

Cycling Safaris

LITHUANIA - POLAND 2024

Self guided Tour | 353 km | 8 nights / 9 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. 353 km / 221 miles, by minibuss 480 km / 300 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 welcome meeting at the hotel with tour guide 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. Afternoon return trip to Trakai, the former capital of the Grand Duchy of Lithuania. Start your first cycle ride on gentle hills around Galvė lake. En route we'll stop in Trakai where you may visit the 14thC island castle built on a small island in Lake Galvė.

Day 3 Sunday (Lithuania): **Along the Nemunas River to DRUSKININKAI Resort**
(cycling ~32 km/20 miles or 48 km/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 free in the resort or going for a circular ride in the woods. Dinner at the hotel (included).

Day 4 Monday (Lithuania): **DZŪKIJA NATIONAL PARK by bike**
(cycling ~52 km/33 miles, by minibus ~55 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 (parks that support Europe's wilderness). Here begins our cycle route through the woods and ethnographical villages. Afternoon trip to Grūtas 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 5 Tuesday (Lithuania-Poland): SUWALKI LAKELAND & TOWN
(cycling ~48 km/30 miles, by coach ~95 km)

A morning bus transfer to Poland. After crossing the border you start 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. You are staying two nights in hotel Wigry National Park

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 17thC. 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 ~57 km/36 miles, by coach ~28 km)

Short transfer to Augustow, a small but appealing town, the gateway to the Suwalki region at the Netta River. Today we cycle along the GreenVelo route to 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. Arrive in Goniadz, check-in and dinner at the hotel (included).

Day 8 Friday (Poland) **GONIADZ - WARSAW**
(cycling ~39 km/24 miles, by coach ~180 km)

Morning is dedicated for the final cycling ride along the Royal Route (Polish: Trakt Królewski) through Biebrza National Park and then transfer by bus to Warsaw, capital of Poland. Check-in at the hotel followed by a guided tour of Warsaw Old Town. Dinner in local restaurant (included).

Day 9 Saturday (Poland): **Warsaw**

Breakfast at the hotel. End of the tour.



2024 TOUR DATES AND PRICES

Friday Start dates:

12th - 20th July, 16th - 24th August, 6th - 14th September

(Any other dates from May - September self guided available for a minimum of 6 people.)

€1099 per person sharing in a twin/double room

€1366 single room

€90 Trekking 24 speed rental bike , includes waterproof back pannier, handlebar bag with plastic over for gps/smartphone, tachometer (1 per booking)

€245 E Bike rental includes waterproof back pannier and handlebar bag with cover for gps/smartphone

€10 Helmet rental

TOUR PRICE INCLUDES

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

NOT INCLUDED:

- Bike rental: €90 trekking bike, €245 e-bike, €10 helmet
- Arrival and departure transfers
- Lunches and Dinners (there is an option to include 4 dinners package, 3 courses with coffee/tea at the hotels or local city restaurants (1 x Druskininkai, 1 x Gavrych Ruda, 1 x Goniadz, 1 x Warsaw) 155 EUR per person

TRANSFERS FROM/TO AIRPORT:

- Arrival transfer from Vilnius Airport by car for 1-3 people - 50 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 - 60 EUR per transfer
- Departure transfer to Warsaw Chopin Airport by minibus for 4-7 people - 75 EUR per transfer
- Departure transfer to Warsaw Modlin Airport by car for 1-3 people - 125 EUR per transfer
- Departure transfer to Warsaw Modlin Airport by minibus for 4-7 people - 160 EUR per transfer

PRE/POST TOUR ACCOMMODATION:

Hotel in Vilnius COMFORT HOTEL LT *** or similar

SGL 95 EUR per room per night, including breakfast

DBL 105 EUR per room per night, including breakfast

Hotel in Warsaw METROPOL*** or similar

SGL 110 EUR per room per night, including breakfast

DBL 120 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 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.