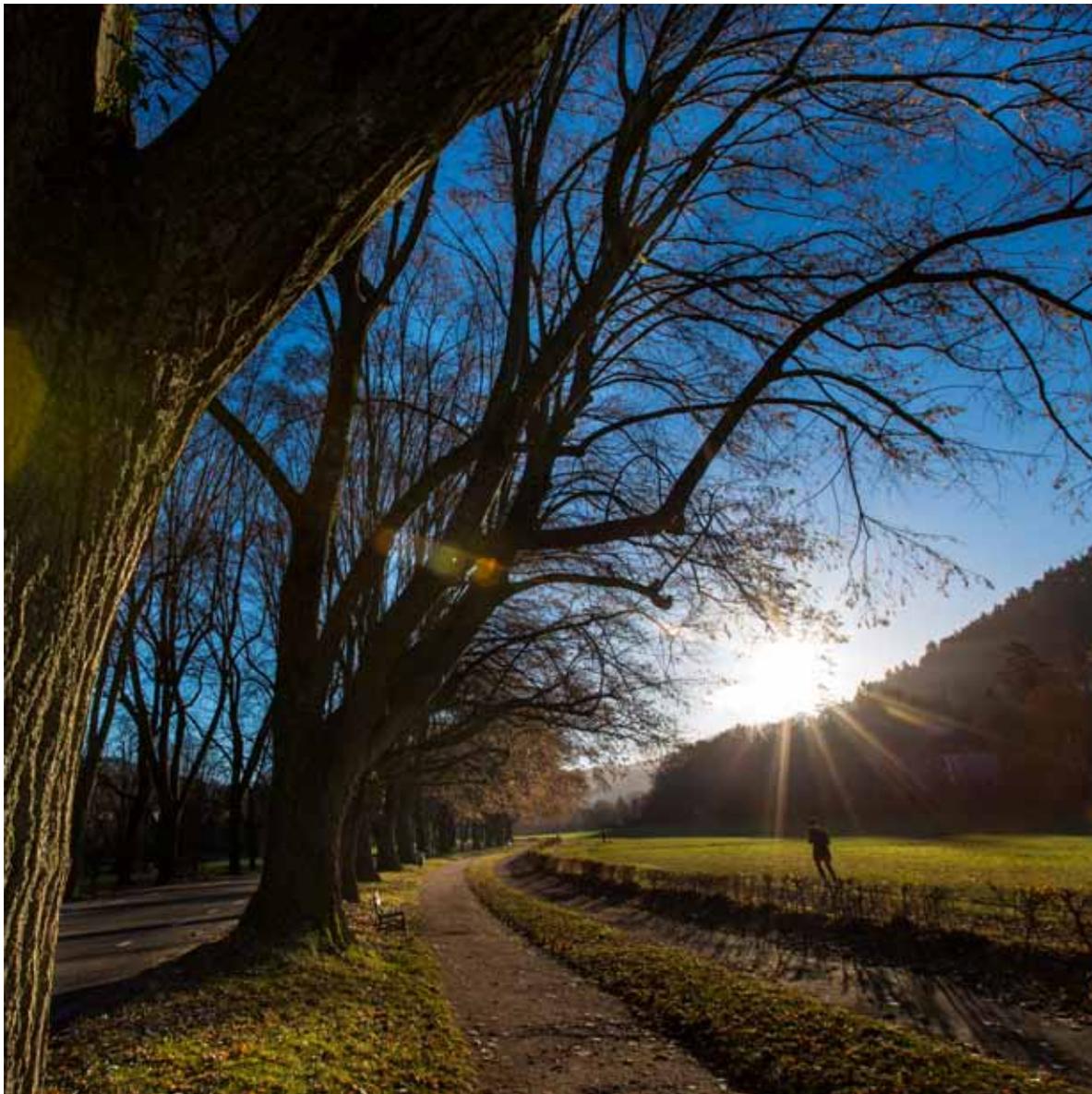




BRENNERS PARK-HOTEL & SPA  
BADEN-BADEN

# SPORT & OUTDOOR GUIDE

Sportliche Highlights. In Einklang mit der Natur.



## **SPOILT FOR CHOICE...**

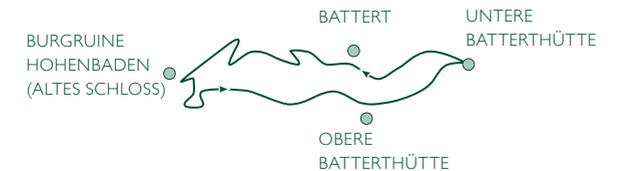
For lovers of nature, the Black Forest is a particularly appealing destination. Here, all types of hikers and cyclists are in their element with routes to suit everyone. And regardless of whether you are on your own, as a family or as a group, the Spa Team at Brenners Park-Hotel & Spa will take it upon themselves to organize everything that your heart desires. Baden-Baden's surrounding area is a paradise for all fitness enthusiasts. And after a successful tour of the picturesque Black Forest country side, what could be better than to savour the luxury and comfort of Brenners Park-Hotel & Spa? Pamper yourself in our Spa with a relaxing massage and treat yourself to our exquisite cuisine.

# EASY

## EASY-HIKING

4 KM / 1.5 HOURS /  
MAINLY FOREST TRACKS

Relax with wonderful views and fresh Black Forest air. This tour begins at the ruins of Baden-Baden's famous Hohenbaden Castle, also known as the 'Old Castle', and will lead you around the 'Battert' outcrop, a nature conservation area and one that is popular with rock climbers. The tour will take you via the upper path, the 'Oberer Felsenweg', to three vantage points ('Ritterplatte', 'Obere Batterthütte' and 'Felsenbrücke') where breathtaking panoramic views will unfold before your eyes. Once the 'Untere Batterthütte' mountain hut has been reached, it's time to head back along the lower path ('Unterer Felsenweg') from which you will be able to catch a glimpse of the impressive rock turrets that tower up to 50 metres high.



# MEDIUM

## FUN-HIKING

8 KM / 2.5 HOURS / COUNTRY PATHS  
AND FOREST TRACKS

The renowned ‚Panoramaweg‘ footpath provides wonderful views of Baden-Baden and its surroundings as it guides you through idyllic valleys with babbling brooks, picturesque orchards and shady woodlands. This tour begins at the funicular railway station at the foot of the ‚Merkur‘ – Baden-Baden’s landmark mountain. Taking a detour to its 668-metre summit is worthwhile in order to admire the views of the Oos and Murg valleys, the heights of the northern Black Forest and the sprawling Rhine valley. The first stage of the walk is a light ascent to a woodland glade where you can briefly relax in the sun or cool off in the Kneipp therapeutic pools. After passing a wild game enclosure and another short section of wood-

land you will arrive at the cosy ‚Eckberg‘ wine tavern. Continuing along a tarmac lane, you will then come to a chapel, the ‚Marienkapelle‘, with views of the Lichtental vineyards before heading back alongside the rows of vines to the ‚Pfrimmersbach‘ valley. Here wonderful views can be had of the villages of Lichtental and Oberbeuern. The path then levels out and leads through the ‚Märzenbach‘ valley and across to the slopes of the ‚Lerchenberg‘. The gurgling sound of the ‚Müllenbach‘ brook signals the proximity of the ‚Forellenhof Hotel‘ with its trout farm, the final destination. Behind the hotel are a bus stop and the means of returning to Baden-Baden.



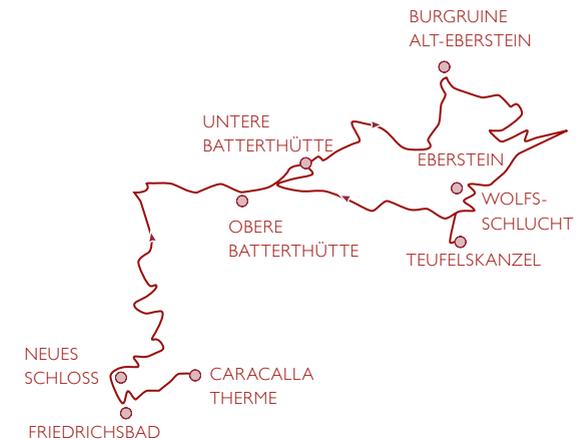
# HARD

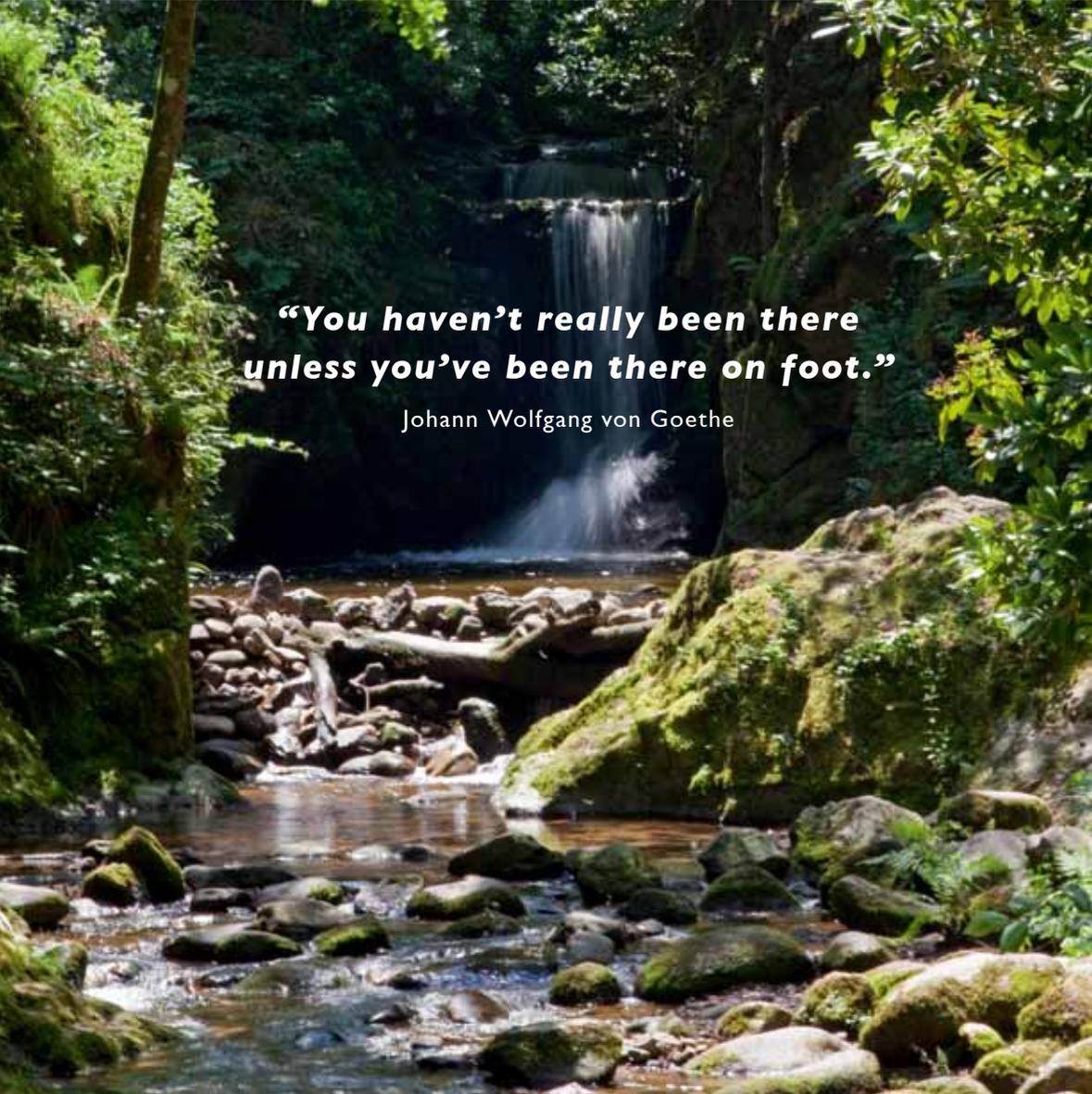
## THE CHALLENGE

16 KM / 4 HOURS / FOREST TRACKS,  
SOME TARMAC LANES

This tour begins at the ‚Friedrichsbad‘ baths with a flight of steps that take you up to the ‚New Castle‘, the official residence of the margraves of Baden from 1479 to 1918. Here, 140 steps higher, there is a wonderful view of Baden-Baden’s old town. The route continues along the same path towards the ‚Hohenbaden‘ Castle ruins, also known as the ‚Old Castle‘, and through the former National Garden Show site on the slopes of the ‚Florentinerberg‘. 2.000 metres beneath this hill are Baden-Baden’s thermal springs. Taking the ‚Strohhüttenweg‘ path through the wood, the 330-metre high ‚Sophienruhe‘ vantage point is soon reached. The ‚Eberbrunnenweg‘ path is then followed to the ‚Bernhardus‘ chapel which is only a few steps from the ‚Old Castle‘. The path continues further to the ‚Battert‘ outcrop, a nature conservation area and popular with rock climbers where you will have the choice of two paths. The upper path is for sure-footed hikers and passes three excellent vantage points (‚Ritterplatte‘, ‚Obere Batterthütte‘ and ‚Felsenbrücke‘) while the second and lower path offers impressive views of the rock turrets that tower up to 50 metres high. The two paths meet again

at the ‚Untere Batterthütte‘ mountain hut and lead to the ruins of ‚Eberstein‘ Castle via the ‚Franzosenweg‘ path. The hike then continues towards the ‚Lukashütte‘ vantage point where at a path junction the middle trail is taken leading you through the ‚Wolfsschlucht‘ gorge to the ‚Teufelskanzel‘ vantage point with its fantastic views. From here the ‚Furtwänglerweg‘ path is taken and after negotiating two steep climbs you will find yourself back at the ‚Untere Batterthütte‘ hut. All that is left to retrace your earlier steps back to Baden-Baden. Afterwards pure relaxation is offered in our Beauty Spa with saunarium spa or a vitalizing massage.





***“You haven’t really been there  
unless you’ve been there on foot.”***

Johann Wolfgang von Goethe

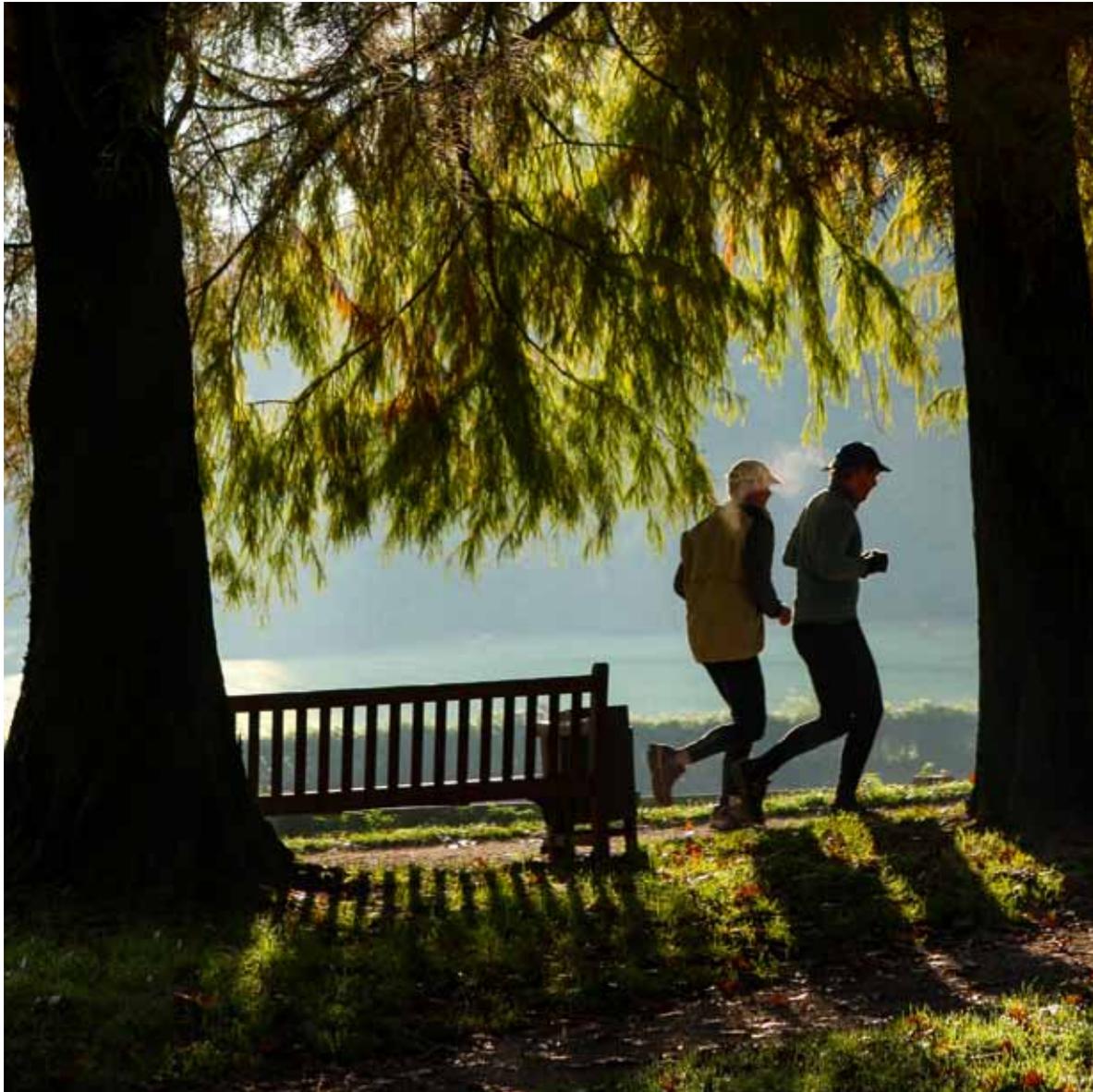
## **RIVERBED RAMBLE – AN ALTERNATIVE TO HIKING DURATION 3-4 HOURS**

Seek out the best route along the fascinating Murg riverbed with a hop, skip and a jump. Lasting impressions guaranteed!

We will gladly organise a guided tour for you including transfer.

Further information on booking is available at the spa reception.

Telephone: +49 (0)7221 900 602.



**RUNNING**  
**ALLEE: 3.4 KM –**  
**EXTRA ROUND: 1.8 KM**

Whether at a walking or jogging pace, the famous Lichtentaler Allee does wonders for your heart and soul. The basic route begins at Brenners Park-Hotel & Spa and takes you along the Lichtentaler Allee, past the Gonneranlage rose garden and the dahlia garden to the Klosterwiese meadow. The magnificent mature trees and the many decorative bridges over the romantic River Oos will charm and delight.



**ALLEE: 3.4 KM –**  
**EXTRA RUNDE 1.8 KM**



**THE CHALLENGE**  
**14 KM**





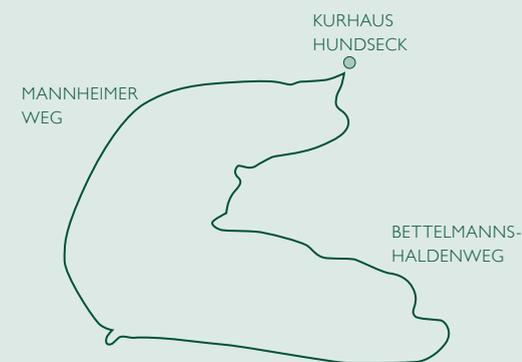
## CROSS-COUNTRY SKIING

In winter, you can also top up your energy reserves outside in the fresh air – on three cross-country skiing routes, for instance, close to Baden-Baden. Experience nature on the high altitude skiing trails while surrounded by a beautiful mountain wilderness.



## BETTELMANNSWEGLOIPE

6.5 KM



## GAISKOPFSPURLOIPE 8.5 KM

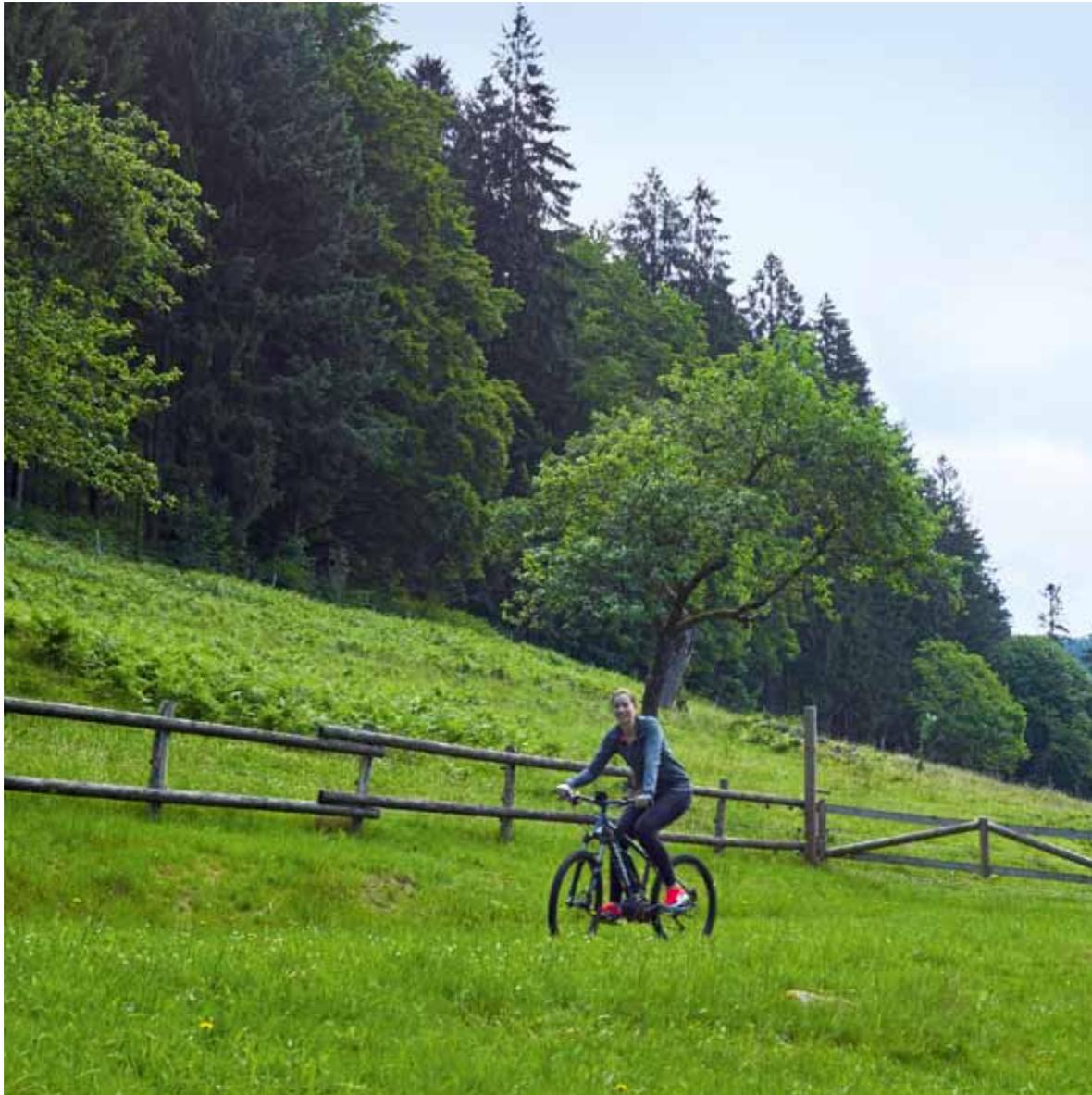
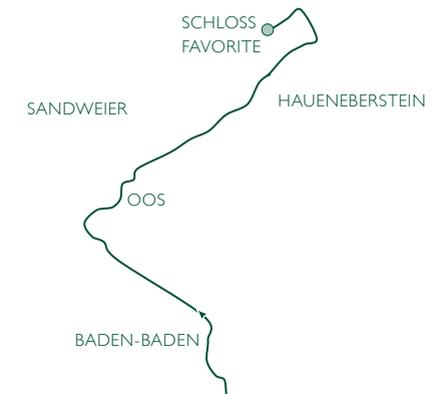


# EASY

## EASY-BIKING

20 KM / 1.5-2 HOURS /  
90% TARMAC CYCLE PATHS

This tour is ideal for those who treasure the good things in life and enjoy going on leisurely outings by bicycle. It lasts only around 1.5 to 2 hours and begins by riding along Baden-Baden's famous ‚Lichtentaler Allee‘. The laying down of the parks and gardens of the ‚Lichtentaler Allee‘ beside the River Oos began in 1655 by Moritz von Lassolay, the chamberlain of „Türkenlouis“, Baden's most famous margrave. Following the River Oos downstream along the idyllic river bank, you will pass by the Museum Frieder Burda, the ‚Kunsthalle‘ art gallery, the LA8 arts centre and the world famous theatre located in the square at ‚Goetheplatz‘. From the district of Baden-Oos the tour takes you to the village of Haueneberstein and on to the palace of ‚Schloss Favorite‘, the baroque-styled summer residence of Margravine Sibylla Augusta, built in 1710. After a short break you will then make your way back to Brenners Park-Hotel & Spa.



# MITTEL

## FUN-BIKING

20 KM / 2-3 HOURS /  
OVER ‚HILL AND DALE‘

On this medium classified tour you will cover an altitude difference of 450 metres and will visit the finest vantage points that the northern Black Forest has to offer. The tour begins with a sedate ride along one of Germany's prettiest avenues – the ‚Lichtentaler Allee‘ – to the village of ‚Lichtental‘. From here the route starts to climb into the Black Forest following the ‚Gunzenbach‘ valley to the ‚Leisbergstraße‘. Once the B 500 main road has been crossed, a picturesque forest trail will lead you to the renowned ‚Geroldsau‘ waterfalls. Following a short stop, you will continue on to the ‚Bütthof‘ woodland inn for a much-deserved rest after a somewhat strenuous climb. The last stage of this tour heads towards the ‚Steinberg‘ peak along the romantic

banks of the ‚Grobbach‘ brook to the idyllic ‚Übelsbach‘ valley. You will then pass through the village of Geroldsau and the famous 13th century ‚Lichtenthal Abbey‘ before returning to Brenners Park-Hotel & Spa via the ‚Lichtentaler Allee‘.



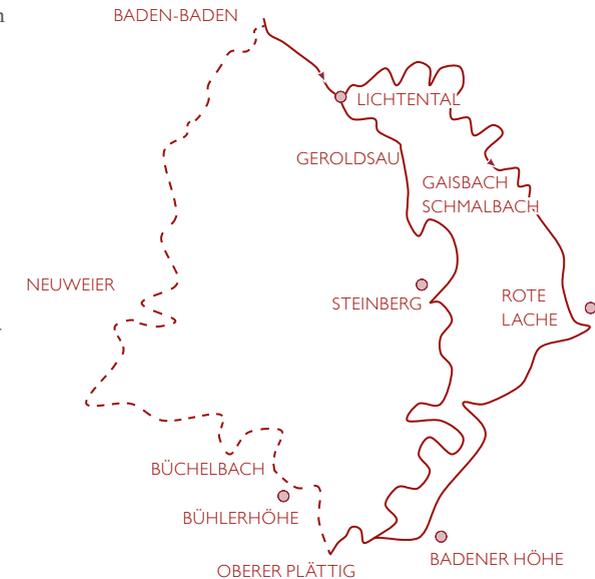
BADEN-BADEN



# SCHWIER

## THE 'TORTURE' TRAIL 40 KM / 4.5 HOURS / DIFFICULT TERRAIN

This tour will take you to the region's most picturesque peaks towering up to 1.000 metres above sea level. The start is a leisurely one with a ride through the scenic parkland of the 'Lichtentaler Allee' to the 'Brahmsplatz' square. From here on it's Black Forest country! Climbing constantly along the 'Haimbach' valley and past the 'Schafberg' estate, you will be lead along the 'Müllensbildweg' trail up to the 'Nachtigall', the mountain pass between Baden-Baden and Gernsbach, which featured on the route of the 2006 Tour de France. After a short stop, it's up to the idyllically set 800-metre-high 'Harzbrunnen' mountain spring. From here you will begin your ascent of the region's highest mountain, the 'Badener Höhe' where wonderful views can be enjoyed of the Rhine valley and distant Strasbourg. There are two options for the return leg of the tour: either you pass the 'Mittelfeldhütte' hut into the 'Harzbach' valley and through Geroldsau, or you can cross to the 'Bühlerhöhe' peak and return to Brenners Park-Hotel & Spa via the 'Zimmerplatz' crossing and the 'Gunzenbach' valley.





## CLIMBING

In the Battert nature conservation area a breath-taking rock formation awaits you. There you have all the time in the world to savour the natural surrounds and a panoramic view over Baden-Baden. Whether as a hiker, walker or climber, a newbie or an old hand, here there's a route to tempt everyone.

### FOR BEGINNERS

Badener Wand → Steig zur Villa → 2

Far from the hubbub of the town you will find the Badener Wand climbing route. It's the perfect training ground for all adventurers and explorers wishing to try something new.

From the Unterer Felsenweg path follow the steps to the very top. Shortly after, a path breaks away that leads to the top of the crag above the exit of the Hängende Wände route. Then take the narrow path west of the crag and descend to the starting point. Leave the way you came.

### FOR ADVANCED

Badener Wand (*middle of southern face*)  
Marterkamin → 5

With its 80-metre width and approximate 60-metre height, the isolated Badener Wand and its scree slope reaching down to the Unterer Felsenweg path is one of the most extraordinary crags in the Battert formation. The crag is home to some of the climbing area's classic routes: the Kuhweg over the right ridge, the outstanding Marterkamin and the Engländertürmchen ascent were all well-known trails back at the beginning of the 20th Century.

### FOR EXPERTS

Predigtstuhl → Der Block (*Die 3 weißen aus Magnesia-land*) → 10

The most difficult route on the entire Battert (with sitting start 10/ 10+)

Silence is the norm on the top boulder of the Predigtstuhl. Climbing here is challenging and securing yourself is not always easy. The route takes you to the northern edge of the main peak.



## MEHLISKOPF CLIMBING PARK

*A range of challenges and fun for the whole family!*

Climb from tree to tree at heights of 3 to 14 metres above ground in seven separate courses all with varying levels of difficulty. This adventure playground with a water section, a tree house, a children's ropeway, a low ropes course and a tree root climbing area has something for everyone. You will receive a thorough briefing and a climbing kit with a harness and helmet. A steel guiding rope will accompany you all the way.

## BAD WEATHER ALTERNATIVE

The DAV Climbing Centre in Baden-Baden offers in its new, 200 square metres hall, a climbing area of 860 square metres. It features routes to suit all climbers with difficulty ratings ranging from 3 to 10. Of the 54 safety lines, 10 are top rope lines. A large overhanging tower in the middle of the hall is particularly demanding for the leading climber. On the reserve side of the tower there are two faces suitable for beginners and improving balancing techniques. Here there are no overhangs. The climbing walls feature warm colour designs and the floor is equipped with special safety flooring. Further information on booking a session is available at the Spa Reception, telephone +49 (0)7221 900 602.



# OUTDOOR

## ARCHERY

*Peace and quiet, concentration and finding your inner centre*

Bows and arrows have been used for at least 14,000 years. Now you have the chance to discover this sport for yourself! Make way for creativity with the aid of an experienced trainer.

## RAFTING

*Rafting down the Murg is just the thing for adventurers*

On the Murg you'll experience white water fun at its best. You will receive all the necessary equipment and a briefing from your experienced rafting guide. Rafting boots will be used to paddle along a 250-metre stretch of the Murg. Challenges along the way will include navigating a 'stopper' and a range of small rapids.

## PARAGLIDING

*Escape from daily life, take off and feel free*

Life's hectic routine vanishes into thin air when you paraglide from the 668-metre-high Merkur in Baden-Baden. Once airborne you will have a breath-taking view of the international spa town, the Upper Rhine Valley and the Vosges.

**We will gladly organise an excursion for you!**

Further information on booking is available at the spa reception.

Telephone: +49 (0)7221 900 602.



We would like to invite you to our spa to enjoy some well-deserved pampering. Savour **the view of the Lichtentaler Allee** and top up your energy levels with a delicious bowl of pasta or another light and freshly prepared dish from our **spa chefs**. Reap the benefits of a **relaxing sport massage** in our **Villa Stéphanie** or in the **crystal-clear pool**.

You are more than welcome to contact us at your convenience on +49 (0) 7221 900 890 or via e-mail to [concierge.brenners@oetkercollection.com](mailto:concierge.brenners@oetkercollection.com).

## PRICE OVERVIEW

### HIKING

- Hiking, including Nordic walking sticks

### BIKING

- High-class mountain bike & E-Bike helmet + water bottle + energy bar  
Euro 65,- per person and day  
Euro 35,- per person and for 4 hours
- Guided tour with personal trainer including helmet + water bottle + energy bar  
Euro 140,- per person per hour  
*(mountain bike or e-bike included)*
- Guided tour including transfer + water bottle + energy bar  
Euro 140,- per hour  
Euro 360,- per max. 4 hours  
Euro 100,- each additional hour  
Euro 600,- all day  
*(Mountainbike or E-Bike inkluded)*

### CROSS-COUNTRY SKIING

We will gladly organise the transfer for you.

### CLIMBING

We will gladly organise the transfer for you.

### RIVERBED RAMBLE

- Guided tour including transfer + water bottle + energy bar  
**on demand (maximum 4 persons)**  
*Please wear sturdy footwear.*



**BRENNERS PARK-HOTEL & SPA**  
BADEN-BADEN

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