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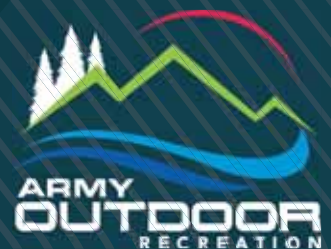


U.K. CASTLES, CATHEDRALS & GARDENS
TO GET LOST IN

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UPPER FRANCONIA

HAPPENING IN JULY
EDITOR'S PICKS

& MUCH
MORE



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WHAT'S UP

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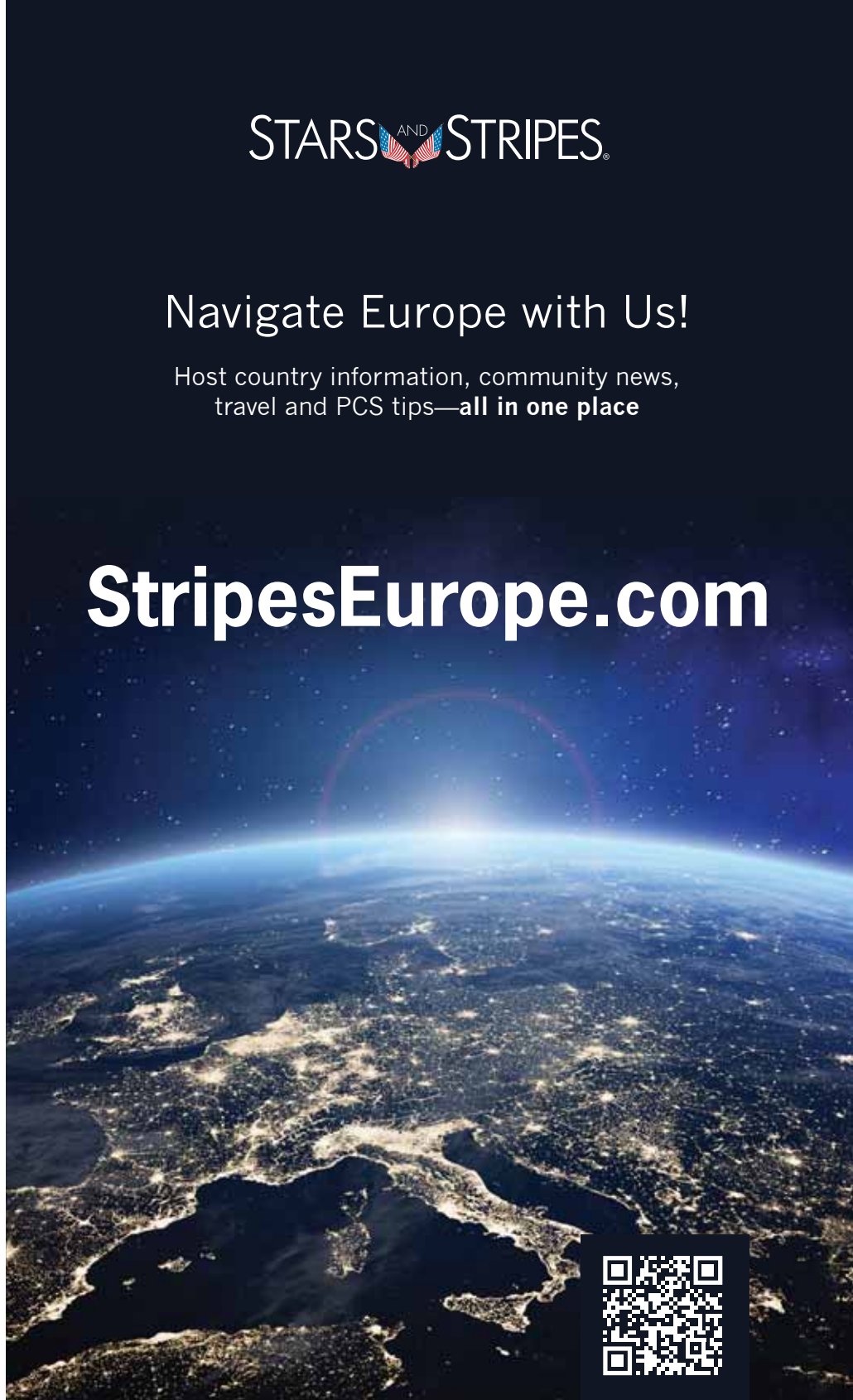


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July Events

By Tamala Malerk

EDITOR'S PICKS

Summer is here! Celebrate this sunny part of the year with festivals, concerts, cons, monster trucks and more. Always check the event's website before traveling.



Street Food & Beach Festival July 13-16, Dortmund

Enjoy four days of sand, sun and fun. There will be culinary treats and live music on Dortmund's Street Beach mile. Cool down under a palm tree and sip on a cocktail.



Cologne Pride June 26-July 9, Cologne

Celebrate Pride with street festivals, cosplaying day, demonstrations and more. The celebration concludes with a three-day street festival between July 7 and 9. You can find more Pride events in Germany at misterbandb.com.



Board Game Con July 14, Berlin

Come play your favorite board game or learn a new one. This is a con for experienced gamers or those new to the game (pun intended). For more pop culture cons across Germany, check out Con Together: July on europe.stripes.com.



Wool Festival July 8 and 9, Kassel

Across 4,000 sq. meters, you will find 60 exhibitors presenting knitting accessories, wool and staple fibers. The spinners of "Whirring Wheels" will show off their craft on both days.



Spielbuden Festival July 21-23, Hamburg

The Corny Littmann Foundation presents the top artists of the street art scene. Following in the centuries-long tradition of street theater, Spielbuden brings that classic fair to the modern era.



Africa Festival Stuttgart July 7-9, Stuttgart

Enjoy three days of children's programs, fairy tales, lectures, workshops, a fashion show, music, food, theater groups and shopping at the bazaar. Music from a variety of African nations will be represented at this event.



Monster Jam July 22, Frankfurt

Finally returning to Frankfurt after its last show in 2019, make your way to the PitParty and pick your favorite one as these world-famous trucks and vehicles take to the pit. More dates and locations available at monsterjam.com.



P!nk Live in Concert July 12 and 13, Hannover

P!nk has been rocking our world since 2001. Listen to her best hits like "Just Like Fire," "Get the Party Started," "Sober" and "Raise your Glass." More dates and locations can be found at pinkspage.com.

Tell Your Story!

Editor's Pick Call Out:

Did you attend one of our previous Editor's Picks events? We want to hear all about it! Please share something memorable about your experience in about 50-70 words and you could be featured here. Send your submissions to contentteam@stripes.com. ■

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PHOTO of the month

Vianden, Luxembourg has a rich and interesting history. During the Middle Ages, the area was as large as the modern Grand Duchy of Luxembourg. In the late 1800s, French poet Victor Hugo lived in town after his banishment from Belgium. Nowadays, it is a small border town of 2,000 people and has plenty for tourists to do, including visiting Vianden Castle and venturing down the main street.

Photo by Denise Tudor.

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A DAY IN

Upper Franconia

By Kat Nickola

Forests with hot springs and towns full of castles and breweries are what define Oberfranken, or Upper Franconia. This northernmost portion of Bavaria is historically, culturally and linguistically different from the southern portion of the Bundesland (state).

Franconia is divided into three regions with Upper Franconia being the higher elevation portion along the northern border with Thuringia. It is named for the Germanic Franks who occupied and conquered much of Europe in the 5th to 8th centuries after the fall of Rome. Frankish people from the Rhineland gave Franconia its unique German dialect. Interestingly, some Frankish groups also pushed westward into Gaul, eventually giving France its namesake. Franconia became an important political and religious power base within the Holy Roman Empire. In 1803, Franconia was absorbed by the Kingdom of Bavaria with support from Napoleon and remains politically tied to Bavaria today.





Hiking and Hot Springs

Known as the “Green Crown of Bavaria” the Franconian Forest is a beautifully wild area of uplands covered in dense forest and perfect for a day of hiking. The forest service has a list of recommended day hiking routes easily findable on their interactive map. These routes are all well-marked with information panels, rest stops and cafes to grab a pint along the way.

One trail follows the former border between East and West Germany. The 14-kilometer loop is primarily within the Thuringian Muschwitz stream nature reserve. This area used to be edged in barbed wire and lookout towers, but the green belt of ecological growth between the borders thrived.

VISIT STARS AND STRIPES EUROPE ON KOMOOT FOR A TRAIL MAP.



STAY LONGER IN THE FOREST BY RESERVING A WILDERNESS TREKKING CAMPSITE.



Castle Thurnau in Upper Franconia.

After hiking, visit one of the numerous thermal springs in the area. The Therme Bad Steben lies nearby in the heart of the forest and combines traditional buildings with ultra-modern facilities. The two mineral springs feeding the sauna have been used for their healing properties since the 1400s. The town developed into a tourist spa in the 1700s and was later awarded a position as a “Royal Bavarian State Spa.”

Castles and Breweries

Bayreuth is the final town along the German Castle Road, which begins far to the west in Mannheim and visits roughly 60 castles along a 780-kilometer route. The four palaces in Bayreuth were constructed at the height of the Kingdom of Prussia’s Rococo period in the 1700s. The town was also home to famed composer, Richard Wagner, whose grave and museum are a tribute to his mythological operas. Downtown, visit the small traditional Manns Bräu local brewery for a taste of Franconian specialties.

To learn even more about beer brewing, visit the Maisel & Friends brewery complex. Here you can take a tour of the brewery, including a fascinating look at the underground catacombs. There is also a beer garden and restaurant for tasting one of the 100 beers available, with 21 on tap.

The next castle town is Kulmbach. Its hilltop Plassenburg fortress hosts a unique set of museum collections about castle life and tin

figures. Nearby you’ll find the unique beer, spice and bakery museums at Kulmbach’s Mönchshof. The former monastery boasts 600 years of beer brewing history and is worth visiting for its traditional Bräuhaus.

Further north is the Rosenberg fortress, one of the largest and best-preserved castles in Bavaria where you can take a tour to see the secret tunnels underneath. It was built in the 1200s and sits on the hill above the quaint walled town of Kronach, hometown of Lucas Cranach, an artist famous for his painting of protestant reformer Martin Luther. Learn more about Cranach at the town museum or just wander the along cute, cobbled streets past medieval architecture to one of the three local brew pubs.

Upper Franconia boasts the highest density of breweries in the world. If hiking from brewery to brewery sounds fun, try a Braueienweg, or brewery trail. An easy 14-kilometer trail through the rocky and scenic valleys surrounding the town of Aufsess is a classic route taking in four breweries and a castle. ■

FIND THIS TRAIL ON KOMOOT WITH STARS AND STRIPES EUROPE.

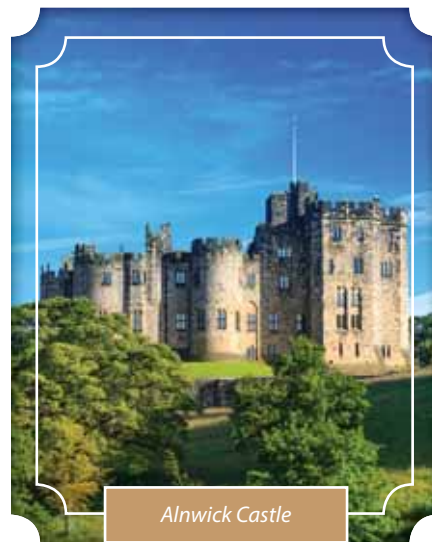


U.K. CASTLES, CATHEDRALS & GARDENS TO GET LOST IN

By Erica Fowler

In need of some serenity and calm? A vast British garden may just do the trick. At any time of the year, they are lovingly tilled and trimmed, often alongside mammoth structures like castles and cathedrals with stories to tell. I'm a fan of travel escapism. When I come back to daily life, I am regenerated, inspired and life in the modern day is reframed because I took time to understand the past.

Historic gardens, in a particularly fun way, are alive, and yet undying because efforts are made to feature the original owner's favorites as they were centuries ago. When hand-drawn layouts no longer exist, archeologists heave away mounds of earth (using remote sensing equipment or actual shovels) to uncover where original decorative fixtures once stood at the pleasure of the noble residents. Something new is sometimes added to the original layout, like a revived kitchen garden to feed castle visitors with its fresh flavors.



Alnwick Castle

ALNWK CASTLE, NORTHUMBERLAND

The opulent interior of Alnwick was remodeled in the style of the Italian Renaissance, and the rooms are fully outfitted in Carrera marble, chandeliers and collections derived from the interests of previous residents. Ornate woodwork is also evidenced throughout because the Alnwick School of Carving was established by the fourth Duke to focus on the various projects each room called for. For all its majesty, it is not surprising that Alnwick Castle has most recently starred in the 2023 "Dungeons and Dragons" movie, and previously in the first two Harry Potter movies, "Transformers: The Last Knight," "Downton Abbey" and others. You may finish the tour of the castle thinking your eyes have been overindulged with gilded beauty, but you haven't seen the adjacent Alnwick Gardens yet!

ALNWK GARDEN

Capability Brown, a famous British garden architect, began massive work on the landscape for the Duke and Duchess of Northumberland in 1770, going to such lengths as to slow the nearby River Aln's flow by installing cascades so that the castle above could be mirrored on the calmer water. In the present day, the current Duchess led the impressive renovation of the gardens into a 12-acre community pleasure space in the late 1990s. Greeting you at the entrance is the Grand Cascade, a tiered fountain with a mesmerizing light show. Keep a lookout for the world's largest treehouse (with a restaurant inside), which is nestled in a wooded area. The Poison Garden is another unique area, which is home to a collection of toxic plants, such as opium poppies and rhododendrons. Many have cages over them to protect curious hands, and tours are given to explain their characteristics and how humans have used them over the centuries for both wicked and good endeavors. Used in the right amounts, a few of the plants have healing properties and are used in medicines!



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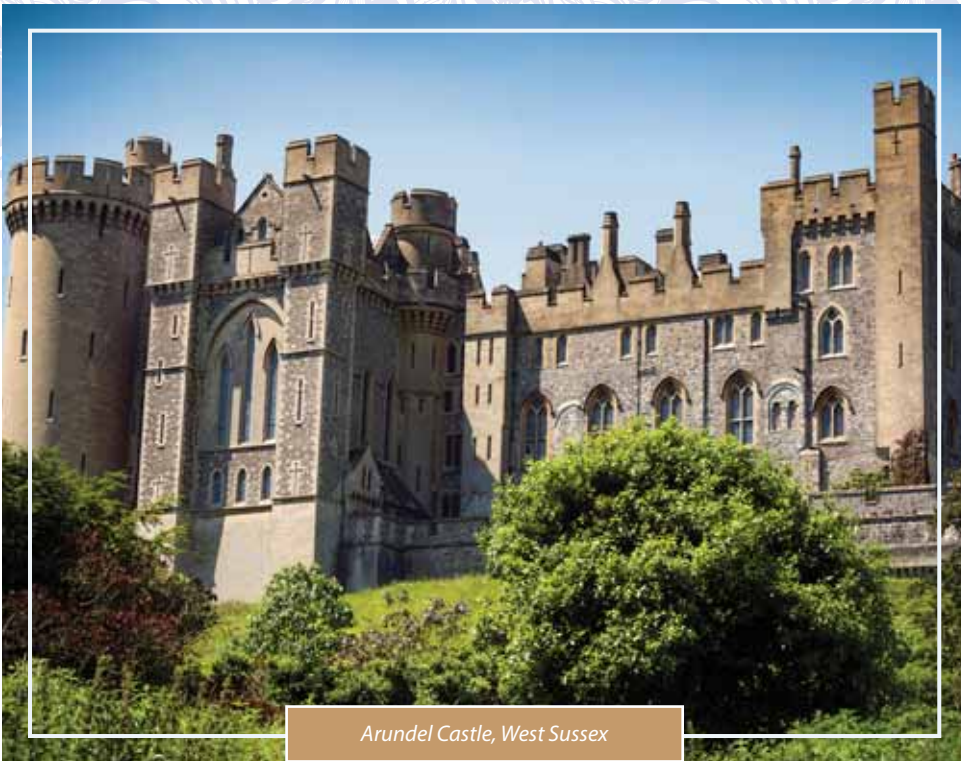
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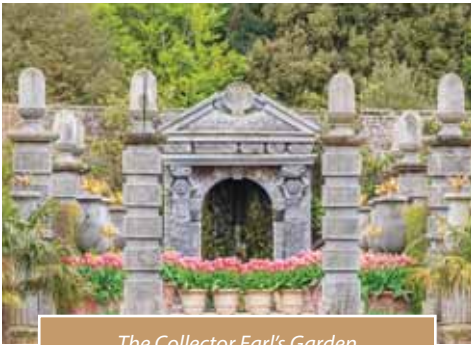


Arundel Castle, West Sussex

ARUNDEL CASTLE, WEST SUSSEX

Arundel Castle is a perfect example of the transformation of purpose that castles had over time. From the stark defensive needs of the 11th-century Normans to the majestic great hall and rich 19th-century library, there is so much to explore. At the highest point, the castle's original motte-and-bailey keep is centered within its expansive walls that cut into the surrounding woods. It is hard to believe that this castle sat in ruins after its third siege for 150 years before being renovated. It has such a diversity of environments that movies like 2017's "Wonder Woman" filmed scenes on location.

Plan to spend most of the day here if you want to get a full tour and stop for a bite afterward at the lakeside Swanbourne Lodge Tearoom a short distance away.



The Collector Earl's Garden

THE COLLECTOR EARL'S GARDEN

Originally part of the castle's kitchen garden, this new outdoor masterpiece was dedicated to the 14th Earl of Arundel in 2008, who loved to collect art. Visiting its pergola, fountains and tropical plants under the romantic shade of trees makes for a captivating stroll.

Did You Know?

Dukes of Norfolk (an English county) have actually been based in Sussex since the Tudor period. Marriage between the Earl of Arundel's daughter, Mary FitzAlan and Thomas Howard, the fourth Duke of Norfolk, determined that Arundel Castle should be the Norfolk county seat.



Octagonal Tower, Ely Cathedral

ELY CATHEDRAL, CAMBRIDGESHIRE

The original abbey in Ely was built in 672 C.E. by St. Etheldreda, who was an Anglo-Saxon queen and the Abbess of Ely. The designation for this site set a path for this city to remain the home of a magnificent place of worship, even after the first abbey was destroyed by Danish Viking invasions. Rebuilt in 1083, the cathedral has since been refinished many times, with the core remaining mightily Romanesque and later Gothic elements beautifying the vast space. One of the unique Gothic additions that visitors can marvel at today is the octagonal tower. It was created by complete accident when the previous tower collapsed. Such intentionally intricate work went into installing something so beautiful. You will be lost gazing for quite some time.



Ely Cathedral, Cambridgeshire

FELBRIGG HALL, NORFOLK

On the sprawling 500-acre Felbrigg estate, the magnificent gardens make a striking first impression, strewn with cherry blossom trees. Many trails, a lake and wildlife abound to observe in unobstructed nature. Closer to the hall, the high-walled and manicured gardens are lovingly cared for. In the winter, the staff curate much of the maintenance and new planting projects, and they uncommonly have the freedom to cultivate beyond the traditional arrangements. Plant lovers can be inspired with a stroll through it all, and then stop at the cafe, gift shop or secondhand bookshop to cool off.



Felbrigg Hall, Norfolk

YORK MINSTER, YORKSHIRE

When it's the largest Gothic cathedral in Northern Europe, it's bound to be a stop while venturing around. The current building began construction in 1080. Since then, it has undergone centuries straight of expansions. The famous Rose Window in the south transept tells the story of union after the Wars of the Roses. It showcases a pattern of red Lancastrian roses and white York roses united to form the Tudor rose.

The undercroft, or the chambers below the main floor of York Minster, is actually a museum with archeological finds on display. This includes the 1960s discovery of the remains of a Roman barracks and Norman-era church foundation, which you can observe as you float over it on the transparent floor. ■



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The National Trust provides stewardship for many of these properties. If you are in the U.K. for a while and you love frequenting historical sites, it may be worth exploring a paid membership for free entry and parking. Visit [nationaltrust.org.uk](https://www.nationaltrust.org.uk) for more details.



Rose Window, York Minster

Why is it “York Minster”?

The honorific “minster” refers to a church’s origin in Anglo-Saxon times and the role religious institutions played in ministering to the population.



York Minster, Yorkshire

Volunteering

WITH THE RHEINLAND-PFALZ

Quilt Guild

By Tamala Malerk



Volunteering

can be such a fulfilling activity. This year, we are highlighting a new organization or event for those who are looking to learn more about the services and resources available to them as well as for those who are looking to give back to the community.

This month we are featuring the Rheinland-Pfalz Quilt Guild. I had the pleasure of speaking with the current Vice President of the Guild, and upcoming Fall 2023 President, Lindsey Grullen. She has been a member of the Guild since 2020.



According to Lindsey, "The Rheinland-Pfalz Quilt Guild is a group of quilters, sewers, needle artists and crafters that just get together and enjoy the hobby." Whether you are a sewing/crafting expert, or you've never picked up a crochet needle in your life, you can join the Guild. The Guild meets every Friday for "Stitch and Gab" on Kapaun Air Station's Chapel Annex in Kaiserslautern, where they share techniques and new skills with each other. The Guild also hosts events and classes. Lindsey even gave me a quick lesson on "free motion" quilting versus "patchwork" quilting.

While the Guild has several opportunities for people to volunteer, their biggest and most impactful opportunity is their "Baby Love" program which provides handmade quilts to Landstuhl Regional Medical Center's Neonatal Intensive Care Unit (NICU). The Guild supplies volunteers with quilt kits, allowing them to hone their quilting skills while providing a service for their local area.

When asked about the most fulfilling aspects of volunteering, she stated, "Of course, helping the babies. Those projects give me the opportunity to work on my skills, work on my hobby as well as give back to the community."

When asked about dealing with a PCS'ing volunteer base, she noted that "the last year and a half was really hard. I think we lost 30 or so members, and we really haven't gained very many back... maybe like five."

If you want to help boost those numbers in the Guild, Lindsey believes there is a lot that volunteers can get from joining. She thinks volunteers will appreciate "just giving back to the community, feeling a sense of accomplishing something and being able to give it [the quilt] to the NICU." She also believes that volunteering is fun. "You get to try new techniques. You get to work on your hobby.... Volunteering in the form of doing your hobby, I don't know what more you would want."



The Rheinland-Pfalz Quilt Guild is a group of quilters, sewers, needle artists and crafters that just get together and enjoy the hobby.



Those who want to volunteer must join the Guild. There is a small annual membership fee of \$30. Membership in the Guild includes participation in events, meetings and free quilting kits to participate in the "Baby Love" program. Apart from the weekly "Stitch and Gab," the Guild meets every third Thursday of the month at the Ramstein Air Base North Chapel Annex beginning at 5:30 p.m. This is a great event to attend to learn more about what the Guild is and what they do. Anyone 12 and older can join the Guild. Those interested in joining can go to one of the monthly Thursday meetings or can email Lindsey and the other Guild board members at inforpqq@gmail.com. ■



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