

OUTDOOR EXPERIENCES

DISCOVER THE NATURAL SIDE
OF SOUTHWEST GERMANY



 THE SUNNY
SIDE OF
GERMANY.

BADEN-
WÜRTTEMBERG

DISCOVER SOUTH-WEST GERMANY'S GREAT OUTDOORS



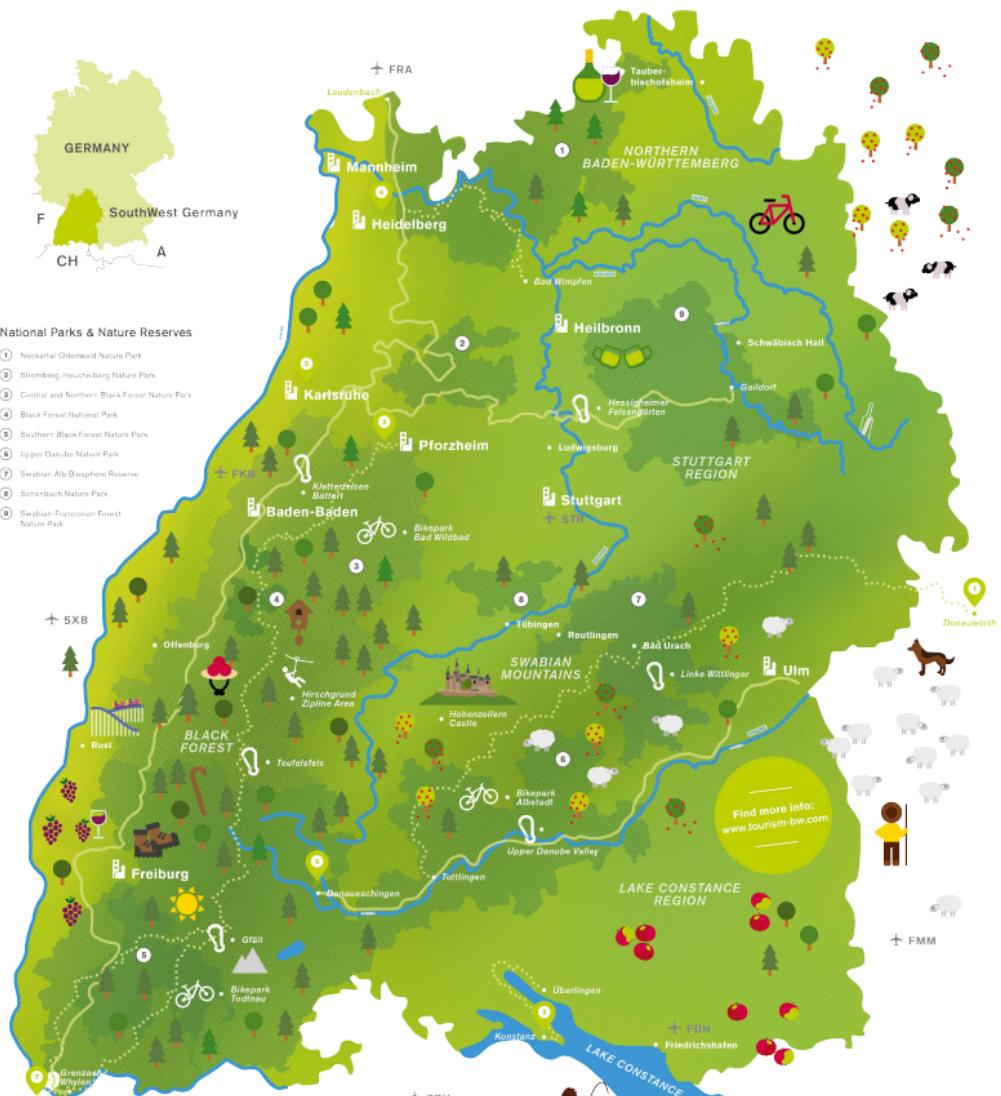
For away-from-it-all holidays, SouthWest Germany ticks all the boxes. Think unspoiled countryside, lakes and low forested mountains. Dream of lush meadows, green valleys, vineyards and orchards. Hike or bike endless trails; breathe clean air; recharge batteries.

OUTDOOR ACTIVITIES IN SOUTHWEST GERMANY



National Parks & Nature Reserves

- ① Neckartal-Odenwald Nature Park
- ② Stromberg-Hauchberg Nature Park
- ③ Central and Northern Black Forest Nature Park
- ④ Black Forest National Park
- ⑤ Southern Black Forest Nature Park
- ⑥ Upper Danube Nature Park
- ⑦ Swabian-Alb Biosphere Reserve
- ⑧ Schönbuch Nature Park
- ⑨ Swabian-Franconian Forest Nature Park



BSL

Hiking Trails

- ① The Albsteg Trail
- ② The Westweg Trail
- ③ Lake Constance Hike
- ④ The Neckarsteig Trail

Biking Trails

- ① Stromberg-Muratal Bike Path
- ② The Baden Wine Cycle Path
- ③ Danube Cycle Path

Micro Adventures

- ① Rock climbing
- ② Bike parks

SouthWest Germany's Great Outdoors: Spoiled for choice!

SouthWest Germany is clean, green and sunny. In summer, hike or bike the mountains, lush meadows and wooded valleys. Under blue skies, autumn leaves turn rich gold; winters are snowy for cross-country skiing. And each region has its own appeal. In the north, the Odenwald has sandstone hills and countless streams, while the Taubertal Valley is known for picture-perfect countryside. On the Rhine and Neckar river plain, the Palatinate (Kurpfalz) provides flat hiking and cycling. Locals love the rural simplicity of the Hohenlohe for farm holidays

and lake-side campgrounds. By contrast, energetic hikers, bikers (and e-bikers) head for Kraichgau-Stromberg, the 'Land of 1,000 Hills'. Heilbronn Country's scenery is easy on the eye; in the Stuttgart Region, hike and bike the vineyards! Prefer sweeping views and testing trails? Check out the Swabian Alb's limestone hills. And, after a day out in Upper Swabia, relax in a hot mineral spa. As well as photogenic villages and farms, the Black Forest offers the wilderness of the National Park, while beautiful Lake Constance has water sports galore.





SouthWest Germany: The Cradle of Recreational Hiking

The idea of recreational hiking was born in the Black Forest in 1900 with the Westweg, the world's first hiking trail. Now SouthWest Germany boasts a huge network of trails, clearly marked and well maintained, through unspoiled landscapes. In the north of the region, follow the Limes Hiking Trail, with straight stretches of an old Roman road, from the Neckartal-Odenwald Nature Park to the Swabian-Franconian Forest. Or walk part of the Santiago Pilgrimage Trail that links Rothenburg ob der Tauber and the cathedral city of Ulm. Hike the green meadows of the Swabian Alb or the river

valleys in the Hohenlohe. At Lake Constance, views of sparkling water contrast with snow-tipped mountains. The 'Grand Canyon' of the Black Forest is the Wutach Gorge. Explore it on a 5-hour hike; look out for hundreds of species of ferns, wildflowers, bugs and butterflies along the way. To the north, Baiersbronn is 'hiking heaven', with hills and valleys, woodland, meadows and gurgling steams. And throughout SouthWest Germany, there's a warm welcome, with cosy huts and cheerful taverns offering local food, wine and beer.

➤ www.tourism-bw.com/things-to-do/nature/hiking-walking

SouthWest Germany: Paradise on two wheels

Ever since Karl Drais invented the bicycle in Karlsruhe 200 years ago, locals have loved to bike. Today, the endless marked trails make cycling holidays a pleasure. Use a bike to sightsee, work up an appetite and get away from it all in the clean, green environment. Pedal on conventional touring bikes; explore higher and further on e-bikes/pedelecs; take on some of Europe's best off-road trails through woods and gorges. The rolling hills of the Swabian Alb combine wide-open vistas, lush green valleys and photogenic villages. And there are so many reasons to stop!

The Neckartal (Neckar Valley) has

castles, palaces and ancient university towns, such as Heidelberg and Tübingen.

Bike-friendly Stuttgart, the capital of SouthWest Germany, is fun to explore on two wheels. The Black Forest has a network of cycle trails through dense woodland and meadows, passing farms and charming villages. In the south, the paths round Lake Constance are flat and easy, with ever-changing views of vineyards, orchards and mountains, castles, medieval towns and the islands of Mainau and Reichenau.

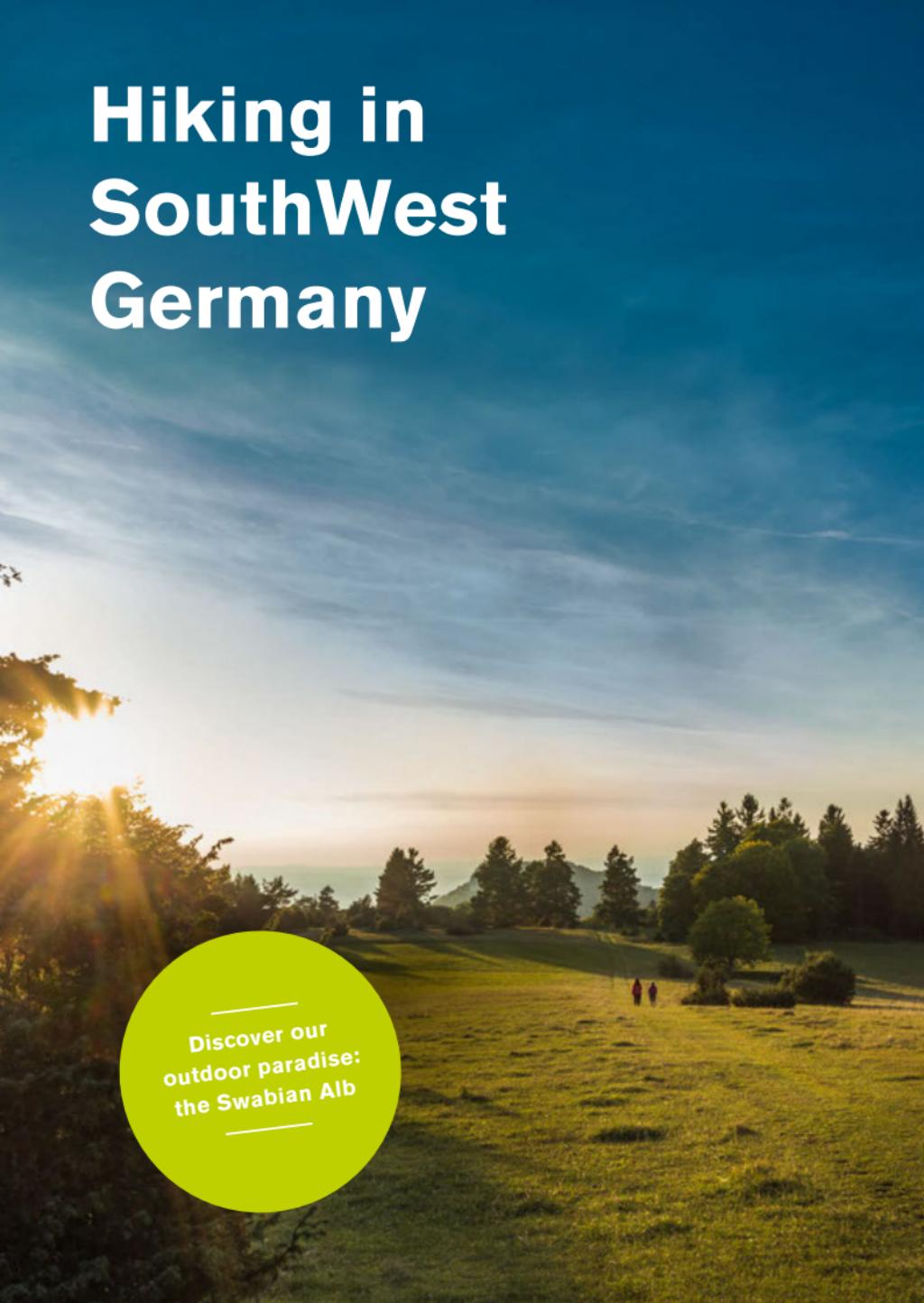
↗ www.tourism-bw.com/things-to-do/nature/cycle-vacations





Hiking and biking trails are clearly signposted with directions and distances

Hiking in SouthWest Germany

A scenic landscape at sunset or sunrise. The sky is a vibrant blue with wispy white clouds. In the foreground, there's a grassy field with some bushes on the left. Two small figures of people are walking away from the viewer towards a line of trees in the distance. The overall atmosphere is peaceful and natural.

Discover our
outdoor paradise:
the Swabian Alb



The Albsteig Trail

Distance: 357 km

The Albtrauf is the steep escarpment running down the spine of the Swabian Alb. Crossing the Alb diagonally from Donauwörth in the northeast to Tuttlingen in the southwest is the Albsteig hiking trail, with glorious vistas. Think wild streams and sheep, heath and forest. Highlights include grand views of Hohenzollern Castle from the Zeller Horn Mountain and the Urach Waterfall

near Bad Urach. This trail was created a century ago by the Swabian Alb Association. Today, members of the local hiking club love to give visitors tips, from the best views to the best beer gardens. Enthusiastic hikers take 15 days to complete the trail; at a more leisurely pace, allow 25 days.

Highlights

Urach Waterfall | Hohenzollern and Teck Castles | Prehistoric Bear Cave

↗ [www.schwaebischealb.de/
wandern/albsteig](http://www.schwaebischealb.de/wandern/albsteig)

🚩 Donauwörth

●●● difficult

➡ 357 km / 220 miles

📍 Tuttlingen

🏔 1,015 m / 3,330 ft

🗓 15–25 days

fun facts: hiking



150 AD

The Romans build The Limes frontier 'wall'; see it on the Limes Hiking Trail



1900

The Westweg, the world's first leisure hiking trail, opens in the Black Forest



**1,493 metres /
4,898 feet**

The top of the Feldberg, SouthWest Germany's highest mountain, has vast views



5

Breweries are on the Beer Hiking Trail in Ehingen, the Beer Culture City



10

Schnapps fountains offer samples on Sasbachwalden's Schnapps Distillery Trails



3

Borders are crossed on the 270-kilometre / 170-mile hike around Lake Constance



Lake Constance Hike

Distance: 53 km

The SeeGang (Lake Trail) follows the north-west shore of Lake Constance for 53 kilometres / 33 miles and is rated as one of SouthWest Germany's most scenic Premium Hiking Trails by the German Hiking Institute. From Konstanz to Überlingen, it takes in ruined forts and Mainau Island's world-class gardens. Do it in four easy stages, starting in

Konstanz, with overnights in Wallhausen, Ludwigshafen and Sipplingen. Hike it in either direction; for a shortcut and a different view of one of Europe's most beautiful lakes, take a ride on a ferry. Well-priced walking packages offered online include luggage transfer and walker-friendly overnight accommodation.

Highlights

Mainau Island | Old Towns of Konstanz and Überlingen | Bodman-Ludwigshafen

↗ www.bodensee.eu/en

	Konstanz		medium
	53 km / 33 miles		Überlingen
	683 m / 2,250 ft		4 days



The Westweg Trail

Distance: 290 km

The Black Forest is the home of recreational hiking. In 1900, Philipp Bussemer opened a tourist information office here. He sold maps and postcards – and also helped mark out the world's first hiking trail, the Westweg. Now, its 300 kilometres / 180 miles run between Pforzheim and Basel, Switzerland via Lake Titisee. Start in the south or in the north; hike it all or only a part; just follow

the red diamond trail markers.

Officially rated as one of the 'Top Trails of Germany', the challenging route crosses Feldberg Mountain's summit, 1,493 metres / 4,898 feet. With villages, inns, B&Bs and spectacular scenery along the route, this is a memorable 12 to 14-day hike.

Highlights

Feldberg Mountain | Lake Titisee |
Black Forest National Park

↗ [www.schwarzwald-tourismus.
info/erleben/wandern/fernwan-
dern/westweg](http://www.schwarzwald-tourismus.info/erleben/wandern/fernwandern/westweg)

🚩 Pforzheim

●●● difficult

➡ 290 km / 180 miles

📍 Basel

🏔 1,493 m / 4,898 ft

🗓 12–14 days



Bike, hike and taste

SouthWest Germany makes some of the world's finest beers, wines and fruit brandies. And its asparagus is an annual highlight. Enjoy them all on active holidays. Learn about centuries of tradition; talk to brewers and winemakers about their crafts. In the vineyards, pedal the Baden Wine Cycle Path or the Württemberg Wine Cycle Trail. Try free samples from bottles of locally-distilled fruit brandies cooling in 'schnapps fountains' on the Schnapps Distillery

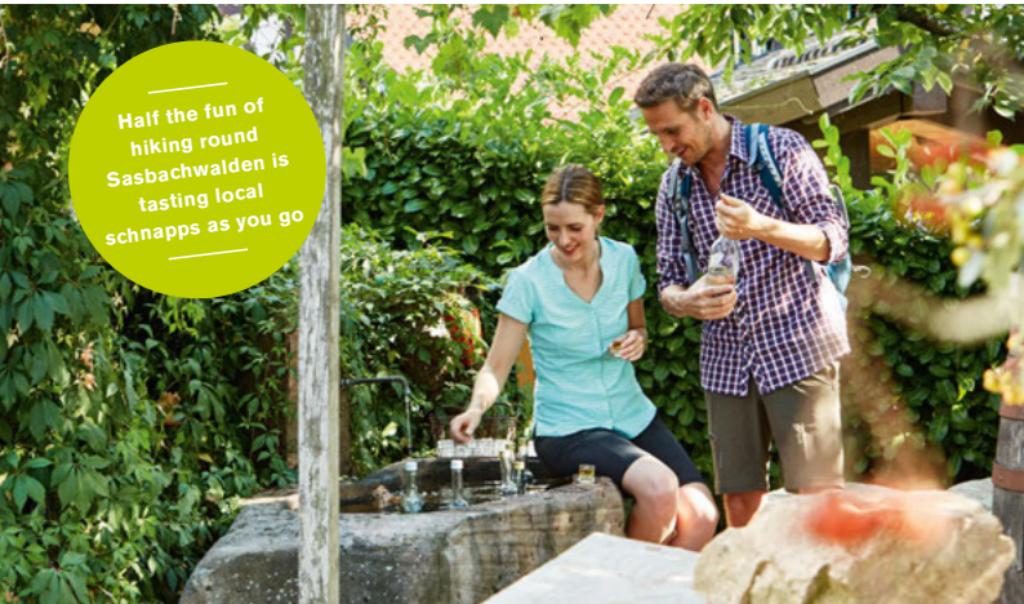
Trails in Sasbachwalden. In Ehingen, taste award-winning beers at five breweries on the Beer Hiking Trail. In early summer, on the Baden Asparagus Trail, cycle through asparagus fields; order fresh asparagus at taverns.

Highlights

Schnapps Distillery Trails | Beer Hiking Trail | Baden Asparagus Trail

↗ www.tourism-bw.com/things-to-do/nature/culinary-trails

Half the fun of
hiking round
Sasbachwalden is
tasting local
schnapps as you go





The Neckarsteig Trail

Distance: 128 km

There is nothing quite like hiking along a beautiful river. And there is nowhere like Heidelberg, with its Old Town and romantic ruined castle. This is where the Neckarsteig Trail starts. It then follows in the footsteps of the 19th-century American writer Mark Twain, who walked beside and rafted on the Neckar River. The marked trail leads upstream, switching

banks from time to time. The steep slopes are lined with award-winning vineyards; it's worth the effort to hike up to the top for the glorious views of the valley below. For a change, hop on a river boat and cruise part of the way. The trail finishes in Bad Wimpfen, a gem of a spa town with a historic core.

Highlights

Heidelberg | Neckarsteinach's four castles | Hornberg Castle | Bad Wimpfen

➤ www.neckarsteig.de

	Heidelberg		easy
	128 km / 80 miles		Bad Wimpfen
	575 m / 1,900 ft		9–12 days



Take the challenge!

Adrenalin rushes are everywhere, from paragliding and river rafting to canyoning.

In the Black Forest, hurtle along the 570-metre / 1,870-foot Gründle zipline, Germany's longest thrill ride. Another 'longest' is the 2.9 kilometre / 1.8 mile Hasenhorn Coaster, Todtnau's summer toboggan run. And on Schauinsland Mountain, Europe's longest scooting course is an amazing 8 kilometres/ 5 miles! Clamber along the Kletterwald Feldberg

tree top adventure; climb the Felsengärten cliffs near Hessigheim; walk across the swaying WILDLINE suspension bridge near Bad Wildbad.

At night, camp in the Black Forest wilderness. Hearths for campfires and eco-friendly composting toilets are provided. You carry everything else in: tents, sleeping bags, provisions. Part of the challenge is finding the sites – only by GPS.

- www.trekking-schwarzwald.de
- www.schwarzwald-tourismus.info/erleben/ausflugsziele



Biking in SouthWest Germany



All over SouthWest
Germany, you can
rent regular bikes and
e-bikes

fun facts: biking



1817

The year that Karl Drais invented the Laufmaschine – the bicycle – in Karlsruhe



**400 kilometres /
250 miles**

The length of Freiburg's cycle paths; the city has twice as many bikes as cars



**196 kilometres /
120 miles**

The length of the Danube Cycle Path between the river's source and Ulm



76

MTB trails in the Stuttgart Region alone, covering 100 kilometres / 60 miles



300

There are more than 300 e-bike/ pedelec rental outlets in SouthWest Germany



2008

Cross-country cyclist Sabine Spitz took Olympic gold for SouthWest Germany



Stromberg-Murrtal Bike Path

Distance: 152 km

Running east-west between Karlsruhe and Gaildorf, the Stromberg-Murrtal Bike Path combines scenery, nature parks, history, wine – and two UNESCO World Heritage sites. The Limes watchtowers marked the frontier of the Roman Empire; Maulbronn's 800-year-old monastery is the birthplace of Maultaschen, Swabia's national dish. The purple

bike logo signposts the way through the valleys of the Pfinz, Enz, Neckar and Murr Rivers. Stop to taste wine in villages, such as Schützingen and Gundelbach. In Marbach, visit poet Friedrich Schiller's birthplace. Tour Steinheim's Museum of Prehistoric Man. And in Knittlingen's museum, learn how the real Dr Faust became a legend.

Highlights

The Limes Roman Museum | Maulbronn Monastery | Marbach | Knittlingen

↗ www.stromberg-murrtal-radweg.de

🚩 Karlsruhe

●● medium

➡ 152 km / 100 miles

↑ Gaildorf

🏔 435 m / 1,425 ft

🕒 3–4 days

Danube Cycle Path

Distance: 196 km

From Donaueschingen to Ulm, the Danube Cycle Path covers 196 kilometres / 120 miles and takes in spectacular scenery. It starts near the source of the River Danube, deep in the Black Forest. It continues along the southern edge of the limestone Swabian Alb, through a steep gorge. On top of the cliffs are impressive castles, such as Wildenstein (a youth hostel) and Sigmaringen,

plus Beuron Monastery and Marchtal Abbey. A good excuse for rehydrating is Ehingen, the Beer Culture City, whose five breweries produce 53 different beers. At the end of the journey, the medieval city of Ulm has an astonishing cathedral with the world's tallest spire: 161.5 metres / 530 feet high!

Highlights

Danube Sinkhole | Sigmaringen Castle | Beuron Monastery | Ulm Minster

↗ [www.deutsche-donau.com/
danube-cycle-path](http://www.deutsche-donau.com/danube-cycle-path)

🚩 Donaueschingen

● easy

➡ 196 km / 120 miles

📍 Ulm

🏔 764 m / 2,500 ft

🕒 3–4 days





The Baden Wine Cycle Path

Distance: 460 km

New in 2020, the Baden Wine Cycle Path runs from the Swiss border north to the old town of Laudenbach. Its 460 kilometres/285 miles pass through seven of Baden's nine winegrowing areas. Along the way are 300 winegrowers, co-ops and even 40 schnapps distilleries! Highlights include the Tuniberg and Kaiserstuhl vineyards near Freiburg

and, further north, Gengenbach, Bruchsal, Heidelberg and Weinheim. Follow the bright red Badischer Weinradweg 'bike and grapes' signs. Along the way are comfortable hotels, B&Bs, bike shops and e-bike charging stations – all part of the bett+bike network (www.bettundbike.de/en/). The route has some serious climbs, so e-bikes are a great choice!

Highlights

Kaiserstuhl vineyards | Freiburg I Bruchsal | Heidelberg | Weinheim

↗ www.badischer-weinradweg.info

Grenzach-Wyhlen / Swiss border	medium
460 km / 285 miles	Laudenbach
392 m / 1,300 ft	7–10 days

Mountain biking

Mountain biking is a lifestyle in SouthWest Germany! The Black Forest alone boasts an astonishing 8,500 kilometres / 5,300 miles of marked trails. Here, the Kinzigtal region's 30 paths include the challenging 35-kilometre / 20-mile circuit round Brandenkopf Mountain. Popular bike parks include Todtnau, with its roller-coaster of a track. For cross-country, the Four-Cross-Strecke

(Four Cross Trail) in Wolfach has jumps, bridges, curves and more. Long distance enthusiasts take on the Black Forest Bike Crossing's 440 kilometres / 275 miles from Pforzheim to Bad Säckingen. In the Swabian Alb, the official trail covers 370 kilometres / 230 miles, but some mountain bikers go off-piste on what is known as the Spätzle Cross!



On SouthWest Germany's trails, it is important to stop and enjoy the views



Bett + Bike



The Bett+Bike organisation, approved by the German Cyclists' Association, offers bike-friendly accommodation from hotels and B&Bs to campsites. All hosts have safe places to lock up bikes and drying rooms. They take single-night bookings, provide healthy breakfasts, tourist information and repair kits. And they must offer at least three more services, such as bikes or e-bikes

for rent, charging stations, luggage transfers, navigation systems for rent, free Wi-Fi and packed lunches. The website's easy-to-use map helps plot accommodation to suit budgets and interests. E-bikes / pedelecs with battery-powered motors abound, so many pubs and cafés have charging stations.

➤ www.bettundbike.de/en

Key to symbols



Start



Level of difficulty

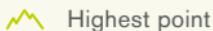
(● = easy, ●● = medium, ●●● = difficult)



Total length of the tour



Finish



Highest point



Recommended days of travel

Distances are in kilometres; 8 km is about 5 miles

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