

Wellness 
and recreation
in the Kaliningrad
region







The soothing sound of the surf, iodine vapor, pine aroma saturated air, gentle sun, and the abundance of forests and parks, all of it you will find in the Kaliningrad region. Yet here there are expanses of sandy beaches and picturesque beaches, delineating the edge of the boundless sea.

Kaliningrad health establishments offer a variety of therapeutic programs for both children and adults alike. Effectively used modern rehabilitation, physiotherapy and inhalation equip-

ment, systems of physical and psychological recovery (aromatherapy, physiotherapy, music therapy and herbal medicine) and local peat mud can be applied, its composition similar to that of the peat mud of Southern Germany, to cleanse the skin. Modern Spas and Water parks will help you relax while on vacation and will keep your children from boredom. We are sure that, once you find wellness and recreation in the Kaliningrad region, you'll return again and again!

Children's pulmonology sanatorium "Otradnoe"

Profile: course of medical rehabilitation of children with respiratory diseases, including those who have a disability because of this pathology.

Medical base: climate of sylvinitic salt caves; modern inhalation and physiotherapy equipment. There is use of computer systems and physical therapy to aid breathing and stimulation of the respiratory muscles. the drainage system of the lungs by hands or hardware (drainage) massage and use of flutter, prevention of recurrence of viral and bacterial infections through sanitation and with a focus on chronic infections by otolaryngologist and dentist; identification of the causes of allergic diseases.



One of the major spa treatments in "Otradnoe" is the unique climate. Buildings of the sanatorium are located along the seashore amidst beautiful forest. The Baltic Sea coast is a wonderful climatic zone that has healing properties. Marine air saturated with ozone (molecule consisting of three oxygen atoms), phytoncides (antimicrobial compounds formed by plants), with a high level of ionization and ultraviolet radiation are good for the treatment of pulmonological pathology.

Svetlogorsk,
Kaliningradskiy prospekt, 74,
tel: +7 (40153) 2-11-29,
2-11-59, fax: 2-11-25.
E-mail: san-otradnoe@mail.ru,
www.kurort-otradnoe.ru

Children's Sanatorium "Teremok"

Profile: children from 2 to 17 years suffering from psychoneurological, orthopedic and ophthalmologic diseases.

Medical base: complex of rehabilitation equipment, allowing to get professional treatment to restore the functions of central and peripheral nervous systems and musculoskeletal system, using treatment and rehabilitation technologies. hardware physiotherapy - galvanizing, interference currents, sinusoidal modulated currents, electrical stimulation of muscles, diadynamic currents, ultrasound, electrotherapeutic sleep therapy, electrophoresis of drugs, local D'arsonvalization, UHF-therapy, magnet therapy, EHF-therapy, UV radiation, phototherapy, hydrotherapy - fresh water bath, aromatic, medicinal, whirlpool, contrast, mineral (sodium chloride) baths, underwater shower massage, thermotherapy - paraffin and ozocerite applications, mud cure; aerosol therapy - inhalations, halo-chamber, herbal medicine, systems of physical and psychological healing, aromatherapy, physiotherapy, music therapy, psycho-energy suggestion, therapeutic exercises, electrical stimulation, massage, etc.



Zelenogradsk,
ul. Oktyabrskaya, 13,
tel: +7 (40150) 3-20-08,
3-20-62, 3-17-68

Sanatorium "Zelenogradsk"

Profile: cardiovascular diseases: coronary heart disease, myocardial infarction, hypertension, diseases of the organs of motion: joints, spine, stretching spinal neurological diseases: neuritis, sciatica, etc.; gynecological diseases: chronic inflammatory disease (infertility), department of rehabilitation for patients after acute heart attack, heart surgery and unstable angina pectoris.



Medical base: mud cure with peat mud, mud baths, massage and physiotherapy rooms, water treatment (including 7 types of phyto-salt baths, 5 kinds of pearl baths and whirlpool), light-, electricity-, laser-, EHF-therapy, aromatherapy, psychotherapy, manual, classic and gynecological massage.

In sanatorium "Zelenogradsk" you can get advice of qualified therapists, therapist, cardiologist, neurologist, gynecologist, and take appropriate procedures.

Zelenogradsk,
ul. Pugacheva, 4,
tel: +7 (40150) 3-29-37, 3-24-79,
fax: +7 (40150) 3-29-37

Sanatorium “Svetlogorsk”

Profile: diseases of the circulatory and nervous system, cleanse the body of toxins, diabetes.

Medical base: clinical biochemical laboratory, treatment room, electro-separation department, massage, inhalation, physical therapy room, gym, dentist’s office. Mud cure with minerals, pine, carbonic baths and therapeutic showers. There is also a preventive health center, well-room with curative mineral water. In addition, Sanatorium “Svetlogorsk” has year-round unit for patients with diabetes. There is also a special School for patients with diabetes, pursued by leading experts of the Russian Academy of Medical Science. The local branch is well known for treatment of diabetes, not only in the Kaliningrad region, but also far beyond.



Sanatorium “Svetlogorsk” is located in the heart of the “Old town”, 300 meters from the Baltic sea. Right next to the sanatorium there is a city park. The class of rooms in renovated building of sanatorium corresponds ***.

Svetlogorsk,
ul. Gagarina 17,
tel: +7 (40153) 2-13-25, 2-13-65,
fax: +7 (40153) 2-13-37

Sanatorium - dispensary “Amber”

Profile: diseases of the musculoskeletal, cardiovascular, respiratory and nervous systems, gynecological and gastroenterological diseases, occupational diseases.



Medical base: water treatment (different baths, Sharko shower), mud therapy with the use of native freshwater mud, physiotherapy, exercise therapy, massage, hydro massage, dentistry, clinical nutrition (different diets), climate therapy, conservative gynecology, laser therapy, electrotherapy, sauna and swimming pool.

Sanatorium - dispensary “Amber” – is a modern medical-prophylactic base in the Department of the Ministry of railways of Russia.

There are two buildings for 350 people.

Svetlogorsk,
ul. Lenina 50,
tel: +7 (40153) 2-16-09,
fax: +7 (40153) 2-16-08
e-mail: san-yantar@mail.ru

Sanatorium “Amber Shore”

Profile: diseases of organs of blood circulation, respiratory organs, gastrointestinal tract, diseases of musculoskeletal system, nervous system disorders, gynecological disorders, metabolic disorders and diseases of the endocrine system

Medical base: there are over 160 types of medical procedures, including: hydrotherapy (whirlpool, salt, mineral, 4-chamber baths), spa showers (circular, ascending, Charcot, Vichy), ozocerite therapy, pneumocompression, underwater horizontal stretching of the spine, massage, herbal medicine, aeroionotherapy (treatment with ionized air) etc.

“Amber Coast” – is the largest seaside sanatorium of Kaliningrad – it’s located in the resort town on the shore of the Baltic Sea, 45 meters above its level, “Amber Coast” is surrounded by beautiful wooded park with a landscaped area, decorated with various artistic compositions with exotic plants. From the windows and loggias of the sanatorium you can feast your eyes on the sea and listen to the sound of the surf. “Amber Coast” invites guests all year round.

Svetlogorsk,
Kaliningradskiy pr., 79-a,
tel.: +7 (40153) 215 - 69,
216-04, 215-86,
Fax: +7(40153) 215 - 78,
211-88, 227-63, e-mail :
yantarbereg@baltnet.ru,
www.yantarbereg.ru

Sanatorium “Troika”

Profile: diseases of the nervous system, musculoskeletal system, cardiovascular system and upper respiratory tract.



Medical base: water and mud treatments, physiotherapy, acupuncture, functional diagnostics, a unique speleological chamber, exercise therapy, massage therapy, psychotherapy, consulting cardiologist, dentist, neurologist, reflexologist. There is also a swimming pool (25 m depth. 1,20-1,80 m), steam room, infrared and conventional saunas.

Sanatorium “Troika” is located 150 meters from the shore of the Baltic Sea in Svetlogorsk, 38 km from the city of Kaliningrad, in a hilly picturesque area with diverse vegetation. The resort works year-round.

Sanatorium accommodates 60 people.

Svetlogorsk,
Kaliningradskiy prospekt, 77 b.,
tel: +7 (40153) 2-10-68,
fax: +7 (40153) 2-10-67

Svetlogorsk Central Military Sanatorium

Profile: disease of cardiovascular system, respiratory organs, digestion, central and peripheral nervous system, musculoskeletal system, metabolism, as well as dental problems and gynecological illnesses.

Medical base: physical therapy department, peat mud treatment department (local peat mud), reflexology department, department of functional diagnostics, laboratory division. There are also an x-ray office, dental, gynecological, gastrointestinal, psychotherapy offices. There is also monitoring of the treatment of bowels with endoecological rehabilitation offices. For diagnostic purposes there is use of the following methods: cycle ergometry (study of muscle working), integral rheography (recording blood fluctuation), echocardiography and ultrasonic studies of various organs. There is also a phyto-center where people are treated by herbal therapy; phytoaerionization with elements of autogenic training; oxygen phytococails and phytocosmetics. Hydrocarbonated mineral water is used for the treatment of gastrointestinal tract diseases. This mineral water comes from wells with depths of 330 meters within the well room.

Svetlogorsk,
ul. Oktyabrskaya, 13,
tel: +7 (40153) 2-20-32, 2-15-54

“Social and Wellness Center”

Profile: treatment and rehabilitation of children aged 7 to 15 years with a medical condition comprising of respiratory, musculoskeletal diseases or chronic diseases of the gastrointestinal tract.

Medical base: sand beach, landscaping area with sport grounds, cinema, games room, children’s playground. Cultural and leisure program: disco, sports and fitness activities, game programs, excursions. In spring and autumn-winter period classes in core subjects curriculum are offered.



“Social and Wellness Center” is located in a park area of Svetlogorsk just 150 meters from the seashore on a plot of 3,0 ha.

Despite the fact that “Social and Wellness Center” has its own medical license, the center also is in a contractual relationship with the boarding house «The Wave» (Volna) that provides extra services for cardiology, neurology, psychotherapy, pulmonology and orthopedics.

Svetlogorsk,
Kaliningradskiy prospect, 79,
tel.: +7 (40153) 2-11-75
fax: +7(40153) 2-20-62
e-mail: oguso2009@mail.ru

Sanatorium “Chaika”

Profile: diseases of the cardiovascular and nervous system, musculoskeletal system, as well as diseases of the female reproductive system.



Medical base: Peat mud treatment (similar to the composition of peat mud of South Germany), UHF-therapy, galvanizing, electrotherapeutic sleep therapy, light and magnetic therapy, ultrasonic therapy, phonophoresis (ultrasound enhanced drug absorption), phyto-aroma therapy, music therapy, inhalation of herbs, halotherapy, therapeutic massage, manual therapy, exercise therapy.

The 9-storey building of sanatorium “Chaika” is located in the heart of the resort Zelenogradsk, 150 meters from the seashore. There is a large park right next to the sanatorium and private sandy beach.

High quality spa treatment, health programs, comfortable environment for living, skilled personnel, various leisure and relaxation will help you quickly regain your health, rebuilding strength and composure.

Zelenogradsk
ul. Krymskaya, 5,
tel./fax: +7 (4012) 37-61-37
e-mail: chayka-san@mail.ru,
www.chayka-san.ru

Sanatorium “Energetic”

Profile: treatment of adults and children with diseases of the musculoskeletal system, cardiovascular, nervous and digestive systems.

Medical base: water treatment (coniferous-salty, pearl, mineral baths), underwater shower (massage, whirlpool baths, spa showers), physiotherapy department with a modern set of instruments,



laser therapy, scanner therapy, therapeutic and cosmetic massage, dental office.

Sanatorium “Energetic” is located in Svetlogorsk on the picturesque shores of Lake “Tikhoe”, 400 meters from the Baltic coast, in a wonderful part of nature that is famous for its clean air. All year round you will find a favorable mild climate and good ecology. All these factors are the most useful ways to improve your health, to help escape from everyday worries and problems and to recover the joy of life.

Svetlogorsk,
ul. Baltiyskaya, 2,
tel: +7 (40153) 2-21-23, 2-21-20,
fax: +7 (40153) 2-12-20
www.energetik-km.ru

Hotel complex “Volna”

Hotel complex “Volna” is located in a picturesque corner of the resort town Svetlogorsk in 300 meters distance from the beach. Modern health complex at the hotel provides excellent opportunities for relaxation after a busy day.

Medical base: mud and ozokerite applications, diets for all types of diseases, hydrotherapy (various types of baths, showers, Jacuzzi), thermorelaxation using Turkish and Finnish saunas, and a unique mini-sauna “cedar barrel”, physiotherapy, therapeutic massage, electro physiotherapy: magnetic and laser therapy, light therapy, herbal and saline inhalation treatment with mineral water, herbal medicine, aromatherapy.

Facilities include: gym, Turkish bath and sauna. A wide range of medical services, such as: salt cave, electrotherapeutic sleep therapy, whirlpool baths and aromatherapy, a wide range of physiotherapy treatments, all types of massage, water, mud, dry carbon dioxide baths, correction programs and weight loss programs, variety of SPA-procedures, aimed at recovery and rejuvenation of the body.



Svetlogorsk,
Kaliningradskiy prospekt, 68 b.
Tel: +7 (4012) 743-743, 46-83-17,
fax: +7 (4012) 743-666
e-mail: reception@hotelvolna.ru,
www.hotelvolna.ru

Hotel Cronwell Resort Falke 4 *



SPA-certificate FALKE HOTEL Spa & Resort - a comprehensive approach to SPA: SPA-meals, SPA-service, SPA-atmosphere. The Spa-Center offers the following programs: "Anti-Stress", "Health and Beauty", "Happy Family", "Program for Men", "Healthy Heart", "Bringing a second youth." The total area of the spa-center is over 1000 sq. m. A swimming pool with counterflows occupies an area of 195 sq.m., fitness room with an area of 90 sq.m., jacuzzi with mineral water, a winter garden – all of this creates harmony with the world, the balance between body and soul.

Hotel "Cronwell Resort Falke 4 *" - is a holiday in the Baltics, wellness and business in the style of SPA on the seashore of the Baltic sea in Svetlogorsk.

**Svetlogorsk, ul. Lenina 1b,
tel: +7 (40153) 2-16 -00,
fax: +7 (40153) 2-16-05
e-mail: info@falke-hotel.ru
www.falke-hotel.ru**

Art Hotel "Lumiere"



Harmonious and proper rest can not take place without visiting the recreation center, located in an art-hotel 'Lumier'. Guests can relax in a Finnish sauna with a fireplace, Turkish (steam) or an aromatic bath. According to Russian tradition, someone might want to plunge into a cold or hot font, while others can recuperate in a room with salt-coated walls, which is known around the world as a magnificent natural ionizer with a curative effect. You can complete the procedures in the "Showers of impressions" or the "immersion room", where you can conveniently rest on heated benches, with total darkness or background visuals with audio soundtrack that contribute to absolute relaxation. Non-transferable, exciting thrills guaranteed! Art Hotel 'Lumiere' - vivid images of your experience...

Art Hotel is located in the heart of the resort city of Svetlogorsk in the Baltic Sea.

The hotel has 20 rooms of DBL / TWIN Standard, Junior Suite and rooms with exclusive design: "Raindrops", "Vanilla Sky", "Little Red Riding Hood", "Wild Orchid".

**Svetlogorsk, per. Lermontovskiy, 2a,
tel. +7 (40153) 2-26-26
e-mail: reception@hotellumier.ru
www.hotellumier.ru**



Heliopark Kaiserhof

SPA-center of the hotel HELIOPARK Kaiserhof has a wide range of services, it is a first-class complex that occupies 2000 square meters, and is aimed at maintaining good health and inner and outer beauty of its guests.

At your service:

Aqua Zone, which includes the font with a comfortable temperature of water that also has: geysers, waterfalls, aero-massage beds, water canal and a Jacuzzi.

Bar on the water offers a concoction of medicinal flowers, herbal teas, juices and light cocktails.

Recreation Area – located on the perimeter of fonts and is equipped with sunbed and tables with chairs.

Complex of baths: steam bath, herb-salt sauna, sanarium, Finnish sauna, Roman baths.

Rooms for spa care

Image Zone

Fitness Studio

SPA-center of hotel HELIOPARK Kaiserhof gives everyone a huge charge of cheerfulness and positive emotions.

**Kaliningrad, ul. Oktyabr'skaya, 6a,
tel: +7 (4012) 592-222, fax: +7 (4012) 592-333
E-mail: reception@kaiserhof.heliopark.ru
www.heliopark.ru**

“Olympic”

Swimming Hall, slides and water attractions, whirlpool, jacuzzi, wet bar, “Tropicana” occupy area over 2000 m2. Safety of bathers is provided by a group of experienced lifeguards. To avoid irritation of the body and eyes, safe and healthy water treatment technology, based on ozonization, is used here.

Sauna complex includes an open air Russian bathhouse with bath brooms, Finnish saunas, aroma-sauna, Roman bath, Turkish bath, infrared cabin, a cabin with pairs of Dead Sea, mud bath, ice room, a shower “Impressions”, a cool pool, overlooking on the street. Here you can get proper relaxation by choosing an appropriate bath or try everything, and then drink a cool beer or herbal tea. To cheer up and encourage we advise you to experience cool shower “Impressions”, an ice room, or you can drench yourself with a bucket of cold water. For those wishing to gain new experiences, there are bath attendants, who carry out bath shows. Any visitor can watch and participate in it. For those wishing to get a massage, we can offer a soapy massage in an hamam - a fragrant soap bliss or full body massage.

For those who want to continue your holiday, we'd offer to visit our spa. Here, in an atmosphere of calm and relaxation, you can take a relaxing and wellness treatments. You can have chocolate or seaweed wraps, various peels, aromatherapy in Vichy shower, massage with hot and cold stones, soak in the spa capsule, take baths of Cleopatra and many more. For those wishing to lose weight or be in a good shape we recommend Sharko shower, underwater massage, Dead Sea mud wrap. For your convenience there is a SPA therapist, who makes a preliminary diagnosis of the visitors and develops individual spa programs. There is a Cosmetologist to administer caring and cleansing facials.

Yoga will help to balance your mind and body. In a small cozy room, the best trainers will help you become more flexible and strong.



And if you want to actively strengthen the body, we offer a fitness room equipped with power and cardio fitness equipment.

SPA-stylists will add the finishing touches to your beauty. You'll be offered a spa pedicure and manicure, paraffin therapy, classical care for hands and feet. Hairdressers will pick up a caring program for hair or will make the haircut.

Before leaving, do not forget to visit a solarium, a horizontal or vertical – it's your choice.

**Kaliningrad,
Moskovsky prospect, 175,
tel: +7 (4012) 987-033, 987-040,
fax: +7 (4012) 987-036
e-mail: advert@olimpic.kanet.ru
www.olympic-online.ru**



Cranz Hotel

Spa-center of comfortable hotel Cranz is located in 100 meters distance from the Baltic Sea. The hotel offers heated and lightened swimming pool, sauna, massage and spa treatments. Friendly atmosphere, peace and comfort will take care of your health.



Zelenogradsk,
per.Kurortny, 2,
tel. +7 (40150) 3-64-01,
3-60-38, 6-18-1976
www.cranzhotel.ru

Dental Clinic “Aymad”

After making a gift to your body, you can also get a comprehensive examination and treatment of your teeth in dental clinic ‘AYMAD’.



Dental Clinic ‘AYMAD’ - one of the leading private dental clinics in Kaliningrad. Since the founding of the clinic in 1994, more than 15,000 patients have trusted its dentists their smiles.

Dental Clinic ‘AYMAD’ offers a program of comprehensive dental rehabilitation. This is a single, coherent and thoughtful treatment plan that may include implantation, prosthesis, orthodontics, cleaning, restoration of teeth, correction of malocclusion, gum treatment and therapeutic dental care.

“AYMAD” - top dentistry is available to all!

Types of services:

Dentistry

Prevention and Care

Cosmetic Dentistry

Surgical dentistry and periodontics

Prosthesis

Malocclusion (Orthodontics)

Dental implantation

Kaliningrad, ul.Turgeneva, 8,
tel: (4012) 75-01-50, 36-52-89
www.aimad.ru

Dental Clinic "Centrodent"

Dental Clinic 'Centrodent' works in the market of dental services of the Kaliningrad region for over 20 years.

The motto of the clinic is to provide high quality dental care at an optimum price ratio.

85 qualified dentists. Materials and equipment are delivered directly from manufacturers in Germany, Switzerland, USA, Russia, etc. All types of payment services, including Visa, MasterCard. Clinic Centrodent is 5 minutes away from the city center, it also has parking lots for 50 cars.

*Types of services:
prosthetics of any complexity, dental laboratory is right at the clinic, the implantation, aesthetic dentistry, treatment, tooth extraction, ambulatory surgery, child dentistry, periodontics, orthodontics, whitening, digital x-ray diagnostics, dental imaging, physiotherapy.*



Kaliningrad, ul. Kaluzhskaya, 30-38,
tel: +7 (4012) 21-47-79, 95-77-03
ul. M. Raskovoyi 10,
tel: +7 (4012) 21-42-10,
ul. Letnyaya, 5,
tel: +7 (4012) 65-45-52
e-mail: mail@centrodent.ru,
www.centrodent.ru

Dental clinic “Diomed”

Today, dental care is very different from the treatment 10 years ago. Forget about discomfort and pain associated with dental clinics in the past. The latest techniques, modern materials, high-quality equipment, the minimum time and maximum results - that's what can be described as modern dentistry.

In any clinic greatest asset is people. No matter how modern equipment clinic has, no matter how “miraculous” the drugs you are taking, you should always remember that the success of any treatment depends on the experience and knowledge of your doctor. Competence, teamwork, honesty and integrity are the priorities that were laid during the recruitment of the professionals our clinic. We have a full range

of specialists: practitioners, periodontists, surgeons-implantologists, orthopedists, orthodontists, dental hygienists, each of which may participate in your treatment and diagnosis.

Types of services:

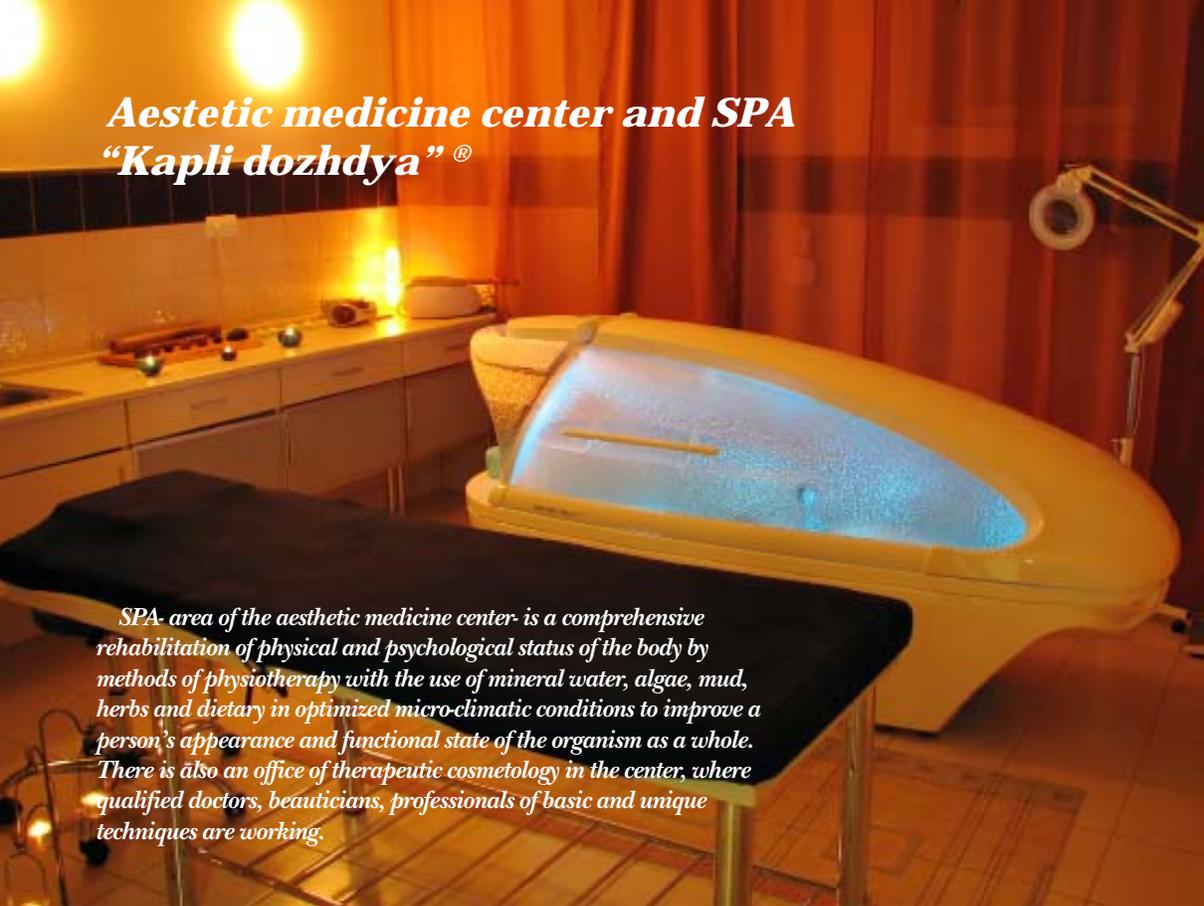
***Teeth whitening
Prosthesis
Therapy
Surgery
Orthodontics
Periodontics
Pediatric Dentistry***



**Kaliningrad,
Moskovsky Prospekt, 155-159,
tel: +7 (4012) 58-22-15, 58-15-41
st. Kyiv, 60-a,
tel: +7 (4012) 975-900
www.diomed39.ru**

Aesthetic medicine center and SPA

“Kapli dozhdya” ®



SPA-area of the aesthetic medicine center is a comprehensive rehabilitation of physical and psychological status of the body by methods of physiotherapy with the use of mineral water, algae, mud, herbs and dietary in optimized micro-climatic conditions to improve a person's appearance and functional state of the organism as a whole. There is also an office of therapeutic cosmetology in the center, where qualified doctors, beauticians, professionals of basic and unique techniques are working.

One of the programs of the center of Aesthetic Medicine “Kapli dozhdya” (Raindrops) is “Spa for Two” (DAY SPA) program. It will allow you and your mate to find a harmonious relationship, boost immunity to various diseases and, finally, qualitative break from the pressing problems of simultaneous complex effects on the body as a whole. The combination of the principles of thalassotherapy, chiropractic techniques and unique complex programs turns DAY SPA (Rest Day) in the real SPA “ritual”, the main expected result of which is the systemic detoxification of the body, restoring health and inner harmony of all its systems.

Types of services: Turkish foam massage in wet bath, ethnic massages (coronal massage in a sauna, SPA - in Russian, power massage), Ayurvedic massage, a variety of wraps, thalassotherapy, steam, infrared and Finnish saunas, skin peeling with a natural peel etc.

The path to beauty, not only does not require sacrifices, but also gives a real pleasure!



Kaliningrad, ul. Chekistov, 20
Tel. +7 (4012) 563-463, 564-464
e-mail: info@kaplidozhdja.ru
www.kaplidozhdja.ru

“Schloss” Hotel in Yantarny



Opening – may 2011

An unique architectural monument, which seemed to be lost forever to posterity, has got a new life. The reconstruction preserved not only the historical architectural appearance of the facade of the hotel, but also the interior.

The hotel is located on the shores of the Baltic Sea, with the cleanest and most wide beach on the entire coast of Kaliningrad, among the ancient trees of the Maurice Becker's park. It offers 19 magnificent modern equipped rooms, attentive staff, impeccable service. Every evening there is relaxing music and any cocktail of your choice at the bar. True gourmets will enjoy a light meal and refined cuisine in the hotel's restaurant. Guests have the opportunity to take an unique wellness program based on blue clay products and amber, about the healing properties of which Ibn Sina wrote in the encyclopedia of medieval East. Amber as natural

«biodyne» has some unique features to restore the human biofield, it gives its owner the momentum of creativity, enhances physical strength, faith, support optimism and cheerfulness. For more enjoyment you can visit the wellness center with pool, sauna, Jacuzzi and Turkish bath. Hiking trails, biking, diving, surfing, beach football and volleyball are offered to the lovers of outdoor activity

**Yantarny, ul. Kaluzhskaya, 30-38,
tel: +7 (4012) 21-47-79, 95-77-03**





Government of the Kaliningrad region Agency for Tourism

236000, Kaliningrad, ul. D.Donnskogo, 1
tel: +7 (4012) 599-141, fax: +7 (4012) 599-139
e-mail: tourism@gov39.ru
www.tourismkaliningrad.ru



Regional Tourism Information Centre

236000, Kaliningrad, Prospect Mira, 4
tel: +7 (4012) 555-200, fax: +7 (4012) 933-036
e-mail: info@visit-kaliningrad.ru
www.visit-kaliningrad.ru