

SWEDEN & DENMARK: STOCKHOLM TO COPENHAGEN

8 days / 7 nights **SELF-GUIDED** inn-to-inn easy to moderate cycling tour of coasts & castles



With so much to offer, this exciting cycling holiday visits the Northern European countries of Sweden and Denmark, cycling between Stockholm and Copenhagen. We explore the Scandinavian capital cities and follow the Kattégattleden cycle route along Sweden's picturesque West Coast. The bike trail on Sweden's west coast forms a part of the 5,900 kilometre *EuroVélo North Sea Cycling Route*. We sample a portion of that epic coastal journey, from Gothenburg to Helsingborg, the route mostly following the sea, travelling through open countryside, nature reserves and verdant farmland. As you draw closer to Gothenburg the landscape changes, with dramatic cliffs, lush forests, sheltered bays and quaint harbours.

Discover the UNESCO listed royal palace at Drottningholm, the fascinating archipelago of Gothenburg, nature reserves alive with birdlife, unique regional cuisine and culinary highlights, the waterfront cityscape of cosmopolitan Stockholm, an archipelago of 14 islands on Lake Mälaren, and finally the Danish capital, Copenhagen, a city famed for its cycling infrastructure.

Seafood is a real highlight – locally caught lobster, prawns, langoustines, mussels, oysters and of course herring, served in almost any way you can imagine; smoked, fried, pickled, marinated, baked, *au gratin*, with dill, beetroot, mustard, onion, or even blackcurrants or lingonberry jam. Explore these various tastes as you cycle through picturesque fishing villages and rural countryside as well as these two great capital cities.

Ride on well sign-posted cycle paths, gravel roads and quiet backroads on bikes that are ideally suited to the terrain. The route is mostly flat, with few sections that are slightly hilly, and as you approach the cities short sections of the ride are on busier roads with more traffic.

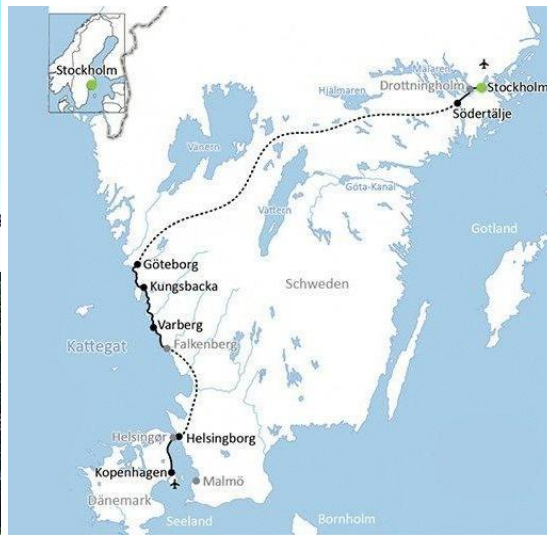
Departs: Daily from 15 May to 13 September 2026

Cost from:	\$3145 per person twin-share	15 – 28 May; 4 - 13 September
	\$3230 per person twin-share	29 May - 18 June; 21 August - 3 September
	\$3315 per person twin-share	19 June - 20 August
	Single supplement from \$1170	

Includes: 7 nights' accommodation with private bathroom in comfortable 3-star and 4-star hotels with breakfast included; hire of multi-gear touring bicycle; luggage transfers (except day 3. 1 x bag per person, max 20kg); Stockholm to Gothenburg train; detailed digital route notes and maps (1 set per room); GPS data; emergency telephone assistance.

Not included: Meals not mentioned, drinks, personal expenses, entrance fees, local city taxes (paid locally), bike helmet (not available, we recommend you bring your own). Printed route notes at extra cost. E-bikes are available at extra cost. Ask for details.

Call OUTDOOR TRAVEL on 1800 331 582 for details or reservations



Suggested itinerary

(This is also available in the reverse direction, starting in Copenhagen, ending in Stockholm. Ask for details).

Day 1: Arrive Stockholm

Arrival into Stockholm – we recommend arriving early to allow time for a stroll through Sweden's capital. Gamla Stan, the old town, is one of the largest and best-preserved medieval city centres in Europe and is where Stockholm was founded in 1252. Wander the narrow, cobbled streets to the waterfront, lined with colourful buildings. See Stockholm Cathedral, the Nobel Museum and the Vasa maritime museum, with its well-preserved 17th Century warship. Your bike will await your arrival at the first hotel.

Day 2: Drottningholm Palace

cycling @ 50km

Ride the ancient trade route alongside Lake Mälaren that has existed since the Viking Age, passing by the UNESCO World Heritage-listed 17th Century Drottningholm Palace – the private residence of Sweden's royal family. The gardens, grounds and some parts of the palace are often open to visitors and are well worth a visit. There is a Chinese Pavilion built in the 18th Century when the European fashion for *Chinoiserie* was at its zenith. The Pavilion boasts fine examples of Chinese and Japanese decorative arts and lacquer-work. Cycle via multiple bridges and the islands of Södermalm and Skeppsholmen back to your hotel in Stockholm.

Day 3: Stockholm to Gothenburg

no cycling

In the morning (taking your luggage with you) take an express train from Stockholm to Gothenburg. In the afternoon there is time to explore the southern archipelago of Gothenburg (easily reached by ferry – purchase your ticket locally), or wander Sweden's second largest city on foot. Enjoy the neoclassical architecture and many parks and gardens. Perhaps take a ride on one of the rattling, old-style blue and white trams. For dinner choose one of the numerous restaurants in this lively university city.

Day 4: Gothenburg - Kungälv

cycling @ 40 - 65km

Cycling out of Gothenburg you pass Särö, the resort that was once popular with the royal family and Gothenburg's high society over the centuries. See towering cliffs, lush forests, bays and marinas as the ride takes you into the cosy small town of Kungälv with its lovely old centre.

Day 5: Kungälv - Varberg

cycling @ 60 - 75km

Enjoy breathtaking views on today's route through the countryside past horse studs and green fields to Åsa, then follow the coast all the way to Varberg. Varberg is home to an impressive fortress, parts of which date back to the 13th Century. As time allows visit the museum in the fortress (entry cost not included) or see Bocksten Man - the remains of a 14th Century man who met a violent death and was discovered in a peat bog at a nearby farm in 1936. His clothing, personal effects and even his hair are remarkably well-preserved. Also not to be missed in Varberg is the UNESCO World Heritage-listed Grimeton radio station built in the 1920s for wireless transatlantic communication, and the 1903 bathhouse with its mix of Gothic and Moorish architectural styles: an ideal place for a relaxing traditional sauna.

Day 6: Varberg - Falkenberg - Helsingborg

cycling @ 40km

Ride through fishing villages to the bustling harbour town of Träslövsläge, its streets lined with brightly painted boathouses. This is the centre of the local lobster fishing industry, so perhaps feast on freshly cooked lobsters and stroll through the older parts of the city. Continue to Falkenberg, one of the oldest cities in the area and then take the train (paid locally) on a 90-minute journey to Helsingborg where you stay overnight.

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Day 7: Helsingborg - Helsingør - Copenhagen

cycling @ 55km

After breakfast take the 20-minute ferry (paid locally) to Helsingør and find yourself in Denmark. Take your time to stroll through the picturesque harbour city and visit the gigantic Kronoberg Slot, a building made famous as Elsinore Castle in Shakespeare's Hamlet. Continue along beautiful golden sandy beaches, and glorious dense forests to Copenhagen, the capital city of Denmark and a bike city par excellence.

Day 8: Departure day from Copenhagen

Tour arrangements end after breakfast. If you would like to extend your stay in Copenhagen, ask us for details.



Outdoor Travel also offer cycling holiday destinations include several areas of Italy, Spain, France, Germany, Holland, Ireland, England and Scotland, Romania, Austria, Poland, Hungary, in the Czech Republic, the USA, Canada, China, Vietnam, New Zealand and Japan. Other group guided Bike & Boat cycling cruises are available in France, Belgium, Holland, Germany, Tuscany or Naples in Italy, the Dalmatian Coast of Croatia, the islands of Greece, or in Vietnam.

Contact Outdoor Travel for more details and reservations

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