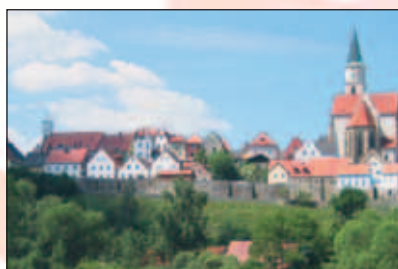




Grafenwoehr – the Garrison

Welcome to the U.S. Army
Garrison Grafenwoehr!



An Unforgettable Experience!



A visit to the
Old Bavarian Crystal Factory



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Neustadt following
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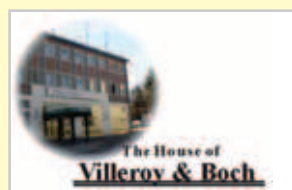


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Welcome



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 Grafenwoehr Military Community offer you a great variety of quality programs and facilities, but our local host nation communities will amaze you with their great hospitality, and abundance of culture, traditions and rich history.

Friendship and togetherness are two of the key words that define living and working at this installation. Our friendly German neigh-

bors 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 entire military career.

Therefore, I encourage all of you to go out to meet your neighbors, join the local clubs, and participate in the many local events and festivities. Learn about your neighbors' culture and tell them about yours. Become a member of the Oberpfalz region.

Please take a moment to read this special publication, offered by our neighborhood German communi-

ties. 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. We truly feel at home here and we hope that all of you will feel the same way soon.

On behalf of the entire Grafenwoehr Garrison, I wish you, your family and friends a great stay in our area.

Colonel Avanulas R. Smiley
Commander, U.S. Army
Garrison Grafenwoehr

Classified directory

	Page		Page		Page
<u>Adventure pool</u>	51	<u>Glass products in lead crystal</u>	C4	<u>Pre-owned vehicles</u>	5
<u>Apartments</u>	15	<u>Hair stylists</u>	21	<u>Residential Building Development</u>	15
<u>Attorney at law</u>	3	<u>Hospital</u>	36, 37, 38, 39, 46, 52	<u>Restaurants</u>	23, 44
<u>Attorneys Offices</u>	3	<u>Hotels</u>	44	<u>Sewage System</u>	15
<u>Banks</u>	9	<u>Ice stadium</u>	32	<u>Ski-lift operator</u>	53
<u>Baths</u>	54	<u>Interior design</u>	23	<u>Summer toboggan run</u>	53
<u>Baths and sauna facilities</u>	54	<u>Internet & cable TV</u>	19	<u>Town</u>	33, 34, 35, 48, 49
<u>Bus companies</u>	20	<u>Leisure park</u>	45	<u>Town Administration Authority</u>	21, 22
<u>Car dealership</u>	31, 43	<u>Local Authority</u>	55, 56	<u>Tattoos</u>	23
<u>Clinic</u>	36, 37, 38, 39, 46, 52	<u>Mobile phones</u>	19	<u>Thermal world</u>	32
<u>Cloisters</u>	53	<u>Motorcycles</u>	43	<u>Tourism</u>	25, 26, 27, 28, 29, 33, 34, 35, 40, 41, 42, 48, 49, 53, C3
<u>Crystal</u>	C2	<u>Municipal Utilities</u>	15	<u>Upper Palatinate Forest</u>	C3
<u>Dog Grooming</u>	23	<u>Museum</u>	21, 22, 57, 58	<u>Water</u>	15
<u>Factory sales</u>	C4	<u>New cars in stock</u>	5	<u>Wellness</u>	51, 54
<u>Factory outlet</u>	53	<u>Outlet shopping</u>	53		
<u>Glass</u>	C2	<u>Porcelain</u>	53		

C = Cover

Content

	Page		Page
Welcome	1	Welcome at Amberg-Sulzbach	40
Classified directory	2	The country-side around Amberg-Sulzbach – take a walk on the wild side!	40
Welcome to Grafenwöhr – your new home	4	Total recreation at the new arranged “White Giant” Monte Kaolino sand hill in Hirschau	44
Fuel Ration Cards in Germany	16	St. Anna Hospital – a modern and patient-friendly facility	47
Riding the Rails in Germany	16	Amberg, modern town center with an old tradition	48
Parking in Germany	18	Kurfürstenbad – the pool for every generation	50
A visit in Vilseck is worth it	21	The perfect place for a day out: Bulmare Waterpark in Burglengenfeld	54
Welcome at Neustadt a. d. Waldnaab	25	The Market Community of Freihung	55
A cordial welcome to our rural district of Neustadt a. d. Waldnaab	28	The Upper Palatinate Open Air Museum	57
Spa World + Ice Stadium	30	Emergency telephone numbers	59
Weiden – a town to fall in love with!	33	Impressum	59
The Weiden Clinic	36	The Upper Palatinate Forest in Bavaria – a likeable holiday country in the heart of Europe	60
The Eschenbach District Hospital	37		



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Welcome to Grafenwöhr - your new home

Welcome to the Grafenwoehr Training 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 far more 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 a chance, delve this wonderful environment and catch lots of new experiences.

We developed this brochure by collecting several topics, which we think will be appropriate to you and your relatives to explore interesting places outside your military garrison and train-

ing area. We especially would like to show you how people here live and how you can be a part of the "Oberpfalz" lifestyle, which is what this area of Bavaria is called.

There are lots of specialties to try lots of landscape of opportunities to actively participate in your free time with people living around here.

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

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

Action for your family:

Dining/meals:

Sausages: Germany, and the Oberpfalz in special offer a rich variety of special sausages (here called "Wurst"). Contrary to the U.S., 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 bread, often with a little bit of butter. You probably know the grilled sausage, here called "Bratwurst".

There are different kinds like "Nürnberger", "Rote", "Thüringer" or "Weisse". Due to various receipts, they all taste very different and you



Military Display at the German-American Volksfest



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Welcome to Grafenwöhr – your new home

have to try to find out which of them you prefer. And of course, the warmed up sausages are even different to the grilled ones. 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 specialty: the "Weisswurst".

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

The Bavarian pull of the skin, before he eats the wurst or, which is the originated way to eat the sausage, he sucks the meat out (in the Bavarian dialect it is called "auszuzeln").

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

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 mostly dark with a toasty 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 is a Bavarian specialty. But you find all the other kind of beers like Kellerbier (cellar beer), Helles (bright beer), Lager and much more here, too.

The differences between these types are difficult to explain, you need to experience each of the special tastes. A very specialty of this region, the Oberpfalz, is so called "Zoigl" beer."

This fresh beer is brewed to be consumed quickly. It's not preserved and should be consumed within 2 weeks. Along with this, several beers have special forms for the glasses. You drink them from, for example the glass for the Weissbier is only found in South Germany; and makes a great souvenir.

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

Culture:

Of course all the cultural places are worth visiting. But theater and the movies only make sense if you speak at least some German. But watching the movies is fun anyhow – they are different to the American movies. Visiting operas are sure worth going to – they are mostly in Italian and have living stories, performed by talented actors.



Watertower and Forestry House in the Grafenwoehr Training Area

Fotos: Paula Guzman

Welcome to Grafenwöhr – your new home



Soldiers at the Grafenwoehr Training Area

POIs near Grafenwoehr:

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

Important Addresses:

- German-American KONTAKT Club
- The community website
- Newspaper "Bavarian News"
- Others

Sports:

In general:

Especially during 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 visit: The Rußweiher and the Dießfurter See. A new beach are opened up at Pressath. Of course you can go to the many official pools. Her you can buy beverages and food and can use the 50 meter swimming pools.

Winter sports:

Downhill skiing is not possible as most of the surrounding area is flat. But you may use the skiing sloops nearby. The villages of Kirchenthumbach and Küthschenrain offer a prepared sloop. If there is any snow in winter 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 reserved for cyclists. Often they will be parallel to the streets, but they also will guide you



"stein"



Welcome to Grafenwöhr – your new home

over streets, which are closed for normal traffic and only open for farmers.

There are special maps available for cycle tours, and are available for free at the tourist information office in Neustadt.

These maps provide different tours, explore towns, villages and the great landscape. In Neustadt they can give you recommended routes.

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 will find "your" route.

Clubs:

Clubs worth joining. These are the best opportunities to get in touch with the locals and make 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: Un the town homepages (www.nameof the 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 DJK 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.

But we would like to focus you on some very special events: the "Bayreuth Festspiel". Here, every year some of the most famous operas from Wagner will be shown. The Wagner Festspiele are a worldwide unique event, to which people from all over the world come to



Castle Neuschwanstein

Welcome to Grafenwöhr

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Curious? We are looking forward to your visit in Grafenwöhr!

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Hours of operation:

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Saturday: 8.45–12.00 Uhr

For your personal consulting appointment call 09641 920129.



Welcome to Grafenwöhr - your new home

Bayreuth. In Grafenwöhr you will find the "Militär- and Kulturmuseum" (Military and Culture Museum) which shows the military history of the training area and Grafenwöhr. The town of Leuchtenberg hosts an open air theater every year. Further information is available at the Neustadt tourist information office.

Community installations:

Public transportations:

You will find yourself well connected to other cities and regions, even if you don't want to use your car. Public transportation is easily accessible.

You might take the train from a nearby train station (Bahnhof). Or you might use a city bus, which connects regularly to most villages and cities.

Churches:

German services are very different than services in American churches.

You might 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 denominations: the Lutheran Church and the Roman Catholic Church, to which the most Bavarians belong. Seldom you will find other Christian denominations 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 Moslem Moshe.

Postal services:

Letters and packages from and to the U.S.A. will be sent the cheapest way by the military postal system. But if you would 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 a German police. But in rare cases you might for instances, if you get involved in a car accident. You can contact the Police liaison officer at the garrison Department of Emergency Services for additional information. The German police officer there will be glad to assist you.

Recycling:

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

Trips:

You should use your free time to make trips to learn more about Germany and its people. In Bavaria you will find the most famous castle Neuschwanstein, the most popular Oktoberfest, and the well known cars BMW and Audi. You might also travel to Czech Republic, which is only 1 hour drive away.

Cars/traffic:

Driving a car and the traffic in Germany is very different from the traffic in the U.S.. Of course there are mostly no speed limits on German interstates (Autobahn) which are marked with blue signs.

Outside the villages you are allowed to drive up to 100 kilometers/hours (km/h). The normal streets are marked with yellow signs. Within the villages the top allowed speed is 50 km/h. You can drive up to 200 km/h or faster with your car on interstates, if the traffic flow allows it and no



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

Welcome to Grafenwöhr – your new home



2d Stryker Cavalry Regiment arriving at Rose Barracks Vilseck

speed limits are posted. Maybe you rent a car to go fast, it is all legal, but can be very dangerous too. Please listen to your military advisors! The blood-alcohol limit is 008. Drugs are, of course, not permitted.

There will be lot of more traffic than in the rural U.S. The parking spaces are much smaller than you might be used to. And you might notice farmers with their tractors 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 use normal streets to do their job. Especially in spring and harvest time you have to be patient if you are stuck behind a farmer's tractor.

Shopping:

Depending on the exchange rate, it might be cheaper to buy some things off-post. Beside the grocery stores, the bakeries and butchers you will find the PEZ (Pressath Einkaufszentrum) the Pressath 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 Fabrick) in Eschenbach.

Fests/Events:

"You should party if the opportunity is there" (man soll die Feste feiern wie sie fallen) is an old common German saying. And there are really countless events to go to and to have fun.

"German coziness" (deutsche Gemütlichkeit) is guaranteed.

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

The year starts of with "Fasching". Similar to Halloween, people dress up and take part in celebrations. During summer are many larger and smaller events, mostly with music, beverages and food. And as a Bavarian speciality the beer gardens (Biergärten) open up, beginning in spring. Somewhat unique in every garden is a section where you can bring your own food and have only to buy the drinks. Another event is the "Kirwa", which offers special regional cuisine.



Welcome to Grafenwöhr - your new home

Souvenirs:

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

Special offers:

If you like this area and you or one of the friends who are thinking about starting their own business, here is a helpful address: The "Gründerzentrum" and the region management will give you free advice.

Dining Out:

If you go to a restaurant, you will notice the difference when you enter. You will mostly not be seated by the waiter, but can search for a free table on your own. You are often welcomed to share a table with other people, but you have to ask first if you may sit there. Another difference is that during the meal, you use your 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:

Germans study English language at least 5 years and understand what you are saying, but it is quite polite to use at least a few German words.

Grüß Gott

Common greeting – Hello

Good bye

Danke

Thank you

Bitte

You are welcomed, 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 menu please

Wieviel kostet das?

How much is that?

Die Rechnung bitte

The check please

Sprechen Sie Englisch?

Do you speak English?



Altstadtfest

Welcome to Grafenwöhr – your new home

Mein Name ist...

My name is...

Small guide to German beer

Weissbier

**(Wheat beer) Bavarian specialty,
consumed out of special styled glasses**

Helles

(a hearty bright beer)

Pils

Invented in Czech Republic

Zoigl beer

**A specialty of the Oberpfalz region and
non preserved beer**



German-American Christmas Tree Lighting Ceremony

History of the Grafenwöhr Training Area:

The following text is from the booklet: Truppenübungsplatz Grafenwöhr-Geschichte und Schicksal einer Landschaft (Grafenwoehr 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 started to build facilities for artillery training. 9 villages had to be occupied with 240 inhabitants. The Grafenwoehr Training Area officially started with an official artillery round fired on 30 June 1910.



Monte Kaolino sand hill in Hirschau



Welcome to Grafenwöhr - your new home

During WWI, the area was used as a camp for prisoners of war (POWs), up to 26.000 soldiers trained here. After WWI the German forces reduced down to 100.000 soldiers.

Heavy artillery was abounded. But in 1926, the 63 feet high "Bleidorn Tower" was built as an artillery observation tower on the "Schwarze Berg". It is still up and offers a great view into the impact area.

From 1935 on Hitler built up the new German forces and the training area was used again for heavy artillery training. The area was expanded

and 57 more villages with 3.500 people were relocated.

During WWII, the area was used to train new forces but also to collect the re-equip destroyed battalions 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, 300,000 grenades, and numerous other ammunition. In the forest along the main street was found one of the biggest chemical warfare compounds: 3 million gas grenades.



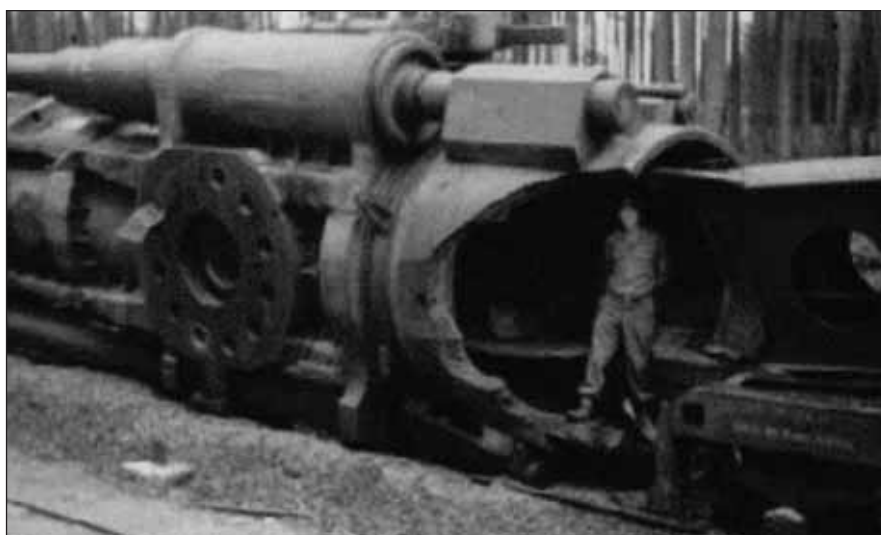
Train artillery cannon DORA

1941 the first shot was fired from one of the biggest cannons ever built: DORA was with 80 cm caliber and was build to destroy bunkers with 7 meters iron-concrete walls and 1 meter of steel. 1 grenade weight 7,100 kg and could be fired up to more than 37 km distance. There were only 2 of the canons built one 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 training camps were named after big battle sites, like Camp Aachen, Camp Normandy and so on.

1956, the first German unit came back for training and in 1971 the Headquarters, 7th U.S. Army used it as the central training area for the U.S. troops in Europe.

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



History of the Grafenwöhr Training area

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Faschingszug



Fuel Ration Cards in Germany

INSTALLATION COMMAND-EUROPE – The AAFES automated fuel ration card system is a special card that works automatically to control rationed retail tax and duty-free purchases of motor fuel.

The program is in effect for all military communities and U.S. Forces personnel stationed across Germany who have registered vehicles?– including fuel for all privately-owned vehicles and U.S. Government non-tactical vehicles.

The main purpose of the card is ration control. Anyone who uses the fuel ration card incorrectly will risk having to pay more than expected for fuel. Correctly using the card will help people avoid paying higher German gas prices in Europe.

- Drivers must first be in possession of a USAREUR driver license.
- New registrants will take their vehicle registration documents to the nearest AAFES card issue site and will receive a temporary activated fuel ration card good for 30 days? – the permanent card is issued to registrants later in the mail.
- The card matches the vehicle’s plate and cannot be transferred between vehicles.

- Germany-wide ESSO gas stations and on-post AAFES gas stations are the only authorized sites that use the card? – the card is not honored at ARAL gas stations like the coupon system formerly was.
- Customers must show their vehicle registration to ESSO/AAFES store clerks to complete a fuel transaction.
- Registration certificates may include up to five eligible drivers per vehicle, provided each driver ID number is unique.

All Soldiers, Sailors, Airmen, Marines, and U.S. forces civilians are responsible for using their fuel ration cards properly after they’ve received and activated them.

All drivers who own and drive registered vehicles are requested to fully review all published information on the fuel ration card’s system to become familiar with the "who, what, where, when, why, and hows" relating to the fuel ration card. This includes all U.S. forces personnel who are either permanently stationed or on temporary duty in Germany and their family members with drivers licenses.

Useful information, a two-page printable tri-fold with helpful information and advice for

using your fuel ration card in Germany, and FAQs can be found on the IMCOM-E website at: <http://www.imcom-europe.army.mil/sites/news/fuelcard.asp>

Privately Owned Vehicle (POV) Fuel Card
The image shows the front of a POV (Privately Owned Vehicle) Fuel Ration Card:



The image shows the back of a POV (Privately Owned Vehicle) Fuel Ration Card. The back contains the names of 2 authorized drivers as well as the license plate number:



Riding the Rails in Germany

Germany has one of the world’s best passenger rail systems. There aren’t many places that you can’t get to with it, and the trip will be comfortable, economical, and punctual. Other than the automobile, rail is by far the most common means of intercity transport. Generally, long-distance trains are around 90% punctual, and local trains are almost always nearly 100% on-time.

There are several types of service offered, identified by an alphabet soup of letters. Here are most of the train types and designations:

Long-Distance Trains

- ICE (InterCity Express) – The flagship of the GermanRail system. Provides high-speed connections between the principal metro-

politan areas. Trains run every hour or more frequently.

- CIS (Cisalpino) – A train very similar to the ICE, but runs on conventional tracks rather than the special tracks used by the ICE.
- Thalys – Express train connecting Cologne, Dusseldorf, Paris, Brussels, and Amsterdam.
- IC/EC (InterCity/EuroCity) – Express trains connecting the larger domestic destinations every hour. Some of these trains travel into adjacent countries as part of the EC (EuroCity) system.
- ICN, EN, CNL, NZ (InterCityNight, Euro-Night, CityNightLine; Nachtzug) – Various night trains providing long-distance sleeping accommodations.
- IR (InterRegio) – Express service connecting domestic and international medium-sized

towns and major rail centers. Trains generally run every two hours or more often. (This service is in the process being phased-out and consolidated with other services.)

- D (Durchgangszug) – A fairly rapid longer distance train. Provides connections on some of the lesser traveled routes or times.

Regional Trains

- IRE (InterRegioExpress) – An express train connecting regional cities at regular intervals.
- RE (RegionalExpress) – An express train connecting medium and larger-sized towns to main rail hubs.
- RB (RegionalBahn) – Similar to RE, but slower since it stops in virtually every town along the way.

Signs in all stations use standard international symbols. Here are some of the more important ones:



Tickets



Seat Reservations



Sleeper/ couchette reservations



Information



Currency exchange



Lockers



Luggage carts



Lost & Found

- SE (StadtExpress) – A local train that connects outlying towns with medium and large cities.

- S-Bahn (Schnellbahn) – Commuter rail service in and around major metropolitan areas.

Onboard services: As you might imagine, the level of service onboard increases with each of the service levels above. All trains at minimum have WC facilities. Some lower level trains will have a small snack cart that passes through the cars. IR trains will usually have a bistro car. The IC and ICE trains have bars, lounges, bistros, and restaurants serving German and international foods, beers, and wines.

Classes: Trains are divided into two classes first and second. The cars have a large "1" or "2" on the outside near the doors indicating which class they carry. With a few exceptions, all services available on the train are provided for both first and second-class passengers. The benefit of first class is that the rates for first class are higher and, thus, first class tends to be less crowded than second class. The ICE is the most luxurious of German Rail trains. These trains feature adjustable cushioned seats, individual reading lights, piped music from armrest jacks (bring your own headset), conference rooms, public telephones, and fax machines. First class passengers also have video players at their seats.

Tickets

Like any major transportation service, the DB offers a myriad of tickets, fare schedules, and special deals. Even railway officials sometimes have problems navigating the complex structure of the DB's ticketing options. Fortunately, most tourists shouldn't need to deal with this hassle as rail passes, which tend to be a better deal, and point-to-point tickets can be purchased outside of Germany. However, if you decide to purchase your train tickets in Germany, you should be prepared for a possible adventure. I suggest that you use the DB's website to determine the approximate fares ahead of time. That way, you'll know if you are getting the correct fare

when you purchase. It's also been recommended to "shop around" at the station. Get a quote from one agent, then get a quote from a second agent. If they match, OK. If one's cheaper than the other, make sure you're getting the right ticket, and if so, then go for the cheaper one.

Individual point-to-point tickets and surcharges

Except for the ICE, tickets for individual trips longer than 100 km are based on a standard per-kilometer fare structure. In addition to this base fare, the IC has a surcharge. These surcharges do not apply to holders of German Rail passes or most Eurail or Europass passes. You should also purchase a seat reservation for a flat rate (good for one seat on up to two trains.) This will guarantee you a specific seat for the duration of your journey. You can reserve a seat anytime between three months to just minutes before the train leaves. If you already have a ticket or have a pass, you can purchase a seat reservation by itself. Sleeper and couchette services also carry an additional charge.

How to purchase tickets: The best way to purchase your ticket is to go to the station, locate the departure timetable (large yellow schedules), and find the train that you need. Note the train number, departure time, and destination. Then go to the ticket counter (in larger stations, look for "Reisezentrum" signs) and give this information to the ticket agent. Many ticket agents speak English, but if they don't, and you don't speak German, write the train number and destination on a slip of paper and hand it to the agent. Be prepared to wait in line a while as the ticket counters at most stations are not as well staffed as they could/should be. Also, make sure that the line you are in will get you the service you need- there are special lines for express service (just tickets- no reservations or information), and domestic (Inland) and international (Ausland) tickets. These are, however, being phased-out in many stations. For trips of less than 100 km, you usually can (and should) purchase your tickets from a vending machine (look for machines marked

"Fahrkarten", "Fahrausweis", or "Fahrschein"). To use these, you find your destination on a chart on or near the machine, then dial the indicated code on the keypad on the machine. The one-way, single fare will be shown. Press the appropriate button for a round-trip ticket, first-class fare, or other add-on if needed. Then pay the price shown and your ticket will drop into the bin. Prices for these trips are calculated on a different tariff schedule than are trips over 100 km.

At the Station

The German word for train station is Bahnhof. If you're in a large city, you will most likely want the Hauptbahnhof, or Central Station. The stations are usually located in the heart of the city. Once you get there, you will find that most large stations are self-contained cities. There are newsstands and bookstores, shops, grocery stores, restaurants, bistros, lounges, post offices, banks, florists, pharmacies, barber and beauty shops, and even movie theaters. Information and ticket counters, luggage offices, and lockers are also provided at most stations.

Timetables are prominently posted throughout the station. You will find two schedules: Arrivals (Ankunft) and Departures (Abfahrt). Departures are listed on yellow charts, arrivals on white. All trains arriving or departing that station are listed chronologically starting at midnight. Times are listed using the 24-hour clock (i.e. 13:00 = 1:00 pm). Symbols indicate the services onboard as well as which days that train operates. Fast trains are listed in red. The train number and the arrival or departure platform (Gleis) number are also listed.

Once the train has been underway for a little while, the conductor will come through and ask for tickets. If you just boarded, present your ticket (and passport if proof of age or residency is required as part of your pass). The conductor will, in good German form, punch or stamp your ticket and return it to you. You will not need to show it again for the duration of your trip unless there is a



Riding the Rails in Germany

change of conductors. You must purchase all tickets and reservations before you board these trains. Periodic spot checks are made and hefty fines are levied against those without valid tickets.

Stops are announced shortly before arrival. If you miss the announcement (or just don't understand it!), signs on the platforms will tell you where you're at. If your train has them, the electronic displays at the ends of

the coaches will show the name of the upcoming stop as you approach it. Also, you will usually find an itinerary flyer near your seat listing the scheduled stops and services for that train. Note the abbreviation Hbf stands for Hauptbahnhof. Make sure you are ready to jump off when the train arrives at your destination. At some stops, the train only stops for a minute or two, so if you're not ready, you may end up taking an unscheduled diversion to the next stop!

Once you get off the train, follow the "Ausgang" signs to leave the station. Most stations have multiple exits, so double-check to make sure you're headed in the right direction. If you are making connections, check the yellow departure schedules to find out which track your connecting train leaves from, then follow the signs directing you to that platform. Connection information is also usually announced on-board the trains as they approach major stations.

Parking in Germany



Parking available

Parking from left of this point is allowed, but may be restricted according to any additional signs on the post (like those pictured below).

With stipulations

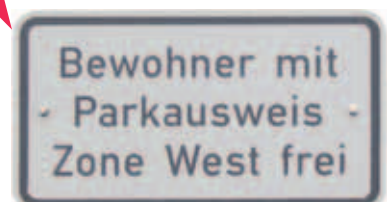
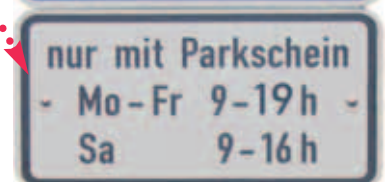
Only with parking slip, Monday-Friday 9 am-7 pm and Saturday 9 am-4 pm.

With permit

Parking for inhabitants with parking permit for zone west (here they don't need an hourly parking slip, just a town permit).

Parking forbidden

Parking is forbidden to the right of this point. This sign with a single diagonal line means parking is restricted to three minutes. In general, avoid parking in areas with these signs if you are unsure if they apply to you or not.



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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. Now-

adays it is used as the "Erste Deutsche Türmermuseum", the First German Tower Museum, whose arrangements and equipments give a live impression about the meager life of a tower keeper in the Oberpfalz (Upper Palatinate). The museum is open from Fridays – Sundays, and on legal holidays 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 Donjon is open on Sundays and legal holidays from 2 p.m. to 5 p.m.

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

Ströll's

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ÖFFNUNGSZEITEN:

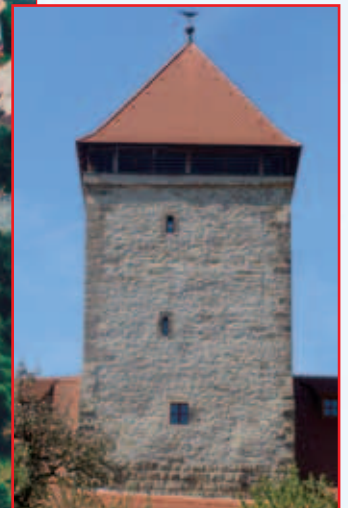
Montag	9.30 – 19.30 Uhr
Dienstag – Freitag	8.00 – 18.00 Uhr
Samstag	8.00 – 12.30 Uhr

Pfarrgasse 1

92249 Vilseck/Schlicht

Telefon: 09662 - 6025

Welcome to Vilseck, your German-American town in Bavaria



Donjon of the castle
„Burg Dagestein“



The Tithe Barn of the
castle „Burg Dagestein“

Castle „Burg Dagestein“



The First German Waits Museum



(Bild: Robert Stammler)

Mayor Schertl and Stryker-Soldiers



Outdoor swimming pool Vilseck

Stadt Vilseck

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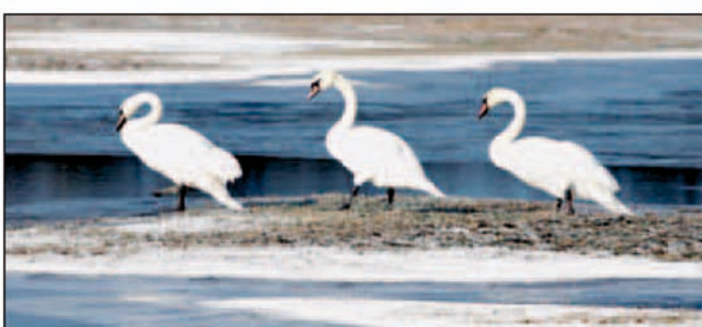
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Welcome at Neustadt a. d. Waldnaab

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



Speinshart monastery



Town of Pleystein – Rose quartz rock with church

A cordial welcome to the rural county of Neustadt a.d. Waldnaab in Upper



Rural County and County Commissioner

The administrative center of the county is in Neustadt. The county has a population of 100,000 in 38 communities on an area of 1,430 square kilometers. It's a modern business location in the center of Europe with good travel connections. County Commissioner: Simon Wittmann



Hiking country

Goldsteig, Glass Grinder Trail, Sculpture Trail, Upper Palatinate Trail, geo tours, lanes to Bohemia, nature trails, friendly hiking guides...



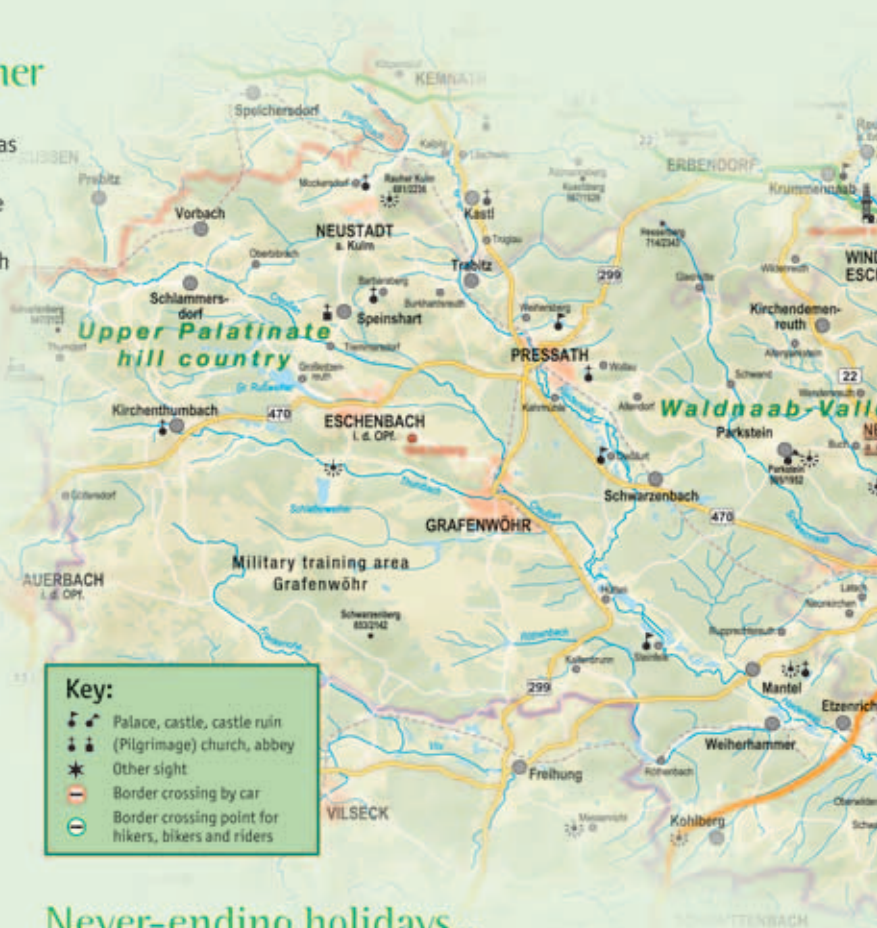
Biking country

Bockl-Cycle-track (Bavaria's longest railway cycle track), Amity cycle track, pan-European bike way, Zoigl cycle track, Haidenaab cycle track...



Country of castles

Festival castle Leuchtenberg, castle and museum Neuhaus, Hohenstaufen castle ruin Flossenbürg, palaces Friedrichsburg and Burgtreswitz, Lobkowitz Palaces...



Key:

- Palace, castle, castle ruin
- (Pilgrimage) church, abbey
- Other sight
- Border crossing by car
- Border crossing point for hikers, bikers and riders

Never-ending holidays...

The rural county of Neustadt a.d. Waldnaab is located in the heart of the Upper Palatinate Forest, a densely wooded, romantic low mountain range, which runs parallel to the Bohemian border as a harmonic chain of mountains.

Located at the intersection of three lovely holiday routes - Porcelain, Glass and Golden Road („Goldene Straße“) – the rural county is a perfect starting point for day trips to the Bavarian charismatic cities of Ratisbon and Nuremberg, as well as to the neighbouring Bohemia, the City of Beer Pilsen or the Golden City of Prague.

The rural county of Neustadt a.d. Waldnaab – a holiday region to experience!

You are very welcome...

A beautifully wooded range of hills, wild romantic river valleys, enchanting towns and locations – the Upper Palatinate Forest is a natural Bavarian landscape with flair and culture.



OberpfälzerWald
in Bayern

Palatinate forest / Oberpfälzer Wald



Country of culture

Speinshart, built around its famous monastery, baroque churches, festivals, theaters, summer concerts, concentration camp memorial, museums for the young and the young at heart...



Country of treat

Restaurants, brewery events, zoigl inns, beer gardens, traditional taverns, festival weeks, farmers' markets...



Vacation country

Camping, fishing, boat riding, swimming in lakes and enjoying the fresh air, ropes courses, first-class golf courses, winter sports...



Country of experiences

Geo-Center KTB, basalt mountain, natural preserves, gauge-glass cottage, farm holidays, traditional events, festivals everywhere...



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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 crossing our rural county is the "Goldsteig", which is one of Germany's top 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 Tännenberg.

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.

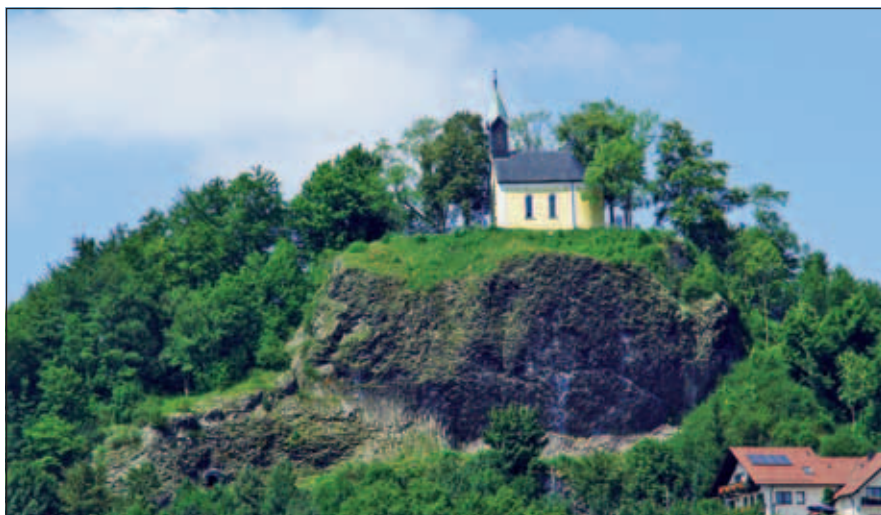
And fans of winter sports can enjoy the landscape of our low mountain range. Cross-country skiers are offered several ski-tracks which they can count on being covered with snow in the winter. Ski lifts at Wurmstein in Flossenbürg and the ski slope at Fahrenberg, located between Waldthurn and Pleystein 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 Tännenberg. 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 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 highways 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 ancillary industries for the automobile indus-



Leuchtenberg Castle

try 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 Constantia 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. 26/27 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



Spa World + Ice Stadium



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Spa World + Ice Stadium

can buy various vouchers and present someone with relaxation and pure excitement!

Our ice stadium has usually opened from September to April. You can only watch the ice cracks or go down yourself and try our ability on skates. The time of public runnings is published in the internet or the daily press.

A photograph of a large indoor pool with a waterfall. Several people are swimming in the pool. The background shows palm trees and a building.

Relax

**FREIZEITZENTRUM
WEIDEN**

Thermenwelt + Eisstadion

WTU

A photograph of two ice hockey players on the ice. They are wearing helmets and jerseys. One player is in a white jersey with a blue star, and the other is in a black and white jersey.

& enjoy

www.freizeitzentrum-weiden.de

Raiffeisenstraße 5 - 7 · 92637 Weiden i. d. OPf.
Thermenwelt Tel. 09 61-67 13 - 2 19
Eisstadion Tel. 09 61-67 13 - 2 25

Weiden - a town to fall in love with!

Modern and ancient, stylish and traditional – that's Weiden. History and dynamic enterprises complement one another perfectly. Traditional Firms as Bauscher, Seltmann, Nachtmann and Witt guarantee quality and are representatives of the classic products of the region: china, glass and textiles.

Culture, sport, shopping experience at its best, pleasure and joy of life – all that you can find in Weiden. Simply a town to fall in love with!

Be surprised by the dazzling variety of offers in all aspects, which fulfill all your desires, by the charm of the ancient town with its magnificent Renaissance houses and the impressive 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 specialties in the numerous ta-

verns 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 area, for example have fun in the spa ("Thermenwelt"), which is unrivalled! You'll find sauna, whirlpool, thermal pool, huge indoor and outdoor pool, slide, a lot of wellness-offers await you (see: www.freizeitentrum-weiden.de). Next to the spa is also 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 like Weiden, because it offers many events: music festivals that commemorate the famous composer Max Reger, who spent a long time of his life here, serenades in the romantic Max-Reger-Park during the summer, church concerts, theater performances, literature days, 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 museum, the international museum of ceramics, the railway museum. Old times are to be discovered, pieces of art by great masters to be admired.

At Christmas time Weiden changes into a fairyland with the second eldest Christmas market ("Christkindlmarkt") in Bavaria. Listen to 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".



"Bürgerfest" around the Old Townhall

Foto: Tourist-Information

Weiden - a town to fall in love with!



Maintaining Tradition

Foto: Tourist-Information

A town full of life Weiden is so diverse that each visitor will find a favourite place. Walking through the interesting and colourful 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. Join the spring and the summer funfair ("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 proofs!

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 hall 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!





Stadt Weiden in der Oberpfalz ...a town to fall in love with!

The lively, congenial, festive town on the Waldnaab river is the cosmopolitan heart of the Upper Palatinate Forest. Culture, sports, pure shopping experiences, enjoyment and joie de vivre – you will find all of this in Weiden. Truly a town to fall in love with!

Wander around the market with its romantic atmosphere, see the magnificent Renaissance Houses and the impressive old town hall, visit our museums: the town museum, the International Ceramics Museum and the railway museum. Or enjoy yourself in our large sauna thermal spa "Thermenwelt".

Numerous events ensure that a visit to Weiden becomes a lasting experience:

- Bavarian-Bohemian Culture Days
- Weiden Literature Days
- Music Days
- Summer serenades in the Max-Reger-Park
- Bürgerfest
- Max-Reger-Days in honour of the Bavarian composer
- Historic Christkindl Market

Let yourself be enchanted by the unique atmosphere of this town!



More information and booking of guided tours:

Tourist-Information der Stadt Weiden i.d.OPf. • Oberer Markt 1 • 92637 Weiden

Tel. +49(0)961/814131 • Fax +49(0)961/814130

Mail: tourist-information@weiden-oberpfalz.de • www.weiden-oberpfalz.de



The Weiden Clinic

The Weiden Clinic

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, since 2007. 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 AG, 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.

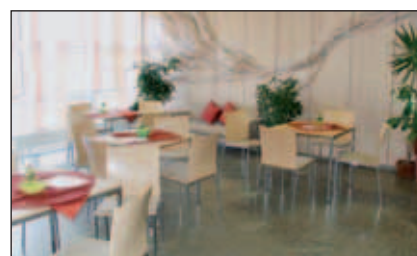
All areas in the hospital have information signs written in English.

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

Head 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

Head physician Dr. Walter Martin,
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

Anaesthesiology

Head physician Dr. Jürgen Altmeyen,
tel. 09645 / 85-0
Spectrum of practice: all current methods of general and regional anaesthesia, pre-inpatient examinations regarding anaesthetics, intensive care medicine

Cottage-hospital department:

Gynaecology

Practitioners with cottage-hospital affiliation:
Dr. Heinrich Ponnath, Dr. Dieter Pollak,
tel. 09645 / 5 49

Spectrum of practice: all gynaecological 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, 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.

tel. 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 Prof. Karl-Heinz Dietl, tel. 3 03-30 02

Vascular surgery

Head physician Dr. Eberhard Müller, tel. 3 03-30 22

Trauma and reconstructive surgery

Transit/BG procedure
Head physician Dr. Thomas Neubauer-Gartzke,
tel. 3 03-30 41

Medical clinic I

Head physician Prof. Dr. Frank Kullmann,
tel. 3 03-31 02

Medical clinic II

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

Gynaecological hospital

Head physician Dr. Albert Roßmann, tel. 3 03-32 52

Paediatric clinic/Perinatal centre

Head physician Dr. Fritz Schneble, 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,
tel. 3 03-32 42

Radiotherapy

Head physician PD Dr. Bernd Gagel, tel. 3 03-34 51

Nuclear medicine

Head physician PD Dr. Johann Schönberger, tel. 3 03-34 90

Radiological diagnostics

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

Physical therapy

Medical director: Dr. Markus Ring
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

Richard Reisinger
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 Thuern



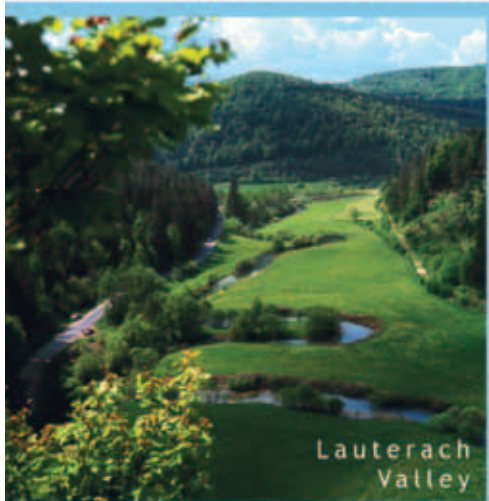
On the horseback
through nature



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





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



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



Monte Kaolino

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.

HHH Cordially welcome in the hotel Josefshaus HHH



www.hotel-josefshaus.de

Kolpingstr. 8
92242 Hirschau

E-Mail: info@hotel-josefshaus.de
Tel. 09622 / 70 30 74

Our 12 double rooms are modern equipped. Shower and WC as well as TV and free fast Internet connection are natural.

Enjoy genuine hospitality in calm atmosphere. Our kitchen spoils it and your guests with a national and international fresh kitchen

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ST. ANNA HOSPITAL
SULZBACH - ROSENBERG



ST. JOHANNES CLINIC
AUERBACH

www.kh-as.de
info@kh-as.de

St. Anna Hospital
Sulzbach-Rosenberg
Krankenhausstr. 16
92237 Sulzbach-Rosenberg
phone: 0 96 61 / 5 20-0
fax: 0 96 61 / 5 20-2 10

St. Johannes Clinic
Auerbach
Krankenhausstr. 1
91275 Auerbach/OPf.
phone: 0 96 43 / 9 30 - 0
fax: 0 96 43 / 9 30 - 297



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

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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

**Amberg,
modern town center
with an old tradition**



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 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, prehistoric museum and the unique "air 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 manufactures 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 Aktivelltag (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.

Further offers

Of course, the saunas on the first floor of the KuFü are also available to the visitors.



Kurfürstenbad – the pool for every generation

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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www.das-team.de

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Kurfürstenbad Amberg
Bäder- und Park GmbH
Ein Unternehmen der Stadtwerke Amberg
Kurfürstenring 2, 92224 Amberg
Tel. 09621/603-830, www.kurfuerstenbad-amberg.de





KLINIKUM ST. MARIEN
AMBERG

health. humanity. hand in hand.



Specialised medical services in the departments and medical centres of Klinikum St. Marien Amberg

Klinikum St. Marien is an academic teaching hospital of the University of Erlangen-Nuremberg and the University of Regensburg. It is a hospital offering specialised medical services, and has over 574 beds in 13 specialist departments (Clinics for Internal Medicine I and II, General, Visceral, Thoracic and Vascular Surgery, Trauma Surgery and Orthopaedics, Neurosurgery, Gynaecology and Obstetrics, Paediatrics, Urology, Neurology, Anaesthesiology and Operative Intensive Medicine, Radiotherapy and the Institute for Diagnostic and Interventional Radiology), four in-patient divisions (Ophthalmology, ENT, Oral and dental surgery) as well as an associated joint practice for Pathology.

Since 2004 Klinikum St. Marien Amberg has a certified **Breast Cancer Centre**, having undergone the appropriate quality and safety checks for this process; its **Centre for intestinal cancer** was certified in 2006, and a **Prostate Cancer Centre** is in the process of being set up. The Breast Cancer Centre and Intestinal Centre make an important contribution to the early diagnosis of breast and bowel cancer, as well as providing better facilities for integrated treatment and aftercare and so offering patients improved chances of recovery. The **Medical Treatment Centre (Ambulance)**, with its specialist departments for Haemato-oncology and Radio-oncology, is completely integrated into the hospital's organ centres.

The hospital's Northeast Bavaria **Perinatal Centre Level 1** (tertiary Care) is jointly run with Nordoberpfalz AG. It offers comprehensive top-quality treatment in cases of high risk pregnancy and premature birth as well as regular neonatal care, providing permanent and sustainable medical services throughout the central and northern regions of the central Oberpfalz.

Our regional **Trauma Centre** is part of the East Bavarian Trauma Network (TNO, East Bavarian Trauma Network), providing timely and top-quality treatment of severely injured and polytraumatized patients. The involvement of the Neurosurgery department also makes it possible for patients with severe head trauma to be treated.

Stroke patients are given treatment in a **specialised Stroke Unit**. Here the outstanding features are the speedy and expert initial treatment, followed up by ongoing care and support from an interdisciplinary team.

Our Medical Centres offer patients the following benefits:

- Comprehensive interdisciplinary support
- Timescale of diagnosis and treatment is significantly improved and speeded up
- Exhausting double examinations are avoided, and time spent in hospital reduced
- Through the interaction of all specialist disciplines involved, communications are optimised and the best possible treatment results are achieved
- Patients can rest secure that the highest standards of quality and treatment will be adhered to.



BRUSTZENTRUM
AM KLINIKUM ST. MARIEN
AMBERG



PROSTATAKARZINOM-
ZENTRUM



DARMZENTRUM
ST. MARIEN AMBERG



GESUNDHEITZENTRUM
ST. MARIEN GMBH



Perinatalzentrum
Nordostbayern



TRAUMAZENTRUM
AM KLINIKUM ST. MARIEN
AMBERG



STROKE UNIT
AM KLINIKUM ST. MARIEN
AMBERG



KLINIKUM ST. MARIEN
AMBERG

KLINIKUM ST. MARIEN
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The perfect place for a day out: Bulmare Waterpark in Burglengenfeld

BURGLENGENFELD. Dive in, discover something new and enjoy yourself: In the pools and saunas of Bulmare Waterpark in Burglengenfeld everything revolves around fun, sport and relaxation, including your health and wellbeing. For 12 hours every day. Swimming enthusiasts can enjoy the 25-meter sport swimming pool whilst others just looking for recreation can take their choice: channel with current, whirlpool bay, underwater loungers, neck showers, massage jets, outside pool with a mushroom water shower and paddling pool with water slide for the little ones.

Bulmare is the ideal outing for the whole family where you will find friendly staff, three

restaurants and lots of space to relax. In summer the kids can experiment on the water fun equipment, swish down the 75 meter long giant water slide or splash around in the toddlers' pools indoors and outside. Parents can soak up some energy in the sun and of course, a portion of French fries is an absolute must. At the center is "Bubu", the kids' favorite: the water-spouting rhinoceros. Enjoy relaxation or recreation on the huge surrounding sunbathing area, in the 25-meter sport swimming pool with four lanes and starting blocks, in the playground or on the beach volleyball court.

Especially when it's cold outside, then a visit to the extensive sauna facilities in Bulmare is

definitely to be recommended. On the last Friday of every month the Midnight Sauna is also open from 10 p.m. to 2 a.m. Always available are five different saunas with sauna garden, glass steam room and snow cabin, Kneipp pool and much, much more. Relaxing massage, facial treatments and beauty tips are also included in the wide range of the waterpark facilities.

A birthday present from Bulmare: Every child on his birthday receives free admission for two hours (please show ID).

Further information on prices and times can be found in the Internet at www.bulmare.de or by telephone (09471) 601930.

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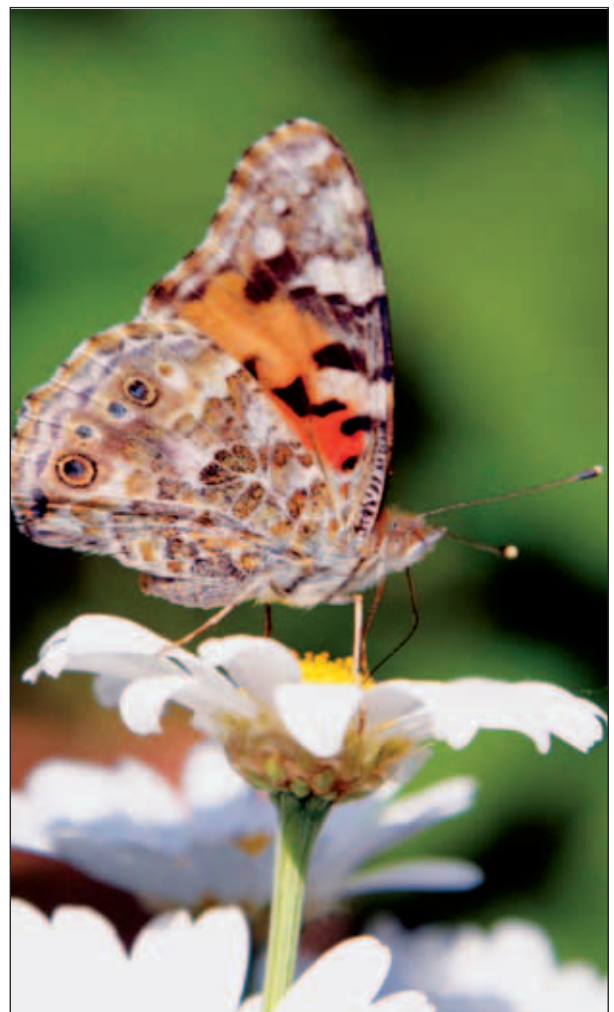
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Phone 09471/60193-0 · Fax 09471/60193-111 · www.bulmare.de · info@bulmare.de



The Market Community of Freihung



The market town of Freihung with its 2,600 German and about 300 American residents covers an area of 4635 hectares and was first documented in 1427. The first Freihung settlement dates back to approx. AD 600 and the beginnings of a lead mining settlement already began in the 12th century. In 1569, Freihung receives its market rights, as well as the town seal and coat of arms from Elector Friedrich the Palatinate.

The name Freihung derived from the freedoms that the miners were granted by the rulers to bring the lead mining in recovery. The Freihung market crest with the Bavarian lion, white and blue diamonds and the crossed hammers reminds of the once thriving mining period.

In 1764, the church for the two religious denominations was built. Starting in 1950, the economic development changed the look of the former mining village, also water supply and sewage systems were constructed, as well as the returnee settlement, schoolhouse, town hall and several community roads.

In 1972, the former independent municipalities Großschönbrunn, Seugast and Thansüß

were incorporated into the larger Freihung community in the course of a municipal reorganization. A land consolidation process followed from 1980-2001. From 1987 until today, several community renovation projects were accomplished, for example the waterworks and sewage treatment plant were renovated and newly constructed with great efforts. The centrally located town hall, the church-sponsored four-group Kindergarten "St. Marien" with an integrated day nursery next to the Freihung elementary school and the so-called "Harranger", community center are well integrated into the beautiful village.

The market town of Freihung offers affordable, municipally owned housing lots in the various community districts, especially within the expanded development area "Sonnenwinkel" in Großschönbrunn. The Freihung-North industrial area is located next to highway B-299. A variety of shopping opportunities (groceries, bakeries, butcher stores..), as well as a doctor and a dental practice offer their services. In 1994, Freihung became a member of the so-called "Arbeitsgemeinschaft Obere Vils – Ehenbach," (AOVE) a tool for local communities to jointly market themselves.

Geographically located about 20 km north of Amberg, about 15 km west of Weiden and at the southeastern outlines of the Grafenwoehr Training Area is Freihung situated on the railway tracks Weiden – Nuremberg and part of the greater Nuremberg public transportation interconnection (VGN). The main railway station Nuremberg can be reached hourly by rail within less than an hour. A in 2006 built Park & Ride facility at the Freihung station provides the public transport access and sufficient parking.

The market town of Freihung is located in a scenic landscape on the upper reaches of the Vils River, which originates in the small village of Kleinschönbrunn (6 km south of Freihung). Nature lovers will enjoy great walking and biking trails next to idyllic little lakes and within slightly hilly forest landscape. In 1999, the 90 km long "Vilstal-Fernwanderweg" (Vils River Walking Trail), starting at the Vils River source in Kleinschönbrunn was established. The area was completely redesigned and embellished with a water playground for the children during the renovation of the Vils River source area in 2009. The newly integrated "water spirits" now is a very special highlight, which invites people of every age to reflect and relax. Another walking trail (Turmweg) starting in Thansüss was established at 2003. The market town of Freihung offers tennis courts, kegelbahnen (German type bowling alleys) and a number of sportsfield and offers with about 50 private associations, clubs and organizations a quite attractive community life. In addition, three theater groups offer great entertainment all year long.





The Market Community of Freihung



Numerous restaurants and countless places of interest, many festivals, traditional and cultural events guarantee great entertainment and dining.

Since 2007, the Freihung community enjoys a great partnership with the soldiers and families of the at Grafenwoehr stationed 18th Combat Sustainment Support Battalion, as well as the Soldiers and Reserves Association for more than a decade another close partnership with the 702nd EOD, also stationed in Grafenwoehr.

The market Freihung welcomes any new guests and fellow citizens.

+++ Inexpensive construction sites available in all parts of the community +++



Markt Freihung

Info about Freihung at www.freihung.de

Rathausstr. 4 · 92271 Freihung · Tel. 09646 / 9200-0 · Fax 09646 / 9200-30

Living and Well-Being in Freihung

- A rising community with numerous leisure time activities
- Our Market Community is located within the area of the Greater Nuernberg Traffic Association with a Park & Ride parking lot located right next to the Freihung Railroad Station
- Partnership of the Freihung German Army Bundeswehr Reservists Comradeship with the 702nd Explosive Ordnance Disposal Company
- Partnership with the 18th Combat Sustainment Support Battalion of the U.S. Army Garrison Grafenwoehr
- More than 300 American Citizens currently live in the Freihung community

The Upper Palatinate Open Air Museum



Experience every day history

The open-air museum of the Upper Palatinate Administrative District in Neusath-Perschen near Nabburg offers an insight into country and farming life of earlier days. There are now 50 re-erected buildings, showing the various

ways people lived, worked and built, according to region and social standing. The houses were originally occupied by farmers, smallholders, peasants, day labourers, weavers, herdsmen, millers, huntsmen and nobles. The buildings, which could no longer be kept on

their original sites, have been erected in the museum as cultural and historic evidence. They are furnished in the authentic way. All of the museum grounds are managed in the traditional way. Qualified museum workers cultivate the fields and woods with horses, oxen,



Nice to advise you

Experience everyday history!



Neusath-Perschen (close to Nabburg)

Upper Palatinate Open Air Museum

- Upper Palatinate Open Air Museum Neusath-Perschen Neusath 200 · 92507 Nabburg
- Motorway Nürnberg – Prag
- Motorway Regensburg – Weiden exit Nabburg

Phone 0 94 33/24 42-0
Fax 0 94 33/24 42-2 22

www.freilandmuseum.org

Opening Times:
Tuesday – Sunday: 9.00 a.m. – 6.00 p.m.
Season: March – November



Bezirk Oberpfalz

The Upper Palatinate Open Air Museum

cows and old agricultural machines. Orchards and herb gardens have been laid out round the houses.

Activity Days

As the "central museum for country and agricultural history in the Upper Palatinate", the open-air museum organises several activity days a year. In these, old artisan technology and traditional ways of working in the house and on the farm are demonstrated.

Special exhibitions and talks on folklorist subjects complete the programme. Every Sunday during the museums season you can

buy the famous museum bread, traditional Upper Palatinate style, which is baked in the old oven at the "Schallerhof".

Come and meet our farm animals in the farms and surrounding fields: sheep, goats, horses, cows, oxen, chickens, geese, peacocks and pigs. Lambing time is usually around mid April onwards.

Catering

The Tavern Inn of the Museum and the "Brotzeitstüberl" in the Farmer's museum at Perschen both with charming beer gardens, offer traditional meals and drinks.



Emergency telephone numbers

Military Fire Department Grafenwoehr	0 96 41 / 83-1 17	Army Community Service Vilseck	0 96 62 / 83-26 50
Military Fire Department Vilseck	0 96 62 / 83-1 17	Health Clinic Grafenwoehr	0 96 41 / 83-71 52 / 83 07
Military Police Grafenwoehr	0 96 41 / 83-1 14	Health Clinic Vilseck	0 96 62 / 83-29 36 / 28 04 / 33 22
Military Police Desk Grafenwoehr	0 96 41 / 83-83 19	Dental Clinic Grafenwoehr	09641 / 83-17 20
Military Police Vilseck	0 96 62 / 83-1 14	Dental Clinic Vilseck	0 96 62 / 83-17 20
Military Police Desk Vilseck	0 96 62 / 83-24 90	American Red Cross Grafenwoehr	0 96 41 / 83-17 60
German Emergency Service	(99) 19 222	American Red Cross Vilseck	0 96 62 / 83-17 60
German Police Emergency	(99) 1 10	Road Hotline	0 96 41 / 83-76 23
Army Community Service Grafenwoehr	0 96 41 / 83-83 71		



IMPRESSUM

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mediaprint WEKA info verlag gmbh
Lechstraße 2, D-86415 Mering
Tel. +49 (0) 8233 384-0
Fax +49 (0) 8233 384-103
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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.

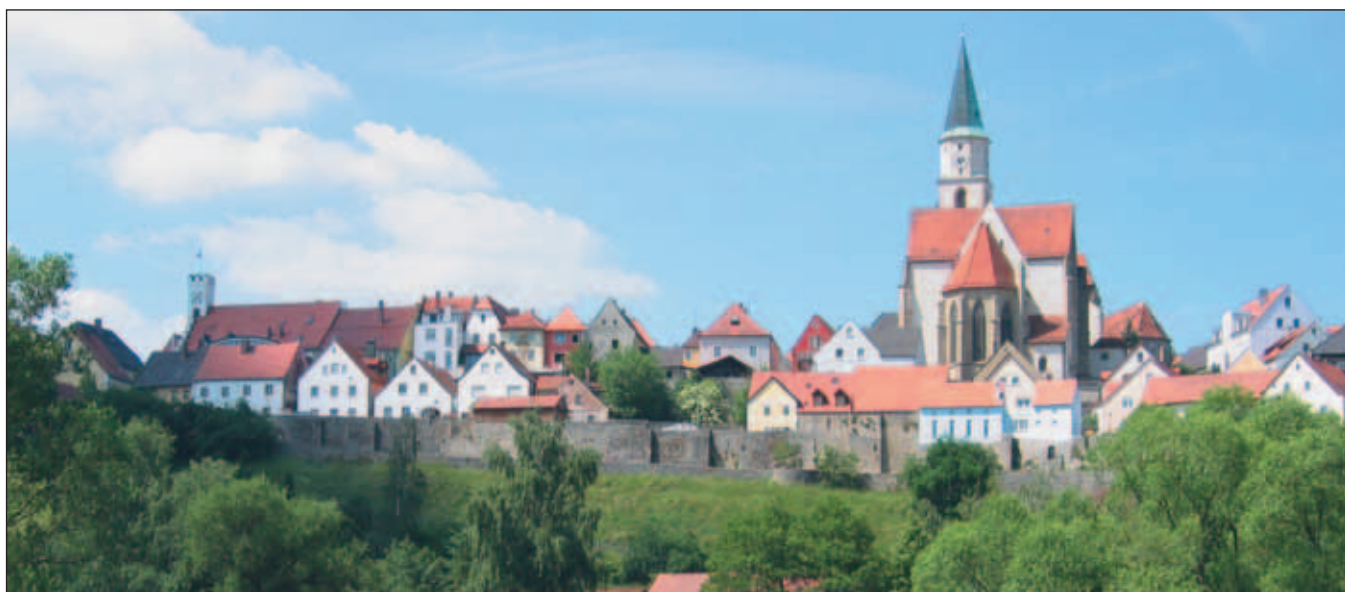
That is, why the Upper Palatinate Forest presents itself as a wonderful holiday region. Friendly hosts, from luxurious hotels to idyllic farmsteads offer excellent cost/performance ratios in an appealing environment.

Further information:

info@oberpfaelzerwald.de
www.oberpfaelzerwald.de

Free brochures:

Tourism Centre Oberpfälzer Wald
 Landkreis Schwandorf
 Obertor 14, 92507 Nabburg
 Tel.: 0 94 33 / 20 38 10
 Fax: 0 94 33 / 20 38 20
 E-Mail: info@touristik-opf-wald.de



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Tourismuszentrum
Oberpfälzer Wald
Landkreis Schwandorf
Obertor 14, 92507 Nabburg
Phone 09433 203810
Fax 09433 203820
info@oberpfaelzerwald.de
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Tel.: 09602/30-1176 · Fax: 09602/30-1100 · barverkauf@nachtmann.de

