



August 2025

Wandering News

Wiesbaden International Wandering Club

OUR MISSION

WIWC strives to encourage Volksmarching, physical activity, outdoor enjoyment, and positive interactions with our host nation's citizens.

A MESSAGE FROM THE PRESIDENT

Hello Wandering Friends!

Wow! Our club just had an amazing bus trip to the Ilbeshausen Culinary and Beer Walk! Unfortunately for me I wasn't able to go, but I heard great things about it. In fact, our club received a gift from the Ilbeshausen club - a large beer mug! If you didn't get to go this year, please consider making the time to go next year.

School is starting this month which means the kids need to have some outdoor time and get their beginning of the school year jitters all shaken out and what better way to do that and get family time than to do a Volksmarch!

Hope to see you on the trails.

Kim Kuhn
President



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Monthly Member Meeting Reminder

August 18, 2025

Schnitzel Queen in Nordenstadt ([Borsigstraße 1A, 65205 Wiesbaden](#)).

6:00 pm for dinner (individual cost, European Cash (euros) only) and socializing; 7:00 pm for the meeting.

***Unless it's a holiday, meetings held every third Monday of the month.**

Our Club's Trail

Let's Support our Club!

WIWC Goethe Trail. Get ready to explore Frankfurt! We have 5 km, 11 km & 20 km (20 km trail not marked due to city limitations) trails ready for download. Find all the .gpx files at <https://www.dvv-wandern.de/permanente-wanderwege/hessen/wanderweg/auf-goethes-spuren-frankfurt>. You'll need the Komoot app to open the trail files. Want a printable PDF? Just let us know! Happy hiking!

Address: Goethehaus, Großer Hirschgraben 21, 60311 Frankfurt am Main, Hessen

Distance: 23 mi East of Wiesbaden, about 30 minutes driving from Wiesbaden.

Upcoming Engagements

We have two volunteer opportunities that are coming up. If you can help with either one, please let us know at the August meeting.

Aug. 20 – Wiesbaden Spouses Club, Welcome Event for Newcomers – more information to follow.

Oct 10 - Fire Prevention Day Event - Fire Prevention Week is observed every year during the week of October 9, in remembrance of the Great Chicago Fire which ignited on Oct. 8, 1871, and resulted in devastating damages. Since 1922, the National Fire Protection Association (NFPA) has been at the forefront of promoting this important public awareness campaign.

Featured Walks

Your Next Adventure Awaits!

Ready to lace up your boots and explore? We've handpicked a few walks we think you'll absolutely love! From scenic trails to charming strolls, these routes are just waiting to be discovered.

If you embark on one of these featured walks, we'd be thrilled to hear all about your adventure! Share your experience (and those amazing pictures!) by sending a short article to wiwcvolksmarching@gmail.com. Your story could inspire fellow volksmarchers for our next newsletter!

“Swallows' Trail” Bad Schwalbach - Permanent Walk

6, 12, and 20 km

Start Point: Café "Kirch 1", Kirchstr. 1, 65307 Bad Schwalbach

Tue 12:00 PM - 10:00 PM, Wed - Sat 3:00 PM - 11:00 PM, Sun 10:00 AM - 8:00 PM, closed on Mondays

Travel Opportunities

Watch Out World, Here We Come...!

19th II IVV Olympiad in Finland

August 14-17

Other than the traditional volksmarching, it will also include cycling, swimming and canoeing if you would like to participate in any additional outdoor activities.

The flyer for this event can be found at: <https://www.ivv-europa.eu/english/ivv-olympiad/>

We are seeking a trip captain for this event for transportation and accommodations. Trip captains always go for free in exchange for coordinating the trip.

Travel Opportunities

Our neighboring club in Dietkirchen, Hessen offered us participation in their monthly bus trips to Volksmarches, mostly to Germany & Belgium destinations. They provide transportation to the event plus the Start Card to participate (but no side trip). The next trips are:

- **Clausen, Rheinland-Pfalz on August 17, 2025, Sunday**

- **Cornesse, Belgium on September 07, 2025, Sunday**

Both bus trips cost EUR 13.00 per person including start card.

If someone is interested in either of those trips, please send an email to HikingCowboy@gmail.com, for the Cornesse, Belgium bus trip no later than August 28th, 2025; and for the Clausen, Rheinland-Pfalz bus trip no later than August 7th, 2025. I will communicate with that German Club for details and secure you a seat on the bus. Both bus trips each cost Euro 13.00 per person including Start Card for the hike. You can't get it

cheaper. Buses start in Dietkirchen, Hessen, next to Limburg an der Lahn, about 30 mi north. If the bus trip goes in our direction the bus will stop in Wiesbaden for us. The bus trip to Schwaigern should qualify for a stop in Wiesbaden for our club.

From Our Members

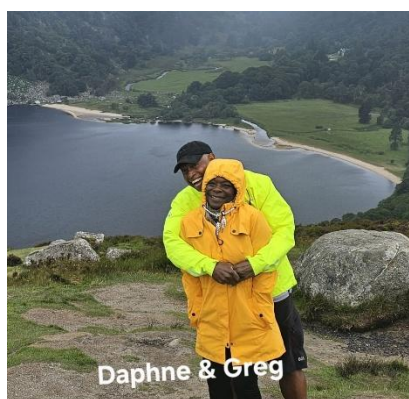
Photos and stories by club members

Did you recently conquer an incredible trail, discover a breathtaking new spot, or enjoy a charming neighborhood stroll? Don't keep those amazing experiences to yourself! We want to hear all about your latest adventures, whether it's a challenging hike or a relaxing walk.

Unleash your inner storyteller and spill the beans! We'd love to feature your discoveries in our upcoming newsletter. Please send a short article detailing your walk, along with any fantastic pictures you've taken, to wiwcvolksmarching@gmail.com. When you send your submission, make sure your subject line is: Newsletter submission. We can't wait to share your adventures and inspire our community to explore!

Culinary Beer Hike!

By Daphne & Greg Fields



Did you know that according to MS Copilot, volksmarching in Germany began in the mid-to-late 1960s, when the idea of non-competitive fitness walking took off as a way to promote health, community, and outdoor activity. The movement became official in 1968, with the founding of the internationaler Volkssportverband (IVV) by Germany, Austria, Switzerland, and Liechtenstein.

While the Fields have only been engaging in the activity since October 2024, the more walks we participate in, the more ownership we feel with the "sport" and the wonderful folks who make up the WIWC! Humm, is volksmarching a sport. A topic for another newsletter!



Anyway, our most recent trek as Team Fields was, of course, the Culinary Beer Hike on July 19th, which we thoroughly enjoyed! This was notwithstanding that I do not like beer and Greg only drinks it as part of a quest to find a dark beer made by monks that he had over 40 years ago somewhere in Bavaria (if anyone has a clue, please help him out, as I fear this quest is an unnatural obsession that may end in disappointment for my beloved). What we both do like is food and fellowship with great people, both of which were in abundance on this

Volksmarch. In sum, this was another successful and most enjoyable event for Team Fields and we very much look forward to the next!



The culinary and beer hike in Ilbehausen

By Christina Fuerte

The culinary and beer hike in Ilbehausen was a must-do, according to our seasoned club members—and they were right! It didn't disappoint. From the moment we arrived at the start hall to pick up our cards, the atmosphere was festive, with umbrellas, benches, live music, and people already enjoying drinks. We chose the 6K route and headed into the woods, which made for a beautiful and peaceful walk. Every 15 minutes or so, we came across stalls offering local food and drinks. As adventurous foodies, we happily sampled new dishes, and our kids loved having extra breaks along the way to try treats and relax. Overall, it was a peaceful walk in the woods with enjoyable stops along the way.



Some of the club members that went on the bus trip:



Upcoming Walks in Germany

Get Out and Explore!

Looking to stay active and enjoy the beauty of our region? Here's a list of **traditional local walks happening this month**—perfect opportunities to stretch your legs, earn those stamps, and connect with fellow walkers. Mark your calendars and join in the fun!

Saturday & Sunday August 2nd & 3rd

Ebernhahn, Rheinland-Pfalz

6 km, 12 km & 21 km trails

Start: Rosenheckhalle, Dernbacherstr. 62a, 56424 Ebernhahn, Rheinland-Pfalz

42 mi from Wiesbaden, about 1 hour driving time from Wiesbaden

Saturday & Sunday August 2nd & 3rd

Bad Salzungen, Thüringen

43 km, 100 km & 170 km trails only "TEAG-Rennst.hike"

Start: An den Gradierhäusern, An den Gradierhäusern 4, 36433 Bad Salzungen, Thüringen

128 mi from Wiesbaden, about 2 hour 15 minutes driving time from Wiesbaden

Sat 02.08.2025, Sun 03.08.2025

Kämpfelbach

5 km, 10 km, 20 km

Start: Turn und Festhalle: Turnstr. 3, 75236 Kämpfelbach

103 mi from Wiesbaden, about 1 hour 40 minutes

Sat 02.08.2025, Sun 03.08.2025

"59. Internationale Kannenbäckerland Wandertage"

6 km, 12 km, 21 km

Start: Rosenheckhalle, Dernbacher Str. 62a, 56424 Ebernhahn

54 miles from Wiesbaden, about 1 hour

Sun 03.08.2025

"Wandern auf der Hohen Belmicke"

6 km, 10 km, 20 km

Start: An der Burg 15, 51702 Bergneustadt-Belmicke

113 mi from Wiesbaden, about 2 hours.

Saturday & Sunday August 9th & 10th

Bad Salzungen-Gumpelstadt, Thüringen

40 km & 42 km trails only Rennst.hike

Kulturscheune, Moorgrundstr. 61, 36433 Bad Salzungen-Gumpelstadt, Thüringen

137 mi from Wiesbaden, about 2 hour 20 minutes driving time from Wiesbaden

Saturday & Sunday August 16th & 17th

Clausen, Rheinland-Pfalz

6 km, 10 km & 18 km trails only

Gräfenstein Turnhalle, Jahnstr. 26, 66978 Clausen, Rheinland-Pfalz

81 mi from Wiesbaden, about 1 hour 20 minutes driving time from Wiesbaden

European Walks

Every Month is Full of Fun!

There are a wagon load of Volksmarches happening across Europe in July—plenty of opportunities to hit the trails and explore new places on foot! Here are just a few upcoming walks to whet your appetite:

Sat 02.08.2025

Walking in MACKWILLER

Place: 67430 MACKWILLER

5 km, 10 km

France

Sat 09.08.2025

Walking in EPPING

Place: 57720 EPPING

5 km, 10 km

France

Sat 09.08.2025 to Sat 16.08.2025

ARBÖ Naturfreunde Böhheimkirchen

Wanderwoche Gailtal/Kärnten

Place: Gailtal

A whole hiking week so the km varies.

Austria

Sat 09.08.2025

52e Marche des beautes locales

Place: 4671 Housse

4 km, 6 km, 12 km, 21 km, 30 km

Belgium

Sat 16.08.2025

Marche de jour

Place: 7141 Carnières

4 km, 6 km, 12 km, 20 km

Belgium

Sat 16.08.2025

IVV-Wanderung in Beaufort

Place: 6310 Beaufort

5 km, 10 km

Luxembourg

Sat 23.08.2025

IVV-Wanderung in Eischen

Place: 8465 Eischen

5 km, 10 km

Organiser: Äischdall-Flitzer Äischen

Luxembourg

Sun 24.08.2025

Walking in NEUFGRANGE

Place: 57910 NEUFGRANGE

5 km, 10 km, 20 km

France

Sun 24.08.2025

Walking in BOUZONVILLE

Place: 57320 BOUZONVILLE

5 km, 10 km, 15 km, 20 km

France

Sat 30.08.2025

Zu Fouss op d'Fouer 2025

Place: 6750 Grevenmacher

42 km

Luxembourg

Sat 30.08.2025, Sun 31.08.2025

Walking in Pregarten

Place: 4230 Pregarten, Gutauerstraße 34

7 km, 15 km

Austria

Sun 31.08.2025

Walking in BITCHE

Place: 57230 BITCHE

10 km, 20 km

France

Sun 31.08.2025

Cycling in BITCHE

Place: 57230 BITCHE

15 km, 40 km

France

Sun 31.08.2025
 Walking in HULTEHOUSE
 Place: 57820 HULTEHOUSE
 5 km, 10 km, 20 km
 France

Volksmarching Websites

For more information on volksmarches overseas and abroad, check out the following.

International Walks	http://www.ivv-online.org
Sponsored Walks in Germany	https://www.dvv-wandern.de/aktuelles-angebot
Year-Round Walks in Germany	https://www.dvv-wandern.de/permanente-wanderwege
Walks in the USA	www.ava.org

Friendly Reminder for Traditional Events

Cups: Organizers (clubs) are not required to provide cups for participants to receive free beverages such as iced tea, broth, or water. While most organizers do provide cups, it's a good idea to bring your own to ensure you can enjoy the offered beverages.

Additional Drinks and Food: At the start hall and some control points, other drinks, sandwiches, etc., including beer and wine, are available for purchase.

Permanent Trails

Year-Round Walking Opportunities!

For local traditional events, check out nearby permanent trails (Year-Round Events). Hike them anytime to get your book stamp.

"Auf den Spuren der Aartalbahn" (on the remnants of the old Aar River Valley Railroad. IVV Permanent Trail 5 km, 13 km & 21 km trails, [DVV Wandern - "Auf den Spuren der Aartalbahn im Taunus" \(dvv-wandern.de\)](https://www.dvv-wandern.de)
Address: Sportplatz Kleinfeldchen "Imbiss bei Kosta", Hollerbornstraße 13, 65197 Wiesbaden- Dotzheim, Hessen
Distance: 2 mi Southwest of downtown Wiesbaden, about 5 minutes driving time from Wiesbaden.

"Schwalben Wanderweg" (Swallow hiking trail, the town's name is Swallow Creek) IVV Permanent Trail 6 km, 12 km & 20 km trails, [DVV Wandern - "Schwalben Wanderweg" \(dvv-wandern.de\)](https://www.dvv-wandern.de)
Address: Cafe "Kirch 1", Kirchstrasse 1, 65307 Bad Schwalbach, Hessen
Distance: Northwest of downtown Wiesbaden, about 25 minutes driving time from Wiesbaden.

"Auf den Spuren der Roemer in Mainz-Kastel" (on the traces of the Romans in Mainz-Kastel). IVV Permanent Trail There is a brewery & restaurant at the Starting Point that also offers brewery tours (the restaurant also offers alcohol free drinks aside from food)

7 km & 15 km trails, [DVV Wandern - "Auf den Spuren der Römer in Kastel" \(dvv-wandern.de\)](https://www.dvv-wandern.de) Address: Brauhaus Castel, Otto-Suhr-Ring 27, 55252 (Wiesbaden-) Mainz-Kastel, Hessen Distance: 5 mi Southeast of downtown Wiesbaden, about 10 minutes driving time from Wiesbaden.

"Taunus Rundwanderweg" (Taunus Mountains Loop Trail) IVV Permanent Trail

13 km trail only, [DVV Wandern - „Taunus-Rundwanderweg“ \(dvv-wandern.de\)](https://www.dvv-wandern.de)

Address: Wiesbaden Tourist Information, Marktplatz 1, 65183 Wiesbaden, Hessen

"Rheinhessen Blick" (view of Rheinhessen Region) IVV Permanent Trail

6 km, 10 km & 20 km trails, [DVV Wandern - "Rheinhessenblick" \(dvv-wandern.de\)](https://www.dvv-wandern.de)

Address: "Schlemmer House" Restaurant (good food there), Marie-Curie-Strasse 9, 55453 Gau- Algesheim, Rheinland-Pfalz.

WIWC Information

This Club is for you...and Your Friends!

Social Media

You can get updated walks through email, Facebook, our website, and our WhatsApp Group chat.

- **Facebook Group:** <https://www.facebook.com/groups/293708457976771>
- **Website:** www.wiwcvolksmarching.org
- **Email:** wiwcvolksmarching@gmail.com
- **WhatsApp:** For members we have a WhatsApp Group Chat. Want to be included, let us know and we will add you.

Membership Information

Family price: €30

Single price: €15

Members are entitled to monthly newsletters, weekly notice of upcoming walks, member trip prices, and boutique discounts.

WIWC Council for 2025

President	Kim Kuhn
Vice President	Judy Fishel
Treasurer	Klaus Michels
Secretary	Nicole Rand
Registration Director	Klaus Michels
Membership Directors	Paula Johnson and Nicole Rand
Trail Masters	Klaus Michels and Adam Marchbanks
Media Directors	Karen Landreth and Christina Spence
Boutique Managers	Christina Spence and Nicole Rand
Event Planning and Fundraising	Yonnie Cochran
All-Around Coordinators	Tim & Frances Salas and Adam Marchbanks

Note: We need volunteers to help. Please donate some time to help us out and keep this club moving forward.

Komoot Instructions

You Can Never Get Lost, Now!

The following instructions are based on my experience using an Android phone, Apple devices have had issues. If you've successfully installed on an iPhone, please share those steps with us.

Steps to Download a DVV Trail on Komoot (Android):

1. **Download the Komoot App** from the Google Play Store.
2. Go to dvv-wandern.de.
3. Click the **three horizontal lines** (menu) in the top right corner.
4. Select **"Permanent Hiking Trails"**.
5. Choose **Hesse** as the association.
6. Select **Bad Schwalbach** — this location offers three options: 6 km, 12 km, and 20 km routes, known as the "Swallows Hiking Trail".

Scroll all the way to the bottom of the page. There you'll find:

- **Start and Finish:** Café "Kirch 1", Kirchstraße 1, 65307 Bad Schwalbach
(*Note: The opening/closing times listed online are not accurate — the café opens at 10:00 AM on Sundays.*)
- **Directions**
- **Download links** for each of the three trail options

To Download and Open in Komoot:

1. Click the link for the trail you want to hike.
2. Tap **Download**.
3. Open the file.
4. Choose to open it with **Komoot**.
5. Tap **Open File**.
6. Select **Hiking**, then **Continue**.
7. Save it if you'd like, or simply tap **Navigate**.

Komoot will show:

- Estimated time for an average hiker (I tend to take longer!)
- Total distance
- Elevation profile

Komoot also includes trail descriptions, fitness levels, and more — although, in my experience, those descriptions aren't always spot-on.

Why Use Komoot?

Komoot is incredibly helpful during your walk. Komoot provides turn-by-turn prompts and shows your real-time location on the map. It's a great companion for staying on course.