

Cycling Safaris

Sweden – Stockholm Roundtrip Self-Guided Tour 2018 270 km | 7 days / 6 nights



Discover Stockholm and its surroundings along one of Sweden's largest lakes. Cycle through exciting and varied scenery, accompanied by either one of the countless lakes or the sea which will never leave your side. Find out about Swedish history from Viking times up until today, it will not cease to amaze you how many interesting things there are to explore: from Drottningholm Palace and the great number of parks in Stockholm, to smaller towns such as Mariefred and Trosa and the idyllic vastness of Sweden. Enjoy your stay in Sweden!

Day 1 **Arrival in Stockholm**

Take your first stroll through Sweden's capital and explore some of the many sights and tourist attractions. In the evening, meet up in the hotel for your welcome briefing and bike fitting. Overnight stay in Stockholm.

Day 2 **Stockholm – Södertälje** **approx. 53 km**

The bike trip takes you on its first day along an ancient trade route that has existed since the Viking Age, skirting along Sweden's third largest lake, Lake Mälaren. On the way, you pass the World Heritage Listed Drottningholm Palace. Here, right on the shore of Lake Mälaren, the royal family grew up. Also located in the grounds is the Chinese Pavilion dating from the 18th century. It's worth a visit, as is the old cellar house cafe, serving delicious waffles. You continue by ferry to Södertälje. At Sturehov, located in eastern Lake Mälaren at Rödstensfjärden, it's time for a late lunch. Södertälje is located between Strängnäs, Stockholm and Nyköping where Lake Mälaren is connected to the Baltic Sea through the lock in Södertälje canal. Overnight stay in Södertälje.

Day 3 **Södertälje – Mariefred/surroundings** **approx. 60 km**

Today you ride on small side roads to Gripsholm Castle. It houses the national portrait collection of over 4 000 works that trace the portrait art from the 1400s and up to the present. The castle's history goes back to the 1370s, when Bo Jonsson Grip built a castle on a promontory which, after several expansions became Gripsholm Castle. We then continue to cycle to island Selaön with runestones and cemetery from the 15th century, built in the form of a ship.

Day 4 **Mariefred/surroundings - Järna** **approx. 45 km**

Today's tour takes you right into the middle of untouched and remote nature reserves, through the amazing scenery of Sörmland. At this spot countless rivers and lakes were formed due to vast tectonic movements. Nevertheless the altitude is never higher than 100m. Once you have mastered the hills you are rewarded with stunning views and a long descent afterwards. Your hotel is located in the small town of Järna with its world famous Anthroposophy (a form of holistic health and wellbeing) village with bio-dynamic gardens and characteristic architecture. Overnight stay in Järna.

Day 5 **Järna – Trosa** **approx. 35 km**

Your destination for the day is the idyllic Baltic Sea town of Trosa, the setting for many films. In one of the little restaurants we recommend you to try some of the amazing local seafood like salmon or smoked fish. Overnight stay outside of Trosa.

Day 6 **Trosa – Stockholm** **approx. 55 km**

Northward bound and a short ferry trip later you return to one of Stockholm's many islands. Top tip: take the overground commuter train to one of the central stations in Stockholm and in the afternoon cycle on lovely flat cycle paths along the water to Stockholm's Southern island of Södermalm. Overnight stay in Stockholm.

Day 8 **Departure**

After breakfast your getaway tour ends. We are happy to book extra days for you. In case you do extend and want to cycle around for an extra day, we suggest perhaps explore central Stockholm by bike. This covers several of the 14 city islands including roundtrips on Djurgården Island and part of the National City Park. The Vasa museum and the outdoor museum Skansen, both situated on the island, are worth a visit. The palace and the old part of town dating back to the mid-14th century are also part of the sightseeing agenda. On request organised guided sightseeing tours in Stockholm are possible.

Profile of the route: Stockholm offers well-maintained cycling paths. Outside the city we design the route with an aim to minimise traffic.

DATES AND PRICES 2018

Tour start every Sunday from 20 May – 2 September 2018

Season 1: 20 May - 26 May & 2 September – 8 September

Season 2: 27 May – 16 June & 19 August – 1 September

Season 3: 17 June – 18 August

Season 1

€940 per person sharing

€1320 single room

Season 2

€1040 per person sharing

€1420 single room

Season 3

€1090 per person sharing

€1470 single room



WHAT THE TOUR PRICE INCLUDES

- ▶ 6 nights hotel (3*) accommodation
- ▶ 6 breakfasts
- ▶ Train ride Tumba – Stockholm (day 6)
- ▶ Personal welcome briefing
- ▶ Luggage transfer each day
- ▶ Route description with detailed maps
- ▶ Bike rental with pannier (24 gear bikes)
- ▶ GPS device
- ▶ Service helpline

It is possible to book additional nights in Stockholm (half board):

€120 pps /€95 single supplement

BACK UP SERVICE

As this is a self led trip you do not have the back-up of a guide and support van. Our aim is to allow you feel like an independent traveller, free to cycle each day at your own pace while at the same time having the security of knowing that your luggage will be waiting for you in your next accommodation.

If you experience small problems with the bike (e.g., a puncture) you will have a spare tube, pump and tyre lever. You also have access to a 24 hour helpline.

ACCOMMODATION

Accommodation in this tour is in very comfortable 3* hotels chosen for their character and location.

Our first preference accommodation each night is:

Clarion	Stockholm	www.nordicchoicehotels.com/clarion-collection/clarion-collection-hotel-tapto/
Scandic	Södertälje	www.scandichotels.com/Hotels/Sweden/Sodertalje
Best Western	Strängnäs	www.bestwestern.ie/hotels/best-western-hotel-rogge-strangnas
Kulturhuset Ytterjärna	Järna	www.hotellkulturhuset.se/en
Åda Golf & Country Club	Trosa	www.adagolf.se/
Clarion	Stockholm	www.clarion-hotel-tapto.h-rez.com

All the above accommodation is of course subject to availability, the only recommendation would be to book early to get the best rooms in town!



WHAT TO BRING

Specialized cycle clothing may be handy but not strictly necessary. What you do need (among other things) is the following:

- Padded shorts/ long trousers/ track suit/ legging
- shirts/ sweater/ rain clothing
- Gloves (only when you book a tour in April. It can be chilly in the morning that time of year!)
- good shoes
- sunglasses/ cap/ swimming costume

HOW TO GET THERE

Tour start and end

Aer Lingus fly direct to Stockholm from Dublin, and also Scandinavian Airlines; from there you can take a bus or taxi.

Nearest main airport: Stockholm, Sweden

BIKE INFORMATION



Touring bike Spillo Topazio is a comfortable and trustworthy bike for a longer tour or cruising the city. Adjustable handlebar and a soft saddle will enable you to have a comfortable and enjoyable tour. The bike has 24 gears, integrated light and lock.

You will also get a repair kit and bike bag to carry your essentials daily.

E bikes available €90.00 supplement