

## Leidersbach -- Short Means Smart In The Spessart Nature Park

On my notes about the town of Leidersbach were written: 1.70 meters equals 66.92 inches and 1.6 meters equals 62.99 inches. And for the life of me, I couldn't remember why.

Hey, you young people, this is what happens sometimes after you turn 50. ;-)

What did these calculations mean? And what the heck did they have to do with this [Lower Franconian](#) town of four districts, located within the [Spessart](#) Nature Park?

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I'll tell ya, because it came to me a few minutes later... it was the average height of the men and women of the Neolithic age who used to call this area home around the Altenburg.

They might not have been all that tall, but it does make them smart if they lived here — because this place sure is pretty. And while it might look a tad (ok, a lot) different from their day, I think they'd sure enjoy what's to see and do what's offered around here.

Leidersbach offers all kinds of culinary specialties, including those made with the King's veggie — asparagus and fine [Franconian](#) wines. I'm thinking the Romans would appreciate this too, since the place was once located along the Limes, or the edge of the Roman Empire.

I have to tell you, Leidersbach is not for the “couch potato” crowd; it's an area bursting at the seams for the outdoorsy crowd. Said to be in the *Räuberland*, or “Robber's Country,” this heavily forested region is perfect for everything from biking, to hiking, and even skating.

And when your feet are tired from all that, come on over to the *Barfußpfad* (Barefoot Path) at the *Wassertretanlage* (Water-treading Basin), where the water is chocked full of natural minerals. I'm pretty sure the Alpine climate has to be good for you, too. Just as I'm sure the campsites, the BBQ areas, and Nordic Walking trails can be helpful to your health as well.

A healthy body is nothing without a healthy brain, so you can educate yourself with some history while you're here, too. Ok, let's not split hairs here, but I'd say the *Wasserschloss Mespelbrunn* qualifies as part history/part outstanding architecture. The castle, built in 1551, has pretty much managed to survive without too many problems, all thanks to its remote location.

Leidersbach is also home to quite a few old churches, like the *Pfarrkirche St. Laurentius* in the village of *Rossbach*. And there's a pretty "wayside" chapel, built in 1899, and the *Church of St. James*, constructed in 1819.

Pahhh, and I thought turning 50 was getting old. But no matter your age, you'll enjoy it here — just like those short prehistoric folks. ;-)