

## Weather forecast

Today it is mostly sunny. The temperatures are between 54°F in the morning and 75°F in the afternoon.



## Foot reflexology massage

*Short massage therapy for tired feet after hiking:*

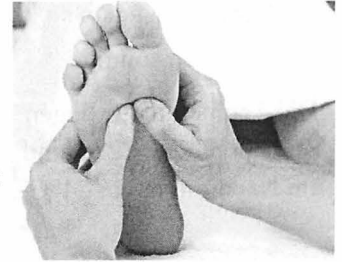
**25 minutes CHF 60.00**

**40 minutes CHF 85.00**

10 minutes relaxing foot bath with recharging essences:

**40 minutes CHF 80.00**

**50 minutes CHF 95.00**



## Poem of the day

A way starts by walking it.

## Sweety of today

Our confectionery recommends freshly made:

### **Apple crumbel cake**

along with other homemade cakes and pastries, together with a coffee with whipped-cream and cream of Cacao.



## Trümmelbach falls

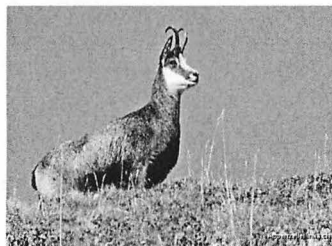
Ten glacier-waterfalls inside the mountain made accessible by an illuminated tunnel-lift. The Trümmelbach alone drains the mighty glacier defiles of the Eiger, Mönch and Jungfrau and carries 20'200 tons of boulder detritus per year. Its drainage area is 24 km<sup>2</sup>, half of it covered by snow and glaciers.

UNESCO world natural heritage.



## The chamois

Habitat: alps, upper forest belt, often also in lower regions. The chamois anatomy is perfectly adjusted to the alpine mountains. The heart is larger than other mammals hearts and able to perform higher pulse frequencies (up to 200) without damage. This empowers the chamois to reach a speed up to 50 km/h even in the most impassable terrain.



## Indoor rope park

From the simple "Eiger West Ridge" to the difficult "Eiger North Face", in Switzerland's first Indoor Rope Park in Grindelwald there are 5 different routes to take.

Under the roof of the ice hall both young and old can balance, climb or fly across the sometimes rather wobbly and challenging courses. After the introduction by the staff, the rope park is tackled alone.

