

Cologne to Munich Cycle

Trip code: CM



Overview

 Total 5 days

 Hotels

 Difficulty: 

 Cycling 4 days

 Germany

 15th - 20th May 2024

Starting at Cologne Cathedral, this incredible route travels along the Rhine River before skirting Frankfurt and crossing into Bavaria, the largest German state. Bavaria is most famous for its pristine countryside, clean air, a wealth of culture and a laid-back, welcoming attitude - perfect for cycling! The third day will certainly be one of the most challenging with three main climbs before easing off at the halfway point for a gentler afternoon. After skirting around Augsburg we'll reach our destination, Munich, on Day 4 for a well-earned celebratory meal before returning to the UK the following day.

*"This was my first cycle challenge and it was fantastic! The attention to detail and organisation was faultless. The route planning and safety was excellent, the support vehicle planning and food stops were superb, the hotels were excellent and the way the team took care of every small detail to ensure that all we needed to do was to concentrate on cycling and our challenge was really something else" **Matthew, 2017***

Highlights

- Riding through the Rhine Gorge, a UNESCO World Heritage Site
- Castle spotting along the steep-sided meandering valleys of the Rhine
- Visiting Bonn, the birthplace of Beethoven
- Crossing the Odenwald hills through farmland and windfarms
- Quaint and colourful German villages of Bavaria
- Finishing the ride under the iconic cathedral of Munich

Detailed Ride Itinerary

Day 1: Fly to Cologne from London

The trip starts at our hotel in Cologne where you'll be met by the More Adventure team and the rest of the group. Your bicycles will also have been transported to the hotel ready to ride. Here we'll have a trip briefing and first evening meal together in preparation to begin the ride early the following day.

Day 2: Cologne to Bingen am Rhein

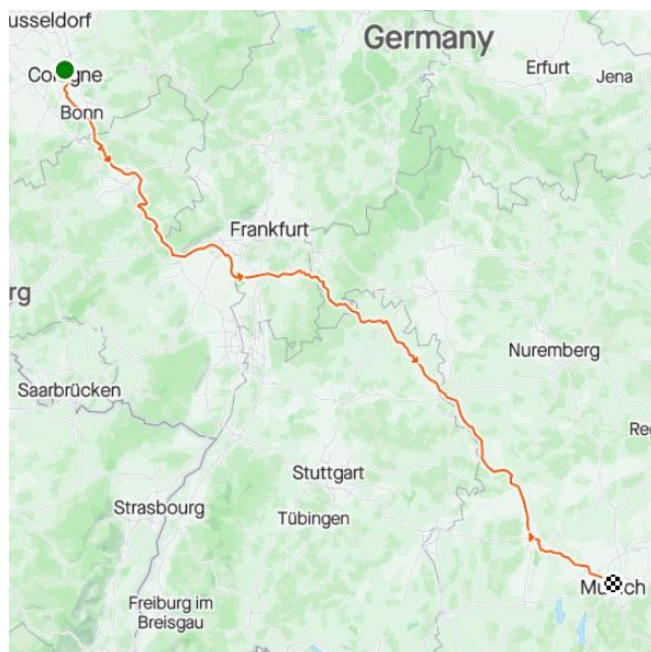
102 miles & 1000 feet / 165 km & 300 metres

The ride begins directly underneath the gothic cathedral of Cologne where we finished our ride from London back in 2019. After a quick team photo we begin our day following the Rhine river south to Bonn. The birthplace of Ludwig van Beethoven, Bonn was once the capital of West Germany and is now a thriving university city. Continuing south, we meander along the Rhine passing Stolzenfels Castle and Marksburg Castle, perched high up in the hills above Koblenz, just two of the many impressive fortifications that line the river. Our overnight stop is the town of Bingen am Rhein.

Day 3: Bingen am Rhein to Miltenberg

90 miles & 2000 feet / 149 km & 600 metres

We ride east today continuing to follow the Rhine through the city of Mainz before leaving the river to enter the Odenwald hills, a range of hills between the Rhine-Main Lowlands and the Kraichgau to the south. We'll ride through the city of Darmstadt before tackling our climb of the day which tops out near the Windpark Binselberg, a windfarm with stupendous views of the valleys below. After a dazzling descent we cross the border from Hessen into Bavaria, renowned for pristine countryside, clean air, a wealth of culture and a laid-back, welcoming attitude. We join the river Main and head south for a far more gentle roll into our overnight stop this evening, the pretty town of Miltenberg.



Day 4: Miltenberg to Nördlingen

102 miles & 4400 feet / 165 km & 1400 metres

We leave Miltenberg to the southeast with a gradual climb up to Hardheim before a great descent just beyond Schweinberg. At Tauberbischofsheim we join the river Tauber and head south to the pretty town of Bad Mergentheim, home to a picturesque old town hall and market place. Tauberbischofsheim is also a popular spa town and was once the headquarters of the Teutonic Order. The *Deutschordensschloss*, a distinctive 12th century castle was once the home base of the Teutonic Knights and is now the most popular attraction of the town. We continue to Markelsheim where our second main climb of the day begins, with the summit at the small town of Schrozberg in

the state of Baden-Württemberg. We maintain our height for the rest of the day with an undulating route to our overnight stop at Nördlingen, famous for the Scharlachrennen (Scarlet Race), a horse race tournament that was first mentioned in 1463.

Day 5: Nördlingen to Munich

91 miles & 2600 feet / 146 km & 800 metres

The final day's ride begins heading southeast to the town of Harburg, situated on the river Wörnitz. We cross over the Wörnitz in a beautiful stone bridge before following it south, skirting Donauwörth which lies on the junction of the Danube and Wörnitz. Here we turn south and gradually climb following the river Lech then through the Eurasburger Forest in Upper Bavaria. We'll soon reach the outskirts of Munich and to the end of the ride under the two Gothic towers of the Frauenkirche. Congratulations, you made it! After some celebratory team photos we'll make our way to our hotel for a celebratory meal and well-earned rest.

Day 6: Munich to London

Today your bicycles will be driven back to the UK in the support vehicle. They will be available to collect at a central location in London a couple of days later (details TBC). You will be flying back from Munich to London on a designated flight in the afternoon (details TBC).

Included

- Cycle guides
- Support driver & vehicle throughout
- 5 x night's hotel accommodation
- 5 x breakfasts
- 4 x lunches
- Bicycle mechanical support
- First Aid cover
- All luggage transported during the trip
- GPX files of the route
- Bicycle transfers from the UK to Germany & return
- All relevant paperwork for transporting bicycles into/out of the EU
- Joining Instructions and trip information
- Flights to Cologne from London
- Flights to London from Munich



Not Included

- Bicycle and Helmet
- Taxi transfers from Cologne airport / to Munich airport
- Evening meals, drinks and snacks
- Optional excursions in Munich
- Personal Travel Insurance

This itinerary is a guide only and can sometimes be subject to change due to unforeseen circumstances. Whilst we endeavour to uphold the proposed daily mileages, this cannot be guaranteed due to changes to hotel bookings.

Trip Notes

Trip suitability

You will be cycling for between six and eight hours each day but this is not a race! This is a group trip and we like to cycle as such. You will be cycling through rolling countryside which will be hilly, and the pace will be determined by your Cycle Leader. If you are unable to keep to this moderate pace, you will be asked to travel in the support vehicle.

You must prepare before coming on the trip, anything cardiovascular will help as will of course cycling. Importantly you need to do some 6+ hour cycles so you will know what is required. **You will need to get some hill practice in!**

We can provide you with a training plan but you will need to be comfortable cycling for several hours at a time through hilly terrain. If you are unsure or require our training plan, please contact us on info@moreadventure.co.uk.

A link to our trip grades that explains in depth our star rating is here: www.moreadventure.co.uk/cycling-grades

Weather & Climate

The weather can vary hugely on this trip so it is essential that you are prepared for sunny (fingers crossed) and poor weather, as it can rain at any time of the year and mornings can be chilly. **It is absolutely essential that you are prepared for all weathers and be able to carry up to 1.5 litres of water.** Our recommendations on what clothing to bring will be issued upon booking.

Health

Your health and safety is our number one priority during any trip with More Adventure. For this reason, our leaders are the very best in the business, they all hold relevant outdoor First Aid Certificates, and have hands-on practical medical experience in a variety of environments.

It is recommended that you visit your GP well in advance to discuss your trip and any pre-existing medical conditions you have. We will require a comprehensive medical declaration form that may need to be verified by your GP.

Insurance

We recommend that you obtain travel insurance before booking any trip. Personal travel insurance is compulsory on any More Adventure trip and should be obtained before booking onto a trip. As a minimum we require your cover to include medical expenses including emergency repatriation. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and damage/loss of luggage and personal effects (including your bicycle).



We also recommend you take out bicycle insurance for this trip. If you're looking for reasonably-priced, specialist bicycle insurance, we have teamed up with [Yellow Jersey Cycle Insurance](#).

They offer specialist cover for bicycles including all the standard cover you'd expect but also cover other things like race fee cancellation, crash damage, wheels cover and even theft from inside a vehicle. Use the code MOREADV10 for 10% off.

Please be aware that your More Adventure leader will be checking your insurance documents on the first day of this trip and may refuse you to join the trip if your insurance cover is insufficient. The insurance company's 24 hour emergency contact number will need to be seen by your leader.

Money

Meals each evening tend to cost between £15 and £20. You will also need to budget for transfers to/from the airports, any excursions, travel around Munich and lunch on Day 1 & 6. You will need Euros to spend in Germany.

Accommodation

Accommodation for this trip is in good quality, comfortable hotels based upon twin sharing. All have hot water showers and excellent amenities. A single room supplement may be possible for an extra cost, this can be added upon booking (based upon availability).

Food

Breakfast will vary each morning but will generally be continental-style with hot drinks and juices. Lunches will either be laid out for you to help yourself at each of our lunch stops or in a cafe/restaurant. They tend to include breads, ham, cheese, tuna, salad, fruit, pasta and cereal bars. We will also be stopping at shops along the way for people to buy snacks and drinks.

Evening meals and drinks are not included but you will have the opportunity to eat out as a group at a local pub/restaurant each evening. Approximate costs per evening meal £15-£20.

Equipment

We recommend road bicycles for this trip. Please contact us if you are unsure whether your bike is suitable.

Bikes are not included in the price. It is very important that your bike is in good working order and that you bring plenty of spares. Please bring at least two spare inner tubes. Your Cycle Leader will assist you with any minor bicycle repairs.

You must bring suitable, reasonably new tyres (e.g. Continental Gatorskin, Continental Grand Prix 4 Season Schwalbe Durano Plus). We recommend using [Wiggle \(click HERE\)](#) for the best value and quality in cycling clothing and equipment.

We do not provide helmets but it is essential you bring your own to wear.

Clothing

It is crucial to be prepared for the weather! The trip will continue in all but the absolute worst of weather. Generally the best clothes to wear while cycling are light and comfortable. Please bring a lightweight waterproof top and a lightweight windproof top for the long descents. Make sure you bring enough clothes for each day cycling and for evening meals.

Luggage

Please bring a suitable bag to carry waterproof, windproof and snacks whilst cycling. This could be a [saddle bag](#), [frame fit bag](#) or something similar. You do not need to carry a great deal whilst riding because the support vehicle will be meeting you at various points throughout the day.

Leaders

This trip is led by at least one experienced and qualified cycle leader who will cycle with the group at all times. They guide and encourage the group, and help deal with any bicycle mechanicals. In addition to this,

another leader drives the support vehicle offering assistance where necessary and transfers all luggage from one hotel to the other (if required).

This trip will run on a minimum number of 16 persons. Please do not book any transport to/from the trip until it has been confirmed by email that it will run.

How to book (we recommend you have adequate travel insurance before booking any trip)

1. Find a date that suits you on our website
2. Click 'Book Now'
3. Fill in your personal details (if you are booking for a group, there is an option here to do so)
4. Fill in your medical details
5. Invite your friends if you wish!
6. Click on 'Make Payment' and securely pay a 40% deposit through Stripe
7. **Congratulations - you've now secured your place!**
8. You will receive a confirmation email and further information about the trip
9. The remaining balance needs to be paid no later than 5 weeks before the trip begins. This can be paid in installments or in one payment through your More Adventure account.