



Germany – East Frisian Impressions Bike Tour (2025)
Individual Self- Guided
8 days /7 nights



Cycling in East Friesland is a special pleasure! Where else can you combine fresh North Sea climate, flat natural landscapes, a lot of interesting culture and hospitality as well as ideal cycle paths to such a varied cycle tour? Follow us to hidden moor villages, green dykes and idyllic marshes. Explore the culture of Störtebeker's region or the East Frisian national beverage. Rest at "leaning" churches and historic chieftain fortresses and discover picturesque little villages of this unique region. Optional highlight is a day on Norderney Island.



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Itinerary Day to Day

Day 1: Individual journey to Oldenburg

Start the circular tour at bicycle center Oldenburg. After the information meeting you are free to explore Oldenburg.

Day 2: Oldenburg – Wiesmoor 55 km

On your first stage you cycle through "Ammerland" region with tidy little rhododendron gardens. Health resort Bad Zwischenahn on "Zwischenahner Meer" has a well-known specialty to offer Smoortaal – fresh smoked eel. You pass the highest elevation of East Friesland (18 m) near Remels and reach Wiesmoor.



Reiseland-niedersachsen.de

Day 3: Wiesmoor – Aurich – Emden 55 km

Through Fehn settlements you reach "Aurich" with its historic center. The East Friesian capital was ruled during centuries by East Friesian chieftains and dukes. Along Ems-Jade-Canal you cycle to Emden with its sea port. Emden once was one of the wealthiest harbours of Europe: nevertheless it never joined the Hanse. You should visit the arts hall and Otto museum.

Day 4: Emden – Norden/surroundings 55 km

Cycle through "Krummhörn" to the picturesque fisher village of Greetsiel, the biggest crab fisher port of Weser-Ems region. Don't pass by without having a couple shrimps. Past the bay of Ley – where you might be lucky to spot seals – you cycle to Norden, resp. Norddeich on wadden sea (Wattenmeer).



Day 5: Excursion to Norderney island or rest day

Norderney is the oldest health bath at the North Sea and has been sought after for more than 200 years by persons looking for recuperation. The ferry takes about 1 hour from Norddeich to the island which is ideally suited to be explored by bicycle. Enjoy the island, the beach life and National Park Wattenmeer (mud flats). Ferry cruise including bicycle is not included in the package price, visitor's tax payable locally.

Day 6: Norden/surroundings – Wittmund/Jever 50-62 km

Via Dornum to the most beautiful moated castle in East Frisia and on through the marshland to the former East Frisian chieftain town of Esens, you reach Wittmund. Look forward to charming brick architecture, two gallery Dutch mills and the East Frisian way of life. An overnight stay in Wittmund or Jever.



Day 7: Wittmund/Jever - Dangast 38-50 km

Leaving Wittmund your first stop is castle Gödens. Along "Zeteler marsh" you cycle to "Jadebusen". Nestling between forest and sea Varel with Dangast, the oldest North Sea bath on Niedersachsen's coast, constitutes an attraction not only for art lovers, who wish to follow the traces of famous Expressionists (Radziwill museum). Overnight in Dangast or surrounding.

Day 8: Dangast – Oldenburg - Departure 50 km

On winding roads you cycle to animal and fun park Jaderberg, home for more than 600 animals. Through the region "Ammerland" you cycle to Rastede which was used to be summer residence of Oldenburg's dukes and earls. Cycle through the spacious park towards Oldenburg.



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Route



Technical Characteristics:

Tour Profile: Relatively Easy. All routes are completely flat! You cycle mainly on paved or plastered country lanes, sometimes on minor roads.

Distance: 315 km

Travel Season: Departures Thursday, Saturday and Monday from April 11 to October 5

Season 1: April 11 – April 25 and September 29 – October 5

Season 2: April 26 – May 13 and September 17 – 28

Season 3: May 14 – September 16

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Price per Person:

Category A

Category B

Season 1 Double Occupancy	€ 799	€ 749
Season 2 Double Occupancy	€ 849	€ 799
Season 3 Double Occupancy	€ 899	€ 849
Surcharge Single Room	€ 289	€249
Bike rental (7/21 gear)	€ 99	
Bike rental (30+ gear)	€ 169	
E-bike	€ 269	
Extra Nights Oldenburg Double Occupancy B&B	€ 65	
Extra Nights Oldenburg Single Occupancy B&B	€ 105	

Accommodation:

Category A: 3*** and 4**** hotels ensuite facilities.

Category B: Good hotels and guest houses, mostly 3***category, located in the surrounding area

Included:

- 7 nights in the booked category as described
- breakfast
- Personal tour information on site (DE,EN)
- Carefully prepared itinerary
- Detailed travel documents, 1x per room (DE,EN)
- Luggage transport from hotel to hotel
- Navigation app and GPS data available
- Rental bike insurance
- 7-day service hotline

Not Included:

- Arrival and departure
- parking fees
- Spa and local taxes where applicable
- transfers
- Optional sightseeing tours
- city maps
- ferry crossings
- travel insurance



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Bikes



Hybrid Bike

With state-of-the-art V-brakes, aluminum hollow section rims and excellent tires it is well prepared for every road. The core of the bicycle is a solid aluminum frame in four different sizes suitable for everyone. The bicycles are equipped with light installation, luggage rack, fenders and a comfortable saddle to guarantee a pleasant ride. The bicycles are equipped with two different gear shift systems: a very smoothly running Shimano 21-speed chain gear shift and a Shimano 7-speed hub with backpedal brake.



E-bike

The cyclist is supported while cycling by an electric motor but still you have to enter into the pedals. You can decide by your own if you would like to have the supporting motor or not. Small and large gradients are so much easier to climb. That means cyclists with different conditions can enjoy bike tours together.

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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