<table>
<thead>
<tr>
<th>Day</th>
<th>Event</th>
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<tbody>
<tr>
<td>5&lt;sup&gt;th&lt;/sup&gt; September (Monday)</td>
<td>Guided visit of Smolenice castle and walk in the park around the castle, visit of a historical interesting place called Molpir</td>
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<td></td>
<td><strong>Evening program:</strong></td>
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<td></td>
<td>Tasting of local wines</td>
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<td>6&lt;sup&gt;th&lt;/sup&gt; September (Tuesday)</td>
<td>Opportunity to order individual massage (price list in a brochure placed in rooms)</td>
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<td><strong>Trip to the Driny Cave</strong></td>
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<td>1) Walking (through the park and forest)</td>
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<td></td>
<td>time of duration: 1 hours,</td>
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<td></td>
<td>total distance: 3,7 km,</td>
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<td></td>
<td>total ascent – 175 m,</td>
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<td></td>
<td>total descent 55 m.</td>
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<td>2) Visit of the Driny Cave</td>
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<tr>
<td></td>
<td>Time of visit: 35 minutes,</td>
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<td></td>
<td>length of the cave: 680 meters,</td>
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<td></td>
<td>high difference: 40 meters.</td>
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<td>3) Way back to the Smolenice castle by microbus.</td>
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<td>7&lt;sup&gt;th&lt;/sup&gt; September (Wednesday)</td>
<td>Trip to the city – Trnava</td>
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<td></td>
<td>1) Guided Visit of the city Trnava also called “Little Rome”</td>
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<td></td>
<td>2) Concert in Cathedral of Saint John Baptist (Katedrála svätého Jána Krstiteľa)</td>
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<td><strong>Evening program:</strong></td>
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<td></td>
<td>Živánska - typical Slovak grill party with Slovak folklore music - Myjava cimbal band</td>
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Trip to the Spa Piešťany
Opportunity to take some procedure in the international spa (See information below)

8th September (Thursday)

Evening program:
Banquet

a) Smolenice Castle

In the 15th century the importance of Smolenice increased considerably, because a castle was built there which became the centre and seat of the Smolenice estate. Early in the 16th century, Smolenice had been gained by the Országh family. In 1777, Ján Pálffy takes the Smolenice estate as pawn. The Pálffy family did not live at the castle, which had decayed considerably during the life of Krištof III, the last of the Erdödy family – they lacked money for maintenance. The decay was complete during the Napoleon Wars – the main castle building and the tower had burnt down.

Construction of the Smolenice Castle of today had been started early in the 20th century by Jozef Pálffy Jr., the landlord of Smolenice and Dobrá Voda estates. First work on the fortification walls started in 1887 already on the bastions. Bastions from the old castle were preserved, with height extension and new roofing. The Count Pálffy had built the castle at his own expense according to design by the architect Jozef Hubert.

During World War 1, the construction was interrupted; provisional adaptation of some rooms was made and archives that the Pálffy family was located there. The construction was not resumed before the end of World War 2. In 1945 the Castle became the property of the State; it was taken over by the Slovak National Council who decided to have their summer-house there. The castle was finished and furbished and handed over to the Slovak Academy of Sciences on 26 June 1953 to become a representative place for meetings of scientists from worldwide.

Web-site:
http://www.kcsmolenice.sav.sk/?lng=sk&charset=&doc=basinfo&lng=en&charset=ascii
Molpír

Molpír is a forested hill near Smolenice castle. In the 7th century BC people of Kalenderberg culture came to the strategically important hill on the edge of the Malé Karpaty (Lesser Carpathians) and built a fortified place there. Its area is 12 hectares. It consisted of three courtyards, two forecastles and acropolis. Existence of this fortified site abruptly finished in the 6th century BC by a not specified disaster.

b) Driny Cave

Driny Cave is the only show cave in the western Slovakia. It is located in the Smolenice karts in the Lesser Carpathians, to the southwest of Smolenice. The mysterious hole in the earth was known for the local people already in the 19-th century, but only in 1932 they dared to enter underground. Flowstone draperies with indented facing are typical for this cave.

c) Trnava

Trnava is an important center of West Slovakia and is one of Slovakia's oldest cities (13th century). During the period of the Turkish invasions, it was a religious center of Hungary, and became, as early as in the 17th century, a university town. Numerous buildings from this era earned Trnava the nickname of "The Slovak Rome". This historic center was surrounded by medieval town walls (Gothic). The old university occupies the northwestern part of the Old Town.

The visitor can also admire the Clarist convent, the University Church of St. John the Baptist and the Franciscan Church of St. James. The Cathedral of St. Nicholas, constructed in the area around the fortifications in the second half of the 14th century, deserves special attention. There are several other churches to visit in the city and also the Archbishop's Palace. Museums and Art Galleries: Galeria Jana Koniarka (sculptor), the Museum of Book Culture (works by A. Bernolak, J. Fandly and J.I. Bajza), the University, the West Slovakia Museum.

Web-site: http://www.slovakiasite.com/trnava-sites.php

d) Myjava Cimbal Band

Myjava Cimbal Band was founded in 1992. Besides typical Myjava folklore music, a prevailing part of this band’s repertory is Slovak folk songs of dance character. This music band performs at dances, family celebrations, weddings, and various cultural occasions. Myjava Cimbal Band consists of present and former members of folk-music band of the folklore dance group KOPANIČIAR Myjava.

Web-site: http://www.cimbalovkamy.szm.com/indexuk.html
e) Trip to the Spa Piešťany

*Health Spa Piešťany - Paradise for body and soul*

The Slovak Health Spa Piešťany belongs for more than 100 years to the leading European spas for its treatment of rheumatism, rehabilitation of locomotive apparatus and nervous system. The curative sulphur mud in connection with thermal mineral water is absolutely unique.

The inflammations of joints are being reduced and the mobility restored through specialized therapies. The immune system is being reinforced, damaged cartilages are becoming regenerated and the process of degenerative deterioration of joints slows down. Specialized and experienced doctors configure program of treatments for each guest individually.

The Spa Island is an oasis of peace and relaxation but also of an active sport recovery (swimming-pool, tennis court, beach volleyball, etc.). The beautiful park is ideal for walks and many cafés and restaurants offer local and world specialties.
Offered procedures:

- Mud pack + Dry wrap (20 +15 minutes) 64 €
- Individual thermal mineral water + Dry pack (20 + 15 minutes) 14 €
- Foot reflex massage (20 minutes) 23 €

If you are staying in Spa Piešťany on a therapeutic spa package (especially for mud packs) you will, upon arrival, be booked in for a checkup with one of our spa doctors. The aim of this initial consultation is to check your health complaints, health history, that the treatments prescribed are safe and effective. If necessary the doctor may prescribe additional examinations and/or laboratory tests.

1) Procedures of Mud pack

The mud used comes mainly from three famous sources: in Hungary from the famous Hévíz Thermal Lake and in Piešťany from the sediment from the river Váh by-pass on the site of the hot springs. Saturation of this mud in the thermal waters creates a unique compound inhabited by healing bacteria and sulfur that is has many chemical and biological reactions.

Firstly it has excellent heating conducting features, cooling down four times slower than water and secondly when the sulfur and minerals are absorbed through the skin, to the ligaments, cartilages and sinews it inhibits the degradation of elastine and collagen.

The mud is applied either by pump or hand onto the body in a 5 cm layer, with exception to the head and frontal parts of the chest and neck. Its temperature is normally between 40-45 °C. The body is then wrapped up in blankets. After 20 minutes, the mud is hosed off and a 15 minute dry wrap may be conducted.

The mud pack results in a reduction of local swellings around the joints, a reduction of muscle tension and better nutrition of the cartilage, connective tissue and spinal discs. It also strengthens anti-inflammatory activity and immune processes within the body. The mud can also be applied partially (Local Mud Pack).

Benefits: Therapeutic, Well Being, Medical Wellness

Time: 20 minutes

Referral required: Yes (consultation with a doctor)
### Indications

- anti-stress relaxation
- regeneration of body
- rheumatoid arthritis and related variants
- reactive and derivative arthritis
- ankylosing spondylitis
- scoliosis idiopathic and of other etiology
- degenerative diseases of joints (arthritis, arthrosis)
- vertebrogene syndrome
- out-rheumatoid arthritis
- conditions after injuries and operations of locomotive organs
- polyneuropathy with paretic appearances
- rhizoid syndromes of vertebrogene origin
- conditions after meningoencephaliti and after myelitis
- hemiparesis and paraparesis of vascular origin post acute phase
- conditions after injuries and operations of central and peripheral nervous system
- disseminated sclerosis, multiple sclerosis and other demyelinising diseases in the post acute phase
- syringomyelia with paretic appearance

### Contraindications

- infectious diseases
- serious heart diseases
- acute thrombophlebitis
- inflammatory rheumatic diseases in the acute phase
- tumorous conditions with metastasis
- acute psychosis
- unstable diabetes with repeated acidosis
- pregnancy
- addiction to alcohol and other addictive substances
- incontinency of urine and faeces
- conditions needing the systematic methodical care of third person
- epilepsy with repeated fits

2) **Dry wrap**

This treatment is normally given immediately after and in combination with wet treatments, such as mineral baths or a mud wrap. Whilst lying comfortably on a bed the body is wrapped up tightly in blankets for 15 minutes. This allows the blood temperature to return to normal and results in total relaxation of the body. Since the de-stress effect is so effective it is not uncommon to fall asleep during this treatment.

**Benefits:** Therapeutic, Well Being, Medical Wellness

**Time:** 15 minutes

**Referral required:** No
**Individual thermal mineral bath**

The individual thermal mineral bath is a bath of natural thermal water administered privately in a single tub. This treatment is especially popular in our spa resort of Piešťany. The water in the bath is normally between 36 and 38 °C (and in exceptional cases 40 °C). The treatment lasts 20 minutes and in some resorts is followed by a 15 minute full body dry wrap (See Other: Dry Wrap). During the treatment the heat from the thermal water helps the blood vessels dilate reducing blood pressure and relaxes the muscles, additionally the sulfur and minerals from the thermal water are also absorbed through the skin, where they inhibit the degradation of elastine and collagen in the cartilages, sinews and connective tissues. The individual thermal bath is an effective treatment if you have a mobility condition or alternatively if you are looking to relax and unwind. Because of this we also prescribe this treatment for our guests who may be suffering from stress or anxiety.

**Benefits:** Therapeutic, Well Being, Medical Wellness

**Time:** 20 minutes

**Referral required:** No

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**Foot reflex massage**

The main principal of reflexology is based on the fact that in the human body there are more than seventy thousand nerve terminals in the foot. These nerve terminals connect to internal and external organs throughout the body through energy channels. This massage specifically targets the hands and feet, stimulating the nerve endings to produce a general healing effect. In particular it has a positive ‘reflex’ effect on the blood circulatory and lymphatic systems, the immune system and regulates the functioning of the endocrine glands. The massage also has relaxing and pain-alleviation effects particularly effective for back pain and headaches. It also can help in cases of anxiety, insomnia and disorders of the digestive system.

**Benefits:** Therapeutic, Well Being, Medical Wellness

**Time:** 20 minutes

**Referral required:** No