



**Sweden - Sweden's West Coast Bicycle Tour (2025)**  
**Self-Guided Cycling Tour**  
**8 days / 7 nights**



Cycle along Sweden's picturesque West Coast through charming fishing villages and small ports. The route mostly follows the sea, travel through open countryside, exciting nature reserves and lush farmlands. As you draw closer to Gothenburg you will notice a shift in the landscape, with scenic cliffs, lush forests, sheltered bays and quaint harbours along the way. The culinary specialty of this region is seafood, which is the biggest celebrity on this bike tour. Discover the West coast and enjoy everything the region is so well-known for!



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### Itinerary Day to Day

#### **Day 1: Arrival in Helsingborg**

Individual arrival to Helsingborg. Your hotel is located in the center of Helsingborg with easy access to the city's main attractions, like the medieval watchtower Kärnan and St. Mary's Church.



#### **Day 2: Helsingborg - Ängelholm 60 km**

Starting with a ride along the promenade in Helsingborg you will soon pass Sofiero Palace and Gardens. The park is a thriving oasis and was awarded as "Europe's Most Beautiful Park" in 2010. You continue along the coast through quaint little fishing villages and small boat marinas. The tour leads you to Höganäs where you can see and buy the world famous salt glazed Höganäs ceramics. The journey crosses the Kulla Peninsula, passing vineyards and small farm shops before you get to Ängelholm.

#### **Day 3: Ängelholm – Halmstad 75 – 95 km**

From Ängelholm you follow the coast to Vejbystrand. You cycle through open meadows and through several small coastal communities. In Magnarps Port you can make a stop for a well-hidden, lovely fish restaurant with a stunning view of the sea. You leave the coast to cycle across the peninsula towards the beautiful summer town of Båstad. Now the journey continues along one of Sweden's longest sandy beaches and the resorts of Skummeslövsstrand and Mellbystrand. You will also pass the nature reserves Tönnrersa and Gullbranna and finally reach Halmstad.

#### **Day 4: Halmstad - Falkenberg 60 km**

Today Sweden's most famous beach is awaiting you: Tylösand. Not only the beach but also the hotel of the same name is worth a visit. The trip continues north along the coast. The sea, open countryside, exciting nature reserves and lush farmland lies along the following stretch. You pass Ugglarp, a small coastal community with famous vegetable gardens and a nice seaside resort. The route leads you over beautiful Grimsholmen to Falkenberg, which is one of the oldest medieval towns in the region of Halland.





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**Day 5: Falkenberg – Varberg 40 km**

Look forward to picturesque fishing villages, artists and artisans along the route. In Träslövsläge - in short Läjet - you can feast on freshly cooked lobsters and stroll through the older parts of the city before you continue your bike tour to Varberg with its impressive fortress.



**Day 6: Varberg – Kungsbacka 60 - 70 km**

North of Varberg the landscape changes - the sandy beaches are fewer and smaller, while rocky coastline begins to dominate and the first islands begin to appear in the sea. Along fields and horse farms you will reach Kungsbacka finally, a cozy small town with impressive old city.

**Day 7: Kungsbacka – Goteborg 40 - 65 km**

You missed the sea? Thank heaven it will accompany you again today. You will pass Vallda and Särö, the former playground of the ancient royal family and Gothenburg high society. Afterwards you will soon reach the old railway, now converted into a bike path just near the sea. Cliffs, lush forests, bays and marinas line your path into Gothenburg. Follow the harbor to enter Sweden's second largest city and enjoy your last overnight.



**Day 8: Individual Departure**

Start your trip home, or stay a couple of nights extra to experience the bohemian metropole of Gothenburg.



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



### Technical Characteristics:

**Route Profile:** Relatively easy. You cycle on well sign-posted bike paths and gravel roads as well as side roads with less traffic. Flat to slightly hilly tour course.

**Distance:** 360 - 440 km

**Travel Season:** Departures Saturday from May 24 to September 6  
Season 1: May 24 – May 30 and August 30-September 6  
Season 2: May 31 – June 13 and August 16 – 29  
Season 3: June 14 – August 15



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**Price per Person:**

	Category A	Category B
Season 1 Double Occupancy B&B	€ 1450	€ 1350
Season 2 Double Occupancy B&B	€ 1549	€ 1449
Season 3 Double Occupancy B&B	€ 1599	€ 1499
Single Room Surcharge	€ 699	€ 649
Trekking bike 27 gears	€ 130	
Sporty bike 30 gears	€220	
E-bike	€ 330	
Extra Nights Helsingborg Double Occupancy	On request	
Extra Nights Helsingborg Single Occupancy	On request	
Extra Nights Göteborg Double Occupancy	On request	
Extra Nights Göteborg Single Occupancy	On request	

**Accommodation:**

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

Cat. B: 2\*\*, 3\*\*\* hotels and guest houses

**Included:**

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



THIS IS A PARTNER TOUR FOR MORE INFORMATION CONTACT

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