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Königstein im Taunus – its curative climate makes you breathe freely

In Germany, there are 75 curative climate resorts – like Oberstdorf and Berchtesgaden, for example (www.heilklima.de). Königstein is the only such resort holding this seldom distinction twice – both for the core city and for the city quarter Falkenstein. After being awarded for the first time in 1935, an experts committee of the Hessian Ministry of Commerce at regular intervals verifies compliance with the high quality standards regarding climate and air purity, protection of the environment, infrastructure and service. When the first German curative climate park, which is located just outside Königstein's city limits, opened in 2005, it too, was awarded with this state distinction.

With so much tested "good air" around, it might be astonishing, that the beginnings of the resort rather have to do with water. In the middle of the eighteenth century, the physician Dr. Georg Pingler opened a small hydrotherapeutic sanatorium called "Prießnitzbad" in the Woog valley and prescribed cold water treatments for the spa visitors' healing. But the "water doctor", who had become known far beyond Königstein's limits, also was aware of the fresh and good air of the Taunus acting for the health of his patients. In Königstein, the mild climate of the low mountain range with its moderate temperatures is especially low-irritation and low-radiation. This curative climate ever since supports the healing of sicknesses and offers the best prophylactic protection.

Today, there are five special clinics in Königstein, for neurology, psychiatry, psychosomatic diseases, heart and circulation diseases, orthopedics, diabetes, metabolic disorders, internal medicine, rheumatic disease and migraine. The migraine clinic situated in the Ölmühlweg is the first one of its kind in Germany. Königstein also has a reservation hospital with more than 16 outpatient dialysis stations. A multitude of private health and sports institutes are offering their services: traditional Chinese medicine, Thalasso therapy, the sports park, a tennis club, the ASCARA-Health&Beauty-Center, non-medical practitioners and institutes for physical therapy, massage and yoga.

"All good things under one roof" – in the spa of the city, this motto can be taken literally. The 29 degree Celsius interior and the 32 degree Celsius exterior pool with whirlpool, flow channel and massage showers provide pure relaxation. The sauna facilities provide excellent recreation from workday stress. The associated health centre offers comprehensive massage and physical therapy services as well as a dorsal spine centre



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with sports courses such as aqua-fitness and Pilates. Curative climate walks at regular intervals guided by a physical and climate therapist are very much en vogue. In addition, the spa offers try-it-out courses for walking and Nordic walking and for the fourth time participates in the German walking day, which takes place on 21 May 2006. The quit smoking seminar of the Kur GmbH since more than twenty years relies on the successful concept of medical hypnosis, which is an intensified state of rest comparable to the autogenic training.

Five of the 12 portals (access points) to the curative climate park are located in the Königstein area. Directly at the baths and the Kempinski hotel the park is explained on descriptive boards. A total of 180 kilometers of nature can be walked on 34 routes, which were plotted with regard to physiological performance and which are leading through this approximately 20 square kilometers wide area. Bio-monitors in the bath and in the spa and city information centre provide you with actual information on the weather and suggest you appropriate tours. Embedded in meadows and woods of the nature park Hochtaunus and below the Große Feldberg, Königstein is the ideal starting point for walking, bicycle and mountain bike tours. Around the Hardtbergturm (Hardtberg tower) you find promenading and walking ways especially designated by the Deutsche Herzstiftung (German fund for heart diseases), the so-called "walking-keeps-fit ways". With the fantastic views on to the Taunus and the Rhine-Main plane, each tour becomes a unique experience. The Woogtal (Woog valley), the Bangert-Wiesen (Bangert meadows), the Reichenbach valley, both castle groves, the ways around the Hardtberg tower and the fruit meadows of Mammolshain are major recreation areas both for locals and for tourists. And last but not least, the romantic old town with its many half timber houses and the well-maintained green areas of the spa invite you for strolling and sauntering.

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