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TOURS** SINCE 1995

**Estonia – Latvia – Lithuania - Cycling in the Baltics (2025)**  
**Self-Guided Cycling Tour**  
**11 days / 10 nights**



Panoramio.com

The Baltic coast and National Parks of Estonia, Latvia and Lithuania explored on very scenic routes, including the three capital cities – Tallinn, Riga and Vilnius – with their old towns designated by UNESCO as World Heritage Sites. Featuring the National Park Lahemaa, which is one of the last unspoiled regions of the Baltic coast, Otepää Lakeland – the so-called “Estonian Switzerland” and the beautiful Gauja River valleys. The tour includes cycling on the Curonian Spit which was previously closed to visitors; nowadays it is often called the Lithuanian Sahara. Travel from Tallinn, Estonia, in the north, through Latvia and on to Lithuania in the south, enjoy a great variety of towns, villages and landscapes, and get an excellent feel for the different characters of these distinctive countries.

The tour begins in Tallinn where you get your tour maps with detailed program and route description. Next day your rental bicycles will be ready for your first ride in Lahemaa. This trip is a half-guided tour; during the whole trip, except Jurmala and the Curonian Spit, the driver with a minibus and bike trailer is with you and you can take part in city tours (Tallinn, Riga, and Vilnius) lead by professional guides. The driver will transport your luggage every day to the next hotel. If you have a breakdown, the driver will take care of everything for you. If you have any problems – contact the driver or our office. To make certain that you are well looked after, we only employ people, who have good local knowledge and speak either English, or German.

**OK Cycle & Adventure Tours Inc.** - 666 Kirkwood Ave - Suite B102 – Ottawa, Ontario Canada K1Z 5X9  
[www.okcycletours.com](http://www.okcycletours.com) Toll Free 1-888-621-6818 Local 613-702-5350



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### Itinerary Day to Day

#### **Day 1: Arrive to Tallinn, Estonia**

Arrive in Tallinn. Individual transfer to the hotel (not included) where you get your tour maps with detailed program and route description. Check-in at the hotel. 6:00 pm you can join in a guided tour of Tallinn.



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bicycle trip along Peipsi Lake shore to Varnja. Peipsi is 4th largest lake in Europe, divided in two by the Russian border. En route, you'll pass many fishing villages. You reach your hotel after a bus transfer to Tartu, a famous, historic university town (the university was founded in 1632). Check-in and optional dinner at the hotel.

#### **Day 2: Tallinn - National Park Lahemaa, Estonia cycling 51 km, by minibus 100 km**

10:00 a.m. meet your minibus driver. After a short transfer you'll begin your first bicycle trip through National Park Lahemaa which is one of the last unspoiled regions of the Baltic coast. The National park is a nature lover's paradise. There are dense woods, marshes, lakes and waterfalls to discover. If you prefer wildlife to landscape, you can see moose, wild boars and over 220 bird species. Check-in and optional dinner at the hotel.

#### **Day 3: Along Lake Peipsi to Tartu, Estonia cycling 50 km, by minibus 160 km**

Morning transfer by bus to Mustvee where you'll begin a pleasant



Allworldtowns.com

#### **Day 4: Otepää ("Estonian Switzerland") & Sigulda, Latvia cycling 28 km, by minibus 235 km**

After a short bus transfer to Otepää, a beautiful place with many lakes, start your cycling through the so-called "Estonian Switzerland" and begin to appreciate your surroundings. Finish your cycling for the day in Sangaste which is famous for its 19th century romantic castle built in the style of Windsor Palace. Transfer into Latvia where your destination is Sigulda, in the Gauja River Valley, which is the most popular resort in Latvia. En route stop in Cesis where you can visit the medieval old town. Check-in and optional dinner at the hotel.

#### **Day 5: Gauja National Park - Riga, Latvia cycling 17 km, by minibus 50 km**

Cycling through Gauja National Park, en route enjoy spectacular views of

Gauja River valleys with the Gutmana Cave and ruins of 13<sup>th</sup> century Crusaders Castle in Sigulda and Turaida Castle. Afternoon transfer to Riga, the Latvian capital, where a guided tour of the charming Old Town awaits. After check-in at the hotel exploring the medieval hanseatic town famous for its Art Nouveau buildings.





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**Day 6: Riga & Jurmala Seaside resort, Latvia cycling 35 km, by train 25 km**

Today is free to explore Riga on your own and take a cycle ride 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. We recommend that you take the opportunity to bathe 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). Optional dinner at the hotel.

**Day 7: Hill of Crosses & Lithuanian Seaside Cycle Route  
cycling 42 or 32 km, by minibus 290 km**

Transfer by minibus to Lithuanian Seaside. En route stop at the Hill of Crosses, the unforgettable sight of thousands of crosses on two small hills. Begin your cycle ride to Klaipėda on a beautiful bicycle path, which lies along the Baltic Coast in the Seaside Regional Park. En route pass Palanga, 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. Check-in and optional dinner at the hotel.



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**Day 8: Curonian Spit National Park, Lithuania cycling 57 km**

After breakfast you cross the lagoon by ferry (not included) and start cycling on an asphalt bike path which takes you along the Curonian Spit to Nida, the most beautiful resort in Lithuania famous for impressive sand dunes, the Amber Gallery, etc. En route you can visit the Hill of Witches which houses almost a hundred whimsical wooden sculptures about Lithuanian legends scattered along a forest path. Or, if you prefer, watch a colony of grey herons and cormorants, explore the "Dead" sand dunes on foot, swim in the Baltic Sea or, simply relax, & take in the sun on golden beaches. Check-in and optional dinner at the hotel.

**Day 9: Crossing the Curonian Lagoon by ship – Kaunas, Lithuania Cycling 31 km, by minibus 210 km, by boat 14 km**

Take a morning boat across the Curonian Lagoon to the mainland (~1.5 hours), en route enjoy a beautiful view of the Curonian Spit sand dunes. Cycling to Ventė Horn where you may visit a bird observatory and the 19<sup>th</sup> century lighthouse which was used for more than 100 years. Afternoon ride through the Nemunas River Delta Regional Park and transfer by minibus along the Nemunas River to Kaunas, en route passing 16th-17<sup>th</sup> century castles of Raudonė and Panemunė. Check-in and optional dinner at the hotel.



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**Day 10: Trakai Island Castle and the ancient city of Vilnius, capital of Lithuania cycling 33 km, by minibus 97 km**

After breakfast you are transferred by minibus to the Lake District where begin cycling through picturesque countryside on gentle hills. Arrive in 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. Finish the tour with a short transfer to Vilnius, the capital of Lithuania for more than 600 years. The Old Town is stunning with many, varied & beautiful Baroque and Classical buildings. This evening, a guided tour of the city awaits you. Check-in at the hotel.

**Day 11: Vilnius**

Individual departure after breakfast. You can extend your stay in Lithuania; please ask for details



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### Route



### Technical Characteristics:

**Tour Profile:** Relatively Easy. Daily biking routes mainly on low traffic roads and cycle paths range from 21 to 60 km each day with a possibility to cycle more kilometers on some days like Day 6 (Jurmala) and Day 8 (Curonian Spit). The terrain is varied and rolling with some gradual hills on some riding days (some steep ups and downs in the Gauja River valley & Otepää region) and dead flat most of the tour.

**Distance:** 352 km

**Travel Season:** Departures June 4; June 11; June 18; June 25; July 2; July 9; July 23; July 30; August 6; August 13; August 20; August 27; September 3



**Price per Person:** *per person in Euros, subject to confirmation on booking*

Double Occupancy June 4,11,18	€ 1555
Single Occupancy June 4,11,18	€ 1995
Double Occupancy all other dates	€ 1655
Single Occupancy all other dates	€ 2195
Rental Bike Trekking bicycle (Kalkhoff, Kreidler, Ghost) with 7-speed Shimano Nexus hub gears & back-pedal break or 24-speed Shimano derailleur gears & free-wheel (optionally), equipped with waterproof pannier (Ortlieb)	€ 125
Rental of E-bike (Kalkhoff, KTM or Giant) with 7-speed Shimano Nexus hub gears & back-pedal break or free wheel, equipped with waterproof pannier and tachometer	€ 300
Half Board 6 x dinner excludes Tallinn, Riga & Vilnius	€239
Extra Nights Tallinn 4* Double Occupancy with breakfast per room	On request
Extra Nights Tallinn 4* Single Occupancy with breakfast	On request
Extra Nights Vilnius 3* Double Occupancy with breakfast per room	On request
Extra Nights Vilnius 3* Single Occupancy with breakfast	On request

**Included:**

- 10 nights stay in 3-4\* hotels, including all taxes
- Breakfast day 2-10
- Transfers as per itinerary by air-conditioned minibus
- Luggage transport as per itinerary
- Guided tours in Tallinn, Riga and Vilnius (any entrance fees are payable individually)
- Crossing the Curonian Lagoon by boat from Nida to the mainland
- Individual information package (city guides, maps, program and route description)
- Emergency contact numbers for English speaking representatives
- GPS tracks

**Not Included:**

- Arrival and departure transfers
- Lunches and dinners
- Bicycle rent
- Entrance fees
- Tips
- Train tickets from/to Jūrmala
- Ferry tickets in Klaipėda





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### Bikes



Trekking and cross/trekking bicycles for rental on self-guided and fully guided cycle tours in the Baltics are equipped with:

- 7-speed internal-hub Shimano Nexus gears & back-pedaling brake (*KALKHOFF Jubilee, KREIDLER Raise RT 2.1*)
- or 24-speed Shimano derailleur gears with free wheel (*KALKHOFF Agattu 24G, MERIDA Crossway 40, GHOST Trekking 1300*)
- Aluminum frame of different size and type - lady's, unisex and standard one with a crossbar
- Front suspension fork (some are with lockout function)
- 28" size wheels with V-brakes and puncture protection tires
- Comfortable saddle
- Bottle holder (except bikes with lady's frame)
- Back rack for panniers
- Halogen or LED lights with hub dynamo or batteries



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Motor-assisted electric bikes (E-bikes/Pedelecs) are available for rent almost on every of our cycle tours. We use high quality e-bikes of well-known brands like *KALKHOFF Agattu B7R*, *GIANT Twist Elegance C0*, *KTM* which are equipped with:

- Bosch or Panasonic central-drive motor (250W) and 11 ah Lithium-Ion battery (400Wh) which lasts for up to 110 km / 70 mi.
- Freewheel 7-speed or back-pedal 8-speed internal-hub Shimano Nexus gears
- Aluminum lady's or unisex frame type of different size (S – 45 cm /17", M – 50 cm /19", L - 55 cm /21") suitable for most people (men and women)
- Front suspension fork
- 28" size wheels and puncture protection tires
- Standard cable V-brakes (*KALKHOFF*) or hydraulic V-brakes (*GIANT*)
- Comfortable saddle
- Back rack for panniers
- Halogen or LED lights with hub dynamo or batteries

*Assisting people in realizing their touring dreams worldwide is our passion.*

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**THIS IS A PARTNER TOUR FOR MORE INFORMATION CONTACT**

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Toll Free 1-888-621-6818 Local 613-702-5350

TICO Ontario Registration No: 50022848