

Bad Harzburg, a Wellness-Wanderland



Voted one of the most modern and best equipped health spas in Northern Germany, Bad Harzburg with 23,000 inhabitants, is the largest Kurort (Health Spa) in the Harz Mountains, and easily reachable from Hanover Airport due to the excellent motorway and railway connections

For the health-conscious holidaymaker, Bad Harzburg, with its years of experience as a classical cure town, offers the perfect solution for those, who for a few weeks in the year, are looking for the chance to relax, either by taking a cure under medical supervision, or alternatively as a tourist, by utilising the hiking and wandering possibilities offered by the town and the surrounding countryside.

Nestling on the northern boundaries of the National Park Harz, Bad Harzburg is surrounded by more than 150 kms. of well-kept paths and mountain tracks for the trained hiker or those who enjoy a gentle walking tour. In winter these paths provide excellent opportunities for cross-country skiers (Langlauf) to practice their sport and enjoy the breathtaking views.

The Harzburger Saline Baths, which include a modern Sauna World, provide the holiday guest with the chance to relax with an underwater massage or a herbal Sauna. Bad Harzburg is not only well known for the quality and cleanliness of its air but also for the seven mineral springs which supply naturally mineralised water to the saline baths or provide the beneficial waters drunk by those who visit the 19th. century Pump Room.

For the more active visitor the town offers a large variety of attractions ranging from indoor and outdoor swimming baths, to rock climbing, in-line skating, mountain-biking and of course walking, Nordic-walking and hiking, with the choice of individual tours, short or long guided tours, or the ultimate challenge for the experienced hiker, the "Harzüberquerungen" which covers approximately 40 kms and crosses the Harz Mountains from one side to the other.

GPS guided walking tours are possible and many of the routes offered can be seen in Internet under www.bad-harzburg.de

The forests and countryside around Bad Harzburg provide an endless "Wanderland" Bad Harzburg is famous for its stud-farm, where thoroughbred horses have been bred for over a hundred years, and boasts one of Germany's best natural race-courses which hosts various events throughout the year, including of course the annual race week and 2 or 3 day riding events.

Situated in the centre of the race-course is the newly built Sportspark with hockey, football, and archery, Nordic-walking and jogging tracks, and various forms of fitness and co-ordination training.

For the younger visitor the giant water slides in the Silberborn swimming-baths can be enjoyed from May until October, and not far distant at "Krodoland" there is horseriding, a Swim-golf course and mini-golf. A large play area is provided in a newly-built barn and depending on the time of year there is a maze cut in a corn field and a

colourful Pumpkin garden.

On the other side of the town one can find Northern Germany's highest Skyrope adventure area where climbing skills can be tested under professional guidance.

Our smaller guests can meet old friends like Snowwhite or Hansel & Gretel in the "Fairytale Garden" .

Bad Harzburg offers something for all ages, from the active sport-loving man or woman to the hiker, from the family to those who just want to relax and enjoy the friendly atmosphere.

Bad Harzburg is always worth visiting whatever the time of year.

Allen-Williams 23.08.2006