

In Lauchringen It's All About Being Outside

There are days when I feel like I'm just ping-ponging all over Germany. One day it's all about the north, another about the east, and today it's all about the south. Specifically Lauchringen, a town in the very south of [Baden-Württemberg](#) right on the border of Switzerland.

It's a good thing there aren't too many old buildings in Lauchringen. You don't want to be inside when the Black Forest Cycle Route is calling your name. You'll pass along pleasant rolling hills and the most romantic of bridges along the way, that's for sure.

You're also not too far from [Lake Constance](#), so if you want something a little more active to do, then this is it.

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On the other end of the spectrum, the [Black Forest Nature Park](#) is a place of quiet, peaceful reflection. It's also a great way to slow down and smell the proverbial roses. Better yet, smell some of the local flowers too.

When your tootsies hurt after a day of biking or hiking, kick off your shoes and get them in the Kneipp Foot Bath. I know, it doesn't look like anything except some stairs leading down to a brook. But, trust me, your aching feet will thank you.

One other way to rest your tired soles is to sit by the Big Oak (it was planted in the 18th century) for an afternoon picnic. The Black Forest offers the most delicious of regional dishes, so you'll eat good and have one of the best seats in the house.

Speaking of eating good, the Weekly Market in Lauchringen is the right place to be. Every

Thursday from 3pm-7pm, you'll find sausages, organic produce, cheeses, breads, and wine to take with you or eat right there.

When munching is this good I don't mind jumping all over Germany, especially when it takes me to places like Lauchringen. I also don't mind jumping into the town's solar-heated swimming pool. Ahhh, perfect.