Central Swabian Alb and everybody’s happy
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.
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-Strohmfeld-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.

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
We hit the spot for every horse enthusiast

Riding and driving horses
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.

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.
Experience history

From castles and ruined castles to museums and historic steam engines
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 pittoresque 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.

Zwiefalten minster

The construction of Zwiefalten minster took more than 25 years.

Zwiefalten minster

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

Zwiefalten minster

The construction of Zwiefalten minster took more than 25 years.

Stud museum Marbach

Farm house museum at Hohenstein-Odenwaldstetten.

Zwiefalten minster

Historic steam engine of the Swabian Alb Railroad.

Zwiefalten minster

Engstingen’s car museum with around 140 classic cars.

Zwiefalten minster

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.

Zwiefalten minster

The “goat fountain” in Hayingen.

Zwiefalten minster

The construction of Zwiefalten minster took more than 25 years.
Our regional delicacies offer a great variety
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.

The “Alb buffalo” offers us meat, cheese, “Alzbarella”, soap and leather goods.

The “Reutlinger Mutschel” is a raised pastry formed like a star.

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

Roast with sauteed onions
UNESCO designations

Awarded nature and geology –
Two UNESCO designations
for the Central Swabian Alb
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, karstic 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
Find the city

Shopping, Spa, culture – find what makes you happy
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.

With more than 3 million visitors every year, the outlet city of Metzingen is one of the most important shopping destinations.
For your individual plans – the best leisure tips and much more

Holidays and everybody’s happy

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