



Discover  
& experience  
Mettmann

Neanderthal-Stadt  
METTMANN

# Reach out and touch history.

Welcome to the district capital and Neanderthal town  
Mettmann, in the heart of the neanderland.

Centrally located between the metropolis of Cologne, Düsseldorf, the Ruhr valley and Bergisches Land, Mettmann is the centre of the neanderland – the flagship for tourism for the 10 affiliated district towns – with attractive surroundings, and a varied cultural and leisure programme.



## Explore Mettmann's sights and monuments:

The church spires of the catholic **St. Lambertus church** and the **Protestant church** not only characterize the town centre, they are also to be found decorating the town signet.

One of the oldest buildings in Mettmann – the lovingly-restored **Goldberger Mühle**, built in 1450 and situated in the municipal park next to the Goldberger Pond – now serves as a registry office for marriages as well as cultural and private events. It can be visited upon reservation. Experience the restored working mill and bake your own bread in a traditional oven.

Mettmann's **Erinneringe** on Lavalplatz form a constantly growing memorial to town events – the first of its kind world-wide.



 **Tip:** Take a guided tour of Mettmann or go it alone with an illustrated guidebook.

More infos on: [www.neanderthalstadt.me](http://www.neanderthalstadt.me)

# Where history comes to life.

Lots to experience and explore!

Go for a stroll in the **historic old town** with its winding alleys and regionally typical slate houses.

Pass the time in one or more of the numerous small cafés and restaurants and pay a visit to one of the oldest working cinemas in Germany.



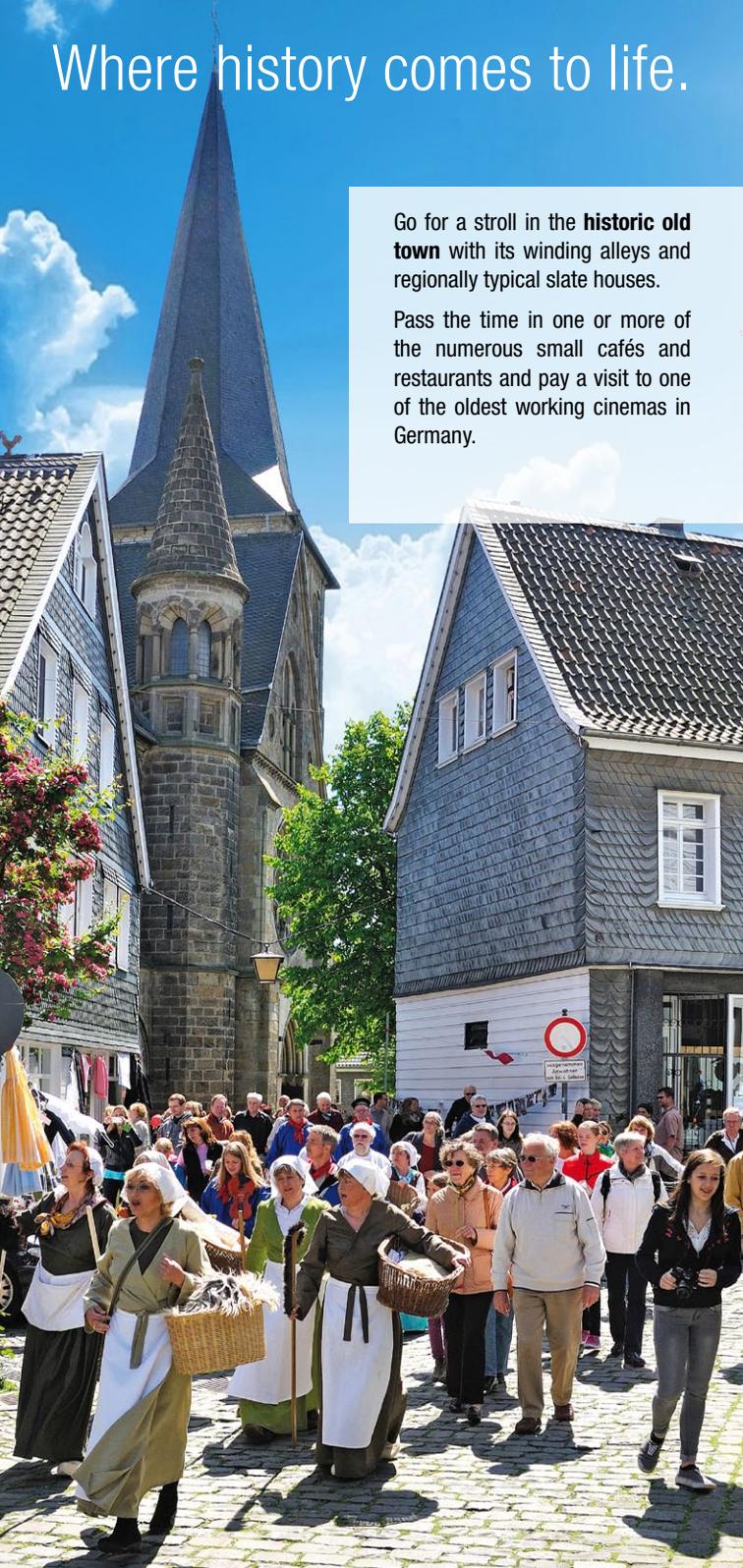
In Mettmann's idyllic old town around the old marketplace you can find unique shops, antiquated villas, historic courtyards and the oldest still-functioning cinema in Germany.

The old town hall (Alte Bürgermeisterei), dating back to 1594, can be found adjacent to the historic marketplace. Now a listed building, it is home to the **Stadtgeschichtshaus**, where 3 floors of exhibits and historical documents tell the story of over 1100 years of Mettmann's history. If this has whetted your appetite, then upon reservation you can enjoy the local delicacy "Bergische Kaffeetafel" in the front parlour of the "Aule Mettmanner" Town Heritage Society, while spouses can tie the knot in the homely atmosphere of the Biedermeier Room.

In the middle of the picturesque marketplace, with its circular structure dating back to the middle ages, stands the venerable 12th century **St. Lambertus church**.

 **Tip:** A special treat for organ fans : an individual guided tour of the centrepiece of the St. Lambertus church, an over 100 year – old romantic organ.

Find out more on: [www.neanderthalstadt.me](http://www.neanderthalstadt.me)



# Where guests come home.

From traditional to modern – Mettmann offers a wide range of cultural and leisure activities.

From relaxed and sociable to cosy and cultural – there's always something happening in Mettmann to suit all tastes.

Visitors from near and far are given a warm welcome at town festivals and important events known throughout the region and beyond.



The historic marketplace, with its unique atmosphere, is the popular setting for numerous festivals.

Enjoy the fruits of the vine at Mettmann's **Weinsommer** wine festival, meet the locals at the **Heimatfest** or visit one of the prettiest christmas markets in North Rhein Westphalia, the steeped-in-tradition **Blotschenmarkt**.

The cultural programme of the **Neanderthalhalle**, **Theater Kammerspielen** and **Kulturvilla** have something to offer for both young and old.

The **Kunsthau Mettmann** regularly organises exhibitions featuring artists from the region and beyond.

Go for a cultural walkabout during the **neanderland museum night** or visit the bi-yearly **neanderland Biennale** international theatre festival, in which Mettmann also plays its part.

Infos on Mettmann events: [www.neanderthalstadt.me](http://www.neanderthalstadt.me)



# The Neanderthal Museum – global culture becomes heritage.



The highlight of any visit to Mettmann is a trip to the Neanderthal Museum. Through permanent multimedia installations children and adults alike can experience the development of mankind throughout the ages. A changing series of special exhibitions further enhance the museum experience.



## Archaeological site

The discovery site of Neanderthal man is only a couple of minutes walk away. An audioguide tells the story of the valley and the extensive research carried out there.



## Stone age workshop

Sow with a real bone needle, make fire with a stone age tinder box or shoot at lifelike animal mock-ups with a bow and arrow? Here you can learn the art of stone age craftsmanship and create your own object using natural materials.

## Ice age game reserve

In the large outdoor reserve Auerochs, Tarpans and Wisents, formerly hunted as game by Neanderthal man, are appropriately kept and reared. One circuit of the reserve takes between 60-80 minutes.



## „MenschenSpuren“ Artist Trail

Explore the artist trail between the Neanderthal Museum and the game reserve, with works from 10 internationally renowned artists bringing the tense relationship between man and nature to life. An audio guide to the trail is available in the museum.



## Evolution trail

The 5 kilometer route from the centre of Mettmann to the Neanderthal Museum is adorned with installations, sculptures and industrial monuments, all reflecting the evolution of man.

 **Tip:** the **Urtour** offers an alternative guided tour of the Neandertal. Learn about the history of the valley and surrounding nature in German and English. From 5 – 15 persons, catering available on request.

[www.urtour.de](http://www.urtour.de)



# Mettmann's active side – where nature becomes leisure.

## Experience nature on foot

Discover fields, meadows and beautiful landscapes around Mettmann. Enjoy the burbling brooks of the Neandertal and Ständerbachtal. Listen to the insects chirping and birdsong – and with a bit of luck perhaps a deer will grace you with its presence.

Innumerable paths and trails all over the Neandertal town are perfect all year round for walking, trekking or Nordic walking.



**Tip:** Not far from here you can experience the outstanding **neanderlandsteig**. Hike on the different themed routes between the Rhine and Niederbergisches Land: Immerse yourself in the history of the region amongst forests, fields, and valleys.

[www.neanderlandsteig.de](http://www.neanderlandsteig.de)

## On wheels – discover Mettmann on your bike or with rollerblades

Whatever you're using, be it a city bike, e-bike, mountain bike, cross bike or racer – the Neandertal town has cycling routes suited to all needs.

Rollerblade fans can also get their money's worth on pretty routes of varied length and difficulty.



**Tip:** The **Panorama cycle path (Panoramaradweg)** in the immediate vicinity of the old town snakes along the old railway route of the Niederbergbahn. Here you can drink in the wonderful landscapes of the Niederbergische countryside.

[www.panoramaradweg-niederbergbahn.de](http://www.panoramaradweg-niederbergbahn.de)

## Summer bathing at its most natural – without chemicals

The natural open-air swimming pool in the middle of the municipal park offers a bathing experience entirely free of chemicals. Its clear waters, beach area, beach chairs and play areas are perfect for swimmers, non-swimmers and children alike. Young and old, handicapped or able-bodied can enjoy sports, fun and relaxation on the generous tree-lined grounds.

Opening times may vary depending on the weather.

The recreation ground in the municipal park is an ideal location for skateboarders and dirtbikers, as well as boasting a climbing wall and mini-golf area. In the children's garden area there is an insect hotel and many other fascinating things to explore.

For those seeking a little more peace and tranquility, what better than a restful walk around the Goldberger pond?



## Tee time

The surrounding area is positively brimming with golf courses, with more per square mile than in most other parts of Germany. Alongside the 93 hectare 18-hole Mettmann Golf Club, are a further 4 golf courses nearby.

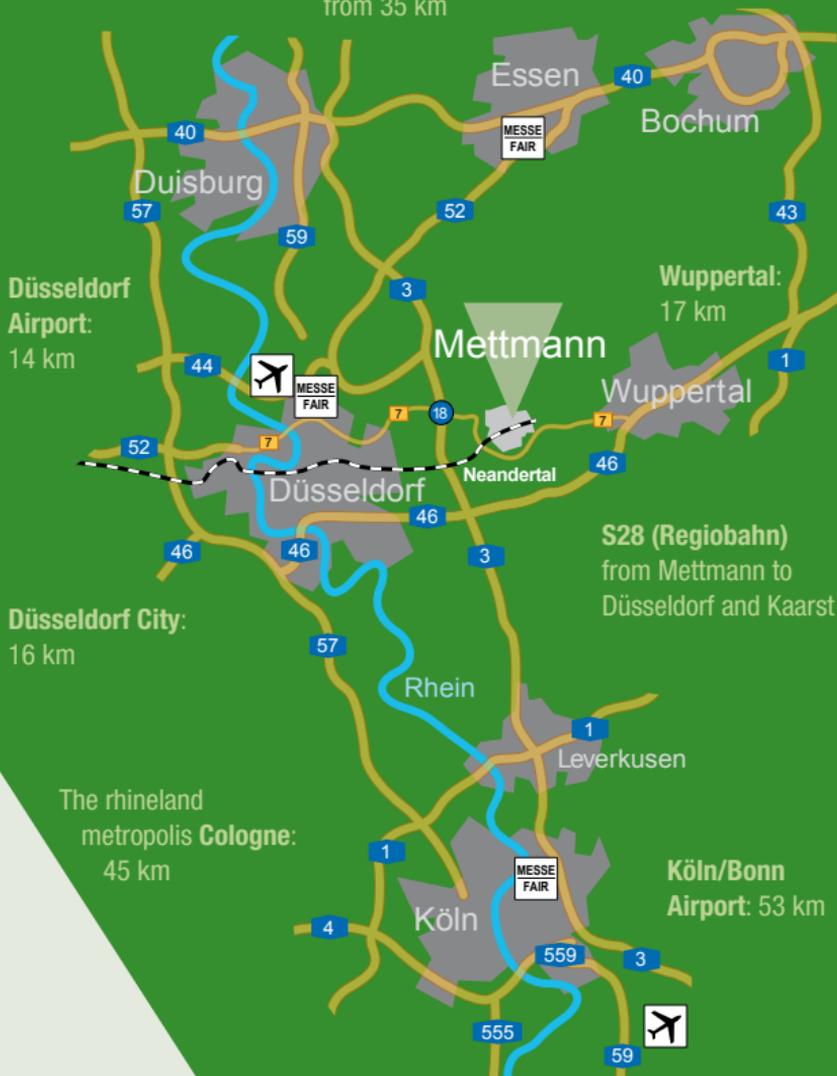
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# Neanderthal-Stadt METTMANN

The Netherlands,  
ca. 1 hour away by car

The Ruhr valley metropolis comprising Dortmund, Essen, Bochum, Duisburg, Oberhausen and many more besides from 35 km



S28 (Regiobahn)  
from Mettmann to  
Düsseldorf and Kaarst

### Motorways:

A3: Exit Düsseldorf/Mettmann, B7 direction Mettmann, ca. 5 km

A 46: via Sonnborner Kreuz, exit Mettmann,  
B7 direction Mettmann, ca. 9 km

A 44: Düsseldorf, Velbert via L 239,  
exit Ratingen-Schwarzbach, ca. 8 km

**Rail:** With Deutsche Bahn to Düsseldorf main station.  
From there direct connection with the Regiobahn  
(every 20 min.).

**Air:** From Düsseldorf-International Airport  
by car ca.15 Min. (public transport ca. 45 Min.)  
Köln/Bonn Airport is also only 53 km away.



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[www.neanderthalstadt.me](http://www.neanderthalstadt.me)