

THERMAL BATHS

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.-	17.-
Each additional half hour	2.-	1,50
Day pass	28.-	20.-
Six-day pass (pay five days, get one free)	140.-	100.-
Multi-day passes and annual passes upon request.		

Status 03/2011. Prices subject to change.

ALPEN FITNESS CENTER

One day of self-guided training CHF 15.- per person
 One month of self-guided training CHF 110.- per person

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.- per person

VALAIS SAUNA VILLAGE

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, 70°C), a Swiss chalet (Finnish sauna, 90°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 refreshing drinks - all situated around the village square.

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

Ladies only - Tuesdays from 10 a.m. to 1 p.m.

VALAIS SAUNA VILLAGE (NUDE AREA)

	Adults	Children 8-16 years
	CHF	CHF
Five hours, sauna & thermal baths	39.-	27.-
Day pass, sauna & thermal baths	53.-	37.-
Six-day pass, five hours sauna & thermal baths (pay five days, get one free)	195.-	135.-
Six-day pass, day pass sauna & thermal baths (pay five days, get one free)	265.-	185.-
Multi-day passes and annual passes upon request.		

Nude area, children must be 8 or older and accompanied by an adult. Status 03/2011. Prices subject to change.

Harmonise your body, mind and soul with a relaxing partial or full-body massage in our massage parlour during your next visit to our sauna.

Approx. 25 minutes CHF 60.- per person
 Approx. 50 minutes CHF 108.- per person

THERMAL NIGHTS

The thermal nights take place in the Lindner Alpentherme every first Saturday of the months. Enjoy a wonderful, fascinating and relaxing evening with a lot of surprise.

Special extractions in the sauna village - Apéro - snacks - musik - tombola of massages

20h30 - 23h30 (reservation required) CHF 55.- per person

ROMAN-IRISH BATH

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
- Yang thermal bath, 28°C, 5 minutes
- Tepidarium warm-air bath, 54°C, 15 minutes
- Aqualbad jacuzzi, 34°C, 15 minutes
- Laconium hot-air bath, 68°C, 5 minutes
- Yang thermal bath, 28°C, 5 minutes
- Self-exfoliation, 10 minutes
- Frigidarium cold-water bath, 12°C, 1 minute
- Aromaticum soap-brush massage, 10 minutes
- Silencium relaxation and contemplation room, 30 minutes
- Caldarium steam bath, 48°C, 5 minutes

ROMAN-IRISH BATH (NUDE BATHING RITUAL)

	Adults
	CHF
Two hours plus three hours thermal bath	74.-
Without soap-brush massage	54.-
Six-day pass (pay five days, get one free)	370.-
Six-day pass without soap-brush massage (pay five days, get one free)	270.-
Multi-day passes and annual passes upon request.	

Admission from 16 years. Reservation required. Status 03/2011. Prices subject to change.

ROMAN-IRISH NIGHT (NUDE BATHING EVENT)

Bath & 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

8:30 p.m. to 11:30 p.m. (Reservation required) CHF 111.- per person



CINEMA IN THE POOL

Watch great films on the big screen in the Lindner Alpentherme baths! The event is held on two weekends a year; once in March and once in November. Enjoy cinematic highlights while floating in water heated to 36°C!

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

PRICES & MISC. SERVICES

MOUNTAIN AND SPA PASS (SUMMER)

Services included:

Admission to thermal baths at Lindner Alpentherme Leukerbad, Torrent & Gemmi cable cars, Burgerbad, Bus Leukerbad-Flaschen-Albinen, Bus Leukerbad-Inden, sports arena, minigolf, tennis

Days	Adults (born before 1990)	Young adults (born 1991-1994)	Children (born 1995-2002)
	CHF	CHF	CHF
1	46.-	38.-	30.-
2	82.-	67.-	52.-
3	114.-	92.-	71.-
4	142.-	115.-	88.-
5	168.-	136.-	103.-

Status 03/2011. Prices subject to change.

SNOW & SPA PASS (WINTER)

Services included:

Entrance to thermal baths at Lindner Alpentherme Leukerbad, Torrent & Gemmi cable cars, Burgerbad, Bus Leukerbad-Flaschen-Albinen, Bus Leukerbad-Inden, sportarena (ice skating, indoor football)

Days	Adults (born before 1990)	Young adults (born 1991-1994)	Children (born 1995-2002)
	CHF	CHF	CHF
1	72.-	58.-	41.-
2	135.-	108.-	75.-
3	201.-	161.-	111.-
4	260.-	208.-	144.-
5	305.-	244.-	169.-

Status 03/2011. Prices subject to change.

LINDNER
HOTELS & RESORTS

LINDNER ALPENTHERME Leukerbad

Dorfplatz
CH-3954 Leukerbad
Fon +41 27 4721-010
Fax +41 27 4721-011
info@alpentherme.ch
www.alpentherme.ch



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.
- Alpen 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
Fon +41 27 4721-806/-807

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

This price list replaces all previous price lists.
Subject to change without notice.
Status 03/2011

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LINDNER ALPENTHERME Leukerbad



ADMISSION FEES

NOT JUST BETTER. DIFFERENT.