



Lithuania – Latvia – Estonia - Curonian Spit – Riga - Saaremaa Island - Tallinn Bike Tour (2025)

11 Days/ 10 Nights

Guided



Explore the Baltic coast and the National Parks of Lithuania, Latvia and Estonia on very scenic routes. The tour includes the three capital cities – Vilnius, Riga and Tallinn – with their Old towns designated as World Heritage Sites by UNESCO; and the previously closed Curonian Spit and the largest and most beautiful Estonian island of Saaremaa. Travel from Lithuania in the south, through Latvia and on to Estonia in the north; experience a wide variety of towns, villages and countryside for an excellent introduction to the very distinct characters of these quite different countries.

OK Cycle & Adventure Tours Inc. - 666 Kirkwood Ave - Suite B102 – Ottawa, Ontario Canada K1Z 5X9

www.okcycletours.com Toll Free 1-888-621-6818 Local 613-702-5350

TICO Ontario Registration No: 50022848

Itinerary Day to Day

Day 1: Vilnius

Arrive in Vilnius, the capital of Lithuania for more than 600 years. Individual transfer to the hotel (not included). welcome meeting at the hotel with tour guide. Optional dinner at the hotel.

Day 2: Vilnius-Trakai Insular Castle - Kaunas cycling 33 km, by bus 100 km

After breakfast a guided tour of Vilnius Old Town followed by a bus transfer outside the city. Start your first cycle ride through picturesque countryside with many lakes and gentle hills. En route stop in Trakai, the former capital of the Grand Duchy of Lithuania, where you may visit the 14thC island castle built on a small island in Lake Galvė. Afternoon transfer by bus to Kaunas. Arrive in Kaunas, check-in and optional dinner at the hotel.



Day 3: (Lithuania): Along the Nemunas River: KAUNAS-KLAIPĖDA (cycling ~40 km/23 miles, by bus ~230 km)

Explore Kaunas by bike on picturesque cycle trail along the Nemunas River. En route stop for a picnic lunch (included). Finish the ride in Zapyškis famous for its unusual small 14thC gothic church. Bus transfer to the Baltic coast. Arrive in Klaipėda, a modern town at the Baltic Sea, check-in and optional dinner at the hotel. OVERNIGHT: Klaipėda

Day 4: Curonian Spit National Park cycling 58 km, by bus 50 km

Morning transfer by bus to Nida, one of the most beautiful resorts in Lithuania. After sightseeing around Nida, we go for the longest ride along the Curonian Spit famous for its amber and fine sand beaches. Follow the Seaside Cycle Route (newly reconstructed) and enjoy beautiful views of the Curonian Spit which separates the Baltic Sea from the Curonian Lagoon. Finish your day tour with a short ferry ride to Klaipėda Old Town. Dinner at the hotel (included).



Day 5: Klaipėda - Palanga Resort-Hill of Crosses - Riga cycling 32 km, by bus 290 km

Morning ride to Palanga through the Seaside Regional Park, a former soviet military training area. Arrive in Palanga, the biggest Lithuanian seaside resort famous for the Botanical Garden and the

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Amber Museum in the Palace of Count Tyszkiewicz, with over 25000 pieces of amber and 15000 insects on display. Afternoon transfer to Riga (Latvia). En-route stop at the Hill of Crosses, the unforgettable sight of thousands of crosses on two small hills. Continue to Riga, the capital city of Latvia. Arrive in Riga, check-in and dinner at the hotel (included).

Day 6: Riga free day in the capital city of Latvia

After breakfast a guided tour of Riga Old Town, a medieval Hanseatic town famous for its Art Nouveau buildings. In the afternoon free time in Riga. There is an option for a return cycle ride to Jūrmala, the largest resort in the Baltic States well known for its long, white, sand beaches (40-50 km/25-31 miles), or cycle one way and return by train (tickets not included).



Day 7: Gauja National Park & Bicycle Museum cycling 40 km, by bus 50 km

Morning transfer to Saulkrasti. After visiting the Latvian bicycle museum start your bike ride to Sigulda, the most popular resort in Latvia, in the Gauja River Valley. Cycling through Gauja National Park to Saulkrasti, en route enjoy spectacular views of Gauja River valley with Gutmana Cave and Turaida Castle. En route visit Krimulda Church (1205) which is

the oldest in Latvia. Arrive in Sigulda, check-in and optional dinner at the hotel.

Day 8: Sigulda - Saaremaa (Latvia - Estonia) 38km cycle 330 mini bus 6 km ferry

Morning transfer to the largest Estonian island of Saaremaa which has preserved all that is best about old Estonia. With little traffic and flat roads Saaremaa provides the perfect rural setting for cycling. Travel on picturesque roads along the Baltic Sea Coast to the village of Angla where the iconic windmills are located. Transfer to Kuressaare, the capital of Saaremaa island, check into hotel for 2 stays in the Old Town. Dinner at the hotel (included)

Day 9: Saaremaa Island cycling 56 km, by bus 50 km

Enjoy a day ride across Saaremaa Island's wild beauty - Sørve Peninsula, with a finish at the Sørve lighthouse. Historically, the peninsula had considerable military significance, dominating the Irbe Strait and the Baltic Sea route to Riga. Transfer back to the hotel. Optional dinner at the hotel.



Day 10: Saaremaa & Tallinn cycling 28 km, by bus 210 km, by ferry 6 km

Morning ride to the Kaali meteorite crater which is listed on the world's giant craters list and it is the rarest nature wonder in Estonia. In the afternoon transfer by coach to Tallinn. Arrive in Tallinn, checkin at the hotel followed by a guided tour of Tallinn Old Town. Farewell dinner in local restaurant Overnight in Tallinn.

Day 11: Tallinn

Breakfast at the hotel. End of the tour.





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Route



Technical Characteristics:

Tour Profile: Relatively Easy. Daily biking routes mainly on low traffic roads and cycle paths range from 25 to 60 km. The terrain is varied and rolling with some gradual hills on some riding days (some steep ups and downs in the Gauja River valley) and dead flat most of the tour. Our walking in the capital towns is along cobbled streets **Distance:** 310 km

Departures

Season 1: May 26; June 2; Sept 8

Season 2: June 9; June 16; June 23; June 30; July 7; July 14; July 21; July 28; August 4; August 11; August 18; August 25; September 1

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Price per Person: all prices subject to confirmation on booking

Double Occupancy Season 1	€ 1775
Single Occupancy Season 1	€ 2265
Double Occupancy Season 2	€ 1845
Single Occupancy Season 2	€ 2395
Half Board 4 x 3-course dinners with coffee/tea; 1xKaunas, 1xKlaipeda, 1xSigulda, 1xSaaremaa	€ 159
Bike Rental Supplement for an E-bike/Pedelec	€ 225
Rental of Waterproof handlebar bag with case for smart phone	€25
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 tper 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 daily
- Welcome meeting with a glass of beer or wine
- 1 x picnic lunch (Day 3)
- 3 x 3-course dinners (1 x Klaipeda, 1 x Riga, 1 x Saaremaa)
- Farewell 3-course dinner in Tallinn
- Mineral water at your disposal on cycling days + reusable water bottle
- English speaking guide or driver/guide on days 2-10
- Guided 2-hour city tours in English in the capital cities: Vilnius, Riga and Tallinn
- Rent of trekking bicycle with waterproof pannier (+ helmet on request)
- Transfers as per itinerary by air-conditioned coach /minibus
- Luggage transport as per itinerary
- Ferry tickets to/from the Curonian Spit and to/from Saaremaa Island
- Entrance to: the Dead Dunes on the Curonian Spit, Saulkrasti Bicycle Museum and Angla Windmill Park in Saaremaa.
- Information package (city guides, maps and program)

Not Included:

- Arrival and departure transfers
- 8 lunches and 6 dinners
- Train tickets from/to Jūrmala
- Tips

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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.

THIS IS A PARTNER TOUR FOR MORE INFORMATION CONTACT

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