

CYCLING IN THE BALTICS: ESTONIA – LATVIA – LITHUANIA (Tallinn – Lahemaa – Tartu – Riga – Curonian Spit – Vilnius)

11 days / 10 nights supported self-guided cycle tour, fixed departures 2019



TOUR CODE:	TOUR STARTS* - Tuesday:	TOUR ENDS - Friday:	PRICE PER PERSON IN EUR:	
19/SG7-01	May 28	June 7	DBL 1125	SGL 1495
19/SG7-02	June 4	June 14	DBL 1125	SGL 1495
19/SG7-03	June 11	June 21	DBL 1125	SGL 1495
19/SG7-04	June 18	June 28	DBL 1125	SGL 1495
19/SG7-05	June 25	July 5	DBL 1125	SGL 1495
19/SG7-06	July 9	July 19	DBL 1125	SGL 1495
19/SG7-07	July 16	July 26	DBL 1125	SGL 1495
19/SG7-08	July 23	August 2	DBL 1125	SGL 1495
19/SG7-09	July 30	August 9	DBL 1125	SGL 1495
19/SG7-10	August 6	August 16	DBL 1125	SGL 1495
19/SG7-11	August 13	August 23	DBL 1125	SGL 1495
19/SG7-12	August 20	August 30	DBL 1125	SGL 1495
19/SG7-13	August 27	September 6	DBL 1115	SGL 1455
19/SG7-14	September 3	September 13	DBL 1115	SGL 1455

* This tour is available on any other dates May-September with min. 4 people

The Baltic coast and National Parks of Estonia, Latvia and Lithuania explored on very scenic routes, including the three capital cities – Tallinn, Riga and Vilnius – with their old towns designated by UNESCO as World Heritage Sites. Featuring the National Park Lahemaa, which is one of the last unspoiled regions of the Baltic coast, Otepää Lakeland – the so-called “Estonian Switzerland” and the beautiful Gauja River valleys. The tour includes cycling on the Curonian Spit which was previously closed to visitors; nowadays it is often called the Lithuanian Sahara. Travel from Tallinn, Estonia, in the north, through Latvia and on to Lithuania in the south, enjoy a great variety of towns, villages and landscapes, and get an excellent feel for the different characters of these distinctive countries.

The tour begins in Tallinn where you get your tour maps with detailed program and route description. Next day your rental bicycles will be ready for your first ride in Lahemaa. This trip is a half-guided tour ie during the whole trip, except Jurmala and the Curonian Spit, our driver with a minibuss and bike trailer is with you and you can take part in city tours (Tallinn, Riga, Vilnius) lead by professional guides. Our driver will transport your luggage every day to the next hotel. If you have a breakdown, then our driver will take care of everything for you. If you have any problems – contact the driver or our office. To make certain that you are well looked after, we only employ people, who have good local knowledge and speak either English, or German.



Cycling Conditions: Daily biking routes mainly on low traffic roads and cycle paths range from 21 to 60 km (13-38 miles) each day with a possibility to cycle more kilometres on some days like Day 6 (Jurmala) and Day 8 (Curonian Spit). The terrain is varied and rolling with some gradual hills on some riding days (some steep ups and downs in the Gauja River valley & Otepää region) and dead flat most of the tour.

Arrival / departure airports: Tallinn / Vilnius

TOUR ITINERARY (cycling ~352 km/~220 miles, by coach/minibus ~1085 km /678 mi., by boat ~14 km/9 mi.)

Day 1 Tuesday (Estonia): medieval Tallinn. Arrive in Tallinn. Individual transfer to the hotel (not included) where you get your tour maps with detailed program and route description. 6:00 pm (18:00) you can join in a guided tour of Tallinn. OVERNIGHT: Tallinn; HOTEL: **HESTIA ILMARINE****** or similar

Day 2 Wednesday (Estonia): National Park Lahemaa, Estonia (cycling ~53 km/33 miles, by minibus ~90 km)

10:00 a.m. meet your minibus driver. After a short transfer you'll begin your first bicycle trip through National Park Lahemaa which is one of the last unspoiled regions of the Baltic coast. The National park is a nature lover's paradise. There are dense woods, marshes, lakes and waterfalls to discover. If you prefer wildlife to landscape, you can see moose, wild boars and over 220 bird species. OVERNIGHT: Palmse; HOTEL: **PALMSE PARK***** or similar

Day 3 Thursday (Estonia): Along the Russian border & Lake Peipsi to TARTU, Estonia (cycling ~50 km/31 miles, by minibus ~160 km). Morning transfer by bus to Mustvee where you'll begin a pleasant bicycle trip along Peipsi Lake shore to Varnja. Peipsi is 4th largest lake in Europe, divided in two by the Russian border. En route, you'll pass many fishing villages. You reach your hotel after a bus transfer to Tartu, a famous, historic university town (the university was founded in 1632). OVERNIGHT: Tartu; HOTEL: **DORPAT***** or similar

Day 4 Friday (Estonia-Latvia): OTEPÄÄ (“Estonian Switzerland”) & SIGULDA, Latvia (cycling ~28 km/18 miles, by minibus ~235 km). After a short bus transfer to Otepää, a beautiful place with many lakes, start your cycling through the so-called “Estonian Switzerland” and begin to appreciate your surroundings. Finish your cycling for the day in Sangaste which is famous for its 19th century romantic castle built in the style of Windsor Palace. Transfer into Latvia where your destination is Sigulda, in the Gauja River Valley. OVERNIGHT: Sigulda; HOTEL: **SIGULDA***** or similar

Day 5 Saturday (Latvia): GAUJA National Park & RIGA (cycling ~17 km/11 miles, by minibus ~50 km)

Cycling through Gauja National Park, en route enjoy spectacular views of Gauja River valleys with the Gutmana Cave and ruins of 13thC Crusaders Castle in Sigulda and Turaida Castle. Afternoon transfer to Riga, the Latvian capital, where a guided tour of the charming Old Town awaits. After check-in at the hotel exploring the medieval Hanseatic town famous for its Art Nouveau buildings. OVERNIGHT: Riga; HOTEL: **AVALON****** or similar

Day 6 Sunday (Latvia): RIGA & JURMALA Seaside resort (cycling ~35 km/22 miles, by train ~25 km)

Today is free to explore Riga on your own and take a cycle ride on a bicycle path to Jurmala, a renowned Latvian seaside resort well known for its long, white, sand beaches, mineral waters and mud with healing properties. We recommend that you take the opportunity to bath in the sea and try cycling along the beach – its well worth it! In the evening take a local train back to Riga (30 min; not included). OVERNIGHT: Riga; HOTEL: **AVALON****** or similar

Day 7 Monday (Latvia-Lithuania): Hill of Crosses & Lithuanian Seaside Cycle Route (cycling ~46 km/29 miles or 30 km/16 miles, by minibus ~290 km). Transfer by minibus to Lithuanian Seaside. En-route stop at the Hill of Crosses, the unforgettable sight of thousands of crosses on two small hills. Begin your cycle ride to Klaipėda on a beautiful bicycle path, which lies along the Baltic Coast in the Seaside Regional Park. En route pass Palanga, the well-known Lithuanian seaside resort. Enjoy a break here; perhaps visit the renowned Botanical Park, Amber Museum and the 470m pier heading out into the Baltic Sea. OVERNIGHT: Klaipėda; HOTEL: **OLD MILL***** or similar

Day 8 Tuesday (Lithuania): CURONIAN SPIT & the Hill of Witches (cycling ~57 km/36 miles)

After breakfast you cross the lagoon by ferry (not included) and start cycling on an asphalt bike path which takes you along the Curonian Spit to Nida, the most beautiful resort in Lithuania famous for impressive sand dunes, the Amber Gallery, etc. En route you can visit the Hill of Witches. Or, if you prefer, watch a colony of grey herons and cormorants, explore the “Dead” sand dunes on foot, swim in the Baltic Sea or, simply relax, & take in the sun on golden beaches. OVERNIGHT: Nida; HOTEL: **NERIJA***** or similar

Day 9 Wednesday (Lithuania): Crossing the Curonian Lagoon by ship – KAUNAS, Lithuania (cycling ~31 km/19 miles, by minibus ~185 km, by boat ~14 km). Take a morning boat across the Curonian Lagoon to the mainland (~1.5 hours), en-route enjoy a beautiful view of the Curonian Spit sand dunes. Cycling to Ventė Horn where you may visit a bird observatory and the 19thC lighthouse which was used for more than 100 years. Afternoon ride through the Nemunas River Delta Regional Park and transfer by minibus along the Nemunas River to Kaunas, en route passing 17thC castle of Panemunė. OVERNIGHT: Kaunas; HOTEL: **SANTAKA BEST WESTERN****** or similar

Day 10 Thursday (Lithuania): TRAKAI Insular Castle and the ancient city of Vilnius, capital of Lithuania (cycling ~35 km/22 miles, by minibus ~75 km). After breakfast you are transferred by minibus to the Lake District where begin cycling through picturesque countryside on gentle hills. Arrive in Trakai, the former capital of the Grand Duchy of Lithuania. Here you may visit the famous 14thC Gothic island castle erected on a small island in Lake Galvė. Finish the tour with a short transfer to Vilnius, the capital of Lithuania for more than 600 years. This evening, a guided tour of the city awaits you. **OVERNIGHT: Vilnius; HOTEL: TILTO*** or similar**

Day 11 Friday (Lithuania): VILNIUS

Individual departure after breakfast. You can extend your stay in Lithuania; please ask for details.

THE TOUR INCLUDES:	THE TOUR DOESN'T INCLUDE:
<ul style="list-style-type: none"> - 10 nights stay in middle-range hotels, including all taxes - Breakfast daily - Transfers as per itinerary by air-conditioned minibus - Luggage transport as per itinerary - Guided tours with English speaking guide in Tallinn, Riga and Vilnius (any entrance fees are payable individually) - Crossing the Curonian Lagoon by boat from Nida to the mainland - Individual information package (city guides, GPX tracks & maps, tour programme and route description) - Emergency contact numbers for our English or German speaking representatives 	<ul style="list-style-type: none"> - Arrival and departure transfers - Lunches and dinners - Bicycle rent - Entrance fees - Tips

OPTIONAL EXTRAS

A. TRANSFERS (arrival in Tallinn Airport / Departure from Vilnius Airport):

- Arrival or departure transfer by car for a party up to 3 people - 30 EUR per transfer
- Arrival or departure transfer by minibus for a party up to 7 people - 59 EUR per transfer

B. RENT

- Rental of trekking bicycle (*VDV, Kalkhoff*) with 24-speed Shimano derailleurs gears & free-wheel, all supplied with a waterproof pannier (1 x bike) and tachometer (1 x booking) – 99 EUR per person
- Rental of E-bike/Pedelec (*VDV, Kalkhoff, KTM*) with Bosch driving system, 7-speed Shimano Nexus hub gears & free wheel, equipped with waterproof pannier – 280 EUR per person
- Rental of waterproof handlebar bag (*Ortlieb*) – 20 EUR per bicycle

C. MEALS:

- 6 dinners (3 courses with coffee/tea) package at the hotels excluding Tallinn, Riga & Vilnius – 139 EUR per person

D. PRE/POST TOUR ACCOMMODATION:

Hotel in Tallinn HESTIA ILMARINE** or similar**

SGL 95 EUR per room per night, including breakfast

DBL 105 EUR per room per night, including breakfast

Hotel in Vilnius TILTO* or similar**

SGL 75 EUR per room per night, including breakfast

DBL 90 EUR per room per night, including breakfast

NOTES:

- Discount for extra bed in double/twin room for people from 5 yrs. old – 25 %
- Children under 5 yrs. old – free of charge
- Minimum group size - 2 people (**only 14 FIXED DEPARTURES!!!**) or 4 people on any other dates May-September on request)...