

Märkischer Kreis -- Packed With Natural Wonders

In the heart of the [Sauerland mountain range](#), Märkischer Kreis will certainly be an adventure. It has miles of hiking and Nordic walking trails — up to 700m high at Nordhelle — for the fresh-air lovers, and endless caves through the Devonian Limestone valleys for those who crave darkness!

Märkischer Kreis Map

Cities, Towns & Villages in the Märkischer Kreis

- [Altena](#)
- [Balve](#)
- [Halver](#)
- [Hemer](#)
- [Herscheid](#)

- [Iserlohn](#)
- [Kierspe](#)
- [Lüdenscheid](#)
- [Meinerzhagen](#)
- [Menden \(Sauerland\)](#)

- [Nachrodt-Wiblingwerde](#)
- [Neuenrade](#)

- [Plettenberg](#)
- [Schalksmühle](#)
- [Werdohl](#)

The Hönnetal is a great example of the latter. This stunning creation is completely the work of nature — with the river having carved out this magnificent stretch of steep-sided valley.

Some of the caves (*Höhlen*) travel underground for 400 meters or more near [Hemer](#) and [Iserlohn](#) and have formed massive stalactites. One huge cave near [Balve](#) is actually used to host live music events, usually Irish Folk or Celtic.

The ancient town of [Altena](#) is balanced by a steep, narrow valley on the Lenne river and famous for making chain-mail armour for medieval knights! It also has a picture-perfect 12th century towered castle on the highest point, which houses a 28-room themed museum.