

## Herzogenhorn Training Centre

### Weather information – Summer course

Herzogenhorn – Feldberg (Black Forest)

August is one of the most pleasant months climatically in the Upper Black Forest. Due to the high altitude (over 1,200 m), we can expect clear, fresh mountain air with moderate temperatures – ideal conditions for intensive yet focused training.

Average daily highs are around 22–24 °C, with morning and evening temperatures of approx. 13–15 °C. Early training sessions in particular can therefore feel noticeably cool.

In August, occasional, mostly brief rain showers or thunderstorms are possible. Changeable weather with plenty of sunshine and rapid shifts in conditions is typical of the Black Forest. At the same time, we benefit from long, bright days with sunset around 9.00 pm.

We therefore recommend sun protection (bear in mind the altitude).

Experience has shown that a reliable detailed weather forecast is only possible around 7–10 days before the course begins.

We look forward to some intense training days in the special atmosphere of the Upper Black Forest.