

Cycling Safaris

LITHUANIA - LATVIA - ESTONIA

VILNIUS - RIGA - TALLINN 2025

Guided Tour

Guide cycling with group | cycling 360 km / 225 miles | 10 nights / 11 days
By coach 1345 km / 841 miles | by boat/ferry 12 km / 8 miles or 62 km / 39 miles



Explore the Baltic coast and the National Parks of Lithuania, Latvia and Estonia on very scenic routes.

The tour includes the three capital cities - Vilnius, Riga and Tallinn - with their Old towns designated as World Heritage Sites by UNESCO; and the previously-closed Curonian Spit and the largest and most beautiful Estonian island of Saaremaa.

Travel from Lithuania in the south, through Latvia and on to Estonia in the north; experience a wide variety of towns, villages and countryside for an excellent introduction to the very distinct characters of these quite different countries.

TOUR ITINERARY

Day 1 Monday: ARRIVE IN VILNIUS

Arrival to Vilnius, the capital of Lithuania for more than 600 years. Individual transfer to the hotel (not included). Check-in at the hotel. 7:30 p.m. (19:30) welcome meeting at the hotel with your tour guide.

Day 2 Tuesday: VILNIUS-TRAKAI-KAUNAS (cycling app. 33 km/21 miles, by coach app. 100 km)

After breakfast a guided city tour of Vilnius, Old Town followed by a bus transfer outside the city. Start your first cycle ride through picturesque countryside with many lakes and gentle hills. En route stop in Trakai, the former capital of the Grand Duchy of Lithuania, where you may visit the 14th island castle built on a small island in Lake Galvė. Afternoon transfer by bus to Kaunas. Arrive in Kaunas, check-in and optional dinner at the hotel.



Day 3 Wednesday: KAUNAS-KLAIPEDA (cycling app. 40 km/23 miles, coach app. 230 km)

Kaunas by bike followed by a ride on picturesque cycle trail along the Nemunas River. En route stop in Zapyskis famous for its unusual small 14th century gothic church. Finish the ride with a bus transfer to the Baltic coast and picnic lunch in the middle way (included). Arrive in Klaipeda, a modern town at the Baltic Sea. Check in and optional dinner at the hotel.

Day 4 Thur: CURONIAN SPIT NATIONAL PARK (cycling 58 km/36 miles, boat/coach 50km)

Today we go for the longest ride to Nida. Follow the Seaside Cycle Route along the Curonian Spit famous for its amber and fine sand beaches. En-route enjoy beautiful views of the Curonian Spit which separates the Baltic Sea from the Curonian Lagoon. Sightseeing around Nida, one of the most beautiful resorts in Lithuania. Transfer by bus or boat back to Klaipeda, dinner at the hotel (included).

Day 5 Fri: KLAIPEDA-PALANGA -Hill of Crosses-RIGA (cycling 32km/20 miles, coach 290 km)

Early morning ride to Palanga through the Seaside Regional Park, a former soviet military training area. Arrival in Palanga, the biggest seaside resort of Lithuania. City tour including the visit to the Botanical Garden and Amber Museum in the Palace of Count Tyszkiewicz, with over 25000 pieces of amber and 15000 inclusions of insects on display. Afternoon transfer to Riga, the capital city of Latvia. Stop at the Hill of Crosses (16 km from Šiauliai), the unforgettable place with thousands of crosses on two small hills. Continue to Riga. Dinner at the hotel (included).

Day 6 Saturday: RIGA-JURMALA Seaside Resort (cycling 30 km/19 miles, by coach 20 km)

After breakfast a guided tour of Riga Old Town, a medieval Hanseatic town which is famous for its Art Nouveau buildings. In the afternoon free time in Riga or cycling to Jurmala, the largest resort in the Baltic States well known for its long, white sand beaches, mineral waters and mud with healing properties. Transfer back by coach to the hotel in Riga.

Day 7 Sunday: GAUJA National Park & Bicycle Museum (cycling 45 km/28 miles, coach 50 km)

Morning transfer to Saulkrasti. After visiting the Latvian bicycle museum start your bike ride to Sigulda – the most popular resort in Latvia. Cycling through Gauja National Park to Saukrasti, en route enjoy spectacular views of Gauja River valley with Gutmana Cave and Turaida Castle. En route visit Krimulda Church (1205) which is the oldest in Latvia. Arrive in Sigulda, check in and optional dinner in hotel.

Day 8 Monday: SIGULDA-SAAREMAA (cycling 38 km/24 miles, by coach 330 km, by ferry 6km)

Morning transfer to the largest Estonian island of Saaremaa which has preserved all that is best about the old Estonia. With little traffic and flat roads Saaremaa provides the perfect rural setting for cycling. Travel on picturesque roads along the Baltic Sea coast to the village of Angla, known for its iconic windmills. Transfer then to Mandjala or Kuressaare for 2 overnight stays at the seaside. Dinner at the hotel is included tonight.

Day 9 Tuesday: SAAREMAA ISLAND (cycling -56 km, by coach- 50 km)

Enjoy a ride across Saaremaa Island's wild beauty – Sorve Peninsula, famous for its lighthouse. Finish the day with a visit to Kuressaare, the capital of Saaremaa, a home to one of the finest preserved medieval Episcopal Castles in the Baltics, dating from 13thC. Free time to explore the town and the Bishop's castle. Transfer back to the hotel.

Day 10 Wednesday: SAAREMAA & TALLINN (cycling 40/30 km, by coach- 210km, by ferry-6km)

Morning ride to the Kaali meteorite crater, which is listed on the world's giant craters list and it is the rarest natural wonder of Estonia. Arrive in Tallinn in the afternoon to enjoy a guided tour of the old town. Farewell dinner in restaurant (included).

Day 11 Thursday: TALLINN

Breakfast at the hotel. End of the tour.

2025 TOUR DATES AND PRICES

Guided group tour

€1795 (low season) - €1865 (high season) per person sharing

€2285 (low season) - €2415 (high season) single room occupancy

Bike hire is included in the group tour

Included - Regular Bike

Optional - E-Bike €240 supplement

Guided Tour dates:

Tours start on Mondays

Low season: May 26, June 2, September 8

High season: June 9, June 16, June 30, July 7, July 21, August 4, August 11, August 25, September 1

TOUR PRICE INCLUDES

- 10 nights stay in 3 – 4-star hotels, incl. all taxes
- Daily breakfast
- Welcome meeting with a glass of beer or wine
- 1 picnic lunch on Day 3
- 3 dinners (3 courses) (Klaipeda, Riga, Saaremaa)
- Farewell 3 course dinner in Tallin
- Mineral water at your disposal on cycling days + reusable water bottle
- English speaking guide or driver/ guide on days 2-10
- Entrance to museums as per the itinerary
- Rent of trekking bicycle with waterproof pannier (+ helmet on request)
- Transfers as per itinerary by air-conditioned coach /minibus
- Guided 2-hour city tours in Vilnius Riga & Tallinn (any entrance fees are payable individually)
- Luggage transfer as per itinerary
- Ferry tickets to and from the Curonian Spit and to Saaremaa Island
- Individual information package (city guides, maps, program and route description)

THE TOUR EXCLUDES:

- Arrival and departure transfers
- Lunches and dinners 7 dinners (3 dinners included)
- E-bike rental supplement
- Entrance fees
- Train tickets
- Tips

OPTIONAL EXTRAS:

- Arrival transfer by car for 1-3 people: €60 per transfer
- Departure transfer by car for 1-3 people: €55 per transfer
- Arrival transfer by minivan for 4-7 people: 70 per transfer
- Departure transfer by minivan for 4-7 people: €65 per transfer

PRE/POST TOUR ACCOMMODATION:

Hotel in Vilnius COMFORT LT*** or similar

SGL €105 EUR per room per night, including breakfast

DBL €120 EUR per room per night, including breakfast

Hotel in Tallinn HESTIA ILMARINE**** or similar

SGL €125 EUR per room per night, including breakfast

DBL €140 EUR per room per night, including breakfast

WHAT TO BRING

Cycling gloves; cycling shorts; long pants; waterproof jacket; sunglasses; sun cream; sunhat; stiff-soled shoes suitable for cycling; water bottles. Although it is not compulsory to wear a helmet in the Baltic States, we strongly recommend that you wear one.

BIKE AND FITNESS

Here is an example of the type of touring bike used:



- Aluminium frame
- 21 speed
- Choice of a front or rear pannier bag (please note that the pannier is smaller than the one you see on the bike)
- Water bottle carrier
- Back carrier
- Bicycle lock
- Pump
- Repair kit (carried by tour guide)
- Map support

Helmets on request.

We rate this trip Easy-going to Moderate . Daily biking routes mainly on low traffic roads and cycle paths range from 28 to 58 km (18-36 miles each day). The terrain is varied and rolling with a few gradual hills on some riding days (a few steep ups and downs in the Gauja River valley) but very flat for most of the tour.

The tour covers all three Baltic States and therefore it includes a few long bus transfers between the most interesting cycling destinations and the capital cities. Our walking sightseeing tours in the capital old towns are along cobbled streets.

ADDITIONAL INFORMATION

Weather

This itinerary takes place at the same latitude as Scotland, and the area has a continental climate - long cold winters, short hot summers, and it can rain a lot. Daytime temperatures should vary from 20C degrees to 33C degrees, cooler in bad weather. Nights will be cool to warm, never being cold - perhaps chilly in bad weather. There is generally a good amount of sunshine during summer months and the days are very long in June and July.

Passport and Visas

Lithuania was among the ten accession countries that joined the EU in May 2004. Most nationalities require a full passport that must be valid for 6 months beyond the intended length of stay, (the exception being a list of nationalities from EU countries who are only required to produce a personal identification card). It is your responsibility to have the correct documents and to obtain your own visa, if required. We are not responsible for the actions of local immigration and customs officials, whether at points of entry or otherwise and any subsequent effects.

Currency

In Lithuania, the unit of currency is the Euro

Additional expenses and spending money

All lunches/drinks are at your expense.

Local Time

Local time conforms to Eastern European Time which is 2 hours ahead of GMT in Lithuania, 3 hours ahead in Belarus and 1 hours ahead of GMT in Poland.