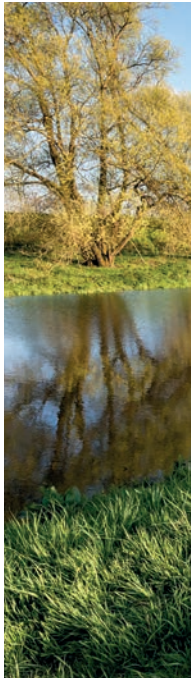




metropolregion hamburg

## Cycle routes in Northern Germany



## A discovery tour

# Discover the Hamburg Metropolitan Region

Situated in Germany's north, the Hamburg Metropolitan Region provides excellent conditions for cyclists: The mostly level landscape of Northern Germany is perfectly suited for extensive discovery tours, offering lots of fun with very little uphill involved. Cyclists can choose between a varied choice of routes: Whether you pedal along the coast of the North Sea or the Baltic Sea, through rich cultural landscapes or on Germany's most popular cycle trail along the River Elbe – there is a lot to discover! Both nature and culture lovers will find what they are looking for: Medieval Hanseatic towns, the vibrant City of Hamburg, elegant castles and scenic villages are waiting to be explored. The Hamburg Metropolitan Region is shaped by waterways and the nearby sea, and almost everywhere you go you will be in the company of rivers, lakes and canals. And what is more: Getting here is quite simple, since Hamburg's international airport provides excellent access, while the regional rail system makes it easy to move between places.

**So get on your bicycle – we are looking forward to your visit!**



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This website contains English information.



This website contains only German information.

# Cycle routes along the sea and lakes

Explore Northern Germany's most beautiful cycle routes along the open North Sea, the scenic Baltic Sea and peaceful, extensive lake districts. Long sandy beaches, the fresh breeze of the coast and a sweeping view of the ocean provide recreation and relaxation. Picnic spots, bathing sites and hooded beach chairs invite you to take a break and rest.



- 6 Holstein Switzerland Cycle Route** 20–21  
Lovely picnic spots along cross-country and idyllic trails
- 10 Mecklenburg Lakes Cycle Route** 28–29  
Glittering lakes around almost every turn
- 13 North Sea Cycle Route** 34–35  
Maritime flair along the North Sea and the River Elbe, giant ships and green dykes
- 15 Baltic Sea Cycle Route** 38–39  
Fascinating and varied coastal landscapes
- 17 Hamburg-Rügen Cycle Route** 42–43  
Pedalling past fairytale castles and glistening lakes
- 19 From Teufelsmoor to the Wadden Sea** 46–47  
Accompanied by rivers, lakes and the North Sea

Picture: © www.wostsee-schleswig-holstein.de/Oliver Franke



# Meandering with the river

Along the rivers of the Hamburg Metropolitan Region you have the choice of many impressive and varied cycle routes – allowing you to truly immerse yourself in nature. But also on the water you will be able to explore your surroundings in full. Take advantage of the many ferry links and sit back and enjoy the passage to your next stretch of the journey.

- |           |  |       |
|-----------|--|-------|
| <b>1</b>  | <b>Aller Cycle Route</b><br>Six lovely stages along the River Aller                        | 10–11 |
| <b>2</b>  | <b>Old Salt Route</b><br>Exploring the historic trade route                                | 12–13 |
| <b>4</b>  | <b>German Ferries Route with Oste Cycle Route</b><br>Amazing diversity of river landscapes | 16–17 |
| <b>5</b>  | <b>Elbe Cycle Route</b><br>Enjoying a tailwind and a view of the River Elbe                | 18–19 |
| <b>7</b>  | <b>Ilmenau Cycle Route</b><br>On nature's trail in the Lüneburg Heath                      | 22–23 |
| <b>9</b>  | <b>Luhe Cycle Route</b><br>From the source to the estuary of the River Luhe                | 26–27 |
| <b>12</b> | <b>Kiel Canal Route</b><br>Cycling alongside big ships                                     | 32–33 |
| <b>18</b> | <b>Seeve Cycle Route</b><br>Natural and cultural gems along the River Seeve                | 44–45 |
| <b>20</b> | <b>Wümme Cycle Route</b><br>Floodplains and a wealth of flora and fauna                    | 48–49 |



Picture: © www.mediaserver.de/Untereibe\_Tourismus.e.V.

# Exploring cultural landscapes by bike

The Hamburg Metropolitan Region is shaped by its historic cultural landscapes. Explore the region's most beautiful spots and take a rest at cultural landmarks and alongside historic trails.

- 2 Old Salt Route** 12–13  
Exploring the historic trade route
- 3 BahnRadWege in Stormarn** 14–15  
Beautiful views as once enjoyed by rail travellers
- 6 Holstein Switzerland Cycle Route** 20–21  
A route lined with stately homes, mansions and castles
- 7 Ilmenau Cycle Route** 22–23  
A discovery tour through the Lüneburg Heath
- 8 Leine-Heath Cycle Route** 24–25  
Wonderful views and varied cultural landscapes
- 11 Monks' Trail** 30–31  
Experience Christian history with all your senses
- 14 Historic Oxen Trail** 36–37  
Following the historic trade route to Denmark
- 16 Hamburg-Bremen Cycle Route** 40–41  
A truly Hanseatic discovery tour
- 21 ADFC RadReiseRegion Uelzen** 50–51  
A region with premium routes through varied scenery



Picture: © HeideRegion\_Uelzen



# 1 Aller Cycle Route



This premium cycle route through the Lüneburg Heath offers excellent conditions for an enjoyable discovery tour through the region. Only a few years ago, the Aller Cycle Route would have been an insider tip. Today, the 328-km-trail is among the most popular stretches in Northern Germany. Following alongside the River Aller, the route provides ample opportunities for exploration and discovery. This cycle route does not really boast its assets – rather, it lets you come to rest amidst meadows, pastures and pine forests.



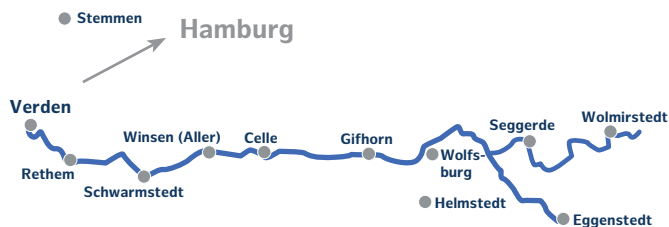
Pictures © A. W. Kogel

## Suggested route for a one-day tour

### 54 km round trip starting from Schwarmstedt

Begin your journey in Schwarmstedt with its beautiful St Laurentius Church. From here you pass through varied forest and meadow landscapes all the way to Gilten, where you can relax at the fully functional Bothmer Mühle. Your route then leads you via Hadernsdorf to Marklendorf, where a true highlight awaits you: Two historic locks that are fully accessible and still in operation today – the ideal place to take a breather before embarking on your journey back to Schwarmstedt.

## Route Layout:



## In a nutshell

**Length of route:** 328 kilometres in total

**Sights:** Aller Leine Valley • South Heath • Drömling • Flechtingen Hills • meadows • pastures • pine forests • historic farms • half-timbered houses • mills

**Trail conditions:** The trail largely runs along level grounds.

**Signage:** The entire trail is signposted with the 'Aller-Radweg' logo.

**Special features:** Cyclist-friendly accommodation • bicycle service stations • bike and e-bike rental • historic light railway train from Verden to Stemmen • e-bike charging stations

## GPX data, maps, information and free brochures:

Tourismusregion Aller-Leine-Tal

Am Markt 1 · D-29690 Schwarmstedt

Phone: +49 50 71 86 88 · [touristinfo@aller-leine-tal.de](mailto:touristinfo@aller-leine-tal.de)

[www.aller-leine-tal.de](http://www.aller-leine-tal.de) · [www.aller-leine-tal-navigator.de](http://www.aller-leine-tal-navigator.de)



>> [www.niedersachsen-tourism.com/aller-cycle-route](http://www.niedersachsen-tourism.com/aller-cycle-route)

## 2 Old Salt Route



Connecting the Hanseatic towns of Lüneburg and Lübeck, this historic trade route stretches over 116 kilometres. Back in the Middle Ages, the sandy trail was used for transporting valuable salt from Lüneburg to Lübeck. Today, cyclists can explore the diversity of the beautiful Lauenburg duchy. But it is also the quality of the route that attracts cycling enthusiasts to the region: Upon initial assessment, the German Cyclists' Federation ADFC awarded 3 out of 5 stars in its overall rating to the Old Salt Route – making this trail the first certified long-distance cycle route of the federal state of Schleswig-Holstein.



Picture: © photocompany

### Suggested route for a one-day tour

#### 37 km from Lauenburg to Mölln

The Elbe-Lübeck Canal, which connects the Elbe and the Trave, includes a total of seven locks. The first one is to be found at the small harbour in Lauenburg on the Elbe. The adjacent Palmschleuse, a listed building, is Northern Europe's oldest existing chamber lock. The route leads you along quiet service roads, and upon reaching the picturesque village of Siebeneichen, you will pass by the Elbe-Lübeck Canal's only cable ferry. The journey proceeds along the historic towpath until you reach the canal's peak in Mölln – the home of Till Eulenspiegel. The Eulenspiegel Museum in the old town of Mölln provides insights into the life of this legendary trickster.



### In a nutshell

**Length of route:** 116 kilometres in total

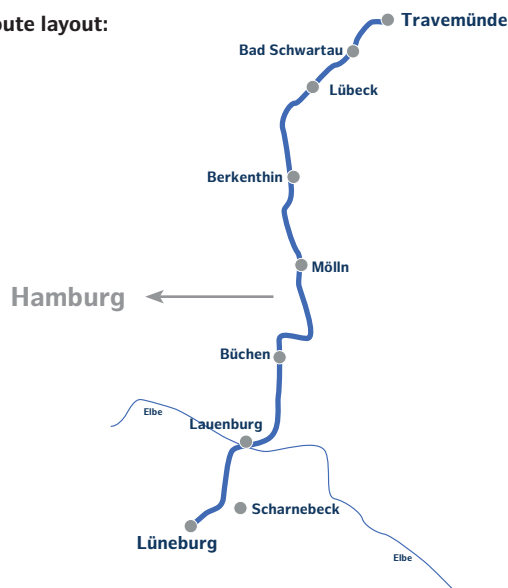
**Sights:** Lüne Abbey • Scharnebeck twin ship lift • numerous locks • cable ferry at the Elbe-Lübeck Canal (near Siebeneichen) • Eulenspiegel fountain in Mölln • town houses • historic salt stores and Holsten Gate in Lübeck • promenade • four-masted bark 'Passat' • Travemünde lighthouse

**Trail conditions:** About 90 percent of the cycle trail is not asphalted.

**Signage:** The entire trail is signposted with the 'Alte Salzstrasse' logo.

**Special features:** The only ADFC-certified long-distance cycle route in Northern Germany • cyclist-friendly accommodation

### Route layout:



### GPX data, maps, information and free brochures:

Herzogtum Lauenburg Marketing und Service GmbH  
Hauptstrasse 150 · D-23979 Mölln  
Phone: +49 45 42 85 68 60 · info@hlms.de  
www.herzogtum-lauenburg.de



>> [www.sh-tourismus.de/en/activity/cycling/old-salt-route](http://www.sh-tourismus.de/en/activity/cycling/old-salt-route)

## 3 BahnRadWege in Stormarn



Following the route of three decommissioned railway lines you can explore the charming landscape of the Stormarn district. The trail is lined by historic train station buildings and goods and engine sheds reminiscent of days gone by. The well-kept trails lead you by dense woods, extensive lakes and designated nature conservation sites. Information boards at the wayside provide travellers with insights into the history of these former railway tracks.



### Suggested route for a one-day tour

#### 44 km to Bad Oldesloe and back

Your round trip starts in the easily reachable town of Bad Oldesloe with its green spa park. From here you follow Route B in the southern direction along the tracks of the Prussian State Railroad. On your way to Trittau, you can take a little detour to the village of Grönwohld with its historic Drahtmühle building dating back to the early 17th century. Your journey finally leads you to Trittau, where you will begin your journey back to Bad Oldesloe.

### In a nutshell

**Length of route:** 70 kilometres in total

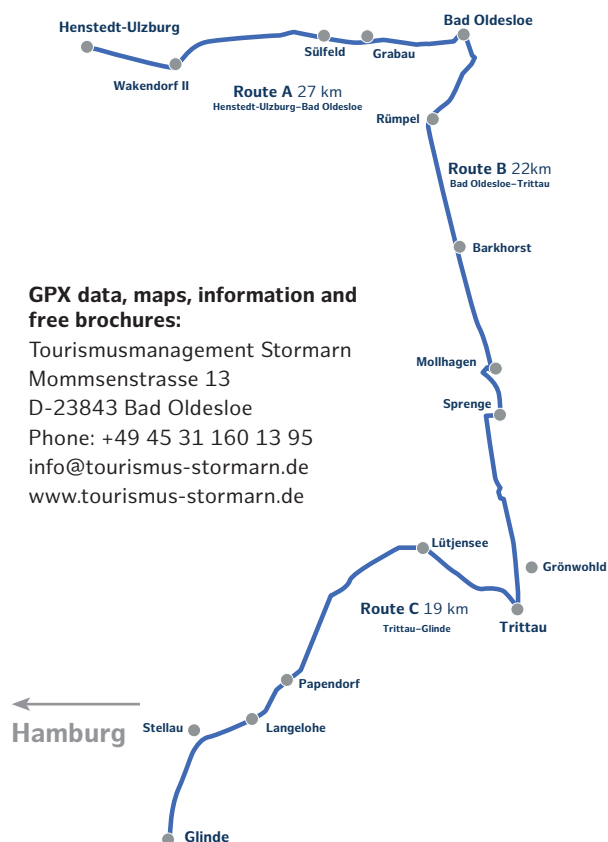
**Sights:** Historic station buildings • typical Holstein villages and towns • imposing manor houses • historic mills • Naturerlebnis Grabau • Europe's longest fruit and wood discovery trail between Bad Oldesloe and Henstedt-Ulzburg

**Trail conditions:** The high-quality cycle lanes are partially asphalted.

**Signage:** The entire trail is signposted with the 'BahnRadWege' logo and equipped with information boards.

**Special features:** Information boards at the wayside with facts and figures on the former railway lines • excellent connection by rail

### Route layout:



### GPX data, maps, information and free brochures:

Tourismusmanagement Stormarn  
Mommensenstrasse 13  
D-23843 Bad Oldesloe  
Phone: +49 45 31 160 13 95  
info@tourismus-stormarn.de  
www.tourismus-stormarn.de



## 4 German Ferries Route with Oste Cycle Route



The German Ferries Route links up Northern Germany's main waterways: Kieler Förde, the Kiel Canal, the Niederelbe and the Oste. To cross the various waterways, cyclists can make use of hand-operated pram ferries, a floating ferry as well as modern bridges and tunnels. A number of hidden gems are there to be discovered along the route – from historic towns and scenic hamlets to unique marsh and geest landscapes as well as areas rich in birds. The road is lined with museums offering information on maritime topics, among them the Bachmann-Museum Bremervörde, the Natureum Niederelbe Balje, the Kehdinger Küstenschiffahrts-Museum in Wischhafen, the Kanalmuseum Brunsbüttel and the Schifffahrtsmuseum Kiel.



Picture: © Tourismusverband Landkreis Stade/Elbe e. V.

### Suggested route for a one-day tour

#### 79 km along the Oste Cycle Route

Arriving by rail, you begin your journey in Tostedt. The Oste Cycle Route takes you from the source of the River Oste via the Tiste Bauernmoor to Sittensen with its Mühlenteich lake and Museum of Crafts. Passing by Heeslingen, you pedal on until you reach the Wassermühle Eitzmühlen, a historic mill that invites you to take a rest directly on the Oste. Your journey through the undulating terrain of the Oste-land region leads you past lush meadows and dense forests all the way to Bremervörde. In the harbour or on the shores of the Vörde Lake you can relax and enjoy refreshments before taking the train back.

### In a nutshell

**Length of route:** German Ferries Route: 250 kilometres in total, out of which the Oste Cycle Route constitutes 145 kilometres

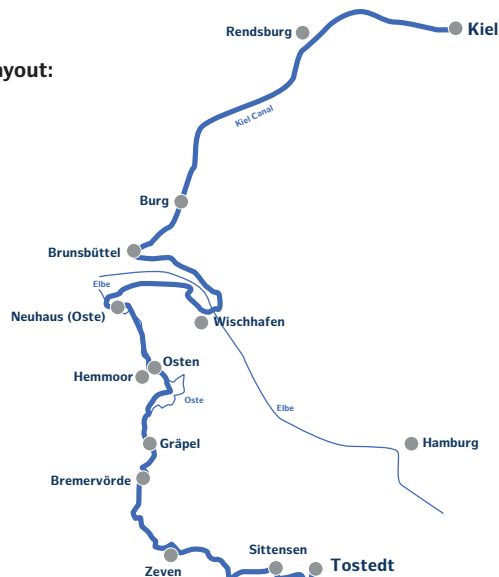
**Sights:** More than 50 ferries, bridges, tunnels, locks and barrages as well as water and wind mills and several maritime museums are to be found along this route.

**Trail conditions:** The cycle paths mainly lead through level or slightly hilled landscapes along improved roads that are low in traffic.

**Signage:** Between Tostedt and Bremervörde, the route is signposted with the 'Oste-Radweg' logo, and until Kiel with the 'Deutsche Fährstrasse' logo.

**Special features:** Germany's two remaining cable ferries (in Osten, in operation) and in Rendsburg (currently not in operation) • pram ferries in Gräpel and Brobergen • free bike map for German Ferries Route (southern stretch) and Oste Cycle Route

### Route layout:



### GPX data, maps, information and free brochures:

Deutsche Fährstrasse mit Oste-Radweg  
c/o Cuxland-Tourismus

Kapitän-Alexander-Strasse 1 · D-27472 Cuxhaven

Phone: +49 47 21 59 96 66



>> [www.germany.travel/en/leisure-and-recreation/scenic-routes/german-ferries-route.html](http://www.germany.travel/en/leisure-and-recreation/scenic-routes/german-ferries-route.html)



[www.oste-radweg.de](http://www.oste-radweg.de)

## 5 Elbe Cycle Route



The Elbe Cycle Route begins at the Kugelbake, Cuxhaven's historic landmark that used to serve as an aid to navigation. Cycling through the Altes Land region along the Elbe, the route leads you to the Hanseatic town of Stade and all the way to the port City of Hamburg. Once you are past Hamburg, you will find yourself in the Elbe marshes. For those interested in industrial design it is recommended taking a detour to the Old Salt Route and the Scharnebeck twin ship lift. Nature lovers will find exactly what they are looking for in the Elbe River Landscape – a UNESCO biosphere reserve.

### Route layout:



### Suggested route for a one-day tour

#### 61 km from Lauenburg to Hitzacker

Your journey begins in Lauenburg, the beautiful town on the Elbe that is known for its half-timbered houses and historic old town. Accompanied by passing ships and pure nature, you follow the course of the Elbe to Boizenburg. From here, you follow the route to the town of Bleckede, where you can stop over at the Biosphaerium Elbtalau with exhibitions on the Elbe region's flora and fauna. Passing through Darchau, the final stretch of your journey takes you to Hitzacker, where you can visit the Archaeological Centre Hitzacker before taking the train back to Lauenburg.



Picture: © photo company

### In a nutshell

**Length of route:** 1,260 kilometres in total

**Sights:** Cuxhaven • Glückstadt • Elbe island of Krautsand • Stade • Altes Land fruit orchards • Hanseatic City of Hamburg • Elbe marshes • Lauenburg • UNESCO Biosphere Reserve 'Elbe River Landscape' • Boizenburg • Bleckede • Hitzacker • Dömitz • Wittenberge • maritime landmarks

**Trail conditions:** The cycle path is mostly asphalted and on traffic-free lanes.

**Signage:** The entire trail is signposted with the 'Elberadweg' logo.

**Special features:** One of Germany's most scenic and most popular river cycle routes. The Elbe-Radwanderbus (Altes Land region) and the Elb-Shuttle (Elbe River Landscape) are available to cyclists and their bikes.

>> [www.elbe-radwanderbus.de](http://www.elbe-radwanderbus.de)  
[www.elb-shuttle.de](http://www.elb-shuttle.de)

#### GPX data, maps, information and free brochures:

Koordinierungsstelle Elberadweg Nord  
c/o Herzogtum Lauenburg Marketing und Service GmbH  
Elbstrasse 59 · D-21481 Lauenburg/Elbe  
Phone: +49 45 42 85 68 62 · [nordanfragen@elberadweg.de](mailto:nordanfragen@elberadweg.de)



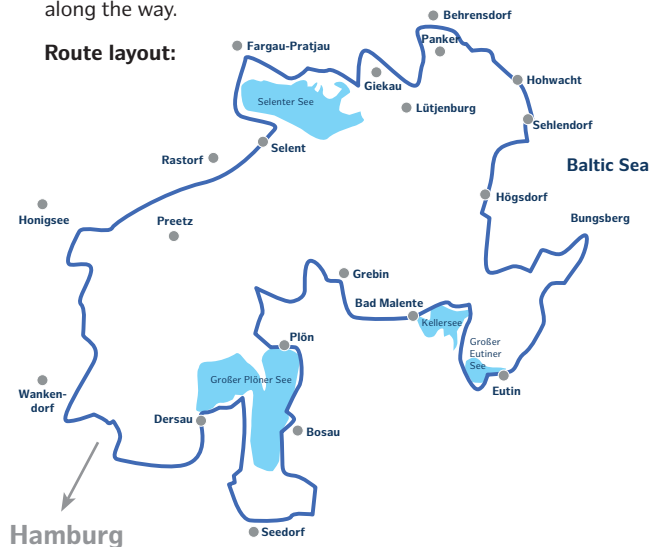
>> [www.germany.travel/en/leisure-and-recreation/cycling/elbe-cycle-route.html](http://www.germany.travel/en/leisure-and-recreation/cycling/elbe-cycle-route.html)

## 6 Holstein Switzerland Cycle Route



Holstein Switzerland is the biggest nature reserve in Schleswig-Holstein, the most northerly of Germany's federal states. The 200 kilometre round trip offers a truly immersive experience. Simply follow the signposts through the moraine landscape, which was shaped by the Ice Ages and extends all the way to the Baltic Sea. By the wayside you will find Schleswig-Holstein's largest lake (the Grosser Plöner See) and highest hill, the Bungsberg. Gentle hills, extensive woodlands and more than 200 lakes add to the special charm of this route – and so do the countless mansions, stately homes and castles along the way.

### Route layout:



### Suggested route for a one-day tour

#### 54.2 km tour through villages and towns

Plön, Malente and Eutin are the little gems at the heart of the Holstein Switzerland nature reserve. While small in size, these three towns sport lengthy promenades, two castles, and numerous historic buildings such as those of the Räucherkatte type. The town centres with their narrow lanes and small retail shops are certainly also worth stopping over for.

### In a nutshell

**Length of route:** 204 kilometres in total

**Sights:** Castles • gardens • Eutin's old-town • Jagdschlösschen Ukleisee • estates and manors

**Trail conditions:** Most stretches of the route are in very good condition. Only short sections lead through gravel paths or natural ground.

**Signage:** The entire trail is signposted with the 'Radtour Holsteinische Schweiz' logo.

**Special features:** Cyclist-friendly accommodation • excellent connectivity by rail



### GPX data, maps, information and free brochures:

Tourismuszentrale Holsteinische Schweiz  
 c/o Tourist-Info Eutin · Am Markt 19 · D-23701 Eutin  
 Phone: +49 45 21 709 70  
 c/o Touristinfo Grosser Plöner See · Bahnhofstrasse 5  
 D-24306 Plön · Phone: +49 45 22 509 50  
 info@holsteinischeschweiz.de  
 www.holsteinischeschweiz.de



>> [www.sh-tourismus.de/en/activity/cycling/holstein-switzerland-cycle-tour](http://www.sh-tourismus.de/en/activity/cycling/holstein-switzerland-cycle-tour)



## 7 Ilmenau Cycle Route



When cycling along the idyllic trails of the Ilmenau nature reserve, an area that is listed in the EU's Habitats Directive, you will learn a wealth of interesting facts about the flora and fauna specific to the region. Numerous points of interest, various natural attractions, as well as 31 family-oriented and audio information boards add to making this bike tour a very special experience.



Picture: © Lüneburger Heide GmbH

### Suggested route for a one-day tour

#### 48 km from Uelzen to Lüneburg

Your day trip begins at the Hundertwasser train station in the Hanseatic town of Uelzen. You will cycle north in the direction of Bad Bevensen, the home of Medingen Abbey. A visit to the abbey is certainly a must. From Medingen, the route leads you through Bienenbüttel to the over 1,050-year-old Hanseatic salt city of Lüneburg with its Gothic red-brick façades. You can use the Metronom train for your return journey to Uelzen.

### In a nutshell

**Length of route:** 120 kilometres in total

**Sights:** Hösseringen Museum Village • Bodenteich Castle • Hundertwasser train station in Uelzen • Medingen Abbey • Lüneburg's old town

**Trail conditions:** The cycle route is largely level and mostly asphalted, with partial gravel, sand and forest trails. The route is recommended for sturdy touring bikes, mountain bikes and trekking bikes.

**Signage:** The entire trail is signposted with the 'Ilmenau-Radweg' logo.

**Special features:** A cycle route you can listen to: All of the 31 information boards are also available as MP3 files. Additional audio content (both fiction and non-fiction) can be downloaded from the dedicated website.

>> [www.ilmenauradweg.de](http://www.ilmenauradweg.de)

### Route layout:



### GPX data, information and free brochures:

Lüneburger Heide GmbH  
Wallstrasse 4 · D-21335 Lüneburg  
Phone: +49 70 02 099 30 99  
[info@lueneburger-heide.de](mailto:info@lueneburger-heide.de) · [www.lueneburger-heide.de](http://www.lueneburger-heide.de)



>> [www.niedersachsen-tourism.com/illmenauradweg](http://www.niedersachsen-tourism.com/illmenauradweg)

## 8 Leine-Heath Cycle Route



The Leine-Heath Cycle Route stretches over 413 kilometres and connects the low mountain landscape of the picturesque Leinebergland region with the Lüneburg Heath and the Hanseatic City of Hamburg. The route starts at the source of the River Leine in the Thuringian town of Eichsfeld and takes you through a slightly hilled river landscape and past lovely historic towns. Everywhere along the route you have a choice of interesting things to see and to visit.



### Suggested route for a one-day tour

#### 44 km to Schneverdingen and back

This circular tour will take you from the town of Schneverdingen, famous for its heather blossoms, and through the region's most beautiful heath areas. You will pass through Niederhaverbeck, which hosts a nature information centre, and the traffic-free town of Wilsede until finally reaching Undeloh. Here you can visit the Heide-Erlebnis Zentrum and learn about the purple blossoming plants. With a little luck a herd of sheep will cross your path, or the wild horses, native of Dülmen, will emerge from the woods along the way.

### In a nutshell

**Length of route:** 413 kilometres in total

**Sights:** Slightly hilled river landscapes • historic towns • forested regions • manor house gardens

**Trail conditions:** The cycle path is mostly level and easy to ride along. It comprises partially asphalted, partially natural trail, as well as several agricultural roads.

**Signage:** The entire trail is signposted with the 'Leine-Heide-Radweg' logo.

**Special features:** Cyclist-friendly accommodation • Leine-Heide-Radweg-Navigator (interactive map)

### Route layout:



### GPX data, maps, information and free brochures:

Schneverdingen Touristik  
Rathauspassage 18 · D-29640 Schneverdingen  
Phone: +49 51 93 938 00  
touristik@schneverdingen.de



>> [www.niedersachsen-tourism.com/leine-heide-radweg-cycling-in-lower-saxony](http://www.niedersachsen-tourism.com/leine-heide-radweg-cycling-in-lower-saxony)

## 9 Luhe Cycle Route



Meandering with the River Luhe through the Lüneburg Heath: The Luhe Cycle Route follows the course of the Luhe, and some stretches of the route take you directly along the banks. The route is characterised by a varied heath and geest landscape and takes you from the source of the river to its estuary leading into the Ilmenau near Stöckte. The Luhe Cycle Route ends in Hoopte, north of Stöckte, and from there you have access to the Ilmenau Cycle Route (see pages 22 and 23).



### Suggested route for a one-day tour

#### 50 km from Bispingen to Winsen (Luhe)

Route for the period from 15 July to 15 October: Arrive in Soltau by train from Hamburg, you can take the Heide-Shuttle Ring 4 to Bispingen (the Heide-Shuttle is a free bus service available between 15 July and 15 October). Cycle along the Luhe Cycle Route to Winsen on the Luhe, where your only companions will be small villages and the sound of nature. In Oldendorf on the Luhe you can visit the Oldendorfer Totenstatt, a group of megalithic tombs typical of the Lüneburg Heath. You can return to Hamburg by train from Winsen.

### In a nutshell

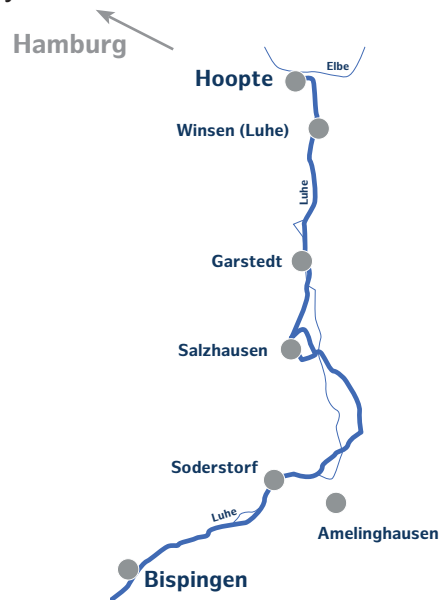
**Length of route:** Approx. 58 kilometres in total

**Sights:** Heidekastell 'Iserhatsche' • Oldendorfer Totenstatt • the source of the Schwindebach • Necropolis of Soderstorf • Winsen Castle • Hoopte ferry landing • varied heath and geest landscape • Luhe canal

**Trail conditions:** Depending on weather, some of the trails may be somewhat difficult to ride along. Therefore, the route is recommended for sturdy touring bikes, mountain bikes and trekking bikes.

**Signage:** The entire trail is signposted with the 'Luhe-Radweg' logo.

### Route layout:



### GPX data, maps, information and free brochures:

Lüneburger Heide GmbH

Wallstrasse 4 · D-21335 Lüneburg

Phone: +49 70 02 099 30 99

info@lueneburger-heide.de · www.lueneburger-heide.de



>> [www.lhg.me/4500](http://www.lhg.me/4500)



## 10 Mecklenburg Lakes Cycle Route



This route is centred around Lake Müritz in the Mecklenburg Lake Plateau. The many locks between the River Elbe and Lake Müritz make the area a paradise for amateur captains, paddlers and canoeists, with wonderful picnic spots and bathing places along the way. Between Lüneburg and the Elbe floodplains in the southwest and the Szczecin Lagoon in the northeast, cyclists can experience waterways all around them. The route is lined with magnificent castles, scenic villages and four nature reserves. The final stage takes you to the sunny island of Usedom with its splendid spa architecture.



### Suggested route for a one-day tour

#### 42 km from Ludwigslust to Parchim

The tour from Ludwigslust to Parchim leads you through idyllic Mecklenburg landscapes with forests, meadows, animals, huge fish ponds and tree-lined roads. With a length of 42 kilometres and with low gradients, this tour can easily be accomplished in one day. You will also have time for sightseeing and attractions – among them the Ludwigslust Palace, the Neustadt-Glewe Castle and Parchim's brick-gothic churches. You can arrive, depart or return to your car by train at both Ludwigslust and Parchim.

### In a nutshell

**Length of route:** 640 kilometres in total

**Sights:** Dömitz Fortress • Ludwigslust Castle • port of Waren and Nature Discovery Center Müritzeum • Palace Church and palace gardens of Neustrelitz • spa architecture on Usedom

**Trail conditions:** There are mainly asphalted agricultural roads and concrete-slabbed roads with sections of extended bike lanes on the route: asphalt, sand and cobblestone lanes.

**Signage:** The entire trail is signposted with the 'Mecklenburger Seen Radweg' logo.

**Special features:** Large choice of accommodation • the route is lined with an amazing number of streams, rivers and lakes • bus and train connections

### Route layout:



### GPX data, maps, information and free brochures:

Tourismusverband Mecklenburg-Schwerin e. V.  
Puschkinstrasse 44/Rathaus · D-19055 Schwerin  
Phone: +49 38 55 918 98 75  
info@mecklenburg-schwerin.de  
www.mecklenburg-schwerin.de



>> [www.germany.travel/en/leisure-and-recreation/cycling/mecklenburg-lakes-cycle-route.html](http://www.germany.travel/en/leisure-and-recreation/cycling/mecklenburg-lakes-cycle-route.html)

## 11 Monks' Trail



On this almost 1,000-km-long route, you can follow in the steps of the monks who brought Christianity to Northern Germany in the Middle Ages. The Monks' Trail leads you past centuries-old churches built of rock and rustic brick, the towers of which are so characteristic for Northern Germany. You will experience cultural and natural gems amidst peaceful scenery. The route leads you from Bremen via Wischhafen, Glückstadt and Puttgarden on the island of Fehmarn and all the way to Denmark. Enjoy this historic trail that takes you e.g. from the Weser across the Elbe and the Baltic Sea to the Danish town of Roskilde.

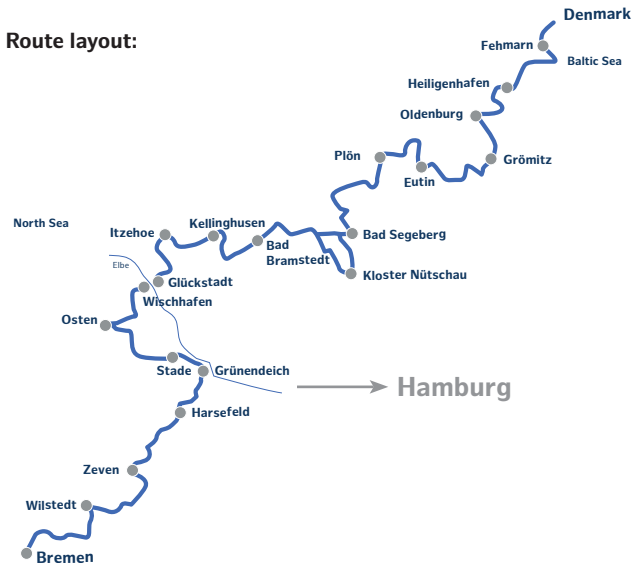


### Suggested route for a one-day tour

#### 51 km to Nütschau Priory and back

Travel by train to Bad Oldesloe and follow the signposts to Nütschau Priory for six kilometres. From here, the Monks' Trail's 'Exkurs Kloster Nütschau' logo guides you through charming villages with scattered bathing spots. A four-kilometre detour to Bad Segeberg with its Marienkirche is certainly recommended. Upon returning to the trail, you will pass through Wahlstedt, the Segeberg Forest, and then past Todesfeld Church to Nütschau Priory.

### Route layout:



### In a nutshell

**Length of route:** Bremen–Puttgarden: 530 km  
(Bremen–Roskilde: 980 km)

**Sights:** Bremen with St Petri Cathedral and UNESCO World Heritage town hall • Fischerhude • former monastery settlements • Altes Land fruit orchards • region around the River Stör • Segeberg Forest • Holstein Switzerland • Baltic Sea coast

**Trail conditions:** There are largely asphalted paths and mostly level landscape along the route, major slopes in Holstein Switzerland only, and very few earth roads. Recommended for touring and leisure cycling.

**Signage:** The entire trail is signposted with the 'Mönchsweg' logo.

**Special features:** Free 'pilgrim's passport' to be stamped by churches along the route • at weekends and holidays from April to October: 'Radwanderbus' bus service in the Altes Land Region along the Elbe • between May and October: Refreshments at Melkhus dairy farms • overnight stay in Nütschau Priory

>> [www.elbe-radwanderbus.de](http://www.elbe-radwanderbus.de)

#### GPX data, maps, information and free brochures:

Geschäftsstelle Mönchsweg  
Marienthaler Strasse 20 · D-24340 Eckernförde  
Phone: +49 43 51 880 55 73 · [info@moenchsweg.de](mailto:info@moenchsweg.de)



>> [www.niedersachsen-tourism.com/  
the-moenchsweg-monks-trail](http://www.niedersachsen-tourism.com/the-moenchsweg-monks-trail)

[www.sh-tourismus.de/en/activity/cycling/](http://www.sh-tourismus.de/en/activity/cycling/)

## 12 Kiel Canal Route



The 325-km-long Kiel Canal Route allows you to cycle across the federal state of Schleswig-Holstein while exploring technology, cultural history and nature along the way. Connecting the North Sea with the Baltic Sea, the Kiel Canal runs from Brunsbüttel to Kiel and so does the cycle path. You can cycle side by side with giant ships, through idyllic landscapes, or take a detour to one of the nearby lakes: A tour through Schleswig-Holstein is certainly a most memorable experience for any cyclist.



Picture © T. J. P. / Shutterstock.com

### Suggested route for a one-day tour

#### 35 km from Rendsburg to Sehestedt and back

You start your tour at the railway bridge in Rendsburg and pass through the pedestrian tunnel of the Kiel Canal – the most frequently used man-made sea shipping road in the world. Cycling along with the queens of the ocean at your side you arrive at Brauer's Aalkate, one of the last of the canal's fishmongers, and a little later at the Steinwehr raspberry farm. From Sehestedt you can take the ferry to the north side of the canal, where you can return to Rendsburg.

### In a nutshell

**Length of route:** 325 kilometres in total

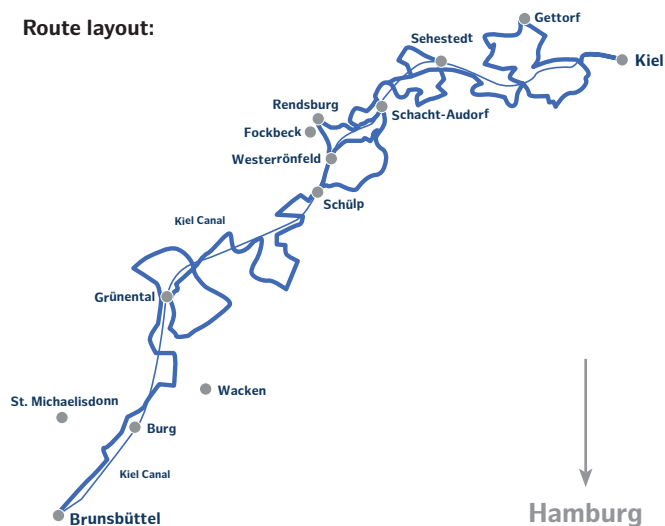
**Sights:** Numerous historic buildings and technical monuments • bridges • ferries • canal locks • ocean liners

**Trail conditions:** A well-surfaced cycle lane has been provided all the way from Brunsbüttel to Kiel. Priority should be given to the traffic of the water and shipping administration on the lanes along the Kiel Canal.

**Signage:** The entire trail is signposted with the 'Nord-Ostsee-Kanal-Route' logo.

**Special features:** Cyclist-friendly accommodation • combination of cycling tour and boat trip

### Route layout:



### GPX data, maps, information and free brochures:

Touristische Arbeitsgemeinschaft Nord-Ostsee-Kanal e. V.  
Schiffbrücken Galerie · D-24768 Rendsburg  
Phone: +49 43 31 696 38 44 · info@nok-route.de



>> [www.sh-tourismus.de/en/activity/cycling/nok-route](http://www.sh-tourismus.de/en/activity/cycling/nok-route)

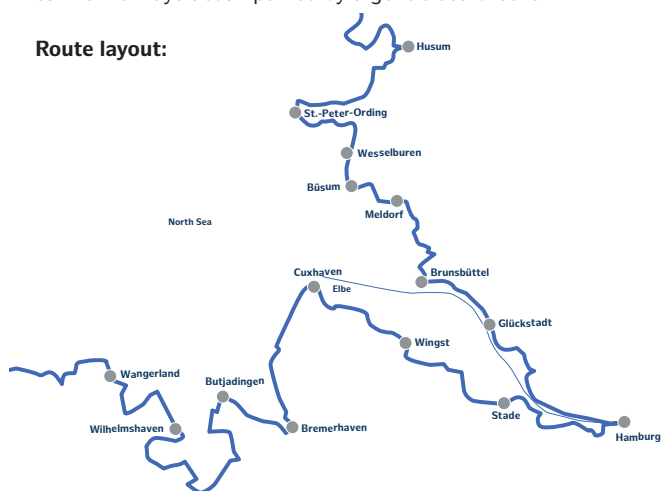


## 13 North Sea Cycle Route



With a length of more than 6,000 kilometres of signposted trails and running through a total of seven countries, the North Sea Cycle Route has made it into the Guinness Book of Records. Within the Hamburg Metropolitan Region, the route leads you from the Cuxland to the Altes Land on the Elbe and all the way to the city of Hamburg. From here, you cycle westbound through the Elbe marshes to Dithmarschen. In the course of your journey, you will pass by the Wadden Sea, dykes, lighthouses, windmills, historic villages and Hanseatic towns – always accompanied by a gentle sea breeze.

### Route layout:



### Suggested route for a one-day tour

#### 76.5 km from Cuxhaven to Stade

You start your tour in Cuxhaven. Heading upstream along the River Elbe, you will pass by the seaside resort of Otterndorf and the municipality of Wingst. As you pedal along, the landscape changes from the flat Hadeln region to a slightly more hilled geest landscape. Once you have arrived in Hemmoor, you will cross the Oste using Germany's oldest cable ferry. The route then takes you to Grossenwörden and Himmelspforten and to the Hanseatic Town of Stade with its beautiful old town.

### In a nutshell

**Length of route:** Approx. 6,000 kilometres in total

**Sights:** Dunes • Wadden Sea and open sea • various nature and bird protection reserves • the Wadden Sea, a UNESCO World Heritage site

**Trail conditions:** Nearly the entire trail is asphalted and leads along dykes, cycle paths, secondary roads and low-traffic country roads.

**Signage:** The entire trail is signposted with the 'North Sea Cycle Route' logo.

**Special features:** Elbe-Radwanderbus (bus service between April and October during weekends and on bank holidays) in the Altes Land Region

>> [www.elbe-radwanderbus.de](http://www.elbe-radwanderbus.de)



### GPX data, maps, information and free brochures:

Tourismusverband Landkreis Stade/Elbe e. V.  
Kirchenstieg 30 · D-21720 Grünendeich  
Phone: +49 41 42 81 38 38  
[info@tourismusverband-stade.de](mailto:info@tourismusverband-stade.de)  
[www.urlaubsregion-altesland.de](http://www.urlaubsregion-altesland.de)



>> [www.northsea-cycle.com](http://www.northsea-cycle.com)

## 14 Historic Oxen Trail



Up until the 19th century, the Historic Oxen Trail was the main land route between Denmark and Northern Germany. With a length of approx. 245 kilometres, the trail not only served as a cattle track for farmers, but was also used by knights, soldiers, merchants, pilgrims and beggars as a direct link to the south. Today, cyclists can experience the natural environment and cultural history of Northern Germany and Denmark during their tour along this historic trail. This low-traffic route leads you through extensive moorlands and marshes, through forests and typical north German meadows and pastures, and past lakes and along rivers. As you proceed on your journey, you will pass through lovely towns such as Neumünster and Rendsburg as well as various villages and municipalities by the wayside.



Picture: © SHBT / photocompany

### Suggested route for a one-day tour

#### 44 km from Elmshorn to Wedel

The stretch between Elmshorn and Wedel is ideal for a day trip. Simply follow the River Krückau to Kronsnest, where you will cross the Krückau on board Germany's smallest ferry. As you cycle on, you will reach the town of Uetersen, which is famous for its Rosarium rose garden. Passing through the Wedel marshes and the Holmer Sandberge nature reserve – a largely preserved inland dune area that dates back to the Ice Age – you finally arrive in Wedel, the maritime town on the Elbe.

### In a nutshell

**Length of route:** 245 kilometres in total

**Sights:** Rosarium in Uetersen • Wildlife Park Eekholt near Bad Bramstedt • KinderKunstpfad in Nortorf (children's art trail) • Gottorf Castle in Schleswig • Danevirke fortifications • Viking Museum 'Haithabu' • Museumswerft in Flensburg

**Trail conditions:** The cycle lane is mostly asphalted and largely leads along secondary roads that are low in traffic. The stretch to Rendsburg mainly comprises concreted agricultural roads. The northern stretch of the route contains several sandy paths, forest trails and earth paths – these are the original paths of the historic trail.

**Signage:** The entire trail is signposted with the 'Ochsenweg' logo.

**Special features:** Cyclist-friendly accommodation • bike rental stations

### Route layout:



### GPX data, maps, information and free brochures:

Holstein Tourismus e.V.  
Grosse Nübelstrasse 31 · D-25348 Glückstadt  
Phone: +49 41 24 604 95 92  
info@holstein-tourismus.de



>> [www.sh-tourismus.de/en/activity/cycling/ox-road](http://www.sh-tourismus.de/en/activity/cycling/ox-road)

## 15 Baltic Sea Cycle Route



The Baltic Sea Cycle Route leads from Heiligenhafen via the sunny island of Fehmarn to Travemünde. Following the coastal line of the Baltic Sea, it continues to Wismar, Kühlungsborn, Rostock and Graal-Müritzt. With a view of the ocean, you will pass by steep forested cliffs, traditional fishing villages, elegant seaside resorts, eminent Hanseatic towns and old farming villages. This route invites you to discover the varied landscape of Schleswig-Holstein and Mecklenburg along the Baltic Sea coast – and the history, tradition and friendly mindset of the locals.



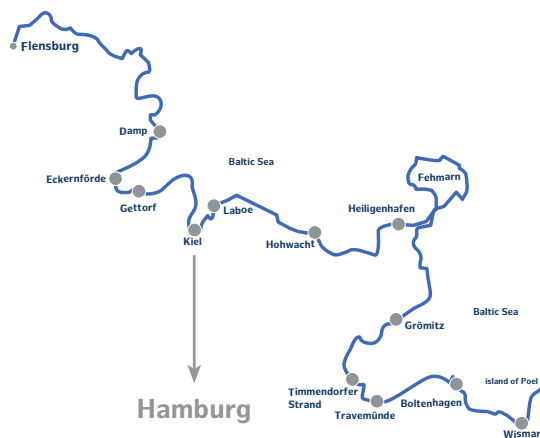
Picture: © www.ostsee-schleswig-holstein.de / Oliver Franke

### Suggested route for a one-day tour

#### 72 km from Travemünde to Poel

Explore part of the fascinating Baltic Sea Cycle Route in just one day. Begin your trip in the seaside resort of Travemünde, where a detour to the four-masted bark 'Passat' is recommended. Cycling through the hilled landscape of the Klützer Winkel region, you will arrive in the Hanseatic Town of Wismar, which is listed as a UNESCO World Heritage site. Situated just off Wismar, the island of Poel with its unique natural environments serves as a resting and breeding ground for thousands of water birds.

### Route layout:



### In a nutshell

**Length of route:** 1,104 kilometres in total (from Flensburg to Swinemünde)

**Sights:** Wismar, a UNESCO World Heritage site • island of Poel • Baltic coast • Bothmer Castle • island of Fehmarn • four-masted bark 'Passat' in Travemünde • Graswarder nature reserve

**Trail conditions:** While the trail is mostly asphalted, some of the stretches lead along interlocking paving stone, slabbed surfaces, as well as sand and gravel. Not entirely suitable for racing bikes.

**Signage:** The entire trail is signposted with the 'Ostseeküsten-Radweg' logo.

**Special features:** E-bike charging stations • cyclist-friendly accommodation • guided bicycle tours

#### GPX data, maps, information and free brochures:

Ostsee-Holstein-Tourismus e.V.  
Am Bürgerhaus 2 · D-23683 Scharbeutz  
Phone: +49 45 03 88 85 25  
info@ostsee-sh.de · www.ostsee-schleswig-holstein.de

Verband Mecklenburgischer Ostseebäder e.V.  
Konrad-Zuse-Strasse 2 · D-18057 Hansestadt Rostock  
Phone: +49 381 80 89 26 70  
info@ostseeferien.de · www.ostseeferien.de



>> [www.off-to-mv.com/en/baltic-sea-coast-cycle-path](http://www.off-to-mv.com/en/baltic-sea-coast-cycle-path)  
[www.sh-tourismus.de/en/activity/cycling/baltic-coast-cycle-route](http://www.sh-tourismus.de/en/activity/cycling/baltic-coast-cycle-route)



## 16 Hamburg-Bremen Cycle Route



A truly Hanseatic discovery tour: Away from busy roads, this long-distance cycle route connects the Hanseatic Cities of Hamburg and Bremen and leads you through the region between the Elbe and the Weser. Pedal along historic trade routes, secondary roads and forest paths. Explore the characteristic Northern German landscape along the lowlands of the Wümme, the Oste and the Este, and enjoy extensive woodlands and the beautiful geest landscape.



Picture: © U. Fischer, TourROW

### Suggested route for a one-day tour

#### 56 km from Hamburg to Tostedt

From Hamburg's central train station you cycle to the district of Wilhelmsburg, home of the 2013 International Garden Show. Several leisure and garden facilities invite you to rest before crossing the Elbe via the historic Alte Elbbrücke. The route then takes you via Meyer's Park to Regionalpark Rosengarten and all the way to Hollenstedt – the former home of boxing legend Max Schmeling. From Heidenau, you can reach Tostedt with its train station.

### In a nutshell

**Length of route:** 151 kilometres in total

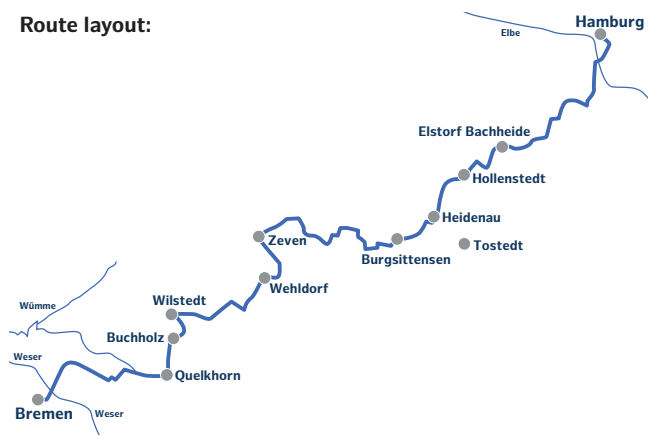
**Sights:** Bremen Town Musicians monument • Universum Bremen • artists' village of Fischerhude • Zeven Abbey museum • Sittensen water mill • Tiste Bauernmoor • Harburg Hills with Kiekeberg open-air museum and Wildlife Park 'Schwarze Berge' • Alte Harburger Elbbrücke • Landungsbrücken and Speicherstadt warehouse district

**Trail conditions:** The route mostly leads along low-traffic lanes and level or slightly hilled landscapes. Only the stretch before Hamburg features a number of gradients; suitable for touring and leisure cycling.

**Signage:** The entire route is indicated with ADFC signposts and the red-and-white logo in both directions.

**Special features:** This long-distance cycle route (D-Route 7) connects the Elbe Cycle Route with the Weser Cycle Route • between May and October: Refreshments at Melkhus dairy farms • free brochure with a selection of cyclist-friendly accommodation

### Route layout:



#### GPX data, maps, information and free brochures:

Arbeitsgemeinschaft Radfernweg Hamburg-Bremen  
c/o Touristikverband Landkreis Rotenburg (Wümme) e. V.  
Am Pferdemarkt 1 · D- 27356 Rotenburg (Wümme)  
Phone: +49 42 61 81 96 0  
info@radfernweg-hamburg-bremen.de



>> [www.radfernweg-hamburg-bremen.de/  
navigation/english-version.html](http://www.radfernweg-hamburg-bremen.de/navigation/english-version.html)

## 17 Hamburg-Rügen Cycle Route



This beautiful route leads you right through the federal state of Mecklenburg-Western Pomerania. You can cycle from Northern Germany's largest city, Hamburg, all the way to Rügen, Germany's largest island. The tour's ten stages – among them Hamburg, Schwerin, Güstrow, Stralsund and Putbus – lead you to the town of Sassnitz on Rügen. The trail largely follows the medieval trade route connecting the River Elbe with the estuary of the River Oder. In addition to numerous historic sites, the route comprises a national park, three biosphere reserves and three natural reserve.



Picture: © Stadtmarketing Schwerin, Fotografie moe4.de

### Suggested route for a one-day tour

#### 62 km from Ratzeburg to Schwerin

On the tour from Ratzeburg to Schwerin, the Hamburg-Rügen Cycle Route passes through the Schaalsee UNESCO Biosphere Reserve – a natural paradise with vast, hilled landscapes and impressive ancient sites. In Schlagsdorf you can visit the Grenzhüs information centre about the former German-German border and the cultural highlight of the tour is Schwerin with its magnificent fairytale castle. Both Ratzeburg and Schwerin are easily accessible by train and provide a choice of overnight accommodation.

### In a nutshell

**Length of route:** Approx. 520 kilometres in total

**Sights:** Schwerin Castle with museum and park • Gross Raden archaeological open-air museum • Güstrow Castle and Cathedral • Stralsund, a UNESCO World Heritage site

**Trail conditions:** The cycle track is largely asphalted, interrupted on stretches by some cobbled surfaces; some of the sections lead along field and forest paths.

**Signage:** The entire trail is signposted with the 'Hamburg-Rügen Radweg' logo.

**Special features:** Cyclist-friendly accommodation • excellent connection by rail • the route leads through past centuries and historic landscapes

### Route layout:



#### GPX data, maps, information and free brochures:

Tourismusverband Mecklenburg-Schwerin e. V.  
Puschkinstrasse 44 · Rathaus · D-19055 Schwerin  
Phone: +49 38 55 918 98 75  
info@mecklenburg-schwerin.de  
www.mecklenburg-schwerin.de



>> [www.germany.travel/en/leisure-and-recreation/cycling/hamburg-ruegen-cycle-route.html](http://www.germany.travel/en/leisure-and-recreation/cycling/hamburg-ruegen-cycle-route.html)

## 18 Seeve Cycle Route



The Seeve, a small heath river, rises only a few hundred metres south of the town of Wehlen and meanders through 40 kilometres of geest landscape before finally flowing into the River Elbe. The 92-kilometre-long Seeve Cycle Route offers natural and cultural attractions and leads you in three loops from Wehlen in the Lüneburg Heath to Over on the River Elbe. Due to its excellent local public transport links, the Seeve Cycle Route offers you a choice of starting points and finishing points.



Picture: © Lüneburger Heide GmbH

### Suggested route for a one-day tour

#### 31 km tour in the surroundings of the Lüllau water mill

This stretch of the Seeve Cycle Route will appeal to nature and culture lovers alike. Starting from the Lüllau water mill, you will first head to Jesteburg with its characteristic half-timbered houses. Cycle past the Bendestorf water mill, and then to the Horst water mill. This fully functional historic mill is the ideal spot for a culinary breather. Strengthened by your refreshments, the route leads you past orchards and water meadows back to Lüllau.

### Route layout:



### In a nutshell

**Length of route:** 92 kilometres in total

**Sights:** Source of the Seeve • planet trail • typical half-timbered houses • Hexenhaus • water mills • churches • Europe's largest marshalling yard • Seevengeti nature conservation park

**Trail conditions:** The route doesn't feature any significant ascents, it largely leads along asphalted paths, with several earth and sand paths. The route is recommended for sturdy touring bikes, trekking bikes and e-bikes.

**Signage:** The entire trail is signposted with the 'Seeve-Radweg' logo.

**Special features:** Cyclist-friendly accommodation • bicycle service stations

### GPX data, maps, information and free brochures:

Lüneburger Heide GmbH  
Aussenstelle Landkreis Harburg  
Am Steinberg 2 · D-21271 Hanstedt  
Phone: +49 41 84 850 50  
hanstedt@lueneburger-heide.de



>> [www.seeve-radweg.de](http://www.seeve-radweg.de)



## 19 From Teufelsmoor to the Wadden Sea



This 450-km-long route between the North Sea, the Elbe and the Weser offers both natural and cultural highlights. The scenery is characterised by moorland lakes, natural meandering rivers, the North Sea and the Wadden Sea – a UNESCO World Heritage site. The varied landscape, which includes the Teufelsmoor as well as other raised bog areas, is dotted with towns that are well worth exploring – among them the honourable Hanseatic Cities of Bremen and Stade, the maritime towns of Cuxhaven and Bremerhaven, the marshland town of Otterndorf, the renowned artists' village of Worpswede and the moor villages of the Finndorf moor colony.



Picture: © TV Landkreis Stade/Elbe e. V., Martin Elsen

### Suggested route for a one-day tour

#### 80 km from Cuxhaven to Bremerhaven

This beautiful long-distance trail starts in Cuxhaven, Germany's biggest seaside resort, and leads you through the charming landscape of the Hadeln region and the extensive Ahlenmoor bog with its light rail bog tour and information centre. You will pass the Flögel Lake and Bad Bederkesa with its mud spa and its impressive castle dating back to the 14th century. Cycling through the geest lowlands you finally reach Bremerhaven on the North Sea.

### In a nutshell

**Length of route:** 450 kilometres in total

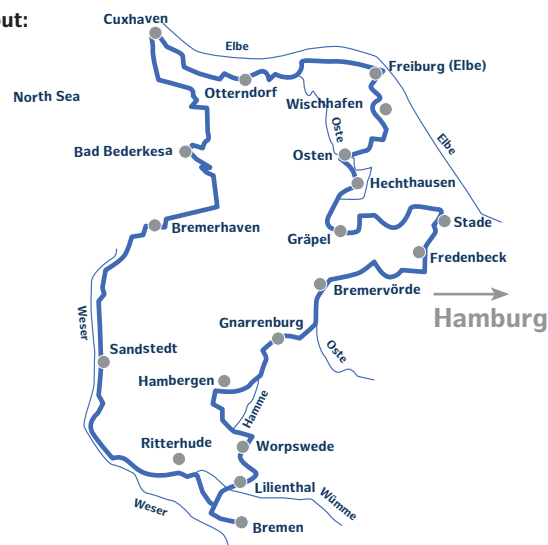
**Sights:** Hanseatic towns Bremen and Stade • maritime cities • rivers • lakes • Teufelsmoor • Huvenhoopsmoor • Ahrensmoor • River Wümme, River Hamme, River Oste and River Elbe • Moorkieker (guided bog tours)

**Trail conditions:** The route largely comprises low-traffic, improved roads leading through scenic landscapes.

**Signage:** The entire trail is signposted with the 'Vom Teufelsmoor zum Wattenmeer' logo.

**Special features:** Moorexpress train service between Bremen and Stade • peat barge tours on the River Hamme and River Wümme

### Route layout:



### GPX data, maps, information and free brochures:

Stade Tourismus-GmbH

Hansestrasse 16 · D-21682 Stade

Phone: +49 41 41 40 91 70

info@stade-tourismus.de · www.stade-tourismus.de



>> [www.niedersachsen-tourism.com/  
from-the-teufelsmoor-to-the-wadden-sea](http://www.niedersachsen-tourism.com/from-the-teufelsmoor-to-the-wadden-sea)

## 20 Wümme Cycle Route



A relaxing tour along the Lüneburg Heath and the River Weser: The Wümme Cycle Route connects the Lüneburg Heath with the Hanseatic city of Bremen. The 250-km-long circular route follows the course of the River Wümme. Today, most of the Wümme's surrounding lowlands are conservation areas – from the river's source at Wulfsberg near Wilsede to its mouth on the Weser north of Bremen. The route comprises a northern and a southern trail.



Picture: © Lüneburger Heide GmbH

### Suggested route for a one-day tour

#### 32 km from Rotenburg to LandPark Lauenbrück via Scheessel

From Rotenburg train station, take the southern route to Scheeßel, where the open-air museum with its Meyerhof and local heritage centre offers insights into the old crafts. After cycling through vast geest landscapes to Lauenbrück, the local LandPark invites you to take a break and enjoy the wild and domesticated animals that accompany you through the park. The northern route leads you past the Scheeßel water mill and back to Rotenburg on the Wümme.

### Route layout:



### In a nutshell

**Length of route:** 250 kilometres in total

**Sights:** A vast expanse of floodplains • dykes • moors • forests • heath and fields with diverse flora and fauna • idyllic villages • charming towns

**Trail conditions:** The Wümme Cycle Route runs along low-traffic stretches and through level to slightly hilled landscapes. Within the Lüneburg Heath Nature Reserve there are only few hilled or sandy stretches.

**Signage:** The entire route is indicated in both directions with the ADFC signposts and the blue-and-white logo. The respective sections of the route, i.e. northern, southern and alternative routes, are displayed on the logo.

**Special features:** From August to September: Heather in full bloom between Wilsede and Schneverdingen • between May and October: Refreshments at Melkhus dairy farms • Bremen-Vegesack: The 'Deutschland' training ship offers berths for overnight stays • free brochure with a selection of cyclist-friendly accommodation

### GPX data, maps, information and free brochures:

Arbeitsgemeinschaft Wümme-Radweg  
c/o Touristikverband Landkreis Rotenburg (Wümme) e.V.  
Am Pferdemarkt 1 · D-27356 Rotenburg (Wümme)  
Phone: +49 42 61 819 60  
info@wuemme-radweg.de



>> [www.wuemme-radweg.de/navigation/english-version.html](http://www.wuemme-radweg.de/navigation/english-version.html)

## 21 ADFC RadReise-Region Uelzen



The ADFC RadReiseRegion Uelzen, a quality region as certified by the German Cyclists' Federation (ADFC), is located in the east of the Lüneburg Heath amidst a varied landscape with low traffic. Whether your focus is on nature, recreation or sport – there are over 50 recommended bicycle tours for leisure and racing bikers, e-bikers and mountain bikers, and the comprehensive route network leaves little to be desired. Three long-distance cycle routes crisscross the region: The Weser-Harz-Heath Cycle Route, the Lüneburg Heath Cycle Route and the Ilmenau Cycle Route, which connects you with the Elbe Cycle Route. Excellent connectivity by rail and a free seasonal bus service make this region a very good choice.



Picture: © HeideRegion Uelzen

### Suggested route for a one-day tour

#### 39 km to Bad Bevensen and back

Leading you from Bad Bevensen through a slightly hilled landscape, the 'Wald und mehr' tour is one of the 36 themed tours of the ADFC RadReiseRegion Uelzen. A vast array of forest and nature, a tractor museum, a driving range, a climbing path and the Jod-Sole-Therme health spa are all within easy reach. Near Haassel, the 'kings' graves' dating from the Stone Age are well worth a visit. Arrival by train is recommended. In Bad Bevensen you will find rental bikes and a broad range of accommodation.



■ ADFC-RadReiseRegion Uelzen



### In a nutshell

**Length of route:** 434.5 km of ADFC-certified cycle route, approx. 900 km in total

**Sights:** Jod-Sole-Therme (health spa) in Bad Bevensen • Hundertwasser train station in Uelzen • Medingen Abbey and Ebstorf abbey • museum village in Hösseringen • Bodenteich Castle

**Trail conditions:** While most of the paths are asphalted, there are also a few earth and forest paths. The route is mostly level and low in traffic.

**Signage:** All of the 36 themed routes and long-distance trails are signposted with their own logo.

**Special features:** Cyclist-friendly restaurants and cafés • repair kits available from all tourist information points • at weekends between early June and early October: Three free bus services for cyclists

#### GPX data, maps, information and free brochures:

HeideRegion Uelzen e. V. · Herzogenplatz 2  
D-29525 Uelzen · Phone: +49 58 17 30 40



>> [www.heidereion-uelzen.de/urlaub-freizeit/radfahren](http://www.heidereion-uelzen.de/urlaub-freizeit/radfahren)





Picture: © Tourismusregion Aller-Leine-Tal

## Tip: Create your own customised tour

You have decided to explore Northern Germany by bike? With the help of a route planner you can assemble a customised route for your bike excursion. Whether it is a one-day tour or a longer trip, along scenic river landscapes, green forests, fragrant meadows or along the coast of the North and Baltic Seas – in the Hamburg Metropolitan Region you are spoilt for choice!

**Route planners for Schleswig-Holstein and Lower Saxony can be found here:**

Schleswig-Holstein:



[www.sh-radroutenplaner.de](http://www.sh-radroutenplaner.de)

Lower Saxony:



[www.niedersachsen-radroutenplaner.de](http://www.niedersachsen-radroutenplaner.de)

### Bett+Bike



The German Cyclists' Federation (ADFC) scheme Bett+Bike provides you with suitable accommodation options wherever you go. Ranging from comfortable hotels to rustic guesthouses, all of the Bett+Bike establishments comply with the German Cyclists' Federation's baseline quality requirements and offer a range of additional amenities to cyclists.

 >> [www.bettundbike.de/en](http://www.bettundbike.de/en)

### Legal notice

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# I packed my bag and...

Now that you have found and planned your route, you can finally pack your bags. To help you, we are giving you this small checklist compiled with the support of the ADFC (German Cyclists' Federation). Just remember: The lighter you pack the easier it is to cycle.

## Waterproof saddlebags

- separate rear saddlebags
- small front saddlebags if necessary, e.g. low rider pannier bags
- a handlebars bag with map compartment
- a rear bundle if necessary

## Clothing

- short and long trousers
- cycling pants
- socks and underwear
- T-shirts and/or short and long sleeved shirts
- rain trousers, weatherproof windbreaker
- jumper
- swimwear
- nightwear
- plimsol/cycling shoes
- extra pair of shoes (cycling) sandals
- cycling gloves
- bicycle helmet and/or peaked cap

## Orientation and documents

- cycling maps and cycling tour maps
- cycling guidebook and or language phrase book if necessary
- identity card/passport
- accommodation directories (Bett+Bike/Dachgeber/DJH)
- charge cards/EC cards/credit cards
- copies of your personal documents
- stationary
- notebook with addresses
- mobile phone/charger/adaptor

## First aid

- first aid kit
- bandaging
- insect repellent
- thermometer
- disinfectant

- cotton wool swabs
- painkillers

## Washing and grooming

- shower gel/shampoo, soap
- comb/brush
- toothbrush/toothpaste
- sun protection
- shaving utensils
- monthly hygiene needs
- washing detergent
- washing-up liquid and kitchen towel
- toilet roll and tissues
- shoe maintenance accessories and sewing kit

## Bicycle equipment

- bicycle lock
- spare tube
- water bottles
- pump and repair kit, air-pressure gauge if necessary
- tools, cloth
- spare brake and gear cables
- small parts (nuts, screws, washers, brake shoes, wire, two-component adhesive, etc.)
- chain and chain lock

## Camping

- sleeping bag
- roll mat
- light-weight tent
- heavy-duty adhesive tape
- camping stove
- dishes
- seasoning
- digital camera (including charger and/or batteries)
- sunglasses, cycling glasses, replacement glasses if necessary
- penknife
- torch and tent lighting
- foldable scissors
- reading material



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# Enjoy your trip!



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