



**Germany – The Baltic Sea: Lübeck – Stralsund Tour (2025)**

**Individual Self-Guided Cycling Tour**

**8 days / 7 nights**



This diverse cycle tour takes you through the unspoilt coastal landscape of Mecklenburg-Western Pomerania. It enchants visitors with fine sandy beaches, old seaside resorts, fishing villages and the unique Bodden landscape, as well as impressive cliffs and pine forests. Famous, once wealthy hanseatic cities with rich brick architecture and countless touristic attractions are to be found along the route.

**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**

**TICO Ontario Registration No: 50022848**

### **Itinerary Day to Day**

#### **Day 1: Individual arrival in Lübeck**

The old magnificent Hanseatic town was named a UNESCO World Heritage Site in 1987 and simply radiates charm. Most people associate Lübeck with the Holsten Gate, marzipan and Thomas Mann. But there is much more to see: the crooked brick houses, alleyways and courtyards, the town hall. And the fish rolls on the banks of the Trave at sunset taste particularly good.



#### **Day 2: Lübeck – Gross Schwansee / Boltenhagen, approx. 35 / 45 km + ferry trip**

In Travemünde you can take a break to see Germany's oldest lighthouse, before continuing along the coast. Cycling through the Brooker Wald nature reserve, you soon reach Boltenhagen, the second oldest seaside resort in Mecklenburg. You can look over the entire bay from the cliffs. Alternatively you spend the night in Gross Schwansee.

#### **Day 3: Boltenhagen – Wismar, approx. 45 / 30 km**

Mostly following the banks, you cycle to Wismar today, a time-honoured Hanseatic town. In the old quarter you will still find many brick buildings in the old Gothic style. By boat you can cross over to the island of Poel. It's worth the short trip, as not only do beautiful long sandy beaches await you but the historic city walls dating back to the Thirty Years' War contribute to the island's charm.

**Day 4: Wismar – Kühlungsborn / Warnemünde, approx. 45 / 65 km + ferry & train ride**

Today you have the opportunity to pay a visit to the island of Poel. Take the ferry to the small island, enjoy the peace and quiet and have fun swimming on one of the many island beaches. Alternatively, cycle close to the coast to the Baltic seaside resort of Kühlungsborn. If you are staying overnight in Warnemünde, take the steam-powered Molli spa railway from Kühlungsborn, which will take you comfortably to Heiligendamm. It is only a few kilometres to Warnemünde.



**Day 5: Kühlungsborn – Wustrow / Ahrenshoop, approx. 30 – 60 km + ferry ride**

Before you get to know the Fischland-Darß-Zingst peninsula today, Warnemünde offers a visit to the widest beach on the German Baltic coast. Or how about a detour to the Hanseatic city of Rostock? In Warnemünde you will take the ferry to Hohe Düne and reach Ribnitz-Damgarten with its amber museum or the former fishing village Wustrow or the artist village Ahrenshoop.

**Day 6: Ahrenshoop – Zingst / Barth, approx. 30 – 60 km**

You have enough time to explore the Darsser Forest and the wild romance of the west beach, one of the most beautiful beaches in the world. From Prerow it can only be reached by foot, bike or horse and carriage – make time to go, it's worth it. Via Zingst your tour takes you back to the mainland to the former Swedish town of Barth with its many buildings dating back to the 13 - 18th century.



**Day 7: Barth / Zingst – Stralsund, approx. 60 / 45 km**

The destination of your stage is another highlight of the holiday. Already from far away you'll see the three towers of the Hanseatic town of Stralsund. Its former importance as a trading town can still be seen in the historic quarter today. And because it has been so beautifully preserved, it is now a UNESCO World Heritage Site. You cannot leave before visiting the impressive museum of marine science.

**Day 8: Individual departure or extended stay**

After breakfast your tour along the Baltic Sea from Lübeck to Stralsund comes to an end. We would be happy to extend your holiday in Stralsund if you like.





**OK CYCLE &  
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TOURS** SINCE 1995

### Route



### Technical Characteristics:

**Route Profile:** Easy. Mainly on level ground, sometimes slightly hilly, mostly on quiet country roads, cycle paths, field and forest trails, occasionally on sandy tracks, paths with concrete slabs and on cobblestone. The route is not always along the coast but takes frequent swings into the varied countryside further inland.

**Distance:** 280 – 295 km

**Travel Season:** Daily arrival April 27- September 28

Season A 27.04. – 03.05. 21.09. – 28.09.

Season B 04.05. – 16.05. 07.09. – 20.09.

Season C 17.05. – 23.05. 09.06. – 04.07. 17.08. – 06.09.

Season D 24.05. – 08.06. 05.07. – 16.08.

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**Price per Person:** *all prices subject to confirmation on booking*

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|  |            |
| Double Occupancy Season A with breakfast | € 999      |
| Double Occupancy Season B with breakfast | € 1149     |
| Double Occupancy Season C with breakfast | € 1249     |
| Double Occupancy Season D with breakfast | € 1379     |
| Single Room Surcharge                    | € 299      |
| Bike Rental (8 / 27 speed)               | € 99       |
| Sporty Bike rental                       | €169       |
| Electro Bike                             | € 269      |
| Extra Nights in any location             | On request |

**Accommodation:**

Overnight stays in very good quality guesthouses of the national 3\*/4\* category, all rooms with shower/bath and WC.WC.

**Included:**

7 nights with breakfast, national 3\* / 4\*-level

- Train ride with „Molli“ Kühlungsborn – Heiligendamm incl. bike
- Ferry ride Wismar – Island Poel incl. bike
- Luggage transport from hotel to hotel to Stralsund, max. 20 kg / piece
- Cycle route description with maps (1 x per room)
- Service-Hotline (7 days, 08.00 a.m. – 08.00 p.m.)

**Not Included:**

- Ferry trips Travemünde – Priwall and Warnemünde – Hohe Düne, approx. EUR 2,50 per person including bike
- City or visitor's tax, if applicable, payable locally

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## **Bikes**

### **Equipment on rental bikes**

Comfortable saddle – Bike lock – Luggage rack – Odometer – Air pump – Hub dynamo – Breakdown kit (1 x per booking) – Unflat Schwalbe Marathon Plus tyres or comparable – Waterproof pannier – Waterproof handlebar bag with map holder

### **Hybrid/Treking bike**

- 8-gear -hub gears with back-pedal brakes
- 27-gear derailleur gears with free-wheel  
Sizes
- Unisex bikes with low step-through:  
suitable for heights between 1.45 m and 1.90 m
- Men's bikes: from a height of 1.75 m

### **E-bike**

- 8-speed electric bike with freewheel and hub gears
- Unisex frame: suitable for heights from 1.45 m  
Minimum age for e-bike rental: 16 years

### **Sporty 30-gear bikes**

- Sporty seating position
- 30-speed Shimano XT derailleur gears
- Hydraulic disc brakes
- Suspension seat post
- Trapezoidal frame: suitable for body sizes from 1.60 m to 1.80 m
- Diamond frame: suitable for body sizes from 1.80 m to 1.95 m

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

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

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