

Scandinavia: Denmark & Sweden

Bike Vacation Only

Indulge in two of Europe’s most bike-friendly countries – VBT style! Crisp sea air, breathtaking coastal vistas along flat cycling paths and deeply held Scandinavian traditions make this Sweden and Denmark bike tour impossible to resist. Begin and end your seaside sojourn in Copenhagen, and set out on invigorating rides that deliver you to Hamlet’s front door at Elsinore castle ... to sandy beaches, forests, and meadows along the Kattegattleden, one of Europe’s most heralded cycling routes ... to charming villages steeped in history ... and to one of Europe’s most stunning gardens. Along the way, immerse yourself in Scandinavian culture when you partake in a *fika* (coffee break), tap your feet to folk music and savor an authentic smörgåsbord buffet presented by a local chef.



Cultural Highlights

- Discover the bike-friendly culture of two of Scandinavia’s most fascinating countries: Denmark

and Sweden.

- Enjoy magnificent sea views on easy coastal routes, including the Kattegattleden bike path, *Europe's Cycle Route of the Year 2018*.
- Explore Hamlet's moody castle of Elsinore on a guided tour, then ferry across the narrow Öresund to Sweden.
- Savor a smörgåsbord dinner catered by a local chef and seasoned with insights into Sweden's most famous style of dining.
- Tour Norrviken Gardens, chosen as Sweden's most beautiful garden and Europe's second-most beautiful garden in 2006.

What to Expect

This tour offers a combination of easy terrain and moderate hills and is ideal for beginning and experienced cyclists. Our VBT support vehicle is always available for those who would like assistance with the hills.

Tour Duration: 7 Days

Average Daily Mileage: 9 - 40

Average Cycling Time: 01:15 - 04:00

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: Travel to Helsingör / Ferry to Sweden / VBT Bicycle Vacation begins / Warm-up ride / 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 remember NOT to pack your passport in your checked luggage and to bring the passport with you in your carry-on as you may need to present the passport to Swedish Immigration officials upon entering Sweden.

You travel with your local VBT guide to the city of Helsingör. This historic city overlooking Øre Sound, or Øresund to the locals, is called "Elsinore" in English and is known to Shakespeare readers as the site of

Hamlet's castle. Enjoy a guided tour of the Renaissance-style Elsinore castle, a UNESCO World Heritage site.

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 arrival to Helsingborg, check into your hotel and change to your cycling gear before meeting your trip leaders for a bike-fitting and safety briefing and begin your warm-up ride along the scenic southern coast of Sweden. The 2.5-mile-wide strait you are cycling along separates Sweden from Denmark and is one of the busiest waterways in the world, connecting the Baltic Sea to the North Sea and Atlantic Ocean. Later, settle into your boutique hotel in Helsingborg's historic center, discovering this charming city with a bustling harbor and Hamlet's castle in the distance across the Öresund.

This evening, step out with your group to one of Helsingborg's oldest buildings for your festive smörgåsbord welcome dinner. Your dinner is catered by a local chef who will introduce you to the history, flavors, and etiquette of Sweden's most famous style of dining.

Today's Ride Choice:

Afternoon: Warm-up – 11 km (9 miles)

What to Expect: Cross the waterway on a ferry to Sweden between Helsingör, Denmark, and Helsingborg, Sweden. Cycle the flat bike path in Sweden along the Øre Sound.

Cumulative Distance Range: 14 km (9 miles)

Accommodation: The Vault Hotel, Helsingborg

Included Meals: Dinner

DAY 2: 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 more of the scenic Kattegattleden bike path. 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 spin has several lunch options along the way: perhaps a seaside restaurant or a lovely garden café.

After lunch, you may choose to shuttle or continue riding to the town of Ängelholm. From here, you hop on a train for a 30-minute ride back to Helsingborg. Spend the remainder of the afternoon and evening exploring Helsingborg, the oldest town in Sweden. Always a strategic city for its location at the narrowest point on the Öresund, it changed hands from Danish to Swedish in 1658 after the Dano-Swedish War. During World War II, a sort of underground railroad here known secretly as the Elsinore Sewing Club helped Jews escape Nazi persecution. Today, Helsingborg is a picturesque seaside gem friendly to cyclists.

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

Today's Ride Choices:

Morning: Skäret to Arild – 37 km (23 miles)

Afternoon: Arild to Ängelholm – 28 km (17 miles)

What to Expect: Depart from your hotel in Helsingborg and ride to the rural town of Skäret along the Kattegattleden, a dedicated bike lane and path. Continue along the Kattegattleden bike path to catch a train in Ängelholm back to Helsingborg.

Cumulative Distance Range: 37 – 65 km (23 – 40 miles)

Accommodation: The Vault Hotel, Helsingborg

Included Meals: Breakfast

DAY 3: Cycle to Torekov

This morning, you continue your cycling to Ängelholm, originally settled in 1516, this pretty town is renowned as one of the only remaining producers of clay cuckoos, a unique style of handmade wind instrument with finger holes. Enjoy time exploring Ängelholm and having lunch at leisure.

After lunch either shuttle or cycle to your next hotel. Your afternoon ride at times joins the ever-familiar Kattegattleden bike route. Named *Europe's Cycle Route of the Year 2018*, this scenic, 242-mile (390 km) bike path stretches from Gothenburg to Helsingborg. It was Sweden's first national bicycle route and is an inspiration to local and visiting cyclists. Traversing Sweden's southernmost county, Skåne County, reveals a varied landscape of forest and open shoreline meadows. Along the coast, you also spin through seaside communities such as the small village of Skepparkrogen and Torekov where you will enjoy the next two nights at your charming spa hotel.

This evening, enjoy dinner with your group either at the hotel's restaurant (closed on Sundays) or at a nearby restaurant in the village of Torekov.

Today's Ride Choices:

Morning: Helsingborg to Ängelholm – 33 km (20 miles)

Afternoon: Ängelholm to Torekov – 32 km (20 miles)

What to Expect: The morning route follows busier bike lanes in the city of Ängelholm before joining the popular Kattegattleden bike route and country roads.

Cumulative Distance Range: 33 – 65 km (20 - 40 miles)

Accommodation: Torekov Hotell, Torekov

Included Meals: Breakfast, Dinner

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

After breakfast, you cycle through the manicured farmlands and small villages of the Bjäre Penninsula, taking in the sweeping 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 panoramas of 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 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 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, home to a variety of restaurants.

Today's Ride Choice:

Morning: Torekov Hotell to Hovs Hallar Loop – 33 km (20 miles)

What to Expect: Ride well-paved, narrow country lanes with little traffic, and more 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.

Cumulative Distance Range: 33 km (20 miles)

Accommodation: Torekov Hotell, Torekov

Included Meals: Breakfast, Lunch

DAY 5: Cycle to Norrviken Gardens / Båstad / Toftaholm

After breakfast, cycle to the nearby Norrviken Gardens, chosen as Sweden's most beautiful garden and Europe's second-most beautiful garden in 2006. Enjoy a tour of one of the year's specially themed gardens. After the tour enjoy a savory lunch on your own in the estate's villa or cycle into 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.

In the afternoon you will shuttle from the west coast of Sweden's scenic inland countryside to your lakefront historic countryside inn.

DAY 6: Cycle the Swedish Countryside / Swedish Fika / Folkloric musical performance

After breakfast, you cycle from your inn on country roads into 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, where welcoming Swedish hosts share with you some details about their daily life.

Cycle back to the hotel and enjoy the afternoon at your lakefront inn. Take advantage of numerous activities that bring you close to this beautiful, scenic area such as hiking, rowing or paddling canoes on the lake, or simply relaxing in one of the unique eco-friendly saunas and hot tubs. Before your farewell dinner tonight, enjoy listening to a local folkloric group's performance and learn about their traditional costumes and a unique Swedish musical instrument, *nyckelharpa*, resembling a fiddle with keys attached to the neck to control the chords.

Today's Ride Choices:

Morning: Toftaholm Hergard to Lunch – 31 km (19 miles)

Afternoon: Lunch to Toftaholm Hergard – 30 km (19 miles)

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

Cumulative Distance Range: 31 – 61 km (19 – 38 miles)

Accommodation: Toftaholm Herrgård, Vittaryd

Included Meals: Breakfast, Dinner

DAY 7: Copenhagen

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