

ALPENTHERME GASTEIN TRANQUILLITY AND ADVENTURE IN ALPINE WATER WORLDS

A haven of tranquillity, adventure playground and health oasis at the same time: Alpentherme Gastein in Bad Hofgastein. The modern Alpine health and leisure world sets a standard of excellence for thermal centres.

Featuring different adventure and vitality worlds spread out over 32,000 sq.m. Alpentherme Gastein offers a custom-made spa experience matching the individual interests and requirements of its visitors. Those seeking relaxation and time to themselves feel right at home in Relax World. Families with children looking for fun and diversion opt for Family World with the multi-media dome and water slides. For those who fancy a drink facing an impressive panoramic view of the Alps the glassed-in ICE CUBE bar is the right choice.

Source of Energy in the Mountains

Alpentherme Gastein is a source of energy in the mountains. The high degree of health competence based on the treasure of genuine thermal water originating deep inside the Hohe Tauern mountains is complemented by the services offered not only in the thermal centre but also in the associated spa and rehabilitation centre. „In the tough competition among the numerous thermal spas we can hold our own with top quality and extraordinary experience“ says the manager of Alpentherme Gastein, Klaus Lemmerer. The goal is to improve this quality even further.

Thermal Water from Deep Inside the Hohe Tauern Mountains

Relax World as well as Family World are the core of Alpentherme Gastein. The thermal water originates deep inside the Hohe Tauern mountains. Temperatures range from 32 to 36°C depending on whether the pools are indoors or outdoors.

Alpentherme Gastein features the following areas:

- Relax World
- Family World
- Sauna World
- Ladies World
- Beauty Residence
- Sports World

The leisure area **Relax World** with its panoramic glass fronts rising up almost ten metres allows for a fascinating view of the Alps. Atmospheric lighting effects create a meditative space for regeneration. Several pools with geysers and bubble-jet recliners as well as a mineral spring pool with a temperature of 36°C are among the attractions. Daily exercise programmes are offered in the activity pool for the sporty minded. For swimming outdoors, a thermal and an athletic pool are available.

The adventure area **Family World** is characterized by the 12-m-high adventure dome which transports visitors to far-away worlds with its multimedia projections. Further attractions are the “lazy-river” flow channel, the “black-hole” rafting slide as well as the speed slide. For the little ones, there is a wading pool, a diaper changing area and a water playground. Outdoors, a large playground and a volleyball court provide additional fun.

In winter, the **kindergarten** is open during school vacation periods. Parents who want to treat themselves to a massage or a visit to Sauna World can drop off the kids for supervised activities such as games and handicrafts free of charge. During the summer holidays, the „Crazy Kiddie Summer“ offers a free activity programme and bouncy castles.

Sauna World is the hottest village in the Alps. Spacious sauna chambers, steam baths and whirlpools, both indoors and outdoors, offer visitors an experience to suit their individual tastes. Energized drinking water for refreshment is available to all sauna visitors free of charge. Various sauna rituals take place daily in the Cascadia sauna – sometimes the water splashed on the hot stones is replaced by ice or Salzburg beer. The panorama relaxation room lets you enjoy a fantastic view of the Alpine scenery and contributes to complete recreation.

Ladies World is a retreat reserved strictly for women with a separate sauna area and a sunbathing terrace with a panoramic view. Access

is included in the general admission rate. A tea bar and bijou rooms for personal grooming are popular oases for regaining vitality and relaxation.

Beauty Residence stands for highest standards in individual treatments both for women and men and is accessible from the outside without entering the thermal centre. The highly qualified cosmetic experts use only top-of-the-line beauty products such as Phytomer or !QMS.

Beauty Residence offers a wide range of facial and body treatments, anti-aging treatments, pedicure and manicure as well as classical and specialized massages.

Sports World offers the latest in fitness equipment and sports science research. Visitors can take part in various training programmes to increase strength, cardiac performance and endurance or in the different fitness activities. The health & sports centre offers sports-medical performance tests for recreational as well as competitive athletes. The fitness centre is accessible both from the outside and from inside the thermal centre.

Our competent team also provides personal coaching for special needs such as targeted working on problem zones or weight reduction. The fitness centre may be accessed from the outside or in combination with a ticket to the thermal centre.

At “**Gusto World**” culinary treats are awaiting visitors either in the self-serve restaurant featuring regional specialities and a light wellness cuisine or in the à-la-carte restaurant which is open to outside guests.

The **ICE CUBE** cocktail bar & lounge with its 360° panoramic view of the Alps is the perfect place to chill out following a visit to the thermal centre.

Alpentherme Gastein is open all year round.

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