



Athletic Tour from Bamberg to Frankfurt

7 DAYS / 6 NIGHTS, APPROX. 390 KM
BOOKING CODE: BY-MABF6-SP

DAILY ROUTE LENGTH ●●●●●●
TOPOGRAPHY ●●●●●●



Your tour

The Main cycle path is a typical river cycle path, that is perfect for a sporty bike tour: Without noticeable uphill climbs, you get on fast and the kilometers flow under your wheels. In only one week you cycle along the “white sausage equator” from the beer capital Bamberg to the stock city Frankfurt, that has more to offer than the modern skyline lets suspect.

Itinerary

Day 1	Individual arrival in Bamberg
Day 2	Bamberg – Volkach, approx. 90 km
Day 3	Volkach – Karlstadt, approx. 90 km
Day 4	Karlstadt – Wertheim, approx. 75 km
Day 5	Wertheim – Aschaffenburg, approx. 80 km
Day 6	Aschaffenburg – Frankfurt, approx. 55 km
Day 7	Individual departure

Travel time

Season A	05.04.	12.10.	
Season B	06.04. – 11.04.	21.04. – 25.04.	04.05. – 09.05.
	21.09. – 11.10.		
Season C	12.04. – 20.04.	26.04. – 03.05.	10.05. – 23.05.
	22.06. – 04.07.	24.08. – 20.09.	
Season D	24.05. – 21.06.	05.07. – 23.08.	

Daily arrival 05.04. – 12.10.2025
The season is dictated by the arrival date.

Services

- 6 nights with breakfast, national 3*-level
- Luggage transport from hotel to hotel to Frankfurt
- Cycle route description with maps (1 x per room)
- Service-Hotline (7 days, 08.00 a.m. – 08.00 p.m.)

Not included services

- Citys or visitors tax, if payable

Basic price per person

Doubleroom, Season A	749,-
Doubleroom, Season B	879,-
Doubleroom, Season C	979,-
Doubleroom, Season D	1079,-
Additional fee single room	249,-

Additional night prices per person

Bamberg DBL / BB	75,-
Bamberg SGL / BB	109,-
Frankfurt DBL / BB	79,-
Frankfurt SGL / BB	109,-

Additional services per person

E-bike / Pedelec (freewheel)*	269,-
Rental bike (10-gear)*	99,-

*including rental bike insurance

Exemplary hotel list

Bamberg	Europa Bamberg	https://www.hotel-europa-bamberg.de
Volkach	Turmdieb	https://www.turmdieb.de
Karlstadt	Mainpromenade	https://hotel-mainpromenade.de
Wertheim	Hotel in den Herrnwiesen, Wertheim	https://www.hotel-herrnwiesen.de
Aschaffenburg	Dalberg	https://www.hotel-dalberg.de
Frankfurt	Maingau	https://www.maingau.de

Child reduction on basic price

Due to the challenging stages, we do not recommend this trip for children.

Children's discount applies for accommodation in a room with two full-paying guests, no discount from the age of 18. A multi-bed room is usually a double room with an extra bed or folding sofa. No four-bed rooms possible.

Additional night prices per person

Volkach DBL / BB	79,-
Volkach SGL / BB	109,-
Wertheim DBL / BB	79,-
Wertheim SGL / BB	109,-

Languages Travel documents

→ German, English, Dutch, French

Additional note

- All bookings are on request.
- Returning to Bamberg
- On your own by train, connections several times a day, duration approx. 2 - 3 hours, 1 x change of trains
- Twin / double rooms / separate beds are only occasionally available. We treat requests as non-binding customer requests, if above mentioned room types are a booking condition, it must be mentioned as a condition at the time of booking.

Equipment of our rental bikes

- Comfortable saddle
- Bike lock
- Luggage rack
- Odometer
- Air pump
- Hub dynamo
- Breakdown kit (1 x per booking)
- Unflat Schwalbe Marathon Plus tyres or comparable
- Waterproof pannier
- Waterproof handlebar bag with map holder
- Further information and photos of the rental bikes are available: www.cycling-holiday.com/rental-bikes

Journey to Bamberg

- Closest airports: Nuremberg, Frankfurt (FRA), Munich
- Train station: Bamberg main station

Parking in Bamberg

- Public car park, approx. 45 EUR / week, it is not possible to reserve.
- Free Park & Ride parking on the outskirts of the city, reservation not possible.
- Hotel parking spaces (available in individual hotels, chargeable, details in the travel documents).

Bike handover

- Arrival: Guests' rental bikes will be available at the arrival hotel.
Departure: The guests leave the bikes at the last hotel. If an e-bike has been rented, the battery, charger and key must be returned to the reception.

Luggage transport

- Luggage pick-up from 09.00 a.m., delivery to the next hotel by 06.00 p.m. at the latest, labeling of luggage is 1 x for the whole tour. No restriction on the number of pieces of luggage, but max. 20 kg per piece of luggage.

Travel documents

- 1 set (per booked room) consists of: hotel list and voucher, travel information with details on daily stages, short travel guides and route descriptions, maps, luggage tags
- Dispatched up to four weeks before arrival. For short-term bookings, delivery to the start hotel, hotel list and arrival information will be sent by email

Stages description

Day 1: Individual arrival in Bamberg

The medieval original town ensemble has been an UNESCO World Heritage site since 1993. One of the most important of the countless sites is the cathedral: Belonging to the principal German imperial cathedrals, it was sanctified in 1237 and accommodates the imperial grave of Heinrich II.

Day 2: Bamberg – Volkach, approx. 90 km

Just a few kilometres after leaving Bamberg, the Main cycle path takes you from the „Beer Franconia“ region to the „Wine Franconia“ area - all on your first day in the saddle. Speedy with a happy heart and a zest for life, you cycle on via Zeil am Main and Hassfurt along the vine-clad banks of the Main. If this section today is a bit too long as your „warm-up day“ you can cover some parts of the route by train.

Day 3: Volkach – Karlstadt, approx. 90 km

Your love of speed will boost you on to the pulsating town of Würzburg, via the wine-trading town of Kitzingen. As soon as you arrive in Würzburg you whizz up to Marienberg Castle for some beautiful views of the area. On the way from Würzburg to Karlstadt you'll see that even in the olden days people knew to love the Main region for their summer holidays. In Karlstadt you are sure to meet a lot of like-minded people. The historic city centre is a popular destination for bike tourists.

Day 4: Karlstadt – Wertheim, approx. 75 km

After the Maindreieck (triangle) comes the Mainviereck (square). And the first corner of the square is Gemünden. You are in Spessart Nature Reserve. You get great views of the area from the ruins of Scherenburg

Castle. The Main Valley gets narrower here and the countryside has a lot of forest and is peaceful and isolated. At Rothenfels, a Roman castle watches over the narrow valley and your route. Martkheidenfeld is characterised by its Franconian viniculture. You reach today's destination - Wertheim.

Day 5: Wertheim – Aschaffenburg, approx. 80 km

Just round the next bend in the river you see Stadtprozelten, home of one of the prettiest castle ruins on the Main, which looks over the town. Henneburg Castle. When you get to Miltenberg you might recognise the „Schnatterloch“ Marketplace and „Riesen“ guesthouse - as the town is particularly known for them. Next you head for the small town of Klingenberg and its vineyards, wine cellars and so-called „Heckenwirtschaften“ - wine taverns that open seasonally. You cycle along the Main cycle path to the Spessart Metropolis of Aschaffenburg. From afar already, the four towers marking each corner of Johannisburg Castle show you the way.

Day 6: Aschaffenburg – Frankfurt, approx. 55 km

Parks of gardens, allotments and villas are gradually replaced by restaurants and beer gardens. In Seligenstadt, it's worth taking a break: you shouldn't miss visiting the rose and herb garden at Einhard Basilica - and the medieval apothecary too! Just a bit further along the river and - once you've passed Offenbach - you'll soon find yourself in Frankfurt.

Day 7: Individual departure

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