

# Things worth knowing about your visit

## Wellness and health

Salina **therapies** in Parkresort Rheinfelden are broad in spectrum. There is classic physiotherapy, measures to prevent problems with the musculoskeletal system and alternative therapies such as naturopathy or medical hypnosis.

▶ **Please book early by calling the Therapies Office on +41 61 836 67 10**

Travel around the **sole uno wellness world**: from Finnish and Siberian saunas to watery Mediterranean fun, with a stopover in an oriental Hamam. Float weightlessly as if you were in the Dead Sea. Enjoy the changing sensations in the fire and ice pool, in the tropical rain, under Alpine waterfalls or in the aromatic steam.

▶ **As our guest you can enjoy relaxing and revitalising in sole uno every day at no extra cost – you can even go several times a day if you wish. Our wellness world is open daily from 8 to 22.30 (times may differ on bank holidays).**

The offers of the sole uno **massage lounge** are diverse, here are some of the most important treatments:

- Wellness massage
- Head, neck and shoulder massage
- Soap lather massage
- Hot stone massage
- Herbal stamp massage
- Foot reflexology
- Lymphatic drainage

Let our specialists pamper you with some expert foot care. Choose from medical or cosmetic foot and nail care or a pampering "Wellness for the feet" package, which includes a traditional pedicure with nail varnish and a wonderful foot massage.

▶ **We recommend booking early for treatments in the massage lounge and foot care, which we would be happy to do for you.**

The competent team at **Haute Coiffure** will bring fresh life to your hairstyle. Appointments can be made on +41 61 831 60 20.

A cardiovascular, strength and mat area is available to you in the fitness room to keep you fit (Mo - Fr 9 - 21.00, Sa / Su 9 - 17.00).

## Trip tips

**Rheinfelden, the oldest Zähringen city in Switzerland:** City tours, e.g. on the history of Rheinfelden (every first Saturday of the month from March to November) or special group tours (if arranged in advance), such as 'Rheinfelden and its water'.

▶ [www.tourismus-rheinfelden.ch](http://www.tourismus-rheinfelden.ch); Tel. +41 61 835 52 00

**Discover the most beautiful brewery in Switzerland:** Visit to Feldschlösschen Brewery, 2 to 2.5 hours incl. beer pretzel and freshly brewed beer (by appointment).

▶ [www.feldschloesschen.com](http://www.feldschloesschen.com); Tel. 0848 125 000

**In the tracks of the Romans:** History comes to life in the once Roman town of Augusta Raurica (museum, open-air facility and zoo; tours available by appointment).

▶ [www.augusta-raurica.ch](http://www.augusta-raurica.ch); Tel. +41 61 816 22 22

**Rhine experience:** Enjoy a ferry trip on the Rhine with Basler Personenschiffahrt, e.g. short trips between Basel and Rheinfelden, tours of the city and harbour of Basel or special evening trips with dinner and music.

▶ [www.bpg.ch](http://www.bpg.ch); Tel. +41 61 639 95 00

**Basel – Rhine culture and way of life:** In about 15 minutes you are in one of the most lively metropolises in Switzerland for history, art and culture. Visit the old city, a diverse gastronomy scene and all the recreational activities the city has to offer (such as museums, theatres, 'Zolli', shopping).

▶ [www.basel.ch](http://www.basel.ch); Tel. +41 61 268 68 68

## Spare time and movement

**Fricktal hiking paradise:** Take a pleasant approx. 1.5 hour stroll around a path on the bank of the Rhine or walk along the approx. 60 km long Fricktal path from Rheinfelden up over the Tabel Jura to Frick and on to the wine village of Mettau.

▶ [www.aargauer-wanderwege.ch](http://www.aargauer-wanderwege.ch)

**Aargau flyer:** Fly on the electro-bike through the wonderful Aargau landscape on a comprehensive cycle path network. You can rent bikes from us in the hotel. We would be happy to provide you with maps and route tips.

▶ [www.aargautourismus.ch](http://www.aargautourismus.ch); Tel. +41 62 823 00 73

**Rheinfelden golf course:** The smart 9-hole golf facility is a special recreational and natural experience not far from the city (with driving range).

▶ [www.golf-rheinfelden.ch](http://www.golf-rheinfelden.ch); Tel. +41 61 833 94 07