

GENERAL INFORMATION

Cycling destination Niedersachsen (Lower Saxony)

Explore Niedersachsen on 11,000 kilometres of long-distance cycle routes

Niedersachsen (Lower Saxony) is a cycling destination. Whether you have a touring or mountain bike, a racing bike or e-bike, whether you are young or old, cycling for pleasure or sport, an individualist or in a family or group, we have the right thing for you. Germany's second largest state offers plenty of variety and was second only to Bavaria as the most travelled state in the 2025 cycle tour analysis conducted by the German National Cyclists' Association (ADFC). Most participants in the analysis spent their holidays in the County of Bentheim (Grafschaft Bentheim), Emsland and Osnabrücker Land in Niedersachsen. And with the Elberadweg and Weser-Radweg, Niedersachsen boasts two of Germany's all-time most popular long-distance cycle routes, while the EmsRadweg also ranks in the Top 10 of the most travelled cycle routes. The awards given by the ADFC for four long-distance cycle routes demonstrate the quality of the tours.

Node systems – what every cyclist should know

Node systems for cyclists originated in the Netherlands, where bicycles are everywhere. The term refers to a network of routes put together without a specified start or end point. The routes are divided into honeycomb structures, and there are 'nodes' at the vertex of every comb which connect the combs together. The node points are numbered and provide good orientation across the cycle route. Regular information boards indicate the current location and the next comb. In Niedersachsen you can use a node system to map out your own personal tour of choice, for example in vast parts of East Frisia (Ostfriesland), in Oldenburger Münsterland, Emsland, in the County of Bentheim (Grafschaft Bentheim), Teufelsmoor region, in the Südheide Gifhorn, in the Dümmer-Weser-Land, Ammerland und in the city of Oldenburg.

Long-distance cycle routes for all tastes

Cycling Destination Niedersachsen can be explored over 11,000 kilometres on 34 different long-distance cycle routes between the Harz mountains and North Sea, the Ems and the Elbe. The 6,000 kilometre-long Nordseeküsten-Radweg stretches across eight countries and is even in the Guinness Book of Records because of its length; 567 of its kilometres also take you through Niedersachsen from Altes Land to East Frisia and on to the Dutch border.

Varied themed routes

Cycle routes in Niedersachsen have a theme, which is often connected to water. For example, the Internationale Dollard Route and the Deutsche Fehnroute always have a body of water nearby. The 800-kilometre cultural route through Hanover and its surroundings links the rich

cultural heritage of the state capital with the towns in its environs in 15 stages through a rich landscape encompassing rivers, heath and lakes. The Friedensroute (Peace Route) connects the two historical town halls of Osnabrück and Münster, the venue for the five-year peace negotiations which ended the Thirty Years' War. This 163-kilometre circular cycle route, diverse in landscape and culture, follows the historical bridle paths used by the 'peace riders', who delivered news between the camps by order of the envoys of all the European powers involved. The route includes both historical sights and twelve audio stations providing accounts from this period of world history. All recordings are available in English, German and Dutch. The Artland cycle tour is a 103-kilometre route through the northern district of Osnabrück. It takes in the charming Artland farmsteads with their beautiful half-timbered, listed houses. The carvings on them are a symbol of the wealth that farmers used to attribute to the fertile land in the region. The mostly flat route features several farm shops, where cyclists can take a break and buy local products. At the German-Dutch border, you can find both parts of the United Countries Tour: the adventurous Schmokkelroute and the Pionierroute. On the kunstwegen-Vechtelroute, art-lovers can discover contemporary art at the edge of the trail during their hike. And the Boxenstopp-Route in Oldenburger Münsterland shows the varieties of rural ways of life.

ADFC awards and quality seal

The quality of the routes is guaranteed when cycling in Niedersachsen. Three long-distance cycle routes, the Grenzgängerroute Teuto Ems, the Weser-Radweg and the Friedensroute, have been awarded four stars by the German National Cyclists' Association (ADFC) for their quality. The ADFC can award a maximum of five stars for each route. The *Teufelsmoor* region has recently been certified as an *ADFC RadReiseRegion* (certified cycle touring region) and offers a wide range of themed cycling routes. In total, thirteen signposted circular routes ranging from 16 to 62 kilometres lead through this fascinating cultural landscape, passing idyllic natural scenery, panoramic views and cultural highlights. The routes link well-known artists' villages such as Worpswede and Fischerhude, follow the peaceful waterways of the Wümme river and pass landmarks including a working watermill, the impressive ruins of the Valentin submarine bunker and the historic St Michael's Church in Neuenkirchen. They also lead through quiet moorland landscapes where cranes gather to rest during spring and autumn migration. From the Neu Helgoland lookout tower, visitors can enjoy impressive views across the Hammen lowlands. In addition to the *Teufelsmoor* region, there is another certified *RadReiseRegion* in Uelzen. The range of tourism offerings for cycling tourists here is exceptional as well, with the numerous cycle tours, the quality of the cycle route infrastructure, the density of cyclist-friendly accommodation and the supporting services such as being able to take your bike on public transport or bike hire stations.

Racing along on road and mountain bikes

Nine circular road cycling routes have been designated in the district of Rotenburg (Wümme). These include four shorter routes, known as ‘loops’, ranging from 60 to 70 kilometres in length, as well as five more challenging day routes of at least 100 kilometres. Among them is the Königsschleife (King’s Loop), a 204-kilometre circular route covering the entire district. The route system offers smooth asphalt roads, minimal traffic and plenty of space to get into an aerodynamic position and really pick up the pace. All road cycling tours primarily follow low-traffic roads and paved farm tracks. These routes often lack dedicated roadside cycle paths, meaning the roads can be officially used by cyclists. The routes are not signposted but are available as GPX tracks for digital navigation. Downloads are available on Strava, Komoot, and the official website.

The mountain bike terrain Volksbank Arena Harz proves that Niedersachsen is anything but flat. It offers routes with different levels of difficulty, including those suitable for children and teenagers. Those who cannot or do not want to bring their own bike can hire one – in the Harz mountains, e-mountain bikes are even available. Here, some bike parks also offer riding technique courses. The forests and mountains in Niedersachsen also have plenty to offer cyclists with a host of challenges, such as the Deister Hills, the Süntel massif, Göttingen forest or the Harburg Hills.

You can find full information about Cycling Destination Niedersachsen at: niedersachsen-tourism.com/experience-discover/active-adventures/cycling

Images at: niedersachsen-bilder.de

Sign up for our English newsletter for the travel industry here: niedersachsen-tourism.com/travel-insights

Further Information

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About Tourist Board Niedersachsen (TourismusMarketing Niedersachsen or TMN)

The TMN is the central point of contact for tourism in Niedersachsen (Lower Saxony). The company was founded on behalf of the Niedersachsen Ministry of Economic Affairs, Transport and Housing in 2001 and, since January 2014, has been a wholly state-owned company. The TMN's main task is to develop and implement measures for the future-oriented positioning of Niedersachsen in national and international tourism competition in cooperation with regional tourism stakeholders. The focus is on regional and national marketing of Niedersachsen as a tourist destination, the development of brand concepts, Internet portals and quality management systems for tourism offerings.
