


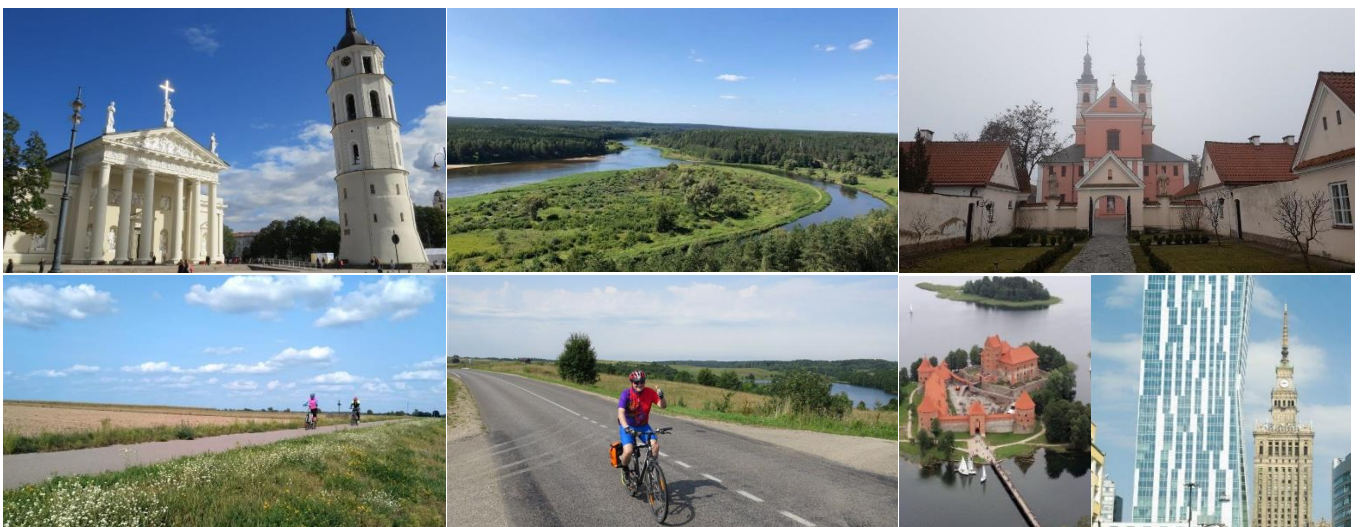
THE COMMONWEALTH CYCLING TOUR: LITHUANIA – POLAND (ANOTHER COMMONWEALTH...)

Vilnius – Trakai – Druskininkai Spa Resort – Dzūkija, Wigry & Biebrza National Parks – Suwalki – Augustow – Warsaw

9 days self-guided supported bike tour from Vilnius to Warsaw (code SG16)

	TOUR CODE:	Language *	tour starts (Friday):	tour ends (Saturday):	Price per person in EUR:
	24/SG16-1	EN	July 12	July 20	DBL 1099 SGL 1366
	24/SG16-2	EN	August 16	August 24	DBL 1099 SGL 1366
	24/SG16-3	EN	September 6	September 14	DBL 1099 SGL 1366
<p>* Language of city guide/-es: EN – English speaker, DE – German speaker ** This tour is available on any other dates May-September with min 6 people</p>					

Explore on your own (self-guided) a borderland of Lithuania and Poland which is the land of gentle hills, sandy plains, vast primeval forests, crystal clear lakes and deep river valleys. The tour starts in the Lithuanian capital city Vilnius and finishes in the Polish capital city Warsaw, both cities famous for their Old towns designated as World Heritage Sites by UNESCO. The tour program also includes Druskininkai Spa Resort and Dzūkija National Park in Lithuania, cycling around Suwalki Lakeland with Wigry and Biebrza National Parks in Poland. Experience a wide variety of towns, villages and countryside for an excellent introduction to the very distinct characters of these two different countries which had a common history known as the Polish – Lithuanian Commonwealth in 16-18th C!



The tour begins in Vilnius where you get your tour maps with detailed program and route description. Next day your rental bikes will be ready for your first ride in Trakai. This trip is a half-guided tour ie during the whole trip our driver with a minibus and bike trailer is with you and you can take part in city tours (Vilnius & Warsaw) 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.

Arrival / departure airports: arrive in Vilnius (Lithuania) and depart from Warsaw (Poland)

Cycling grade and conditions: We rate this trip Easy to moderate. Daily biking routes mainly on low traffic roads and cycle paths range from 39 to 65 km (24-41 miles) each day with a possibility to do more kilometres while cycling around Druskininkai Resort (Day 3) and Wigry Lake (Day 6). The terrain is dead flat most of the tour except a few stretches on rolling roads with some gradual hills in Lithuania (around Trakai and the route to Druskininkai) and Poland (Suwalki Lakeland and around Wigry Lake).

ITINERARY (cycling ~353 km / 221 miles, by minibus 480 km/300 miles)

Day 1 Friday (Lithuania): VILNIUS

Arrive in Vilnius, the capital of Lithuania for more than 600 years. Individual transfer to the hotel (not included) and check-in at the hotel for 2 overnight stays.

OVERNIGHT: Vilnius; HOTEL: **COMFORT HOTEL LT ***** or similar

Day 2 Saturday (Lithuania): VILNIUS & TRAKAI (cycling ~49 km/31 miles, by minibus ~32 km)

After breakfast a guided tour of Vilnius Old Town. In the afternoon transfer to Užutrakis where start your first cycle ride on gentle hills around Galvė lake back to Vilnius. En route you may visit Trakai, the former capital of the Grand Duchy of Lithuania, famous for the 14thC island castle built on a small island in Lake Galvė.

OVERNIGHT: Vilnius; HOTEL: **COMFORT HOTEL LT ***** or similar

Day 3 Sunday (Lithuania): Along the Nemunas River to DRUSKININKAI Resort (cycling 48 km/30 miles, by minibus ~100 km). Transfer by minibus to Merkinė. Cycle ride to Druskininkai which is one of the best climatic and wellness springs resorts in Europe. Today's cycle route goes via Liškiava famous for its 17-18thC Dominican monastery ensemble on the Nemunas River bank. Arrive in Druskininkai, check into the hotel for 2 overnight stays. Afternoon free in the resort or going for a circular ride in the woods. Optional dinner at the hotel (not-included).

OVERNIGHT: Druskininkai; HOTEL: **REGINA ***** or similar

Day 4 Monday (Lithuania): DZŪKIJA NATIONAL PARK by bike (cycling ~65 km/41 miles, by minibus ~45 km)

Morning transfer to Dzūkija National Park, the largest park in Lithuania overgrown with pine forests (90% of the territory) and one of 13 wild PAN parks in Europe. Here begins your cycle route through the woods and ethnographical villages. Afternoon trip to Grūtas Park, which has a unique distinction of being the place where all unwanted statues of Lenin were taken after Lithuania regained its independence from the Soviet Union.

OVERNIGHT: Druskininkai; HOTEL: **REGINA ***** or similar

Day 5 Tuesday (Lithuania-Poland): SUWALKI LAKELAND & TOWN (cycling ~48 km/30 miles, by minibus ~95 km)

Morning bus transfer to Poland. After crossing the border start your cycling on rolling hills with picturesque views to beautiful lakes and Polish countryside. Wigry National park is your destination. En route visit Suwałki, the largest town and the capital of the historical Suwałki region. Check into the hotel for 2 overnight stays. Optional dinner at the hotel (not-included). OVERNIGHT: Gawrych Ruda; HOTEL: **Nad Wigrami ***** or similar

Day 6 Wednesday (Poland): WIGRY NATIONAL PARK (cycling ~47 km/29 miles)

Circular bike tour on marked trails around Wigry Lake which is the largest with 15 islands, one of the deepest (73 m) and most beautiful lakes in Podlasie region. En route you may explore a former monastery, built by the death-obsessed Camaldolese monks in 17thC. The whole complex, complete with a church and 17 hermitages, is spectacularly located on a peninsula in the lake. OVERNIGHT: Gawrych Ruda; HOTEL: **Nad Wigrami ***** or similar

Day 7 Thursday (Poland): AUGUSTOW & BIEBRZA NATIONAL PARK (cycling ~57 km/36 miles, by minibus ~28 km)

Short transfer to Augustow, a small but appealing town, the gateway to the Suwałki region at the Netta River. Today your cycle ride goes along the GreenVelo route to Biebrza National Park which protects vast and relatively untouched fenlands with a unique variety of plants, rare wetland birds and mammals such as Elk and Beaver. Arrive in Goniadz, check-in at the hotel. Optional dinner at the hotel (not-included).

OVERNIGHT: Goniadz; HOTEL: **BARTLOWZINA ***** or similar

Day 8 Friday (Poland) GONIADZ – WARSAW (cycling ~39 km/24 miles, by minibus ~180 km)

Morning is dedicated for the final cycling ride along the Royal Route (Polish: Trakt Królewski) through Biebrza National Park and then transfer by minibus to Warsaw, capital of Poland. Check-in at the hotel followed by a guided tour of Warsaw Old Town. Optional dinner in local restaurant (not-included).

OVERNIGHT: Warsaw; HOTEL: **METROPOL ***** or similar

Day 9 Saturday (Poland): Warsaw. Breakfast at the hotel. End of the tour.

THE TOUR INCLUDES:

- 8 nights stay in hotels, including all taxes
- Breakfast daily
- Transfers as per itinerary by air-conditioned mini/-bus
- Luggage transport as per itinerary
- Guided tours in Vilnius and Warsaw (any entrance fees are payable individually)
- Emergency contact numbers for our English or German speaking representatives
- Individual information package (city guides, maps, programme and route description)
- GPS Tracks

THE TOUR DOESN'T INCLUDE:

- Arrival and departure transfers
- Lunches and dinners
- Tips

OPTIONAL EXTRAS

A. TRANSFERS FROM/TO AIRPORT:

- Arrival transfer from Vilnius Airport by car for 1-3 people - 39 EUR per transfer
- Arrival transfer from Vilnius Airport by minibus for 4-7 people - 65 EUR per transfer
- Departure transfer to Warsaw Chopin Airport by car for 1-3 people - 49 EUR per transfer
- Departure transfer to Warsaw Chopin Airport by minibus for 4-7 people - 65 EUR per transfer
- Departure transfer to Warsaw Modlin Airport by car for 1-3 people - 115 EUR per transfer
- Departure transfer to Warsaw Modlin Airport by minibus for 4-7 people - 149 EUR per transfer

B. RENT

- Rental of trekking bicycle (*VDV, Kalkhoff*) with 24-speed Shimano derailleur gears & free-wheel, all supplied with a waterproof back pannier and handlebar bag with a plastic cover for GPS/smartphone (*Ortlieb*) and tachometer (1 x booking) – 89 EUR per person
- Rental of E-bike/Pedelec (*VDV, Kalkhoff*) with Bosch driving system, 8-speed Shimano Nexus hub gears & free wheel, equipped with waterproof back pannier and handlebar bag with a plastic cover for GPS/smartphone (*Ortlieb*) – 229 EUR per person
- Rental of a helmet (please send your head size in centimetres or helmet size: S, M, L, XL) – 10 EUR per person

C. MEALS:

- 4 dinners (3 courses) package at the hotels or local city restaurants (1 x Druskininkai, 1 x Gavrych Ruda, 1 x Goniadz, 1 x Warsaw) – 155 EUR per person

D. PRE/POST TOUR ACCOMMODATION:

Hotel in Vilnius COMFORT HOTEL LT * or similar**

SGL 85 EUR per room per night, including breakfast and city tax

DBL 95 EUR per room per night, including breakfast and city tax

Hotel in Warsaw METROPOL* or similar**

SGL 99 EUR per room per night, including breakfast

DBL 110 EUR per room per night, including breakfast

NOTES

- Discount for extra bed in double/twin room – 15 %
- Minimum group size on fixed departure dates – 4 people, any other dates May-September – 6 people.