

# CYCLE THE BALTICS: LITHUANIA – LATVIA – ESTONIA

(Vilnius – Curonian Spit – Riga – Saaremaa Island – Tallinn –  
Lahemaa National Park – Tartu – Riga)

**New!** 14 days self-guided supported cycle tour (code SG15)



TOUR CODE:	Language*	TOUR STARTS – Monday **	TOUR ENDS - Sunday	Price per person in EUR:
25/SG15-01	EN	May 26	June 8	DBL 1999 SGL 2599
25/SG15-02	EN	June 2	June 15	DBL 1999 SGL 2599
25/SG15-03	EN	June 9	June 22	DBL 2099 SGL 2799
25/SG15-04	EN	June 16	June 29	DBL 2099 SGL 2799
25/SG15-05	DE	June 23	July 6	DBL 2099 SGL 2799
25/SG15-06	EN	June 30	July 13	DBL 2099 SGL 2799
25/SG15-08	DE	July 14	July 27	DBL 2149 SGL 2849
25/SG15-09	EN	July 21	August 3	DBL 2099 SGL 2799
25/SG15-10	DE	July 28	August 10	DBL 2099 SGL 2799
25/SG15-11	EN	August 4	August 17	DBL 2099 SGL 2799
25/SG15-12	EN	August 11	August 24	DBL 2099 SGL 2799
25/SG15-13	DE	August 18	August 31	DBL 2199 SGL 2999
25/SG15-14	EN	August 25	September 7	DBL 2199 SGL 2999

\* 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

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 to Trakai. This trip is a half-guided tour ie during the whole trip, except the Curonian Spit and Jūrmala, our driver with a minibus 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 / Riga

**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 Jūrmala 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, the Gauja River valley and Otepää region) 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 ~475 km / 308 miles, by coach ~1845 km /1146 mi., by boat ~76 km/48 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.

OVERNIGHT: Vilnius

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

### **Day 2 Tuesday (Lithuania): VILNIUS-TRAKAI Insular Castle-KAUNAS (cycling ~25 km/16 miles, by minibus ~115 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-KLAIPĖDA (cycling ~40 km/23 miles, by minibus ~230 km)**

Morning bike ride around Kaunas on picturesque cycle trail along the Nemunas River. En route you may explore Kaunas Old Town and finish the ride in Zapyškis famous for its unusual small 14thC gothic church. After a bus transfer to the Baltic coast arrive in Klaipėda, a modern town at the Baltic Sea, check-in and optional dinner at the hotel.

OVERNIGHT: Klaipėda

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

### **Day 4 Thursday (Lithuania): CURONIAN SPIT NATIONAL PARK (cycling ~57 km/36 miles, by minibus or boat~50 km)**

Today go for the longest ride to Nida. Follow the Seaside Cycle Route along the Curonian Spit famous for its amber and fine sand beaches. En-route enjoy beautiful views of the Curonian Spit which separates the Baltic Sea from the Curonian Lagoon. Sightseeing around Nida, one of the most beautiful resorts in Lithuania. Transfer by bus or boat back to Klaipėda, optional dinner at the hotel.

OVERNIGHT: Klaipėda;

HOTEL: **OLD MILL \*\*\*** 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 and optional dinner at the hotel.

OVERNIGHT: Riga;

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

**Day 7 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 8 Monday (Latvia-Estonia): SIGULDA-SAAREMAA (cycling ~38 km/24 miles, by minibus ~305 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 Kuressaare, the capital of Saaremaa, check into the hotel for 2 overnight stays in the old town, optional dinner at the hotel.

OVERNIGHT: Kuressaare

HOTEL: **JOHAN SPA\*\*\*** or similar

**Day 9 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. Finish the day in Kuressaare, a home to one of the finest preserved medieval Episcopal Castles in the Baltics, dating from 13thC.

OVERNIGHT: Kuressaare

HOTEL: **JOHAN SPA\*\*\*** or similar

**Day 10 Wednesday (Estonia): SAAREMAA & TALLINN (cycling ~28 km/18 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. 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): National Park Lahemaa, Estonia (cycling ~51 km/37 miles, by minibus ~100 km)**

After a short minibus transfer go for a circular bicycle ride through National Park Lahemaa which is one of the last unspoiled regions of the Baltic coast. The Nationalpark is a nature lover's paradise. There are dense woods, marshes, lakes and waterfalls to discover. If you prefer wildlife to landscape, you can see moose, wild boars and over 220 bird species. Check-in and optional dinner at the hotel.

OVERNIGHT: Sagadi;

HOTEL: **SAGADI\*\*\*** or similar

**Day 12 Friday (Estonia): Along the Russian border & Lake Peipsi to TARTU, Estonia (cycling ~50 km/31 miles, by minibus ~160 km)**

Morning transfer by bus to Mustvee where you'll begin a pleasant bicycle trip along Peipsi Lake shore to Varnja. Peipsi is 4th largest lake in Europe, divided in two by the Russian border. En route, you'll pass many fishing villages. You reach your hotel after a bus transfer to Tartu, a famous, historic university town (the university was founded in 1632). Check-in and optional dinner at the hotel.

OVERNIGHT: Tartu;

HOTEL: **DORPAT\*\*\*** or similar

**Day 13 Saturday (Estonia-Latvia): OTEPÄÄ (“Estonian Switzerland”) – RIGA, Latvia (cycling ~28 km/18 miles, by minibus ~285 km)**

After a short bus transfer to Otepää, a beautiful place with many lakes, start your cycling through the so-called “Estonian Switzerland” and begin to appreciate your surroundings. Finish your cycling of the day in Sangaste which is famous for its 19th century romantic castle built in the style of Windsor Palace. Transfer into Latvia where your destination is Riga. En route stop in Cesis where you can visit the medieval old town. Check-in at the hotel.

OVERNIGHT: Riga;

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

**Day 14 Sunday (Latvia): RIGA**

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

### **THE TOUR INCLUDES:**

- 13 nights stay in middle-range hotels (3-4\*), 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)
- Speed boat from Nida to Klaipeda or transfer by minibus (Day 4)
- 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 tickets
- Ferry tickets in Klaipėda
- Entrance fees
- Tips

### **OPTIONAL EXTRAS**

#### **A. RENT**

- Rental of trekking bicycle (VDV) with 8-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) – 165 EUR per person
- Rental of E-bike/Pedelec with Bosch driving system (VDV), 8-speed Shimano Nexus hub gears & back-pedal break or free wheel (optional), equipped with a waterproof back pannier + handlebar bag with a plastic cover for GPS/smartphone (*Ortlieb*) – 399 EUR per person
- Rental of aluminium cyclecross or gravel bike with min 10-speed gears, including a waterproof handlebar bag with a plastic cover for GPS/smartphone (*Ortlieb*) – 329 EUR per person
- Rental of carbon gravel bike with min 10-speed gears, including a waterproof handlebar bag with a plastic cover for GPS/smartphone (*Ortlieb*) – 399 EUR per person
- Rental of a helmet (please send your head size in centimetres or helmet size: S, M, L, XL) – 15 EUR per person

#### **B. TRANSFERS** (20% surcharge for late and early hours from 23:00-07:00):

- Arrival transfer by car for 1-3 people - 55 EUR per transfer
- Departure transfer by car for 1-3 people - 59 EUR per transfer
- Arrival transfer by minivan for 4-7 people - 65 EUR per transfer
- Departure transfer by minivan for 4-7 people - 69 EUR per transfer

#### **C. MEALS:**

- 6 x 3-course dinners package at the hotels (1 x Kaunas, 2 x Klaipeda, 1 x Riga, 1 x Sigulda, 1 x Kuressaare) – 239 EUR per person

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

##### **Hotel in Vilnius COMFORT LT\*\*\* or similar**

SGL 89 EUR per room per night, including breakfast and city tax

DBL 99 EUR per room per night, including breakfast and city tax

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

SGL 99 EUR per room per night, including breakfast

DBL 109 EUR per room per night, including breakfast

#### **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.