

GUIDED CYCLING IN THE BALTICS: LITHUANIA – LATVIA – ESTONIA

(Vilnius – Curonian Spit – Riga – Sigulda – Saaremaa Island – Tallinn)
11 days / 10 nights, small group guided cycle tour from Vilnius (code G1)



TOUR CODE:	Language *	TOUR STARTS – Monday**	TOUR ENDS - Thursday	Price per person in EUR:
23/G1-01	EN	May 29	June 8	DBL 1499 SGL 1889
23/G1-02	DE	June 5	June 15	DBL 1545 SGL 1925
23/G1-03	EN	June 12	June 22	DBL 1545 SGL 1925
23/G1-05	DE	June 26	July 6	DBL 1545 SGL 1925
23/G1-06	EN/DE	July 3	July 13	DBL 1545 SGL 1925
23/G1-07	DE	July 10	July 20	DBL 1545 SGL 1925
23/G1-09	EN	July 24	August 3	DBL 1545 SGL 1925
23/G1-10	DE	July 31	August 10	DBL 1545 SGL 1925
23/G1-11	EN	August 7	August 17	DBL 1545 SGL 1925
23/G1-12	EN/DE	August 14	August 24	DBL 1545 SGL 1925
23/G1-13	DE	August 21	August 31	DBL 1499 SGL 1889
23/G1-14	EN	August 28	September 7	DBL 1499 SGL 1889
23/G1-15	EN/DE	September 4	September 14	DBL 1499 SGL 1889

* Language of tour guide/-es: EN – English speaker, DE – German speaker, DE/EN – mixed group with 1 bilingual guide or 2 guides in case of larger group
** This tour is available on any other dates May-September with min 12 people

Explore the Baltic coast and the National Parks of Lithuania, Latvia and Estonia on very scenic routes. The tour includes the three capital cities – Vilnius, Riga and Tallinn – with their Old towns designated as World Heritage Sites by UNESCO; and the previously-closed Curonian Spit and the largest and most beautiful Estonian island of Saaremaa. Travel from Lithuania in the south, through Latvia and on to Estonia in the north; experience a wide variety of towns, villages and countryside for an excellent introduction to the very distinct characters of these quite different countries.



Arrival / Departure airports: Arrive in Vilnius (Lithuania) and depart from Tallinn (Estonia).

Cycling grade: We rate this trip Easygoing to Moderate with intensive tour program. Daily biking routes mainly on low traffic roads and cycle paths range from 30 to 58 km (19-36 miles) each day. The terrain is varied and rolling with a few gradual hills on some riding days (a few steep ups and downs in the Gauja River valley) and dead flat most of the tour. The tour covers all three Baltic States and therefore it includes a few long bus transfers between the most interesting cycling destinations and the capital cities. Our walking sightseeing tours in the capital old towns are along cobbled streets.

ITINERARY

(cycling ~364 km / 228 miles, by coach ~1335 km/834 miles, by boat/ferry 12 km/8 miles or 62 km/39miles)

Day 1 Monday (Lithuania): VILNIUS

Arrive in Vilnius, the capital of Lithuania for more than 600 years. Individual transfer to the hotel (not included). Check-in at the hotel. 7:30 p.m. (19:30) welcome meeting at the hotel with tour guide.

OVERNIGHT: Vilnius

HOTEL: **COMFORT HOTEL LT***** or similar

Day 2 Tuesday (Lithuania): VILNIUS-TRAKAI Insular Castle-KAUNAS (cycling ~33 km/21 miles, by bus ~100 km)

After breakfast a guided tour of Vilnius Old Town followed by a bus transfer outside the city. Start your first cycle ride through picturesque countryside with many lakes and gentle hills. En route stop in Trakai, the former capital of the Grand Duchy of Lithuania, where you may visit the 14thC island castle built on a small island in Lake Galvė. Afternoon transfer by bus to Kaunas. Arrive in Kaunas, check-in and optional dinner at the hotel.

OVERNIGHT: Kaunas

HOTEL: **VICTORIA KAUNAS****** or similar

Day 3 Wednesday (Lithuania): Along the Nemunas River: KAUNAS-KLAIPĖDA (cycling ~35 km/22 miles, by bus ~220 km)

Kaunas by bike followed by a ride on picturesque cycle trail along the Nemunas River. En route stop in Zapyškis famous for its unusual small 14thC gothic church. Finish the ride with a bus transfer to the Baltic coast and picnic lunch in the middle way (included). Arrive in Klaipėda, a modern town at the Baltic Sea, check-in and optional dinner at the hotel.

OVERNIGHT: Klaipėda

HOTEL: **OLD MILL***** or similar

Day 4 Thursday (Lithuania): CURONIAN SPIT NATIONAL PARK (cycling ~58 km/36 miles, by bus or boat~50 km)

Today we go for the longest ride to Nida. Follow the Seaside Cycle Route along the Curonian Spit famous for its amber and fine sand beaches. En-route enjoy beautiful views of the Curonian Spit which separates the Baltic Sea from the Curonian Lagoon. Sightseeing around Nida, one of the most beautiful resorts in Lithuania. Transfer by bus or boat back to Klaipėda, dinner at the hotel (included).

OVERNIGHT: Klaipėda

HOTEL: **OLD MILL***** or similar

Day 5 Friday (Lithuania-Latvia): KLAIPĖDA-PALANGA Resort-Hill of Crosses-RIGA (cycling ~32 km/20 miles, by bus ~290 km)

Early morning ride to Palanga through the Seaside Regional Park, a former soviet military training area. Arrive in Palanga, the biggest Lithuanian seaside resort for a tour which includes a visit to the Botanical Garden and the Amber Museum in the Palace of Count Tyszkiewicz, with over 25000 pieces of amber on display. Afternoon bus transfer to Riga, the capital city of Latvia. En-route stop at the Hill of Crosses, the unforgettable sight of thousands of crosses on two small hills. Arrive in Riga, check-in and dinner at the hotel (included).

OVERNIGHT: Riga

HOTEL: **HESTIA JUGEND****** or similar

Day 6 Saturday (Latvia): RIGA & JURMALA Seaside Resort (cycling ~30 km/19 miles, by bus ~20 km)

After breakfast a guided tour of Riga Old Town, a medieval Hanseatic town famous for its Art Nouveau buildings. In the afternoon free time in Riga or cycling to Jurmala, the largest resort in the Baltic States well known for its long, white, sand beaches, mineral waters and mud with healing properties. Transfer back by bus to the hotel in Riga.

OVERNIGHT: Riga

HOTEL: **HESTIA JUGEND****** or similar

Day 7 Sunday (Latvia): GAUJA National Park & Bicycle Museum (cycling ~45 km/28 miles, by bus ~50 km)

Morning transfer to Saulkrasti. After visiting the Latvian bicycle museum start your bike ride to Sigulda, the most popular resort in Latvia. Cycling through Gauja National Park, en route enjoy spectacular views of the Gauja River valley with Gutmana Cave and Turaida Castle. En route visit Krimulda Church (1205) which is the oldest in Latvia. Arrive in Sigulda, check-in and optional dinner at the hotel.

OVERNIGHT: Sigulda

HOTEL: **SIGULDA***** or similar

Day 8 Monday (Latvia-Estonia): SIGULDA-SAAREMAA (cycling ~38 km/24 miles, by bus ~330 km, by ferry 6 km)

Morning transfer to the largest Estonian island of Saaremaa which has preserved all that is best about old Estonia. With little traffic and flat roads Saaremaa provides the perfect rural setting for cycling. Travel on picturesque roads along the Baltic Sea Coast to the village of Angla where the iconic windmills are located. Transfer to Mändjala or Kuressaare, check into the hotel for 2 overnight stays at the seaside. Dinner at the hotel (included).

OVERNIGHT: Mändjala or Kuressaare (Saaremaa)

HOTEL: **SAAREMAA***** or similar

Day 9 Tuesday (Estonia): SAAREMAA ISLAND (cycling ~56 km/34 miles, by bus ~ 50 km)

Enjoy a day ride across Saaremaa Island's wild beauty – Sorve Peninsula famous for its lighthouse. Finish the day with a visit to Kuressaare, the capital of Saaremaa, a home to one of the finest preserved medieval Episcopal Castles in the Baltics, dating from 13thC. Free time to explore the town and the Bishop's castle. Optional dinner at the hotel or city restaurant.

OVERNIGHT: Mändjala or Kuressaare (Saaremaa)

HOTEL: **SAAREMAA***** or similar

Day 10 Wednesday (Estonia): SAAREMAA & TALLINN (cycling ~37 km/23 miles or 28 km/18 miles, by bus ~210 km, by ferry 6 km)

Morning ride to the Kaali meteorite crater which is listed on the world's giant craters list and it is the rarest nature wonder in Estonia. In the afternoon transfer by bus to Tallinn. Arrive in Tallinn, check-in at the hotel followed by a guided tour of Tallinn Old Town. Farewell dinner in a city restaurant (included).

OVERNIGHT: Tallinn

HOTEL: **HESTIA ILMARINE****** or similar

Day 11 Thursday (Estonia): TALLINN

Breakfast at the hotel. End of the tour.

THE TOUR INCLUDES:

- 10 nights stay in 3-4* hotels, including all taxes
- Breakfast daily
- 1 x picnic lunch (Day 3)
- 4 x 3 courses dinners (1 x Klaipeda, 1 x Riga, 1 x Saaremaa, 1 x Tallinn)
- Welcome meeting with a glass of beer or wine
- Mineral water at your disposal on cycling days + reusable water bottle
- English speaking guide or driver/guide on days 2-10
- Guided 2-hour city tours in English in the capital cities: Vilnius, Riga and Tallinn
- Rent of trekking bicycle with waterproof pannier (+ helmet on request)
- Transfers as per itinerary by air-conditioned coach /minibus
- Speed boat from Nida to Klaipeda or transfer by minibus (Day 4)
- Luggage transport as per itinerary
- Ferry tickets to/from the Curonian Spit and to/from Saaremaa Island
- Entrance to: Amber museum in Palanga, Saulkrasti Bicycle Museum and Angla Windmill Park in Saaremaa.
- Information package (city guides, maps and program)

THE TOUR DOESN'T INCLUDE:

- Arrival and departure transfers
- 8 lunches and 6 dinners
- Tips

OPTIONAL EXTRAS

A. TRANSFERS:

- Arrival or departure transfer by car for 1-3 people - 35 EUR per transfer
- Arrival transfer by minibus for 4-7 people - 59 EUR per transfer

B. RENT

- supplement for an E-bike/Pedelec with Bosch driving system – 195 EUR per person

C. MEALS:

- 4 dinners package (3 courses with coffee/tea; 1 x Kaunas, 1 x Klaipeda, 1 x Sigulda, 1 x Saaremaa) – 115 EUR per person

D. PRE/POST TOUR ACCOMMODATION:

Hotel in Vilnius COMFORT LT* or similar**

SGL 69 EUR per room per night, including breakfast and city tax

DBL 80 EUR per room per night, including breakfast and city tax

Hotel in Tallinn HESTIA ILMARINE** or similar**

SGL 99 EUR per room per night, including breakfast

DBL 110 EUR per room per night, including breakfast

NOTES:

- Discounts 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 (13 x fixed departures)
 - 12 people (any other date May-September on request)
- Maximum group size – 15 people with one guide and 21 people with two guides!
- Language of cycling tour guides (for groups from 8 people) or driver/guides (groups up to 7 people):
 - DE** - German speaker tour guide,
 - EN** - English speaker tour guide,
 - EN / DE** - mixed English/German speaking group with bilingual tour guide (smaller group up to 15 people) or two guides (for group up to 21 people); separate English and German speaking groups might be organised