



BREMEN
LIVE IT!

PRESS RELEASE

Bremen, the cycling city: a treat for cycling fans

Bremen has become established as one of the leading cycling cities in Germany. It boasts a lively cycling scene and an extensive programme of events. From exciting events, such as the GFNY Race 2025, to relaxing boat trips where you can take your bike along too, the Hanseatic city has something perfect for all cycling enthusiasts. Bremen and its surrounding area are perfect for exploring on two wheels, whether on a guided tour or an individual cycling trip.

Cycling holidays

Bremen has an excellent infrastructure for cyclists. The Hanseatic city is ranked the third best city for cycling in Europe. The extensive network of cycle paths is mostly separated from road traffic, which not only improves safety, but also makes things much more pleasant for the cyclists. It is also easy to take bikes aboard the buses and trains in Bremen, which make it perfect for locals and visitors alike who want to get around the city in a way that is both flexible and environmentally friendly. We have lots of [tips and recommendations](#) to help transform any cycling holiday in Bremen into a perfect, unforgettable experience. The city offers bike-friendly accommodation, with lots of local cafés offering tasty treats for cyclists in need of refreshment.

BIKE IT! Guided tours

Bremen BIKE IT! is a project to promote cycling culture in the state of Bremen, with guided tours providing an opportunity to explore the city in an active and informative way. They pass through historic districts and along the Weser river, revealing the hidden treasures of the city. There are interesting stories and insider tips for visitors along the way. The real benefit lies in the flexibility: participants can take the tour at their own pace and adapt it to their interests, making it the perfect choice for cyclists of all ages and fitness levels. All BIKE IT! cycle tours are available as folded maps from the tourist information centres in Bremen and Bremerhaven and in digital form on the [Bike Citizens app](#).

Further information for editorial staff:

WFB Wirtschaftsförderung Bremen GmbH
Sonja Hackmann – Tel. + 49 (0)421 / 30800-26
hackmann@bremen-tourism.de – www.bremen.de/tourismus
Ansgaritorstraße 11 – 28195 Bremen



Bikes and boats

For those who prefer to explore at a more relaxed pace and want to experience the maritime flair of Bremen, the [boat trips](#) between Bremen and Bremerhaven are the perfect way of combining travel by water and on land. Cyclists can easily take their bikes with them on board and enjoy the picturesque scenery along the Weser. These [tours](#) allow cyclists to explore the area around Bremen from a unique perspective and hop flexibly between the bike and the boat at any time.

Cycling-related events and the highlight, GFNY

The cycling-related events in Bremen are a real treat for all bike lovers. Bremen draws in both locals and tourists with a [variety of events](#) spanning the whole year. Whether it is bicycle races, workshops or community rides, the city offers all sorts of events from sporting challenges to social gatherings. This year, the highlight of these events is the [international GFNY series race](#) in August.

This prestigious event offers amateur and professional cyclists alike the opportunity to put their speed and stamina to the test over a challenging course. Entrants can choose between a short and a long course. The event is not only a demonstration of peak sporting prowess, it is also an excellent opportunity to enjoy the beauty of Bremen and the surrounding area.