

2026

SÜDEN

The Travel Magazine for Southwest Germany

Heavenly

Ochsenhausen
Monastery in
Upper Swabia

Trendsetting

Stuttgart's
Television Tower
Turns 70

Fairytale

Moments

The Mystical Trail
of the Black Forest

Three Altitudes,

Three Worlds

Natural Wonders
of the Swabian Alb

DESIRABLE DESTINATIONS

Where Baden-Württemberg
captures the heart



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A warm welcome!

Germany's largest bathing lake has welcomed families for generations with its mild climate. Locals consider the Stuttgart Television Tower to be a true symbol of home. And the Black Forest captivates visitors with its mystical landscapes woven into regional folklore. Yet beyond such well-known settings, countless forgotten landmarks await discovery – each as diverse as the state itself. What unites them all is their charm: inspiring, atmospheric, sometimes simple – but always unforgettable. And everywhere, authentic encounters bring the spirit of Southwest Germany to life. Read more to discover a selection of our favourite places, we hope you enjoy learning more about them as much as we did!

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DESIRABLE DESTINATIONS

Three destinations in
Southwest Germany that will
cure your wanderlust cravings –
and they're nearer than you think



Natural Treasures

Gracefully sculpted rows define the Kaiserstuhl landscape near Freiburg, especially around the scenic Texas Pass, and as evening falls, the hills are bathed in golden hues. These vineyards of the Königschaffhausen-Kiechlingsbergen wine cooperative rival the beauty of the iconic rice terraces of northern Vietnam – yet wonderfully, are closer to experience. Throughout the region, dedicated growers passionately cultivate their vines and in Kaiserstuhl's mild climate, Pinot Noir and Pinot Gris flourish, enriched by the area's fertile ancient volcanic soils.



A special tip

CELEBRATING WINE

During the Kaiserherbst Festival in October/November, the Kaiserstuhl region hosts over 100 annual events that combine wine, crafts, culture, and cuisine. And wine enthusiasts can enjoy a stay at one of a selection of Wine Hotels in Baden-Württemberg, where the staff have extensive knowledge of local wines and their cultivation.

**naturgarten-kaiserstuhl.de
weinsueden-hotel.de**





Life on the Water

In Venice, travellers have long relied on gondolas to drift serenely and stylishly through the city's labyrinth of waterways – and punting in Tübingen is an equally as charming tradition. These graceful wooden boats were once used by fishermen or for transporting produce, however nowadays they bring a touch of 'la dolce vita' to the Neckar River during summer months – but without the hustle and bustle of Venice's crowds. Glide under leafy willows passing vibrant facades and stone embankments. There are also numerous themed tours, led by punters every bit as adept in steering as their Italian counterparts.



A special tip

SPLASHING ALONG THE NECKAR

During the annual punting race, on the feast of Corpus Christi, the Neckar becomes a race track. Boats – mostly steered by students – compete for first place in front of the thousands of spectators that line the banks and bridges of Tübingen. tuebingen-info.de



Desireable Destination





Island Magic

Wandering around, a little swimming, then settling into a cosy, whitewashed taverna – that’s how we picture a holiday on a Greek island such as Mykonos. But families can also enjoy a touch of this Mediterranean bliss at Europa-Park in Rust, where highlights also include the Poseidon water rollercoaster, Cassandra’s Curse, and the mystical underwater world of Atlantis Adventure. Just as in Greece, the area’s blue doors and windows are reminiscent of both the sea and the sky – which is often cloudlessly clear above the Rhine Valley – yet temperatures remain gentler here.

europapark.de



A special tip

FAMILY HOLIDAYS

Families will find fun and adventure at Europa-Park Resort in the south-west of Baden-Württemberg – just one of the region’s wide variety of activities, attractions, family-friendly restaurants, outdoor swimming pools, and places to stay.
visit-bw.com/familie

Accessible views
of Lake Ellbach

Best View

Take a scenic pause along the Schwarzwaldhochstraße: between Baden-Baden and Freudenstadt, an accessible trail from the Kniebischhütte leads to the Ellbachseeblick viewing platform. The 33 metre footbridge unveils a breathtaking panorama of the Black Forest and a shimmering Lake Ellbach. [schwarzwald-tourismus.info](https://www.schwarzwald-tourismus.info)
More information about accessible travel: [visit-bw.com/barrierefreies-reisen](https://www.visit-bw.com/barrierefreies-reisen)



TIPS FOR SPECIAL EXPERIENCES

Enjoy the great outdoors, meet new faces, and listen to stories: here you can explore travel ideas sure to create lasting memories. Plus, in an interview, sociologist Hartmut Rosa reveals what refreshes us on holiday





‘City – Country – Longing’ in Kornwestheim Idyllic Here...

What might an idyll truly look like? And how does it reflect our sense of home, identity, and relaxation? These questions shape the exhibition ‘City – Country – Longing’, on display at the Kleihues-Bau museum in Kornwestheim between 9 May 2026 and 26 September 2027. It highlights how landscapes and urban scenes have been depicted in art and everyday culture throughout the 20th century and includes work from artists Manfred Henninger and Gustav Schönleber, along with postcards and souvenirs to evoke further conversations. museum-kleihues-bau.kornwestheim.de

Small town gems in the Zeigmal app

A Digital Guide

Experience the small towns of Southwest Germany like never before! The free Zeigmal app offers locals and visitors alike an interactive tour of 20 small town highlights – complete with sound, images, text, and augmented reality. One of the towns featured is Weinheim, located just north of Heidelberg, an old town with a Mediterranean market square and unique parks and gardens. Zeigmal is a start-up from Baden-Württemberg that is supported by both the state and federal government as an innovative business venture and it received the German Brand Award in 2025. zeigmal.digital



‘Schellsch halt mol’: locals share tips from their doorsteps

Just Ring the Bell



If you spot the sign ‘Schellsch halt mol’ on a private home in the Black Forest, you’re invited to ring the bell at any time, during the day, for them to answer questions and give insider tips. It reflects the open-minded spirit of residents who genuinely enjoy chatting with travellers – and if you love uncovering hidden

corners known only to locals, you’ll want to ring the doorbells of these warm and welcoming hosts. And who knows, it could even spark the beginning of a new friendship. By the way, ‘schellen’ is the Alemannic word for ‘ringing the doorbell’. hochschwarzwald.de

3 Questions for Hartmut Rosa

“We seek true connections”

The sociologist presents his ideas at the Black Forest House of the Senses. Our interview with him explores time, wellbeing, and what helps us feel renewed whilst on holiday.



What can visitors experience at the Black Forest House of Senses?

It's a collaborative project by the community of Grafenhausen that explores time and resonance in a playful way. Visitors can reflect on questions such as why we feel happier when we dedicate time to what truly matters in life.

What does time have to do with happiness?

A great deal. Living a fulfilling life is closely tied to how we experience and spend our time.

And how do you have a successful holiday?

Often, we are drawn by a desire for both peace and adventure.

If you want to truly have time, you have to waste time. On holiday, we seek the leisure missing in everyday life. Hiking, cycling, or spending time on a farm or in a monastery stretches the day and the world feels more vivid and expansive. We crave a different connection with ourselves, with others, and with nature – a longing for resonance, for being touched. This can't be scheduled. That's why holidays offer the perfect opportunity to immerse ourselves in experiences without knowing exactly where they will lead.

schwarzwaldhausdersinne.de



Hideaways in beautiful nature

A Peaceful Retreat

Places to find peace and quiet in charming rural settings – that's the promise of Baden-Württemberg's hideaways. Nestled in nature yet offering modern comforts, they combine sustainability with striking architecture. Fruit and vegetable farmers Maria and Josef Hänslers, for instance, welcome guests to their tiny house garden in Wald-Allmannshofen, just north of Lake Constance, where their three cosy accommodations are named 'Apple', 'Plum', and 'Pear'. visit-bw.com/hideaways

Cool places in Southwest Germany

Shady Spots for Hot Days

If you crave cooling experiences on hot summer days, you can beat the heat with a new app 'Cool Places in Baden-Württemberg' to help you find attractions that offer a refreshing break. Take a dip in the Bad Urach outdoor pool in the Swabian Alb, explore the Tschamberhöhle cave in Rheinfelden, or visit Aulendorf Castle in Upper Swabia. Alongside pools, caves, and shady walls, the app also lists ice cream parlours, drinking fountains, and sunscreen stations. All Coolcation spots can also be found online at: orte-bw.cool





Visit the tower of Bad Wimpfen **Expand Your Horizons**

Anyone visiting Bad Wimpfen in the Heilbronn district should climb the Blue Tower – and not just for the stunning view, because here, visitors can also meet a real tower keeper. Blanca Knodel is a hostess with heart and soul: in her cosy apartment 25 metres above the ground, this Wimpfen veteran shares a world rich in history and stories. Whether over a glass of Türmerinnen sparkling wine or in a spontaneous chat, a visit to the Blue Tower leaves guests with memories they treasure for years to come. badwimpfen.de

Gallery

Steiff Museum in Giengen **Childhood Favourites**

Where cuddly toys come to life: Giengen an der Brenz is celebrated as the birthplace of the teddy bear and fans of these soft companions with buttons in their ears can enjoy them in the delightful setting of the Steiff Museum. A magical experience for visitors of all ages, full of surprises, stories, and emotions, you'll find rare historical pieces from the company's 140 year history on display and can watch first-hand how the beloved animals are carefully crafted. corporate.steiff.com/museum



The highest point:
Lemberg Observation
Tower

THREE ALTITUDES THREE WORLDS

Peaks, orchards, and caves:
a trip to the Swabian Alb is full of
delightful contrasts

✍ MATHIS GILSBACH 📷 GERT KRAUTBAUER





The wide open plains: relaxation in an orchard meadow

Underground: descending into the depths of the Swabian Alb



The Swabian Alb

From its peaks to its valleys, its plains, or its caves, the Swabian Alb is full of discoveries. Several mountains standing around one thousand metres high in the south-west offer breathtaking views over the surrounding landscape. Yet the region is equally defined by its rolling hills, orchards, and striking karst formations. Here and there, a rock opening hints at the hidden wonders within where water has sculpted countless caves – some of which are open to visitors. A hut keeper, an orchard-bathing instructor, and a cave explorer share their favourite spots, revealing the remarkable diversity and charm of the Alb. schwaebischealb.de



The proud hut owner raises the flag at the top of Lemberg Tower

1,015 metres
above sea level
on Lemberg

At the Summit

At 1,015 metres, Lemberg is the highest point in the Swabian Alb. Katharina Siedler welcomes visitors at a mountain hut there.

Katharina Siedler climbs the 33 metre tower with ease to hoist a flag that marks the highest point of the Swabian Alb. It signals that the hut on the Lemberg, near Gosheim, is open and that refreshments, light bites, and warm hospitality await hikers as they make their way to the summit. Katharina takes a moment to gaze into the distance and enjoy the sweeping panorama of forests and mountains. She can spot the neighbouring Oberhohenberg and the summit cross on Kehlen. At 1,010 and 1,001 metres respectively, these two mountains are also among ten of the thousand-metre peaks that rise from the Danube Mountains area in the south-western end of the Alb.



In front of the hut is space to take a break with a cool drink

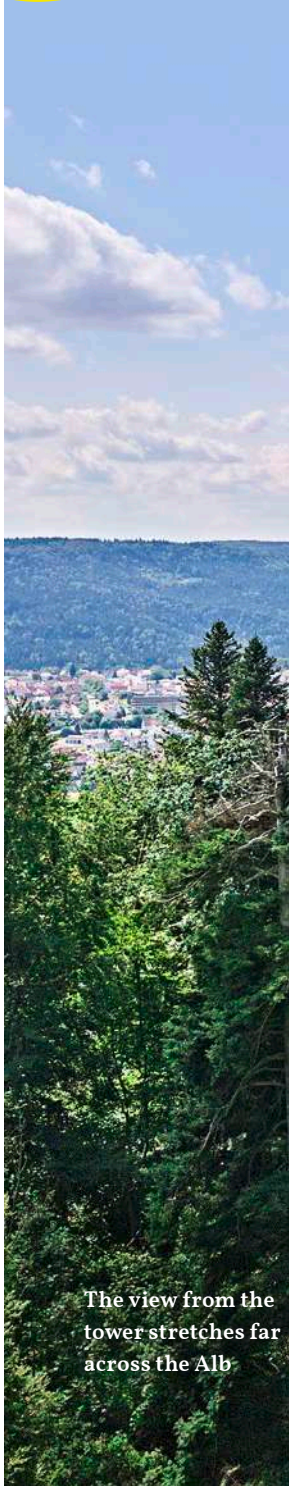
In addition to the spectacular views from the tower and the calmness of the surrounding nature, Katharina also values the Lemberg and its hut as a place to welcome and meet people – whether familiar faces from nearby villages or hikers from further afield. "When I raise the flag, I look forward to the day ahead with my husband, friends, family, and all the guests who visit our hut." It's particularly important to her that everyone feels welcome on the Lemberg which is why she has created, together with the Swabian Alb Association and her husband, several play stations for children which include marble runs, a sandpit, and a barefoot path.



People already know each other on Lemberg



The steel tower was built in 1899



The view from the tower stretches far across the Alb

**“Up here, time
passes a little
more slowly.”**

KATHARINA SIEDLER, HUT OWNER





“In the meadow,
I feel connected
to nature.”

VERENA BLESSING, COURSE INSTRUCTOR -
ORCHARD MEADOWS, BADEN

The frame draws
the eye to what's
important



The Tranquil Midpoint

In the Neckar Valley, Verena Blessing invites visitors to experience meditation and deep relaxation in an orchard meadow.

Gnarled fruit trees laden with apples and pears and a wide, gently rolling landscape – such orchard meadows shape the scenery of the Swabian Alb, which is no surprise as over 1.5 million trees make this one of the largest orchard regions in Europe. At its heart, near Rottenburg, Verena Blessing stands in a meadow and takes a deep inhale of breath. The air has a spicy but delicate aroma, the blades of grass brush against her toes, and sounds of rustling leaves and birdsong can be heard. Verena looks up through the branches of an old apple tree and delights in the vast expanse of the sky above her. "It's simply different when you immerse yourself in an orchard meadow," she says. "In a forest, you feel more grounded and sheltered by the canopy above. Here in the meadow, you experience openness and space." Before becoming an instructor for both orchard meadow and forest bathing, Verena nearly suffered burnout working in a demanding office job. Finding peace in nature, among the orchard meadows, helped her reconnect with herself and regain balance. Today, she delights in sharing this journey of tranquillity and renewal with everyone who takes part in one of her courses to, themselves, discover the rich, natural diversity of an orchard meadow.

verbundenmitnatur.de
fruechtetrauf-bw.de

416
metres

above sea level
near Rottenburg-
Dettingen



The ripening
fruit



Whose feather
is this?



Refreshing apple juice at
the end of the relaxation

The Swabian Alb



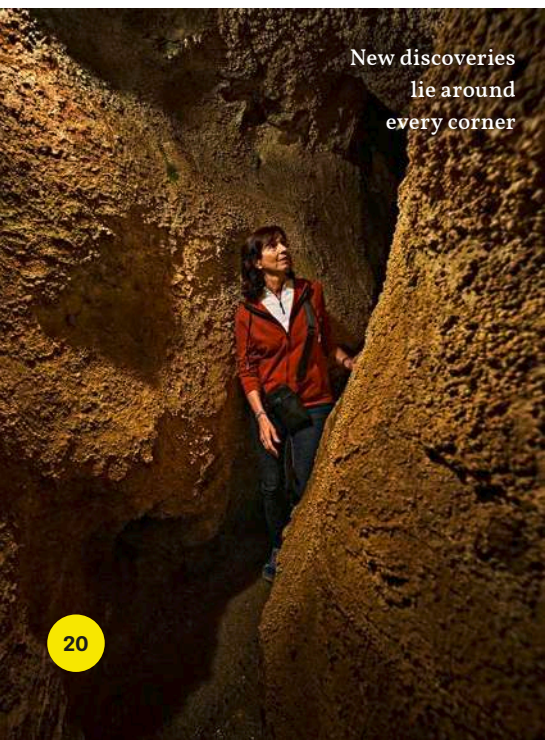
Meadows are
surprisingly
diverse



Steep stairs lead down to a depth of 55 metres



Audio stations provide interesting facts about the cave



New discoveries lie around every corner

In the Belly of the Alb

Cave explorer Alexander Schneider guides us on a descent into Laichingen Deep Cave.

As the beam of a headtorch dances across damp rock walls, the hook is secured and the rope firmly fixed to descend through the shafts into Laichingen Deep Cave. Alexander Schneider, with a blend of eager anticipation and deep respect, looks down as he begins his journey into the depths. He discovered caving as a child with his family, but his passion for adventure and his strong sense of camaraderie alongside fellow explorers is what still draws him underground today – and the Swabian Alb has no shortage of subterranean wonders to uncover. Water has sculpted around 2,800 caves within the limestone landscape but a true highlight of the region is Laichingen Deep Cave – Germany’s deepest show cave. However visitors, of course, do not abseil down like Alexander, instead, they experience this fascinating underworld from a designated visitor route with iron staircases and sturdy, illuminated paths. Over 600 steps lead down to 55 metres below sea level where narrow passages suddenly open out into vast chambers of extraordinary rock formations shaped over countless years.

tiefenhoehle.de
tourismus.alb-donau-kreis.de
geopark-alb.de

Find additional information here:
schwaebischealb.de

55 metres
below ground in Laichingen deep cave

The research team in the Great Hall of Laichingen Deep Cave



The Swabian Alb

**“In the cave, it's
easy to lose track
of time – which
is relaxing.”**

ALEXANDER SCHNEIDER,
CAVE EXPLORER



The Swabian Alb Biosphere Reserve

A Spirit of Discovery

Young nature enthusiasts can discover a wealth of knowledge from rangers on guided tours of the Swabian Alb Biosphere Reserve. The programme spans wilderness survival skills, trail tracking, and enchanting bat and butterfly discovery tours. biosphaerengebiet-alb.de



Mountain biking in Albstadt & Aalen

Breakneck Speed

Cycling action in the Alb: mountain bikers can expect to discover the region's most beautiful trails on guided tours – such as those around Albstadt or Aalen – or for those craving adrenaline, the action-packed routes of the Albstadt Bike Park promise thrills and excitement. bikepark-albstadt.de; bikeacademy-aalen.de; albbike.de

Rock climbing in the Blautal Valley

Vertical Climbs

The Blautal Valley near Blaubeuren is a superb climbing destination, offering routes for both beginners and seasoned climbers alike. On courses led by experienced mountain guides newcomers can take their first steps up the rocks, while experts can take on fresh challenges along the demanding limestone cliffs. alpinewelten.com

THE ALB FOR ADVENTURE LOVERS

Whether at high altitude or deep underground, on a mountain bike or with a hiking rucksack – the Swabian Alb is a wonderful destination for activity holidays.





Trekking in the Upper Danube Nature Park **The Great Outdoors**

In the trekking camps of the Upper Danube Nature Park, hikers can camp in designated spots, whether for a single night or an extended multi-day adventure – all at the heart of nature. Relax in front of your tent on an evening as an eagle owl calls in the distance and the first stars begin to twinkle overhead. trekking-obere-donau.de



Falkensteiner Cave **Cave Diving Tour**

If you dream of being an explorer, join a guided tour of Falkenstein Cave. Equipped with helmet, headtorch, and wetsuit, you'll descend deep underground. In places, the cave ceiling is so low that brief underwater dives are required. This unforgettable adventure for true thrill seekers is permitted when accompanied by certified, official guides – a unique way to experience the Swabian Alb. cojote-outdoor.de

Paragliding at Hohenneuffen **A Bird's Eye View of the Alb**

A breathtaking new perspective of the Swabian Alb reveals itself from the skies. Even first-time flyers can lift-off safely on a tandem paragliding flight high above the magnificent Hohenneuffen Castle. tandemgleitschirm-neuffen.de





The path is often
so narrow that
you must walk in
single file

A FOREST FULL OF STORIES

The Gernsbach Mystical Trail in the Black Forest
is like something out of a fairytale

✍ ANNA MONTERROSO CARNEIRO 📷 GREGOR LENGLER

Benedikt stands on a rock, hardly able to believe his eyes. Below, the Murg River rushes past, while behind him a narrow wooden bridge connects back to the hiking trail across the gorge – and somewhere in between, legend comes to life. Wolf von Eberstein is said to have leapt from the cliff's edge upon his horse, surrounded by enemies and with no way of turning back.

Nearby, the children gather with their mother, Susi, at one of the forest's information boards and listen as the tale plays out loud. "I would never jump down there!" exclaims Janosch. "Not even with a magical horse!" They continue along the Gernsbach Mystical Trail where each step draws them deeper into the sunlit Black Forest and its stories. Visitors can also borrow a mystical backpack full of

WILHELM HAUFF

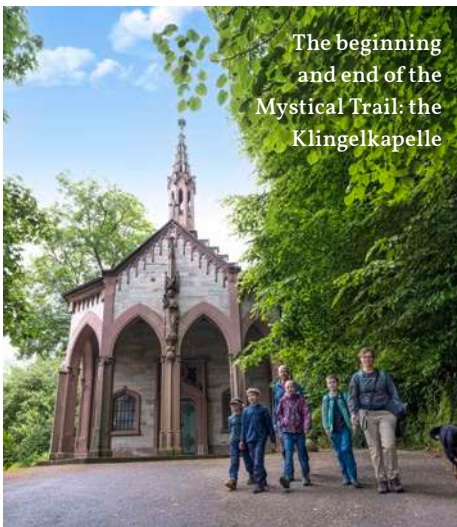
The Swabian poet created over 30 stories during his short life with works like 'The Cold Heart' and 'Little Muck' bringing him lasting fame. And at the Hauff Fairytale Museum in Baiersbronn, visitors can step into Hauff's magical world, read his fairytales, and enjoy immersive audio plays.

puzzles from the Gernsbach Tourist Information Office and turn the trails tales into playful adventures. The family – Susi, Benedikt, their children, and their dog Eddi – consider the five kilometre circular trail to be a delightful escape from everyday life. Scattered with information boards depicting Black Forest legends, it is full of fun, discovery, and a touch of magic for all ages.

Journey into Mystical Worlds

Their enchanting journey began at the Klingelkapelle, or Bell Chapel, which marks the start of the hiking trail. This small, beautifully adorned sandstone church stands here for a reason: it was built by a grateful hermit who, according to legend, escaped a she-devil – his ringing of a bright bell is said to have freed him from her spell and gives the chapel its name to this day. Charlotte pauses thoughtfully in front of the carved wooden plaque. "Maybe the bell was an angel," she whispers. Benedikt and Susi nod, and the family sets off into the heart of the summery forest.

The trail feels magical and is so narrow that the family walks mostly in single file, winds gently blowing uphill over the gnarled roots of the forest floor. Poisonous foxgloves line the



The beginning and end of the Mystical Trail: the Klingelkapelle

Encounter seven mystical legends along the way



The Count's Leap offers a great view of the valley featured in many legends

Right: a poisonous, pink foxglove
Below: the signposts along the Mystical Trail



The Black Forest

A refreshing break: the Wachtelbrunnen fountain is just a short detour from the path



Who's hiding there? A curious elf or a ghost of the forest?



Refreshments and overnight stays are available at Eberstein Castle

path, lush green ferns carpet the ground, and here and there a pink rhododendron bloom peeks through the trees. Tom and Moritz, the youngest explorers, consider the trail an adventure playground. They scramble over rocks and dart back and forth, full of energy. Janosch and Charlotte, on the other hand, take a slower pace, pausing to read the fairytale boards and nibble on rice cakes as they soak in the forest's charm.

Their calves ache slightly as the final metres up to Eberstein Castle grow steep. Then, suddenly, it appears, perched majestically on a rocky ridge above the Murg River complete

with sweeping views over the Black Forest and its vineyards. This is the highlight of the hike for the Schneider family, which, by now, they are about three-quarters of the way along. So as the path continues around a curve, the pace of the day shifts. Everyone slows, the mood becomes relaxed, and they linger a little longer to take in the scenery.

Fries & Rosé Wine

The terrace of the castle restaurant offers a stunning view across the Black Forest, like a balcony suspended above the landscape. While the children tuck into schnitzel and fries, Susi and Benedikt raise their glasses of rosé in a refreshing toast. "It feels like a holiday," Susi says, soaking up the moment as everything falls into place – the view, the food, and the peaceful atmosphere. Even Eddi the dog gets a bowl of water and a friendly pat from the waitress.



There are plenty of places to take a break and recharge your batteries

Find additional information here:
sagenweg.de and
schwarzwald-tourismus.info

MAGICAL SPOTS

Whether mermaids, ghosts, or talking dolls – whoever encounters these places will be immersed in a captivating world of myths and legends.



Gengenbach Ghosts of the Vineyards

The Bergle Mystical Trail stretches nearly seven kilometres from Gengenbach's historic old town, through vineyards and forests, before circling back again. A ghostly signpost along the route will guide your way through eerie legends and breathtaking views.

ortenau-tourismus.de



Mummelsee

The Dance of the Mermaids

Mermaids are said to dance on the dark waters of Mummelsee each night. This lake, along the Schwarzwaldhochstraße, is steeped in the legend of underwater spirits and their sparkling crystal palace. mummelsee.de

Oppenau

A Mystical Setting

High above Allerheiligen Falls rise the ruins of a Premonstratensian monastery, founded in 1191. Nestled in the forest and long abandoned, its walls whisper stories of pilgrims, monks, and its founder, Uta von Schauenburg – a truly mystical place steeped in history. schwarzwald-tourismus.info



Renchtal

Open Air Theatre



Across six dates, puppeteer Carsten Dittich brings the legendary characters Moospfaff and Gustav Nietnagel vividly to life when they meet in the Rench Valley and lively scenes unfold. renchtal-tourismus.de

The Black Forest

Hinterzartener Moor

Wooden Guardians

Six sculptures stand guard over the largest moor in the southern Black Forest where, along a circular trail, Thomas Rees' mythical creatures blend art and nature to create a memorable experience. schwarzwald-tourismus.info



Looking out over the Rhine Valley, the Makalié winery sprawls across steep slopes such as the Ölberg near Bad Krozingen

HARVEST FESTIVAL AMONGST THE VINES

Lend a hand at harvest time, experience a sense of community, and enjoy Baden wine region's warm hospitality: in the late summer, eco start-up Makalié invites young people from around the world to work together in the Markgräflerland region

✉ CHRISTIANE WÜRTEMBERGER 📷 GREGOR LENGLER



Karoline Linka and Max Frölich produce natural, purist wines

“I love the meditative rhythm of working here,” says Mika, a young Israeli woman, as she cuts Pinot Noir grapes with her pruning shears. The young woman sniffs some, removes two or three and carefully drops the bunch into a large basket. Snip. Snap. Another follows. She shares a few words with Danny across the row of vines – it’s his first day and he still needs a little guidance, so they exchange tips and laugh together.

Lunch Over Long Tables in the Vineyard

Together with young people from around the world, Karoline Linka and Max Frölich, the couple behind the wine start-up Makalié harvest their grapes each year by hand – the vineyards of the Markgräflerland region south of Freiburg are extremely steep making the use of machinery near impossible. Instead of wages, workers are rewarded with board and lodgings, they stay in holiday apartments and gain insights, not only into grape harvesting, but also into the cuisine of Baden when, at lunchtime, everyone comes together to eat along a long table set among the vines.

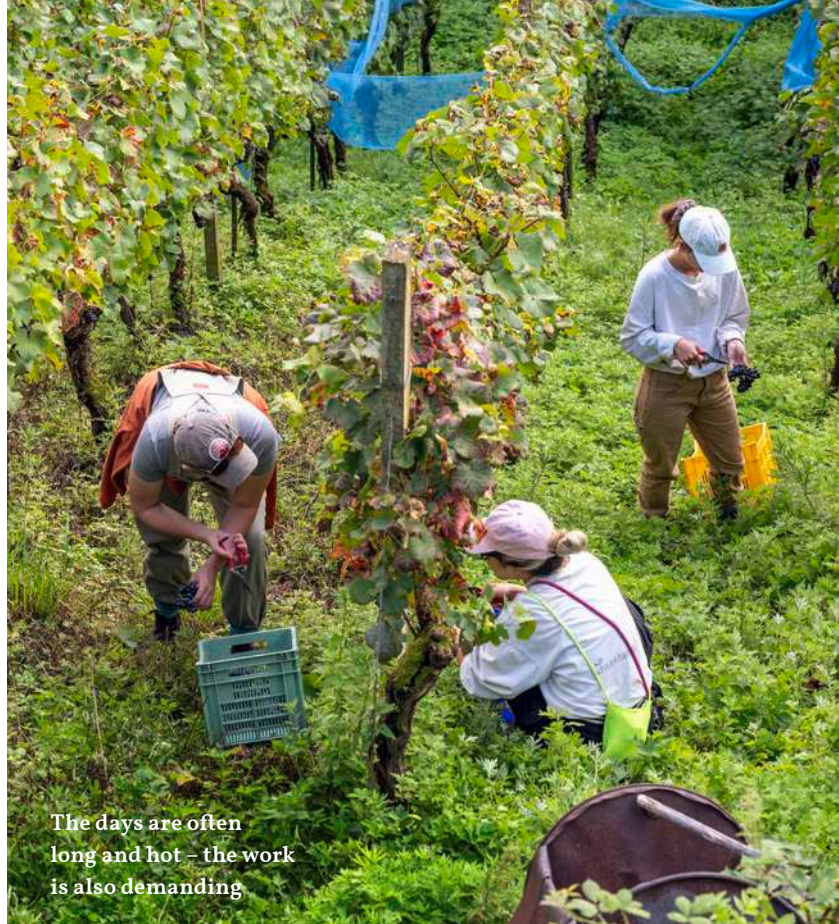
“This place feels like paradise to us,” says Max. “Not only do vines flourish here, but fruit as well, and we simply love this landscape.” Over the last five years, he and



Danny experiences his first day in the vineyards



Ripened Pinot Noir grapes



The days are often long and hot – the work is also demanding

his wife Karoline have been cultivating their vines in the most natural way possible. They intervene minimally throughout the natural process, they don't till the soil, and they work biodynamically – so no chemical pesticides or fertilisers are used. As a result, flowers and herbs are free to grow between the rows of vines. Their purist single-vineyard wines – some matured for up to 18 months – are then bottled unfiltered. You can sample them in selected restaurants across the region, however a lot of what is produced is exported. Depending on the weather, the September harvest lasts around two to three weeks. Friends come to lend a hand and Karoline and Max also welcome volunteers through the Worldwide Opportunities on Organic Farms platform which connects helpers with organic farms. This season, two women from Israel, along with volunteers from Japan and the USA, have made their way to the peaceful

Rhine Valley. Karoline and Max are delighted. “We live out here in the countryside, close to nature, and don't have much time to travel,” they say. “So during the harvest, it's like the world comes to us – and we truly enjoy that.”

Silence Can Be Challenging

It's a feast for all the senses. The sun carries warmth, the views sweep across the vineyards, over the Rhine Valley, and all the way to the Vosges Mountains in France. The air is filled with the aromas of the harvest and the late summer. And as the days draw to a close there is cake followed by wine tasting. It feels like paradise.

“The work is also demanding though,” says Karoline. “The midday heat, the long days, and the silence make it a borderline experience for some.” Harvesting here not only requires mental concentration for long periods of time,



“We really celebrate the harvest.”

KAROLINE LINKA

but there is also the physical exertion of climbing up and down the steep slopes. Karoline and Max also have an additional pressure: the grapes need to be taken and pressed within a short period of time. However most volunteers remain enthusiastic – about the experience, the sense of community, and the good food. Yukari from Japan enjoys sampling grapes and learning about wine culture, while Zoe from the USA is also keen to improve her German. Danny from Osnabrück, after years at sea, is considering a career change. “I’ve learned so many new things today,” he says in the evening, feeling tired yet content. The winemaking couple really go out of their way to make everyone feel welcome. “We want to give something back,” they say. In the afternoons, they bake homemade sponge cakes, and after work,



All done and dusted – the volunteers toast a successful day



Winemaker Max Frölich pours a glass of his own Pinot Noir for tasting

they raise a glass of wine with the volunteers to toast the day’s achievements in Ortauf. Some workers help prepare the evening meal while the others continue to pick grapes, then everyone gathers in the family’s spacious living room to eat – and today, its homemade organic cheese spätzle with chanterelles being served up, followed by an Ofenschlupfer with vanilla sauce. Karoline and Max love celebrating harvest time, their little daughter, Luisa, playing happily on her mother’s lap as cheerful voices fill the room. And, of course, anyone who wishes to can enjoy a glass of the vineyards very own Pinot Noir.

More Volunteering Projects

On the platform www.woof.de you can find many eco-farms in the Black Forest and Baden-Württemberg that are looking for helpers. ‘Ehrensache Natur’, or ‘A Matter of Honour’, is the name of a volunteer programme run by National Nature Landscapes and the Association of German Nature Parks, which also includes naturpark-suedschwarzwald.de – they regularly have opportunities to lend a hand for a day. And the Black Forest Capercaillie Association organises action days dedicated to maintaining the habitats of capercaillies, a breed of grouse. auerhuhn-schwarzwald.de

Find additional information here:
makalje.com and
schwarzwald-tourismus.info



1

The Swabian Alb

Authentic Lentils with Spätzle

Once common across the Swabian Alb, there was no doubt that authentic Alb lentils tasted the best, but this old variety vanished from local fields until a remarkable rediscovery in a seed bank in St. Petersburg brought it back to life. Seeds from the preserved lentils were propagated, and today, once again thrive and can be enjoyed at the Ehinger Rose. ehingerrose.de

HOLIDAY FLAVOURS TO REMEMBER

Anyone who knows Baden-Württemberg will recognise its wealth of culinary traditions – from the iconic Black Forest Gâteau to the beloved Swabian Maultaschen. Such classic dishes aren't just food; they're the flavours of a holiday, that are as unique as the destination itself.



2

Mannheim Ice Cold Spaghetti

It may look like pasta – with tomato sauce and Parmesan shavings, but it is in fact sweet and cold. Spaghetti Ice Cream is a bestseller in ice cream parlours across Germany but doesn't come from Italy, but from Mannheim. In 1969, Italian-born Dario Fontanella created the first Spaghetti Ice Cream in his father's parlour by pressing vanilla ice cream through a spätzle press. Today, the specialty includes vanilla ice cream, strawberry purée, whipped cream, and white chocolate shavings. eisfontanella.de



Maulbronn

Hidden Highlights **3**

Roasted, melted, or simmered in broth – whether meat, vegetarian, vegan, or even sweet – Maultaschen are a true staple of Swabian cuisine. According to legend, these hearty dumplings were first created in the UNESCO World Heritage Site, Maulbronn Monastery, where inventive monks sought to enjoy a gift of meat during Lent ‘hidden from God’s eyes’ by finely chopping the meat, mixing it with herbs and greens, and hiding it inside pasta dough – giving rise to the nickname ‘Herrgottsbscheißerle’, or ‘God’s Little Cheats’. kloster-maulbronn.de



The Swabian Alb

Toasting Tradition

Orchards are an integral part of the Baden-Württemberg landscape, and Jörg Geiger has spent years showing just how much flavour they hold. In his gourmet manufactory on the northern edge of the Swabian Alb, he revives old fruit varieties and transforms them into exquisite beverages – from single-variety sparkling wines and fine fruit brandies to elegant non-alcoholic seccos.

manufaktur-joerg-geiger.de

Cuisine



5

The Black Forest

The Perfect Accompaniment to Coffee

Just like the Bollenhut hat and cuckoo clocks, the Black Forest’s famous cherry gâteau has become an unmistakable symbol of the region. At the heart of this indulgent classic lies one essential ingredient: authentic Black Forest cherries – both the fruit and the distillate must come from the region. The Bockstaller Bakery in Todtmoos is renowned for its exquisite Black Forest Gâteau. cafe-bockstaller.de

Church musician
Thomas Fischer
pulls out all the stops
playing the famous
Gabler organ



CLOSE TO HEAVEN

A visit to the former Benedictine monastery church in Ochsenhausen on the Upper Swabian Baroque Route

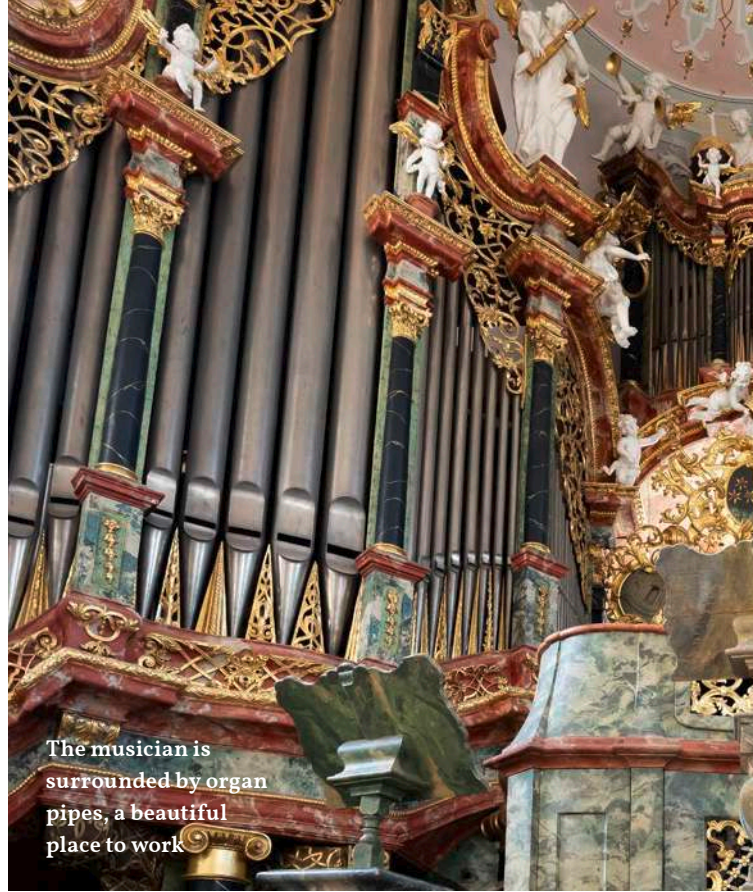
✂ CHRISTIANE WÜRTEMBERGER 📷 ISABELA PACINI



The radiance of faith: Ochsenhausen Monastery reflects ecclesiastical power

Thomas Fischer plays, and the notes cascade down the white stucco walls toward the altar, flowing over the pews and into the hearts of those listening. Below, the audience appears almost miniature within the vast 80 metre long nave. High above them, at the console of St. George's monastery church in Ochsenhausen, the musician's fingers fly across the four manuals as he looks out towards the altar, surrounded by ornate stuccos and Baroque ceiling murals that recount centuries of monastic life – an extraordinary view. Within this lofty space, it feels as though heaven is a little closer to earth, with the sounds from the famous Gabler organ making it nothing short of otherworldly.

Joseph Gabler built the organ between 1728 and 1734 for his hometown of Ochsenhausen in the Upper Swabia-Allgäu region, at a time when the originally Gothic church was being transformed into a Baroque masterpiece. As Thomas explains, “Gabler was not only an organ builder, but a visionary. He created instruments that fit perfectly into their surroundings, no matter how challenging the space. Simple solutions never interested him.” A free-standing console, the instrument resembles a Baroque theatre set, surrounded



The musician is surrounded by organ pipes, a beautiful place to work



Angels surround the Gabler organ in the monastery church



by an entire orchestra of white and gilded angels poised among the pipes. Yet the Gabler organ is not only a visual marvel, its sound is equally as remarkable. The organist enthuses, “This instrument offers an extraordinary range of timbres, especially among the string and flute registers, available in countless nuances – closely representing Baroque excess. The basilica’s superb acoustics of course further enrich its tone.” Visitors can experience these unique sounds during Sunday services or at special events such as the Organ Summer.

Sounds of Young Musicians Rehearsing

Music plays a central role not only in the monastery church, but throughout the former Benedictine monastery. The State Music Academy has, for over 40 years, been housed within its walls. On a guided tour of this magnificent Baroque highlight, visitors can quietly overhear young musicians practicing behind rehearsal-room doors, the delicate



“An organ of superlatives in the Baroque cultural landscape of Upper Swabia.”

THOMAS FISCHER, CHURCH MUSICIAN





Monks once gazed
at the sky from
the very top of the
monastery

“My favourite place is the library, its wealth of knowledge is immense.”

ANDREAS KREISSIG, LIBRARIAN & GUIDE

drifting sounds of strings, followed moments later by the vibrant resonance of timpani and trumpets that seem to make the corridors vibrate. At lunchtime, musicians, teachers, and staff gather in what is said to be one of the most beautiful halls in the country, where they all dine beneath the sweeping frescoes overhead.

But why so regal? Isn't this a monastery? Librarian and guide Andreas Kreißig explains that the former Benedictine monastery was once politically self-governing, making the Abbot not only a spiritual leader but also a Sovereign Prince. Alongside the library and its valuable historic volumes, Andreas is also captivated by the building's rich Baroque details. Illusionistic frescoes above the Fishermen's Staircase, for example, create a remarkable sense of depth and space. In the antechamber of the prelatore, a figure of Christ carved into the wooden ceiling reminds visitors that, despite worldly power, faith ultimately prevails. The library ceiling mural has a monk peering through a telescope held the wrong way round – a playful suggestion

The exterior of the Gothic monastery church was also given a Baroque makeover



BAROQUE CELEBRATIONS

The Upper Swabian Baroque Route celebrates its 60th anniversary this year and to mark the occasion, throughout the year, nine new audio tours will be released in various locations along the route – including Ochsenhausen.

[oberschwaben-tourismus.de](https://www.oberschwaben-tourismus.de)



The small bridge over the Krummbach stream in Ochsenhausen

that science alone cannot reveal ultimate truths. Ochsenhausen Monastery is just one of many highlights along the Upper Swabian Baroque Route, which celebrates its 60th anniversary this year.

Experiencing the monastery with a guide such as Andreas is like stepping back in time to when memories of the Thirty Years' War were still vivid. Its horrors shaped the spirit of the age, as the Baroque era embraces pleasure, joie de vivre, and splendour in striking contrast to the ever-present awareness of life's transience. This tension is what makes the period so compelling – and it's an era that has left deep and lasting traces throughout Upper Swabia, making it the perfect place for art lovers to truly indulge their senses.

The Benedictine monks in Ochsenhausen were scholars as well as men of faith and built an observatory in the monastery's attic to study the heavens. Some monastery tours even lead visitors up there to learn how celestial bodies were observed at the time. As Andreas explains, the monks peered through a hatch in the domed roof using a telescope with tenfold magnification and could follow the movement of the stars thanks to the roof and viewing aperture being mounted on a circular gear – meaning they could be rotated – an ingenious mechanism, sadly no longer in use today. Those wishing to experience heaven here on earth can lose themselves in the organ music of the monastery church, admire the rich Baroque art, immerse themselves in the tranquillity of the surrounding woodland, or stroll along the secluded Krummbach stream – that once supplied the monastery with water but today offers a nice way to refresh tired feet.

Fancy visiting the monastery?

Find additional information here:

[kloster-ochsenhausen.de](https://www.kloster-ochsenhausen.de)

[oberschwaben-tourismus.de](https://www.oberschwaben-tourismus.de)



LOVE OF THE COUNTRYSIDE

Upper Swabia-Allgäu is the perfect region for an enjoyable break – warm hospitality, local specialities, and a never ending horizon

✉ CHRISTIANE WÜRTEMBERGER 📷 ISABELA PACINI



Bianka Güldenberg runs the farm café at Rösslerhof



At the Zum Schloss hotel, the Italian dish 'Vitello Tonnato' is transformed into a regional version – 'Vitello Forello'



Holy Cross Chapel in Amtzell –
a charismatic place



A tour of the
Bauhofer cheese dairy

I'm seated on the terrace of the Rösslerhof café in Schlier, my fork sinking into a slice of homemade apple cake topped with cream and the cappuccino is exactly to my taste – crowned with a generous dollop of frothy milk. A moment of pure bliss. I squint contentedly into the sun and simply listen: bees humming, cows lowing. The gentle harmony of farm life and nature settles in my ears like a promise of rest and revival. Even the journey here felt effortlessly calm – a narrow road winding through the meadows, fields, and rolling hills of the Württemberg Allgäu arriving, at last, at the secluded Guldberg's family farm.

Living & Working in Harmony with Nature

The daughter Sophia, a newly qualified farmer, brought over the cake herself. As it's a quiet time of day, she sits and takes a moment to share a little about the organic farm with its 70 dairy cows, calves raised on site, and carefully tended arable and grassland. The Rösslerhof was founded in the 13th century by the Benedictine monastery of Weingarten, and is now run by the Guldberg family. Sophia's parents, Bianka and Gereon, have opened the farm to visitors, to browse the farm shop for organic produce, relax in the café, or stay in one of five holiday apartments. Mother Bianka, now joining us at the table,

**“We enjoy
offering guests
homemade
cakes.”**

BIANKA GÜLDENBERG, RÖSSLERHOF



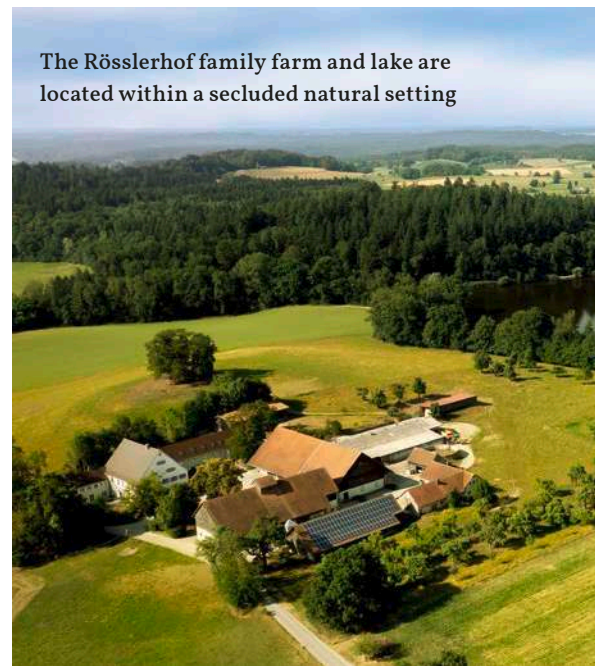
“Come in!” Stephanie Fischer from the Zum Schloss hotel

“A great deal of love and passion goes into making our cheeses.”

BELINDA LOCHERER, KÄSEREI BAUHOFFER

sums it up perfectly, “It’s a great privilege to live, create, and work together as a family – all in harmony with nature.”

I arrived in the region yesterday to begin my stay at the Zum Schloss hotel in nearby Amtzell – which is everything I look for in a weekend escape: nature, warm-hearted hospitality, and excellent food. My host, Stephanie Fischer, happily shares tips for exploring the area and asks whether I’d like to borrow one of the hotel’s e-bikes for a few hours. “Or you could simply go for a swim in our bathing lake,” she adds. “It’s only 300 metres away.” The idea is tempting. Ralph, her husband, smiles and quips, “Hosting is easy when the region has so much to offer.” This is possibly an understatement as the uniquely furnished rooms, attentive service, and refined cuisine definitely elevate the experience. In the evening, I sample a regional variation – ‘Vitello Forello’ prepared with trout cream instead of the traditional tuna, and I notice almost everything on the menu comes from local producers. The Zum Schloss hotel has also recently been awarded the ‘GreenSign’ eco-label.



The Rösslerhof family farm and lake are located within a secluded natural setting

After dinner, the Fischers suggest a walk to the Holy Cross Chapel and so a short climb later, I find myself sitting quietly in the cool interior of the small church, deeply moved by its simple beauty. Outside, I linger on the bench beneath the old lime tree, letting my gaze wander across the rolling hills in to the distance and towards the Alps. It feels less like travelling – and more like I'm visiting friends.

Naturally, when I arrive at the Rösslerhof, I also ask Bianka and Sophia for their recommendations. They immediately suggest two options: a walk to the nearby Rösslerweiher lake or a visit to the Bauhofer cheese dairy – from where, some of the farm's organic milk is delivered. As I'm staying overnight in one of the beautiful holiday apartments at the Rösslerhof, I decide to do both. Starting with a visit to the lake, and later, Gereon and Sophia invite me to the barn, where the farm's cows and calves happily graze on fresh clover and grass.

The next morning, I visit the Bauhofer cheese dairy, where Belinda Locherer and Marcus Scherler show me how milk is transformed into high-quality cheese. "Guests



On Tuesdays, Thursdays, and Fridays, breakfast, coffee, and cake are available at the Rösslerhof

are always welcome to watch us at work," says Belinda. "It's a chance to see that, despite modern technology, this remains a craft that demands passion and patience." She's right. The cheese wheels rest on long wooden shelves for weeks, turned and washed by hand along the way. Some of the heavier work now utilises robotic machinery – after all, a single cheese wheel can weigh up to 80 kilograms.

The cheese is made from the finest raw hay milk, and you can truly taste the care and patience that goes into maturing each wheel. Later, I find myself in the small shop, torn between choices. Should I take home some Allgäu Emmental, the Bergkäse, or perhaps some of the fiery chilli cheese? The shop assistant offers samples and says with a smile, "Take a little of each – then you don't have to choose." I grin. We understand each other perfectly.

Want to experience the culinary delights of the Upper Swabia-Allgäu region for yourself?

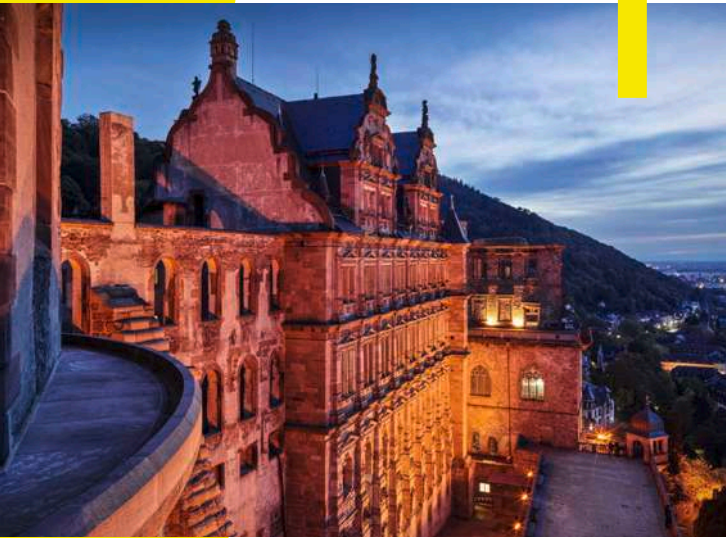
Find additional information here: oberschwaben-tourismus.de

LIVE THE COUNTRY LIFE

Collect eggs straight from the chicken coop, feed the goats, breathe in the country air: Baden-Württemberg has many farms where you can stay overnight as a guest. Whether in your tent, renting a room, or enjoying the comfort of a holiday flat – a holiday in the countryside is guaranteed to delight. landorado.de

LIGHTS, CAMERA, ACTION

Fairytale castles, modern architecture, hidden historical gems, and breath-taking landscapes – Baden-Württemberg has been attracting production teams from around the world for years – filming everything from regional dramas to movies for the silver-screen.



Northern Baden-Württemberg

Famous Classics

Heidelberg's romantic old town and castle appeared in Sean Connery's, 'The Name of the Rose', as well as German films such as 'Anatomy' and 'The Pharmacist'. While Netflix romcom hit 'Isi & Ossi', plays on the contrasting clichés of Heidelberg and nearby Mannheim. The old salt-making town of Schwäbisch Hall has earned the nickname 'Hollywood'. But the most notable international big screen appearance comes from the small village of Öhringen-Michelbach which featured in the film 'Rush', a biopic about Formula 1 legends James Hunt and Niki Lauda, starring Chris Hemsworth. heidelberg-marketing.de; schwaebischhall.de



Lake Constance

Crime Stories Down by the Water

The pile dwellings at Unteruhldingen provided the backdrop to scenes for the Apple TV+ science fiction series 'Foundation'. And Lake Constance is often used as a location for German TV crime dramas 'Tatort Konstanz', 'WaPo Bodensee', and 'Die Toten vom Bodensee' where investigative teams can regularly be found searching for clues around the lake. echt-bodensee.de; bodenseewest.eu





Stuttgart Region Crime Scenes

Popular German TV series' such as 'Tatort', '4 Blocks', and 'SOKO Stuttgart' regularly use the capital's diverse scenery. Hollywood, too: Stuttgart was the site of the epic superhero showdown in 'The Avengers'. And German cinema dramas 'Freier Fall' and 'Novemberkind' were filmed amid the charm of Ludwigsburg and Kornwestheim. stuttgart-tourist.de; erlebnisregion-stuttgart.de

2



4

The Black Forest A Blockbuster Setting

Numerous film crews have used the Black Forest area as their backdrop: the small town of Gengenbach featured in the opening sequence of Tim Burton's remake of 'Charlie and the Chocolate Factory', the 2020 Netflix series 'Biohackers' was filmed in Freiburg, and stars such as Joaquin Phoenix have filmed in Karlsruhe. schwarzwald-tourismus.info




The Swabian Alb Myths & Movies

The Swabian Alb, with its ancient caves, dense forests, and dramatic landscapes, offers scenery straight out of any fantasy film. And that's why filmmakers love it: the German reimagining of 'Sleeping Beauty' was filmed at both Lichtenstein and Hohenzollern castles. Years later, the 'Pirates of the Caribbean' director, Gore Verbinski, chose the same dramatic settings for 'A Cure for Wellness'. During filming, the castles became crowd magnets – and today, even without cameras rolling, their enchanting atmospheres continue to attract visitors. schwaebischealb.de



5

Filming Locations in Southwest Germany



The Television Tower
rises 217 metres into the
sky with the viewing
platform located at a
height of 150 metres

ONE TOWER THREE LIVES

A symbol of home, the needle of the compass,
a workplace: on its 70th anniversary, three people share
what the Stuttgart Television Tower means to them

✍ ANNA MONTERROSO CARNEIRO 📷 GREGOR LENGLER & GERT KRAUTBAUER

“I stood here
for the first
time in 1994
and knew this
was where I
wanted to be.”

DESIREE SANCHEZ



Stuttgart Region

Even after ten years,
Desiree still enjoys
going up the tower
to take in the view

“I glance at
the tower
at least once
during every
training
session and
every match.”

JULIAN LEIST



The former
professional
footballer grew up
with the stadium's
view of the tower

On clear days, you can see it from afar – the slender, silver index finger rising above the treetops of Degerloch: the Stuttgart Television Tower. It has stood over the city for 70 years and is much more than just a landmark. Desiree Sanchez looks out over her city from its viewing platform. “This is my favourite view,” she says quietly, almost reverently.

She has been working as a cashier at the SWR Television Tower in Stuttgart for ten years, welcoming visitors into the lift, sharing tips, chatting, and spreading good cheer. Originally from the Dominican Republic, Desiree has lived in Stuttgart so long that she jokingly calls herself “half-Swabian.” She immediately fell for the state’s capital with its international flair and rich cultural offerings. But the tower, she recalls, was the first place in Germany that made her feel at home. “I stepped onto the platform for the first time in 1994,” she remembers. “It was summer, I wore a white skirt, the wind lifted it, and I laughed and cried with happiness. That was the moment I knew: I want to stay here.”

Today, she’s brought her grandchildren to Leonhardts restaurant in the tower for some hot chocolate and to show them the city from above – she also reads a book about the tower to them, filled with striking pictures and fascinating facts. Sometimes, she even stays after work to take part in special events, maybe when yoga mats are unrolled or a gin tasting begins. The tower has become much more than just a viewpoint – it’s a place full of experiences.

The Television Tower as a Spectator

Julian Leist sits alone in the empty stands, gazing out over the football pitch. Towering above the Gazi Stadium in Waldau is the slender silhouette of the Television Tower. The former professional footballer is now the interim coordinator for the Stuttgarter Kickers and has known this place since his youth,

Beautiful Views of the Stuttgart Region



One of the most beautiful vineyard views in Württemberg

Besigheimer Wine Pulpit

At the top of over 400 steps, the view from Besigheim extends over the Neckar Valley and its vineyards.

Esslingen Castle

High above Esslingen, the medieval castle towers over the city, the Neckar Valley, and the Swabian Alb.

Herlishäusle, Metzingen

As the highest point of the Metzingen Wine Experience Trail, the Herlishäusle offers views of vineyards, the edge of the Swabian Alb, and, on a clear day, as far as Stuttgart.

Beuren Rock

Enjoy a 730 meter high panoramic view of the Swabian Alb, Hohenneuffen Castle, the Neckar Valley, and the town of Beuren.

Schönbuch Tower, Herrenberg

Standing at 35 meters high and built from local larch wood, the Schönbuch Tower near Herrenberg offers sweeping views as far as the Swabian Alb.

More information and highlights can be found at: erlebnisregion-stuttgart.de



The Schönbuch Tower on the Stellberg

There is a market on Marienplatz every Wednesday and Friday



CITY FLAIR

Heusteig and Bohnenviertel, Schlossplatz, Stuttgart West or Europaviertel – the cities diverse neighbourhoods are full of surprises. Here are some love letters to a few of the most beautiful districts:

lieblingsviertel-stuttgart.de

having played countless matches here. Today, without spectators or teammates, he feels the stadium's history more closely than ever.

Julian rises and walks along the sideline, pausing at the halfway line where he looks up. "I glance at the tower at least once during every training session and every match," he says. "It's simply part of the experience." The Television Tower is, for him, more than an architectural landmark. It is an emotional anchor in his daily sporting life, a point of orientation, a symbol of home. "When I'm on a plane and spot the tower, I know I'm home."

The Television Tower is just a 15 minute drive or tram ride into the bustling city centre of Stuttgart – the cosmopolitan state capital but also a hub of architecture, automobiles, and culture. It's home to the Weissenhof Estate, the new city library and art museum,

the Mercedes-Benz and Porsche museums, and the renowned opera and ballet. Those eager to explore can spend the day hopping on and off the Stuttgart City Tour before enjoying an evening strolling around the vibrant Marienplatz.

In a quaint side street, Reiner Bocka stirs cocktails in his café, Galão. The windows are open, almost every seat is taken, and music fills the air. Glasses clink as a band sets up on stage. Reiner has run Galão for 16 years – a popular spot for live music, meeting friends, or simply enjoying spontaneous gatherings.

A Symbol of Vision & Diversity

Whenever Reiner steps out for a breath of fresh air, he enjoys strolling around Marienplatz and glancing up at the Television Tower, but he also looks beyond its façade. As the weather warms, the square becomes the neighbourhood's gathering place. And in July, when the Marienplatz Festival begins – which Reiner helps organise – the area comes to life with bands, food stalls, and dance floors. "The Television Tower is a reminder, for me, that real communication happens through encounters," he explains. The tower is symbolic, for him, of Stuttgart being a city that embraces diversity and inclusion, that is forward-thinking. And sometimes, as the sun sets and the square fills with people, he thinks: the tower may see everything, but Marienplatz feels it.

Find additional information here: stuttgart-tourist.de



“The tower radiates a sense of inclusion and down on Marienplatz we embrace that.”

REINER BOCKA

Galão is not a classic café – it’s a concert venue, bar, and living room



There are many cafes and bars around Marienplatz



The ‘Zacke’ tram goes up to Degerloch

THE POWER OF NATURE

Welcome to our No.1 spa region! Baden-Württemberg has 54 places that have been officially recognized as health resorts or spas that utilise the power of nature to aid relaxation and rejuvenation – all with very different approaches.

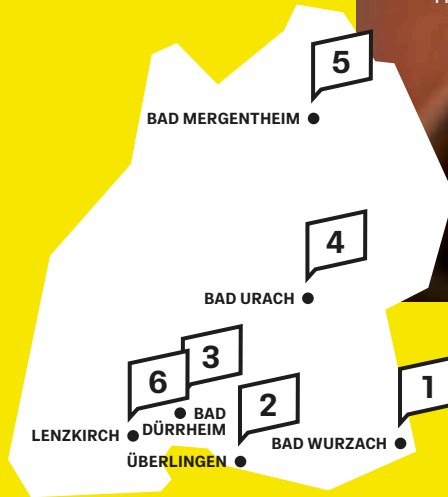


2

Überlingen

More Than Just Water

Anyone who believes Kneipp therapy is simply about treading water may want to look again. Sebastian Kneipp's holistic philosophy rests on five pillars: a balanced lifestyle, enjoyment, medicinal herbs, movement – and, of course, water. And Überlingen is the ideal destination for those wishing to explore this approach in greater depth. The charming town on Lake Constance, where a healing spring lies just steps from the lakeshore, is the only Kneipp spa town in Southwest Germany.



Bad Dür rheim

Optimal Relaxation

Biohacking offers new ways to unlock your body's full potential. And in Bad Dür rheim, expert guidance combines natural methods such as ice bathing, meditation, and breathing exercises to strengthen the body preventively and also enhance performance. All of this takes place in a first-class wellness setting – complete with a saline graduation tower for respiratory benefits.



3

Bad Wurzach Moor Mud

Shaped by thousands of years of natural processes, peat from ancient bogs is valued today for its healing properties. The gentle warmth of a moor mud pack penetrates deep into the body, helping to relax muscles and joints while easing inflammation. Visitors can experience the restorative power of moor mud firsthand with treatments at the feelMOOR Health Resort in Bad Wurzach.



Bad Urach

Relaxation from the Depths

In Bad Urach, one million litres of mineral-rich water rises from deep within the earth each day. This thermal spring water gently supports the body, helping to ease conditions such as rheumatism and skin irritations while promoting deep relaxation and stress relief.



Need some relaxation? Find additional information about our No.1 spa region here: naturerholt.de; naturesund-bw.de; mein-thermen-stellplatz.de



Bad Mergentheim

Spa Parks

Classical melodies, blooming flowerbeds, gently bubbling fountains, and wonderfully clear air – spa parks are where culture and nature come together and the spa park in Überlingen is a perfect example. This charming town on Lake Constance, invites visitors to stroll from one healing spring to the next before benefitting from the graduation pavilion. And of an evening, the bandstand becomes a gathering place for free spa concerts.

Lenzkirch

Invigorating Air

Gentle breezes, the aromatic scent of the forest, and sweeping views – the Vitality Trail around Stöckleberg near Lenzkirch allows nature to unfold its calming yet revitalising effect. The stimulating high-altitude climate strengthens both the cardiovascular and immune systems. And this is just one of many beautiful trails waiting to be discovered in the Black Forest's refreshing uplands.

6



A woman with long brown hair is sitting in a wicker chair, viewed from behind. She has her hands clasped behind her head, resting on the chair's back. She is wearing a light-colored, patterned dress and white sandals. The chair is set on a grassy area. To the left, the corner of a large, light-colored canvas tent is visible, framing the scene. In the background, a calm lake stretches across the middle ground, with a dense line of green trees on the far shore under a clear blue sky with a few wispy clouds. The overall atmosphere is peaceful and scenic.

THE BEST PLACES

Two friends spend a weekend at Lake Constance with a tent, a canoe, and the most wonderful pace in the world: their own

 MARIE RACK  GREGOR LENGLER

Escape everyday life –
stay in a glamping tent with
panoramic lake views

Lake Constance

This is camping done right. I'm sitting in front of the tent, feet in the grass, and a cup of tea in my hand while the lake lies still, almost motionless before me. No traffic noise, no rushing – only birdsong, the water lapping the shore, and the occasional distant splash of an oar. Luisa is still asleep, and so I savour the quiet, and the feeling that, for this moment, Lake Constance belongs to me alone.

I come from Hamburg, so I know water – but it's different: more harbour, more traffic, and yes, more grey. Here, on the western shore of Lake Constance, near Konstanz, everything seems softer – the sounds, the light, even my thoughts. It is Germany's largest lake, with 273 kilometres of shoreline, yet the surrounding vineyards lend the region an almost Mediterranean air. And all the while, you can see the snow-capped mountain tops as you swim. The lake sets a different rhythm for life – and that's exactly why it needs exploring further.

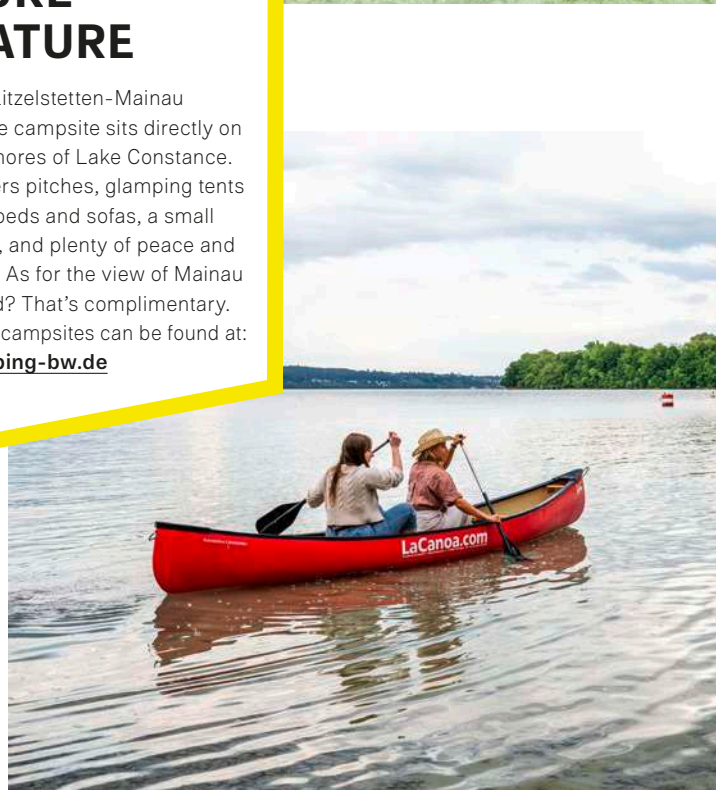
The Lake Sets the Tone

Luisa and I are staying at the nature campsite in Litzelstetten. Our tent sits on a small meadow just a few steps from the shore. It comes with a wooden floor, real beds, and a little veranda with chairs – all the glamping must-haves. We enjoy breakfast outdoors: croissants, apricots, tea and coffee. The weather is good and the view is simply breathtaking. A small harbour lies to the left of the tent, where sailboats and yachts come and go, gliding across the horizon. Directly ahead, the flowery island of Mainau is a splash of green amid the blue. And the white peaks of the Alps rise into view on our right.



PURE NATURE

The Litzelstetten-Mainau nature campsite sits directly on the shores of Lake Constance. It offers pitches, glamping tents with beds and sofas, a small kiosk, and plenty of peace and quiet. As for the view of Mainau Island? That's complimentary. More campsites can be found at: camping-bw.de



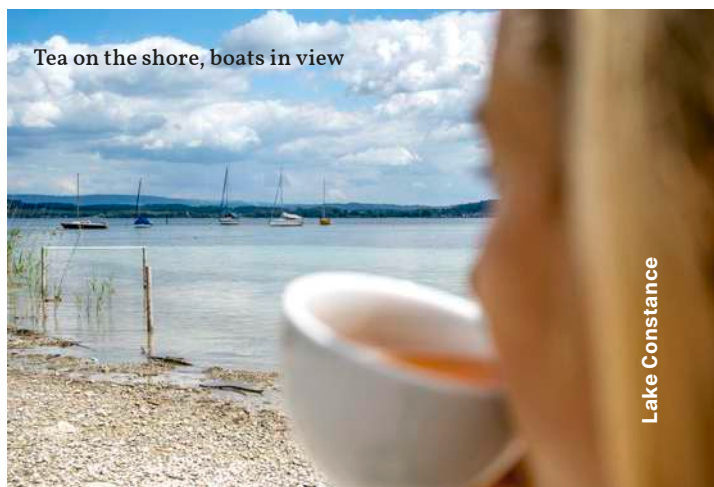


Relaxing by the water – with your feet in the sand or a boat

Stand-up paddle-
boarding, diving,
or sailing – here
there's room for
every passion



The Lake Constance
Cycle Path passes
directly by the campsite



Tea on the shore, boats in view

Lake Constance



Heading to Mainau?

It feels like we're sitting within a painting and the longer I look, the more details start to emerge, yet from afar it remains a perfectly harmonious whole.

The sun is slowly warming the grass under my feet and I lean back and relax.

The campsite is starting to come to life. The first guests are heading to the shore for a swim – the sparkling water is inviting even so early in the morning. But Luisa and I have other plans. The campsite is not only located in a nature reserve, but also directly on the 260 kilometre long Lake Constance Cycle Path. So at around midday, we hop on our rental bikes to begin our tour of exploration.

The path, at first, winds beneath the shade of the trees' canopy before opening out onto a sunlit field, the perfect place for a pause. And we're not the only ones: a shelduck crosses the gravel path with her chicks, and a few metres further, a wagtail vanishes into the bushes carrying nesting material. Now and then, the blue waters of Lake Constance shimmer through the leaves – an almost silent invitation to cool off. And once back at the campsite, simply admiring the lake from afar no longer feels enough. Together, Luisa and I slide a red canoe into the refreshing water. Perhaps we could paddle all the way to Mainau? You couldn't see the famous

In many places, the
water of Lake Constance
is pleasantly shallow

You don't
have to dive
in to cool
down

gardens, peacocks, or castle from where we were, but maybe a leisurely circumnavigation of the island by canoe would suffice, I ponder, as I dip a paddle into the water and we set off.

Just Start Paddling

Gliding past the reeds, we watch a family of coots cross our path and dragonflies hover above as small fish dart beneath the canoe. The water is clear, and the world grows ever quieter. I realise how little it takes to unwind – sometimes a simple, steady paddle is enough, and every now and then, we rest our paddles and simply drift. As the evening draws in, Luisa and I settle down on the campsite's small beach, feet in the sand and a cold beer in our hands. A few boats are still slipping across the lake, heading back to the harbour, unhurried and bathed in the warm light of the setting sun. My first day on Lake Constance is coming to an end. I'm struck by how at ease I feel, how familiar everything seems – and yet how special it remains. Water, mountains, boats, and meadows: the view is captivating. How could anyone ever tire of it?

Luisa glances over at me. "So, what are we doing tomorrow?" I smile and let my gaze wander across the panorama. "Probably the same thing again."

Want that Lake Constance feeling? Find additional information here:

bodenseewest.eu



Sit outside while it's still light – and maybe a little longer

Fancy a swim?

Reichenau Beach

A relaxed atmosphere, a spacious lawn, the clear water gently sloping away from you. And even younger visitors are catered for during their breaks from swimming with a lovely sand playground. strandbad-reichenau.de

Smuggler's Cove, Konstanz

A small path leads visitors to a quiet, tree-lined shore where, instead of sun loungers and a kiosk, there's birdsong and clear water – and the chance to have the lake all to yourself. konstanz-info.com

Mettnau Beach

A large meadow lies nestled amongst old trees – but with the water shimmering within easy

reach. Those that have visited before, usually return – for a mix of peace and quiet and open-space.


strandbad-metttau.com

Horn Beach, Gaienhofen

A large meadow with shady spots and plenty of space for sports. Mini-golf, a volleyball court, and a restaurant make the beach the perfect destination for anyone wanting a mixture of relaxation and action. gaienhofen.de

Wallhausen Beach

Soft grass, wide views, shallow water: if you simply want to arrive, relax, and start swimming, this is the place for you. konstanzer-baeder.de



Mainau Island
belongs to the
Lennart Bernadotte
Foundation and
is picturesquely
situated on Lake
Constance

TRAVEL FURTHER, NEARBY

Plants from all over the world thrive on the flowery island of Mainau and truly evoke that holiday feeling.

Fragrant roses, lush hydrangeas, banana plants, and towering sequoias – Lake Constance enjoys such a unique climate that even the most delicate plants flourish. In the mid 19th century, Grand Duke Frederick I recognised this potential and brought many rare specimens he discovered on his travels back to Mainau. Now celebrated as ‘Flower Island’, it has become a dream destination – thanks to its exotic charm – and is open 365 days a year, with ever-changing botanical displays throughout the seasons. The lake retains the warmth of summer and only begins to cool, slowly, in autumn, meaning the region remains mild for longer.

Mainau Island is renowned for its Italianate water staircase, which blooms in ever-changing displays of tulips, roses, summer flowers, and dahlias. In the playground, beautifully adorned ducks and a proud peacock charm both children and adults alike – many parents even recall their own first visit to the island as children. In the rose garden by the castle, hundreds of varieties – including rare species – fill the air with a range of different fragrances. Meanwhile, in the butterfly house, colourful butterflies dance among the tropical plants. This harmonious blend

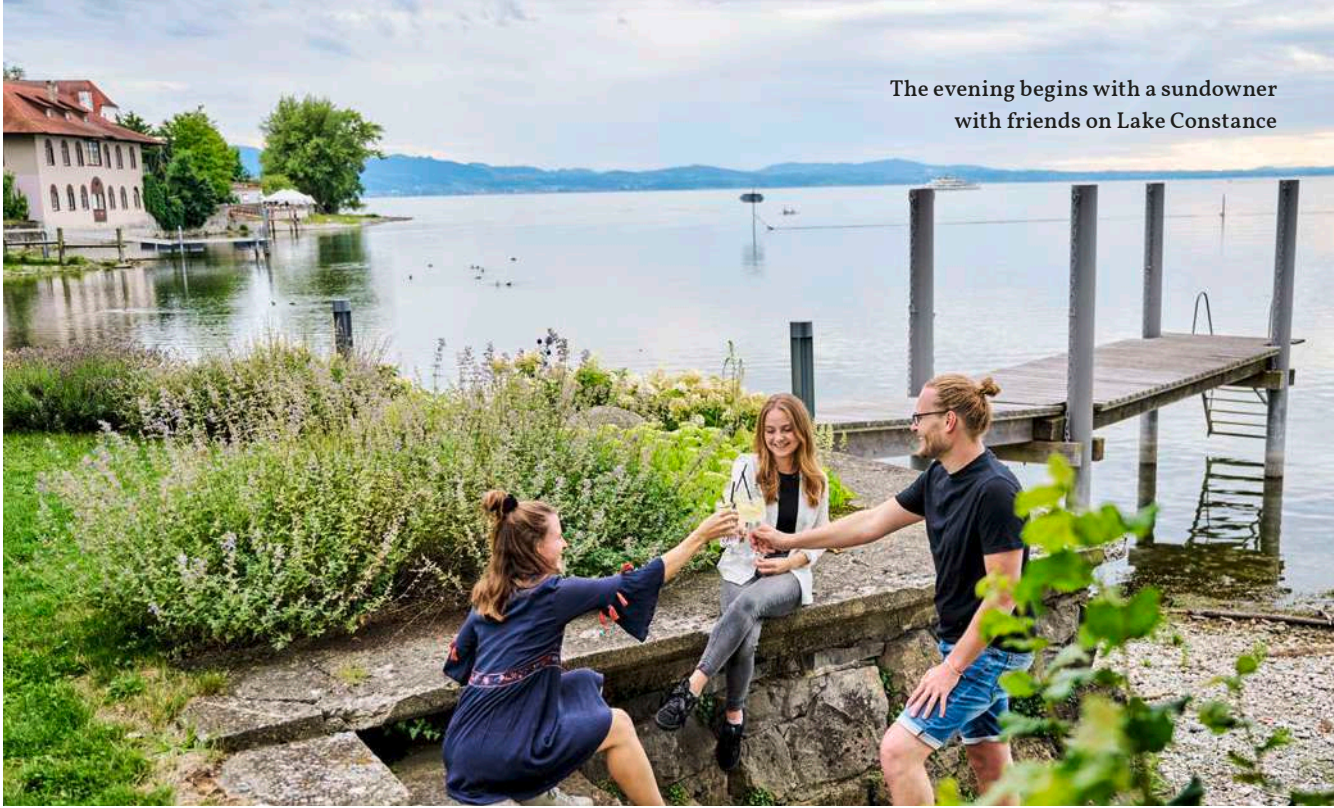


Thanks to the mild climate, palm trees grow in front of the castle

of vibrant colours, exotic creatures and plants, shimmering lake water, and elegant architecture makes Mainau a true treasure – a little slice of the wider world, on a small, green island.

Find additional information
about Mainau here: [mainau.de](https://www.mainau.de)

The evening begins with a sundowner
with friends on Lake Constance



SUMMER VIBES ON LAKE CONSTANCE

Here are some favourite spots around Lake Constance, each one different from the last. But they all have something in common – a wonderful feeling of summer living.

What could be better than ending a scenic hike, a sailing trip, or a leisurely day at the beach with an evening on the shore of Lake Constance? In summer, life here is enjoyed outdoors, and there are countless spots to choose between: from casual bars, or fine restaurants, to quiet, tucked-away coves. Two favourites stand out: Nestled among the vineyards, the **Halttau Winery in Meersburg** occupies a 15th century building belonging to the Spitalstiftung (the hospital foundation). Here, in the beer garden, you can taste wines from Konstanz's hospital

winery alongside light snacks such as Pinsa, salads, and Wurstsalat. The restaurant and terrace serve refined cuisine typical of Lake Constance, and guests arriving by boat can moor in style at the estate's private jetty. Wine is, of course, available to take home as well.

Also right at the waters' edge is **Seeliebe Beach in Sipplingen**, which beckons thanks to its sand, wooden decks with seating, and swaying palm trees. Guests simply order at the counter while lounge music drifts over the relaxed setting. The menu offers Pinsa, pasta, burgers, and salads, along with cocktails and long drinks. Many arrive by bike or boat, while others head there after a swim – but all linger until the sun stops sparkling over the lake. Or maybe longer...



Leisure mode is activated as silence
returns to the water

Want to discover more favourite spots
on the water? Find additional information
here: echt-bodensee.de/strandbars

ARTISTIC GARDENS

On a tour around Weikersheim Palace Gardens you can stroll like a prince – or giggle like a court jester

✍️ MARIE RACK 📷 ISABELA PACINI



The 300 year old orangery is one of the highlights of the palace gardens



Weikersheim Palace Gardens are about seven hectares in size

Visitors arriving at the edge of Weikersheim market square may not realise how far the palace gardens stretch beyond. Behind the rear façade, a Baroque world unfolds – quiet walkways leading to bygone eras. It’s so much more than a backdrop, it’s a place to pause, wander, and simply marvel.

The garden, with its symmetrical layouts, carefully sculpted hedges, and orangeries overlooking the Tauber Valley, was conceived as a complete work of art under Count Carl Ludwig (1674–1756). His journeys through France and Italy inspired both its architecture and sculpture. Yet those who focus purely on the Baroque style miss the garden’s true magic: its lively charm. Butterflies flit among the flowerbeds, bees hum busily, and playful details appear in the most unexpected of corners.

Nestled in the Tauber Valley lies Weikersheim Palace, surrounded by a river, a landscape of rolling hills, vineyards, and ancient fruit trees. The valley often appears wide and open, at other times almost fairytale-like and secluded. This setting is what subtly accompanies the palace and its gardens – a natural backdrop to its Baroque order. Here, both natural and manmade splendour combine. At its heart – at least thematically – is its Dwarf Gallery,



Whether artfully trimmed or growing wild: visitors can discover the palace gardens amidst dwarfs, blossoms, and orangeries alongside head gardener Katja Bischoff



A work of art – virtually unchanged after 250 years

the only completely preserved collection of Baroque garden gnomes in Germany. These 16 sandstone figures, carved in 1711/1712 by Johann Jacob Sommer and sons, depict caricatured court servants, hunters, the court jester, and the infamous 'lazybones'. Their humorous, folklore style forms a charming contrast to the classical figures throughout the rest of the garden. The Dwarf Garden was not intended merely as aesthetic decoration, but also to serve as a reflection of courtly role models – albeit a bit tongue in cheek. Visitors tend to linger, because the sculptures' facial expressions, postures, and overall presence are surprisingly lifelike. Despite their small size, the figures have a powerful presence,

conveying more about courtly life than many of the more monumental memorials.

Such examples of Baroque art can be found on the main ground floor, where over 100 sandstone sculptures await – ancient gods, planetary symbols, and personified winds, all arranged around the Hercules Fountain. Carved from the same regional Keuper stone as the dwarves, they form a harmonious ensemble that masterfully blends disciplined order, playful wit, and symbolic grandeur.

Another highlight of the palace gardens is the annual fuchsia show, which showcases over 120 varieties and includes historical cultivars dating back to the 19th century. The blossoms paint a dazzling spectrum, from pure white to deep, rich red.

Guided tours are available for those wishing to explore further. Such as those with Katja Bischoff, whose passion is revealed



The seasonal planting of the garden follows historical plans.

Something more botanical?

Avenues in bloom, hidden terraces, and sweeping countryside – Hohenlohe’s garden paradise never fails to amaze. Between the Kocher, Jagst, and Tauber rivers, lie 23 gardens and parks – from meticulously designed castle gardens to overgrown paths along ancient walls. Together, they reveal the seamless harmony of nature and culture. The gardens, at a glance, can be seen here: [hohenloher-gartennetzwerk.de](https://www.hohenloher-gartennetzwerk.de)



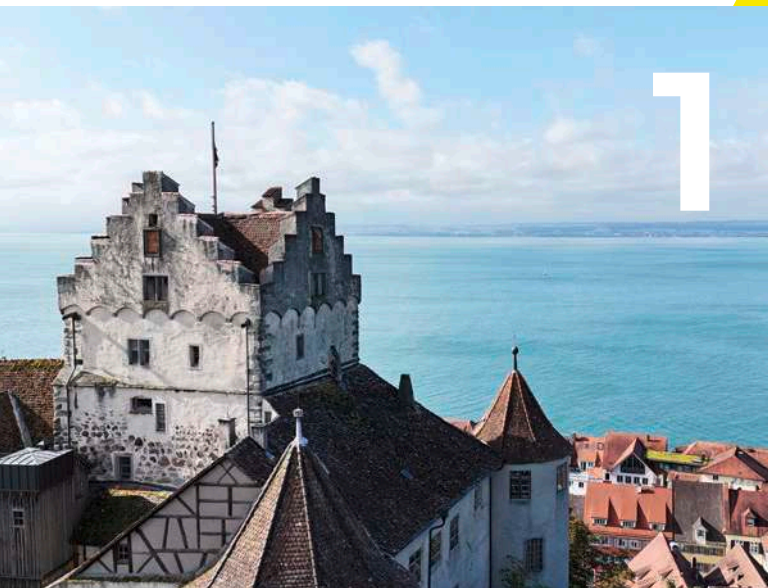
as she talks of the historical layout of the flowerbeds, the garden’s carefully planned sightlines, and its hidden treasures. She also knows exactly where in the garden are the perfect places for a moment to pause and reflect.

There is plenty to enjoy: sculpted figures, blossoms, spaces for reflection, somewhere to make memories and stumble upon new ideas. Or perhaps, simply a chance to take in a deep breath of greenery.

Want to learn more about Weikersheim Palace Gardens?
Find additional information here:
[schloss-weikersheim.de](https://www.schloss-weikersheim.de)

ONCE UPON A TIME

Costumes, fairytales, and bygone days. The castles and fortresses of Southwest Germany have something to offer visitors of all ages.



Meersburg Castle

Who Knows the Answer?

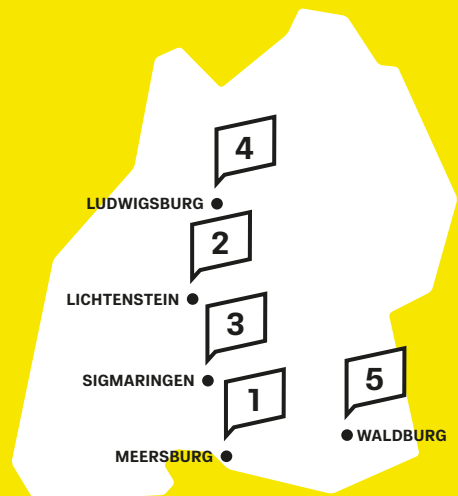
Behind the ancient walls of Meersburg Castle on Lake Constance lies more than a millennium of captivating history. According to legend, the Merovingian King, Dagobert I, laid the foundation stone for the fortress in the 7th century on a rock overlooking the lake. Over the centuries, kings, emperors, and bishops have lived and ruled from within its walls and, although often besieged, the castle was never conquered or destroyed – a rarity that allows visitors to experience history throughout the ages. An interactive children’s quiz makes Meersburg Castle a destination for the whole family. burg-meersburg.de



Lichtenstein Castle

Like A Roman

Perched dramatically on a steep cliff, Lichtenstein Castle – with its round tower and drawbridge, is a breathtaking sight from afar. The castle’s romantic appearance is owed to poet, Wilhelm Hauff, whose 1826 novel ‘Lichtenstein’ inspired the Count of Württemberg to purchase the rocky outcrop and, in 1840, built a new fortress inspired by the story. schloss-lichtenstein.de



3

Hohenzollern Castle
in Sigmaringen

Knightly Games

A striking silhouette and commanding position on the edge of the Swabian Alb, the Hohenzollern family rebuilt the fortress on the site of their ancestral home from 1850 onwards, and it remains in their ownership to this day. Turrets, oriels, and gates evoke memories of slumbering princesses and brave knights. And on the Knights' Tour, children between five and eleven years old can dress as knights and ladies and conquer the castle – immersing themselves in its history. hohenzollern-schloss.de



Ludwigsburg Palace

Sleeping Beauty

In the early 18th century, Duke Eberhard Ludwig commissioned a magnificent residence, inspired by the grandeur of Versailles, to be built just outside Stuttgart. Ludwigsburg Palace, named after him, remains one of Europe's largest preserved Baroque palaces. In the enchanting Blooming Baroque, or 'Blühendes Barock', gardens, fairytales come to life: the Frog King, Sleeping Beauty, Rapunzel, and many more transport visitors of all ages away to spectacular worlds. schloss-ludwigsburg.de

Waldburg Castle

A Selfie on the Roof

Waldburg Castle in the Ravensburg district offers sweeping views over Upper Swabia, Lake Constance, and the Alps. Inside, visitors will discover the ancestral seat of the Waldburg family is anything but a dusty museum. The digitally enhanced castle experience includes talking portraits of historic figures, an interactive app that guides visitors through the halls, and a photo room – complete with an Insta selfie point on the rooftop. schlosswaldburg.de



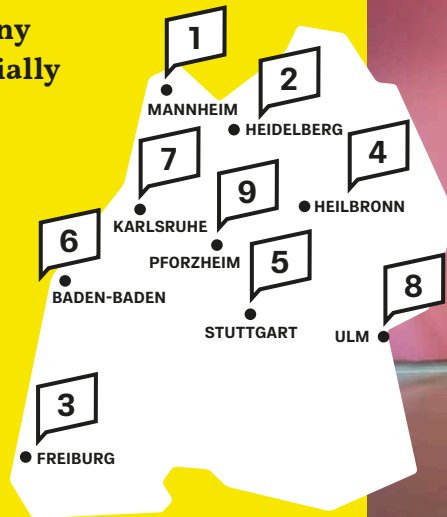
REMARKABLE ART & AUTHENTIC EMOTIONS

Travelling into the wilderness, dramatic experiences, and catching a glimpse of the future – the cities of Southwest Germany live and breathe art and culture, especially throughout the summer...



Mannheim National Theatre What Moves the City

Opened in 1779, the Mannheim National Theatre has played a key role in Germany's theatrical heritage since the 1782 premiere of Schiller's 'Die Räuber' (The Robbers). Today, this four-genre institution presents around 870 performances annually, attracting more than 165,000 guests. In 2022, a comprehensive renovation of the theatre began, so the cultural monument will reopen soon, freshly renovated and modernised so that Germany's oldest municipal theatre can continue its legacy: as a stage for bold and socially engaged culture. visit-mannheim.de; nationaltheater-mannheim.de



Heidelberg Castle

A Timeless Historic Treasure

Perched high above the Neckar River, Heidelberg Castle is one of Baden-Württemberg's most iconic landmarks. Once a grand Renaissance residence and home to romantics, it's now one of the most popular destinations in Southwest Germany. Centuries of poets, painters, and travellers have drawn inspiration from the atmospheric ruins and their breathtaking setting, whilst the vast castle grounds invite visitors to pause, reflect, and escape the everyday. The Stückgarten and the Scheffel Terrace offer unforgettable views that can even stretch as far as the Palatinate mountains on clear days.

heidelberg-marketing.de; schloss-heidelberg.de





Freiburg City Museums

Stone Age to Modern Day

3

One City, five museums – culture lovers are spoilt for choice in Freiburg. The Colombischlössle Archaeological Museum features Palaeolithic female figurines and finds from Celtic and Roman eras. The Augustinian Museum showcases masterpieces from the Middle Ages to the 19th century. The Museum of Modern Art focuses on art from the 20th and 21st centuries. The Museum of Nature and Man explores the region's geology and natural habitats. And, from 2025, the Documentation Centre for National Socialism has provided a powerful space to engage with Nazi-era history. visit.freiburg.de; museen.freiburg.de

Cities of Southwest Germany

Experimenta, Heilbronn

A World of Discovery

Experimenta rises like a glass and steel sculpture from the banks of the Neckar River in Heilbronn. The centrepiece of this striking building is its 'space spiral', which guides visitors through five levels of interactive experiences. Highlights include four themed worlds, nine laboratories, a makerspace and workshops, an experimental stage, an all-sky dome observatory, and of course, the Science Dome: where travel through space and time seems possible. Just come along and get involved! heilbronn.de/tourismus; experimenta.science



4



5

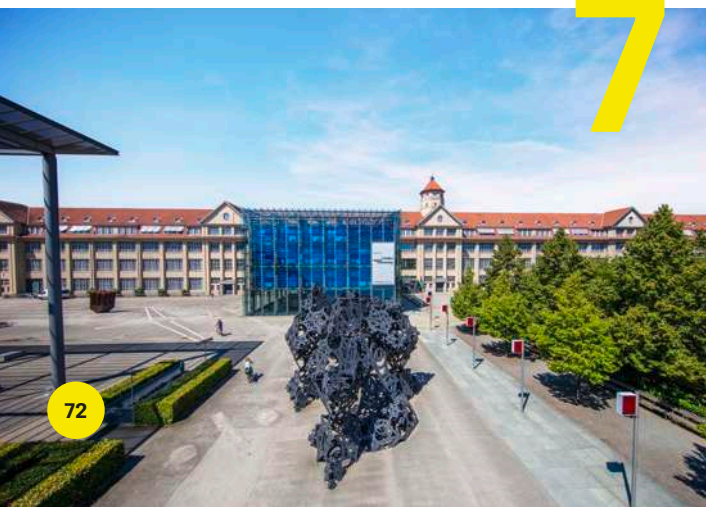
Stuttgart State Opera House A World-Renowned Stage

A true architectural gem awaits in Stuttgart's Palace Gardens: the Stuttgart State Opera House. Found in the neoclassical 'Littmann Building' – one of the few historic landmarks to survive the Second World War largely unscathed – it is where musical excellence, visionary productions, and grand architecture come together. It is one of Europe's most celebrated opera houses, as well as being part of the continent's largest multi-genre theatre. stuttgart-tourist.de; staatsoper-stuttgart.de

ZKM Karlsruhe

Media Art Meets the Future

The Centre for Art and Media in Karlsruhe (ZKM) is truly one of a kind. Since 1989, this former munitions factory has become a vibrant hub for experimentation, research, programming, and education. As a world-leading institution at the crossroads of art, science, technology, and society, ZKM offers a unique space for innovation in the digital age. Visitors can explore interactive media art, immersive large-scale installations, and cutting-edge experiments using artificial intelligence which all bring the future to life. karlsruhe-erleben.de; zkm.de



Want more art and culture?

Find additional information here:
die-staedte-des-suedens.de



Baden-Baden Festival Hall

Extravagant Acoustics

International stars and leading orchestras regularly take the stage at Baden-Baden's Festival Hall, Germany's largest opera house and concert hall. Boasting 2,500 seats and world-class acoustics, this impressive venue also charms guests with its unique yet magnificent entrance – a former neoclassical railway station. It's a place where architecture, music, and fine dining combine to create a truly memorable experience. Where train tickets were once sold, guests now collect tickets to world-renowned performances, and the auditorium itself rises above former railway tracks. The Festival Hall's restaurant, AIDA, serves gourmet cuisine under stucco ceilings and crystal chandeliers. baden-baden.com; festspielhaus.de



8

The ROXY Cultural Centre, Ulm

Diversity as an Attitude

What began in the late 1980s as an alternative cultural project on a former factory site in Ulm has grown into one of southern Germany's largest socio-cultural centres: the ROXY. Today, it presents a dynamic programme of music, cabaret, theatre, literature, dance, and visual arts across four event halls. Open, creative, and well-connected, the ROXY stands for cultural diversity and participation. Its mission is not only to reach broad audiences, but also to promote artistic expression beyond the mainstream. In summer, the venue also comes alive outdoors, as the 'Soundgarten' transforms into a vibrant open-air restaurant with live music. tourismus.ulm.de; roxy.ulm.de

Cities of Southwest Germany

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The Pforzheim Gasometer

Art within a Monument

This listed gas boiler in Pforzheim is home to artist, Yadegar Asisi's, monumental 360° panorama. Covering 3,500 square metres, he has digitally merged photographs, drawings, sketches, and paintings to create one complete piece of work. The installation, printed onto fabric, spans the entire circular building and, thanks to its one-to-one scale, visitors can immerse themselves in the expansive images and journey to new worlds. visit-pforzheim.de; gasometer-pforzheim.de

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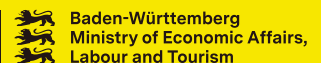
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*By sales area or size - Market report "Outlet Centres in Europe", p. 31 (Dezember 2025) produced by ecostra GmbH, https://ecostra.com/wp-content/uploads/2025/12/outlet-centres-europe_2025-12.pdf