

Regen District -- Sparkling Gem Of The Bavarian Forest

The Regen District is fully integrated within the [Bavarian Forest](#) and takes its name from the river that runs through it. Winter sports and summer outdoor activities are big attractions throughout the district, drawing visitors from [Regensburg](#) to the west and the Czech Republic to the east.

Regen District Map

Towns & Villages in the Regen District

- Achslach
- Arnbruck
- Bayerisch Eisenstein
- Bischofsmais
- Böbrach
- Bodenmais
- Drachselsried
- Frauenau

- Geiersthal
- Gotteszell
- Kirchberg im Wald
- Kirchdorf im Wald
- Kollnburg

- Langdorf
- Lindberg
- Patersdorf

- Prackenbach
- [Regen](#)
- Rinchnach
- Ruhmannsfelden
- Teisnach
- [Viechtach](#)
- Zachenberg
- [Zwiesel](#)

The district seat is the town of [Regen](#), where you can explore the colorful sculptures of a manmade Glass Forest. Swimming, tennis, cycling, camping, skating and skiing are popular recreational activities you will want to take advantage of while visiting.

In the northeast, you will find [Zwiesel](#), not far from the highest peak in the Bavarian Forest, the 1,456-meter Großer Arber, often compared to Switzerland's Monte Blanc. Shopping here will be high on your agenda, as the town is renowned for its artistic and functional glassware, a local craft since 1421.

Further north, Bayerisch Eisenstein sits on the Czech border where it is twinned with the town of Železná Ruda on the other side. You can enjoy local hiking trails for forest and mountain walks in summer, and there is excellent skiing here in winter.

[Viechtach](#) in the northwest is noted for its lively festivals, open-air music concerts and theatrical productions. Take a little time to tour its many museums and castles, including the Burg Neunußberg with its merry medieval fairs held in July and August.