



Sweden - Stockholm Round Trip Bicycle Tour (2025)
Self-Guided Cycling Tour
7 days / 6 nights



Discover Stockholm with its 14 islands and its surroundings along one of Sweden's largest lakes. Cycle through exciting and varied scenery, always accompanied by either one of the countless lakes or the sea which will never leave your side. Learn about Swedish history from Viking times up until today; it will not cease to amaze you how many interesting things there are to explore, from Drottningholm Palace and the great number of parks in Stockholm, to smaller towns such as Mariefred and Trosa and the idyllic vastness of Sweden.



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Itinerary Day to Day

Day 1: Arrival in Stockholm

Take your first stroll through Sweden's capital and explore some of the many sights and tourist attractions.

Day 2: Stockholm–Södertälje 60 km

The bike trip takes you along an ancient trade route that has existed since the Viking Age, skirting along Sweden's third largest lake, Lake Mälaren. On the way, you pass the World Heritage Listed Drottningholm Palace. Here, right on the shore of Lake Mälaren, the royal family grew up. Also located in the grounds is the Chinese Pavilion dating from the 18th century. You continue by ferry to Södertälje. At Sturehov, located in eastern Lake Mälaren, it's time for a late lunch. Södertälje is located between Strängnäs, Stockholm and Nyköping where Lake Mälaren is connected to the Baltic Sea through the lock in Södertälje canal.



Day 3: Södertälje – Mariefred 45 km

Today you ride on small side roads to Gripsholm Castle. It houses the national portrait collection of over 4000 works that trace the portrait art from the 1400s and up to the present. The castle's history goes back to the 1370s, when Bo Jonsson Grip built a castle on a promontory which, after several expansions became Gripsholm Castle.

Day 4: Mariefred – Järna 45 km

Today's tour takes you right into the middle of untouched and remote nature reserves, through the amazing scenery of Sörmland.

At this spot countless rivers and lakes were formed due to vast tectonic movements. Nevertheless the altitude is never higher than 100m. Once you have mastered the hills you are rewarded with stunning views and a long descent afterwards. Your hotel is located in the small town of Järna with its world famous Anthroposophy village with bio-dynamic gardens and characteristic architecture.



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Day 5: Järna–Trosa 50 km

Your destination for the day is the idyllic Baltic Sea town of Trosa, which is also used as setting for many “Inga Lindström” movies. Finish your day with a stroll through the picturesque village and enjoy the small alleys, red houses and wonderful views on the water.

Day 6: Trosa–Stockholm 55 km

Northward bound and a short ferry trip later you return to one of Stockholm’s many islands. The last part is covered by commuter train to Stockholm (not included) . Enjoy your last overnight in the capital with a typical Swedish dinner in one of the numerous restaurants.

Day 7: Individual Departure or extension

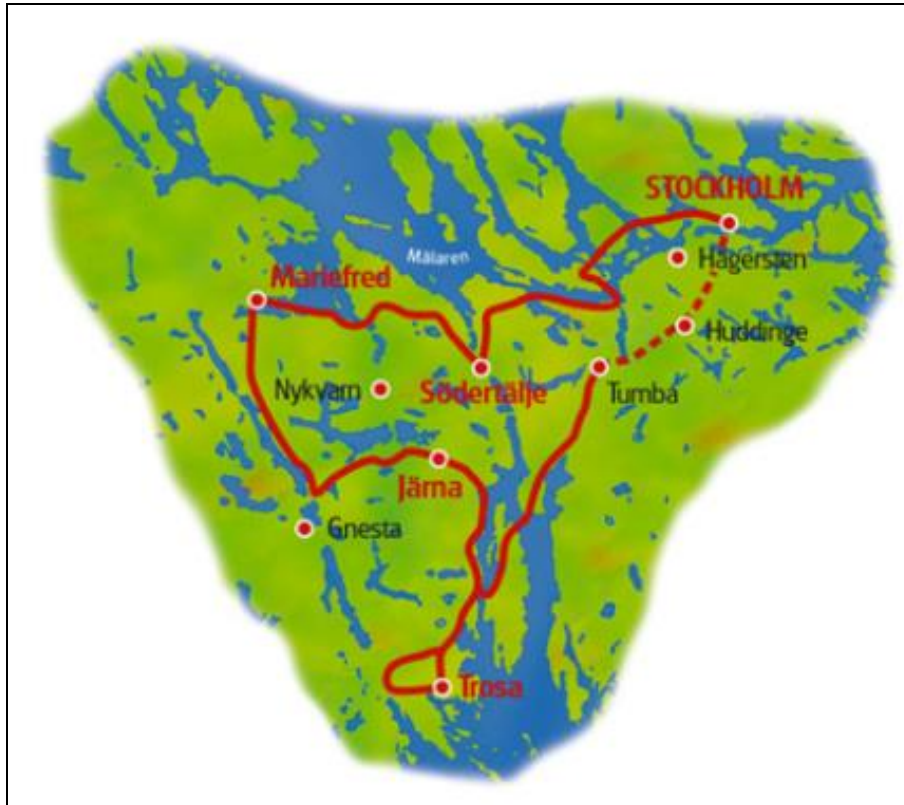
After breakfast your bike tour ends. We are happy to extend your holiday with extra nights in Stockholm.





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Route



Technical Characteristics:

Route Profile: Relatively Easy. You cycle mostly on bike paths and gravel roads as well as forest tracks and side roads with less traffic through typical Swedish nature. To some extent there are simpler trail conditions with raw gravel. Flat to slightly hilly tour course.

Distance: 250 km

Travel Season: Departures Sunday from May 25 to September 7

Season 1: May 25 – June 7 and September 7

Season 2: June 8 – June 21 and August 24 – September 6

Season 3: June 22 – August 23

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



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Price per Person:

	Category A	Category B
Double Occupancy B&B Season 1	€ 1199	€ 1099
Double Occupancy B&B Season 2	€ 1249	€ 1149
Double Occupancy B&B Season 3	€ 1299	€ 1199
Single Room Supplement	€ 529	€ 479
Trekking bike 21 gear	€ 120	
E-bike	€ 320	
Extra Nights Stockholm Double Occupancy	On request	
Extra Nights Stockholm Single Occupancy	On request	

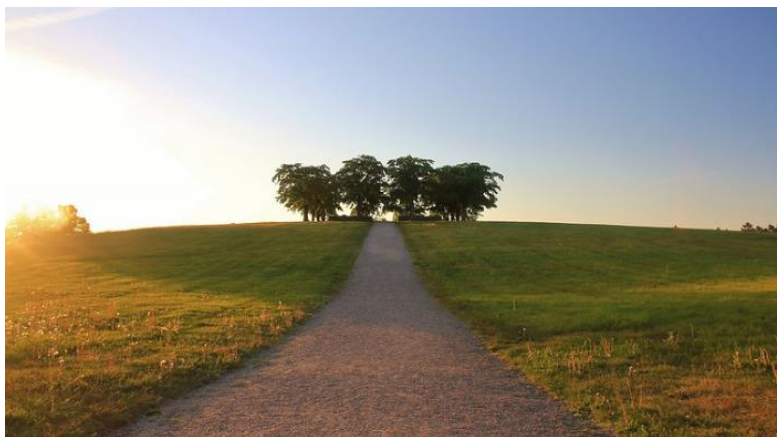
Accommodation:

Category A: 3*** and 4**** hotels

Category B: 2**, 3*** hotels and guest house

Included:

- Overnights in chosen category
- Breakfast
- Luggage transfer from hotel to hotel
- Carefully elaborated route instructions
- Detailed travel documents (maps, route description, places of interest, important telephone numbers)
- Navigation App and GPS data
- Service hotline



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Bikes



Trek T300 Touring bike

- Unisex bike with aluminium frame
- 21 gears Shimano, freewheel
- Brakes: Shimano M422 V Brakes
- Saddle post: 27,2mm
- Saddle: Selle Royal
- Tyre type: Schwalbe Road Cruiser

Additional equipment: Saddle bag, handlebar bag, odometer, bicycle lock, air pump, breakdown kit



Orbea Optima Asphale electric bike or Ideal Orama 320ED

- Unisex bike with aluminium frame
- 8 gears Shimano, freewheel
- Brakes: Shimano M315 Hydraulic Disc
- Saddle post: 31,6 mm
- Tyre type: Kenda
- Motor and battery: Bosch

Additional equipment: Saddle bag, handlebar bag, odometer, bicycle lock, air pump, breakdown kit

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

www.okcycletours.com



THIS IS A PARTNER TOUR FOR MORE INFORMATION CONTACT
OK Cycle & Adventure Tours Inc. 1337B Wellington Ave – Ottawa, Ontario Canada K1Y 3B8
Toll Free 1-888-621-6818 Local 613-702-5350
TICO Ontario Registration No: 50022848