



OUR MUNICIPALITIES & LEISURE OPPORTUNITIES



Oberpfälzer
Wald



A WARM WELCOME to the Upper Palatine Hills

This multifaceted holiday region is located in north-eastern Bavaria and includes the towns and municipalities in the western part of the district of Neustadt an der Waldnaab.

Rolling hills and numerous lakes and ponds permeate the countryside. The basalt cones, which were formed by tertiary volcanism and make the area the southernmost volcanic region in Bavaria, are a special feature of the region.

This brochure features a wealth of leisure activities and interesting places just waiting for you to discover them!



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ESCHENBACH i.d.OPf.

Experience nature and enjoy culture

The town of Eschenbach in the Upper Palatinate has a surface area of 35.13 km² and is particularly well known for the numerous leisure facilities around the Eschenbach lake area.

“Großer Rußweiher” bird sanctuary

The “Großer Rußweiher” bird sanctuary is one of the oldest nature reserves in the Upper Palatinate and includes the three small lakes: Großer Rußweiher, Paulusweiher and Rußlohe. Together with the “Eschenbacher Weihergebiet” nature reserve, which continues the bird sanctuary westwards, the area forms a habitat for many aquatic amphibian and bird species over a distance of 4.2 kilometers. Marked paths run around the entire Großer Rußweiher, offering an undisturbed view of the birdlife from viewing platforms. Guided tours with information about the area are possible at the Geopark Bavaria-Bohemia.

Kleiner Rußweiher

The Kleiner Rußweiher is located right next to the Großer Rußweiher lake and is the largest lido in Bavaria. Covering an area of approx. 26 hectares, the lake is ideal for swimming, fishing and boating. The shallow, sandy natural beach is particularly suitable for children. Alongside a beach volleyball court, there is also a trampoline, a water and mud play area and a place where you can hire pedal boots and stand-up paddling boards. A campsite and a modern adventure minigolf course round off the wide range of leisure activities.



Bird sanctuary „Großer Rußweiher“



Kleiner Rußweiher

Holzweg Forest Adventure Trail

The forest adventure trail along the B470 between Pressath and Eschenbach i.d.OPf. is up to 4 kilometers long and not only allows you to sense the harmony between nature and culture, but above all to discover and experience it. You can visit a walk-in bird/nesting house on the adventure train that allows you to take a look inside the birds' "nursery". The nature trail provides interesting facts about various habitats such as ponds and forests. The playground made exclusively of wood is a lovely place for children to run around for a while.

Beim Taubnschuster ("Taubnschusterhaus")

The Taubnschusterhaus in Eschenbach's old town center serves as a venue for various cultural events, as well as a museum with information on the history of the town and the municipal brewing culture. A door in the medieval town wall from the 14th century leads to the Taubnschuster's garden, where herbs, vegetables and flowers are cultivated in the style of a cottage garden.

Adventure Golf

The Adventure Golf course offers great fun for the young and young-at-heart. Along the 18 holes, players not only immerse themselves in the game, but also in the fascinating sights of the northern Upper Palatinate. The small information boards at each hole also provide exciting background information, therefore inspiring you to go on even more excursions.

Hexenhäusl

The "Hexenhäusl" is very idyllically situated directly on the Rußweiher. From the terrace, you have a marvelous panoramic view of the lake. An information center jointly run by the Northern Upper Palatine Forest Nature Park and the cross-border Geopark Bavaria-Bohemia is located on the upper floor. It has a wealth of information about the "Rußweiher bird paradise" and "The history of the Earth between the Franconian Alb and Bohemia". There is a small bistro on the ground floor where visitors can buy refreshments.



Forest adventure trail Holzweg



Taubnschusterhaus



Adventure Golf



Hexenhäusl



NEUSTADT AM KULM

The city between the volcanoes

The town of Neustadt am Kulm is the smallest town in the Upper Palatinate and the fourth smallest in Bavaria. Divided into its 10 districts covering a total of 22 km², the town has about 1,100 residents.

The "Rauher Kulm"

Popularly also known as the "Großer Kulm", it is a volcano that is 25 million years old and has never erupted. Its magma, which solidified inside, was exposed by erosion over the years until the current formation was created. The mountain is clearly visible from afar and characterizes the overall appearance of the Upper Palatine Hills. The Rauher Kulm is particularly popular for hiking. Various routes lead through the basalt boulders to the top, including some narrow paths.

The 25-meter-high observation tower offers a magnificent panoramic view of the Fichtelgebirge, the Franconian Alb and the northern Upper Palatinate. In 2013 the Basaltkegel (basalt cone) received an award as "Germany's most beautiful natural wonder". The Kulmterrasse has been open to visitors since 2021. It houses a museum where you can find various excavations from the Early and High Middle Ages.

Legend about the Rauher Kulm:

A woodcutter went to the Rauher Kulm in winter and chose the mightiest tree to cut down. As it began to sway, the woodcutter was almost afraid, as if he had done a terrible thing. But at the same moment that the magnificent spruce hit the ground with a thunderous echo, the man felt his axe being pulled and tugged as if a strong man were trying to snatch it from him. He tried his very best to hold onto the axe, but suddenly it disappeared. It was the mountain spirit who had snatched the axe from him as a punishment for felling the most beautiful tree. This happened not only to the woodcutter, so the legend goes – it is said to have happened to many others.



Sandstone cellar at Sandbergweg 4

The “Kleiner Kulm”

Not far from the Großer Kulm is the Kleiner Kulm. The mountain is also of volcanic origin, but most of the basalt was used as building material, so that only the tuff mantle remains. The Kleiner Kulm is also a great place to enjoy the wonderful view. You can find goats grazing up there in the summer; in October they are ceremoniously led back down to the town during the “Almabtrieb” procession.

The Holy Trinity Church

The town church in Neustadt am Kulm is one of the most beautiful Protestant-Lutheran Baroque churches in Bavaria. The church was constructed as a Carmelite monastery with a church as early as the years 1413-1415.

However, it burnt down in 1531 along with half the town and was subsequently rebuilt as a Lutheran parish church. The church was destroyed again during the Thirty Years’ War and it was not until 1708 that major restoration work began, to which the church owes its present appearance. The banners depicting angels on the ceiling painting in the choir are a special feature of the church, which was consecrated in their name, the Holy Trinity.

The sandstone cellar

There are 15 rock cellars on the south-west side of the Rauher Kulm, which are divided several times inside. In bygone ages, the cellars were used to cool beer, potatoes or turnips. They were also used as air raid shelters during the Second World War. Today, the rock cellars also serve as a hibernation place for bats. The rock cellar at Sandbergweg 4 has been renovated by the town and is open to visitors.



The “Kleiner Kulm”



Holy Trinity Church



Hiking at the Rauher Kulm



SPEINSHART

Welcome to the monastery village community

Speinshart – the rural monastery village with tradition on its way to becoming a center of science.

Speinshart Monastery

Speinshart Monastery was founded in the 12th century as a Romanesque monastery and is still a spiritual and cultural center of the region today. In 2012, the Speinshart Monastery International Meeting Center was opened in the west wing. It hosts concerts and exhibitions with regional and international artists, as well as lectures, symposia and workshops.

Monastery church

The Speinshart parish and monastery church is one of the most important church buildings in southern Germany, thanks to the rich stucco work inside. Although it is one of the smaller monastery churches, its high quality makes it worthy of mention along with other High Baroque church interiors. The balanced dimensions of the room proportions and ultimately also the stucco elements are special features. The entire space embodies an Italian flair, which was certainly also achieved by the Italian plasterers and painters who worked on the building.



Speinshart Monastery Church



Monastery village

As an architectural monument of European importance, the monastery village of Speinshart is one of the most beautiful villages in southern Germany. "Speinshart –The rural monastery village with tradition" is the motto of the village regeneration program, which dates back to 1983. To this day, most of the properties have been renovated with the aim of preserving their historical value. In this way, the special atmosphere of the monastery village is being gradually restored.

Barbaraberg

Barbaraberg hill is dominated by the ruins of the former pilgrimage church of St. Barbara. The church was abandoned after secularization and today only the front façade and a chapel remain. The view from Barbaraberg hill extends far across the countryside surrounding Speinshart Monastery. People have been making pilgrimages to St. Barbara on Barbaraberg since the Middle Ages. One historic pilgrimage route begins at Speinshart Monastery.

Wurzelmuseum

The Wurzelmuseum (Root Museum) in Tremmersdorf is unique and an experience that not only children, but also adults will love. Collector and nature lover Bernd Donhauser dug up the more than 800 roots himself and did not edit or carve them afterwards. His gift lies in recognizing and precisely identifying animals in the roots.

Speinshart – A center of science

Last year, Bavarian State Minister for Science Markus Blume launched the further development of the Speinshart Monastery International Meeting Center (IBKS) into a science location. The first conferences of AI scientists from all over the world have thus ushered in a new era in Speinshart. The monastery itself and the monastery village of Speinshart are an ideal retreat where high-ranking scientists can exchange opinions and share views.



Monastery village



Wurzelmuseum



West facade of the former St. Barbara Pilgrimage Church



GRAFENWÖHR

Small town with an international flair

Grafenwöhr has been known for its military training area for over 100 years and, thanks to the American soldiers and families who work here, it is a popular destination featuring numerous shopping opportunities and a wide range of international restaurants..

Culture and Military Museum

The museum traces the development of the military training area and the town of Grafenwöhr from the era of the Bavarian Kingdom to the present day, highlighting German-American cooperation from 1945 onwards. Elvis Presley fans also get their money's worth in the museum. A small exhibition shows rare collector's items and films from the time when Elvis was a soldier in Grafenwöhr. Visitors can also admire the original grand piano from the Micky Bar, on which he gave a private concert, even though he was banned from giving public performances.

Schönberg Open-air Stage

The Schönberg open-air stage is a former quarry from which sandstone was extracted until the early 20th century. The first performances took place there way back in the 1930s. In addition to plays and concerts, the open-air stage also hosts festivals and open-air movies.



Culture and Military Museum Grafenwöhr



Elvis exhibition, Culture and Military Museum, Grafenwöhr

Annaberg

The "holy" hill in Grafenwöhr, which features the "Maria-Hilf" church, a crypt, a Way of the Cross, the Lourdes grotto and ancient old rock cellars, was once a center of attraction for many pilgrims and is now a green recreational area in the town center.

Water tower and Forest House

The Grafenwöhr water tower, which is 42 meters high, has been the landmark of the military training area and the town of Grafenwöhr for more than 100 years. It is still used today to supply water to the military training area. The former forester's house – a beautiful half-timbered building in the immediate neighborhood – now serves as the residence of the commanding U.S. general. Both buildings are located in the military training area and are not open to the public.

Waldbad Open-Air Public Pool Grafenwöhr

Everyone gets their money's worth at the Grafenwöhr Waldbad (open-air public pool). Thanks to its wide range of leisure activities, it is particularly popular with families because the pool is heated. Alongside the swimming pool you'll find a warm paddling pool, children's slide, adventure playground, trampolines, mini-golf, beach volleyball courts and outdoor table football, so there is something for everyone from toddlers to teenagers. The terrace café provides refreshments when you take a break from your activities while the spacious, partly shaded sunbathing area is a lovely place to relax. In 2023, two new adventure water slides were added to the leisure center. Fans of speed and thrills will love the freefall slide, while the wide slide is perfect for gliding to the bottom in a more leisurely way.



Annaberg Church



Waldbad Open-air public pool Grafenwöhr



Schöenberg Open-air Stage



Bierlohe Nature Adventure trail



HIKING TIP : Bierlohe Nature Adventure Trail



On this accessible nature adventure trail, visitors can experience the forest as a sensory adventure and discover the world of the forest at hands-on stations. The 2 km long route includes stations on topics such as the filtering effect of forest soils, the root system of trees and the forest of sounds. It is the perfect place for a leisurely walk with the whole family.



PRESSATH

The town by the River Haidenaab

The town of Pressath offers those seeking recreation an extensive and varied network of cycling and hiking trails. Between the meadows of the Haidenaab and the heights of the Hessenreuth Forest, sports enthusiasts can enjoy marvelous views and discover picturesque villages.

Kiesi-Beach

This small natural lake in a quiet location, yet close to the town center serves as a leisure and recreation facility. The lake is ideal for swimming and has a separate area for non-swimmers. There is also a large children's playground with a water games area, climbing tower, wheelchair carousel and two beach volleyball courts – offering wonderful experiences for everyone. A circular hiking trail with benches leads around the entire lake.

Haus der Heimat

In the Haus der Heimat local history museum, visitors can view artefacts relating to the religious customs of the northern Upper Palatinate and everyday life in a small town with agriculture, forestry, craftsmen and industry. The exhibits range from the Thirty Years' War to the recent past. A separate room is dedicated to the memory of the Papal Nuncio Dr Hans Schwemmer, who died in 2001.



Kiesi-Beach



Haus der Heimat





TRABITZ

On the banks of Grünbach & Haidenaab

The municipality of TrabitZ lies between the Rauher Kulm Mountain and the Hessenreuth Forest. To the west, the municipality is bordered by the CreuBental Ridge. The small municipality is very easy to reach by public transport, thanks to its own railway station.

Weihersberg cultural landscape

Around the village of Weihersberg, an approx. 1.8 km long circular trail leads through a cultural landscape which has been shaped by people, but is still close to nature. The circular trail features the habitats of orchard meadow and deciduous forest, lakes, a quarry, sunken lanes and rock cellars, providing hikers with an adventurous and informative nature experience.

Pichlberger Cross

At the highest point in the municipality of TrabitZ, the Pichlberger Cross, visitors can enjoy a wonderful view.

Meierhof TrabitZ

The farmstead of the Speinshart Monastery dating from 1765 characterizes the townscape and is protected as a historic monument. Since being renovated in 2019, it has been a youth center and event space for the community.



Pichlberger Cross



Chapel of St. Francis of Paola in Weihersberg



SCHWARZENBACH

Experience forests, lakes and moors

The municipality of Schwarzenbach is located in the charming Haidenaabtal valley to the west of the town of Weiden and is surrounded by natural forests and an unspoiled landscape of small lakes and meadows. It is easy to reach by public transport, thanks to the railway connection.

Moors and moorland waters

The ecologically important moors and moorland waters such as the Hirschberger Loh or the Teufelsmoor south of Pechhof are a special feature. Situated in an attractive landscape, they were created in their present form from former peat ditches and are home to unique flora and fauna.

Schießweiher nature reserve

The Schießweiher nature reserve covers 28 hectares and is part of an ancient chain of small lakes. The area contributes to the protection of rare and endangered animal species such as amphibians and dragonflies. To the south and east of the Schießweiher, there are paths along the lake from which the lake can be clearly seen.



Schießweiher nature reserve



KIRCHENTHUMBACH

At the main European watershed

The market town of Kirchenthumbach is located to the north of the Grafenwöhr military training area in the Franconian Switzerland – Veldenstein Forest and Upper Palatine Hills Nature Park. The area extends to 67.42 km², divided into 5 formerly independent municipalities with 45 districts, single farmsteads and hamlets.

Viewing tower at Kitschenrain

Two different geological formations meet at the Kitschenrain: the Upper Palatinate fault-block region and Franconian Jura. This border also represents the main European watershed. While the Heinersreuth springs flow eastwards via the Creußen, Naab and Danube rivers into the Black Sea, the Thurndorf streams flow westwards via the River Main towards the North Sea. The mountain was formerly used for military purposes. From 1936 to 1955, there was already a tower on the Kammweg in the direction of Sassenreuth. The new tower was built in 2015 and is around 25 meters high. Once you have climbed the 133 steps, you can enjoy a magnificent view from the Fichtelgebirge mountains in the north-east to Franconian Switzerland in the west.

Historic bell tower in Thurndorf

During the 11th century, there was a castle complex in Thurndorf, which was of great importance as the ministerial seat of the Counts of Sulzbach. The remains of this forgotten castle were unearthed a few years ago during the extension work for the cemetery. Historically significant archaeological excavations and investigations followed. Today, part of the castle foundations can be viewed at the cemetery in Thurndorf. More information has been recorded in the book "Die Burg der Herren von Thurndorf" ("The Castle of the Masters of Thurndorf") by Dr. Mathias Hensch.

Maria Zell Mountain Church

The pilgrimage church "Maria Zell" stands on a hill to the west of Kirchenthumbach. It is surrounded by large lime trees which are under nature protection.



Historic castle stump in Thurndorf



SCHLAMMERSDORF

Between valleys and rolling hills

The municipality of Schlammersdorf is idyllically situated between small valleys and rolling hills. Thanks to various cycle paths such as the Creußen cycle path, the geo-cycle path "Weg des Lebens" ("Path of Life") or the Brauereinweg, the town is easy to reach by bike and offers numerous places to stop for refreshments.

St Luzia Catholic Parish Church

The St Luzia Catholic Parish Church is located in Schlammersdorf. It was rebuilt between 1775 and 1777 and consecrated on July 13, 1778, "in honor of the virgin and martyr Luzia". In the years 1950-1951, the building was more than doubled in length during renovation work.

Holy Trinity Chapel

The chapel, which is located between Schlammersdorf and Naslitz, was built between 1816 and 1817 and is dedicated to the Most Holy Trinity. The altarpiece "The coronation of the Virgin Mary" was created in 1817 by the celebrated painter Johann Karl from Auerbach. The interior and exterior of the church were renovated between 1993 and 1995.



Holy Trinity Chapel



GEMEINDE VORBACH

Preserving traditions, shaping the future

The municipality of Vorbach borders directly on the district of Bayreuth. The history of the village of Vorbach can be traced back to 1540, while the neighboring village of Oberbibrach was first mentioned in the records in 1110.

Chapel in Höflas

The chapel was built by the specially founded chapel building association. The groundbreaking ceremony took place on April 15, 1988, and the chapel was finally consecrated in 1991.

Heimat- und Dorfmuseum

The local history and village museum vividly illustrates village life in days gone by. Exhibits include a historical classroom and relics from the last days of the second world war in 1945. Viewings are possible by appointment.



Chapel in Höflas



Heimat- und Dorfmuseum





MARKT KOHLBERG

On the "Golden Road"

Kohlberg lies at the foot of the Kohlbühl mountain (588 m) on the Weiden-Amberg federal highway. The charcoal burners on the mountain gave the village of Kohlberg its name. The charcoal produced was used to smelt the iron ore.

Golden Road

Kohlberg lies at the crossroads of three historic trade routes: the Amber Road, the High Road and the Golden Road. The Golden Road is the youngest of these ancient routes and was used by the Bohemian reformer Jan Hus on his way to the Council of Constance in 1414. A recently erected milestone on the market square marks this historic route.

Fortified church with Swedish tower

The Schwedenturm (Swedish tower) in Kohlberg is the town's landmark: an old defense and watchtower. It is a unique building and was once part of the fortifications of the old cemetery.



Hiking at the Golden Road at Kohlberg



GEMEINDE MANTEL

Tranquil village in the Haidenaab valley

The market town of Mantel is located around 10 km southwest of the town of Weiden on a small plateau in the Haidenaab valley.

One location with three churches

Three striking buildings rise above the town center: The Catholic church of Saints Peter and Paul with its slender, pointed tower, the Protestant church with its imposing, onion dome that appears to keep watch over the town and the Catholic pilgrimage church of Saint Moritz.

"Kiefern-Föhra-Vielfalt" Forest Adventure Trail

A 2.5-kilometer round trip through the forest of Mantel is an inspiring way to discover new things and rediscover things you knew a long time ago, but may have forgotten. It offers a wealth of information: 16 information boards provide hikers with entertaining information about the complex habitat of the pine forest. This tour is particularly suitable for families and wheelchair users. Afterwards, the Baggerweiher (small quarry lake) in Mantel is a lovely place to go swimming.



Forest adventure trail „Kiefern-Föhra-Vielfalt“





GEMEINDE ETZENRICHT

A paradise for fishermen

The municipality of Etzenricht is located south-west of the administratively independent town of Weiden i.d.OPf. In the Middle Ages, Etzenricht was the center for honey production in this region. The village originated after forest clearing took place and focused on the industries of producing honey and fishing – something which can still be recognized today in its coat of arms.

Fishing

It is particularly worth mentioning that there are excellent fishing opportunities in and around Etzenricht for fishing enthusiasts from near and far. Visiting fishermen are welcome to fish in the Haidenaab, a river rich in fish, as well as in various quarries and small lakes.

Hiking, cycling and swimming

The Haidenaab cycle path and the Golden Road, the main hiking trail of the Upper Palatine Forest Association (OWV) also run through the village. The Blauer Weiher small lake is the perfect spot to take a break and a refreshing dip.



Fishing around Etzenricht



WEIHERHAMMER

The up-and-coming municipality

The municipality of Weiherhammer has its own railway station on the Weiden – Nuremberg line and is therefore very easy to reach. The municipality was created when families settled on the eastern Weiherdamm.

Hammerweiher

The highlight of the countryside around Weiherhammer is the 18-hectare Hammerweiher lake, which has been a nature reserve since 1939, with the River Haidenaab as its natural lifeline, a magnet for rare bird species. A 1.7-kilometer educational trail leads around the Beckenweiher lake, covering topics on local history, nature and cultural history.

Swimming pool

In winter, you can visit the 25-meter indoor pool with diving boards.



Hammerweiher

HIKING

Numerous hiking trails give you the perfect opportunity to discover the Upper Palatine Hills on foot. For an absolute highlight, climb up the Rauher Kulm mountain, which is considered the region's landmark. You should also make time to hike around the Rußweiher lake in the nature reserve at Eschenbach i.d.OPf. The various nature trails are a particularly good choice for families and provide you with unique experiences in the great outdoors.





Experience the Rußweiher nature reserve

The Rußweiher nature reserve is the perfect place for enjoyable excursions into nature. You can admire the diverse bird and plant life from the observation platforms as you hike around the Großer Rußweiher. Thanks to its importance as a bird breeding area, the Rußweiher was designated one of the first nature reserves in Bavaria.

Length: 6.6 km / Duration: 1:40 h / Elevation gain: 18 m / Difficulty: easy

From Speinshart Monastery to Barbaraberg Hill

This seven-kilometer circular trail starts in the monastery village of Speinshart. From there, the trail leads via Seitenthal to the church ruins of St Barbara on the Barbaraberg. The ruins of the former pilgrimage church, which was preserved after secularization, have characterized the village. Today, only the front façade and a chapel remain. You will find plenty of culinary delights at the monastery "Gasthof" in Speinshart to fortify yourself either before or after your hike.

Length: 7.4 km / Duration: 1:50 h / Elevation gain: 141 m / Difficulty: very easy



Rauher Kulm Volcanic Landscape

When hiking up to this destination, which was named "Germany's most beautiful natural wonder" in 2013, you can discover imposing stone runs and columnar basalt formations, which also provide a habitat for rare animal and plant species. Once at the top, the 25-meter-high observation tower offers a fantastic panoramic view. The Kulmterrasse is a relaxing place to rest for a while after your climb.

Length: 4.5 km / Duration: 1:35 h / Elevation gain: 167 m / Difficulty: medium

Main-Mies Long Distance Hiking Trail

In Neustadt am Kulm, you can join the long-distance hiking trail, the "Main-Mies-Weg". This trail starts in Creußen in Franconian Switzerland and leads through the Upper Palatine Forest to the border with the Czech Republic. The hiking trail stretches over a total distance of 80 kilometers.

Length: 80.6 km / Duration: 23:45 h / Elevation gain: 1,429 m / Difficulty: easy



Goldene Road Long Distance Hiking Trail

The municipality of Etzenricht and the market town of Kohlberg lie along the main hiking trail of the Upper Palatine Forest Association (OWV), which runs along the historic route of the Golden Road in the Upper Palatinate. This varied hiking trail is a tribute to the Golden Road of Charles IV (1316-1378): He declared the connecting road from Nuremberg to Prague to be an imperial road, meaning that travelers on their way to the Nuremberg region had to use this imperial road via Bärnau.

Length: 90.0 km / Duration: 18:30 h / Elevation gain: 843 m / Difficulty: medium

CYCLING

The cycle path network in the Upper Palatine Hills offers something for everyone: from the flat river cycle paths through the sunny Haidenaabauen to continual ascents and descents through the Hessenreuth Forest, from short laps through shady forests to day tours with expansive views over meadows and fields. Every now and then you can catch fascinating views of the basalt cone of the Rauher Kulm (681m). The bathing lakes and outdoor pools are perfect places to go for a refreshing swim.



Haidenaab Cycle Path



Tour details

Difficulty:	easy
Length:	90.9 km
Duration:	06:02 h
Elevation gain:	615 m
Starting point:	Bayreuth, Annecyplatz

Along the Haidenaab and Creußen rivers

The 90 km long Haidenaab cycle path starts in Bayreuth and leads to Unterwildenau, where it joins the Naabtal cycle path. Along the route, you pass through the towns of Pressath, Schwarzenbach and Mantel in the Upper Palatine Hills. Here, the Hammerherrenhäuser (houses of the owners of hammer mills) and the old mills are reminders of how the power of water was used in bygone ages. Gravel and sand extraction has created numerous groundwater-filled quarry lakes in the wide flood plains.

Creußen Cycle Path



Tour details

Difficulty:	easy
Length:	45,0 km
Duration:	05:00 h
Elevation gain:	539 m
Starting point:	Creußen, intersection Bayreuther Straße / Bahnhof Straße

On the banks of Haidenaab and Creußen

The Creußen cycle path stretches for 45 kilometers along the river of the same name and starts in the town of Creußen. The route leads via Schlammersdorf to Moos, where the route divides. Here you have the choice between 2 routes: Route A leads through the "Großer Rußweiher" nature reserve, while Route B continues past the monastery village of Speinshart to Eschenbach i.d.OPf., where the two routes join up again. The tour finally reaches its destination of Bruckendorfgmünd via Grafenwöhr. Along the way, you will encounter special sights such as the Wurzelmuseum (Root Museum) in Tremmersdorf or the Culture and Military Museum in Grafenwöhr.

Geo "Path of Life" Cycle Path



Tour details

Difficulty:	mittel
Length:	62,1 km
Duration:	06:30 h
Elevation gain:	378 m
Starting point:	Pressath, Spitalplatz parking lot

Geo "Path of Life" Cycle Path

On the "Weg des Lebens" ("Path of Life"), cyclists can discover the history of life in the region of the Upper Palatine Hills in the Geopark Bavaria-Bohemia on a 50-kilometer circular tour. With every kilometer, you travel back 100 million years and experience the dimensions of the evolution of life in a vivid way.

Route:

Pressath – Grafenwöhr – Eschenbach in der Oberpfalz – Kirchenthumbach – Speinshart – Pressath

Leuchtenberger Tour



Tour details

Difficulty:	difficult
Länge:	360,6 km
Dauer:	23:59 h
Höhenmeter:	3.494 m
Startpunkt:	Schirmitz, railway station

On the trail of the most important landgrave dynasty of the Upper Palatinate, the Leuchtenbergs

This 360-kilometer long-distance cycle route, which runs through the region in the shape of a figure eight and starts from Weiden in der Oberpfalz, is named after the most important landgrave dynasty in the Upper Palatinate: the Leuchtenbergs. In the Upper Palatine Hills, the Leuchtenbergs left their mark in Grafenwöhr, Pressath and Neustadt am Kulm, among other places. The cycle tour leads through different types of countryside.



TOUR TIP: Cycle map "Upper Palatine Hills"

Numerous other cycle tours of different lengths can be found in our cycle map "Oberpfälzer Hügelland" (Upper Palatine Hills) and digitally in the tour portal of the Upper Palatine Forest

GOURMET HIGHLIGHTS

Regional specialties and local beer are served in our taverns and bars. In addition to eating, people also meet here to chat or play cards. A typical Upper Palatinate specialty is Upper Palatinate carp.





Taverns and country bars

Small taverns and country bars are dotted around all our municipalities. They are places where you can enjoy a cozy atmosphere, as well as regional cuisine and local beer in the rustic parlors. Locals often gather at the regulars' table to chat or play cards. During a visit, you can certainly get to know the Upper Palatinate way of life.



Breweries

Here in the Upper Palatine Hills, there are still breweries that brew their own beer according to the Beer Purity Law. Whether top-fermented or bottom-fermented, light or dark, strong ale, malt liquor, or Zoigl beer – everyone will find a beer to suit their taste here. The breweries also serve regional delicacies including light meals, roasts or fish dishes with their beer



Beer gardens

Do you want to relax on a summer evening? Or stop off in the open air during your cycle tour? Then our beer gardens are just the place for you. When the weather is nice, you can enjoy Bavarian specialties and chilled drinks here.



Find a place to stop for refreshments

Here you will find our extensive catering offer with numerous possibilities to stop for a bite to eat. Whether it's a "Gasthof", restaurant, café or ice cream parlor, we say: "An Goud'n" which means "enjoy your meal" here in the Upper Palatinate.



ZOIGL

Whenever a six-pointed star hangs on the wall of a house, it's worth making a stop. The so-called Zoigl star indicates that Zoigl is served here.

Zoigl - what is it?

The original Zoigl is a bottom-fermented beer that is only produced in the Upper Palatine Forest following a traditional method. The mash, a mixture of water and barley malt, is first boiled, then flavored with hops and heated again to become what is known as "wort". This process takes place in an open brewing pan over a wood fire. The brew is then placed in large containers in the cellar of the Zoigl brewery where the yeast does its work. After a fermentation period of around 10 days, the Zoigl beer is bottled in barrels or stainless steel tanks for several weeks to mature.

Experience Zoigl

Zoigl beer is usually served for a limited time during the year, according to a fixed Zoigl calendar.



FOR FURTHER INFORMATION

about Zoigl and the "Zoiglstuben" (bars selling Zoigl) in the Upper Palatine Forest, simply scan the QR code



Zoigl star



Social gathering



SHOPPING IN THE REGION

Products from the region can be found in our village stores in Vorbach and Schwarzenbach. Both stores have a snack and coffee corner where customers can enjoy light meals and drinks.

Schwarzenbach village store

Grocery store – café – meeting place for young and old – the “Dorfladen” is a multifunctional store in the heart of the community of Schwarzenbach which provides local supplies in line with the guiding principle of “from citizens for citizens”.

Vorbach village store

In addition to a large selection of products, the village store in Vorbach has a snack and coffee corner where you can enjoy a hot lunch or a large plate of salad from Monday to Friday. In summer, there are also outdoor seating areas where you can enjoy a coffee or a beer.



Village store Schwarzenbach



Village store Vorbach

MORE REGIONAL



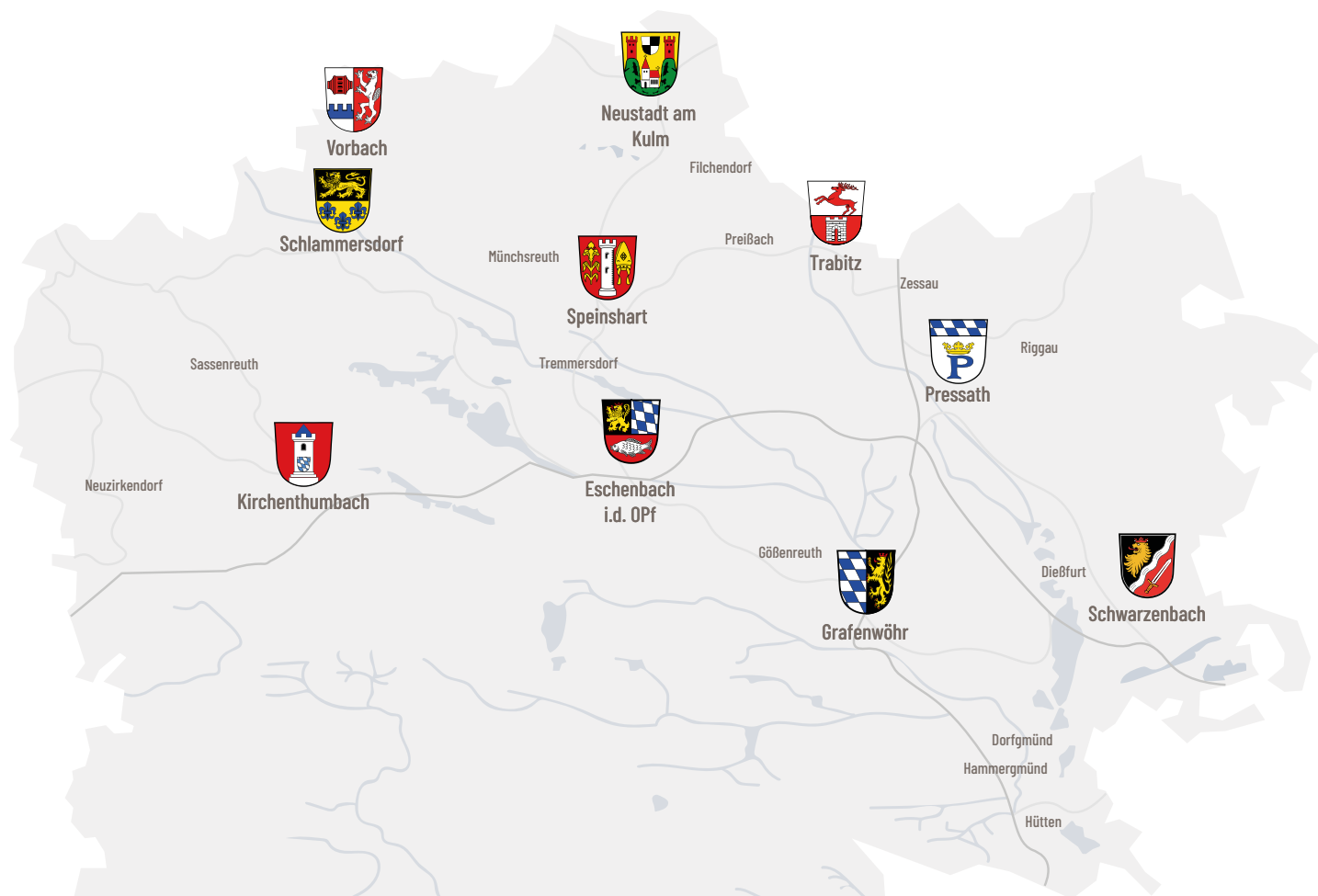
Under the umbrella brand “Nordoberpfalz” you will find regional products from the region, e.g. from direct sellers, farms and regional processors.

UPPER PALATINE HILLS

The region is characterized by its rolling hills and numerous lakes, large and small. The basalt cones, which were formed by tertiary volcanism and make the area the southernmost volcanic region in Bavaria, are another special feature of the region.







ILE REGION VIERSTÄDTEDECK –

Cooperation between municipalities

This brochure was designed by the “ILE Region VierStädtedreieck im Oberpfälzer Hügelland e.V.”, an association comprising 10 municipalities of the western district, who have been working in partnership since 2021. The motto of the association is: “10 municipalities, 1 aim: we develop our home region”.

History and how the partnership is organized

The partnership in the VierStädtedreieck began back in 1990 when the towns of Grafenwöhr, Pressath and Eschenbach i.d.OPf. worked on joint regional development programs. In 2004, this partnership was extended to include the market town of Kirchentumbach and the “VierStädtedreieck” came into being.

The other six municipalities: Neustadt am Kulm, Schlammsdorf, Schwarzenbach, Speinshart, Trabitz and Vorchach joined in 2008. At this time, the now ten municipalities were awarded LEADER funding until 2013. Various projects were implemented during this period, including the cycle path concept for the VierStädtedreieck partnership area, the revitalization of the Schönberg open-air stage in Grafenwöhr, the information point in the Speinshart monastery store, a cycle information and service station at the Hexenhäusl at the Rußweiher nature reserve and a water adventure site in Pichlberg.

Building on this partnership, a joint “Integrated Rural Development Concept” (German: ILEK) was developed from 2017 to 2019. The concept was accredited in 2019, leading to official designation as an Integrated Rural Development (German: ILE). Initially, the municipalities collaborated as a working group before the “ILE Region VierStädtedreieck im Oberpfälzer Hügelland e. V.” association was founded in 2021. The purpose of the association is the sustainable development of the member municipalities in ecological, economic, social and cultural fields. The aim is to secure and further develop the rural area of the VierStädtedreieck as a place to live, work, relax and enjoy nature.

ILE
Region
VierStädtedreieck
im Oberpfälzer Hügelland



Projekte im Bereich touristische Vermarktung

The tourism marketing of the VierStädtedreieck is carried out in partnership with the Upper Palatine Hills advertising collective which includes the ten ILE municipalities, as well as the municipalities of Weiherhammer and Etzenricht and the market towns of Kohlberg and Mantel. The advertising collective is part of the

supra-regional destination of the Upper Palatine Forest from which it receives additional advertising and support. In addition to this brochure, the ILE has also published a new cycle map with 16 different cycle tours around the region. Excerpts from it and a link to the map can be found in the "Cycling" chapter. During the preparation of this brochure, the ILE association organized a competition to create a logo for the Upper Palatine Hills. The winning logo now gives the region a uniform external image and will influence the color design of all other advertising materials.



In addition, the ILE association organizes information events to enrich the Upper Palatine Forest experience portal with offers from the Upper Palatine Hills region.

Support for tourism projects from the regional budget

Since 2020, the regional budget for small projects has been available to ILE associations in Bavaria. This funding has been used to support numerous tourism projects in the VierStädtedreieck such as the new "Hämmer und Mühlen" (Hammers and Mills) cycle path in Grafenwöhr and a pump track facility in Eschenbach which have been provided for cycling enthusiasts. Bicycle repair stations have also been installed at the village store and at the Radlpoint in Schwarzenbach. The viewing tower at Kitschenrain was upgraded with seating and a low ropes course was created at the Kulmterrasse – a lovely place to play after a hike on the Rauher Kulm.

More information

A website has been created to provide information about the organization's activities and the region. All current and past projects can be found at www.ile-region-vierstaedtedreieck.de, as well as an image film created in 2023. The ILE Region VierStädtedreieck also has an Instagram and Facebook account



TIP: Tourism platform for the Upper Palatine Forst

Tickets, guided tours, forest experiences or workshops – just for you or for the whole family, or as a gift: you can book unforgettable experiences in our beautiful Upper Palatine Forest in Bavaria at the click of a mouse!



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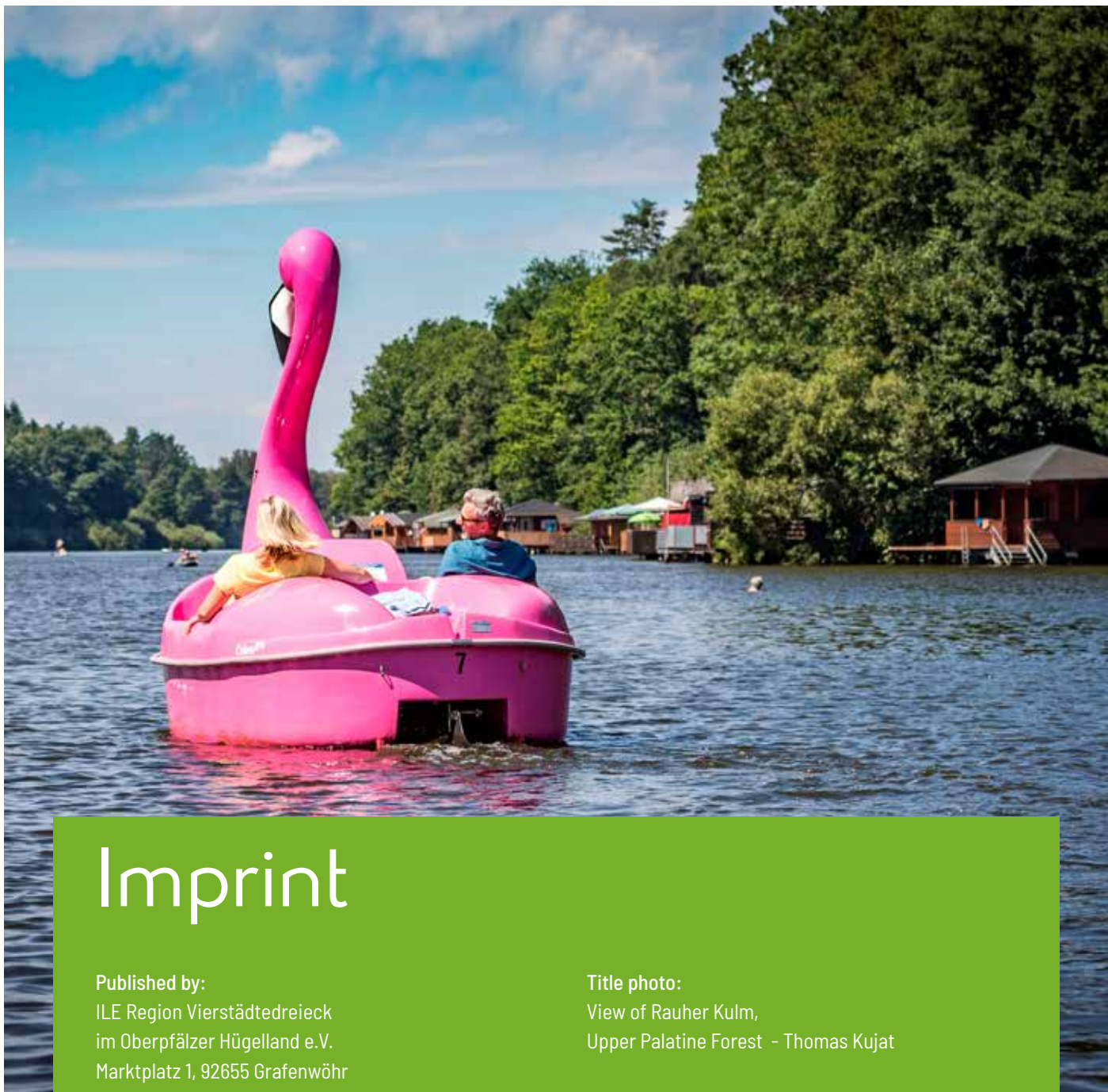
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