

Bad Schwalbach -- 500 Years Of Posh Mineral Springs

In the sophisticated [Taunus Mountains](#) is the spa town of Bad Schwalbach where the rich and famous of the 16th century used to come and get away. Since 1568 the mineral springs in this part of [Hesse](#) have been making people feel better.

You don't need a bazillion dollars in the bank or be of the jetset crowd to come here and relax with hot stone massage, get an exfoliating body scrub, take a mud bath, or get a facial. While these services aren't free, they are affordable to the rest of us.

One of the most famous visitors to Bad Schwalbach was Elisabeth of Austria-Hungary who built the *Elisabethentempel*, which offers one of the best views.

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For a different view of Bad Schwalbach take a ride on the *Kurbahn*, a train that runs on Sundays & holidays from April through October.

There is a more traditional style museum that looks at the town's history and health resort industry. One of the oldest pharmacies in the entire Taunus is here; dating back to 1642. Imagine going back in time and asking for a Tylenol — they'd think you were nuts. ;-)

Romans used to live here (maybe they knew about the mineral springs & didn't tell anyone so they could keep it for themselves) and there's a small castellet (known as Adolfseck) that's now a UNESCO World Heritage Site.

With the relaxing springs to relax the body and soul, there are other activities in Bad Schwalbach to engage them both. Take in an opera, a comedy show, a theater performance, or concert; then try

some Nordic Walking, mountainbiking, miniature golf, a barefoot path (be sure to roll your pant legs up), jogging, or enjoy a quiet stroll along many of the walking paths.

When you're looking for an inexpensive getaway spa vacation, come to Bad Schwalbach to rejuvenate. Not to mention, expanding your mind with so many cultural activities that seem to go on throughout the year.