

# Cycling Safaris

## Munich Lakes 2025 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 are 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

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### 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...). Hotel example: [Munich Marriot Hotel city west](#)

### Day 2: Munich - Murnau Am Staffelsee

approx 65 km

From Munich, the tour starts with a bike ride through Forstenrieder Park to Lake Starnberg. Then you will cycle on the lakeside road to Seeshaupt. You will continue wonderful ways through rustic Bavarian towns, past the Lake Osterseen and Lake Riegsee to Murnau am Staffelsee.

Hotel (example): [Griesbräu](#)

### Day 3: Murnau - Garmisch Partenkirchen

approx 40 km

First, you will cycle through the nature reserve called Murnauer Moos, the largest swamp area of Central Europe. Later, you will continue your tour through unspoiled nature following the River Loisach to Garmisch Partenkirchen. The stage is intentionally brief. Therefore, there is still enough time for an individual trip with the Zugspitzbahn, a mountain railway. At an altitude of 2962 meters, you will have a wonderful view of the Alps.

Hotel (example): [Hotel Vier Jahreszeiten](#)

### Day 4: Garmisch Partenkirchen - Wallgau

approx. 20-70km

By bike you cycle from Garmisch Partenkirchen via Klais to the beautiful Barmsee. Afterwards you have the option of cycling directly to your overnight accommodation or taking a detour via Mittenwald and Scharnitz to the source of Isar. A total of 300 metres in altitude are covered to Scharnitz, from there slightly uphill through wild and romantic gorges and lush alpine meadows to the source of the Isar. Afterwards, you will cycle back through a sunny valley where you will have 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.

Hotel (example): [Gasthof Post](#)

### Day 5: Wallgau - Bad Tölz

approx. 50 km

Passing the Isarwinkel, you 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 - quickly became a thriving trading centre. The ornate mansions testify the golden age.

Hotel (example): [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 where you will have a beautiful panoramic view of the lake. Following the valley Gaißbach, you will come back to Bad Tölz. The thermal waters of the famous spa "Alpamare" will help you to refresh your tired muscles. The Tölzer Market Street invites you to learn more about the famous television series "Der Bulle von Tölz".

Hotel (example): [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.

Hotel (example): [Munich Marriott Hotel City West](#)

### Day 8: Departure or extension

## 2025 TOUR DATES

Daily from 12<sup>th</sup> April – 7<sup>th</sup> September (from/to Munich)

## 2025 TOUR PRICE

### Season 1 (12<sup>th</sup> April – 18<sup>th</sup> April)

€1170 per person sharing  
€405 single room surcharge

### Season 2 (19<sup>th</sup> April – 9<sup>th</sup> May)

€1250 per person sharing  
€405 single room surcharge

### Season 3 (10<sup>th</sup> May – 7<sup>th</sup> September)

€1320 per person sharing  
€405 single room surcharge

## WHAT'S INCLUDED

- Accommodation in 3\*\*\*-hotels, in Munich 4\*\*\*\*-hotel
- Breakfast
- Welcome briefing (English or German)
- Luggage transfer
- Developed route
- Detailed travel documents 1x per room (German, English, French)
- 1x traditional veal sausage breakfast
- App for Navigation and GPS-data
- Service hotline

### Optional extras

- Bike rental (including rental bike insurance)

### Bike hire is separated out / not included in the tour price

€110 7 or 21 speed touring bike with repair kit, lock, small pannier bag  
€185 20 / 27 speed touring bike with repair kit, lock, small pannier bag  
€285 Electric – bike, unisex with repair kit, lock, small pannier bag

**We recommend to bring your own helmet, as we do not supply helmets**

## 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 travel 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):	<a href="#">Munich Marriot Hotel city west</a>
Day 2 (Staffelsee):	<a href="#">Griesbräu</a>
Day 3 (Garmisch Partenkirchen):	<a href="#">Hotel Vier Jahreszeiten</a>
Day 4 (Wallgau):	<a href="#">Gasthof Post</a>
Day 5 & 6 (Bad Tölz):	<a href="#">Kolberbräu</a>

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

Season 1:	per person in double room/B&B: €120	single room €230
Season 2:	per person in double room/B&B: €120	single room €230
Season 3:	per person in double room/B&B: €130	single room €230

## TRAVEL DETAILS

### Arrival / Parking / Departure

- Munich central train station
- Munich airport
- Hotel parking garage, costs approx. EUR 140 per week

### Things to note

- Tourist tax, if due, is not included in the price!
- Necessary expenses not included in the price of the trip. When possible, all costs will be included in the quote, otherwise only the nature of the costs will be describe

## BIKE AND FITNESS

- 21 or 7 gear unisex bikes for supplement of €110
- (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 €185



E-bike Unisex €285

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](http://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.