

Cycling Lake Constance & The Rhine Falls

Trip Code: SGCO

Version: SGCO Cycling Lake Constance & The Rhine Falls



CYCLE



SELF-GUIDED



LEISURELY



HIGHLIGHTS

- Discover medieval Meersburg home to the oldest inhabited castle in Germany
- Cycle through Germany, Austria and Switzerland in just one day
- Visit the magnificent Rhine Falls and take a boat journey across to Reichenau Island
- Relax in the Spa town of Radolfzell, officially recognised for its health benefits

AT A GLANCE

- Self-Guided
- 6 days cycling and sightseeing
- Luggage transfer
- Bike hire included
- E-bike upgrade available
- Daily departures
- Join at Constance

ACCOMMODATIONS & MEALS

- 7 Breakfasts
- 7 nights Hotel

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

Introduction

Castles, cakes, lakes, mountains and bikes, what more could you want from your holiday? Well hopefully some sunshine too! This self-guided cycling trip explores the three countries divided by beautiful Lake Constance. At 63km long and 14km wide this glistening blue lake really is the gem of the alpine countries of Europe. On this one week self-guided trip you will not only cycle your way around the entire lake you will also get to visit the breathtaking Rhine Falls and take a relaxing boat journey to Reichenau Island. The area is steeped in history and thanks to its close proximity to neutral Switzerland the beautiful architecture of the lakeside towns you cycle through remains unscathed by 2 World Wars. You will have plenty of opportunities to visit the Disney like medieval towns of Stein am Rhein and Schaffhausen, relax at Romanshorn's outdoor swimming and recreation centre and enjoy the flora and fauna as you pedal along. And after a busy day exploring you will rest your head in fantastic family run 3* hotels all chosen for their great locations and welcoming hospitality.

This region produces some fantastic wines and beers, after all you will be passing through Bavaria famed for its bierkellers. If, like us here at 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 and we recommend the calorific kaiserschmarrn (a delicious shredded pancake usually served with apple sauce and a generous dusting of icing sugar).

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 approximately 50km to cycle each day, and all day to achieve it, there is plenty of time to stop off along the way to enjoy the beautiful towns and villages. And the beauty of Lake Constance is, that apart from some ascent on days 2 and 7 the path is 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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DAY 1

Arrive in Constance. Explore the old town and castle or relax in your hotel.

Arrive at your hotel in Constance. Depending on your arrival time you may wish to stretch your legs and explore the town a little further, pay a visit to the Archaeological Museum or even explore the island of Mainau. The fascinating island of Mainau is home to the Teutonic Castle nestled amongst almost a million tulips, rhododendrons, scented roses, perennials on the 45 hectare island, not to mention the palms and citrus plants that give a hint of the Mediterranean. The island is a must not only for the green fingered but with a butterfly house, series of pathways and an adventure playground it is an attraction for all the family.



Accommodation
Hotel

DAY 2

Cycle to Uberlingen and discover the spa town of Radolfzell.

Feeling rested your first day of cycling will take you along the 'Gnadensee' to the former imperial town of Radolfzell. This stretch is largely unspoilt with the marshlands and forests home to many species of wildlife, perfect for nature lovers. Radolfzell itself, now an officially recognised health resort, has a beautiful old town, and as the third largest town around the lake, it is certainly worthy of a morning coffee stop. Your route continues to Uberlinger See, an area of Lake Constance which rewards your days efforts with fantastic views of the lake. As your base for the evening there is plenty of time to explore and enjoy an evening stroll along the pretty promenade.

Meals: **B**



Accommodation
Hotel



Distance
50KM

DAY 3

Explore Birnau and Meersburg as you pedal through vineyards and orchards to Kressbronn.

Your ride today offers lots to explore, starting with cycling through the precious vineyards responsible for the regions fine wines. Cycling from Überlingen you will make your way to Friedrichshafen passing the breathtaking Baroque pilgrimage church of Birnau with its 7 chapels all decorated in meticulously painted frescos and sculptures. From Birnau you continue, passing the reconstructed lake dwellings of Pfahlbau Museum to arrive in medieval Meersburg home to the oldest inhabited castle in Germany. Pedalling on to Friedrichshafen, we recommend a visit to the Zeppelin Museum while you are here. Finally you meander through orchards to arrive in Kressbronn and your hotel for the evening. Occasionally during high season you may be accommodated in neighbouring town of Lindau, known for its lovely old town on Lindau Island.

Meals: **B**



Accommodation
Hotel



Distance
60KM

DAY 4

Cycle through Germany, Austria and Switzerland in just one day.

Today you will cycle through three countries in just one day as you make your way from the German town of Kressbronn through Austria to the Swiss town of Arbon. Your day will begin by cycling into Bavaria a German state famed for its fast cars, fairy tale castles, magnificent mountains and not to forget bierkellers. Your route will take you to the pretty town of Lindau considered to be the most beautiful harbour entrance on Lake Constance. Continuing on your way, you cross the border into Austria to reach Bregenz, the capital of the Vorarlberg region and home to Bregenzer Festival an annual festival from July to August, which has taken place on a huge floating lake stage since 1946, after WW2 ended. If you are visiting over this time we recommend booking tickets to attend one of the shows. Leaving Bregenz you soon reach Hochst before crossing the border into your third country of the day, Switzerland, to continue along the shore to reach your final destination, the historic town of Arbon.

Meals: **B**



Accommodation
Hotel



Distance
50KM

DAY 5

Discover Romanshorn, Lake Constance's largest harbour. Take a dip in the outdoor swimming centre.

Your ride today returns you to Constance passing through Romanshorn, the largest harbour on Lake

Constance. The town homes a fantastic outdoor swimming centre with a 100m water slide and recreation area, a great place to spend the morning if you are travelling as a family or fancy a relaxing morning before continuing your bike ride. Your route continues bringing you into Constance and a second opportunity to explore this beautiful town.

Meals: **B**



Accommodation
Hotel



Distance
50KM

DAY 6

Cycle to pretty medieval towns Stein am Rhein and Schaffhausen home to magnificent Munot castle.

After an enjoyable breakfast you will once again hop on your bike for a day of exploring. This time heading to Stein am Rhein with its magnificent frescoed medieval houses. The colourful streets are like a scene from a Disney film waiting to be enjoyed. Along the way you will weave between Germany and Switzerland through vineyards until you reach Schaffhausen another pretty medieval town dominated by Munot castle, a wonderful 16th century circular castle set above the town. The castle is at the heart of the town with events throughout the year including Salsa parties, balls and open air cinemas. As your base for the evening we recommend checking out what is on at Munot during your visit. Find out what's on during your stay by visiting www.munot.ch

Meals: **B**



Accommodation
Hotel



Distance
50KM

DAY 7

Visit the spectacular Rhine Falls. Enjoy a boat journey from Gainhofen to the island of Reichenau.

Your final ride of the week begins with a short cycle to the Rhine Falls, one of Europe's biggest waterfalls. These spectacular falls are 150m wide and 23m high with between 250,000 and 600,000 litres of water per second flowing over them. After enjoying these fantastic falls on a boat ride to Rhine Falls Rock, and taking those all important holiday snaps you continue cycling along the Rhine back to Stein am Rhein as you make your way to Gainhofen to catch the ferry. A relaxing boat journey will take you across to the island of Reichenau, a testimony to the religious and cultural role of the large Benedictine Monastery it homed in the Middle Ages. From the island it is only a short ride to return to Constance and your hotel for the evening.

Meals: **B**



Accommodation
Hotel



Distance
45KM

DAY 8

Enjoy a final stroll through Constance before your onward journey.

Enjoy a leisurely breakfast before making your onward journey.

Meals: **B**

Holiday Information

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
- Bike hire
- Bike accessories (panniers/ milometer/ puncture repair kit/ pump)
- 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

What's not Included

- Travel insurance
- 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
- Visitor city tax which is payable locally
- Any additional activities/excursions indicated as optional

Your Self-Guided Pack & Route Notes

Each 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 walks or 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, no later than 3 weeks before your holiday start-date. We will send your 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 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 with many departures from regional UK 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 an hour and half and the trains operate every half hour. It's the perfect time to sit back and relax as you soak in the beautiful scenery.

Meal Plan

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

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. It is the mixing pot where German, Swiss and Austrian cuisine meet, creating a delicious menu just waiting for you to sample. The lake 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 try the Spatzle noodles in a delicious cheese sauce.

And let's not forget the fantastic wines the region offers such as Muller Thurgau and Blauburgunder (Pinot Noir) with many of the vineyards open for tastings and guided tours. And if your preferred tipple is a nice cold beer after a day on the bike the region is also home to some fantastic breweries, including Ruppen in Constance where they make beers using hops grown locally.

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

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.

Accommodation

On this trip you will stay in hand selected 3 and 4 star rated 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 a fantastic continental breakfast to keep you fuelled along your bike ride. 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 one of our sales team for further information.

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

Bike Hire

All bikes have 27 gears and come equipped with a pannier and handlebar bag for your daily essentials plus a milometer, a bike lock, pump and repair kit. We strongly recommend you to 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, 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 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 extra support 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 are available on this holiday at an additional supplement of £255. Just request this upgrade option with 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

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 contact your doctor or travel clinic to check whether you require any specific vaccinations.

GHIC / Medical cover

UK residents should carry a free Global Health Insurance Card (GHIC). This entitles you to state provided medical treatment when you're visiting an EU country or Switzerland. This is not a substitute for medical travel insurance which is vital when travelling overseas.

Severe Allergies

Please inform our KE Sales and Support team of any severe allergies you may have before travel. We will always do our best to help but we are unable to guarantee an allergy free environment on our KE trips. We advise that you always carry your own treatment for the allergy with you such as 'adrenaline auto-injectors' if required. We also recommend that you discuss this with your accommodation on arrival so that they can better assist you.

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 advise to dust off your bike and head out on a few rides before your holiday.

Climate

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

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 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 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

Laurels of Lake Constance by 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

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.

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

Why KE?

Unlike most tour operators we have included cycle hire in the cost of your trip allowing you more spending money for all the delicious local delicacies! E-bike upgrades are also available to make your ride a whole lot easier.

Please Note This document was downloaded on 11/07/2025 and the trip is subject to change