

## Weather forecast

Today it is partly cloudy with some rain.

The temperatures are between 52°F in the morning and 64°F in the afternoon.



## Foot reflexology massage

*Short 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**

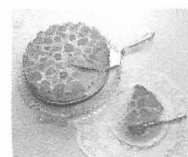


## Poem of the day

A way starts by walking it.

## Sweety of today

Our confectionery recommends freshly made:



### **Apricot Tart**

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.



## Helicopter scenic flights

Do you like to see the Jungfrau region from the sky? The reception team will organise a wonderful flight for you.

