

# 7-DAY CYCLE TOUR IN LATVIA & ESTONIA

(Riga – Jūrmala – Sigulda – Pärnu – Saaremaa Island – Tallinn)  
7 days self-guided supported cycle tour from Riga (code SG14x)

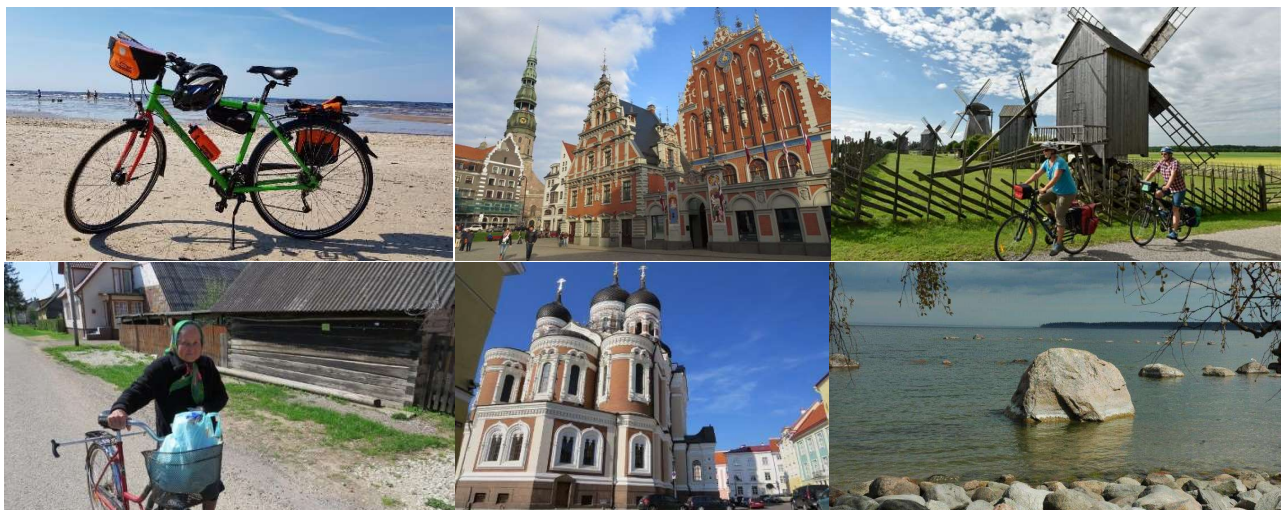


TOUR CODE:	Language *	TOUR STARTS – Friday **	TOUR ENDS - Thursday	Price per person in EUR:
23/SG14x-01	EN	June 2	June 8	DBL 829 SGL 1099
23/SG14x-02	DE	June 9	June 15	DBL 829 SGL 1099
23/SG14x-03	EN	June 16	June 22	DBL 829 SGL 1099
23/SG14x-05	DE	June 30	July 6	DBL 829 SGL 1099
23/SG14x-06	EN/DE	July 7	July 13	DBL 829 SGL 1099
23/SG14x-07	DE	July 14	July 20	DBL 829 SGL 1099
23/SG14x-09	EN	July 28	August 3	DBL 829 SGL 1099
23/SG14x-10	DE	August 4	August 10	DBL 829 SGL 1099
23/SG14x-11	EN	August 11	August 17	DBL 829 SGL 1099
23/SG14x-12	EN/DE	August 18	August 24	DBL 829 SGL 1099
23/SG14x-13	DE	August 25	August 31	DBL 829 SGL 1099
23/SG14x-14	EN	September 1	September 7	DBL 829 SGL 1099
23/SG14x-15	EN/DE	September 8	September 14	DBL 829 SGL 1099

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

\*\* This tour is available on any other dates May-September with minimum 6 people.

*The Baltic coast and National Parks of Estonia and Latvia explored on very scenic routes, including the two capital cities – Riga and Tallinn – with their old towns designated by UNESCO as World Heritage Sites. Featuring the beautiful Gauja River valleys and the largest and most beautiful Estonian island of Saaremaa. Travel from Latvia in the south 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 Riga where you get your tour maps with detailed program and route description. Next day your rental bicycles will be ready for your first ride to Jurmala Resort. This trip is a half-guided tour ie during the whole trip, except Jurmala, our driver with a minibus and bike trailer is with you and you can take part in city tours (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:** Riga (Latvia) / Tallinn (Estonia)

**Cycling Conditions:** We rate this trip as Moderate one. Daily biking routes mainly on low traffic roads and cycle paths range from 30 to 46 km (19-29 miles) each day with a possibility for faster riders to cycle more kilometres on some days like Day 2 (exploring Jurmala Resort) and Day 5 (detour in Saaremaa Island). 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 two Baltic States – Latvia & Estonia, 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 old towns of the capital cities, Riga and Tallinn, are along cobbled streets.

## TOUR ITINERARY

(cycling ~184 km/~115 miles, by coach/minibus ~630 km /394 mi., by boat ~12 km/7 mi.)

### Day 1 Friday (Latvia): Riga

Arrive in Riga. Individual transfer to the hotel (not included) where you get your tour maps with detailed program and route description. Check-in at the hotel.

OVERNIGHT: Riga;

HOTEL: **HESTIA JUGEND\*\*\*\*** or similar

### Day 2 Saturday (Latvia): RIGA & JURMALA Seaside resort (cycling ~30 km/19 miles, by train ~25 km)

The morning starts from 2-hour guided walking tour of Riga Old Town, a medieval Hanseatic town famous for its Art Nouveau buildings. Then 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 3 Sunday (Latvia): Riga & GAUJA National Park (cycling ~40 km/25 miles, by minibus ~50 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 4 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 5 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 6 Wednesday (Estonia): SAAREMAA & TALLINN (cycling ~30 km/19 miles or ~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 7 Thursday (Estonia): Tallinn**

Individual departure after breakfast. You can extend your stay in Tallinn; please ask for details.

### **THE TOUR INCLUDES:**

- 6 nights stay in 3-4\* hotels, including all taxes
- Breakfast daily
- Transfers as per itinerary by air-conditioned minibus
- Luggage transport as per itinerary
- Guided tours in Riga and Tallinn (any entrance fees are payable individually)
- 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
- Train ticket on Day 2
- Entrance fees
- Tips

### **OPTIONAL EXTRAS**

#### **A. TRANSFERS:**

- Arrival transfer by car from Riga Airport for a party up to 3 people - 49 EUR per transfer
- Departure transfer by car to Tallinn airport for a party up to 3 people - 35 EUR per transfer
- Arrival transfer by minibus from Riga Airport for a party up to 7 people - 69 EUR per transfer
- Departure transfer by minibus to Tallinn Airport for a party up to 7 people - 59 EUR per transfer

#### **B. RENT**

- Rental of trekking bicycle (*VDV*) with 24-speed Shimano derailleur gears & free-wheel, all supplied with a waterproof back pannier + handlebar bag with a plastic cover for GPS/smartphone (*Ortlieb*) and tachometer (1 x booking) –79 EUR per person
- Rental of E-bike/Pedelec (*VDV, Kalkhoff*) with Bosch driving system, 8-speed Shimano Nexus hub gears & back-pedal break or free wheel, equipped with waterproof back pannier + handlebar bag with a plastic cover for GPS/smartphone (*Ortlieb*) – 175 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:**

- 3 x 3-course dinners package at the hotels excluding Riga & Tallinn – 99 EUR per person

#### **D. PRE/POST TOUR ACCOMMODATION:**

##### **Hotel in Riga HESTIA JUGEND\*\*\*\* or similar**

SGL 89 EUR per room per night, including breakfast

DBL 99 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 – 6 people.