

## Hildesheim District Is Filled With Legends

In the south of the state of [Lower Saxony](#) sits the historic Hildesheim District. The north of the region is very urban and close to the city of [Hanover](#), whereas the south is forested and touches the west of the [Harz National Park](#).

## Hildesheim District Map

## Towns & Villages in the Hildesheim District

- Adenstedt
- [Alfeld](#)
- [Algermissen](#)
- Almstedt
- [Bad Salzdetfurth](#)
- Banteln
- Betheln
- [Bockenem](#)
- Brüggen
- Coppengrave
- Despetal
- [Diekholzen](#)
- Duingen
- Eberholzen

- Eime
- [Elze](#)
- Everode
- Freden
- [Giesen](#)
- [Gronau \(Leine\)](#)
- Harbarnsen
- [Harsum](#)
- [Hildesheim](#)
- [Holle](#)
- Hoyershausen
- Lamspringe
- Landwehr
- Marienhagen
  
- Neuhof
- [Nordstemmen](#)
- Rheden
- [Sarstedt](#)
- [Schellerten](#)
- Sehlen
- Sibbesse
- [Söhlde](#)
- Weenzen
- Westfeld
- Winzenburg
- Woltershausen
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[Hildesheim](#) itself is a great “picture-book” old town — however it’s a fake! After being almost completely destroyed in 1945, the town has been sensitively rebuilt to reflect its medieval past. Considering the destruction here, it is worth seeking out the cathedral which claims to have the oldest living rose bush in the world at 1000 years old!

The area is also linked with the Fairy Tale route which threads its way through the state, and the *Sieben Berge* (the Seven Mountains) have many legends worthy of the Brothers Grimm!

The landscape of the Hildesheim District is very appealing and is part of the extensive Northern

German Plain. These rich clay soils have benefited agriculture through the ages, and have helped to produce the local sugar beets and popular beers! Make sure you try a few while you are here... ;-)