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Long-distance routes and tour tips



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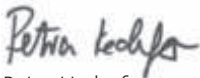
Foreword

Dear reader,

Few countries in Europe offer cyclists such a wealth of holiday opportunities as Germany: there are over 200 long-distance cycle routes covering more than 70,000 kilometres and countless smaller, well-signposted routes that take in the tourist highlights of the major cities or follow romantic trails through glorious scenery.

Germany is a popular cycling destination with visitors from all over the world because of its central location in Europe. The Donauradweg is a classic tour from east to west and brings many cycling enthusiasts from Austria to Germany. Tourists from Switzerland, France and the Netherlands meet on the Rheinradweg, which runs from Andermatt to Rotterdam via Freiburg and Cologne. Every route is allocated its own web code. Detailed route descriptions including GPS navigation data are available to download at www.germany.travel. Deutsche Bahn offers affordable services for transporting bikes and can assist with travel to Germany.

This guide has been updated with the latest information and is now in its second edition. We have teamed up with the German Cyclists' Federation (ADFC) to bring you some of the country's best cycling routes. Along with classics such as the Elberadweg and Mainradweg, the guide also features some new additions such as the 950-kilometre D3 Route, which runs right across Germany, the 'Deutsche Fußball Route', which takes you to places in North Rhine-Westphalia where footballing history was written, and cycle routes that follow disused railway lines.



Petra Hedorfer
Chief Executive Officer
German National Tourist Board

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General information

Each profile of a long-distance cycle route is accompanied by a summary that gives you all the important information at a glance and a scaled-down version of the tour logo:

The summary tells you where the route begins and ends and the total length. We also list the major towns in the surrounding region and how far they are from the start and finishing point.



Length: 230 km | Starts: Winterberg | Ends: Duisburg
← Marburg 58 km | Düsseldorf 28 km →

A zoomed-out map of Germany shows you what part of the country the route is located in, while a more detailed version shows the exact path that it follows.

Pictograms

The following symbols indicate how demanding the route is:



Mainly flat



Hilly in parts



Steep gradients



Easily managed by children



Majority of route suitable for trailers



Mountain biking (MTB) tracks



Germany. A cyclist's paradise.

If you enjoy exploring your holiday destination by bike, then Germany is the place for you. More than 200 long-distance cycle routes pass through a wide variety of landscapes on their way to some of the most beautiful places in Germany.

Whether you prefer to explore the landscape and culture at leisure or you're looking for something more challenging, the huge choice for cyclists in Germany is sure to cover your needs. Choice is also a feature of the mountain-bike regions, whose variety is mirrored by the themed routes where you can go in search of history, marvel at works of art or boost your sense of wellbeing.

Established favourites among long-distance cyclists include the Weser-Radweg (Weser River Route) – which connects the rich fenland, moors and sandy heaths around Bremen with the Weserbergland hills – and the tauber altmühl radweg that opens up the picturesque Altmühl Valley nature reserve.

Our pocket guide presents a selection of outstanding cycling routes that show Germany in all its rich variety. It provides you with information on the length, terrain and character of the route as well as the scenery and places of interests that make a cycling holiday in Germany such an unforgettable experience.



The German Cyclists' Federation (ADFC)



The German Cyclists' Federation (ADFC) represents the interests of everyone who gets around by bike in Germany.

Well-maintained trails, continuous waymarks and secure car parks – these are just three of the features that the ADFC is working hard to provide. The federation runs branch offices that are the first port of call for people looking to go on a cycling tour. They are staffed by committed members, keen cyclists themselves, who offer detailed advice and recommendations on a voluntary basis.

Whether you book a package tour or put together your own customised trip, service comes first in Germany. Accommodation providers with high-quality cyclists' facilities display the Bett+Bike logo awarded by the ADFC. A star logo denotes the ADFC premium cycle routes.

Since 1979, the ADFC has represented the interests of cyclists and helped the government and authorities to improve traffic planning. It currently has more than 130,000 members.





Quality for cyclists

ADFC premium routes



On a cycling tour, the path you take is often more important than the destination – so the quality of the track is very important. Missing waymarks or sandy terrain can really detract from your experience.

If the quality of your tour is important to you, the star rating issued by the ADFC can help you choose a route. Quality is graded in stars from one to five, with criteria assessed from the cyclist's perspective: low-traffic routes score highly, as do those that offer excellent services including places to stay and places to eat. Bett+Bike accommodation and shelters are also factors. The ADFC also takes into consideration how easily cyclists can access the route using public transport. Its research leaves no stone unturned: are there up-to-date maps and information including a website? Is the path wide enough? Are cyclists impeded by bollards or barriers? (Points are also deducted for sections where you have to push your bike.) Are signposts correctly positioned? Has the route been well planned? After all, diversions through the countryside just for the sake of it and monotonous scenery quickly lose their appeal.





A good night's rest made easy

Bett+Bike



In the mid-90s, the ADFC began to keep a list of hostels and hotels with exemplary facilities for cyclists. The directory quickly gained a reputation as the cyclists' bible for Germany.

The Bett+Bike directory now contains details of almost 5,000 establishments. These range from starred hotels and family B&Bs to campsites and youth hostels with specialist services for cyclists. Stay overnight in any of these places and you can enjoy a good night's rest, safe in the knowledge that your bike is in a secured and sheltered rack. There is more to Bett+Bike, of course: short stays, just for one night, lockable drying rooms for wet clothing and the right tools for all eventualities.

An establishment has to fulfil these criteria before it can become an ADFC partner and display the current year's Bett+Bike logo, a mark of quality that also says: "we welcome cyclists with open arms!"

Visit the Bett+Bike website for up-to-date information on accommodation:
www.bettundbike.de





Aller-Radweg

Excitement all the way along the Aller River



Fittingly, the best way to cycle from the Weser to the Elbe, two of Germany's finest rivers, is along another river – the Aller, which this route follows, putting you almost within touching distance of the water at times.

You begin in the equestrian town of Verden, before cycling through a rural idyll of meadows, pastures and woodland. Next stop (and a true gem) is Celle with its listed timber-framed buildings and ducal history. After this comes Gifhorn and its mills, before nature-lovers – and birdwatchers in particular – come into their element in Ilkerbruch conservation area, just outside Fallersleben. Volkswagen's exhibition centre, Autostadt, then offers an entertaining diversion for all ages. From here, you can continue along the Aller river to Magdeburg (and the Elbe) or head towards its source in Eggenstedt.

Terrain: mainly flat, occasional gentle hills in the stages to the east. Cycle paths are largely asphalt. The route is traffic-free in the main and joins the Weser-Radweg (Weser Route) in the west and the Elberadweg (Elbe Route) in the east.

Countryside: idyllic countryside along the River Aller and its catchment area: Aller-Leine valley, Südheide (southern heath), Drömling nature reserve. Beyond Lower Saxony (to the east): Flechtingen hills, Elbe riverside park in Magdeburg, sources of the river Aller at Seehausen/Eggenstedt.



Length: 325 km | Starts: Verden (Aller) | Ends: Eggenstedt (Allerquelle)/
Magdeburg → Bremen 43 km | Magdeburg ←



Ahr-Radweg

Romans, red wine and ruins



Together with the Erft and Rhine cycle routes, the Ahr Cycle Route forms part of the 'Three Rivers Tour'. Roman relics, castle ruins and terraced vineyards turn this level route into a romantic indulgence.

From the source of the river Ahr in the historical castle town of Blankenheim, you follow the gently sloping paths right into the wooded hills. Picturesque villages, verdant hills with rocky outcrops and countless castle ruins catch the eye along the way. Cyclists can enjoy a spot of relaxation at the thermal baths in Bad Bodendorf and Bad Neuenahr – and sample some of the red wine for which the region is famous. The vines flourish on the hillside vineyards that line the route, which now continues east towards the Rhine, passing Ahrweiler on its way to Sinzig Castle and the Peace Museum in Remagen.

Terrain: the Ahr Cycle Route is perfect for families, as it is flat and car-free for most of the way. Most paths are asphalt, but some sections are surfaced with crushed brick/stone.

Countryside: as it makes its way towards the Rhine, the river Ahr is lined with terraced vineyards, rocky landscapes, castles and ruins. The riverside scenery is also characterised by little villages, meadows and woodland.



Length: 80 km | Starts: Blankenheim | Ends: Sinzig/Remagen-Kripp
 → Bonn 70 km | Koblenz 40 km ←



BahnRadRoute Hellweg-Weser

Cycling through history



The BahnRadRoute Hellweg-Weser starts in the town of Soest, which is more than 1,000 years old, and runs all the way to Hamelin. It traces the same route as the railway, allowing you to switch between bike and train as you please.

In Bad Sassendorf, once the centre of Westphalian salt production, the salt water is now used for therapeutic purposes. From here, the tour continues into the Gütersloher Land region and historical Rietberg, the ‘town of gables’, so called because of the wealth of lovingly restored half-timbered buildings in its centre. Bielefeld has a much more urban feel, although it still has a medieval castle. After all this culture, you might want to cool off with a dip in Lake Schiedersee. The route ends in Hamelin – the town of the Pied Piper. Today it’s more the tourists who come under its spell.

Terrain: the route runs mainly on asphalt paths and quiet roads. Only certain sections of the route have steep gradients to tackle. Otherwise it runs predominantly on flat ground.

Countryside: the route takes in the gently rolling hills of the Soest Börde, Gütersloher Land and Lippe regions with tree-lined avenues, moated palaces and sprawling meadows, as well as the Teutoburg Forest and Weserbergland hills.



Length: 275 km | Starts: Soest | Ends: Hamelin

→ Dortmund 50 km | Hannover 45 km ←



Terrain: most of the paths are asphalt, often not traffic-free. There are steep gradients to tackle in some sections. Otherwise the route is predominantly flat. Good rail connections.

Countryside: cycling route through the valleys and extensive woodland of the Teutoburg Forest, through the Osnabrück and Gütersloher Land region with tree-lined avenues and moated palaces, and the Senne region with its heathland and pine forests.



BahnRadRoute Teuto-Senne

A cycle tour on the sunny side



The route runs from Osnabrück where the Treaty of Westphalia was signed to the university town of Paderborn with its cathedral – never straying far from the nearest railway station, which makes covering long distances child’s play.

Before you set off, it’s worth visiting the town hall where the Treaty of Westphalia was signed and preparing for the tour ahead with a visit to one of the cafés on the market square. The Osnabrücker Land region offers natural beauty in abundance characterised by hills and valleys, and in Bad Iburg the romantic image is rounded off with a castle. The route continues through small medieval villages in the Gütersloher Land region to Bielefeld and Sparrenburg Castle. In addition to the expanse of the Senne heathland, the landscape here features moors, marshy forests and wetlands. The tour ends in Paderborn, the oldest town in the East Westphalia-Lippe region.



Length: 150 km | Starts: Osnabrück | Ends: Paderborn
 ↳ Hannover 128 km | Bielefeld 42 km ←



Terrain: some of the paths are asphalt, often not traffic-free. There are some steep gradients to negotiate in certain sections. Otherwise you cycle mainly on flat paths. Direct rail connections along the route.

Countryside: from the Weser river the route runs through villages, pine forests and Kirchdorf Heath. This is followed by parkland with ancient birch-lined avenues and moors, then the forests and slopes of the Wiehengebirge and Egge hills.



BahnRadRoute Weser-Lippe

From the Weser into the heart of Westphalia



BahnRadRoute Weser-Lippe follows the same course as the railway from the banks of the Weser into the richly varied East Westphalia region – which means you can conveniently hop on a train at stations along the way.



The Roland statue and Town Musicians await you in the Hanseatic city of Bremen, after which you head south. There are more than 40 historical mills in the Minden-Lübbecke region, some of which are open at the weekend. Art lovers will enjoy a visit to the MARTa Herford museum of modern art. You can also take a journey back to the Middle Ages at Sparrenburg Castle in Bielefeld, before cycling across the Lippe region. The Teutoburg Forest hills lead down into the Paderborner Land region where Paderborn, with its many attractions, marks the perfect end to a varied tour.



Length: 305 km | Starts: Bremen | Ends: Paderborn

→ Bremen | Bielefeld 42 km ←



BahnRadweg Hessen

Keep on track!



Well connected: BahnRadweg Hessen consists of various trails following disused railways and is an absolute pleasure to cycle, with a wealth of unspoilt scenery dotted with cultural highlights.

The route starts in Hanau, the birthplace of the Brothers Grimm. You can then choose to follow the long-distance cycle route through the Wetterau region or along the edge of the Spessart hills, past palaces and Celtic barrows. The route continues along the disused tracks of the Oberwald railway through the Upper Vogelsberg nature reserve and into the medieval town of Lauterbach, past the palaces in Ortenberg, Gedern and Eisenbach. The royal palace and cathedral in Fulda are also well worth a visit. The tour ends in Bad Hersfeld, home to the biggest Romanesque monastery ruins in the world.

Terrain: the route runs along disused railway lines with some hilly sections. The Hessen Railway Cycle Route is well-maintained and uses asphalt paths. Traffic-free apart from some sections through towns.

Countryside: the route runs from the Rhine-Main region through the Hessian hills and through the Spessart, Upper Vogelsberg and Hessian Rhön nature parks. River meadows, beech forests and panoramic views are typical features.



Length: 245 km | Starts: Hanau | Ends: Bad Hersfeld
 Frankfurt 18 km | Kassel 68 km



Berliner Mauerweg

Discover the history of a divided city



The Berlin Wall divided West Berlin from the surrounding East Germany until 1989. Today, you need a helping hand to explore the history of the border installations and to find what remains of them. One of the best ways is by bike on the Berlin Wall Trail.

As you cycle through Berlin, the legacy of the Cold War is still very much in evidence – from Glienicke Bridge to Checkpoint Charlie. Many of the paths which steer you through the city are steeped in history. This is because the route runs mainly on the Zollwege in the west and the equivalent border patrol paths in the east (Kolonnenwege). You cycle out from the centre of Berlin past watchtowers, museums and memorial sites and along the old border outside the city in a landscape dotted with lakes. The route is divided into 14 stages between seven and 14 kilometres in length. Information panels at more than 40 sites build up a picture of the historic events and everyday life along the Berlin Wall.

Terrain: signposted from end-to-end and largely traffic-free beyond the city limits. The cycle paths are mostly flat and asphalt; some sections are surfaced with crushed brick/stone or concrete from Cold War times.

Countryside: inner-city landscapes in the Berlin metropolitan area, followed by quieter, scenic stretches in the leafy, lakeland area outside the city. Numerous sections where fragments of the wall remain or its history can be traced.



Length: 160 km | circular route comprising 14 stages in and around Berlin → Berlin ←



Terrain: a well-planned route that does justice to its theme with many episcopal highlights, including ancient bishops' castles, important pilgrimage sites and centuries-old little towns. Traffic volumes are low.

Countryside: away from big towns and busy roads, predominantly through flat agricultural land, unspoilt oak, beech and pine forests and heathland with small rivers.



Bischofstour

A most eminent cycle route



In the Middle Ages, the powerful Havelberg bishops ruled over lands that extended well into Mecklenburg. This premium cycle route, awarded three stars by the German Cyclists' Federation, traces their history.

The best way to explore the places associated with the bishops is by bike. A premium cycle route, the Bishops Tour begins in Havelberg, the cradle of Prignitz, and ends in Wittstock where the bishops' rule came to an end in the 16th century. The route through the flat countryside is lined with pilgrimage sites, bishop's palaces and small towns with centuries of history. Naturally, there are also plenty of attractions without a religious background on or near the route, such as the narrow-gauge railway museum or Hoppenrade country park.



Length: 108 km | Starts: Havelberg | Ends: Wittstock

→ Berlin 110 km ←

Terrain: first model route in the 'D' cycle network which runs right across Germany. It mainly uses dedicated paths or woodland trails through unspoilt countryside, largely away from busy roads. The long-distance cycle route is not always on asphalt.

Countryside: crosses through a variety of regions and landscapes – from lowlands to highlands, river scenery to big cities (including Berlin), and a biosphere reserve to UNESCO World Heritage sites.



D-Route 3

A cross-section of Germany

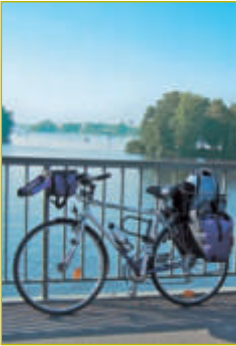


This 950 km route runs right across Germany: the German section of the R1 European Cycle Route is being developed into a premium long-distance cycle trail and already offers a varied mix of holiday fun and relaxation.

The route runs from the Dutch town of Vreden to Küstrin-Kietz on the Polish border, traversing a variety of landscapes including the level parkland of Münsterland, the hills in the Weserbergland and on the edge of the Harz, the open countryside of the Fläming region and the Oderbruch marshland. It also features the stunning riverscapes of the Weser, Saale and Elbe, as well as a biosphere reserve. There's a wealth of cultural highlights to be found at seven UNESCO World Heritage sites including Quedlinburg, Lutherstadt Wittenberg and the Bauhaus town of Dessau, and in cities such as Münster and Berlin.



Length: 950 km | Starts: Vreden | Ends: Küstrin-Kietz
→ Münster 62 km | Berlin 85 km ←



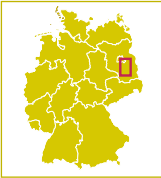
Terrain: this well-planned route runs predominantly through flat terrain. It is not asphalt-covered throughout, but is away from busy roads.

Countryside: The cycle route runs alongside or near the river and passes lakeland scenery, river meadows, large expanses of woodland and the Dahme-Heideseen nature park.



DahmeRadweg

Relaxing in the country



From the buzzing German capital to the tranquil town of Dahme: this three-star premium ADFC route links Berlin with the various destinations for excursions and holidays to the south of the city.

The route runs either beside the river Dahme or close by and begins in Berlin-Köpenick. In Königs Wusterhausen, the Transmission and Radio Technology Museum is well worth a visit – the town is considered the birthplace of broadcasting in Germany. Near Bindow you'll reach the Dahme-Heideseen nature reserve. The scenery here is characterised by woodland and large lakes, which makes a leisurely cycling tour a real pleasure. The route then continues through the Dahme-Mühlental valley to the medieval town of Dahme. The Dahme Cycle Route meets the 'Flaeming Skate' route here. The trail ends in Kolpien at the source of the river.



Length: 123 km | Starts: Berlin-Köpenick | Ends: Dahmequelle bei Kolpien → Berlin | Dresden 106 km ←



Deutsche Fußball Route/Erlebnisradweg NRW

The beautiful game by bike



Football and cycling – two things that you wouldn't usually put together. Unless, that is, you are in North Rhine-Westphalia following the 'Deutsche Fußball Route', a premium cycle tour awarded four stars by the German Cyclists' Federation.

This 800 km cycling tour right across North Rhine-Westphalia, from the edge of the Eifel to the Teutoburg Forest along the German Football Route, will give you a real rush. It not only takes you to many of the region's attractions, but also to places where footballing history has been written. You'll also discover lots of fascinating facts about the beautiful game. The tour kicks off in Aachen. From here to Bielefeld there are 90 footballing highlights to experience based around idols of the game, famous locations and tourist attractions. An absolute must for any football fan.

Terrain: the 'Deutsche Fußball Route' is mainly on asphalt paths with hardly any notable climbs. There are some hilly sections in the Bergisches Land region. Traffic volumes are low.

Countryside: various regions such as the Rhineland, Lower Rhine, Bergisches Land, Ruhr, Münsterland and Teutoburg Forest, with a broad range of features including wooded hills and peaks, plains with pastures, river meadows and industrial landscapes.



Length: 800 km | Starts: Aachen | Ends: Bielefeld
 ↳ Aachen | Münster 68 km ←



Terrain: the Diemel Cycle Route runs alongside the river on well-maintained, mostly asphalt paths. It is easy to negotiate with hardly any steep climbs. Traffic volumes are very low throughout.

Countryside: the route runs past Lake Diemelsee nature reserve, around the Diemel reservoir and through partly wooded, gently rolling hills and uplands to where the Diemel flows into the Weser.



Diemelradweg

A leisurely ride through river scenery



History is tangible at almost every turn along the Diemelradweg, sometimes dating as far back as the Bronze Age. This is combined with a wealth of idyllic, unspoilt countryside.

Shortly after the tour starts in Willingen, you come to Lake Diemelsee. Set in the Upland region and surrounded by wooded slopes, the lake is a paradise for anglers and water sports enthusiasts – and the perfect backdrop for the cycle route which runs right along its shores. You then come to Marsberg with its medieval old quarter before continuing to the old Hanseatic town of Warburg. Near Liebenau you can see some burial mounds from the Bronze Age, and there are plenty of castles and palaces as well. Trendelburg Castle watches over the town of the same name, and in the Diemel valley you can see the moated castle at Wülmersen and Krukenburg. The route ends in Bad Karlshafen.



Length: 110 km | Starts: Willingen-Usseln | Ends: Bad Karlshafen
 ↳ Korbach 15 km | Kassel 45 km ↳

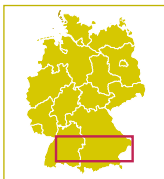
Terrain: the Danube Cycle Route in Germany runs from the source of the river to Passau. This section is perfect for families and has few steep inclines. Although only asphalted in places, it is easy to ride on. Signposting is not standardised.

Countryside: the Danube passes through a number of picturesque backdrops such as the Black Forest, Swabian Alb and Upper Swabia, the Donauried basin, Franconian hills and the Bavarian Forest, offering a rich diversity of nature on its way.



Donauradweg

River of legends



The Danube: songs have been written about it, composers have dedicated pieces of music to it and it has been the source of countless stories. Along the Danube Cycle Route it's easy to see why this mighty river has proven such an inspiration to so many.

Like every river, the Danube comes from small beginnings. Its source is in the grounds of the royal residence at Fürstenberg in Donaueschingen. A few miles further on the river disappears again – on 150 days of the year, the water seeps into underground channels at the Danube Sink. But the river soon re-emerges before reaching Ulm, home to the tallest church tower in the world, and Donauwörth, with what is considered one of the most beautiful streets in southern Germany. A little further on it passes through the spectacular scenery of the Danube Gorge. A Unesco World Heritage site, Regensburg is the river's next port of call. Almost a thousand monuments in the town's old quarter serve as a reminder of its Roman heritage, merchants and saints. The German Danube route, part of the EuroVelo 6 European long-distance cycle route, ends in Passau.



Length: 609 km | Starts: Donaueschingen | Ends: Passau
 → Freiburg 57 km | Passau ←

The Swabian Danube valley

– something for everyone...



Explore the countryside, get to know the region and its people and discover a few surprises along the way!

On the trail of the Romans ...

The Via DANUBIA cycle trail follows the route of an old Roman road along the edge of the Danube valley. This cultural trail was once part of the Roman South Danube Route and runs downriver through the Günzburg region via the Apollo Grannus temple in Lauingen and "Submontorium" towards Donauwörth. The Via JULIA offers another alternative for cyclists with an interest in Roman history. This cultural trail runs from Günzburg ("Guntia") via Augsburg ("Augusta") and Salzburg all the way to Italy.

Following the rivers ...

Many of Germany's other river valleys also have cycle routes running through them. The three glacial river valleys through which the Mindel, Kammel and Günz rivers flow are particularly recommended, as is the trail which follows the River Brenz into the Jurassic mountains of the Swabian Alb.

For more information on the riverside cycle routes and other themed trails in the Swabian Danube Valley, visit:

www.donaual-radfahren.de



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Elberadweg

From Dresden to the coastal mudflats



Follow the River Elbe from the German-Czech border to the estuary in Hamburg on the most popular cycle route in Germany according to the ADFC. Its blend of culture and outstanding natural beauty is something to treasure.

The route, which begins in the Saxon Switzerland National Park, heads north after Dresden to Torgau, Lutherstadt Wittenberg and Dessau-Rosslau. Engineering enthusiasts can look forward to the longest canal bridge in the world where the Mittelland Canal crosses the River Elbe, just outside Magdeburg. As the river continues to widen, nature-lovers are doubly rewarded with the tranquillity of the riverside meadows and the rich variety of birdlife in the Elbe Riverside Biosphere Reserve. Further north, the Elbe completely encircles the town of Hitzacker. Hamburg then provides a stopping-off point full of contrasts before the river flows into the sea at Cuxhaven.

Terrain: predominantly flat countryside, traffic-free for the most part, on largely asphalt paths.

Countryside: sandstone outcrops in Saxon Switzerland, vineyards between Pirna and Diesbar-Seußlitz, the Elbe Riverside Biosphere Reserve (UNESCO) with the largest unbroken area of riverside woodland in Central Europe, sandy heathland and marshland, Altes Land orchards, North Sea coastal scenery.



Length: 860 km | Starts: Schöna/Bad Schandau | Ends:
Cuxhaven/Brunsbüttel → Dresden 51 km | Bremerhaven 43 km ←



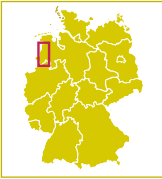
Terrain: the route follows the course of the Ems through moorland and forests. After passing through the densely wooded Hümmling region, the tour continues into the southern Emsland with its meadows and rustic farmhouses. Mostly asphalt paths with no steep climbs.

Countryside: riverside meadows in the west, flat moorlands in the south-west, shady woods in the gently rolling north-east, rural countryside in the south.



Emsland-Route

On the trail of nature and human ingenuity



Explore the many aspects of the Emsland, a region that unites wide expanses of natural beauty with enthralling insights into the history of mankind – from the Stone Age to the present day.

The first half of the tour runs alongside the river Ems between Rheine and Papenburg, through Meppen with its architectural monuments dating from a wide range of periods and into the shipping town of Haren with its historical museum ships. The region also boasts the largest area of moorland in Germany. These once eerie, almost sinister places now serve as nature reserves and recreation areas. The other half of the tour takes you through forests and heathland with megalithic gravesites dating back to the Stone Age. Engineering enthusiasts will love the museum railway, historical windmills and Meyer shipyard in Papenburg.



Length: 300 km | Circular route between Rheine and Papenburg
 → Osnabrück 45 km | Oldenburg 66 km ←

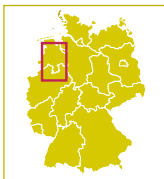
Terrain: essentially level countryside. The paths are on asphalt most of the way and traverse two federal states, largely away from busy roads, but not always free of traffic.

Countryside: the route hugs the banks of the Ems river all the way from the headwaters near Hövelhof on the edge of the Teutoburg Forest to its North Sea estuary in Emden. Along the way it crosses five holiday regions (Paderborner Land, Gütersloher Land, Münsterland, Emsland, East Friesland) with their heaths, moors, riverside meadows, fenland and areas of reclaimed land.



EmsRadweg

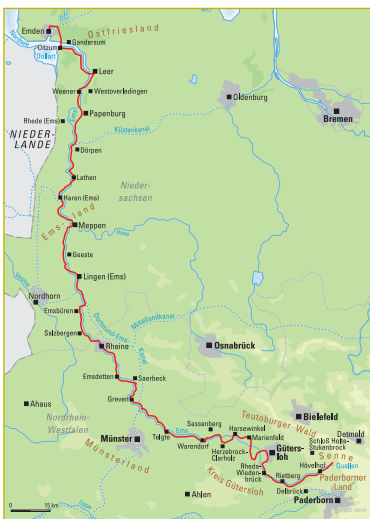
Down the Ems river to the North Sea coast



The Ems river is only wide enough for ships to navigate in the latter half of its journey towards the sea. But you can cycle along Germany's smallest river from its headwaters onwards. This four-star ADFC premium route begins in Hövelhof and ends in Emden.

Paderborner Land and Gütersloher Land are just two of the five holiday regions that you cycle through on your journey along the

River Ems. A moss heath, historical towns and the nature and leisure park Flora Westfalica dominate the scenery, before giving way to the Münsterland parkland. In the southern Emsland region, the landscape is characterised by sweeping stretches of moor and heathland, while shipbuilding heritage is very much in evidence after Meppen. The maritime theme really comes into its own in East Friesland, where you can smell the salty air drifting in from the sea.



Length: 375 km | Starts: Hövelhof | Ends: Emden
→ Paderborn 18 km | Oldenburg 87 km ←



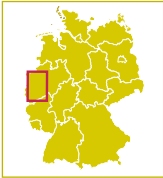
Terrain: a flat route, mainly on farm tracks with a few climbs in the first few miles. About half the route is on asphalt, while the other half is on crushed brick/stone, and it is largely traffic-free.

Countryside: from the densely wooded hills of the Eifel the route heads downriver to the confluence with the Rhine. Along the way it is lined with historical villages, observation points offering views of the former mining landscape, castles and palaces.

Erft-Radweg



Brown coal versus leafy countryside



Cycling through the charming countryside past historical buildings seems to have taken a step back in time, but the former open-cast lignite mines bring you right back to the here and now. Together with the Ahr and Rhine cycle routes, the Erft Cycle Route forms part of the 'Three Rivers Tour'.

From its source in Nettersheim-Blankenheum the river Erft meanders through a delightful region of tree-lined avenues, riverbank scenery and meadowland. After the medieval town of Bad Münstereifel the route is characterised by watermills, castles and palaces. The extensive excavations left in the region by former open-cast lignite mines can be seen from various observation points. The renaturalised pits near Erftstadt are followed by cultural and historical highlights such as Dyck Castle and the Clemens Sels Museum in Neuss, one of the oldest towns on the Rhine and the final destination on this tour.



Length: 128 km | Starts: Nettersheim/Blankenheim | Ends: Confluence with the Rhine near Neuss | → Bonn 47 km | Köln 35 km ←



Terrain: the route is predominantly on asphalt-covered cycle paths or quiet back roads. The terrain is mostly flat with just a few steep climbs to negotiate.

Countryside: the route follows the Fulda river from the Rhön hills through the densely forested peaks of northern Hessen and various conservation areas to Hannoversch Münden. Here, the river merges with the Werra to become the Weser, which the route then follows to Bad Karlshafen.



Fulda-Radweg

Along the Fulda through North Hessen



The river Fulda emerges on Mount Wasserkuppe at 900 metres above sea level. From here you can enjoy fantastic views of the surrounding region – the perfect start to your cycling tour along the Fulda.

From the source of the river, you head downstream through the Fulda valley to the town of the same name with its impressive



architectural monuments. After Niederaula comes Bad Hersfeld, home to the largest Romanesque church ruins in Europe. The next stop is the medieval half-timbered town of Rotenburg an der Fulda, where the route leaves the Waldhessen region and continues to Haydau Abbey in Morschen. After Melsungen comes the end of this part of the tour in Kassel. From here, it's just a few miles to the historical old quarter of Hannoversch Münden, where the Fulda merges with the Werra to form the Weser. The Fulda Cycle Route then continues along the Weser to the baroque town of Bad Karlshafen.



Length: 260 km | Starts: Gersfeld (Rhön) | Ends: Bad Karlshafen

→ Fulda 30 km | Kassel 24 km ←



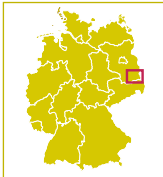
Terrain: an interesting and varied route that is largely traffic-free, contrasting idyllic scenery with dramatically changing landscapes. Some regional variations in terms of the quality of surfaces and signposting.

Countryside: the paths run past lakes, parks, villages, palaces and through towns and forests in the Lusatia region, highlighting the contrast between the historical countryside and the open-cast mines, and how the latter are being transformed into an area of man-made lakes.



Fürst-Pückler-Weg

A cycling tour fit for a prince



Prince Pückler – a name associated in Germany with beautiful parks, exotic travels and Neapolitan ice cream. This premium cycle route awarded four stars by the German Cyclists' Federation explores the countryside associated with his royal personage.

The route not only leads to the Prince Pückler parks in Branitz and Bad Muskau and the Rose Garden in Forst, but also to the former Lusatian coal mining region, which is in the midst of a fundamental structural change. In this sprawling industrial landscape, entire hills are being moved and lake-sized holes dug out of the ground. Among the most interesting sights here are the F60, a 500-metre-long conveyor, and unusual places such as Pritzen, a village which has had a new lake created around it. Afterwards, you can get back to nature in the Spree Forest, which is also a great place to explore by boat on the countless canals and waterways.



Length: 500 km | circular tour around Cottbus

↔ Within an 85 km radius of Cottbus ↔



Terrain: the long-distance cycle route runs from France across the border into Germany and on through the Saarland and Rhineland-Palatinate. Mainly asphalt and traffic-free paths through predominantly flat countryside.

Countryside: the route traverses the riverscapes of the Glan and Blies. Narrow valleys alternate with broad river meadows, forests and vineyards.



Glan-Blies-Radweg

A riverside tour with a distinctly French feel



The Glan-Blies-Radweg is a transregional cycling tour par excellence. From France it runs through the Saarland and Rhineland-Palatinate to the Nahe river. Its constant companions along the way – the Blies and Glan rivers.



The tour starts in Sarreguemines, where the Blies flows into the Saar. The long-distance cycle route then heads upstream to the river Glan. It's then not far to the Roman and Celtic excavations at the European Archaeological Park in Bliesbruck-Reinheim. As the tour continues there are plenty more good reasons to stop off. Among them are caves, a recreation area, castles and a rail-bike track. You can also follow in the footsteps of Hildegard von Bingen shortly before the end of the tour at the ruins of Disibodenberg Abbey. In the Nahe winegrowing country the river Glan joins the river Nahe at Staudernheim.



Length: 126 km | Starts: Sarreguemines (F) | Ends: Staudernheim
 ↳ Saarbrücken 17 km | Mainz 54 km ←



Terrain: the tour runs mainly on asphalt or paved trails, but there are also surfaces of crushed brick/stone and gravel. Routes are mainly away from busy roads. Lower Bentheim is largely flat, with just a few hilly stretches and gentle climbs in the Uelsen/Lönsberg region. Around Bad Bentheim/Gildehaus there are some short stretches with steep ascents.

Countryside: varied countryside in a rural region including woodland, riverscapes, canals, heathland and meadowland. Cultivated wetlands in the north-east of the county.



Grafschafter Fietsentour

Cross-border cycling in the County of Bentheim



If you want to experience cycling through a county in Germany, there's only one route for it. After all, the County of Bentheim is the only German region to bear this title.

The circular tour runs for 220 kilometres through the County of Bentheim, linking to a further 25 circuits of between 22 and 58 km in length, which makes it ideal for tours divided into one-day stages and excursions into the Netherlands. This extensive network of cycle paths is a great way to experience the different sides of the region. The scenery is characterised by a mix of forest, meadows, heathland and fields, as well as the Vechte river and a number of lakes and canals. The region also has a wealth of historical and cultural attractions such as the almost 1,000-year-old Bentheim Castle.



Length: 220 km | circular route (+ 850 km network of linked routes)

→ Osnabrück 87 km ←



Terrain: a predominantly flat route running through a system of major intersections. Some hilly sections with short steep gradients. Mainly on asphalt or crushed brick/stone and mostly traffic-free.

Countryside: traversing three countries, the Green Route runs through meadows, fields and pastureland, past leafy and wooded recreation areas and waterways, former colliery sites and slagheaps.



Grünroute

Nature and industrial monuments in 3 countries



Up until a few decades ago mines were a dominant feature of the Belgian-Dutch-German border country. The Green Route links these industrial monuments as part of the region's new focus on nature.

Cyclists along this route can experience the landscape in an exhilarating new light. Stretching from Düren in Germany to Beringen in Belgium, this was once one of the biggest coalfields in Europe. Evidence of this mining heritage is still visible in many places. There are miners' estates, old palaces and museums along the route, and every now and then you come across a disused colliery that has been turned into beautiful parkland. The restored winding towers near Genk are a sight to behold, while the Japanese garden in Hasselt is an oasis of tranquillity. You can even enjoy a tour of the former spoil heaps on the way to Beringen.



Length: 370 km | Starts: Düren | Ends: Beringen (Belgium)

→ Aachen 33 km | Brüssel 70 km ←



Terrain: a flat route mainly on asphalt paths running along the water's edge or through woodland, towns and villages with plenty of attractions from the Prussian era. Part of the route runs along farm tracks and quiet country roads.

Countryside: the Havel forms a long chain of lakes. The 'Lower Havel basin' between Havelberg and Brandenburg is the largest unbroken marshland area in the western inlands of central Europe.



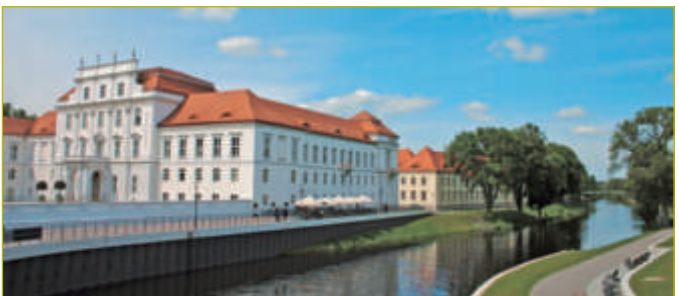
Havel-Radweg

A majestic tour on two wheels



The river Havel makes its way slowly through three federal states, and gives cyclists plenty of opportunity to enjoy a wealth of natural beauty and explore the Prussian palaces.

On its way to join the Elbe, the river flows at a leisurely pace, leaving behind a chain of interconnecting lakes. The majestic tranquillity of this waterway is reflected in the palaces, gardens and parks from the days of the Prussian kings. Potsdam, the home of Babelsberg Palace and Sanssouci Palace, is particularly impressive. In the Optikpark in Rathenow you can gain an insight into the mysteries of colour, light and form. This historical route is also a treat for nature lovers, who will enjoy the unspoilt scenery of the Lower Havel basin.



Length: 385 km | Starts: Nationalpark Müritz | Ends: Elbmündung/
Gnesdorf → Rostock 88 km | Berlin 135 km ←

Terrain: mainly flat, gentle climbs on occasion; not always traffic-free. The paths are predominantly asphalt but some are paved or covered with crushed brick/stone.

Countryside: wooded hills, riverbank meadows, wide open plains, parks, historical towns, vineyards.



Ilmtal-Radweg

A journey of culture & classicism



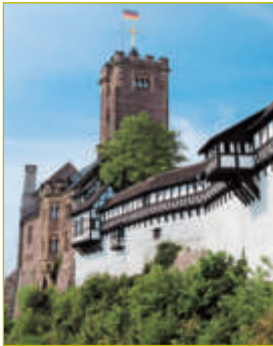
This route begins in the Thuringian Forest and follows the Ilm river into its picturesque valley. Along the way, you explore the history of German classicism and its foremost exponents – with Johann Wolfgang von Goethe leading the way.

From Allzunah on the Rennsteig, the cycle path follows the gentle sweeps of the Ilm river through forests and meadowland, stopping at places associated with Goethe: Stützerbach, Ilmenau, Bad Berka and, of course, Weimar. The latter is a delightful little town that owes its widespread popularity and Unesco World

Heritage status to German classicism and Bauhaus. The countryside in the Ilm valley shows how human settlement has sculpted the land to stunning effect, while the riverbank meadows retain an unspoilt character. Your journey ends in style in Bad Sulza, a spa resort where wine has been made for over 800 years.



Length: 125 km | **Starts:** Allzunah (on the Rennsteig hiking trail) | **Ends:** Grossheringen / Kaatschen-Weichau → Erfurt 42 km | Weimar 37 km ←



Herkules-Wartburg-Radweg

Cycling through Germany's golden heartland



Kassel lies close to the geographical centre of Germany. It is also the start of the Herkules-Wartburg-Radweg which links the statue of Hercules with Wartburg Castle in Thuringia.

Luckily you don't need Herculean strength to complete this tour, as the 215 km route is predominantly flat. The statue of Hercules stands proudly in Kassel watching over the baroque hillside park, while Wartburg Castle sits in splendour high above Eisenach. The cycle route between them runs across Hessen and Thuringia, through the undulating Ringgau region and characteristic little medieval towns, ideal for a well-deserved break and the chance to savour specialities from both regions. Batteries fully charged, you'll now be ready to discover the many smaller attractions on offer between these two significant landmarks.

Terrain: the long-distance cycle route runs on largely asphalt paths with just a few steep inclines along the way. The main route is around 100km long, but it also links up to a circular tour in the Werra valley between Creutzburg, Witzenhausen and Walburg.

Countryside: the route traverses the riverscapes in the Losse, Wehre and Werra valleys. Other prominent features include the plateaus of the Ringgau region with its densely wooded slopes and the Hoher Meissner nature conservation area.



Length: 215 km | circular route





Kocher-Jagst-Radweg

A riverside route on the trail of Romans



Two rivers – the Kocher and the Jagst – accompany you as you cycle at leisure through the north-east of Baden-Württemberg. Discover a world full of castles and palaces and explore fascinating Roman history.

Running almost side by side, the Kocher and Jagst rivers flow from the eastern edge of the Swabian mountains through the Hohenlohe Plain to the River Neckar. The route hugs their riverbanks for most of its length, flanked by meadows, forests and vine-clad slopes. In the upper reaches of the Kocher in Aalen, the Limes Museum offers you a glimpse of life along the Roman border fortifications, now a UNESCO World Heritage site. The thermal baths and spa resorts en route – such as Bad Friedrichshall, Schwäbisch Hall and Niedernhall – are perfect places to rest those weary legs. Also of interest is the visitor mine in Wasseralfingen and the Hohenlohe Summer of Culture with its annual programme of classical concerts.

Terrain: this route has few hills and runs on asphalt tracks in the main but with some gravel stretches. Mostly traffic-free.

Countryside: mostly flat river landscape between the eastern edge of the Swabian mountains, the Hohenlohe region and the River Neckar, with meadows, mixed forest and vineyards.

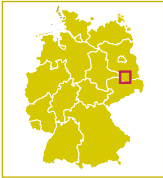


Length: 330 km | circular route between Bad Friedrichshall and Aalen → Heilbronn 15 km | Aalen ←



Kohle-Wind & Wasser-Tour

An energy-packed history



Energy is the theme of this premium cycle route, which was awarded three stars by the German Cyclists' Federation. The route covers 14 locations in the Elbe-Elster-Land region devoted to generating energy from coal, wind and water.

Information panels tell stories about the lives and livelihoods of the local people. A number of windmills and a watermill feature along the route. The F60 visitor mine offers a first-hand view of coal mining, while the Louise briquette factory shows how the coal was processed and the Plessa power station how coal produces energy. The route runs between these monuments to power generation and on through the idyllic countryside, which is predominantly level. Cyclists can recharge their batteries for the 247 km trip at one of the many beautiful towns and villages along the way.

Terrain: a fascinating juxtaposition of industrial heritage and nature, the long-distance cycle route runs through flat terrain on mainly asphalt paths. Surface quality and signposting could be improved in some areas. A well-planned route that perfectly showcases the theme.

Countryside: the route runs through river valleys, forests, fields, villages and towns. Other characteristic features include lakes, meadows and lowlands, as well as plateaus with deciduous and coniferous forests and fruit trees.



Length: 247 km | circular route

→ Berlin 94 km ←



Terrain: consists of well-maintained paths – sometimes also on farm tracks between the fields – and mostly away from busy roads. It is perfect for families with predominantly flat terrain, although some agricultural vehicles are to be expected during harvest time.

Countryside: the cycle paths skirt orchards and fields of vegetables, corn and tobacco. The countryside also features meadows, vineyards and wine-growing villages.



Kraut-und-Rüben-Radweg

On the trail of the turnip



The Kraut-und-Rüben-Radweg explores agriculture in the Palatinate region from production and marketing through to the enjoyment of excellent food and drink.

This agriculturally themed route takes cyclists through the vegetable fields and orchards, cornfields and tobacco plots, vineyards and forests of the Palatinate.



Between Bockenheim and Schweigen-Rechtenbach you cycle past one farm after another, gaining a fascinating insight into rural life in the region. At various places along the way you can stop off to sample regional produce and local specialities, or pick up some freshly harvested ingredients for your packed lunch. The region also has a wealth of other attractions for cyclists to enjoy. This is a route that the whole family will love.



Length: 139 km | Starts: Bockenheim | Ends: Schweigen-Rechtenbach
 ↳ Mannheim 39 km | Karlsruhe 41 km ←



kunstwegen-Vechtetalroute

Through an 'outdoor gallery' to the Netherlands



This cycle tour twists and turns through the beautiful valley of the Vechte river to the Dutch province of Overijssel. And between Nordhorn in Germany and Zwolle in the Netherlands it offers art on the kunstwegen.

This cross-border project is an extensive open-air museum of modern art with a huge range of exhibits. It runs through forests and along the banks of the river, through areas of marshland, fields and meadows, and past sprawling forests. Ahead of you lie pretty little farmsteads and enchanting towns. After Nordhorn, more than 60 installations unite art, nature and history and draw the eye of passing cyclists. The raumsichten project is using landscape and planning as the themes for other works of art, which from autumn 2011 will continue to the North Rhine-Westphalian border, offering a tour full of surprises.

Terrain: about half the paths are asphalt; all others are either paved or surfaced with crushed stone or gravel. The route is predominantly flat and switches to a 132 km themed modern art trail at Nordhorn.

Countryside: the route runs through unspoilt nature along the banks of the Vechte river. Gentle hills in the first section, followed by level agricultural land. Towns in the county of Bentheim and the Overijssel Salland region of the Netherlands.



Length: 245 km | Starts: Darfeld | Ends: Zwolle (NL)
 ↳ Münster 30 km | Nordhorn 78 km ←

Terrain: cycle paths are mostly asphalt, largely traffic-free and run through predominantly level river landscapes; short stretches have inclines and descents, some of which are steep.

Countryside: open riverscapes with meadows and hills at the outset; from around Löhnberg onwards, the Lahn is flanked by the sometimes steep wooded slopes of the Taunus hills and Westerwald forest (Nassau nature reserve, Upper Taunus nature reserve).



Lahntalradweg

A riverside route to fall in love with



Fans of water sports, hiking and cycling love to come and enjoy themselves on, in and beside the river Lahn. Along its banks runs the Lahntalradweg, a premium route awarded four stars by the German Cyclists' Federation.

Forests, meadows and lush riverbanks, steep slopes and rocks: these are the features that draw your eye as you cycle the entire length of the Lahn river from its source in the Rothaargebirge hills. You cycle right beside its waters for the majority of the journey through Bad Laasphe, Biedenkopf, Marburg, Giessen and Wetzlar with its Goethe connections. In Weilburg, look out for canoeists paddling through Germany's only ship tunnel, then discover the fairytale charm of Limburg's old town. Also of interest are the baroque palace of Oranienstein in Diez, Obernhof (the only wine village along the Lahn) and Nassau Castle, the ancestral seat of the House of Nassau-Orange. From Bad Ems, it's just a short stretch to Lahnstein where our river companion joins the Rhine.

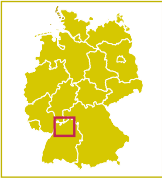


Length: 244 km | Starts: Netphen (source of the Lahn) | Ends: Lahnstein → Siegen 9 km | Koblenz 7 km ←



3-Länder-Radweg im Odenwald

From state to state in the Odenwald forest



Each one of Germany's states has an appeal all of its own, but Baden-Württemberg, Bavaria and Hessen are particularly enticing for cycling holidays. Luckily for you, there is a cycle route that can take you on a circular tour through all three.

From gentle riverside sections to challenging climbs, the character of the route changes a number of times on your journey. While the Odenwald Forest provides the backdrop, the rivers Main, Neckar and Mümling point the way. Marvel at the beautifully restored old quarter in Miltenberg and gaze up at the basilica towers that dominate the townscape in Walldürn. The Eberstadt dripstone caves near Buchen are also worth a visit. Breuburg Castle is visible from some distance overlooking the Mümling river. Expanses of forest alternate with river valleys and orchards, while uphill gradients such as those to Rothenberg and the summit of Gotthardsberg are rewarded with panoramic sweeping vistas.

Terrain: predominantly asphalt tracks, largely traffic-free. Level sections along the Main and Neckar rivers, but also climbs and descents (some of which can be avoided by taking the train).

Countryside: river valleys of the Neckar and Main, densely wooded hills, half-timbered townscapes.



Length: 225 km | circular route between Mosbach and Obernburg → Within a 70 km radius of Heidelberg ←

Terrain: the Leine-Heide-Radweg runs mainly on asphalt tracks and country roads, as well as on woodland trails, farm tracks and paths covered with crushed brick/stone. Hilly in parts, the route is not always car-free.

Countryside: a varied landscape of hills and peaks, Northeim lakes, the North German Plain, river scenery in the Aller-Leine valley, Lüneburg Heath with Wilsede hill and typical heathland, city of Hamburg.



Leine-Heide-Radweg

Along the Leine to Lüneburg Heath



From the Leinebergland and through Lüneburg Heath to Hamburg: the Leine-Heide-Radweg runs through a diverse mix of countryside, towns and cities. Traces of the region's history are never too far away.



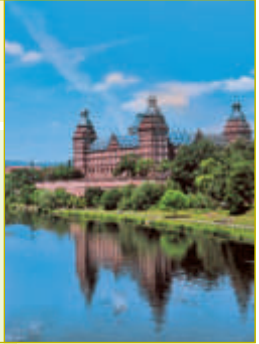
The countryside around the source of the river in Thuringia's Eichsfeld region is dominated by densely wooded ridges. Your route follows the course of the river through small towns and along the former border between East and West Germany. After the university town of Göttingen, you pass through medieval Northeim with its puppet theatre. Then you come to the Northeim lakes, a great place for an invigorating dip. The river Leine continues through Hannover and into the countryside around Lake Steinhude and the Aller-Leine valley with its forests and moorland. The route then leads through the picturesque Lüneburg Heath towards Hamburg.



Length: 410 km | Starts: Leinefelde | Ends: Hamburg
→ Göttingen 40 km | Hamburg ←

Terrain: mostly traffic-free on well-maintained, mainly asphalt paths through primarily flat countryside. Extremely well suited to cycle tours with children.

Countryside: along the twists and turns of the River Main to its lower reaches in Hesse, through varied landscapes (Fichtelgebirge mountains, Franconian Forest, Upper Main Valley-Coburg region, Steigerwald Forest, Hassberg hills, Franconian wine country, the charming Tauber Valley, Spessart-Main region). Woodland and vineyards alternate with meadows.



Main-Radweg

First-class cycling along the River Main



Germany's first ADFC premium route to be given five stars boasts exemplary signposting, a host of cyclist-oriented places to stay and outstanding scenery.

Before you start a decision has to be made: do you begin where the Red Main rises near Creussen or from where the White Main flows into the Franconian Forest from the Fichtelgebirge mountains? The two rivers converge between Kulmbach and Mainleus and continue to Bamberg with its UNESCO World Heritage old quarter. Our route then takes us through the Steigerwald Forest and the Hassberg hills to Schweinfurt, entering Franconian wine country. After Würzburg come the numerous wine villages in the Charming Tauber valley, which ushers in hilly countryside all the way to Aschaffenburg. Frankfurt is next with its distinctive skyline followed by the Hochheim vineyards, before your tour ends in Mainz.



Length: 600 km | Starts: Bischofsgrün/Creussen
Ends: Mainz | → Bayreuth 23 km | Mainz ←

Terrain: the sometimes hilly route runs mainly on asphalt or crushed brick/stone. Cycle paths, farm tracks and quiet back roads make up the majority of the route, which is largely traffic-free as a result.

Countryside: the route is dominated by the valleys of the River Saale and its tributaries, the Sinn and the Streu, and runs along the edge of the Hohe Rhön hills.



Vom Main zur Rhön

From river valleys to endless horizons



Moated palaces, castles, church steeples and an abundance of houses in the Franconian half-timbered style – a spellbinding backdrop to a four-star ADFC premium route through Lower Franconia, one of the finest upland regions in Germany.

The Rhön hills, known as the land of endless horizons, are speckled with forests, villages, farmland, orchards and meadows. UNESCO designated the region a biosphere reserve in 1991. This long-distance cycle route links pretty little villages and the five spa resorts in the Bavarian Rhön with the hugely popular town of Bad Kissingen at its northern tip.

The varied profile of the Rhön hills is visible from some distance: mountainous in the north-west, they flatten out in the Rhön foreland, then assume a volcanic character in the southern Schwarze Berge (black mountains). It's no surprise then, that our circular route includes some energy-sapping climbs – in the north, for example, between Fladungen and Bischofsheim. Reward for your efforts comes in the form of the Lange Rhön conservation area.



Length: 263 km | circular route from Gemünden
am Main → Schweinfurt 50 km ←



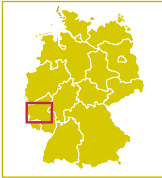
Terrain: international cycle route, running predominantly on asphalt paths, farm tracks and old towpaths over mainly level terrain. The German section from Perl is signposted using a standard logo which differs from the French version. Also suitable for trailers from Thionville (France) onwards.

Countryside: Moselle wine-growing country with numerous twists and turns in the river, steep valleys and traditional terraced vineyards. The cycle paths run between the banks of the river and the vineyards and pass through wine-making villages.



Moselradweg

Vine-clad slopes and world-class wines

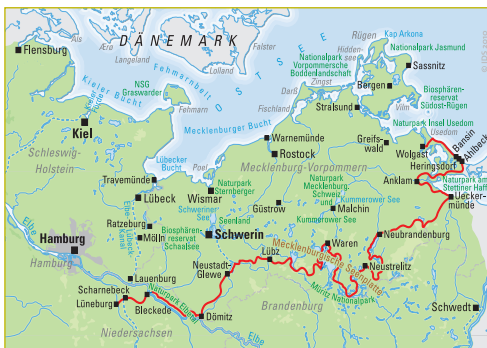


The Moselle's meandering journey to the Rhine begins in the southern Vosges Mountains in France. Flowing through Luxembourg and on to Germany, the river has many a fascinating tale to tell – as will you after enjoying this cycle route.

The German section of the international Velo Tour Moselle takes you on a journey of richly varied scenery along predominantly level cycle paths. From Perl, the route runs through the region where the 2,000-year-old elbling wine grapes are grown. Trier then takes your breath away with its stunning Roman monuments: the Porta Nigra, Basilica of Constantine and the amphitheatre. At Schweich the Moselle starts cutting its way through the Rhenish slate mountains, twisting and turning through the ever-narrowing valley. Roman treasures along the way include the famous wine ship in Neumagen-Dhron and the Middle Moselle wine presses. You then enter Moselle castle country, where a trio of castles (Marienburg, Arras and Metternich) are tucked away in enchanting tributary valleys. The route ends in Koblenz where the Moselle flows into the Rhine.



Length: 250 km | Starts: Perl | Ends: Koblenz
 → Trier 50 km | Koblenz ←



Mecklenburgischer Seen-Radweg

Cycling through a sea of lakes



Glistening waters wherever you look: more than a thousand lakes make up the Mecklenburg lake-land – a region without parallel in Germany. Venture right into the heart of it and all the way to the sea on this fabulous cycle route.

Starting from Lüneburg in Lower Saxony, you head through the Elbe Valley nature reserve on course for the River Elbe. You cross the Elbe by ferry at Bleckede and carry on to Dömitz where you bid farewell to the river. After Neustadt-Glewe, you coast past meadows, lakes, forests and riverside scenery – first to the brewery town of Lübz and then to Lake Plau. Next is the largest lake located entirely within Germany: Müritz. Although you cycle along virtually its entire perimeter, you can get even closer to the water by going on a boat trip, between Röbel and Waren, for example. After Neustrelitz and Neubrandenburg, a breeze carries the scent of the sea over from the Szczecin Lagoon. Enjoy the views of the Baltic Sea on Usedom Island before your tour ends in Wolgast on the Peenestrom strait.

Terrain: Mostly asphalt across largely level countryside, not always traffic-free. Only few climbs worthy of mention.

Countryside: Elbe Valley nature reserve with marshland and sandy heaths, a long chain of lakes flanked by meadows and forests, tree-lined avenues, Müritz National Park, Szczecin lagoon, Baltic coast on Usedom Island with beaches and dramatic cliffs.



Length: 640 km | Starts: Lüneburg | Ends: Wolgast

→ Hamburg 56 km | Stralsund 87 km ←



Auf der Pur

Mountain biking at its best



The town of St. Ingbert is home to two mountain bike routes for cyclists with energy to burn. Originally intended only for mountain biking marathons, the circuits are now open to mountain bikers at all times.

Designed by mountain biking experts and signposted throughout, the 40 km and 50 km circuits run through the countryside around St. Ingbert, so cyclists can easily take a little detour into town whenever they like. Varying difficulty levels make this the perfect choice whether you are a complete novice or seasoned in the saddle. With around 40 per cent of the route along single-passage trails, it is a big hit with anyone who enjoys the challenge of narrow winding paths. The Bunter sandstone surface ensures that rainwater drains away, providing the ideal conditions even in wet weather.

Terrain: the region has two signposted routes with difficulty levels ranging from low to high. Notable features include 40 per cent single-passage trails and surfaces that make the trails easy to negotiate even in wet weather.

Countryside: the circular trails run through unspoilt mixed forest around Germany's most densely wooded town. Along the way you'll find natural monuments such as the Stiefel and Teufelstisch outcrops, and red sandstone formations that have been sculpted by the elements.



Length: 2 circular tours covering 40 km and 50 km

→ Saarbrücken 12 km ←



MTB-Region Naturpark Solling-Vogler

Uphills, downhill, thrills and spills



Set in the heart of the Weserbergland hills, the Solling-Vogler Nature Reserve Mountain Bike Region is a mountain biker's dream. It consists of 16 signposted routes with three levels of difficulty.

Families will enjoy the 'ErlebnisWald-Familientour' (Adventure Forest/Family Tour) section, while the 'Voglerkamm-Tortour' gives sporty visitors the opportunity to push their physical and cycling capabilities to the limit. Naturally, the various circuits can be combined. The routes are planned so that there are plenty of places to stop off for a break or a bite to eat along the way. Away from the main routes there's more fun to be had at the high ropes course, while culture enthusiasts will love exploring Corvey Palace and Abbey. This is a great way to get some exercise and see the sights.

Terrain: covering between approx. 20km and 160km, the routes run mainly on dirt tracks, unsurfaced paths and narrow, single-passage trails. They are signposted according to the three levels of difficulty – easy, medium and hard.

Countryside: densely wooded for the most part, the Solling massif is dominated by broad mountain crests with plateaus and flat valleys with streams. The Vogler, on the other hand, features narrow mountain ridges, steep slopes and deeply indented valleys.



Length: 16 routes covering a total distance of approx. 760 km

→ Hannover 76 km ←



Volksbank Arena Harz

Tailor made for mountain bikes



The Harz – a welcoming region with a mild climate, it can also be unmerciful at times. The ideal place for mountain bikers, then, with routes that really put them to the test.

The Harz Volksbank Arena offers everything from 69 signposted trails for scenic, leisurely tours to extremely challenging routes with long ascents and single-passage trails. To help you get your bearings, all trails are signposted according to three levels of difficulty. The routes also run past the historical Upper Harz Water Management System, which once powered the local mines. A visitor mine provides evidence of this industrial past. With plenty of cultural attractions to enjoy along the way, boredom is simply not an option.

Terrain: the routes comprise mainly unsurfaced or natural tracks and narrow single-passage trails. They are well suited for everything from short tours to more challenging and physically demanding rides.

Countryside: typical features of the Harz highland scenery include deep valleys, plateaus, beech and pine forests, and upland moors. The region also has many reservoirs.



Length: 69 routes covering a total distance of approx. 2,000 km → Göttingen 52 km ←



Nahe-Radweg

The Nahe: a river rich in delights



Rich is an apt word to describe the Nahe region, which boasts a wealth of unspoilt nature from rivers, streams and vineyards to thickly wooded hillsides. But its treasures also extend to fresh air, fine wines and precious stones hidden in the rocks.

The route begins by the source of the River Nahe at Lake Bostalsee. Via the forests of the Hunsrück hills and the bizarre rocky landscapes that follow, you arrive at Idar-Oberstein – the gemstone capital of Germany, where you can even go prospecting yourself for agate, jasper and amethyst. Hidden gems of a more palatable nature can be found – and tasted – in the whisky museum at Kyrburg Castle overlooking the town of Kirn. The River Nahe continues into its namesake region of vineyards, where you can stop to eat in delightful little wine villages. Other great places to relax are the spa resorts of Bad Sobernheim, Bad Münster am Stein-Ebernburg and Bad Kreuznach.

Terrain: route runs mainly on asphalt tracks. Some sections are more suited to energetic cyclists in search of a challenge (from Nohfelden to Idar-Oberstein); perfect for families after that.

Countryside: river landscape in a tributary valley of the Rhine with densely wooded slopes and vineyards.



Length: 128 km | Starts: Selbach/Nohfelden (Bostalsee) | Ends: Bingen

→ Trier 50 km | Mainz 29 km ←



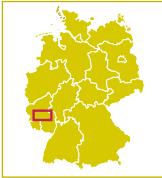
Terrain: the long-distance cycle route connects the Nahe and Moselle cycle routes. It runs mainly on asphalt paths and is almost always traffic-free. In the uplands it's hard to avoid the occasional climb.

Countryside: the cycle route runs over the densely wooded Hunsrück hills, which offer deeply cut river valleys and far-stretching views. Down below, the landscape is full of fields, meadows and pastureland.



Nahe-Hunsrück-Mosel-Radroute

From river to river by bike



The Nahe-Hunsrück-Moselle Cycle Route connects the Moselle and Nahe long-distance cycle routes between Fischbach and Neumagen-Dhron, enabling you to cycle right across the Hunsrück region from Bingen to Trier.

But don't worry, it's much more than just a connecting route. In fact, it could be described as the centrepiece of the tour with a wealth of unspoilt forests, plateaus and magnificent vistas for you to discover along the way. This combination of riverside and highland scenery makes the journey incredibly varied. There are also a number of historical attractions to discover such as Belgium Archaeological Park where you can see finds from Celtic and Roman times. From the Hunsrück region, you can choose whether to continue your tour along the Moselle, Rhine or Nahe.



Length: 86 km | Starts: Fischbach | Ends: Neumagen-Dhron
 ↳ Trier 66 km | Koblenz 98 km ←

Terrain: low-traffic tracks through farmland, forests, fields and dykes. Some asphalt sections, mainly flat. The route is not consistently signposted. Themed routes throughout the Lower Rhine region.

Countryside: flat landscape with pollarded willows, avenues of poplars, forests, farmland and stunning riverscapes. Other attractions include riverside dykes, windmills, watermills and a host of pretty little villages.



NiederRheinroute

Set off for the Lower Rhine



Choose from a number of ways to reach your destination on the extensive cycle route network in the region from the Lower Rhine to the Meuse river. There's so much to see, too, either on the main route or a combination of the routes that branch off from it.

Red arrowheads mark out the 1,215 kilometres of the main route, while green is the colour for the secondary routes, which throw an extra 820 kilometres into the mix. Your journey takes you to

the towns of Heinsberg, Viersen, Cleves, Wesel and Neuss, and the cities of Krefeld, Mönchengladbach and Duisburg. Nature lovers will approve of the idyllic riverside meadows and beautiful lakes as well as the woodland and heaths in the Schwalm-Nette nature reserve. The network of cycle routes is designed in such a way that you can pedal at leisure, change your course on the spur of the moment then stop for a break in a cosy little restaurant or café.



Length: 2.035 km in total | various points in the region around Duisburg → Duisburg ←



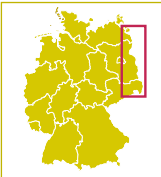
Terrain: mainly asphalt, largely flat route along the banks of the Neisse and Oder rivers, mostly car free. Detours across the border into Poland possible at numerous points. The route is not consistently signposted.

Countryside: riverscapes, shady forests and hills along the Neisse river, broad meadows along the Oder river, conservation areas, Lower Oder Valley National Park, Szczecin lagoon.



Oder-Neisse-Radweg

Two rivers, three countries, no obstacles



The Oder-Neisse-Radweg follows the two rivers along the German-Polish border. It was awarded three-star status by the German Cyclists' Federation for its well-planned route and low traffic volumes.

The Neisse river rises in Nová Ves (Czech Republic), but Hartau and the town of Zittau are your first destinations in Germany as you head towards the Szczecin lagoon. The route runs along almost the entire length of the German-Polish border, which is straddled by towns such as Görlitz/Zgorzelec which exemplify international cooperation. From here, the Neisse continues to Bad Muskau, Guben and Ratzdorf, where it flows into River Oder. This you then follow to Eisenhüttenstadt, Frankfurt/Oder, to the Oderbruch marshland and the Lower Oder Valley National Park. Near Mescherin, the Oder continues into Poland, while the cycle path in Germany veers off towards Ueckermünde.



Length: 628 km | Starts: Nová Ves near Jablonec (CZ)
Ends: Ueckermünde → Dresden 117 km | Stralsund 120 km ←

Terrain: a well-planned route on mainly asphalt trails through a hilly landscape. Along the way there are swimming lakes, picturesque villages and small towns with lots of attractions, big and small.

Countryside: the route runs along the edge of rivers, lakes and expanses of forest. The Schlaube Valley and Dahme-Heideseen nature reserves feature ravines, moors, open heathland and river meadows.



Oder-Spree-Tour

Highlights in the land of lakes



Discover a whole region: this premium cycle route awarded four stars by the German Cyclists' Federation leads to a number of highlights in the Oder-Spree lakeland region.

The route begins in the town of Fürstenwalde, famous for its cathedral. Müllrose enjoys an idyllic lakeside setting and its market square is a great place to relax and watch the world go by. Eisenhüttenstadt is home to the 'Documentation Centre of Everyday Life in East Germany'. No visit to Neuzelle Abbey would be complete without sampling the beer brewed there, while the thermal baths in Bad Saarow are the perfect antidote to aching

muscles. You can also explore the mysteries of meteorology at the Weather Museum in Lindenberg. The Schlaube Valley nature reserve offers a wealth of natural beauty. The valley is often referred to as the most beautiful in Brandenburg.



Length: 240 Kilometer, circular route

→ Berlin 60 km ←



Terrain: mainly asphalt cycle paths along disused railway lines with no steep climbs. The area is sparsely populated. Only on a few sections do cyclists have to share the road with vehicles. A well-planned, well-signposted route.

Countryside: the sweeping countryside of the Oderbruch inland delta with tree-lined avenues in abundance, lakes, meadows with rare plants, fields and wetlands, surrounded by plateaus in the west and the Neumärkische hills in the east.



Oderbruchbahn-Radweg

A truly delightful tour



This long-distance cycle route leads from Fürstenwalde and Buckow to Wriezen and Bad Freienwalde. Certified as a four-star route by the German Cyclists' Federation, it is one of the longest cycle routes along disused railways in Germany.

The tour follows the route of the old Oderbruch railway, at times on the disused tracks, through an area renowned for its beautiful rural scenery. It passes a number of typical villages where many artists and artisans have settled. Along the way, there are plenty of places of interest to discover such as the cathedral in Fürstenwalde, Steinhöfel House and the Kunstspeicher (art warehouse) in Friedersdorf. 'The Children of Golzow' museum tells the story of a fascinating long-term film project. The Märkische Schweiz is a region of scenic beauty and children will enjoy a visit to Oderbruch Zoo in Altreetz.



Length: 160 km | Starts: Fürstenwalde or Buckow |
Ends: Wriezen → Berlin 55 km ←



Ostseeküsten-Radweg

The pearls of the Baltic Sea



What better way to see the full beauty of Germany's Baltic coastline than on the cycle paths between Flensburg and Usedom. Rediscover that unique holiday feeling in the coastal towns and seaside resorts that follow one after another.

The tour begins by the Danish border in Flensburg. Watch sailing ships catch the wind on the Kiel Firth, then continue along the peninsula towards Fehmarn Island and Travemünde. Hanseatic heritage abounds in Wismar and Stralsund, whose historical town centres form a joint UNESCO World Heritage site. It's also well worth stopping in the chic seaside resort of Heiligendamm. The route then crosses the Rügendamm causeway to Germany's largest island – Rügen – which is blessed by a remarkable range of chalk cliffs. Back on the mainland, it's just a short distance to another island, Usedom, where you end the tour in style at the old imperial resorts of Bansin, Heringsdorf and Ahlbeck.

Terrain: predominantly flat coastal paths. Occasional hills in Mecklenburg-Western Pomerania (from Travemünde onwards), with steep gradients along short sections. Route runs mainly on asphalt, but some stretches are paved, made of concrete slabs or surfaced with sand/gravel. Signposting is not standardised. Be prepared for changing winds. It is advisable to book accommodation in advance during the high season.

Countryside: coastal landscape with various features and formations: steep cliffs, flat beaches, dykes, firths, Bodden (shallow bays), forests, islands and peninsulas.



Length: 1.095 km | Starts: Flensburg | Ends: Ahlbeck/Usedom

→ Kiel 87 km | Stralsund 122 km ←



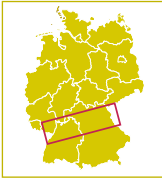
Terrain: the paths along the route are mainly asphalt but some are covered with crushed brick/stone, gravel or sand. The route is level but with some hilly sections, and paths are not always car-free.

Countryside: the Paneuropa passes through many parts of southern Germany including Baden, the Palatinate, Franconia, the Hohenlohe region and the Upper Palatinate. Expect to see vineyards, valleys, riverbank meadows and medieval buildings.



Paneuropa-Radweg

Euro-Vision



The countries of Europe are growing ever closer. Now, you can cycle almost right across the continent on the Paneuropa, which runs from Paris to Prague on existing long-distance cycle routes.

The German section of the route runs right across Baden-Württemberg and Bavaria, from Kehl am Rhein to the Czech border. Back in the Middle Ages the major trading route linking Paris and Prague was known as the Golden Road. There are many interesting regions, landscapes and rivers to discover along this historical route, and the Paneuropa signs point the way. Diverse countryside, pretty little medieval towns and the city of Nuremberg offer a range of experiences along the way. Who knows, you might even be inspired to carry on all the way to Prague.



Length: 661 km | Starts: Kehl am Rhein | Ends: Eslarn/Tillyschanz
 ↳ Stuttgart 150 km | Nürnberg 115 km ←



Paderborner Land Route

A circular route of distinction



The Paderborner Land Route runs for around 250 kilometres connecting a number of natural, historical and cultural destinations around the region – with plenty of time to stop off for refreshment at the cafés and beer gardens along the way.

You can start your tour in Hövelhof, for example. The town nestles in the Senne heathland and woods, home to numerous conservation areas and the sources of the Ems river. In Paderborn you can visit the cathedral and the Heinz Nixdorf MuseumsForum, the world's largest computer museum. The former abbey at Dalheim has been completely preserved and is well worth seeing. The Aatal is popular for days out with its canoeing lake, 'barefoot walking trail' and wildlife enclosure. Wewelsburg Castle sits in majestic splendour overlooking Büren and boasts an unusual triangular arrangement. The salt-evaporation works in Salzkotten rounds off this delightful tour.

Terrain: the long-distance cycle route is mostly on asphalt, with occasional gravel paths and sections through unspoilt nature. Predominantly traffic-free, the route has occasional steep gradients.

Countryside: Senne heathland with the sources of the Ems river, forests in the Egge hills, karst landscape on the Paderborn plateau, foothills in the northern Sauerland with the Aabach reservoir, Lippe marshes with canals typical of the region.



Length: 253 km | circular route



Cycling!



Get your free copy!

Ready, steady go – start peddling!

More and more cycling enthusiasts have discovered the Paderborner Land and are fascinated by the excellently developed network of cycle routes. 2,000 kilometres of sign posted cycle routes lead the cyclists across the Paderborner Land through beautiful landscapes and past many interesting cultural sights.

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Rad- und Skateweg Flaeming-Skate

Flaeming Skate



This route is ideal for leisurely tours and has a number of places to explore along the way. It consists of six circuits through the flat countryside of the Lower Fläming region and the Baruther glacial valley south of Berlin.

The Flemish people settled here between the Elbe, Havel and Spree rivers in the 12th and 13th centuries, giving the region its name. Today, the area is more popular with cyclists and skaters who come to enjoy traffic-free fun on the broad asphalt paths. At the heart of the route is a circular tour covering just under 100 kilometres. It also has several shorter circuits, which are perfect for a tour divided into one-day stages. The swimming lakes and outdoor pools en route are great in the warm weather. There's also plenty of variety on offer in the medieval towns and villages.

Terrain: 'Flaeming Skate' runs along several circuits away from traffic on high-quality asphalt paths for cyclists and skaters. The tracks are between two and three metres wide and there are only a few steep inclines.

Countryside: the route runs through a predominantly flat landscape with sandy dunes, the sparsely populated Baruther glacial valley and the Lower Fläming region. Typical features of the landscape include fields and deciduous and coniferous forests.



Length: total length 225 km | 6 circular tours of between 11 and 92 km → Berlin 80 km ←

Life cycling in Brandenburg

Cyclists' no. 1 insiders tip



TMB-Fotoarchiv/P. Hahn

Cycle along the rivers Spree, Oder and Havel or follow the Berlin Wall Trail, stay overnight in a cyclist-friendly hotel, stop for a break by one of our 3,000 lakes, then lie beneath a shady tree after taking a dip in the water. There are also wayside attractions to enjoy, historical houses and medieval towns to visit, and an incredible 7,000km of superbly maintained routes with direct links to Berlin.

Further information: www.brandenburg-tourism.com

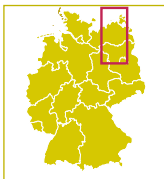
Terrain: asphalt for most of its length, the route runs through countryside that is hilly at times, though only a few sections are difficult to negotiate. Hardly ever comes into contact with busy roads, but not always traffic-free. In Denmark, the route is not marked with the German logo, but follows national cycle route no. 9 (no. 6 in Copenhagen). Be prepared for headwinds.

Countryside: long chain of lakes in north-east Germany (Brandenburg & Mecklenburg-Western Pomerania), steep cliffs, long beaches, forests, islands, Berlin and Copenhagen.



Radweg Berlin - Copenhagen

In search of the Little Mermaid



This three-star premium ADFC route between the capital cities of Berlin and Copenhagen provides an exciting and enjoyable bike tour. It runs through Brandenburg and Mecklenburg-Western Pomerania all the way to Denmark.

The route begins just outside Berlin in Hennigsdorf where it breaks into the serene expanse of the Brandenburg countryside. As you



follow the Havel river, Oranienburg and Fürstenberg/Havel are excellent places to stop. Glittering lakes then beckon you to cool off – but this is by no means the end of your adventures by the water. Further on as you head towards the Baltic Sea you cross the Mecklenburg Lakes, where Müritz is the largest of more than a thousand bodies of water. History and culture follow in Neustrelitz, Güstrow and Rostock. Then it's “ship ahoy” for the two-hour ferry crossing to Gedser in Denmark. At your final destination of Copenhagen, the Little Mermaid will be waiting perched atop her rock.



Length: 650 km (260 Kilometer in Denmark) | Starts: Berlin/
Hennigsdorf | Ends: Copenhagen → Berlin | Copenhagen ←



Radfernweg Hamburg - Rügen



From Hamburg to Germany's largest island



From the Elbe river to the Baltic Sea: cycle from northern Germany's largest city to the country's largest island on an old medieval trade route.

Beginning in Hamburg, you cycle through fertile meadows beside the Elbe river. At Lauenburg, the route leaves the river and follows the Elbe-Lübeck canal to Mölln. From Ratzeburg you head into Mecklenburg-Western Pomerania and the biosphere reserve on the shores of Lake Schaalsee. Continuing east you come to the Sternberg Lakes nature park which brightens your path all the way from Schwerin to Warin. At Bützow, you cycle along the canal towards Güstrow, where the sculptor Ernst Barlach lived. Teterow and Malchin are next, nestled in the hills of the Mecklenburg Switzerland region. It's then another river, the Trebel, towards Stralsund and over the causeway to Rügen, Germany's largest island, before your journey ends in Sassnitz harbour.

Terrain: the route is asphalt-covered most of the way, with some paved sections and gravel tracks; the going is hilly in parts and the paths are not always car-free. Signposting is not standardised.

Countryside: Hamburg, the beautiful Elbe riverscapes, canals, lakes and nature reserves, the Mecklenburg hills, forest, coastal landscape, beaches.

	Length: 520 km Starts: Hamburg Ends: Sassnitz/Rügen
	→ Hamburg Rügen ←



Radfernweg Thüringer Städtekette

Cycling from town to town



A route that extends right across the Free State of Thuringia linking seven towns between Eisenach and Altenburg – along the way, you can explore the delightful nature of this densely forested region.

Cyclists keen on art, culture, and technology will find plenty to entertain them in the towns along this 225 km route. It begins in Eisenach, birthplace of Johann Sebastian Bach and home of Wartburg Castle, a UNESCO World Heritage site. After Gotha with its royal heritage, the next stop is Erfurt. Hugely popular attractions await in Weimar, some of which make up a UNESCO World Heritage site: Goethe's house and summer house, the Schiller House and the Bauhaus Museum. This is followed by Jena with its Carl Zeiss Planetarium, Gera where Otto Dix was born and the end of the tour in Altenburg. The route is part of a network of cycle paths that will eventually cover the length and breadth of Germany. Currently, links are available to the Werratal Valley, Ilmtal Valley and Saale River cycle routes.

Terrain: predominantly asphalt-covered, with some sections running along dirt tracks. Occasional hilly stretches.

Countryside: a long-distance cycle route connecting seven of the most beautiful and historical towns in Thuringia; areas of glorious scenery line the path between them.



Length: 225 km | Starts: Eisenach | Ends: Altenburg

↳ Erfurt 63 km | Leipzig 46 km ←



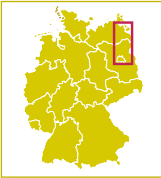
Terrain: the route is level but with hilly sections, largely on separate cycle paths away from traffic. Some stretches follow forest, farm and cobblestone tracks.

Countryside: Berlin, Schorfheide-Chorin biosphere reserve with its forest and moors, meadowland and woods in the Uckermark region, river scenery and lakeland areas, Szczecin lagoon, Usedom Island, Baltic Sea beaches.



Radfernweg Berlin - Usedom

From sea breezes to the big city



A route that sweeps you away from the bustling capital of Germany and into the densely wooded forests of Barnim and the beautiful Uckermark region. Last stop are the Baltic Sea beaches, where you can feel the fresh sea breeze in your hair and enjoy a perfect day at the seaside.

We leave Berlin with the River Panke by our side heading for Bernau in the Brandenburg region. Expansive forests and gentle rolling hills are followed by Barnim nature reserve and the Schorfheide-Chorin biosphere reserve. On the shores of Lake Unteruckersee is Prenzlau with its medieval church of St. Mary. At Nieden, you cross over into Mecklenburg-Western Pomerania along the River Ucker. The river then accompanies you from Pasewalk to Ueckermünde through the Szczecin lagoon nature reserve. At Anklam, you cycle across the Peene river towards Usedom Island. Here you will find the old imperial resorts of Ahlbeck, Heringsdorf and Bansin with their splendid promenades.



Length: 350 km | Starts: Berlin | Ends: Peenemünde (Usedom)

→ Berlin | Stralsund 107 km ←

Terrain: the route runs predominantly on asphalt through sometimes hilly countryside; some strong climbs to negotiate along the scenic routes, not always traffic-free.

Countryside: second-largest wine region in Germany, foothills of the Palatinate Forest, woodland, wine villages.



Radweg Deutsche Weinstrasse

Cycling through Germany's wine country



Cycling is as good for the body and soul as fresh vegetables and fruit. Even a glass of wine or two is said to benefit your health. Our route through the sunny Palatinate region gives you plenty of opportunity to enjoy all of these wonderful things.

The route guides you through one of the largest wine regions in Germany, where vineyards drape the terraced slopes between the foothills of the Palatinate Forest and the Rhineland Plain.



Prepare yourself for ups and downs interspersed with the occasional steep climb. Rewards come in the form of taverns and wineries where you can sample the excellent local wines, which include rieslings, pinot blancs and dornfelders. These provide the perfect accompaniment to the hearty fare and gourmet dishes on offer. There is plenty of good weather, too: the Palatinate region enjoys 1,800 hours of sun every year. Shade can be sought in the Palatinate Forest nature reserve – one of the largest single expanses of woodland in Germany.



Length: 130 km | Starts: Schweigen-Rechtenbach | Ends: Bockenheim

→ Karlsruhe 40 km | Worms 15 km ←



RegnitzRadweg

Valley or canal – the choice is yours!



This riverside trail is ideal for those who enjoy the finer things in life. Whether you choose the valley or canal option, this leisurely tour will take you to a number of cultural highlights.

Follow in the footsteps of Albrecht Dürer and rich patrician families in Nuremberg's old quarter, before following the river Pegnitz to Fürth. Two rivers converge at this point to form the river Regnitz. At this point, you have to choose whether to take the long-distance cycle route right through the Regnitz valley or the section along the Main-Danube Canal that runs parallel to the river and has very little traffic. The two routes can also be combined or cycled as a circuit. Meadows and renaturalised stretches of the river are features of the route up to Bamberg where there's plenty of opportunity to relax and savour some delicious regional specialities.

Terrain: this long-distance cycle route is mostly on flat asphalt paths with just a few steep climbs. Predominantly traffic-free, the canal route is quieter and therefore ideally suited for groups and family tours.

Countryside: the landscape is dominated by several nature reserves including the Hassberg hills (home to a number of castles), Franconian Switzerland and Steigerwald Forest with its wooded hills. The Regnitz meanders through unspoilt riverside forests and some rare sandy areas, while cut-off sections of the river offer great tranquillity.



Length: 85 km (valley route), 75 km (canal route) | Starts: Nürnberg | Ends: Bamberg/Bischberg | Nürnberg | Bamberg



Terrain: asphalt-surfaced over most of its length, the route follows the course of the Rhine. Mainly level paths, car-free for long stretches.

Countryside: Rhineland Plain with terraced vineyards, wine villages, orchards, riverside scenery, slate mountains.



Rhein-Radweg

The endless wonder of riding along the Rhine



The Rhine is steeped in myth and legend. True or not – who can really say? But many a cyclist riding along the river between Wörth and Remagen has claimed a fleeting sighting of the Nibelungs' gold glittering beneath the waters.

The Rhine legends are set in the Palatinate and Odenwald forests. Our route takes us along the western banks of the river past the fortress town of Germersheim and then to Speyer. At Ludwigshafen, we enter the Maudacher Bruch conservation area

on our way to Worms. Here the route divides, inviting you to continue either through the vineyards set slightly back from the river or along its banks. Between Bingen and Koblenz, the Rhine flows through countryside dotted with 50 or so castles and the Loreley rock, which join the Roman Limes as part of a joint UNESCO World Heritage site. At the Deutsches Eck in Koblenz, you can watch the waters of the Moselle empty into the Rhine.



Length: 330 km | Starts: Neuburg am Rhein | Ends: Remagen

→ Karlsruhe 20 km | Bonn 21 km ←



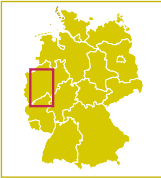
Terrain: this is a mainly flat, family-oriented route that passes through a number of villages and cities as it tracks the Rhine. The route is mostly on asphalt, traffic-free paths.

Countryside: typical features of the Rhineland scenery include riverside forests and green dykes, Rhine islands and hilltop castles overlooking the river. There are almost continuous views of Europe's busiest waterway.



Rhein-Radweg (Section Remagen – Neuss)

In the company of 'Old Father Rhine'



Together with the Ahr and Erft cycle routes, this section of the Rhine Cycle Route forms part of the 'Three Rivers Tour'. The route tracks the mighty river from Remagen through Cologne to Neuss.

Once past the famous Bridge at Remagen, the tour sets off downriver. The Rhine promenade offers panoramic views of the Siebengebirge hills and an expanse of mixed forests. The path then leads past Mount Drachenfels near Königswinter to Bonn. As you come round the huge Rhine loop you can glimpse the spires of Cologne Cathedral in the distance. With the Rhine still at your side, you continue downriver and past Cologne harbour to the well-preserved fortress town of Zons. Passing through nature conservation areas, the final stage of the trail ends in the Roman Limes town of Neuss.



Length : 95 km | Starts: Remagen | Ends: Neuss
 → Bonn 20 km | Düsseldorf 10 km ←



Route der Industriekultur per Rad



Journey back to Germany's industrial past



This cycle route explores Germany's industrial heritage in the Ruhr region. It takes you through one of Germany's most unusual cycling regions, featuring monuments from 150 years of industrial history.

This diverse route offers a variety of options from one-day tours to multi-day trips, with the opportunity to experience the landmarks of the Ruhr region at close quarters: blast furnaces, gasometers, collieries and winding towers. Today, these decommissioned sites are remarkable industrial monuments where people can enjoy art and culture and a variety of leisure pursuits. The gasometer in Oberhausen exemplifies this transformation. Standing at an impressive 117 metres, it has been converted into Europe's tallest exhibition hall. This blend of spectacular industrial architecture put to creative reuse and captivating landscapes makes a cycling tour through the Ruhr region a truly exceptional experience.

Terrain: network of cycle paths consisting of two main routes – the Emscher Park Cycle Route and the Ruhr Region Circular Route. Paths run mainly along disused railway lines, riverbanks, forest paths and roads with little traffic. These are connected by north-south links. Mostly level profile; around half of the paths are surfaced with asphalt and half with crushed brick/stone.

Countryside: the Industrial Heritage Cycle Route explores the industrial monuments of the Ruhr region as well as its scenic highlights such as Emscher Landscape Park, forests, rivers and canals.



Length: 700 km | network of cycle paths around Duisburg, Essen and Dortmund



Terrain: the route is predominantly flat with mainly asphalt paths. There's just one very steep gradient to negotiate when crossing the Lange Rhön. The wide paths are mainly traffic free. The start and finish points are easy to get to by rail..

Countryside: in the north the route runs through broad pastures, chalk grassland and dense beech forests. The Lange Rhön conservation area features plateaus and moorland, while pastures, hedgerows and forests await cyclists in the south.



Rhönradweg

History and nature around the old border



For more than 40 years the border between the two Germanies ran straight through the Rhön hills. This is one of the reasons why the countryside in the Rhön biosphere reserve remains so unspoilt.

The Rhön Cycle Route runs for 180 kilometres through a varied landscape of hills, peaks and valleys from Bad Salzungen to Hammelburg. The first section is easy to manage. It is only when you get to the Lange Rhön area that there are some challenging climbs. An interesting attraction along the way is the medieval town of Vacha with its bridge over the Werra and historical town hall. The Point Alpha Memorial Site serves as a reminder of the division of the two German states. Other highlights include spa towns such as Bad Neustadt and Bad Kissingen. The tour ends in Hammelburg with fantastic views of the beautiful Rhön hills from the keep of Saaleck Castle.



Length: 180 km | Starts: Bad Salzungen | Ends: Hammelburg
 → Erfurt 68 km | Würzburg 44 km ←



RurUfer-Radweg

Riverscapes & Germany's green borders



Three countries – one river: follow the entire course of the River Rur from its source on Botrange hill in Belgium to where it joins the Meuse in the Netherlands. The route, most of which runs through Germany, is as varied as the river itself with its mix of gentle and fast-flowing currents.

Herds of sheep roam the High Fens region of Belgium, large parts of which are protected by a conservation order. From here, you follow the River Rur into Germany where it has sculpted deep valleys through the Eifel mountains. It is also possible to shorten the tour by taking a boat across the meandering reservoir. The valley then broadens out as you come to a stage characterised by castles and rugged rock formations. Next is the gently rolling Börde region followed by the towns of Düren and Jülich. After this, the lowlands give way to the Meuse plain before the Rur joins the Meuse in Roermond.

Terrain: more than half the route is flat. Hilly sections with some steep gradients are found in the upper reaches of the river. The route, which comprises back roads, farm tracks and riverbank paths, is almost all surfaced with asphalt or crushed stone and is mainly traffic-free.

Countryside: in the first stage, the upland moors of the High Fens give way to the Eifel plateau where the route is characterised by steep wooded hillsides, reservoirs and Bunter sandstone. Further downriver come the Börde regions around Zülpich and Jülich, followed by riverbank meadows and finally the extensive plains of the Meuse river.



Length: 166 km | Starts: Botrange (Belgium) | Ends: Roermond (Netherlands)
→ Aachen 38 km | Düsseldorf 60 km ←



RuhrtalRadweg

From mountain-bike hillsides to bustling cities



The RuhrtalRadweg covers 230 exciting kilometres from the Sauerland to the Ruhr region. It is rated as a four-star premium route by the German Cyclists' Federation.

Boredom doesn't stand a chance as you cycle between the verdant hills of the Sauerland – Germany's largest ski region north of the Alps – and the buzzing cities of the Ruhr. Along the way, forests, meadows, castles and timber-framed houses alternate with monuments from Germany's industrial heyday. Many of these towers, blast furnaces and gasometers now double up as cultural venues. Sauerland Bike Arena and Winterberg Bike Park are recommended for mountain bikers. Other attractions that happen to lie on the wayside include the classical quarter in Arnsberg, Muttental valley and Duisburg's riverside harbour, which has been converted into an exciting new district.

Terrain: the vast majority of the route is traffic-free and runs alongside the river. Some steep climbs, mostly in the first 35 km; the sections that follow are predominantly flat.

Countryside: beautiful riverscapes, densely wooded uplands in the Sauerland, the Ruhr conurbation with monuments from the days of heavy industry and mining.



Length: 230 km | Starts: Winterberg | Ends: Duisburg
 → Marburg 58 km | Düsseldorf 28 km ←

Terrain: hilly in parts with some challenging climbs. The paths are mainly asphalt or crushed brick/stone; short stretches are unsurfaced or cobbled. Mainly traffic-free, but some sections along the upper reaches of the river are by busy roads.

Countryside: the middle and upper reaches of the Saale river between Münchberg and Jena are dominated by mountains. The route flattens out from Saalfeld to the Elbe confluence, but hillsides, woods and vineyards remain a feature.



Saale-Radwanderweg

A classic between mountains and castles



The cycle route that follows the Saale river has just the right mix of picturesque hillsides, historical towns and mighty castles from bygone days.



The Saale river meanders from its source through a mountainous region of forests, gorges and reservoirs. Partly because of the number of steep climbs involved, the route that you follow to Saalfeld demands a reasonable level of fitness. But the rewards are great in terms of history and natural beauty: nowhere else in Germany has a higher concentration of palaces and castle ruins, while other attractions include the dripstone caves near Saalfeld, the saltwater baths in Bad Kösen and the university town of Jena, which is idyllically nestled between limestone outcrops and the Saale valley. Last but not least is a leisurely section to Barby where the Saale flows into the Elbe.



Length: 427 km | Starts: Zell im Fichtelgebirge | Ends: Barby/Elbe

→ Bayreuth 37 km | Magdeburg 24 km ←



Saarland-Radweg

A great tour of a small region



Spectacular scenery, excursions to France, hilly countryside and broad valleys are just some of what the Saarland has to offer. The Saarland Cycle Route is the ideal way to discover it all.

Setting off from Saarbrücken, the route leads into neighbouring Lorraine and the town of Sarreguemines, along the Blies and into the Oster valley. After the Saar-Hunsrück nature reserve it crosses the Schwarzwälder Hochwald forest and Mount Petersberg with its spectacular views. Near Mettlach you'll catch a glimpse of the famous Saar Bow. The winegrowing region in the area where Germany borders France and Luxembourg is a great place to stop for a break, as are the Saargau orchards. After visiting the Völklingen Ironworks, you head back towards Saarbrücken. To make the tour more manageable, you can hire an electric bike from eVelo Saarland.

Terrain: the route runs through hilly stretches with occasional steep gradients. Mainly asphalt trails but also old towpaths, mostly free of traffic. Part of the route dips into France.

Countryside: region around the German/French border with low hills and mountains, forests and meadows, river meadows and streams, the Saar Bow, Lake Bostalsee in wooded upland scenery, Saar-Hunsrück nature reserve, peaks in the Schwarzwälder Hochwald forest.


Length: 362 km | circular route
 Saarbrücken 

Terrain: route along level terrain, mostly asphalt but some stretches on old towpaths, largely car-free.

Countryside: riverscapes along the Saar, including the Saar Bow, to the river's confluence with the Moselle.



Saar-Radweg

Germany at its most French



Designated as a four-star premium route by the German Cyclists' Federation, this family-oriented cycling tour doesn't disappoint. Its level cycle paths follow the Saar river from the French border to Konz, where the river flows into the Moselle.

This level cycle path follows the Saar river from the French border to Konz, where the Saar flows into the Moselle. Beginning in Sarreguemines in France, you head over to Germany and Saarbrücken, which carries on the mantle of savoir vivre and café culture. An entirely different ambience awaits in the disused but

fully preserved Völklingen ironworks, a UNESCO World Heritage site. After Saarlouis comes Merzig, home to a park and research centre for wolves and the Garden of the Senses. It's not long then before the river doubles back on itself to form a bow-like loop. Mettlach and Saarburg are the final stops before the family-oriented cycling comes to an end.



Length: 98 km | Starts: Sarreguemines (F) | Ends: Konz
→ Saarbrücken 17 km | Trier 9 km ←



100 Schlösser Route

Verdant and romantic journeys into the past



The splendour of the past has been revived in the Münsterland region, where more than 100 castles and palaces make this a cycle route fit for royalty. It has also been crowned an ADFC premium route with a four-star rating.

The route actually comprises four circular paths that wind their way through the Münsterland region like ribbons of green, passing parks, pastures and hedge-topped embankments. Each one is between 210 km and 310 km long. Because you can choose where to start and finish, they are ideal for shorter tours. The architectural highlights on the wayside are often separated by just a few miles. Whether it's Gothic, Renaissance or baroque, the glorious heyday of knights, barons and princes is wonderfully preserved in mighty structures erected for grandeur and protection. Cyclist-oriented facilities where you can do everything from hire a bike to get it fixed are also found in abundance. In 2008, the route as a whole was improved and made more compact.

Terrain: mainly flat, family-oriented routes, most which are on cyclist-only paths or asphalt farm tracks away from busy roads. The sections in the west, east and south are mostly flat; there are one or two gradients in the north.

Countryside: unspoilt nature in wide expanses of parkland, pastures and meadows. The circular routes link the finest palaces, castles and stately homes in the Münsterland region for a wonderful cultural and historical experience.

		<p>Length: 960 km four circular routes around Münster ↳ Within a 93 km radius of Münster ←</p>
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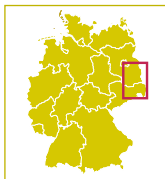
Terrain: predominantly on asphalt paths with occasionally poor surfacing and bollards. Traffic volumes are low; hilly stretches as far as Bautzen, then mainly flat.

Countryside: riverside route through riverbank meadows and the Spree Forest with wetlands and moorlands, many branches of the river Spree spanned by little bridges. Small villages with traditional rural houses.



Spree-Radweg

Through the Spree Forest to Berlin



The three sources of the Spree are located in Upper Lusatia in Saxony. From here, the premium cycle route awarded three stars by the German Cyclists' Federation follows the course of the river into Berlin.

After some hilly stretches as far as Bautzen, cyclists welcome the opportunity to stop for a break in this town whose history



stretches back more than 1,000 years, and perhaps explore Ortenburg Castle and the old quarter. When the weather is fine, people head straight for the beach at the Spremberg reservoir. The Lusatian town of Cottbus was once home to Prince Hermann von Pückler-Muskau. Branitz Park, laid out in the English style, was one of his creations. Soon after, you come to the Spree Forest biosphere reserve with its magnificent landscape around the many branches of the river. On the final leg of the tour to Berlin, you pass Beeskow's moated castle and the cathedral in Fürstenwalde.



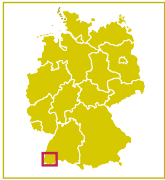
Length: 410 km | Starts: Eibau | Ends: Berlin

→ Dresden 72 km | Berlin ←



Südschwarzwald-Radweg

The lowlands of the Southern Black Forest



Cycling in the Black Forest with no steep hills to climb? On the Southern Black Forest Cycle Route, designated as a four-star premium route by the German Cyclists' Federation, you can enjoy idyllic scenery without over-exerting yourself.

An ideal region to explore by bike, the Black Forest is home to several long-distance cycling routes. Cyclists wishing to take things at a leisurely pace will enjoy the Southern Black Forest Cycle Route. With hardly any hills to tackle, it still leads to a number of scenic highlights such as Wutach Gorge, the 'Petite Camargue' nature conservation area in France and the Markgräflerland region. Basel and Freiburg, as well as many small medieval towns along the way, provide interesting cultural accents. A train takes cyclists up the only hill and travels through the beautiful Hölleental or 'hell valley'.

Terrain: the cycle route goes right around the Southern Black Forest nature reserve with very few climbs. It runs largely on asphalt paths with virtually no traffic. Some short stretches run through Switzerland and France.

Countryside: the Upper Black Forest is a varied landscape of mountains, moors and a mix of forest, mountain pastures, vineyards, centuries-old Black Forest farmsteads and farmland.

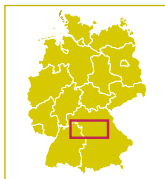


Length: 240 km (+ 69 km of additional routes) | circular route
 → Freiburg ←



tauber altmühl radweg

A tour for the connoisseur



The 'tauber altmühl radweg' runs between Wertheim and Kelheim connecting the attractive river landscapes of the Main, Tauber, Altmühl and Danube in Franconia

This long-distance cycle route begins in Wertheim and runs through the vineyards of the Liebliches Taubertal region to Rothenburg ob der Tauber's medieval centre, passing Bronnbach abbey and Bad Mergentheim with its spa gardens on the way. The tour then continues through the Romantic Franconia holiday region and the Franconian Heights nature reserve, before meandering through the Altmühl Valley past Lake Altmühlsee in the Franconian Lakes, the UNESCO World Heritage Roman Limes, a wealth of crags and heathland, and Pappenheim Castle. The route goes through Eichstätt to Dietfurt and along the Main-Danube Canal to Kelheim, where the canal joins the Danube.

Terrain: surfaced with crushed brick/stone for the most part, with some asphalt paths. The majority of the route is traffic-free and there are only a few steep inclines, making it well suited for family cycle tours.

Countryside: riverscapes along the Tauber and Altmühl rivers, the Main-Danube Canal and the Danube. Crosses through the Liebliches Taubertal and 'Romantic Franconia' holiday regions, the Franconian Lakes and the Altmühl Valley nature park, a landscape filled with vineyards, forests, meadows and rock formations.



Length: 350 km | Starts: Wertheim | Ends: Kelheim

→ Würzburg 35 km | Regensburg 27 km ←



Terrain: riverside cycle paths with very few hills; mainly surfaced with asphalt and crushed brick/stone. Low-traffic and especially well suited to cycling-tour beginners and families because of the excellent facilities en route.

Countryside: the cycle paths runs on both sides of the river from the densely wooded Weserbergland hills to the open stretches of the North German Plain. From the Unterweser (Lower Weser) shipping route to the estuary, the route is sheltered by protective dykes.



Weser-Radweg

From the Weserbergland to the North Sea



The route begins in Hannoversch Münden where the Werra and Fulda rivers join to become the Weser. Your journey takes you through richly varied countryside with almost no hills.

Discover for yourself why this is one of the most popular long-distance cycle routes in Germany.

From out of the wooded Weserbergland hills, you follow the German Fairytale Route. Shortly before Minden, the Porta Westfalica gorge opens the way to the North German Plain. From here, you continue to Bremen via Nieburg and a region of moors, sandy heathland and fens. Further north, container vessels glide up and down the river framed by the simple beauty of the Weser marshes. From Nordenham, you can catch a ferry to Bremerhaven on the other side of the river. Continue to Cuxhaven and you'll be rewarded with a long sandy beach. The other option is to cycle across the Butjadingen peninsula to the Lower Saxony Wattenmeer National Park.



Length: 491 km | Starts: Hann. Münden | Ends: Cuxhaven and Eckwarderhörne → Kassel 26 km | Bremerhaven 43 km ←

Terrain: circular route on mainly asphalt paths linking a series of spa towns, climatic health resorts and resorts with hydrotherapy facilities. Flat stretches alternate with hilly sections, most of which are manageable even for the less fit.

Countryside: Teutoburg Forest hill ranges, Wiehen and Egge hills with densely wooded nature reserves, river valleys, open plains (e.g. between Gütersloh and Paderborn).



Wellness-Radroute Teutoburger Wald

A woodland path to wellbeing



The ancient Romans were fully aware of the benefits of "wellness" for mind and body – long before we had coined a word for it. This was one of the reasons why they loved to soak in thermal baths.

This circular route through the Teutoburg Forest is a wonderful way to combine relaxation with exercise. The region is famous for its spas and health resorts: Bad Oeynhausen, Bad Salzuflen, Bad Driburg and Bad Lippspringe are just four of around 30 towns and villages where you can rest, relax and recharge your batteries. Along the way, you cycle through the beautiful Teutoburg Forest. Although there are one or two gradients to tackle, these can easily be integrated into your personal fitness programme. But

not to worry: there are long stretches of level terrain for you to get your breath back. Woodland, fields and open plains bring you close to nature, while murmuring streams have a soothing effect. There are even short stretches that run beside the River Weser.



Length: 537 km | circular route from Minden

→ Paderborn 87 km ←



Werratal-Radweg

Where rivers meet



Your route begins in Neuhaus am Rennweg at an elevation of around 800 metres. The easiest way to get there is by train. It's then just 12 km on the cycle route version of the Rennsteig before your first dashing descent.

Setting out at the headwaters of the River Werra, you can follow the river downstream into the valley from its source at either Siegmundsbuurg or Fehrenbach. After Hildburghausen, Meiningen and Bad Salzungen, the route presses on through the potash mining region. Here, at Merkers visitor mine, you can swap your bike for a trolley and embark on an underground tour of discovery. Swap it again – this time for a canoe – on the section towards Eisenach. Then comes perhaps the most beautiful stretch of the tour from the “Thuringian Gate” to Treffurt. Next is a string of towns famed for their half-timbered houses: Wanfried, Eschwege, Bad Sooden-Allendorf and Witzzenhausen. The route becomes the Weser-Radweg (Weser Cycle Route) in Hannoversch Münden.

Terrain: predominantly asphalt tracks. Steep descents at the outset where the River Werra rises are followed by gently rolling hills. Beyond the halfway point, the countryside remains largely flat.

Countryside: the peaks of the Thuringian Forest, hills, flat river plains, dense areas of woodland, half-timbered townscapes.



Length: 306 km | Starts: Neuhaus am Rennweg – Werraquellen
Ends: Hann. Münden → Erfurt 77 km | Kassel 24 km ←

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