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GIRLS-ONLY-GOLF IN THE IDYLIC AUSTRIAN TYROL

Active & healthy weekend break for ladies:

Park Igls, the outstanding Mayr clinic in the Austrian Tyrol, offers golf breaks exclusively for ladies. The **Girls-Only Golf!** breaks are designed to combine exercise and world-class golf in a health-enhancing environment with tailored Modern Mayr cuisine diet plans to boost a toned physique, restore mental and physical equilibrium and aid weight loss if required.

Priced from €801, the two-night (Fri-Sun) Girls-Only Golf! break includes accommodation in a spacious superior single room, Modern Mayr cuisine, one green fee, one treatment, use of the extensive facilities, and access to high-tech on-site medical facilities and dedicated Mayr Golf training. Three-night breaks are also available: priced from €1,177 (Thurs-Sun) and including an additional green fee and 25-minute partial body massage.

Park Igls is a multi-award-winning destination spa situated on a sunny plateau above Innsbruck less than half an hour from the international airport. The retreat has three fine golf courses on its doorstep including the championship 18-hole course at Innsbruck Rinn and two shorter courses suitable for less experienced players and for clinics. All benefit from stunning Alpine scenery and clear mountain air. On-site facilities include a chipping green of professional standard – ideal for short game practice and tuition. Park Igls is Austria's only *TheMedGolf®* Institute offering golf-specific training and remedial programmes. The unique approach combines a medical and therapeutic grounding to aid the development of an efficient and sustainable swing, minimising the risk of typical golfing injuries such as recurring back and wrist problems. For a longer stay, there are plenty of inviting golf courses within an hour of Innsbruck: Seefeld, Achensee and Kitzbühel among them.

In addition to its golf facilities, Park Igls has an exceptional medical department, a well-equipped spa with a spectacular indoor pool, hydrotherapy section, saunas, panorama gym and fitness facilities. There is also a comfortable library and an inviting dining area. The overall effect is to present a beautiful sanctuary where guests have the space and freedom to give mind, body and soul a complete rest. Park Igls has received numerous coveted awards, and features prominently in the world's most prestigious Spa Guides.

All prices quoted are subject to availability, per person per room (single superior rooms)

Reservations: www.park-igls.com / +43 512 377305

Park Igls Mayr clinic is included in niche destinations distinctive portfolio:

www.niche-destinations.com

- **niche destinations** is a travellers' kaleidoscope for distinctive places with attitude, owned and managed by like-minded independent individuals, proud of their heritage and assertive about their future.
- **niche destinations** promotes pioneering health retreats, must-go gourmet restaurants, quirky Alpine lodges & hideaways, ski nirvana, mountain Spa paradise, a mysterious encounter with Atlantic Morocco, hidden gems of local art & culture and the glorious beauty of nature.
- **niche destinations** stands for a discovery of the unexpected, a sense of place, responsible & sustainable tourism, relaxed surroundings, understated elegance and generosity as a mind-set.

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