

Cycling Safaris

Munich Lakes 2022

Self-Guided Tour

8 days/7 nights, cycling distance approx 260 - 330 km



Cycle around the most famous Bavarian lakes with the best water quality! View the majestic mountain massifs and stroll through blooming, richly ornamented old towns. Colour and Baroque is the image of the towns along the way. Enjoy unspoiled nature and Bavarian tradition. The joy of life, clean air and the blue-white freedom, time to take care of yourself and to cure body and soul.

Overall, this is a rather easy tour. A few short climbs can be conquered easily by pushing the bike. You will cycle on beautiful bike paths and quiet roads. Main roads will only be used for shorter distances. The route is mostly paved; some longer passages are on forest tracks, which are in good condition.

TOUR ITINERARY

Day 1: Individual arrival in Munich

Welcome briefing and bike distribution. Bavaria's capital city is waiting with many sights (English Garden, Town Hall, Hofbräuhaus...). [NYX Hotel, Munich](#)

Day 2: Munich – Murnau / Lake Staffelsee approx 65 km

From Munich, the tour begins with a bike ride through the Forstenrieder Park to Lake Starnberg before you cycle on the lakeside road to Seeshaupt. Your journey continues on wonderful ways through rustic Bavarian towns, past the Osterseen lakes and Lake Riegsee to Murnau am Staffelsee. [Murnau Hotel Angerbräu ***](#)

Day 3: Murnau – Garmisch Partenkirchen approx 40 km

The cycle starts through the nature reserve called Murnauer Moos (largest swamp area of Central Europe), after which you head through unspoiled nature following the River Loisach to Garmisch Partenkirchen. The days cycle is intentionally brief so that you have enough time for a trip with the "Zugspitzbahn", a mountain railway. At an altitude of 2962 meters, you will have a wonderful view of the Alps. [Mercure Hotel Garmisch Partenkirchen](#)

Day 4: Garmisch Partenkirchen – Wallgau (plus a train ride) approx. 45 km

You take the train to Scharnitz to bridge an altitude of 300 meters. From there, you will cycle uphill through wonderfully romantic gorges and lush meadows to the spring of the River Isar. Afterwards, you will cycle back through a sunny valley where there is a marvellous panoramic view of the mountains of Karwendel and Wettersteingebirge, passing Mittenwald and finally arriving in Wallgau – a place where the Bavarian tradition is still a part of everyday life. [Gasthof Post](#)

Day 5: Wallgau – Bad Tölz approx. 50 km

Passing the Isarwinkel, today's cycle will follow the crystal-clear, turquoise waters of the impressive Lake Sylvenstein. Cycling through charming landscapes, you will pass Lenggries and finally arrive in Bad Tölz. The location at the crossroads of two trade routes - the River Isar and the old salt route from Reichenhall to Allgäu - created a thriving trading centre. The ornate mansions testify to a previous golden age. [Hotel Kolberbräu ****](#)

Day 6: Bad Tölz – Lake Tegernsee – Bad Tölz approx. 45 km

You will cycle through the scenic Tegernsee countryside to Gmund at Lake Tegernsee which opens out to a beautiful panoramic view of the lake. Following the valley Gaißbach, you return to Bad Tölz where you can visit the Market Street, the setting for numerous markets that are held in the town where you can peruse many items from pottery to fresh local products [Hotel Kolberbräu ****](#)

Day 7: Bad Tölz – Munich approx. 60 km

The Isar bike path leads you from Bad Tölz over Geretsried and Wolfratshausen directly to Grünwald. After a few short climbs you will arrive back in Bavaria's state capital Munich, where you can explore its countless sights and attractions. [NYX Hotel, Munich](#)

Day 8: Departure

Individual departure or additional overnights

2023 TOUR DATES

Daily from 8th April – 9th September (from/to Munich)

2023 TOUR PRICE

Season 1: 8 th April – 14 th April	€1000 per person sharing
Season 2: 15 th April – 12 th May	€1080 per person sharing
Season 3: 13 th May – 9 th September	€1130 per person sharing
Single supplement	+€330

Note that for 2023 bike hire is separated out / not included in the tour price

€100	21 speed unisex touring bike with lock, a small pannier bag, repair kit, insurance
€160	20/27 speed touring bike with crossbar, slightly lighter and more sportive, lock, repair kit and a small pannier bag, insurance
€240	Electric - bike with lock, repair kit and a small pannier bag, bike insurance
€ 40	Helmet purchase – we recommend to bring your own helmet, as rental is not possible

WHAT THE TOUR PRICE INCLUDES

- Personal welcome briefing
- 7 nights accommodation with breakfast buffet
- Luggage transfers
- Train journey Garmisch Partenkirchen – Scharnitz (bike ticket not included, approx €5 per bike)
- Detailed travel documents (maps, route description, places of interest, telephone numbers)
One set per booked room, extra copies available at a supplement
- 7-days-Service-Hotline
- GPS tracks available

Optional extras

-If you wish to avail of dinners (3 course) as part of your package, the half board surcharge is €215 per person
-Bike rental

Different tours available (6 nights/7 days, 8 nights / 9 days, shorter routes) on request.

WHAT TO BRING

We would recommend that you bring padded cycling shorts and / or a gel saddle cover which will make your days cycling more comfortable. Cycling gloves are also a good investment, as are hard-sole shoes which will help protect your feet. **Please bring your own helmet as these are not provided.** And don't forget raingear including a rain jacket, rain pants and slip-on boots. A hat and sunglasses will protect you from getting too much sun and, in the evening, mosquito repellent should ensure a good night's sleep. Finally, please make an effort to pack lightly. This will make your travels easier and will be much appreciated with the luggage transfers.

ACCOMMODATION

Accommodation on this tour is in 3*** hotels, in Munich you are in a 4**** hotel.

Below is a list of hotels that we typically use although of course this is a subject to availability

Day 1 & 7 (Munich): [NYX Hotel München](#)

Day 2 (Staffelsee): [Murnau Hotel Angerbräu ***](#)

Day 3 (Garmisch Partenkirchen): [Mercure Hotel Garmisch Partenkirchen](#)

Day 4 (Wallgau): [Gasthof Post](#)

Day 5 & 6 (Bad Tölz): [Hotel Kolberbräu ****](#)

We can arrange extra night accommodation before or after the tour in Munich in our hotels (pending availability). The cost for this is:

Per person in double room/B&B: €105 single room €185

BIKE AND FITNESS



- 21 or 7 gear unisex bikes for supplement of €100
- (gents bike on request only /limited availability)
- Saddle bag (water-resistant)
- Handlebar bag (water-resistant)
- Tools
- Repair kit & pump
- Combination lock
- GPS tracks available



Bike hire PLUS with crossbar €160



E-bike Unisex €240

The advantage of a cycling safari is that because you have a map and route details, you can enjoy each day's cycle at your own pace. To get the most out of your holiday we would recommend that you do take a few practice rides before this tour. To get the most out of your holiday we would recommend that you do take a few practice rides before this tour. There are a few short ascents that can also be conquered by pushing the bike. You cycle mostly on wonderful cycle paths and small side roads – you are on main roads only for short distances. The roads are mostly asphalted and there are some longer passages on good nature paths.

BACK UP SERVICE

As this is a self led trip you do not have the back-up of a guide and support van. Our aim is to allow you feel like an independent traveler, free to cycle each day at your own pace while at the same time having the security of knowing that your luggage will be waiting for you in your next accommodation.

If you experience small problems with the bike (e.g., a puncture) you will have a spare tube, pump and tyre lever. You also have access to a 24 hour helpline.

TRAVEL

Direct flights are available with Aer Lingus from Dublin and Cork to Munich. For other destinations we recommend you check www.skyscanner.net for details.

Buses are available from the airport and then most hotels are conveniently located near underground train stations for easy access. Further details will be available nearer to the time of departure.