

## Regen -- A Haunted Castle Within The Bavarian Forest

The [Lower Bavarian](#) town of Regen couldn't get anymore interesting than it already is. Regen (and its 55 hamlets in 5 quarters) has a haunted castle, a glass forest, and is considered to be an air health resort town inside the [Bavarian Forest](#).

Besides the unique, Regen does have the normal sightseeing including the lovely St. Michael, St. Johann, and Holy Spirit churches. Over at the 18th century *Mariensäule* statue, you'll find many well maintained 19th century homes.

But, maybe they're not haunted like the castle is reported to be. For real, a haunted castle? Yes, according to legend there have been reports of the "white lady" around the Burg Weissenstein. Some might just think that ruins of the place are just some old stones and brick, but most of these walls have been standing for more than 900 years.

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That's impressive in itself, add a ghost into the mix and you've got yourself a campfire story to say the least.

In the shadow of Burg Weißenstein is the *Fressende Haus* (part of a farm complex), now a museum with finds from the castle's excavations and agricultural life. More about Regen's history can be learned over at its local history museum.

Regen might be in the Bavarian Forest but, it has a glass one, too. The Glass Forest (*Gläserner Wald*) consists of glass tree sculptures that dot the Bavarian landscape. In winter, they reflect the snow and add drops of color on the white landscape.

Speaking of forests, you'd be hard pressed to find one as beautiful as the Bavarian one. It's so large it encircles three countries (Germany, Czech Republic, and Austria), but I'm biased and the most beautiful parts can be found right here.

The forest (actually part of a low mountain range) holds all sorts walking and bicycle paths and you'll be more than happy stopping along side little lakes or by the River Regen. It's no wonder this place is considered an air health resort town, with all the hiking and biking, you WILL feel healthier.

But, come to think of it... you'll be more than happy with all of Regen.