

# Cycling Safaris

## Sweden – Stockholm Roundtrip

### Self-Guided Tour 2024

255 km | 7 days / 6 nights



Discover Stockholm and its surroundings along one of Sweden's largest lakes. Cycle through exciting and varied scenery, accompanied by either one of the countless lakes or the sea which will never leave your side. Find out about Swedish history from Viking times up until today, you will be amazed how many interesting things there are to explore: from Drottningholm Palace and the great number of parks in Stockholm, to smaller towns such as Mariefred and Trosa and the idyllic vastness of Sweden. Enjoy your stay in Sweden!



### **Day 1**      **Arrival in Stockholm**

Take your first stroll through Sweden's capital and explore some of the many sights and tourist attractions. Overnight stay in Stockholm.

### **Day 2**      **Stockholm – Södertälje**      **approx. 60 km**

The bike trip takes you on its first day along an ancient trade route that has existed since the Viking Age, skirting along Sweden's third largest lake, Lake Mälaren. On the way, you pass the World Heritage Listed Drottningholm Palace. Here, right on the shore of Lake Mälaren, the royal family grew up. Also located in the grounds is the Chinese Pavilion dating from the 18th century. It's worth a visit, as is the old cellar house cafe, serving delicious waffles. You continue by ferry to Södertälje. At Sturehov, located in eastern Lake Mälaren at Rödstensfjärden, it's time for a late lunch. Södertälje is located between Strängnäs, Stockholm and Nyköping where Lake Mälaren is connected to the Baltic Sea through the lock in Södertälje canal. Overnight stay in Södertälje.

### **Day 3**      **Södertälje – Mariefred**      **approx. 45 km**

Today you ride on small side roads to Gripsholm Castle. It houses the national portrait collection of over 4 000 works that trace the portrait art from the 1400s and up to the present. The castle's history goes back to the 1370s, when Bo Jonsson Grip built a castle on a promontory which, after several expansions became Gripsholm Castle.

### **Day 4**      **Mariefred - Järna**      **approx. 45 km**

Today's tour takes you right into the middle of untouched and remote nature reserves, through the amazing scenery of Sörmland. At this spot countless rivers and lakes were formed due to vast tectonic movements. Nevertheless the altitude is never higher than 100m. Once you have mastered the hills you are rewarded with stunning views and a long descent afterwards. Your hotel is located in the small town of Järna with its world famous Anthroposophy (a form of holistic health and wellbeing) village with bio-dynamic gardens and characteristic architecture. Overnight stay in Järna.

### **Day 5**      **Järna – Trosa**      **approx. 50 km**

Your destination for the day is the idyllic Baltic Sea town of Trosa, the setting for many films from "Inga Lindstrom". In one of the little restaurants we recommend you to try some of the amazing local seafood like salmon or smoked fish. Overnight stay outside of Trosa.

### **Day 6**      **Trosa – Stockholm**      **approx. 55 km**

Northward bound and a short ferry trip later you return to one of Stockholm's many islands. The last part of the tour is covered by an overground commuter train to one of the central stations in Stockholm and in the afternoon cycle on lovely flat cycle paths along the water to Stockholm's Southern island of Södermalm. Overnight stay in Stockholm.

### **Day 7**      **Departure**

After breakfast your getaway tour ends. We are happy to book extra days for you. In case you do extend and want to cycle around for an extra day, we suggest perhaps explore central Stockholm by bike. This covers several of the 14 city islands including roundtrips on Djurgården Island and part of the National City Park. The Vasa museum and the outdoor museum Skansen, both situated on the island, are worth a visit. The palace and the old part of town dating back to the mid-14th century are also part of the sightseeing agenda.

**Profile of the route:** Stockholm offers well-maintained cycling paths. Outside the city we design the route with an aim to minimise traffic.

## DATES AND PRICES 2024

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Tour start every Sunday from 26 May – 1 September 2024

Season 1: 26 May – 1 June & 1 September

Season 2: 2 June – 15 June & 18 August – 31 August

Season 3: 16 June – 17 August

### CATEGORY A (3\*\*\* & 4\*\*\*\* hotels)

#### Season 1

€1030 per person sharing

+€465 single room supplement

#### Season 2

€1075 per person sharing

+€465 single room supplement

#### Season 3

€1120 per person sharing

+€465 single room supplement

### CATEGORY B (2\*\* & 3\*\*\* hotels)

#### Season 1

€940 per person sharing

+€385 single room supplement

#### Season 2

€985 per person sharing

+€385 single room supplement

#### Season 3

€1030 per person sharing

+€385 single room supplement



## WHAT THE TOUR PRICE INCLUDES

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- 6 nights hotel accommodation
- All breakfasts
- All ferries as per itinerary
- Luggage transfer each day
- Well elaborated route
- Route description with detailed maps
- Navigation-App and GPS data
- Service helpline

### **Not included:**

Bike rental: €120 Touring bike, 21 gears, free wheel

E-bike: €280, 8 gears, pedal break

## 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.

## ACCOMMODATION

Accommodation in this tour is in very comfortable 2\* & 3\* hotels (overnight in Mariefred with shared bathroom) (Cat B) chosen for their character and location. Upgrade to Cat A is possible (3\* & 4\* hotels)

Our first preference accommodation each night is:

Clarion	Stockholm	<a href="http://www.nordicchoicehotels.com/clarion-collection/clarion-collection-hotel-tapto/">www.nordicchoicehotels.com/clarion-collection/clarion-collection-hotel-tapto/</a>
Scandic	Södertälje	<a href="http://www.scandichotels.com/Hotels/Sweden/Sodertalje">www.scandichotels.com/Hotels/Sweden/Sodertalje</a>
Best Western	Mariefred	to be confirmed
Kulturhuset Ytterjärna	Järna	<a href="http://www.hotellkulturhuset.se/en">www.hotellkulturhuset.se/en</a>
Åda Golf & Country Club	Trosa	<a href="http://www.adagolf.se/">www.adagolf.se/</a>
Clarion	Stockholm	<a href="http://www.clarion-hotel-tapto.h-rez.com">www.clarion-hotel-tapto.h-rez.com</a>

All the above accommodation is of course subject to availability.

### Extra nights in Stockholm

€100 per person sharing (category A) / €95 per person sharing (category B)  
€165 single room (category A) / €145 single room (category B)

### Extra nights in Mariefred

€145 per person sharing (category A) / €85 per person sharing (category B)  
€190 single room (category A) / €135 single room (category B)

## WHAT TO BRING

Specialized cycle clothing may be handy but not strictly necessary. What you do need (among other things) is the following:

- Padded shorts/ long trousers/ track suit/ legging
- shirts/ sweater/ rain clothing
- Gloves (only when you book a tour in April. It can be chilly in the morning that time of year!)
- good shoes
- sunglasses/ cap/ swimming costume



### Trek T300 Touring bike

- Unisex bike with aluminium frame
- 21 gears Shimano, freewheel
- Brakes: Shimano M422 V Brakes
- Saddle post: 27,2mm
- Saddle: Selle Royal
- Tyre type: Schwalbe Road Cruiser
- Additional equipment: Saddle & handlebar bag, odometer, bicycle lock, air pump, breakdown repair kit

*Touring bikes: €120*



### Ideal Orama 320ED\*

- Unisex bike with aluminium frame
- 8 gears Shimano, freewheel
- Brakes: Shimano M315 Hydraulic Disc
- Saddle post: 31,6 mm
- Tyre type: Kenda
- Motor and battery: Bosch
- Additional equipment: Saddle & handlebar bag, odometer, bicycle lock, air pump, breakdown repair kit

*E bikes: €280.00*



## HOW TO GET THERE

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### Arrival and departure

Numerous airlines ( including Aer Lingus ) fly direct to Stockholm from Dublin, and also Scandinavian Airlines; from there you can take a bus or taxi.

Nearest main airport: Stockholm, Sweden

