

# HIKING AND CYCLING IN THE BLACK FOREST

Walks, treks and cycle rides in southern Germany

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Presenting a carefully chosen selection of day walks, multi-stage treks and cycle routes covering the northern, central and southern areas, this guidebook delves deep into the heart of Germany's Black Forest. Routes vary in difficulty from easy 11km (7 miles) walks on clear trails to more strenuous and challenging walks, treks and rides and longer multi-day routes, including the Southern Black Forest Cycle Trail, a 245km circumnavigation of the southern Black Forest, mostly on quiet country roads. The region boasts excellent tourist infrastructure, and most routes are waymarked and can be accessed by public transport.

Step-by-step route description is accompanied by clear mapping and notes on local points of interest. The introduction offers a wealth of practical advice, covering transport, accommodation, kit and safety, as well as background information on geology, history, plants and wildlife. A German glossary and a list of useful contacts can be found in the appendices.

Easily accessed from Karlsruhe, Strasbourg, Stuttgart and Basel, the Black Forest offers a perfect blend of rich cultural heritage and the splendour of ancient landscapes. The routes take in fairy-tale castles, gorges, forests and medieval villages and showcase the magnificent natural beauty of this captivating region.

## Key marketing points

- A large, easily accessible area with castles, gorges, forests and medieval villages
- Superb traffic-free cycle trails
- Accessible from Karlsruhe, Strasbourg, Stuttgart and Basel

## About the author

As a herbalist and ethnobotanist Kat spends a lot of time walking and exploring. After spending many years living, studying and working abroad, Kat has found a special place in her heart for the Black Forest region in the southwestern corner of Germany. She never tires of sharing her knowledge and passion for this delightful and fascinating corner of our planet.

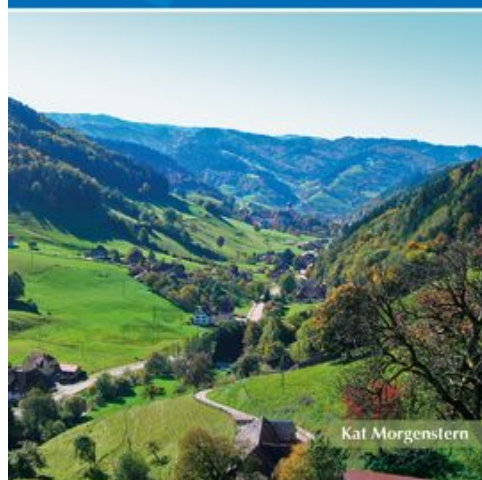
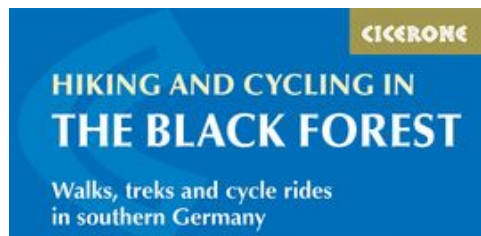
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