



KIRINUS
ALPENPARK KLINIK

A woman with blonde hair, wearing a white sleeveless top and a colorful patterned skirt, is sitting on a wooden dock. She is smiling and looking towards the right. The dock is surrounded by water with many lily pads. In the background, there are green mountains under a clear sky.

Good treatment is part of our nature.



Welcome

to the KIRINUS Alpenpark Klinik at Lake Tegernsee. For three generations, our passion has been providing patients with an exceptional experience: premium care delivered with personalized attention and genuine warmth.

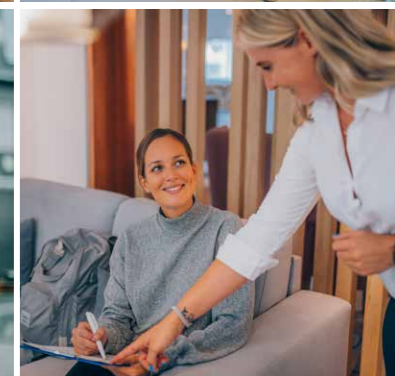
We believe that true healing extends beyond the medical. Architecture, exceptional service, culinary delights, a welcoming family atmosphere, and even art – all play a vital role in your recovery. And of course, our stunning location on Lake Tegernsee adds a touch of magic to your journey.

Your well-being is our top priority. That's why we go beyond hospital rooms and cafeterias. Our in-house restaurant provides a delightful dining experience, fostering a feel-good atmosphere. We offer a variety of unique treatments designed to support your long-term health. Your personal team of specialists and therapists will become your trusted guides on the path to recovery. Furthermore, our trained, multilingual service staff is here to ensure you feel comfortable and understood every step of the way.

Take a moment to explore this brochure and discover what the KIRINUS Alpenpark Klinik has to offer. We look forward to welcoming you to KIRINUS Alpenpark Klinik.

Best regards

Ursula and Ludwig Klitzsch
Clinic owners





Your new beginning starts right here: our indications

Follow-up treatment (AHB/AR procedure) and rehabilitation:

- Orthopaedics
- Cardiology
- Gastroenterology

Specialised acute treatment:

- Psychosomatics

We are the right partner for you for the following illnesses:

- Diseases of the musculoskeletal system (e.g. hip, knee joint or spinal column procedures)
- Cardiovascular diseases (e.g. heart attacks, high blood pressure, heart valve or bypass surgery, cardiac arrhythmia, heart failure)
- Gastrointestinal disorders, especially after visceral surgery (e.g. bowel resection, including stoma care)
- Metabolic disorders including diabetes
- Acute psychosomatic illnesses (e.g. burnout, depression, trauma-related disorders)

State-of-the-art equipment: our diagnostics

To ensure you feel comfortable and in good hands, we rely on state-of-the-art diagnostic tools and our own in-house laboratory. This allows us to monitor your health at any time – similar to an acute care hospital – and flexibly adapt your individual therapy. What truly sets our rehabilitation clinic apart is our dedicated in-house diagnostics team. Not only have we been working with our very own medical team for decades now, but are also a recognised training facility.

- Laboratory
- ECG, exercise ECG (ergometry), long-term ECG
- Conventional long-term blood pressure measurement, long-term blood pressure measurement without cuff
- Sleep apnea screening
- Pulmonary function test (body plethysmography and spirometry)
- Digital X-ray
- Bone density measurement
- High-end ultrasound device for 3D colour Doppler echocardiography, vascular duplex
- Thyroid, abdominal, joint and soft tissue sonography
- 4-D force measurement
- Spinal column measurement



Seeing the human being as a whole: our treatment concept

At the KIRINUS Alpenpark Klinik, we believe in a patient-centred approach that's unique in Germany. You'll benefit not only from the expertise of a specialized and experienced medical professional but also from your very own dedicated „reference therapist.“ This personalized approach fosters a close relationship with your therapist throughout your treatment and therapy sessions.

Our team of doctors, psychologists, and therapists have been working together seamlessly for decades. This collaborative spirit ensures therapies are regularly adjusted to achieve your individual goals in the most effective way possible. Furthermore, our team regularly participates in training courses and medical congresses to stay at the forefront of medical advancements and refine their skills, which guarantees that you receive the best care available.

In-house specialists:

- Specialist for internal medicine / cardiology
- Specialist for internal medicine / diabetology-angiology
- Specialist for orthopaedics and trauma surgery
- Specialist for psychiatry and psychotherapy
- Specialist for internal and general medicine

Consultant physicians:

- Neurology / Psychiatry
- Urology / Nephrology
- Other specialist disciplines if required



01 **Dr. med. Andreas Schwende** Chief physician and medical director, specialist for internal medicine, cardiology, internal intensive care medicine



02 **Dr. med. Franz Bichler** Chief physician, specialist for internal medicine, geriatrics, diabetology (DBB), angiological focus



03 **Dr. med. Susanne Götschl** Chief physician and deputy medical director, specialist for orthopaedics, acupuncture and chirotherapy



04 **Dr. med. Oliver Schwarz** Chief physician, specialist for psychiatry and psychotherapy, trauma therapist



05 **Dr. med. Svenja-Yvonne Hofschneider** Chief physician, specialist for orthopaedics and trauma surgery



As individual as you are: our therapies

We understand that setbacks are a natural part of the healing process. That's why your dedicated reference therapist is always available to support you and adjust your individual treatment plan as needed. After all, you are the best judge of how effectively your treatment is working. Our goal is to empower you, not overwhelm you, by tailoring your therapy to your unique journey.

Both individual and group therapy options are available, ensuring your personal recovery remains at the heart of every treatment decision. Our state-of-the-art treatment rooms, nestled in a breathtaking location, provide a supportive environment for every step of your journey.

These therapies are our core pillars:

- Physiotherapy
- Functional strength and stability exercises
- Individual device-supported training therapy
- Gait training
- Group therapies (breathing therapy, strength and balance group, cardiac group, back exercises and much more)
- Occupational therapy (fall prophylaxis, ADL exercises, memory training)
- Relaxation therapy (progressive muscle relaxation, autogenic training)
- Osteopathy and craniosacral therapy
- Balneo-physical therapy
- Acupuncture
- Lymphatic drainage
- Massages
- Exercise pool, water exercise group
- Inhalation
- Coronary exercise
- Pain treatments
- Wound management

Additionally we offer:

- Nutritional therapy and dietetics
- Socio-medical counselling, transfer care and management
- Training workshops for patients (on topics such as medication, sleep regulation, back training, joint replacement, how to stop smoking, diabetes, stress management and much more)
- Psychological counselling

Find your perfect haven: our rooms and suites

Our accommodations are designed to be as unique and individual as our patients. Choose from 85 comfortable rooms or 35 spacious suites, each crafted to reflect our commitment to a perfect blend of design, functionality, and a feel-good atmosphere.

Please note that the images shown are examples.
The room furnishings may vary.

Rooms:

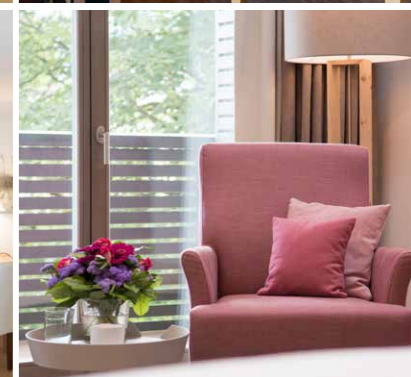
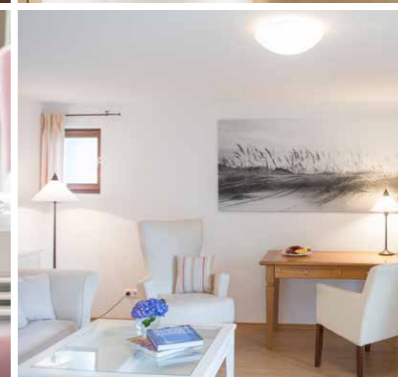
Our comfortable rooms in different categories and sizes offer you the crucial feel-good atmosphere for your healing process:

- 16 to 40 square metres / approx. 170 to 430 sq ft
- Categories: 'Classic', 'Comfort' and 'Superior'
- Location: Main, Defregger- and Wallberghaus
- Majority with balcony or terrace

Suites:

For those who seek even more spaciousness and individualized comfort, our suites offer an even more peaceful retreat:

- 40 to 90 square metres / approx. 430 to 970 sq ft
- Largest clinic suite in Bavaria (145 square metres / over 1,500 sq ft, two bedrooms)
- Categories: 'Junior', 'Executive', 'Suite Ringsee', 'Suite Tegernsee', 'Suite Anna' (some with connecting doors)
- Location: all houses, largest suites in the Ringberghaus (55 and 90 square metres / approx. 590 to 970 sq ft)





Get healthy in style: our design concept

We strive to make you feel like a hotel guest, not a hospital patient, in our rooms and suites with their high-quality furnishings, materials and fabrics.

We believe that your environment plays a major role in your recovery and that a comfortable atmosphere accelerates healing. That is why we follow the principles of healing architecture: Pleasant lighting conditions, a well-thought-out colour concept and designer furniture, tailored to your needs.

Our hotel's architecture combines the traditional Upper Bavarian style with modern elements. Even our approach to interior design places a particular focus on the harmonious interplay of local materials and design touches with modern design elements, colours and shapes.



An appetizer to your stay: our chef's welcome

To complement your unforgettable stay, we invite you to experience the culinary spirit of the Alps. Our timeless restaurant, thoughtfully designed to echo the region's beauty, offers a delicious taste of the surrounding foothills. The menu is always based on the motto: „Healthy food starts with good ingredients.“ Every day, our head chef, Athanasios Angeloussis, delivers on this promise.

Prepare to be delighted by our regional, seasonal, and health-conscious cuisine.





A journey of discovery: the health region

Recovering at Lake Tegernsee isn't a new thing, but a centuries-long tradition. From pilgrims 500 years ago, to the 19th-century high nobility and our modern-day clinic patients, the region has long been known as a wellness destination around the globe. Boasting Germany's largest iodine-sulfur springs, these natural healers have been working their therapeutic magic since the early 20th century.

But there's more: The charming villages nestled in the Tegernsee Valley invite you to delve into a vibrant cultural scene of art exhibitions, concerts, festivals, and guided tours. Munich, the vibrant Bavarian capital, is just an hour away. There, you can explore beyond the world-famous football club and the legendary Oktoberfest. Discover captivating sights and tantalize your taste buds with authentic Bavarian specialities.

The Tegernsee Valley is a paradise for sports lovers. A plethora of activities – from hiking and biking to water sports – entice you to get your heart pumping and breathe in the fresh alpine air. And if you seek a more relaxed connection with nature, our clinic's private jetty offers the perfect spot to take in the breathtaking lake panorama.

[A selection of activities:](#)

Sailing | Golfing | Cycling | Nordic Walking | Hiking | Art exhibitions | Concerts | Forest and lake festivals



Sharing your journey: companions welcome

We warmly welcome your partners and companions to join you during your stay at the KIRINUS Alpenpark Klinik.

- Accommodation in the same room
- Full board included
- Use of all common rooms included
- Check-up for accompanying persons

Our entire medical team is at your disposal via our private medical outpatient clinic. You can also visit a general medical practice at the clinic.

Use your stay at the clinic for your personal preventive healthcare. We offer personalized preventive check-ups, available pre-designed or tailored to your needs. This proactive approach allows for early detection of potential issues, empowering you to manage your health effectively.

Trusted by many German and international companies for their employees' well-being, our expertise can benefit you too.



Our Legacy: generations of healing

Since 1962, the KIRINUS Alpenpark Klinik, a family-run business now in its third generation, has been a leader in rehabilitation for orthopaedics, cardiology, gastroenterology, and psychosomatics. Here, medical excellence is the foundation, seamlessly woven together with a welcoming ambience and exceptional cuisine.

Our success is rooted in this unique combination: expert medical professionals who personalize therapy programs to your specific needs, cutting-edge technology that ensures the most effective treatments, and unparalleled comfort. Our spacious rooms, including some of the largest suites in Bavaria, provide a tranquil haven for healing.

You can find further information at: www.kirinus.de/en/alpenpark-klinik

Costs and admission

Please note that foreign health insurance companies may not cover treatment costs at the KIRINUS Alpenpark Klinik.

Therefore, we require all international clients to make advance payments. We accept Mastercard and Visa.

Our service staff will be happy to send you our price list by e-mail and advise you on all questions relating to your stay at our clinic. Please contact us at alpenparkklinik@kirinus.de or call +49 8022 846-0.

Directions: finding us is easy

Our clinic grounds are located in the idyllic spa town of Bad Wiessee directly at Lake Tegernsee, just one hour south of Munich.

By car:

Exit the A8 motorway at Holzkirchen / Tegernsee and follow the signs to Bad Wiessee. Our clinic is located at the end of Bad Wiessee (Ringsee district) on the left-hand side.

By train:

From Munich main station to Gmund with the Bayerische Regiobahn BRB, then take the connecting bus Ringlinie B to Bad Wiessee (Ringsee stop). The bus stop is about a five-minute walk from the clinic.

If you need a transfer from Munich airport or a Munich hospital or hotel to us, we will be happy to help you organise it.

Do you have any questions about your stay with us? Just give us a call. We look forward to hearing from you!

KIRINUS Alpenpark Klinik

Defreggerweg 2-6 | 83707 Bad Wiessee | Tel +49 8022 846-0 | Fax +49 8022 846-207
alpenparkklinik@kirinus.de | kirinus.de | GERMANY

