

# Bodensee!

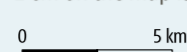
## Lake Constance Bike Tour Map

www.touren.bodensee.eu



### Legend

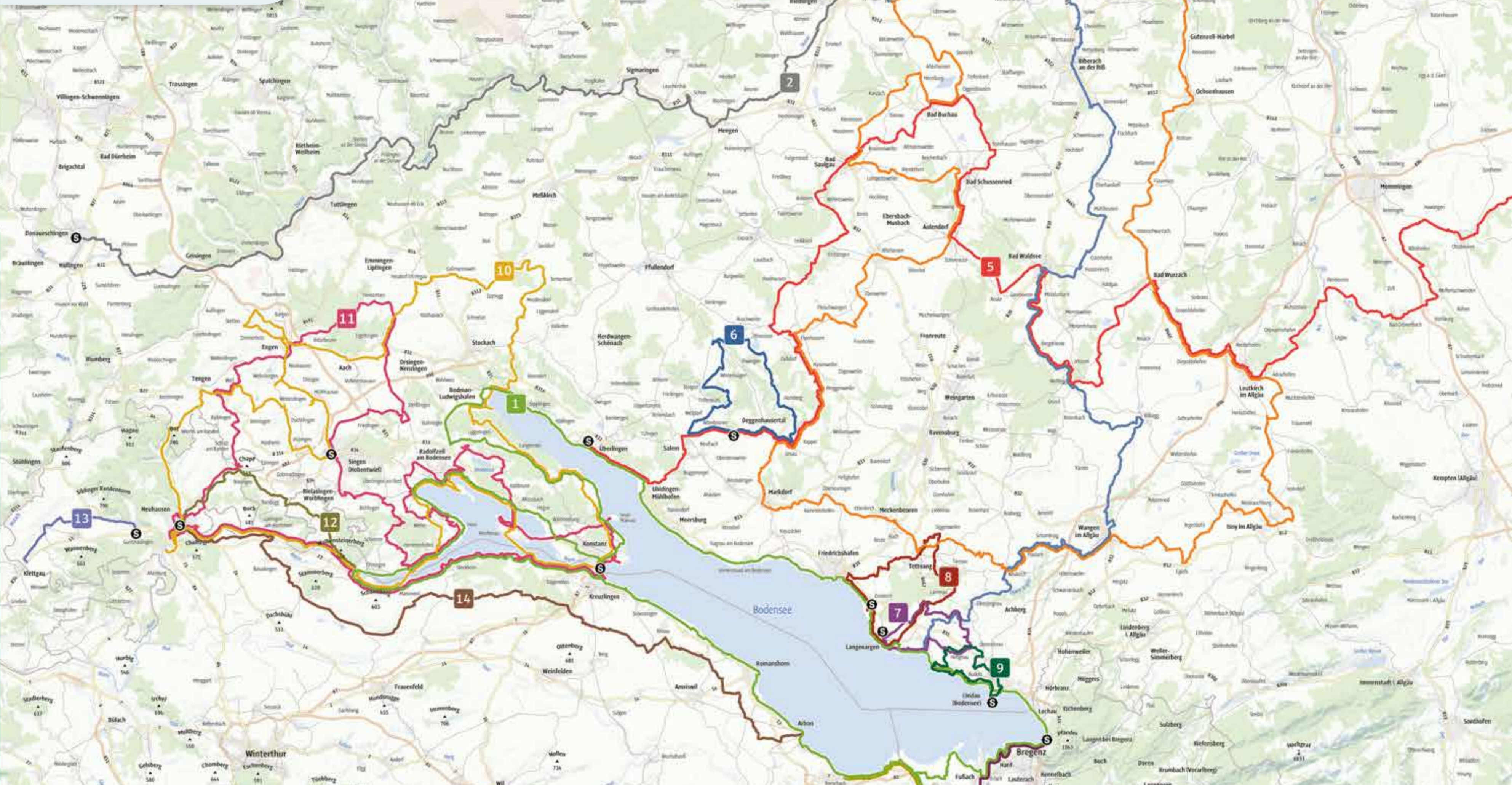
Scale of 1:280.000  
1 cm on the map is equal to 2.8 km in nature



### Tour Description

1. Lake Constance Bike Route
2. Danube Bike Route – Donaueschingen to Ulm
3. Upper Swabia-Algäu Bike Route
4. Donau-Lake Constance Bike Route
5. Thermal Baths Bike Route
6. High Above Tour
7. Connoisseur Tour along the Swabian See
8. Hops Loop - from Tettnang to Lake Constance
9. Panoramic Tour around Lindau in Bavaria
10. Lake Constance Island and Volcano Hopping
11. Garden Rendezvous on the West Side
12. Hegau Route
13. Klettgau Wine Route
14. Thurgauer Ridge Route
15. Heart Route (Stage 13) Altstätten-Rorschach
16. Rhine Valley Bike Path
17. Liechtenstein Five Castles Tour

- Public transport friendly
- Suitable for families and children
- Round tour



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**Four Countries around a Lake**  
 Lake Constance is located in the heart of Europe where the borders of Germany, Austria, Switzerland and Liechtenstein meet. The beauty of the region is that you can quickly explore another country on a short ride. For example, the distance from Lindau, Germany to Bregenz, Austria is just 10 km.  
 Here are a few tips when traveling through the four-country Lake Constance region.  
**Currency:** Unlike EU currency in Germany and Austria, both Switzerland and the Principality of Liechtenstein use Swiss francs (CHF). However, euros are accepted in most places in Switzerland and Liechtenstein.  
**Borders:** Due to identification requirements, all travelers in the Lake Constance area are required to carry personal identity.  
**Telephone & mobiles:** EU mobile customers can make mobile calls and data downloads in all EU countries at no extra charge. There are no roaming charges in Germany, Austria or Liechtenstein. There are extra charges to use your phone in Switzerland!  
**National dialling codes:** Germany 0049, Austria 0043, Switzerland 0041, Liechtenstein 00423  
 European Emergency Number: 112

**Bicycles on Public Transport**  
**Train:**  
 You may take your bike with you on local trains around Lake Constance, space permitting.  
**Germany**  
 As a rule in Germany, you need a ticket for your bike. Bike transport is free on some local trains in Baden-Württemberg before 6:00 a.m. and between 9:00 a.m. - 3:00 a.m. / weekends and public holidays. Details at [www.bahn.com](http://www.bahn.com)  
**Austria**  
 In Austria, the bike ticket is calculated at 10% of the (2nd class) full fare price. Weekly and monthly bike passes also available. [www.oebb.at/en](http://www.oebb.at/en)

### Biking Lake Constance

Cyclists love the international Lake Constance region for its breathtaking lake views, Alps as well as orchards, farms and gently rolling hills. The region offers more than 300 additional bike rides from leisurely day trips to challenging stage tours. All routes are located in the official Lake Constance tour portal: [www.touren.bodensee.eu/en](http://www.touren.bodensee.eu/en)

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### Liechtenstein

There are three train stops in Liechtenstein serviced by Austrian Railways. ÖBB regulations apply. [www.feuer-eis-touristik.de](http://www.feuer-eis-touristik.de)

### Switzerland

You will need a Velotage card to take your bike on Swiss Federal Railways. For short distances, you can get a normal bike ticket. [www.sbb.ch/en](http://www.sbb.ch/en)

### Bus

You may take your bike in most buses around Lake Constance, space permitting. Regulations and prices may vary by bus company.

### Ship

Bikes may go aboard Lake Constance and Rhine ships and require a separate ticket. Daily, annual and multi-trip tickets are also available. [www.bsb.de/en](http://www.bsb.de/en)

On the Unterseel and Rhine routes between Reichenau Island and Schaffhausen, there is limited bike access due to smaller ship size. [www.urh.ch/en](http://www.urh.ch/en)

Separate conditions apply for other shipping companies.

### Bike Rentals

There are numerous bike rental companies around Lake Constance. Local tourism offices gladly provide information about reliable providers near the starting point of your bike tour.

### Luggage Transport

You can easily cycle from A to B with your luggage delivered to the hotel upon arrival. The following companies provide luggage transport:

### Radweg-Reisen GmbH

Luggage transport is possible along the Lake Constance and the Danube cycle paths from spring to autumn. A booking must be made the day before by 4:00 p.m. [www.cycling-holiday.com](http://www.cycling-holiday.com)

### Eurotrek AG

This provider transports your luggage on long-distance cycling routes in Switzerland, including the Seerücken route in Thurgau. [www.eurotrek.ch/en](http://www.eurotrek.ch/en)

### Feuer und Eis Touristik GmbH

Luggage transport and package tours for the upper Swabia-Algäu bike path, the Danube-Bodensee-bike path and the Thermal Baths Bike path. [www.feuer-eis-touristik.de](http://www.feuer-eis-touristik.de)

Many bike-friendly accommodations also carry guest luggage upon request.

### Biker-friendly Accommodations

The German Bicycle Club (ADFC) lists accommodation as „bed + bike accommodations“ that cater especially to cyclists. [www.bettundbike.de/en](http://www.bettundbike.de/en)

Swiss Mobil offers special biker accommodations in Switzerland and Liechtenstein for single nights and other services. [www.schweizmobil.ch/en](http://www.schweizmobil.ch/en)

Local tourism offices gladly help in finding suitable accommodations. You can search the transnational lodging database at: [www.bodensee.eu](http://www.bodensee.eu)

### Distance Table Lake Constance Bike Route

From	To	Distance	Time
Konstanz	Stein am Rhein	30 km	2:15 h
Stein am Rhein	Konstanz	45 km	3:10 h
Konstanz	Überlingen	45 km	3:00 h
Überlingen	Friedrichshafen	30 km	2:15 h
Friedrichshafen	Bregenz	35 km	2:15 h
Bregenz	Romanshorn	45 km	3:00 h
Romanshorn	Konstanz	22 km	2:00 h

### Tour Portal

The official Lake Constance tour portal [www.touren.bodensee.eu/en](http://www.touren.bodensee.eu/en) offers detailed route descriptions, elevation profiles and other tour information. Plus, 800 additional hiking and biking tours!



# 1 LAKE CONSTANCE BIKE ROUTE



Circumnavigate Lake Constance on this beloved and easy cycling route through Germany, Austria and Switzerland. Breathtaking views of Lake Constance and the Alps make it one of Europe's most popular cycling routes.

↔ 270 km (4 - 7 stages) ⌚ 18 h 🏔️ 413 hm 🏔️ 407 hm

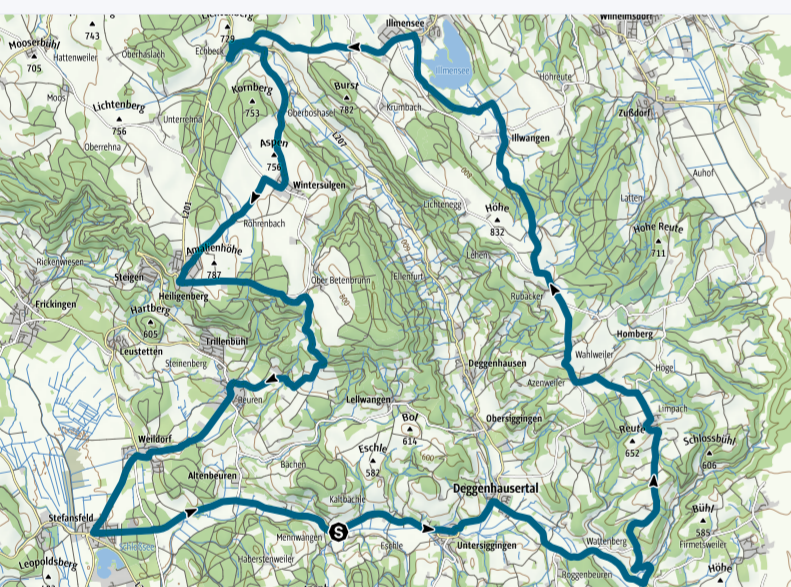


# 6 „HÖCHSTEN“ TOUR



This bike tour takes you to upper Swabia's highest summit. Athletic riders are guaranteed a great workout through lovely farm country and rolling terrain, passing by pretty lakes and castles.

↔ 47,6 km ⌚ 3:38 h 🏔️ 571 hm 🏔️ 571 hm



# 12 HEGAU ROUTE



This cross-border route connects two medieval cities: Schaffhausen and Stein am Rhein with its famous building frescoes. On the way, enjoy the expansive views of ancient volcanoes in the Hegau region all the way to the Swiss Alps.

↔ 27 km ⌚ 2 h 🏔️ 47 hm 🏔️ 54 hm

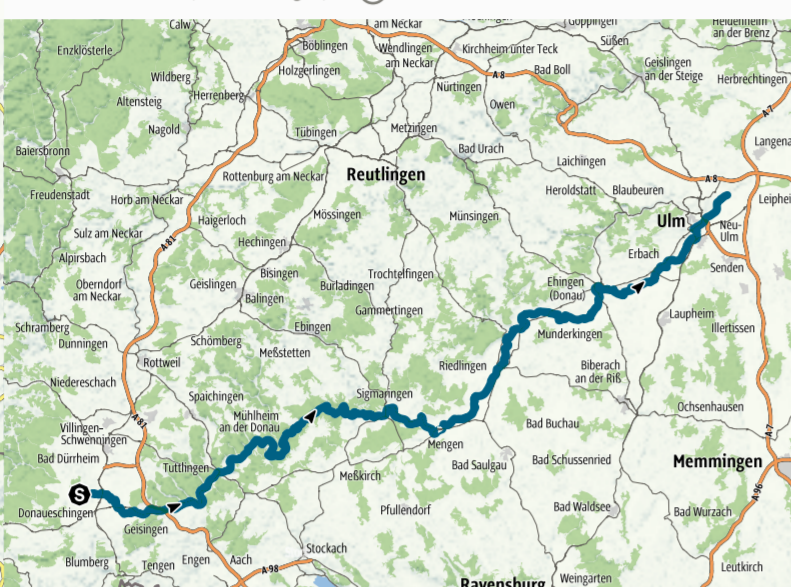


# 2 DANUBE BIKE ROUTE DONAUESCHINGEN TO ULM



The German section of the Danube Cycle Route is a well-groomed 600 km tour for families, e-bikers and recreational riders. The path follows the Danube's shoreline where it starts in Donaueschingen as a babbling brook and grows into a majestic river in Passau. This bike tour boasts four stars from the National German Cycling Club. Experience the Danube for yourself and see what all the hype is about!

↔ 196 km (from 2 stages) ⌚ 15 h 🏔️ 608 hm 🏔️ 821 hm

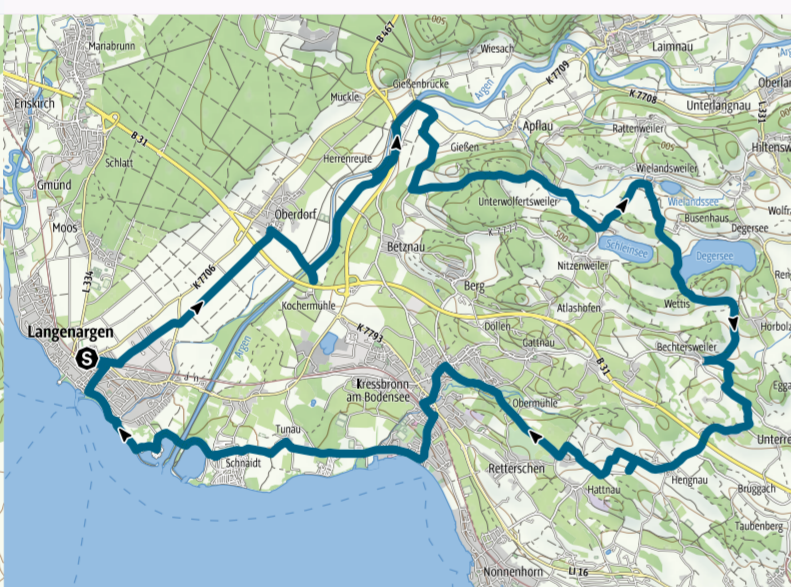


# 7 CONNOISSEUR TOUR ALONG THE SWABIAN SEE



This is an inspiring half-day tour to charming places along the German side of Lake Constance between Friedrichshafen and Lindau. Start in Langenargen, ride along lightly-traveled paths and country roads. You follow the Argen River to the Giessen Water Castle, Degersee Lake and Schleinsee Lake with nice rest stops in nature and quaint restaurants. Lovely countryside and views of Lake Constance and the Swiss Alps.

↔ 30 km ⌚ 2:15 h 🏔️ 108 hm 🏔️ 109 hm

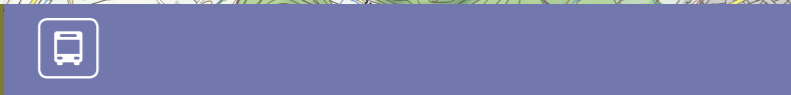
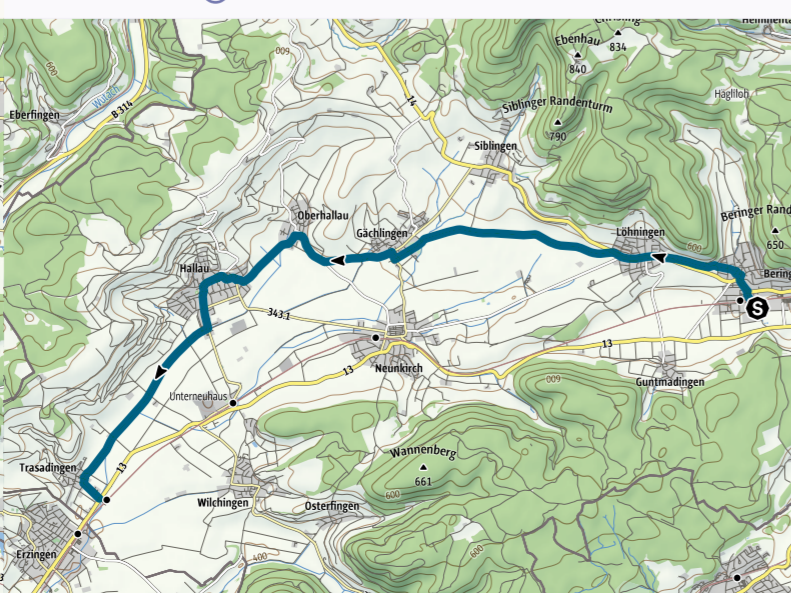


# 13 KLETTGAUER WINE ROUTE



This route explores the largest area of contiguous vineyards in German-speaking Switzerland and Schaffhausen pinot noir country. Taste and admire the traditions of Swiss wine culture in the idyllic villages along the route.

↔ 15 km ⌚ 1 h 🏔️ 45 hm 🏔️ 88 hm

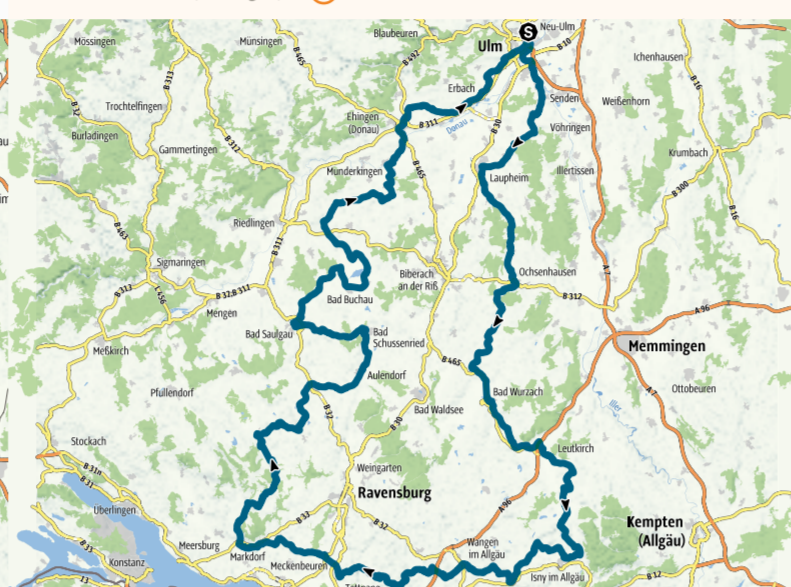


# 3 UPPER SWABIA-ALLGÄU BIKE ROUTE



Beginning in Ulm on the Danube, discover upper Swabia-Allgäu on the 365 km bike path that travels through quaint villages and historic towns. Experience warm and welcoming Swabian hospitality in local inns and beer gardens, enjoying delicious specialties and traditional German beer.

↔ 365 km (8 stages) ⌚ 26 h 🏔️ 2161 hm 🏔️ 2161 hm

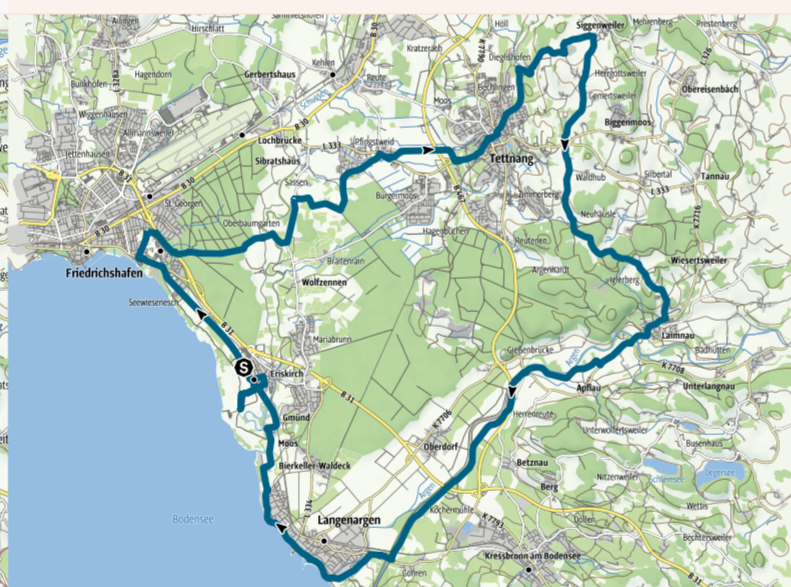


# 8 HOPS LOOP - FROM TETTNGANG TO LAKE CONSTANCE



The Hops Loop takes you through Tettngang's mile-high hops fields and fruit orchards to Eriskirch and Friedrichshafen on Lake Constance. You will see how hops are cultivated and learn how brewers use the tart spiciness to create clean, crisp aromatic beers. You'll want to enjoy a cold one after this ride!

↔ 42 km ⌚ 3 h 🏔️ 186 hm 🏔️ 189 hm

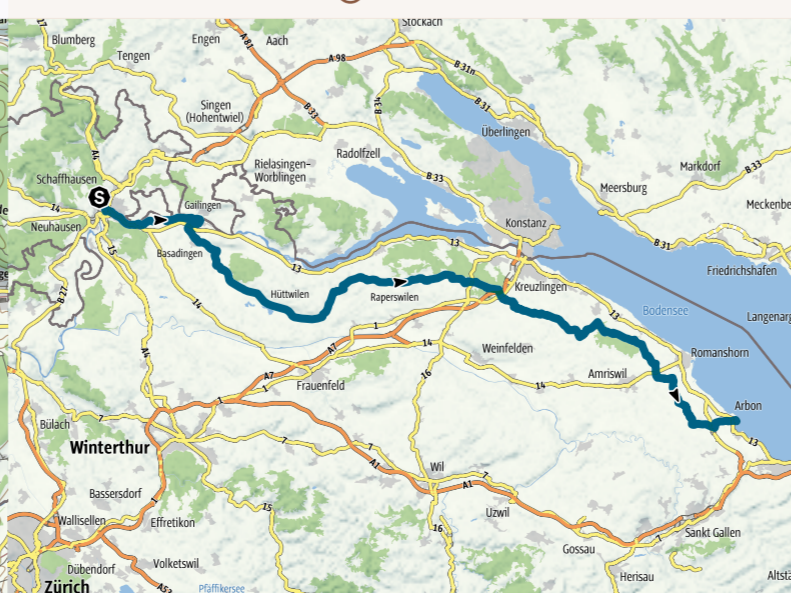


# 14 THURGAUER RIDGE ROUTE



The "Seerücken" Route leads cyclists through quiet country lanes from the Rhine River over the Lake Constance ridge to the Obersee. From Thurgau's green, rolling hills and miles of fruit orchards, this area is especially breathtaking during the springtime bloom.

↔ 86 km (1 - 2 stages) ⌚ 6 h 🏔️ 430 hm 🏔️ 430 hm

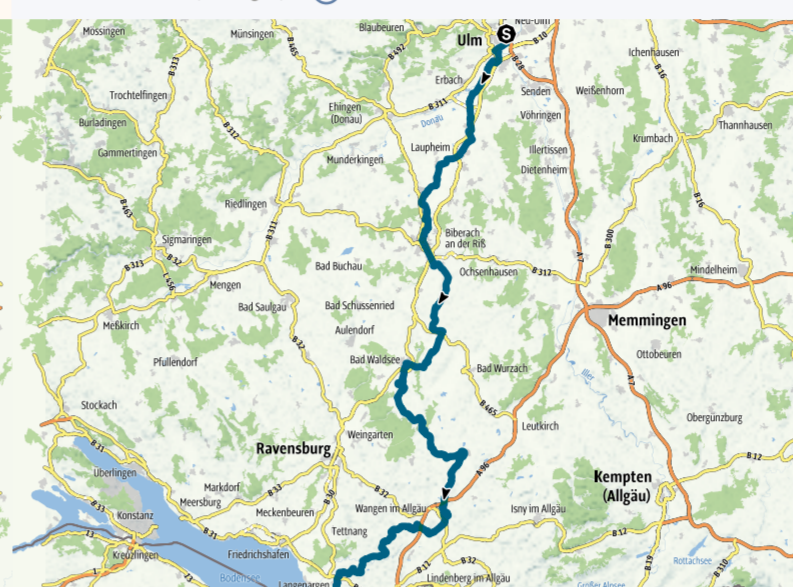


# 4 DONAU-LAKE CONSTANCE BIKE ROUTE



Cycle from the world's highest church tower down to the shores of Lake Constance and discover the region's many different landscapes. The 156 km route leads through upper Swabia and Württemberg-Allgäu region, along the beautiful Baroque through a gently undulating landscape. There are numerous swimming lakes for cooling off and thermal baths to rejuvenate tired biking muscles.

↔ 156 km (4 stages) ⌚ 9 h 🏔️ 746 hm 🏔️ 856 hm

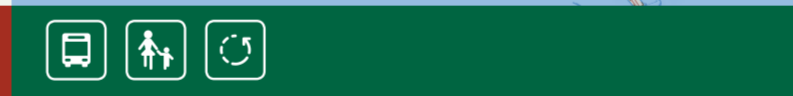


# 9 PANORAMIC TOUR AROUND LINDAU'S LAKE CONSTANCE AREA



This tour along the beautiful Lake Constance and the slightly hilly hinterland leads you to the six most beautiful viewpoints of Lindau's Lake Constance area, passing orchards, vineyards and picturesque villages.

↔ 25 km ⌚ 3 h 🏔️ 284 hm 🏔️ 284 hm

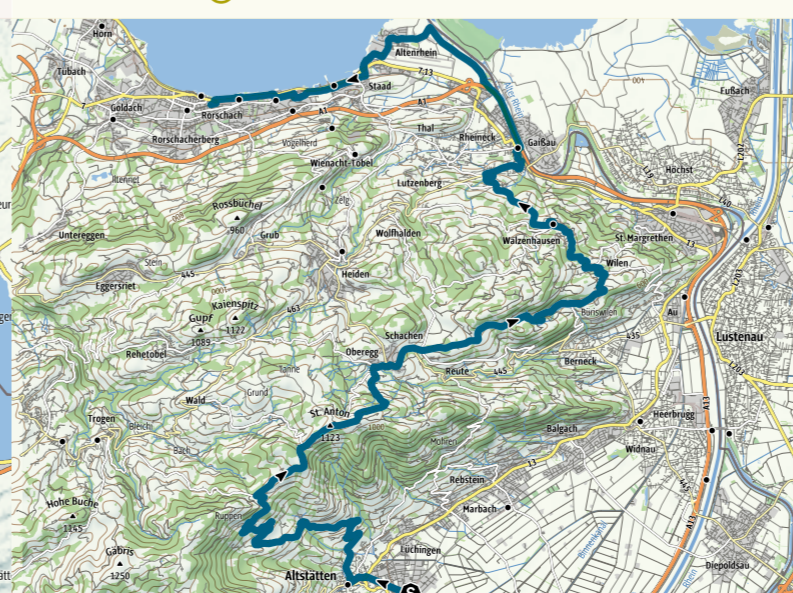


# 15 HEART ROUTE (STAGE 13) ALTSTÄTTEN-RORSCHACH



The Heart Route's 13th section leads through a spectacular region of St.Gallen-Bodensee. Unique views of the Rhine Valley and over Lake Constance accompany you on the route from Altstätten to the harbour town of Rorschach.

↔ 39 km ⌚ 3 h 🏔️ 824 hm 🏔️ 824 hm



# 5 THERMAL BATHS BIKE ROUTE



This exciting and relaxing bike route connects 9 thermal bathing and spa resorts starting in Überlingen on Lake Constance, over the upper Swabian hills to the breathtaking Allgäu region. It's a riding and soaking adventure that spans 250 km.

↔ 250 km (5 stages) ⌚ 18 h 🏔️ 2871 hm 🏔️ 2648 hm



# 10 LAKE CONSTANCE ISLAND AND VOLCANO HOPPING



Islands, ancient volcanoes and the lake shape the landscape of western Lake Constance. This bike tour takes you to ancient geologic features and marvelous spots to secluded spots along the lakeshore and the islands in Lake Constance.

↔ 237 km (ca. 4 stages) ⌚ 20 h 🏔️ 2188 hm 🏔️ 2188 hm

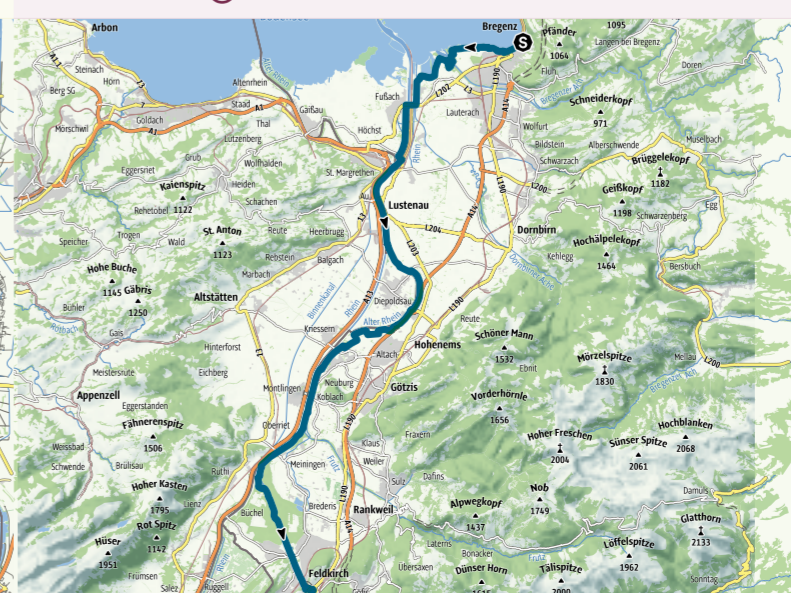


# 16 RHINE VALLEY BIKE PATH



The Rhine Valley Bike Path goes from Bregenz to Feldkirch along the banks of Lake Constance and the Rhine dam. This popular route is good for sporty and recreational cyclists. There are lovely swimming areas, some with barbecue facilities along the Old Rhine River section and lakeshore. You will see unique riparian landscapes and protected bird sanctuaries with diverse flora and fauna.

↔ 47 km ⌚ 3:30 h 🏔️ 70 hm 🏔️ 13 hm



## FANCY A CYCLING HOLIDAY?

Tel. +49 7531 81 99 30  
www.radweg-reisen.com

## Easy, clever and versatile: The Bodensee Card PLUS

THE TICKET FOR THE FOUR-COUNTRY REGION

- Pay just once
- Enjoy 160 services free of charge, including Lake Constance passenger ships
- Valid on 3 individual days
- From 69,- € (Adults)
- From 41,- € (Children)

## 11 GARDEN RENDEZVOUS ON THE WEST SIDE

From farm gardens to an opulent castle park, western Lake Constance offers a heavenly variety of garden culture. The „Garten-Rendezvous“ bike tour connects the most beautiful show gardens, parks and themed trails in 5 stages. Please allow time to visit the gardens!

## 17 LIECHTENSTEIN FIVE CASTLES TOUR

The Principality of Liechtenstein is just 60 km from Lake Constance and easily reached on bike paths. The Castle Tour starts near the Swiss border in Vaduz, the capital of Liechtenstein. This tour highlights strategically-placed castles and fortresses that mirror each other from opposing mountain tops.

## 13 KLETTGAUER WINE ROUTE

## 14 THURGAUER RIDGE ROUTE

## 15 HEART ROUTE (STAGE 13) ALTSTÄTTEN-RORSCHACH