Sormland is Sweden’s pleasure garden. Numerous manors and pleasure palaces nestle up along a lot of small Lakes. This beautiful park landscape is located between Malar and the East Sea, about 100 km western of Stockholm. More than 1000 inland Lakes, unspoilt nature, forests, picturesque farms and the typical red houses with white windows go along with you in this week. You stay in former manors and old forcing houses; one overnight is even in the biggest open-air museum of the North. On your way you have several possibilities to take a bath in one of the numerous Lakes. Enjoy your stay in Sweden!

Day 1  Arrival in Katrineholm
Your first overnight is in Duveholms Herrgard, an ancient and beautiful manor which is located next to the water.

Day 2  Katrineholm – Julita  approx. 40 km
Welcome briefing and handing over your rental bike in the morning. Along Lake Nasnaren you cycle on idyllic, small roads through the typical landscape until you reach the next Lake: Oljaren. You cycle around this Lake and afterwards you reach your aim of today and one of the highlights of this tour. Julita is the biggest open-air museum of the world. Your overnight is in a former manor from the 18th century. The rooms have a special flair and are equipped comfortable. Shower and toilet is not in the room due to the constructional situation. You should stroll through the romantic museums park in the evening which makes this overnight to a unique experience.
Day 3  Julita – Eskilstuna approx. 55 km
Your route leads you through deep forests and along Lake Nashultasjon where you can see the idyllic, red farm houses with white windows. Your overnight is in a comfortable hotel where you can use sauna and wellness area. An excursion in Eskilstuna leads you to the old city from 17th century.

Day 4  Eskilstuna – Strängnäs approx. 50 km
You come to Torshalla, which is located next to Lake Malar. In Sundbyholm you should have a look at the runes from the 11th century. The impressive dome of Strangnas can be seen already. Your overnight is in Ulvhalls Herrgard, a manor from the 17th century.

Day 5  Strängnäs – Mariefred approx. 30 km
On gorgeous paths you cycle to Mariefred, which is the cultural highlight of this tour. Castle Gripsholm is located in this city. And not too far away Kurt Tucholsky is buried. Your overnight is in the RK Hotell next to castle Gripsholm.

Day 6  Mariefred – Malmköping approx. 55 km
You cross the nature reservat Akers Wildmark with its deep forests and glittering Lakes where you can take a bath. This are is the home of the moose, maybe you can see also a lynx. Your overnight in Malmkoping – which is a small and idyllic town, is in the rustic hotel Plewnagarden.

Day 7  Malmköping – Katrineholm approx. 65 km
Today a few stages are awaiting you! Afterwards you cycle on one of the most beautiful paths of this tour high above Lake Harpsund. Here you should make your midday rest. This place is really famous because mighty persons like Adenauer, Brandt or Chruschtschow discussed in the rowboat of the Swedish president the problems of the world. Your overnight is in Dufveholms Herrgard again.

Day 8  Departure

DATES AND PRICES 2014

€1,260.00 per person sharing
€1,605.00 single room

Tour start every Wednesday from 18 May – 24 August 2014

WHAT THE TOUR PRICE INCLUDES

- 7 nights hotel accommodation
  (5 x ensuite, in Julita (historical building/museum) & Regna pensions with shower/WC in gangway)
- Full board – breakfast buffet, lunch package, warm dinner
- Personal welcome briefing
- Luggage transfer each day
- Route description with detailed maps
- Bike rental with saddle bags (7 gear Swedish bikes called Crescent or 21 gear bikes)
- Service helpline

It's possible to book additional nights in Katrineholm:
€70 pps B&B / €105 pps B&B plus dinner / €50 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 hotels chosen for their character and location.

Our first preference accommodation each night is:

- Dufveholms Katrineholm: [www.dufweholm.se/index.aspx](http://www.dufweholm.se/index.aspx)
- Munktell Hotel Munktellstorget: [www.ulvhall.se](http://www.ulvhall.se)
- Ulvhälls Hgd. Strångnäs: [www.gripsholms-vardshus.se](http://www.gripsholms-vardshus.se)
- Gripsholms Mariefred: [www.plevnagarden.se](http://www.plevnagarden.se)
- Plevnagården Malmköping: [www.plevnagarden.se](http://www.plevnagarden.se)

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!

Accommodation in double room with shower/WC (except for Julita & Regna) in firstclass Hotels or in comfortable guesthouses.

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
- insect repellent
HOW TO GET THERE

Tour start and end
Ryanair flies to Skavsta (Nyköping) about 80 km from Katrineholm. From the airport to Katrineholm you can take a bus or taxi.
Nearest main airport: Stockholm, Sweden (distance to Katrineholm approx 150 km)
Train Stockholm airport (Arlanda) – Stockholm takes about 20 minutes.
Nearest train station: Katrineholm, Sweden

Getting to and from Katrineholm
Katrineholm, where the tour starts and ends, is situated 150 km southwest of Stockholm and easily accessible by train. Trains leave about once an hour between the two cities, and the ride takes about 1 hour.