



Aare, Rhine & Lake Constance – for Sporty Cyclist

8 DAYS / 7 NIGHTS, APPROX. 360 KM
BOOKING CODE: CH-1K7-SP

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



From Lake Thun to
Lake Constance

From Eur **1149,-**



Your tour

Probably Switzerland's best-known cycle path starts against an impressive mountain backdrop: The peaks of the Eiger, Mönch and Jungfrau watch over Interlaken. The Aare takes you through the federal capital Bern, the bilingual watchmaking town of Biel and then Solothurn and Aarau until you reach the estuary near Waldshut-Tiengen. From here you follow the Rhine and Lake Constance to Konstanz.

Itinerary

Day 1	Individual arrival in Constance		
Day 2	Transfer to Interlaken		
Day 3	Interlaken – Bern, approx. 60 km		
Day 4	Bern – Solothurn, approx. 80 km		
Day 5	Solothurn – Waldshut-Tiengen, approx. 105 km		
Day 6	Waldshut-Tiengen – Schaffhausen, approx. 60 / 65 km		
Day 7	Schaffhausen – Constance, approx. 50 km		
Day 8	Individual departure		

Travel time

Season A	30.04.	24.09.	
Season B	07.05.	14.05.	10.09.
	17.09.		
Season C	21.05.	11.06. – 02.07.	20.08. – 03.09.
Season D	28.05.	04.06.	09.07. – 13.08.

Arrival Wednesday 30.04. – 24.09.2025
The season is dictated by the arrival date.

Services

- 7 nights with breakfast, national 3*-level
- Luggage transport from hotel to hotel, max. 20 kg / piece
- Cycle route description with maps (1 x per room)
- Service-Hotline (7 days, 08.00 a.m. – 08.00 p.m.)
- Transfer Constance – Interlaken incl. bike in a minibus

Not included services

- Citys or visitors tax, if payable

Basic price per person

Double cabin, season A	1149,-
Doubleroom, Season B	1299,-
Doubleroom, Season C	1449,-
Doubleroom, Season D	1549,-
Additional fee single room	299,-

Additional services per person

E-bike / Pedelec*	269,-
Rental bike (10-gear)*	99,-
Sporty rental bike (30-gear)*	169,-
Parking (fenced) in Constance	49,-

*including rental bike insurance

Additional night prices per person

Interlaken DBL / BB	99,-
Interlaken SGL / BB	149,-
Constance DBL / BB	75,-
Constance SGL / BB	115,-

Exemplary hotel list

Konstanz	Apartment-Hotel Konstanz	https://www.apartment-hotel-konstanz.de/
	Ibis Hotel Konstanz	https://www.accorhotels.com/de/hotel-7290-ibis-konstanz/index.shtml
	Waldhaus Jakob Konstanz	https://hotelwaldhausjakob.com/
Interlaken	Derby Interlaken	https://www.hotel-derby-interlaken.ch
	Bellevue Interlaken	https://www.hotel-bellevue-interlaken.ch
Bern	Kreuz Bern	https://kreuzbern.ch
	Jardin Bern	https://www.hotel-jardin.ch
Solothurn	Roter Ochsen Solothurn	http://www.roterochsen.ch
	Hotel an der Aare Solothurn	https://www.hotelaare.ch
	Bären Solothurn	https://www.baeren-solothurn.ch/de/
Waldshut-Tiengen	Waldshuter Hof	http://www.waldshuter-hof.de
	Brauerei Walter Tiengen	https://www.schwarzwald-hotel.online
	Bercher am Schlosspark Tiengen	https://www.bercher.de
Schaffhausen	Park Villa Schaffhausen	https://www.parkvilla.ch/
	Kronenhof Schaffhausen	https://www.kronenhof.ch/
Konstanz	Apartment-Hotel Konstanz	https://www.apartment-hotel-konstanz.de/
	Ibis Hotel Konstanz	https://www.accorhotels.com/de/hotel-7290-ibis-konstanz/index.shtml
	Waldhaus Jakob Konstanz	https://hotelwaldhausjakob.com/

Child reduction on basic price

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

Additional night prices per person

Bern DBL / BB	99,-
Bern SGL / BB	139,-
Schaffhausen DBL / BB	99,-
Schaffhausen SGL / BB	149,-
Solothurn DBL / BB	99,-
Solothurn SGL / BB	149,-
Waldshut-Tiengen DBL / BB	65,-
Waldshut-Tiengen SGL / BB	99,-

Languages Travel documents

→ German, English, Dutch, French

Additional note

→ All bookings are on request.

→ 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 Konstanz

- Closest airport: Zurich, Stuttgart, Basel, Karlsruhe, Memmingen, Friedrichshafen
- Train station: Constance

Parking in Konstanz

- Fenced parking lot near the Radweg-Reisen office in Constance, must be booked and paid in advance.
- Parking garages (Fischmarkt, Dammgasse, Lago, Altstadt, Benediktinerplatz), costs approx. 25 Euro / day
- 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
- Dispatch up to four weeks before arrival. For bookings at short notice, handover on site, voucher and arrival information in advance by e-mail.

Stages description

Day 1: Individual arrival in Constance

Take the opportunity to visit the island of Mainau, wander through Constance's old town or visit the aquariums in the Sea Life Center and go to the Archaeological Museum.

Day 2: Transfer to Interlaken

After breakfast, a minibus takes you to Interlaken. The town between Lakes Brienz and Thun is a popular starting point for the Aare Gorge and the mountains of the Bernese Oberland. A breathtaking mountain panorama awaits you with views of the Jungfrau, Mönch and Eiger mountains, especially good to see on a ride on the rack railway.

Day 3: Interlaken – Bern, approx. 60 km

You start the day with a stretch along Lake Thun. Take time for a detour to Schadau Castle. You cycle partly along the Aare, partly through fields. From Thun you cycle to Bern, an easy route and ideally suited for making fast progress. Goethe considered Bern the most beautiful city in Switzerland. Stroll through a six-kilometre shopping promenade, the Arkaden, which is protected from the weather. From the 64-metre-high platform of the Minster Tower, you can enjoy a fantastic view over the old town, which is surrounded by the River Aare.

Day 4: Bern – Solothurn, approx. 80 km

You cycle along the banks of the Aare and Lake Wohlensee to bilingual Biel. The Swiss watch industry has made the city famous. Discover the many fountains in the city, most of which are fed by the Roman spring. After refreshing yourself in Lake Biel, continue on to Solothurn. Solothurn is the capital of the canton of the same name and is considered the most beautiful baroque town in Switzerland. The number eleven has a special meaning here: there are eleven churches and chapels, eleven fountains and eleven towers.

Day 5: Solothurn – Waldshut-Tiengen, approx. 105 km

The river landscape of the now large Aare dominates the landscape. You pass villages and meadows on your way to Aarau, which was once the capital of the Helvetic Republic. Stroll through the town of beautiful gables. There are some painted soffits to discover. Along the Aare you cycle to Brugg, where you should visit Habsburg Castle. The castle is the ancestral seat of the dynasty of the same name, which once ruled a world empire. You reach Koblenz at the mouth of the Aare into the Rhine. Then it is not far to Waldshut-Tiengen.

Day 6: Waldshut-Tiengen – Schaffhausen, approx. 60 / 65 km

You cycle upstream along the Rhine, past Rheinau Monastery, which is picturesquely situated on a river island. The closer you get to the Rhine the louder you will hear its roar. Let a boat take you to the Rhine Falls Rock, from where you can literally feel the thundering waters all around you.

Day 7: Schaffhausen – Constance, approx. 50 km

In the morning, take another stroll through the old town of the cantonal capital, which is overlooked by the Munot fortress and whose citizens competed in building bay windows, before cycling upstream to Stein am Rhein, where the town hall square amid frescoed houses invites you to take a short break. Now you follow the southern shore of Lake Constance through pretty fishing villages to Constance. In the Middle Ages, the old bishop's town was the scene of the only council north of the Alps.

Day 8: Individual departure

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