











& there is more

to discover in this impressive building. On the ground floor you will find the "Rich Barista Coffee-Bar" by Starbucks, where you can start your day with a freshly brewed cup of coffee and take a snack on the go. For those going the extra mile, we have the VIP lounge where you can feel extra special, with unlimited drinks & snacks for those who book our Suites or Junior Suites.



relax & unwind

after a long day of meetings - whether earning or spending money - the Gold Bar offers the perfect spot for a cocktail or a glass of wine. For a more active way to reenergise, the modern fitness centre provides a welcome break from the daily routine. Those seeking calm will find relaxation in the spa area with sauna - ideal for recharging and unwinding.



VIP moments

exclusively for Suite and Junior Suite guests: The Insider Lounge is your space to work, relax and connect - with unlimited drinks and snacks. Perfect before a meeting or to celebrate a win. Freshly brewed coffee and grab-and-go snacks always available.





in one of our 18 meeting rooms, with numerous layout options to accommodate up to 500 people. From small conferences to cocktail events, we can always create a space to fit your needs. Our meeting rooms are located on the 2nd and 3rd floor, with plenty of space in our trading area to connect, grab a coffee, or simply take a well-deserved break from a long meeting.



capacity chart

meeting room		$egin{aligned} \mathbf{room\ size} \ & (\mathbf{m}^2) \end{aligned}$	classroom	u shape	theatre	board	chair circle	cabaret	banquet	cocktail	daylight
colon	13,90 x 7,50	116	45	35	64	30	40	30	48	60	✓
franc	13,90 x 7,50	116	45	35	64	30	40	30	48	60	✓
colon + franc	27,70 x 7,50	232	78	-	120	-	-	60	96	120	✓
baht	11,10 x 5,80	71	20	20	50	20	30	-	-	-	✓
euro	7,30 x 5,80	47	12	16	28	12	20	-	-	-	✓
baht + euro	18,30 x 5,80	118	36	36	70	-	-	45	72	64	✓
dollar	7,20 x 5,80	47	12	16	28	12	20	-	-	-	✓
yen	7,20 x 5,80	46	12	12	18	8	12	-	-	-	✓
pound* (no projector)	3,60 x 5,80	37	-	-	-	-	-	-	-	14	✓
dollar + yen	14,40 x 5,80	93	28	28	50	20	30	25	40	56	✓
dollar + yen + pound	17,70 x 5,80	130	37	33	60	24	-	30	48	64	✓
lira	7,20 x 5,80	45	12	12	24	12	20	-	-	-	✓
rupee*	7,00 x 8,40	73	13	11	28	8	20	12	16	30	✓
rupee + lira	13,20 x 5,80	118	25	21	50	20	-	36	48	55	✓
schilling (BOARD)	4,80 x 5,80	28	-	-	-	8	-	-	-	-	✓
naira	13,90 x 7,50	116	45	35	64	30	40	30	48	60	✓
shekel	13,90 x 7,50	116	45	35	64	30	40	30	48	60	✓
naira + shekel	27,70 x 7,50	232	78	-	120	-	-	60	96	120	✓
antilles guilder	10,50 x 5,50	67	16	16	40	16	25	-	-	-	✓
hryvnja	7,20 x 5,50	44	12	12	24	12	20	-	-	-	✓
antilles guilder + hryvnja	18,20 x 5,50	111	32	32	50	-	-	35	56	56	✓
won	4,80 x 5,50	30	-	8	10	8	13	-	-	-	✓
kips (no projector)	4,80 x 5,50	29	-	6	10	4	13	-	-	-	✓
won + kips	9,60 x 5,50	59	16	20	30	16	20	-	-	28	✓
peso*	15,80 x 5,50	97	20	20	35	16	20	24	-	40	✓
forint (BOARD)	4,80 x 5,50	27	-	-	-	8	-	-	-	-	✓

^{*} Lounge style meeting space, perfect for creative brainstorming and get-togethers



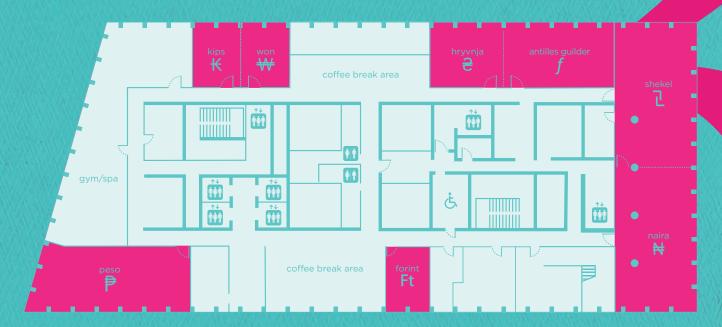
2nd floor

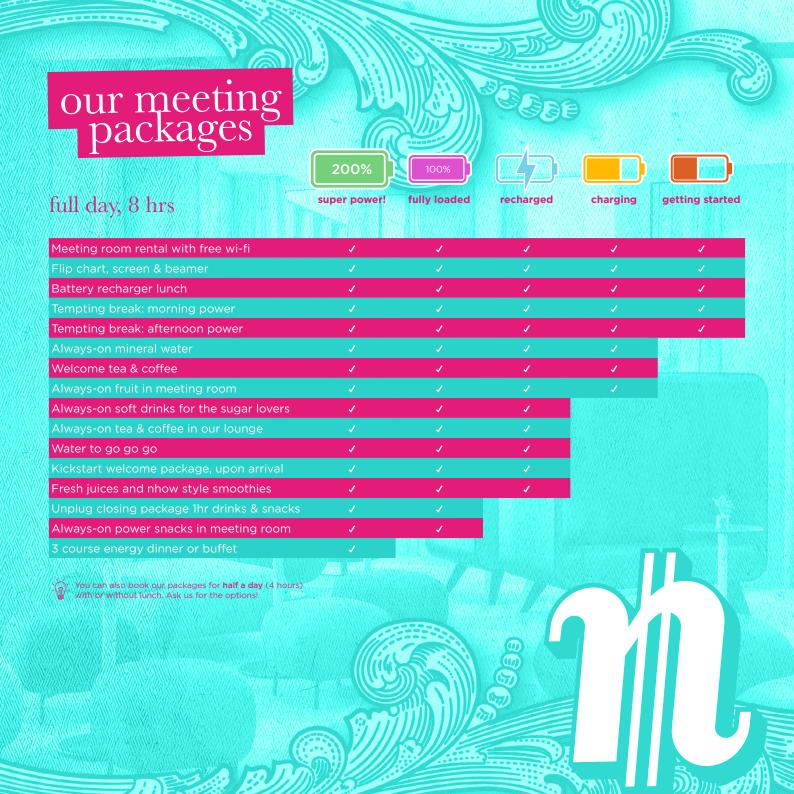
meeting facilities



3rd floor

meeting facilities







kickstart welcome package

Your first treat upon arrival! And first impressions count, so we've gone all out to impress with for example cookies, pastries, fresh fruit, natural yoghurt with a touch of fruit and crumbled apple pie. Tuck in!



power snacks in the meeting room

A power pack full of sweet and savoury snacks, from nut or muesli bars, to sweets, vegetable crisps and hand fruit.

morning power your tempting break in the morning

A healthy snack and a sweet guilty pleasure, served with refreshing drinks.



fresh juices and nhow style smoothies

Bright colours, tempting flavours, happy stomachs!





battery recharger lunch

A street food experience to share. Think fresh bread, delicious dips, cold cuts and surprising bites. Veggie options are always included to make sure there's something for everyone to enjoy.



afternoon power your tempting break in the afternoon

The perfect combo of something savoury and something sweet, plus colourful drinks to wash it all down.

unplug closing package 1hr drinks & snacks

Enjoy 3 snacks per person (meat, veggie, and fish options), and choose between soft drinks, draft beer, and house wine. Cheers to a hard day's work!



3-course energy dinner or buffet

A variety of tasty dishes to share, with flavors from around the world. Hot and cold starters, warm main course items including side dishes (veggie option is always included). And to finish: your very own dessert.





whether it's an exclusive dinner, a stylish cocktail reception or an unforgettable party - nhow Frankfurt offers unique spaces full of character in addition to your special events. Discover our versatile venues that combine atmosphere, design and functionality.

NFT Skybar

ldeal for parties, receptions dinners & private events

- · Germany's highest rooftop bar
- · 47th floor at 185 metres
- · Up to 179 people
- · 360° outdoor terrace (summer season)
- · Exclusive cocktails
- · Panoramic city views

Gold Bar

Perfect for stylish receptions & informal gatherings

- · Lobby bar
- · 30-40 people
- · Colourful, friendly design

Restaurant

Ideal for buffet lunches & dinners

- · Separate restaurant area
- · Up to 80 people
- · Floor-to-ceiling windows
- · High ceilings, natural light

Trading Area

Suitable for exhibitions, show cooking & networking

- · Event & coffee break area
- \cdot 2nd floor a: 77 m² b: 46 m²
- \cdot 3rd floor a: 86 m² b: 71 m²
- · Up to 300 people each floor
- · Located next to meeting rooms







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