

# SLOW TOURS

Full Itinerary and Tour details for

## Strasbourg-Mainz 8-day Self-guided Cycling Tour Level 1



Prices starting from.

**1049 €**

Trip Duration.

**8 days**

Max Passengers.

**12**

Start and Finish.

**Strasbourg to Mainz**

Activity Level.

**1**

Experience.

**Cycling Tours Europe**

Tour Code.

**#B1/2355**



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## Tour Details and Description

This cycle tour goes through three magnificent European regions – Alsace, Baden and the Palatinate and there is a very pleasant mild climate throughout. Due to both the history and the climate, these three regions have one thing in common – wine-growing. In terms of food, you will enjoy a large variety here. During this tour, charming landscapes alter and you can expect lots of cultural highlights too. How did the Romans bring wine-growing to this region? What did the German emperors leave behind in Strasbourg, Speyer and Worms? Look forward to the great atmosphere and a lovely route along the river Rhine.

### Highlights:

- Suitable for families & beginners: The Rhine Cycle Path is mostly flat on good cycle paths directly along the river or on gravel paths in the Rhine marshes. This cycle route is really suitable for everyone, making it ideal for families with children or for a first cycling vacation.
- Mild climate: The mild climate in Alsace, Baden, and the Palatinate ensures even more cycling enjoyment. The mild temperatures not only benefit the flourishing vineyards in these regions but also allow the cycling holiday to commence as early as the beginning of April.
- Rich culture: Strasbourg, Heidelberg, Worms, Mainz - these cities offer cultural highlights that will make your cycling vacation even more enjoyable.

### Tour character: Level 1

You mainly cycle on well-built cycle paths along the Rhine cycle path. A predominantly flat route that is an easy cycle for everybody. Through the Rhine flood plains there are longer sections on gravel paths.

### Included in the Cycling Tour:

- 7 nights' accommodation in 3\* hotels (Upgrades available on request)
- Breakfast
- Luggage transfers
- Digital travel documents incl. navigation app, GPS-data, route book
- GPS data available and app navigation
- Service hotline

**Not included in the tour:**

- Bike rental
- Bike insurance
- Visitor's taxes, if due, are not included in the tour price
- Ferry tickets in Neuburg costs approx 3 EUR per person incl. bike
- Ferry tickets in Nierstein costs approx 3 EUR per person incl. bike
- Sporty bike - 179 EUR
- Anything not mentioned in 'included'

**Arrival / Parking / Departure:**

- Arrival by train to Strasbourg
- Strasbourg or Karlsruhe/Baden-Baden airport
- Parking: Public garage, cost approx. EUR 20 per day
- Departure by train from Mainz to Strasbourg, duration approx. 3.5 hours with 1 change in Stuttgart
- Return transfer by minibus to Strasbourg every Saturday morning, this costs EUR 99 per person, EUR 45 extra for your own bike, to be paid for in advance, reservation necessary

**Notes:**

- Departures Thursdays and Saturdays
- Hotel upgrades available on request
- Extra nights

- Strasbourg - From 85 EUR p.p (+65 EUR single person)
- Mainz - From 75 EUR p.p (+49 EUR single person)

**If you would like to hire a bike (99 EUR) or E-bike (289 EUR), please contact our office when booking: [sales@slowtours.com](mailto:sales@slowtours.com)**

**WHAT SLOW TOURS OFFERS YOU:**

**Customer Service:** Hand-picked partners in whom we trust to deliver great service.

**Best Selection:** The best range of escorted and self-guided tours in Europe

**Secure payment:** Secure booking onsite through Stripe, the largest online provider of financial payment services.

**Support:** Contact us for support services on any Slow Tour - email or telephone support.

**Reviews:** Customer reviews available, and being constantly updated

## Itinerary

### Day 1

Arrival in Strasbourg Tour information and bike fitting. You will spend a wonderful evening in the Alsatian capital with its many canals and a unique atmosphere.

## Day 2

Strasbourg - Rastatt approx. 65km A wonderfully made cycle path takes you through the town to the Rhine's river bank. You will cycle comfortably along the Rhine through the gentle Rhine valley. In Drusenheim, you will take a ferry to the other side of the Rhine river bank and then you will continue through the charming meadow landscape until you get to Rastatt with its baroque old town.

## Day 3

Rastatt – Germersheim approx. 60km Today you cycle idyllically along the old Rhine arms through what seems like untouched nature. Then you head through the biggest nature protection area in the Palatinate, the Hördter Rheinauen until you get to the former fortress city of Germersheim. The newly formed Rhine river bank and the unhurried centre of Germersheim provide some amusement.

## Day 4

Germersheim – Heidelberg approx. 50km The Old Father Rhine brings you to the Imperial city of Speyer and its impressive and UNESCO world heritage cathedral. The famous ensemble of the palace and palace gardens in Schwetzingen are further highlights of the tour before your day comes to an end in the oldest German university town in Heidelberg.

## Day 5

Heidelberg – Worms approx. 45km You will cycle along the river Neckar to the old Roman town of Ladenburg with its beautiful medieval inner city. Then you will continue your tour through the Rhine valley to the imperial city of Worms with its cathedral built in the 12th century, the Martin Luther monument and the oldest Jewish cemetery in Europe.

## Day 6

Worms – Nierstein approx. 55km You will comfortably cycle along the river Rhine. Lots of agriculture will accompany you on this stage. Everything that tastes good gets grown here! At times you will cycle along the old Rhine arms today and then soon afterwards you will end up on the other side of the river bank where you will see the first vines. Afterwards there are only a few more kilometres and then one more crossing over the river Rhine until you get to the charming wine-making village, Nierstein. You should definitely try a glass of Riesling in the evening!

## Day 7

Nierstein – Mainz approx. 20km Today's stage is short giving you lots of free time to enjoy. Shortly after Nierstein the cycle path goes through the vineyards. Take a view across the Rhine valley – the impressive steep wine-growing slopes and the large river are the lifelines for this region. The cycle path runs along the Rhine's river bank and then into the centre of Mainz. The imperial cathedral as well as many other attractions are the magnets attracting many visitors here from both close and far away.

## Day 8

Departure or extension of your stay

## WHY SLOW TOURS EUROPE?

Slow Tours offers a selection of tours in [Europe](#) for unique experiences, active or relaxed, so you return home feeling relaxed, refreshed & re-energised.

Connect with the locals, take time to genuinely experience another culture, relax with the easy flow of life, enjoy fresh air and freedom from crowds. Savour the experience of our hand-picked tours of Europe!

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### 3 BIG BENEFITS OF BOOKING WITH US



#### TIME BECOMES A FRIEND

Yes, you'll see and do many wonderful things, but at a relaxed, easy pace that invites conversation and reflection.



#### DISTINCTIVE QUALITY

There's not a village you'll explore, or table at which you'll dine, that you won't remember with a smile.



#### PEACE OF MIND

Whether travelling directly with Slow Tours or one of our carefully selected, kindred-spirit partners, you'll have our complete and constant support.

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