

## Olympiaregion Seefeld

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#### WATER IS WELLNESS

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**Contacts:**

**Markus Tschoner**

[Markus.tschoner@seefeld.at](mailto:Markus.tschoner@seefeld.at)

**Bernadette Stauder**

[Bernadette.stauder@seefeld.at](mailto:Bernadette.stauder@seefeld.at)

Leutasch

Mösern  
BUCHEN

REITH  
SEEFELD

Scharnitz

Seefeld

Tirol



## **Water is Wellness ...**

At first glance you may not necessarily associate a summer in Tyrol with water, however if you take a closer look you'll quickly see what an important role this element plays. The lakes and streams in the Olympiaregion Seefeld offer some delightful opportunities to get better acquainted with this natural form of "wellness".

### **Water as a natural backdrop**

There's nothing quite so relaxing as strolling along a crystal clear mountain stream or enjoying the peace and quiet by a mountain lake – an ideal chance for some spontaneous meditation. Nor will you find anything more refreshing than dipping your feet in a mountain stream to cool them down after a summer hike. Reith and Seefeld even have special 'Kneipp' facilities which help to increase the stimulating effect of the water.

The waters of the Olympiaregion Seefeld also produce some super bathing lakes – for example the Wildsee with the new 'Strandperle' bathing area has lots to offer families on hot summer days or there's the Moeserer lake which has a particularly attractive setting slightly hidden away in the woods.

The Wildmoos and Lottensee lakes are however a little peculiar as the water there only appears periodically: in other words they can't be seen every summer but are dependant, among other things, on the amount of underground water left over from winter. Since we had a lot of snow last winter, there's a good chance that bathing should be possible this summer.

### **Water as a source of life**

And there's more that we can be proud of: not only is the water in our lakes pure enough to drink, but fresh, clear, mountain spring water flows from every tap in the region and in some cases has even been energised through 'Grander Technology'.

This process, developed by the Tyrolean nature researcher, Johann Grander, is supposed to make the water even more beneficial. It's a natural method of transference which does not involve adding or taking anything away from the water, although exactly how it works is naturally a secret! It does work however as house-pets instinctively prefer this energised water and when used it has been proven to significantly reduce the need for chemical cleaning products. Some enthusiasts are even convinced that their balcony flowers flourish just as beautifully without fertilizer if they simply water with Grander water.

### **Water as wellness**

It goes without saying that water also plays an important role in the large wellness areas of our hotels: relaxing baths are available from trained therapists who choose from local essences such as stone oil or mountain herbs as well as products from all over the world. The two public swimming pools in the region – the Alpenbad in Leutasch and the Olympia Sport and Congress Centre in Seefeld – also offer generous sauna and wellness facilities and the spacious sun-bathing terraces and outdoor pools and both centres are under construction and will reopen for the next winter season.

### **Plus: exercise and fresh air ...**

You'll get the most out of what's on offer if you remember two important points: *exercise* in the *fresh air*. Whatever your preference, be it a morning Nordic walking tour along the stream in Leutasch, taking in the sunset as you stroll around the Wildsee lake in Seefeld, enjoying an afternoon walk to the Peace Bell in Moesern, admiring the view from the Reith larch forest or finishing off the evening with a round of jogging – body and soul will benefit from all your holiday activities long after you're settled back home again.