

7-DAY CYCLE TOUR IN LATVIA & ESTONIA

(Riga – Jūrmala – 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:
27/SG14x-01	EN	May 28	June 3	DBL 1195 SGL 1595
27/SG14x-02	EN	June 4	June 10	DBL 1195 SGL 1595
27/SG14x-03	EN	June 11	June 17	DBL 1195 SGL 1595
27/SG14x-04	EN	June 18	June 24	DBL 1245 SGL 1755
27/SG14x-05	DE	June 25	July 1	DBL 1245 SGL 1755
27/SG14x-06	EN	July 2	July 8	DBL 1245 SGL 1755
27/SG14x-07	EN	July 9	July 15	DBL 1245 SGL 1755
27/SG14x-09	EN	July 23	July 29	DBL 1245 SGL 1755
27/SG14x-10	DE	July 30	August 5	DBL 1245 SGL 1755
27/SG14x-11	EN	August 6	August 12	DBL 1245 SGL 1755
27/SG14x-12	EN	August 13	August 19	DBL 1245 SGL 1755
27/SG14x-13	DE	August 20	August 26	DBL 1245 SGL 1755
27/SG14x-14	EN	August 27	September 2	DBL 1195 SGL 1595
27/SG14x-15	EN	September 3	September 9	DBL 1195 SGL 1595
27/SG14x-16	EN	September 10	September 16	DBL 1195 SGL 1595

* 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 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 Jūrmala Resort.

This trip is a half-guided tour ie during the whole trip, except Jūrmala, 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 Jūrmala Resort) and Day 5 (detour in Saaremaa Island). The terrain is dead flat most of the tour. The tour covers two Baltic States – Latvia & Estonia, and therefore it includes a few longer 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 ~242 km/~151 miles, by coach/minibus ~495 km/309 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: **WELLTON RIVERSIDE SPA HOTEL****** 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 Jūrmala, 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 – it's well worth it! In the evening take a local train back to Riga (30 min; not included).

OVERNIGHT: Riga;

HOTEL: **WELLTON RIVERSIDE SPA HOTEL****** or similar



Day 3 Sunday (Latvia-Estonia): Along the Baltic coast to Pärnu Resort (cycling ~65 km/41 miles, by bus ~115 km)

Morning transfer by bus to the Estonian border where start cycling along the Baltic Coast with quiet coves and sand beaches. Follow the coast road alongside wetlands where you'll see a range of birds and other wildlife among the reeds. Arrive in Pärnu, the summer capital of Estonia, check-in at the hotel.

OVERNIGHT: Pärnu

HOTEL: **ESTONIA RESORT HOTEL & SPA****** or similar

Day 4 Monday (Estonia): PÄRNU-SAAREMAA (cycling ~50 km/31 miles, by minibus ~130 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 passing by Angla iconic windmills and Kaali meteorite crater which is listed on the world's giant craters list and it is the rarest nature wonder in Estonia. Arrive in Kuressaare, the capital of Saaremaa, check into the hotel for 2 overnight stays at the Baltic Seaside.

OVERNIGHT: Kuressaare

HOTEL: **MERI SPA***** or similar

Day 5 Tuesday (Estonia): SAAREMAA ISLAND (cycling ~56 km/35 miles, by minibus ~50 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.

OVERNIGHT: Kuressaare

HOTEL: **MERI SPA***** or similar

Day 6 Wednesday (Estonia): SAAREMAA & TALLINN (cycling ~41 km/26 miles, by bus ~200 km, by ferry 6 km)

Morning transfer by bus to the mainland. Cycling along the Baltic coast passing by Keila-Joe waterfall and Türi coastal cliffs. Finish the bike ride in Tallinn, the capital of Estonia, check-in at the hotel. Take part in a guided walking 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:	THE TOUR DOESN'T INCLUDE:
- 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	- Arrival and departure transfers - Lunches and dinners - Bicycle rent - Train ticket on Day 2 - Entrance fees - 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 + handlebar bag with a plastic cover for GPS/smartphone (*Ortlieb*) and tachometer (1 x booking) – 89 EUR per person
- Rental of E-bike/Pedelec (*VDI*) with Bosch driving system, 8-speed Shimano Nexus hub gears & back-pedal break or free wheel (optional), equipped with waterproof back pannier + handlebar bag with a plastic cover for GPS/smartphone (*Ortlieb*) – 199 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

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

- Arrival transfer by car from Riga Airport for a party up to 3 people - 69 EUR per transfer
- Departure transfer by car to Tallinn airport for a party up to 3 people - 59 EUR per transfer
- Arrival transfer by minivan from Riga Airport for a party up to 7 people - 89 EUR per transfer
- Departure transfer by minivan to Tallinn Airport for a party up to 7 people - 69 EUR per transfer

C. PRE/POST TOUR ACCOMMODATION:

Hotel in Riga WELLTON RIVERSIDE SPA HOTEL** or similar**

SGL 125 EUR per room per night, including breakfast

DBL 135 EUR per room per night, including breakfast

Hotel in Tallinn HESTIA ILMARINE** or similar**

SGL 125 EUR per room per night, including breakfast

DBL 135 EUR per room per night, including breakfast

NOTES

- Discount for extra bed in double/twin room – 15 %
- Minimum group size on fixed departure dates – 2 people, any other dates May-September – 6 people.