

Cycling Safaris

LITHUANIA - POLAND 2025

Self-guided Tour | 363 km | 10 days



Explore the borderland of Lithuania and Poland which is the land of gentle hills, sandy plains, vast primeval forests, crystal clear lakes and deep river valleys.

The tour starts in the Lithuanian capital city Vilnius and finishes in the Polish capital city Warsaw, both cities famous for their Old towns designated as World Heritage Sites by UNESCO. The tour highlights includes three nights in Druskininkai Spa Resort, cycling and kayaking in Dzūkija National PAN Park in Lithuania, cycling around Suwalki Lakeland with Wigry and Biebrza National Parks in Poland.

Experience a wide variety of towns, villages and countryside for an excellent introduction to the very distinct characters of these two different countries which had a common history known as the Polish – Lithuanian Commonwealth in 16-18th Century!

The tour begins in Vilnius where you get your tour maps with detailed program and route description. Next day your rental bikes will be ready for your first ride in Trakai. This trip is a half-guided tour ie during the whole trip our driver with a minibuss and bike trailer is with you and you can take part in city tours (Vilnius & Warsaw) lead by professional guides. Our driver will transport your luggage every day to the next hotel. If you have a breakdown, then our driver will take care of everything for you. If you have any problems – contact the driver or our office.

TOUR ITINERARY

Total: Cycling approx. 363 km / 227 miles, by minibuss 519 km / 324 miles

Day 1 Friday (Lithuania): Arrive in Vilnius

Arrive in Vilnius, the capital of Lithuania for more than 600 years. Individual transfer to the hotel (not included) and check-in at the hotel for 2 overnight stays.

Day 2 Saturday (Lithuania): **VILNIUS & TRAKAI**
(cycling ~49 km/31 miles, by minibus ~32 km)

After breakfast a guided tour of Vilnius Old Town. In the afternoon transfer to Uzutrakis where start your first cycle ride on gentle hills around Galvė lake back to Vilnius. En route you may visit Trakai, the former capital of the Grand Duchy of Lithuania, famous for the 14thC island castle built on a small island in Lake Galvė

Day 3 Sunday (Lithuania): **Along the Nemunas River to DRUSKININKAI Resort**
(cycling ~48km/30 miles, by minibus ~100 km)

Transfer by minibus to Merkinė. Cycle ride to Druskininkai which is one of the best climatic and wellness springs resorts in Europe. Today's cycle route goes via Liškiava famous for its 17-18thC Dominican monastery ensemble on the Nemunas River bank. Arrive in Druskininkai, check into the hotel for two overnight stays. Afternoon trip to Grutas Park, which has a unique distinction of being the place where all unwanted statues of Lenin were taken after Lithuania regained its independence from the Soviet Union.

Day 4 Monday (Lithuania): **DZŪKIJA NATIONAL PARK by bike**
(cycling ~42 km/26 miles, by minibus ~45 km)

Morning transfer to Dzūkija National Park, the largest park in Lithuania overgrown with pine forests (90% of the territory) and one of 13 wild PAN parks in Europe. Here begins your cycle route through the woods and ethnographical villages. Afternoon free in the resort or going for a circular ride in the woods.



Day 5 Tuesday (Lithuania-Poland): SUWALKI LAKELAND & TOWN
(cycling ~47 km/29 miles, by minibus ~95 km)

Morning bus transfer to Poland. After crossing the border start your cycling on rolling hills with picturesque views to beautiful lakes and Polish countryside. Wigry National park is your destination. En route you visit Suwałki, the largest town and the capital of the historical Suwałki region. Check into the hotel for 2 overnight stays. Optimal dinner at the hotel (not included)

Day 6 Wednesday (Poland): **WIGRY NATIONAL PARK**
(cycling ~47 km/29 miles)

Circular bike tour on marked trails around Wigry Lake which is the largest with 15 islands, one of the deepest (73 m) and most beautiful lakes in Podlasie region.

En route explore a former monastery, built by the death-obsessed Camaldolese monks in 17th C. The whole complex, complete with a church and 17 hermitages, is spectacularly located on a peninsula in the lake

Day 7 Thursday (Poland): **AUGUSTOW & BIEBRZA NATIONAL PARK**
(cycling ~55 km/34 miles, by minibus ~67 km)

Cycling along the Green Velo route to Augustow, in route passing by several lakes and Augustow canal. Augustow is a small but appealing, the gateway to the Suwalki region at the Netta River and Augustow Canal bearing the town's name. After a short bus transfer, arrive in Goniadz, check-in at the hotel. Optional dinner at the hotel (not included)

Day 8 Friday (Poland) **BIEBRZA NATIONAL PARK & WARSAW**
(cycling ~39 km/24 miles, by coach ~180 km)

Morning is dedicated for a cycling ride along the Royal Route (Polish: Trakt Królewski) through Biebrza National Park which protects vast and relatively untouched fenlands with a unique variety of plants, rare wetland birds and mammals such as Elk and beaver. In the afternoon, transfer by minibus to Warsaw, capital of Poland. Check-in at the hotel followed by a guided tour of Warsaw Old Town.

Day 9 Saturday (Poland): **WARSAW BY BIKE**
(optional cycling tour ~36 km/22 miles)

Free day in Warsaw. Optionally, you may join (not included) a guided cycling tour beyond the Old town and Central district on both sides of the river Vistula. You can ride through many green areas of Warsaw by some cultural and historic landmarks.

Day 10 (Poland) **WARSAW**
Departure after breakfast.



2025 TOUR DATES

Friday Start dates:

20th June

25th July

22nd August

2025 TOUR PRICES

€1320 per person sharing in a twin/double room

€1670 single room

Bike rental is not included in the tour price. This is an additional:

€110 Trekking 24 speed rental bike, includes waterproof back pannier, handlebar bag with plastic cover for gps/smartphone, tachometer (1 per booking)

€265 E-Bike rental includes waterproof back pannier and handlebar bag with cover for gps/smartphone

€10 Helmet rental

TOUR PRICE INCLUDES

- 9 nights stay in hotels, including all taxes, plus breakfast daily
- Daily breakfast
- GPS tracks available
- Transfers as per itinerary by air-conditioned coach /minibus
- Luggage transfer as per itinerary
- Guided walking tours in Vilnius and Warsaw (any entrance fees are payable individually)
- Individual information package (one per room)
- Emergency hotline in need for assistance

NOT INCLUDED:

- Bike rental
- Arrival and departure transfers
- Lunches and dinners
- Tips

TRANSFERS FROM/TO AIRPORT:

- Arrival transfer from Vilnius Airport by car for 1-3 people 65 EUR per transfer
- Arrival transfer from Vilnius Airport by minibus for 4-7 people 75 EUR per transfer
- Departure transfer to Warsaw Chopin Airport by car for 1-3 people 65 EUR per transfer
- Departure transfer to Warsaw Chopin Airport by minibus for 4-7 people 95 EUR per transfer
- Departure transfer to Warsaw Modlin Airport by car for 1-3 people 130 EUR per transfer
- Departure transfer to Warsaw Modlin Airport by minibus for 4-7 people 175 EUR per transfer

PRE/POST TOUR ACCOMMODATION:

Hotel in Vilnius COMFORT HOTEL LT * or similar**

Single 110 EUR per room per night, including breakfast

Double 120 EUR per room per night, including breakfast

Hotel in Warsaw METROPOL* or similar**

Single 140 EUR per room per night, including breakfast

Double 150 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 bottle. Although it is not compulsory to wear a helmet in the Baltic States, we strongly recommend that you use one

BIKE RENTAL 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) with plastic holder for smart phone
- Water bottle carrier
- Back carrier
- Bicycle lock
- Pump
- Repair kit (carried by tour guide)
- Map support
- Helmets on request
- Tachometer.

We rate this trip Easy to moderate. Daily biking routes are mainly on low traffic roads and cycle paths ranging from 32 to 57 km (20-36 miles) each day with a possibility to do more kilometres while cycling around Druskininkai Resort (Day 3-4) and Wigry Lake (Day 6). The terrain is flat most of the tour except a few stretches on rolling roads with some gradual hills in Lithuania (around Trakai and the route to Druskininkai) and Poland (Suwalki Lakeland and around Wigry Lake).

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 and in Poland the currency is Polish zloty

Additional expenses and spending money

All lunches, four dinners / 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.