X Adventure golf course

The 18-hole golf course on the "Duhner Kreisel" promises fun for the entire family. Along with playing fields, a football pitch and playgrounds for different ages, there is also a restaurant kiosk with a terrace and toilet amenities. Miniature golf courses are also located in Döse near the event centre and in Brockeswalde, Sahlenburger Chaussee 1. Info: www.duhnen.de/adventure-golf.html

K "Aeronauticum" Airship Museum

The "Aeronauticum" in Nordholz includes the museum hall and 36,000 square meters of open ground at the edge of the airship base, which was founded in 1913. Alongside special exhibitions, the permanent exhibition shows original parts, models, documents and photos of airship technology, naval airships, civil airship aviation, the Nordholz airship base, seaplanes and naval aircraft. The exhibits date from 1913 to the present day. Info: www.aeronauticum.de

X "Alte Liebe"



River Elbe. Originally built in 1733, it serves as a breakwater and jetty. Numerous excursion ships still moor on the landwards side of the "Alte Liebe" today. Every year, tens of thousands of ships pass by on the World Shipping Route on their way to the North Sea or up the River Elbe to Cuxhaven. Announced over loudspeaker, the shipping report service provides information for visitors from the spring until the autumn. Info: www.nordseeheilbad-cuxhaven.de

X Barrier-free beach

Info: www.deichverband-cuxhaven.de



common courtesy to pedestrians. The local police monitor

and oversee these areas, enforcing the laws and regulations.

in a hammock in this quintessentially maritime atmosphere whilst watching the ships sailing by at Altenbruch beach.

for Heligoland transport, carrying up to 692 passengers in

three seating categories. Passengers have ample room on the

large open decks and the on-board comfort is next to none.

Reaching speeds of up to 35 kn (approx. 65 km/h) and equipped

with a modern stabiliser system, a trip across the open North

comfortable, whatever the sea conditions.

Info: www.nordseeheilbad-cuxhaven.de

Info: www.fleckenmarkt.com

Info: www.tag-der-shanty-choere.de

Infos: www.beachsoccer-cuxhaven.de or

Sea is a maritime experience, one that is both quick and

:: The Cux rabbits are out and about: extensive and

enjoyable family programme with traditional Easter fire

:: "Cuxhavener Fleckenmarkt": traditional festival held on

the Ritzebüttel market square which dates back over 150 years

:: Shanty Choirs' Day: festival with choirs from Germany and

Beach Volleyball Cup: tournament with over 100 teams

Beach soccer and a variety of different tournaments for

Junior and Women's Beach Soccer Cup: weekend package

little side streets, "Nordersteinstraße" Shopping Centre has

many interesting fashion and independent retailers, not to

mention numerous small eateries and large restaurants.

Many street cafés invite visitors to sit back and spend time

relaxing in those summer months. Anyone wishing to discover

that maritime feel could not go wrong in the "Deichstraße"

or the "Kapitän-Alexander-Straße", ideal just for rummaging

or simply relaxing to a touch of seafaring romance. The

"Schillerstraße" in the "Lotsenviertel" (Sailors' Quarter) has a

nice selection of retail and specialist stores. A large shopping

centre is located right next to the train station, acting as a

The area known as "Abschnede" possesses a broad range of

larger specialist stores, markets and restaurants. The district

of Duhnen does not just have souvenir shops around the

village well; it also offers many specialist shops, open every

day during the season. There is also a small shopping centre

in the district of Sahlenburg on the beach itself, open every

: Adventure pool in the Thalassotherapy Centre ahoi!

The sea has been brought indoors for visitors to the Thalasso-

as well as against the rapids are all possible in the wave

pool. Alongside the wave pool, there are six different

saunas and a steam bath, an outside pool with bubble

loungers, relaxation rooms, a whirlpool, and a pool and

sauna bistro. Kids paradise awaits youngsters. Specially

designed access to the beach means that use of the beach

and the Wadden are both possible on a whole-day visit to

: Seawater open-air pool Steinmarne: swimmers can

swim in heated sea water on the dyke in July and August.

therapy Centre ahoi! Swimming in the surf or in the seawater

★ "Steubenhöft" and Hapag Halls

kind of gateway to the old fishing port with its rustic eateries.

:: Sport Events in the "VGH Stadion am Meer":

ship promises passengers a real cruise feeling.

K Heligoland

Info: www.cassen-eils.de

Catamaran to Heligoland:

The "Halunder Jet" has

been ferrying passengers

to Heligoland via Wedel

and Cuxhaven since 2018.

Measuring 56.4 meters

in length, the new ship

was specially developed

Info: www.helgoline.de

K Highlights

JUNE TO AUGUST

Info: www.cux-beach.de

youngsters and adults

www.rot-weiss-cuxhaven.de

participating

day in summer.

From the alittering domed

hall to the "Steubenhöft"

berth, the historic passenger

hall is open for visits and

tours. Different exhibitions on

the first floor of the reception

building, such as "Farewell

and off to America", cast

visitors back in time to a long-

forgotten era when the "Quay

of Tears" saw thousands emi-

grate to America. A whole

host of musical events take

Info: www.hapaghalle-cuxhaven.de

Thalassotherapy Centre ahoi!

Info: www.ahoi-cuxhaven.de

regardless of the tide.

place daily in these former

X Swimming pools

waiting rooms.



Our events for guests will certainly deter boredom from setting in. Available free or charge from Tourist Information and also online, "Cuxtipps" provides a list of current events and important tips. Info: www.nordseeheilbad-cuxhaven. de

K Fire ship "Elbe 1"

The legendary fire ship is berthed at the "Alte Liebe". Visitors can go and see the ship from April to October. Day and multi-day trips on the fire ship are available in the summer. Info: www.feuerschiff-elbe1.de

K "Fort Kugelbake" Built in 1869, the former Prussian fortress defended shipping routes. In the summer, "Fort Kugelbake" plays host to a number of open-air events. Regular tours are also available. To register, telephone: +49-4721 404444

K Golf

Set against the backdrop of the north German landscape, this 18-hole links golf course in the district of Oxstedt is not just for advanced players. Golf pros are available to teach beginners. The golf course also plays host to a number of golf tournaments. Info: www.golf-cuxhaven.de

K Green beaches

Even more prevalent than the long sand beaches of Cuxhaven, this North Sea coastline is home to a greater number of green beaches. Beach chairs in vibrant colours are dotted on the grass land-

scape in Grimmershörn Bay and in Altenbruch. The red and white pavilions on Grimmershörn Bay offer the perfect spot

to have a rest on the World Shipping Route. Tourists can relax

:: Cuxhaven Sailing Association Info: www.rg-cux.jimdo.com It is possible to sail catamarans between Sahlenburg and

:: Catamaran Club Cuxhaven Info: www.cccuxhaven-ev.iimdo.com :: Catamaran Friends Cuxhaven

Info: www.catamaran-freunde.de X Sand beach

Be it for digging, building castles or just getting tha sand beaches. Six kilometres of sandy beach extends past the districts of Sahlenburg

sand-between-the-toes feeling, Cuxhaven has many Duhnen and Döse up to the "Kugelbake". Beaches are cleaned regularly, daily in summer.

★ Schloss Ritzebüttel Dating back to 1340, the redbrick Schloss Ritzebüttel is surrounded by a beautiful garden. Attentive walkers will also discover modern sculptures again and again, placed between

more art in a series of exhibitions in the Schloss and in the Artists' House directly adjacent to the Schloss Information about opening times and tours

X Sea Airport Cuxhaven/Nordholz Airport Motorists can reach the airport via the Autobahn A27 / Nordholz junction and then by following the signs to "See-Flughafen". Info: www.sea-airport.com

ancient trees and blooming bushes. Visitors can enjoy even

X Semaphore Dating back to 1884, the "Semaphore" is a wind strength

Tel.: +49-4721 721812

and wind direction indicator, located next to the "Alte Liebe". This monument showing technical prowess is set daily according to current weather reports.



Cuxhaven, a maritime shopping town on the North Sea, not only attracts visitors from the region; it draws in many holiday makers to stroll, look and spend their time. Known for its From the "Kugelbake" to Duhnen, the beaches and the beach promenade have barrier-free access in many places. Information on barrier-free access is available in the "Barrier-free beach access" leaflet.

Info: www.nordseeheilbad-cuxhaven.de

★ Beach promenade



From the "Kugelbake" to Duhnen, the beach promenade not only has undulating scenery and many places to sit and soak up the maritime feel: it offers a wonderful view of the Wadden Sea and the ships sailing on the North Sea. There are opportunities for kid pirates to play; for visitors to eat on the seafront, accessible to all with barrier-free access. Roughly 300 meters in length, the promenade in Altenbruch is great for ship spotting, and has even been designed in the shape of

Info: www.nordseeheilbad-cuxhaven.de

🗶 Beach railway



operates a two-hourly service the beach promenade etween the "Alte Liebe" and ne Duhnen naturist beach. The Dune railway runs from Duhnen (Badhotel Sternhagen stop) via the Duhnen Heath to Sahlenburg. Visitors can take the weight off their feet and travel these longer distances in comfort.

The tourist vessel "MS Helgoland"

high seas island of Heligoland.

carries passengers all year round

rom Cuxhaven to Germany's only

erated by the Cassen Eils shipping

ne, the trip from the mainland to

Between April and September

he "Jan Cux" beach railway

K Beach sport / Family beach



in the only permanent beach stadium on the North Sea coast. Family events are offered during the summer holidays. Supervised by holiday reps, beach volleyball and beach soocer are played several times per week. And a big family party is

districts of Duhnen, Döse, Sahlenburg, Altenbruch and Lüdingworth. Buses also run from the station to the berths for port tours and the Heligoland ferry.

Info: www.kvg-bus.de Buses operated by the Maass bus company run to the districts of Altenwalde, Oxstedt, Holte-Spangen and Berensch-Arensch. Info: www.maass-reisen.de/linienverkehr.html

★ Camping 11 campsites provide plenty of room to tent up and camp. The district of Duhnen has six campsites, almost all of which are just a stone's throw away from the sandy beach. There are a further four campsites in the district of Sahlenburg, three of which are close to the beach. Here, dog owners can take their dog for a walk on the beach for dogs. And kitesurfers can ride the waves in the beach area designated for kitesurfing. Altenbruch boasts a campsite on the World Shipping Route. Tourists can ask for the brochure. Great for families, Wernerwald campsite has its own beach access and also offers beach chair hire. The adjacent open-air swimming pool in the forest, the climbing park, the adventure playground as well as the Sahlenburg surfing and kitesurfing point provide plenty of recreational activities. Wernerwald campsite offers spaces for those wishing to camp over longer periods of time. For more information, phone +49-4721 404-330 or visit: cpw@tourismus.

Online booking for beach chairs and short-stay camping: www.nordseeheilbad-cuxhaven.de

K Caravan parking

deal from Friday to Sunday

Info: www.blaues-klassenzimmer.de

Info: www.duhner-wattrennen.de

Info: www.nordseeheilbad-cuxhaven.de

Info: www.nordseeheilbad-cuxhaven.de

Info: www.nordseeheilbad-cuxhaven.de

Info: www.nordseeheilbad-cuxhaven.de

Info: www.nordseeheilbad-cuxhaven.de

Info: www.nordseeheilbad-cuxhaven.de

:: OP no Dös: street party around Döser Church

music programme in the "Kurpark"

the historic "Fort Kugelbake"

Info: www.op-no-does.de

Info: www.fleckenmarkt.com

programme at Schloss Ritzebüttel

Info: www.nordseeheilbad-cuxhaven.de

generously sized lawn in a rural setting.

Info: www.freibad-oxstedt.de

SEPTEMBER

OCTOBER

DECEMBER

lantern procession

Info: www.ballfreunde.de

Beach House



It's a unique sight: ships sailing past guests' caravans almost within touching distance. Caravan parking is available at the ferry ports in the district of Grimmershörn and at the locks to

Beach handball: tournaments for children, youngsters and

: Blue Classroom: eco-project for schools and invited guest

: Duhner Waden Race: a unique horse race and the highlight

of the season in the district of Duhnen for well over a century

:: Festival of lights in the "Kurpark" (once in both July and

:: Duhner Artists' Promenade Festival: street artists from

around the world with stands displaying handicrafts and art

Info:www.duhnen.de/duhner-kuenstlerpromenadenfest.html

:: Family days: live music, shows, children's sport programmes

:: Middle Ages Spectacular: knights and merchants meet in

:: Summer evening by the sea: traditional summer festival

at Grimmershörn Bay with large firework displays over the sea

:: Cuxhaven Wine Festival: wines and specialities with a

:: Cuxhaven Buttfest: town festival with dance, duck races,

: "Cuxhavener Fleckenmarkt": traditional festival held on

the Ritzebüttel market square dating back over 150 years

:: Christmas Magic: Christmas market and advent music

:: Sahlenburg forest open-air pool: the heated freshwater

open-air pool with its generously sized lawn and children's

paddling pools offers ample space under tall trees in July and

:: Oxstedt open-air pool: 25-degree heated pool with a

Cuxhaven has 18 outdoor and 4 indoor tennis courts:

Altenwalde Tennis Club (Tel.: +49-152 54101280, +49-4723 713320),

TC Cuxhaven (Tel.: +49-4721 426585) and SC Schwarz-Weiss-

Cuxhaven (Tel.: +49-4721 554611). Holiday guests are welcome

to these tennis clubs and lessons can be arranged on request.

★ Thalassotherapy

Cuxhaven established itself as a North Sea Spa resort, not

least because of its fantastic location on the North Sea, the

positive influence of the sea climate on the immune system

and the medicinal use of sea water. Cuxhaven is in a favourable

climatic zone as temperature fluctuations are not as

extreme as they are inland. The sea cools down slower than

In the Thalasso Bathing House on the sea, visitors will find

everything that makes up a modern thalassotherapy centre:

modern facilities to prepare freshly-drawn sea water for

bathing and inhalation; high-quality therapy and spa facilities;

ramic sauna with a sea view; a bathing complex with wave

a roof terrace for climate therapy and heliotherapy; a pano-

★ Thalassotherapy Centre ahoi!

the land with the salt storing heat.

Thalassotherapy uses the healing power

of the sea to provide holistic therapy.

Supplemented by balneology methods,

physiotherapy, physical medicine as well

as health instruction, this therapy also

includes the use of fresh sea water, mud,

algae, aerosols, salt as well as the

healthy North Sea climate. A Thalasso

spa or wellness holiday in Cuxhaven is

always a worthwhile investment for any

visitor's health. As far back as 1816,

live music and firework display on the "Buttplatz"

August): on-stage programme, thousands of lights and

expert speakers on the World Heritage Site Wadden Sea

Meeting point and exhibition: Visitor Centre at the Döse

Info: www.hvn-online.com or www.tsv-beach.de

are within touching distance. Directly behind the "Kugelbake" in the district of Döse, a caravan park has ideal access to the sandy beach, the "Kurpark" and the green beach. The parking

the New Fishing Port on the water. It is almost as if the ships

ear at each spa. Children's theatre group

everal hundred children's vents take place every wns, conjurers and, above l, the FUN Team from Nordseeheilbad Cuxhaven

GmbH" ensure that the kids won't get bored, from March to October and also during the Christmas holidays. All of the events take place outside, if possible. When this is not possible, there is the creative room in the "Haus der Kurverwaltung" in Duhnen and the tent at the "VGH Stadion am Meer". Children's playgrounds are located in Duhnen at the Thalassotherapy Centre ahoi!; in Sahlenburg at the DRK Kindergarten

in Nordheimstraße; and in Altenbruch on the dyke. A number of places promise kids a lot of fun, including at the Pirate Adventure Playground in the "Kurpark", the "Watträuber" pirate ship at "Strandhaus Döse", the adventure playground at "Duhner Kreisel", and the "Wernerwald" adventure playground with its barbecue area. As part of "KinderFerienLand

KanderFerienLand Niedersachsen", a state-wide certification for child-friendliness, Cuxhaven is inspected for its childfriendliness. Regional tourism organisations inspect equipment, services and safety in accommodation, restaurants and enter tainment facilities. Results and ratings are available on this

www.nordseeheilbad-cuxhaven.de

★ Classification Each business awarded with stars in our holiday magazine has been awarded these stars according to standard criteria that apply throughout Germany. Hotels and guest houses with 10 or more beds have been inspected by an auditing committee from the German Hotel and Guest House Association. Those providing private rented accommodation (up to max. 9 beds), holiday apartments and holiday homes have been audited by licenced and trained auditors from the German Tourism Association and awarded stars accordingly. Classification is reviewed every three years by an independent audit commission. Visitors wanting a particular standard of accommodation will find a guide to the classification in the holiday magazine. This guide can be used by visitors to make appropriate bookings

World War. But where did the name Ringelnatz come from? :: Duhnen New Year's Market: the place to be for the New Year with a large open-air New Year's Eve party Visitors will find this out as well as many other facts at this Info: www.duhnen.de

K Holiday on a farm

for accommodation which they prefer.

A holiday relaxing on a farm is just the thing for those who would really like to breathe the country air. The current holiday magazine provides a list of accommodation.

★ Internet: Free Wifi

Internet access is available at "CUX-Tourismus GmbH" Tourist Information office, Cuxhavener Str. 92, Tel.: +49-4721 404200; at the Tourist Information in Döse, Heinrich-Grube-Weg 2, Tel.: +49-4721 47081; at Sahlenburg, Nordheimstr. 35, Tel. +49-4721 28028; and Altenbruch, Alter Weg 18, Tel.: +49-4722 341; also in the Library, in the UNESCO World Heritage Site Wadden Sea Visitor Centre; and in the "Museum Windstärke 10" ("Museum Force 10").



this forever happy little man and his friend "Cuxi". Reminding many people of an unforgettable holiday in Cuxhaven, "Jan Cux" appears on many car bumper stickers throughout Germany. On request, guests can receive a "Jan Cux" sticker with their Guest Pass from Tourist Information. Visitors may purchase "Cuxi" stickers. Souvenirs are available for purchase online in the "Cuxhaven Shop".

Info: www.cuxhaven-shop.de

★ Jan Cux Fanshop For over fifty years, Jan Cux has been the mascot of the North Sea Spa Cuxhaven. Jan Cux, a really loveable character, is available as a souvenir, in all sorts of different forms. He even features in the Cuxhaven clothes collection from Wind sportswear. Local fan shops are located at Shop No. 7 at Wehrbergsweg 7, in Kaufhaus Stolz in the Störtebeker Passage opposite the station, in Tourist Information in the district of Duhnen, Cuxhavener Str. 92, not to mention throughout the vear on the online shop at: www.cuxhaven-shop.de

X Joachim Ringelnatz Museum

Also known by his real name of Hans Bötticher, Joachim Ringelnatz served in Cuxhaven as a sailor during the First

pool, exercise pool, marine thermal bath and fitness area.

Now that the Thalassotherapy Centre provides access to the

beach, visitors can enjoy the healthy sea climate and the

North Sea to the full, both "inside" and "outside".

★ Tourist Information (DTV certified)

:: Döse: Heinrich-Grube-Weg 2, Tel.: +49-4721 47081

:: "Windstärke 10": Ohlroggestraße 1,

:: Duhnen: Cuxhavener Straße 92, Tel.: +49-4721 404200

:: Sahlenburg: Nordheimstraße 35, Tel.: +49-4721 28028

:: Altenbruch: Alter Weg 18 (Villa Gehben), Tel.: +49-4722 341

Cuxhaven levies a tourist tax for the duration of visitors'

stays. Collected by accommodation proprietors on arrival,

the amount levied depends on the time of the season and

the precise location of the accommodation. Day visitors pay

their fee on arrival at the beach to the service staff of the

'Nordseeheilbad Cuxhaven GmbH". This financial contributi-

on goes towards the upkeep, maintenance and operation of

tourist facilities for our guests. The Guest Pass to the North

Sea Spa offers holders many benefits, including free access

to beaches, free entry to maritime events and concessions to

swimming pools, museums and theatres. Up until the 2015

season, this Pass could only be used in Cuxhaven, but has since

been extended to include benefits in four further districts in

"Cuxland" when the Pass is purchased on paying the tourist

tax. Alongside the North Sea Spa of Cuxhaven, the Guest Pass

is now also accepted in the North Sea resort of "Otterndorf",

the "Wingst" health resort, the "Bad Bederkesa" moor spa

and the "Wurster Nordseeküste", granting even greater

Holidaymakers to the Cuxhaven North Sea Spa can make

great savings using the Guest Pass to enter many attractions

in neighbouring regions, which are known for attracting

tourists: the salt thermal bath in Otterndorf, the moor spa

in Bad Bederkesa, the Nature and Open Air Museum in

'Natureum Niederelbe" in Wingst and the Dyke Museum in

"Wurster Nordseeküste" Even within the Cuxhaven North

Sea Spa, the Guest Pass has even greater benefits alongside

the free access and participation in beach exercises, concert

and theatre events, sport tournaments, family event days and

guided tours of the mudflats. Pass holders can take advantage

of great prices on a visit to the Ringelnatz Museum or the fire

From Hamburg Main Station: an hourly service on the

"Start Unterelbe" service, the line connecting Hamburg to

benefits to holidaymakers in "Cuxland".

Info: www.nordseeheilbad-cuxhaven.de

★ Transport links

Cuxhaven via Stade.

Info: www.ahoi-cuxhaven.de

Tel.: +49-4721 70070850

X Tourist tax

ship "Elbe 1".

The "Kugelbake" is a prime Cuxhaven landmark. The 29-metre high sea marker once helped seafarers navigate the seas. Such markers have since been replaced by modern radar. Among emigrants leaving Cuxhaven to go to America, the "Kugelbake" was regarded "the last stop before America".

From Bremen Main Station: the line connecting Bremen

gers should travel to Bremerhaven and then change on to

an "EVB service" (Eisenbahn- und Verkehrsbetriebe Elbe-

Drive past Bremen on the A1 and A27 to get to the North Sea

Travelling from Hamburg: Cuxhaven can be reached via the

Flixbus operates services from North Rhine Westphalia

(Düsseldorf, Essen, Bochum, Dortmund, Münster) to Cuxhaven.

There are also services to Cuxhaven from Berlin and Jera.

Bus travellers will disembark at the newly renovated and

Sea Airport Cuxhaven/Nordholz, Tel.: +49-4741 181816

Why not experience the UNESCO World Heritage Site at first

hand? This landscape gets submerged with water twice a day,

and then dries out again, something that is unique in the

world. Covering almost 10,000 square kilometres, the Wadden

Sea is one of the largest wetland areas on the planet, a

unique natural landscape with fascinating animal and

plant life. Visitors to Wadden Sea can experience this

nature in all its glory, be it on guided Wadden hikes, excursions

organised by the UNESCO World Heritage Site Wadden Sea

Visitor Centre or a trip across the sea bed with a horse and

carriage at low tide. In any case, a visit to Neuwerk Island in

:: UNESCO World Heritage Site Wadden Sea Visitor Centre

Discover the World Heritage Site Wadden Sea spread across

three floors! The Wadden Sea Visitor Centre for Cuxhaven in

the district of Sahlenburg is located on the beach overlooking

Neuwerk Island. What creates tides? What are living there

hidden away? What are the impacts of climate change?

Answers to these questions reveal why the Wadden Sea is so

special, and why it needs protecting. The recently revamped

to Bremerhaven and the branch line to Cuxhaven. Passen-

K "Kurpark"

Well-tended lawns are the hallmark of the "Kurpark" in the district of Döse. Not only is it attractive for walks; it provides fun for both children and adults with an adventure playground, a small zoo (open daily from 9 am to 6 pm), a penguin pool and a beautiful aviary. Penguin feeding can seen at 3 pm.

Weser GmbH) to Cuxhaven.

A26 and the Bundesstraße 73.

Info: www.sea-airport.com

the Wadden Sea is certainly worth it.

★ Wadden Sea

redesigned Cuxhaven "Bürgerbahnhof"

Info: www.flixbus.de/fernbus/cuxhaven

:: By car:

:: By air:

Spa Cuxhaven



K Lighthouse

The 23-metre-high Cuxhaven lighthouse stands at the "Alte Liebe". Walls measuring 80 cm in thickness have defied the wind and weather ever since 1803. Tours are not possible The "Dicke Berta", the black and white museum lighthouse in Altenbruch, is open to visitors in the summer months. Marriages take place here, too. One of the oldest lighthouses in the world is at Neuwerk. Anyone climbing the 138 steps is rewarded with wonderful views across the Wadden Sea National Park.

★ "Museum Windstärke 10" ("Force 10")



sites, the fight for survival and also about work in deepsea fishing. Two former fish packing halls now form a

X Naturist beach

Located opposite the Thalassotherapy centre ahoi!, Duhnen has a specially designated beach area for naturists.

★ Old Fishing Port



Info: www.reederei-narq.de Info: www.cassen-eils.de

Info: www.cuxhaven-schifffahrt.com

Right across Cuxhaven, there are well-established hiking paths for Nordic walking. Designated routes for Nordic walking and special outdoor training are well signposted with distances provided. Tours start at the noticeboards at the Thalassotherapy Centre ahoi! as well as Wernerwald campsite and the designated bathing area in Grimmershörn. An "Outdoor Training & Nordic Walking Plan" is available locally at all tourist information offices.



shing Port to give it a new lease of life. There are plans for new

the Wadden hiking times for Döse und Duhnen. Further information is available in the "Wadden Hiking" brochure. Visitors are instructed not to attempt Wadden hiking outside the beaches of Döse, Duhnen and Sahlenburg, not least because of the dangers it poses.

World War One and World War Two can still be found on Cuxhaven's beaches. Anyone finding suspicious metal on the beach should contact the Cuxhaven Office for Safety and Order immediately on Tel. +49-4721 700301. : Exploring Neuwerk Island

is a popular excursion destination for guests on the mainland. If visitors do not want to take one of the numerous Wadden wagons, they can walk across the seabed to the island at low tide. In contrast to the Wadden wagons, however, it is not possible to walk back again; instead, it's a journey back on the "MS Flipper" operated by the Cassen Eils shipping line. Info: www.neuwerkreisen.de ★ Water quality

the Cuxhaven coast and tested in line with strict European regulations. Results of these water quality tests can be requested from "CUX-Tourismus GmbH", the tourism offices, "Nordseeheilbad Cuxhaven GmbH" and the lifeguard sta-Weather and climate

Low tide and high tide, then the wind ushers in a change to

the body's circulation and improves general wellbeing. Walking against the wind is just as much a part of a North Sea holiday as lazing in a beach chair in the sun. Daily weather forecasts **X** Weddings

Cuxhaven offers an extraordinary atmosphere for couples wishing to tie the knot. Locals or those from further afield can get married in the "Landherrenzimmer" or in the Gothic Hall in Schloss Ritzebüttel. The Officers' Mess on the fire ship "Elbe 1" and the decommissioned lighthouse "Dicke Berta" in the district of Altenbruch offer a true maritime atmosphere. The Red Salon in the Art Nouveau villa "Gehben" is also available for wedding

for dogs on beaches and mudflats: Dog owners must keep their dog on a lead on the open-air pool and the restaurant "Düne 1" (Döse district). Dog owners may walk their dogs on the path at the top of the dyke from "Alte Liebe" to Duhnen and to the beach exit "Haus der Kurverwaltung".

X Dogs on the beach and on mudflats

Holidaymakers are required to comply with important rules

:: Dogs on mudflats: as part of the "Wadden Sea National Park", the Wadden Sea off the coast of the North Sea Spa Cuxhaven is a protected area. Access to this area for walking or hiking with dogs on a lead is permitted from thirty minutes to three hours before low tide. This includes the "Wattwagenrampe" beach entrance to the "Panoramahaus" in Duhnen as well as the "Rettungsstation" beach entrance at Sahlenburg. **Dogs are not permitted on the other beaches. :: Dog fouling:** dog owners must clear up after their dogs and dispose of the waste!

'Nordseeheilbad Cuxhaven GmbH" supports dog owners by providing 38 dog toilets with free bags and bins for bags containing dog waste from Altenbruch to Sahlenburg. Over 220,000 bags are used every year; they are solely intended to

Info: www.nordseeheilbad-cuxhaven.de



As large parts of Cuxhaven are below sea level, dykes play a really important role in protecting people's lives. Visitors are required to comply with the protection regulations: they are not permitted to access the protective dunes between the dyke and the promenade. Planted dunes form an important part of the coastal defence system. Cycling on the dyke is only permitted along the designated sections, which are clearly signposted, e.g. the junction of the Elbe and Weser cycle paths on the dyke at the "Kugelbake". Cyclists should show

and many more attractions. The commercial port will continue

to be open to crab fishing and general shipping.

Info: www.afh-cuxhaven.de

X Port tours

The World of Thalasso



Cassen Eils shipping line offers port tours from the landside of "Alte Liebe" as well as trips to the seal banks and the Kiel

from the landside of "Alte Liebe" from March to October

K Riding

and a long port tour



For centuries, horses have played an important role in Cuxhaven life. Discovering the Wadden Sea UNESCO World Heritage Site on horseback or riding on the offshore Neuwerk Island is undoubtedly a unique experience. Cuxhaven coastal heath and the area around the Wernerwald Forest are wonderful for horse riding. Riders are asked to show care and consideration when riding in these unique areas. To maintain and enhance the pleasant bridleway network, riders are asked to purchase a riding vignette before using these paths. Vignettes are available at the Tourist Information and also from certain stables. Info: www.nordseeheilbad-cuxhaven.de

X Sailing

Guests are invited to the yacht marina behind the Seaside Bridge and to the Altenbruch sport boat marina. : Altenbruch Sea Sports Club Info: www.asv-altenbruch.de



meaning health derived from the sea, alleviates respiratory illnesses, musculoskeletal system problems, skin conditions and circulation problems. It also does much to improve general personal wellbeing. Therapists support and assist with sea water baths, mud and algae packs, inhalations, massages and

Info: www.cuxhaven.jugendherberge.de :: "Haus zur Sahlenburg": only for groups, such as school parties and sports clubs

Info: www.hauszursahlenburg.de hotel section for individual travellers

:: "Stella Maris": family holiday home and seminar building Info: www.stellamaris-fftw.de

> North Sea Spa Cuxhaven Responsible: Nordseeheilbad Cuxhaven GmbH

Cuxhavener Straße 92 | D - 27476 Cuxhaven, Germany Tel.: + 49-4721 4040 | info@tourismus.cuxhaven.de > www.nordseeheilbad-cuxhaven.de

> Translation: Dr. John Goodyear

Subject to change without notice

Favourite places **K** CUXLINER Info: www.nordseeheilbad-cuxhaven.de held on Tuesdays. in "Duhner Allee" in Duhnen is on the beach. The centre of Info: www.nordseeheilbad-cuxhaven.de dykes, the dyke foreshore and on mudflats at all times. Duhnen or the Thalassotherapy Centre ahoi! are just five **CUX-Tourismus GmbH central booking hotline** CUX-Info – including map All aboard for the new hop-on hop-off bus tour! A 40 km There are designated beaches for walking; and dog owners **K** Bathing minutes' away. Tel.: +49-4721 404200 or online booking at: ★ Brochure service round bus trip in 100 minutes, stopping off at must-see must keep their dogs on a lead here as well. These beaches www.cuxhaven-tours.de/suchen-buchen.html Shallow waters at the beaches of Sahlenburg, Duhnen and places, offers a unique opportunity to discover Cuxhaven. include the green beach sections in Altenbruch; the area **K** Children All of the brochures can be downloaded online: Döse are ideal for the little ones to splash around and cool A wide range of special tour packages are also available. Red around the "Behrens" beach pub in Döse; the vicinity of the www.nordseeheilbad-cuxhaven.de double-decker buses run all-year round with open tops in off to their hearts' content. From June until September, one ree of charge for quests, Visitors can expect relaxation in an internationally renowned beach exit to the "Kurpark" in Grimmershörn; and the dog Request by email: info@tourismus.cuxhaven.de hour before and one hour after each high tide, swimmers good weather. nature conservation area; they can experience nature in a beach in the sandy beach area in Sahlenburg. Neighbouring Request by telephone: +49-4721 404200 Info: www.cuxliner.de may swim in designated areas in Grimmershörn and Altenbeautiful landscape with rich animal and plant life, away areas also see a large number of holidaymakers with dogs on Cuxhaven bruch, both of which are monitored by a qualified lifeguard. from the mudflats and beaches. The sandy geest on the Wadden leads in the summer. Dogs may be taken off their leads on the **X** Bus routes There is another designated bathing area on the natural beach Sea extends between Berensch and Duhnen, forming what is **K** "Cuxtipps" meadow below the top of the dyke between the Steinmarne known as a "geest cliff" – a vertical crumbling cliff edge up to KVG bus routes connect the centre of Cuxhaven with the Whether it's the opening times of museums and exhibitions or

6 m high. Behind the sandy geest, close to the coast, there are extensive plains comprising of a mosaic of broad heathland. scrubby grassland, small heath moors and oak woods. Heck cattle, wild horses and European bison also live here in large paddocks. A network of signposted paths with information boards, observation platforms and nature trails will guide

K Coastal heath

K Cuxhaven Climbing Park

visitors through the diverse Cuxhaven coastal heath landscape.

Info: www.nordseeheilbad-cuxhaven.de

Outdoor excitement and action are the name of the game in Sahlenburg on the beach next to the Surf Point. Overlooking the Wadden Sea World Heritage Site, the Cuxhaven Climbing Park with seven routes through the "Wernerwald" are a real source of fun and adventure for the whole family. Small snacks and drinks are available for purchase at the Forest Bistro.

Info: www.kletterpark-cuxhaven.de ★ Cuxhaven Library

It offers a gateway to the media world! Visitors to Cuxhaven Library can enjoy books, newspapers, films, audio books, software, music CDs and much more at reasonable prices when on holiday. Info: www.cuxhaven.de

Cuxhaven Tree House

Info: www.ringelnatzmuseum.de

* C * C

The months from April to October see hundreds of kiters on

the Wadden Sea off Sahlenburg or at the "Kugelbake". Holi-

daymakers can take advantage to learn how to kite here.

There is kitesurfing in Sahlenburg and at the "Kugelbake"

3 hours before and 3 hours after high tide. Kitesurfing is

permitted in Sahlenburg all year round; in Döse only between

1 April and 31 October, Surfers can also get their money's

worth on the Wadden Sea off Cuxhaven. Car parking is

available on the kitesurfing beach in Sahlenburg and on the

fair site behind the dyke at the "Kugelbake".

Info: www.surfschule-cuxhaven.de

K Kitesurfing



in a tree house? Why not make this dream come true by staying t Wernerwald campsite, Sahlenburg. Extending over 35 square etres with 17 square metres living space, four metres

North Sea at Sea Airport Cuxhaven/Nordholz from Thursday to Sunday in mid-July. Attracting over 50,000 "Freaks and Folks, Fans and Friends", 80 bands, live acts, DJs and slammers put on this summer musical extravaganza on six stages over four days. Info: www.deichbrand.de

above ground, the Cuxhaven Tree House can accommodate up

up-to-date details on events, "Cuxtipps" is the place to find out

about the latest information on what's happening in Cuxhaven.

The only challenging slope in Cuxhaven for cycling holiday

makers is the dyke itself. Pleasant, well-established cycle paths

cut through the heath landscapes along the River Elbe, passing

small villages that have retained their maritime flair into the

present day. Several long-distance cycle paths also run through

the region, e.g. the Weser Cycle Path, which finishes up in

Cuxhaven: the North Sea Coast Cycle Path: and the Elbe Cycle

Path. The Cuxland brochure "Cycling" provides suggestions for

'Cuxtipps" are available from Tourist Information as well as at

to three people.

Info: www.baumhaus-cuxhaven.de

hotels and rented accommodation.

Info: www.cuxland-tourenplaner.de

X "DEICHBRAND"

It is a unique summer

highlight and an absolute

must on the cultural

calendar in the north of

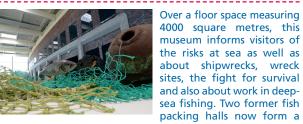
Germany: the "DEICH-

BRAND" Festival on the

K Cycling

restaurants, pubs, a bed & breakfast, a business hotel, offices

Over a floor space measuring 4000 square metres, this



modern hall, providing an authentic backdrop for the exhibition, which includes a large ship-in-a-bottle collection by Peter Weber. Youngsters are accompanied through the museum by "Otto the Steamship". Info: www.windstaerke10.net

X Nordic walking



Around 100 million euros are being pumped into the Old Fi-

ranging from kindergarten children to adults.

:: The "Blue Classroom" Project

www.blaues-klassenzimmer.de

: Wadden wagon

:: Individual Wadden hikes

Info: www.nationalpark-wattenmeer-cuxhaven.de

An environmental project for children and young people

located right on the sea - the "Blue Classroom" has been

taking place annually between June and August for over

10 years. Children and youngsters get to know the

World Heritage Site in a playful way. School groups can

book lessons lasting up to two hours. A comprehensive

exhibition with over 60 exhibits is on display. Meeting point:

Guest Centre Beach House Döse. The programme is available

Riding the Wadden wagon across the seabed is a must for

every holidaymaker in Cuxhaven. Lasting four hours, this

excursion also includes a one-hour stay on Neuwerk Island.

Hiking barefoot across the seabed is a really special experience.

caught up by the incoming tide can have fatal consequence

only made possible by the tides of the North Sea. But being

Visitors are asked to follow this safety advice: a raised red

signal ball on lifeguard stations means that visitors must return

to the beach immediately. In the event of fog, visitors are not

allowed to go onto the mudflats. Wadden hiking time in the

"Sahlenburger Watt" begins and ends 20 minutes earlier than

Info: www.cuxhaven-tours.de/wattwagenfahrten.html

permanent exhibition allows every visitor to find out about the World Heritage Site Wadden Sea for themselves. It now presents the Wadden Sea to the wide audience of visitors,

:: Old discarded munitions on mudflats Despite rigorous checks, residual munitions from the

Visitors can gaze from Cuxhaven out to the sea and make out the silhouette of the small island of Neuwerk in the distance. It

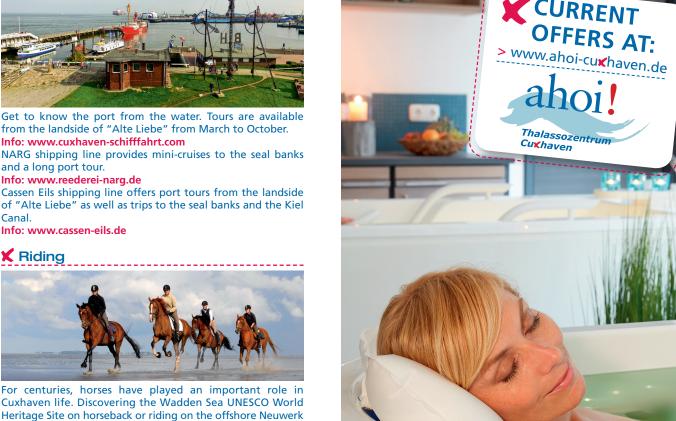
Water samples are collected regularly at various points along

the weather, giving just a small window for long-lasting rain. The island-like climate with its salty air and wind stimulates are available on the internet. Info: www.nordseeheilbad-cuxhaven.de

Info: www.heiraten-in-cuxhaven.de

www.nordseeheilbad-curhaven.de

WAVE POOL > SAUNA > WELLNESS & SPA > GYM



Thalassozentrum anoi! | vveiii beigsweg 32 D - 27476 Cuxhaven | Tel.: +49-4721 404500



The mix of inland and coastal North Sea climates in Cuxhaven provides ideal conditions for a spa or wellness holiday. Thalasso, Info: www.ahoi-cuxhaven.de

X Youth accommodation :: "Jugendherberge Duhnen": Youth Hostel for groups and individual travellers

:: "Dünenhof Berensch": hostel section for groups and Info: www.duenenhof.net

> Photos: Hartmut Adelmann | Martin Elsen | FRS/AUSTAL | Mario Schwedler | Druckerei Wöbber | Thinkstock Getty Images | Nordseeheilbad Cuxhaven GmbH

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