

KEY STOPS ALONG THE WAY



Bregenz



Rhine Delta



Rorschach



Austrian coastline



Day 5:

Lindau → Arbon



Distance:

46 Kilometers



Terrain:

Flat

Points of Interest:

- ★ **Bregenz** (Austria): Promenade & Harbor: Enjoy views of Lindau Island and the lake.
Seebühne (Floating Stage): Famous for opera performances.
Martinsturm: Panoramic city views.
- ★ **Rhine Delta**: Nature reserves, wetlands, and bird habitats.
- ★ **Rorschach** : Promenade: Relax along the lakeside.
Wooden Bathhouse: Check the reconstruction site after it burned down.



Bregenz Centre

Day 5

Bregenz is one of Austria's "festival cities," and indeed, there always seems to be something going on. Of course, you should experience the promenade and the harbor. You'll see boats slowly chugging in and can make out the island of Lindau in the distance. You'll also notice a giant, man-made floating structure on the water. This, in fact, is Bregenz's famous Seebühne, the floating stage known for its spectacular opera performances. If you have seen the film *Quantum of Solace* (James Bond), you may remember some scenes taking place here.

The old town is pleasant, and if you'd like to get a thorough look at what it has to offer, I'd suggest parking your bikes and making your way up the steep Stadsteig path to visit the Martinsturm (tower), where you'll get a panoramic view of the entire city. And of course, you're in Austria, so be sure to try some local specialties that you wouldn't necessarily find in Switzerland or Germany: Riebel, a fried cornmeal dish, or some Kaiserschmarrn for dessert (shredded pancakes).

Once out of Bregenz, you'll soon be back in Switzerland. As mentioned, the southern shore is much quieter. The cycling paths should be more peaceful, and you'll notice that the people are more approachable.

The route between Bregenz and Rorschach offer views and landscapes unique to the Bodensee. The shoreline between Bregenz and Rorschach has a distinct character compared to other parts of the Bodensee. Unlike the more developed and bustling areas near Konstanz or Friedrichshafen, this stretch of the lake is relatively tranquil, with fewer large towns and more open spaces.

Leaving Bregenz, you'll pass through the Rhine delta, where the Alpenrhein flows into the Bodensee. This area is rich in wetlands, nature reserves, and small channels, creating a different waterscape than the open lake. The shoreline here feels wilder, with patches of reeds, small islands, and bird habitats. Things will start to feel more "cultivated" again as you approach Rorschach. And of course, take some time to walk your bikes through Rorschach's promenade. But make sure you're walking your bike or using the bicycle paths. The Swiss are friendly, but like to abide by the rules. No worries...the bike paths are always very near to the promenades.

If this were last year, then I would suggested stopping for a swim at Rorschach's famous wooden bathhouse just outside of town. However, it burned down in a fire last year and as of this writing is still closed. Nevertheless, perhaps have a look and let me know how the new construction is coming along.

Your final destination for the day will be either Arbon or Horn, depending on your hotel choice. If staying in Horn, you'll have plenty of spa facilities to enjoy. If staying in Arbon, you can explore the meandering lake paths, relax in beer gardens, and admire the timbered roofs in the town's center.