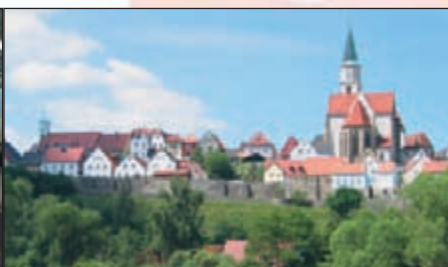




Grafenwoehr – the Garrison

Welcome to the U.S. Army
Garrison Grafenwoehr!



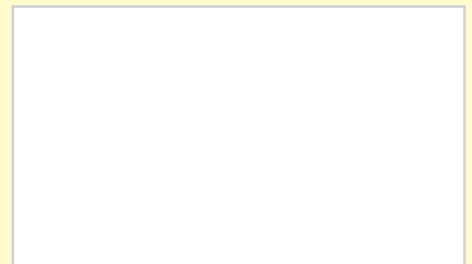
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Welcome

Welcome to the U.S. Army Garrison Grafenwoehr!

You are now living in one of the Army's best kept secrets. Not only will the U.S. military garrison offer you a great variety of quality programs and facilities, but also our local host nation communities will amaze you with great hospitality, lots of culture, traditions and rich history. Our friendly German neighbors will make it easy for you to enjoy Bavaria and the Oberpfalz region and I can assure you that this assignment will be one of the best in your military career.

Please take a moment to read this special publication, offered by our neighborhood German communities. The brochure will help you to find your way around this great region.

Again, please take advantage of the many, many programs and activities offered by our German friends. On behalf of the entire Grafenwoehr Garrison, I wish you, your family and friends a great stay in our area!

Colonel Brian T. Boyle
Commander, U.S. Army
Garrison Grafenwoehr





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Welcome to Grafenwöhr – your new home for the next time

Welcome to the Grafenwoehr area, in the heart of Bavaria. You, your family and relatives will live in a new, uncommon surrounding for the next months or years.

But a new place is not only strange, it is farmore an opportunity, given through your job, to experience new sites and people. It's up to you, how you will handle this unique opportunity. Take your chance, experience this wonderful surrounding and catch lots of never returning images.

We developed this brochure by collecting several topics, which we think are making sense for you and your relatives to explore

interesting places outside your military garrison and training area. We especially would like to show you, how people here live and how you can be a part of the "Oberpfalz " lifestyle, that's how this area of Bavaria is called.

There are lots of specialities to test, lots of landscapes to explore and lots of opportunities to actively participate in your free time with the people living around here.

And please remember: A famous American, served some time as a G.I. with the U.S. Army here in Grafenwöhr, where you are right now: Elvis Presley was 6 weeks stationed here.

We invite you to take the opportunity to explore landscape and people, when ever your job allows you freetime.

Action for the whole family:

Eating/meals:

Sausages: Germany and the Oberpfalz in special offer a rich variety of special sausages (here called "Wurst"). In contrary to the US. we have here sausages to warm up in hot water, sausages to grill, sausages for the pan and cold sausages, which are usually eaten on a slice of bread often with a little bit of butter on the breadslice. You sure know the grilled sausage, here called "Bratwurst". But



Military Display at the German-American Volksfest

Welcome to Grafenwöhr – your new home for the next time

there are different kinds like "Nürnberger", "Rote", "Thüringer" or "Weiße". Due to various receipts, they all taste very different and you have to try to find out, which of them you prefer. And of course, the warmed up sausages are even as different as the grilled ones are: There are "Frankfurter", which you know from back home, but they taste often more spicy than you will expect. Taste the "Debreziner", which are spicy, and of course the most famous Bavarian speciality: the "Weisswurst".

This sausage, only made in Bavaria, is heated in hot water (not boiling, because otherwise it will burst) and eaten hot with a special mustard (Weisswurstsenf), which has a softly sweet taste. In Bavaria, this sausage is eaten before noon. Normally it's served with a beer speciality; the "Weissbier" (wheat beer). The Weisswurst is not eaten with the skin. The

Bavarian pulls off the skin, before he eats the meat or, which is the originated way to eat the sausage, he sucks the meat out (in the Bavarian dialect it is called "auszuzzeln").

The variety of the cold sausages is endless. If you go to a local butcher or in a German supermarket or grocery store you will be blown away by the often more than 30 and more different kind of sausages. You will have to try to find out what the differences are between Salami, Bierwurst, Schinken . . .

Bread: No other country, worldwide has to offer more different kinds of bread than Germany. Every bakery offers at least 10 different kinds of bread as minimal standard. And every bread has its own recipe and its very special taste. This is totally different to the bread you know. They are delicious and most dark with a tasty crust.

The large variety is completed by the different types of buns and of course the pretzels (Bretzel, Brezn). You know them already, but they are originally from Bavaria.

Beverages: Among the various local mineral water sources in this region, and of course all kind of juices and wines, produced in Bavaria (Frankenweine), beer is a part of the Bavarian culture.

Countless local breweries offer a large variety of different kind of beers. The Weissbier (wheat beer), should be named first, because it's a Bavarian speciality. But all the other kind of beers like Kellerbier (cellar beer), Helles (bright beer), Lager and much more you will find here.

The difference between these types are difficult to explain, you need to experience the special taste. A very speciality of this region, the Oberpfalz, is the so called "Zoigl beer".

This is a beer, which is brewed for a fast use. It's not preserved and need to be consumed within not more than 2 weeks. Going with this, beers you will find, that they all have special forms for the glasses, you drink them from: The glass for the Weissbier you will only find in South Germany; this is a great souvenir.

But a "stein", a Krug like pottery, is a unique Krug, for all kind of beers – in the U.S. and here.

Culture:

Of course all the cultural places are worth visiting. But theater and the movies only make



Watertower and Forestry House in the Grafenwoehr Training Area (Bilder: Paula Guzman)

Welcome to Grafenwöhr – your new home for the next time



Soldiers at the Grafenwoehr Training Area

sense, if you speak at least some German. But watching the movies is fun anyhow – they are very different to the American movies. Visiting Operas are sure worth going to – they are mostly in Italian language and have living stories, performed by talented actors.

POIs in the surround of Grafenwöhr:

- Grafenwöhr
- Bauernmuseum Perschen
- Castle "Burg Wernberg"
- Rauer Kulm (this is a peak on a dry volcano, from which you have a great sight)
- Monastery "Kloster Speinshart"

Important Adresses:

- American-German KONTAKT Club
- The community website

■ Newspaper "Bavarian News"

■ Others

Sports:

General:

Especially during the summer time you have great opportunities in this area to chill out, swim and relax. And you can take anybody with you and spend the time together with your family and friends. This is also a good way to meet with the locals. Nearby, there are two lakes to go to: The Rußweiher and the Dießfurter See. A new beach area opens up at Pressath in 2008. Of course you can go to the many official pools. Here you can buy beverages and food and can use the 50 meters long swimming pools.

Wintersports:

Downhill skiing is not possible in the very close by area. But you may use the skiing slopes nearby. The villages of Kirchenthumbach and Küthschrain offer a pre-



"stein"



Welcome to Grafenwöhr – your new home for the next time

pared sloop. If there is any snow during winter time, you will find it here.

Cycling:

In Germany in general and of course in our area you will find a network of bicycle paths, which are predicted for cyclists. Often they will be parallel to the streets, but they also will guide you over streets, which are closed for normal traffic and only open for farmers.

There are special maps available for cycle tours. You will get them for free at the tourist information in Neustadt.

In these maps are advices for different tours to explore towns, villages and the great landscape. In Neustadt they also will give you advice, where to go to.

Jogging/Running:

The hilly area is just great for beginners and advanced good in shape runners. Forests, meadows, for groups or just alone for you, hilly or flat – in no time you guarantee will find "your" route.

Clubs:

Worth going to and becoming a member. These are the best opportunities to get in touch with the locals and becoming partners and friends. There is no other way to get in touch with other people that easy. Doing sports together : There are no language barriers, because you all share the same interests and hobbies. To find a club for your interest you might look here: In the town governments or their homepages ("www.name of town".de).

Sport events:

Family fitness day, annually in May (up to a half marathon run)

Other sports:

If you didn't find „your“ sports above, read on here. There are clubs for:

- Golf: the DLK Pressath, Golf Club Grafenwöhr
- Sailing:
- Baseball
- Football: Kümmersbruck
- Ice Hockey: Weiden

Culture in general:

Germany stands for culture like many other countries too. Of course, in the Oberpfalz region you will find a large variety of offers. In the "Bavarian News" you will find a monthly update of several events.



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Saturday
08:45 – 12:00

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But we would like to focus you on some very special things: The "Bayreuth Festspiele". Here, every year some of the famous operas from Wagner will be shown. The Wagner Festspiele are a world wide unique event, to which people from all over the world come to Bayreuth. In Grafenwöhr you will find the "Militär- und Kulturmuseum" (Military und Culture Museum) which shows the military history of the training area and Grafenwöhr. In Leuchtenberg every year you could attend the open air theater. Further informations at the Neuburg tourist information center.

Community installations:

Public transports:

You will find yourself well connected to other cities and regions, even if you don't want to use your car. Public transports are provided in all directions.

You might take the train from a nearby train

station (Bahnhof). Or you might use public bus transportation. Which drives regularly to most villages and cities.

Churches:

German services have a great difference to the services in American churches.

You may find them strange. Just make the experience by visiting a German church service, and pray together with German Christians, which are held normally on Sunday mornings. In Germany, and especially Bavaria, there are just two main confessions: the Lutheran Church and the Roman Catholic Church, to which the most Bavarians belong. Seldom you will find other Christian confessions like the Baptist Church or the Methodist Church. Normally beside every church, you will find a graveyard. Just take a walk through it, they are quite different from the graveyards you know. You seldom will find a Muslim Moschee.

Post:

Letters and packages from and into the USA will be sent the cheapest way by the military postal system. But if you like to send mail to German addresses, you might use the German post office. They are marked with a yellow sign „Post“.

Police:

Normally you don't need the German police. But in different cases you might need them anyway, e.g. if you get involved in a car accident with a German. In Grafenwöhr the police office is located at: The police officers all speak at least a minimum English and will help you gladly in all kinds of matters.

Authorities:

The Grafenwoehr garrison will give you advice for all kinds of things you have to arrange with German authorities. For example you need German license tags for your car. But if you rent a private apartment, you have to register with the local town hall. The town hall (Rathaus) is signed out and the people working there will assist you.

Recycling:

This is important, if you don't live in the garrison. In Germany the waste has to be separated in organic waste, paper, metal, glass and the unrecyclable waste. This waste will be collected at your house. All the rest has to be put in marked recycling containers.

Trips:

You should use your free time to make trips to learn more about Germany and the Germans. In Bavaria you will find the most



German and American children having fun at the German-American Volksfest

Welcome to Grafenwöhr – your new home for the next time



2d Stryker Cavalry Regiment arriving at Rose Barracks Vilseck

famous castle Neuschwanstein, the most popular fest, the Oktoberfest and one of the most best known cars, BMW. You might travel to Czech Republic, which is only 1 hour drive away.

Cars/traffic:

Driving a car and the traffic in Germany is very different to the traffic in the US. Of course you know, that there is mostly no speed limit on the German highways (Autobahn) which are marked with blue signs. Outside of villages you are allowed to drive up to 100 kilometers/hour (km/h). The normal streets are marked with yellow signs. Within the villages the top allowed speed is 50 km/h. You can experience to drive up to 200 km/h or faster with your car. Maybe you

rent a car to go that fast, it's all legal, but can be very dangerous. Please listen to your military advisors! Alcohol limit is 0,08 percent. Drugs are of course not permitted.

There will be a lot of more traffic than in the rural U.S.. The parking spaces are much smaller than you might be used to. Uncommon is the big amount of farmers with their vehicles on public streets.

The reason is, that in difference to the U.S., the homes of the farmers are not in the middle of their fields, but often up to 20 kilometers away. They have to go there on normal streets to do their job. Especially in spring and harvest time you have to be patient, if you are stuck behind a farmers tractor.

Shopping:

Depending, how much your dollar might buy Euros, the European currency, it might be cheaper to buy outside the garrison, despite that you can buy things which are not available on the Base. Beside the grocery stores, the bakeries and butchers you will find the PEZ (Pressather Einkaufs Zentrum) the Pressather shopping center in Pressath, a mall with many different shops. You might also shop in the old railway station (Alter Bahnhof) in Grafenwöhr. And a great souvenir might be found in the Nutcracker Factory (Nussknacker Fabrik) in Eschenbach.

Feasts/Events:

"You should party if the opportunity is there" (man soll die feste feiern wie sie fallen) is an

Welcome to Grafenwöhr – your new home for the next time

old common German saying. And there are really countless events to go to and have fun. "German convenience" (deutsche Gemütlichkeit) is guaranteed.

The American-German Volksfest: It's a home game for you. Traditions of both countries are united to a great party and specialities of both countries are offered.

In the beginning of the year is "Fasching". Similar to Halloween, people dress up and take part at celebrations. During summer are many bigger and smaller events, mostly with music, beverages and food. And as a Bavarian speciality the beergardens, (Biergärten) open up, beginning in spring. Special is, that in every garden is a section where to you might bring your own food and you have only to buy the drinks. An other event

is the "Kirchweih". To that event are offered special foods.

Souvenirs:

Of course, if you stay in "Cristal City" you might want to buy this here produced crystal. But this special wheat beer glasses might be even more interesting as the stein.

Special offers:

If you like this area and you or one of the persons who are thinking about making your own business, there is a helpfull adress: The "Gründerzentrum" and the region management will give you free advice.

Dining Out

If you go to a restaurant, already at the entrance is the first difference. You will mostly not be seated by the waiter, but can search

for a free table by your own. You are often welcomed to share a table with other people, but you have to ask first, if you may sit there. A further difference is, that you use during the meal both, fork and knife. Both hands will be placed on the table, you cut with your main hand and use the other hand for the fork. Tipping is ok, if service and food are ok. You may tip up to 10 %, if you're fully satisfied, otherwise you reduce the tip.

Important German words and phrases:

Beside the every German studies German in school at least for 5 years and understand What you are saying it's quite polite to use at least a small amount of words German

Grüß Gott

Common greeting – Hello

Auf Wiedersehen

Good bye

Danke

thank you

Bitte

You are welcome, but also please

Herr

Mister

Frau

Misses

Wo finde ich

where can I find ...

Können Sie mir sagen, wo ich ... finde

can you tell me where to find ...

Die Speisekarte bitte

the manue please

Wieviel kostet das

how much is that?

Die Rechnung bitte

the check please



Altstadtfest

Welcome to Grafenwöhr – your new home for the next time

Sprechen sie Englisch?

Do you speak english?

Mein Name ist ...

my name is ...

Small guide to german beer

Weißbier

(wheat beer) bavarian speciality, consumed out of special styled glasses

Helles

(plain beer) a hearty bright beer

Dunkles

(dark beer) a malty style beer

Pils

invented in Czechia, a herbes beer Lager

Zoigl beer

a speciality of the Oberpfalz region, a non Preserved beer



German-American Christmas Tree Lighting Ceremony

General: If you meet a person, also for the first time, it's polite to shake hands and introduce yourself.

History of the Grafenwöhr Training area:

This following parts are part of the booklet:

- "Truppenübungsplatz Grafenwöhr –
- Geschichte und Schicksal einer Landschaft"
- Grafenwöhr training area – History and fate of a landscape) by Martin Löckert ©

The area as a military occupied landscape is used more than 100 years. 1906 the bavarian 3rd army corps was stationed here for the atellery training. 9 villages had to be left with 240 inhabitants.

During the WW I the area was used as a camp for prisoners of war (POWs), up to 26000



Monte Kaolino sand hill in hirschau



Welcome to Grafenwöhr – your new home for the next time

Soldiers had to camp here. After WW I the German Forces were reduced down to 100000.

Heavy artillery was abandoned. But in 1926 the 63 ft high "Bleidornurm" was built as an Artillery observation tower on the "Schwarzenberg". It's still standing and still offers a great view on the impact area.

From 1935 on Hitler build up the new German forces on the area was reused for artillery training. The area was expanded and 57 more villages had to be moved out with 3500 people.

During WWII the area was used to train new forces but also to collect the reequip destroyed batallions and divisions, mostly from the Eastern front in Russia.

On 20 April 1945 the 11th Tank Division reached the area, they found lots of 8,8 and 15 cm cannons, 300000 granates, and not countable other ammunition. In the forest along the main street was found one of the biggest chemical warfare compounds: 3 million gas granates.

Train artillery cannon DORA

1941 the first shot was fired from one of the biggest cannons ever built: DORA weight kg,

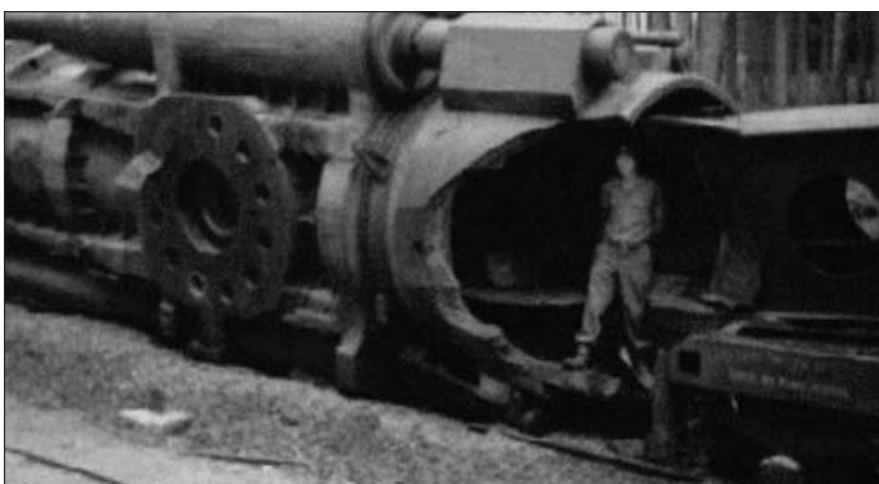


the caliber was 80 cm and built to destroy bunkers with walls with 7 meters iron-concrete and 1 meter pure steel. 1 granate had the weight of 7100 kg and could be fired up to more than 37 km. There were only 2 cannons built, 1 was destroyed in Saxony, the other one near Grafenwöhr. American soldiers found the wreckage.

From 1950 – 1953 the U.S. Army rebuilt the area and used it as a training camp. The units were named after the big battles like Camp Aachen, Camp Normandie and so on.

1956 the first German units came back for training and 1971 the HQ of the 7th US Army used it as the central training for the U.S. troops in Europe.

In 1982 the shooting ranges were modernized. In these days the Grafenwoehr Training Area is the home of the Joint Multinational Training Command with the best training facilities and opportunities for U.S. Army soldiers and NATO partners.



History of the Grafenwöhr Training area

Editorial views are not necessarily those of the Department of the Army. The brochure is prepared and issued by the Amberg-Sulzbach and Neustadt/WN counties and communities.

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A visit in Vilseck is worth it

Vilseck is a historical charged town, with tower armored fortifications, a one-thousand-year-old mighty fortress, centuries old stately homes, glorious churches, pretty chapels, dreamy corners: Vilseck holds the tranquillity of a small town, grown in the Middle Ages, but is continuing its impressive old town image until today, and the experts in terms of cultural history and cultural assets certify an extraordinary quality.

Vilseck also stands for rural idyllic scenes in dozens of villages, hamlets and solitudes; this is also "Oberpfälzer" (Upper Palatinate) charming hilly landscape with many ponds, extensive forests, pristine nature with living space for many rare animals and plants.

A wide network of well marked hiking trails encourages the visitor to challenge also the surrounding areas of the historical center. The trails run through most of the 35 villages which belong to the city. But primarily they offer a walker a piece of earth with peculiar charm. From the gentle mountain ranges with its, in parts sloping valley borders, a gorgeous view, far into the country, is offered.

The landmark of the city of Vilseck is the „Vogelturm“. The building is a part of the medieval city fortification and was the accommodation of the tower keeper. Nowadays it is used as the "Erste Deutsche Türmermuseum", the First German Tower Museum, whose arrangements and equip-

ments give a live impression about the meager life of a tower keeper in the Oberpfalz (Upper Palatinate). The museum is open from Tuesdays – Sundays from 2 p.m. to 5 p.m.

The oldest and most important historical building in the city of Vilseck is the Castle Dagestein. The origin can be dated back to the year 930. The oldest, still preserved part is the ground floor of the Bergfried (Donjon), built around 1200.

In the gate hall with its sandstone groined vault from the late Romanic timeframe, civilian marriages can be arranged. Whoever wants to say "Yes" up high over the roofs of the Old Town, can do so at the look-out of the castle tower. (Bergfried). Room for a wedding with historical ambient is available at the Zehentkasten (Tithe place), right next to the Castle Tower.

The Zehentkasten is part of the Bavarian State exposition from May, 25th until October 20th, 2007. The exhibitions of "Die Goldene Strasse" (the golden road) and "Akanthus-altäre" (Acanthus altars) will be presented in the new renovated rooms. A varied program leads through different lectures, guided tours, a literary 'walking-tour', a meeting of night watchmen and so on. Entertainment for children is first priority and of course taken care.

Please call the City of Vilseck for additional information at 0 96 62 / 99 11.

The historical ambient of the castle's inner ward is suited for all kinds of events; like concerts, markets, Kirchweih (festivity, usually related to the patron of the church) etc. The highlight of course is the "Ritterlager auf der Burg", a knights camp at the castle, with numerous marketers, chandlers, craftsmen, jugglers, knights high on horses and maids who change the place to a medieval market.

Vilseck has one of the best located outdoor pools in the Oberpfalz! It is equipped with a 50 meter pool, as well as a 3 meter and a 1 meter diving platforms. In the non-swimmers area guests can enjoy underwater massage jets, a water fountain and bubbles. A new attraction is offered in 2007: a giant 42 meters long waterslide with a separate final sliding basin. The wading pool for the little ones was just renewed and is embedded in ranking green. This is perfect for toddlers and their families not to be disturbed from other things going on and to relax. Besides swimming, there is a beach volleyball field, a sand soccer field and also a ping-pong table to be active. A well sorted kiosk offers food and drinks, which can be enjoyed at a big sun terrace. The season starts depending on the weather on or around May 1st and ends usually in the middle of September. The pool is open daily from 9.00 a.m. until 8.00 p.m.



Vilseck – Marketplace

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Tower of the
Castle Dagestein



Zehentkasten of Castle Dagestein

Castle Dagestein



The First German Waits Museum



Mayor Schertl and Stryker-Soldiers
(Bild: Robert Stammer)



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92249 Vilseck
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E-Mail: poststelle@vilseck.de
www.vilseck.de



Purchase ticket before board on train

Violators receive 40 Euro fine by Adriane Foss

Passengers on Germany's largest train system are now required to purchase their tickets before boarding.

Those who don't could end up with a 40 Euro fine, according to Die Bahn conductor and human resources employee Franz Popp.

"The main reason for the enforcement", explained Popp "is that we made a survey and found out from our customers that they want more service on the train – info on how to travel, special prices, (etc)."

He said conductors spend too much time selling tickets on the train, which takes away from other customer service issues that were addressed in the survey. Popp said the policy to purchase tickets before boarding isn't a new one, but it will be much more heavily enforced now in order to free up train personnel who need to assist passengers with other customer service issues.

The enforcement is also expected to save "Die Bahn" millions of Euro a year. Popp said about 3 to 5 percent of passengers nationwide skip out on paying for train tickets by simply boarding and avoiding the conductor. At certain times and locations "especially from Weiden to Nuremberg on nights and weekends", the number of fraudulent passengers can be as high as 40-50 percent, said Popp.

"The decreases money that could be used for customer service – nicer trains, nicer services, more conductors who speak English," said Popp. "You must enter the train with a valid tickets. There are only a few exceptions why you can't," he said.

Popp explained that if a ticket machine is broken and passengers are unable to purchase a ticket before boarding, they should purchase one from the conductor upon entering the train.

"You have to go straight to the conductor and buy a ticket," he said. "If you sit and wait

for the conductor to come to you, then you have to pay the 40 Euro fine."

Popp said if there is no conductor on the train, passengers should immediately go to the engineer to purchase a ticket.

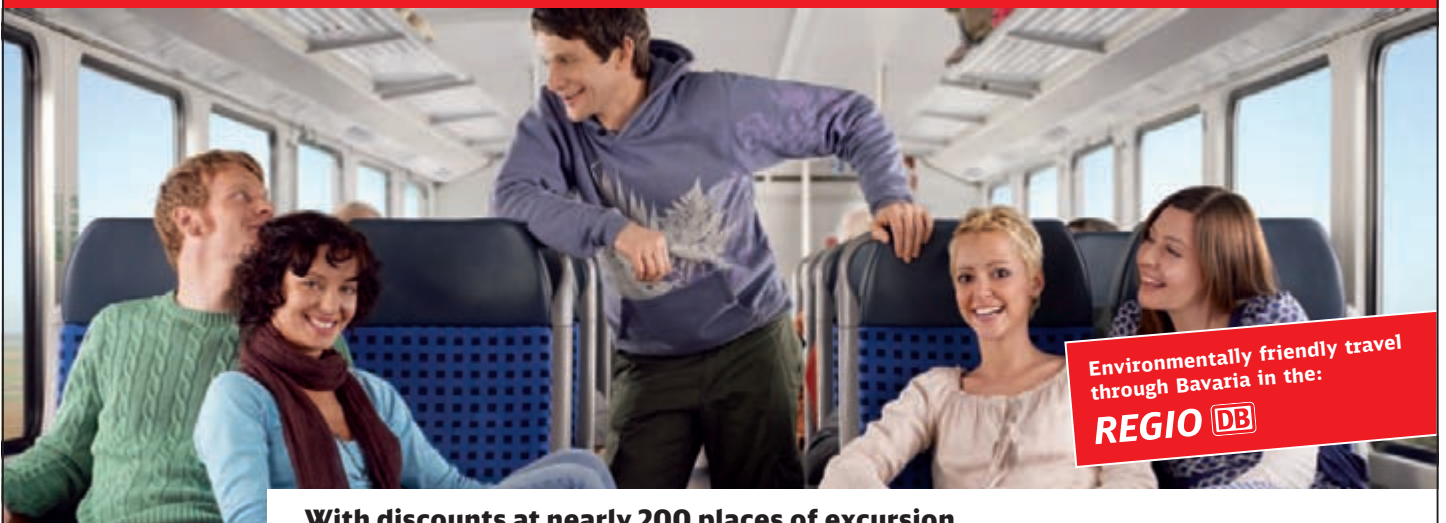
Popp suggested that those who do receive the 40 Euro ticket, pay it immediately. If the fine is not paid within two weeks, the passengers will receive two written reminders in the mail before the infraction is referred to the German court system.

For English-Speaking passengers who find it difficult to operate the ticket machines, Popp said the machines can be switched to English by pressing the button that displays the British flag.

Passengers can also purchase tickets in advance by cell phone or online by visiting http://www.bahn.de/pview/international/english/international_guests.html.

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Making calls from your new home!

While living in Germany offers you the opportunity to experience some of the best in European living and culture, it can be hard being 3000 miles from your friends and family. To complicate matters more, the complexity and cost of the German telecommunications market can be overwhelming! Although the costs of making telephone calls and Internet access in Germany are much lower since deregulation in 1998, they are still significantly higher than in the United States.

To make calls or use the Internet, the first thing that you require is a "Analog Telefonanschluss" (Basic Phone Line) or alternatively and at a higher price an "ISDN Anschluss" (Digital Phone Line). While a digital line is more expensive, it has the primary benefit that you receive 3 different phone numbers and can have two people on the phone at one time. Additionally, for a digital line you will require special ISDN equipment. You are charged a basic fee for having telephone service as well as a charge for the amount of time you spend calling.

In Germany Internet access is usually via dial-up modem and more often via DSL (available for 80% of the households).

If you are not an active user of the Internet or if DSL is not available at your location then you would need to use Dial-Up Internet access. For this service you would only need a standard modem (Analog or ISDN) and an Internet provider (ISP). With this service you can reach speeds of up to 128 Kbps and you are normally charged by the amount of time you use.

If you are an active Internet user and need higher speeds than the best way to go is DSL if it is available in your area. With DSL you can have speeds of 1, 2, 3, 6 or 16 Mbps depending upon your location and the services ordered.

To use DSL, you require a "DSL Anschluss" (DSL Line that is added to your normal phone line) and ISP and a DSL Modem. DSL is normally charged at a fixed rate per month for unlimited usage.

It is standard practice to charge a one time Set-Up fee for Telephone / DSL service and most contracts have a minimum contract duration. While not as significant as in the past prices are different from carrier to carrier, so it is important to understand what you want and need before signing a contract.

When deciding upon a service provider consider:

- Does the service provider have a proven track record?
- Does the service provider offer all the services that you require?
- Does the service provider offer Flat-Rated services in the areas that you need? (Eg. Internet Access or National Calls)
- Are there special packages for the Military Market? (Eg. Specials for calling the United States)
- Does the service provider accept VAT Relief forms for their service?
- Is there an office or a shop that you can visit easily to ask questions?
- Are there English speaking representatives available?
- Is the paperwork, like contracts and price lists available in English?
- Is there an easy to understand invoice in English, to avoid misunderstandings and problems with the payments?

While the prospect of getting phone and Internet service in Germany can seem daunting and expensive, finding the right partner can make all the difference.

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Welcome at Neustadt a. d. Waldnaab

Dear friends from the United States!

I am glad to welcome you to your new duty location in Grafenwöhr. Your duty here protects the democracy, peace and freedom of the whole Western civilization. I hope you enjoy living in the Upper Palatinate. I invite you and your family to take part in our many cultural and social events in the rural county of Neustadt a.d. Waldnaab, and to visit our interesting historical sites and buildings.

I would like to make you especially aware of the historical village of Speinshart which was built around the Speinshart monastery with its wonderful baroque abbey. But you can also find impressive churches in Pressath, in Eschenbach and in Grafenwöhr. Another awesome sight is the moated castle in Dießfurt.

There are many restaurants in the rural county of Neustadt, where local specialties are

served, which you will surely enjoy. We have plenty of hiking trails and a huge network of bike tracks with signs guiding your way and a lot of other leisure facilities.

You are now in one of Germany's most beautiful regions, where nature is still undisturbed and whose diversity is a special experience.

Grafenwöhr's neighboring town of Eschenbach has a hospital which is available to you, if needed.

You are very welcome guests. I hope you will enjoy our region and it will become your second home.

Yours sincerely

Simon Wittmann
County Commissioner of
Neustadt a. d. Waldnaab



Town of Pleystein – Rose quartz rock with church

A cordial welcome to our rural district of Neustadt a.d. Waldnaab

County Commissioner's Greeting

Fellow citizens, new inhabitants,
dear guests

A cordial welcome to our rural county of Neustadt a.d. Waldnaab

We would like to introduce our rural county in a few words. In short, it is a wonderful home for locals, an exciting experience for guests and a modern business location close to the new economic markets in the East.

At the same time we would like to present our holiday and recreation area in the heart of Europe. Our rural county is located in the center of the Oberpfälzer Wald (the Upper Palatinate Forest) and perfectly fits any needs of a family vacation. Friendly hosts in various hotels, neat restaurants, comfortable bed & breakfasts and modern vacation apartments will take care of your needs. Especially, farm holidays are liked by all. Fans of camping will find idyllic and comfortable camping grounds and lots for motor caravans across the rural county's territory. For hikers, a widespread net of approximately 130 well-marked hiking and circular trails exists, offering 1000 km of hiking fun right through the beautiful landscape of lovely valleys, large forests and hilly terrain. The newest trail is the "Goldsteig" crossing our rural county, which is one of 'Germany's Top Ten trails'. Large parts of the rural county's territory are also nature reserves. We would like to especially recommend visiting the nature-sanctuary Waldnaab Valley close to Windischeschenbach, the

'Vogelfreistätte' at the Upper Rußweiher close to Eschenbach, the deer-park in Eslarn and the geological nature trail at Tannesberg.

Very scenic are the inactive volcanos Rough and Little Kulm, the basalt mountain of Parkstein and the rose quartz rock in Pleystein's historic district. There you will have an exciting view. The same applies to Kohlbuehl at Market Kohlberg. When the skies are clear you can see as far as the Jura Mountains, the Fichtelgebirge and parts of Bohemia. The open border crossing points for hikers and bikers allow for tours to the neighboring Czech Republic.

But our rural county is also well known for its many castles. The biggest and most famous castle of the Upper Palatinate is Leuchtenberg, but the castle ruins of Flossenbuerg and Schellenberg are also always worth a visit. Additional sights are amongst others the baroque Prämonstrat abbey in the village of Speinshart, the Friedrichsburg in Vohenstrauß and the Old and New Lobkowitz Palace in the county seat Neustadt a.d. Waldnaab. The continental drilling at Windischeschenbach is world-famous. There, the Geo Center and the 83 m sized drill tower are waiting for visitors. It is the only site in our region which was approved as a remote location as part of EXPO 2000. It is also the headquarters of the Bavarian-Bohemian Geopark.

If you are into water sports, you will find plenty of outdoor pools, indoor swimming pools, ponds and lakes where you are able to either swim, sail, surf or fish. Bikers will find marked cycle tracks across the entire county territory. The family Bockl-Cycle-track built

on top of the former local railway line between Neustadt a.d. Waldnaab, Vohenstrauß and Eslarn is Bavaria's longest railway cycle track with a length of 50 km. The track is currently temporarily part of the pan-European bike way Paris-Nuremberg-Prague. "Schwanhof," Germany's most attractive 18-hole golf course near Luhe-Wildenau is awaiting golfers.

And fans of winter sports can enjoy the landscape of our low mountain range. Cross-country skiers are offered several ski-tracks which they can count on being covered with snow in the winter. Ski lifts at Wurmstein in Flossenbürg and the ski slope at Fahrenberg, located between Waldthurn and Pleystein and reliably covered with snow in the winter time because it is equipped with snow cannons, provide exciting slopes for skiers and snowboarders.

Our inexpensive resorts offer a large entertainment program. This includes events featuring folklore, local music and dance, wine, festivals, as well as film presentations and slide shows.

Cultural highlights are the Burgfestspiele (castle festival) in Leuchtenberg and Vohenstrauß which take place annually from May to August, the open air festivals at the Neuhaus Castle, inside Burgtreswitz Castle and in Parkstein, the summer concerts in Wurz and the St. Jodok-Ride in Tannesberg. As 'Europe's lead crystal centre', our region offers affordable glass wares right off the production line. As popular holiday tracks, the glass and porcelain road, as well as the 'Goldene Straße' (Golden Road) are crossing the rural county.

You will find a lot of local specialties on our restaurant's menus, including luscious roasted pork and venison with home-made dumplings, but also native fish and mushroom dishes. A special delicacy is the traditionally brewed Zoigl beer from Windischeschenbach, Neuhaus and Eslarn, which is served with solid home-made snacks.

Our rural county's tourist information centers and the public tourism agencies are looking forward to giving further advice or sending brochures to you upon request. Additional up-to-date information about the rural county, its structure and administration can be found online at www.neustadt.de or



Basalt mountain of Parkstein

A cordial welcome to our rural district of Neustadt a.d. Waldnaab

www.oberpfaelzerwald.de/neustadt. You are very welcome to visit us there.

Economic region in the heart of Europe

The rural county of Neustadt a.d. Waldnaab lies in Europe's geographical center, bordered in the east for 38 km by the Czech Republic. Two border crossings make for close connections with this neighboring country. Thanks to the building of the new interstate A 6, which is scheduled to be completed in 2007, a whole new axis of development opens up to the economic region. Interesting development possibilities on the markets of the new EU members in Eastern Europe can be accessed via this route. By creating new commercial areas along the interstate, the local communities have prepared their territory for new industrial settlements. Germany's biggest border crossing located at Waidhaus is also in our region.

Lowest population density of Bavaria

With a total area of 1430 square kilometers, Neustadt a.d. Waldnaab county is the eighth largest county in Bavaria with a population of 99,697 on June 30, 2006. This results in a population density of 70 citizens per square kilometer, which is the lowest in Bavaria.

The municipality of Weiden is located in the center of the county. The NATO-Training Area at Grafenwoehr, 230 square kilometers in size and administrated by the US Army, is also part of Neustadt a.d. Waldnaab county.

You can reach the region via three train routes. The main railway line Regensburg – Weiden – Hof leads right through the rural district. Railway connections exist to Bayreuth and Nuremberg.

Using the A 93 in north-south direction and the A 6 (east-west), the region is well connected in each direction by large roads to the metropolitan regions of Germany and the Czech Republic.

Companies with international reputation in the region

After the economic decline of the traditional glass and porcelain industry in the eighties and nineties, an established middle class with a brilliant sectoral mix developed. Various



Leuchtenberg Castle

ancillary industries for the automobile industry need to be mentioned, specialized in metalworking and polymer processing. In Flossenbuerg is the center of Eastern Bavaria's granite industry.

But the region is also the home of leading international companies. In the logistics sector, Witron Corporation located in Parkstein, a family enterprise, was turned from a one man company into a global player by Walter Winkler. Also plate glass processing (Pilkington Weiherhammer) and the glass manufacturer F.X. Nachtmann are important. They are two traditional glass companies, well known for being quality brands. The imprinting of various package materials is the specialty of Hueck Folien Co. in Pirk. With additional factories in Europe and the US, the family enterprise is an international company.

Also, high quality products like medical lasers or ceramic foils are manufactured. In Eschenbach, "Ceramic Electronics" produces important semi-conductor products. BHS-Corrugated in Weiherhammer supplies mainly corrugated paper machines around the globe.

The US Army in Grafenwoehr and Vilseck is still the largest and most important regional employer.

The upkeep and development of existing companies but also the support of new industrial settlements are goals, the rural district

policy is trying to achieve. The best basis for that is, of course, the citizen. Well-trained, ambitious and loyal employees are at your service.

Administration and leadership of the rural county

The county administration is located in Neustadt a.d. Waldnaab with its offices in the Lobkowitz Palaces in the center of the newly restored town square.

Service and assistance to the citizens' needs are the trademark of the county's administration. Satellite offices in Eschenbach and Vohenstrauß exist to shorten the traveling distances for county's citizens needing administrative support in various areas such as car registration. A virtual guide on our webpage explains what type of services are available at the various locations.

All the information you need can be found on pp. 22/23 or online at www.neustadt.de.

We hope you will enjoy our county and feel at home here!

Yours sincerely,

Simon Wittmann
County Commissioner of
Neustadt a. d. Waldnaab



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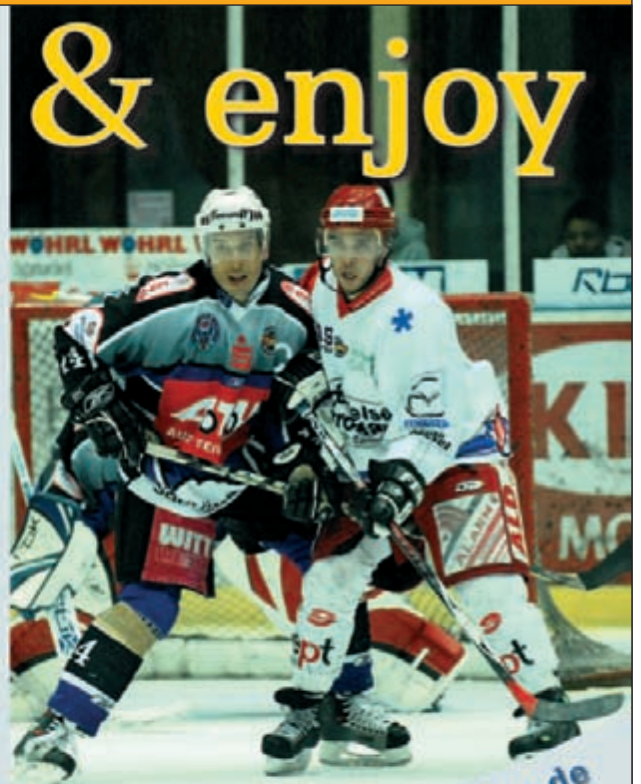
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Be surprised by the dazzling variety of offers in all aspects, which fulfills all your desires, by the charm of the ancient town with its magnificent Renaissance houses and the impressing old town-hall (= "Altes Rathaus").

Stroll across the marketplace full of atmosphere of german "Gemütlichkeit", especially at market days (Wednesdays and Saturdays), or indulge in local but also in international gastronomic specialities in the numerous taverns and restaurants, choose between cozy and rustic up to elegant and chic. The many street-café's invite you to stay, to chat and to flirt.

Well invigorated you then can recreate by sport – Weiden is a sport center for the whole



Weidener Altstadt



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Do-Fr 9.00-18.00 Uhr
Sa 9.00-16.00 Uhr

Inhaberin: Gesine Ströhle
Oberer Markt 16
92637 Weiden

Tel.: 0961 / 480 27 38
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gesine-trachten@web.de



Weiden - a town to fall in love with!

area, for example have fun in the spa ("Saunen- und Thermenwelt"), which is unrivaled! You'll find sauna, whirlpool, thermal pool, huge indoor and outdoor pool, slide, a lot of well-ness-offers await you (see: www.freizeitzentrum-weiden.de)! There also is an impressive ice-rink where you can skate or play ice hockey!

Beside that there is almost no sport-opportunity which is not offered in Weiden with unlimited possibilities throughout the year: swimming (outdoor in the "Schätzlerbad" with its wave pool and the "Stadtbad"), skiing in the outskirts, biking, football, tennis, horseriding, rowing, hiking, rollerblading, shooting (there are a lot of shooting clubs).

Lovers of culture will also love Weiden, because it offers many events: music festivals that commemorate the famous composer Max Reger, who spent a long time of his life here, galleries and exhibitions, serenades in the romantic Max-Reger-park during the summer, church concerts, theater performances, literature festival, Bavarian-Bohemian culture days with exhibitions of glass art, jazz, and, and, and... When visiting Weiden take enough time for history and tales and also its interesting museums: the town



Weidener Altstadt


Seltmann
Weiden



■ FACTORY OUTLET Seltmann Weiden

Christian-Seltmann-Straße 59-67
92637 Weiden
Fon +49 (0)9 61 / 20 4-115
Fax +49 (0)9 61 / 20 4-116

Autobahn A 93, exit Weiden West

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■ FACTORY OUTLET Seltmann Erbendorf

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Weiden – a town to fall in love with!

museum, the international museum of ceramics, the railway museum. Old times are to be rediscovered, pieces of art by great masters to be admired

At Christmas time Weiden changes into a fairyland with the second oldest Christmas market ("Christkindlmarkt") in Bavaria and the Christmas carols on the stairs of the old town hall, which changes into a gigantic advent calendar each year and is paid regular visits by Santa Claus and the "Christkind".

A town full of life Weiden is so diverse that each visitor will find a favorite place. Walking through the interesting and colorful shopping areas or through the nice and historic little alleys – something new will always catch your eye!

Weiden has a wide range of well assorted shops, you will find anything you need and also a lot of things, you didn't know you needed! You know: shopping is like taking home holidays!

Weiden is also a town for people who love to celebrate and to have fun! It is anything but boring and visitors should take time to join in Weiden's festivities. In old tradition the citizens of Weiden are a sociable folk and that's why they love to celebrate abundantly.

Forget the "Oktoberfest" in Munich, come instead to the "Bürgerfest" (last Sunday of June) as a highlight of the year with a whole bundle of attractions around the old town hall.

They also love their spring and their summer festival ("Frühlingsfest" and "Volksfest") and the carnival, called "Fasching" in Bavaria.

A local resident once said: "Weiden is not an ordinary town, Weiden is a state of mind".

He was referring to the bustling and peaceful mixture between urban life and country living. Not necessarily contradictory as Weiden proves!

If you want to get to know more about Weiden take part in a guided tour! Simply call the tourist information (see advertisement) and arrange a date!



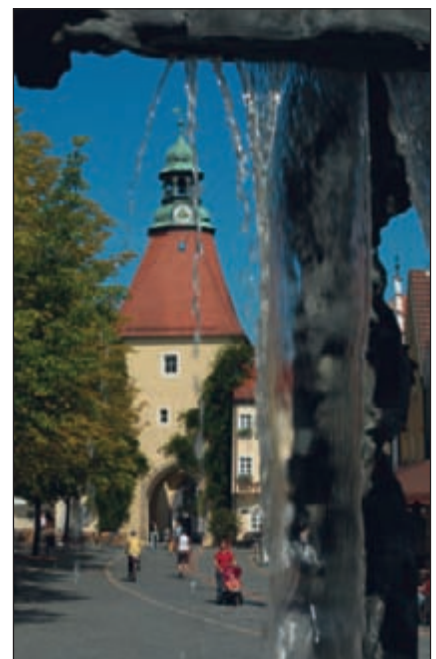
You will surely be impressed by the great number of historic buildings, the wonderful churches, the old town wall and the former residence of the sovereigns of the town.

You also can find recreation in the peaceful parks of Weiden, which surround the city center.

Weiden is so much:

shopping-town, town of Max-Reger, town of art nouveau (there are a lot of buildings in this style), town of leisure and fun – the visitor will be surprised time after time, what he can find in this lively heart of the Upper Palatinate ("Oberpfalz").

Weiden is active but not hectic and visitors are well received!





The Weiden Clinic

The Weiden Klinik

Please allow me to introduce myself.

My name is Dr. med. Manfred Hausel. I was involved in surgery for a total of 35 years and spent the last 22 years as the Senior Consultant for the trauma and orthopaedic surgery department at the Weiden Clinic.

I have been the Medical Director of Kliniken Nordoberpfalz, a public limited company which is made up of the Weiden Clinic together with a further 7 hospitals in the region, for a number of months now. The company offers 1300 beds and has a staff of around 3000 people.

The Weiden Clinic is part of Kliniken Nordoberpfalz AG. It has 575 beds and is the high-tech and supply centre. We have 12 main specialist departments and 4 external-physician departments. 150 physicians, around 500 nursing staff and 350 other employees are there to take care of you. We are a teaching hospital of the University of Regensburg. If you would like further information, please see our homepage which is available in English (www.kliniken-nordoberpfalz.ag). An information brochure for our clinic is available on request. It is also

issued when patients are admitted to the clinic. It contains detailed information on the conditions in and around the hospital.

If you come to us and would like to or need to be treated, the Senior Consultant himself or his deputy will take care of you. There are English-speaking secretaries in each secretarial office who will look after you. Our doctors on the wards also speak English.

In addition to optimum medical and care treatment, the catering too is of course an important factor. Our menus are available in English. You can take your time to put together your own menu from our extensive selection of dishes.

We write doctors' letters in such a way that the significant findings and details of how to proceed further are given in English. As a result, the doctor who will be continuing your treatment can use this information directly.

Should you have any problems during your stay with us, please speak to the ward physician or the nurse who is looking after you. A continuity-of-care nurse, Ms Helen Wise, is also responsible for you at the Weiden Clinic.

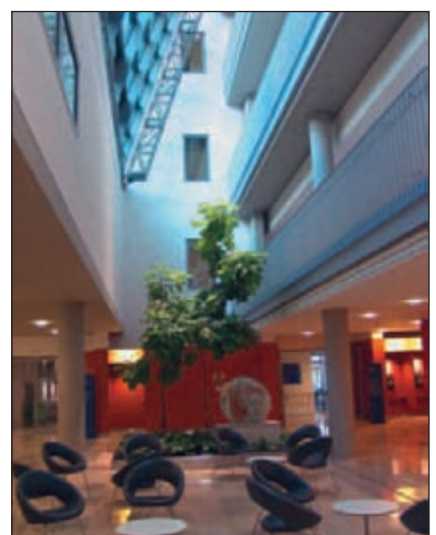
Please see the information enclosed.



Dr. Manfred Hausel
Medical Director of Kliniken Nordoberpfalz AG



Helen Wise
Nurse Specialist / Case Manger



The Eschenbach District Hospital



Eschenbach District Hospital, which is part of the Kliniken Nordoberpfalz group, also provides primary care services. It offers around 80 beds, shared between internal medicine and surgery. A number of beds are also available for gynaecological treatment which is provided by external physicians.

All areas in the hospital have information signs written in English.

As in the Weiden Clinic, your treatment will be provided by the head physician. Here too, doctors' letters are translated into English and passed on to allow direct treatment.

Patient brochures in English which provide further assistance in the individual specialist areas are also available.

We have made all necessary arrangements in order to ensure that our patients have a pleasant stay with us and receive effective help.

Yours sincerely

Dr. Manfred Hausel
Medical Director of Kliniken
Nordoberpfalz AG



Our fundamental principle, showing us the way:

***“Committed to Life -
Health Care our Mission”***

Hospital Eschenbach i.d.OPf.



The Eschenbach Hospital is a house of primary health care, having more than 80 beds available with the following specialist departments:



Internal medicine

Chief physician Dr. Peter Ernst, tel. 09645 / 85-860
Spectrum of practice: endoscopy, ultrasonic diagnostics, gastroenterology, diseases of the cardiovascular system, high blood pressure, intensive care medicine

General, visceral, and accident surgery

Chief physician Dr. Wolfgang Redka-Swoboda
tel. 09645 / 85-803
Spectrum of practice: gall bladder excision, appendectomy, small-large intestine operations, thyroid gland, varicose veins, abdominal wall hernias, inguinal hernias, skin tumors including cosmetic reconstruction
Accident surgery: knee-joint endoscopy, treatment of bone fractures
Cosmetic surgery: upper eyelid lifting, liposuction, facial injections

Anesthesiology

Chief physician Dr. Jürgen Altmeyen,
tel. 0961 / 303-3202
Spectrum of practice: all current methods of general and regional anesthesia, pre-inpatient examinations regarding anesthetics, intensive care medicine

Cottage-hospital department:

Gynecology

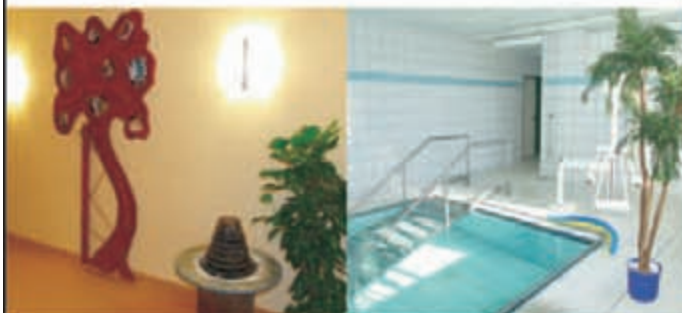
Practitioners with cottage-hospital affiliation:
Dr. Heinrich Ponnath, Dr. Dieter Pollak
tel. 09645 / 549
Spectrum of practice: all gynecological operations, carcinoma surgery, chemotherapy, laparoscopies, hysteroscopy, mamma sonography, abrasio, amniocentesis, minimally invasive operating methods, e.g. sterilization, incontinence operations, Doppler sonography

Physiotherapy

Supervision: Jürgen Frischholz
tel. 09645 / 85-871 or -878
Massages, lymphatic drainages, manual therapy, physiotherapy, animation baths, electrotherapy, migraine therapy, foot reflex zone massage

Orthopedic group practice

Dr. A. Kian u. E. Eißner, tel. 09645 / 85-230
Conservative treatment of all orthopedic diseases and injuries; Special services: orthopedic surgery particularly arthroscopy of shoulder and knee, the complete field of forefoot surgery as well as morbus Dubuytren, CTs, tennis elbow, and more. Pain therapy of the lumbar spinal column, sports and physical therapy, chiropractic treatment-acupuncture-specialist for physical therapy.



**Kliniken Nordoberpfalz AG
Hospital Eschenbach**

Jahnstraße 18, 92676 Eschenbach i.d.OPf.

Phone: 09645 / 85-0, fax 09645 / 85-250

“We help sick people”

A guideline we always centre our work on.

The Weiden Clinic
Kliniken
Nordoberpfalz AG



Together with the seven hospitals in the region Oberpfalz Nord we are a strong healthcare group.

Our high medical and nursing service quality is supported by state-of-the-art apparatus medicine. We are thus able to offer an integral care for our patients.

Our specialist departments:

General, visceral and thorax surgery

Head physician PD Dr. Karl-Heinz Dietl, tel. 3 03-30 02

Vascular surgery

Head physician Dr. Eberhard Müller, tel. 3 03-30 02

Trauma and reconstructive surgery

Transit/BG procedure

Provisional director:

Senior physician Dr. Baumer, tel. 3 03-30 41

Medical clinic I

Head physician Prof. Dr. Hermann Wagner,
tel. 3 03-31 02

Medical clinic II

Head physician Prof. Dr. Robert Schwinger,
tel. 3 03-31 52

Gynaecological hospital

Head physician Dr. Horst Fabriz, tel. 3 03-32 52

Paediatric clinic/Perinatal centre

Head physician Dr. Heinrich Vielhaber, tel. 3 03-33 52

Urological clinic, paediatric urology

Head physician Prof. Dr. Theodor Klotz MPH,
tel. 3 03-33 02

Institute for anaesthesiology

Head physician Dr. Jürgen Altmeyen, tel. 3 03-32 02

Specialist hospital
with supraregional significance
575 beds, 10 dialysis locations
10 beds in the pain therapeutical day hospital

Neurological clinic

Head physician Dr. Michael Angerer, tel. 3 03-35 02

Interdisciplinary pain day hospital

Head physicians:

Dr. Jürgen Altmeyen, Dr. Michael Angerer

Management: Dr. Susanne Neumeier, tel 3 03-32 42

Radiotherapy and nuclear medicine - brachytherapy

Head physician Dr. Rainer Heyder, tel. 3 03-34 51

Radiological diagnostics

Head physician PD Dr. Christian Paetzel, tel. 3 03-34 01

Pathology (co-operation)

Prof. Dr. Josef Giedl

Physical therapy

Medical director: Dr. Manfred Hausel

Management: Jens Hegebart, tel. 3 03-46 00

External-physician departments

ENT medicine, ophthalmology, oral and maxillofacial
surgery, neurosurgery



The Weiden Clinic

Directorate: Josef Götz
Söllnerstraße 16, 92637 Weiden

tel. 0961/3 03-0, fax: 0961/3 03-21 09

E-Mail: info@kliniken-nordoberpfalz.ag
Internet: www.kliniken-nordoberpfalz.ag



Welcome at Amberg-Sulzbach



Dears guests!

We have a lot to offer you – in particular the landscape of our region.

The Jura Mountains reveal their wealth of natural forms – hilltops, creeks, the dolina, limestone reefs, dripstone caves, colorful deciduous forests, slopes covered in wild flowers, picturesque streams and marshlands.

For walkers, climbers, Nordic walkers, water- and sand skiers, sand boarders, pot-holers, canoeist, anglers und cyclists our region has always been a popular destination. Riders will find Europe's biggest equestrian centre in Kreuth, near Rieden.

Numerous castles, some only ruins, palaces and monasteries remind us of the historic significance of the region due to its dominant industry: iron-mining.

I warmly invite you to come and get to know for yourself the district of Amberg-Sulzbach!

Yours sincerely

Armin Nentwig
Head of the administrative district

The country-side around Amberg-Sulzbach – take a walk on the wild side!

The district of Amberg-Sulzbach, located between Nuremburg, Bayreuth and Regensburg, lies at the heart of Bavaria. Tranquillity and activity, innovation and tradition, ancient and modern – these are contrasts, which at first glance don't go together and yet in the district of Amberg-Sulzbach they are in direct contact.

The appeal of the countryside lies in the gently undulating line of hills and touches both the senses and the soul. It is a countryside where you can let your dreams carry you away, romantic and full of idyllic spots for those seeking peace, relaxation and inspiration. To the east the foothills of the Upper Palatinate forest, to the south and west the Jura landscape, the remainder of an ocean long-disappeared, defines the appearance. Like blue ribbons the rivers Vils and Lauterach meander through the region, bypassing rugged Jura rocks, picturesque villages and fortresses and castles of former significance. Villages and towns are marked by thousands of years of history, by prosperity, wealth, downfall and renewal. The long history of set-

tlement in our homeland is confirmed by finds from the Stone Age, Celtic defences and remains of a church from Carolingian times – a sensational find for archaeologists.

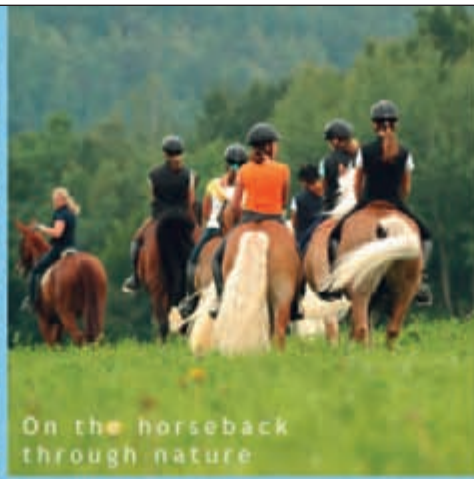
There are relics from millions of years. The Maximilian's grotto near Auerbach and the Easter cave near Neukirchen enable us to penetrate far underground. It may now only be history but the mining, smelting and trading with iron ore have not only resulted in the district being known as the "Black country" of the Middle Ages but also influenced the local culture and left traces everywhere. On the one hand it was the old hammer works with their manor houses for example in Theuern or Schmidmühlen, the old iron mine-shafts of the Maffei mine near Auerbach or the Maxhütte iron works in Sulzbach-Rosenberg. It is completely different in the "land of white earth" Germany's largest source of kaolin sand in and around Hirschau / Schnaittenbach. The mineral is highly desired on the world market as a raw material for the paper and porcelain industries – and here it is extracted in large mines. You

can also learn and experience the evolutionary history of this district through a geo-route as well as the Monte Kaolino - the highest hill in Europe for sand skiing, where even world championships are held.

Everyone loves the beauty and the diversity of nature in our region. With its extensive forests filled with a mystic calm, Amberg-Sulzbach is one of the most intensively forested areas of Bavaria. The Hirschwald (forest of the deer) just outside the city gates of Amberg was the former hunting ground for the local ruler, and was recently declared a nature reserve. But there is good reason for calling it the "Hirschwald" – even nowadays the red deer, the king of the forest, is at home here. The high forest seems like a gigantic hall with pillars of fir, pine and beech trunks, which support a green canopy overhead. The bare juniper moorland of the Lauterach valley and the lower river Vils present a completely different picture. Not without reason is this stretch of land known as the "Bavarian Tuscany." The poor grassland offers grazing for herds of sheep, swallowtail butterflies



The river Vils at Theuern



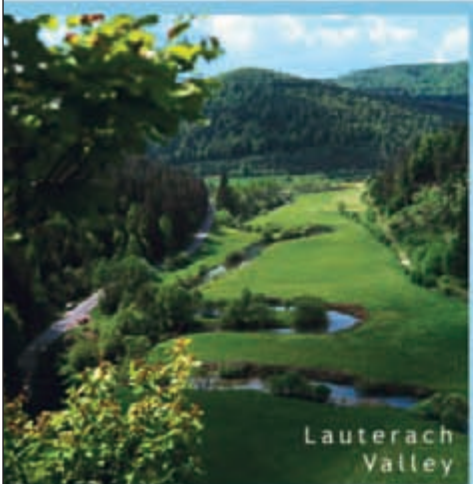
On the horseback through nature



Trip on the bike

Amberg-Sulzbacher Land

Take a walk on the wild side!



Lauterach Valley



Monte Kaolino in Hirschau



Lichtenegg Castle

Kastl in the summertime



Tourist-Information Amberg-Sulzbach
Hallplatz 2 | 92224 Amberg | Telefon 0 96 21/1 02 39
tourist@amberg-sulzbach.de | www.wohlfuehlbayern.de

Landkreis 
Amberg-Sulzbach



The country-side around Amberg-Sulzbach – take a walk on the wild side!



flutter from flower to flower and the sight of rare plants like wild orchids or silver thistle makes every botanist's heart beat faster.

In this treasury of nature there is something for everyone. The rambler can enjoy the solitude of the endless forest in which the mushroom gatherer is also out "hunting." The cyclist can explore the beautiful river valleys and the river Vils is a hot tip for canoeists. Anglers appreciate the famous trout to be found in the Lauterach. The area around Hirschbach with its Dolomite rocks offers climbers perhaps not the highest climbs, but certainly the most dangerous. Golfers can go to Königstein or Schmidmühlen, and for riders there is Kreuth near Rieden, the largest equestrian centre in Europe.

But the district can also offer many cultural attractions. Names like Wolfgang Dientzenhofer, Cosmas Damian Asam or Johann Baptist Zimmermann guarantee the high quality of the interiors of the Barock churches and monasteries, such as Ensdorf or Michelfeld. Do you like Romanesque or Gothic architecture? The Romanesque fortified monastery majestically overlooks Kastl, a unique witness of the Benedictine architecture west of the Rhineland. And even from a distance you can see the towers of the Gothic hall church of St. Martin in Amberg, which for centuries was the burial place of the families who owned the hammer-mills.

Feel like taking part in a local celebration or festival? In Amberg-Sulzbach alone there are

over 120 church festivals. Visitors come from far and near to visit the unique "hill" festivals. These begin at the end of June on the Mariahilfberg (Hill of our Lady) in Amberg, the biggest Bavarian hill pilgrimage. Throughout the year our restaurants and hotels have something on offer for everyone – from the gourmet cuisine to the traditional restaurant with local specialities. The special "game" weeks are famous beyond the borders of our district; likewise the delicious Juradistel lamb, which is known to have a special local flavour. To accompany this we have a unique choice of beers: 14 breweries, of which one alone brews 13 different sorts of beer.

Friends of the theatre will appreciate the Stadttheater (town theatre) in Amberg. Yet, from year to year the outdoor theatres in Hirschau, Auerbach, Freudenberg and Sulzbach-Rosenberg are rapidly gaining popularity. Nowhere else in Germany is there such a density of fortresses, including ruins and these are often used as another form of open-air stage. The Hollywood star, Nicolas Cage certainly knew what he was doing when he decided to buy a castle, Schloss Neidstein, in this district.

And no-one will forget the impressive view from the ruin of Burg Lichtenegg, looking far into the distance towards Franconia and the Bavarian forest.

Sulzbach-Rosenberg is the location of the largest castle in northern Bavaria and in Amberg, the former residence with the electoral castle, the town "spectacles" – the symbol of the town – bridges the river Vils. Nor should we forget the museums.

The mining tradition of the past is presented in the Maffei mine, near Amberg, in the town museum in Sulzbach-Rosenberg and in the mining and industry museum in Theuern.

In Vilseck there is the first German watchtower museum and in Sulzbach-Rosenberg there is the Bavarian School Museum and the Literary Archive, renowned beyond the borders of Bavaria.

Have we aroused your curiosity? We would be delighted to welcome you to our region. It doesn't take much to fill up with new energy here – all you need is to have enough time!



Sandboarding



Eitel Center:

The shop for your service
and convenience

Our Exceptional Services

- English speaking staff
- Tune-Ups, Service, wear and tear repairs, Body work and painting for **all brands and models**
- Get Toyota, Lexus*, Honda, Honda motorcycles and other car parts quickly
- Nearest dealership with **U.S. service** and warranty authorisation for Toyota, Lexus*, Honda and Honda motorcycles
- Estimates, and will negotiate with your insurance company
- **Over 800 used cars** with buy-back warranty and 100 used motorcycles
- Pay with tax form (v.a.t.)
- Bring your own oil and our mechanics do the work for you
- **Fixed inspection price** for your Toyota, Lexus*, Honda and Honda motorcycle



Total recreation at the new arranged "White Giant" Monte Kaolino sand hill in hirschau



The Monte Kaolino – just for fun

The Monte Kaolino is definitely the most exceptional place for summer skiing in Germany. It offers unusual skiing slopes for sand skiing, sand boarding and Bigfoot lovers with its 120 meters high dune landscape, centered in the forest area of the Oberpfalz (Upper Palatinate).

This unique white sand hill developed to a new recreation park, opening in May 2007. A heated outdoor pool, equipped with a 50 m slide, a big play and 'mud' area for kids and many other possibilities avoid boredom.



SANDBOARDING SANDSKIING SOMMERRODELBAHN EVENTAREA
 INDOOR-SPIELPLATZ DÜNFREIBAD FARBENWALD SKATEPARK
 CAMPING SOMMER-LANGLAUFBAHN HOCHSEILGARTEN
 FERIENHÄUSER INLINEBAHN ABENTEUERSPIELPLATZ

Info bei der Stadt Hirschau
 Rathausplatz 1 • 92242 Hirschau
 Gästeeinformation • Tel.: 09622/81-51
 E-Mail: freizeitpark@hirschau.de
 www.montekaolino.de


 montekaolino.de
 HIRSCHAU IN DER OBERPFALZ

Total recreation at the new arranged "White Giant" Monte Kaolino sand hill in Hirschau

The Young and the Young at Heart, even beginners find excitement and a different point of view at the high ropes course.

A large camping area, a well assorted cuisine and several hiking trails turn the recreation park into an experience for all age groups.

Feel free to contact:

Freizeitpark Monte Kaolino GmbH

92242 Hirschau

Phone 0 96 22 / 81 50 or

www.monte-kaolino.de



Camping in the dunes

Nice to advise you



A unique and charming symbiosis of past, present and future. Cultivated sanctuary protected by robust, authentic castle walls in the middle of the pure and vast Oberpfälzer nature. Best conditions for a spontaneous wellness weekend, tempting gourmet rewards, successful meetings, and an unforgettable fairytale wedding. The tasteful contrast between venerable architecture, courageous interior design and the exquisite cuisine of Bavaria's youngest 2-star-cook, Christian Jürgens, allows you to escape from the daily routine and open new horizons for all senses.

Be tempted into leaving familiar things behind and give in to the attraction of the unusual.

Hotel 'Burg Wernberg': spoil, enjoy, design future.



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92533 Wernberg-Köblitz

Tel. 0 96 04 / 9 39-0

Fax 0 96 04 / 9 39-139

hotel@burg-wernberg.de

www.burg-wernberg.de



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experience ...*



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Krankenhausstr. 16
92237 Sulzbach-
Rosenberg

phone:
09661/520-0
fax:
09661/520-210
info@kh-as.de
www.kh-as.de

Internal medicine ward
Surgical ward
OBGYN
ENT ward
ICU
Laboratory
X-ray with CT
Physical therapy
EKG
Endoscopy
Apallic syndrome ward
Out-patient departments



St. Anna Hospital

A modern and patient-friendly facility

In operation since 1995, with over 194 beds available

You will be accommodated in comfortable 2-bed rooms with washstand or shower with WC. You can opt for treatment by the chief physician, accommodation in a single-bed room, accommodation and/or food for one accompanying person. Reception of radio and all cable television is free of charge. Our chef caters for your well-being with a choice of 3 menus. A kiosk is located on the ground floor. A hairdresser is available on request.

Two Clinics Combining the Human Touch with Professional Competence

On January 1st, 2005, the former St. Anna General Hospital in Sulzbach-Rosenberg and the former St. Johannes General Hospital in Auerbach were converted into the communally owned Amberg-Sulzbach County Clinics („Krankenhäuser des Landkreises Amberg-Sulzbach“). As the only emergency care provider to the Amberg-Sulzbach County, this communally owned organization provides medical care both to the county's approx. 150,000 residents and to the residents of the adjacent areas. Add to that the inpatient and outpatient care provided to the U.S. Military Troops stationed at Grafenwoehr and Vilseck Training Area.



In addition, the staff of St. Anna General Hospital provides general emergency care to the population.

St. Anna General Hospital in Sulzbach-Rosenberg

St. Anna General Hospital in Sulzbach-Rosenberg is a facility specialized in basic and regular care.

Range of medical services offered:

- Internal medicine department (70 hospital beds + 4 intensive care beds) offering, among else, treatment in gastroenterology, cardiology, pneumology and metabolic diseases
- Obstetrics/gynecology department (24 hospital beds + 1 intensive care bed)
- Otolaryngology department (6 visiting consultants' beds) offering outpatient and inpatient otolaryngology surgery
- Surgery department (70 hospital beds + 2 intensive care beds) offering, among else, accident surgery, visceral surgery, minimally invasive surgery, hip joint replacement, knee surgery (arthroscopic)
- Intensive care unit (7 hospital beds)

The clinic additionally offers a special facility providing „Reactivating Treatment Care and Therapy for Waking Coma Patients“ (Phase F of neurological rehabilitation), equipped with 17 hospital beds. Also, the Amberg Association of Orthopedists (OGA) provides surgery services at St. Anna General Hospital Sulzbach-Rosenberg. In addition to the customary functional departments including laboratory diagnostics, physical therapy, electrocardiography, endoscopy and x-ray diagnostics (16-line CT diagnostics), the clinic also offers the services of a resident in-house x-ray diagnostics clinic. This clinic provides a full range of support for diagnostic radiology, including a state-of-the-art magnetic resonance tomograph.

Additional major investments by the Hospital St Anna at a glance:

- Computer tomograph, 16-line
- Changeover to digital radiology
- Mammomat for radiograms of the female breast
- New hospital information system
- New fully automatic hospital bed washing system
- New Ultrasound equipment for all departments
- New motorized adjustable beds
- New patient intercom system
- New patient TV system
- New central sterilization unit

With this extensive new equipment, St. Anna General Hospital, considers itself well equipped to meet the challenges of the present and the future.

How to get to Sulzbach-Rosenberg



St. Anna Hospital – a modern and patient-friendly facility

The trustee of our hospital is the newly-founded association of municipalities "Hospitals of the administrative district of Amberg-Sulzbach". Hence the former name "district hospital".

Since 11.11.1998 our hospital has borne the name St. Anna Hospital (patron saint of the church on the St. Anna mountain).

Our hospital currently has 177 beds, spread over the following specialist departments:

■ Internal medicine 74 beds

Chief physicians:

Chief physician Dr. Gätzner

Chief physician Dr. Thaufelder

■ Surgery 72 beds

Chief physician Dr. Leininger

■ Gynaecology/Obstetrics 25 beds

Chief physician Dr. Dodenhöft

■ HNO 6 beds

General practitioners:

Dr. Wagner and Drs. Wolf

■ Intensive care (interdisciplinary) 7 beds

Chief consultant Dr. Winkler

Chief consultant Dr. Hirschmann

Since 01.10.2003, a 17-bed coma-vigil ward has been in operation.

House chairman is Christian Roppelt, who is also head of the administrative and financial service.

Matron Inge Nösner is in charge of the nursing service, and her deputy is Herr Alfred Auer.

The ground floor of the hospital contains: intercom system with gate (Com Center), cashier's office, registry office, administration, repair shop, kiosk, archive, dining room, Internet point, kitchen.

1st floor:

Administrative departments and out-patient departments, x-ray incl. x-ray diagnostics centre Dr. Herrneder, laboratory, ecg, endoscopy, physical therapy (baths department), central patient admission, mri.



2nd floor:

Intensive care, Gynaecology/ENT ward, out-patient OPs, recovery room, delivery room, OP rooms, nursing management, medical technology, in-house blood donation

3rd floor:

Internal medicine wards Med I and Med II, coma-vigil ward, industrial medicine

4th floor:

Surgery wards Chir I and Chir II, chapel, big and small function rooms

Additional information

Tricare / WPS Leaflet for Patients

1. You have been admitted to the St. Anna Hospital Sulzbach-Rosenberg for medical care. Please complete items 1 to 12c on the CHAMPUS DD claim form 2642 and return it to the Central Patients admission Office on the 1st floor.

Please do not forget to sign the claim form; otherwise it will be refused by TRICARE/WPS (formerly CHAMPUS).

The hospital cashier will mail the claim form and your bill to your local US Army Health Clinic for payment by TRICARE/WPS. (If you do not fill out the claim form completely, you will have to pay the entire costs yourself. There is no charge for active duty personnel or their family members for necessary medical treatment covered by TRICARE-PRIME; however, we would like to point out once again that the form must be neat and legible.

3. Retirees (up to age 65) and retirees over 65 in MEDICARE B (and therefore eligible for TRICARE FOR LIFE) and their authorised fami-

ly members are responsible for 25 % of the total bill. The hospital will ask you for an advance payment at the cashier's office in room E 009.

4. Civilians are responsible for the total bill. Please make a deposit at the cashier's office in room E 009.

5. Patient Liaisons (Frau Hilde Chittick/ Frau Marianne Demirden) are available to assist you with any help you may need. They try to visit the hospital on a regular basis, but if you need any assistance sooner, please contact them at the Vilseck Health Clinic.

■ Military: 4 76-20 06 / 17 50

■ Civilian: +49 (0) 96 62-83 20 06 / 83 17 50

There is a patient liaison on call during the night, at weekends and on holidays. You can reach them by calling +49 (0) 96 62 / 83-24 90.

6. If you have any questions about TRICARE/WPS benefits, please contact the Health Benefits Advisor at the Vilseck Health Clinic, Tel.: +49 (0) 96 62 / 83 20 00 or DSN 4 76-20 00 (Frau Renate Dix).

Office hours:

Monday - Wednesday: 8 am - 4 pm

Thursday: 1 - 3 pm

Friday: 8 am - 12 pm

7. If you have any further questions concerning the St. Anna Hospital Sulzbach-Rosenberg, please contact Mr Josef Schuller, administration officer, (Tel.: +49 (0) 96 61 / 5 20-2 13, room E 016).

Thank you for your cooperation.



Amberg, modern town center with an old tradition



Amberg Hochzeitbrunnen

Bildnachweis: Hajo Dietz, Nürnberg Luftbild

Amberg, modern town center with an old tradition

A delightful experience!

"Opposites attract". Amberg is a living example of this proverb. With its almost thousand years of history and before its impressive, historical backdrop, the town of Amberg has entered the new millennium as a modern shopping and service centre with a broad range of cultural events. Modern and traditional features are closely intertwined, forming a harmonious entity which provides excellent quality of life. No wonder that living and working in this place are as pleasant as taking a holiday here. Amberg is worth a visit – you'll see!

Looking with amazement

One of the most famous and beautiful landmarks of Amberg are the "town spectacles" – a water gate construction spanning the Vils river, which formerly served to fortify town and to connect the new castle to the armoury ("Zeughaus"). Next to it, the town wall encircling the ancient centre with a double fortification, its towers and gates, the Gothic town hall with its renaissance wing, mighty churches and many other historical buildings are characteristic for the unique image of the town. Visit the most impressive buildings: the "Alte Veste", the new castle and the "Zeughaus" (today, both provide buildings accommodate the rural district council offices), the "Klösterl" and the "Regierungskanzlei" (seat of the office of the government's chancellor, where today the Regional Court is located). As the term "Regierungskanzlei" suggests, Amberg was the seat of the government of the "Upper Palatinate" for many years. This era of the town on the Vils river, who owed its prosperity to ore-mining and the salt trade, ended in 1810. You will learn a lot more from town guides who will be pleased to show you the old and the new Amberg.

Experiencing and enjoying culture

One of the sights of Amberg is the town theatre ("Stadttheater"), which is accommodated in a former church. Its varied programme invites visitors to remarkable performances and concerts. Here, premieres take place at regular intervals; here, renowned casts and artists meet. But Amberg has even more to



Amberg Stadtbrielle

Bildnachweis: Hajo Dietz, Nürnberg Luftbild

offer as regards culture: in July, when the "Summer Festival" offers its varied programme including cabaret shows and jazz, you can enjoy art events outdoors. A sophisticated choice of films also caters for the movie fan community. Plus, there are events in the Amberg Congress Centre, high-powered literature in the town library and excellent exhibitions in the town museum and pre-historic museum.

Shopping and feasting

Modern Culture in the evening, shopping during the day. You will be pleased by the personal shopping atmosphere of the small, but refined specialist shops and boutiques in the old town centre. This ample range is completed by big department stores both in and around the old part of the town. One of the biggest German glass manufacturers is based in Amberg and has a factory shop. It is located on an industrial estate on the edge of the town, together with a number of other shops. A host of restaurants, cafés or bistros are the town waiting for you to rest and dine there during or after your shopping tour. And in the evening, many pubs and clubs await you.

There are four subterranean parking areas and two multi-storey car parks on the edge town centre as well as many short time parking lots in the "Amberger Ei" the inner town is called affectionately due to its oval – egg-like – shape, shortening routes and rendering shopping even more attractive. Moreover, the

Amberg City Bus provides a well-functioning means of public transport.

Recreation and activity

Just outside the town gates, paths and green areas are ideally suited for walking. Directly behind the "town spectacles", there the enormous acreage of the Land garden exhibition of 1996 which has been retained largely as a recreational area within immediate reach of the town. Apart from this area south of the inner town, the so-called "herb meadow" north of it (near the almost continuous circular town moat) and the "Mariahilfberg" with its pilgrimage church and its large forest are available for recreation. This is the place where the legendary mountain festival takes place in late June, early July which, together with the town festival in June, the "Dult" – a big fair at Whitsuntide and in the autumn – prove that the Amberg people know how to celebrate. Join them! Many traditional festivals around Amberg also have their place in the calendar. Here you will come across a landscape ideal for rambling, between the Jura Mountains and the Upper Palatinate forest. And those who prefer biking to hiking will appreciate the well-developed network of cycle paths, including the Five-River Cycle-Path which connects Amberg to Nuremberg and Regensburg. Further leisure-time pursuits are provided by an indoor leisure pool, an open-air swimming pool, a crazy-golf course and – in the centre of a spacious sports centre – an ice sports area.



Kurfürstenbad – the pool for every generation

Unique in Bavaria, the water fitness equipment in the separate Aquafit area of the Kurfürstenbad ("KuFü") in Amberg has a strong appeal to all visitors of the Kurfürstenbad. Here our body conscious guests can work out gently using underwater equipment like bikes, Nordic walking, weightlifting, rowing, muscle trainer or climber. But also a counter-current system and the adjustable floor, from 0 – 5.9 ft, combined with the aqua jogging and aqua gym courses we offer, strengthen your fitness. "Leave the daily stress behind you, dip into wellness and fitness" – according to this principle the guest, and that is new, can experience a carefree "Wellfit" day in the Kurfürstenbad.

Skilled trainers ensure the equipment is used in the right way. For such a fitness day we have our "all inclusive" offer, which includes solarium and a lot more for only 36 euros. That way our guests can go on a short break without any long ways, namely to the KuFü in Amberg. As a gift certificate, this package also makes an ideal birthday or Christmas surprise. In addition, the KuFü also offers a FamilyDay, the Aktiwelltag (a day with massages, aqua fitness and a lot more), an Aktiv-Tagesstarter-Paket (if you like starting your day actively) for early morning exercisers, as well as weekly relaxation, every Sunday from 6.30 pm to 7.45 pm as a mental end of the weekend. Special

Fit and Vital 55+ mornings, suited to the relevant age groups, round off our offer. Dates, events and courses can be found in the biannual flyer of the Kurfürstenbad, which you can order by phone on 09621 / 603-830. Besides bathing, tanning in a solarium or directly underneath the translucent sheeting becomes more and more popular. Last but not least, the water temperatures also contribute to your well-being. In the warm water pool with massage jets, the non-swimmers' pool and the toddlers' pool with toy boat channel, they are at about 84 °F. The swimmers in the separate sports area will, however, find "normal" water temperatures.




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Schöner Schlemmen – Schloderer

Kurfürstenbad – the pool for every generation

Further offers

Of course, the saunas on the first floor of the Kufü are also available to the visitors. Whether it is the Finnish

sauna or an herbal sauna, there is surely something for every taste. From varying weekly Aufguss sessions (the pouring of water on hot stones to increase humidity) up to

the "Finnish Christmas" with bunches of birch twigs (to gently slap the skin and stimulate blood circulation), special scents from the Far North and a traditional Finnish culinary delight, we offer again a lot of new things to our guests. Between the sauna sessions you can let your eyes wander over the historic Old Town from our sauna open-air roof terrace. After so many positive impressions, some of our visitors may now be motivated to get to know the wide range of leisure and cultural activities offered in Amberg or to explore the historic Old Town.

Visiting Amberg with an all-round package for a fitness and health day is always worthwhile. You can get more information on this, the current opening hours and courses offered as well as the entrance fees at www.kurfuerstenbad-amberg.de or you can inquire by phone on 0 96 21 / 6 03-8 30.



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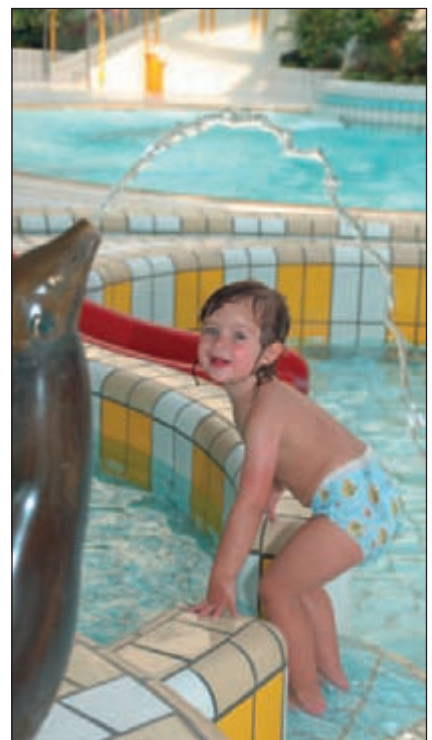
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Enjoy a vacation day close to home

Our Tuscan style interior decoration is complemented by marble, mosaics, granite, gemstones and semi-precious stones – following the teachings of Saint Hildegard von Bingen and invites you to relax and enjoy.

The pool area has a 25m (27.35yard) "Natursole" pool, two radon outdoor pools, a kids' pool with slide, steam room and tanning beds. The sauna area has an exclusive interior with marble, turquoise tile and authentic oriental ornaments. In accordance with the teachings of Hildegard von Bingen, over 2000 pounds of gemstones have been integrated into both the sauna and pool area – big rock crystals, amethysts and citrins. There are 4 saunas located in the cozy and fairytale like inside area: Fichtelberg Sauna 95°C (203°F), Crystal Lemon Sauna 90°C (194°F), Mining Sauna 90°C (194°F), Gemstone Sanarium 55°C (131°F). We also offer 2 steam rooms with lemon, orange and lavender aromas, a hamam with massage area, an outdoor pool,

a whirlpool, a coldwater pool, a gemstone meditation grotto, a relaxation sunroom and a deck with a view of the forests and mountains of the Fichtelgebirge.

The outdoor area offers a unique sauna village with 5 sauna houses in a rustic style. The "Köhler Meiler Sauna" 90°C (194°F) is in the center and is, by the way, the first "Köhler Meiler Sauna" in Germany. Pro Sauna 100°C (212°F), Hay Sauna 85°C (185°F), Salt Sauna 80°C (176°F), Gemstone Sauna 70°C (158°F) and ice fog grotto. Everything complements each other: the village square, the well and the creek, the outdoor pool, the waterfall and the "Kneipptrittbecken". The "Aufgusssteam" performs "Showaufgüsse" with educational information. Every day starting at 10am (first "Aufguss") there are "Aufgüsse" every hour until 9pm (open until 10pm on short days) or until 10:15pm (open until 11pm on long days). The sauna parties are unique: sauna hiking, "Bierkrugstemmen", sauna marathon

with non stop "Aufgüssen", romantic evenings and Saunafasching, only to name a few. You can find an annual event calendar on the internet at www.kristalltherme-fichtelberg.de or you can take one home from your next visit.

The Sauna Restaurant and Bar offer very good food and drinks at reasonable prices. Delicious, in some cases supersized, meals are ideal for the hungry sauna visitor. We also offer Bavarian specialties like Weißwurst and Brez'n.

Visit us and enjoy a vacation day close to home – not even a one hour drive away from Grafenwöhr and Vilseck. Take the autobahn A93 towards Hof, exit Marktredwitz Sued, then B303 to exit Fichtelberg/Neubau Kristalltherme, or B299 towards Kemnath, Brand to Fichtelberg (appr. 60km / 38miles).

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Welcome to Oberpfälzer Seenland



Eixendorfer See

The Oberpfälzer Seenland is a vast recreational area, featuring unique park landscapes with picturesque lakes and rivers. The Oberpfälzer Seenland region was built around the largest lake in Eastern Bavaria,

the "Steinberger See". The Oberpfälzer Seenland offers a variety of possibilities to enjoy Bavarian culture, tradition and sporting activities. Visitors to Oberpfälzer Seenland find good value on activities, accommodations,

food and much, much more. Oberpfälzer Seenland is an exciting vacation destination for everyone.

There are many museums, castles and churches (some dating from Medieval times), which expose the simplified, handcrafted culture of the Oberpfälzer Seenland region; offering a unique perspective into its traditions and history. A rainy day can even be turned into a memorable experience by making a trip to the most popular sightseeing attractions.

Another historical attraction is the ancient basement "Felsenkeller" in Schwandorf, once used as a medieval stockroom, but nowadays utilized as an extraordinary stage for concerts and readings. Those who are intrigued by the Arts can visit the varying art exhibitions at the "Oberpfälzer Künstlerhaus" in Schwandorf.

Welcome to Oberpfälzer Seenland



For further information contact our office at:

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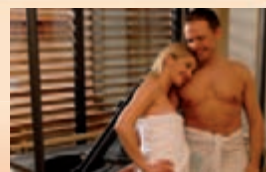
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Welcome to Oberpfälzer Seenland

If you'd rather enjoy music, the event "Musiksommer" in Schwarzenfeld, with its famous orchestra, would be a perfect choice to create an unforgettable evening.

Festivals such as "Vom Hussenkrieg" in Neunburg vorm Wald, "Macht & Minnie" in Bruck i. d. Opf., or a "Ghost-walking Tour" in Nittenau, will also make memorable experiences.

You'll find a variety of restaurants and beer gardens all over the Oberpfälzer Seenland

region, who also invite you to taste local delicacies such as "roast pork with dumplings," and of course, beer from the local breweries. Enjoy Bavarian hospitality and coziness to its fullest.

Oberpfälzer Seenland is also very popular for fishing; especially the Eixendorfer See near Neunburg vorm Wald, regarded as being among the best places to fish in Germany.

For those who are more enthusiastic in sports, the Oberpfälzer Seenland gives you a

great range of opportunities to try something new or practice your favorite sport. The variety of lakes and rivers invite you to spend your free time relaxing at different beaches or having fun on the water.

Both, at the Steinberger See and Brückelsee, rental agencies offer you the chance to sail in your own boat or learn from professionals.

In addition, water freaks can have fun with paddle boating, wake boarding or water skiing on two modern lifts at the Steinberger See. The Movin "G" Round, located on the other side of Steinberger See, also offers bungee-trampoline, tobogganing (Happy Toboggan Run) and surf bikes for an amusement alternative.

Another way to enjoy your free time is with a canoe tour on the rivers, "Regen" or "Naab", either for a day trip, or a trip lasting several days. The boat rental agencies can help you in choosing the right trip for you, and show you the basics in handling your boat to get you on your way.

The Oberpfälzer Seenland, however, features even more! You can explore the backcountry on the many different trails with over 700 kilometers of inspiration by hiking, cycling or Nordic walking. The Nordic Fitness and Sports Park invites you for an extra exercise!

The Golf Club of the "Oberpfälzer Wald" welcomes you to a game of Golf at the 18 hole resort, beautifully situated amidst a natural preserve. If you love riding horses, then the Oberpfälzer Seenland is for you! Various horse ranches located throughout the Oberpfälzer Seenland offer exciting riding holidays for the young and young at heart. Whether you're a beginner or an advanced rider, their programs are set up for everyone. Is one horsepower not enough for you?

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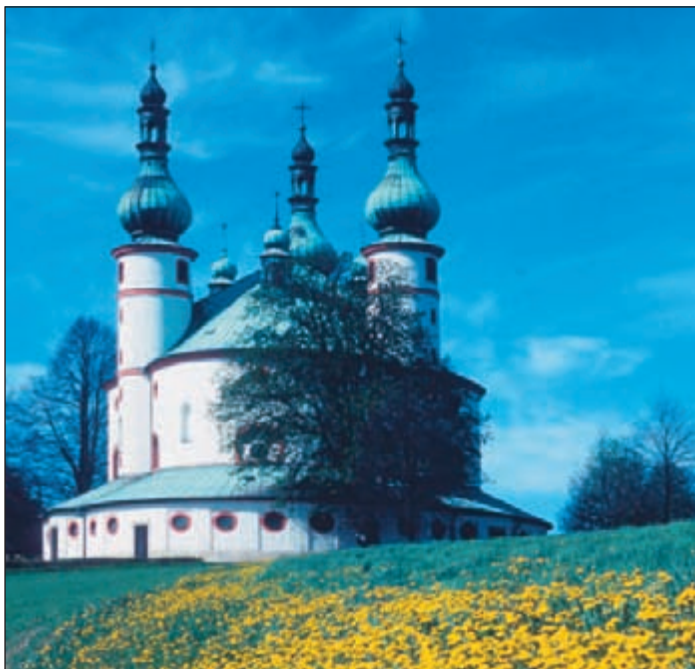
We look forward to welcoming you to the Oberpfälzer Seenland. So come visit us and see for yourself, that Oberpfälzer Seenland truly is a land of 1,000 possibilities!



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The Upper Palatinate Forest in Bavaria – a likeable holiday country in the heart of Europe

If you did not already discover Bavaria's idyllic low mountain range at the border to Bohemia, you should really take your time to make a day trip or even a vacation.

The Upper Palatinate Forest consists of 3 different counties, Tirschenreuth at the North, Neustadt an der Waldnaab in its center and Schwandorf at the South. The town Weiden, also needs to be mentioned. The holiday region between the Naab Rivers and the Bohemian Forest can truly be called diverse and multifarious. You also should not miss the old imperial cities Regensburg and Eger. Appealing cities, many of whom kept their mediaeval character, compete with homely pleasant holiday resorts.

Visitable museums, especially open-air museum Neusath-Perschen, invite you to a journey into past centuries, pointing out the origins of various traditions and exceptional specialties like the production of glassware, porcelain or buttons for clothes. Historical festivals, popular open air theatres and music festivals, display history and tales of the Upper Palatinate Forest in a lively way. Although the modern face of the region will not be neglected.

You should take your time to let the many beauties of the nature park's landscape appeal to you. Discovering hidden treasures of nature, for example wild but romantic Waldnaab Valley can be great. Preservation

of nature is not a cant in Upper Palatinate Forest: Streams and streamlets, lakes and many ponds give home to rare animal species, while being valued by pisciculturists and anglers. Wetland biotopes, meadows, forests and marshes are locations of retreat to plants, which cannot be found elsewhere anymore.

Upper Palatinate Forest also has a unique geological variety, proven by the KTB-Geo-Centre in Windischeschenbach. The continental drilling of the Federal Republic of Germany features the world's deepest drill hole with 9101m (29,860 ft), which is the result of a unique drilling master stroke.

Over many centuries, important trade routes like the „Goldene Straße“ („Golden Road“) or the Forbidden Route crossed the Upper Palatinate Forest. Today they serve as popular hiking trails. So many castles and ruins can be found in our countryside, resulting in the region's nickname „Country of Castles in Bavaria“. At various castle festivals, one can get in touch with long forgotten times of knights and their castles, bringing tales and sagas of past centuries back to life. Often castles or historic town centres serve as settings for spectacular festivals and mediaeval markets.

Of course the 3 counties of the Upper Palatinate Forest also offer plenty of activities to sporting guests:

A large scale of hiking trails and circular routes will let you experience culture and nature equally; family friendly cycling paths built upon former railway lines, but also demanding tracks invite you to pedal.

Horsemen are always very welcome in Upper Palatinate. If sailing, surfing, paddling or diving – on the many lakes, virtually any water sport can be experienced. A lot of modern camping sites complete the variety for any nature lover.

That is, why the Upper Palatinate Forest presents itself as a wonderful holiday region. Friendly hosts, from luxurious hotels to idyllic farmsteads offer excellent cost/performance ratios in an appealing environment.

Further information:

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