



Culture and history in Lower Saxony - Experience, learn, be amazed

UNESCO World Heritage Sites, museums, events, customs and bizarre traditions - Lower Saxony has plenty to offer for a very varied holiday. In the state's many museums, visitors can learn all about the history of Lower Saxony and its people. Go on the trail of the Pied Piper, gain an insight into an East Frisian tea ceremony or explore art exhibitions and galleries.

The North Sea coast in Lower Saxony is part of the Wadden Sea UNESCO World Heritage Site. It offers a habitat for more than 10,000 species of animal and plant, so there is plenty to discover - on a guided walk or in one of Wadden Sea's visitor centres.

The Fagus Factory in Alfeld, St Mary's Cathedral and St Michael's Church in Hildesheim, the Historic Old Town and Mines of Rammelsberg in Goslar and the Upper Harz Water Management System are all among Lower Saxony's UNESCO World Heritage Sites.



towns offer concentrated health expertise and outstanding spa and wellness services.

But Lower Saxony offers more than just varied natural landscapes - our towns are also rich in services and attractions. Historic half-timbered towns like Celle, Hamelin and Goslar, and medieval towns like Lüneburg and Brunswick, stand shoulder to shoulder with modern cities and attractive trade fair locations like Hannover, Wolfsburg and Osnabrück.

For families, Lower Saxony is a holiday destination that offers a huge range of services for young and old - from sleeping in hay to building sandcastles on the beach or a trip to one of the state's many leisure parks and zoos.

Quality is a top priority here. Our "KinderFerienLand" quality seal guarantees family-friendly holiday fun, "Travel for all" accessible services, and the "Q" of the "ServiceQualität Deutschland" initiative with outstanding service.

Gain an overview and find lots of suggestions for your next trip to Lower Saxony!

Available online at all times at
www.niedersachsen-tourism.com

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Welcome to the holiday destination Lower Saxony!

From the sea to the mountains, Lower Saxony's holiday regions offer more variety in a small area than almost anywhere else in Europe. Northern Germany's largest state stretches from the flat North Sea coast with its unmistakable seven East Frisian Islands and the Wadden Sea UNESCO World Heritage Site, across moors and heathland, to the hilly Weserbergland region and the Harz low mountain range in the south of the state. This huge variety makes Lower Saxony an attractive holiday destination for young and old holidaymakers alike.

There are many ways to experience the natural landscapes of Lower Saxony up close: On one's own or a rented bicycle, in hiking boots or in a canoe. On our cycling, hiking and water tours, everyone can go at their own speed.

And those who prefer to relax and take it easy will find what they need in Lower Saxony, too: more than 100 state-recognised spa and healing



Towns in Lower Saxony - As varied as the landscape

A city trip in Lower Saxony means sightseeing, shopping, indulgence and excitement. Every town in Lower Saxony is individual with its own charm. On a tour of discovery through Lower Saxony's towns, you can discover designer outlets and unique boutiques in the city centres or visit numerous sights and museums.

Lower Saxony also has plenty of great events to offer, including the International Firework Competition at the Royal Gardens of Herrenhausen, the Handel Festival in Göttingen, and Movimentos in Wolfsburg's Autostadt.

And there is plenty for gourmets, too: from outstanding Michelin-starred meals to typical regional specialties in cosy pubs; they will have plenty on their plates.



Fit and healthy in Lower Saxony - Relaxed and revitalised

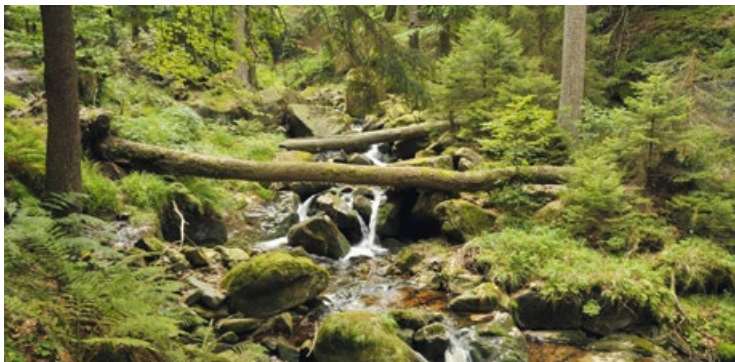
A health and wellness holiday in Lower Saxony will leave you feeling well-balanced, absolutely relaxed and full of energy.

Get healthy and active, for example with Nordic walking, cycling or hiking in the fresh air. Or pamper yourself with a soothing massage and relaxing aroma bath. Natural healing substances like moor mud and brine bring balance back to your body, while Kneipp water treatments strengthen the immune system. With sea salt, seaweed and mud from the Wadden Sea UNESCO World Heritage Site, you can enjoy a real Thalasso treatment in Europe's first certified Thalasso region, Lower Saxony's North Sea coast. The spa and relaxation towns in Lower Saxony have the ideal services for every individual and their health needs.



Lower Saxony from the water - A great perspective

Lower Saxony offers the ideal conditions for holidays and trips on and near the water. With its long coastline and the East Frisian Islands, the North Sea is worth a visit any time of year. The state's inland waterways - the longest network in Germany at 6,500 km - are ideal for exploring by canoe, for example. Most of the 21 canoeing routes are suitable for beginners and families, and are ideal for one-day or longer tours. Nature always provides the ideal backdrop: swans, fish, dragonflies or animals on the river bank. Look forward to a change of perspective and enjoy Lower Saxony from the water.



Lower Saxony's natural landscapes - From the mountains to the sea

It is the variety that makes Lower Saxony so special: from the Wadden Sea UNESCO World Heritage Site to mystical moors, ancient woodland and heath landscapes full of flowers. Two national parks, two UNESCO biosphere reserves, 15 nature parks and two UNESCO geoparks offer relaxation, activity and adventure for all the family.

And the variety of Lower Saxony is also reflected in its animals. Lynx hide in the thick woodland, migratory birds such as cranes gather to build up their strength for their journey south, sheep graze the heathland and busy beavers are reclaiming their habitat on the many waterways.

In Lower Saxony, you will find pure, untouched nature that we want to maintain for future generations. That is why we have such a focus on sustainability. The many local information centres provide useful facts on nature protection, climate change and living together in an environmentally-aware way.



Cycling in Lower Saxony - All the most beautiful routes

Lower Saxony has the perfect cycle route for everyone: Discover varied river landscapes and historic towns on the Elberadweg and Weser-Radweg, or cycle along a dyke past lighthouses and herds of sheep on the Nordseeküsten-Radweg, with its views of the Wadden Sea UNESCO World Heritage Site.

The Lüneburg Heath, Ammerland and Osnabrücker Land are all ideal backdrops for day-long cycles. The routes at Volksbank Arena Harz and the Solling-Vogler mountain bike region will get mountain bikers' adrenaline pumping. Our routes are outstanding - and the German Cyclist's Association (ADFC) agrees, having named the Tour de Fries, the Teuto-Ems border route and the Vechtelroute ADFC-Quality Cycle Routes.

You can plan your very own cycle tour using the route planner at www.niedersachsen-radrouenplaner.de. You will also find lots of useful tips on sights and experiences along the way.

Hiking in Lower Saxony - For discoverers and gourmets

Whichever route you choose, the journey is the destination. Breathe in the fresh air, enjoy the peace and quiet, see interesting things along the way: on foot, you can experience the great outdoors in Lower Saxony intensely and recharge your batteries.

Circular hiking routes such as Nordpfade can be done in a day. The almost totally flat routes make them a relaxed option for all the family. Longer and more challenging routes can be found in the Weserbergland region or in the heights of the Harz, where the climb is rewarded with stunning panoramic views. Lace up your hiking boots and discover the fun of hiking in Lower Saxony in all its guises.



Family vacation in Lower Saxony - Boredom stays at home

Building sandcastles on the North Sea coast, cycling as a family through the Lüneburg Heath, a holiday on a farm or a trip of one of the state's many leisure parks and zoos - Lower Saxony has plenty to discover and enjoy for young and old. We have developed the "KinderFerienLand" certification to help you choose among the many activities on offer. Certified businesses make Lower Saxony the ideal holiday destination for families, offering a great deal of individuality and good service. When you see a business with the "KinderFerienLand" logo, you can be sure that the entire family is welcome!

Award-winning -
Quality in Lower Saxony



ServiceQualität Deutschland
in Lower Saxony

Customer satisfaction and the quality and transparency of the services on offer are the key focus and are constantly being optimised. The quality seal gives you certainty that you will receive a great deal of attention and good service.



KinderFerienLand Lower Saxony

The KinderFerienLand Lower Saxony logo is given to businesses that tailor their services especially to families with children and put their youngest visitors in the spotlight. The certification helps you to plan your holiday.



Travel for all - in Lower Saxony

With the uniform Germany-wide labelling and certification system "Travel for all", we offer you reliable and detailed information on the topic of accessibility. Look for the "Travel for all" logo shown here as a mark of certified accessibility.

How to get to Lower Saxony

By plane: The central arrival and departure point for those travelling by plane is Hannover Langenhagen Airport (HAJ) just outside the gates of the state capital of Hannover. www.hannover-airport.de

By car: Lower Saxony boasts good infrastructure. In particular the motorways A7 (running North-South), A2 (running East-West) and A1 (running Northeast-Northwest) provide fast connections.

By train: Travel by public transport to Lower Saxony. The majority of cities in Lower Saxony are connected to the ICE network of Deutsche Bahn.

For more information visit our website www.niedersachsen-tourism.com

Stories from the road

At www.myLowerSaxony.com, our guests tell us all about their experiences in holiday destination Lower Saxony. Take a look!

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