

Kneipp Cure:
includes natural healing
through water, herbs, diet,
exercise and balance



Mind, Body & Spirit in Bavaria

5 DAYS TOUR INCLUDING:

BAD WÖRISHOFEN · FÜSSEN ·
GARMISCH-PARTENKIRCHEN ·
LAKE TEGERNSEE · LAKE CHIEMSEE



Bavaria is a fantastic choice if you want to feel healthy on vacation and return home revived. There are plenty of inspiring ways to use the countryside as your natural playground, from hiking the peaceful meditation trails along the Bavarian Alps to eating the freshest meals. Experience it all while winding down and pampering in the best Bavarian care. Bavarian priest Sebastian Kneipp is well known for his five wellness pillars he believed were the best ways to balance mind, body and spirit.



DAY 1

Morning Arrival at Munich Airport. Transfer to Bad Wörishofen (1 h 40 m*)

WELCOME TO BAD WÖRISHOFEN!

Bad Wörishofen is the town where Bavarian Priest Sebastian Kneipp first developed his famous Kneipp therapy, which combines five elements – hydrotherapy with water affusion, healthy nutrition, herbal remedies, exercise and inner harmony. It is still famous for its treatments today, and Kneipp’s spirit remains a tangible presence here.



Explore the Kneipp Cure

Choose from a range of Kneipp experiences and enjoy the 22 water-treading and arm-bathing pools located throughout the city.

Afternoon Stroll to the Kurpark and explore the beautiful herb and rose gardens in Bad Wörishofen.

Overnight in Bad Wörishofen



Hydrotherapy:
Water is a key to Kneipp’s healing methods

INSIDER TIP

TIP For more wellness experiences, visit **Lindau** and its newly opened **Therme Lindau**, offering a variety of thermal baths, pools and saunas.



Füssen:
Did you know Füssen is surrounded by a few lakes and the River Lech?



Lake Forggensee:
Did you know that it’s a man-made lake?

DAY 2

Morning Transfer from Bad Wörishofen to Füssen (1 h 15 m*)

WELCOME TO FÜSSEN!

Visitors are invited to relax against the backdrop of the famous royal castles. Take care of mind, body and spirit in the Kneipp spa town of **Füssen** and its surroundings.



Boat trip along **Lake Forggensee**

Spectacular views of the Bavarian Alps and Neuschwanstein Castle (available only from June to mid-October).

Afternoon **Hike or bike the **Royal Route****

This nature inspired route will take you around King Ludwig II’s romantic castles.



A special highlight is the "**Kneipp island**" at Lake Hopfensee, great for water treading, a form of Kneipp therapy. Take advantage of other Kneipp inspired experiences in the area.

Evening Spa relaxation at local wellness hotel

Overnight in Füssen



Moor soap:
A treasure for
body and soul

DAY 3

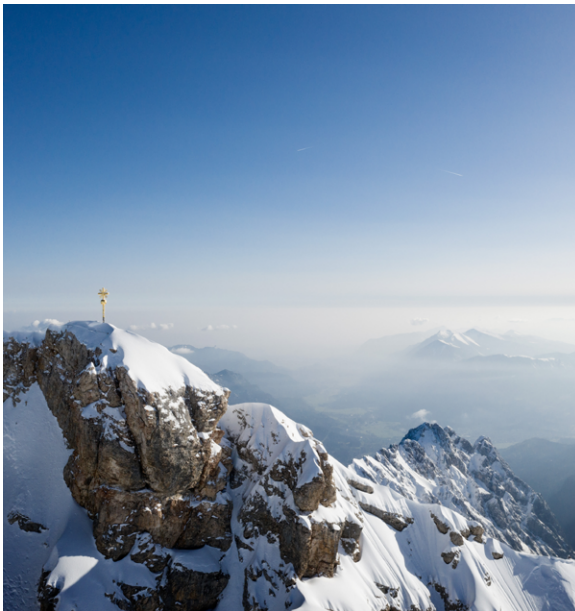
Morning Transfer from Füssen to Garmisch-Partenkirchen (1 h 15 m*)

TIP Stop by [Veronika Wurm's Moor Soap Shop](#). Veronika Wurm values the Bavarian Moors and the cultural landscape around the Saulgrub in the Ammergau Alps. She produces handmade soaps using 100 % natural ingredients from Bavaria's aromatic moorland.

WELCOME TO GARMISCH-PARTENKIRCHEN!

Back to nature, back to your roots. Recharge your batteries in [Garmisch-Partenkirchen](#). The Bavarian Alps offer countless opportunities for memorable experiences.

Transfer from Garmisch-Partenkirchen to Zugspitze and ascend by cable car (20 m)*



Top of Germany:
On a clear day,
enjoy views of
Austria and
Switzerland



Partnach Gorge:
Perfect hike
activity with
impressive
views



Arrival Zugspitze (glacier) Germany's Highest Mountain and enjoy the views.

Lunch at the top, [Panorama 2962](#)

At an altitude of almost 3,000 m above sea level, the multifunctional restaurant is an architectural treat. It will serve typical specialties from the Alpine region, garnished with rich panoramic views.

Descend by cable car

Or visit to [Partnach Gorge](#)

Tour of the Partnach Gorge, a natural landmark with wild waterfalls, rapids and tranquil water basins.

Overnight in Garmisch-Partenkirchen

DAY 4

Morning Transfer from Garmisch-Partenkirchen to Lake Tegernsee (1 h 15 m*)

WELCOME TO LAKE TEGERNSEE!

Whether award-winning cuisine or traditional Bavarian restaurants, buzzing life or lakeside tranquility, Rottach-Egern at Lake Tegernsee has a whole host of options for an enjoyable vacation.



Lake Tegernsee:
Tranquil beauty and relaxation

Check-in at [Althoff Seehotel Überfahrt](#)

Five-star hotel Althoff Seehotel Überfahrt on the shores of Lake Tegernsee offers breathtaking views of the Bavarian Alps and the serene waters. Indulge in their 3000 sqm spa with luxurious beauty treatments, daily fitness activities like yoga and aqua fit, as well as award-winning dining in their five restaurants.

Short walk in the surrounding area by the lake or day hike experience to Mangfall Mountains

Explore town of [Rottach-Egern](#)

Located on the southern shore of Lake Tegernsee. The main boulevard, Seestrasse, is lined with first-class hotels, restaurants and boutiques, and there are exclusive wellness and beauty options, including Europe's very first "beauty farm".

Afternoon Enjoy **wellness time** filled with peace and quiet at the hotel's [4 elements spa](#)



Dinner at hotel [Restaurant Überfahrt](#)

Indulge in star chef Cornelia Fischer's culinary fine dining treats, which embrace regional roots with a vision of the world.

Overnight at Althoff Seehotel Überfahrt

DAY 5

Morning Transfer from Lake Tegernsee to Lake Chiemsee (1h 30 m*)

WELCOME TO LAKE CHIEMSEE!

[Lake Chiemsee](#), nestled in picturesque Alpine foothills and known as the Bavarian Sea, is the perfect destination for wellness and relaxation. Its serene atmosphere and stunning beauty are complemented by thermal baths and a variety of leisure activities for mind, body and soul. Enjoy and rejuvenate in this idyllic setting.



Yachthotel Chiemsee:
Luxury wellness amidst stunning lakeside views

Check in for a relaxing day at [Yachthotel Chiemsee](#)

Situated on the serene shores of Bavaria's Lake Chiemsee, the hotel blends timeless luxury with natural beauty. This enchanting retreat is ideal for relaxation, featuring wellness amenities such as an indoor pool, outdoor jacuzzi, and soothing saunas.



Dinner at Restaurant BLU at Yachthotel Chiemsee

Flavors and ingredients from the Mediterranean and the Middle East are combined on one plate, and complemented by curated signature drinks. Enjoy the new and exciting ambience with stunning lakeside views.

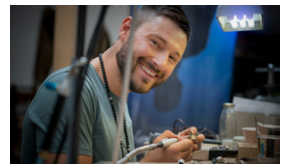
Overnight at Yachthotel Chiemsee

End of trip. We hope you enjoyed your visit.

** Please note: Transfer times are approximate and can depend on road conditions on the day of travel.*

INSIDER TIP

Near Lake Chiemsee, in Rosenheim, meet [Florian Blickenberger](#), a local handicraftsman and designer. All his pieces are inspired in his homeland, Bavaria's nature and culture.



Florian Blickenberger:
Bavarian-inspired jewelry

GET IN TOUCH FOR MORE DETAILS



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