

A-Z - Infos

*Naturparkhotel Adler****S in St. Roman*

A

Arrival: Our rooms are available on day of arrival from 3:00 p.m.

Allergy Service: Rooms in the house "Adlerhorst" are allergy and barrier free.

**If there are intolerances in terms of pillows, blankets, etc. please do not hesitate to contact the reception staff.*

**Please contact the reception for food allergies!*

Airports: Stuttgart, Tel: 0711-9480. Baden-Baden Söllingen

Tel: 07229-660. Strasbourg Tel: 0033-388 64 67 50

Please contact the reception staff for more information.

B

Bank: Contact information of local banks are available at the reception.

Bathroom stool: you will find one in every room. If you need one more please contact our reception staff.

Beautyfarm VitalOase: The VitalOase is located in our building "Adlerhorst". Please contact the VitalOase for appointments or any questions. See section „health and well-being“.

Boccia: Directly offshore our tennis court.
Boccia-Set available at our reception desk.



Books: A small selection of books is available in the hotel lobby and in our relaxing rooms.

Bus connection: Information at the reception desk.

Bicycle Depot: Next to the main entrance.

Bike rental: Please ask the reception staff for mountain bikes (for free) and e-bikes (for a fee).

Barber: We recommend hairdresser Daniel in Wolfach, Hauptstr.9, Tel:07834-352

Backpacks: For rental on your room or at the reception.

Blanket: A fleece blanket you will find on the bed. If you want to have to one more or an allergic blanket please inform our reception staff.

Black Forest Spa: Your spa area to relax with indoor pool, outdoor swimming pool, sauna area, relaxation areas (including loungers, water beds, open fireplace) panoramic outdoor terraces, Sky Meadow, wellness bistro and VitalOase

C

Cash and valuables: Can be left in the room safe or in our safe at the reception.

Cafe -Terrace: Do not miss to taste our homemade cakes and pies when having a good cup of coffee.

Celebrations: Please contact the reception staff or family Haas personally.

Chemist's shop: The next chemist's shops are in Schiltach and Wolfach. Please connect the reception staff for more informations.



Church: Please contact our reception staff for more information or have a look into our Morning Post.

Children's play room: Next to the entrance of the gym.

Conference rooms: 3 rooms for up to 40 people.

Credit cards: Master card and Visa card is accepted, but payment by cash or bank card is preferred.

Complaints: We are grateful for any improvement proposal.

Closed: No day of rest.

Car rental, repairs and towing services: Please ask the reception staff to get information for contact addresses.

D

Departure: On departure please leave your room until 11:00 a. m. In exceptional cases an extension is possible which should be arranged directly with the reception staff.

Doctor: A current doctor register with emergency medical service you will find at the reception. If you feel bad please connect directly our reception staff. No: 11

E

Endorse pillow: One pillow is not enough? Gladly you can get more pillows. Contact our reception staff. No: 11

Excursions: You will find a variety of brochures of attractions, museums or theme parks beside the reception desk and on the 1st floor next to the entrance to the building "Adlerhorst".



F

*Flowers: Blattwerk, Hauptstraße 30, 77709 Wolfach,
Tel.: 07834-865743*

*Please pass your flower order to the reception staff for organizing
the desired bunch of flowers.*

Fire extinguishers: Are located on the floors.

*Facial care: Information in our Vital Oase. See section „health and
well-being“.*

G

*Garage: Underground parking for a fee. More information at the
reception desk.*

Gifts: Information and selection at the reception.

Gymnastics room: 1st floor in house „Adlerhorst“.

Gym: 1st floor in house „Adlerhorst“.

*Twice a week: Yoga, pilates and autogenous training etc. see Morning
Post.*

*Golf Courses: 9-hole course, Alpirsbach-Rötenberg (about 20 km
distance)*

18-hole course, Zell a. H. (about 30 km distance)

18-hole course, Freudenstadt (35 km distance)

18-hole course, Königsfeld (about 35 km distance)

18-hole course, Lahr-Reichenbach (about 40 km distance)

*As a guest of “Naturparkhotel Adler”, 20 to 30 % Green Fee discount
will be given in Alpirsbach and Zell a. H.*



Games: Some games to be rented at the reception.

Game reserve: Located behind the house „Adlerhorst“.

H

House Keys: Room keys and Cards give also access to the hotel's main door.

Homemade original Black Forest products: Black Forest ham, fallow deer smoke “Lyoner”, farmer sausages, blood and liver sausages and homemade Jam. Selling at our reception desk.

Hiking maps: For rental on your room in the lend backpack or buy at the reception desk.

Hiking: For the times of the guided tours, please see our actual Morning post. For tour suggestions for walks on your own, please ask our reception staff. We are also offering a weekly walking service: You are walking to a proposed destination and are picked up by our hotel bus.

I

Ironing facilities: Please contact our reception staff.

International adapter: You will get at the reception.

Internet: Free use of the computer in the lobby. Connection via wifi / wireless LAN in the houses "Landhaus", "Stammhaus" and "Sonnenbühl" or additional via the LAN connection (with cable) in the house „Adlerhorst“.



K

Konus card: With the „Black Forest Card“ which you will receive after having filled out the registration form, public transportation services between Basel and Bad Herrenalb can be used for free. Please contact our reception staff for further information.

L

Laundry change: daily change of towel? Please put them on the floor in the bathroom.

daily change of bedclothes? Please contact the reception.

Luggage service: You need help with the luggage? Gladly we will bring it from your car to the room or backward. Just contact our reception staff. No: 11

Leather/ Tannery: firm Trautwein in Schiltach, Häberlesbrücke, Tel: 07836 / 9 38 30 Demonstration tour from May to September every Tuesday and Thursday from 10:00 to 11:00 a.m.

Lawn:

Our “Sky Meadow” above the house "Adlerhorst" is a lawn with a beautiful view. Further you are welcome to use the deck chairs in our Vital-Park opposite the hotel entrance.

Laundry service: You have Clothes to wash or ironing? In the wardrobe you will find a laundry bag, put your Clothes inside and bring it to our reception. The pricelist you will find in our briefing pack.

If you hand the clothes on weekday until 9 a.m. to our reception, you will get them back on your room until 6 p.m.

On Weekends and public holidays on request. The hotel takes no responsibility for shrank, discolored or deficient colour fastness. More information at the reception desk.



M

Mailbox: The mailbox is located near to the reception desk.

Museums:

Wolfach: Traditional rafter museum / museum of local history and Glas Museum in Dorotheenhütte Wolfach

Oberwolfach: MiMa Museum of Minerals and Mathematics and Mining

Museum

Alpirsbach: Museum of Town History and Brewery

Schenkenzell: Monastery Museum Wittichen

Schiltach: Pharmacy Museum, Museum at the Market, Schüttesäge Museum, Hans Grohe Water-Bath-Design Museum

Gutach: Open-air museum / Black forest museum “Vogtsbauernhöfe”

Massages: For appointments and information, please contact directly the VitalOase.

Minigolf: In Wolfach or in Oberharmersbach the Adventure Minigolf park. For more information, please ask the reception staff.

Mealtimes: You will find the mealtimes on a List hanging out in our elevator. Please do not hesitate to ask the reception.

N

Newspapers / Magazines: Available at the hotel reception.

Nordic-walking poles: For rental at the reception.

Night bell: Located at the main entrance.



P

Postcards and stamps: Available at the reception.

Photocopies: Our photocopier is available at any time against charge. Please ask our reception staff.

Pillow choice: We have a choice of different pillows. For more questions or to order one please contact our reception staff.

Pets: By arrangement (extra Charge 13,00 EURO per pet and Day, without food). In consideration of our other guests, we ask you to understand that dogs are not allowed into the restaurant or the spa. Thank you for your understanding!

Playground: At the opposite of the hotel next to the tennis court.

Playroom: on the 1st floor in house „Adlerhorst“.

Packed lunch: On demand packed lunch is available for hiking trips free of charge. Please inform our reception staff.

Parking: Free parking places are in front of the hotel. Information about the underground parking spaces is given at the reception desk.

Post: Refer to your box at the reception desk.

R

Recharger/adapter: You will get at the reception.

Restaurant bill(s): Payment by cash or by signature and room number. We will transfer the restaurant bill to your main bill.



Room keys and card: Please leave your room keys or room card on departure at the reception.

Reading glasses: Reading glasses with the most common strengths are available at the reception free of charge.

Restaurant opening times:

Breakfast 7:00am - 10:30am

Lunch 12:00am - 2:00pm

Dinner 6:00pm - 9:00pm

Roomservice:

Same opening times like our restaurant.

Breakfast and regular food for a extra charge of 6,00 €

Beverages for a extra charge of 2,90 €

S

Souvenirs: For example Black Forest ham, farmer sausages, blood and liver sausages, homemade Jam and more. Sale at the reception desk

Sun terraces: On our sun terraces are plenty of sun beds available.

Smoking: For smokers a cozy corner has been set up just outside the main entrance. If required, please turn on the heat lamps. Off easter 2016 in our smokers Lounge too.

Sauna landscape: Panoramic sauna (90 ° C), moonshiner sauna (60 ° C / 40% humidity), steam sauna and infrared cabin are offering a wide range of opportunities for healthy "sweating". The opening times of the sauna landscape are daily from 11:00 a.m. to 9:00 p.m. The family and women's sauna is located in our indoor pool area. It will be turned on on demand.



*Sewing service: button off? No problem. ONE call to the reception
No: 11 is enough. Little repairs we execute directly. Bigger repairs we
gladly gave to specialists.*

Snow-shoes / slide: Free rental at the reception.

*Shoes shine service: You need a special cleaning for your shoes?
Please contact our reception staff.*

*Shoe shine machines: Shoe shine machines are located in the
„Stammhaus“ on the first floor next to the lift and in the
„Landhaus“ on the ground floor.*

*Shuttle Service: You want to go to the train station? Or to a sight?
Gladly we call you a taxi. You defray the cost by your own.
Please contact our reception staff one day before.*

*Sights maps: Maps for sightseeing in the Black Forest are available at
the reception*

*Sky Meadow: High above St. Roman to relax or simply to enjoy the
view over the Black Forest valleys. You can reach the sky meadow on
the 5th Floor of the house "Adlerhorst".*

*Solarium: The Solarium is located opposite of the VitalOase on the
2nd Floor of the house "Adlerhorst". Coupons are available at the
reception.*



T

Train stations: Schiltach and Halbmeil in about 8 km, Wolfach about 11 km and Hausach about 17 km. On request transfer service on arrival and departure to the a. m. stations can be organized. From a stay of 3 nights the transfer service is without extra charge. At less than 3 nights 18,00 euros will be charged per ride. After having filled out the registration form you will receive the “Black Forest Card” which enables you to use the public transportation services between Basel and Bad Herrenalb for free. Please contact our reception staff for further information.

Taxi: Taxi Heizmann in Oberwolfach, Tel.: 07834-333

Tennis: Use of the hotel's tennis court is free of charge for guests. Registration, tennis Court, keys, bats and tennis balls are available at the reception.

Table football: on the 1st floor in house „Adlerhorst“.

Table Tennis: You will find the table tennis possibilities in the „Landhaus“.

Tourist-Info: in Wolfach, Hauptstr. 41, Tel.: 07834-83 53 53

V

Vouchers: Vouchers for our hotel or restaurant are available at the reception desk. Gift vouchers for treatments are available at the spa reception desk directly in the VitalOase.



W

Walking shoes depot: Next to the main entrance.

Wake-up service: Please contact the reception.

Water path: You will find the small water path in our wellness park opposite to the hotel next to the trout ponds.

Women's sauna and family sauna: The Women's / family sauna is located on the right hand after entering the indoor swimming pool area. Opening times on demand. Please register at the reception.



Our Black Forest Spa

Swimming area & Adler's Sauna landscape:(„bade un schwitze“)

Indoor pool (29°/ 30°C) daily open from 6:00 a.m. to 9:00 p.m.

Outdoor pool (27°/ 28°C) all-season open from 7:00 a.m. to 9:00 p.m.

In the winter months from 7:30 a.m. to 9:30 a.m. and from 2:30 p.m. to 6:00 p.m.

Adler's Sauna landscape with

Panoramasauna 90°C (Finnish Sauna) Typical for the Finnish Sauna are temperature between 85 – 88°C. The humidity is 10 – 30%. The sweat in badly dry, hot air purge the body, strength the circulatory- and immune system and relieve the skin from harmful substances. To some extent the body temperature can heightening except 39 °C.

Because of the high temperature in the Sauna, should be a Sauna walk just between 8 – 15 minute. After this the body should cooling down, for exemple with a cold shower.

moonshiner Sauna 60°C/ 40% air humidity (Biosauna) The Biosauna is a soft and mild alternative to the Finnish Sauna. It is in essence different in case of a normal sauna between temperature and the air humidity. In the Biosauna are moderate temperature about ca. 60°C and a air humidity of ca. 40%. So this variation close the hole between the hot Finnish Sauna and the very humid steam bath. based on the moderate conditions the stay in the Biosauna can take 30 minute. extractions and light therapy complement the regeneration program. heart and circuit will be discharged trough the lower temperature.

Mineral steam bath with essential oil and high mineral content in the room through stones. steam baths will be selective used for prevention of affection and for the metabolism stimulation. The body will get gentle purge. steam, which heated about 60°C and over cone in a waterproof room delivered, humidification the skin, the respiratory ducts and appeared liberating. Also the hot steam clean the skin by opening the porosities. in the steam baths are a very high sir humidity, which let feel the temperature as very high.



*Ultrared booth (dry sauna with radiant heat) **

The ultrared radiation pervade the room and first during striking the body these local circulation of the blood and lymphsystem are responsible for the dispersal of the heat in the body. thereby it comes to a languorous heat feeling, deep relaxation and intensive heal sweat.

The air humidity stay though – different as in the Sauna – on a lower level of 40°C to maximum 60°C, whereby it is more comfortable to breathe, the circuit become less bonded and the oxygen supply of the body improved.

**a second Ultrared booth you will find in the swimming area.*

*Family sauna 60°C/ 40% air humidity * see at „moonshiner Sauna“ **

The Family sauna you will find in the swimming area.

People with cardiovascular disease, varicose vein or acute infectious disease should resign on a sauna walk.





Wellness Bistro: („trinke un schmecke lasse“)

Here you will find you inclusive services from the Adler-Bistro-package:

from 07.00 a.m. to 9.00 p.m. alcohol free drinks

from 07.00 a.m. to 9.00 a.m. morning coffee and tea

*from 12.30 p.m. to 2.30 p.m. Lunch-Buffer with tasty salads, soup
and dish of the day*

from 12.30 p.m. to 4.30 p.m. coffee, tea and cake

The services began at the arrival day at 1.00 p.m.

and ended at the day of departure at 11.00 a.m.

relaxing and dreaming: („abliege un faulenze“)

enjoy on over 1800 m² the Naturepark quiet in St. Roman

Sky meadow: above the house „Adlerhorst“ with wonderful view on the black forest.

(You can reach the sky meadow on the 5th Floor of the house "Adlerhorst“)

*Panoramaterrasse with pergola with view over the roof of St. Roman (4. floor house
„Adlerhorst“)*

*Relaxing room with fireplace and water beds our „fluster zone“ (3. floor house
„Adlerhorst“)*

*Panorama-relaxing room and ultrared sun beds with Relaxing-sun beds and Lounge
area (directly above the Adler's Sauna landscape)*

*terrasse you reach by the outdoor pool, above the Bistro and respectively in front of the
relaxing rooms.*

Active & Vital: („sportle“)

in and around the Naturparkhotel Adler/ St. Roman

all- season:

*Fitness room: For healthy motion in the house we have our Fitness room with Cardio-/
cardiovascular equipment from „Life Fitness“. The equipment are self-explanatory and
simple to operate, should you need a short explanation, please contact our reception
staff. For a Personal Training you can made a termin with our Trainer.*

Make an appointment about the Spa reception in the VitalOase.

Daily open from 8.00 a.m. to 9.00 p.m.

*Gym: in the passage to the house „Adlerhorst“ for Yoga, Pilates and so on the dates
you will find in our current morning post.*

*Naturadventure wild herbage: weekly herbage-walking over the year with herbage
pedagogue and Black Forest-Guide, Monika Wurft*



hiking: 2 x per week guided hike in St. Roman and environment.

1 x per week hike service: You hike to a place which we suggest you and we picked you up there with our hotel bus.

The weekly changes tours you find in our morning post or on the info blackboard at the reception. hiking- and Walking-sticks, backpacks and hiking cards you can get for free at our reception and with our Lunch-Packet you have a delicious meal for you walk!

Mountainbike: 4.000 km Mountainbike-Trails around the Naturparkhotel Adler guarantee driving pleasure pure! Toursuggestions you will get at our reception desk. Our Mountainbikes (Fa. Stevens) are rent for free.

E-Bikes: effortless on Black Forest height with the E-Bike. Guaranteed!

With the E-Bike you overcome easy the many highmeters between the Black forest tops. A soft kick in the pedals is enough and the bike drive quiet the mountains up.

More informations at our reception.

Lending fee per person:

Try-out rate (max. 2 hours)	€ 8,-
1/2 day (from 8.00 a.m. to 1.00p.m. or from 1.00 p.m. to 6.00 p.m.)	€ 12,-
Whole day (from 8.00 a.m. to 6.00 p.m.)	€ 20,-

Tennis: Train you right serve on our tennis court.

Tennis rackets and -balls you can rent at the reception.

Golf: improve you Handicap on the golf links in the environment: Königsfeld, Alpirsbach, Lahr and Zell am Harmersbach. Your benefit: As guest in the Naturparkhotel Adler you get in Zell 20 bis 30 % Greenfee-reduction.

Winter

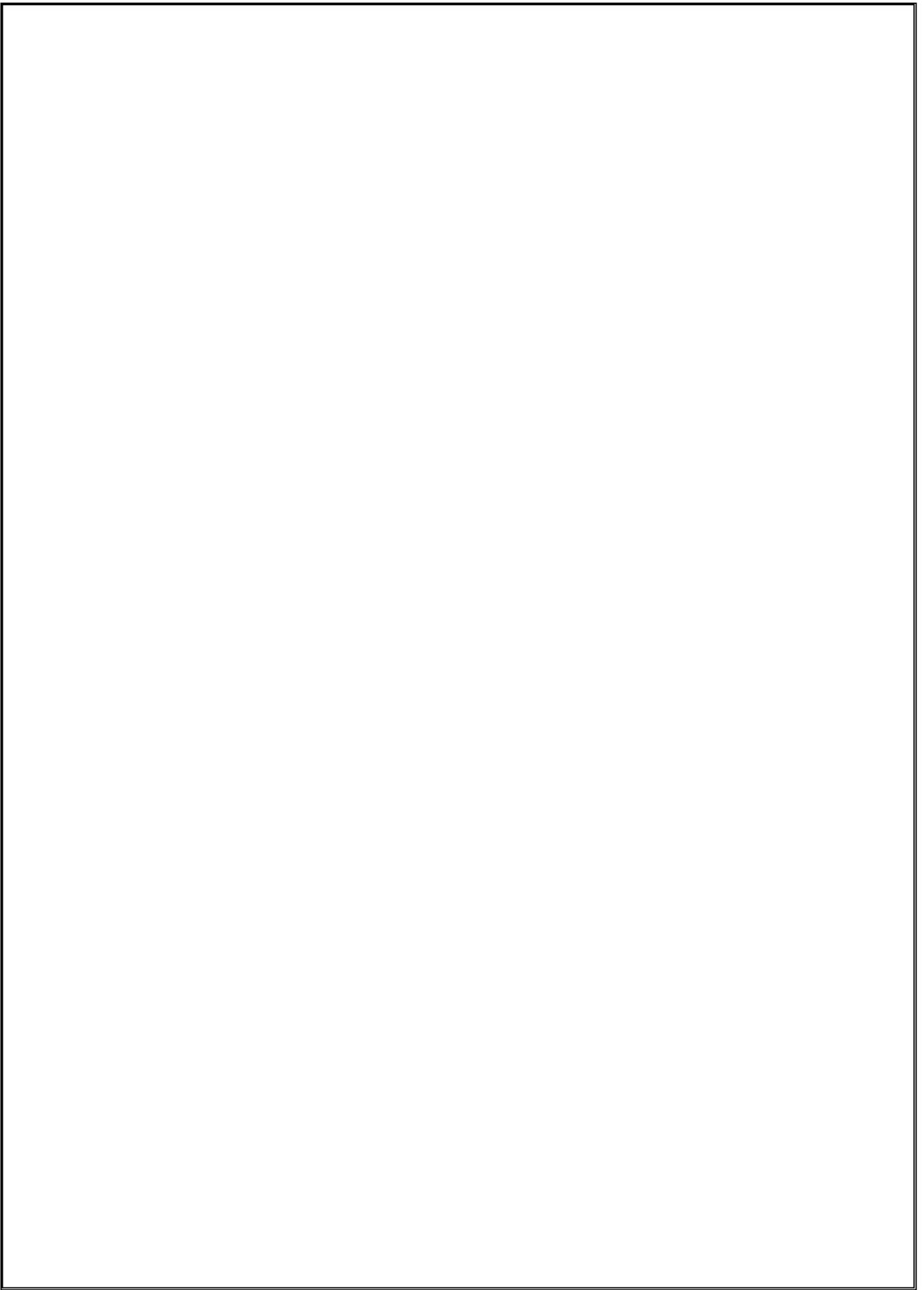
cross-country skiing: In front of the hotel you have the direct start to one of the landscaped most lovely cross-country ski run in the Black Forest.

Winter hiking: Plowed hiking ways from the hotel around St. Roman.

snowshoeing: For some more aktion are snowshoeing perfect.

For you as guest in the Naturparkhotel Adler: guided tours and free rent of snowshoes.





*Healthy & well-being: („wohlfühle un riläxe“)
im Naturparkhotel Adler/ St. Roman*

Black Forest - Spa „Vital Oase“:

Our Vital Oase offered these treatments:

**face-/ body care with the products of Maria Galland, Thalgo and Haslauer*

** therapeutic massages and feel-good-massages*

** nourishing and medical baths & packages*

**different Therapy forma*

*More informations you will find in our hotel brochure or get an guidance for the team
in our VitalOase. No.: 78*



Food in the Adler: („d' Schwarzwald schmegge“) regional and international fare

As nature-park innkeeper we served you in the Naturparkhotel Adler typical Black Forest dishes from the best regional products. On this way we supported our farmers and receive the magnificent landscape. But of capital importance: It tasted ...

The trouts- and game dishes are from local hunting and the hotel own deer park and pond. And the house own confectionery backed beside all kinds of cakes, tortes and confectionery of course the famous Black Forest Cake too.

Of course you get refined international delectability and precious wines too.

Take a view in our menu ...

<i>breakfast</i>	<i>7.00 a.m. to 10.30 a.m.</i>
<i>restaurant</i>	<i>12.00 p.m. to 2.00 p.m. and 6.00 p.m. to 9.00 p.m.</i>
<i>on Sundays and public holiday</i>	<i>11.30 a.m. to 2.00 p.m. and 5.30 p.m. to 9.00 p.m.</i>
<i>coffee and cake</i>	<i>2.00 p.m. to 6.00 p.m.</i>
<i>small menu</i>	<i>2.00 p.m. to 6.00 p.m. & from 9.00 p.m.</i>

Thereby you had enough time to enjoy our 5 course menu, please be in our comfortable restaurant or in the conservatory till 7.30 p.m.

Are you allergic to certain foods such as mushrooms, pineapple, nuts, etc., or foods with gluten, lactose or fructose, so do not hesitate to contact us, because our kitchen and service team also prepare you a delicious meal too!

