

Trip 2343

17–27 June 2023

E-BIKE RHINE RIVER TRAIL: FRANKFURT–AMSTERDAM



Katz Castle on the Rhine River, Germany, leading towards Lorelei rock at the bend. [Jörg Braukmann](#)

1. OVERVIEW

What a wonderful combination of the romantic Middle Rhine and Lower Rhine. Let yourself be enchanted by the wine idyll of the Rheingau, by the numerous castles and palaces of the Middle Rhine Valley, by the Loreley, the new cable car across the Rhine in Koblenz, by imposing cities such as Cologne, Düsseldorf and Duisburg. Look forward to the small fortified town of Zons, the largest inland port in Europe, industrial history in the disused smelting works and imposing Roman excavations in Xanten combined with the scenic idyll, expanse and tranquility of the Lower Rhine.

On the bike route we will travel through picturesque Germany from Mainz to Emmerich and then ending in the Netherlands, with stunning views of the river, landscapes and surrounding cityscapes in the Rhine River Valley. While the route is relatively flat, we will use electric bikes to allow all participants the ability to engage some extra horsepower when desired. The route along the Rhine runs almost exclusively on paved roads and paved bike paths and dam paths or on quiet country roads. Direct cycling in traffic is rare.



[*Friedrich Gier/Romantischer Rhein Tourismus GmbH*](#)

We will have the opportunity to visit numerous highlights along the way. For those who have time before the trip commences in Mainz, there is the Gutenberg Museum and St Stephan's Church. At the end of the cycling in Arnhem, the Dutch Open Air Museum awaits. In between, we hope to stop at suspension bridges, cathedrals, museums, natural formations of land and water, and possibly a geyser and the "longest bar in the world." Our optional choices may be affected by time, weather, and preference.

2. HIGHLIGHTS

- A. Eleven days of e-biking in beautiful river valley, vineyards, castles, and historic towns
- B. Time during each day to visit the local highlights including short hikes, ferry ride, cable car, or cog railway options
- C. Stops for pictures and at historic castles, gorgeous cathedrals, engineering marvels, cultural sites, and local establishments
- D. All lodging, dinners, and breakfasts from dinner on 17 June to breakfast on 27 June 2023
- E. Luggage transport from hotel to hotel during the trip
- F. Transport as described in itinerary on ferries across river, train in Duisberg, and train from end of bicycle tour to Amsterdam



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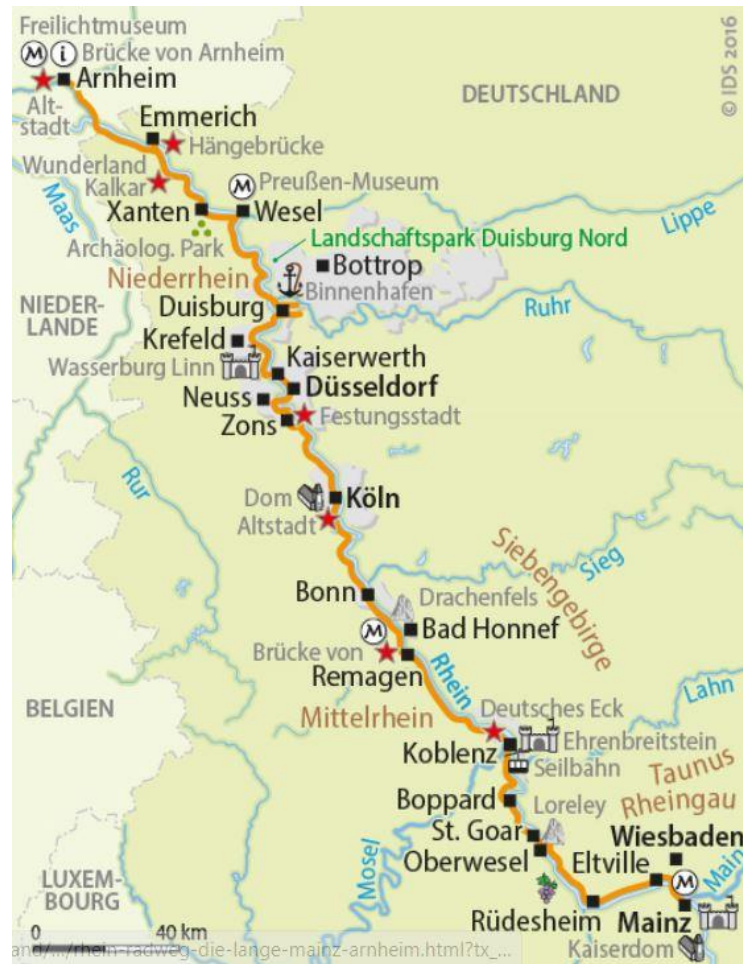
4. PARTICIPANT EXPECTATIONS

- A. E-bike up to 55km (33 miles) per day on good roads with frequent stops for picture taking, lunch, snacks, and sights.
- B. Experience river views, castles on hills, windmills, vineyards, bridges, cafes, etc.
- C. Enjoy fantastic scenery, gastronomic delicacies, and the camaraderie of like-minded individuals.
- D. Trip is rated [Moderate](#).



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5. LOCATION



6. LODGING

- A. Double occupancy rooms with two twin beds & private bath
- B. The two twin beds can be separate frames or two adjacent twin mattresses on a single bed frame. Each mattress has its separate sheet, blanket, & pillow.
- C. Single supplements maybe available

7. ITINERARY

- A. Friday 16 June 2023

Depart the US. Overnight flight to Frankfurt (FRA).

- B. Saturday 17 June 2023

Train from Frankfurt to Mainz. Arrive in Mainz in time for group dinner at 18:00.

Options during the day to visit the Roman-Germanic Central Museum, Gutenberg Museum, Imperial Cathedral and Electoral Palace.

C. Sunday 18 June Mainz–Oberwesel 51km

The beautiful first cycle route takes us through the gentle vineyards and well-known wine-growing towns of the Rheingau. Here the Rhine still flows gently, forming small romantic islands and expanding its bed to a width of up to 800m!



[@maxschnell555](#)

We plan to visit the half-timbered town of Eltville, which is well worth seeing. An optional detour is +14km to Eberbach Abbey. In Rüdesheim we will take the opportunity to stroll through the world-famous Drosselgasse or to take a relaxing ride on the cable car up to the Niederwald monument.

From Rüdesheim to Bingen, we will use the Rhine ferry and continue on the well-developed cycle path to Bacharach. In these 16km alone, we will pass the Mouse Tower, the castles of Rheinstein and Reichenstein, as well as Castle Sooneck and Hohnock and the ruins of Fürstenberg.

D. Monday 19 June Oberwesel–Koblenz 45km

We will reach St Goar in the morning and we plan to climb the Loreley there. A hiking trail leads up and gives us a beautiful view of the narrowest point in the romantic Rhine Valley. Here is the heart of the Upper Middle Rhine Valley UNESCO World Heritage Site and the worthwhile visitor center on the Loreley offers interesting insights into the history, nature, and culture of the region as well as the myth of the Loreley.

Back on the shore, the cycle path then continues to Boppard. It's turbulent here, but we have the option to take the chairlift to the Vierseenblick to escape to the wooded, quiet

heights and enjoy the view of the Rhine Valley again. Or we can visit the well-preserved Marksburg Castle and Stolzenfels Castle on the way to the Deutsches Eck in Koblenz, where we will end the day.

E. Tuesday 20 June Koblenz–Bad Honnef 55km

Cozy health resorts and inviting wine villages are vying for our visit today. Thermal baths and beer gardens also want to spoil the cyclists. Or we could choose to give the bike a break and enjoy some time on the Rhine boat from the water. Everything is possible for us between Koblenz and Bad Honnef! History buffs should pay a visit to the "Bridge of Remagen" museum just before reaching the stage destination, before taking a leisurely stroll through Bad Honnef's pedestrian zone. We will enjoy nice cafes and pretty half-timbered houses here.



[@Bicyclesforkiama](#)

F. Wednesday 21 June Bad Honnef–Cologne 42km

Today we roll past Bad Godesberg at the foot of the Siebengebirge. We can marvel at the Drachenfels, which towers 250m above the Rhine and we have the option to take an exciting trip to the summit with the Drachenfelsbahn, the oldest cog railway in Germany. The old federal capital Bonn is also on our way and invites us to extensive sightseeing before the Cologne Cathedral comes into view. Today's stage is not too long, so we will reach our hotel in the city center early and we can still admire the diverse sights of Cologne without any worries.



[@claudia torresani](#)

G. Thursday 22 June Cologne–Düsseldorf 53km

We leave the cathedral city of Cologne and cycle along the banks of the Rhine to the medieval town of Zons. We can view this old fortified city with its completely preserved

city wall. It is also called the Rothenburg of the Rhineland. We can observe the mighty Rhine Tower (1388) and the still functional windmill with wooden grinder (17th century).

On the Rhine Cycle Path, we will cycle comfortably to Düsseldorf's old town, which is also known as 'the longest bar in the world'. This expression of cheerful Rhenish nature stands for more than 250 pubs, restaurants and bars that line the streets of the old town. We will relax at Burgplatz, which has been voted one of the most beautiful squares in Germany and enjoy the wonderful view of the Rhine.



Medieval town on the Rhine. [Zons am Rhein](#).

H. Friday 23 June Düsseldorf–Duisburg 49km

The Rhine cycle path takes us today to Kaiserswerth with the picturesque ruins of the “Kaiserpfalz”. With a small ferry we will change to the left side of the Rhine, because here a detour to the moated castle Linn is worthwhile. The green river meadows are now giving way to imposing industrial architecture. Now the city center of Duisburg can be reached quickly.

In the afternoon, we have the option to take an informative boat tour through the largest inland port in Europe, before we end the evening comfortably in the inner port, which is dotted with many bars and restaurants.

I. Saturday 24 June Duisburg–Wesel 47km

After a short S-Bahn ride (6 minutes) we cycle in Duisburg Meiderich directly to the ‘Landschaftspark Duisburg Nord,’ a 200 hectare disused iron and steel works. Here we

can take a self-guided tour of industrial history, hopefully climb the disused blast furnace, discover the ore bunker, casting hall, gasometer and blower hall.

After this impressive tour, certainly a highlight of this bike tour, we will follow a comfortable bike path on a former railway line back to the banks of the Rhine. We then cycle through rural idyllic and nature reserves on the Lower Rhine to the Hanseatic city of Wesel with the Prussian Museum.

J. Sunday 25 June Wesel–Emmerich 52km

Today we look forward to Xanten with the historic city center, the sumptuously furnished St Viktor Cathedral and the archaeological park. On the site of the Roman city of Colonia Ulpia Traiana, Germany's largest archaeological open-air museum invites us to an exciting excursion into history. After a worthwhile visit, we will cycle past inviting bathing spots to the "Wunderland Kalkar" amusement park and over Germany's longest suspension bridge, the "Golden Gate on the Lower Rhine".

We will enjoy the evening in the old Hanseatic town of Emmerich on the beautiful Rhine promenade, which invites us to stroll.



Golden Gate on the Lower Rhine. [Raimond Spekking](#)

K. Monday 26 June Emmerich–Arnhem 41km

We will reach the border in the morning. On the Rhine cycle path, we pass the point where the Rhine divides into Waal and Nederrijn. From here one speaks of the Rhine delta, which extends to the North Sea. With the best view we will follow the Nederrijn on elevated causeways, over locks and bridges to the old town of Arnhem.

We will explore history in the Arnhem Bridge information center. We can also visit the open-air museum with more than 80 historic Dutch houses and windmills or let ourselves be tempted by the wide range of shops.

Drop off bikes and take the train to Amsterdam. Final group dinner.



L. Tuesday 27 June 2023

Breakfast at hotel. Depart from Amsterdam (AMS).

8. TERMS & CONDITIONS

Please refer to [Terms and Conditions](#) regarding the AMC Adventure Travel:

- A. Cancellation Policy with \$250 minimum once the trip is confirmed
- B. Leaders' Right to Change Itinerary
- C. Leaders' Expectations of Participants
- D. Trip Price
- E. Travel Documents
- F. Safety
- G. Activity Rating System



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9. TRIP PRICE

- A. Price is \$4,300 per person shared occupancy for AMC members and \$4,400 for non-members. [Join the AMC](#) for \$50.
- B. Deposit of \$1,500 is due with application. Balance of \$2,800 due 1 February 2023.
- C. The price will be adjusted in accordance with the best final arrangements we can make and currency fluctuations. Any savings we achieve, as well as any cost increases, will be passed back to you. Our cost estimates are conservative. A refund is considerably more likely than a price increase.
- D. The trip includes:
 - i. All lodging, dinners, and breakfasts from dinner on 17 June through breakfast on 27 June 2023
 - ii. Luggage transport from hotel to hotel during the trip
 - iii. Transport as describe in itinerary on ferries across river, train in Duisberg, and train from end of bicycle tour to Amsterdam
 - iv. Electric bicycle
 - v. Emergency medical evacuation insurance
- E. Participants are responsible for:
 - i. Travel from airport to start of trip in Mainz hotel
 - ii. Travel from Amsterdam hotel to airport at end of trip
 - iii. Lunches, snacks, and drinks with meals
 - iv. Excursions, site visits, museums, and tours
 - v. Tips and personal expenses
 - vi. Insurance for travel delay, interruption, cancellation, or for baggage loss. If the possibility of such problems concerns you, individual travel insurance is suggested. The AMC has a recommended vendor whose material will be sent to you if your application is accepted.

10. TRAVEL

- A. Arrive Frankfurt (FRA) on Saturday 17 June 2023:
 - i. Short train ride to Mainz
 - ii. Arrive in time for group dinner at 18:00
 - iii. Arrive earlier to visit many interesting sites in town

- B. Depart from Amsterdam (AMS) on Tuesday 27 June 2023 after 12:00.Lodging
- C. Double occupancy rooms with two twin beds & private bath
- D. The two twin beds can be separate frames or two adjacent twin mattresses on a single bed frame. Each mattress has its separate sheet, blanket, & pillow.
- E. Single supplements maybe available

11. REGISTRATION

We expect a group size of 16 people, including two leaders.



To enter Germany, you will need a valid US passport for three months beyond planned date of departure from the Schengen area.

To apply, you must [complete all the required forms](#) which consists of:

- A. Application
- B. Acknowledgement, Assumption of Risk and Release form
- C. Medical Questionnaire
- D. Covid Waiver

Full link to the form at <https://forms.office.com/r/372FwQXGcf>

You will not be accepted and your check will not be deposited until the leaders have determined by telephone conversation with you that you and the trip are a good match. Deposit checks from wait-listed applicants will not be cashed until a spot is available, the applicant is accepted onto the trip, and they have confirmed their continued interest.



[@rantapallofi](#)

12. TRIP LEADERS

A. Rami Haddad



Rami is an active AMC leader with Adventure Travel, Bicycle, & Ski committees. He travelled throughout the world on several trips for hiking, bicycle touring, and sightseeing. He has been on extended trekking, trail running, & bicycle tours through the [White Mountains](#), [100 Mile Wilderness](#), [Pacific Northwest](#), Japan, [southern Patagonia](#), [Switzerland](#), [Hong Kong](#), [South Africa](#), [France](#), [Italy](#), & [Germany](#). Follow his adventures on [blog](#), [Instagram](#), & [Strava](#).

B. John English



John is a four-season day hike and trip leader for the AMC NH Chapter. He has completed the NH 48, the NH 48 in winter, and the NE 67. He is now working his way through the NE 111 and NE 67 in winter. John has led at AMC August Camp and has taught at the AMC NH Cardigan Lodge series. He has been hiking in over 40 of the US National Parks and Monuments. John has traveled to over 20 foreign countries, hiked the Machu Picchu trek in Peru, and has hiked in the Alpine areas of France, Germany, and Switzerland.

13. GEAR LIST

Below is a suggested list for both hiking and biking activities, with many that can overlap to use to travel lightly.

A. Passport. Tourist visa is not required for US citizens. The passport must be valid for at least three months after date of departure.

B. Bicycle

- i. Helmet
- ii. Water bottles
- iii. Bicycle shorts and top
- iv. Bicycle shoes
- v. Nuun hydration tablets
- vi. Sunglasses
- vii. Rear-view mirror

- viii. Zealios Betwixt chamois cream
- ix. Handlebar bag or backpack
- x. Rain gear: thunderstorms and rain are likely at some point during the trip, but we do not let that stop us

C. Bicycle Bag

The most comfortable option for carrying gear, accessories, and food is inside handlebar bag mounted on bicycle. These relieve back pain and keep better balance.

Alternatively, carry a small backpack with such gear, ideally with a waist strap to keep it steady.

D. Clothes

- i. Casual clothing, vest, jacket, sweater
- ii. Warm clothing (it can get cool)
- iii. Shoes, sandals, or flip flops
- iv. Slacks
- v. T-shirt
- vi. Long-sleeve shirt
- vii. Jacket

E. Accessories

- i. Toothbrush
- ii. Lip balm
- iii. Toothpaste
- iv. Razor
- v. Shaving cream
- vi. Contact lens solution and case
- vii. Glasses
- viii. Flashlight or head lamp
- ix. Mobile phone and charger
- x. Deodorant
- xi. Comb (or light hat for the evening)
- xii. Sunscreen
- xiii. Camera and battery charger
- xiv. GPS, power charger, bicycle mount

14. READING LIST

Main references are [Euro Velo 15](#) web site with relevant Lonely Planet guidebooks for Germany and Netherlands.