

Scandinavia: Denmark & Sweden

Bike Vacation Only

A smörgåsbord of Scandinavian delights awaits on a roundtrip Sweden and Denmark bike tour. Enjoy a tour of Hamlet's castle before crossing into Sweden for days of cycling along one of the most highly acclaimed bike routes in Europe. Forests and meadows, lakes, sandy beaches, and grassy bluffs greet your eye as you follow flat coastal roads, pausing to explore quaint villages and tour one of Europe's most beautiful gardens. Our unique itinerary also introduces you to Swedish traditions such as fika (coffee break), folk music, and an authentic smörgåsbord buffet.



Cultural Highlights

- Discover the bike-friendly culture of two of Scandinavian countries: Denmark and Sweden.
- Enjoy magnificent Baltic Sea views on easy coastal routes, including Europe's Cycle Route of the Year 2018.

- Explore Hamlet's castle on a guided tour, then ferry across the Baltic strait.
- Savor a smörgåsbord dinner catered by a local chef and seasoned with insights into Sweden's most famous style of dining.

What to Expect

This tour offers easy terrain throughout the trip and is ideal for beginning cyclists.

Tour Duration: 7 Days

Average Daily Mileage: 7 - 60

Average Cycling Time: 01:15 - 03:30

Group size: 20 max

Climate Information

Average High/Low Temperature (°F)

May 61°/46°, Jun 66°/52°, Jul 70°/55°, Aug 70°/54°, Sep 63°/50°

Average Rainfall (in.)

May 1.6, Jun 2.4, Jul 2.4, Aug 2.4, Sep 2.4

DAY 1: VBT Bicycle Vacation begins / Transfer to Helsingör / Warm-up ride and ferry to Sweden / Welcome dinner

At 8:45 a.m., meet your VBT local guide in the lobby of The Square Hotel (Rådhuspladsen 141550, Copenhagen V, Denmark, telephone +45 3338 1200). Please come dressed for cycling (with your pedals or saddle if you use your own), as there will be no place to change into cycling clothes before beginning the warm-up ride. Please remember NOT to pack your passport in your checked luggage and to carry the passport with you in your hand luggage as you may need to present the passport to Swedish Immigration officials upon entering Sweden.

After lunch, meet your trip leaders for a bike-fitting and safety briefing and begin your warm-up ride along the scenic eastern coast of Denmark. The 2½-mile-wide strait you are cycling along separates Denmark from Sweden and is one of the busiest waterways in the world, connecting the Baltic Sea to the Atlantic Ocean. Arriving back in Helsingör, you board the ferry for the 20-minute crossing of the Öresund to the Swedish city of Helsingborg. During the ferry ride, you might snack on a local favorite, "two reds and a green"—a pair of sausages and a Tuborg beer. Upon disembarking in Sweden, you will shuttle to your historic countryside manor house.

Later, gather with your trip leaders and fellow travelers for a welcome reception and dinner prepared by your inn's talented chef.

Hotel: Toftaholm Herrgård

Meals: Dinner

Today's Ride Choice:

Cumulative Distance Range: 11.4 km (7.1 miles)

Warm-Up: 11.4 km (7.1 miles)

What to Expect: Cycle the flat bike path in Denmark along the Øre Sound, cross the waterway on a ferry to Sweden between Helsingör, Denmark, and Helsingborg, Sweden, and transfer to your countryside manor house.

DAY 2: Cycle the Swedish Countryside / Swedish Fika / Folkloric musical performance

After breakfast, you cycle from your inn on country roads leading you through the surrounding countryside. Your flat, easy bicycle route takes you through forests and meadows to quaint villages and around numerous lakes. Stop in the morning at a typical countryside home for fika, the traditional Swedish coffee break.

Cycle back to the hotel and enjoy the afternoon at your lakefront inn with numerous activities such as hiking, rowing on the lake or paddling canoes, or simply relaxing in one of the unique eco-friendly saunas and hot tubs. Before your included dinner tonight, enjoy listening to a local folkloric group's performance and learn about their traditional costumes and a unique Swedish musical instrument, nyckelharpa.

Hotel: Toftaholm Herrgård

Meals: Breakfast, Dinner

Today's Ride Choices:

Cumulative Distance Range: 31.1 – 59.5 km (19.3– 36.9 miles)

Morning

Toftaholm Hergard to Lunch: 31.1 km (19.3 miles)

Afternoon

Lunch to Toftaholm Hergard: 28.4 km (17.6 miles)

What to Expect: Depart from your hotel and ride along two-lane scenic country roads. After lunch, ride back to the hotel.

DAY 3: Cycle to Båstad / Norrviken Gardens

Leaving the inland countryside this morning, you will shuttle to the west coast of Sweden. Today's cycling will start outside the port city of Halmstad on the Kattegattleden cycle route. Named Europe's Cycle Route of the Year 2018, this scenic, 242-mile (390-km) bike path follows Sweden's west coast from Gothenburg to Helsingborg. It was Sweden's first national bicycle route and an inspiration to local and visiting cyclists.

Your introduction to the bike path will pass some of Sweden's longest sandy beaches and beautiful wide meadows and tree-studded hillsides before arriving in the charming resort town of Båstad, home to Sweden's Tennis Open—held each summer since 1948. Explore the shops and cafés at your leisure before cycling to nearby Norrviken Gardens, chosen as Sweden's most beautiful garden and Europe's second-most beautiful garden in 2006. Enjoy a savory lunch on your own in the estate's villa before joining a tour of one of the year's specially themed gardens.

After your garden visit, shuttle the short distance to the village of Torekov and settle into your charming spa hotel.

This evening, enjoy dinner in the resort's poolside restaurant with distant views of the sea.

Hotel: Torekov Hotell

Meals: Breakfast, Dinner

Today's Ride Choice:

Cumulative Distance Range: 40.9 km (25.3 miles)

Morning

Halmstad to Norrviken Gardens: 40.9 km (25.3 miles)

What to Expect: Cycle the Kattegattleden dedicated paved bike lane and path along Sweden's coast to the seaside resort town of Båstad. The route alternates between a cycle path and a dedicated bike lane on country roads and village streets. Traffic in Båstad can increase during the summer months, especially in July during the weeks of Sweden's Tennis Open tournament.

DAY 4: Cycle the Bjäre Penninsula / Hovs Hallar / Dagshög

After breakfast, you will cycle through the manicured farmlands and small villages of the Bjäre Peninsula with distant views of the Kattegatt Sea. Civilization on the peninsula dates to the Bronze Age, and traces of the cultivated terraces of that time can still be found today. Picture-perfect Swedish landscapes with rolling farmland and neat red farmhouses mark your progress today toward Hovs Hallar—the steepest coastal region of the peninsula. Explore by foot the nature park with its steep, red cliffs and pebbled beaches.

Afterward, as you ride back toward your hotel, pause to savor a lovely picnic lunch at the old quarry and Viking burial grounds of Dagshög. Enjoy your sumptuous picnic while feasting your eyes on the vistas of the peninsula's rugged shoreline and distant nature-reserve island of Hallands Väderö.

It is a short ride from here to your hotel, where you may spend the afternoon relaxing by the pool or taking advantage of one of the spa treatments. (The spa is quite popular with the locals, so book in advance with your trip leaders when you meet them on the first day of the bike tour.)

Enjoy the evening and dinner at your leisure. You may opt to enjoy dinner in the hotel's restaurant, walk into the village of Torekov, or take a shuttle into the town of Båstad where you will find a variety of restaurants.

Hotel: Torekov Hotell

Meals: Breakfast, Lunch

Today's Ride Choice:

Cumulative Distance Range: 41.3 km (25.6 miles)

Morning

Torekov Hotell to Hovs Hallar Loop: 41.3 km (25.6 miles)

What to Expect: Ride well-paved, narrow country lanes with little traffic, as well as paved bike paths of the Kattegattleden cycle route. There is a short quarter-mile (400-meter) stretch of gravel road to/from the Dagshög picnic site. The terrain is fairly flat with occasional rolling hills.

DAY 5: Cycle to Helsingborg

This morning, you will continue your ride south, at times joining the ever-familiar Kattegattleden bike route. Traversing Sweden's southernmost county, Skåne County, will reveal a varied landscape of forest and open shoreline meadows. Along the coast, you'll also spin through seaside communities such as the small village of Skepparkrogen. Upon arrival in the town of Ängelholm, enjoy lunch at your leisure.

In the afternoon, cycle or hop a train to Helsingborg, the oldest town in Sweden and your home for the next two nights.

For dinner on your own this evening, you might venture out from your centrally located hotel to one of Helsingborg's numerous restaurants.

Hotel: The Vault Hotel

Meals: Breakfast

Today's Ride Choices:

Cumulative Distance Range: 33.7– 69.7 km (20.9 --43.2 miles)

Morning

Torekov to Ängelholm: 33.7 km (20.9 miles)

Afternoon

Ängelholm to Helsingborg: 36 km (22.3 miles)

What to Expect: Ride from hotel to hotel today, or, for a shorter option, hop a train from Ängelholm to Helsingborg after your morning ride. The morning route follows the popular Kattegattleden bike route and country roads before joining busier bike lanes in the cities of Ängelholm and Helsingborg.

DAY 6: Cycle to Ängelholm via Arild

Set off from Helsingborg by bike, following a cycling route along the sea. On the outskirts of town, pedal past a castle and forest, enjoying the coastal beauty along the Kattegat—the shallow sea between Denmark and Sweden. Your morning ride follows the Kattegattleden route, an inspiration to local and visiting cyclists. Coast past quaint fishing villages with cozy thatch-roofed homes and boat-filled harbors. Admire stunning vistas of shoals and grassy bluffs overlooking the Kattegat. Soon, you turn inland near the town of Arild and pass dairy farms and small vineyards presided over by a windmill atop a gentle rise. Your refreshing morning reel has several lunch options along the way: a seaside restaurant or a lovely garden café.

After lunch, you may choose to shuttle in the van or continue riding to the town of Ängelholm. From here, you hop on a train for a 30-minute ride back to Helsingborg.

This evening, step out with your group to one of Helsingborg's oldest buildings for your smörgåsbord

farewell dinner. Your dinner is catered by a local chef who will introduce you to the history, flavors, and protocol of Sweden's most famous style of dining.

Hotel: The Vault Hotel

Meals: Breakfast, Dinner

Today's Ride Choices:

Cumulative Distance Range: 36.8 – 63.8 km (22.8– 39.5 miles)

Morning

Skäret to Arild: 36.8 km (22.8 miles)

Afternoon

Arild to Ängelholm: 27 km (16.7 miles)

What to Expect: From your hotel, ride along the Kattlegattleden bike lane and path to the rural towns of Skäret and Arild. After lunch, continue on the bike path from Arild to catch a train in Ängelholm back to Helsingborg. Alternatively, you may shuttle to Ängelholm's train station after lunch if you prefer a shorter option or more time to explore Helsingborg in the afternoon.

DAY 7: Copenhagen / VBT Bicycle Vacation ends

Your tour ends upon arrival at The Square in Copenhagen. It is a short stroll (approximately 15 -20 minutes) from The Square Hotel (Rådhuspladsen 141550, Copenhagen V, Denmark) to Copenhagen's central train station. A taxi ride to the Copenhagen airport costs approximately DKK300/\$45 USD and takes approximately 30 minutes.

Meals: Breakfast