

Wellness in Valle Isarco/Eisacktal

Vipiteno/Sterzing and environs

VIPITENO/STERZING

- **Indoor and outdoor public swimming pools at the Balneum** (2,150m²), Tel. 0039 0472 760 107 with a relaxation pool, teaching pool, massage facilities, flow channel, baby and kids indoor and outdoor pools and a large outdoor pool with a lawn for sunbathing that also includes some shady spots... **Opening hours:** daily from 10 am to 8 pm
- **Indoor swimming pool in the Romatik Hotel Stafler**, Mules/Mauls 10, Campo di Trens, Tel. 0472 771 136, **Opening hours:** from 3 pm to 22 pm. Closed on Wednesday.
- **Sauna on reservation**, Hotel Schaurhof, Ried 20, Tel. 0472 765 366
- **Finnish sauna, turkish steam bath, kneipp, hay bath, whirlpool, massage, solarium**, Hotel Zum Engel, Deutschhausstraße 20, Tel. 0472 765 132. **Opening Hours:** from 4 pm to 9 pm. Closed on Tuesday
- **Finnish sauna, turkish sauna, whirlpool, massage, hay bath, seaweed bath**, Hotel Zoll, Ried 30, Tel. 0472 765 651, **Opening Hours:** from 3 pm to 10 pm. Closed on Wednesday
- **Sauna on reservation**, Hotel Lener, Trens 8, Freienfeld, Tel. 0472 647 133
- **Sauna on reservation**, Hotel Wieser, Stilfes 55, Freienfeld, Tel. 0472 647 116

COLLE ISARCO/GOSSENSASS

- **Outdoor swimming pool in the Ibsen square.** Open from the middle/end of June to the end of August every day from 10 a.m. to 6 p.m.
- **Sauna, whirlpool, solarium,** Hotel Erna, Pflerscherstraße 2, Tel. 0472 632 307
- **Steam bath, whirlpool, finnish sauna, solarium,** Hotel Residence Lorenz, Färbenstraße 5, Tel. 0472 632 093
- **Finnish and turkish sauna, hay bath, swimming pool, solarium, whirlpool, stone Spa,** Palast Wellness Hotel, Färberstraße 1, Tel. 0472 632 433
- **Full body treatment, ayurvedic and honey applications,** Body Work, Gerda Plank, Mobil +39 346 355 95 82

RACINES/RATSCHINGS

- **Indoor swimming pool,** Hotel Alpenhof, Tel. 0472 764 120
- **Massage and baths on request,** Hotel Resort Schneeberg, Tel. 0472 656 232

Holiday region Gitschberg Jochtal

MARANZA/MERANSEN

- **Alpinpool,** Maranza 108 a, wellness centre and indoor swimming pool, Mobil +39 349 067 62 19. Prices: www.alpinpool.it

VANDOIES/VAL DI FUNDRES/VINTL/WEITENTAL/PFUNDERS

- **Finnish sauna, biosauna, bath with alpine hay,** Hotel Lindenhof, Getzenbergweg 7, Obervintl, Tel. 0472 868 535, Mobil +39 333 414 52 50
- **Sauna, baths, wellness world (250m2),** Hotel Lodewirt, Pustertalerstraße 1, Vintl, Tel. 0472 867 185
- **Beauty Salon Mythos,** Zollerstraße 14, Vintl, Mobil +39 347 514 88 56

RODENGO/RODENECK

- **Massage, Martina Klöcker**, Vill 33/2, Mobil +39 340 352 63 22

Bressanone/Brixen and environs

BRESSANONE/BRIXEN

- **Acquarena**, Altenmarktgasse, Tel. 0472 823 670, info@acquarena.com, www.acquarena.com. The sport and fun water-centre in Brixen for swimmers, fitness and health fans, young families, children and senior citizens will all find a superlative leisure centre within this new pool complex. A mega-pool with 8 lanes of 25 m length, a fun-pool with long chute, sprays and many other attractions, an outdoor salt-water pool for relaxation, aqua-fitness, aqua-gym, swimming courses. Opening times: indoor pool open daily from 9 a.m. to 10 p.m., outdoor pool open daily from the beginning of July to the beginning of September from 9 a.m. to 8 p.m. Prices: www.acquarena.com
- **Fitness wellness paradise**, Bodywell "Wellness - Fitness - Beauty", Acquarena, Tel. 0472 268 433, www.acquarena.com
- **Wellness, massage, hot stone, sauna, cosmetics**, Goldene Krone Vital Hotel, Stadelgasse, Tel. 0472 835 154
- **Open only on request**, Hotel Alpenrose, Pinzagen 24, Tel. 0472 832 191. Closed on Monday

VARNA/VAHRN

- **Varna lake natural bathing pool** - a biotope swimming pool on the edge of Varna
- **Finnish and turkish sauna, solarium, massage**, Hotel Clara, Brennerstraße 64, Vahrn, Tel. 0472 833 777, Closed on Monday. Open only for request.
- **Finnsih sauna, kneipp, steam bath, swimming pool, massage**, Hotel Löwenhof, Löwenviertel 60, Tel. 0472 836 216, **Opening hours**: from 4 pm to 10 pm.
- **Wellness - Beauty - World**, Hotel Pacher, Tel. 0472 836 570, open from 4 pm to 10 pm

LUSON/LÜSEN

- **Indoor and outdoor swimming pool, massage, hay bath, sauna,** Natur- und Wanderhotel Lüsnerhof, Tel. 0472 413 633
- **Natural bathin pool,** Open daily from 9.30 a.m. to 8 p.m., Tel. 0472 413 724
- **Steam and finnish sauna, massage, hay bath,** Hotel Bergschlössl, Tel. 0472 413 933

Chiusa/Klausen and environs

CHIUSA/KLAUSEN

- **Acquaparc "Spaßbad Klausen",** open from the end of May to the beginning of September. In summer, evening entertainment is organised every week
- **Steam bath, finnish sauna, whirlpool, massage, fitness, wellness,** Hotel Goldener Adler, Auf der Frag 14, Tel. 0472 846 111
- **Finnish sauna, steam bath, solarium, infrared cabin,** Hotel Bischofhof, Griesbruck 4, Tel. 0472 847 448, Closed on Tuesday, only for request.
- **Finnish sauna, infrared cabin, steam bath,** Hotel Brunnerhof, Griesbruck 19, Tel. 0472 847 622
- **Indoor swimmingpool, whirlpool, finnish sauna, turkish sauna, kneipp, massage, Beauty Center,** Hotel Rierhof, Fragburg 7, Tel. 0472 847 454. Only with reservation.
- **Steam and finnish sauna, whirlpool, solarium,** Hotel Sylvanerhof, Laitach 34, Tel. 0472 847 557
- **Finnish sauna, solarium, massage, cosmetics, hay bath, alpine wellness, steam bath, kneipp,** Hotel Zur Sonne, Gufidaun 80, Tel. 0472 847 407, only with reservation.

VELTURNO/FELDTHURNS

- **Outdoor swimming pool,** open from the beginning of May to the beginning of September from 9 a.m. to 10 p.m., Tel. 0472 857 917, Prices and information: www.schwimmbad-feldthurns.it

- **Indoor swimming pool in the Hotel Taubers Unterwirt**, Via Josef Telser 2, Tel. 0472 855 225. Open only on request. Closed on Wednesday
- **Indoor swimming pool in the Panorama-Wellness-Hotel Feldthurnerhof**, Gola/Guln 1, Tel. 0472 855 333. Open only on request. Closed on Monday
- **Hay bath, herbal sauna, kneipp**, Hotel Alpenbadl Oberfrauner, Schnauders 22, Tel. 0472 855 318

VILLANDRO/VILLANDERS

- **Indoor swimming pool, herbal and finnsih sauna, infrared-sauna, steam bath, solarium, massage**, Granpanorama Hotel Stephanshof, St. Stephan 12, Tel. 0472 843 150, Closed on Thursday, Open only on request.
- **Swimming pool, whirlpool (24°), herbal, finnish and steam sauna, infrared cabin, fitness, massage**, Hotel Sambergerhof, Oberland 48, Tel. 0472 843 166

Val di Funes/Villnösser Tal

- **Finnish sauna, steam bath, solarium, biosauna, whirlpool**, Hotel Tyrol, St. Magdalena, Tel. 0472 840 104, only with reservation