



Discovering Nature Parks

The Nature Parks invite you to restore your energy by enjoying our natural and cultural treasures. Experience the environment actively on nature trails and cycle tours, or visit the information centres for graphic descriptions of the plant and animal kingdom and to discover more about the region. Many Nature Parks offer special activities for children and teenagers, too.

Nature Parks are also ideal playgrounds for independent spirits who prefer exploring “under their own steam”. There are abundant opportunities to leave everyday life behind you and do that little extra to keep mind and body healthy: rambling and cycling, and in many parks canoeing, swimming or riding, or simply basking in the tranquillity as a tonic for the soul. The programme includes castles and palaces, traditional festivities and regional specialities. More guidance and helpful tips are available from our brochures, maps and websites.

To obtain our publications, access up-to-date information or find out about forthcoming events and activity programmes in the Nature Parks, visit www.naturparke.de, www.european-parks.org or e-mail info@naturparke.de.

Commitment and Competence

The Association of German Nature Parks or “Verband Deutscher Naturparke” (VDN) was created in 1963 as an umbrella association for the Nature Parks in Germany. The VDN depends on the competence and commitment of all the technical staff and responsible persons who maintain our parks and take responsibility for nature conservation, environment education, sustainable tourism, recreation programmes and rural development.

The VDN provides support for its members in establishing Nature Parks and transforming them into exemplary landscapes. The Nature Park Quality Campaign is a voluntary instrument for continuously improving the quality of the work done by the Nature Parks and of the activities they offer. The Petersberg Programme for Nature Parks establishes the priorities for further developing of Nature Parks.

The VDN publicises the functions and achievements of Nature Parks, engages in political advocacy on their behalf and promotes exchange and cooperation between Nature Parks in Germany and Europe.

Verband Deutscher Naturparke e. V.
Platz der Vereinten Nationen 9
53113 Bonn/Germany
Tel. 0049 228 921286-0
Fax 0049 228 921286-9
info@naturparke.de
www.naturparke.de
www.naturparkfotos.de
www.naturpark-spezialtaeten.de



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Text: Ulrich Köster, Martina Porzelt, Beatrix Losem · Translation: Kate Varovitch · Photos: Siegfried Rath, VDN/H. Esser (2), VDN/C. Keiper, VDN/R. Schön Müller · Graphics: Ute Wächler · Printed by: Rautenberg Media & Print Verlag KG, Troisdorf (4/2013) on 100% recycled paper



LIVING WITH DIVERSITY NATURE PARKS IN GERMANY



**“You must involve people if you want
to preserve and protect the landscape
and the natural environment.”**

Alfred Toepfer

VDN-President 1963–1982

Nature Parks in Germany

Did you know that Germany now has more than 100 Nature Parks? They include some of the country’s finest landscapes and account for a quarter of its surface area. Much of our most beautiful landscape is protected in Nature Parks. People can relax here, but so can the environment, as they provide habitats for rare fauna and flora.

There are plenty of good reasons for visiting a Nature Park: recreation, physical exercise, encounters with nature and landscape, and exploring cultures. Just being out in the natural world is always a boost to our health. Experiencing nature goes hand in hand with protecting it, because the Nature Parks promote sustainable tourism and regional development. They offer attractive programmes which combine economic prosperity for people in the region with conserving the environment and countryside. Nature Parks make an important contribution – not least thanks to gentle tourism – to combating climate change and preserving the resources that will sustain future generations. Nature Parks near major conurbations act as a “green lung”, offering a wide range of opportunities for sport and relaxation after work and in the holidays.



The Nature Experience

“Give me the child for the first seven years, and I will give you the man.” That is why the Nature Parks take environmental education so seriously. Their aim is not simply to convey knowledge, but to foster enthusiasm and raise people’s awareness for all that is unique about the region.

The best way to understand nature is “hands on”. Nature Parks provide many ways to encounter nature first hand. Exotic trails, such as moorland paths, treetop alleyways and avenues for the senses open up new perspectives on nature. Guided tours for families and schools, excursions especially for the disabled and nature encounter camps for children and teenagers – there is something for everyone in a Nature Park.



Nature Parks in Germany – treasure on the doorstep!

- 1 Schlei
- 2 Hüttener Berge
- 3 Westensee
- 4 Aukrug
- 5 Holsteinische Schweiz
- 6 Lauenburgische Seen
- 7 Sternberger Seenland
- 8 Nossentiner/Schwinzer Heide
- 9 Mecklenburgische Schweiz und Kummerower See
- 10 Flusslandschaft Peenetal
- 11 Insel Usedom
- 12 Am Stettiner Haff
- 13 Feldberger Seenlandschaft
- 14 Wildeshauser Geest
- 15 Lüneburger Heide
- 16 Südheide
- 17 Elbhöhen-Wendland
- 18 Bourtanger Moor – Bargerveen
- 19 Dümmer
- 20 Steinhuder Meer
- 21 TERRA.vita
- 22 Weserbergland
- 23 Elm-Lappwald
- 24 Solling-Vogler im Weserbergland
- 25 Harz/Niedersachsen
- 26 Münden
- 27 Drömling
- 28 Harz/Sachsen-Anhalt
- 29 Harz/Sachsen-Anhalt (Mansfelder Land)
- 30 Unteres Saaletal
- 31 Fläming
- 32 Dübener Heide
- 33 Saale-Unstrut-Triasland
- 34 Stechlin-Ruppiner Land
- 35 Uckermärkische Seen
- 36 Westhavelland
- 37 Barnim
- 38 Märkische Schweiz
- 39 Hoher Fläming
- 40 Nuthe-Nieplitz
- 41 Dahme-Heideseen
- 42 Niederlausitzer Landrücken
- 43 Schlaubetal
- 44 Niederlausitzer Heidelandschaft
- 45 Hohe Mark – Westmünsterland
- 46 Teutoburger Wald/Eggegebirge
- 47 Schwalm-Nette
- 48 Deutsch-Belgischer Naturpark Hohes Venn – Eifel
- 49 Rheinland
- 50 Siebengebirge
- 51 Bergisches Land
- 52 Ebbegebirge
- 53 Homert



- 54 Rothaargebirge
 - 55 Arnberger Wald
 - 56 Diemelsee
 - 57 Kellerwald-Edersee
 - 58 Habichtswald
 - 59 Meißner-Kaufunger Wald
 - 60 Lahn-Dill-Bergland
 - 61 Rhein-Taunus
 - 62 Hochtannus
 - 63 Hoher Vogelsberg
 - 64 Hessische Rhön
 - 65 Hessischer Spessart
 - 66 Bergstraße-Odenwald
 - 67 Eichsfeld-Hainich-Werratal
 - 68 Südharz
 - 69 Kyffhäuser
 - 70 Thüringer Wald
 - 71 Thüringer Schiefergebirge/ Obere Saale
 - 72 Erzgebirge/Vogtland
 - 73 Zittauer Gebirge
 - 74 Rhein-Westerwald
 - 75 Nassau
 - 76 Südeifel
 - 77 Vulkaneifel
 - 78 Saar-Hunsrück
 - 79 Soonwald-Nahe
 - 80 Pfälzerwald
 - 81 Neckartal-Odenwald
 - 82 Stromberg-Heuchelberg
 - 83 Schwäbisch-Fränkischer Wald
 - 84 Schönbuch
 - 85 Schwarzwald Mitte/Nord
 - 86 Südschwarzwald
 - 87 Obere Donau
 - 88 Bayerische Rhön
 - 89 Haßberge
 - 90 Frankenwald
 - 91 Bayerischer Spessart
 - 92 Steigerwald
 - 93 Fränkische Schweiz – Veldensteiner Forst
 - 94 Fichtelgebirge
 - 95 Steinwald
 - 96 Frankenhöhe
 - 97 Hirschwald
 - 98 Nördlicher Oberpfälzer Wald
 - 99 Oberpfälzer Wald
 - 100 Oberer Bayerischer Wald
 - 101 Bayerischer Wald
 - 102 Altmühltal
 - 103 Augsburg-Westliche Wälder
 - 104 Nagelfluhkette
- G Muldenland



People and Nature Hand in Hand

Nature Parks are designed to protect both nature and people. They enhance the quality of life in the community and strengthen the rural economy. They encourage forms of tourism that respect the social and ecological fabric, environmentally-conscious land management and the marketing of regional products from Nature Parks.

The Nature Parks bring different stakeholders together to drive regional development forward. This generates fruitful cooperation between nature conservation, agriculture & forestry, tourism, local councils, business and the arts.

Natural Park products from regional farms, forests and craft studios are on sale in shops and markets, and purchasing these encourages gentle land management, helping us to preserve the cultural landscape.

The regional foods and products served in hotels and restaurants are not only a tasty experience, but a further opportunity to discover and support the Nature Park.