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**Tourist Attractions**

In Nittenau, there are a lot of tourist attractions, for example the **Geisterwanderung**:

The Geisterwanderung is a scary comedy theatre that takes place in the three castles Hof am Regen, Stefling and Stockenfels in July, August and September. The actors and actresses act out a play for the audience. The comedy is acted out at night, so you must take a torch with you. Smoking and taking dogs or other animals with you is not allowed. Furthermore, the spectacle takes place in all weathers, so you should take a jacket and an umbrella with you.

When it's warm and the sun is shining, we recommend going to the **outdoor swimming pool** of Nittenau. It isn't very expensive because the usual price for a person is only 3 euros and in the evening you only have to pay 2 euros. For students and teenagers up to 18 years, the price is only 1.50 euros. Enjoy great massage jets or have a go on the big yellow slide. When you aren't frightened, you can jump from the 3 metres board. Moreover, you can play beach volleyball or minigolf.

You are a fan of music? Then visit one of the many **concerts** in Nittenau. There are fascinating open air concerts, concerts in the castle Hof am Regen or in the town hall of Nittenau. Special about the town

hall is that its architecture offers a wonderful sound. The concerts take place in May and August every year. Locals and tourists don't have to pay much to enjoy this special kind of music.

In Nittenau, you can also go **shopping**, for example at the **MAC Jeans outlet** which is located between Nittenau and Regensburg in the small town Wald / Roßbach. There you can buy jeans which cost between 79 and 99 euros. However, the outlet also offers cheaper jeans of 20 euros and more. No matter what price you pay, you can be sure that the company's most important goals, that is offering a high quality and thus satisfying the customer, are always protected.

If you want to buy regional products, the **regioladl** is the right shop for you. There you can buy regional products of excellent quality, for example regional vegetables, free-range eggs, beef of grazing cattle and other great products. When you are looking for souvenirs or presents, you can create an individual basket with regional meat, chocolate and beautiful handmade art.



**Nittenau CALLING**

*srdečně Vás vítáme*

**Dobro došli**

**Welcome**

**Dzień dobry**

**Bienvenue**

**Добро Пожаловать**

**Willkommen**





## Nittenau presents itself

Nittenau is a town near Schwandorf in the Upper Bavarian Forest located by the river Regen. In 2017, 9,311 inhabitants are registered in Nittenau. The town also has partner cities all over the world, like in Preštice in the Czech Republic or Lake Zurich (Illinois) in the USA.

### The exciting history of Nittenau

The history of Nittenau started in the year 1007 when King Henry II gave the town to the newly founded diocese of Bamberg. Nittenau, as integrated into the Upper Palatinate, became Bavarian in the year 1628. However, it was only in 1953 that Nittenau was officially declared a town.

When Nittenau was given an independent market in 1345, the town got a central economic position. The most important point of having a market was that rich and poor people should work together to make the town a great place to live. The age of industrialization started in the 1960s. Today, service, trade and industry are part of the economy and jobs are offered in all working sections.

Within 1,000 years in Nittenau, a lot of wars took place. There were bad fire disasters and very high tides. In 2007, the inhabitants of Nittenau celebrated the 1,000th anniversary of the town. For the future, Nittenau has a lot of goals. On the one hand, wonderful old traditions will be preserved, but on the other hand,



the town wants to continue to be modern. Nittenau not only supports schools and provides health care for everybody, but it also offers as many free-time activities as possible.



### The town museum of Nittenau

If you want to learn more about the history of Nittenau, visit the town museum. The museum is opened from April/May to October on Tuesdays and Thursdays from 9 am to 11 am. On Wednesdays, Saturdays, Sundays and on holidays, you can visit the exhibitions from 2 pm to 5 pm. Special meetings can also be arranged any time. In the general exhibitions, you can learn about the fishing tradition of the region, for instance. Moreover, there are special exhibitions that change every year.



## Sights

### The churches of Nittenau

The two main churches of Nittenau are the Protestant church and the Catholic church. The beautiful Catholic church is located in the centre of Nittenau, the smaller but also terrific Protestant church is situated a bit outside of the town. In 1625 Nittenau was declared Catholic.



Therefore, Protestants had to leave the town. After World War II, many of them returned and built a church outside. After a fire in 1779, in which the Catholic church had completely burned down, it was rebuilt. Almost two hundred years later, additional parts of the Catholic church were rebuilt. Inside the church you can see many religious symbols, such as a tree of life.

### The monasteries near Nittenau

The monastery of Reichenbach was founded in 1118. Today it is a beautiful home for old and disabled people. When you want to visit the monastery of Walderbach, you can look at interesting exhibitions inside.

You can also hike on the educational trail around the monastery and enjoy the unspoiled nature of the region. Moreover, extraordinary concerts take place in the monastery every year.



### Storchenturm

The fantastic Storchenturm is a high tower that is located in Nittenau and can be described as the landmark of the town. It got its name because of the storks that lived on top of the tower. In the past, there was a scary dungeon and later baker's shops inside. Then the fire fighters' equipment was stored there. Today you can find a pharmacy next to the tower.

### Castle Hof am Regen

The wonderful castle Hof am Regen was built in the 12th century. Every year, special concerts of different styles take place inside the beautiful chapel next to the castle. When you take part in a tour, you can see the romantic and interesting art of the 15th century. Furthermore, you can have a look at "torture chambers".

### Castle ruin Stockenfels

The special castle ruin Stockenfels is one of the most famous castles in Bavaria. A legend says that there are still mysterious ghosts inside the scary ruin. Everybody who committed the crime of "watering down beer" was banned there. Today you can book a guided tour through the castle ruin. In the tours that take place every hour you learn about the story of the castle ruin as well as listen to other legends and mysteries about the place. Moreover, the guides dress up like people of the Middle Ages and act out scenes.

## Activities

In Nittenau, you can do a lot of activities, for example bicycling.

**Bicycling** in Nittenau is so special because on the unique 600 km of bike trails, there are wonderful valleys, great lakes and romantic views into the big forest area. In Nittenau, there is also a bicycling club whose goals are to enjoy bicycling in a relaxed atmosphere and to spend time with other people who are fond of bicycling, and of course, they simply want to have fun when they ride their bikes.

Moreover, the river Regen is a perfect river for **fishing** because it is 165 km long. So there are much different fish inside, for example catfish. But when you want to go fishing in Nittenau, you have to follow some rules: It is allowed to go fishing with one or two fishing rods. Furthermore, it is only allowed to fish from the banks. Small fish have to be put back into the water.

When you want to do sports in Nittenau, you can go to the cool outdoor course **NitFit**. It offers 16 different kinds of sport equipment and special about it is that everybody can use it, children, adults and senior citizens. You want to stay fit? Then the running training is perfect for you. From April to October, the training takes place in



the Regentalhalle every Wednesday. From October to March, it takes place in the comprehensive school of Nittenau.

**Hiking** in Nittenau is extraordinary, too, because you can enjoy 700 km of hiking trails in the wonderful region. Sometimes you can discover one of the many lakes in the region. And if you like to go **canoeing**, you can experience a romantic, wild and unspoiled landscape. On some trails, you can even see castles, monasteries and churches. Some of them are directly situated next to the river Regen.

The Oberpfälzer Seenland offers you many different kinds of **water sports**, such as diving, sailing or waterskiing. The Steinberger See (lake near Steinberg) covers an area of 184 hectares. It is the largest lake in East Bavaria. Moreover, it offers possibilities for everybody, like relaxing on the beach or on the terrace of cozy cafés.

## The cuisine of Nittenau



The cuisine of Nittenau is special because it offers regional and international food. However, if you don't want to enjoy an evening in one of the many restaurants but prefer to relax at home, we recommend our Turkish or Italian takeaways. They do not only offer delicious food at a moderate price, but the staff is also very friendly and polite.

### The beer tradition of Nittenau

Normally, modern technology produces beer at the cheapest price possible. The result is that different types of beer all taste the same. The Jakob brewery offers alternatives to satisfy the customers. Their beer is still handmade. Furthermore, many different flavours are offered. A guided tour through the brewery costs 6 euros. During a tour, you can learn a lot about the production, and of course, you can also taste the extraordinary beer of Nittenau.

### Restaurants in Nittenau

In Jakob's restaurant you can sit in the beer garden in spring and in summer. There are more than 100 seats where you can relax and sim-

ply enjoy the good view. In Jakob's restaurant you can eat a soup with regional ingredients as a starter, for instance. For the main dish, they offer meat or fish with potatoes and for dessert, you can taste regional fruits, for example.

At the restaurant Aurora you can eat delicious Italian food, for example self-made pizza or delicious salads. You needn't reserve a table because the staff always has a table for you. But if you want to have your favourite table, just make a short call for a reservation. The staff is waiting for you.

### Italian café in Nittenau

You would like to relax and eat tasty ice cream? Then the Café da Marco is the right place for you. The café always produces fresh and handmade ice cream with regional ingredients. The ice cream as well as the coffee and the cakes are of an excellent quality. As a guest, you can feel at home there. The café is a perfect place for young and old people.

