

# Cycling Safaris

## Constance to Lake Lucern (Swiss Lakes) 2023

Self guided Tour  
290 km | 6 nights / 7 days



This tour takes you from Lake Constance past Lake Zurich to Lake Lucerne. You will discover pure Swiss postcard idyll: the Rhine Falls near Schaffhausen, the Einsiedeln Monastery and the mountain panorama which dominates Luzern. The well preserved cities of Luzern and Zurich are among the highlights of the tour, the latter famous for the oldest covered wooden bridge.

The route runs mainly along its own cycle paths and separate cycle routes. The route is quite hilly between Einsiedeln and Lucerne and you will have to dismount and push your bike at times.

### TOUR ITINERARY

#### Day 1 Individual arrival in Constance

Take the chance to visit Mainau island or take a walk through the old town of Constance. The aquariums in the Sea Life Center and the Archaeological Museum are also recommended.

#### Day 2 Constance - Schaffhausen approx. 50 km

Following the side of Lake Constance, you pedal to Stein am Rhein with its frescoed, medieval houses. Switching several times between Germany and Switzerland you reach the canton's capitol, Schaffhausen. The town, whose citizens competed with each other in building gables on their houses, is overlooked by Munot fort.

**Day 3 Schaffhausen – Rhine Falls - Zurich****approx. 55 km + train journey or 70 km**

After breakfast, you cycle the short distance to the Rhine Falls, one of the largest waterfalls in Europe, which you can get very close to by boat. Afterwards you follow the valley of the Glatt, which leads you to Zurich, the fascinating Swiss cosmopolitan city. At the level of ZurichKloten Airport, you can shorten the cycle tour by taking the S-Bahn (not included) from Rümlang station. The city of Zurich combines tradition and modernity and the well-preserved old town invites you to linger with its many cafes and bars.

**Day 4 Zurich – Pfäffikon - Einsiedeln****approx. 35 km + train ride**

You cycle along the northern bank of Lake Zurich along the so-called golden coast to Rapperswil. Take a break here and go up to the old castle. From there you have lovely views of Lake Zurich and the countryside. From Rapperswil, you cross the lake across a dam and then take the train from Pfäffikon to Einsiedeln.

**Day 5 Einsiedeln – Lucerne****approx. 75 km**

Fortify yourself a break ready for the day as it includes the route's crowning glory. On the ride to Lake Zug, you have to cross a range of hills. In Küsnacht, you can follow the traces of Wilhelm Tell. He is supposed to have shot the bailiff, Hermann Gessler, here in the "Hohle Gasse" lane.

**Day 6: Lucerne – Weggis – Beckenried – Lucerne, approx. 50 km + boat trip**

Today a tour around Lake Lucerne awaits you. From the pretty little town of Weggis, which already Mark Twain called "The most charming place...", you will cross the lake by boat to Beckenried. Enjoy the view of the famous mountain Rigi before you cycle back to Lucerne, passing the Alpnach Lake

**Day 7 Individual journey home or extension of your stay**

Your cycling tour comes to an end after breakfast. After breakfast you may return home or extend your stay.

## 2023 TOUR PRICE DATES

---

You can start any day from 30th April to 7th October 2023

**Season A:** 30th April – 10th May, 24th September – 7th October

€900.00 per person sharing

€250.00 single room supplement

**Season B:** 11th – 16th May, 11th – 30th June, 10th – 23rd September

€1000.00 per person sharing

€250.00 single room supplement

**Season C:** 17th – 26th May, 1st – 10th June, 20th August – 9th September

€1100.00 per person sharing

€250.00 single room supplement

**Season D:** 27th – 31st May, 1st July – 19th August

€120.00 per person sharing

€250.00 single room supplement

Bike rental is not included in the standard package above

€100.00 Touring Bike (incl. bike insurance)

€240.00 E-Bike (incl. bike insurance)

€130.00 Sporty rental bike / 30 gears (incl. bike insurance)

### Child reduction:

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

### Child reduction on basic tour price:

0-5 years: 100% (not including child seat)

6-11 years: 50% (not including bike)

12-17 years: 25% (not including bike)

### Twin rooms/separate beds:

- Available only on request, please clearly mark when booking this tour

## WHAT IS INCLUDED IN THE TOUR PRICE

---

- › 6 overnight stays in double rooms with breakfast in a national 3\* hotel
- › Luggage transport from hotel to hotel until Interlaken
- › Boat trip to Rhine Falls rock
- › Entrance to the Rosgartenmuseum incl. 1 coffee
- › Train journeys as outlined
- › Comprehensive tour information and maps (one per room)
- › 7 day service hotline

## Not included

- Boat trip Weggis – Beckenried, approx 30 CHF per person including bike
- Helmet can not be rented, but its possible to buy a helmet and pay locally (from €40)
- Train ride Rumlang – Zurich, approx 15 CHF per person including bike
- City or visitor's tax, if payable, is not included in the travel price

Extra night in Lucern                    €105 per person sharing / €150 single room occupancy

Extra night in Constance            €70 per person sharing / €105 single room occupancy

Extra night in Einsiedeln/Schaffhausen: €105 per person sharing / €150 single room occupancy

## 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 traveller, 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.

## BIKE RENTAL



Bike hire is not included in the basic tour package. You can rent the following

- 27 - speed derailleur
- Unisex bikes with low step-through or gents bikes with cross bar ( over 1.78cm in height)
- Fitted with road bicycle tire " Schwalbe Marathon Plus "
- Pannier and handlebar bag , and tachometer , lock , pump and spare tire . Puncture repair kit is in the pockets.

E-bikes are also available.

## Requirements

The cycling routes require a basic level of fitness, which you should have acquired by steady cycling. The routes can reach an altitude of 200 to 500 meters. The daily routes, of 20 - 60 km, cover some hilly terrain and can be completed without time constraints. You will also come across some longer and climbs, where walking your bike is of course advised. The roads are mostly asphalted and there is little traffic outside of holiday periods.

## 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. And don't forget raingear including a rain jacket, rain pants and slip-on boots. A hat and sunglasses will protect you from getting all too much sun. Finally, please make an effort to pack lightly. This will make your travels easier and will be much appreciated with the luggage transfers.

## TRAVEL



### Travelling by ferry from Meersburg

The car and passenger ferry between Meersburg and Constance operates a 24-hour service every 15 minutes to 1 hour throughout the year.

### Travelling by catamaran from Friedrichshafen

The catamaran between Constance and Friedrichshafen operates hourly between 5 a.m. and 8 p.m. throughout the year. The trip takes 48 minutes.

### Travelling by rail

There are direct train services to Constance from Hamburg, Frankfurt, and Offenburg. To get to Constance from Munich, change at Lindau/Radolfzell or Stuttgart. There is an hourly train service to Constance from Zurich (airport) via Weinfelden. For more information on rail services, please call +49 (0) 800 / 1507090.

### Travelling by air

- From Friedrichshafen (25 km) by car/bus or ferry, or catamaran (40 min.)
- From Zurich (75 km): hourly rail service to Constance (1 hr)
- From Stuttgart (170 km): interurban train service every 20 min. to Stuttgart railway station; regular rail service to Constance (2.5 hrs)
- From Munich (230 km) by rail (5 hrs) or car (3.5 hrs) to Constance
- From Frankfurt/Main (345 km): direct rail service (4.5 hrs) to Constance