

Fun, relaxation and
that summer feeling
in beautiful
Wiesbaden



www.wiesbaden.de

Wiesbaden



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1 Thermal Bath Aukammtal

Relaxation for body and soul



A top-class **health and wellness centre** awaits the visitor in the inviting atmosphere of Wiesbaden's attractive spa pool. The temperature in the **4,400 square metre spa pool area**, which includes **sport pools, massage jets and whirlpool baths**, is kept at a constant 32 degrees both inside and out, perfect for relaxing. Fans of saunas and steam baths will find their needs met in the extensive sauna landscape, with **6 different saunas, icy plunge pools and even adventure showers**. Individual regeneration is complemented by the wide range of specials including Aqua Workout, massage and TCM treatments, making your time at Thermal Bath Aukammtal a thoroughly relaxing experience.

🕒
Mon, Wed, Thu, Sun
 8 am – 10 pm
Tue 6 am – 10 pm
Fri, Sat 8 am – midnight

Leibnizstraße 7
 65191 Wiesbaden
 Phone 0611 / 317080

Bus number 18

2 Maarau Open-air Swimming Pool

Wiesbaden's largest pool, holiday feeling guaranteed



🕒
 High season
Mon – Sun 9 am – 9 pm

Maarau
 55246 Mainz-Kostheim
 Phone 06134 / 285664

Bus numbers 6, 9, 28,
 54, 55, 56, 57, 68
 S-Bahn lines S1, S9

The Maarau open-air swimming pool is situated in the middle of the landscape conservation area of the same name and, with **46,000 square metres** of lawn for sunbathing and almost **3,700 square metres** of pool, is Wiesbaden's largest outdoor pool. Nestled between the Rhine and Main rivers and with a **panoramic view** of Mainz's old town opposite, the idyllic surroundings provide a real holiday feeling. Surrounding the spacious swimming and diving areas, **basketball and beach volleyball courts, a hall for badminton and table tennis** and various other sports encourage you to get active and make Maarau Outdoor Pool a popular summer destination for young and old.

3 Kallebad Open-air Swimming Pool

Fun for the whole family



🕒
 High season
Mon – Sun 9 am – 8 pm

Wörther-See-Straße 14
 65205 Wiesbaden
 Phone 0611 / 31-2524

Bus numbers 5, 15

Spacious lawns for sunbathing, a huge range of games and sports from beach volleyball to badminton and **2,614 square metres** of pool make Kallebad one of the most popular open air pools in Wiesbaden. From singles to large families, there's something for everyone in this extensive complex: with its **50 metre pool, diving area** and generous **non-swimmer pool** with its **wide water slide**, the swimming pool complex offers lots of options for getting active. There's plenty for younger visitors too, with a beautifully designed **water play area with elephant slide and Archimedes' spiral**. And those who just want to enjoy the sun can relax on the **terrace** or in the separate **nudist area**.

4 Kleinfeldchen Swimming Complex

Fun and sports for old and young



🕒
 Indoor pool
Mon, Tue, Thu, Fri
 7 am – 9:45 pm
Sat, Sun 8 am – 6 pm

Hollerbornstraße 9
 65197 Wiesbaden
 Phone 0611 / 31-2286

Outdoor pool,
 high season
Mon – Sun 8 am – 8 pm

Bus numbers 4, 17, 23,
 24, 27

Just a few minutes from Wiesbaden city centre, the Kleinfeldchen swimming complex offers fun and sports in the water. The swimming centre indoors is an attractive fitness centre for young and old thanks to the **swimming and teaching pools, baby area, separate training hall, sauna** and exercise activities, such as **aquarobics and aqua-jogging**. In summer, a **32,000 square metre** outside area with plenty of attractions awaits guests. A **10m diving board, giant and high-speed water slides** and a **non-swimmer pool with jet stream canal, massage jets and whirl beds** make a trip to Kleinfeldchen fun for all the family.

5 Kostheim Indoor Pool

Small pool, big fun

Kostheim Indoor Pool is situated in the South West of Wiesbaden. It may be small, but it offers everything a modern swimming pool needs. The swimming area, with its **25 metre pool** and separate **diving pool**,



🕒
Tue – Fri 7 am – 9:45 pm
Sat, Sun 9 am – 5 pm

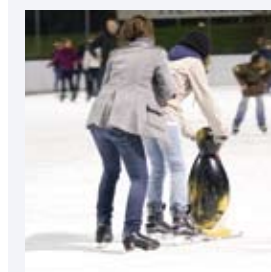
Waldhofstraße 11
 55246 Mainz-Kostheim
 Phone 06134 / 603355

Bus numbers 33, 56, 57

is also accessible for disabled people. In the **mother-and-child area**, the water is kept at a pleasant 32 degrees – perfect for plenty of splashing around. On the roof of the building, an attractive sauna landscape awaits guests, with **3 saunas** and a generous fresh air area. The complex also has a **4,000 square metre** outside area with **sunbathing lawns**, well-kept **sports areas** with a new **beach volleyball court** and an exciting **water playground**. The pool is perfect for swimming, playing and relaxing both in summer and winter.

6 Henkell-Kunsteisbahn

The best ice, in the centre of town



🕒
Mon 9 am – 2:30 pm
Tue, Thu 9 am – 5 pm
Wed 9 am – 8 pm
Fri, Sat 9 am – 9 pm
Sun 9 am – 5:30 pm

Hollerbornstraße 38
 65197 Wiesbaden
 Phone 0611 / 314760

Bus numbers 4, 17, 23,
 24, 27

The Henkell-Kunsteisbahn ice rink has **1,800 square metres** of sporting fun in the open air to offer all fans of pucks and pirouettes. The standardised rink with its well-kept ice and the practical function rooms offer clubs the perfect conditions for ice hockey and figure skating. But the rink has plenty of fans from outside the leagues, too: **reasonable admission prices, the central location and regular discos** make this a popular meeting point during the winter, especially for Wiesbaden's younger residents. In summer, the rink can be used for **inline skating**, offering an attractive summer alternative to ice sports.

7 Unter den Eichen Leisure Park

A charming green oasis



🕒
 High season
Mon – Sun
 9 am – 8 pm

Platter Straße 200
 65195 Wiesbaden
 Phone 0611 / 523195

Bus numbers 3, 6

Peaceful and idyllic, even in springtime, the Unter den Eichen leisure park attracts the first visitors to soak up the sunshine and fresh air. The lawns in the traditional sunbathing area are surrounded by **mature trees** and offer plenty of cosy spots to escape and relax. Health-conscious visitors can show off their skills on the **four fixed badminton courts, 7 table tennis tables** and the **boocia bowling lane**, or strengthen their immune system in the park's Kneipp hydrotherapy pool. Children will feel right at home in the beautifully designed **playground** and neighbouring **paddling pool**, which younger visitors enjoy not only on hot days.

8 Rettbergsaue Leisure Park

The island paradise on your doorstep



🕒
 High season
Mon – Sun 9 am – 7:45 pm

Rettbergsaue
 Biebrich side
 Telefon 0611 / 24551
 Schierstein side
 Phone 0611 / 24568

Bus numbers 4, 14, 23

Just the journey to the Rettbergsaue leisure park makes this summer day out an adventure for young and old. The **68 hectare** island in the middle of the Rhine can only be reached via steps on the Schierstein motorway bridge or on board the "Tamara", which picks up passengers several times a day from Schierstein and Biebrich. Once there, visitors feel **almost like they're at the seaside**. **White sandy beaches** on the banks of the Rhine, a **children's play area**, lots of games and sports from **football to chess, places to barbecue** and a **campsite** make the Rettbergsaue an ideal destination for a minibreak in the great outdoors – no cars, no stress.



9 Kaiser-Friedrich-Therme

Wellness as it used to be



Luxury bathing of the highest quality await those looking for relaxation in the historic Kaiser-Friedrich-Therme spa in the heart of the city. In homage to the Roman steam baths, on the foundations of which it is built, the baths are presented in the style of ancient baths, with columned rooms and elaborate ornaments. The **tepidarium, sudatorium, sanarium, Russian steam bath, Finnish sauna and stone steam bath** offer an interesting and varied range to the sauna experience, while the **lavacrum and tropical ice rain zone** provide cooling refreshment in between. Selected wellness services such as **massages and softpacks** complete the range offered by this bathing palace, making a visit a relaxing break, guaranteed to make you feel good.

🕒 **Mon – Thu, Sun**
10 am – 10 pm
Fri, Sat
10 am – midnight

Langgasse 38 – 40
65183 Wiesbaden
Phone 0611 / 317060

Bus numbers 1, 8

11 Mainzer Strasse Leisure Pool

Wiesbaden's largest family pool with sport factor



🕒 **Tue – Fri** 7 am – 8:45 pm
Sat, Sun 8 am – 8 pm

Mainzer Straße 144
65189 Wiesbaden
Phone 0611 / 7803306

Bus numbers 3, 6, 27, 33

With its **50 metre pool** – the only one of its kind in the Rhine-Main region – and **7.5 metre diving board**, the Mainzer Strasse Leisure Pool is Wiesbaden's most sporty family pool, offering the perfect training facilities, not just for expert swimmers. Young water fans can try out their swimming skills for the first time without pressure in the **infants' pool** with a slide and fountains, and show off their "seaworthiness" in the large pool on mini pontoons and a giant octopus during the **play afternoons** which take place on Sundays. Those who are not so keen on swimming can relax with the massage jets in the **warm water pool** or out of the water in the **steam grotto**, in the **sun garden with its sunbeds** and solarium, or in the extensive **sauna landscape** with its attractive outside area.

Spas and Springs

A subterranean system links the various springs together. These don't just provide water for the Thermal Bath Aukammtal and the Kaiser-Friedrich-Therme, but are also used to heat surrounding buildings.

12 Kochbrunnen

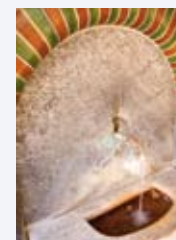
Ambassador for the city of Wiesbaden



From the Kochbrunnen, which, with its **classical temple**, has become a charming symbol of the spa town, healing water flows from the curved taps at a temperature of **66 degrees**. As a classic drinking cure, the water helps with sore throats and metabolism problems. In Wiesbaden's spas, it is used to treat rheumatism and joint problems thanks to its sodium chloride content.

13 Bäckerbrunnen

Historic spring in the centre of the city



Wiesbaden's Bäckerbrunnen has been located in Grabenstrasse since the 18th century. Its name comes from the fact that the bakers and butchers in the surrounding area collected the water for their trade there. Until 1975, the spring produced **65 litres** of water per minute, flowing from the taps at around **49 degrees**. The healing water is said to have a stabilising effect. However, it should only be enjoyed in small doses due to its small, but nevertheless measurable, arsenic content.

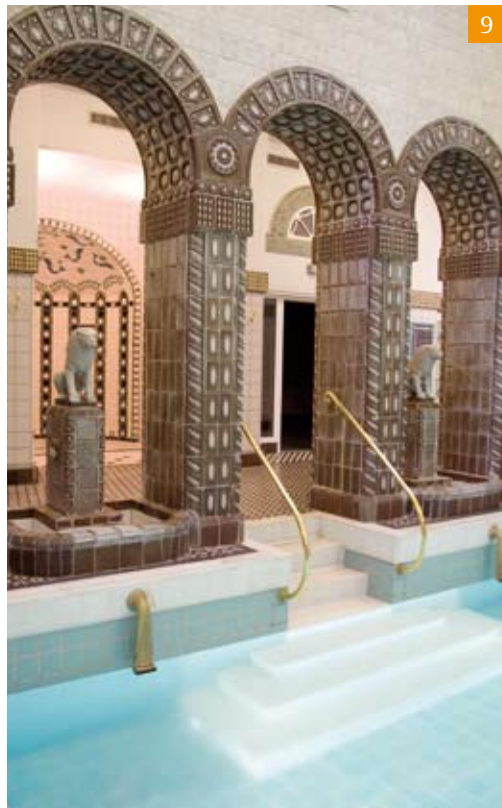
mattiaqua – the city's company for spas, pools and leisure

Gustav-Stresemann-Ring 15, 65189 Wiesbaden

Phone 0611/31-8078, 31-8079 Fax 0611/31-7980

E-Mail mattiaqua@wiesbaden.de Web www.wiesbaden.de

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10 Opelbad Neroberg

Spectacular view from Wiesbaden's own mountain



🕒 **Mon – Sun** 7 am – 8 pm

Am Neroberg
65193 Wiesbaden
Phone 0611 / 17464990

Bus number 1

Surrounded by woods and vineyards, Opelbad Neroberg sits high above the spa town on Wiesbaden's own mountain. The **breathtaking view** across the rooftops of the city and the listed Bauhaus style building make a visit to this elegant outdoor pool a very special experience. The attractive backdrop is just as unusual as the well-kept complex's **Finnish sauna**, which is popular even during summer weather. Swimmers and non-swimmers alike also value the **excellent catering facilities** in the Opelbad Neroberg, enjoying both the dishes and the view on the sunny glass veranda of the "Wagner im Opelbad" restaurant.

Spas, pools and leisure are mattiaqua's passion. Since the beginning of 2008, this company, run by the city, has ensured that free time in Wiesbaden is a real pleasure.

You can find up-to-date information at www.wiesbaden.de

mattiaqua
QUELLEN · BÄDER · FREIZEIT

