

**By racing bike around Lake Constance**  
A 6- day cycling tour

**Code tour: AUSSWIGER01C**



This road bike tour has as scenery Lake Constance (Bodensee). Lake Constance is a beautiful and famous lake situated between Germany, Austria and Switzerland. It exist of three bodies of water: the Upper Lake Constance (Obersee), the Lower Lake (Untersee) and the Seerhein. It is home for many birds and in the lake, we find 45 species of fish. Around the lake, we find the university town of Constance, Lindau, located on an Island, and Bregenz that has two famous festivals, the music festival Bregenzer Festspiele and the dance festival Bregenzer Spring. There is a wonderful cycle path around the lake but for the road cycle tour, we have chosen for more exciting itineraries into the backcountry as well. The surroundings of the lake are very suitable to create an exciting road bike trip. Many times the trail will be flat but there are also demanding ascents if you choose to cycle into the Swiss mountains. You will meet lovely typical villages near the lake and many attractions are along the route like the famous Rhine waterfalls in Schaffhausen. Depending on the season, you will pass vineyards of the white wines Thurgau, Grauburgunder and Weissburgunder grapes and fruit orchards in full bloom or see the Alps covered with it snow. A highlight of the tour is the island Mainau with a castle beautiful flower and butterfly gardens and the medieval centre of Constance.



**Period:**

Daily from 09/04 to 16/10/2022

**Level 4:** Difficult, for experienced cyclists. You will cycle within a countryside with hills and mountains, river valleys and passing cities. Depending on the selected daily options, you will follow smaller side roads, cycle path and sometimes main roads with more traffic in the peak season and in the weekend. For this tour, you should be an experienced cyclist and have a good fitness level. There are sometimes steep descends and therefore experience with cycling on smaller zigzagging roads in the mountains is needed. All daily options you will find in the tour book.

Daily distances between 60 km / 37,3 miles and 115 km / 71,5 miles.

Total min 327km / 203,2 miles and Max. 400km / 248,6 miles

**Participants:** min. 2 persons (single traveller upon request)

## Program day by day:

### Day 1 Individual arrival in Bregenz

You arrive in Bregenz and could already visit the town. During the Festival, the city of arrival could be Dornbirn, Höchst or Wolfurth, according to availability! Handing over of route notes and in case of bike rental pick up of your bike.

### Day 2 Bregenz – Güttingen

Today there are two options to choose from that differs in km and ascent/descent. You follow the cycle path along the lake: you leave Bregenz and afterwards you cycle along the Bregenz River and the old Rhine river valley. You don't even notice that you are crossing the border to Switzerland. In the background you will see the mountains. You can choose to continue cycling along the lake shore or choose for the more challenging route in the Swiss mountains. The mountain road leads you over the well known pass of Ruppen to the famous Appenzell. Along a high road, you will cycle to Heiden and then go downwards to Lake Constance again. What a view! Afterwards you follow the road or cycle path along the lake to Güttingen.

#### Option A:

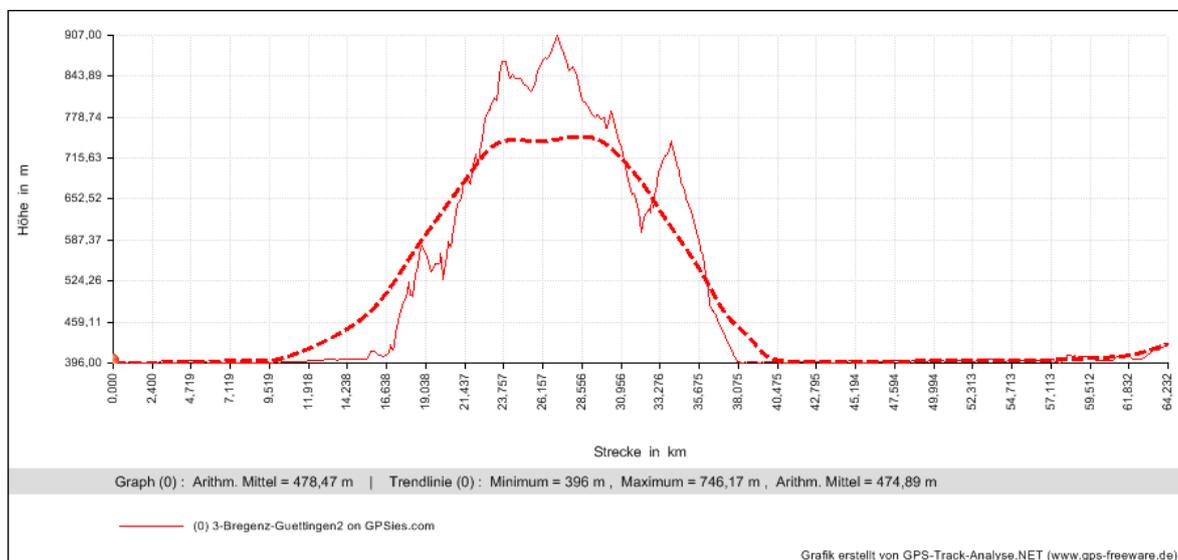
Distance: 65 km / 40,4 mi

Ascent/Descent + 1.050m - 1.020 m

or

Distance: 60 km / 37,3 mi

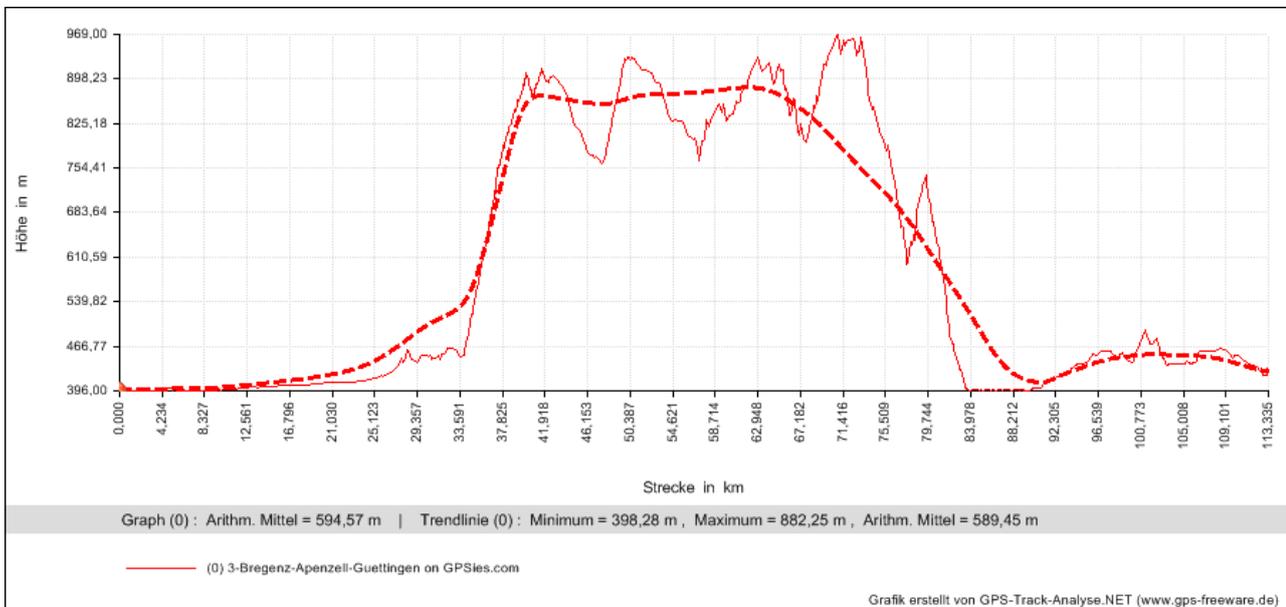
Ascent/Descent: +145m, -120m



#### Option B:

Distance: 114 km / 70,8 mi

Ascent/Descent: + 1.810 Hm, - 1.780 Hm



### Day 3 Güttingen - Singen/Rielasingen/Gottmadingen

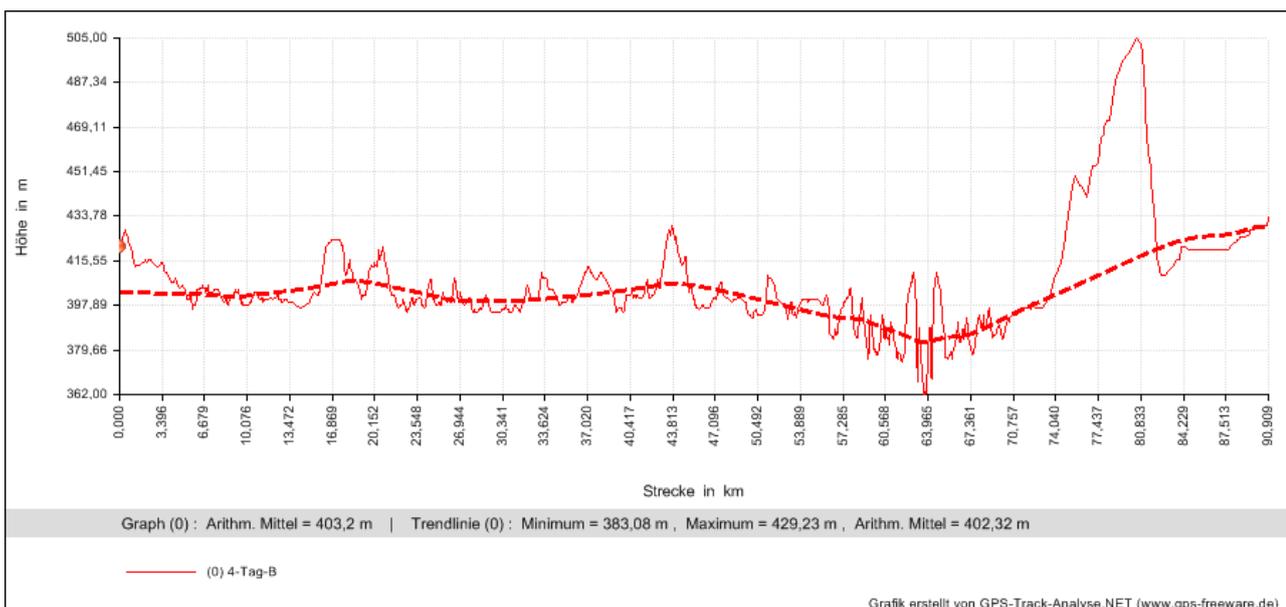
You cycle along the lakeshore; you will follow side roads and a cycle path to Kreuzlingen, which is next to the city of Constance. One city after the other one and you barely notice that you are heading from Switzerland to Germany.

Afterwards, you follow the road along Rhine River and pass many little cities to your way to Schaffhausen where you find the famous Rhine waterfalls. We also have an optional tour running a little bit up and down in the backcountry where you find many hamlets and a lot of farming land. In the city of Stein am Rhein both trails are meeting again.

Option A:

Distance: 90 km / 56 mi

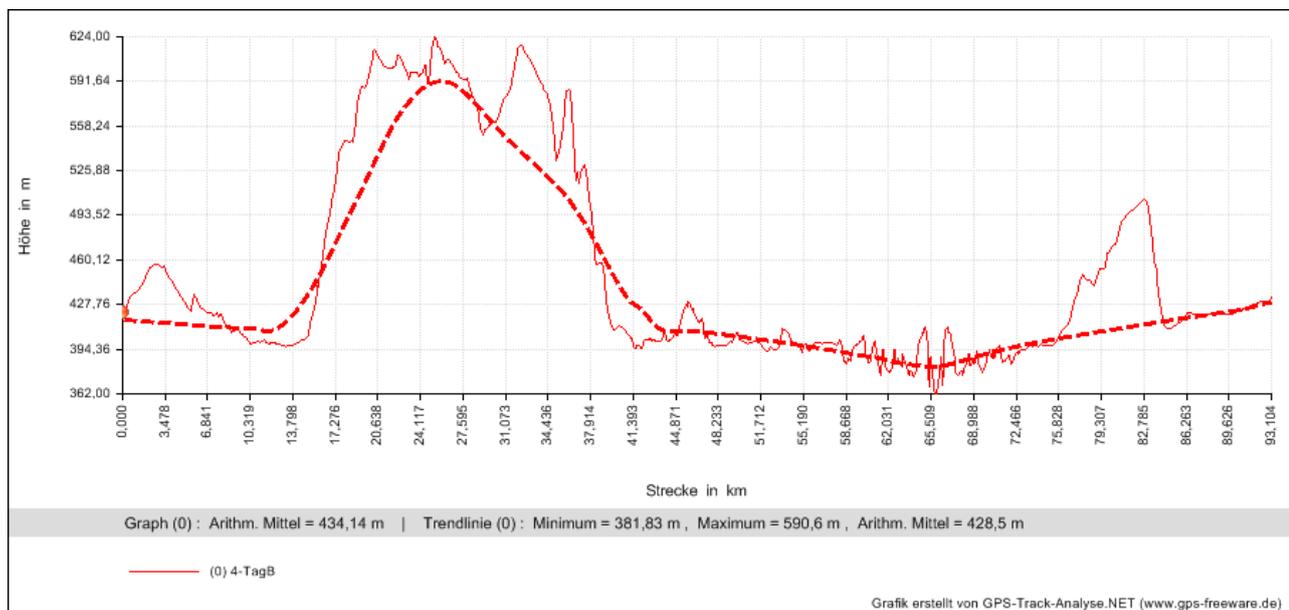
Ascent/Descent +790m, -780m



## Option B

Distance: 94 km / 58 miles

Ascent/Descent +1.050m, -1.035m



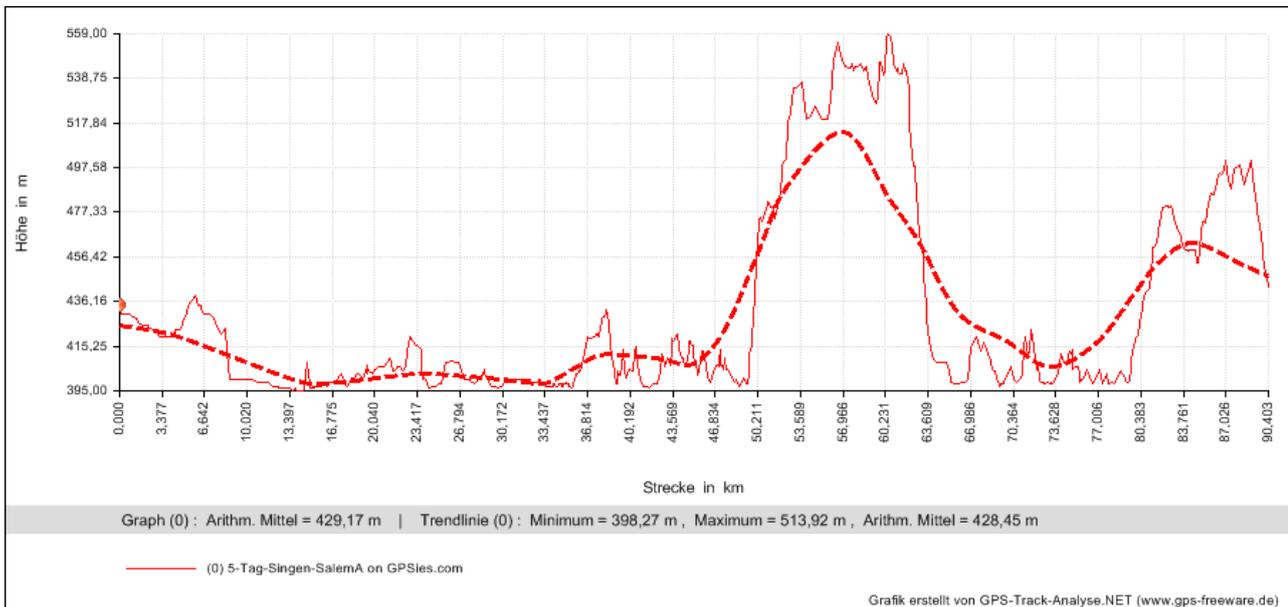
### Day 4 Singen/Rielasingen/Gottmadingen - Constance - Salem/Uhldingen/Überlingen

Today you will follow the fine cycle path along the "Gnadensee" to the island of Reichenau, where you can visit the monastery and the gardens of the island. Afterwards you cycle into the main city on Lake Constance to the city of Constance. Take some time to visit the old city. Afterwards you keep following the cycle trail to the second island "Mainau" with the castle and wonderful gardens. Afterwards you cycle to the other side of the lake to Ludwigshafen and over a little mountain range. The last part of the trail leads you again through hamlets, vineyards, fruit orchards and fields back to Salem.

### Option A:

Distance: 90 km/ 56 mi

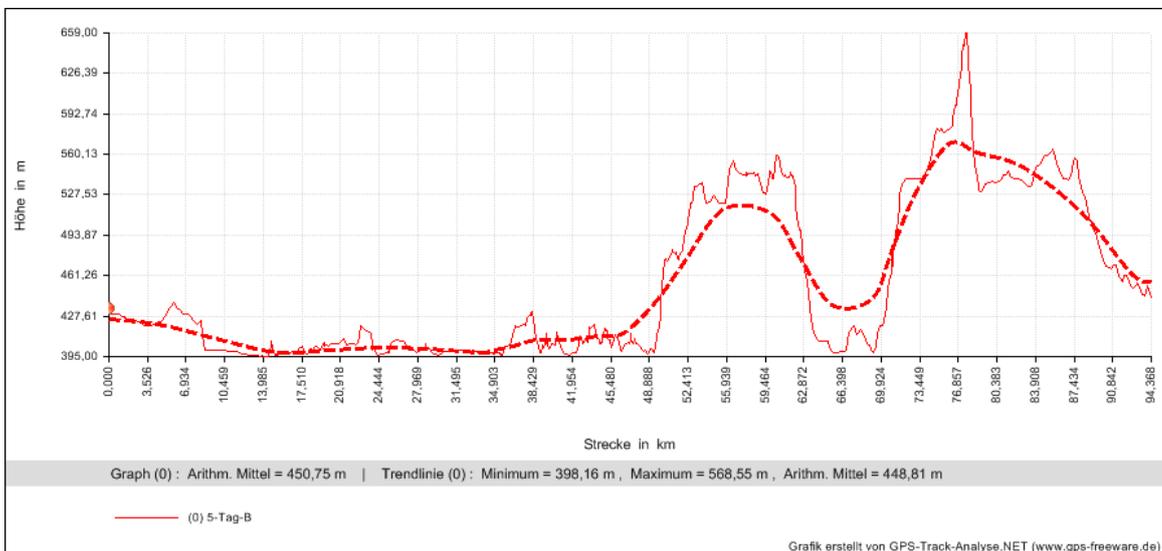
Ascent/Descent: + 795m - 780m



### Option B:

Distance: 95 km/59 mi

Ascent/Descent: + 925m - 915m





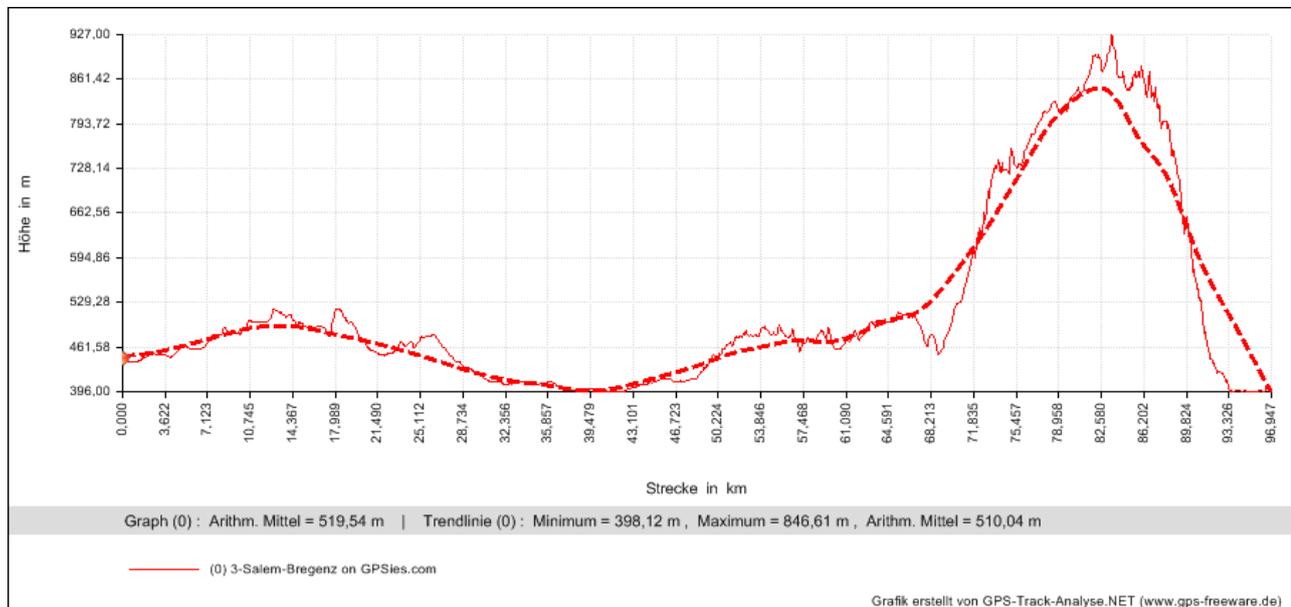
### Day 5 Salem/Uhldingen/Überlingen - Bregenz

You will start slowly following a river valley until you reach the first fruit orchards. Afterwards you will cycle downwards to the shore of Lake Constance where you can have a nice break for lunch. Afterwards, you cycle inland again passing some small lovely lakes before you start your climb up to Scheidegg. You will have a wonderful view over Lake Constance and a fast descent to Bregenz, which is in Austria. Enjoy the wonderful boulevard with a small harbour, delicious restaurants and the festival area.

#### Option A

Distance: 82 km/51miles

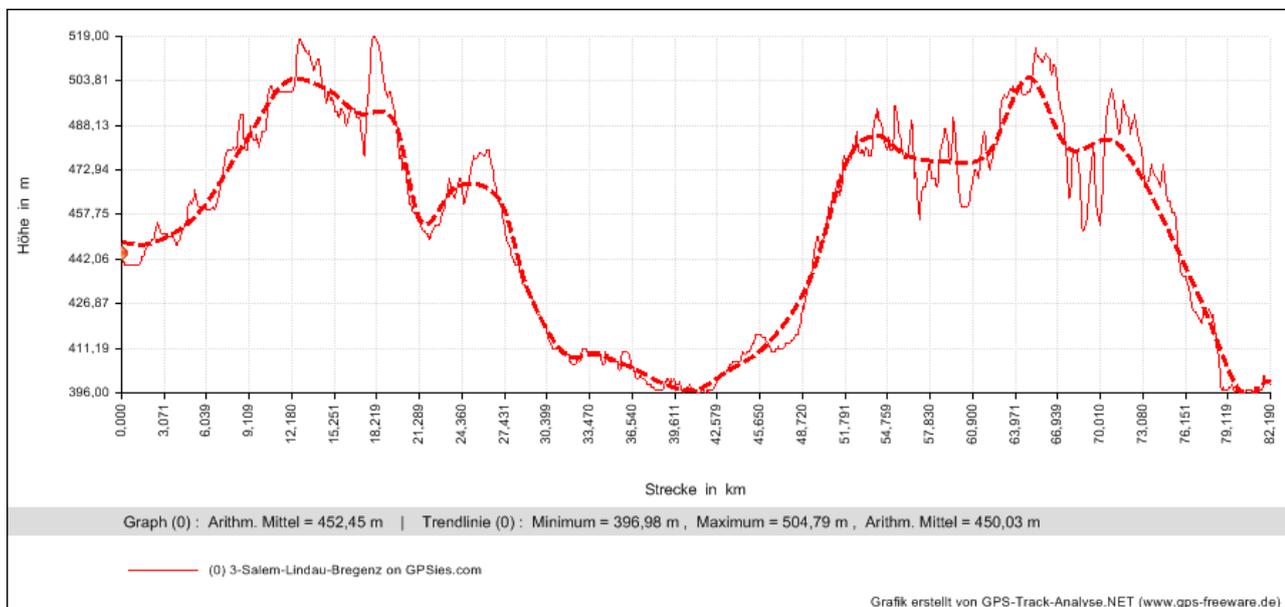
Ascent/Descent: +730m -780m



#### Option B

Distance: 97 km /60 miles

Ascent/Descent: + 1.490m - 1.540m



## Day 6 Departure from Bregenz and end of our services

### Prices per person 2022:

From 09/04 - 15/04 and 02/10 - 16/10

Euro 485 - per person in double room

Euro 635 - per person in single room

From 16/04 - 06/05; 17/06-30/06 and 11/09 to 01/10

Euro 555 - per person in double room

Euro 705 - per person in single room

From 07/05 - 16/06; 01/07 - 19/07 and 22/08 - 10/09

Euro 585 - per person in double room

Euro 735 - per person in single room

From 20/07 - 21/08 (Festival Time)

Euro 635 - per person in double room

Euro 785 - per person in single room

During the festival time overnight can also be in Wolfurth, Dornbirn or Hard. This depends of the availability

### Extras:

- Supplement half board (5 x dinner), per person Euro 115,00

**Rental road cycles:** The Travel agent will do the reservation; payment and pick up will be at the cycle shop (closed on Sunday in pre-season)

From Euro 160 per rental road bike – 4 cycle days (carbon frame, pedals, repair set, tube, look)

From Euro 40 per extra rental day

### **Extra nights Bregenz 3 star hotel**

All other arrival days

Euro 59 per person/day, double room b&b

Euro 93 per person/day, single room b&b

July 20 to August 21

Euro 81 per person/day, double room b&b

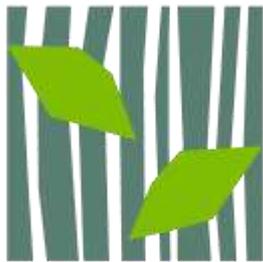
Euro 115 per person/day, single room b&b

### **Included in the tour**

- 5 nights in 3 star hotel with breakfast
- Luggage Transfer
- Road book, leaflets about the region
- Hotline
- Gps Data

### **Not included in the price:**

- Local tourist taxes
- All what isn't mentioned under (included in the tour)



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