

An aerial photograph of a vast, forested mountain landscape during sunset. The sun is low on the horizon, casting a warm orange glow over the scene. The mountains are covered in dense forests with some autumnal colors visible. A large, white, stylized logo is centered over the image. The logo features the word "SAUERLAND" in a bold, sans-serif font, arched over a graphic of a mountain peak with a bird in flight above it. Below the graphic is a banner with the text "We are outdoor".

SAUERLAND

We are outdoor

Germany's inspiring outdoor region





## The Sauerland

The Sauerland is “Germany’s inspiring outdoor region” – and with good reason. This is because there are so many opportunities for traditional experiences across 5,000 square kilometres of rolling low mountain landscape, dominated by forests, open meadows and crystal-clear lakes.

This is the site of Germany’s premier and largest quality hiking region. Three major long-distance hiking trails criss-cross the landscape. Numerous themed and all-day trails appeal to hikers seeking an enjoyable adventure. Cyclists can ride along the many river and railway trails, enjoy nature and take it easy, or use the extensive network of cycle paths connected by numbered junctions for spontaneous rides that bring the cultural and industrial history of the Sauerland come to life.

Mountain bikers, gravel cyclists and road cyclists will be challenged by the varied topography. In the midst of the densely wooded landscape lie five large, clear lakes which, with their wide range of activities, attract countless guests to their shores and onto the water year after year. During the cold season, the Wintersport Arena Sauerland with its wide range of ski slopes and toboggan runs is the largest winter sports area north of the Alps. It is this variety of experiences that makes the outdoor region of Sauerland one of the most popular destinations for holidaymakers and day trippers in North Rhine-Westphalia and Germany as a whole. It is also part of the economic region of South Westphalia.





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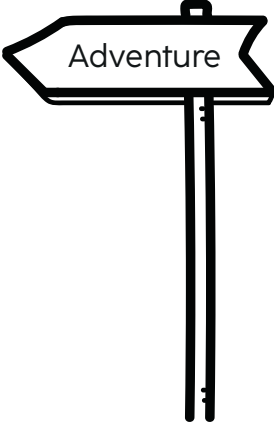
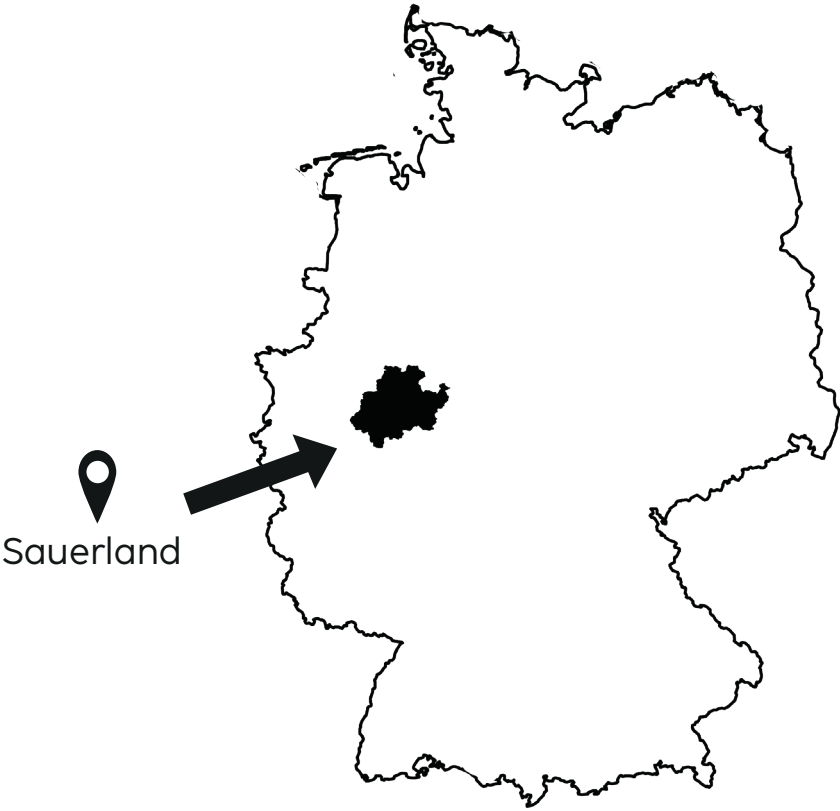
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## Our hospitality providers



Sometimes down-to-earth and classic, sometimes creative and unusual – Sauerland’s culinary scene is just as diverse as the region itself. The selection here ranges from rustic country inns to idyllically located farmhouse cafés and luxury restaurants of the highest calibre. They all have one thing in common, however: they are all managed with a great deal of passion, attention to detail and ingenuity. As a guest, this is immediately noticeable.

Anyone looking for the perfect place to stay in “Germany’s most inspiring outdoor region” will also be spoilt for choice. Whether you prefer to stay close to nature on a campsite, cosy in a holiday flat or with the best all-round service in one of the region’s Michelin starred hotels, the Sauerland has the ideal offering for every requirement. What will you choose?



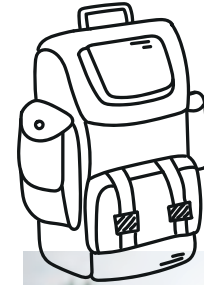




## Hiking

The Sauerland is known for its wide range of hiking trails. The region impresses with its densely forested landscape, green meadows and idyllic timber-framed villages, and is a great place for hiking. Whether you want a short walk, a day trip on one of the circular trails or a hiking holiday lasting several days, here you can immerse yourself deeply in nature.

Some are short, some are long, some have challenging climbs, some are relaxed and yet always full of experiences: “Germany’s inspiring outdoor region” is a true paradise for hikers. After all, they can delight in the numerous outstanding hiking trails, embark on multiple-day tours on the long-distance hiking trails, or discover the region on a relaxed half-day tour or a walking tour.



They still exist, those exceptional places that take our breath away. The special spots and moments that inspire our yearnings and dreams. The Sauerland Hiking Villages, located around the Kahler Asten, at the Bruchhauser Steinen, along the Rothaarsteig and at the Diemelsee, comprise the first and largest “Quality Region Wanderbares Deutschland” in Germany. Eleven municipalities have joined forces to offer certified long-distance and circular hiking trails, services, culinary offerings, accommodation and experiences that are tailored to the needs of hikers.

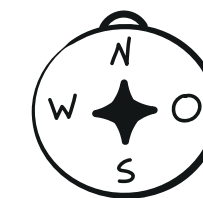
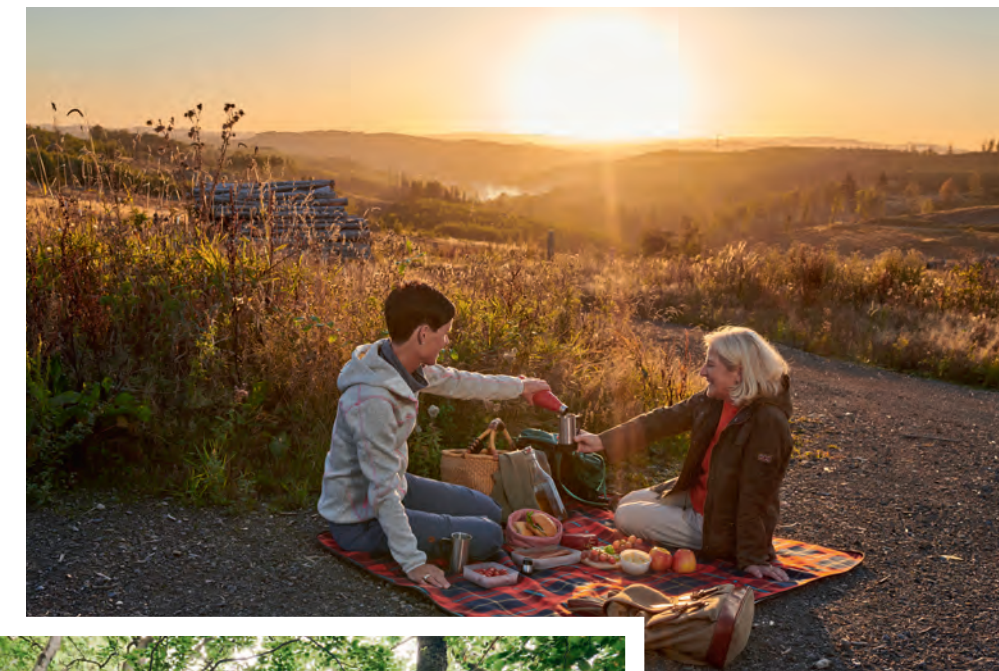
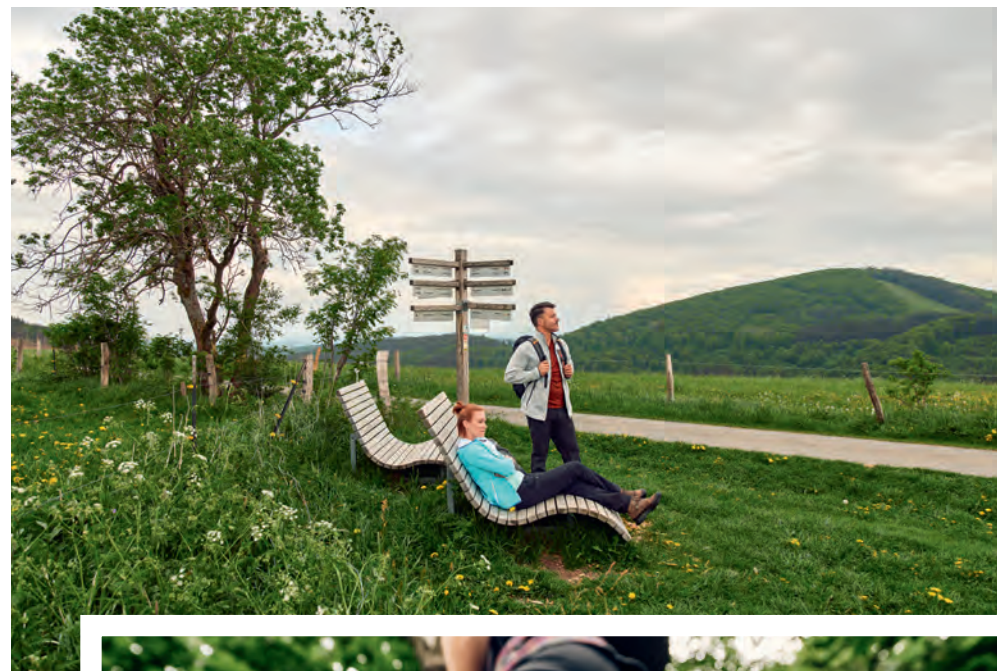




## Our long-distance trails

Are you looking for a genuine hiking adventure and outdoor feeling with multiple stages and plenty of excitement? How fortunate you are, then, that three certified long-distance hiking trails make the Sauerland the most popular hiking region in North Rhine-Westphalia and even Germany.

While the Rothaarsteig, the “Path of the Senses”, stretches 154 kilometres from Brilon to Dillenburg, the Sauerland-Höhenflug, true to its motto of “Only flying is more beautiful!”, starts in Altena and Meinerzhagen and runs 250 kilometres from west to east through the hiking region all the way to Korbach. The “enchantingly mystical” Sauerland Forest Route with its 240-kilometre route from Iserlohn to Marsberg promises yet another wonderful hiking experience.







## Touring bike trails

The Sauerland has a large number of hills and valleys. But does a bike tour here always have to be a struggle? Far from it! Here you will find some of the most beautiful cycle paths in North Rhine-Westphalia, along which you can enjoy a leisurely ride through the countryside. They follow rivers or lakeshores and even former railway lines. This means that they have few inclines – but are all the richer for the experience.

These include, for example, the Möhne Valley Cycle Route along the river that gives it its name, from Brilon to Arnsberg-Neheim, or the Sauerland Cycle Ring with its Hennesee loop, tracing the route where the railways used to run. There are plenty of museums, excursion destinations, cafés and restaurants to be found along the way.

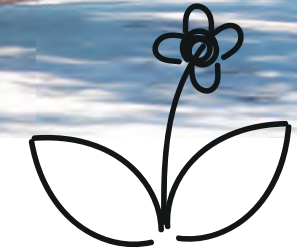
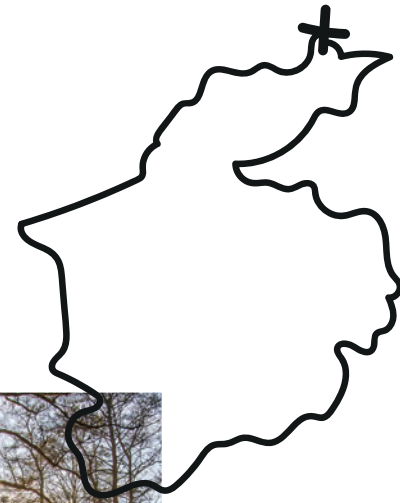






## Long-distance bike tours

With the 4 star quality-certified Ruhr Valley Cycle Route and the 5 star quality-certified Diemel Cycle Route, the Sauerland has two ADFC-certified multi-day cycle routes to offer, which are also among the most popular touring cycle routes in Germany and attract cycling enthusiasts from near and far to the region year after year. In addition, there is the Hellweg Börde cycle travel region, a whole district that is completely dedicated to touring bike, which offers exciting routes and many highlights. It's an unmissable experience!



Alongside river cycle paths, touring cycle routes along historic railway lines are also very popular. Where steam locomotives once puffed their way through the countryside, today cycling enthusiasts are out and about on three well-kept touring cycle routes discovering railway history in its purest form, combined with varied natural surroundings and a number of highlights along the way. The Sauerland Cycle Ring, the Geo-Rad Route Ruhr-Eder or the Ruhr-Sieg Cycle Path – which tour will you choose?





## Competitive cycle routes

Whether you are a racing bike enthusiast, mountain biker or gravel biker, hardly any other region offers such a wide range of tours and certified accommodation as the Sauerland. It is not without reason that the Sauerland Bike Arena is one of the absolute hotspots of the cycling scene in Germany and impresses with its versatility in particular. An extensive and well-signposted network of trails criss-crosses the region, bike parks with modern cable cars offer the ideal conditions for fast-paced riding fun, and the popular trail parks in Winterberg and Brilon, featuring some 50 kilometres of designated single-trail courses, round off the range of activities on offer. In addition, events such as the iXS Dirt Masters in Winterberg and the Bike Festival in Willingen attract thousands of visitors to the region every year.

If you like lots of nature, narrow trails and gravel paths off the beaten track, you're in the right place here and will find ideal conditions for pure riding fun in the Bike Arena Sauerland, in the heart of North Rhine-Westphalia.



Road cyclists can really get their fill in the Sauerland. There is plenty of variety here in the Bike Arena Sauerland, because hardly any other region in Germany offers such a wide range of tours as "Germany's inspiring outdoor region". Here you can accumulate metres of altitude on low-traffic roads, work your way up the countless climbs of the low mountain region with a quickening pulse and be rewarded with magnificent views of the landscape.





## Time out in the Sauerland

Who wouldn't want time to relax for a moment, just slow things down a bit and take a deep breath. The Sauerland makes all this possible. There are countless opportunities for relaxation and regeneration here in the heart of one of the most scenic regions in North Rhine-Westphalia.

Especially the spas, health resorts and numerous wellness hotels in the Sauerland specialise in giving their guests a time out from the stresses of everyday life during their holidays. Their offerings, such as soothing massages, hot baths and revitalising sauna sessions, make them genuine oases of well-being that can awaken new energies.

Working in nature and with nature is on the agenda for the Sauerland Coaches – a top insider tip. They sensitively and calmly help to work on an individual basis on a person's problems, to reflect and to formulate approaches to solutions.

Sometimes, however, a day trip is enough to recharge your batteries for whatever the future has in store. The lakes of the Sauerland are ideally suited to this. Nestled in the rolling low mountain landscape, the views over the crystal-clear water convey nothing but relaxation. This is somewhere where you can relax, take a deep breath and let all the tension melt away.





# Sauerland excursions

Beautiful trails, picturesque villages, exciting cycling and hiking routes, fascinating excursion destinations. Relaxation, exercise, indulgence at any time of the year. The Sauerland can offer it all. No wonder then that it is one of the most popular leisure and excursion destinations in Germany. Great adventures and small getaways can be found here – whether it’s a spontaneous day trip or a long-awaited feel-good holiday. There is even something for every season: in summer, the Sauerland lakes are an inviting prospect. Here you can swim, soak up the sun in the lidos or take a ride on one of the pleasure boats. Alternatively, take a sporty approach and go surfing, sailing, diving or paddleboarding. Or head into the „underworld“ on a visit to the Sauerland caves and fascinating mines.



A whole world of fun can also be had in the adventure pools and amusement parks. Get up close to the local animals in one of the wildlife parks or on a guided tour through the countryside. Do you enjoy shopping? There are many shops waiting for you in the pretty little towns, and you can find bargains in the outlets of the local brand manufacturers – the Sauerland has plenty of them.

The many museums and heritage sites offer even more indoor experiences and lots of interesting information – the cultural and industrial history of the Sauerland comes to life here because there is something to participate in and experience around almost every corner.







## The Lakes of the Sauerland

An idyll in blue and green – this is probably the best way to describe the lakes of the Sauerland region. Here at the Biggensee, Listersee, Diemelsee, Hennesee, Möhnesee and Sorpesee lakes and reservoirs, visitors can expect a wide variety of leisure activities against a magnificent natural backdrop. In summer, life moves to the beaches and water sports are in full swing. Then it's off to the numerous bathing spots, where families can spend eventful afternoons on the shores of the crystal-clear waters. Action seekers will also find the adrenaline rush they are looking for with sports activities such as surfing, sailing or even diving.

For those who prefer a more relaxed pace, take a leisurely cruise on the white passenger boats across the blue waters. Strolling and wandering along the shore is the order of the day on the lakeside promenades. Spacious green areas, comfortable seating and the wonderful lake views here invite you to linger and savour the natural surroundings.



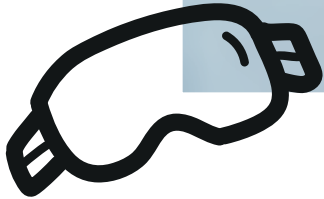


# Winter in the Sauerland

Winter in the Sauerland is a very special time. This is when the snow transforms the usually green landscape into a true winter wonderland and the ski resorts really live up. After all, the region can proudly call itself “the biggest winter sports pleasure north of the Alps” and impresses with more than 130 lifts and up to 300 hectares of pistes. This is unparalleled in North Rhine-Westphalia and therefore attracts winter sports enthusiasts from near and far to the region.

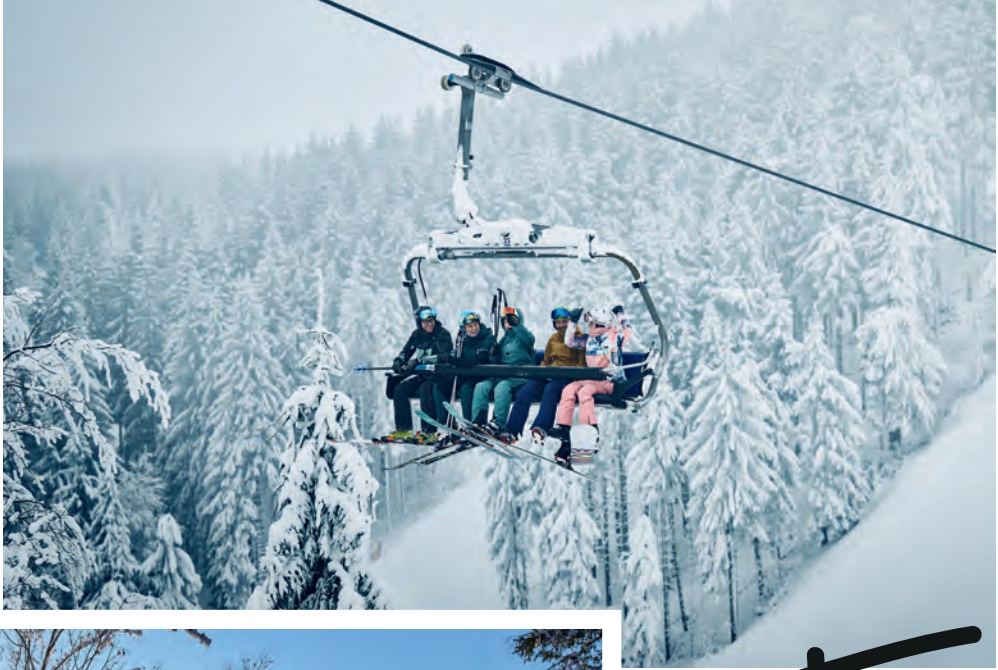
The 500-kilometre network of superb cross-country ski trails in the Nordicsport Arena has no equal anywhere else in the region. It goes without saying that the lift operators in Sauerland do not only focus on quantity, but also ensure with regular investments that the highest quality standards always enable skiing and snowboarding at their finest.

Even the little ones can enjoy the hustle and bustle of the Sauerland in winter. That’s because the numerous sledging slopes promise worry-free fun on the slopes. Here you can let off steam to your heart’s content.



Winter in the Sauerland is an experience for all the senses: the frosty earth crunches under your shoes, while the peaks are powdered white or even covered in deep snow. Enjoy the snow and the tranquil natural surroundings away from the slopes and sledging slopes.

There are numerous winter hiking trails in the Sauerland that show nature lovers a new dimension of the region. Some of them are shovelled clear of snow or levelled and can therefore be accessed even when snow has fallen all around.





## Service information

Would you like to find out more about “Germany’s inspiring outdoor region”?

Then visit our website at [www.sauerland.com](http://www.sauerland.com), where you will find lots more information and tips, for example on how to get here by car, bus or train, as well as the practical benefits of the Sauerland Card.

If your questions are still not answered, the staff at the Sauerland Service Centre will be pleased to provide you with expert and comprehensive advice:

**Booking and information hotline: +49 (0)2974 202190**

**Monday to Friday, 08:00am – 06:00pm**

**Saturday 08:00am – 04:00pm**

**Sunday 08:00am – 2:00pm**

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**Great, so are we!**



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