



City of Munich

simply sporty

Discover lots of sport
and exercise in Munich

[simply-munich.com](https://www.simply-munich.com)
[#simplymunich](https://www.instagram.com/simplymunich)

simply 
MUNICH



Anyone who comes to Munich quickly finds out that sport occupies a special place in the lives of the people who live here. Cycling to work is as natural to many as a regular evening jog along the banks of the Isar or yoga classes in the park. On Mondays we talk about what outdoor activities we enjoyed over the weekend – mountain hikes in the nearby Karwendel mountain range, swimming in Starnberger See lake or a bike ride to a beer garden. Munich has a wide range of active leisure offerings to delight any visitor. Just get involved!

While the pandemic situation continues to change, adjustment or cancellation of offerings and events may occur at any time. Some sporting events may also go ahead without spectators. To ensure you have the latest information, please visit the relevant website or go to www.muenchen.de



All sporting events and recreational activities in Munich can also be found at:

www.sport-muenchen.de

www.simply-munich.com/sports

www.simply-munich.com/mountains

www.simply-munich.com/leisure

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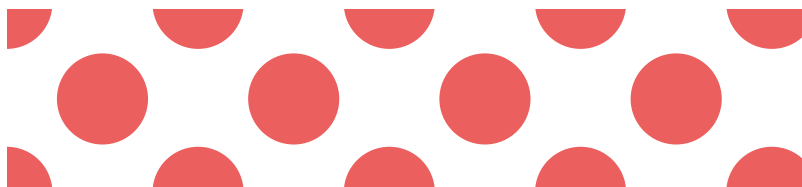
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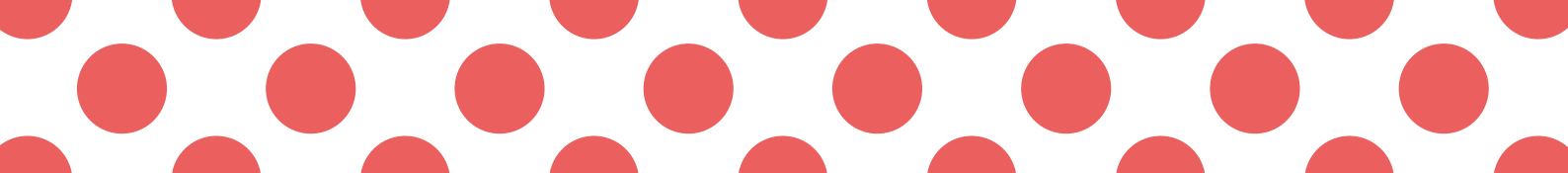
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*a special workout for strong calves, which is spruced up with dirndls and Oktoberfest lederhosen!

simply be there



Sport is about so much more than health and fitness. Sport brings people together. And just as Munich loves to host major sporting events, the locals enjoy meeting new people through exercise, such as bouldering, golf, dancing in the Court Garden Temple and the funny “Wiesn-Wadl” workout.*



Easy on the body. Hard on calories

Activities like yoga and qi gong are types of “slow sport”, a form of strength training using your own body weight. Slow sport isn’t about bulking up in the short term; it’s about sustainably improving your body strength.

If you’d like to do some slow sport in Munich, you won’t have to sign up at a gym or studio. You can participate in various events without registering. Every year until the end of September, the City of Munich organises lots of great outdoor events as part of its “Fit im Park” programme, including activities like qi gong, gymnastics, Pilates and yoga. The courses are held in different parks depending on the day of the week (Luitpoldpark, Westpark, Riemer Park or Ostpark). It’s free to get involved and you don’t need to sign up. The only thing you need is your own towel or exercise mat.

www.muenchen.de (search term: “Fit im Park”)



Long Night of Yoga

As it did in 2020, the LANGENACHTDES YOOOGA event organised by the Yoga für alle e.V. yoga association will again take place online this year. All proceeds from participation fees will go to support social causes (June 19, 2021, 5.00 pm to 11.00 pm).

www.yoganacht.de/münchen

Indoor sports

If you’d rather exercise indoors, you’ll find a wide range of suitable activities in the city – you can enjoy qi gong, Pilates and yoga for around 3 € / hour. The activities are even free for people under the age of 21.

www.muenchenticket.de (search term: “Hallensport”)

Pilates and charity work

Our slow sport professionals hold outdoor Pilates classes and lots more for a good cause. One of the sponsored charities is KlinikClowns – laughing is good for you!

www.anjaflessa.de

Pop-up yoga in Munich

Gina and Terry always post their latest yoga tricks on their Facebook page and in a newsletter. They’ve done it all: yoga on a rooftop terrace, yoga in the foyer of the Münchner Stadtmuseum (museum), yoga in a sea of flowers in the Rosengarten (garden). Their sessions are rounded off with a “clean-up”, where they pick up litter around their yoga mats.

www.yoga-mit-gina.de

Yoga Nomads

A similar concept is offered by the “Yoganomaden”, an initiative founded by Samira Ben Hamouda. She organises weekly yoga sessions around unusual places like art galleries, the Friedensengel (Angel of Peace), the clubhouse of the German Alpine Association and lots more interesting venues.

For info about when and where classes will take place:

www.facebook.com/yoganomaden.official/



City walks

Hiking – or trekking or rambling – is very much in vogue, alongside slowing down in general. How wonderful it is that we can also explore the city on foot, as well as clocking up some enjoyable yet intensive exercise. Going at your own pace means you will discover details and elements that you were never actually looking for.



The east-west passage

Believe it or not, there are walking trails to be explored right in the heart of the city. What about taking an extended ramble diagonally through the city, from Haidhausen in the east to Nymphenburg Palace in the west? Taking this route through the city, you can marvel at impressive architecture and magnificent boulevards, uncover creative corners you never knew existed, and delight in a wealth of green spaces. And every time you get to a museum, you can ask yourself: Should I interrupt my travels for a quick look around or should I just come back tomorrow? When the journey is the destination, there is also a great deal of scope for new introductions to hidden courtyards, little side streets and pretty cafés.

Distance: almost twelve kilometres

“Towards the sun” full-day outing

If you’re looking for a city micro-adventure that takes up a whole day, the walking route from BMW Welt just beside the Olympiazentrum in the north, to the lake at Hinterbrühl in the south of the city is perfect. Walkers with more modest ambitions can divide the route into individual stages, thereby building in the opportunity to devote more attention to one or other of the many attractions along the way – or even to go entirely off-piste here and there. Good to know: this walk includes ample rest points and waterways, so you can cool off your aching feet en route. The komoot touring app can easily turn both routes into guided tours.

Distance: almost twenty-one kilometres



You can find detailed descriptions and photos of both city walks at

www.simply-munich.com/city-walks



TIP!

Hiking along the Würm

Here’s a surprise: the Isar is not the only river in Munich! There’s also the Würm. This river supplies the lake beside Blutenburg Palace, the splendid fountain in Nymphenburg Palace Park, the Olympiasee lake and the canal system at Schleissheim Palace. It winds through the west of the city and is almost 10 kilometres long, with a hiking trail which runs directly alongside the river. Cycling in the green oasis through which the waterway murmurs and gurgles is also a lot of fun, especially as you can hop into Starnberger See lake to cool off at the end.

www.wuermentdecken.de



Simply dynamic

The almost floating architecture in the Olympiapark (Olympic Park) nestles into the surrounding area and still inspires people to this day. It has always represented the city's openness and transparency. The vast park grounds were inspired by the hilly landscapes found in the foothills of the Alps. The park was completed in 1972 to mark the opening of the Summer Olympics in Munich.

Winds of change – architecture and history

The Olympiapark used to be the “Oberwiesenfeld”. It had been used as a training ground for the Bavarian Army before forming part of the airport. The unused area – and a 50-metre mound of rubble from the Second World War – was then converted into the Olympic complex of 1972 in the space of six years. The sports facilities have become architectural icons, featuring a curved canvas roof and sloping pylons. The winning model that architect Günter Behnisch presented to the jury is the stuff of legend – the canvas roof was made out of a woman's tights. The television tower that later became the Olympic Tower was already under construction in 1965. Father Timofei's Ost-West Friedenskirche (church) was built without building permit, but was preserved and remains on the grounds to this day. The “Einschnitt” monument was raised in 2017 to remember the victims of the Munich Massacre of 1972.



Past and present – from above

The atmosphere in the Olympiapark is shaped by its spectacular architecture and a whole catalogue of ground-breaking moments from the world of sport, such as the Summer Olympics and world-class football matches like the one in June 1972, when Bayern Munich became the German Champions, and when Germany won the World Cup in 1974. If you look down on the grounds peacefully from above, you're really taken back to the past. You can reach a good lookout point by climbing up the Olympic Mountain, where you can also hear music coming from the Olympic Stadium whenever concerts are held there – make yourself a picnic and enjoy the free show!



Something for everyone: sightseeing and tours

If you're looking for an adventure, you should definitely take the **canvas roof** tour in the Olympiapark, where you can look out over the entire grounds and see the bold roof construction up close. You can then soar over the stadium on the Flying Fox or abseil 40 metres down. The white and blue **sightseeing train** is a more comfortable way to tour the park grounds. The **stadium tour** will take you through the VIP and team areas of the Olympic Stadium, or you can learn about the Olympic structures on the **architectural tour**.

www.olympiapark.de/touren-und-sightseeing

What will happen after the Olympics?

The Olympiapark has always been a tremendous venue to witness amazing concerts, festivals and sporting events. Organising Committees for the Olympic Games frequently travel to Munich in an attempt to emulate the success enjoyed by the Olympiapark since 1972. After all, the Olympiapark is seen around the world as a shining example of the successful reuse of an Olympic venue. Following the Olympic Games, the stadium was mainly used by Bayern Munich – and sometimes even by TSV 1860 Munich. Ever since the local football scene moved to the Allianz Arena in 2005, the Olympic venue has hosted cultural events and world-famous musicians. Following the 1972 Games, the Olympic pool was opened to the public. The only ever international swimming contest between East and West Germany was held here in 1987. In the years after the Summer Games, the Olympic ice rink was mainly used for ice hockey. It firstly became the home arena of the Munich Barons before the arrival of EHC Red Bulls Munich.

Looking to the future

A new ice hockey and basketball venue is currently being built on the site of the former Olympic cycling arena. The venue is set to be completed in 2022, coinciding with the 50th anniversary of the 1972 Summer Olympic Games. The programme for celebrations of this milestone draws inspiration from the five Olympic rings: sport of course, architecture, innovation, culture and music.

EUROPEAN CHAMPIONSHIPS MUNICH 2022

The same year will also see some hard-fought contests at the Munich 2022 European Championships; not the Olympics, but the Championships is nonetheless a huge sporting event which will feature nine Olympic sports.



Even more sports events and ideas can be found at:
www.olympiapark.de



Sporting events

If the pandemic allows, 2021 will reward sports fans in Munich with a host of sporting highlights. Indeed, the athletes are looking forward to these exciting encounters just as much as their fans.

Sporting highlights 2021 (selection)

April, 24 to May, 2	Tennis: BMW Open by FWU MTTC Iphitos am Aumeister www.bmwopenbyfwu.de
May, 29	Dancing: Tanz den Gasteig Gasteig München (Gasteig cultural centre) www.gasteig.de
June, 11 to July, 11	Football: UEFA Euro 2020, matches in Munich 15.06. France : Germany 19.06. Portugal : Germany 23.06. Germany : Hungary 02.07. Quartar-final Football Arena Munich EURO2020.com/app www.muenchen.de/uefaeuro2020
June, 23 to 27	Golf: BMW International Open Golfclub München Eichenried www.bmw-golfsport.com
July, 18	Dancing: Kocherlball Chinesischer Turm (Chinese Tower), Englischer Garten www.simply-munich.com/kocherlball
July, 30 to August, 1	BMX und Skater: Munich Mash Olympiagelände (Olympic grounds) www.munich-mash.de
August, 27 to 29	Mountainbike: CHIBA 24h race Olympiagelände (Olympic grounds) www.24hrace-muenchen.de
Sept., 18 to 20	Rugby: Oktoberfest 7s Olympiagelände (Olympic grounds) www.oktoberfest7s.com

Not your run of the mill

The nice and practical thing about jogging is that it's so beautifully simplistic: Just put on your running shoes and off you go! And in such a green city like Munich, nobody has to do without daily exercise in the holidays. What's the best time of the day for it? Ever.



The big sightseeing circuit

Starting at Marienplatz, the main square in the middle of the city, head towards the Hofbräuhaus, then continue right across the city centre until you reach the Residenz, Nationaltheater and Odeonsplatz. If you carry on from there, it won't be long before you pass through the Hofgarten to the Haus der Kunst, and then you'll see the Eisbach surfers at the entrance to the English Garden. You can take a break here to stretch your muscles and watch the surfers ride the waves. The circuit will then take you along the banks of the Isar with a view of the Friedensengel and then upstream towards the south. Towards the end, you'll cross the Corneliusbrücke before heading towards Gärtnerplatz. You'll have almost reached the finish line at the Viktualienmarkt, where you can refuel at the food stands after your rigorous exercise. How about some freshly squeezed juice and a warm pretzel?

Distance: around 6 km

Smaller jogging circuits in the districts of Munich

East

You'll find an exciting jogging route in the east of Munich, starting at the Steinbacher Teich in the Maximiliansanlagen. If you head south from there, you'll jog past the Friedensengel and Maxmonument before arriving at the Müller'sches Volksbad. You'll then head back to the starting point in the Maximiliansanlagen via Innere Wiener Strasse and the pretty Wiener Platz with its village-like character and market stalls.

Distance: just under 5 km

South

The southern part of the city has a nice starting point in the beautiful Rosengarten. You can then head south along the Isar for as long as you like. You can turn around after crossing the Thalkirchner Brücke, where you can comfortably jog along the opposite side of the river.

Distance: around 5 km

West

You'll find a really nice jogging route in the Nymphenburger Schlosspark. The starting point is Maria-Ward-Strasse. You'll go past the Nördliches Schlossrondell and into the Schlosspark before jogging along the castle walls – the route also includes the Great Cascade on the canal, Badener See and the Amalienburg. As the park has many different paths, you can complete the route however you like.

Distance: just under 6 km

North

The northern part of the English Garden houses a quiet city forest with beaten tracks, clearings and wooded areas. The route starts at the restaurant Hirschau and runs north along the Schwabinger Bach. You'll be able to recharge your batteries at the Aumeister restaurant and beer garden before heading back along the Oberstjägermeisterbach.

Distance: around 6 km



You can find out about more events in Munich and read more running news at:

**www.runmunich.de, www.runme.de
www.runnersworld.de**



All across the city

Riding your bike through the city gives you a tremendous sense of freedom – even in traffic. With the wind in your sails, you'll even manage other routes (almost) effortlessly as you take in all your surroundings and feel really cool: After all, getting around on your bike is a great way to protect the environment, improve your fitness and even become a part of the city and its people.



Munich's bike-sharing system, MVG Rad, has numerous stations throughout the city. Once you've registered (smartphone required), you'll be able to quickly and flexibly get around whenever you like: www.mvg.de/rad You'll find an overview of upcoming cycling events at www.adfc-muenchen.de and more information at www.muenchenunterwegs.de



Headwinds don't bother me

If you want to be especially comfortable on your cycling trips, you should switch to an eBike. It means mountains will present no obstacle for you, and you can completely forget about headwinds. An eBike lets you relax as you cycle, and even take on longer trips without exertion. If you would like to rent an eBike, visit:

www.muenchen.de (search term "Rent a bicycle")

From park to park

The expansive Olympiapark can easily be explored by bike, if you cycle past the Olympic Stadium and Olympic Hall with its impressive roof construction. You can also visit the Olympic Village or discover the Ost-West-Friedenskirche. If you ride in a straight line from the Olympiasee, you'll cycle along the Nymphenburg-Biedersteiner Kanal. When you reach Dantestrasse, you'll have to cross over to the other side of the canal. You'll have almost reached the canal by Nymphenburger Schloss – the view of the castle is simply stunning!

Along the Isar

You don't have to be an experienced cyclist to tackle the route to Grosshesselohe. Starting at Fraunhoferstrasse, you'll take a relaxing ride over the Flaucher until you reach the Grosshesseloher Brücke. This won't take more than 30 minutes. It's worth braving the fairly arduous uphill climb to the bridge, as you'll be rewarded with a magnificent view of the Isar. Once you've crossed the bridge, you might like to stay on the high ground to the left that leads to "Isarfräulein", a former station kiosk on the high banks of the river where you can take a break. And you won't have to wait too long before making your next stop at "Waldwirtschaft" with its nice beer garden.

// simply online



Grand City Tour by bicycle

From the heart of the old town to the Kunstareal, on to the former summer residence of the Wittelsbach family, along the Biedersteiner Kanal to the Olympic Park and back across Leopoldstrasse. Discover the beauty of Munich on a grand city tour by bike.

www.simply-munich.com/cyclingtours
www.simply-munich.com/guides



From Gärtnerplatz to Alte Utting

A small bike tour is all it takes to discover two iconic quarters in the city of Munich – the Gärtnerplatzviertel and Schlachthofviertel. You should start at Gärtnerplatz and head towards the Isar. The cycling path will take you past St. Maximilian and the Wittelsbacherbrücke. You'll cycle along Auenstrasse, past Röcklplatz and along Ehrengutstrasse before turning onto Thalkirchner Strasse. You'll see railway lines, brick buildings, graffiti, and refrigerated lorries lined up at the wholesale market. And you won't believe your eyes if you look up... "Alte Utting", a former pleasure boat, looks like it's about to set sail on the disused railway bridge in the middle of the city.

Guided cycling tours

Pedalling around the city with a guide combines cycling fun with history and stories. Our Munich guides also have lots of tips for their guests, such as where to find a pint of shandy.

Spurwechsel, www.spurwechsel-muenchen.de

Radius Bike, www.radius-tours.com

Around Munich

Surrounding areas

If you cycle along the M-Wasserweg, you'll be following the route taken by Munich's drinking water, www.swm.de/wasser/m-wasserweg. Perfect cycling trails can be found along the banks of the Isar in the south of Munich, www.biken-isartal.de. You'll find lots of suggestions for the surrounding areas on www.mvv-muenchen.de.

Long-distance cycling routes

The "Isarradweg" is a classic biking trail, www.isarradweg.de. The "Mangfall-Radweg" acts as a link between Munich and Rosenheim, www.chiemsee-alpenland.de. Munich is at the heart of three cycling circuits that run through the cultural landscapes of Upper Bavaria, www.oberbayern.de/wasserradwege. The Munich-Venice route is considered the "easiest way to cross the Alps", www.muenchen-venezia.info/en



Take off, high into the skies...

Inline skaters, skateboarders and ice skaters all know what it's like to soar through the air and feel the adrenaline pump through their veins. Munich has the perfect places for cruising, jumping and gliding.

Cruising

Olympiapark

Riding through the Olympiapark will take you uphill and downhill – but always on paved roads. Good braking technique is essential – pedestrians are also out and about.

Olympic rowing track

The area around the rowing track is perfect for beginners and high-speed pros alike – five kilometres along the water with excellent surfaces and no uphill climbs. You can then cool off at the Regatta-parksee.

Schleissheim Airfield

After visiting Schloss Schleissheim (Schleissheim Palace), you can get your skates on and cruise around Schleissheim Airfield. The course has a very good surface, which makes it suitable for novices.





Skaten

Theresienwiese

The 1,200 square metres of open space on Theresienwiese offer lots of room for newbies and pros to practise their tricks without riding into one another.

Hirschgarten

Another real highlight is the skatepark in the Hirschgarten, featuring a full pipe with a diameter of around six metres and a key-shaped bowl.

Stonepark

The Stonepark in the Olympiapark is one of the oldest skateparks in Germany. This is where Munich's pros are born. The facilities were reopened in July 2019.

Feierwerk

The little skate park next to the Feierwerk creative and cultural complex includes a miniramp; it may be the little sister to a half-pipe, but it nonetheless demands ability and coordination from the skaters who take it on. Skate park users can hone their skills on around 900 square metres of concrete obstacles, ramps, steps and steel railings.

Neubiberg runway

The two-kilometre runway on this disused airfield, right in the middle of the Haching Valley between Neubiberg and Unterhaching, is a hotspot for outdoor leisure activities. With no cars to share the tarmac with, it's a great place for beginners to try out skating and kitesurfing, while experts zip along the smooth ground as they race one another. The former airfield is just a 20-minute cycle from the city centre; or you can take the S-Bahn to Fasanenpark, from which it is just 10 minutes' walk.

Ice Skating and Curling

Olympic Ice Sports Centre

The Olympia Eissportzentrum (Olympic Ice Sport Centre) is where the people of Munich go to skate around on the majestic ice. This is also where the local ice hockey team, EHC Red Bull, plays their home games. Ice skates can be hired and there are even special ice gliders, which means wheelchair users can be pushed around the rink by an assistant or they can propel themselves with sticks.

Skates and saunas: "Das Prinze"

Ice sports fans can weave around "Das Prinze" the oldest artificial ice rink in southern Germany. Have you got cold hands and feet? The "Eis und Heiss" combined ticket will put some warmth in your soul, as you can access the 1,300 square metres sauna area after skating.

Nymphenburg Canal

Lace up your ice skates and glide across the canal in the royal setting of Schloss Nymphenburg. Signs will be put up as soon as the ice is thick enough.

Curling on the Nymphenburg Canal

If you'd rather keep both feet firmly on the ice, you can enjoy some perfect winter fun by curling on the Nymphenburg Canal. The well-maintained tracks can be hired alongside curling stones.

// simply online



A winter fairytale

Winter fun against a fairytale backdrop: during the winter, skaters, curling teams and ice hockey players take over the Nymphenburger Schlosskanal.

www.simply-munich.com/winterfairytale



Swimming in luck

Bodies shudder as they enter the light blue pool, and swimmers have to squint their eyes against the sun as they do their lengths. Heavy legs become light, hot heads cool off and then everyone lies on the lawn and looks up at the blue sky. And don't forget the winter alternative with steam clouds floating over the heated outdoor pool, snowflakes falling around the area and a trip to the sauna.

www.swm.de/m-baeder

Summer fun

Maria Einsiedel

The Isar canal flows for almost 400 metres through this popular outdoor pool. If you don't shy away from (very) cold water, you can join in the fun. Swimming and splashing around in the large pool and children's pool is like being at a lake, as there's no chlorine. The water is cleaned by micro-organisms.

Schyrenbad

The oldest public baths in Munich were opened in 1847. Everyone can enjoy bathing fun at the adventure pool, featuring bubble loungers, a wide waterslide, two swimming pools and a large sunbathing lawn with shady spots.

Prinzregentenbad

Everyone will find peace and happiness at this swimming pool, featuring a waterslide, diving boards, a beach with sun loungers and beach volleyball courts.

Winter pleasure

Müller'sches Volksbad

Munich's first ever and oldest indoor pool is one of the most beautiful art nouveau baths in Europe. You can swim in style and relax in the Roman-Irish steam bath.

Cosimawellenbad

When the waves crash against the walls at Munich's only wave pool, it feels like you're at the beach. The bathing facilities are rounded off with an outdoor pool, sauna, steam bath and large children's area.

Dante-Winter-Warmfreibad

You can swim outside all year round at the Dantebad. When the weather gets colder, the water in the 50-metre swimming pool is warmed up to around 27°C, and the adventure pool is heated up to over 30°C with a jet stream, water mushroom and massage jets.

// simply online

Isar-Roamers

A paddle tour through the city gates

There's no better way to get to know the Isar than from a canoe. This popular paddling route takes you from Bad Tölz all the way to the landing area at Thalkirchen. As the Isar is a wild river, you should be sure to check the current safety regulations before canoeing on it.

www.muenchen.de (search term "kanu")

www.simply-munich.com/canoeing



Game, set and fun

Plop, plop, plop... The sound of balls flying around the court is music to the ears of every tennis fan. Tennis is a sport that connects generations: Grandparents play with their grandchildren, teenagers challenge their parents, and old friends have their weekly meet-ups on the tennis court.



On the court

Tennis Hirschau

Located in the middle of the English Garden with a beer garden just around the corner, you'll struggle to find a nicer place to play tennis in Munich. Would you rather play beach volleyball? No problem! The season starts at the end of March.

www.tennis-hirschau.de

University of Munich Sports Centre: Beach Volleyball and Tennis Facilities

Considering the location of the facilities, tennis fans can hope to put in a performance inspired by the Olympic spirit. There are also beach volleyball courts. Afterwards, you can chill out on Hollywood swings at the retro **Café BOB im Park**, where you can enjoy a lovely view of the Olympic Tower. The season starts in early April and ends in late September.

www.zhs-muenchen.de (search term: "Tennis")



TIP!

World Club Tennis - Urban Tennis Events

The World Club Tennis player pool organises urban tennis events among other things. They set up a tennis net and play at various wacky places in the city, such as on Großhesseloher Brücke, on the Zugspitze and during street festivals.

www.worldclub-tennis.com

Alexx Tennis

The cold weather isn't enough to stop tennis lovers playing on clay at the winter hall. The air-inflated arena by the "TSV Cosima" tennis club in Oberföhring houses two clay courts that go easy on the joints.

www.muenchen.alex-tennis.de

SportScheck

There are 29 tennis courts at the all-weather facilities in Unterföhring: 16 outdoor courts with a classic red clay surface and 13 indoor courts with four different surfaces – rebound ace, carpet, tennis force and clay. If you're looking for a doubles partner, you can use the doubles matchmaking service.

www.allwetteranlage.de

In the stands

BMW Open by FWU

World-class tennis stars will return to Munich for the 2021 BMW Open. This is considered one of the hardest clay-court tournaments in the world. Triumph and disaster will be experienced by the players on the court and the fans in the stands.

April 24 to May 2, 2021 – Venue: MTTC Iphitos

www.bmwopenbyfwu.de



Pitch, chip and putt to your heart's content

Munich has a strong connection to golf, and not least because of the BMW International Open, which has been held at Eschenried Golf Club since 1989, attracting 60,000 spectators as one of the biggest competitions in Germany. Most golf courses in Bavaria are located in and around Munich. You'll need a licence to play on most of them, but introductory lessons are offered at almost every golf course!



A list of golf clubs and upcoming golf tournaments can be found at:

www.muenchen-spielt-golf.de

www.muenchen.de (search term: "Golf")

Münchener Golf Club e.V. – Thalkirchen

The 9-hole urban course in Thalkirchen is located right by the Isar and the Maria Einsiedel (outdoor swimming pool) – quite an interesting idea if you'd like to freshen yourself up in the water after a round of golf. Guests are also welcome to play here.

www.mgc-golf.de

GREEN HILL – Golf & Event Park in East Munich

This 9-hole golf course is located right at the gates of Munich, offering a view of the Alps and the city's skyline. Guests are welcome.

www.greenhill-golf.de

Münchner Golf Eschenried – Eschenhof Golf Course

This public 18-hole golf course on the outskirts of Munich is a high-class facility for golfers who don't belong to a club. The soft, peaty soil remains lush and green – even in the middle of summer.

www.muenchner-golf-eschenried.de/en

GolfRange München-Brunnthal

Golf fans won't have to travel far outside the city centre to find two 9-hole courses with the very latest golfing technology and the largest driving range in Munich. You can book your tee-off time online.

www.muenchen-brunnthal.golfrange.de



BMW International Open

For over 30 years, the BMW International Open has been synonymous with world-class golf. The annual Munich event has long been a firm fixture on the European Tour calendar. (June 23 to 27, 2021).

www.bmw-golfsport.com



Conquer the world

Almost one third of the members of Munich's Alpine Association are active climbers. If you don't want to leave the city, you'll find lots of places for climbing and bouldering in and around Munich. Most climbing centres also have extensive outdoor facilities. If you're planning a city break to Munich and don't want to miss out on your favourite sport, you're more than welcome to come along! Equipment can easily be hired on site.



Climbing

DAV Climbing and Bouldering Centre in South Munich

Who's up for an inner-city alpine challenge? The climbing and bouldering centre run by the German Alpine Association in Munich-Thalkirchen has 7,800 square metres of climbing walls, making it the largest climbing facility in the world. The artificial cliff faces tower over the climbers at 18 metres. The climbing centre is regularly used as a venue for national and international championships.

www.kbthalkirchen.de

DAV Climbing and Bouldering Centre in North Munich

If you're a keen climber, you should check out this 1,900 m² indoor climbing centre, where you can conquer the 15-metre-high indoor walls. When the weather's nice, you can even enjoy the 200 m² outdoor climbing area, which was only opened in autumn 2019.

www.kbfreimann.de

Bouldering

Boulderwelt München Ost

Bouldering on three storeys above the city's rooftops: With 3,000 m² of bouldering space, the new Boulderwelt München Ost 2.0 is one of the largest and most modern bouldering centres in the world.

www.boulderwelt-muenchen-ost.de

Boulderwelt München West

Boulderwelt München West is housed in a listed brick building, featuring numerous bouldering walls across a 2,500 m² obstacle course, a large competition wall and an extensive outdoor area.

www.boulderwelt-muenchen-west.de

// simply online

Under your own steam

During the winter, Munich's climbing community sets its sights on another goal apart from the worlds of climbing and bouldering: snowy mountain peaks. Many climbers are also ardent ski tourers, and especially love to indulge on those winter days that have blue skies, sunshine and fresh, untouched snow.

www.simply-munich.com/ski-touring





simply beyond



The mountains are calling. Many of the locals are passionate mountaineers with an intimate connection to the mountains in their back yard.

They love to spend their free time in the surrounding areas of Munich throughout the year. A good hike is always rounded off nicely with a trip to a mountain lodge, tavern or beer garden. You should definitely give it a try!

www.simply-munich.com/mountains

www.simply-munich.com/tours



Get out!

Decisions, decisions... Do I want the thrill of reaching a summit or diving into the water? Crafty fans of lakes and mountains simply combine the two – they start with a hike and then head to the water. Or the other way around. And do you know what the best part is? The nicest destinations are just one or two hours away from Munich.

Start the climb...

Rotwand

At an altitude of 1,884 metres, the Rotwand is the highest mountain in the Spitzingsee region. It stands out for its range of paths and stunning alpine views – from the Grossglockner to the Zugspitze.

Directions: Take the Bayerische Oberlandbahn (BOB) from Central Station to Schliersee, then catch RVO Bus 9562 to Spitzingsee

Heimgarten

Located in the Bavarian Prealps, the 1,790-metre Heimgarten towers alongside the Herzogstand. Hiking trails are starting in Ohlstadt, Schlehdorf am Kochelsee and Walchensee.

Directions: Take the train to Ohlstadt or Murnau, then catch Bus 9611 to Schlehdorf or take the train to Kochel and Bus 9608 to the Herzogstandbahn

From Tegernsee to Schliersee

The twin-lake tour includes a mountain crossing over the Baumgartenschneid, featuring a wide range of ascents and magnificent views.

Directions: Take the Bayerische Oberlandbahn (BOB) from Munich to Tegernsee. You can return by taking the BOB from Schliersee

Swimming and rowing with a mountain view

Five inviting lakes

You'll find lots of bathing fun with alpine scenery at the five lakes in Bavaria's "Fünfseenland" – Starnberger See, Ammersee, Pilsensee, Wörthsee and Wesslinger See. You can reach the lakes by S-Bahn or bike. Boat tours are offered around Starnberger See and Ammersee.

www.fuenfseenland.de, www.seenschiffahrt.de

Osterseen

Osterseen is a group of lakes to the south of Starnberger See, including around 20 large lakes and almost as many smaller bodies of water.

Directions: Take the train to Iffeldorf. It's a 30-minute walk from there to Fohnsee

Staffelsee

If you take a trip to the bathing area in Seehausen am Staffelsee, you'll be able to slip straight into the lake. Staffelsee is one of the warmest alpine lakes. The bathing season starts in May and ends in October.

Directions: Take the train to Murnau. The bathing lake is within walking distance

// simply online

Water? Walk!

Hikes with a chance for a dip

A day by the lake or a trip through the mountains? If you simply can't decide, there are solutions to this luxury leisure problem: hiking and paddling – the perfect combination for the summer.

www.simply-munich.com/lakes



Snow much fun

Munich's proximity to the Alps makes it the perfect starting point for skiing, snowboarding, tobogganing and hiking tours through the snow.



Tobogganing

Wallberg

The toboggan run in Rottach-Egern is 6.5 km long, which makes it the longest in Germany. It's mainly designed for experienced tobogganists. The 30-minute descent is pretty fast along the well-maintained track – you should definitely wear a helmet. Visitors are taken to the top in a cable car. On a clear day, you can even see Munich all the way from the mountain station. Toboggans are available for hire.

Directions: Take the Bayerische Oberlandbahn (BOB) to Tegernsee, then catch the RVO Bus 9550 to the Wallbergbahn in Rottach-Egern

Winter hikes

Wank

Winter hikers can enjoy magnificent views of the Alpspitze and Zugspitze on this mountain peak trail. If you're up for a challenge, you can make the climb on foot. Otherwise, there's a nice and comfortable cable car at the bottom.

Directions: Take the Garmischer Skiexpress to Garmisch-Partenkirchen, then catch Bus 3, 4 or 5 to the Wankbahn

Riederstein

The Riederstein is one of the most famous peaks around the Tegernsee. The small chapel at the top is perfectly visible all the way from Tegernsee. The climb is very manageable – even in winter.

Directions: Take the Bayerische Oberlandbahn (BOB) to Tegernsee, then catch Bus 9559 to Schwaighof
www.bergwelten.com



TIP!

Day trips on the ski bus

The ski bus lets you travel really easily from Munich to the mountains. Stow away your skis. Find a seat. Relax. Take a nap. Have a snack or a chat. And then return home – tired but happy.

www.skibusmuenchen.de



Skiing and Snowboarding

Brauneck-Wegscheid

Experienced skiers can take on the World Cup slalom course at the Brauneck-Wegscheid ski resort – just 60 km to the south of Munich. There are also numerous slopes for beginners and families.

Directions: Take the Bayerische Oberlandbahn (BOB) to Lenggries and then catch an RVO bus to the Brauneckbahn

Sudelfeld

Families, beginners and professionals will get their money's worth at Germany's largest ski resort. In addition to the easy and intermediate slopes, Sudelfeld also has an FIS World Cup course and an action area with a snow park and free-riding course.

Directions: Take the Bayerische Oberlandbahn (BOB) to Bayrischzell, then hop on the free Ski Bus to the Waldkopfbahn



simply be a fan



What does it take to be a true fan? You have to be passionate about your hobby. Because being a fan can be an emotional roller-coaster. It also creates a real sense of belonging. If you've ever sung on the streets after a victory or wiped the tears from your eyes after a defeat, you know what it means to be a die-hard supporter. And this incomparable feeling fills you with joy!



Wonderful waves in Munich

The Eisbachwelle has become one of Munich's most iconic symbols and attracts just as many tourists as the Town Hall and Schloss Nymphenburg. Professional surfers from Munich and the rest of the world ride the artificial waves in the English Garden from the early morning to late at night – even in winter!



The best way to watch the surfers is from the bridge above the Eisbach river, which is located right by the Haus der Kunst. You can find out more about the history of river surfing and the "Eisbach lifestyle" by watching the film „Keep Surfing“ – for anyone who wants to get in the mood.

The best way to get to the Eisbachwelle is to take Tram 16 to "Nationalmuseum" or the U-Bahn to Odeonsplatz with a little walk.



TIP!

Indoor surfing at the Jochen Schweizer Arena

Even if you're not a pro surfer, you'll be in good hands at the Jochen Schweizer Arena in Taufkirchen, where you can set your own wave height and speed. You can also try out other sports like body flight and climbing.

Take the U5 to Neuperlach, then catch Bus 210 to "Willy-Messerschmitt-Straße", or take the S3 to Taufkirchen and catch Bus 241 to "IKEA"

E2 – the "smaller wave"

In addition to the famous Eisbachwelle, which is also known as the "big wave", there is another smaller wave known as "E2", which is located just 500 metres away in the English Garden. This wave isn't as busy – it's used as a surfing practice area.

Raft landing area

The Flosslände (raft landing area) near Thalkirchen is another quiet spot, even though it was the first ever river wave to attract surfers in 1972 – well before the Eisbachwelle. There's a similar scene here: Professionals surf on the artificial wave, while spectators can watch from the bridge.

Open daily from May to September (around 2 pm to 7 pm).

The best way to get there is by taking Bus 135 and getting off at "Flosslände"

Waves by the Wittelsbach Bridge

Surfers can often be seen on the Isar, where they love to ride the wave that forms at high tide by the Wittelsbacherbrücke. As the body of the water is much wider than the Eisbach, the exits are further away and the current is stronger, which means surfing here is only recommended for true pros.

Take the U1/U2 to "Kolumbusplatz" or Bus 68 to "Baldeplatz"



Simply masterclass

The people of Munich are incredibly passionate about their sports no matter if it is football, basketball or ice hockey. The fans support their teams with sheer emotion and raw passion, cheering the players on at every game.

Munich's international reputation as a major footballing city is mainly due to the football stars on Säbener Strasse. That's the home of Bayern Munich, one of the most successful clubs in the world that has won 29 German championships and several international titles. The victory parade on Marienplatz has almost become an annual tradition, attracting over 15,000 fans. The 2023 Champions League Final is set to take place in Munich.

Love knows no league

TSV 1860, known amongst the locals as the "Lions" or "Sechzger", play their home games on Grünwalder Strasse. The footballers and fans wear the Bavarian state colours of white and blue. While the White and Blues used to be the strongest team in Munich, winning the German Cup in 1963/64 and the German Football Championship in 1966, they're now fighting for promotion in the regional conference. But all the fans will tell you: "Once a Lion, always a Lion".



Professionals in training

Bayern fans can watch their idols train on Säbener Strasse, www.fcbayern.com, while TSV 1860 supporters can see their players in action on Grünwalder Strasse 114, www.tsv1860.de/Trainingstermine_Profis

FC Bayern Museum

Bayern Munich's Erlebnisswelt not only has numerous exhibits like cups, boots and kits worn by major footballing icons; it also offers a vivid and emotional experience, using modern technology to present the most important moments in the club's history. www.fcbayern.com/erlebnisswelt

More than football

FC Bayern Basketball

Football isn't the only ball sport in the city. Bayern Munich also has a very successful basketball team. The Bavarian football club created its basketball team in 1946, and they claimed their fifth German Championship in June 2019. The venue is the Audi Dome. www.fcbayern.com/basketball/en

Ice Hockey: EHC Red Bull München

Munich's successful ice hockey team won the German Championship in 2016, 2017 and 2018, and they were the joint winners of the Champions Ice Hockey League in 2019. EHC Red Bull München plays its home games at the Olympia Eissportzentrum, which can hold up to 6,142 spectators www.redbullmuenchen.de

// simply online

Red vs Blue: Munich and football

Munich and its teams: The Reds are a global brand, the Blues have seen much better days. Yet there is huge rivalry in the city. An overview. www.simply-munich.com/football
www.simply-munich.com/packages





Service

München Tourismus can provide you with information and inspiration for your stay in Munich.

Visitor service

Telephone +49 89 233-96500, Mon-Fri 9 am – 5 pm
 Email tourismus.gs@muenchen.de
 In writing München Tourismus
 Herzog-Wilhelm-Str.15, 80331 Munich, Germany

Tourist Information services

- Arranging hotel rooms
- Sales of: Munich Card and Munich City Pass, city tours, city walking tours, special tours, experience gift vouchers, outings to the surrounding areas and to Bavaria's castles and lakes
- Souvenirs and tourist brochures

On the Marienplatz

Mon-Fri 9.30 am – 7 pm
 Sat 10 am – 5 pm
 Sun/Holidays 10 am – 2 pm

Central Station

(Luisenstrasse 1)
 Mon-Sat 9 am – 8 pm
 Sun/Holidays 10 am – 6 pm

Seasonal and pandemic-related changes are possible



You can now also check our current opening hours online at www.simply-munich.com/tourist-infos and book directly at www.simply-munich.com/booking

Full accessibility in Munich

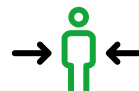
Information about accessibility for visitors with disabilities in Munich.
www.muenchen-tourismus-barrierefrei.de/en

Coronavirus: The latest information for your visit to Munich

The City of Munich has also been affected by the national measures implemented to curb the spread of the coronavirus. **Please protect yourself and others! The following rules will help you do this:**



Protect your **mouth** and **nose (FFP2 Mask)**



If possible, please **enter alone**



Keep at least **five feet away** from other customers and employees



Please follow the **cough** and **sneeze rules**

You can find all the information you need about the coronavirus and your stay in Munich here:

www.simply-munich.com/covid
www.muenchen.de

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