

STUTTGART REGION



THE
ULTIMATE GUIDE



Stuttgart
Region

The Guide

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About the **Stuttgart** Region

Right in the middle — the Stuttgart Region lies at the centre of south-west Germany. In addition to the state capital, the region includes the five surrounding districts of Böblingen, Esslingen, Göppingen, Ludwigsburg and the Rems-Murr district. Around 2.8 million people from approximately 180 countries live in the 179 towns and municipalities. Together they form one of the strongest economic centres in Europe.



2.8 million inhabitants



6000+ SME IT companies



1.6 millionen employees



42 million litres of wine per year



180 nations in 179 municipalities



31% covered by forest

The highly developed industrial conurbation is known for its economic strength, its leading technological position and excellent universities as well as its high quality of life.



The Stuttgart Region 1x1

“Bisch beim Daimler?”

(Working at Daimler?) Due to the history of Gottlieb Daimler, in the Stuttgart Region Mercedes-Benz is called ‘Daimler’.

The red hoop

(Der rote Brustring) is the symbol of the local football team VfB Stuttgart. The region meets in Bad Cannstatt for home games.

Besen (broom) A temporary, family-run wine tavern where local vintners serve their own wines alongside regional dishes in a cozy, rustic setting.

Kehrwoche (sweep week) Traditional Swabian practice, where residents take turns cleaning communal areas like sidewalks and courtyards to maintain cleanliness and order.

Butterbrezel (pretzel with butter) The ultimate Swabian snack: butter pretzel. Not only to be found at every bakery but also a favourite snack at events.

“Schaffa, Schaffe, Häusle baue” (Work, work, build a house) – Leisure is something you only put in your calendar once all your tasks are done... so basically never.

How to: Public Transport

The Stuttgart Region has a well-developed public transportation system. The services are operated within the Verkehrs- und Tarifverbund Stuttgart (VVS), ensuring seamless connections and a uniform ticketing system.

- S-Bahn: The backbone of regional transport, connecting Stuttgart with surrounding cities.
- U-Bahn: Stuttgart's light rail system primarily serves the city and nearby suburbs
- Regional Trains (Regio): Connect Stuttgart to further-away regions in Baden-Württemberg
- Buses: Cover areas not reached by rail, ensuring comprehensive accessibility throughout the region.

Tickets are valid across all modes of transport, and the network is well-integrated with real-time information systems.



Tickets can be purchased via [vvs.de](https://www.vvs.de) or the app. Timetables can also be viewed there.



Not a fan of public transport?

Bike Sharing

With [RegioRadStuttgart](#), grab a regular bike or an e-bike anytime. Stations can be found everywhere — perfect for quick, eco-friendly trips.

E-Scooter

Hop on a TIER, Lime, or Voi e-scooter for spontaneous rides through the city — fast, fun, and emissions-free.

Carsharing

Need a car? Share Now, Stadtmobil, and Miles offer flexible rentals — just book via the app.



Hi Tech!



Foto: SMG | Werner Dieterich

Be Part of the Stuttgart Region Tech Community

Where high quality of life meets perfect career and business opportunities: Located in the beautiful southwest of Germany, the Stuttgart Region welcomes tech talents from around the globe.



wesayhi.tech



[Hi Tech! Community
Stuttgart Region](#)



Learn German (Swabian) with us...

...you want to praise someone

Gut gemacht!

Ned g'motzt isch globt gnug

...you want to order Swabian food

Eine Maultasche bitte

Oi Mauldäschle bidde

...you don't like someone

Depp

Granadasegg!

...you need a dustpan

Ich benötige ein Kehrblech bitte.

I brauch a Kudderschaufel bidde.



To Do

- Explore Stuttgart City with the **Hop-on Hop off Bus**
- Take a stroll on the "**Blaustrümpflerweg**" or on the **Panoramawege** Stuttgart, to see the best views in Stuttgart
- Take a ride on the oldest **Television Tower**
- Visit a "Weingut" or a "**Besen**" or buy a bottle of wine and go on a **walk through the vineyards**
- Relax at **Feuersee** with a cold beer or soft drink
- Enjoy the view at **Teehaus** and take a stroll in the Weissenburgpark
- Take a look at the oldtown of **Esslingen** and visit the oldest "Sektellerei" in Gemany
- Rent a boat in **Bietigheim-Bissingen** or **Waiblingen**
- Go on a hike in the **Schwäbische Alb**, **Schönbuch** or along the **Remstal**

To Do

- Visit the **Mineralbäder** (mineral baths) in Stuttgart-Bad Cannstatt
- Go to a **sport event** (handball, football (the original one), volleyball, basketball...)
- Explore the **museums and galleries** in the Stuttgart Region
- Visit **Stadtbibliothek** for the most instagrammable pictures
- Stroll through the **vintage stores** @Tübinger Straße
- Shopping **@Milaneo** (biggest mall)
- Enjoy the history of the automobile on a visit to **Mercedes-Benz-Museum** and **Porsche Museum**.



For more inspiration and information, check the following sites:
lift-online.de
rausgegangen.de/stuttgart (Best for events)
stuttgart-tourist.de

Best places in Stuttgart for...

Stuttgart is a vibrant city that beautifully blends tradition and modernity, offering fantastic spots for every occasion. Whether you're craving a hearty Swabian dinner, looking for a cozy café, or planning a night out in stylish bars and energetic clubs, Stuttgart has something for everyone.

From traditional taverns serving Kässpätzle to trendy cocktail bars and lively dance floors, the city's culinary and nightlife scene won't disappoint.

For a complete guide to the best places in Stuttgart, visit stuttgart-tourist.de.

...good sleep

Whether you're into boutique hotels, budget beds, or homey apartments – Stuttgart has it all. Here's how and where to find your perfect stay.

Chains:

Motel One, Ibis, Holiday Inn, Steigenberger, Maritim

Boutique & Design Hotels:

EmiLu Hotel, Jaz in the City, Der Zauberlehrling, Ruby

Luxury:

Althoff Hotel am Schlossgarten, Le Méridien

Hostels & Budget Accommodation:

Jugendherberge Stuttgart International, a&o Hostel Stuttgart City, International Student Hotel, Alex 30 Hostel

Easily bookable through all the usual platforms like Booking, Expedia, airbnb – or simply go straight to the source and book directly with the hotel. 😊

...coffee & cakes

wyld Tagesbar & Concept Store

Nice café with delicious food and a large selection of vegan cakes

Rosenbergplatz 1, Stuttgart-West

Herbert'z Espresso

For more than 25 years, Herbert'z has been a firm favourite in the south of Stuttgart

Immenhofer Str. 13, Stuttgart-Süd

Condesa Café & Bar

The place to be on sunny days!

Marienplatz 11, Stuttgart-Süd

Raupe Immersatt

Non-profit foodsharing café.

Johannesstraße 97, 70176 Stuttgart-West

Gustav Café & Bar

Cozy spot for breakfast with a nice courtyard.

Schwabstraße 47, Stuttgart-West

...Swabian dinner

Stuttgart-Mitte:

Brauhaus Schönbuch Stuttgart

Bolzstraße 10, 70173 Stuttgart

Carls Brauhaus

Stauffenbergstraße 1, 70173 Stuttgart

Weinstube Fröhlich

Breitscheidstraße 2, 70174 Stuttgart

Alte Kanzlei

Schillerplatz 5, 70173 Stuttgart

Platzhirsch Stuttgart

Geißstraße 12, 70173 Stuttgart

Stuttgart-West:

Gasthaus Bären

Paulinenstraße 45, 70178 Stuttgart

Stuttgarter Stäffele

Buschlestraße 2a, 70178 Stuttgart

Speisekammer West

Gutenbergstraße 87, 70197 Stuttgart

Stuttgart-Süd:

Weinstube Basta

Wagnerstraße 39, 70182 Stuttgart

Das Lehen

Lehenstraße 13, 70180 Stuttgart

Goldener Adler

Tübinger Straße 31, 70178 Stuttgart

Brauereigaststätte Dinkelacker

Tübinger Str. 46, 70178 Stuttgart

Stuttgart-Ost:

Köhlerstüble

Gablenberger Hauptstraße 130, 70186 Stuttgart

Schlachthof Stuttgart

Schlachthofstraße 2, 70188 Stuttgart

...vegan dinner

Why!

Creative vegan restaurant
Reinsburgstraße 13, 70178 Stuttgart

Köhlerstüble

Traditional Swabian classics in vegan!
Neckarstraße 209, 70190 Stuttgart

Doen Doen Kebap

Vegan kebab
Josef-Hirn-Platz, 70173 Stuttgart

Soy Club

Asian restaurant
Schlossstraße 112, 70176 Stuttgart

Heaven's Kitchen

Zero-waste soul food
Theodor-Heuss-Straße 26, 70174 Stuttgart

Veganes Gold®

Modern and creative restaurant
Schloßstraße 77, 70176 Stuttgart

Energetic Life

Vegan, gluten-free & sugar-free
Schulstraße 8, 70173 Stuttgart

...pubs & bars

Stuttgart-Mitte:

- Oblomow: Beer and easy-going vibe
- Caffè Bar: cool bar
- Marshall Matt: relaxed bar
- Schwarz Weiß Bar: Cocktail bar with a sophisticated ambiance
- Le Petit Coq: Stylish cocktail bar
- FouFou: Elegant cocktail bar
- Hans im Glück Fountain: A lively square surrounded by bars and restaurants
- Palast der Republik

Stuttgart-Süd:

- Galao: Cozy spot featuring live concerts
- Sattlerei: Relaxed bar
- Sitt: A wine bar with a relaxed atmosphere
- Arigato: Trendy restaurant with a cool vibe
- Marienplatz: A popular square for young people, especially in the evenings



Stuttgart-West:

- die Bar: Cocktails, whisky, rum
- Blau: Well-regarded cocktail bar
- Café Seyfferts: Trendy café and bar
- Feuersee: A bustling area, especially in the evenings with a youthful crowd

Stuttgart-Ost:

- Kraftpaule: Brewery offering its own craft beers
- Alte Schule: Very nice pub with great beer and great people
- Schlampazius: Popular spot for gastronomy enthusiasts

...a party

Concert venues

- Im Wizemann: Iconic venue for live music and events
- Wagenhallen: Industrial-style venue hosting concerts and cultural events
- LKA: A renowned venue for rock and alternative music
- Laboratorium: A hub for intimate performances and niche concerts
- Rosenau: A versatile space for live music and comedy
- Goldmarks: Small but vibrant rock and indie venue
- Merlin: Cultural center with live music, theater, and events
- Kiste: Jazz-focused bar and concert space
- Bixx: Upscale jazz and live music club

Clubs

- Fridas Pier: Known for electronic music
- Containt: Primarily electronic music but also hosts concerts
- Sunny High: A mix of electronic music and live performances
- Kowalski: A hotspot for electronic music lovers
- Romantica: Small, intimate club for electronic music
- Climax: Well-established electronic music club
- Schräglage: Famous for hip-hop and urban beats
- Schwarzer Keiler: Focused on metal and alternative genres
- Wonders: Club next to STEYG
- Perkins Park: Iconic venue blending elegance and a lively disco atmosphere



STUTTCARD

The perfect way to discover Stuttgart.

© Alwin Maigler



STUTTCARD
HERE AVAILABLE



Make the most of your Stuttgart experience and enjoy unbeatable perks on sightseeing, cultural and culinary highlights – available with or without a public transport ticket.

stuttcard.com

What to do in the Stuttgart Region

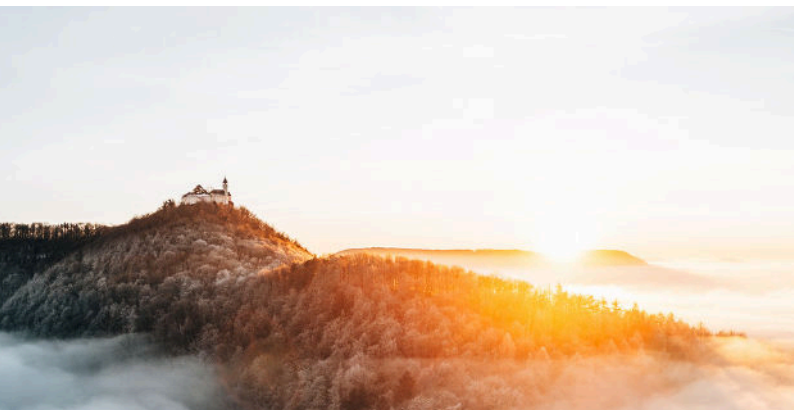
The Stuttgart Region is a perfect blend of scenic landscapes, rich history, and Swabian traditions. Whether you're a nature lover, history enthusiast, or foodie, there's plenty to explore.

- Go on a wine hike – Stroll through the picturesque vineyards, stopping for wine tastings and enjoying stunning panoramic views.
- Visit a Besen – Experience a traditional Swabian Besenwirtschaft, seasonal wine taverns run by local winemakers, serving hearty regional dishes and homegrown wines in a cozy atmosphere.
- Explore old towns – Wander through charming half-timbered towns like Esslingen am Neckar, Bietigheim-Bissingen, and Schorndorf, where medieval streets and market squares bring history to life.
- Visit castles – Discover stunning palaces and fortresses
- Escape into the Swabian Alb, Schönbuch Nature Park, or the Remstal Valley

Explore: District Esslingen

The Landkreis (district) Esslingen is a region rich in history, scenic landscapes, and vibrant cultural offerings. Nestled between the bustling city of Stuttgart and the picturesque Swabian Alb, this district combines medieval charm with modern amenities. The district is known for its vineyards, historic half-timbered towns, and natural wonders, making it a fantastic destination for day trips and longer stays alike.

Whether you're an outdoor enthusiast, a history buff, or a foodie looking for Swabian delights, the district Esslingen has something to offer.



Historic & Cultural Landmarks

- Esslingen am Neckar old town – One of Germany's best-preserved medieval towns with charming half-timbered houses, cobbled streets, and a historic market square
- Kloster Denkendorf – A former monastery with a rich history, set in a peaceful location perfect for a stroll
- Burg Teck – A historic hilltop castle in the Swabian Alb, offering stunning panoramic views, a scenic hiking destination, and a glimpse into medieval history

Nature & Outdoor Activities

- Schwäbische Alb Biosphere Reserve – A paradise for hikers
- Albtrauf hiking routes – Enjoy breathtaking views and explore hidden waterfalls
- Hohenneuffen Castle – Magnificent castle ruin perched on a hill with fantastic views and medieval events

Unique Experiences

- Esslinger Weihnachtsmarkt (medieval Christmas market) – One of Germany's most magical Christmas markets with fire shows, medieval crafts, and traditional delicacies
- Kessler Sekt Manufaktur – Germany's oldest sparkling wine producer, offering exclusive tours and tastings
- Filderkrautfest – A festival celebrating the region's famous Filderkraut (pointed cabbage) with culinary specialties

Explore: Rems-Murr District

The Rems-Murr-Kreis (district), located northeast of Stuttgart, is a picturesque district known for its vineyards, rolling hills, and historic towns. Stretching from the Remstal Valley to the Swabian Forest, this region offers a mix of outdoor adventures, cultural landmarks, and charming small towns.

Whether you're exploring medieval castles, hiking through lush forests, or diving into the region's rich history, Rems-Murr-Kreis is full of hidden gems.



Historic & Cultural Landmarks

- Schorndorf old town – The birthplace of Gottlieb Daimler, featuring beautifully preserved half-timbered houses and a fascinating museum about the automotive pioneer
- Burg Reichenberg (Oppenweiler) – A stunning medieval castle offering breathtaking views over the valley
- Waiblingen's historic center – A charming town with timber-framed houses, narrow alleys, and a picturesque riverside park

Nature & Outdoor Activities

- Remstal cycling path & hiking trail – A scenic cycling and hiking route that winds through vineyards, forests, and picturesque villages
- Ebnisee – A tranquil lake in the Swabian Forest, perfect for hiking, boating, and relaxing by the water.
- Naturpark Schwäbisch-Fränkischer Wald – A stunning natural reserve with deep forests, waterfalls, and dramatic rock formations
- Hörschbach waterfalls (Murrhardt) – A hidden gem with an idyllic hiking trail leading to beautiful cascading falls

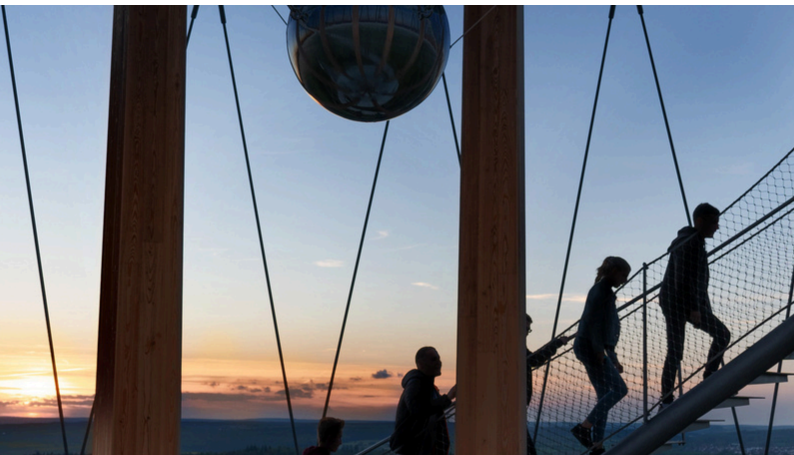
Unique Experiences

- Limes-Wachturm (Welzheim) – Visit a reconstructed Roman watchtower along the UNESCO-listed Limes, the ancient Roman border
- Schorndorfer Woche "SchoWo" – Days of celebrating, live music, food and regional wine

Explore: District Böblingen

The District Böblingen, situated southwest of Stuttgart, is a region that seamlessly blends high-tech industries, historic towns, and natural landscapes. Known as a center for automotive innovation, the district is home to major companies like Mercedes-Benz and Porsche, while also offering charming old towns, scenic lakes, and dense forests.

Whether you're interested in history, outdoor activities, or technology, there's plenty to explore in Böblingen and its surrounding areas.



Historic & Cultural Landmarks

- Schloss Waldenbuch & Museum Ritter – A historic castle combined with a modern art museum, famous for its collection inspired by the square (sponsored by Ritter Sport)
- Sindelfingen old town – A picturesque medieval town with half-timbered houses and the historical Martinskirche
- Mercedes-Benz Technology Center (Sindelfingen) – While not always open to the public, the area is a key location for automotive research and development

Nature & Outdoor Activities

- Schönbuch Nature Park – A vast forest reserve perfect for hiking, cycling, and wildlife spotting.
- Eisenbahnromantik Herrenberg – A nostalgic experience for train enthusiasts, featuring a historic steam locomotive depot
- Herrenberger Schlossberg – A scenic hiking area with panoramic views over the so called "Gäu"

Unique Experiences

- Motorworld Region Stuttgart (Böblingen) – A must-visit for car enthusiasts, showcasing classic cars, luxury vehicles, and automotive history
- Böblinger Flugfeld – Once a historic airfield, now a modern development with cultural spaces and a lakefront promenade

Explore: District Ludwigsburg

The District Ludwigsburg, just north of Stuttgart, is a region rich in history, Baroque architecture, and scenic vineyards. Home to the magnificent Ludwigsburg Palace, picturesque river landscapes, and charming old towns, this district offers a perfect mix of cultural experiences and outdoor adventures.

Whether you're exploring a grand palace, strolling through vineyards, or learning about the region's royal past, Ludwigsburg is full of must-see destinations.



Historic & Cultural Landmarks

- Residenzschloss Ludwigsburg – One of Germany's largest Baroque palaces, often called the "Swabian Versailles", featuring stunning gardens, historical museums, and guided tours
- Blühendes Barock & Märchengarten – A beautifully maintained garden surrounding the Ludwigsburg Palace, with a fairy-tale park perfect for families
- Schloss Favorite – A charming hunting lodge near Ludwigsburg, set in a peaceful forested area
- Festung Hohenasperg – A historic fortress with a fascinating history as a prison and military stronghold, now housing a museum
- Schloss Monrepos – A romantic lakeside palace offering boat rides, scenic walking trails, and a beautiful vineyard setting

Nature & Outdoor Activities

- Neckartal cycle path – A scenic cycling route along the Neckar River, passing through vineyards, forests, and historic towns
- Hessigheimer Felsengärten and surrounding areas
- Enz Valley hiking trails – Picturesque routes following the Enz River, offering breathtaking views and charming villages

Unique Experiences

- Ludwigsburger Barock-Weihnachtsmarkt – One of Germany's most beautiful Christmas markets, featuring Baroque-themed decorations, festive lights, and local crafts

Explore: District Göppingen

The District Göppingen, located between Stuttgart and the Swabian Alb, is a region filled with majestic castles, breathtaking natural landscapes, and deep historical roots. Known as the "Stauferland", it was the homeland of the Hohenstaufen dynasty, one of medieval Europe's most powerful ruling families.

With its rolling hills, scenic hiking trails, and well-preserved medieval sites, Göppingen offers a perfect mix of outdoor adventures and cultural discoveries.



Historic & Cultural Landmarks

- Burg Hohenstaufen – The ruins of a medieval castle that was once the seat of the powerful Staufer dynasty, offering panoramic views over the region
- Kloster Adelberg – A former monastery surrounded by nature, featuring historical buildings and a peaceful lake
- Göppingen's Märklin Museum – A paradise for train enthusiasts, showcasing the history of Märklin model railways, one of Germany's most famous toy brands
- Schloss Filseck (Uhingen) – A beautifully restored Renaissance castle with exhibitions, cultural events, and scenic gardens

Nature & Outdoor Activities

- Filstal & Albtrauf hiking trails – Scenic hiking and cycling routes along the Fils River and the edge of the Swabian Alb, with stunning viewpoints
- Wasserberg (Schlat) – A popular hiking destination with breathtaking panoramic views over the region

Unique Experiences

- Staufer Festival – A cultural festival celebrating the history of the Staufer dynasty, with reenactments, concerts, and guided tours
- Geislinger Steige – A famous historic railway route, offering a scenic train journey through the steep hills of the Swabian Alb

Be your own Spätzle chef

Spätzle is a beloved Swabian egg noodle that holds a special place in southern German cuisine. Soft, chewy, and versatile, these noodles are a staple in dishes like Käsespätzle (cheesy Spätzle), Linsen mit Spätzle (lentils with Spätzle), and Gaisburger Marsch.

400 g all-purpose flour
4 eggs
200 ml water
1 tsp salt



- Make the dough: In a bowl, mix the flour, salt. Add the eggs and water, then beat with a wooden spoon until the dough is smooth and elastic. It should be slightly sticky and form bubbles when mixed. Let it rest for 10-15 minutes.
- Boil the water: Bring a large pot of salted water to a rolling boil.
- Form the Spätzle:
 - Traditional method: Spread a portion of dough on a cutting board, scrape small strips into the boiling water using a knife.
 - Spätzle press/grater: Push the dough through a Spätzle press or grater into the boiling water.
- Cook the Spätzle: Once they float to the top (after about 2-3 minutes), scoop them out with a slotted spoon and transfer to a colander.



The House of Tourism

Right in the heart of Stuttgart, the House of Tourism is your perfect starting point for exploring the city and the region. Get expert advice and insider tips at the Tourist Information desk, browse regional products and souvenirs, enjoy modern Swabian cuisine next door at Knitz — and top it all off with a drink on the green rooftop terrace overlooking the Market Square. The perfect place to feel Stuttgart's vibe.



Haus des Tourismus, Marktstraße 2, 70173 Stuttgart
www.hausdestourismus.de



Welcome Service Region Stuttgart

We help international professionals and students to settle in the region – at the Welcome Center Stuttgart, at our consultation hours in Böblingen, Esslingen, Waiblingen, Göppingen and Ludwigsburg, or by telephone or e-mail. We also support companies in recruiting and integrating foreign professionals.



www.welcome.region-stuttgart.de



Charlottenplatz 17
70173 Stuttgart
Telephone +49 711 216-64640
info@welcome-center-stuttgart.de
www.welcome-center-stuttgart.de

"Nice to know"

Tipping (Trinkgeld)

Tipping is customary, but not mandatory.

Round up the bill or add 5–10% in restaurants, cafés, and taxis. Say "Stimmt so" to let the server keep the change.

Punctuality Matters

Germans are known for being punctual – and Swabians take it very seriously. Arriving 5–10 minutes early is considered polite for appointments.

Cash is King (still)


Many places still prefer cash, especially smaller bakeries, kiosks, and markets. Always carry some euros (€) with you – just in case.

Clean & Green

Stuttgart and its surroundings are clean and eco-conscious. Recycling is serious business – don't mix waste. Returnable bottles (Pfand) can be taken to reverse vending machines in supermarkets.

Emergency Numbers



Fire & Ambulance	 112	Valid across the EU
Police	 110	For immediate danger
Medical On-Call Service	 116 117	For non-life-threatening medical issues outside regular hours
Poison Control (Baden-Württemberg)	 +49 761 19240	For humans and animals

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