

GUIDED CYCLING TOUR: LITHUANIA – POLAND

VILNIUS – Trakai – Druskininkai Resort – Dzūkija & Wigry National Parks – Masurian Lakeland – Frombork – GDANSK

10 days guided small group bike tour from Vilnius to Gdansk (code G9)

	TOUR CODE:	Language *	tour starts / Saturday**	tour ends / Monday:	Price per person in EUR:
	27/G9-1	EN	June 26	July 5	DBL 1995 SGL 2440
	27/G9-2	EN	July 24	August 2	DBL 1995 SGL 2440
	27/G9-3	EN	August 21	August 30	DBL 1995 SGL 2440
* Language of tour guide/-es: EN – English speaker, DE – German speaker ** This tour is available on any other dates May-September with min 14 people					

Explore 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 with a walking tour in the Lithuanian capital city Vilnius and finishes in the Polish Baltic coastal city Gdansk, both cities famous for their old towns designated as World Heritage Sites by UNESCO. The tour program also includes visiting Druskininkai Spa Resort and Dzūkija National Park in Lithuania, Suwalki Lakeland with Wigry Monastery, famous Masurian Lakeland and Frombork with picturesque coast of Vistula Lagoon 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!



Arrival / departure airports: arrive in Vilnius (Lithuania) and depart from Gdansk (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 32 to 57 km (20-36 miles) each day with a possibility to do more kilometres while cycling around Druskininkai Resort (Day 3-4) and when cycling along Vistula Lagoon (Day 8). 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 the route along Vistula Lagoon towards Elblag).

ITINERARY (cycling ~321 km / 201 miles, by minibus 695 km/434 miles)

Day 1 Saturday (Lithuania): VILNIUS

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

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

Day 2 Sunday (Lithuania): VILNIUS & TRAKAI (cycling ~23 km/14 miles, by minibus ~55 km)

After breakfast a guided walking tour of Vilnius Old Town. Afternoon trip to Trakai, the former capital of the Grand Duchy of Lithuania. Start your first cycle ride on gentle hills around Galvė lake. En route we'll stop in Trakai where you may see the 14thC island castle built on a small island in Lake Galvė.

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

Day 3 Monday (Lithuania): Along the Nemunas River to DRUSKININKAI Resort (cycling ~42 km/26 miles, by minibus ~113 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 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. Dinner at the hotel (included).

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

Day 4 Tuesday (Lithuania): DZŪKIJA NATIONAL PARK by bike (cycling ~42 km/26 miles, by minibus ~55 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 our cycle route through the woods and ethnographical villages. Afternoon free in the resort or going for a circular ride on asphalt bike paths in the woods.

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

Day 5 Wednesday (Lithuania-Poland): SUWALKI LAKELAND & TOWN (cycling ~47 km/29 miles, by minibus ~85 km)

Morning bus transfer to Poland. After crossing the border, we start cycling on rolling hills with picturesque views to beautiful lakes and Polish countryside. Wigry National Park is our destination. En route we visit Suwałki, the largest town and the capital of the historical Suwałki region. Check in and dinner at the hotel (included).

OVERNIGHT: Wigry National Park; HOTEL: **NAD WIGRAMI***** or similar

Day 6 Thursday (Poland): WIGRY NATIONAL PARK – GIŻYCKO (cycling ~47 km/29 mi, by minibus ~120 km)

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 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. In the afternoon, minibus transfer to the Masurian Lake district known as the Land of thousand lakes, check-in at the hotel.

OVERNIGHT: Giżycko; HOTEL: **WODNIK***** or similar

Day 7 Friday (Poland): THE MASURIAN LAKELAND – FROMBORK (cycling ~36 km/23 miles, by minibus ~175 km)

Morning cycling around one of the Great Masurian lakes partly following the Mazurian Bicycle Loop (Mazurska Pętla Rowerowa). Start cycling in Giżycko, a small town known as the sailing capital of Poland. It is also famous for the Boyen fortress built in the 19thC and the only revolving bridge in Poland on the Łuczański Canal. In the afternoon transfer by minibus to the Vistula Lagoon. Check-in and dinner at the hotel (included).

OVERNIGHT: Frombork or Braniewo; HOTEL: **KOPERNIK***** or similar

Day 8 Saturday (Poland) FROMBORK – ELBLAG – GDAŃSK (cycling ~52 km/33 mi, by minibus ~90 km)

Cycling along the picturesque coast of Vistula Lagoon through a rolling landscape. En route stop in Frombork famous for the astronomer and mathematician Nicolaus Copernicus who lived and worked as a priest here. Arrival in Elblag town, a former Hanseatic Elbing founded by Teutonic Order. In the afternoon, minibus transfer to Gdansk. En route stop in Malbork, the capital of Teutonic Knights, for a short introduction to the greatest European fortress from the

Middle Ages (it needs a day to explore the castle from inside). Check-in at the hotel and dinner in local restaurant (included). OVERNIGHT: Gdansk; HOTEL: **WOLNE MIASTO***** or similar

Day 9 Sunday (Poland): GDANSK & SOPOT (cycling 32 km/20 mi)

A return morning bike ride on a cycle path from to Sopot, one of Poland's largest and most popular seaside and health resorts, a role it has filled since the 16th century. Sopot is famous for its warm thermal baths, long sandy beach with wooden piers. A dedicated bike path runs along the coast, connecting the two cities, allowing for a leisurely ride with beautiful views. After the bike ride, drop off the rental bikes with equipment to the driver and say good bye to the cycling tour leader. In the afternoon, go on foot with a local city guide for a walking sightseeing tour around the old town of Gdansk.

OVERNIGHT: Gdansk; HOTEL: **WOLNE MIASTO***** or similar

Day 10 Monday (Poland): GDANSK

Breakfast at the hotel. End of the tour.

THE TOUR INCLUDES:

- 9 nights stay in hotels, including all taxes
- Breakfast daily
- Welcome meeting with a glass of beer or wine
- 4 x dinners (3 courses: 1x Druskininkai, 1x Wigry, 1x Frombork/Braniewo, 1 x Gdansk)
- Mineral water at your disposal on cycling days
- English speaking guide escort on days 2-9
- Excursions as shown in itinerary
- Rent of trekking bicycle with waterproof pannier (+ helmet on request / should be ordered in advance)
- Transfers as per itinerary by air-conditioned mini/-bus
- Luggage transport as per itinerary
- Entrance to Grūtas Park of Soviet Sculptures, Wigry Monastery
- Individual information package (city guides, maps and program)

THE TOUR DOESN'T INCLUDE:

- Arrival and departure transfers
- Lunches and 5 dinners
- Tips

OPTIONAL EXTRAS

A. RENT

- supplement for an E-bike/Pedelec (Bosch driving system) with a waterproof pannier – 225 EUR per person
- waterproof handlebar bag with a plastic cover for GPS/smartphone (Ortlieb) - 20 EUR

B. TRANSFERS FROM/TO AIRPORT (40% surcharge for late and early hours from 23:00-07:00):

- Arrival/departure transfer by car for 1-3 people - 65 EUR per transfer
- Arrival/departure transfer by minivan for 4-7 people - 75 EUR per transfer

C. PRE/POST TOUR ACCOMMODATION:

Hotel in Vilnius COMFORT HOTEL LT ** or similar**

SGL 109 EUR per room per night, including breakfast and city tax

DBL 119 EUR per room per night, including breakfast and city tax

Hotel in Gdansk WOLNE MIASTO* or similar**

SGL 109 EUR per room per night, including breakfast and city tax

DBL 129 EUR per room per night, including breakfast and city tax

NOTES

- Discount for extra bed in double/twin room – 15 %
- Minimum group size:
 - 6 people (4 x fixed departures)
 - 14 people (any other date May-September on request)
- Maximum group size – 16 people with one guide!
- Language of cycling tour guide/-s (for a group from 8 people) or driver/guide (group up to 7 people):
 - DE** - German speaker tour guide or driver/guide,
 - EN** - English speaker tour guide or driver/guide,