



Bad Zwischenahn, spa gardens
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**EXPERIENCE NEW THINGS,
COLLECT MEMORIES AND
MOMENTS OF HAPPINESS**

Stroll through the spa gardens or explore the rhododendron parks of the Ammerland, cycle all the way to the North Sea or take a peek at an eel smokehouse accompanied by local guides and get to know the fascination of the moor - a wide range of exciting experiences is on offer. Experiencing nature and making cultural and culinary discoveries make for a perfect holiday.

**THE GATEWAY
TO THE SEA,
THE MOOR AND
WELL-BEING**



Bad Zwischenahn is home to 29,000 local inhabitants. It is located seventeen kilometres from Oldenburg and some 60 from the North Sea. The Zwischenahner Meer combines nature with many sporting activities. The moor lays the foundation for the spa industry. The railway station is an intercity stop on the Oldenburg-Norddeich line.

**BALM FOR BODY AND SOUL:
RECHARGE YOUR BATTERIES
WITH BATHS AND TREAT-
MENTS**

Holiday-makers have been coming to Bad Zwischenahn for the past 100 years to find relief from their ailments and to boost their health with the natural healing properties of the moor. Take some deep breaths in the salt grotto, enjoy the mud baths and salt-water in the seaside wellness centre or rediscover your health and vitality in the rehabilitation centre - this does you a world of good. It's wonderful to be pampered here, to have time for yourself and to recharge your batteries.

Relaxing actively in-between the moors and the water

**A NATURAL PARADISE ON THE LAKE FOR SPORTS ENTHUSIASTS
AND THOSE SEEKING RELAXATION**

Lush greenery and crystal-clear water: moorland and heath, woods and meadows, gardens and parks characterise the landscape of Bad Zwischenahn and the surrounding Ammerland region, as does the Zwischenahner Meer, the third largest inland lake in Lower Saxony. Sailors and surfers get their money's worth here. Cyclists and hikers can look forward to exploring the many routes and themed trails. And those who prefer to enjoy nature while daydreaming on the edge of a lake will find plenty of space to relax in the unspoilt natural landscape around the shoreline.

With its unspoilt nature and excellent conditions for water sports, cycling and hiking, Bad Zwischenahn is the ideal destination for anyone who loves being active on their holidays. A variety of signposted cycling routes, spa and hiking trails as well as extensive health options makes your time spent at the lake an unforgettable experience.



Jetty at the Zwischenahner Meer lake
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