

FORESTIS

At the YERA forest restaurant, South Tyrolean Chef Roland Lamprecht is celebrating his forest cuisine in an extraordinary way

With their idea for a restaurant in the mountains, Teresa and Stefan Hinteregger are once again setting high standards

Palmschoß/South Tyrol -- The [Hideaway FORESTIS](#), located at 1,800 metres above sea level and close to the bishopric town of Brixen, has been one of the most exclusive hideaways in South Tyrol since it opened. Sheltered by dense mountain forests, far beyond the diverse sensory impressions of the valley, a landscape opens that is shaped by the rich natural surroundings. Clear water, pure air, many hours of sunshine and a pleasant climate dominate this place, which follows the rhythm of nature with natural serenity.

The decision of the owners, Teresa and Stefan Hinteregger, to think only of themselves and not of their guests when planning the FORESTIS has proven to be the right one, because it is the authenticity that inspires guests from all over the world and keeps them coming back. Here, history and the present are harmoniously combined, which is reflected in architecture and design. Next to the listed Alpine Art Nouveau building from 1912, three towers rise, emulating the shape of tree trunks and not towering above the treetops of the forest. The interior design is characterised by light natural colours, local fabrics and woods. Nothing distracts from the spectacle of nature, the majestic Geisler peaks and the UNESCO World Heritage Site of the Dolomites.

Celts shaped the village

The Celts, who settled here over 3,000 years ago, practised alpine farming and trade, but above all, nature was their teacher. Teresa Hinteregger and her team have researched these teachings and brought them to life at FORESTIS. Nature, the forest and the teachings of the Celts are reflected in the spa concept and in the FORESTIS tree circle. Executive Chef Roland Lamprecht celebrates natural cuisine, which he likes to refer to as his »forest cuisine«, as many of the ingredients come from the forest surrounding FORESTIS and are processed, dried and preserved in summer and after the harvest so that the local ingredients and flavours can also be enjoyed in winter. »We use the time from spring to autumn to fill our pantries, basically like I did at home when I was a little boy. We collect berries, nuts, mushrooms, herbs and needles from spruce, pine, larch and mountain pine trees – everything that nature and the forest have to offer – and then we process everything using various techniques so that we can enjoy the harvest even in the dark months of the year.«

YERA – A restaurant that delves deep into the silence of nature

On 21 June 2025, Roland Lamprecht began a new chapter in his life as a chef. »With [YERA](#), we are taking forest cuisine to the next level.« To enjoy the intense flavours and ingredients of the forest, Teresa and Stefan Hinteregger have created a new restaurant. It is in the forest, built into the mountain, a cave that cannot be seen from the outside – a tribute to traditional craftsmanship and earlier methods of building caves that offered protection and security. Its name, YERA, is symbolic of forest cuisine and meant ‘harvest’ in the language of the Rhaetian Celts. YERA was the most important time of the year thousands of years ago. After months of hard work, the riches of nature could be harvested.

Behind the listed FORESTIS house, a small path leads up the mountain to YERA. The heavy door opens slowly, revealing a place that promises a sensory experience.

The architectural design is inspired by the surrounding nature. The characteristic red earth of the Peiterkofel, a mountain with two peaks opposite, is particularly striking. This special earth not only forms the floor, but also the walls of the cave, making the architectural experience even more authentic. The roof's substructure is made of wood and its shape is reminiscent of an upturned ship's hull. At the centre is an ancient principle: people gather in a circle around the fire, focusing their attention entirely on themselves, their companions and the enjoyment. There are no distractions here. The focus is on the moment, on the food, on the taste, on the silence, on being together. It is a sensory experience, the ceremony in the forest, the architecture and the cuisine, everything that takes people back to their roots.

Seasonal dishes that do not conform to the classic menu sequence

According to the knowledge and traditions of our ancestors, YERA means harvest, the return of the seasons, the end and beginning of the annual cycle are considered harvest and sowing, the snow melts and the water and sun allow the first plants to grow again. At YERA, there is a central fireplace around which people from different cultures gather to enjoy the harvest of the year together. At the central fire pit and four altars arranged around it, Roland Lamprecht and his team cook and serve seasonal dishes throughout the evening, which are not based on a classic menu. »We harvest what surrounds us and create a variety of new combinations. The mixture of different local forest herbs and natural products from the surrounding regions provides a new form of flavour,« explains Roland Lamprecht. The dishes consist of many special compositions, and the drinks are part of the respective dish and are served with low alcohol content. Alcohol is only present in naturally fermented form, and the drinks never have an alcohol content higher than 5%. Each drink is homemade and complements the dish.

Preserving origins and traditions

For Roland Lamprecht, it is important that his style of cooking preserves traditions and culture and that the craft of cooking in all its facets is preserved for future generations. »We do nothing different from our ancestors. We use traditional techniques, we ferment, salt, dry, smoke and work with low temperatures and infusions. We use old techniques in a modern way. We source our ingredients from the regions of the main Alpine ridge.« Ingredients from the local forest include various tree species, birch water, spruce shoots, various wild berries, nettles, wild liquorice, tree beard, mushrooms, coltsfoot, ground elder and various types of cress as blood-purifying ingredients.

There is no standard cutlery; small wooden sticks are provided for spearing the food, and sometimes guests even eat with their hands. Tree trunks serve as tables, and Teresa Hinteregger had the tableware specially designed and made.

Roland Lamprecht wants to interact with the guests. »We prepare the food in front of the guests. We look forward to new encounters in what is probably the most extraordinary restaurant in the world.«

YERA can seat 18 guests and is open from Tuesday to Saturday. Dinner starts at 6.30 p.m. and lasts until around 10.30 p.m. Reservations can also be made for guests who are not staying at FORESTIS.

Telephone: +39-0472521008

Email: reservation@yera.it

Price: €650.00 per person

Homepage: <https://yera.it/yera-de>

Children from the age of 14

About Roland Lamprecht

Born in Brixen, Roland Lamprecht has been cooking his way into the hearts of guests since FORESTIS opened. He describes his cuisine as »forest cuisine,« which is hardly surprising given that he showed an interest in cooking from an early age. The forest was his playground, and with his mother he discovered mushrooms, berries, herbs, nuts, flowers – simply everything the forest had to offer. He stood at the stove with her, preparing spruce honey for the winter or marinating game with forest fruits. His final thesis as a chef was therefore on the mountain pine native to South Tyrol and its use in cooking.

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Nature and local farmers provide the ingredients, which are then perfected in the FORESTIS kitchen with respect for time-honoured traditions and the creativity of modern cuisine. The FORESTIS kitchen philosophy always follows the principles of diversity, naturalness and authenticity. »Healthy food is a way of life. It has nothing to do with deprivation,« says Executive Chef Roland Lamprecht.

From 21 June 2025, Roland Lamprecht will take his forest cuisine to the next level at YERA. After training as a chef, Roland Lamprecht was drawn to the world of top chefs at the Tantris restaurant in Munich, the Schwarzwaldstube in Baiersbronn and the Hotel Bad Schörgau in South Tyrol.

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