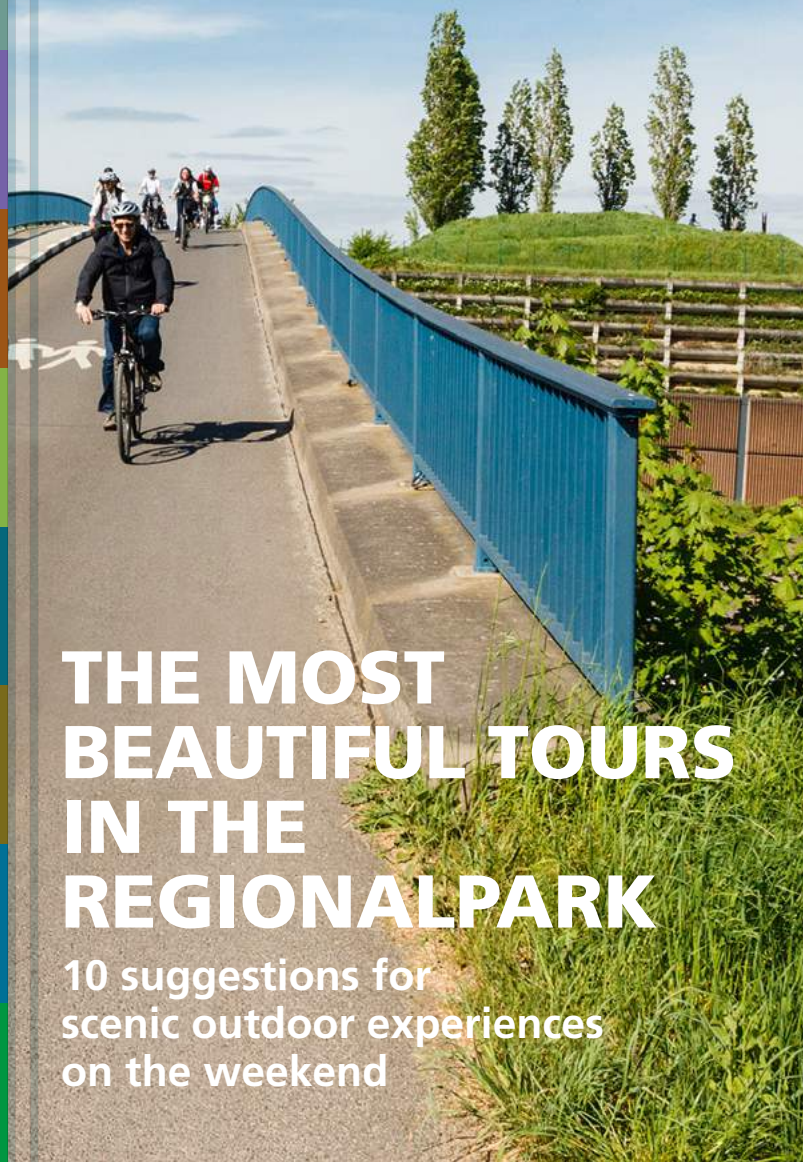


More tours and information on:  
[www.regionalpark-rheinmain.de](http://www.regionalpark-rheinmain.de)

# REGIONAL PARK RHEINMAIN



## THE MOST BEAUTIFUL TOURS IN THE REGIONALPARK

10 suggestions for  
scenic outdoor experiences  
on the weekend

Kindly supported by:



**FrankfurtRheinMain**  
Die Wirtschaftsinitiative



Discover  
the Regionalpark  
with us!



**Dear Reader,**

**We often ask ourselves “*What can we do on the weekend? Where can I take my guests and friends today?*” Simply step outside your front door and discover the RhineMain Regionalpark!**

With our new tour guide, we give you tips on where and how you can discover the beautiful, contrasting landscapes of the RhineMain region particularly well and – in the truest sense of the word – experience them. Explore the numerous adventure points with their many facets. Marvel at lost places, grandiose lookout towers or historic mills in the middle of the metropolitan area. They depict the diversity of the Rhine-Main countryside – here in the Regionalpark, we speak of a *landscape at second glance*.

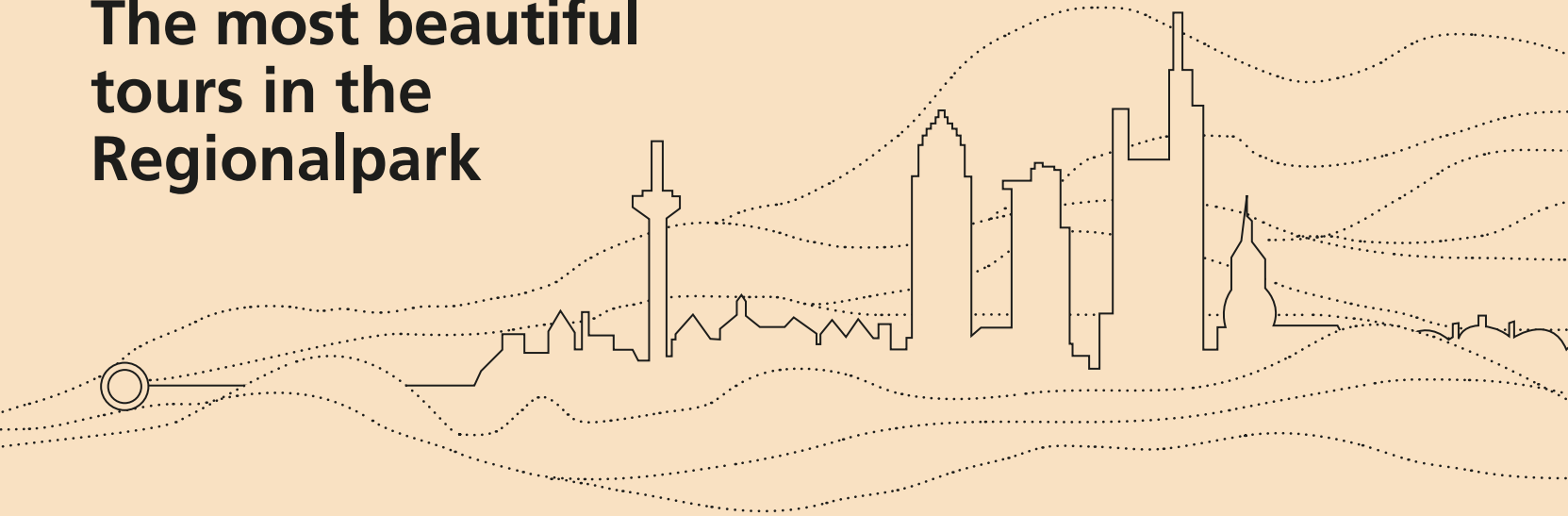
I am sure you will find more than expected: inner peace, movement, experiences with friends, family and colleagues, freedom to let go and get started. There is a lot to discover – old and new alike!

No matter which tour you choose, it gives us great pleasure to help you appreciate the landscapes of the region all over again.

Yours  
Claudia Jäger

*Chairwoman of the Supervisory  
Board of the Regionalpark  
Ballungsraum RheinMain GmbH*

# The most beautiful tours in the Regionalpark



## TOUR #01

From the forest into the  
big wide world .....

TOUR START — Train station Kelsterbach

10

## TOUR #02

Floating along the stream  
of the river .....

TOUR START — Train station Eltville

16

## TOUR #03

Art safari for the young and  
the young at heart .....

TOUR START — Train station Eschborn

22

## TOUR #04

Historical traces in fields,  
forests and gardens .....

TOUR START — Train station Oberursel-Stierstadt

28

## TOUR #05

Through a new landscape  
with all your senses .....

TOUR START — Train station Hattersheim

34

## TOUR #06

Images of landscape  
history .....

TOUR START — Train station Dietzenbach

40

## TOUR #07

Two rivers,  
one region .....

TOUR START — Train station Rüsselsheim

46

## TOUR #08

Kaleidoscope of  
urban history .....

TOUR START — Train station Offenbach/Ost

52

## TOUR #09

Water diversity in the  
Wetterau region .....

TOUR START — Train station Bad Vilbel

58

## TOUR #10

Vast views along  
old paths .....

TOUR START — Train station Hanau West

64

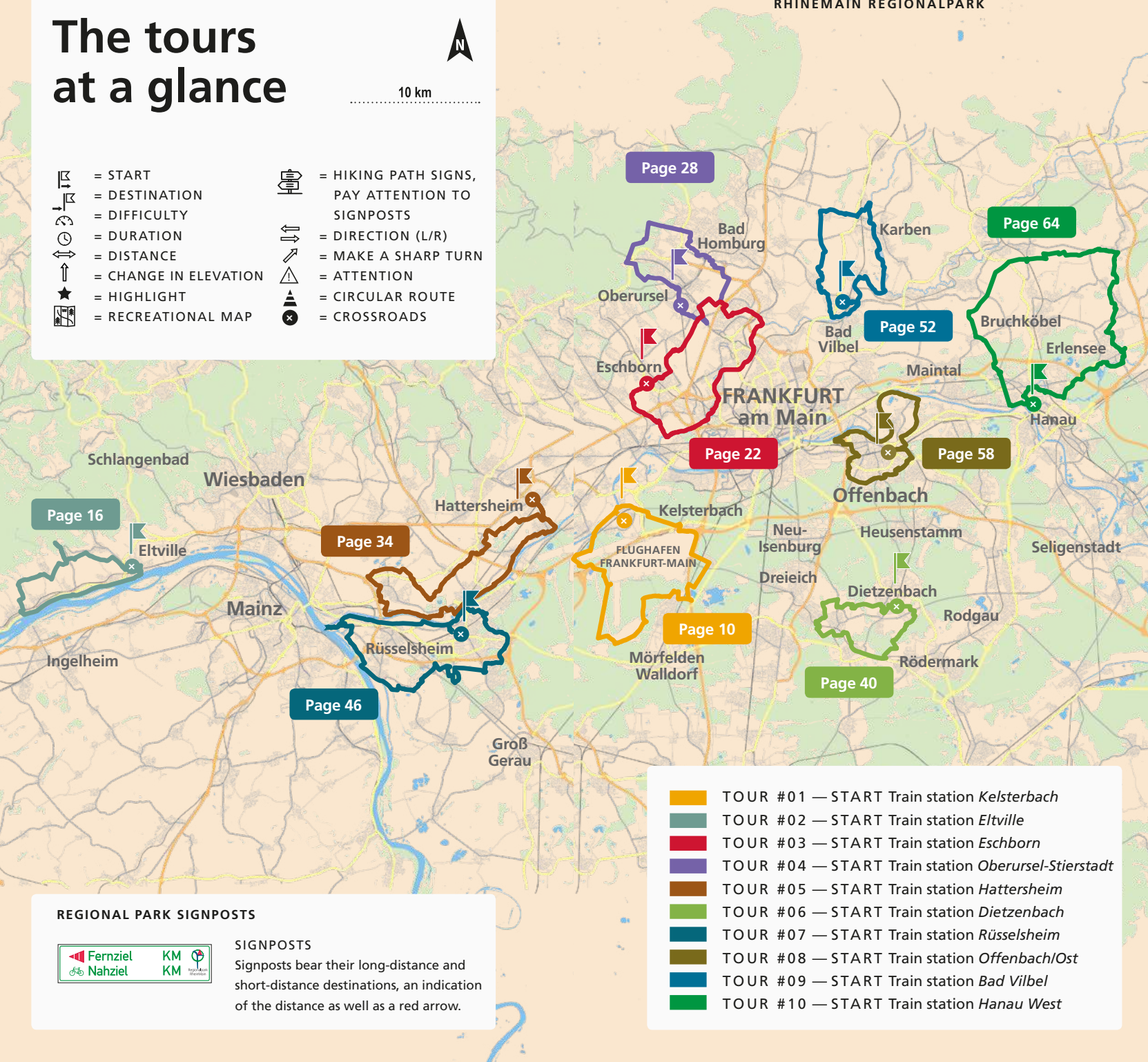


# The tours at a glance

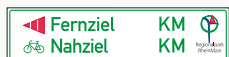


10 km

- |  |                       |  |   |
|--|-----------------------|--|---|
|  | = START               |  | = HIKING PATH SIGNS, PAY ATTENTION TO SIGNPOSTS |
|  | = DESTINATION         |  | = DIRECTION (L/R)                               |
|  | = DIFFICULTY          |  | = MAKE A SHARP TURN                             |
|  | = DURATION            |  | = ATTENTION                                     |
|  | = DISTANCE            |  | = CIRCULAR ROUTE                                |
|  | = CHANGE IN ELEVATION |  | = CROSSROADS                                    |
|  | = HIGHLIGHT           |  |   |
|  | = RECREATIONAL MAP    |  |   |



## REGIONAL PARK SIGNPOSTS



### SIGNPOSTS

Signposts bear their long-distance and short-distance destinations, an indication of the distance as well as a red arrow.

- |  |   |
|--|---|
|  | TOUR #01 — START Train station Kelsterbach          |
|  | TOUR #02 — START Train station Eltville             |
|  | TOUR #03 — START Train station Eschborn             |
|  | TOUR #04 — START Train station Oberursel-Stierstadt |
|  | TOUR #05 — START Train station Hattersheim          |
|  | TOUR #06 — START Train station Dietzenbach          |
|  | TOUR #07 — START Train station Rüsselsheim          |
|  | TOUR #08 — START Train station Offenbach/Ost        |
|  | TOUR #09 — START Train station Bad Vilbel           |
|  | TOUR #10 — START Train station Hanau West           |



## A sense for landscapes – a landscape for the senses

The RhineMain Regionalpark is an exciting region full of contrasts! Use our tour guide for a change of perspective and explore landscapes with extraordinary diversity – right on your doorstep.

### A vibrant metropolitan area and traditional cultural landscapes

The RhineMain region consists of more than just an airport and motorways, skyscrapers and trade fairs. It is home to more than 5 million people who live and work here, but who are also looking for attractive leisure activities right on their doorstep.

In contrast to other metropolitan regions, the Rhine Main Regionalpark still features large *regional green spaces*. Fields, meadows and forests extend far into the heart of the metropolitan area. The aim is to preserve them and thus make the landscape a tangible experience.

However, the Regionalpark is not limited to islands with *intact* nature; its focus is on the spaces in between. Even when you cannot see the city, it is still omnipresent: you can hear a motorway from afar or see contrails in the sky. This urban landscape has its own quality. A dune by the sea is not particularly surprising. Dunes right next to the Industriepark Höchst industrial site or storks on the side of the A66, on the other hand, are more likely to astound us.

Join us and let us consciously observe and appreciate these contrasts together! The RhineMain Regionalpark stands for a lively landscape in the middle of a metropolitan area, not just for a green backdrop.

Discover the special things around us over and over again!



## Simply follow our signposts!

The easiest access to the Regionalpark is offered by the specially designed **Regionalpark Routes**. Along 550 uniformly signposted kilometres, you can walk, cycle, carry out sporting activities or simply enjoy the feeling of the fresh air in your face and the wind blowing in your hair.

The Regionalpark Routes are equipped with distinctive and standardised signposts for directions and intermediate routes and already lead to over 300 stations that are waiting to be discovered. At these individual experience points, information columns and boards provide more details on the special attractions of the area.

Follow the Regionalpark Routes across sunny meadows, to cultural and historical sites, past blossoming fruit trees and industrial monuments. And be amazed by the magnificent views over and over again – on a clear day, the sharp and jagged Frankfurt skyline seems like it is only a stone's throw away.

## 10 tours to discover or revisit

In this tour guide, we would like to introduce you to the most beautiful regions of our urban landscape and lead you on possibly still unknown paths. Join us on a discovery tour: we have selected tours that take you through charming cultural landscapes and across motorways and railways. It's especially exciting at the thresholds, where industrial estates meet orchards, or allotments meet a



Im Mönchsbruch  
TOUR #01

---

**550 kilometres  
of Regional-  
park Routes**

---



biking trail. Let the Commerzbank Tower greet you at the end of a forest clearing or hear the woodpecker tapping the trees after the noise of an ICE train passing through has subsided.

In our tour guide, you can also find out about the *history* of the landscapes, stories about how the land was used and how entire regions changed in line with cultural and industrial demands.

We have selected and prepared a total of 10 tours for you. For each tour, there is a comprehensive route description written by professionals with important data and a map. Highlights and backgrounds are explained in detail.

Each tour tells its own story, but also offers practical tips for a break for food and refreshments. The quick facts on the start page of each tour provide hikers and cyclists with an orientation and facilitate their personal selection.

In addition to the table of contents, all colour-coded tours are displayed on a large overview map. This allows you to quickly identify the nearest variant.

Plan your next excursion, lace up your hiking boots, get on your bike and experience the RhineMain Regionalpark!

# TOUR #01

From the forest  
into the big  
wide world



★ Kelsterbach  
promenade along  
the Main

Kelsterbach promenade  
along the Main

Hinkelstein  
water works

START/  
DESTINATION

Bahnhof  
Kelsterbach  
(train station)



View from the east  
of the airport

Airlift memorial



★ Airlift memorial

Walldorf concentration  
camp memorial site

Walldorf bathing lake

Bahnhof Walldorf  
(train station)



Observation point  
of the western  
take-off runway



★ Landscape in the  
Mönchbruch nature  
conservation area

Mönchbruch meadows



★ View from the  
east of the airport

## THE TOUR AT A GLANCE



TRAIN STATION KELSTERBACH  
TRAIN STATION KELSTERBACH  
MEDIUM

02:20 HOURS BY BICYCLE  
36.2 KM

145 METRES

HIGHLIGHTS: AIRLIFT MEMORIAL,  
MÖNCHBRUCH MEADOWS

RECREATIONAL MAP: SOUTH/MAIN, PART 1+2

TOUR  
Download







Kelsterbach riverside of the Main

**Once around Frankfurt Airport! This doesn't just mean coming very close to the aircraft, but also getting a feel for the dimensions of the airport grounds. At the same time, you'll find yourself in the middle of a diverse forest landscape – it is impressive and loud!**

In the RhineMain region, Frankfurt Airport is present almost everywhere – the aircraft can be seen and heard in the region, and many people work at the airport. Above all, however, it offers a connection to the whole world. From the observation point of the western take-off runway, the departing aircraft seem close enough to touch.

They are up in the air in no time at all, while we continue to pedal leisurely through the forest. Along a wide forest corridor, we encounter an extensive heathland that has developed on the sandy, dry soils of this area, because the ground is kept free of wood vegetation. Valuable habitats have been created here, including for rare bird species.

The southern part of the tour has a completely different landscape; the route passes through the wetlands of the romantic Mönchbruch nature reserve. We roam the former hunting grounds of the Landgraves of Hesse-Darmstadt and come across a wide, wet meadow landscape. In these idyllic surroundings, the airport is loud and impressive. You almost get the feeling that the planes are grazing the treetops.

In the past, it was difficult to get through this once inaccessible swamp area. The former town of Gundheim near Walldorf on the old road between Mainz and Aschaffenburg was therefore of great strategic importance in the Middle Ages. This "Aschaffener Straße" still exists, but it is now split by the "Startbahn West" take-off runway. All that remains of the former hamlet of Gundheim is the *Gundhof*, which has been run as a tavern for centuries.

The history of this landscape also has its dark sides – the outpost of the Alsace Natzweiler-Struthof concentration camp was located here in Walldorf. In 1944, a total of 1700 women, some of them very young, were deported to the camp. On a small circular route, you can learn about the sufferings of these women, who were subjected to forced labour under terrible conditions at the former RhineMain air and airship port "Flug- und Luftschiffhafen Rhein-Main".

Another chapter in contemporary history is to be found at the eastern observation point of the airport. A copy of the Airlift Memorial in Berlin can be found here. It is reminiscent of the supply of goods to West Berlin in 1948/49, when the Soviet Union had completely blocked off the city. Two restored *raisin bombers* stand there in remembrance of this time. The planes received this nice name because, among other things, the pilots dropped sweets for the children. After a short detour into the history of aviation, you can continue plane-spotting from this observation point and follow the hustle and bustle at the airport.

At the end of the tour, the Kelsterbach promenade along the Main is an ideal place to direct your gaze from the sky back to the earth or the river. From the open staircase directly at the water's edge, you can see the steep banks of the *Kelsterbach Terrace*. The intensive tour with many impressions and quite a few demands on the (hearing) senses comes to an end here.



1



2



3



4



5



6



7



8



9



10



11



12



13



The **TOUR STARTS** at the **train station Kelsterbach**: Keep left in the underpass and then immediately turn left when you get to the top. One path leads to the Main. Turn left at the bottom and follow the river in the direction of *Raunheim*. After 2 km, the underpass opens to allow a *view of the airport*. The route is marked with red Regionalpark triangles. These will guide you around the *Nordwestbahn* (north-western runway), over the *ICE-track* and the *A3 motorway*. Shortly before the airport, the triangles will direct you to the right onto a *forest path*.

The **★ WESTERN OBSERVATION POINT** is just 100m ahead. After the visit, return to the crossroads and turn left towards *Groß-Gerau*.

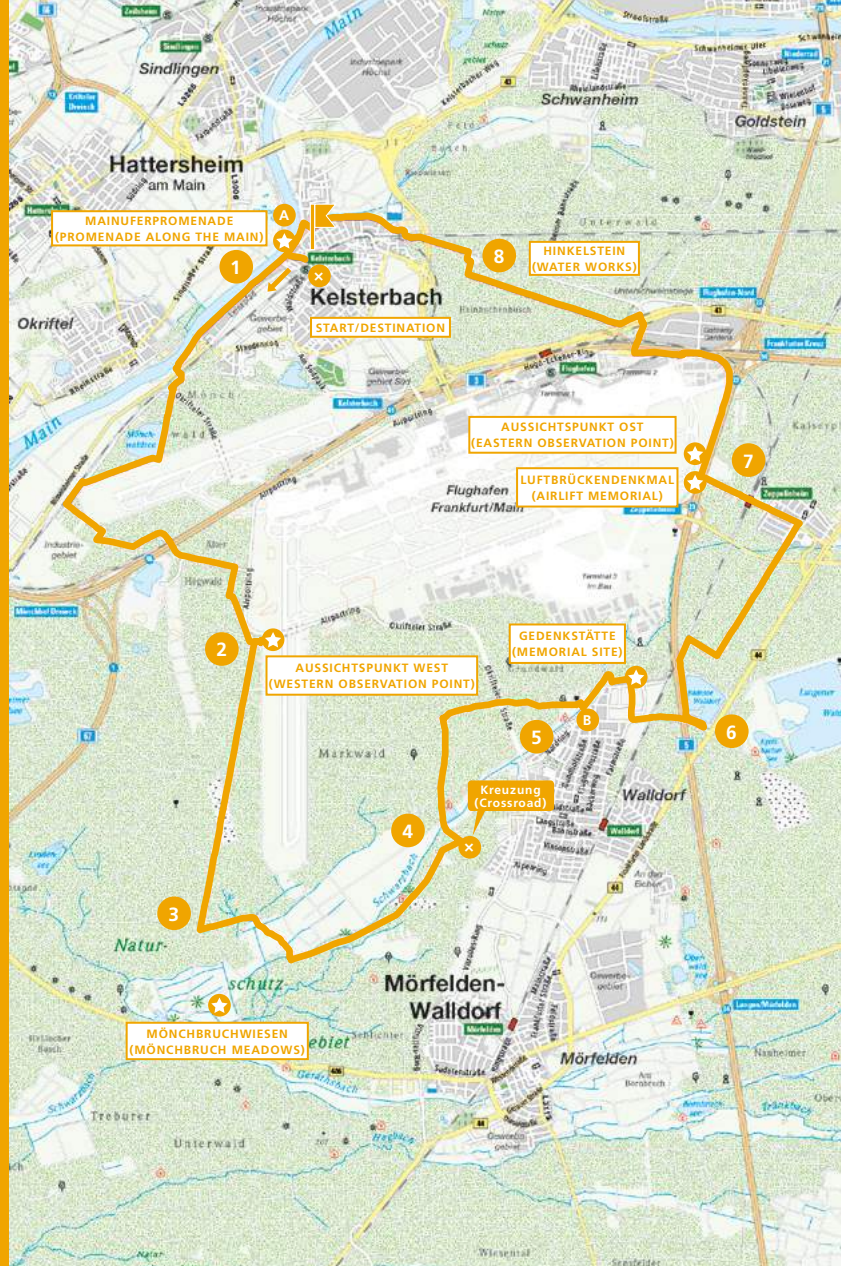
After crossing the power line, you will come to a crossroads with the signs of the **▲ Regionalpark circular route**. Take a left here and follow the signs to *Oberwaldberg* and *Stangenpyramide*.

You will reach another crossroads, and the signs change again: the circular route turns right, but you take a left to **★ Gundhof** and the **★ concentration camp info trail**. After the Gundhof along the *Schwarzbach*, you will after 500 m see the reference to the **★ concentration camp info trail**: the path leads to a **★ MEMORIAL SITE**. There, turn right into the *Familie-Jürges-Straße*. At the end, the route jumps a little to the right: continue along *Farmstraße*. At the roundabout, turn left and follow the path on the left-hand side along *Aschaffenburg Straße*.

At the **WALLDORF BATHING LAKE**, make a 180-degree turn: The *cycle path 19* leads you around the lake, first to the right, then to the left on the *Hundert-Morgen-Schneise* towards *Zeppelinheim*. In town, take the *Flughafenstraße* to the left.

The **★ EASTERN OBSERVATION POINT** and the **★ Airlift memorial**: the trail leads to *Terminal 2* and the crossroads at *Hugo-Eckener-Ring*: behind it, turn right towards the *city*. After the road crossings, you will come across the triangles again in the woods, following them takes you to the left towards the **★ Hinkelstein water works**.

The tour leads around the **★ HINKELSTEIN**, then it turns left towards *“Rund um Kelsterbach”*. The circular route can be reached via a bridge: the tour takes you right onto *Kirschenallee* and *Höllenstraße* towards the Main. Turn left from *Mainstraße* onto the *Main-Radweg* bicycle path, where turning left a little later will take you back to the **train station**.



FOOD  
&  
DRINK



#### A — KELSTERBAR

Mainstraße  
Ecke Leinpfad  
65451 Kelsterbach  
kelsterbar.com

#### B — DER GUNDHOF

Am Gundhof 2  
64546 Mörfelden-  
Walldorf  
dergundhof.de



# TOUR #02

## Floating along the stream of the river



★ Oestrich  
crane

★ Kloster  
Eberbach  
Monastery

★ Domäne  
Neuhof  
Estate



★ Nikolausquelle  
Eltville spring

START/  
DESTINATION

Bahnhof  
Eltville  
(train station)

Nikolausquelle  
Eltville spring

★ Erbach  
underpass

Bahnhof  
Hattenheim  
(train station)

★ Kloster Eberbach  
Monastery

Oestrich crane



★ Erbach  
underpass

### THE TOUR AT A GLANCE



TRAIN STATION ELTVILLE  
TRAIN STATION ELTVILLE  
MEDIUM  
02:10 HOURS BY BICYCLE  
25.4 KM  
249 METRES  
HIGHLIGHT: OESTRICHER KRAN  
(OESTRICH CRANE)  
RECREATIONAL MAP: RHEINGAU

TOUR  
Download







Oestrich Winkel

This tour runs on part of the **Regionalpark Route Leinpfad** through the Rheingau region. The entire time, you look directly at a backdrop of the broad river with its riverside woodlands. Of course, wine is also an important part of the Rheingau, and it is offered here at five pleasant and sociable places between *Rhine km 511* and *519*.

If you start the tour with a journey through the vineyards, a detour to the former Cistercian abbey *Kloster Eberbach* is worthwhile. It is not only an important architectural monument, but was also a centre of the wine trade in the Middle Ages. The tour then follows the *Leinpfad* upstream and begins at *Rhine km 519*.

*Rhine km 519*: In Mittelheim, there is a lot of ferry traffic to Rheinhessen on the other side of the Rhine. To ease the shipping traffic up and down the Rhine, the shipping channel was separated using kilometre-long stone dams to ensure sufficient water depth. In the broad Upper Rhine, many sediments are deposited before the water can force its way through the *Binger Loch* into the Middle Rhine Valley. The Rhine has always been an important transport axis across Europe. In the past, ships were towed upstream along the towpath by humans and horses.

*Rhine km 518*: The river landscape that we enjoy today was a place of hard and also dangerous work in the past. From the middle of the 18<sup>th</sup> to the beginning of the 20<sup>th</sup> century, the *Oestrich crane* was

used to load wine. Labourers known as “*Kranen-knechte*” who were responsible for ensuring propulsion by means of two tread wheels were often involved in accidents.

*Rhine km 516*: Opposite Hattenheim, you can see the *Mariannenaue*, a long island in the middle of the Rhine. It is part of the *Inselrhein*, which is very similar to a natural river course. In the still water areas, which are separated from the fairway by islands and breakwaters, countless water birds stop to rest on their way between Northern Europe and Africa. At an unpaved shore area in the *Erbach woods* a little further along, you get a small impression of a typical softwood meadow with botanical species such as willows and poplars, which can adjust to constantly changing water levels.

*Rhine km 513*: The banks of the Rhine are usually separated from the inland and towns by the *Bundesstraße* (federal road). You have to go through an underpass to reach the various wine regions. In Erbach, an attractive and barrier-free connection with a spatial design on both sides was created by a *Regionalpark project*.

*Rhine km 511*: In Eltville, the tour comes to an end at the Rhine promenade. At the entrance, we meet St. Nicholas, who is not only the patron saint of bargemen, but also of the coopers who lived around the *Sebastiansturm* tower near the *Nikolausquelle* spring. This is where adolescents used to meet when they could still swim in the Rhine. The nice spot surrounding two old sycamore trees was redesigned by the *Regionalpark*.

Here on the *Leinpfad*, the historical Rhine landscape is united with the centuries-old wine culture of the Rheingau region. In all the towns, we come across *wine-tasting stands* where you can literally taste the landscape of the Rheingau. It is a tour where you simply have to take a break – whilst drifting along the broad river between the *Rhine kilometres 511* and *519*.



1



**TOUR START** is at the **train station** in **Eltville**, where you bear left down *Mälzereiweg* until you reach the street. This takes you onto the **R3a** cycle path through Eltville: turn left under the railway bridge, then immediately left again onto *Friedrichstraße* and shortly afterwards turn right and then left again. On the *Kiedricher Straße*, you start on the slow ascent towards the vineyards. The cycle path meanders beautifully along the bridge over the **B42** onto the other side of the road – continuing uphill.

2



After 800 m, you leave the **R3a**: Between the houses *no. 9* and *no. 11*, turn left into the dusty field path with the indication to drive slowly – “*langsam fahren*”. The somewhat bumpy path leads gently uphill to *Kiedrich*, but remains on the outskirts of the town.

3



As soon as you reach the **END OF THE TOWN** at the *Bingerpfortenstraße* (yellow traffic sign), follow the dirt road on the left which leads into the vineyards on a flat path. After about 800 m, turn left at the *Wacholderhof* and then right again at the end of the property. The path is marked with the red dot hiking sign “*Roter Punkt*”, which you follow until you reach the small road opposite ...

4



... the *Neuhof* estate: Here, you can decide whether you want to turn right up towards the ★ **KLOSTER EBERBACH** (1.4 km) – or follow our route. To do this, turn left and immediately right again where the **R3a** continues: first past *Hallgarten*, and later also past *Lohmühle*.

5



Take note: The **R3a** is just running nicely parallel to the slope, when you see a square ★ **BRICKSTONE BUILDING** wildly decorated with graffiti at a crossroads. Turn left here down to *Oestrich-Winkel*! In the town, roll down *Gänsbaumstraße*, turn right at the end and then left under the railway. Follow the *Rheingaustraße* to the left and at the town hall, turn right down the *Rathausstraße* to the *Rheinweg*. After a few metres turn left ...

6

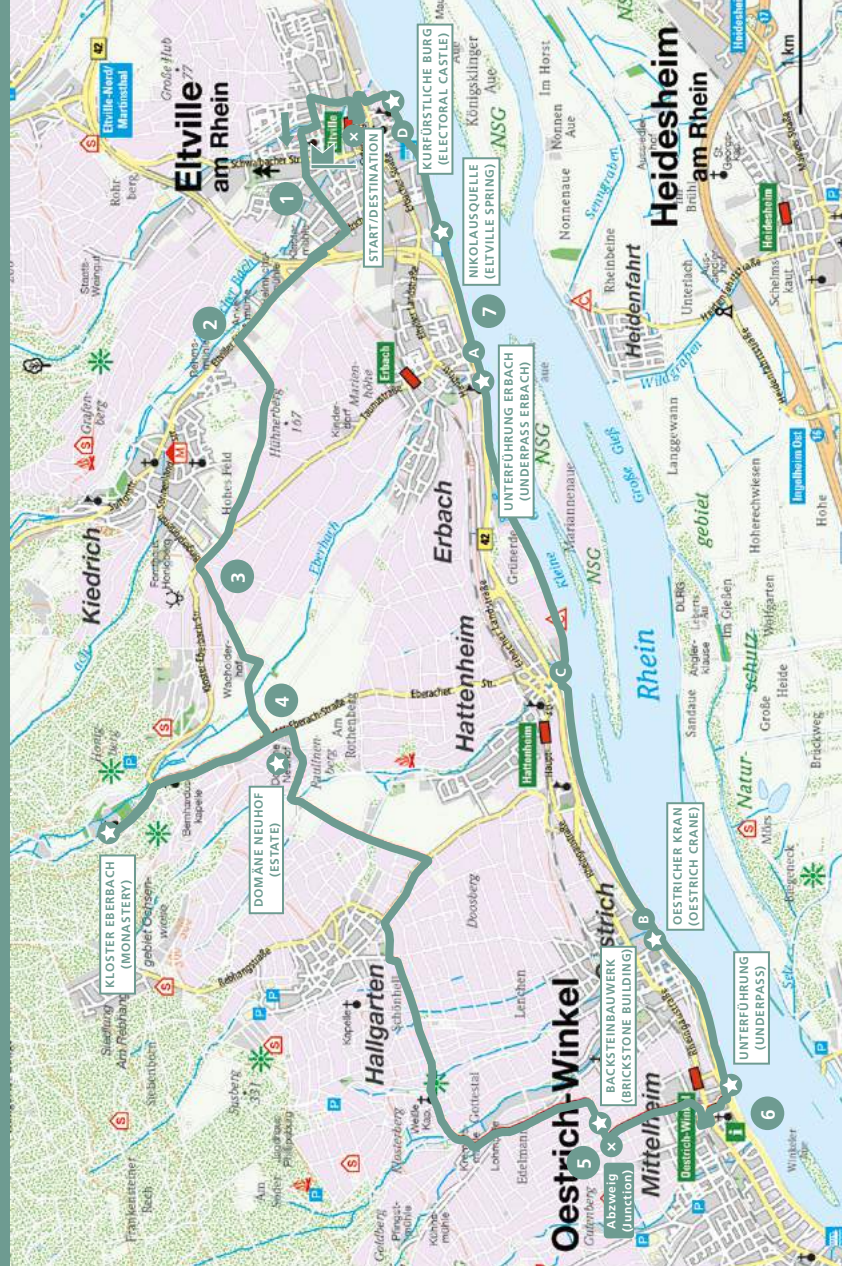


... then you can slip through the new **B42 UNDERPASS** and will find yourself at the Rhine. From now on, it is quite simple: continue on the left and along the river on the *Leinpfad*. You will pass the ★ **Oestrich crane** and the *wine tasting stands* and arrive in *Eltville* after 4.5 km.

7



The tour leads over the **PROMENADE** and past the ★ **electoral castle** with its large residential tower. At the end of the castle garden wall, turn left uphill, right at the top and immediately left at *Gutenbergplatz* into *Gutenbergstraße*, from where a little later up the hill on the right a sign points you to the **train station**.



FOOD  
&  
DRINK



**A — WEINTREFF  
ERBACH**

[weintreff-erbach.de](http://weintreff-erbach.de)

**B — WEINPROBIER-  
FASS OESTRICH**

[oestricher-winzer.de](http://oestricher-winzer.de)

**C — RHEIN SCHÄNKE**  
[rheinschaenke.de](http://rheinschaenke.de)

**D — ELTVILLER WEIN-  
PROBIERSTAND**

[eltviller-  
weinprobiestand.de](http://eltviller-weinprobiestand.de)



# TOUR #03

## Art safari for the young and the young at heart



★ Crooked forest

Agricultural-cultural axis

Corn maze in Weißkirchen

Former airfield in Bonames

Glitzermoss (glitter moss)  
– art installation in an underpass

Crooked forest

Apfelweinbrückchen Steinbach (bridge)

START/  
DESTINATION



S-Bahnhof  
Eschborn  
(train station)

Cattle carousel

Arboretum  
Main-Taunus  
park



★ Bare Foot Statue



★ The Green Belt  
Animal

Bare Foot  
Statue

Sossenheim  
lower field



★ Former airfield  
in Bonames

### THE TOUR AT A GLANCE



TRAIN STATION ESCHBORN  
TRAIN STATION ESCHBORN  
EASY  
02:15 HOURS BY BICYCLE  
31.4 KM  
162 METRES  
HIGHLIGHTS: FORMER AIRFIELD,  
CROOKED FOREST  
RECREATIONAL MAP: TAUNUSHANG

TOUR  
Download







A hippo on the safari route from zoo to zoo

This tour is entertaining, a little bit cheeky and very diverse. It connects the *GrünGürtel* Frankfurt green belt along the Nidda with the *circular route* of the Regionalpark through the Taunus slopes. A tour through a lively urban landscape that presents perpetual change in an extremely creative way.

At the *Alter Flugplatz* former airfield in Bonames, the Green Belt Animal has settled on the railing of the Robert Gernhardt Bridge. The Frankfurt poet and illustrator described his creature as a cross between a wild boar, a newt and a starling, who loves everything beautiful. No wonder that the heraldic animal of the Green Belt feels very comfortable on this former military airfield. The flair of the airfield is still present in old buildings like the tower and hangar, but the crushed concrete and asphalt surfaces with their new emerging wildlife, the extensive Nidda meadow and the former airfield now offer an extraordinary space for fans of movement and discovery, so that the complex has a very peaceful and cheerful character.

The traces of history are not only visible at the *Alter Flugplatz* former airfield, but also in other places along this tour. On the circular route of the Regionalpark, we pass the *Schiefer Wald* (crooked forest). This work of art made of trees commemorates the battle at the end of the 14<sup>th</sup> century between the citizens of the Free Imperial City of Frankfurt and the Kronberg

Knights from the surrounding aristocracy. The people of Frankfurt suffered a painful defeat here on the *Streitplacken* battlefield.

On this section near Eschborn, we have particularly vast views of both the crest of the Taunus Mountains and the Frankfurt skyline. The fertile soils on the foothills of the Taunus have been used for agricultural purposes for centuries. The agricultural-cultural axis on the Regionalpark circular route conveys the high significance of agriculture. Every year, the local farmers cultivate current and historical crops, which are accompanied by an explanatory brochure.

Along the way, the A66 motorway represents a turning point between the wide agricultural landscape and the detailed city and park landscape. Giraffes have to take a detour at an underpass crossing the A66 – we are in the middle of the amusing safari route between the Frankfurt Zoo and the Opel Zoo. Waterskiing ducks, crossing meerkats and other indications of *roaming zoo animals* provide cheerful company.

At times, the trip has the character of a lively open-air museum. In a small, tranquil green area in the middle of the Sossenheim lower field, a traditional orchard landscape, we meet Chlodwig Poth with some of his caricatures. He belongs to the group of artists and satirists of the *Neue Frankfurter Schule*, who are responsible for the *comic art in the Green Belt*.

The *Barfüßer* barefoot statue, cast in bronze by Siegfried Böttcher according to a drawing by Kurt Halbritter, greets us with a mischievous smile. It almost seems as if the friendly animal wants to join us on the tour with its many feet.

But the drive along the Nidda is not only marked by artistic mythical creatures in the middle of the countryside, we also come across various parks: the Volkspark, Brentanopark and Solmspark. Even if we cannot see it, the greenbelt animal with its sense for beauty almost certainly feels at home here, too.



1



The **TOUR START** is at the **train station** in **Eschborn**: Roll down the Bahnhofstraße following the signs of the **▲REGIONALPARK CIRCULAR ROUTE**. These symbols will accompany you all the way to Frankfurt-Riedberg. In Eschborn, ride to the *centre*, turn left before the church and follow the circular route to the *Lernbauernhof Rhein-Main* (educational farm).

2

After the busy stretch beside the **MAIN ROAD**, you will reach the **★Schiefer Wald** and can now look forward to gently riding up and down amidst the fields over the foothills of the Taunus. Over the **★Äbbelwoibrückchen**, you pass by Steinbach and then head across the S-Bahn line. Pay attention in *Weißkirchen*: The circular route splits here, you should continue straight ahead to the **★Agricultural-cultural axis**.

3



When you reach the **★AGRICULTURAL-CULTURAL AXIS**, the circular route turns right onto the open field with a sign pointing to the *Hölderlin path*. A **cross from 1519** marks the highest point of the tour, from here, you roll right down to the *Riedberg*.

4



In principle, the route takes you straight ahead, but here you leave the **▲REGIONALPARK CIRCULAR ROUTE** and follow the sign *Hölderlinpfad* until you reach the Nidda. The *Hölderlinpfad* crosses the country road at the traffic lights and takes you to **★Kätcheslachpark**. After about 700m, turn left alongside the small rivulet, around the lake and towards *Kalbach*. Parallel to the stream, you continue downhill.

5



Leave the *Hölderlinpfad* behind the **★Alter Flugplatz Bonames** and follow the **▲REGIONALPARK NIDDA-ROUTE** to the right. This always runs along the *banks of the Nidda*, but switches to the right bank at the *Eschersheim swimming pool* and back to the left bank in the magnificent **★Solmspark** in *Rödelheim*.

6

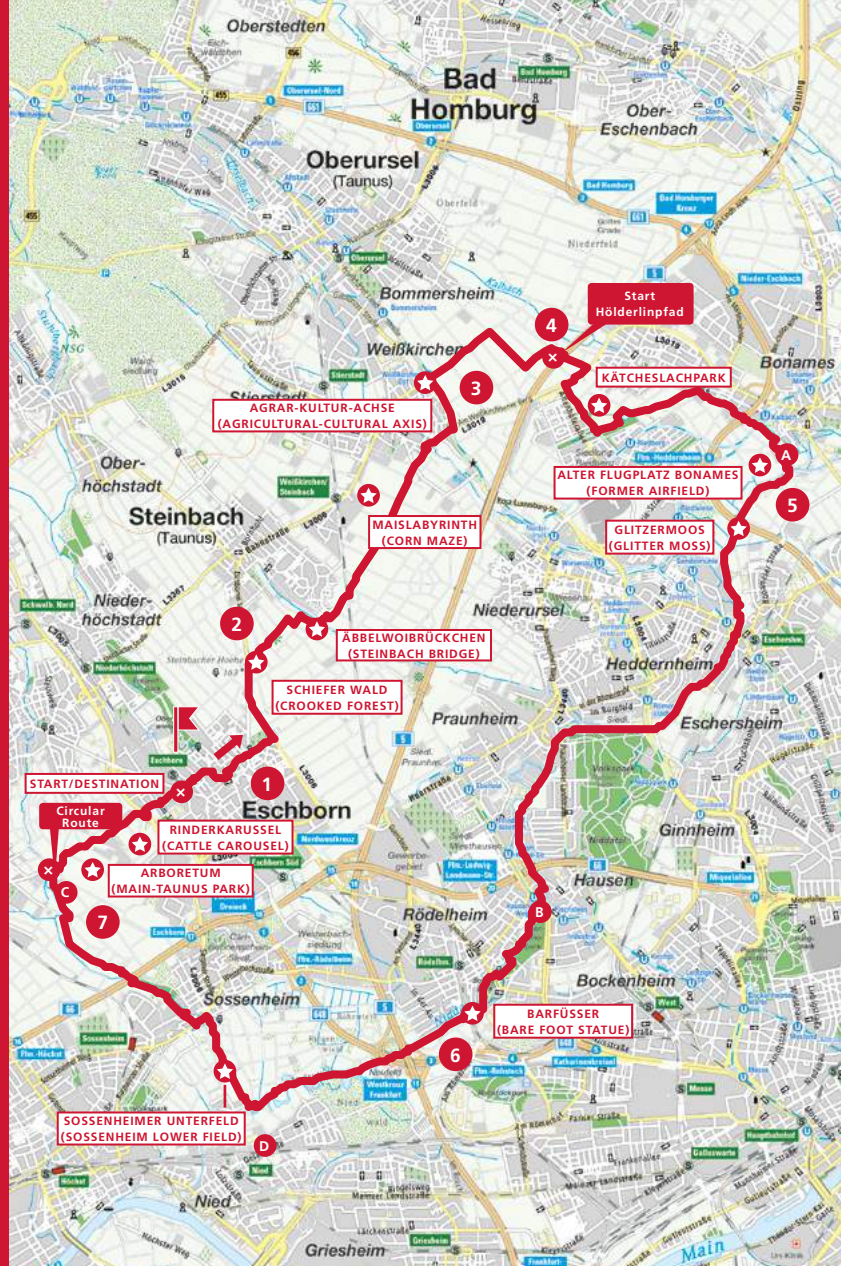


After a stop at the **★Barfuß** at the end of the park, continue on the bank, now taking the **SAFARIROUTE**. Well signposted, it takes you to the north side of the Nidda near Nied and into the orchards of the *Sossenheim lower field*. On the roads in the town, pay close attention to the route signs (left-right / right-left). Once you reach the **★Sulzbachau**, it becomes easier: go under the motorway (*push the bike here!*), then continue through the fields in *Sulzbach*.

7



The **★Safari Route** and the **▲REGIONALPARK CIRCULAR ROUTE** cross in a valley: turn right and you will soon ride through the amazing landscape of the **★Arboretum**, afterwards, you will arrive back at the train station in Eschborn.



FOOD  
&  
DRINK



**A — TOWER CAFÉ**  
tower-cafe.de

**B — RESTAURANT NIDDA**  
restaurant-nidda.de

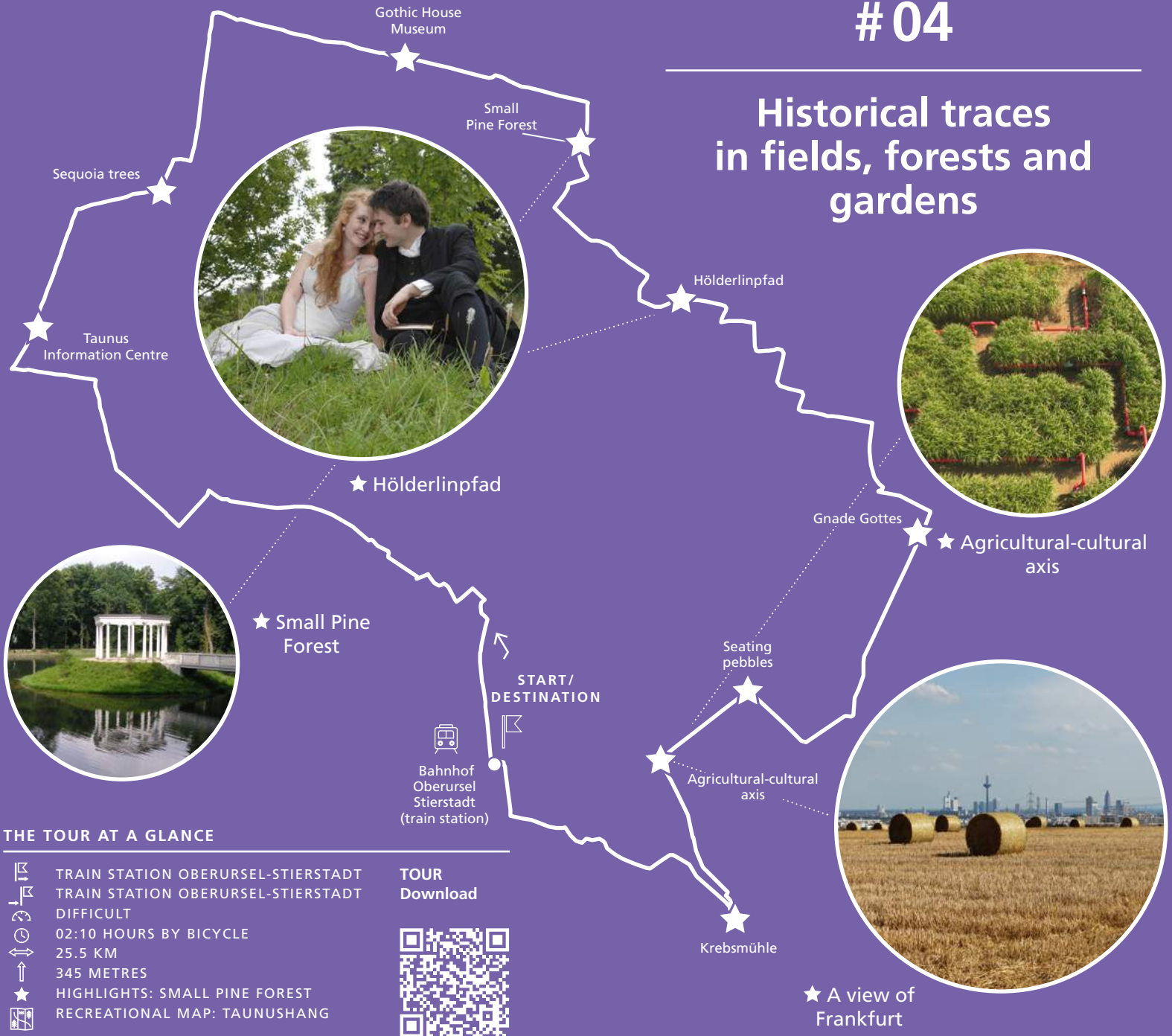
**C — JESSICAS PONDEROSA**  
Eschborner Straße 34  
65843 Sulzbach (Taunus)

**D — NIDDASTRAND**  
niddastrand.de



# TOUR #04

## Historical traces in fields, forests and gardens



### THE TOUR AT A GLANCE



TRAIN STATION OBERURSEL-STIERSTADT  
TRAIN STATION OBERURSEL-STIERSTADT  
DIFFICULT  
02:10 HOURS BY BICYCLE  
25.5 KM  
345 METRES  
HIGHLIGHTS: SMALL PINE FOREST  
RECREATIONAL MAP: TAUNUSHANG

TOUR  
Download







Regionalpark seating pebbles

The forest in the background, the city of Frankfurt am Main still in view – here lie the foothills of the Taunus. Southeast-facing slopes, sparkling water, fertile soils – these are the natural conditions of this urban landscape. An open agricultural landscape, expansive forests, idyllic meadow valleys, a romantic garden landscape – this is the tour.

The terrain gradually rising between the city centre of Frankfurt and the wooded heights, the tour offers a cross-section of the Taunus foothills. In the lower slopes, the fertile soils were cultivated from early times. Even today, they are still extensively used for agriculture, because the fundamental importance of agriculture for our nutrition has not changed over time. As part of the agricultural-cultural axis, a cooperation between the Regionalpark and the local farmers, you can, for example, gain an insight into the complexity of the cultivation and further processing of the maize plant near the Bahnhof Weißkirchen Ost train station.

In this open agricultural landscape, the characteristic silhouette of Frankfurt is always visible in the distance. But when you reach the Taunus beyond Oberursel, you soon leave the urban world completely behind you. The small-structured cultural landscape gradually merges into the woods, which also show historical traces of use. For example, old transport routes for charcoal and ores are visible as deep trenches

along the roadside. The Taunus Information Centre also sparks our curiosity to further explore the natural environment and offers a welcome opportunity for a break.

The transitions from the forest to the open landscape are extremely varied due to the hillside location facing southeast. In addition, the lush water supply in the Taunus Mountains is noticeable on the adjacent slopes – several mills were operated on the Urselbach and the sparkling mineral springs turned Bad Homburg into a spa town. However, the abundance of water posed a problem for one of the curiosities in this area. In the 1830s, brown coal was extracted underground at the *Gnade Gottes* mine in Bommersheim. Because of the water masses entering the tunnels, which were up to 30 m deep, the coal mining had to be discontinued quite soon, after about 10 years.

A highlight of the tour is the *Landgraves' Garden Landscape in Bad Homburg*. From 1770 and 1840, an artistic garden ensemble was created between the Taunus and the Homburg Castle along the straight Elisabethenschneise lane and the Tannenwaldallee. In the transition area to the Taunus, the Große Tannenwald encompasses several parks in the style of English landscape gardens. A special pearl in this work of art is the Kleiner Tannenwald park further down the slope. You can stroll around a beautiful lake with a small bridge leading to a colonnaded-temple. Somewhat hidden behind a hill, you will also find a historic ice cellar. This was restored with the support of the Regionalpark; a video presentation at the entrance provides an impression of the interior.

The tour leaves Bad Homburg on a section of the Hölderlinpfad trail. Under the motto "*In the near distance*", this project follows the path of the poet Hölderlin, who frequently hiked from Homburg to visit his secret mistress in Frankfurt. Our tour in the foothills of the Taunus also makes the distance to Frankfurt clear – accessible, yet far away.



**TOUR START** is at the **train station Oberursel-Stierstadt**: to the west of the tracks, go straight ahead towards Oberursel. After 1km, the route curves to the left and then to the right over a bridge. Once there, turn left into the *Wiesenaustraße* and immediately left again into the ...

**Aumühlenstraße**: The sign **SCHWARZE PFEILSPITZE** ◀ with the black arrow tip appears. This leads you to the *Hohe Mark*, the first kilometres gently ascending at the Urselbach. To cross the *Oberhöchstädter Straße*, turn left towards the traffic lights and into the *Maasgrundweg*.

**IN THE MIDDLE OF THE FOREST**, the arrow will lead you straight ahead onto a path: If you have an off-road bike, follow it! Otherwise, turn left and ride 300m uphill to the first crossroads: the hiking sign **Grünes Eichenblatt** is visible, follow it uphill to the right. Continue diagonally to the right and you will reach ...

... the **WALDFRIEDHOF**: Turn right here and immediately left following the *Grüner Eichenblatt* (Green Oak Leaf) and the ◀ arrow under the **B455** to the *Klinik Hohe Mark* (hospital). The Alfred-Lechler-Straße takes you towards the ★ **Taunus Information Centre (TIZ)**.

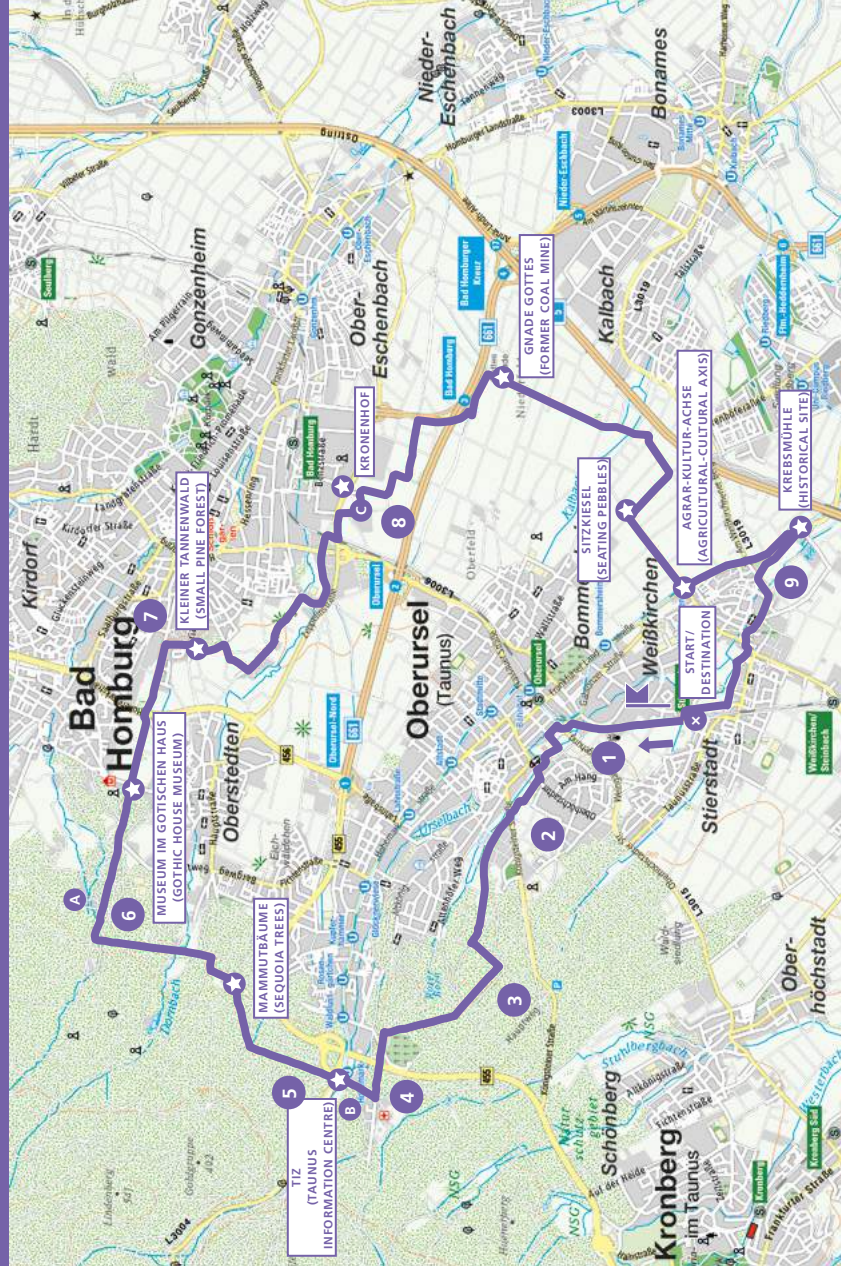
Behind the ★ **TIZ**, follow the cycling signs and take a left onto a bridge: the indication **HIRSCHGARTEN** is clear.

The path ends in a **TURNING POINT**: The *Hirschgarten* (deer garden) is on the right. Here, you will already be on the *Tannenallee*, which leads to *Bad Homburg*.

700m after the **B456**, turn right into the **KREUZ-ALLEE**. Follow the cycling signs in the direction of Oberursel to ★ **Kleiner Tannenwald**: keep to the right, then follow the cycling path signs and go down the *Platzenberg*. At the end, turn right and after 200m, turn left into *Niederstedter Weg*. After the bridge, go under the road and turn left to ★ **Kronenhof**.

From the ★ **Kronenhof**, follow the **HÖLDERLINPFAD** to the left until it joins the ▲ **REGIONALPARK CIRCULAR ROUTE**: This takes you to the right via a *border post*, the *Hubertuswäldchen* and the ★ **Agrar-Kultur-Achse** to the ★ **Krebsmühle**. From there, continue on the circular route to the ★ **Historischen Wegkreuz** near Weißkirchen.

At the **HISTORICAL CROSS**, turn right into the village onto the *Urselbachstraße* and follow the cycling path sign to the **S-Bahn** in *Stierstadt*.



FOOD  
&  
DRINK



**A — HIRSCHGARTEN**  
hirschgarten-  
badhomburg.de

**B — DAS  
WALDTRAUT**  
das-waldtraut.de

**C — BAD HOMBUR-  
GER BRAUHAUS**  
badhomburger-  
brauhaus.de



# TOUR #05

Through a new landscape  
with all your senses



★ Iron Tree

★ Playground  
Hochheim



Panorama trail  
with sculptures

★ Playground  
Hochheim

★ Climbing wall  
at the Deponie

★ Flörsheimer  
Warte

★ Iron Tree

★ A3 viewing  
bastion

★ Poet's house

★ Regionalpark Portal  
Weilbacher Kiesgruben

★ Walnut  
quarters

★ Rose garden  
Hattersheim

★ Wehr am  
Schwarzbach



★ Rose garden  
Hattersheim



★ Regionalpark Portal  
Weilbacher Kiesgruben  
(Regionalpark Visitor Centre)

## THE TOUR AT A GLANCE



TRAIN STATION HATTERSHEIM  
TRAIN STATION HATTERSHEIM  
DIFFICULT

03:00 H BY BICYCLE  
40.6 KM

224 METRES

HIGHLIGHTS: REGIONALPARK VISITOR  
CENTRE, PLAYGROUND HOCHHEIM  
RECREATIONAL MAP: FROM HATTERSHEIM  
VIA FLÖRSHEIM TO HOCHHEIM

TOUR  
Download







Flörsheimer Warte (watchtower)

**On a tree sculpture in the middle of a spacious meadow, you have a fantastic panoramic view and can listen to the sound installation. The artistic construction of the Eisenbaum (iron tree) near Flörsheim is symbolic of the entire tour in a recultivated landscape with a special emphasis on aesthetics.**

Since the 1960s, many parts of the Main plain have been subject to extensive and largely unregulated sand and gravel quarrying – with considerable consequences for the surrounding countryside. The Regionalpark is the result of efforts to recultivate the area. New uses for the gravel pits have made a large area accessible again and provide a completely new experience. The unique resources – extensive areas, open sandy surfaces and diverse possibilities for landscaping – have been creatively exploited. One example is the spacious grounds of the Playground Hochheim. Today, the formerly inaccessible gravel pit offers picnic meadows and countless opportunities to play, and is a popular destination for all age groups.

In addition to the areas for leisure activities, new habitats have been created for plants and animals. In the Weilbacher Kiesgruben (gravel quarries), you can observe the unique “second hand” landscape from various viewpoints and paths. There is a lot of information about the backgrounds and the experiences on offer in the visitor centre of the *Regionalpark Portal Weilbacher Kiesgruben* (gravel

pits) as well as in the adjoining *nature reserve house*. The *Gasthaus Zum wilden Esel* offers refreshments. Directly opposite, the observation tower invites you to explore the region from above - as a landmark visible from afar, it has now become a symbol of the RegionalPark.

On the *A3 viewing bastion* near Weilbach, visitors can experience both the landscape and the vibrant metropolis at the same time. Several main traffic axes meet here, so that one can catch a glimpse of an ICE train thundering past, observe cars on the constantly buzzing A3 and watch an aircraft descending. The panorama of the surrounding fields and low mountain ranges as well as the skyline of Frankfurt are a worthy backdrop.

The contrast between the idyllic landscape and the impact of an economic region is particularly dramatic in what is known as the *Flörsheimer Schweiz*. Every few minutes, an aircraft flies over the nature reserve and heads to the nearby airport. The *Kasteler Landwehr*, a medieval defence complex consisting of a wall covered with dense thorny bushes and surrounded by ditches, ran through this old cultural landscape. The replica of a historic watchtower, the *Flörsheimer Warte*, is a popular destination for a break with a wine atmosphere. Typical for the tour are avenues with a wide variety of tree types, including Speierling (*sorbus domestica*), cherry, oak and maple trees. The *Wasserwerksallee* near Hattersheim with its old linden trees and historic cobblestone pavement is especially noteworthy. In the immediate vicinity, a magnolia avenue leads past the *Rosarium Hattersheim* rose garden, which is reminiscent of the more than one hundred year old rose-growing tradition of the city.

It is a tour that inspires reflection with its changing perspectives of the landscape. *The Eisenbaum* (iron tree) stands for this in a memorable and exemplary way, portraying how construction, nature and technology mirror and complement each other in terms of design.



1



2

3



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7



**TOUR START** is at **train station Hattersheim**: On the south side, a sign points to the left towards the **▲ REGIONALPARK CIRCULAR ROUTE**. After crossing the *Schwarzbach*, turn right and follow the signs for the circular route and the typical red triangles until you reach Hochheim, initially up to the **★ Rosarium Hattersheim**.

**★ ROSARIUM**: Continue straight on and turn left on the cobblestone *Wasserwerksallee* to the *Nussbaumquartier* (walnut quarter) in the main direction of the **★ Regionalpark Portal Weilbach**.

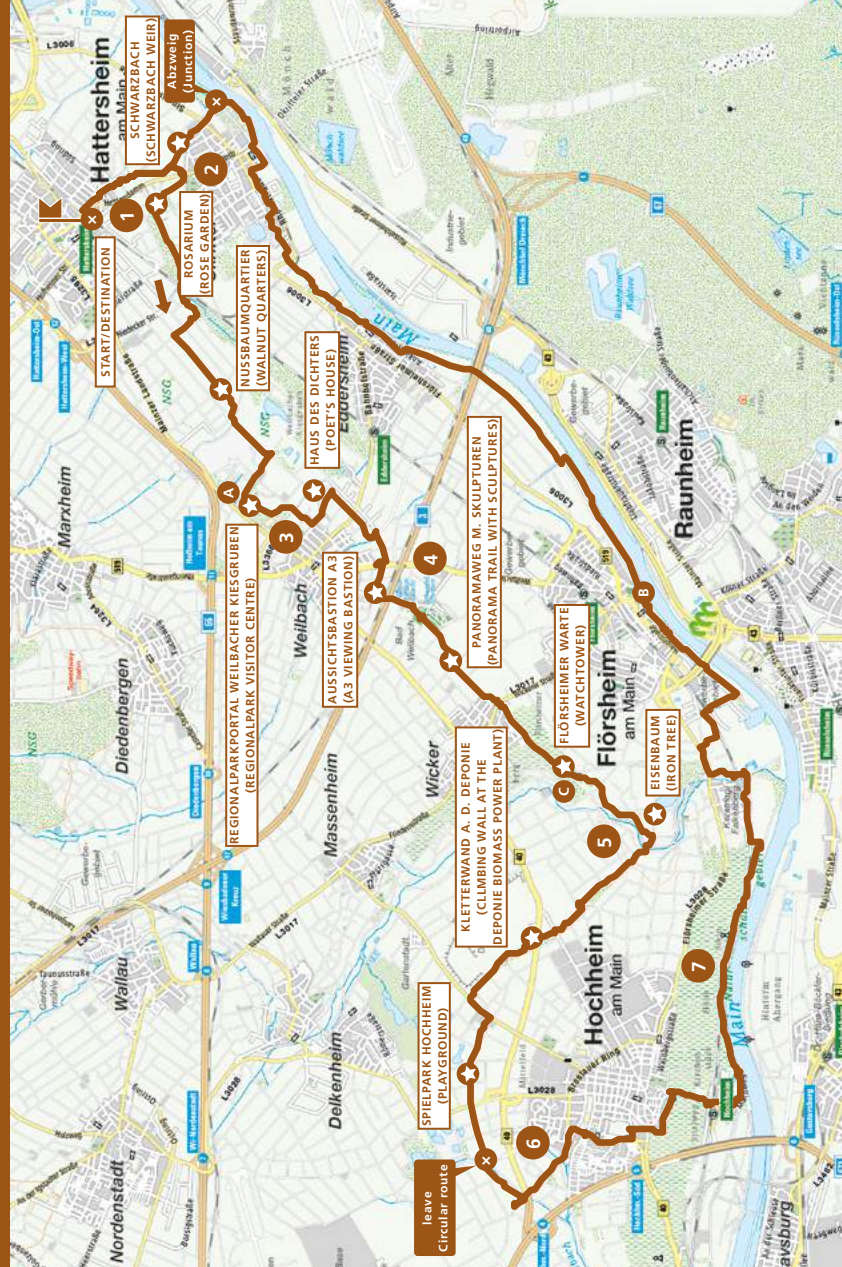
The **★ Regionalpark Portal Weilbacher Kiesgruben**: The **CIRCULAR ROUTE** winds its way through the park and past the viewing tower. The **★ Poet's House** is soon reached - then the next main stopping off point is **★ The Iron Tree**.

A **GRAVEL PATH** leads left up to the **★ A3 viewing bastion**. After the visit, cross the motorway to head to the *Park Bad Weilbach*. The next passage leads past **★ Stone sculptures**, a **★ vine arbour** and the **★ Flörsheimer Warte** and offers stunning views of the Main river. The route goes up and down through the *Flörsheimer Schweiz*, and soon the **★ Eisenbaum** can be seen.

At the **★ St. Anna Chapel**, the signs on the left point to the **EISENBAUM**. Then back and – pushing your bicycle – down to the **★ Wiesenmühle**. On the *Landwehrweg*, your next destination is the **★ playground Hochheim**. The tour leads straight ahead past the **★ playground**, and then you have to pay attention:

Here, you leave the **▲ REGIONALPARK CIRCULAR ROUTE**, which leads sharply to the right to the *"Fähnchekreuz"* (historical cross with a flag). Your path, however, leads to the right over a small bridge to the *Mainuferweg* towards *Hochheim*. This is soon reached across the motorway. After passing two roundabouts, take the *Königsberger Ring* – **Attention**: shortly before the end, turn diagonally left, then right into *Wiesbadener Straße* and follow the Regionalpark triangle to the *Mainuferweg*: stay on the outskirts of the town until you reach the church **★ St. Peter und Paul**, then turn sharp right down to the **train station**, through the underpass onto the *Mainradweg* (cycling path). It runs almost continuously along the riverbank. Keep left.

After approx. 15.5km, it leaves the Main at the **SCHWARZBACH**. Shortly afterwards, at a small bridge, the *Mainradweg* (cycling path) leads to the right but you continue straight ahead and follow the signs to **Hattersheim station**.



FOOD  
&  
DRINK



**A — ZUM WILDEN  
ESEL**  
delicador.de

**B — FLÖRSHEIMER  
BOOTSHAUS**  
flörsheimer-bootshaus.de

**C — FLÖRSHEIMER  
WARTE**  
flörsheimer-warte.de



# TOUR #06

## Images of a landscape history



★ Burg Hayn  
castle

Pyramid  
of Poles

Kirchborn  
natural  
monument

Lookout tower  
Wingertsberg

START/  
DESTINATION

Bahnhof  
Dietzenbach  
(train station)

Historical trail  
Dietzenbach

Burg  
Hayn  
castle

★ Atonement crosses

Atonement  
crosses

★ Celtic  
memorial monument

★ Historical trail  
Dietzenbach

Naturfreundehaus  
Bulau

Celtic memorial  
monument

★ Lookout tower  
Wingertsberg

### THE TOUR AT A GLANCE



TRAIN STATION DIETZENBACH  
TRAIN STATION DIETZENBACH  
EASY

01:40 H BY BICYCLE  
22.9 KM

198 METRES

HIGHLIGHTS: ORCHARD MEADOWS,  
PYRAMID OF POLES

RECREATIONAL MAP: SOUTH/MAIN, PART 2

TOUR  
Download





Pyramid of Poles

The tour in the south of the Regionalpark is reminiscent of a scenic illustrated arch that reflects the life of people over the centuries. The relaxed and varied ride through fields, forests and meadows offers vivid insights into cultural history - and artistic views into the distance.

The orchard meadows are always a feast for the eyes, especially in the springtime when they are in blossom and in autumn just before the harvest. This traditional form of use has shaped the landscape for centuries. Particularly on the outskirts of the villages, the orchard meadows not only provided people with fruit, but also with valuable wood for furniture and grass clippings for the cattle. The structurally rich surfaces, some of which have very old fruit trees, are also valuable habitats for insects and birds. Fortunately, the utilisation of the fruit trees is still very much alive here, because this area has a long "Apfelwein" cider tradition.

But the extensive forests also have a long history. The Dietzenbach Forest, for example, was part of the Imperial *Dreieich Hunting Ground*, which owned the hunting rights as well as the right to supervise the forest. According to a description from the 14<sup>th</sup> century, the Imperial Hunting Ground extended from the mouth of the River Main to Stockach and from Bad Vilbel to Groß-Biebrau. It was controlled by the Imperial "Reichsvögte" (royal stewards) at *Burg Hayn* castle in Dreieich.

The relationship between cultural history and the natural environment is particularly evident on the *Bulau*, a range of hills north of Urberach. People settled here in prehistoric times – the numerous archaeological discoveries in this area are testament to the early settlement activity. At an experience point of the Regionalpark, we come across the Celts in the form of a figuratively staged funeral procession; in the immediate vicinity, the ground was raised to show two Celtic burial mounds in their original size. In Roman times, the Bulau Heights also provided an important transport route from Mainz via Dieburg to the Limes. The structure of the very solid road network becomes clear on a reconstructed section.

The *Dietzenbach history trail* gives us another vivid insight into past times. The main stages of the city's history are presented from the first settlement to the awarding of the city charter in 1970. It also demonstrates how urban development was shaped by supra-regional events such as the Thirty Years' War, the plague, waves of emigration and the period of Nazism.

In Dietzenbach, we reach the *Wingertsberg lookout tower*. From the 21m viewing platform, which can be reached via a spiral staircase in an open steel construction, you have a clear view of the entire landscape of the low mountain range around the RhineMain plain. If you suffer from vertigo, it is also worth looking at this *ballet of movement* from below.

The *Pyramid of Poles* offers a remarkable view of a different kind. If you take the path that divides the installation into two equal halves, you get an exact view of the Messeturm in Frankfurt, the top of which also inspired the Regionalpark signposting.

The medieval town of Dreieichenhain is a fitting conclusion to this excursion through cultural and landscape history. The gardens around the *Burg Hayn castle ruin* and the small alleyways of the old town invite you to wander around and enjoy.





1



At the **TOUR START** at the **S-Bahn station**, keep west: You enter town on *Bahnhofstraße*, the red triangle mark indicates the ★ **Wingertsberg (lookout tower)** as the first stop. Go up the *Schmidtstraße* keeping left towards the old town and at the end, turn sharp right onto *Darmstädter Straße* – and then immediately turn left onto the very steep *Jungfern-Wingert-Straße* up to the tower.

2



After the **LOOKOUT TOWER**, the ▲ **Regionalpark** triangles lead straight ahead to a staircase: If you like, you can follow them. For cyclists, it is easier to go back and turn left onto the through-road (first *Darmstädter Straße*, then *Lindenstraße*) down into the town. At the *Brunnenstraße*, turn left and continue to the field, where you turn right. Next, turn onto another road and you will be made aware of the second major destination of the tour: ★ **The Pyramid of Poles**. From here, the signposts with red triangles are easy to follow.



3



Pay attention at **KIRCHBORN**: There is only a small red triangle pointing to the left at the information column. Afterwards, the signposts to the ★ **Pyramid of Poles** are more visible, the crossing of the *Neuhofschneise* is no problem either. On the *R8*, you ride past ★ **Gut Neuho** and the *golf course* to the ...

4



... **PYRAMID OF POLES**. A few metres further along, descend left down the *R8* and follow the red triangles to the ★ **Old town of Dreieichenhain**. These signs accompany you to the ★ **Burg Hayn (castle)** and through the picturesque Old Town. At the end of the traffic-calmed zone, follow the red triangle to the left into *Schießbergstraße*. Cross the railway line and keep going left along the edge of the forest until you reach a T-junction:

5



The ▲ **REGIONALPARK CIRCULAR ROUTE** crosses here, follow it to the left. First to *Philippseich*, then via *Götzenhain* and *Offenthal* to the ★ **Group of Celtic figures in Rödermark**. Behind *Offenthal*, keep riding along the railway line, the references to the ★ **Celtic trail** and the ★ **Bulau** cannot be missed.

6

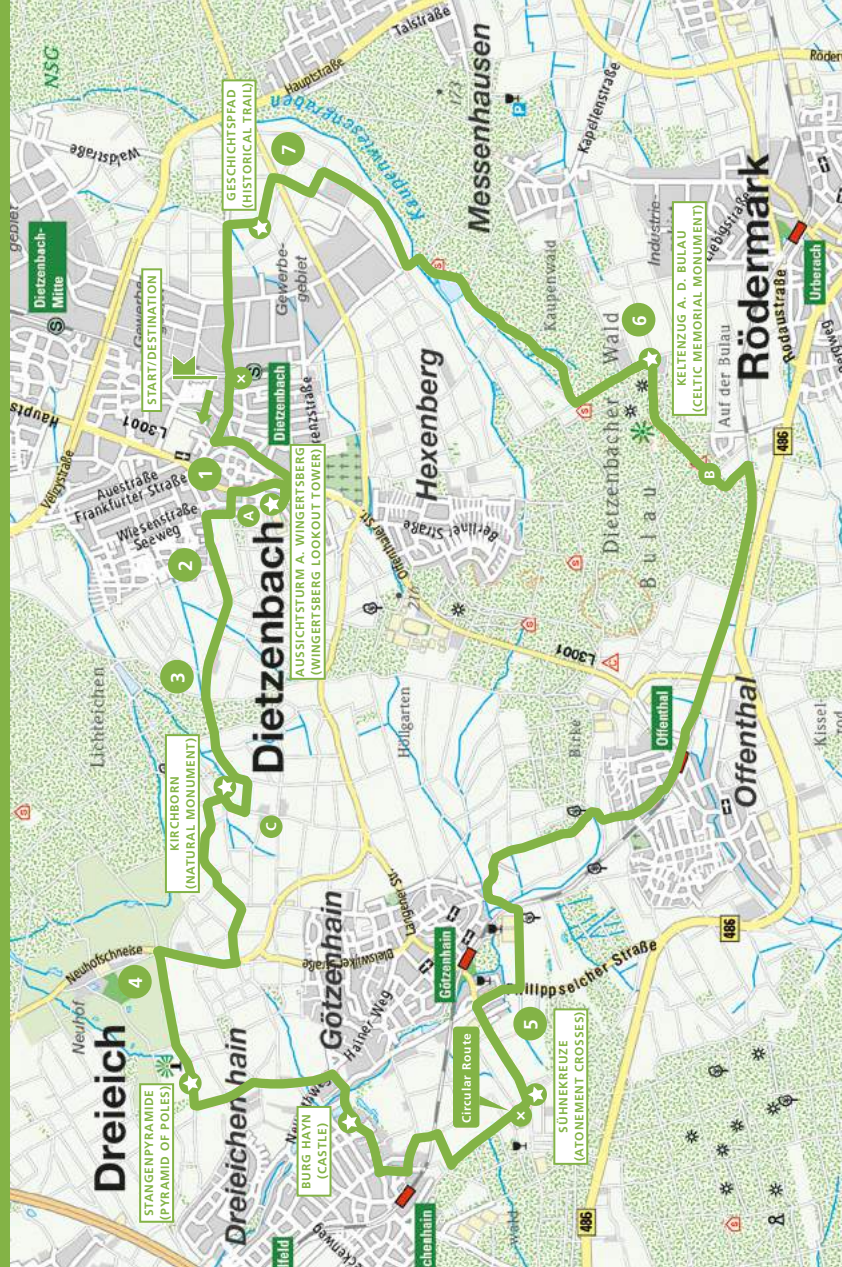


At the ★ **CELTIC MEMORIAL MONUMENT**, turn left and follow the ▲ **REGIONALPARK CIRCULAR ROUTE** through the woods and fields to the ★ **Dietzenbach historical trail** – beware when crossing the country road!

7



You have reached the ★ **DIETZENBACH HISTORICAL TRAIL** and will find yourself within a rotunda that's surrounded by walls: The main route turns right here. After 200m, turn left on the bridge – and then just keep going straight ahead to the train station.



FOOD  
&  
DRINK



**A — RISTORANTE  
PANORAMA**  
ristorantepanorama.de

**B — NATURFREUN-  
DEHAUS BULAU**  
nfh-bulau-gastro.de

**C — HOFLADEN  
FAMILIE LENHARDT**  
lenhardtshofladen-eis.de

★ Opel villas in  
Rüsselsheim



# TOUR #07

Two rivers,  
one region



## THE TOUR AT A GLANCE



TRAIN STATION RÜSSELSHEIM  
TRAIN STATION RÜSSELSHEIM  
MEDIUM

02:45 HOURS BY BICYCLE  
39.8 KM

195 METRES

HIGHLIGHTS: OLD OPEL RACETRACK,  
SHIP MILLS

RECREATIONAL MAP: SOUTH/MAIN PART 1

TOUR  
Download



★ Opelsteg  
bridge



★ Old Opel  
racetrack





Close to the Main estuary

The river landscape between the Rhine and the Main offers us an interplay of hydropower, industrial culture and idyll. The legacy of Adam Opel meets dreamy, tranquil oxbow lakes. A highlight of this tour is the *Mainspitze* – the mouth of the Main – with a broad view of the two rivers that give this region its name.

An extensive river delta with numerous individual water streams, sometimes raging floods, then again slowly splashing trickles – that was the natural estuary of the Main into the Rhine. This dynamic water landscape with riverside woodlands and reed beds offered diverse habitats for black alders, irises, kingfishers and nightingales.

It took mankind a long time to inhabit and cultivate this difficult to access but very fertile landscape. The two rivers had to be tamed and made navigable. Much of the extensive estuary still tells of this today and it is worth taking note of the indentations and elevations in the terrain: Large hollows near Bauschheim were formerly flood channels and ponds and the Horlachgraben between Rüsselsheim and Raunheim used to belong to a former "Altmainarm". The dykes, which are characteristic of the river landscape, guide us through the tour in wide sections.

Beyond the dykes, Rheinaltarme seem very tranquil nowadays. Here, near Ginsheim-Gustavsburg, a small jewel is anchored in the Regionalpark, a lovingly

reconstructed *historic ship mill*. For centuries, people used the constantly available hydropower to grind grain on such ship mills. In their heyday, more than twenty of them populated the local Rhine. They only lost their importance during the course of industrialisation.

Industrialisation not only changed the appearance of the rivers, but also that of the landscape as a whole. Buildings such as the Hochheim railway bridge, the Kostheim barrage or the *Hof Schönaue* waterworks south of the Wüster forest provide impressive testimony to this. In Rüsselsheim and the surrounding area, however, no other name embodies the industrial transformation of the city and the landscape as much as that of Opel.

So of course, our tour also includes several encounters with the company Adam Opel AG. One of them is the *old Opel racetrack*. In the 1920s, the world was able to admire the latest racing models such as the futuristic rocket car driving at full speed here. But after only a decade, the cars were too fast for this track; the racetrack quickly became insignificant and its glory faded. Today, it is nothing but a ruin in the forest. The hint of a curve and cracked concrete can still be seen, with grass and bushes sprouting from its crevices.

The *Opelsteg* bridge directly above the Main, on the other hand, is presented in a new and modern way and rattles wonderfully underneath the wheels of our bicycles. The almost 450-metre-long steel construction was built in 2015 in cooperation with the Regionalpark and now allows a nonstop ride along the Main, passing the Opelwerk factory on the way.

The stately *Opel villas*, which are also located on the banks of the Main in Rüsselsheim, have meanwhile become a place for art, culture and enjoyment that is accessible to the general public. They are located in the immediate vicinity of the medieval *Rüsselsheim fortress*, which accommodates, among other things, a town and industrial museum as well as a café. This is where the industrial culture comes full circle amidst a river landscape steeped in history.



1



2



3



4



5



6



7



8



9



10



11



The **TOUR START** is at the **train station** in *Rüsselsheim*: The tour leads diagonally to the left towards the ★ **Adam Opel monument** and along the red brick building. Shortly afterwards, turn left at *Weisenauer Straße* and follow the cycle path to *Gustavsburg*, then immediately right again into *Ludwigstraße* and to the Main. From here, use the cycle path to *Gustavsburg* and *Mainspitze*.

Ride over the ★ **OPELSTEG BRIDGE** and follow the red triangles of the **Regionalpark**: past the Schleuse *Kostheim* lock and under the bridge after 1.5 km. The street "*An der Mainspitze*" announces your destination: Turn right and continue to ★ **Mainspitze – Mouth of the Main**. Return to the tour, take the same route for about 1 km – but beware:

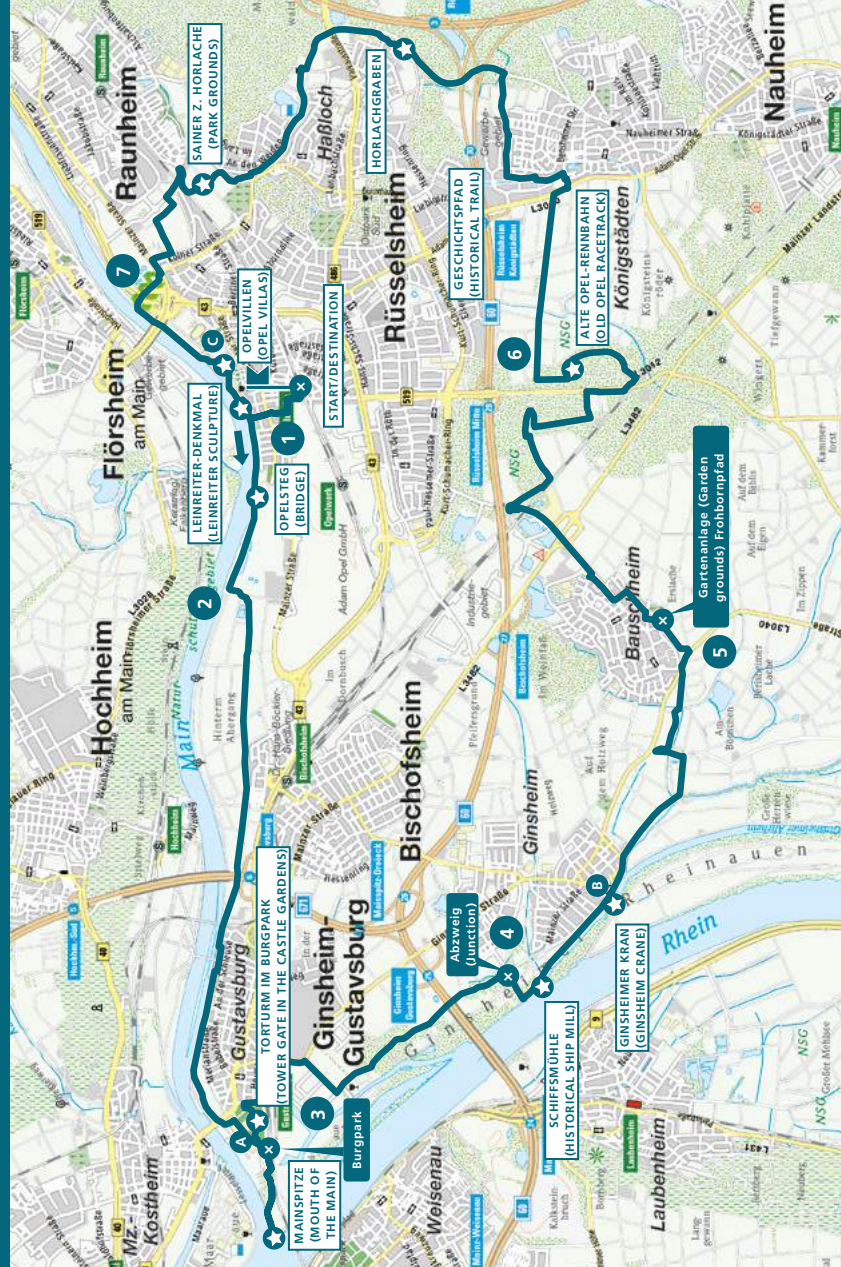
You are going to switch to the ▲ **REGIONALPARK CIRCULAR ROUTE** shortly after the section by the railway track: To do this, turn right onto the gravel path, which first leads through the ★ **castle park Gustavsburg**, before the main destination ★ **Altrheinufer Ginsheim** is signposted on the circular route.

After 2 km, the route turns to the right to the ★ **HISTORICAL SHIP MILL**. From there, continue to the ★ **Ginsheimer Altrheinufer**. The ▲ **REGIONALPARK CIRCULAR ROUTE** leads to the ★ **Hessisches Ried**. But only follow the symbol until you reach *Bauschheim*:

Leave the *circular route* at the **GARTENANLAGE FROHBORNPfad**: The cycle path 10 and the red triangles lead you to *Königstädten*: Turn left into *Kleeweg*, then into *Lengfeldstraße* (right), *Im Grundsee* (left) and *Am Weiher* (left) until you reach *Brunnenstraße*: Turn right and follow the cycle path for a good 1.5 km along the roadside towards *Königstädten*. Before the A60 underpass, the red triangles turn sharp right to *NSG Wüster Forst*. Follow the interim destinations ★ **Fünfmärker** and ★ **Wasserwerk Hof Schönau** to ...

... the ★ **OLD OPEL RACECOURSE**. The red triangles guide you to ★ **Wiesen – Blauer See**: Continue until you reach *Stockstraße*: Turn left towards *Flörsheimer Warte*. After the *Rüsselsheimer Dreieck*, the red triangles guide you to the left onto the *Regionalpark trail*: 2.5 km along the *Horlache* to the *Mainuferweg* via *Sainer* and the *Hainbuchen tunnel*. When you reach the Main, turn left onto the cycle path to *Rüsselsheim*.

The ★ **OPEL VILLAS** and the ★ **fortress** are located on the top left. To return to the starting point, take the *Uferweg* to the ★ **Leinreiter sculpture** and then turn left to the station.



FOOD  
&  
DRINK



**A — BIERGARTEN  
AM BURG-PARK**

[biergarten-am-burgpark.de](http://biergarten-am-burgpark.de)

**B — RHEINGENUSS  
GINSHEIM**

[rheingenuss-ginsheim.de](http://rheingenuss-ginsheim.de)

**C — CAFÉ IN DER  
FESTUNG**

[cafe-in-der-festung.de](http://cafe-in-der-festung.de)



# TOUR #08

## Kaleidoscope of urban history



★ Dreieich park



★ Offenbach weather park

### THE TOUR AT A GLANCE



TRAIN STATION OFFENBACH OST  
TRAIN STATION OFFENBACH OST  
EASY  
01:50 HOURS BY BICYCLE  
26.2 KM  
114 METRES  
HIGHLIGHTS: REGIONALPARK PORTAL  
OFFENBACH WEATHER PARK  
RECREATIONAL MAP: CIRCULAR ROUTE

TOUR  
Download





Regionalpark Portal Offenbach weather park

In addition to a history of craftsmanship and industry that goes back centuries, the city of Offenbach also boasts modern urbanity. The tour along the *green ring from the Main to the Main* offers an ever changing reflection of the dynamic development of the city – and an expansive landscape of the curving Main River.

The former industrial harbour of Offenbach is now a modern residential and working district. We stand there on the viewing platform of the *Blue Crane* and try to imagine the hustle and bustle of the old port during the loading and unloading of various goods – the noise, dust, smells and the people who used to work hard here. Today, we can not only enjoy views of Frankfurt and the Taunus in the distance, but can also see the balconies of the new residential district, the stair-like open space directly on the waterfront and the people sitting there enjoying the day. As a work of art, the *Blue Crane* stands for the city's industrial history and represents the idea of the Regionalpark as a local landmark.

The first foundations of Offenbach's economic development were laid by the Counts of Isenburg. Around 1700, they granted the Huguenots, who had fled from France, the freedom to practise their religion. Among them were many tradesmen and craftsmen, resulting in numerous manufactories. Today, the former residence of the counts, the *Isenburg*

*Castle*, is one of the town's most important architectural monuments. For a glimpse of the Renaissance façade with its elaborately designed arcade walkways, it is worth taking a small detour to the south side of the castle facing away from the Main, which has now found a new use as the "Hochschule für Gestaltung Offenbach" school of design.

At the other side of the Main curve, we encounter another castle – *Schloss Rumpenheim*. It is well worth taking the time to stroll through the extensive park in the style of an English landscape garden. The Turkish pavilion with its intricate roof catches the eye directly from the path. The view of the Main River here at the Eastern tip of the tour has been beautifully staged by the Regionalpark with a small viewing platform.

During industrialisation, the stately parks were no longer the focus of attention. It became important to create green spaces for a healthy environment for the working-class families who lived in cramped conditions. At the suggestion of the mayor of the time, the *Leonhard-EiBnert-Park* was created in the 1920s. On the green belt, we will pass through several other historical open spaces with elements from various eras of the city's history. At the end of the 19<sup>th</sup> century, for example, the first concrete buildings without steel reinforcement including a miniature bridge were exhibited on the site of what is now the *Dreieichpark*.

The *weather park* with its *Regionalpark Portal* dates from more recent times. Here, you can learn a lot about the weather, because the park provides a variety of interesting details about the position of the sun, about the clouds, wind and rain and – on the observation tower – about visibility conditions. The *climate route* on the Main with three stations in Offenbach is a fitting addition to the tour. Using the example of rivers worldwide, the Regionalpark project illustrates the ecological interrelationships and the possible consequences of climate change.

The *green belt* in Offenbach brings together many aspects: The weather and climate, urban change in the *Hafenpark*, parks from various eras – a kaleidoscope of the city, from the Main to the Main.





From the **TOUR START** at *Offenbach-Ost train station*, ride east into *Lämmerspieler Weg* with the circular route indication "*Regionalpark Rundroute 0.4km*". This will be your main signpost until you get to the *Hainbach stream*. After 700m, turn diagonally left along the rails up a gravel path to the ★ **Weather park**. The path curves through the ★ **Leonhard-Eißnert-Park**, then past the stadium and across *Bieberer Straße* with the help of traffic lights. After a few crossroads, you will reach ...

... the ★ **REGIONALPARK WEATHER PORTAL OFFENBACH**. After the visit, continue straight ahead, then turn left and roll along the *Hainbach stream*. Then the signs change:

Turn right and follow the green belt signs **OFFENBACH – VON MAIN ZU MAIN** until you get to *Senefelder Straße*. The wide *Waldstraße* is easily crossed thanks to the pedestrian traffic light, then you can roll through the relaxing greenery of the *Lauterborn district*, carefully across the *Senefelder Straße* and on to the ★ **Buchrain lookout point**.

The best way to cross **SPRENDLINGER LANDSTRASSE** is by taking the traffic lights a few metres to the left. Then continue in the previous direction and slightly uphill to the ★ **Buchrain**. The ★ **Offenbach green belt** takes a few turns in the villa district and then dives deep into the forest to the *roundabout August-Bebel-Ring*.

Turn sharp left under the **BAHNDAMM** and turn diagonally left into the green area on the opposite side to the *August-Bebel-Rondell*. At the end, the route leads you through the extensively rebuilt *Kaiserlei roundabout*, after which it turns right towards the *Main* with a sign towards ★ **Isenburg Castle**.

Beforehand, you will pass the ★ **BLUE CRANE** in the new *harbour district*: The *Main cycle path* leads you past the ★ **Isenburg Castle** after 1 km; from there, it is a good 6 km to the *Rumpenheim ferry*: On the left, you will see the *Main*, on the right, fields and wooded areas in the *Main curve* – cycling can be so wonderful!

The ★ **RUMPENHEIMER CASTLE**: You can ride up the *Schmiedegasse* on the right and then push your bike across the *park* – or stay by the *Main*. At the end of the castle garden wall, turn sharp right up to the ★ **Mainblick**. Here, you will once again encounter the familiar signs of the ▲ **REGIONALPARK CIRCULAR ROUTE**, which guide you towards the ★ **weather park**. In the middle of the green area of the *Altmainarm* ★ **Kuhmühlgraben**, ride up to the left. Be careful on the *Laskabrücke* where you have to share the road with cars. Soon, you will turn right to the **train station OF-Ost**.



FOOD  
&  
DRINK



**A — MAIN-  
PROMENADE**

restaurant-  
mainpromenade.de

**B — ESS:ZIMMER**

esszimmer- offenbach.de

**C — HAFEN 2**  
hafen2.net

# TOUR #09

## Water diversity in the Wetterau region



★ Lookout point  
Gronauer Hof



★ Carbon dioxide  
separation plant



★ Lively Roman  
mosaic



### THE TOUR AT A GLANCE



TRAIN STATION BAD VILBEL  
TRAIN STATION BAD VILBEL  
EASY  
02:00 HOURS BY BICYCLE  
28.6 KM  
144 METRES  
★ HIGHLIGHTS: NIDDA RENATURATION,  
LIVELY ROMAN MOSAIC  
RECREATIONAL MAP: NIDDA ROUTE,  
CIRCULAR ROUTE

TOUR  
Download







The Nidda steps Bad Vilbel

**The liberated riverbed of the Nidda and the gushing mineral springs in Bad Vilbel play the main parts in this tour. The scenery, however, does not just consist of floodplains, it also includes orchards and the Frankfurt skyline. In the spa park of Bad Vilbel, we meet the *best supporting actor* of the tour, a sea god.**

Numerous water creatures gather around the sea god Oceanus, who can be found in the centre of the *lively Roman mosaic* in Bad Vilbel. The constructed floor once belonged to a Roman bathing complex; the original can be found in the Hessisches Landesmuseum in Darmstadt. The imaginative figures are showered with water so that they almost seem to come alive. Looking at this elaborately designed basin, you can easily imagine the significance of Roman bathing culture.

Nowadays, Bad Vilbel is known for its carbonated baths and drinking cures. The healing water originates from deep rock layers and releases valuable minerals on its way to the surface. You can get an impressive picture of the abundance of the natural mineral water and the use of its carbon dioxide content at the Römerbrunnen. The attractive *carbon dioxide separation* plant was designed by the Regionalpark and the Hassia Group. You can see the water that is separated from the natural carbonic acid flowing out – due to the high iron content it leaves unmissable traces. And on the opposite side of the Nidda, you can watch the

water tirelessly bubbling from a depth of 287m.

In addition to the rich mineral water resources, we gain a very comprehensive impression of the dynamic river water of the Nidda, which can freely flow again thanks to the renaturation measures. The canal-like stone fortifications were removed and the river bed was considerably widened to enable the development of a natural watercourse with changing current speeds, gravel deposits, river bank erosion and an extensive floodplain. Today, the typical river ecosystem provides a habitat for animal and plant species that have become rare. The plan is also to settle sea trout here. It migrates from the Wetterau to the North Atlantic (home of our sea god) and then will hopefully return again.

Although the focus of the tour is on the Nidda, the smaller Nidder, which also originates in the Vogelsberg and runs parallel to the Nidda, should be visited briefly at its idyllic estuary in Gronau. A short distance further north, at the *Gronauer Hof lookout point* featuring *bulrushes* and a walk-in *bird's nest*, you can enjoy the panoramic view of the floodplain landscape. And when the *Regionalpark route* runs close enough to the water, you can hear it rushing and murmuring quietly – this is a relaxing tour for the senses.

Another stream, the Erlenbach, accompanies us in the western section of the tour, surrounded by a diverse *orchard landscape*. From the small plateau of the Schäferköppel hill, we have a good view of its source area in the Taunus as well as of Frankfurt's skyline.

The thematic circle of water closes in the *spa park of Bad Vilbel*. Directly at the Nidda, we pass the ruin of the *Moated castle*. As the residence of the Knights of Vilbel, its history dates back to the 12<sup>th</sup> century and it is surrounded by a wide moat. Mineral springs line the way – and at the end, the sea god greets us.



**TOUR START** is at the train station *Bad Vilbel*. From here, go straight ahead across *Bahnhofplatz* to *Friedberger Straße*, then turn left and immediately right again into *Heinrich-Heine Straße*, where the typical Regionalpark marking, the red triangle, appears. After about 400m, you will reach the Nidda and the **▲ Regionalpark Niddaroute**, where you have to turn left to *Dortelweil* and *Karben*. From here, it is virtually impossible to miss the proposed tour.



After a few metres you will pass the **★ CARBON DIOXIDE SEPARATION PLANT**. About 1.7km further, the markings will guide you to the other side of the river. At the T-junction on the open field, you will come across ...



... the **▲ REGIONALPARK CIRCULAR ROUTE**. This takes you to *Okarben* on the same route as the *Nidda route* with the **★ Nidda source** as the main direction, and bicycle signposts to *Karben*. At the **★ estuary of the Nidder**, the route changes to the other side of the river, a little later on in the open field, you will pass the **★ Gronauer Hof lookout point**, then it goes back to the other side of the Nidda.



In *Okarben*, the **▲ REGIONALPARK CIRCULAR ROUTE** turns left over the river and leaves it as you go straight ahead into the village. On the way to the nearby destination of **★ Silberbornteiche** and the long-distance destination of *Friedrichsdorf*, you will cross the railway tracks by means of a bridge.



At the **B3**, turn left to the traffic lights. On the other side of the road, the circular route leads you to *Petterweil* as far as *Höfer Weg*: On this road, turn left and continue straight ahead; the circular route leaves you here. Approx. 1 km after the **★ Hof Kastanienhöhe**, follow the *main road to the right*, and go left under the electricity pylons.



After the **BRIDGE** over the *Erlenbach*, turn left into the park and stay by the stream. The road leads you to the other side, where you will come across the street *Am Steinberg*. Turn right into the old town of *Nieder-Erlenbach*: Left into *Zur Charlottenburg*, left into the *Alte Fahrt* and diagonally right onto *Bornweg*. At the end, the route crosses under the *L3008* and then bends back to *Erlenbach*. Continue along the stream and straight through *Massenheim*.



About 100m after the **END OF THE DEVELOPMENT**: On the left, there is a bridge, a sign indicates *Bad Vilbel*. After the stream, cross the *B3*, then roll towards the *Nidda bank* and left to *Bad Vilbel*. Back to the train station, ride to the point where you first encountered the river – turn left and take the familiar route back!



FOOD  
&  
DRINK



**A — NATURFREUND-  
DEHAUS KARBEN**  
naturfreunde-karben.de

**B — ALTE MÜHLE**  
altmuehle.net

**C — CAFÉ WEWE**  
wewe-cafe.de



# TOUR # 10

## Wide reaching views along old paths



★ Sequenz  
Rossdorf



★ Castle Philippsruhe



★ Wilhelmsbad



★ Giant swing



★ Water buffaloes

Bird's nest  
swing  
Gallows swing

Castle  
Wilhelmsbad

Sequenz  
Rossdorf  
Wartbaum

Under the  
linden trees

Water  
buffaloes  
Roman  
playground

Castle  
Philippsruhe

START/  
DESTINATION  
Bahnhof  
Hanau West  
(train station)

Balkon  
an  
der Kinzigmühle

### THE TOUR AT A GLANCE



TRAIN STATION HANAU WEST  
TRAIN STATION HANAU WEST  
DIFFICULT

03:10 HOURS BY BICYCLE  
41.9 KM

282 METRES

HIGHLIGHTS: WATER BUFFALOES, WILHELMSBAD  
RECREATIONAL MAP: HOHE STRASSE WITH  
THE LIMES ROUTE AND YSENBURG ROUTE

TOUR  
Download





A view of the skyline from the Hohe Straße

On the *Hohe Straße*, the route itself is something special – this historic trade route is part of an ancient west-east connection from Santiago de Compostela to Kiev. You will find yourself very close to the sky here, while at the Main and the Kinzig, the idyll can be found directly on the waterfront.

Marköbel is a suitable place to start with the history of this landscape. At the intersection of the *Hohe Straße* and the *Limes*, there was once a fort to control trade. The *Limes* formed the border of the Roman economic area, so there was a lively exchange of goods here. The course of historic trade is once again made visible by a project by the Regionalpark spanning Erlensee, with the *Rückingen fort*, to Marköbel, through pillars and other elements in the landscape. In addition, you will repeatedly come across reconstructed relics of Roman structures, such as the *small fort Langendiebach* on the old cemetery.

For the Romans, the Kinzig, which flows into the Main near Hanau, was also an important transport route. Even today, this area is still traversed by traffic routes. However, they now run along the edge of the extensive, natural floodplain forests; this section of the tour is therefore characterised by traffic noise. The

*water buffaloes*, on the other hand, radiate tranquillity. They can be found by taking a small detour through the wet, somewhat harsh landscape of the *Weideswiesen* nature reserve.

This gives you an impression of a swampy landscape that is difficult to access, so it is easy to understand why the *Hohe Straße* was built on the heights of the *Ronneburg hills*. The path in front of us stretches out like a band, and when we cycle along it vigorously, we have a panoramic view of the highlights of the Taunus, Vogelsberg and Spessart all the way to the Odenwald forest. It is a cycling experience that we are not frequently offered. Just before we reach the highest point, the *Himmelsschaukel* (giant swing), an installation by the Regionalpark, picks up on this feeling of vastness and inspires us to practically soar high into the sky. The journeys on the *Hohe Strasse* were certainly not always this carefree – it was not only used to transport the books between the two trade fair cities of Frankfurt am Main and Leipzig, but was also a military road and a pilgrimage route.

While the *Hohe Straße* runs through agricultural land, the city of Hanau is surrounded by an extensive forest area. The *forest portal of the Regionalpark* illustrates the transition from the *Hohe Straße* to the *Hanau-Wilhelmsbad state park*. The origins of *Wilhelmsbad* lie in the discovery of a mineral spring. At the end of the 18<sup>th</sup> century, Prince Wilhelm von Hessen-Kassel initiated the construction of a bath house. It is surrounded by an English landscape park with an artificial ruin and the famous *old carousel*.

Another royal building is located in Hanau directly on the Main – the magnificent *baroque Philippsruhe castle* with an inviting terrace directly on the banks of the Main. Until the nearby mouth of the river Kinzig, you remain close to the Main, which was and still is an important traffic axis in this age-old trade and economic region.





The **TOUR START** is at the **train station Hanau West**. When you come out of the underpass, turn right: To the west of the tracks, parallel to the rails, head towards *Langenselbold*. From there, always pay attention to the ▲ **red triangles** with which the **Regionalpark** has signposted the *Kinzig route*. The *R3* follows the same path. Both meander through *Hanau* and the *Kinzigau*, then along the *B8* and over the *A66* towards *Langenselbold*.

On the **OUTSKIRTS OF RÜCKINGEN**, the *R3* and the *Kinzig route* separate: Follow the *Kinzig route* to the right to the ★ **water buffaloes**. Then back across the river and into *Rückingen*. The red triangles lead to an arterial road: Turn left into the roundabout and on the other side of the road, ride a few metres to the junction, turn left to *Langendiebach* and *Ravolzhausen*.

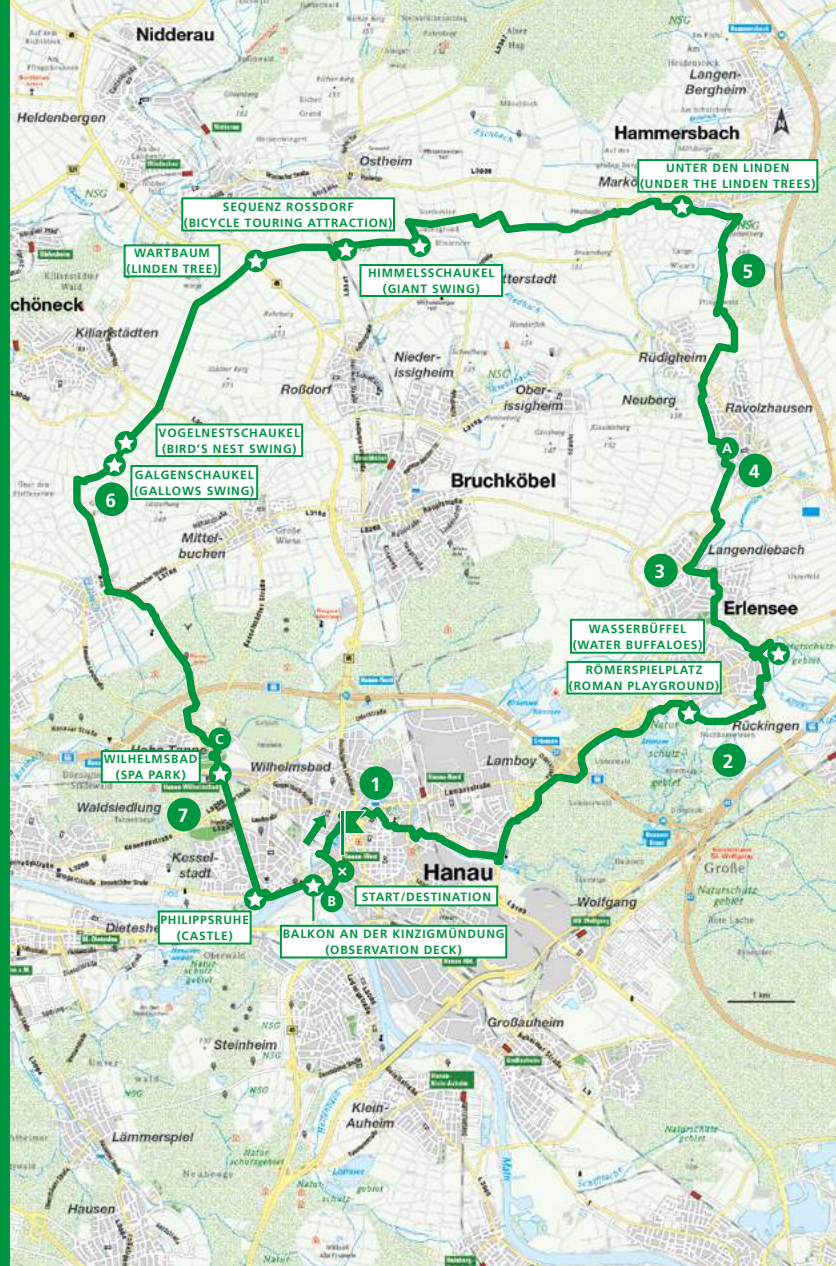
In **LANGENDIEBACH**, turn right onto the *Limesweg*, shortly afterwards, continue slightly to the right onto *Pfingstweidstraße*, turn left onto *Brehmstraße*, then immediately right onto *Ronneburgstraße* and left onto *Langenselbolder Weg*, which merges into *Landwehrstraße*. From there, the cycle path sign *Deutsche Limesstraße* appears: Turn right into *Mühlstraße* and leave *Langendiebach*.

You will come to a T-junction in the open field: Go left over the **CYCLIST'S BRIDGE**, then slightly right following the sign to *Ravolzhausen*. In the town on the *Ober-issigheimer Straße*, you have to go slightly left into *Neue Anlage*, where the *Limesstraße* soon turns left into *Feldstraße*. Turn right at the field – and now it's easy: Always follow the signs for *Limesstraße* to *Hammersbach*.

Shortly before **HAMMERSBACH**: Take the *Limesstraße* to the left. It merges directly into ★ **Hohe Straße**! This **Regionalpark highlight** is signposted with the familiar red triangles. First stop: The ★ **giant swing**, then continue to the ★ **Wartbaum** and then in the direction of ★ **Lausbaum** – take care where the railway crosses the footpath!

Shortly before the *Lausbaum*, the ▲ **REGIONALPARK CIRCULAR ROUTE** joins from the left: Cycle down there to *Hanau*, ★ *Wilhelmsbad* and later to ★ *Castle Philippsruhe*.

In ★ **WILHELMSBAD**, continue straight ahead into the park and along the buildings. Before the lake, turn right and follow the main path through the park. It leads straight ahead with the ▲ **Regionalpark Route** to ★ **Schloss Philippsruhe**: The Main is straight ahead and then a left turn takes you to the **city centre**. This cycle path takes you back to the **train station**.



FOOD  
&  
DRINK



**A — GASTSTÄTTE  
RANFOLDSKELLER**  
ranfoldskeller.de

**B — RESTAURANT  
MAINBLICK**  
mainblick-hanau.de

**C — KLEINE  
PARKWIRTSCHAFT**  
kleine-parkwirtschaft.eu

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## IMPRINT

The Regionalpark routes are here for many people! Agricultural machinery, recreational athletes, families, the slow and the fast all use the routes in the Regionalpark together. Please be considerate!

The information in this tour guide has been researched and checked in detail. However, opening hours and other information may change over time.

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