

THE GOLDEN MOSEL: COCHEM - METZ

Itinerary: Cochem – Benrkastel - Trier– Saarburg – Remich – Thionville – Metz

Highlights :

fine white wines - marketplace Bernkastel - Porta Nigra in Trier – Saarburg – cathedral of Metz



French savoir vivre, fine German wines and rich history.

The countryside on both banks of the Mosel is splendid, the cool wines taste deliciously, the picturesque little towns have rich histories and the conditions for cycling are excellent indeed. Here you find the perfect mix of ingredients for a fine bike and barge vacation. This tour takes us through a wonderful, varying region.

We follow the river Mosel, partly in Germany, partly in France and partly in Luxembourg, along the endless vineyards and the enchanting old cities like Cochem and Bernkastel. It goes without saying that we will taste the local wines whenever we can. Of course, there is Trier, the oldest city of Germany with the Porta Nigra dating from the first century after Christ.

After Trier we will follow the river Saar to visit charming Saarburg, 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.

SATURDAY: Cochem

16.00 h	Arrival
18.00 h	Welcoming drink
18.30 h	Dinner
20.00 h	Town walk through Cochem, a cosy and characteristic Mosel town, with steep wine mountains, wooded hills, mediaeval fortresses and a picturesque centre with beautiful timber-framed houses. The fortress houses a museum.



SUNDAY: Cochem – Bernkastel-Kues: Bike tour: ca 40 km. Cruising time: 8 hours

- 8.00 h Breakfast
- 9.00 h We follow the Mosel upstream and cruise past Zell and Traben-Trarbach. Zell is beautifully situated on the Mosel, where the river meanders through the hills in many loops. The Hoherott (452 m) and the Corraye Berg (425 m) are the best-known wine regions. Traben-Trarbach is surrounded by woods and extensive vineyards and is the major centre of wine trade in the Mosel region. Our final destination is Bernkastel-Kues. Bernkastel is a frequently visited, old and picturesque town, with the best wine regions of the Mid-Mosel. We visit wine cellars and relish the wine. Pride of the town is the market square, with its picturesque timber-framed houses.
- 18.30 h Dinner



MONDAY: Bernkastel-Kues–Trier: Bike tour: ca 40 km. Cruising time: 6 hours

- 8.00 h Breakfast
- 9.00 h From Bernkastel upstream lovely vineyards stretch out in many places. The white Mosel wine is a household word far abroad. Today we cruise past Piesport and Trittenheim, both big names. Piesport produces a number of beautiful white wines. Especially the 'Piesporter Goldtröpfchen' enjoys great fame. Trittenheim lies in a sharp hairpin turn in the Mosel. It is surrounded by mountains covered with extensive vineyards. The Laurantiuskapelle with its gothic choir is sitting right in the middle of the vines. Later we bike on to Trier, an interesting and lively city, the oldest city in Germany. According to the Romans, Trier was founded around 15 before Christ by Caesar Augustus under the name of Augusta Treverorum. As a trading town and administrative centre, Trier flourished during the late imperial age. This Roman golden age has left us with a respectable number of monuments. Most authentic is the city gate Porta Nigra, which was built around 18 after Christ.
- 18.30 h Dinner

TUESDAY: Trier – Saarburg: Bike Tour: ca 35 km. Cruising time: 4 hours

8.00 h	Breakfast
9.00 h	Today we follow the Saar river to our next destination, Saarburg. Saarburg is an interesting old town situated in the most beautiful part of the Saar valley. Here the banks of the river are densely forested. The castle of Saarburg was built here in the middle of the 10 th century. In the middle of town we come across a waterfall of 20 meters high. At the foot of this waterfall there is an old mill, which is driven by the small river. In this part of town most of the old houses from the 17 th and 18 th century, which give Saarburg such a picturesque look, are still intact.
18.30 h	Dinner
20.00 h	Town walk



WEDNESDAY: Saarburg – Remich : Bike tour ca. 40 km, cruising time 5 hours.

- 8.00 h Breakfast
 9.00 h From Saarburg, we follow the valley of the Mosel to the south into the direction of Remich. Here the Mosel forms the border between Germany and Luxembourg and Remich is on Luxembourg ground. On the way we visit a wine cellar, to taste the fresh Mosel white wine.
 18.30 h Dinner



THURSDAY: Remich – Sierck-les-Bains – Thionville: Bike tour: 50 km. Cruising time : 7 hours

- 8 :00 h Breakfast
 9 :00 h Today's tour leads us via the beautiful valley of the Mosel across the French-German border to Thionville.
 First we visit the castle of Sierck-les-Bains, beautifully situated on the banks of the Mosel river. On top of the hill there is a castle from the 11th century, which was at stake in the battle between the duke of Lorraine and the archbishop of Trier in the 12th century. We spend the night in Thionville, a versatile city with an eventful past. First and foremost Thionville is the centre of steel industry of old. But a walk through the old city center shows us the old ramparts, the beautiful St.-Maximin church and the château de la Grange.
 Thionville is also part of the Maginot line, an enormous line of defence, built early in the 20th century against a possible German invasion.
 18:30 h Dinner

FRIDAY: Thionville – Metz: Bike tour ca: Cruising time: 4 hours.

8 :00 h	Breakfast
9 :00 h	Today we follow the Mosel further upstream to Metz, strategically situated between Cotes de Moselle and the Plateau Lorrain. These days, the rich mediaeval city is a traffic junction, an administrative centre, a centre of learning, but especially a lively 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 shopping is also good.



SATURDAY: Metz

8.00 h	Breakfast
9.00 h	Departure