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Leisure Activities in and around Rosenheim
Info for International Students and Guests
Dear International Guest,

Welcome to Rosenheim Technical University of Applied Sciences (TH Rosenheim)!

You will be spending a splendid exchange semester, studying a full degree programme or just visit TH Rosenheim. Beautiful surroundings in one of the most attractive regions in Germany await you - particularly in terms of quality of life and recreational activities. The city of Rosenheim has a special “Mediterranean flair”. Located in Southern Bavaria, within a unique landscape of mountains, forests and lakes, the city is an attractive place to relax and spend leisure time. This guide has been designed for international students and guests, to introduce excursions in and around the city of Rosenheim. There are plenty of activities to do and to see.

Please notice that the following advertised activities are private leisure activities and will occur at your own risk. Prices stated are subject to change. Please check websites before planning your trip.

We wish you a pleasant stay in Rosenheim!

Your Team at the International Office of TH Rosenheim

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If you are losing your leisure, look out! - It may be you are losing your soul.

Virginia Woolf

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**KAMPENWAND**

Hike at the beautiful mountain plateau of Kampenwand which elevates up to 1,669 m high and be amazed by the gorgeous view. You can go for a round trip and visit different restaurants/mountain lodges.

**How to get there?**

By train and cable car: Take the train from the Rosenheim main train station to Aschau (Chiemgau). The train ride takes about 40 minutes and you have to transfer trains in Prien am Chiemsee. You can walk from the train station in Aschau to the cable car station (Kampenwandseilbahn). The cable car is very significant because it is the oldest cable car in the area. The cable car takes you up to 1,500 m high.

**Costs**

Bayern Ticket: EUR 26.00 plus EUR 8.00 per extra passenger (max.4)

Price for cable car: ascent and descent is about EUR 20.
HOHE ASTEN
Come to visit Hohe Asten (1,104-metre), one of the highest farms with a mountain lodge (Berggasthof) in the area which is open throughout the year (closed on Thursdays and Fridays). This makes it ideal for summer and winter hiking tours and it is the most popular short walk/hike in the region.

How to get there?
Take the train from the Rosenheim main train station to Flintsbach (16 minutes). Walk along the Bahnhofstraße and turn right towards Innstraße. After passing Innstraße turn left at Kufsteiner Straße. After about 50 metres turn right to Astenweg which takes you in a few minutes to a parking lot for hikers (Wanderparkplatz) near the Falkenstein ruins. From the parking lot, you can hike up the Hohe Asten (about 2 hours/ altitude difference 650 meters). It is an easy forest walk.

Costs
Train ticket: EUR 4.70 one way

Cable car opening hours: Sun + Mon 9 am – 6 pm
Sat 9 am – 9 pm

Address:
Mountain lodge Berggasthof Hohe Asten, Hohe Asten 2, 83126 Flintsbach a. Inn, +49 (0)8034 2151

→ www.hoheasten.de

WENDELESTEIN
Hike up the Wendelstein mountains which rank up to the highest mountain close to Rosenheim with its 1,838 metres. Alternatively take the cable car. Due to its exposed location, you can enjoy a fantastic panoramic view of the Alps on top of the mountain and visit the Wendelstein chapel and cave.

How to get there?
By train and cable car: From the Rosenheim main train station take a Meridian train to Holzkirchen. In Holzkirchen you transfer trains and get on the BOB train to Osterhofen (Oberbayern). Get off at the Osterhofen train station. Walk 5 minutes to the valley station of the cable car (within sight, use of the underpass).

Costs
Bayern Ticket: EUR 26.00 plus EUR 8.00 per extra passenger (max.4)
Price for cable car: ascent and descent is EUR 24.00

Cable car opening hours: Mon – Sun 9.15 am – 4 pm

Address:
Wendelstein, 83094 Brannenburg

→ www.wendelsteinbahn.de/en/index
Summer Activities

Biking and Hiking

DANDLBERGALM

Look for the Dandlbergalm at a 770 m high mountain pasture, located in the hiking and holiday area of the Samerberg. It takes you about 1.5 hours from Rosenheim to ride to the hiking set off point by bike. You cycle along the river Inn on the cycle path in direction of Kufstein, Austria. Shortly after the village Neubeuern you lock your bike close to the lake Neubeuern / Neubeurer See. Next to the lake (which is very inviting for summer swims), you will turn left and hike up about 45 minutes to the Dandlbergalm and enjoy a beer in the sunset.

Address: Dandlbergalm, Dandlberg 1
83122 Samerberg
obacht@dandlbergalm.de
+49 (0)8032 706-0

→ www.dandlbergalm.de

SIMSSEE

Have fun at the beautiful beaches of lake Simssee in the foothills of the Alps (Alpenvorland). In a 40 minutes bike ride from Rosenhim you reach the south banks of the lake with an elevation of 470.1 m and a surface area of 6.5 km². In the summer months, the Simssee invites you to go swimming, sunbathing or just relaxing. You can also enjoy a bike ride around the lake with beautiful views which takes about 1:15 hours.

Address: Simssee, Badeplatz Baierbach, 83071 Stephanskirchen

→ www.simssee.de

→ www.komoot.com (Route)
TINNINGER SEE
Ride your bike 10 km up to beautiful lake Tinninger See, which is located near Riedering in the Upper Bavarian district of Rosenheim. Try out some surfing on the moorland lake or just hike around the lake, which takes about 2 hours.

On the way to the lake you find a viewpoint at Schloßberg which offers a nice look out to Rosenheim.

Address: Tinninger See, 83083 Riedering

HOFSTÄTTER SEE
Visit the picturesque lake Hofstätter See in Prutting, which you easily reach within a 40 minutes bike ride. At the lake you can find pure nature and the warmest water in Rosenheim's surroundings areas. It also has a wonderful beach house. A walk around the lake makes your visit a perfect day.

Address: Hofstätter See
Forst am See 3
83134 Prutting

I think the location is really nice, you can enjoy beautiful landscape and in just a few minutes you are in a different country like Austria. Enjoy fresh air and outdoors activities.

Ana Gabriela López, Student from Mexico

www.chiemsee-alpenland.de
www.komoot.com (Route)
NATURE BATH SAMERBERG
(Naturbad Samerberg Filze)
Hop on your bike for a day trip to the beautiful nature bath of Samerberg. The 18 km bike ride gets only steep uphill for the last 3 km. You will be rewarded by the untouched nature between Törwang and Grainbach at Samerberg with wonderful views over the valley and down to Rosenheim. The completely redesigned system of the nature bath convinces with a perfect water quality: The used water is biologically cleaned constantly on plant and sand filters. Cozy wooden decks, spacious lawns and a playground for the little swimmers complete the great offer. It is free of charge with wonderful nature.

Address: Naturbad Samerberg Filze, 83122 Samerberg

OUTDOOR SWIMMING POOL
Come for a swim to the Rosenheim outdoor pool which with its three pools offers you refreshing water fun for all ages. The swimming pool in Rosenheim is a small holiday from everyday life! An extensive wellness offer ensures pure relaxation. It is closed for winter. For opening hours please check the website.

Address: Chiemseestraße 14, 83022 Rosenheim, freibad@swro.de, +49 (0)8031 3652840

LAKE CHIEMSEE
Visit Bavaria’s largest lake, which is only a half an hour train ride from Rosenheim. A beautiful boat ride will take you to the famous islands “Fraueninsel” (women’s island) and “Herreninsel” (men’s island). Admire many local artists shops at the women’s island and get some beautiful souvenirs. The little island is also known for its monastery and the monastery’s shop which sells local products. The impressive castle “Schloss Herrenchiemsee” will give you an insight of the life of King Ludwig II whose life was full of mysteries.

How to get there?
By train: Take the train from Rosenheim main train station to Prien am Chiemsee (20 min) and then walk from the train station to the lake (around 20 min) or take a fanciful steam train which takes visitors from the train station directly to the Stock-Hafen Pier. From the Pier of Prien am Chiemsee the boat rides start to both men’s island (Herreninsel) and women’s island (Fraueninsel).

Costs
Bayern Ticket: EUR 25.00 plus EUR 8.00 per extra passenger (max.4)
Ship: big roundtrip EUR 13.60 (includes both islands)

Address: Seestr. 108, 83209 Prien am Chiemsee, info@chiemsee-schifffahrt.de, +49 (0)8051 609-0

OPEN DAY FOR LAKE CHIEMSEE
The lake will be opened gratis to the public on 12th of September at 2pm. It will be possible to have a boat ride on the lake for free.

www.chiemsee-schifffahrt.de
**Winter Activities**

**Hiking and Sledding**

**SKI AREA „HOCHECK“**
Sled down the prepared track at the ski area „Hocheck“ in Oberaudorf and also enjoy a traditional Bavarian meal at the restaurant on top of the mountain. Hire your sled from the cable car station at the bottom. Sledding at night is a specific adventure and possible at four nights of the week when the track is illuminated until 9 pm. Please check current cable car operation and costs at the website.

**How to get there?**
By train: Take the train from Rosenheim main train station to Oberaudorf. From there you will walk 30 min to the cable car Hocheck Oberaudorf.

**Costs**
- Train ticket: EUR 6.80 one way
- Cable car: EUR 8.90 per ascent
- Sled: EUR 6

**Address:** Carl-Hagen-Straße 7, 83080 Oberaudorf, +49 (0)8033 3035-0

-> [www.hocheck.com](http://www.hocheck.com)

**„BERGHAUS ASCHENBRENNER“ KUFSTEIN (AUSTRIA)**
Hike up for approx. 2 hours to the Berghaus Aschenbrenner and enjoy the most beautiful view over the city of Kufstein with its historical fortress. You can rent your sled at the restaurant Aschenbrenner on top of the mountain and speed down the long sled track along the forest road which is prepared in winter.

**How to get there?**
By train: Take the train from Rosenheim main train station to Kufstein (around 30 minutes). Pass the small and scenic city of Kufstein along the impressive knightly fortress and walk up the mountain.

**Costs**
- Train ticket: EUR 9 one way or
- Bayern Ticket: EUR 26 plus EUR 8 per extra passenger (max.4)
- Sled: EUR 7.50

**Address:** Stadtberg 14, 6330 Kufstein, Austria, +43 (0)5372 62220

**Opening hours:**
- Mon: closed
- Tue – Sat: 9 am – 11.30 pm
- Sun/public holidays: 9 am – 6 pm

-> [www.berghaus-aschenbrenner.com](http://www.berghaus-aschenbrenner.com)
CHRISTMAS MARKETS

Be part of the wonderful Christmas market season, when Bavaria’s cities, towns and villages are filled with Christmas magic. The Christmas market season runs throughout the Advent period, from the end of November to the third week of December.

You will find the markets at almost any town square and each has its own unique atmosphere. But common threads include: decorated stalls heaped with traditional Christmas decorations, toys, gifts and the aromas of mulled wine, grilled sausages, Christmas biscuits and gingerbread. Christmas carol singing and Christmas concerts usually coincide with the markets, which are generally open seven days a week and run well into the evenings until around 8 pm.

→ www.bavaria.by/christmas-markets-bavaria-germany

INDOOR SWIMMING POOL (Hallenbad)
Check out the indoor swimming pool in Rosenheim with a water temperature of 28 degrees. There is also a sauna with a relaxation area, a solarium area, and a separate baby-pool with 32°. Enjoy special offers like water aerobics and aquazumba.

Address:  Stemplingerstraße 1, 83022 Rosenheim, hallenbad@swro.de
+49 (0)8031 365 -2830

→ www.swro.de/baeder/hallenbad

ICE SKATING
The Rofa-Stadium is the venue for the Rosenheim ice hockey club Star Bulls but also accessible to the public for ice skating. You can rent your ice skates at the entrance for a fee. Please check the website for opening hours and fees.

You might even find ice skating at Christmas markets. For example in Wasserburg.

Address:  Rofa-Stadion (Eisstadion), Jahnstr. 1, 83022 Rosenheim,
+49 (0)8031 365-1427

→ www.rosenheim.de/kultur-freizeit/sport/sportstaetten

SNOWSHOEING

ICE SKATING WASSERBURG  → www.rosenheim.de/kultur-freizeit/sport/sportstaetten

ICE SKATING WASSERBURG

SNOWSHOEING
City Trips
Around Rosenheim

MUNICH
Take the train to Munich, the capital of Bavaria and gateway to the Alps, which is one of the most beautiful cities in Germany. It offers first class museums and traditional German architecture and a salute to Bavaria’s royal past. Get a true taste of Munich’s hospitality, culture and world-famous beer at its Oktoberfest, which attracts more than 6 million visitors every year.

How to get there?
By train: Take the train from Rosenheim main train station to Munich main station. It takes about 40 minutes.

Costs
Bayern Ticket: EUR 26.00 plus EUR 8.00 per extra passenger (max.4)

Touristinformation
Central Train Station
Bahnhofsplatz 2
80335 München
City Hall
Marienplatz 2
80331 München
+49 (0)89 233-96500
tourismus.gs@muenchen.de
→ www.munich.travel/en

WASSERBURG
With its scenic location, Wasserburg am Inn offers a special feature: the old town is almost completely surrounded by the Inn river (about 7/8), which can only be reached via a narrow landmark. From high steep, the Innleiten, you can see the whole city. It is a wonderful place for a day trip.

How to get there?
By train: Take the train from train station “Rosenheim Hochschule” (university) to Wasserburg am Inn. It takes 25 minutes. From the train station in Wasserburg you can take one of the buses to get to the city centre. The buses run every hour.
By bike: It takes about 1.5 hours to get by bike from Rosenheim to Wasserburg (26 km). You have to cycle along the river Inn (cycle path direction Wasserburg/Passau).

Costs
Train ticket: EUR 6.70 one way

Touristinformation
Marienplatz 2, 83512 Wasserburg am Inn, +49 (0)8071 105-22, touristik@wasserburg.de
→ www.wasserburg.de/en/sightseeing/impressions
SALZBURG
Visit the fourth largest city of Austria with its unique „Old Town“ (Altstadt) which is internationally renowned for its baroque architecture and is one of the best-preserved city centres north of the Alps. It was listed as a UNESCO World Heritage Site in 1997. The city has three universities and a large population of students. Tourists also frequent the city to tour the city’s historic centre and the scenic Alpine surroundings. Salzburg was the birthplace of 18th-century composer Wolfgang Amadeus Mozart. Try out the well known chocolate treat the „Mozartkugeln“.

How to get there?
By train: Take the train from Rosenheim main train station to Salzburg main train station (1 hour). It takes you about 24 minutes from the train station to the city centre walking.

Costs
Bayern Ticket: EUR 26.00 plus EUR 8.00 per extra passenger (max.4)

Touristinformation
Salzburg, Austria, +43 (0)662 889870, tourist@salzburg.info

→ www.salzburg.info/en

INNSBRUCK
Spend a splendid day or even weekend in Innsbruck, the capital city of Tyrol in western Austria. It is located in the Inn valley, at its junction with the Wipp valley, which provides access to the Brenner Pass some 30 km (18.6 mi) to the south. Innsbruck is an internationally well known winter sports centre, and hosted the 1964 and 1976 Winter Olympics as well as the 1984 and 1988 Winter Paralympics. Innsbruck also hosted the first Winter Youth Olympics in 2012. The city’s name translates as „Inn bridge“ which refers to its location directly at the Inn river.

How to get there?
By train: Take the train from Rosenheim main train station to Innsbruck train station (1:05 hours). From the Innsbruck train station you can walk to the city centre (10 min).

Costs
Train ticket: EUR 27.60 one way (Bayern Ticket is not valid)

Touristinformation
Burggraben 3, 6021 Innsbruck, Austria, +43 (0)512 59850, office@innsbruck.info

→ www.innsbruck.info/en
Other Trips / Activities
Culture and sports

SALT MINE BERCHTESGADEN (Salzbergwerk)
Discover the Berchtesgaden salt mine which is the oldest active salt mine in Germany. The salt here is mainly extracted by “wet mining” and the mine is a highlight sight in the Salzberg district of Berchtesgaden. In the salt mine there is a slide and a magical salt room. You can learn a lot about the mining that takes place beneath the mountains and should not be missed.

How to get there?
By train: Take the train from Rosenheim main train station to Berchtesgaden train station (1:50 hours) and then walk 26 minutes to the Salzbergwerk (salt mine).

Costs
Bayern Ticket: EUR 26.00 plus EUR 8.00 per extra passenger (max.4)
Entrance: for students EUR 16.00 (age 17-25; with a student card) for adults EUR 17.50

Address: Salt Mine Berchtesgaden, Salzburger Straße 24, 83471 Berchtesgarden, +49 (0)8652 6002-0, info@salzbergwerk.de

→ www.salzbergwerk.de/en

INDOOR CLIMBING GYM
Get some activity at the indoor climbing gym, located in Stephanskirchen very close to Rosenheim. With about 2,000 square metres of climbing surface and a maximum wall height of 15 metres, it is one of the largest halls in southern Germany and provides a variety of routes for every level. You can also train your skills at an outside climbing wall if the weather allows and two indoor bolder halls. The facility also runs a restaurant, a beergarden, and a shop for climbing equipment.

Opening hours
Mon – Fri 10 am – 11 pm
Sat/Sun 9 am – 10 pm

Address: Finsterwalderstr. 4, 83071 Stephanskirchen, +49 (0)8031 8094850, info@kletterhalle-rosenheim.de

→ www.kletterhalle-rosenheim.de

LASERTAG
Enjoy a Lasertag game at the 750 square metres the Blackfox Lasertag which is known as the largest indoor Lasertag, Paintball and Nerf Arena in southern Bavaria. The arena is close to the main train station in Rosenheim.

Opening hours
Mon – Thu 2 pm – 10 pm
Fri 2 pm – 1 am
Sat 10 am – 1 am
Sun/public holidays 10 am – 10 pm

Address: Blackfox Lasertag, Klepperstraße 18, 83026 Rosenheim, +49 (0)8031 5818670, info@blackfox-lasertag.de

→ www.blackfox-lasertag.de
Bike Park Samerberg

Ride your bike up to the Samerberg Bike Park, where you can practise your downhill mountainbike skills. The park is not far away from the natural bath Samerberg. Rent a downhill bike at the bike shop close to the single seat lift, which takes you and your bike up to the middle station. Then you just try out jumps and the parcour downhill. Those who do not dare to go downhill can either practise starter skills in the mini parcour at the middle station or just enjoy the day at the Käsalm and have some food. Alternatively you hike the Hocheck up to the summit and reward yourself with a spectacular view of the Alps.

Costs

- Bike Park entrance fee: EUR 18 / day ticket
- Bike Park entrance fee: EUR 10 / day ticket if you do not use the lift
- Lift ticket: EUR 20 (10 rides) or EUR 10 (5 rides)
- Day bike rental: EUR 75 / day or EUR 55 / to or from 1 pm

Opening hours

- Mon – Sun: 10 am – 6 pm (bike park)
- Mon – Fri: 9.30 am – 5 pm (lift)

Address: Hochriesstraße 69, 83122 Samerberg
+49 (0) 8032 / 95 90 790, info@bikepark-samerberg.de

→ www.bikepark-samerberg.de

General Information

Public Holidays in Bavaria

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USEFUL WEBSITES

- Public transport: www.reiseauskunft.bahn.de
- Chiemgau region: www.chiemsee-alpenland.de
- Route planner (bike/hike trips): www.komoot.de
- Christmas markets in Bavaria: www.bavaria.by/christmas-markets-bavaria-germany

USEFUL APPS

- DB Navigator
- Chiemsee Alpen App: www.chiemsee-alpenland.de/entdecken/touren/app
Out of Rosenheim
Mountains, Lakes, Cities and More

1. Rosenheim
   Modern Campus at Rosenheim University of Applied Sciences
2. Wendelstein
   Hiking and cave tours – stunning mountain with an impressive view
3. Sudelfeld Ski Resort
   From your lecture to the slopes in only 30 minutes
4. Kampenwand
   1,669m high, triple-peaked rock formations with a view of the Chiemgau
5. Chiemsee
   The “Bavarian Sea”: beach, islands and more. Only 20 minutes away
6. Hochries
   Paragliding, mountain biking, cabin charm and much more
7. Salzburg
   World heritage site and festival city – just 1 hour away by train or car
8. Lake Garda
   Windsurfing and la dolce vita in the heart of Italy in just 3 hours
9. Italy’s Adriatic Coast
   Just 4 hours to the Adriatic Coast – no faster route from Germany
10. Kaisergebirge
    Climbing, skiing, canyoning etc. in just 30 – 45 minutes
11. Lake Garda
    Mediterranean flair in the town centre with numerous cafés and bars
12. Munich
    Big city flair – just a 30-minute train ride away
13. Wendelstein
    Hiking and cave tours – stunning mountain with an impressive view
14. Rothaarsteig
    Hiking in the heart of the German Alps
15. Lake Garda
    Windsurfing and la dolce vita in the heart of Italy in just 3 hours
16. Italy’s Adriatic Coast
    Just 4 hours to the Adriatic Coast – no faster route from Germany
17. Kaisergebirge
    Climbing, skiing, canyoning etc. in just 30 – 45 minutes
18. Munich
    Big city flair – just a 30-minute train ride away
19. Wendelstein
    Hiking and cave tours – stunning mountain with an impressive view