

## Lahnwanderweg, multi-day walk along the river

Over a distance of 242 kilometers, the Lahn flows from its source in the southern part of the [Rothaargebirge](#) (Sauerland) westwards to Lahnstein, where it flows into the Rhine. The Lahnwanderweg follows the river and has a total length of 290 kilometers, divided into 19 to 20 stages. The lowest point of the route is 61 meters and the highest point 664 meters. So you can assume that this walk, except for a single climb, has a relaxed character.



This long-distance hiking trail has numerous scenic and cultural highlights. In German-language writings, this process is often described as "*wild romantic*" for a reason. A term that you should not translate literally, of course. Along the way you have particularly beautiful views of the forests, meadows and plateaus of the Westerwald and the Taunus. The area that you explore along farm roads, sandy paths, forest paths and neatly raked park avenues is a feast for the eyes.

### A historic tour

Knights and noblemen left castles, fortresses and churches along this walking route: the St. George's Cathedral in Limburg on Lahn, Oranienstein Castle in Diez and Nassau Castle. Both Oranienstein Castle and Nassau Castle were seats of the direct ancestors of the Dutch royal family. Along the route are also the university towns of Marburg and Wetzlar. Marburg is best known as the residence of the Brothers Grimm. You will also pass the 'Goethe Punkt' in Weinähr. This is the viewpoint, where the famous writer [Johann Wolfgang Goethe](#) in 1772 spoke the legendary words that "*here, in this place, is the most beautiful view of the Lahn*". It is not known whether the local tourist office was completely objective in recording this statement. What you can rely on is Goethe's statement: "*Nur wo du zu fuß warst, bist du auch wirklich gewesen*", or "only where you were on foot, you really went". This statement could easily be the motto of the hiking sport.



**Bridge over the Lahn in Runkel**

A special place in this beautiful area is the city of Bad Ems. Not only is this city a recognized Heilbad, but with its monumental white buildings, gold leaf dome turrets and large parks, it is also a feast for the eyes. Here the baths, thermal baths, saunas, wellness centers, *Salzinhilation* rooms and steam baths with the real *Sidroga* herbs are central. This city offers a welcome sight for anyone who comes in at the end of the afternoon exhausted and sweaty, looking for shelter. Because let's face it, after such a long journey, you can use a bath.

### **German quality**

The Lahnwanderweg is a so-called *Qualitätsweg*, which means that the route meets a series of strict quality requirements. The *Qualitätsweg* designation is provided by the German Hiking Association. "Hikers want varied and promising hiking trails in a natural environment, reliable marking and good infrastructure on the route. In order to meet the wishes of hikers, the German Hiking Association has developed quality criteria for hiking trails. These criteria make the attractiveness of a hiking trail measurable. Already 83 routes meet the required criteria and bear the title *Qualitätsweg*", according to the German hiking association.

**Photos courtesy of Lahntal Tourismus Verband e. V. and Touristik Bad Ems – Nassau e.V.**



As we are used to from Germany, the markings are fine, the route is well maintained and asphalt is avoided as much as possible. In addition, there are various options for a good lunch and something to drink along the way. Furthermore, at the end of each stage you have various options for accommodation, in all shapes and price ranges. Where France (according to some) has failed rather in recent years, the hospitality, courtesy and excellent walking infrastructure of the Germans stands out. There is also a train along almost the entire route, which makes planning a walking tour very easier.

All well and good, but it is mainly about the question: "Where do I walk, what does it look like?" The answer is short and sweet: beautiful! You walk along the river through a typical German landscape with hills, mountains, villages filled with half-timbered houses, Gasthäuser, Kuchen, Kaffee, castles and quality. In addition, there was also a great bratwurst in the canteen of football club FC Diez while the F'jes ( junior) played against FC Niederneisen, talk about hospitality! Then it becomes important to keep a close eye on the fact that you have to continue for a few more hours. Because: friends for life! Cheers!

### General hiking tips

- Difficulty: medium, occasionally a bit more difficult, for example when climbing a "Ley", (old German word for rock or cliff);
- Many stages can also be reached by train;
- From the source of the Lahn to the mouth of the Rhine there is also a cycle route;
- Hiking guide, for example: Hikeline Lahnwanderweg hiking guide | Esterbauer;  
As mentioned: the route is perfectly signposted. Signs with red LW.

