

Cycling Safaris

LITHUANIA - LATVIA - ESTONIA

VILNIUS - RIGA - TALLIN 2024

Self Guided Tour

cycling 355 km / 222 miles | 10 nights / 11 days
by coach 1225 km / 766 miles | by boat 76 km / 48 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: VILNIUS

Arrival to Vilnius. Individual transfer to the hotel (not included). Check-in at the hotel **Comfort Hotel LT*** or similar**.

Day 2 Tuesday: VILNIUS-TRAKAI-KAUNAS (cycling app. 33 km / 21 miles, by coach app. 75 km)

After breakfast a guided city tour of Vilnius, capital of Lithuania for more than 600 years. Afternoon trip to Trakai, the former capital of the Grand Duchy of Lithuania, where you may visit the 14th Century island castle built on a small island in Lake Galve. In the afternoon start your first cycle through the picturesque countryside on the gentle hills, then transfer by coach to Kaunas. **Victoria Hotel Kaunas**** or similar**

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

Morning bike ride around Kaunas and further on picturesque cycle trail along the Nemunas River. En route you may stop in Zapyškis famous for its unusual small 14th Century gothic church. Finish the ride with a bus transfer to the Baltic coast. Arrive in Klaipeda, a modern town at the Baltic Sea, check in and optional dinner at the hotel. **Hotel Old Mill*** or similar**

Day 4 Thursday: CURONIAN SPIT NATIONAL PARK (cycling 57 km / 36 miles, by bus or boat 50 km)

Today, 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, optional dinner at the hotel. **Hotel Old Mill*** or similar**

Day 5 Friday: KLAIPEDA-PALANGA Resort-Hill of Crosses-RIGA (cycling 32 km / 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. Enjoy a break and perhaps visit the Botanical Garden or 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 (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, the capital of Latvia. **Hotel Hestia Jugend**** or similar**

Day 6 Saturday: RIGA-JURMALA Seaside Resort (cycling 30 km / 19 miles, by train 25 km)

After breakfast you may take part in 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. In the afternoon evening take a local train back to Riga (30 mins, not included in tour price). **Hotel Hestia Jugend**** or similar**

Day 7 Sunday: RIGA & GAUJA National Park (cycling 40 km / 25 miles, by coach 50 km)

Morning transfer to Saulkrasti. Here you can visit the Latvian bicycle museum start your bike ride to Sigulda – the most popular resort in Latvia. Cycling through Gauja National Park to Saulkrasti, en route enjoy spectacular views of Gauja River valley with Gutmana Cave, visit Turaida Castle and the oldest Latvian Church, Krimulda, built in 1205. Arrive in Sigulda, check in and optional dinner at hotel. **Hotel Sigulda*** or similar**

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. **Hotel Johan Spa**** or similar**

Day 9 Tuesday: SAAREMAA ISLAND
(cycling 46 km / 29 miles, by coach- 40 km)

Enjoy a ride across Saaremaa Island's wild beauty – Sorve Peninsula, famous for its lighthouse. You have option to 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. **Hotel Johan Spa**** or similar**

Day 10 Wednesday: SAAREMAA & TALLINN
(cycling 28 km / 18 miles, by coach 210 km, by ferry 6km)

Take a 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. Transfer by bus to Tallinn. Arrive in the afternoon to check-in at the hotel and then enjoy a guided tour of the old town. **Hotel Hestia Ilmarine**** or similar**

Day 11 Thursday: TALLINN

Breakfast at the hotel. End of the tour or you can extend your stay in Estonia. Please ask for details.

Hotel list (subject to availability):

Day 1	"Comfort Hotel LT", Kauno str 14, LT-03212, Vilnius Lithuania, tel. +370 52505111
Day 2	"Victoria Hotel Kaunas", Misko str. 11, LT-44321 , Kaunas Lithuania, tel. +370 37407500
Day 3 & 4	"Old Mill Hotel" Zveju g. 22, LT - 91241 Klaipeda, Lithuania; Tel.: +370 46 219215
Day 5 & 6	"Hestiga Jugend", Pulkveža Brieža iela 11, Centra rajons, Rīga, LV-1010, Latvia, Tel.: +371 67 631 800
Day 7	"Sigulda", Pils Str. 6, LV-2150, Sigulda, Latvia Tel. +371 7972263
Day 8 & 9	"Johan Spa" Kauba 13, Kuressaare, 93813 Saare maakond, Estonia tel. +372 454 0000
Day 10	"Hestia Hotel Ilmarine", Põhja pst 21b, 10414, Tallinn Estonia, tel. +372 614 0900

2024 TOUR DATES AND PRICES

Minimum group size on self guided tour on fixed departure dates 2 people, other dates possible for a minimum of 6 people

Mondays:

27 th May – 6 th June (off peak)	10 th – 20 th June (peak)	17 th – 27 th June (peak)
1 st – 11 th July (peak)	8 th – 18 th July (peak)	22 nd July – 1 st August (peak)
5 th – 15 th August (peak)	12 th – 22 nd August (peak)	26 th August – 5 th September (off peak)
2 nd – 12 th September (off peak)		

Off peak (May 27, August 26, September 2)

€ 1,355 per person sharing in a twin/double room

€ 1,755 single room occupancy

Peak (June 10, 17, July 1, 8, 22, August 5, 12)

€ 1395 per person sharing in twin/double room

€ 1845 single room

Note: Bike rental is not included in the tour price:

€120 Bike rental

€270 E-bike rental

€250 Cyclecross bike

€270 Carbon gravel bike

TOUR PRICE INCLUDES

- › 10 nights stay in hotels, including all taxes
- › Daily breakfast
- › Transfers as per itinerary by air-conditioned coach /minibus
- › Luggage transport
- › Speed boat from Nida to Klaipeda or transfer by minibus (day 4)
- › Return ferry ticket to Saaremaa Island
- › GPS Tracks
- › Emergency hotline number (English or German support options)
- › Individual information package (city guides, maps and program)
- › Guided 2-hour city tours in Vilnius, Riga and Tallinn (any entrance fees are payable individually)

THE TOUR EXCLUDES:

- › Rent of trekking bicycle with equipment
- › Arrival and departure transfers
- › Train transfer options
- › Lunches and dinners
- › Tips

OPTIONAL EXTRAS:

- › arrival or departure transfer (1-3 people) - €50 per transfer
- › arrival or departure transfer (4-7 people) - €75 per transfer
- › 6 dinner package (3 courses with tea/coffee) - €225 per person
- › Helmet rental - €10

PRE/POST TOUR ACCOMMODATION:

3 star Hotel in Vilnius

SGL 95 EUR per single room per night, including breakfast

DBL 53 EUR per person sharing per night, including breakfast

4 start Hotel in Tallinn

SGL 110 EUR per single room per night, including breakfast

DBL 60 EUR per person sharing per night, including breakfast

Minimum group size on fixed departure dates 2 pax, other dates 6 pax.

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 Easygoing to Moderate . Daily biking routes mainly on low traffic roads and cycle paths range from 30 to 57 km (19-36 miles each day) with a possibility to cycle more kilometres on some days like day 6 (exploring Jurmala Resort) and day 9 (detours in Saremaa Island). 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.