

Cycling Safaris

LITHUANIA - LATVIA - ESTONIA

VILNIUS - RIGA - TALLIN 2027

Self-Guided Tour

cycling 400 km / 250 miles | 10 nights / 11 days

by coach 1180 km / 738 miles | by boat 12 km / 8 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.

OVERNIGHT: 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 at the hotel.

OVERNIGHT: Kaunas, HOTEL: **VICTORIA HOTEL KAUNAS****** or similar

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

Morning bike ride through forest parks of 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 at the hotel for 2 overnights.

OVERNIGHT: Klaipėda, HOTEL: **MERCURE CITY KLAIPEDA****** 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.

OVERNIGHT: Klaipėda, HOTEL: **MERCURE CITY KLAIPEDA****** or similar

Day 5 Friday: KLAIPĖDA-PALANGA Resort-Hill of Crosses-RIGA (cycling 36 km / 23 miles, by minibus 290 km)

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), the capital of 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 for 2 overnight stays, optional dinner at the hotel.

OVERNIGHT: Riga, 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. You can 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).

OVERNIGHT: Riga, HOTEL: **WELLTON RIVERSIDE SPA HOTEL****** or similar

Day 7 Sunday: (Latvia – Estonia) Along the Baltic coast to Pärnu Resort (cycling 65 km / 41 miles, by bus 115 km)

Morning transfer by bus to the Estonian border where we start cycling along the Baltic Coast with quiet coves and sand beaches. Follow the coast road alongside wetlands where you will see a range of birds and other wildlife among the reeds. Arrive in Pärnu, the summer capital of Estonia, check-in at the hotel.

OVERNIGHT: Pärnu, HOTEL: **ESTONIA RESORT HOTEL & SPA****** or similar

Day 8 Monday: (Estonia) PÄRNU-SAAREMAA
(cycling 50 km / 31 miles, by minibus 130 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 passing by Angla iconic windmills and Kaali meteorite crater which is listed on the world's giant craters list and it is the rarest nature wonder in Estonia. Arrive in Kuressaare, the capital of Saaremaa, check into the hotel for 2 overnight stays in the old town.

OVERNIGHT: Kuressaare, HOTEL: **MERI 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.

OVERNIGHT: Kuressaare, HOTEL: **MERI SPA***** or similar

Day 10 Wednesday: SAAREMAA & TALLINN
(cycling 41 km / 26 miles, by coach 200 km, by ferry 6km)

Morning transfer by bus to mainland. Cycling along the Baltic coast passing by Keila-Joe waterfall and Türisalu coastal cliffs. Finish the bike ride in Tallinn, the capital of Estonia, check-in at the hotel. Take part in a guided walking tour of Tallin Old Town. Optional dinner in a city restaurant.

OVERNIGHT: Tallin, 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
Day 2	"Victoria Hotel Kaunas" , Misko str. 11, LT-44321, Kaunas Lithuania tel. +370 37407500
Day 3 & 4	"Mercure City Klaipeda" , Klaipeda
Day 5 & 6	Wellton Riverside Spa Hotel , 11. Novembra Krastmala 33, Riga, LV-1050, Latvia Tel +37166777862
Day 7	"Estonia Resort Hotel & Spa" , Pärnu
Day 8 & 9	"Meri Spa" , Kuressaare
Day 10	"Hestia Hotel Ilmarine" , Põhja pst 21b, 10414, Tallinn Estonia tel. +372 614 0900

2027 TOUR DATES AND PRICES

Self-Guided Tour dates:

Tours start on Mondays and finishes on Thursdays (10 nights/11 days)

Low season: May 24-June 3, May 31-June 10, June 7-17, August 23-September 2, August 30-September 9, September 6-16

High season: June 14-24, June 21-July 1*, June 28-July 8, July 5-15, July 19-29, July 26-August 5*, August 2-12, August 9-19, August 16-26*

**German speaking city guide only on these dates. Other dates English speaking city guide*

Self-guided tour price

Low season:

€1865 per person sharing

€2440 single room

High season:

€1920 per person sharing

€2595 single room

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

€150 Regular Bike

€350 E-Bike

€275 Aluminium or Gravel Bike

€350 Carbon Gravel Bike

€12 Helmet rental

Notes:

Discount for extra bed in double/twin room: -15% on basic tour price

Minimum group size: 2 people (fixed departure dates)

6 people (any other date May – September, on request)

TOUR PRICE INCLUDES

- 10 nights stay in 3 – 4-star hotels, incl. all taxes
- Breakfast daily
- Luggage transfer as per itinerary
- Transfers as per itinerary by air-conditioned coach /minibus
- Guided 2-hour city tours in Vilnius Riga & Tallinn (any entrance fees are payable individually)
- 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 for (Self-guided)
- GPS tracks (Self-guided)

SELF-GUIDED TOUR DOES NOT INCLUDE

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

THE TOUR EXCLUDES:

- Arrival and departure transfers
- Lunches and dinners
- Bicycle rental, helmet rental
- Entrance fees
- Train tickets
- Tips

OPTIONAL EXTRAS:

€145 for 3x 3-course dinner package (1x Klaipeda, 1x Riga, 1x Tallinn)

TRANSFER OPTION

(20% surcharge for late and early hours from 23.00pm – 07.00am)

- Arrival transfer by car for 1-3 people: €70 per transfer
- Departure transfer by car for 1-3 people: €65 per transfer
- Arrival transfer by minivan for 4-7 people: 80 per transfer
- Departure transfer by minivan for 4-7 people: €75 per transfer

PRE/POST TOUR ACCOMMODATION:

Hotel in Vilnius COMFORT LT*** or similar

Single	€110 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	€130 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 as Moderate . Daily biking routes mainly on low traffic roads and cycle paths range from 25 to 65 km (16-41 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 Curonian Spit) and dead flat 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.