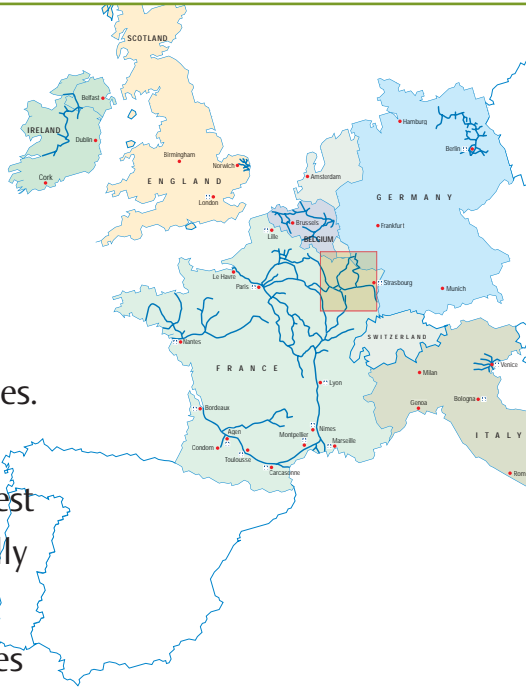


Alsace Lorraine A CROSSROADS OF CULTURE

A crossroads of culture, there is so much to explore in the Alsace and Lorraine regions, proudly French yet with distinctive Germanic influences. Bordered by the Vosges Mountains and the Black Forest of Germany, it is architecturally and culturally unique, boasting a host of historic sites set against the backdrop of rolling hills.



Canal de la Marne au Rhin

This canal will take you along the lower boundary of the Vosges and is unique in having two summit levels, a number of tunnels and the inclined plane of St Louis d'Arzwiller, France's most spectacular boat lift.

Canal de l'Est

This is one of the longest French waterways. Along its northern branch you will find many historic sights amongst the peaceful countryside. If you take the southern branch as far as Epinal, you will see the River Moselle through the woodland below.

Canal des Houillères de la Saar and River Saar

The Saar runs along the French-German border and meets with the Moselle. You must explore the delightful town of Saarbrücken, the capital of Saarland and a delightful juxtaposition of French and German influences with a distinct cosmopolitan atmosphere, evident particularly in its cafés and restaurants.

River Moselle

Castles and vineyards cling to the banks of the Moselle, which meanders between the cities of Trier and Koblenz. Trier is the oldest town in Germany and fascinates visitors all over the world with its amphitheatre and Romanesque cathedral.

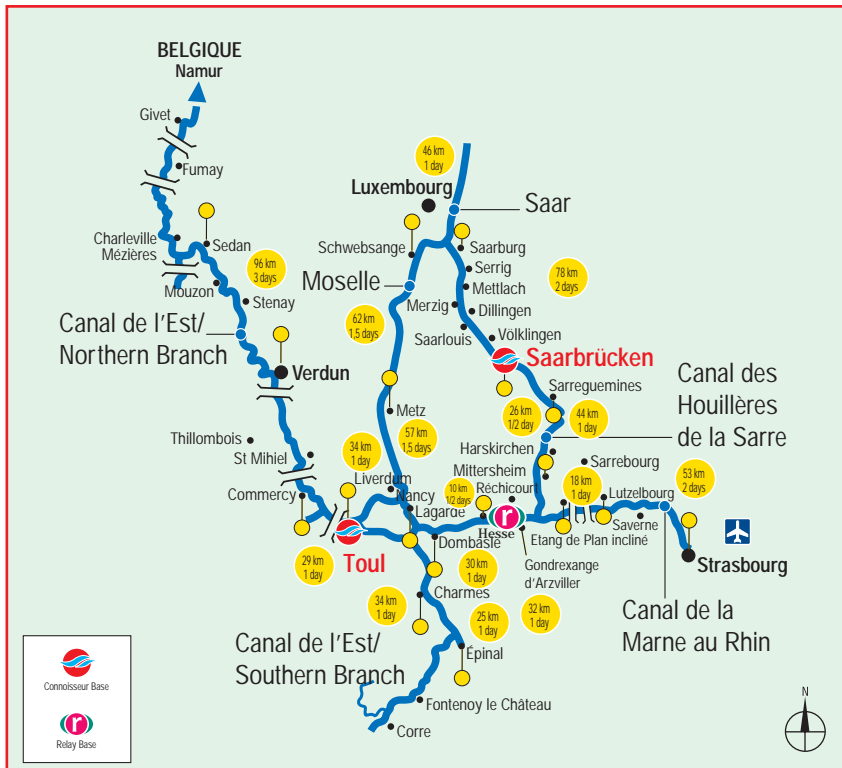
Flavours of the region

The Alsace is famous for its charcuterie and specialities of sausages and hams. These mouth-watering dishes are served piping hot with Dijon mustard.

Tarte flambée, a bacon, cream and onion flan, is another local favourite, and the people from Saarland love their 'Dibbelabbes', a potato soufflé with bacon.

Enjoy with a glass of Riesling, a white wine famous to the region. Also from the Alsatian vineyards, the softer Gewurtztraminer is an ideal accompaniment to Kugelhof, a cake made with raisins and almonds.

SUGGESTED CRUISES



One week cruises

Canal de l'Est (northern branch) cruise

Return trip – Toul to Verdun
176km/ 62 locks

Canal de l'Est (southern branch) cruise

Return trip – Toul to Charmes
142 km/ 69 locks

Saar and Moselle cruise

Return trip – Saarbrücken to Saarburg
150 km/10 locks (with licence)

One way cruise

Saar cruise

One way trip – Saarbrücken to Hesse
103km/ 31 locks

Two week cruises

Canal de l'Est (northern branch) cruise

Return trip – Toul to Sedan
368km/ 98 locks

Canal de l'Est (southern branch) cruise

Return trip – Toul to Corre
298 km/ 194 locks

Canal de la Marne au Rhin cruise

Return trip – Toul to Arzviller
216 km/ 50 locks

Not to be missed...

Spend some time at **Commercy**, famous for the small oven baked cakes Madeleines, before reaching **Verdun**, recently nominated the world capital of peace.

Built on a rock spur, experience the **Sedan** castle at night, illuminated by torchlight. Perhaps visit the castle at **Thillobois**, or the Benedictine library at **Sainte Mithiel**.

Founded in 12BC, **Strasbourg** is now the headquarters of the European Council and a meeting place for the European Parliament. Here you will find the cathedral of Notre Dame and streets bursting with flowers and numerous museums.

Saverne is a city of roses. The magnificent rose garden has 1300 varieties of rose and every June there is a festival in the flower's honour. Discover the Carabin crystal maker and before you leave the town, you must go to 'The Eye of Alsace', a nickname for the chateau de Haut Barr which overlooks the whole of the Alsace plain.