

Hiking in SouthWest Germany

Discover our outdoor paradise: the Swabian Alb



1

The Albsteig Trail

Distance: 357 km

The Albrauf is the steep escarpment running down the spine of the Swabian Alb. Crossing the Alb diagonally from Donauwörth in the northeast to Tuttingen 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

📍 Donauwörth	●●● difficult
➔ 357 km / 220 miles	📍 Tuttingen
🏔️ 1,015 m / 3,330 ft	📅 15–25 days

CULINARY TRAILS

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 in 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 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/fernwandern/westweg

📍 Pforzheim	●●● difficult
➔ 290 km / 180 miles	📍 Basel
🏔️ 1,493 m / 4,898 ft	📅 12–14 days

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

HEAD FOR THE HILLS

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 Kinzigal 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

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 | 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

fun facts: hiking



1900
The Westweg, the world's first leisure hiking trail, opens in the Black Forest



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



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

NORTHERN BADEN-WÜRTTEMBERG



4

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

STROMBERG-MURRTAL



5

Stromberg-Murratal Bike Path

Distance: 152 km

Running east-west between Karlsruhe and Gaildorf, the Stromberg-Murratal 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 Schützlingen and Gündelbach. 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-murratal-radweg.de

📍 Karlsruhe	●● medium
➔ 152 km / 100 miles	📍 Gaildorf
🏔️ 435 m / 1,425 ft	📅 3–4 days

CYCLE TOURING



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

LAKE CONSTANCE



2

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

MICRO ADVENTURES

Take the challenge!



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

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

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 Schausinsland Mountain, Europe's longest scooting course is an amazing 8 kilometres / 5 miles! Clamber along the Kletterwald Feldberg

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



DANUBE VALLEY

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

📍 Donaueschingen	● easy
➔ 196 km / 120 miles	📍 Ulm
🏔️ 764 m / 2,500 ft	📅 3–4 days



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

Publishing details

Publisher
Tourismus Marketing GmbH
Baden-Württemberg
Esslinger Straße 8, 70182 Stuttgart

Concept and coordination
TMBW, JUNG-Kommunikation GmbH

Design
JUNG-Kommunikation GmbH

Partner



Photo credits
Cover: TMBW / Christoph Dippner; Visuals: TMBW / Christoph Dippner; Welcome: TMBW / Gregor Lengler p. 1 f.l.t.r.: TMBW / Gregor Lengler; TMBW / Christoph Dippner; TMBW / Christoph Dippner p. 2 f.l.t.r.: Schwäbische Alb Tourismus / Thomas Rathay; TMBW / Gregor Lengler; Marketing & Tourismus Konstanz GmbH / Ulrike Klumpig and Thorsten Günther; Schwarzwald Tourismus / Chris Keller; TMBW / Christoph Dippner; TMBW / Achim Mende; TMBW / Gregor Lengler; TMBW / Christoph Dippner; TMBW / Christoph Dippner; Ulm Neu-Ulm Tourismus GmbH / Burkert Ideenreich; TMBW / Christoph Dippner; TMBW / Gregor Lengler; TMBW / Christoph Dippner

Print
C. Maurer GmbH & Co. KG
Geislingen an der Steige

Published in 2020
All information subject to change without prior notice.