

Background information: “Health”

Holistic, sustainable, healthy: new energy for the body, mind and soul

The perfect place for active health enhancement: Garmisch-Partenkirchen is one of 16 Premium Class climatic healing spas in Germany and was awarded the “Health Region Bavaria” state seal of quality in 2012. The town of dream panoramas emphasizes active experiences instead of passive enjoyment, thus opening new horizons for health and holistic well-being.

A meeting point for visitors and local residents: the “naturally healthy” Gesundheits-Eck meeting point

Well informed and advised: Since 2013, there is a team of medically trained health guides available in the middle of town to provide vacationers and the locals of Garmisch-Partenkirchen with individual advice on health issues. At the **Gesundheits-Eck meeting point**, you can obtain cost-free expert tips from providers of health products and services and physical therapists, check-ups for preventing common illnesses along with presentations and workshops on active, healthy living and recreation. In addition, health guides coordinate the spa town’s existing events and packages - such as climatic therapy hikes and relaxation courses - and help arrange appointments and reservations for health-oriented vacationers and spa guests. There is also a cost-free “Tee zum Geh”, a special tea with regional ingredients, for all the visitors at the Gesundheits-Eck.

<http://www.gapa.de/de/gesundheit/gesundheits-eck>

The healing climate in Garmisch-Partenkirchen with a unique form of exercise

A low allergen concentration, little fog, very few humid days - criteria like that are important when a place is classified as a *Heilklimatischer Kurort*, a spa town with a healing climate. Only 15 other towns in all of Germany have been awarded the officially recognized seal of quality, “Premium Class”, a kind of guarantee declaration for nature-oriented health enhancement vacations that also gives top priority to environmental protection. Special features like the respiratory tract educational trail to strengthen lung function, sunrise hikes, yoga in the Michael Ende Spa Park or Nordic walking with a climatic healing guide open new and promising horizons to health enhancement.

The climatic healing exercise therapy that was specifically developed for Garmisch-Partenkirchen by the Ludwig-Maximilian University of Munich more than 35 years ago is effective in treating stress and burnout in addition to asthma and high blood pressure, heart disease and circulatory disorders.

Climate hiking for health-conscious vacationers

Visitors learn how to use outdoor exercise to improve their health in a targeted manner by special breathing exercises, manual pulse monitoring and thermoregulation training. These hikes of 4 to 5 hours are available every Thursday. From June to October, visitors can also take part in a longer hike of 6 to 8 hours on Tuesdays. There is an introductory presentation on climatic healing hiking beforehand at the Gesundheits-Eck meeting point.

<http://www.gapa.de/de/gesundheit/kur-ort/Wir-wandern-zu-jeder-Jahreszeit->

Garmisch Partenkirchen



Combating health problems in a targeted manner: prescription hikes

Vacationers wanting to do even more to improve their health can book an outpatient climatic cure. This features an individually prepared program based on an examination by a specialized physician. The climatic therapists then select the hiking routes - specially tailored to the patient's health status - and accompany their guests on the hikes later on. The "naturally healthy" Gesundheits-Eck meeting point coordinates the three-week cures. The climatic healing exercise therapy, also known as a climatic cure or terrain cure, is recognized by German health insurers - an exceptional case in Germany. This cure can be prescribed as a three-week prevention and rehabilitation measure every 3 to 4 years by the family physician.
<http://www.gapa.de/de/gesundheit/kur-ort>

Women power with a treat - one week to enjoy the ultimate in well-being and refuel

From July to September, the "naturally healthy" Gesundheits-Eck meeting point offers a program for women who are keen to try something new. In addition to enjoying well-being and refueling, for example, during a visit to the saline cave (*Salzgrotte*) or a Singing (Chiming) Bowls meditation, the program includes sporting activities such as hiking and stand-up paddling. Herbal workshops and chocolate workshops, plus an individual body analysis, round off a perfect Women's Week. <http://www.gapa.de/de/gesundheit/gesundheits-eck/Arrangements>

Health "to go" in the center of Garmisch-Partenkirchen

Visitors don't have to climb mountains to do something for their health. They can actively engage in "health enhancement" on the fly, for example with the Kneipp wading pool, the lawn labyrinth (*Rasen-Labyrinth*) and the Barefoot Path (*Barfußpfad*) in the spa park (*Kurpark*) located right in the center of town. The Respiratory Educational Path (*Atemwegs-Lehrpfad*) in the St. Anton Park is truly unique in medical terms. Here, information boards show special breathing exercises for inhaling the pure mountain air even more intensely and strengthening the lungs.

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