

Discovering the Historic Salt Road



Wellbeing
tourism

For Sustainable Idealists
in Summer Season



From diving into history until exploring modern treatments

Salt was once very important in the Vogelparkregion Recknitztal. It was produced in Bad Sülze for centuries and transported through the whole region up to the Baltic Sea to trade it around the world. Today, many companies connect to this old tradition of the formerly called ‚white gold‘. Visit museums, cafés, the salt manufactory, jewelry ateliers, restaurants – they will show you the diversity of salt.

All participating facilities invite you to be a smuggler – they will give you two little souvenirs, one to keep for yourself and one to trade at the next station for new souvenirs. The choice is yours: You can go by bike, take a canoe, or go by ferry on the bodden. The Historic Salt Road has a lot to offer – start your journey of discovery and experience salty cultural and culinary treasures.



1st Stop. The Spa Park of Bad Sülze

Approximate time required: 1 to 2 hours (incl. museum)

Wellbeing destination: Bad Sülze, Saline 9

GPS: 54.11412633717907, 12.661092269694091

Recommended starting point: Salt Museum Bad Sülze

The spa park of Bad Sülze invites all guests to linger and relax. Take a walk along the trees or visit the nearby salt meadows.

The 13 hectare big Park with mature trees, ornamental trees, extensive Rhododendron groves and flower borders enchants with its natural strength. Lay down on one of the park benches and loungers and take in the special atmosphere of nature. While the thoughts are roaming, nature comes to life: songbirds, insects and maybe even cranes will fly by. In autumn, thousands of dahlia blossoms in countless colors welcome the guests. Lovingly designed sculptures await you at the annual dahlia festival. The nearby salt museum provides lots of information about the history of the salt production. The outdoor graduation tower in the museum's garden is a special highlight.



Enjoy a cup of coffee and a piece of homemade cake while you listen to the brine dripping down the blackthorne.



2nd Stop. The river Recknitz

Approximate time required: 2 hours

Wellbeing destination: River Recknitz

GPS: 54.16623036410671, 12.591465505030978

Recommended starting point: Marlow Canoe Rental

The river Recknitz flows peacefully through the region. Enjoy the different landscapes along the river course and meet some wild animals along your way.

The river invites guests to enjoy a decelerated trip into the wonderful river landscape. Most of the river's course is untouched or rewilded. It meanders through a wide ice-aged glacial valley. Guests can take an easy and very relaxed ride on the river by canoe, stand up paddle board or raft. With just a few paddle strokes you dive into a world full of silence, calmness and beauty.

Close to the canoeing rental station of Marlow, you can find the old boat with more information about the smuggler at the river Recknitz.



3rd Stop. Salt Manufactory MV

Approximate time required: 1.5 hours

Wellbeing destination: Salt Tower at Trinwillershagen, Feldstr. 10

GPS: 54.24553578374621, 12.620864498999062

The salt manufactory MV is one of the hidden treasures in the region. In the heart of the little village Trinwillershagen, Axel Günther built his own salt tower.



Enjoy the salty air in the tower of the salt manufactory. The healthy effect of the brine will sooth your lungs and skin. The tower shaped like a salt crystal is made out of 32t of Himalayan salt blocks. The in-house graduation tower creates a special relaxing atmosphere supported by calming music and special lighting.

The little shop offers different gourmet salt products. Flavours like ‚Recknitztaler Fischsalz‘ and ‚Ostseebrise‘ bring you the taste of the region. You can join a salt tasting and learn more about the different kinds of salt.

4th Stop. Harbour of Damgarten

Approximate time required: 1 hour

Wellbeing destination: Harbour of Damgarten, Schillstr. 29B

GPS: 54.25119004588434, 12.471553561813412

Recommended place to visit: Ronnys Anglerheim (restaurant & bar)

Enjoy the peaceful atmosphere at the Damgarten harbour.



The harbor of Damgarten offers space to rest for the whole family. Enjoy a picnic at one of the tables or start the grill to cook your own dinner.

Watch the old boats in the harbor and learn more about the history of the place. Nearby shops and restaurants are happy to welcome visitors. The local rowing club takes care of the rental station so you can start your own trip on the bodden or the river Recknitz. You can make a choice between canoes and paddle boats. After a few paddle strokes, you will enter the peaceful river landscape.

At the harbour you can find a replica of an old salt pram – a flat-bottomed boat on which the salt has been transported.

How to get around?

You can ride the entire salt road by bike or by car. It doesn't have to be all done in one day, even smugglers take their time! Change the vehicle from time to time, e.g. take a canoe from Bad Sülze to Marlow or go on a ferry from Damgarten to Dierhagen, they take the bicycles on board.



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