



Baltic Sea challenge: Lübeck – Stralsund

8 DAYS / 7 NIGHTS, APPROX. 525 KM
BOOKING CODE: OS-LS7-SP

DAILY ROUTE LENGTH ●●●●●
TOPOGRAPHY ●●●●●



Your tour

From Lübeck, wide dunes, a neoclassical spa architecture and over 550 km cycle paths, that you explore at the coast and on Rugen, expect you. On this sporty tour, you avoid too many breaks and concentrate on what makes you happy as a biker: Rushing on two wheels through the landscape, always with a salty sea breeze in the nose. Look forward to fantastic views on the Baltic Lake, the breathtaking steep cliffs on Rugen and old trading towns.

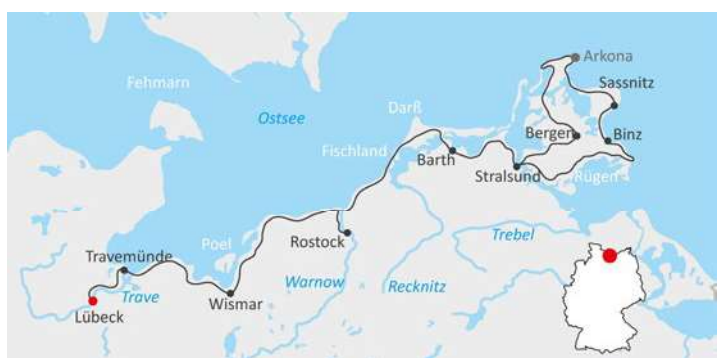
Itinerary

Day 1	Individual arrival in Lübeck
Day 2	Lübeck / Travemünde – Wismar, approx. 60 / 75 km + ferry trip
Day 3	Wismar – Rostock, approx. 85 km
Day 4	Rostock – Barth, approx. 95 km + ferry trip
Day 5	Barth – Stralsund – Bergen, approx. 80 km
Day 6	Bergen – Arkona – Sassnitz, approx. 105 km + ferry trip
Day 7	Sassnitz – Binz – Stralsund, ca. 95 km
Day 8	Individual departure

Travel time

Season A	25.04. – 12.05.	20.09. – 27.09.	
Season B	17.05. – 20.05.	06.09. – 19.09.	
Season C	13.05. – 16.05.	26.05. – 03.07.	16.08. – 05.09.
Season D	21.05. – 25.05.	04.07. – 15.08.	

Daily arrival 25.04. – 27.09.2026
The season is dictated by the arrival date.



Services

- 7 nights with breakfast, national 3*-level
- Luggage transport from hotel to hotel to Stralsund, max. 20 kg / piece
- Cycle route description with maps (1 x per room)
- Service-Hotline (7 days, 08.00 a.m. – 08.00 p.m.)

Not included services

- Ferry ride Travemünde – Priwall, approx. 2.50 Euro / person
- Ferry ride Vasshvit – Wittow, approx. 2,50 Euro per person
- Ferry ride Warnemünde – Hohe Düne, approx. 3 Euro per person
- Citys or visitors tax, if payable

Basic price per person

Doubleroom, Season A	899,-
Doubleroom, Season B	1079,-
Doubleroom, Season C	1279,-
Doubleroom, Season D	1399,-
Additional fee single room	299,-

Additional night prices per person

Lübeck DBL / BB	79,-
Lübeck SGL / BB	119,-
Stralsund DBL / BB	89,-
Stralsund SGL / BB	129,-

Additional services per person

E-bike / Pedelec*	289,-
Rental bike (27-gear)*	99,-
Sporty rental bike (30-gear)*	179,-
Return transfer excl. bike (Sat, Sun)	99,-
Return transfer incl. bike (Sat, Sun)	145,-

*including rental bike insurance

Exemplary hotel list

Lübeck	Vier Jahreszeiten Lübeck	http://www.4jahreszeiten-luebeck.de/
Wismar	Townhouse Hotel Stadt Hamburg, Wismar	https://www.vagabondclub.com/wismar/
Rostock	Hotel Warnow	http://www.hotel-warnow.de/
Barth	Speicher Barth	https://www.speicher-barth.de/startseite.html
Bergen	Kaufmannshof	https://www.kaufmannshof.de/
Sassnitz	Parkhotel Del Mar	https://www.parkhotel-del-mar.de/
Stralsund	Maakt Stralsund	https://www.maakt.de/de

Child reduction on basic price

Due to the challenging stages, we do not recommend this trip for children.

Additional night prices per person

Barth DBL / BB	75,-
Barth SGL / BB	119,-
Bergen DBL / BB	89,-
Bergen SGL / BB	129,-
Rostock DBL / BB	99,-
Rostock SGL / BB	139,-
Sassnitz DBL / BB	89,-
Sassnitz SGL / BB	129,-
Wismar DBL / BB	95,-
Wismar SGL / BB	139,-

Languages Travel documents

→ German, English, Dutch, French

Additional note

- All bookings are on request.
- Returning to Lübeck: Optional: transfer by minibus (only on Saturdays and Sundays), departure: 9 a.m., duration approx. 2,5 hours. Please include this option in your booking.
- Alternative: Travel by train on your own initiative. Trains run once or twice in two hours, 1 – 2 train changes, duration approx. 3 hours.
- Not bookable during Hanse Sail (07.08. – 10.08.2025)
- Twin / double rooms / separate beds are only occasionally available. We treat requests as non-binding customer requests, if above mentioned room types are a booking condition, it must be mentioned as a condition at the time of booking.

Equipment of our rental bikes

- Comfortable saddle
- Bike lock
- Luggage rack
- Odometer
- Air pump
- Hub dynamo
- Breakdown kit (1 x per booking)
- Unflat Schwalbe Marathon Plus tyres or comparable
- Waterproof pannier
- Waterproof handlebar bag with map holder
- Further information and photos of the rental bikes are available: www.cycling-holiday.com/rental-bikes

Journey to Lübeck

- Closest airports: Hamburg
- Train station: Lübeck Hauptbahnhof (main station)

Parking in Lübeck

- Public car parks, cost approx. 10 EUR / day
- Hotel parking spaces (available in individual hotels, chargeable, details in the travel documents).

Bike handover

- Arrival: Guests' rental bikes will be available at the arrival hotel.
Departure: The guests leave the bikes at the last hotel. If an e-bike has been rented, the battery, charger and key must be returned to the reception.

Luggage transport

- Luggage pick-up from 09.00 a.m., delivery to the next hotel by 06.00 p.m. at the latest, labeling of luggage is 1 x for the whole tour. No restriction on the number of pieces of luggage, but max. 20 kg per piece of luggage.

Travel documents

- 1 set (per booked room) consists of: hotel list and voucher, travel information with details on daily stages, short travel guides and route descriptions, maps, luggage tags
- Dispatched up to four weeks before arrival. For short-term bookings, delivery to the start hotel, hotel list and arrival information will be sent by email

Stages description

Day 1: Individual arrival in Lübeck

Your bike tour starts in the old, magnificent Hanseatic city, which was named a UNESCO World Heritage Site in 1987. If you talk about Holstentor, marzipan and Thomas Mann, Lübeck immediately comes to mind. You should not miss a fish roll as a prelude to your vacation.

Day 2: Lübeck / Travemünde – Wismar, approx. 60 / 75 km + ferry trip

You cycle along the coast, through Brooker Wald nature reserve to Boltenhagen, where you have views of the entire bay from the cliffs. You continue, mostly along the coast, to the old Hanseatic town of Wismar. From here we recommend a short trip to Poel island to explore its long sandy beaches and go for a swim.

Day 3: Wismar – Rostock, approx. 85 km

On the way to Kühlungsborn, cliffs and beautiful beaches alternate along your path, offering great views or great swimming. Just before Nienhagen is the „haunted forest“ – a mixed forest of trees that have taken weird and wonderful shapes because of the age-old influence of the salty, moist sea air and the stormy winds. You cycle to Rostock via Warnemünde.

Day 4: Rostock – Barth, approx. 95 km + ferry trip

Via Warnemünde you cycle to Wustrow, on the Fischland-Darss peninsular, the former border between Mecklenburg and Pommern. Discover Darss woods and the romantic of the wild west beach, which is considered to be one of the most beautiful beaches in the world. Via Zingst you cycle back to the mainland, to the former Swedish town of Barth.

Day 5: Barth – Stralsund – Bergen, approx. 80 km

From Barth you drive along the Baltic Sea towards Rügen and already from far away the three towers of the Hanseatic city of Stralsund greet you. Your way now leads you to the largest German island. Your stage destination is Bergen in the centre of the island. On the outskirts of the town, on the 91-metre-high Rugard, you will find the Ernst-Moritz-Arndt-Tower, from which you have a beautiful view of the entire island of Rügen.

Day 6: Bergen – Arkona – Sassnitz, approx. 105 km + ferry trip

From Bergen, you first cycle to the Wittow ferry, which takes you to the Wittow peninsula (not included). On the northern part of the island of Rügen is Cape Arkona, one of the island's most popular excursion destinations. The white cliffs tower up to 43 metres high. The tour then continues via the 'Schaabe' with its marvellous sandy beach to the Jasmund National Park with its famous chalk cliffs in Sassnitz.

Day 7: Sassnitz – Binz – Stralsund, ca. 95 km

Always along the beach, you follow the cycle path to Prosa and on to the Baltic seaside resort of Linz with its famous spa architecture. The route continues to Sellin, past the Granitz hunting lodge and into the 'white' town of Putbus with its castle park. Via Garz, the route takes you through the south-east of the island of Rügen to Stralsund, where you will spend the night today.

Day 8: Individual departure

After breakfast you start your individual return journey home or extend your stay.