



Day 3: Ride the bike path to Molsheim and Beyond to Obernai

Highlights: Marmoutier, Molsheim, Marlenheim, Alsatian “Wine Road”

We enter the heart of the Alsatian vineyards today as we leave the pasture lands of the north. First we pass through the village of Marmoutier with its 12th Century Romanesque Church and head on to Marlenheim and Molsheim. The majority of our ride today is on a bicycle path along the famous Alsace Wine Route. You are entering rich wine country today, so you'll have ample opportunities to taste at small family-run wineries, but be sure to save yourself for our guided winery tour in Obernai this evening. Daily Mileage: 50 km (31 miles)

This evening's hotel:

**Le Colombier
6/8 rue Dietrich
67201 Obernai**

Tel: 03 88 47 63 33

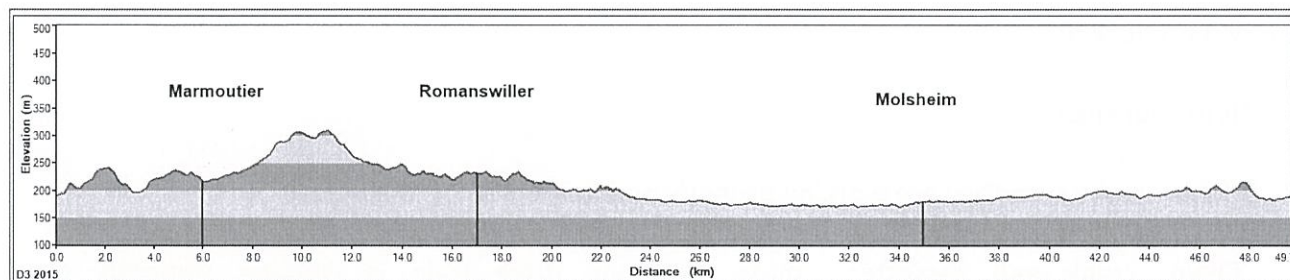
Tour leader phone numbers:

**Philipp: +33 7 86 57 37 82
Jessica: +33 7 86 07 20 29**

Loïc: +33 7 81 63 38 36

In an emergency call 112

Today's Ride: There is a bit of climbing leaving Saverne and a couple kilometers after Marmoutier. Once you get to Romanswiller there is a long stretch of a rails-to-trails bike path that is flat or downward sloping. The rest of the route is relatively flat.



Lunch and Dinner: Molsheim is your best bet for lunch today. We will mark an in and out arrow so you can explore its beautiful old town and charming cafés. It is one of today's highlights. Dinner is on your own tonight. We'll provide some restaurant suggestions, there are plenty of delicious places to choose from in town.

You Might Like to Know: The entire ride today allows you to enjoy the garden-like landscape of the Alsatian wine region, including villages, houses, and well-kept vineyards. The wine regions of Alsace produce wines under three different Appellation d'Origine Contrôlées (AOCs): Alsace AOC for white, rosé, and red wines; Alsace Grand Cru AOC for white wines from certain classified vineyards; and Crémant d'Alsace AOC for sparkling wines. The A.O.C., Appellation d'Origine Contrôlée, is a labeling system created in the early 20th Century to reestablish and maintain high quality standards. It has now been extended to a few other food products as well.



In the Alsatian wine regions, we pedal through the only French wine region allowed to label their wines based on the grape variety. The wine world is frequently divided into two parts: the Old World (mostly Europe) and the New World (USA, Australia, and South America to name a few). And among the many differences between these worlds, there's the tradition of labeling the wines by their grape variety in the New World, and by their origin in the Old World. For instance, in California you are likely to buy a Cabernet Sauvignon or a Merlot. A similar wine in France is Bordeaux. Alsace is the exception to the rule: the wines are always labeled by the grape variety. While you find some red Pinot Noir here, the vast majority of the wines are white. Ask many a wine expert and they tell you their favorite white wine is Riesling. The Riesling and Gewurztraminer of Germany and Alsace set the world standard for excellence. Two other varieties are considered noble in Alsace: Muscat and Pinot Gris. For excellent value, also look for Pinot Blanc, Auxerois, and Sylvaner.

Pedaling through these picturesque wine villages, keep your eyes open for the *Crémant d'Alsace*. It is a high quality sparkling wine that gives Champagne a run for its money.

Take time for a walk in Obernai later this afternoon. Enjoy the timber-frame houses around the market place (Place du Marche') and around the old covered market and the City Hall (Hotel de Ville). If you don't have time to explore today you can do so tomorrow as we'll be back in the same hotel.

Bike Safety Tip: ABC Quick Check (30 second safety check)

Every day check for

A: Air in your tires;

B: Brakes - make sure they are working properly and don't drag on the wheel;

C: Chain, crank and cassette - make sure the drive train is working smoothly (rain yesterday? Check for debris or oil, etc.)

Quick Check: Double check all your quick releases

French Lesson of the Day:

I am on vacation cycling France. = *Je suis en vacance et je visite la France à vélo.*

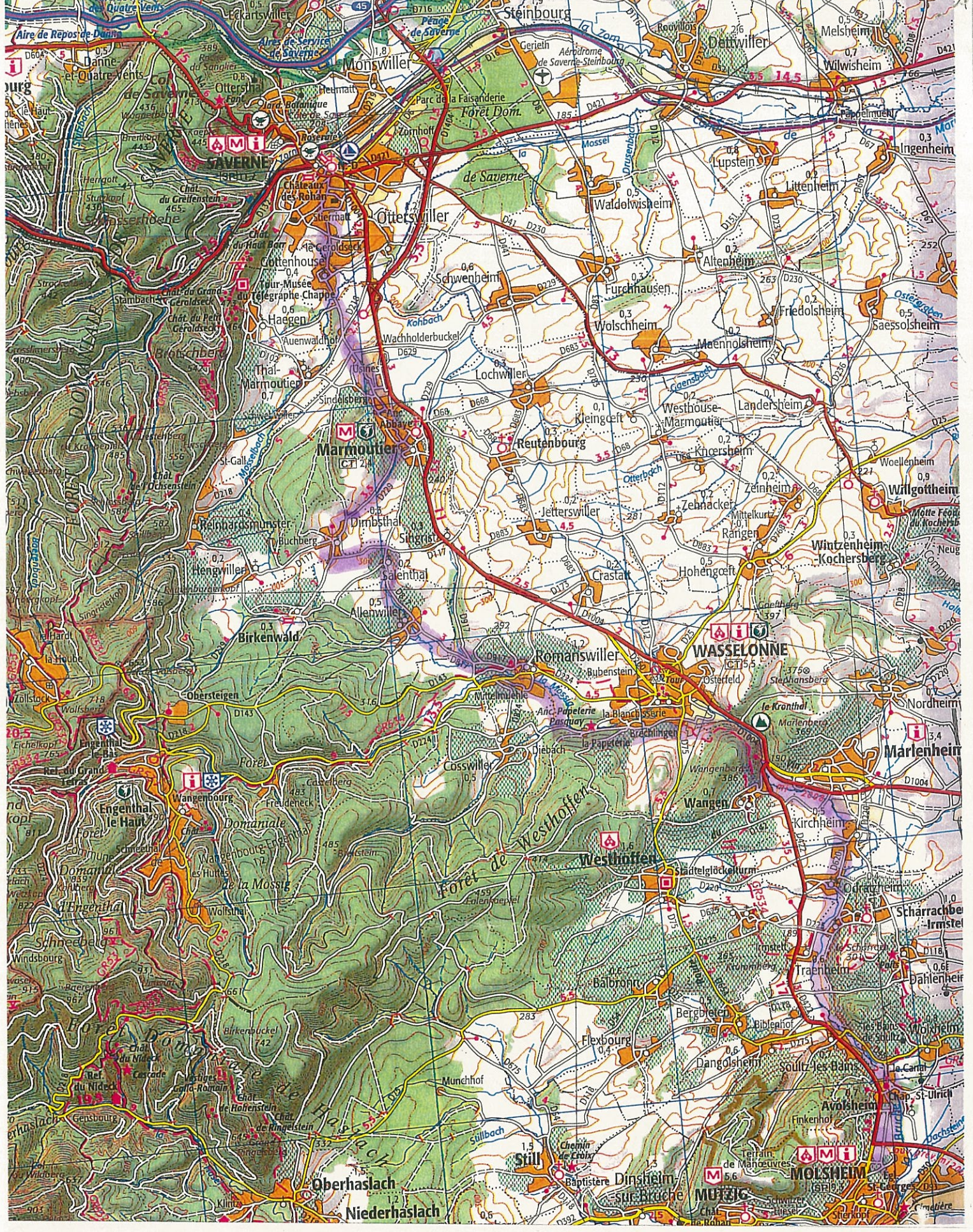
My name is... = *Je m'appelle...* I'm from... = *Je suis de...*

I don't speak French. I'm sorry. = *Je ne parle pas français. Je suis desolé.*

Do you speak English? = *Parlez-vous anglais?*

How do you say ... in French? = *Comment dit-on ... en français?*

Can you help me, please? = *Pouvez vous m'aider s'il vous plaît?*



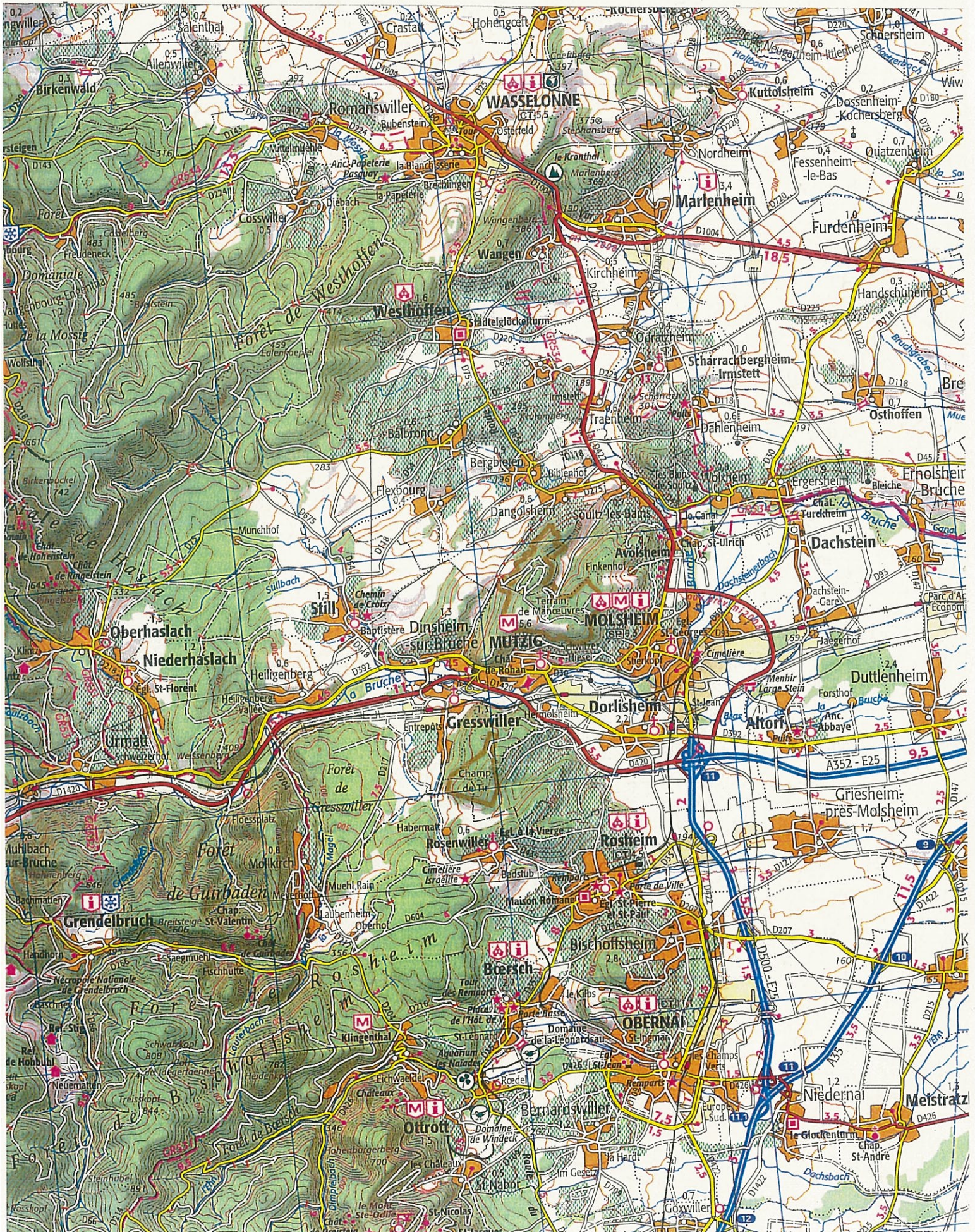
Cycling the Vineyards of Alsace
Scale 1:100,000

Day 3: Ride the bike path to Molsheim and beyond to Obernai Part One

Towns for Navigation: Gottenhouse (3 km), Marmoutier (6 km), Dimbsthal (10 km), Romanswiller- begin bike path (17 km), Molsheim (35 km), Dorlisheim (37 km), Rosheim (42 km), Obernai (50 km)

Day 3: Ride the bike path to Molsheim and beyond to Obernai Part Two

Towns for Navigation: Gottenhouse (3 km), Marmoutier (6 km), Dimbsthal (10 km), Romanswiller- begin bike path (17 km), Molsheim (35 km), Dorlisheim (37 km), Rosheim (42 km), Obernai (50 km)





Day 4: Rest Day Visiting Obernai or Ride To St Odile

Highlights: Alsatian wine villages and vineyards, views of the Vosges Mountains

We are back in the same hotel tonight so you can follow our recommended route to Mont Ste Odile, high in the Vosges Mountains with spectacular views, or enjoy a rest day off the bike.

Obernai has a beautifully preserved medieval and Renaissance city center with plenty of sites to visit. Dinner is on your own this evening. Daily Mileage: 27km (17 miles).

This evening's hotel:

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6/8 rue Dietrich
67201 Obernai

Tel: 03 88 47 63 33

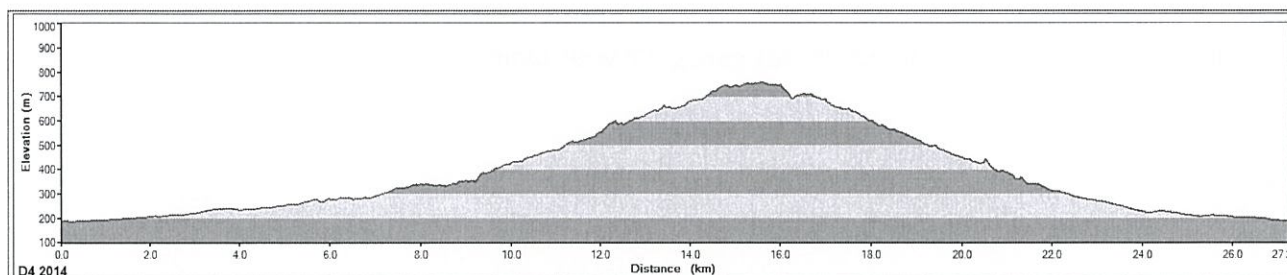
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Today's Ride: This is a short loop with one big climb. The route starts out with about 8 km of relatively flat terrain to get you warmed up before starting the ascent to the Mont Sainte Odile and the Hohenburg Abbey.



Lunch and Dinner: There's a restaurant at the top of the Mont Sainte Odile that serves lunch until 2 p.m. or you can always have lunch back in Obernai. Dinner is together tonight.

You Might Like to Know: Ste. Odile, the patron saint of Alsace, founded a monastery on the top of this mountain in the mid-8th century. To this day, the mountain and monastery are major landmarks and pilgrimage sites for Alsatians. In the monastery are the beautiful mosaic ceilings of the Chapel of Tears and the Chapel of Angels.

From the top of Mont Ste. Odile, you have one of the best views of pre-Alpine European landforms as you look across the "Rhine Graben" from the Vosges Mountains of France to the Black Forest of Germany. These two low mountain ranges were uplifted as one range of mountains during the formation of the Alps; but as the crust of the earth folded shaping this mountain range, the center of the uplifted crust collapsed and dropped down forming the Rhine Rift Valley (in German: "Rhine Graben"). The result is two mountain ranges separated by a broad flat plain through which the Rhine River flows. One peculiarity of this type of formation is that often the highest mountains, including Mont Ste. Odile, are on the edge of the mountain chain, rather in the middle. This affords great views across the entire region from the top.



Bike Safety Tip:

Be predictable and communicate with fellow cyclists ESPECIALLY your main riding partner(s).

Leave at least a bicycle length of space between you and the next rider. If you would like to socialize or ride together make sure you have adequate visibility front and back for oncoming cars. When a car comes decide which of you will drop back (usually the cyclist closer to the center of the road).

When turning or stopping call out, "right turn" or "stopping."

French Lesson of the Day:

Where can I find some water? = *Où est-ce que je peux trouver de l'eau ?*

Can I refill my water bottle, please? = *Puis-je remplir ma bouteille d'eau s'il vous plait?*

Where is the bathroom, please? = *Où sont les toilettes, s'il vous plaît?*

Excuse me - *Pardon*

I would like Euros, please - *Je voudrais des euros, s'il vous plait.*

Day 4: Rest day visiting Obernai or ride to Mont Ste Odile

Towns for Navigation: Ottrot (4 km), Mont Sainte Odile (15 km), Saint Nabor (21 km), Obernai (27 km).

