

Overview





TRIP DETAILS AT-A-GLANCE

Length: 9 days

Arrive: Frankfurt, Germany

Depart: Metz, France Lodging: 8 nights hotels

Meals: All meals included except 1 dinner
Activity: Hiking & Trekking, Limited Edition

Trip Level: 1 2 3 4 5 6

Moderate to strenuous hikes, 4-7 miles most days, often on rolling vineyards and some rocky surfaces

QUESTIONS?

Our Area Specialists are your single point of contact and would be happy to answer any questions about your trip! 800.368.2794 | 510.558.2488

HIGHLIGHTS

- Hike across one of Europe's most treasured landscapes—the Moselle Valley
- Visit the fairytale castles of Eltz, Reichsburg, and Lieser, towering over the Moselle
- Enjoy wine tasting at traditional vineyards in Germany and France
- Ascend to the Calmont, "the steepest vineyard in Germany," by via ferrata
- Ramble across Luxembourg's spectacular Mullerthal Trail
- Cross from Luxembourg into France's Moselle region—on foot!

Introduction







LIMITED EDITION ADVENTURES

This is a Limited Edition adventure—which means a unique trip we've never run before or offer only every few years. Led by our most experienced Trip Leaders, these journeys often take place in remote destinations with only the most basic infrastructure for tourism. If you see a Limited Edition trip scheduled for this year, now is the time to sign up, as spaces fill very early and the trip may not be back for a while! Planned daily activities and actual timings may vary due to local conditions or the discretion of your Trip Leader—it is important to bring your spirit of adventure for these special exploratory journeys!

TRIP DATES July 13-21, 2025

Join us for hikes in the dreamy Moselle Valley, where the Moselle River flows from Germany to Luxembourg and France. This ancient valley, once a Roman trade route, has a fairytale setting of hilltop castles, half-timbered villages, and steep-spired Gothic churches. It's one of Europe's oldest wine-growing regions (and heartland of the Reisling grape) as well as a fantastic place for hikes on forested hillsides and along terraced riverside vineyards. Besides hiking (and wine tasting, of course), we'll explore the spectacular Eltz Castle, the charming village of Cochem, with Reichsburg Castle towering above it, and Luxembourg City, one of Europe's loveliest capitals, ending our journey in the cathedral city of Metz, France.





Overnight: The Moselstern Brixiade and Triton Hotel

Set along the Moselle and just a five-minute walk from the center of Cochem, this modern hotel has spacious guest rooms, spa facilities, and panoramic views of Reichsburg Castle and Cochem's old town.

Meals: L, D (Day 1); B, L, D (Day 2)

Hiking Details: 4 miles, 2 hours, elevation gain 400' / loss 800' (Day 1); 7 miles, 4.5 hours, elevation gain/loss 750' (Day 2)

DAYS 1-2 FRANKFURT / ELTZ CASTLE / COCHEM / REICHSBURG CASTLE

Day 1: We meet this morning in the lobby of the Flemings Hotel Frankfurt Main-Riverside for a drive to Koblenz, an ancient city at the confluence of the Rhine and Moselle. On arrival, we'll take the cable car up to a spot where we can view the Rhine River as it splits in to the Moselle. We continue to Winningen for a hike through vineyards to our lunch at a local restaurant. This afternoon, we head to fabulous Eltz Castle, perched on a tributary of the Moselle and still owned by a branch of the House of Eltz, who have lived there since the 12th century. We'll have a tour of this striking castle, standing 20 stories high on a rock spur, then continue to Cochem and gather for our Welcome Dinner.

Driving Details: About 2.5 hours

Note: You must arrive in Frankfurt the night before Day 1 of the trip. We are happy to recommend a hotel in Frankfurt (an "on your own expense").

Day 2: The charming village of Cochem is set on the Moselle with Reichsburg Castle towering above. Our hike starts right from the hotel with a walk through the village and a chairlift ride up to a wooded ridgetop for a loop hike through woodlands with beautiful views out over the Moselle, Cochem, and the Reichsburg Castle. We'll have lunch at the castle and a guided tour. The Reichsburg is one of the highest castles on the Moselle, rising 300 feet above the river on a rocky peak. We'll hike back down to our hotel afterwards.









Overnight: The Schloss Lieser Hotel A fully refurbished 19th century castle set on the Moselle in the village of Lieser, the Schloss Lieser Hotel offers a contemporary interpretation of a traditional castle-hotel. There is an on-site restaurant as well as an indoor pool and small spa.

Meals: B, L, D

Hiking Details: 5 miles, 3 hours, elevation gain/loss 700' (Day 3); 6 miles, 3 hours, elevation gain/loss 500' (Day 4) **Driving Details:** About 1.5 hours (Day 3)

DAYS 3-4 EDIGER-ELLER / CALMONT HÖHENWEG / BERNKASTEL-KUES / LIESER

Day 3: We drive to the village of Ediger-Eller, nestled in vineyards, for the most adrenaline-filled hike of our journey—and one with splendid views of the Moselle Valley and its idyllic vineyards. Our hike is on a "via ferrata" that brings us up to Calmont, known as "the steepest vineyard in Germany." Hiking up a via ferrata involves climbing up fixed steel ladders and some rocky trails where steel cables provide a handhold. It requires a good level of fitness and sure-footedness but no special equipment is needed—and it's an exhilarating way to get up to Calmont (options without the via ferrata will be available). Once we're at the top, the Calmont Höhenweg region rewards us with a breathtaking view of the photogenic Moselle loop and across the picturesque Calmont region. We'll descend for lunch and a visit to a winery. Overnight at the Schloss Lieser Hotel in the wine-growing village of Lieser.

Day 4: With another hike that starts right from our hotel, we'll walk up into some of the most gorgeous vineyards in the entire Moselle Valley, including the Heldensicht ("Hero's View) viewpoint, which stands above the village of Lieser and was voted "Most Beautiful Wine View 2020" by the German wine Institute. Afterwards, we'll have lunch in the riverside town of Bernkastel-Kues, with its colorful timbered houses that make it look like something out of a German fairytale. The town's Renaissance-era town hall dates from 1608 as does the St. Michael's Fountain, and the splendid Adler Apotheke dates to 1660.









Overnight: Le Royal Hotel

A member of the Leading Hotels of the World, Le Royal is located in the city center, bordering leafy Parc de Ville and two blocks from the Place d'Armes. The on-site restaurant serves French cuisine and the spa includes a sauna and indoor swimming pool.

Meals: B, L, D (Day 5); B, L (Day 6) Hiking Details: 5 miles, 3 hours, elevation gain/loss 800' (Day 5); 4-5 miles, 3-4 hours (Day 6)

DAYS 5-6 ECHTERNACH, LUXEMBOURG / MULLERTHAL TRAIL / LUXEMBOURG CITY

Day 5: We enter Luxembourg for a hike in the Mullerthal region, nicknamed "Little Switzerland" and recognized as a UNESCO Global Geopark for its unique landscape. Starting at Echternach, Luxembourg's oldest town, we'll hike the Mullerthal Trail, which passes through the heart of Little Switzerland and brings us to magnificent sandstone rock formations as well as through Wollefsschlucht (wolves' canyon). We'll have lunch at Herringer Millen, with its historic mill, and visit the picturesque Schiessentumpel waterfall before continuing to Luxembourg City, the capital, for overnight at the Le Royal Hotel.

Driving Details: About 2 hours

Day 6: Perched above the deep valleys of the Alzette and Petrusse rivers, Luxembourg City is one of Europe's loveliest capitals, with a rich cultural heritage and a cosmopolitan atmosphere. Today our urban hike takes in a thousand years of this compact city's history as we tour the fortifications, walk the dramatic Chemin de la Corniche promenade, and visit the Grund, with its canals, gardens, and cafes. Dinner is on your own tonight. The Trip Leader is happy to make recommendations depending on how fancy or local you want to go.









Overnight: Hotel La Citadelle

The Hotel La Citadelle in the historic heart of Metz is a refurbished ancient citadel within walking distance of the Gothic cathedral and Metz's other sights.

Meals: B, L, D

Hiking Details: 5 miles, 3 hours, elevation gain/loss 400' (Day 7); 4 miles, 2 hours (Day 8)

Driving Details: About 2 hours (Day 7)

DAYS 7-9 SCHENGEN / MONTENACH, FRANCE / METZ / DEPART

Day 7: We drive to Schengen, birthplace of the European Union in 1985, where free movement between European countries was established. From here, we hike out of Luxembourg and into France—on foot! Along the way, we'll have panoramas across the vast vineyards of the Moselle and views of Sierck Castle, locally known as Château des Ducs de Lorraine, built on a rock above the town of Sierck-les-Bains in France's Moselle region. Arriving in France's "Route des Vins de Moselle" region, we'll have lunch at the Auberge de la Klauss and visit its caves and wine cellar. After an afternoon walk in the Montenach National Nature Reserve, we head to the ancient city of Metz for overnight at the Hotel La Citadelle.

Day 8: As the capital of Lorraine, Metz has a rich history and plenty of medieval and classical architecture, along with a stunning Gothic cathedral and a well-maintained medieval wall around the city's perimeter. Its 1908 train station was recently voted the most beautiful in France. We'll have a wonderful walk around this hidden gem of a city, contouring along the banks of the Seille, the Moselle, and enjoying its historic heritage. After lunch, we'll take an excursion by boat on the Moselle. Tonight we gather for our Farewell Dinner.

Day 9: After breakfast, transfer on your own to the train station.



TRIP COST

Prices are per person, based on double occupancy 2025

\$6,995 (12-15 members) \$7,495 (9-11 members)

\$7,995 (6-8 members)

Single supplement: \$885

Please contact us for future years' pricing

To offer the lowest possible cost, our trips are priced according to the number of participants on the trip. All costs are per person, based on double occupancy. If you wish to have a single room, you must pay the single supplement fee. Please note that Wilderness Travel staff, or guests of Wilderness Travel such as travel writers, photographers, or leaders-in-training, are not included in the tier pricing count.

PAYMENT TERMS

At time of reservation: \$600

90 days prior to departure: Balance

CANCELLATION & TRANSFER FEE SCHEDULE

Up to 91 days prior to departure: No Charge! 61-90 days prior to departure: 25% of trip cost 46-60 days prior to departure: 50% of trip cost

45 days or less: 100% of trip cost

TRAVEL INSURANCE

We highly recommend you purchase travel insurance. You can take advantage of a comprehensive Travel Protection Plan designed for Wilderness Travel by Travelex, or purchase other insurance on your own. See our website for details: www.wildernesstravel.com/insurance

TRIP COST INCLUDES

- Expert leadership of a Wilderness Travel Trip Leader and local guides
- · Accommodations in hotels and small comfortable inns
- All meals included except 1 dinner as indicated in Detailed Itinerary
- A glass of wine or beer with dinner
- All ground transportation and baggage handling from meeting until departure
- All activities as indicated in Detailed Itinerary

TRIP DOES NOT INCLUDE

- Travel to and from the arrival and departure location as indicated in Detailed Itinerary
- Additional hotel nights outside the trip's scheduled dates
- Optional gratuities to Trip Leaders or staff
- Optional travel insurance
- Other expenses of a personal nature (some alcoholic beverages, laundry, etc.)

CURRENCY EXCHANGE RATE

Because the prices published for our program are set so far in advance of the trip dates, we are occasionally faced with exceptional cost increases and/or currency fluctuations that affect the actual cost of running the trip. In most years, no price changes are necessary. However, we do reserve the right to raise or lower the trip price if there is a significant change in costs or exchange rates. If this is the case, your final invoice will reflect the difference in trip cost.

Arrival & Departure

ARRIVAL & MEETING PLACE

Suggested Airport: Frankfurt Airport (FRA)
Suggested Date & Time: Any time prior to Day 1

Meeting Place: You will meet your Trip Leader on Day 1 at 8:30 am in the lobby of the Flemings Hotel Frankfurt Main-Riverside.

DEPARTURE

Metz, France

Suggested Airport: Paris Charles de Gaulle Airport

(CDG)

Suggested Date & Time: Day 9, after 2:00 pm

The best way to get to Paris from Metz is via the high-speed TGV train. The Metz train station is only a 15-minute walk or short taxi ride from our hotel in Metz. The train typically takes 1.5 hours to Paris city center. From Paris city center to the Paris Charles de Gaulle Airport (CDG) is another 45 minutes. There are several trains scheduled every day. Depending on your flight schedule, you may need to overnight in Paris and depart on homeward-bound flights the following day. We strongly recommend booking the above train ticket in advance at www.raileurope.com. Train schedules are generally available about three months ahead of time, which means exact train times may change slightly month to month. If you have any doubts about which train ticket to purchase, please contact our office.

INTERNATIONAL AIR TRAVEL

You are responsible for making your own arrangements for flights to and from the trip.

There are many online consolidators for booking travel, but for more personal help arranging air transport, you can contact Exito Travel at 1-970-818-8459 in the US or Canada. They are very adept at putting flight itineraries together, to even the most far-flung places. More information can be found on Exito's website at www.exitotravel.com.

Depending on your routing, it is necessary to depart from the US one or possibly two days prior to Day 1 of the trip itinerary. The name on your airline ticket must match the name on your passport exactly, and your passport must be valid for at least six months after your date of return to the US.

Please do not purchase your tickets until you are confirmed on the trip. Once tickets are purchased, please forward a copy of your email flight confirmation from the airline. It is your responsibility to ensure your flight times coordinate with the arrival and departure logistics for this trip.

RECOMMENDED HOTELS

Frankfurt: Flemings Hotel Frankfurt Main-Riverside (the meeting place on Day 1). Please book directly at www.flemings-hotels.com

Metz: Hotel La Citadelle. Please contact Wilderness Travel if you'd like to extend your stay in Metz

Paris: The Hotel St. Jacques is a charming Parisian-style hotel located in the heart of the Latin Quarter, right next to the Sorbonne. The hotel can be booked directly at www.hotel-saintjacques.com. If you plan on staying right at Paris Charles de Gaulle Airport, we recommend the CitizenM Hotel, located within walking distance of Terminal 3; www.citizenm.com.

Trip Leaders

Wilderness Travel Trip Leaders have a passion and a joy for creating an unforgettable journey. We are extremely proud of them and the incredible travel experiences they make possible. For more information, including client comments about them and which specific departures they will be leading, please visit <u>wildernesstravel.com/leaders</u>.



GIANLUCA CANALICCHIO

Gianluca Canalicchio was born and raised in Rome, where his parents moved in 1960 from Umbria, when they left their life of hard work on their farm in search of new opportunities. He has a degree in accounting, and loves dancing, singing opera, and cooking. Gianluca is a devoted follower of the Italian food channel, Gambero Rosso, and friend to many noted chefs. "My cooking teacher is my mother, whose love for cooking always amazed me. I opened a pizza restaurant in Rome and a restaurant in San Francisco, but the problem is I prefer to be a client, not a chef!" Gianluca also loves sports and has competed in triathlon races for many years. Another passion of his is history, which he says "is essential for our times: not understanding the past makes us see the present in a distorted way." When guiding, Gianluca loves taking people to his favorite off-the-beaten-path places and introducing them to local people.



ROBERT SOMMER

Robert Sommer holds a PhD from Humboldt University and is an expert on World War II history and the Holocaust. He has worked as an independent historian and exhibition curator for various museums, memorials, and documentaries, including for the BBC. His book on forced prostitution in Nazi concentration camps will be published in the US through Fordham University Press in fall 2024. "I try to make trip members see the magic of a country and its uniqueness, whether it's a visual image, an artifact, or even a local dish—something that stays with you, gives you fond memories, and contributes to your life back home." Currently he teaches Social Science at the IBA University in Berlin. When not working, he enjoys hiking, biking, and cooking. He's also a DJ for a New York radio station and has his own show called From Berlin with Love. Robert lives in Berlin and is fluent in English, German, and Italian.

What to Expect

WHAT THE TRIP IS LIKE

This trip is rated a Level 3, Moderate, according to our trip grading system. You will need to be comfortable hiking 4-7 miles a day and being on your feet for up to 5 hours a day. Trails can be quite rough in some places; be prepared for uneven ground.

Average Hiking Day

- 5-6 miles
- 3-4 hours

Challenge Day

• Day 3: 5 miles, 3.5 hours, elevation gain/loss 700'; includes steep sections on a via ferrata (which involves climbing up fixed ladders)

TERRAIN

This trip includes both easy hikes and walks, traversing hilly vineyards, across historic towns, and over gently rolling hillsides. You will need to be able to hike over sections that contain rocky steps, uneven surfaces, and occasionally downhill over loose scree. There are some tight staircases in the castles, and trails may become muddy and unstable with bad weather. While this is not a challenging trip, it is active and you will need to be able to keep up with the moderate but steady hiking pace of the group.

GETTING IN SHAPE

We strongly urge you to train for your trip, as your enjoyment will be highly dependent on your level of fitness. The best training for a hike is to hike, especially over hills or rough terrain. Next best are running, swimming, bicycling, or other cardiovascular exercises. Stair-climbing machines are excellent preparation for hiking uphill. Your feet should also be well prepared—make sure your hiking boots are sturdy, comfortable, and thoroughly broken-in.

WEATHER

The weather in the Moselle Valley in the summer is usually very mild and pleasant, with temperatures in the 60s°F and 70s°F during the day and in the 50s°F and 60s°F at night. Cool breezes and showers can occur at any time, so layers and raingear are recommended.

ACCOMMODATIONS

Our accommodations are in hotels that selected for their location and comfort. While they are not the most luxurious options in the area, they are comfortable and in optimal locations. Since they are often in historic buildings, the rooms are not always of uniform or international size. Our leaders do their best to assign rooms in a fair way so that all participants experience an equal advantage throughout the trip as a whole. Single rooms can be requested but are not always available, due to the limited space in the hotels. If you prefer a single room, please make your request as early as possible.

CUISINE

Lunches and dinners will be at local restaurants and cafes and at the hotels. Please note that in Europe, the dinner hour is considerably later than what it is in the US. We do our best to secure early reservations for our groups, but most often the evening meal will be at 7:30 pm.

What to Expect

TRANSPORTATION

Our bus will transport the group's luggage, so you only need to carry a daypack for items you need during the day (rain gear, sweater, camera, water bottle, etc.). Trip members are always free to skip a day's hike and travel to the next destination in the support vehicle (or remain at the hotel if we are not transferring that day).

		HIKING D	DRIVING DETAILS			
DAY	MILES	HOURS	ELEV. ASCENT/DESCENT	HOURS		
1	4 miles	2 hours	400' ascent / 800' descent	2.5 hours		
2	7 miles	4.5 hours	750' ascent / descent			
3	5 miles	3 hours	700' ascent / descent	1.5 hours		
4	6 miles	3 hours	500' ascent / descent			
5	5 miles	3 hours	800' ascent / descent	about 2 hours		
6	4-5 miles	3-4 hours				
7	5 miles	3 hours		about 2 hours		
8	4 miles	3 hours				

AVERAGE DAILY MAX/MIN °F														
	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	ост	NOV	DEC		
Cochem	41/33	44/34	51/39	58/45	66/51	72/56	76/60	75/59	67/54	58/47	48/40	43/35		
Luxembourg City	39/30	42/33	50/36	58/41	59/48	71/53	75/57	74/57	66/50	56/44	46/37	40/32		
RAINFALL - INCHES														
Cochem	2.5	2.1	2.0	1.7	2.4	2.5	2.5	2.8	2.1	2.2	2.3	2.7		
Luxembourg City	2.8	2.3	2.2	1.9	2.9	2.8	2.8	2.8	2.6	3	2.8	3.5		

Additional Information

CHOOSING THE RIGHT TRIP

Adventure travel often involves exotic destinations, unusual levels of physical exertion, or activities you may not have participated in previously. We work hard to help you choose the right trip for you, paying attention to your individual interests, abilities, and needs. If you have questions about the level of comfort or any of the activities described in this itinerary, please call Wilderness Travel at 1-800-368-2794 or email us at info@wildernesstravel.com.

REFERENCES

We'd be happy to put you in touch with a past client that has traveled with us.

ABOUT NEW TRIPS

This is a new adventure and one that we are particularly excited about offering. However, as with all new departures, flexibility and a spirit of adventure are always appreciated! Activities are described in the itinerary but they can vary, sometimes considerably, depending on weather conditions, the group, and other factors.

VISIT OUR WEBSITE

At www.wildernesstravel.com, you can book your trip online or find out about added departures, last-minute deals, and one-time Limited Edition adventures that aren't listed in our catalog. You can also access our complete library of detailed itineraries filled with enticing photos and videos, read bios of our Trip Leaders, find descriptions of trip accommodations, and check real-time availability of any trips that interest you.

Toucan Club Rewards & Discounts



MEN'S T-SHIRT



WOMEN'S T-SHIRT



PATAGONIA SYNCHILLA FLEECE VEST + KLEEN KANTEEN 27OZ WATER BOTTLE



PATAGONIA R1 PULLOVER

We are very proud to have one of the highest rates of repeat travelers in the business, and have established the Wilderness Travel Toucan Club to reward you for your loyalty. For more information, please visit the Toucan Club page of our website at wildtrav.com/resources/toucan-club.

Here's how it works:

YOUR FIRST TRIP

As a first-time traveler, you receive a lightweight Wilderness Travel T-shirt and set of durable WT Luggage Tags. On subsequent trips, we're happy to send you a new WT T-shirt and set of Luggage Tags by request.

YOUR SECOND TRIP

A top quality Wilderness Travel stainless steel water bottle by Klean Kanteen and a cozy Wilderness Travel fleece vest by Patagonia (\$100 value).

YOUR THIRD TRIP

A versatile Wilderness Travel R-1 pullover by Patagonia (\$130 value).

YOUR FOURTH TRIP

Discounts on the cost of your trip begin! You receive a 4% discount on the tour cost.

FIVE AND MORE TRIPS

You receive a 5% discount on the base trip cost. On your sixth trip, you receive a 6% discount, and so on up to your 10th trip. The maximum discount is 10%, with a ceiling of \$500.

Note: Due to special pricing considerations, Toucan Club discounts do not apply to our Private Journeys or Special Events. However, your participation on these trips does count toward your Toucan discount on future departures of Wilderness Travel's regular adventures.

TERMS & CONDITIONS

Toucan Club travel discounts cannot be used in conjunction with any other discount, unless otherwise specified. Discounts are deducted from the base trip cost and shown on the final invoice. The base trip cost is the main land/tier cost and does not include single supplement fees, extensions, internal airfare, or other additional charges. Bonus gifts (T-shirts, luggage tags, vests, water bottles, and pullovers) will be mailed approximately three weeks prior to trip departure. Terms and conditions of Toucan Club bonuses are subject to change or cancellation at the discretion of Wilderness Travel, Inc.

Travel Notes















WILDERNESS TRAVEL HAS BEEN AWARDED:

Best Travel Specialists in the World: Conde Nast Traveler, 2024, 4-time winner World's Best Tour Operators: Travel + Leisure, 11-time winner Best Wildlife, Hiking & Walking Trips: AFAR Magazine, 3 years in a row

Best Adventure Travel Companies: USA Today Trip of the Year: Outside Magazine, 9-time winner

50 Tours of a Lifetime: National Geographic Traveler, 9 years in a row Best Adventure Travel Companies: National Geographic Adventure, 3-time winner

Please be advised that California has established a Travel Consumer Restitution Fund under the California Seller of Travel Law that took effect January 1, 1996. This fund is designed to protect consumers from unscrupulous practices by discount airfare ticket sellers or air charter operators. Unfortunately, this law does not cover non-California residents and, even in the case of California residents, it does not cover any foreign travel where the foreign "providers of transportation or travel services" are not in compliance with the Sellers of Travel Law (compliance being defined as registered as a Seller of Travel in California and a participant in the Travel Consumer Restitution Fund). Thus none of Wilderness Travel's tours qualify and we are required by law to advise each client that they are not covered by the California Travel Consumer Restitution Fund. California law requires sellers of travel to maintain a trust account or bond. This business has a trust account. California Seller of Travel #100769640

While as accurate as possible at the time of printing, this itinerary should be considered an approximate indication of the schedule and scope of activities and trip routing, rather than an inflexible schedule of events; it is subject to change due to circumstances beyond our control. This trip is subject to the Limitation of Liability and all the terms and conditions as detailed in the General Information section of the Wilderness Travel Catalog.

Revised: November 15, 2024

