



## **Walk like a Warrior at Switzerland's Victoria-Jungfrau Grand Hotel & Spa**

**MASAI WALKING WEEKS:** 26<sup>th</sup> April to 1<sup>st</sup> May 2008; 5<sup>th</sup> to 10<sup>th</sup> October 2008 and 12<sup>th</sup> to 17<sup>th</sup> October 2008

Learn the amazing techniques of Masai walking; a style developed and perfected through the ages by the semi-nomadic tribesmen of Kenya. The Masai are renowned for their amazing ability to cover long distances on foot, without suffering strain or feeling fatigue. Their method is distinguishable from other training techniques, not only because of the special style of walking but also by the unique construction of the shoe sole.

The Victoria-Jungfrau Grand Hotel & Spa in Switzerland's Interlaken is ideally placed for those that want a healthy break. Situated between two lakes, the pure air and outlook positively encourage strenuous activity. Guests can attend regular Tai Chi classes but should this be too meditative, the gym pulsates to spinning sessions. There are indoor tennis courts, hiking or sailing on the lake. There are 16-therapy rooms in a specially designed ESPA "wing" of the Hotel; with its own health bar where fruit juices, smoothies and light meals are served. The range of treatments within the award winning Spa are extensive, from traditional massages, to herbal rubs, to Indian head and foot massages and all tailor made to the individual's wellbeing. Without a doubt a few days in this restorative atmosphere is ideal for those that want, or need a relaxing break.

Prices for the Masai Walking Weeks: 5 nights CHF1820/£920.05\* per person in a Superior Double Room or CHF 2320/£1172.82\* for single occupancy in a Superior Double Room (\*exchange rate of £1= CHF1.978 on 14<sup>th</sup> April, 2008)

- 4-day Masai walking course with introduction, guided tours, lectures and debriefing
- Half Board with daily buffet breakfast and each evening a choice of one of three restaurants for dinner
- free admission to the Victoria-Jungfrau Spa with swimming pool, whirlpool, sauna, steam room, gymnasium and opportunity to join classes, e.g. Tai Chi, etc.

14<sup>th</sup> April, 2008

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