

FRANCE, LUXEMBOURG AND GERMANY - FROM METZ TO COCHEM

7-days / 6-nights easy to moderate cycling along the Rivers Saar & Moselle



Cost: AU\$1845 per person twin share Single cabin supplement AU\$395
Departs: 29th September 2012 from Metz in eastern France

Tour cost includes:

- * 6-nights accommodation in a twin/double cabin with private bathroom, air-conditioning, safe, hairdryer
- * 6 full buffet breakfasts with 5-packed lunches (from the breakfast buffet) and 5 three-course dinners (starting with dinner on Saturday, the first day and ending with breakfast on Saturday the last day)
- * Daily room cleaning service with all bedding, sheets, towels, facial tissues, soap & portorage of luggage
- * Unlimited drinking water, tea and coffee during meals. Welcome cocktail.
- * 7-speed hybrid bicycle hire with panniers and experienced cycle tour guide. Bike helmets are also available.
- * Harbour and ferry fees, wine tasting in Trarbach and city tour in Trier

Not included:

- * Drinks & entrance fees other than those described & personal expenses, transfers to/from the barge.

Combining an easy-to-moderate guided cycling route along the glorious banks of the River Moselle bordering three countries, popular since Roman times, this cycling cruise offers beautiful and ever changing countryside in autumn, harvest time, sampling the white wines and local cuisine that makes this region so famous.

The Moselle wines taste delicious, the picturesque little villages and towns such as like Trier, Cochem and Bernkastel are rich in history and the route for cycling is mostly flat but interesting and varied.

After Trier we will follow the River Saar to visit charming Saaburg, with the stunning waterfalls in the city centre. We continue into Luxembourg and France with their welcoming villages, where the inhabitants are proud of their sweet, smooth wines and golden "Mirabellen" liqueur (plum liqueur). Our final goal is the city of Metz with her splendid cathedral.

Aboard our specially modified barge, the Captain and crew have a reputation for hospitality with excellent meals and an attention to guests needs. They make everyone feel that this is your home away from home. The barge has just 11-cabins, allowing for a maximum of 22 guests. All the cabins have en-suite bathroom facilities and are comfortably furnished with clean linen and towels. In the saloon, where meals are served, there is a fully stocked bar for wine, beer or soft drinks. Hot drinks and water are available at all times.

Bike and Barge cruises combines two popular ways of exploring Europe (easy to moderate cycling with river, canal or island cruising). They allow partners of different abilities and interests to holiday together (trips are just as interesting for non-cycling partners, leisure cyclist OR enthusiasts), you unpack once and come 'home' each night to a wonderful meal and a comfortable cabin with your own bathroom. These cruises are rapidly becoming the thing to do in Europe appealing to the more active mature traveller. These cycling cruises are ideal for first timers, experienced cyclist AND for families or small groups.

Call OUTDOOR TRAVEL on 1800 331 582 for details or reservations



These cruises offer the opportunity to explore beautiful countryside and historic cities sampling beers and local produce in the company of like-minded cyclists. Tours are conducted in English but passengers mostly include a mix of different nationalities - including English or German speaking with French, Italian or Dutch as the other main languages - adding to the cultural enjoyment of bike and barge cruising.

Well-maintained multi-geared bikes are provided (passengers can bring their own if they prefer) with guided cycling along a variety of waterways and pathways – mostly along flat, sealed pathways or sandy/gravel tracks - but occasionally we break away into hillier country to visit areas of interest, a castle or a coffee stop. More challenging routes may be available in some destinations. The cycling is always fascinating and varied with free time to explore each day's destination. Extra time available for those who want more cycling each day stage.

Suggested itinerary (the route is offered in reverse on alternate dates):

During the daily guided cycling tours distances will average about 30 – 45 kms per day.

Day 1 – Saturday: Arrival in Metz

Afternoon check-in at 4.00pm at the port of Metz (a short taxi ride or walk from the city centre) The crew will welcome you on board with a drink followed by a briefing about the ship, the tour and the bicycles. After dinner there is time for a stroll through the city.

The old city of Metz is strategically positioned between the River Seille and the Moselle and the plateau of Lorraine. The medieval centre has a beautiful gothic cathedral (with stained-glass windows by Marc Chagall) and many buildings of note. There are over 30 kilometres of landscaped pathways along the river, the canals and along the city ramparts. Metz is a lively university city with an attractive, green heart of parks and gardens.

Day 2 – Sunday: Metz – Thionville (40 km)

Cycling through the city we ride mostly beside the River Moselle on flat well made trails towards Thionville, an important centre for the steel industry of Lorraine. This is time to relax with a stroll in the evening after dinner onboard to discover the many fortifications dating from the 17th Century.

Day 3 – Monday: Thionville – Remich (35 km)

Our cycling today leads out of the French Lorraine-district into Luxembourg and the riverside town of Remich. We will pass the old citadel at Sierck-les-Bains with an opportunity to explore and enjoy our picnic lunch.

Day 4 – Tuesday: Remich – Trier (42 km)

Following the German-Luxembourg border today there is much to see and enjoy including Wasserbillig, the many reminders of a rich Roman history in this region and of course the world-renowned wines that they bought with them. The autumn colours are wonderful as we cycle past vineyards on the steep sided hills. There is a chance to sample some of the wines at one of the many cellars along our route.

In the afternoon we reach Trier once the Roman capital for northern Europe, one of the oldest cities in Europe. There is time to explore the historical remains, to visit the house where Karl Marx lived or stroll to the wonderful square with its market and shopping centre. Tonight you are free to arrange dinner at a restaurant in Trier.

Day 5 – Wednesday: Trier – Traben Trarbach (45 km)

We start the cruising day early whilst you enjoy your breakfast enroute to the popular holiday resort at Mehring. The Romans fell in love with this landscape more than 2000 years ago and built many splendid country-villas here. Later we will visit Bernkastel-Kues with its magnificent half-timbered houses that line the marketplace.

We then sail to Traben Trarbach with an opportunity to taste of the well-known Moselle Riesling wines onboard.

Day 6 – Thursday: Traben Trarbach – Cochem (35 km)

Today starts with a relaxing sailing breakfast, cruising upstream to Zell - famous for the *Zeller Schwarze Katz* vineyard. We cycle the meandering Moselle visiting many charming villages, such as Alf, Sankt Aldegund (with its cellar of liquors, wines and Mosel-mustards), Bremm and Beilstein. After exploring this unique medieval village - that has so far avoided destruction by any conflict in Europe - we arrive at Cochem to rejoin the barge.

Day 7 – Friday: Tour ends in Cochem

Disembarkation is at 9.00am after breakfast.



Similar Bike & Barge cruises on this barge are available starting in Springtime to view the tulips and spring flowers in Holland from early April each year. **Outdoor Travel** also offer cycling cruises from Amsterdam to Bruges and on various routes along the Weser, Aller, Mittellandkanal, and Rhine rivers visiting the cities of Amsterdam, Utrecht, Dordrecht, Gouda, Leiden, Berlin and to the Polish border, Potsdam, Brandenburg, Dusseldorf, Cologne, Koblenz, Oranienburg, Szczecin Poland, Stettiner Haff, Malchin, Mainz, Frankfurt, Aschaffenburg, Wurzburg and Bamberg.

Departure dates and cabins available are always limited - early reservations are essential.



Other Bike and Barge cruises on other barges are available from **Outdoor Travel** in France; including Provence, the Loire Valley, Burgundy or Champagne, along the Danube in Austria and Germany, in Belgium, Holland or the Venice Lagoon and Po River Valley in Italy.

Bike and Boat cycling cruises island hop along the Tuscan Coast or Amalfi and the Gulf of Naples, to the magical islands of Dalmatia in Croatia, in Greece, Turkey and also in Vietnam.

Hotel barging of self-skipped motor cruising is available along the rivers and canals throughout Europe – call today for a free brochure:

Contact Outdoor Travel or your travel agent for more details and reservations:

- Call Toll free 1800 331 582 or (03) 57551743 or Fax (03) 57501020
- Email: info@outdoortravel.com.au
- Web: <http://www.outdoortravel.com.au>
- Mail: Outdoor Travel Pty Ltd, PO Box 286, Bright 3741
- Travel Agent Licence No 31102