

Cycling Safaris

LITHUANIA - LATVIA - ESTONIA

VILNIUS - RIGA - TALLIN 2025

Self-Guided Tour

cycling 346 km / 216 miles | 10 nights / 11 days
by coach 1250 km / 777 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

Arrive in Vilnius, the capital of Lithuania for more than 600 years. Individual transfer to the hotel (not included). Check-in at the hotel.

Vilnius HOTEL: COMFORT HOTEL LT*** or similar

Day 2 Tuesday: VILNIUS-TRAKAI-KAUNAS (cycling app. 25 km / 16 miles, by minibus 115 km)

After breakfast a guided tour of Vilnius Old Town. Afternoon trip to Trakai, the former capital of the Grand Duchy of Lithuania. Here you may visit the famous 14thC Gothic Island castle erected on a small island in Lake Galvė. Start your first cycle ride through picturesque countryside on gentle hills, then transfer by bus to Kaunas. Arrive in Kaunas, check-in and optional dinner at the hotel.

HOTEL: VICTORIA HOTEL KAUNAS**** or similar

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

This morning bike ride around Kaunas on picturesque cycle trail along the Nemunas River. En route you may explore Kaunas Old Town and finish the ride in Zapyškis famous for its unusual small 14thC gothic church. After a bus transfer to the Baltic coast arrives in Klaipėda, a modern town on 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 Klaipėda, optional dinner at the hotel.

HOTEL: OLD MILL*** or similar

Day 5 Friday: KLAIPĖDA-PALANGA Resort-Hill of Crosses-RIGA (cycling 32 km / 20 miles, by minibus 290 km)

Early morning ride to Palanga through the Seaside Regional Park, a former soviet military training area. Palanga is the well-known Lithuanian seaside resort. Enjoy a break here; perhaps visit the renowned Botanical Park, Amber Museum and the 470m pier heading out into the Baltic Sea. Afternoon transfer to Riga (Latvia). En-route stop at the Hill of Crosses, the unforgettable sight of thousands of crosses on two small hills. Continue to Riga, the capital city of Latvia. Arrive in Riga, check-in and optional dinner at the hotel.

HOTEL: Wellton Riverside Spa Hotel**** or similar

Day 6 Saturday: (Latvia): 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 famous for its Art Nouveau buildings. In the afternoon free time in Riga or cycling on a bicycle path to Jurmala, a renowned Latvian seaside resort well known for its long, white, sand beaches, mineral waters and mud with healing properties. We recommend that you take the opportunity to bath in the sea and try cycling along the beach - it's well worth it! In the evening take a local train back to Riga (30 min; not included).

HOTEL: Wellton Riverside Spa Hotel**** or similar

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

Transfer to Saulkrasti, where you may visit the Latvian bicycle museum. Start your bike ride to Sigulda, the most popular resort in Latvia. Cycling through Gauja National Park, en route enjoy spectacular views of Gauja River valley with Gutmana Cave, Turaida Castle and the oldest Latvian Church, Krimulda, built in 1205. Arrive in Sigulda, check-in and optional dinner at the hotel.

HOTEL: **SIGULDA***** or similar

Day 8 Monday: SIGULDA-SAAREMAA
(cycling 38 km / 24 miles, by minibus 305 km, by ferry 6km)

Morning transfer to the largest Estonian island of Saaremaa which has preserved all that is best about 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 where the iconic windmills are located. Transfer to Kuressaare, the capital of Saaremaa, check into the hotel for 2 overnight stays in the old town, optional dinner at the hotel.

HOTEL: **JOHAN SPA****** or similar

Day 9 Tuesday: SAAREMAA ISLAND (cycling ~56 km/35 miles, by minibus ~50 km)

Enjoy a day ride across Saaremaa Island's wild beauty – Sorve Peninsula famous for its lighthouse. Finish the day in Kuressaare, a home to one of the finest preserved medieval Episcopal Castles in the Baltics, dating from 13thC.

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 nature wonder in Estonia. Transfer by bus to Tallinn. In the afternoon we arrive in Tallinn, check-in at the hotel followed by a guided tour of Tallinn 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	Wellton Riverside Spa Hotel, 11. Novembra Krastmala 33, <u>Riga</u> , LV-1050, <u>Latvia</u> Tel +37166777862
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

2025 TOUR DATES AND PRICES

Self-guided tour

€1515 (low season) - €1615 (high season) per person sharing

€2015 (low season) - €2165 (high season) single occupancy

Bike hire is not included in the self-guided tour:

€135 Regular Bike

€315 E-Bike

Self-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
- Breakfast daily
- 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
- Speed boat from Nida to Klaipeda or transfer by minibus (day 4)
- A return ferry ticket to Saaremaa Island
- Individual information package (city guides, maps, program and route description)
- Emergency contact number
- GPS tracks

THE TOUR EXCLUDES:

- Arrival and departure transfers
- Lunches and dinners
- Bicycle rent
- Entrance fees
- Train tickets
- Tips

OPTIONAL EXTRAS:

-Arrival transfer by car for 1-3 people: €60

-Departure transfer by car for 1-3 people: €55

-Arrival transfer by minivan for 4-7 people: 70

-Departure transfer by minivan for 4-7 people: €65

PRE/POST TOUR ACCOMMODATION:

Hotel in Vilnius COMFORT LT*** or similar

Single €105 EUR per single room per night, including breakfast

Double €120 EUR per room per night, including breakfast

Hotel in Tallinn HESTIA ILMARINE***** or similar

Single €125 EUR per single room per night, including breakfast

Double €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 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.