

## Bad Salzdetfurth -- A Fabulous Spa Hidden Within The Forest

When thinking about great spa destinations Bad Salzdetfurth in [Lower Saxony](#) doesn't exactly come to mind, but it very well should. Nestled in a scenic valley in the Hildesheim Forest, Bad Salzdetfurth has much to offer its visitors besides an incredibly relaxing wellness center.

There's plenty of history here (the town's been around since the 12th century) and a wonderful countryside with fun activities for the entire family (mountain biking is widely popular here, including the Mountainbike League Race).

There's a local history museum in the neighborhood of Wehrstadt to help get you started on your way.

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Long before the first spa opened here in 1856 many of the sites in the thirteen districts that make up Bad Salzdetfurth had already been built, like many of the timber framed houses in Bodenburg (circa 1670). There's also an old medieval castle in Bodenburg.

The Heindner Church (in Heinde) is filled with centuries old art and wood cut alter and a far cry from time it was used as a prison.

That's not the only church that will have you enchanted, there's the Parish Church Cosmas and Damian in Groß Dungen that was built in 1733 and the 17th century Parish Church George.

You'll just be dazzled by Schloss Oelber, originally a 12th century design (moat included), but the timber design you see comes from the 16th century. This romantic looking fortress is now a cultural mecca with concerts, antique fairs, and medieval plays that are often going on here.

After all this, some relief at Bad Salzdetfurth's town spa will be most welcome. The town's wellness center has two outdoor pools and five different styles of sauna to invigorate and/or relax you. There's also aromatherapy or hot stone massages on the menu, or have a moorland mud bath, all designed to relax those aching muscles.

For centuries the saltwater baths here have been promoted for easing arthritis or any other ailment you might have. But, after some time in Bad Salzdetfurth, what could possibly be wrong? ;-)