

Cycling holidays in East Frisia

8 DAYS / 7 NIGHTS, APPROX. 315 KM
BOOKING CODE: NW-NO007

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



Your tour

Eerstmal en Koppke Tee, Low German for: First of all a cup of tea. This is certainly a cosy way to spend your cycling holiday in East Frisia. With a cup of genuine Frisian tea in your hand, you can enjoy the wonderfully clear air of the North Sea and the views of the offshore islands. For eight days, you will immerse yourself in the East Frisian landscape characterised by moors and the sea. Look forward to the finest sandy beaches, lighthouses, the Lower Saxony Wadden Sea National Park, ship-in-bottle museums, crab cutters and seals. You'll ride, hopefully with a tailwind, across the flat land, along dead-straight canals, through picturesque coastal regions with romantic harbours and endless dikes. Experience wonderful days by the sea!

Itinerary

Day 1	Individual arrival to Oldenburg
Day 2	Oldenburg – Wiesmoor, approx. 55 km
Day 3	Wiesmoor – Emden, approx. 55 km
Day 4	Emden – Norden, approx. 60 km
Day 5	Trip to the island of Norderney
Day 6	Norden – Wittmund / Jever, approx. 50 – 60 km
Day 7	Wittmund – Dangast, approx. 40 – 50 km
Day 8	Dangast – Oldenburg, approx. 50 km and individual departure

Travel time

Season A	18.04. – 27.04.	28.09. – 05.10.
Season B	30.04. – 11.05.	17.09. – 26.09.
Season C	14.05. – 14.09.	

Arrival Monday, Thursday and Saturday 18.04. – 05.10.2026
The season is dictated by the arrival date.

Services

- 7 nights with breakfast, national 2* / 3*-level (Cat B)
- 7 nights with breakfast, national 3* / 4*-level (Cat A)
- Digital travel documents and route navigation via app
- 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

- Ferry trip Norden – Norderney Island, approx. 35 euros per person incl. bike
- Citys or visitors tax, if payable

Basic price per person

	Category B	Category A
Doubleroom, Season A	779,-	829,-
Doubleroom, Season B	839,-	889,-
Doubleroom, Season C	879,-	939,-
Additional fee single room	249,-	289,-

Additional night prices per person

Oldenburg DBL / BB	69,-
Oldenburg SGL / BB	109,-

Additional services per person

E-bike / Pedelec*	289,-
Rental bike (7- / 24-gear)*	99,-
Sporty rental bike (30-gear)*	179,-

*including rental bike insurance

Exemplary hotel list Category A

Oldenburg	Best Western Hotel Heide Oldenburg	https://www.hotel-heide-oldenburg.de/
Wiesmoor	Hotel zur Post Wiesmoor	www.hotelzurpost-wiesmoor.de
Emden	Upstalsboom Parkhotel Emden	www.upstalsboom.de
Norden	Hotel Apart Norden	http://www.apart-hotel-norden.de/
Norden	Hotel Apart Norden	http://www.apart-hotel-norden.de/
Wittmund / Jever	Ringhotel Residenz Wittmund	https://www.residenz-wittmund.de/
Dangast	Strandhotel Dangast	https://www.strandhotel-dangast.de/

Exemplary hotel list Category B

Oldenburg	Best Western Hotel Heide Oldenburg	https://www.hotel-heide-oldenburg.de/
Wiesmoor	Pension am Nielsenpark Wiesmoor	https://www.pensionamnielsenpark.com/
Emden	Hotel Faldernpoort Emden	https://www.hotel-in-emden.de/
Norden	Hotel Apart Norden	http://www.apart-hotel-norden.de/
Norden	Hotel Apart Norden	http://www.apart-hotel-norden.de/
Wittmund / Jever	Friesenhotel Jever	www.jever-hotel.de
Dangast	Strandhotel Dangast	https://www.strandhotel-dangast.de/

Child reduction on basic price

0 - 5 Years	100%
6 - 11 Years	50%
12 - 14 Years	25%
15 - 17 Years	10%

Reduction for children is valid for accommodation in room with two full-paying guests.

Languages Travel documents

→ German, English, Dutch, French

Additional note

- All bookings are on request.
- 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

- Bike lock
- Odometer
- Handlebar bag
- Air pump (1 x per room)
- Breakdown kit (1 x per booking)
- Waterproof pannier

Journey to Oldenburg

- Nearest airports: Bremen
- Train station: Oldenburg

Parking in Oldenburg

- Paid parking at the hotel, subject to availability. Free public parking spaces near the hotel. 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 Oldenburg

As the gateway to East Frisia, the old royal seat of Oldenburg is the ideal starting point for the East Frisian beer tour. If you arrive early, you will have enough time to visit the charming old town. In the middle of the town are the magnificent castle and the castle guardhouse, which once marked the boundary to the town's bourgeois areas. Not far away is the Powder Tower, the last remaining building of the former city fortifications. There are numerous stores and restaurants in the city center, so nothing stands in the way of a relaxed evening.

Day 2: Oldenburg – Wiesmoor, approx. 55 km

The first day on the saddle takes you through the beautiful park landscape of Ammerland, famous for its numerous gardens and parks. The rhododendrons are in lush bloom. The first destination is the spa town of Bad Zwischenahn, idyllically situated on the Zwischenahner Meer. The Park der Gärten is located in the Rostrup district. Stroll through the 43 themed gardens and enjoy the view from the 20-metre-high observation tower over the 14-hectare park. You will spend the night in Wiesmoor, the youngest and second smallest town in East Frisia.

Day 3: Wiesmoor – Emden, approx. 55 km

You leave the climatic health resort Wiesmoor and cycle to the secret East Frisian capital Aurich, which has been a residential town for centuries. Visit the highly controversial Sous Tower and the national shrine of the Frisians, the Thingstätte Upstalsboom. Then drive along the Ems-Jade Canal, which has connected the three cities of Emden, Aurich and Wilhelmshaven since 1888, to Emden. The seaport city is the largest city in East Frisia. The old inland harbour with its museum ships extends into the city centre. In addition to the Art gallery and the East Frisian State Museum, fans of Germany's most famous comedian Otto Waalkes are advised to visit Dat Otto Huus.

Day 4: Emden – Norden, approx. 60 km

This tour will take you through the Krummhörn. Typical for this region are the Warfen villages, the many windmills and the lighthouses. Greetsiel remains an important crab-fishing port up until today. You should definitely try prawn peeling yourself. You will then cycle further along the Ley Bay, where, with a bit of luck, you will be able to see seals and then reach the wadden sea.

Day 5: Trip to the island of Norderney

The ferry will take you from Norddeich to Norderney, the youngest island, on which the first sea swimming pool was opened in 1797. The bicycle is the perfect vehicle to explore the beauty of this island before returning to Norden. Alternatively you cycle along the coast and the national park Wattenmeer oder visit the seal-station in Norddeich.

Day 6: Norden – Wittmund / Jever, approx. 50 – 60 km

You follow the course of the coast and soon reach the Norderburg Dornum, the most beautiful moated castle in East Frisia. Then follow the cycle path through wide marshlands to Esens, which calls itself the East Frisian chieftain town or also the bear town. From the 54-metre-high tower of St. Magnus Church you have a fabulous view of the offshore islands of Borkum, Memmert and Juist, weather permitting. The destination of this cycling day is the small town of Wittmund, the town with the red clinker bricks in the heart of East Frisia. Here you will also find the oldest still completely preserved gallery Dutch mill in Germany.

Day 7: Wittmund – Dangast, approx. 40 – 50 km

On the penultimate day of your cycle tour through East Frisia, you get back on your bike after breakfast and cycle to Jever. Everyone is probably familiar with the beer brand that has been brewed here since 1848. On a walk through the town, the castle with its massive keep and 61-metre-high owl tower can be seen from afar. The journey continues to Wilhelmshaven. Founded by King Wilhelm I in 1869, the city is now Germany's largest German Armed Forces and naval base. Stroll along the promenade of the southern beach or visit the very informative German Naval Museum. The stage ends in the North Sea resort of Dangast on the south-western Jade Bay.

Day 8: Dangast – Oldenburg, approx. 50 km and individual departure

You turn your back to the North Sea and cycle south back to Oldenburg. Before that, you should take time to visit the Jaderberg Zoo, where you can see over 600 exotic animals from all over the world. Back in Oldenburg, your cycle tour in East Frisia is over after eight days. However, we are also happy to extend your stay in Oldenburg.