

## TENTATIVE ITINERARY

### DAY 1 (SATURDAY)

Flight USA – Germany (IAD-FRA or similar)

### DAY 2 (SUNDAY)

Transfer by bus from Frankfurt Airport, with an English-speaking tour guide. Arrival at hotel in the city of Bad Mergentheim in early afternoon (traveling time approx. two hours). The rest of the day time to get over the jetlag: sleeping, relaxing, going for a walk in the Spa Gardens.

### DAY 3 (MONDAY)

Nordic Walking in the Spa and Palace Gardens, accompanied by an English-speaking coach. Presentation: Martin Luther – Reformer and Revolutionary Between 10:00 am -1:30 pm you will enjoy wellness applications in the wellness section of the hotel. After-lunch-activity: Tour of Bad Mergentheim: historic center and the Castle of the Teutonic Knights (*Time TBD, English-speaking tour guide*)

Several options in the evening: Shopping, Going to a coffee house, or visiting the Spa Concert

### DAY 4 (TUESDAY)

Aquatic fitness, a type of dynamic water gymnastics, in the hotel swimming pool. After-breakfast-lecture: “Moving is Living” by the sport therapist After-lunch-activity: You will embark on a bike ride along the Romantic Road and the Lovely Tauber Valley to the town of Weikersheim (about 10 miles, one way). Weikersheim has an historic center and a renowned renaissance castle with baroque era gardens, which you will visit. Afterwards you can relax with a cappuccino or ice cream at the historic market, before you bike the same way back (You can also take a train back – accompanied by an English-speaking guide).

### DAY 5 (WEDNESDAY)

Nordic walking.

After-breakfast-activity: Historical movie about Martin Luther Wellness applications in the wellness section of the hotel.

After-lunch-activity: Bus tour to the city of Rothenburg on the Tauber (approx. one hour bus ride): guided tour of this famous town - experience the authentic middle ages, explore the old town, visit St. Jacob’s church with the famous Duerer Altar, and the all year Christmas Market of Kaethe Wohlfahrt (English-speaking guide).



Wittenburg

### DAY 6 (THURSDAY)

After-breakfast-activity: Daytrip to city of Heidelberg, the very symbol of German Romanticism and home of Germany’s oldest university, where Martin Luther held one of his earliest disputes with church leaders. You will visit the historic old city and Heidelberg Castle with an English-speaking guide.

Lunch break.

After-lunch-activity: Boat tour on the Neckar River.

### DAY 7 (FRIDAY)

Aquatic fitness

After-breakfast-lecture: “Attentiveness and Self-efficacy: What keeps us healthy and what makes us sick?” by an English-speaking physician/psychologist.

Wellness applications in the wellness section of the hotel.

After-lunch-activity: Hiking. Whoever feels fit enough can take a one hour, slightly ascending, walk to a local mountain top and enjoy the aerial view from there (Spessart View). Option: Take a bus to the Spessart View.

Afterwards, take a wine and nature trail to the vine village Markelsheim. Wine tasting (five different types of wine) in the local vineyards and a typical Franconian late afternoon meal.

### DAY 8 (SATURDAY)

Bus ride to the State of Thuringia, where we will stay for the weekend.

Enjoy a guided tour of Wartburg Castle, where Luther translated the Bible. We will also visit the Luther and Bach Memorials and the Luther House. You will stay at a hotel in the town of Schmalkalden and enjoy an evening in it’s romantic old town.



Wartburg Castle

### DAY 9 (SUNDAY)

Morning walk on the historic “Martin Luther Trail”.

Afterwards attend an original Lutheran Service in Schmalkalden (with an English translation of the sermon).

After-lunch activity: Enjoy a sightseeing tour of Erfurt, also known as the “Thuringian Rome” for its architectural beauty. Visit the Augustine Monastery, where Luther lived as a monk, and St. Mary’s Cathedral, where Luther was ordained as a priest.

### DAY 10 (MONDAY)

After breakfast a bus will bring you back to the airport in Frankfurt. This trip will NOT be accompanied by a tour guide.

## WELLNESS IN

# Germany

A 10-DAY MARTIN LUTHER  
SPIRITUAL WELLNESS VACATION

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# WELLNESS IN

# Germany

ACCOMMODATIONS & MEALS

- » Bus transfers from and to Frankfurt airport and transfer from Bad Mergentheim to Schmalkalden
- » Bus transfer for day trips
- » Six (6) nights in the Premier Park Hotel Bad Mergentheim (balcony, radio, TV, minibar, telephone, free internet access)
- » Complete access to fitness center, indoor swimming pool and sauna in Bad Mergentheim
- » Eight (8) breakfast buffets
- » Four (4) lunches (*lunch is not included on day-trips to Heidelberg, Eisenach & Erfurt*)
- » Five (5) Four-course dinners or dinner buffets
- » Spa tax

Cost per person: *to be determined.*



Premier Park Hotel



Premier Park Hotel

WELLNESS & BEAUTY

- » Two (2) Nordic walking sessions, walking sticks included
- » Two (2) Aquatic Fitness lessons
- » Two (2) Medical Back Massages and Warm Beeswax applications
- » One (1) Acupressure and Fango application
- » One (1) Herbal Footbath
- » One (1) Hot Stone Back Massage
- » One (1) Facial Massage



Wittenburg

SIGHTSEEING & ACTIVITIES

- » Two (2) After-breakfast Lectures
- » Guided tour of Bad Mergentheim City and Castle
- » Day trip to Rothenburg ob der Tauber with guided city tour
- » Guided biking tour to Weikersheim including a visit of the Weikersheim Castle and baroque era gardens
- » Guided hiking tour to the village of Markelsheim with wine tasting and late afternoon meal
- » Daytrip to Heidelberg with guided city tour
- » Boat trip on the Neckar river
- » Guided tours of Eisenach, Erfurt and the Wartburg.
- » English-speaking tour guides after arrival at Frankfurt Airport



Bad Mergentheim