

Regenstauf Has Attractions That Can Be Haunting, Literally

Regenstauf is slightly different from the other [German towns](#) you may have visited. Yes, there's a castle, but it's reportedly haunted.

What we have here is the Stockenfels Castle with the mystical resident Lord Geisterkastellan Vohburger who likes to make his presence felt when the mood hits him.

If you think it's creepy to go alone, join an organized tour, so you don't miss out. For a normal castle experience, you could consider the Ramspau Castle sans any supernatural elements.

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Regenstauf takes sport and outdoor fun very seriously indeed, or at least that's how it appears. Judge for yourself after you've been to the various leisure and sport venues in the city.

If it's winter, take yourself off to Schneitweg where the snow and get on that ski-lift. Otherwise, there's canoeing in the river with plenty of businesses lined up from where you can hire a rowing boat.

Get aboard a sightseeing flight that will knock your breath away as you soar over the awesome Alpine views. What remains to be seen is more than you'll ever get around to in a short while, so don't come here in a hurry.

Regenstauf has this recreation center with almost any kind of sport you may want to try your hand at. They have squash, tennis, badminton, and more. If indoor sport is really not you, you could visit the Nordic Walking Park.

For a refreshing splash, you have two options — the *Regentalbad* with the added facilities of beach volleyball and football and the *Flussbad* where besides swimming they even have a barbecue.

Now you take your pick... ;-)