

# Self-Guided Cycling Sweden's Southwest Coast

Trip Code: SGHG

Version:



CYCLE



SELF-GUIDED

MODERATE



## 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

[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 Traslövsläge (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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Version:

## Holiday Information

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### 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 a 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 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 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 instead.

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 Vagmastarplatsen 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.

## **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](http://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](http://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.

Please note that a paper copy of your travel insurance is required if you are travelling to Huaraz and the Huayhuash region.

# 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

## 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 03/07/2024 and the trip is subject to change