### Freiämterweg

### **Discover Freiamt hiking**

The Freiämterweg was created in 2004 as a regional circular trail with an emphasis on experiencing both nature and culture.

An uninterrupted trail network covering 190 km meanders through the beautiful countryside past several monuments bearing witness to the impressive cultural diversity of the Freiamt region.

Erlebnis Freiamt invites you, with the help of the Freiämterweg guidebook, to discover the many art and cultural treasures of the area. Enjoy the unspoiled natural surroundings in this relatively thinly populated region.

Monasteries and convents, old towns, magnificently restored churches and well-preserved farmhouses and sawmills as well as gentle flowing creeks, silent forests and lush pastures are a feast for the eyes. Picturesque villages with inviting inns are ideal for taking a break.

Excellent public transport connections make it easy to visit and return home.









Vielfältiges Erleben.

The association Erlebnis Freiamt (Experience Freiamt) was created after an initiative of the Federal Government of Switzerland to promote tourist attractions in economically underdeveloped regions.

Since 2000, Erlebnis Freiamt is under the patronage of the Regional Planning Association (REPLA) Oberes Freiamt (Upper Freiamt). The REPLA Oberes Freiamt supports financially the efforts of Erlebnis Freiamt, together with the REPLA of other communities in the area, the REPLA Unteres Bünztal and REPLA Mutschellen-Reusstal-Kelleramt.

The foundation, however, is formed by all loyal members, donors, communities as well as sponsors who offer their support to Erlebnis Freiamt.

#### Join us and become a member!

There is always the possibility of sponsorship for special projects.

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www.freiamt.ch



# Freiämterwege

Experience culture, nature and family time







Cycling route





### Kids trail

### Experience the magic of the moment

Children's senses will be alive to the experience of the true beauty of this trail.

Let them follow their instincts. Let them explore and let them thrive.

The Kids Trail Project Group from Erlebnis Freiamt explored the kids trail during all four seasons and decided on the final route. The kids trail makes it possible to get up close to nature and experience the four elements earth, air, fire and water.

We dedicate this trail to children, their parents and/or carers. Three to eleven year olds will particularly enjoy themselves.

Not only children, this trail is open to anyone who is looking for peace, quiet and who wants to relax in nature.



### Legendary trail

#### **Breathe life into legends**

The 800 metre long idyllic trail, running through the woods between the Wildlife Park in Waltenschwil and the Erdmannlistein, is dotted with 12 mystic pieces of art. Visitors can learn more about the legends and sculptures on information panels (in German only).

#### Group guided tours

Take a guided walk amongst the sculptures with an experienced cultural expert. With the stories, explanations and background information provided about the pieces of art, the history of Freiamt and the customs behind the legends, the hike on the legendary trail becomes an unforgettable experience.

The tours can be topic- themed for families, school classes, preschool children and groups of all ages. They can also be accompanied by music or torches, with ICON dices and other highlights.

#### **Public events**

Every year, several public guided tours are organized on a variety of subjects. For more details and information on the legendary trail app, go to:

www.freiaemtersagenweg.ch or scan the QR code below.











## Cycling route



### Freiamt is an Eldorado for cyclists

With its numerous marked cycling routes, Freiamt is a true paradise for cyclists. The showpiece is the circular Freiamt cycling route covering 68 km with an elevation of just 345 metres.

#### **Route:**

Sins, Muri, Bünztal (Bünz Valley), Othmarsingen, Bremgarten, Reusstal (Reuss Valley), Sins.

With its many shortcuts, the route is also perfectly suited for families. Attractions along the route include: Muri Abbey, Murimoos, Bünztal, the Straw Museum in the Park, the Reuss meadow landscape, the old town of Bremgarten and the Flachsee (an artificial lake on the river Reuss).

Further marked cycling routes starting in Freiamt go to: Lenzburg, Lake Hallwil, Limmattal, Knonaueramt and Lake Baldegg.

Information and maps can be found on the Freiämter Freizeitkarte (Freiamt leisure map). With its rolling hills, Freiamt is ideally suited for mountainbike tours. Further exciting cycling routes can be found online at, for instance, Outdooractive.com.











Benzenschwil

Nu

Merenschwand