Dear cycle tourists,

Please note the following guidelines:

The green and white signs will help you find your way; please make sure to only cycle on marked cycle paths. All time and kilometre distances specified for routes are estimated values, and may deviate from your own calculations despite careful researching of the routes. Bicycles may be brought onto U-Bahn (underground) and S-Bahn (suburban railway) services, subject to purchase of a suitable ticket and validation of a bicycle day ticket (currently priced at €3.00). Please note that bicycles may not be carried on public transportation during rush hours: Monday to Friday 6:00 am-9:00 am and 4:00 pm-6:00 pm.

München Tourismus offers a wide range of personalised and multilingual services for everyone visiting Munich for its wealth of leisure, art and cultural attractions, as well as many opportunities for relaxation and enjoyment in typical Munich style.

Services

- Information about Munich
- Independent, helpful and multilingual advice
- Accommodation service
- Range of city tours, trips to surrounding areas, and outings to Bavarian castles and lakes
- Sale of city guides and souvenirs

Tips for cycling in Munich

4 pleasure tours by bike in the Munich metropolitan area

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No liability is accepted for the accuracy of this information.

Subject to amendments
Highlights tour

Route length: approx. 7 km
Duration: approx. 1 hour


Beginning at 1 Marienplatz, cycle through the archway of the Altes Rathaus, immediately turning right towards the Viktualienmarkt. Then, cycle past Heiliggeist Church (left) and Metzgerzeile (Butchers’ Row) (right) and along the market. After around 250 metres, turn left onto Prálat-Zisti-Straße to pass the Schrannenhalle market hall (left). Then you need to dismount and push your bike across Sebastiansplatz, which is located opposite the market hall, until you reach 2 St.-Jakobs-Platz where the Synagogue and Stadtmuseum are.


From ORAG-Haus, on the left-hand side of the square, turn right towards the Oberayer theatre. After the zebra crossing, turn right into Rosental and cycle as far as the Viktualienmarkt. Here, turn left and cycle along Viktualienmarkt Straße again until you reach the Tal. Cross this road and cycle straight down Sparkassenstraße, before turning left onto Pfisterstraße. From there, take the first road on the right (Hofgraben) and follow it to Maximilianstraße, which you will cross. Then, turn left and cycle around 3 Max-Joseph-Platz. The main attractions on this square are the National Theatre on the east side and the 4 Residenz palace towards the north. Keep to the right as you cycle along Residenzstraße and on to 5 Odeonsplatz. In this square you can see the Baroque-style Theatiner-kirche and the Feldherrnhalle, built in the Classical style.

At the end of the Residenz building, turn right and head through the archway into the 6 Hofgarten (Court Garden).

TIP: Dancers from the swing, salsa and tango scenes meet at Hofgarten temple.

This runs along the north side of the Residenz. Turn right just before the Staatskanzlei (State Chancellery), and follow the path straight ahead until you reach the brick arcade wall. Then cycle downhill and left, through the underpass and into the Englischer Garten. After about 70 metres, head right over the second bridge, across the Köglmühlbach and the Haus der Kunst car park. Turn right after the building and cycle as far as 7 Eisbachbrücke on Prinzregentenstraße. From here, you can watch the Eisbach surfers in action.

On Prinzregentenstraße you will dismount and push your bike a short distance, to the traffic lights on Lerchenfeldstraße, and then across Prinzregentenstraße.

8 TIP: Bayerisches Nationalmuseum (Bavarian National Museum)

Cycle towards the Isar River as far as Luitpoldbrücke, with its view of the 9 Friedensengel (Angel of Peace) monument.

After crossing Widenmayerstraße, cycle directly onto the cycle path beside the Isar River, heading south, and cross Maximilianstraße. The 10 Maximilianeum can be seen on top of the hill, to the left.

Next, cycle approximately 20 metres further along Steindorfstraße before crossing the Praterwehrbrücke on the left, heading right after the bridge, and along the Praterinsel to the corner of Mariannenbrücke/Kabelsteg. Cycle left across the Kabelsteg, turn right into Zellstraße and pass Muffathalle, with the Muffatwerk beer garden, continuing up the hill to Rosenheimer Straße. Munich’s 11 “Gasteig” cultural centre, home to the Munich Philharmonic Orchestra, can be seen up to the left.

12 TIP: Müller’sches Volksbad pool, built in the art nouveau style

At Rosenheimer Straße, turn right and cycle across Ludwigsbrücke.

The 13 Deutsches Museum can be seen on Isarinsel, the island to the left. You then cycle straight on into Zweibrückenstraße, passing 14 Isartor as you head into the Tal. Turn right after the Schneider Bräuhaus, onto Maderbrässtraße, then right again onto Ledererstraße and then left onto Orlandostraße. Pass the souvenir shops on foot, pushing your bike as far as the 15 Hofbräuhaus am Platzl.

TIP: Hofbräuhaus beer garden

Keep walking, heading along Platzlgasse until it opens into Pfisterstraße on the left. Once you reach Sparkassenstraße you can get back in the saddle and cycle along the street, then turn left towards the 16 Alter Hof. Cross the courtyard of the former royal residence, then cycle onto Burgstraße at the other end. This leads directly on to Marienplatz, bringing you back to your starting point.
Grand city tour

Route length: approx. 23.5 km  
Duration: approx. 3 hours

From the centre of the old town to the Kunstareal art district, and on to the former summer residence of the Wittelsbach family, along the Biedersteiner Canal, to the Olympic Park and back along Leopoldstraße.

This tour starts on 1 Marienplatz, which is dominated by the Neues Rathaus with its Glockenspiel, the Mariensäule and the Altes Rathaus.

Continue through Dienerstraße and Residenzstraße, past 2 Max-Joseph-Platz, site of the National Theatre and the Residenz, then on to 3 Odeonsplatz.

As you turn left onto Arcisstraße and cross Gabelsberger Straße, you will see the 7 Staatliches Museum Ägyptischer Kunst (State Museum of Egyptian Art) on the left, as well as the University of Television and Film, housed in the same buildings complex. The 8 NS Dokumentationszentrum (Munich Documentation Centre for the History of National Socialism) is located a little further on, also on the left. When you get to 9 Königsplatz, turn right and make for the Propylaea gate, flanked by the Glyptothek museum (right) and the Antikensammlung (left). Cycle straight on again; you will see the 10 Städtische Galerie im Lenbachhaus art gallery on the right, behind the Propylaea gate.

Continue to Stiglmaierplatz. Passing the Löwenbräukeller, cycle along Nymphenburger Straße and cross the Mittleren Ring/Landshuter Allee to get to Rotkreuzplatz. After about 500 metres, bear right onto Waisenhausstraße. After another 500 metres, head left onto Nördliche Auffahrtsallee, along the canal and through the gardens to 11 Schloss Nymphenburg. From the palace, cycle back along the canal for a short stretch, then turn left onto Menzinger Straße. After around 300 metres, cross the Biedersteiner Canal and turn right onto Kuglmüllerstraße. From there, follow the signs for 12 Olympiapark to ride across the large park complex which hosted the 1972 Olympic Summer Games, and which is still used today.

TIP: Take a detour to visit BMW Welt and the BMW Museum. Continue along the Biedersteiner Canal towards 13 Petuelpark and then on to Leopoldstraße. From here, turn right towards the city centre (Innenstadt).

TIP: Take a detour to visit the artists’ quarter of Schwabing: Art nouveau buildings at Münchner Freiheit. 14 “Walking Man” sculpture on the left.

Cycle along Ludwigstraße, past 15 Siegestor and Ludwig-Maximilians-Universität on Geschwister-Scholl-Platz and back to Odeonsplatz and Marienplatz.
“English” tour

Route length: approx. 15 km
Duration: approx. 2 hours

A pleasant cycling tour down the Isar River to the Aumeister beer garden and through the Englischer Garten back to Marienplatz.

This tour begins under the arch of the Altes Rathaus on Marienplatz.

Head through the Tal to Isartor, and then straight on and across Ludwigsbrücke. The Deutsches Museum can be seen on one of the Isar River islands on the right hand side. Turn sharply round to the right after crossing the river, then under the bridge and straight on, following the Isar River cycling route downriver and passing the Müllersches Volksbad pool.

You can see the Maximilianeum, seat of the Bavarian state parliament, and the Friedensengel monument on the right. Continue through Herzopark and on to Oberföhring weir on the Isar River. At the weir, cycle right and continue out of the city along the central Isar canal, until you reach the wooden St. Emmeram bridge.

Cross the bridge and head through the Englischer Garten, following signs for “Aumeister”. Cycle along the Schwabinger Bach stream and then to Kleinhesseloher See, passing the Isarerring on the way. Follow signs for the Chinesischen Turm (Chinese Tower). You might like to take a detour to visit the Hirschau beer garden and the Seehaus (lake house) by Kleinhesseloher See.

View of the Müllersches Volksbad from Ludwigsbrücke

TIP: The Monopteros offers a view of the Old Town skyline.

The cycle path will take you towards the city centre. After around 500 metres, just before Eisbachbrücke, take a left and follow the narrow cycle path that runs parallel to the stream.

At the end of the park, turn right onto Prinzregentenstraße. The bridge offers the best view of the river surfers on the Eissachwelle (Eisbach wave). Continue along Prinzregentenstraße past the Haus der Kunst art gallery and on to the corner of Königinstraße. Here, cross at the pedestrian crossing and head along the cycle path to Hofgarten Temple at its centre.

Then cycle along Hofgartenstraße to Odeonsplatz. From there, head left onto Residenzstraße and go straight on until you arrive back at Marienplatz.

TIP: Touch the noses of the lions’ at the entrance to the Residenz for good luck!
Isar River tour

Route length: approx. 18 km
Duration: approx. 2 hours 30 minutes

A relaxed cycling tour with one short, steep incline. From the city centre, this tour goes upriver along the Isar River to Großhesseloher Bridge, past Hinterbrühl nature park, Floßlände (raft landing stages) and Flaucher park and through the Gärtnerplatz district and Viktualienmarkt, back to Marienplatz.

The Isar River tour starts on 1 Marienplatz at the archway of the Altes Rathaus. Cycle through the arch and along the Tal to 2 Isartor, then continue straight on and over Ludwigsbrücke. Immediately after the bridge, turn right and follow the Isar River cycle path (signposted Isarradweg) upriver and to the south. The 3 Deutsches Museum can be seen on one of the Isar River islands to the right. You will then pass Museumsinsel (Museum Island) and head along the rewilded riverbank.

TIP: Around 150 metres before the Braunauer Eisenbahnbrücke, a flight of stone steps on the left leads to the 4 Städtischen Rosengarten (State Rose Garden, free admission).

Passing through broad green spaces, you will soon reach 5 Tierpark Hellabrunn animal park.

Just beyond the animal park a walkway leads up to the high bank of the Isar River on the left. You’ll need to push your bike up the short but steep slope here, past the Marienklause chapel. Continue along the Isar River cycle path (Hochleite) until you reach Hofgut Menterschwaige, with its beer garden. Cycle over the 31-metre-high 6 Großhesseloher bridge and then freewheel down the steep Höllerer Berg to the Isar River. Cycle back towards the city along the left of the Werkskanal, following signs marked “M-Wasserweg”, until you reach the Hinterbrühl beer garden.

About 50 metres further along, cycle right and across the bridge and continue to follow the M-Wasserweg towards Floßlände. Turn left onto Zentralländstraße and, around 50 metres later, right onto Benediktbeuerer Straße.

TIP: 7 Maria Einsiedel natural open-air swimming pool (on the right, entry via Zentralländstraße)

Just before Maria-Einsiedel-Straße, take the cycle path on the right that leads along Maria-Einsiedel-Bach, then continue under Thalkirchner Bridge and ride along the “Am Isarkanal” cycle path towards Flaucher.

TIP: It’s worth taking a detour on foot at Wasserkraftwerk 2 (Hydroelectric power station 2) to the Isar River jetty, with views of the Sonneninseln (sun islands) and the gravel banks of the rewilded river.

As you cycle further, follow the signs for the “Zum Flaucher” beer garden. You will need to cross Schinderbrücke bridge to get there. As you leave the beer garden, follow the marked path towards the city centre (Innenstadt). At Reichenbachbrücke bridge, turn left onto Fraunhoferstraße. After the U-Bahn stop, head right and through Reichenbachstraße to 8 Gärtnerplatz.

There is a great view from the steps of the Staatstheater on Gärtnerplatz. Cycle around the square and then turn onto Corneliusstraße. Cross at the traffic lights on Blumenstraße and cycle along Prälat-Zistl-Straße, which forks right after about 20 metres. Pass the Schrannenhalle, 9 Viktualienmarkt and Alte Peter church as you return to your starting point.
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- One hour: 65,00 Euro
- 90 minutes: 92,50 Euro
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Information and booking
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