**Press Release September 2020**

**Looking forward ……. to next year**

**60th anniversary of the building of the Berlin Wall – 13 August 2021**

No date like any other. On this day 60 years ago a wall was built – around West Berlin. The youngsters among us cannot imagine what it was like, older people can remember only too well. Families were suddenly separated, perilous escape plans were hatched and some of them put into action. Some were successful, many ended in death. In June 1961, Walter Ulbricht, the then GDR state and party leader, declared “We do not plan build a wall”. Then it all turned out to be a lie.

Today you can still see some remains of the Wall at points along its route. How the Wall was built is well explained in the Berlin Wall Museum in Bernauer Straße in Berlin. In Potsdam there are several historical locations which are associated with the building of the Wall and the period which followed: the restored Belvedere on Pfingstberg Hill, the former Forbidden City, the KGB Prison, the memorial building in Leistikowstraße or Cecilienhof Palace, where the Potsdam Conference in 1945 marked the beginning of the Cold War between the great powers. Good enough reasons to cycle the Berlin Wall Trail in 2021? 155 km in and around Berlin. It is difficult to believe that this was once the border between East and West …….

[www.potsdamtourismus.de/](http://www.potsdamtourismus.de/) and [www.adfc-radtourismus.de/berliner-mauerweg/](http://www.adfc-radtourismus.de/berliner-mauerweg/)

EN: [www.brandenburg-tourism.com/poi/ruppiner-seenland/bike-tours/the-berlin-wall-trail-seeking-the-traces-of-history-along-the-former-berlin-wall/](http://www.brandenburg-tourism.com/poi/ruppiner-seenland/bike-tours/the-berlin-wall-trail-seeking-the-traces-of-history-along-the-former-berlin-wall/)

**200th Birthday of Sebastian Kneipp**

Sebastian Kneipp would have been 200 years old on 17 May 2021. Since his death, his original therapy, which was based on water treatments and herbal remedies, has developed into a holistic one. Its aim is to bring the body, mind and soul into harmony. By stimulating the body`s self-healing powers, it strengthens its resistance and inner balance. Life according to Kneipp is easy, costs next to nothing - not even a lot of time – and gets people moving. The GNTB will celebrate his birthday during their theme year “Spa Tradition and Wellbeing 2021”.

Buckow in the Märkische Schweiz is the home of Kneipp therapy in Brandenburg. The town is the state´s only recognized Kneipp health resort. Why? The town is located in the centre of the Märkische Schweiz nature park, in an idyllic landscape rich in forests and lakes. Several of the lakes are to be found in and close to Buckow. The spa town is dedicated to the five pillars of Kneipp therapy. Supported by specialist doctors, outpatient guests in particular benefit from the various Kneipp treatments, which consist of exercise (hiking, walking, cycling), nutrition (cookery courses and nutritional advice), water therapy (treading water in streams, lakes etc. or Kneipp showers), lifestyle (yoga, breathing therapy or autogenic training) and medicinal herbs. One pillar of the Kneipp therapy is hydrotherapy, i.e. water treatment, such as Kneipp showers or treading water. There are six areas of natural water in Buckow suitable for treading water.

A hundred years ago, in the “Roaring Twenties”, Buckow was a popular summer retreat for artists, intellectuals and the bourgeoisie. Even earlier (in the middle of the 19th century) the Prussian King`s private doctor was heard to proclaim: “Your Majesty, Buckow is like velvet on the lungs!”

<https://kurstadt-buckow.de/kurstadt/kneipp-kurort/> and www.kneippverband.de/heilbaeder-kurorte/buckow/ as well as [www.brandenburg-tourism.com/search/?q=buckow](http://www.brandenburg-tourism.com/search/?q=buckow)

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