

Welcome



Welcome to the Spessart and the Main! Here, the Franconian lifeline joins the sea of leaves of the Spessart forests creating a symphony of nature. The Main beckons visitors with riverside promenades and wine-growing villages. Historical treasures tell stories about the past. Fairy tales and legends come to life. Discover the magic of this region in the heart of Germany!

Wine and Culinary Delights



Around the towns of Alzenau, Marktheidenfeld and Kreuzwertheim and on the sun-drenched slopes near the Main in Churfranken delicious Franconian wines ripen in ideal climatic conditions. The red wines in particular owe their exceptional flavours to the fertile red sandstone soil. The wide forests and meadow valleys with clear streams are home to the famous Spessart trout and game, both basis of delicious dishes best enjoyed during the game and wine weeks in autumn.

Nature and Cycling



The Spessart-Mainland with its river and stream valleys and gentle mountains is a paradise for cyclists. Both leisure cyclists and ambitious mountain bikers will find great tours here. The Main River with its tributaries is the main destination and also the starting point for enjoyable tours. E-bikers will find the largest e-bike charging network in Germany here (Wald erFahren), and more ambitious cyclists will enjoy the tours of *Bikewald Spessart* and *SpessartBiken* with over 40 marked circular tours and 30,000 metres of altitude to explore.

General Map & Information

Spessart-Mainland



Franken
Tourismus



Wellness²



Our two Spessart spa towns are the places to go to pamper body, mind and soul. The Toskana Therme in Bad Orb and the Spessart Therme in Bad Soden-Salmünster await you! Wellness, sauna worlds, therapy and prevention, Dead Sea Salt Grotto, the unique Liquid Sound® experience, the Icelab -110°C cold chamber or simply well-being and relaxation – choose your feel-good experience.

Experience Culture



Impressive castles, sophisticated or embedded in the picturesque landscape, medieval fortresses and monasteries, some in breathtaking locations, filigree church artwork or fascinating industrial heritage – the Spessart-Mainland opens its treasure chest for you! Experience history in beautiful half-timbered old towns and follow in the footsteps of the Romans along the LIMES World Heritage.

Hiking in the Spessart



Spessart means hiking! For example, the certified long-distance trails such as the *Spessartwege 1, 2 and 3*, the *Spessartbogen* or the Franconian Red Wine Hiking Trail. Great hiking experience is very important to us: The *Räuberland* is one of the few certified "Wanderbares Deutschland" quality hiking regions in Germany. For shorter tours, our unique network of more than one hundred European cultural trails and circular trails of the Spessart Nature Park offer excellent choices.

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Welcome to the holiday region Spessart-Mainland



Vast forests, vineyards, river landscapes, meadow valleys, fortified castles, palaces, fairy tales and legends – all of these are part of the rich Spessart cultural landscape.

The Spessart Nature Park: Beech and oak forests, giant centuries-old trees, babbling brooks, sandstone cliffs, impressive views and enchanted meadow valleys invite you to linger. Welcome to the realm of nature!



The magical Spessart is not only the home of The Brothers Grimm, but also of the famous Spessart robbers. With a bit of luck, you will meet Frau Holle in Steinau an der Straße. And Lohr am Main is the home of Snow White. You can visit her castle there and the famous mirror.



With a Franconian set menu, in the wine bar (Häckerwirtschaft) of a winegrower or at one of our numerous festivals: Experience authentic regional hospitality in the Spessart and Mainviereck!

Excellent red wines and fresh game dishes from the Spessart are a treat for your taste buds – savour the fruits of this delicious region!



Enjoy leisure cycling in the Spessart and along the Main and its tributaries. The landscape of the river and the vast wooded low mountain range: Excellent choices for cyclists, for example with "Wald erFahren" – our award-winning network of e-bike charging stations.



Defiant castles and elegant palaces characterise the landscape and turn history into an experience. Johannesburg Palace in Aschaffenburg, over 400 years old, is one of the most important Renaissance buildings in Germany. Romantic half-timbered towns tell tales of ancient times.



In addition to treatment and rehabilitation, the two brine spa towns Bad Orb and Bad Soden-Salmünster offer great hiking, wellness and well-being packages for a healthy time-out. Our tip: relax in the unique Liquid-Sound® Dome in the Toskana Terme Bad Orb or in the „WellVitamed“ in the Spessart Terme in Bad Soden-Salmünster and enjoy luxurious brine wellness massages.



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