



**OK CYCLE &  
ADVENTURE  
TOURS** SINCE 1995

**Germany - Rhine Bike Path Cycle Tour (2025)**  
**Individual Self-Guided**  
**7 days/6 nights**



The Rhine bike trail from Mainz to Cologne is the most beautiful part of the river. Here hot springs and spas attracted already the ancient Romans to the Rhine. Today vineyards and picturesque towns add to the region's charm. Admire this manmade landscape and look forward to Cologne where you can see the cathedral spires tower over Germany's oldest city. Enjoy its innumerable cultural and historical treasures, world famous museums and active art scene. The world feels at home in Cologne, where people meet for a Kölsch, a chat or simply a laugh. Life in Cologne is uncomplicated and vivacious. A wonderful town for the end for your tour.

**OK Cycle & Adventure Tours Inc.** - 666 Kirkwood Ave - Suite B102 – Ottawa, Ontario Canada K1Z 5X9  
[www.okcycletours.com](http://www.okcycletours.com) Toll Free 1-888-621-6818 Local 613-702-5350



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### Itinerary Day to Day

#### **Day 1: Mainz arrival**

In Mainz you should be well on time! Not just the Roman-Germanic central museum, the Gutenberg museum, the emperor's cathedral and the elector's castle are worth an ample visit (arrival possible by German railway/ rental bike at hotel).



#### **Day 2: Mainz - Rüdesheim 35 - 49 km**

The beautiful first stage leads through rolling vineyards and well-known wine villages. The Rhine is flowing quite unhurriedly, forming little islands and broadening its bed up to 800 meters width! Until you reach Rüdesheim you may visit the half-timbered town of Eltville and monastery Eberbach (+ 14 km), which are worth seeing.

#### **Day 3: Rüdesheim - St. Goar 34 km**

Pompous castles attract on your way. And you definitely should climb up to the Loreley! A hiking path leads up to this lovely spot and offers a beautiful sight to the narrowest part in the romantic Rhine Valley.

#### **Day 4: St. Goar - Koblenz 36 km**

Further on in the narrow Rhine Valley, the route firstly leads to Boppard. In this place it is quite turbulent, but if you wish you can go to "Vierseenblick" by cable car in densely wooded heights. Or you may visit on your further way to the 'Deutschen Eck' in Koblenz the well preserved castle Marksburg and castle Stolzenfels.







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**Day 5: Koblenz - Bad Godesberg 61 km**

Cozy health resorts and inviting wine villages vie for your visit! Thermal baths and beer gardens also want to regale you. Or you may have a break from cycling and go to an enjoyable boat trip on the Rhine. Between Koblenz and Bad Godesberg everything is possible!

**Day 6: Bad Godesberg - Cologne 43 km**

Bonn will be on your way and invites for an ample visit until the Cologne cathedral comes into field of vision. The today's stage isn't that long so you will be quite early in your hotel which is located in the city center. You will still have enough time to admire the manifold sights of Cologne.

**Day 7: Cologne departure**

Nobody wants to leave, but after a week in the beautiful Rhine Valley the tour ends in Cologne (departure possible with German railway).





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### Route



### Technical Characteristics:

**Route Profile:** Easy. The route along the Rhine runs almost exclusively on asphalted and paved hiking and cycling trails or along quiet country roads. Driving in traffic is rare. From Mainz to Bad Godesberg, the route is marked with white and green signs, which always identify the next town. Also you will see blue signs with a yellow bike. On the last day cycling to Cologne will see the signs of the Rheinschiene route (square plates with blue wave symbol). Due to the consistently good signage the right way is easy to find.

**Distance:** 210-224 km

**Travel Season:** Departures Wednesday to Sunday between April 15 and October 11

Season 1: April 15-21 and October 7 – October 11

Season 2: April 22-May 19 and September 23-October 6

Season 3: May 20- September 22

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**Price per Person in Euros:**

Season 1 Double Occupancy B&B	€ 769
Season 1 Single Occupancy B&B	€ 1029
Season 2 Double Occupancy B&B	€ 869
Season 2 Single Occupancy B&B	€1129
Season 3 Double Occupancy B&B	€ 899
Season 3 Single Occupancy B&B	€ 1159
Rental Bike (7 or 27 gear)	€ 99
E- Bike	€ 269
Extra Nights in Mainz Double Occupancy	€ 79
Extra Nights in Mainz Single Occupancy	€ 119
Extra Nights in Cologne Double Occupancy	€ 79
Extra Nights in Cologne Single Occupancy	€ 129
Transfer back to Mainz (Thursday and Saturday departure 11 am)	€ 95

**All prices subject to confirmation on booking**

**Accommodation:**

Category A: comfortable middle-class hotels (3\*\*\*/ 4\*\*\*\* level)

**Included:**

- Accommodation incl. breakfast
- Room with shower/bath/WC
- Luggage transport
- Map of bike trails with marked route
- Digital route guidance via smartphone app for almost all journeys
- Tips for tour preparation
- Touristic information
- 7 days hotline service







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### Bikes

**7 speed tourer**



**21 speed tourer**



We would recommend the 7 speed tourer for all those that are looking for a back pedal brake and wide gel seat for maximum comfort in an upright sitting position. It is equipped with a simple hub gear shift and is perfectly suited to tours on flat to slightly hilly terrain. The 21 speed tourer is the best choice for cyclists that value the advantages of the dérailleur gear shift for flexibility whilst going up and down hills.

### **E-bike**



*Assisting people in realizing their touring dreams worldwide is our passion.*

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**THIS IS A PARTNER TOUR FOR MORE INFORMATION CONTACT**

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