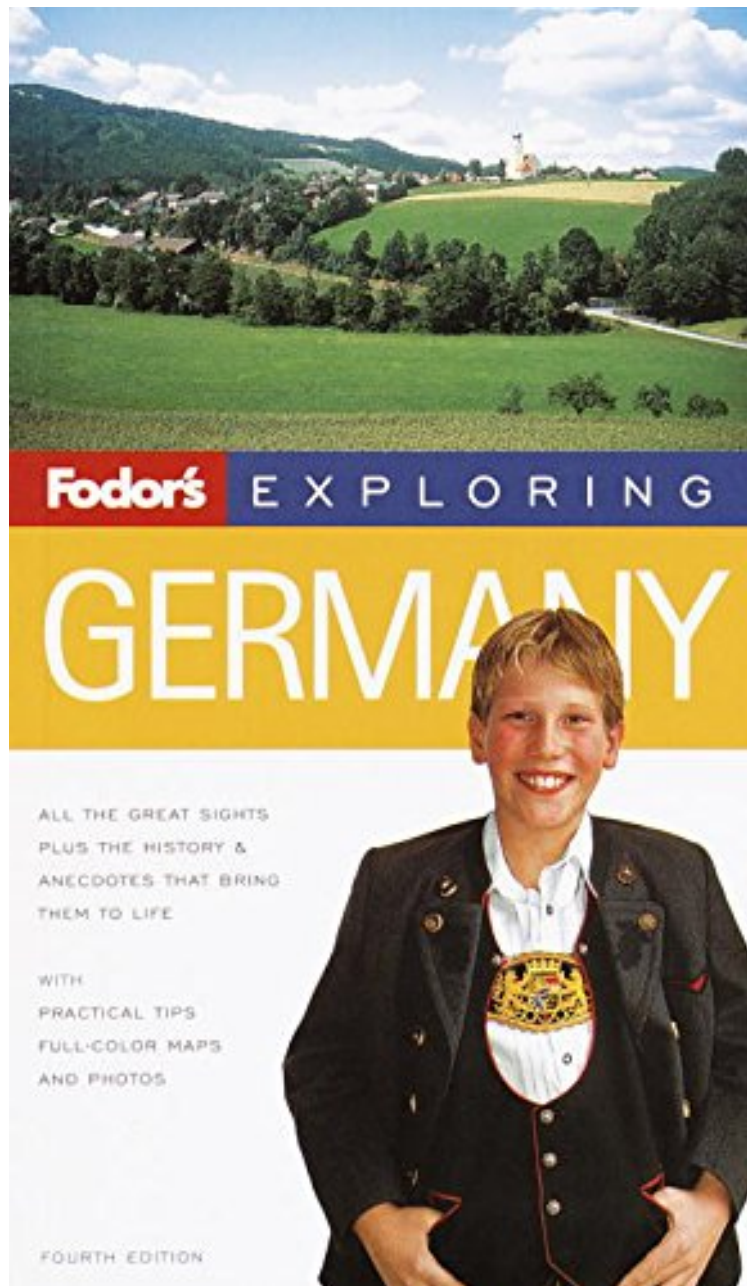


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My boyfriend bought an earlier copy of this book when I was going to visit him in Germany. He looked through many different guidebooks, and, as a native, found this one to be the most accurate and visually interesting. I selected places to visit before going and was very pleased and well informed by reading this guide. It is an excellent sourcebook for any traveler to Germany. I've bought one for my parents who will visit this summer!

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Getting there and getting around
When to go, what to pack

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Germany Is... Food
Sausage, sauerkraut, beer, coffee and enormous cakes come to mind as typical German fare. And, yes...sausages come in hundreds of varieties, while cabbage is consumed quite frequently, along with large quantities of potatoes. These stereotypical images are, as you might expect, only a small part of the picture. The reality is much more varied and adventurous.
Quality and Variety
Visitors are often surprised at how well prepared German food is -- and at its variety. A visit to the food halls in Berlin's giant KaDeWe department store or the elegant Alois Dallmayr store in Munich will bear this out.
German cooking is reputedly heavy, but the country's restaurant scene has recently been invaded by neue deutsche Kche -- nouvelle cuisine German style -- featuring creative and tasty dishes using traditional German ingredients.
Germany Is... Health and Fitness
Health in Germany is a national obsession. Foreigners living in the country remark at how often they are told by Germans that certain foods, certain activities, and many prescribed drugs are "not good for you." But the German view of health is not usually negative. Good health is seen as an attainable goal, and Germans tend to take a positive, active approach to staying healthy.
The Spa
The best place to study this pursuit of good health is at the Kurort, or spa town. Spas are dotted all over Germany, from seaside towns to the Bavarian Alps. Usually, they have a giant bathhouse where anyone can take the healing waters. In most other countries in Europe, spa towns have become relics of the 19th century, but German spas are kept alive by medical aid schemes that provide for periodic stays of between three and six weeks in spa clinics and hotels. Some of the spas are very luxurious indeed, with "grand hotel" accommodation and sports facilities ranging from archery, golf and tennis to riding and boating. Today's modern spa resorts offer something for every taste. A typical spa treatment might include a mud bath or hydrotherapy, saunas and steam treatments, all followed by a wrap in warm blankets and a compulsory rest. A trip to some of the large bathing and swimming centers in spa resorts can be a treat for all family members. Amenities often include wave pools, pools with currents, lap pools, and whirlpools. These giant complexes provide enormous fun whatever the weather, as they often have adjoining outdoor bathing areas.