

Welcome ...

... to our hiking trail „Der Teinacher“ offering breathtaking views and taking you right into a rich and active past leading through picturesque valleys and unspoiled nature.

Enjoy the spectacular nature and the exciting culture of the Black Forest Nature Park Central/North over a distance of 11.5 km.



Naturpark Schwarzwald Mitte/Nord
www.naturparkschwarzwald.de

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NATURPARK SCHWARZWALD
MITTE/NORD



Premium trail
and Black Forest
gourmet trail



For more information, please contact:



Schwarzwaldverein



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Schwarzwaldverein e.V.

We are committed to hiking. Keeping our hiking paths in good condition as well as preserving the cultural landscape and protecting nature and preserving local traditions are our main tasks. Since 1864, we have been a strong partner for the Black Forest, its visitors and the people living here.
www.schwarzwaldverein.de

The Black Forest Nature Park Central/North,

one of the largest nature parks in Germany, represents a true paradise for everyone who wants to experience the Black Forest in an active and nature-friendly way.

Discover the **natural treasures of the region** on our family-friendly **NaTour walks** or take a hike on one of our **gourmet trails** – always leading you on uniformly signposted hiking trails.

Don't miss out on tasting our delicious Black Forest delights when visiting our **nature park markets** or when stopping for a bite at the **nature park inkeepers**.

All leisure activities and events can be found at

www.naturparkschwarzwald.de



Der Teinacher

Partners and sponsors of the Black Forest Nature Park Central/North



www.duravit.de



www.alpirsbacher.de



www.aok-bw.de

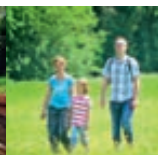
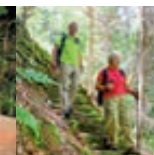


www.teinacher.de



www.badenova.de

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Der Teinacher

A history filled with excitement, picturesque valleys, unspoilt nature – these are the characteristics of the premium trail „Der Teinacher“.



The tour starts at the **1 outdoor-pool parking** right at the entrance to the town of Bad Teinach. Just a few steps from there, on the Beerenweg, you will discover the beauty of nature and enjoy stunning views of the scenic **2 Teinachtal valley**.

Taking a short break at the **3 Centennial Park Bench** will remind you of the people having experienced cure of diseases in the Teinachtal for many years.



Continue hiking through the Teinachtal for quite a while until you cross the brook over natural **4 stepping stones** and walk in the direction of the Mathildenanlage, representing a highlight of the gourmet trail.

Accompanied by bizarre rock formations, dense forests and mystical places, this historical sight with resting places made of stone, known as the **6 Mathildenstaffeln**, leads up more than 600 steps to the **7 Emberger Kopf**.



The resting place of the **5 Teinacher lookout** was made from local timber. While taking a rest there, you can take a look at the bottling plant of the Bad Teinacher Mineralbrunnen GmbH mineral water.

From the **8 Berghütte mountain hut** you will already be able to catch a glimpse of the following destination, the impressive Zavelstein castle ruins, before reaching the fairy-tale part of this hike, the **9 Wolfsschlucht gorge**. The trail then ascends over sandstone steps to the ancient romantic **10 town of Zavelstein** with its charming castle ruins.



Back in the Teinachtal valley, you will be pleasantly surprised by the **11 Adolfshöhe** which had been built in a rather specific architectural style.

Before returning to the starting point, enjoy tranquility, intact nature and the beauty of the landscape on a path leading directly along the Teinach brook.

A quite demanding pleasure hike with a high level of enjoyment.



Tip: Make sure to follow the trail in the recommended direction.

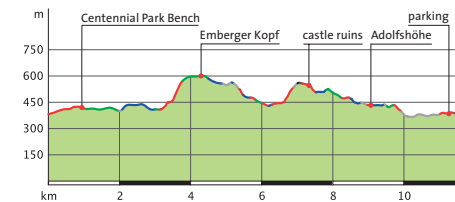


Distance: 11,5 km

Ascent: 445 m

Start and Finish: outdoor-pool parking at town entrance to Bad Teinach, Teinachtal 25

Difficulty: demanding hike, not suitable for prams



1 start, finish and stopovers

P parking

H bus stop

+ stop for refreshments

+ refuge

+ signpost

***** viewpoint

+ monument

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