chosen aroma oil, relieve tension and tightness and lead to a state of deep relaxation.

Herbal stamp massage

→ 50 min · 85 euro

The herbal stamp massage is a strengthening and detoxifying treatment. Both the warmth and the herbs have a soothing, cleansing effect on the skin.

Sports massage with arnica oil

→ 45 min · 85 euro

Firm massage techniques combined with arnica oil loosen overworked muscles. Particularly recommended after physical activity.

Abdomen Vital

→ 45 min · 82 euro

This effective body concept strengthens the core and helps to relieve congestion in the abdominal area. Through gentle stimulation of the abdomen, skin tone improves, the core is firmed and abdominal circumference is gently reduced. The solution for your core!

Lymphatic drainage

→ 50 min · 82 euro

→ 25 min · 49 euro

A very gentle and relaxing stroking and pumping massage that stimulates the entire lymphatic system. Swelling and congestion are reduced and the body is detoxified.

Basalt stone massage

→ Full body massage

50 min · 85 euro

→ With face and scalp massage

75 min · 112 euro

Massage with warm basalt stones and high-quality essential oils activates the body's own energy sources and creates a feeling of holistic harmony. A unique experience!

Spa packages**Healthy back**

198 euro

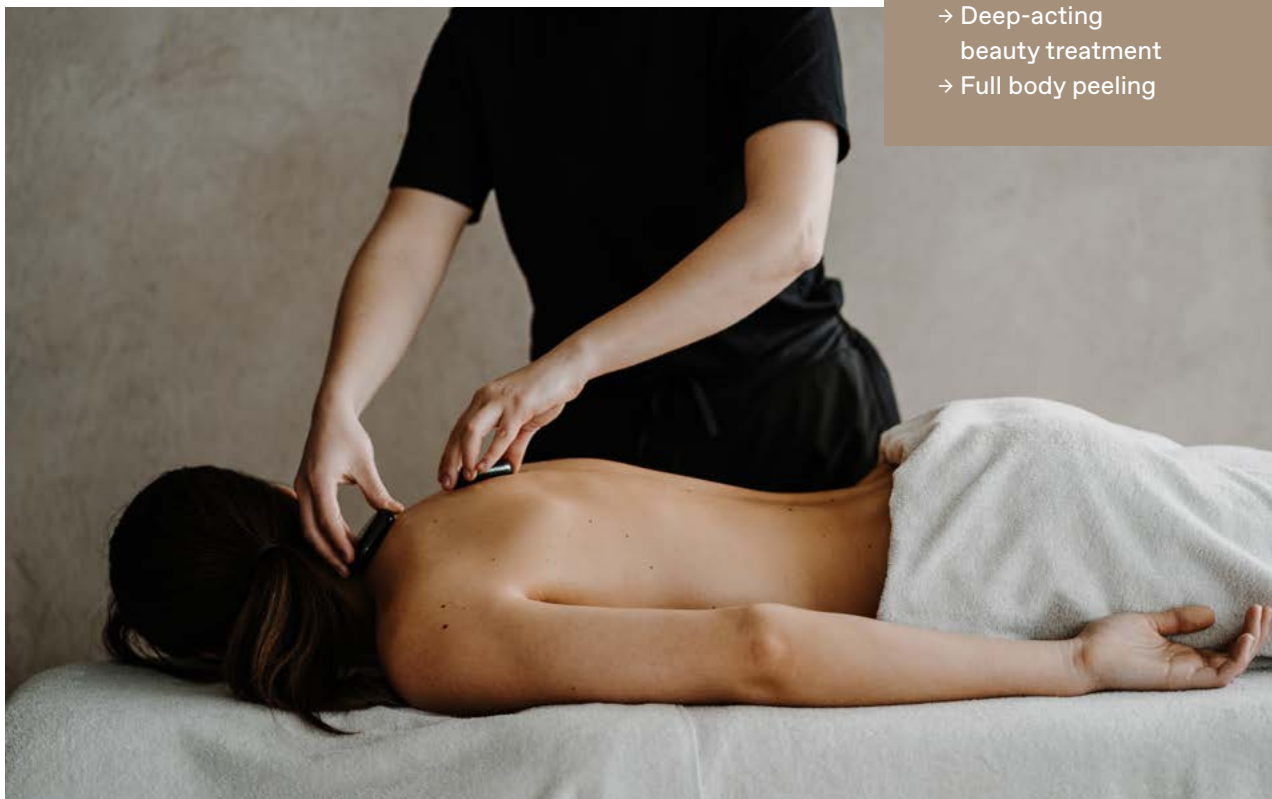
- Foot reflexology massage
- Leg massage
- Back vital

The treatments can be booked flexibly over several days.

Wellbeing package

142 euro

- Deep-acting beauty treatment
- Full body peeling





Shiatsu

Shiatsu

→ 50 min · 85 euro

→ 75 min · 112 euro

Touching the inner self through gentle pressure – that is shiatsu. This treatment is not only a deeply relaxing massage: through acupressure along the energy meridians, as well as stretching and mobilisation exercises, it can also help with inner tension, insomnia, digestive issues, postural problems, headaches and muscular tension. The aim of Shiatsu is to release energetic blockages and restore inner balance.

Shiatsu package with 3 treatments

→ 258 euro

→ Bookable over three days

The Shiatsu package with the following treatments promotes self-awareness, strengthens self-regulation and can activate internal healing processes. The mind enters a state of calm stillness. Emotions settle and the heart becomes quiet and at ease. A journey within yourself.

1. Anpuku treatment

→ 45 min

Hara is the Japanese term for the abdomen. According to Eastern philosophy, it represents the centre of energy in our body – the place where all inner processes take place. Through traditional Japanese techniques applied to

reflex points, this abdominal treatment releases tension and blockages in the abdominal area and helps to restore energetic balance.

2. Shiatsu

→ 75 min

Based on the Anpuku treatment, it is possible to create a follow-up treatment tailored to the guest's specific needs.

3. Yin and yang balance

→ 50 min

This concluding treatment aims to re-harmonise the energies of earth and sky, matter and spirit, rest and movement within us, and consolidates the effects of the previous treatments – for lasting wellbeing.



Water baths & Body wraps

Water baths.

Relaxation in water - baths in the imperial tub are beneficial for both body and mind. A pleasantly warm bath is ideal for letting go of the stresses of the day and replenishing your energy reserves. Enjoy the baths alone or as a couple.

Stone oil bath for hikers and athletes

→ Alone or as a couple
→ 20 min · 49 euro

The stone oil bath is a traditional remedy for overworked muscles and joints. The active substances contained in the oil are known for their soothing and nourishing effects.

Invigorating herbal bath

→ Alone or as a couple
→ 20 min · 49 euro

Pure essential extracts of thyme and peppermint stimulate the metabolism. The ingredients of mountain lavender and sage unfold their regenerating effect on skin and body. All of this is combined in a particularly gentle bath that cleanses and nourishes the skin without drying it out.

Bath with spruce needles and crystal salt

→ Alone or as a couple
→ 20 min · 49 euro

A bath with crystal salt has a regenerating effect on the skin, firms the connective tissue and stimulates cellular metabolism.

The natural, fresh scent of local spruce has a clarifying and uplifting effect.

Alkaline bath

→ Alone or as a couple
→ 20 min · 49 euro

Our alkaline skincare treatment supports faster regeneration after physical activity or stressful days and keeps the skin soft and supple. In addition, the relaxing bath promotes the natural elimination of acids and toxins and strengthens active cellular protection.

Body wraps in the water floating bed.

You lie gently suspended in 38°C warm water that does not come into contact with your skin. The pleasant warmth opens the pores and stimulates micro-circulation. This ensures that the body wrap you choose can deliver its full benefits. The highest level of skincare and relaxation is guaranteed.

Regenerating body wrap

→ 20 min · 49 euro

Regeneration and gentle care for the skin. A special pampering treatment with aloe vera, grapes, sea buckthorn and baobab, which promotes the skin's elasticity and regeneration and leaves it feeling balanced and deeply nourished.

Original South Tyrolean hay bath

→ 20 min · 49 euro

The bath with South Tyrolean mountain hay reduces fatigue and stress. The scent of the hay and the warmth of the bath create a sense of vitality and wellbeing. The hay bath has a detoxifying effect and relieves joint and back pain.

Detox body wrap

→ 20 min · 49 euro

Alpine fango has a distinctive alpine scent and, in combination with natural sediments, supports the detoxification of the body through the skin while having a revitalising and strengthening effect.

Vitalising body wrap for athletes

→ 20 min · 49 euro

Invigorating and activating: arnica and St John's wort stimulate circulation, relax the muscles and revitalise tired joints – ideal for athletes and active guests.

Spa packages

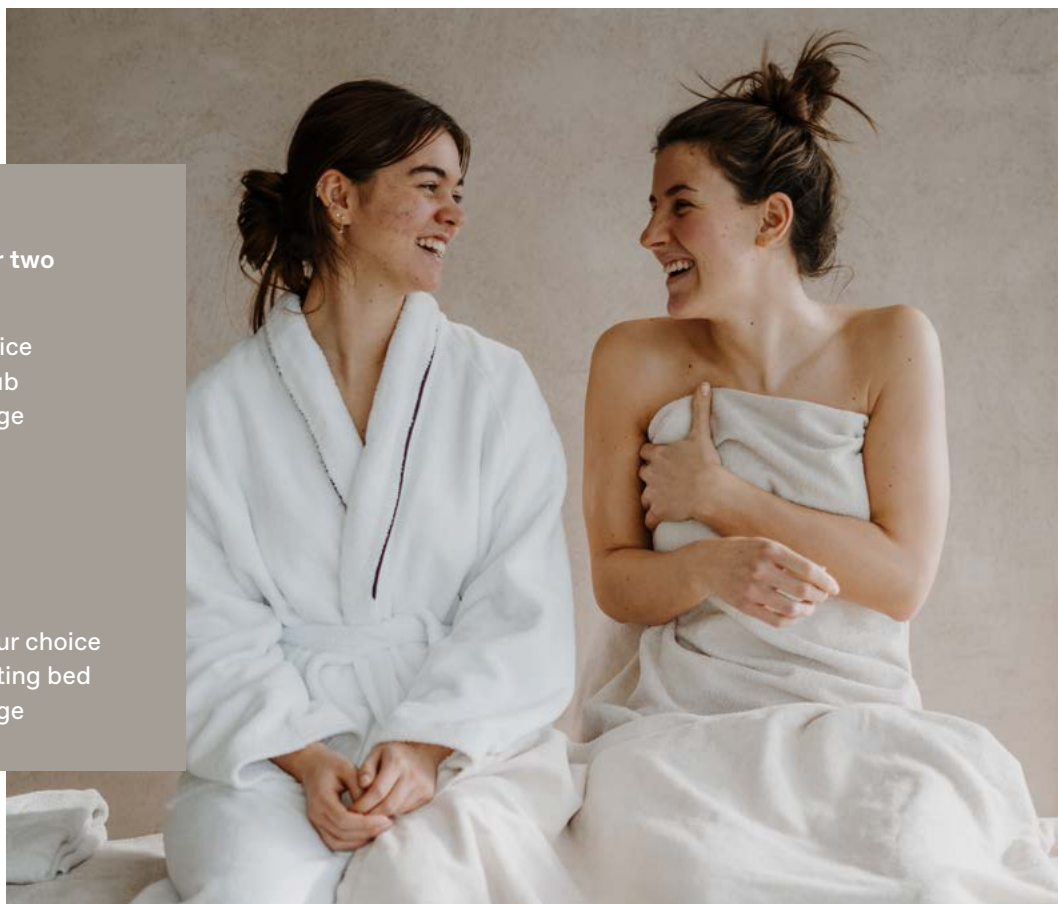
Pure relaxation for two
202 euro

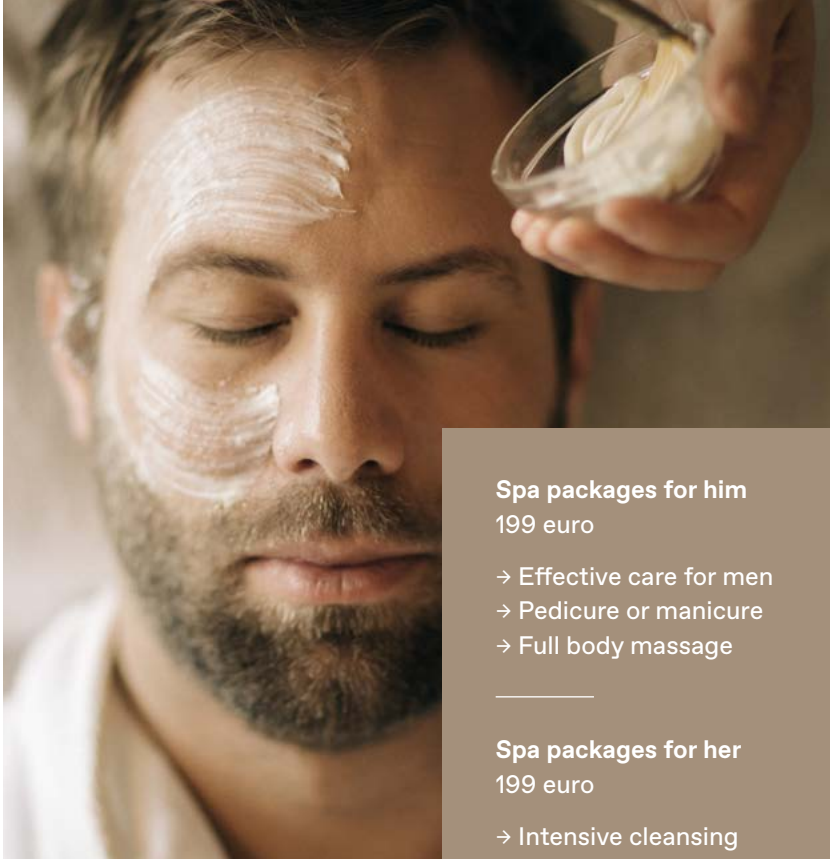
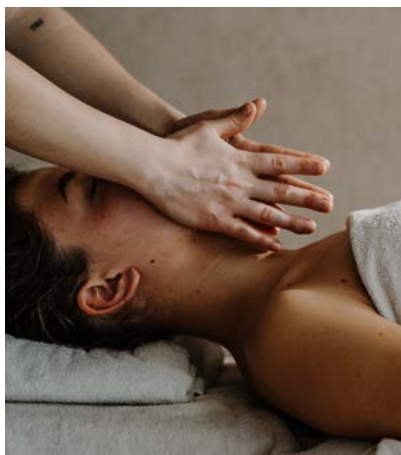
- Bath of your choice in the imperial tub
- Full body massage

Spa packages

Pure relaxation
202 euro

- Body wrap of your choice in the water floating bed
- Full body massage





Spa packages for him 199 euro

- Effective care for men
- Pedicure or manicure
- Full body massage

Spa packages for her 199 euro

- Intensive cleansing facial treatment
- Pedicure or manicure
- Full body massage

Facial care

Facial care for her & him.

Team Dr. Joseph places the highest value on purity, quality and sustainable cultivation. No raw material is too precious and all ingredients are organic-certified and 100% natural. The aim is to maintain and care for the overall feel of the skin, its health and its beauty.

Intensive cleansing facial treatment

→ 50 min · 84 euro

This facial treatment is suitable for all skin types and provides deep cleansing that clarifies the skin without stripping it of mois-

ture or natural oils. Pores are refined, the tissue is detoxified and the skin is ideally prepared for active ingredient care – for a visibly fresh, purified and even complexion.

Deep-acting beauty treatment

→ 75 min · 106 euro

Natural active ingredient care with an immediate effect for a radiant complexion and a healthy, intensively nourished skin. This deep-acting facial treatment with a tailored facial massage is adapted to your skin's individual needs and delivers visible results. Highly effective, natural active ingredient care for healthy, intensively nourished skin.

Express eye lifting treatment

→ 25 min · 49 euro

This express facial treatment with Gua Sha massage provides a visibly firmer eye area and a radiant, fresh complexion in a short time. The skin is strengthened and toned, the elasticity of the eye area is enhanced, while dryness and swelling are reduced. Ideal for fine lines, tiredness and puffiness around the eyes – for a rosy, fresh and visibly firmer appearance.

Intensive treatment with biodynamic lifting

→ 80 min · 135 euro

This facial treatment with biodynamic lifting massage is tailored to your individual skin needs

Cosmetics

and delivers immediately visible results. The deep-acting massage plumps, firms and reduces fine lines. The skin is intensively hydrated – for a full, rosy-fresh complexion.

Lifting & Glow

Facial treatment

→ 50 min · 99 euro

This lifting treatment with Gua Sha massage visibly firms the eye area, refines facial contours and creates a radiant glow. The skin is strengthened, its elasticity improved, and puffiness and dryness are reduced – ideal for fine lines and tired eyes, leaving a fresh and radiant complexion.

Premium ultrasound lifting treatment

→ 75 min · 145 euro

→ 50 min · 99 euro

This facial treatment with ultrasound creates a rejuvenated, flawless appearance. The ultrasound frequencies transport active ingredients into deeper layers of the skin, strengthen it from within and provide immediately visible smoother, firmer skin.

Effective care for men

→ 50 min · 84 euro

Natural high-tech care for men: this facial treatment quickly and effectively creates a clear, purified complexion. An intensive deep cleanse refines the pores and visibly improves the skin – for a feeling of freshness and a well-groomed appearance.

Eyes

- Eyelash tinting
21 euro
 - Eyebrow colouring
16 euro
 - Eyebrow shaping
16 euro
-

Hair removal

- Full leg
43 euro
- Leg to knee
28 euro
- Bikini line
20 euro
- Back
25 euro
- Arms
25 euro
- Underarms
18 euro
- Upper lip
11 euro

Pedicure

- classic 53 euro
- with nail polish 62 euro
- with permanent nail polish
72 euro

Refreshing foot bath, classic pedicure and finishing moisturising massage.

Spa pedicure for soft, beautiful feet

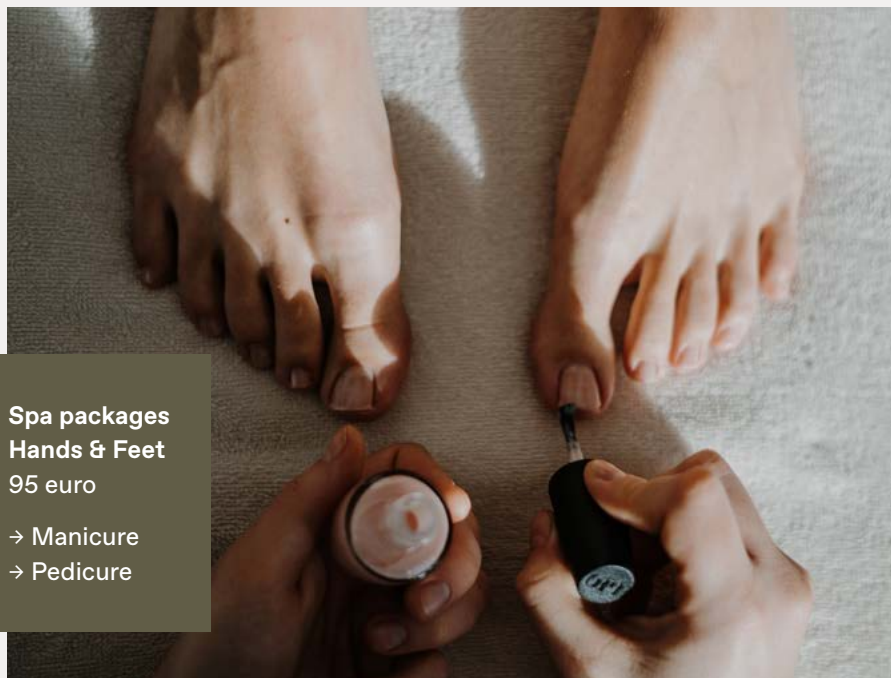
→ 80 min · 84 euro

An ideal care programme for dry and cracked feet: with peeling, foot care, mask and massage.

Manicure

- classic 47 euro
- with nail polish 56 euro
- with permanent nail polish
66 euro

Classic manicure with nourishing moisturising massage.



Spa packages Hands & Feet 95 euro

- Manicure
- Pedicure

Detox Treatments

Detox for body & skin.

Our wide range of detox treatments covers a variety of needs and preferences: whether detoxification, improving skin health or strengthening the immune system. These treatments actively support the body's overall health and leave you feeling fully revitalised.

Full body peeling

→ 20 min · 44 euro

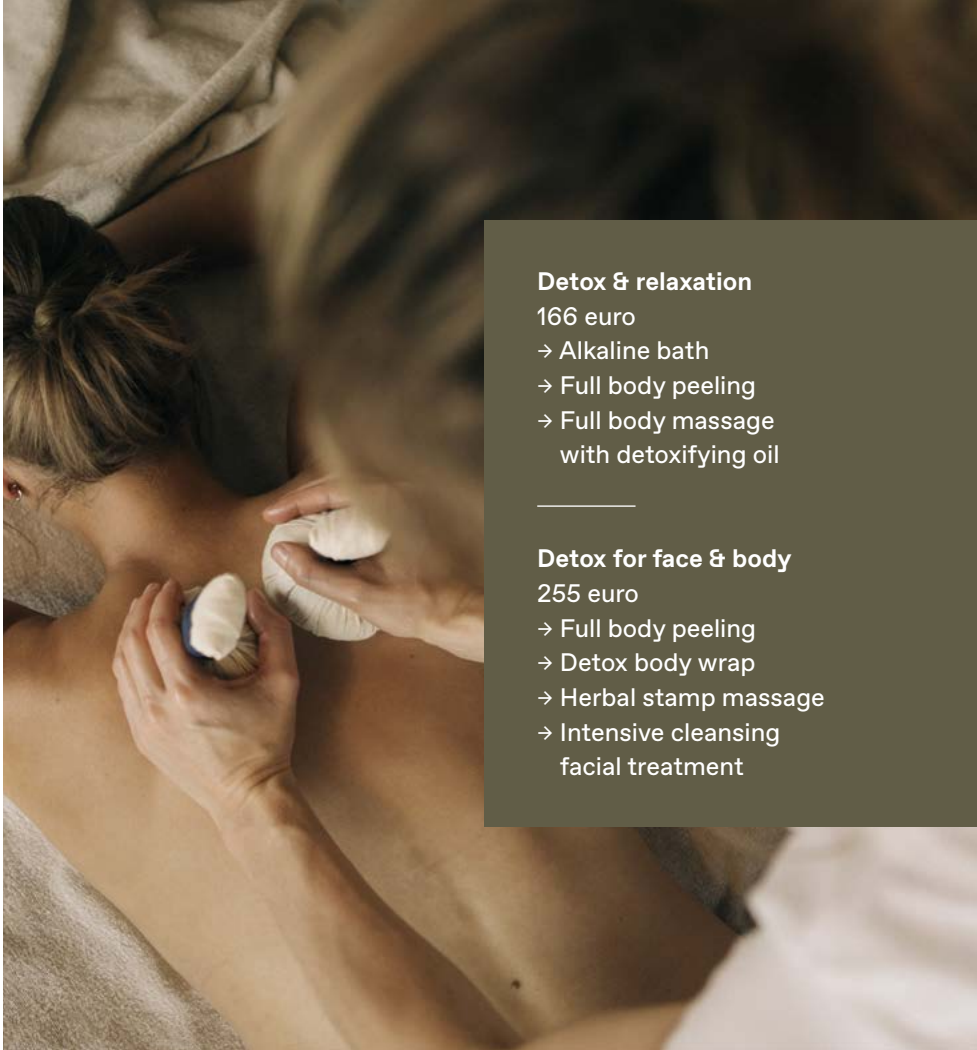
A body peeling is a deep and intensive cleansing of the skin. It removes dead skin cells and leaves the skin feeling soft and smooth. Subsequent products or wraps can penetrate deeper layers of the skin and develop their full effect there. Peeling tailored to your skin type.

Alkaline bath

→ Alone or as a couple

→ 20 min · 49 euro

Our alkaline skincare treatment supports regeneration after sport or demanding days and keeps the skin soft and supple. The relaxing bath encourages the body's natural elimination of acids and toxins and strengthens cellular protection.



Detox & relaxation

166 euro

→ Alkaline bath

→ Full body peeling

→ Full body massage with detoxifying oil

Detox for face & body

255 euro

→ Full body peeling

→ Detox body wrap

→ Herbal stamp massage

→ Intensive cleansing facial treatment

Lymphatic drainage

→ 50 min · 82 euro

→ 25 min · 49 euro

A very gentle and relaxing stroking and pumping massage that stimulates the entire lymphatic system. Swelling and congestion are reduced and the body is detoxified.

Detox body wrap in the water floating bed

→ 20 min · 49 euro

Alpine fango has a distinctive alpine scent and, in combination with natural sediments, supports the detoxification of the body through the skin while having a revitalising and strengthening effect.

Herbal stamp massage

50 min · 92 euro

The herbal stamp massage is a strengthening and detoxifying treatment. Both the warmth and the herbs have a soothing and cleansing effect on the skin.

Abdomen Vital

45 min · 82 euro

This effective body concept firms the core and relieves congestion in the abdominal area. Gentle stimulation improves skin tone, tightens the core and reduces abdominal circumference – an ideal solution for the body's centre.

Wellness for two

Treat yourself to one of our rituals for couples, friends or anyone who enjoys spending time together.

Alpine moments of wellbeing

→ 115 min · 342 euro

A body peeling with hay flowers and apricot kernels cleanses the skin and leaves it soft and velvety. The herbal bath supports regeneration and revitalises body and mind. Its invigorating ingredients prepare the body perfectly for the subsequent full body massage, including face and scalp.

Romantic time out

→ 75 min · 217 euro

A fragrant flower bath sets the mood for the aroma oil massage. The pleasant warmth of the water releases inner tension and stimulates circulation, while the massage relaxes the muscles and creates a lasting sense of wellbeing. A refreshment and sweet treat round off the experience.

Wellness for expectant mothers

Wellness during pregnancy is the perfect way to enjoy this special time and to gather calm and strength for the birth.

Facial treatment

by Team Dr. Joseph

→ 50 min · 84 euro

Facial treatment using the natural cosmetics line by Team Dr. Joseph for a holistic skin experience.

Prenatal massage

→ 40 min · 72 euro

Gentle and soothing massage for expectant mothers. Promotes relaxation and calms both mother and child.

Pedicure

→ 53 euro

Refreshing foot bath, classic pedicure and finishing moisturising massage.

Manicure

→ 47 euro

Classic manicure with nourishing moisturising massage.

Wellness for younger guests

For children & teenagers
up to 18 years

Mini facial cleansing

→ 45 min · 72 euro

Gently and carefully cleanses – tailored to the needs of young skin. With peeling, a relaxing massage and a cleansing face mask.

Mini pedicure with nail polish

→ 30 min · 37 euro

Mini manicure with nail polish

→ 30 min · 37 euro

Teen massage

→ up to 18 years

→ 40 min · 72 euro

Relaxation massage for our younger guests.

Kids massage

→ up to 12 years

→ 25 min · 44 euro

Gentle and soothing massage techniques using mild products for delicate skin.



Leithhof's signature deluxe

**Wellness ritual with peeling,
body wrap & massage**

→ With a full body massage

100 min · 159 euro

→ With a partial massage

75 min · 131 euro

This body treatment includes a honey-sugar full body peeling mixed especially for you with grape seed oil, a soothing massage with calming essential oils and an alpine regeneration body wrap with nourishing and balancing effects.


The peeling removes dead skin cells.

The subsequent aroma oil massage provides mental and physical relaxation, while the final body wrap – rich in natural extracts of rosemary, mint and sage – leaves the whole body feeling fresh and energised.



**Natural cosmetics for home
TEAM D^r JOSEPH**

At Team Dr. Joseph, skincare is more than a short-term beauty routine. It is understood as a conscious contribution to long-term skin health and wellbeing. The formulations of this natural cosmetics brand are designed to strengthen skin functions, prevent signs of ageing and sustainably promote the skin's vitality. The products are available at the Alpin Spa. For healthy, radiant skin – even beyond your stay at the Leithhof.



“The perfect journey is circular.
The joy of leaving, the joy of returning.”

Dino Basili

View from the Dreischusterhütte mountain hut towards the peak

10 good reasons to visit the Leithof

01

Lived sustainability

Nature conservation and sustainability have long been firmly embedded in our company philosophy. That is why we have our own hotel heating and power plant, enabling us to run the Leithof largely climate-neutral with thermal energy and green electricity.

02

Our own farm for fresh vegetables and herbs

For us, sustainability also means using as many regional products as possible. That is why we run our own farm, where we grow vegetables and rely primarily on local producers for all our food.

03

Meat from our own cattle breeding

At the Mühlhof, we breed our own Angus cattle. The animals spend the summer on the alpine pastures and the winter at the Mühlhof. Their meat is processed at the Leithof.

04

Nestled in the Dolomites

Watching over us is one of the most impressive mountain ranges in the world: the Dolomites with their rugged forms and distinctive beauty. Enjoy the panoramic views right from the Leithof.

05

Mediterranean feeling

The combination of mountains and forest, of alpine flair and Mediterranean influence, makes South Tyrol truly exceptional. This becomes especially clear during a stroll through San Candido, with its many cafés and shops: experience this unique atmosphere.

06

Gourmet delights

Our cuisine is shaped by the region and by nature: head chef Markus Auer and his team conjure up fresh, healthy and above all delicious dishes from the finest, predominantly regional ingredients.

07

A spa shaped by nature

Swimming lengths with a view of the imposing local mountain Monte Baranci, a relaxation room from which you can count the peaks, sauna sessions with herbal infusions and, of course, nourishing cosmetic treatments: our spa also draws on the power of nature.

08

Mountain and swimming holidays in summer

San Candido and its surroundings can be explored in an active way when summer arrives. We are happy to recommend hikes, as well as cycling tours off the beaten track that lead to our favourite spots. As a reward, a refreshing dip in the pool awaits.

09

A varied winter holiday

Skiing in areas that are still something of a hidden gem, ski touring in untouched nature, cross-country skiing in glorious solitude: the Leithof is an ideal base for winter sports enthusiasts.

10

An atmosphere to feel at ease

Thoughtful architecture, plenty of light and nature in every room: the rooms at the Leithof combine refined luxury and comfort. Added to this is the delicate scent of Swiss pine, which welcomes every new arrival and fills the entire house.