

FRANCE LUXEMBOURG GERMANY - FROM METZ TO COCHEM or v.v.

8-days / 7-nights Easy to moderate cycling cruise through 3-countries along the Rivers Saar & Moselle

Cost: AU\$1795 per person twin share Single cabin supplement \$780

Departs: 11th August (Metz to Cochem) & 18th August (Cochem to Metz) 2012

Includes: 7-nights twin-share cabin accommodation with private bathroom, bed linen, towels, welcome drink, buffet breakfasts, picnic lunch & dinners each night (meals start with dinner on day 1 & end with breakfast on day 8), coffee & tea & ice water on board, multi-gear hybrid bicycle hire, including a pannier (helmets are not provided), daily route information, tour guide & bike hire

Not included in the tour cost: Arrival / departure transfers to and from the boat, drinks or items of a personal nature, tour guide or crew gratuities, entrance fees, excursions.

Combining an easy-to-moderate guided cycling route along the banks of the River Saar & 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.



Our Bike and Barge holidays offer French savoir vivre, fine German wines and rich European history. The countryside is splendid, the cool wines taste delicious, the picturesque little towns have rich histories and the route for cycling is mostly flat but interesting and varied.

This cycling cruise follows the River Moselle, partly in France, partly in Luxembourg, and partly in Germany. Starting in the French city of Metz with its splendid cathedral we cycle through charming French countryside with small villages famous for the sweet, smooth wines and golden "Mirabellen" liqueur (plum liqueur). We cross into Luxembourg to spend the night in Remich.

Once in Germany we follow the River Saar to the lovely town of Saarburg, with its stunning waterfalls, gardens and cafes in the city centre above the river. In Trier, the oldest city in Germany and former Roman capital, we see the Porta Nigra dating from the first century AD. We join the River Moselle as it meanders past endless vineyards clinging to the steep valley slopes - tasting the local wines whenever we can - past the enchanting city of Bernkastel and our destination Cochem.

Bike & Barge cruises combines two popular ways of exploring Europe (cycling & river cruising), it allows partners of different abilities & interests to holiday together (trips are just as interesting for non-cycling partners, leisure cyclist OR enthusiasts), you unpack once & come 'home' each night to a wonderful meal and a comfortable cabin with your own bathroom. Well-maintained multi-gear bikes are provided (you can bring your own if you prefer). The cycling is fascinating and varied with free time at each day's destination

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 12-cabins, allowing for a maximum of 24 guests. In the saloon, where meals are served, there is a fully stocked bar for wine, beer or soft drinks (paid locally).

Call OUTDOOR TRAVEL on 1800 331 582 for details or reservations

Suggested itinerary (cruise may be offered in reverse direction):

Day 1 Saturday: Arrival in Metz

Arrive at 2pm in Metz strategically situated between Côtes de Moselle and the plateau Lorrain. These days, the rich mediaeval city is a traffic junction, administrative centre, a centre of learning, but especially a centre of trade. A visit to the St. Etienne Cathedral, one of the most beautiful gothic cathedrals in France, is a must. This cathedral sits in the middle of the old city centre, where the shopping is excellent. After a welcoming drink & dinner we have scheduled a town walk.

Day 2 Sunday: Metz - Remich: @ 30km or 50km

We begin sailing early with breakfast as we cruise. Our cycling route today is a good introduction to the region and to the cycling trails and pace of the group. It leads us through the French countryside via the beautiful River Moselle valley across the French border into Luxembourg. We pass the castle of Sierck-les-Bains, beautifully situated on the banks above the river. We spend the night in Remich where the Moselle forms the border between Germany and Luxembourg. Close to Remich we may visit the small village of Nening, with its old roman mansion and remarkable mosaic floor.

Day 3 Monday: Remich – Saarburg: @45km

We follow the valley of the Moselle and Saar to the north and visit the charming town of Saarburg. On the way we visit a wine cellar for wine tasting – the fresh and fruity Moselle white wine. 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 there is a square beside a waterfall 20 meters high and an old mill. Most of the houses in the centre date from the 17th and 18th Century, which give Saarburg its reputation as one of the picturesque in the region.

Day 4 Tuesday: Saarburg – Trier: @35km

Today we cycle along the towpath to Trier, an interesting and lively city full of history, the oldest city in Germany. Birthplace of Karl Marx, Trier was a Roman capital founded by Caesar Augustus under the name of Augusta Treverorum. This Roman period has left a number of monuments; including the dramatic city gate Porta Nigra, which was built around 18 AD. After dinner there is time for a city walk

Day 5 Wednesday: Trier - Bernkastel-Kues: @50km

From Trier we travel downstream past endless vineyards of white Moselle wines, past Trittenheim and Piesport (famous for the 'Piesporter Goldtröpfchen' wine). Trittenheim lies on a sharp bend in the river near to Laurantiuskapelle. Our destination today is Bernkastel-Kues, an old and picturesque town, with the best wine regions of the Mid-Moselle. We have time for more wine tasting and to explore the market square and timber-framed houses.

Day 6 Thursday: Bernkastel-Kues – Zell: @45km

We follow the Moselle downstream today and pass Traben-Trarbach; a village surrounded by forests and extensive vineyards and is the major centre of the wine trade in the Moselle region. Today's cycling ends in Zell, a pretty little riverside town.

Day 7 Friday: Zell – Cochem: @45km

We set off today from Zell, beautifully situated beside the river, where it meanders through the hills in many loops. The Hoherott (452m) and the Corraye Berg (425m) are the best-known dry white wine growing areas locally. Our final destination is Cochem, a small but characteristic town amid the steep vineyards and wooded hills. It has a mediaeval fortress and again a picturesque town centre with beautiful timber-framed houses.

Day 8 Saturday: Cochem

Tour ends after breakfast

Other **Bike & Barge** cruises are available in France, Holland, Belgium, Italy, Germany, Austria, Romania and Hungary. Outdoor Travel also offer inn-to-inn guided or self-guided cycling tours or river and canal hotel barge cruises. In many areas of Europe. **Bike & Boat** holidays are also available in Italy, Croatia, Greece & Turkey & Vietnam.

Contact Outdoor Travel 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 VIC 3741, Australia
- Travel Agent Licence No 31102