

Neubulach -- Fresh Healthy Air In The Cave

It's back to the [Black Forest](#) again, this time to the nationally recognized health resort town of Neubulach that will both take your breath away — and give it right back to you.

Now you know I'm going to have a good tidbit of information to back a statement like that up, right?

I already told you that Neubulach lies within the Black Forest, so this naturally pretty countryside is just absolutely stunning — hence, taking your breath away. But, underground is where you can get it back...

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The old Silver Mine offers something known as tunnel therapy, a pollen free environment to help alleviate allergy and other breathing ailments. See, told ya, you get your breath back.

What's really funny is, it doesn't seem out of the ordinary to find 20-plus people all wrapped up in sleeping bags as they're relaxing on lounge chairs way below ground level. However, if you're keen on the idea of being above ground, you'll find a whole bunch of things to do.

Neubulach boasts all sorts of hiking trails and bike paths (find some that run along the many fields of purple crocus flowers — so pretty), as well as miniature golfing (located near the Spa Park), and even a Kneipp Spa area.

You'd better have your health about you if you want to enjoy the very best of Neubulach's many festivals. There is everything from an annual *Dorffest* (Village Festival), to its *Maibaum* and Maypole celebrations, to the *Wein- und Zwiebelkuchenfest* every September. You've also go the

Easter Market and Autumn Market to look forward to.

Plus, Neubulach has a historical side, too. You're awfully close to the Hirsau Abbey (in [Calw](#)), a medieval Benedictine monastery from the 11th century. The Burgruine Zavelstein is also conveniently located, offering up a chance to see what was once a castle from the Middle Ages — now all crumbling stone and half-taken over by nature. Simply beautiful, even after all these years.

That's a good description for all of Neubulach, simply beautiful. No wonder it had to find a way to give you your breath back — it keeps taking it away.