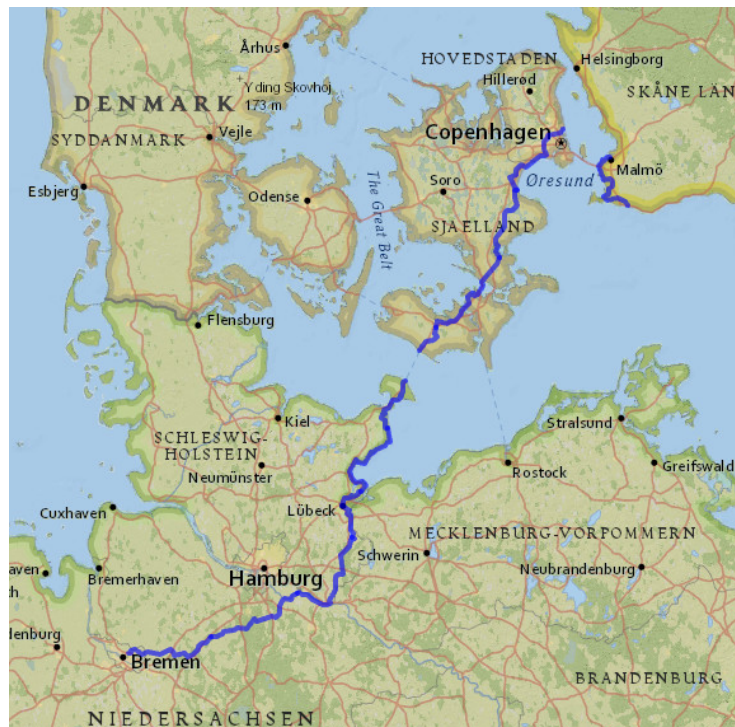


Bikexplore

Germany, Denmark: Bremen to Copenhagen (Tour WM221)

14-28 August 2022



Tour Prospectus

This is an unsupported camping tour from Bremen (Germany) to Copenhagen (Denmark), returning via Trelleborg (Sweden) and finishing in Osnabrück (Germany). Visit the German states of Nieder Sachsen (Lower Saxony) and Schleswig-Holstein, the Danish islands of Lolland, Falster, and Sjælland (Zeeland), then spend two nights in Copenhagen and a day in Skåne (southern Sweden). The route is a continuation of the CTC Cycling Holidays Netherlands & Germany - Amsterdam to Bremen tour that I ran in 2019.

Starting from where that tour finished in Bremen, we ride through the German states of Nieder Sachsen and Schleswig-Holstein, visiting the Hanseatic League city of Lübeck (a World Heritage Site) on the way. From Puttgarden (Germany), we take the ferry over the Fehmarn Belt to Rødby on the island of Lolland (Denmark). We cross the Guldborgsund Bridge onto the island of Falster and then across the Storstrøm Bridge onto the island of Sjælland (Zeeland) and onwards towards Copenhagen. We have two night stops in Lübeck and Copenhagen (to soak up the legendary cycling culture).

We will return to Osnabrück (in Germany) using a combination of trains and overnight ferry. Train travel from Amsterdam to Bremen and from Osnabrück back to Amsterdam is included, as is the overnight ferry from Trelleborg to Rostock, and train travel from Rostock to Osnabrück. There is also the option to make your own way to the start (in Bremen), and from the end (in Osnabrück).

This holiday is for the moderately fit rider, able to tackle hills with panniers, and for whom riding daily distances of up to 80km is no problem and at a pace that would normally allow time for stops for food and photos.

Itinerary

Sun 14 Aug	Meet at Amsterdam Centraal Station for the 09:10 train to Osnabrück Hbf, changing at Osnabrück Hbf for the 13:23 train to Bremen Hbf (arriving 14:15). Cycle to Hanse Camping on the north side of Bremen. Stay 1 night.	6km
Mon 15 Aug	Cycle 3km to join the WümmeRadweg (cycle route) which we follow all the way to Lauenbrück. Stay 1 night.	69km
Tue 16 Aug	Cycle from Lauenbrück to the campsite on the banks of the Elbe River. Stay 1 night	72km
Wed 17 Aug	Cycle along the Elbe River following the Elbe-Radweg (cycle route) as far as Hohnstorf (Elbe), and then cross over the Elbe River and pick up the Elbe-Lübeck-Kanal to Mölln, before heading to our campsite at Ratzeburg (on the shores of the Ratzeburger See). Stay 1 night.	77km
Thu 18 Aug	Follow the eastern shore of the Ratzeburger See, and then the Wakenitz river as far as Eichmol. At Eichmol we have a choice of two routes: The shorter route takes us to Lübeck and on towards Travemünde. The longer route takes us around the eastern side of the Dassower See and the PötenitzerWiek to Priwall (at Priwall we take a small ferry over the Trave River into Travemünde and on to the campsite). Stay 2 nights.	48/65km
Fri 19 Aug	Free day to explore the sites of Lübeck (18km away) or cycle the Ostseeküsten-Radweg (Baltic Sea Cycling Path) east to Ostseebad-Boltenhagen and back (62km).	36/62km
Sat 20 Aug	Follow the Ostseeküsten-Radweg (Baltic Sea Cycling Path) all the way to Rosenfelder Strand. Stay 1 night.	65km
Sun 21 Aug	Cycle the Ostseeküsten-Radweg (Baltic Sea Cycle Route), crossing over the Fehmarn Sound Bridge onto the island of Fehmarn and onwards to the port of Puttgarden, from where we take the (45 minute) ferry to Rødbyhavn on the island of Lolland (Denmark). From Rødbyhavn we then cycle to Maribo following the Danish National Cycle Route 7. Stay 1 night.	66km

Mon 22 Aug	<p>Cycle the Danish National Cycle Route 7, crossing over the Guldborgsundbroen (bridge) onto the island of Falster, and over the Storstrømsbroen (bridge) onto the island of Sjælland (Zealand).</p> <p>At Masnedsund we pick up the Danish National Cycle Route 56 and follow it all the way to Præstø. Stay 1 night.</p>	66km
Tue 23 Aug	<p>Cycle the Danish National Cycle Route 56 to Køge which takes a direct inland route rather than following the much longer coastal route that follows Route 9. Stay 1 night.</p>	52km
Wed 24 Aug	<p>Cycle the National Cycle Route 9 and follow it all the way to our campsite in København (Copenhagen).</p> <p>We approach København along the coast from the west, then the route turns north and follows a green corridor that skirts around the main built-up area of central København. Our campsite for the next two nights is a converted 19th century fort that utilises the old buildings for the campsite facilities. Stay 2 nights.</p>	67km
Thu 25 Aug	<p>A free day to explore the sites of København (Copenhagen) and experience the legendary cycling culture.</p>	
Fri 26 Aug	<p>Cycle to København Central Station to take a train over the Øresundsbroen (Oresund Bridge) to Malmö Central Station (Sweden). Trains run every 20 minutes with a journey time of 39 minutes and have a compartment for bicycles (cost including the bike is approximately £15).</p> <p>From Malmö Central Station we then cycle the 56km to Trelleborg (Sweden). We will have time to have some dinner in town before re-grouping and cycling the very short distance to the ferry port to check in for the Stena Line ferry to Rostock (departing 22:55). We will have shared two-berth cabins for the crossing.</p>	56km
Sat 27 Aug	<p>The ferry from Trelleborg arrives at Rostock ferry port at around 06:10. We stop for some breakfast at the harbour restaurant before we cycle 12km into Rostock. We have time to do some sightseeing in Rostock before we catch an Inter-City train at 12:44 to Osnabrück Hbf arriving at 16:35. Cycle 6km to the campsite.</p> <p>In the evening, we have the option of having a group dinner at the Japanese restaurant that is adjacent to the campsite. Stay 1 night.</p>	24km
Sun 28 Aug	<p>Cycle to OsnabrückHbf (6km) to catch the 09:53 train to Amsterdam Centraal, arriving 13:00.</p> <p>For those travelling on the Hoek van Holland to Harwich ferry there is the option of finishing the tour in Osnabrück and travelling by train to Den Haag via Hengelo (avoiding Amsterdam).</p>	6km

Accommodation and meals

Accommodation is in established campsites of a high enough standard to provide hot showers and clean washing areas. Participants need to bring their own tents and other

camping equipment and will be expected to share a pitch or emplacement with others in the group. You are responsible for all your own meals.

Price £495 -provisional estimate

The price is based on a minimum number of 8 participants taking part in the tour. If there are insufficient bookings by 4 June 2022, we will contact you and return all monies paid. The price is calculated at a rate of 1.18 euros to the pound (based on exchange rates published on www.xe.com on 24 August 2021).

Price includes:

- 13 nights camping
- Intercity train from Amsterdam to Bremen *
- Intercity train from Rostock to Osnabrück
- Intercity train from Osnabrück to Amsterdam *
- 1 night on the Trelleborg-Rostock ferry, in a twin shared cabin
- Bikexplore costs

* - Discounts available for those persons making their own way to the start in Bremen (£32), and ending the tour in Osnabrück (£24).

Price does not include:

- Travel to and from the start point at Amsterdam Centraal.
- Camping in Amsterdam before the tour begins.
- Lunches or refreshments during the day
- Evening meals
- Drinks with evening meals
- Entry fees at any attractions
- Puttgarden-Rødby ferry crossing charges - 11.50 Euros.
- Train travel between København and Malmö - TBA
- Any other personal expenses
- Travel Insurance
- Single occupancy supplement (Trelleborg - Rostock ferry), subject to availability.

Payment schedule

A deposit of £100 per person must accompany the Booking Form, with the final balance of £395 per person to be paid no later than ten weeks prior to departure, by 4 June 2022.

Cancellations

Should you be forced to cancel your booking for any reason you must notify us in writing.

Cancellation charges are as follows:

Written notice received:	Cancellation charge:
4 June 2022	Deposit (£100)
5 June through to departure	100% (£495)

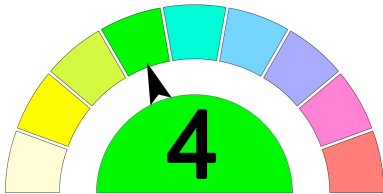
To make a booking

Read the section on 'Booking a Holiday' on the Bikexplore website, then contact the leader for further details.

Leader's Information Sheet

Germany and Denmark: Bremen to Copenhagen

14 - 28 August 2022



This holiday is classed as Grade 4 – Moderate

The information below is given by the tour leader to help enquirers decide if the tour is suitable for them.

The area covered by the Tour

The area covered by the holiday is very varied and has something to keep the rider interested every day. The holiday starts in Bremen in Nieder Sachsen (Lower Saxony) and follows a generally north easterly direction. We will be following mostly named tourist cycle routes in Germany, and numbered national cycle routes in Denmark. This helps us avoid busy roads as much as possible.

Rides and rest days

Each day will be different, moving from one type of terrain to another. Steady climbs, many flat sections, and a few quite hilly sections (around Ratzeburg) will all be present. The roads are mostly well surfaced with low volumes of traffic. The surface of the cycleways will vary and sometimes will consist of compacted gravel. There are two rest days which will allow you to do some sightseeing in Lübeck (a world heritage site) and Copenhagen.

Detailed route notes will be provided before the tour, along with GPS tracks for those who want them.

Most of each day will be spent cycling. People will be expected to ride at their own pace and often in loose groups, at around 10-12 mph on the flat, slower up hills, usually meeting up at cafes for lunch and refreshment breaks, though you are welcome to ride with the tour leader if you would prefer. The daily tour notes will include details of refreshment stops each day, and recommendations on where to pick up supplies for those self-catering. It is expected that you may want to stop for photographs, or look at the view or some local object and this is okay. You are on holiday after all.

Please note it may not always be possible to follow the itinerary exactly due to roadworks or weather. In these circumstances, we will make alternative arrangements.

The Tour Leader will usually be at the front of the group, so you will need to be aware of the route each day. This information will be given to you before, or at the beginning of the holiday, and again at daily briefings.

Inevitably, parts of the route are hilly, and as there is no back-up vehicle to carry your luggage, you do need to be moderately fit to get the most out of this tour. Therefore, it is

essential to get out on your bike and get some miles in before the tour starts.

It is helpful if you have had some previous experience with cycle camping and carrying all your gear on your bike whilst riding on cycle routes over the distances we need to cover on moving-on days. However, reasonably strong cyclists who have done other lightweight camping are usually able to put the two together without any real difficulty. It is important that you are fit enough to undertake a tour with no support vehicle.

Travel and Parking

Participants must make their own way to the starting point at Amsterdam Centraal station (or the campsite in Bremen if that is more convenient). If you wish to travel by car there may be the possibility of leaving your vehicle at the campsite in Bremen, and then leaving the Rostock-Osnabrück train at Bremen to pick it up again. If you choose to do this, then you should make the necessary arrangements with the campsite yourself.

If you are travelling on the Harwich to Hoek van Holland overnight ferry arriving on the Sunday morning then you will have to make your own way to the first night's campsite in Bremen.

There is a twice hourly intercity service between Den Haag Centraal station and Hengelo. At Hengelo you can get an hourly Eurobahn train to Osnabrück Hbf, where you can change onto an hourly Deutsche Bahn regional express to Bremen. The Eurobahn train and the Deutsche Bahn regional express both have excellent bike carrying capacity and up to five people can travel cheaply using a Niedersachsen group ticket.

Accommodation / Meals

All campsites have been chosen for their location rather than for any particular amenities they might offer. It is usual for 3 to 5 tents to share a 'pitch', depending on its size. All sites will have hot showers and washing facilities. Some will have a small shop, and there may also be anything from a snack bar to a full restaurant on site. Some the campsites include additional services (such as an outdoor swimming pool), and many have covered or indoor cooking facilities that you can use.

One night is spent aboard the Stena Line Trelleborg-Rostock ferry in 2 berth shared cabins. A supplement is made for anyone requiring their own cabin, depending on availability.

Group information

The maximum group size will be 12 (including the leader).

Weather and clothing

The weather is unknown, so you must be prepared to ensure that you can keep warm and reasonably dry. It will rain at some point, and there is a risk of thunderstorms in the afternoon if the weather is particularly warm, so lightweight waterproofs/windproofs will be needed. Warmer clothing for the evenings is also recommended.

Cycling clothes: A minimum of two sets of clothing is recommended as you can wash each evening; two short sleeved tops, a long-sleeved top, or arm warmers, shorts, longs or leg warmers, two pairs of socks, a cap or helmet cover and two pairs of short gloves with a pair of finger gloves for rain and cold and cycling shoes. Clear riding glasses. Sun cream, lip balm and sunglasses are recommended along with insect bite cream/spray.

Evening Dress: You will not need too much; two T-shirts/shirts, one pair of lightweight trousers, maybe a pair of shorts, two sets of underwear, two pairs of socks, light

pullover/top and lightweight shoes. The lightweight cycling windproof top can be used in the evening if extra warmth is required. A floppy hat can be useful if the sun is hot. Trunks if there is the chance of a swim in the sea or a pool, but cycling lycra will do.

Toiletries: These can be kept to a minimum by bringing small toothpaste tubes, shampoo bottles etc. A very basic first aid kit of plasters and pain killers is recommended. Some places supply shampoo, but this is not guaranteed, and a small hotel size bottle is always useful, including for clothes washing, which can be done whilst showering. Shaving can also be done using shampoo, as can face washing. A piece of string is useful for hanging washing in the absence of coat hangers.

Beware of taking too much as every kilogram has to be carried by you.

Cycles / Equipment

Each participant is expected to bring, and carry, all of their own lightweight camping equipment and personal gear on his/her own touring cycle or lightweight mountain bike suited to and set up for touring. Low gears (i.e., the small chainring being the same size or smaller than the largest cog on the rear wheel) are strongly recommended. Each rider (or couple) is expected to bring sufficient spare parts and tools to take care of their own minor repairs, from tightening loose nuts to replacing brake or gear cables. Do make sure that your bike is mechanically sound and that both it and you are capable of carrying all your own camping kit, plus whatever else you bring. A more detailed packing list will be supplied if requested. If you have any specific questions, I will be happy to try to answer them.

Maps

In case you become separated from the group, or wish to spend some time cycling apart from the group, you should carry a suitable map. The tour pack that will be sent to you will include route maps for each day that should be more than sufficient, but if you wish to go further afield then you may want to purchase maps for the greater area. The ADFC produce cycling maps at 1:50K and 1:75K (published by BVA) that show all of the regional and national cycle routes in Germany. There is also an app available for Android and iPhones that uses the same ADFC maps (the app digital maps are reasonably priced at around £2.99 each). There are two cycling maps at 1:100K covering north and south Sjælland (Zealand), and a 1:90K cycling map of South WestSkåne (Sweden) available.

The tour leader can supply details of the maps that cover the tour route - just ask.

Travel Insurance

Travel insurance is compulsory and also you need your EHIC card for local health care (or GHIC, if you have renewed your card recently).

About the leader

I am an IT consultant and former land surveyor. I have been cycling regularly since the early nineties, and found cycle touring nearly 20 years ago. I have mostly toured in the UK and northern Europe. I have also cycled in India, Thailand, Cambodia, and Vietnam on organised cycling holidays.

William Miller

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