

A vibrant green park scene with people relaxing on the grass and a teal bicycle in the foreground. The background features a large, leafy tree and a glimpse of a city building.

HAN
NOV
ER

Hannover inside

Smart & sustainable

www.VISIT-HANNOVER.com/inside



Hannover inside – the sustainable city: This guide presents sustainable, regional, fair-trade and alternative products and services on offer in the various neighbourhoods of **our green city**. Just as varied as these neighbourhoods are the **boutiques, restaurants, cafés** and **projects** you can read about here.

You can be sustainable while on the go with Hannover's **Hannoccino** reusable coffee cup as you navigate the city's attractions along the **Red Thread**. Along the way, you might visit the Eilenriede **forest**, which is bigger than New York's Central Park. Or maybe you'll pass the **"Three Warm Brothers"** on your way to Linden for a delicious **organic ice cream**, then walk through the Royal Gardens of Herrenhausen to the student area of Nordstadt for a taste of **regional produce** before discovering the charming neighbourhood of List. Whether you want to **shop sustainably in small boutiques, find inspiration** in second-hand fashion shops or find something you love at **Germany's oldest flea market** by the banks of the Leine – this guide has you covered.

Hannover is also known for its **art and museums**, together with a diverse and intriguing **theatre scene** and many special **events** all year round. And of course you'll also find plenty of tips in relation to **mobility**. Bus and rail not only provide fast and eco-friendly transportation around the city, they can also take you to **green destinations** such as Steinhuder Meer and the Deister mountains in next to no time – and you can even take your **bike** with you!

We hope you have a lovely time in our favourite city!

**Petra, Anja, Bea, Roland,
Stefania and Maike**

This guide is only able to present a small part of our sustainability scene. For more information and offers, please visit:

visit-hannover.com/nachhaltig



Contents

Legend



The
sustainable city



Hannoccino
exchange point

City centre	4 – 7
Calenberger Neustadt	8 – 9
Linden	10 – 13
Nordstadt	14 – 17
Herrenhausen	18 – 19
Zoo district	20 – 21
List	22 – 25
Südstadt	26 – 29
Theatres & Museums	30 – 31
Events	32 – 33
Nightlife	34 – 35
City Tours	36 – 37
Excursions – tips	38 – 41
Sustainability	42 – 43
On the go in Hannover	44 – 47
Services	48 – 49
Hannover tramway	50 – 51



@visithannover



Visit Hannover Tourism
on Facebook.





Discover a world of shopping

The first stop on any shopping trip in Hannover starts right in the heart of the city on the Ernst-August-Platz. There are various places to shop, stroll and eat, with the Ernst-August-Galerie to the right, the Niki-de-Saint-Phalle-Promenade below and Bahnhofstraße opposite.

Anyone looking for fresh, regional produce can get it straight from the source at the farmers'

market in front of the central railway station – ideal for those passionate about sustainability.

A stone's throw away is Kröpcke, where the city's main shopping streets intersect. From there you can stroll along the Georgstraße towards Steintor. Time for a coffee break? The narrow streets of the Old Town and Am Hohen Ufer are home to a range of small boutiques, cafés and quaint pubs.

Market days

City centre weekly market:
Klagesmarkt,
Tuesday and Saturday
8:00 – 13:00

Farmers' market:
at Marktkirche,
Thursdays 14:00 – 18:00

in front of the central railway
station, Monday and Friday
14:00 – 18:00



Meiers Lebenslust

Osterstraße 64 | meiers-lebenslust.de

Meiers Lebenslust is a modern restaurant with an in-house brewery, serving hearty rustic fare made using seasonal produce sourced from the region.

And to top it all off – homemade beer!

Lindenblatt Burger-Bar

Nikolaistraße 1 | lindenblatt-hannover.de/burger-bar

At Lindenblatt, all the ingredients are from the Hannover region, with the burger bar having committed itself to sustainability and regional produce. The steaks are pieces of real craftsmanship, with the meat coming from ecologically reared animals.





KOURO

Theaterstraße 14 | kouro.de

KOURO offers a modern and innovative take on sushi in combination with top class drinks. With its special location beside the opera, you can immerse yourself in an ambience that makes dining out a memorable experience.



anna leine

Am Hohen Ufer 3 | annaleine-hannover.de

At anna leine, sustainability is a way of life. The café uses natural resources responsibly and works with seasonal, regional and socially produced ingredients. The cuisine covers all bases, from rustic, to exotic, to traditional.



heimW

Theaterstraße 6 | heim-w.de

For some guests, it is like a second living room – modern, vintage and very comfortable! The trendy bar, decorated with retro lamps and eye-catching murals, offers guests an enticing range of dishes including sushi, vegan meals and the classics.

Beach club: Schöne Aussichten 360°

Röselerstraße 7

open daily from early April to early
October, depending on the weather

The beach club leaves visitors in the clouds in the summer months with refreshing cocktails, great music and delicious food above the rooftops of Hannover.



6 City centre



Markthalle

Karmarschstraße 49
markthalle-in-hannover.de

“Hannover’s belly” is popular for its variety of fresh ingredients, exclusive delicacies and international dishes. Bakers, butchers and greengrocers offer exotic specialties and homemade dishes from decorated stalls – it’s a culinary bazaar! You can also find sustainable local products here.



BoBo

Georgstr. 44 | bobo.restaurant

Stylish ambience with a cosy atmosphere – the perfect antidote to working from home. Healthy meals and delicious drinks, always lovingly prepared with fresh, local ingredients.



Teestübchen

Ballhofplatz 2 | teestuebchen-hannover.de

Situated on one of Hannover’s most picturesque squares, Teestübchen invites you to forget the stress of everyday life. The cafe serves the finest specialty teas and homemade cakes as well as coffee, wine and light bites.



Greenality Store Hannover

Osterstraße 1 | greenality.de/stores/store-hannover

Fair trade, organic cotton, social engagement – these are core elements of Greenality’s green philosophy. The eco fashion shop offers sustainable, fair-trade clothing, shoes, jewellery and accessories.



fairKauf – second-hand department store

Limburgstr. 1 | fairkauf-hannover.de

On 5 floors, fairKauf offers donated goods in excellent condition. From textiles, household items and toys to books, furniture and technology, there is something to find for everyone.



The Escape Room

Röselerstraße 1a | the-escape-room.de

Fun and adventure in a sealed room: In this real version of the popular computer game “Escape the Room”, the goal is to ward off a crime, a pandemic or a meteor strike to escape within 60 minutes.

NeonGolf

Heiligerstraße 15-16 | neongolf.de

Hannover's glow-in-the-dark mini golf course re-creates the game in a new light, with 3D glasses and a smartphone helping to create a thrilling adventure where you can discover three different themed worlds.



Old Town

Discover the Old Town, with its picturesque half-timbered houses, the market church, the Ballhof and the Nanas. Every Saturday, treasure-seekers and bargain-hunters flock to Am Hohen Ufer for Germany's oldest flea market.





Green shores, great event locations

Meet Hannover's 'largest island': Calenberger Neustadt. At the confluence of the rivers Ihme and Leine, students 'chillax' in hip beach clubs or on verdant embankments. A mere stone's throw away from the historical city centre, the Calenberger Straße with its enticing shops, restaurants and snack bars is ideal for a relaxed stroll.



Tip Ice-cream-making courses
from October to Easter

Waterloo beer garden

Waterloostraße 1 | waterloo-biergarten.de

The beer garden with the longest tradition: during live broadcasts of football matches, there's a real stadium atmosphere under the shade of the surrounding trees.

A bedrock of Hannover's cultural life is the Leibniz Theatre on the Kommandanturstraße. To the south, the Marksman's festival, the October festival and the Spring festival, as well as great sports and event locations, such as the HDI Arena, Swiss Life Hall and the Gilde Parkbühne (park stage) guarantee great fun and excitement.

Julians Eismanufaktur Birne & Beere

Calenberger Straße 43-45 | birneundbeere.de

Enjoy homemade ice cream made from high-quality local ingredients. These cold delicacies also come in tubs to take home, and can be purchased from the ice cream bike.





BocaChica

Oeltzenstraße 12 | restaurantbocachica.de

The BocaChica is famous for its Caribbean and Dominican dishes and treats, as well as for its spirited salsa, merengue and bachata evenings.



Upcyclingbörse Hannover

Glockseestraße 35 | upcyclingboerse-hannover.de

A paradise for creative types: here you can find 1001 ideas for things to do with discarded materials in changing exhibitions and workshops. Eliminating waste is fun!



Café Safran

Königsworther Straße 39 | cafesafraan.de

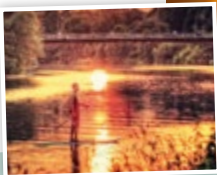
Hannover's alternative pub for 35 years. Whether it's breakfast, lunch or a cocktail, there's always something going on here! Fancy carrying on into the evening? Then simply head to Safrans Bar right across the road!

Strandleben

Weddigenufer 29

facebook.com/strandlebenhannover

The banks at the confluence of the Ihme and Leine rivers are home to comfortable deck chairs for spending a relaxed day on the sand. The beach bar serves up cold drinks and tasty snacks for sun-worshippers, who can even hire standup paddle boards, with beginner courses also on offer.





No, not part of Hannover...

... Hannover is an appendage of Linden – all of Linden agrees on that! There's a colourful hustle and bustle around the Limmerstraße and the Lindener Marktplatz. Students, academics, hedonists, hipsters – the street is like a huge living room for everyone. With Lindener Berg, the historical Von-Alten garden and the parks either side of the Leine river, there is no shortage of

spaces for relaxing, playing frisbee or simply enjoying the great outdoors.

And Linden is a hidden treasure for shopping: a range of small boutiques and shops offer regional and sustainable goods, organic produce, stylish fashion and handmade items.

Market days

Weekly market:

Lindener Marktplatz,
Tuesday and Saturday
8:00 – 13:00

Pfarmlandplatz,
Saturday 8:00 – 13:00

Farmers' market:

Schmuckplatz,
Friday 14:00 – 18:00



LINDENbackt! eG

Limmerstraße 58 | lindenbackt.de

The shop window says it all: this is a co-operative, bakery, confectionery, and café. The certified organic tasty treats are hand-made in the in-house bakery.



Frioli

Stephanusstraße 8 | frioli.de

Premium, vegan or traditional – there's too much to choose from! A changing variety of over 100 different ice cream flavours are a real treat, whatever the time of year.



Café K

Egestorffstraße 18 | cafek.de

The K in the name represents the master confectioner who creates the sublime treats himself. Especially popular are the chocolates which come with the coffees and the sensational cheesecake.



Apollo Cinema

Limmerstraße 50 | apollokinno.de

One of Germany's first arthouse cinemas. Selected new films as well as old classics make a diverse programme.

PLATZprojekt

Fössestraße 103 | platzprojekt.de

First and foremost, the PLATZprojekt is an experiment! A DIY spirit of community rules here. In addition to an urban community garden and Germany's largest DIY skate park, the "2er", the PLATZprojekt is home to almost 30 container projects from the creative industries, art and culture as well as social projects. With over 150 events and 50 workshops taking place per year, there is a diverse programme centred around the principles of neighbourhood and community.

The overall aim is to enable projects and ideas that would not ordinarily be achievable in the city, and in doing so to demonstrate the need for creative spaces such as the PLATZprojekt. The project seeks to make the path from the idea to its realisation as uncomplicated, unbureaucratic and easy as possible. The PLATZprojekt won the Nebenanstiftung's Neighbourhood Prize in 2019.





Kulturzentrum Faust

Zur Bettfedernfabrik 3 | kulturzentrum-faust.de

Live concerts, parties, readings, exhibitions in different venues – no two days are the same at Faust. The Gretchen Beer Garden is hugely popular in the summer and also offers incredible pizza.



Béi Chéz Heinz

Liepmannstraße 7b | beichezheinz.de

This legendary venue in the basement below a swimming pool is a Linden nightlife essential, with exuberant parties, live music and reasonable prices.



LUX

Schwarzer Bär 2 | lux-linden.de

LUX is a treat for the ears: electro and indie-pop on Fridays, funk and soul and hip-hop on Saturdays – all outside the mainstream. The programme includes live performances.



EINS MODE – BIO – FAIR

Am Lindener Marktplatz 10 | eins-bio-fair.de

"Everything is ONE" is the motto of the store on Linden's market square and describes what the brands and people behind it are all about: A way of life that puts respect for people, animals and nature at the center of their collections.



Burgernah

Offenstraße 14 | burgernah.de

Vegan burgers etc. – 99 % handmade. The burger buns are baked fresh every day and patties, sauces and potatoes are lovingly handcrafted too. This homely atmosphere isn't only for vegans – there's something for everyone!



Små Schlicht

Grotestraße 25 | sma-schlicht.de

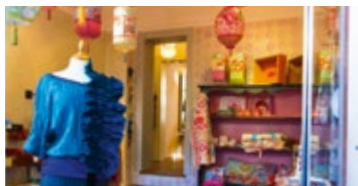
At Små Schlicht, you'll find 17 square meters of scandinavian cosiness. The café in Linden Nord offers homemade pastries and cake (vegan & gluten-free) as well as breakfast with freshly baked bread rolls and specialty coffee.



Riva **Wohnaccessoires & Schmuck**

Limmerstraße 23 | rivashop.de

A treasure chest overflowing with beautiful and unusual items. Crockery from Green Gate, RICE and Adelheid, the entire PIP Studio range, owl cushions: a real treasure trove of gifts.



Frau Zimmer **Textilgalerie**

Davenstedter Straße 3 | frauzimmer.de

Individual fashion & accessories: browse, wander and find your new favourite item among the wide range of unique clothing – all made in Hannover.



The neighbourhood for individualists

Over 17,000 inhabitants make up a colourful population of students, young families, Nordstadt oldtimers and no shortage of unique characters.

The lifestyle here is laid-back, tolerant and peaceful. The locals love to meet for a chat in the cafés on Engelbosteler Damm and around the Luther church or for a picnic on the lawns of the Welfen Garden. Many new shops, cafés and restaurants have incorporated the sustainable use of resources

into their business concept, and are delighted to have a growing, environmentally conscious community of fans.

There are countless pubs to choose from in the evening, some offering live music. Even a shopping trip is exciting in the Nordstadt, because the shops are as individual as the residents: cool, trendy, singular – simply different.



Yoga-Hof Hannover

Vordere Schöneworth 17a | yoga-hof.de

Looking to balance your mind, body and soul? Then the Yoga-Hof is the place to go. The spiritual oasis in the heart of the Nordstadt offers courses for all ages in everything from Hatha to Iyengar yoga.



lieb.es Café

Engelbosteler Damm 15 | liebes.cafe

Cool lounge sofas and a relaxed atmosphere – lieb.es is as cosy as it gets. Whether it's a curry, quiche or smoothie, the team almost exclusively uses organic products and takes great care to use natural resources sustainably.

Market day

Farmers' market:

An der Lutherkirche,
Thursdays 14:00 – 18:00



Locorito

Nelkenstraße 1 | locorito.de

Their motto is "Slow Cook for Fast Food"! The tortilla bar on E-Damm is home to original Mexican burritos with gently cooked meat, beans, rice and salsa. All dishes are prepared using fresh, regional produce.



Fahrradcafé

Asternstraße 2 | fahrradcafe.de

At Fahrradcafé the world doesn't just revolve around bikes: you can also enjoy a great selection of coffee, tea, pastries, cakes and soft drinks.



24grad

Engelbosteler Damm 52 | 24grad.net

The café and shop has its own coffee roastery and is an ideal place to meet up with friends. At 24grad, coffee enthusiasts can enjoy fair-trade specialty coffees.

Little H

Callinstr. 10 | little-h.cafe

This little café and wine bar surrounded by beautiful old buildings serves great coffee and freshly pulled beer, as well as selected wines from Germany, France, Austria and Portugal.

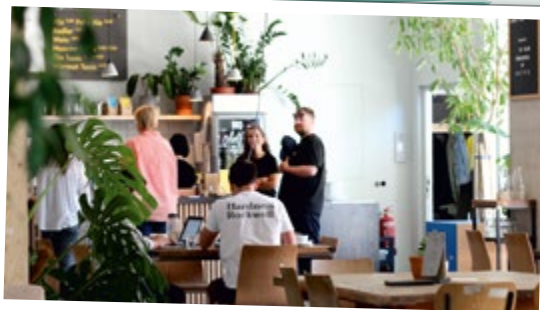
Tip: Regular events include Sunday brunch, Saturday morning drinks and mimosa Sundays.



Cafve in Hafven

Kopernikusstraße 14
hafven.de/cafve

The Hafven creative centre is home not just to co-working spaces, events and workshops, but also the Cafve. It serves inspired healthy treats ranging



from wraps and seasonal salads to breakfast bowls. Much of the produce originates from selected organic farms.



Jäger & Sammler

Engelbosteler Damm 25
[instagram.com/_jaeger_und_sammler_](https://www.instagram.com/_jaeger_und_sammler_)

Are you on the hunt for a new look? Men and women can find some absolute gems of innovative fashion at this exclusive boutique.



Designkombinat

Paulstraße 1a | designkombinat.net

Located on Engelbosteler Damm, Designkombinat attaches great importance to sustainably produced, individual fashion and clothing manufactured under fair conditions using ecological materials.



Vallintage

Engelbosteler Damm 49 | [facebook.com/Vallintage](https://www.facebook.com/Vallintage)

Vallintage deals in edgy fashion, from selected pieces to elegant attire, from vintage track suits to jumpers. This second-hand vintage shop is a source of retro inspiration.



UJZ Kornstraße

Kornstraße 28–30 | ujz-korn.de

Concert venue, pub, communal kitchen and a centre for discussions and readings. It's one of the oldest independent youth centres in Germany and it's as active and lively as ever.

Schwule Sau

Schaufelder Straße 30a | schwulesauhannover.de

Revellers of all sexual orientations meet up in this great little volunteer-run venue to move their hips to indie, rock, pop and electro.



Musikzentrum

Emil-Meyer-Straße 26 | musikzentrum-hannover.de

With its concert hall, recording studio, band rooms and offices, the music centre is a stronghold for musicians. The exciting concert programme is a local highlight.



Tip

Repair Café Nordstadt

Kniestraße 10 | repaircafe-hannover.de

Broken bike, ripped trousers, TV not working? Then Repair Café is the place to go – they basically help you to help yourself. Here you can repair your broken items with the help of expert volunteers – donations welcome.

Opening hours:

Second Saturday of every month, 14:00 – 17:30





Campus atmosphere and a variety of parks

Herrenhausen is one of Hannover's greenest areas. Whether enjoying the nature, visiting cultural events or finding inspiration in Niki de Saint Phalle's Grotto, time flies by at the Great Garden. Sustainability is highly valued here.

The Great Garden is watered using water from the Leine river, the leaves are composted and reused

as humus, and most of the plants are self-produced.

Families, young people and students appreciate the pleasant, laid-back atmosphere. The Leineaue meadows are just a few minutes away from An der Graft by bike – unspoiled nature in the heart of Hannover.

Market day

Weekly market:
Herrenhausen Market,
Saturday 8:00 – 13:00



Minigolf Steintormasch

In der Steintormasch 5a
minigolf-hannover.com

You can showcase your mini golf skills in the heart of the green Steintormasch. There are also 18 tables for pit-pat, a cross between mini golf and billiards.



Milchhäuschen

Herrenhäuser Straße 1 L

Located by the Royal Gardens of Herrenhausen, Milchhäuschen is a lovely place to while away some time with coffee and cake, a cold drink on a hot day or a little snack to see you through. A coffee break at Milchhäuschen is always a good idea!



Berggarten

Herrenhäuser Straße 4

Plant lovers will be in their element in the Hill Garden. Whether orchids, cacti or rubber plants – over 12,000 plant species can be admired at any time of the year.

Herrenhäuser Brewery

Herrenhäuser Straße 83–99 | herrenhaeuser.de

With a visit to this local company founded in 1868, Herri fans can learn about the history and production process of the traditional brewery.



Dornröschen – Beer Garden and Café

In den Kämpen 54 | dornroeschens.cafe

An enchanting location right by the Leine river: it's no wonder that people have enjoyed spending their free time here since 1875 – Dornröschen is Hannover's oldest beer garden!



Tip Germany's "Bar of the Year" 2021!

LieblingsBar

Herrenhäuser Markt 5 | lieblingsbar.de

Located right by the Herrenhäuser Markt, LieblingsBar serves beautifully prepared, hand-made culinary favourites using fresh, local and seasonal ingredients.





The Eilenriede and the zoo – oases for sport and nature lovers

The zoo district combines culture, entertainment and nature. The area is characterised by beautiful old buildings, Wilhelmian villas and of course the adventure zoo, which is home to over 2,000

animals. If you like jogging, cycling or inline skating, then the Eilenriede, Europe's largest municipal forest, is the place to go.



Zurück zum Glück

Hindenburgstraße 7
zurueckzumglueckhannover.com

The certified organic daytime bar serves (almost) only organic, seasonal products produced in the region. Clientele: anyone who takes what they eat seriously and values quality.



Hoftalente

Seelhorststraße 12 | hoftalente.de

The founding principle was to have a farm shop in the city, offering seasonal and regional food. Fruit, vegetables, meat, fish, honey, coffee and much more: almost all products are sourced directly from their producers.

Market days

Weekly market:

Platz an der Friedenskirche,
Tuesday 8:00 – 13:00

Farmers' market:

Platz an der Friedenskirche,
Saturday 8:00 – 13:00

Stadtpark Hannover

Theodor-Heuss-Platz 1

The city park offers pure relaxation and perfect garden design. A place to stroll, relax and discover.

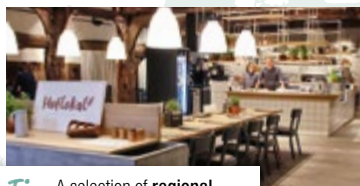
Tip: Movable chairs and loungers allow visitors to settle in to their own favourite spot.



Massimo's Eiscafé Neues Haus

Eichstraße 2 | massimos-eiscafe.de

Traditional Italian homemade gelato: besides the classic favourites, there are always seasonal specials and vegan varieties.



Hoflokal

Adenauerallee 1 | hoflokal.de

Seasonal. Regional. Hoflokal! At the new Hoflokal, passionate cooking combines seasonal and regional ingredients with the current Zeitgeist to create varied, modern yet down-to-earth dishes.

Tip A selection of **regional products** is available in the farm shop.



Hannover Adventure Zoo

Adenauerallee 3 | zoo-hannover.de

Fancy a stroll from Africa over the Indian subcontinent to Canada and back again? That's no problem at Hannover Adventure Zoo. Here you can experience more than 2,000 animals like almost nowhere else. Good to know: Since the introduction of the Hannoccino cup in 2018, a total of 44,000 disposable cups have been avoided. Since then, there haven't been any disposable cups in the zoo.





Family-friendly charm

Lister Meile and the Podbielskistraße are List's two main arteries. Families love the peaceful, civil atmosphere and varied range of shops, even down the side streets. Whether you're looking for a trendy fabric shop, young designer fashion or a studio for organic cosmetics – you can find interesting shops with unusual products everywhere.

There are magnificent town houses with beautiful



Treibhaus

Ferdinand-Wallbrecht-Straße 14
treibhaus-hannover.de

With its colourful mix of patrons, Treibhaus has been keeping up with the times for over 40 years. The inviting beer garden is a highlight in the summer.

Market days

Weekly market:

Moltkeplatz,
Wednesday 8:00 –
13:00

Lister Meile,
Thursday 14:00 – 18:00

Klopstockstraße,
Friday 8:00 – 13:00

Farmers' market:

Moltkeplatz,
Saturdays 8:00 – 13:00

ornamentation on shopping streets such as Bödekerstraße and Hohenzollernstraße.

Not far away, Hannover's municipal forest, which is twice the size of New York's famous Central Park, is a great place to relax, inline skate or jog. The Eilenriede is managed strictly according to ecological rules and even carries the FSC seal due for its sustainable forestry.



Jo's Food & Craft

Ferdinand-Wallbrecht-Straße 60 | jos-food-craft.de

In an extravagant interior with industrial charm, patrons enjoy masterfully composed salads, anti-pasti, local craft beers and exclusive wines.



Plümecke

Voßstraße 39

Traditional restaurant and cult pub in List. The regulars, who come from all over Hannover, swear by the legendary currywurst with its special sauce.



Café Lulu

In der Steinriede 12 | cafe-lulu.com

Located on Wedekindplatz, the quaint, modern Café Lulu is a cosy meeting place: here you can find breakfasts, international specialties and a diverse range of cocktails in a relaxed atmosphere.



Mezzo

Lister Meile 4 | cafe-mezzo.de

This café-restaurant is a hive of activity at all times of day. You can start the morning in a relaxed manner, taking in the view from the panoramic windows. From lunchtime to evening it serves changing, seasonal produce plus vegetarian and vegan dishes, partly using regional products.



Kulturzentrum Pavillon

Lister Meile 4 | pavillon-hannover.de

The pavilion is one of the largest cultural institutions in the city and is easy to find thanks to its characteristic solar power system on the roof, which is clearly visible from afar. This institution, which dates back decades, provides inspiration with a comprehensive, multifaceted programme of music, cabaret, comedy, theatre, film, readings, dance, parties, club nights, bazaars and talks.



PlanBar – Gintoneria & Barkultur

Ferdinand-Wallbrecht-Straße 44
instagram.com/planbar_gb

PlanBar offers a huge selection of cocktails & gin as well as a large beer & wine selection in a unique and modern location. The drinks are accompanied by bar food, including tarte flambée, nachos, currywurst & chips.

Special highlights include a daily happy hour, a free photo box in front of a floral backdrop, glowing graffiti made from neon lights and a popcorn machine.



Grauwinkel Café & Deli

Bödekerstraße 27 | grauwinkel-cafe.de

This café and deli is bright, friendly and cosy. Grauwinkel delights with a large selection of extraordinarily delicious, freshly baked cakes. You can also find bowls, quiches and other wonderful delicacies.



Vietal-Kitchen Hannover

Lister Meile 46 | vietal-kitchen.de

Vietal-Kitchen is all about conscious dining in a relaxed environment. The food is a refined mix of traditional South-East Asian dishes, international influences and healthy superfoods.



Pepe's

Friesenstraße 52 | pepes-cocktailbar.com

This Mexican cocktail bar is legendary thanks to its huge menu comprising well over 100 cocktails.



Siebenundsiebzig

Bödekerstraße 77 | siebenundsiebzig.net

This small shop offers vintage goods, interior items and handicrafts – things with a story to tell. Various objects to touch, use, look at... and of course buy.



Suse Schneeweiß

Drostestraße 1 | suseschneeweiss.de

Extravagant, feminine and elegant. In her studio & showroom, the designer produces timelessly beautiful fashion from the finest materials with great passion – and also made to measure. There also are hats, bags and jewellery.



CONTIGO fairtrade shop

Lister Meile 74 | hannover.contigo.de

Enjoy a cup of freshly roasted fair-trade organic coffee and travel the world. At Contigo you will find jewellery from Latin America, leather bags from India, candles from South Africa, and many other items that tell a story.

FÜHLdichGUT-Store

Ferdinand-Wallbrecht-Str. 7
fühldichgut-store.de

The FÜHLdichGUT-Store is a combined shopping and event space. As well as offering sustainable and fair fashion, cosmetics and accessories, events about sustainability and fair fashion – such as readings, talks or film nights – are also held here. Its founder, Stella, found just the right shop space in Lister Platz and opened the venture in September 2021.





A bit of Eilenriede
and a whole lot of lake...

...that's what makes the Südstadt worth living in. The municipal forest and Lake Maschsee are excellent places for local recreation and you can reach the city centre in five minutes via the Marienstraße and Hildesheimer Straße.

It's rumoured that singles prefer this area, maybe because a jog around Lake Maschsee creates the ideal conditions for a bit of flirting. Relax, go for a walk, feast, celebrate – Lake Maschsee is the holiday destination on your doorstep. It is also a place where countless water sports enthusiasts enjoy the beautiful summer days.



Kiosk am Maschsee

Rudolf-von-Bennigsen-Ufer 2
anleger-nord.business.site

Everyone knows this legendary kiosk with its green copper roof. Water sports enthusiasts, joggers and walkers stop off here for their coffee, snacks and ice cream.

Market day

Weekly market:
Stephansplatz,
Fridays 8:00 – 13:00



Viewme.design

Sallstraße 35 | viewme.design

Are you looking for affordable art, but don't want the same generic prints found in furniture stores? At Viewme.design you can find distinctive art prints by renowned and newly discovered illustrators and designers, along with matching frames.



PorzellanCafé

Dieckmannstraße 1 | porzellancafe.de

Here you can make little works of art with your children or friends while chatting over coffee and cake and then take your creations home with you.



Esplanade

Geibelstraße 39 - 41 | esplanade-hannover.de

Jewellery, fashion, furniture, cushions & throws, tableware, stationery, wines and delicatessen – that is just some of what the Esplanade has to offer.



Eisfabrik

Seilerstraße 15 F | commedia-futura.de

Artists' studios, exhibitions, theatre. Eisfabrik is THE place for music and visual art. On top of that, Commedia Futura attracts people in their droves.



TauschTreff

Heinrich-Heine-Straße 27 | tauschtreff.com

Trading instead of buying. This is the motto of TauschTreff, where you can find a large selection of clothes, books, decoration, sporting goods, household items, children's toys, art and kitsch.



Hippo Bio Vegan

Marienstraße 38 | hippo-bio-vegan.com

This organic vegan café and restaurant offers an extensive breakfast and tasty plant-based Thai cuisine as well as homemade cakes and tarts.



Lola, der Loseladen

Stephansplatz 13 | lola-hannover.de

Shopping at Lola is so simple: just weigh, fill and pay. You can also bring your own containers. There's also a bistro on site!



SuperNice

Sallstraße 31 | superniceshop.de

Have a super nice day! This is the motto that the furnishing store in the heart of Südstadt lives by. Here you can find a new style not just for your home, but for yourself too.



Bar Seña

Albert-Niemann-Straße 11 | bar-sena.com

Bar Seña is the hub for cocktails in the Südstadt. The skilled bar staff can conjure up fantastic drinks in no time.

Goldfisch

Sallstraße 48 | goldfisch-hannover.de

Cosy retro seating areas, warm, subtle lighting and original decor create a wonderful ambience.



ELEA – Olivenöl.Wein.Gutes.

Geibelstraße 18 | elea-hannover.de

This olive oil shop and delicatessen stands out thanks to its commitment to authenticity, preservation of origin and, above all, quality.



LaSall Café & Bistro

Sallstraße 79 | lasall-hannover.de

This café-bistro in the heart of the Südstadt offers a delicious breakfast, healthy, aromatic salads, different variations of tarte flambée and, of course, coffee and cake.



Das AbendMahl

Hildesheimer Straße 37 | abendmahl-hannover.de

Leonardo da Vinci and Michelangelo – art on the wall, and even more on the plate. This fine Italian restaurant is not to be missed!



Högers 1910

Oesterleystraße 6–7 | hoegers-1910.de

In a dapper atmosphere, guests can enjoy regional, fresh cuisine, classic German recipes, home-made cakes and excellent coffee.

Mimi's Thaikitchen

Hildesheimer Straße 92 | mimis-thaikitchen.de

Mimi's Thai Kitchen offers a small but fine gastro-nomic range of Thailand's most popular dishes. All meals are prepared fresh and free from artificial flavourings.





Hannover – a work of art

Whether it's theatre, opera, musicals, concerts or highly regarded exhibitions – no great art is required to find top-class events in Hannover. The diverse range on offer is unparalleled. With the

opera, several theatres, stages and world-renowned museums, Hannover offers outstanding art all year round.



Hannover State Opera

Opernplatz 1 | staatstheater-hannover.de

The repertoire and ensemble of the Hannover State Opera are diverse and international. The State Opera puts on both classical performances as well as shows for younger audiences with the State Orchestra.



Schauspiel Hannover

Prinzenstraße 9 | schauspielhannover.de

Schauspiel Hannover comprises five different venues: Schauspielhaus, Cumberlandische Bühne, Cumberlandische Galerie, Ballhof Eins and Ballhof Zwei with the Junges Schauspiel Hannover are much sought-after locations.



GOP Varieté theatre

Georgstraße 36 | variete.de

The GOP Varieté theatre presents stage shows that redefine the term 'cabaret'. Here, numerous international artists and performers amaze the audience time after time.



TAK – Die Kabarett Bühne

Am Küchengarten 3-5 | tak-hannover.de

Legends of cabaret such as Volker Pispers, Hagen Rether and Urban Priol all started their careers at the popular TAK. This small theatre in what was once a municipal bath house is all about witty satire, chansons, cabaret and sophisticated nonsense.



Sprengel Museum Hannover

Kurt-Schwitters-Platz | sprengel-museum.de

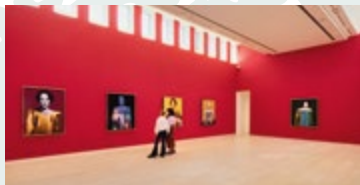
The Sprengel Museum is one of the world's most renowned museums of 20th and 21st century art. Its unique collection includes paintings, sculptures, drawings and prints, photography and videos.



Museum Wilhelm Busch

Georgengarten 1 | karikatur-museum.de

The Museum of Caricature and Drawing attracts visitors from all over the world with its various exhibitions and events. It is home to the entire corpus of Wilhelm Busch.



Kestner Gesellschaft

Goseriede 11 | kestnergusellschaft.de

The halls of the converted art nouveau baths showcase major international artists and their latest work. A varied event programme complements the presentation of contemporary art and culture.



Kunstverein Hannover

Sophienstraße 2 | kunstverein-hannover.de

This has been a centre for contemporary art in Hannover for more than 190 years. The Kunstverein stages a changing exhibition programme on various themes and a broad educational programme with interesting events.



Always in the mood to celebrate

It's almost impossible to list all the opportunities Hannover provides for exuberant festivities. With celebrations big and small, open-air events, live music and offbeat festivals – the event calendar is bursting at the seams. Major events in summer such as the Marksman and Maschsee Festivals make for a roaring party atmosphere.

The organisers try to avoid the use of plastic and disposable tableware as much as possible.

Hannover has something for everyone looking to party – whether it's on a large scale or in one of its lively neighbourhoods. Over the years, numerous events have become a firm fixture in the calendar for visitors to Hannover.



Fête de la Musique

hannover.de/fetedelamusique

Many cities around the world welcome in the summer with live music, and Hannover's city centre will become one big stage on 21 June! Musicians will fill the city with sound at 40 locations.



Glitterbox

visit-hannover.com/glitterbox

Under dozens of disco balls and with an electrifying ambience, the extravagance of the great disco era of the 1970s will be celebrated in its most beautiful and modern form, accompanied by drag queens travelling all the way from London.



International Fireworks Competition

visit-hannover.com/feuerwerk

The International Fireworks Competition takes place on five evenings between May and September. Each evening starts with a colourful supporting programme of music and cabaret.



Marksman Festival

hannover.de/schuetzenfest

The world's biggest marksmen festival is the place to be for ten days every year – and not just for the marksmen themselves. Parties, live music, carousels – there's no reason not to have that extra Lüttje Lage.



Seh-Fest

seh-fest.de

The open-air cinema at the Gilde Parkbühne opens to the public from July to August. Here, visitors can catch the latest blockbusters in a fantastic open-air atmosphere.

Tip Free entry on Sundays!



Fährmannsfest

faehrmannsfest.de

Hannover's biggest open-air music and neighbourhood festival! The "Little Woodstock" features live music as well as a diverse cultural and children's programme. Colourful & peaceful, quiet & loud.



Maschsee Festival

maschseefest.de

One of North Germany's biggest events! The maritime summer festival offers concert highlights, sporting activities on the water, open-air dance evenings, cabaret and various culinary delicacies.



Up till the crack of dawn

osho disco

Raschplatz 7L | osho-disco.de

The bedrock in Hannover's nightlife – people have been partying here for generations. Whether it's dance classics, chart hits, house or funk & soul – everyone will find what they're looking for here.



Palo

Raschplatz 8 A | palopaloo.de

A cult? Maybe. Legendary? Absolutely! The Palo on the Raschplatz has been a hotspot for party animals for decades. DJ Ferry serves up a fast-paced mix of house, RnB and hip-hop.

Monkey's Club

Raschplatz 11G

facebook.com/monkeybarhannover

No monkey business! The Monkey's is not a place for commercial hits: on Friday it's Deep House, on Saturday Funk and Soul.

In Hannover, it's easy to dance the night away. Whether you prefer clubs, discos or glittering temples of dance, pubs, culture or special events – there's a home for every enjoyment and every musical taste. Dance, celebrate, enjoy yourself – the possibilities are endless!

For more events, please visit:
visit-hannover.com/en/nightlife

Havana

Schölinstraße 4

[facebook.com/Havana-Steintor](https://www.facebook.com/Havana-Steintor)

Havana at Steintor conjures a Caribbean atmosphere. Swing those hips to Latin American music and down cocktails made to original Cuban recipes! In summer the inner courtyard is transformed into a little beach club.



Cafe Glocksee

Glockseestraße 35 (Hinterhof) | cafe-glocksee.de

This trendy club has built its reputation with spectacular live concerts and over-the-top parties: the perfect location for legendary club nights.

Cumberlandsche

Prinzenstraße 9 | cumberlandsche.de

Dance to classic sounds such as disco and funk & soul as well as some newer numbers. The bar is open to all visitors on Wednesday to Saturday from 19:00. The club is open from 22:00 on Fridays and Saturdays. Good drinks and a unique atmosphere in the city's finest hall.





By bus, by bike or on foot through the city!



Public art

Public art is a long-standing and valued tradition in Hannover: over the past few decades, more than 200 sculptures and installations have been erected in the city.

visit-hannover.com/en/cultureforfree



Graffiti tours

Schwitters, the Cookie Monster and an underwater world: On our neighbourhood tours through Linden, Nordstadt and List/Oststadt you will discover lots of legal street art embellishing the walls of local buildings.

visit-hannover.com/graffiti



Hannover by night

The tour starts at dusk in front of Tourist Information. From there you will visit Hannover's main sights and points of interest. The tour ends at a viewpoint which looks out over the impressive city lights.



Discover Hannover's neighbourhoods ...

Discover a different side to the city! Experience the bustling life in Linden, the laid-back Nordstadt area, or the sophisticated, relaxed neighbourhood of List with a stimulating tour.

Book your tour through the neighbourhood of Linden, List/Oststadt or Nordstadt in Hannover – there's guaranteed to be something for everyone!



Hop-on Hop-off bus

The Royal Gardens of Herrenhausen, the New Town Hall and the charming Old Town are just some of the highlights on the Hop-on Hop-off city tour in the open-top double decker bus – it's not to be missed!

visit-hannover.com/en/sightseeing-city-tours

Tip

Buy **The Red Thread** brochure at Tourist Information!

The Red Thread

A 4.2 km path runs through Hannover, leading you to architectural, historical and entertaining sights. Following the Red Thread will bring you new insights and points of view!

Further information:

Team city tours

Tel.: + 49 (0) 511 / 12345-333

visit-hannover.com/stadttouren





The Hannover Region ...

... is home to many exciting destinations for excursions. Sports, culture, experience, adventure – many families benefit from the diverse range of activities on offer for a weekend trip. In the Hannover Region, it's easy to keep it local.

Further information:
visit-hannover.com/en/sightseeing-city-tours/hannover-holiday-region

Steinhuder Meer

29 square kilometres of water, vast moors, a mystical alder forest, the Meerbruchwiesen nature reserve and dense forests: the nature around Steinhuder Meer is varied and is best discovered on the 32 kilometre circular trail.



North-west Germany's biggest lake with Wilhelmstein island fortress and Steinhude bathing island as well as a beautiful sandy beach. On top of this, it's also the first choice for water sports in the region. Swimming, sailing, surfing, rowing, paddling, pedalos and, of course, kiting.

Full details: steinhudermeer.surfers-p.de



The Deister Hills

Just 30 kilometres south-west of Hannover, a green paradise is waiting to be discovered: the Deister mountains. Mountain bikers also love the legal freeride routes, challenging downhill trails and a nifty dirt-ramp track.

It goes without saying that the area is a utopia for hikers. The Höhenzug route stretches over 20 kilometres in length and 4 kilometres in width with altitudes reaching 404 metres. The Deister mountains can be easily reached from Hannover using the S-Bahn. Well signposted hiking routes make for a perfect experience.



Forest adventure trail

Experience the forest with all your senses! For big and small explorers alike – a 2.5 kilometre easy hike which offers so much to see and learn. The interactive educational forest trail starts at the 'Waldkater' car park in Wennigsen and leads to the water wheels in the Deister.

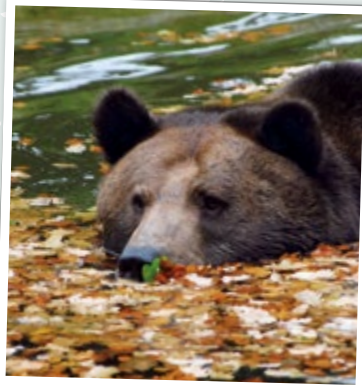


Wisentgehege Wildlife Park in Springe

Wisentgehege 2, 31832 Springe
wisentgehege-springe.de

Wolves, bears, lynxes, wild horses – over 100 animal species can be seen in their natural surroundings. The air shows with the resident bird species are also breathtaking.

Not far away is the Saupark with the Springe hunting lodge. The Palace Museum hosts changing cultural events.



Marienburg Castle

Marienburg 1, 30982 Pattensen | schloss-marienburg.de/en

Approximately 20 kilometres south of the state capital, Marienburg Castle sits on a hilltop close to the town of Pattensen. The last summer residence of the kings of Hannover looks out over the Calenberg countryside. This grand neo-Gothic castle was built in the mid-19th century by King George V as a gift to his wife, Marie.

Lake Blauer See

Am Blauen See 119, Garbsen
camping-blauer-see.de

With clear water, sandy beaches, water slides, boat hire, water-ski lift, beer garden and an adventure mini golf course, the lake provides thrills for families and water-sport lovers.



Swimming and wellness in the Hannover region

hannover.de/baederfuehrer

Whether you're looking for sport-level swimming, a fun splash or pure relaxation: the region offers countless places for water activities – from indoor, combined and outdoor pools to swimming lakes with excellent water quality. For those who love wellness and spas, there are plenty of great thermal baths and saunas, such as aquaLaatzium and Königliche Kristall-Therme Seelze.





SNNTG Festival

Hohenfelser Straße 16, 31319 Sehnde | snntg.de

SNNTG is a joyful, peaceful and tolerant event with a varied range of music on several stages and an exciting programme of art and culture. Among other things, the focus is on sustainability, so all of the food is served without plastic packaging. Visitors take historical trams to travel between stages – the event takes place on the grounds of the Hannover Tramway Museum.

Pure holiday feeling

Your feet in the sand, the sun on your skin and a refreshing drink in hand: trendy beach clubs in the Hannover region provide a beach atmosphere and a summer feeling on your doorstep.

Full details at:
visit-hannover.com/en/nightlife



Fuchsbau Festival

Ziegeleistraße 41,
31275 Lehrte/Immensen
fuchsbau-festival.de

Off to Fuchsbau! The electronic, indie, hip hop and pop festival is always open to contemporary formats, issues and adventures as well as the latest art and music. The programme with a twist!





The sustainable city – shaping Hannover's future together

The state capital and region of Hannover have been working on strategic goals, programmes and projects relating to sustainability for a number of years. Here are some facts, information and examples of projects:

■ German Sustainability Award

The state capital of Hannover won the German Sustainability Award in the category 'Germany's most sustainable city 2018'.

The judges had this to say:

"Sustainable urban development is a way of life in Hannover. The state capital of Lower Saxony (...) combines an integrated and strategic approach with diverse, creative practical projects and a distinct culture of participation to achieve its goals for the future. The council and the government support this widespread commitment and impressively implement sustainability as an across-the-board effort."

■ More nature in the city

Hannover was awarded the title 'German Capital of Biodiversity' in 2011. With the More nature in the city programme, Hannover continues to implement measures to promote biodiversity, species conservation and a greater presence of nature in the city.

■ Hannover is home to:

- around 20,000 allotments
- more than 46,000 urban trees
- around 100 hectares of playgrounds
- 20 hectares of green-designated squares
- the 640-hectare Eilenriede forest, Europe's largest municipal forest
- green spaces around Lake Maschsee, the Leine and Ihme rivers, countless parks





Geocaching in Hannover: Sustainable secrets

A total of 17 'sustainable secrets' await your discovery. The tour is dedicated to the 17 global Sustainable Development Goals and is divided into four sections. In addition to the actual cache, which has to be cleared before being entered into the logbook, you will receive a whole host of information and tips for a sustainable lifestyle.

Besides the 'Sustainable Secrets' tour, there are many more unique geocaching tours which offer a special way to discover Hannover. All information about tours, such as well-kept secrets and international secrets, can be found at:

visit-hannover.com/en/
geocaching

Tip

The caches can be ideally combined with a bike ride.



Hannoccino

18 million disposable coffee cups are used in Hannover every year. But now there's an eco-friendly alternative – the Hannoccino cup. The new returnable cup consists largely of organic materials and is biodegradable. It is also food and dishwasher safe. There are currently around 180 partners in the city and region of Hannover.

Note:

Exchange points can be identified by this symbol:



HOP! Hannover ohne Plastik (Hannover without plastic)

The initiative 'Hannover without plastic' run by the state capital of Hannover (LHH), known by the acronym 'HOP!', combines a range of activities for plastic avoidance.

Very few people today are able to live completely without plastic. But it is absolutely possible to use less plastic, especially in terms of disposable packaging and products.

For information about the initiative, please visit:
hannover-ohne-plastik.de





Getting here

Hannover is an important transport hub in Europe and is easily accessible by train, car, coach and plane.

Thanks to the fast ICE connections, travelling by train is one of the most comfortable and of course sustainable options. The journey from Berlin to Hannover takes about 1.5 hours, from Hamburg about 1 hour and even from Munich it takes only 4.5 hours to get to the city on the Leine.

If you are travelling from Lower Saxony, you can reach Hannover via train with the Niedersachsen-Ticket at a particularly good price. The central bus station is located in the city centre behind the central railway station.



Environmental zone

If travelling by car, please remember that the city centre is an environmental zone. That means access is only permitted for cars with a green sticker.

Bus and rail in the Hannover region

Every year more than 200 million people use the 120 bus lines, 12 tram lines, 10 suburban railway lines and many regional railway lines that connect the city and its surrounding area. You can reach any destination quickly and comfortably. Energy is used particularly efficiently by trams: braking energy is fed back into the overhead line.

Since 2015 ÜSTRA has been purchasing carbon-neutral (and non-nuclear) electricity from enercity. This has drastically reduced CO₂ emissions.

Tip

Tickets can be easily booked online using the **GVH app**.



HannoverCard tourist

The HannoverCard tourist grants you free travel across the entire metropolitan area, and offers many attractions at reduced prices. It can be easily purchased online.

visit-hannover.com/en/hannovercard



Bike and e-scooter hire

Have no fear! Hannover is mostly flat. Exploring the city by bike is a great idea. You can hire a bike quickly at the Fahrradstation next to the central railway station. If you have something to transport, you can hire a Hannah carrier bicycle free of charge from various locations in the region. Of course there are also different bike and e-scooter hire systems.



Carsharing + Ridesharing

Hannover has a wide variety of car-sharing services. Stadtmobil is the largest provider with over 390 vehicles, with a fleet which includes electric vehicles.

The emission-free electro-shuttles of the Ridesharing Service operated by VW subsidiary MOIA can easily transport you from A to B. Journeys can be booked conveniently by the app.



Electromobility

More and more electric vehicle charging stations are popping up around Hannover. enercity alone operates over 350 public charging points.



Out and about by bike

There are over 360 kilometres of cycle paths alongside the city's roads, making cycling a safe and comfortable way to get around. In addition, there are 170 kilometres of cycle paths through Hannover's green spaces such as the Eilenriede municipal forest or the Leineaue meadows. This means that cycling in Hannover is no problem at all, and is often even the fastest way to get from A to B.

In future there will be 12 cycle routes connecting the districts to the city.

But that's not all: as one of the greenest cities in Germany, Hannover offers a great range of cycle tours within the city. Six signposted routes lead through and around the city.

And of course the region is also well connected. You can reach popular destinations such as



Steinhuder Meer and Marienburg Castle on a network of cycle paths spanning some 1,000 kilometres.

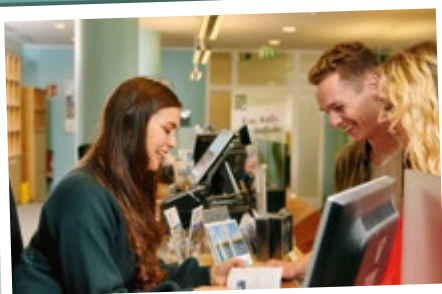
If you are planning an excursion by bike and only want to cycle part of the way, that's no problem. You can take your bike on the tram or S-Bahn, sometimes at no extra charge.



Mobile on the water

Fancy discovering Hannover from the water? Hannover offers plenty of options for this. On canoe tours along the Ihme and Leine rivers, you can see Hannover from a completely different perspective. Hiring a canoe or booking a paddle tour is easy. There are various suppliers, even for stand-up paddling. With the Maschsee fleet, you can take in all of Hannover's largest inland body of water. From April to the end of October, the boats

cross Lake Maschsee and stop at piers around the lake. The star of the fleet is a stainless steel catamaran with state-of-the-art, environmentally-friendly solar propulsion. If you prefer to explore Lake Maschsee in a more active way, simply rent a pedal boat, rowing boat or sailing boat. Hannoversche Personenschiffahrt offers cruises on the Ihme and Leine rivers as well as the Mittel-land Canal.



We're happy to help!

Tourist Information team

Comprehensive service is available at Tourist Information, located directly opposite the central railway station, or at the information counter in the New Town Hall – including information on individual sights, brochures, city tours and souvenirs.

Tourist Information

Ernst-August-Platz 8
30159 Hannover
Tel.: + 49 (0) 511 / 12345-111
info@hannover-tourismus.de

Tourist Information in the New Town Hall

Trammplatz 2
30159 Hannover
Tel.: + 49 (0) 511 / 168-45333

If you want to get to know a city from all angles, it's best to seek guidance from someone who knows it well:

Hannover Marketing und Tourismus GmbH provides a comprehensive service and a wide range of offers for your visit to Hannover.

Opening hours



Our online shop

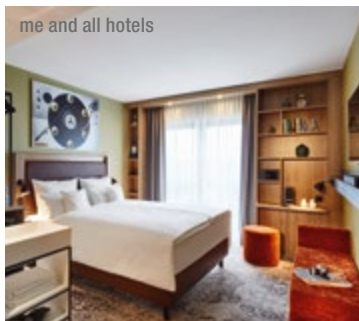
visit-hannover.com/en/online-shop

You can shop conveniently around the clock in our online shop. For example, you can purchase Hannover souvenirs or tickets for the famous and much-loved fireworks competition at the Royal Gardens of Herrenhausen. Or the HannoverCard tourist, which not only gives you free travel on buses and trains in the Hannover region, but also offers you a range of attractive discounts from many partners.



Or you can book one of our package deals – a practical combination of accommodation, events, culture and more. All with excellent terms. What are you waiting for? Head to our online shop!

me and all hotels



Accommodation

There's no shortage of hotels in Hannover, but there's also plenty of private accommodation, with hostels and guesthouses providing affordable options.

visit-hannover.com/en/hotels

Information:

Some hotels are actively committed to sustainability and their ecological approach has received many awards.

Special tip



A weekend with friends

Get your friends, the football team or the whole neighbourhood, and head off to Hannover. On Friday, head first to Bowling World, on Saturday take a Segway around Lake Maschsee and stroll through the Old Town – the perfect way to discover Hannover in a weekend!

Your trip includes:

- 2 nights in a double or single room incl. breakfast in a 3- or 4-star hotel
- Bowling night on Friday (2 hours of bowling including shoe hire, a burger and chips or curried sausage and fries as well as 1 beer

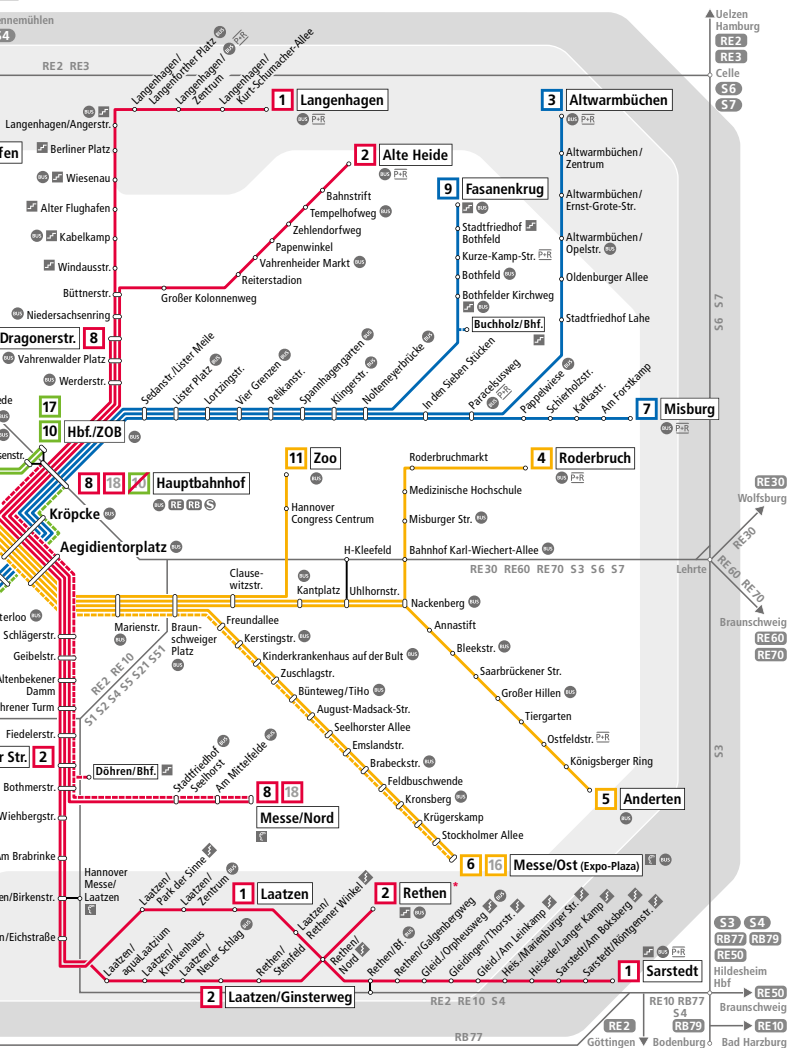
or soft drink per person (the food is served before bowling)

- Lake Maschsee Segway tour on the Saturday (2 hours incl. 30 minute orientation)
- Dinner on Saturday in a city-centre restaurant (main meal incl. 1 drink per person)
- City tour with guide (book your preferred time)

€ 225 per person in a double room in a 3-star hotel (€285 in a single room)

€ 239 per person in a double room in a 4-star hotel (€310 in a single room)

Bookable for groups of 10 people or more.



Tips for sustainable living

THAT ANYONE
CAN FOLLOW

Drink tap water
from metal or glass bottles.

Cut down on meat and animal products.
It's better to have a good-quality cut of local meat – preferably organic – or local fish now and again than eating cheap products nearly every day.

Avoid disposable plastic items such as cutlery, plates and straws **by using** reusable versions.

Switch to **natural cosmetics, bamboo toothbrushes** and **bars of soap and shampoo.**

Travel **shorter distances by bike or on foot**, especially within the city.

Switch to **cotton shopping bags** and nets for fruit and veg, buy fresh produce **loose**, and bring your **own boxes** for deli products.

Don't buy food or drink 'to go'.
Bring your own containers and refuse unnecessary packaging.



Do not use cardboard coffee cups – we offer the **reusable Hannocino cup** for this purpose!

Buy clothes consciously: buy fewer clothes and make use of clothing exchange parties, flea markets or second-hand shops. When buying new, look for organic and fair trade quality and the relevant seal.

Choose fair **trade organic chocolate** to help ensure that children can go to school instead of having to work.

Buy local produce at **farmers' and weekly markets.**

Imprint

Responsible under press law: Hans Christian Nolte, Publisher: Hannover Marketing & Tourismus GmbH, Vahrenwalder Straße 7, 30165 Hannover, Commercial Register Section B No 59223, info@hannover-marketing.de · Editors: Maike Scheunemann, Bea Krüttner, Anja Krafft, Stefania Scholz, Petra Sievers, Roland Heine · Texts: Lars Kompa, Christian von Scheven, Till Lobenstein · Design: kontextsensitiv, Andre Kulbarsch · Print: BWH GmbH · Photos: Titile: Christian Wyrwa · Photos in contents: Christian Wyrwa, Isabell Adolf, Lars Gerhards, Hannover Marketing und Tourismus GmbH, Landeshauptstadt Hannover, all participating and featured restaurants, shops, clubs and hotels · Karsten Davidelt (p.4), Helge Krückeberg (p.8), Jo Titze (p.9), Stefan Knaak (p.9), fotolia.com – Mapics (p.10), Simon Parfremont (p.10), Sofie Puttfarken (p.11), Christian Malsch (p.14), Lina Sternberg (p.16), istockphoto.com – dusanpetkovic (p.17), istockphoto.com – Arseniy Rogov (p.18), Jens Ståbing (p.18), Stefan Schulze (p.19), Karsten Davidelt Photographie (p.19), Erlebnis-Zoo Hannover (p.21), Martin Kirchner (p.23, 33, 36), Antonia Haffner (p.25), Patrick Graf (p.26,40), Ralf Mohr (p.27), Hans Zaglitsch (p.30), Staatsoper, „Alcina“ – Sandra Then (p.30), Schauspiel Hannover, „Frankenstein oder eine Frischzellenkur“ – Katrin Ribbe (p.30), GÖP Entertainment Group (p.30), Theater am Küchengarten – Thomas Rocho (p.31), Sprengel Museum Hannover (p.31), Deutsches Museum für Karikatur und Zeichenkunst (p.31), Kestner Gesellschaft – Installationsansichten Nicolas Party Stage Fright – Raimund Zakowski (p.31), Kunstverein Hannover – Raimund Zakowski (p.31), Kevin Münkler (p.32,34), Landeshauptstadt Hannover (p.32), Martin Bargiel (p.33), Axel Herzig (p.33), André Vaternam (p.34), Toni Barac (p.35), Leon Klank (p.35), Steinhuder Meer Tourismus GmbH (p.38), Hans Zaglitsch (p.38), Tourismus-Service Wennigsen (p.39), Wisentgehege Springe (p.39), Michael Abid Sommer (p.40), AdobeStock – NDABCREATIVITY (p.40), Jan Helge Petri (p.41), MOIA GmbH (p.46), Stadtmobil Hannover (p.46), istockphoto.com – FooTToo (p.46), Üstra Hannoversche Verkehrsbetriebe (p.47), Hannover.de (p.48), Fotograf Henning Scheffen, me and all hotels – nicolezimmernann.de (p.49)

Updated: June 2023 | Errors and omissions excepted

www.**VISIT-HANNOVER**.com/inside