

Contents

- [Homepage](#)
- [About me](#)
- [Accompanying texts \(cultural info\)](#)
- [Archive](#)
- [Checklists for multi-day tours](#)
- [Contact us](#)
- [Costs](#)
- [Fitness walking group in Eschborn](#)
- [General information](#)
- [Hiking courses at VHS \(adult education center\)](#)
- [Hiking meetups](#)
- [Hiking tours](#)
- [Legal notice](#)
- [Photo gallery](#)
- [Program](#)
- [Retrospection](#)
- [Sign-up](#)
- [Special tours](#)
- [Tips](#)
- [Writing](#)

Homepage

Welcome

Hello hiking enthusiasts,
Welcome to this hiking website.

Join us to **experience** nature with all your senses.

Explore the landscapes around Frankfurt.

Our full-day **hiking tours** take place on Sundays and include uplands and plains.

We hike at an **average walking speed** of 4-5 km/h (that's 2.5-3 mph).

Our tours take place in every **temperature** and every **weather**.

We start with a **drive** from Eschborn or Frankfurt am Main to our hiking venue, which might be up to 125 kilometers away.

From there we **start hiking** at **9:30 am**.

In the winter, our hikes are about **25 km long**, in the summer about **30 km** (that's about 15 or 19 miles, respectively).

Moreover, we have a couple of **specials** to offer:

- > The traditional **Fastnachtsumzug (Carnival Parade)** in Eschborn
- > a **multi-day hiking tour**

Our guided hiking tours are **free of charge**.

Come and **join us!**

Best wishes from Eschborn

Gerhard Kuhn

Planner, organizer and implementer

Last update 01/06/2017, 20:02:12 PM

Fine Print Info

Read the **fine print** . because we would like our **day together** to be a **positive experience** for **everyone**.

Subject to **changes**.

Everyone can **take part** who is capable of **hiking for eight hours**, uphill and downhill, and is wearing **sturdy shoes**. (You can also go barefoot or in sandals if you know you'd get through the tour.)

Those who join us alone must be **of full age**.

Each person is responsible for **themselves** (clothing, protective gear).

Hiking together is a great way of **integrating foreigners** . they will feel part of the group in no time.

Our hiking tours are **outdoor events** that lead us on all types of **terrain**. Therefore, one can get dirty.

From early March until late October there is a legal **smoking ban** in German **forests**. I expect **smokers** to accept this fact and to show consideration for non-smokers in other ways as well.

Please avoid using strong perfume.

Companion dogs should be good with people and accept strangers. Dogs should behave in a way that does not restrict, hinder, threaten or endanger other hikers. They should get along well with other dogs too. Dogs must be kept **on the leash at all times** except if your **dog is perfectly obedient**.

Our **hiking tours** are **free**. There is no participation fee.

Donations are **welcome**.

During the hike **everyone has to look after themselves** (drinks, caloric intake, medication).

We always take a **lunch break**. In both **winter** and **summer** we eat and drink the things we brought in our **backpacks**.

We take **short breaks** once every hour.

At **temperatures** above 20 °C everyone is advised to bring 2 liters of fluid for the day.

We walk in (almost) **any weather** (**exceptions**: wind force above 10, thunderstorm alert and black ice on the streets) and at **any temperature** . just like walking a dog.

There is no need for **weather app** information **during** our hikes. Weather app information is only for your own, personal use. **No need** to pass it on to other people . if you value **harmony** in the group.

Wherever possible, we do **round tours** . trying to avoid taking the same way twice.

All **hiking tours** are **developed** by me (G. Kuhn).

I'll be happy to consider any **tour suggestions** by participants for **future hikes**.

When we finally have our (optional) **parting drink** you will be shown photos of past hikes.

Participants will receive a free **group photo** if the photo is a non-digital one.

Contacts for **carpooling** can be established . however, only if you **confirm** that you're coming.

The **ride** is **not free of charge** (exceptions are possible / please ask). Gas money will be expected.

Please bring **clean shoes** and a bag to put in the dirty ones for the way home.

Participants are expected to be **punctual**. There will be no academic quarter%

We'll start **earlier** if all persons who **signed up** are present.

The **departure time** from Eschborn depends on the distance to the hiking venue and will be determined beforehand.

Everyone can travel to the venue on their own.

We will start our hike **punctually; start time** at the venue will be **9:30 am**.

Starting times for multi-day tours may vary.

Sign-up

No registration is necessary for our hiking tours nor for the fitness walking group (sGehTreff%).

However we recommend signing up for the **hiking tours** and providing a **phone number** so we can contact you on the day of the hike.

Possible reasons for contacting you by phone include:

Cancellation of the hiking tour due to weather, illness, traffic congestion, car trouble, etc.; also, the **meeting point might be changed** for various reasons.

If you didn't sign up you might drive very far and then wait in vain.

When signing up please let me know whether you drive in your own car or would like a ride.

First-time participants will be asked to provide their phone number so that Gerhard Kuhn can reach them on Sunday morning (from 7:30 am) in case the hiking tour has to be canceled or postponed.

E-Mail: GURKUHN@t-online.de

You might have a problem yourself getting to the meeting point.

There will be no academic quarter.

We start on time or possibly earlier if all those who signed up are present.

Those who didn't sign up should therefore be there a little earlier.

If you need to cancel after signing up please do so by e-mail by Saturday 6 pm or later by phone (no text message).