



# Experience the Wadden Sea World Heritage in Schleswig-Holstein *... in 7 days*

The largest National Park within the Wadden Sea World Heritage with endless beaches, varied islands, unique "Halligen" and a manifold coastline rich in birds and wildlife stretching as far as the eye can see.

## Day 1: Dithmarschen

Discover fertile marshland and vast polders behind the green dikes along the Dithmarschen coast north of the Elbe estuary. The salt marshes seawards of the dikes attract large flocks of waders, geese and ducks. The European sea eagle puts in a rare appearance but can be spotted for much of the year in the polder area Meldorfer Speicherkoog.

The Wadden Sea is home to a huge variety of species - up in the air, on the ground and under water. Let a National Park Guide show you the Small, Big and Flying Five of the Wadden Sea in their natural habitats. At the "Seehundstation Friedrichskoog" you can meet harbour seals and grey seals - eye to eye! The seal center will enlighten you about marine mammals in the Wadden Sea, their biology, endangered status and protective measures.

Visit the National Park infopoint "Wattwurm" – its architecture is reminiscent of a lugworm. It is located in the middle of the Meldorfer Speicherkoog, surrounded by wild ponies and numerous birds. The interactive exhibition tells you all about the area's natural features and history.

## Day 2: St. Peter-Ording & Eiderstedt

The expansive sandbanks of St. Peter-Ording and Westerhever at the tip of the Eiderstedt peninsula change with each tide and invite to discover the dynamics of the Wadden Sea. Observe this constant motion of the sea on the spot along the beaches, dunes and salt marshes. Young dunes can gain up to one meter in height in a single day!

Not only on a rainy day is a visit of the main National Park visitor center "Multimar Wattforum" in Tönning highly recommended. Wadden Sea, World Heritage and whales — these are the key themes of the interactive exhibition with dozens of fascinating aquariums.

The green marshlands of the Eiderstedt peninsula have attracted and inspired many painters. Open artists' studios and small galleries can be found all over the place. All along the Schleswig-Holstein Wadden Sea coast there are thatched Frisian houses, historical harbours and picturesque lighthouses, the one in Westerhever being the most popular.



### Day 3: Nordfriesland + Husum Bay

Meet marine animals in their natural habitat! Guided boat trips with catch-and-release fishing or seal spotting tours will take you out to the sandbanks where dozens of harbour seals are resting. Boat trips with National Park Partners start from various ports, such as Dagebüll, Schlüttsiel and Strucklahnungshörn.

One of the most popular and classic outdoor activities in the Schleswig-Holstein Wadden Sea is a guided tour on the mudflats at low tide. Let a National Park Guide take you on a walk on the seabed and have your toes slide into the soft mud of the North Sea - it can be both exhilarating and health-enhancing!



### Day 4: Halligen

Explore these truly unique islets which are unique to the North Sea coast of Schleswig-Holstein: Tiny patches of land amidst a restless sea, continuously struggling against the forces of the elements. The extensive salt marshes of the Halligen provide ideal nesting and roosting grounds for numerous waders and waterbirds.

Either board a "Hallig-Törn", a boat cruise to one of the Halligen, or explore the absolute outposts of the National Park, the tiny Halligen Süderoog and Südfall, with a guided mud flat walking tour starting from Pellworm or Nordstrand.

If you want to see a new island taking shape, book an extraordinary walking tour to the vast sandbank "Japsand" starting on Hallig Hooge.



### Day 5 + 6: Islands

Wide beaches, scenic dune belts, colourful cliffs and green marshes - the islands of Sylt, Amrum, Föhr and Pellworm each offer characteristic sights of different fascinating landscapes. A visit to them will let you discover a dynamic

nature, an extensive ecosystem and a lively local culture.

Explore the "Kniepsand" of Amrum: glorious 12 km of fine, white sand. Follow nature trails through the dunes with information signboards starting in Norddorf and Wittdün on Amrum.

Pay a visit to Sylt, where the Hörnum Odde and the Red Cliff of Kampen are places with high geological dynamics to watch the coast take shape.

The visitor center "Erlebniszentrum Naturgewalten" in List/Sylt shows you the diversity, beauty and dynamics of the sea and the coast. You can experience the forces of nature and learn about coastal protection in Schleswig-Holstein.

### Day 7: Visit across the border

**ONE Wadden Sea,  
ONE Global Heritage.**

Continue on your journey of Wadden Sea World Heritage experiences with a visit to Denmark where you can see for yourself that the Wadden Sea World Heritage is an inseparable ecosystem that knows no borders.

From List/Sylt you can take a ferry to spend a whole day in the neighboring country Denmark. Rømø boasts no less than five dune ridges, testifying that the island is constantly growing to the westward. Especially Sønderstrand, up to 3 km broad, is one of Northern Europe's widest beaches.



### Getting there

#### By train / DB "Destination Nature"

To ensure that people can explore the Wadden Sea World Heritage with minimum ecological impact, "Destination Nature" (Fahrtziel Natur) provides information about rail connections to the regions and local mobility services: [www.fahrtziel-natur.de](http://www.fahrtziel-natur.de) (in German)

#### Cycle Routes

Follow one of the most spectacular bike trails along the North Sea coast in Schleswig-Holstein and experience the region on two wheels. The North Sea Cycle Route is part of the longest bike trail in the world – a healthy, non-polluting way to travel: [www.northsea-cycle.com](http://www.northsea-cycle.com)

#### Planning your trip

There are many ways to travel to the Wadden Sea in Schleswig-Holstein: plan your trip by visiting: (in German) [www.nordseetourismus.de/anreise-nordsee](http://www.nordseetourismus.de/anreise-nordsee)



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European Union  The European Regional Development Fund

#### Useful contacts and websites:

Wadden Sea World Heritage  
[www.waddensea-worldheritage.org](http://www.waddensea-worldheritage.org)

Nationalpark  
Wattenmeer 

SCHLESWIG-HOLSTEIN

National Park Wadden Sea Schleswig-Holsteinisches  
[www.nationalpark-wattenmeer.de/sh](http://www.nationalpark-wattenmeer.de/sh)

Nordsee-Tourismus-Service GmbH (NTS)  
[www.nordseetourismus.de](http://www.nordseetourismus.de)

#### Partner

Nationalpark  
Wattenmeer 

*National Park Partners are regional enterprises supporting the preservation of the World Nature Heritage. In Schleswig-Holstein there are already over 140 partners in the categories of accommodation & gastronomy, nature & adventure, locations & information facilities, galleries & museums as well as tours & transportation services. Be sure to make use of those great and valuable offers!*  
[www.nationalpark-partner-sh.de](http://www.nationalpark-partner-sh.de)