

LITHUANIA, LATVIA & ESTONIA

THE BALTICS

CYCLE & CULTURAL TOUR



12 Days/11 Nights

12 - 23 July 2026

Tour Highlights...

Vilnius | Riga | Tallinn | Trakai Island Castle | Lahemaa National Park | Curonian Spit |
Gutmana Cave | Nemunas River Trail



Summary

Three countries, countless stories, and one unforgettable journey. This is more than a cycling trip – it's a chance to slow down and truly absorb the landscapes, cultures, and traditions of the Baltic States.

Over twelve days, you'll discover Lithuania, Latvia, and Estonia at the perfect pace – from the saddle of your bike. These countries may be small on a map, but they're rich in charm. Ride through quiet forests, along sweeping coastlines, and across rolling countryside, pausing in medieval towns, fishing villages, and lively capitals that each reveal their own unique character.

In Lithuania, fairy-tale castles and sandy shores set the scene. Latvia delights with striking Art Nouveau architecture, medieval squares, and the forested valleys of Gauja National Park. Estonia greets you with a tapestry of lakes, timeless villages, and the pristine beauty of Lahemaa National Park, before the journey ends in Tallinn – a city where medieval spires meet modern energy.

The rides are carefully designed to showcase the quieter side of the Baltics, while comfortable transfers keep the distances manageable. Evenings bring good food, cultural flavour, and the camaraderie of fellow travellers – the perfect way to round off each day.

Whether it's history underfoot, the glow of a Baltic sunset, or the laughter of new friends, this adventure is about more than kilometres on a bike – it's about discovering three remarkable countries in a way that feels personal, memorable, and wonderfully different.



Day 1 (D) Meet and Greet - Welcome to Lithuania

Welcome to Lithuania! Upon arrival in Vilnius, you'll be met at the airport for a group transfer to our hotel. Settle in, then perhaps take a stroll through the cobbled streets of this charming capital, where pastel facades and Baroque spires set the scene. At 6pm, we'll meet in the hotel lobby before heading to a cosy local restaurant for our first dinner together - good food, great company, and a toast to the start of our Baltic adventure.

O/N 2 nts Vilnius Hotel

Day 2 (B) Vilnius, Lithuania

Step into the storybook streets of Vilnius on a lively two-hour walking tour. With our expert guide leading the way, you'll uncover the perfect mix of old-world charm and modern energy that makes Lithuania's capital so irresistible.

We'll meander through the cobbled lanes of the UNESCO-listed Old Town, where every turn reveals colourful facades, ornate churches, and tucked-away courtyards. Along the way we'll pause at the historic Vilnius Town Hall, once the beating heart of the city's medieval life, and discover a few hidden gems you might have walked right past on your own.

The afternoon is free for you to meander, but be back at 6.00pm to meet our guide for the next ten days.

Day 3 (B, D) Trakai Island Castel & Kaunas, Lithuania (Cycle~25 km, by bus~115 km)

After breakfast, we'll pack our bags, pull on our cycling gear, and get set for the first leg of our Baltic adventure. A short bus ride takes us outside Vilnius to where the real fun begins - our first ride through rolling countryside sprinkled with lakes and gentle hills.

We'll pause in Trakai, the former capital of the Grand Duchy of Lithuania, to admire its fairytale 14th-century island castle, sitting proudly in the middle of Lake Galvė. In the afternoon, we'll hop back on the bus to Kaunas, check in to our hotel, and enjoy a relaxed evening with dinner at the hotel.

O/N Victoria Kaunas (or similar)

Day 4 (B, D) Along the Nemunas River to Klaipėda, Lithuania (Cycle~40 km, by bus~230 km)

Today we'll explore Kaunas on two wheels, following a picturesque cycle trail along the banks of the Nemunas River. We'll break for a picnic lunch (included), the perfect chance to refuel and enjoy the scenery. Our ride ends in the small riverside town of Zapyškis, best known for its striking little 14th-century Gothic church.

From here, we'll swap bikes for the bus and make our way to the Baltic coast. Our destination is Klaipėda, a lively port city with a modern edge and a seaside charm. We'll check into our hotel and enjoy a relaxed evening, with the option to join an optional dinner at the hotel.

O/N 2 nts Old Mill Hotel (or similar)

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Day 5 (B, D) The Curonian Spit National Park, Lithuania (Cycle~58 km, bus/boat~50 km)

This morning we'll hop on the bus to Nida, one of Lithuania's prettiest seaside resorts. After a little time to explore its charming streets and sandy shoreline, we'll set off on our longest ride of the tour, pedalling the newly reconstructed Seaside Cycle Route along the Curonian Spit.

Famous for its amber, sweeping sand dunes, and pine forests, the Curonian Spit offers stunning views over both the Baltic Sea and the Curonian Lagoon. We'll finish the day with a short ferry ride back to Klaipėda's Old Town, before heading to the hotel for dinner and a well-earned rest.

Day 6 (B) Cycle to Palanga, drive to Riga, Lithuania - Latvia (Cycle~32 km, bus~290 km)

This morning we'll ride to Palanga, following trails through the Seaside Regional Park, once a Soviet military training ground and now a peaceful haven of coastal beauty. Our destination is Lithuania's biggest seaside resort, famous for its lush Botanical Garden and the fascinating Amber Museum.

In the afternoon we'll swap bikes for the bus and make our way north to Latvia. Along the way, we'll pause at the Hill of Crosses, an unforgettable sight where thousands of crosses cover two small hills, each with its own story to tell. From here we continue to Riga, the lively Latvian capital, where we'll check into our hotel and enjoy dinner together.

O/N 2 nts Wellton Riverside Spa Hotel (or similar)

Day 7 (B) Riga, free time in the capital city of Latvia

After breakfast we'll set out to explore Riga's Old Town, a medieval Hanseatic gem brimming with cobblestone streets, colourful squares, and some of the finest Art Nouveau architecture in Europe.

The rest of the day is yours to enjoy at your own pace. Wander the lively markets, sip coffee in a leafy square, or visit one of the many museums.

Day 8 (B, D) Gauja National Park, Latvia (Cycle~45 km, bus~50 km)

This morning we'll transfer to Saulkrasti where our cycling adventure begins. From there we'll pedal through the stunning Gauja National Park following scenic trails along the Gauja River Valley. Along the way soak in breathtaking views of the valley, visit the ancient Krimulda Church dating back to 1205, the oldest in Latvia, and explore the iconic Gutmana Cave and Turaida Castle.

By the afternoon we'll arrive in Sigulda, Latvia's favourite resort town. After checking in you can unwind with dinner at the hotel and swap stories from the day's ride.

O/N Hotel Sigulda (or similar)

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Day 9 (B, D) Sigulda - Tartu, Latvia - Estonia (Cycle~28 km, bus~235 km)

This morning we transfer to Sangaste, known for its romantic red-brick castle and pretty countryside. En route we pause in Cēsis, where cobbled streets, medieval ruins, and colourful wooden houses create a step-back-in-time feel. From Sangaste we cycle through the so-called “Estonian Switzerland”, with its rolling hills, forests, and lakes, before reaching Otepää, Estonia’s winter capital and a delight in summer too. Our day ends in Tartu, a vibrant university town where history and youthful energy meet. Founded in 1632, the university still shapes the city, giving it leafy boulevards, lively cafés, and a welcoming, scholarly charm.

O/N 2 nts Johan Spa (or similar)

Day 10 (B, D) Tartu - Peipsi Lake - Lahemaa (Cycle~50 km, bus~160 km)

From Tartu we transfer by bus to the little village of Varnja, where our day’s ride begins along the shores of Lake Peipsi. This vast body of water is the fourth-largest lake in Europe and is uniquely divided by the Russian border, giving it a fascinating cultural edge. As we follow the shoreline, we pass through a string of traditional fishing villages, each with its own quiet character and glimpse into local life. Our ride concludes in Mustvee, before a final transfer takes us into the heart of Lahemaa National Park, our next base to explore Estonia’s natural beauty.

Day 11 (B, D) Estonia (Cycle~51 km, bus~100 km)

Today we enjoy our final cycling adventure, exploring the wild beauty of Lahemaa National Park, one of the last truly unspoiled stretches of the Baltic coastline. A haven for nature lovers, the park offers a wonderful mix of dense forests, quiet marshes, sparkling lakes, and hidden waterfalls. Wildlife enthusiasts may spot moose, wild boar, or some of the 220 bird species that call the park home. After soaking up these landscapes, we transfer the last 100 kilometres by bus to Tallinn, our journey’s final stop. This evening we gather for a farewell dinner, celebrating our Baltic adventure together.

O/N 2 nts Hestia Ilmarine (or similar)

Day 12 (B) Tallinn

Check out before 11am, depart any time.

Head teekonda!

Have a good journey!

Our Suggestion . . .

Why not stay longer to explore the lovely old town of Tallinn at leisure. Wander the trendy Kalamaja district, known for its wooden architecture, quirky shops, and laid-back cafes, or Telliskivi Creative City for its artisan markets and hipster eateries. Or perhaps a dip in the Baltic Ocean is more your style.

If you don’t have to leave just yet . . . then don’t!

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The Details:

PRICE INCLUDES

- Small-Group Hosted Tour - Min 6-Max 14
- Australian Host - Suzanne Holden
- Capital City Walking Tours
- 11 nights 3 - 4 star hotels
- Meals: 11B & 8D (drinks at own expense)
- Bike & Helmet Hire (regular bike)
- Water bottle and mineral water available
- Support vehicle & luggage transfer

ADDITIONAL ARRANGEMENTS OFFERED

- Booking flights
- Travel insurance
- Pre or post tour travel

PRICE EXCLUDES

- Flights
- Travel Insurance (compulsory)
- Tipping (approx 100Euro/person)
- Meals not mentioned on itinerary
- Drinks with included meals
- All expenses of a personal nature
- e-bike Upgrade: A\$225

COST PER PERSON

- Twin or double share: A\$6,250/person
- Single supp: A\$1,150/person (own room)

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