

# EXPLORE!



## Why book this trip?

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On this self-guided cycling holiday you follow the flat, car-free and gentle cycle path around Lake Constance. The trip starts in the charming university town of Konstanz and along the way you will see thermal spas, idyllic villages and vineyards.

- **Germany, Switzerland and Austria** - Three countries on two wheels in one week
- **Historic towns and villages** - Overnight in historic towns
- **Lake swims** - Plenty of opportunities to swim in the lake.



**INCLUDED MEALS**  
Breakfast: 6



**TRIP STAFF**  
None



**TRANSPORT**  
Bicycle  
Ferry



**ACCOMMODATION**  
6 nights  
comfortable hotel



**CYCLING GRADE:**  
Easy

## Itinerary

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

### DAY 1 - Holiday starts in Konstanz

You start your holiday in Konstanz (Constance) - Lake Constance's biggest city on the lake and located in Germany. Some 600 years ago this was where the Council of Constance took place, the only council to elect a pope that was held north of the Alps. The Rhine leaves Lake Constance here on its way to the North Sea. Only a few minutes by foot from the medieval town centre is the Swiss town of Kreuzlingen with its lively harbour. Depending on availability you may be staying in Kreuzlingen instead. Your bike will be delivered either today or tomorrow morning and you will be required to sign an agreement of care upon receipt of the bike.



**ACCOMMODATION:**  
Hotel Volapuk (or similar)

**Grade: Comfortable Hotel**



**SINGLE ROOM AVAILABLE**



**MEALS PROVIDED: NONE**

### DAY 2 - Cycle from Konstanz to Stein am Rhein in Switzerland via Radolfzell

Today's ride takes a route around the German northern shores of the Untersee (Lower Lake) that

connects to the Rhine. The town of Radolfzell grew around a monastery founded in 826 AD as a 'cell' under Bishop Radolf of Verona. The town belonged to the Abbey of Reichenau, then subsequently to the house of Habsburg becoming a Free Imperial City for 40 years. Worth visiting is the 15th century gothic Cathedral of our Dear Lady, decorated in baroque style in the 18th. Continue along the Höri peninsula, where Hermann Hesse once lived you cross the 'green border' into the Swiss town of Stein am Rhein, which has a very picturesque old town.

Your total cycling distance today is approximately 45 kilometres (100 metres total ascent).



ACCOMMODATION:  
Hotel Roseberg (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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### DAY 3 - Ride from Stein am Rhein via Konstanz to Überlingen in Germany

This morning you continue cycling around the Untersee, as you ride back towards Konstanz on the southern shores through picturesque Swiss fishing villages. Once back in Germany you ride north through Konstanz to Wallhausen where a short boat crossing with your bike takes you to Überlingen. The route then continues to the former imperial town of Überlingen with its gothic minster and beautiful esplanade.

Your total cycling distance today is approximately 44 kilometres (185 metres total ascent).



ACCOMMODATION:  
Hotel Wiestor (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



#### DAY 4 - Ride Überlingen to Kressbronn

Continuing along the lakeside, take your time to explore Meersburg an unspoiled baroque town with the oldest inhabited castle in Germany. The terrace of the New Castle as well as the fortress offer the most unimpeded outlook over the lake and the impressive alpine range on clear days. Continue through vineyards to Friedrichshafen and stop for a rest at one of the cafes on the bustling promenade, one of the longest and most beautiful on Lake Constance. You end the ride meandering through orchards to Kressbronn. According to hotel availability at time of booking you may need to cycle one kilometre further to spend the night in nearby Nonnenhorn.

Your total cycling distance today is approximately 50 kilometres (85 metres total ascent).



ACCOMMODATION:  
Landgasthof Dorfkrug (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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#### DAY 5 - Cycle from Kressbronn through Austria to Höchst

Today's first highlight is the charming Castle Montfort in Langenargen, built in a Moorish style. Adjacent to the castle is Germany's first suspension bridge, the Argenbrücke. Next, you will be cycling through orchards until you reach the Bavarian town of Lindau - a must-do is to visit the city centre on the island, full of medieval and half-timbered buildings. From here is a short ride to the Austrian border and the festival town of Bregenz, where you should visit the floating stage, go for a swim in the lake and visit the well preserved upper town. Once you arrive in Hard, you cross the Rhine, which flows in from the Swiss Alps. The estuary is an important nature reserve. Your final destination for the day is Höchst in Austria. According to hotel availability at time of booking you may spend the night in Rorschach just across the border, in Switzerland.

Your total cycling distance today is approximately 35 kilometres (50 metres total ascent) if staying in Höchst or 50 kilometres if staying in Rorschach.



ACCOMMODATION:  
Hotel Krenn (or similar)



**Grade: Comfortable Hotel**



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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### **DAY 6 - Ride from Höchst through 'cider India' back to Konstanz**

The last ride is devoted to the Canton of Thurgau which is endearingly known as 'Mostindien' (Cider India) because of its huge apple orchards and slightly remote location, at least from the Swiss perspective. The route takes you along the banks of the lake to the old St. Gallen harbour town of Rorschach with its stately public buildings and unmissable Kornhaus (granary) built in 1749. Bathing in the lake here is also very popular. Continue riding through several small villages back to Konstanz.

Your total cycling distance today is approximately 40 kilometres (75 metres total ascent) if starting from Rorschach or 55 kilometres if starting from Hochst.



ACCOMMODATION:  
Hotel Volapuk (or similar)



**Grade: Comfortable Hotel**



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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### **DAY 7 - Holiday ends in Konstanz**

After breakfast, the organised part of your holiday comes to an end.



MEALS PROVIDED: BREAKFAST

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# Trip information

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## Country information

### Austria

#### Climate

Austria 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 | Roman Catholic | German   |

### 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   |

### Switzerland

#### Climate

Summers are generally warm, or even hot, with a three-month period when rain rarely falls. When it does rain in this season, it is heavy and often accompanied by thunder. There are as much as eleven to twelve hours' sunshine a day in summer, but as with anywhere in mainland Europe it can occasionally be cold and wet. Early and late summer is generally the best times to visit this region.

| Time difference to GMT | Plugs       | Religion | Language |
|------------------------|-------------|----------|----------|
| +1                     | 3 Pin Round | Catholic | German   |

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## 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.

Day 1 or Day 7 - Depending on flight times it is worth taking time to visit the cathedral of Muenster Unserer.

Day 2 - Visit the old museum of Kloster Sankt Georgen set in an old Benedictine Abbey.

Day 4 - After exploring Meersburg castle, if time perhaps stop off at the adjacent Zeppelin museum which has a large collection of exhibits.

This trip also provides fantastic photo opportunities throughout with the stunning lake and mountain views and the historic architecture.

## **Clothing**

Bring cycling gear such as quick drying cycle tops, padded cycle shorts and cycle gloves. The weather can be changeable so we recommend to bring layers of clothing to give you flexibility to add or remove a layer depending on the weather. Also bring a jacket/fleece and warmer clothing for the start and end of the season. A waterproof cycle jacket is recommended in case of rain. A light windproof jacket is always useful.

## **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 tours that combine sightseeing with cycling.

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

## **Luggage: On tour**

Bring one main piece of baggage as per your airline luggage allowance, maximum 20 kg per person. Remember you are expected to carry your own luggage if using public transport so don't overload yourself. Luggage transfers between hotels are normally arranged by the hoteliers. Mark your bags clearly and leave them at the place and time arranged with them. When travelling on public transport you should always take your luggage with you.

## **Luggage transfer**

Included between each hotel.

## **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. Other items to consider bringing are a sunhat and sun cream, torch, earplugs and insect repellent. If a handle bar bag or pannier is not provided (check bike details below) then you may like to bring a small rucksack to wear while cycling. A lock, pump, spare inner tube and puncture repair kit with tyre levers is provided with the bike. Please carry some or all of your cycling equipment e.g. helmet as part of your hand luggage.

Maps - Along with the destination manual and route notes you will be sent a set of maps that have been created specifically for this trip to help you navigate. The route is marked on each map together with a series of numbered waypoints which correspond with instructions in the route notes. Should you wish to purchase a more detailed commercially produced map we recommend the following:-

General Maps

Germany Southeast 1:375.000- Michelin Austria, Vorarlberg .1:50.000 (only in German)

## Tipping

### Local fees

Local city tax is required to be paid in cash upon check in to the accommodation. The amount varies from €1 to €3 per person per night, with the higher amount relating to higher category hotels. It is only applicable to a number of towns and cities, but it is being rolled out to cover more places in time so please allow accordingly in your budget.

## Austria

### 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.

|                     |                   |                    |
|---------------------|-------------------|--------------------|
| <b>Dinner price</b> | <b>Beer price</b> | <b>Water price</b> |
| £27                 | £2.85             | £1.8               |

### Foreign Exchange

|                       |   |
|-----------------------|---|
| <b>Local currency</b> | <b>Recommended Currency For Exchange</b>                            |
| Euro                  | GBP, USD and Euros cash are accepted at exchange offices and banks. |

### 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

All main towns and cities have ATM's for cash withdrawal.

### Credit Card Acceptance

Credit cards are widely accepted.

### Travellers Cheques

Travellers Cheques can be changed in main banks.

## 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.

|                     |                   |                    |
|---------------------|-------------------|--------------------|
| <b>Dinner price</b> | <b>Beer price</b> | <b>Water price</b> |
| £18                 | £3                | £1.3               |

## Foreign Exchange

|                       |  |
|-----------------------|--|
| <b>Local currency</b> | <b>Recommended Currency For Exchange</b> |
| 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.

## Switzerland

### 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.

|                    |                     |                   |                    |
|--------------------|---------------------|-------------------|--------------------|
| <b>Lunch price</b> | <b>Dinner price</b> | <b>Beer price</b> | <b>Water price</b> |
| £16                | £23                 | £5.2              | £1.5               |

## Foreign Exchange

|                       |  |
|-----------------------|--|
| <b>Local currency</b> | <b>Recommended Currency For Exchange</b> |
| Swiss Franc.          | Euros.                                   |

### Where To Exchange

Most major towns - your Tour Leader will advise you on arrival

### ATM Availability

Local currency can be obtained using credit cards in ATM's.

### Credit Card Acceptance

In major restaurants.

### Travellers Cheques

Not recommended.

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## **Transport, Accommodation & Meals**

### **Transport Information**

Bicycle, Ferry

### **Recommended airport**

Zurich Airport (ZRH) in Switzerland or Friedrichshafen Airport (FDH) in Germany.

### **Flying to your destination**

We recommend return flights to either Zurich Airport (ZRH) in Switzerland or Friedrichshafen Airport (FDH) in Germany.

Zurich has direct flights from London, Manchester and Leeds. In direct flights are possible from other regional UK airports. Friedrichshafen has indirect flights from London and several regional airports.

### **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.

### **Arrival and departure information**

The closest airports to Constance are Zurich in Switzerland and Friedrichshafen in Germany.

By public transport from/ to Zurich Airport (ZRH)

There is an hourly train service connecting Zurich airport with Constance train station (journey takes 1 hour 10 mins, around €15). On arrival take a taxi to your hotel.

By public transport from/ to Friedrichshafen Airport

Travel by train from the airport to Friedrichshafen Hafen train station and port (12 mins). From here on foot follow the signs to the catamaran office and catch the ferry directly to Constance port (catamaran runs every hour from 6 am to 7 pm and trip takes 1 hour 15 mins) . From here take a taxi to your hotel.

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## **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**

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

Austria: Visas are not required by UK, Australian, New Zealand, US and Canadian citizens. Other nationalities should consult the relevant consulate.

Germany: Visas are not required by UK, Australian, New Zealand, US and Canadian citizens. Other nationalities should consult the relevant consulate.

All visa information is subject to change. You should confirm all visa related questions with the relevant Embassy prior to departure.

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](http://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.

## **Austria**

## **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.

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## **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.

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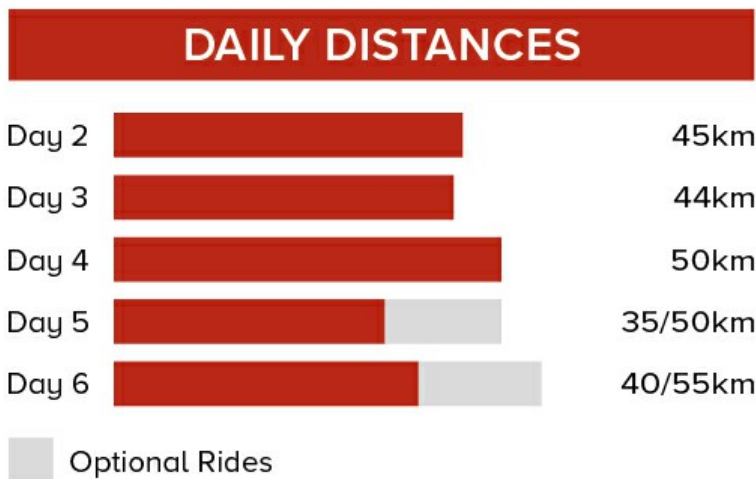
## **Switzerland**

### **Vaccinations**

Nothing compulsory; Tetanus recommended. 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 <http://www.explore.co.uk/Travelhealth/> and from your local healthcare provider.

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## **Cycling information**



### General cycling information

On this journey you cycle 209 km over five days (an average of 42 km per day) with further optional rides available. The rides mostly follow cycle paths or quiet secondary roads that run close to the lake. Occasional sections are unpaved and around Friedrichshafen the cycle path is alongside the main road. The terrain is generally flat with some inclines on the first two days of cycling. We have graded the route as easy.

### Bike included

24 gear hybrid bike.

Electric bikes (e-bikes) are available for an additional cost for the duration of the holiday. You will be required to pay a refundable deposit upon collection of the e-bike in country. Please contact us for more details or to request your e-bike.

### Bike information

Your included bike is a 24 gear hybrid bike and will be the correct frame size for your height. The bike is fitted with a saddle bag, handlebar bag and a rear pannier. The bike has the facility to fit your own pedals or saddle if you wish to bring them. A lock, pump, spare inner tube and puncture repair kit with tyre levers is included. All you need to bring is your own helmet. You will be required to sign an agreement of care upon receipt of the bike.

### Cycling grade

Easy

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## Additional Information



## 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. We also provide a pump, lock, spare inner tube and tyre levers. All you need bring is your own helmet.

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## Reviews



**AWARD WINNING  
EXPLORE LEADERS**



**PRICE GUARANTEE  
PROMISE**



**AIRPORT  
TRANSFERS**