

Press Release

The Power of Nature Green Retreats of Southwest Germany

STUTT GART - In Baden-Württemberg, diverse landscapes meet dramatic backdrops, creating a region rich in atmosphere and inspiration. Ancient ruins, mystical peaks, and tranquil trails invite visitors to reconnect with both nature and themselves. Whether forest bathing beneath towering trees or following in the footsteps of the Celts, these green sanctuaries allow visitors to experience the extraordinary energy of the natural world.

Concert of the Tree Canopy: A Sound Oasis in Mannheim's Luisenpark

Gentle melodies draw you in and invite your gaze upward, where six hidden sound sources are tucked amongst the trees of the tranquil island in Mannheim's Luisenpark. Local composer Peter Seiler's delicate violins, melancholy piano, and natural soundscapes fill the garden, creating a peaceful retreat where visitors can relax, daydream, and soak in the enchanting atmosphere.

luisenpark.de

Paths of Silence: Discover the Power of the Jagst Valley

The 'Paths of Silence' in the Jagst Valley offer visitors inspiring new perspectives as well as moments of calm. The winding paths lead to 1,000-year-old trees, natural ice cellars, and seasonal lakes, as well as chapels, monasteries, and pilgrimage sites such as the Lourdes Grotto in Zaisenhausen - each stop inviting reflection, meditation, and awe. Hikers and pilgrims alike can experience nature, history, and serenity along these enchanting routes.

pfade-der-stille.de

Find Your Flow: The 'Wu Wei Water Trail' in Bad Peterstal-Griesbach

The 'Wu Wei Water Trail' in Bad Peterstal-Griesbach offers visitors a unique wellness experience along with a chance to slow down and reconnect with themselves. Whilst wandering the banks of the Wilde Rench, yoga teacher Anna Karina Cassinelli Vulcano guides hikers in the Daoist principle of 'Wu Wei': allowing the natural flow of life instead of resisting it. Her mindfulness techniques and breathing exercises, amidst the restorative power of the forest, inspire reflection, calm, and a renewed sense of self.

bad-peterstal-griesbach.de/en

Green Mysticism: Spiritual Journeys in the Black Forest National Park

Shrouded in fog, the dense fir forests and serene lakes of the Black Forest create an other-worldly atmosphere. Those seeking spiritual experiences can take tours of chapels and churches, or follow the 'Creation Trails' for contemplative hikes "closer to heaven". Walks around Lake Mummelsee enable visitors to immerse themselves in

quiet reflection. Whilst groups can join numerous outdoor activities offered by the ecumenical network 'Church in the Black Forest National Park' for shared moments of inspiration and connection within nature.

kirche-nationalpark-schwarzwald.de

Regeneration for Body & Mind: Lauterbach Yoga Nature Trail

Nestled in the Sulzbachtal conservation area - one of the Black Forest's most beautiful high valleys and already a paradise for cyclists and hikers - the Lauterbach Yoga Nature Trail offers a peaceful escape to unwind and reconnect. Eight stop-points guide hikers through yoga exercises, from the 'Stable Stance' and the 'Tree Pose' to the 'Brave Hero' pose, all ending in a calming meditation. The surrounding nature of the small Boschel mountain, known for its fresh air and scenic beauty, is said to enhance relaxation and restore balance to body and mind.

lauterbach-schwarzwald.de

Beat the Heat: Refreshing Escapes in the Swabian Alb

The Swabian Alb is naturally a few degrees cooler than its surrounding region - thanks to its low mountain-range altitudes of up to around 1,000 metres - making it the perfect summer destination. Hiking and cycling remain comfortable even on hot days, whether through picturesque river valleys, along rushing waterfalls, atop the lofty heights of the Albtrauf cliffs, or delving deep into dark caves. When more immediate refreshment is needed, ten swimming lakes in the eastern region of the Alb alone invite visitors to take a plunge, making every day a rejuvenating adventure.

schwaebischealb.de

The Journey is the Destination: Paths of Contemplation & Reflection in the Ehingen Alb

The Swabian Alb biosphere reserve is well-known for its hiking opportunities, but the Ehingen region offers more than just scenic trails. The 'Paths of Contemplation and Reflection' are circular walks through the countryside that encourage visitors to see everyday life from a fresh perspective. Along the way, signs provide thoughtful prompts and inspiration, turning a simple walk into a meaningful journey towards calm, insight, and a higher quality of life.

besinnungsweg-ehinger-alb.de

Celtic Culture: Heidentor & Götzenaltar on Mount Heuberg

The Heuberg region is charged with traces of Celtic spirituality. Near Egesheim, the 'Heidentor', a 6-metre-high rock arch, was once a sacred site for fertility rituals and still draws visitors seeking its power today. A short walk away are prehistoric burial mounds, a late Celtic fortification, and the 'Götzenaltar', or Idol Altar: a split limestone boulder surrounded by unusual rock formations and graves, once a site of sacrifice and worship.

donaubergland.de

Sacred Rocks: Belchen, Kandel & Co.

The Belchen, at 1,414 metres, may not be the highest peak in the Black Forest, but its tranquil and mysterious aura captivates visitors. Known as 'the radiant one' by the Celts, the mountain, near Münstertal, offers sweeping views over the Rhine Valley and poet Johann Peter Hebel summed it up as "the first stop between heaven and earth". Other powerful peaks include the Giersteine near Forbach in the Murg Valley, the Kandel near Waldkirch, and the Blößling west of Bernau, each with their own unique charm and history.

schwarzwald-tourismus.info

Walking With Giants: The Wäldersinn Trail in the Black Forest

In the southern Black Forest, mighty firs rise skyward - and one of them outshines them all. The 'Danieltanne' is Germany's oldest fir tree - with an estimated age of 400 years - and boasts the largest circumference in the region. Along the 'Wäldersinn' circular hiking trail between Rothaus and Grafenhausen, this natural monument and its towering companions can be marvelled at from comfortable wooden loungers positioned beneath the forest canopy, offering a moment of peace and harmony surrounded by the scent of pine and the gentle whisper of ancient trees - forest bathing at its finest.

hochschwarzwald.de/en

Between Heaven & Hell: Inzigkofen Royal Park

Amalie's Rock, Devil's Bridge, Heaven's Ladder, and Hell Gorge – the evocative names alone promise that Inzigkofen Royal Park will be full of adventure. Created in the early 19th century by Princess Amalie Zephyrine von Salm-Kyrburg, it combines the romantic charm of an English landscape garden with the dramatic scenery of the Danube. There is the 'Känzele' viewpoint which offers breathtaking vistas of the valley, while the 'Inzigkofer Grotten' has been carved from limestone by water flowing through it for millions of years - and numerous trails make every walk an inspiring experience.

inzigkofen.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>

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