



Nordstrand (46.6 km<sup>2</sup>, in 2257 inhabitants) is one of the North Frisian islands. She is located in the National Park 'Wadden Sea' (since 2009 World Heritage Wadden Sea) and is connected by a causeway to the mainland. One needs neither ship nor car train to reach them. Arrival is by car or by train in the city of Husum, which lies just outside of Nordstrand. The railway station offers taxis and 8-10 times daily. Buses on the island (12 km). A taxi service is on the island.

From the **ferry port and excursion** 'Struklahnungshörn' daily excursion boats go to the islets, seal banks and the other North Frisian islands Amrum, Sylt and a ferry to the island Pellworm. The port serves the Rescue at sea cruiser 'Eiswette' the DGzRS and shrimp boats as anchorage.

**Mudflats** (alone or out) or **horse carriage rides** to the Hallig 'Südfall' (eg from 'Fuhlehörn') or to Hallig 'Nordstrandischmoor' are possible from Nordstrand of. Wonderful walks on the outer dykes on the North Sea and the sight of the setting sun give rise to a real Mediterranean atmosphere, reminiscent of Capri.

For **children**, many activities on offer, not just a football area and playground - here are some examples: Pool, dwarf cinema, handicraft afternoons, Wyker Puppenbühne, barbeques, pirate u. Sea animal-fishing trips (Eagle shipping company), cooking, baking, pottery and much more. Fun and games on the dike, Harbour- and summer festival, running lantern, felts in the sheepfold Baumbach, Sports Day 'Games without frontiers' concern not only the little ones.

A **indoor swimming pool** with sauna & solarium (in the hydrotherapy pool, hot jacuzzi, sole-cold water bath can be year-round with the whole family the bathing indulge), as well as the spa rooms are located in the 'Norderhafen (spa)', the **medical care** is guaranteed by doctors (Spa doctors, Allergist, Urologists, Alternative Therapy), a dentist and a vet and service through pharmacies on site. Due to its special climate, the island Nordstrand is best suited for people who suffer from respiratory diseases and allergies. Adjacent to the pool is the 'Health and Therapy Centre' (cure means house) for massages, mud baths, hospitals and Chirogymnastik etc. The therapy offers help in diseases of the musculoskeletal system, respiratory disorders, skin diseases, rheumatic and neurological diseases. Much of the treatment is carried out with natural silt in the form of packages and full baths. Showrooms of the National Park Information Centre, library and Internet are located in the building of the swimming pool.

Nordstrand is a green island, surrounded by green outer dikes. The diked land is mainly used for sheep farming and the coastal protection. There is the famous '**salt marsh lamb**', which are considered a delicacy. All over the dikes will find sheep and lambs. Especially in the spring time from March you can watch newborn lambs in their first steps on the dikes. Nature lovers will find on the island and in the Wadden Sea many ways to explore the flora and fauna. Regular tours by trained staff are among the offerings of the Nature Conservation Centre. One can see at different times of the island and the Wadden. All senses are stimulated when you stand at the Watt and natural listening. Biosphere Reserve, Watt and decoy - a one-time affair, which it is worthwhile to explore.

**Bicycle and rural roads** around the island, always on long ways across the island outside the dikes - suited also for inline-scating - invite you to beautiful tours a (bike rental available on the island). A stopover in one of the cafes 'Pharisees yard' or 'angel-mill' is always worthwhile. Several **beaches** and partly sand sections (sheep-free zones) tempt you to linger, swim and to physical recovery. Beach chair rentals and special dog beach is at the bathing area on 'Holmer Siel' and 'Fuhlehörn' available. Toilets are distributed on the outer dike.

**On the island there are** a few bakeries (pre- / main u. Season open 7 days) and two grocery stores (Außerhaus- delivery possible) that have opened during the season on Sundays. In 'south' there are also various other shops or visit the 'farm shop Baumbach' (Salt marsh-lam- and Galloway products, lambskin products etc.) to browse. Anyone interested in native art and pottery found on the island in the village of 'south' a small but fine pottery with associated cafe-restaurant and a picture gallery before. In the local restaurants, bistros and restaurants you can fish and crab dishes of North Sea or div with goodies and let no meat taste, even a 'Pharisee' afterwards ... Mhhhh ..... delicious.

For the **beauty and health** there are hairdressers, beauty salon, massages, yoga, etc., and the health and Therapy Centre (Cure means house). If after the Bare have become somewhat scarce, for supplies provided by two banks. **Sporting activity** by Watt- and hiking, inline-scating, cycling, mini golf, bowling, fishing, purchase of the sports certificate, water aerobics and much more is possible. Surfing and nudist area are available, kite flying allowed only outside bathing area and residential areas. Golf course and bowling center on the mainland.

Also worth seeing are the **3 churches** on the island - the Alt-Kath. Church "St. Theresia" in the 'Osterdeich', the Ev. Luth. Church "St. Vincenz" of 'Odenbüll' with the old cemetery and the Evang.-ref. Church "St.Knud" in 'South' where there are regular Events as church concerts, readings and contemplative hours - or the local museum with finds of the defunct municipal seat 'Rungholt' (to 1634) - the fabled 'Atlantis'.

In '**Süderhafen**' you can relax after a walk on the marina and outside the dikes in the 'angel-mill' with coffee and cake to rest or else 'spontaneously' in the wedding room of the mill - marry. Wedding ceremonies are also on a 'Eagle-ship' possible.

**Recurring events** are on 21 Febr. The 'Biikeburn', inline marathon (May), salt marsh lamb days (May to July), Hiking days (June), Tilting at the ring-riding-days and marksmen's fair (July), Nordstrand-Music-Festival (July / August.) and 'Rungholt'-days (Aug.). A visit to a performance of Nordstrander shanty choir 'De Fideelen Nordstrander' is certainly worthwhile.

The Theodor-Storm- (shopping) city of **Husum** with its harbor offers an extensive range of shops around the famous market with the 'Tine' Fountain also many small or large restaurants with sumptuous food offerings of fish to .... that 'Husum Castle' with the largest crocus splendor in the castle garden as well as cinemas, fitness center, district hospital and much more. Crocus Blossom Festival (March), running between the seas (Husum-Damp June), Matjes days (June), Husum Harbour Days (Aug.), Crab Day (October), Hus. Fish market (every 3rd. Sunday of the month from Febr.-Sept.) Or the Hus. Christmas market to ensure that you can feel at home here.

**Attractions** - for example, Friedrichstadt, Red Haubarg, Tonning with 'Multimar-Watt-Forum'; Eiderstedt with St. Peter-Ording (wide sandy beach), West Coast Park and Robbarium or the Westerhever lighthouse. Büsum with 'Blanker Hans - Sturmflutenwelt'; Schleswig (Schloss Gottorp, Viking Museum 'Haitabu', Dom and fishermen's village 'Holm';. Along the Schlei to Kappeln u amusement park 'Tolk-Schau';. Flensburg (Port & wonderful Old Town), Glücksburg Castle or the state capital Kiel (Kiel week in June); even Denmark with the places Tonder, Ribe and Rømø Island (great sandy beach), as well as the theme parks Legoland and Sommerland Syd are not far - so many possibilities, I recommend also refer to the homepage of the island Nordstrand: <http://nordstrand.de> (incl. web cam's) as well as information about browsing the Internet.