# WELCOME TO

# YOUR SCHWARZWALD CHALETS



fraumnatte reffemmauser

# GUEST-INFORMATION

IF YOU HAVE ANY FURTHER QUESTIONS, PLEASE DO NOT HESITATE TO CONTACT US!



#### GENERAL INFORMATION ABOUT YOUR SCHWARZWALD CHALET:

ARRIVAL: On the day of arrival your Chalet will be available up from 3 p.m. for you. If you would like to arrive earlier and the Chalet would be available at this time, please let us know.

DEPARTURE: We kindly ask you to leave your Chalet at 10:30 a.m. on the day of departure.

**ENERGY:** Your Schwarzwald Chalet is equipped with a environmental friendly wood pallet heating. These pellets are produced of 100% wood and belong to the regenerative energies, which degrade more CO2 during the period of origin and growth than ensue in the combustion. The complete electricity supply occurs with eco-electricity of regenerative energies. Please consider the environment during use and avoid unnecessary power usage.

HEATING: In the Chalet it is installed a under-floor heating in all room, which can be regulated separately in each room. The heating is programmed that in position to the triangle you will receive a room temperature of 21°C. Each following step increases or reduces the temperature ca. 1,5 to 2,0 °C. In position to the -the under-floor heating is switched off. In the bathrooms there are available additional radiators for the towels, which are also regulated by means of this system. As the towel warmers are provided by the under-floor heating they only get warm and not hot.

**INVOICE**: Settlement of invoice takes place in cash on the day of departure or on the day before. You will receive a detailed statement including the rental price as well as all services. You can pay by bank transfer, card payment (Girocard, Mastercard or Visa) or cash.

MAIN SWITCH: Your Schwarzwald Chalet is equipped with a comfortable main switch beside the front door. Thus you have the possibility to switch off all lights and electricity guzzlers, except the fridge, when you leave the room. Programmings of all gadgets remain.

**SMOKING:** We kindly ask you to consider the other guests and only smoke on the covered terrace of your Chalet. On the windowsill you will find an ashtray.

WASTE: In the administrative district Freudenstadt the waste is separated successfully and consequently. Please support this measurement aimed at the improvement of our environment. In the kitchen you will find corresponding receptacles under sinks and in the carport behind the wooden border the labelled containers:

Blue: Paper and carton

Yellow: Packaging made of plastic, metal etc.

Black: Bio and residual waste White: Used glass and bottles

Tin bucket: Ash from stove or barbecue, no other things

## ACTIVITIES AND ADVENTURES DURING YOUR STAY:

BUS: One bus station "Landhausstraße" you will find about 250 m towards the city at the crossing towards the street "Lauterbadstraße" . Another one "Lilienstraße" you will find 200



m downhill towards the golf course (city bus). Please find the schedule attached. You can use your Black Forest Guest Card to take the bus for free.

GARDEN: Round about your Chalet there are available a variety of facilities: deckchairs, parasol, grill, badminton as well as outdoor table tennis. For playing soccer you can use the garden or the turnaround.

HIKING: Over the street, at the corner the streets Lauterbadstraße and Zeppelinstraße the dead-end street will lead you directly into the forest. There begin a lot of lovely hiking trails of different length. The signs "Zollernblick" and "alter Festplatz" will guide you back to the starting point. In addition we can recommend the golf course trail for a walk.

SCHWARZWALD PLUS: On the Schwarzwaldplus page you can see 80 attractions that you can use free of charge with the Schwarzwald Plus Card. The Schwarzwald Plus hosts pay for these offers in advance for their guests with a daily flat rate. You can use all the offers more than once during your stay, but not on the same day. You can also use various offers on one day. www.schwarzwaldplus.de

**LEISURE TIME OFFERS:** In the info brochure as well in the brochure for children we have prepared some information and ideas for your leisure time. If you have any further questions or need any further tipps, please do not hesitate to contact us.

## FAMILY AND CHILDREN:

**BABY-SITTER:** With pleasure we will organise a reliable baby sitter for your children. Please do not hesitate to contact us in case of demand.

**CHILDREN'S PLAYGROUND:** A playgound with the following toys awaits you nearby the Chalets:

Sandpit, tree house, nest swing, single swing, baby swing, rocking animal, slide, double stretching rod, tricycles, handcart, children bicycles, climbing wall, soccer goalpost, scooter, Bobby-Car, table tennis. Additional small toys like Frisbee, badminton, Indiaka, crayons, stilts and more you will find in the play crate in the carport.

Please supervise your children, especially when using the climbing wall. Use of the play ground and the toys is at your own risk.

For the locked toys you will find the corresponding key on your keyring for your Chalet. Please lock the toys after use again. Thank you.

**FACILITIES FOR CHILDREN**: In case you need a high chair, baby bath, play pen, diaperchanging pad, travel cot or anything else for your children, please do not hesitate to contact us. Toys you will find in the house. Extendable safety nets are fitted at the top and bottom of the stairs.



### YOUR COMFORT IN THE SCHWARZWALD CHALET

**ALARM-CLOCK:** The bedrooms are equipped with an alarm-clock for you. You can program the time pressing "Mode" for 4 sec.

**BREAKFAST**: For your start into the day beside the self-sufficiency you can choose between different comfortable possibilities: completely fresh breakfast on your requirement or fresh rolls in the bread box - daily fresh delivered.

**CARPORT:** If you have arrived with more than one car, you can park the other car in the carport at the hairpin bend. Please park your car in a way that the children are able to go around. Please note that the children don't climb onto the tractor. These vehicles are not suitable for playing. The same is true for the separated area at the right side of the carport.

**COMFORT SHELF:** In the housekeeping area the comfort shelf offers different drinks and products for you to buy. You have the possibility to note the removed goods on a list fixed at the shelf and return it to us. We will immediately restock the inventory.

**IRONING EQUIPMENT:** In the housekeeping area you will find an iron and the corresponding ironing board.

**KITCHEN**: Your Schwarzwald Chalet is equipped with a high-quality fitted kitchen. Furthermore there are available pots, pans, crockery, cutlery and glasses.

The following electrical equipment is available for you: 4 Ceran stovetop plates, smoke extraktion, dishwasher, microwave, oven, fridge with 3 star freeze compartment, toaster, electric kettle, egg cooker, manual staring machine and two coffeemaker (classic filter machine and Capsule-Maschine, milk frother – there is a corresponding instruction available nearby the machine).

The big ceran plate will be activated by turning the rotary pushbutton.

In order to start the extractor hood, please pull it out.

**LAUNDRY:** Each guest receives 3 terry towels and a bath cloth for free. Your beds are already prepared. If you need additional duvets or pillows, please feel free to contact us. Upon request we will change the bed linen and bathing cloths within one week of stay against payment.

**LAUNDRY DRYER:** In your housekeeping area there is a Miele condense dryer for your free use. Please remember to pull up the filter in the door opening angle as well as the fluff filter in the door and to remove the fluffs after drying. **In addition please empty the water tank on the top left side after every drying process.** 

OUTDOOR LIGHTING: The outdoor lights in the gateway are regulated by motion detectors with twilight switch. For loading and unloading at night you can switch on and off the spotlight in the carport at the middle column. Please do not forget to switch of this light again. The terrace lighting is switched on with the switch to the right of the terrace door.



SAFE: In the bedroom (upstairs left side) you can find a fixed safe with individual programmable combination lock. Programming instructions hang next to the safe in the wardrobe. At the day of your departure please let the safe open. if you need additional safe storing, please feel free to contact us.

SAUNA: The bathroom is equipped with a KLAFS Sauna for your free use. The heating time takes about 45 minutes. Please always use a big sauna towel for sitting during sauna bathing. Please think of the energy and the environment and turn off the sauna after using. Infusion concentrate is available at the comfort shelf. This must be definitely diluted (fire risk!). Never dry things on the fire place (fire risk). Further information about sauna bathing you will find attached.

**GROCERY SHOPPING:** We are pleased to do your groceries before or during your stay. Please let us know about your demand.

**STOREROOM:** In the housekeeping area you have the possibility to store your personal equipment like hiking or skiing equipment. If you need additional storing place, please let us know.

WASHING MACHINE: In the housekeeping area there is also available a fully automatic washing machine (Miele) for your free use. You can buy the respective detergent, available on the comfort shelf. There are also available a drying area and clothes lines.

WHIRL-POOL: In Chalet Birkenbühl there is an additional whirlpool in the bathroom. Please do not use a foam bath under any circumstances, you can purchase suitable bath additives in the comfort shelf.

WOOD-BURNING STOVE: A wood-burning stove ensures homely warmth in the living room. A basket with wood is provided nearby the stove. More wood you will find in the carport down the ramp and fire starters are available on the shelf in the housekeeping area. Please don't burn off any other material in the wood-burning stove. Attention: The door handle of the stove and the outer face of the stove become hot (risk of burns!). When stove is fired please tilt a window, as the Chalets are well insulated and the stove needs air for the chimney draft. In addition please open the shut-off damper at the smoke tube (lever vertical).

### **ENTERTAINMENT:**

DVD: The DVD player is in the box under/besides the TV set. You can connect it yourself using the HDMI cable. Use the SMART HUB button (color cube in the middle) and navigate left to the menu and choose "verbundene Geräte" to select the HDMI-Port.

FAX: You have the possibility to receive or send faxes with our fax machine (07441-950352).

GAME CONSOLE: In the box under the TV set you will find a Nintendo Wii game console "Family Edition" with various video games. The game sensor is installed on the unit, the cable hangs behind the TV set. The selection on the TV set is made as described above for DVD.

**NETFLIX:** Use the SMART HUB button (color cube in the middle) and navigate left to the menu and choose "verbundene Geräte" to select HDMI2. Log into the Fire-TV Profile "Schwarzwald Chalets".



**PRIME VIDEO:** Use the SMART HUB button (color cube in the middle) and choose the Prime Video Icon.

**STEREO SYSTEM:** The Bose Wave device with DAB+ is on the bookshelf. You will find CDs in the bookshelf. You will find instructions for pairing with your smartphone in the box on the writing tape.

**TELEPHONE:** In the Chalet there is available a telephone for your use, with which you can make free phone calls on a national level. Special phone numbers, international calls and calls to mobile networks are unfortunately not possible. Please be aware that the call history be logged. The Phone-Number is: +49-(0)7441-4010455. General pre-dial: +49 7441 tel.-number

TV SETS: In the living room of your Black Forest Chalet there is available a LED-TV with satellite reception (Astra).

In the bedroom (upstairs left side) there is also installed a LED TV with integrated SAT receiver. You can control everything with the corresponding remote control. Please await the short reaction time of the tuner.

W-LAN: In your Chalet you have unlimited internet access through a W-LAN modem. You will receive a free access code. Please feel free to contact us. The devices may store dial-in and device data.

## SERVICE DURING YOUR STAY:

BABY AND CHILD: Diapers, baby food etc. are available in the drugstores "Müller", Ludwig-Jahn-Str. 34, Freudenstadt city center and "dm-Markt", Planckstr. 12/Stuttgarter Str. 94, Freudenstadt.

DOCTORS (only extracts): Standby duty in project team for weekend and/or

night-time: 01805 - 19 29 21 18

We are pleased to arrange an appointment for you.

General practice Dr. Sackmann, Lauterbadstr. 4, Tel. 07441-2322
Skin deseases Dr. Krüger, Karl-von-Hahn-Str. 28, Tel. 07441-3322
Dentist Dr. Ladar, Hirschkopfstr. 17, Tel. 07441-4222

Gynecology Dr. Valsamidis, Straßburgerstr. 16, Tel. 07441-9195160

Ophthalmology Dr. Jäger, Wallstraße 8, Tel. 07441-51299

Neck nose ear medicine Dr. Stolper, Karl-von-Hahn-Str. 22, Tel. 07441-9111970

Paediatrician Dr. Langrehr, Karlvon-Hahn-Str. 28, Tel. 81600

EMERGENCY: Fire service: Tel. 112

Police service: Tel. 110 Emergency physician: Tel. 112

Poison service (Uniklinik Freiburg): Tel. 0761-19240

Lessor Fam. Schlör: Tel. 07441-950353



Tina Schlör mobil: Tel. 0176-57045500 Hildegard Schlör sen.: Tel. 07441-6710

First aid kit: housekeeping area Fire extinguisher: housekeeping area

**LAUNDRY AND CLEANING SERVICE**: In the magazine shop at Reichsstraße 30 there is a laundry collection point run by the Schulz laundry.

PHARMACY: In the city center there are several pharmacies. The nearest one is the "Rappenapotheke", Lauterbadstraße 4 (Tel. 9195250) ca. 1,3 km towards the city center at the left side of road. There is also available a notice will the respective emergency service for the night and the weekend.

SKI AND BIKE RENTAL: Radsport Glaser, Katharinenstraße 8, Freudenstadt (between market place and city station) Tel. 07441-7985.

QUESTIONS / WISHES /SUGGESTIONS ?:
Please do not hesitate to contact us.
We are looking forward to hearing from you.
Tel. 07441-950353



#### GENERAL RULES FOR SAUNA BATHING

These "golden rules" released by the "Deutscher Sauna-Bund e.V.", Bielefeld should especially help sauna bathing newcomers to make full use of the sauna and to take full advantage of its positive effect. Sauna bathing may be helpful in many cases of health problems, but there are several diseases for which cases it is not recommended or better prohibited. Therefore newcomers with health problems should consult a doctor with experiences in sauna bathing in advance. The right procedure is offered by the general rules for sauna bathing released by the "Deutscher Sauna-Bund e.V.", displayed it many public sauna baths.

- 1. Please note, that sauna bathing is not a regulated and controlled bath. Principally sauna lovers should feel comfortable. Thus, practiced users could also extend duration of sauna bathing. Please look after your personal well-being.
- 2. You should bring enough time with you. The duration of a complete sauna bathing treatment takes about two hours. You should relax. To push on the treatment could stress instead of supporting the relaxing effect. You should not be hungry but also not have a full stomach.
- 3. First of all, please take a shower and after that dry yourself off well as dry skin sweats more effectively. A warm footbath helps you to relax and encourages sweating.
- 4. Place your sauna towel under the whole of your body and choose the middle or upper bench according to taste. The stay should be short but intensive. Eight to 15 minutes ought to be enough. You should always rely on your own perceptions and feelings. You should sit up straight for the last 2 minutes, the blood circulation has to re-adapt to the upright position.
- 5. Afterwards it is not recommended to take immediately a shower or to go in the plunge pool for cooling down. Go out in the fresh air, your body needs oxygen. After that it is recommended to cool the body by taking the dousing or Kneipp hose shower. Before using the pool please take a shower first to wash away the sweat.
- After letting yourself cool down completely, a warm foot bath creates a pleasant feeling of warmth. Additional cold water applications train your blood vessels intensively and increase the resistance of your body.
- 7. After that a time of rest is recommended to support the recovery.
- 8. It is not recommended to take a drink during the sauna bath as the effect of purging is missing then. Using the solarium does not have any negative effects.
- 9. Procedure of additional sauna treatments is the same, but three subsequent sauna treatments are sufficient for reaching the desired health aims.



## BUS CONNECTIONS

Line F14 – Freizeitverkehr Freudenstadt (Leisure traffic) – Alpirsbach (at the weekend) from bus station Landhausstraße (250 m towards the city, directly at Lauterbadstraße):

Line 7161 – Südwestbus Freudenstadt – Hausach (only weekdays) from station Landhausstraße (250 m towards the city, directly at Lauterbadstraße):

Line A – Stadtbus Freudenstadt (city bus – on weekdays): from station Lilienthalstraße (200 m downhill, over main station and market place, duration 10 min.):

The times are posted at the stops. The app bwegt (in your Apple or Samsung Appstore) provides you with very good timetable information for all local public transport in buses and trains in Baden-Württemberg.



#### GASTRONOMY

#### Regional upscale cuisine:

"Hotel Grüner Wald\*\*\*\*", Kinzigtalstr. 23, FDS-Lauterbad, ca. 20 min. on foot. Beautiful hotel with excellent regional kitchen and cozy parlor "Bienenkörble", Tel. 860540.

"Hotel Lauterbad\*\*\*\*S", Amselweg 5, FDS-Lauterbad, ca. 20 min. on foot. Beautiful hotel with excellent regional kitchen and homey restaurant "Stüble", Tel. 860170.

## Typical German cuisine:

"Friedrichs", Herzog-Friedrich-Str. 33, FDS-Kienberg, ca. 20 min. on foot. Nice modern restaurant with regional food. Opened during the day. Tel. 9511965.

"Berghütte", at the Stokinger Skiing-Area in FDS-Lauterbad. Nice cottage with a sensational view and good, modern regional food. Opened during the day. Tel. 950990

"Jägerstüble", Marktplatz 12, FDS city center, ca. 15 min. on foot. Hotel and restaurant directly at the market place with regional kitchen and dishes of game. Tel. 2387.

"Adler", Forststr. 15, FDS city center, ca. 20 min on foot. Hotel and restaurant with regional kitchen between market place and city station, Tel. 91520.

"Speckwirt", Marktplatz 43, FDS city center, ca. 15 min. on foot. Modern restaurant with regional kitchen at the market place, Tel. 9195680.

"Marktwirtschaft, Marktplatz 41, FDS city center, ca. 15 min. on foot. Nice modern restaurant with regional kitchen at the market place. Tel. 9243366

### **Specialties and international kitchen:**

Steak: "Schlupfwinkel", Lange Straße 19, FDS city center, ca. 15 min. on foot. Cozy

restaurant with steak menu nearby the market place, Tel. 6613.

Italian: "Osteria D'Orazio", Lauterbadstr. 10, FDS city center, ca. 15 min. on foot. Italian

restaurant, nearby the "Kurhaus", Tel. 3510.

"Prima Fila", Marktplatz 15, FDS city center, ca. 15. Min. on foot. Italian

restaurant / pizzeria directly on the market place, Tel. 2064.

"La Dolce Vita", Reichsstraße 38, FDS city center, ca. 15 min. on foot. Italian restaurant / pizzeria in the pedestrian zone "Reichstraße", Tel. 924892.

"Da Jupi", Reichsstraße 20, FDS city center, ca. 15 min. on foot. Italian restaurant / pizzeria in the pedestrian zone "Reichstraße", Tel. 866746.

Greek: "Pegasos", Murgtalstr. 26, FDS. 20 min. on foot. Greek restaurant at the end of

the town towards Baiersbronn, Tel. 6573.

Mexican: "Enchilada", Lauterbadstr. 5, FDS city center, ca. 15 min. on foot.

Mexican restaurant with cocktailbar in the "Kurhaus", Tel. 8605921.

Asiatisch: "Thai Chili", Martin-Luther-Str. 4, FDS city center, 15 min. on foot. Nearby the

market place. Thai-snack-restaurant with good quality. Tel. 9518488.

"Exotic House", Forststr. 8, FDS city center, 15 min. on foot. Nearby the market

place. Wide variation of asian food. Tel. 9518488.

General pre-dial: +49 7441 tel.-number