

## PRESS CONTACT

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## PRESS RELEASE

### **Leipzig Region presents 7 Lakes Hike in May 2022**

(23 March 2022) From 6-8 May 2022, it is time for the hiking friends to once again participate at the 7 Lakes Hike in the region around Leipzig. The event organized by Sportfreunde Neuseenland e. V. (Sports Friends New Lake Land Association) offers routes for young and old, for beginners and hiking professionals. Since the hiking routes vary in length, even experienced hikers will get their fill of kilometres here. The shortest route is 11 km (Markkleeberg Tour 2022) and the longest is 107 km (Three-country Tour XXL 2022), which are made available to hikers together with the app Komoot and can also serve as inspiration. Registration for the 7 Lakes Hike is conveniently possible digitally at [www.7seen-wanderung.de](http://www.7seen-wanderung.de).

The hiking options offered by the 7 Lakes Hike are as diverse as the lakes at the gates of Leipzig itself. The name originates from the longest route, which touches these 7 lakes over a period of about 24 hours: the forest lake Lauer, the Cospuden Lake, the Zwenkau Lake, the reservoir lake Rötha, the Bockwitz Lake, the Störmthal Lake and the Markkleeberg Lake. There are also shorter routes – a total of four categories offer hiking enthusiasts and hiking novices alike a wide choice. Participants can discover the region on their own or take a guided tour to discover completely new aspects and gain insights into nature and history. The thematic tours pass through significant historical sites in the post-mining landscape. Here, hiking is more like a relaxed walk accompanied by knowledge transfer. Along the way on a tour for the whole family, there are riddles to solve, stories to listen to as well as fun and games. Walks for explorers, researchers and artists lead through the agra Park (part of the Leipzig floodplain landscape) or to the lakes. Whether with llamas and alpacas or on a treasure hunt in a canoe, excitement is guaranteed! The category "Active and Healthy" inspires with questions about the topic and invites you to switch off in nature. The aim is to train mindfulness for one's own health and to gather new energy.

#### **Highlights along the Route**

In addition to the natural features of the many lakes in the Leipzig Region, guests can discover the following highlights along the hiking routes. The Bistumshöhe observation tower on the Cospuden Lake offers a unique panorama over the New Lake Land region at a height of 35 metres. You can admire the adjacent lakes, the BELANTIS amusement park, the newly reforested trees of the Neue Harth and the silhouettes of Leipzig and its neighbouring city Markkleeberg. Near Frohburg, the mill monument Schönauer Bockwindmühle (bock windmill) invites visitors to stop and take a look. Tours of the interior are also

possible on the annual Mill Day that takes place on 6 June 2022. The sacred work of art VINETA is a floating replica of the former Magedeborn church and the landmark of Störmthal Lake. In memory of the places that had to make way for the Espenhain open-cast lignite mine, it now serves as a memorial, art object and event location.

### **Get to Know the Heath Beaver Tour**

The Leipzig Region offers inviting hiking and discovery routes all year round. For example, the Heide-Biber-Tour (Heath Beaver Tour) in the north of Leipzig is a great route to take. The quality hiking trail, certified by the German Hiking Association, runs for a total of 30 kilometres between the two spa towns of Bad Düben and Bad Schmiedeberg. At the start, the NaturparkHaus in Bad Düben, nature lovers get in the mood for the hike ahead. With a bit of luck, hikers can not only marvel at the beavers that give the park its name, but also observe storks and cranes in the wild along the heath paths and forest trails. In addition to the charming nature and landscape, the Heide-Biber-Tour also offers a lot of interesting cultural attractions. The route touches on the last charcoal burning site in the Düben Heath, the Eisenhammer. Nearby there is a beaver observation tower. The spa gardens in Bad Düben, Düben Castle, the museum village at the Obermühle and Reinharz moated castle are also worth a visit.

### **Explore the Luther Trail Saxony**

Another hiking highlight is the Luther Trail Saxony. Marked with a green "L" on a white background, it is a spiritual circular trail through the picturesque Leipzig Region. It connects towns, sites and places where Martin Luther and his companions worked. Saxony is considered the motherland of the Reformation. In 1519, the so-called Leipzig Disputation took place at Pleißenburg Castle in Leipzig, spreading Luther's ideas. In Leisnig in 1523, Luther developed the Leisniger Kastenordnung (caste order), the oldest Protestant social paper in the world. In the towns of Torgau and Eilenburg, the middle classes opened up to the Reformation movement very early on. Katharina von Bora, Luther's future wife, lived in the monastery of Nimbschen close to Leipzig. In the towns of Rochlitz and Kriebstein, Elisabeth von Rochlitz was active and enabled the introduction of the Reformation in her territory through her energetic actions. The Luther Trail Saxony is also closely linked to the trail network in Saxony-Anhalt and the Luther Trail in Thuringia.

Further information for walking in the region around Leipzig can be found at:

- [www.leipzig.travel/blog/wandern-in-leipzig](http://www.leipzig.travel/blog/wandern-in-leipzig)
- [www.7seen-wanderung.de](http://www.7seen-wanderung.de)
- [www.visitsaxony.com/tour/quality-hiking-trail-heide-biber-tour](http://www.visitsaxony.com/tour/quality-hiking-trail-heide-biber-tour)
- [www.visitsaxony.com/tour/luther-way-in-saxony-where-luther-preached](http://www.visitsaxony.com/tour/luther-way-in-saxony-where-luther-preached)