

The Swabian Alb. Inspiring. Since the dawn of time.

40,000 years of cultural history and a place of discovery for the oldest artworks of humanity. The Swabian Alb has verifiably inspired since the dawn of time.

The Swabian Alb is a romantically wild karst landscape, an upland region with juniper heaths grazed by migratory herds of sheep. The striking cliff edge of the Albtrauf with a height of up to 400 metres separates the upland plateau of the rough Alb from the fruit orchards of the Alb foreland. In the south, the young Danube begins its long trip to the Black Sea, and over the millennia the river has dug a deep bed into the Jura rock of the Alb to create the scenic Danube canyon Oberes Donautal. It is here that the history of the Earth can be experienced in real time, as the Swabian Alb is fundamentally a unique "Jurassic Park" that has developed over millions of years along with countless caves and subterranean dream worlds. The Swabian Alb has also maintained its warm, thermal mineral water sources that bubble up from its depths in the form of precious healing springs. Veritable fairytale castles crown cliffs and hilltops, documenting the former abundance of castles and palaces.

The Swabian Alb has always been a coveted region the historic sites of Celts, Romans and Alemanni and the names of major royal and imperial families such as Staufer and Hohenzollern conclusively verify this and communicate a feeling of historical vividness. Added to this are cities that breathe history and present in tandem. Those visiting and travelling here expose themselves to a fascinating trip through time, the history of both Earth and humanity. The secret however is to be found in the subterranean labyrinth of caves: it is here that the oldest works of art in human history were found. The Löwenmensch [Lion Man] figure wrought around 40,000 years ago is a truly magical symbol. It was carved by an unknown artist from the Ice Age and can be now viewed in the Museum

Discover the land of the Lion Man!



The Swabian Alb is the result of an eventful geological past. Over millions of years, volcanic eruptions, meteorite impacts, rain and wind have created a landscape that is unique upon our Earth. The story begins around 200 million years ago with a tropical Jura ocean in which romped genuine dinosaurs and crocodiles. The creatures of that era are now safely housed in the form of fossils in museums. The Alb is well-known for its fossil findings and natural phenomena: on the northerly edge of the Jura mountain range stretches the Albtrauf with its striking scarp, and in the south the Danube winds its way through the powerful Danube canyon. A globally unique sight is the Donauversickerung

at Immendingen and Möhringen: a riverbed without water, with the Danube trickling away into the karst rock. The Eselsburg valley offers bizarre cliff formations from primeval times, and in Blaubeuren the water-rich karst spring of the legendary Blautopf with its intensive colouring exudes a particular fascination. The countless karst caverns are a dripstone paradise that riddle the Alb like a Swiss cheese, making it the region with the highest concentration of caves in Germany. UNESCO has designated the Swabian Alb a UNESCO Global Geopark. A global sensation are the findings of the oldest artworks of humanity in the Alb caverns.

EXPERIENCING GEOLOGICAL HISTORY LIVE:



OCATIONS OF ICE AGE ART

chests of humanity – it was here that the oldest artworks and musical instruments in the history of man were discovered. These unique Ice Age treasures are up to 40,000 years old and originate from six caves in the valleys of Ach and Lone; these valleys have now been added to the World Heritage List by UNESCO as a result of the sensational finds. At the beginning of the Lower Palaeolithic Age, Ice Age hunters wandered through the valleys of the Alb and left behind proof of their stay in the caves, including artistically carved sculptures of mammoth ivory. The figures depict animals from the hunt such as mammoth, bison and wild horses. The largest and most spectacular figure is the Löwenmensch that can now be admired in the Museum Ulm, while finds such as the Venus vom Hohle Fels and bone flutes created a furore. It was certainly a sensation when archaeologists from Tübingen University discovered a statue of a woman in the cave Hohle Fels in 2008 dating to almost 40,000 years

The caves of the Swabian Alb are true treasure

ago. The Venus figure is one of the world's oldest figurative depictions and can be viewed in the prehistoric museum Urgeschichtliches Museum Blaubeuren. The tones of flutes of the Ice Age hunters can also be heard in the "treasure chests" of the museum. Proof enough that our ancestors from the Stone Age were not merely primitive and wild! These are lullabies of human culture that chime out from the caves of the Swabian Alb, and witnesses of a distant past that, as do the carved works of art, tell something of the life of our prehistoric

The treasure chests of the museums arouse your fascination for the creativity of the Ice Age artists who created the Löwenmensch and Venus vom Hohle Fels, who carved horses and mammoths and who produced musical instruments from bone. Those curious to know how people lived in the Stone Age era can take an exciting trip through time at the Archäopark Vogelherd.

EXPERIENCING ICE AGE ART:

rgeschichtliches Museum Blaubeuren, Museum Ulm, Tübingen University museum, Archäopark Vogelherd



The Alb has always been a desirable place – not

only for Ice Age hunters but also for the Celts,

left their traces behind. Three imposing Celtic

is one of the most important discovery sites of

that era in Europe and its "Pyrene" is the oldest

open-air museum offers a clear insight into the

everyday lives of the Celts. Valuable imported

merchandise such as amber and Attic pottery

with a height of 668 metres and its imposing,

fortified hilltop settlement was a traffic node

the Danube, Main and Neckar rivers. The Celts

built quadrangle entrenchments and fortified

in Europe was the Heidengraben (Elsachstadt)

gates can still be seen in the landscape.

verify extensive trading links. The Ipf at Bopfingen

upon the long-distance trading network between

towns (called Oppida). The largest Celtic Oppidum

near Grabenstetten. Ramparts with trenches and

The Celtic era came to an abrupt end with the invasion of the Romans. The Limes delineated the Romans and Alemanni who settled in the Alb and outer border of the Roman Empire and watchtowers, palisades and stone walls were built – these can locations on the Alb are the Ipf, the Heuneburg and be seen at the Limespark Rainau and in the Limesthe Heidengraben. The Heuneburg near Herbertingen museum Aalen, at the time the largest Roman cavalry fort north of the Alps. Villages and estates were founded in the vicinity of the Limes. Many of named location in Germany. Today the same-named these Roman remains have been carefully reconstructed, for example the Villa Rustica estate in the Hechingen-Stein open-air museum.

> The Alemanni settled in the Alb after the Romans retreated from the areas to the north of the Danube. They constructed their settlements upon exposed mountain hilltops, such as the Runde Berg near Bad Urach. The Alamannenmuseum in Ellwangen provides visitors with insights into the lives of these peoples. The dominance of the Alemanni gradually decreased from 500 AD onwards and Christianity began to proliferate – the first churches and monasteries were founded that then rose to importance in the Middle Ages as intellectual centres.

EXPERIENCING CELTS, ROMANS AND ALEMANNI



Benediktinerabtei Beuron, Ulmer Münster, Heilig-Kreuz-Münster Schwäbisch Gmünd, Abteikirche

Splendid churches and ancient monasteries bear witness to an artistic past on the Alb. A rich monastery existence came about at an early time: the first monastery was founded in Blaubeuren in 1085 AD, and others followed such as Kloster Lorch, the family monastery of the Staufers, and Kloster Bebenhausen, which still remains a typical

example of an old monastery settlement.

Prestigious, striking churches were built in the towns and cities, including Gothic masterpieces: the Heilig-Kreuz-Münster in Schwäbisch Gmünd is the first large-scale hall church in southern Germany constructed according to the plans of the Parler family of master builders. After Cologne Cathedral the Ulmer Münster is the largest Gothic church in Germany and its high tower is the highest church tower in the world. The Abteikirche Neresheim is a jewel of Baroque architecture constructed according to plans by the renowned Baroque master builder Balthasar Neumann. Thanks to the ingenious cupola architecture the spatial

CHURCHES, MONASTERIES & CHAPELS:

effect of the church is incomparable. Other highlights of Baroque architecture can be found in Zwiefalten, Obermarchtal and in the library hall at Kloster Wiblingen.

situated in a picture sque landscape and is simultaneously a powerful location. A community of around 50 monks live today in the Beuron archabbey. Directly adjacent, i.e. near Meßkirch, the St. Gallen monastery plan is being reconstructed, incorporating the technical possibilities of the Middle Ages. Campus Galli is the name of the ambitious project with a planned implementation of several decades. The chapels to be discovered throughout the Alb are secret tips and sources of inspiration. "Droben stehet die Kapelle, schauet still ins Tal hinab..." [Over there thrones the chapel, peacefully watching over the valley...] – Ludwig Uhland appreciated the simple beauty of the Wurmlinger

The Kloster Beuron in the upper Danube valley is

ROUD FORTIFICATIONS & STATELY BUILDINGS

and more than 100 of these are open to visitors. Behind their massive walls, history, narrations, theme and costume tours help relive old times. The importance of the era is underlined because two imperial families – the Staufer and the Hohenzollern – originate from the Alb.

The ruling dynasty of the Staufer continues to fascinate. Friedrich I. Barbarossa created an empire stretching from Sicily to the North Sea, and his grandson Friedrich II. became one of the most important emperors of the Middle Ages. The ancestral homeland of the Staufer are the Drei Kaiserberge near Göppingen; the foundation walls of the ancestral castle of the Hohenstaufen still exist. The legacy of the Staufer remains alive in the form of

PALACES & CASTLES:

The Swabian Alb is one Germany's richest fort and the Staufer lions in the coat of arms of the State of castle landscapes. Seen from afar, the impressive Baden-Württemberg. Thanks to Wilhelm IV. of buildings throne hilltops and peaks, cliff edges and Prussia, the Hohenzollern bequeathed a Swabian the peripheries of valleys. Around 400 still exist Neuschwanstein. The Prussian king reconstructed the ruins of the mediaeval home of his ancestors, Burg Hohenzollern near Hechingen, in the romantic style of the 19th century. Further Hohenzollern castles can be found in Sigmaringen and Haigerloch.

> Schloss Lichtenstein, the fairy-tale castle of Württemberg, is highly unique and thrones a cliff needle: it was constructed between 1840 and 1842 in the neo-Gothic style of the 19th century and based on a novel by Wilhelm Hauff. Burg Hohenneuffen looks back on a much longer history – the fortification was originally a Celtic settlement and once again wrote history when the founding fathers of the State of Baden-Württemberg gathered in 1948 at the former fortress to lay the foundation stone for a common south-western state.



Ulm, Aalen, Ellwangen, Tübingen, Reutlingen, Göppingen and Heidenheim: the towns of the Swabian Alb are the cherry on the cake of its natural and cultural landscape. They include wealthy imperial settlements, Royal Staufer towns, Roman locations and mediaeval market towns, and all are cosmopolitan and modern while simultaneously being traditional and romantic. These are the ideal places for photographers as well as aficionados of art and in Tübingen or romantic Christmas markets – there's culture – exhibitions, theatre, museums, parties and festivals are regularly held. OUTLETCITY

The Swabian Alb stretches across Baden-Württemberg along a length of around 220 km and has a width of up to 80 km. The area is bordered by the Black Forest in the south-west, by Stuttgart in the northwest, Bavaria in the east and the Danube in the south. It achieves a height of 700 m to slightly above 1,000 m at its northerly edge and up to 500 m at its southern edge and towards the Danube. The highest hill is the

Lemberg in the south-west of the Swabian Alb with a

For more information and free brochures, please contact www.schwaebischealb.de.

Bismarckstraße 21 | 72574 Bad Urach

TOWNS:

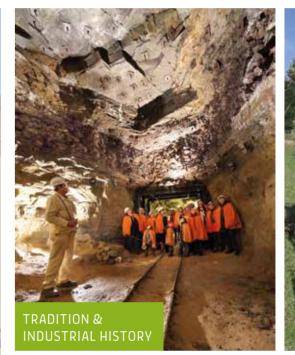
Facts and Figures

height of 1,015 m.

Schwäbische Alb Tourismus

METZINGEN offers pulsating liveliness and its own, special quality - it's also one of the most popular addresses for shopping in Europe.

Celebrations often take place in the towns: whether it's the Schwäbisch-Alemannische Fasnet in Rottenburg and Rottweil, Ulmer Fischerstechen, opera festivals in Heidenheim, Stocherkahnrennen something to do and see the whole year round.



Tilling the land was always a challenge on the story of Steiff teddies started in Giengen an der "rough Alb" because of the harsh climate, barren Brenz and the model railways of the Märklin brothers ground, rain and wind. Yields were low and the in Göppingen population were subjected to harshness and poverty. New employment chances came about with the wave of industrialisation in the 19th century, for example in smelting works, textile factories and the precision mechanical industry. Until today the Alb is the production site of renowned branded underwear, and the history of the textile industry is impressively narrated in the Maschenmuseum Albstadt. The region is the home to global market leaders such as WMF in Geislingen, the Zeiss

The motto of "need makes inventive" is firmly engrained into the mentality of the people in the region, and hard work and thriftiness were important preconditions for corporate success. The

region continues to be characterised by a special spirit of design and creative will, and the level of patents is unsurpassed. The Alb is home to scientists, poets, thinkers and inventors. Whether Albert Einstein, Robert Bosch, Margarete Steiff, Hugo Boss, Eduard Mörike or Friedrich Hölderlin: they all originate from the Alb or found their inspi-



MUSEUMS:



The very best

at a glance

works at Oberkochen and high-tech locations

such as the Global Centre for Medical Technology

at Tuttlingen. The hearts of children throughout

the world are won over here as well: the success



& TRADITIONAL FOO

The spa, thermal and mineral baths and health resorts of the Swabian Alb promise pure enjoy-Alb also offer outstanding possibilities for relaxation and regeneration.

All of this can be ideally combined with the pleasures of healthy, regional eating. The Älbler certainly know how to prepare their Swabian ravioli Maultäschle – but buffalo meat, Alb lamb, Spätzle and the recently rediscovered ancient lentils Alblinsen are also highly popular. Beer is trump at Ehingen on the Danube. Here you can trace the progress of the delicious barley juice and also brew your own. The orchards of the Swabian Alb supply award-winning sparkling wines and high-proof spirits – the Alb is a region for connoisseurs, in which regional producers and gastronomic hosts create new taste experiences from traditional sources using Swabian hard work, creativity and knowledge of established production methods.

It's inventive and typically Swabian..



The Alb is the ideal place for active recovery. A host of palaces, castles and ruins can be found on the Albsteig covering a length of over 350 kilometres. This traditional main trail is one of the "Top Trails of Germany" and offers gorgeous viewpoints and panoramic vistas along its length.

provides even more comfort.

Cyclists also have a great time on the Alb - challenging climbs and quick descents on mountain bikes, family-friendly routes along the Alb, or on the edge along rivers and currents such as the Neckar and Danube. Speaking of current: using a modern E-bike

> band e.V. Map basis: Outdooractive Kartografie Geoinformationen © Outdooractive © GeoBasis-DE / BKG 2017 Printing: SV Druck + Medien GmbH & Co. KG, Balingen Version: November 2019, errors and modifications reserved Image credits: Cover image: Schloss Lichtenstein, © Manuel Schönfeld/fotolia.com © Schwäbische Alb Tourismus/photos: Achim Mende, Günther Bayerl, Julia Metzmann, Ralph Lueger, Manfred Grohe, Thomas Rathay | Alamannenmuseum Ellwangen, Albstadt Tourismus/Volker Bitzer, Archäologisches Landesmuseum Baden-Württemberg, "Die Staufer" exhibition/ Atelier Alexy, Bad Urach Tourismus, Burg Katzenstein/Roswitha Walter, Campus Galli, Donaubergland GmbH, Donaubergland GmbH/Best of Wandern, Dr. Bernhard Hildebrandt, FLM Neuhausen ob Eck/ Karl-Heinz Reizner, Guido Serino Photography, Marbach/Max Schreiner main and rural stud, Höhlenverein Giengen-Hürben e.V./ Heinz Nemela, Jürgen Ranger, Bebenhausen monastery and castle, Margarete Steiff GmbH, OUTLETCITY METZINGEN, Peter Seidel, Roland Beck/Burg Hohenzollern, Thomas Blank, Touristik-Gemeinschaft Stauferland, Ulm/Neu-Ulm Touristik GmbH, Ulrich Sauerborn/ Limesmuseum Aalen, Urgeschichtliches Museum Blaubeuren/Günther Bayerl, Urweltmuseum Hauff, Wandermagazin/Klaus-Peter Kappest, Yvonne Mühleis/LAD Esslingen, PixelPower/fotolia.com | Corporations: Bad Boll, Herbertingen, Sonnenbühl | District offices:



Where the Danube and the Neckar are still primordial. They call me the lion man. I am one of the oldest works of art in the world. Around 40,000 years ago I was created using mammoth ivory, inspired by the rugged landscape of the Swabian Alb's mighty Karst mountains. Today I am the ambassador for this land which can sometimes be harsh, yet also gentle. Sometimes majestic, sometimes mysterious. The land in which people were canny before time began. Be canny along your way too. Follow me and let yourself be struck by the incomparable beauty, by mountains and castles of powerful emperors and kings, by the legendary arenas of the Romans and Celts and by proud cities which live the past and the future simultaneously

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ment. Health and wellness have tradition in the region, ranging from the Alb thermal baths at Bad Urach heated by a long-extinct Swabian volcano to the Limes thermal baths at Aalen designed in Roman style. These oases of peace and relaxation were made possible thanks to the Alb's geological history that created its traditional spa springs and thermal water sources. The mild but bracina climate and the natural, earthy landscape of the

SPA BATHS, HEALTH RESORTS & WELLNESS:

SPECIALITIES:

CYCLING:

TREKKING:

