



THERMAL BATHS

GENERAL INFORMATION & PRICES

The rain water from the Torrent region takes 40 years to trickle down through 3.5 km of slate, basalt and sandstone layers to the valley, where it emerges at the natural hotspot at Leukerbad as a mineral-rich thermal spa.

The St. Laurent spring that feeds the Lindner Alpentherme Leukerbad thermal baths rises from the upper town square in front of the *Maison Blanche* Hotel. With a flow of approx. 940 litres per minute, it is the largest source in Leukerbad, and at 51°C, it is also the hottest spring in the region.

Luxuriating in the 36°C calcium- and sulphate-rich waters of our indoor and outdoor thermal pools featuring a variety of underwater attractions is a marvellous experience at any time of year – as is unwinding in the 40°C pool as you take in the breathtaking view of the sun-kissed Alpine landscape of the Valais.

The thermal baths are particularly beneficial in the treatment and prevention of allergies and rheumatism and degenerative conditions of the joints and bones.

Entertainment

Our daily activities programme includes many great ways to have fun – and boost fitness and health at the same time! Make the most of our free water exercise classes like Aqua Wake Up, Aqua Gym, Aqua Power and Aqua Cool Down (check the schedule).

Visiting our thermal baths is not recommended for children under eight due to the deep water and high temperatures

ADMISSION PRICES FOR THERMAL BATHS

	Adults		Children 8–16 years	
	CHF	€	CHF	€
Three-hour ticket	23.00	15.00	17.00	11.00
Each additional half hour	2.50	1.50	1.50	1.00
Day pass	28.00	18.00	20.00	13.00
Six-day pass (pay five days, get one free)	140.00	94.00	100.00	67.00

Multi-day passes and annual passes upon request.

Status 02/2010. Prices subject to change.

Events

To view our calendar of events, please visit www.alpentherme.ch.

Sun tanning

Treat your body to an invigorating vitamin treatment in the Luxura sun beds – they chase away winter blues and are a delight in any season (sunbeds and changing room facilities are located on the second floor and in the bathing area on the second basement level).

Duration: five minutes CHF 5.00/€ 3.33



THERMAL BATH

PRICES & MISC. SERVICES

MOUNTAIN AND SPA PASS (SUMMER)

Services included:
Torrent & Gemmi cable cars, Burgerbad, admission to thermal baths at Lindner Alpentherme Leukerbad, Ring-Jet regional bus service, sports arena (minigolf in the summer)

Days	Adults (born before 1990)		Young adults (born 1990-1993)		Children (born 1994-2001)	
	CHF	€	CHF	€	CHF	€
1	41.00	27.00	33.00	22.00	25.00	17.00
2	77.00	51.00	62.00	41.00	47.00	31.00
3	109.00	73.00	87.00	58.00	66.00	44.00
4	137.00	91.00	110.00	73.00	83.00	55.00
5	163.00	109.00	131.00	87.00	98.00	65.00

Status 04/2010. Prices subject to change.

SNOW & SPA PASS (WINTER)

Services included:
Torrent & Gemmi cable cars, Erli children's ski area, Burgerbad, entrance to thermal baths at Lindner Alpentherme Leukerbad, Ring-Jet regional bus service

Days	Adults (born before 1990)		Young adults (born 1990-1993)		Children (born 1994-2001)	
	CHF	€	CHF	€	CHF	€
1	70.00	47.00	56.00	37.00	39.00	26.00
2	133.00	89.00	106.00	71.00	73.00	49.00
3	199.00	133.00	159.00	106.00	109.00	73.00
4	258.00	172.00	206.00	137.00	142.00	95.00
5	303.00	202.00	242.00	161.00	167.00	111.00

Status 04/2010. Prices subject to change.

Alpine Fitness Center

One day of self-guided training CHF 15.00/€ 10.00
One month of self-guided training CHF 110.00/€ 73.00



ROMAN-IRISH BATHS

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A nude bathing ritual comprising eleven stations of warm air, steam and thermal baths at different temperatures and a special soap-brush massage to warm, cleanse and then cool down the body. All in all it lasts two hours, giving you plenty of time to relax and enjoy this incredible experience, which leaves you completely revived both mentally and physically. Bathing enthusiasts will relish this opportunity to experience the bathing culture of ancient Rome in a setting modelled on the inner courtyard of a Roman senator's villa!

Order

- Cleansing shower, five minutes
- Tepidarium warm-air bath, 54°C, 15 minutes
- Laconium hot-air bath, 68°C, five minutes
- Self-exfoliation, ten minutes
- Aromaticum soap-brush massage, ten minutes
- Caldarium steam bath, 48°C, five minutes
- Yin thermal bath, 36°C, ten minutes
- Aqualbad jacuzzi, 34 °C, 15 minutes
- Yang thermal bath, 28°C, five minutes
- Frigidarium cold-water bath, 12°C, one minute
- Silencium relaxation and contemplation room, 30 minutes

ROMAN-IRISH BATH (NUDE BATHING RITUAL)

	Adults	
	CHF	€
Two hours plus three hours thermal bath	74.00	49.00
Without soap-brush massage	54.00	36.00
Six-day pass (pay five days, get one free)	370.00	247.00
Six-day pass without soap-brush massage (pay five days, get one free)	270.00	180.00

Admission from 16 years. Reservation required. Status 02/2010. Prices subject to change.

ROMAN-IRISH NIGHT (NUDE BATHING EVENT)

Bathe & dine as they did in Caesar's times

Every third Friday, the Roman-Irish baths become the setting for a **lavish ancient Roman bathing ritual** – travel back in time with us to the heyday of ancient Rome! Clad in a tunic, the **"Imperator"** will welcome you along with his attendants and start off the evening with an official speech. Leave the humdrum of daily life behind and enjoy the delicious food and drink of an authentic Roman buffet as you listen to music from a bygone age. For information and dates, please visit www.alpentherme.ch/roemisch-irische-nacht.

8:30 p.m. to 11:30 p.m. (Reservation required)

CHF 99.00/€ 66.00 per person



VALAIS SAUNA VILLAGE

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The Lindner Alpentherme thermal baths at Leukerbad are inextricably linked with the Valais. The sauna village is modelled on a picturesque Valais mountain village with houses made of slate and wood. The 300 m² sauna area features a traditional Spycher (a converted barn with herbal sanarium, 75°C), a Swiss chalet (Finnish sauna, 85°C), a rustic Valais farmhouse (steam bath, 48°C), a stone mill (stone sauna, 40°C) complete with mill wheel and glacial pond, a village well with thermal water, and the *Gemmistube*, an inn offering delicious regional snacks and refreshing drinks – all situated around the village square. Guests can head outdoors to take some deep breaths of fresh mountain air and enjoy the stunning scenery, whatever the season. Pamper yourself with a soothing treatment in the massage parlour or unwind in the cosy Valais-style rest area.

Treat yourself to an unforgettable sauna experience where Valais traditions come alive!

■ *Ladies only* – Tuesdays from 10 a.m. to 1 p.m.

	Adults		Children 8–16 years	
	CHF	€	CHF	€
Five hours, sauna & thermal baths	39.00	26.00	27.00	18.00
Day pass, sauna & thermal baths	53.00	35.00	37.00	25.00
Six-day pass, five hours sauna & thermal baths (pay five days, get one free)	195.00	130.00	135.00	90.00
Six-day pass, day pass sauna & thermal baths (pay five days, get one free)	265.00	177.00	185.00	123.00

Multi-day passes and annual passes upon request.

Nude area, children must be 8 or older and accompanied by an adult. Status 02/2010. Prices subject to change.

Balsam or scented oil massage

Approx. 25 minutes CHF 60.00/€ 40.00
 Approx. 50 minutes CHF 108.00/€ 72.00
 Reservation required.



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 Our Passion.



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ADMISSION FEES LINDNER ALPENTHERME LEUKERBAD

OPENING HOURS

Open 365 days a year

- Spa desk
8 a.m. to 7 p.m.
- Pool desk
8 a.m. to 8 p.m.
- Thermal baths
8 a.m. to 8 p.m. (last admission at 7 p.m.)
- Roman-Irish baths
10 a.m. to 8 p.m. (last admission at 5:50 p.m.)
- Valais sauna village
10 a.m. to 8 p.m. (last admission at 7 p.m.)
- Ladies' only sauna
Tuesdays 10 a.m. to 1 p.m.
- Alpine Fitness Center
8 a.m. to 8 p.m.
- Treatments / Therapy
8 a.m. to 7 p.m.
- CLARINS Beauty Center
9:30 a.m. to 6:30 p.m.

Subject to change without notice.

INFORMATION

Spa desk – Consultation and reservation
 Phone +41 27 4721-806/-807

Pool desk – Thermal baths reception
 Phone +41 27 4721-805/-809

This price list replaces all previous price lists.
 Subject to change without notice. Status 02/2010
 Exchange rate: CHF 1.50 = € 1.00

(Small variations may result from day-to-day changes in exchange rates.)

10.000/04/2010

