



Nature & Adventure

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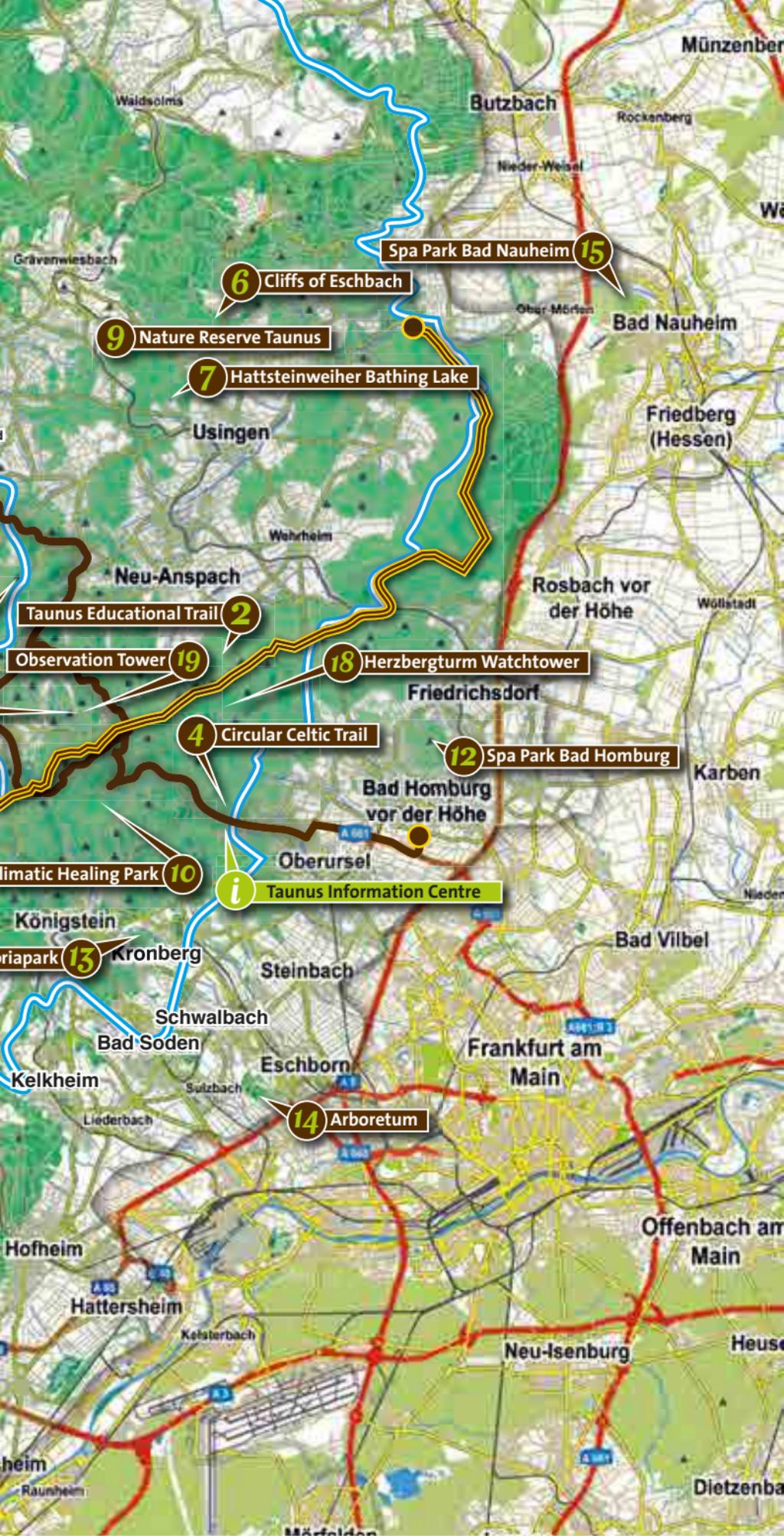
An Overview
of the Best Options



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*Trails and Paths.
Rocks and Cliffs.
Parks and Towers.*

All purely for your enjoyment.

In the Taunus, experiencing nature doesn't necessarily have to involve sports or physical effort.

There are so many great ways to spend time outdoors in a leisurely manner. Various experience trails on easy terrain provide exciting insights about nature and culture. A tour of the *Heilklima-Park* Climatic Healing Park, which is perfectly aligned with the current weather conditions and your own physical constitution, is relaxing and strengthens your immune system. Rocks are just waiting to be admired and climbed. Leafy parks and gardens invite you to enjoy the beautiful nature and landscapes. Observation towers widen the horizon. On the *Hochtaunusstraße* Holiday Route, you'll come by the most gorgeous towns and places. And nestled in the idyllic scenery, bathing lakes and swimming pools offer great refreshment. This brochure provides information about selected highlights in the Taunus. These include tips for those who are not here to challenge nature with power and fitness, but simply wish to enjoy its beauty.

The Taunus. The height.

When the Romans retreated from the Taunus region, its original Celtic name disappeared. The word Taunus was only rediscovered several centuries later. In the meantime, people simply called the highlands "die Höhe" (the height). In those days, this referred to the three peaks that were visible from a long distance and the mountain ridge that rises from the Main, the Rhein, the Lahn and the Wetterau – quite steep in some parts, and gentle hill landscapes in others. The expression continued to be used in some of the town names. And today, the entire region bears both historical titles: *Taunus. Die Höhe*. Because it is full of highlights – and offers a lot of variety at a very high standard: nature, culture, relaxation, adventure, sports and enjoyment. Welcome to the Taunus.



A photograph of a dense forest. Sunlight filters through the canopy of tall, thin trees, creating bright highlights on the green foliage and dappled light on the forest floor. The overall atmosphere is serene and natural.

Experience Trails

Limes Experience Trail

Glashütten–Ober-Mörlen

Spanning a total of 550 kilometres, the Limes is the longest and partially best-maintained archaeological site in Europe. The Taunus-Limes, however, has always been considered one of the most beautiful and interesting parts. Along the approximately 30 kilometres between Glashütten and Ober-Mörlen, those interested in days gone by can find out a lot about the former border of the Roman Empire and its history. The absolute cultural highlight is the *Saalburg*, which is located about halfway along the trail and is the only reconstructed Roman Fort of the entire Limes. Further important Roman monuments along the way include four small forts as well as the larger forts *Kleiner Feldberg* and *Kapersburg* – not to mention the many watchtowers. Sometimes hidden, sometimes more visible, the Limes wall and remnants of it accompany hikers and cyclists on their journey. The Limes Experience Trail is part of the Limes hiking and cycling route and is marked by a stylised Roman watchtower. The *Naturpark Taunus* nature reserve route markings offer further orientation.



Taunus Educational Trail

Saalburg–Hessenpark

There are 14 stations along the picturesque circular route that offer lots of interesting facts about the Taunus and the importance and function of the forest in days gone by as well as in present times. The educational trail runs from the *Saalburg* to the *Hessenpark* and back again. Both are museum facilities with great cultural significance. The absolute highlight on this route is a restored, partially reconstructed part of the Limes trail. There are two cabin-shelters where you can take a break for as long as necessary. Set off on the Taunus Educational Trail at station 1 at the *Saalburg* parking lot or join it later at station 10, which is located at the *Hessenpark* parking lot. You also have the option of turning into one of the other interesting hiking trails that cross each route. At the *Saalburg*, for example, you can join the Limes Experience Trail as well as the *Schinderhannespfad* or the *Taunushöhenweg* trails.



Route marking

Directions

To the *Saalburg*: take the city bus line 5 to the bus stop *Saalburg*. Or take the *Taunusbahn* train R 15 to the train station *Saalburg/Lochmühle* and walk approximately 45 minutes from there. By car: located on the B456 road between Bad Homburg and Wehrheim.

To the *Hessenpark*: take the *Taunusbahn* train R 15 Bad Homburg–Waldsolms–Brandoberndorf to Wehrheim and continue towards Neu-Anspach with bus line 63. Or take the *Taunusbahn* train R 15 Bad Homburg–Waldsolms–Brandoberndorf to Neu-Anspach and then bus 63 towards Wehrheim. Get out at the bus stop *Neu-Anspach Hessenpark*. By car: travel towards Neu-Anspach and then follow the signs.



2



Schinderhannes Trail

Circular Tour

Round 1800, the legendary outlaw *Schinderhannes* and his gang of robbers wreaked havoc in the Taunus for years. Along the *Schinderhannes* trail, hikers with stamina can follow in his footsteps – preferably without straying from the right path as he did. Overall, the circular tour covers 184 kilometres and seven stages, each with accommodation facilities. To a large extent, the trail runs through the magnificent natural landscape of the Taunus and past a large number of interesting sights and attractions. *Lochmühle* amusement park, *Saalburg* Roman fort, Bad Homburg, *Gimbacher Hof* excursion restaurant, Glashütten, *Großer Feldberg*, *Pferdskopf* observation tower, *Landsteiner Mühle* mill restaurant – all of these and many more serve as beautiful backdrops along the way. Eppstein, Bad Soden and the Höhemark in Oberursel are ideal places to join the circular tour as there are train stations and large parking lots in the immediate vicinity. The entire route is marked with the *Schinderhannes* symbol. The newly certified “*Taunus-Schinderhannes-Steig*” ascent runs from Kelkheim (Taunus) to Weilrod and offers impressive views. Please refer to the online hiking guidebook (the guidebook is currently only available in German but includes helpful GPS data, which can be downloaded) on www.naturpark-taunus.de or contact the Taunus Information Centre for more detailed information so that you can plan your tour.



Route marking



3

Circular Celtic Trail

Oberursel (Taunus)

When you go hiking in the Taunus, you are usually walking along historic paths. This is particularly true of this circular route, which begins at the Hohemark in Oberursel. It leads along the *Heidetränk* creek over the *Goldgrube* ridge and gives you an impression of the development of the largest prehistoric monument on Hessian ground. In the last centuries before Christ, a significant Celtic settlement was located here. Surrounded by a wall that can still be seen today, this was the first big town in what is now the Rhein-Main area.

The trail can be tackled in two hours and takes you past the most distinctive parts of the former Celtic town. A stylised Celtic head marks the path and a total of 16 notice boards in German, English and French provide information about the still visible remnants of the former Celtic settlement.

Directions

Take the *U-Bahn U3* underground train towards Oberursel (Taunus) until the final stop Oberursel-Hohemark. By car: take the A661 towards Oberursel, continue on the B455 until the exit Oberursel-Hohemark. You will find parking spaces behind the Taunus Information Centre.



4





Rocks & Cliffs



Großer Feldberg (Large Feldberg)

Schmitten im Taunus

The geographical highlight of the Taunus and one of the most striking mountain peaks in Germany: with a height of 881 metres, the *Großer* (large) *Feldberg* is just as visible from afar as the beautiful views it offers in good weather conditions. From the Frankfurt skyline and the Rhein-Main area to the mountains of the *Odenwald*. In the past, locals even claimed that they could see from the *Feldberg* all the way to Strasbourg on particularly clear days. Furthermore, the *Feldberg* has become a prominent landmark due to the tall broadcasting mast and the three towers, one of which can be climbed as an observation tower. Please also take a look at the chapter "Observation Towers" in this brochure.

The upper part of the *Feldberg* is unwooded, which makes it such a popular destination for excursions – for sunbathing or for playing on the Roman playground, which is part of the Limes Experience Trail. You will also find the *Feldberghof* here: a place where hikers, cyclists and motorbike riders like to stop because of the excellent food.



On the northern edge of the plateau on the summit, the legendary *Brunhildisfelsen* rock made of quartzite offers an easy-to-climb vantage point. Brunhild is a figure that originated in Norse-Germanic mythology and also plays an important role in the German *Nibelungenlied* song as a strong and unyielding queen. Gunter only managed to win her over as his wife because Siegfried took on the shape of Gunter and conquered Brunhild after a violent struggle. Legend has it that this woman was lulled to sleep on the *Brunhildisfelsen* once – further details remain unknown. According to another version of the myth, Siegfried slayed a dragon here and its blood can be heard rushing inside the rock. This is probably based on the fact that there was once a water source deep inside the rock.

Directions

Take the bus line 57 from Oberursel-Hohemark or from Königstein to the bus stop *Schmitten-Niederreifenberg, Großer Feldberg*.

Großer Feldberg
61389 Schmitten im Taunus

5



Eschbacher Klippen (Cliffs of Eschbach)

Usingen

The Cliffs of Eschbach are the visible part of an approximately 6-kilometre long quartz deposit to the north of Eschbach. The bizarre, steep cliffs rise up to 12 metres and provide a stark contrast to the gentle rolling hills of the Usingen landscape.

The spectacular rocky formation is ideal for beginner climbers and for bouldering – the difficulty levels lie between 3 and 5. It is also a beautiful destination for picnickers and hikers.

A music festival – *Open Air an den Klippen* (Open Air at the Cliffs) – takes place every year on a specific Sunday in the summer. To find out the exact date, please call (0 60 81) 10 24 40 04.

Directions

By bus and train: from the train station *Usingen Bahnhof*, a bus takes you all the way to the stop *Eschbacher Klippen, Usingen-Eschbach*. **By car:** take the A5 Frankfurt – Gießen, exit Ober-Mörlen, then follow the B 275 towards Usingen until you see the signs for Eschbach. The *Eschbacher Klippen* parking lot is located at the northern city limits of Eschbach on the left-hand side of the road to Michelbach. From the parking lot, it's just a 5-minute walk along a well-signposted path.

**Eschbacher Klippen
between Usingen-Eschbach and Usingen-Michelbach
61250 Usingen**

6





Hattsteinweiher

Hattsteinweiher (Bathing Lake)

Usingen

The *Hattsteinweiher* bathing lake is a popular recreational area throughout the year. In the summer, the sand beach and the sunbathing lawn are extremely inviting. From May until August, you are allowed to take a swim in the water to cool down. The lake meets the requirements of the EU directive for bathing water and has its own non-swimmer area. Situated right next to it, the Restaurant Neumann has a terrace with a beer garden overlooking the lake. The *Hattsteinweiherweg* path is signposted with an oak leaf and leads around the lake in approximately 1.5 hours in a wide circular 5.6-kilometre route that begins at the parking area of the lake.

The natural bathing lake sometimes has to be shut in the summer for water protection reasons. Therefore, it is best to call the municipal administration office a day before your visit to make sure that it is open.

Directions

By car: Take the B275 towards Usingen, then exit the *Bundesstraße* main road onto the K739 towards Wilhelmsdorf and immediately turn right towards *Tennishalle/Hattsteinweiher*. Continue to the public parking area.

Free admission

Hattsteinweiher

Am Hattsteinweiher 1

61250 Usingen

Stadtverwaltung Usingen

Wilhelmstraße 1

61250 Usingen

Telephone (0 60 81) 1 02 40



Hochtaunusstraße



Hochtaunusstraße (Holiday Route)

Bad Homburg v. d. Höhe–Bad Camberg

Beauty can be measured. In kilometres. The *Hochtaunusstraße* meanders across approximately 55 kilometres along the beautiful countryside and culture typical of the Taunus. It is one of the most beautiful holiday routes in Germany and deserves to be called the “trail of dreams”. In addition to lots of interesting destinations and cosy little towns, you will find many gourmet and speciality restaurants as well as rural guesthouses with lovely garden restaurants.

The *Hochtaunusstraße* stretches from Bad Homburg through Oberursel, Schmitten and Weilrod to Bad Camberg. Straightforward notice boards at parking lots and rest stops provide information about the location, the remaining route and interesting destinations worth seeing. Alternative tourist routes encourage you to go on further journeys of discovery – via Kronberg and Königstein to the *Großer* (large) *Feldberg* or to the picturesque *Weiltal* valley.



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A vertical photograph of a forest. Sunlight filters through the tall, thin trunks of coniferous trees, creating bright rays and lens flare. The ground is covered in green moss and fallen leaves. The overall atmosphere is serene and natural.

Naturpark Taunus

Naturpark Taunus (Nature Reserve)

The Naturpark Taunus is the second largest nature reserve in Hessen. It is extremely popular with many visitors thanks to the great interaction between tourist attractions and landscapes, which are primarily left to grow as nature intended. 170 nature trails with a total length of about 1,200 kilometres are waiting to be discovered – whether you choose to go on a guided tour or explore on your own. Numerous sunbathing lawns, campsites and barbecue areas invite you to relax in the outdoors. And for athletes, the conditions here are ideal to keep in shape in all seasons. For example, by participating in events that take place in the Naturpark Taunus, such as the countryside marathon along the Weiltal path.

You will find information about the various offers and things to do in the Naturpark Taunus at the Taunus Information Centre in Oberursel at the Hohemark, which is the traditional starting and meeting point for tours in the Taunus. Some of the most beautiful and interesting hiking trails in the region begin here.

Directions

Take the *U-Bahn U3* underground train towards Oberursel (Taunus) until the final stop *Oberursel-Hohemark*. By car: take the A661 towards Oberursel, continue on the B455 until the exit *Oberursel-Hohemark*. You will find parking spaces behind the Taunus Information Centre.

Zweckverband Naturpark Taunus
 Taunus-Informationszentrum
 Hohemarkstraße 192
 61440 Oberursel (Taunus)
 Telephone (0 61 71) 97 90 70
info@naturpark-taunus.de
www.naturpark-taunus.de



Heilklima-Park Hochtaunus (Climatic Healing Park)

10

HEALTHY HIKING WITH A SYSTEM

Weather and climate conditions are natural influences that have a positive effect on the regulatory mechanisms of the human body. However, our modern lifestyle usually alienates us from these healthy stimuli, and we are therefore often prone to illnesses. In order to strengthen the immune system, it's best to spend as much time as possible outdoors and consciously subject your body to the climate. The *Heilklima-Park Hochtaunus* is ideal for this. The park is made up of a network of accurately measured paths with a variety of climate conditions, which are described in detail on the following pages. Pick the paths that best suit your physical condition as well as the current climate.

NATURAL STIMULI

The *Heilklima-Park Hochtaunus* comprises the climatic healing spa towns of Königstein and Falkenstein as well as a forest area of 20 square kilometres, which is only interrupted by a short connecting road to the *Große* (large) *Feldberg*. The *Große* (large) and the *Kleine* (small) *Feldberg* mountains with a height of 881 metres and 825 metres respectively as well as the *Altkönig* mountain with a height of 798 metres above sea level are all located here. The lowest areas are on the southern edge of the park and are approximately 300 metres above sea level. With the *Urselbachtal* valley in the east and the *Reichenbachtal* valley in the southwest, the park covers a well-structured area with diverse climatic conditions.

TWELVE PORTALS INTO THE PARK

There are a total of twelve portals in various climate zones, each offering several circular routes of varying intensity and length. The trails are described in detail on notice boards and clearly signposted as *Rundweg* en route.



LEGEND

Hike

difficult
intermediate
easy



Climatic Stimuli



low



higher

Portal Hohemark

The climatic healing hiking paths that begin at the portal Hohemark not only offer great diversity in structure, but also in climate. The starting point is fairly low at just 300 metres, which means that hikers may sometimes struggle a bit with the heat in the summer. But the rest of the time, especially when it is slightly cloudy, the alternation between sun and shade in the partially very sparse forest has a stimulating effect.

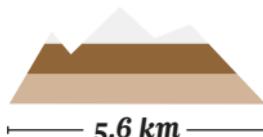
Directions

Take the *U-Bahn U3* from Frankfurt to the final stop *Oberursel-Hohemark*. By car: take the A661 and exit at *Oberursel-Hohemark*. You will find parking spaces directly at the portal/Taunus Information Centre.

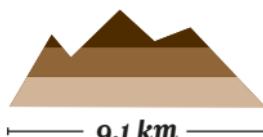
► RUNDWEG HM 1



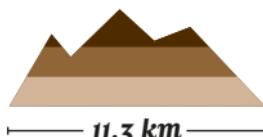
► RUNDWEG HM 2



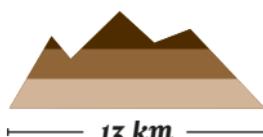
► RUNDWEG HM 3



► RUNDWEG HM 4



► RUNDWEG HM 5



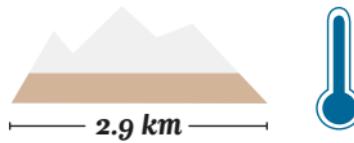
Portal Königstein

The bioclimatic conditions in the central area of the *Heilklima-Park* in Königstein are classed as mild in the summer and as stimulating/mild in the winter. Exposure to heat can be expected on all routes at times, although the intensity may be higher closer to the town. Stretches that are well protected by the forest are rather rare. On cool, sunny days, the chances of strengthening the organism with the stimuli of sun and wind are quite good.

Directions

By bus and train: Take the *Regionalbahn* train 12 to Königstein im Taunus, and the city bus lines to the *Stadtmitte* city centre parking lot. From there, walk 5 minutes via the *Georg-Pingler-Straße* to the *Heilklima-Park* information point in the spa town of Königstein. **By car:** exit the roundabout towards Limburg and follow the signs to *Kurbad Königstein* spa. Parking spaces are available.

► RUNDWEG KS 1



► RUNDWEG KS 2



► RUNDWEG KS 3



Portal Falkenstein

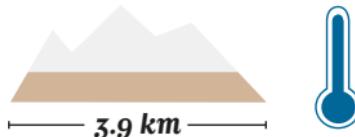
The routes of this portal mainly run through the lower regions of the *Heilklima-Park*. The conditions are mostly mild in the summer and stimulating/mild in the winter. At times, there may be some exposure to heat, although the route that passes through town is most demanding on the organism on sunny days with little or no wind. On cooler days, the repeated alternation between sunny and shady sections has a stimulating effect on the organism.



Directions

By bus and train: Take the *Regionalbahn* train 12 to Königstein im Taunus, and the city bus lines to the *Stadtmitte* city centre parking lot. Then change to bus line 917 until the stop *Ehrenmal*. Walk along the main road for 5 minutes and follow the *Debusweg* road on the left until the end. By car: take the main road up to Falkenstein and follow the signposts to the *Hotel Kempinski Falkenstein*. Parking is available in the nearby streets.

► RUNDWEG FS 1



► RUNDWEG FS 2



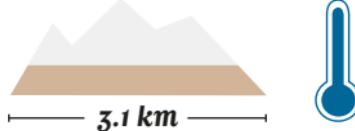
Portal Rothenhang

In the areas surrounding the lowest portal, heat exposure is sometimes expected in the summertime. In these cases, the protection of the forest offers some thermal relief. Following a steep climb, the two long routes lead to areas with climatic conditions that are generally less demanding. During the winter months, the climate remains mild along the short route, while the intensity of the stimulating effect becomes stronger with the increasing altitude on the longer routes.

Directions

By bus and train: Take the S4 train to the train station *Kronberger Bahnhof*, then bus line 872 until the stop *Rothenhang*. **By car:** coming from Königstein im Taunus (B 455), take the 2nd exit Kronberg; from Oberursel (B 455), the 1st exit Kronberg, from Frankfurt to the streets *Friedrich-Ebert-Straße* and *Hainstraße*. There are parking spaces at the outdoor pool and in the surrounding area.

► RUNDWEG RH 1



► RUNDWEG RH 2



► RUNDWEG RH 3





Portal Tillmannsweg

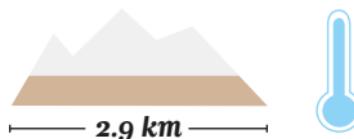
The routes that begin at the Portal *Tillmannsweg* run along medium altitude. Even during the warmer months of the year, the climatic conditions are therefore not that demanding on the organism. Exposure to heat is only expected a few days a year and is most likely to occur near the portal. It is most rare at the higher altitudes of the route.

Cold stimuli are frequently encountered in the wintertime, whereby the intensity of the stimulus increases with altitude. This is particularly noticeable on the long circular route, which has an altitude difference of 250 metres. The balancing effect of the forest, however, generally prevents extreme conditions. Sparse forest areas can be stimulating for the organism thanks to the alternation between the sun and shade as well as the slightly gusty wind.

Directions

Take bus line 501, 502 or 511 from Königstein im Taunus towards Glashütten to the bus stop *Friedhof*; follow the road for 300 metres and then take a right onto the parking lot *Tillmannsweg*. By car: from the roundabout, drive towards Limburg past the *Kurbad Königstein* spa (*Heilklima-Park* centre) and take a right onto the parking lot *Tillmannsweg* at the town exit.

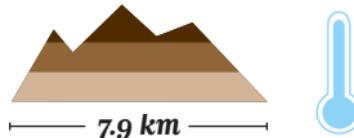
► RUNDWEG TW 1



► RUNDWEG TW 2



► RUNDWEG TW 3



Portal Tenohütte

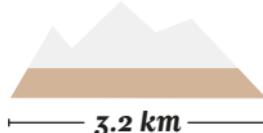
With altitudes varying between 550 and 750 metres above sea level, the routes of the portal *Tenohütte* run along the upper regions of the *Hochtaunus* district. Even in the summer, there is rarely any heat exposure here. On days when the lower areas of the *Heilklima-Park* may be considered too warm, the thermal conditions for climatic healing hikes starting from this portal are still quite pleasant.

The winter is dominated by cold stimuli. However, due to the fact that the paths are almost all protected by the forest, the intensity of the stimuli is reduced. The variability of the stimulus along the route also remains fairly low. The wind and sun are only able to provide the organism with additional stimulation every now and again on sections of the route with broad trails or through sparse forest.

Directions

By car: take the *Hochtaunusstraße* towards *Rotes Kreuz*, then park at the parking lot *Glaskopf* at the *Tenohütte* cabin. By bus and train: take bus line 57 from Oberursel-Hohemark or Königstein to *Rotes Kreuz*, the start of the portal *Rotes Kreuz*.

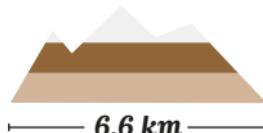
► RUNDWEG TH 1



► RUNDWEG TH 2



► RUNDWEG TH 3



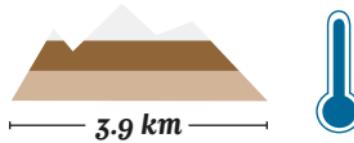
Portal Reichenbachtal

The thermal conditions are generally ideal for a hike in and around the *Reichenbachtal* valley. Heat exposure is rare and is most likely to occur within Falkenstein. On colder days, this section of the route is perceived as stimulating since there is little protection from the elements. In areas where the forest is sparse, the alternation between sun and shade also has a stimulating effect. The paths offer plenty of cold stimuli in the wintertime, although the intensity is dampened in the shelter of the woods.

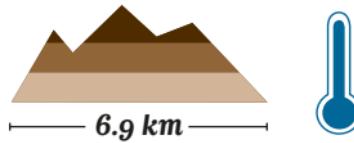
Directions

By bus and train: take the *Regionalbahn* train 12 to Königstein im Taunus, and the city bus lines to the *Stadtmitte* city centre parking lot. Change to bus line 917 until the stop *Ehrenmal* and then follow the *Reichenbachweg* road on the left to the portal. **By car:** take the main road up to Falkenstein, turn left at the *Ehrenmal* and then follow the *Reichenbachweg* road to the parking lot at the end of the street.

► RUNDWEG RB 1



► RUNDWEG RB 2



Portal Schardtwald

The routes take you along the southern hillside slopes of the Taunus. In doing so, the climate on the short circular route tends to be rather mild with a little heat exposure in the summer. The long route, on the other hand, leads into the wooded areas of the highlands where, even in the summer, the thermal conditions remain mostly pleasant. During the wintertime, the stimuli along these routes are often cold with an intensity that increases with the altitude. However, the stimulating effect is generally not too strong thanks to the shelter offered by the forest.

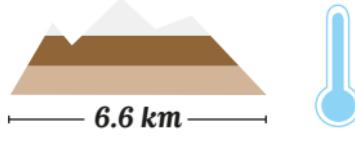
Directions

By bus and train: take the *Regionalbahn* train 12 to Königstein im Taunus, and the city bus lines to the *Stadtmitte* city centre parking lot. Change to bus line 917 until the stop *Auf dem Seif*, then walk up the *Scharderhohlweg* road for about 5 minutes to reach the portal. By car: take the main road up to Falkenstein, turn right at the *Ehrenmal* and follow the road until the end. There are parking spaces at the forest parking lot and in the nearby streets.

► RUNDWEG SW 1



► RUNDWEG SW 2



Portal Rotes Kreuz

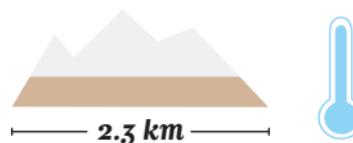
The portal *Rotes Kreuz* is located in the upper regions of the *Heilklima-Park*. Therefore, cold stimuli are prevalent in the winter. Particularly the intensity of stimulus on the open section of the route along the edge of the forest can be fairly high, while the shelter of the forest in the other sections reduces it.

Heat exposure does not pose a problem here. Usually, the thermal conditions encountered remain pleasant, even at times when the heat in the lower regions of the park can be quite stressful for the organism. The variations in climate on the section of the route along the meadow may also intensify during the warmer months of the year, while the sun and the wind can have a stimulating effect on the organism in certain weather conditions.

Directions

Take bus line 511 from Oberursel (Taunus)-Hohemark or Königstein to the stop *Rotes Kreuz*. By car: Take the *Hochtaunusstraße* to *Rotes Kreuz*. Parking is available in the designated parking areas.

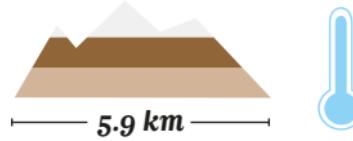
► RUNDWEG RK 1



► RUNDWEG RK 2



► RUNDWEG RK 3



Portal Oberreifenberg

At an altitude of 650 metres, heat exposure rarely occurs in the summer while cold stimuli in the winter are very common. In addition to the colder air temperatures, which are approximately 2–3 ° C colder here than in the lower regions of the park, this is also due to the higher wind speeds. The open stretch of the route at the beginning of the hike has the highest stimulus intensity as the sunlight additionally stimulates the organism on sunny days.

Directions

Take bus line 511 from Oberursel (Taunus)-Hohemark or Königstein until the stop *Pfarrheckenfeld*. By car: from the B8, exit onto the L3025 towards Oberreifenberg and then turn into the *Siegfriedstraße* via *Rotes Kreuz* or, if you are coming from the other direction, via the L3004. Continue on this road until you reach Oberreifenberg-Pfarrheckenfeld. Parking is available in the designated parking areas.

► RUNDWEG OR 1



► RUNDWEG OR 2





Portal Windeck

Windeck is the highest portal of the *Heilklima-Park*. The climate remains predominantly cool and comfortable in the summer along all routes. And even when the air is too hot for hiking in the lower regions of the park, the thermal conditions up here often remain ideal: the air temperatures are lower, the forest offers protection from direct sunlight and in the rare open clearances, there is a strong wind that has a pleasant cooling effect.

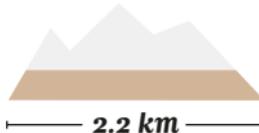
The short circular route also takes you around the glades of the *Kleiner (small) Feldberg*, allowing the sun to have a stimulating effect on the organism on days with few or no clouds.

The winter is dominated by cold stimuli. The forest generally prevents the body from cooling down too much. In the stretches with open clearances, however, the intensity of the stimulation can be extremely high at times.

Directions

Take bus line 511 from Oberursel (Taunus)-Hohemark or Königstein im Taunus until the stop *Windeck*. By car: take the *Hochtaunusstraße* to the *Sandplacken* or *Rotes Kreuz*, then drive towards *Großer Feldberg* and park at the parking lot *Windeck*.

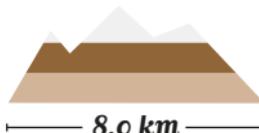
► RUNDWEG WE 1



► RUNDWEG WE 2



► RUNDWEG WE 3



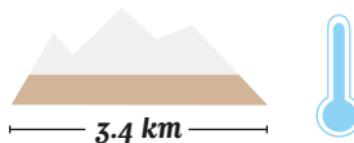
Portal Pfahlgraben

In the winter, cold stimuli can frequently be expected along these routes, although they are most intense in the open areas at the summit of the *Feldberg*. In the summertime, the conditions are generally comfortable to cool. The intensity of the stimulating effect on the organism may increase slightly due to the sun and wind on certain sections of the route – such as along broad paths or through sparse forest areas – as well as the change in temperature as you reach higher altitudes.

Directions

Take bus line 503 from Oberursel (Taunus)-Hohemark to *Sandplacken*. By car: *Hochtaunusstraße* to *Sandplacken*, continue towards *Großer Feldberg* and turn left onto the parking lot *Pfahlgraben* after 100 metres.

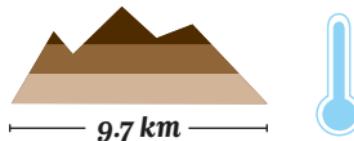
► RUNDWEG PG 1



► RUNDWEG PG 2



► RUNDWEG PG 3



SCHMITTEN



Hegewiese



GLASHÜTTEN



Kleiner Feldberg

Fuchstanz

Alth

B-8



KÖNIGSTEIN

Climatic Healing Park

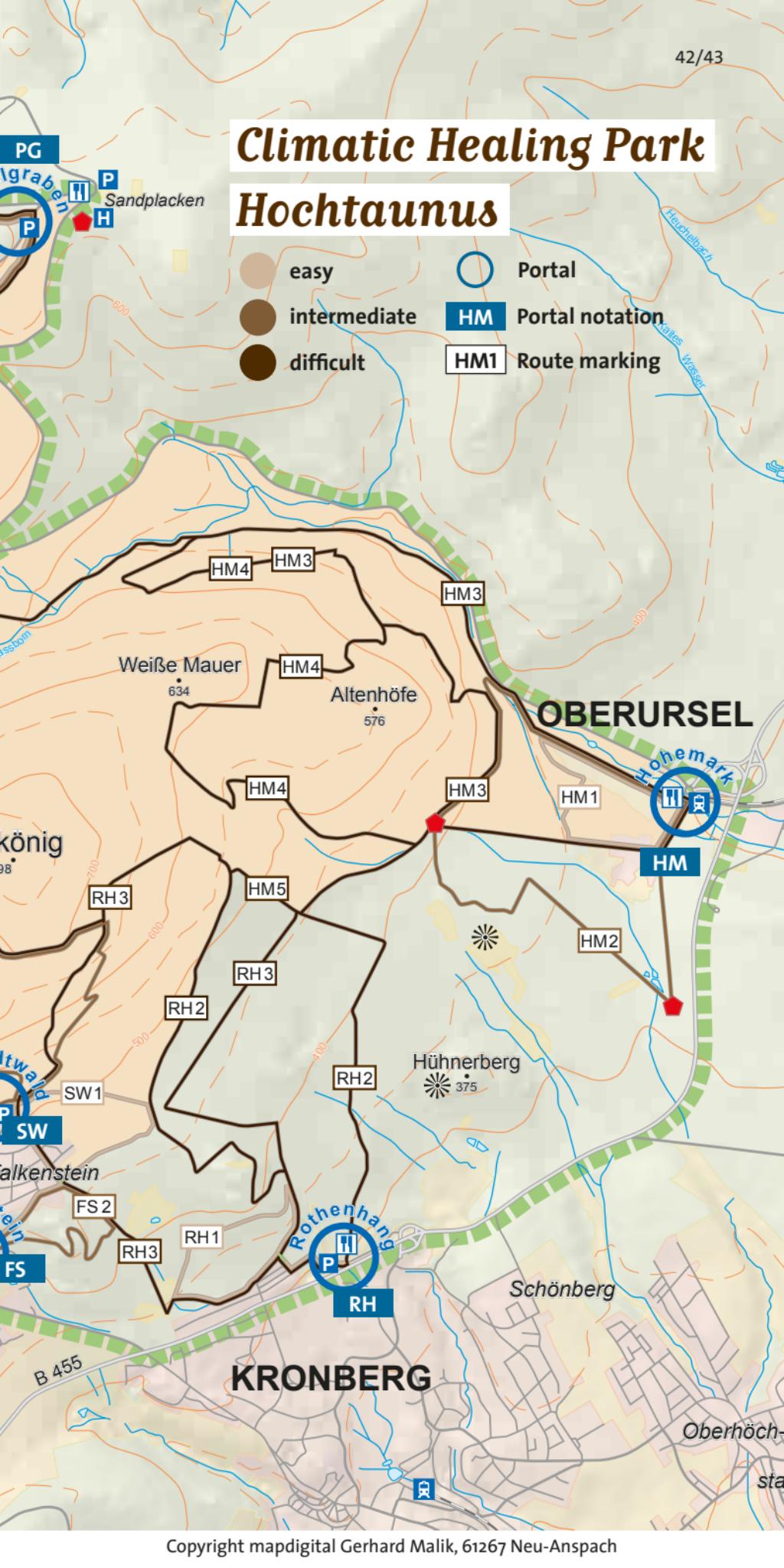
Hochtaunus

- easy
- intermediate
- difficult

 Portal

HM Portal notation

HM1 Route marking



Naturpark Rhein-Taunus



Naturpark Rhein-Taunus (Nature Reserve)

The rest and recreation areas of Wiesbaden, the Hessian state capital, and the Rheingau-Taunus district offer vast forests, lush meadows and aromatic wine in the valleys of the rivers Rhein, Aar and Wisper, which enhance the character of the *Naturpark Rhein-Taunus*. There are also two UNESCO World Heritage Sites in the *Naturpark Rhein-Taunus*: the *Obere Mittelrheintal* Upper Middle Rhine Valley and the Limes.

HIKING AND CYCLING

Quo vadis, where are you going? Hikers and cyclists don't have to ponder this question for long. They can enjoy the diverse nature on well-maintained paths that are thousands of years old by day and the cultural life in the cities and villages at night. The paths run through the romantic *Aartal* valley with its rough, rocky charm, the *Idsteiner Senke* basin with its fruit orchards and picturesque half-timbered houses, over varied spa routes around Wiesbaden, the state capital, and through the largest enclosed and partially wild forest in Hessen: the "*Hinterlandswald*" remote forest area on the heights and in the valleys of the Rheingau hills. In addition to well-known routes such as the *Rheinsteig* trail and the Limes Experience Trail, you can also look forward to secret hotspots like the *Gebück* hiking trail, which follows the medieval "*Landwehr*" territorial marking of the *Rheingau*. All of the recreational facilities in the *Naturpark Rhein-Taunus*, no matter whether barbecue sites, cycling paths, experience trails or sunbathing lawns, can be reached by train, bus or car – parking spaces are available everywhere.

Kommunaler Zweckverband Naturpark Rhein-Taunus
 Veitenmühlweg 5
 65510 Idstein
 Telephone (0 61 26) 43 79

11



Parks & Gardens



Kurpark (Spa Park)

Bad Homburg v. d. Höhe

Already a legend during his own lifetime, the Royal Prussian garden artist Peter Joseph Lenné designed the *Kurpark* of Bad Homburg with impressive perspectives, elegant meandering paths and a small lake with many bays. The lavish park has kept its original form to this day. Historic buildings and monuments were integrated in the surroundings over time and bear witness to the rich history of this once world-famous spa town. For example, the *Brunnensälchen* where the casino is housed, the *Kaiser Wilhelms Bad* thermal baths, the *Orangerie* or the two open Thai Pavilions, which were gifts from the Thai Royal Family. The *Kurpark* Bad Homburg is one of the largest and most beautiful parks in Germany.



Directions

Take the *S-Bahn* train S5 or the *Regionalbahn* train 15 towards Bad Homburg to the final stop *Bad Homburg v.d.H.Bahnhof*. By car: on the A 661 autobahn, take the exit Bad Homburg and drive towards the city centre.

Kurpark Bad Homburg
61348 Bad Homburg v.d.Höhe
Telephone (0 61 72) 1 78 37 10

12



Victoriapark

Kronberg im Taunus



You will find the Victoriapark in the heart of Kronberg and only a few minutes walk from the historic old town. It is laid out in the style of an English landscaped park with ancient trees, vast meadows, idyllic ponds and an extensive network of paths. The beautiful green area was solely intended as a suitable surrounding for the monument of the Emperor Kaiser Friedrich III, which was ceremoniously unveiled in 1902 in his presence. It was renamed Victoriapark in 2001 to commemorate the 100th anniversary of

Victoria, Empress Friedrich. Apart from the monument of the Emperor, there are also commemorative stones and other memorials such as the *Burger-Brunnen* fountain in honour of the co-founder of the Painter's Colony in Kronberg, and the *Kannengießer Tempel* in memory of the main benefactor of the Emperor's monument.

61476 Kronberg im Taunus
Telephone (0 61 73) 7 03 26 71

13

Arboretum

Eschborn

Between the municipalities of Schwalbach, Sulzbach and Eschborn, an unusual forest park landscape is located on an area encompassing 76 hectares of land. Before and during the Second World War, the site served as an airfield for the German Air Force. Afterwards, the U.S. Military started and landed their planes here. When the search for green areas for reforestation began in the 1980's to compensate for the expansion of the Rhein-Main Airport, a remarkable project was born here: it wasn't just about creating a forest area, but also about giving people special insights into this habitat. Instead of domestic woodlands, it became an exemplary visual, learning and experimental area for dendrology – the study of trees and other wooded plants. During an approximately 2-hour tour, you can learn lots of interesting information about the woods and walk through different forest formations that are typical for Central Europe, Asia Minor, Japan, the Himalayas, China and North America.

Directions

By bus and train: take bus line 58 or 810 until the bus stop *Sossenheimer Straße* and then walk for approximately 6 minutes. Alternatively, take the *S-Bahn* train S3 or S4 to the stop *Eschborn Süd*. **By car:** take the Eschborn exit on the A66. Then turn left at the first traffic lights and follow the signs for "Arboretum" for about 500 metres.

**Waldhaus Arboretum
Am Weißen Stein
65824 Schwalbach**

14

**Arboretum
Hessen-Forst Forstamt Königstein
Ölmühlweg 17
61462 Königstein im Taunus
Telephone (0 61 74) 9 28 60**



Kurpark (Spa Park)

Bad Nauheim

The Frankfurt *Palmengarten* may be the most famous work by garden artist Heinrich Siesmayer, but the *Kurpark* in Bad Nauheim is his most significant. He designed the stunning gardens, which are well worth seeing and are also of historic value nowadays, in the middle of the 19th century. The park was further developed with a focus on the preservation of historic gardens and complemented with modern variations of artistic themes for the *Landesgartenschau 2010* regional garden show. There are loosely distributed groups of trees, magnificent shrubs and smooth lawn areas. Various perspectives; some open and airy, some closed. A spacious park, a large pond with boat rentals. All in all, an oasis of peace and tranquillity. Simply taking a walk here seems almost too banal. We recommend a long, leisurely stroll to soak up the atmosphere of the sublime surroundings.

Directions

By car: take either the A5 (exit Bad Nauheim) or the A 45 (exit Wölfersheim) autobahn or the *Bundesstraßen* main roads B 3 and B 275 to Bad Nauheim.

Kurpark Bad Nauheim

61231 Bad Nauheim

Telephone (0 60 32) 92 99 20

Parks & Gardens



Kneipp-Kurpark (Spa Park)

Bad Camberg

With its old trees and rare tree species, the *Kneipp-Kurpark* in Bad Camberg has water games and beautiful paths for relaxation and recuperation. The park also hosts a miniature golf course, boules lanes, giant outdoor chess, sunbathing lawns and tennis courts as well as the unique Kneipp herb garden and treading pools. At various stations along the route, the Kneipp circular trail presents the “Five Pillars of Health” according to the teachings of Kneipp (medicinal plants, exercise, water, order of life and nutrition) in words and images. The park spans from the *Grabenstraße* street up towards the recuperation clinic, bordered by the *Obertorstraße* in the north and the *Badehausweg* and the *Bircher-Benner-Straße* streets in the south.

Directions

Take bus line LM 23 to the bus stop *Amthof*.

Kneipp-Kurpark mit Kneipp-Kräutergarten

Grabenstraße

65520 Bad Camberg

Telephone (0 64 34) 20 24 11





Observation Towers

Atzelbergturm Watchtower

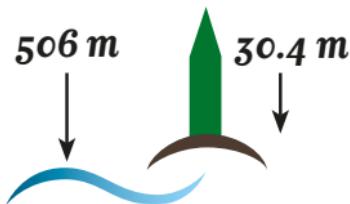
Kelkheim (Taunus)-Eppenhain

The Atzelbergturm in the state-approved resort town of Kelkheim-Eppenhain is the highest publically accessible point in the entire Main-Taunus district, making it a popular destination for hiking and cycling excursions. There is a barbeque area with a hut directly next to the tower.



Atzelbergturm
65779 Kelkheim (Taunus)

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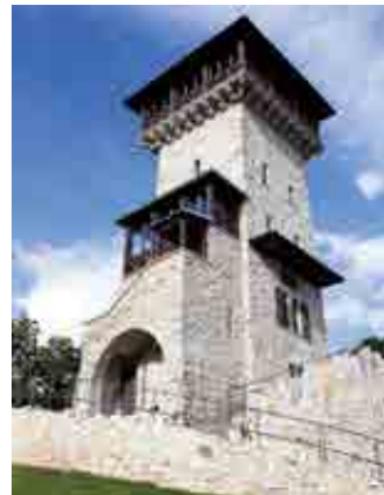
auf Facebook

www.lochmuehle.de

Herzbergturm Watchtower

Bad Homburg v. d. Höhe

The Herzbergturm is a popular observation tower that is based on a Limes watchtower. It is located between the *Saalburg* and *Hessenpark* directly on the *Tau-nuslehrpfad* educational trail. Hikers like to come by and enjoy the view of the Main lowlands. At the tower, there is a *Berggasthof Herzberg* mountain restaurant with traditional German cuisine as well as a beautiful sunny terrace and a beer garden.



The watchtower can only be reached on foot. A circular route leads from the *Saalburg* Roman Fort to the *Herzbergturm* watchtower. Follow either the signposts "rotes Reh" red deer or "grüne Tanne" green firs.

Directions

By bus or train: take the *S-Bahn* train S5 or the *Regionalbahn* regional train 15 to Bad Homburg v.d.Höhe, continue with bus line 5 to the *Saalburg*. By car: from the B 456, turn towards *Saalburg* and then follow the signs for *Herzberg*. There is a parking lot at the *Saalburg* or alternatively, you may like to park half-way up to the *Herzbergturm* watchtower on the *Silberküppel* parking lot.

Opening Hours

Tues.–Thurs.: 10.00–22.00 o'clock, Fr./Sat.: 10.00–23.00 o'clock,

Sun: 10.00–21.00 o'clock.

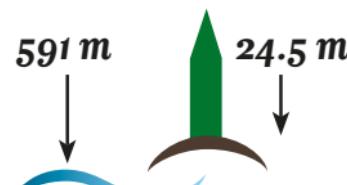
2nd of January – 1st of April: 11.00–18.00 o'clock. Closed on Mondays.

Herzbergturm

Herzbergturm 1

61350 Bad Homburg v. d. Höhe

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Observation Tower on the Großer Feldberg

Schmitten im Taunus

The fully glazed deck of the observation tower on the *Großer* (Large) *Feldberg* mountain is reached via a closed stairwell.

From the highest point within a 100-kilometre radius, you can enjoy first-class views of the Main and Rhein areas, the *Odenwald*, the *Spessart* and the *Wetterau* in clear weather conditions. You will also find the *Jugend- und Wanderheim* youth and hiking hostel of the *Taunusklub* home club up here. It offers communal areas and overnight accommodation for up to 20 people and is available to hikers and groups subject to advance booking. Located directly next to the tower, the *Feldberghof* restaurant is a popular destination for sightseers because of the excellent food.

Directions

Take bus line 57 from Oberursel-Hohemark or Königstein to the bus stop *Schmitten-Niederreifenberg, Großer Feldberg*.

Opening hours

Mon.–Sat.: from 9:00 o'clock, Sun.: from 8:00 o'clock.

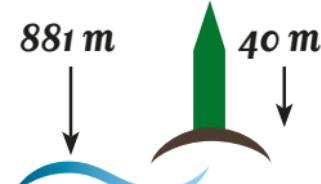
Open until nightfall. Closed in November.

Aussichtsturm auf dem Großen Feldberg

61389 Schmitten im Taunus

Telephone (0 6109) 338 04 or

(0 6174) 93 35 84





Römerturm Roman Tower

Idstein-Dasbach

The Obergermanisch-Raetische Limes (Upper German-Raetian Limes) formed the outermost border of the Roman Empire and was guarded by more than 900 watchtowers. One of these towers was located near Idstein-Dasbach. It was re-erected in 2002 under the academic management of the *Saalburg* museum and is considered among experts to be the most authentic reconstruction of a Roman watchtower in existence. The tower houses a museum with original Roman findings from the State of Hesse as well as the reconstructed equipment of a Roman soldier from the auxiliary troops as was used at the Limes.



Directions

Take bus line 228 (attention, this is an on-demand bus service!) to the bus stop *Dasbach Dorfgemeinschaftshaus*, then walk along the street *An der Struth* towards Idstein until you reach the cemetery. Take a left and follow the dirt tracks to the *Limesturm* tower (approximately 10 minutes on foot). By car: take the A3 to the exit Idstein and follow the signs to Niedernhausen. Leave Idstein on the L3026 (Niedernhausen–Idstein) and drive until you reach the sign *Limesturm 3/26*. Turn left. Parking spaces are available.

Opening hours

April–October, every 1st Sunday from 14:30 o'clock: tour of the tower followed by a hike along the Limes. Beyond that, groups are welcome upon prior arrangement.

Römerturm

L 3026

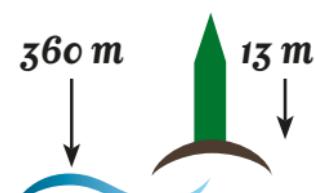
65510 Idstein-Dasbach

Telephone (0 61 26) 57 05 01

20

360 m

13 m



Pferdkopf Observation Tower

Schmitten im Taunus-Treisberg

At the highest point of the *Pferdkopf* (horse's head) stands an observation tower with an open half-timbered construction just waiting to be climbed. When you reach the top, you will be rewarded for your efforts with a stunning view of the area. At the observation tower, there are several benches that offer the opportunity for rest. And if you have a sweet tooth, you can look forward to a piece of homemade cake at *Café Sachs* in the *Holdstaler Straße 16* in Treisberg itself while you enjoy the beautiful view across the *Taunus* all the way to the *Westerwald*.



Directions

Take bus line 80 to Schmitten-Treisberg. By car: B 275 towards Bad Camberg, exit at Hunoldstal. Continue to Treisberg to the *Pferdkopf*, turn left at the town entrance to the *Waldparkplatz* parking lot.

Opening hours

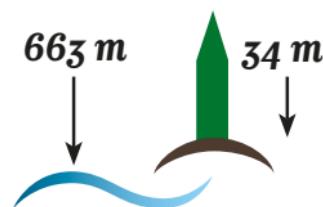
Tower: daily, except when it snows or when there is ice or thunder.

Café Sachs: Wed. to Mon.: 11:30–19:00 o'clock.

Pferdkopf

61389 Schmitten im Taunus-Treisberg

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Publisher

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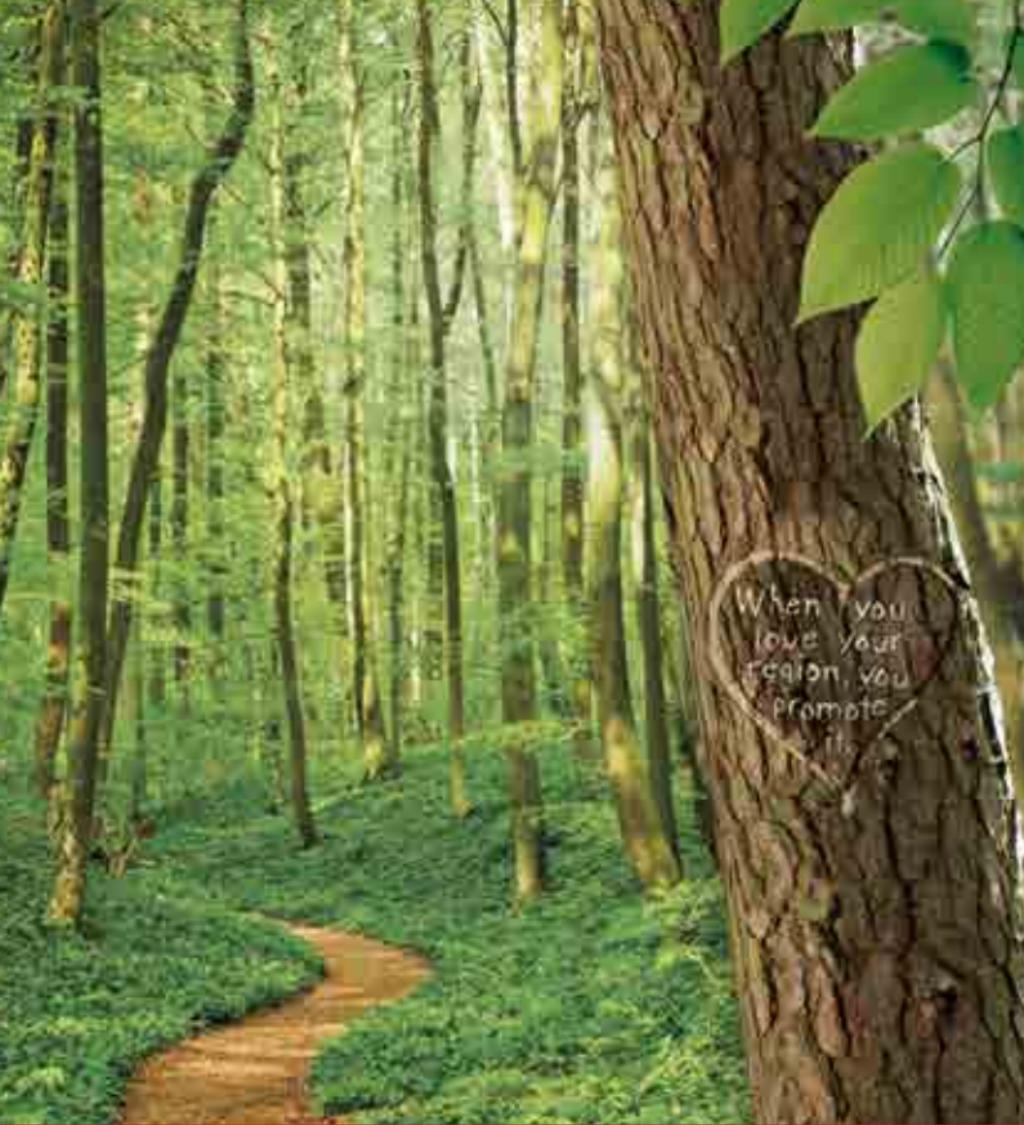
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Please note that some of the websites mentioned in this brochure are currently
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We create green areas!

We offer comprehensive consulting services and act in a sustainable manner – that's our daily challenge. In doing so, customer satisfaction and high-quality advice are always our top priority. We support 674 associations, projects and institutions in the area of culture, sports and environmental protection in and around the Taunus, thus making a significant contribution to the prosperity of the region – and have done so for over 100 years.

In addition, we create green areas by planting a tree for every new customer. This way, we help to sustainably maintain the forests that make up the majority of our beautiful landscape. By deciding to open an account at the Taunus Sparkasse, you are therefore not only making a decision regarding your financial service provider, but for your region, too.



Taunus Sparkasse

www.taunussparkasse.de · 0800 51250000