



Lower Saxony & Bremen

AREA 47,960 SQ KM

Includes ➔

Hanover	598
Celle	609
Bergen-Belsen	611
Wolfsburg	617
Bremen City	620
Bremerhaven	631
East Frisian Islands	637

Best Places to Eat

- ➔ Pier 51 (p605)
- ➔ Bremer Ratskeller (p626)
- ➔ Natusch (p632)
- ➔ Zum Schwejk (p611)
- ➔ Kleiner Olymp (p627)

Best Places to Stay

- ➔ Ritz Carlton Wolfsburg (p619)
- ➔ Althoff Hotel Fürstenhof (p611)
- ➔ Van der Valk Hotel Hildesheim (p613)
- ➔ Atlantic Grand (p626)
- ➔ Central Hotel Kaiserhof (p603)

Why Go?

Lower Saxony (Niedersachsen) is the largest German state after Bavaria. West to east, it stretches from the World Heritage Wattenmeer tidal flats and the intriguing East Frisian Islands, to Wolfsburg, global HQ of das auto, Volkswagen. Green and liveable, its capital, Hanover, was named Unesco City of Music in 2014, but is better known for its annual CeBit and Messe tech tradeshows, where geeks and suits unite en masse. The state's patchwork of vibrant towns and villages, none with more than a few hundred thousand inhabitants, should pique your interest. Between them is a diverse landscape of forests, farmlands, river plains, heath and moors that will beckon your return to nature.

Bremen, the smallest of the German states, packs a punch for its size. In Bremen City a wealth of fine architecture and cobblestone streets, engaging, educational museums, a vibrant riverfront and happening, modern, multicultural vibe keep things interesting.

At the mouth of the Weser, Bremen's 'daughter' port, Bremerhaven, upholds a rich seafaring tradition and is itself home to two of Germany's most original, instructive and entertaining museums.

When to Go

There are few outdoor advantages to travelling in this area in winter: expect grey, windy weather and double-digit subzero temperatures in a harsh year. Fortunately, there's a healthy quota of museums, galleries, concert halls and theatres to provide plenty of indoor pursuits over those colder months.

From April to September, life moves outdoors. Spring heralds a welcome explosion of colour in endless fields of golden yellow canola and manicured floral gardens. It's warm enough to dine al fresco, picnic, cycle and hike comfortably, walk the Wattenmeer tidal flats and sojourn on the white sands of the East Frisian Islands. Summer sees long days, social beer gardens and breathtaking late-hour sunsets on the North Sea coast.



Lower Saxony & Bremen Highlights

- 1** Contemplating the atrocities of war at **Bergen-Belsen** (p611) concentration camp
- 2** Journeying the world at Bremerhaven's **Deutsches**

Auswanderer Haus (p631) and **Klimahaus 8° Ost** (p631) museums

- 3** Admiring the golden archangel of **Böttcherstrasse** (p620) in Bremen

4 Hiking across tidal flats to an **East Frisian Island** (p637)

- 5** Admiring the art in Hanover's world-class **Sprengel Museum** (p599)