

Press release

Little getaways

Mini adventure in the wild south

STUTTGART – You don't need to venture far to enjoy a spontaneous adventure in nature. Sometimes, the most exciting experiences are waiting right outside your front door. All you need for a mini adventure in Baden-Württemberg is a bit of courage and the desire to try new things. Your adventure is guaranteed to create unforgettable memories that will push everyday life into the background.

Off the beaten track: hiking without signposts and maps

Germany's first cross-country hiking tour "Albtal.Abenteuer.Track" will entice cross-country enthusiasts to take the outdoor challenge in the north of the Black Forest over the course of two days. On the natural paths and cross-country routes totalling a length of 47 km, you will get to conquer vertical climbs of up to 1000 meters a day between Bad Herrenalb and Marxzell – sometimes using specialist ropes. The paths are not maintained. Mud, fallen-down trees, drooping branches, stumbling stones and slippery passages add to the whole trekking experience and give it a special sense of wilderness. www.albtal-tourismus.de

Safe, legal ride down into the valley: Downhill with the Trail surfers

Even when you can't do it without getting a tingling sensation: you don't need to be a downhill professional to ride down one of the tracks in Bottwartal on your mountain bike with suitable protective gear. The downhill adventures bear the rating "legal" and are readily accessible to everyone, since the independent association "Trailsurfers Baden-Württemberg e.V" has carefully established the routes in accordance with regulations set by district administrations and surrounding municipalities. You can do downhill surfing here on your own or in a group. Young cyclists from the 5th class can join the trail rookies. They meet regularly for technical training and joint bike rides. www.trailsurfers-bw.de

Close to the edge: Go climbing in the Hessigheim rock gardens

Make way, we're off! The Hessigheim rock gardens are not just where superb wine is grown, the nature reserve is also exciting boulder-climbing territory. The steep shell limestone rocks tower up to 18 m into the sky. Below lies the Neckar Valley, swathed in a sea of grapevines. Beginners and advanced climbers alike can conquer the rocks on about 130 different climbing routes with difficulty gradings ranging from three to nine. When the action gets going in the summer months, fun and dizzying moments are guaranteed – even for those who just want to sit and watch on the viewing benches and have their breath taken away just by witnessing all the dare-devil manoeuvres. www.3b-tourismus.de

Go wild in the water: Canyoning in the Murg Valley

Millions of years ago, ice and water shaped the natural landscape of the Black Forest. Adventurers can experience the history of the Earth right up close as they explore the unique character of the ravines. In the Murg Valley in the north of the Black Forest, the river Murg still flows on an ancient riverbed and so is perfect for canyoning. You will get your first adrenaline kick as you abseil down from a height of 15 metres. Then you will walk and wade across country through the Murg's riverbed. To ensure that you don't slip and trip all the time, sturdy footwear is essential. Finally, you can hurl yourself into the water currents and go soft-rafting over the rapids.

www.murgtal-arena.de

Pure nature entertainment: Outdoor action in Baiersbronn

Amid the wilderness of the Black Forest National Park lies the Baiersbronn municipality. It is well known beyond the borders of Baden-Württemberg for its top Michelin Star restaurants and hiking and mounting bike heaven. Active nature holiday makers can find even more outdoor fun in the Sankenbachtal. Fast descents on a mountain cart on the longest natural sled run in the south, leisurely rides through green meadows and valleys on a Segway, Ziesel or E-Fatbike and intense bubble ball matches all offer a variety of fun activities.

www.schwarzwaldidylle.de

Down into the underworld: Canyoning in the Swabian Alb

The Swabian Alb are regarded as one of the most cavernous regions of Europe. About 2500 natural caves and show caves are scattered over the karst mountain range. The Falkensteiner cave in Bad Urach is considered one of the region's longest caves. It extends five kilometres into the rock and is Germany's only water-bearing cave where tours can be given. Once you're equipped with a neoprene suit and helmet, your adventure can begin. After passing through the imposing entrance portal, you will then enter the cave and take a deep bow through the "passage of humbleness" before venturing into darkness.

www.badurach-tourismus.de

A bird's eye view: Paraglide over the Breisgau

Glide through the air like a bird, feel the freshness of the wind and enjoy breath-taking views: for many, the dream of flying is the epitome of absolute freedom. To fulfil this dream of tandem paragliding, you only need to take a few quick steps down the slope with your paragliding gear on in the Black Forest. Once you're safely fastened in by the pilot, you will glide from Waldkirch Hausberg Kandel over the Breisgau and the Rhine valley. You will have a choice between a nice leisurely flight and a longer soaring or cross-country flight. Adrenaline junkies will get a thrill out of extreme altitude flying with wingovers and spiral dives.

www.luftzeiten.de

A digital version of this press release - as well as more detailed information on SouthWest Germany - is available on our website www.tourism-bw.com/Press

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