



## BRENNER'S MOUNTAINBIKE GUIDE

SPORTING HIGHLIGHTS AT ONE WITH NATURE

## THOSE WITH THE FREEDOM TO CHOOSE MUST ALSO ENDURE SOME PAIN...

For lovers of cycling the Black Forest is a particularly attractive destination. Here, every type of cyclist will be able to find a suitable route. Whether on your own, as a family or as a group, the Event Team at Brenner's Park-Hotel & Spa will arrange everything that your cycling heart desires. As an enthusiastic mountain biker, I can promise you that the terrain around Baden-Baden is a paradise for all pedalling enthusiasts.

And after a successful tour through the beautiful Black Forest countryside what could be better than to enjoy the luxury and comfort of the Brenner's Park-Hotel & Spa. Savour a relaxing massage in our spa complex and treat yourself to our exquisite cuisine.

Best wishes



Frank Marrenbach  
Managing Director

## BRENNER'S BY BIKE

EASY

MEDIUM

HARD



EASY

MEDIUM

HARD

## EASY-BIKING

This tour is designed for those who want to enjoy themselves and cycle at a leisurely pace. It lasts only 1-2 hours and begins by taking you along the famous Lichtentaler Allee.

The parks and gardens of the Lichtentaler Allee adjacent to the River Oos were first laid out in 1655 by Moritz von Lassolaye, chamberlain of the renowned "Türkenlouis", the Margrave of Baden. From Goetheplatz the tour leads you along the idyllic, picturesque banks of the River Oos, past the Museum Frieder Burda, the Kunst-

20 km | 1-2 hours | 90% asphalted cycle paths

halle (Art Gallery), the International Club, the world famous theatre and much, much more.

From the district of Baden-Oos the tour takes you to the village of Haueneberstein and on to the palace of Schloss Favorite, the baroque-styled summer residence of Margravine Sibylla Augusta, built in 1710. After a short break you will return along the same route to the Brenner's Park-Hotel & Spa.

## FOR EASY RIDERS



**Trainer:** Katharina Meinzer, Melanie Merz or Kristina Betsch +++ Qualified sports & gymnastics trainer +++ Additional qualification: Wellness trainer +++ (Nordic-) Walking Trainer +++ Sports therapist +++ Masseur in the wellness complex at Brenner's Park-Hotel & Spa +++

EASY

MEDIUM

HARD

## FUN-BIKING

On this intermediate tour, which will take you over terrain up to 450 metres above sea level, you will ride to the most picturesque viewing points that the northern Black Forest has to offer.

The tour begins sedately travelling along Germany's finest boulevard – the Lichtentaler Allee – to the village of Lichtental. From here the route starts to climb into the Black Forest, following the Gunzenbachtal valley to the Leisbergstraße. After crossing the B500 road, a picturesque woodland trail will lead you to the well-known

20 km | 2-3 hours | over “rough and smooth”

Geroldsau waterfall. Following a quick stop, you will then continue to the Bütthof woodland inn for a relaxing break after a somewhat strenuous climb. The last part of the tour heads in the direction of the Steinberg peak along the romantic banks of the Grobbach stream to the idyllic Übelsbachtal valley. You will then pass the village of Geroldsau and the famous 13th century abbey at Lichtental before returning to the Brenner's Park-Hotel & Spa via the Lichtentaler Allee.

## FOR THE AMBITIOUS



Enjoy the beauty of the northern Black Forest +++ Discover idyllic places and trails +++ Accompanied by one of our trainers Katharina Meinzer, Melanie Merz or Kristina Betsch +++

EASY

MEDIUM

HARD

## THE “TORTURE TRAIL”

This tour will take you to the region's most picturesque peaks 1000 metres above sea level.

The trek begins at a leisurely pace along the Lichtentaler Allee to Brahmsplatz. From here on it's Black Forest country! Climbing constantly along the Haimbachtal valley and past the Schafberg estate, you will be lead along the Müllenbildweg trail up to the Nachtigall, the mountain pass between Baden-Baden and Gernsbach, which was also crossed by the teams in the Tour de France 2006. After a short break you will continue up to 800 metres

40 km | 3-6 hours | extremely difficult terrain

to the idyllic surroundings of the Harzbrunnen mountain spring. From here there is only one way and that's up... to the region's highest peak, the Badener Höhe. Excellent views of the Rhine valley and a distant Strasbourg can be enjoyed from this vantage point.

The last stage of this tour will either take you past the Mittelfeldhütte mountain hut into the Harzbachtal valley and onto Geroldsau, or one can make a detour via another peak, the Bühlerhöhe, onto the Zimmerplatz crossing and the Gunzenbachtal valley before returning to the Brenner's Park-Hotel & Spa.

## FOR THE PROS



**Trainer:** Klaus-Peter Müller +++ Since 1997, his company "rent-a-sportsman" has been involved in bike rental and guided bike tours +++ Personal Trainer, guide and instructor for Mountain Biking, Nordic Walking, Inline-Skating and Ski-Carving +++ Expert knowledge of the region's mountains and terrain +++ Regular outdoor events with sporting demands +++



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