



# The great cycling holiday along the Main

11 DAYS / 10 NIGHTS, APPROX. 435 KM  
BOOKING CODE: BY-MABM10

DAILY ROUTE LENGTH ●●●●●  
TOPOGRAPHY ●●●●●



## Your tour

With a lot of time, you explore the Main from Bamberg to its confluence into the Rhine in Mainz. You cycle relaxed on the beautiful cycle path along the romantic river bends. Small, idyllic villages like the timber-framed winded Miltenberg or the joyful Ochsenfurt are also on your way, as well as the former Imperial town Bamberg, the residence town Würzburg and the metropolitan region Aschaffenburg-Frankfurt.

## Itinerary

<b>Day 1</b>	Individual arrival in Bamberg
<b>Day 2</b>	Bamberg – Haßfurt, approx. 35 km
<b>Day 3</b>	Haßfurt – Volkach, approx. 50 km
<b>Day 4</b>	Volkach – Ochsenfurt / Sommerhausen, approx. 45 / 50 km
<b>Day 5</b>	Sommerhausen – Karlstadt, approx. 45 km
<b>Day 6</b>	Karlstadt – Markttheidenfeld, approx. 50 km
<b>Day 7</b>	Markttheidenfeld – Bürgstadt / Miltenberg, approx. 55 km
<b>Day 8</b>	Bürgstadt – Aschaffenburg, approx. 50 km
<b>Day 9</b>	Aschaffenburg – Frankfurt, approx. 55 km
<b>Day 10</b>	Frankfurt – Mainz, approx. 45 km
<b>Day 11</b>	Individual departure

## Travel time

<b>Season A</b>	05.04.	12.10.	
<b>Season B</b>	06.04. – 11.04.	21.04. – 25.04.	04.05. – 09.05.
	21.09. – 11.10.		
<b>Season C</b>	12.04. – 20.04.	26.04. – 03.05.	10.05. – 23.05.
	22.06. – 04.07.	24.08. – 20.09.	
<b>Season D</b>	24.05. – 21.06.	05.07. – 23.08.	

Daily arrival 05.04. – 12.10.2025  
The season is dictated by the arrival date.

## Services

- 10 nights with breakfast, national 3\*-level
- Luggage transport from hotel to hotel to Mainz, max. 20 kg / piece
- Cycle route description with maps (1 x per room)
- Service-Hotline (7 days, 08.00 a.m. – 08.00 p.m.)

## Not included services

- Citys or visitors tax, if payable

## Basic price per person

Doubleroom, Season A	1149,-
Doubleroom, Season B	1299,-
Doubleroom, Season C	1499,-
Doubleroom, Season D	1599,-
Additional fee single room	349,-

## Additional night prices per person

Bamberg DBL / BB	75,-
Bamberg SGL / BB	109,-
Mainz DBL / BB	79,-
Mainz SGL / BB	109,-

## Additional services per person

E-bike / Pedelec (freewheel)*	269,-
Teenager's bike*	49,-
Rental bike (8- / 10-gear)*	99,-

\*including rental bike insurance

## Exemplary hotel list

Bamberg	Europa Bamberg	<a href="https://www.hotel-europa-bamberg.de">https://www.hotel-europa-bamberg.de</a>
Haßfurt	Altstadthotel Haßfurt	<a href="https://altstadthotel-hassfurt.de">https://altstadthotel-hassfurt.de</a>
Volkach	Neuhauser	<a href="https://www.hotel-neuhauser.de">https://www.hotel-neuhauser.de</a>
Ochsenfurt / Sommerhausen	Weingut im Pastoriushaus	<a href="https://www.artur-steinmann.de">https://www.artur-steinmann.de</a>
Karlstadt	Mainpromenade	<a href="https://hotel-mainpromenade.de">https://hotel-mainpromenade.de</a>
Marktheidenfeld	Anker Marktheidenfeld	<a href="https://www.hotel-anker.de">https://www.hotel-anker.de</a>
Bürgstadt / Miltenberg	Adler Bürgstadt	<a href="https://adlerlandhotel.de">https://adlerlandhotel.de</a>
Aschaffenburg	Dalberg	<a href="https://www.hotel-dalberg.de">https://www.hotel-dalberg.de</a>
Frankfurt	Maingau	<a href="https://www.maingau.de">https://www.maingau.de</a>
Mainz	Königshof	<a href="http://www.hotel-koenigshof-mainz.de">http://www.hotel-koenigshof-mainz.de</a>

## Child reduction on basic price

0 - 5 Years	100%
6 - 11 Years	50%
12 - 17 Years	25%

Children's discount applies for accommodation in a room with two full-paying guests, no discount from the age of 18. A multi-bed room is usually a double room with an extra bed or folding sofa. No four-bed rooms possible.

## Additional night prices per person

Frankfurt DBL / BB	79,-
Frankfurt SGL / BB	109,-
Haßfurt DBL / BB	59,-
Haßfurt SGL / BB	89,-
Marktheidenfeld DBL / BB	89,-
Marktheidenfeld SGL / BB	129,-
Ochsenfurt / Sommerhausen DBL / BB	55,-
Ochsenfurt / Sommerhausen SGL / BB	85,-
Volkach DBL / BB	79,-
Volkach SGL / BB	109,-

## Languages Travel documents

→ German, English, Dutch, French

## Additional note

- All bookings are on request.
- Return journey from Mainz to Bamberg: On your own by train, connections mostly every 2 hours, duration approx. 3:45 and 4:45 hours, 2 - 3 changes. We recommend booking rental bikes.
- Twin / double rooms / separate beds are only occasionally available. We treat requests as non-binding customer requests, if above mentioned room types are a booking condition, it must be mentioned as a condition at the time of booking.

## Equipment of our rental bikes

- Comfortable saddle
- Bike lock
- Luggage rack
- Odometer
- Air pump
- Hub dynamo
- Breakdown kit (1 x per booking)
- Unflat Schwalbe Marathon Plus tyres or comparable
- Waterproof pannier
- Waterproof handlebar bag with map holder
- Further information and photos of the rental bikes are available: [www.cycling-holiday.com/rental-bikes](http://www.cycling-holiday.com/rental-bikes)

## Journey to Bamberg

- Closest airports: Nuremberg, Frankfurt (FRA), Munich
- Train station: Bamberg main station

## Parking in Bamberg

- Public car park, approx. 45 EUR / week, it is not possible to reserve.
- Free Park & Ride parking on the outskirts of the city, reservation not possible.
- Hotel parking spaces (available in individual hotels, chargeable, details in the travel documents).

## Bike handover

- Arrival: Guests' rental bikes will be available at the arrival hotel.  
Departure: The guests leave the bikes at the last hotel. If an e-bike has been rented, the battery, charger and key must be returned to the reception.

## Luggage transport

- Luggage pick-up from 09.00 a.m., delivery to the next hotel by 06.00 p.m. at the latest, labeling of luggage is 1 x for the whole tour. No restriction on the number of pieces of luggage, but max. 20 kg per piece of luggage.

## Travel documents

→ 1 set (per booked room) consists of: hotel list and voucher, travel information with details on daily stages, short travel guides and route descriptions, maps, luggage tags

→ Dispatched up to four weeks before arrival. For short-term bookings, delivery to the start hotel, hotel list and arrival information will be sent by email

---

## Stages description

### Day 1: Individual arrival in Bamberg

The medieval original town ensemble has been an UNESCO World Heritage site since 1993. One of the most important of the countless sites is the cathedral: Belonging to the principal German imperial cathedrals, it was sanctified in 1237 and accommodates the imperial grave of Heinrich II.

### Day 2: Bamberg – Haßfurt, approx. 35 km

Fancy a short tour through the town of seven hills before you leave Bamberg? The Main cycle path takes you from „Beer Franconia“, as this region is known, to the „Wine Franconia“ region. The pretty little town famous for its wine and half-timber framed houses, Zeil am Main, is the first inkling behind the name Wine Franconia. Today's destination is at the foot of the Hassberg Hills, Hassfurt.

### Day 3: Haßfurt – Volkach, approx. 50 km

The Main how takes you to town of Schweinfurt, famous for its production of ball bearings. You cycle along the pleasant Main cycle path, passing romantic villages, expansive vineyards and orchards and the lush green meadows alongside the river. Just before Volkach, you should definitely go visit the most famous carving by Tilman Riemenschneider: „Madonna of the Rosary“ in the pilgrimage church, St. Maria.

### Day 4: Volkach – Ochsenfurt / Sommerhausen, approx. 45 / 50 km

Via the wine-trading town of Kitzingen, you follow the Main primarily, heading for the „sugar town“ of Ochsenfurt. You leave Ochsenfurt via the old stone Main bridge and roll along the right river bank - weirs, marinas and vineyards alternating adjacent to the route. Pedalling through charming little villages. Your way takes you to today's destination of Sommerhausen, which is surrounded by vineyards and orchards.

### Day 5: Sommerhausen – Karlstadt, approx. 45 km

Today you will cross the old royal city of Würzburg and can explore the Old Main Bridge, the Chapel of Our Lady and the Würzburg Residence on a relaxed city tour. North of Würzburg, in the Main-Franconian wine-growing region, you will reach your stage destination Karlstadt – or „Karscht“, in Main-Franconian dialect.

### Day 6: Karlstadt – Marktheidenfeld, approx. 50 km

The Main triangle is now followed by the Main quadrangle, the first corner of which is Gemünden. Here you are already in the Spessart nature park, which you can overlook wonderfully from the ruins of

Scherenburg. The route then continues in ever tighter curves through wooded hills. Near Rothenfels, the Romanesque castle watches over the narrow valley and your path; Marktheidenfeld, situated between the Main and Spessart rivers, is entirely under the sign of Franconian wine culture.

### Day 7: Marktheidenfeld – Bürgstadt / Miltenberg, approx. 55 km

Behind the next bend of the river, the view falls on Stadtprozelten, where one of the most beautiful castle ruins of the Main is enthroned above the city, the Henneburg. With Freudenberg you reach a recognized recreational resort, which, in addition to Kneipp facilities, a bathing lake and the historic town centre, also has a castle ruin from the late 12th century to offer.

### Day 8: Bürgstadt – Aschaffenburg, approx. 50 km

In Miltenberg, the „Schnatterloch“, one of the most picturesque German squares and world-famous photo motif, and the „Riesen“ inn are particularly famous. Next you head for the small town of Klingenberg and its vineyards, wine cellars and so-called „Heckenwirtschaften“ - wine taverns that open seasonally. The „glide“ along the Main cycle path to the „Spessart Metropolis“, Aschaffenburg. From afar already, the four towers marking each corner of Johannisburg Castle show you the way. Impressive historical buildings bear witness to the historical importance of Aschaffenburg.

### Day 9: Aschaffenburg – Frankfurt, approx. 55 km

Parks of gardens, allotments and villas are gradually replaced by restaurants and beer gardens. In Seligenstadt, it's worth taking a break: you shouldn't miss visiting the rose and herb garden at Einhard Basilica - and the medieval apothecary too! Just a bit further along the river and - once you've passed Offenbach - you'll soon find yourself in Frankfurt.

### Day 10: Frankfurt – Mainz, approx. 45 km

Today is your last day in the saddle along the lower course of the Main River. First, the route takes you through fields, orchards and vineyards to Flörsheim and through the town of half-timber framed houses - Hochheim. The Main countryside presents it very best side here! There are two bridges to pedal over and then Main's historic old town is in front of you.

### Day 11: Individual departure

After breakfast you start your individual return journey home or extend your stay.