

# Cycling Lake Constance & The Rhine Falls

Trip Code: SGCO

Version:



CYCLE



SELF-GUIDED



LEISURELY



## HIGHLIGHTS

- **Limited time offer: FREE E-bike upgrade on 2026 departures\***. [Find out more.](#)
- Cycle through Germany, Austria and Switzerland on one of the world's most iconic cycle routes
- Ride through beautiful landscapes of vineyards, orchards and lakeside paths surrounded by Alpine foothills
- Enjoy sleepy villages, quaint medieval towns and fascinating architecture

- Get up close to the magnificent Rhine Falls, and take a boat journey to Reichenau Island
- Take refreshing dips or play in Lake Constance's waters - great for families

## AT A GLANCE

- 7 days cycling and sightseeing
- Upgraded bike hire included
- Friday / Saturday / Sunday departures 3rd-12th April 2026
- Daily departures throughout the rest of the dates listed
- Join at Constance / End in Constance

## ACCOMMODATIONS & MEALS

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

# Introduction

This self-guided cycling trip explores the three countries spanned by beautiful Lake Constance: Germany, Austria and Switzerland. At 63km long and 14km wide, this immense glistening blue lake really is a gem. Lake Constance, known locally as Bodensee, is composed of two main parts - the Upper Lake (Obersee) and Lower Lake (Untersee) - and contains some smaller sections each with their own names. On this one-week self-guided trip you will get to experience them all as you cycle your way around the entire lake, as well as visiting the nearby breathtaking Rhine Falls up close. You will also take a relaxing boat journey to Reichenau Island, with your bike, as the water poses no barrier for cyclists here! The area is steeped in history and the architecture of the lakeside towns you cycle through remains unscathed by two World Wars, thanks to being situated in or next to neutral Switzerland. You will have plenty of opportunities to explore fairytale towns such as Meersburg, Stein am Rhein and Schaffhausen with their colourful frescoed and half-timbered medieval buildings, relax at the lido at Rorschach or at the outdoor swimming and recreation centre at Romanshorn, as well as enjoy the flora and fauna as you pedal along. Then, after active days out exploring, you will rest your head in wonderful family-run 3-star and 4-star hotels, all chosen for their great locations and welcoming hospitality.

Your tastebuds will be tickled too, and this region produces some excellent wines and beers - after all you will be riding through Bavaria, famed for its German bierkellers. If, like us here are KE, you love to sample new cuisine, you will love the many delicious specialities on offer around the lake. We have created this holiday on a bed and breakfast basis allowing you the freedom to taste the many local delights. We recommend trying the calorific kaiserschmarrn at least once - this is a delicious shredded fluffy sweet pancake, usually served with a generous dusting of icing sugar and apple sauce.

## Is this holiday for you?

This self-guided cycling holiday is perfect if you love to explore new places on two wheels at your own pace. The route is mostly on designated cycle paths making it ideal for families too. With an average of

around 40km of cycling per day, and all day to achieve it, there is plenty of time to stop off along the way to enjoy the atmospheric towns and villages. One of the beauties of cycling around Lake Constance is that the routes are mostly almost completely flat, and if you would prefer an extra boost along the way we have e-bikes available too! This cycling holiday allows you to experience some idyllic scenery and culture, and the presence of the cycle paths makes it reassuringly safe.

# Itinerary

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Version:

## Holiday Information

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### What's Included

- All accommodation as described
- Meals as described in the Meal Plan
- Self-guided information pack containing your map and route notes
- Luggage transfer
- Upgraded bike hire
- Entrance in to Rosgarten Museum Constance with a coffee
- Boat trip to the Rhine Falls Rock
- Boat trip from Gaienhofen to Reichenau with your bike
- Navigation App and GPX tracks available

## What's not Included

- Travel insurance
- Bike helmet
- Travel to/from Constance
- Visas (if applicable)
- Tourist taxes may apply and are usually under 5 Euros per person per night
- Some meals as described in the Meal Plan
- Personal equipment
- Any e-bike upgrades
- Any additional activities/excursions indicated as optional

## Your Self-Guided Pack & Route Notes

This self-guided holiday comes with comprehensive route notes and a map or pocket guidebook of the area you are exploring. The route notes contain information about the places you will visit and the local transport you might need, along with the detailed route notes for your daily cycle rides. We even include some tips for the best places to stop for lunch.

You can expect to receive your Self-Guided Pack containing your route notes, a map or guidebook, and all your relevant documents on arrival at your first hotel. We will also send your welcome letter, pre-trip information booklet and hotel list documents using a signed-for courier so that you can track your package and know that it is safely on its way to you. For bookings of more than 4 people we will provide and send an additional Self-Guided Pack. If you do not need this additional pack please inform our Sales Team. Your pack will be sent to the lead booker, so please remind them to pack it before setting off.

Should your self-guided trip be part of a longer adventure requiring you to leave home more than three weeks before your holiday start-date, please inform our Sales Team so that we can make alternative delivery arrangements.

## Self-Guided Families

Our Self-Guided Holidays are perfect for your next family holiday and are suitable for children of all ages.

Our partner hotels and accommodations are able to provide cots for young children, and some offer family rooms. We can also arrange hire of children's bikes and tag along bikes for most of our self-guided cycling trips and with trips such as Lake Constance and the Danube offering routes on designated cycle paths you can rest assured in keeping your family safe.

As a parent we trust that you know your own child's capabilities, so please read the itinerary details to ensure the distances covered each day are suitable for your family. If this is a first time walking or cycling holiday for your family, a centre-based trip is a fantastic option as it allows you to easily opt out of a day's walking if a day of building sand castles, swimming in the pool, or visiting museums is calling instead.

Please discuss this further with our Sales Team who will be happy to assist in picking the best trip for your family.

## Joining Arrangements & Transfers

The trip starts and ends at your hotel in Constance (Konstanz). All of our self-guided holidays are sold on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. The nearest airport for this trip is Zurich Airport, served by many departures from UK regional airports.

Transport connections from Zurich to Constance are extremely good. If you are flying into Zurich Airport you can take the direct train from Zurich Flughafen to Konstanz. The journey takes around an hour and half and the trains operate every half hour.

## Meal Plan

This trip is on a bed and breakfast basis to allow you the most flexibility during your holiday.

## Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

## Food & Water

Water from the taps is perfectly drinkable on this holiday - please use this to fill your personal bottles for your daily activities. We do not encourage the purchase of single-use plastic bottles.

There is far more than bratwurst and schnitzel when it comes to food in this region. This is the melting pot where German, Swiss and Austrian cuisines meet, creating a delicious menu just waiting for you to discover. Lake Constance itself provides a bounty of fresh fish, with most restaurants offering a Felchen special - a delicious white fish caught from the lake. If you prefer a meat dish why not try Styrian fried chicken, or if you are a pasta fan you might love Käsespätzle - sometimes known as the German version of mac and cheese - made with soft egg Spätzle noodles oozing with melted cheeses and often topped with caramelised onions.

And let's not forget the fantastic wines the region has to offer, such as Muller Thurgau and Blauburgunder (Pinot Noir), with many of the vineyards open for tastings and guided tours. If your preferred tippie is a nice cold beer after a day on the bike, you'll also find some excellent breweries, including Ruppen in Constance whose beers are produced from locally grown hops.

Part of the joy of being on a self-guided cycling holiday is being able to dine out wherever you fancy and stop off at some of the many cafes, wineries, breweries or even sample fresh fruit from local markets as you explore each day. This region has many gastronomic treats waiting for you to enjoy.

## Accommodation

On this trip you will stay in hand-selected 3-star and 4-star hotels, all of which have been chosen for their warm hospitality, excellent facilities and superb locations. All the hotels have well-appointed rooms with Wifi and offer an excellent continental breakfast to help fuel you along your bike rides. Your accommodation for this trip is on a bed and breakfast basis, staying in double or twin rooms, some of which will have Austrian style twin beds as is traditional in this area (two beds within one bed frame and separate bedding).

It is possible to arrange additional nights' accommodation if you would like to extend your time in this beautiful area. Please speak to our Sales Team for more information.

During high season you may be booked into alternative accommodation of a similar standard in the area.

## Bike Hire

Upgraded bike hire is included in the cost of this holiday.

Upgraded bikes are lighter than standard hybrid bikes and have a crossbar for improved stiffness and stability, offering a sportier ride. Utilising higher-grade bike components such as brakes and gears, you can enjoy more precise handling and smoother gear changes. High quality front suspension forks and a more athletic saddle offer increased comfort over a variety of surfaces and distances.

All bikes come equipped with a pannier and handlebar bag for your daily essentials, plus a milometer, bike lock, pump, repair kit, and spare inner tube. Hire bikes do not come fitted with bottle cages as these impede with securing the bikes during transportation.

We strongly recommend that you bring your own helmet with you for the best comfort. We also recommend packing a gel seat for extra comfort or a pair of padded cycling shorts as whilst the cycling is leisurely and there are plenty of opportunities to stop and explore, it is always nice to have some padding for a more comfortable ride.

We are also able to arrange tandem bikes, children's bikes, trailers and child seats. Please ask our Sales Team for details.

## Upgrade to an E-bike

If you are looking for a bit of an extra boost whilst in the saddle, you can upgrade to an e-bike to make your ride even more leisurely. Equipped with a battery and motor, these electric bikes give you a helping hand whilst you are pedalling, making it easier to climb hills and travel further with less effort and more comfort.

E-bikes have four different modes and an 8-speed internal gear hub with back-pedalling brake, along with disc brakes and front suspension. E-bikes are suitable for rider heights between approximately 148cm and 190cm.

E-bikes are available on this holiday at an additional supplement of £110. Please request this upgrade option from our Sales Team at the time of booking.

## Baggage Allowance

Your main luggage will be transferred between each of your hotels while you are out on your bike. We ask that you please ensure your luggage is under 20kg and that your luggage is ready for collection each morning.

# General Information

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## Passport & Visas

### Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

**The information that we provide is for UK passport holders.**

A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

**It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates** (*see Health & Vaccinations below*), **and visas for your holiday.** Please ensure that you check the [FCDO](#) for the latest advice for **each country visited** before travel.

## Health & Vaccinations

### Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

On holidays to more remote areas you should also have a dental check-up.

**It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.**

Please check the [FCDO](#) and [Travel Health Pro](#). For all of your intended destinations for up-to-date advice.

### Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

## Preparing for your Holiday

The advantage of a self-guided cycling holiday is that you decide the pace. This trip is designed for leisure cyclists and does not require you to be in peak fitness. Having said this it is always sensible to get some additional exercise before going on an active holiday. After all, the fitter you are the more enjoyable your cycling will be. You should be comfortable with cycling 40-50 km a day on easy cycle paths and we advisable to dust off your bike and head out on a few rides before your holiday.

## Climate

Lake Constance and the surrounding area has a moderate maritime climate that is heavily influenced by the lake's huge expanse of water, keeping springs cool and autumns mild, often with a beautifully atmospheric morning mist over the lake. Summers are pleasantly warm for cycling with average temperatures in July and August of around 25 degrees Centigrade.

## Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at [travelaware.campaign.gov.uk](http://travelaware.campaign.gov.uk) and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: [www.travel.state.gov](http://www.travel.state.gov) for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

## Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

## Books

The Laurels of Lake Constance - Marie Chaix

## Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

# Equipment Information

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## SelfGuided Cycling Equipment List

- Cycling shorts
- Cycle helmet

- Functional base layer
- T-shirts
- Scarf
- Hat
- Windproof jacket
- Fleece / extra layer
- Rain protection
- Rucksack (approx. 20 l)
- Small first aid kit for your rucksack
- Sunscreen
- Water bottle or hydration pack
- Camera (batteries/memory card)
- Mobile Phone (ensure your data package covers your destination)
- Handlebar mount that is compatible with your smartphone
- Power bank
- Waterproof phone cover
- Sun glasses
- Personal wash kit
- Reusable cloth bag for shopping to avoid the use of plastic bags

- Tupperware for picnics

## Land Only Information

Please note that our 'from' price listed is based on 4 persons on twin or double occupancy, however we can quote for any number of travellers including solo travellers - contact our Sales Team for a quote.

When considering your travel dates, you might like to investigate any seasonal opening times of attractions and points of interest.

All of our self-guided holidays are sold on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. You may even wish to make this holiday part of a bigger adventure or pair it with one of our other holidays. We can arrange additional nights' accommodation before or after your self-guided trip - please ask our Sales Team to find out more about this.

Our Sales Team will be happy to provide you with a quote for scheduled flights, or alternatively you may wish to book your own flights with a low cost carrier from your nearest regional airport.

Please DO NOT book your flights before you have received your booking confirmation and your deposit has been taken.

We offer some transfers to your accommodation from the nearest airports - please refer to the 'Joining Arrangements & Transfers' section for further details for this trip.

## Flight Inclusive Information

Limited seats are available at the advertised flight price, please book as early as you can. If we are unable to secure seats at the price shown, or you have requested regional departures and/or upgrades, we will provide you with an alternative quote. It is likely that flight payment will be in advance of your final holiday balance. Booking a flight inclusive package means you will benefit from full financial protection, eases your holiday planning, and leaves us to deal with airlines and schedule changes. If you book flights through KE Adventure Travel we will [offset the carbon of your flight](#).

Regional departures and/or alternative carriers are available on request.

# Why Choose KE

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## Why KE?

This is a very accessible cycling tour on an absolutely classic route around the stunning and well-loved Lake Constance. The region is reached easily from Zurich using the excellent local transport network, and the rides follow well-marked cycle routes on good surfaces. With plenty of interesting things to see and do, this all makes it perfect for families too. We have included upgraded bike hire in the cost of your trip so you can relax knowing that this is all taken care of for you. E-bike upgrades are also available, making it possible for just about anyone to do these rides. In addition we have included an entry to the Rosgarten Museum in Constance, along with a coffee, where you can really feel the Middle Ages come to life, as well as a boat trip to the Rhine Falls Rock so you can experience these magnificent cascades up close.

**Please Note** This document was downloaded on 03/04/2026 and the trip is subject to change