

Press Information

From Driving Range to High Ropes Course

Stuttgart for the physically active

On land, in/on the water or high in the air: there's no lack of activities for those who like to exercise. From hiking and golf to ice skating and cycling or climbing and swimming: the Swabian capital and the surrounding region offer a wide range of options to explore.

Stuttgart's **hiking trails** lead over hill and dale. Especially recommended are the four separate vineyard trails with a choice of eight different routes through the hilly scenery of the city's vineyards. Whether you choose to walk uphill from the hustle and bustle of the **city centre** to **Degerloch**, or from the idyllic **Max Eyth Lake** to picturesque **Mönchfeld** – each of the trails is devised as a circular tour and can be joined at any point along the route.

Stuttgart's four **Panorama Trails** lead to the city's most beautiful scenic lookouts and squares – including the Birkenkopf, Stuttgart's highest point. They offer something for everyone, from a relaxing stroll to a strenuous uphill climb with lots of steps.

Visitors to the wide-ranging **golf courses** in Stuttgart and the region also need to be good walkers. There's plenty of variety available, from public practice facilities to exclusive golf clubs. Two examples: the **Citygolf Stuttgart** operates under the motto "Golf for Everyone". Not only players with previous experience, but also beginners or other interested parties can try their hand at golf on the two-tiered driving range with 22 covered hitting bays. The **Golfclub Schloss Monrepos** at Monrepos Palace in Ludwigsburg, on the other hand, is a rather more exclusive golfing experience. Two large lakes lend special charm to the extensive course, and with a difference in altitude of 34 metres, it's guaranteed to provide a sporting challenge.

There's no shortage of sporting activities in Stuttgart and the region in the winter season either, because between October and March the **ice rinks** are open to the public. No fewer than six arenas and halls in **Stuttgart, Winnenden, Bad Liebenzell, Reutlingen, Ludwigsburg and Esslingen** offer the chilly pleasures of ice-based sports, with everything from classic ice skating to fast-moving ice hockey and the skilled precision of curling. If you're a romantic at heart, you can enjoy skating under an open sky, while those who like dance music will be in their element at the regular ice discos with alternating coloured lighting.

The verdant countryside of the region surrounding Baden-Württemberg's state capital can be explored not on two blades, but on two wheels. The **E-Bike Region Stuttgart** runs through the boroughs of the Stuttgart Region for over 400 km. Of course you needn't complete the full distance

in one go, though this is really no problem, thanks to a choice of overnight accommodation, cyclist-friendly eating places and a service infrastructure geared to the needs of E-bike owners. In addition to the main itinerary there are numerous secondary routes and the option of combining the E-bike tour with the facilities of the VVS public transport network.

Cyclists can take things at a slower pace on the lovely, 366-km-long **Neckartal-Radweg (Neckar Valley Cycle Route)** from Villingen-Schwenningen to beyond Mannheim. The trail takes you through picturesque countryside, past palaces, castles and architectural masterpieces, and consists of twenty stages in all. In the Stuttgart Region, for example, cyclists can cover the distance from Esslingen to Stuttgart, or from Ludwigsburg to Besigheim. Another offer combines a cycle tour with Württemberg's wine-growing tradition: the **Württembergischer Weinradweg (Württemberg Vineyard Cycle Route)** is just the thing for more athletic wine enthusiasts. From Niederstetten in the Tauber Valley, it leads through the Hohenlohe region and the Heilbronner Land to Ludwigsburg and Stuttgart, continues through the Rems Valley to Esslingen, and ends in Tübingen and Rottenburg. Countless wine-related tourism offers along the route guarantee the diversity and in particular the high enjoyment factor of this tour.

Physical fitness, but especially skill and a head for heights, are the prerequisites for a visit to one of the numerous **climbing facilities** in Stuttgart and the region. The range of in- and outdoor options means that there's something on offer all year round. Some suggestions: the **DAV Kletterzentrum Stuttgart** – the climbing centre of the German Alpine Club – is one of the world's largest climbing facilities, with 420 different routes. The 70 stations of the **Waldseilgarten Herrenberg** offer lots of challenges and thrills, while the **Kletterwald Plochingen** is a climbing forest whose attractions include a 110-metre-long zip line.

After all that exertion, what could be better than a dip in lovely cool water? With no fewer than thirteen state-approved medicinal springs, Stuttgart has the most prolific mineral water resources in the whole of Western Europe. This natural asset is utilised at the **LEUZE**, the **SoleBad Cannstatt** and the **Mineralbad Berg** mineral spas. In addition, there's a wide range of locations that promote well-being. The Art Nouveau **Merkel'sches Schwimmbad** in Esslingen, for example, offers oriental hamam massage treatments, while the **SchwabenQuellen** at the **SI-Centrum Stuttgart** are popular for their 7,000 square metres comprising several saunas, bathing lagoons, whirlpools and steam baths.

Not far from the city, the **Max-Eyth-See** is a popular local destination for outings and recreational activities. While the lake offers lots of fun on the water with pedal, rowing and electric boats, the Keefertal on the opposite bank of the river is perfect for inline skating, cycling or walks – surrounded by vineyards. Adjoining it, there are large expanses of lawn and an artificial sandy beach for relaxation.

It goes without saying that the range of sporting attractions in Stuttgart and the surrounding region wouldn't be complete without the First Division football club **VfB Stuttgart**. Fan articles and tickets are obtainable at the "i-Punkt" Tourist Information, Königstr. 1a.

Information about the Stuttgart Region at: Stuttgart-Marketing GmbH, "i-Punkt" Tourist Information, Königstr. 1a (opposite main railway station), Phone: +49 711-22 28-0, info@stuttgart-tourist.de, www.stuttgart-tourist.com

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