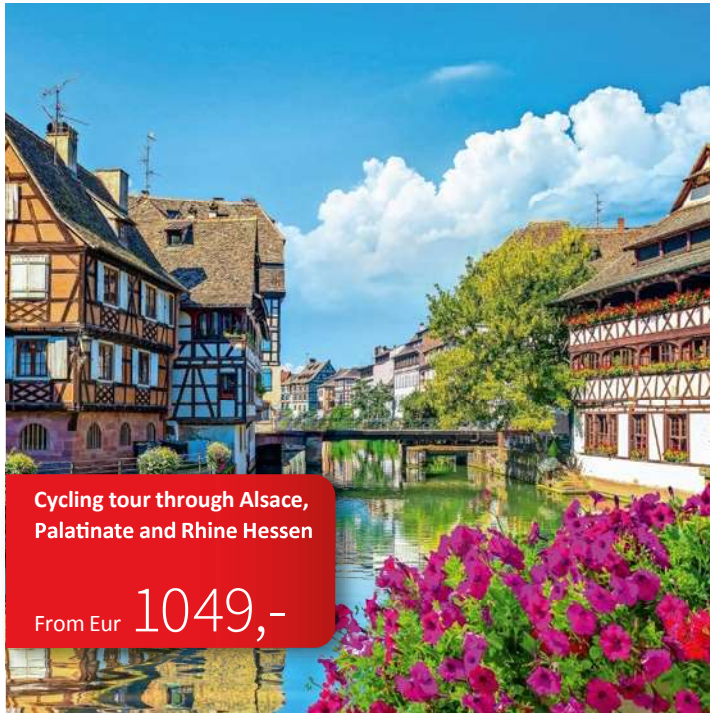


# The Upper Rhine from Strasbourg to Mainz

8 DAYS / 7 NIGHTS, APPROX. 290 KM  
BOOKING CODE: SW-RHSM7

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



Cycling tour through Alsace, Palatinate and Rhine Hessen

From Eur 1049,-



## Your tour

The French flair of Alsace, the cosiness of Baden and the hospitality of the Palatinate – three good reasons for a bike tour from Strasbourg to Mainz. Wine lovers will be in their element in Alsace and Rheinhessen, as both regions are among the best wine-growing areas in Central Europe. The Rhine Cycle Route follows the mighty river from the capital of Europe, Strasbourg, through romantic half-timbered towns, past the imperial cathedral of Speyer to the Gutenberg city of Mainz.

## Itinerary

<b>Day 1</b>	Individual arrival in Strasbourg
<b>Day 2</b>	Strasbourg – Rastatt, approx. 65 km
<b>Day 3</b>	Rastatt – Germersheim, approx. 55 km
<b>Day 4</b>	Germersheim – Heidelberg, approx. 50 km
<b>Day 5</b>	Heidelberg – Worms, approx. 45 km
<b>Day 6</b>	Worms – Nierstein, approx. 55 km
<b>Day 7</b>	Nierstein – Mainz, approx. 20 km
<b>Day 8</b>	Individual departure

## Travel time

<b>Season A</b>	04.04. – 11.04.	
<b>Season B</b>	16.04. – 02.05.	24.09. – 10.10.
<b>Season C</b>	07.05. – 23.09.	

Arrival Thursday and Saturday 04.04. – 10.10.2026  
The season is dictated by the arrival date.

## Services

- 7 nights with breakfast, national 2\* / 3\*-level (Cat B)
- 7 nights with breakfast, national 3\* / 4\*-level (Cat A)
- Digital travel documents and route navigation via app
- Luggage transport from hotel to hotel to Mainz, max. 20 kg / piece
- Service-Hotline (7 days, 08.00 a.m. – 08.00 p.m.)

## Not included services

- Ferry rides in Neuburg and Nierstein, approx. 2,50 euros per person
- City or visitors tax, if payable

Basic price per person	Category B	Category A
Doubleroom, Season A	1049,-	1199,-
Doubleroom, Season B	1149,-	1299,-
Doubleroom, Season C	1249,-	1399,-
Additional fee single room	399,-	529,-

Additional night prices per person	Category B	Category A
Mainz DBL / BB	75,-	79,-
Mainz SGL / BB	125,-	135,-
Strasbourg DBL / BB	85,-	89,-
Strasbourg SGL / BB	149,-	159,-

## Additional services per person

E-bike / Pedelec*	289,-
Rental bike (21-gear)*	99,-
Return transfer excl. bike (Sat)	99,-
Return transfer incl. bike (Sat)	145,-

\*including rental bike insurance

## Exemplary hotel list Category A

Straßburg	Best Western Monopole Metropole, Straßburg	<a href="https://de.bw-monopole.com/">https://de.bw-monopole.com/</a>
Rastatt	Schwert Rastatt	<a href="https://www.hotel-schwert.de">https://www.hotel-schwert.de</a>
Germersheim	Germersheimer Hof, Germersheim	<a href="https://germersheimer-hof.de/">https://germersheimer-hof.de/</a>
Heidelberg	Qube Bahnstadt Heidelberg	<a href="https://qube-hotel-heidelberg.de/bahnstadt">https://qube-hotel-heidelberg.de/bahnstadt</a>
Worms	Dom Hotel, Worms	<a href="https://dom-hotel.de/">https://dom-hotel.de/</a>
Nierstein	Best Western Wein- und Parkhotel, Nierstein	<a href="https://www.bestwestern.at/hotels/Nierstein-Rhein/Best-Western-Wein-und-Parkhotel-Nierstein">https://www.bestwestern.at/hotels/Nierstein-Rhein/Best-Western-Wein-und-Parkhotel-Nierstein</a>
Mainz	Intercity Mainz	<a href="https://hrewards.com/de/intercityhotel-mainz">https://hrewards.com/de/intercityhotel-mainz</a>

## Exemplary hotel list Category B

Straßburg	Le Grand, Straßburg	<a href="https://www.le-grand-hotel.com/de/?utm_source=MyBusiness">https://www.le-grand-hotel.com/de/?utm_source=MyBusiness</a>
Rastatt	Ibis Styles Rastatt	<a href="https://all.accor.com/hotel/9842/index.de.shtml">https://all.accor.com/hotel/9842/index.de.shtml</a>
Germersheim	Germersheimer Hof, Germersheim	<a href="https://germersheimer-hof.de/">https://germersheimer-hof.de/</a>
Heidelberg	Ibis, Heidelberg	<a href="https://all.accor.com/hotel/1447/index.de.shtml?utm_campaign=seo+maps&amp;utm_medium=seo+maps&amp;utm_source=google+Maps">https://all.accor.com/hotel/1447/index.de.shtml?utm_campaign=seo+maps&amp;utm_medium=seo+maps&amp;utm_source=google+Maps</a>
Worms	Dormero Hotel Worms	<a href="https://www.dormero.de/hotel-worms/">https://www.dormero.de/hotel-worms/</a>
Nierstein	Schwibinger, Nierstein	<a href="https://www.weingutschwibinger.de/">https://www.weingutschwibinger.de/</a>
Mainz	MERCURE Hotel Mainz City Center	<a href="https://all.accor.com/hotel/B829/index.de.shtml">https://all.accor.com/hotel/B829/index.de.shtml</a>

## Child reduction on basic price

0 - 5 Years	100%
6 - 11 Years	50%
12 - 14 Years	25%
15 - 17 Years	10%

Reduction for children is valid for accommodation in room with two full-paying guests.

## Languages Travel documents

→ German, English, French

## Additional note

- All bookings are on request.
- Optionally bookable: Printed travel documents incl. maps, per room € 20
- Return journey from Mainz to Strasbourg: Optional by minibus every Saturday (morning) including bike, must be specified when booking, payable on site.
- Alternatively on your own by train: connections several times a day, 1 – 3 x changes, duration approx. 3 – 5 hours.
- 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
- Odometer
- Air pump
- Breakdown kit (1 x per booking)
- Waterproof pannier
- Waterproof handlebar bag with map holder

## Journey to Straßburg

- Nearest airports: Strasbourg, Karlsruhe / Baden-Baden
- Train station: Strasbourg

## Parking in Straßburg

- Public parking garage, covered and guarded, Parking Indigo Strasbourg Hôpital Hautepierre, costs approx. 50 € / week.

## 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.

## Stages description

### Day 1: Individual arrival in Strasbourg

The first evening of your cycling holiday is spent in Strasbourg. After the info meeting, grab your bike and explore Europe's capital. The city centre, Grande-Île, with its imposing church and the picturesque tanner's quarter La Petite France are real eye-catchers. In any of the winstubs - the small and cosy wine cellars, try an Alsace wine and their traditional cuisine.

### Day 2: Strasbourg – Rastatt, approx. 65 km

About half way to Rastatt, you cross over from the Alsace side of the river by ferry to the other side of the Rhine at Drusenheim to be in Baden-Wuerttemberg. Pedalling through meadow-countryside, you reach the Baroque town of Rastatt. Visit the stately residential palace and gardens. If you have time to spare, take a trip to the nearby spa and baths town of Baden-Baden with its wonderful parks and gardens and many museums.

### Day 3: Rastatt – Germersheim, approx. 55 km

Along the Altrhein, today your route takes you to Rhineland Palatinate. Before you reach today's destination of Germersheim, you cycle along the Hördt riverside meadows, a nature reserve with lush vegetation and isolate lakes. The town, Germersheim, whose fortress is worth visiting, will provide you with relaxing moments thanks to its newly designed Rhine banks and lovely city centre. On a boat trip - Nachenfahrt - on the Altrhein enjoy the countryside. The meadows here are regularly flooded by the river - find out more about the flora and fauna and this beautiful scenery.

### Day 4: Germersheim – Heidelberg, approx. 50 km

Today, your route first takes you to Speyer. In one of Germany's oldest towns at every corner you can see the eventful history of this town. The Imperial Cathedral in Speyer is the biggest intact Roman church in the world. From the south-west tower you have a wonderful view of the surrounding town and countryside. After Speyer, you have time until the next day to bid farewell to the Rhine. In Schwetzingen, the

wonderful Baroque castle estate and parklands await you. You will continue to be amazed at the sights when you see Heidelberg. On a walk along the Philosopher's Walk above the Neckar you can enjoy views of Heidelberg Castle and the historic quarter.

### Day 5: Heidelberg – Worms, approx. 45 km

Today you cycle to the historic town of Ladenburg. This is where the Romans once built thermal baths and theatres. The section along the Rhine levels to Worms is very pleasant to cycle. Worms cathedral, dating back to the 11th and 12 centuries, exhibits Roman features and makes a striking impression. The oldest intact Jewish cemetery in Europe is to be found in Worms.

### Day 6: Worms – Nierstein, approx. 55 km

More wine awaits you on today's route. Along the quieter Altrhein following endless green fields, you gradually cycle through the wine-growing region of Rhine Hessen. Today's destination, Nierstein, is considered the biggest wine-growing area on the Rhine. White wine, in particular, is produced here. A trip up to the Wartturm tower and the Red Cliffs in the vineyards is worth it for the views of the Rhine valley.

### Day 7: Nierstein – Mainz, approx. 20 km

To complete your cycling holiday along the Rhine, you cycle past the Nierstein wine gardens, along the Rhine cycle path, right into the heart of the Gutenberg town of Mainz. The short ride gives you lots of time to explore the Rhineland-Palatinate capital. Pay a visit to the cathedral, St. Martin, which has six steeples, and find out what „Henne Gensfleisch“ has to do with the invention of the printing press. Closely related to wine-growing, lovers of wine will find what they're looking for in Mainz. Enjoy the local wines, a „Piffche“ of wine - or maybe two or three! A „Piffche“ is 0.1 litres.

### Day 8: Individual departure

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