

Bad Bramstedt And It's Health Resort Can Help With Arthritis

Settlers from days as far back as 2000 B.C, they probably had little clue that the area of Bad Bramstedt would turn into the bustling town that it is today. In fact, it turned out to be such a huge health resort, that it boasts over 800 rooms at local hotels and inns for all its visitors.

Even though Bad Bramstedt is a health resort town with many therapeutic wellness centers, many of which are designed to help arthritis sufferers. Especially thankful are those of us over the age of 30. You might not find the proverbial “fountain of youth,” but you’ll find *Gesundbrunnen* known around here as the “fountain of health.”

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After you’ve managed to work the kinks out of those joints, you’ll be able to explore some beautiful [Schleswig-Holstein](#) scenery. There are biking and walking trails stretching along the wooded, tree lined hills that seem to go on for miles.

If you prefer to try your luck on the green instead of a bicycle, you’ll find two courses; one a 9-hole the other an 18-hole.

Bad Bramstedt has had its fair share of famous visitors to this neck of the woods. One of the most famous was King Christian IV of Denmark who arrived here in 1625. During his visit he fell in love with a farmer’s daughter and they bore two children together over the years. Decendents of Wiebke Kruse still live in the area and there’s a beautiful sculpture dedicated to her.

King Christian not only gave Wiekbe children, but gave his love *Das Schloss*, or The Castle, as it’s called around these parts. The original castle was built in the mid-16th century and sadly was torn down when it fell into disrepair. Its gatehouse was converted into a lovely manor house, which

offers guided tours. Maybe some can answer the question of, what did the queen of Denmark say about its former resident?

Das Schloss is also the starting point for city sponsored guided tours around town. These city tours operate at 3pm every Saturday from May through September.

During the winter, tours operate on the 1st and 3rd Saturdays of the month. This will give you a more in-depth look at places like *Das Schloss* and Maria Magdalena Church. Maria Magdalena is a history and art filled church whose towers were built in the early 13th century and its alter comes from the late 14th century.

Bad Bramstedt is nothing short of fun, yet relaxing at the same time. It's also great for the mind as it's filled with some wonderful history with an interesting take on a fairytale.