Cycling Sweden’s Southwest Coast

Trip Code: SGHG

Version:

CYCLE	SELF-GUIDED	LEISURELY
		3



HIGHLIGHTS

- Cycle through small fishing villages on Sweden's picturesque southwest coast with breath-taking views of the islands
- Get into the Swedish way of life as you immerse yourself in nature and enjoy the amazing local seafood
- Admire the famous salt-glazed ceramics in Hoganas

- Visit Sweden's most famous beach, Tylosand, on your way to the old medieval town of Falkenberg
- Enjoy 'fika' culture and explore Gothenburg - 'Sweden's second city'

AT A GLANCE

- 6 days cycling and sightseeing
- Upgraded bike hire included
- Daily departures
- Join at Helsingborg / End in Gothenburg

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

As you cycle the Kattegat route from Helsingborg to Gothenburg along Sweden's southwest coast, you will discover its patchwork of long sandy beaches and rugged granite outcrops punctuated by traditional fishermen's huts. The deep green forests inland form a peaceful natural curtain between you and the rest of the world.

This is a place where nature is at the forefront of Swedish life and *fika* is a serious business. This one-week self-guided cycling holiday will immerse you in this idyllic culture, using the Kattegat cycle way as your route through this landscape from the much fought-over town of Helsingborg to Sweden's second city, Gothenburg. Your route will take you to the sun, sea, and sand of Tylosand beach to the beautiful harbour town of Traslovslage (a seafood lover's dream), and to the tranquil lake at Fjaras Bracka. As you pedal closer to Gothenburg the great city's sister archipelago fills your view of the North Sea. Your week ends with an exploration of Gothenburg's myriad attractions.

You'll be staying in a selection of 3-star and 4-star accommodations along your route on a bed and breakfast basis, and cycling an average of around 60km a day. There will be plenty of opportunities to stop off along the way - perhaps to enjoy the abundance of fresh seafood, a swim in the sea, or maybe even to try your hand at foraging like the locals. And don't forget the all-important *fika* stops!

Is this holiday for you?

This holiday is perfect for those looking for a new and exciting long-distance cycle route before the crowds arrive, with plenty of opportunities to get off the beaten track and live the classic Swedish culture enjoying the local seafood, foraging, and being immersed in nature. If you are a seafood lover this is certainly the trip for you with fresh seafood on every menu. Cycling an average of around 60km a day on mostly flat paths you will have plenty of time to enjoy the colourful coastal huts and bustling medieval towns, and maybe enjoy a favourite Swedish tradition - the sauna. Staying in comfortable 3-star and 4-star hotels on a bed and breakfast basis and with your hire bike included, you have the freedom to explore at your own pace.

Itinerary

Version:

Holiday Information

What's Included

- All accommodation as described
- Meals as described in the Meal Plan
- Self-guided information pack containing your route notes
- Sweden guide book
- Luggage transfers
- Upgraded bike hire
- Navigation App and GPX tracks available

What's not Included

- Travel insurance
- Travel to Helsingborg
- Travel from Gothenburg
- Visas (if applicable)
- Some meals as described in the Meal Plan
- Local transfers
- Personal equipment
- Bike helmet
- Any e-bike upgrades
- Any additional activities/excursions indicated as optional

Your Self-Guided Pack & Route Notes

Each self-guided holiday comes with comprehensive route notes and a map or pocket guidebook of the area you are exploring. The route notes contain information about the places you will visit and the local transport you might need, along with the detailed route notes for your daily walks or cycle rides. We even include some tips for the best places to stop for lunch.

You can expect to receive your Self-Guided Pack containing your route notes, a map or guidebook, and all your relevant documents, no later than 3 weeks before your holiday start-date. We will send your documents using a signed-for courier so that you can track your package and know that it is safely on its way to you. For bookings of more than 4 people we will send an additional Self-Guided Pack. If you do not need this additional pack please inform our Sales Team. Your pack will be sent to the lead booker, so please remind them to pack it before setting off.

Should your self-guided trip be part of a longer adventure requiring you to leave home more than three weeks before your holiday start-date, please inform our Sales Team so that we can make alternative delivery arrangements.

GPS Travel App

This holiday includes a GPS navigation app, which contains the routes for you to follow each day, as well as attractions, coffee stops and points of interest along the way. The app does not need to have Wi-Fi connection to work, you simply follow the instructions we provide you to download the app to your personal smartphone device before you leave home and you are ready to go.

While the travel app is running, your phone battery charge can be consumed faster than normal, so we strongly recommend that you pack a power bank with you just in case you require it.

Self-Guided Families

Our Self-Guided Holidays are perfect for your next family holiday and are suitable for children of all ages.

Our partner hotels and accommodations are able to provide cots for young children, and some offer family rooms. We can also arrange hire of children's bikes and tag along bikes for most of our self-guided cycling trips and with trips such as Lake Constance and the Danube offering routes on designated cycle paths you can rest assured in keeping your family safe.

As a parent we trust that you know your own child's capabilities, so please read the itinerary details to ensure the distances covered each day are suitable for your family. If this is a first time walking or cycling holiday for your family, a centre-based trip is a fantastic option as it allows you to easily opt out of a day's walking if a day of building sand castles, swimming in the pool, or visiting museums is calling instead.

Please discuss this further with our Sales Team who will be happy to assist in picking the best trip for your family.

Joining Arrangements & Transfers

This trip starts at your hotel in Helsingborg. All of our self-guided holidays are sold on a Land Only basis, allowing you the flexibility to choose the travel method that best suits you. The nearest airport with good connections from the UK for this trip is Copenhagen, which is well-served with many departures from UK regional airports.

If you are flying into Copenhagen Airport you can take the frequent rail service direct from the airport to Helsingborg Central Station. The journey takes around 1 - 2 hours depending on the time of day, and tickets can be purchased at the ticket machines in the airport - just follow the signs for the trains. Alternatively you can buy tickets online at www.oresundstag.se.

Your trip ends in Gothenburg. The easiest way to return to Copenhagen Airport is by train, with the journey taking around 3.5 hours and costing approximately SEK 650 per person. For the latest pricing and timetable information please visit www.oresundstag.se.

If you have arranged your return flight out of Gothenburg Landvetter Airport, you can take an airport shuttle bus from Gothenburg city centre to the airport - the journey takes around 35 minutes, with departures every 20 minutes, and costs around SEK 130 per person. For more information visit https://www.flygbussarna.se/en.

Meal Plan

This trip is on a bed and breakfast basis.

There are no lunches or evening meals provided by your accommodations on this trip, however these can be picked up in the many villages and towns you will be passing though/staying at along the way.

Many restaurants in Sweden offer a daily lunch special that makes lunchtime eating out excellent value. Typically, a set menu would include salad, bread, water, a main course of meat/fish/vegetarian, and coffee. Look out for signs that say "dagens ratt" or "dagens lunch" (dish of the day).

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Food & Water

Water from the taps is perfectly drinkable on this holiday - please use this to fill your personal bottles for your daily activities. We do not encourage the purchase of single-use plastic bottles.

No dish screams Sweden more than Swedish meatballs, a staple on any menu and usually served with creamy mash potato and a generous helping of lingonberry jam. However, there is much more to Swedish cuisine than meatballs. The country has been striving to rebrand itself as a food destination over recent years with high quality restaurants, bistros, and cafes popping up throughout the country. Moreover, with the right to roam written into Sweden's constitution, foraging is not just encouraged - in fact dishes featuring foraged ingredients appear in many restaurants, illustrating the Swedish love and respect for nature. Along the coast it will come as no surprise that seafood is the star on most menus, with fresh oysters, crayfish, and lobsters a-plenty. Meanwhile in Gothenburg the 'whole and half special' is a popular streetfood. Created in the 1940's in the Vagmastareplatsen square on the river island of Hisingen when two local footballers ordered the dish, it consists of a hotdog topped with mash potato. It isn't a dish for everyone, but it is certainly worth a try.

A food culture which is much more to everyone's liking is the Swedish *fika* culture, roughly translated as 'coffee and cake break'. *Fika* is a serious business to Swedes, with business colleagues taking a break twice a day to enjoy a coffee and sweet treats together such as yummy cinnamon or cardamom buns. If you really want to travel like a local you need to ensure you allow time for *fika* breaks during your rides!

Accommodation

On this trip you will stay in hand-picked 4-star and 3-star hotels, all of which have been chosen for their warm hospitality, excellent facilities, and superb locations. Each hotel has well-appointed rooms with Wifi, and offers a fantastic continental breakfast to keep you fuelled ahead of your bike rides. Your accommodation for this trip is on a bed and breakfast basis, staying in double or twin rooms.

We can arrange additional nights' accommodation at the start or end of your itinerary if you would like to extend your time in this beautiful area - please speak to one of our Sales Team for further information.

During high season you may be booked into an alternative accommodation of a similar standard in the area.

Bike Hire

Upgraded bike hire is included in the cost of this holiday.

Upgraded bikes are lighter than standard hybrid bikes and have a crossbar for improved stiffness and stability, offering a sportier ride. Utilising higher-grade bike components such as 27 gears and hydraulic brakes, you can enjoy more precise handling and smoother gear changes. High quality front suspension forks and a more athletic saddle offer increased comfort over a variety of surfaces and distances.

These bikes are suitable for rider heights between approximately 165cm and 210cm.

All bikes come equipped with a pannier and handlebar bag for your daily essentials, plus lights, a bike lock, pump, repair kit, and spare inner tube. Hire bikes do not come fitted with bottle cages as these impede with securing the bikes during transportation.

We strongly recommend that you bring your own helmet with you for the best comfort. We also recommend packing a gel seat for extra comfort or a pair of padded cycling shorts as whilst the cycling is leisurely and there are plenty of opportunities to stop and explore, it is always nice to have some padding for a more comfortable ride.

We are also able to arrange children’s and youth's bikes on request. Please ask our Sales Team for details.

Upgrade to an E-bike

If you are looking for an extra boost whilst in the saddle, you can upgrade to an e-bike to make your ride even more leisurely. Equipped with a battery and motor, these electric bikes give you a helping hand whilst you are pedalling, making it easier to climb hills and travel further with less effort and more comfort. E-bikes are suitable for rider heights between approximately 160cm and 210cm.

E-bikes are available on this holiday at an additional supplement of £100 - please request this upgrade option from our Sales Team at the time of booking.

Baggage Allowance

Your main luggage will be transferred between each of your hotels while you are out on your ride. We ask that you please ensure that each piece of your luggage is under 20KG and that your luggage is ready for collection each morning. You will also need a daypack to carry your daily essentials with you whilst you are riding.

General Information

Passport & Visas

Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required**,** and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

Currency

The unit of currency in Sweden is the Swedish Krona.

Preparing for your Holiday

The advantage of a self-guided cycling holiday is that you decide the pace. This trip is designed for leisure cyclists and does not require you to be in peak fitness. Having said this it is always sensible to get some additional exercise before going on an active holiday. You should be comfortable with cycling an average of around 60 km a day on good cycle paths or quiet roads. We advise you to dust off your bike and head out on a few rides before your holiday.

Climate

Sweden benefits from a mild climate, considering its longitude, thanks to the Gulf Stream which provides distinct seasons. This also means that, much like the UK, the Swedes love to talk about the weather.

The southwestern area of Sweden where this trip takes place experiences shorter, milder winter months and warm summers compared with the rest of Sweden. With temperatures ranging from 15-25 degrees centigrade, it is ideal for cycling.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's **'Travel Aware'** campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

- Lonely Planet Sweden
- The Rough Guide to Sweden

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.

Equipment Information

SelfGuided Cycling Equipment List

- Cycling shorts

- Cycle helmet
- Functional base layer
- T-shirts
- Scarf
- Hat
- Windproof jacket
- Fleece / extra layer
- Rain protection
- Rucksack (approx. 20 l)
- Small first aid kit for your rucksack
- Sunscreen
- Water bottle or hydration pack
- Camera (batteries/memory card)
- Mobile Phone (ensure your data package covers your destination)
- Handlebar mount that is compatible with your smartphone
- Power bank
- Waterproof phone cover
- Sun glasses
- Personal wash kit

- Reusable cloth bag for shopping to avoid the use of plastic bags
- Tupperware for picnics

Land Only Information

Please note that our 'from' price listed is based on 4 persons on twin or double occupancy, however we can quote for any number of travellers including solo travellers - contact our Sales Team for a quote.

When considering your travel dates, you might like to investigate any seasonal opening times of attractions and points of interest.

All of our self-guided holidays are sold on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. You may even wish to make this holiday part of a bigger adventure or pair it with one of our other holidays. We can arrange additional nights' accommodation before or after your self-guided trip - please ask our Sales Team to find out more about this.

Our Sales Team will be happy to provide you with a quote for scheduled flights, or alternatively you may wish to book your own flights with a low cost carrier from your nearest regional airport.

Please DO NOT book your flights before you have received your booking confirmation and your deposit has been taken.

We offer some transfers to your accommodation from the nearest airports - please refer to the 'Joining Arrangements & Transfers' section for further details for this trip.

Flight Inclusive Information

Limited seats are available at the advertised flight price, please book as early as you can. If we are unable to secure seats at the price shown, or you have requested regional departures and/or upgrades, we will provide you with an alternative quote. It is likely that flight payment will be in advance of your final holiday balance. Booking a flight inclusive package means you will benefit from full financial protection, eases your holiday planning, and leaves us to deal with airlines and schedule changes. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

Regional departures and/or alternative carriers are available on request.

Why Choose KE

Why KE?

This great long distance cycle route showcases everything we love about Sweden - rugged landscapes, sandy beaches, colourful coastal huts, arts and crafts, and both medieval and modern, bustling cities. Plan your visit now before the crowds arrive and journey by bike to immerse yourself in a country where nature is at the heart of everything.We have included upgraded bike hire in the cost of your trip so you can relax knowing that this is all taken care of for you. E-bike upgrades are also available.

Please Note This document was downloaded on 17/11/2026 and the trip is subject to change