

GENERAL INFORMATION

Discover Niedersachsen on Foot

A wide variety of routes and excellent walking

Wading barefoot across the tidal flats, mastering challenging inclines in your hiking boots in the Harz Mountains, or going on a pilgrimage from Loccum to Volkenroda – Niedersachsen offers incredible variety for walkers. The north German federal state offers a huge amount of choice which unfolds across 476,000 km², from mountain landscapes, rivers, marshes, moors, and the Wadden Sea. A strong emphasis is placed on quality: With more than 40 certified walking trails, over 70 certified walking-friendly accommodation providers and one ‘*Wanderbares Deutschland*’ region (a German national certification for outstanding walking destinations), Niedersachsen offers outstanding walking experiences.

Exploring the uplands

The Weser Uplands Route is one of three Top Trails of Germany in Niedersachsen – a network that brings together some of the country’s finest long-distance walking routes. The 225-kilometre trail boasts 13 stages from Hann. Münden to Porta Westfalica, where the Weser river breaks through the uplands and flows into the North German lowlands. Travelling from south to north, the route leads through the entire Weser Uplands holiday region. Each stage offers something distinctive – historic towns, charming places to stay, wildlife parks, as well as palaces and castles. Along the way, walkers can enjoy sweeping views of the Weser river. One section passes through the Solling-Vogler region, recognised as northern Germany’s first ‘Wanderbares Deutschland’ quality region and known for its wild landscapes and gently rolling hills. 16 certified routes and 50 hiking stamp points along the trails – particularly popular with families – invite visitors to explore the area. One of the most popular day walks is ‘*Zum Ebersnacken*’, which was nominated in 2025 for the title of Germany’s most beautiful hiking trail. Another certified long-distance trail, the Ith-Hils-Weg, also runs through the Wilde Heimat – an area known for its rugged natural landscapes. It is notable not only for its striking rock formations but also for the panoramic views across the surrounding landscape.

Alongside the Weser Uplands Route, the *Harzer-Hexen-Stieg* is also part of the Top Trails of Germany network. With its climbs, rugged rock formations and tranquil raised bogs, the path provides a dramatic backdrop for tales of witches and legends. The *Baudensteig* trail, by contrast, remains something of a hidden gem. Foodies are particularly well catered for here, since it connects the loveliest forest inns and mountain restaurants, where you will find traditional dishes such as pea soup or roast boar with red cabbage. Families in particular may enjoy the new interactive water and forest climate discovery trails (*Klimalehrpfad Wasser* and *Klimalehrpfad Wald*) created by the Brockenbande. Around the upper reservoir of the

Söse Dam in Osterode am Harz and near Buntenbock, interactive stations with audio support allow visitors to explore the changing landscape in a playful and engaging way. Visitors to the Harz Mountains today can witness how the landscape is transforming, evolving from commercial forest into a wilder natural woodland. This transformation is especially visible in Harz Mountains National Park. Covering around 24,700 hectares, Germany's second-largest national park will mark an anniversary in 2026: twenty years earlier, on 5 January 2006, Niedersachsen and Saxony-Anhalt merged their protected areas.

Relaxed walking with far-reaching views across the heath

A unique natural landscape with hardly any climbs but plenty of panoramic views – that is what walking in the Lüneburg Heath is all about. The 223-kilometre *Heidschnuckenweg* is also part of the 'Top Trails of Germany' network. Stretching between Fischbek and Celle, the route delights walkers with sandy heathland paths, abundant juniper bushes, and charming half-timbered farmhouses and historic thatched cottages. In recent years, the *Heideschleifen* (Heath Loops) have been added to the *Heidschnuckenweg* – twelve circular walking routes that connect directly to the trail. The *Heideschleife Büsenbachtal* is one of the best-known routes and was awarded second place in the day-walk category of 'Germany's Most Beautiful Hiking Trail 2025'. The certified route in the Lüneburg Heath Nature Park covers around 13 kilometres and leads through a landscape full of contrasts, where gentle hills and the 129-metre-high Brunsberg hill meet the dramatic Höllenschlucht gorge. With quiet streams, blooming heathland and the characteristic moorland sheep that help maintain the landscape, the route offers a memorable nature experience – rounded off with regional specialities at the *Café Schafstall*. In total, walkers can choose from nine multi-day tours and around 50 day walks across the Lüneburg Heath. And best of all: during the season from 3 July to 3 October, visitors can explore the nature park without a car and free of charge using the *Heide-Shuttle*.

A gently rolling landscape and flatlands

Between the Harz Mountains, the heath and the North Sea, Germany's second-largest federal state boasts a number of natural treasures. In the Nature and UNESCO Geopark TERRA.vita in the Osnabrücker Land region, the TERRA.tracks offer a wide range of walking trails, from multi-day hikes to shorter walks of around an hour, all within a landscape where nature and culture are closely intertwined. Further north, in the district of Rotenburg (Wümme), the 24 *Nordpfade* routes clearly demonstrate just how diverse Niedersachsen can be. Across these 24 day walks, heathland, moorland and forests alternate to create ever-changing scenery. Four of the routes have been awarded the '*Qualitätsweg Wanderbares Deutschland*' certificate for German hiking trails by the *Deutscher Wanderverband* (German Hiking Association), and around 50 certified walking-friendly accommodation providers are ready to welcome visitors – making the region particularly attractive for walkers. The Emsland region and Hümmling Nature Park also offer excellent walking opportunities, with the park celebrating its tenth

anniversary in 2026. 10 of the 15 *Hümmeling-Pfade* trails have been certified as ‘*Traumtouren*’ (premium walking routes), offering ideal conditions for those wishing to enjoy nature at its best. The 19 new moorland trails in the Bourtanger Moor Nature Park each highlight different aspects of the landscape and lead walkers through the region’s characteristic moorland and *Fehn* peatland landscapes.

Walking along the Wadden Sea

The Wadden Sea National Park will also celebrate a milestone anniversary in 2026. Under the motto ‘*Nationalpark wirkt!*’ (‘The National Park makes a difference’), it will mark its 40th anniversary with numerous events and a travelling exhibition in the Niedersachsen Parliament. Visitors looking for a particularly immersive experience can explore the mudflats barefoot and enjoy the natural ‘foot massage’ provided by the soft tidal flats. One of the most impressive – but also most demanding – mudflat walks in the region leads to the Arngast Lighthouse in the Jade Bay. The 14-kilometre route through deep tidal mud takes around six to seven hours to complete. The lighthouse can only be reached on foot at low tide and stands as a reminder of the former island of Arngast, which was destroyed by a storm surge in 1905. For those more interested in birdwatching, *Langwarder Groden* is the place to go. Awarded the title of ‘Natural Wonder’ in 2024, it offers the best location for bird-watching on the Butjadingen peninsula. Along a five-kilometre walking route, visitors can observe the remarkable birdlife and experience the constant rhythm of the tides. The trail is also barrier-free and certified under the ‘Tourism for All’ (seal for barrier-free tourism products) scheme.

For further information, please visit: niedersachsen-tourism.com/experience-discover/active-adventures/hiking

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Further Information

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About Tourist Board Niedersachsen (TourismusMarketing Niedersachsen or TMN)

The TMN is the central point of contact for tourism in Niedersachsen (Lower Saxony). The company was founded on behalf of the Niedersachsen Ministry of Economic Affairs, Transport and Housing in 2001 and, since January 2014, has been a wholly state-owned company. The TMN's main task is to develop and implement measures for the future-oriented positioning of Niedersachsen in national and international tourism competition in cooperation with regional tourism stakeholders. The focus is on regional and national marketing of Niedersachsen as a tourist destination, the development of brand concepts, Internet portals and quality management systems for tourism offerings.
