Leisure Activities in Rosenheim & surroundings

Information for international students and guests
Dear international guest,

Welcome to Rosenheim University of Applied Sciences!

We are glad that you decided to come to Rosenheim. Rosenheim has a special “Mediterranean flair”. Located in Bavaria within a unique landscape of mountains, forests, and lakes, the city is an attractive place to study or spent some time in one of Germany’s most beautiful regions.

This guide has been designed for international students and guests, to show them excursion destinations in Rosenheim and its surroundings. There is a lot to do and to see in your leisure time.

On the following pages you will find tips for:
- Getting Around
- Summer Activities
- Winter Activities
- City Trips
- Other Trips

The advertised activities are private leisure activities and will occur at your own risk.

We wish you a pleasant stay in Rosenheim!

International Office
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1. Getting Around

1.1 Taking the train

Travelling by train we recommend buying a regional day ticket called the “Bayern ticket”. This ticket is valid from 09:00 am to 03:00 am on the following day, and all day on weekends, and Bavaria-wide public holidays. You can also use these tickets for other forms of public transport in Bavarian cities. The ticket price is (2nd class): EUR 25.00 for the first passenger, plus EUR 6.00 per extra passenger (max. 4).

For more information & time table see website www.bahn.com

1.2 Renting a bike

For the biking trips (page 9) you can rent a bike at the following shop:

<table>
<thead>
<tr>
<th>Shop</th>
<th>Address</th>
<th>Opening hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bike Rental Fahrrad Kerscher</td>
<td>Nikolaistr. 12, 83022 Rosenheim Tel: +49 8031 12966 Email: <a href="mailto:info@fahrrad-kerscher.de">info@fahrrad-kerscher.de</a> Web: <a href="http://www.fahrradshop-rosenheim.de">www.fahrradshop-rosenheim.de</a></td>
<td>Mon- Fri 9 am – 6 pm Sat 9 am – 1 pm</td>
</tr>
</tbody>
</table>
2. Summer Activities

2.1 Hiking

Kampenwand
The Kampenwand is a 1,669 m high mountain. The mountain plateau of Kampenwand is a wonderful area for hiking. You can make a great round trip and visit different restaurants/mountain lodges.

How to get there?
By train & 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. From the Aschau train station you can walk 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 25.00 plus EUR 6.00 per extra passenger (max.4)
Price for cable car: ascent and descent is about EUR 18.50

Information
Address:
Kampenwand
83229 Aschau im Chiemgau

Cable car
Operation time:
1 May – 30 June: 9 am – 5 pm
1 July – 14 Sept: 9 am – 6 pm
15 Sept – Nov: 9 am – 5 pm
25 Dec – Apr: 9 am – 4.30 pm

Website:
www.kampenwand.de
www.chiemsee-alpenland.de
**Wendelstein**
The Wendelstein is a 1,838-metre high mountain in the Bavarian Alps and the highest mountain close to Rosenheim. Due to its exposed location, you can enjoy a fantastic panorama of the Alps while making a tour at the top and you can also visit the Wendelstein chapel and cave.

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

**Costs**
Bayern ticket: EUR 25.00 plus EUR 6.00 per extra passenger (max.4)
Price for cable car: ascent and descent is EUR 22.50

**Information**
Address:
Wendelstein
83094 Brannenburg

Cable car
Operation time:
Daily: 9.15 am – 4 pm

Website:
[www.wendelsteinbahn.de](http://www.wendelsteinbahn.de)
Hohe Asten

Hohe Asten (1,104-metre) is 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?
By train: Take the train from the Rosenheim main train station to Flintsbach (16 minutes). From the train station you can walk along the Bahnhofstraße and turn right towards Innstraße. After passing Innstraße turn left at Kufsteiner Straße. After about 50 meters 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’s an easy forest road.

Costs
Train ticket: EUR 4.70 one way

Information:
Address:
Mountain lodge
Berggasthof HoheAsten
Hohe Asten 2
83126 Flintsbach a. Inn

Phone: +49(0) 8034/2151

Opening hours:
Sun & Mon: 9 am – 6 pm
Tue & Wed: 9 am – 11 pm
Sat: 9 am – 9 pm

Website:
www.hoheasten.de
2.2 Bike and Hike

Dandlbergalm
Dandlbergalm is a mountain pasture 770 m high and is located in the hiking area of Samerberg. It takes about 1.5 hours to get there by bike (from Rosenheim). You have to cycle along the river Inn (cycle path direction Kufstein, city in Austria). Shortly after the village Neubeuern you can park your bike next to the lake Neubeuern / Neubeurer See. Next to the lake (which is very inviting for summer swims), you will turn left and you can hike up to the Dandlbergalm (about 45 minutes) and enjoy a beer in the sunset.

Duration: 01:30 h  Destination: 15.5 km  Ascent: 340 m  Descent: 30 m

Information:
Address: Dandlbergalm
Dandlberg 1
83122 Samerberg

Email: obacht@dandlbergalm.de
Phone: +49 (0) 8032/7060
Opening hours: Wed – Sun: 10 am – 9 pm
Website: www.dandlbergalm.de
Route: www.komoot.com
2.3 Bike rides to the famous lakes / Swimming

Simssee
Simssee is a lake in the foothills of the Alps (Alpenvorland) in Bavaria at an elevation of 470.1 m its surface area is 6.5 km². In the summer months, you can have a wonderful stay there or bike around the lake. The beautifully landscaped swimming pools Krottenmühl, Pietzing, Ecking, and the Baierbach beach on Simssee invites you for sunbathing, swimming and relaxing. It is only 40 min by bike from Rosenheim.

Duration: 00:40 h  Destination: 9 km  Ascent: 50m  Descent: 20m

Information
Address: Simssee
Badeplatz Baierbach
83071 Stephanskirchen

Website: www.simssee.de

Route: www.komoot.com
Hofstätter See
The lake Hofstätter See is located in Prutting. At an elevation of 490 m it has a surface of 0.054 km and the depth is 3.5 m. At the lake you can find pure nature and the warmest water in Rosenheim’s surroundings areas. It also has a wonderful beach house and it is possible to walk around the lake.

Duration: 00:50 h  Destination: 10 km  Ascent: 90 m  Descent: 50 m

Information
Address: Hofstätter See
Forst am See 3
83134 Prutting

Website: www.chiemsee-alpenland.de

Route: www.komoot.com
Tinninger See
The lake Tinninger See is located near Riedering in the Upper Bavarian district of Rosenheim. It is a moorland lake where you can also go surfing. You can hike around the lake which takes about 2 hours.
On the way to the lake there is a viewpoint at Schloßberg where you can have a nice look over Rosenheim.

Duration: 00:40 h  Destination: 10 km  Ascent: 90 m  Descent: 50 m

Information
Address:
Tinninger See
83083 Riedering

Website:
www.chiemsee-alpenland.de

Route:
www.komoot.com
Nature bath Samerberg (Naturbad Samerberg Filze)
On hot summer days the nature bath in Samerberg is a wonderful place to spend the day. The natural bath is only surrounded by untouched nature between Törwang and Grainbach at Samerberg. The completely redesigned system convinces with a perfect water quality, because 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 costs nothing and the nature is wonderful.

**Duration:** 01:20 h  **Destination:** 17,6 km  **Ascent:** 350 m  **Descent:** 150 m

Information

Address:
Naturbad Samerberg Filze
83122 Samerberg

Website:
[www.chiemsee-alpenland.de](http://www.chiemsee-alpenland.de)

Route:
[www.komoot.com](http://www.komoot.com)
2.4 Trip to Lake Chiemsee

Bavaria's largest lake is only half an hour away from Rosenheim. At Chiemsee you can visit the famous islands “Fraueninsel (women’s island)” and “Herreninsel (men’s island)”. The women’s island is known for the many local artists (residents) and for the monastery. The men’s island is known for the castle “Schloss Herrenchiemsee” of Ludwig the second. Both islands can be reached by the ship.

**How to get there?**

By train: Take the train from the Rosenheim main train station to Prien am Chiemsee (20 min) and then walk form the train station to the lake (around 20 minutes) 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 6.00 per extra passenger (max.4)
Ship: Big roundtrip EUR 12.60

**Information**

Address:
Seestraße 108
83209 Prien am Chiemsee

Email:
info@chiemsee-schifffahrt.de

Phone: +49 (0)8051 / 60 9 - 0

Website:
[www.chiemsee-schifffahrt.de](http://www.chiemsee-schifffahrt.de)

Website Castle (Schloss Herrenchiemsee):
[www.herrenchiemsee.de](http://www.herrenchiemsee.de)
2.6 Swimming Pool in Rosenheim

With its three pools, the Rosenheim outdoor pool offers 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. In the winter break it is closed (April/May). For opening hours please see the website.

**Information**

Address:
Chiemseestraße 14
83022 Rosenheim

Email:
freibad@swro.de

Phone: +49 (0) 8031 365-2840

Website:
www.swro.de/baeder/freibad
3. Winter Activities

3.1 Hike and Sledding

Ski Area “Oberaudorf” (Train + Cable Car + Sled Riding)
The ski area “Hocheck” in Oberaudorf offers a prepared sled track and a restaurant at the top. In the cable car station at the bottom, you can rent sleds (from EUR 6.00 per day). At four evenings of each week, the cable car is open at night and the track is illuminated with floodlight until 9 pm. For the current cable car operation time please see 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 Hocheck Oberaudorf.

Costs
Train ticket: EUR 6.80 one way
Cable car: EUR 8.50 per ascent

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Information

Address:
Carl-Hagen-Straße 7
83080 Oberaudorf

Phone: +49 (0) 8033/3035-0

Website:
www.hocheck.com
“Berghaus Aschenbrenner” near Kufstein (Austria)
The restaurant Berghaus Aschenbrenner above Kufstein is a real hike tour of around two hours. The restaurant offers from the sunny terrace a dream view over Kufstein. If there is enough snow, the proprietor prepares a long and speedy sled track along the forest road. You can rent the sleds directly in the restaurant for around EUR 7.50, which is a big advantage for hiking: You do not have to pull your sled up.

How to get there?
By train: Take the train from Rosenheim main train station to Kufstein (around 30 minutes). To reach the mountain from the train station, you need to cross the small and scenic city of Kufstein, passing by an impressive knightly fortress.

Costs
Train ticket: EUR 9.00 one way or Bayern ticket: EUR 25.00 plus EUR 6.00 per extra passenger (max.4)

Information
Address:
Stadtberg 14
6330 Kufstein, Austria
Phone: +43 5372 62220
Opening hours:
Mon: closed
Tue – Sat: 9 am – 11.30 pm
Sun & public holidays:
9 am – 6 pm
Website:
www.berghaus-aschenbrenner.com
3.2 Christmas Markets

Bavaria’s cities, towns and villages are filled with Christmas magic during the holiday season. The Christmas Market season runs throughout the Advent period, from the end of November to the third week of December.

The markets are generally held at the 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.

Source: [www.bavaria.by/christmas-markets-bavaria-germany](http://www.bavaria.by/christmas-markets-bavaria-germany)
3.3 Ice Skating

Information
Address:  
emilio-Stadion (Eisstadion)  
Jahnstraße 1  
83022 Rosenheim

Phone: +49 (0) 8031/365-1427

Website:  
www.rosenheim.de/kultur-freizeit/sport/sportstaetten

The emilio Stadium is the venue for the Rosenheim ice hockey club Star Bulls but also accessible to the public for ice skating. If you don’t have your own ice skates you can rent them at the entrance (fee EUR 3.00). For opening hours please see the website.

3.4 Indoor Swimming (Hallenbad)

Information
Address:  
Stemplingerstraße 1  
83022 Rosenheim

Email: hallenbad@swro.de  
Phone: +49 (0) 8031 365-2830

Website:  
www.swro.de/baeder/hallenbad

The Indoor Swimming Pool has a large swimming pool 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°. Special offers like water aerobics and aquazumba are inviting. For the course offer please see the following website:  
course offer
4. City trips

4.1 Munich

Munich, the capital of Bavaria and gateway to the Alps, 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 25.00 plus EUR 6.00 per extra passenger (max.4)

Information
Address: Touristinformation at Central Train Station Bahnhofsplatz 2 80335 München
Touristinformation at City Hall Marienplatz 2 80331 München
Phone: +49 (0)89 233-96500
E-Mail: tourismus.gs@muenchen.de
Website: www.muenchen.de
4.2 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 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

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**Information**

Address:
Touristinformation
Marienplatz 2
83512 Wasserburg am Inn
Phone: +49 8071 105-22
E-Mail: touristik@wasserburg.de
Website: www.wasserburg.de
4.3 Salzburg (Austria)

Salzburg is the fourth-largest city in Austria and the capital of the federal state of Salzburg. Salzburg's "Old Town" (Altstadt) 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.

How to get there?
By train: Take the train from Rosenheim main train station to Salzburg main train station (1 hour). From the train station to the city centre by foot is around 24 minutes. On the way you walk along the beautiful Salzach river and can get a good impression before you get to the city centre.

Costs
Bayern Ticket: EUR 25.00 plus EUR 6.00 per extra passenger (max.4)

Information
Address:
Touristinformation Service Center
5020 Salzburg

Phone: +43 662 889870

E-Mail: tourist@salzburg.info

Website: www.salzburg.info
4.4 Innsbruck (Austria)

Innsbruck is 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 renowned 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 on 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).
More information: [www.innsbruck.info](http://www.innsbruck.info)

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

Information
Address: Burggraben 3
6021 Innsbruck, Austria
Phone: +43 512 59850
E-Mail: office@innsbruck.info
Website: [www.innsbruck.info](http://www.innsbruck.info)
5. Other trips / Activities

5.1 Salt mine in Berchtesgaden (Salzbergwerk)

The Berchtesgaden salt mine is the oldest active salt mine in Germany in which salt is mainly extracted by “wet mining” and also a highlight in the Salzberg district of Berchtesgaden. In the salt mine there is a slide and a magical salt room. You can discover a lot about the mining that takes place beneath the mountains and it is definitely worth a visit.

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 25.00 plus EUR 6.00 per extra passenger (max.4)
Entrance for students EUR 15.00 (age 17-25; with a student card) and for adults EUR 16.50

Information
Address:
Salt Mine Berchtesgaden
Salzburger Straße 24
83471 Berchtesgarden

Phone: +49 (0)8652/6002-0

Email: info@salzbergwerk.de

Website:
www.salzbergwerk.de
5.2 Lasertag

With its 750 square meter the Blackfox Lasertag is 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 to Thu: 2 pm to 10 pm,
Fri: 2 pm to 1 am,
Sat: 10 am to 1 am
Sundays & on public holidays: 10 am to 10 pm

5.3 Climbing

The climbing area is located in Stephanskirchen next to Rosenheim. With about 2,000 square meters of climbing surface and a maximum wall height of 15 meters, it is one of the largest halls in southern Germany and provides a variety of routes for every level. The climbing hall area has also a restaurant, a beergarden, and a shop for climbing equipment.

Opening hours:
Mon to Fri: 10 am to 11 pm
Sat to Sun: 9 am to 10 pm
6. Information

6.1 Public holidays in Bavaria

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<tr>
<th>Holiday</th>
<th>Local name (in German)</th>
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<td>Epiphany</td>
<td>Heilige Drei Könige</td>
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<tr>
<td>Good Friday</td>
<td>Karfreitag</td>
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<td>Easter Monday</td>
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<tr>
<td>Labor Day</td>
<td>Tag der Arbeit</td>
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<tr>
<td>Ascension Day</td>
<td>Christi Himmelfahrt</td>
<td>Easter Sunday + 39 days</td>
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<tr>
<td>Whit Monday</td>
<td>Pfingstmontag</td>
<td>Easter Sunday + 50 days</td>
</tr>
<tr>
<td>Corpus Christi</td>
<td>Fronleichnam</td>
<td>Easter Sunday + 60 days</td>
</tr>
<tr>
<td>Assumption Day</td>
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<td>German Unity Day</td>
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<tr>
<td>All Saints</td>
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<td>Christmas Day</td>
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<tr>
<td>St Stephen's Day / Boxing Day</td>
<td>Zweiter Weihnachtsfeiertag</td>
<td>26. Dec</td>
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</tbody>
</table>

6.2 Useful websites

Public transport: [www.reiseauskunft.bahn.de](http://www.reiseauskunft.bahn.de)
Route planner (bike/hike trips): [www.komoot.de](http://www.komoot.de)