



AMC ADVENTURE TRAVEL
Volunteer-Led Excursions Worldwide

Cycling Around Lake Constance Germany, Austria, and Switzerland

AMC Adventure Travel Trip #2329

June 10-17, 2023



Image: terranova touristik

TRIP OVERVIEW

Join us for a cycling adventure through Germany, Austria, and Switzerland around the famous Lake Constance located at the foothills of the Alps and fed by the Rhine River.

Cyclists love the international Lake Constance region for its dedicated bike paths, breathtaking alpine views, and charming villages. The region's pristine setting, varied landscape, and interesting history is sure to provide a memorable experience for AMC cyclists. To make the most of our experience we will be using e-bikes and the support of a local guide. Our route will diverge from the "standard" Lake Constance bike path, away from the crowds, and up into the vineyards, orchards, and nature preserves that surround the lake.

Throughout our time together we will endeavor to enjoy and understand this wonderful region via the AMC's mission of education, conservation, and appreciation of the natural world.



Image: Achim Mende

Planned Itinerary:

June 9 or Prior: Depart the USA for an overnight flight to Zurich.

Day 1 - June 10

Arrive in Konstanz (independent travel). Our trip officially begins with a welcome dinner at 5PM on May 13th. Overnight in Konstanz. Meals included: Dinner.

Day 2 - June 11

Visit Mainau Island, renowned for its botanical garden, arboretum, and excellent environmental practices. Travel to Gottlieben to meet our local guide, get fitted to our eBikes, and take a short warm-up ride. Overnight in Gottlieben. Meals included: Breakfast and Dinner. Activity: ~3 miles walking and ~5 miles biking.

Day 3 - June 12

Cycle to the island of Reichenau, a cultural UNESCO world heritage site and an important ecosystem on the lake for nesting and migrating birds. In the afternoon we cycle to Konstanz for a guided tour and then onto Wallhausen for a ferry to the other side of the lake. Overnight in Überlingen. Meals included: Breakfast and Dinner. Activity: ~24 miles biking and ~3 miles walking.

Day 4 - June 13

Bike from Überlingen to Salem. Guided tour of the majestic Salem Monastery and Palace, a former Cistercian monastery one of the most important cultural heritage sites in the Lake Constance region. Overnight in Salem. Meals included: Breakfast and Dinner. Activity: 22 miles biking and ~3 miles walking.

Day 5 - June 14

Bike from Salem to Lindau via the "Hinterland". Lunch break at a small lake and continue through the wine country to the town of Lindau. FREE EVENING in the historic town of Lindau. Overnight in Lindau. Meals included: Breakfast. Activity: ~39 miles biking and ~1 mile walking.

Day 6 – June 15

Guided tour of Lindau. Bike along the shore from Lindau to St Gallen, through Austria, and into Switzerland. Ride through the Rohrspitz, a biodiverse nature reserve where the Rhine flows into Lake Constance from the Swiss Alps. Overnight in St Gallen. Meals included: Breakfast and Dinner. Activity: ~14 miles biking and ~3 miles walking.

Day 7 – June 16

Guided tour of St Gallen. Bike through the Swiss agricultural hillside and apple orchards to the lakeshore. Overnight in Gottlieben. Meals included: Breakfast and Farewell Dinner. Activity: ~27 miles biking and ~3 miles walking.

Day 8 – June 17

After breakfast, we bid farewell and begin our journey home or to other destinations in Europe. Meals included: Breakfast.



Image: Helmuth Scham

What to Expect

Difficulty Rating: This trip is rated a difficulty of [Easy-Moderate](#). To enjoy this trip, you should be able to ride up to 35-45 miles on an e-bike or ~4-5 hours daily for several days in a row. Our pace will be relaxed so that we may enjoy the scenery and we will take breaks along the way to sample local fare.

Weather: Weather wise, we can expect an even mix of sun and clouds during our trip. The average daily temperatures during this time are in the 60's. Mountain weather can be unpredictable and waterproof layers including suitable insulation layers will be required. See the gear list at the end of this prospectus for more info.

Meals & Lodging: Our accommodations will be at unique locally owned inns, mostly 3-star, with delicious breakfasts and dinners included. Solo travelers will be paired with a same gender roommate. Single rooms might be available with a "single supplement".

Participant Expectations: This is a group activity and we will be spending many, but not all, hours together. We expect that everyone will pitch in and contribute to helping each other have a great time.



Image: Helmuth Scham

TRIP PRICE

The trip will cost \$3,795 for AMC members and \$3,895 for non-members. Non-members can join AMC for \$50 by clicking [here](#).

Included in the price: Bike rentals, bike guide and van support, 7 nights lodging, 7 breakfasts, 6 group dinners, local bus, ferry & train transport, and emergency medical and evacuation insurance. A limited number of single rooms (single supplement) might be available at an additional cost.

Not included in the price: The cost of lunches, one dinner, drinks, and incidentals - essentially anything not specifically detailed above, *is not* included in the price. We recommend budgeting ~\$15/day for lunches. Please note that bike helmets are required but not provided. Bring a helmet from home or purchase one before arriving for the cycling program (there are bike shops in Konstanz).

Round-trip airfare (~\$1200) and land travel to / from your airport *is not included* and we will provide information on suggested flights when it is time to book your flights.

The trip fee includes an AMC overhead charge to cover the administrative expenses of offering AMC Adventure Travel excursions and, in accordance with AMC, you are subsidizing some of the leaders' cost. The trip fee also includes emergency medical and evacuation insurance coverage which is required by AMC.

The price for this excursion is based on quotes or estimates obtained at the time the trip was submitted to the Adventure Travel Committee for approval. The final price will be adjusted in accordance with the best final arrangements we can make. As with all Adventure Travel Committee excursions, this trip is run on a non-profit basis; any savings we achieve, as well as any cost increases we incur, will be shared by trip participants.



Image: terranova touristik

How to Proceed

To apply to the trip, email linehant@yahoo.com to let us know that you are interested in receiving the trip application forms.

We will send you the application materials which you will need to print, complete, sign and return along with the required deposit check of \$1,000 made payable to the Appalachian Mountain Club.

Prior to your acceptance as a participant in this trip, you will be asked to discuss with us your capabilities and experiences. We may also request references to confirm your fitness level and suitability for participating in trip activities. While the leaders will make a reasonable attempt to ensure a good “fit” between the trip and participants, you are ultimately responsible for being aware of the risks involved in the activities and for conducting yourself accordingly. You are ultimately responsible for your own safety.

Your official acceptance onto the trip will not happen until the leader(s) have determined by a telephone conversation with you that you and the trip are a good match.

Once you have been officially accepted and the trip has the required number of qualified participants to make the trip a “go”, your check will be deposited and the trip’s cancellation policy will take effect. The rest of the trip fee will be due 1-2 months before the start of the trip.

Terms and Conditions

By booking a trip with us, you agree with the [terms and conditions](#) including the minimum cancellation fee of \$300. Please read this information and contact the trip leaders with questions.

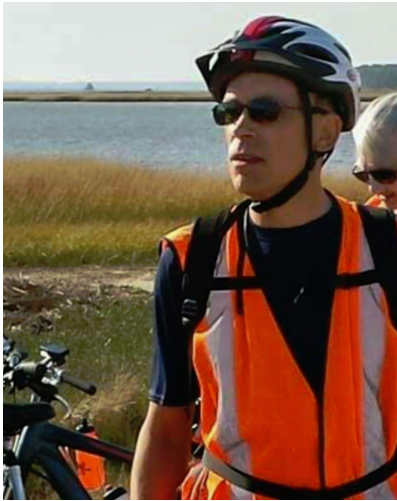
Required Gear

- Passport, Medical Insurance Card, and EU-required Vaccine Credentials
- 1 water bottle
- Personal first aid kit
- Outer-layer: waterproof jacket and pants
- Sturdy shoes for walking around town
- Cycling shorts, shirts, socks, and shoes
- Cycling helmet; *Due to covid / hygiene you must bring your own helmet.*
- Sun protection: sunglasses, lotion, and lip balm
- Leisure clothes for travel and hotel
- Personal toiletries

Optional Recommendations

- Small Backpack (15-20L) with waterproof pack cover
- Ear plugs for light sleepers
- Ziploc baggies for packing snacks
- head lamp
- Reading materials for breaks in the action
- Luggage locks

Your Trip Leaders



Tim Linehan

Tim is a member of the CT Chapter and leads trips for CT Mountaineering Committee, NH chapter Ski Committee, Adventure Travel, and as a program volunteer at Highland Center and Pinkham Notch. His travels have included cycling trips in Germany, Austria, the Czech Republic, Slovenia, and Italy.



Karen Thurston Barsanti

Karen is a member of the NH Chapter and has led trips for over 15 years for NH Excursions, NH Family Group, August Camp, and Adventure Travel. She is certified in Wilderness First Aid, AED, and CPR and currently serves as Treasurer of AMC's Adventure Travel Committee. Karen has led multiple trips to Europe and has cycled in France, Switzerland, Germany, and Austria. This will be her second trip around Lake Constance and she looks forward to sharing this special route.