

## Press Release

### Mythical Places of Natural Beauty The Legends Behind the Landscapes

STUTT GART - Baden-Württemberg is a land steeped in myth and legend; for generations, its dramatic rock formations, hidden caves, mysterious ruins, and tranquil lakes have stirred the imaginations of locals and become the settings of age-old tales and fantastical folklore.

#### **Dilsberg Castle Ruins: Bees & Blooms**

The ruins of Dilsberg Castle, above Neckargemünd, are shrouded in mystery and legends - the most famous of which, 'The Rose of Dilsberg', tells the story of Count Heinrich von Düren's daughter, who had two suitors yet never married due to her rejected admirer fatally stabbing his rival during the wedding preparations. Heartbroken, the bride threw herself from the castle wall and to this day, a white rose bush is said to bloom where she fell. Another legend recalls the courage of local farmers who once defended the castle by releasing their beehives against an invading force. The 'Bienengärtlein', or Bee Garden, on the city wall still commemorates this cunning act of bravery.

[burgfeste-dilsberg.de/en](http://burgfeste-dilsberg.de/en)

#### **Esslingen: The Haunting Post Messenger**

The medieval half-timbered town of Esslingen is the setting to a chilling legend that has been told for centuries - the story of Post Messenger Michel. One day, Michel found a valuable ring along his route, but his good fortune aroused suspicion. Accused of theft and murder, he was cruelly tortured and unjustly beheaded. Each year on the feast of Michaelmas, a headless rider was said to appear before the judge's house, horn in hand, before vanishing once more into the darkness. Only after the true murderer was found could Post Messenger Michel's spirit finally rest in peace and so since 1916, a fountain dedicated to Michel on the Fischbrunnen Square has kept the memory of his haunting tale alive - a reminder of justice, fate, and Esslingen's medieval past.

[esslinger-postmichel.de](http://esslinger-postmichel.de)

#### **Teck Castle: A Mother's Sorrow**

Beneath the historic Teck Castle, a path leads to the mysterious 'Sybillenloch', or Sybil's Cave. According to local legend, this was once the home of Sybil, a wise woman of great power and foresight who used her "gift" to help the people of the valley. Her three sons, however, were said to be fearsome robbers who brought terror to the surrounding lands. Heartbroken and ashamed, Sybil is said to have risen into the sky in a flaming chariot drawn by wild cats and vanish without a trace. Even today, the legend lives on: it is said that wherever her chariot touches the earth, the corn will grow tall and golden.

Visitors can still explore the path to Sybil's Cave - and of course enjoy the stunning views from Teck Castle across the Swabian Alb - a perfect blend of nature, myth, and history.

[burg-teck-alb.de](http://burg-teck-alb.de)

### **Blautopf Spring: Joy from Sadness**

The Blautopf Spring, with its enchanting blend of shimmering greens and blues, has captured imaginations for centuries. It famously inspired poet, Eduard Mörike, to write 'The Story of the Beautiful Lau', a magical tale of a mermaid who dwells at the bottom of the spring. Unable to bear children, the sorrowful Lau loses her laughter and, banished by her husband, stirs up floods across the valley. Yet it's her connection with nearby villagers that ultimately brings about her redemption: she hears their cheerful chatter and laughter so often that her own joy returns. Freed from her curse, she rejoices and returns to her husband in the Black Sea - fertile and happy once more.

[blautopf.de](http://blautopf.de)

### **Eselsburg Valley: Stone Punishment**

Long ago, a proud fortress stood atop the rugged cliffs overlooking the village of Eselsburg in the Swabian Alb. The lady of the castle was renowned for her beauty - yet she was proud and, believing no suitor worthy, she chose to live alone forbidding her maids from speaking to any man. However, each day, as they fetched water in the valley, the girls met a young fisherman and exchanged cheerful words. When the lady discovered this secret, anger and jealousy took over her, "Turn to stone for your disobedience!", she cried, and in an instant, the maids were transformed. That night, lightning struck the fortress, setting it ablaze and reducing it to ruins. To this day, the stone 'Maidens of Eselsburg Valley' stand by the pond - a timeless legend etched into the landscape.

[herbrechtingen.de](http://herbrechtingen.de)

### **Nordrach: Spirit of the Forest**

In the Moos Forest near Nordrach in the Black Forest, a mysterious figure known as the 'Moospfaff' is said to wander at night - and there are countless claims about his origin. One legend states he was a monk from Gengenbach Monastery who took his own life and now roams in unrest. Another tells of a deceitful abbot condemned to an eternal penance. Yet another suggests he's a monk from Allerheiligen Monastery, forever searching for a sacred host he lost while on his way to heal a sick villager. Regardless, each October - known locally as 'Moospfaffmonat' - Nordrach celebrates the haunting legend with events and treats inspired by the tale. Visitors can sample 'Moospfaff' cake, 'Moospfaff' balls, and 'Moospfaff' liqueur, and immerse themselves in the region's mystical folklore.

[nordrach.de](http://nordrach.de)

**Lake Mummelsee: Deadly Love**

The Mummelsee, a lake nestled in the Black Forest, is famous for its mysterious dark waters - and the legends that surround them. On clear, moonlit nights, locals say you can see the 'Mümmlein' - graceful mermaids that dance on the lake's shimmering surface and used to help the people of the valley but always had to return to the water before nightfall. One tale tells of a 'Mümmlein' who lost track of time while dancing with a farmer's son. When she returned to the lake too late, it erupted and she paid for her dance with her life. Today, visitors enjoy strolling around the enchanting Lake Mummelsee, which is considered one of the Black Forest's most magical destinations.

[mummelsee.de/en](http://mummelsee.de/en)

**Upper Swabia-Allgäu: The Lord God of Biberach**

Long ago, the 'Burrenmännle' - a mysterious spirit who helped the good and misled the wicked - was said to roam the Burren Forest between Biberach and Riedlingen. One tale tells of how it united a farmer's daughter and the farmhand to marry. When their first child was born, they, as promised, built a small chapel in a clearing deep in the forest, complete with a stone crucifix. Before long, people made pilgrimages there, for it was said those who kissed the Lord's feet there would have their prayers answered. Even today, the Burren Forest invites visitors to discover the charm of this old legend - where faith and folklore come together.

[kirche-biberbach.de](http://kirche-biberbach.de)

**Lake Constance: Fog of History and Stories**

When thick fog rolls in across Lake Constance, locals say the 'Nebelmännle' is on the move - a mysterious figure with a silver beard who roams the lakeside villages wrapped in his cloak of mist, leading sailors astray and harming the vineyards. One record of the legend, by Ludwig Uhland, tells of Knight Rudolf von Bodman's encounter with the 'Nebelmann'. The spirit offered to help him in exchange for a promise: that the fog bell of Bodman would never ring again. To this day, it's said that the sunken bell can be seen when the water level is low enough. And deep beneath the surface, in a spot known as the 'Löchle' - a part of Lake Bodman that never freezes - the 'Nebelmännle' is said to rest peacefully, shrouded in mist and mystery.

[boskoepfe-bodman.de](http://boskoepfe-bodman.de)

A digital version of this press release - as well as more detailed information on Southwest Germany - is available on our website <https://www.visit-bw.com/en/press>

**Contact**

State Tourist Board Baden-Württemberg  
Marktstraße 2  
70173 Stuttgart, Germany  
[internationales@tourismus-bw.de](mailto:internationales@tourismus-bw.de)