



Foreword

The information in this document was gathered in September 2011 when NAG made a fact-finding mission to explore naturism in the Bavarian city of Munich. It is hoped that this information may be useful to naturists travelling to the Munich area, but NAG's primary purpose was to see what examples from Munich may be useful to discuss with city officials in the UK.

Note: the information given in this Report is gathered from various sources. We have been as careful as we can but the accuracy may change over time.

Beware the word "**Freibad**" do not think that it means swimming costumes are not required, it actually means "open air swimming pool" in contrast to "indoor pool" which is "**Hallenbad**". Also beware of another embarrassing linguistic trap one may fall into: never ever translate the English "naturist club" into German "FKK-Club", which simply is a brothel. "**FKK Verein**" is the correct translation for a naturist club! English-speaking people will read ß as ss in street names.

Munich city council has a website which gives the location of the 8 officially permitted places for naturism outside and at outdoor swimming pools' premises. You may like to explore it: www.muenchen.de/Stadtleben/Sommer/Baden_Sonnen/Z_FKK/162717/index.html (don't click on the English language icon as this will take you to the tourist office website). There is also a website for the council swimming pools and saunas <http://www.swm.de>. This does not specify the naturist options, some of which we identify below. However, you may like to explore that website for additional information on some of the locations given below.

1. Outdoor possibilities in Munich

On <http://www.swm.de/privatkunden/m-baeder/schwimmen/freibaeder.html> outdoor swimming pools are listed. Several of these outdoor swimming pools offer a fenced-off part of the lawn for naturist sunbathing, two mention that they have such lawns for women and families. One pool that does stand out is the **Dantebad** (see below).

1.1 Birkensee

At Olching at the north-west of Munich city is the Birkensee, popular with naturists. Only 6m deep, water quality is very good and warm in the summer. There are 5 acres of lawns and some of the 900 meters of the shore are FKK. It is part of the triangle Langwieder bathing lake, Birkensee (FKK) and Lußsee.

1.2 Dantebad

Located at Postillonstraße 17 in the Gern neighbourhood, north-west of the city centre. This local authority 5.3 acre Leisure Centre complex includes a fenced-off outdoor 25m pool for naturists, the only municipal one in Munich. Summer opening, up to 14 September for the outdoor naturist area, is 7.30am - 6.00pm whilst Dantebad Leisure Centre closing time is 11.00pm. Admission to the outdoor naturist area is just €3.30.

It is a swimming pool (and stadium, originally built for the '72 Summer Olympics' diving and water polo competitions) that unlike most other outdoor pools runs year round. There are 5 pools (water temperature 24c even if it is snowing or raining outside) with the naturist pool next to the children's pool. The complex includes a 33m indoor pool, a 15m childrens practice pool, a bubble bath, an outdoor fun bath with whirlpool and fountains, and a sauna. For those who want to relax afterward, there's also a wellness pool with water massage jets and chairs. On warm and sunny days, the stands of the stadium are a popular place for sunbathing.

Admission for 4 hours in the sauna and pool € 14, all-day ticket € 21 (Monday is ladies only in the sauna). There is a bar and an evening restaurant on site.

Get there by Metro Line U1 StadtBus 151, 164, 165 Tram 20, 21 (Westfriedhof)

1.3 Englischer Garten (English Garden)

Just north of the city centre by the University, with various pedestrian/cyclist entrances from Prinzregentenstraße, Königinstraße, Lerchenfeldstraße and Oettingenstraße. Easy to get there by bus tram and underground, or if coming by train into Hauptbahnhof it is a ten minute walk. The area used by naturists is a flat meadow area alongside the stream, from the Japanisches Teehaus to the Monopteros stone monument. The quick flowing shallow stream (part of the River Isar) is popular for cooling off!

1.4 Feldmochinger See

In the north of the city, Munich's largest lake Feldmochinger See covering an area of 165,000 square metres (365m wide, 860m long, maximum depth 8m). The *Feldmochinger See* is the largest lake within Munich's city limits. With three fresh water springs, it is clear how this lake maintains its high water quality. There is a naturist zone on the beach, volleyball courts, table tennis, sandboxes for kids, and water temperature hovers between 18 and 23 °C. There are also 2 kiosks, an inn, and well kept showers.

Reaching the lake is quite easy. Take Dachauerstraße to Moosach and then continue from there towards Feldmoching. If travelling by train, simply take the S1 to Feldmoching.

1.5 Lake Feringasee

Feringasee, which is located in the northern part of Munich, can be reached by train with the S8, exit at Unterföhring. After you've got off the train, it's just a ten minute walk until you reach your destination. At the peninsular is an FKK area. This lake maintains a high water quality, and being relatively close to the city centre Feringasee remains a favourite location in Munich. It also has two beach volleyball courts, a large and secluded area reserved for naturists and plenty of open ground surrounding this 32 hectare lake.

1.6 Flauchersteg

This is on the River Isar to the south of Englischer Garten. At this location the Isar meets the Flaucheranlagen, is very shallow and has shingle beaches at a wooden bridge. Known to naturists as "Flaucher" it is a very popular place for naturists, where family picnics and small BBQ's take place.

1.7 Ludwigsbrücke

This bridge on the River Isar is to the east of the City centre, and near the Deutsches Museum. Here there is an island with shingle beaches and the river is not deep. Naturists use a small section of the shingle, surrounded by sunbathers who happily accept them.

1.8 Munich WNBR

Alex organised the first one in 2005, and is now helped by Ralf. With up to 30 naturist cyclists having participated in some years, it starts at Flauchersteg, please contact Alex on his webpage <http://isar-nacktradeln.de/set.html>

2. Municipal spas and saunas

Nudity, with a towel, is the norm in municipal spas and saunas.

2.1 Bad Forstenrieder Park

Stäblistraße 27 b 81476 München

At the southern edge of the city this Leisure Centre has a number of facilities

Get there by StadtBus 133/134/151 to Stäblistraße

2.2 Cosimawellenbad

Cosimastraße 5 81925 München

In the north-east of the city this Leisure Centre has a number of facilities and a restaurant.

Get there by Metro Line U4 StadtBus 185 (Arabellapark) MetroBus 59,
StadtBus 154, 184, 189 (Cosimapark)

2.3 Dantebad

Postillonstraße 17 80637 München

Northwest of the city centre this Leisure Centre has a number of facilities, an outdoor naturist area, and a restaurant. See entry in **Section 1.** above for more details.

2.4 Michaelibad

Heinrich-Wieland-Straße 24 81735 München

At the east of the city this Leisure Centre has a number of facilities and a restaurant.

Get there by Metro Line U5 StadtBus 195, 199 (Michaelibad)

2.5 Müller'sches Volksbad

Rosenheimer Straße 1 81667 München

Located on the eastern edge of the city-centre, near to the Deutsches Museum island. Be careful, as the building is down by the River Isar below the main roadway on the left, after you cross the Ludwigsbrücke (bridge).

The original art-deco building, built by a philanthropist Muller in the 1920's, has been retained by the city council and was refurbished in 2011. It has a sauna suite, a separate swimming pool, and areas for massage. The sauna area includes 3 heated rooms of varying hot, hotter, extremely hot, temperatures (and very hot stone floors!). These rooms open onto an area with showers, a large circular pool for cooling off, and a plunge pool. Next to these are a Turkish steam room and a Finnish wooden sauna cabin. Upstairs is a quiet lounge area with swing chairs to relax on. Entrance fee for the Sauna Suite later in the day is €9.90, if you take a towel with you.

The separate Swim Hall, next to the Sauna Suite, has a high vaulted ceiling, and at 15 ft high a gallery all around its walls, with extra changing cubicles on it. There is also a pleasant restaurant, with outside terrace.

Get there by S1 – S8 Tram 18 (Deutsches Museum)
StadtBus 132 (Ludwigsbrücke)

2.6 Nordbad

Schleißheimer Straße 142 80797 München

North of the city centre this Leisure Centre has a number of facilities and a restaurant. Open daily 7.30am – 11pm. The sauna is open from 9am and costs €14.60.

Get there by Metro line U2 (Hohenzollernplatz) Tram 12, 27 StadtBus 154 (Nordbad)

2.7 Olympia-Schwimmhalle

Coubertinplatz 1 80809 München

At the former Olympia Park, to the north of Dantebad, this Leisure Centre has a number of facilities and a cafe.

Get there by Metro line U3 StadBus 154 (Ackermannbogen) Metrobus 50
(Olympiapark Nord) StadtBus 173 (Olympiazentrum) Tram 20, 21 (Olympiapark West)

2.8 Prinzregentenstadion

Prinzregentenstraße 80 81675 München

To the east of the city centre then over the River Isar. This Leisure Centre has a number of facilities and a restaurant.

Get there by Metro line U4 (Prinzregentenplatz) MetroBus 54
StadtBus 100 (Prinzregentenplatz) Tram 18 (Friedensengel/Villa Stuck)

2.9 Südbad

Valleystraße 37 81371 München

To the south of the city centre this Leisure Centre has a number of facilities and a cafe.

Get there by Metro line U3, U6 (Implerstrasse) MetroBus 53, 54
S7, S27 Bayr. Oberlandbahn StadtBus 132, 134 (Harras)

2.10 Westbad

Weinbergerstraße 11 81241 München

As you might expect, it is located in the west of the city. This Leisure Centre has a number of facilities and a restaurant.

Get there by Tram 19 MetroBus 57 (Westbad)

3. Other spas and saunas in Munich

The following are known to be nude saunas, there may be others within Munich, and many hotels have a spa/sauna facility.

3.1 Panorama Sauna

Westendstraße

Has rooftop views across the city.

3.2 Deutsche Isar

A gay sauna.

4. Locations outside Munich

4.1 Isar Naked Tours

Naturist hikes (groups of up to 30 naturists) in the surrounding countryside and hills. The organiser is Alex, he has been doing this for 6 years through isar-nacktradeln.de. Participants have also included some from Israel, USA, Ukraine, Russia. 3 annual activities of **Isar Naked Tours** are:

Naturist boating week-end (40km journey on River Isar, camping overnight)

Naturist walking week-end

Naturist biking week-end (60km)

4.2 Bavarian Alps

Another organiser of naked hiking tours around the Bavarian Alps is Richard. Details can be found at <http://www.naktiv.net/walks/>. Richard can be contacted at rich.inud@naktiv.net

4.3 Other outdoor naturist areas

You might also like to check out **Birkensee, Grosshesseloher Brücke** (some 7 km south of Hauptbahnhof (main railway station) **Grünwald** (on the River Isar under a railway bridge nearby to Grünwald) **Pupplinger Aue** (where the River Isar meets the River Loisach), **Sylvensteinsee, Thalkirchen** and **Wolfratshausen**.

4.4 Naturist Clubs

The following Clubs near Munich are affiliated to BNV (Bavarian Naturist Federation) and DFK (German Naturist Federation). This group is in a cluster to the north-west of Munich city-centre. There are more Naturist Clubs within Bavaria, details of some may be found in the **INF Naturist World Handbook**.

4.4.1 BffL München

D-89518 Hebertshausen/Dachau, Waldfriedenstraße

www.bffl-muenchen.de

20km north-northwest of Munich centre on A8(E52)

4.4.2 BffL Isarland

Isarland, Münchner Straße 50 D-85232 Eschenried/Bergkirchen

at Eschenried on the north-west outskirts of Munich off A8(E52)

4.4.3 Freie Sportgemeinschaft Amperland

Vereinsgelände FSG Amperland, Seidlerstraße 18 D-82275 Emmering

at Emmering on the western outskirts of Munich and south off A8(E52)

4.4.4 Sport- und Naturfreunde München

Sport- und Naturfreunde München e.V. (west of Munich)

D-82140 Olching, Ortsteil Graßlfing (near the outskirts of Gröbenzell)

at Olching on the north-west outskirts of Munich off A8(E52)

4.4.5 Naturfreunde Ammersee

Eching am Ammersee, (day site only, just a sunbathing lawn, no overnight)

On Lake Ammersee, just off the A96(E54) 30km.west of Munich centre

4.5 Commercial facilities

4.5.1 Therme Erding

Erding about 20km east of Munich centre (past Lake Speichersee)

A large commercial spa resort with naturist opportunities, not far from the airport. It has received many good reviews. The Therme Erding is almost directly on the S6-Bahn rail line and there is a weekday Stadtbuss from Munich, and very convenient for people living on the east of the city. For more information their website is www.therme-erding.de.

(Both of the Spas below are in the Bavarian Alps, and about 70km south-east of Munich)

4.5.2 Watzmann Therme GmbH

Bergwerkstraße 54, 83471 Berchtesgaden, Germany

+49 8652/9464 ext. 0 ()

www.watzmann-therme.de

Sauna € 17.50

4.5.3 RupertusTherme

Spa & Fitness Resort

Friedrich-Ebert-Allee 21

D-83435 Bad Reichenhall

Sauna € 24.50

You may find more naturist locations on

<http://www.ganz-muenchen.de/freizeitfitness/baden/fkk.html>

We thank our naturist friends in Germany, **Jürgen B.**, **Alex L.**, and **Richard F.** for their help. All prices and details quoted are as at September 2011.

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This document was created for NAG by John Paine in November 2011

There are two NAG sister documents on Munich and Bavaria:

The 2011 MUNICH fact-finding mission

The legal framework for naturism in Bavaria, Germany

You may find other interesting documents on naturism, and the work of the Naturist Action Group, at our website naturistactiongroup.org