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!

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.

Wine and Culinary Delights



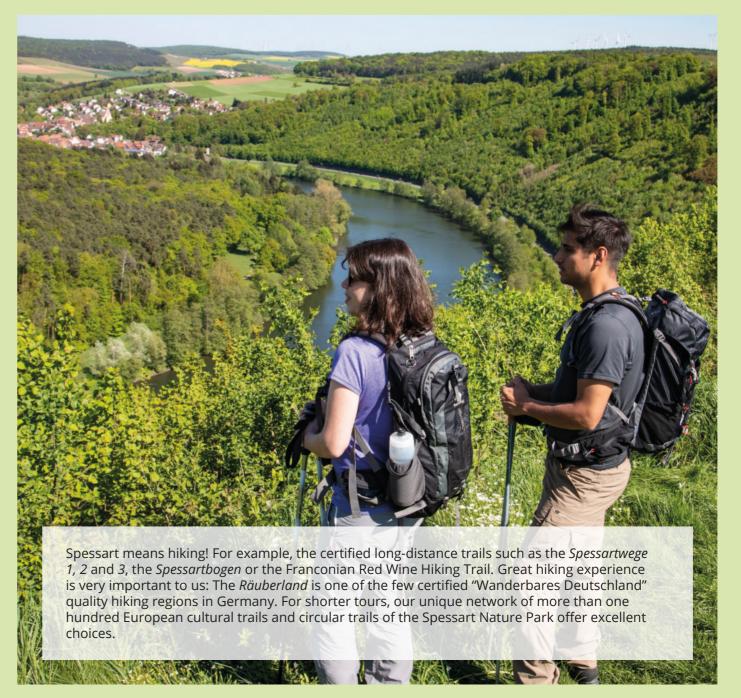
Experience Culture

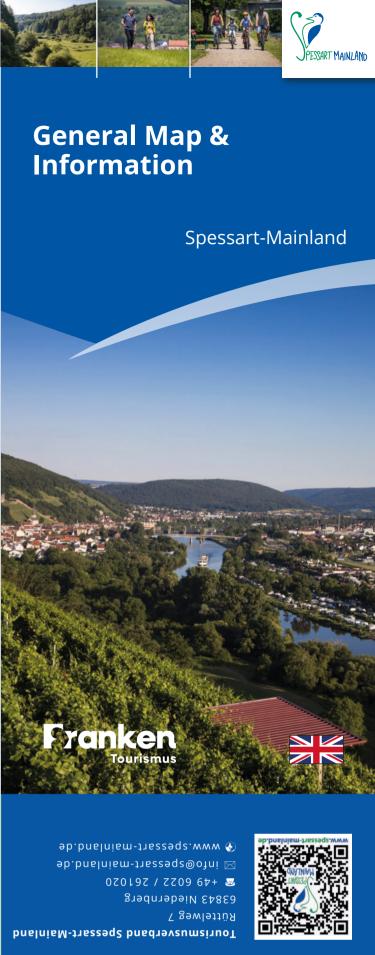


Nature and Cycling



Hiking in the Spessart





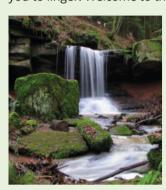






Vast forests, vineyards, river landscapes, meadow valleys, fortified castles, palaces, fairy tales and legends - all of these are part of the rich Spessart cultural landscape.

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



Welcome to the holiday region Spessart-Mainland





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 awardwinning network of e-bike charging stations.





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







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 Therme Bad Orb or in the "WellVitamed" in the Spessart Therme in Bad Soden-Salmünster and enjoy luxurious brine wellness massages.

