



RHINE SKATE



Münsterlingen on Lake Constance

CHARACTER

The ideal long-distance route for less experienced skaters – the Rhine valley and Lake Constance are flat and come with a perfect asphalt covering! If you leave RhineSkate in Romanshorn and head for the Mittelland Skate, you will discover Europe's longest signposted skating route, stretching all the way to the Neuenburgersee lake.

ROUTE

BAD RAGAZ - BUCHS 23 km

A refreshing thermal spa at the start – then on the flat along to Rheindamm and on towards «Ländle». A short detour into the principality of Liechtenstein offers a pleasant change. Then from here, it's not far to the end destination.

BUCHS - RORSCHACH 61 km

Up to St.Margrethen, the route follows the Rhine – then it turns off and follows the Old Rhine on to the Altenrhein airport. Here, the «lake promenade» along Lake Constance

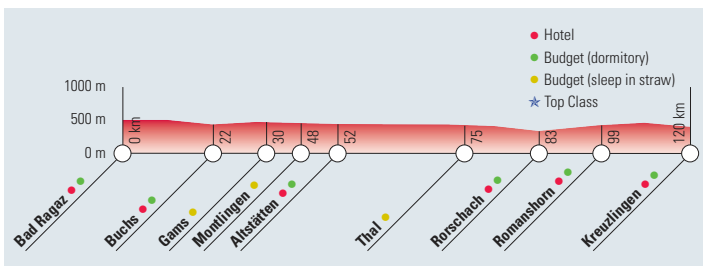
begins – which is sure to make every skater's heart beat that bit faster!

RORSCHACH - KREUZLINGEN 35 km

Lake Constance – a paradise for skaters. A detour to «Mostindien» is also worthwhile: into the back country of Thurgau where fruit orchards dominate the gentle hilly landscapes at the back of the lake. Of course, there are opportunities to take a dip everywhere you look around Lake Constance as well as garden restaurants and all kinds of Summer festivals at the weekends.



ELEVATION PROFILE AND ROUTE STAGES



FOR INDIVIDUALS

SWISSTRAILS À LA CARTE

Plan your own individual skating tour: you can choose the duration of the trip, hotel or budget accommodation as well as the start and end destinations. The 3 skate routes and all of the stage destinations listed in the «elevation profile» are available to you with SwissTrails à la carte.

| DAYS / NIGHTS | 2 / 1 | 3 / 2 | 4 / 3 | 5 / 4 | 6 / 5 | 7 / 6 | 8 / 7 |
|---------------|-----------|-----------|-----------|-----------|-----------|-----------|------------|
| OPTION HOTEL | 208 / 133 | 337 / 216 | 481 / 308 | 610 / 391 | 739 / 473 | 898 / 576 | 1028 / 659 |
| OPTION BUDGET | 163 / 105 | 248 / 159 | 348 / 223 | 434 / 278 | 548 / 352 | 634 / 406 | 719 / 461 |

Always included: accommodation (hotel or budget), luggage transfer, route planner, help line.