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GIRLS-ONLY GOLF IN THE IDYLIC AUSTRIAN TYROL

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.

Active & healthy weekend break for ladies

Priced from €809, the two-night (Fri-Sun) Girls-Only Golf! break includes accommodation in a spacious superior single room, Modern Mayr cuisine, one green fee, one therapeutic treatment, one full-body massage, 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 €1,189 (Thurs-Sun) and including an additional green fee and additional 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.

www.park-igls.com



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