

The start and end of the 1 km long barefoot path is at the sports centre Mittelherwigsdorf. During your walk for the up to 15 stations, your feet will experience various soils, pointed pebble stones, brushwood and deep mud. All of your senses will be tested.

If you are brave enough you can cross the river Mandau twice. This experience will be a welcome refreshment and a daring adventure.

By choosing not to cross the river Mandau and taking the shortcut you will miss 3 stations on your way. You should bring a towel to dry and clean your feet at the washing station. Food and drinks can be purchased at the sports centre. If requested also provide a BBQ place with camping site.

Visit the barefoot path and your feet will be grateful.

Barefoot path along the Mandau

Am Sportzentrum
02763 Mittelherwigsdorf

Information:

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With the support of the Naturpark Zittauer Gebirge, this trail was renewed in 2013. The community Mittelherwigsdorf and the Naturpark Zittauer Gebirge in the administrative district Görlitz (Saxony) are looking forward to your visit.



www.mittelherwigsdorf.de
www.naturpark-zittauer-gebirge.de

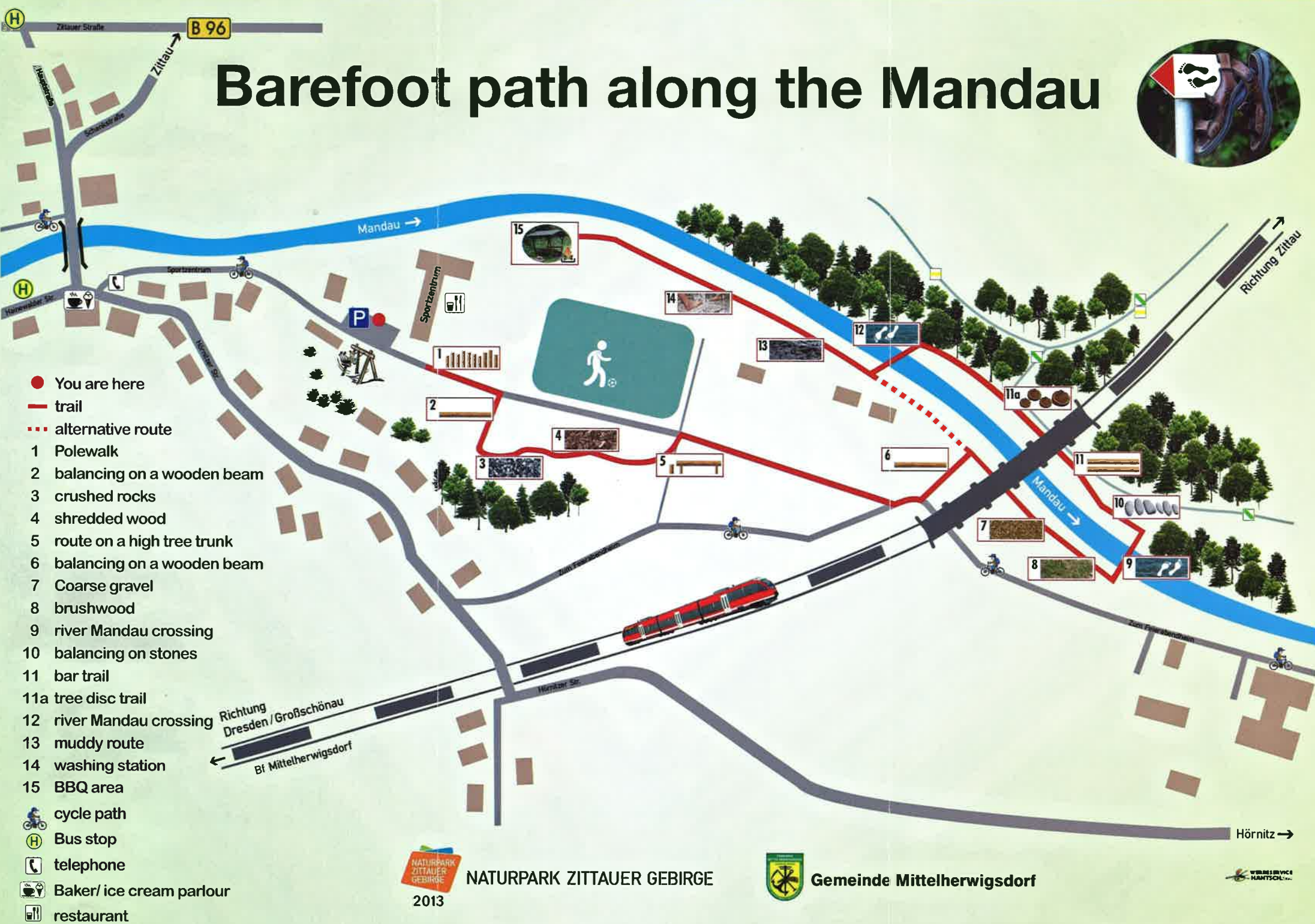
The pictures were provided by Klaus-Rüdiger Komm and the Dresdner Bilderdienst.

Barefoot path along the Mandau

... a healthy treat for the old and young



Barefoot path along the Mandau



NATURPARK ZITTAUER GEBIRGE



Gemeinde Mittelherwigsdorf

2013

