

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:
25/G1-01	EN	May 26	June 5	DBL 1775 SGL 2265
25/G1-02	EN	June 2	June 12	DBL 1775 SGL 2265
25/G1-03	EN	June 9	June 19	DBL 1845 SGL 2395
25/G1-04	EN	June 16	June 26	DBL 1845 SGL 2395
25/G1-05	DE	June 23	July 3	DBL 1845 SGL 2395
25/G1-06	EN	June 30	July 10	DBL 1845 SGL 2395
25/G1-07	EN	July 7	July 17	DBL 1845 SGL 2395
25/G1-08	DE	July 14	July 24	DBL 1895 SGL 2445
25/G1-09	EN	July 21	July 31	DBL 1845 SGL 2395
25/G1-10	DE	July 28	August 7	DBL 1845 SGL 2395
25/G1-11	EN	August 4	August 14	DBL 1845 SGL 2395
25/G1-12	EN	August 11	August 21	DBL 1845 SGL 2395
25/G1-13	DE	August 18	August 28	DBL 1845 SGL 2395
25/G1-14	EN	August 25	September 4	DBL 1845 SGL 2395
25/G1-15	EN	September 1	September 11	DBL 1845 SGL 2395
25/G1-16	EN	September 8	September 18	DBL 1775 SGL 2265

* Language of tour guide or 2 guides in case of larger group: EN – English speaker, DE – German speaker
** This tour is available on any other dates May-September with min 14 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 ~322 km / 201 miles, by coach ~1300 km/808 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 ~25 km/16 miles, by bus ~115 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 ~40 km/23 miles, by bus ~230 km)

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

OVERNIGHT: Klaipėda

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

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

Morning transfer by bus to Nida, one of the most beautiful resorts in Lithuania. After sightseeing around Nida, we go for the longest ride along the Curonian Spit famous for its amber and fine sand beaches. Follow the Seaside Cycle Route (newly reconstructed) and enjoy beautiful views of the Curonian Spit which separates the Baltic Sea from the Curonian Lagoon. Finish your day tour with a short ferry ride to Klaipėda Old Town. Dinner at the hotel (included).

OVERNIGHT: Klaipėda

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

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

Morning ride to Palanga through the Seaside Regional Park, a former soviet military training area. Arrive in Palanga, the biggest Lithuanian seaside resort famous for the Botanical Garden and the Amber Museum. 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: **WELLTON RIVERSIDE SPA HOTEL****** or similar



Day 6 Saturday (Latvia): RIGA – free day in the capital city of Latvia

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. There is an option for a return cycle ride to Jūrmala, the largest resort in the Baltic States well known for its long, white, sand beaches (40-50 km/25-31 miles), or cycle one way and return by train (tickets not included).

OVERNIGHT: Riga

HOTEL: **WELLTON RIVERSIDE SPA HOTEL****** 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 ~305 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 Kuressaare, the capital of Saaremaa, check into the hotel for 2 overnight stays in the old town. Dinner at the hotel (included).

OVERNIGHT: Kuressaare

HOTEL: **JOHAN SPA***** 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 in Kuressaare, 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: Kuressaare

HOTEL: **JOHAN SPA***** or similar

Day 10 Wednesday (Estonia): SAAREMAA & TALLINN (cycling ~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
- Welcome meeting with a glass of beer or wine
- 1 x picnic lunch (Day 3)
- 3 x 3-course dinners (1 x Klaipeda, 1 x Riga, 1 x Saaremaa)
- Farewell 3-course dinner in Tallinn
- 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
- Luggage transport as per itinerary
- Ferry tickets to/from the Curonian Spit and to/from Saaremaa Island
- Entrance to: the Dead Dunes on the Curonian Spit, 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
- Train tickets from/to Jūrmala
- Tips

OPTIONAL EXTRAS

A. RENT

- supplement for an E-bike/Pedelec with Bosch driving system – 225 EUR per person
- waterproof handlebar bag with a plastic cover for GPS/smartphone (Ortlieb) - 25 EUR

B. TRANSFERS (20% surcharge for late and early hours from 23:00-07:00):

- Arrival transfer by car for 1-3 people - 55 EUR per transfer
- Departure transfer by car for 1-3 people - 49 EUR per transfer
- Arrival transfer by minivan for 4-7 people - 65 EUR per transfer
- Departure transfer by minivan for 4-7 people - 59 EUR per transfer

C. MEALS:

- 4 x 3-course dinners package (1 x Kaunas, 1 x Klaipėda, 1 x Sigulda, 1 x Saaremaa) – 159 EUR per person

D. PRE/POST TOUR ACCOMMODATION:

Hotel in Vilnius COMFORT LT* or similar**

SGL 89 EUR per room per night, including breakfast and city tax

DBL 99 EUR per room per night, including breakfast and city tax

Hotel in Tallinn HESTIA ILMARINE*** or similar**

SGL 109 EUR per room per night, including breakfast

DBL 119 EUR per room per night, including breakfast

NOTES:

- Discounts for extra bed in double/twin room for people from 3 yrs. old – 15 %
- Children under 3 yrs. old – free of charge
- Minimum group size:
 - 2 people (fixed departures)
 - 14 people (any other date May-September on request)
- Maximum group size – 16 people with one guide and 22 people with two guides!
- Language of cycling tour guide (for groups from 8 to 16 people) or two guides (for groups up to 22 people) or driver/guide (groups up to 7 people):
 - DE** - German speaker tour guide,
 - EN** - English speaker tour guide