

## TENTATIVE ITINERARY

### DAY 1

Flight USA – Germany (Saturday)

### DAY 2

Transfer by bus from Frankfurt Airport, with English-speaking tour guide. Arrival at hotel in the city of Bad Mergentheim in early afternoon.

The rest of the day you have time to get over the jetlag: sleeping, relaxing, going for a walk in the Spa Gardens.



### DAY 3

Nordic Walking in the Spa and Palace Gardens, accompanied by an English-speaking coach. Between 10:00 am and 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. Several options in the evening: Shopping, Going to a coffee house, or visiting the Spa Concert.

### DAY 4

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 may also take a train back, accompanied by an English-speaking guide).

### DAY 5

Nordic walking.

After-breakfast-activity: 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): English-speaking guided tour of this famous town - experience the authentic middle ages, explore the old town and visit places like the all year Christmas Market of Kaethe Wohlfahrt.

### DAY 6

Aquatic fitness.

After-breakfast-lecture: “Attentiveness and Self-efficacy:

What keeps us healthy and what makes us sick?” by an English-speaking physician / psychologist.

After-lunch-activity: Enjoy a relaxing afternoon at the “Beauty Farm” of the hotel.

### DAY 7

Nordic walking.

After-breakfast-activity: 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 wine village of Markelsheim. wine tasting five different types of wine in the local vineyards and a typical Franconian late afternoon meal.

### DAY 8

After-breakfast activity: Trip to city of Wuerzburg, city tour with an English-speaking guide. You will visit the imperial residence (a world cultural heritage) and have lunch in the restaurant of the residence (not included).

After-lunch-activity: Wertheim village, a famous shopping outlet mall. On the trip back to the hotel we will stop at the Abbey of the Cistercian Monastery Bronnbach (outside viewing only).

### DAY 9

After-breakfast-activity: Daytrip to city of Heidelberg. Visit the historic old city and Heidelberg Castle with an English-speaking guide.

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

### DAY 10

Nordic walking.

After-breakfast-activity: Wellness applications in the wellness section of the hotel.

After-lunch-activity: Experience nature. Visit a wild life park in the vicinity of Bad Mergentheim and go on a guided tour. At the park, observe the largest wolf pack of Europe. After a three hour stay the bus will bring you back to the hotel.



### DAY 11

Aquatic fitness

After-Breakfast-lecture: “Eat Heart-healthy for a Long Life!”

### DAY 12

An afternoon to yourself for last minute shopping, packing. A bus will bring you to the Frankfurt airport.

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# WELLNESS IN *Germany*

## ACCOMMODATIONS & MEALS

- » Bus transfers from Frankfurt airport and back
- » Bus transfer for day trips
- » Ten (10) 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
- » Ten (10) Fitness breakfast buffets
- » Seven (7) lunches (*lunch is not included on day-trips to Wuerzburg and Heidelberg*)
- » Nine (9) Four-course dinners or dinner buffets
- » Spa tax

Cost per person: \$2,699.00, based on double occupancy (\$220 additional for single occupancy) and not including flights to/from Frankfurt.



## WELLNESS & BEAUTY

- » Four (4) Nordic walking sessions, walking sticks included
- » Three (3) 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



## SIGHTSEEING & ACTIVITIES



- » Three (3) 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
- » Day trip to Wuerzburg with guided city tour including a visit of the imperial palace, followed by a trip to the Wertheim Village outlet shopping center and a visit to the Bronnbach Monastery
- » Daytrip to Heidelberg with guided city tour
- » Boat trip on the Neckar river
- » Bus trip to and guided tour of the wild life park Bad Mergentheim, including feeding of the animals
- » English-speaking tour guides after arrival at Frankfurt Airport

