

CYCLING

RIGA TO TALLINN

(LATVIA – ESTONIA)

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

A rewarding cycle tour along flat cycle routes in the invigorating air and natural beauty of the Baltic coastline. Cycle along the Baltic coast between Riga and Tallinn, two of the region's most beautiful and vibrant capital cities. See the river cliffs and historic buildings in the Gauja River National Park then pass through picturesque countryside in Latvia's Vidzeme region before crossing the border into Estonia. Follow the coast road alongside wetlands where you'll see a range of birds and other wildlife among the reeds. The numerous seaside resort and spa towns mean there are plenty of places to stop along the route, as well as quiet coves and beaches. Parnu and Haapsalu are the most popular among locals who visit for the sandy beaches and to bath in the natural mineral water and mud baths. Tallinn, with its cobbled streets, traditional architecture and thriving café and restaurant scene makes for a memorable end to the tour.



Cycling grade: A rewarding cycle tour along flat cycle routes in the invigorating air and natural beauty of the Baltic coastline. We rate this trip as moderate to challenging for the longer distances covered each day. Cycling routes range from 41 to 94 km (26-59 miles). Cycle routes mainly on flat and quiet asphalt roads with little traffic, but there will be a few alternative stretches on car free gravel greenways built instead of former narrow-gauge railway lines Limbaži-Staicele on Days 2-3 and Haapsalu-Turba on Day 7, and some kilometres on cycle paths in larger towns and their vicinities (Sigulda, Pärnu, Tallinn). 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

Departure ferry terminal: TALLINN (ferries to Stockholm, Sweden, & Helsinki, Finland).

CYCLING ITINERARY

(cycling appr. 499 km / 312 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 – Limbaži – Kipeni (appr. 70 km / 44 mi.)

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. From Limbaži you can take an alternative car free greenway built along disused railway line. **OVERNIGHT** at a guesthouse in the Kipeni Estate.

Day 3. Kipeni – Staicele – Ainaži (appr. 65 km / 41 mi.)

Continue cycling through picturesque countryside of Vidzeme region to the Baltic coastline. You may continue cycling along the greenway or on asphalt road partly following the Salaca River. 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 / 44 mi.)

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 guesthouse in Pärnu.

Day 5. Pärnu – Tostamaa – Varbla (appr. 74 km / 46 mi.)

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 / 57 mi.)

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 / 53 mi. or 94 km / 59 mi.)

Cycle on the old Haapsalu-Tallinn asphalt road which has very little traffic, many forests and meadows. Or you can take a longer route partly on former narrow gauge railway line (~45 km on car free gravel bike path). 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 / 26 mi.)

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.



TOUR PRICES

High season (when starting the tour from 29.05-29.08.2027)

Price per person in DBL/TWIN - 855 EUR

Price per person in SGL – 1450 EUR (Single supplement – 595 EUR)

Supplement for 1 person travelling alone – 20 EUR

Low season (when starting the tour from 01-28.05.2027, 30.08-30.09.2027)

Price per person in DBL/TWIN - 775 EUR

Price per person in SGL - 1299 EUR (Single supplement – 524 EUR)

Supplement for 1 person travelling alone – 20 EUR

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

OTHER RATES & CONDITIONS

- Minimum group size – 1 person
- Start any day from 01.05-30.09.2027
- Tour price discount when using extra bed in DBL/TWIN room – 15 %

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) – 195 EUR per person (Day 2-8), 18 EUR per extra day*



- **Rental of E-bike / Pedelec with Bosch driving system & 500 Wh battery (VDV)** – 350 EUR per person (Day 2-8), 35 EUR per extra day*
- **Rental of E-bike / Pedelec with Bosch driving system & 625 Wh battery (Cube One 625)** – 385 EUR per person (Day 2-8), 40 EUR per extra day*



- **Rental of carbon gravel bike (SILVERBACK Siablo CF)** – 350 EUR/person (Day 2-8), 35 EUR for extra day*
- **Rental of gravel bike (aluminium)** – 285 EUR/person (Day 2-8), 30 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
- **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) – 35 EUR per bicycle (Day 2-8), 5 EUR per extra day
- **Rental of a pair of waterproof panniers (Ortlieb, 40 litres capacity)**, including mounting of a back rack on a gravel bike) – 55 EUR per cycle (Day 2-8), 5 EUR for extra day
- **Rental of a waterproof pannier (Ortlieb, 20 litres capacity)**, including mounting of a back rack on a gravel bike) – 39 EUR per cycle (Day 2-8), 3 EUR for extra day
- **Rental of helmet (size S, M, L, XL)** – 10 EUR per person, 1 EUR for extra day

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. LUGGAGE TRANSPORT

- Luggage transport from hotel to hotel (Riga-Kipeni, Kipeni-Ainaži, Ainaži-Pärnu, Pärnu-Varbla, Varbla-Haapsalu, Haapsalu-Laulasmaa, Laulasmaa-Tallinn) – 995 EUR per group (up to 8 people)
- Luggage transport from the hotel in Riga to the hotel in Tallinn – 55 EUR per suitcase/bag up to 20 kg