

Salzhemmendorf, A Top Ten Health Resort Town?

We got another winner in the health resort town competition in [Lower Saxony](#). OK, I made that competition up; but, Salzhemmendorf would at least be in the “Top 10” if there was one.

There’s more to Salzhemmendorf than just its hot springs. Wait, give me a minute — because those relaxing hot springs always take me to a happy place in my head. They’ll do the same for you, too. Lauenstein is where you’ll go to chill out at the springs, among other types of services that are offered.

So, after you’ve soaked, dunked, and been rubbed down it’s time to see the rest of Salzhemmendorf. There’s a Dino World for the kids, which is a great little place teaching about the long extinct animals.

— Top Areas Of Interest

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Those little ones surely aren’t going to want to hike all the trails in the woodlands; nor, will they want to check out the ruins of Burg Lauenstein. Between you and me, the wall shells of the castle’s chapel will leave you speechless — I don’t quite know what to say about it other than it’s amazingly beautiful in its ruined state; and something you won’t ever forget.

If you’re really brave you can go exploring the caves in the Ith, a mountainous region around Salzhemmendorf. Don’t want to do the caves? Rent a bicycle and just ride around the area and stop at the Church of St. Vitus that’s been vital to this town since it was erected in 1166.

In addition to being a spa town Salzhemmendorf was a mining one, as well. On Sundays in the Summer only the *Hüttenstollen Osterwald*, a mining museum, explains all about the process.

At least the weekly market takes place all year round on Wednesdays right outside the Town Hall.

I told you if there was a top ten list Salzhemmendorf would make the cut.