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# PLAN AHEAD

By Katie Wells



## BAVARIA

**Tollwood Summer Festival,  
Munich**

**JUNE 19–JULY 20, 2025**

This concert series event will keep you entertained for an entire month this summer. Held at **Olympiapark Süd**, there will be a vibrant “Market of Ideas” where you can listen to plenty of live music from all over the world and enjoy theater and performance groups. You can shop the market for handmade crafts and enjoy a variety of international food stands. Entrance to the Market of Ideas festival grounds which includes music, theater, children’s entertainment and environmental activities does not require a ticket. However, to see the main performers at the music arena, you will need to purchase a ticket. Check the website to see a list of performers and purchase your tickets in advance, [tollwood.de](http://tollwood.de).

## KAISERSLAUTERN

**Nibelungen Festival,  
Worms**

**JULY 11–27, 2025**

In mid-July the stage is set against the backdrop of the illuminated Imperial Cathedral in Worms. This open-air festival tells the famous story of Siegfried the Dragon Slayer. For 2025, the play for the festival is being written by Roland Schimmerlpfennig, an award-winning German-language playwright. While the play is in the German language, renowned actors take up the roles and it’s a big spectacle. Non-German-speaking visitors will also be enamored by the visuals and epic adventure. While there, you can also enjoy dinner in the park, the **Worms Nibelungen Museum** or simply strolling through the city and spotting dragons and statues of Siegfried.

## STUTTART

**Hamburger Fischmarkt,  
Stuttgart**

**JULY 10–20, 2025**

Since 1987, the traveling Hamburg Fish Market has made Stuttgart an important stop. Ships glide in carrying plenty of fresh seafood from northern Germany and the **Karlsplatz** in downtown Stuttgart is transformed into a lively fish market and festival for 10 days. A bell ringing at the baking fish tower announces the start of the event. A variety of food stalls offer delicious fish dishes like fish rolls, pickled herring, smoked eels, **Labskaus** (a ‘legendary’ dish with potatoes, beef and beets), and even, maritime-themed cocktails. You can purchase products to take home like smoked salmon, tins of fish and other seafood products. If you tire of fish, there are plenty of specialty desserts and sweets to try brought in from the north, along with traditional festival food. Entrance to the market is free and there is plenty of seating and music to listen to while enjoying the fresh catch.

## WIESBADEN

**Johannisnacht Festival,  
Mainz**

**JUNE 20–23, 2025**

Less than a half-hour drive from Wiesbaden, St. John’s Night is one of Mainz’s largest festivals. The festival celebrates the memory of Johannes Gutenberg, inventor of the Gutenberg printing press. There will be an antiquarian book market on Schillerplatz and Ballplatz. An artists’ market starts from the Kurfürstenbrunnen to Fischtorplatz with arts and crafts stalls filled with handmade items. In front of the **Gutenberg Museum**, guests can create their own colorful works of art. Giant bubbles float through streets as street artists appear and perform with puppets, bagpipes, on stilts and more. In traditional festival fashion, there will be rides, food and drink stands as well as a Ferris wheel. The festival concludes on Monday evening with a fireworks display over the Rhine River. ■

Scan here to see what is happening  
in your community.



# MWR GO

USAG WIESBADEN FAMILY & MWR

**APRIL 2025**



## HOP INTO APRIL WITH MWR

### WEAR BLUE DAY FOR CHILD ABUSE PREVENTION MONTH

Join the Wiesbaden ACS Family Advocacy Program in wearing blue on Apr. 1. Wear Blue Day is a national initiative that aims to raise awareness of child abuse and local resources available. Locally, we will be planting pinwheels with DODEA schools on multiple dates as pinwheels are the official symbol for Child Abuse Prevention Month. Call civ (0611)-143-548-9201 for more information.

### MINI JOB FAIR

Army Community Service's Employment Readiness Program hosts a Mini Job Fair on Apr. 1 from 10 a.m. to 1 p.m. at the ACS Multi-Purpose Room. Various local agencies will be represented. Resources available will include resume review, interview tips and networking opportunities. Come dressed for success and bring copies of your resume. This is a free event, no registration required.



### EARLY LITERACY FAIR

Join the Wiesbaden Library for the annual Early Literacy Fair on Apr. 3. Featuring The Very Ready Reading Program—a comprehensive early literacy program featuring the 7 Days/7 Ways Principles. A festive gathering of a variety of community services available to promote the love of reading and learning. With door prizes and refreshments! This is a free event, no registration required. Contact the Library at civ (0611)143-548-9821 for more details.

### WAKE UP AND READ! NATIONAL LIBRARY WEEK

National Library Week is an annual celebration highlighting the valuable role libraries,

librarians and library workers play in transforming lives, encouraging people to read and strengthening our communities. Participate in the event by searching for our library mascot hidden throughout the library and receive a small prize! This is a free event, no registration required. Contact the Library at civ (0611)143-548-9821 for more details.

### YOU'RE A GOOD MAN, CHARLIE BROWN

The Amelia Earhart Playhouse performs "You're a Good Man, Charlie Brown" from Apr. 11–12, 18–19, 25, May 2–3 at 7:30 p.m. and Apr. 13 & May 4 at 2 p.m. This show will be held at Velvets Theater in Wiesbaden. Explore life's great questions and celebrate the joy of friendship! Tickets can be purchased at the Wiesbaden Arts & Crafts Center or online via WebTrac.



### KINDERFEST

Celebrate the Month of the Military Child with CYS on Apr. 19 from 11 a.m. to 2 p.m. outside the Wiesbaden Entertainment Center. This is a free event, no registration required.

### "OUR POWER, OUR PLANET" EARTH DAY EVENT

Come help the Wiesbaden Library celebrate the 55th anniversary of Earth Day on Apr. 22 at 4 p.m. In conjunction with the USAG Wiesbaden Environmental Division, the library will host a special seedling potting session. All materials will be provided. This is a free event, no registration required. Open to all ages.

### DENIM DAY

Wear denim with ACS for Sexual Assault Awareness and Prevention Month on Apr. 23.

Visit ACS to learn about local resources and support. For more information, please visit ACS or call civ (0611) 143-548-9201.

### LUNCHTIME SERIES

Army Community Services holds a Federal Resume Writing class as part of the Employment Readiness Program's Lunchtime Series on Apr. 29 from 11:30 a.m. to 1 p.m. This is a free event. Register at ACS or call civ (0611) 143-548-9201.



### RECURRING MONTHLY EVENTS:

- Apr. 1:** Stress Management
- Apr. 2, 16, 30:** ASL Club
- Apr. 3, 17:** Wood Shop Safety Class
- Apr. 5, 19:** Commissary/PX Shuttle
- Apr. 5:** Picture Framing 101
- Apr. 6:** Brick Builders
- Apr. 7, 21:** Dad Talk
- Apr. 8:** Military Appreciation Meal
- Apr. 8:** Kitchen Chronicles
- Apr. 9:** Foreign Born Spouse Meeting
- Apr. 9:** Hearts Apart
- Apr. 10, 24:** Sponsorship Training
- Apr. 12, 26:** Country Line Dancing
- Apr. 13:** Family Crafternoon
- Apr. 15:** Spouse Orientation
- Apr. 15:** Couples Communication
- Apr. 20:** Brainiacs!
- Apr. 22:** Positive Parenting
- Apr. 27:** Welcome to Your Book Club
- Apr. 28:** Learn to Crochet





# The First Bikes



By Kat Nickola

Germany is home to many great inventions like clarinets, diesel engines and the moveable-type printing press, but did you know that it is also the homeland of bicycles?

The first "Laufmaschinen" (running machines) were invented in 1817 by Baron Karl von Drais who worked for the Duke of the Grand Duchy of Baden. Using his last name outside of Germany, the bike became known as the "Draisine." It is theorized that Drais was creating a new vehicle because horse mortality had been high the previous year. Known as the "Year Without a

Summer," in 1816, Europe experienced a volcanic winter due to the massive eruption of Mount Tambora in 1815.

The Laufmaschine took its first ride of 13 kilometers in **Mannheim**. Drais traveled from the house where it was built, along the famous "Chaussee" road between Mannheim Castle and Schwetzingen Castle, and onto one of the many "Relais" used by the German postal system as stations for boarding fresh horses.

Drais's original Laufmaschine is located at the City Museum inside the Prinz-Max-Palais in Karlsruhe for all to go see. ■

Scan here to learn about cycling with the spring bulbs in the Netherlands.



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# BICYCLING AROUND THE KMC AND WIESBADEN

By Tamala Malerk

## AN EASY LOOP AROUND RAMSTEIN

There is a German saying about there being "no bad weather," rather only bad clothing. However, it is nice that it seems to finally be warming up and I no longer want to just hide in my house and binge watch Netflix under a blanket. While a nice stroll is a good way to enjoy the weather, biking one of the many exciting trails in Germany is also a great way to spend the day.

Near Ramstein, there is an easy and level 12-mile route called the "Old avenue-Silbersee loop" where cyclists can take in views of the base, plus some local highlights. It takes on average, one hour and 20 minutes.

Beginning at the Miesenbach train station, you pedal south before biking along the fence line of Ramstein Air Base. This area used to be a wetland, and as the route continues its remnants can be seen as you pedal through a nature reserve near Kindsbach. This part of the trail is a nice hard-packed dirt road. You'll also bike along the tree-lined "old avenue" rumored to be the remnants of a Roman road.

On your loop back, don't miss stopping for a drink or a meal at the restaurant on the Silbersee. One of the outdoor tables overlooking the lake makes for a perfect rest stop.

Route details:  
[www.komoot.com/smarttour/15717368](http://www.komoot.com/smarttour/15717368).

## GERMAN WINE ROUTE

Regular bicycles can be great for everyday, local riding, but if you want to try some of the longer or more difficult trails, an e-bike might be for you. E-bikes, or, electronic bicycles, have special features such as batteries, motors, sensors and controls that give you extra power. You still get the workout from pedaling; however, they do allow you to travel farther, faster.

The German Wine Route is 60 miles of beautiful scenery with plenty of taverns and wineries to stop at along the way. It starts in Bochemheim and ends in Schweigen-Rechtenbach and is a difficult-level trail featuring some steep climbs and hilly spots, perfect for trying out an e-bike.

Route details:  
[www.german-wineroute.com](http://www.german-wineroute.com).

## RIDING THE RIVERS NEAR WIESBADEN

Germany's landscape provides a variety of bicycling opportunities: Ride along one of the many large rivers or challenge yourself with the many hilly trails. Keep your eyes peeled when driving around, especially in small towns and villages for road signs indicating nearby bike trails (i.e. 3km to this town by bike).

Near Wiesbaden, you can ride along the Rhine River on a loop from Mainz to Bingen. This is a roughly four-hour, 40-mile intermediate-level path perfect for a day trip.

Highlights include riding along the smooth, paved Rhine riverside path and taking the ferry across the Rhine near Bingen before looping back up the other side of the river. Along the way you'll pass the massive baroque palace at Biebrich and Eltville Castle.

Route details:  
[www.komoot.com/smarttour/2442693](http://www.komoot.com/smarttour/2442693). ■







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We easily walked onto the regional train with loaded bikes, backpacks and our dog. My kids spotted the bike logo on the side of the correct train car as it pulled into the **Kaiserslautern Hauptbahnhof** and we walked down the platform to meet it.

About an hour later, we rolled off at the Bingen Hauptbahnhof and walked the overpass to the Rhein River. For a couple of days we pedaled northward on the flat, paved Rhine Cycle Route, taking in the views of barges and vineyards. We pedaled through scenic half-timbered towns, stopped for pommes (French fries) and beer during breaks and fought a nasty headwind.

In Boppard, we stopped for an overnight in a hotel, enjoying a wander around the Roman ruins before hot showers and dinner. Our 62km ride ended the next day in Koblenz where we again rolled our bikes onto a train home.

Europe's extensive radweg (bike way) trail system is unparalleled elsewhere in the world. I highly recommend taking advantage of it via bike while you are stationed in Germany.

# The Joy of Biking

in Germany By Kat Nickola



## River Trails

Some of the easiest trails follow river and canal courses.

These mostly flat routes are perfect for beginners and families, in addition to being great 'connectors' to the wider trail networks.

My family has cycled along the Rhine River and the Mosel River. Our preference is for the Mosel cycle route: it is less touristed than the Rhine route and just as scenic. Plus, the Mosel has way more campgrounds right along the river with easy drop-in availability for cyclists using tents. While the campgrounds primarily advertise to RVs on their websites, all are happy to find some space in the field for cyclists in a tent overnight.

For those stationed in Bavaria, the Danube River and its tributaries have some of the most scenic cycle routes along their banks.



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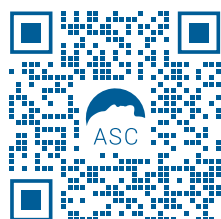
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# Euro Velo Routes

There are currently 17 official EuroVelo long-distance cycling routes that crisscross Europe.

This international network of routes connects paved, hard-packed dirt and, occasionally, road-side bike lanes. There are plenty of resources for cyclists along the routes, so you can easily find hotels, campgrounds, restaurants, bike repair shops and other necessities along the way.

Germany has the most EuroVelo (EV) routes crossing its borders, so it's possible for you to bike all the way from your home to the furthest reaches of the continent via bike! Here are some EV options near you.



## EV 4-Central Europe Route

Passing through **Wiesbaden**, this route crosses the continent's varied geography from east to west.



## EV 5-Via Romea Francigena

Following a thousand-year-old pilgrimage route from Canterbury to Rome, this EV dips into Germany about an hour from the **KMC** at Saarbrücken.



## EV 6-Atlantic to Black Sea Route

Access south of **Ansbach** gives you the chance to traverse the continent from east to west along some beautiful rivers.



## EV13-Iron Curtain Trail

With segments within roughly an hour of those stationed at **Vilseck** or **Grafenwöhr**, this is the longest EV at 10,550 kilometers, traversing from the Arctic to the Black Sea.



## EV 15-Rhine Cycle Route

Passing within an hour of the **KMC** and **Stuttgart** and going directly through Wiesbaden, this route follows the famous river from its source in Switzerland to its mouth on the coast of the Netherlands.



## Staying Local

You don't need to go far to enjoy biking in Germany.

A daily ride or nice weekend outing is also a great way to spend time outdoors and take advantage of the amazing trail system.

GPS route planners like Komoot or Outdoor Active can be useful, but simply hopping on your bike and heading to your nearest trail is also really fun. You can realistically choose a nearby destination and simply follow trail signs there and back without pre-planning or requiring a device for turn-by-turn navigation.

Throughout Germany, trails connect villages, follow rivers and traverse farm fields. When reading a trail sign, the bike logo indicates that bicycles (of any kind) are permitted on the trail. These routes may be paved or hard packed with dirt and stone. When necessary, they may share roads with cars for short periods. Numbers beside town names indicate the distance in kilometers via the trail.

Note that many times when a trail enters a town it will join back up with the local roads, so you may feel like it dumped you out onto a busy street. In this case, look around for the signs with bike logos; arrows will help lead you along the safest route through the village and back onto a trail.



## Mountain Biking

In the forests near you, mountain biking on the dirt trails may be permitted.

Each state has different laws regarding biking in the forests.

In the **Rhineland-Pfalz** (KMC, Baumholder, Ramstein) mountain biking is permitted on forest trails. You must yield to pedestrians. The Pfälzerwald (Palatinate Forest) is one of Germany's largest, and least restrictive places to mountain bike.

In **Hessen** (Wiesbaden) mountain biking in the forest is only permitted on designated single-track mountain bike trails or dirt roads.

In **Bavaria** (Vilseck, Grafenwöhr, Ansbach) cycling of any kind is only allowed on paved roads, cycle paths and or designated dirt roads in the forest, not on single-track trails. For this reason, mountain bike parks are popular in Bavaria.

In **Baden-Württemberg** (Stuttgart) you can only bike on trails wider than two meters, so you can't mountain bike on single-track forest trails.

As I finish writing, my husband pulls up to our house from a long mountain bike ride. We are lucky to live adjacent to the Pfälzerwald where he goes for daily rides all year long. And, like almost everyone living in Germany, we are not far from an amazing set of signed bike trails that are perfect for a casual afternoon ride on our comfort bikes for ice cream in the next town over.

Take advantage of your own local bike trails and consider how they connect to the wider world. Who knows, maybe you'll just keep pedaling across the continent. ■

## Do I need a ticket to take my bike on the train?

On **high-speed trains** like the ICE, IC or EC you always need to reserve a ticket ahead of time. On **local and regional trains** like an S, RE or RB, the answer is: maybe. Because the Deutsche Bahn is a network of local associations, each state has unique rules about bike ticketing. If you are transiting between German states, you'll need to buy a 6.50 Euro ticket for your bike. If you stay inside a state, it may be free. **Scan the QR code for details on regional rail travel in each state.**



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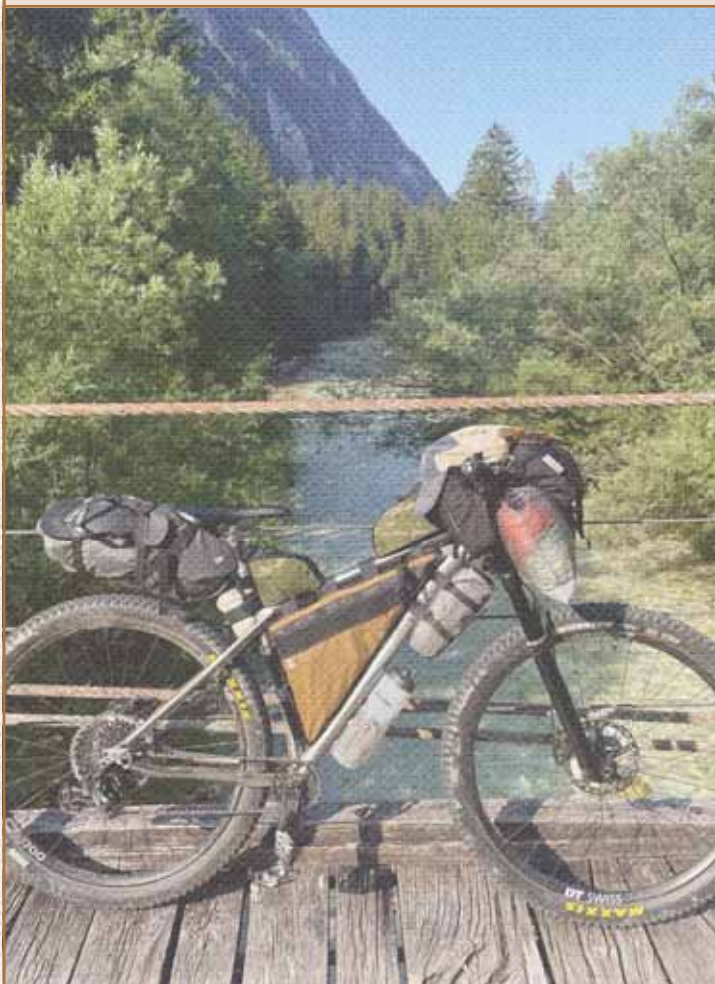


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# RESOURCES FOR *Long-Distance Bicycling*

With well-developed cycling infrastructure, conscientious drivers and an active biking culture, Europe is an ideal place for long-distance bicycling. No matter where you are stationed, there are opportunities to either ride from your house, drive to a trailhead or travel via train with your bicycle to do some excellent riding.



**A word of caution:** Be prepared to detour on your own. On just about every trip I've done using a crowdsourced pre-made loop, there have been trails that were closed due to forest work, sections that were overgrown, or paths covered in downed trees. It may be better to follow local cycle trail signs when the route from an app feels off course.

## *Finding Trails*

In the Kaiserslautern area, there is the perfect mix of both on and off-road trail systems. If you are interested in paved bike paths check out the **RLP Gold app** or visit their bike touring planner via the web at [www.tourenplaner-rheinland-pfalz.de/en](http://www.tourenplaner-rheinland-pfalz.de/en). This resource allows you to filter your search for activity, distance and difficulty. Once you find the tour you want to ride, you can download GPX files to use in your cycling computer or your favorite mapping or tracking app on your smartphone.

If off-road cycling and mountain biking are more your speed, the **Mountain Bike Park Pfälzerwald** website [www.mountainbikepark-pfaelzerwald.de](http://www.mountainbikepark-pfaelzerwald.de) will give you all the information you need to plan some long-distance tours through the forests to the south of the KMC area.

I have also enjoyed the opportunity to explore further afield. The **Mosel** and **Rhine River** bike paths are some of the best long-distance paved bike routes I've ridden with my family. Camping and bicycle-friendly accommodations are plentiful along the way.

## *Bikepacking in Europe*

Most paths and trails in Europe offer the ability to do multi-day rides by staying in campsites or bike-friendly hotels on the route. This is known as "bikepacking." One of the easiest websites to navigate for planning your overnight stays is the **Bett and Bike** website, [www.bettundbike.de](http://www.bettundbike.de). It is managed by the Allgemeiner Deutscher Fahrrad-Club (ADFC), which is similar to ADAC but for bicycles. If you are on a shoestring budget, you can also check out [www.warmshowers.org](http://www.warmshowers.org), a bicycle touring-specific website that is akin to couch surfing.

In addition to the paved paths, there is an amazing assortment of off-road bikepacking routes throughout Europe. I have had the opportunity to ride sections of the **European Divide Trail**, a trans-Alps trip from Garmisch to Lake Garda, and a large loop through **Slovenia**. If you are looking for some inspiration or pre-made routes, check out [bikepacking.com/bikepacking-routes](http://bikepacking.com/bikepacking-routes), or search bikepacking on [www.komoot.com](http://www.komoot.com).

## *Long-Distance Cycling Gear*

There are a multitude of gear and bicycle choices for either the paved or offroad paths. Choosing the right equipment really comes down to the type of terrain you expect to ride and your budget.

If you are new to cycling and have access to DOD resources, I recommend renting a bicycle from MWR's Outdoor Rec. Off-installation, you can go to one of the many outfitters along the Mosel or Rhine. It is an inexpensive way to see if you enjoy riding.

If you decide cycling is for you, your local bicycle shop is the best place to get fit for a bicycle. It may be a bit more expensive than buying a bike at the Exchange or from Amazon, but there is a better chance that you will purchase a bicycle you enjoy riding.

If you are already a seasoned cyclist and would like to learn more about specific bicycles or gear, I recommend the following websites:

[bikepacking.com](http://bikepacking.com) | [theradavist.com](http://theradavist.com) | [www.cyclingabout.com](http://www.cyclingabout.com)

Enjoy your trip down the bicycle touring and bikepacking rabbit hole! ■



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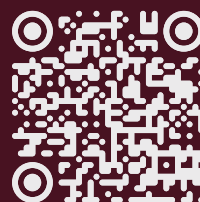
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