



Germany – Switzerland-Austria Athletic Tour through Upper Swabia Bike Tour (2025)

7 Days/ 8 Nights

Individual Self-Guided



Upper Swabia with its beautiful landscape is perfectly suited to cycling tours. For those cyclists who are interested in a sporty and challenging tour, they can explore the hilly landscape between the Danube and the Lake, crossing over the Württembergian Allgäu. The contrast between the buzz of Lake Constance with its impressive Alpine panorama and the peaceful landscapes of the Wurzer Ried and Federsee Lake is particularly attractive.

OK Cycle & Adventure Tours Inc. - 666 Kirkwood Ave - Suite B102 – Ottawa, Ontario Canada K1Z 5X9
www.okcycletours.com Toll Free 1-888-621-6818 Local 613-702-5350 TICO Ontario
Registration No: 50022848

Itinerary Day to Day

Day 1 Individual arrival in Constance

You start your cycle tour in Constance, the largest city on Lake Constance. 600 years ago it was the scene of a church council and the only papal election north of the Alps. The Rhine flows out of Lake Constance here: Kilometer 0 on its way to the North Sea. A few minutes' walk from the medieval old town is the Swiss town of Kreuzlingen with a lively harbour.

Day 2: Constanz – Bad Saulgau, approx. 95 km + ferry ride

While you take the ferry from Constance to the northern shore of Lake Constance, you can take a relaxed look at the Alpine panorama. The Lake Constance cycle path takes you to Immenstaad. Here you leave the lake for the time being and discover the hinterland in the direction of Markdorf. From Markdorf you ride on the Danube-Lake Constance cycle path and follow it via Aulendorf and Bad Schussenried to your stage destination Bad Saulgau.



Day 3: Bad Saulgau – Ulm, approx. 85/95 km

The basin of the Federsee is an ancient cultural area, as archaeologists have made important finds here from the Paleolithic to Bronze Age pile dwellings. In the pretty town of Rottenacker you reach the Danube, which you follow on the Danube Cycle Path to Ulm. The town of Ehingen and the Renaissance castle in Erbach are worth seeing on the way. If you want to savor the charming landscape, you can choose the 10 km longer stage from Rottenacker via Blaubeuren and the Blautopf, one of the largest karst springs in Germany. In the destination of Ulm, it is worth climbing the cathedral tower, the tallest church tower in the world, and taking a tour of the historic fishing district near the Danube. Incidentally, the most crooked hotel in the world, which made it into the Guinness Book of Records, is also located here.





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Day 4: Ulm - Bad Wurzach, approx. 80 km

Gentle hills, high moor areas and silted up lakes characterize the route in northern Upper Swabia. But culture is not neglected either, as you can find the mighty imperial abbey in Ochsenhausen. Benedictine monks lived and worked here for over 800 years. Today's destination of your sporty bike tour is known above all as a moor spa, so you can either relax with a moor treatment or in the thermal baths.

Day 5: Bad Wurzach – Wangen im Allgäu, approx. 60 km

Today's stage on the Danube-Lake Constance Cycle Path is shorter than the previous ones - but since you are exploring the Württemberg Allgäu, it is no less demanding. The Renaissance building Schloss Zeil is impressive above Leutkirch. The winter sports and climatic health resort of Isny is also worth seeing. You end the day in the well-preserved old town of Wangen im Allgäu. The buildings in the old town date from periods between the early Middle Ages and the late Baroque.

Day 6: Wangen im Allgäu – Bregenz, approx. 55 km

First you cycle through one of the most important hop-growing areas in Germany, then apple trees and orchards dominate the landscape. In Kressbronn you reach Lake Constance, whose shore you follow via Lindau to the Vorarlberg state capital Bregenz and enjoy the fascinating Alpine panorama again and again. Bregenz's local mountain, Pfänder, is the best-known vantage point in the region and is also worth a climb by bike for very sporty cyclists.

Day 7: Bregenz - Constance, approx. 70-80 km

The last of the 4 stages of your Lake Constance tour takes you first through the Rhine delta on flat paths. Shallow water, reed beds, wet meadows and alluvial forests are protected here. At Altenrhein you cross the Swiss border. Here is the market hall, the last building by the artist Friedrich Hundertwasser. You cycle mostly along the lake at a brisk pace on the Lake Constance cycle path to Constance, the start and finish of your Lake Constance tour.

Day 8: Individual departure or extension

After breakfast, your sporty cycle tour on the Danube-Lake Constance cycle path ends, followed by the return journey home. We would also be happy to extend your stay at Lake Constance in Constance.



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Route



Technical Characteristics:

Tour Profile: Challenging. Sometimes level ground, in the Allgäu region hilly, mostly on paved cycle paths, quiet side streets and some natural paths. **Distance:** 465 - 475 km

Travel Season: Departures daily from April 27- September 27

Season A 27.04. – 03.05. 21.09. – 28.09.

Season B 04.05. – 16.05. 07.09. – 20.09.

Season C 17.05. – 23.05. 09.06. – 04.07. 17.08. – 06.09.

Season D 24.05. – 08.06. 05.07. – 16.08

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Price per Person in Euros: *all prices subject to confirmation on booking*

Double Occupancy Season A with breakfast	€ 899
Double Occupancy Season B with breakfast	€ 1029
Double Occupancy Season C with breakfast	€ 1199
Double Occupancy Season D with breakfast	€ 1299
Single Room Surcharge	€ 299
Bike Rental Hybrid (27 speed)	€ 99
Bike Rental 30 speed	€ 169
E-Bike	€ 269
Extra Nights Constance/Ulm Double Occupancy (B&B)	€ 75
Extra Nights Constance/ Ulm Single Occupancy (B&B)	€ 115
Extra Nights Bregenz Double Occupancy (B&B)	€ 89
Extra Nights Bregenz Single Occupancy (B&B)	€ 129

Included:

- 7 overnight stays with breakfast in the local 3* level
- Luggage transport from hotel to hotel, no limit on the number of pieces, maximum 20 kg per piece
- Ferry ride Constance - Meersburg including bike
- Cycle route description with maps (1x per room)
- 7 day service hotline 8am – 8pm

Not Included: City or visitors taxes, if payable.



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Bikes



- 27-speed unisex bike, derailleur gears with freewheel (men's bike from 1.80 m)
- 30-speed unisex bike, derailleur gears with freewheel (men's bike from 1.75 m)
- Electric bike / pedelec with freewheel (minimum age for e-bike rental: 16 years) • Luggage bag, handlebar bag, odometer, bike lock, air pump, repair kit



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realizing their touring dreams worldwide is our passion.

THIS IS A PARTNER TOUR FOR MORE INFORMATION CONTACT

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