

Main River: Bayreuth – Mainz

14 DAYS / 13 NIGHTS, APPROX. 545 KM
BOOKING CODE: BY-MABM13

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



Your tour

The landscapes along the Main are among the most culturally rich and diverse in Bavaria and Hesse. The towns along the Main have an unmistakable charm: the former imperial city of Bamberg, the old royal seat of Würzburg, the half-timbered town of Miltenberg, to name but a few.

Itinerary

Day 1	Individual arrival in Bayreuth
Day 2	Bayreuth – Kulmbach, approx. 30 km
Day 3	Kulmbach – Bad Staffelstein, approx. 45 km
Day 4	Bad Staffelstein – Bamberg, approx. 35 km
Day 5	Bamberg – Schonungen / Haßfurt, approx. 55 / 35 km
Day 6	Haßfurt – Volkach, approx. 50 km
Day 7	Volkach – Ochsenfurt / Sommerhausen, approx. 45 / 50 km
Day 8	Sommerhausen – Karlstadt / Gemünden, approx. 40 – 60 km
Day 9	Karlstadt – Marktheidenfeld, approx. 50 / 65 km
Day 10	Marktheidenfeld – Bürgstadt / Miltenberg, approx. 55 km
Day 11	Bürgstadt – Aschaffenburg, approx. 40 / 45 km
Day 12	Aschaffenburg – Frankfurt, approx. 55 km
Day 13	Frankfurt – Mainz, approx. 40 km
Day 14	Individual departure

Travel time

Season	01.04. – 03.04.	12.04. – 18.04.	04.10. – 11.10.
Season A			
Season B	04.04. – 11.04.	19.04. – 25.04.	27.09. – 03.10.
Season C	26.04. – 22.05.	07.06. – 03.07.	23.08. – 26.09.
Season D	23.05. – 06.06.	04.07. – 22.08.	

Daily arrival 01.04. – 11.10.2026
The season is dictated by the arrival date.

Services

- 13 nights with breakfast, national 3*-level
- Luggage transport from hotel to hotel to Mainz, 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.)

Not included services

- Citys or visitors tax, if payable

Basic price per person

Doubleroom, Season A	1499,-
Doubleroom, Season B	1699,-
Doubleroom, Season C	1999,-
Doubleroom, Season D	2149,-
Additional fee single room	499,-

Additional night prices per person

Bayreuth DBL / BB	79,-
Bayreuth SGL / BB	115,-
Mainz DBL / BB	69,-
Mainz SGL / BB	105,-

Additional services per person

E-bike / Pedelec*	289,-
Teenager's bike*	49,-
Rental bike (8- / 10-gear)*	99,-

*including rental bike insurance

Exemplary hotel list

Bayreuth	Lohmühle	https://hotel-lohmuehle.de
Kulmbach	Kronprinz Kulmbach	https://hotel-kulmbach.eu
Bad Staffelstein	Erich Rödiger	https://www.hotel-roediger.de
Bamberg	Europa Bamberg	https://www.hotel-europa-bamberg.de
Schonungen / Haßfurt	Hotel Mathes, Haßfurt	https://www.hotel-mathes.de
Volkach	Tuchhaus	https://tuchhaus.com
Ochsenfurt / Sommerhausen	Weingut im Pastoriushaus	https://www.artur-steinmann.de
Karlstadt / Gemünden	Mainpromenade	https://hotel-mainpromenade.de
Marktheidenfeld	Zur schönen Aussicht	https://www.hotelaussicht.de
Freudenberg / Bürgstadt	Main-Vinotel Helmstetter, Bürgstadt	https://main-vinotel.de/
Aschaffenburg	Ibis Styles Aschaffenburg	https://all.accor.com/hotel/A9V7/index.de
Frankfurt	Maingau	https://www.maingau.de
Mainz	Königshof	http://www.hotel-koenigshof-mainz.de

Child reduction on basic price

12 - 14 Years	25%
15 - 17 Years	10%

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 five-bed rooms possible.

Additional night prices per person

Aschaffenburg DBL / BB	75,-
Aschaffenburg SGL / BB	109,-
Bad Staffelstein DBL / BB	85,-
Bad Staffelstein SGL / BB	109,-
Bamberg DBL / BB	85,-
Bamberg SGL / BB	119,-
Frankfurt DBL / BB	75,-
Frankfurt SGL / BB	109,-
Haßfurt DBL / BB	65,-
Haßfurt SGL / BB	99,-
Karlstadt / Gemünden DBL / BB	79,-
Karlstadt / Gemünden SGL / BB	115,-
Kulmbach DBL / BB	79,-
Kulmbach SGL / BB	109,-
Marktheidenfeld DBL / BB	79,-
Marktheidenfeld SGL / BB	109,-
Miltenberg / Bürgstadt DBL / BB	79,-
Miltenberg / Bürgstadt SGL / BB	105,-
Ochsenfurt / Sommerhausen DBL / BB	59,-
Ochsenfurt / Sommerhausen SGL / BB	95,-
Volkach DBL / BB	75,-
Volkach SGL / BB	109,-
Wertheim DBL / BB	75,-
Wertheim SGL / BB	109,-
Würzburg DBL / BB	79,-
Würzburg SGL / BB	109,-

Languages Travel documents

→ German, English, Dutch, French

Additional note

- All bookings are on request.
- Return journey from Mainz to Bayreuth: Self-organised by train, connections several times every day, duration approx. 4 – 5 hours, 1 – 3 train changes. We recommend booking rental bikes.
- 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 Bayreuth

- Closest airports: Munich, Frankfurt
- Train station: Bayreuth Hauptbahnhof (main station)

Parking in Bayreuth

- Public car parks, costs approx. 10 – 20 EUR / 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
- 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 Bayreuth

You should start your cycling tour with a tour of the world-famous festival city of Bayreuth, where numerous musical, architectural and horticultural sights await you. The largest city in Upper Franconia is home to many historical buildings and museums.

Day 2: Bayreuth – Kulmbach, approx. 30 km

Today you start from Bayreuth always along the Main to your extensive bicycle journey. The brewery and margrave city of Kulmbach is your stage destination and invites you to take a walk with its walls, towers and winding alleys. If you like it a little more sporty: A beautiful path leads you to the Plassenburg – the prominent landmark of the city – the view is magnificent.

Day 3: Kulmbach – Bad Staffelstein, approx. 45 km

Directly behind Kulmbach, the Red and White Main merge. The young Main makes its way through the ever-widening valley. Nestled between the Franconian Forest and the Franconian Jura, you cycle on quiet forest and meadow paths. The Obermain-Therme (thermal baths) beckons in Bad Staffelstein, your stage destination.

Day 4: Bad Staffelstein – Bamberg, approx. 35 km

Enjoy the colourful meadows and old orchards of the flat and expansive Main Valley, its small villages and the treats they have in store. The historic quarter of Bamberg, declared a UNESCO World Heritage Site, is the rousing highlight of today's Main cycle path section: the town is home to nine breweries!

Day 5: Bamberg – Schonungen / Haßfurt, approx. 55 / 35 km

Fancy a short tour through the town of seven hills before you leave Bamberg? The Main cycle path takes you from „Beer Franconia“, as this region is known, to the „Wine Franconia“ region. The pretty little town

famous for its wine and half-timber framed houses, Zeil am Main, is the first inkling behind the name Wine Franconia. Today's destination is at the foot of the Hassberg Hills, Hassfurt.

Day 6: Haßfurt – Volkach, approx. 50 km

The Main now takes you to town of Schweinfurt, famous for its production of ball bearings. You cycle along the pleasant Main cycle path, passing romantic villages, expansive vineyards and orchards and the lush green meadows alongside the river. Just before Volkach, you should definitely go visit the most famous carving by Tilman Riemenschneider: „Madonna of the Rosary“ in the pilgrimage church, St. Maria.

Day 7: Volkach – Ochsenfurt / Sommerhausen, approx. 45 / 50 km

Via the wine-trading town of Kitzingen, you follow the Main primarily, heading for the „sugar town“ of Ochsenfurt. You leave Ochsenfurt via the old stone Main bridge and roll along the right river bank - weirs, marinas and vineyards alternating adjacent to the route. Pedalling through charming little villages. Your way takes you to today's destination of Sommerhausen, which is surrounded by vineyards and orchards.

Day 8: Sommerhausen – Karlstadt / Gemünden, approx. 40 – 60 km

Today you will cross the old royal city of Würzburg and can explore the Old Main Bridge, the Chapel of Our Lady and the Würzburg Residence on a relaxed city tour. North of Würzburg, in the Main-Franconian wine-growing region, you will reach your stage destination Karlstadt – or „Karscht“, in Main-Franconian dialect.

Day 9: Karlstadt – Marktheidenfeld, approx. 50 / 65 km

The Main triangle is now followed by the Main quadrangle, the first corner of which is Gemünden. Here you are already in the Spessart nature park, which you can overlook wonderfully from the ruins of Scherenburg. The route then continues in ever tighter curves through wooded hills. Near Rothenfels, the Romanesque castle watches over the narrow valley and your path; Marktheidenfeld, situated between the Main and Spessart rivers, is entirely under the sign of Franconian wine culture.

Day 10: Marktheidenfeld – Bürgstadt / Miltenberg, approx. 55 km

Today's stage is characterised by beautiful landscapes, picturesque villages and charming castle ruins. Near Homburg, you will see the castle towering high above the Main. You reach Wertheim via the Urpharer Main loop. The ruins of Wertheim Castle are a real eye-catcher. If you want a marvellous view of the old town with its numerous half-timbered houses and the picturesque river landscape, you should not shy away from the climb. Following the winding course of the Main, you will comfortably reach your destinations for the day, Miltenberg and Bürgstadt.

Day 11: Bürgstadt – Aschaffenburg, approx. 40 / 45 km

In Miltenberg, the „Schnatterloch“, one of the most picturesque German squares and world-famous photo motif, and the „Riesen“ inn are particularly famous. Next you head for the small town of Klingenberg and its vineyards, wine cellars and so-called

„Heckenwirtschaften“ - wine taverns that open seasonally. The „glide“ along the Main cycle path to the „Spessart Metropolis“, Aschaffenburg. From afar already, the four towers marking each corner of Johannisburg Castle show you the way. Impressive historical buildings bear witness to the historical importance of Aschaffenburg.

Day 12: 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 13: Frankfurt – Mainz, approx. 40 km

Today is your last day in the saddle along the lower course of the Main River. First, the route takes you through fields, orchards and vineyards to Flörsheim and through the town of half-timber framed houses - Hochheim. The Main countryside presents its very best side here! There are two bridges to pedal over and then Mainz' historic old town is in front of you.

Day 14: Individual departure

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