

Spring and end of Summer at the Hotel Apollo: Green weeks and Spa. Nature and wellbeing on exclusive.

Green weeks and Spa 2010

- **Spring: from 08.05 to 15.05**

Price of Package per person in standard double room: € 800,00

- **End of Summer from 28.08 to 04.09**

Price of Package per person in standard double room: € 765,00

Advance booking of the package, also by phone, is requested.
The program will take place by at least 6 participants.

Which includes:

- 7 days full board
- 4 excursions on foot with a guide on the surrounding hills
- 6 regenerating massages in the morning
- **admittance to the "Water & Wellness Area"**
- training for body activity in groups in the swimming pools and in the gym hall with instructor

Program

From Monday to Saturday morning: regenerating massage in the treatments department on the ground floor.

Monday, Tuesday, Thursday and Friday afternoon with a local guide you'll leave the Hotel Apollo by bus to the start off place for the walk -tour.

The trails will be of medium difficulty and medium length. It will be a two-hour walk. We suggest wearing comfortable shoes.

Back to the hotel we advise to take part in the pool to the compensatory exercises of about 20 min. for the solicited muscles.

