

The Ems Cycle Route

8 DAYS / 7 NIGHTS, APPROX. 280 KM
BOOKING CODE: NW-EMME7

DAILY ROUTE LENGTH ●●●●●
TOPOGRAPHY ●●●●●



Your tour

From Münster you cycle along the Ems to the North Sea. You will get to know a wide variety of landscapes. Ems meadows, marshland and moorland are wonderful to explore by bike. And don't get confused: as the Ems is subject to the influence of high and low tide after Papenburg, it is quite possible that the river suddenly flows „the wrong way round“.

Itinerary

Day 1	Individual arrival in Münster
Day 2	Münster – Rheine, approx. 65 km
Day 3	Rheine – Lingen, approx. 40 km
Day 4	Lingen – Meppen, approx. 40 km
Day 5	Meppen – Papenburg, approx. 65 km
Day 6	Papenburg – Leer, approx. 35 km
Day 7	Leer – Emden, approx. 35 km
Day 8	Individual departure

Travel time

Season A	18.04. – 25.04.	03.10.
Season B	02.05. – 10.05.	20.09. – 09.05.
Season C	16.05. – 12.09.	

Arrival Saturday 18.04. – 03.10.2026
The season is dictated by the arrival date.

Services

- 7 nights with breakfast, national 3* / 4*-level
- Digital travel documents and route navigation via app
- Luggage transport from hotel to hotel to Emden, max. 20 kg / piece
- Service-Hotline (7 days, 08.00 a.m. – 08.00 p.m.)

Not included services

- Citys or visitors tax, if payable

Basic price per person

Doubleroom, Season A	849,-
Doubleroom, Season B	899,-
Doubleroom, Season C	949,-
Additional fee single room	289,-

Additional night prices per person

Emden DBL / BB	85,-
Emden SGL / BB	125,-
Münster DBL / BB	89,-
Münster SGL / BB	159,-

Additional services per person

E-bike / Pedelec*	289,-
Rental bike (7- / 24-gear)*	99,-
Sporty rental bike (30-gear)*	179,-
Return transfer excl. bike (min. 4 persons)	189,-
Return transfer incl. bike (min. 4 persons)	235,-

*including rental bike insurance

Exemplary hotel list

Münster	Hotel Conti, Münster	www.hotel-conti-muenster.de
Rheine	Hotel zum alten Brunnen, Rheine	www.zumaltenbrunnen.de
Lingen	Hotel Altes Landhaus, Lingén	www.alteslandhaus.de
Meppen	Hotel Pöker, Meppen	www.hotel-poeker.de
Papenburg	Hotel Aquamarin, Papenburg	www.hotelaquamarin.de
Leer	Best Western Hotel Frisia, Leer	www.bestwestern.de
Emden	Upstalsboom Parkhotel Emden	www.upstalsboom.de

Child reduction on basic price

0 - 5 Years	100%
6 - 11 Years	50%
12 - 14 Years	25%
15 - 17 Years	10%

Reduction for children is valid for accommodation in room with two full-paying guests.

Languages Travel documents

→ German, English, Dutch, French

Additional note

- All bookings are on request.
- Optionally bookable: Printed travel documents incl. maps, per room € 20
- Return journey to Münster: Optionally by minibus (from 4 people), must be specified when booking.
- Alternatively, on your own by train, connections hourly, duration about 2 hours, without changing trains.
- Twin / double rooms / separate beds are only occasionally available. We treat requests as non-binding customer requests, if above mentioned room types are a booking condition, it must be mentioned as a condition at the time of booking.

Equipment of our rental bikes

- Bike lock
- Odometer
- Handlebar bag
- Breakdown kit (1 x per booking)
- Waterproof pannier

Journey to Münster

- Nearest airports: Münster
- Train station: Münster

Parking in Münster

- Parking at the starting hotel, cost approx. 15 – 25 € / day. No reservation possible through Radweg-Reisen.

Luggage transport

- Luggage pick-up from 09.00 a.m., delivery to the next hotel by 06.00 p.m. at the latest, labeling of luggage is 1 x for the whole tour. No restriction on the number of pieces of luggage, but max. 20 kg per piece of luggage.

Stages description

Day 1: Individual arrival in Münster

Do not set off too late, as the former Westphalian capital has a lot to offer. It is considered to be Germany's friendliest town for cyclists and is also shaped by the almost 50,000 students who live here. The centre features the town's Prinzipalmarkt, lined by elegant houses with stepped gables. You should also visit the cathedral and the castle, and go for a walk around Aasee lake.

Day 2: Münster – Rheine, approx. 65 km

Enjoy a last glance back to Münster's historic quarter and its magnificent houses before you set off on your first section along the Dortmund-Ems canal. At Münster-Gelmer, you cross the Ems over a bridge. Following the sharp curves of this meandering river you will arrive in Emsdetten, which used to be a centre for basket-makers, who used to make shallow baskets to separate the wheat from the chaff. Today's destination is the town of Rheine.

Day 3: Rheine – Lingén, approx. 40 km

In Rheine you can visit Villa Reni, also known as Falkenhof. The royal manor was built well over 1000 years ago. The monastery and brine pool spa in Bentlage are worth visiting. Just after Rheine, you enter a new Federal state. In Lower Saxony you follow the Ems to Lingén. On the way you will see a windmill still in use, in Emsbüren.

Day 4: Lingén – Meppen, approx. 40 km

Today's route takes you through a former swamp and moor area. Farms and villages were only able to be built sparsely on the sandy higher areas. The cycle tour takes you on to Meppen, an older fortress town at the mouth of the Hase. It also has a very interesting archaeological museum. The Ems changes its character now. Merging as it does with the Dortmund-Ems canal and Hase, you will now be cycling through magnificent waterscapes.

Day 5: Meppen – Papenburg, approx. 65 km

Just a few kilometres on from Meppen you get to Haren. Alongside Emslanddom, Haren is well known for its freight-carrying boats, especially adapted to the Ems and known as „pünter“. We can recommend a visit to the baroque water castle at Dankern. Cycle on to Papenburg, the centre of Dutch fen culture and which has made the moors particularly habitable in a very special way. The Meyer shipyard is situated here and produces huge cruise ships, which you can explore as part of a public tour.

Day 6: Papenburg – Leer, approx. 35 km

East Frisia begins between Papenburg and Weener. East Frisia is usually associated with the North Sea and you'll find the atmosphere along the Ems getting more and more maritime. You cycle easily on to Leer via

Weener. In the local tea museum, you can find out the secrets behind preparing a Frisian cuppa. And almost everything there is to know about the most popular beverage in Frisia.

Day 7: Leer – Emden, approx. 35 km

In Leer, everything rotates around the harbour and the North Sea. But you can also visit the many stately houses and churches in the town's historic quarter, which are a reminder of the town's century-old history. Leer used to be the former hub of this area. Your last section takes you via Petkum, home of the comedians Otto Waalkes and Karl Dall, to the harbour town of Emden.

Day 8: Individual departure

After breakfast you start your individual return journey home or extend your stay.