



Studierendenwerk  
Düsseldorf

# Paddling on the Niers

Are you looking for a relaxing break from university life or would you like to experience nature from a new perspective? Then paddling on the Niers is just the thing for you! The idyllic river, flows through beautiful landscapes and offers the perfect opportunity to escape stress and enjoy nature. The route takes us through green meadows, along small villages and past breathtaking landscapes. Here you can relax, clear your head and enjoy good company at the same time. And best of all, the river is also suitable for inexperienced participants - so you don't have to be a professional to experience the adventure.

**WHEN:** Saturday, 11 July 2026, departure at 8:30 from Düsseldorf main station, return approx. 18:00  
**WHERE:** Niederrhein  
**COST:** 10€

Register by email to [kultur@stw-d.de](mailto:kultur@stw-d.de). We look forward to seeing you!

Contact  
Studierendenwerk Düsseldorf  
Team Kultur / Internationales  
[kultur@stw-d.de](mailto:kultur@stw-d.de)  
[www.stw-d.de/kultur](http://www.stw-d.de/kultur)

Enjoy nature!