

Neustadt District -- Fresh Air, Fabulous Finds

The Neustadt (Waldnaab) District is located in the heart of the [Upper Palatinate Forest](#), part of Central Europe's largest contiguous wooded highlands – 1,700 square miles of forests, mountains and meadows. It has earned its nickname as the “green lungs of Bavaria.”

Neustadt District Map

Towns & Villages in the Neustadt District

- Altenstadt a.d. Waldnaab
- Bechtsrieth
- Eschenbach
- Eslarn
- Etzenricht
- Floß
- Flossenbürg
- Georgenberg
- [Grafenwöhr](#)
- Irchenrieth
- Kirchendemenreuth
- Kirchenthumbach
- Kohlberg

- Leuchtenberg
- Luhe-Wildenau
- Mantel
- Moosbach
- [Neustadt an der Waldnaab](#)
- Neustadt am Kulm
- Parkstein
- Pirk
- Pleystein
- Pressath
- Püchersreuth
- Schirmitz
- Schlammersdorf

- Schwarzenbach
- Speinshart
- Störnstein
- Tännesberg
- Theisseil
- Trabit
- [Vohenstrauß](#)
- Vorbach
- Waidhaus
- Waldthurn
- Weiherhammer
- [Windischeschenbach](#)
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The district seat, [Neustadt an der Waldnaab](#), is a small town infusing the beauty of its surrounding nature park with eleven centuries of tradition. Be sure to see the Old Castle, circa 1600, and the New Castle, built a hundred years later, along with the Town Museum, converted from a 17th-century schoolhouse.

Located to the north, the town of [Windischeschenbach](#) (whose name is a tongue twister, isn't it?) claims to be the gateway to the Waltnaab region. Camping, hiking, cycling, swimming, and stage events are just a few of the activities you can enjoy here. The locals love their food and drink, too, and restaurants are plentiful.

In the south, the town of [Vohenstrauß](#) has its own "events castle," the Schloss Friedrichsburg.

This unique venue is suitable for trade shows, exhibitions, seminars, conferences and related functions, all within the confines of a modern fortress with full amenities.

To the west, in Eschenbach in der Oberpfalz, you can take advantage of the beautiful countryside for hiking, biking and swimming at your leisure. Nearby [Grafenwöhr](#), with its many dairies and farms, has developed tourist interests, such as spas, crafts shops, and street fests for relaxing dining, drinking and entertainment. You are bound to enjoy yourself here. :-)