

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/choosing-the-best-tour/styles/classic
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	292 km (181 miles)
Avg. Daily Distance	58 km (36 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://dev.experienceplus.com/bike-tours/sweden/copenhagen-gothenburg>

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DATES & PRICES

DAILY RIDE SUMMARY

Day	Distance/Gain	Terrain	Day Level	Notes
1	Test ride			
2	48km / 257m (30mi / 843ft)	Gentle	▶▶▶▶▶	
3	75km / 480m (47mi / 1574ft)	Gentle	▶▶▶▶▶	
4	58km / 302m (36mi / 991ft)	Gentle	▶▶▶▶▶	
5	75km / 497m (47mi / 1630ft)	Rolling hills	▶▶▶▶▶	
6	34km / 243m (21mi / 797ft)	Gentle	▶▶▶▶▶	
7	Last Day			

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ARRIVAL INFO

Meeting time 1:30 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

For June 6 and July 25, 2023: [Hotel Kong Arthur](#)

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)

- Or taxi from the airport to the hotel (20 min/DKK 250-300)

For June 27, 2023: [Hotel Absalon](#)

1. Metro to Kongens Nytorv station, and there, change to M3 to Kobenhavn H (central station) (15 min/DKK 36; we recommend using the ticket machines, credit card only)
2. [Walk](#) from Kobenhavn H to Day 1 Hotel (4 mins)

- 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

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- *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. The June 6 and departure is staying at Hotel Kong Arthur. The June 27 departure staying at Hotel Absalon.

DAY 1: Tue, Jul 25th

Meals Dinner

Lodging  Hotel Kong Arthur
 Hotel Absalon

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. The June 6 departure is staying at Hotel Hamlet.

DAY 2: Wed, Jul 26th

Distance 48 km (30 mi)

Gain 257 m (843 ft)

Terrain Gentle

Level 

Meals Breakfast

Lodging  Hotel Marienlyst
 Hotel Hamlet

Helsingor to Varberg

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 pedal along the coast on the famous Kattegattleden bike route which was named Europe's Cycle Route of the year in 2018. We follow the coastline and weave in and out of country roads on our way to Bastad known for its quiet harbor and beautiful golf courses. From here we'll shuttle to Varberg where we will spend two nights exploring the coast and this beautiful fortified town.

DAY 3: Thu, Jul 27th

Distance 75 km (47 mi)

Gain 480 m (1574 ft)

Terrain Gentle

Level 

Meals Breakfast, Dinner

Lodging  Varbergs Stadshotell & Asia Spa



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Varberg Loop Ride

Highlights Explore Varberg's Historic bathhouses and beaches

Our loop ride today takes us along parts of the Kattegattleden and into the interior. We'll also take time to explore Varberg, with its beautiful castle and bustling downtown. Back in the early 1800s, the town was already a well known health resort to which people flocked to drink the waters, and water is still important to Varberg's popularity today. There are a number of spa hot springs baths (old and new) beaches and lots of windsurfing off the coast. Don't miss exploring the waterfront Bathhouse built in 1903 with its beautiful architecture.

DAY 4: Fri, Jul 28th

Distance 58 km (36 mi)

Gain 302 m (991 ft)

Terrain Gentle

Level 

Meals Breakfast

Lodging  Varbergs Stadshotell & Asia Spa

Varberg to Saro

Highlights Kattegattleden Cycle Route, Coastal riding

Today's ride has us back on the KDG where we pass beaches, tiny fishing villages, and gorgeous coastal views. Our destination is Saro, another historic vacation spot that became popular with the elite from Gothenburg in the early 20th century.

DAY 5: Sat, Jul 29th

Distance 75 km (47 mi)

Gain 497 m (1630 ft)

Terrain Rolling hills

Level 

Meals Breakfast, Dinner

Lodging  Sarohus Hotel and Spa

Saro 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 34 km (21 mi)

Gain 243 m (797 ft)

Terrain Gentle

Level 

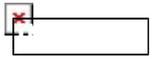
Meals Breakfast, Dinner

Lodging  Clarion Hotel Post



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.



WHAT'S INCLUDED

When you book a tour with ExperiencePlus! our goal is to ensure your only focus each day is to hop on your bike and explore scenic cycling routes in new destinations. Inclusions may differ depending on which tour style you pick but all ExperiencePlus! tours include the three most important aspects of a guided bike tour.

- Superb tour leaders who are fun and multilingual, bi-cultural experts, and cycling enthusiasts. They will support you and help you navigate confidently on and off the road.
- High quality bikes selected for the terrain you are cycling on and correct bike fitting to ensure comfortable cycling.
- Thoughtfully designed itineraries and routes that take advantage of stunning cycling destinations and the freedom of bicycle travel.

PRE-TRIP SUPPORT

- Bicycle training programs designed specifically for your tour and fitness level.
- Planning tips on what to pack, hotel recommendations and other helpful details from our Travel Planning Pages: <https://ep-2023.localhost/travel-planning/>
- A gift of your choice (cycling jerseys, socks, or a t-shirt) as our way of saying thanks for choosing ExperiencePlus!
- *Traveler services including assistance booking extra nights at the tour starting and ending hotels. (*Explorer Tours excluded)
- See "What's Included" for tour-specific inclusions and be sure to check the "Keep in mind" section under "Tour Summary" online.

BICYCLES

For a full list of what's included with your bike see: <https://ep-2023.localhost/what-to-expect/our-bikes/>. If you would like to bring your own pedals and shoes we recommend doing so. On Explorer tours we include a GPS device on all bikes. We ask that you bring your own helmet to ensure the best fit. If you would like us to provide you with a used helmet, please contact us.

NAVIGATING, DAYSHEETS AND VAN SUPPORT:

Each day you'll receive a daily briefing with a highlighted route map. About 14 days prior to your tour, we will provide you with access to RideWithGPS Experiences, our platform

to distribute information on each tour day's activities, meals and ride, as well as GPS-routes.

Daily information also includes Tour Leader phone numbers, hotel information and interesting historical and cultural information. On Classic, Bike and Boat and Expedition tours we also navigate using our signature chalk dust arrows. Our arrows make navigating very easy—you may never need to look at the map. On Explorer tours the terrain and destinations are not always conducive to using chalk arrows so we'll ride as a group or you can navigate on your own with the GPS tracks. On tour you will have a support van providing water and snack resupply, mechanical assistance, a lift for tired cyclists, and luggage transfers. On some itineraries the van will not be able to follow sections of the route that stray from the road for example onto cycling paths.

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Need More Miles? On many days it is possible to add miles to the day, just talk to your tour leader about your 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.

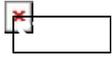
TIPPING YOUR TOUR LEADER TEAM:

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 is for the entire tour leader team, not each tour leader. 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, please let us know. *Tips are included in Expedition pricing.

PHOTOS:

By reserving space on tour, you agree that ExperiencePlus! may use, re-use and reproduce any images, photos or videos sent to us, or that are taken by our guides or other travelers, in any medium, including but not limited to print, electronic media, or Internet, free of charge and without your right to inspection. If you do not want us to use any images of you, you must inform us or your tour leader in writing at the start of the tour.





OUR TOUR STYLES

We realize that one size does not fit all and there are as many ways to travel by bike as there are different types of cyclists and travelers. No matter what you are looking for in a cycling vacation, we have a tour with just the right pace for you.

Classic Tours: Dream of traveling through a region by bike? then our Classic style bike tours are for you! Our unique chalk arrows lead the way as you explore small villages and world-class cities while traveling at your own pace.

- Tour Length: 7-15 days
- Hotels: 3-4 stars, most itineraries include at least one two-night stay at the same hotel.
- Road Type: Pavement, bike paths.
- Multi-night Stays: Occasionally
- Navigation: Chalk Arrows
- Price: \$\$\$
- Tour Levels: 1-4.5

Explorer Tours: Travel further off the beaten path - we let the destination dictate where we ride, not the road surface.

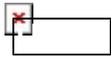
- Tour Length: 7-8 days
- Hotels: 2-3 stars, occasional multi-night stays at the same hotel.
- Road Type: 30-50% gravel or hard-packed dirt, the rest pavement.
- Multi-night Stays: Occasionally
- Navigation: Group riding and GPS
- Price: \$\$
- Tour Levels: 1-4

Bike and Boat Tours: Spend days cycling and your evenings relaxing on a private boat as you cruise to your next port.

- Tour Length: 7-8 days, some itineraries have land-based extensions available.
- Barge/Boat: 3-4 star, same cabin for the entire boat trip.
- Road Type: Pavement
- Navigation: Chalk Arrows
- Price: \$\$\$
- Tour Levels: 1-4

Expedition Tours: Multi-week tours where you spend long days on the bike with the added satisfaction of pedaling across multiple countries.

- Tour Length: 15-40 days
- Hotels: 2-4 stars, typically there is a 2-night hotel stay every 5-7 days.
- Road Type: Pavement with occasional hard-packed dirt or gravel.
- Multi-night Stays: On rest days
- Navigation: Chalk Arrows
- Price: \$\$\$
- Tour Levels: 4-5



We know that travelers have different cycling abilities and preferences for the number of miles, elevation gain, and type of terrain they want on a bicycle tour. We have rated each day of our tours on a scale of 1-5. Our Tour Level's are an average of the day rating on tour. We recommend looking at the daily summary on the PDF and Website Itinerary to see details about each day's ride.

LEVEL 1 - 1.5

Level 1 - 1.5 days will be mostly flat and the distance will rarely exceed 50 km. Level 1 - 1.5 tours are suitable for beginner cyclists, those traveling by bicycle for the first time, or multi-generational groups with a desire for a nice and easy bike tour with plenty of opportunities to stop and enjoy the scenery.

- **Average daily mileage:** 20 - 50 km. (12-30 miles) Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain:** 0-400 M (0-1200 ft)
- **Terrain:** Mostly flat with occasional gentle climbs at a grade of less than 3%, that are sustained for a maximum of 3km. There might be a steeper but short climb.

LEVEL 2 - 2.5

Level 2 - 2.5 days are ideal for riders newer to bicycle touring looking for a bit of a challenge.

- **Average daily mileage:** 30-60 km (18 - 38 miles). Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain:** 400 - 600 m (1200 - 2000 ft)
- **Terrain:** Mostly rolling terrain around 3%. Presents multiple 3% to 4% climbs. May present an occasional steeper climb.

LEVEL 3 - 3.5

Level 3 - 3.5 days are great for active individuals (who run, bike, swim etc. on a regular basis).

- **Average daily mileage:** 50-70km (30-45 miles). Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain:** 600 - 900m (2000 - 2800 ft)
- **Terrain:** Multiple Climbs with grades of 4 - 6%.

LEVEL 4 - 4.5

Level 4 - 4.5 days are the best riding days for avid cyclists or very active individuals who are excited to challenge themselves on a bike.

- **Average daily mileage:** 70-90km (45-55 miles) Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain:** 900-1000m (2800-3600 ft)
- **Terrain:** Presents multiple steep climbs (6% to 8% grades), 1 to 3km long. Alternatively, 4 — 6% grades for 6 kilometers or more.

LEVEL 5 (EXPEDITION)

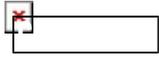
Our Expedition tours designed for strong riders looking for the challenge of riding across countries or continents. Long daily mileages mean limited van support so we recommend these tours for riders who feel confident that they can ride every mile.

- **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.
- **Gain:** 500-2000 m (1600- 6500 ft)
- **Terrain:** Expect and be prepared for any and everything.

REMEMBER

A tour level is the average of the days so we recommend you look at the day level on each day of the itinerary to help you better understand what to expect from your tour.





TO DO ONCE YOU'VE BOOKED!

- Read through your Reservation Confirmation and After you Book Information (link sent to you by e-mail), 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: <https://ep-2023.localhost/travel-planning/customer-information-form/>
- We recommend you take out travel insurance. Find details at <https://ep-2023.localhost/travel-planning/travel-insurance/>
- Choose a bicycle training program: <https://ep-2023.localhost/travel-planning/bicycle-tour-training/>
- Peruse our country-specific Travel Planning Pages: <https://ep-2023.localhost/travel-planning/>

6 TO 3 MONTHS PRIOR TO TOUR START DATE

- Refer to your Tour Packet/Itinerary to see step-by-step arrival and departure information for your tour, meeting place and time, if a reservation on a complimentary ExperiencePlus! Shuttle (if applicable) is required, along with other important information to help you plan your arrival and 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.
- Book your pre and post-tour hotel nights.
- Begin your chosen training program
- Final payment is due 90 days (120 days for Bike & Barge/Boat tours) prior to the tour start. Please refer to your Invoice and the Final Payment Reminder e-mail which we send 10 days prior to the due date for detailed instructions.

6 TO 2 WEEKS PRIOR TO TOUR START DATE

- Start reading one of the books or watching one of the movies from our Reading and Movie Lists: <https://ep-2023.localhost/travel-planning/>.
- Plan what you are going to pack and start packing! Refer to the Packing Lists for suggestions, and see luggage limits at <https://ep-2023.localhost/travel-planning/packing/>.
- We'll email you your access code to Digital Daysheets, Hotel Itinerary, Participant Roster, names and contact information of your Tour Leaders, emergency phone numbers, and other important departure information about 2 weeks prior to your tour start date. All this will be provided to you via a feature called Experiences via the RideWithGPS App (tracks available but not necessary for navigation on Classic, Expedition and Bike & Boat tours).

DAY OF YOUR FLIGHT

Get as much sleep on the plane as you can. Pack one day of cycling gear in your carry-on just in case. See you soon!

