

Wiesbaden Sports -- The City Of Sports In The Hesse Region

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Wiesbaden is a great center of sports in the [Hesse](#) region of Germany. You'll find the perennial favorites like soccer, running and cycling, as well as a good variety of winter sports.

Football / Soccer

The SV Wehen Wiesbaden is the local soccer team. This Wiesbaden sports team was founded in 1926. They played for just a few years before being banned by the Nazi party in 1933.

Following the war, the team has enjoyed some successes by winning championships in the Hesse Cup (the precursor tournament for eligibility to play in the German Cup.)

These days, you can catch one of their games at the BRITA-Arena (Wiesbaden Südost) with a capacity of about 13,000.

Running

Running is a local passion in this sports city. This Wiesbaden sport can be enjoyed all around. The tracks lead through the Wiesbaden Kurpark, the harbor of Schierstein district and along the [Rhine river](#) in the Biebrich area.

For those who fancy more of a challenge, there is the Neroberg mountain trails.

Jogging is the perfect activity for both fitness buffs and new athletes.

Cycling

If you want to give your feet a break, then try this other popular Wiesbaden sport. Cycling is well-loved throughout Germany and Wiesbaden shares in this tradition. With its many cycling trails, there is something to suit every level of cyclist from absolute beginners to professional bikers.

Some of the more popular routes include the Riesling Routen, the Main cycle path and the Veloroute-Rhein.

Skiing

With several cross-country ski tracks like the 4.5 km (2.7 mi)-long Kellerskopf track or the easier 2 km (1.2 mi) Platte course, Wiesbaden is a popular winter destination. This Wiesbaden sport also has plenty of downhill skiing for those who prefer more of an adrenaline rush.

Ice Skating

This popular Wiesbaden winter sport is featured at the Henkell ice-skating rink. The skating surface stretches 60 by 30 m (196 ft by 98 ft) for lots of room to practice your spins and tricks.