and in Brockeswalde, Sahlenburger Chaussee 1.

X "Aeronauticum" Airship Museum

Info: www.duhnen.de/adventure-golf.html

Info: www.aeronauticum.de

X "Alte Liebe"

The 18-hole golf course on the "Duhner Kreisel" promises

fun for the entire family. Along with playing fields, a football

pitch and playgrounds for different ages, there is also a re-

staurant kiosk with a terrace and toilet amenities. Miniature

golf courses are also located in Döse near the event centre

The "Aeronauticum" in Nordholz includes the museum hall and

36,000 square meters of open ground at the edge of the air-

ship base, which was founded in 1913. Alongside special exhi-

bitions, the permanent exhibition shows original parts, models,

documents and photos of airship technology, naval airships,

civil airship aviation, the Nordholz airship base, seaplanes and

naval aircraft. The exhibits date from 1913 to the present day.

River Elbe. Originally built in 1733, it serves as a breakwater

and jetty. Numerous excursion ships still moor on the land-

wards side of the "Alte Liebe" today. Every year, tens of

thousands of ships pass by on the World Shipping Route on

their way to the North Sea or up the River Elbe to Cuxhaven.

Announced over loudspeaker, the shipping report service pro-

vides information for visitors from the spring until the autumn.

common courtesy to pedestrians. The local police monitor

and oversee these areas, enforcing the laws and regulations.

"Nordseeheilbad Cuxhaven GmbH" offers a wide variety

of entertainment for every taste in the Kugelbake Hall. The

premises are ideal for concerts and theatre events as well as

Our events for quests will certainly deter boredom from

setting in. Available free or charge from Tourist Information

and also online, "Cuxtipps" provides a list of current events

The legendary fire ship is berthed at the "Alte Liebe". Visitors

can go and see the ship from April to October. Day and multi-day

Built in 1869, the former Prussian fortress defended shipping

routes. In the summer, "Fort Kugelbake" plays host to a number

Set against the backdrop of the north German landscape, this

18-hole links golf course in the district of Oxstedt is not just for

advanced players. Golf pros are available to teach beginners.

The golf course also plays host to a number of golf tournaments.

Even more prevalent than the long sand beaches of

Cuxhaven, this North Sea coastline is home to a greater

Beach chairs in vibrant colours are dotted on the grass land-

scape in Grimmershörn Bay and in Altenbruch. The red and

white pavilions on Grimmershörn Bay offer the perfect spot

to have a rest on the World Shipping Route. Tourists can relax

of open-air events. Regular tours are also available.

To register, telephone: +49-4721 404444

Info: www.nordseeheilbad-cuxhaven.de

Info: www.deichverband-cuxhaven.de

conferences and congresses.

Info: www.nordseeheilbad-cuxhaven.de

Info: www.nordseeheilbad-cuxhaven. de

trips on the fire ship are available in the summer.

K Fire ship "Elbe 1

Info: www.feuerschiff-elbe1.de

"Fort Kugelbake"

Info: www.golf-cuxhaven.de

K Green beaches

number of green beaches.

**K** Golf

**K** Event centre

★ Barrier-free beach

X Adventure golf course

From the "Kugelbake" to Duhnen, the beaches and the beach promenade have barrier-free access in many places. Information on barrier-free access is available in the "Barrier-free beach access" leaflet. Info: www.nordseeheilbad-cuxhaven.de

**K** Bathing Shallow waters at the beaches of Sahlenburg, Duhnen and Döse are ideal for the little ones to splash around and cool off to their hearts' content. From June until September, one hour before and one hour after each high tide, swimmers may swim in designated areas in Grimmershörn and Alten-

in Berensch-Arensch. Info: www.nordseeheilbad-cuxhaven.de



bruch, both of which are monitored by a qualified lifeguard.

There is another designated bathing area on the natural beach

From the "Kugelbake" to Duhnen, the beach promenade not only has undulating scenery and many places to sit and soak up the maritime feel; it offers a wonderful view of the Wadden Sea and the ships sailing on the North Sea. There are opportunities for kid pirates to play; for visitors to eat on the seafront, accessible to all with barrier-free access. Roughly 300 meters in length, the promenade in Altenbruch is great for ship spotting, and has even been designed in the shape of

Info: www.nordseeheilbad-cuxhaven.de

★ Beach railway



the "Jan Cux" beach railway operates a two-hourly service n the beach promenade etween the "Alte Liebe" and Duhnen naturist beach Duhnen (Badhotel Sternhagen stop) via the Duhnen Heath to Sahlenburg. Visitors can take the weight off their feet and travel these longer distances in comfort.

Between April and September,

K Beach sport / Family beach

in a hammock in this guintessentially maritime atmosphere

for Heligoland transport, carrying up to 692 passengers in

three seating categories. Passengers have ample room on the

large open decks and the on-board comfort is next to none.

Reaching speeds of up to 35 kn (approx. 65 km/h) and equipped

with a modern stabiliser system, a trip across the open North

Sea is a maritime experience, one that is both quick and

**⊀** Highlights

:: The Cux rabbits are out and about: extensive and

enjoyable family programme with traditional Easter fire

:: "Cuxhavener Fleckenmarkt": traditional festival held on

the Ritzebüttel market square which dates back over 150 years

:: Shanty Choirs' Day: festival with choirs from Germany and

**Beach Volleyball Cup:** tournament with over 100 teams

Beach soccer and a variety of different tournaments for

Junior and Women's Beach Soccer Cup: weekend package

: Sport Events in the "VGH Stadion am Meer":

comfortable, whatever the sea conditions.

Info: www.nordseeheilbad-cuxhaven.de

Info: www.fleckenmarkt.com

**JUNE TO AUGUST** 

participating

Info: www.cux-beach.de

www.rot-weiss-cuxhaven.de

youngsters and adults

Info: www.tag-der-shanty-choere.de

Infos: www.beachsoccer-cuxhaven.de or

whilst watching the ships sailing by at Altenbruch beach.

ship promises passengers a real cruise feeling.



**K** Heligoland

Info: www.cassen-eils.de

Catamaran to Heligoland:

The "Halunder Jet" has

been ferrying passengers

to Heligoland via Wedel

and Cuxhaven since 2018.

Measuring 56.4 meters

in length, the new ship

was specially developed

Info: www.helgoline.de

ver the past few years, the VGH Stadion am Meer" has stablished itself as one of bestnown beach sport centres in ermany. Beach tournaments take place from June to August

The tourist vessel "MS Helgoland"

carries passengers all year round

from Cuxhaven to Germany's only

perated by the Cassen Eils shipping

e, the trip from the mainland to

ligoland on board a modern

high seas island of Heligoland.

Request by email: info@tourismus.cuxhaven.de Request by telephone: +49-4721 404200

All of the brochures can be downloaded online:

Info: www.nordseeheilbad-cuxhaven.de

www.nordseeheilbad-cuxhaven.de

★ Brochure service

KVG bus routes connect the centre of Cuxhaven with the districts of Duhnen, Döse, Sahlenburg, Altenbruch and Lüdingworth. Buses also run from the station to the berths for port tours and the Heligoland ferry. Info: www.kvg-bus.de

in the only permanent beach stadium on the North Sea coast.

Family events are offered during the summer holidays.

Supervised by holiday reps, beach volleyball and beach soocer

are played several times per week. And a big family party is

Buses operated by the Maass bus company run to the districts of Altenwalde, Oxstedt, Holte-Spangen and Berensch-Arensch. Info: www.maass-reisen.de/linienverkehr.html

held on Tuesdays.

**★** Camping 11 campsites provide plenty of room to tent up and camp. The district of Duhnen has six campsites, almost all of which are just a stone's throw away from the sandy beach. There are a further four campsites in the district of Sahlenburg, three of which are close to the beach. Here, dog owners can take their dog for a walk on the beach for dogs. And kitesurfers can ride the waves in the beach area designated for kitesurfing. Altenbruch boasts a campsite on the World Shipping Route Tourists can ask for the brochure. Great for families, Wernerwald campsite has its own beach access and also offers beach chair hire. The adjacent open-air swimming pool in the forest, the climbing park, the adventure playground as well as the Sahlenburg surfing and kitesurfing point provide plenty of recreational activities. Wernerwald campsite offers spaces for those wishing to camp over longer periods of time. For more information, phone +49-4721 404-330 or visit: cpw@tourismus. Online booking for beach chairs and short-stay camping: www.nordseeheilbad-cuxhaven.de

**K** Caravan parking

deal from Friday to Sunday

Info: www.blaues-klassenzimmer.de

Info: www.duhner-wattrennen.de

Info: www.nordseeheilbad-cuxhaven.de

Info: www.nordseeheilbad-cuxhaven.de

Info: www.nordseeheilbad-cuxhaven.de

Info: www.nordseeheilbad-cuxhaven.de

Info: www.nordseeheilbad-cuxhaven.de

Info: www.nordseeheilbad-cuxhaven.de

:: OP no Dös: street party around Döser Church

music programme in the "Kurpark"

Info: www.fleckenmarkt.com

programme at Schloss Ritzebüttel

Info: www.nordseeheilbad-cuxhaven.de

the historic "Fort Kugelbake"

**SEPTEMBER** 

Info: www.ballfreunde.de

Beach House



It's a unique sight: ships sailing past guests' caravans almost within touching distance. Caravan parking is available at the ferry ports in the district of Grimmershörn and at the locks to

**Beach handball:** tournaments for children, youngsters and

: Blue Classroom: eco-project for schools and invited guest

expert speakers on the World Heritage Site Wadden Sea

Meeting point and exhibition: Visitor Centre at the Döse

:: Duhner Waden Race: a unique horse race and the highlight

of the season in the district of Duhnen for well over a century

:: Festival of lights in the "Kurpark" (once in both July and

:: Duhner Artists' Promenade Festival: street artists from

Info: www.duhnen.de/duhner-kuenstlerpromenadenfest.html

:: Family days: live music, shows, children's sport programmes

:: Middle Ages Spectacular: knights and merchants meet in

:: Summer evening by the sea: traditional summer festival

at Grimmershörn Bay with large firework displays over the sea

:: Cuxhaven Wine Festival: wines and specialities with a

:: Cuxhaven Buttfest: town festival with dance, duck races,

:: "Cuxhavener Fleckenmarkt": traditional festival held on

:: Christmas Magic: Christmas market and advent music

the Ritzebüttel market square dating back over 150 years

live music and firework display on the "Buttplatz"

h stands displaying hanαıcraπ

August): on-stage programme, thousands of lights and

Info: www.hvn-online.com or www.tsv-beach.de

the New Fishing Port on the water. It is almost as if the ships are within touching distance. Directly behind the "Kugelbake" in the district of Döse, a caravan park has ideal access to the sandy beach, the "Kurpark" and the green beach. The parking in "Duhner Allee" in Duhnen is on the beach. The centre of Duhnen or the Thalassotherapy Centre ahoi! are just five minutes' away.

**K** Children Free of charge for guests. everal hundred children's vents take place every year at each spa. hildren's theatre groups,

vns, conjurers and, above , the FUN Team from Nordseeheilbad Cuxhaven GmbH" ensure that the kids won't get bored, from March to October and also during the Christmas holidays. All of the events take place outside, if possible. When this is not possible, there is the creative room in the "Haus der Kurverwaltung" in Duhnen and the tent at the "VGH Stadion

As part of "KinderFerienLand

Children's playgrounds are located in Duhnen at the Thalassotherapy Centre ahoi!; in Sahlenburg at the DRK Kindergarten in Nordheimstraße; and in Altenbruch on the dyke. A number of places promise kids a lot of fun, including at the Pirate Adventure Playground in the "Kurpark", the "Watträuber" pirate ship at "Strandhaus Döse", the adventure playground at "Duhner Kreisel", and the "Wernerwald" adventure playground with its barbecue area.

Niedersachsen", a state-wide certification for child-friendliness, Cuxhaven is inspected for its childfriendliness. Regional tourism organisations inspect equipment, services and safety in accommodation, restaurants and entertainment facilities. Results and ratings are available on this

www.nordseeheilbad-cuxhaven.de

**K** Classification

\_\_\_\_\_\_ Each business awarded with stars in our holiday magazine has been awarded these stars according to standard criteria that apply throughout Germany. Hotels and guest houses with 10 or more beds have been inspected by an auditing committee from the German Hotel and Guest House Association. Those providing private rented accommodation (up to max. 9 beds), holiday apartments and holiday homes have been audited by licenced and trained auditors from the German Tourism Association and awarded stars accordingly. Classification is reviewed every three years by an independent audit commission. Visitors wanting a particular standard of accommodation will find a guide to the classification in the holiday magazine. This guide can be used by visitors to make appropriate bookings for accommodation which they prefer.

+49-4721 28028; and Altenbruch, Alter Weg 18, Tel.:

+49-4722 341; also in the Library, in the UNESCO World

Heritage Site Wadden Sea Visitor Centre; and in the "Museum

Time and time again, visitors on their holidays will encounter

this forever happy little man and his friend "Cuxi". Reminding

many people of an unforgettable holiday in Cuxhaven, "Jan Cux"

appears on many car bumper stickers throughout Germany.

On request, guests can receive a "Jan Cux" sticker with their

Guest Pass from Tourist Information. Visitors may purchase

"Cuxi" stickers. Souvenirs are available for purchase online in

For over fifty years, Jan Cux has been the mascot of the

North Sea Spa Cuxhaven, Jan Cux, a really loveable character.

is available as a souvenir, in all sorts of different forms. He

even features in the Cuxhaven clothes collection from Wind

sportswear. Local fan shops are located at Shop No. 7 at

Wehrbergsweg 7, in Kaufhaus Stolz in the Störtebeker Passage

opposite the station, in Tourist Information in the district of

Duhnen, Cuxhavener Str. 92, not to mention throughout the

Also known by his real name of Hans Bötticher, Joachim

Ringelnatz served in Cuxhaven as a sailor during the First

Windstärke 10" ("Museum Force 10").

X Jan Cux

the "Cuxhaven Shop".

Info: www.cuxhaven-shop.de

X Jan Cux Fanshop

year on the online shop at:

www.cuxhaven-shop.de

World War. But where did the name Ringelnatz come from? :: Duhnen New Year's Market: the place to be for the New Year with a large open-air New Year's Eve party Visitors will find this out as well as many other facts at this Info: www.duhnen.de

Info: www.ringelnatzmuseum.de K Holiday on a farm **Kitesurfing** A holiday relaxing on a farm is just the thing for those who

would really like to breathe the country air. The current holiday magazine provides a list of accommodation. ★ Internet: Free Wifi 1 2 2 1 1 1 Internet access is available at "CUX-Tourismus GmbH" Tourist Information office, Cuxhavener Str. 92, Tel.: +49-4721 404200; at the Tourist Information in Döse, Heinrich-Grube-Weg 2, Tel.: +49-4721 47081; at Sahlenburg, Nordheimstr. 35, Tel.:

The months from April to October see hundreds of kiters on the Wadden Sea off Sahlenburg or at the "Kugelbake". Holidaymakers can take advantage to learn how to kite here. There is kitesurfing in Sahlenburg and at the "Kugelbake" 3 hours before and 3 hours after high tide. Kitesurfing is permitted in Sahlenburg all year round; in Döse only between 1 April and 31 October. Surfers can also get their money's worth on the Wadden Sea off Cuxhaven. Car parking is available on the kitesurfing beach in Sahlenburg and on the fair site behind the dyke at the "Kugelbake"

**K** "Kugelbake"

Info: www.surfschule-cuxhaven.de

Coastal heath

nature conservation area; they can experience nature in a

beautiful landscape with rich animal and plant life, away

from the mudflats and beaches. The sandy geest on the Wadden

Sea extends between Berensch and Duhnen, forming what is

known as a "geest cliff" – a vertical crumbling cliff edge up to

6 m high. Behind the sandy geest, close to the coast, there are

extensive plains comprising of a mosaic of broad heathland,

scrubby grassland, small heath moors and oak woods. Heck

cattle, wild horses and European bison also live here in large

paddocks. A network of signposted paths with information

boards, observation platforms and nature trails will quide

visitors through the diverse Cuxhaven coastal heath landscape.

Outdoor excitement and action are the name of the game in

Sahlenburg on the beach next to the Surf Point. Overlooking

the Wadden Sea World Heritage Site, the Cuxhaven Climbing

Park with seven routes through the "Wernerwald" are a real

source of fun and adventure for the whole family. Small

snacks and drinks are available for purchase at the Forest Bistro.

It offers a gateway to the media world! Visitors to Cuxhaven

Library can enjoy books, newspapers, films, audio books,

software, music CDs and much more at reasonable prices

Ever dreamt of spending a night

of living space, four metres

in a tree house? Why not make

his dream come true by staying

it Wernerwald campsite, Sahlen-

burg. Extending over 35 square

netres with 17 square metres

Info: www.nordseeheilbad-cuxhaven.de

★ Cuxhaven Climbing Park

Info: www.kletterpark-cuxhaven.de

★ Cuxhaven Tree House

★ Cuxhaven Library

when on holiday

Info: www.cuxhaven.de



The "Kugelbake" is a prime Cuxhaven landmark. The 29-metre high sea marker once helped seafarers navigate the seas. Such markers have since been replaced by modern radar. Among emigrants leaving Cuxhaven to go to America, the "Kugelbake" was regarded "the last stop before America".

**K** "Kurpark"

Well-tended lawns are the hallmark of the "Kurpark" in the district of Döse. Not only is it attractive for walks; it provides fun for both children and adults with an adventure playground, a small zoo (open daily from 9 am to 6 pm), a penguin pool and a beautiful aviary. Penguin feeding can be seen at 3 pm.



## **★** Lighthouse

The 23-metre-high Cuxhaven lighthouse stands at the "Alte Liebe". Walls measuring 80 cm in thickness have defied the wind and weather ever since 1803. Tours are not possible. The "Dicke Berta", the black and white museum lighthouse in Altenbruch, is open to visitors in the summer months. Marriages take place here, too. One of the oldest lighthouses in the world is at Neuwerk. Anyone climbing the 138 steps is rewarded with wonderful views across the Wadden Sea National Park.

above ground, the Cuxhaven Tree House can accommodate up

All aboard for the new hop-on hop-off bus tour! A 40 km

round bus trip in 100 minutes, stopping off at must-see

places, offers a unique opportunity to discover Cuxhaven.

A wide range of special tour packages are also available. Red

double-decker buses run all-year round with open tops in

Whether it's the opening times of museums and exhibitions or

up-to-date details on events, "Cuxtipps" is the place to find out

about the latest information on what's happening in Cuxhaven.

"Cuxtipps" are available from Tourist Information as well as at

The only challenging slope in Cuxhaven for cycling holiday-

makers is the dyke itself. Pleasant, well-established cycle path:

cut through the heath landscapes along the River Elbe, passing

small villages that have retained their maritime flair into the

present day. Several long-distance cycle paths also run through

the region, e.g. the Weser Cycle Path, which finishes up in

Cuxhaven: the North Sea Coast Cycle Path: and the Elbe Cycle

Path. The Cuxland brochure "Cycling" provides suggestions for

Thursday to Sunday in mid-July. Attracting over 50,000

"Freaks and Folks, Fans and Friends", 80 bands, live acts, DJs

and slammers put on this summer musical extravaganza on

to three people.

good weather.

**K** Cycling

Info: www.cuxliner.de

**K** "Cuxtipps"

hotels and rented accommodation.

Info: www.cuxland-tourenplaner.de

**X** "DEICHBRAND"

It is a unique summer

highlight and an absolute

must on the cultural

Germany: the "DEICH-

RRAND" Festival on th

North Sea at Sea Airpor

Cuxhaven/Nordholz from

six stages over four days.

Info: www.deichbrand.de

**X** CUXLINER

Info: www.baumhaus-cuxhaven.de

**X** "Museum Windstärke 10" ("Force 10")



about shipwrecks, wreck sites, the fight for survival and also about work in deepsea fishing. Two former fish packing halls now form a modern hall, providing an authentic backdrop for the exhibi-

tion, which includes a large ship-in-a-bottle collection by Peter Weber. Youngsters are accompanied through the museum by "Otto the Steamship". Info: www.windstaerke10.net

X Naturist beach

Located opposite the Thalassotherapy centre ahoi!, Duhnen has a specially designated beach area for naturists.

★ Nordic walking

Right across Cuxhaven, there are well-established hiking paths for Nordic walking. Designated routes for Nordic walking and special outdoor training are well signposted with distances provided. Tours start at the noticeboards at the Thalassotherapy Centre ahoi! as well as Wernerwald campsite and the designated bathing area in Grimmershörn. An "Outdoor Training & Nordic Walking Plan" is available locally at all tourist information offices.

X Old Fishing Port



Around 100 million euros are being pumped into the Old Fishing Port to give it a new lease of life. There are plans for new

restaurants, pubs, a bed & breakfast, a business hotel, offices and many more attractions. The commercial port will continue to be open to crab fishing and general shipping. Info: www.afh-cuxhaven.de

X Dogs on the beach and on mudflats

for dogs on beaches and mudflats:

"Haus der Kurverwaltung".

and dispose of the waste!

Info: www.nordseeheilbad-cuxhaven.de

clear up dog litter.

**X** Dykes

olidaymakers are required to comply with important rules

Dog owners must keep their dog on a lead on the

dykes, the dyke foreshore and on mudflats at all times.

There are designated beaches for walking; and dog owners

must keep their dogs on a lead here as well. These beaches

include the green beach sections in Altenbruch; the area

around the "Behrens" beach pub in Döse; the vicinity of the

beach in the sandy beach area in Sahlenburg. Neighbouring

areas also see a large number of holidaymakers with dogs on

leads in the summer. Dogs may be taken off their leads on the

meadow below the top of the dyke between the Steinmarne

open-air pool and the restaurant "Düne 1" (Döse district).

beach exit to the "Kurpark" in Grimmershörn; and the dog

**X** Port tours



from the landside of "Alte Liebe" from March to October. Info: www.cuxhaven-schifffahrt.com NARG shipping line provides mini-cruises to the seal banks and a long port tour.

Info: www.reederei-narg.de Cassen Eils shipping line offers port tours from the landside of "Alte Liebe" as well as trips to the seal banks and the Kiel Info: www.cassen-eils.de

**K** Riding



For centuries, horses have played an important role in Cuxhaven life. Discovering the Wadden Sea UNESCO World Heritage Site on horseback or riding on the offshore Neuwerk Island is undoubtedly a unique experience. Cuxhaven coastal heath and the area around the Wernerwald Forest are wonderful for horse riding. Riders are asked to show care and consideration when riding in these unique areas. To maintain and enhance the pleasant bridleway network, riders are asked to purchase a riding vignette before using these paths. Vignettes are available at the Tourist Information and also from certain stables.

Info: www.nordseeheilbad-cuxhaven.de **X** Sailing

Guests are invited to the yacht marina behind the Seaside Bridge and to the Altenbruch sport boat marina. :: Altenbruch Sea Sports Club Info: www.asv-altenbruch.de

## : Cuxhaven Sailing Association

It is possible to sail catamarans between Sahlenburg and : Catamaran Club Cuxhaven Info: www.cccuxhaven-ev.jimdo.com

Info: www.catamaran-freunde.de X Sand beach

: Catamaran Friends Cuxhaven

Be it for digging, building castles or just getting that sand-between-the-toes feeling, Cuxhaven has many sand beaches. Six kilometres of sandy beach extends past the districts of Sahlenburg Duhnen and Döse up to the "Kugelbake". Beaches are cleaned regularly, daily in summer.

★ Schloss Ritzebüttel Dating back to 1340, the redbrick Schloss Ritzebüttel is surrounded by a beautiful garden. Attentive walkers will also

nformation about opening times and tours Tel.: +49-4721 721812 ★ Sea Airport Cuxhaven/Nordholz Airport Motorists can reach the airport via the Autobahn A27 / Nordholz

discover modern sculptures again and again, placed between

ancient trees and blooming bushes. Visitors can enjoy even

more art in a series of exhibitions in the Schloss and in the

junction and then by following the signs to "See-Flughafen" Info: www.sea-airport.com

Artists' House directly adjacent to the Schloss.

Dating back to 1884, the "Semaphore" is a wind strength and wind direction indicator, located next to the "Alte Liebe". This monument showing technical prowess is set daily according to current weather reports.



makers to stroll, look and spend their time. Known for its

little side streets, "Nordersteinstraße" Shopping Centre has many interesting fashion and independent retailers, not to mention numerous small eateries and large restaurants. Many street cafés invite visitors to sit back and spend time relaxing in those summer months. Anyone wishing to discover that maritime feel could not go wrong in the "Deichstraße" or the "Kapitän-Alexander-Straße", ideal just for rummaging or simply relaxing to a touch of seafaring romance. The "Schillerstraße" in the "Lotsenviertel" (Sailors' Quarter) has a nice selection of retail and specialist stores. A large shopping centre is located right next to the train station, acting as a kind of gateway to the old fishing port with its rustic eateries. The area known as "Abschnede" possesses a broad range of larger specialist stores, markets and restaurants. The district of Duhnen does not just have souvenir shops around the village well; it also offers many specialist shops, open every day during the season. There is also a small shopping centre in the district of Sahlenburg on the beach itself, open every day in summer.

★ "Steubenhöft" and Hapag Halls

From the glittering domed hall to the "Steubenhöft" berth, the historic passenger hall is open for visits and tours. Different exhibitions on the first floor of the reception building, such as "Farewell and off to America", cast visitors back in time to a longforgotten era when the "Quay of Tears" saw thousands emigrate to America. A whole host of musical events take place daily in these former

## Info: www.hapaghalle-cuxhaven.de

**X** Swimming pools : Adventure pool in the Thalassotherapy Centre ahoi!

The sea has been brought indoors for visitors to the Thalassotherapy Centre ahoi! Swimming in the surf or in the seawater as well as against the rapids are all possible in the wave pool. Alongside the wave pool, there are six different saunas and a steam bath, an outside pool with bubble loungers, relaxation rooms, a whirlpool, and a pool and sauna bistro. Kids paradise awaits voungsters. Specially designed access to the beach means that use of the beach and the Wadden are both possible on a whole-day visit to Thalassotherapy Centre ahoi! Info: www.ahoi-cuxhaven.de

Seawater open-air pool Steinmarne: swimmers can swim in heated sea water on the dyke in July and August, regardless of the tide.

:: Sahlenburg forest open-air pool: the heated freshwater open-air pool with its generously sized lawn and children's paddling pools offers ample space under tall trees in July and :: Oxstedt open-air pool: 25-degree heated pool with a

generously sized lawn in a rural setting.

Info: www.freibad-oxstedt.de

**X** Tennis

Cuxhaven has 18 outdoor and 4 indoor tennis courts: Altenwalde Tennis Club (Tel.: +49-152 54101280, +49-4723 713320), TC Cuxhaven (Tel.: +49-4721 426585) and SC Schwarz-Weiss-Cuxhaven (Tel.: +49-4721 554611). Holiday guests are welcome to these tennis clubs and lessons can be arranged on request. **X** Thalassotherapy

Thalassotherapy uses the healing power of the sea to provide holistic therapy. Supplemented by balneology methods, physiotherapy, physical medicine as well as health instruction, this therapy also includes the use of fresh sea water, mud, algae, aerosols, salt as well as the healthy North Sea climate. A Thalasso spa or wellness holiday in Cuxhaven is always a worthwhile investment for any visitor's health. As far back as 1816

Cuxhaven established itself as a North Sea Spa resort, not least because of its fantastic location on the North Sea, the positive influence of the sea climate on the immune system and the medicinal use of sea water. Cuxhaven is in a favourable climatic zone as temperature fluctuations are not as extreme as they are inland. The sea cools down slower than the land with the salt storing heat.

X Thalassotherapy Centre ahoi!



everything that makes up a modern thalassotherapy centre: modern facilities to prepare freshly-drawn sea water for bathing and inhalation; high-quality therapy and spa facilities; a roof terrace for climate therapy and heliotherapy; a panoramic sauna with a sea view; a bathing complex with wave

pool, exercise pool, marine thermal bath and fitness area. Now that the Thalassotherapy Centre provides access to the beach, visitors can enjoy the healthy sea climate and the North Sea to the full, both "inside" and "outside". Info: www.ahoi-cuxhaven.de

★ Joachim Ringelnatz Museum

★ Tourist Information (DTV certified) :: **Duhnen:** Cuxhavener Straße 92, Tel.: +49-4721 404200 :: Döse: Heinrich-Grube-Weg 2, Tel.: +49-4721 47081 :: Sahlenburg: Nordheimstraße 35, Tel.: +49-4721 28028 :: Altenbruch: Alter Weg 18 (Villa Gehben), Tel.: +49-4722 341

:: "Windstärke 10": Ohlroggestraße 1,

X Tourist tax Cuxhaven levies a tourist tax for the duration of visitors'

stays. Collected by accommodation proprietors on arrival, the amount levied depends on the time of the season and the precise location of the accommodation. Day visitors pay their fee on arrival at the beach to the service staff of the "Nordseeheilbad Cuxhaven GmbH". This financial contribution goes towards the upkeep, maintenance and operation of tourist facilities for our guests. The Guest Pass to the North Sea Spa offers holders many benefits, including free access to beaches, free entry to maritime events and concessions to swimming pools, museums and theatres. Up until the 2015 season, this Pass could only be used in Cuxhaven, but has since been extended to include benefits in four further districts in "Cuxland" when the Pass is purchased on paying the tourist tax. Alongside the North Sea Spa of Cuxhaven, the Guest Pass is now also accepted in the North Sea resort of "Otterndorf", the "Wingst" health resort, the "Bad Bederkesa" moor spa and the "Wurster Nordseeküste", granting even greater benefits to holidaymakers in "Cuxland".

Holidaymakers to the Cuxhaven North Sea Spa can make great savings using the Guest Pass to enter many attractions in neighbouring regions, which are known for attracting tourists: the salt thermal bath in Otterndorf, the moor spa in Bad Bederkesa, the Nature and Open Air Museum in "Natureum Niederelbe" in Wingst and the Dyke Museum in "Wurster Nordseeküste". Even within the Cuxhaven North Sea Spa, the Guest Pass has even greater benefits alongside the free access and participation in beach exercises, concert and theatre events, sport tournaments, family event days and guided tours of the mudflats. Pass holders can take advantage of great prices on a visit to the Ringelnatz Museum or the fire ship "Flbe 1".

★ Transport links

Info: www.nordseeheilbad-cuxhaven.de

From Hamburg Main Station: an hourly service on the "Start Unterelbe" service, the line connecting Hamburg to Cuxhaven via Stade.

From Bremen Main Station: the line connecting Bremen to Bremerhaven and the branch line to Cuxhaven. Passengers should travel to Bremerhaven and then change on to an "EVB service" (Eisenbahn- und Verkehrsbetriebe Elbe-Weser GmbH) to Cuxhaven. :: By car:

Drive past Bremen on the A1 and A27 to get to the North Sea ravelling from Hamburg: Cuxhaven can be reached via the A26 and the Bundesstraße 73. Flixbus operates services from North Rhine Westphalia

(Düsseldorf, Essen, Bochum, Dortmund, Münster) to Cuxhaven.

There are also services to Cuxhaven from Berlin and Jera. Bus travellers will disembark at the newly renovated and redesigned Cuxhaven "Bürgerbahnhof" Info: www.flixbus.de/fernbus/cuxhaven :: By air:

Sea Airport Cuxhaven/Nordholz, Tel.: +49-4741 181816 Info: www.sea-airport.com

**X** Wadden Sea

Why not experience the UNESCO World Heritage Site at first hand? This landscape gets submerged with water twice a day, and then dries out again, something that is unique in the world. Covering almost 10,000 square kilometres, the Wadden Sea is one of the largest wetland areas on the planet, a unique natural landscape with fascinating animal and plant life. Visitors to Wadden Sea can experience this nature in all its glory, be it on guided Wadden hikes, excursions organised by the UNESCO World Heritage Site Wadden Sea Visitor Centre or a trip across the sea bed with a horse and carriage at low tide. In any case, a visit to Neuwerk Island in the Wadden Sea is certainly worth it.



Discover the World Heritage Site Wadden Sea spread across three floors! The Wadden Sea Visitor Centre for Cuxhaven in the district of Sahlenburg is located on the beach overlooking. Neuwerk Island. What creates tides? What are living there hidden away? What are the impacts of climate change? Answers to these questions reveal why the Wadden Sea is so special, and why it needs protecting. The recently revamped

permanent exhibition allows every visitor to find out about the World Heritage Site Wadden Sea for themselves. It now presents the Wadden Sea to the wide audience of visitors, ranging from kindergarten children to adults. Info: www.nationalpark-wattenmeer-cuxhaven.de



:: The "Blue Classroom" Project An environmental project for children and young people located right on the sea - the "Blue Classroom" has been taking place annually between June and August for over 10 years. Children and youngsters get to know the World Heritage Site in a playful way. School groups can book lessons lasting up to two hours. A comprehensive

exhibition with over 60 exhibits is on display. Meeting point:

Guest Centre Beach House Döse. The programme is available

www.blaues-klassenzimmer.de



Riding the Wadden wagon across the seabed is a must for every holidaymaker in Cuxhaven. Lasting four hours, this excursion also includes a one-hour stay on Neuwerk Island. Info: www.cuxhaven-tours.de/wattwagenfahrten.html :: Individual Wadden hikes Hiking barefoot across the seabed is a really special experience,

only made possible by the tides of the North Sea. But being caught up by the incoming tide can have fatal consequences. Visitors are asked to follow this safety advice: a raised red signal ball on lifeguard stations means that visitors must return to the beach immediately. In the event of fog, visitors are not allowed to go onto the mudflats. Wadden hiking time in the "Sahlenburger Watt" begins and ends 20 minutes earlier than the Wadden hiking times for Döse und Duhnen. Further information is available in the "Wadden Hiking" brochure. Visitors are instructed not to attempt Wadden hiking outside the beaches of Döse, Duhnen and Sahlenburg, not least because of the dangers it poses.

:: Old discarded munitions on mudflats Despite rigorous checks, residual munitions from the

World War One and World War Two can still be found on Cuxhaven's beaches. Anyone finding suspicious metal on the beach should contact the Cuxhaven Office for Safety and Order immediately on Tel. +49-4721 700301. :: Exploring Neuwerk Island

Visitors can gaze from Cuxhaven out to the sea and make out

the silhouette of the small island of Neuwerk in the distance. It is a popular excursion destination for guests on the mainland. If visitors do not want to take one of the numerous Wadden wagons, they can walk across the seabed to the island at low tide. In contrast to the Wadden wagons, however, it is not possible to walk back again; instead, it's a journey back on the "MS Flipper" operated by the Cassen Eils shipping line. Info: www.neuwerkreisen.de

★ Water quality

Water samples are collected regularly at various points along the Cuxhaven coast and tested in line with strict European regulations. Results of these water quality tests can be requested from "CUX-Tourismus GmbH", the tourism offices, "Nordseeheilbad Cuxhaven GmbH" and the lifeguard sta-

★ Weather and climate Low tide and high tide, then the wind ushers in a change to

the weather, giving just a small window for long-lasting rain. The island-like climate with its salty air and wind stimulates the body's circulation and improves general wellbeing. Walking against the wind is just as much a part of a North Sea holiday as lazing in a beach chair in the sun. Daily weather forecasts are available on the internet. Info: www.nordseeheilbad-cuxhaven.de

**★ Weddings** Cuxhaven offers an extraordinary atmosphere for couples wishing to tie the knot. Locals or those from further afield can get married in the "Landherrenzimmer" or in the Gothic Hall in Schloss Ritzebüttel. The Officers' Mess on the fire ship "Elbe 1" and the decommissioned lighthouse "Dicke Berta" in the district of Altenbruch offer a true maritime atmosphere. The Red Salon in the Art Nouveau villa "Gehben" is also available for wedding Info: www.heiraten-in-cuxhaven.de



Thalassozentrum anoi! | wenrbergsweg 52 D - 27476 Cuxhaven | Tel.: +49-4721 404500 halassozentrum ahoi! | Wehrbergsweg 32



The mix of inland and coastal North Sea climates in Cuxhaven provides ideal conditions for a spa or wellness holiday. Thalasso, meaning health derived from the sea, alleviates respiratory illnesses, musculoskeletal system problems, skin conditions and circulation problems. It also does much to improve general personal wellbeing. Therapists support and assist with sea water baths, mud and algae packs, inhalations, massages and

:: "Haus zur Sahlenburg": only for groups, such as school

> North Sea Spa Cuxhaven

> Photos: Hartmut Adelmann | Martin Elsen | FRS/AUSTAL

| Mario Schwedler | Druckerei Wöbber | Thinkstock Getty

Subject to change without notice

www.nordseeheilbad-cukhaven.de

**Cuxhaven** 

Favourite places

CUX-Info – including map

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Dog owners may walk their dogs on the path at the top of the dyke from "Alte Liebe" to Duhnen and to the beach exit :: Dogs on mudflats: as part of the "Wadden Sea National Park", the Wadden Sea off the coast of the North Sea Spa Cuxhaven is a protected area. Access to this area for walking or hiking with dogs on a lead is permitted from thirty minutes to three hours before low tide. This includes the "Wattwagenrampe" beach entrance to the "Panoramahaus" in Duhnen as well as the "Rettungsstation" beach entrance at Sahlenburg. Dogs are not permitted on the other beaches. :: Dog fouling: dog owners must clear up after their dogs "Nordseeheilbad Cuxhaven GmbH" supports dog owners

by providing 38 dog toilets with free bags and bins for bags containing dog waste from Altenbruch to Sahlenburg. Over 220,000 bags are used every year; they are solely intended to As large parts of Cuxhaven are below sea level, dykes play a

really important role in protecting people's lives. Visitors are required to comply with the protection regulations: they are not permitted to access the protective dunes between the dyke and the promenade. Planted dunes form an important part of the coastal defence system. Cycling on the dyke is only permitted along the designated sections, which are clearly signposted, e.g. the junction of the Elbe and Weser cycle paths on the dyke at the "Kugelbake". Cyclists should show WAVE POOL > SAUNA > WELLNESS & SPA > GYM

The World of Thalasso



Info: www.ahoi-cuxhaven.de

X Youth accommodation

:: "Jugendherberge Duhnen": Youth Hostel for groups and individual travellers Info: www.cuxhaven.jugendherberge.de

parties and sports clubs Info: www.hauszursahlenburg.de :: "Dünenhof Berensch": hostel section for groups and

hotel section for individual travellers Info: www.duenenhof.net

:: "Stella Maris": family holiday home and seminar building Info: www.stellamaris-fftw.de

Responsible: Nordseeheilbad Cuxhaven GmbH Cuxhavener Straße 92 D - 27476 Cuxhaven, Germany Tel.: + 49-4721 4040 | info@tourismus.cuxhaven.de > www.nordseeheilbad-cuxhaven.de

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