

## Ladbergen -- No Mountains To Work Off The Cookies

The town of Ladbergen is kind of a misnomer. You see, bergen in German means mountains. Yet, there isn't a mountain to be found in this town of around 6,500 people that's about 20km north of [Münster](#). Heck, there ain't even any big hills around here.

Oh, goody, I won't have to break into singing "Ain't no mountain high enough." ;-)

While some [German towns](#) are overloaded with half-timbered houses, medieval churches, festivals and markets — Ladbergen's claim to fame is food.

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Great, I love food. Wait, let me be more specific. I love most food. There's just no way I'm gonna try the *Töttchen*. Don't let me stop you if you're on some culinary adventure (or got a cast-iron stomach), 'cause the stuff is made with calf tongue, and all the other... Nevermind, let's just say it originally was a "poor man's dish," which usually didn't include more expensive T-bone cuts.

I will, however, take the *Eisenkuchen*. Yummy cookies and/or wafer sticks that look like an Italian pizzelle. When you roll them right they make a great ice cream cone.

After eating a good walk around Ladbergen is in order. On the Marktplatz is the 19th century Lutheran Church; and there is a Local History Museum in town too.

From here you can visit the *Schuhmachermuseum* (Shoemaker Museum), the *Galerie Strathworks* with paintings & sculptures, the *Volkstheater* offering all sorts of performances, and the *Königs Backes*, which is the oldest building in Ladbergen, built in 1624. The *Getreidemühle* (Grain Mill) Erpenbeck is much younger, built in 1840.

Still need more exercise to work off those cookies? The Waldsee is a swimming lake, with camping, a tennis court, and soccer field. The lake is the venue for the big Pentecost/Whit Monday celebration.

Sometimes it's best to feed others instead of yourself, the *Wildfreigehege Nöttle Berg* has a feeding zoo, and gives you a chance to see wild animals like wolves and bison. Seems like the perfect place to hold the *Bärenfest* (Bear Festival) every summer.

No exotic animals are found in Ladbergen's *Friedenspark* (Peace Park), just the human and canine variety. Doesn't matter to me, so long as I don't have to share my *Eisenkuchen*. ;-)