

Ein Stück
Schwäbische
Alb!



MYTHOS
SCHWÄBISCHE
ALB

Landkreis
Reutlingen

Central Swabian Alb
and everybody's happy

www.mythos-alb.de

Central Swabian Alb – holidays and everybody’s happy

Situated between Baden-Wuerttemberg’s capital Stuttgart and Lake Constance the region of the Central Swabian Alb offers everything for individual holidays with the whole family:

Excellent hiking trails, cycling tours for all levels of difficulty, castles and ruined castles, history to be closely discovered, modern architecture, museums and cultural events, locally produced delicacies typical for the region and last but not least the fine

horse-breeding tradition of the Marbach State stud which is domiciled in the region for more than 500 years.

All these treasures are embedded in a breathtaking natural and cultural landscape – which is designated and recognized by the UNESCO as GeoPark and Biosphere reserve Swabian Alb

That’s why we can say:
Holidays and everybody’s happy.



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Discover the landscape

Tours and trails for the whole family – more information at www.mythos-alb.de



Discover the landscape

Hiking – tours and trails

The Central Swabian Alb is developed for hikers with a dense and well marked network of hiking trails. The most beautiful Quality and Premium trails are waiting for you, for example the “Albsteig” a long distance trail with more than 350 km of length or the five Premium trails “Grafensteige” which are located around the city of Bad Urach. Another Quality trail is the “Gustav-Ströhmfeld-Weg” which connects Metzingen and Neuffen.

The local tourist information centers offer guided walks from March to October. During winter time you can find specially prepared trails and guided tours for unique discoveries.

More than 240 tours and trails can be found on the internet: www.mythos-alb.de/karte or in our “Mythos Schwäbische Alb” app.



Güterstein waterfall



View over the Erms valley



Swabian Alb Railroad
at Münsingen train station



Juniper heath



Biosphere bus



Lauter valley



Castle of Lichtenstein

Cycling – Tours and routes

The Central Swabian Alb is a paradise for cyclists. No matter if you like cycle touring, long distance tours or if you discover the region on a mountain or electric bike – you will find your dream tour with all levels of difficulty, just as you like. The “Schwäbische Alb” bike route is crossing the whole region. “Alb-Neckar” bike route and “Neckartal” bike route are connecting the region to surrounding areas. You can find a large choice of interactive bicycle and mountain biking tours on the internet: www.mythos-alb.de/karte

A large herd of horses of various colors, including white, grey, and brown, standing in a field. The horses are of different breeds and are looking in various directions. The background is a dry, sandy field.

Riding and driving horses

We hit the spot for every horse enthusiast

Riding and driving horses

500 years Marbach State stud

Heavy warmblood stallions and Black Forest horses are bred here, but the stud is probably best-known for being the home stud of the **Marbach Arabians**. During spring and summer the foals are jumping around the meadows, always accompanied by their mothers which is a sight to behold. Try a trail or carriage ride or even skijoring in this beautiful landscape.



Skijoring



Fox hunting



Trail riding or rides on the Swabian Alb.



Olympic champion Michael Jung with Halunke FBW at the Marbach Eventing Championship.



Foals on the verdant green meadows of the Swabian Alb



Carriage ride



Experience history

From castles and ruined castles to museums and historic steam engines

Experience history

Mythos Schwäbische Alb

Makes history animated

Meet history at every turn. Impressive ruined castles, the romantic castle of Lichtenstein, the baroque minster of Zwiefalten or the picturesque villages of Bad Urach, Münsingen, Hayingen or Trochtelfingen fascinate visitors and locals. Numerous museums show how people have lived, worked and celebrated in ancient times.



View from Hohenurach



The construction of Zwiefalten minster took more than 25 years.



Stud museum Marbach in the former church of the ancient convent.



Farm house museum at Hohenstein-Ödenwaldstetten.



Historic steam engine of the Swabian Alb Railroad.

Engstingen's car museum with around 140 classic cars.



Car museum Engstingen

The Hohenurach was built around 1050. It was not destroyed by enemy hand but through a lightning strike which hit the powder magazine in 1694. The castle was heavily damaged and not rebuilt but used as a quarry.



The "goat fountain" in Hayingen.

Enjoy regional delicacies

Our regional delicacies
offer a great variety



Enjoy regional delicacies

Swabian specialities regionally produced

Swabian consumption means authentic preparation of dishes which are typical for the region with products from local manufacturing.

On our farmer's markets you will find everything you need. Or you enjoy a visit at our gastronomers and biosphere hosts – try a large variety from good and solid regional cuisine to haute cuisine.



Alb buffaloes

The "Alb buffalo" offers us meat, cheese, "Albarella", soap and leather goods.

Regional products
at a farmers' market

The "Reutlinger Mutschel" is a raised pastry formed like a star.



Lentils with sausages



"Mutschel"



Roast with sauteed onions

Lentils with sausages and Swabian roast are served with typical Swabian pasta.

UNESCO designations

Awarded nature and geology – Two UNESCO designations for the Central Swabian Alb



Shepherd on the former military training ground



UNESCO designations

Swabian Alb Biosphere reserve – nature-protecting by using

Pasqueflower



Biosphere centre



Junior ranger



Harvesting cherries



Orchard meadow



The Unesco has awarded some selected regions as biosphere reserves.

Humans are invited and challenged to experience nature actively and to cultivate the landscape. Because you only truly protect what you know and love. Discover rare animals and plants in their natural environment like orchards, slope and ravine forests at the Albtrauf, flower meadows, pastures and juniper heaths. Visit cultural and historical sightseeing attractions and learn about the country and its people. www.biosphaerengebiet-alb.de www.biosphaerenzentrum-alb.de



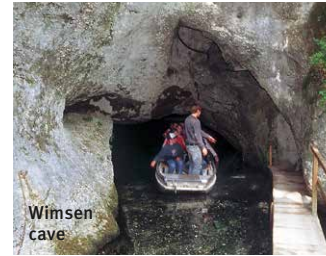
GeoPark Swabian Alb – Experience geological history live

You will probably hardly meet a living saurian but traces of ancient times can be found everywhere on the Swabian Alb. With its unique fossil deposits, fossil reefs of the Jurassic Sea, volcanic craters and meteorite impacts, caves, carstic wells and a very characteristic shape of the landscape, the GeoPark Swabian Alb offers thrilling insights into geology.

But the GeoPark does not only show geology. Archeological discoveries like the so far eldest known works of art and musical instruments of the people of the Stone Age, celtic pieces of jewellery or castles and palaces of recent generations are testimonials of the long history of humans on the Swabian Alb. www.geopark-alb.de



Source of the Lauter river



Wimsen cave



Wackerstein



Ammonite



Bear cave, Sonnenbuehl

Find the city

Shopping, Spa, culture –
find what makes you happy

Find the city

Culture, shopping paradise and recreation – indulge yourself in what you want

Enjoy the outlet city of Metzingen, cultural highlights at the new Reutlingen town hall – or a Spa day at the thermal springs of Bad Urach. Metzingen is the home town of Hugo Boss and you will find there a huge choice of other international brands. With the construction of the new town hall the city of Reutlingen is capturing the cultural scene with musicals, concerts, classical ballet and cabaret. The AlbThermen (spa) in Bad Urach is offering you relaxation time.



Town hall Reutlingen



AlbThermen Bad Urach



Small town wall houses Reutlingen



Autumn music days Bad Urach



Outlet shopping experience

With more than 3 million visitors every year, the outlet city of Metzingen is one of the most important shopping destinations.

Holidays and everybody's happy

For your individual plans – **the best leisure tips and much more**



More information at www.mythos-alb.de, on the back side or with our app

Mythos Schwäbische Alb

Dream tours for your pocket. Our free app offers more than 240 tour recommendations (biking, hiking, riding, cross country skiing, strolling) – some of them GPS-guided, leisure tips, restaurants and regional highlights.

Information: Free app for Apple iOS and Android (also in English and French, optimized for iPad).



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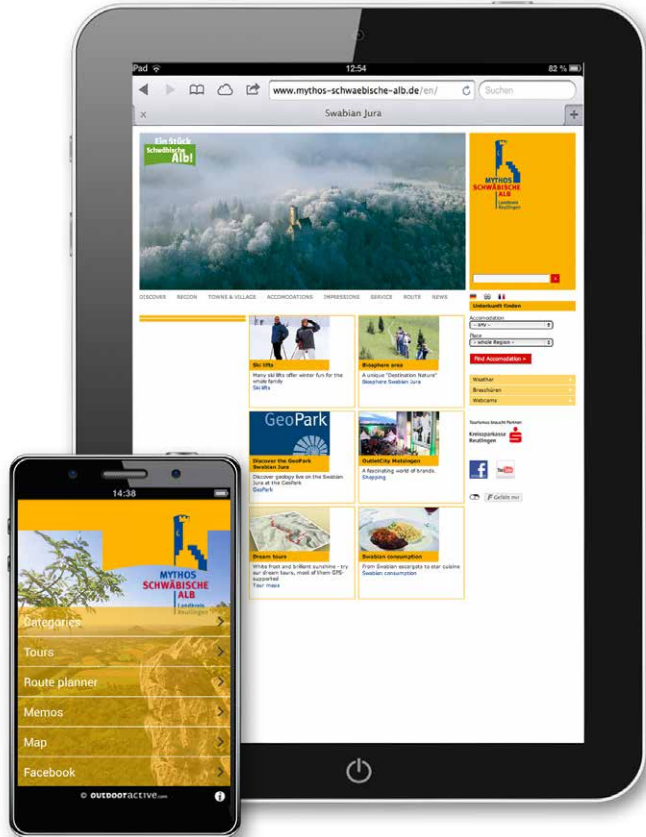
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More information about **the Central Swabian Jura** can be found at www.mythos-alb.de



www.geopark-alb.de

Biosphärengebiet Schwäbische Alb



www.biosphaeregebiet-alb.de

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