

GOOD PRACTICE

Active Living in Paderborn



City
Paderborn

Country
Germany

Population
148.00

Mission
Promote Paderborn as an active city for bike riding, skating and walking

Organization
City of Paderborn

Target Group
Citizens of all ages



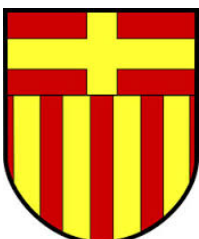
Objective

Portray the possible sport activities in Paderborn and its surrounding areas. Paderborn has a lot to offer when it comes to staying physically active and fit.

Active Opportunities

Active in their leisure time and have fun - there are many opportunities in Paderborn for the inhabitants. For example cycling in Paderborn contains well-maintained trails and varied landscapes far away from any tourist track.

Besides that numerous green areas and recreational areas within the city and beautiful countryside just outside the city of Paderborn offer the best conditions for enjoyable walks. And just half an hour's drive from Paderborn separates the Teutoburg Forest and the southern Eggegebirge Paderborn region around the villages of Lichfield, Buren and Bad.





Further twelve courses are varied round leader "described the finest inline skate tours in Paderborn Land," which are suitable both for beginners and for more advanced skaters and cyclists. They run mostly on paved rural routes without traffic and without significant gradients. In five of the twelve trips, there is a shorter and a longer version. The track lengths are between 11 and 24 kilometers.



For more detail, please contact:

Sportamt Paderborn

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