

Unna District -- For Sport And Culture Enthusiasts

The Unna district surrounding [Dortmund](#) at its east is considered representing the green side of "[The Brown Ruhr Area](#)."

Unna District Map

Cities, Towns & Villages in the Unna District

- [Bergkamen](#)
- [Bönen](#)
- [Fröndenberg \(Ruhr\)](#)
- [Holzwickede](#)

- [Kamen](#)
- [Lünen](#)
- [Schwerte](#)
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- [Selm](#)
- [Unna](#)
- [Werne](#)
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Being one of the more beautiful districts, there are countless opportunities for exploring central German culture and workmanship at the same time. Here are a couple highlights...

The *Kettenschmiedemuseum* in [Fröndenberg](#) is a monument of the industry culture showcasing smithy art and how chains are being made. As a matter of fact, you may even try it for yourself!

The Cappenberg Castle in [Selm](#), the Natur-Solebad in [Werne](#), as well as the former Conveyor Tower "Ostpol" in [Bönen](#) are also worth a visit.

And if you're after nature, then why not take a bike tour to and around the *Horstmarer See*, a lake in the nature park Lünen. For a smaller sized tour head over to [Kamen](#) and explore the *Emscher-Park-Radweg*.

Last but not least, [Unna](#), the district's capital, is a town that satisfies art lovers and museum enthusiasts alike.