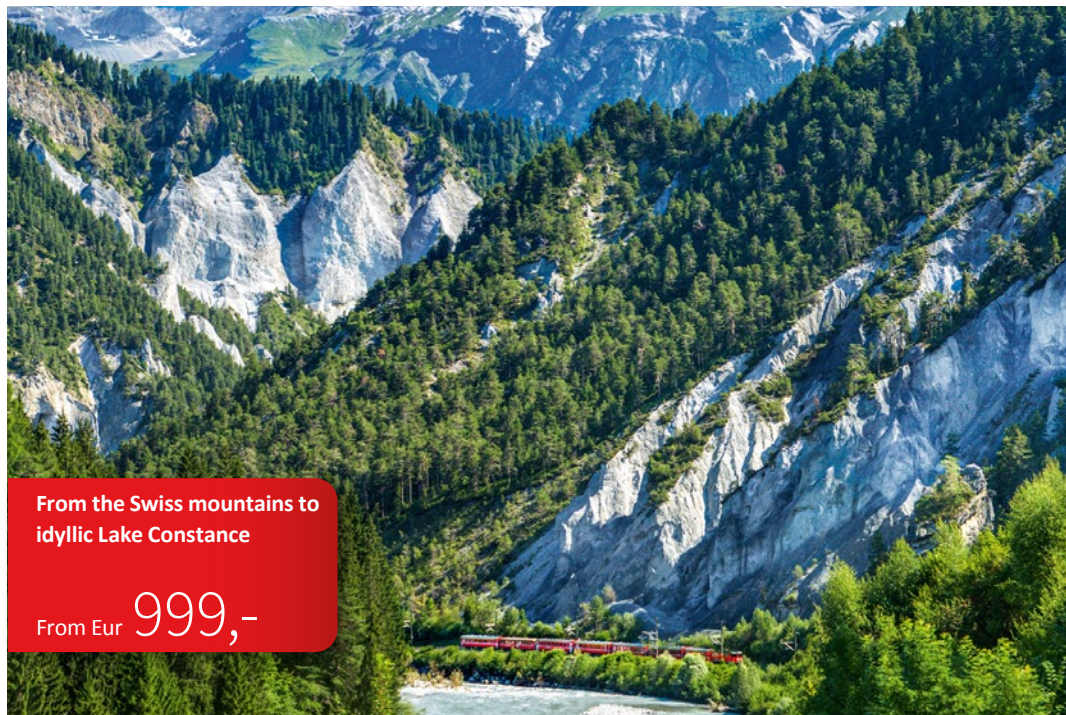




The Wild Alpine Rhine

7 DAYS / 6 NIGHTS, APPROX. 250 KM
BOOKING CODE: RH-KK6

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



Your tour

Officially, the Rhine kilometres are only counted from Constance. But as it flows out of the lake, so it also flows in: as the Alpine Rhine, the confluence of the Front Rhine and the Back Rhine. You can cycle along the two tributaries in complete relaxation: taken up to the heights by transfer or train, you roll downhill through three breath-taking gorges: Roffla, Viamala and Ruinaulta. From Bonaduz you follow the Alpine Rhine back to Lake Constance. And now you know: the Rhine rises in Graubünden.

Itinerary

Day 1	Individual arrival in Constance
Day 2	Konstanz – Splügen – Bonaduz, approx. 45 km + Transfer
Day 3	Trip to Disentis, approx. 55 km + train ride
Day 4	Bonaduz – Vaduz, approx. 60 km
Day 5	Vaduz – Rorschach / Arbon, approx. 65 / 70 km
Day 6	Arbon – Constance, approx. 30 km
Day 7	Individual departure

Travel time

Season A	27.04.	21.09. – 28.09.	
Season B	04.05. – 11.05.	07.09. – 14.09.	
Season C	18.05.	15.06. – 29.06.	17.08. – 31.08.
Season D	25.05. – 08.06.	06.07. – 10.08.	

Arrival Sunday 27.04. – 28.09.2025
The season is dictated by the arrival date.

Services

- 6 nights with breakfast, national 3*-level
- Train ride Reichenau-Tamins – Disentis incl. bike
- Entrance to Rosgarten museum Constance incl. 1 cup of coffee
- 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 – Splügen incl. bike

Not included services

- Citys or visitors tax, if payable

Basic price per person

Doubleroom, Season A	999,-
Doubleroom, Season B	1149,-
Doubleroom, Season C	1299,-
Doubleroom, Season D	1399,-
Additional fee single room	249,-

Additional night prices per person

Constance DBL / BB	75,-
Constance SGL / BB	115,-

Additional services per person

E-bike / Pedelec (freewheel)*	269,-
Teenager's bike*	49,-
Rental bike (27-gear)*	99,-
Sporty rental bike (30-gear)*	169,-
Parking (fenced) in Constance	49,-

*including rental bike insurance

Exemplary hotel list

Konstanz	Apartment-Hotel Konstanz	https://www.apartment-hotel-konstanz.de/
Bonaduz	Alte Post Bonaduz	https://altepost.swiss
Bonaduz	Alte Post Bonaduz	https://altepost.swiss
Vaduz	Landhaus Am Giessen Vaduz	https://giessen.li
Rorschach / Arbon	Frohsinn Arbon	https://frohsinn-arbon.ch/
Konstanz	Apartment-Hotel Konstanz	https://www.apartment-hotel-konstanz.de/

Child reduction on basic price

12 - 17 Years

25%

Due to the more demanding stages, we recommend this trip only for young people with good stamina.

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

Bonaduz DBL / BB	99,-
Bonaduz SGL / BB	149,-
Rorschach / Arbon DBL / BB	85,-
Rorschach / Arbon SGL / BB	135,-
Vaduz DBL / BB	99,-
Vaduz SGL / BB	149,-

Languages Travel documents

→ German, English, Dutch, French, Italian

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

- Pick-up at Radweg-Reisen in Konstanz between 9 am and 7 pm, 7 days per week. On request delivery to the hotel, then no individual adjustment by our staff on site. Departure: Return at Radweg-Reisen or guests leave them at the hotel.

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 Constance

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

Day 2: Konstanz – Splügen – Bonaduz, approx. 45 km + Transfer

At the beginning of your first bike stage, a transfer will take you up into the mountains to Splügen. Here you get on your bike and comfortably roll downhill, following the river Rhine through the Graubünden region to Bonaduz. On the way you pass by the gorge of Viamala - carved deep into the rock by the river Rhine.

Day 3: Trip to Disentis, approx. 55 km + train ride

This stage will take you up and above: About 700 meters of altitude difference have to be mastered. In the morning you take the train to Disentis. It's quite a rugged route you take, especially the first half, as it follows an unmade-up road. You follow the Vorderrhein through the Rhaeto-Romanic Alpental Valley. Shortly after Ilanz the route takes you up a long, but not very steep, hill. Once you've reached the top, you are immediately rewarded with the sight of the canyon-like Rhine Ruinalta ravine, before you return to Bonaduz.

Day 4: Bonaduz – Vaduz, approx. 60 km

Today your route takes you along the Alpine Rhine through Switzerland for a while, until you reach the Principality of Liechtenstein in a leisurely ride. The fourth smallest state in Europe is known for its medieval castles and mountain panoramas. When you arrive in the capital of Liechtenstein, Vaduz Castle welcomes you immediately.

Day 5: Vaduz – Rorschach / Arbon, approx. 65 / 70 km

Today you're going to be out and about in three different countries: After a short time you will have cycled through Liechtenstein, which is only 25 km long, and continue cycling through Austria back into Switzerland. Here the route takes you slowly downhill to Lake Constance, which welcomes you with its many sailing boats on the glittering water.

Day 6: Arbon – Constance, approx. 30 km

Following the banks of the lake almost all the way, you cycle through the small town of Romanshorn back to Constance. This route is flat and, with the exception of strong west winds, easy to master. Again and again you come to bathing spots where you can refresh yourself in the cool water.

Day 7: Individual departure

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