



Adventure & a wellness journey at the Victoria-Jungfrau Grand Hotel & Spa, Interlaken

Stop. Move into a different gear. The Victoria-Jungfrau Grand Hotel & Spa in Interlaken has recognised the conundrum; the desire to live a healthy life; but the demands of actually living it, can make it impossible. The hotel tailor-make *wellness journeys* for all levels of fitness, from sailing to skiing to spa breaks; whilst exploring the Swiss countryside.

Sixteen therapy suites within its award winning ESPA spa, including a health bar, are a small part of what encompasses the Victoria-Jungfrau Grand Hotel's health facilities. Special "spa choices" feature on the menus in all of the hotel's three restaurants for those that want to "dine-around" and enjoy delicious dishes whilst on their regime. No fewer than 35 different types of treatments, including massages, therapies with hot lava stones, body and facial applications and hydrotherapy baths are on offer and adapted with the individual's wellbeing in mind. There is also a 21-metre swimming pool, whirlpool, sauna and steam room as well as indoor tennis, a fully equipped gym with regular spinning, dance aerobics, fit-boxing and aqua-power classes.

The Victoria-Jungfrau Grand Hotel & Spa is one of Switzerland's landmark hotels, with its reputation for excellent service and luxurious living; it is situated in Interlaken, between the two lakes and enjoys a peaceful outlook over the Jungfrau massif. Without a doubt a few days in this restorative atmosphere is ideal for those that want, or need a relaxing break.

A walk in the park is so much better when the park in question is along the banks of a crystal lake with a backdrop of snow covered Alps in brilliant sunshine. Wellbeing is a state of mind and the exercise alternatives can be positively energising when it is a part of the journey and maybe, soon, fitness will become second nature:

VICTORIA-JUNGFRAU Grand Hotel & Spa

Höheweg 41, CH-3800 Interlaken, Tel. +41 (0)33 828 28 28, Fax +41 (0)33 828 28 80
interlaken@victoria-jungfrau.ch, www.victoria-jungfrau.ch

- **Skiing:** the hotel's shuttle bus goes directly to the ski station in Grindelwald (1034m/3393ft), about 20 km away, for those more adventurous, there is heli-skiing, just 12 minutes from the hotel at Gsteigwiler. Take off to ski on crisp snow in the shadow of the three mighty peaks of the Eiger, Mönch and the Jungfrau.
- **MBT's:** learn the Masai walking technique; a style developed and perfected through the ages by the semi-nomadic Masai tribesmen of Kenya. The Masai are renowned for their incredible ability to cover long distances on foot, without suffering strain or feeling fatigue and the MBT's replicate the technique by the unique construction of the shoe sole. A 4-day introduction on either 5th to 10th April or 12th to 15th April 2009 with a half-board rate is arranged at the hotel including guided tours.
- **Tai Chi:** Either a group introduction or one-to-one lessons with Manfred Miethe, the hotel's expert in Eastern martial arts (his most famous pupil was Kofi Annan whilst he was staying at the hotel).
- **Paragliding:** experience the thrill of floating high above the snow covered mountains with a bird's eye view of the villages and valleys below; ride the thermals and then sweep down to land immediately in front of the hotel.
- **Walk on the Wild Side:** From a gentle stroll along the lake shores to a more strenuous climb in the Alps, including trekking on Schilthorn, the peak made famous by James Bond in *On Her Majesty's Secret Service*; there are paths for all proficiency levels and spectacular views come as standard.
- **Swim with nature:** the lakes in Switzerland are crystal clear and summer swimming is encouraged with diving and changing platforms being the norm. For those that prefer their water to be a tad warmer, the hotel has a spectacular 21-metre swimming pool with a Jacuzzi, outdoor hot tub and Turkish baths.
- **Spa & Relax:** relaxation is essential after any exercise and the Victoria-Jungfrau has this element covered with its award winning ESPA and Clarins therapy suites.
- **Kneipp Path:** constructed, within a natural setting, on the slopes of the Allmendhubel, is a Kneipp Path of about a hundred metres. Dr. Sebastian Kneipp, a priest in the 1800's and a founder of the Naturopathic Medicine Movement, created the *Kneipp Cure*, a form of hydrotherapy that also includes walking over short distances of different ground surfaces to stimulate bare feet with a variety of temperatures and pressures. The Kneipp Path is open from May to October.

The Concierge at the Victoria-Jungfrau Grand Hotel can arrange the above mentioned excursions, as well as funicular tickets and hire of equipment. The Victoria-Jungfrau-Collection has a fleet of Jaguars and, subject to availability, guests can drive them on days out or between the Collection's four hotels; namely, the Bellevue Palace, Bern; The Palace, Luzern; Eden au Lac, Zurich or the Victoria-Jungfrau Grand Hotel & Spa in Interlaken.

VICTORIA-JUNGFRAU Grand Hotel & Spa

Höheweg 41, CH-3800 Interlaken, Tel. +41 (0)33 828 28 28, Fax +41 (0)33 828 28 80
interlaken@victoria-jungfrau.ch, www.victoria-jungfrau.ch

Prices for Time Out Days with Victoria-Jungfrau Grand Hotel & Spa

2 nights from CHF 1802/£925 (Exchange rate calculated on 16.10.08 at £1 = CHF 1.949 as per <http://www.xe.com/>) per person in a double room to include:

- Welcome drink at the SPA bar • Daily personal training of your choice – yoga, Tai Chi, Qigong • Relaxing facial care method CLARINS • Daily Spa lunch • ESPA aromatherapy body massage • Pedicure • ESPA chakra-balancing ritual with hot stones •

23rd October, 2008

Further information:

PRess Office Ltd.

Shelley-Anne Claircourt

London

Tel: +44 (0)20.7854 1827

Mobile: +44 (0)7970 891064

Email: info@pressoffice.co.uk

VICTORIA-JUNGFRAU Grand Hotel & Spa

Höheweg 41, CH-3800 Interlaken, Tel. +41 (0)33 828 28 28, Fax +41 (0)33 828 28 80
interlaken@victoria-jungfrau.ch, www.victoria-jungfrau.ch