

*Sonneninsel Usedom*

# Presseinformation



## Active Usedom

Discover Usedom in tracking boots or barefoot, equipped with Nordic walking poles or with a traditional walking cane: the island is a true paradise of 445 square kilometres of nearly untouched nature. Extended sandy beaches, impressive steep banks and a vast dune landscape are the landmarks of Usedom. The "Naturpark Insel Usedom" (Island of Usedom Nature Park) presents itself to the visitor in all its facets.

**Working out on the Beach.** The view of the horizon, the fresh sea air and the special bracing climate invite the visitor to take long walks, to collect sea shells and in some areas even amber. Behind the dunes you find the longest sea front promenade of Europe connecting the Three Imperial Spas Bansin, Heringsdorf and Ahlbeck with Świnoujście (German: Swinemünde) across the German-Polish border. With their magnificent villas these seaside resorts are a living witness of the Resort Architecture style. The impressive mansions in Zinnowitz also tell tales of the imperial age. Beach and promenade invite not only flâneurs but also Nordic walkers and joggers. Even marathon runners and those who wish to train for a marathon find ideal conditions on the Baltic coast of Usedom.

**From the Beach to the Usedom Achterland.** Those who find beach life too turbulent might prefer Usedom's so called Achterland. The idyllic hinterland with its hidden lanes, quaint fishing villages, woods and flowering salt marshes has lots of preserved nature to offer. Sometimes the Achterland between Achterwasser Lagoon and beach is only a few hundred metres wide. Sometimes it forms peninsulas as the Gnitz or even a surprisingly hilly landscape lovingly called the Usedomer Schweiz (Switzerland of Usedom). The variety of landscape can even surprise experts on the island. The well signposted footpaths of Usedom add up to over 400 kilometres, the cycling trails are 200 kilometres long.

**Nature to Taste.** The "Island of Usedom Nature Park" was founded in 1999 and comprises the entire island of Usedom, the northern part of the Szczecin Lagoon, the Peenestrom, and the Achterwasser Lagoon, as well as small strips of the mainland on the western bank of the Peenestrom. All in all this cultural landscape covers more than 59,000 hectares. Active holidaymakers can explore the "Island of Usedom Nature Park" all year round under the guidance of rangers. Alternatively they can make use of the custom-tailored round trips offered by private providers. Exploring Usedom by Segway or fishing boat can also be a unique experience.

## Ihr Ansprechpartner

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**The Island by Bicycle.** It is, however, quicker and more comfortable to explore the island by bicycle. There are roundabout 200 kilometres of well signposted cycle trails. The network of bicycle rentals with an extensive service package is tight-knit. The service provider UsedomRad alone consists of more than 100 stations on the island and the nearby mainland with more than a 1,000 touring bicycles, children's bicycles and e-cycles for rent. If you exhaust yourself on your trip across the island you can always return your bicycle at the next UsedomRad-station and use public transportation. The Usedomer Bäderbahn (UBB) connects all seaside resorts as far as Świnoujście and runs a well-organized local transport network in the hinterland too.

### **Horse Riding on the Sunny Island**

Galloping along the beach towards the setting sun with the fresh sea air in one's face is a dream for many equestrians. On the island of Usedom this dream can come true. Riding clubs and equestrian farms organize trips on horseback into the endless landscape of the green hinterland of Usedom.

Further information:

[www.reiterhof-mueller.de](http://www.reiterhof-mueller.de)

[www.friesenhof.m-vp.de](http://www.friesenhof.m-vp.de)

[www.buschreiter-usedom.de](http://www.buschreiter-usedom.de)

[www.reitenaufusedom.com](http://www.reitenaufusedom.com)

[www.reiterhof-benz-usedom.de](http://www.reiterhof-benz-usedom.de)

In September 2019 the actor Till Demtrøder will once again host his celebrity drag hunt "Usedom Cross Country". The hunt is organized in cooperation with Usedom Tourismus GmbH and Kaiserbäder Tourismus Service GmbH. The locations are the castles of Stolpe and Mellenthin in the Achterland and the seaside resort Ahlbeck with its historic pier. More information: [www.usedomcrosscountry.de](http://www.usedomcrosscountry.de)

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### **Wellness Tourism on Usedom**

Usedom's climate strengthens the immune system. Long walks on the beach are not only healthy, they also lift the mood. City dwellers in particular benefit from the fresh and clean air. The combination of sun, wind and surf produces sea salt enriched aerosols, which have a therapeutic effect on the bronchia. It is scientifically proven that stamina and performance are noticeably increased by such climate. The sound of the surf, the clearness of the sea water, the crashing of the waves – all this has a healing and energizing effect on body and mind.

Since times immemorial water has been regarded as precious and healthy. Water acts against stress and listlessness, particularly in wintertime. It promotes health, fitness and beauty. The sea alleviates tension and helps to unwind. Usedom's nature truly acts therapeutically. Being an island Usedom meets all requirements for thalassotherapy in an ideal way. And this is why there is no other region in Germany with more hotels offering this wide range of spa facilities. Each of the hotels presents its own range of treatments to pamper their guests: chocolate massages, wind cosmetics, milk or beer baths and the therapeutic use of iodine. This is not a marketing trick; it is pure know-how and expertise developed over a long time. Hoteliers invest on a regular basis in the training of their staff to ensure high standard and quality. Those who love to be pampered should make a note of the Usedomer Wellnessstage (Usedom Wellness Days) in spring. Lots of different beauty- and wellness-offers are available such as aqua-dreaming, foot reflexology, stone massage, rhassoul and reiki.

But therapeutic applications can not only be found in the spa-areas of the hotels; the best offers are free of charge. Particularly in the colder season the body needs light and oxygen. To provide both, makes for cheerfulness and new energy. To feel the wind in one's face during an extended beach walk is very energizing. Miles and miles of white sandy beach, the natural synergy of water and woods and the mild bracing climate with the clean salty air are tailor-made for all who wish to give themselves a treat.

**Usedom Tourismus GmbH (UTG) is the official Marketing Company of the island of Usedom. As a comprehensive service provider for the tourist industry of Usedom, the regional authorities and their institutions dealing with tourism, the UTG realizes the destination marketing for the island of Usedom at home and abroad. It runs the destination portal, a booking center and is contact for supra-regional public relations activities of the island of Usedom.**

**[www.usedom.de](http://www.usedom.de), [flug.usedom.de](http://flug.usedom.de), [kurzurlaub.usedom.de](http://kurzurlaub.usedom.de)**

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