

Cycling in Sweden

7 DAYS / 6 NIGHTS, APPROX. 255 KM

BOOKING CODE: EN-SESS6

DAILY ROUTE LENGTH ●●●●●

TOPOGRAPHY ●●●●●



Your tour

Köttbullar, elks, Astrid Lindgren – who doesn't associate these things with Sweden? The country of unending forest and lakes has even more to offer. On this cycle tour along one of Sweden's biggest lakes you will discover the capital city of Stockholm and its surrounding areas. Cycling through varied countryside, you almost always have views of the water – either one of the many lakes or the sea. Following the traces of Swedish history from the Vikings to the present day, there is always a lot to discover: Drottningholm Castle and Stockholm's parks. Small towns such as Mariefred and Trosa and the idyllic expanse of Sweden.

Itinerary

Day 1	Individual arrival to Stockholm
Day 2	Stockholm – Södertälje, approx. 60 km
Day 3	Södertälje – Mariefred, approx. 45 km
Day 4	Mariefred – Järna, approx. 45 km
Day 5	Järna – Trosa, approx. 50 km
Day 6	Trosa – Stockholm, approx. 55 km
Day 7	Individual departure

Travel time

Season A	15.05. – 28.05.	04.09. – 13.09.
Season B	29.05. – 18.06.	21.08. – 03.09.
Season C	19.06. – 20.08.	

Daily arrival 15.05. – 13.09.2026
The season is dictated by the arrival date.

Services

- 6 nights with breakfast, national 2* / 3*-level (Cat B)
- 6 nights with breakfast, national 3* / 4*-level (Cat A)
- Digital travel documents and route navigation via app
- Boat trip Ekerö – Slagsta incl. bike
- Boat trip Mörkö – Skansundet incl. bike
- Luggage transport from hotel to hotel, max. 20 kg / piece
- Service-Hotline (7 days, 08.00 a.m. – 08.00 p.m.)

Not included services

- Train ride Tumba – Stockholm incl. bike
- Citys or visitors tax, if payable

Basic price per person	Category B	Category A
Doubleroom, Season A	1099,-	1199,-
Doubleroom, Season B	1199,-	1299,-
Doubleroom, Season C	1299,-	1399,-
Additional fee single room	499,-	549,-

Additional night prices per person	Category B	Category A
Stockholm DBL / BB	99,-	129,-
Stockholm SGL / BB	189,-	199,-

Additional services per person	
E-bike / Pedelec*	329,-
Gravel bike*	269,-
Rental bike (24-gear)*	129,-
Sporty rental bike (30-gear)*	229,-

*including rental bike insurance

Exemplary hotel list Category A

Stockholm	Birger Jarl Stockholm	www.birgerjarl.se
Södertälje	Quality Hotel Park Södertälje	https://www.nordicchoicehotels.se/hotell/sverige/sodertalje/quality-hotel-park-sodertalje-city/
Mariefred	Gripsholms Vårdshus Mariefred	http://www.gripsholms-varldshus.se/
Järna	Bommersvik Hotell Järna	http://www.bommersvik.se/konferens
Trosa	Trosa Stadshotell	https://www.trosastadshotell.se/en
Stockholm	Birger Jarl Stockholm	www.birgerjarl.se

Exemplary hotel list Category B

Stockholm	Elite Hotel Arcadia Stockholm	https://www.elite.se/sv/hotell/stockholm/hotel-arcadia
Södertälje	Quality Hotel Park Södertälje	https://www.nordicchoicehotels.se/hotell/sverige/sodertalje/quality-hotel-park-sodertalje-city/
Mariefred	Gripsholms BnB Mariefred	https://www.gripsholmsbnb.se/
Järna	Bommersvik Hotell Järna	http://www.bommersvik.se/konferens
Trosa	Åda Golf & Country Club Trosa	https://www.adagolf.se/
Stockholm	Elite Hotel Arcadia Stockholm	https://www.elite.se/sv/hotell/stockholm/hotel-arcadia

Child reduction on basic price

15 - 17 Years	10%
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Due to the more demanding stages, we recommend this trip only for young people with good stamina. Reduction for children is valid for accommodation in room with two full-paying guests.

Languages Travel documents

→ German, English

Additional note

- All bookings are on request.
- In Sweden, children up to the age of 15 must wear a helmet. For safety reasons, we generally recommend wearing a helmet.
- Optionally bookable: Printed travel documents incl. maps, per room € 20
- 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

- Replacement tube (1 x per room)
- Bike lock
- Air pump (1 x per room)
- Breakdown kit (1 x per booking)
- Waterproof pannier

Journey to Stockholm

- Nearest airports: Stockholm-Arlanda
- Train station: Stockholm

Parking in Stockholm

- Hotel parking subject to availability, costs: approx. 310 Swedish kronor per day, payable on site. No reservation possible through Radweg-Reisen.

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.

Stages description

Day 1: Individual arrival to Stockholm

After your arrival in Stockholm, take some time for a first tour of the town. The town hall with its striking corner tower is an example of Swedish national romanticism. Of particular significance is the parallel existence of architecture and water. Inside, you'll find not only the offices, conference rooms and halls typical of a town hall. In the Blue Room, for example, there is a great banquet held every year for the Nobel Prize winners. Wander through the narrow streets of the historic quarter in Gamla Stan on the island of Stadsholmen. In the next few

days, discover one of the largest and best preserved medieval cities in Europe! In the evening there's a personal tourist information event and if you've booked bikes, they will be provided then.

Day 2: Stockholm – Södertälje, approx. 60 km

At the start of the cycle tour, you cycle along the Mälaren in a south-westerly direction to Södertälje. Sweden's third largest lake is a popular recreational area for locals. Drottningholm Castle is located on one of the many islands in the lake. The route continues past meadows

and fields, occasionally through small forests, to the small town of Södertälje, which is situated on the canal between Mälaren and the Baltic Sea.

Day 3: Södertälje – Mariefred, approx. 45 km

Today, the banks of the Mälaren are your constant travelling companion. Cycle along small side roads to Gripsholm Castle. The castle-like complex was built in the 16th century by the Swedish King Gustav I Wasa and became famous in this country through Kurt Tucholsky's novel of the same name. The important publicist lived in exile in Sweden from 1930. Continue to today's destination of Mariefred.

Day 4: Mariefred – Järna, approx. 45 km

The day is all about the unspoilt natural landscape of the province of Sörmland: pure picture-book idyll! There are numerous rivers and lakes here - as well as a few climbs, which are easy to master and reward you with wonderful views. The small town of Järna is located between meadows, pastures and forests, close to the Baltic Sea.

Day 5: Järna – Trosa, approx. 50 km

Today's destination is the idyllic Baltic town of Trosa, where many of the popular Inga Lindström films were shot. At the beginning of the 15th century, the village was an important trading centre. Numerous flat wooden houses, the waterfront promenade and the archipelago in front of the town give the town its special flair.

Day 6: Trosa – Stockholm, approx. 55 km

The last cycling stage takes you back to Stockholm. In the afternoon, you can take the S-Bahn to the city centre and then cycle to the southern city island of Södermalm. The former working-class neighbourhood has developed into a real trendy district that is particularly popular with artists and students. The charm of the people of Stockholm - Scandinavian directness paired with an almost Mediterranean relaxedness - is particularly noticeable here.

Day 7: Individual departure

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