

Cycling Safaris

Swiss Lakes 2026

Self guided Tour

315 km / 330 km | 7 nights / 8 days



This circular tour spans the globe from the Mediterranean flair of Lake Constance to the high mountains. You will discover the Rhine Falls near Schaffhausen, get to know the cosmopolitan city of Zurich and cross Lake Walen by boat. Finally, you travel by train up into the Appenzell region, where a picture-perfect landscape awaits you. Gentle, green hills accompany you back to Lake Constance.

TOUR ITINERARY

Day 1 Individual arrival in Constance

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

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 capital, Schaffhausen. The town, whose citizens competed with each other in building gables on their houses, is overlooked by Munot fort.

Day 3: Schaffhausen – Zurich, approx. 55 km + train ride 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 Zurich Kloten 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 – Lachen, approx. 45 km

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 cycle along the opposite bank a bit further to the small town of Lachen.

Day 5: Lachen – Vaduz, approx. 60 km + boat trip

Follow the Linth Canal until you reach the town of Weesen. The canal is an artificial construct connecting Lake Zürich and Lake Walen.

You will cross the Lake Walen here by boat. Enjoy the view of the Churfirsten peaks reaching up to 1800m while crossing the deep lake. On its northern shore you'll encounter palm trees. Meanwhile its slope is covered in snow until May. The landscape around Lake Walen is truly remarkable! Continue on your way to the alpine Rhine valley. Already you've reached the Principality of Lichtenstein. You will spend your night here in Vaduz.

Day 6: Vaduz – St. Gallen, approx. 60 km + train ride

Today's route is lined by imposing castles. The foremost of them is Schattensburg Castle at the heart of the medieval town of Feldkirch. It is highly esteemed and well preserved complex housing a valuable collection of historical weapons. Continue on your way and cross the Rhine river to Altstätten. From here a train takes you up the hills into the Appenzellerland region. From now on alpine pasture and cows will accompany you on your route to St. Gallen. The town gained fame for its canvas and its embroidery trade. Its entire Abbey district has been named a UNESCO World Heritage site in 1983. Visit the 18th century baroque collegiate church and the abbey's library which looks like a medieval movie set.

Day 7: St. Gallen – Constance, approx. 45 km

Cycle downhill towards Lake Constance which you will reach just before Arbon. Follow the bike path through well-kept Swiss villages and apple orchards to Constance. Along the way take a break at one of the many cafés or jump into the water. Once you arrive there is still time for a visit to the Rosgarten Museum or just drift through Constance's history city center.

Day 8: Individual departure

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

2026 TOUR PRICE DATES

Daily departures from 3rd April – 4th October 2026

Additionally on Fridays, Saturdays and Sundays 3rd April – 12th April 2026.

Season A: 03.04. – 09.05., 20.09. – 04.10.

€1170 per person sharing

Season B: 17.05. – 23.05., 06.09. – 19.09.

€1235.00 per person sharing

Season C: 10.05. – 16.05., 31.05. – 30.06., 16.08. – 05.09.

€1560.00 per person sharing

Season D: 24.05. – 30.05., 01.07. – 15.08.

€1680.00 per person sharing

€385.00 single room supplement ALL seasons

Bike rental is not included in the standard package above

€105.00 Touring Bike (incl. bike insurance)

€300.00 E-Bike (incl. bike insurance)

€190.00 Sporty rental bike / 30 gears (incl. bike insurance)

€ 55.00 Teenager bike

Child reduction on basic tour price:

12-14 years: 25% (not including bike)

15-17 years: 10% (not including bike)

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 four-bed rooms possible.

Twin rooms/separate beds:

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

WHAT IS INCLUDED IN THE TOUR PRICE

- 7 nights with breakfast, national 3*-level
- Train ride Altstätten – Gais incl. bike
- Boat trip to the Rhine Falls rock
- Entrance to Rosgarten museum Constance incl. 1 cup of coffee
- Luggage transport from hotel to hotel, max. 20 kg / piece
- Cycle route description with maps (1 x per room)
- Boat trip Weesen – Walenstadt incl. bike
- Service-Hotline (7 days, 08.00 a.m. – 08.00 p.m.) Not included services

Not included

- Train ride Rümlang - Zurich, approx. 15 CHF per person incl. bike
- Citys or visitors tax, if payable

Extra night in Constance €95 per person sharing / €120 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) for €105
- 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.
- Or sporty rental bike (30 gear) for €190

E-bikes are also available for €300

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.



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