

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.

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-Kues to our destination Cochem.

Our premium barge has just 16 twin-bed, air-conditioned cabins on the lower deck, sleeping around 30 people, all with a small ensuite shower / toilet, and fixed windows. Four of these are larger Premium twin cabins with a small seating area. The barge has a saloon with bar, lounge and dining area with large windows on the upper deck. At the front are two partly covered teak sundecks with chairs and tables and the aft deck has a spa and barbecue, 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 busiest 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).

2024 Departures:

Cochem – Metz: 5, 19 May, 25, 30 June, 9, 23 July, 6, 11, 20, 25, 27 August, 3, 17 September, 1, 6, 15 October

Metz – Cochem: 12, 26 May, 23 June, 2, 7, 16, 30 July, 13, 18, 27 August, 1, 10, 24 September, 8, 13 October

Cost from: **\$3445** per person twin share Single cabin supplement from \$1050 (limited – on request)
High season supplement from \$175 per person
Superior Twin Cabin supplement from \$435 per person
Upper deck Suite supplement from \$1140 per person.

Included: 7 nights’ accommodation in twin cabin with lower beds and 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; route notes and maps (1 set per cabin); cycle tour guide who provides daily route briefings and cycles with the group, local wine tasting, ferry fees.

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

Call OUTDOOR TRAVEL on 1800 331 582 for details or reservations



Suggested itinerary:

Day 1: Arrival in Metz

Arrive in Metz at 2.00pm for a welcome drink, bike fitting and to meet the crew. Afterward dinner a town walk. Strategically situated between Côtes de Moselle and the plateau Lorraine, 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 cycling route today is a good introduction to the region and to the cycling trails and pace of the group. We follow the beautiful River Moselle valley across the French border into Luxembourg. We pass the castle of Sierck-les-Bains, situated overlooking 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 Nennig, with its old Roman villa and remarkable mosaic floor.

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 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, one of the most beautiful in the region, there is a square and terrace beside a 20-meter 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 Treverorum. The Romans left a number of 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 and regarded as one of the best wine regions 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 situated on the river where it meanders through the hills including Hoherott (452m) and Corraye Berg (425m) known for dry white wines.

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 final 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: Cochem Tour ends after breakfast

Cruises operate in both directions and the day-to-day itinerary is subject to change at the discretion of the captain or cycling coordinator (where necessary). Cycling distances shown are approximate.

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Outdoor Travel offers Bike & Barge cruises on the canals and rivers of France, Holland, Belgium, Germany, or Italy, and along the Danube in Austria, Hungary and Romania. Bike & Boat holidays are available in the coastal and island regions of Croatia, Greece and Turkey or Vietnam. River and canal hotel barge cruises are available throughout Europe. Outdoor Travel also offer inn-to-inn guided or self-guided cycling tours or walking holidays in many areas of Europe and in New Zealand, the USA, Canada, China, South Africa, Japan or Australia.

Contact Outdoor Travel for more details and reservations – **early bookings essential**

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