

# HIKING AND BIKING IN THE BLACK FOREST

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With 15 day walks, 3 multi-stage treks and 5 cycle routes covering the north, central and southern areas, this guidebook delves deep into the heart of Germany's Black Forest. Detailed route descriptions of short, easy routes for families and longer, multi-day journeys for the more experienced make the varied guide an invaluable companion to hikers and bikers.

The Black Forest offers a perfect blend of rich cultural heritage and the splendour of ancient landscapes. Days spent in these mountains, forests, gorges and dales provide fairy-tale adventures among castles and medieval villages. From the Panorama Path above Baden-Baden to the 240km Southern Black Forest Bicycle Trail, the guide explores the very best of this popular region.

## Key marketing points

- A large, easily accessible area with castles, gorges, forests and medieval villages
- Superb traffic-free cycle trails
- Accessible from Karlsruhe, Strasbourg, Stuttgart and Basel

## About the author

Born and raised in Berlin, Kat Morgenstern is a grassroots herbalist, ethnobotanist, writer and ecotravel professional. She has spent most of her adult life in the UK, US and France but currently lives in the southern Black Forest, where she loves to roam the hills and forests.

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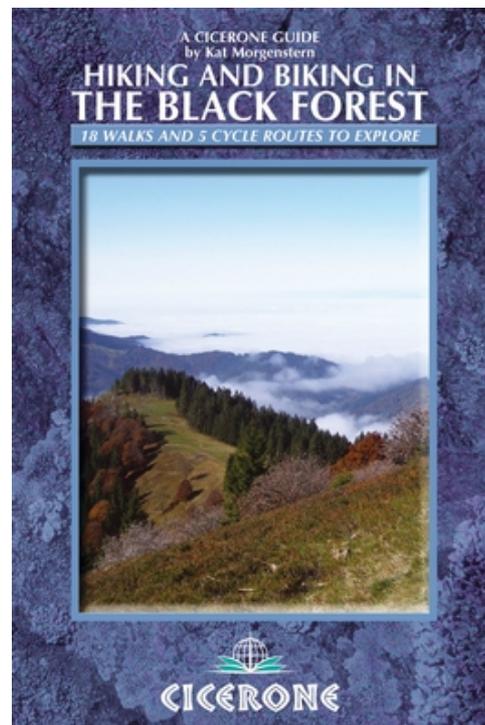
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