

SELF-GUIDED CYCLING TOUR: LITHUANIA – POLAND

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

10 days self-guided supported bike tour from Vilnius to Gdansk (code SG19)



TOUR CODE:	Language*	tour starts / Saturday**	tour ends / Monday:	Price per person in EUR:
27/SG19-1	EN	June 26	July 5	DBL 1625 SGL 2070
27/SG19-2	EN	July 24	August 2	DBL 1625 SGL 2070
27/SG19-3	EN	August 21	August 30	DBL 1625 SGL 2070
* 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				

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 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!



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 & Gdansk) 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 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 ~347 km / 217 miles, by minibus 673 km/421 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 check-in at the hotel for 2 overnight stays.

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

Day 2 Sunday (Lithuania): VILNIUS & TRAKAI (cycling ~49 km/14 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 Monday (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 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. Optional dinner at the hotel (not-included).

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

Day 4 Tuesday (Lithuania): DZŪKIJA NATIONAL PARK by bike (cycling ~42 km/26 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 free in the resort or going for a circular ride in the woods.

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

Day 5 Wednesday (Lithuania-Poland): SUWALKI LAKE LAND & TOWN (cycling ~47 km/29 miles, by minibus ~85 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-in at the hotel and optional dinner (not-included).

OVERNIGHT: Gawrych Ruda; 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 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. 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 LAKE LAND – 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 at the hotel and optional dinner (not-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-into the hotel for the last 2 overnights.

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 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 and say good bye to the tour driver. In the afternoon, you may join a local city guide for a walking sightseeing tour around the old town of Gdansk. OVERNIGHT: Gdansk; HOTEL: **WOLNE MIASTO***** or similar

Day 9 Sunday (Poland): GDANSK

Breakfast at the hotel. End of the tour.

THE TOUR INCLUDES:

- 9 nights stay in hotels, including all taxes
- Breakfast daily
- Transfers as per itinerary by air-conditioned mini/-bus
- Luggage transport as per itinerary
- Guided walking tours in Vilnius and Gdansk (any entrance fees are payable individually)
- Emergency contact numbers for our English 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. RENT

- Rental of trekking bicycle (*VDI*) 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) – 125 EUR per person (Day 2-9)
- Rental of E-bike/Pedelec (*VDI*) 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*) – 295 EUR per person (Day 2-9)
- Rental of a helmet (please send your head size in centimetres or helmet size: S, M, L, XL) – 10 EUR per person

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. MEALS:

- 3 dinners (3 courses) package at the hotels or local city restaurants (1 x Druskininkai, 1 x Gavrych Ruda, 1 x Braniewo / Frombork) – 119 EUR per person

D. 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 on fixed departure dates – 4 people, any other dates May-September – 6 people.