

FRANCE LUXEMBOURG GERMANY – METZ TO COCHEM or v.v. 8-days / 7-night easy to moderate **PREMIUM PLUS** Bike and Barge GUIDED cycling cruise



Combining an easy-to-moderate guided cycling route along the banks of the River Saar and River Moselle, this active one-week cruise offers the opportunity to explore this beautiful and ever-changing countryside sampling the white wines and local cuisine that makes this region so famous. The route meanders alongside the Saar and Moselle, partly in France, partly in Luxembourg, and partly in Germany. We cycle through charming French countryside with small villages famous for the sweet, smooth wines and golden “*Mirabellen*” liqueur (plum liqueur), with vineyards clinging to the steep valley slopes above us. We cross into Luxembourg to spend the night in Remich. In Germany we visit the lovely town of Saarburg, with its stunning waterfalls, gardens and cafés in the city centre above the river, and Trier, the oldest city in Germany and former Roman capital. Other highlights include the historic French city of Metz; scenic Cochem, with its medieval hilltop castle; and Bernkastel-Kues, in the centre of the Moselle Valley wine region, featuring traditional half-timbered architecture and a charming market square.

Our Premium Plus barge has just 16 twin-bed, air-conditioned cabins. On selected departures there is the possibility of an upgrade to a Premium twin cabin. The barge has a saloon with bar, lounge and dining area with large windows on the upper deck. There is exterior seating on the sundeck, perfect for when you might like to take a break from cycling and relax while the barge cruises.

Well-maintained multi-gear hybrid touring bikes are provided. The cycling is along well-defined mostly riverside sealed pathways, cycle paths and backroads with occasional busier sections close to bigger towns. Occasionally there is the option to break into hillier country to visit areas of interest, for wine tasting, to see a castle or for a coffee stop. A limited number of E-bikes are available (at extra cost – book early).

2027 Departures: **Cochem – Metz:** 5 July, 2 August, 13 September, 11, 25 October
Metz – Cochem: 17 May, 28 June, 12, 26 July, 9, 23 August, 20 September, 4, 18 October

Cost from: **\$3960** per person twin share Single cabin supplement from \$1095 - \$2275 (limited – on request)
Mid/High season supplements from \$185 - \$910 per person
Superior Twin Cabin supplement from \$695 per person

Included: 7 nights in twin cabin with private bathroom; 7 buffet breakfasts, 6 packed lunches, 6 three-course dinners; tea / coffee during the day; welcome drink; hire of multi-gear hybrid bicycle with helmet, water bottle, pannier; services of English-speaking cycle guide, local wine tasting, ferry fares on route, entrance to Reichsburg Cochem, SGR insolvency protection.

Not included: Drinks and personal expenses, crew gratuities, other entrance fees and excursions, transfers to/from the barge, travel insurance. Special diets available at extra cost. Dinner on 1 night at own arrangements.

Call OUTDOOR TRAVEL on (03) 5750 1441 for details or reservations

Suggested itinerary:

Day 1: Arrival in Metz

Arrive in Metz at 2.00pm for a bike fitting and to meet the crew. After dinner we can take a guided walk through the town. Strategically situated between Côtes de Moselle and the Lorraine plateau, Metz is rich in history. St. Etienne Cathedral is one of the most beautiful gothic cathedrals in France. It has stained glass windows by Chagall.

Day 2: Metz – Remich

Cycling @ 40km or 50km

Breakfast is served whilst cruising. Our first cycling route is a good introduction to the region and to the cycling trails and pace of the group. We follow the beautiful River Moselle valley, past the castle of Sierck-les-Bains, and cross the French border into Luxembourg at Schengen. We overnight in Remich where the Moselle forms the border between Germany and Luxembourg.

Day 3: Remich – Saarburg

Cycling @ 40km or 50km

We follow the valley of the Moselle and join the River Saar to the north and visit the charming town of Saarburg. On the way we visit a wine cellar to sample the fresh and fruity wines of the region. Saarburg is situated in the most beautiful part of the densely forested Saar valley. The castle of Saarburg was built in the middle of the 10th Century. In the town centre, one of the most beautiful in the region, there is a square and terrace beside a 20-metre waterfall and an old mill. Most of the houses in the centre date from the 17th and 18th centuries.

Day 4: Saarburg – Trier

Cycling @ 35km

We cycle along the towpath to Trier, the oldest city in Germany. Birthplace of Karl Marx, Trier was a Roman capital founded by Caesar Augustus under the name of Augusta Treverum. The Romans left many monuments that can still be visited including the dramatic city gate Porta Nigra, which was built around 18 AD. Dinner is not included tonight, so you are free to make your own arrangements in one of the many restaurants.

Day 5: Trier – Schweich – Neumagen - Bernkastel-Kues

Cycling @ 30km or 55km

After a cruising breakfast from Trier to Schweich we cycle downstream past endless vineyards, past Trittenheim and Piesport (famous for the 'Piesporter Goldtröpfchen' wine). Trittenheim lies on a sharp bend in the river near to Laurantiuskapelle. Our destination is Bernkastel-Kues, an old and picturesque town with timber-framed houses, one of the best wine centres of the Mid-Moselle. Take time to walk to the castle and explore the market square.

Day 6: Bernkastel-Kues – Traben-Trarbach – Zell

Cycling @ 45km

The morning starts with a ride to Traben-Trarbach, a village surrounded by forests and extensive vineyards, the major centre of the wine trade in the Moselle region. We cycle to Zell, home of the famous Schwarze Katz wine (a crisp white made primarily with Riesling grapes), situated on the river where it meanders through the hills.

Day 7: Zell – Beilstein – Cochem

Cycling @ 40km

The highlight of today's ride is Beilstein, the "Sleeping Beauty of the Moselle", is one of the best-preserved historical villages on the Moselle. Towering about the village are the ruins of Castle Metternich, which you'll have the opportunity to explore. Our destination is Cochem, a town full of character amid the steep vineyards and hills. It has a medieval fortress and again a picturesque town centre with beautiful timber-framed houses.

Day 8: Departure day

Tour ends in Cochem after breakfast.

Cruise operates in opposite direction on alternate weeks. Day-to-day itinerary is subject to change at the discretion of the captain or cycling tour leader (where necessary). Cycling distances shown are approximate.



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We also offer a longer, 9-day (8-night) version of this cruise which includes a pre- or post-tour extension in Metz. Ask for more details.

Contact Outdoor Travel for more details and reservations:

- Call: (03) 5750 1441
- Email: info@outdoortravel.com.au
- Web: www.outdoortravel.com.au
- Mail: Outdoor Travel Pty Ltd, PO Box 286, Bright, VIC 3741, Australia