



# The Wild Alpine Rhine

7 DAYS / 6 NIGHTS, APPROX. 250 KM  
BOOKING CODE: RH-KK6

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



From the Swiss mountains to idyllic Lake Constance

FROM EUR **749,-**



## Your tour

Officially, the Rhine kilometres are only counted from Constance. But as it flows out of the lake, so it also flows in: as the Alpine Rhine, the confluence of the Front Rhine and the Back Rhine. You can cycle along the two tributaries in complete relaxation: taken up to the heights by transfer or train, you roll downhill through three breath-taking gorges: Roffla, Viamala and Ruinaulta. From Bonaduz you follow the Alpine Rhine back to Lake Constance. And now you know: the Rhine rises in Graubünden.

## Itinerary

<b>Day 1</b>	Individual arrival in Constance
<b>Day 2</b>	Constance – Splügen – Bondauz, approx. 45 km + transfer
<b>Day 3</b>	Trip to Disentis, approx. 55 km + train ride
<b>Day 4</b>	Bonaduz – Vaduz, approx. 55 km
<b>Day 5</b>	Vaduz – Feldkirch – Arbon, approx. 65 km
<b>Day 6</b>	Arbon – Constance, approx. 30 km
<b>Day 7</b>	Individual departure or extension of stay

## Travel time

Arrival on Sundays 01.05. – 02.10.2022

Season	Start	End	End
Season A	01.05.	25.09.	02.10.
Season B	08.05.	11.09.	18.09.
Season C	15.05.	29.05.	19.06.
	26.06.	21.08. – 11.09.	
Season D	22.05.	05.06.	12.06.
	03.07. – 14.08.		

## Services

- 6 nights with breakfast in the local 3\*-level
- Luggage transport from hotel to hotel
- Transfer Constance – Splügen incl. bike in a minibus
- Train ride Reichenau-Tamins – Disentis incl. bike
- Entrance to Rosgarten museum Constance, 1 coffee included
- Cycle route description with maps (1 x per room)
- 7 day Service Hotline

Not included is the city or visitor's tax (if payable).

## Basic price per person

Double room, season A	749,-
Double room, season B	849,-
Double room, season C	899,-
Double room, season D	949,-
Additional fee single room	239,-

## Additional night prices per person

Constance DBL B&B	65,-
Constance SGL B&B	95,-
Other places on request	

Additional nights are possible in all places, the first cycling day must be a Monday.

## Rental bikes prices per person

Rental bike (27- / 30-gear)*	89,-
E-bike*	199,-

\* Including rental bike insurance

## Languages Travel documents

→ German, English, Dutch, French

### Other additional night prices per person

Bonaduz / Vaduz DBL B&B	99,-
Bonaduz / Vaduz SGL B&B	139,-
Arbon DBL B&B	85,-
Arbon SGL B&B	115,-

Additional nights are possible in all places, the first cycling day must be a Monday.

### Exemplary hotel list

Constance: ABC-Hotel	www.abc-hotel.de
Bonaduz: Hotel Alte Post	www.altepost.swiss
Vaduz: Landhaus am Giessen	www.giessen.li
Arbon: Hotel Wunderbar	www.hotel-wunderbar.ch

### Child reduction on basic price

0 – 5 years	100 %
6 – 11 years	50 %
12 – 17 years	25 %

- Due to the more challenging sections, we recommend this tour only for young people in good physical condition.
- Reductions apply for accommodation in rooms with two full-paying guests.
- No reductions from the age of 18
- Multi-bed rooms are often double rooms with a camp bed or sofa-bed.
- No five-bed rooms possible

### Parking in Constance

- Free parking on public roads
- Fenced parking lot near the Radweg-Reisen office in Constance, cost: 45 Euro, must be booked and paid in advance.
- Parking garages (Fischmarkt, Dammgasse, Lago, Altstadt, Benediktinerplatz), costs approx. 10 – 20 Euro / day
- Hotel parking spaces (available in individual hotels, chargeable, details in the travel documents).

### Journey to Constance

- Closest airports: Zurich, Friedrichshafen, Stuttgart
- Train station: Constance

### Note

- We do not offer half board (dinner) on this tour.

### Twin rooms / separate beds

- Available only sporadically
- We handle requests for twin rooms as non-binding requests
- In case twin rooms are booking condition it must be clearly communicated as such when booking.

### Availability

- All bookings are on request
- For this tour we provide an availability link, which is constantly updated.

### Travel documents

- Dispatched to the tour operator up to six weeks before arrival
- For short-term bookings, delivery to the start hotel, hotel list and arrival information will be sent by email
- 1 set (per booked room) consists of: hotel list and voucher, travel information with details on daily stages, short travel guides and route descriptions, maps, luggage tags

### Equipment of our rental bikes

- Anti-puncture Schwalbe Marathon Plus tires
- Hub dynamo
- Luggage rack
- Comfortable saddle
- Waterproof pannier
- Waterproof handlebar bag with map holder
- Mileometer
- Bicycle lock
- Pump
- Repair set per booking in the pannier

Further information and photos of the rental bikes are available in the B2B area: <https://www.cycling-holiday.com/b2b/info#Bikes>

### Bike handover

- Arrival: The rental bikes are waiting at the start hotel.
- Departure: The guests leave their bikes in the last hotel. Provided an e-bike has been rented, the battery should be handed in at reception.

### Luggage transport

- Daily baggage collection until 9 a.m.
- Delivery to the next hotel by 6 p.m. at the latest
- Luggage items are labeled once for the entire tour
- No restriction on the number of pieces of luggage, but a maximum of 20 kg per piece of luggage

## **Stages description**

### **Day 1: Individual arrival in Constance**

Take the opportunity to wander through Constance's old town or visit the aquariums in the Sea Life Center and go to the Archaeological Museum.

### **Day 2: Constance – Splügen – Bondauz, approx. 45 km + transfer**

At the beginning of your first bike stage, a transfer will take you up into the mountains to Splügen. Here you get on your bike and comfortably roll downhill, following the river Rhine through the Graubünden region to Bondauz. On the way you pass by the gorge of Viamala - carved deep into the rock by the river Rhine.

### **Day 3: Trip to Disentis, approx. 55 km + train ride**

This stage will take you up and above: About 700 meters of altitude difference have to be mastered. In the morning you take the train to Disentis. It's quite a rugged route you take, especially the first half, as it follows an unmade-up road. You follow the Vorderrhein through the Rhaeto-Romanic Alpental Valley. Shortly after Ilanz the route takes you up a long, but not very steep, hill. Once you've reached the top, you are immediately rewarded with the sight of the canyon-like Rhine Ruinalta ravine, before you return to Bondauz.

### **Day 4: Bondauz – Vaduz, approx. 55 km**

Today your route takes you along the Alpine Rhine through Switzerland for a while, until you reach the Principality of Liechtenstein in a leisurely ride. The fourth smallest state in Europe is known for its medieval castles and mountain panoramas. When you arrive in the capital of Liechtenstein, Vaduz Castle welcomes you immediately. It is the symbol of Vaduz, and towers over the city.

### **Day 5: Vaduz – Feldkirch – Arbon, approx. 65 km**

Today you're going to be out and about in three different countries: After a short time you will have cycled through Liechtenstein, which is only 25 km long, and continue cycling through Austria back into Switzerland. Here the route takes you slowly downhill to Lake Constance, which welcomes you with its many sailing boats on the glittering water.

### **Day 6: Arbon – Constance, approx. 30 km**

Following the banks of the lake almost all the way, you cycle through the small town of Romanshorn back to Constance. This route is flat and, with the exception of strong west winds, easy to master. Again and again you come to bathing spots where you can refresh yourself in the cool water.

### **Day 7: Individual departure or extension of stay**

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