



Lithuania- Poland- The Commonwealth Cycling Tour (2025)

10 Days/ 9 Nights

Individual Self Guided



Explore on your own (self-guided) a borderland of Lithuania and Poland which is the land of gentle hills, sandy plains, vast primeval forests, crystal clear lakes and deep river valleys. The tour starts in the Lithuanian capital city Vilnius and finishes in the Polish capital city Warsaw, both cities famous for their Old towns designated as World Heritage Sites by UNESCO. The tour program also includes Druskininkai Spa Resort and Dzūkija National Park in Lithuania, cycling around Suwalki Lakeland with Wigry and Biebrza National Parks in Poland. Experience a wide variety of towns, villages and countryside for an excellent introduction to the very distinct characters of these two different countries which had a common history known as the Polish – Lithuanian Commonwealth in 16-18thC!

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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The tour begins in Vilnius where you get your tour maps with detailed program and route description. Next day your rental bikes will be ready for your first ride in Trakai. This trip is a half-guided tour ie during the whole trip our driver with a minibus and bike trailer is with you and you can take part in city tours (Vilnius & Warsaw) lead by professional guides. Our driver will transport your luggage every day to the next hotel. If you have a breakdown, then our driver will take care of everything for you. If you have any problems – contact the driver or our office.

Day by Day

Day 1 Friday (Lithuania): VILNIUS

Arrive in Vilnius, the capital of Lithuania for more than 600 years. Individual transfer to the hotel (not included) and check-in at the hotel for 2 overnight stays. OVERNIGHT: Vilnius

Day 2 Saturday (Lithuania): VILNIUS & TRAKAI (cycling ~49 km/31 miles, by minibus ~32 km)

After breakfast a guided tour of Vilnius Old Town. In the afternoon transfer to Užutrakis where start your first cycle ride on gentle hills around Galvė lake back to Vilnius. En route you may visit Trakai, the former capital of the Grand Duchy of Lithuania, famous for the 14thC island castle built on a small island in Lake Galvė.
OVERNIGHT: Vilnius



Day 3 Sunday (Lithuania): Along the Nemunas River to DRUSKININKAI Resort (cycling 48 km/30 miles, by minibus ~100 km).

Transfer by minibus to Merkinė. Cycle ride to Druskininkai which is one of the best climatic and wellness springs resorts in Europe. Today's cycle route goes via Liškiava famous for its 17-18thC Dominican monastery ensemble on the Nemunas River bank. Arrive in Druskininkai, check into the hotel for 2 overnight stays. Afternoon trip to Grūtas Park, which has a unique distinction of being the place where all unwanted statues of Lenin were taken after Lithuania regained its independence from the Soviet Union. Optional dinner at the hotel (not-included). OVERNIGHT: Druskininkai

Day 4 Monday (Lithuania): DZŪKIJA NATIONAL PARK by bike (cycling ~42 km/26 miles, by minibus ~45 km)

Morning transfer to Dzūkija National Park, the largest park in Lithuania overgrown with pine forests (90% of the territory) and one of 13 wild PAN parks in Europe. Here begins your cycle route through the woods and ethnographical villages. Afternoon free in the resort or going for a circular ride in the woods.
OVERNIGHT: Druskininkai

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Day 5 Tuesday (Lithuania-Poland): SUWALKI LAKELAND & TOWN (cycling ~47 km/29 miles, by minibus ~95 km)

Morning bus transfer to Poland. After crossing the border start your cycling on rolling hills with picturesque views to beautiful lakes and Polish countryside. Wigry National park is your destination. En route visit Suwałki, the largest town and the capital of the historical Suwałki region. Check into the hotel for 2 overnight stays. Optional dinner at the hotel (not-included). OVERNIGHT: Gawrych Ruda

Day 6 Wednesday (Poland): WIGRY NATIONAL PARK (cycling ~47 km/29 miles)

Circular bike tour on marked trails around Wigry Lake which is the largest with 15 islands, one of the deepest (73 m) and most beautiful lakes in Podlasie region. En route you may explore a former monastery, built by the death-obsessed Camaldolese monks in 17thC. The whole complex, complete with a church and 17 hermitages, is spectacularly located on a peninsula in the lake. OVERNIGHT: Gawrych Ruda



Day 7 Thursday (Poland): AUGUSTOW TOWN & CANAL (cycling ~55 km/34 miles, by minibus ~67 km)

Cycling along the GreenVelo route to Augustow, en route passing by several lakes and Augustow canal. Augustow is a small but appealing town, the gateway to the Suwałki region at the Netta River and Augustow Canal bearing the town's name. After a short bus transfer, arrive in Goniadz, check-in at the hotel. Optional dinner at the hotel (not-included). OVERNIGHT: Goniadz

Day 8 Friday (Poland) BIEBRZA NATIONAL PARK & WARSAW (cycling ~39 km/24 miles, by minibus ~180 km)

Morning is dedicated for a cycling ride along the Royal Route (Polish: Trakt Królewski) through Biebrza National Park which protects vast and relatively untouched fenlands with a unique variety of plants, rare wetland birds and mammals such as Elk and Beaver. In the afternoon, transfer by minibus to Warsaw, capital of Poland. Check-in at the hotel followed by a guided tour of Warsaw Old Town. OVERNIGHT: Warsaw

Day 9 Saturday (Poland): WARSAW BY BIKE (optional cycling tour ~36 km/22 miles).

Free day in Warsaw. Optionally you may join (not included) a guided cycling tour beyond the Old town and Central district riding on both sides of the river Vistula through many green areas of Warsaw by some cultural and historic landmarks that you may choose to visit individually without bikes that afternoon. OVERNIGHT: Warsaw

Day 10 Sunday (Poland): Warsaw. Breakfast at the hotel. End of the tour.



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Route



363 km cycling and 519 km by mini bus We rate this trip moderate. Daily biking routes mainly on low traffic roads and cycle paths range from 39 to 65 km (24-41 miles) each day with a possibility to do more kilometres while cycling around Druskininkai Resort (Day 3) and Wigry Lake (Day 6). The terrain is dead flat most of the tour except a few stretches on rolling roads with some gradual hills in Lithuania (around Trakai and the route to Druskininkai) and Poland (Suwalki Lakeland and around Wigry Lake).

Travel Season

Departures June 20; July 25 and August 22

Price

Price per person in Euros – all prices are subject to confirmation on booking

Double occupancy	€ 1299
Single room	€ 1649
Trekking bike rental	€ 99
E-bike rental	€ 249
Helmet rental	€ 10
3 dinners- 1 x Druskininkai, 1 x Gavrych Ruda, 1 x Goniadz	€ 115

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Included

- 9 nights stay in hotels, including all taxes
- Breakfast daily
- Transfers as per itinerary by air-conditioned mini/-bus
- Luggage transport as per itinerary
- Guided walking tours in Vilnius and Warsaw (any entrance fees are payable individually)
- Emergency contact numbers for our English or German speaking representatives
- Individual information package (city guides, maps, programme and route description)
- GPS Tracks

Not Included

- Arrival and departure transfers
- Lunches and dinners
- Tips

Bikes

Trekking bicycle (VDV, Kalkhoff) with 24-speed Shimano derailleur gears & free-wheel, all supplied with a waterproof back pannier and handlebar bag with a plastic cover for GPS/smartphone (*Ortlieb*) and tachometer (1 x booking)

E-bike/Pedelec (VDV, Kalkhoff) with Bosch driving system, 8-speed Shimano Nexus hub gears & free wheel, equipped with waterproof back pannier and handlebar bag with a plastic cover for GPS/smartphone

This is a partner tour

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