

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



Mind, Body & Spirit in Bavaria

7 DAYS TOUR INCLUDING:

LEITHEIM · BAD WÖRISHOFEN ·
FÜSSEN · GARMISCH-PARTENKIRCHEN ·
CHIEMSEE REGION



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

Arrival at Munich Airport. Transfer to Leitheim Castle (1 h 30 m*)

WELCOME TO LEITHEIM CASTLE!

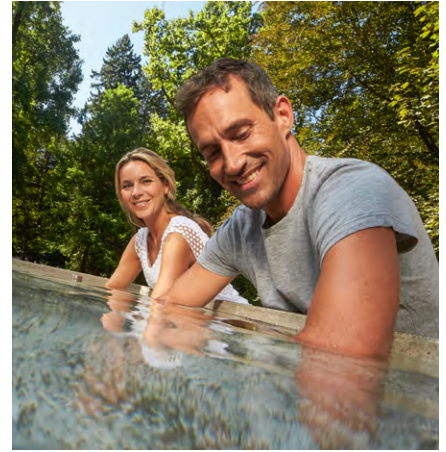
Located next to Rococo jewel, [Leitheim Castle](#), the property's harmoniously designed wellness center offers well-being, health and relaxation. The view from the sanarium area across the Danube valley is breathtakingly beautiful.

Afternoon Relax and enjoy spa amenities, lunch and dinner at leisure
The restaurant "Weingärtnerhaus" takes its name from the historic vineyards that lie just below the castle.

Overnight at Leitheim Castle



Leitheim Castle:
A 4-star hotel with 49 rooms



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

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



Senses:
Spa Park includes a scent and aroma garden

DAY 2

Morning Transfer from Leitheim to to Bad Wörishofen (1 h 20 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 [Sebastianium](#)
The Sebastianium is situated right on the promenade, in the historical heart of Bad Wörishofen. Based

DAY 3

Morning Transfer from Bad Wörishofen to Füssen (1 h 30 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



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



Partnach Gorge:
Perfect hike activity with impressive views

Afternoon Hike or bike the [Royal Route](#)

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

TIP 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 4

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.

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



Hotel Staudacherhof:
A Bavarian wellness oasis in the Alps



Indulgence:
Relax with a customized bath made of natural Bavarian ingredients

DAY 5

Morning Transfer from Garmisch-Partenkirchen to Chiemsee Region (1 h 30 m*)

WELCOME TO CHIEMSEE REGION! Switch off and stay healthy by taking in all the wellness offers in the [Chiemsee Region](#), from meditation trails on the idyllic foothills of the Alps to the relaxing spa treatments available at the resorts. Give your mind, body and spirit a true Bavarian vacation.

Afternoon Nature experience in [Eggstätt-Hemhofer Seenplatte](#) This lake district is one of the most valuable natural landscapes in Bavaria. Ideal for hiking, swimming and relaxing.

Spa, sauna or moor bath experience at [Chiemgau Thermen Bad Endorf](#)

Recharge your batteries in the thermal baths with a view of the lake and mountains. A soothing bath in the moor is beneficial for body and soul. Moor has an antibacterial, anti-inflammatory, detoxifying and hormone-regulating effect.

Overnight at [Yachthotel](#) in Prien am Chiemsee

DAY 6

Morning Transfer from Prien am Chiemsee 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



Therme Erding:
Offers over 30 pools and saunas

DAY 7

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

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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