

Kientalerhof

We touch life



Seminar- & Guesthouse

In the mountains that give us a sense of the creative forces of nature.





At the foot of Bluemlisalp mountain in Kiental with its powerful energy, a marvelous mountain and hiking area awaits you. Within this beautiful landscape we offer ideal conditions for your holidays, for one of our wellbeing packages, if you want to participate in our seminars or if you want to offer your own retreat here.

Food and lodging

Our natural cooking is unique, enjoyable, creative and versatile, a delight for the senses - and thus nutritious on different levels! Naturally we prefer to use regional and seasonal products and groceries.



There are 31 hotel rooms in the main house of Kientalerhof (single-, double/ twin- and dormitory rooms with or without private bathroom). The rooms are designed in a simple and unobtrusive way in order to create a feeling of well-being. We consciously abstain from tv and radio devices.



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 electromagnetic radiation.

Relax and recreate

Start your day with an exercise that makes you feel balanced and refreshed - from Tuesday to Sunday all guests are invited to join the silent meditation 6.30-7.00 am and the Qi Gong class 07.00- 08.00 a.m.

For your personal time of retreat, the “room of silence” is open to our guests all day and night in Chiene-Huus. The lounge invites you to spend time, read a book, listen to the sounds of the river “Chiene”. There is fresh spring water and one choice of tea at your disposal throughout the day.

Enchanting spots in the garden area allure you to open your senses and just BE. You can book a variety of body treatment sessions, ideally ahead of your stay, but also directly at the reception.

Ayurveda holidays

We offer Ayurveda holidays 4 – 6 times a year. Please check with your health insurance (additional contract for alternative healing) if they would cover some of the costs.



Kientalerhof – a pioneer in bodywork

Since 30 years our students and seminar participants value the first class quality, the open and inquisitive mindedness and the authentic human interaction on our campus for bodywork, consciousness and musical inspiration.

Find the right basic or advanced training or an inspiring workshop for you in our extensive course calendar on our website.

Rent a seminar room

No matter if you host a seminar, a dance or music workshop, movement work or meditation, if you are looking for a place for your creative business retreat or business training, away from your daily work routine – Kientalerhof is the ideal place for it. Our international team welcomes you and runs the place with a lot of love and care.

Altogether there are 8 different seminar rooms in the 100-year old main house and the newly built Chiene-Huus, as well as the nearby nature farm and schoolhouse:



Dojo	195 m2	up to 150 people
Tilia	60 m2	up to 30 ppl
Oak	58 m2	up to 30 ppl
Lotus	45 m2	up to 15 ppl
Amber	117 m2	up to 100 ppl
Glina	58 m2	up to 30 ppl
Schulhaus	106 m2	up to 90 ppl
Naturhof	70 m2	up to 33 ppl

Also, 3 fully equipped treatment rooms can be rented upon request.

We are committed to offering an excellent service to you and are happy to support you as best as we can.

For larger groups it is possible to rent additional rooms and holiday apartments in the village or use the camping ground at the end of the village.





Nature reserve

Primitive, striking limestone mountains, pristine landscapes and a river that is allowed to run wild. For some, Kiental is a beautiful, varied nature reserve with its numerous hiking and adventure paths – for others it is a magical power place which makes you feel that you're alive.

Outdoor activities

In the summer:
hiking, walking, jogging, biking...

In the winter:
long coasting slide, natural ice skating area, skiing, snow shoeing...

In the village:
hairlift and ski lift up to 1350 m.
For more information:
Verkehrsverein Kiental – www.kiental.ch



Travel directions

By public transport:
(bus stop right next to Kientalerhof)

–
Direct train connections to Spiez from Milano, Bern, Basel, Zurich, Berlin and Hamburg.

–
Good connections to airports in Zurich, Geneva, Basel and Bern.

–
You can reach Kiental travelling from Spiez within 35 minutes, taking the train and bus (Postauto).

With the car:

–
Highway from Bern, Geneva, Basel, Zurich or Lucerne to Spiez

–
From Spiez it takes 20 minutes to Kiental by car.

