

## Sweden - Cycling along the west coast - 8 days

This bicycle tour begins in the southern Sweden region of Skåne, in the city of Helsingborg. Over the next 6 days you will cycle along the Kattogat coast, situated between North Sea and Baltic Sea, through picturesque fishing villages and small ports. The route mostly follows the sea, travelling 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 harbors along the way. The culinary specialty of this region along the Baltic Sea coast is seafood - fish are the biggest celebrities on this bike tour!

### Day 1: Individual arrival in Helsingborg

After a short 4 km ferry ride from the Danish town of Helsingør, in the Swedish region of Scania (Skåne in Swedish), Helsingborg is situated right on top of the ocean, and packed with marvelous buildings from the 1100s. 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 Sofero Palace and Gardens. The park is a thriving oasis and was awarded in 2010 as "Europe's Most Beautiful Park". You ride along the coast through the quaint little fishing villages and small boat marinas of Domsten and Viken. The tour continues up towards 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 where you spend the night.

### Day 3: Ängelholm - Halmstad, ~75 or 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. In Ängelbäckstrand you turn away from the coast to cycle across the peninsula. At first it is a slight climb, but it gradually becomes steeper at times. You ride into Sinarps Valley and the Bjäre Peninsula, a small-scale agricultural landscape typical for the region, and come down to 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 and on through the nature reserves Tönnersa and Gullbranna before you arrive into Halmstad where you'll get to rest your tired legs for the night.

### Day 4: Halmstad - Falkenberg, ~60 km

The cycling continues from Halmstad towards Sweden's most famous beach Tylösand and the beautiful Hotel Tylösand. Both the beach and the hotel are worth a visit. The trip continues north along the coast, but enjoy a break at the windmill in Särö, where there is a café and farm shop. In Steninge there is a glassworks to visit as well as a big variation of cuisine and drinks. The sea, open countryside, exciting nature reserves and lush farmland lay along the following stretch. You pass Ugglarp, a small coastal community with famous vegetable gardens and a nice seaside resort. The cycling carries you over the beautiful Grimsholmen before you reach Falkenberg and Skrea Beach where you stay overnight.

### Day 5: Falkenberg - Varberg, ~40 km

You continue through Falkenberg City, which is one of the oldest medieval towns in the region of Halland, and along the sea through open landscapes. On the way there's several picturesque fishing villages like Glommen and Träslövsläge, home to many artists and artisans. In Träslövsläge you can feast on freshly cooked lobsters and stroll through the older parts of the city to find cozy, old wooden houses preserved in the alleys. As you approach Varberg you cycle on the boardwalk as Varberg Castle towers over you. If you are early, there is perhaps time to see "Bocksten Man" inside the fortress, a cadaver preserved at the bottom of a bog from medieval times. Spend the night in Varberg.

### Day 6: Varberg - Kungsbacka, ~60 or 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. You pass small villages like Tångaberg, Frillesås and Åsa. In Åsa you leave the sea for a moment and bike through farmland and rolling hills to Fjärås Bräcka. Take a break and

### Services:

7 nights in 3\*\*\* and 4\*\*\*\* hotels in cat. A  
 7 nights in 2\*\* and 3\*\*\* hotels and guesthouses in cat. B  
 7x breakfast  
 luggage transfer  
 detailed tour description  
 Navigation app and GPS tracks on request  
 service hotline

### additional services:

rental bike 27 gears	160 €
electric bike, 8 gear, pedal brake	320 €
own bike	0 €

### Price:

10.08.2024 - 17.08.2024 - hotel according to offer

double room, BnB, cat. A	1275 €
double room, BnB, cat. B	1190 €
single room, BnB, cat. A	1780 €
single room, BnB, cat. B	1650 €
twin room, BnB, cat. A	1275 €
twin room, BnB, cat. B	1190 €



enjoy the views of both the lake and the sea, makes a visit at Li burial ground with its more than 100 stone megaliths. With Fjärås Bräcka behind you, ride along the fields and horse farms before reaching Kungsbacka, a cozy little city with an old quarter full of wooden buildings and a traditional old trading place. In Kungsbacka you'll also find a warm bed for the night.

**Day 7: Kungsbacka - Gothenburg, ~40 or 65 km**

From Kungsbacka you cycle westwards towards the sea again, passing Vallda and approaching Särö, the former playground of the ancient royal family and Gothenburg high society. After Särö you will soon reach the old railway, now converted into a bike path, and between Askim and Billdal you bike along just near the sea. Cliffs, lush forests, bays and marinas line your path. You also ride past the scenic Stora Amundö Island. Nearing central Gothenburg you pass Nya Varvet ("the new shipyard") and the postmodern harbor district of Röda Sten, home to Klippan Culture Reserve and Röda Sten Art Hall. Follow the harbor to enter Sweden's second largest city where you'll spend the night.

**Day 8: Departure**

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

