

Holidays in Niedersachsen

Discover Lower Saxony



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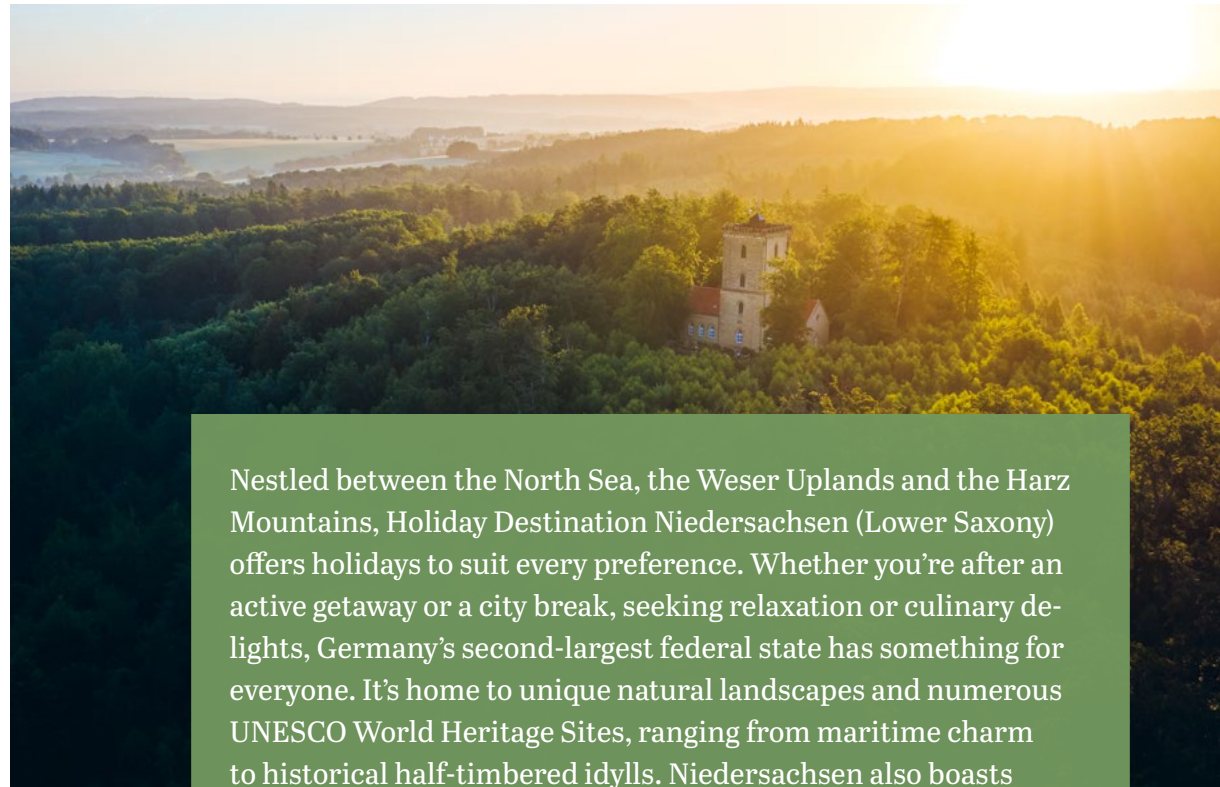


QR codes in this brochure

The QR codes provide instant access to further information. Simply scan the QR codes with your smartphone.



Welcome to the land of wide open spaces!



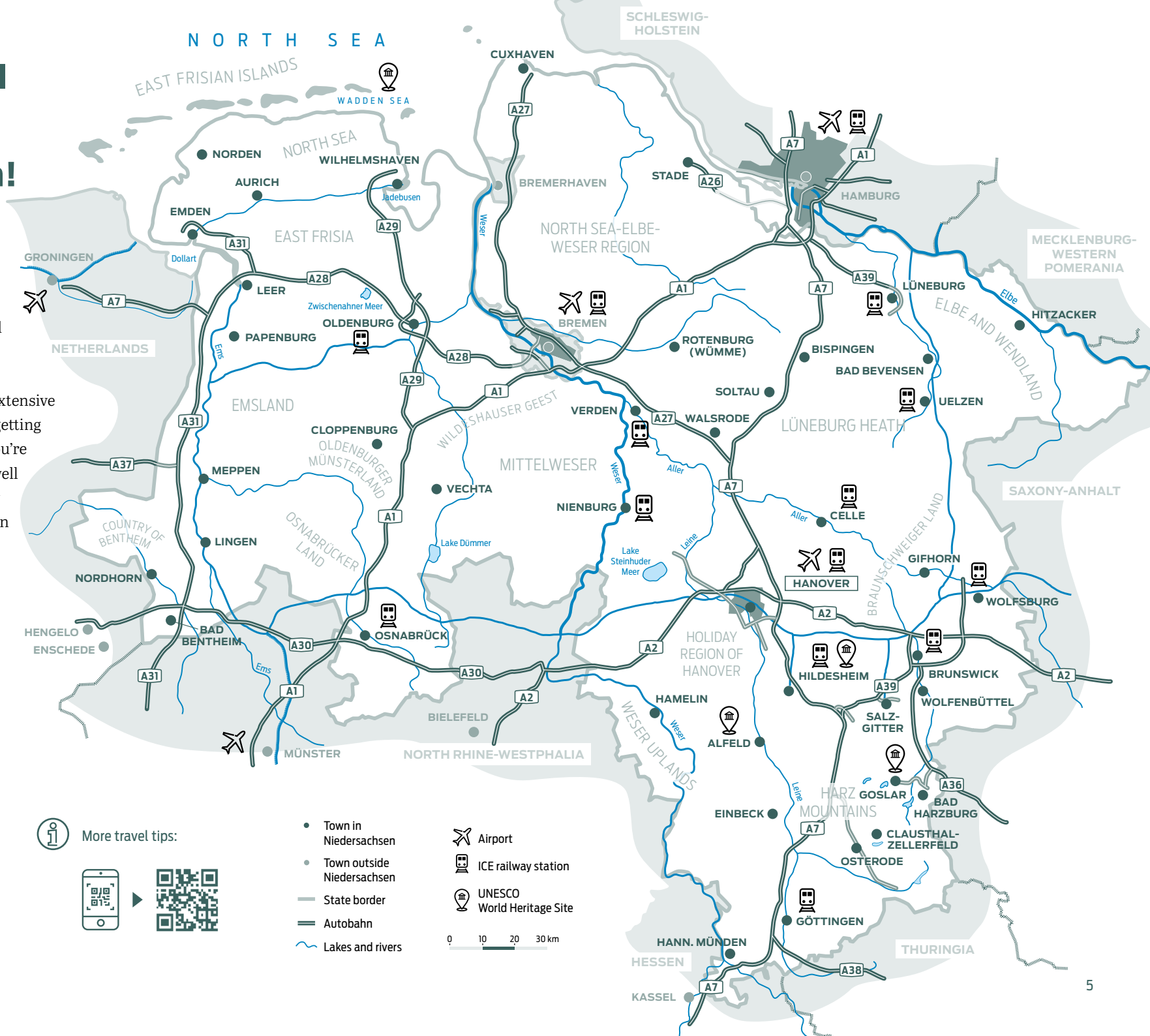
Nestled between the North Sea, the Weser Uplands and the Harz Mountains, Holiday Destination Niedersachsen (Lower Saxony) offers holidays to suit every preference. Whether you're after an active getaway or a city break, seeking relaxation or culinary delights, Germany's second-largest federal state has something for everyone. It's home to unique natural landscapes and numerous UNESCO World Heritage Sites, ranging from maritime charm to historical half-timbered idylls. Niedersachsen also boasts outstanding restaurants and truly special places to stay.

Find inspiration and ideas in this brochure for your next holiday in Germany's most beautiful region. Enjoy reading – and happy planning!

Discover Niedersachsen!

Germany's second-largest federal state combines vibrant cities with breathtaking landscapes – from numerous lakes and rivers to the North Sea, low mountain ranges and so much more.

A well-developed rail network and extensive long-distance coach services make getting here both easy and sustainable. If you're travelling by car, Niedersachsen is well connected to the German motorway network and those arriving by air can fly into Hanover or Hamburg from all directions.



More travel tips:



- Town in Niedersachsen
- Town outside Niedersachsen
- State border
- Autobahn
- ~ Lakes and rivers
- ✈ Airport
- 🚆 ICE railway station
- 🏛 UNESCO World Heritage Site



Your holiday destination Niedersachsen at a glance

What do you know about Niedersachsen? Discover exciting facts and curiosities about this unique holiday destination.



since
1529

The Hanover Marksmen Festival is the largest marksmen festival in the world, with a tradition stretching back nearly half a millennium. The highlight of the festival is the parade – almost 10,000 participants make it the longest in the world.

20 million
fruit trees
grow in the
Altes Land
region



This makes the area around Stade the largest contiguous fruit-growing region in Northern Europe. **Discover more on page 18**

799
nature reserves



Experience nature at its finest – with 14 nature parks, 2 national parks, 3 biosphere reserves and countless other nature reserves!



4x

UNESCO World Heritage Sites

UNESCO World Heritage highlights await you in Goslar, Hildesheim, Alfeld and along the North Sea coast. **Discover more on page 14**

11,000

kilometres of long-distance cycle routes
That's more than three times the length of the Tour de France! Whether you're into trekking, road cycling or mountain biking, there's something here for every type of cyclist. **Discover more on page 10**



65

metres tall, the
impressive Harz
Tower stands out

A visitor magnet featuring a 360° panoramic viewing platform, skywalk and adventure slide.

Around **300**
litres per person



The East Frisians are world champions when it comes to tea. Be sure to try the traditional East Frisian tea with 'Kluntje' (rock sugar) and 'Wulkje' (cream) – it's absolutely divine! **Discover more on page 18**

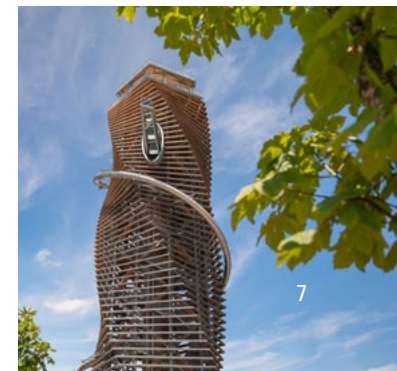
110
km/h



Nowhere else in Europe will you find so many theme parks so close together as at Lüneburg Heath.

A standout attraction: the 'Colossos', Germany's tallest and fastest wooden rollercoaster.

Discover more on page 17



Cycling, walking, paddling Active on the move

From vibrant cities to wide-open countryside, and from jagged peaks to flat coastlines – when it comes to varied active holidays, Niedersachsen is your number one holiday destination.

Discover new paths Soak up the views

Step by step, pedal by pedal, or gently gliding across the water – Niedersachsen offers a wealth of ways to get active. Known for its wide-open spaces, the region treats visitors to an impressive variety of experiences across all its travel destinations.



Explore its diverse landscapes along well-maintained, popular cycle routes as you journey from one place to the next. Niedersachsen's walking regions are a dream for enthusiastic ramblers, with everything from easy routes for beginners to challenging trails – they're perfect for unwinding and discovering untouched natural beauty, such as in the state's many nature parks. Fancy trying something new? Explore Niedersachsen from a different perspective: hop into a canoe or onto a stand-up paddleboard and let the rivers carry you along. With such a wide range of options, every active holidaymaker is sure to find the perfect escape.

Good times on two wheels Cycling adventures

Niedersachsen officially ranks among the top three most popular federal states in Germany for cycling holidays – and for good reason. High-quality routes, clear sign-posting and bike-friendly accommodation make for an excellent cycling experience. With over 11,000 kilometres of long-distance cycle routes, leisure cyclists and touring enthusiasts alike will find plenty to enjoy. The Harz Mountains are a top destination for mountain bikers, while road cycling fans will feel at home in the Rotenburg (Wümme) region and the Cuxland.



There are countless scenic routes along the water that are ideal for both day trips and multi-day tours. The Niedersachsen section of the North Sea Coast Cycle Route (Nordseeküsten-Radweg), for instance, takes you past some of the prettiest coastal towns. Just outside Hamburg, the Altes Land region is home to a real insider tip – the Fruit Route (Obst-route) – which also connects to the well-known Elbe Cycle Route (Elberadweg). Alternatively, cycle through charming half-timbered towns and discover fascinating insights into German history along the way. Cycling tourism is also a key focus in East Frisia, the Osnabrücker Land region and the County of Bentheim – all varied landscapes that are perfect for exploring by bike from spring through to autumn.

Tip: Germany's most popular cycle route

The Weser Cycle Route (Weser-Radweg) takes you on a multi-day journey along the Weser river, cutting right through Niedersachsen. Over the course of 520 kilometres, you'll encounter a wide variety of natural landscapes and charming half-timbered towns.



Jagged peaks & wide open plains Walking adventures

Countless trails through Niedersachsen's natural landscapes are waiting to be discovered. In the Harz Mountains Nature and National Park, you can choose between short, easy single-day walks and more challenging multi-day routes such as the Harz Witches' Trail (Harzer-Hexen-Stieg). With a bit of luck, you might even spot a lynx along the way. In the Weser Uplands, the multi-day Weser Uplands Route (Weserbergland-Weg) leads you past historic castles, while in the TERRA.vita UNESCO Global Geopark in the Osnabrücker Land, you can trace the footprints of Earth's geological history. But flat terrain can be just as rewarding: the Heidschnuckenweg trail across Lüneburg Heath is a real highlight, especially when the heath is in bloom. For those who prefer single-day walks, the Nordpfade walking region near Rotenburg (Wümme) is an excellent choice. No matter which region you choose, the stunning views and fresh forest or mountain air are sure to leave you invigorated!



Full steam ahead Adventures on the water

A canoeing holiday is always a great choice. Across 22 rivers and streams of all sizes, you can set off on tours by Canadian canoe or kayak. Get up close to flora and fauna that often goes unnoticed on land – especially in the nature reserves along the Elbe river. The Weser, Ems and Oker rivers also offer fantastic routes, ideal for both beginners and more experienced paddlers.





Cultural highlights and half-timbered gems

Follow in the footsteps of history across Niedersachsen and discover captivating places where you can create your own story. From UNESCO World Heritage Sites and grand palaces to fascinating cities – the region is unmissable for all culture lovers.

A journey through time

Ancient stone walls, magnificent estates and stunning banqueting halls – the castles and palaces in Niedersachsen stand as witnesses to a rich and varied past, offering visitors a glimpse into more opulent times. Highlights include Bückeburg Palace, Celle Palace and Herrenhausen Palace in Hanover – the summer residence of the Royal House of Hanover, surrounded by the world-famous Royal Gardens of Herrenhausen. The Weser Uplands, meanwhile, are renowned for their many castles and castle ruins, often perched high above the Weser river with breathtaking views.



Vibrant cities

Attractive towns like Hanover, Brunswick, Osnabrück and Göttingen are well worth a visit. Charming Hanseatic towns with striking half-timbered architecture, such as Lüneburg and Stade, are also not to be missed. If you're keen on half-timbered architecture, be sure to visit Hamelin – where you can also learn more about the legendary Pied Piper who once caused mischief here. With picturesque towns large and small, Niedersachsen pulsates with culture – from a packed calendar of events and a wealth of museums to theatres and historic town centres filled with delightful independent shops.



UNESCO World Heritage Site Impressive cultural monuments

The Holiday Destination Niedersachsen is home to several UNESCO World Heritage Sites in the cities of Hildesheim, Goslar and Alfeld – perfect for a short trip. Others are set in Niedersachsen’s natural landscapes, such as the Harz Mountains holiday region and the North Sea coast, where the Wadden Sea has also been designated a UNESCO World Natural Heritage Site.

Particularly worth seeing Treasures of Hildesheim

In 1985, two churches in Hildesheim – along with their remarkable works of art – were added to the UNESCO World Heritage List: St Mary’s Cathedral, with its impressive bronze castings and cathedral museum full of ecclesiastical treasures, and St Michael’s Church, one of the finest examples of early Romanesque architecture in Germany. Both are outstanding examples of church architecture and well worth a visit.



More information
about the UNESCO World
Heritage Sites:



History brought to life in and around Goslar

The region around Goslar in the Harz Mountains boasts no fewer than three UNESCO World Heritage Sites. Goslar’s old town centre is particularly striking, with over 1,500 half-timbered houses.

A stroll through its historical streets pairs perfectly with a visit to the Rammelsberg Mines. Decommissioned in 1988, it is now a museum and visitor mine – one of Europe’s most significant industrial heritage sites – offering fascinating insights into the mining history of the Harz Mountains region. Also linked to mining is the Upper Harz Water Management System. Dating back to the Middle Ages and used well into the industrial era, it was once the only energy source for mining in the Upper Harz and was a trailblazer across Europe. The network of channels and ditches is best explored on foot. These three UNESCO designations around Goslar make the region’s mining heritage and town history some of the most valuable cultural landmarks in Germany.



A living monument Fagus Factory in Alfeld

Designed in 1911 by Bauhaus founder and architect Walter Gropius, the Fagus Factory is recognised worldwide as the birthplace of modernist architecture and a model for the Bauhaus style.

Its unique glass and steel construction gives the building a striking sense of light elegance – exceptional for a factory then and even today. Shoe lasts are still produced here. Tip: Don’t miss the extensive exhibition on site and be sure to join a guided tour of the factory.



Escape the everyday, and dive into adventure!

Family holidays in Niedersachsen are always a great idea! After all, the region is every bit as diverse, colourful and full of life as families themselves. Find inspiration for your next action-packed break.

Endless choice for all ages

A holiday in Niedersachsen can be as full of action and excitement as you like – whether the kids want to burn off energy in a theme park or you're after a more unique family adventure. You have plenty of options: many family-friendly attractions are located close to each other, so it's easy to visit several places in one trip – especially in regions like Emsland, Lüneburg Heath or the Mittelweser.

Higher, faster, further

Soar to new heights on Germany's fastest and tallest wooden rollercoaster – just one of the thrills awaiting at Heide Park Resort in Soltau. Prefer to stay on solid ground? Try something different: how about an alpaca walk? They're offered in many places across Niedersachsen and are sure to be a holiday highlight. Or how about monster scooter riding in the Harz Mountains? With thick tyres and rugged trails, it's a downhill adventure the whole family will love – pure adrenaline!



From watersports to wildlife

Whether you're staying on the heath or beside one of the many lakes, you'll find the perfect family base in Niedersachsen. Combined with exciting excursions in the surrounding area, holiday parks such as Center Parcs offer a wide range of activities for all ages. Fancy a stay on a farm? Many farms in Niedersachsen offer fantastic family experiences. For something truly unforgettable, head to Serengeti Park. Go on safari by day and sleep in a lodge or camper with views of wild animals by night.

Award-winning fun

With around 350 certified 'Kinderferienland' (child-friendly) establishments – including hotels, museums and theme parks – plus eight official Kinderferienland destinations, Niedersachsen is a top choice for family getaways. Just look for the Kinderferienland logo – a quality seal for particularly family-friendly accommodation and attractions in Niedersachsen.



Time for treats

Culinary highlights

Just as diverse as the landscapes of Niedersachsen are the culinary specialities and traditions across its regions. Each season brings something new to discover: in spring you'll find the region's renowned asparagus, in summer delicious fruit from the Altes Land and in the colder months, the culinary star – kale. One thing is certain: there's always something to savour in Niedersachsen!

Regional delights

Fresh produce from Niedersachsen tastes best where it's grown – right in the heart of your holiday region. Why not visit a local weekly market, treat yourself to a fish roll by the sea or enjoy roast Heidschnucke (gamey-flavoured roast mutton from heathland-reared sheep) in a traditional inn on Lüneburg Heath? In autumn, visitors flock to the Altes Land on the banks of the Elbe river, which becomes a true apple paradise. And in winter, don't pass up kale – it's traditionally served with bacon and Pinkel sausage, or given a modern twist.

Flavourful traditions

Food and drink are important parts of the cultural heritage in Niedersachsen: from East Frisia's tea traditions in the north to the world-famous Jägermeister herbal liqueur from Wolfenbüttel and a strong local beer culture, the region has much to offer. Many small, independent breweries offer fantastic tours with tastings.



Discover the passion behind the products and specialities made in Niedersachsen.

You'll find more information online:



Tip: White gold

In spring, the area around Nienburg draws visitors with its delicious, locally grown asparagus. Whether served in a risotto or in the classic style with potatoes and schnitzel, asparagus is always a delight.



Feel the space, enjoy the freedom

A countryside getaway is easy in Niedersachsen. Between the Harz Mountains and the North Sea, there's an endless variety of landscapes and unique places to stay – all waiting to be discovered.

New perspectives

Niedersachsen's natural surroundings offer countless ways to explore and enjoy the countryside. For instance, there are three treetop trails: in Bad Harzburg in the Harz Mountains, in Bad Iburg near Osnabrück and the Heide Himmel, located on the edge of Lüneburg Heath nature park. A walk among the treetops, high above the ground, is the perfect way to forget your worries and reconnect with nature. You'll also find great outdoor experiences in the region's 14 nature parks and two national parks. Here, you can discover protected landscapes on foot, by canoe or by bike. Why not set off on an exciting journey into the greenery?

Stay somewhere special

Sleep among the trees or by the sea, breathe in fresh woodland air and enjoy stunning views – all this is possible in the many unusual and even unique places to stay across Niedersachsen. Nestled in beautiful natural surroundings, these spots offer pure relaxation – whether it's a treehouse in the Harz Mountains, a beach basket bed on the North Sea coast or a half-timbered farmhouse in a peaceful rural setting. A major trend: tiny houses. These stylish retreats offer calm, privacy and simplicity without sacrificing comfort or convenience. Treat yourself to a break from everyday life – such as at the Land of



Green in Worpswede near Bremen. Niedersachsen is also the perfect destination for keen campers. Whether you prefer a tent, caravan or motorhome, top-quality campsites – many located by rivers or lakes – promise an unforgettable holiday.



Tip: Don't miss the heather blooming in late summer!

When the landscape around Bispingen and Soltau turns purple in August and September, it's the perfect time to visit the stunning heath region.



Holiday reading Read, dream, plan

Looking for more inspiration? Visit the Holiday Destination portal to order free brochures and maps in various languages or browse them online:

niedersachsen-tourism.com/brochures



Go straight to the brochure order page:



Holiday Destination Niedersachsen Online tips and inspiration

You'll find more information on the topics in this brochure – plus plenty of additional ideas – on the Holiday Destination web portal:

niedersachsen-tourism.com



Visit the website here:



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