

## Bad Lippspringe -- Hot Springs And History, Huzzah!

Pope Pius X was a firm believer in the curative properties of the water and hot springs found in Bad Lippspringe, a small spa town in the Teutoburg Forest only ten kilometers north-east of [Paderborn](#).

Everything here is designed to relax your mind, body, and soul, as it has been for the last 175 years. Not to say that it doesn't have its fair share of historical sights to visit, since Bad Lippspringe's been around for more than 1200 years!

Make all the historical sites the first part of your visit then spend the rest of your time enjoying the spa life. Your first historical sight should be the ruins of the Lippspringe Castle, which has been uninhabited since 1785 leaving behind just a stone shell.

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The local history museum at the *Haus Hartmann* explains more of the castle's history and town's cultural life with an exhibit dedicated to the Red Cross in Germany.

There are some great old churches in town, too. The Lindenskapelle's simplicity is what makes it truly beautiful. The 19th century St. Martin Church is stunning with all its stained glass.

The Peace Chapel is just striking and reserved for quiet meditation in the forest. Look for a beautiful religious column called a block with a pieta (an artistic rendition of Jesus being removed from the cross) that villagers built in town in 1696. There's also a dazzling 19th century pastel colored Prince's Palace that just can't be missed.

One unique place to visit and unwind is the *Salzgrotte*, a salt grotto designed to help with allergies, asthma, and arthritis. Bad Lippspringe even has an "allergy training garden," ironically filled with

most plants and flowers that can actually cause allergies, designed to desensitize allergic reactions.

And again, you'll also have a choice of spas to visit here and one thing's for sure, Bad Lippspringe takes its spas seriously. The Westphalia Hot Springs is exceptionally popular with some 1,500 guests DAILY. The spa boasts a pool with a waterslide, four whirlpools, a sauna, and fitness center.

If you have some extra time and can pull yourself away from the hot springs travel over to Wewelsburg. In Wewelsburg you'll find an extraordinary 17th century castle built in a unique and striking triangle design. The original castle was built in the early 12th century but was completely destroyed by the villagers revolting against a Count a few centuries ago.

It wouldn't be the only time the castle would be laid to waste. In the 1930's and 1940's the infamous Heinrich Himmler used the castle as a meeting place and training facility for Nazi officers. Nazi officials decided to blow the castle up in 1945 completely destroying this glorious building.

Considering what you will find here in Bad Lippspringe, from hot springs to history, you'll not only refresh your body and soul, but expand your mind as well.