

CYCLE THE BALTICS: LITHUANIA – LATVIA – ESTONIA

(Vilnius – Curonian Spit – Riga – Saaremaa Island – Tallinn)

11 days self-guided supported cycle tour (code SG11)



TOUR CODE:	Language*	TOUR STARTS – Monday**	TOUR ENDS - Thursday	Price per person in EUR:
22/SG11-01	DE	June 6	June 16	DBL 1155 SGL 1545
22/SG11-02	EN	June 13	June 23	DBL 1155 SGL 1545
22/SG11-03	EN/DE	June 20	June 30	DBL 1155 SGL 1545
22/SG11-04	DE	June 27	July 7	DBL 1155 SGL 1545
22/SG11-05	EN/DE	July 4	July 14	DBL 1155 SGL 1545
22/SG11-06	DE	July 11	July 21	DBL 1155 SGL 1545
22/SG11-07	EN/DE	July 18	July 28	DBL 1155 SGL 1545
22/SG11-08	DE	July 25	August 4	DBL 1155 SGL 1545
22/SG11-09	EN/DE	August 1	August 11	DBL 1155 SGL 1545
22/SG11-10	DE	August 8	August 18	DBL 1155 SGL 1545
22/SG11-11	EN/DE	August 15	August 25	DBL 1155 SGL 1545
22/SG11-12	DE	August 22	September 1	DBL 1155 SGL 1545
22/SG11-13	EN	August 29	September 8	DBL 1155 SGL 1545
22/SG11-14	EN	September 5	September 15	DBL 1155 SGL 1545
22/SG11-15	EN/DE	September 12	September 22	DBL 1155 SGL 1545

* Language of city guide/s: EN – English speaker, DE – German speaker

** This tour is available on any other dates May-September with minimum 4 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; the Curonian Spit which was previously closed to visitors; nowadays it is often called the Lithuanian Sahara; the beautiful Gauja River valleys 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.

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, except the Curonian Spit and Jurmala, our driver with a minibuss and bike trailer is with you and you can take part in city tours (Vilnius, Riga, Tallinn) 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: Vilnius / Tallinn

Cycling Grade: We rate this trip as Moderate one. Daily biking routes mainly on low traffic roads and cycle paths range from 30 to 57 km (19-36 miles) each day with a possibility to cycle more kilometres on some days like Day 6 (exploring Jurmala Resort) and Day 9 (detours in Saaremaa Island). The terrain is varied and rolling with a few gradual hills on some riding days (a few steep ups and downs on the Curonian Spit and 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 minibus 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 ~353 km / 222 miles, by coach ~1222 km /764 mi., by boat ~26 km/16 mi.)

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.

7:00 pm (19:00) welcome meeting at the hotel with our representative.

OVERNIGHT: Vilnius

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

Day 2 Tuesday (Lithuania): VILNIUS-TRAKAI Insular Castle-KAUNAS (cycling ~33 km/21 miles, by minibus ~75 km)

After breakfast a guided tour of Vilnius Old Town. Afternoon trip to Trakai, the former capital of the Grand Duchy of Lithuania. Here you may visit the famous 14thC Gothic island castle erected on a small island in Lake Galvė. Start your first cycle ride through picturesque countryside on gentle hills, then transfer by coach to Kaunas. Arrive in Kaunas, check-in and optional dinner at the hotel.

OVERNIGHT: Kaunas

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

Day 3 Wednesday (Lithuania): Along the Nemunas River: KAUNAS-VENTĖ Horn-NIDA (cycling ~37 km/23 miles, by minibus ~177 km, by boat ~14 km)

Morning bike ride along the Nemunas River cycle trail. Finish the ride with a short cable ferry trip across the river. Bus transfer to Ventė Horn famous for its bird observatory and the 19thC lighthouse. Take a boat across the Curonian Lagoon to Nida en-route enjoying the beautiful view of the Curonian Spit sand dunes which separate the Baltic Sea from the Curonian Lagoon. Arrive in Nida, check-in at the hotel and optional dinner at the hotel.

OVERNIGHT: Nida; HOTEL: **NERIJA***** or similar

Day 4 Thursday (Lithuania): CURONIAN SPIT NATIONAL PARK (cycling ~57 km/36 miles)

Sightseeing around Nida, one of the most beautiful resorts in Lithuania. Then cycling on the Seaside Cycle Route along the Curonian Spit famous for its amber and fine sand beaches. En route to Klaipėda you may stop at the “Dead” sand dunes, visit Juodkrantė settlement and go swimming in the Baltic Sea. Arrive in Smiltynė, take a ferry to the Old Town of Klaipėda, the main seaport of Lithuania. Check-in and optional dinner at the hotel.

OVERNIGHT: Klaipėda;

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

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

Early morning ride to Palanga through the Seaside Regional Park, a former soviet military training area. Palanga is the well-known Lithuanian seaside resort. Enjoy a break here; perhaps visit the renowned Botanical Park, Amber Museum and the 470m pier heading out into the Baltic Sea. Afternoon transfer to Riga (Latvia). En-route stop at the Hill of Crosses, the unforgettable sight of thousands of crosses on two small hills. Continue to Riga, the capital city of Latvia. Arrive in Riga, check-in at the hotel.

OVERNIGHT: Riga;



HOTEL: HESTIA JUGEND **** or similar

Day 6 Saturday (Latvia): RIGA & JURMALA Seaside resort (cycling ~30 km/19 miles, by train ~25 km)

After breakfast you may take part in 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 on a bicycle path to Jurmala, a renowned Latvian seaside resort well known for its long, white, sand beaches, mineral waters and mud with healing properties. We recommend that you take the opportunity to bath in the sea and try cycling along the beach – its well worth it! In the evening take a local train back to Riga (30 min; not included).

OVERNIGHT: Riga;

HOTEL: HESTIA JUGEND **** or similar

Day 7 Sunday (Latvia): Riga & GAUJA National Park (cycling ~40 km/25 miles, by minibus ~100 km)

Transfer to Saulkrasti, where you may visit 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 Gauja River valley with Gutmana Cave, Turaida Castle and the oldest Latvian Church, Krimulda, built in 1205. 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 minibus ~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, optional dinner at the hotel.

OVERNIGHT: Mändjala or Kuressaare

HOTEL: SAAREMAA*** or similar

Day 9 Tuesday (Estonia): SAAREMAA ISLAND (cycling ~46 km/29 miles, by minibus ~40 km)

Enjoy a day ride across Saaremaa Island's wild beauty – Sorve Peninsula famous for its lighthouse. You may 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. Optional dinner at the hotel or city restaurant in Kuressaare.

OVERNIGHT: Mändjala or Kuressaare

HOTEL: SAAREMAA*** or similar

Day 10 Wednesday (Estonia): SAAREMAA & TALLINN (cycling ~40 km/25 miles, by minibus ~210 km, by ferry 6 km)

Take a 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. En route stop in Kuressaare, the capital of Saaremaa. Transfer by bus to Tallinn. In the afternoon arrive in Tallinn, check-in at the hotel followed by a guided tour of Tallinn Old Town.

OVERNIGHT: Tallinn

HOTEL: HESTIA ILMARINE**** or similar

Day 11 Thursday (Estonia): TALLINN

Breakfast at the hotel. You can extend your stay in Estonia; please ask for details.

THE TOUR INCLUDES:

- 10 nights stay in middle-range hotels, including all taxes
- Breakfast daily
- Transfers as per itinerary by air-conditioned minibus
- Luggage transport as per itinerary
- Guided 2-hour city tours in Vilnius, Riga and Tallinn (any entrance fees are payable individually)
- Crossing the Curonian Lagoon by boat from the mainland to Nida on the Curonian Spit
- A return ferry ticket to Saaremaa Island
- 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
- Bicycle rent
- Entrance fees
- Tips

OPTIONAL EXTRAS

A. TRANSFERS:

- Arrival or departure transfer by car for a party up to 3 people - 30 EUR per transfer
- Arrival or departure transfer by minibus for a party up to 7 people - 59 EUR per transfer

B. RENT

- Rental of trekking bicycle (*VDV*) with 7-speed Shimano Nexus hub gears & back-pedal break or 24-speed Shimano derailleur gears & free-wheel (optional), all supplied with a waterproof back pannier + handlebar bag with a plastic cover for GPS/smartphone (*Ortlieb*) and tachometer (1 x booking) – 99 EUR per person
- Rental of E-bike/Pedelec with Bosch driving system (*VDV, Kalkhoff*), 8-speed Shimano Nexus hub gears & back-pedal break or free wheel, equipped with a waterproof back pannier + handlebar bag with a plastic cover for GPS/smartphone (*Ortlieb*) – 249 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:

- 6 x 3-course dinners package at the hotels excluding Vilnius, Riga & Tallinn – 149 EUR per person

D. PRE/POST TOUR ACCOMMODATION:

Hotel in Vilnius COMFORT HOTEL LT* or similar**

SGL 70 EUR per room per night, including breakfast

DBL 80 EUR per room per night, including breakfast

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

Minimum group size on fixed departure dates – 2 people, any other dates May-September – 4 people.