simply sporty

Discover lots of sport and exercise in Munich

www.simply-munich.com
If you visit Munich, you’ll quickly learn that exercise is incredibly important to the locals. Cycling to work is part of everyday life for many people, just like jogging along the Isar meadows every evening and taking a yoga class in the park. Every Monday, people go on about the outdoor activities they did at the weekend, such as hiking up the Karwendel mountain range, swimming in Starnberger See (lake) or cycling to the local beer garden.

Wherever they go, it’s all about having fun, connecting with nature, taking in the magnificent views and experiencing new things together. Munich has a wide range of inviting activities that you can easily join in with whenever you like. Welcome to the club!

The following pages contain lots of ideas to help you get active and have fun!

All sporting events and recreational activities in Munich can also be found at:
www.sport-muenchen.de
www.simply-munich.com-mountains
www.simply-munich.com/leisure
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.*
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.
The time and location of the classes are announced on her Facebook page.

Long Night of Yoga
The “LANGENACHTDESYOOOGA” is held every year in Munich. It’s organised by Yoga für alle e.V. You can do yoga until late at night – all you need is a cheap yoga band (20th June 2020).
www.yoganacht.de/münchen

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”)

TIP!
Dancing fun

The summer months are the perfect time to put on your dancing shoes and head outdoors. Warm nights, captivating music, swinging skirts and polished shoes... You won’t be tapping your toes on the sidelines for very long. The city also has enough venues for you to whip out your saucy moves indoors.

Open-air dancing

Court Garden Temple
The Hofgarten Tempel (pavilion) is a popular meeting place for passionate dancers. Fridays are for tango, Wednesdays are all about salsa, and Sundays put you in the mood for some swing.
Hofgartenstrasse 1st May to September. Starts between 5pm and 8pm. Only in good weather. Free entry.

Kizomba Bachata Parties
Munich’s outdoor dancers meet outside the Pinakothek der Moderne (art gallery) for Kizomba Bachata parties.
From the beginning of May until the beginning of September, the parties will take place on various days starting at 6.30pm. More information available on Facebook „outdoor kizomba bachata parties munich”

Indoor dancing

Tanz den Gasteig
On the first Saturday after Whitsun (6th June 2020), the Gasteig cultural centre is transformed into one big dance floor, featuring a wide range of international styles like tango, waltz, techno and Bollywood. And everyone can get involved! The Philharmonie concert hall is turned into a nightclub later in the evening.
Free entry, www.gasteig.de

Folk dancing in the beer hall
If you like Bavarian folk dancing, this is the place for you. Professional dancers are accompanied by live music as they teach traditional round and figure dances. You don’t need any prior knowledge to take part.
Dates in 2020: 24th January, 24th April, 26th June, 09th October
Start: 7:30pm; Doors open at 6:30pm
www.muenchen.de (search term: “Tanzboden”)

Early, earlier, Kocherlball
Kocherlball - the name reflects the origins of this Munich tradition. In the 19th century, servants (“Kocherl” in the local dialect) would get together in the early morning to dance before they started work. It’s easier today: the celebrations can also be enjoyed in the morning sun at the Chinesischer Turm (Chinese Tower). But it’s great to be up and and on the dance floor for 6am to have a go at the Landler, Two Step or Polka.
19th July 2020, 6am-10am, meeting point Chinesischer Turm
www.simply-munich.com/kocherlball
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!

Simply dynamic
The almost floating architecture in the Olympiapark (Olympic Park) nestles into the surrounding area and still inspires people to this day. It’s 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.

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/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 arena is currently being built on the site of the former velodrome. It will be completed in 2021. This could make room for the long-planned Olympia-Museum (Olympic Museum) in one section of the old ice rink. Munich will host the 2022 European Championships in the Olympiapark. It might not be the Olympic Games, but it’s a major sporting event with seven Olympic sports on display.

Munich Mash
The Olympiapark isn’t a museum; it’s constantly developing and evolving with an eye on the future. Wakeboarders, BMXers and skaters will be flying through the air at the 2020 Munich Mash festival with wild stunts and spectacular tricks. The fans will even be able to try out a few sports and celebrate together at the Mash festival. Admission is free (31st July - 02nd August 2020).
www.munich-mash.com

CHIBA 24-Hour Race
The participants in the CHIBA 24h race have a seemingly impossible task at hand – they’ll have to ride a mountain bike for 24 hours. The spectators and competitors can also look forward to a diverse programme of entertainment (29th - 30th August 2020).
www.24hrace-muenchen.de

Rugby: Oktoberfest 7s
Top-level sport during Oktoberfest season: The German national team will be facing the best sides in the world at the “DHL Oktoberfest 7s”. Rugby 7s is fast-paced and spectacular: Each team has seven players and a game is made up of two seven-minute halves. The crowd can expect two full days of hard-hitting action (19th - 20th September 2020).
www.oktoberfest7s.com

The North-South Passage:
Munich city walks
A walk for all seasons packed with nature and culture, from the Olympiapark (Olympic Park) in the north to the Hinterbrühler See (lake) in the south: a trip across Munich, always heading for the sun.
www.simply-munich.com/citywalks

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

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 their daily exercise in the holidays. What’s the best time of the day for it? Early morning.

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

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.radlhaauptstadt.muenchen.de

Munich Bike Night
Every year on a Sunday night in August, cyclists have right of way in the city. The 18-kilometre “Radlnacht” route runs through the city centre, and several main roads are closed to cars. The start and finish line is Königsplatz (5pm).
www.radlhaauptstadt.muenchen.de/radlnacht

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’ll be able to enjoy the view from atop the Olympiaberg. 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 “Isarfraulein,” 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.

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 Munich’s beauty away from the centre on this Grand City Tour by bicycle. www.simply-munich.com/cyclingtours
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 Au enstrasse, past Röcklplatz and along Ehren geutstrasse 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/en
Radius Bike, www.radiustours.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/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/en.

Long-distance cycling routes
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.

Ice Skating and Curling

Olympic Ice Sports Centre
The Olympia Eissportzentrum (Olympic Ice Sport Center) 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, play 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 m² 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.

Tip!

Blade Night
It’s almost 9pm and the forecourt of the Deutsches Museum is slowly filling up with people on their inline skates. And that’s when Blade Night begins, when the city’s skaters are free to weave in and out of the car-free streets of Munich.

Every Monday from mid-May to mid-September.
Blade Night will be cancelled in the event of rain.
Skates and other equipment can be hired for free.
www.k2bladenight.de

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
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.

Isar Indians
A paddle tour through the city gates
There’s no better way to get to know the river that runs through Munich than from a canoe. The traditional canoeing route leads from Bad Tölz to the landing spot – taking in some bathing fun, a picnic on the gravel bank and some river-chilled drinks along the way.

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.

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.
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/en/home (search term: “Tennis”)

In the stands

BMW Open by FWU
World-class tennis stars will return to Munich for the 2020 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.
25th April - 3rd May 2020 – Venue: MTTC Iphitos
www.bmwopenbyfwu.de

World Club Tennis - Urban Tennis Events
Even more eccentric ideas can be found at Munich’s “White Club Tennis”, an association of players who organise urban tennis events. 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/jourfixe

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.alexx-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
**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 Eichenried 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](http://www.muenchen-spielt-golf.de)
- [www.muenchen.de](http://www.muenchen.de) (search term: “Golf”)

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**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](http://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](http://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/english](http://www.muenchner-golf-eschenried.de/english)

**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](http://www.muenchen-brunnthal.golfrange.de)

**BWM International Open**
Families have been able to experience world-class golf and exciting side events in Munich for over 30 years. The BMW International Open has long been an important fixture on the European Tour (24th-28th June 2020).
[www.bmw-golfsport.com](http://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.

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 square metres 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

Bouldering World Cup
Thanks to its solid infrastructure, Munich has become an established venue for regional, national and international climbing and bouldering championships. The real highlight of the climbing calendar is the annual Bouldering World Cup held at the Olympiahalle, featuring over 220 athletes from 37 nations.
23rd - 24th May 2020 at the Olympiahalle

Climbing

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
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
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 here are hiking trails 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

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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.

**From Tegernsee to Schliersee**
The twin-lake tour includes a mountain crossing over the Baumgarten-schneid, 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](http://www.fuenfseenland.de), [www.seenschifffahrt.de/en](http://www.seenschifffahrt.de/en)

**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.
Snow much fun

Munich’s proximity to the Alps makes it the perfect starting point for skiing, snowboarding, tobogganig 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 Alp spitze 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

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

www.skibusmuenchen.de/en
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!

**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 2pm to 7pm).**
**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 U2 to “Kolumbusplatz” or Bus 68 to “Baldeplatz”**

**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”**

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” – 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.**
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’s 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 Champions League final will be held in Munich in 2022.

Love knows no league
TSV 1860, known amongst the locals as the “Lions” or “Sechzger,” play their home games on Grün-walder Strasse in the city centre. 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.”

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.

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.

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.

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

www.simply-munich.com/football
Service

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

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

Tourist Information services
• Arranging hotel rooms
• On sale here: the München Card and München City Pass, city tours and sightseeing walks, excursions to the surrounding area as well as Bavaria’s castles and lakes
• Souvenirs and tourist brochures

On the Marienplatz Central Station
Mon-Fri 9.30am – 7pm (Luisenstrasse 1)
Sat 10am – 5pm Mon-Sat 9am – 8pm
Sun/Holidays 10am – 2pm Sun/Holidays 10am – 6pm
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