

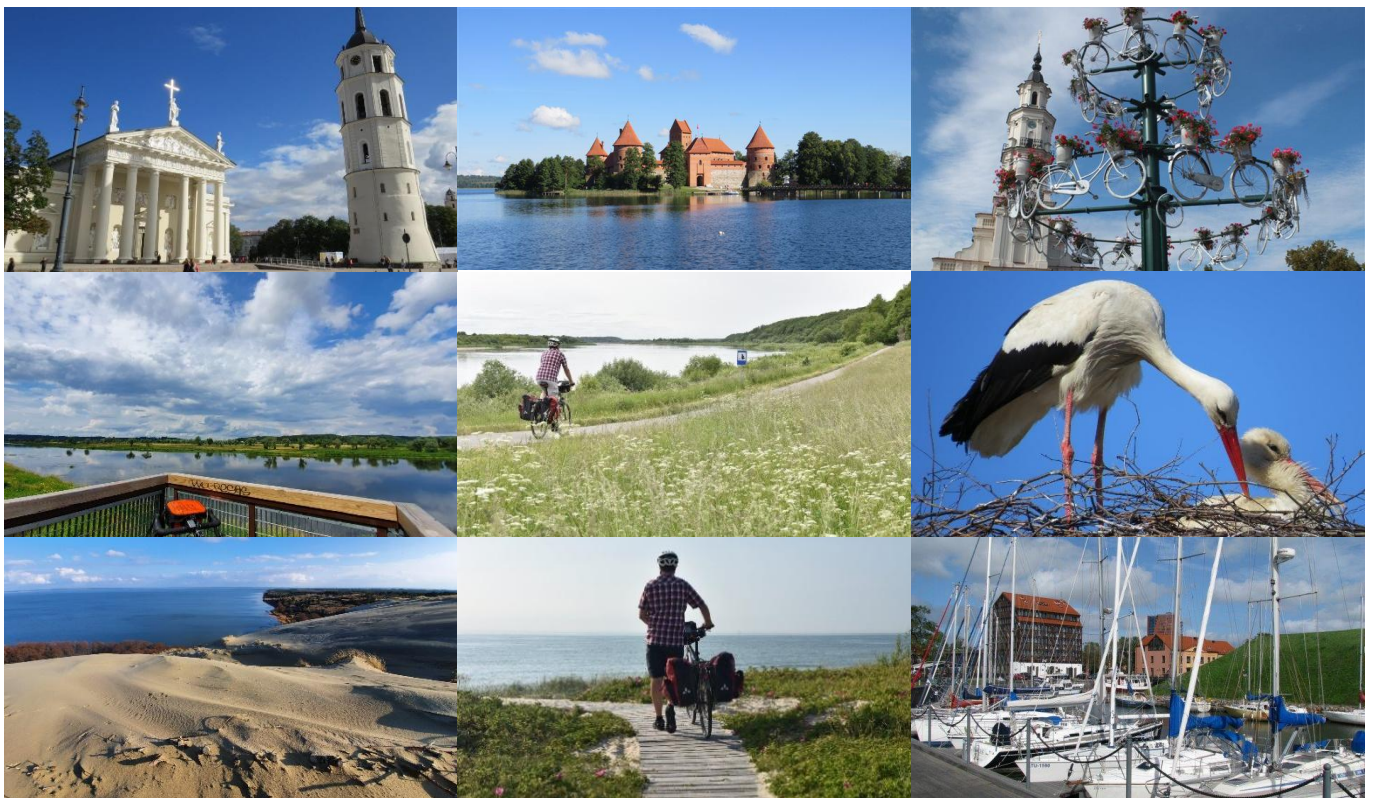
# CYCLING IN LITHUANIA

## – FROM THE CAPITAL TO THE SEASIDE

### (Vilnius – Curonian Spit – Klaipėda)

9 days self-guided cycling tour from Vilnius to Klaipėda (code: SG2x9)

*Cycling from Vilnius through changing countryside & towns, this route takes cyclists through a little-known, fascinating corner of Europe. The tour begins in the capital, Vilnius, known as the ‘Jerusalem’ of the North because of its Jewish culture. The cycle route first leads to Trakai & its 14thC island castle before heading towards Kaunas, a former Lithuanian capital. Follow the Nemunas River from Kaunas to the coast, cross the unique Curonian lagoon by boat to the beautiful resort, Nida, where you stay 1 night. It’s worth booking an extra night in Nida as it’s the perfect place to enjoy a relaxing seaside break or explore on foot, by cycle or canoe its unique surroundings; its geology, birdlife, the influence of the Lagoon etc. Finally cycle along the spit to explore its treasures before taking a ferry back across the lagoon to the historic coastal town of Klaipėda (known as Memel for many years) which boasts a rich, turbulent history from 13thC. Nowadays, it’s a bustling, modern town with a wide range of cafes & restaurants & many annual festivals, e.g. jazz, folklore.*



**Cycling grade:** We rate this trip as moderate level. Daily biking routes mainly on low traffic roads, only a few stretches are on main roads with more car traffic, and cycle routes range from 32 to 77 km (20-48 miles) each cycling day. The terrain is varied and rolling with some gradual hills on some riding days around Vilnius – Trakai and on the Curonian Spit, and dead flat most of the tour. The tour covers the whole country from the capital city to the Baltic Coast and it includes one ride by train (Žašliai or Kaišiadorys to Kaunas) where safe cycling infrastructure is missing.

**Arrival & departure information:** Arrive in Vilnius or Kaunas (100 km from Vilnius) and depart from Klaipėda (by ferry) or Palanga (plane) or take a train back to Vilnius or Kaunas and fly out from there.

## ITINERARY

**(by bike ~410 km/256 miles or 425 km/266 miles, by train ~30 min, by boat ~14 km/9 mi.)**

### Day 1: VILNIUS

Arrival in Vilnius, the capital of Lithuania for more than 600 years. Individual transfer to your hotel (not included). Hotel check-in. OVERNIGHT at central 3\* Vilnius.

### Day 2: VILNIUS-TRAKAI (app. 14+41 = 55 km/34 miles)

Collect rental cycles at your hotel (if pre-ordered). Then you may join a 2-hour guided bike tour of Vilnius Highlights: Iconic Landmarks & Hidden Gems (14 km/9 miles, included). In the afternoon cycling to Trakai, a former capital of the Grand Duchy of Lithuania, where you may visit the 14thC island castle on a small island in Lake Galvė. Arrive in Trakai, hotel check-in. OVERNIGHT at central Trakai guesthouse.



### Day 3: TRAKAI- ŽAŠLIAI / KAIŠIADORYS - KAUNAS (cycling app. 62 km/39 miles or 77 km/48 miles, by train ~30 min)

Optional return morning bike trip around Lake Galvė to see beautiful Užutrakis estate and picturesque views of Trakai Insular Castle (15 km/10 miles). Cycling on a picturesque, rolling road through the land of lakes and hills. En route pass by Elektrėnai where the most powerful thermal power station in Lithuania is located. Take a train from Žasliai or Kaišiadorys for half an hour ride to Kaunas, the second largest city and former Lithuanian capital from 1919-1939. Arrive in Kaunas, hotel check-in. OVERNIGHT at central 4\* hotel in Kaunas.

### Day 4: KAUNAS-ZAPYŠKIS-PANEMUNĖ CASTLE (app. 77 km/48 miles)

Morning free to explore the Old Town of Kaunas, then cycling along the Nemunas River to Mikytai, where you'll take a ferry across the river to Vilkija. Continue cycling along the river to impressive Panemunė Castle (16th-17thC). En route cross the Dubysa River, pass Veliuona mound hill, the grave of the Grand Duke Gediminas and Raudonė Castle. Arrive in Panemunė Castle, guesthouse check-in. OVERNIGHT at Panemune Castle's guesthouse.

### Day 5: PANEMUNĖ CASTLE - JURBARKAS - TAURAGĖ (app. 66 km/38 miles)

Continue cycling along the Nemunas River to Jurbarkas. From Jurbarkas cycle towards Smalininkai, for a long time a border town between Lithuania and the germanised Klaipėda Region, nowadays a border town with Russian enclave of Kaliningrad. From there you'll leave the Nemunas River for a while and cycle through the woods towards Tauragė, passing the Viešvilė Nature Reserve. Arrive in Tauragė., check-in at hotel. OVERNIGHT at central 3\* Tauragė hotel.

### Day 6: TAURAGĖ – VAINUTAS - ŠILUTĖ (app. 61 km/38 miles)

Cycling on local, country roads to Šilutė, a town named after "Šilokarčema" (a pub in the pine forest). This region is known as a land of storks and the White Stork truly deserves its place as Lithuanian's national bird. Arrive in Šilutė, check-in at hotel. OVERNIGHT at central 3\* Šilutė hotel.

### Day 7: ŠILUTĖ -VENTĖ-NIDA (app. 32 km/20 miles+ boat to Nida)

Morning cycle to Ventė Horn to visit the 19thC lighthouse and the Ornithological Station that retell their stories and have a panoramic view of the landscape, including a glimpse of the Curonian Spit shining sand dunes. This region is known as a land of storks and the White Stork truly deserves its place as Lithuanian's national bird. Cross the Curonian Lagoon by boat to Nida which is a former old fishermen's village on the Curonian Spit washed by the Baltic Sea on one side and the Curonian Lagoon on the other. Arrive in Nida which is today the largest settlement in Neringa region and one of the most beautiful resorts in Lithuania. It's worth booking an extra night in Nida, hotel check-in. OVERNIGHT at 3\* hotel in Nida.

**Day 8: Along sand dunes of the Curonian Spit NIDA-JUODKRANTĖ-KLAIPĖDA (~57 km/36 mi.)**

Explore Nida where you can cycle or walk alongside impressive sand dunes and visit the most popular places of interest – the Fisherman’s House, the summer house of famous German writer Thomas Mann, and the Amber Gallery and museum (not included). Then follow an asphalt bike path of the Seaside Cycle Route which takes you along the Curonian Spit to Klaipėda. En route you can stop to explore on foot the “Dead” sand dunes, watch a colony of grey herons and cormorants, visit the Hill of Witches which houses a hundred fanciful and folksy wooden sculptures of Lithuanian legends scattered along a forest path, or just relax, swim in the Baltic Sea and take the sun on golden beaches. Finally, take a local ferry from Smiltynė to the Old Town of Klaipėda (not included) and cycle to the hotel. Check-in at the hotel. OVERNIGHT at central 3\* hotel in Klaipėda.

**Day 9: KLAIPĖDA**

Breakfast at the hotel. End of the tour.

**TOUR PRICES 2026**

**High season (when starting the tour from 25.06-26.08.2026)**

Price per person in DBL/TWIN – 895 EUR

Price per person in SGL – 1355 EUR (Single supplement – 460 EUR)

Supplement for 1 person travelling alone

- 20 EUR (in case of the scheduled boat across the Curonian Lagoon is available on Day 6) or
- 150 EUR (in case of a charter boat is booked across the Curonian Lagoon on Day 6)

**Low season (when starting the tour from 01.05-24.06.2026, 27.08-30.09.2026)**

Price per person in DBL/TWIN – 850 EUR

Price per person in SGL – 1265 EUR (Single supplement – 415 EUR)

Supplement for 1 person travelling alone

- 20 EUR (in case of the scheduled boat across the Curonian Lagoon is available on Day 6) or
- 150 EUR (in case of a charter boat is booked across the Curonian Lagoon on Day 6)

THE TOUR PRICE INCLUDES:	THE TOUR PRICE EXCLUDES:
- 6 nights at 3-4* hotels	- Arrival and departure transfers
- 2 nights at guesthouses	- Luggage transport
- All hotel taxes	- Lunches & dinners
- Breakfast daily	- Bicycle rent
- 2-hour guided bike tour of Vilnius Highlights	- Local ferries in Vilkiija and Klaipėda
- Boat trip across the Curonian Lagoon	- Train ticket to Kaunas (from Žasliai or Kaišiadorys)
- Individual information package (city guide, maps, program and route description)	- Entrance fees
- GPS tracks	- Tips

**OPTIONAL EXTRAS:**

**A. RENTAL**

- **Rental of hybrid trekking cycle (VDV or KTM)** with 8-speed Shimano Nexus hub gears or 24-speed Shimano derailleur gears (optional) – 179 EUR per person (Day 2-8), 17 EUR per extra day\*
- **Rental of E-bike / Pedelec with Bosch driving system (CUBE, VDV)** – 345 EUR per person (Day 2-8), 30 EUR per extra day\*
- **Rental of carbon gravel bike (SILVERBACK Siablo CF)** – 360 EUR/person (Day 2-8), 30 EUR for extra day\*
- **Rental of gravel bike (aluminium)** – 237 EUR/person (Day 2-8), 22 EUR for extra day\*
- **Rental of a pair of waterproof back panniers (Ortlieb, 40 litres capacity)** suitable for trekking bike or e-bike/Pedelec – 35 EUR per cycle (Day 2-8), 5 EUR for extra day
- **Rental of a pair of waterproof panniers (Ortlieb, 40 litres capacity)**, including mounting of a back rack on gravel bike – 55 EUR per cycle (Day 2-8), 5 EUR for extra day
- **Rental of helmet (size S, M, L, XL)** – 10 EUR per person, 1 EUR for extra day
- **Rental of bicycle tachometer (min. 4 functions)** and it’s installation on the bicycle – 10 EUR per bicycle

**\* included extra equipment and services:**

- waterproof handlebar bag with a map/smartphone holder (*Ortlieb*)
- repair set with spare inner tubes (one repair set per booking)
- delivery of bikes to the hotel in Vilnius/collection from the hotel in Klaipėda

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

- **Arrival transfer by car** (up to 3 people) – 59 EUR per transfer from Vilnius Airport
- **Arrival transfer by minivan** for 4-7 people - 69 EUR per transfer from Vilnius Airport
- **Departure transfer by car** (up to 3 people) – 85 EUR per transfer (Palanga Airport) or 65 EUR per transfer (Klaipėda bus/train station/central ferry terminal);
- **Departure transfer by minivan** (4-7 people) – 115 EUR per transfer (Palanga Airport) or 79 EUR per transfer (Klaipėda bus/train station/central ferry terminal);
- **Bus ticket Klaipėda-Vilnius or Vilnius-Klaipėda** – 49 EUR/person (+5 EUR for reservation of bike space)
- **Train ticket Klaipėda-Vilnius or Vilnius-Klaipėda** – 49 EUR/ person 2<sup>nd</sup> class or 59 EUR/person 1<sup>st</sup> class (+24 EUR per bike only in 2<sup>nd</sup> class)

**C. LUGGAGE TRANSPORT**

- **Luggage transport from hotel to hotel** (Vilnius-Trakai, Trakai-Kaunas, Kaunas-Panemunė, Panemunė-Tauragė, Tauragė-Šilutė, Šilutė-boat-Nida, Nida-Klaipėda) – 999 EUR per group (up to 8 people);
- Luggage transport from the hotel in Vilnius to the hotel in Klaipėda – 55 EUR per suitcase/bag up to 20 kg

**OTHER RATES & CONDITIONS**

- Minimum group size – 1 person
- Start any day from 01.05-30.09.2026
- Tour price discount when using extra bed in DBL/TWIN room – 15 %