

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 · ERDING



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.

Check-in to Kneipp & Health Resort **Sebastianum**

The Sebastianum is situated right on the promenade, in the historical heart of Bad Wörishofen. Based on the philosophy of holistic health care, it was founded in 1891 by Sebastian Kneipp.



Explore the Kneipp Cure

Choose from Kneipp experiences and enjoy spa experience and activities.

Afternoon Walk to Spa Park, explore the beautiful herb and rose garden in the town of Bad Wörishofen

Overnight in Bad Wörishofen



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



Senses:
Spa Park includes a scent and aroma garden



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

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*)

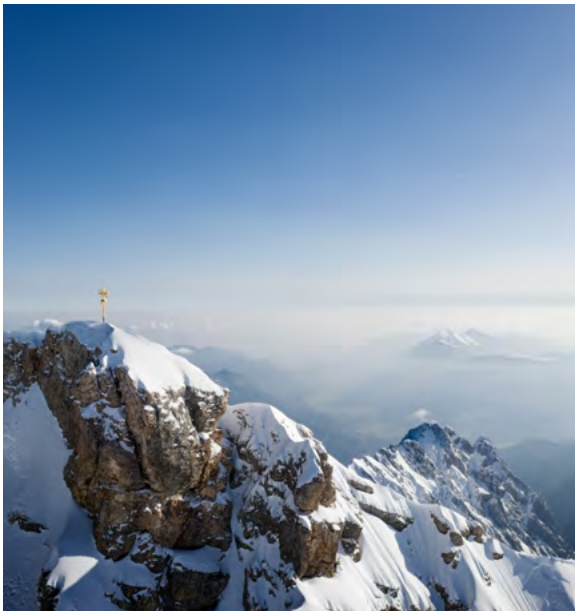
TIP Stop by [Veronika Wurm's Moor Soap Shop](#). Veronika Wurm values the Bavarian Moors and the cultural landscape around the Saulgrub in the Ammergau Alps. She produces handmade soaps using 100 % natural ingredients from Bavaria's aromatic moorland.

WELCOME TO GARMISCH-PARTENKIRCHEN!

Back to nature, back to your roots. Recharging your batteries in [Garmisch-Partenkirchen](#). The Bavarian Alps offer you countless opportunities to experience eventful moments.



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



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



Partnach Gorge:
Perfect hike
activity with
impressive
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.

Evening

Check-in to [Hotel Staudacherhof](#)

Pamper yourself and recharge energy at Staudacherhof. The property offers amenities such as: indoor pool, outdoor pool, steam room, laconium and tepidarium as well as a sauna area with rock showers. Treat yourself to relaxation and unforgettable moments of indulgence!



Evening and dinner at leisure

Excellent Bavarian-Ayurvedic dishes complete the wellness program in an ideal way. The kitchen team conjures up wonderful Bavarian delicacies with Ayurvedic influences for its guests.

Overnight in Garmisch-Partenkirchen

Egerner Höfe:
The perfect
retreat and
wellness
destination for a
full mind and
body recovery



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.

Check-in at [Parkhotel Egerner Höfe](#)

A 5-star superior boutique hotel with 107 rooms and suites. At Egerner Höfe, guests can feel connected to the region, which is experienced with quiet luxury and a tranquil ambiance.

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 [Mangfall Spa](#)



Dinner at hotel: [Gourmetrestaurant Dichter](#)

Star-chef Thomas Kellermann and his team serve outstanding menus with a special twist at the 2 Michelin star Gourmetrestaurant Dichter.

Overnight at Parkhotel Egerner Höfe

DAY 5

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

WELCOME TO ERDING!

Erding combines the traditional Bavarian experience together with today's modern hospitality

features catering to the needs of international travelers – right in the heart of Bavaria. Less than an hour away from the Bavarian capital city of Munich and less than 10 minutes from Munich Airport.

Relaxing day at [Therme Erding Spa](#)

Experience the world's largest thermal spa. Whether at adventure pool or sauna world, you can expect summer temperatures in all areas, turquoise water & refreshing cocktails in the pool, surrounded by real palm trees.



Dinner at Gaststätte zum [Erdinger Weissbräu](#)

Overnight in Erding

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.



Therme Erding:
Offers over 30
pools and
saunas

INSIDER TIP



For more wellness experiences, visit [Lindau](#) and its newly opened [Therme Lindau](#), offering a variety of thermal baths, pools and saunas.

GET IN TOUCH FOR MORE DETAILS



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