

PRESS RELEASE

FOUR COUNTRIES – ONE LAKE – ONE FABULOUS HOLIDAY

It's time to get active at Lake Constance

Germany, Switzerland, Austria and the Principality of Liechtenstein: they've all saved the best of their beauty for the shores and peaks of the Lake Constance region. It's where they meet – and they're all waiting for you to join them there for the holiday of a lifetime.

There are few places more romantic to get outdoors and get active than this landlocked paradise in the heart of Europe. Known by locals as the 'BODENSEE', this blue-green leisure arena offers so many great things to do at all times of the year:

Hiking: Lake Constance and its surroundings are ideal for hiking – after all you get to choose from trails in four countries. Sign-posted trails called 'Bodensee LandGänge' and 'SeeGang' guarantee memorable walks through vineyards, hilly orchards and lakeside resorts along the shores and beyond. For those looking for a more challenging option, you can 'collect' mountain tops all around. Why not take the Säntis or Pfänder Cableway up into the mountains and enjoy stunning views from the paths that skirt the peaks?

Cycling: Lake Constance's cycle paths offer pleasure and relaxation for people of all ages and abilities – and there are so many from which to choose. Some guide you to whizz along the shores and you can even start where it is most convenient for the itinerary as the route has no pre-determined start or end. Other paths take you to explore the idyllic hinterland.

Watersports: the lakeside beaches are very tempting, but you don't have to stay by the water's edge. Get out there! Try stand-up paddling, sailing, wind-surfing ... you can even go canoe hiking to touch-points along the shore. Things are much better out where it's wetter!

Winter sports: visit the Säntis and Pfänder mountains, go snowshoe hiking – or of course you can come to 'Bodensee' to ski. Snow is guaranteed on some of the local pistes, including Malbun in Liechtenstein and the Vorarlberg region of Austria, and there are grades to suit everyone.

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Family fun: Lake Constance offers some wild, weird and wonderful activities. There are climbing parks; you can go goat trekking (yes, you read that right); and there are unusual playgrounds and theme parks. Plus everyone can enjoy seeing wildlife up close and personal: not just the goats, but wild pigs, bison, waterfowl – and the Barbary apes at Affenberg Salem are so tame they'll take popcorn straight from your hand. Explore the Stone Age at UNESCO world heritage sites together. Or just take a refreshing splash in the lake itself.

Take to the skies: there's no better way to see the beauty of the `Bodensee´ than from 1000 feet up – in an airship! From the hangar in Friedrichshafen modern Zeppelin airships take off for flights around the lake. Simply choose the route and duration that takes your fancy. It's stunning and there are fascinating shipyard tours, too!

Holiday Pass of Lake Constance: these great passes offer access to up to 160 attractions across the region, and can be purchased in 3- or 7-day versions.

And if all this sounds, well, just a bit too active, you might like to take advantage of the region's relaxation and health facilities, including the spa towns of Meersburg, Constance and Überlingen, the hot baths on the Swabian Bath Route, cold plunges, massages, sauna and slow food and fasting.

All ideal for mind, body and soul, Lake Constance's many outdoor attractions offer everything the heart desires, and more!

Notes to Editors:

Lake Constance, within sight of the Alps and in the heart of Europe: a destination for people with dreams. Germany, Switzerland, Austria and the Principality of Liechtenstein meet here.

Access from the UK: Fly to Bodensee-Airport Friedrichshafen or Allgäu Airport Memmingen (both Germany) or Zurich Airport (Switzerland)

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