



EDELWEISS

LODGE and RESORT

*Vacation
Guide*

SPRING/SUMMER/FALL 2023

A Peak Destination Resort

Garmisch, Germany



Resting at the foot of the majestic Bavarian Alps, the Edelweiss Lodge and Resort offers military personnel and their families a vacation destination in one of the most beautiful areas in Germany. Find yourself touring castles, museums, town squares, and churches throughout Germany, Italy and Austria. Come make vacation memories you will cherish forever for you and your family!

- 258 rooms including vacation cabins and dog friendly accommodations
- Incredible views of the surrounding Bavarian Alps from every room
- Pullman Cafe with local roasted coffee, grilled sandwiches, pastries and more
- All-American breakfast buffet with chef-prepared omelets
- Indoor pool with massage jets, water features, kids play pool and outdoor hot tub
- Guided tours and leisure activities to local area sightseeing destinations
- Adrenaline filled adventures like paragliding, whitewater rafting and E-bikes
- Full-service massage therapy program

This and much more awaits you in Garmisch-Partenkirchen! We accept the **MILITARY STAR** card at AFRC Resorts. Earn 2 points for every dollar spent. Apply, get approved and save 10% on all your first day's purchases including your vacation at Edelweiss Resort!



Room with a View



STAY AND DREAM

Unwind in one of our spacious guest rooms adorned with rustic wood furniture, custom-made upholstery and accompanied by breathtaking alpine views. Multiple types of rooms are available, from ADA compliant to standard rooms, junior suites and deluxe loft suites.

Guest Rooms include:

- 42" flat screen Hi-Definition LCD TV with BluRay player
- Free WiFi internet
- At least two queen beds or a king bed in every room
- Spacious private bathroom
- Inspiring alpine views from every room
- Mini cooler, in-room safe, iron, fan and hair dryer
- Heated indoor parking garage
- European 220v power in room
- Dog friendly hotel rooms with advance reservations



FREE WIFI
provided by



SLEEP UNDER THE STARS

We also offer Vacation Cabins for those looking to sleep in a relaxed mountain wilderness area. Nestled in the Loisach river valley with towering views of alpine peaks, the Vacation Village is a perfect base camp for winter recreation. Cabins are not available to reserve online, please call.

Vacation Cabins include:

- Vacation Cabins that sleep up to a family of six
- Dog friendly cabins available
- Heated accommodations with comfortable bedding
- Flat screen High-Definition LCD TV and Blu-Ray player
- Microwave & refrigerator (small kitchenette in our Comfy Cabins)
- Shower and Bathroom with linen provided (Comfy Cabins only)
- Conveniently located near The Exchange and Commissary
- Dogs allowed in select Cabins with advance reservations

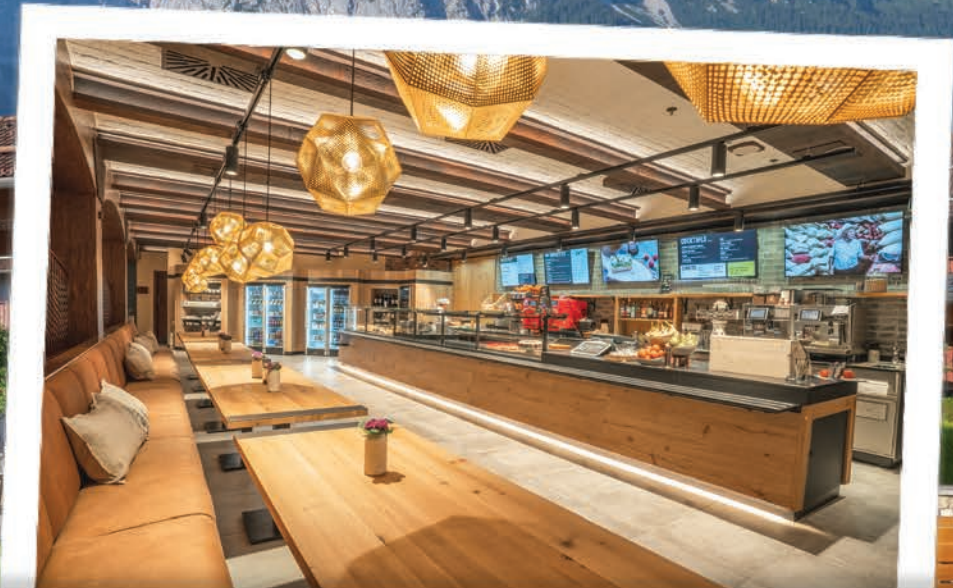


DOG FRIENDLY VACATIONS

There's no need to leave your four legged friend behind when you're on vacation. We have a few rooms available for dog owners. Our dog-friendly rooms have a separate entrance and easy access to designated green spaces. Dogs are not allowed in the common areas and restaurants of the Resort. Reservations for dog-friendly rooms must be made in advance.



A Taste of Bavaria



FLAVORS FOR EVERY TASTE

From casual to full-service, including all-American dishes, regional fare and cuisine from around the world, your dining options are as diverse as the opportunities to enjoy them. Our internationally-trained team of culinary professionals offer a wide variety of selections in our restaurants.

MARKET STATION

- Breakfast buffet with omelet station and all the morning classics
- Buffet restaurant with changing fresh menus
- Lunch and Dinner available (scan QR code in your room for schedule)

ZUGGY'S BASE CAMP

- Delicious pizza, wings and more
- Dine-in or carry-out to your room
- Local German beers, wine and cocktails

PULLMAN CAFE

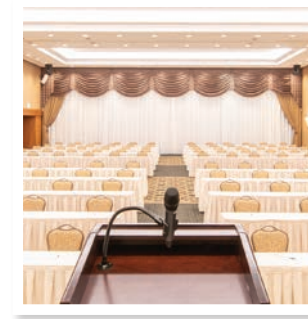
- Local roasted coffee, croissants, daily oatmeal, grab-n-go breakfast
- Delicious hot and cold sandwiches, salads and soups
- Fresh baked goods, fruit, salads, fresh squeezed orange juice
- Terrace seating with the best views in all of Bavaria
- Environmentally friendly packaging



GROUPS, MEETINGS, TRAINING, TEAMBUILDING AND MORE...

The incomparable setting of the Edelweiss Lodge and Resort creates an atmosphere of unique warmth and character conducive to meaningful get-togethers. It is an environment in season year-round, perfect for focusing on success while our attentive staff focus on anticipating your every need. Just imagine all that you will accomplish.

- Flexible 17,000 square feet function space for up to 500 attendees
- Rooms competitively priced at or below per diem
- Technically advanced audio-visual equipment
- Available for private catered functions
- Memorable location for galas, unit balls and chaplain events
- Experienced staff who have organized hundreds of military training conferences



Why do our conference groups, Chaplains and units keep coming year after year to Edelweiss Resort?

- Top-of-the-line audio visual equipment
- Meeting packages priced below per diem
- Edelweiss Resort has the latest Force Protection measures to keep your attendees safe and secure
- Ability to conduct classified briefings
- Funds help support MWR programs
- Full service conference coordinators help plan your event from beginning to end
- Family not attending conference can stay in guest room at no additional cost (on available bed space)
- Incredible scenery, sightseeing and activities make the most of your time away from meetings
- Perfect place for units or groups to focus on their mission and build resiliency and teamwork



Group Request



Make your conference unforgettable with team building and cultural events after the meetings are over by incorporating one of the following activities:

- Half day guided tour to Ettal Monastery
- Bavarian Brewery tour
- Visit King Ludwig's ornate Linderhof Palace
- Hike through the raging Partnach Gorge
- Guided Bike Tour and other seasonal tours available

Tours can be adjusted to meet the time constraints of your group. Most tours can be run on alternative days with advance notice and reservations. Ask your Edelweiss Resort Conference Coordinator about custom developed activities for your group.



Cultural Highlights



EXPLORE

Garmisch-Partenkirchen will move you with its unspoiled nature, vibrancy and charm. Discover historical sights, interesting excursions, art and culture, exciting events and no end of sport and wellness during your stay in Garmisch-Partenkirchen. Shop, stroll and indulge. See a concert. Or find your own personal highlights along the way. Relax, unwind and enjoy. We look forward to seeing you in Garmisch. Special Tours are often added based on local events. Be on the lookout for a prior to arrival email from Edelweiss Resort with special tour offers, dining reservations and vacation news.

EVENTS CALENDAR

- Apr 21 - May 7 / Munich Frulingfest
- May - Nov / Fondue Evening on Zugspitze
- May 20 / Kaiserschmarrn Festival Ellmau
- Jun 16 - 18 / Zugspitze Ultratrail Run
- Jun 16 - 18 / Streetfood Festival Garmisch
- Jun 16 - Jul 16 / Tollwood Summer Festival
- Jun 24 at 2130 / Ehrwald Mountain Fires
- Jul 14 - 30 / Kaltenberger Knight Tournament
- Jul 15 / Simon and Garfunkel Revival Band
- Jul 29 - Aug 6 / Garmischer Festweek
- Aug 3 - 6 / Alpine Festival Garmisch
- Sep 22 - 24 / Street Art Festival (Partenkirchen)
- Sep 16 / Krun Almbetrieb (Cows come home)
- Sep 16 - Oct 3 / Munich Oktoberfest

EDELWEISS RESORT EVENTS

- May 14 / Mother's Day Weekend
- May 27 - 30 / Summer Kick-off Party
- Jun 18 / Father's Day
- Jun 19 / Juneteenth
- Jul 1 - 5 / July 4th Holiday
- Aug 25 - 27 / Ride the Alps Rally
- Sep 1 - 4 / Labor Day Weekend
- Oct 7 - 9 / Columbus Day Weekend

GARMISCH-PARTENKIRCHEN FESTWEEKS

One of the highlights of the summer are the local festweeks in July and August. Take a step back in time and experience the quintessential Bavarian festival. Be on the lookout on our facebook page for updates to events. A truly wonderful atmosphere that you will look back on fondly.

Every Thursday

Partenkirchen Farmers' Market

Every Friday

Garmisch Farmers' Market





GO BEYOND SIGHTSEEING



- MUNICH ATTRACTIONS**
- Glockenspiel / Marienplatz
 - Hofbrauhaus
 - BMW Welt
 - Olympiapark
 - Max-Joseph-Platz
 - Munich Zoo
 - Munich Sea Life
 - Dachau Concentration Camp
 - Schloss Numphenburg (Munich)
 - Alte Pinakothek
 - Deutsches Museum



MAJOR AREA ATTRACTIONS

- | | | |
|------------------------|------------|--------------|
| Edelweiss Resort | Mittenwald | Munich |
| Garmisch-Partenkirchen | Highline | Innsbruck |
| Zugspitze | Ettal | Oberammergau |
| Neuschwanstein | Linderhof | Bad Tolz |

AREA ATTRACTIONS

- 1 Andechs Brewery
- 2 Kolbensattel Alpine Coaster
- 3 Griesbräu Brewery
- 4 Weiskirche
- 5 Partnach Gorge
- 6 White Water Rafting
- 7 Canyoning
- 8 Herrenchiemsee Castle



SKIING

- 1 Garmisch Classic
- 2 Zugspitze
- 3 Lermoos, Austria
- 4 Ehrwald, Austria
- 5 Seefeld, Austria

TOWNS

- 1 Füssen
- 2 Reutte, Austria
- 3 Murnau
- 4 Lindau Bodensee
- 5 Seefeld, Austria
- 6 Berchtesgaden
- 7 Salzburg, Austria
- 8 Rattenberg, Austria
- 9 Tegnersee
- 10 Kochelsee
- 11 Wamberg

LAKES

- 1 Eibsee
- 2 Walchensee
- 3 Staffelsee
- 4 Starnbergersee
- 5 Tegnersee
- 6 Ammersee
- 7 Plansee, Austria
- 8 Blindsee, Austria

Go Beyond Sightseeing



NEUSCHWANSTEIN CASTLE

Towering over rocky crags at the foot of the Bavarian Alps rests the famous Neuschwanstein Castle constructed for King Ludwig II. This fairy-tale castle has been inspiring awe and wonder for years with its ornate and lavish interior along with a majestic design that even Walt Disney couldn't resist when constructing his Cinderella Castle. We will also make a stop at the Wieskirche, a charming pilgrimage church with beautiful views of the Bavarian Alps. Note: It is a 45-minute uphill walk to reach the castle. Alternative means to reach the castle are available for an additional Euro fee. There are over 300 stairs within the castle during the tour.

TOP TOUR PICK



castle photo credit @frankovitsj



DACHAU CONCENTRATION CAMP

Dachau Concentration Camp was opened in 1933 as the first regular concentration camp established by the National Socialist Party (Nazi Party). You will visit an exhibit that recounts the terrifying and gruesome days of the Holocaust and watch a video of the history of the camp, including special presentations of the notable prisoners. Audio guide is included. The tour guide will provide historical facts along the trip. Children under 12 are not allowed to view the documentary.



LINDERHOF PALACE

The smallest of the three palaces built by King Ludwig II lies nestled amongst the mountains in the Graswang Valley and is the only palace he lived to see completed. Tour the lavish palace to see the bed chamber, tapestry chambers, the grand hall of mirrors and the dining room with its magic table. Stroll through the ornate gardens, taking in the fountains and flowers. After the palace visit, you can enjoy a nice lunch on the castle grounds.



HORSE AND 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 the town of Garmisch. Children 1-14 must pay the child's price. Three time slots are available on days that the tour runs. 10 guests per carriage.



GRIESBRÄU BREWERY

Enjoy the warmth of a true Bavarian beer hall in the nearby town of Murnau. Go behind the scenes and learn the secrets of brewing your favorite German beers including helles, dunkel and weissbier. You'll have an opportunity to sample them and try the Griesbräu's very own beer schnapps! But make sure you pay attention - you'll be quizzed at the end of the tour. If you pass your exam, you will receive your official Bavarian brewmeister certification. Bring Euro with you if you wish to enjoy the delicious cuisine at the beer hall. Only for ages 16 and up.





GUIDED TOUR SCHEDULE 1 MAY - 31 OCTOBER

	GUIDED TOUR	TIME	ADULT 15 & up	CHILD 5 - 14	INFANT 0 - 4	
MON	Neuschwanstein Castle	0800 - 1700	\$90	\$40	\$20	
	Ettal Schnapps and Monastery Tour	1030 - 1430	\$42	\$20	\$15	
	Griesbräu Brewery	1815 - 2200	\$52	(Must be at least 16 years old)		
TUE	Linderhof and Oberammergau	0800 - 1530	\$65	\$35	\$20	
	Alpine Coaster	0900 - 1300	\$49	\$27	\$15	
	Horse and Carriage Rides	1700/1810/1920	\$24	\$20	\$15	
WED	Partnach Gorge	0900 - 1300	\$35	\$20	\$10	
	Ettal Schnapps and Monastery Tour	1030 - 1430	\$42	\$20	\$15	
THU	Neuschwanstein Castle	0800 - 1700	\$90	\$40	\$20	
	Mittenwald	1000 - 1500	\$47	\$20	\$15	
	Horse and Carriage Rides	1700/1810/1920	\$24	\$20	\$15	
FRI	Partnach Gorge	0900 - 1300	\$35	\$20	\$10	
	Ettal Schnapps and Monastery	1030 - 1430	\$42	\$20	\$15	
	Kids Night Out with Dinner (ages 5 - 12)*	1700 - 2200	\$45 first child; \$40 each additional sibling			
	Griesbräu Brewery	1815 - 2200	\$52 (Must be at least 16 years old)			
SAT	Neuschwanstein Castle	0800 - 1700	\$90	\$40	\$20	
	Alpine Coaster	0900 - 1300	\$49	\$27	\$15	
	Horse and Carriage Rides	1700/1810/1920	\$24	\$20	\$15	
	Kids Night Out with Dinner (ages 5 - 12)*	1700 - 2200	\$45 first child; \$40 each additional sibling			
	*Parents are able to go on Griesbräu Brewery Tour					
	Griesbräu Brewery	1815 - 2200	\$52 (Must be at least 16 years old)			
SUN	Dachau Concentration Camp	0830 - 1700	\$60	\$30	\$20	
	Alpine Coaster	0900 - 1300	\$49	\$27	\$15	
	Partnach Gorge	0900 - 1300	\$35	\$20	\$10	

TOUR POLICIES

Tour times and prices are subject to change. All tours require a minimum of 15 guests for the tour to run and the smaller local leisure tours require 6 guests. All reservations will be charged at 1200 noon the day before the tour. No refunds are given if the tour is cancelled by the guest after 1200 noon the day before the tour. Please bring Euro on all tours as many locations do not accept credit cards. Meals are not included. Most tourist attractions are not handicap accessible, please visit Alpine Adventures for specific tour information. Please be in the main lobby 10 - 15 minutes prior to departure to check in with your guide. Your wait list status can change at any point up to departure without warning. It is the guest responsibility to check your wait list status with Alpine Adventures. Each guest (including small children) must have a seat on tours with transportation. Child seat recommended for ages 4 or under (not provided). Return times are approximate. All Horse and Carriage sales are final sale.



ETTAL SCHNAPPS AND MONASTERY TOUR

In the heart of the Ammergau Valley exists the Ettal Monastery. You will learn about the 700 years of history that has taken place here in Ettal. Your guide will take you behind the scenes to explore the monastery and get a close up view of the famous Ettal Madonna. We will then visit the newly designed brewing museum to learn about the art of beer making in Bavaria and the over 400 year old brewery at Ettal. Here you will be able to sample various liquors and schnapps made locally by the monks.



BEER BREWED BY MONKS

After the tour to the Ettal Monastery, stop by our Pullman Cafe or Zuggy's Base Camp at Edelweiss Lodge and Resort and try a selection of their locally brewed classic Bavarian beer or liquor.



PARTNACH GORGE

Experience the spectacular views of a rushing gorge right in the heart of Garmisch. You'll be given historic information at the Olympic Ski Jump Stadium and at the gorge itself. Then travel through the beautifully carved stone with water flowing through the caverns. Afterward, indulge in a tasty dessert and/or beverage in the dramatic Partnach Gästhaus. This is one of the must-see guided tours during any Edelweiss Resort vacation.



ALPINE COASTER ADVENTURE

High in the mountains above Oberammergau lies adventure for the whole family. First we take a ride on the two person chair lift to an elevation of 4,166 feet. Enjoy snacks or lunch at the mountain lodge and kids can play at the Mountain Adventure Playground. To get down, guests have the option of riding the lift down or cruising along the 8,500 foot long coaster with a hand brake to control your own speed. You may reach speeds up to 25 miles per hour! Lift ticket and one ride is included in the price, purchasing additional rides is possible. Children age 3 – 7 may ride the Alpine Coaster accompanied by an adult. Children age 8 and up (who are at least 4'7" tall) may ride alone.



Tour Schedule

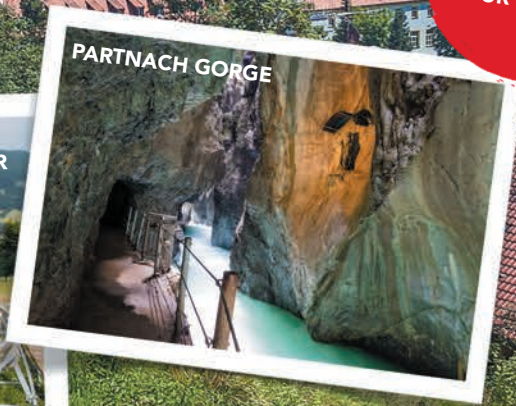


ETTAL MONASTERY

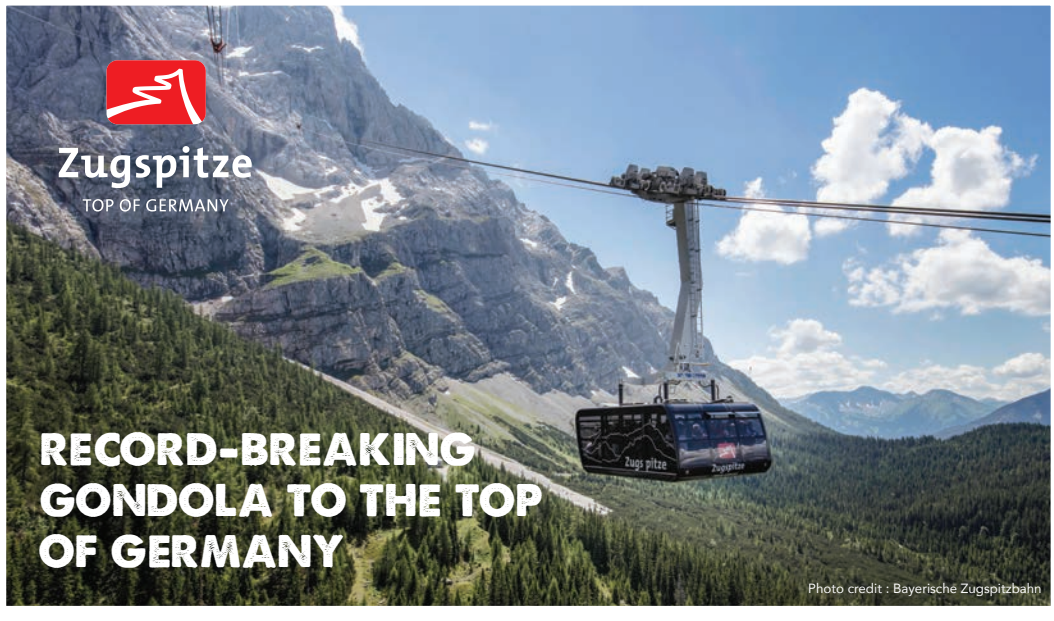
REQUEST YOUR TOURS PRIOR TO ARRIVAL ON OUR WEBSITE



ALPINE COASTER



PARTNACH GORGE



Zugspitze
TOP OF GERMANY

**RECORD-BREAKING
GONDOLA TO THE TOP
OF GERMANY**

Photo credit : Bayerische Zugspitzbahn

**BUY YOUR
TICKETS AT
ALPINE
ADVENTURES**



ZUGSPITZE. TOP OF GERMANY

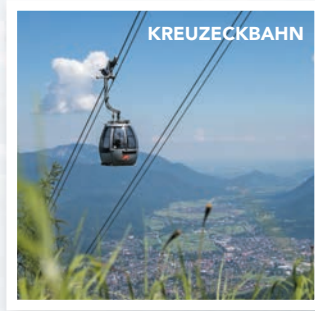
This is no exaggeration: The 9,718 feet high Zugspitze is a mountain of superlatives. The gondola broke three world records with it being the longest free span cable car system in the world at over 30 football fields in length. Germany's highest elevation is home to three glaciers, a unique 360° panorama including mountain peaks from four countries and an attractive range of activities. A summer day on the Zugspitze offers mountains of possibilities. Let your eyes wander up to 250 kilometers in the distance, visit the historic Zugspitze exhibition, take an exciting glacier hike or toboggan run on natural snow. The Zugspitze Round Trip ticket allows access to the Bayerische Zugspitzbahn cogwheel train, Eibsee-Seilbahn and Gletscherbahn for one trip up and one trip down. All tickets include train ride to the glacier.



SUMMER SLEDDING

ALPSPIX. BETWEEN HEAVEN AND THE HÖLLENTAL VALLEY

Just above the top station of the Alpstzpbahn cable car, two steel beams form a floating X over a vertical drop of almost 3,000 feet. No later than when the glazed end of the 25 meter long bridge is reached, incredulous "Wow's" are elicited from the lips of even those not scared of heights. Experience unmatched views of the Zugspitze and Höllental valley from this unique platform.



KREUZECKBAHN



ALPSPIX

ZUGSPITZE TRAIN



Visit Alpine Adventures for tickets and more information.

Since all ticket sales are final and non-refundable, it is advised to purchase them on the day of your adventure rather than in advance.

Photo Credit : Bayerische Zugspitzbahn
Fend Studios / Benedikt Lechner

KIDS ACTIVITIES

We know how to provide kids a great time through encouragement, education, exploration and achievement. Bavaria offers an excellent playground of activities for kids to discover the joy of learning a new activity and culture. Simply put, our instructors love kids and their genuine excitement will shine through to the kids.

EDELWEISS KIDS NIGHT OUT

Let us entertain the kids for the evening while you spend some quiet time together. Reservations can be made at Alpine Adventures. Available for children ages 5-12. A minimum of 5 paid children are required to run the program. Children must be 5 years old on the day of participation. We now extended the hours and included dinner so parents can go on our Griesbräu Bavarian Brewery tour and enjoy a little time together without the kids. **First child is \$45, each additional sibling is \$40.**



SOUVENIR SHOP

Looking for a unique souvenir or the perfect gift to treasure your time spent at Edelweiss Lodge and Resort? We've got you covered with some of the most popular Alpine Adventures souvenirs. From classic cuckoo clocks to logoed Edelweiss Resort apparel. Each item will make you remember your cherished time at Edelweiss Resort. Visit our online shop and we will ship it right to your door!



Online Shop



TOP FAMILY PICK



KLETTERWALD HIGH ROPES COURSE

Enjoy a day of climbing with many different courses available high in the trees on the Wank mountain in Garmisch-Partenkirchen. There you have the choice between 5 different courses, all with different difficulty ranging from beginner to advanced. Great for team building and/or family activity. Sign up in Alpine Adventures. 10 minute drive or reachable by bus. Transportation not provided.

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, min. age is 6 years old. Adult is 14 yrs & older, child is 13 yrs & younger.

See Alpine Adventures for current prices!

PHOTO: GARMISCH-PARTENKIRCHEN TOURISMUS

Pure Adventure

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. Transportation is not provided.



TANDEM PARAGLIDING FLIGHTS

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. Sign up in Alpine Adventures. Report at 0745 hrs in Alpine Adventures the day of your flight 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. It is a 10-15 minute walk to the meeting point. SUPPLIED: Helmet, safety gear, instructor.

REQUIRED: Sturdy shoes (no sandals), long pants (no jeans), weather appropriate gear, water and Euros for lift ticket. LIMITS: Minimum age 8 years. Weight limit of 100 kilos (220 lbs)

Daily Flights for \$125 plus lift ticket (approximately 15 Euros)

TOP ADVENTURE PICK



WHITewater RAFTING

One of our most popular programs! Alpine Adventures will book a whitewater 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. Transportation is not provided and is approximately 1.5 hour drive. Equipment and guide (wet-suit, jacket, helmet, life vest, water shoes) are all provided. You are required to bring your own swimsuit, towel, a change of clothing and passport or ID card with leave documents/orders. Minimum age 10 years. Must be able to swim. Arrive 20 minutes early.

TRIP TIMES: Mon - Fri: 0900 & 1230 in Haiming, Austria

Sat - Sun: 0900, 1230 & 1530 in Haiming, Austria

Adults \$65 daily • Youth (12-18 yrs) daily \$55

ADVANCED WHITewater RAFTING

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! Transportation is not provided and is approximately 1.5 hour drive. Equipment and guide (wet-suit, jacket, helmet, life vest, water shoes) are all provided. You are required to bring your own swimsuit, towel, a change of clothing and passport or ID card with leave documents/orders. Minimum age 14 years. Must be able to swim.

TRIP TIMES: 0900 in Haiming, Austria. Please arrive 20 minutes early.

Adult \$145 daily



CANYONING

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 training, other than an average fitness level, balance and a good head for heights. Approximately 1.5 hour drive to the meeting point. Transportation not provided. Children under 14 must be accompanied.

SUPPLIED: Safety equipment (wet-suit, jacket, helmet, harness, boots) REQUIRED: Swimsuit, towel, a change of clothing and passport or ID Card and leave documents/orders. You must be able to swim. TRIP TIMES: 0830 in Oetz, Austria (arrive 15 minutes early)

Beginner Sporty Course (4 - 5 hours) \$95

Beginner Soft and Short Course (2.5 - 3 hours) \$80

(sporty course minimum age 12, soft course minimum age 10)



ALPENTAL MINI GOLF

Hit the links for a little family friendly competition while on vacation. Our 9 hole mini golf course has some of the best views anywhere in the Alps. The course is brand new. Head down to the Point Wellness Club to pay your green fees and get your club and ball. Valid for 18 holes and open during daylight hours.

Adults \$5 / Children (15 and under) \$3
 Green fee valid for 18 holes.
 Additional rules apply.



E-BIKES!

Further. Faster. Longer. Our new E-Bikes are simply a great time to ride without the lung-busting effort to get a normal bike up the surrounding hills. We have a limited supply available at the Point Wellness Club. Make life easier and more enjoyable with our E-Bike Rentals.

3 hours for \$35 or a full day for \$55.



BIKE RENTAL

Explore Garmisch and the surrounding area at your own leisurely pace. These bikes are intended for leisure riding during daylight hours only. Off-road and trail riding is done at your own risk and is not recommended by Edelweiss Lodge and Resort. You will be charged a fee for damaged bikes. No refunds due to inclement weather or multi-day rentals. Three hours or less is a half-day rental. More than three hours is a full day rental. Please return by dark on rental day. We do not accept reservations on bike rentals. Each rider must be present at the Point Wellness Club desk to rent a bike.

	<u>3 Hour</u>	<u>Full Day</u>	<u>2 Days</u>	<u>5 Days</u>
Adult Bike	\$20	\$25	\$45	\$90
Child Bike	\$10	\$15	\$30	\$60

Adult Bike with...				
Child's Seat	\$23	\$30	\$50	\$115
Child's Trailer	\$25	\$35	\$60	\$135
Child's Pedal Trailer	\$25	\$35	\$60	\$135



Relax. Refresh. Renew

Relax your body, refresh your spirit and renew your well-being with our pampering services offered at The Point Wellness Club. Our certified therapists provide a healing environment that rejuvenates and restores your senses as you refocus your thoughts and quiet your mind. With an array of massage treatments and body treatments you can find the perfect relaxation technique that will help heal your mind and body. It is our goal to provide our guests with a peaceful, relaxing experience. To respect your comfort, as well as the focus of your therapist, no accompanying children are allowed in the treatment rooms.

RESERVATIONS

Spa appointments are very popular with guests at The Point Wellness Club. All treatments are subject to availability. We recommend that appointments be made prior to, or upon arrival, in order to meet your scheduling needs. Hours of operation are 0800 - 2200 hrs. Please arrive 15 minutes before your scheduled service to fill out a health intake form. If you should arrive late, your session will be shortened to ensure the satisfaction of all guests or cancelled if client is more than 20 minutes late after start time. During each treatment, we follow standard American draping protocol. Gratuities are not included in service price.

CANCELLATIONS

We require at least a four hours notice to change or cancel an afternoon or evening appointment. Morning appointments must be cancelled prior to 1900 the evening before. A \$20 fee will be assessed for cancellations not meeting these requirements. No notification will result in a full service charge. Cancellations must be made directly with the Point Wellness Club at 08821-944-4150.

HEALTH

Drink plenty of water and please do not consume alcohol at least 2 hours before and after your treatment. Anyone with a contagious condition such as a cold or flu cannot receive a massage. A massage could worsen your condition, spreading it throughout the body. You may be turned away with failure to meet these conditions.

** Please note, rules are subject to change based on COVID mitigation measures.*

SIGNATURE MASSAGE 60 min. \$80 // 90 min. \$115

Take a break with our signature massage that will take you beyond relaxation. This classic full-body massage reduces mental and physical fatigue, improves circulation and soothes muscle soreness. Body treatment add-ons are available. Please see Body Treatment descriptions for details.

ADD ON: ENHANCED MUSCLE THERAPY 30 minute add on for \$35

This concentrated therapy uses warming and cooling treatment to relieve deep muscle pain caused by sports injuries, training and other kinds of overuse due to repetitive motion. Only offered as an add on to a 60 minute signature massage. *uses menthol-infused products

PAIRED MASSAGE 60 min. \$155 // 90 min. \$220

Our paired signature massage features two tables and two therapists giving massages in the same room. Anyone can have a couples massage -- spouses, parents and children, or close friends. Please advise reservationist upon booking if a mommy-to-be massage is desired. Add-ons and Zen Stone are not available for paired massages. Subject to limited availability.

MOMMY-TO-BE MASSAGE 60 min. \$80

This full body treatment is designed to help with your pregnancy aches and pains. Tailored to the specific needs of pregnant women, prenatal massage shares many of the goals of regular massage - to relax tense muscles, ease sore spots and improve circulation/mobility and to make you feel good! This treatment is for women in their second or third trimester.

TEEN MASSAGE 30 min. \$45 // 60 min. \$80

This treatment includes similar features of our signature massage but is tailored to ages 15-17. Light to medium pressure is applied. Parental supervision is optional.

"MY FIRST MASSAGE" ages 6-14, 30 min. \$45

Choose one, two or all three areas of focus during treatment: foot massage, hand/forearm massage and head/neck/shoulder massage. Duration of treatment will last no longer than 30 minutes. Parents must stay in the room during the entire treatment.

AROMATHERAPY Add on \$7

Enhance your massage by choosing the soothing and uplifting benefits of aromatherapy.

- **Stress Relief** - orange, bergamot, lavender, lemongrass*
- **Detox** - black pepper, grapefruit, juniper berry, cypress
- **Relax Fusion** - lavender, tangerine, clary sage*
- **Tranquility** - basil, bergamot, lavender*
- **Rejuvenation** - sweet orange, cedarwood, lemon

*pregnant woman cannot have aromatherapy with lavender.



Soak it up the Alps



SUGAR SCRUB 50 min. \$65

This full body treatment uses sugar to gently exfoliate and stimulate the skin leaving it soft and smooth. A great option for those who have sensitive skin.

HOT OIL SCALP MASSAGE \$10 (included in the treatment time)

Add a hot oil scalp massage to any treatment for just an extra \$5 (essential oils used in treatment). Hair will be oily.

BODY TREATMENT ADD-ONS

Add a 30 minute body treatment to your Signature Massage for \$35

- Mud Foot Wrap
- Enhanced Muscle Therapy (deep muscle pain with concentrated warming and cooling therapies)
- Coffee Scrub
- Sugar Scrub
- Salt Scrub

BODY TREATMENTS

Due to skin sensitivity, we recommend unshaven and unburned skin for spa treatments offered. We do not offer body treatments to anyone under 15 years old or maternity clients. Some treatments may require a shower. *Scents can be added or removed as needed*

MUD FOOT WRAP 50 min. \$65

This treatment begins with a warm application to the feet followed by a gentle scrub, mud wrap and foot massage. Our mud foot wrap cleanses, detoxifies, and leaves your feet feeling invigorated.

SEAWEED MUD WRAP 60 min. \$75

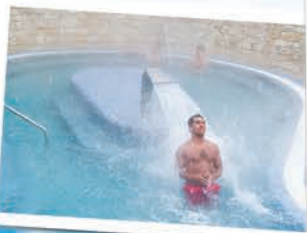
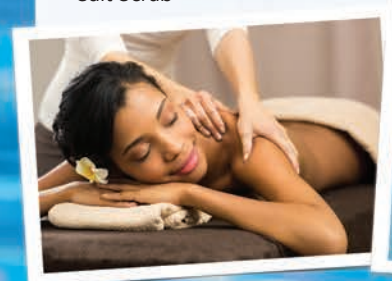
This treatment includes a full body Seaweed Wrap. The seaweed is moisturizing / detoxifying with a cooling effect, perfect for those hot summer days! Lotion is applied leaving your skin feeling smooth and refreshed.

COFFEE SCRUB 50 min. \$65

Wake your body up with the firming and tightening effects of caffeine! This signature coffee blend promotes the appearance of healthier, younger looking skin.

SALT SCRUB 50 min. \$65

Our Dead Sea salt crystals exfoliate and moisturize your skin, leaving it soft, supple and hydrated.



Request Massage



More Info

HIT THE LINKS

This stunning mountain region is home to some stunning mountain golf courses, offering a unique golfing experience. Imagine teeing off against a backdrop of majestic mountain peaks, surrounded by fresh alpine air and lush greenery. With challenging terrain and varied course, all with stunning vistas, golfing in the area is an experience you'll never forget. Below are the discounts available to Edelweiss Resort. Call to make a tee time and show your Edelweiss room key at check in to secure discount.

Golf Club Karwendel Nine hole course with 25% off green fees.

Tiroler Zugspitze Golf Nine hole course with 10% off green fees.

Golf Club Werdenfels Nine hole course with 20% off green fees.

Golf Club Garmisch Partenkirchen 18 hole course with 20% off green fees.

A Destination for all Seasons

SEE YOU AGAIN IN WINTER!

FIND US ON



GIFT VOUCHERS

Give the gift of vacation to those you love. The vouchers are valid at Edelweiss Lodge and Resort for dining, drinks, tours, rooms or souvenirs. We have \$10, \$20, and \$50 denominations. No cash value if not fully redeemed. Email tours@edelweissresort.zendesk.com and we will coordinate payment and shipment of the vouchers. Eligibility rules still apply for utilizing the Resort.

A Winter Wonderland



A WINTER WONDERLAND AWAITS

- 37 miles of groomed ski and snowboard terrain accessible by 31 lifts
- Bavarian Christmas markets end of November through Christmas
- Outdoor hot tub, indoor pool, kids swim area, sauna, steam room and fitness gym
- Certified ski and snowboard instructors available for private or group lessons
- Clothing, ski and snowboard equipment available for rent
- Ski lodge with bar and private beginner ski slope
- Dog friendly vacation cabins and various hotel room types (junior suite and standard)
- Multiple dining options from full-service to quick grab-and-go
- All-American breakfast buffet with chef prepared omelets, action stations, bacon and much more

This and much more awaits you in Garmisch-Partenkirchen at the Edelweiss Lodge and Resort.





**Contact our Vacation Planning Agents
today to help plan your vacation!**

0800 - 1700 hours CET Monday - Friday

(011-49) 8821-9440 from USA
(49) 8821-9440 from Europe

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