

Cycling The Rhine - Strasbourg to Mainz

Trip Code: SGRC

Version:



CYCLE



SELF-GUIDED



LEISURELY



HIGHLIGHTS

- Explore Strasbourg's magnificent cathedral and UNESCO Petite France historic quarter
- Admire grand Baroque palaces and gardens in Rastatt
- Discover the romantic city of Heidelberg with its spectacular Heidelberg Castle & Old Bridge
- Marvel at the UNESCO listed cathedral of Speyer
- Cycle through vineyards and sample the world famous wines produced in the region

AT A GLANCE

- Self-Guided
- 6 days cycling and sightseeing
- Luggage transfer
- BIKE HIRE INCLUDED
- E-bike upgrade available
- GPS Travel App
- Thursday and Saturday departures
- Join at Strasbourg / End in Mainz

ACCOMMODATIONS & MEALS

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

Introduction

Originating high in the Swiss Alps, the mighty Rhine River winds its way through Liechtenstein, Austria, France, Germany and the Netherlands before culminating in the North Sea. On this one week self-guided cycling holiday in Germany you will ride around 295km of the 1230km-long EuroVelo 15 Rhine Cycle Route, from Strasbourg in France to Mainz in Germany. Along the way you will discover nature reserves as well as picturesque towns and cities with their cathedrals, Baroque castles, fortresses and historic monuments, offering a glimpse into the influences on this region over the course of history. Not only that, your journey will take you through the regions of Alsace, Baden and the Palatinate, all known for their wonderful wines which you will of course have plenty of opportunity to enjoy.

Cycling at your own pace with bike hire and luggage transfers included, staying in perfectly located 3* and 4* hotels on a bed and breakfast basis, you have the flexibility to explore the sights as you desire on your self-guided cycling holiday. The cycle paths are well-established and predominantly flat, and riding an average daily distance of around 50km a day this trip is perfect as a first long distance cycling holiday or one to undertake with your family. You can travel on this holiday flight-free from the UK, making use of the excellent rail network in Western Europe. We can also assist with extending your time in stunning Strasbourg or magnificent Mainz if you wish, just speak to our sales team for more information.

Is this holiday for you?

This holiday is a perfect introduction to long distance cycling in Europe or even self-guided cycling holidays with your family, making use of the extensive waymarked EuroVelo routes. The cycle paths are well-built and predominantly flat, making the ride easy going. Through the Rhine flood plains there are some sections on gravel paths. The distance covered averages at around 50km a day over six days of cycling, going at your own pace with as many rest breaks and sightseeing stops as you like. There is also the option to upgrade your hire bike to an e-bike if you wish to have the extra pedal power on your way. Staying at perfectly located 3* and 4* hotels throughout, with luggage transfers taken care of for you, enjoy discovering the Rhine Route at your leisure.

Itinerary

Version:

Holiday Information

What's Included

- All accommodation as described
- Meals as described in the Meal Plan
- Self-guided information pack containing your route notes & maps
- 21 gear bike hire
- Bike accessories (panniers/ puncture repair kit/ pump/ lock)
- Luggage transfers
- Navigation App and GPX tracks available

What's not Included

- Travel Insurance
- Travel to Strasbourg
- Travel from Mainz
- Visas (if applicable)
- Ferry tickets where required (each ticket approx. €3 per person including the bike)
- Tourist Taxes may apply and are usually under 5 Euros per person per night
- Some meals as described in the Meal Plan
- Personal equipment
- Any entry fees to sights en route
- Any additional activities/excursions indicated as optional

Your Self-Guided Pack & Route Notes

Each self-guided holiday comes with comprehensive route notes and a map or pocket guidebook of the area you are exploring. The route notes contain information about the places you will visit and the local transport you might need, along with the detailed route notes for your daily walks or cycle rides. We even include some tips for the best places to stop for lunch.

You can expect to receive your Self-Guided Pack containing your route notes, a map or guidebook, and all your relevant documents, no later than 3 weeks before your holiday start-date. We will send your documents using a signed-for courier so that you can track your package and know that it is safely on its way to you. For bookings of more than 4 people we will send an additional Self-Guided Pack. If you do not need this additional pack please inform our Sales Team. Your pack will be sent to the lead booker, so please remind them to pack it before setting off.

Should your self-guided trip be part of a longer adventure requiring you to leave home more than three weeks before your holiday start-date, please inform our Sales Team so that we can make alternative delivery arrangements.

GPS Travel App

This holiday includes a GPS navigation app, which contains the routes for you to follow each day, as well as attractions, coffee stops and points of interest along the way. The app does not need to have Wi-Fi connection to work, you simply follow the instructions we provide you to download the app to your personal smartphone device before you leave home and you are ready to go.

While the travel app is running, your phone battery charge can be consumed faster than normal, so we strongly recommend that you pack a power bank with you just in case you require it.

Self-Guided Families

Our Self-Guided Holidays are perfect for your next family holiday and are suitable for children of all ages.

Our partner hotels and accommodations are able to provide cots for young children, and some offer family rooms. We can also arrange hire of children's bikes and tag along bikes for most of our self-guided cycling trips and with trips such as Lake Constance and the Danube offering routes on designated cycle paths you can rest assured in keeping your family safe.

As a parent we trust that you know your own child's capabilities, so please read the itinerary details to ensure the distances covered each day are suitable for your family. If this is a first time walking or cycling holiday for your family, a centre-based trip is a fantastic option as it allows you to easily opt out of a day's walking if a day of building sand castles, swimming in the pool, or visiting museums is calling instead.

Please discuss this further with our Sales Team who will be happy to assist in picking the best trip for your family.

Joining Arrangements & Transfers

The trip starts in Strasbourg in France and ends at Mainz in Germany. All of our self-guided holidays are sold on a Land Only basis allowing you the flexibility to choose the travel method which best suits you.

The nearest airport for this trip is Strasbourg but Frankfurt offers more options from regional UK airports. From Frankfurt Airport you can take the train to Strasbourg (approx. 3 hours) or you can also travel by bus with FlixBus to Strasbourg (approx. 3-4 hours). From Mainz it is a short journey by train, bus or taxi to Frankfurt Airport.

It is also possible to travel flight-free from the UK to France, making use of the Eurostar. From Paris you can take the direct train to Strasbourg. From Mainz you can take the train to Paris or via Frankfurt to Brussels to join the Eurostar.

Meal Plan

This trip is on a bed and breakfast basis to allow you the most flexibility during your holiday.

Food & Water

Water from the taps is perfectly drinkable on this holiday - please use this to fill your personal bottles for your daily activities. We do not encourage the purchase of single-use plastic bottles.

This region of France and Germany has a wonderful blend of French and Germanic culinary influences and traditions, you will have no shortage of delicious and not to mention hearty food to enjoy over your holiday. There are many dining options from excellent restaurants to cosy traditional eateries where you can sample the local specialities of the region.

In the Alsace, popular dishes include choucroute (braised pork or fish on a bed of sauerkraut), baeckeoffe (a warming dish made from potatoes, vegetables and meat, slow cooked with Alsace wine and herbs), and tarte flambée which is like a thin pizza that is enjoyed at any time of day. You will also find lovely ingredients available for your picnic lunch, including braided pretzels, deli meats, cheeses and pastries (try the kougelhopf - a sweet Alsatian pudding cake).

In neighbouring Germany, you can expect filling soups and stews along with the familiar bratwurst, meatballs, dumplings and sauerkraut commonly featured. For a sweet treat, try the Spekulatius - thin, crispy spiced cookies which can also be found in buttery or almond coated varieties.

The region produces some of the most noted dry Rieslings in the world as well as highly aromatic Gewürztraminer wines. The wines produced here are mostly white, some reds are also available as are sparkling wines.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Accommodation

We have selected a range of comfortable 3* and 4* hotels for this holiday, all conveniently located for you to explore the sights of each town. Offering warm welcomes and hearty breakfasts, these are perfect for your week's journey of discovery along the Rhine.

All hotels provide a good breakfast buffet offering a range of hot and cold options, including a selection of meats, cheese, bread, eggs, pastries, cereals, fruit and so on, plenty to fuel you up for your day's ride. Rooms are on a double or twin basis, typically with Austrian style twin beds (two beds within one bed frame and separate bedding).

It is possible to arrange additional nights accommodation if you would like to extend your time in Strasbourg or Mainz. Please speak to our sales team for further information.

Bike Hire

Standard hybrid bikes come with 21 or 24 gears, and all bikes come equipped with a pannier and handlebar bag for your daily essentials, plus a milometer, bike lock, pump, repair kit, and spare inner tube.

The bikes provided for this trip come in two different frame types - unisex bike frame or male bike frame. Bikes with unisex bike frames are 21/24-speed and are available for riders who are 148cm-190cm tall; bikes with male bike frames are 21-speed and are available for riders who are 165-205cm tall. If you would prefer a specific bike frame, e.g. a male bike frame, please request this when making your reservation with our Sales Team.

You also have the option of upgrading to "Bike Plus" hire on this trip for a supplement of £70. The Bike Plus option provides a slightly sportier sitting posture and comes with upgraded items such as 27 gears, hydraulic brakes, and a front suspension fork. This is a great option for those looking for a slightly comfier ride without upgrading to an e-bike. Bike Plus bikes are 20/27-speed, have male bike frames, and are available for riders who are 155-205cm tall.

We strongly recommend that you bring your own helmet with you for the best comfort, however you can order a helmet in advance to collect in Strasbourg before you begin cycling for an additional €40. Please contact our Sales Team to reserve this in advance of travel.

We also recommend packing a gel seat for extra comfort or a pair of padded cycling shorts, whilst the cycling is leisurely and there are plenty of opportunities to stop and explore it is always nice to have some padding for a comfortable ride.

We are also able to arrange tandem bikes, children's bikes, trailers, and child seats. Please ask our Sales Team for details.

Upgrade to an E-bike

If you are looking for a bit of extra support whilst in the saddle, you can upgrade to an e-bike to make your ride even more leisurely.

Equipped with a battery and motor, these electric bikes give you a helping hand whilst you are pedalling, making it easier to climb hills, and travel further with less effort and more comfort.

E-bikes are available on this holiday at an additional supplement of £255. Just request this upgrade option with our sales team at the time of booking.

Baggage Allowance

Your main luggage will be transferred between each of your hotels while you are out on your bike. We ask that you please ensure your luggage is under 20KG and that your luggage is ready for collection each morning.

General Information

Passport & Visas

Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates (*see Health & Vaccinations below*), **and visas for your holiday.** Please ensure that you check the [FCDO](#) for the latest advice for **each country visited** before travel.

Health & Vaccinations

Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations.

GHIC / Medical cover

UK residents should carry a free Global Health Insurance Card (GHIC). This entitles you to state provided medical treatment when you're visiting an EU country or Switzerland. This is not a substitute for medical travel insurance which is vital when travelling overseas.

Severe Allergies

Please inform our KE Sales and Support team of any severe allergies you may have before travel. We will always do our best to help but we are unable to guarantee an allergy free environment on our KE trips. We advise that you always carry your own treatment for the allergy with you such as 'adrenaline auto-injectors' if required. We also recommend that you discuss this with your accommodation on arrival so that they can better assist you.

Currency

The currency for part or all of this holiday is the Euro.

Preparing for your Holiday

The advantage of a self-guided cycling holiday is that you decide the pace. This trip is designed for leisure cyclists and does not require you to be in peak fitness. Having said this it is always sensible to get some additional exercise before going on an active holiday. After all, the fitter you are the more enjoyable your cycling will be. You should be comfortable with cycling 40-60 km a day on easy cycle paths and we advise to dust off your bike and head out on a few rides before your holiday.

Climate

Rhineland-Palatinate is part of the West-European Atlantic climate, characterised by mild winters and moderate summers and is therefore part of the warmest climate zones north of the Alps. Expect daytime highs to reach around 26 degrees C in the summer months, and around 15-20 degrees C in the spring and autumn. Showers can occur at any time of the year so it is always worth packing your waterproofs just in case.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

The Rhine: Following Europe's greatest river from Amsterdam to the Alps – Ben Coates

Journey Through Rhineland-Palatinate – Maja Ueberle-Pfaff, Brigitte Merz & Erich Spiegelhalter

Cicerone Guide The Rhine Cycle Route: Cycle touring EuroVelo 15 through six countries – Mike Wells

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

Equipment Information

SelfGuided Cycling Equipment List

- Cycling shorts

- Cycle helmet
- Functional base layer
- T-shirts
- Scarf
- Hat
- Windproof jacket
- Fleece / extra layer
- Rain protection
- Rucksack (approx. 20 l)
- Small first aid kit for your rucksack
- Sunscreen
- Water bottle or hydration pack
- Camera (batteries/memory card)
- Mobile Phone (ensure your data package covers your destination)
- Handlebar mount that is compatible with your smartphone
- Power bank
- Waterproof phone cover
- Sun glasses
- Personal wash kit

- Reusable cloth bag for shopping to avoid the use of plastic bags
- Tupperware for picnics

Land Only Information

Please note our 'from price' listed is based on 4 persons twin or double occupancy, however we can quote for any number of travellers, including solo travellers, contact our sales team for a quote.

This trip is available for departures on Thursdays and Saturdays throughout the dates listed.

All of our self-guided holidays are sold on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. You may even wish to make this holiday part of a bigger adventure or pair it with one of our other holidays. We can arrange additional nights accommodation before or after your self-guided trip, ask our sales team to find out more about this.

Our sales team will be happy to provide you a quote for scheduled flights or alternatively you may wish to book your own flights with a low cost carrier from your nearest regional airport.

Please DO NOT book your flights before you have received your booking confirmation and your deposit has been taken.

Why Choose KE

Why KE

Adding to our range of great European cycle routes plus flight-free travel from the UK, join us on the Rhine and explore the wine regions of Alsace, Baden and the Palatinate on two wheels at your leisure. Have the peace of mind of having perfectly located, comfortable hotels arranged for you together with luggage transfers from hotel to hotel. We have also included your bike hire, plus e-bike upgrades are available, so you can really enjoy the ride.

Please Note This document was downloaded on 20/08/2025 and the trip is subject to change