



A PART of well-being

## **A PART OF WELL-BEING**

The Rotkreuz area provides many opportunities to do sports. Whether you would like to work out in the gym of the «Reha-Zentrum» at the APARTHOTEL, play golf, cycle, go jogging, climbing, swimming in the lake of Zug or in the Rotkreuz outdoor swimming pool, there is something for everyone. Our front office team is happy to provide further information.

### **«Reha-Zentrum» & Fitness**

The rehabilitation and fitness centre «Reha-Zentrum Rotkreuz» is located in the APARTHOTEL. Maarten Duijn will introduce you to different programmes:

- Physiotherapy
- Sports physiotherapy
- Medical training therapy
- Rehabilitation
- Consultancy
- Reflexology
- Massages
- Fitness
- Training

As a guest of the APARTHOTEL you can use the fitness area free of charge. Please sign up at the reception desk in the «Reha-Zentrum».

Further information such as opening hours and prices can be obtained on [www.rehazentrumrotkreuz.ch](http://www.rehazentrumrotkreuz.ch).

### **Bike hire**

Borrow a bike with a navigation system from us and explore locally the river Reuss and the lake of Zug. The service is free of charge to hotel guests.

### **Jogging**

Rotkreuz has its own sports park with running tracks, football pitch, beach volleyball court and more. In the nearby woods, Sientalwald, there is a Vita Parcours – a vita health track, ideal for jogging and keeping fit.

## **Golf**

Rotkreuz is ideally situated near several golf courses. We would be happy to book your «tee-off» time for you.

[www.golfpark-holzhaeusern.ch](http://www.golfpark-holzhaeusern.ch)

27 hole golf course with full amenities, only 2 minutes away by car.

[www.hck.ch](http://www.hck.ch)

The golf course in Küsnacht – only 10 minutes' drive away.

[www.golfclub-axenstein.ch](http://www.golfclub-axenstein.ch)

The golf club Axenstein/Morschach is a unique 9 hole golf course in the heart of Switzerland. Enjoy the breathtaking view of Lake Lucerne.

[www.oberkirch-golfclub.ch](http://www.oberkirch-golfclub.ch)

This is the sister golf course to the one in Holzhäusern.

[www.golfclubluzern.ch](http://www.golfclubluzern.ch)

The Lucerne Golf Club is the third oldest after those in Engadin and Montreux and it has lost none of its attractions.

## **Sports center Whiteline Meierskappel**

The indoor facility where you can play tennis, badminton, squash and bowling is only 5 minutes' drive from the Hotel. Telephone bookings on +41 41 790 22 62.

## **Indoor Climbing Wall**

The largest indoor climbing wall facility in central Switzerland can be found at the D4 park in nearby Root, accessible directly by S-Bahn. For further information, see [www.pilatusindoor.ch](http://www.pilatusindoor.ch).

## **Yoga**

Yoga fans are also catered for at the nearby D4 park in Root. [www.jayayoga.ch](http://www.jayayoga.ch) is the website to access.

## **Swimming**

The APARTHOTEL will refund guests the entrance charge to the Rotkreuz **open air swimming pool**. Here you can relax after an energetic bike trip or you can go to the romantic lakeside public bathing area near the Wilden Mann restaurant in Buonas.

**Rotkreuz swimming pool:** [www.badi-info.ch/a/rotkreuz.html](http://www.badi-info.ch/a/rotkreuz.html)

### **Indoor swimming pool Röhrliberg, Cham:**

[http://www.cham.ch/de/vereine/freizeitanlagen/welcomephp?action=showobject&object\\_id=330](http://www.cham.ch/de/vereine/freizeitanlagen/welcomephp?action=showobject&object_id=330)

### **Indoor/outdoor swimming pool Lättich, Baar:**

<http://www.baar.ch/de/kulturfreizeit/schwimmbad/>

## **Information desk**

Our front office team happily assists you with any questions (+41 41 799 49 99 or [info@aparthotel-rotkreuz.ch](mailto:info@aparthotel-rotkreuz.ch)).

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