

1

Danube regional bike trail

↔ 584 km

↗ 2,372 m

↘ 2,728 m

🕒 12 days at about 50 km/day

moderate

Experience unique landscapes, pristine nature and culturally rich cities as you bike along the Danube in Germany. Ride along the 609 km section of the river through Baden-Württemberg and Bavaria, from the river's source in Donaueschingen all the way to Passau.

The well-marked bike trail leads through varied landscapes with stunning valleys, caves and rocks. From impressive Ice Age art to unique Baroque architecture, from the water-rich Danube Valley to the parched Original Danube Valley (Urdonau), from the natural phenomenon of the "Danube Sinkhole" to the breathtaking Danube Opening the Danube bike trail offers numerous opportunities for lovers of both culture and nature.

Besides natural beauty, vibrant cities can also be enjoyed along this eventful trail: Ulm, with the highest church steeple in the world, Ingolstadt, the Audi and outlet shopping city, the UNESCO World Heritage city of Regensburg and the three-river city of Passau.

Whether upstream from Passau or beginning at Europe's source, the Danube bike trail will surprise you!

More information available for free at ARGE Deutsche Donau.

Tour online

Photo credits: © ARGE Deutsche Donau

7

Reichenau – Radolfzell garden rendezvous

↔ 35.5 km

↗ 153 m

↘ 153 m

🕒 3 h

moderate

Discover heavenly beauty behind the garden fence: At the western end of Lake Constance, the most beautiful palace parks, private, show and monastery gardens are just waiting to be admired as part of this garden rendezvous.

This section starts at the UNESCO World Heritage Site of Reichenau Island, providing insight into more than 1,000 years of garden culture around Lake Constance. Nearly 1,200 years ago, the monk Walahfrid Strabo wrote Europe's first gardening guide. In reference to his poetic guidebook "Hortulus – About caring for gardens", a herb garden was established in his honor near the Reichenau Minster.

After visits to both a private and a show garden, the MS Alet will take you across the Gnadensee (Lake Gnaden) to Allensbach, where more garden owners beckon you to come visit. From Radolfzell you can continue with the garden trail through the Aachened nature reserve and the Hõri peninsula.

More information on the gardens can be found in the Lake Constance garden rendezvous brochure or at www.tourismus-untersee.eu.

Tour online

Photo credits: © Bodenseeärten

2

Lake Constance regional bike trail (Lindau – Stein am Rhein section)

↔ 145 km

↗ 176 m

↘ 180 m

🕒 3 days (of 6)

moderate

Cyclists following this trail always have two things in view: water and mountains, views of countless sailboats bobbing on the waves and of Alpine peaks. This setting is an invitation to let go and drift along patches of reeds, through vineyards or past apple orchards.

There's always another abbey along the route, an old vineyard or an ice cream parlor along the shoreline of one of the many towns you pass through. It's this blue and green recreational area that makes the Lake Constance trail such a unique experience. Following the shoreline, the trail only has a few climbs.

At the tip of Lake Überlingen a choice must be made between taking the Bodanrück peninsula route to the city of Konstanz – site of the Council of Constance – and on to the World Heritage Site island of Reichenau or taking the direct route to Radolfzell. The Untersee's Hõri peninsula is just waiting to be discovered by bike.

Tour online

Photo credits: © Radweg-Reisen Konstanz

8

Gourmet bike trail through the Hõri peninsula

↔ 18.6 km

↗ 116 m

↘ 116 m

🕒 1 h 5 min

easy

Enjoy the Hõri peninsula and experience it with all your senses. The gourmet bike trail called "Radish, Red Onion and Lettuce" leads to the scenic and culinary highlights of the Hõri peninsula. The locals are particularly proud of their "Hõri Bille", a red onion variety that has been protected by the EU since 2014 and may only be grown on the Hõri peninsula.

The first gourmet stop along the trail is the Sechörnle Hotel & Inn at the edge of the nature reserve, where cyclist tapas are on the menu. The trail then takes you along the nature reserve and the Hõri vegetable fields to Moos, where Hubert Neidhart's famous fish soup awaits at the Grüner Baum restaurant. At the Hirschen Horn Hotel & Inn, cycling foodies can indulge themselves with Hõri salad and tender beef strips. A delicious Hõri dessert awaits them on the lakeview terrace of the Schölösi Lakeside Restaurant.

A tip for lake enthusiasts: twice a week (Thursday and Sunday), the Hõri ferry MS Seestern sets off from here on a tour of the Untersee.

For more information and reservations, go to www.gaienhofen.de.

Tour online

Photo credits: © Halbinsel Hõri

3

Danube – Lake Constance regional bike trail

↔ 153 km

↗ 936 m

↘ 984 m

🕒 9 h

moderate

This route leads from the highest spire in the world down to the shores of Lake Constance, connecting two popular, well-known trails: the Danube and the Lake Constance trails. The Danube-Lake Constance bike trail is much more than just an alternative to the busy biking trails – it offers many of its own attractions along a scenic route. Starting in Ulm on the southern edge of the Swabian Alps, it then leads through the hilly landscape of Upper Swabia and ends with fruit trees and hops fields in Kressbronn on Lake Constance.

This requires some muscle, but there's space to relax in between: a variety of lakes, spas and soothing thermal baths, such as the Waldsee hot springs, invite you to take a rest. Even more opportunities for longer breaks exist, as cyclists pass by numerous unique attractions along the Upper Swabian Baroque Road.

You can get the detailed bike trail guide for free from Oberschwaben-Tourismus GmbH.

Tour online

Photo credits: © Oberschwaben-Tourismus GmbH

9

Schwackenreute lake bike trail

↔ 16 km

↗ 86 m

↘ 80 m

🕒 1 h 15 min

easy

The lakes around Schwackenreute are nature at its purest. The wildlife found there is a testimony to the power of nature. A diverse flora and fauna has evolved from what gravel mining has beautifully shaped and left behind for us. This is a place to linger, where you can leave all your cares behind. The many lookouts and a final stop for a swim make this short trail a day trip offering plenty of leisure time. It's a completely family-friendly route marked with the bike symbol and the number "9" on red signposts.

Climb to the top of the very first observation tower to enjoy the spectacular view. At the "Fisherman's Lake" (Anglersee), you'll discover several bays offering a special view of the lake. You will pass by the watershed with the water sculpture by Peter Klink. Lake No. 6 has been declared a public swimming area and is only 900 meters from your starting point.

Tour online

Photo credits: © Frau Rettig/Hegau Tourismus

4

Upper Swabia – Allgäu regional bike trail

↔ 357 km

↗ 2,924 m

↘ 2,924 m

🕒 31 h (8 x 2-4 h)

moderate

On this circular route, you'll get to know everything Upper Swabia and the Württemberg Allgäu region are known for. Monuments and museums await culture lovers, while those seeking relaxation will find spas and thermal baths.

Swabian hospitality is celebrated with regional specialties and traditionally brewed beer. This circular trail begins in Ulm and runs clockwise through towns and villages like Laupheim, Wangen, Markdorf and Aulendorf, ending up right back where it started.

The foothills of the Alps provide the backdrop for a truly picturesque trip: Spectacular views of the Swiss Alps rise above the southern shores of Lake Constance. Here and there, the trail also crosses the Upper Swabian Baroque Route and whisks away culture lovers and foodies to the heavenly kingdom of the Baroque period.

You can get the detailed bike trip guide for free from Oberschwaben-Tourismus GmbH.

Tour online

Photo credits: © Oberschwaben-Tourismus GmbH

10

Hegauer Aach – bike experience

↔ 40 km

↗ 67 m

↘ 120 m

🕒 3 h

moderate

The Hegauer Aach finds its origin in the largest karst spring in Germany, the Aachtöpf in Aach. It flows into Lake Constance near Radolfzell after running for only 32 kilometers.

Two thirds of its water comes not from rainfall in its catchment area, but from seepage out of the Danube. Between Immendingen and Fridingen (about 12 km as the crow flies), the Danube's water seeps into the riverbed over a wide area. From there it takes about 20 hours to pass through the karst limestone mountains of the Swabian Alps and to reappear at the surface in the Aachtöpf.

The Radolfzeller Aachried is a generous estuary formed by the Aach River as it flows into the Untersee, the western part of Lake Constance. The Aachried provides important habitats, especially for birds.

Tour online

Photo credits: © Hegau Tourismus

5

3Worlds bike trail

↔ 103 km

↗ 280 m

↘ 280 m

🕒 2 days (of 6)

easy

In six stages, this trail leads through the three adjacent, yet different, regions of the Black Forest, the Upper Rhine and Lake Constance. It's a trip through a varied landscape offering countless cultural and culinary delights. Discover nature and culture while cycling along this cross-border trail. Enjoy the breathtaking views and listen to the stories told in authentic local dialects at the "Bike Trail Whisperer" stations along the road. A detailed tour guide is available for free.

The 3Worlds bike trail through the Lake Constance region follows the **Heidelberg-Black Forest-Lake Constance regional bike path** from Donaueschingen to Radolfzell. You can also follow this route on your way back – you'll be able to feel the lake slowly falling behind you.

From Radolfzell to Schaffhausen, the 3Worlds bike trail follows the **Regional Rhine and/or Euro Velo Route 15 Rhine bike path**. If you'd like, you can even follow the Rhine all the way to Rotterdam from Schaffhausen. A free handbook filled with helpful information is available.

To find out more, go to www.rheinradweg.eu

Tour online

Photo credits: © AG Tourismus der Randenkommision

11

Spa bike trail

↔ 249.7 km

↗ 2,871 m

↘ 2,648 m

🕒 18 h 10 min

moderate

Nine delightful resort towns along the Swabian spa bike trail invite cyclists to stop and enjoy themselves – from countless large and small attractions, thermal baths, wellness facilities and an extensive selection of restaurants.

The five sections of the route offer fantastic experiences and views both for cyclists seeking relaxation and the athletically inclined. From the Mediterranean-style Kneipp resort of Überlingen on Lake Constance, the first section follows the shoreline of Lake Constance for a time before going on to the Upper Swabian town of Bad Saulgau. The second section of the trail then passes through the Upper Swabian spas and health resorts of Bad Buchau and Bad Schussenried ending in Aulendorf.

The third section takes you from Aulendorf into the Allgäu region to Bad Wurzach and promises breathtaking scenery and experiences in the great outdoors. As you breathe in the pristine Allgäu air, the fourth and fifth sections take you from Bad Wurzach to Bad Grönenbach and continue on to the largest health resort in the world, Bad Wörishofen.

Tour online

Photo credits: © Arbeitsgemeinschaft Schwäbische Bäderstrasse

6

"A Pope escaping from Konstanz" bike trail

↔ 47 km

↗ 159 m

↘ 157 m

🕒 3 h 30 min.

easy

In order to avoid his abdication, Pope John XXIII escaped from the city of Konstanz during the Council of Constance in March 1415. Disguised as a squire, the Pope had an ingenious escape plan which took him through the towns of Gottlieben and Steckborn to Schaffhausen. Join him on your bike, as it were, on two sections of his escape route.

First down the Rhine from Konstanz to Steckborn, where he boarded a ship headed for Schaffhausen. At a later point in time, the Pope was brought back to Konstanz as a prisoner through Radolfzell and was not released until 1419. At this point on the trail, cyclists take a ship from Steckborn to Gaienhofen and "accompany" the Pope from there to Konstanz. This stretch also follows the Lake Constance shoreline from Gaienhofen. From Radolfzell, you can take the train back to Konstanz. The trail can also be experienced as a group as part of a guided bicycle tour.

More information is available at Tourist-Information Konstanz GmbH / Marketing- und Tourismus Konstanz GmbH i.G.

Tour online

Photo credits: © Achim Mende/TIK

12

Hops-growing loop in the Swabian region of Lake Constance

↔ 40.6 km

↗ 361 m

↘ 361 m

🕒 2 h 52 min

moderate

Good starting points for this trail include the towns of Langenargen, Eniskirch or Tettmang. From Langenargen, the trail first leads through the "Eniskircher Ried" nature reserve on the Lake Constance bike trail and on to the Zeppelin town of Friedrichshafen. The hops-growing loop provides an opportunity to explore the charming surroundings and is a tempting alternative to the popular Lake Constance bike trail.

Passing the extensive orchards and hops gardens of the Schussen Valley, the Baroque Tettmang Palace soon comes into view. The signs along the "hops trail" explain all the secrets and specifics of hops growing and the art of brewing. Make a little detour to the Hops Museum before setting off again into the picturesque Argen Valley. While following the river towards Lake Constance, you can take a rest at a large playground and BBQ area on your way. The historical cable suspension bridge over the Argen River brings you back to the lakeside promenade in Langenargen with its numerous cafes and play area.

Tour online

Photo credits: © Schwäbischer Bodensee

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13

Panoramic circular bike trail of Lake Constance around Lindau

↔ 25.6 km

↗ 284 m

↘ 284 m

🕒 3 h

moderate

The circular bike trip along Lake Constance and through the gently hilly region around it leads through picturesque scenery and villages to six beautiful lookout points around Lindau. These points are marked by signposts and overlook Lake Constance.

After leaving Lindau's historic town center, encounter the first two stunning panoramic lookout points along the shores of Lake Constance. The trail takes you through Wasserburg and on to another lookout point called "In Paradise". After a short break in Nonnenhorn, it's on to Selmau. From here, you can reach the lookout point called "Antoniuskapelle" (St. Anthony's Chapel) via a steep dirt path. It's worth the effort, though, since from here you can enjoy an unforgettable view of the vast expanse of Lake Constance.

Continue on to Bodolz and Schonau where, after climbing the stairs to the last lookout point, you'll have a clear view of the island of Lindau. It's then back to Lindau via Aeschach to end your trip with an enjoyable visit to the harbor.

Tour online

Photo credits: © Lindauer Bodensee / Landkreis Lindau Tourismus

A TWO-WHEEL DISCOVERY OF THE LAKE CONSTANCE FOUR-COUNTRY REGION



TOURING MAP LAKE CONSTANCE BODENSEE

Photo credits: Radweg-Reisen Konstanz

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All information subject to change. November 2016.

LEGEND

Scale 1 : 250.000

1 cm on the map is equal to 2.5 km in nature.

0 2.5 5 10 15 km

TOUR DESCRIPTION

1

Danube regional bike trail

2

Lake Constance regional bike trail

3

Danube – Lake Constance regional bike trail

4

Upper Swabia – Allgäu regional bike trail

5

3Worlds bike trail

6

“A Pope escaping from Konstanz” bike trail

7

Reichenau – Radolfzell garden rendezvous

8

Gourmet bike trail through the Hõri peninsula

9

Schwackenreute lake bike trail

10

Hegauer Aach – bike experience

11

Spa bike trail

12

Hops-growing loop in the Swabian region of Lake Constance

13

Panoramic circular bike trail of Lake Constance around Lindau



Trip planning (partly in german only)

More detailed information – including a free downloadable app for your navigation device – is available at www.outdooractive.com. The Bike Trip Planner is another handy tool with more than 40,000 kilometers of stored routes. It's also downloadable as a free app at: www.radroutenplaner-bw.de

Regional trip sites

Upper Swabia Allgäu

Untersee

Western Lake

Public transport-linked trips recommended by the public transport associations:
www.bodo-freizeitland.de/freizeitplaner.html
www.3-loewen-takt.de/freizeit/hin-weg/

Detailed brochures (partly in german only)

Cycling routes Western Lake

Cycling routes Hegau

Arrival in the region by train or bike train

Rules for bringing bikes on trains

Bike trains Danube and Upper Swabia

When planning your trip to the region, please consult the public transport information desk at www.efb-bw.de or download the app.

Rules for bringing bikes on trains

While bikes can be brought onto almost any regional train, there's always a fee. The specific rules for a given route and/or public transport association are easy to find using the following interactive map using the interactive map following the QR-Code on the left hand side above.



Rules for bringing bikes on ships

Bikes may be brought on board all the ships of the Bodenseeschiffs-betriebe GmbH (BSB), the ferries between Konstanz-Meersburg and Friedrichshafen-Romanshorn, the Überlingen-Wallhausen regular ship service, the catamaran and the Lake Constance Solar Ferry on the Untersee. Some restrictions apply. We recommend advance reservations for groups. Bike rates apply throughout.

In some cases, multi-trip or day tickets are available for bikes. On the Untersee and Rhein AG shipping line, bike limits exist due to the type of ships operating between the Island of Reichenau and Schaffhausen. For more information, go to: www.bsb.de/fahrader www.urh.ch www.cms-schiffahrt.de www.der-katamaran.de www.schiffahrtbaumann.de www.schiffahrtlang.de www.personenschiffahrt-bodensee.de www.fachre-konstanz.de

Charging stations, bike rental and bike-friendly accommodation

Information on these topics will be provided by the Tourism Organizations either on their websites or upon request.

Luggage transport around Lake Constance

If you're organizing your accommodations yourself but would still like to ride luggage-free between stops, the Radweg-Reisen company offers a luggage shuttle service. Reserve at www.bodensee-radweg.com