

MASSAGE THERAPY

Our certified massage therapists blend a variety of soothing strokes to manually manipulate sore muscles, creating a calming and therapeutic experience. Your therapist can customize your hour-long session to take care of your needs, whether it is specific muscle groups or a full body massage.

Choose among our luxurious massage programs to best soothe your aching muscles. Our fully certified staff of male and female therapists look forward to offering you a relaxing treatment.

Swedish Massage

This classic full body massage reduces stress, improves blood flow, soothes sore muscles and improves skin tone.

1 hour - \$65

Swedish Massage with Heated Stones

Polished basalt river stones are heated and incorporated into a Swedish Massage. This treatment focuses on problem spots, releasing tension and toxins from the body. The central nervous system slows inducing a state of deep relaxation.

1 hour - \$70

Sports Massage

Appropriate before or after exercise or adventure activities. This treatment increases circulation, helps prevent possible injury, and speeds up recovery of the specific muscle groups used.

Therapeutic Essential Oil Wrap

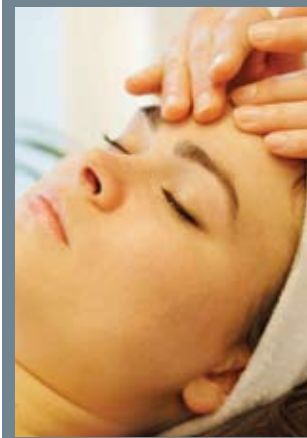
This treatment begins with a gentle full-body exfoliation followed by a blend of therapeutic essential oils massaged into the skin. To finish, a warm cocooning wrap and scalp massage will have you drifting off to somewhere else. Not recommended for our expecting guests.

50 minutes - \$60

Sea Salt Glow

This full body treatment eliminates surface impurities and flaky skin. Dead Sea Salt is applied with light massage strokes to exfoliate and stimulate the skin. This treatment is followed by a light application of moisturizing body butter. Your skin is left smooth, soft and hydrated.

50 minutes - \$60



European Facial

Tailored to your skin type, this facial features a thorough cleansing, exfoliation, steam, tone, face and neck massage, finished with an organic mask and moisturizer.

1 hour - \$75

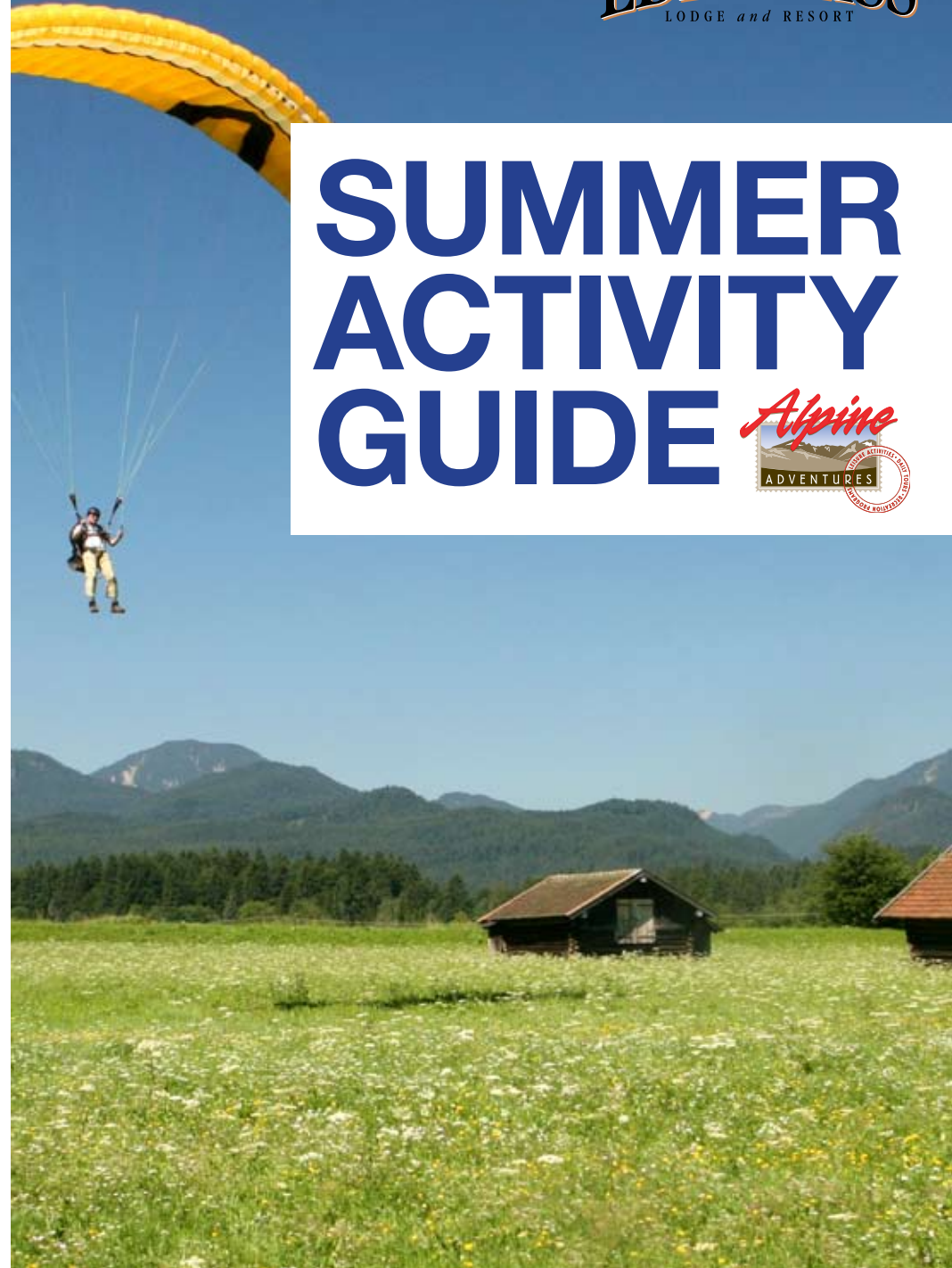
Mud Foot Wrap

Treat your tired traveling feet. A warm soak, scrub, mud wrap and foot reflex massage will help your calves and feet feel refreshed and revitalized. This foot massage cleanses and detoxifies the skin with a cool coating of black Baltic mud. Your feet will feel relaxed and invigorated. Not recommended for our expecting guests.

50 minutes - \$60



SUMMER ACTIVITY GUIDE



For complete massage treatment information and reservations, please visit [THE POINT](#)

BIKE RENTAL

Cruise the countryside on a bike. Bike rentals are available seven days a week.

Visit [the POINT](#) for more details.





Summer Tour Schedule: 01 May 2009 - 31 October 2009

DAY	TOUR	PRICE: Adult / Child		PASSPORT	TIME
MONDAY	Three Country Tour	\$57	\$39	YES	0700 - 2000
	Neuschwanstein Castle	\$41	\$31	YES	0830 - 1700
TUESDAY	BMW World/Soccer Stadium	\$35	\$25	NO	0800 - 1600
	Innsbruck & Crystal World	\$41	\$31	NO	0830 - 1700
	Bavarian Brotzeit/Ettal Monastery	\$25	\$20	NO	1130 - 1600
WEDNESDAY	Berchtesgaden & Eagle's Nest	\$57	\$39	NO	0700 - 2000
	Dachau Concentration Camp	\$35	\$25	NO	0830 - 1700
THURSDAY	Bolzano & Vipiteno, Italy	\$57	\$39	YES	0700 - 2000
	Neuschwanstein Castle	\$41	\$31	YES	0830 - 1700
FRIDAY	Three Country Tour	\$57	\$39	YES	0700 - 2000
	Crown Jewels of Munich City	\$39	\$29	NO	0830 - 1700
	Bavarian Brotzeit/Ettal Tour	\$25	\$20	NO	1130 - 1600
SATURDAY	Berchtesgaden & Eagle's Nest	\$57	\$39	NO	0700 - 2000
	Neuschwanstein Castle	\$41	\$31	YES	0830 - 1700
SUNDAY	Linderhof Palace	\$32	\$24	NO	0830 - 1330

**please visit Alpine Adventures for reservation and cancellation policies*



Sign up for the activity of your choice in Alpine Adventures

Open 7 Days a Week
07:30 - 12:30 / 15:00 - 21:00

CIV: 08821-944-4142

BMW World/World Cup Soccer Stadium

Discover two modern day landmarks in Munich: the BMW World and the Allianz Arena. You will visit the double cone structure of the new BMW Car Showroom. and then have a chance to "make your own" BMW using their interactive facility. Afterwards you'll have lunch at the beautiful Olympia Park, used in the 1972 Summer Olympics. Next, take a short ride to the Allianz Arena where you will have a behind the scene tour of this one-of-a kind soccer stadium.

DAILY TOURS

Bavarian Brotzeit Tour

Our first stop will be to the "Schaukaserei" in the beautiful Ammergau Alps. At the cheese factory we will discover how the local farmers make cheese and other delicious dairy products. We'll view a short film about cheese making, receive a guided tour of the facility and have a chance to try an assortment of goodies that create a traditional Bavarian meal, "Brotzeit Teller." We'll then walk to the Ettal Monastery. After viewing the Basilica, you will have an opportunity to purchase some of the Monks' home-made beers and liqueurs.

Neuschwanstein Castle

Often referred to as "The Disney Castle," King Ludwig II's ambitious project has turned into a top tourist destination. Hiking is involved to get to the castle on the hill.

Munich City

Take a guided tour of historical Munich. Visit the Rathaus (town hall), the Glockenspiel (play clock) and the Hofbrauhaus, one of the city's oldest breweries. You'll also have the chance to visit the Residenz and view the crown jewels of the royalties of Munich's past. You are then free for lunch and to explore the area on your own.

Bolzano & Vipiteno, Italy

Located in the foothills of the Italian Dolomites, rests the famous remains of the 5,300 year old Iceman at the South Tirol Museum of Archeology. Ötzi is not the only reason to visit this charming multicultural city which is the southern gateway to South Tirol. The city center features many charming shops and cafés where one can sample Italian and Austrian specialties. Sightseers are rewarded with beautiful mountain vistas and postcard castles which evoke images of a time gone by. This tour also stops in the small medieval town of Vipiteno, Italy in South Tirol known for its leather and wine shopping.

Three Country Tour

Your guide will give you information and local folklore as you travel through the Bavarian Alps, the state of Tirol, Austria, Switzerland and Liechtenstein. Major points of interest along the tour are Prutz, Austria; Wolfgang Pass in Switzerland; and Vaduz, Liechtenstein.

Linderhof Palace

In the late 1800's, "Mad King" Ludwig II created this country estate, a French Rococo palace, where he most often lived. After touring the palace, you will travel to the nearby village of Oberammergau where you will have time to shop at the famous wood carving shops and visit the world renowned Passion Play Theater.

Berchtesgaden & Eagle's Nest Tour

Located 1834 meters above sea level, this high altitude guesthouse was commissioned for Hitler's 50th birthday. At the eagle's nest, you will have an opportunity to take photos of the building and the beautiful panoramic views surrounding it. Afterwards, enjoy lunch in the beautiful town of Berchtesgaden.

Dachau Concentration Camp

Visit the historic Dachau concentration camp of WWII. This tour is not recommended for children under 12, and children are not permitted to view the documentary film.

Innsbruck & Crystal World

Enjoy the beautiful Alpine scenery as your guide shares history and local folklore. First you'll visit Swarovski Crystal World in Wattens, Austria. Take time to explore the eclectic and fascinating multimedia gallery that has become one of Tirol's most popular attractions. Shop and enjoy works of art from Salvador Dali, Andre Heller and Andy Warhol. Next, you'll go to the city center of Innsbruck, the Hapsburg's capital of Tirol and home of the 1964 and 1976 Winter Olympics for sightseeing with your tour guide. There will be free time for lunch and shopping.



Open 7 Days a Week
07:30 - 12:30 / 15:00 - 21:00

CIV: 08821-944-4142



Summer Leisure Activities: 01 May 2009 - 31 October 2009

DAY	TOUR	PRICE: Adult / Child		TIME
MONDAY	Just for Kids	-	\$40	0830 - 1630
	Photo Memories	\$10.95	-	0900 - 0915
	Partnach Gorge	\$17	\$12	1300 - 1630
	Indoor Rock Climbing	\$27	\$27	1730 - 2130
TUESDAY	Just for Kids	-	\$40	0830 - 1630
	Cake by the Lake/Bobsled Walk	\$15	\$10	1300 - 1630
	Kids Night Out	-	\$25	1700 - 2030
	Horse & Carriage Rides*	\$20	\$15	1800 - 1910
				1910 - 2020
			2020 - 2130	
WEDNESDAY	Just for Kids	-	\$40	0830 - 1630
	Munich Zoo Family Outing	\$35	\$25	0900 - 1600
	Partnach Gorge Bike & Hike	\$25	\$17	1300 - 1630
	Photo Memories	\$10.95	-	1700 - 1715
	Bingo	\$25	\$5	1830 - 2130
THURSDAY	Just for Kids	-	\$40	0830 - 1630
	Indoor Rock	\$27	\$27	0900 - 1300
	Farchant Nature Hike/Family Hike	\$15	\$10	1300 - 1630
	Kids Night Out	-	\$25	1700 - 2030
	Horse & Carriage Rides*	\$20	\$15	1800 - 1910
			1910 - 2020	
			2020 - 2130	
FRIDAY	Just for Kids	-	\$40	0830 - 1630
	GAP City Bike Tour	\$20	\$15	0900 - 1400
	Photo Memories	\$10.95	-	1700 - 1715
	Griesbräu Brewery	\$30	\$20	1815 - 2200
SATURDAY	Partnach Gorge	\$17	\$12	1300 - 1630
	Kids Night Out	-	\$25	1700 - 2030
	Indoor Rock Climbing	\$27	\$27	1730 - 2130
SUNDAY	Indoor Rock Climbing	\$27	\$27	0900 - 1300
	Eibsee Boat Excursion	\$17	\$12	1300 - 1630
	Horse & Carriage Rides*	\$20	\$15	1800 - 1910
				1910 - 2020
			2020 - 2130	

*please visit Alpine Adventures for reservation and cancellation policies

LEISURE ACTIVITIES

PARTNACH GORGE TOUR (Also offered in a bike tour)

The tour begins with a drive to the Olympic Ski Stadium and a short walk to the Partnach Gorge. The tour is a 20 minute mild flat hike through the gorge with a steep incline at the end. Each hiker will then have the option of continuing to walk over the gorge, or to turn around. After the hike there may be time for a guesthouse stop or a ride on the summer rodelbahn (if weather permits).

INCLUDED: Transportation, gorge admission fee and guide
LIMITS: Not recommended for kids under 5 and strollers are not permitted.

INDOOR ROCK CLIMBING

An introductory class to rock climbing. Learn basic rock climbing skills, rope work, knots, belay, rappel systems and safety procedures. This class is held at the Hausberg Sport Lodge.
INCLUDED: Transportation, harness/equipment and instructor
LIMITS: Min. age 6, children under 12 must be accompanied by an adult.

MUNICH ZOO FAMILY OUTING

One of the largest zoos in Germany, the Munich Zoo is fun for the whole family. There are multiple vendors around the zoo for refreshments and merchandise; prices are in Euros. Wagons are available for approximately €5.00 to pull your child or belongings around for the day.
INCLUDED: Transportation and zoo admission fee

CAKE BY THE LAKE

We will take a short hike from the hotel to the Reissersee Lake, a site used in the 1936 Winter Olympics. A guide will provide you with information about the area. There is an opportunity for a lakeside stroll, with great views of the mountain reflections on the lake and a possible trek through the old bobsled course. Afterward we will stop at the Reissersee Café for cake. Don't forget your camera.
NOTE: Cake not included

GRIESBRÄU BREWERY

Join us on this unique, hands on tour of the Griesbräu Brewery. We'll take you behind the scenes for an up-close showing of how beer is made and the facts for brewing different types of beer. During this tour you will try 3 signature beers: Helles, Dunkel & Weissbier, along with their very own beer schnapps. There will also be time to relax and enjoy their beer hall, taking in the true Bavarian experience.
INCLUDED: Transportation and beer tasting

FOR ALL LEISURE ACTIVITIES: Participants should wear seasonal clothing, weather appropriate gear and comfortable walking shoes. Physical exertion is expected. Bring plenty of water, snacks, and Euros for refreshments, rodelbahn fee, or personal expenses. Box lunches are available from Market Station (order by 1900 the night before).





Bike Tours

Get off your feet, and enjoy the Partnach Gorge and Garmisch-Partenkirchen City Tour by bike. Newly added, you can now cruise around with our tour guides!

GARMISCH-PARTENKIRCHEN CITY BIKE TOUR PARTNACH GORGE BIKE & HIKE TOUR

Please inquire in Alpine Adventures. Join us today!



LEISURE ACTIVITIES



Sign up for the activity of your choice in Alpine Adventures.

Open 7 Days a Week
07:30 - 12:30 / 15:00 - 21:00

CIV: 08821-944-4142

FOR ALL LEISURE ACTIVITIES: Participants should wear seasonal clothing, weather appropriate gear and comfortable walking shoes. Physical exertion is expected. Bring plenty of water, snacks, and Euros for refreshments, shopping, or personal expenses. Box lunches are available from Market Station (order by 1900 the night before).

EIBSEE BOAT EXCURSION

A short bus ride to the foot of Germany's highest mountain brings us to Lake Eibsee. First we will enjoy a boat ride around the lake (weather permitting). Then guests have the option to either relax at the lakeside restaurant (prices in Euros), walk around the lake (4.5 miles total), sunbathe on the rock beach or take out a paddle boat for 8 Euros an hour. Make sure not to forget your camera.

INCLUDED: Transportation and boat ride fare

GARMISCH-PARTENKIRCHEN CITY WALK (Also offered in a bike tour)

A perfect opportunity to understand the history and culture of our quaint and beautiful Alpine city. First we drive across town to the oldest part of Partenkirchen, to Ludwigstraße. There you will enjoy strolling down the street with its colorful murals and historic guesthouses. All the while the tour guide will inform you on the city's significant historic events and landmarks. Next is a quick drive over the river into Garmisch to peruse the farmers' market, eat lunch in the Marienplatz and discover the sites important to Garmisch past and present.

INCLUDES: Transportation & guide

FARCHANT NATURE WALK

A short bus ride to Farchant will take you to a beautiful nature preserve. Join us for an easy walk with frequent stops for nature trivia questions along the trail to the Kuhflucht falls. Enjoy a soothing footbath on the way back. Approx. 2 hrs of easy walking with one steep incline to reach the falls.

NOTE: Great for children and families

INCLUDED: Transportation and guide

HORSE & CARRIAGE RIDES

Enjoy the simple pleasure of a horse-drawn carriage ride through beautiful Garmisch-Partenkirchen. One of our most popular activities that the whole family can enjoy and a great way to get acquainted with Garmisch.

JUST FOR KIDS

Our Just for Kids staff knows how to create the perfect mix of fun, adventure and learning for kids. Our instructors have an enthusiasm for activities, culture and environment that will spread to your kids and give them the same excitement.

Activities range from hiking, boat rides, mini golf, summer slide, a reptile house, arts & crafts and more. Sign up in Alpine Adventures.

AGES: 5-12

INCLUDES: Lunch & activity fees

KIDS NIGHT OUT

Let us entertain your kids for the evening. Dinner is provided and afterwards, our instructors will take the kids outside for some fresh air (weather permitting) and then over to our Just for Kids center (located on Artillery Kaserne) with multiple activities and fun for all.

AGES: 5-12

INCLUDES: Transportation & dinner

PHOTO MEMORIES

A lovely picture to capture your holiday spent here in the Bavarian Alps. The staff at Alpine Adventures will take a picture of your family and have it developed for you to take home to remember your vacation.

INCLUDES: (1) 8x6, (2) 5x4, and (6) wallets

RESTRICTIONS: Pictures must be taken during designated Photo Memory times

BINGO NIGHT

Looking for excitement and the chance to win money and prizes? Come to Bingo on Wednesday evenings at Zuggy's Base Camp.

Fun for the whole family!

Must be 18 to play for cash prizes



BIG ADVENTURE ACTIVITIES

CONTRACT COMPANY HIGH ADVENTURE ACTIVITIES

These activities are conducted by our partner contract professionals. All feature fully certified guides and instructors. All of these companies adhere to the highest safety standards in the industry. Activities are subject to availability and minimum participation requirements. Advanced booking recommended.

SALES ARE NONREFUNDABLE FOR THESE ACTIVITIES

TANDEM PARAGLIDING FLIGHTS

Mon-Sun \$100 plus lift ticket, approx. €15
Take a tandem flight with an experienced instructor off the Kreuzeck Mountain. It is around an 11 minute flight down. You may take your camera with you to photograph the whole experience. Report to Alpine Adventures at 0745 to receive directions to the meeting point, a flight time and a voucher for payment. Activity is weather dependent and flights are offered in the morning. Sign up in Alpine Adventures.

NOTE: Transportation not provided. It is a 10-15 minute walk or a 5 minute drive to the meeting point. (Kreuzeckbahn lift ticket not included in the price, approx. €15 paid to the instructor).

SUPPLIED: Helmet, safety gear and instructor.

REQUIRED: Sturdy shoes (no flip-flops or sandals), long pants, weather appropriate gear and Euros for lift ticket.

LIMITS: Minimum age 8 yrs. Weight limit of 100 kilos (220 lbs.). Blue jeans not recommended.

4 DAY PARAGLIDING GROUND COURSE

\$375 (prices could change due to exchange rate)
This four day course consists of theory and practical experience. You must complete 20 flights ranging from 40-100 meters. The flights for this course are made behind the American Hausberg Lodge. All take off points are reached by foot so be prepared to do a lot of hiking. Flights cannot be done in adverse weather conditions but the minimum number of flights will be rain checked if required. Upon completion of the 4-day course you may fly with a certified instructor. You must complete the required number of flights in order to move on to the High Flight Courses.

4-DAY COURSE DATES:

1-4 May, 21-24 May, 27-30 June, 9-12 July

1-4 Aug, 27-30 Aug, 16-19 Sept

4-DAY COURSE (OVER 2 WEEKENDS) DATES:

9-10 & 16-17 May, 13-14 & 20-21 June

HIGH FLIGHT COURSE, PART ONE

\$475 (prices could change due to exchange rate)

You must have completed the 4 day course and 20 flights from 40-100 meters to start this course. Flights for this course are made from the Ski Stadium and from a nearby ski area. During this course, you must complete 10 flights from over 100 meters and 5 flights from over 400 meters. Flying is usually done in the mornings and there are theory classes to attend in the afternoons. Upon completion of these flights and classes you may move onto the High Flight Course, Part Two.

INCLUDES: All equipment necessary, except lift ticket.

NOTE: Lift tickets cost approx €75-100.

HIGH FLIGHT COURSE DATES:

30 May - 3 June, 13-17 July, 5-9 Aug, 31 Aug - 4 Sept

HIGH FLIGHT COURSE, PART TWO

\$875 (prices could change due to exchange rate)

You must have completed the High Flight Course, Part One to move on to Part Two. Flights for this course are made from the Kreuzeck Ski Area. During this course you must complete 25 flights from over 400 meters. Flying is usually done in the mornings and there are theory classes in the afternoon. Note that these classes vary in length to accommodate weather and wind tendencies during those times. Upon completion of these flights and classes you may take the written and practical test. Upon successful completion of the written and practical examination given by the Deutscher Hängegleiterverband you will receive your A-License. This license is recognized worldwide. The written examination* has been translated into English. The course fee does not include the charge for the examination which is approximately €120.

INCLUDES: All equipment necessary, except lift ticket.

NOTE: Lift tickets cost approx €215.

*Written and practical examination will usually take place during the last days of the Part Two Course. Exact dates will be determined by the number of flights that have been completed. You will need two passport-sized photos for your A-License.

HIGH FLIGHT COURSE DATES:

4-13 June, 18-26 July, 10-16 August, 5-12 Sept, 20-27 Sept

ALL PRICES & TIMES ARE SUBJECT TO CHANGE.

For the most up to date information please visit our website at:

www.edelweisslodgeandresort.com

BIG ADVENTURE ACTIVITIES



CANYONING

Daily \$100

Europe's latest craze, a combination of climbing, rappelling, jumping and swimming will help you discover the mystical mountain gorges and nature in its most unspoiled form. Canyoning requires no extra skill or training, other than an average fitness level, balance and a good head for heights.

NOTE: Transportation not provided. Approximately 1.5 hour drive to the meeting point.

SUPPLIED: Safety equipment (wetsuit, spray jacket, helmet, climbing harness, and hiking boots).

REQUIRED: Swimsuit, towel, a change of clothing and PASSPORT or ID Card and leave document.

LIMITS: Minimum age 14 years. You must be able to swim.

TRIP TIMES: 0830 in Haiming, Austria
(arrive 15 minutes early)

KAYAKING

Daily \$80

Learn the fun and exciting sport of kayaking. Day One starts out on a local lake for introduction to kayak paddle strokes, games and theory. Groups may even hit the river on the first day, depending on progress made on the lake. Following days will introduce river running and exploration of more challenging sections of the river.

NOTE: Transportation not provided.

LIMITS: Minimum age 12 years. You must be able to swim.

PROVIDED: All technical and safety equipment and instruction.

REQUIRED: Swimsuit, towel, change of clothing, lunch and drinks.

FLAT-WATER RAFT TRIPS

\$35 Adults, \$25 Kids 14 & under

Join us for a relaxing float trip on the beautiful Loisach River. This 2-3 hr scenic float trip is great fun. Be ready for some wet and wild action as a water war is sure to break out along the way. 1000-1300 daily.

LIMITS: Minimum age 8 years. Must be accompanied by an adult. Must be able to swim.

NOTE: Transportation not provided.

REQUIRED: Swimsuit, towel, change of clothing, lunch and drinks.

ALL PRICES & TIMES ARE SUBJECT TO CHANGE.

For the most up-to-date information please visit our website at:

www.edelweisslodgeandresort.com

WHITE WATER RAFTING

Mon-Thur \$55, Fri-Sun \$60

One of our most popular programs. Alpine Adventures will book a white water rafting trip on the fast moving Inn River in Austria. This activity includes a safety lecture, paddle & stroke demonstration and the river trip itself.

Sign up in Alpine Adventures.

NOTE: Transportation not provided. Approximately 1.5 hour drive to the rafting center.

SUPPLIED: Safety equipment (wetsuit, spray jacket, helmet, life vest, water shoes) and guide.

REQUIRED: Swimsuit, towel, a change of clothing and PASSPORT or ID Card with leave documents.

LIMITS: Minimum age 12 years. Must be able to swim.

TRIP TIMES: Mon - Fri: 0900 & 1230 in Haiming, Austria
Sat - Sun: 0900, 1230 & 1530 in Haiming, Austria
(arrive 15 minutes early)

ADVANCED WHITE WATER RAFTING

Mon-Thur \$130, Fri-Sun \$135

Check out our ultimate challenge! Warm up in the morning on the Inn River, take a break, and then head to the thrills of the Otzaller Ache River; great fun and bigger thrills!

NOTE: Transportation not provided.

Approximately 1.5 hour drive to the rafting center.

SUPPLIED: Safety equipment (wetsuit, spray jacket, helmet, life vest, water shoes).

REQUIRED: Swimsuit, towel, a change of clothing and PASSPORT or ID Card with leave document.

LIMITS: Minimum age 16 years. Must be able to swim.

TRIP TIMES: 0830 in Haiming, Austria
(arrive 15 minutes early)

KLETTERWALD, HIGH ROPES COURSE

Daily \$30 per adult, \$22 per child

Enjoy a day of climbing with many different courses available high in the trees on the Wank mountain. There you have the choice between 5 different courses, all with different difficulty, ranging from beginner to advanced. All ages are welcome to try out the courses, great for team building and/or family activity.

NOTE: Transportation not provided, 10 minute drive or reachable by bus.

SUPPLIED: Belaying equipment, helmets, harnesses are included.

REQUIRED: Sturdy shoes, loose clothing, weather appropriate gear

LIMITS: Ages 13 and under must be accompanied by an adult on the course itself, minimum age is 6 years old.

SALES ARE NONREFUNDABLE FOR THESE ACTIVITIES