

## Altenstadt (Lech) -- Medieval Knights In Upper Bavaria

Along the [Via Claudia Augusta](#) and an old Salzstraße (Salt Road) lies the town of Altenstadt (Lech), a historical town in [Upper Bavaria](#) near the [Lech River](#) that's seen just about everything under the sun century after century, making it quite the historical place to visit.

What's even better than that (is there anything?), the modern town that it's turned into makes it an awesome place to visit.

The town itself was once crawling with Romans, and if you listen closely enough you can hear the clank of their armor. Oh, silly me, that's the armor of medieval knights who once defended Burg Burklaberg — a 12th century castle. It's too bad nothing really remains from its medieval heyday.

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Oh well, you'll just have to marvel at the artwork at the Romanesque Church of St. Michael. Its two towers loom over the town, but it's really known for its sculptures and wall paintings from the Middle Ages.

The following centuries also saw quite the building boom in town. Some old buildings, like the Pfarrkirche Heilig Kreuz that were built in the Gothic style saw renovations centuries later.

BTW, a great way to experience all the pretty churches and chapels is along the *Kirchen- und Kapellenweg*. Just don't let anyone tell you the St. Ignatius of Loyola Chapel is any older than about century — it wasn't built until the early 20th century.

As the are officially in the 21st century, the 20th century counts as historical too. From 1937 to 1940, the town of Altenstadt was home to a military anti-aircraft school. After [World War II](#) ended,

Altenstadt became home to countless displaced people in what was then part of the occupied American Zone.

Now in the modern age, this town is fantastic for enjoying some great outdoor recreation. From May to September its outdoor swimming pool is open, but you can also enjoy a game of tennis or try fishing. Two other ways to explore the Upper Bavarian landscape are the cycle trails and hiking routes. You know what, make that three ways... since there's always cross-country skiing trails to try, too.

As I said, Altenstadt really is an awesome place to visit. Now if you'll excuse me, there's some stuff I need to buy at the Farmer's Market. Yup, it's even got one of those, too. ;-)