



EVEN THE ROMANS AND IN LATER TIMES GOETHE LOVED WIESBADEN'S WATERS

Just dive in: Even the Romans loved it. Its spring waters are a balm for body and soul. Two million litres of water gush out of Wiesbaden's 26 thermal springs every day and form the basis for a variety of therapies and spas in the historic Kaiser-Friedrich thermal baths. Even Goethe appreciated the invigorating power of Wiesbaden's water. It's just a pity that the Opelbad did not exist in his time: Located between vineyards and the city forest, this outdoor pool is an oasis with a view.

RECREATION IN PARKS, GARDENS AND ON THE MOUNTAINSIDE

Walking from the Old City into the countryside – in Wiesbaden that's very easy. More than a quarter of the city consists of forests and green spaces. Over a century ago, the rich and famous would stroll in the Kurpark. The Neroberg can be explored on foot, by mountain bike or leisurely by taking the Neroberg cable car, and offers the most beautiful views. And the densely wooded Rhine-Taunus Nature Park begins right on the outskirts of this city.



EXPERIENCE CULTURAL MOMENTS AND ENJOY CULINARY DELIGHTS

Admire old masters and art nouveau in the museum, attend a concert in the Kurhaus or a reading in the Literaturhaus — Wiesbaden offers a thriving cultural programme. The evenings also promise a variety of pleasures: rustic pubs, cosy wine taverns and gourmet restaurants are all on offer. The regional products are not only first-class, but the Rheingau, one of Germany's most important wine-growing regions, is also on the doorstep.

BETWEEN THE RHINE, THE MAIN AND THE DENSE TAUNUS FORESTS

The capital of Hesse has a population of 278,000 and lies on the Rhine, 40 kilometres west of Frankfurt am Main. Its main railway station is an ICE stop. In addition to the spa, the Kurhaus and the Kurpark, the Old City, the elegant Wilhelm Street and the castles Sonnenberg and Frauenstein are among the most important attractions.

