

Bad Wörishofen -- A Dazzling Bavarian Crown Jewel

The spa town of Bad Wörishofen is a jewel in the crown of [Bavaria](#), located right in the unforgettable [Allgäu](#) region.

What you'll find here is nothing short of spectacular with relaxing hot springs, activities designed to get you to enjoy the Bavarian air, and there are some historical sights thrown in for good measure.

Situated at the one end of the Swabian Bath Road, Bad Wörishofen is the ultimate place for relaxation. In fact, Dr. Sebastian Kneipp started his wellness movement right here in town. A visit to the *Sebastianum* is a glimpse into his life and practice.

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You'll also find a variety of accommodations and spas that follow the good doctor's teachings, with hydrotherapy, nutritional therapy, and even phytotherapy (using medicinal herbs) to promote better health.

The *Therme Bad Wörishofen* is the largest of the "health resorts" with swimming pools, saunas, and jacuzzis all geared to improving your health and the chance to destress. Get in on the hot springs bandwagon and soak away all your stresses.

Renting a bicycle to ride through the tree lined streets can also be relaxing since everything here just seems designed to please the senses. Just as well as wandering through the rose garden, created from 8000 bushes out of 500 varieties, in the *Kurpark*.

Other ways to enjoy the Bavarian sunshine is to get out on the two 18 hole golf courses, 22 tennis courts, or on the countless hiking and cycling trails. For even more adrenaline pumping fun, the

[Allgäu Skyline Park's](#) roller coasters could do the trick.

Don't let winter stop you from enjoying this paradise, go ice skating, snowboarding, or skiing!

Between spa treatments and getting your heart rate up there's a few places that just shouldn't be missed, like the historical Parish Church Justina built in 1519. Or the Monastery Wörishofen from the 18th century with beautiful stucco artwork that just needs to be seen.

So, no matter your reason or season in Bad Wörishofen, you surely will enjoy every minute here.