



Lithuania- From the Capital to the Seaside Bike Tour (2025)
Individual Self-Guided Cycling Tour
8 days / 7 nights



Cycling from Vilnius through changing countryside & towns, this route takes cyclists through a little-known, fascinating corner of Europe. The tour begins in the capital, Vilnius, known as the 'Jerusalem' of the North because of its Jewish culture. The cycle route first leads to Trakai & its 14th century island castle before heading towards Kaunas, a former Lithuanian capital. Follow the Nemunas River from Kaunas to the coast, cross the unique Curonian lagoon by boat to the beautiful resort, Nida. Cycle along the spit to explore its treasures before taking a ferry back across the lagoon to the historic coastal town of Klaipeda (known as Memel for many years) which boasts a rich, turbulent history from the 13th century. Nowadays, it's a bustling, modern town with a wide range of cafes & restaurants & many annual festivals, e.g. jazz, folklore.

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



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Itinerary Day to Day

Day 1: Arrive in VILNIUS

Arrival in Vilnius. Individual transfer to your hotel (not included).

OVERNIGHT: at central 3* Vilnius

Day 2: VILNIUS - TRAKAI, ~52 km/33 mi.

Collect rental cycles at your hotel (if pre-ordered). Then you may join a 2-hour guided bike tour of Vilnius Highlights: Iconic Landmarks & Hidden Gems (14 km/9mi.). In the afternoon cycling to Trakai, a former capital of the Grand Duchy of Lithuania, where you may visit the 14thC island castle on a small island in Lake Galvė. Arrive in Trakai, hotel check-in.



OVERNIGHT: at central Trakai guesthouse.

Day 3: TRAKAI - ELEKTRĖNAI - KAUNAS, ~45 km/28 mi. or 60 km/38 mi., by bus ~1 hrs

Optional return morning bike trip around Lake Galvė to see beautiful Užutrakis estate and picturesque views of Trakai Insular Castle (15 km/10 miles). Cycling on a picturesque, rolling road through the land of lakes and hills. Finish cycling in Elektrėnai where the most powerful thermal power station in Lithuania is located. Take a public bus equipped with bicycle racks or private minibus transfer (included) for an hour ride to Kaunas, the second largest city and former Lithuanian capital from 1919-1939. Arrive in Kaunas, hotel check-in. OVERNIGHT: at central 4* hotel in Kaunas.



Day 4: KAUNAS - ZAPYŠKIS - PANEMUNĖ Castle, ~76 km/48 mi.

Morning free to explore the Old Town of Kaunas, then cycling along the Nemunas River to Mikytai, where you'll take a ferry across the river to Vilkija. Continue cycling along the river to impressive Panemunė Castle (16th-17thC). En route cross the Dubysa River, pass Veliuona mound hill, the grave of the Grand Duke Gediminas and Raudonė Castle. Arrive in

Panemunė Castle, guesthouse check-in.

OVERNIGHT: at Panemune Castle's guesthouse.

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Day 5: PANEMUNĖ Castle - JURBARKAS - ŠILUTĖ , ~37 km/23 mi., by bus ~1 hour 40 min

Continue cycling along the Nemunas River to Jurbarkas. From Jurbarkas cycle towards Smalininkai, for a long time a border town between Lithuania and the germanised Klaipeda Region, nowadays a border town with Russian enclave of Kaliningrad. From there take a public bus equipped with bicycle racks to Šilutė (included). Arrive in Šilutė, check-in at hotel.

OVERNIGHT: at central 3*

Day 6: ŠILUTĖ -VENTĖ -NIDA, ~33 km/21 mi. + boat to Nida

Morning cycle to Ventė Horn to visit the 19thC lighthouse and the Ornithological Station that retell their stories and have a panoramic view of the landscape, including a glimpse of the Curonian Spit shining sand dunes. This region is known as a land of storks and the White Stork truly deserves its place as Lithuanian's national bird. Cross the Curonian Lagoon by boat to Nida which is a former old fishermen's village on the



Curonian Spit washed by the Baltic Sea on one side and the Curonian Lagoon on the other. Arrive in Nida which is today the largest settlement in Neringa region and one of the most beautiful resorts in Lithuania. It's worth booking an extra night in Nida, hotel check-in. OVERNIGHT: at 3* hotel in Nida.

Day 7: Along sand dunes of the Curonian Spit NIDA - JUODKRANTĖ - KLAIPĖDA, ~ 58 km/36 mi.

Explore Nida where you can cycle or walk alongside impressive sand dunes and visit the most popular places of interest – the Fisherman's House, the summer house of famous German writer Thomas Mann, and the Amber Gallery and museum (not included). Then follow an asphalt bike path of the Seaside Cycle Route which takes you along the Curonian Spit to Klaipėda. En route you can stop to explore on foot the "Dead" sand dunes, watch a colony of grey herons and cormorants, visit the Hill of Witches which houses a hundred fanciful and folksy wooden sculptures of Lithuanian legends scattered along a forest path, or just relax, swim in the Baltic Sea and take the sun on golden beaches. Finally, take a local ferry from Smiltynė to the Old Town of Klaipėda (not included) and cycle to the hotel. Check-in and optional dinner at the hotel.

OVERNIGHT at central 3* hotel in Klaipėda.

Day 8: KLAIPĖDA

Breakfast at the hotel. End of the tour.

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Route



Technical Characteristics: Tour Profile: Average. Daily biking routes mainly on low traffic roads and cycle paths range from 30 to 68 km each day. The terrain is varied and rolling with some gradual hills on some riding days around Vilnius and on the Curonian Spit. **Distance:** 368 km

Travel Season

High season (when starting the tour from **25.06-26.08.2025**)

Low season (when starting the tour from **01.05-24.06.2025, 27.08-30.09.2025**)

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Price per Person: all prices subject to confirmation on booking

Double occupancy	€ 850
Single room	€1245
Double occupancy -High Season	€895
Single room- High Season	€ 1335
6 dinners package (3 courses with coffee/tea)	€ 225
Solo rider supplement	€20
Cyclecross bike rental	€ 199
Hybrid trekking bike rental	€ 159
E-bike Rental	€ 299
Luggage transfers	See below
Waterproof panniers rental – depends on rental bike	€ 30 or €50
Rental of helmet	€ 10

Included:

- 5 nights at 3-4* hotels
- 2 nights at guesthouses
- Breakfast daily
- Bus tickets Elektrėnai-Kaunas & Smalininkai-Šilutė or in case of larger group (from 6 people) – minivan/bus transfers
- 2-hour guided bike tour of Vilnius Highlights
- Boat trips across the Curonian Lagoon to Nida
- 24 hours service hotline
- Individual information package (one per room): tour program with route description, maps and city guides
- GPS tracks

Not Included:

- Arrival and departure transfers
- **Luggage transport-** Luggage transport from hotel to hotel (Vilnius-Trakai, Trakai-Kaunas, Kaunas-Panemunė, Panemunė-Šilutė, Šilutė-boat-Nida, Nida-Klaipėda) – 899 EUR per group (up to 8 people);
- **Luggage transport from the hotel in Vilnius to the hotel in Klaipėda – 55 EUR per suitcase/bag up to 20 kg**
- Lunches & dinners
- Bicycle rent
- Local ferries in Vilkija and Klaipėda
- Entrance fees and tips

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Bikes

hybrid trekking bike (VDV, KTM) equipped with 8-speed Shimano Nexus hub gears or 24-speed Shimano derailleur gears (optional) - 159 EUR per person (Day 2-7), 17 EUR per extra day*

E-bike/Pedelec (VDV) equipped with 8-speed Shimano Nexus hub gears and Bosch driving system - 299 EUR per person (Day 2-7), 30 EUR per extra day*

Rental of carbon gravel bike (SILVERBACK Siablo CF) - 330 EUR/person (Day 2-7), 30 EUR for extra day*

Rental of cyclocross bike (Kona Jake) or gravel bike ALU (Silverback Siablo) – 199 EUR/person (Day 2-7), 22 EUR for extra day*

- 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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