

Wanderbares Deutschland

®

Hermannshöhen (Hermann's Rise)

In the footsteps of Hermann the Cheruscan

Hermannsweg

The *Hermannshöhen* trail combines the 160-kilometre *Hermannsweg* and the *Eggeweg*, its 70-kilometre extension, along the ridge of the Teutoburg Forest and the Egge hills. On its way from Rheine to Marsberg the route passes the *Externsteine* natural monument and offers lofty views from Velmerstot hill. In total there are twelve days of high-quality walking on offer. In 2004, the *Eggeweg* became the first walking trail in Germany to fulfil the criteria set out by the German Ramblers' Association. The *Hermannsweg* followed suit in spring 2008. Both routes jointly belong to the "TopTrails of Germany" association, which guarantees excellence in walking and now also confers a coveted seal of quality.

The *Hermannsweg* trail is one of Germany's most beautiful ridge walks. Named after Hermann the Cheruscan (Arminius), the trail follows his route across the peaks of the Teutoburg Forest from Rheine to Velmerstot near Horn-Bad Meinberg. The 156-kilometre trail offers fabulous walking, diverse scenery (thanks to a variety of geological origins) and historical villages with plenty to see.

98 per cent of the *Hermannshöhen* runs through two nature reserves (TERRA.vita/Egge hills and southern Teutoburg Forest), so nature really is everywhere: right beside you, incorporated into the trail and wherever your eyes may wander. There are numerous outcrops and man-made edifices where you can rest awhile, catch your breath and enjoy the panoramic views: the Luisenturm, Kaiser-Karls-Turm, Bierbaums Nagel and Velmerstot observation towers, Castle Hünneburg and Castle Sparrenburg, the Hockendes Weib rock formation and the *Externsteine* fissured rocks to name but a few. As you can see, history and culture are well represented, too.

Length, Start/End:

Highest elevation: 468m

160km, Rheine - Leopoldstal (Velmerstot)

8 stages

Travel Information

Arrival

Public transport: The nearest InterCityExpress train stations are in Osnabrück, Bielefeld and Gütersloh. Travel to Rheine from Dortmund/Münster or Osnabrück by regional train.

Car: Take the A31/A30 from the western Ruhr region, the A1/A54 from Dortmund/Münster or the A2/A30 from Hannover/Osnabrück to Rheine.

Departure

Public transport: From Marsberg by train towards Paderborn, Dortmund or Kassel.

Car: B251/B7 to the A46 towards the Ruhr region, B251/252 towards northern Hessen, B252 towards Giessen – Rhein-Main.

Contact (Route)

Teutoburg Forest Tourist Information

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<http://www.germany-tourism.de/hiking>

