

# THE LAKE FOR ACTIVE HOLIDAYMAKERS



## Itinerary

Lake Constance is not for couch-potatoes. Explore Lake Constance with a canoe tour on the Swiss side from Stein am Rhein to Schaffhausen. You can then continue with the SeeGang premium hiking trail, which winds its way through impressive landscapes from Constance to Überlingen. On your way you can discover the climbing forest Mainau for a great outdoor climbing experience. The tour continues with the skywalk Allgäu, which takes visitors high up in the air where recreation, relaxation, learning and pleasure are in the focus, while you feel connected with the nature around you. During winter time an insider tip is to try snowshoe hiking on the Pfänder. Another special activity, which is definitely worth a try, is the latest sport trend of stand-up paddling which is an ideal complete body training. The most exciting hike is probably among the golden eagles in the mountain village of Malbun, Liechtenstein.

## Stations



### 1 Canoe tour from Stein am Rhein to Schaffhausen | Switzerland

Experience culture from the crystal-clear water with the multi-pack. From thousand-year-old Stein am Rhein to marvellous Schaffhausen taking in numerous historical buildings on the way, surrounded by beautiful nature.

**Experience time: 1 day**  
[www.schaffhauserland.ch/en](http://www.schaffhauserland.ch/en)



© Pfänderbahn AG

### 5 Snowshoe hiking on the Pfänder | Austria

Rising up to a height of 1,064 m and boasting more than 30 km of pristine trails, the mountain overlooking Bregenz offers the ideal conditions for a hike. When Lake Constance is shrouded in mist, the mountain is an attractive option for catching some sun.

**Experience time: 1 day**  
[www.pfaenderbahn.at](http://www.pfaenderbahn.at)



### 2 SeeGang premium hiking trail | Germany

The 53.3-kilometre (33.3 miles) hiking trail runs along the lake between Konstanz and Überlingen taking in such highlights as the Hödinger Tobel gorge and the flower island of Mainau.

**Experience time: 1-2 days**  
[www.premiumwanderweg-seegang.de](http://www.premiumwanderweg-seegang.de)



### 6 Stand-up paddling Hard | Austria

Stand-up paddling is a water sport where you stand upright on a sort of surf board and propel yourself forwards using a spade paddle.

**Experience time: 0.5-1 day**  
[www.surfmax.at](http://www.surfmax.at)



### 3 Mainau Adventure Forest | Germany

Mainau's Adventure Forest is a climbing paradise that promises a real adrenaline rush. Visitors can test their sporting skills on 9 courses with 120 exercises offering different levels of height and difficulty.

**Experience time: 4 hours**  
[www.erlebniswald-mainau.de](http://www.erlebniswald-mainau.de)



### 7 Eagle Adventure Hike | Principality of Liechtenstein

The Galina Falconry Centre in Malbun offers visitors a unique hands-on experience with a golden eagle. From the top you will then have the chance to admire the incredible flying skills of the majestic eagle as you walk back down into the valley.

**Experience time: 1.5-2 hours**  
[www.tourismus.li/en](http://www.tourismus.li/en)



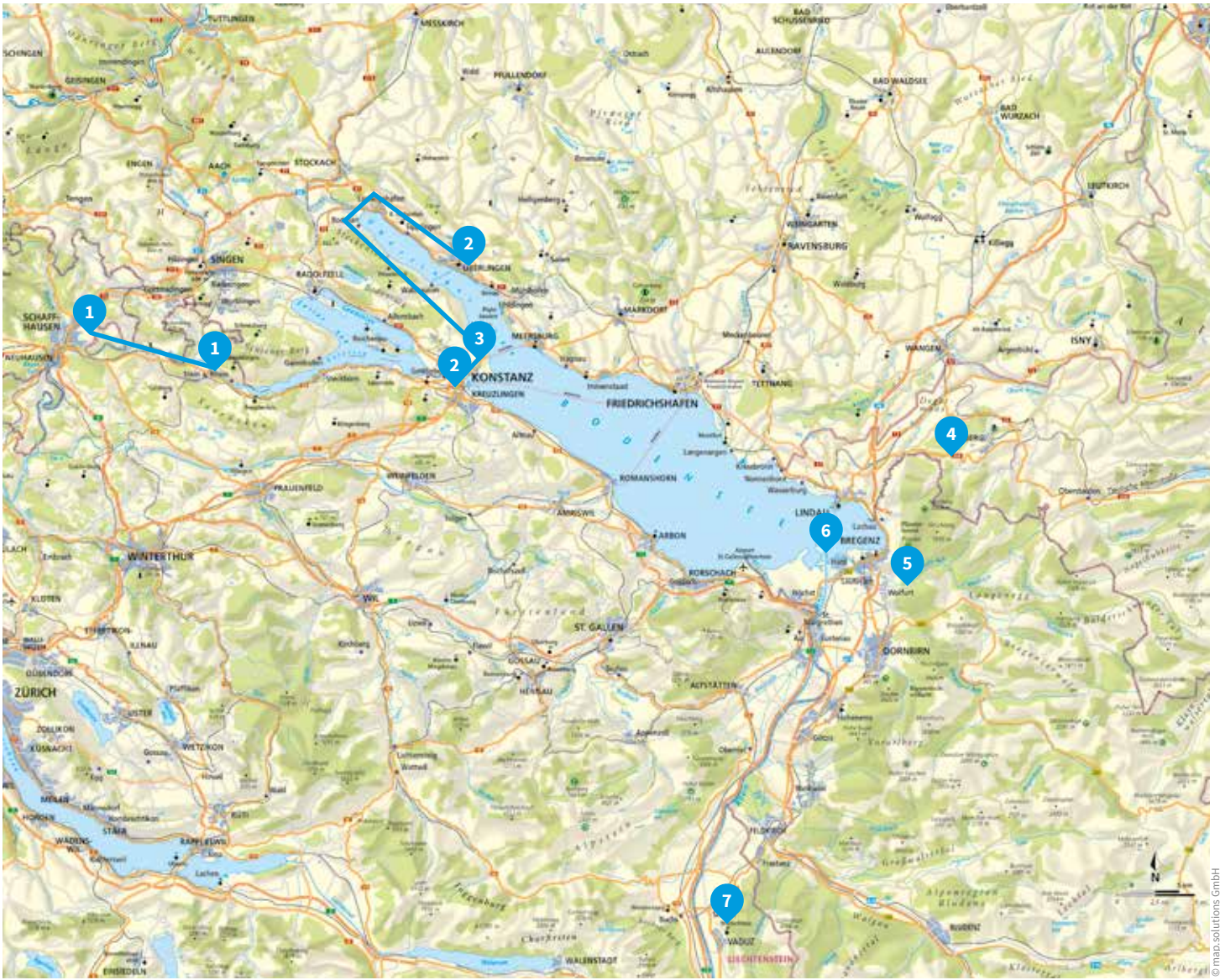
© Skywalk Allgäu

### 4 The skywalk allgäu takes visitors high up in the air | Germany

Discover nature from a new perspective – 40 metres above the forest floor. On the barrier-free circuit stretching some 540 metres between the tree tops, you enjoy a bird's-eye view of the world with stunning views over the Alps and the region around Lake Constance.

**Experience time: 3-4 hours**  
[www.skywalk-allgaeu.de](http://www.skywalk-allgaeu.de)





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## FACTS & TIPS

### Countries

Germany, Austria, Switzerland and the Principality of Liechtenstein

### Appropriate for

Individual travelling and group travelling

### Duration

8 days

### Overnight stays

7 nights

### Recommended season

Spring, summer, autumn, winter

### Travel information

The transfer between the different stages can be undertaken with your own car/coach or by public transport (rail, bus and in places boat).

**This tour acts as an inspiration for your stay at Lake Constance.**

More detailed information about this tour:  
[www.bodensee.eu/trade/sales-guide](http://www.bodensee.eu/trade/sales-guide)

