



SEASIDE

TRIBUNE



Seaside Park Hotel

A hotel with a proud tradition – in new splendour after its beauty make-over!

A day at the Palm Beach SPA – allowing myself to be pampered!

A paradise of sweet temptations – the “Kuchen Atelier”
at Gewandhaus Dresden



Dear Guests, dear Readers,

We take pride in both tradition and innovation, and always try to keep the balance between what is old and valued and new developments in such a way that the outcome for our guests is always the same: an unforgettable holiday with invariably high standards and exciting new features.

In recent times a number of our Seaside Hotels have undergone major and minor refurbishments. We reported on the Gewandhaus Hotel in Dresden in the last issue of Seaside Tribune, and appreciative guest reviews confirm the positive effect of our changes – the results have been excellent. This time you will see details of the beauty treatment which Park Hotel Leipzig and Residenz Hotel Chemnitz have received, with more reports to follow.

Looking after our guests with exclusive service is a matter which enjoys top priority with us, and we attach particular value to good food because – as the saying goes – the way to someone’s heart is through their stomach. For the purpose of providing you with premium bread, rolls and confectionery on the Canary Islands, we have since 1996 operated our own bakery at Seaside Sandy Beach, together with a patisserie at Seaside Palm Beach. Award-winning chefs who are passionate about their work ensure that the hotels offer food of the highest culinary standard. The Kuchen Atelier in Dresden with its two branches offering a selection of irresistible cakes and pastries is a very special place to experience your personal moment of delight.

In addition, this issue of Seaside Tribune will once more bring you exciting information and details worth knowing about the destinations where our hotels are located. You can learn historical information about the past of our hotels, find out some fascinating facts about Hamburg and the Waddensea, a Natural World Heritage Site, and read what everyone should see and experience without fail on the Canary Islands.

We look forward to your next visit to our Seaside Hotels, and hope you will enjoy reading this latest issue of Seaside Tribune.

Your Gerlach Family

Gregor Gerlach

Anouchka Gerlach

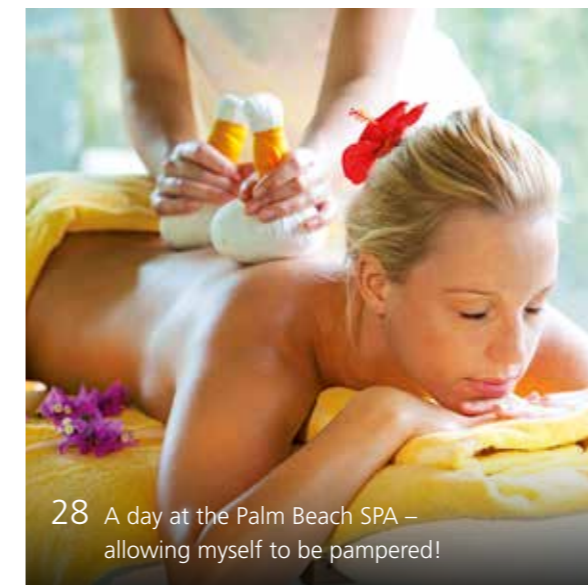
Theo Gerlach

SEASIDE

TRIBUNE

From the hotels

- 07 Social aid project – Seaside Sandy Beach
- 20 Two major anniversaries – Seaside Palm Beach celebrates its 40th and Seaside Sandy Beach its 30th birthday
- 22 “Recycling” in a good cause – donations to Adislan and AFA
- 30 A big “thank you” to our 5 jubilarians at Seaside Los Jameos Playa
- 31 María Carmen Ramírez Araña – Forty-two years as a chamber maid at Seaside Hotel Palm Beach
- 32 The Seaside baby boom
- 36 Seaside Park Hotel – A hotel with a proud tradition – in new splendour after its beauty make-over!
- 42 Award-winning! Gewandhaus Dresden, Autograph Collection, wins the 2016 Location Award
- 44 Interview with a regular Gewandhaus Dresden guest
- 46 From “Paprika tower” to first-class hotel
- 58 We’re award-winning! – Awards won by the Seaside Hotels in Gran Canaria & Lanzarote
- 61 Our authors (collage)



28 A day at the Palm Beach SPA – allowing myself to be pampered!

Sport & Wellness

- 12 Tine Holst – Lanzarote IRONMAN Champion 2016
- 14 Where you can run through vineyards and across volcanic rock ...
- 15 Elisa’s recommended hikes in Gran Canaria
- 18 Experience sport at its finest! In Gran Canaria and Lanzarote
- 23 An adventure for all ages – GrancAventura Park in Arucas
- 28 A day at the Palm Beach SPA – allowing myself to be pampered!
- 49 Chemnitz – city of sports
- 56 New at SIDE SPA – The art of precise skin care with Babor

Cuisine

- 04 La Bodega – Typical products of the Canary Islands
- 06 Wolfgang Grobauer – Chef de cuisine at Seaside Grand Hotel Residencia
- 10 The first ambassador of the salt marshes of Pozo Izquierdo – Wolfgang Grobauer
- 24 The freshest bakery products, pastries and chocolates ...
- 34 Interview: Juan José Gil – Chef de cuisine at Seaside Hotel Sandy Beach
- 40 A paradise of sweet temptations – the “Kuchen Atelier” at Gewandhaus Dresden
- 57 A healthy recipe by Hendrik Maas

Leisure & Culture

- 08 La Cueva Pintada in Gran Canaria – A fascinating journey into the past
- 11 A touch of Atlantis off the coast of Lanzarote
- 19 Poema del Mar – Aquarium of Las Palmas de Gran Canaria
- 27 Cactus cultivation – A world traveller comes to rest
- 35 The “Neues Rathaus” in Leipzig
- 50 The Waddensea World Natural Heritage Site
- 52 Mr Lohmann’s Insider tips from St. Peter-Ording
- 54 Hamburg a city’s secrets

Columns

- 60 Imprint & Picture credits
- 62 Contact

La Bodega

Typical products of the
Canary Islands



Emblematic island produce is on the menu at the Seaside Palm Beach “La Bodega” concept restaurant.

A get-away to Gran Canaria, the island of eternal sunshine, presents that special moment in the year to kick start our taste buds and relish new flavours delivered

directly from local island producers to our tables. At Seaside Hotels, food orientated clientele have the opportunity to try a wide variety of local delicacies. At the Seaside Palm Beach the concept restaurant “La Bodega” is proud to incorporate a rich variety of local produce into

their delicious menu of international and local tapas – here’s a selection of what we recommend you look out for:

Mojo picón Canario

As an important port of call bridging the seas between America, Europe and the African continent the Canarian kitchen was strongly influenced by the spice merchants transporting their wares. Combine this with the mix of cultures passing through the islands and today you can find there is a wide choice of recipes and colours for this well known Canarian sauce: “mojo rojo” red mojo or “mojo verde” green mojo; typically served with wrinkled potatoes, but also used to accompany fish, meat or cheese and varying in heat dependent on who’s on duty in the kitchen.

Visit “La Bodega” and try a delicious trio of potatoes with mojo sauce – the perfect way to sample this traditional dish with the Seaside twist to the classic interpretation.

Canarian Cheeses

Amongst the wide range of Canarian cheeses characterized by their different textures and unique tastes the common denominator is their elaboration utilizing traditional methods. On each of the Canary Islands you can discover a different variety, some lavished with international awards. In the north of Gran Canaria the Cortijo de Caideros or the Cortijo de Pavón produce cheeses certified with the denomination of origin from the “flor de Guia”, the cardoon flower which is used to curdle the milk. The Finca de Uga in Lanzarote takes great care of every aspect of the cheeses’ elaboration, ensuring the animals are in optimal conditions and above all “happy animals” hence achieving first class produce and giving them worldwide recognition when being placed amongst the 5th finalists of the best cheese in the world at the “World Cheese Awards” when celebrated in Gran Canaria.

A selection of cheese from the Finca de Uga can be found on the menu of “La Bodega”.

Smoked Salmon from Uga – Lanzarote

We think this is possibly the best smoked salmon that you have ever tasted! Handmade smoked salmon has been produced for over 40 years in the small village of Uga in Lanzarote. This family owned business uses only the highest quality of Norwegian and Scottish salmon and natural salt from the

centuries old Janubio Salinas salt mines of Lanzarote. Inside the artisan ovens this is where the salmon acquires the characteristic flavour, colour and texture from the carefully selected woods. Salmon is smoked daily to guarantee maximum freshness and must always be kept cold ... flavours to savour when you dine in “La Bodega”.



Wolfgang Grobauer

Chef de cuisine at Seaside Grand Hotel Residencia



Ever since 2011 our guests have been able to relish the creative set meals and à la carte dishes prepared by our chef de cuisine Wolfgang Grobauer, whose C.V. features a number of Michelin Guide awards.

Grobauer, who was born in Zurich but grew up in Munich, comes from a 'foody' family. After learning his trade at the legendary Grand Hotel Continental in the Bavarian capital he spent many years gathering experience in Michelin-starred restaurants, in particular in France, Germany and Morocco. For the past six years he has made his home in Gran Canaria.



Because of his total focus on quality and a preference for fresh local products, it was only a matter of time before Wolfgang Grobauer surrounded himself with an exclusive circle of regional suppliers. For example he sources his vegetables from a finca run by a mother

and daughter who specialise in growing types of vegetable and herbs which have become rare and almost forgotten.

During his trips around the island in the company of his French wife, Grobauer is constantly on the look-out for products which are typical of the region, such as

artisan cheese makers or farms which specialise in the small-scale production of the distinctive Canary Islands black pigs or breeds of poultry. Whenever possible the chef de cuisine makes use of local products, not least with the aim of supporting regional producers.

Grobauer's dishes are a real celebration of this return to original taste experiences which reflect the rhythms of the seasons, and as a result his Mediterranean creations are not just delicious, they also have the visual appeal of miniature works of art.

"My vegetable salad with cured black Canary Islands pork"

for 2 persons:

- 120 g cured pork belly cut into cubes
- 4 EL tablespoons Guarapo caramel sauce
- 200 g mixed small turnips
- 2 small kohlrabi
- 3 tablespoons purée of wild garlic
- 4 tablespoons lemon and oil vinaigrette
- Edible blossoms
- Salt and pepper

Preparation:

Mix the raw, semi-raw and cooked turnips with the vinaigrette, stuff the small kohlrabi with the purée, warm up the caramel sauce and add the pork belly. Arrange the marinated and stuffed vegetables on a plate and add the pork belly cubes. Sprinkle on a little sea salt and pepper from the peppermill, and garnish with edible blossoms.



Social aid project

Seaside Sandy Beach****



The Seaside Sandy Beach Hotel's Staff wanted to take action and contribute as much as possible with the social cause of the EDFON foundation (Educational Development Foundation Nepal), which has dedicated all its efforts and resources during many years to help the most disadvantaged families in Nepal, many of them survivors of the brutal earthquake that struck the country in April 2015.

During the year 2016, all the television sets in the rooms of the Seaside Sandy Beach were replaced, taking advantage of this opportunity the retired televisions were offered to our staff for a symbolic price. As a result of their collaboration, we have been able to sponsor more than 10 children and participate in many of the foundation's projects in Nepal, such as:

- The installation of photovoltaic solar panels and batteries to develop educational centres in various restored buildings, in addition to donating computer equipment and furniture to set up such centres.
- The literacy project for women in the Jarankhu area, Kathmandu. During the year 2016, it has been possible to provide education to a total of 36 women between the ages of 16 and 40.
- Distribution of non-perishable foods such as rice, pulses or oil to more than 160 families with limited resources.
- Distribution of footwear and clothing to more than 157 children in the region, many of them in almost destitute circumstances after the tragedy of 2015.
- Punctual nutritional reinforcement of the nutritional needs of children at the Ratna School in Nepal, as well as health assistance throughout the area thanks to volunteers and medical staff from various hospitals.

From here we would like to thank our supporting and caring staff who have participated so actively in the project, and look forward to continually supporting EDFON in its work.



La Cueva Pintada in Gran Canaria

A fascinating journey into the past



Ancient statue of a seated figure

Who were the original inhabitants of Gran Canaria? What was their everyday life like? Where did they live? And what traces have they left behind? How and why ...?

The questions which arise are endless, but the answers to most of them can be found at Cueva Pintada Archaeological Park and Museum. A visit to the museum is a must for fans of archaeology and history, as well as those whose curiosity has been aroused by this article.

El Museo y Parque Arqueológico Cueva Pintada, located in the north of the island in the centre of Galdar (known as "Agaldar" in pre-Columbian times), is one of the most important archaeological sites in Gran Canaria. The official discovery of this ancient Spanish village and the nearby cave goes back to the middle of the nineteenth century, when wall paintings of geometrical figures were found there. This also gave the location its name of Cueva Pintada (Painted Cave).

During your visit you will explore a number of areas of the museum which all come together as a fascinating journey through time. Accompanied by a specialist guide you will learn at first hand the most exciting moments in the history and culture of Gran Canaria and the lives of the island's original inhabitants.

First you enter the basement of the museum, in the first room of which you are shown a 3-D film which takes you back in an impressive way to the era of the original inhabitants of Gran Canaria. The next room presents selected exhibits which were unearthed during the excavations, including ceramic pots and statues representing people and animals and above all pregnant women, a symbol of fertility and motherhood. European objects from the late Middle Ages such as coins, knives and swords are also part of the extensive exhibition.



A ceramic pot discovered during the excavations



Example of an ancient Spanish village house

After this visual participation in the life and customs of the original inhabitants, your journey through the ancient Spanish village begins. At the end of the exhibition and from a large terrace, a kind of lookout tower, you can look back over the entire village. Your view of the interior of the painted cave is sure to be the highlight of your visit, because the geometrical wall paintings are both impressive and fascinating. To the present day it is not known exactly what the meaning of these paintings was, and what role the cave played in the lives of the original inhabitants.



Terrace with a panoramic view of the painted cave

The conclusion of your visit to the museum will take you through a number of village houses which have been reconstructed in their actual size as an illustration of their original interior and external architecture. The whole experience is rounded off by a film which shows the everyday life of the island's original inhabitants and provides technical insights into their mills, stone tools and other equipment.

After your visit to the museum we recommend a trip to the old town and principal sights of Galdar, which was once one of the two capitals of Gran Canaria. You can explore the municipal covered market La Recova, which is the ideal spot to purchase typical regional products, Placeta de Santa Lucia, Plaza de Santiago and Plaza de los Faycanes squares, the Antonio Padron Museum and the buildings of the Heredad de Agua association, together with the Casas Consistoriales consistorial council. At the entrance to the town you will come across the monument to Guayarmina, a princess of the original inhabitants who is commemorated because at the time women played an important role within the family organisation and the ruling dynasty.



Reconstruction of the interior of a village house

For further information about the opening times and admission prices of Cueva Pintada please see www.cuevapintada.com

It is advisable to buy admission tickets in advance, particularly if you wish to have a guided tour in your own language. Please note that there are specific visiting times.

We hope you will enjoy your personal journey to the prehistoric Canary Islands!



The first ambassador of the salt marshes of Pozo Izquierdo

Wolfgang Grobauer

Wolfgang Grobauer, award-winning chef de cuisine at Seaside Grand Hotel Residencia ****GL (Maspalomas), has now been appointed the first ambassador of the salt marshes of Pozo Izquierdo in Gran Canaria.

The aim of this distinction as a brand ambassador is to honour those persons who identify with the values of the salt marshes, and personally use their products. Because of its unique taste, texture and quality the salt which is produced there is highly appreciated.

In addition to Dunia González, Mayor-ess of the township of Santa Lucía de Tirajana, Antonio Morales, President of the island parliament and representatives of the company which administers the salt pans of Pozo Izquierdo and Tenefé Cultural Park, members of Wolfgang Grobauer's team also participated in the official ceremony.

To the applause of the guests the chef unveiled a sculpture which bears his name and depicts a small hill of salt. This sculpture has now received an established place at one of the 365 salt pans.

The ceremony ended with the presentation of a personalised apron to Wolfgang Grobauer and a tasting of the sea salt gourmet variation "Fleur de Sel" together with other local products.

In his response to the award the new ambassador said: "My team and I at Seaside Grand Hotel Residencia have chosen the salt produced by Pozo Izquierdo for all our culinary creations. It is a natural salt of the highest quality and is a perfect match for our Mediterranean cuisine, which is fresh, light and innovative. We re-interpret traditional recipes and adapt the cooking time to our present age. Within our society awareness of better and healthier nutrition is growing, and I'm firmly convinced that in the kind of surroundings we enjoy here it's virtually impossible not to cook well. This award fills me with pride and satisfaction, and strengthens my personal commitment to the salt marshes of Pozo Izquierdo."

It's not easy to find the right words to describe the magical fascination of Lanzarote.

The most frequently used phrase to describe the geology of the island is probably "lunar landscape". However, anyone who has ever been here will know that it is the contrasts which give the island its unique charm. Since 1 March 2016 Lanzarote has possessed a further attraction in the shape of Europe's first underwater sculpture museum.

Visitors will find Museo Atlantico at a depth of 12 to 15 m under the sea off the coast of Playa Blanca in the south of the island. It is thanks to the 42-year-old Briton Jason deCaires Taylor that in

addition to the wonderful underwater world with its marine and plant life, divers can now also explore a range of different sculptures. On an area of fifty by fifty metres, 300 life-sized sculptures have been anchored to the bottom of the sea by metal chains. The material used is of course environmentally friendly and serves to create a kind of artificial reef.

A particularly interesting feature of the sculpture museum is that all the sculptures are modelled on inhabitants of the island. It was the aim of the sculptor to create a link between art and culture. This can be clearly identified on the basis of the hybrid sculptures in the collection, which are half human, half cactus and

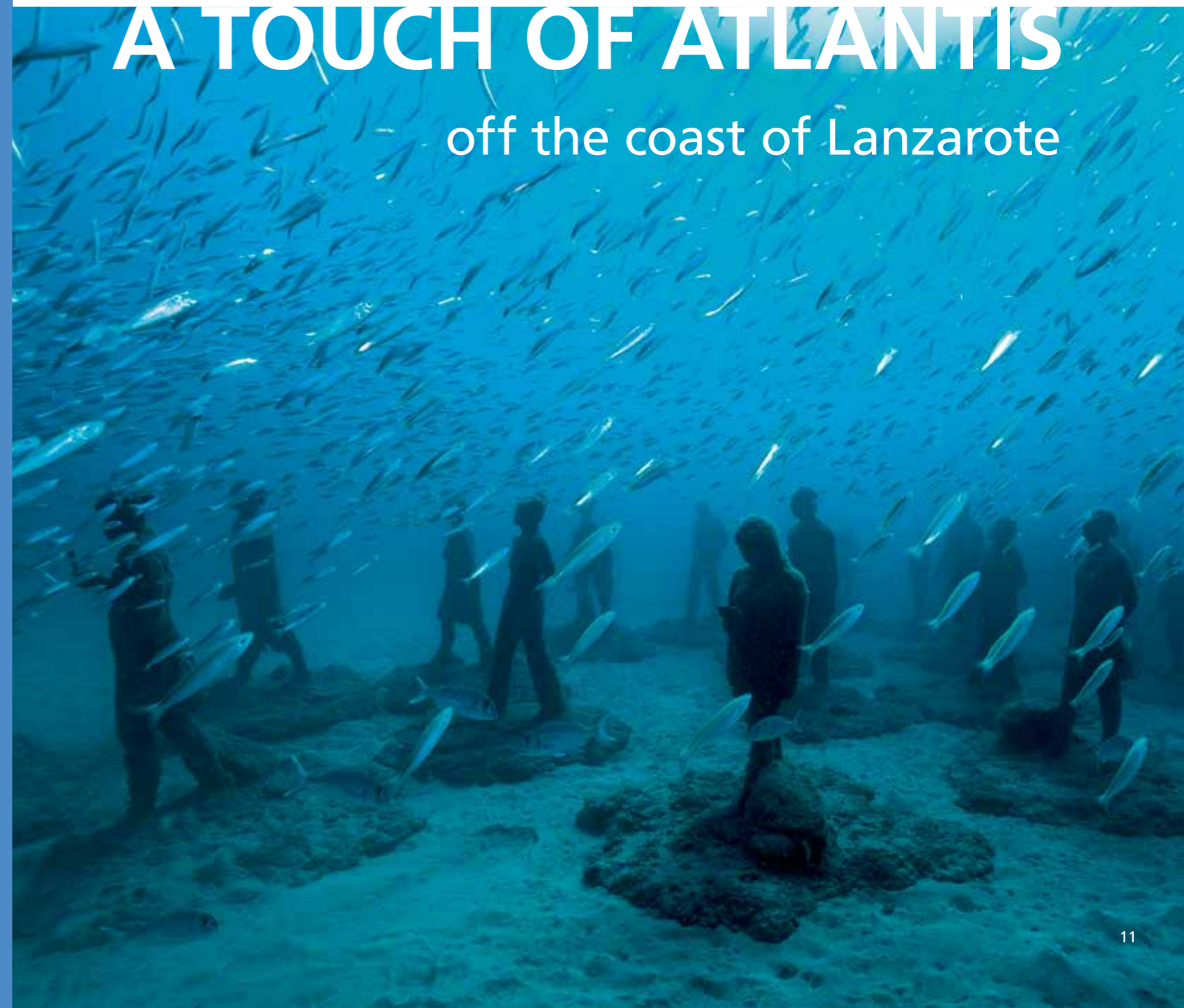
could not be more appropriate anywhere else. The artist even refers to current topics and problems in order to encourage visitors to reflect on themselves and the environment. Scuba divers and snorkellers will, for example, discover the well-known raft of Lampedusa, a reference to the current refugee crisis.

One sculpture shows a couple who are taking a selfie, while a different one shows a group of 35 people, all of them staring in the same direction.

Lanzarote is proud of this new highlight, which represents a perfect symbiosis between a tourist attraction and an awareness-raising cultural landmark.

A TOUCH OF ATLANTIS

off the coast of Lanzarote





Special Honeymoon package

Seaside Los Jameos Playa ****

Tine Holst Lanzarote IRONMAN Champion 2016



What does the Ironman competition actually consist of?
It's a triathlon which covers three disciplines: competitors swim 3.8 km, cycle 180 km and run 42.2 km. The competition starts at 7 in the morning, while the finish can take up to midnight. The athletes consume between 7,000 and 14,000 calories.

Because of the constant wind, long ascents and the final marathon, the Ironman Lanzarote competition is regarded as the world's most demanding. Anyone who participates in the competition here has earned respect.

Seaside Hotel Los Jameos Playa is right at the heart of things. The start and finish are only 3 km away, with the 2,000 or so athletes passing the hotel 6 times so guests can experience everything at first hand. Ironman participants also stay at the hotel every year, and in May 2016 their numbers also included a woman: Tine Holst, the 2016 champion!

Tine Holst is Danish by birth but lives in Schöneck, Germany. Sport has been her life ever since she was a toddler, although she only began her triathlon career in 2007. She participated in her first Ironman competition in 2008 and has been an Ironman professional since 2012. Overall she has participated in 20 Ironman competitions worldwide.

In Lanzarote Tine Holst won the title of Ironman Champion in May 2016, completing the race in 10 hours 2 minutes.

Tine Holst, why did you decide to participate in Lanzarote Ironman?

It's the world's toughest and most authentic Ironman competition. It demands total physical and mental fitness, and it takes everything you've got.



Which of your 20 Ironman triathlons did you enjoy best?

Ironman Lanzarote 2016 – it was a perfect day for the competition and a perfect result for me, 1st place.

What part of the Ironman Lanzarote course did you like best?

The entire cycle race, which showed the island at its most beautiful and rugged.

What is a typical day's training for you?

It's highly diverse, with up to 5 training sessions a day.

What did you appreciate in particular about Seaside Hotel Los Jameos Playa?

In my opinion it's the ideal race hotel for IRONMAN Lanzarote. The food is phenomenal, the service first-class and it's a beautiful resort. As Ironman Champion 2016 I received a wonderful welcome from the hotel and its guests.

Do you have a motto in life?

Don't stop believing.
(Never stop believing in yourself and your targets)



Special "Honeymoon" package
free of charge for minimum stays of 4 nights

Includes:

- 1 bottle of cava, fruit basket and wedding card upon arrival
- Upgrade to a higher room type (subject to availability)
- Selection of products based on Aloe Vera
- 1 "Honeymoon"-decorated table at dinner in the main restaurant
- Free car rental for 1 day in order to explore the island with your partner and enjoy some of the world's most unique volcanic landscapes
- A special turn down service & poems during the 2nd half of your stay (to avoid disturbances during the first days)

All couples returning on their first anniversary receive 50,00 € credit to spend at the hotel during that stay.

Bookings: phone +34 928 51 17 17 or email to info@los-jameos-playa.es

www.los-jameos-playa.co.uk



Where you can run through
vineyards
 and across
volcanic rock

The June Wine Run through the La Geria wine-growing region is an annual event in Lanzarote. Every year it attracts more and more participants eager to experience an extraordinary run through unique surroundings.

Participants can choose between a 23.2 km and 12.9 km run, and the shorter distance can also be enjoyed as a hike by those not wishing to run. The special feature of the race is that the region's wine growers open their doors to the runners on this special day, and offer water and wine every

few kilometres. The course takes the runners past vineyards and across highly varied terrain, much of it consisting of volcanic ash and stone.

At the end of the race a culinary fair awaits participants in Uga, offering Canary Islands delicacies, while runners can celebrate their performance with choice Lanzarote wines. Non-competitors can of course also enjoy the wonderful food and get to know the local wine growers.

HIKING

in Gran Canaria
 Elisa's recommended hikes

A good way to get to know some very special aspects of Gran Canaria is to explore the island's impressive and highly diverse scenery on foot.

I can strongly recommend it and would like to describe two hiking trails which are among my favourites. They take you through beautiful landscape with a mixture of forest, rivers and waterfalls.

The first one leads through the "Barranco de los Cernícalos" and the "Presas de las Cuevas Blancas", the "Rincón de Tenteniguada" and the "Barranco de La Pasadera".

The second walk enables you to experience the flowering of the blue tajinaste, a plant which is found mainly in the Canary Islands.

Elisa shows us her hiking trails





Barranco de los Cernícalos (Telde)

Ascent: 800 m

Duration: approx. 3 hours 35 minutes

Level of difficulty: low

We start in the valley and take the road towards Telde in the direction of Lomo Magullo. At Cruce de los Arenales we turn right and head to the foot of the valley.



In the Gorge of the Falcons (Barranco de los Cernícalos)

Barranco de los Cernícalos (the Gorge of the Falcons) is one of the four valleys in Gran Canaria with flowing water all the year round. This is why there is dense vegetation along the riverside, forming a unique nature conservation area including wild olive trees (*Olea europaea*) and "saos", the Canary Islands willow (*Salix canariensis*).

After the first 20 minutes of our hike we see the first small streams to the right and left of the track, followed by a beautiful large waterfall. This takes us to a cultivated field with an old ruined hut and a huge wild olive tree. After a further 25 minutes we come to another waterfall which is approximately 10 m in height.

One kilometre further on a stream appears, which splits into channels with 40 cm high walls on both sides and ends in a further waterfall. This is the highest point of the hike. Kestrels build their nests in the surrounding cliffs, which is how the area gets its name.

The trail isn't circular and we have to take the same route back, but it's worthwhile because you almost have the feeling of being in the Amazonian rainforest – something which is hardly imaginable on such a dry island and which is why this wonderful walk is not to be missed!

Experiencing the flowering of the blue tajinaste

Starting point: Presa de Cuevas Blancas

Height: 1665 m

Destination: Rincón de Tenteniguada

Height: 972 m

Duration: approx. 2 hours 15 minutes

Difference in height: 692 m

Level of difficulty: low to medium

This trail takes us almost entirely through the Los Marteles nature conservation area, which has a high scenic and scientific value from a geological and biological point of view.

We begin at the foot of the GC-130 road from Telde to Los Pechos (Presa de Cuevas Blanca) and take a small trail to a height of 1665 m. We are surrounded by pine trees until we reach Presa de Cuevas Blancas, where the first thing we see is petrified lava flows from the phonolithic period, now largely covered by Spanish gorse.

After a further 380 m to the highest point of Roque del Pino we have a wonderful view of the vegetation typical of the region (*Spartocytisus*, *Adenocarpus viscosus*). Above us crows fly in circles – a subspecies which is indigenous to the Canary Islands and is becoming increasingly rare.

We turn right and arrive at the "Barranco de La Pasadera". This is where the descent through spectacular basalt rock formations begins. To the right we see the lava slopes of Roque Grande, covered by countless brilliantly coloured plants. Here we can admire the yellow of the gorse and the blue of the tajinaste, together with fennel and sage. Along the way we discover cocks of the rock on the barren stony cliffs, highly typical for Gran Canaria.

After a further 700 m we reach a cave which is reminiscent of the age of the cattle drovers. A few metres further on we reach a spectacular lookout point with a view of the village of Valsequillo and on our right the Roque Grande, the foot of which we reach a few steps later.

During our descent, after approx. 430 m we cross the valley in a northerly direction and immediately notice an increase in humidity, because the "Barranco de la Pasadera" funnels the mists of the trade winds. These climatic conditions favour the growth of other plants typical of the Canary Islands (*escobón*, *ortigón*, *bicácaro*, *tacarontilla*).

After walking a further 480 m through the valley, we gradually reach the end of our hike at the beginning of a gravelled track from which we can see a still functioning irrigation system. We descend a further 330 m and pass a number of farmhouses before reaching a tarmac road. After following the road in a north-easterly direction we come to a cheese-making dairy, and below it the animals which provide the milk for the cheese.



The Roque Grande (top) and Roque del Pino (bottom)

We continue downhill until, after around 600 m, we reach the "Plaza del Rincón de Tenteniguada". Here we can bring our hike to an end and, as a reward, treat ourselves to a hearty meal in a rural setting.

I hope you will enjoy exploring our beautiful and varied island as you experience the unique landscape of Gran Canaria!

Experience sport at its finest!

In Gran Canaria and Lanzarote



Carlos Ojeda competing in the triathlon

Today sporting competitions are more popular than they have ever been. And with their mild climate throughout the year, varied scenery and wide range of leisure facilities, it's no wonder that the Canary Islands are highly popular among sports enthusiasts and people looking for an active holiday.

Many members of the Seaside staff in Gran Canaria and Lanzarote also enjoy participating in numerous sporting events, including the "Carrera de las Empresas", a corporate run involving teams from different organisations.

No matter whether it's watersports, ball sports, running or hiking – the "miniature continent" of Gran Canaria is a kind of giant playground for all those who enjoy spending their leisure time in the open air.

Carlos Ojeda, our IT specialist, reports on his personal sporting highlights: "My most enjoyable experience was the Tamadaba Trail. This 20 km run takes the runners through the middle of the Tamadaba nature reserve in the north-west of Gran Canaria. I generally take part together with friends and, in addition to the shared sporting activity, we of course also enjoy the party which follows. I'm just getting back into training at the moment and always have my sports gear with me in the car, although it often stays there for too long at a time."



Seaside Hotel staff in the "Carrera de las Empresas" corporate run



Lanzarote International Marathon, Seaside Los Jameos Playa****: Vicente Rodriguez, Ulrike Licht, Iván Betancor, Dorama Rodriguez

Together with a number of Seaside colleagues Timo Bühler, part of the reception team at Seaside Palm Beach****, has also participated in the "Carrera de las Empresas". He says it was "a great experience to run with colleagues through the historic streets of Las Palmas de Gran Canaria – when you're running in a group the "pain" is only half as bad, and you have much more fun."

The volcanic island of Lanzarote also provides endless possibilities for sporting achievement. Among other events the "Iron Man Lanzarote" and the "Lanzarote International Marathon" take place here every year. A further memorable highlight is the "WineRun Lanzarote & Traditional Cuisine Festival". This culinary sporting event takes runners through the picturesque volcanic

landscape of the La Geria wine producing area, and provides the ideal opportunity of getting to know the cuisine of Lanzarote and its wine culture. Drinking a toast with one of the great local wines is the ideal way to round off a successful run. Nearly 2,000 people participated in the last run, including members of the Seaside Los Jameos Playa**** staff such as Beate Reber-Sekula (Director), Roberto Cabrera (Administration), Ivan Betancor (Restaurant), Víctor Gonzalez (Piano Bar), Manuel Quijada (Restaurant), Robert Rodriguez (Reception) and Vicente Rodriguez (Sous-chef).

Ulrike Licht, Assistant to the Director at Seaside Los Jameos Playa****, describes her biggest sporting challenge: "My first competitive run was the 2015 half marathon. However, on the subject of challenges it's an achievement in itself to get started in the sport and then to stay on the ball until the point where it becomes enjoyable and not simply a duty. That's the moment when you actually begin to need sport as part of your life."

We hope we have awakened your interest in visiting the Canary Islands and enjoying the wealth of sporting opportunities they offer.



Poema del Mar

Aquarium of Las Palmas de Gran Canaria

Gran Canaria has strengthened its tourist offer with the inauguration of Poema del Mar, one of the most spectacular aquariums in the world, located in the Sanapú dock of "Puerto de La Luz" – the harbour of Las Palmas, capital of the island. Carefully guarded by the impressive Las Canteras beach, Poema del Mar's sinuous architecture will captivate visitors from the very beginning: a 21 metres high striking façade with 3.600 square metres of white concrete that incorporates a LED system to simulate silhouettes of diverse sharks, bringing a unique experience to visitors of the city.



Poema del Mar, became a reality in 2017, symbolising a realistic display of the marine biodiversity of the Canary Islands and the entire planet. Inspired by the work of the great painter Néstor de la Torre, visitors will contemplate a unique experience in an aquarium that houses hundreds of species from both fresh- and saltwater.



This authentic "bubble" of nature gives visitors the chance to enjoy freshwater exhibits with greenery, natural light, fish species, reptiles, mammals and birds; in addition to other spaces dedicated to bright fishes and dreamy corals in marine habitats.

There are two exhibits that really stand out in Poema del Mar: the Deep Sea, a 36 metres wide curve window with no precedents in the world and with a capacity for 5,5 million litres of water and the most diverse sea dwellers, in addition to a 6 metres deep, 10 metres wide reef with a capacity for more than 400,000 litres of saltwater.

The aquarium seamlessly combines cultural and entertainment aspects together with social conscience to promote the conservation of endangered species.

Commitment to sustainable tourism is still one of the most important premises of Poema del Mar. Thus, the aquarium includes one of the most modern filtering, purification and desalination systems available, contributing to sustainable development and respect for the environment.



Poema del Mar is an ambitious, modern project promoted by Loro Parque within its commitment to innovation and excellence in tourism sustainability, which has been defined as a project of "strategic interest for the region" by the Government of the Canary Islands, reinforcing the promotion of the Canary Islands as a tourism destination worldwide.



Two major anniversaries

Seaside Palm Beach***** celebrates its 40th
and Seaside Sandy Beach**** its 30th birthday



In the months of November 2015 and November 2016 the Seaside Hotels in Gran Canaria celebrated no less than two major anniversaries. Hotel Palm Beach in Maspalomas celebrated its 40th birthday in November 2015 and for Sandy Beach in Playa del Inglés its 30th birthday arrived in November 2016. Both anniversaries were the occasion of major festivities and the staff of both hotels made extensive preparations.

At the Palm Beach the red carpet was rolled out so that the birthday guests could be welcomed in style. The week-long celebrations began with a cocktail reception by the pool.

This was followed on subsequent days by a gala dinner on a Seventies theme, a "flower-power" party in the bar, a surprise concert by the pool and – as the crowning highlight which perfectly rounded off this week of festivities – a glittering firework display.

Many regular Palm Beach guests provided the social media team with private photos from their past family holidays. These were used as the basis for a colourful collage, which was on display in the hotel lobby and created a wonderful representation of the 40-year history of the Palm Beach.

During the anniversary week Ms Schaffers, the hotel's Director, served the many longstanding employees a small welcoming breakfast at the staff entrance, while Mr Theo Gerlach invited them to an aperitif in the conference room and expressed his thanks with warm words and gifts.

To celebrate its birthday the Sandy Beach also rolled out the red carpet and gave its guests a VIP welcome. The entire hotel had been decorated in line with the anniversary, with an impressive bouquet of flowers in the shape of a "30" floating in the pool in the evening. At lunchtime there had already been dancing in a party atmosphere by the pool to the music of the Swiss band "Chuelee". In the afternoon the team surrounding Director Ursula Matas were given a standing ovation, followed by speeches and words of thanks from Ms Matas and Mr Theo Gerlach. After an opulent gala dinner the "Big Show" began with the



band "Rock-Glories" and a tapas buffet. The evening was rounded off appropriately with a spectacular fireworks display.

The teams of both Seaside Hotels had a great time carrying out the anniversary celebrations and are looking forward to many more such occasions with "their" guests.



“Recycling”

for a good cause – donations to Adislan and AFA



In order to maintain the high Seaside standards with regard to the electronic media in its hotel rooms, Seaside Los Jameos Playa in Lanzarote replaced its existing televisions with more up-to-date models in the year 2016. The old TVs were still in good working order, however, which raised the question of what could be done with them. The answer was to sell them and use the proceeds to help local charities.

The hotel's 280 or so employees were given the opportunity to buy the used TVs at a cost of 15,00 € each, and the money which was collected from the sale was shared equally between the Adislan and AFA charitable organisations. Seaside Los Jameos Playa had previously provided both organisations with financial support.

The Adislan organisation was founded in 1969 and cares for people with mental, physical or sensory disabilities and their families. The aim is to improve the quality of life of sufferers and those who care for them, and to achieve better integration of people with disabilities. This also of course involves improving their human rights, increasing their ability to live independent lives and creating public awareness of their problems.

AFA is also a local charitable organisation, which specialises in providing support and care services to patients who are suffering from Alzheimer's disease, which affects an estimated 35 million people worldwide.

Because of the fact that the number of people with Alzheimer's or dementia is rising constantly, it was also a matter of importance for the hotel to support this association, which supports those affected and their families in meeting the challenges of everyday life.

If you, too, wish to help in some way, further information is available at www.afalanzarote.com and www.adislan.com

An adventure

for all ages – GrancAventura Park in Arucas



To the west of the capital Las Palmas, among the hills in the north of the island lies the fourth largest municipality of Gran Canaria: Arucas. Here, embedded in the wonderful scenery, you will find the largest adventure park in the Canary Islands.

Opened in the year 2013, the GrancAventura climbing and leisure park offers a wide range of attractions for the entire family on an area of 25,000 m². Here visitors can test their skills in the high rope course at heights of up to 10 m.

We got the trainees of Seaside Hotels Sandy Beach ready for their adventure and headed for GrancAventura Park. On arrival their eyes opened wide and the adrenaline levels began to climb, with even the boldest of them hesitating for a moment at the sight of this impressive structure of ropes and tree trunks.

The climbing course is divided into sections with different levels of difficulty, so that it offers something for every age group (from the age of four) and every level of adventurousness. In addition to the rope course there are also two zip lines on which you can glide through the air like a bird high above the ground.

Difficulty level 1 is known as “Chinijo” and is intended for children from 4 to



10 years of age. Chinijo is constructed on two different levels, with its highlight a zip line with a length of 6 m. All participants are always accompanied by a member of the park staff.

Difficulty level 2, called “Gurrimina”, is divided into different colours. The yellow course is for children from 8 to 11 – it starts at 70 cm and ends at a height of 1.50 m. In addition to adventurous children, adults can also display their initial skills here, too. With the green

course the focus is more on skill than on strength, while the blue section is at a medium and high level. This requires both skill and physical endurance. With the red course, climbing the towers is a matter for experienced adventurers. The difficulty level is extreme and demands both strength and skill from climbers.

The high rope course can also be booked as a venue for group events, children's birthdays or paintball competitions.

The big highlight for our trainees was the zip line with its length of 120 m. Here you float over a breathtaking abyss and enjoy a spectacular view. The trainees left the adventure park exhausted but happy and delighted with their new experience.

Why not put your own climbing skills to the test the next time you visit us?



The freshest bakery products,

pastries and chocolates ...



Andre Waldow (third from left) and his six-person bakery team

The in-house Seaside bakery in Gran Canaria and the confectionery at Seaside Palm Beach

The Seaside bakery in Gran Canaria has been located on the lower floor of Seaside Sandy Beach since 1996. From here Andre Waldow and his six-person team supply Seaside Grand Hotel Residencia*****GL, Seaside Palm Beach***** and of course Seaside Sandy Beach***** with freshly baked products several times a day.

The team bakes in two shifts virtually round the clock, from one in the morning until five-thirty in the afternoon. This ensures that Seaside guests can enjoy fresh bread and rolls with every meal. Everything is produced in-house, from rye bread, brown bread and six-grain bread right across to cakes and sweet pastries such as almond crescents, various Danish pastries, muffins and donuts.

In addition to their standard range, Waldow and his team also take care of a variety of special orders, including brioches and sweet croissants for Grand Hotel Residencia, pan de payés for the Palm Beach or mojo breadrolls for the à la carte restaurant

La Bodega Palm Beach. The Seaside bakery can be relied on to deliver the goods.

The ingredients which go into these are just as impressive as the bakery's products themselves: every day around 100 kg of flour, 10 kg of sugar, 4 kg of butter, 60 eggs and 15 litres of milk are consumed.

Master baker Waldow is especially proud of the fact that no ready-made bread or cake mixes are used in his bakery – everything is home-made. As a result of many years of experience he has all the recipes in his head. After his apprenticeship in Berlin he worked as a baker in a number of regions, including Japan, on the Costa del Sol, in Mallorca, Lanzarote and Tenerife, until he ended up in Gran Canaria in January 2007. He began work at Seaside Sandy Beach on 5 January 2007, and he accordingly celebrated his tenth anniversary with the company in January 2017.

However, the many years he has spent abroad don't mean that the Seaside bakery's operations are international – on the contrary, traditional German craftsmanship is valued greatly there. There is no comparable vocational training in Spain, and therefore five of the Seaside bakery's team of seven come from Germany.

The boss of the bakery isn't just a baker with passion – he's also a perfectionist. He takes pride in carrying out the maintenance of his ovens and machinery in person, and the recipes he has prepared feature step-by-step photographic instructions to ensure that the quality and appearance of the bakery's products are always of the same high standard.

The success of the bakery confirms his commitment: for example, many guests even ask for some of its specialties to be sent home to them in Germany.

Others regularly take a loaf of his caraway bread with them at the end of their holiday, or have their favourite bread baked specially for them during their stay at Seaside Sandy Beach.

The bakery will soon have to face up to a new challenge: the relocation to Pasito Blanco, where the Seaside Group is building two new hotels. Planning operations for the new, highly modern bakery are already in full swing.

In order to create the many tasty desserts and little delicacies for Seaside Palm Beach the hotel also has its own confectionery and patisserie. Here special wishes are also fulfilled, reports Head Patisserie Astrid Graf.



The confectionery team: Pablo Ramírez Suárez and Astrid Graf

Ms Graf, how long has Seaside Palm Beach had its own confectionery?

The confectionery has been in existence since 1990, but in those days the bakery was still at Hotel Don Gregory in San Agustín, which was part of the Seaside Group. We then moved to Seaside Palm Beach in 1994.

How long have you been working at Seaside as a confectioner?

From the very beginning, since 1990.

Tell us a little about yourself. Where did you work before you came here?

I come from Stuttgart, where I did a three-year apprenticeship as a confectioner. After that I worked in a number of holiday regions in Germany and Switzerland, for example at the well-known "Schwedenschenke" on the island of Mainau, at a café in Constance and then by the Vierwaldstättersee Lake.



What desserts are especially popular among guests at Seaside Palm Beach?

Our guests love all kinds of sweets and cakes with chocolate, but toffee tarts, almond wedges and coconut macaroons are also real favourites. Many guests even take their favourite confectionery home with them.

What desserts do you offer at the evening buffet?

We plan our desserts on a 14-day basis, because this is the average amount of time that guests spend at Seaside Palm Beach. We create a wide selection of miniature delicacies every evening to make sure that what we offer them doesn't get boring.

What about the themed evenings?

Three times a week we have theme-based barbecues, and we therefore also adapt our desserts accordingly. For the Italian evening we serve classics such as tiramisu, panna cotta and cappuccino chocolates, while for the Asian buffet we prepare coconut rice with mango, mousse of green tea with sesame brittle or sweet sushi with fruit, for example. On our Spanish evenings my local colleague Marco is entirely in his element, because we surprise our guests with torrijas, tarta de san marco or mousse de gofio.

I believe your team also supplies sweet treats to the Bar Africano ...

When a seductive aroma drifts over from the Bar Africano in the afternoon our guests know that it's time for the Seaside

waffles and crêpes. But of course cake also has to be available at coffee time, and we always serve strawberry, apple and cheesecake. For our guests it's important to have a good selection, and there's always a different cake of the day, too.

What is the influence of the latest trends?

We've noticed increasing demand for lactose-free and gluten-free desserts. We take this into consideration, of course, and on request prepare these specially for our guests.

What are the main features of good confectionery and baked goods?

Top-class ingredients are the most important. We don't use any ready mixes and we prepare everything in the old-fashioned way. In this respect I'm a traditionalist.

In your 26 years as a confectioner at Seaside, you're sure to have experienced a number of special requests?

Yes, we once had a film crew staying at Seaside Palm Beach and for the conclusion of the filming I was asked to bake a huge cake in the shape of the island of Gran Canaria. Another time the pianist Justus Frantz ordered a cake to be created in the shape of a piano entirely from chocolate and marzipan. Photos of both cakes were published in regional newspapers.



Cactus cultivation

A world traveller comes to rest

It was in the Seventies that Dieter Schulz left his home town of Hamelin in Lower Saxony to go out and discover the world. He travelled through Australia, India and America before finally finishing up in Gran Canaria in the little village of Santa Lucia de Tirajana, at the heart of the island.

Here he made his home, planting the initially bare garden of his new domain with cacti, the seeds of which he had brought with him from all over the world. He came to enjoy looking after these so much that his collection grew and grew, until he had finally cultivated so many cacti that in 1982 he began to sell them at weekly markets.

Demand was brisk and led to the start of commercial operations. The company grew and in the year 2000 Dieter Schulz passed the business on to his oldest daughter Goa Schulz, who has since then maintained the company philosophy while successfully expanding operations with what have now grown to 650 different types of cacti and succulents.

She has made a name for herself in the decoration of zoos and the planting of gardens both of private homes and hotels. Her plants can, for example, be admired in the garden of Seaside Grand Hotel Residencia in Maspalomas. She also supplies supermarkets and DIY stores with her cacti and succulents.

As part of her story it should also be mentioned that she has successfully launched exports not only to other European countries but also to Asia.

Among cactus enthusiasts the Schulz family in Santa Lucia de Tirajana with their constantly growing selection of cactus and succulent varieties has long been a real international insider tip, and all those whose interest or curiosity takes them there is a welcome guest.





SPA

A day at the Palm Beach SPA – allowing myself to be pampered!

I go with the flow and embark on a journey of discovery, looking for a lost feeling of well-being which I hope to find once more here.

I walk past the beautifully designed main swimming pool and the African Bar, stroll through the large palm grove and then the view opens out on the Thalasso Pool. The young man from the pool service is very helpful and offers me one of the wooden sunbeds with a pleasantly soft cover on which I leave my things. I can now for the first time enjoy a long, luxurious soak in the warm, salt-water pool.

The bubble jets are stimulating and the minerals seem to penetrate my skin. This is followed by a refreshing vitamin cocktail made of mangoes, papaya and oranges which were freshly picked only yesterday in Mogán on the south-west coast of Gran Canaria, as the smiling waitress informs me. The view from the sunbed is wonderful and, as I gaze on the palm tree oasis, I fall into a gentle slumber.

During previous stays here I had the opportunity to try out a range of treatments such as the relaxation massage, the

East Asian herbal stamp massage or the Japanese pressure point massage. This time I want to discover something new, and the "Tibetan singing bowl therapy" has aroused my interest.

This is a unique form of treatment, in which sound and vibrations result in total mental and physical relaxation. The heavy sound bowls made of seven different metals are placed on the various chakras of the body.

I concentrate fully on the extended high and low sounds which resonate through the room. The vibrations tremble and penetrate the body, creating an amazing and entirely new sensation! After 5 to 10 minutes I achieve total mental relaxation, my head clears, I allow myself to drift and I am overcome by a pleasant sensation of letting go. All my senses and concentration are tied up in the sensations of feeling and hearing. After 45 minutes I feel awake, fresh and with a new kind of balance.

Back on the sunbed I let the rays of the sunshine fall on my skin and enjoy the mild warmth. After a light snack at the African Bar the only thing that is missing is a hot stone steam bath, which I'd like to try out. Clouds of steam rise up and I break into a mild sweat which



removes the toxins from my body. Afterwards a refreshing plunge into icy cold water gets my circulation working overtime.

Finally I enter the salt grotto, where for 20 minutes I inhale the fine saline infusions. My bronchial tubes open up and the delicate salt feels good on my skin.

I now slip back into my cosy bathrobe and – feeling totally relaxed – go out onto the balcony of my room in order to enjoy the final rays of sun together with the wonderful view of the sea and the sand dunes.



Tibetan singing bowl massage

76,00 € (20 % reduction), 45 minutes

Booking and information:

Seaside Grand Hotel Residencia*****GL
Tel.: +34-928-723103 or
E-Mail: spa@grand-hotel-residencia.com

Seaside Palm Beach*****
Tel.: +34-928-721032 or
E-Mail: spa@hotel-palm-beach.com

A big "thank you"

to our 5 jubilarians at Seaside Los Jameos Playa ****



Roberto Cabrera Pérez

Department: Administration & HR

Years of service at Los Jameos Playa: 22

Hobby: sport & running

Favourite location in Lanzarote: El Golfo

Favourite restaurant in Lanzarote: César Restaurante in Costa Teguisé

Favourite event in Lanzarote: the Wine Run in summer

What I like most about my job: the administrative organisation and financial results

What I wish for 2018:

That it will be as successful as 2017

Paco Jesús Díaz

Department: Hotel Porter

Years of service at Los Jameos Playa: 23

Hobby: sport & padel

Favourite location in Lanzarote: La montaña Guinate

Favourite restaurant in Lanzarote: Sal y Pimienta in Puerto del Carmen

Favourite event in Lanzarote: Romería

What I like most about my job: interaction with guests, and I enjoy being active

What I wish for 2018:

I already have everything I could wish for

Albano Cabrera Luis

Department: Technical Services

Years of service at Los Jameos Playa: 23

Number of staff in the department: 14

Hobby: sport & music

Favourite location in Lanzarote: Mirador del Río

Favourite restaurant in Lanzarote: Casa Plácido in El Golfo

Favourite event in Lanzarote: Festival de Música and Ironman

What I like most about my job: the new challenges which every day brings

Esther Panizo Marcos

Department: Housekeeping

Years of service at Los Jameos Playa: 23

Number of staff in the department: 80

Hobby: going for walks & listening to music

Favourite location in Lanzarote: the north of the island

Favourite restaurant in Lanzarote: La Bodegita & La Cascada in Puerto del Carmen

Favourite event in Lanzarote: Concierto en Vela en Charco San Ginés, Arrecife

What I like most about my job: : the activity and variety, and the fact that no two days are the same

What I wish for 2018:

The same large numbers of guests

Miguel Reyes

Department: Maître

Years of service at Los Jameos Playa: 20

Number of staff in the department: 75

Hobby: going for walks

Favourite location in Lanzarote: El Golfo

Favourite restaurant in Lanzarote: La Bodegita & La Cascada in Puerto del Carmen

Favourite event in Lanzarote: Ironman

What I like most about my job: the fact that our guests are the best

What I wish for 2018:

That everything goes as well as it did in 2017 –

"Things couldn't be better for us!"

María Carmen Ramírez Araña

Forty-two years as a chamber maid at Seaside Hotel Palm Beach

María Carmen Ramírez Araña began work as a cleaner at Hotel Palm Beach on 20.11.1975, when she was 16. That was 42 years ago. She was promoted to chamber maid after only three months.

"I have many wonderful memories of the past years I have worked here at the hotel. I've been with this company for so long because I'm very happy here. I enjoy my daily work and get on well with all my colleagues.

The opening of the Palm Beach on 28.11.1975 has stayed long in my memory, because the Gerlach family organised a great party for the staff. When employees celebrate a major anniversary the family always show their gratitude with appreciative gifts. When one of us is in difficulties we can always turn to Mr Theo Gerlach to ask for his advice or support.

My work here began on the second floor, where the Gerlach family also lived. That's when I got to know Mr Gregor Gerlach, who was only three years old



at the time, while his sister Anouchka had not even been born. Today the next generation of the Gerlach family, the children of Gregor and Anouchka Gerlach, are growing up.

During this period I also got to know my husband at the hotel, and gave birth to my two children. For me there was never any doubt that I would return to my work at the hotel afterwards, because it has become a second home for me.

I have experienced many changes at Hotel Palm Beach. Valued colleagues have come and gone, while many guests have become regulars – as have the generations which followed. First they came alone, then as a couple, then with their children and afterwards even with their grandchildren.

What makes us different from other hotels isn't easy for me to say, because I don't have a basis for making comparisons. However, from conversations with friends of mine who work at other hotels in Gran Canaria I believe that I can regard myself as lucky to work for a company in which the employees are appreciated, their wages are paid punctually and in which financial support is available for emergencies in the form of a loan or advance on salary. In this way the company supports its employees, who in turn support the company.

I hope that the next generation of the Gerlach family continues to pursue the policies of Mr Theo Gerlach."



The Seaside baby boom

In October 2016 Carlos and Liam came into the world.

The birth of a child is always a wonderful event for the whole family. However, once the baby has arrived it turns our lives upside down because two people have suddenly become three, and a couple has turned into a family. Nothing is as it was before, everything changes and we have to deal with all sorts of new sensations and emotions, together with the doubts and anxieties which our new responsibilities bring.

In October 2016 Anouchka Gerlach, co-owner of the Seaside Hotels and Rocío Cibrán, Director of Seaside Westin Valencia, both gave birth to the child they had dreamt of. In our interview they talk frankly about the birth of their children, their family happiness and the changes in their lives. An interview ... honest, sensitive and moving.

Did a new life begin for you once you were pregnant?

A: My new life didn't actually begin until after the birth, when we left the hospital.

And it was very different from what we had expected.

R: No. I had an uneventful pregnancy and so I didn't notice much change in my everyday life.

Did you ask yourselves typical questions like: will I be able to take care of the baby? Will everything go okay?

A: Not really. I always thought that I would be able to manage – after all, I'm not the first woman to become a mother, and most of us manage it without any difficulty.

R: No. I didn't ask myself these questions because I continued to be occupied with my work at the hotel, and the pre-natal examinations were always without any problems.

How was your pregnancy?

A: Very pleasant and relaxing. I didn't have any discomfort and was able to enjoy the pregnancy and the feeling of anticipation.

R: The pregnancy was no problem and I'm thankful that I was able to work right up to the very last minute.

Was there a lot you did without while you were pregnant?

A: Yes, I gave up alcohol, raw and smoked fish as well as meat (salami, ham etc.), unpasteurized cheese and blue cheese, salads in restaurants (because you can never be sure that they've been washed carefully), and raw eggs (or rather everything that contains raw eggs such as tiramisu and many other desserts).

R: In my case I did without a few tapas with Serrano ham together with a glass of wine ...

Did you have any cravings for particular foods?

A: No, but I had less of a sweet tooth than I normally have.

R: Yes, I couldn't get enough cherries.

When did you begin with your preparations and what was the first thing you bought?

A: Because I'm a little superstitious I began with the preparations very late, around four weeks before the baby was due. The first things we bought were a pail for nappies, baby's sleepsuits, babygrows and a baby cam which we haven't used to the present day. The cot and the nappy changing table didn't arrive until two days before Carlos was born.

R: We started with the preparations shortly before the baby was due to arrive. Our first purchase was a sleepsuit with hat for a newborn baby.

What was the first gift you received for your baby, and who was it from?

A: The first gift was a babygrow from my godmother.

R: Rompers for the baby from my sister.

How did you prepare yourself for the birth of your child?

A: I didn't really do very much. I checked out two hospitals and had two pre-natal acupuncture sessions. Otherwise I didn't know too much about everything that was involved, which is probably better because then you don't start to worry unnecessarily.

R: I didn't take part in any pre-natal courses and just followed the instructions that my doctor gave me.

Where did you decide to have your baby: at a hospital, midwife's practice, birthing centre or at home, and what were your reasons?

A: I decided on a hospital with a perinatal intensive-care centre for newborn babies, because you never know what the birth is going to be like, and if everything will be fine with the baby. Because Carlos was born with a very low blood sugar level, he first had to spend some time in intensive care and I was really happy that this was in the same building, right next to the labour wards.

R: I brought my son into the world at the Quiron clinic in Valencia, because it had been strongly recommended to me.

What was the size and weight of your child when he was born?

A: Carlos weighed 2,660g and was 49 cm in length.

R: Liam weighed 3,070g and was 49 cm in length.

Were you able to take your baby into your arms immediately after the birth? And who looked after you?

A: Yes, I was looked after by a midwife, a senior doctor and a consultant, all of them really nice and competent.

R: Yes, I was able to hold my baby immediately after he was born, and it was a wonderfully happy feeling.

Was your husband present at the birth?

A: Yes, and he found a cosy armchair in the labour ward where he could take a nap.

R: Yes, my husband was present when our baby came into the world.

Did you have any other names on your shortlist?

A: Casimir, Leopold and Mateo.

R: No, we immediately decided on Liam as soon as we learned that it was going to be a boy. It's a name which I got to know while I was working in Ireland, and it has been a favourite of mine ever since.

To what extent has life changed for you?

A: There have been lots of changes. Above all you have much less time and you're not as flexible as before. Travel has also become much more complicated – with lots of luggage and a baby who quickly gets bored on an aeroplane we now try to stay longer in a single place.

R: I get less sleep, and I've had to adapt my daily routine accordingly.

Are you planning further additions to your family in the near future?

A: A little sister for Carlos would be nice, but we first want to give ourselves a couple of years' time, so that we can really enjoy the time we have alone with him.

R: At the moment this is out of the question.

How is your husband doing as a father?

A: He's doing a good job. Felipe is very affectionate and patient. At the beginning he was a lot better than me at changing nappies, but I'm faster now.

R: He's a model father.

Is everything the way you dreamt it would be?

A: It's great, even though it's very different from what we expected.

R: Yes, life has changed – but it has become really wonderful!

Thank you ever so much for this fascinating interview and the insights you have given us into your lives. We look forward to more stories about Carlos and Liam – perhaps in the next issue of Tribune?



Interview: Juan José Gil

Chef de cuisine at Seaside Hotel Sandy Beach ****

Born in Gáldar, Gran Canaria, in 1954, Juan José Gil has spent his whole life in the kitchen. He can look back on a career stretching over 48 years, distinguished by a wide range of awards and certifications, all of them confirming that he is one of the best hotel chefs in our archipelago and above all one of the best chefs de cuisine. These skills have been reflected in the culinary quality offered by Hotel Sandy Beach since 1988.

How did it all begin?

My career began in the year 1969, when I was 14 years old. Because of the financial circumstances my family was in, I decided to look for work at an early age. I received my first opportunity at Hotel Caracola, where it was my job to clean the kitchen utensils. I didn't have the opportunity to study, but that didn't deprive me of my wish to learn as much as possible and improve myself. Even when I was off duty I stayed at the hotel and watched how the cooks prepared their dishes, helping wherever I could. The head chef then rewarded my interest by promoting me to kitchen assistant. I've worked in many different hotels and restaurants in Gran Canaria and Tenerife, receiving more responsibility in every post I occupied.

How did you begin your career with Seaside Hotels?

As long ago as 1977 I was appointed chef de partie at Hotel Don Gregory (which was at the time part of the Seaside Group), and I was a member of the kitchen team there for 10 years. In the year 1988 I then left Hotel Don Gregory as sous chef in order to take charge of the kitchens at Hotel Sandy Beach as chef de cuisine. That was 29 years ago now.

What helps you most in your work? What do you teach your staff?

For me the satisfaction of our guests represents my main motivation. I read all the comments which are posted on portals such as Tripadvisor or Holidaycheck, and I take what they say seriously. The feedback provided by our customers helps me and my team not just to meet the expectations of guests but to exceed them. I give my staff a lot of responsibility, while encouraging them to be creative, to make a contribution to new dishes, and to learn from my experience. I also try to teach them the techniques and processes of contemporary cuisine, because there are always new learning opportunities for all of us.

You've been working in the kitchens of Hotel Sandy Beach for nearly 30 years now. Are there any particular incidents which stand out in your memory from all these years?

I have many pleasant memories of experiences with my staff and guests, and of course with Mr Gerlach. I remember that on one occasion he made a check on the buffet and decided to try the gazpacho – unfortunately the only dish that I had not checked in advance. Because of his resulting criticism I have since made a practice of trying all dishes before the buffet is opened. Another memorable moment was when we were in the middle of serving dinner and there was suddenly a power cut. I quickly had to switch to gas cookers and invent new dishes on the spot. We've had other critical experiences, naturally, but I'm proud to say that no guests have ever gone without their dinner.

How was your relationship with Theo Gerlach during these years?

Mr Gerlach is a perfectionist and sets the very highest standards. He has taught me values such as perseverance, which have forced me to keep on developing and improving my skills instead of passively remaining in my own comfort zone. I appreciate all our disputes and discussions, because they have helped me to grow professionally. In addition he has always been the one to give me regular opportunities for improvement, for example by attending courses. He has also sent me to the world's best restaurants and hotels in order to learn new techniques and recipes.

And you've been working with Ursula Matas, the Director of Hotel Sandy Beach, almost from the very beginning?

Ms Matas and I got to know each other at Hotel Don Gregory. From the very start we have had a special relationship, which is based on mutual support and trust. During the time when she was expecting her children it was always a pleasure for me to prepare special dishes for her. She has given me tremendous support over the years and has always been actively involved in the overall organisation of the kitchens and our menus. We have become a really good team.



The "Neues Rathaus" in Leipzig

Leipzig's NEUES RATHAUS (New Town Hall) has stood since 1905 on the site of the former Pleissenburg castle.

From the year 1217 onwards the Pleissenburg, "the old castle", was built in Leipzig on the orders of Margrave Dietrich der Bedrängte (Theodorich the Oppressed) near the river Pleisse. By building a castle he wanted to impose his rule over the rebellious citizens of Leipzig and complete the encirclement of the city.

The castle was partly destroyed in the course of the Schmalkaldic War, and its remnants were torn down in 1549 and replaced by a fortress. This fortress was directly connected with the fortifications of the city and performed the functions of a citadel. The Pleissenburg survived the Thirty Year War, but it increasingly lost its importance as a fortress and came to be used only as a barracks and administrative building.



In the year 1897 the Pleissenburg was torn down completely and the NEUES RATHAUS was erected in its place, with only the tower of the former fortress being retained. It was raised to a height of over 100 m and to the present day still offers a spectacular view across Leipzig. Various structured buildings were then grouped around the tower in an impressive ensemble created by Hugo Licht, Leipzig's leading architect. The NEUES RATHAUS, constructed from

Main-Franconian shell limestone, contains elements of Renaissance, Baroque and Art Nouveau architecture. A flight of stairs flanked by two lions seated on pillars leads up to the main entrance.

On 19 October 1899 the foundation stone for the new building was laid and on 7 October 1905 – after a period of construction of less than six years – the NEUES RATHAUS was officially opened in the presence of Friedrich August III, King of Saxony. In 2015 the RID (German Records Institute) presented the NEUES RATHAUS with a certificate as the "World record holder for the largest purpose-built town hall (judged by the number of rooms)". The town hall has no less than 1,708 rooms covering a floor area of 65,870 m².

Since 1905 the NEUES RATHAUS – one of Germany's most important town hall buildings – has been the home of Leipzig's municipal authorities.



Carl Schmidt, the hotel's first director, opened the doors of the newly built Park Hotel on 18 October 1913. The luxury establishment was located at the entrance to Nikolai Street in the heart of Leipzig, directly opposite the city's main railway station, which was then under construction. For its time the hotel had many advanced features, such as lifts with light signals, sound insulation, ventilation and dust extraction systems, together with telephones in all rooms.

The premium-quality interior design included contributions not only from the Dessau Bauhaus but also from one of Germany's most prominent furniture makers of the late nineteenth century. Julius Groschkus was not only highly respected for the craftsmanship of his products, but was also court supplier to the Kaiser. Although the decor and furnishings of the hotel's 200 rooms were practical and restrained in design, every element was of exquisite quality.

In 1933, after Leipzig was appointed the "Imperial exhibition city", the Park Hotel – now with more than 300 rooms – was listed as premium-class accommodation, and by 1939 it had established itself as one of the city's leading hotels. On 4 December 1943 the Park Hotel was badly damaged in a British bombing raid, but reopened its doors immediately after the end of the war in 1945. In 1951 it was nationalised by the GDR government and made part of the state trading operation, the so-called "Handelsorganisation" (HO). During this time very little refurbishment was carried out.

It was not until 1993, after Hanover businessman Theo Gerlach had bought the building, that a start was made on renovating it from top to bottom. In order to remain in harmony with the original style the design was art deco, in combination with art nouveau elements. The entire interior decor and furnishings – from the chandeliers via the furniture to the wallpaper – were produced especially for the renovation project.



On 20 March 1995 the Park Hotel was then reopened in new splendour as a First Class Seaside Hotel. During this reconstruction phase today's Director Michael Lehmann, who at the time was still Front Office Manager, also contributed his own inspiration. After the work was completed he marvelled at what the "shabby old Park Hotel" had been transformed into. During the 22 years which followed a series of renovation activities were carried out, and the hotel remained well cared for. The fact that everything continued to look "like new" was also due to the hard work and commitment of the housekeeping staff, for the whole of this period under the strict rule of Dagmar Knoch.

Ever since the re-opening the entire Park Hotel team, since 1998 under the leadership of Michael Lehmann, had made a major contribution to ensuring that – as Seaside Park Hotel – it came once more to play an important role on Leipzig's hotel market. However, in spite of all their efforts the day came when it had to be adapted to the times, and a beauty treatment was planned.

Seaside Park Hotel

A hotel with a proud tradition – in new splendour after its beauty make-over!



The doors of Seaside Park Hotel Leipzig remained closed from 28 January to 19 March 2017, during the implementation of the new interior design concept created by STUDIO architects, the prestigious Düsseldorf firm of architects managed by Hendrik Fraune and Claudia Blum.

It took only seven weeks while the hotel was closed to provide the foyer, the entrance hall, the bar and the mezzanine floor with a complete refit. The result was a symbiosis of the modern and the classical, created in the contemporary art deco style. All the wallpapers, carpets, furniture and lighting were produced specially for the renovation in Germany, Austria, Italy and the USA. The STEAKTRAIN restaurant was also given a facelift, while all the bedrooms were renovated and redesigned. The conference facilities, too, were renovated, and fitted with a sophisticated lighting installation and the latest conference equipment.

The preparatory and follow-up operations were wholeheartedly assisted by the hotel staff, who carried out support work and got rid of the dust from the construction operations. Director Michael Lehmann took charge of the coordination of the many challenges involved. On 20 March 2017, right on time for the start of spring and the Leipzig Book Fair, the hotel reopened its doors in new splendour.

The date was, by the way, the anniversary of the hotel's first re-opening as Seaside Park Hotel in the year 1995.



The first guests were the Harlem Globetrotters, the world-famous exhibition basketball team, who stayed overnight at Seaside Park Hotel when they toured Leipzig. As had been the case 22 years earlier, the initial guests also included the staff of prestigious publishing houses such as Rowohlt, S.Fischer, Piper, Diogenes, Random House and many more.

Describing the "new" Park Hotel Michael Lehmann, General Manager, states:



Your Leipzig Carefree Package

Available from 2018 at Seaside Park Hotel



Services include:

- 2 or 3 nights' stay, with Seaside breakfast buffet
- 1 Seaside Welcome Package
- 1 voucher worth 25,00 € for the STEAKTRAIN restaurant
- 1 tour of the city with the Oldtimerbus
- 1 admission ticket to PANOMETER LEIPZIG – the world's largest 360° panorama, with its exhibitions: until autumn 2018: "Titanic – the Promises of the Modern World", from autumn 2018: "A Paradise on Earth – Carola's Garden"
- Return tickets for public transport to the Panometer

Package price for three nights' stay*

205,00 € per person in a standard double room
255,00 € per person in a standard single room

Package price for two nights' stay*

165,00 € per person in a standard double room
195,00 € per person in a standard single room

Extended stay and surcharges per night*

Superior room surcharge 20,00 €
Junior suite surcharge 50,00 €
Further night in a standard single room 95,00 €
Further night in a standard double room 115,00 €

Bookings subject to availability at
www.parkhotelleipzig.de
or on Tel.: +49-341-98 52-0

*Prices subject to confirmation

"We're really pleased that our hotel has received a new look, and are proud that our facilities have once more been restored to their full glory. This beauty make-over was also important to us with regard to the hotel market in Leipzig. Our guests are now welcomed by an exquisite, fresh ambience in the contemporary art deco style. The initial feedback from guests has also been highly positive. We're convinced that with our new look we will also appeal to many new visitors. Of course welcoming our guests individually and personally remains the top priority for our entire Seaside Park Hotel team. Just like back then, 22 years ago, our motto is: Seaside Park Hotel – your home in Leipzig".



Michael Lehmann, General Manager Seaside Park Hotel

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Kuchen atelier

A paradise of sweet temptations – the “Kuchen Atelier” at Gewandhaus Dresden



“We use only top-quality, seasonal products which we source from our own region wherever possible. Every individual piece is unique. I’m really happy that I can express my passion for sweet creations in the Kuchen Atelier”, says Head Pâtissier Dirk Günther, who learned the traditional craft of the pâtissier in Dessau in 1993. From 13.00 to 18.00 hrs every Wednesday to Sunday and holidays it’s cake time in the relaxed atmosphere of the Kuchen Atelier at Gewandhaus Dresden. Since October the city has had a second Kuchen Atelier at 4 Prager Straße. And just like the hot coffee and tea specialties, the Atelier’s home-made sweet creations are also available to go.

The casual luxury of the retro atmosphere was created by the prestigious Paris firm of architects Studio Catoir with hand-crafted designer furniture and fittings which are elegant and comfortable but at the same time give an impression of lightness. Alone or in company, when you treat yourself to a break in the Kuchen Atelier your enjoyment of both the rich pâtisserie tradition and the stylish architecture will create a perfect moment of well-being.

For further impressions and detailed information please see our website www.kuchenatelier.com.

We are at your service for enquiries and reservations from 13.00 to 18.00 hrs every Wednesday to Sunday and holidays, either by telephone on +49-351-49 49-69 or by email to info@kuchenatelier.com.

Kuchen Atelier
at Gewandhaus Dresden, Ringstraße 1, 01067 Dresden, Germany
and at Burgerlich Dresden, Prager Straße 4, 01069 Dresden, Germany

It sounds like art and craftsmanship, exclusivity and something very special. With its Kuchen Atelier – a special cake shop which is new to Germany in this form – the five-star boutique hotel Gewandhaus Dresden seems to have found exactly what the people of Dresden and visitors to this beautiful city on the Elbe are looking for.

Florian Leisentritt, Director of Gewandhaus Dresden, points out that since it first opened its doors in August 2015 the Kuchen Atelier has established itself as a popular institution in Dresden, because previously there had been nothing like it in the city. “On Saturdays and Sundays, in particular, the Kuchen Atelier is always very busy and the response to our concept has been a highly positive one. I think that many people appreciate the fact that we now also have something like this in Dresden – and not just in Paris”, says the hotel’s Director. For him it was a “real highlight” when his team had the privilege of participating in the catering for the Chemnitz Opera Ball with creations from the Kuchen Atelier.

The Kuchen Atelier represents absolute commitment to quality and to craftsmanship. With top-class products which are fresh every day and free from preservatives, Dirk Günther and his team create a wide spectrum of delightful delicacies for moments of bliss. These treats include regional specialties such as the famous “Dresdner Eierschecke”, international delicacies such as home-made macarons and delicate gateaux, as well as traditional tray-baked cakes with fresh seasonal fruit. Their ingredients include real vanilla pods from Tahiti and Madagascar, as well as French and Belgian chocolate coatings with a high proportion of cocoa. The Kuchen Atelier’s wide and diverse selection is rounded off by a range of special coffee and tea varieties.

Head Pâtissier Dirk Günther (left)





is regarded throughout the industry as a seal of approval for top event locations.

It soon became clear that this was a very special evening. Four cruise boats berthed at the Westhafen, VIP automobiles and shuttle buses drew up in front of the red carpet, and Germany's top radio presenter rushed past ... Simone Panteleit was to present the programme for the awards. Event planners and specialists, location operators, hoteliers and media representatives all came in great numbers and looked forward with anticipation to the announcement of the winners of the year's Location Awards.

This had been preceded until 31 May by the submission of entries by all locations which have the necessary permit required by the applicable legislation and the event venue regulations. The applications were followed until 15 July by the second phase, in which a total of 1,965 event planners and specialists from the event industry carried out the evaluation process using a points system. The evaluation, based on 5,059 votes, led to nominations for each category, from which a 12-person jury selected the winners.

After guests were welcomed by the Location Award initiator Frank Lienert and the host Thorsten Schermall from WECC,



Florian Leisentritt (right) at the award presentation

A view of the impressive atrium of Gewandhaus Dresden

Award-winning!



Thorsten Neumann, Katharina Henze and Hotel Director Florian Leisentritt

Gewandhaus Dresden, Autograph Collection, wins the 2016 Location Award.

On the evening of 17 October 2016, in the presence of 500 guests and leading representatives of the event industry at the Westhafen & Convention Center in Berlin, Hotel Director Florian Leisentritt and Sales Director Katharina Henze had the honour of being presented with the 2016 Location Award in the "Hotel Event Location" category. Our five-star hotel in Dresden was selected as the best "Hotel Event Location" in the face of strong competition from all around the country, and is accordingly the first event location in Dresden since the establishment of the Location Award to bring this accolade to the capital of Saxony. The Location Award honours Germany's top event locations every year and



new features compared to the previous year were explained in a brief discussion with the jury. The submission of a video produced by the applicant venue, the introduction of mystery guest (an anonymous test visitor) and a transparent insight into the evaluation criteria made it clear that this jury took its task seriously.

Every category of the award was introduced by presenter Simone Panteleit in the form of a short sofa conversation with the nominees and a representative of the jury, before a further member of the jury made a speech honouring the winner. The winners were announced to tremendous applause.

Florian Leisentritt, Director of Gewandhaus Dresden, Autograph Collection, was presented with the Location Award in the "Hotel Event Location" category by jury member Thorsten Neumann, CEO of noi! Event & Catering GmbH & Co. KG, Mönchengladbach.

Seaside Hotels wishes to thank all supporters, customers and guests for their loyalty to our boutique hotel in Dresden and for their confidence in our team.

Our sincere thanks also go to the jury and the organisers of the award, fiylo Deutschland GmbH.

If you are looking for a premium location for your event, we will be delighted to help you with the organisation and support operations. We look forward to hearing from you on +49-351-49 49-44 or at bankett@gewandhaus-hotel.de.



Interview with a regular Gewandhaus Dresden guest

Florian Leisentritt, Director of Gewandhaus Dresden, in conversation with Harald Inhuber during a meeting in the lobby of the hotel in November 2016.

Mr Inhuber, it's my pleasure to welcome you back to Gewandhaus Dresden. Since when have you been coming to us, and what brings you to our wonderful city of Dresden?

My first official trip to Dresden was in June 2014, when I began work as chauffeur to the President of the Fraunhofer organisation based in Munich.

Can you remember your first stay with us at Gewandhaus Dresden?

It was on 15 July 2014 – although at the time the hotel was still part of the Radisson Blu brand.

What were your first impressions after the renovations in 2015?

My impressions were entirely positive. I've been able to test a wide range of rooms, and regardless of the individual room they're all attractively furnished and suitable in terms of size and design. The renovation work was highly successful.

Please tell us and our readers a little about your work.

I provide my boss, who is President of the Fraunhofer organisation based in Munich, with a personal all-round service. I act as his chauffeur, carry out the

check-in at his hotels, and implement services such as inspecting the premises where he has appointments in advance, in order to save time locally. In other words I perform all the tasks which a hotel concierge takes care of. As a result my job involves driving around 100,000 kilometres a year in Germany and the surrounding countries.

How many nights a year do you spend travelling away from home? Well, in 2016 I spent 103 nights in hotels.

Your work involves a lot of travelling. For you, what does a hotel have to offer so that you feel at home?

The most important thing is the reception you get, the feeling that you are welcome. For me the staff at the reception play an important role. It should be possible to fulfil any requests which you have made in advance, and as little time as possible should be wasted during check-in. As a regular guest you should somehow have the feeling of "coming home" – and in my case your staff have done a great job in this respect!

What makes Gewandhaus Dresden so special for you?

The outstanding ambience, the sincerity and friendliness of the staff, the cleanliness of the hotel and the feeling that you're always welcome.

Do you have a favourite place in our hotel?

I don't really have time to enjoy everything the hotel has to offer, but my regular place during breakfast is my favourite spot. I also find the little corner seats in the bar very attractive, as well as the fireplace with its crackling flames – especially in the cold months of the year. Unfortunately I don't have time to linger there for more than a few moments.

Do you have a favourite room – and if so, why?

Yes, of course – Room 305. The feeling of space, the bathroom and the terrace are unbeatable! As soon as I enter the room I feel right at home.

How many nights have you already stayed with us at Gewandhaus Dresden?

Since the re-opening I've spent 110 nights here, including private stays with my wife – who by the way also loves the hotel!

Does that mean that during the week Gewandhaus Dresden has almost become a second home for you?

Definitely – much to the chagrin of my wife – she's already a little envious of my "second home".

In the year 2016 you entered the HRS Business Heroes competition. In your application you were kind enough to mention us as your favourite hotel. What led you to make the application?

The application was a spur of the moment thing, but also partly because I felt the description fitted me. After all, anyone who spends more than 100 nights a year at hotels is a kind of "business hero", right? I still owe you a big thank you for your support – I managed to get into the final, but then didn't pursue my participation because of lack of time.

Will we have the privilege of welcoming you to Gewandhaus Dresden in 2017 once more?

Definitely, I'm always happy to come back here, although this will depend on the contractual arrangements between your hotel and my employer, which of course I have to comply with!

Finally, do you have a tip for any of our readers who are planning to visit Dresden?

There's so much to see in Dresden and you can obtain tourist advice just about everywhere from everyone. But I've got a special tip: stay at Gewandhaus Dresden and from there you can explore everything on foot, starting with the Goldener Reiter statue and Pfunds Molkerei dairy, the Botanical Gardens, the Zoo, the Riverside Terraces and the classic sights such as the Semper Oper, the Zwinger or simply just the shopping malls ...

And those who don't necessarily want to visit Dresden's Christmas market, the Striezelmarkt, should visit the city during the remaining 11 months of the year. At Christmas time you can only explore the city at a snail's pace, at least at the weekends, although this of course has its own charm.

Many thanks, Mr Inhuber, for being our guest!



Unique in every respect – on the trail of August the Strong

August the Strong, Elector of Saxony and King of Poland, ordered that his residential city of Dresden should be developed into one of the most splendid in Europe. And just as Dresden has been transformed over the years, the Gewandhaus Dresden has also been transformed – from the "House of the Clothmakers" into a five-star boutique hotel.

Follow the trail of the most famous of the electors and allow yourself to be treated like a king in one of the most history-laden buildings of this historic city. Enjoy two nights' accommodation in one of our Superior rooms with their king-sized beds, and savour a splendid, three-course meal with select delicacies which August himself would not have been able to resist. Our chefs de cuisine re-interpret the concept of the [m]eatery for you, and bring the favourite dishes of the Elector into a new age.

August the Strong was a collector of jewellery and precious objects, but he appreciated fine wines and premium-quality spirits just as much as gold. Together with our barkeeper you can – using a spirit of your choice – create a treasure of your own which might have made August envious.

If you wish to discover the secrets and exciting stories which the old city is full of, who better to ask than August the Strong himself?

He will proudly take you on a guided tour of his beloved Dresden and show you the impressive edifices which he ordered to be built for his residence on the banks of the Elbe.

In addition to the fascinating history of this city, known as "Florence on the Elbe", you will be entertained by many an amusing anecdote about life at the princely court.

Our Gewandhaus Dresden offers this exclusive "On the trail of August the Strong" package.

Features:

- Two nights' accommodation in a Superior room
- Our breakfast buffet with a rich choice of dishes
- A 3-course meal inspired by the Elector
- A serviette from the "House of the Clothmakers" with your name embroidered on it
- A tour of the old city guided by August the Strong
- A cocktail of your own choice

645,00 € in a Superior double room

Bookings on request and subject to availability on Tel.: +49-351-49 49-0 or by email to: info@gewandhaus-hotel.de

www.gewandhaus-hotel.de





From "Paprika tower" to first-class hotel

The Premium rooms are spacious



The Deluxe rooms offer luxury overlooking the rooftops of Chemnitz

At the end of the 1960s six identical high-rise buildings were constructed in what at the time was known as Karl Marx Stadt, one of them directly on Bernsbachplatz.

Originally planned as an apartment block, this building soon came to be occupied by foreign workers from Hungary, who worked mainly in the city's textile factories. This gave the building its affectionate nickname of "Paprika tower".

Although it would be difficult to imagine for today's hotel guests, every room had four occupants and featured bunkbeds and a small kitchen unit. Luxury and privacy was out of the question, especially as there was a "minder" at the entrance to the building and on every floor. These minders were responsible among other functions for ensuring that the occupants only received female visitors between the hours of 10.00 and 22.00 hrs.

Subsequently, when the Hungarian workers were replaced by Cubans, the "Paprika tower" became the "Sugarloaf".

Four years later these in turn were replaced in Chemnitz by workers from Mozambique. Among older residents of Chemnitz the building is still known as the "Paprika tower", although its shoddy charm from GDR days has long since been given a facelift.



When the last foreign workers left in 1990, the apartment block was converted to a hotel in the Sindelfinger chain at a cost of 40 million Deutschmarks, before becoming the first Seaside Group hotel in Germany two years later.

Since then it has welcomed guests from all around the globe, including a number of well-known personalities from the worlds of politics, sport, music and

the stage. Over the years a large number of these guests have become loyal regulars, not least because of the many long-standing staff who have contributed so much to the identity of the hotel.

After 24 years of operation the doors of the Residenz Hotel closed on 01.02.2016, but fortunately this was only temporary, for the purpose of extensive renovation and conversion work. Thanks to industrious craftsmen and the active support of its staff the hotel was soon – with a small official celebration held on 12 May 2016 – able to re-open in new splendour.

In addition to a modern facade the interior of the building also underwent luxurious refurbishment. For example all 187 rooms were renovated and redesigned, so that guests are today offered rooms in the "Standard", "Premium" and "Deluxe" categories.

In contrast to the cramped circumstances of 50 years ago, they are available now as single or double rooms which, with a size of around 30 m², are larger than today's usual hotel room.



The lounge is the ideal place to relax at any time of day

The rooms with the highest category "Deluxe" have been completely redesigned and equipped with air conditioning. In the enlarged bathrooms glittering mosaics create a stylish, feel-good ambience, while the new boxspring beds ensure a great night's sleep. The new concept is rounded off by an illy coffee machine, high-quality cosmetic products and a wonderful view of the city of Chemnitz.

In all the other rooms, too, new carpets, upholstery and curtains have been fitted and the walls painted in pleasant colours, so that guests will feel at home no matter what room category they have booked. In addition to the enhancement of the hotel's existing features, new facilities have also been added, including an elegant boardroom for meetings and a modern lounge in which guests can get together in a relaxed atmosphere.

In its new look Seaside Residenz Hotel Chemnitz has come as a revelation to many regular guests. In addition to the hotel's familiar welcoming atmosphere, the new design is simply one more reason to return to it time and again.

In the future, too, the staff will continue to make sure that "guests are among friends here".

The "Seaside Special" at Residenz Hotel Chemnitz

Get to know Chemnitz and our Seaside Residenz Hotel with this special offer.

A trip to Saxony's third-largest city is a great opportunity to explore Chemnitz and stroll around the city centre, enjoy the fresh air by the Schlossteich lake or climb and swim at the Rabensteiner Stausee dam. However, these are only a few of the attractions our city has to offer. Chemnitz is also the ideal place to explore the history of a major industrial culture, while a range of different museums, theatres and the opera house round off what

the city has to offer in terms of art and culture. You will be entranced by the reborn charm of Chemnitz.

Our offer includes:

- a welcoming drink
- three nights' accommodation with Seaside breakfast buffet
- a 3-course set meal in our restaurant on a day of your choice
- a tourist guide to the city
- a day's ticket for local passenger transport

129.00 € per person in a double room

Bookings on request and subject to availability on Tel.: +49-371-3 55 10 or by email to: info@residenzhotelchemnitz.de

www.residenzhotelchemnitz.de

CHEMNITZ city of sports

From the first private sports hall in 1837 to the present-day Olympic training centre

Chemnitz has an established reputation as the city featuring the head of Karl Marx, a centre of modernism and a location with a significant artistic history. What is perhaps less well-known is that Chemnitz is also a major sporting centre.

The history of modern sport in Chemnitz began in the first half of the nineteenth century. As long ago as 1837 Ambrosius Weigand established the first private sports hall here, and 10 years later the foundations for a successful sporting history were laid in the form of the "Chemnitzer Turnverein", the city's athletics club. The years from 1880 onwards saw the establishment of a large number of clubs in new types of sport such as cycling, football, handball and weightlifting. In 1928 athletes from the city took part in the Olympic Games for the first time, and in 1938 cyclist Carl Lorenz brought the first Olympic Gold medal back to Chemnitz. In the 1930s the city's indoor swimming pool and Sportforum, both of them still in existence today, were inaugurated.

Thanks to a number of prestigious sportspeople Chemnitz is now known throughout the world for its achievements in this field. Michael Ballack, Katharina Witt, Matthias Steiner, Lars Riedel and David Storl are only some of the famous sportsmen and women who began their careers in Chemnitz.



The community4you ARENA



Motorcycle racing on the Sachsenring

Since medal tallies were for the first time counted in 1963 sportsmen and women from Chemnitz have won no less than 650 medals in the Olympic Games, as well as various world and European championships.

Today Chemnitz is an important centre for Germany's Olympic sports teams, in particular in figure skating and athletics. It has first division clubs in the form of the "CHEMCATS Chemnitz" basketball team, the "Chemnitzer Athletenclub" in weightlifting and "TuS 1861 Chemnitz-Altendorf" in gymnastics. In football "Chemnitzer FC" has so far only managed the third division, but the club is working hard on promotion in order to live up to its new stadium.

Further well-known sporting events are the MotoGP on the Sachsenring and the "Saxony Grand Prix", an equestrian event for which the Seaside Residenz Hotel is one of the sponsors. In 2017 Chemnitz will also be the venue for the German road cycling championships. At "Sportgymnasium Chemnitz" with its boarding school the sporting elite of tomorrow receive their training.

In addition to a rich tradition, competitive sports have a solid mass basis in Chemnitz. The city's 223 sports clubs represent 80 different sports and have more than 35,250 members, including 11,800 children and teenagers. It's therefore not surprising that at the start of every year former professional footballers compete with each other in the city's "football tournament for oldies" – a fixed date in the diaries of all Chemnitz sports fans.



At Westerhever lighthouse



Stilt buildings on the flooded beach



Dunlins



Common seal



Mud snail

Friesian flair

at AALERNHÜS hotel & spa

The Waddensea World Natural Heritage Site

“It’s the Nobel Prize for nature!” (UNESCO expert Prof. Pedro Rosabal on the significance of recognition as a World Natural Heritage Site).

At the end of June 2009 UNESCO – the United Nations Educational, Scientific and Cultural Organization – included the Netherlands/German Waddensea area in its list of World Natural Heritage sites. In 2014 the area was extended to enclose Denmark’s Waddensea area, giving the entire Waddensea the same status as other famous natural wonders such as the Grand Canyon in the USA and the Great Barrier Reef in Australia, both of which are part of the World’s Natural Heritage.

The Waddensea World Natural Heritage Site is an area of around 11,500 km², which stretches for something like 500 km along the coastline. It has been a protected area for more than a generation. The German and Danish Waddensea areas are designated national parks, while in the Netherlands it is a state-protected natural monument.



Storm Xaver in November 2013

The Waddensea has been included in the World’s Natural Heritage under all three registered criteria. This confirms that our Waddensea has major global significance with regard not only to its geological and ecological processes, but also in relation to its role in maintaining biological diversity.

In geological terms it is a very young landscape – only 10,000 years old, and it is constantly being re-shaped by wind and tides. It demonstrates in a unique way how animals and plants adapt to ongoing changes in their environment, while offering a home to species of plants and animals which have become rare in other locations.

This habitat is home to around 10,000 species – ranging from single-celled organisms and fungi to higher-order plants and animals. The most spectacular feature is the bird migration in spring and autumn, with up to 12 million birds stopping to rest and feed in the Waddensea on their long journey.



Common seals and grey seals

Experience the dynamism

Nature develops its full force to the west of Eiderstedt. The sand of the dunes, sandbanks and beaches is constantly being moved by wind and water, with dunes sometimes growing at a rate of almost 1 metre on a single day. Off the coast of Böhl and Süderhöft new sandbanks have been developed over recent years, together with more than one square metre of new salt meadows. Many stilt buildings stand with their feet in the water, because the sandbank below them has moved away.

Experience the diversity

Eiderstedt is rich in natural treasures: seals bask on the sandbanks in the Eider, while a sea eagle circles above the Katinger Watt mud flats and startles thousands of barnacle geese. In Tümlauer Bay avocets sieve through the shallow water, while terns and black-headed gulls breed by the Eidersperwerk barrage. A boat trip on the Eider which offers the opportunity to catch some marine animals enables visitors to experience the creatures of the underwater world at first hand.

Experience the quantity

Countless tiny snails, mud shrimps and worms can be found in or on the mud flats and visitors are advised to participate in a guided tour so that they won’t miss anything the Waddensea has to offer. A further mass spectacle is the bird migration which takes place in the spring and autumn, which is at its most impressive on the Westerhever Sandbank (wading birds) and the Katinger Watt mud flats (wild geese).

Experience the protection

The World Natural Heritage area is identical with the area of the Schleswig-Holstein Waddensea National Park. This begins 150 m towards the mud flats from the top of the dike, and is divided into protected Zone 1 (here nature is left entirely to itself) and protected Zone 2 (restricted use in harmony with nature possible). Humans are welcome guests at the Waddensea! You can help to maintain our World Natural Heritage by sticking to paths and complying with any restrictions which apply to breeding and resting areas. In the spring, highly rare Kentish plovers nest on the sandbanks off St. Peter, and the relevant areas of the beach are then marked as bird sanctuaries.



Barnacle geese on Eiderstedt



North Frisia at its best

Aalernhüs hotel & spa is your ideal base for a relaxing short break.

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Mudflat landscape



Mr Lohmann's Insider tips from St. Peter-Ording

I was born in East Friesland, but as a child spent a number of holidays in St. Peter-Ording and – as is typical of the North – I made many friendships here which have lasted to the present day. I felt at home here and this is why at the age of 21 (that was 30 years ago) I “emigrated” to St. Peter-Ording, something I’ve never regretted for a second.

I first worked for a number of different employers in my profession of physiotherapist before joining what was then the Hotel Vier Jahreszeiten (the present-day Aalernhüs), initially also as a physiotherapist. However, my boss at the time recognised my

technical skills and asked if I would be interested in the post of in-house technician. That was in 1995. I have in the meantime become Technical Director and believe that I know all the nuts and bolts in the hotel personally.

My decision in favour of the North and Aalernhüs hotel was the right one. Life never gets boring here, and my daily technical tasks at the hotel and interaction with guests and colleagues are always varied and interesting.

I can't imagine living and working anywhere else.

My tips & recommendations around and about Sankt Peter-Ording:

Treasures from the sea

Ideal in the autumn and winter months: collecting driftwood, flotsam and jetsam or amber after stormy weather. The so-called “Schittecke” of the beach in Vollerwiek/Westerdeich is an excellent place to start looking.

Andresen inn

The oldest pub and restaurant in Katinger Watt has been in existence since 1668. Here the eggnog – prepared in accordance with the original “blond Kathrein” recipe – is legendary. The shrimp roll with egg and similar regional delicacies are also very tasty here. The restaurant with its original Delft tiles can also be booked as a venue for weddings.

Norderdeich beach

This is a beautiful, calm stretch of beach in Ording. Here your dog can run and romp without needing to be on the lead, while you enjoy the fresh sea breeze. If you drive to the “Strandkorbhalle” (beach chair store) you can park there and take the wooden steps up to the dike. The wooden walkway then takes you down to the beach through the dunes.

Tümlauer Koog marina

Something not many people know: the marina is situated in quiet and scenically beautiful surroundings in the Ording Priel. You follow the Tümlauer Chaussee and then drive straight on along Koogstrasse before taking the second turning on the left. There you reach the marina by driving along the dike.

Eidersperrwerk barrage

If you approach St. Peter-Ording via Wesselburen it's worth making a short stop at the Eidersperrwerk barrage. At the viewing pavilion (open from the middle of May to the end of October) you can enjoy a fish sandwich or other freshly prepared Northern delicacies such as lobscouse (a mixture of meat, fish and vegetables) while you take in the wonderful view across the Eider. Alternatively you can take your snack out onto the barrage and breathe in the North Sea air. At weekends this is a gathering place for bikers who exchange experiences about the best routes.



Stubble field races

The stubble field races which take place in Medehop during August are a lot of fun for both young and old. The left-hand bend is especially feared as high-powered machines roar across the stubble and mud. Accompanied by a DJ playing music and tasty food this is always an eventful day.

The Jürgens family Glückscafé in Vollerwiek

During the harvest season this is the ideal place to pick your own Vollerwiek fruits such as raspberries, gooseberries, redcurrants and blackberries.

Maize labyrinth

The maize labyrinth in Kirchspiel Garding at the Kühl family's farm shop is worth a visit. Here you can buy Eiderstedt specialities from the local farms, as well as cherries and strawberries in the summer.

Backhus

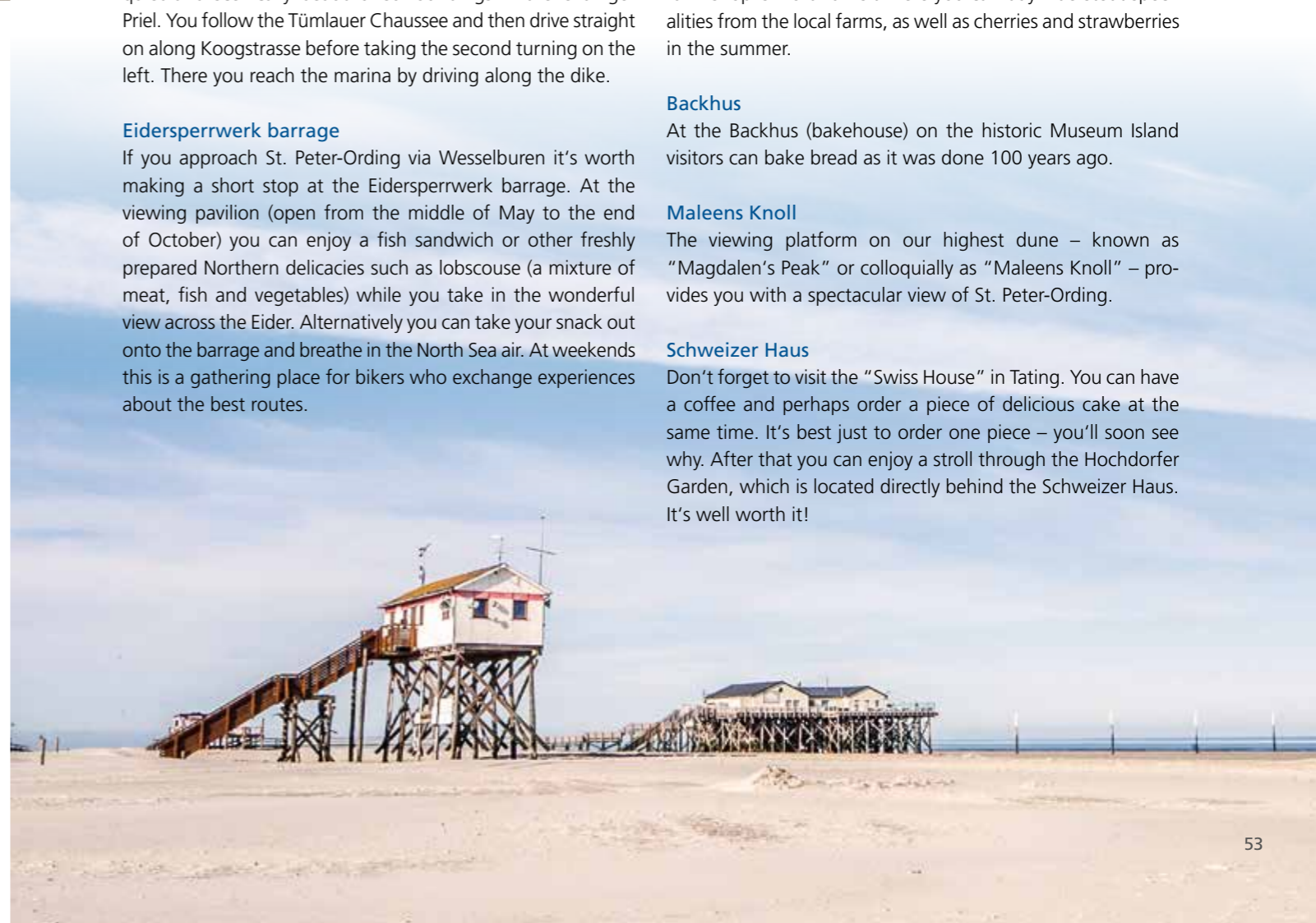
At the Backhus (bakehouse) on the historic Museum Island visitors can bake bread as it was done 100 years ago.

Maleens Knoll

The viewing platform on our highest dune – known as “Magdalen's Peak” or colloquially as “Maleens Knoll” – provides you with a spectacular view of St. Peter-Ording.

Schweizer Haus

Don't forget to visit the “Swiss House” in Tating. You can have a coffee and perhaps order a piece of delicious cake at the same time. It's best just to order one piece – you'll soon see why. After that you can enjoy a stroll through the Hochdorfer Garden, which is located directly behind the Schweizer Haus. It's well worth it!





Hamburg

a city's secrets

With just under 1.8 million inhabitants Hamburg is the second-largest city in Germany and one of the country's top tourist destinations.

Among the most popular and best-known sights are the city centre with the Binnenalster lake, the port with the St. Pauli quays and the modern HafenCity with the Elbphilharmonie concert hall, St. Pauli with its Reeperbahn red-light district and emblematic buildings such as the "Michel" (St Michael's church) and the "Rathaus" (town hall).

In addition events such as the "Port Birthday", the Altona fish market, Hamburger Dom fair and the Cruise Days with their "Parade of Dream Ships" are highly popular with both locals and visitors. A further major attraction is musicals such as "The Lion King", "The Miracle of Bern" and Disneys "Aladdin".

There's always something going on in Hamburg, but there are also a few facts about the city which are both highly interesting and not so well known ...

Did you know that Hamburg has more bridges than Venice or Amsterdam? Over the years 2,485 viaducts and bridges have been built across the Alster and Elbe rivers, streams, canals, roads and railway lines. In addition the Jungfernstieg in Hamburg was the first street in Germany to be asphalted (1838).

The world's first zoo, together with open enclosures in which the animals can roam freely, was founded by Carl Hagenbeck in Hamburg in the year 1907, in order to release unfortunate animals from the miserable circumstances in which they were kept. The parklands of Hagenbeck Zoo cover 25 hectares and its network of paths stretches for more than six kilometres. In addition to the many extensive animal enclosures, visitors can admire plants from all around the world. The most famous inhabitant of Hagenbeck Zoo was Antje the walrus, which for many years was the mascot of the NDR broadcasting station.

The success story of the Beatles began in the early Sixties on the "Große Freiheit", one of the best-known streets in Hamburg. Here they played in a number of clubs, including the legendary "Star Club", which is still in existence today.

Hamburg's splendid town hall, the "Rathaus", was built between 1886 and 1897 and has 647 rooms – even more than Buckingham Palace in London.

Immigrants to America from Hamburg took with them an idea which transformed the culinary world: a patty of fried minced meat in a bun called the "Hamburger".

Did you know that "Nivea", the world's most successful brand of cosmetics, was developed in Hamburg in 1911? And that Mont Blanc created its famous "masterpiece" in Hamburg in 1906?

The famous "water wings" were invented in Hamburg by Bernhard Markwitz. In 1956 his three-year old daughter fell into a goldfish pond and after this incident he wound a number of bicycle inner tubes around her upper arms to keep her safe. When he won 253,000 marks in the lottery he finally had the necessary finance in order to market his invention on a commercial basis. To the present day more than 150 million sets of water wings have been sold, saving many children around the world from drowning.

Contrary to expectations the weather in Hamburg isn't all that bad. Hamburg has 133 rainy days a year, 40 fewer than Munich.

Naturally Hamburg has many more sights and surprising highlights to offer. The city is well worth a visit and of course when you come here we will be glad to welcome you at SIDE Design Hotel Hamburg. www.side-hamburg.de



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A healthy recipe

by Hendrik Maas

Our [m]eatery chef de cuisine Hendrik Maas has some recommendations for those looking for a recipe which is healthy, simple and above all tasty. The variety of the options means there's no risk of boredom and something is provided for everyone.

[m]eatery tartare variation for 4 persons:

The marinades which are described here make a wonderful combination with either beef or salmon. The tartares should be prepared shortly before serving, because if they are left to stand after the marinade has been added they will need seasoning once more. Per person we have calculated a generous 40g serving of tartare.

160g lean haunch of beef, preferably freshly slaughtered, chopped very fine

160g wild salmon, cut into small cubes

Marinades:

Classic

1 tablespoon of finely chopped shallots

2 tablespoons of finely diced gherkins

1 teaspoon of anchovy fillets rinsed under warm water and finely chopped

1 tablespoon of finely chopped capers

1 tablespoon of medium mustard

1 egg yolk

1 splash of Tabasco

1 splash of Worcester Sauce

1 splash of Cognac

2 teaspoons of chopped flat parsley

1 pinch of sea salt

A little pepper

Mediterranean

1 tablespoon of finely chopped shallots

2 tablespoons of chopped black olives

1 teaspoon of anchovy fillets rinsed under warm water and finely chopped

2 tablespoons of diced tomatoes

2 tablespoons of chopped basil

1 tablespoon of Parmesan shavings

1 tablespoon of chives

1 splash of lemon juice

1 splash of olive oil

2 egg yolks

1 pinch of sea salt

A little pepper

The vegetarian or vegan avocado/tomato tartare is an ideal alternative or supplement to beef or salmon:

2 ripe avocados roughly cut into 1 cm cubes

4 tablespoons of diced tomatoes

3 tablespoons of Ardoino olives cut into fine rings

2 tablespoons of olive oil

The juice of half a lemon

2 tablespoons of finely chopped chives

1 pinch of sea salt

Freshly ground pepper

New at SIDE SPA

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- 2015 Booking.com – 2014 Award of Excellence (9,3)
- 2015 last-minute.de 5* Hotels – Gold – "tastiest hotel on the island"
- 2015 RTK Hotel Award TOP 100 hotel
- 2015 Tui Nordic Blue Award – Gold
- 2015 Trivago: best beach hotel on the Canary Islands for the 4th consecutive year
- 2015 Certificate of Excellence TRIPADVISOR 2016
- 2015 HOLIDAY CHECK 2015 (NOTA DE 5,8/6)
- 2016 QUE BUENO! Best hotel gastronomy
- 2016 TUI TOP QUALITY 2016
- 2016 TUI HOLLY 2016
- 2016 TUI UMWELT Environmental champions
- 2016 Tripadvisor Certificate of Excellence
- 2016 Travellers Choice Award 2016
- 2016 Trivago – 2nd best beach hotel in Spain
- 2016 Premios Mahou – La Opinión de Tenerife/La Provincia (Gastronomía): Seaside Hotels Winner of the 3rd edition category "Corporate Social Responsibility"
- 2016 "Recommended on Holiday Check 2016", "Award"
- 2016 Certificate of Excellence TRIPADVISOR 2016
- 2017 Traveller Choice Award TRIPADVISOR 2017

- 2017 TUI HOLLY Best Hotel in the World of TUI
- 2017 TOP Quality 2017
- 2017 Booking 2016 "Guest Review Award" (9,3)
- 2017 TUI UMWELT Environmental champions
- 2017 Tripadvisor Certificate of Excellence
- 2017 Jet2 Holidays Quality Award 2016 for Best Overall 5* Food Quality
- 2017 – 2019 Travelife Gold Sustainable Tourism Certification

Palm Beach *****

- 2015 Booking.com – 2014 Award of Excellence (8,9)
- 2015 Sunway Certificate of Excellence
- 2015 lastminute.de 5* Hotels – Silver – "tasty hotels" & "2nd best 5* hotel"
- 2015 Thomas Cook – Proven Quality 2015
- 2015 TUI HOLLY
- 2015 Certificate of Excellence TRIPADVISOR 2016
- 2015 TUI Environmental Champions 2015
- 2016 Luxair Quality Award 2016
- 2016 TUI TOP QUALITY 2016
- 2016 TUI UMWELT Environmental champions
- 2016 HolidayCheck Award 2016
- 2016 TUI HOLLY 2016
- 2016 Tripadvisor Certificate of Excellence
- 2016 Premios Mahou – La Opinión de Tenerife/La Provincia (Gastronomía): Seaside Hotels Winner of the 3rd edition category "Corporate Social Responsibility"
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- 2017 TUI HOLLY 2017
- 2017 TUI Top Quality Award
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Sandy Beach *****

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- 2015 Zoover: One of the 25 best hotels in Spain
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Los Jameos Playa ****

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- 2015 SUNWAY Certificate of Excellence
- 2015 Holiday Check
- 2015 Booking.com – 2014 Award of Excellence (8.6)
- 2015 EcoLíder de TripAdvisor – Gold Level
- 2015 lastminute.de 4* Hotels – Silver – "tasty hotels 2015" & "2nd best 4* hotel"
- 2015 RTK Hotel Award TOP 100 hotel
- 2015 Tripadvisor Certificate of Excellence for 5 consecutive years enters in to the "Hall of Fame"
- 2015 Zoover one of the 25 best hotels in Spain
- 2015 TUI Environmental Champions 2015 – TUI UMWELT
- 2015 TUI TOP QUALITY 2016
- 2016 HolidayCheck Award 2016
- 2016 Certificate of Excellence 2016 de Tripadvisor
- 2016 Premios Mahou – La Opinión de Tenerife/La Provincia (Gastronomía): Seaside Hotels Winner of the 3rd edition category "Corporate Social Responsibility"
- 2016 TUI UMWELT Environmental champions
- 2016 "Recommended on Holiday Check 2016", "Award"
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- 2017 Quality Award Luxair 2016
- 2017 Holiday Check Award 2017
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- 2017 Jet2holidays Quality Awards 2016
- 2017 Tripadvisor certificate of excellence
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and across volcanic rock ...
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first-class hotel
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Photos – (top) Motorrad-Rennen auf dem
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Page 50 – 51: The Waddensea World Natural
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The Seaside Hotels magazine has once more been created under the direction of our staff. We'd like to express our thanks and appreciation to you for your efforts!

... and
of course
to many
others!



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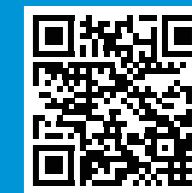


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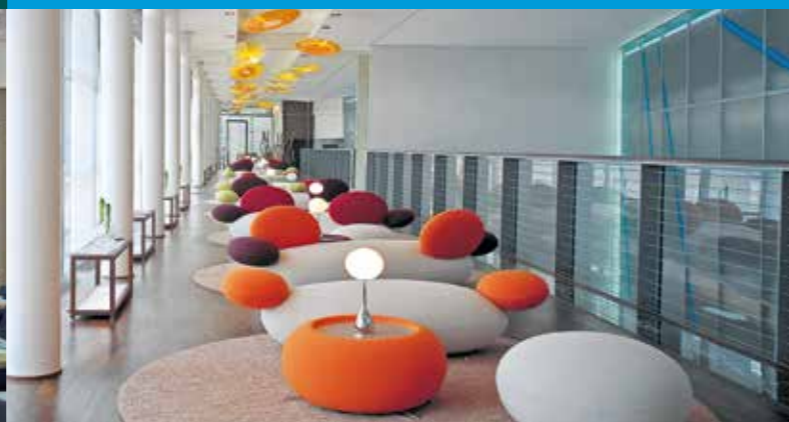
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