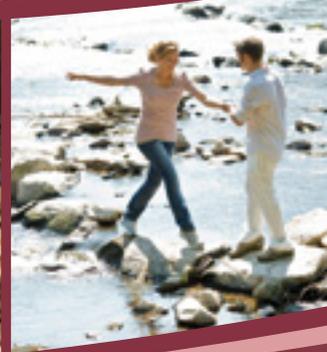


YOU'RE IN THE RIGHT PLACE

badkreuznach
leben.erleben.lebenswert.

Welcome to Bad Kreuznach



PORTRAIT
of the town

HEALTH
and Wellbeing

ACTIVE
and nature



You're in the right place

- 04** *Portrait of the town*
- 06** *Resort in the heart of the countryside*
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- 30** *Guided Tours (English)*



YOU NEED A RELAXING BREAK? YOU ARE LOOKING FOR AN EXCITING CULTURAL LANDSCAPE STEEPED IN HISTORY. YOU WANT TO DISCOVER A BEAUTIFUL LANDSCAPE BY BIKE OR HIKING BOOTS? YOU WANT TO TAKE A DIP IN THE SPA CULTURE OF OUR TOWN AND WANT TO EXPERIENCE OUR HIGH-QUALITY SPA FACILITIES? YOU WANT TO FIND A PERFECT STARTING POINT FOR DISCOVERING THE RHINE-VALLEY AND THE NAHE WINE REGION? ARE YOU ORGANISING A GROUP TRIP AND NEED A VARIED PROGRAMME WITH SOMETHING FOR EVERYONE? THEN YOU ARE IN THE RIGHT PLACE.

Enjoy your holidays in Bad Kreuznach. This picturesque old town, with riverbanks on both arms of the Nahe River, offers a variety of parks and a breathtaking natural landscape. The spa district and the Salinental (Saline Valley) form a holiday island which is just minutes away from a pedestrian-only shopping zone. Every year 140.000 visitors spend 700.000 nights in Bad Kreuznach's hospitals, hotels, guesthouses and apartments. In addition to seven clinics with over 1500 beds, more than 100 accomodation providers are offering 2000 guest beds for tourists and conference guests. This city of 50.000 inhabitants is also the utility and commercial center of the region.





Portrait of the town



BAD KREUZNACH HAS A LONG AND EVENTFUL HISTORY.

Settlers came here as early as Stone Age times, and were later followed by Celts and Romans. In its more recent history, Bad Kreuznach has belonged to France and to Prussia.

Cruciniacum was the name of the Celtic settlement established in the 5th century BC. Testimony to the Roman way of life, which lasted about 4 centuries, can be found in the *Römerhalle* (Roman Hall) museum and in the ruins of the *Römervilla* (Roman villa). Wine-growing was introduced during the first three centuries AD and still shapes the countryside around Bad Kreuznach.

The parts of town, which still exist today, were settled on both sides of the Nahe River during the Middle Ages. Since 1300 a stone pillar bridge has connected both parts of town: the *Altstadt* (Old Town) and *Neustadt* (New Town) below the castle. During the Thirty Years' War (1618–1649), the town was conquered repeatedly and lost two thirds of its population. Under Napoleon Bad Kreuznach belonged to France. The 19th century brought the development of the therapeutic salt spring spas. Thanks to travelers from England wanting to improve their health in the Rhine Valley, Bad Kreuznach

became a famous European spa town.

Of course, the results of both world wars left their mark in the 20th century. After 1945 the town grew to the important regional center.

Especially vibrant is the healthcare sector, with two fully equipped hospitals, five rehabilitation centers and numerous health care providers, making it the largest employment sector. The manufacturing sector is also a driving economic structure of the city with offers 28,000 jobs. Bad Kreuznach is home to many world-class companies, such as Schneider Optics, producing the highest quality optics on the market for over 90 years.

Exceptionally robust is the retail sector. Here unfolds Bad Kreuznach is able to show its flair, offering a shopping experience in the quiet of a pedestrian-only zone, making it an attractive regional center.



Resort in the heart of the countryside



River. *Oranienpark* offers not only a natural flair but also family fun with miniature golf. Lovers of rare and exotic plants will love the *Schloßpark* (Castle Park), while the *Panoramaweg* (Panorama Way) along the vineyards provides wonderful views of the town.

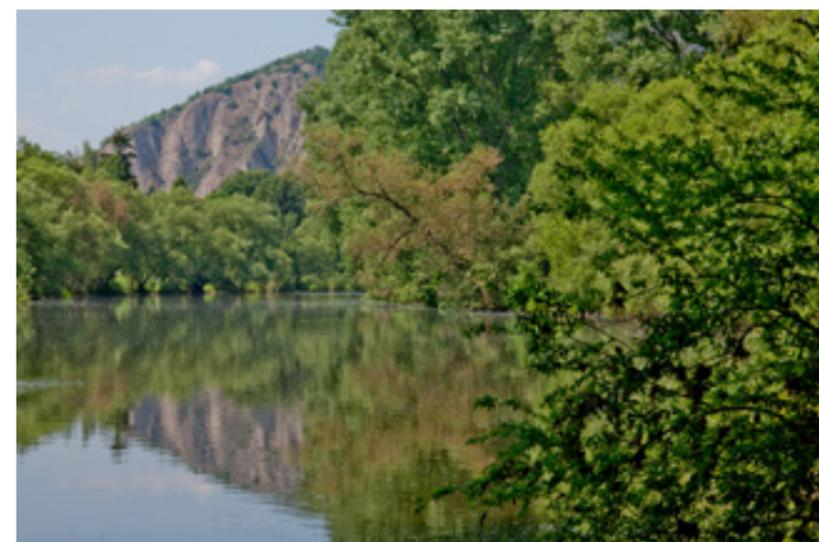


BAD KREUZNACH LIES AT THE HEART OF THE PALATINE SPA REGION. DISCOVER THE TOWN'S MAGICAL PARKS AND THE STUNNING SURROUNDING COUNTRYSIDE.

The vineyards of the Rhineland, the wild and romantic scenery of the Nahe river valley and the peaks of the North Palatine Uplands and Hunsrück mountains: Bad Kreuznach is the gateway to a region of magnificent contrasts. Flood plains, forests, vineyards and rocky massifs shape this diverse and fascinating landscape. It is home to many species of animals and flora found usually in southern climates.

This is the perfect area for strolling, hiking, climbing, cycling and downhill mountain biking – offering altitude ranges from 100 to 300 m – or simply enjoying the peace and spaciousness. Good weather tempts people out of doors, and the options here are outstanding. Bad Kreuznach's impressive range of parks are the perfect place for a gentle stroll and a relaxing day in the fresh air. The *Kurpark* (Spa Gardens) and *Roseninsel* (Rose Island) are beautifully situated at the Nahe

The nearby Rhine Valley with its beautiful countryside has traditionally attracted large numbers of English visitors to the Nahe Valley. A journey along the Rhine became part of the Grand Tour for wealthy Britons around 1800. The painter William Turner made a number of trips to the continent in the years between 1817 and 1844, and in 1844 his travels took him to the tributary valleys of the Rhine, including that of the Nahe. Four paintings of Kreuznach, one of the *Alte Nahebrücke* (Old Nahe Bridge), one of *Pauluskirche* (Paul's Church) and two of the *Rotenfels* (Red Cliffs) and *Ebernburg Castle* still exist today.





The Salinental valley: breathe freely in the fresh salty breeze

BREATHE IN THE REFRESHING SALT AIR AS IF YOU'RE AT THE SEASIDE. FEEL THE BENEFITS FOR YOUR AIRWAYS, BRONCHIAL TUBES AND SKIN. EXPERIENCE A UNIQUE CULTURAL LANDSCAPE. THIS IS SALINENTAL.

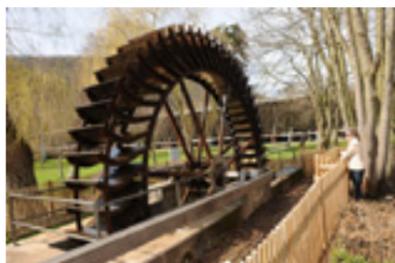
The *Salinental* valley is a unique cultural landscape steeped in history. One graduation tower after another, each 9 metres high, cover a total of 1.1 kilometres. Salt water trickles down these imposing blackthorn structures which form Europe's largest open-air inhalatorium. A stroll around here is not just good for your health, it also takes you through the history of salt extraction.

On this very spot where the River Nahe winds through a towering massif, salt was already being extracted 400 years ago. The Nahe valley has numerous salt springs. The salt water here has a salt content of around 1.5 %. The extraction process required the salt content in the water to be increased to 26 %, and the graduation towers were a vital step in this process. The salt water ran down large frames covered with blackthorn and natural evaporation increased the salt content. Water wheels were used to pump the salt water back up seven times to trickle slowly back down. A salt content of 15 to 20 % could be achieved in a week using this

method. The salt water was then transferred to the boiler where salt was extracted.

Nowadays, the salt water comes from a 500 metre-deep spring in the *Salinental* valley. This spring supplies the graduation towers, the open-air inhalatorium in the *Kurpark* gardens with the saline nebuliser, the thermal baths and a number of rehabilitation clinics.

Salinental had everything required for salt production. Trenches, water wheels, graduation towers, a boiler and workers' houses were in use here for over 100 years. Yet they would all now be long gone hadn't the town discovered the medicinal properties of the salt springs in 1817. The salt water has been used for spa treatments ever since. Salt water for both inhalation and bathing has remained an important remedy, above all for rheumatic diseases, asthma and skin conditions.



TourNatur: the Grand (nature) Tour

AN 18-KILOMETRE TRAIL WINDS THROUGH BAD KREUZNACH AND BAD MÜNSTER AM STEIN-EBERNBURG. IT GIVES WALKERS A FLAVOUR OF THE NATURAL BEAUTY OF THE NAHELAND REGION.

The *TourNatur* trail has been awarded the Deutsche Wandersiegel (German Hiking Seal) for premium trails by the Deutsches Wanderinstitut (German Hiking Institute).

Rock formations, river valley, forest, vineyards and meadows, spa gardens, castles and breathtaking vistas – this region has everything a walker is looking for.

Individual tours on over 100 km of bike trails

Apart from an extensive network of well-mapped regional cycling routes, another great route to discover is the *Naheradweg* (Nahe Bike Trail) from Bingen to Bostal Lake. The section from Bad Kreuznach to Bad Sobernheim – taking you along the Nahe River – has relatively few ascents and the surface condition is excellent. It is truly one of Germany's most stunning cycle routes. Bad Kreuznach is an ideal starting point for shorter trips of up to 45 km.

Planning your own route is simple with 100 km of clearly signposted cycle trails.

For tips and information contact
Tourist Information:
+49(0)671 8360050

Biking trails around Bad Kreuznach

NAHELAND REGION CYCLING ROUTE MAP

Detailed map of the 128-kilometer-long Nahe cycling route with 500 km of connecting trails.

Scale 1 : 75,000

Detailed description including links to the Mosel and Rhine cycling routes. Detailed information on cycling shops and sights.

Price: € 5.90 (plus € 3.00 postage, if applicable)

Orders to
info@bad-kreuznach-tourist.de

THE NAHE CYCLE ROUTE

128 km from Bingen to Bad Kreuznach, Bad Münster am Stein-Ebernburg, Bad Sobernheim, Idar-Oberstein, Birkenfeld and to Nohfelden.



The route runs along the Nahe River. Just hop on the regional train if you get tired – the route follows the train line.

Sections

Bingen – Bad Sobernheim: 47 km

Bad Sobernheim – Idar-Oberstein: 34 km

Idar-Oberstein to the end: 47 km

From Bingen to Bad Kreuznach, the route runs across the flood plain and the scenery is quite stunning. Once you reach Bad Kreuznach, you pass through the *Altstadt* (Old Town) and *Kurviertel* (Spa District) and on to the ruggedly beautiful rocky landscape that follows. The route then continues to Bad Sobernheim via the vineyards of Niederhausen. Cyclists of all abilities will have no trouble as far as Idar-Oberstein. The section that follows is more demanding.

» INFORMATION: CYCLE MAPS & RENT A BIKE

The tourist information center in Haus des Gastes (House of Guests) has a range of **cycle maps** showing all local and regional cycle routes between the rivers Alsenz, Glan, Nahe and Mosel. Phone +49 671 8360050 or write to info@bad-kreuznach-tourist.de for more information.

Bicycle rental shops:

Tourist-Information, Haus des Gastes, Kurhausstr. 22–24, 55543 Bad Kreuznach
Tel. +49 671 8360050, Fax +49 671 8360085, info@bad-kreuznach-tourist.de
You can rent e-bikes, touring bicycles and biker-helmets. Reservation is recommended. We offer special prices for long-term rentals!

The Nahe wine and gourmet region



EXPERIENCE A HEARTY MEAL DIRECTLY AT THE VINTNER – NATURALLY WITH AN EXCELLENT WINE? INTERNATIONAL DISHES, TRADITIONAL FARE OR GOURMET CUISINE? CAFÉS WITH HOME-MADE CAKES?

The culinary scene in and around Bad Kreuznach will satisfy the most exacting of gourmets. Enjoy the wonderful ambience - in street cafés near the *Alte Nahebrücke* (Old Nahe Bridge), in the heart of the *Kurpark* (Spa Gardens) or in restaurants offering panoramic views of the town.

Bad Kreuznach also has a great shopping area and a host of festivals which bring the whole town to life.



Nahe-Valley: wine with regional character

Bad Kreuznach has over 70 wine-growers and more than 700 hectares of vineyards, making it one of the largest wine-growing areas in the Nahe region. The districts of Bosenheim, Planig, Ippesheim and Winzenheim in particular, still

have the unique historic charm of wine-growing villages.

The Nahe region has an extremely dry and mild climate, essential to the excellent wines that have been produced here since Roman times. Vines in this area thrive on a diverse range of rocks and soils, and this diversity produces wines of rich and varied character. Quality vines grow on steep slopes and gently rolling hills, on red rock, quartz and porphyry, and in clay and loess soils.

The most widely grown grape – and the best known internationally – is the Riesling, which produces a light, fruity white wine low in acidity and strong in character. Sylvaner, Pinot Grigio and Pinot Blanc are also widely cultivated. The main red wines are Dornfelder and Pinot Noir, while Portugieser is also grown.



Dinner is served – the choice is yours

BAD KREUZNACH HAS OVER 300 EATERIES, RANGING FROM CHAINS TO GOURMET RESTAURANTS.

A “sausage to go” or a five-star meal in an exclusive ambience – anything is possible. We have compiled a list of restaurants we think visitors to our town will appreciate. Did we leave one out? Should we add it to the list? Please share your experiences. Simply send us an email.

Shopping in Bad Kreuznach

THE SPA RESORT OF BAD KREUZNACH OFFERS ALL THE AMENITIES OF A MAJOR CITY.

Customers will find all they need from food, textiles and shoes, to electrical items and DIY stores. The town’s retail segment has an annual turnover of 400 million euros, including 153 million euros in the town center alone.

Bad Kreuznach, with its range and diversity of shops, makes it the retail center for the entire region. Superstores, as well as an extensive pedestrian-only shopping zone can be found here.

Mannheimer Strasse is the town’s main shopping street and is over 2 km long. Together Bad Kreuznach’s shops, with a total sales area of over 50,000 m, meet every shopper’s needs. There is just the right balance between large chains and department stores and smaller shops.

FRESH AND VARIED: THE FARMERS’ MARKET

On Tuesdays and Fridays growers from the region sell their products at the traditional farmers’ market on the *Kornmarkt* (Grain Market). After Mainz, this is the second largest market in the region.

Every Tuesday and Friday from 7 am to 1 pm, Kornmarkt, Mannheimer Strasse, 150 metres from the Innenstadt (town center) car park in the Mühlenstrasse.

40 stalls with fresh regional products:

- » fruit and vegetables
- » eggs, meat, sausage and fish
- » potted plants and cut flowers
- » game and horsemeat
- » freshly pressed oils
- » baking goods
- » Demeter organic products
- » honeys, jams and jellies
- » Greek and international specialities



BUY FINE WINE – ENJOY TUTORED TASTINGS

To help you find the wine you’re looking for, we’ve made things simple: A showcase of the wineries of the region is the Nahe-Wine-Whop in the historic ambience of a manor house in the heart of Old Town Kreuznach.

50 wineries present 150 wines, which can be purchased at estate prices. Tutored tastings and group packages are naturally part of the concept.

Mannheimer Strasse 6
Dienheimer Hof
55545 Bad Kreuznach
Tel. +49 671 92005645

Opening times:
www.nahe-vinothek.de



Health & wellbeing



in beautiful countryside



BAD KREUZNACH, WITH ITS SALT MINERAL SPRINGS, IS ONE OF GERMANY'S MOST BEAUTIFUL SPA RESORTS. IT WAS IN 1817 WHEN THE SPA BEGAN ITS LONG HISTORY WHEN IT STARTED USING THE WARM MINERAL WATERS OF THE VALLEY FOR HEALING AND HEALTH.

Its wide range of health and spa facilities makes Bad Kreuznach the perfect place to relax and simply forget the daily grind.

BE HEALTHY – STAY HEALTHY

Bad Kreuznach's spa and curative facilities meet the highest of standards, applying the latest medical and therapeutic approaches. *Crucenia Health Center* provides outpatient treatment and specializes in orthopedics and the treatment of rheumatic diseases. Courses of treatment use Bad Kreuznach's own natural remedies: salt water (from salt mineral springs).

The health center is housed in a spacious modern building in the town center and is connected to the *Crucenia Thermen* baths. An established and experienced team of physiotherapists, qualified medicinal bath practitioners and masseurs provide top-quality service using state-of-the art treatment methods and therapy equipment.

Use of local salt mineral water and radon is combined with the latest forms of treatment. The therapies offered include:

- » baths (medicinal spring, tub carbonic-acid, alternating hot/cold)
- » bath salts/essences
- » Salt-mud packs
- » fango packs
- » massages (partial and full body, lymph drainage, compression bandaging, foot reflex zone, underwater, connective tissue)
- » respiratory gymnastics
- » physiotherapy
- » manual therapy
- » treatment and exercises in an exercise pool

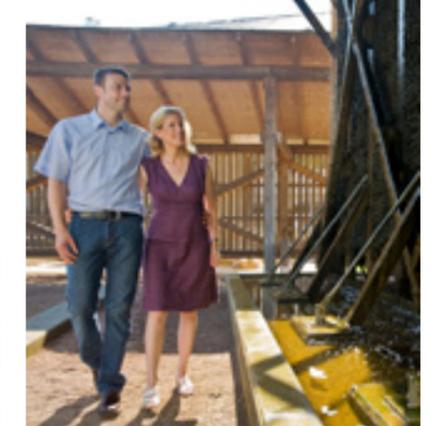




The Bad Kreuznach Springs

PEOPLE IN BAD KREUZNACH HAVE BEEN HARNESSING THE HEALING EFFECTS OF THE NUMEROUS SALT MINERAL SPRINGS SINCE MORE THAN 200 YEARS.

The spring water is a fluoride-rich sodium chloride solution. The spring is officially recognized as “Heilwasser”, or medicinal spring Water.



Crucenia Thermal Baths: an oasis of relaxation

CRUCENIA THERMEN (CRUCENIA THERMAL BATHS) OFFERS HEALTH, RELAXATION AND ENJOYMENT FOR ALL AGES.

The modern thermal baths in charming surroundings are absolutely state-of-the-art. Three indoor and outdoor pools with warm 33° C (91° F) brine (rich in salt and minerals) with a mild salt concentration of ca 1.5 %, a fresh water pool, spacious relaxation areas both indoors and out, solariums and regular aqua gymnastics courses are the perfect way to unwind and revitalise.

The salt water comes from a spring 500 m underground and is piped to the baths from the *Salinental* (Saline Valley). Spa doctors have found the spa treatments to be useful in fighting rheumatic diseases, allergies and bronchial asthma.

Regular visits to thermal baths are also an excellent preventive measure. Periodic saltwater baths boost your circulation and strengthen the immune system.

Brine therapy

BRINE (SALT MINERAL WATER) IS THE MOST IMPORTANT LOCAL REMEDY IN BAD KREUZNACH.

Mineral water with a salt content of 1.5–2 % is pumped from a depth of 500 m. Brine has been successfully used to treat a range of diseases since 1817. Today it is used for bathing and inhalation.

The *Salinental* (Saline Valley) outdoor inhalatorium, with its brine misting area, keeps you breathing freely and is therapeutic for the bronchial tubes. In addition to two smaller graduation towers, the *Kurpark* (Spa Gardens) is also home to another unique feature: the brine nebuliser which generates a fine mist of fog.

Everyday problems are soon forgotten when visitors sit back and relax at the mist fountain, the focal point of this pleasant and inviting spot. The salt mineral water is introduced deep into respiratory airways, inhaled in its pure form or medicinally controlled through equipment.

In the adjoining *Crucenia Health Center*, brine baths can be taken in the thermal baths or in tubs with bath essences.

Brine baths for ultimate wellbeing

BATHS HELP THOSE SUFFERING FROM MUSCULOSKELETAL PROBLEMS, IN PARTICULAR RHEUMATIC PAIN.

ALMOST WEIGHTLESS

Brine baths enable patients to relax by exercising their muscles, tendons and joints gently and with little pain. Salt water is heavier than fresh water and creates greater buoyancy – bathers feel almost weightless making exercising in a salt water pool easier and healthier. Such exercises are far more effective in the long term than those in normal water: they improve patients’ mobility and reduce pain stimuli.

GET FIT WITH BRINE BATHING

Brine baths affect the entire body and psyche. Baths relieve stress, alleviate pain and help treat skin conditions. In particular, they eliminate itchiness. The salt water suppresses the skin’s reaction to irritations and inflammation. The salt content of the thermal baths acts as a passive training stimulus on the body and gently stimulates circulation. The salt water purifies the skin. Water is drawn out of the cell tissue and flows through the tissue, pleasantly cleansing the skin.

Salt water inhalation

SALINENTAL SPA PARK

It is not only possible to inhale salt vapor at the graduation towers or the brine nebuliser. Another particularly effective method employs the use of aerosol equipment.

STRENGTHENING CIRCULATORY AND IMMUNE SYSTEM

Salt water inhalation is highly beneficial to the airways. The salty air contains an abundance of

vitalizing micro particles. The tiny water droplets in the air (aerosols) are electrically charged. They stimulate the flow of blood through the lungs and boost the transport of oxygen into the blood completely naturally, revitalizing every cell in the body.

The dissolved salt inhaled through the lungs boosts the body’s own cleansing process and strengthens

the immune system. Hay fever, a range of grass allergies and even asthma can be successfully alleviated.



Breathe in the healthy air in Dead Sea salt grotto

THE DEAD SEA IS JUST AROUND THE CORNER – OR AT LEAST 17.5 TONS OF SALT FROM JORDAN'S DEAD SEA.

12,000 bricks formed from 100 % pure Dead Sea salt (and nothing else) were used to build the sea salt grotto, which is connected to Bad Kreuznach's thermal baths, the *Crucenia Thermen*. The warm dry air in the grotto, containing 21 minerals and the meditating light work together to create a healthy and pleasurable experience.

Pure ionized air in the salt grotto, in combination with relaxing music and gentle lighting, is a boost to your overall health. The air in the *Dead Sea salt grotto* benefits those suffering from lung, bronchial, heart and vascular diseases, digestive disorders, skin diseases.

The natural therapy and the atmosphere in the grotto are also popular among families with children, especially children suffering from respiratory diseases.

Absolute relaxation: the Bath House

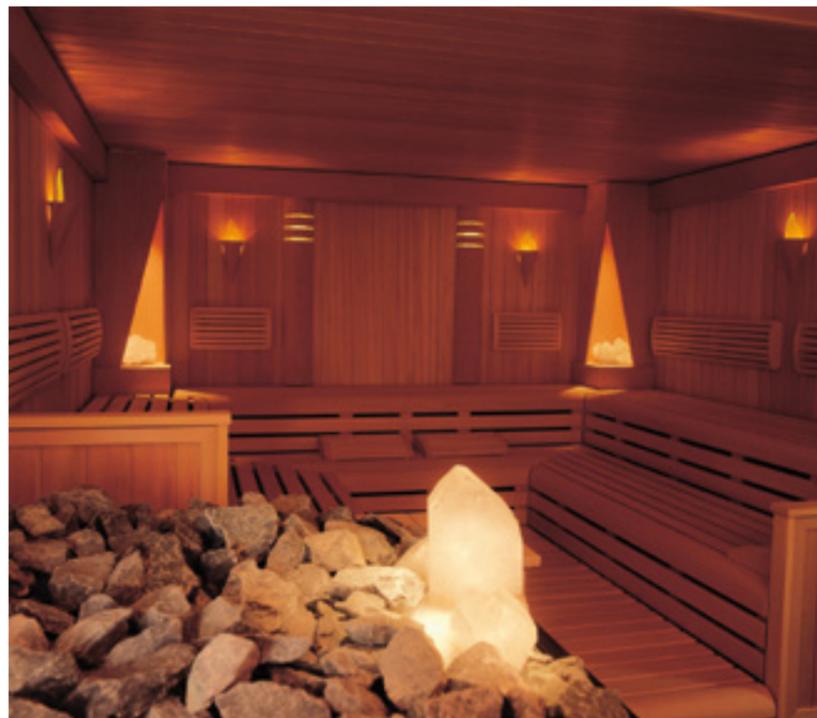
A VISIT TO THE BÄDERHAUS (BATH HOUSE) – SURELY ONE OF GERMANY'S MOST STUNNING SAUNA CENTERS – IS A HOLIDAY IN ITSELF.

The magnificent classical exterior is a taste of what awaits visitors inside: absolute relaxation.

Saunas, salt water pools, a large pool with waterfall, an ice grotto, a restaurant and extensive areas to rest and relax ... all of these make up a 4,000 m oasis of tranquility where time seems to stand still.

» INFORMATION: AMAZING BREEZE OF SEA AIR FROM EASTER TO LATE AUTUMN

Salt water diffusion at the graduation towers ends every year in November due to the frost risk. The inhalatorium is back in operation by Easter (early April).





Gladiator mosaic floor – 3rd Century a.C.

Museums variety of exhibitions in historic knight's manor

Reconstruction of paintings in the Roman Hall
Hunter's room in the Castlepark Museum



WHERE NOW THE BAD KREUZ-NACH ENSEMBLE OF MUSEUMS AND THE CASTLE GROUNDS ARE LOCATED IN THE MIDDLE AGES WAS A LARGE ESTATE: THE ESTATE JUST OUTSIDE THE CITY WALLS BANGERT, BELOW THE KAUZENBERGS WITH KAUZENBURG CASTLE.

On the spot, where now Bad Kreuznach's trio of museums and castle grounds are located, was formerly a large knight's manor back in the Middle Ages. The *Bangert Manor* was located just outside the town walls below the *Kauzenburg Castle*.

The museums offer many rarities and are worthwhile to explore: The *Castle Park Museum*, *Museum of Puppetry Culture*, or PuK, and Roman Hall / Roman Villa offer visitors a diverse cultural heritage from antiquity to modern times.



Integrated in the beautiful *Schloß-park* (Castle Park) since 1988, is a delightful mixture of scenic beauty and cultural gems. The park itself is well-deserved of the name of museum as it is a natural exhibition of exotic flora in the truest sense of the word.



Marionette "Mephisto"

Römerhalle – precious remains of Roman times

IN RUSTIC AMBIENCE, THE RÖMERHALLE (ROMAN HALL) SHOWCASES ROMAN ARTIFACTS FROM A ROMAN-ERA KREUZNACH AND THE SURROUNDING VICINITY.

Two outstanding works are a pair of mosaic floors immediately adjacent to the hall in a Roman peristyle villa dating back to the 3rd century AD. Only the remnants of foundation walls are what remain of a once a magnificent mansion with over 5,000 square meters of interior space, with more than fifty rooms on the ground floor alone. Remnants of stucco moldings, marble reliefs and wall paintings give an impression of the former glorious interiors.

The gladiator mosaic, depicted on the museum's program cover, with floor heating still intact, shows scenes of animal and gladiator fights dramatized in progressing intensity.

The Oceanus mosaic was found in the central ceremonial hall of the villa. Depicted in the apse is this dominating depiction of the god of the sea, whose dominion is symbolized by a variety of lovingly illustrated sea creatures, as well as a Mediterranean coastal landscape with architecture and scenic depictions of ships and merchants.

The exhibitions also cover other aspects of Romanization and the Roman way of life, showing for example, ancient glassware and artifacts of pagan cults.

City, history, art and more

THE SCHLOSSPARKMUSEUM (CASTLE PARK MUSEUM), FORMERLY THE MANSION OF THE BANGERT MANOR, WITH MANY ELEMENTS OF ITS 19TH CENTURY INTERIOR STILL WELL PRESERVED, NOW HOUSES TOWN AND ART HISTORY COLLECTIONS.

One focus of the town history is the history of the Bangert Manor itself and its owners in relation to the town of Kreuznach. On display is the transformation from free aristocratic manor to ceremonial show palace of the upper classes around the turn of the 19th century.

Another important aspect on display is depictions of the spa town of the 1900s, at a time when Kreuznach was one of the leading spas resort.

Particularly interesting are the sculptures of Bad Kreuznach's Cauer family. Starting with the Biedermeier-genre depictions from Emil Cauer (1800–1867), the eldest Cauer, this collection spans the many artistic creations of the Cauer generations to follow and shows the variety of artistic forms they were involved with: small-scale genre sculptures, portrait busts, tomb sculptures, monuments in public spaces, art in architecture.

A collection of drawings, watercolors and paintings, portraying views of the town and the region from the 19th and early 20th century, provides a glimpse of old Kreuznach and the natural beauty of the region.

Museum of Puppetry Culture

EXPERIENCE THE WORLD OF
PUPPETRY

The *Museum für Puppentheaterkultur* (Museum of Puppetry Culture), or PuK, unique exhibition brings the history of puppet theater to life.

More than 2,500 unique, artful figures comprise this collection. Their goal is to introduce and guide the visitor through this unique art form using puppet sets, theatrical images and motifs. One can also learn about the artists behind the scenes – the puppet builder, the puppeteer and theater maker.

The exhibition spans the traveling theaters of the 19th century, later the permanent puppet stages, and ending with the television puppet stars of today. The museum takes one through the diversity of performance styles, puppet characters and theatrical material for all ages.

In addition to the permanent exhibition, PuK has also made a name for itself by offering constant changing exhibitions.

» INFORMATION:
CONTACT & OPENING TIMES

Dessauer Str., 55545 Bad Kreuznach
Phone +49 671 920-777
info@museen-bad-kreuznach.de

March to January:
Tuesday 10.00 am–01.00 pm
Wednesday–Friday 10.00 am–04.00 pm
Saturday & Sunday 11.00 am–05.00 pm
Closed on Mondays. February closed.



Town walk



“Old Nahe Bridge”



THE BRIDGE HOUSES AND THE OLD NAHE BRIDGE

Due to a shortage of land, the *Brückenhäuser* (Bridge Houses), architectural gems and landmarks of Bad Kreuznach, were built starting in 1480. The half-timbered buildings, erected on the pilings of the *Alte Nahebrücke* (Old Nahe Bridge) was built around 1300 and joins the *Altstadt* (Old Town) with the *Neustadt* (New Town). Their striking silhouettes have been a famous feature of the town for centuries.

The *Old Nahe Bridge* was the intersecting point of two major roads, while also serving as part of the circular town wall. Built on eight pilings, it crosses both arms of the Nahe River which run through the town: the Nahe itself and the *Mühlenkanal* (Mill Canal). Only the section over the Mill Canal retains its historic piling bridge form.

ST. PAUL'S CHURCH AND THE ENGLISH CHAPEL

Pauluskirche (St. Paul's Church), now Protestant, is a gothic building with a three-naved basilica. It was built as the parish church for Count Johann of Sponheim. Originally consecrated in 1332 as Church of the Blessed Mary and Saint Kilian, St. Paul's became Protestant in 1558. In 1689, it was destroyed by the troops of King Louis XIV of France. It underwent major reconstruction in 1781 and has since largely retained its 18th century form.

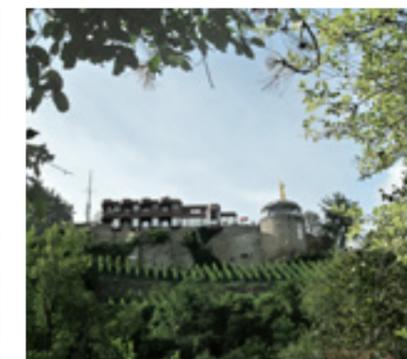
The church stands on an island between the Nahe and the *Mühlenkanal* (Mill Canal). For many centuries it was the only building in the town on the other side of the *Alte Nahebrücke* (Old Nahe Bridge) – beyond it were only pastures. The 61-meter-high baroque tower was erected around 1780. In

the mid-19th century, the dilapidated eastern chancel was converted into a chapel to hold Anglican services for the numerous English visitors to the resort town. Tombstone effigies from the late Middle Ages can be seen in the *Pauluskapelle* (Paul's Chapel).

Both the church's organ, restored in 2012, and the choir concerts are definitely worth hearing (and seeing). The building is the largest church between Mainz and Trier. Incidentally, Karl Marx and Jenny von Westphalen married here on the 19th of June 1843.

KAUZENBURG CASTLE

Overlooking the *Neustadt* (New Town) and spa district is the *Kauzenburg* (Owl Castle), built by the counts of Sponheim in the early 13th century. The historic New Town grew around the castle perimeter and housed many of the *Burgmannen*, members of the lower nobility who defended the castle. A large wall surrounded the castle and New Town until the 19th century and is still partly visible today.





The armies of King Louis XIV destroyed the castle in 1689. It was altered and rebuilt a number of times before finally being restored to its current form in 1972.

The *Kauzenburg* is now a restaurant with a magnificent panoramic view. Visitors can take part in a Rittermahl (knight's banquet), a truly unique culinary experience in a vaulted cellar.

EGG MARKET IN THE HISTORIC OLD TOWN

The romantic *Eiermarkt* (Egg Market or Square) was for centuries the center of the Old Town, and was where the fruit, fish and potters' markets were held. No other square in the town has quite the historic flair, with its *Nikolauskirche* (St. Nicholas Church), half-timbered houses and the narrow alleys of the *Metzgerviertel* (Butcher District).

In the center of the square stands a sculpture showing how Kreuznach's master butcher



Michel Mort saved his lord, the Count of Sponheim, in the Battle of Sprendlingen in 1279. Sculptor Robert Cauer created the statue in 1902. Robert Cauer was a young member of the internationally successful Cauer dynasty of sculptors who had lived and worked in Bad Kreuznach for over 200 years. Internationally renowned, the Cauers also operated ateliers in a number of major European cities.

"LITTLE VENICE" ON THE ELLER BROOK

Klein-Venedig (Little Venice) refers to a row of houses along either side of the Ellerbach (Eller Brook) delta, where it flows into the Nahe. It offers visitors a picturesque collection of rear façades.

During the Middle Ages, a lack of space forced people to even build on the town wall itself. New homes have recently been built respecting and incorporating

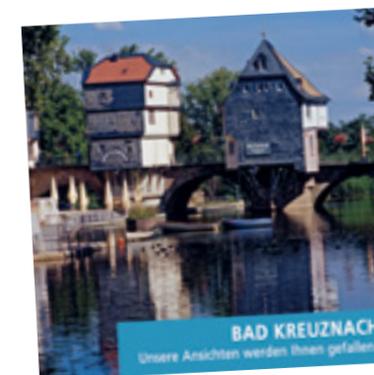


the historic look, resulting in an attractive architectural harmony. The Ellerbach flows through the historic New Town and was used for many centuries as a waste channel by tanners, butchers and local residents. People built right up to the banks and even across the Ellerbach at some points.

ST. NICHOLAS CHURCH: THE TOWN'S OLDEST CHURCH

The *Nikolauskirche* (St. Nicholas Church) on *Eiermarkt* (Egg Market) is Bad Kreuznach's oldest surviving place of worship and is still used as a church by the Catholic community today.

Built in 1266, *St. Nicholas* was originally attached to a Carmelite monastery until the Reformation in the mid-16th century. Of particular interest is the interior, with ornate carved pews, tombstones with effigies of counts and knights, wooden sculptures from the 15th century and the unique, 140-cm-high cross reliquary dating back to 1501.



» INFORMATIONS:
BAD KREUZNACH ON DVD

Wellbeing, spa, gardens and the historical part of the city are the main theme of the DVD *Unsere Ansichten werden Ihnen gefallen* (8 minutes running time; German/English/French version).

The Carmelite grammar school was the only school in the town during the Middle Ages. Magister Georg Sabellicus Faust, the historical figure on which Goethe's Faust was based, is supposed to have taught there in 1507.

SPA HOTEL AND GARDENS

The spa business began to boom after Bad Kreuznach became internationally renowned, following the discovery of radon therapy in 1904. This led to the construction in 1913 of a magnificent hotel complex with four wings to replace the old *Kurhaus* (Spa Hotel) from 1843.

Designed by Emanuel von Seidl, the new hotel was inspired by baroque palaces such as the Würzburg Residence. It is most impressive when seen from the *Kurpark* (Spa Gardens). Pillars mark the striking central pavilion. The



Kurhaus is still the town's largest hotel with 125 rooms and 200 beds.

International spa business and tourism are not the only aspects of *Kurhaus* past: it has also been the scene of historic events. In 1917, during the First World War, the German General Staff had its headquarters here under Generals Paul von Hindenburg and Erich Ludendorff.

The "Atatürk Salon" commemorates a visit paid to Kaiser Wilhelm II by Mustafa Kemal Pascha Atatürk, who later founded the state of Turkey.

Charles de Gaulle and Konrad Adenauer met in the *Kurhaus* in 1958 to prepare the way for Franco-German partnership, and in 1984 the hotel welcomed the French President, François Mitterand, while he was on a state visit to the German Chancellor Helmut Kohl.



THE SPA GARDENS – THE CENTER OF BAD KREUZNACH'S SPA DISTRICT.

The Spa Gardens, or *Kurpark*, between the Nahe River and Mühlenkanal (Mill Canal) have been the center of social life in resort town of Bad Kreuznach for over 150 years. They were created after the town tapped the salt mineral springs here.

A wonderful park with lawns, flowerbeds and towering trees stretches from the wine pavilion at the *Elisabethquelle* (Elisabeth Spring) – people came for years to drink the saline water – and the extensive grounds of the *Kurhaus* Hotel. It is the wonderful old trees and the surrounding landscape which make the park so distinctive. It is surrounded by water, and a stroll along the promenade to the salt mineral springs inhalation park offers amazing views of the Nahe River and valley. A path lined with chestnut trees runs along the Mühlenkanal (Mill Canal) – a cool and quiet spot even on the hottest of summer days. Music and dance lovers meet here for concerts under the trees – the park has its own dance floor and bandstand.



PANORAMA WALK – SCENIC VIEWS OF THE SPA DISTRICT

Anyone looking to discover the town on foot should check out the *Panoramaweg* (Panoramic Way) which is easy to get to just off the pedestrian zone. One minute you are in the hustle and bustle of the narrow streets, the next in a haven of peace and tranquility.

Just below the Kauzenburg castle, the route takes you from the medieval Altstadt (Old Town) high up above the rooftops of the spa district and along the Nahe River between hill, town and river. Experience the green spa resort at its best from a variety of vista points.

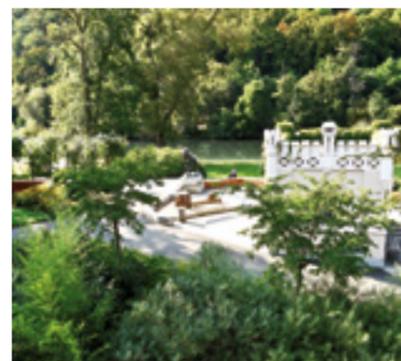
The route starts in the Klappergasse (Klapper Alley) at the *Old Town* side of the *Alte Nahebrücke* (Old Nahe Bridge).



ROSE ISLAND – THE JEWEL OF THE NAHE

Roseninsel (Rose Island) owes its charm to its location. As early as 1905, this small island in the Nahe was turned into a park for a major rose exhibition. Its current layout is the result of an inspired combination of landscape architecture and flood protection.

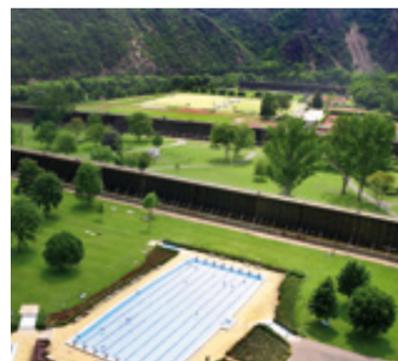
The Nahe is not always as calm and gentle as it appears. A few weeks per year it can turn into a raging torrent, threatening to put the town under water. Taking a stroll on Rose Island you'll discover an inviting terrace, a pergola leading to a historic fountain, plush lawns, shady groves, rose beds and a playground. An inviting promenade offers the perfect way to discover and experience the beauty of the river. *Rose Island* is home to a number of works of art. The most impressive is the *Durstgruppe* (Thirst Group) sculpture showing two British soldiers in the Boer War fighting over a drop of water.



THE WORLD'S LARGEST OPEN-AIR SALT INHALATORIUM: SALINE VALLEY AND SALT GRADUATION WORKS

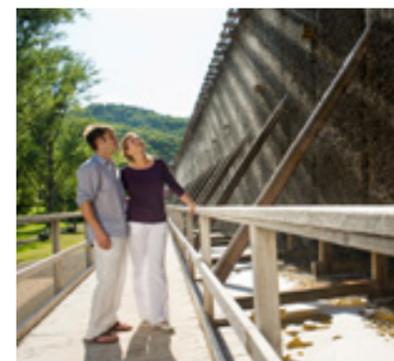
Saline extraction from salt mineral springs is what gave the *Salinental* (Saline Valley) in Bad Kreuznach its name. One impressive feature of the area is its towering graduation works. These 10-meter-high wooden walls are covered on both sides with blackthorn branches, making a total length of 1.1 km.

Salt water, or brine, trickles down the walls of blackthorn, each droplet forming thousands more. High evaporation also releases salt



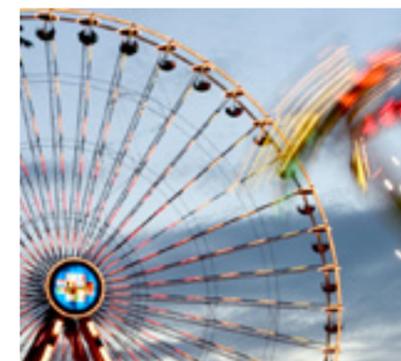
into the air. Thanks to a misting surface of over 8,000 m, the graduation towers create a fresh microclimate similar to that of a seaside town.

The graduation towers were used for salt extraction until 1999. Due to its health-giving properties, the salt water is still used in the spa towns of Bad Kreuznach and Bad Münster am Stein-Ebernburg. Brine, with a table salt content of 1.5% as well as many valuable minerals, springs from a depth of 500 m. Just breathing this air is



good for you. Inhale the salty mist and you inhale tiny droplets deep into your bronchial tubes. These droplets are anti-inflammatory and loosen phlegm.

Brine bathing in the thermal baths improves circulation, stimulates the metabolism and harmonizes the vegetative nervous system. It's good for both skin and respiratory airways. Rheumatic diseases, skin problems and bronchial asthma are the main areas of application, but brine baths are also excellent as a preventive therapy by strengthening the immune system.



Simply idyllic ...

**Bad Münster am
Stein-Ebernburg**



» INFORMATION

**Tourist-Information Office
Bad Münster am Stein-Ebernburg**

Berliner Strasse 68
55583 Bad Kreuznach

Tel. +49 6708 641780
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**FOR VISITORS TO BAD KREUZ-
NACH, A TRIP TO BAD MÜNSTER
AM STEIN-EBERNBURG IS AN
ABSOLUTE MUST.**

This part of town is set amidst wildly romantic countryside. Over a period of many thousands of years, the Nahe river has cut its way through solid volcanic rock, and impressive rock faces rise up on both sides. The *Rotenfels* (Red Rock) is the highest vertical rock wall in Central Europe north of the Alps.

Hiking trails and cycle tracks provide opportunities to explore this magnificent landscape. Yet the town also has a lot to offer. Salt water springs have made Bad Münster a popular spa resort. The historic 100-year-old *Kurhaus* (Assembly Rooms erected over three mineral springs) with its combination of half-timbering and Jugendstil is set in the *Kurpark* (Spa Gardens) and ranks among the most beautiful buildings of its kind in Germany.

Here, guests can enjoy the soothing effects of the medicinal water from the *Rheingrafenquelle* (Rheingrafen Spring). A 150-metre long saline graduation tower forms a large outdoor inhalatorium.

Up high on the rocky peaks of the *Rheingrafenstein*, looking out over the *Kurhaus*, lie the ruins of *Schloss Rheingrafenstein* (Rheingrafenstein Castle), which is also worth a visit. A hand-pulled ferry takes walkers across the Nahe river. A 30-minute climb up the path leading to the castle is rewarded by a stunning panoramic view of the Nahe Valley.

The particular biodiversity of this landscape with its warm and dry, virtually Mediterranean climate can be seen in the nature station at the *Kurhaus*, where exhibits include the extremely rare (and completely harmless) dice snake, which lives in the Nahe river valley.

The *Ebernburg* (Ebernburg Castle) bears witness to a great past. The Knights of Sickingen lived here for

almost 400 years, and the castle played a prominent role during the period of the Reformation. At the foot of the castle lies the village of Ebernburg. Its narrow streets are home to numerous wine bars, where exquisite Nahe wines can be enjoyed in the historical ambience of a winery.

The *Steinskulpturenpark* (Stone Sculpture Park) and its museum (architect: Tadao Ando) are a further highlight. Stone sculptures made by the Kubach-Wilmsen family, internationally renowned sculptors, are positioned in the fascinating rock landscape to form a complete artwork.

One of Germany's most attractive golf courses lies just outside the village in wooded, hilly countryside. Guests are always very welcome.



Guided Tours (English)



THE VIA HISTORICA: FROM BADEWÖRTH ISLAND TO THE RÖMERHALLE

The tour starts at the *BÄDERHAUS* (Bath House) and takes you along the Mühlenteich (Mill Canal), down Germany's oldest sycamore-lined avenue and past the unmistakable Bad Kreuznach *Brückenhäuser* (Bridge Houses). It continues on through the historic *Altstadt* (Old Town) and *Schloßpark* (Castle Park), a landscaped park of exotic trees and picturesque pond, and ending at the *Römerhalle* (Roman Hall) museum. 1,800 years ago the stately villa of a wealthy Roman stood here. Today the museum brings the Roman era along the Nahe back to life. A wide and varied range of exhibits on everyday life and religion give an insight into the luxury in which the villa's inhabitants lived.

ONE TOWN WITH MANY FACES: BAD KREUZNACH YESTERDAY AND TODAY

Bad Kreuznach's charm lies in its mix of modern town, natural beauty and historical flair. This guided tour of the town starts at the *BÄDERHAUS* and takes you from the spa district into the *Altstadt*. Discover the diversity of this fascinating town.

SALINENTAL: THE SALINE VALLEY
Salinental, with its colossal graduation towers, is a salt production area and a wellbeing landscape in one. A refreshing sea breeze still gently blows, where, for 200 years, salt was once extracted from salt mineral springs for food and medicine. Winding through breathtaking scenery, the 90-minute walk is a journey of discovery through the fascinating history of salt extraction. Those who wish can go up and out onto the top of one of the graduation towers.



BOAT EXCURSIONS ON THE NAHE RIVER

See the spa district via an old fishing boat cruise down the Nahe River and the Mühlenteich (Mill Canal). Experience the town from the river with a tour guide on board.

This tour is also available with a wine tasting and snacks.

Parks, museums, nature – list of tours

The following guided tours of the town, for up to 25 people are offered throughout the year and can be booked at the Tourist Information center.

Certain tours can also be booked with English or French speaking guides:

Guided tour of the Altstadt (Old Town): (Tall) tales, parks and medieval streets
ca. 1.5 hours | € 72.00 per group (EN / F: € 90.00)

Guided tour of the Altstadt (Old Town) and historic Neustadt (New Town)
ca. 1.5 hours | € 72.00 per group (EN / F: € 90.00)

» INFORMATION & BOOKING

Tourist-Information Bad Kreuznach
Haus des Gastes
Kurhausstrasse 22–24
55543 Bad Kreuznach
Tel. +49 671 8360050
info@bad-kreuznach-tourist.de

**Tourist-Information Bad Münster
am Stein-Ebernburg**
Berliner Strasse 68
55583 Bad Kreuznach
Tel. +49 6708 641780
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Salinental: the saline valley
ca. 1.5 to 2 hours | € 72.00 per group (EN: € 90.00)

*Bad Kreuznach's "Canal Grande":
boat trip along Mühlenteich
(Mill Canal)*
ca. 1–2 hours | € 170.00 per group

Crucenia Express Blauer Klaus
Take a guided tour for groups, clubs, etc. on the tourist trolley, "Blauer Klaus". There are 2 routes:
1. Bad Kreuznach / Salinental
2. Bad Münster am Stein-Ebernburg / Salinental.
Each trip lasts ca. 1 hour. Simply contact our team for more information.
Prices for special trips: Mo–Fr € 270.00 plus VAT, on Sa, Su and public holidays € 330.00 plus VAT. The *Blauer Klaus* can carry up to 60 people. Bus parking is available close to the stop in the Badeallee. *Booking and information:*
www.blauer-klaus.de

» IMPRINT

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Photos:
Gesundheit und Tourismus für Bad Kreuznach GmbH, Verkehrsverein Rheingrafenstein, Dominik Ketz, pinkiwi, Matthias Luhn



CONTACT THE TOURIST INFORMATION IN THE HAUS DES GASTES (HOUSE OF THE GUEST)

Kurhausstrasse 22–24
55543 Bad Kreuznach, GERMANY

April–October:

Monday–Friday 09.00 am–05.00 pm
Saturday 09.00 am–04.00 pm
Sunday 09.00 am–03.00 pm

November–March:

Monday–Friday 09.00 am–04.00 pm

Contact us by telephone **+49 671 8360050**

Send us an inquiry to the email address

info@bad-kreuznach-tourist.de

You can reach our city

By train: Regional express trains (RE line 3) Frankfurt main station–Frankfurt International Airport–Mainz–Idar-Oberstein–Saarbrücken depart daily every hour from Mainz or every 2 hours directly from Frankfurt (journey time of Mainz–Bad Kreuznach 26–29 min). Regional trains (RB line 33) Mainz–Bad Kreuznach–Idar-Oberstein–Türkismühle every hour to ensure that about every 30 minutes there is a link to Bad Kreuznach. In Frankfurt and Mainz are good connections to the remote traffic. The regional train (line 65) Kaiserslautern–Bad Kreuznach–Bingen provides daily every hour in Bingen (IC Cologne) and Kaiserslautern (ICE F-Paris) is well connected to through traffic. Travelling with the Rhine-Nahe-transport: Buses and trains from Mainz to Idar-Oberstein are summarized in the Rhine-Nahe-transport network. This includes the bus in Bad Kreuznach. Information about connections, timetables and prices at www.rnn.info.

By car: From the north and east (Mainz, Koblenz): A 61 motorway Nahetal, A 60, exit at Bad Kreuznach
From the south (Alzey): A 60, exit at Bad Kreuznach
From the west (Idar-Oberstein): B 41
In all cases, is recommended as a city entrance of the B 41 from the exit Winzenheim, from there, towards the town of Bad Kreuznach.

By airplane: From Frankfurt Rhein-Main airport is a direct link with the Regional Express RE 3 every 2 hours (journey time 47 min) or with a change in Mainz or Ingelheim hour (journey time 60 minutes). From the airport Frankfurt-Hahn in the Hunsrück an airport shuttle runs with 11–13 runs per day to Mainz main station, where migration to regional express or regional train to Bad Kreuznach. Other bus services, with a change of Idar-Oberstein, Kirn and Stromberg.

For more information on airport arrival and departure, please visit: bahn.com, rnn.de, frankfurt-airport.com and hahn-airport.de.

**badkreuznach**

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Bad Kreuznach in Europe

