

#### Arrival

You can move into your room from 2 pm on the day of arrival.

### Departure

Please vacate your room on the day of departure by 10.30 a.m. at the latest or by arrangement with reception.

## Activity programme

Please refer to the notice board for our current weekly programme "d'Wucha vom Kronenhof" with breathing and relaxation exercises, yoga and Pilates.

### Ayurveda

Offers can be found in the hotel brochure.

#### Bathrobe

You will receive a bathrobe in your room upon arrival.

### **Banks**

In Oberstaufen you will find the Sparkasse, Raiffeisenbank and Postbank.

#### Bed

To make sure you sleep well, your mattress has an allergy cover. We are happy to change pillows and beds for you on request. An additional pillow or blanket can be obtained from the room staff.

## Payment

You are welcome to pay by EC card or cash. We also accept Visa. In case of early departure we charge 80 % of the room rate.

## Ironing

We offer you our ironing service. If you need your laundry within one hour, the surcharge is 100 %. We are also happy to provide you with a steamer on request.



## Deposit facility

Each room has a safe in the wardrobe where you can deposit your valuables. For a fee, we also offer a deposit facility at reception.

## Nutritional counselling

Certified ecotrophologist Monika Aigner offers weekly fasting and nutritional lectures.

## Fax/ Photocopies

Of course we will send your fax or make copies for you at reception for a fee.

#### **Fitness**

Our fitness room is at your disposal from 8 am - 9 pm. You are also welcome to hire e-bikes for a fee.

#### **Breakfast**

You will find our breakfast buffet "Morgeeasse" in the restaurant from 08:00 to 10:00. If you would like to have breakfast earlier, please let us know in advance. We can also serve breakfast in your room for an extra charge of € 22.50.

## Luggage service/luggage storage

On request at the reception.

### Drinks service

Drinks can be ordered by telephone on 12 or 4890 around the clock (surcharge for room service is 300%).

## Hygiene articles/stools

Toothbrush, shaving set, bath slippers, ... If required, you can obtain them from the room staff or at reception. We are happy to provide you with a stool in the bathroom.



### Infrared cabin

At approx. 35° C you will achieve a sweating reaction - without stressing the circulation: metabolism and purification are promoted. This treatment harmonises with the Schroth cure. You will receive a language description in the cabins in the wellness area.

#### Internet

WLAN is available free of charge in the reception area and in the rooms. You will receive the access data at the reception.

#### Cosmetics

Do you dream of skin like velvet and silk? You will find our cosmetic offer in the house brochure.

### Carriage rides

or in winter we can organise horse-drawn sleigh rides for you. Of course, you can also arrange a "ride in the blue" yourself with the carriage company Rasch 0171/5725254.

# Charger cable

A charger/adapter or a socket adapter is available on request.

# Massages

are balm for the soul. Information on our extensive range of medical massages and bioenergetic massages, ... can be found in our brochure.

## Massage hydrojet couch

You will find this massage bed in the fitness room. Tokens of 6,- € for 10 min. are available at the reception.

## Sewing service

We offer a sewing service for a fee.



## Parking facilities

Free parking is available on the hotel grounds. You are welcome to rent a parking space for 6,- €/ day or an underground parking space for 13,- €/ day. A valet parking service is available on request.

## Smoking

Please do not smoke in your room, but on the balcony - you will receive an ashtray from the room staff. Thank you very much!

#### Umbrella

We are happy to provide you with our in-house umbrellas.

## Cleaning

We can take your laundry to the local dry cleaners on request.

#### Restaurant

Schroth and fasting guests meet in the restaurant at 12 noon and 6 pm for their "fasting menu". In our farmhouse parlour, vegetarian dishes are available by arrangement 5 days a week. We also serve these in room service until 10 pm: surcharge  $\in$  22.50.

## Quiet time

Out of consideration for other guests, please observe the quiet times from 12 noon to 2 p.m. and from 10 p.m. onwards.

#### Sauna

You are welcome to use the sauna daily from 2pm to 8pm.

### Schroth cure

Detailed information on the Schroth cure is available at reception.

Our tea buffet with our own "Kronenhof tea" is available

daily from 08.00 to 17.00.



#### Shoe shine machine

You will find the vending machine with shoeshine utensils in the basement.

## Swimming pool

The swimming pool is open daily from 8 am to 8 pm. The whirlpool, counter-current system and waterfall can be operated at the touch of a button.

### Sports programme

The current hiking, gymnastics and relaxation programme can be found on the notice board in the hotel entrance.

### Taxi/Shuttle Service

You can reach the taxi office by calling 08386/2266 or 08386/1234. We will also be happy to call a taxi for you - please ask at reception. For a fee, we can also provide you with our in-house shuttle service.

# Telephone

You can reach the reception on 12 or 08386/4890.

## Hiking offer

On Tuesdays and Thursdays, our "guided hikes" take place in the afternoon. You will find more information on the notice board.

# Washing and ironing

If you wish, we can wash and iron your laundry in-house. If you wish to return your laundry before 9 a.m. on the same day, we charge a 45% surcharge.

Blouse/ Shirt | Trousers | T-shirt | Sweater | Socks | Undershirt/ Trousers | Pyjamas 12,00€ | 9,50€ | 7,50€ | 8,50€ | 3,90€ | 4,90€ | 9,00€



### Linen change

On request we change your towels and bed linen daily.

## Wake-up service

You can programme your own wake-up call via telephone or radio or order your wake-up call at reception.

### Wellness

You will find information on the various wellness areas under the individual categories: Ayurveda, infrared cabin, cosmetics, massage, sauna, swimming pool.

# To the good end

we wish you a pleasant stay in our house!

