

Bicycle Tours in France: **Bicycling the Black Forest to Lake Constance**

OVERVIEW



Join us to cycle across the French-German border as you experience stunning and diverse landscapes. Discover how French and German influences have coalesced to create the rich history and exceptional cuisine of this special region.


If this sounds great but you prefer a longer tour, take a look at the 14-day option [Grand Bicycling Tour of Alsace and the Black Forest](#).

HIGHLIGHTS

Freiburg, brewery visit, border crossings, fairy-tale scenery, medieval towns, Constance

TOUR FACTS

Tour Style	 Classic: Learn more about our Classic tours at https://www.experienceplus.com/tours/bike-tour-styles/classic-tours
Includes	7 nights accommodation, meals as noted in itinerary, brewery visit, guided bike tour of Freiburg
Countries	France, Switzerland, Germany
Begin/End	Colmar/Constance
Arrive/Depart	Zurich (ZRH)
Total Distance	363 km (225 miles)
Avg. Daily Distance	61 km (37 miles) per riding day
Tour Level	

Please Note: We may have small itinerary changes to this trip after you download this PDF document. If you have booked this trip and there are major changes, including changes to towns or activities, we'll email you directly. However, you should always be sure to refer to the  [online itinerary](#) for the most up-to-date trip information including arrival and departure tips before you depart for your trip:

<https://www.experienceplus.com/guided-bike-tours/france/black-forest-constance>

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DATES & PRICES

Dates	Price	Single Supplement*
☞ Jul 1-8, 2023	☞ USD\$4495	☞ USD\$550
☞ Aug 8-15, 2023	☞ USD\$4495	☞ USD\$550
☞ Sep 19-26, 2023	☞ USD\$4495	☞ USD\$550

*We are happy to match solo travelers who would like to share a room with someone of the same gender. If no match exists, due to hotel pricing, we will charge 50% of the single supplement rate. This fee will be collected at the time of the final payment. If a roommate assignment is available this fee will be refunded at the conclusion of the tour.

DAILY RIDE SUMMARY

Day	Distance/Gain	Terrain	Day Level	Notes
1	Test ride			
2	61km / 502m (38mi / 1647ft)	Rolling hills	▶▶▶▶▶	
3	46km / 957m (29mi / 3139ft)	Mountainous	▶▶▶▶▶	
4	72km / 1313m (45mi / 4307ft)	Very hilly	▶▶▶▶▶	Shorter optional ride available
5	72km / 471m (45mi / 1545ft)	Gentle	▶▶▶▶▶	
6	51km / 325m (32mi / 1066ft)	Gentle	▶▶▶▶▶	
7	61km / 512m (38mi / 1679ft)	Rolling hills	▶▶▶▶▶	Shorter optional ride available
8	Last day			

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ARRIVAL INFO

Meeting time 4 p.m. - on Day 1, meet your fellow cyclists and Tour Leaders at the Day 1 Hotel specified on the itinerary.

Note:

As you are planning, remember that the hotels listed in our itineraries are our primary hotels and are - in rare cases - subject to change. Before you make arrangements, [check with us](#) if your tour departure is guaranteed. If your tour departure is out further than 6 months, please also check with us as there might be slight changes to the itinerary.

The below information will help you plan your arrival. For more tips or other routes, you might like [Rome2Rio](#). The fare and timing information listed below is approximate.

We recommend flying out of the Strasbourg Airport (SCB). Paris Charles de Gaulle (CDG) is a 2.5-3.5 hour train ride away.

From the Strasbourg Airport to the starting hotel:

- Taxi (1 hour/EUR 100)

Or public transportation:

1. Train from Strasbourg Entzheim International Airport Train Station to Strasbourg Gare (9 min/EUR 2.50)
2. Train from Strasbourg Gare to Colmar (no pre-purchase needed) (30 min/EUR 15)
3. Taxi from Colmar train station to the starting hotel (10 min/EUR 15)

Look up French train schedules and book tickets, if necessary, [SNCF.com](#) or [Trainline.eu](#). Questions? See our information on taking trains in Europe [here](#) or [ask us](#).

DEPARTURE INFO

Your trip ends on the final day after breakfast.

The below information will help you plan your departure. For more tips or other routes, you might like [Rome2Rio](#).

We recommend flying out of the Zurich Airport (ZRH).

From the ending hotel to the Zurich Airport:

1. Taxi from the ending hotel to the Konstanz/Constance train station (10 min/EUR 10)
2. Train from Konstanz/Constance to ZRH Zurich Airport (1 hour to 1.5 hours/fares vary)

Look up German train schedules at [Bahn.de](#) or [Trainline.eu](#). Questions? See our information on taking trains in Europe [here](#) or [ask us](#).

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Meet in Colmar

Highlights Welcome dinner, test ride

Welcome to Colmar! Take some time to explore the canals, museums, and great shopping this stunning city has to offer. Colmar has been a famous market and wine center since the 13th century. We'll meet this afternoon for a bike fitting and enjoy a delicious Alsatian dinner together this evening.

DAY 1: Sat, Jul 1st

Meals Dinner

Lodging  Hotel Le Colombier - Colmar

Ride to Freiburg

Highlights Freiburg

Freiburg is arguably one of Germany's most beautiful cities with its impressive cathedral and colorful houses lining its streets. You will also find the old "Bächle," an unusual system of gutters that run throughout its center. These Bächle were once used to provide water to fight fires and feed livestock. They have a constant flow of water diverted from the Dreisam River. During the summer, the running water provides a natural form of air conditioning and offers a pleasant sound of running water. It is said that if one accidentally falls or steps into a Bächle they will marry a Freiburger, or 'Bobbele.'

DAY 2: Sun, Jul 2nd

Distance 61 km (38 mi)

Gain 502 m (1647 ft)

Terrain Rolling hills

Level 

Meals Breakfast

Lodging  Hotel Oberkirch
 Colombi Hotel

Freiburg

Highlights Guided walking tour of Freiburg

Enjoy Freiburg, shopping museums, strolling around or for those who really want to pedal and climb we have the perfect ride for you to tackle on your own, alternatively you can take the funicular up to the Schauinsland and enjoy the views and go for a hike. Or join us in a walking tour of town!

DAY 3: Mon, Jul 3rd



Distance 46 km (29 mi)

Gain 957 m (3139 ft)

Terrain Mountainous

Level 

Meals Breakfast, Dinner

Lodging  Hotel Oberkirch
 Colombi Hotel



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Bike the Black Forest to the highest brewery in Germany

Highlights Titisee, Schluchsee, Rothaus Brauerei with guided visit

Today's ride takes you through stunning natural areas with very few tourists. Climb through the dense pine trees of the Black Forest up to the village of Titisee and enjoy the crystal clear waters of the Titisee and Schluchsee lakes. Or, if you're in the mood to relax, jump on the Höllentalbahn - a train that passes through the impressive "Hell's Valley." No matter how you choose to get there, we will finish our day enjoying a guided visit of Germany's highest brewery located right next our hotel in Rothaus. From our hotel you also have the option to take a 2 km hike to an isolated lake if you're in the mood for a swim.

DAY 4: Tue, Jul 4th

Distance 72 km (45 mi)
Gain 1313 m (4307 ft)
Terrain Very Hilly
Level 
Meals Breakfast, Dinner
Lodging  Brauereigasthof Rothaus

Bike from the Black Forest to the Rheinfall

Highlights Schlüchten gorge, Rheinfall, Schaffhouse city of the orlies

This morning you'll enjoy quiet roads descending through the stunning Schluenchten Gorge to the Rhein. This is actually referred to as the "Uping Rhein" since it's still a small river and not the wide river most think of then they think of the Rhein. We will cycle right next to the breathtaking Rhein waterfall, supposedly the largest waterfall in Europe. If you'd like to stop by the Laufen Castle along the way you can overlook the falls for another stunning perspective. We will end our day in Schaffhausen, Switzerland. This beautiful town was untouched by WWII so you will be able to admire the town's pristine history. As you stroll through the "City of Bay Windows" enjoy this charming medieval town ornately decorated with oriel windows and extravagantly painted facades.

DAY 5: Wed, Jul 5th



Distance 72 km (45 mi)
Gain 471 m (1545 ft)
Terrain Gentle
Level 
Meals Breakfast, Dinner
Lodging  Kronenhof Hotel

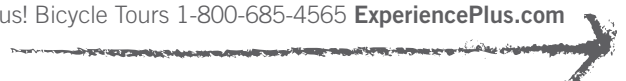
Young Rhein

Highlights Crossing Germany and Switzerland borders, Diessingen wooden bridge

Today you'll weave across the German and Swiss border about seven times as you take in the fairy-tale scenery and medieval towns. When you arrive at the point where the Rhine River becomes Lake Constance you'll feel like you're traveling back in time as you cross the wooden bridge into Stein am Rhein. Famous for its Old Town and the well-preserved monastery of St. Georgen, this town's scenic streets and colorful history are sure to delight.

DAY 6: Thu, Jul 6th

Distance 51 km (32 mi)
Gain 325 m (1066 ft)
Terrain Gentle
Level 
Meals Breakfast
Lodging  Hotel 47°



Bicycle Tours in France: Bicycling the Black Forest to Lake Constance**Constance Loop**

Highlights Insel Mainau – island of flowers, Island Raichenau

Bisected by the Rhine River, sidling up to the Swiss border and outlined by the Alps, Constance sits in one of the most idyllic settings you could dream of. Spared from WWII bombing, this town has the mark of Roman emperors, medieval traders and 15th century bishops - a delightful backdrop to the lively buzz brought on by today's university culture. Today you can enjoy a loop ride along quaint roads and rolling hills between Überlingen and Gnadon. If you prefer a day off the bike, enjoy the town's lakefront views as you stroll its tree-lined promenade or take a boat trip to the island of Mainau, or Flower Island, named for its spectacular flower gardens. We will enjoy our final dinner together tonight in the Dominikaner Beer Garden.

DAY 7: Fri, Jul 7th

Distance 61 km (38 mi)

Gain 512 m (1679 ft)

Terrain Rolling hills

Level 

Meals Breakfast, Dinner

Lodging  Hotel 47°

Bon Voyage! - Constance

Highlights Enjoy the city

Our tour ends after breakfast today. Enjoy the rest of your travels around Europe or have a safe trip home!

DAY 8: Sat, Jul 8th

Meals Breakfast

INCLUDED**BEFORE YOU LEAVE**

- Tour planning tips on what to bring, what to leave home, and what you might like to read before your trip.
- Bicycle Tour Training program designed specifically for your tour rating by renowned cycling coach, Joe Friel.
- Assistance with flights, trains and booking extra nights at your starting and ending tour hotels.
- A complimentary gift of your choice

ON YOUR BICYCLE TOUR

- Superb tour leaders who are great fun and also bilingual, bicultural experts, and avid cyclists. They're experienced to help you navigate confidently on and off the road.
- Comfortable lodging in 3-4 star hotels located in or near the town square with easy access to your favorite café (bar, gelato, espresso) of the day, always with a private bath.
- All breakfasts & at least half of your dinners each featuring multi-courses, fresh, seasonal specialties and wine or beer. See specific tour information for details.
- On many tours we also have 1 or 2 lunches—see specific tour itineraries for details.
- Use of a high quality bike—a Titanium road bike, hybrid, or an aluminum tandem in Continental Europe. For tours in South America, Scotland and Ireland we have aluminum frames. All of our bikes are geared specifically to cruise the flats and help ease you over the mountain.
- Our bikes come with a computer so you can track your miles. They also have an expandable rear rack pack to carry your stuff, and a water bottle that's yours to keep.
- Full van support to carry luggage - and tired cyclists, too!

- Special events like wine tastings and cultural visits as described in the trip itinerary.
- All tips and gratuities at tour hotels and group meals.
- Unique routes, marked with our signature chalk dust arrows that ensure you won't get lost. They also give you the freedom to travel at your own pace.
- Daily mileage options—for those folks who just can't get enough cycling, we'll suggest optional routes off our marked course.
- Detailed route map, and arrows that will lead you to hidden wonders on your bicycle ride.
- All the fun (and more) that you expect from your vacation.

WHAT'S NOT INCLUDED

- Transportation to and from the bicycling tour including airfare, or train travel
- Helmets - we ask that you bring your own to ensure the best fit
- Meals not listed in the itinerary
- Tour Leader gratuity

AFTER YOUR BICYCLE TOUR

- Deeply discounted tours with our "Re-Cycle Program." Your fifth tour with us will be discounted by 50% of the average price of your previous four tours; your tenth tour will be discounted by 100% of the average price of your previous nine tours!

LEVEL RATINGS

Our itinerary descriptions provide daily mileage to help you determine if a bicycle tour is suited to your physical capabilities and interest. You'll also find a note about the trip's terrain on the "Tour Facts" page of each tour. The purpose of this page is to offer a general explanation of our rating categories.

BIKE TOURS 101

Perfect for people looking for mostly flat terrain, or those newer to cycling. Also great for families traveling with younger children (8—14).

- **Average daily mileage:** 50—57km (30 to 35 miles). Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Terrain:** 101 tours offer flat to gently rolling terrain. You'll find specific information on the "Tour Facts" page of each itinerary where you see the tour rating.

BIKE TOURS 201

For riders who prefer a combination of flat and rolling terrain with moderate climbs on one or two days. An excellent compromise for friends who have diverse riding abilities.

- **Average daily mileage:** 50—57km (30 to 35 miles). Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Terrain:** 201 tours feature mostly flat and rolling terrain with moderate climbs on one or two days where you might gain up to 2,000 feet. Some 201 tours may have some longer mileage days of up to 85 kms (50 miles) over fairly flat terrain. While others may have days of 30 - 45 kms (18—25 miles) with steeper climbs. You'll find specific information on the "Tour Facts" page of each itinerary where you see the tour rating.

BIKE TOURS 301

For riders who enjoy some climbing every day. These tours are best suited to intermediate level recreational riders. Fit beginners will likely do well but may want to shuttle on days with steeper climbs.

- **Average daily mileage:** 50 to 75 km (35—45 miles). Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Terrain:** For 301 tours expect cumulative daily climbs of 1,500—2,000 feet and several days of climbing in excess of 3,000 feet. You might encounter some longer mileage 80—90 km (50-60 miles) days with rolling terrain. You'll find specific information on the "Tour Facts" page of each itinerary where you see the tour rating.

BIKE TOURS 401

For cyclists who love to climb (and descend)! If you haven't trained or are an inexperienced rider you will find these trips very challenging and will very likely need to shuttle regularly.

- **Average daily mileage:** 50 to 75 km (35—45 miles). Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Terrain:** 401 tours are challenging. Expect the possibility of longer mileage days of 80 - 120 kms (50 to 70 miles) with rolling terrain, or some sustained hills for considerable distances - think mountain passes, or steeper (+5%) climbs that come with regularity and could be as long as 10 km (6+ miles). You will have gains of 1000 meters (3000 feet) on a third of the days. You'll find specific information on the "Tour Facts" page of each itinerary where you see the tour rating.

BIKE TOURS 501

Our ExpeditionPlus! tours designed for strong riders looking for the challenge of riding across countries or continents. Long daily mileages means limited van support so we recommended these tours for riders who feel confident that they can ride every mile.

- **Average daily mileage:** 120 km (75 miles). Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Terrain:** Expect and be prepared for any and everything.

REMEMBER

It is almost always possible to adapt the day's ride to how you are feeling either by taking advantage of the support van, or asking tour leaders for additional mileage.

Need More Miles? On just about every day of every tour it is possible to add miles to the day. Just talk to your tour leader about the options.

Need Fewer Miles? If you aren't sure about your abilities or how much you want to ride remember the support van is available to offer snacks, encouragement, a lift over the next hill, or to the next hotel. You are on vacation and we're here to help make it perfect for you.

Chalk Dust Arrows. Remember, no matter what level of tour you choose ExperiencePlus! uses chalk dust arrows to mark our routes so riders can take the day at their own pace! Whether you prefer to stop at every gelateria, take a hundred photos a day, or push to achieve a new personal best you'll be happy on our tours.

WHAT TO EXPECT**BICYCLES**

Your bike comes with a pack for the rear rack, lock, cyclometer (bicycle computer), a spare tube and patch kit and pump. If you would like to bring your own pedals and shoes we recommend doing so—your tour leaders will install them during the bike fitting. We have flat pedals with or without cages and straps available. For safety and hygiene reasons you are responsible for bringing a helmet.

Daily Routine (Procedures and Logistics)**DAYSHEETS**

Each day you'll receive a daysheet with information on the day's activities, meals and ride. These also include Tour Leader phone numbers, hotel information and interesting historical and cultural information about sites that you may want to stop and see along the route. Your Tour Leaders will also post daily announcements in the hotel lobby with information about sightseeing in town or restaurant recommendations for dinners on your own as well as important information about breakfast, luggage down and "arrows down" time.

NAVIGATING ON TOUR

At breakfast each day we will make the "Master Route Map" available so you can highlight your map for the day's ride. Of course, we also mark the route every day with our signature chalk dust arrows. Our arrows make navigating very easy—you may never need to look at the map! The arrows also allow you to ride at your own pace. There is no need to "keep up" with the group—this is your ride!

But what if it rains? What happens to the arrows? In a light rain, the arrows actually "set up" and become more permanent. In a heavy rain, they do wash away. If that happens, we'll re-group to cycle together for those who want to continue cycling while those who prefer to stay dry can shuttle.

VAN SUPPORT

The van carries luggage and supports cyclists. It also has water, fruit and snacks. Though the van has snacks, we encourage you to stop and enjoy markets and find your own favorite local specialty.

HOTELS

We have carefully chosen all of our accommodations for their charm and location. They are typically small, family run hotels that offer you a glimpse into the local culture.

We prefer hotels near interesting sites in the center of town located along the best cycling route in the area. Because many of the hotels are small not all of the rooms will be

exactly the same. We keep this in mind and do our best to distribute rooms fairly by the end of the tour. Our itinerary lists our primary hotels. On rare occasions, listed hotels are subject to change.

MEALS AND RESTAURANTS

Breakfasts: we work hard to arrange complete breakfasts but some hotels still serve continental style breakfasts; cycling is energy intensive so we do recommend you plan for a morning or mid-morning snack on the road at a local café or market.

Water is OK in almost all hotels and in country fountains; if there is a problem, we will advise you.

We'll recommend lunch locations en route and most itineraries include a few group picnics. We limit the number of picnics so you don't feel pressured to be at a certain place in the middle of your ride.

Dinners together are often pre-planned and pre-ordered. We'll ask you if you have special dietary requirements. Pre-planned meals allow us to provide a variety of regional specialties and facilitate efficient service. Water, wine and beer are included.

TIPPING YOUR TOUR LEADER TEAM

If you feel your tour leader team has demonstrated great expertise and service, common practice within the travel industry is to tip. Tipping is voluntary and greatly appreciated, and gratuity amounts vary widely. Should you decide to leave a tip, as a guideline, we suggest 5% of the tour cost per traveler – this for the entire tour leader team, not each Tour Leader. If you'd like to show your gratitude for your Tour Leaders' excellent service you can give the tip to any member of the tour leader team, as they share it evenly. In order to avoid social tensions, we encourage you to tip as individuals and not as a group. If you feel your Tour Leaders did not quite meet your expectations, then we would like to know about it. You will also have the opportunity to leave your comments in our evaluation survey which we email to you after your trip.

PHOTOS

We'll be taking photos throughout the tour and we encourage you to do the same. Please note that we may use these for promotional purposes. Please inform us if you prefer images of you not be used. We realize that many of our travelers are great photographers and often people want to share photos after the trip. We'd love to see and share your photos from the tour with the world so if you don't mind the possibility of being famous (at least in the ExperiencePlus! world) send us a link to your tour photo gallery, or upload your favorite 20 - 30 pictures to your tour departure gallery - we'll send you the link to that online photo gallery in your final email!

CHECKLIST

TO DO TODAY!

Read through your Reservation Confirmation Email, it has important information to help you plan your trip!

- Check the date on your passport. The expiration date should extend three months past your date of return to your home country
- Complete the Customer Information Form online at www.experienceplus.com/travelinfo/tourcif
- Apply for trip cancellation/interruption insurance within 21 days of booking your tour. Find details at <http://www.experienceplus.com/assets/files/packingbicycle.pdf>
- Download the bicycle training program found on the Training Program Blog Page at www.experienceplus.com/training

3—6 MONTHS PRIOR TO DEPARTURE

- Reserve your flights after you know you have a confirmed tour departure. Please check with our office if you do not know if your trip is confirmed. As you make your plans refer to the Getting To and Away sent to you in your booking confirmation email it provides meeting times and the starting and ending hotels and shuttle information when applicable.
- Book your pre and post-tour hotel nights. Please refer to the Getting To and Away sheet you received in your Reservation Confirmation Email.
- 12 weeks before your tour begin your training program www.experienceplus.com/training.
- Final payment is due 90 days prior to the tour start. Please refer to your Deposit Payment Invoice and the Final Payment Reminder e-mail you have received for detailed instructions.

6 WEEKS—2 WEEKS PRIOR TO DEPARTURE

- Start reading one of the books or watching one of the movies from our Suggested Reading and Movie List which you'll find on the country page linked from the www.experienceplus.com/travelinfo page.
- Plan what you are going to pack and start packing! Refer to the Packing List on our website at www.experienceplus.com/assets/files/packingbicycle.pdf.
- We'll email your Hotel Itinerary information 30 days prior to departure.

DAY OF YOUR FLIGHT

Get as much sleep on the plane as you can. Pack your Getting To and Away information and one day of cycling gear in your carry-on. See you soon!