

CYCLING FROM RIGA TO TALLINN (LATVIA – ESTONIA)

9 days / 8 nights, self-guided (code: SG4)

This cycle tour leads along the Baltic coast from the Art Nouveau capital city, Riga, through a National Park passing numerous, sleepy fishing coastal villages, little known beaches & Spa towns towards Tallinn. A rewarding cycle tour along flat cycleways in the invigorating air & natural beauty of the Baltic coastline.

TOUR INFORMATION: Cycle routes mainly on roads with little traffic and cycle paths, except a few kilometres along highway when going to Pärnu. Routes range from 25 to 92 km (16-58 miles) each day. The route is flat, except for a few undulations in the Gauja River valleys (Latvia) and between Padise and Tallinn (Estonia).

Arrival/departure airports: RIGA / TALLINN

Arrival/departure ferry terminals: RIGA (ferries from Stockholm, Sweden) / TALLINN (ferries to Stockholm, Sweden, & Helsinki, Finland).

CYCLING ITINERARY

(cycling appr. 478 km / 299 miles, by train appr. 1 hour)

Day 1. Riga

Individual arrival in Riga and transfer to your hotel (not included). Hotel check-in. **OVERNIGHT** at central 4* Riga hotel.

Day 2. Riga – train to Sigulda (~1 hour) – Turaida – Birini (appr. 25 km)

Collect rental cycles at your hotel (if preordered). Cycle to train station and take a train to Sigulda (~1h). The cycle route leads through the Gauja River national park known for its impressive sandstone cliffs and caves, hilly landscape, thick forests and castles. En route you can visit Turaida castle complex, the oldest Latvian church, Krimulda. **OVERNIGHT** at 3* hotel in Birini Manor house.

Day 3. Birini – Limbaži – Ainaži (appr. 90 km)

Continue cycling through picturesque countryside of Vidzeme region to the Baltic coastline. En route crossing the Salaca River famous for the Red Cliffs nearby the iron bridge in Mernieki. Arrive in Ainaži near the Estonian border on the site of an ancient Liv fishing village, hotel check-in. **OVERNIGHT** at 3* hotel in Ainaži.

Day 4. Ainaži – Häädemeeste – Pärnu (appr. 70 km)

After crossing the Latvian-Estonian border, cycle on the old coastal road winding through old coastal villages in the direction of Pärnu. On the left side of the road, the seaside meadows and lagoons overgrown with reeds are favourite resting places for migratory birds. Arrive in Pärnu, Estonia's most popular spa resort famous for its wide sandy beaches, the Old town, the Ruutli pedestrian street & the old fortifications. **OVERNIGHT** at central 3* hotel in Pärnu.

Day 5. Pärnu – Tostamaa – Varbla (appr. 74 km)

Cycle along the Baltic Coast following the national cycle route No.1 and EuroVelo signs. En route you will pass several resort villages popular among holiday makers because of the 60-km beach. If you stop in Kastna village you can see the biggest oak tree in the Pärnumaa Region. **OVERNIGHT** at a guesthouse in Varbla.



Day 6. Varbla – Lihula – Haapsalu (appr. 92 km)

Today cycle on a winding road around Matsalu Bay which is one of the most important wetland bird areas in Europe. This area is now a conservation area, the Matsalu National Park. Arrive in today's destination Haapsalu, a picturesque summer resort, famous for the ruins of the Bishop's castle, healthy mud baths, beautiful sea promenade and the longest railway station built to accommodate the arrival of the Russian royal family's train in the 19thC. Hotel check-in. **OVERNIGHT** at 3* hotel in Haapsalu.

Day 7. Haapsalu – Padise – Laulasmaa (appr. 86 km)

Cycle on the old Haapsalu-Tallinn asphalt road which has very little traffic, many forests and meadows. En route stop in Padise where you may explore cloister ruins & climb its tower to see the Estonian landscapes. Continue cycling along the Baltic Coast following EuroVelo route No.10 and passing by or visiting Paldiski, a former soviet nuclear submarine military base (+7 km detour). Hotel check-in.

OVERNIGHT at 4* hotel in Laulasmaa.

Day 8. Laulasmaa – Keila-Joe – Tallinn (appr. 41 km)

Follow the signposted cycle route towards Tallinn. En route you may stop to see the sights along the Baltic Coast: Keila-Joe waterfall, Tabasalu and Rannamõisa Cliffs. While in Tallinn you can visit Rocca al Mare Open Air Museum. Arrive in Tallinn, Hotel check-in. Collection of rental cycles. **OVERNIGHT** at central 4* hotel in Tallinn.

Day 9. Tallinn

Free time in Tallinn and departure home.

Price per person in DBL/TWIN (June 1- August 31) - **495 EUR***

High Season supplement (June 1-August 31) – **55 EUR**

Single supplement (low /High season) – **295 EUR / 365 EUR**

Supplement for 1 person travelling alone – 20 EUR

THE TOUR PRICE INCLUDES:	THE TOUR PRICE EXCLUDES:
- 7 nights at 3-4* hotels	- Arrival and departure transfers
- 1 night at guesthouse	- Lunches & dinners
- All hotel/guesthouse taxes	- Cycle rent
- Breakfast daily	- Luggage transport
- Individual information package (city guides, maps, program and route description)	- Train tickets
- GPS tracks	- Tips

* minimum group size – 1 person

OPTIONAL EXTRAS:

A TRANSFERS

- Arrival / departure transfer by car (up to 3 people) – 35 EUR per transfer;
- Luggage transport (Riga-Birini, Birini-Ainaži, Ainaži-Pärnu, Pärnu-Varbla, Varbla-Haapsalu, Haapsalu-Laulasmaa, Laulasmaa-Tallinn) – 599 EUR per group (up to 8 people)
- Bus ticket Tallinn-Riga – 33 EUR per person

B RENTAL

- **Rental of hybrid trekking cycle** (*VDV, KTM, Kalkhoff, Merida*) equipped with 7-speed Shimano Nexus hub gears or 24-speed Shimano derailleur gears (optional) – 119 EUR per person (Day 2-8), 12 EUR per extra day**
- **Rental of E-bike / Pedelec with Bosch driving system** (*VDV, Kalkhoff*) – 295 EUR per person (Day 2-8), 30 EUR per extra day**
- **Rental & fitting of cycle tachometer** (*min. 4 functions*) – 10 EUR per cycle
- **Rental of a pair of waterproof panniers** (*Ortlieb*) for mounting on back rack (capacity of 20 litres x 2 panniers) – 25 EUR per bicycle (Day 2-8), 3 EUR per extra day
- **Rental of helmet** (*size S, M, L, XL*) – 10 EUR per person, 1 EUR for extra day

** **included extra equipment and services:** repair set with spare inner tubes (one repair set per booking) + waterproof handlebar bag with a map/smartphone holder (Ortlieb) + delivery of bikes to the hotel in Riga/collection from the hotel in Tallinn

C MEALS

- 5 dinners package (3 courses + coffee/tea) all places excluding Riga, Ainaži & Pärnu – 165 EUR per person