

Emsland District Is Made For Cyclists! :-)

The Emsland District is a very large flat region to the very west of [Lower Saxony](#) and takes its name from the river that flows through it — the Ems. It has a long border with the Netherlands and has miles and miles of marshy fenland and plain countryside to drive or cycle through.

Emsland District Map

Towns & Villages in the Emsland District

- Anderverne
- Bawinkel
- Beesten
- Bockhorst
- Börger
- Breddenberg
- Dersum
- Dohren (Emsland)
- [Dörpen](#)
- [Emsbüren](#)
- [Esterwegen](#)
- [Freren](#)
- Fresenburg
- [Geeste](#)

- Gersten
- Groß Berßen
- Handrup
- [Haren \(Ems\)](#)
- [Haselünne](#)
- Heede (Ems)

- Herzlake
- Hilkenbrook
- Hüven
- Klein Berßen
- Kluse
- Lähden
- Lahn
- Langen (Emsland)
- [Lathen](#)
- Lehe (Ems)
- Lengerich (Emsland)
- [Lingen \(Ems\)](#)
- Lorup
- Lünne
- [Meppen](#)
- Messingen
- Neubörger
- Neulehe
- Niederlangen
- Oberlangen

- [Papenburg](#)
- Rastdorf
- Renkenberge
- Rhede (Ems)
- [Salzbergen](#)
- Schapen
- [Sögel](#)
- Spahnharrenstätte
- [Spelle](#)
- Stavern
- Surwold
- Sustrum
- Thuine
- [Twist](#)

- Vrees
- Walchum
- [Werlte](#)
- Werpeloh
- Wettrup
- Wipplingen

The fortified town of [Meppen](#) is situated where the three rivers of this region combine and has a long medieval history and many buildings showing the influence of different centuries. Being only twelve miles from Holland, it also offers [German culture](#) with a twist, due to continued trade and migration of people.

[Papenburg](#) has a more updated image with its large shipyards. It builds international cruise liners in its man-made waterways and harbors and has done for some time. The surrounding canals and channels are also littered with boats from all eras and in all styles that you can hire or just admire.

The people here have a certain “regional pride,” and the many museums and folk concerts throughout the year attest to their closeness as a community and the warm welcome they offer you!