

Cycling Safaris

LITHUANIAN SEASIDE 2025

Self-Guided Tour

253 km / 158 miles | 8 days / 7 nights



The Baltic Sea coast in Lithuania with Palanga Resort and the Curonian Spit National Park, designated by UNESCO as a World Heritage Site, explored individually by bicycle on very scenic cycling routes. Experience traditional Lithuanian country life when cycling with storks in the Nemunas River Delta region. This tour partly covers the Seaside Cycle Route, which is still only officially signposted, good quality cycle route in Lithuania. The tour begins & ends in the historic coastal town of Klaipėda (known as Memel for many years) which boasts a rich, turbulent history from 13thC. Nowadays, it's a bustling, modern town offering many excellent leisure options ranging from history tours to water sports. There's a wide range of cafes & restaurants & many annual festivals, e.g. jazz, folklore. You can choose to spend extra nights here either at the beginning or end of the tour. During the tour you will spend 2 nights in Nida, the largest settlement on the Curonian Spit. It's the perfect place to enjoy a relaxing seaside break or explore on foot, by cycle or canoe its unique surroundings, its geology, birdlife, the influence of the Lagoon etc.

Cycling grade

We rate this trip as easy going to moderate. You will cycle on low traffic roads (a few stretches on gravel/sandy road) and separate cycle paths (half the tour), including the Lithuanian Seaside Cycle Route. The terrain is dead flat most of the tour, except a few hills on the Curonian Spit.

TOUR ITINERARY *if arriving on a Wednesday*

Day 1 (Wed): KLAIPĖDA

Arrive in Klaipėda. Individual transfer to the hotel (not included). Check-in and optional dinner at the hotel.

OVERNIGHT: Klaipėda;

HOTEL: THE OLD MILL*** www.oldmillhotel.lt or NATIONAL**** <http://nationalhotel.lt/> or similar

Day 2 (Thur): Along the Seaside Cycle Route to Palanga Resort (~58 km/36 mi.)

9:00 a.m. information meeting at your hotel where you will be greeted by a BALTIC BIKE TRAVEL representative. Cycle along the Lithuanian Seaside Cycle Route to Palanga resort. The route leads you through Giruliai Forest and the Seaside Regional Park, a former soviet military polygon area. En route explore the Dutchman's Cap – a 24-meter-high coastal cliff and Plazė Lake. In Palanga you can visit the Botanical Park and Amber Museum, explore J.Basanavičius pedestrian street with many cafes & restaurants and the 470 m pier heading into the Baltic Sea. Return to Klaipėda using the same or slightly different route. Optional dinner at the hotel.

OVERNIGHT: Klaipėda; HOTEL: THE OLD MILL*** www.oldmillhotel.lt or NATIONAL**** <http://nationalhotel.lt/> or similar

Day 3 (Fr): Cycling with storks on country roads to Šilutė (~47 km/29 mi., by minibus ~40 km)



Take a short transfer by minibus to the inland and start your cycling ride on picturesque country roads to Šilutė. This region has one the largest population of storks in Europe. The White Stork truly deserves its place as Lithuania's national bird. En route stop in Švėkšna village to explore the estate with its beautiful park and impressive neo-gothic church of St.Jacob the Apostle. Arrival in Šilutė, check-in and optional dinner at the hotel.

OVERNIGHT: Šilutė; HOTEL: GILJA*** www.silutesgilija.lt or similar.

Day 4 (Sat): ŠILUTĖ-VENTĖ RUSNĖ Island & the NEMUNAS River Delta (~ 47 km/29 mi.)

Explore Šilutė town and go for a return ride to Rusnė Island, which is the only Lithuania's island located in the Nemunas River Delta Regional Park. Be sure to visit Rusnė village and find a new monument of famous Indian leader Mahatma Gandhi and his intimate friend Hermann Kallenbach. From there you can see the Russian oblast of Kaliningrad just 100 metres across the Nemunas river. Cycle around the island and explore its wild nature and beautiful views from birdwatching towers and the 19th C lighthouse in Uostadvaris Harbour. Optional dinner at the hotel.

OVERNIGHT: Šilutė; HOTEL: GILJA*** www.silutesgilija.lt or similar.



Day 5 (Sun): Cycling to VENTĖ Cape & crossing the Curonian Lagoon to NIDA (~33 km/21 mi., by boat ~14 km/9 mi.)

Free day to explore Nida which is a former old fishermen's village on the Curonian Spit washed by the Baltic Sea on one side and the Curonian Lagoon on the other. Today Nida is the largest settlement in Neringa region and one of the most beautiful resorts in Lithuania. Cycle or walk along impressive sand dunes, visit the most popular places of interest – the Fisherman's House, the summer house of famous German writer Thomas Mann and the Amber Gallery. Optional dinner at the hotel.

OVERNIGHT: Nida; HOTEL: NERIJA*** www.neringahotels.lt/nerija_en.html or similar.

Day 6 (Mon): NIDA - leisure time by the Baltic Sea (~10 km/6 mi.)

Free day to explore Nida which is a former old fishermen's village on the Curonian Spit washed by the Baltic Sea on one side and the Curonian Lagoon on the other. Today Nida is the largest settlement in Neringa region and one of the most beautiful resorts in Lithuania. Cycle or walk along impressive sand dunes, visit the most popular places of interest – the Fisherman's House, the summer house of famous German writer Thomas Mann and the Amber Gallery. Optional dinner at the hotel.

OVERNIGHT: Nida; HOTEL: NERIJA*** www.neringahotels.lt/nerija_en.html or similar.



Day 7 (Tue): Along sand dunes of the Curonian Spit NIDA-JUODKRANTĖ-KLAIPĖDA (~58 km/36 mi.)

Follow an asphalt bike path of the Seaside Cycle Route which takes you along the Curonian Spit to Klaipėda. En route you can stop to explore on foot the “Dead” sand dunes, watch a colony of grey herons and cormorants, visit the Hill of Witches which houses a hundred fanciful and folksy wooden sculptures of Lithuanian legends scattered along a forest path, or just relax, swim in the Baltic Sea and take the sun on golden beaches. Finally, take a local ferry from Smiltynė to the Old Town of Klaipėda and cycle to the hotel. Check-in and optional dinner at the hotel.

OVERNIGHT: Klaipėda; HOTEL: THE OLD MILL*** www.oldmillhotel.lt or NATIONAL**** <http://nationalhotel.lt/> or similar

Day 8 (Wed): KLAIPĖDA

Breakfast at the hotel. End of the tour. It is possible to extend your stay in Lithuania.

TOUR ITINERARY *from/to Thursday*

Day 1 (Thur): KLAIPĖDA

Arrive in Klaipėda. Individual transfer to the hotel (not included). Check-in and optional dinner at the hotel.
OVERNIGHT: Klaipėda; HOTEL: THE OLD MILL*** www.oldmillhotel.lt or NATIONAL**** <http://nationalhotel.lt/> or similar

Day 2 (Fri): Cycling with storks on country roads to Šilutė (~47 km/29 mi., by minibus ~40 km)

9:00 am information meeting at your hotel where you will be greeted by a BALTIC BIKE TRAVEL representative. Take a short transfer by minibus to the inland and start your cycling ride on picturesque country roads to Šilutė. This region has one the largest population of storks in Europe. The White Stork truly deserves its place as Lithuanian's national bird. En route stop in Švėkšna village to explore the estate with its beautiful park and impressive neo-gothic church of St. Jacob the Apostle. Arrival in Šilutė, check-in and optional dinner at the hotel.

OVERNIGHT: Šilutė; HOTEL: GILJA*** www.silutesgilija.lt or similar.

Day 3 (Sat): RUSNĖ Island & the NEMUNAS River Delta (~ 47 km/29 mi.)

Explore Šilutė town and go for a return ride to Rusnė Island, which is the only Lithuania's island located in the Nemunas River Delta Regional Park. Be sure to visit Rusnė village and find a new monument of famous Indian leader Mahatma Gandhi and his intimate friend Hermann Kallenbach. From there you can see the Russian oblast of Kaliningrad just 100 metres across the Nemunas river. Cycle around the island and explore its wild nature and beautiful views from birdwatching towers and the 19th C lighthouse in Uostadvaris Harbour. Optional dinner at the hotel.

OVERNIGHT: Šilutė; HOTEL: GILJA*** www.silutesgilija.lt or similar.

Day 4 (Sun): Cycling to VENTĖ Cape & crossing the Curonian Lagoon to NIDA (~33 km/21 mi., by boat ~14 km/9 mi.)



Cycle to Ventė Cape where you may visit a museum of ornithology and one of the first bird ringing stations in Europe, the 19th C lighthouse which has a panoramic view of the unique landscape - glistening waters of the Curonian Lagoon and the great sand dunes. Today, one million birds pass through Ventė Cape each migratory year. Take a boat to cross the Curonian Lagoon. Arrival in Nida followed by a bike ride to the hotel. Check-in and optional dinner at the hotel.

OVERNIGHT: Nida; HOTEL: NERIJA*** www.neringahotels.lt/nerija_en.html or similar.

Day 5 (Mon): NIDA - leisure time by the Baltic Sea (~10 km/6 mi.)

Free day to explore Nida which is a former old fishermen's village on the Curonian Spit washed by the Baltic Sea on one side and the Curonian Lagoon on the other. Today Nida is the largest settlement in Neringa region and one of the most beautiful resorts in Lithuania. Cycle or walk along impressive sand dunes, visit the most popular places of interest – the Fisherman's House, the summer house of famous German writer Thomas Mann and the Amber Gallery. Optional dinner at the hotel.

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Day 6 (Tue): Along sand dunes of the Curonian Spit NIDA-JUODKRANTĖ-KLAIPĖDA (~58 km/36 mi.)

Follow an asphalt bike path of the Seaside Cycle Route which takes you along the Curonian Spit to Klaipėda. En route you can stop to explore on foot the “Dead” sand dunes, watch a colony of grey herons and cormorants, visit the Hill of Witches which houses a hundred fanciful and folksy wooden sculptures of Lithuanian legends scattered along a forest path, or just relax, swim in the Baltic Sea and take the sun on golden beaches. Finally take a local ferry from Smiltynė to the Old Town of Klaipėda and cycle to the hotel. Check-in and optional dinner at the hotel.

OVERNIGHT: Klaipėda; HOTEL: THE OLD MILL*** www.oldmillhotel.lt or NATIONAL**** <http://nationalhotel.lt/> or similar



Day 7 (Wed): Along the Seaside Cycle Route to Palanga / KLAIPĖDA-PALANGA Resort -KLAIPĖDA, (~58 km/36 mi.)

Cycle along the Lithuanian Seaside Cycle Route to Palanga resort. The route leads you through Giruliai Forest and the Seaside Regional Park, a former soviet military polygon area. En route explore the Dutchman’s Cap – a 24-meter-high coastal cliff and Plazė Lake. In Palanga you can visit the Botanical Park and Amber Museum, explore J.Basanavičius pedestrian street with many cafes & restaurants and the 470m pier heading into the Baltic Sea. Return to Klaipėda using the same or slightly different route. Optional dinner at the hotel.

OVERNIGHT: Klaipėda; HOTEL: THE OLD MILL*** www.oldmillhotel.lt or NATIONAL**** <http://nationalhotel.lt/> or similar



Day 8 (Thur): KLAIPĖDA

Breakfast at the hotel. End of the tour. It is possible to extend your stay in Lithuania.

2025 TOUR DATES & PRICES

Self-guided tour dates	Price per person Category B	Price per person Category A
Starting date= From Wednesday May 21, 28 June 4, 18, 25 July 2, 9, 16, 23, 30 August 6, 13, 20, 27	Double €645 Single €1005 Double €715 Single €1075	Double €715 Single €1105 Double €790 Single €1180
Starting date date= From Thursday May 22, 29 June 5, 19, 26 July 3, 10, 17, 24, 31 August 7, 14, 21, 28	Double €645 Single €1005 Double €715 Single €1075	Double €715 Single €1105 Double €790 Single €1180

Category B: 3* hotels x 7 nights

Category A: 3* hotels x4 nights + 4* hotels in Klaipeda x 3 nights

WHAT THE TOUR PRICE INCLUDES

- 7x nights stay at the hotels including all hotel taxes
- 7x breakfast
- Luggage transport Klaipėda - Šilutė, Šilutė - harbour - Nida & Nida - Klaipėda
- Transfer by minibus Klaipeda - Veivirzenai
- Boat trip across the Curonian Lagoon to Nida
- Individual information package (city guide, maps, program and route description)
- GPS tracks
- Emergency contact numbers

THE TOUR EXCLUDES

- Arrival and departure transfer
- Bicycle rent
- Lunches & dinner

BIKE RENTAL:

- €100 Trekking bike, incl. handlebar bag with map/smartphone holder and tachometer
- €205 E-bike, incl. handlebar bag with map/smartphone holder and tachometer
- €205 Tandem, incl. handlebar bag with map/smartphone holder and tachometer
- €10 helmet rental

OPTION FOR HALF BOARD:

Category A: €225 (7 dinners package / 3 courses with coffee or tea in 3* hotels)

Category B: €255 (7 dinner package / 3 course with coffee or tea) in 3* hotels and 4* hotel in Klaipeda)

OPTIONAL EXTRAS TRANSFERS

- Arrival transfer by car (1-3 people) 90 per transfer (Palanga airport) or 70 per transfer (Klaipeda central ferry terminal)
- Departure transfer by car (1-3 people) 80 per transfer (Palanga airport) or 60 per transfer (Klaipeda central ferry terminal)
- Arrival transfer by minivan (4-7 people) 125 per transfer (Palanga airport) or 90 per transfer (Klaipeda central ferry terminal)
- Departure transfer by minivan (4-7 people) 115 per transfer (Palanga airport) or 80 per transfer (Klaipeda central ferry terminal)

BIKE RENTAL AND FITNESS

Here is an example of the type of touring bike that you can rent:



Comfortable trekking / hybrid bikes (KTM, VDV - *velo-de-ville*) which we offer for rental on self-guided and fully guided cycle tours in the Baltics. They are equipped with:

- 24-speed Shimano derailleur gears with free wheel or 8-speed internal-hub gears, *Shimano Nexus*, & pedal brake (optional);
- Aluminum frame of different size and type - lady's, unisex and standard one with a crossbar;
- Front suspension fork (some are with lockout function) or rigid fork;
- 28" and 26" size wheels with flat-less puncture protection tires,
- Comfortable saddle with springs or/and suspension seatpost,
- Mudguards to keep you clean in case of bad weather;
- Bottle holder (except bikes with real lady's frame);
- Back rack for panniers (one waterproof pannier is included);
- LED lights (front & back) with hub dynamo;
- Flat pedals which can be changed to SPD ones (extra charge) or your own pedals.
- Handlebar bag with map/smartphone holder & tachometer

E-bikes / Pedelecs - motor-assisted electric bikes

We use high quality e-bikes specially designed by Velo-de-Ville (VDV) company in Germany, and they are equipped with:

- BOSCH central-drive motor (250W) and 11 ah Litium-Ion battery (400Wh or 500 Wh) which lasts for up to 110 km/70 miles in eco mode;
- On-board computer with 5 riding modes: Off, Eco, Tour, Sport, Turbo;
- 8-speed internal-hub gears (Shimano Nexus) with freewheel or back-pedal brakes (optional);
- Aluminum lady's/unisex frame type of different size (SS - 42 cm /16", S - 45 cm /17", M - 50 cm /19", L - 55 cm /21",



- Comfortable saddle with springs or suspension seatpost, easy adjustable height;
- Back rack for panniers (one waterproof pannier is included on most tours);

XL - 60 cm /24") and standard frame with a crossbar for tall men - XL size (60 cm/24");

- Front suspension fork;
- 28" size wheels and flat-less puncture protection tires, *Schwalbe Marathon Plus 40x622*;
- LED lights with hub dynamo.
- Handlebar bag with map/smartphone holder & tachometer



Cyclocross bikes for sportive travellers

with wider tires (35 mm) and disc brakes are more universal and suitable for rides on good asphalt and gravel roads; and they are equipped with water bottle holders, racks for a handlebar bag, *Ortlieb*, and back panniers.

- *KONA Jake* with lightweight alloy frame (51 cm/20" and 54 cm/21"), 20-speed gears;
- *KONA Jake the Snake* with lightweight alloy frame and carbon fork, frame size 58 cm/23", 20-speed gears.
- Handlebar bag with map/smartphone holder & tachometer

BACK UP SERVICE

As this is a self-led trip you do not have the back-up of a guide and support van. Our aim is to allow you feel like an independent traveller, free to cycle each day at your own pace while at the same time having the security of knowing that your luggage will be waiting for you in your next accommodation.

If you experience small problems with the bike (e.g., a puncture) you will have a spare tube, pump and tyre lever. You also have access to a 24 hour helpline.

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 (*please bring your own as these are not provided*).

ADDITIONAL INFORMATION

Arrival & departure information

Ferry terminal: Klaipeda (DFDS ferries from Kiel, Germany & Karlshamm, Sweden; TT-Line ferries from Travemunde/Rostock, Germany & Trelleborg, Sweden)

Airport: Klaipeda/Palanga (35 km / 22 mi. away from Klaipeda, www.palanga-airport.lt). Regular flights from Copenhagen (DK), Riga (LV), London Luton (GB) & London Stanstead (GB). Due to many connection flights (SAS, Air Baltic) it is easy to reach this airport from many cities in Europe via Copenhagen and Riga.

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

Foreign currencies and local currency can be exchanged at all banks.

Additional expenses and spending money

All lunches, dinners and drinks are at your expense.

Local Time

Local time conforms to Eastern European Time which is 2 hours ahead of GMT.