

Cycling Safaris

Bohemian Rhapsody 6 days/5 nights Along the Rivers and Through the Forests of Central Bohemia Self Guided Tour 2010



The Vltava River is the most significant Bohemian river – rising in the south of the country, running through Prague, and eventually flowing into the Elbe (Labe) River to the north. It is immortalised in Smetana’s tone poem, *Ma Vlast*. The Berounka River is a tributary of the Vltava. The meeting of the two rivers is just 12 km south from the centre of Prague. The river valleys are picturesque countryside, with many forested areas, gently undulating hills and small villages. You will visit the world-renowned Karlstejn Castle, an impressive 600m-deep complex of limestone caves, a romantic and canyonesque former quarry, many medieval and Renaissance towns and villages, characteristic pubs and restaurants and many other sights.

You will cycle directly from Prague to the pretty village of Karlstejn, 30km from Prague. You will stay here for three of the biking days and each day you will cycle to an interesting historical or natural site. You will enjoy your lunches in charming village pubs and restaurants on the way and you will take your time enjoying the landscape and learning a lot about this beautiful region, which has not yet been discovered by mass tourism. You will visit many fascinating locations that you would not get to see on a regular bus tour!

The trails are mostly paved, but you will also cycle on forest trails and some more difficult surfaces.

The tour is mostly easy except for two moderate trips from your Karlstejn hotel. The itinerary is designed as a leisure/sporting ride with a balance of cycling and sightseeing.

The trip finishes in Prague, one of the most famous and beautiful central European cities. You can explore this fascinating and lively city, full of culture and history.

TOUR ITINERARY

Day 1 **Arrival to Prague**

We will organize a transport from Prague airport to your hotel according to group arrival time, after checking in the hotel in Prague you are free to explore this vibrant city.

Day 2 **Prague - Karlstejn** **34 km; 19 miles**

You will be met in the hotel at 8:30 am. After the welcome briefing, adjusting the bicycles and practical safety bike training we start our adventure with a cycle to Karlstejn along the Vltava and Berounka rivers.

Day 3 **Trip to Svaty Jan Pod Skalou Valley (overnight in Karlstein)** **38 km; 24 miles**

Today is a moderate ride along the Berounka River. We pass through the romantic countryside of the Brdy Forests. We visit a cave where Saint Ivan lived in the 9th century. Today you also have the opportunity to take a tour of one of the Czech Republic's most famous landmarks - the beautiful fairy-tale Karlstejn Castle.

Day 4 **Trip to Beroun (overnight in Karlstein)** **39 km; 25 miles**

Today we pass through the villages of Zadni Treban and Liten on the way to Koneprusy village. A visit to the complex of caves is optional, but highly recommended. After lunch, we have time to sightsee around the historic centre of the medieval town of Beroun. Our return cycle to Karlstejn is along the banks of the picturesque Berounka river.

Day 5 **Karlstejn - Prague** **40 km; 20 miles**

Our return route to Prague is an easy cycle following the course of the Berounka and Vltava Rivers. (Note we take a different route than on the first day's outward journey). To avoid heavy traffic we return to our Prague hotel by a combination of bicycle and public transportation/support vehicle.

Day 6 **End of the tour**

After breakfast you will be transferred to Prague Airport to catch your plane, unless you are prolonging your holiday in the Czech Republic

TOUR PRICE DATES

€405.00 per person sharing

€510.00 for single occupancy

Available every day from April to end of October

Half board option available €60pp to include 4 dinners.

WHAT IS INCLUDED IN THE TOUR PRICE

- Pick up from any Prague hotel or from Prague Airport on the first day of the tour at an appointed time
- Accommodation in 3/4* hotels and pensions
- Buffet breakfast on all days
- Detailed town maps (per room)
- Programme and Route Book (per room)
- Detailed cycling maps and route description (per room)
- Bicycle repair kit (per room)

- Transportation of participants, their luggage and bicycles from Prague to the starting point of the bike route and from the end of the route to Prague (according to the programme of the tour)
- Transportation of luggage between hotels
- 24 hour hotline assistance service

ADDITIONAL ACCOMMODATION

If you require additional accommodation and would like us to book it on your behalf, please let us know:

Night in Prague:- €45.00 per person sharing. €70.00 for single room.

BACK UP SERVICE

As this is a self led trip you do not have the back-up of a guide and support van. Our aim is to allow you feel like an independent traveller, free to cycle each day at your own pace while at the same time having the security of knowing that your luggage will be waiting for you in your next accommodation.

If you experience small problems with the bike (e.g., a puncture) you will have a spare tube, pump and tyre lever. You also have access to a 24 hour helpline (Spanish, English and French speaking).

WHAT TO BRING

We would recommend that you bring padded cycling shorts and / or a gel saddle cover which will make your days cycling more comfortable. Cycling gloves are also a good investment, as are hard-sole shoes which will help protect your feet. And don't forget raingear including a rain jacket, rain pants and slip-on boots. A hat and sunglasses will protect you from getting all too much sun. Finally, please make an effort to pack lightly. This will make your travels easier and will be much appreciated with the luggage transfers.

BIKE / FITNESS



The bikes supplied for this tour are 21 speed Specialised or Author mountain or Cross Road bikes with Shimano equipment. We provide steering bags in case of guided tours (for self-guided there are also rear panniers), rear lights, bottle cage and mudguards.

Total length is 151 km / 95 miles. The trails are mostly paved, but you will also cycle on forest trails and some more difficult surfaces.

The degree of the tour is mostly easy except for two moderate trips from your hotel in Karlstejn. The itinerary is designed as a leisure - sporting ride with a balance of cycling and sightseeing.