

Facts about the Ammergau Alps Nature Park

Area of 227 sq km

227 square km, more precisely the municipalities of Oberammergau, Unterammergau, Ettal, Saulgrub, Bad Kohlgrub and Bad Bayersoien as well as the municipality free area Ettaler Forst, were nominated "Ammergau Alps Nature Park" in August 2017.

5 types of landscapes

Marshlands

The existence of so many bogs in the Ammer Valley is due to two facts. On the one hand, the Ice Ages created a diverse landscape and silted up lakes and ground moraines. On the other hand, it's the small-scale agriculture which rarely made drainage of the bogs necessary.

Landscape of meadows

On the gentle hills of the Aufacker-Hörnle massif and the foothills of Unterammergau, you can find very special meadows, the Wiesmahd. These mainly hand-cultivated grasslands are the largest of its type in Germany. There is an incredible variety of flowers and a unique biodiversity

Woods

Anyone who discovers the rear Graswang Valley will find themselves in the solitude of the mixed mountain forests – a sight that is otherwise only known from the mountain forests of North America.

Riverscape

The Ammer river is still a largely natural wild river. Its springs and the imposing Ammer gorge with the Scheibum breakthrough are particularly worth seeing.

Mountain landscape

The nature park extends at the Kreuzspitze mountain up to a height of 2,185 m above sea level and thus has the largest height range of all German nature parks.



Cultural highlights

Romans, monks, kings, farmers and many others have shaped the image of the Ammergau Alps in the last few centuries. Culture in the Ammergau Alps Nature Park is like its landscape: various, gorgeous and omnipresent. You will find tales and history wherever you go.

Handicrafts and facade paintings

The emergence of the still famous woodcarving trade in Oberammergau dates back to the late Middle Ages. However, the impressive perspective frescoes arose in the 18th century. The Pilate's House is probably the most famous example.

Linderhof Palace

Linderhof Palace is the only castle of King Ludwig II. which was completed during his lifetime and is regarded as his favorite one. The park unites motifs of the French and Italian Baroque garden and of the English landscape garden.

The Oberammergau Passion Play Theatre

The famous Oberammergau Passion Play takes place in this imposing building with almost 5.000 seats (next time in 2030). A cultural summer programm is set up for the years inbetween. In 1900 the audience hall facing the open-air stage was built, with an iron-frame construction with six high arches. In 2020, the theatre was declared to be a historic monument.

Cultural Mile Ammergau Alps

Along the Cultural Mile Ammergau Alps you will experience the heritage of the Ammergau Alps through sight and sound. Each of the 18 stations along the Cultural Mile features an interesting audio report which you may access with your own mobile phone.

Ettal Monastery

The Benedictine monastery Ettal with its impressive basilica was founded in 1330. Today among others a monastery brewery, distillery, hotel and gastronomy or the humanistic grammar school belong to it.



Natural healing

The Ammergau Alps have a long tradition for health and well-being. Bad Kohlgrub looks back on a long history as a curative mud spa. The community has been a curative mud spa since 1871 and can therefore look back on 150 years of mud spa experience. Bad Bayersoien is a quite young mud spa established in 1996. The health concepts of the two towns are structured in three parts: Curative mud treatments, medical wellness and prevention.

Mud – a natural remedy

Around 20% of the landscape around Bad Kohlgrub and Bad Bayersoien are bogs. Since the healing power of the mud has been known, it has been excavated on site. Crushed and enriched with water, it is heated up to 42 degrees and given as curative mud treatments.

The alpine mountain pine bog

The bogs around Bad Kohlgrub and Bad Bayersoien are around 10,000 to 15,000 years old. They were formed after the last ice age when the glaciers melted. In this humid environment, the decomposition of plants, including mountain pines, formed the raised bogs.

Bog treatments

The curative mud is used as a bath or wrap. The body is warmed up effectively which stimulates the body's own healing processes. Mud baths also have a relieving effect on the joints.

Moor nature trails

On the bog nature trails of Bad Kohlgrub and Bad Bayersoien, the origin and importance of the highly sensitive, rare ecosystem is explained. Visitors learn how a bog is created, dismantled, processed to peat and renatured.



All about hiking

Hiking with a views

You can enjoy beautiful mountain views already from the valleys. But it is even greater from the peaks. One example is the Zeitberg mountain; a 4,3 km long panoramic walking trail on the top of Bad Kohlgrubs' local mountain Hörnle.

Easy walks

Picturesque hiking trails in the valley along the Ammer river in the Graswang Valley are the choice for easy walks. Who wants to climb the mountains anyway: one cable car and two chair lifts will lead you to the top.

The Meditation Trail

It is the beauty of nature and cultural monuments along the Ammergau Alps Meditation Trail that makes you wanting to stay. The 85 km long hiking trail connects so 15 stations between the UNESCO world heritage church Wieskirche in the north and Linderhof Palace in the south of the Ammergau Alps.

Theme walks

Theme walks provide new insight. One great example is the "Timberland Trail" where you can learn about our forests, the informative paths about the local curative mud ("Moorlehrpfad") or the Grind mill gorge ("Schleifmühl klamm") which tells about the traditional whetstone making.

Mountain hut hikes

What could be nicer than rewarding yourself for your efforts after a hike with a refreshing stop at a mountain hut and a view over the surrounding mountains? The selection is tempting and large: from simple alpine huts and royal hunting lodges to mountain restaurants.

