

www.germany-tourism.de



Pleasure and relaxation

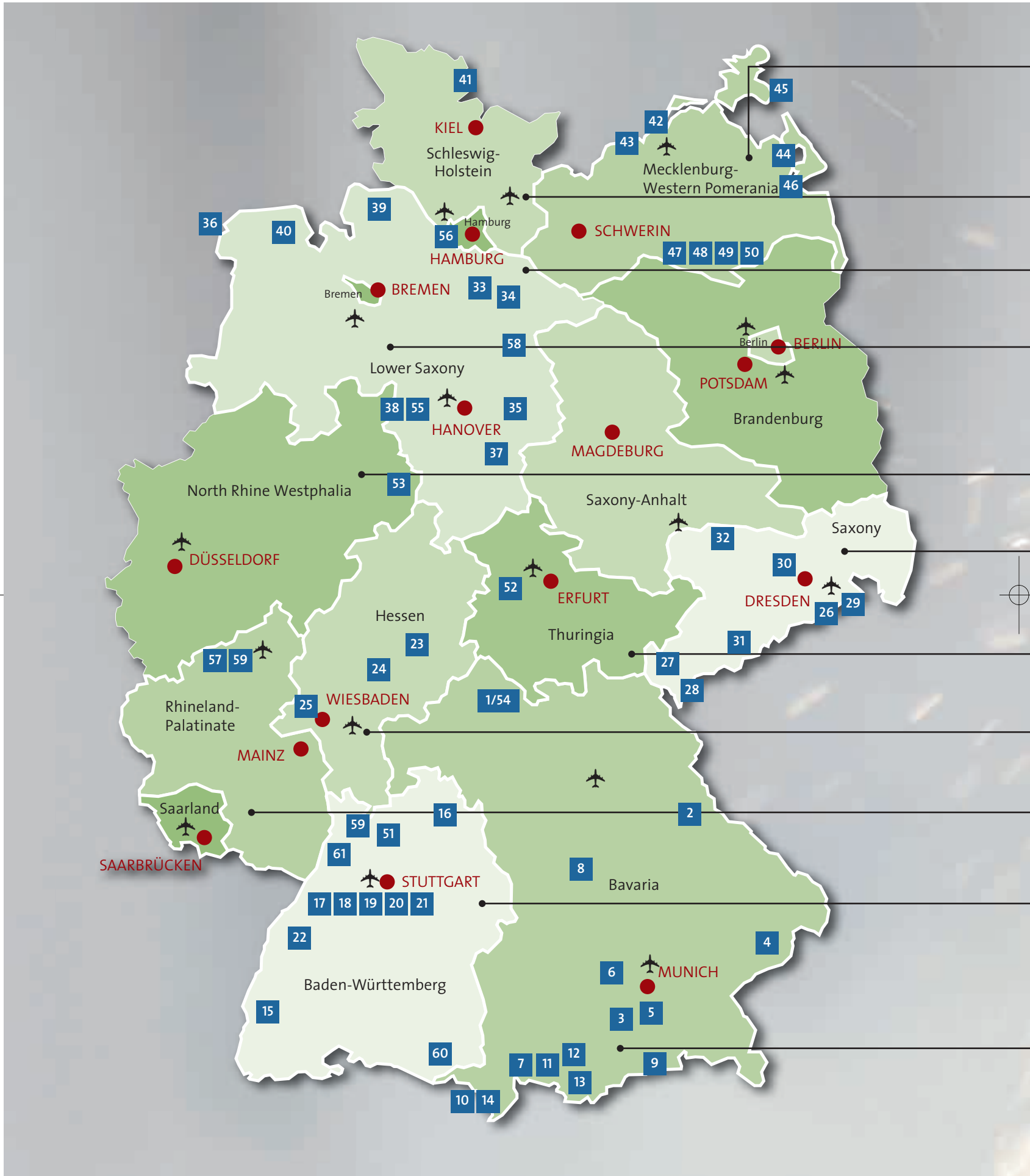
Germany. Welcome to wellbeing

Your passport to indulgence



Destination Germany

AT A GLANCE



LOWER SAXONY



Lower Saxony – refreshing for body and soul

Expanses of green countryside, North Sea beaches and the Harz mountains – the diverse landscapes of Lower Saxony.

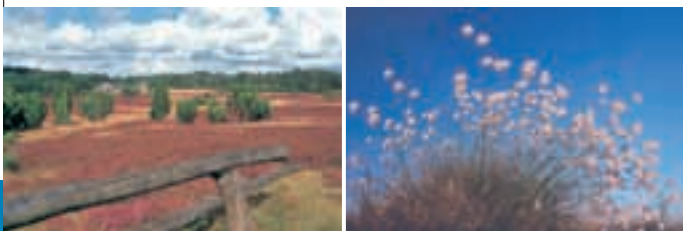


For visitors seeking rest and relaxation, Lower Saxony has 52 spas and health resorts offering a combination of traditional therapies and modern medicine. This region has a long health break tradition, as is reflected by its sophisticated, classical spa architecture. The spa resorts in Lower Saxony have wonderful parks for strolling, healing water

fountains softly bubbling away and a special bioclimate with beneficial, holistic effects. Relax and unwind, take time for yourself, learn a more laid-back, healthier lifestyle – on a health break in Lower Saxony.

TourismusMarketing
Niedersachsen GmbH
Essener Strasse 1
30173 Hannover
Tel. +49 (0)511 2704 8850
Fax +49 (0)511 2704 8888
info@tourismniedersachsen.de
www.niedersachsen-tourism.com





33 "KAMERUN COUNTY"



"Kamerun County" in the eastern part of Lüneburg Heath is the perfect setting for a relaxing wellness break. In addition to an Ayurveda health village and the first

German potato hotel, there is an Africa wellness farm offering specialities from Cameroon (German: Kamerun). "Kamerun County" has something for everyone.

"Kamerun County" Holiday and adventure region between the Elbe and Lüneburg Heath
Tel. +49 (0)5862 170
Fax +49 (0)5862 1697
office@land-kamerun.de
www.land-kamerun.de
www.heidefarmen.de

Natural wellness: Heathland, Elbe valley meadows & circular villages



- 1 x full beauty treatment (exfoliation, deep cleansing, skin analysis and advice, face, neck and décolletage massage, skin-specific face pack)
- morning fitness training
- mineral water and tea
- saunas, walks, swimming
- overnight accommodation

in one of the three heathland farms

5 NIGHTS INCL. BREAKFAST
P.P. SHARING A DOUBLE ROOM

from € **169.00**

34 BAD BEVENSEN



Bad Bevensen, a health resort and popular holiday town on Lüneburg Heath, is the perfect destination for a health and wellness holiday or a relaxing leisure break. It is known for its therapeutic thermal iodine-

saline springs and its excellent doctors and therapists.

Bad Bevensen Marketing GmbH
Dahlenburger Strasse 1
29549 Bad Bevensen
Tel. +49 (0)5821 570
Fax +49 (0)5821 5766
info@bad-bevensen.de
www.bad-bevensen-tourismus.de

Aloha – loving life



- 3 day passes for the iodine-saline thermal baths
- 1 x Lomi Lomi Nui massage
- 1 x Hydroxeur bath
- 1 x Rasul bath
- overnight accommodation in a three-star or four-star hotel

4 NIGHTS INCL. BREAKFAST
P.P. SHARING A DOUBLE ROOM

from € **269.00**

35 BAD HARZBURG



Bad Harzburg is one of Germany's top four spa resorts. Its thermal salt water pool complex, one of the nicest in Lower Saxony, will totally relax your body and mind. Forget all your cares as you discover the indoor and outdoor pools, the wellness pavilion, the beauty suite and the sauna area with its amazing saline grotto. Stroll through Bad Harzburg's attractive pedestrian area, which is framed by ancient chestnut trees. A three-minute cable car ride will take you up the Grosser Burgberg, from where you can set out on any number of walks. There's fun for all the family at the Silberborn pool complex, at Kroderland leisure park with mini golf, a play barn, a riding

hall, a playground and a 12 hectare wildlife park, and at the Skyrope high ropes park in the Kaltes Tal valley.

Nordic walking, race walking, mountain biking, horse riding, golf, tennis, fitness training and hiking – there are all kinds of ways to be active in and around Bad Harzburg. The sports park at the race-track has nine signposted walking and jogging trails, an outdoor fitness trail and many other enjoyable exercise opportunities. With its casino, programme of cultural events and sporting highlights including the traditional race meeting, Bad Harzburg is perfect for an exciting yet relaxing stay.

Bad Harzburg Tourist Information
Nordhäuser Strasse 4
38667 Bad Harzburg
Tel. +49 (0)5322 753 30
Fax +49 (0)5322 753 29
info@bad-harzburg.de
www.bad-harzburg.de

Take time out



Treat yourself to a few days of relaxation. Forget your worries, concentrate on your wellbeing and give your soul some tender loving care. Breathe the air of freedom in the Harz's beautiful forests.

- wellbeing massage
- thalasso body treatment
- intensive beauty treatment
- 2 x admission to thermal salt water pool complex incl. sauna area
- solarium
- snack (at the pool café)
- return trip on the Burgberg cable car
- resort tax

8 DAYS/7 NIGHTS INCL. BREAKFAST
P.P. SHARING A DOUBLE ROOM

from € **380.00**

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Petra Hedorfer
Chief Executive Officer of the GNTB

Wellbeing in Germany

Dear readers,

Whatever your dream of the perfect wellness break – relaxation, exercise, health treatments, a spa indulgence – you'll find it in Germany. Wellness brands such as "WellVital" in Bavaria and "Wellness Stars" in Baden-Württemberg guarantee first-class quality; sophisticated therapies, highly trained staff, expert care and impeccable service come as standard. In Germany you'll be in the best of hands – go on, treat yourself!

Germany's state-of-the-art wellness hotels offer top-quality treatments: from traditional therapies with a regional twist to exotic relaxation rituals. The choice is truly remarkable and there's always that little extra something: idyllic scenery for nature lovers, exhibitions for art lovers, gourmet dining for food lovers.

This brochure will familiarise you with wellness, beauty, fitness and health breaks in Germany. It contains lots of bookable packages and inspiration for your next wellbeing break. Holidays are arranged in sections according to federal state, region and packages at leading hotels; holiday types are indicated by the "wellness", "beauty", "activity" and "health" symbols. The wellness glossary explains exotic-sounding treatments like lotus massage and Rasul bath, and there's a map showing the location of every package featured in this brochure.

For more information please visit our website www.germany-tourism.de.

Treat yourself to a wellness holiday in Germany and discover the real meaning of happiness.

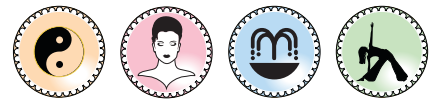
Petra Hedorfer
Chief Executive Officer
German National Tourist Board



WELLBEING IN GERMANY



Experience every aspect of wellbeing



Germany's healthy climate, healing waters, natural therapies and stunning scenery make it the perfect destination for your wellness holiday. Countless hotels, wellness resorts, spas and health resorts offer programmes to refresh your mind and reinvigorate your body.

Relax and revitalise in an idyllic setting. Choose from majestic mountains, tranquil valleys, vast forests, the seaside,

unspoilt beaches and crystal-clear lakes. Germany has all the ingredients for your wellness break. Here you will find

information, tips and ideas relating to "wellness", "beauty", "active" and "health".

EXPERIENCE MORE IN GERMANY

Even in the remotest parts of Germany you'll find traces of German history, German poets, painters, composers and artists. All over the country there are museums, theatres, opera houses and galleries with their own special highlights.

Each region in Germany is waiting to be discovered: the food and drink, the architecture, the traditional customs and very hospitable local people. Explore the beautiful landscape on foot or by bike. Or pop into town for a shopping spree, a meal at a restaurant or a show at the theatre. Your itinerary can be designed to suit your own individual style. Have fun!



WELLNESS AND MORE



Body and mind in harmony

Wellness is an all-round feeling of wellbeing. This modern style of health and beauty care is now well established. In Germany you can be professionally pampered from head to toe in the most delightful settings.



Forget your cares and escape

You're entering a world of wellbeing. Luxuriate in its benefits. Relax and recharge your batteries. Germany has more than 300 spas and health resorts and around 1,000 spa and wellness hotels offering an amazing variety of therapies, massages and treatments.

Pick out your favourites and embark on your very own pampering programme.

Relaxation for the discerning

The one and only priority at Germany's many wellness and beauty centres is your wellbeing. Indulge yourself and slip into a new world of gentleness. A warm mud bath, a soothing chocolate massage



or a pick-me-up papaya peeling – all designed to enhance your wellbeing. Exercise is important too, so how about Nordic walking, a cycling tour or a gym session? Chinese energy exercises (Qigong) are also wonderfully relaxing.



Summer open-air events in romantic settings, such as the Schwerin Castle Festival (above), are enchanting highlights.



During your stay you will be looked after by fully trained specialists and doctors who will help you design your very own wellness programme according to your individual wishes and medical requirements.

Enjoy your stay in Germany's most beautiful regions and look forward to feeling a new sense of energy.

An all-round sense of wellbeing

The healing powers of nature are especially gentle – and Germany has them in abundance. Flower-filled, herb-scented mountain pastures or the salty, tangy air of the seaside. With such an exciting range on offer, decisions are daunting, but perhaps some tasters will help. Try a few treatments and decide afterwards. Wellness is not simply about physical wellbeing; the right environment can inspire your inner self and trigger an all-round sense of relaxation,

which in turn brings new energies and strengths. Choose whatever really appeals to you – you'll find it here in Germany.

Active relaxation

Whichever region of Germany you pick for your wellness holiday, they all have their special charms and offer a variety of leisure activities in glorious countryside.

The beaches of the North Sea and the Baltic are perfect for long walks, the Bavarian Alps and Saxon Switzerland are great for putting your climbing skills to the test, and the hills and mountains are fantastic for skiing and snowboarding. Canoeing in Mecklenburg-Western Pomerania is an experience never to be forgotten. Germany really is one of a kind.



GOURMETS WELCOME

If you think German food consists entirely of sausages, think again. It's true, we do have a huge range of different sausages but lots of other delicious things to eat too.

Germany's bakers are extremely imaginative and there are over 300 kinds of German bread – not to mention numerous varieties of rolls. Our cakes and gateaux are also really special, and afternoon coffee and cake are still a popular tradition in Germany. Black Forest gateau, Frankfurt crown cake, cheesecakes such as Saxon Eierschecke – which will be your favourite?

That brings us to our next pleasure: German beer. More than 1,200 regional and nationwide breweries in Germany produce 5,000 different kinds of beer. Our regional cuisine is equally varied, with fish, meat and vegetables (including potatoes) all served wonderfully fresh. And by the way – German wines are delicious too. Cheers!

BEAUTY INCLUDED



Beauty is related to wellbeing

Wellness and beauty centres are set in Germany's most scenic and magical regions. The fresh, pure air alone will do wonders for your complexion.



You don't have to suffer to be beautiful

Our range of treatments, products and methods will make your beauty sessions feel like true bliss. Highly qualified beauticians will guide and advise you. It's very reassuring to know that you're in the best of hands and gaining inspiration from

different treatments. Enjoy your stay. Concentrate on yourself and your own beauty for a change.

Taking care of your skin

How do you like the sound of a herbal treatment, a caviar wrap or perhaps a milk bath with honey and rose oil?



They're all wonderfully relaxing. You'll be surprised how many ways there are to make your skin look firmer and more radiant: mud and algae packs rich in mineral oils, purifying and regenerating sea sand scrubs and Rügen chalk treatments, to mention just a few.



Under John Neumeier the Hamburg Ballet has become one of the world's leading ballet companies.

A SPOT OF SHOPPING

You're relaxing in the most pleasurable ways and forgetting your stress and routine. But a change of scenery might still be nice. Take a trip to a nearby town. Shopping in Germany is fun and exciting. In a quaint old town or the latest shopping centre – you'll find everything your heart desires. Everywhere you'll discover a wonderful mix of boutiques, specialist shops, restaurants and cafés. Pedestrian areas in towns and cities offer an impressive array of department stores and shopping arcades.

Germany's most famous shops and shopping areas are in the big cities. For example KaDeWe in Berlin, Königsallee in Düsseldorf, Mönckebergstrasse in Hamburg, Goethestrasse and Zeil in Frankfurt, Fünf Höfe in Munich, Hohe Strasse in Cologne and Königsstrasse in Stuttgart. Designer goods or high-street fashion, exclusive or affordable – whatever you're looking for, you'll find it here – even in Germany's smaller towns and cities.

All in the name of beauty

Whether you're happier with traditional or innovative treatments – experienced beauticians will devote themselves exclusively to your beauty and your well-being.

They'll perform analyses, respond to your preferences and work out a programme specially for you, which is individually designed for your requirements. The range includes beauty treatments, manicures, pedicures and special massages to tauten the skin and enhance your feelings of wellbeing.

Beauty products from nature

Nature supplies the most exquisite beauty products of all. Because they are derived from natural resources, they are gentle on the environment and kind to your skin, supporting its health and natural beauty without unnecessary stress. These products are subject to strict quality criteria. The majority of the herbs, flowers and oils used must be certified as organic and must not contain any synthetic ingredients, tensides,



preservatives, glycerine, titanium oxide or alcohol. So you can be sure your treatment will be gentle and effective. Wellness centres and hotels, large and small, throughout Germany provide treatments based on natural products.

Health and nutrition

No beauty treatment, however fabulous, can compensate for unhealthy eating. Sensible eating and drinking is the soundest foundation for any wellness programme.

Here too you will be advised by trained staff because eating essential nutrients revitalises your whole being.

ACTIVE RELAXATION



Wellness holidays with exercise

Pampering and indulgence on the one hand; active relaxation on the other. Germany offers a wealth of wellbeing opportunities and countless packages to choose from.



Exercise does you good and makes you smile

All of Germany's wellness resorts, spas, beauty centres, spa resorts and health resorts offer a range of sports and fitness programmes. There's something for everyone. Choose an activity you really enjoy. Here in Germany you'll find the perfect form of exercise for you. One

that will relax you, in glorious natural surroundings or at a professional training centre. You can start off gently and gradually increase your activity level.

Get the most out of life

Germany offers a huge range of sporting activities. It has miles and miles of foot-paths for long walks, hikes or Nordic



walking. Cycle routes will take you to amazing places you would never discover in a car. Who can resist a refreshing dip in a crystal-clear lake or the sea during the summer? Thrill-seekers can go rafting or hang-gliding, rowing or windsurfing.



Join in the fun at our many wine festivals or enjoy a few quiet moments at a romantic restaurant.

THE PARTY NEVER STOPS

In Germany we like a good party. Be our guest at one of our numerous festivals.

One highlight is The Rhine in Flames when the river is lit up by magical fire and a dazzling fireworks display. There is also a full events programme. An absolute must for culture lovers is the Rheingau Music Festival, which presents musical gems in the most beautiful locations – castles, palaces and vineyards – during three months of the year.

Other places in Germany host their own spectacular events: the famous *Oktoberfest* in Munich, the Bayreuth Festival, the Museum Embankment Festival in Frankfurt am Main, Formula 1 at the Hockenheimring, Rock am Ring, one of Europe's biggest rock festivals, and the Four Hills Tournament, which attracts the best ski-jumpers in the world. Every wine-growing village in Germany has its own traditional wine festival and visitors adore our magical Christmas markets. More events information is available on the website www.germany-tourism.de.

In winter, Germany's snow-covered mountains are heaven for skiers and snowboarders, cross-country skiers and bobsleighters.

That sounds a bit too active for you? No problem. Simply choose a more gentle activity. How about aqua fitness or yoga? Qigong or Tai Chi? Or perhaps you'd prefer Pilates, gentle exercises that work the whole body and strengthen every muscle group. The best idea is to discuss and plan your activity programme with your professional trainer once you're in Germany.

Exercise and get fitter

Germany's wellness centres, beauty centres, spas and health resorts are in the country's most scenic regions, so outdoor exercise is a natural choice. It's best not to rush things at the beginning, so walking is a perfect introduction. Courses in walking and Nordic walking are available throughout Germany, run by professional trainers to teach you the correct techniques. Once you're fully prepared, you can put your best foot forward – by yourself, with your partner or with friends – and explore Germany's wonderful countryside, happy in the knowledge that walking also benefits your health and physical wellbeing. Discover your



holiday surroundings. In Germany they're never boring.

Keep your eye on the ball

Golf is one of the numerous sports that can be enjoyed in Germany, and visitor membership is available at many golf courses. Treat yourself to a round and step out onto beautifully manicured greens. Or you can chase a ball down on the tennis court. There are lots of match opportunities, both for singles and doubles. If you need to learn or brush up your skills, there are always professional coaches on hand.

HEALTHY HOLIDAYS



Health treatments in Germany – your very good health

Germany's spas and health resorts are surrounded by idyllic scenery. They have a sophisticated atmosphere and offer a wide range of restful, health-related programmes.



Germany is good for your health

Around 300 mineral and mud spas, hydrotherapy resorts, climatic health resorts and seaside resorts in Germany offer an amazing choice of preventive and therapeutic wellbeing treatments. There is always a perfect balance between medical expertise and your indi-

vidual requirements. You will be in the care of specialists who are experts in harmonising body, mind and soul.

Using the healing powers of nature

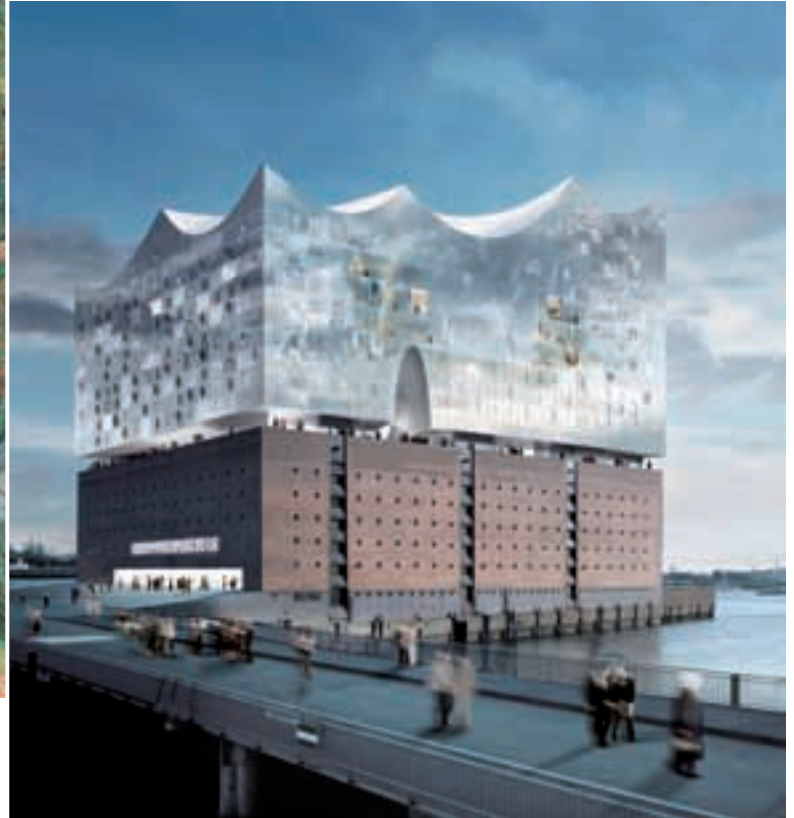
Our spas and health resorts are subject to strict quality criteria. Germany has no end of beautiful scenery but spa resorts have to offer more. First and foremost, the healing powers of the earth, the water and the air contribute to curing or



alleviating health problems and improving general wellbeing. Naturally your health programme will depend on the region of Germany you choose to visit. In the north, near the beaches of the North Sea and the Baltic, you'll enjoy the medicinal pleasures of sea water or algae purification baths; in the mountains you can look forward to mountain pine mud baths to boost the metabolism or hay baths to gently detox. Whichever region of Germany you choose for your health



Stroll round a romantic park. The Elbe Philharmonic Hall (due to open in 2011) in Hamburg will inspire you.



break, you can design your own programme with the help of medical staff who are trained to the highest standards. Whether you need assistance for an acute or a chronic disorder, you will be advised appropriately. And with the help of nature, your sense of wellbeing will soon return.

Healthy water from the deep

Water, the vital element without which we could not exist, bubbles out of numerous springs in Germany. Medicinal water is water that has been enriched by valuable minerals and trace elements deep beneath the earth's surface. Germany has 60 approved medicinal springs, all subject to strict, ongoing quality controls.

Their waters provide effective natural therapies that can stimulate the metabolism, the digestive system, the intestines, the heart or the kidneys, depending on their composition. These are not mineral waters but medicinal products with proven therapeutic effects. You too can discover the benefits of Germany's healing waters.

Spa resorts with lots to do

Health and wellbeing are obviously the priorities of any spa resort but there's also plenty to enjoy away from the treatment suite. Elegant restaurants and cosy cafés, for instance. Chic fashion boutiques, theatres and spa centres offering cultural events. Relaxation or activities in the open air. You're free to spend your leisure time just as you wish.

A CULTURAL EXPERIENCE

Why not use your stay to expand your cultural horizons? Follow in the footsteps of Germany's great poets and composers. Discover Germany's history through its architecture and monuments.

Germany's cultural life is extremely vibrant. Highlights await you wherever you go: at castles and palaces, theatres and museums, opera houses and art galleries. A greater variety is impossible to imagine. Germany's cultural history is reflected in its architecture. Historical market squares and quaint, half-timbered houses will take you back in time.

Enjoy a star-studded night at the opera at one of Germany's famous opera houses. From Hamburg to Munich, each region offers its own dazzling array of musical highlights ranging from palace concerts to operas, song evenings to musicals. Or perhaps you prefer the theatre? In Germany you really are spoilt for choice. If you enjoy visiting museums, you'll be able to indulge your passion in every part of Germany.

THE REGIONAL MANagements OF THE GERMAN NATIONAL TOURIST BOARD

Regional Management Northwest Europe

Netherlands

German National Tourist Office
Amsterdam
Infotel.: (020) 697 80 66
duitsland@d-z-t.com
www.duitsverkeersbureau.nl

Belgium/Luxembourg

German National Tourist Office
Brussels
Infotel.: (02) 2 45 97 00
gntobru@d-z-t.com www.duitsland-vakan-
tieland.be
www.vacances-en-allemaigne.be

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German National Tourist Office
London
Infotel.: (020) 73 17 09 08
gntolon@d-z-t.com
www.germany-tourism.co.uk

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German National Tourist Office
Vesterbrogade 6 D, III
Copenhagen
Infotel.: 33 43 68 00
gntocph@d-z-t.com
www.tyskland.travel
www.tyskland-info.com

Norway

Marketing and Sales Office
Oslo
www.tyskland-info.com

Sweden

Marketing and Sales Office
Stockholm
Infotel.: (08) 6 65 18 81
info@tyskatouristbyran.se
www.tyskland-info.se

Finland

Marketing and Sales Office
c/o German-Finnish Chamber of Industry
and Commerce
Helsinki
www.saksa.travel

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www.niemcy-turystyka.pl

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Moscow
www.germanyclub.ru

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Spain

German National Tourist Office
Madrid
Infotel.: 91 4 29 35 51
infoalemania@d-z-t.com
www.alemania-turismo.com

France

German National Tourist Office
Paris
Infotel.: (01) 40 20 01 88
gntopar@d-z-t.com
www.allemaigne-tourisme.com

Italy

German National Tourist Office
Milan
Infotel.: (02) 26 11 15 98
gntomil@d-z-t.com
www.vacanzeingermania.com

Switzerland

German National Tourist Office
Talstrasse 62
Zurich
Infotel.: (044) 2 13 22 00
gntozrh@d-z-t.com
www.deutschland-tourismus.ch

Regional Management Southeast Europe

Austria

German National Tourist Office
Schubertring 12
Vienna
Infotel.: (01) 5 13 27 92
deutschland.reisen@d-z-t.com
www.deutschland-tourismus.at

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Marketing and Sales Office
c/o German-Czech Chamber of Industry and
Commerce
Prague
www.nemecko.travel

Slovenia

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c/o im.puls d.o.o.
Ljubljana
www.germany-tourism.de

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stry and Commerce
Budapest
www.nemetorszag.travel

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German National Tourist Office
Marketing and Sales Office
Los Angeles and Chicago
Infotel.: (212) 661-7200
germanyinfo@d-z-t.com
www.cometogermany.com

Canada

Marketing and Sales Office
Toronto
www.cometogermany.com

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Marketing and Sales Office
c/o Lufthansa German Airlines
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Sao Paulo
www.visitalemanha.com

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German National Tourist Office
Tokyo
Infotel.: (03) 35 86 07 05
gntotyo@d-z-t.com
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c/o German-Chinese Chamber of Industry
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www.germany-tourism.de

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info@d-z-t.com
www.germany-tourism.de

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Bad Elster/Bad Brambach; p. 29: Parkhotel
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