

Bicycle Tours in Sweden: Cycling Copenhagen to Gothenburg

OVERVIEW



A Northern European tour that takes you across borders cycling from one vibrant city to another, in regions renowned for their urban cycling culture. Our journey kicks off in Copenhagen, dubbed the "most livable city and bike capital of the world" and takes us from Denmark to Sweden. Enchanting forests and stunning coastlines will be your daily backdrop as you follow the Kattégattleden, Sweden's first national bicycle route. From the vibrant city of Gothenburg Finish your tour in the vibrant city of Gothenburg, also known as "Stockholm's little sister".


If this sounds great but you prefer a longer tour, check out our [Cycling Copenhagen to Stockholm](#) tour.

HIGHLIGHTS

Copenhagen, Beautiful coastal riding, bike paths, breathtaking castles, Tylösand Beach, Gothenburg

TOUR FACTS

Tour Style	 Classic: Learn more about our Classic tours at https://www.experienceplus.com/tours/bike-tour-styles/classic-tours
Includes	6 nights accommodation, meals as noted in itinerary, Guided tour of Gothenburg
Countries	Denmark, Sweden
Begin/End	Copenhagen/ Gothenburg
Arrive/Depart	Copenhagen (CPH)/ Gothenburg (GOT)
Total Distance	267 km (166 miles)
Avg. Daily Distance	53 km (33 miles) per riding day
Tour Level	
Keep in Mind	We work hard to maintain consistency across all of our tours, but some trips have unique differences. Here are some things to keep in mind about this tour. We use charming and modern hotels but A/C or fans may not always be available since they haven't been needed traditionally. Read more on the use of air conditioning in Europe here. Sweden is entirely cashless. Read more here.

Please Note: We may have small itinerary changes to this trip after you download this PDF document. If you have booked this trip and there are major changes, including changes to towns or activities, we'll email you directly. However, you should always be sure to refer to the  [online itinerary](#) for the most up-to-date trip information including arrival and departure tips before you depart for your trip:

<https://www.experienceplus.com/guided-bike-tours/sweden/copenhagen-gothenburg>

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DATES & PRICES

Dates	Price	Single Supplement*
☑ Jun 6-12, 2023	☑ USD\$4250	☑ USD\$550
☑ Jun 27-Jul 3, 2023	☑ USD\$4250	☑ USD\$550
☑ Jul 25-31, 2023	☑ USD\$4250	☑ USD\$550

*We are happy to match solo travelers who would like to share a room with someone of the same gender. If no match exists, due to hotel pricing, we will charge 50% of the single supplement rate. This fee will be collected at the time of the final payment. If a roommate assignment is available this fee will be refunded at the conclusion of the tour.

DAILY RIDE SUMMARY

Day	Distance/Gain	Terrain	Day Level	Notes
1	Test ride			
2	50km / 234m (31mi / 768ft)	Gentle	▶▶▶▶▶	
3	55km / 344m (34mi / 1128ft)	Rolling hills	▶▶▶▶▶	
4	45km / 216m (28mi / 708ft)	Gentle	▶▶▶▶▶	
5	66km / 390m (41mi / 1279ft)	Gentle	▶▶▶▶▶	
6	53km / 312m (33mi / 1023ft)	Gentle	▶▶▶▶▶	
7	Last day			

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ARRIVAL INFO

Meeting time 1:15 p.m. - on Day 1, meet your fellow cyclists and Tour Leaders at the Day 1 Hotel specified on the itinerary.

Note:

As you are planning, remember that the hotels listed in our itineraries are our primary hotels and are - in rare cases - subject to change. Before you make arrangements, [check with us](#) if your tour departure is guaranteed. If your tour departure is out further than 6 months, please also check with us as there might be slight changes to the itinerary.

The below information will help you plan your arrival. For more tips or other routes, you might like [Rome2Rio](#). The fare and timing information listed below is approximate.

We recommend flying into the Copenhagen Airport (CPH).

From the Copenhagen Airport to the Day 1 Hotel

1. Metro to Norreport station (15 min/DKK 36; we recommend using the ticket machines, credit card only)
2. [Walk](#) from Norreport station Day 1 Hotel (7 mins)
3. Or Taxi from the airport to the hotel (20 min/DKK 250-300)

DEPARTURE INFO

Your trip ends on the final day after the city tour around 12:30 p.m. back at the hotel.

If you'd like to participate in the walking tour, schedule your homebound flight after 3 PM.

The below information will help you plan your departure. For more tips or other routes, you might like [Rome2Rio](#).

The closest airport is Gothenburg Landvetter (GOT). Copenhagen (CPH) is about 3.5 hours by train.

From the Ending Hotel to the Gothenburg Airport

- *Taxi (20 min/SEK 450)

Or public transportation

1. [Walk](#) from Ending Hotel to the Nils Ericson Terminalen bus station, located at Gothenburg central station.
2. Flygbuss Airport bus to the airport (30 min/SEK 99)

***Note:** Taxi companies set their prices freely so you can check for the comparative price displayed on the cars. You don't have to take the first taxi in line. Ask if the company applies fixed prices. If they do, then it will be entered in the taxi meter before your journey starts.

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Welcome to Copenhagen

Highlights Copenhagen considered the "most livable city and bike capital of the world"

The Danes are known for their love of bicycling and Copenhagen is renowned for its cycling infrastructure that cities across the world are trying to emulate. With over 390 kilometers (241 miles) of designated bike lanes, it is truly a bicyclist's heaven. The world also looks to Copenhagen for the latest innovations in design, architecture, fashion and visitor's savor the extraordinary culinary revolution that has taken place here over the last decade. We'll meet for a bike fitting and then enjoy a unique Danish dinner to celebrate our Scandinavian adventure.

DAY 1: Tue, Jul 25th

Meals Dinner

Lodging  Hotel Kong Arthur

Copenhagen to Helsingor

Highlights Louisiana Art Museum, Kronborg Castle

Today you will join some of the most practiced bike commuters in the world as we cycle out of Copenhagen on some of Europe's oldest city bike paths. We will bike up the coast past the Louisiana Art Museum on our way to Kronborg Castle which is most famously known for being the setting of Shakespeare's Hamlet. Fall in love with the landscape today while cycling through enchanted forests and along prototypical Danish bike paths.

DAY 2: Wed, Jul 26th

Distance 50 km (31 mi)

Gain 234 m (768 ft)

Terrain Gentle

Level 

Meals Breakfast

Lodging  Hotel Skandia

Helsingor to Halmstad

Highlights Biking along the Kattegattleden Europe's Cycle Route of the Year in 2018

The day starts with a short ferry ride from Denmark to Sweden. From the ferry we will take a train a few kilometers up the coast where our bikes will be waiting for us. From here we will jump on our bikes and introduce our cycling legs to Sweden with a few rolling hills. Before too many miles we'll join the award-winning Kattegattleden bike route and follow it all the way into Halmstad.

DAY 3: Thu, Jul 27th

Distance 55 km (34 mi)

Gain 344 m (1128 ft)

Terrain Rolling hills

Level 

Meals Breakfast, Dinner

Lodging  Hotel Continental
 Best Western Plus
Grand Hotel

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Halmstad – Loop Ride

Highlights Tylösand Beach

Today's loop ride takes us through quiet farmland on our way to Työsand Beach, one of Sweden's top resort towns. Don't be deceived by the moniker "resort", this tiny village is the perfect place to relax and enjoy the irresistible natural setting that surrounds it. Walk a few meters north of Työsand's famous sandy beach to enjoy the Nyrebäcken River estuary, or find a perch at the nearby sand dunes to sit and soak in your surroundings.

DAY 4: Fri, Jul 28th

Distance 45 km (28 mi)

Gain 216 m (708 ft)

Terrain Gentle

Level >>>>>

Meals Breakfast

Lodging  Hotel Continental
 Best Western Plus
Grand Hotel

Halmstad to Gottskär

Highlights Kattegattleden Cycle Route, Gottskär's charming harbor

We start the day with a short train ride to Varberg. From there we'll rejoin the famous Kattegattleden bike route which covers 395 km (245 miles) from Helsingborg all the way to Göteborg. Today's journey on the path features beaches, tiny fishing villages, and gorgeous coastal views. We will finish in the charming harbor town of Gottskär.

DAY 5: Sat, Jul 29th

Distance 66 km (41 mi)

Gain 390 m (1279 ft)

Terrain Gentle

Level >>>>>

Meals Breakfast, Dinner

Lodging  Gottskär Hotell

Gottskär to Gothenburg

Highlights Biking along the Kattegattleden into Gothenburg

Today's ride continues along the Kattegattleden bike path with views off the beautiful North Sea coastline as we pedal into the vibrant city of Gothenburg. You will follow bike paths right into the center of the city.

DAY 6: Sun, Jul 30th

Distance 53 km (33 mi)

Gain 312 m (1023 ft)

Terrain Gentle

Level >>>>>

Meals Breakfast, Dinner

Lodging  Hotel Opera

Bicycle Tours in Sweden: Cycling Copenhagen to Gothenburg**Gothenburg****DAY 7: Mon, Jul 31st****Highlights** Guided city tour**Meals** Breakfast

We'll say good-bye after our guided tour of Gothenburg this morning. Hopefully you are off to explore more of Scandinavia! Whatever you decide, have a wonderful journey.

INCLUDED**BEFORE YOU LEAVE**

- Tour planning tips on what to bring, what to leave home, and what you might like to read before your trip.
- Bicycle Tour Training program designed specifically for your tour rating by renowned cycling coach, Joe Friel.
- Assistance with flights, trains and booking extra nights at your starting and ending tour hotels.
- A complimentary gift of your choice

ON YOUR BICYCLE TOUR

- Superb tour leaders who are great fun and also bilingual, bicultural experts, and avid cyclists. They're experienced to help you navigate confidently on and off the road.
- Comfortable lodging in 3-4 star hotels located in or near the town square with easy access to your favorite café (bar, gelato, espresso) of the day, always with a private bath.
- All breakfasts & at least half of your dinners each featuring multi-courses, fresh, seasonal specialties and wine or beer. See specific tour information for details.
- On many tours we also have 1 or 2 lunches—see specific tour itineraries for details.
- Use of a high quality bike—a Titanium road bike, hybrid, or an aluminum tandem in Continental Europe. For tours in South America, Scotland and Ireland we have aluminum frames. All of our bikes are geared specifically to cruise the flats and help ease you over the mountain.
- Our bikes come with a computer so you can track your miles. They also have an expandable rear rack pack to carry your stuff, and a water bottle that's yours to keep.
- Full van support to carry luggage - and tired cyclists, too!

- Special events like wine tastings and cultural visits as described in the trip itinerary.
- All tips and gratuities at tour hotels and group meals.
- Unique routes, marked with our signature chalk dust arrows that ensure you won't get lost. They also give you the freedom to travel at your own pace.
- Daily mileage options—for those folks who just can't get enough cycling, we'll suggest optional routes off our marked course.
- Detailed route map, and arrows that will lead you to hidden wonders on your bicycle ride.
- All the fun (and more) that you expect from your vacation.

WHAT'S NOT INCLUDED

- Transportation to and from the bicycling tour including airfare, or train travel
- Helmets - we ask that you bring your own to ensure the best fit
- Meals not listed in the itinerary
- Tour Leader gratuity

AFTER YOUR BICYCLE TOUR

- Deeply discounted tours with our "Re-Cycle Program." Your fifth tour with us will be discounted by 50% of the average price of your previous four tours; your tenth tour will be discounted by 100% of the average price of your previous nine tours!

 **LEVEL RATINGS**

Our itinerary descriptions provide daily mileage to help you determine if a bicycle tour is suited to your physical capabilities and interest. You'll also find a note about the trip's terrain on the "Tour Facts" page of each tour. The purpose of this page is to offer a general explanation of our rating categories.

BIKE TOURS 101

Perfect for people looking for mostly flat terrain, or those newer to cycling. Also great for families traveling with younger children (8—14).

- **Average daily mileage:** 50—57km (30 to 35 miles). Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Terrain:** 101 tours offer flat to gently rolling terrain. You'll find specific information on the "Tour Facts" page of each itinerary where you see the tour rating.

BIKE TOURS 201

For riders who prefer a combination of flat and rolling terrain with moderate climbs on one or two days. An excellent compromise for friends who have diverse riding abilities.

- **Average daily mileage:** 50—57km (30 to 35 miles). Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Terrain:** 201 tours feature mostly flat and rolling terrain with moderate climbs on one or two days where you might gain up to 2,000 feet. Some 201 tours may have some longer mileage days of up to 85 kms (50 miles) over fairly flat terrain. While others may have days of 30 - 45 kms (18—25 miles) with steeper climbs. You'll find specific information on the "Tour Facts" page of each itinerary where you see the tour rating.

BIKE TOURS 301

For riders who enjoy some climbing every day. These tours are best suited to intermediate level recreational riders. Fit beginners will likely do well but may want to shuttle on days with steeper climbs.

- **Average daily mileage:** 50 to 75 km (35—45 miles). Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Terrain:** For 301 tours expect cumulative daily climbs of 1,500—2,000 feet and several days of climbing in excess of 3,000 feet. You might encounter some longer mileage 80—90 km (50-60 miles) days with rolling terrain. You'll find specific information on the "Tour Facts" page of each itinerary where you see the tour rating.

BIKE TOURS 401

For cyclists who love to climb (and descend)! If you haven't trained or are an inexperienced rider you will find these trips very challenging and will very likely need to shuttle regularly.

- **Average daily mileage:** 50 to 75 km (35—45 miles). Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Terrain:** 401 tours are challenging. Expect the possibility of longer mileage days of 80 - 120 kms (50 to 70 miles) with rolling terrain, or some sustained hills for considerable distances - think mountain passes, or steeper (+5%) climbs that come with regularity and could be as long as 10 km (6+ miles). You will have gains of 1000 meters (3000 feet) on a third of the days. You'll find specific information on the "Tour Facts" page of each itinerary where you see the tour rating.

BIKE TOURS 501

Our ExpeditionPlus! tours designed for strong riders looking for the challenge of riding across countries or continents. Long daily mileages means limited van support so we recommended these tours for riders who feel confident that they can ride every mile.

- **Average daily mileage:** 120 km (75 miles). Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Terrain:** Expect and be prepared for any and everything.

REMEMBER

It is almost always possible to adapt the day's ride to how you are feeling either by taking advantage of the support van, or asking tour leaders for additional mileage.

Need More Miles? On just about every day of every tour it is possible to add miles to the day. Just talk to your tour leader about the options.

Need Fewer Miles? If you aren't sure about your abilities or how much you want to ride remember the support van is available to offer snacks, encouragement, a lift over the next hill, or to the next hotel. You are on vacation and we're here to help make it perfect for you.

Chalk Dust Arrows. Remember, no matter what level of tour you choose ExperiencePlus! uses chalk dust arrows to mark our routes so riders can take the day at their own pace! Whether you prefer to stop at every gelateria, take a hundred photos a day, or push to achieve a new personal best you'll be happy on our tours.

WHAT TO EXPECT**BICYCLES**

Your bike comes with a pack for the rear rack, lock, cyclometer (bicycle computer), a spare tube and patch kit and pump. If you would like to bring your own pedals and shoes we recommend doing so—your tour leaders will install them during the bike fitting. We have flat pedals with or without cages and straps available. For safety and hygiene reasons you are responsible for bringing a helmet.

Daily Routine (Procedures and Logistics)**DAYSHEETS**

Each day you'll receive a daysheet with information on the day's activities, meals and ride. These also include Tour Leader phone numbers, hotel information and interesting historical and cultural information about sites that you may want to stop and see along the route. Your Tour Leaders will also post daily announcements in the hotel lobby with information about sightseeing in town or restaurant recommendations for dinners on your own as well as important information about breakfast, luggage down and "arrows down" time.

NAVIGATING ON TOUR

At breakfast each day we will make the "Master Route Map" available so you can highlight your map for the day's ride. Of course, we also mark the route every day with our signature chalk dust arrows. Our arrows make navigating very easy—you may never need to look at the map! The arrows also allow you to ride at your own pace. There is no need to "keep up" with the group—this is your ride!

But what if it rains? What happens to the arrows? In a light rain, the arrows actually "set up" and become more permanent. In a heavy rain, they do wash away. If that happens, we'll re-group to cycle together for those who want to continue cycling while those who prefer to stay dry can shuttle.

VAN SUPPORT

The van carries luggage and supports cyclists. It also has water, fruit and snacks. Though the van has snacks, we encourage you to stop and enjoy markets and find your own favorite local specialty.

HOTELS

We have carefully chosen all of our accommodations for their charm and location. They are typically small, family run hotels that offer you a glimpse into the local culture.

We prefer hotels near interesting sites in the center of town located along the best cycling route in the area. Because many of the hotels are small not all of the rooms will be

exactly the same. We keep this in mind and do our best to distribute rooms fairly by the end of the tour. Our itinerary lists our primary hotels. On rare occasions, listed hotels are subject to change.

MEALS AND RESTAURANTS

Breakfasts: we work hard to arrange complete breakfasts but some hotels still serve continental style breakfasts; cycling is energy intensive so we do recommend you plan for a morning or mid-morning snack on the road at a local café or market.

Water is OK in almost all hotels and in country fountains; if there is a problem, we will advise you.

We'll recommend lunch locations en route and most itineraries include a few group picnics. We limit the number of picnics so you don't feel pressured to be at a certain place in the middle of your ride.

Dinners together are often pre-planned and pre-ordered. We'll ask you if you have special dietary requirements. Pre-planned meals allow us to provide a variety of regional specialties and facilitate efficient service. Water, wine and beer are included.

TIPPING YOUR TOUR LEADER TEAM

If you feel your tour leader team has demonstrated great expertise and service, common practice within the travel industry is to tip. Tipping is voluntary and greatly appreciated, and gratuity amounts vary widely. Should you decide to leave a tip, as a guideline, we suggest 5% of the tour cost per traveler – this for the entire tour leader team, not each Tour Leader. If you'd like to show your gratitude for your Tour Leaders' excellent service you can give the tip to any member of the tour leader team, as they share it evenly. In order to avoid social tensions, we encourage you to tip as individuals and not as a group. If you feel your Tour Leaders did not quite meet your expectations, then we would like to know about it. You will also have the opportunity to leave your comments in our evaluation survey which we email to you after your trip.

PHOTOS

We'll be taking photos throughout the tour and we encourage you to do the same. Please note that we may use these for promotional purposes. Please inform us if you prefer images of you not be used. We realize that many of our travelers are great photographers and often people want to share photos after the trip. We'd love to see and share your photos from the tour with the world so if you don't mind the possibility of being famous (at least in the ExperiencePlus! world) send us a link to your tour photo gallery, or upload your favorite 20 - 30 pictures to your tour departure gallery - we'll send you the link to that online photo gallery in your final email!

CHECKLIST

TO DO TODAY!

Read through your Reservation Confirmation Email, it has important information to help you plan your trip!

- Check the date on your passport. The expiration date should extend three months past your date of return to your home country
- Complete the Customer Information Form online at www.experienceplus.com/travelinfo/tourcif
- Apply for trip cancellation/interruption insurance within 21 days of booking your tour. Find details at <http://www.experienceplus.com/assets/files/packingbicycle.pdf>
- Download the bicycle training program found on the Training Program Blog Page at www.experienceplus.com/training

3—6 MONTHS PRIOR TO DEPARTURE

- Reserve your flights after you know you have a confirmed tour departure. Please check with our office if you do not know if your trip is confirmed. As you make your plans refer to the Getting To and Away sent to you in your booking confirmation email it provides meeting times and the starting and ending hotels and shuttle information when applicable.
- Book your pre and post-tour hotel nights. Please refer to the Getting To and Away sheet you received in your Reservation Confirmation Email.
- 12 weeks before your tour begin your training program www.experienceplus.com/training.
- Final payment is due 90 days prior to the tour start. Please refer to your Deposit Payment Invoice and the Final Payment Reminder e-mail you have received for detailed instructions.

6 WEEKS—2 WEEKS PRIOR TO DEPARTURE

- Start reading one of the books or watching one of the movies from our Suggested Reading and Movie List which you'll find on the country page linked from the www.experienceplus.com/travelinfo page.
- Plan what you are going to pack and start packing! Refer to the Packing List on our website at www.experienceplus.com/assets/files/packingbicycle.pdf.
- We'll email your Hotel Itinerary information 30 days prior to departure.

DAY OF YOUR FLIGHT

Get as much sleep on the plane as you can. Pack your Getting To and Away information and one day of cycling gear in your carry-on. See you soon!