

Bad Lauterberg im Harz -- Health Resort Town That Loves To Party

Bad Lauterberg in the rustic [Harz Mountains](#) is a health resort town, but it just seem secondary to everything else going on around here.

Over the last four centuries Bad Lauterberg in the south of [Lower Saxony](#) has transformed itself from a town where only three houses survived the [Thirty Years' War](#) to where culture and sports are the main focus.

On the cultural side of the town, you've got a mining museum, a local history museum, and a toy museum that highlights the kiddies playthings for the last 150 years.

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There is also the St. Andreas Church that was built in 1736, that not only still holds religious services, but musical concerts, too. Then there's the early 20th century Bismarck Tower in the neighboring forest with a restaurant right next door.

If you want to see some ruins, go over to what was once Burg Lutterberg; built in 1183 and destroyed in 1415.

If you're not afraid of heights, get on the Aerial Ropeway that goes straight up the *Hausberg*. Don't worry, it's not a rickety rope bridge, but more like a ski lift. Stop for a lunch at the restaurant on top the mountain or just take in the incredible views from the terrace.

More cultural activities in Bad Lauterberg include a Wine Festival, an *Osterfeuer* (Easter bonfire), a Folk Festival, a Music Festival, and both a Spring & Autumn Fest, too.

Which leaves us the sports side of Bad Lauterberg. There are more Nordic Walking, hiking, and cycling trails through the countryside than you can shake a stick at; as well as tennis and mountain biking.

Then there's skiing come in the winter. Which isn't the season to ride the paddleboats on Wiesenbeker Pond. Nor, is winter the season to swim, sail, fish, or camp at the scenic *Odentalsperre*.

Of course being a health resort town, there are a few spas for massages, facials, and other health promoting activities; but, with all of Bad Lauterberg's sports and clean fresh air that might just do the trick, too.