



Leisure and Sights

in the Ramstein and Kaiserslautern area





Welcome to the Ramstein and Kaiserslautern Area!

We would like to invite you to explore the area that has a lot to offer. Centrally located in the heart of the Palatinate, this region with its diversified and pristine scenery is a paradise for nature lovers. The rolling hills, broad fields, lush pastures, sandstone rocks and restful forest groves are the perfect landscape to eniov outdoor activities. Hikers and bikers find numerous well-marked and certified trails. At the southern edge of the region spreads the Palatinate Forest nature reserve, the largest continuous forest area in Germany. That is where you find a Mountain Bike Park with a trail network of a length of over 300 km in total. With the Western Palatinate Moor and the Mehlingen Heath two natural peculiarities are located in the center of the region. The Donnersberg Mountain raises in the north, with a height of 687 meters the highest elevation in the Palatinate.

Stony traces of the past like mighty castle ruins, ancient churches, abbeys and historic sites steeped in legend wait to be discovered by you. Traces of the Celts can be found near the Donnersberg Mountain. In the Celtic village and the Celtic garden in Steinbach this particular era becomes alive. Dreamy castle ruins are reminiscences of the times of knights and noblewomen. In the Sickingenstadt Landstuhl with its landmark "Nanstein Castle" the memory of Franz von Sickingen, one of the last knights who resided here, is omnipresent.

Also culture lovers will find plenty to enjoy. A large number of museums with the focus on a variety of subjects cater for all tastes. To visit cultural events like concerts, shows and musicals you have the choice between several popular stages and theaters.

For the ones seeking rest and relaxation the

outdoor and indoor pools, spas and saunas are the perfect location to take a time out from the daily hustle and bustle. In the hot summer months you might be interested in chilling down yourself in one of the swimming lakes, e.g. Gelterswoog Lake near Kaiserlautern or Eiswoog Lake near Ramsen. Or you take a stroll around Ohmbach Lake near Schönenberg-Kübelberg or relax in the Japanese Garden in Kaiserslautern.

Little guests might prefer a visit to the Azur Water World in Ramstein or the Kaiserslautern Gartenschau with its great playgrounds and the largest dinosaur exhibition in Europe.

As you see there is something to do here for every taste. This pocket guide offers more than 80 descriptions of places of interest and leisure time facilities. Divided into nine chapters you will find information about sights to see and things to do in the Ramstein and Kaiserslautern area, no matter if you are a family with children, a sports enthusiast, a culture lover or interested in historical landmarks.

Now enjoy your stay and feel at home! You are cordially welcome!

The RAMSTEIN GATEWAY - Window to Rheinland-Pfalz - Team and the local tourism representatives



Historic Landmarks	04	
Churches	09	†
Natural Monuments	13	2
Parks / Zoos	17	•
Museums	20	
Culture	26	8
Swimming & Wellness	29	**
Leisure Activies	33	Ż
Hiking & Biking	38	₽
Excursion programs	42	
Мар	46	

Castles /

For further information please contact:

Window to Rheinland-Pfalz Ramstein Gateway

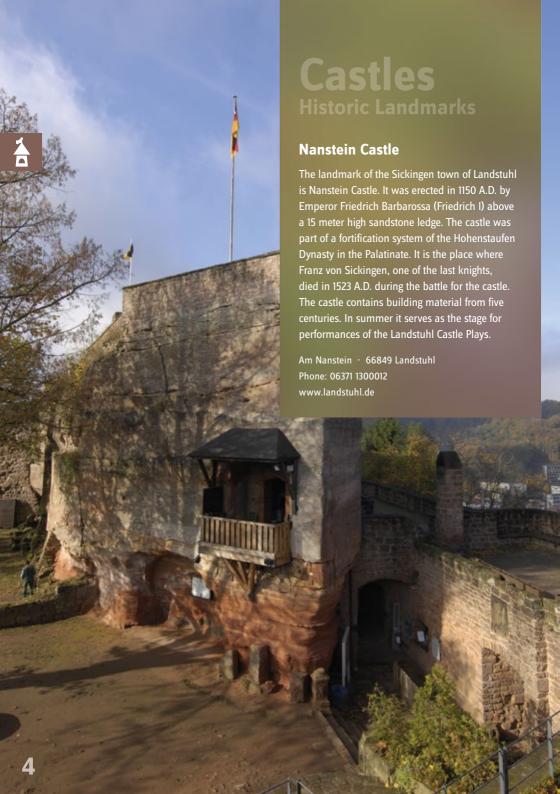
Building 3336 (KMCC) 66877 Ramstein Air Base Phone: 06371 406208 kmcc@infocenter-ramstein.de www.ramstein-gateway.com

Please remember:

If you use your US mobile to place a call within Germany or you try to reach a German phone number from abroad, please first dial the country code for Germany 0049 or +49 and then skip the first 0 of the German phone number.

Suitable for children

Attractions suitable for children are marked with this sign:







Bismarckturm

This striking view point, built in 1900 on the front knoll of the 371 m high Kirchberg hill, offers a superb view over Landstuhl, town of the Sickingens', and the varied landscape of the region.

Luitpoldstrasse · 66849 Landstuhl
Phone: 06371 1300012 · www.landstuhl.de



Frankenstein Castle Ruin

This Hohenstaufen castle was built in several phases in the 12th and 13th century. Together with the entry of the railroad tunnel and the Frankenstein church the castle ruin constitutes a romantic ensemble of red sandstone.

Hauptstrasse 24a · 67468 Frankenstein Phone: 06305 71147 or 06305 710 www.hochspeyer.de





Imperial Palace and Casimir Castle incl. Count Palatine Hall

Unfortunately both don't exist any longer - neither Barbarossa's Kaiserpfalz (Imperial Palace) nor the renaissance castle which the Count Palatine had built directly in his vicinity. But the spectacular building hasn't fully disappeared. The ruins which were given a roof and christened the "Pfalzgrafensaal" (Count Palatine Hall) in 1935 are well worth seeing, and in the former living room (or did he perhaps sleep here?) of the "hunter from the electoral Palatinate" today official receptions of the city are held. The Count Palatine Hall and the subterranean passages from the Hohenstaufen period can be seen on guided tours which last about 1 hour (price 45,00 EUR per group with a maximum turnout of 25 people).

Willy-Brandt-Platz 2 · 67657 Kaiserslautern · Phone: 0631 3652317 · www.kaiserslautern.de



Celtic Prince's Grave and Tribunal Site

In 1874 a Celtic grave dated to the time around 400 B.C. was discovered in Rodenbach. It has since been known as the "Prince's grave of Rodenbach" and is considered the most important find from the La Tène period north of the Alps. In the immediate vicinity of the burial mound there is the reproduction of a tribunal discovered in the year 1595. The site is open for visitors from April till October.

Sportstrasse · 63517 Rodenbach (follow signs "Minigolf") · Phone: 06374 922131 · www.weilerbach.de



Otterberg Historic Old Town

Historic center of the "Walloon town", with beautiful half-timbered houses, such as the Blue House (1612), Old Town Hall (1753), the Karch House (1750), the Binoth House (1611) and the Old Pharmacy (1608), to mention just a few. The town is enclosed by a well preserved town wall.

Hauptstrasse · 67697 Otterberg Phone: 06301 31504 · www.otterberg.de



Historic Mill Wheel

The historic wheel of the former grinding mill in Katzweiler was installed in 1911 and still is completely functional. The wheel has a diameter of 8.40 meters. The mill has been owned by the same family since 1759.

Bachstrasse 22 · 67734 Katzweiler Phone: 06301 60769 · www.vg-otterbach.de

Falkenstein Castle

Even today, the castle ruin rises above the community located southwest of the foothills of the Donnersberg Mountain. The castle was the ancestral seat of the Falkenstein counts. Besides the wonderful view, the castle ruin with its adjacent open air stage offers a suitable venue for castle tours in the moonlight, literary hikes, geo-tours, concerts and medieval markets.

Hauptstrasse · 67808 Falkenstein Phone: 06302 60261 or 06302 6020 www.winnweiler-vg.de







Moschellandsburg Castle

Even if the commencements of the Moschellandsburg Castle remain untold, documentary evidence from 1130 proves that a castle complex was constructed on the Landsberg Mountain already in the early years of the last millennium. A visit to the castle ruin clearly shows that the cone-shaped mountain was eminently suitable for the construction of the castle: the mountain majestically dominates the landscape between the Donnersberg Mountain and the foothills of the Hunsrück Mountains. Today the castle ruin offers an enchanting backdrop for cultural events.

Moschellandsberg · 67823 Obermoschel · Phone: 06362 30325 · www.donnersberg-touristik.de



Rosenthal Convent

The Cistercian convent St. Maria in Rosenthal located south of Göllheim was founded in 1241. The church was built according to the early Gothic style. Today, the single-nave abbey church consists of wall remains with buttresses and the western gable that sustains the turret with its extraordinary roof which is the landmark of Rostenthal. The church ruin is the venue for cultural events such as concerts, the annual Christmas bell-ringing and weddings.

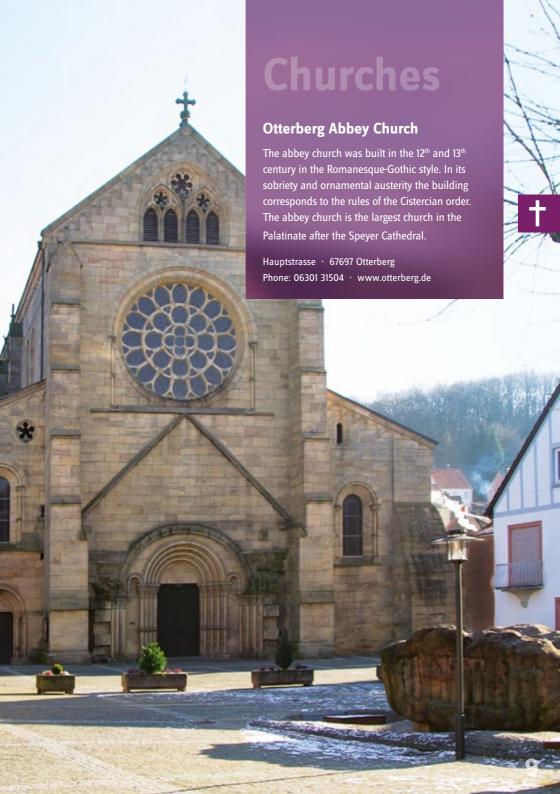
Rosenthalerhof · 67304 Kerzenheim-Rosenthal Phone: 06351 407401 www.hist-verein-rosenthal.de



Roman Settlement

According to finds of broken fragments, a Roman settlement already existed at the ancient west-east connection to Worms in the 1st century A.D. in the area where nowadays the town of Eisenberg is located. Thanks to favorable preconditions - deposit of iron ore/wood/clay - Eisenberg was among the most important towns of the Palatinate in Roman times. 17 houses were excavated and documented. Besides homes, also workshops, stores, a market square, a basilica and an administration building including a police station were found.

Friedrich-Ebert-Strasse 28 · 67304 Eisenberg Phone: 06351 407440 · www.vicus-eisenberg.de



The building is full of history and noteworthy: Even without being an art or church historian, if you look at the Kaiserslautern Collegiate Church you see that it is something special. Above all its "picturesque side" from the Marktstrasse with the "Schöne Brunnen" (fountain) in front of it is impressive (it was first mentioned in 1571). In fact it is considered to be the most important late Gothic hall church in Southwest Germany and is in addition the birthplace of the "Palatine Union" because here the Lutherans and the Reformers in the Palatine joined forces in 1818.

Stiftsstrasse 2 · 67655 Kaiserslautern

Phone: 0631 3625060 · www.stiftskirche-kl.de





Heiligenmoschel Baroque Church

This church dates from 1749. On the wooden gallery you can find a baroque organ constructed by Philipp Daniel Schmidt of Meisenheim. It was built in 1782 and renovated in 1893. In 1984 the organ was retuned in the baroque tone and the rococo carvings restored by hand.

Kirchgasse · 67699 Heiligenmoschel Phone: 06301 31504 · www.otterberg.de



Verena Chapel Ruin

At the edge of the village of Mittelbrunn you can find the ruins of the former village church. Having withstood the Thirty Years' War, it was last used for a service in 1718.

Hauptstrasse · 66851 Mittelbrunn



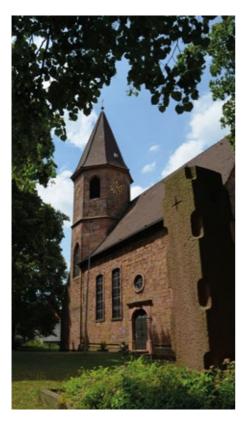
Schlosskirche (Castle Church)

The Neuhemsbach castle was built in 1715. The castle church followed 25 years later under Count Friedrich Ludwig von Sayn-Wittgenstein. During the revolutionary wars the castle was plundered and set on fire by French troops in 1795. The church was rebuilt at the beginning of the 19th century.

Schlossberg 3 · 67680 Neuhemsbach

Phone: 06303 913168

www.enkenbach-alsenborn.de



Simultankirche

The structure was built in the 12th century. Originally it was a church with a pilgrims hostelry which was an important stopover for the pilgrims on the "Way of St. James". The church is a little younger than the cathedral of Speyer and is among the oldest and most beautiful cultural monuments in the Palatinate. In 1986 the church was added to the list of "protected cultural heritage" according to the "Hague Convention".

Dorfstrasse 13 · 66892 Vogelbach Phone (Ostermeyer Family): 06372 507803 www.bruchmuehlbach-miesau.de

Enkenbach Abbey Church

The abbey church was built in the 13th century in the Late Romanesque style for a Premonstratensian convent. Remarkable is the rich stonework ornaments at the portal.

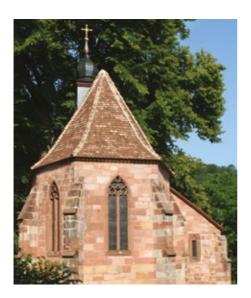
Klosterstrasse · 67677 Enkenbach-Alsenborn

Phone: 06303 913168

www.enkenbach-alsenborn.de







Alte Kapelle (Old Chapel)

The official name of the building is 'Chapel of the Cross', but it is popularly known as the 'Old Chapel'. It is the Gothic choir of the old medieval parish church of St. Andreas, embellished with filigree ornamental frescoes. The nave was torn down at the beginning of the 19th century because of its dilapidated condition.

Ludwigsstrasse · 66849 Landstuhl
Phone: 06371 1300012 · www.landstuhl.de



St. Andreas Kirche

St. Andreas Church was built in 1752/53 in Baroque style on a former tower forming part of the town's fortifications. The outstanding attraction is the tomb of Franz von Sickingen from the 16th century. It shows the knight in a larger than life full relief in armor and standing on a lion.

Kirchenstrasse · 66849 Landstuhl

Phone: 06371 1300012 · www.landstuhl.de



Fleischackerloch

The Fleischackerloch is a romantic ravine with primeval-like old trees. The pastures and fields used to be rented out against delivery of meat, hence the name of this natural monument. Well developed long distance paths and footpaths, such as the 'Westpfalz-Wanderweg' and the 'Pfälzer Jakobspilgerweg', which run past impressive rock formations between Fleischackerloch and Bismarckturm, invite visitors to leave every day stress behind and enjoy voyages of discovery well away from the hustle and bustle of traffic.

Fleischackerloch · 66849 Landstuhl (other entry next to LRMC Gate 3) · Phone: 06371 1300012 www.landstuhl.de



Seewoog ©

The Seewoog Lake is an oasis for rest and relaxation for everyone. With its BBQ area and nice walkways it attracts the young and old both alike.

Waldstrasse · 66877 Miesenbach

Phone: 06371 838186 · www.ramstein-miesenbach.de





Mammutbäume - Sequoia trees

The 'Jakobsmuschel' (scallop shell) is showing directions towards the mammoth trees. Around 1861 mammoth trees, so called Wellingtonias, were planted as a botanical peculiarity. By now they have reached the respectable height of 40 m and a diameter of 2 m.

next to the road from Landstuhl to Martinshöhe (L 465) · Phone: 06371 1300012 www.landstuhl.de





Stalactite Cave / Mining Tunnel

The 1.80 m high and 76 m long tunnel was constructed almost 300 years ago for the mining of ore. Many large stalactites have formed on the ceilings and walls and are renewed by the constantly dripping water. The tunnel is open for visitors from April till September.

Wassergasse · 67685 Erzenhausen (follow signs "Tropfsteinhöhle")

Phone: 06374 922131 · www.weilerbach.de



Mehlinger Heide (Mehlingen Heath)

From World War I until 1994, the terrain of the 400 ha nature reserve Mehlinger Heide was at least partially in military use. Especially the blooming heather in fall is a breathtaking view. Close by is an old Jewish cemetery.

An der Heide 10 · 67678 Mehlingen

Phone: 06303 913168 · www.mehlinger-heide.de



Ohmbachsee ©

Lake Ohmbach is located next to Schönenberg-Kübelberg and Gries. The recreation area is the perfect location to relax, have fun and celebrate. Children will enjoy the water playground with giant slide. Camping, fishing, boating with a pedal boat and stopping for a drink or a meal by the kiosk at the water playground, the recreational hall in Gries or at the Campingpark Restaurant Jungfleisch. Fun for the whole family is guaranteed!

Gries · Phone : 06373 5040 www.ohmbachsee-glantal.de

Karlstalschlucht (Karlstal ravine)

The steep slopes of the roughly one kilometer long, wildly romantic ravine are studded with rocks. The valley was named after the Palatine Colonel Karl Theodor von Hacke.

Wilensteiner Mühle 1 · 67705 Trippstadt Phone: 06306 341 · www.trippstadt.de









The "Riegelstein Mine" which is located in the former clay and sand pit area between Eisenberg and Hettenleidelheim, was operating until 1996. After the mine was abandoned, a unique nature preserve with rare plants and animals was created. Signposted hiking trails, several view points and adventure playgrounds invite children as well as adults to spend their leisure time here.

67304 Eisenberg · Phone: 06351 407440 www.vg-eisenberg.de



Donnersberg Mountain

With 687 meters in height, the Donnersberg Mountain is the highest elevation in the Palatinate. With its rocks, view points and broad valleys, the massif does not only offer impressive experiences of nature. Its history of origins, abundance of geological finds and mining relicts and especially the Celtic history already amazed many a visitor.

67814 Dannenfels · Phone: 06352 1712 www.donnersberg-touristik.de









Garden Show ©

Something is blooming here for you...on the formerly unused grounds of the worsted yarn spinnery and the slaughter house; in 2000 the first Rhineland-Palatine state garden show grew with its "Gardens of Diversity". Since then, the garden show enthuses thousands of visitors every year from April to October with its floridity, numerous events and cultural offerings, possibilities for sports and free time activities and unmistakable highlights like the largest dinosaur exhibit in Europe.

Lauterstrasse 51 · 67659 Kaiserslautern · Phone: 0631 710070 · www.gartenschau-kl.de



Betzenberg Game Park [©]

This 62 acre area enables citizens and guests of the city of Kaiserslautern to observe game species that can be found in our hunting grounds or that were once found there in former times. The park is open daily and the entrance is free. It is located in the southeast of Kaiserslautern.

Entersweilerstrasse · 67657 Kaiserslautern
Phone: 0631 3652317 · www.kaiserslautern.de





Japanese Garden 🙂

A piece of the Far East in the south west... In order to discover the beauty and the meditative effects of a Japanese garden, you don't have to travel to Japan - or to the Japanese Tea Garden in San Francisco. In the year 2000, the Kaiserslautern Japanese Garden opened its gates for everyone who wants to draw energy and peace from the artistically designed harmony of light and shadows, plants and stones, water and paths...

Am Abendsberg 1 · 67657 Kaiserslautern · Phone: 0631 3706600 · www.japanischergarten.de

Celtic Garden ©

A stroll through the Celtic Garden shall acquaint the visitor in an illustrative way with the life, the working world, the culture as well as the natural environment at the time of the Celts 2000 years ago. Information boards display details about specific features of the flora and fauna at the Donnersberg Mountain. Furthermore the boards describe Celtic customs, lifestyle habits, beliefs and technical achievements. For children there are close to nature play areas and lots of space to romp around.

behind the sports ground · 67808 Steinbach Phone: 06352 1712 · www.donnersberg-touristik.de









Palatinate Gallery of Art ©

The Gallery was built between 1875 and 1880 from plans by Karl Spatz in neo-renaissance style. The reconstructed permanent exhibition halls now house an excellent collection of paintings and sculptures as well as exquisite pieces of artwork.

Museumsplatz 1 · 67657 Kaiserslautern Phone: 0631 3647201 · www.mpk.de



Theodor-Zink-Museum / Wadgasserhof

At the other end of the Steinstrasse with its many bars and bistros sits this museum, containing collections of folklore and civic history. Once the carriers' inn "Rheinkreis", built in 1817, the museum, with its picturesque courtyard, together with the Wadgasser Hof opposite, a former outlying farm of the Premonstratensian monastery at Wadgassen, forms a delightful close to the old city.

Steinstrasse 48 · 67657 Kaiserslautern
Phone: 0631 3652327 · www.kaiserslautern.de



Museum im Westrich

Located in the center of Ramstein, the building which houses the "Museum im Westrich" is a treasure in itself. It is the oldest building in Ramstein, a protected Baroque building dating back to 1750. Formerly the building was used as a brewery, a pub and as the town hall. Nowadays it houses the tourist information center and the "Museum im Westrich". The permanent exhibition contains a complete furnished corner store, an old herb closet, and a lovingly set up village pub. In addition to its permanent collection the museum hosts several special exhibits every year. The spectrum covers historic, folklore and artistic subjects supplemented by regular concerts and lectures.

Miesenbacher Strasse 1 · 66877 Ramstein

Phone: 06371 838186 · www.ramstein-miesenbach.de



Docu Center - Center for Documentation and Exhibition of the History of US Americans in the Rhineland- Palatinate

Since Ramstein Air Base was established in the 1950s the Americans have deeply influenced this region. The Docu Center Ramstein focuses on all the aspects of German-American partnership. An exhibition area of the Docu Center with several red containers is located next to the Ramstein sports stadium. The "infotainer" provides information about Americans in Germany and the work and projects of the Docu Center. A second container with the motto "Welcome to the Club" deals with the NCO-Club on Ramstein Air Base and the national and international stars that performed there. A guard house of a former military housing area in Kaiserslautern is also part of the exhibition. Throughout the winter months the containers are closed. At that time of the year the Docu Center organizes changing exhibitions at the Ramstein "Museum im Westrich".

Schernauer Strasse (red containers next to sports stadium) · 66877 Ramstein · Phone: 06371 838005 www.dc-ramstein.de



Museum of Vacuum Cleaners

The museum is located inside an old barn and shows the development and history of vacuum cleaners over decades. The oldest unit was built in 1922. Furthermore the exhibition demonstrates technical backgrounds and includes additional vacuum cleaner parts such as air fresheners, parts for auto paint works and for oxygen feed while laundry washing.

Pfühlstrasse 15 · 66892 Bruchmühlbach-Miesau Phone (Mr. Monecke): 0178 6681244 www.staubsauger-museum.de





Diamond Cutter Museum

The Diamond Cutter Museum in Brücken shows fully functional work stations representing different historical and technical periods. True-to-original replicas of the 35 largest and most important diamonds in the world are displayed. You will get to know the history and tradition of the diamond cutting industry.

Hauptstrasse 47 · 66904 Brücken

Phone: 06386 993168

www.diamantschleifermuseum.de



Heimatmuseum

The museum documents the history of people who emigrated to the United States. Besides that the focus is on old crafts and traditions like mining and diamond cutting. The museum of local history Altenkirchen was established in 1987 and comprises seven exhibition rooms. Guided tours in English can be arranged on request.

Friedhofstrasse (Altes Rathaus) · 66903 Altenkirchen Phone (Edwin Clemens): 06386 7449



Imsbach Mining World ©

At the Palatinate Mining Museum as well as at the two visitor mines called "Weiße Grube" and "Grube Maria" in the former mining town Imsbach you can admire the variety of the mineral resources extracted in the past two millenniums. Three circular hiking trails provide an insight into the montane history. The trails can be discovered on one's own or by a guided tour year-round.

Ortsstrasse 2 / Langental · 67817 Imsbach Phone: 06302 602-61 or 06302 6020 www.bew-imsbach.de



Museum of Time - Palatinate Tower Clock Museum

The Museum of Time - Palatinate Tower Clock Museum is located in a former farm of the 18th century. The focus of the exhibition is on sundials, hour glasses, water clocks and wall clocks. The two technical highlights of the collection are the astronomical clock in the clock tower (technically the most modern and most exact astronomical big clock in Europe) and a "world clock" that shows where on the globe currently is a sunrise or sunset.

Schlossstrasse 10 · 67806 Rockenhausen · Phone: 06361 3430 · www.museum-fuer-zeit.de





Museum im Stadtpalais

The museum with an exhibition area of more than 1.800 sqm is among the biggest museums in the state of Rheinland-Pfalz. It is equipped with impressive historic-cultural collections. The permanent public collections give an insight into the history of the city and the region. The topics of the exhibitions range from the Donnersberg Mountain to the early history of the city, the Middle Ages and the ages the princes ruled the city. Other themes are the castle garden, home décor, economic life and toys through to the revolution of 1848/49. The historical music room (with an audio station), further media and storytelling stations as well as research stations for children are counted among the special attractions.

Amtsstrasse 14 · 67292 Kirchheimbolanden · Phone: 06352 401850 · www.museum-kirchheimbolanden.de





Museum Winnweiler - Jewish Museum of the North Palatinate

The museum shows the turbulent and moving Jewish history of the North Palatinate. The exhibition focuses on historical development of Judaism in the North Palatinate from the Roman period until the Second World War. Furthermore the focus is on aspects of Jewish faith and Jewish life.

Schlossstrasse 37 · 67722 Winnweiler · Phone: 06302 1256 · www.winnweiler-vg.de



Westpfälzer Musikantenmuseum (Musicians' Museum)

Poverty begets ingenuity - especially among the musically gifted. From the middle of the 19th century to around World War II, poor economic conditions caused up to 2.500 musicians from the region to set out into the world to earn a living for themselves and their families. At the Musicians' Museum you can admire rare instruments, hand-written sheets of music and self-composed songs, as well as fascinating documents of the history of music making and the itinerant musicians playing in circuses and orchestras all around the globe.

Schulstrasse 10 · 67686 Mackenbach · Phone: 06374 6475 · www.musikantenmuseum.de







Haus des Bürgers ©

Ramstein's cultural and conference center, is host to numerous national and international stars every year. The varied stage program including musicals, concerts, shows, plays and programs for kids attracts lots of visitors. The facility has a seating capacity for up to 800 people and was completed in 1986. It is also suitable for conferences, meetings, exhibitions and parties. The "Haus des Bürgers" has a restaurant, a bowling alley, meeting facilities for senior citizens and classrooms for the community's adult education center which offers a wide variety of subjects. "Haus des Bürgers" also accommodates the American housing office, the youth center of the union community of Ramstein-Miesenbach and the German post office. The public library providing a comprehensive collection of up to date media is also located in the building.

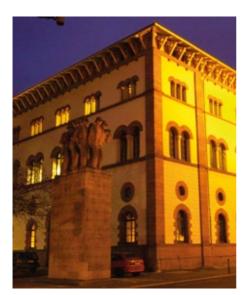
Am Neuen Markt 4 · 66877 Ramstein · Phone: 06371 592220 · www.hausdesbuergers.de



Stadthalle - civic center ©

The modern civic hall is located right in the city centre of Landstuhl. It is the best location for culture, exhibitions and performances of ballet, operas, musicals and plays. Behind the protected historic facade you will find the most modern technology. The civic hall is equipped with adjustable walls in the hall area as well as in the foyer. It is furnished with variable seating and a well equipped, spacious show stage.

Kaiserstrasse 39 · 66849 Landstuhl
Phone: 06371 92340 · Tickets 06371 923444
www.stadthalle-landstuhl.de



Fruchthalle

This hall, the work of architect August von Voit, was built between 1843 and 1846 in Renaissance style, after the Palazzo Medici in Florence, and was originally used as a market hall. In 1849, it was the seat of the revolutionary government of the Palatinate. Today concerts and large social events are held here.

Fruchthallstrasse 10 · 67655 Kaiserslautern

Phone: 0631 3653450

www.kaiserslautern.de/fruchthalle





Cultural Center Kammgarn

Kammgarn is a classified historical monument. The Kammgarn-buildings and -courts hosted a spinning factory in former times. Kammgarn ranges among the top-venues in Germany, and has been praised as an internationally highly-appreciated, first-call concert-location (Jazz, Rock, Blues, Pop and Indie) for years.

Schoenstrasse 10 · 67659 Kaiserslautern · Phone: 0631 3652607 · www.kammgarn.de





Waldwarmfreibad ©

With four lanes of 25 m and two lanes of 50 m in length, diving boards, water slide, water channel, playground, Jacuzzi benches and neck showers the outdoor swimming pool is a modern water park. The children's wading pool that is divided into three sections also provides awnings. A water temperature of 75.2 °F (24 °C) is guaranteed.

 $\mbox{Am Schwimmbad} \; \cdot \; \mbox{66892 Bruchmühlbach-Miesau (District Miesau)} \; \cdot \; \mbox{Phone: 06372 922000} \\ \mbox{www.bruchmuehlbach-miesau.de} \\$



Naturerlebnisbad ©

This outdoor pool paradise for big and small, young and old is a relaxing oasis equipped with natural spring water and surrounded by reed.

Kaiserstrasse 126 · 66849 Landstuhl Phone: 06371 130571 · www.neb-landstuhl.de



Cubo

With a broad range of sauna and relaxation options, Asian inspired spa treatments and massages Cubo is an oasis of well-being and offers total enjoyment for the body, mind and spirit. A bistro offers delicious regional food. The whole facility is handicapped accessible.

Kaiserstrasse 126 · 66849 Landstuhl Phone: 06371 130571 · www.cubo-sauna.de







Vogelquelle - Kneipp Water-Treading Basin

The "Vogelquelle" is a chilly source of refreshment for hikers, Nordic walkers and joggers who want to promote their health. You start bathing your arms in the trug of the fresh water fountain. Afterwards you wade through the cool spring water in the basin. The area surrounding the water-treading basin was restored within the past years. A rest area including a wooden refuge as well as tables and benches invites visitors for a picnic. The "Vogelquelle" can be reached within a 5 minutes' walk starting from the parking lot of the Vogelbach sports ground following the hiking trail with the sign B13.

Lambsborner Strasse 39 · 66892 Bruchmühlbach-Miesau (District Vogelbach) Phone: 06372 9220106

www.bruchmuehlbach-miesau.de

water park with a wave pool, Jacuzzi, sev slides, children's area, a pool of 25 m in l plus diving platforms and an exercise pool Mailänder Strasse 6 · 67657 Kaiserslautern Phone: 0631 30380 · www.monte-mare.de



monte mare ©

The "monte mare" indoor pool in Kaiserslautern includes: Sauna and spa area with 10 saunas and steam baths, scented steam treatments every hour, massages, relaxation rooms and a lot more for your "rest from everyday life" as well as a water park with a wave pool, Jacuzzi, several slides, children's area, a pool of 25 m in length plus diving platforms and an exercise pool.



Gelterswoog Lake Lido 😊

Gelterswoog is a nice lake surrounded by woods. Its water lilies create a wild-romantic flair. The lake has a comfortably flat shore and the sandy beach puts you in a vacation mood! The non-swimmer's area is separated.

on B270 (in 67661 Kaiserslautern-Hohenecken)
Phone: 0631 3503599 · www.kaiserslautern.de



Eiswoog Lake ©

All times of the year, signposted trails around the Eiswoog Lake invite walkers, hikers and sportsmen for outdoor activities. In summer you have the opportunity to swim in the lake in order to cool down or to promote your health by the water-treading basin (Kneipp basin). Furthermore, you will find a barrier-free adventure path called "Naturerlebinspfad" and a playground at the Eiswoog Lake.

Eiswoog · 67305 Ramsen · Phone: 06351 407440 www.vg-eisenberg.de





Kibobad ©

Indoor swimming pool, non-swimmer's pool, children's pool, massage nozzles, aerator, water cannon, neck jet, children's slide shaped like a snake, water squirt, pirate ship, sauna, steam bath, adventure showers, sun terrace, and a lot more.

Fischbachstrasse · 67292 Kirchheimbolanden Phone: 06352 3130 · www.kibobad.de





Broadway Kino ⁽²⁾

At Broadwaykino you can enjoy the movies at 6 theaters with a total of 1.500 seats. All theaters are equipped with the most modern sound and presentation techniques. A broad variety of the latest movies are shown in English and dollars are accepted. The spacious lobby with a piano bar contributes to the perfect atmosphere. A huge parking lot with over 500 spaces is available as well.

Merkurstrasse 9 · 66877 Ramstein Phone: 06371 937037 · www.broadwaykino.com





17

Golf course

18-hole golf course on an ample undulating terrain of 80 hectare with a nice club house including a restaurant. The course is divided by a creek and the greens include a stock of old trees, greenside bunkers, soft hills and water hazards. A green fee applies.

Am Hebenhuebel · 67686 Mackenbach Phone: 06374 994633 · www.golfclub-barbarossa.de

Fritz Walter Stadium

The "advertisement" of the city, both in good and bad times, is the soccer club 1. FC Kaiserslautern. The Fritz Walter Stadium which belongs to the most beautiful arenas in Germany, seats 48 500 fans.

Fritz-Walter-Strasse 1 · 67663 Kaiserslautern Phone: 01805 318800 · www.fck.de



K1 Waldseilpark Fröhnerhof (High Ropes Course) 😊

In the K1 High Ropes Course Fröhnerhof you can discover for yourself the purest joy of climbing! The courses consist of exercises which make the way from one platform to the next a genuine adventure, with obstacles made from cables, swings, rope bridges and wooden bridges ...

Werner-Liebrich-Strasse · 67678 Mehlingen · Phone: 06303 806045 · www.k1-waldseilpark.de



Planet Bowling ©

Planet Bowling combines fun and sports in an American way. 18 ultra-modern bowling lanes are available for you to compete with your friends. By the way: With a tasty homemade pizza or an original American Bowlstar Burger, strikes and spares are much easier to achieve.

Europaallee 25 · 67657 Kaiserslautern Phone: 0631 8009800 · www.planet-bowling.de



SoccaFive Arena ©

The ball is rolling in the heart of Palatinate! With the opening of the Sogoon® SoccaFive® Arena the city of Kaiserslautern and the surroundings received a new and sportive leisure time activity/recreational attraction. The modern indoor soccer pitches at the "Warmfreibad" offer every soccer enthusiast - either small or big - an attractive and entertaining trend sport - 365 days a year.

Am Warmfreibad 3 · 67657 Kaiserslautern · Phone: 0631 3103001 · www.soccafive.com

Kinder Spiel und Spaß Fabrik

10.000 square meters for playing, romping, and having fun: minigolf, paddle lake, grill places, outdoor playground, 3-level crawl maze with wave slide, corkscrew slide, XXL spider tower with giant slide, and much more...

Entersweilerstrasse 54 · 67657 Kaiserslautern · Phone: 0631 34100900 · www.kinderspielundspassfabrik.de



Kaffeemanufaktur Reismühle

Come and enjoy! Besides coffee specialties from various growing areas all over the world our small café offers a fine selection of teas and chocolates. Furthermore our patio is a lovely place to take a break from everyday life and enjoy a delicate cup of coffee and tasty home-made cakes. Further information: www.reismuehle.info

Reismühle 1 · 66909 Krottelbach · Phone: 06384 925771 · www.reismuehle.info

Minigolf facility ©

Minigolf is a popular leisure sports and provides amusement. A well-kept minigolf facility with 18 holes awaits you in Brücken.

Hochstrasse 1 · 66904 Brücken







Golf course

The fairways are selective, varied and require a well-considered and tactical game division. The golf course offers well-spaced tees, undulated greens, long fairways, several ponds and biotopes. Playing on the 67 hectare big surface becomes a special experience. The golf course is open year-round.

Röderhof 3 b · 67725 Börrstadt

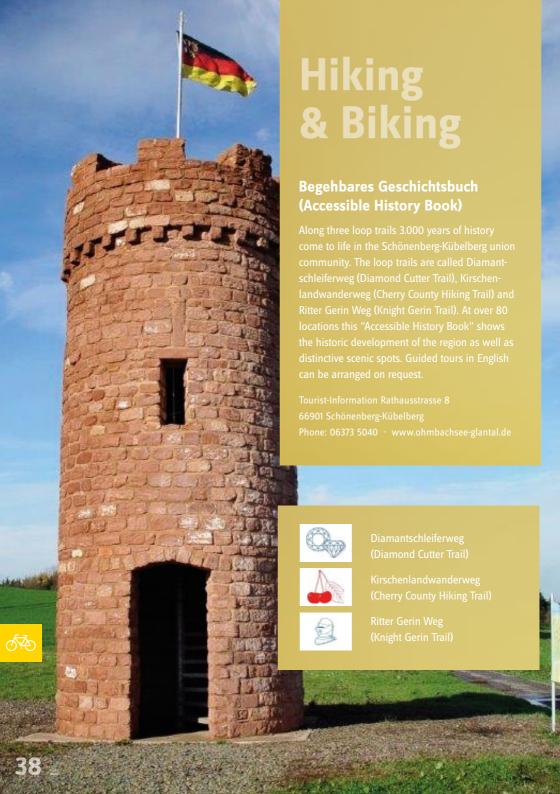
Phone: 06357 96094 · www.golfamdonnersberg.de



Stumpfwaldbahn (Narrow-Gauge Railroad) ©

The "Stumpfwaldbahn" offers locomotive-drawn rides on a narrow-gauge railroad along a scenic route of 4 km (2.5 miles). Rail passengers can get on the train at the Eiswoog Lake, at Bockbachtal train station near Kleehof or in Ramsen West. The narrow-gauge railroad regularly operates from Easter until October 3 on Sundays and German holidays. First departure from the Eiswoog Lake is at 10.10 a.m. and the last one at 6.10 p.m.

Eiswoog · 67305 Ramsen · Phone: 06356 8035 · www.stumpfwaldbahn.de





Barbarossa Radweg(Barbarossa Cycle Route)

East-west connection through varied landscapes from the Rhine River cycle route at Worms to the Glan-Blies cycle route at Glan-Münchweiler with a total length of 88 km (55 miles). This trail offers many combination possibilities with other bike trails.

leading along Niedermohr, Obermohr, Steinwenden and Miesenbach train station

Phone: 06371 406208



Sickinger Mühlenradweg (Sickingen's Mill Cycle Route)

North-south connection from Ramstein-Miesenbach over Landstuhl and the Sickingen height down to the Schwarzbach valley. 42 km (26 miles) cycle tour through the historic knights region and along numerous historic mill estates.

acess to trail near traffic circle at Ramstein Air Base West Gate · Phone: 06371 1300012



Mountain Bike Park Palatinate Forest

The Palatinate Forest mountain bike park was opened in spring 2005. Its trails of more than 300 kilometers offer the right tour for any taste, in length as well as technical challenge.

Hochspeyer/ Trippstadt/ Schopp

Phone: 0631 2016135

www.mountainbikepark-pfaelzerwald.de





Pfälzer Höhenweg (Palatinate High Route - Hiking Trail)

The "Höhenweg" (high route) with a length of 112 km (70 miles) leads through the Donnersberg Mountain region and invites you to a special hiking experience. The route passes historical castles, small towns and woods. Although the certified hiking trail leads you to the highest elevation in the Palatinate, it can easily be managed, since there are plenty of possibilities to take a rest.

leading along Winnweiler, Dannenfels, Donnersberg, Rockenhausen, Obermoschel, Meisenheim, Lauterecken and Wolfstein · Phone: 06352 1712 · www.donnersberg-touristik.de



Alsenztalradweg (Alsenztal Cycle Route)

The multifaceted biking trail is 30 km (18.6 miles) long and leads across hilly landscape along the Alsenz creek from Enkenbach-Alsenborn up to Bad Münster am Stein-Ebernburg.

leading along Alsenborn, Winnweiler, Rockenhausen, Alsenz and Bad Münster am Stein

Phone: 06352 1712 · www.donnersberg-touristik.de





Pfälzer Waldpfad (Palatinate Forest Trail)

Spectacular rocks, deep cut valleys and above all forest as far as the eye can see! This is what you can expect along the Pfälzer Waldpfad (Palatinate Forest Trail) which is with its 140 kilometers (87 miles) length the only long-distance walking trail in Germany that starts at an ICE train station and crosses the French border.

Starting point Kaiserslautern Hauptbahnhof (main station); leading along Johanniskreuz, Rodalben, Hauenstein, Dahn, Schweigen-Rechtenbach · Phone: 0631 3652317



Pfälzer Moortour (Palatinate Moor Tour)

Easy round tour with a length of 26 km (16 miles) leading through the diversified and charming moorlands of the "Westricher Moorniederung" (bog lowland). The tour is ideal for families, as it doesn't include heavy climbs. It is possible to cycle the tour in two stages.

leading along Hauptstuhl, Bruchmühlbach-Miesau, Waldmohr, Schönenberg-Kübelberg, Elschbach Phone: 06371 1300012



Glan-Blies-Radweg (Glan-Blies Cycle Route)

From Saarguemines in France to Staudernheim in Germany this border-crossing cycle route of 130 km (80 miles) for the most part leads along the rivers Glan and Blies. To a large extent the route follows former railway tracks apart from road traffic. For this reason the trail is ideal to cycle for families, but savorers as well as tour bikers also appreciate this fact.

Locally the trail leads along Matzenbach, Glan-Münchweiler, Nanzdietschweiler, Schönenberg-Kübelberg, Waldmohr · Phone: 06373 5040









For the sporty ones:

Start your day with a mountain bike tour in the Palatinate Forest. Its trails of more than 300 kilometers offer the right tour for any taste, in length as well as technical challenge. If you prefer road biking, the Barbarossa Cycle Route is a great option to explore the area by bike. Afterwards you can take a break in one of the various pools, e.g. at Naturerlebnisbad Landstuhl and the attached Cubo spa and sauna. With your batteries recharged your sports program continues in the afternoon. For golfers the courses at the southern slope of the Donnersberg Mountain in Börrstadt or the golf course in Mackenbach offer a wide range of playing opportunities. A real adventure will be a visit to the K1 High Ropes Course Fröhnerhof where you can discover the joy of climbing. How do you like the idea of attending a German Bundesliga soccer match of the 1. FC Kaiserslautern at the Fritz Walter Stadium in the evening? Or you have a bowling competition at Planet Bowling in Kaiserslautern.





Family Day:

Travel back 2000 years in time to the age of the Celts. At the Celtic Village in Steinbach, an unusual out-door museum, you will not only find a reconstruction of a Celtic settlement. In various workshops you can explore traditional arts and crafts of the Celts, what is a fun thing to do not only for young visitors. If your kids are fond of dinosaurs, they will be amazed by a visit to the Kaiserslautern Gartenschau. This idyllic outdoor park is the home of the biggest dinosaur exhibition in Europe and has great playgrounds and lots of space to romp around. At Lake Ohmbach near Schönenberg-Kübelberg children will enjoy a boat ride with a pedal boat or the water playground with a giant slide. And if you bring along your tent, you can even stay overnight. A campground is located next to the lake.

In winter time or in case of rainy weather an alternative for indoor activities would be a visit to the Kinder Spiel und Spaß Fabrik, a spacious indoor playground in Kaiserslautern or spending the day at the AZUR Water World, the family-friendly pool in Ramstein. For evening entertainment check the schedule of Broadway Kino, there might be a family movie shown in English.





For culturally interested visitors:

The Palatinate Gallery of Art in Kaiserslautern is one of the oldest and varied art museums in Rhine-land-Palatinate. The permanent collection shows paintings and sculptures of the 19th, 20th and 21st century. You will get to see works of the well-known Palatinate artist Max Slevogt as well as graphic works of Pablo Picasso. Temporary exhibitions present international contemporary artists to the visitors. Since Ramstein Air Base was established in the 1950s the Americans have deeply influenced this region. The information containers of the Docu Center Ramstein will give you an insight into interesting facts of this long-lasting German-American partnership. For the evening check the schedules of the numerous cultural institutions. Either seeing an opera at the Palatinate Theater, listening to a classical concert at the Fruchthalle, hearing a rock band perform at the Kammgarn (all three located in Kaiserslautern) or watching a musical at the Stadthalle Landstuhl or at Haus des Bürgers Ramstein, for sure you will find the right venue to suit your interests.





For hikers and nature lovers:

The impressive "Elendsklamm" ravine is a natural monument near the town of Bruchmühlbach that is unique due to its geological and botanical diversity. Even on hot summer days this is a cool and shady place for a hike. Right in the center of Kaiserslautern you can discover the Far Eastern art of gardening. The largest Japanese Garden in Europe is the right place to draw energy and peace from the artistically designed harmony of light and shadows, plants and stones, water and paths. With this regained energy you will manage some kilometers on the "Höhenweg" (high route) in the Donnersberg region. The certified hiking trail leads you to the highest elevation in the Palatinate, the Donnersberg Mountain and rewards you with spectacular views.



For visitors interested in history:

You will find various proofs that this region was already settled over 2000 years ago. The Roman settlement in Eisenberg is one of these antique discoveries. The excavations show a whole village and give an insight into daily life at the times of the Romans. The numerous castles and castle ruins date back to the time of knights and noblemen. Nanstein Castle is the landmark of the Sickingen town Landstuhl. During your visit you will learn about the checkered history of the castle ruin and about the last knight who resided here: Franz von Sickingen. After him the city was named. Just ask for the self-guided castle information leaflet in English at the entrance. The signposted loop trails of the "Accessible History" Book around Schönenberg-Kübelberg invite you to a journey through the time and history of the region. Information boards marking historic landmarks and scenic spots along the trails will tell you interesting details.



Wellness Day:

Take some time out at the monte mare indoor pool, sauna and wellness paradise. Among the various treatments offered you will find the perfect option to get some rest and relaxation. Afterwards treat yourself with a delicate cup of coffee and tasty home-made cake at the coffee manufactory Reismühle in Krottelbach. The right place to promote your health is the Vogelquelle Water-Treading Basin in Vogelbach. Wading through the cool spring water in the basin is supposed to have positive effects on you cardiovascular system.

Dear readers.

We try our very best to provide you the most updated information. Nevertheless we ask for your understanding that we cannot accept responsibility for the accuracy and completeness of the information published. Opening times are always subject to changes and not all of the places and attractions described are open year-round. For this reason we recommend to check the website or to call the respective location when planning your excursion.

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