

Play Boules

Boules, the simple French ballgame, with roman origin, is pleasantly gaining popularity in Marburg.

This widely popular game from Mediterranean France, often brought back by vacationers, is also well suited for our beautiful city on the Lahn.

People meet in one of the suitable parks and enjoy the after work hours or a days off playing and relaying with group of people.

Even just observing the game can be fun and invokes conversation.

For example, a couple of popular spots for Boules in Marburg are Friedrichplatz or the Northampton Park in Weidenhausen.

In theory, all places with an even, sandy surface and ideally in the shade are suitable for this game.

However, there are some designated boules area in Marburg, such as an area at the vocational school and the castle grounds. The best thing about Boules is that everyone can play along.

Anyone who enjoys Boules and would like to

improve their knowledge and skills can contact the Marburg Boules club, "Le Carreau":

www.lecarreau.de.

Designated Boules areas in Marburg:

- Altstadt, Schlosspark
- Südviertel, Friedrichsplatz
- Weidenhausen, Northampton-Park
- Ortenberg, Ludwig-Schüler-Park
- Ockershausen, Vocational School (Kaufmännische Schulen)
- Bauerbach, Im Hinterfeld
- Cappel, Mühlenbergstraße
- Dagobertshausen, Am Salzköppel
- Moischt, Festplatz



Slacklining – Balancing between Trees

Slacklining ["Släckleining"] or colloquially 'slacken' is a trend sport, which requires you to balance on a thick textile band (the 'slackline'), strung between two points. Usually the band is strung between two trees.

Marburg offers a number of places, where you can learn and practice slacklining. Among these places are the Lahnwiesen, castle grounds and Northampton Park. There the city has installed bark protection belts made of wooden wedges for the trees, in order to protect the trees and also allow unadulterated fun on the Slackline.

You have to bring along your Slackline. Tie it around two trees at the protection belt. Then stretch the Slackline by attaching it to the ratchet mechanism. Please attach some protective cover to the trees, if you would like to tie the Slackline to trees at other locations.

Slacklining especially trains balance and coordination. It is also a lot of fun.

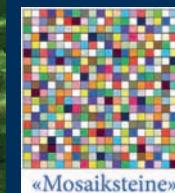
Anyone can try their skills on it. Age and physical abilities are of little matter here. If you have come to enjoy Slacklining, you can take advantage of the offer at any time and for free. There you can perfect your skills through practice or watch more advanced people perform small tricks, such as jumping on the band. Just come and try it out. Bring some friends and a band.

Fit in Nature

**Magistrat der Universitätsstadt Marburg
Fachdienst Klimaschutz,
Stadtgrün und Friedhöfe**

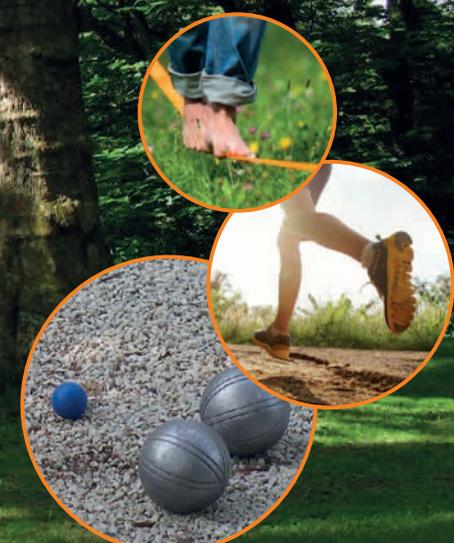
**Municipality of the University Town Marburg
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Fit in Nature Activities and fun for young and old



**Department for Climate
Protection, Urban Parks
and Cemetaries**

Dear citizens,

Outdoors activities heighten our zest for life and standard of living. At the same time, they also lessen the risk of many illnesses. Thus, activities in nature have a very positive influence on our wellbeing.

Marburg is a green city with many parks and green areas. These can function as resting space or gathering place for people of all ages and cultures. They provide a space of coexistence and communication for the inhabitants of Marburg. These spaces are also suitable for recreational athletes. How about a game of Boules at one of our beautiful boules parks?

On the fitness trails you can improve your physical abilities and wellbeing in nature. No prior knowledge is required, which means that everyone can participate. Even, if they are not in the habit of training. The versatile training equipment and fitness trails are open for usage by anyone, who wants to improve their strength, coordination or stamina. You can visit alone or in a group. Here you can enhance your daily life, regardless of your age, by improving your health and fitness. Enjoy the physical activities in delightful, natural surroundings.



Fitness Trail Hansenhaus

The popular fitness trail is located at Hansenhaus in Marburg. It has been a popular destination for recreational athletes for a long time. The trail mainly runs through a forested area and it only has slight ascends.

It offers an opportunity for physical activity through sport equipment, made of wood or a combination of wood and metal. There's a range of exercises available, from exercises strengthening the cardiovascular system to the training of the entire muscular system. You can enjoy the beauty of the sounding nature and simultaneously improve your fitness. This trail allows each person to adjust it to their own pace. There is something available for everyone, regardless of whether you enjoy a calm or a strenuous routine.

You begin the marked trail at the parking area for hikers at Hansenhaus. Following the circular path along the left of the water supply works, you can relish the recreational forest at the 'Gebrannten Berg' by climbing the slight slope.

Overview:

- Length about 2 km
- 16 Sports Equipment
- Paths with soft forest soil (ground)
- Suitable for several people or groups



Richtsberg Fitness Trail

The fitness trail is based on a circle training with individual stations. It is located in the recreational forest Richtsberg. You pass by the upper part of the street "Alter Ebsdorf Weg" and simultaneously can have a glance over the intercultural gardens.

At that point, each user can begin at any station on the circle training they prefer. The exercise equipment is designed in stylish metal and very stable, due to their construction. They are meant for the stamina, strength, flexibility and balance training. Instructions on the use of each equipment are available on signs located beside them.

Overview:

- Length approximately 1,5 km
- 10 Sports equipment
- Path with soft ground
- Suitable for individual persons



Fitness parkour Richtsberg

The fitness parkour Richtsberg is located on the Friedrich-Ebert Street, next to the community centre BSF. All of the sports equipment are positioned below the trees on a court with a soft ground. The equipment are closely arranged in a straightforward manner. If a larger group attends, it is easy to keep an eye on everyone and if necessary it is easy to communicate. There are instructions for the proper usage next to the metal equipment.

Overview:

- 10 Sport Equipment
- Clear space with a soft ground
- Suitable for larger groups
- Easily accessible with public transport (Bus line 1) Bus stop: Christian-Wolff-Haus




Wieland Stötzel
Mayor