

# Self-Guided Cycling Sweden's Southwest Coast

Trip Code: SGHG

Version: SGHG Self-Guided Cycling Sweden's Southwest Coast



CYCLE



SELF-GUIDED



LEISURELY



## HIGHLIGHTS

- Hike along the coast with breath-taking views of the Islands
- Get into the Swedish way of life and enjoy the art of 'fika' along the colourful Smogenbryggan
- Hike through the spectacular Dynes Revine on Dyron

- Discover 'Sweden's second city' - Gothenburg

#### AT A GLANCE

- Self-Guided
- 6 days cycling
- Saturday departures
- Bike hire included
- Join at Helsingborg / End in Gothenburg

#### ACCOMMODATIONS & MEALS

- 7 Breakfasts
- 7 nights Hotel

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

## Introduction

Sweden's southwest coast is a patchwork of long sandy beaches and rugged granite outcrops punctuated by traditional fisherman'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 Kattegatt 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 60km a day. There will be plenty of opportunity 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 opportunity to get off the beaten track and soak up the heart of Swedish culture; seafood, foraging and nature. If you are a seafood lover this is certainly the trip for you with fresh seafood on every menu. Cycling an average of 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

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## DAY 1

### Arrive in Helsingborg and explore the medieval town.

Arrive at your accommodation in the centre of Helsingborg. Situated to the south of Sweden and separated from Denmark by less than 6km of the Oresund Strait it is no surprise that Helsingborg is a city which has been fought over throughout history, until in 1710 when Sweden finally won the fight once and for all. This turbulent history has certainly influenced the city's architecture including the fantastic medieval watch tower Karnan; it's quaint cobbled streets and 12th century church of St Mary all waiting to be explored.

Depending on the time of your arrival you can explore the city and perhaps take a stroll along the rejuvenated waterfront where you can enjoy lunch in one of the many inviting restaurants. In the evening, a representative will meet you to fit you with your bike for the week and will be on hand to answer any questions you may have.



**Accommodation**  
Hotel

## DAY 2

### Discover the colourful gardens of Sofiero Palace and traditional fishing villages.

Your first ride of the week begins with a cycle along the promenade out of Helsingborg to the Sofiero Palace. The stunning summer castle dates back to 1865 and is set within some 15 hectare of parklands featuring over 10,000 colourful rhododendrons which thrive in the salty air. You will have time to visit these award winning gardens before hopping back on your bike to continue along the coast. As your route continues through traditional fishing villages and past small marinas you will begin to get an insight into Swedish way of life. You will soon reach Hoganas, famed for its salt-glazed ceramics. The final section of the days ride takes you along the tranquil Kulla Peninsula through vineyards (yes, Sweden also produces award winning wines) and farmlands to reach your home for the evening in Angelholm, where you will be spoilt for choice for restaurants to enjoy dinner.

Meals: **B**



**Accommodation**  
Hotel



**Ascent**  
208M



**Distance**  
60KM

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**DAY 3****Cycle through seaside towns and hidden coves to Halmstad.**

Feeling refreshed you will have further opportunity to explore Angelholm before setting off on today's ride. This popular seaside town has been attracting visitors since the early 20th century thanks to its sandy beaches and contrasting woodlands. It is also home to a great railway museum and flight museum too. When you have finished exploring Angelholm you can begin your ride to Halmstad. This is the longest route of the week but it is also a lovely one taking you along the coast through open meadows and coastal villages. Before long, you will arrive in the tiny port of Magnarps where we can recommend stopping off for a seafood lunch accompanied by stunning sea views. Getting back on your bike you say farewell to the coast to cycle across the peninsula towards Bastad; a town that comes alive in the summer months. From here your journey re-joins the coast to contour one of Sweden's longest beaches before passing through nature reserves of Tonnrersa and Gullbranna to take you to your final goal of the day, Halmstad. This lovely port city was under Danish control until the 17th century and has plenty of interesting attractions to visit including Halmstad Castle beside the Nissan River and the Stora Torg square where you will find food trucks selling all manner of local delicacies. Yum!

**FESTIVALS:** In the summer months Bastad comes alive with festivals from tennis to music and crafts. Look at what is featuring in Bastad during your visit at [www.bastad.com/en](http://www.bastad.com/en)

Meals: **B**



**Accommodation**  
Hotel



**Ascent**  
404M



**Distance**  
75KM

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**DAY 4****Relax on Tylosand beach and be immersed in the culture of coastal communities as you cycle to Falkenberg.**

Today's ride takes you further into the province of Halland. Continuing along the coast the first section of your ride will take you to Sweden's most popular beach, Tylosand. The 4km beach is a bustling spot during the summer months with families playing in the sun, music lovers enjoying performances in the Solgarden amphitheatre and lifeguards busy providing swimming lessons. A perfect spot to enjoy a coffee or even a dip in the sea. From here, your route takes you on through open countryside and nature reserves to the small coastal community of Ugglarp and on to reach your final stop, the medieval town of Falkenberg. Nestled between the sea and forest the town has a welcoming atmosphere in touch with nature. It is commonplace to find locally sourced and foraged ingredients on the menu here, intrinsic of the restaurant's connections with the landscape outside the kitchen door.

Meals: **B**



**Accommodation**  
Hotel



**Ascent**  
215M



**Distance**  
60KM



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**DAY 5****Feast on fresh seafood in Traslovslage and pedal to the old health resort of Varberg.**

Enjoy breakfast at your accommodation before hopping back on your bike towards Varberg. Cycling north along the coast your route will take you from one picturesque fishing village to another, havens for artists and artisans. As your ride continues you will reach the beautiful harbour town of Traslovslage, or Lajet for short. The town came into its heyday in the 20th century when the harbour and its fishing industry expanded. Today it remains a seafood lover's dream with freshly caught lobsters, shrimp and fish being served in the restaurants making a great spot to stop for lunch. You will have time to wander the old narrow streets, admire the cosy wooden houses and perhaps delight in an ice cream from the popular ice cream parlour, before continuing the final 10 km or so to Varberg.

Varberg seamlessly links its historic landmarks with exciting modern architecture and has an atmosphere to match. Originally a health resort to escape the city and soak up the revitalising sea air, it still attracts city dwellers in search of riding the surf on one of the popular beaches or relaxing in the sauna. We recommend taking a stroll along the promenade and paying a visit to Kallbadhuset, an unassumingly beautiful building at the end of the pier. Surrounded by the glistening blue waters it is an idyllic spot to soak up the sea breeze or perhaps enjoy a traditional Swedish sauna.

Meals: **B**



**Accommodation**  
Hotel



**Ascent**  
95M



**Distance**  
40KM

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**DAY 6****Watch the landscape change before you from beaches to rocky coast and discover the tranquil hinterland as you cycle to Kungsbacka.**

Your route today brings a change of landscape as the long sandy beaches become fewer, replaced by small coves along the now rocky coastline. As you pedal along the changing coastline, you will soon see the first of the islands beginning to appear in the North Sea; a sign you are cycling ever closer to Gothenburg. Continuing on your journey you will pass through farmlands and several horse farms to reach the cosy town of Kungsbacka with its impressive old city. Take time to explore and end your day with dinner in one of the towns welcoming restaurants.

Meals: **B**



**Accommodation**  
Hotel



**Ascent**  
396M



**Distance**  
60KM

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**DAY 7**

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## Along your final stretch of this stunning coastline to Sweden's second city, Gothenburg.

Your final ride of the week returns you to the rugged coast once more taking you to Vallda and Sarö, once the playground of Sweden's Royal family and Gothenburg high society. Your route continues along an old railway line, which has been re-purposed as a cycle path alongside the sea. As you cycle along there are views of the dramatic sea cliffs, hidden bays, and lush forests which line the coast to the harbour and your final goal of the week; Gothenburg. Surrounded by the rocky shoreline and deep forests Gothenburg is a city in touch with nature. The city is easily explored on foot or two wheels making it perfect for a bit of sightseeing. We recommend taking a stroll along the canal, known locally as 'the moat' due to it encircling the city, and visiting the Haga district, Gothenburg's oldest suburb dating back to 1648. The charming three storey timber houses are certainly photogenic. In the evening you can enjoy one of the city's many restaurants and toast to a great week of cycling in one of the lively ale bars.

Meals: **B**



**Accommodation**  
Hotel



**Ascent**  
358M



**Distance**  
40KM

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### DAY 8

#### Departure Day.

Enjoy a relaxed breakfast and perhaps enjoy a little more sightseeing in the city before making your onward journey. A personal favourite of our product manager here at KE is the Universeum, a fantastic interactive museum.

Meals: **B**

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## Holiday Information

### What's Included

- All accommodation as described
- Luggage transfers
- Meals as described in the Meal Plan
- Self-guided information pack containing your map and route notes
- Bike hire

## What's not Included

- Travel insurance
- Travel to Helsingborg
- Travel from Gothenburg
- Local transfers
- Visas (if applicable)
- Tourist Taxes may apply and are usually under 50 SEK per person per night
- Some meals as described in the Meal Plan
- Personal equipment
- 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, about 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 signed for courier so that you can track your package and know that they are safely on their 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 you set 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 do inform our sales team so that we can make alternative delivery arrangements.

## 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 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, please read the itinerary details to ensure the distances covered each day are suitable for your family. If this is a first time walking holiday for your family, a centre based trip is a fantastic option as it allows you to easily opt out of a days walking if a day of building sand castles, swimming in the pool or visiting museums is calling.

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

## 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, but these can be picked up in the many villages and towns you will be passing through/staying at along the way.

## Food & Water

Water is drinkable from the taps on this holiday. Please fill your personal bottles for your day in the morning. We do not encourage the purchasing of single use plastic bottles.

No dish screams Sweden more than Swedish meatballs, a staple on any menu usually served with creamy mash potato and a generous helping of lingonberry jam. However, there is a lot more to Swedish cuisine than just 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 only encouraged but dishes featuring foraged ingredients appear in many restaurants too illustrating the Swedish love of 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 Vagmasterplatsen square on 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 to coffee break. Fika is a serious business to Swedes with businesses taking a break twice a day to enjoy a coffee and a sweet treat. If you want to travel like a local you need to ensure you allow time for your fika breaks along your rides.

## Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide 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 diet 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.



## Accommodation

On this trip you will stay in hand selected 3 and 4 star rated hotels all of which have been chosen for their warm hospitality, excellent facilities and superb locations. All the hotels have well-appointed rooms with Wifi and offer a fantastic continental breakfast to keep you fuelled along your bike ride. Your accommodation for this trip is on a bed and breakfast basis staying in double or twin rooms.

It is possible to arrange additional nights accommodation 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

Bikes come with 27 gears and all bikes come equipped with a pannier and handlebar bag for your daily essentials plus a milometer, a bike lock, pump and repair kit. The bikes provided for this trip are unisex frames, and are one size fits all.

We strongly recommend you bring your own helmet for this trip for your safety and best comfort.

We also recommend packing a gel seat for extra comfort or a pair of padded cycling shorts, 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 comfortable ride.

E-bikes are also available at an additional supplement of £ 305. We are also able to arrange children's bikes, trailers and child seats. Please ask our sales team for details.

# General Information

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## Passport & Visas

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.

**It is your responsibility to ensure that you have the correct travel documents and visas for your holiday.** Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

## Health & Vaccinations

### Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations.

### GHIC / Medical cover

UK residents should carry a free Global Health Insurance Card (GHIC). This entitles you to state provided medical treatment when you're visiting an EU country or Switzerland. This is not a substitute for medical travel insurance which is vital when travelling overseas.

### Severe Allergies

Please inform our KE Sales and support team of any severe allergies you may have before travel. We will always do our best to help but we are unable to guarantee an allergy free environment on our KE trips. We advise that you always carry your own treatment for the allergy with you such as 'adrenaline auto-injectors' if required. We also recommend that you discuss this with your accommodation on arrival so that they can better assist you.

### 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 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 for its longitude thanks to the Gulf Stream and provides distinct seasons meaning much like the UK, the Swede's love to talk about the weather.

The southwestern area where this trip operates experiences shorter, milder winter months and warm summers with temperatures ranging from 15-25 degrees Celsius making it 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 prior to travel, all KE clients visit the official UK Government website at [travelaware.campaign.gov.uk](https://travelaware.campaign.gov.uk) and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: [www.travel.state.gov](https://www.travel.state.gov) for essential travel advice and tips.

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 direct 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

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## 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)
- 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

## Cotswold Outdoor



Many of the Equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive 12.5% discount voucher from Cotswold Outdoor and other retailers.  
[>> Find out more](#)

## Land Only Information

Please note 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.

This trip is available for departures on Saturdays throughout the dates listed.

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, ask our sales team to find out more about this.

Our sales team will be happy to provide you 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 hotel from the nearest airports, please refer to the 'joining arrangements and transfers' for further details for this trip.

## Why Choose KE

## Why KE?

This great new long distance cycle route showcases everything we love about Sweden; rugged landscapes, bustling cities and colourful coastal huts. Plan your visit now before the crowds arrive and visit a country where nature is at the heart of everything. We have included bike hire in the cost of your holiday so you can relax and enjoy your ride. Plus we also have e-bikes available too.

**Please Note** This document was downloaded on 09/05/2024 and the trip is subject to change