



Tour distances: cycling ~363 km/229 mi.,
by coach ~1085 km/678 mi.,
by boat ~14 km/9 mi.
11 days / 10 nights

TOUR INFORMATION

Cycling grade:
We rate this trip Easygoing to Moderate. Daily biking routes mainly on low traffic roads and cycle paths range from 21 to 60 km (13-38 miles) each day. The terrain is varied and rolling with some gradual hills on some riding days (some steep ups and downs in the Gauja River valley & Otepää region) and dead flat most of the tour.

Arrival & departure information / Transfers
Airports: Vilnius / Kaunas / Tallinn
Transfers (price for one way up to 3 people)
To Vilnius Airport € 30 (except 14.07-18.08)
To Kaunas Airport € 119
From Tallinn Airport € 30

ACCOMMODATION

3-4* middle-range hotels

2017 TOUR DATES*

Every Tuesday from June 6 to September 5, 2017

*This tour is available on any other date May-September with min. 4 people!

TOUR PRICES

Price in double/twin room per person € 1095
Price in single room € 1390

THE TOUR INCLUDES:

- o 10 nights stay in hotels (rooms with WC/shower)
- o 10 x breakfast
- o 2-hrs guided city tours in Tallinn, Riga and Vilnius
- o Transfers as per itinerary by air-conditioned minibus
- o Luggage transport
- o Boat trips across the Curonian Lagoon from Nida
- o Individual information package (one per room)

Optional extras (price per person):

- o Rent of trekking bike with a back pannier € 95
- o Rent of E-bike/Pedelec with a pannier € 250
- o Half board (excluding Tallinn, Riga & Vilnius) € 125
- o Pre/post-tour accommodation in Tallinn 4* / Vilnius 3* (with breakfast)
Double/twin room € 48 / € 40
Single room € 85 / € 69

Discounts for extra bed in double/twin room
Children under 5 yrs. old – free of charge, from 5 yrs. old – 25%

Minimum group size – 2 or 4 people!

Cycling the Baltic States

with National Parks Lahemaa & the Curonian Spit



11 days self-guided cycling tour from Tallinn to Vilnius (Code SG7)

The Baltic coast and National Parks of Estonia, Latvia and Lithuania explored on very scenic routes, including the three capital cities – Tallinn, Riga and Vilnius – with their old towns designated by UNESCO as World Heritage Sites. Featuring the National Park Lahemaa, which is one of the last unspoiled regions of the Baltic coast, Otepää Lakeland – the so-called “Estonian Switzerland” and the beautiful Gauja River valleys. The tour includes cycling on the Curonian Spit which was previously closed to visitors; nowadays it is often called the Lithuanian Sahara. Travel from Tallinn, Estonia, in the north, through Latvia and on to Lithuania in the south, enjoy a great variety of towns, villages and landscapes, and get an excellent feel for the different characters of these distinctive countries. The tour begins in Tallinn where you get an information package with maps, detailed route description and your rental bikes. This trip is a self-guided one, but the whole route, except Jurmala and the Curonian Spit, you will be accompanied by a minibus with bike trailer, your luggage will be transported from hotel to hotel, and you can take part in city tours lead by professional guides.

Day 1: Arrive to Tallinn

Individual arrival in Tallinn. Guided city tour. Overnight in Tallinn.

Day 2: Tallinn - National Park Lahemaa

Meeting with your driver. After bus transfer you shall begin your first bike trip through National Park Lahemaa, which is one of the last unspoiled regions of the Baltic coast. Overnight in Sagadi. (Cycle ~52 km, bus ~90 km).



Day 3: Along Lake Peipsi to Tartu

Morning transfer by bus to Peipsi Lake. Cycle along the lake shore to Varnja. You reach your hotel after bus transfer to Tartu, a famous university town. (Cycle ~53 km, bus ~160 km).

Day 4: Through the „Estonian Switzerland“ to Sigulda

After bus transfer to Otepää, a lovely place with many lakes, start your cycling through the so-called „Estonian Switzerland“. Transfer to Sigulda, in Latvia for overnight. (Cycle ~28 km, bus ~235 km).

Day 5: Gauja National Park & Riga

Cycling through Gauja National Park, en route enjoy spectacular views of the Gauja River valley with Gutmana Cave, Turaida castle and the oldest



church in Latvia (1205). Afternoon transfer to Riga, where a guided tour of the charming Old Town awaits. Overnight in Riga. (Cycle ~20 km, bus ~50 km).

Day 6: Riga & Jurmala Beach

The morning is free to explore Riga. Then cycle on a bike path to Jurmala, the largest resort in the Baltic States. You may cycle along the beach and bath in the sea – its well worth it! Take a train back to Riga (30 min) for overnight. (Cycle ~35 km, train ~25 km).

Day 7: Hill of Crosses & the Seaside Cycle Route

Transfer by bus to Lithuania Seaside. En-route stop at the Hill of Crosses, the unforgettable sight with thousands of crosses on two small hills. Cycle along the Baltic Coast to Klaipėda, en route stop in Palanga (Botanical Park & Amber Museum). Overnight in Klaipėda. (Cycle ~48 km, bus ~290 km).

Day 8: Curonian Spit National Park

Crossing the lagoon by ferry and cycling along the Curonian Spit to Nida, one of the most beautiful resorts in Lithuania. En route you can visit the Hill of Witches, watch a col-

ony of grey herons and cormorants; explore the “Dead” sand dunes on foot. Overnight in Nida. (~60 km).



Day 9: Crossing the Curonian Lagoon

Take a morning boat across the Curonian Lagoon to the continent (~1.5 hrs). Cycle to Ventė Cape to explore bird observatory and the 19thc lighthouse. Transfer by bus along the Nemunas River to Kaunas (overnight). (Cycle ~31 km, bus ~185 km, boat ~ 14 km).

Day 10: Trakai island castle & capital Vilnius

Minibus transfer to the Lake District where start cycling through picturesque countryside on gentle hills. Arrive in Trakai, the former capital of the Grand Duchy of Lithuania. Finish the tour with a transfer to Vilnius and guided tour of the Old Town. (Cycle ~35 km, bus ~75 km).



Day 11: Tour ends in Vilnius

Individual departure after breakfast.