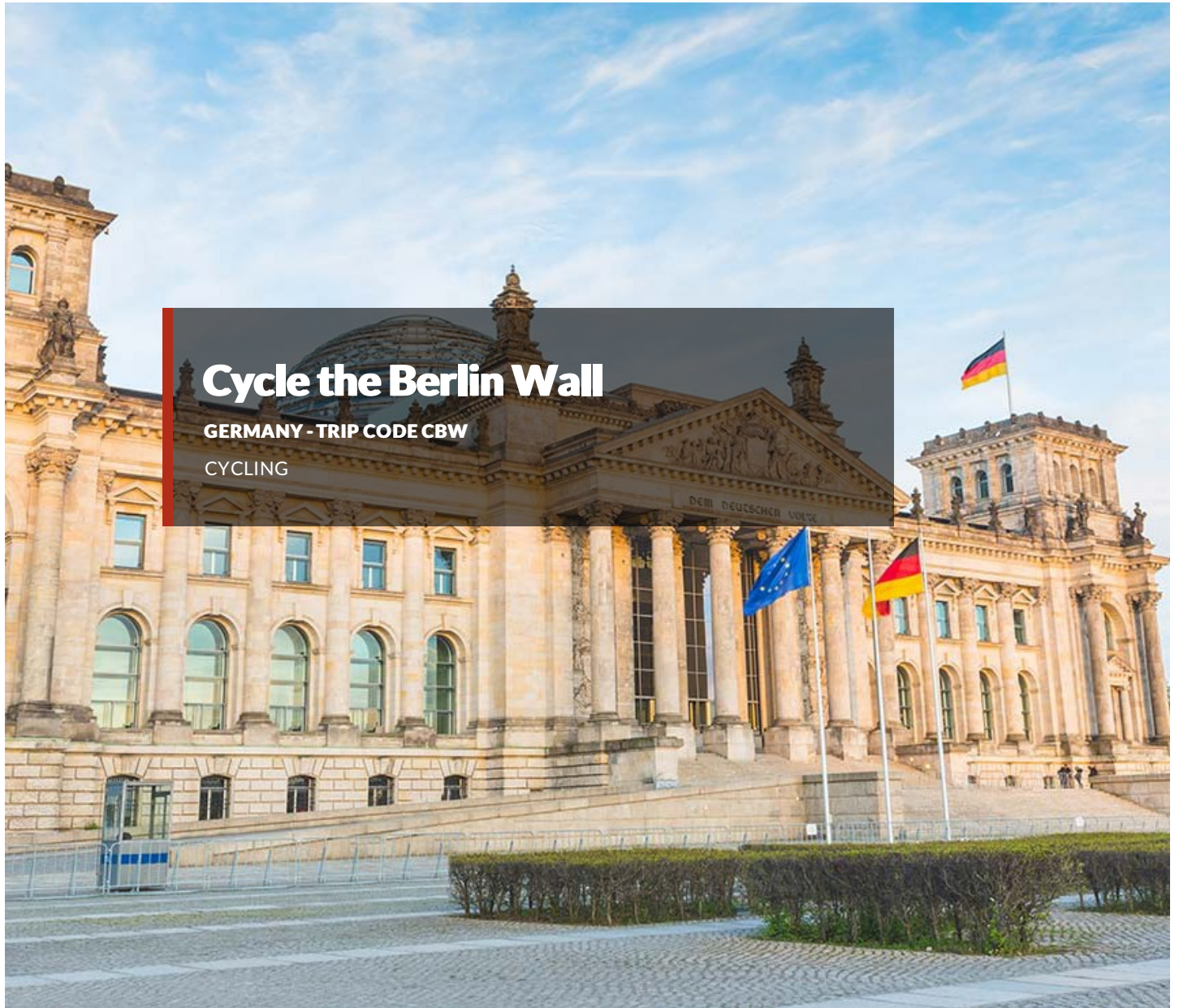


EXPLORE!



Cycle the Berlin Wall

GERMANY - TRIP CODE CBW

CYCLING

Why book this trip?

It's 30 years since the fall of the Berlin Wall and we celebrate the anniversary with a special one-off departure cycling around West Berlin - following a cycle route where the 155km long Wall used to stand in the Cold War period from 1961-1989. Your Tour Leader grew up in East Germany and will offer a fascinating perspective with first-hand accounts of growing up on the other side of the Iron Curtain and the events of 1989.

- **Story of the divided city** - First-hand account of life in Soviet East Germany
- **Potsdam** - UNESCO Splendid palaces and gardens of former Prussian royal seat
- **Berlin sites** - The 'Bridge of Spies', Checkpoint Charlie, East Side Gallery, Hitler's Bunker, the Brandenburg Gate and the Reichstag



INCLUDED MEALS
Breakfast: 6



TRIP STAFF
Explore Tour
Leader / Cycle
guide



TRANSPORT
Bicycle
Taxi



ACCOMMODATION
6 nights
comfortable hotel



CYCLING GRADE:
Moderate



GROUP SIZE:
10 - 16

Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

DAY 1 - Trip starts in Berlin

Arriving in Berlin, we settle into our hotel and after an initial briefing, there will be the opportunity to head out and enjoy your first taste of the city's restaurants and nightlife. Despite being badly damaged in World War II and broken apart during the Cold War, Germany's capital and largest city has been greatly reconstructed, particularly since the fall of the Wall in 1989.

If you're booking your own flights then please ensure that you let us know whether you're arriving into Berlin Schonefeld or Tegel Airport so we can arrange your transfer accordingly.



ACCOMMODATION:
Hotel Titanic (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: NONE

DAY 2 - Delve behind the Iron Curtain of the divided city on bike

We start the trip with an exploration of East Berlin and discover what it was like behind the Iron Curtain. Berlin is a bicycle friendly city with many dedicated cycle paths and the bike is a great, flexible way to explore. East Germany (officially the German Democratic Republic or GDR) existed as part of the Soviet Eastern Bloc from 1949 to 1990. East Berlin was the capital of the GDR and was radically transformed after the city was divided. Widespread destruction and housing shortages meant ubiquitous pre-fabricated apartment blocks for the masses were quickly thrown up. Communist town planning meant East and West developed in very different styles. We explore the remnants of socialist central planning and find out how much of East Berlin and East Germany still lingers in the lives and minds of people 30 years after the fall of the Wall. On our way through Prenzlauer Berg we see Ernst Thälmann enshrined in one of the few remaining monuments to the heroes of the communist era. This communist leader was arrested by the Gestapo in 1933, held in solitary confinement for 11 years and then shot dead on Hitler's personal orders in 1944. We'll see the Sportforum Hohenschönhausen where young men and women were drilled and doped into elite super athletes to demonstrate the superiority of the communist system. We will also look over the forbidding walls of a Stasi prison and learn more about this massive apparatus with over 80,000 secret police and their collaborators, whose sole duty was to spy on their own people. Although we don't cover much distance on the bikes today, there are plenty of stops along the way and we should finish in the late afternoon. Along the way we plan to taste the typical currywurst from one of the traditional stalls, and find out its role in the Cold War!

Our total cycling distance today is approximately 25 kilometres.



ACCOMMODATION:
Hotel Titanic (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 3 - Ride from central Berlin to Teltow via Checkpoint Charlie

This morning we start the Berlin Wall Trail, cycling south through the centre to Teltow. The bicycle is the perfect way to travel along our route this week. The Wall was constructed by the GDR, starting from 13 August 1961, ostensibly to protect the fledgling soviet state from the capitalist influences of the Allied powers in West Berlin but in reality to stop the increasing volume of defections and emigration from the East. It stretched well beyond the centre, running over 120km to surround West Berlin - a British, American and French controlled enclave within the GDR. Originally fencing with barbed wire, the barrier grew by 1975 into two parallel concrete walls divided by the 'death strip' and overlooked by guard towers. Potsdamer Platz, once Berlin's busiest intersection, was completely destroyed by Allied

bombers and then divided by the Wall. Nowadays it is the new centre of the reunited city. Our ride continues and we see Hitler's Bunker, the Brandenburg Gate, the Reichstag and Checkpoint Charlie. We cycle through the Western district Kreuzberg, famous for alternative subcultures and the punk rock movement in the 1970s and 80s, popular with artists such as David Bowie and Iggy Pop. Cross the Spree River and ride along the 'East Side Gallery', the longest surviving stretch of Wall and best known for the graffiti painting Bruderkuss in which Erich Honecker and Leonid Brezhnev are engaged in the socialist fraternal kiss. We follow the Wall Trail through Treptow and Neukölln and it was along this section that Chris Gueffroy was shot dead in early 1989, the last person to be killed while trying to escape over the Wall. Our route continues through the southern districts to our hotel in Teltow.

Our total cycling distance today is approximately 53 kilometres.



ACCOMMODATION:
Hotel Tow (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 4 - Cycle from Teltow to Potsdam. Free PM in Prussian royal seat Potsdam

After breakfast we start cycling, firstly along the Teltow Canal, following the disused Stammbahn - Prussia's first railroad built in 1838. Later we see what remains of Checkpoint Bravo, or Drewitz border control, which many West Berliners still associate with hour-long lines and the brusque way in which East German border staff searched the vehicles of West German travellers. Later we cycle through Babelsberg, where movie studios were established in 1917, quickly becoming the centre of German film-making in the 1920's and 1930's and later a darling of Joseph Goebbels propaganda machine (the oldest large-scale film studio in the world). Continue along Lake Griebnitz past the waterfront villas where Allied leaders Truman, Stalin and Churchill stayed during the Potsdam conference in the summer 1945 to decide how to administer post-war Germany and agree upon a new world order. At the western end of the lake we cross the legendary Glienicker Brücke aka Bridge of Spies - used during the Cold War to exchange captured spies. Shortly afterwards we reach Cecilienhof Palace where the conference took place and the Allied leader signed the 1945 Treaty of Potsdam. The rest of the afternoon is left free to explore one of Europe's most imposing royal capitals (residence of Prussian Kings until 1918) and UNESCO world heritage site with palaces and gardens, in particular we recommend Sanssouci Palace and Park, these can be accessed from the hotel by public transport or taxis.

Our total cycling distance today is approximately 30 kilometres.



ACCOMMODATION:

Filmhotel Lili Marleen (or similar)

Grade: Comfortable Hotel

SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 5 - Cycle Potsdam to Hakenfelde via Berliner forest and Wannsee

Passing the Bridge of Spies again this morning we reach Wannsee, associated with the notorious conference of 1942 at which the Nazis planned the 'final solution' - the Genocide of all Jews within reach. Wannsee House, site of the conference, is now a Holocaust memorial. Crossing the lake by ferry we continue cycling from Kladow, passing Gatow airfield and former base for British occupational forces in Berlin. We then cycle past Staaken where the first Zeppelin took flight in 1916. Our route then takes us through the Berliner forest and finally to our hotel for tonight in Hakenfelde.

Our total cycling distance today is approximately 50 kilometres.

**ACCOMMODATION:**

Havel Lodge (or similar)

Grade: Comfortable Hotel

SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 6 - Cycle from Hakenfelde to downtown Berlin

Our final cycle route of the Wall Trail continues near the GDR steel works of Hennigsdorf before taking us south, back into the centre of Berlin. The garden city suburb of Frohnau featured one of Germany's tallest buildings in the Cold War, a microwave radio tower to link with the West. The bike trail continues along the side of Tegeler river and later reaches the medieval village of Lübars which might serve as a welcoming break with its church and village inn. Entering the districts of Reinickendorf and Pankow we reach the former border control at Bornholmer Strasse - which was the first to be opened on the evening

of 9 November 1989 and 20,000 East Berliners crossed it in the first hour. It was also the site of a tunnel through which many escaped to the west. We complete the loop and return to central Berlin after cycling through Mauerpark. You may choose to visit the Berlin Wall Memorial located on Brunnen Strasse. Extending along 1.4km, the memorial features the only section of the Wall to be preserved in its full depth, allowing visitors to see the various elements of the border strip as it looked at the end of the 1980s. The rest of the day is free to explore Berlin before our final group meal to celebrate completing our route and the reunification of Berlin.

Our total cycling distance today is approximately 47 kilometres.



ACCOMMODATION:
Hotel Titanic (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 7 - Trip ends in Berlin

The trip ends this morning in Berlin after breakfast.



MEALS PROVIDED: BREAKFAST

Trip information

Country information

Germany

Climate

Germany has a variable climate with frequent changes of weather from day to day. Expect a contrast of warm summer days with the possibility of showers at any time.

Time difference to GMT	Plugs	Religion	Language
+1	2 Pin Round	Christian	German

Budgeting and packing

Optional activities

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these tour notes were originally issued but may change at any time due to currency fluctuations. Please note: These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract.

Museum of German History - 8 Euros

Berlin Cathedral - 7 Euros

Clothing

When cycling: quick drying cycle tops, padded cycle shorts, lightweight wind and water proof jacket and warmer breathable layers where local conditions require.

General: Pack essentially for warm weather depending on the time of the year.

Footwear

If you are not bringing cycle shoes then try to bring stiff-soled shoes as these are better for cycling - transmitting your energy into the pedals more efficiently. This becomes more relevant and recommended the more demanding the grade and distances to cover. SPD cycle shoes are not well suited to trips that combine sightseeing with cycling.

Comfortable shoes, trainers, sandals or flip flops are useful when not on the bike.

Luggage

20kg

Luggage: On tour

We recommend you bring a daypack and one main piece of luggage (total allowance: 44lb/20kg) which will be transported between hotels while you cycle. Check the bike details section to see if a pannier or handlebar bag is provided on the bike.

Equipment

On all Explore cycle holidays we strongly recommend you bring along and wear your cycle helmet. In case of an accident resulting in personal injury, certain insurance policies are invalidated in cases where a helmet was not being worn.

Cycle glasses to protect against dust, pollen and the sun, padded cycle gloves and a water bottle or water delivery system (e.g. camelback or platypus) are also useful. You may choose to bring your own gel seat cover for added comfort. If a handle bar bag or pannier is not provided (check bike details) then you may

like to bring a small rucksack to wear while cycling. Other items to consider bringing are a sunhat and sun cream, torch, earplugs and insect repellent. Please carry some or all of your cycling equipment e.g. helmet as part of your hand luggage.

Tipping

Explore leader

At your discretion you might also consider tipping your Explore Leader in appreciation of the efficiency and service you receive.

Germany

Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Dinner price	Beer price	Water price
£18	£3	£1.3

Foreign Exchange

Local currency	Recommended Currency For Exchange
Euro	GBP and USD are readily exchanged.

Where To Exchange

We recommend that you change any currency into Euros prior to arrival. Bureau de Change are generally only found in major cities and large airports.

ATM Availability

ATMs are readily available throughout Germany.

Credit Card Acceptance

Most major credit cards are accepted, but ask first.

Travellers Cheques

Can be exchanged at banks and exchange shops.

Transport, Accommodation & Meals

Transport Information

Bicycle, Taxi

Accommodation notes

Comfortable - Our mid-range accommodation offers a good level of service often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en-suite

facilities.

Essential Information

FCO Advice

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office advice [click here](#).

For more information from Explore about travel advice, [click here](#)

Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

Price Guarantee

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

Visa and Passport Information

Germany: Visas are not required by UK, Australian, New Zealand, US and Canadian citizens. Other nationalities should consult their local embassy or consular office.

If you do require assistance in obtaining a visa then you may be able to apply through Explore's recommended visa service in the UK, Travcour. See www.travcour.com to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

Booking conditions

Before booking your Explore trip, please ensure that you read both our Essential Information and [Booking Conditions](#).

Transfers

[Find out more about Trip Transfer Terms and Conditions before you book.](#)

Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The complimentary transfers will be arranged from the Explore designated airport or train station to your trips joining point, and then back from the ending point to the designated airport or train station. Generally the airport or station that Explore have selected will be the one that is closest to the town or city where the trip starts, or the one nearest to the joining point. It will be either an airport or train station but not both.

The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Polar, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer [click here](#)

Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. The cost of many of our Polar Voyages will exceed the capped amount covered by standard insurance premiums and you will be required to pay an additional premium to cover the full value of your trip. Please ensure that you are covered for the full amount of your holiday cost, as insufficient cover could invalidate a claim under the policy. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

Read more information about what travel insurance is required.

Flight information

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. Read more about them [here](#).

Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London

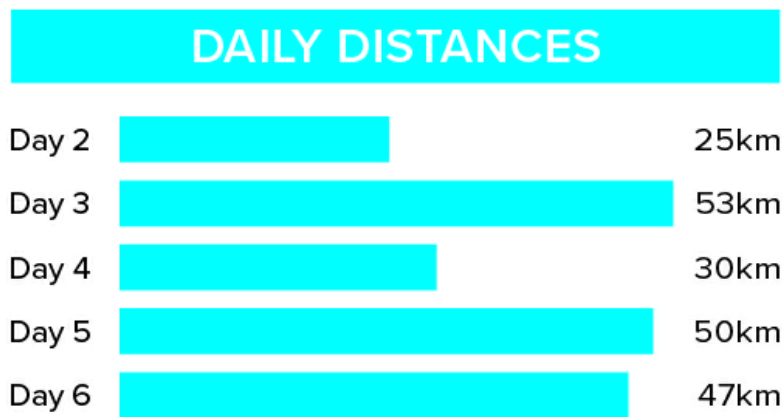
departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

Germany

Vaccinations

Nothing compulsory, but we recommend protection against tetanus, polio and hepatitis A. Tickborne encephalitis is recommended by some medical sources if travelling in certain areas of Europe, at specific times of the year. Please check the latest requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at Explore Travel Health and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.

Cycling information



CBW_DistanceChart

General cycling information

On this trip we cycle 205 km over five days (an average of 41 km per day). We follow urban cycle ways with city traffic, traffic lights and crossings and with the occasional need to use busier roads for short sections (10%). Around 40% of the route is on quieter paths, through parks, forests, fields and alongside canals. The route is generally on the flat and on tarmac. The Explore leader cycles with the group each day while the luggage is transported from hotel to hotel. There is no vehicle support. We have graded the route as moderate.

Bike included

21 gear Excelsior hybrid bikes.

Electric bikes (e-bikes) are available for an additional cost for the duration of the holiday. Please contact us for more details or to request your e-bike.

Bike information

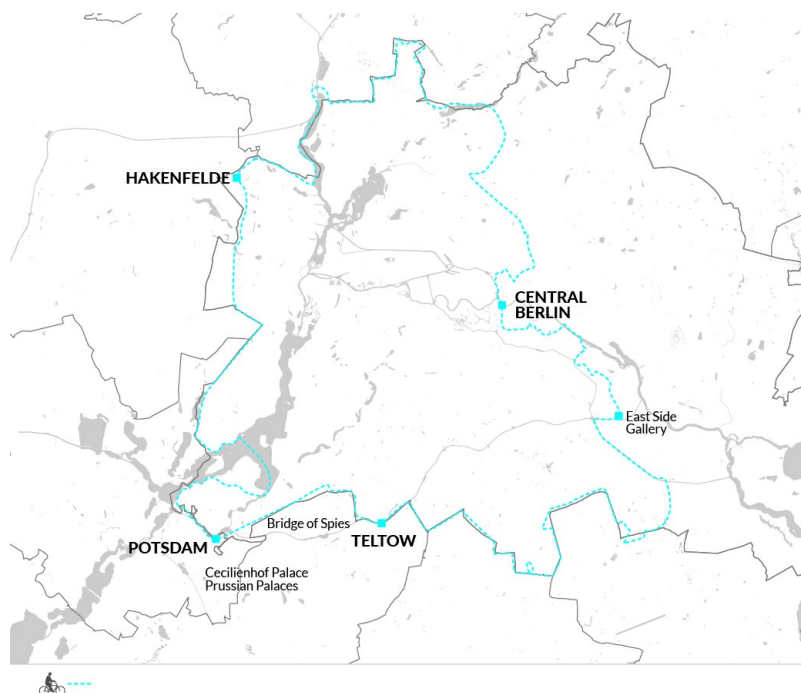
Your included bike is a 21 gear Excelsior hybrid and will be the correct frame size for your height. We provide spare parts and take care of the day to day maintenance. All you need to bring is your own helmet.

Electric bikes (available for an additional cost) will be Kalkhoff e-bikes. Please note this is with a unisex step-through frame. You will be required to pay a deposit of around 150 Euros when collecting the bike. Please contact us for more details or to request your e-bike.

Cycling grade

Moderate

Additional Information



CBW_Map

Why book this trip

Unlike many other operators, we include the hire of your bike in the overall cost of the holiday: you don't need to bring your own or pay extra to hire one locally. All you need bring is your own helmet.



**AWARD WINNING
EXPLORE LEADERS**



**PRICE GUARANTEE
PROMISE**



**AIRPORT
TRANSFERS**