



WHERE NATURE DEVELOPS FREELY THE WILDERNESS TRAIL




TIPS FOR VISITING

FOOTPATH RULES
 In the national park, always keep to the marked paths. Nature has priority. And wild animals have a right to privacy.

CHECK AHEAD
 Before you visit the national park check the national park website or the national park Centre in Ruhstein to find out about any path closures due, for instance, to snow-related hazards or the designation of wildlife quiet zones.

DOGS ON LEADS
 In the national park, dogs need to keep to the paths too. They should therefore never be taken off their leads.

LEAVE NOTHING, REMOVE NOTHING
 In the national park, you can watch, smell and listen – but you mustn't pick, displace or collect anything. Just remember to take your own waste with you – even the decomposable stuff.

AT HOME IN THE FOREST
 Roll out the mattress and dream away next to the campfire? No! Not even bivouacking is allowed in the national park because we want to make sure that the wild animals have as much peace as possible. The only way to spend the night in the park is by booking a pitch in one of the camps run by Trekking Schwarzwald.

ANIMAL TRACKING FOR CHILDREN



LOOKS
Of course you know what a squirrel looks like, don't you? You've come across these agile **climbing pros** with bushy tails and tufted ears before.

FOOD
They love to eat **beechnuts** and **nuts**. Sometimes you even see them nibbling on tree cones.

JUMPING
But did you know that squirrels can easily leap **four or five metres?**

CLIMBING
And that they can run along the narrowest of branches and hang upside down using their long, **flexible claws?** Their tails help them to balance.

LIVING
At night time, squirrels go back to their dreys. These are **football-sized nests** high up in the treetops.

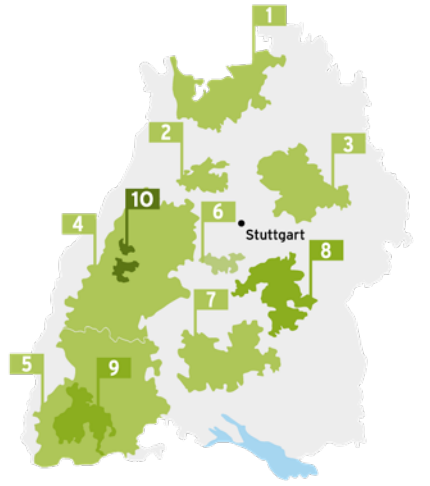


HI, I ALSO LIVE HERE. I'M LOTTA, THE GARDEN DORMOUSE

Did you see a squirrel on your walk? Did you discover anything that this small rodent had nibbled on? Or even a drey? Then send us a photo to: wildnisbildung@nlp.bwl.de

We will publish the best pictures on our wilderness blog at www.nationalpark-schwarzwald.de/wibidigi.

THE MAJOR CONSERVATION AREAS IN BADEN-WÜRTTEMBERG (PART OF THE NATURAL NATIONAL LANDSCAPES)



- Nature Parks**
- 1 Neckartal-Odenwald
 - 2 Stromberg-Heuchelberg
 - 3 Swabian-Franconian Forest
 - 4 Central/North Black Forest
 - 5 Southern Black Forest
 - 6 Schönbuch
 - 7 Upper Danube


The aim of nature parks is to bring human behaviour and economic activity in line with nature, to develop the region and to establish sustainable tourism.

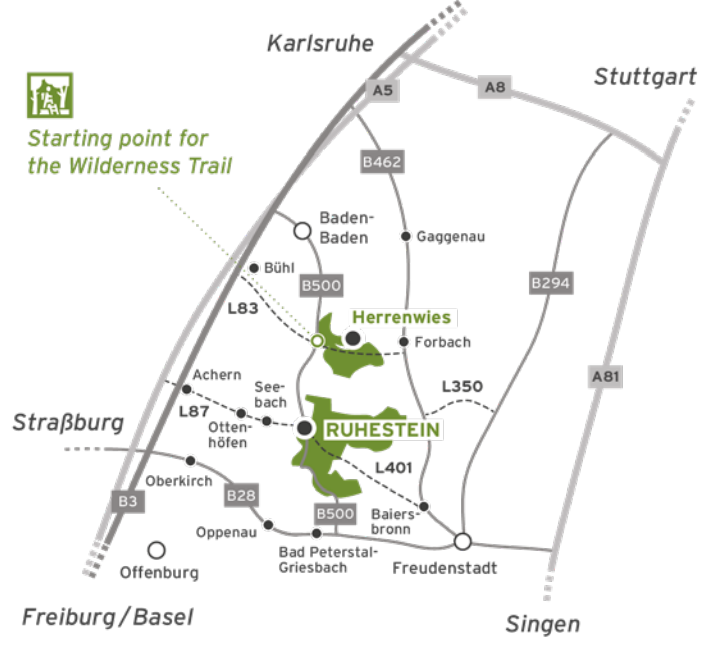
- Biosphere Reserves**
- 8 Swabian Alb
 - 9 Southern Black Forest

- National Parks**
- 10 Black Forest
- In national parks, one golden rule applies: leave nature to nature. They are refuges for wild animals and plants and therefore essential for biodiversity.

Nationale Naturlandschaften
National Natural Landscapes is a governing body for all German national parks, biosphere reserves and certified wildlife habitats, as well as a number of nature parks. Further information can be found at: www.nationale-naturlandschaften.de

HOW TO FIND US
 **National Park Centre Ruhstein**
Ruhstein 1, 72270 Baiersbronn
info@nlp.bwl.de · www.nationalpark-schwarzwald.de

Travelling by public transport
 Many attractions in the national park and the national park centre in Ruhstein can be reached on public transport. Up-to-date information can be found at: www.nationalpark-schwarzwald.de/de/anreise-kontakt or www.efa-bw.de



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AERIAL RETREATS & WILD WOODS

Look forward to an outing with an extra dose of adventure! On the Wilderness Trail (Wildnispfad) you'll be walking through a forest in the northern part of the national park that's certainly one step wilder than most. Walkers need to be extremely surefooted and in good physical condition for its narrow paths, because once you leave the Plättig information point there are thick tree trunks, rocks and upturned roots to clamber over - and sometimes to crawl under. The best place to take a break is the Eagle's Eyrie (Adlerhorst) that was opened in 2017. Safe and secure in the wooden nest, you can rest and experience the world from a height of seven metres.

How it all began...

The Wilderness Trail got its name for good reason. In 1999, Storm Lothar uprooted a large proportion of the 150-year-old trees. After the storm, nature was left to its own devices in this 70-hectare area of forest. In the core zones of the national park, you can now experience how new life is sprouting in, on and around dead wood. Leaving nature to nature is the objective of a national park and observing the constant changes in such a forest is a fascinating spectacle.

ONE
STEP
WILDER

Constantly in motion

After a storm, fungi play a particularly important role in ensuring that the fallen and dead trees turn into fertile soil - the perfect nutrient base for young plants. Many species live in dead wood. And young trees, sprout from old, decayed trees creating an unusual spectacle that can only develop in forests that have been void of human influences for many years. The forest's appearance will change continuously, thus making your visit to the Wilderness Trail a unique experience, time and time again.

Image 1: Up in the treetops: the Eagle's Eyrie (Adlerhorst)

Image 2: *Cyphella digitalis*

Image 3: Squirrel

Image 4: Old traces of Storm Lothar: fallen tree trunks

Walking the Wilderness Trail

Robust clothing and sturdy footwear are recommended throughout the national park. They are essential when walking the Wilderness Trail, as is having good physical fitness. The path can be slippery in places. Please also be aware of the dangers of being in a natural forest as you are undertaking the walk at your own risk. The national park team wish you a pleasant walk. Immerse yourself in this wilder world, enjoy the break from your daily routine and the many little wonders beside the path.

