Cycling The Elbe - Prague to Dresden

Trip Code: SGPD

Version:

CYCLE	SELF-GUIDED	LEISURELY 2



HIGHLIGHTS

- Delve into the stunning UNESCO-listed city of Prague
- Marvel at the sandstone pinnacles and otherworldly landscapes of the Saxon Switzerland National Park
- Discover historical castles and chateaux including Pillnitz Palace and Decin Castle
- Explore the beautiful city of Dresden, the Florence of the North

- Sample Czech pilsner and Bohemian Wines of Melnik and Litomerice

AT A GLANCE

- 5 days cycling and sightseeing
- 1 free day in Prague
- Upgraded bike hire included
- Friday Saturday and Sunday departures
- Join at Prague / End in Dresden

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

Renowned as one of the most beautiful cycle ways in Germany, the Elbe Cycle Path reveals a delightful blend of stunning architecture, charming riverside towns and spectacular natural landscapes. On this one week self-guided cycling holiday you will stay two nights in the historic city of Prague in the Czech Republic, before commencing your cycle journey to Dresden, one of the most beautiful cities in Germany and known as the Florence of the North. Pedalling at a leisurely pace, you will have plenty of time to immerse yourself into the rich history and culture of the towns and cities lining the Elbe, discover verdant landscapes as you cycle through vineyards and green mountains with rocky cliffs, and savour locally produced wines and beers and indulge in hearty culinary treats.

The Elbe Cycle Route follows the course of the River Elbe whose source originates in the Czech Republic and culminates at the North Sea, and is the third-longest river in Western Europe after the Danube and the Rhine. As part of the recognised long-distance EuroVelo 7 cycling route, this holiday makes for an unforgettable cross-border cycling adventure and ticks off some of the most magnificent cities in this region of Central Europe. Staying in carefully selected 3- and 4-star hotels on a bed and breakfast basis and with luggage transfers arranged from hotel to hotel, you can relax and enjoy the ride in the knowledge that we have taken care of everything for you.

Is this holiday for you?

This leisurely cycling holiday is designed to allow you plenty of time to delve into the wonderful sights and immerse yourself into the culture of each of the beautiful towns and cities you will travel through. Over five days of cycling you will cover an average of 50km a day and with a short 25km final day, you can pedal at your own pace and make as many sightseeing stops as you please as you journey along the beautiful Elbe Cycle Route. The terrain is predominantly flat, utilising quiet cycle routes or country lanes. Some sections in the cities will be on road shared with motor traffic. There are a few gradients to negotiate along the route, and there are some short sections on unpaved roads or tracks. There is also the option to upgrade your hire bike to an e-bike if you wish to have the extra pedal power on your way. Staying at 3-star and 4-star hotels and with luggage transfers taken care of for you, enjoy discovering Bohemia at your leisure. There are excellent rail connections between the towns along the River Elbe should you wish to have a rest from pedalling.

Itinerary

Version:

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 transfers
- Upgraded bike hire
- Welcome briefing
- Navigation App and GPX tracks available

What's not Included

- Travel insurance
- Travel to Prague
- Travel from Dresden
- 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
- Local transfers or ferry crossings
- Personal equipment
- Bike helmet
- Any e-bike upgrades
- 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.

GPS Travel App

This holiday includes a GPS navigation app, which contains the routes for you to follow each day, as well as attractions, coffee stops and points of interest along the way. The app does not need to have Wi-Fi connection to work, you simply follow the instructions we provide you to download the app to your personal smartphone device before you leave home and you are ready to go.

While the travel app is running, your phone battery charge can be consumed faster than normal, so we strongly recommend that you pack a power bank with you just in case you require it.

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 at your hotel in Prague and ends in Dresden. 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 Prague Airport with many departures from UK regional airports. From Prague Airport there are numerous public transport options to the city centre which are regular and cost effective. You can also make use of the Airport Express bus which takes you to the main station in Prague, from where you can take a tram or subway connection to your hotel.

From Dresden you can return to Prague by bus or by train; the journey takes around 3 hours.

It is also possible to travel flight-free from the UK by making use of the Eurostar to connect to the rail network in mainland Europe, and the sleeper service to Prague. The seat61.com website is a useful resource for rail planning.

Meal Plan

This trip is arranged on a bed & 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.

Traditional Czech and Saxony cooking has been influenced by other nations for centuries, owing to its central location in Europe, but it still maintains its distinctive character. Popular hearty dishes include goulash, a meaty stew served with dumplings within an array of sauces; thick soups; roast meat or baked fish. Pasta is also common due to the influence of Italian cuisine. A traditional Bohemian platter might consist of roast meats such as pork or duck, sausage, smoked meats, along with cabbage (sauerkraut) and potato dumplings.

Those with a sweet tooth will definitely enjoy the delightful cakes and pastries available to fuel you on your way. Strudels, sweet filled pies and sweet buns can be commonly found in any café. For a Saxon speciality, we suggest sampling a slice of Eierschecke, a delicious bake consisting of a base of yeasted cake, layered with quark cheesecake and fluffy vanilla custard. Accompanied with a strong coffee, it will be all too easy to find an excuse for another cake stop.

As you will be visiting some of the best wine producing regions in the Czech Republic and Germany, you will have ample opportunity to sample the local produce on your holiday. Additionally, the region has a long history of brewing beer with pilsner lagers a popular drink, but craft and artisanal beers that hail from tiny breweries can also be experienced, incorporating more unusual ingredients such as honey, bananas or coffee.

Accommodation

For this holiday you will stay at a selection of hotels and guesthouses of 3-star local rating at the towns and cities you will visit as you journey along the River Elbe. Accommodation in Melnik is more simple and a little out of the centre as suitable options are limited in this town. At the end of your holiday you will stay at a 4-star hotel in Dresden. All hotels offer comfortable ensuite bedrooms, bike storage facilities, and continental breakfasts. Rooms are on a double or twin basis, some with Austrian-style twin beds (two beds within one bed frame and separate bedding).

Staying two nights in Prague at the start of your holiday, you will have plenty of time to explore this beautiful city. It is also possible to arrange additional nights' accommodation in either Prague or Dresden if you would like to extend your stay. Please speak to one of our Sales Team for further details.

Bike Hire

Upgraded bike hire is included in the cost of this holiday. Your bike will be available to collect at your welcome meeting on Day 1 of your 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 hydraulic disc brakes and Shimano 30-speed 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.

Upgraded bikes are suitable for rider heights between approximately 148cm and 190cm.

All bikes come equipped with a pannier and handlebar bag for your daily essentials, plus a bike lock, pump, and repair kit. 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; 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 can arrange children's bikes upon request. Please get in touch with our Sales Team for further information.

Upgrade to an E-bike

If you are looking for 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 155cm and 199cm.

E-bikes are available on this holiday at a 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 limited to 20kg per piece 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 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.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

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.

Currency

The currency for part or all of this holiday is the Euro.

The unit of currency in the Czech Republic is the Czech Koruna (CZK).

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 an average of 50 km a day on easy cycle paths or quiet roads and we advise you to dust off your bike and head out on a few rides before your holiday.

Climate

This Central European region has a warm and temperate climate. In April and September the daytime temperatures are cool, around 10-15 degrees C on average. In the summer months the daytime temperatures average between 16-18 degrees C. Rainfall can be experienced at any time of the year.

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. All other nationalities should check their government websites for relevant information.

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

Prague & The Czech Republic - Rick Steves

The Czech Republic - The Most Haunted Country in the World? By G. Michael Vasey

Dresden: A City Reborn - Alan Russell & Anthony Clayton

Dresden: The Fire and the Darkness - Sinclair McKay

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

This trip is available for departures on Fridays, Saturdays and Sundays throughout the dates listed.

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 - 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.

Why Choose KE

Why KE

We have incorporated a free day in Prague at the start of your holiday to give you plenty of time to soak in all that this incredible city has to offer. We have also ensured that you will have plenty of time to discover Dresden, awarded Best in Travel 2023 by Lonely Planet.Plus we have included upgraded bike hire in the cost of this trip, and e-bike upgrades are available too.

Please Note This document was downloaded on 17/11/2026 and the trip is subject to change