Bicycle Tours in Sweden: Cycling Gothenburg to Stockholm

OVERVIEW

Soak in Sweden as you cycle along quiet country roads, passing typical Swedish farms and tour some of it's most famous attractions including a private tour the country's most beautiful castle, Läckö Castle. You will cycle across Sweden's greatest civil-engineering feat, the Göta Canal and finish your tour with a ride on the S/S Mariefred steam ship which has been making the same route into Stockholm since 1903.

If this sounds great but you prefer a longer tour, check out our Cycling Copenhagen to Stockholm tour.

HIGHLIGHTS

Gothenburg, Läckö Castle, Kornettgarden Café Museum, Linköping, steamship into Stockholm, Göta Canal Locks

TOUR FACTS

Tour Style	Classic: Learn more about our Classic tours at https://www.experienceplus.com/choosing-the-best-tour/styles/classic
Includes	7 nights accommodation, meals as noted in itinerary, private tour of Läckö Castle, Guided walking tour of Linköping, Guided tour of Stockholm
Countries	Sweden
Begin/End	Gothenburg / Stockholm
Arrive/Depart	Gothenburg (GOT)/ Stockholm (ARN)
Total Distance	319 km (198 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://dev.experienceplus.com/bike-tours/sweden/gothenburg-stockholm

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DATES & PRICES

DAILY RIDE SUMMARY

Day	Distance/Gain	Terrain	Day Level	Notes
1	Test ride			
2	46km / 274m (29mi / 899ft)	Gentle		
3	61km / 483m (38mi / 1584ft)	Rolling hills		
4	52km / 339m (33mi / 1112ft)	Gentle		
5	68km / 306m (42mi / 1004ft)	Gentle		
6	43km / 482m (27mi / 1581ft)	Rolling hills		
7	47km / 468m (29mi / 1535ft)	Gentle		
8	Last Day			

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ARRIVAL INFO

Meeting time 1 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.

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

From the Gothenburg Airport to the Day 1 Hotel

- *Taxi (20 min/SEK 450)

Or public transportation

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

***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.

DEPARTURE INFO

The tour ends on the final day after a walking tour of Stockholm at 12:30 p.m. back at the hotel. If you would like to participate in the walking tour, schedule flights out of Stockholm Arlanda after 3 p.m.

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

We recommend flying out of the Stockholm Arlanda Airport (ARN).

Flying out of ARN

- Taxi from the Ending Hotel to the airport (25 min/SEK 575)

Or public transportation

1. Walk from Ending Hotel to Stockholm Central Station
2. Train from Stockholm Central Station to Arlanda Norra Station (20-40 min/fares vary)

Look up train schedules for Sweden and adjacent regions at SJ.com or Trainline.com. Questions? See our information on

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taking trains in Europe here or ask us.

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Bicycle Tours in Sweden: Cycling Gothenburg to Stockholm

Welcome to Gothenburg

DAY 1: Mon, Jul 5th

Highlights "Stockholm's little sister"

An important seaport, and unexpectedly energetic city, Gothenburg offers plenty to explore. With its 17-century canals winding through the lush King's Park and chic Acenyn boulevard lined with bars and shops Gothenburg's many attractions are a wonderful introduction to Sweden.

Meals Dinner

Lodging Clarion Hotel Post

Gothenburg to Läckö Slott

DAY 2: Tue, Jul 6th

Highlights Private tour of Läckö Castle, Lake Vänern

We will start the day with a train ride out of Gothenburg to the small village of Lovene where our bikes will be waiting for us. From Lovene our ride takes us through picturesque Swedish farmland that gently transitions into beautiful shaded forests, ending on the shores of Lake Vänern, where we will enjoy a private tour of Läckö Castle, one of the country's most beautiful and interesting historic sites. With its well-preserved interior Läckö tells the intriguing story of a bishop's fort transformation into a baroque castle. After our tour we'll head to our tranquil nature hotel with views back to Läckö.

Distance 46 km (29 mi)

Gain 274 m (899 ft)

Terrain Gentle

Level

Meals Breakfast, Dinner

Lodging Naturum Hotel

Läckö Slott to Karlsborg

DAY 3: Wed, Jul 7th

Highlights Gota Canal, Lake Vanern views, Karlsborg

We start today with a transfer from Lake Vänern to Sjotorp, where the Gota Canal's gate "begins" from Lake Vanern. Our cycling route this morning takes us along this engineering wonder built by some 600,000 soldiers between 1802 and 1832. The canal provided a valuable transport and trade link between Sweden's east and west coasts, although never fully living up to its economic potential due to the arrival of the steam trains. Cafes and restaurants dot the canal, perfect places to stop for lunch. The second part of our ride we travel through quiet roads and dense forests on our way to the lakeside town of Karlsborg.

Distance 61 km (38 mi)

Gain 483 m (1584 ft)

Terrain Rolling hills

Level

Meals Breakfast

Lodging Kanalhotellet

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Karlsborg to Vadstena

DAY 4: Thu, Jul 8th

Highlights Motala, Lake Vattern, Vadstena city and castle

This morning we transfer to the other side of Lake Vattern to ride to the beautiful little city of Vadstena. Our ride today follows the shores of Lake Vattern and crosses paths with the 315 kms that make up the Vatternrundan bike route, held every June, and considered one of the largest cycling events in Sweden. We'll spend the night in charming Vadstena, which, in spite of its small population, is still referred to as a city due to its historic significance and beautiful castle.

Distance 52 km (33 mi)
Gain 339 m (1112 ft)
Terrain Gentle
Level
Meals Breakfast, Dinner
Lodging Starby Hotel

Vadstena to Linköping

DAY 5: Fri, Jul 9th

Highlights Kornettgarden Café Museum, Boställets Farm and Bakery

We leave the coast behind and cycle inland along quiet country roads through a landscape dotted with typical Swedish farms ending in Linköping, where the past meets the present merging the modern parts of the city into its historic center. On our way we stop by the largest lock on this end of the Gota Canal where you can stop for a coffee before cycling into Linköping where we spend the night tonight. The June 6 departure is staying at Clarion Hotel Slottsparken.

Distance 68 km (42 mi)
Gain 306 m (1004 ft)
Terrain Gentle
Level
Meals Breakfast, Lunch
Lodging Clarion Slottsparken
Elite Stora Hotellet

Linköping to Mariefred

DAY 6: Sat, Jul 10th

Highlights Steam Train, Gripsholms Slott (Castle)

We start the day with a train ride to Södertälje. From Södertälje we will cycle to Mariefred, nestles on the shores of Lake Mälaren. Mariefred is home to Gripsholms Castle that houses one of Europe's best-preserved 18th century theaters and the state's portrait collection. Explore the castle, and take a ride on Sweden's oldest steam train dating from 1888.

Distance 43 km (27 mi)
Gain 482 m (1581 ft)
Terrain Rolling hills
Level
Meals Breakfast, Dinner
Lodging Gripsholms Värdshus Inn

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Mariefred - Loop Ride

DAY 7: Sun, Jul 11th

Highlights Steamship to Stockholm on Lake Mälaren

Our last ride today takes us through some beautiful Swedish countryside. We´ll be back in Mariefred in time for a quick shower and lunch before boarding the S.S Mariefred steam ship which has been making the same route to Stockholm since 1903. We will enjoy our final dinner together tonight as we steam our way towards Stockholm on the picturesque Lake Mälaren.

Distance 47 km (29 mi)
Gain 468 m (1535 ft)
Terrain Gentle
Level
Meals Breakfast, Dinner
Lodging Sheraton Stockholm

Stockholm

DAY 8: Mon, Jul 12th

Highlights Walking tour of Stockholm

Our tour ends after a fascinating guided walk of Stockholm. We highly recommend that you take a few days to enjoy all that the city has to offer. Whatever you decide, have a wonderful journey.

Meals Breakfast

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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.

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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

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Bike Tour Levels

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.

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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!

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