

Friesland District -- A Strong Frisian Heritage

Along the shores of the [North Sea](#), the Friesland District sits along the wide mouth of the [Weser](#) river as it leaves [Lower Saxony](#). Most of its shores are protected within the [Wadden Sea](#) National Park — creating a haven for wild birds along with [Jade Bay](#) — a large shallow bay leading inland.

Friesland District Map

Towns & Villages in the Friesland District

- [Bockhorn \(Frisia\)](#)
- [Jever](#)
- [Sande](#)

- [Schortens](#)
- [Varel](#)
- [Wangerland](#)

- Wangerooge
- [Zetel](#)
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[Jever](#) is the capital of the district — famous for its *Pilsener* beer of the same name. It has a magnificent Russian-style castle — a remnant of its turbulent past and the local population still lay heavy praise on the last chieftain of Jeverland in the middle ages: *Fräulein Maria*. Sculptures and museums devoted to her and her family cannot be avoided through town!

One of the [East Frisian Islands](#) is easily reached from mainland Friesland District — Wangerooge. There are no cars allowed on this island, so you are left alone with the wind and the birds! Great for kite-surfing and sailing among other sports — and very attractive as well, with miles of sandy beaches and a lighthouse you can climb up to watch the huge ships heading into port.