



F r a n k e n

DAS
FICHELGEIRGE
SAGENHAFT

ERLEBNIS⁴
OCHSENKOPF
BISCHOFGRÜN
FICHELBERG
MEHLMISSEL
WARMENSTEINACH
TAUSEND UND EINE MÖGLICHKEIT



Heilklima^{tischer}
KurOrt
Bischofsgrün
im Fichtelgebirge

A Hearty  Welcome to
Where Nature is Still What It Was



www.bischofsgruen.de



Welcome to the best climate in Germany! Bischofsgrün in the Fichtelgebirge - the only health resort recognized for the quality of its air in Northern Bavaria.

The idyllic mountain town of Bischofsgrün lies in the Fichtelgebirge in the adventure-filled Ochsenkopf region, and is midway between the highest mountains in North Bavaria, the Schneeberg (1053 m) and the Ochsenkopf (1024 m). It is the only Spa recognized for the quality of its air in Northern Bavaria and is an ideal vacation area and Spa at any time of the year. Besides 900 tourist beds there is a large choice of cultural, sport and free time activities.

What are you waiting for? We hope to see you soon!



Our *Trailer Park* is in an excellent spot located in Rangenweg near the Village Center and has become an insider's tip for people looking for a place to overnight. There are hookups available for electricity and water at a minimal cost. (Coin-operated machine)



Exercise in the healthy air of the German Upland climate - and take in the smell of the meadows and forests. Our region is perfect for touring. We have over 300 kilometers of marked wandering trails around Bischofsgrün and you have the choice of numerous day- and half-day tours, which you can do on your own or with a guide. You can choose from The Nature Trail along the White Main, the Franconian Mountain Way, the Jean Paul Trail, two Panorama trails and the Historical Village Trail. It would be difficult to find better wandering vacation opportunities to enjoy than those in our large offer of wandering and other tourist attractions.



Recreational activities and more - Enjoy biking, wandering and climbing or simply savor the peaceful atmosphere.



„Feel, Marvel, Listen and Learn“.

This is the motto of our Experience-the-Forest Trail, which you can enjoy most with the whole family. This 1.5 kilometer path has many stops where the children are brought into close contact with the forest's distinctive features through play. The idyllic Forest Way is also suitable for Wheelchairs. And, if children's fables like "Hansel and Gretel" are of interest to the family, then there are a total of 14 Fables to be discovered, which are described on colorful panels along the approximately 2 kilometer long Children's Fables Wander Way.





Besides visiting the *Nordic Parc Fichtelgebirge* and the *„Oxenkopf Outdoorpark“* with its Highwire Garden, Climbing Wall and 3-D Archery, you can do something for your health in the Nature Park Bischofsgrün or on any of the 6 certified Nature Wander Trails in the area.

The terrain in and around Bischofsgrün offers biking enthusiasts numerous opportunities with its many biking paths, both short and long. Suggestions for Biking and Mountain biking tours in the Bischofsgrün region are available. For example, you can try the Naabtal Biking Trail, which starts just below the Oxenkopf summit or the 600 kilometer long Main Bike Trail, which starts at the source of the White Main located on the Oxenkopf.

If you prefer something more peaceful, experience the suspension **cable lift on the Oxenkopf**. There is also the **Summer Luge Run** with a length of 1 kilometer and 10 curves for enjoyment for young and old. In the summer Bischofsgrün also has a heated outdoor swimming pool where you can have fun and cool off.





Vacation fun for the Kids

No one will be bored here! Bischofsgrün offers a multifaceted **program for families** during the school vacation times of the various German states. Whether it is a visit to a farm, bowling, riding, a cooking course or an afternoon of handicrafts, there is lots of action available in Bischofsgrün for our young guests.



Enjoy the fests as they come - Happenings for you and us.

There is always something to celebrate here – the Snowman Party, Children's Fasching, setting up the May Pole, the Summer festivity, the Annual Church Fair or attending the Christmas Market. There also regular offerings such as Sunday- and Spa Orchester Concerts, Slide Shows and Regional Information Trips at no cost.





Tourist Attractions and Ski Jumping Competitions

Nordic sports have been offered by and participated in for over 100 years in Bischofsgrün by the local Ski Club. A major offering in the club's program is ski jumping. Successful national and international competitors like Jens Weißflog and Martin Schmitt have helped to give Bischofsgrün a considerable reputation in this area. The concept of all-year ski jumping has played a great role in this renown. The official dedication of the modern tall Ochsenkopf Ski Jump in 2007 in conjunction with the FIS Ladies Summer Grand Prix set a milestone for the future of our sport region. Since 2009 the small Ochsenkopf Ski Jump is in use and there will soon be a third ski jump, thus completing the Ski Jump Arena on the Ochsenkopf.



Winter Time - the snow crystals glitter - A sense of well-being works wonders of recuperation

Bischofsgrün is also ideal for Winter Sports. You can enjoy the white splendor in all its facets. Enjoy a sledding party with the whole family or a horse-drawn sleigh ride through the snow-filled forests. The Winter Sport Center Bischofsgrün has at its disposal the Ochsenkopf Ski Jump Arena with its world-known 71 meter Ochsenkopf Ski Jump and attractive cross country ski trails and winter wander ways. In addition, whether it is downhill skiing, snowboarding, sleighing, curling, ice-skating or snowshoe wandering, there is something available for everyone. The cable car on the Ochsenkopf brings skiers to the start of the downhill slopes in about 9 minutes and the local Fichtelgebirgs Club offers guided snowshoe tours and winter wander tours when snow is on the ground. Winter Sport enthusiasts are offered the 2.300 meter long downhill course, which is the longest man-made ski run in Northern Bavaria. The Ski and Snowboard School Nordbayern is directly on the station at the bottom of the Bischofsgrün slope of the Ochsenkopf. They use the increasing-length system to teach beginners and offer a guarantee that you will learn to ski. This system was invented by the Bischofsgrün native, Martin Puchtler (+), in the 1960's.



Winter Event - the biggest man-made Snowman in Germany

The annual Snowman Party takes place in the middle of town on Shrove Monday. Before the Party, at the latest on the weekend before, the biggest snowman in Germany is built. The snowman built in 2006 set the current record of 12,36 meters in height and 32 meters in circumference. A festive party with music lasts deep into the night while partygoers dance around the Snowman named Jacob and enjoy themselves.





The Healthiest Form of Wandering - Done in a Healthy Climate

Breathe deeply! A healthy climate lets you make more out of your vacation!

The circle is small and exclusive and Bischofsgrün is part of it. Since 1992 the village on the foot of the Ochsenkopf is recognized as a Spa because of its officially certified healthy climate. In 2007 this certification was extended for 10 more years as the result of over one year of testing the air and climate quality in the area. In the **Bischofsgrün Nature Park** 6 wander ways of differing levels of difficulty have been measured and certified. These paths are to be completed in different times based on an individual's level of conditioning. The length and gradation of these paths can noticeably improve the individual's physical capability and speed. At the same time considerable value is placed on relaxation. Enjoy the smell of the forests and meadows and the brisk mountain air.



A Hearty Welcome in the Herb Region Bischofsgrün in "The Edible Fichtelgebirge".

Enjoy the wealth offered by Nature in Bischofsgrün and the Fichtelgebirge. Cook and wander with certified Bischofsgrün wild herb cooks and herb specialists. Learn to know our region through its treasures of nature. Enjoy the wonderful wild herb dishes you will be served or learn how to prepare the treasures from the forests, meadows and waters of our region. Along with that a visit to our carefully laid out herb gardens is a must, where you can experience everything you ever wanted to know about edible, collectible and healing herbs like ramson, water cress, chickweed, lady's mantle and meadow sweet.

Place of Power in Bischofsgrün, Tone Therapy and Co. Experience Health in another way - wholesome and powerful.

Take the time to visit the Nature Park in Bischofsgrün and find the way to deep relaxation and peace on the way to achieving inner harmony and physical and mental balance. At the "Place of Power" some people experience the working of cosmic energy and ladle power out of the deepness of the earth. The special powers of the spot were discovered by a radiation seeker in 1996. We can't offer any explanation for the phenomenon but it is true, without a doubt, that many people with different expectations went there and were helped. No one knows if it is the radiation from the center of the earth, the powers of the subconscious, which bring new energy through stress-free recuperative periods, or, if it is psychic energy that alleviate a person's problems. Try it yourself and find the personal answer to your very own problems. Here in Bischofsgrün you can also try Tone Therapy, which mobilizes your powers of self-healing and sets productive energies free to fight stress and mental blocks.





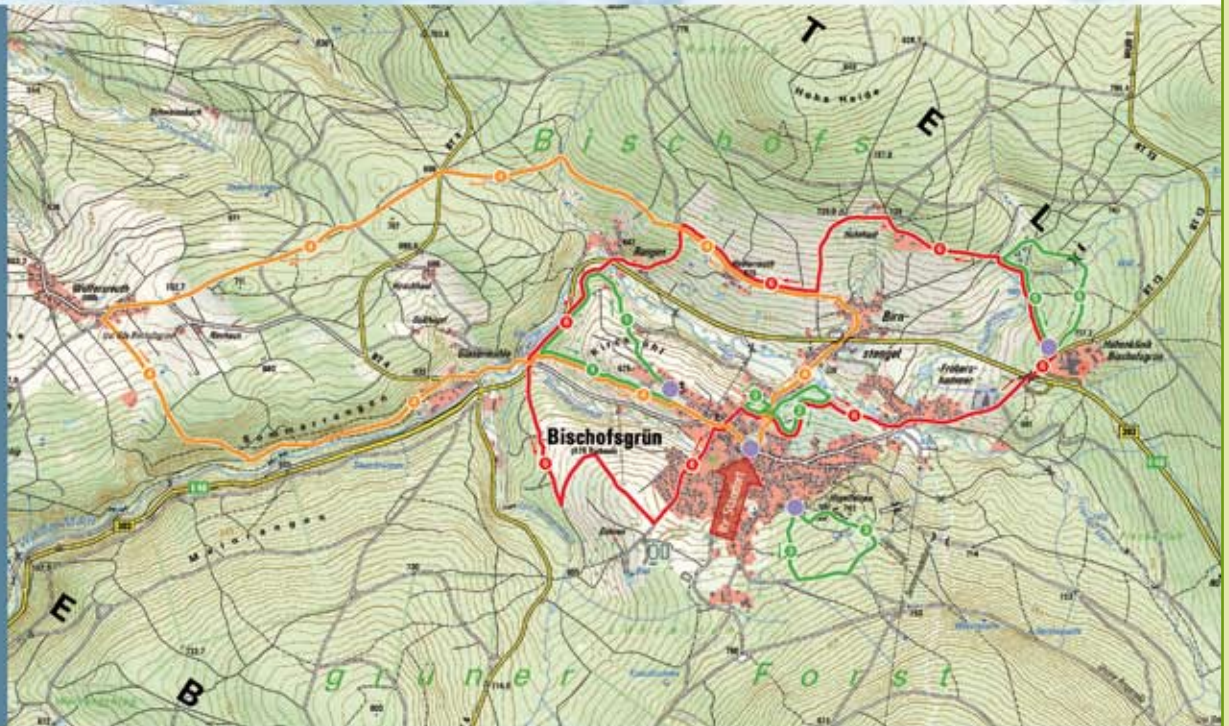
Wegweiser mit Angabe der Streckenart, Streckennummer, Schwierigkeitsgrad und Restkilometer



Anforderungen an den Körper:

- gering
- mittel
- hoch
- Startpunkt

Kartengrundlage:
Topografische Karte 1:25000;
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HEILKLIMA

Gesundheit zum Atmen

Schon die alten Griechen, die als Volk der Naturphilosophen gelten, fanden heraus, dass das Wetter und das Klima den Menschen maßgeblich beeinflussen können. Heilklimatische Kurorte erfüllen höchste Anforderungen an die Luftqualität (welche ständigen medizinischen und meteorologischen Kontrollen unterzogen wird) und können die therapeutische Wirkung des Klimas nachweisen. Das Heilklima unterstützt Sie bei der Erholung von Krankheiten und bietet beste Voraussetzungen zur Vorbeugung. Schon wenige Tage im Heilklima bringen nicht nur Entspannung für den Körper, sondern auch für die Seele. Selbst Allergiker und Asthmatiker werden hier tief durch- und aufatmen. Denn die Luft ist – vor allem natürlich im Winter – arm an Pollen und Reizstoffen.

Atmen Sie Gesundheit – sie ist unser höchstes Gut.

DER RICHTIGE PULS

Maximale Herzfrequenzrate

Die Tabelle zeigt die Herzfrequenzrate beim Ausdauertraining bei verschiedenen Intensitäten (80–95% der maximalen Herzfrequenzrate (HFmax)) für gesunde Personen unterschiedlichen Alters.

Quelle: Deutscher Sportwissenschaftlicher Verlag, 2007

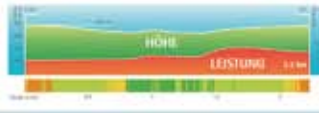
Alter	80%	85%	90%	95%
20	117	137	167	
30	114	135	165	
40	111	130	160	
50	108	125	155	
60	105	120	150	
70	102	120	145	



Atmen Sie Gesundheit – sie ist unser höchstes Gut.

1

Trail 1



Anforderungen aufgrund des Weges: gering
Kurzer Rundweg (2,2 km) mit Anstiegen von insgesamt etwa 70 Höhenmetern. Streckenweise mäßige und starke Steigung. Durchschnittlicher Energieverbrauch bei 75 kg Körpergewicht: ca. 140 kcal.

Anforderungen aufgrund des Klimas: hoch
Reizintensiv auf überwiegend sonnigen und wind ausgetürmten Weg. Kurzfristig gedämpfte Klimasseiz im Schutz des Waldes. Im Sommer meist behagliche oder kühle Bedingungen, im Winter häufig Kältereiz.

2

Trail 2



Anforderungen aufgrund des Weges: gering
Kurzer Rundweg (1,8 km) mit Anstiegen von insgesamt etwa 80 Höhenmetern. Überwiegend geringe und mäßige Steigung. Durchschnittlicher Energieverbrauch bei 75 kg Körpergewicht: ca. 110 kcal.

Anforderungen aufgrund des Klimas: hoch
Stimulierend auf ziemlich sonnigen und wind ausgetürmten Weg. Bei intensiver Strahlung lässt sich in den Schatten einzelner Bäume ausweichen. Im Sommer überwiegend behagliche bis kühle thermische Bedingungen, im Winter häufig Kältereiz.

3

Trail 3



Anforderungen aufgrund des Weges: gering
Kurzer Rundweg (1,5 km) mit Anstiegen von lediglich 50 m Höhenmetern und oftmals mit mäßiger Steigung. Durchschnittlicher Energieverbrauch bei 75 kg Körpergewicht: ca. 90 kcal.

Anforderungen aufgrund des Klimas: gering
Auf dem ganzen Weg gedämpfte Klimasseiz im Schutz des Waldes. Dennoch im Winter sehr häufig Kältereiz, im Sommer sehr selten Wärmebelastung.

4

Trail 4



Anforderungen aufgrund des Weges: mittel
Langer Rundweg (10,1 km) mit Anstiegen von insgesamt etwa 220 Höhenmetern, dabei überwiegend geringe und nur gelegentlich mäßige Steigung. Durchschnittlicher Energieverbrauch bei 75 kg Körpergewicht: ca. 570 kcal.

Anforderungen aufgrund des Klimas: mittel
Abwechslungsreicher Weg, einerseits mit reizintensiven Wegabschnitten über die Felder von Bischofsgrün, Barmengel und insbesondere Wälfersmuth, andererseits reizmilder in den Ortschaften oder im Schutz des Waldes. Im Sommer überwiegend behagliche bis kühle thermische Bedingungen, im Winter häufig Kältereiz.

5

Trail 5



Anforderungen aufgrund des Weges: gering
Kurzer Rundweg (1,7 km) mit nur geringer Höhenflut von ca. 30 Metern und geringer Steigung. Durchschnittlicher Energieverbrauch bei 75 kg Körpergewicht: ca. 90 kcal.

Anforderungen aufgrund des Klimas: gering
Überwiegend vor Sonne und Wind geschützte durch den Wald. Im Sommer behagliche bis kühle thermische Bedingungen, im Winter häufig Kältereiz.

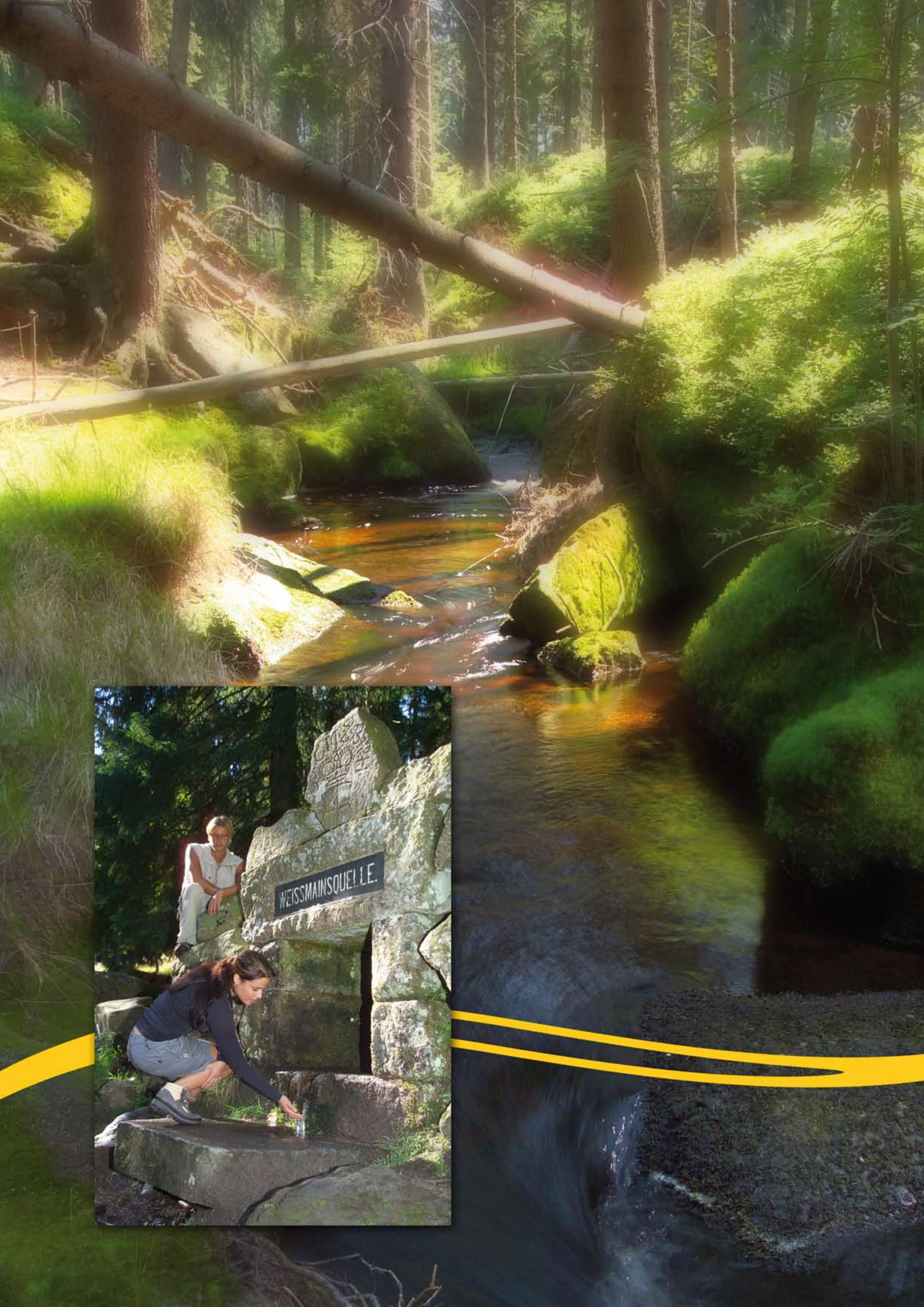
6

Trail 6



Anforderungen aufgrund des Weges: hoch
Langer Rundweg (8,0 km) mit Anstiegen von insgesamt 280 Höhenmetern; dabei geringe und mäßige, kurzfristig auch starke Steigung. Durchschnittlicher Energieverbrauch bei 75 kg Körpergewicht: ca. 560 kcal.

Anforderungen aufgrund des Klimas: hoch
Reizintensiv auf vielfach sonnigen und wind ausgesetzten Weg über offene Freiflächen. Aber auch Streckenabschnitte mit gedämpften, dennoch stimulierenden Klimasseiz am Waldrand oder durch lockere Bewölkung. Im Sommer überwiegend behagliche bis kühle thermische Bedingungen, im Winter häufig Kältereiz.



Our Gastronomy and Public House Culture - From typically Franconian to solid, light and casual

For those people visiting us for a longer vacation, a stay for health reasons or for a day's outing, enjoyment mostly starts with a good meal. Whether it is a hearty snack or a full meal, you can undertake a culinary trip and enjoy tasty specialties and treats. Gastronomical Action and Theme weeks are regularly scheduled. Whatever finds its way onto the table is lovingly prepared because our Gastronomy has a long tradition.

The Kurhaus Bischofsgrün - The Guests' House

The Bischofsgrün Kurhaus is here for you to use as a place to meet and greet, for celebrating occasions and as a conference center. The large ballroom and the extended foyer are especially suited for wedding celebrations. The Kurhaus is in the middle of town and besides the local Tourist and Spa Information Bureau located therein, there is a Physical Fitness and Therapy Practice located there.



The large foyer is also suitable for exhibitions and receptions. There is a large hall, which seats 400 people and can be separated for smaller groups and a small hall for approx. 40 people, both of which can be catered, a beer parlor with a capacity of 40 and 2 bowling alleys with a small beer hall attached. You can contact the village about rental costs and any further conditions at the following address: **Gemeinde Bischofsgrün, Hauptstr. 27, 95493 Bischofsgrün.** Telephone number is 09276-9260912 or send an email to gemeindeverwaltung@bischofsgruen.de

Other Destinations in the Region

The Festival City Bayreuth offers the Eremitage, the Old and New Palaces and the Margrave's Opera House, a baroque house which was built for Wilhelmine, the Margrave's wife and the beloved sister of Friedrich the Great. Wunsiedel is the home of the Luisenburg Festival.



There is Bamberg with its inner city, unscathed in WWII, and a World Heritage Cultural Site and the Beer City Kulmbach. Waldsassen houses a baroque basilica with a world-reknowned monastery library and Nürnberg with its completely restored "Old City" and world-famous Christmas Market are close by. The Weißenstädter Lake, the Fichtel Lake are worth a look and the sources of the Main, Saale, Naab and Eger Rivers flow outward from the Fichtelgebirge in all 4 directions of the compass.



Your Way to Us

Take the A9 München-Berlin or the A9 Berlin-Nürnberg and use the Himmelkron/Bad Berneck exit to the Bundesstraße 303 in the direction of Bischofsgrün. The A70 Schweinfurt-Bayreuth leads to the A9 in direction Berlin and the Himmelkron/Bad Berneck exit to the Bundesstraße 303. The A73 Regensburg-Hof or Hof-Regensburg exits at Marktredwitz to the Bundesstraße 303 in the direction of Coburg/Kronach to Bischofsgrün. There is also the train to Neuenmarkt-Wirsberg and the bus connection from there to Bischofsgrün



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