



 **LIFECYCLE
ADVENTURES**

Denmark & Sweden

SCANDINAVIA

Planning

About the Area

Overnight Towns

On Tour FAQ



Use this Guidebook
with the On-Tour App
(see inside cover)

Inside this book

Planning Your Tour

- ➔ Where to stay before tour
- ➔ Getting there
- ➔ Things to book
- ➔ What to pack

About the Area

- ➔ Routes & highlights
- ➔ Geography & history
- ➔ Food & drink
- ➔ Essentials

Overnight Towns

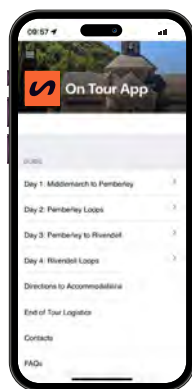
- ➔ Overviews
- ➔ Restaurants & bars
- ➔ Sights & activities
- ➔ Town plans

On Tour

- ➔ Using the On-Tour App
- ➔ Navigating the routes
- ➔ Our services
- ➔ Safety & enjoyment

On-Tour App for smartphones

You will be sent a link to download your On-Tour App a few weeks before the start of your tour.



The app includes everything you need to explore each day during your tour including:

- ➔ Ride options
- ➔ Places for lunch
- ➔ Points of interest
- ➔ Directions to accommodations
- ➔ End of tour logistics
- ➔ Contacts
- ➔ FAQs

See the *Using the On-Tour App* section of this guidebook for more details about this app.



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A Warning and a Request

We make great efforts to ensure the accuracy of our guides. However, things do change, and errors can creep in. If you have corrections for this guidebook or discover new things along the way, please drop us an email and we will incorporate your suggestions in our next edition.

You can reach us at info@lifecycleadventures.com

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The Nyhaven Waterfront in Copenhagen

GETTING THERE

Flying to Copenhagen Airport

Tours typically start in Copenhagen. Copenhagen Airport (CPH) is a medium-sized airport and the largest in Scandinavia. There are direct flights from most major European cities and from many North American cities including Atlanta, Boston, Chicago, Los Angeles, Miami, Minneapolis, New York, Philadelphia, San Francisco, and Washington, DC. The airport is 5 miles from the center of Copenhagen.

From the Airport to Downtown Copenhagen

There are frequent trains and metros from the airport to Copenhagen Central Station and other city stops. Journey time is about 15 minutes. Tickets cost around 36 DKK (\$6) per person. Taxis take 20 to 30 minutes depending on traffic and typically cost 250 to 350 DKK (\$40 to \$55).

Booking Travel Within Denmark

The following sites are helpful when booking travel within Denmark:

- Rome to Rio: <https://www.rome2rio.com/>
- The Train Line: <https://www.thetrainline.com/en-us>
- Local train company (DSB): <https://www.dsb.dk/en/>

WHERE TO STAY BEFORE YOUR TOUR

Guests typically stay in Copenhagen before and/or after their tour. We have had good feedback for the following hotels and B&Bs.

Hotel D'Angleterre

📍 Kongens Nytorv 34, 1050 København

☎ +45 33 120 095

🌐 https://www.danglerterre.com/en?utm_medium=organic&utm_source=mybusiness

Phoenix Copenhagen

📍 Bredgade 37, 1260 København

☎ +45 33 959 500

🌐 <https://www.phoenixcopenhagen.com/>

Hotel Bethel

📍 Nyhavn 22, 1051 København

☎ +45 33 130 370

🌐 <https://www.hotel-bethel.dk/en/>

Coco Hotel

📍 Vesterbrogade 41, 1620 København

☎ +45 33 212 166

🌐 <https://coco-hotel.com/>

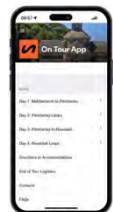
DOWNLOADS FOR YOUR PHONE

We recommend you download the following to your phone before you travel:

- On-Tour App (**essential**)
- eBook of this guidebook
- Google Maps for the area
- Whats App
- eSIM data plan

Downloading the On-Tour App

A few weeks before the start of your tour, we will send you an email with a link to download your On-Tour App. We recommend you download the app and familiarize yourself with its contents before you leave home. See the *On Tour* section of this guidebook for more details about this app.



Download an eBook of this Guidebook

We recommend downloading the eBook version of this guidebook. This will allow you to reference the guidebook from your phone or tablet as well as giving you the ability to zoom in on maps and click on website links and telephone numbers.



Scan the QR code (right) with your phone/tablet's camera. Then follow the instructions below, depending on your device.

On an iPhone or an iPad

- Open the PDF using the above QR code (this can take more than a minute depending on your WiFi)
- Tap Share (there can be a few seconds delay after tapping share)
- Tap *Books*

The PDF then opens automatically and saves into the Books app. Access it via the Library section of the Books app.

On Google Smartphones or Tablets

Enable PDF Uploading in Settings

- On your device, open Google Play Books
- At the top right, tap your profile picture
- Tap Play Books settings
- Check the box next to Enable PDF uploading

Download the Book

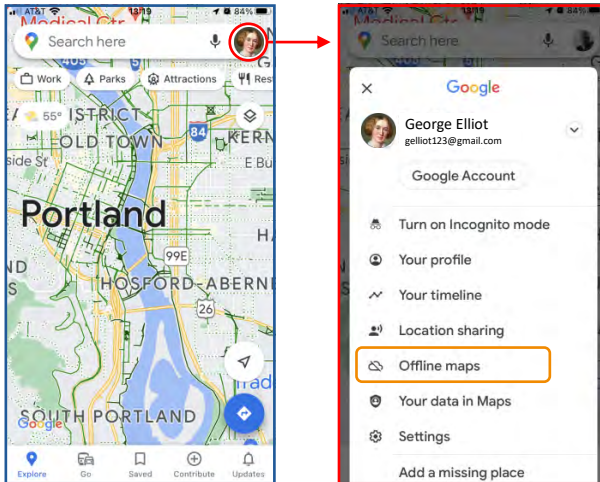
- Download the PDF file to your device using the above QR code
- Open your Downloads or Files app
- Find the file
- Tap More and then Open With and then Play Books or Upload to Play Books.
- To find uploaded files in the Play Books app, tap Library and then Uploads.

Downloading Google Maps

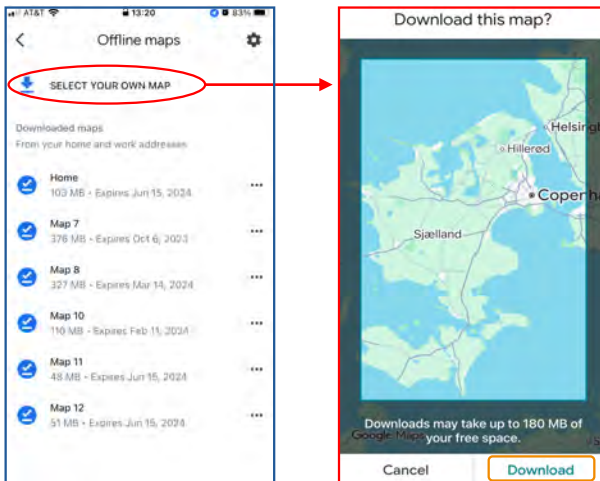
The On-Tour App includes many links to Google Maps. We recommend downloading the maps for this area in Google Maps before leaving home. You will need to be signed into your Google account to use this feature. Instructions are as follows.

In the Google Maps app:

- Tap on your profile picture (or letter) in the top right-hand corner
- Select Offline maps



In Offline maps, zoom the maps to the island of Zealand (Sjælland) in Denmark to include the cities of Hillerød and Helsingborg (in Sweden). Then click “Download”.



WhatsApp

Most of our guides like to use WhatsApp for staying in contact with you during your tour. If you have downloaded the app and set up an account, that would be helpful. If not, don't worry, we can also use texts and phone calls.

Phone Plans

Having access to cellular data while on tour will make it easier to navigate your routes and access information via our On-Tour App (though with a little forethought you can manage without).

If travelling abroad, you may need to inform your cell phone company that you are traveling and request them to activate your account for use abroad. There are typically packages available to pre-purchase that reduce the cost of using your phone abroad.

Many of our guests choose to activate an eSIM card for travelling. This will give you access to cheap data plans (e.g. \$5 for 1 GB of data for a week) and do not require you to swap out your existing SIM card. Companies providing eSIMs include Airalo and Nomad. Plans can be purchased online and downloaded onto your phone. If you plan to use an eSIM, we strongly recommend you buy and set up the plan in advance of your trip. You can then activate it when you arrive at your destination. Note that not all devices support eSIM technology so it is best to check before leaving home.

THINGS TO BOOK BEFORE YOU TRAVEL

Transfers from Copenhagen Airport

Typically, we collect and drop off guests at their hotel in downtown Copenhagen. We can also collect or drop off guests at Copenhagen Airport. These transfers are only available on the first and last days of the tour and are subject to availability.

Activities

If you want to add any of the following activities to your tour, we recommend booking them in advance. This is especially true during high season: July to August.

Sea Kayaking and Paddle Boarding

Water sports can be enjoyed on Lake Esrum (in Fredensborg) and at the coast in Gilleleje or Tisvilde.

Sne & Vand, Lake Esrum

This company rents canoes, kayaks, and stand-up paddle boards. Prices start from 300 DKK for a few hours, and increase based on duration and rental equipment.

The loop rides from Helsingør visit Lake Esrum and this company is based in Fredensborg, the lakeside town with a royal palace.

 Skipperalle 6, 3480 Fredensborg

 +45 20 330 033

 <https://www.sneogvand.dk/vare/udlejning-paa-esrum-soe/>

Gilleleje Surf & SUP, Gilleleje

Specializing in stand-up paddle boarding and surfing, you can head out independently or have a short course with an instructor. Equipment rental starts from 300 DKK for a few hours, while a few hours with an instructor cost around 600 DKK. Reservations required.

 Østergade 52, 3250 Gilleleje

 +45 22 211 117

 <https://gillelejesurf.dk/>

WoWsurf, Tisvilde

Specializes in sea kayak rentals, with both single and double kayaks. Pricing starts from approximately 300 DKK, with options for single or double kayaks.

 Nature room Hovedgaden 114 Tisvildeleje Beach

 +45 42 988 551

 <https://wowsurf.dk/en>

Restaurants

In high season, you may want to book your dinners in advance – especially if you plan to eat at the higher-end establishments. You can find details of the restaurants in the *Overnight Towns* section of this guidebook.

Restaurants that typically require reservations include the following:

In Helsingør

- Restaurant Strejf
- Blue Sky

In Gilleleje

- Restaurant Fyrkroen
- Hotel de Ville Restaurant
- Bistro No. 3

In Tisvilde

- Helenekilde Badehotel
- Restaurant Tinggården
- Von Edel Restaurant
- Restaurant Umai
- Havgaarden Badehotel

WHAT TO PACK

What We Provide ... so you don't need to

We provide the following equipment:

- ☐ Two LifeCycle Adventures water bottles
- ☐ Floor pump that travels with your luggage
- ☐ Phone mount to attach your phone to your handlebars
- ☐ Energy bars for each day

For guests renting one of our bikes, we also provide:

- ☐ Helmets (though we recommend you bring your own due to fit and knowledge of previous use)
- ☐ A hand pump, a spare tube, and equipment to change a flat tire
- ☐ A lightweight combination bike lock
- ☐ Rack bags or panniers are available on request¹. NOTE: some bikes, including those with carbon seat posts, cannot be fitted with rack bags or panniers. If they are not available, we recommend bringing a small backpack
- ☐ Rear lights are available on request¹
- ☐ Battery bank to recharge your phone en route is available on request¹ (subject to availability)

What You Should Bring

To help you prepare for the trip, below is a list of gear to consider bringing in addition to the usual clothes you would pack for any trip.

Gear For on the Bike

- ☐ Breathable brightly colored cycle jerseys or tops
- ☐ Hi-vis rain jacket and waterproof pants/trousers
- ☐ Cycling gloves. Consider long-fingered gloves for colder temperatures.
- ☐ Cycling shoes or stiff-soled, closed-toed shoes
- ☐ Helmet (see *What We Provide*, above)
- ☐ Fleece or warm sweater
- ☐ Padded cycling shorts (and possibly some chamois cream)
- ☐ Sunscreen
- ☐ Sunglasses
- ☐ Bandana (optional but good for protecting head or back of neck from the sun)
- ☐ Leg warmers and arm warmers (handy for changing temperatures)

¹ Items available "on request" should be requested via email or the Booking Form at least two weeks before the start of your tour.

Other Essentials

- ☐ Emergency contact details and first aid kit
- ☐ Cell phone and charger
- ☐ Battery bank to recharge your phone en route (if you have one)
- ☐ Favorite or needed medication
- ☐ Insect repellent
- ☐ Medical & travel insurance

Good Things to Have

- ☐ Sandals or flip flops to pack in your day bag if wearing cycling shoes
- ☐ Rear light for daytime use
- ☐ Small backpack (see *What We Provide*, above)

If You are Renting One of Our Bikes

If you are renting one of our bikes, we would strongly suggest you consider bringing the following.

- ☐ Your own pedals if you typically ride with clipless pedals
- ☐ Your own saddle. The rental bikes have generic saddles and many riders prefer to use a saddle with which they are familiar. This is particularly true if you normally ride with a female specific saddle

If You are Bringing Your Own Bike

- ☐ Bar bag or seat-post bag
- ☐ Bike lock
- ☐ Spare inner tube and puncture repair kit
- ☐ Hand pump
- ☐ Tools & spares for your make of bike
- ☐ Lubricant & solvent for maintaining chain

If you are bringing your own bike we would also recommend that you have your bike tuned by a bike store before you travel. If something about your bike's set-up has been bothering you, your trip is a great excuse for sorting it out.

If shipping your bike to us before your tour, please be sure the bike is cleaned before being packed.



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Typical summer cottage in North Zealand

INTRODUCTION

On this tour you explore the Danish island of Zealand (Sjælland) with its pristine coastline and pastoral interior. Zealand is Denmark's largest island and home to the country's capital, Copenhagen, yet much of the landscape outside the city remains remarkably peaceful and rural. Quiet villages, open farmland, forests, and sweeping coastal views define the character of this region. During the trip you will also have the option of a day excursion across the narrow Øresund Strait to Sweden, where the scenery and culture shift subtly but noticeably, adding an international dimension to your tour.

The entire region is a natural wonderland of lakes, fjords, beaches, and forests. The coastline alternates between sandy beaches, low cliffs, and charming fishing harbors where boats still bring in their daily catch. Inland, forests and fields create a gentle patchwork landscape that feels both tranquil and timeless.

North Zealand is also rich in history. The area was once at the center of Danish royal power, and several magnificent castles remain, including Kronborg Castle in Helsingør – famous as the setting for Shakespeare's *Hamlet* – and the grand Frederiksborg Castle in Hillerød. Colorful harbor towns, centuries-old churches, and traditional market squares give the region a strong sense of place.

With rolling hills rarely exceeding 300 feet, the terrain is ideal for relaxed and rewarding cycling. In summer, long daylight hours and pleasantly cool temperatures make outdoor activities especially enjoyable. Denmark and Sweden are also

blessed with some of the best biking infrastructure in the world, with extensive networks of bike lanes, quiet country roads, and well-maintained gravel paths that make exploring the countryside both safe and enjoyable.

ROUTES & HIGHLIGHTS

The map on the following page shows the *Intermediate* routes between the overnight towns (marked ). Easier and harder routes are also available. The map also shows some of the highlights in the area.

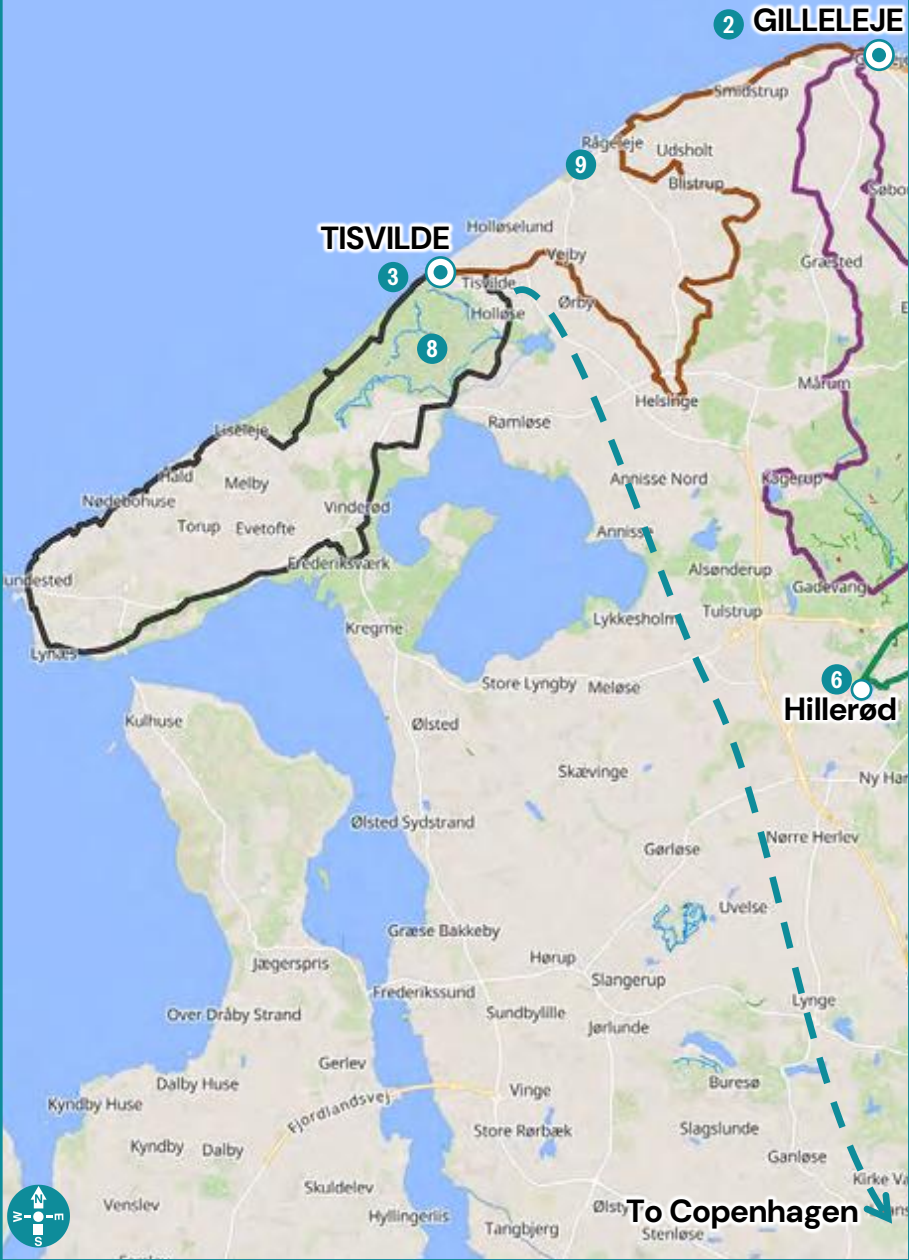
Each tour is customized to you, and your tour may not include all these routes and overnight towns. Typically, Tisvilde is only included on longer tours. Your customized routes are provided in the *On-Tour App* that accompanies this guidebook. The app includes:

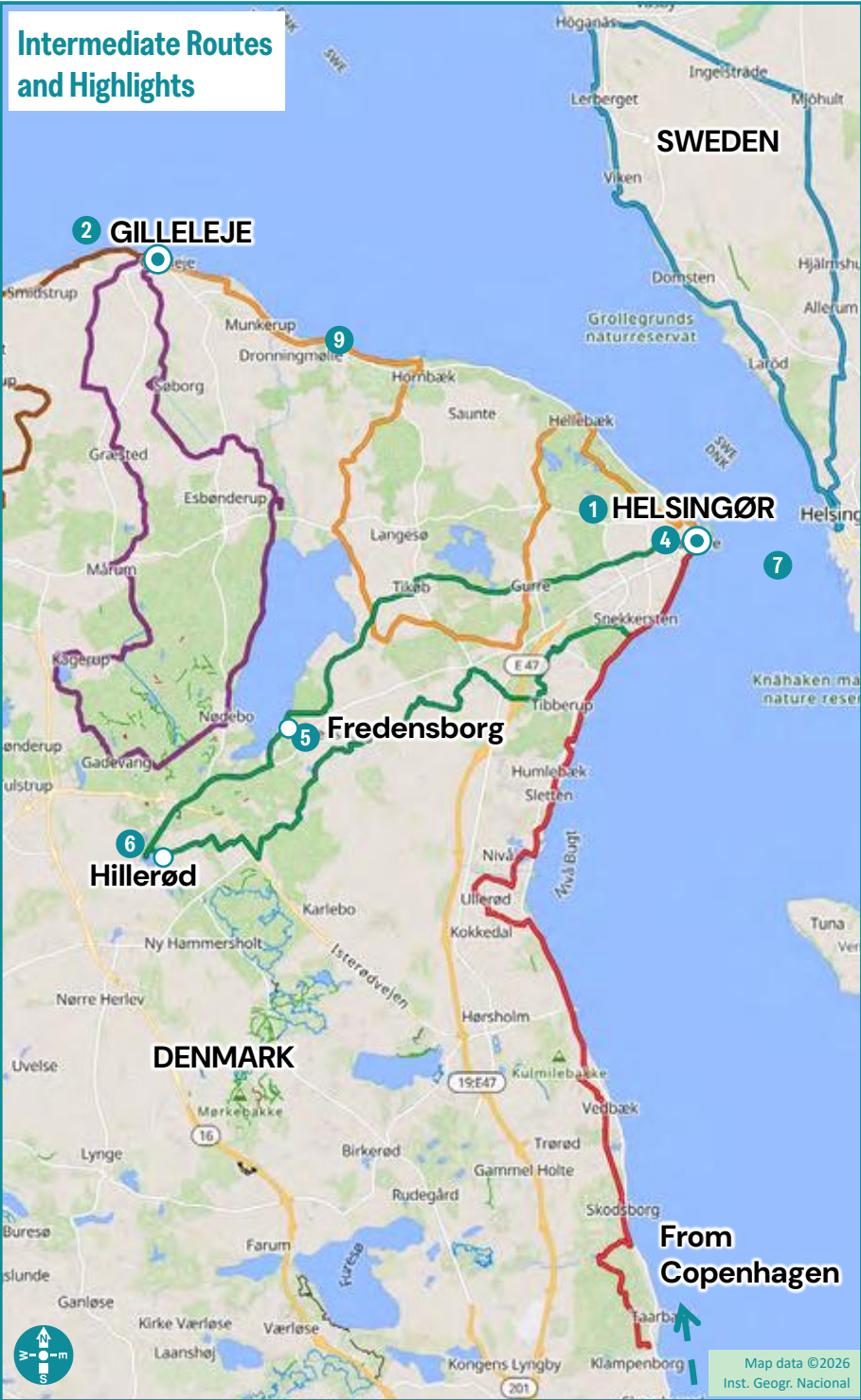
- Detailed maps
- Leisure, intermediate, and Challenge route options¹
- Places to have lunch along the routes
- Points of interest along the routes

¹ Not all days have all levels of riding.

Intermediate Routes and Highlights

Map data ©2026 Inst. Geogr. Nacional





1 Helsingør

A historic harbor town crowned by Kronborg Castle, the dramatic Renaissance fortress made famous as the setting of Shakespeare's Hamlet. The old town has cobbled streets, maritime museums, and lively waterfront cafés.



2 Gilleleje

An authentic fishing village with a bustling harbor where boats still unload their daily catch. The town's relaxed seaside character, sandy beaches, and excellent seafood restaurants capture the spirit of the Danish Riviera.



3 Tisvilde

A peaceful coastal village surrounded by wide sandy beaches and pine forests. Well-known for its wooden summer houses, small cafés, and the nearby Troll Forest. It has long attracted artists and summer visitors.



4 Kronborg Castle

A UNESCO World Heritage Site and one of Northern Europe's finest Renaissance castles. Its imposing walls once controlled ship traffic through the Øresund Strait and inspired Shakespeare's Hamlet.



5 Fredensborg Palace

An elegant Baroque palace on the shores of Lake Esrum, built in the 18th century as a royal residence. Often called the Danish royal family's summer palace, it remains in use today and is surrounded by beautiful gardens and sculptures.



6 Frederiksborg Castle

One of Denmark's most spectacular castles, set on small islands in a lake in the town of Hillerød. The ornate Renaissance palace houses the Museum of Danish National History and is surrounded by elegant baroque gardens.



7 Øresund Strait Ferry to Sweden

A short ferry crossing connects Helsingør with Helsingborg in Sweden in just 20 minutes – a unique opportunity to cycle in two countries in a single day.



8 Tisvilde Hegn & Troldekskoven (Troll Forest)

A beautiful coastal forest planted in the 18th century to halt drifting sand. Wind-shaped pines create the surreal landscape of the Troll Forest, one of Denmark's most distinctive natural areas.



9 The Danish Riviera Coastline

The north coast of Zealand is known as the Danish Riviera for its long sandy beaches, seaside villages, and relaxed summer atmosphere.



World-Class Cycling Infrastructure

Denmark is one of the most bike-friendly countries in the world, with extensive networks of protected bike lanes, quiet country roads, and well-maintained gravel paths that make cycling safe, easy, and enjoyable.



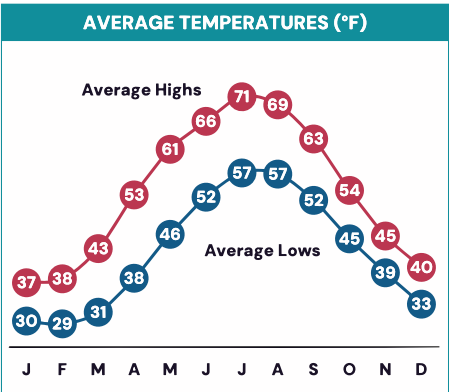
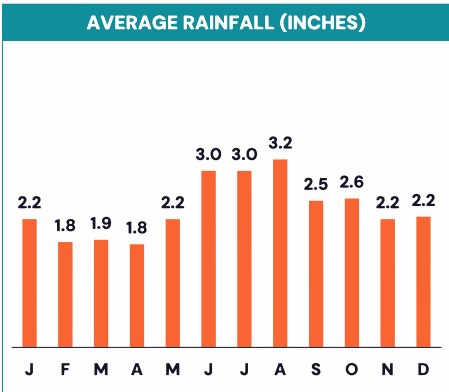
CLIMATE & GEOGRAPHY

Denmark has a temperate maritime climate that is moderated by the warm Gulf Stream. As such, it is warmer than surrounding Scandinavian countries. Summers are mild and winters are relatively moderate. Throughout the year, the weather is often breezy with quick changes between sunshine and showers.

The best time to visit Denmark is from late May to early September, when long hours of daylight and mild temperatures make it ideal for cycling. July and August are the warmest months, while May and June often bring clear skies and fresh, crisp air. Spring and early summer are especially beautiful, with fields, forests, and gardens coming into bloom.

Whenever you choose to travel, pack waterproofs and some warm layers as Denmark’s maritime climate means most weeks include a mix of sunshine, breezes, and some rain.

The charts below show the monthly average temperatures and rainfall for Copenhagen, the town at the start and end of our tours.



Data Source: www.intellicast.com

HISTORY

In Three Sentences

Vikings, kings, and a strategic grip on the Baltic Sea shaped Denmark's early history. The kingdom grew powerful in the Middle Ages, collecting tolls from ships passing through the Øresund Strait and ruling parts of Scandinavia before gradually shrinking to its modern borders. Today Denmark is known less for conquest and more for its stable democracy, strong social welfare system, and famously bike-friendly cities.



Viking longships in a misty Danish coastal inlet

Key Dates

- c. 12,000 BC The first humans arrive in Denmark after the last Ice Age as the glaciers retreat and forests begin to cover the landscape.
- c. 4000 BC Early farming communities emerge, building burial mounds and megalithic stone monuments that can still be seen across Denmark today.
- c. 800–1050 The Viking Age. Danish seafarers trade, raid, and settle across Europe, helping shape medieval history and establishing Denmark as a regional power.
- 965 King Harald Bluetooth unifies Denmark and introduces Christianity, symbolized by the famous Jelling stones.
- 1100–1400 Denmark grows wealthy controlling trade routes in the Baltic Sea and becomes a major Northern European kingdom.
- 1397 The Kalmar Union unites Denmark, Norway, and Sweden under a single monarch, creating the largest political union in Northern Europe.

1429	Denmark begins collecting the Sound Dues from ships passing through the Øresund Strait near Helsingør, bringing enormous wealth to the Danish crown.
1585	Construction of Kronborg Castle in Helsingør strengthens Denmark's control over Baltic trade and becomes one of Europe's most important Renaissance fortresses.
1658	Denmark loses southern territories and much of its influence after wars with Sweden reshape Scandinavian borders.
1814	Denmark loses Norway following the Napoleonic Wars, marking the end of Denmark as a major European power.
1849	Denmark becomes a constitutional monarchy with the adoption of its democratic constitution.
20th century	Denmark develops into a modern welfare state known for social equality, high living standards, and progressive politics.
Today	Denmark is consistently ranked among the world's happiest countries and is a global leader in sustainability, cycling infrastructure, and design.

FOOD & DRINK

Danish Food

Overview



Herring restaurant in Copenhagen

Traditional Danish cuisine reflects the country's northern climate, coastal geography, and agricultural traditions. Historically, Danish cooking focused on hearty, simple ingredients that could withstand long winters – such as pork, fish, root vegetables, grains, and dairy products. Over time these traditional foods evolved into a cuisine that combines rustic comfort dishes with refined modern Nordic cooking.

Fish plays an important role in Danish food culture thanks to the country's long coastline and strong maritime traditions. Herring, cod, plaice, and shrimp appear frequently on menus, often smoked, pickled, or lightly fried. Pork is also a staple of Danish cooking and is commonly served roasted or cured. Potatoes, rye bread, cabbage, and seasonal vegetables round out many traditional meals.

Bread holds a special place in Danish food culture, especially rugbrød, a dense rye bread that forms the base of Denmark's famous open-faced sandwiches. Dairy products are also widely used, and Denmark is known for high-quality butter, cheese, and cream.

In recent decades Denmark has become an international culinary destination thanks to the New Nordic Cuisine movement that emphasizes seasonal ingredients, sustainability, and creative interpretations of traditional foods. In both a simple

seaside café or a Michelin-starred restaurant, it is common to see a strong focus on freshness, local ingredients, and beautifully presented dishes.

Smørrebrød

Perhaps the most iconic Danish dish, smørrebrød are open-faced sandwiches served on slices of dense rye bread. They are carefully arranged with toppings such as pickled herring, smoked salmon, shrimp, roast beef, or eggs, often garnished with herbs, onions, and sauces. Traditionally eaten for lunch, smørrebrød are both simple and surprisingly elegant, and many restaurants pride themselves on their elaborate and artistic presentations.



Pickled Herring

Herring has been a cornerstone of Danish cuisine for centuries and remains one of the country's most cherished foods. It is typically preserved in vinegar, sugar, and spices and served cold on rye bread with onions or dill. Different varieties include curry herring, mustard herring, and marinated herring. Pickled herring is especially popular during holidays but can be found on menus year-round.



Frikadeller

Frikadeller are traditional Danish meatballs made from ground pork (sometimes mixed with veal), onions, eggs, milk, and breadcrumbs. They are usually pan-fried and served with potatoes, gravy, and pickled red cabbage or cucumber salad. Frikadeller are a classic comfort food and appear frequently in home cooking as well as traditional restaurants.



Danish Pastries (Wienerbrød)

Known internationally simply as “Danish,” these buttery pastries are an essential part of Danish café culture. The dough is layered with butter and folded repeatedly to create a flaky texture, then filled with custard, almond paste, fruit, or jam. Despite the name, the pastry technique was originally introduced by Austrian bakers in the 19th century, but Denmark quickly adopted and perfected it.

Aquavit

Aquavit is a traditional Scandinavian spirit distilled from grain or potatoes and flavored primarily with caraway or dill. It is typically served chilled in small glasses and often accompanies smørrebrød or seafood dishes. Drinking aquavit is a longstanding Danish tradition, especially during festive meals when it is commonly enjoyed with a toast of “Skål!”



FUN FACTS (AND OTHER THINGS OF INTEREST)

LEGO

The world-famous LEGO brick was invented in Denmark in 1932 by carpenter Ole Kirk Christiansen in the town of Billund. The name “LEGO” comes from the Danish words leg godt, meaning “play well.” Today LEGO is one of the largest toy companies in the world, and the original town of Billund is home to LEGOLAND, one of Denmark’s most popular attractions.



The Danish Flag

Denmark’s flag, the Dannebrog (Danish cloth), is believed to be the oldest continuously used national flag in the world. According to legend, it fell from the sky during a battle in Estonia in 1219, inspiring Danish soldiers and helping them win the fight. Whether true or not, the red flag with a white cross has become a powerful national symbol and is proudly displayed across the country on holidays and birthdays.



The Happiest Country in the World

Denmark consistently ranks near the top of global happiness rankings. This reputation is often linked to the Danish concept of “hygge” (pronounced hoo-gah), which loosely translates to coziness, comfort, and enjoying simple pleasures with friends and family – think candlelight, warm food, and relaxed conversation on a long winter evening.



Bicycles Everywhere

Denmark is one of the most bike-friendly countries in the world. In Copenhagen alone there are more bicycles than cars, and nearly half of all residents commute to work or school by bike. The country has thousands of miles of dedicated cycling paths, making it one of the safest and most enjoyable places in the world to ride.



Hamlet's Castle

Kronborg Castle in Helsingør is famous as the setting of Shakespeare's *Hamlet*, where the castle is called Elsinore. Although Shakespeare never visited Denmark, the castle's dramatic position overlooking the Øresund Strait made it the perfect setting for one of literature's most famous tragedies.



The Øresund Bridge

The Øresund Bridge connects Denmark and Sweden with one of the most impressive engineering projects in Europe. At 16 km long, the structure is actually a bridge–tunnel combination: drivers cross a long bridge from Sweden, then descend onto an artificial island before entering a tunnel that emerges in Copenhagen. Opened in 2000, the crossing dramatically strengthened economic and cultural ties between the two countries and allows travelers to move easily between them.



The Oldest Amusement Park in the World

Copenhagen is home to Bakken, the oldest operating amusement park in the world. It opened in 1583 when visitors discovered a natural spring in the forest north of the city and began gathering there for entertainment. Over time performers, food stalls, and rides appeared, eventually creating the amusement park that still operates today. Bakken is located in Dyrehaven Deer Park, not far from the start of this cycling tour.



The Witch Bonfires

Each year on June 23, Danes celebrate Sankt Hans Aften (St. John's Eve), a midsummer tradition dating back centuries. Communities gather on beaches and around lakes to light large bonfires, often placing a straw witch on top of the fire. The tradition symbolically sends the witch flying to Germany and marks the arrival of summer with singing, food, and festivities.



The Sound Dues

For more than 400 years, Denmark made enormous profits by charging ships a toll for passing through the narrow Øresund Strait between Denmark and Sweden. Ships were required to stop at Helsingør and pay the fee before entering the Baltic Sea. This tax – known as the Sound Dues – made the Danish crown incredibly wealthy and helped finance the construction of Kronborg Castle.



A Very Old Monarchy

Denmark has one of the oldest continuous monarchies in the world, dating back to around 935 CE when it was founded by Gorm the Old. (Only Japan's monarchy is older – founded by Emperor Jimmu in 660 BCE. The English monarchy is a close third, being typically dated to William the Conqueror in 1066.) Today, Denmark is a modern constitutional monarchy with a democratic government, and the royal family remains an important national symbol and enjoys widespread popularity. Like his Dutch royal cousins, King Frederik X has been seen occasionally riding his bike around Copenhagen.



Excellent English

Visitors are often surprised by how easily they can communicate in Denmark. The country consistently ranks #1 or #2 in the world for English proficiency among non-native speakers, according to the EF English Proficiency Index. English is taught from an early age in Danish schools, and most Danes speak it fluently. In practice, this means that travelers rarely encounter language barriers – even in small towns, cafés, and shops.



Danish Design

Denmark is globally famous for its clean, minimalist design aesthetic. Danish designers such as Arne Jacobsen (egg chair), Hans Wegner (wishbone chair), and Poul Henningsen (PH Lamps) revolutionized furniture and lighting design in the 20th century. Today the country continues to influence architecture, furniture, and interior design around the world.



ESSENTIALS

Hotel Services

Will hotels do laundry?

Yes, most hotels will do your laundry. Generally, it is better if you can put your clothes in on a day when you are spending two nights at an accommodation.

Please ask us if there is a question you have about a particular place you are staying.

Internet Access

Wi-Fi is common in hotels and restaurants (you might need to ask for the code) and is often free in tourist offices and other public places.

Can I use my charger and hair dryer in Denmark?

Standard sockets in Denmark, as in the rest of Europe, supply electricity at 220 volts alternating at a 50 cycles per second (vs. the US where 110 volts, alternating at 60 cycles per second is standard).

The sockets are also different from the US sockets: Type F (also known as *Schuko*). This socket also works with Plugs C and E.

To use your North American appliances in Denmark you will need to check they are rated for use with 220 volts, and you will need a plug adapter.

Many phone chargers and PC chargers are rated for use at 220 volts however most North American hairdryers are not.



Money

What currency do they use in Denmark and Sweden?

The currency of Denmark is the Danish Krone DKK (kr).

The currency in Sweden is the Swedish Krone SEK (kr).

Are credit cards widely accepted?

Yes. Visa and Mastercard are widely accepted throughout Denmark, including in restaurants, hotels, and most shops. American Express is less commonly accepted outside larger hotels and businesses. While very small establishments or small shops may prefer cash, Denmark & Sweden are largely cashless, and even small purchases can usually be made by card.

Ask your credit card company about foreign transaction fees before you travel. These can vary from zero to over 3%. NOTE: Credit card companies may decline your card if you have not notified them that you are travelling abroad.

Are there ATMs in all the overnight towns?

Yes, there is a good network of ATMs in the region, usually called “cash machines”. The coverage is similar to the United States and Canada with several ATM machines in each of the overnight towns we use as well as in many of the towns en route.

Typically, your bank will charge a fixed fee per transaction (around \$2) plus a variable fee of around 3%.

How many Danish Kroner and Swedish Kroner should I bring/carry?

Denmark is largely cashless, and most restaurants, hotels, shops, and cafés accept Visa and Mastercard, even for small purchases. However, it is sensible to carry 100–200 DKK in cash for small village shops or the occasional establishment that prefers cash. Taxis usually accept card payments.

If you are planning to cycle in Sweden, it would make sense to carry 100 – 200 Swedish Krona SEK (kr). However, it is quite possible to manage this day trip using only credit cards.

Communications

Is English widely spoken?

Yes. English is widely spoken throughout Denmark and Sweden, particularly in hotels, restaurants, tourist services, and transport hubs. In Copenhagen and the bigger towns, staff in hospitality settings almost always speak English. In smaller shops or more rural settings, English proficiency may be more limited, but communication is rarely difficult. Danish and Swedish residents are accustomed to multilingual interaction and are generally helpful and patient with visitors.

Will my cell phone work in Denmark and Sweden?

If travelling from the United States or Canada, you may need to inform your cell phone company that you are traveling and request them to activate your account for use abroad. There are typically packages available to pre-purchase that reduce the cost of using your phone abroad.

Should I buy a Danish SIM card?

For longer trips – or if you need to make a lot of calls while abroad – this can be worthwhile. For shorter trips, where you will not be using the phone very much, it makes less sense – just go with an international package offered by your US or Canadian operator. If you are planning to buy a Danish SIM card, make sure your phone is unlocked before you travel, or you will also need to purchase a local phone (around \$30 for a basic model).

Many of our guests choose to activate an eSIM card for travelling. This will give you access to cheap data plans (e.g. \$5 for 1 GB of data for a week) and do not require you to swap out your existing SIM card. Companies providing eSIMs include Airalo and Nomad. Plans can be purchased online and downloaded onto your phone. If

you plan to use an eSIM, we strongly recommend you buy and set up the plan in advance of your trip. You can then activate it when you arrive at your destination. Note that not all devices support eSIM technology so it is best to check before leaving home.

How will you communicate with me during my trip?

At the start of your trip, your guide will ask you how you want us to keep in touch. For most people this is by phone. Due to inconsistent coverage in the countryside and smaller towns, SMS texts or WhatsApp messages are often the most secure way for guide and guest to stay in touch. For this reason, we strongly recommend you have a cellphone plan that allows you to communicate via phone. See *Will My cellphone work in Denmark*, above.

Exploring

How is the traffic on the roads in Denmark and Sweden?

On all our routes, we do our best to keep you on low-traffic roads and dedicated cycling paths, but at times it is necessary to ride on busier roads. The good news is that both Denmark and Sweden are bicycle-friendly countries, and drivers are very accustomed to sharing the road with cyclists.

In most towns and cities there are dedicated bike lanes, and even in rural areas cyclists are a common sight. Danish and Swedish drivers are generally respectful and patient when passing bikes. That said, there will occasionally be sections with traffic, and riders should be comfortable sharing the road and ride single file when necessary.

Which routes can I ride with an eBike?

Typically, you can ride the Leisure and Intermediate routes on an eBike but your eBike range may be insufficient for some harder routes. A lot depends on your riding style, the model of bike, and the topography of the route. Your guide will help you calibrate which routes are most practical for you to ride on your eBike.

Is the guidebook in miles or kilometers?

Our guidebooks use kilometers. Kilometers are what the locals use and what are on the road signs. If you are bringing your own bike, we strongly recommend that you set your computer to measure in kilometers.

The good news is that there are 1.6 kilometers to the mile so what would be a 30-mile ride in the United States is a much more impressive 50-kilometer ride in Denmark!

What general guidebook would you recommend?

This guidebook (with accompanying On-Tour App) is designed to help you navigate and enjoy your tour. Our objective is to tell you what you will see en route and help you understand your route options. As such, our guide does not have a

detailed description of every potential sight you might visit en route – though we do try to list the major ones.

For a more general guidebook to the area, we would suggest either the *Rough Guide to Denmark* or the *Lonely Planet Guide to Denmark and the Faroe Islands*. For more on architecture, history, and the arts, we would suggest *The Michelin Green Guide: Sweden, Denmark*.

What map would you recommend?

If you would like to have a large, fold-out map of the area, we would suggest Map 749 in the Michelin Regional series: Michelin Denmark Road Map. The scale is 1:330,000 and it is available from Amazon.

Local Customs

What are local dress codes?

Danish people tend to be relaxed and dress relatively casually. They are also used to having tourists from all parts of the world visit their towns and cities. It is quite acceptable and common to ride in Lycra or sportswear in Denmark. Obviously, if you stop for lunch, this is what you will be wearing, and restaurants will have no issue with it.

In the more upscale restaurants, people tend to dress a little more formally for dinner. This does not need to mean a jacket and tie, but you will probably feel more comfortable if you avoid shorts and T-shirts at the dinner table.

During the day, you will see plenty of people in shorts, T-shirts, and summery tops. However, it is considered respectful to be a little more modest if visiting a church, for example, by covering shoulders and men removing hats.

What are typical opening hours?

As a very general rule, you can expect to see the following opening times:

- Museums, & monuments: 10:00 AM to 5:00 PM
- Churches: 9:00 AM to 4:00 PM
- Shops: 10:00 to 6:00 PM
- Supermarkets: 7:00 AM to 8:00 PM or later
- Restaurants for lunch: 11:30 AM to 2:30 PM
- Restaurants for dinner: 5:30 PM to 9:30 PM
- Other businesses: 9:00 AM to 5:00 PM

Many restaurants have at least one day a week when they are closed, often Monday or Tuesday. This is noted, where relevant, in this guidebook.

Some tourist attractions are only open from late spring through to September or October.

When should I leave a tip?

Tipping in Denmark is far less pervasive than in the United States; the Danish do tip, but modestly. Typically, a service charge is included in the price of the meal so a significant tip is not required – though a few Kroner would be appreciated.

In the larger hotels, if someone has helped you with your bags it is common to tip a couple of Kroner. In restaurants round up, or 5% to 10%. Taxi drivers are usually tipped 5% or 10%.

Safety and Annoyances

What number do I call in an emergency?

If you need emergency assistance, call 112. The operator will speak English.

The operator can often detect the location of the caller, but you should also be prepared to use your Ride with GPS app to help identify where you are.

Do we need to worry about theft or other crimes?

Denmark is one of the safest countries in the world, and crime rates are generally very low. Petty theft can occur in larger cities such as Copenhagen, particularly in crowded tourist areas. However, the countryside and smaller towns visited on this tour are very safe. That said, it is good practice to be discreet with your valuables – leave them in the hotel safe where possible – and **always lock up your bike if you cannot see it**.

Medical Services and Pharmacies

Your hotel's front desk is the best source of information about medical services and pharmacies. However, please call us if we can be of any help. There are pharmacies (Apotek) in all the overnight towns.

How do I contact my embassy?

Embassy of the United States, Copenhagen – Denmark

 Dag Hammarskjölds Allé 24, 2100 København, Denmark

 +45 33 41 71 00

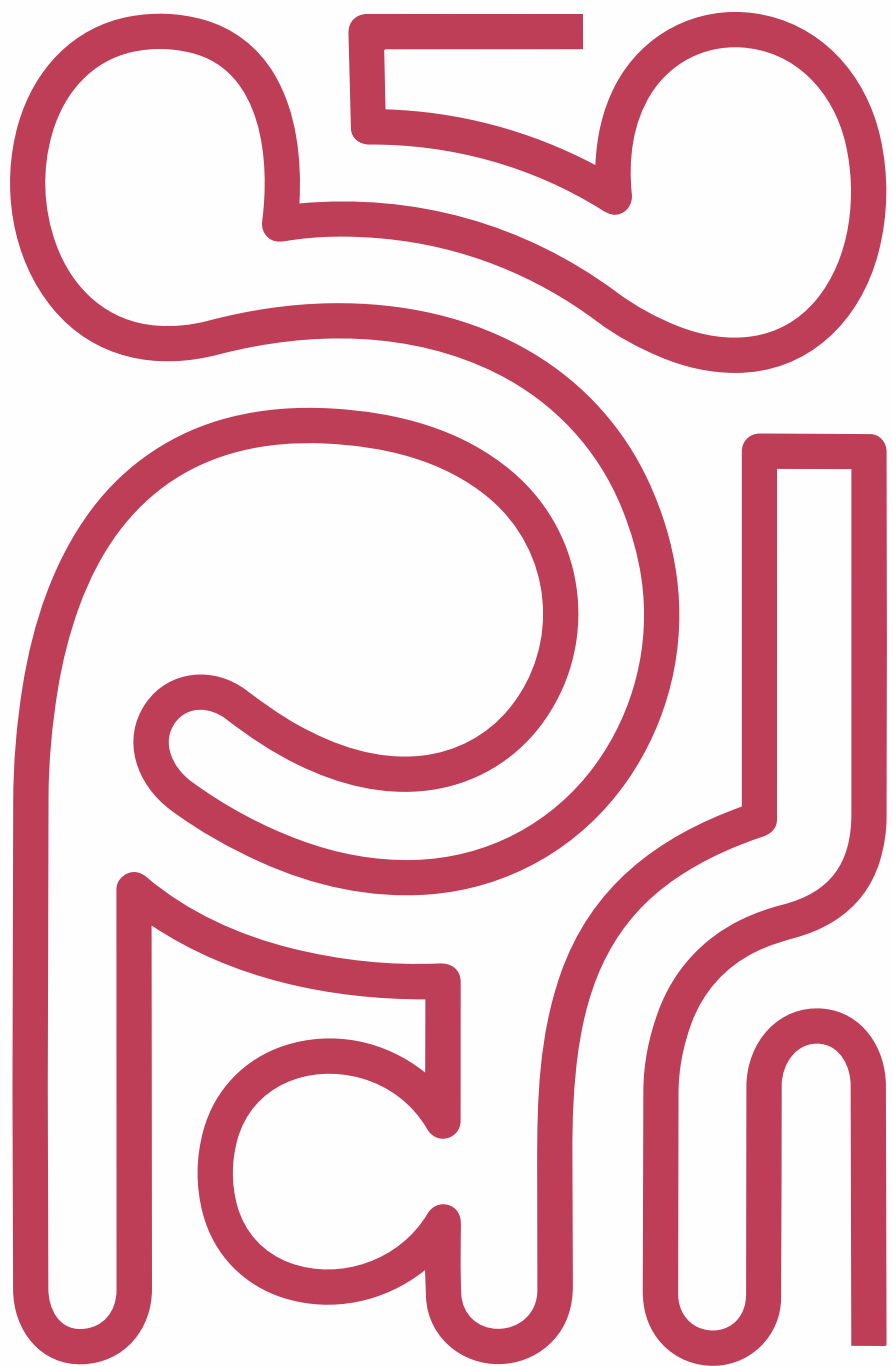
 <https://dk.usembassy.gov/>

Embassy of Canada to Denmark

 Kristen Bernikows Gade 1, 1105 København, Denmark

 +45 33 48 32 00

 <https://www.international.gc.ca/country-pays/denmark-danemark/copenhagen-copenhagen.aspx?lang=eng>



OVERNIGHT TOWNS

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A cobbled alley in Helsingør old town

HELSINGØR

Overview

Perched on the narrow Øresund Strait just 4 km from Sweden, Helsingør is a historic harbor town best known for Kronborg Castle. This castle is a UNESCO-listed fortress immortalized as Elsinore in Shakespeare's *Hamlet*. It is said that the mythical hero Holger Danske (the Dane) sleeps in the cellars of Kronborg Castle. If Denmark is ever in peril, he will awaken, draw his sword and come to its rescue.

The town's prosperity grew from the Sound Dues – tolls imposed on ships passing through the strait from 1429. These tolls made Helsingør one of the richest towns in Northern Europe during the Renaissance. Its cobblestone streets are lined with colorful merchants' houses, boutique shops, and cozy cafés that hint at centuries of trade and seafaring tradition.

Cultural landmarks include the M/S Maritime Museum, ingeniously built into a former dry dock, and Kulturværftet, a creative hub in a converted shipyard that hosts concerts and exhibitions. St. Olai's Church, dating to the 13th century, provides insight into Helsingør's medieval origins, while the harbor remains lively with fishing boats and ferries crossing to Helsingborg, Sweden.

Restaurants and Bars

There is a good selection of casual cafés and international restaurants in Helsingør, many located in the historic center near the harbor and castle.

Appetit

A cozy and modern café-restaurant tucked on a quiet street in the historic center of Helsingør. They focus on fresh, seasonal ingredients and serve creative brunch dishes, salads, sandwiches, and light Nordic plates. The relaxed atmosphere and beautifully presented food make it a popular stop for breakfast or lunch before exploring the old town. Open Tuesday to Saturday from 4:00 PM – 12:00 AM. Kitchen is open from 5:30 PM – 9:30 PM. Reservations usually not necessary but can be made online.

 Sct Olai Gade 29A, 3000 Helsingør

 +45 60 40 40 45

 <https://www.restaurantappetit.dk/en>

Blue Sky

A friendly Asian restaurant known for its flavorful Thai and Chinese dishes served in generous portions. Their menu has a wide range of classics including curries, noodle dishes, stir-fries, and vegetarian options. Reservations recommended and can be made online. Open daily from 12:00 PM – 9:30 PM.

 Hovedvagtsstræde 2C, 3000 Helsingør

 +45 91 91 70 90

 <https://www.blueskysushi.dk/>

Martinellis

A lively Italian restaurant in the heart of Helsingør serving wood-fired pizzas, fresh pasta, and classic Mediterranean dishes. Expect authentic Italian flavors, good wines, and a vibrant atmosphere. The restaurant is very small, with a couple of tables inside and outside but it faces the main square which is surrounded by benches and can make a good evening takeaway picnic spot. Open Thursday to Tuesday from 11:00 AM – 7:50 PM. Closed on Tuesdays. It is possible to order online.

 Sudergade 20A, 3000 Helsingør

 +45 91 19 93 33

 <https://martinellisaxeltorv.dk/en/>

Restaurant Strejf

A contemporary Scandinavian restaurant known for creative cuisine built around seasonal Nordic ingredients. The menu changes frequently and often has fresh seafood, local vegetables, and modern Danish cooking techniques. Open Tuesday to Saturday from 11:30 AM – 9:30 PM. Reservations strongly advised.

 Stationspladsen 3, 3000 Helsingør

 +45 49 21 11 11 /  <https://www.restaurant-strejf.dk/>

The Fish Project – Elsinore Food Hall

Situated inside Elsinore food hall a few minute walk from the castle. There are many, many options for food here and many of them are excellent.

The Fish Project specializes in fresh, sustainably sourced seafood served as elegant small plates and main courses. Expect dishes such as oysters, grilled fish, shellfish, and creative Nordic seafood preparations. Open Wednesday to Sunday from 11:00 AM – 9:00 PM (7:00 PM on Sunday).

 Ny Kronborgvej 2, 3000 Helsingør

 <https://www.thefishproject.dk/>

Comwell Borupgaard

If you are staying at the Comwell, it is four kilometers from the main part of Helsingør, and you may choose to eat at your hotel. At the main restaurant, dinner is served from 6:00 PM – 10:30 PM (kitchen closes at 9:30 PM). There is also the option of ordering lighter meals at the bar until 9:30 PM. Both options are open daily.

 Nørrevej 80, 3070 Snekkerten

 +45 48 38 03 33

 <https://www.comwell.com/hoteller/comwell-hotel-borupgaard/spa>

Strandvejsristeriet Coffee Shop

Within the Castle's surrounding barracks there are ateliers and workshops plus Strandvejsristeriet coffee shop known as the best coffee roastery in town. Open daily from 9:30 AM – 5:00 PM.

 Kronborg 12A, 3000 Helsingør (located in Kronborg Castle)

 +45 26 81 89 87

 <https://www.strandvejsristeriet.dk/>

Sights and Activities

Kronborg Slot (Castle)

Kronborg Castle, a UNESCO World Heritage Site, stands majestically at the narrowest point of the Øresund Strait in Helsingør. Built in the late 1500s by King Frederick II, this grand Renaissance fortress once controlled the passage between Denmark and Sweden, collecting tolls from passing ships and cementing Denmark's maritime power. Immortalized as Elsinore in Shakespeare's *Hamlet*, Kronborg's grand halls, royal apartments, and shadowy casemates bring centuries of history to life. Beneath the castle lies the mythical warrior Holger Danske, said to awaken if Denmark is ever in peril. From the castle towers, visitors are treated to sweeping views across the Øresund – you can even see the Swedish coastline just four kilometers away. Even if you don't go inside, the walk around the castle ramparts is spectacular.

Open daily from 10:00 AM – 5:00 PM in April, May, September and October, and from 10:00 AM – 6:00 PM from June to August. Closed on Mondays during the winter. Entry costs 145 DKK for adults.

 Kronborg, 3000 Helsingør

 +45 49 21 30 78 /  <https://www.kronborg.dk/>

M/S Maritime Museum

One of Denmark's most acclaimed museums, ingeniously built underground around a former dry dock. Designed by Bjarke Ingels Group, the museum tells the story of Denmark's maritime heritage through immersive exhibits, ship models, and interactive displays. The architecture alone is worth the visit. There is also a café where they "serve up the best underground view in Denmark"! Open Tuesday to Sunday from September to June, and then daily in July and August. Open from 10:00 AM – 5:00 PM. Adults entrance fee is 145 DKK.

 Ny Kronborgvej 1, 3000 Helsingør

 +45 49 21 06 85

 <https://mfs.dk/en>

The Culture Yard (Kulturværftet)

A vibrant waterfront cultural center built within the former Helsingør shipyard buildings beside Kronborg Castle. Kulturværftet hosts exhibitions, concerts, theatre performances, and community events, and is also home to the city library. The architecture preserves the industrial heritage of the shipyard while creating a lively modern gathering place with cafés and views across the harbor to Sweden. Open daily from 10:00 AM – 6:00 PM (closing hours may vary, usually close at 4:00 PM on weekends).

 Allegade 2, 3000 Helsingør

 +45 49 28 36 20

 https://kuto.dk/?utm_source=local&utm_medium=organic&utm_campaign=GMB

Saint Olai Church

The principal church of Helsingør, Saint Olai dates from the mid-16th century and was built when the town flourished from maritime tolls on ships passing through the Øresund. Its tall Gothic tower dominates the skyline of the old town, and the interior contains impressive Renaissance altarpieces and historic ship models reflecting the town's seafaring history. In summer the church is open daily for visitors from 10:00 AM – 4:00 PM outside of service times.

 Sct Anna Gade 12, 3000 Helsingør

 +45 49 21 04 43

 <https://www.helsingoerdomkirke.dk/?p=5000>

Helsingør Harbor

The historic harbor has been the lifeblood of Helsingør for centuries, once controlling the passage of ships between the Baltic Sea and the North Sea. Today it remains a lively maritime hub with ferry traffic to Sweden, fishing boats, sailing vessels, and waterfront cafés. Walking along the harbor promenade provides beautiful views of Kronborg Castle and the Øresund Strait.

 Havnepladsen, 3000 Helsingør

St. Mary's Church (Sankt Mariæ Kirke)

One of the oldest churches in Helsingør, St. Mary's Church dates to the 15th century and was originally part of a Carmelite monastery. The church is renowned for its well-preserved medieval architecture and beautifully carved Baroque altarpiece. The adjacent monastery buildings are among the best-preserved monastic complexes in Scandinavia. In summer the church is open Tuesday to Sunday from 10:00 AM – 3:00 PM, except during services.

📍 Sct Anna Gade 38, 3000 Helsingør

☎ +45 49 21 17 74

🌐 <https://www.sctmariae.dk/>

Marienlyst Castle (Marienlyst Slots Venner)

Originally built in the 1580s as a royal summer residence for Frederick II, Marienlyst Castle overlooks the Øresund Strait just north of the city center. The elegant Renaissance building is surrounded by landscaped gardens and enjoys sweeping sea views. The castle has sporadic open days but the exterior and grounds are open and pleasant to explore. Gardens open daily from sunrise to sunset.

📍 Marienlyst Castle, Marienlyst Alle 32, 3000 Helsingør

☎ +45 93 88 13 39

🌐 <https://www.marienlyst.nu/>

Øresund Aquarium

A small but engaging aquarium located at Helsingør harbor exhibiting marine life from the Øresund Strait. Interactive exhibits feature local fish, crabs, starfish, and other marine species, making it especially popular with families. The aquarium also organizes coastal nature walks and educational programs about the unique ecosystem of the strait. Open daily from 10:00 AM – 5:00 PM. Admission for adults is 85 DKK.

📍 Strandpromenaden 5, 3000 Helsingør (Floor G, Helsingør Havne)

☎ +45 35 32 19 70

🌐 <https://www.oresundsakvariet.ku.dk/english>

Shipyard Museum (Værftsmuseet)

Located in the former Helsingør Shipyard complex, this museum tells the story of the city's once-thriving shipbuilding industry that operated from the 1880s until 1983. Exhibits include historic tools, photographs, and stories from workers who helped build ships that sailed around the world. The museum provides an excellent glimpse into the industrial heritage of the harbor area. Open Monday to Friday from 10:00 – 5:00 PM and Saturday to Sunday from 11:00 AM – 4:00 PM.

 Allegade 4, 3000 Helsingør

 +45 49 28 18 00

 <https://helsingormuseer.dk/>

Skibsklarerergaarden, History Museum

Skibsklarerergaarden means “Ship Clearance Yard”. This beautifully preserved merchant's house from the 1700s once served as the office of a ship broker responsible for handling vessels paying the Sound Dues. The museum recreates the home and workplace of a prosperous Helsingør merchant family during the town's golden age of maritime trade. Open Tuesday to Sunday from 11:00 AM – 4:00 PM. Entrance fee is 60 DKK per adult (100 DKK in July).

 Strandgade 91, 3000 Helsingør (located in Elsinore Public Museums)

 +45 49 28 18 00

 <https://helsingormuseer.dk/besoegssteder/skibsklarerergaarden/>

Danish Museum of Science & Technology

The Danish Museum of Science & Technology in Helsingør presents a fascinating journey through Denmark's history of innovation. It features steam engines, early computers, vintage cars, aircraft, and the space capsule used by Denmark's first astronaut. The exhibits trace how technology has shaped everyday life, industry, and exploration. Interactive zones invite visitors to experiment with mechanics, computing, and transport, making it an engaging experience for all ages. From classic bicycles to futuristic inventions, the museum blends fun and education. Visitors can also enjoy a café and shop selling science-themed books, toys, and memorabilia.

Located slightly out of town, to the southwest. Open Tuesday to Sunday from 10:00 AM – 5:00 PM (April – October). Closed on Mondays except during school holidays. Tickets are ~130 DKK per adult.

 Fabriksvej 25, 3000 Helsingør

 +45 49 22 26 11

 <https://tekniskmuseum.dk/#>

Helsingør Old Town

The old town is a web of narrow, cobbled merchant streets with colorful houses, boutique shops and cafés tracing the town's prosperity from the Sound Dues era.

Axeltorv Square

The historic heart of Helsingør and a lively gathering place surrounded by cafés, shops, and colorful buildings dating from the town's prosperous shipping era. In summer, outdoor seating fills the square and small markets occasionally take place.

Spa Visits

Marienlyst Strandhotel

One of Denmark's most famous seaside spas, the spa at Marienlyst Strandhotel overlooks the Øresund Strait with sweeping views toward Sweden. The facilities include heated indoor and outdoor seawater pools, saunas, steam baths, and relaxation lounges with large panoramic windows facing the sea. The spa features a variety of treatments as well as wellness rituals inspired by Nordic bathing traditions. Day access is available, but reservations are strongly recommended and can be booked online. Open daily from 9:00 AM – 9:00 PM.



Nordre Strandvej 2A, 3000 Helsingør



+45 49 21 40 00



<https://www.marienlyst.dk/en/pool-club/>

Comwell Borupgaard

Located in a historic manor house just outside Helsingør, the spa at Comwell Borupgaard provides a peaceful retreat surrounded by gardens and woodland. Facilities include indoor and outdoor pools, saunas, steam baths, hot tubs, and relaxation areas. A range of treatments such as massages, facials, and body therapies are also available. Day spa visits are possible, though reservations are recommended. Open daily from 8:00 AM – 9:00 PM (hours may vary seasonally).



Nørrevej 80, 3070 Snekkersten



+45 48 38 03 33



<https://www.comwell.com/hoteller/comwell-hotel-borupgaard/spa>

Festivals

Elsinore Shakespeare Festival

One of the most distinctive festivals in Denmark, this annual theatre festival takes place at Kronborg Castle, the setting of Shakespeare's Hamlet. International theatre companies perform Shakespeare's plays and other productions in an open-air theatre beside the castle moat, creating a dramatic setting that attracts audiences from around the world. The festival typically runs in August.

Other Useful Information

Tourist Information

Helsingør Turistinformation (Tourist Information Office) is located inside the Kulturværftet cultural complex near the waterfront. Staff can provide maps, cycling information, event listings, and recommendations for attractions and restaurants in Helsingør and the surrounding region.



Allegade 2, 3000 Helsingør



+45 49 28 36 20



<https://helsbib.dk/helsingor-turistinformation>

Taxi

Dantaxi

Dantaxi operates throughout North Zealand and can be useful if you wish to reach restaurants or destinations slightly outside the village. Taxis can be booked by phone or through the company website or app.



+45 48 48 48 48



<https://dantaxi.dk/english/>

Grocery Stores

There are a number of small supermarkets including the following. The better supermarkets are often located just outside the main part of town.

Netto

Just to the west of the main town. A standard supermarket with a good selection. Open daily from 7:00 AM – 10:00 PM.



Blichersvej 1A, 3000 Helsingør



+45 87 78 78 11



<https://netto.dk/>

Kvickly Helsingør

A very small chain supermarket but has the basics. Open daily from 7:00 AM – 8:00 PM.



Stjernegade 25, 3000 Helsingør

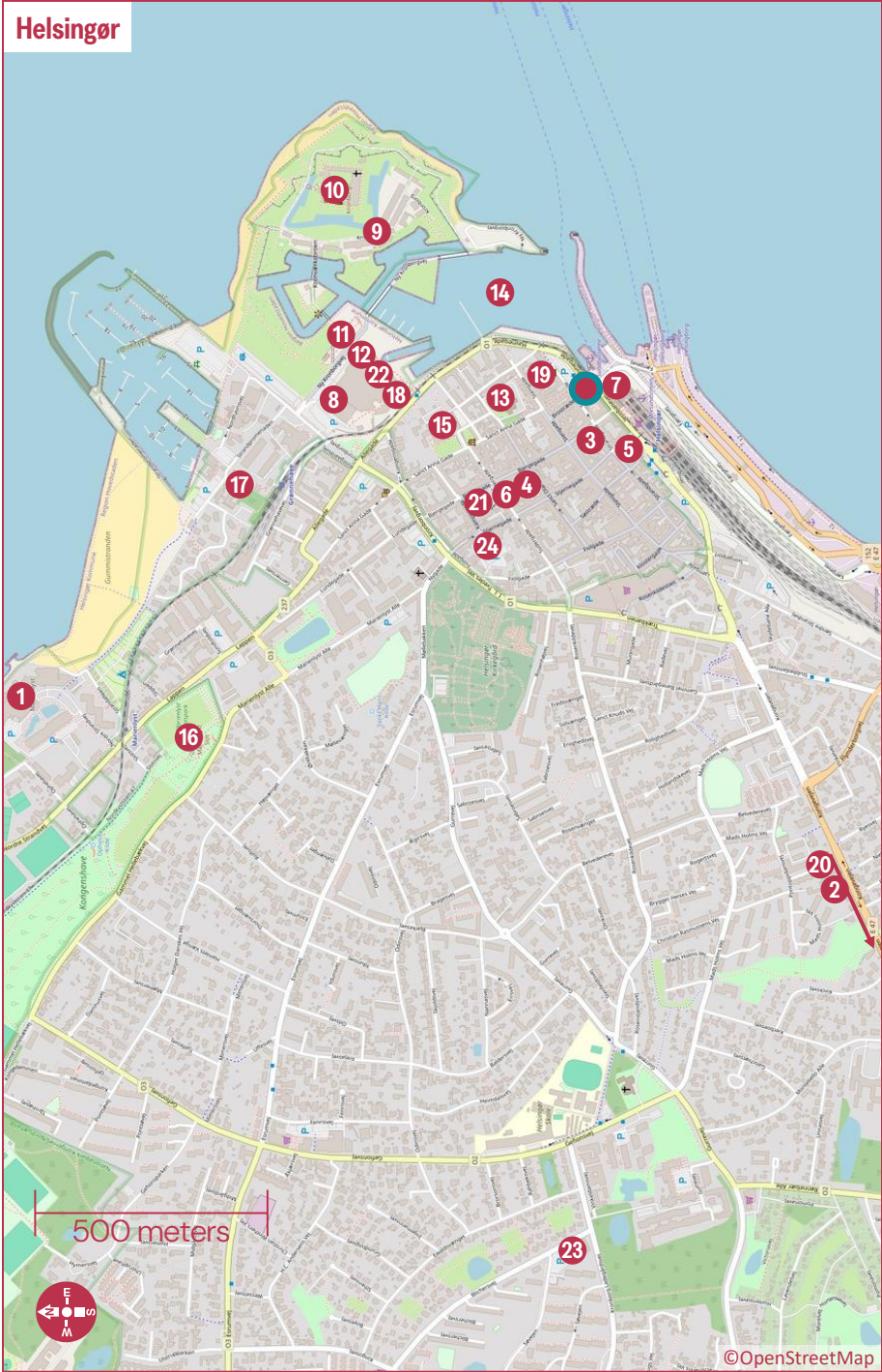


+45 49 25 01 00



<https://kvicklyhelsingoer.dk/>

Town Plan



Key

Hotels

1. Marienlyst Strandhotel
2. Comwell Borupgaard
3. Hotel Hamlet

Restaurants & Bars

4. Appetit
5. Blue Sky
6. Martinellis
7. Restaurant Strejf
8. The Fish Project
2. Comwell Borupgaard
9. Strandvejsristeriet Coffee Shop

Points of Interest

10. Kronborg Slot (Castle)
11. M/S Maritime Museum
12. The Culture Yard (Kulturværftet)

13. Saint Olai Church
14. Helsingør Harbor
15. St. Mary's Church
16. Marienlyst Castle
17. Øresund Aquarium
18. Shipyard Museum
19. Skibsklarerergaarden, History Museum
20. Danish Museum of Science & Technology
21. Helsingør Old Town

Other Locations

22. Tourist Information
23. Netto
24. Kvickly Helsingør

 Route Start / End



Fishing Boats Moored in Gilleleje harbor

GILLELEJE

Overview

Gilleleje is an authentic seaside town on the northern coast of Zealand, known for its lively harbor and long maritime traditions. Fishing boats still unload their daily catch alongside pleasure craft, giving the harbor a genuine working atmosphere that has largely disappeared from many coastal resorts. The waterfront is lined with seafood restaurants, small cafés, and fishmongers, while narrow streets lead inland to galleries, independent boutiques, and relaxed restaurants.

The town grew from a small fishing settlement into one of the most important fishing ports in North Zealand, and that heritage remains central to local life today. Early each morning fishermen head out into the Kattegat Sea, and the harbor supplies restaurants across the region with fresh fish. During World War II, Gilleleje played a dramatic role in Danish history when many Danish Jews were hidden in the town before being transported by local fishermen across the Øresund Strait to safety in Sweden.

Despite its popularity as a summer destination, Gilleleje has retained a welcoming, unpretentious character. Colorful houses, windswept beaches, and the rhythm of harbor life create a relaxed atmosphere that feels distinctly Danish. This authenticity sets the town apart from the more polished resort communities along the Danish Riviera.

Restaurants and Bars

There is a small but excellent selection of restaurants and bars in Gilleleje, many located around the harbor and specializing in fresh seafood, casual Danish cuisine, and relaxed waterfront dining. There are plenty of outdoor terraces, so it is easy to enjoy a meal while watching fishing boats come and go.

Restaurant Fyrkroen

A classic Danish seaside restaurant overlooking Gilleleje and its harbor. Fyrkroen specializes in fresh seafood and traditional Danish dishes including fried plaice, shrimp, and smoked fish. The outdoor terrace is especially pleasant in summer and has beautiful sunset views over the harbor. Located approximately 2 km to the east of town. Tuesday to Sunday from 11:30 AM – 4:00 PM (kitchen closes at 2:45 p.m.). Closed on Monday. Reservations recommended and can be made online.

 Fyrvejen 29a, 3250 Gilleleje

 +45 48 30 02 25

 <https://www.fyrkroen.dk/>

Hotel de Ville Restaurant

Whether you are staying at this hotel or not, we recommend their restaurant. Located in the heart of Gilleleje, they serve refined Nordic cuisine in an elegant yet relaxed setting. The restaurant focuses on seasonal Danish ingredients and fresh seafood, with carefully prepared dishes with local flavors from the surrounding coast and countryside. Open Saturday and Sunday from 12:00 PM – 4:00 PM, and daily for dinner from 5:00 PM – 11:00 PM. Reservations recommended and can be made online.

 Vesterbrogade 54, 3250 Gilleleje

 +45 48 30 10 11

 <https://hoteldeville.dk/>

Bistro No. 3

They focus on fresh seafood and modern Danish bistro cuisine, with dishes such as grilled fish, shellfish, seasonal salads, and classic smørrebrød (open-faced sandwiches). The atmosphere is relaxed and there is a large outdoor terrace. Open Thursday to Friday from 5:30 PM – late, Saturday from 12:00 PM – 4:00 PM, and Sunday from 12:00 PM – 5:00 PM. Reservations recommended in high summer and can be made online.

 Havnevej 3, 3250 Gilleleje

 +45 48 30 04 03

 <https://www.bistrono3.dk/>

Choff

A lively craft beer bar and casual eatery located near the harbor. Choff is known for its rotating selection of Danish and international craft beers served on tap, along with a simple menu of burgers, snacks, and small plates that pair well with the drinks. It is a popular evening gathering spot, especially during the summer months. Open Monday to Sunday from 10:00 AM – 5:30 PM (open Sunday from 11:00 AM, and close Saturday and Sunday at 5:00 PM).

 Vesterbrogade 18, 3250 Gilleleje

 +45 36 46 36 88

 No website

Café Vaabengaard

A charming café located right on the harbor in the customs house's original horse stables. The café has a unique view of the fishing harbor from its terrace, balcony, and indoor seating on the first floor. Brunch features charcuterie from Kødsnedkeren, selected cheeses, and homemade bread, while the lunch menu includes dishes such as a filled herb pancake with local hot-smoked salmon, Gilleleje herring, panko-breaded plaice fillet, avocado toast, fresh fish dishes, and large seasonal salads. Gluten-free options are available. Open Thursday to Monday from 10:00 AM – 5:30 PM (open Saturday and Sunday from 9:30 AM). Closed on Tuesday and Wednesday. Reservations can be made online.

 Nordre Havnevej 7, 3250 Gilleleje

 +45 20 32 67 16

 <https://cafevaabengaard.dk/>

Adamsens Deli

A very popular seafood restaurant right on the harbor with plenty of outside seating. They serve fresh fish sourced directly from the harbor. Expect generous portions of grilled fish, shrimp platters, and traditional Danish seafood dishes. Open daily from 11:00 AM – 7:00 PM.

 Havnen 2, 3250 Gilleleje

 +45 48 30 09 27

 <https://adamsensfisk.dk/fastfood>

Sights and Activities

Gilleleje Harbor

The lively harbor (the Danish word is *havn*) is the heart of this traditional fishing town and one of the most atmospheric spots on the Danish Riviera. Fishing boats still land their catch here daily alongside sailboats and pleasure craft, while restaurants and cafés line the waterfront. In the evenings the harbor promenade often fills with locals enjoying the long Nordic twilight.

 Havnen 5, 3250 Gilleleje

 +45 48 30 16 63

 <https://gillelejehavn.com/>

Gilleleje Museum

A small but excellent local museum that tells the story of Gilleleje's fishing heritage and its dramatic role during World War II when Danish Jews were hidden in the town before being transported across the Øresund to Sweden. The museum includes maritime artifacts, historic photographs, and exhibits on life in the fishing community. There are also a shop and a café. Admission for the museum is 60 DKK per adult. Usually open from Tuesday – Sunday from 11:00 AM – 4:00 PM in high season. Call ahead to check they are open.

 Østergade 20, 3250 Gilleleje

 +45 61 81 58 37

 <https://museumns.dk/museer/gilleleje-museum/>

Nakkehoved Lighthouse

Perched on the cliffs east of Gilleleje, Nakkehoved consists of two historic lighthouses. The West Lighthouse houses a small lighthouse museum where visitors can learn about Denmark's maritime navigation history and climb the tower for sweeping coastal views. The East Lighthouse remains an active navigation beacon and is not normally open to the public. The site has beautiful views across the Kattegat Sea and along the dramatic north coast of Zealand. The museum is typically open daily from 10:00 AM – 4:00 PM during the summer season.

 Fyrvejen 25A, 3250 Gilleleje

 +45 72 17 02 40

 <https://museumns.dk/museer/nakkehoved-fyr/>

Gilleleje Strand (Beach)

A wide sandy beach stretching along the coast east of the harbor. The beach is backed by dunes and grassy hills and is one of the most popular swimming spots on the Danish Riviera. The shallow water makes it ideal for swimming during summer months, and the long shoreline is perfect for evening walks.

Munkeruphus Art Museum

Set in a beautiful early-20th-century seaside villa five kilometers to the east of Gilleleje, Munkeruphus is a small contemporary art museum surrounded by parkland and overlooking the Kattegat Sea. The museum hosts rotating exhibitions of modern Danish and international art, design, and photography, often inspired by nature and the coastal landscape. They also have a sculpture garden, walking paths, and a café with sea views. During the main summer season, the museum is typically open Thursday to Sunday from 11:00 AM – 5:00 PM, with exhibitions, café, and shop operating during these hours. The surrounding park and sculpture garden are open daily from sunrise to sunset and are free to visit. Entrance fee is 80 DKK.

 Munkerup Strandvej 78, 3120 Dronningmølle

 +45 49 71 79 06

 <https://munkeruphus.dk/english/>

Gilleleje Surf & SUP, Gilleleje

Specializing in stand-up paddle boarding and surfing, you can head out independently or have a short course with an instructor. Equipment rental starts from 300 DKK for a few hours, while a few hours with an instructor cost around 600 DKK. Reservations required.

 Østergade 52, 3250 Gilleleje

 +45 22 211 117

 <https://gillelejesurf.dk/>

Spa Visits

Hotel de Ville

The spa features a small but relaxing wellness experience in an elegant seaside setting. Facilities include a sauna, relaxation areas, and treatment rooms for massages and beauty treatments designed to help guests unwind. They also have a 3-hour visit for non-hotel guests for 399 DKK per person. Open daily from 9:00 AM – 7:00 PM (hours may vary seasonally).

 Vesterbrogade 54, 3250 Gilleleje

 +45 48 30 10 11

 <https://hoteldeville.dk/>

Gilleleje Badehotel

Their spa is a relaxing wellness retreat overlooking the Kattegat Sea. The facilities include indoor and outdoor hot tubs, saunas, steam baths, and relaxation areas with views of the surrounding coastline and dunes. Inspired by Nordic bathing traditions, the spa emphasizes simple luxury and the calming effects of sea air and water. A range of treatments such as massages and facials are available, and day access may be possible with advance booking. Usually, their spa is not open to non-residents. Open daily from 9:00 AM – 9:00 PM.

 Hulsøvej 15, 3250 Gilleleje

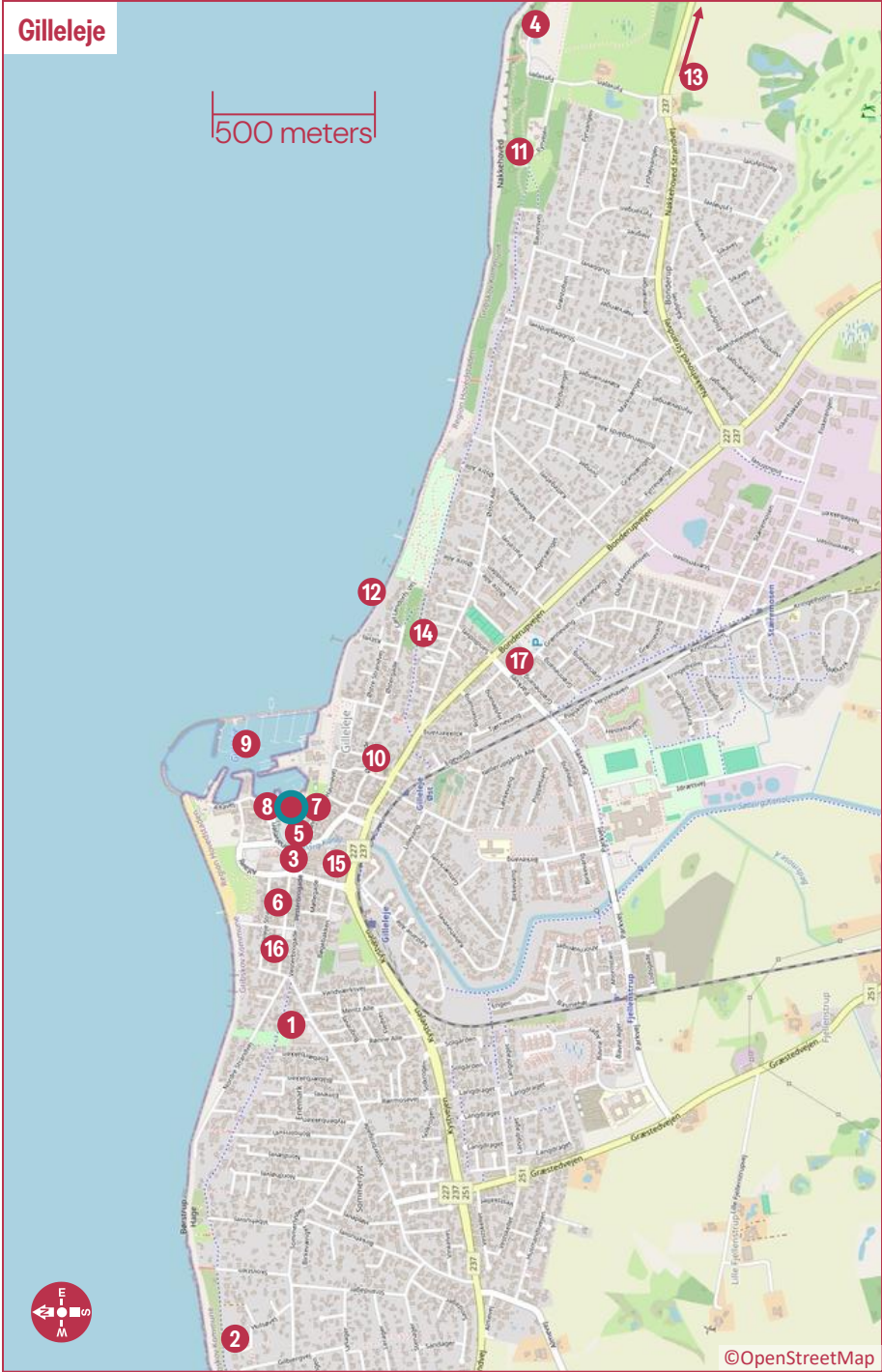
 +45 48 30 13 47 <https://gillelejebadehotel.dk/en/>

Festivals

Gilleleje Harbor Festival (Gilleleje Havnefest)

The biggest annual event in town, this harbor festival celebrates Gilleleje's maritime heritage and fishing traditions. The harbor area fills with live music, food stalls, family activities, and local vendors. Visitors can enjoy seafood, beer tents, and concerts while the harbor buzzes with activity. The festival usually takes place in late July and lasts several days.

Town Plan



Key

Hotels

1. Hotel de Ville
2. Gilleleje Badehotel
3. Gilleleje Strand

Restaurants & Bars

4. Restaurant Fyrkroen
1. Hotel de Ville Restaurant
5. Bistro No. 3
6. Choff
7. Café Vaabengaard
8. Adamsens Deli

Points of Interest

9. Gilleleje Harbor
10. Gilleleje Museum
11. Nakkehoved Lighthouse
12. Gilleleje Strand (Beach)
13. Munkeruphus Art Museum
14. Gilleleje Surf & SUP

Other Locations

15. Tourist Information
16. Netto Gilleleje
17. SuperBrugsen Gilleleje

 Route Start / End

Other Useful Information

Tourist Information

Not a tourist information office as such but it is a space in the library / cultural center with brochures for local activities etc. Open Monday to Saturday from 10:00 AM. Closes at 2:00 PM on Tuesday and Saturday, at 6:00 PM on Monday, Wednesday, and Thursday, and at 4:00 PM on Friday. Closed all day Sunday.

 Peter Fjelstrups Vej 12, 3250 Gilleleje

Taxi

A taxi service which can be useful to get to restaurants slightly further afield. Book by phone or email. We recommend getting a quote on booking.

Taxi Gilleleje

 +45 71 72 60 94

Dantaxi

Dantaxi operates throughout North Zealand. Taxis can be booked by phone or through the company website or app.

 +45 48 48 48 48

 <https://dantaxi.dk/english/>

Grocery Stores

There are a number of small supermarkets including the following.

Netto Gilleleje

A good option for quick shopping near the center of town. Open daily from 7:00 AM – 10:00 PM.



Vesterbrogade 30, 32, 3250 Gilleleje



+45 87 78 78 11



<https://netto.dk/>

SuperBrugsen Gilleleje

A well-stocked supermarket located more to the southeast of the town center. Open daily from 8:00 AM – 7:45 PM.



Parkvej 1, 3250 Gilleleje



+45 48 30 00 06



<https://superbrugsen.coop.dk/find-butik/superbrugsen-gilleleje/8106/?cid=seo8170713321>



Whitesand beach in Tisvilde

TISVILDE

Overview

Tisvilde or *Tisvildeleje* is a relaxed coastal village on the northern coast of Zealand set between wide sandy beaches and the pine forests of Tisvilde Hegn. Long known as a summer retreat for Copenhagen residents, the town has a calm, understated atmosphere where the rhythm of life is shaped more by nature than by tourism. Wooden summer houses tucked among the dunes, small cafés, and pleasant restaurants give the village a casual and welcoming feel.

The surrounding landscape is one of the most distinctive in Denmark. Tisvilde Hegn, a large coastal forest planted in the 18th century to stop drifting sand from burying farmland, now provides miles of walking and cycling trails through pine woods and heathland. Nearby lies Troldekskoven, or “Troll Forest,” where centuries of strong coastal winds have twisted the pine trees into dramatic shapes.

The beach at Tisvildeleje is one of the finest on the Danish Riviera, with broad sands and clear water ideal for swimming during the long Nordic summer evenings. The village also has a small artistic heritage and has long attracted writers, painters, and musicians seeking inspiration from the sea and forests. Despite its popularity as a holiday destination, Tisvilde has retained a quiet charm that makes it feel like a true escape from city life.

Restaurants and Bars

There are a handful of excellent restaurants in and around Tisvilde, many emphasizing seasonal Nordic cuisine and fresh seafood. Several are located in our seaside hotels or in quiet countryside settings.

Helenekilde Badehotel

One of the most famous seaside restaurants in North Zealand, located in a historic Danish bathing hotel overlooking the Kattegat Sea. The restaurant focuses on seasonal Nordic cuisine prepared with fresh local ingredients and served with spectacular coastal views. We recommend eating here whether you are staying in the hotel or not. Reservations strongly recommended and can be made online. Open daily for dinner from 6:00 PM – 9:00 PM.

 Strandvejen 25, 3220 Tisvilde

 +45 48 70 70 01

 <https://helenekilde.com/en/>

Restaurant Tinggården

Slightly out the way, to the southwest of the town. A well-regarded restaurant serving modern Danish cuisine with an emphasis on seasonal ingredients and fresh seafood. They boast an intimate dining room and a creative menu. Open Thursday – Sunday for dinner from 6:00 PM – 10:00 PM. Reservations recommended and can be made online.

 Frederiksværkvej 182, 3300 Frederiksværk

 +45 48 71 22 35

 <https://tinggarden.dk/>

Von Edel Restaurant

A stylish and contemporary restaurant known for its creative Nordic cuisine and focus on seasonal, locally sourced ingredients. The menu changes regularly and features beautifully presented dishes combining seafood, fresh vegetables, and modern Scandinavian flavors. Open Wednesday and Thursday from 5:30 PM – 12:00 AM, and Friday and Saturday from 12:00 PM – 12:00 AM. Closed Monday, Tuesday, and Sunday. Reservations recommended and can be made online.

 Hovedgaden 66, 3220 Tisvilde

 +45 31 67 76 01

 <https://www.restaurantvonedel.dk/>

Restaurant Umai

A cozy Japanese-inspired restaurant in the center of town known for its fresh sushi and Asian fusion dishes. The menu features sushi rolls, sashimi, ramen, and small plates prepared with high-quality ingredients and careful presentation. The relaxed atmosphere and modern interior make it a popular spot for an evening meal in the

village. Open from Thursday to Sunday from 5:30 PM – 9:30 PM. Closed Monday to Wednesday. Reservations recommended and can be done over the phone.

 Olskærvej 1, 3220 Tisvilde

 +45 25 84 44 44

 <https://restaurantumai.dk/>

Havgaarden Badehotel

For those staying at this historic seaside hotel, we recommend their refined dining experience. The restaurant focuses on seasonal Danish and Nordic cuisine prepared with fresh local ingredients, including seafood, vegetables, and classic Scandinavian flavors. Guests can dine indoors in the dining room or enjoy views of the surrounding countryside and coast from the terrace. Open daily for dinner from 5:30 PM – 9:00 PM during the main season. Reservations recommended.

 Strandlyvej 1, 3210 Vejby

 +45 30 56 40 56

 <https://havgaarden.dk/>

Sights and Activities

Tisvildeleje Beach

One of the finest beaches on the Danish Riviera, Tisvildeleje Beach stretches for miles along the Kattegat Sea with wide sandy shores backed by dunes and pine forest. The beach is known for its clear water and relaxed atmosphere, making it a popular destination for swimming, sunbathing, and long walks along the coast. Wooden bathing piers extend into the water and provide easy access for swimmers.

 Ved Stranden 7, 3220 Tisvilde

 <https://solstrandsommer.dk/tisvilde-strand-det-nordsjaellandske-badeparadis/>

Tisvilde Hegn

One of Denmark's largest coastal forests, Tisvilde Hegn was planted in the 18th century to stop drifting sand from burying farmland and villages. Today it contains miles of walking and cycling trails through pine woods, heathland, and dunes. The forest connects the village of Tisvildeleje with nearby lakes and coastal viewpoints.

Troldeskoven (The Troll Forest)

Located within the large Tisvilde Hegn forest, Troldeskoven is a remarkable landscape where centuries of strong coastal winds have twisted the pine trees into dramatic shapes. Walking paths wind through the forest and dunes, creating one of Denmark's most unusual natural environments. It is a beautiful place for short hikes or quiet exploration near the sea.

Helenekilde (spring)

A scenic coastal viewpoint and natural spring located just west of Tisvilde. According to local legend, the site is connected to Saint Helene, a medieval pilgrim whose healing spring once attracted visitors from across Denmark. The area has beautiful views over the Kattegat Sea and is a peaceful place for a short walk along the cliffs.

 Strandvejen 27, 3220 Tisvilde

Watersports

WoWsurf, Tisvilde

Specializes in sea kayak rentals, with both single and double kayaks. Pricing starts from approximately 300 DKK, with options for single or double kayaks.

 Nature room Hovedgaden 114 Tisvildeleje Beach

 +45 42 988 551

 <https://wowsurf.dk/en>

Festivals

Musik i Lejet

One of Denmark's most popular summer music festivals takes place in Tisvilde. The festival attracts major Danish artists and thousands of visitors each year. The relaxed beach setting and strong music lineup make it one of the standout events of the North Zealand summer calendar. It typically takes place in July.

Other Useful Information

Taxi

Dantaxi

Dantaxi operates throughout North Zealand and can be useful if you wish to reach restaurants or destinations slightly outside the village. Taxis can be booked by phone or through the company website or app.

 +45 48 48 48 48

 <https://dantaxi.dk/english/>

Grocery Stores

There are a number of small supermarkets including the following.

Netto Tisvildeleje

In nearby Vejby, to the southeast of the main town. Open daily from 7:00 AM – 10:00 PM.

 Rågelejevej 2, 3210 Vejby

 +45 87 78 78 11

 <https://netto.dk/>

MIN KØBMAND

For the absolute basics there is this small supermarket in town. Otherwise, we recommend venturing slightly further to the Netto store. Open daily from 8:00 AM – 8:00 PM.



Hovedgaden 53, 3220 Tisvilde



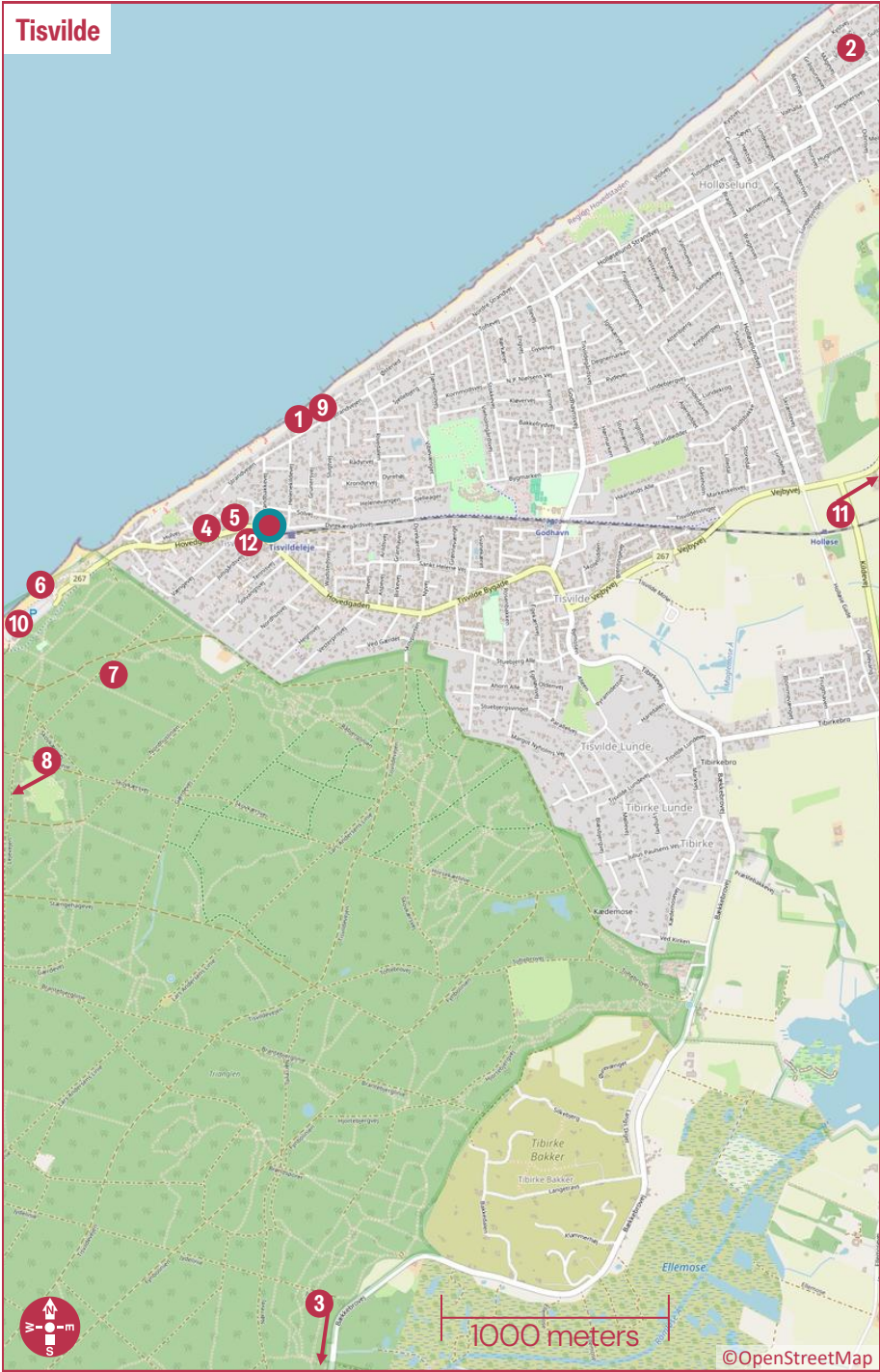
+45 48 70 70 56



https://xn--minkbmand-o8a.dk/butik/min-koebmand-tisvildeleje?utm_medium=organic&utm_source=google&utm_campaign=gmb-website&utm_content=tisvildeleje

Town Plan

Tisvilde



Key

Hotels

1. Helenekilde Badehotel
2. Havgaarden Badehotel

Restaurants & Bars

1. Helenekilde Badehotel
3. Restaurant Tinggården
4. Von Edel Restaurant
5. Restaurant Umai
2. Havgaarden Badehotel

Points of Interest

6. Tisvildeleje Beach
7. Tisvilde Hegn
8. Troldeskoven (The Troll Forest)
9. Helenekilde (spring)
10. WoWsurf, Tisvilde

Other Locations

11. Netto Tisvildeleje
12. MIN KØBMAND

 Route Start / End



ON TOUR

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LIFECYCLE ADVENTURES SERVICES

Self-Guided Tours

If I need help, how fast will you get to me?

Once we receive your call, our target is to get to you within 90 minutes. However, if our route to you is on slow roads or our guides are completing another job it may take us longer to reach you. When you call, we will give you an estimated time of arrival.

If you are experiencing an emergency, please call 112 (Europe) or 911 (North America) – or ask a passerby to do so.

How do I arrange to shorten my day's riding?

If you are riding from hotel to hotel, we would be pleased to transfer you partway along the route to reduce the number of miles you need to travel. The more notice you give us the better able we are to meet your schedule. We need at least 24 hours' notice to accommodate these transfers.

As our guides are supporting a number of guests at any one time, we ask that you be flexible about this transfer time, but we will accommodate you as close to your ideal time as practical.

In Holland and the Engadin Valley our support services are managed slightly differently. In these areas, if you choose to not ride on any day, or want to shorten your route, we will advise on how to do this using local trains and then refund you the cost of your tickets.

What time do I need to leave my luggage on transfer days?

We ask that you leave your luggage with the front desk by 9:30 AM; making sure that a LifeCycle Adventures luggage label is attached to each bag. If this is not going to be possible, please let us know.

What time will my luggage arrive at the next hotel?

We plan to have your luggage at the next hotel by 4:00 PM. We will alert you if this will not be the case.

When can I check into my room?

As a rule, check-in time at hotels is between 3:00 PM and 6:00 PM. If you expect to arrive outside of these hours, please call ahead to the hotel, or call us, to make special arrangements. You will find contact details for your accommodation in the *Directions to Accommodations* section of the On Tour App.

What are the arrangements for the final day?

If you are riding on your final day, please leave your luggage with the front desk of your hotel. We will collect your bags before meeting you at the end of your ride (or at your hotel depending on your route choice).

Your guide will be waiting for you with your luggage as detailed in the *End of Tour Logistics* section of the On Tour App.

Please talk to your guide 24 hours in advance if you wish to make changes to these arrangements. Note that your guide is balancing multiple commitments in any one day so it is typically not possible to change your pickup location or collection time on the final day.

Can you help us with reservations?

This Guidebook has activity and eating suggestions for your overnight towns. The On Tour App has lunch suggestions and points of interest along your route. See these listings for details as to how to make reservations.

In non-English-speaking areas, we are very happy to help with restaurant or activity reservations – both before you arrive and while you are on your tour. Any reservations we have made on your behalf will be detailed in the *Meal & Activity Reservations* section of the On Tour App under the relevant day.

Where we make activity or meal reservations on your behalf, you will be responsible for payment for those services and any cancellation fees that may be incurred should you choose not to use those services. See the *Terms and Conditions* in your Itinerary for further details of these charges.

What do you suggest by way of gratuities?

Your guides take pride in going the extra mile to ensure you have an exceptional experience. Should you wish to recognize their above-and-beyond efforts, a gratuity to your guide would be most welcome. \$15 to \$30 per person per day is common in the industry.

Private Guided Tours

Service Levels

For Private Guided tours, you have a guide(s) and a van(s) dedicated to your group. Typically, the guide and van are available from 8:30 AM to 4:30 PM. The guide will communicate with you during the tour about rider support, luggage arrangements, check-in times, and end-of-tour transfers.

What do you suggest by way of gratuities?

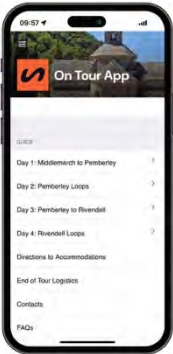
For Private Guided tours, a gratuity of \$25 to \$35 per person per day is common in the industry.

USING THE ON-TOUR APP

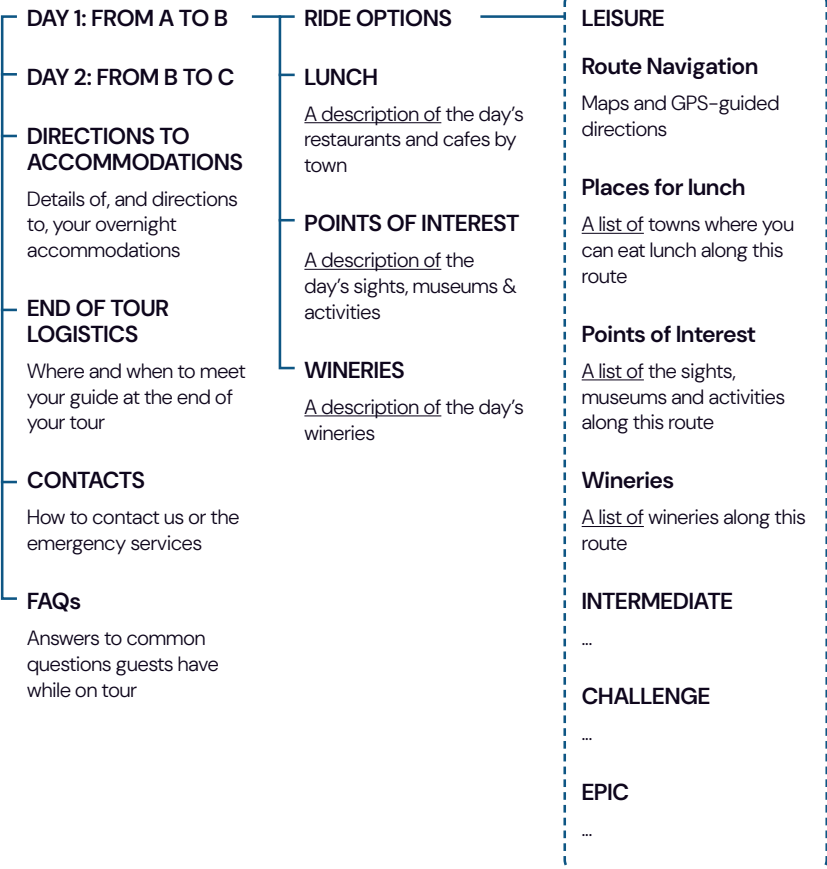
We have partnered with Ride with GPS (RWGPS) to create an app that has details about your routes, directions to your accommodations, and other useful information for your tour.

A link to download the app will be sent to you about thirty days before the start of your tour. We would encourage **all people on the tour to download the app before you travel** and familiarize yourself with the contents.

The app downloads to your phone and can be used with your data plan turned off. The diagram below is a quick reference for how the app is organized.



App Contents



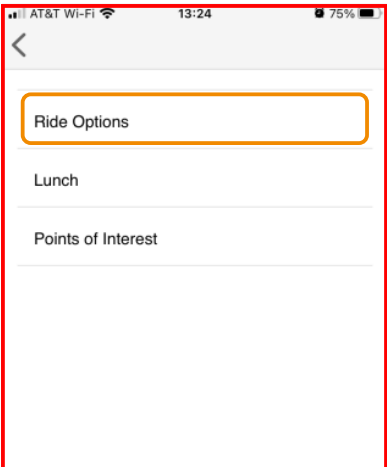
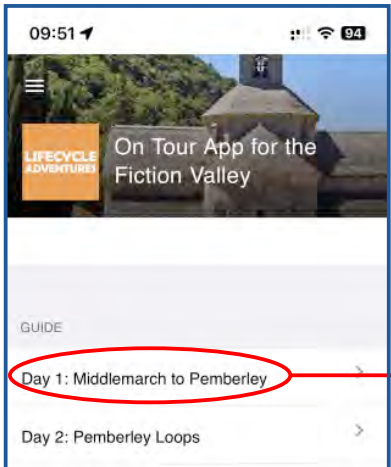
If you are taking a tablet with you on tour, **download the app to both your phone and your tablet**. The phone is great while out riding and the tablet is easier to use when back at your hotel.

The app helps you answer the following question while on tour.

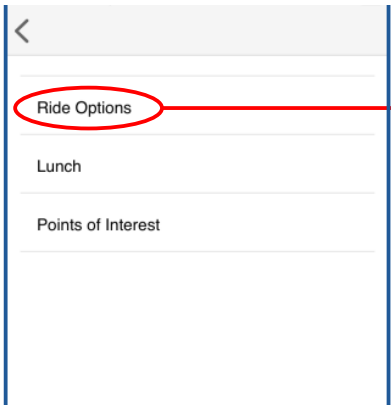
- For each day:
 - o **Which route** is best for me (leisure, intermediate, challenge or epic)?
 - o For my route, where is the **best place for lunch**?
 - o What **points of interest** are there along my chosen route?
 - o How do I **navigate my chosen route**?
- How do I navigate to my **overnight accommodation**?
- Where and when will I meet my guide at the **end of my tour**?
- How do I **contact my guide**, emergency services, and other key support?
- Answers to other **frequently asked questions** while on tour.

The On Tour App is designed to be intuitive to use and requires little learning. However, **as a backup**, the following section explains in detail how to use the app to answer the questions listed above.

For each day, which route is best for me?



Select the relevant day on the main menu and then choose ride options. Clicking on the ride options will bring you to a description for each of the ride options. Typically these are Leisure, Intermediate, Challenge, and Epic.

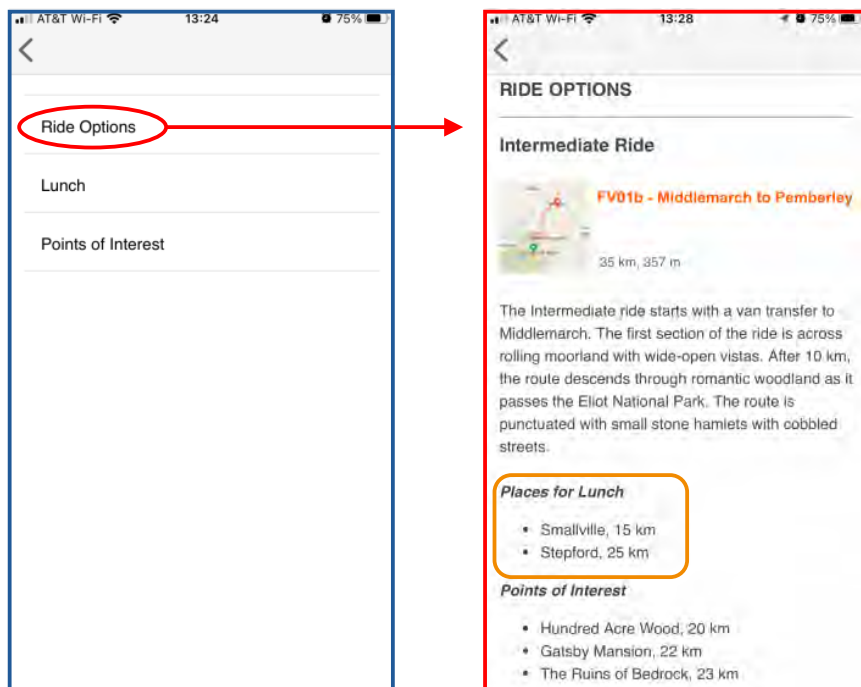


You can then choose your ride based on the description:

- Key stats – distance and climbing
- A brief overview
- A list of towns or villages where you can find lunch
- A list of places of interest along the route
- Wineries along the route (not all areas)

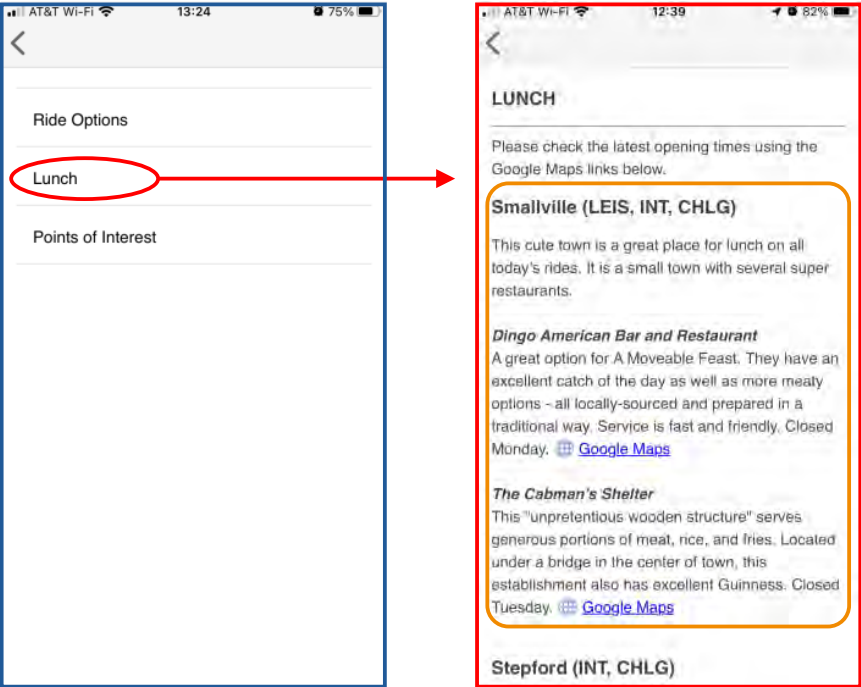
For my route, where is the best place for lunch?

This is a two-step process. First go to Ride Options for the relevant day.



For your chosen ride (here you have chosen the Intermediate ride), choose which town you want to eat in. Here you are going to choose Smallville, which is 15 km into your route.

Then GO BACK to the previous menu and select *Lunch*.



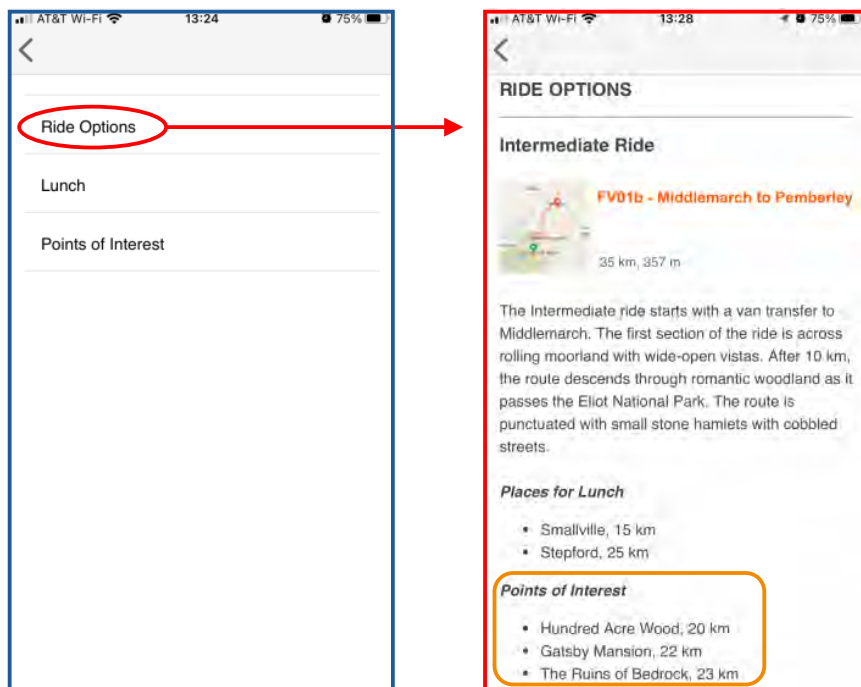
Having selected *Lunch*, you will see a list of all the places on today's routes organized by town. In this example, you are choosing to stop in Smallville and the Cabman's Shelter sounds perfect! (The abbreviations in parentheses tell you that Smallville is on the Leisure, Intermediate and Challenge rides.)

Restaurants are shown as a  icon when you are navigating the routes. See the *Navigating the Routes* section below.

You can use the *Google Maps* link to check opening times and to confirm the location of the restaurant.

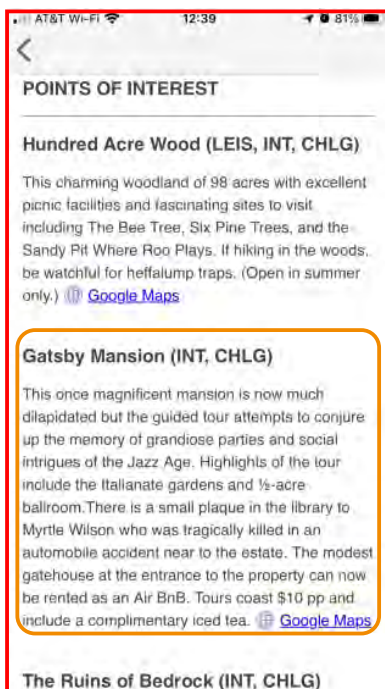
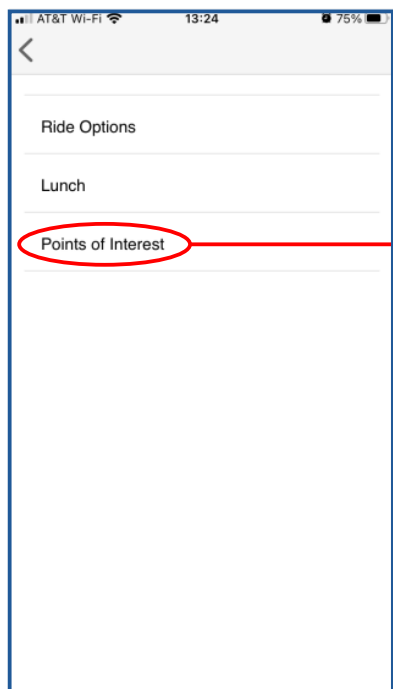
What points of interest are there along my chosen route?

This is a two-step process. First, go the Ride Options for the relevant day.



For your chosen ride (here you have chosen the Intermediate ride), see the list of Points of Interest that are on this route. In this example, The Gatsby Mansion, at 22 km) has caught your attention.

Then GO BACK to the previous menu and select Points of Interest.



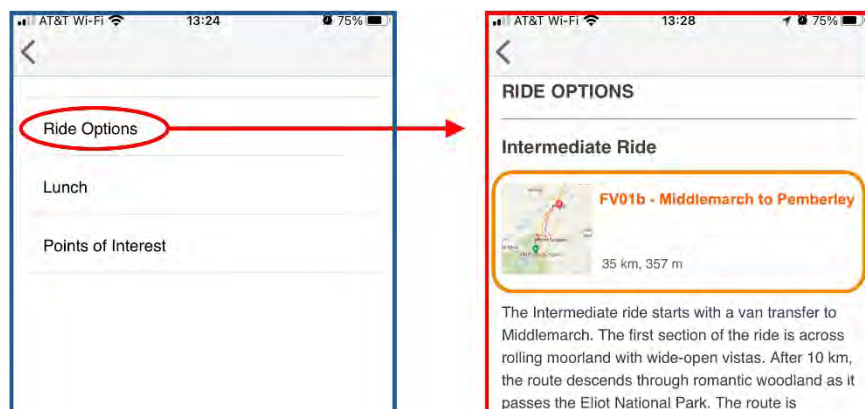
Having selected *Points of Interest*, you can then read about the places you might want to visit along this route. In this example, you can learn all about the Gatsby Mansion. (The abbreviations in parentheses tell you that the Gatsby Mansion is on the Intermediate and Challenge rides.)

Points of Interest are shown as a  icon when you are navigating the routes. See the *Navigating the Routes* section below. We also list Viewpoints here. Viewpoints are marked with a  on your routes.

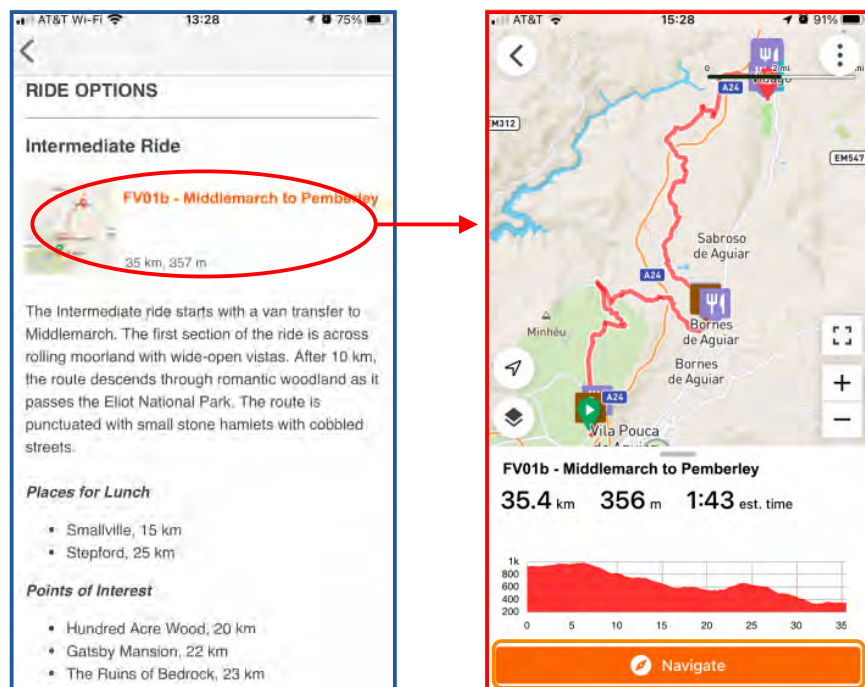
You can use the *Google Maps* link to check opening times and to confirm the location of the sites.

How do I navigate my chosen route?

Within *Ride Options* for your chosen day.



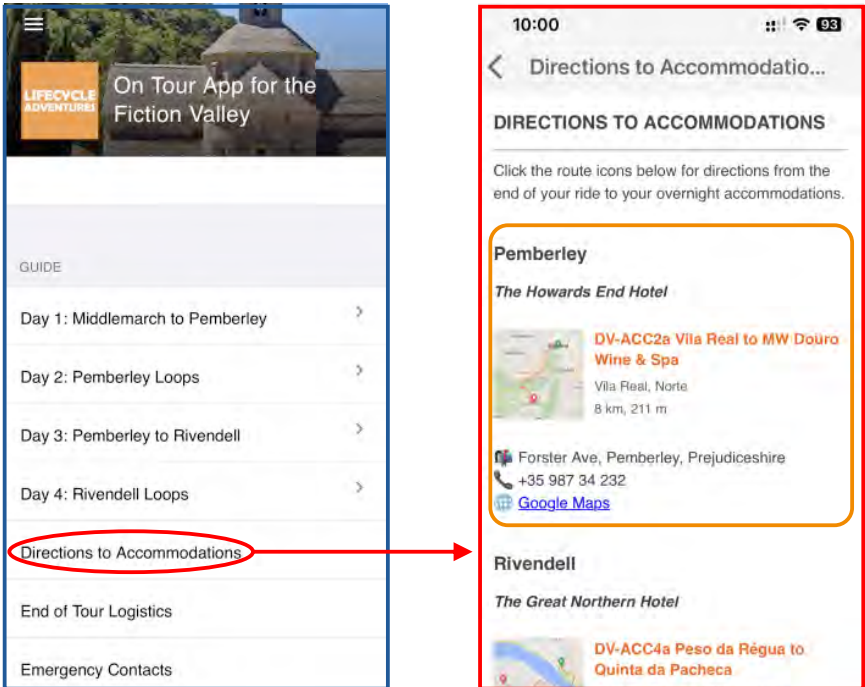
Tap on the map for the ride you have chosen. This takes you to route navigation within Ride with GPS. (Here you have chosen the Intermediate ride to Pemberley.)



Tap on *Navigate* to start directions for the route. See the *Navigating the Routes* section below for more details about the features available when navigating in Ride with GPS.

How do I navigate to my overnight accommodation?

Select *Directions to Accommodations* on the main menu.



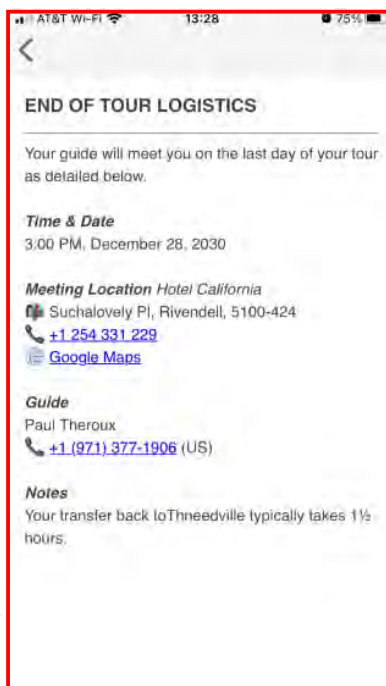
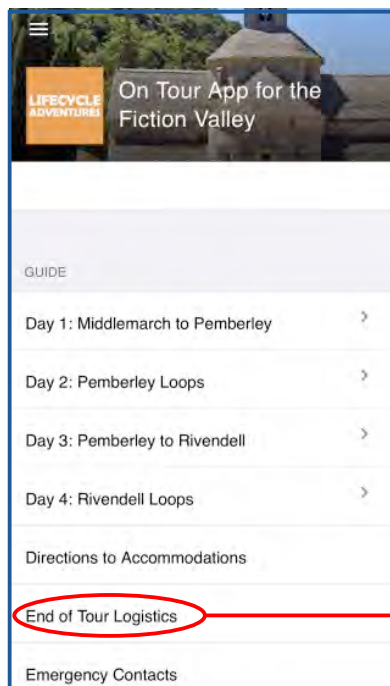
For the relevant overnight town (in this case you have just arrived in Pemberley), click on the map and this will take you into RWGPS navigation that will direct you to your hotel.

Accommodations are shown on your route with the following icon 

You can also find the hotel using the *Google Maps* link.

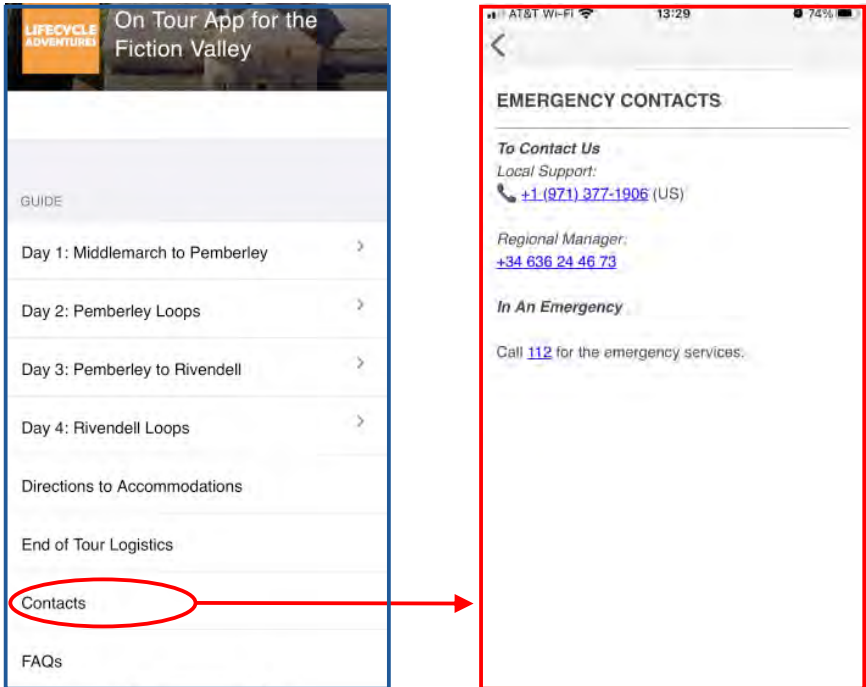
Where and when will I meet my guide at the end of my tour?

Select *End of Tour Logistics* from the main menu.



How do I contact my guide or the emergency services?

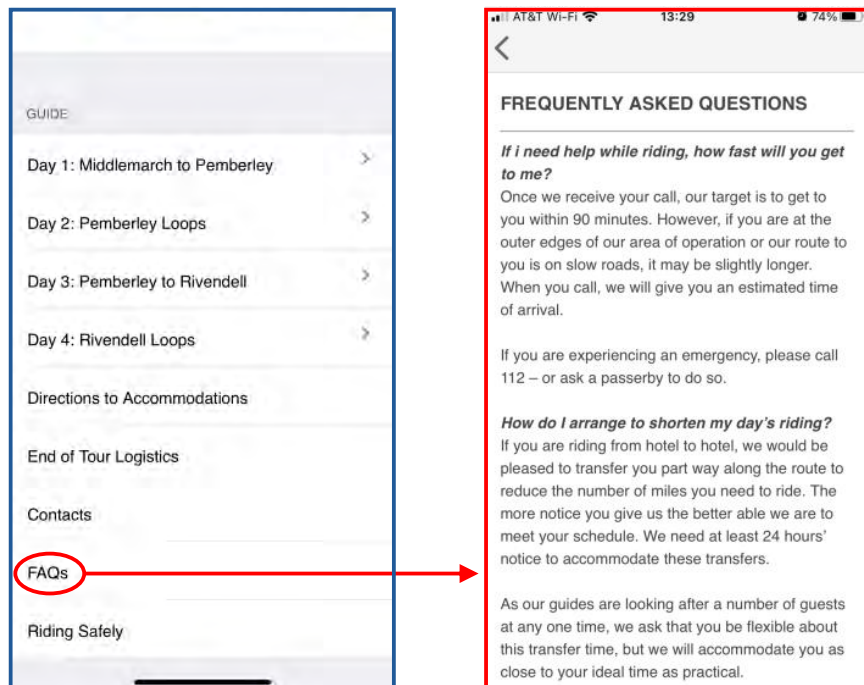
Select **Contacts** on the main menu.



You will see how to contact your guide, our regional manager, and the emergency services.

Answers to other frequently asked questions while on tour

Select *FAQs* on the main menu.

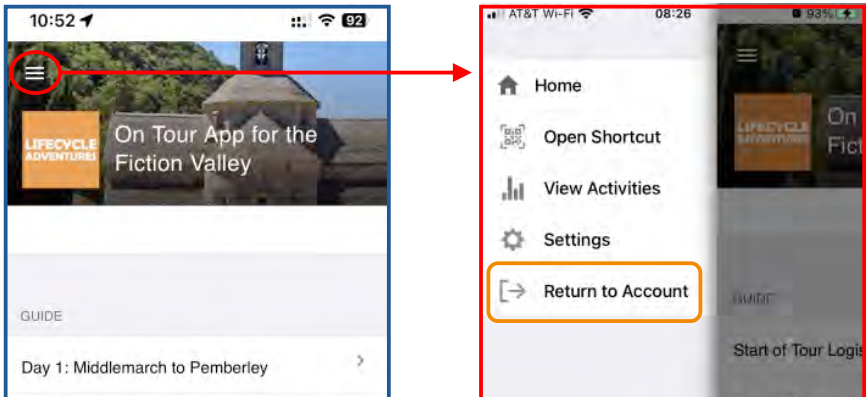


You will then see a list of questions with answers for some of the more common questions guests have while on tour.

There are also tips for *Riding Safely* on the main menu.

How do I get to the main RWGPS menu?

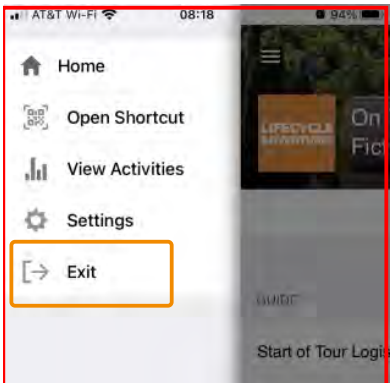
Tap the three horizontal lines at the top left-hand corner of the app.



You will then see options to:

- Open another RWGPS experience (Open Shortcut),
- View your rides (View Activities),
- Change your settings, or
- Exit the On Tour App and go to the main RWGPS page.

Note that if you do not have a RWGPS account, the last option will be to *Exit* to the main RWGPS home page rather than Returning to Account.



We do not recommend selecting *Exit* as you will need to reload the app by rescanning the QR code we sent you.

NAVIGATING THE ROUTES

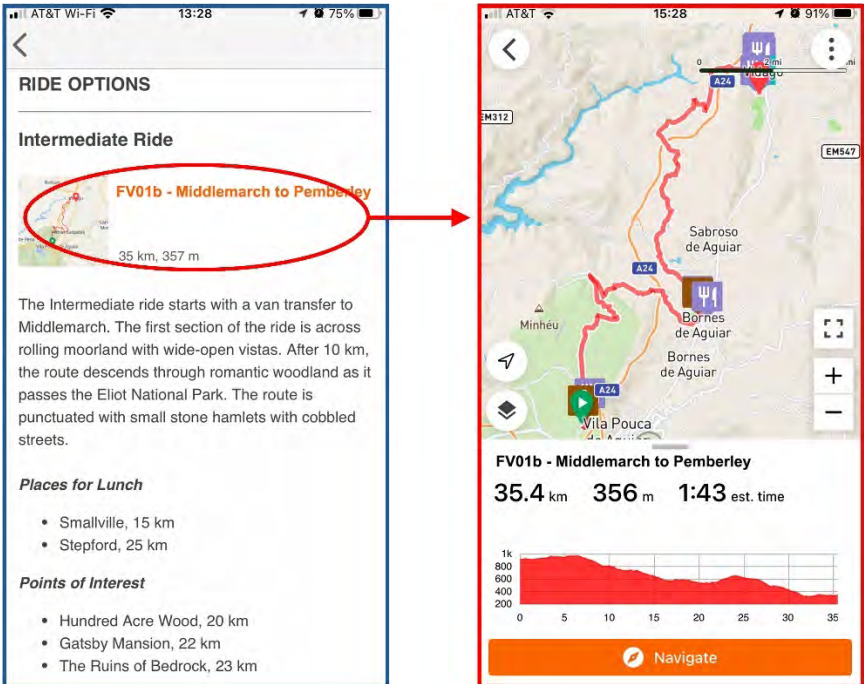
This section describes how to get the most of the RWGPS navigation. Specifically, it answers the questions:

- How do I start directions for my route?
- How do I get to the start of the route?
- How do I find restaurants and points of interest?
- How do I pause my route (e.g. when I go to lunch)?
- What do I do if I go off course?
- What do I do when I get to my destination?
- Where can I see my ride?
- Other top tips
- What settings do you recommend / can I change?

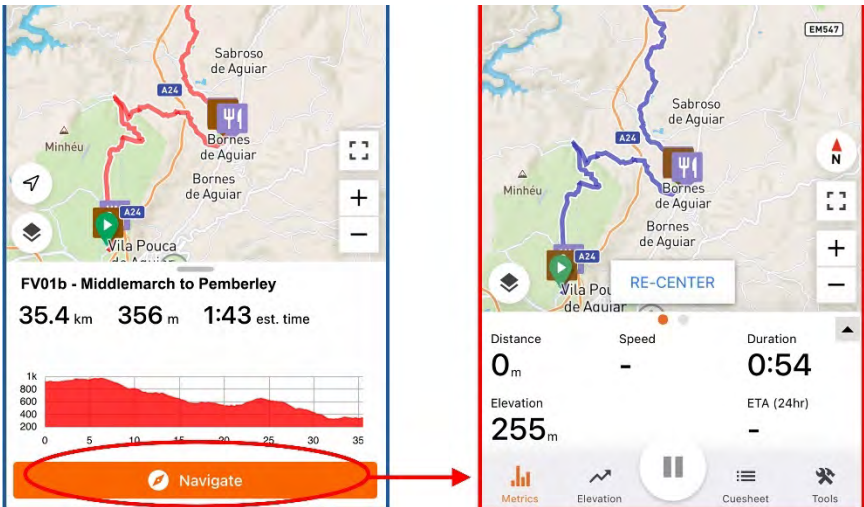
Ride with GPS navigation is intuitive to use and requires little learning. However, **as a backup**, the following section explains in detail how to answer the questions listed above.

How do I start directions for my route?

In Ride Options for the relevant day, tap on the route map of your chosen ride (here you have chosen the Intermediate route).



You then tap navigate to start your turn-by-turn directions.



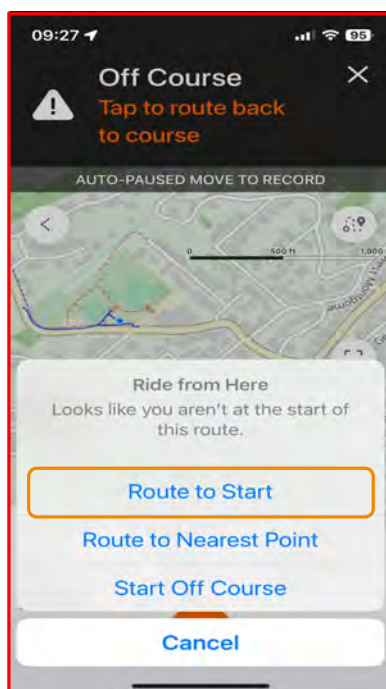
You will get both audible and screen-prompt cues for your ride.

How do I get to the start of the route?

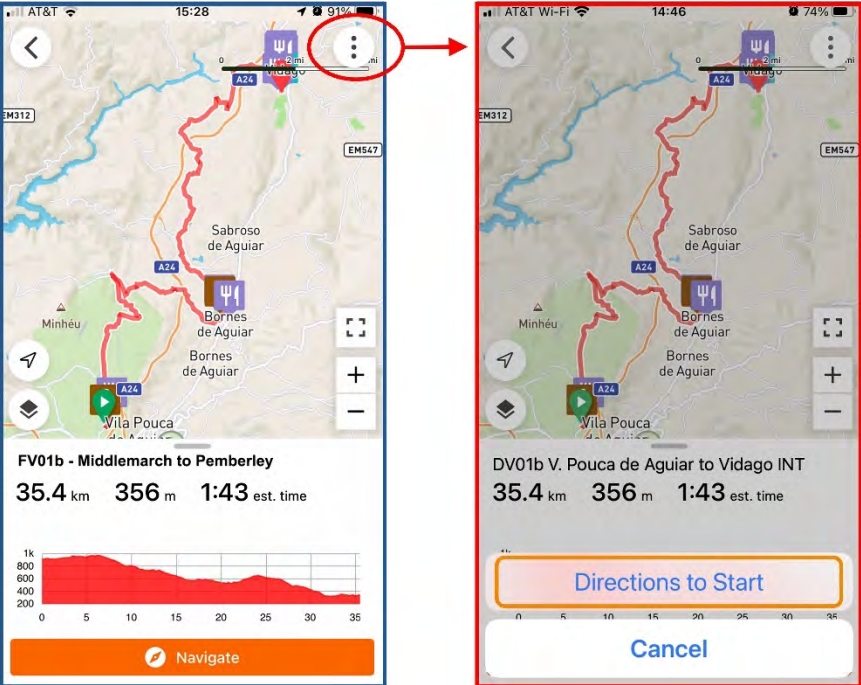
Typically, your route starts close to where your ride ended the night before. Open your selected route and tap **Navigate**. If you are not at the start of the ride, you will be presented with three options:

- **Route to Start** (RWGPS will calculate a route to the start of your ride)
- **Route to Nearest Point** (RWGPS will calculate a route to intercept your ride, sometimes cutting off the start of the ride)
- **Start Off Course** (you navigate yourself to the start of the ride)

Be careful when using *Route to Nearest Point* on a loop ride as the nearest point may be towards the end of the ride!



If you are not presented with the options above, exit navigation and tap the three-dot menu circle and select *Directions to Start*. Your phone will then launch your mapping app (e.g. Google Maps or Apple Maps) and load a route to the start point. You can typically select *Cycle* as a mode of transport (not available in all areas).



We recommend you load the directions in your hotel while on Wi-Fi if you want to avoid using your phone's data plan.

How do I find restaurants and other things of interest?

Restaurants, points of interest, viewpoints, wineries, and accommodations are shown on your route with the following icons.



... Accommodation



... Restaurant



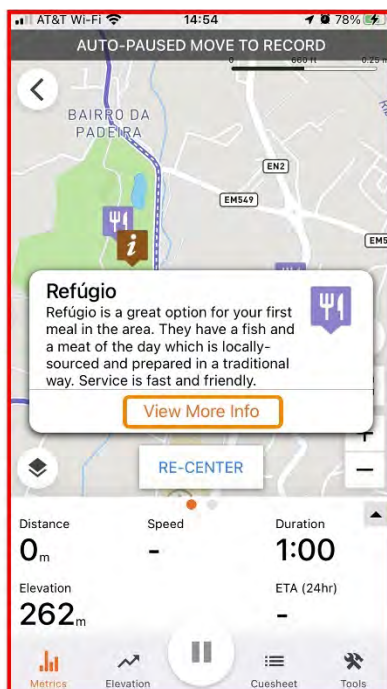
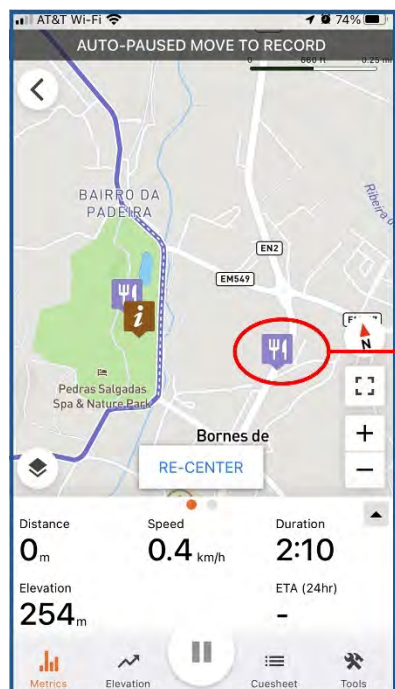
... Point of interest



... Viewpoint



... Winery (not all areas)

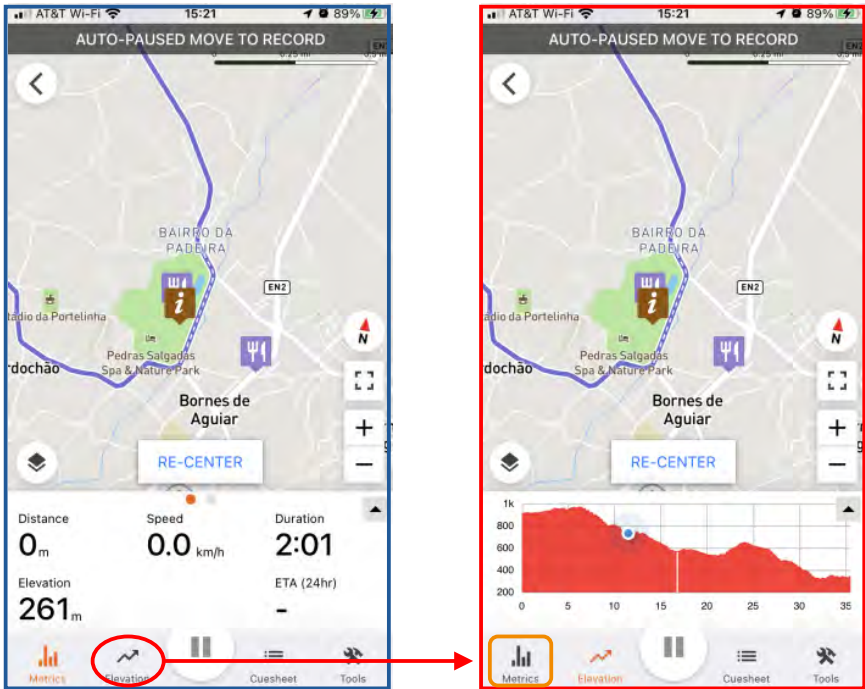


To learn more, tap the icon. This will bring up a short description. Tapping *View More Info* will expand the text and show a link to Google Maps.

You can also learn more about these places in the main On Tour App under the Lunch, Points of Interest, and Wineries sections for each day.

How do I see how much I have left to climb?

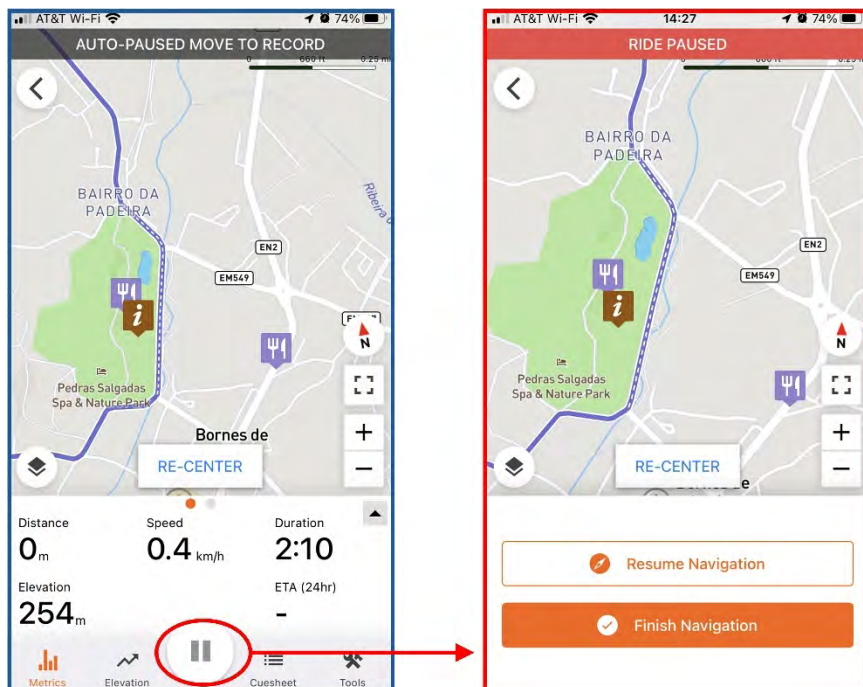
To see where you are on a hill, tap the *Elevation* icon.



To return to the key statistics view, tap the *Metrics* icon.

How do I pause my route (e.g., when I go to lunch)?

Press and hold the *Pause* button.

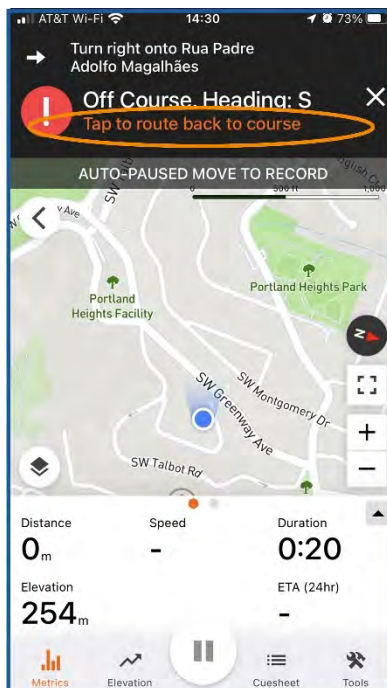


When you are ready to restart your ride, just return to the app and press *Resume Navigation*.

What do I do if I go off course?

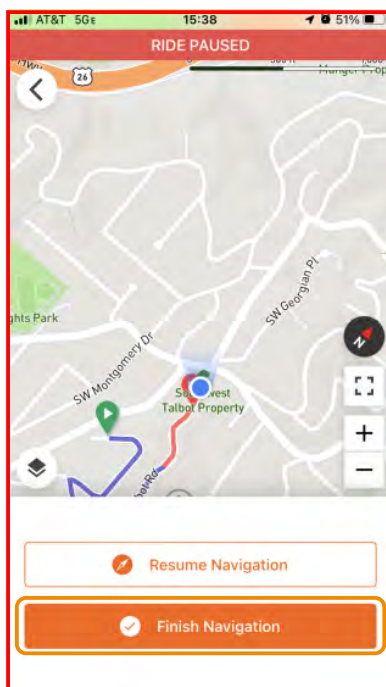
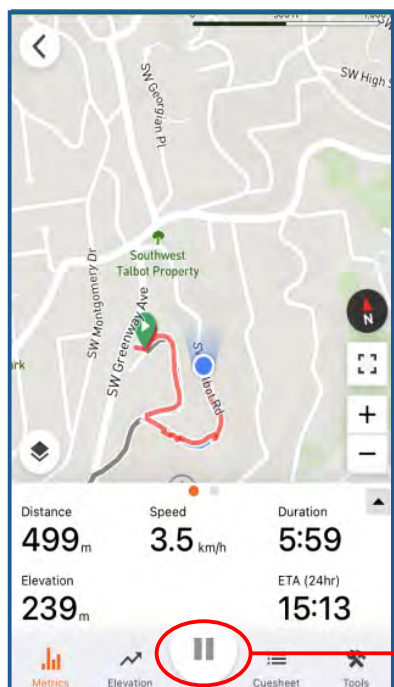
If you find yourself off the main route (e.g. if you have taken a wrong turn or visited a restaurant for lunch), the app will alert you with an audible alert and a cue card stating that you are *Off Course*. To get back to the course, press *Tap to route back to course*. RWGPS will then direct you back to the route. Note that this feature can have complications:

- This feature does not work reliably without cellular data (i.e.. does not always work if you are in Airplane Mode). In these circumstances, use the map to guide yourself back to the route.
- Typically, you are directed to the closest point of your route. If you are a long way off course, the app may direct you to backtrack the way that you went off course rather than further along the route. We suggest you zoom out on the map to check you are being guided along a route you want to follow.
- If you are on an in-and-out ride, double check that you are being directed in the direction you want along the route.
- If you choose not to receive directions back to your route, the app will continue to notify you every two minutes that you are off course. If you intentionally go off course and no longer want these alerts, you can stop them by tapping the X in the corner of the cue card. You could also tap and hold the pause button to temporarily pause your ride.

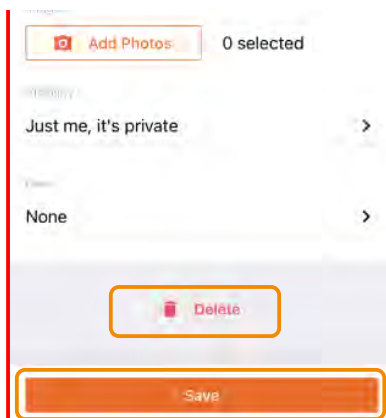
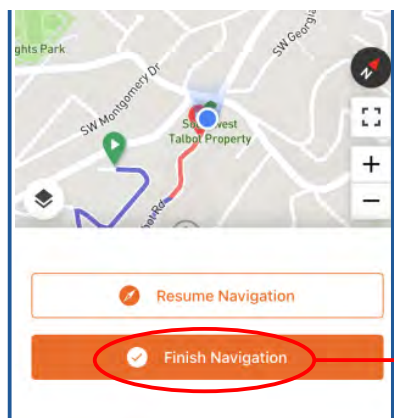


What do I do when I get to my destination?

When you finish a route, you'll get one final chime notification and you will see on the map that you have reached the end of the ride (shown by a red icon). Then tap-and-hold the pause button.

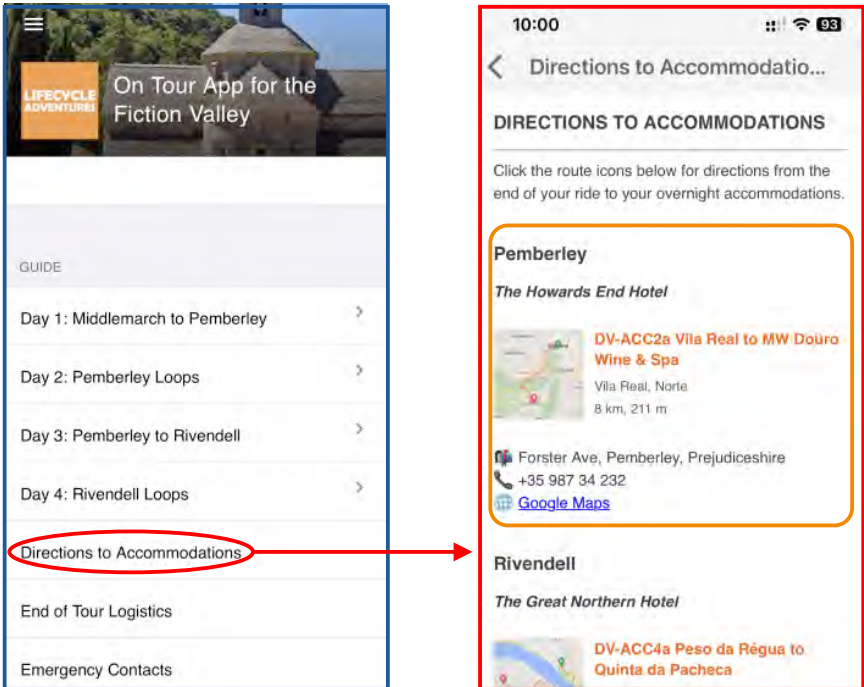


Follow the prompt to either save or delete the ride.



Tap *Save* if you want to be able to review your statistics for the ride at a later date. Tap *Delete* (and then *OK*) if you do not want to save your ride. Note that you may need to scroll down to find the *Delete* button.

After saving (or deleting) the ride, you will be returned to the main menu of the app. Scroll down and tap *Directions to Accommodations*.



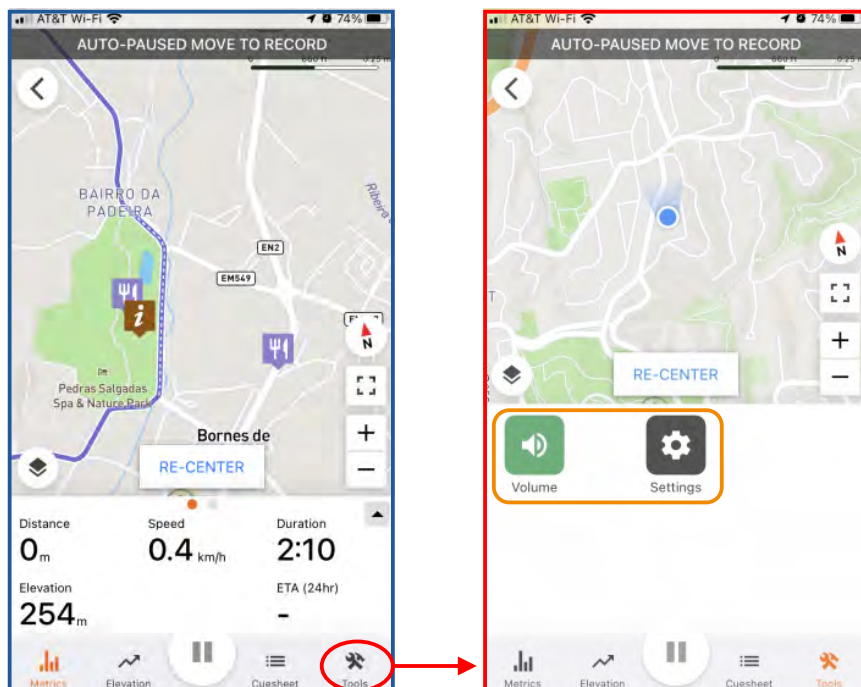
Select the map under the hotel for the town you are in (in this case you have just arrived in Pemberley and are staying in the Howards End Hotel). You will then be taken to RWGPS directions to get you from the end of the ride to your hotel.

Accommodations are shown on your route with the following icon 

You can also find the hotel using the *Google Maps* link.

Tools when navigating

Tapping the Tools when navigating will allow you to select Volume or Settings.



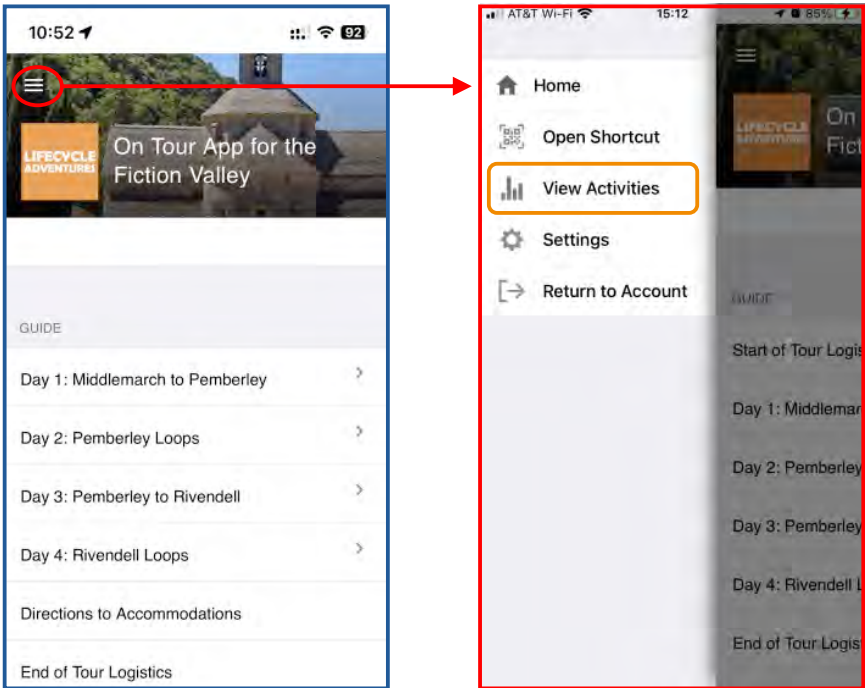
Volume allows you to turn off audible alerts or adjust the volume.

Settings allows you to change various settings. Examples of what can be changed includes:

- Get alerts earlier.
- Under Handlebar Mode: keep the screen on while navigating. Note, this will rundown your battery faster.
- Under Handlebar Mode: lock the navigation view in your preferred orientation.

Where can I see my rides?

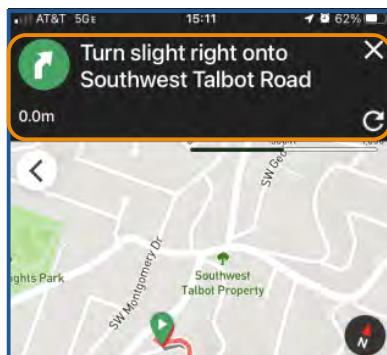
Select menu (three lines in top lefthand corner) then *View Activities* to see your saved rides.



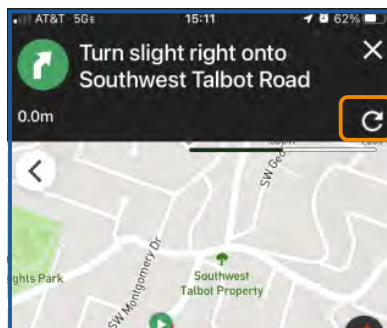
You can select a ride and review the route you took as well as the ride data such as ride time and average speed.

Other top tips

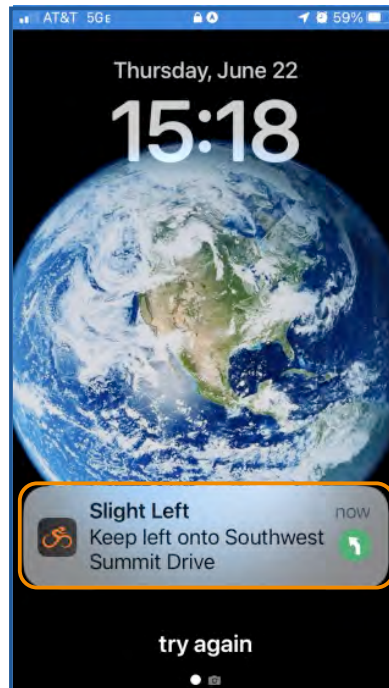
- You must be recording a ride to use navigation. After you are finished riding you may opt to delete the ride or save it.
- The app may take a moment to find your exact position. Once your location is found, your location will show on the map as a blue dot, and navigation will begin.
- When you are within 10–15 seconds from your first turn, you'll get your first turn notification at the top of your screen.



- If you missed the voice announcement, you can replay it by pressing the replay icon in the bottom right corner of the notification.



- The cue can be dismissed by swiping it, or it will go away automatically after you have passed the cue.
- While navigating a route with the screen locked, the app can flash the cues over the lock screen with text and voice for upcoming cue. For this function to work, you need to allow Ride with GPS to send push notifications to your phone. This means that for the most part you can ride with your phone screen locked (preserving battery life). You will still have voice and on-screen navigation prompts.



- Adjusting your locked screen time on your phone (settings) to around 5 minutes means that you can have map displayed for tricky sections or towns along the route without it being permanently on.
- If you want to conserve your battery or avoid data roaming charges, set your phone to flight mode before you leave your hotel.
- Further battery saving tips can be found at <https://ridewithgps.com/help/battery-saving-tips>
- Ride with GPS mobile application help and advice can be found at <https://ridewithgps.com/help/mobile/>
- We strongly recommend bringing a battery bank with you on your tour so that in the event your phone runs out of battery you are able to charge it and continue using it for navigation.
- For the same reason, if you are riding as a couple, we strongly recommend that both riders have the On Tour App downloaded to their phone.

TROUBLESHOOTING THE APP

This section describes how to get resolve the following issues and questions:

- The App Will Not Download to My Phone or Tablet
- How do I get to the On Tour App from the main RWGPS menu?
- The On Tour App is freezing
- The app is causing me to exceed my data plan (or drain my battery)

The App Will Not Download to My Phone or Tablet

About thirty days before the start of your tour, we will send you a QR code and instructions to download the app. Simply scan that QR code with your camera and follow the instructions.

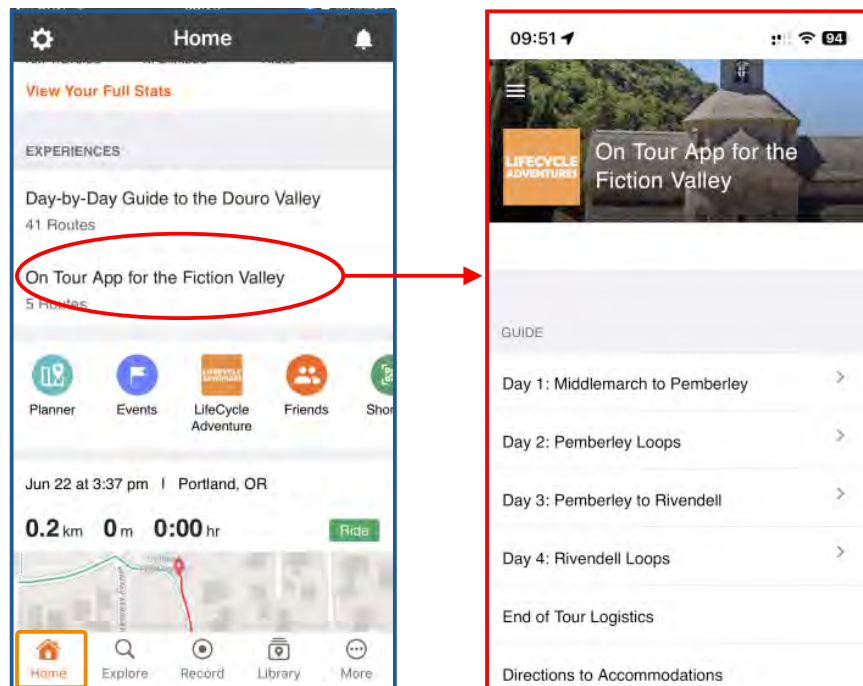
If this does not work, contact us and we can send you a *Use Code* as an alternative way to download the app. This sometimes works better if you are already a RWGPS user.

How do I get to the On Tour App from the main RWGPS menu?

If you have exited the app, and want to get back to the On Tour App.

If you have a RWGPS account

You will see the On Tour App listed under your *Experiences* on your home menu.



If you do not have a RWGPS account

If you select *Exit* after tapping the three menu lines at the top right-hand corner of the app, you will be returned to a generic RWGPS home screen. To get back into the app from here, you will need to tap *Open Shortcut* from the home menu and type in the Shortcut Code we sent you (or scan the QR image we sent you).

The On Tour App is freezing

If the On Tour App has frozen or become unpredictable, try turning your device off and on. If this does not work, reload the app by scanning the QR code we sent you. Note that the On Tour App is relatively large and requires a lot of bandwidth. Ideally, it is best downloaded when you have access to Wi-Fi.

The app is causing me to exceed my data plan (or drain my battery)

The app downloads to your phone and can be used with your data plan turned off.

- If you want to conserve your battery or avoid data roaming charges, set your phone to flight mode before you leave your hotel.
- Adjusting your locked screen time on your phone (settings) to around 5 minutes means that you can have map displayed for tricky sections or towns along the route without it being permanently on and draining your battery.
- Further battery saving tips can be found at <https://ridewithgps.com/help/battery-saving-tips>
- General Ride with GPS mobile application help and advice can be found at <https://ridewithgps.com/help/mobile/>
- We recommend bringing a battery bank with you on your tour so that in the event your phone runs out of battery you are able to charge it and continue using it for navigation.
- For the same reason, if you are riding as a couple, we strongly recommend that both riders have the On Tour App downloaded to their phone. If only one of the phones is used to navigate, and you then have problems with that phone (or you run out of battery), you have a backup phone ready to go.

SAFETY & ENJOYMENT

Riding Safely

Rules of the Road

We have a few simple rules we ask you to follow:

1. Always wear a cycle helmet fastened securely while cycling.
2. Wear highly-visibility clothing and/or a fluorescent safety triangle.
3. Do not ride at night or in the dim light of dawn or dusk.
4. Ride in single file and with the direction of traffic.
5. When riding, stay as close as is safe to the right-hand side (left in Ireland) of the road while avoiding grit or broken pavement.
6. Carry identification, emergency contact, and your medical/travel insurance.

Daily Bike Checks

Your rental bikes are checked and tuned before every trip. However, it is useful to do some regular checks just to keep things running smoothly. If you're in any doubt or have any concerns, give us a call and we'll have a guide come out to you.

1. Brakes. Do both brake levers engage the brakes smoothly?
2. Handlebars & stem. Check alignment. If there is lateral movement or rocking when the front brake is engaged, the headset may need adjusting.
3. Gear changing. Do all gears engage/change smoothly?
4. Chain. If you've been riding in rain or on wet roads, you may want to wipe off your chain and apply a little lube the night before. In the morning, run a clean rag over the chain to remove any excess oil.
5. Wheels & tires. Inflate front & back tires to the correct tire pressure (written on the side of the tire). Check wheels for wobbles, spokes for breakages and tires for wear. Ensure the quick-release mechanisms are secure.
6. Frame. Check for cracks and alignment in the frame especially if you accidentally dropped the bike.

Riding Efficiently

Tips for When Riding

As well as having a safe tour, we are keen for you to enjoy cycling and leave with a real sense of accomplishment. This is likely to include riding within your limits and not exhausting yourself before lunch. Here are some thoughts on how to stay happy on your bike.

1. *Eat before you are hungry.* Even moderate cycling burns around 300 calories per hour so eat snacks such as power bars as needed – giving

your body enough time to process the food before the fuel gauge reaches empty.

2. *Drink before you are thirsty.* As you sweat, you will lose both water and essential salts. You will not notice the effects until it is too late. Drink plenty of water before you start to ride and then take regular sips while riding. A good target is to drink either water or sports drink every 30 minutes.
3. *Ride at a pace that feels comfortable.* Even when climbing hills, ride at a pace that allows you to keep a conversation going without being out of breath. This means changing down to a low gear, keeping your cadence high and taking things easy.
4. The sun can get very intense, especially in the middle of the day so *keep your shirt on and use a high factor sunscreen.* Be aware of being burned through the gaps in your cycle helmet. A bandana under the helmet can make all the difference.
5. *Relax and change your hand position regularly.* This helps avoid shoulder cricks or back aches. Drop handlebars are better for being able to do this than straight handlebars.
6. *Check your bike.* A sticking brake or skipping gear stops you relaxing and can be dangerous. If you are unsure, talk to your guide, who will be happy to help you check things out if you have a concern.
7. *Smile, you are on vacation!*

Seat Height Adjustment

Seat height adjustment is more craft than science. The most important thing is that you feel safe and confident on the bike. However, getting your saddle to the right height will also help you stay comfortable on longer rides, avoid saddle sores, and conserve your energy while you pedal.

Bike fitters can spend hours getting your fit just right, but here are some simple rules of thumb.

- While seated on your bike, prop yourself up against a wall.
- Position the pedals so the pedal cranks are vertical (one pedal at 12 o'clock and one pedal at 6 o'clock).
- Place your feet on the pedals and move your foot so that your heel is on the pedal at 6 o'clock.
- When your seat is at the correct height, your leg (of the foot at 6 o'clock) should be straight but your knee shouldn't be locked.

If your seat is too low, it will make it harder to pedal and you may get knee pain at the front of the knee. Too high and your hips will go from side to side which will make you tend to ride in too high a gear and you may develop pain at the back of your knees.

Avoiding Saddle Sores

Saddle sores are the great unmentioned subject of cycling. However, if you have not been riding much recently and start doing a lot of miles on a bike, you may well become just a little too familiar with them.

To prevent sores, it's helpful to know what they are. A saddle sore is a skin ailment on the buttocks due to, or exacerbated by, riding on a bicycle saddle. It often develops in three stages: skin abrasion, folliculitis (inflammation of the hair follicles) and, finally, abscess. If it's not obvious from the definition, it is better to stop the sores in the early stages than try and treat it in the final stage.

The best cure of all is to not get them in the first place. Gradually build up your riding mileage and get used to your bike seat. Some training rides before you go on tour will help. Other good preventative measures include:

- Reducing the friction due to bobbing or swinging motion while pedaling, by setting the appropriate saddle height – see above.
- If you have a favorite saddle, bring it along and we will fit it to your rental bike.
- Wear good-quality cycling shorts, with a high-quality chamois insert.
- Use petroleum jelly, chamois cream, or lubricating gel on the chamois to further reduce friction.
- Do not sit around in damp bike shorts after your ride and thoroughly wash and dry the affected area.

There are pharmacies in all the main towns you'll stay in if you need medical treatment. Our primary message would be, if you think you have them, don't ignore them.

FIXING A FLAT

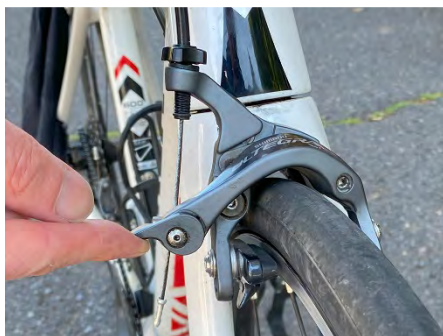
To make this basic repair, you will need tire levers, a pump (or CO₂ canister), and a spare tube (or patch kit). If you have a thru axle (see below) you will also need a hex wrench (Allen key). Before working on your bike, ensure you are well away from the road and in no danger from the traffic.

There are five basic steps to fixing a flat.

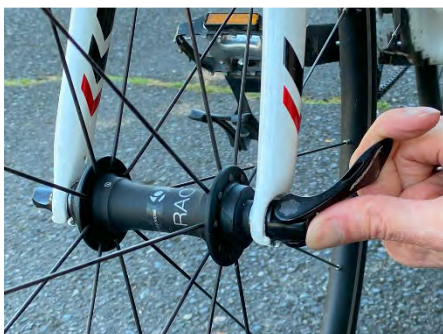
1. Remove the wheel
2. Deflate and remove the tube
3. Remove what caused the flat
4. Replace tube and inflate
5. Refit the wheel

Remove the Wheel

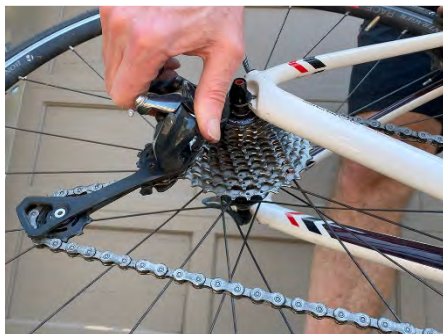
If you have rim brakes, release the brakes. How you do this depends on the type of brakes. Two examples are shown below.



If you are **removing the front wheel**, open the quick-release lever and unscrew the nut on the other side of the skewer. The wheel should then drop out of the fork.



If you are **removing the rear wheel**, put the chain on the smallest cog of the rear cassette. Open the quick release lever. You will then need to push the derailleur back to allow space for the wheel to get past the chain as you pull the wheel out.



If you have disc brakes, avoid touching the rotors or the disc pads. The rotors can be hot and grease or other contaminants on these parts will make the brakes ineffective. Also avoid squeezing the brake levers when the wheel is removed as this will close the pads and make it very difficult to reinsert the disk when refitting the wheel.



If you have a thru axle (pictured above on RHS) on either a front or rear wheel, you will need to unscrew and remove the axle using a hex wrench before you can remove the wheel. Avoid getting any dirt on the axle after it is removed.

Deflate and Remove the Tube

Having removed the wheel, fully deflate the tube. If you have a thick Schrader valve, press down on the small pin at the center of the valve. If you have a thin Presta valve, loosen the small valve at the top of the valve stem and press down.



Unseat the tire from the rim. Place a tire lever under the bead of the tire and lever it over the edge of the wheel (avoid doing this near to the valve). Repeat this procedure with a second tire lever. Slide the second tire lever around the rim to free the tire. Pull the valve stem out of the wheel and remove the rest of the tube.



Remove What Caused the Flat

Inspect the tire for the cause of the flat. Remove any thorns or pieces of glass that could puncture the new tube. *Carefully*, run your fingers around the inside of the tire to check for sharp debris.

Replace and Inflate the Tube

Put a little air into the replacement tube – just enough to give it some shape – and insert the valve into the wheel.



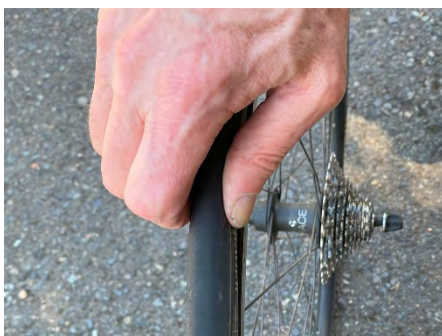
Carefully put the rest of the tube inside the tire. Beginning at the valve, push the tire bead back inside the rim of the wheel. Continue around the rim in both directions.



If the tire is tight, pinch both sides of the tire bead into the center of the rim – this will make it easier for the tire to clear the rim. If necessary, use tire levers to force the final part of the tire bead over the wheel rim – being careful not to pinch the tube and cause another flat.



Inflate the tube. As you inflate the tube, check regularly that the tube isn't caught in the rim and that there is no bulging. When the tube is a little inflated, go around the wheel pinching the tire to the center of the rim to help release where the tube might be trapped. Inflate the tube to the recommended pressure printed on the tire.



If you don't have a pump with a pressure gauge, inflate until the tire is hard to depress with your fingers and check your tire pressure as soon as you have access to a pump with a gauge.

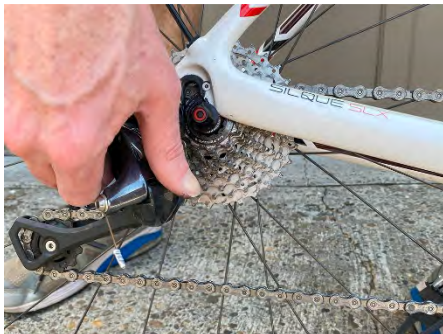
Refit the Wheel

Refitting the wheel is the reverse of removing it.

If you are **refitting the front wheel**, open the quick-release lever and place the wheel in the dropouts. Tighten the nut opposite the lever and close the lever to tighten onto the frame. If you have overtightened the nut, it will not be possible to close the lever. If the lever closes too easily, tighten the nut more and try again.

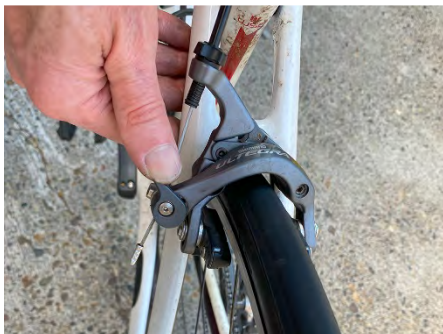


If you are **refitting the rear wheel**, align the wheel so the chain is on the smallest cog of the cassette. Pull back the derailleur to allow space for the wheel to drop into the dropouts. Close the lever and check it is tight and not touching the frame. If the lever closes too easily, tighten the nut and try again.



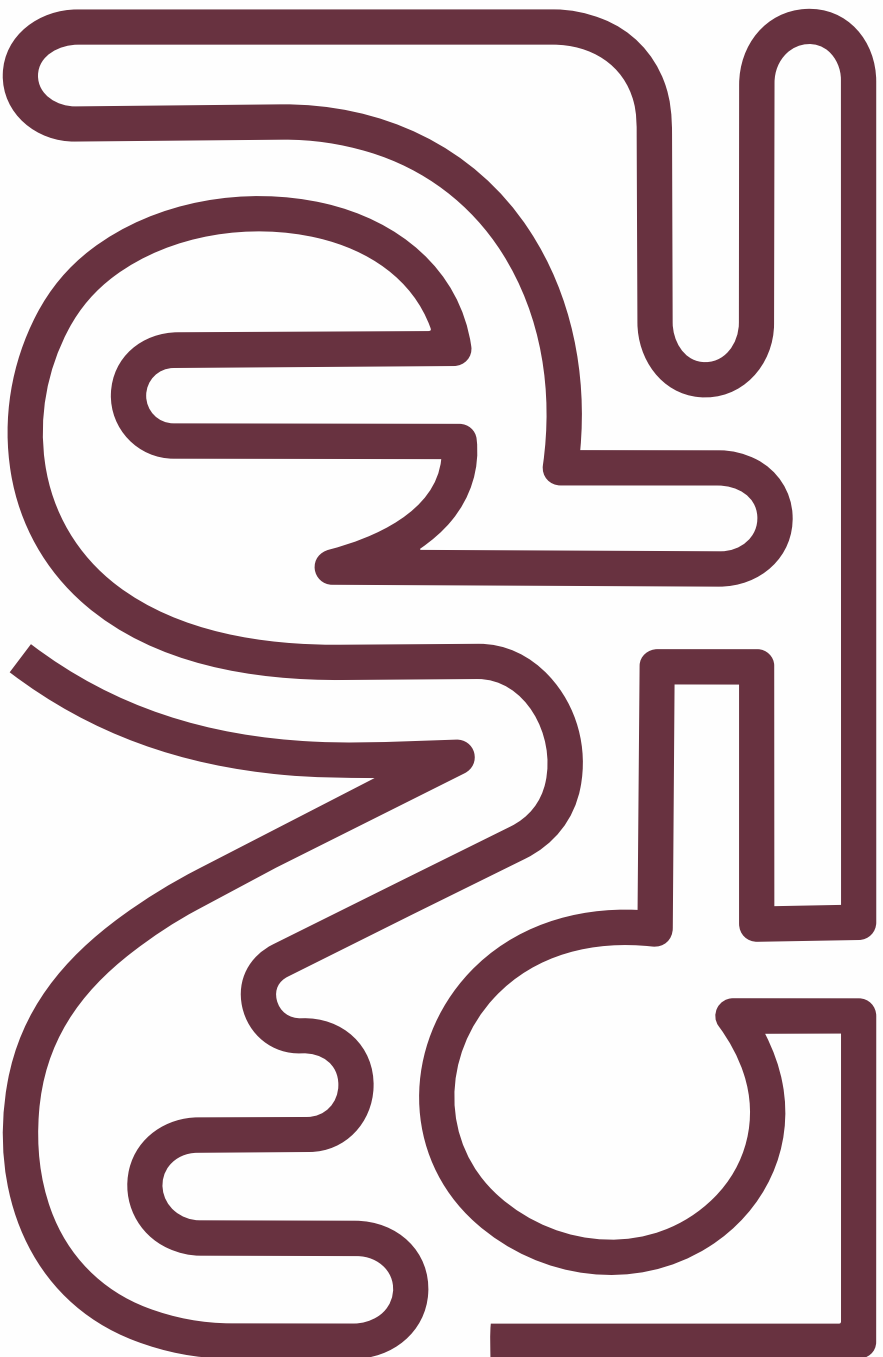
If you have a thru axle (pictured above on RHS) on either a front or a rear wheel, place the wheel in the dropouts, as described above. Then reinsert the axle. If you cannot insert the axle or it fails to engage on the thread smoothly as you turn it clockwise, remove the wheel and reinsert it, checking the alignment. Tighten the axle using a hex wrench.

If you have rim brakes, reconnect the brakes and check they are functioning OK.



Video

For a more dynamic description of fixing a flat, check out the following video:
https://youtu.be/qLO_HOOKEjs.



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APPENDIX 1 – QUIZ QUESTIONS

For a little fun, here is a quiz to test what you have learned in this guidebook. For those who just want to relax on vacation or who want to test their riding partners, skip ahead to the answers at the end of the section.

Planning Your Tour

1. *What is the most useful tool to help you navigate your tour?*

- ☐ A piece of string and a loadstone
- ☐ LifeCycle Adventures On-Tour App
- ☐ Garmin GMR xHD2 Open Array Radar
- ☐ All of the above

2. *The LifeCycle Adventures On-Tour App can be downloaded to:*

- ☐ Your smartphone
- ☐ Your tablet
- ☐ All of the above

3. *It can be helpful to download Google Maps for the area for use offline:*

- ☐ True
- ☐ False

4. *Companies that provide cheap data plans via eSIMs are:*

- ☐ Nomad and Airalo
- ☐ Snowman and Pharoh
- ☐ Roman and Hairglo
- ☐ None of the above

5. *Things to consider booking before you travel include:*

- ☐ Cooking classes
- ☐ Wine tours
- ☐ Airport transfers
- ☐ Hard-to-book restaurants
- ☐ All of the above

6. *Useful things to pack include:*

- ☐ Floor pump
- ☐ Kitchen sink
- ☐ DeWalt 20V brushless cordless 2-inch magnetic drill press
- ☐ Your bike helmet
- ☐ All of the above

7. *We provide the following equipment:*

- ☐ Two LifeCycle Adventures water bottles
- ☐ Floor pump that travels with your luggage
- ☐ Phone mount for your phone
- ☐ All of the above

About the Area

8. *Zealand is:*

- ☐ A Viking style war axe
- ☐ A cream-filled Danish pastry
- ☐ Denmark's largest island
- ☐ The capital city of Sweden

9. *Kronborg Castle in Helsingør is famous for being the setting of:*

- ☐ Macbeth
- ☐ Hamlet
- ☐ Beowulf
- ☐ Frozen

10. *Denmark is one of the most bike-friendly places in the world because:*

- ☐ The national speed limit is 30 kph
- ☐ Cars are banned everywhere except for IKEA parking lots
- ☐ The country has extensive cycling infrastructure and bike lanes
- ☐ Cyclists are required to wear helmets

11. *The strait separating Denmark and Sweden near Helsingør is called:*

- ☐ The Kattegat
- ☐ The Baltic Channel
- ☐ The Dire Straits
- ☐ The Skagerrak Canal
- ☐ The Øresund Strait

12. *Denmark collected the famous "Sound Dues" by:*

- ☐ Charging tourists to enter castles
- ☐ Taxing ships passing through the strait (between Denmark and Sweden)
- ☐ Selling Viking helmets to visitors
- ☐ Charging 0.01 kr each time Abba is played in a store

13. *What is smørrebrød?*

- ☐ An open-faced sandwich served on rye bread
- ☐ A type of Danish pastry
- ☐ A Viking drinking vessel
- ☐ A Danish cheese

14. *Aquavit is best described as:*

- ☐ A Danish sparkling wine
- ☐ A strong Danish coffee
- ☐ A Viking embrocation
- ☐ A traditional Scandinavian spirit flavored with caraway or dill

15. The word “LEGO” comes from the Danish phrase:

- ☐ Leg godt (“play well”)
- ☐ Læg godt (“build quickly”)
- ☐ Leg verden (“play world”)
- ☐ Lætgø (“Let go! I need that piece to finish the roof on my Millennium Falcon”)

16. Denmark is one of the world’s happiest countries in part because of:

- ☐ They got rid of all their anger during the age of the Vikings
- ☐ Skål
- ☐ Lagom
- ☐ Hugging
- ☐ Hygge

Overnight Towns

17. Who is said to sleep in a cellar under Kronborg Castle in Helsingør?

- ☐ Sleeping Beauty
- ☐ Rip Van Winkle
- ☐ Hypnos the Greek
- ☐ Kristoff the ice harvester
- ☐ Holger the Dane

18. Gilleleje is best known for its:

- ☐ Major international airport
- ☐ Razorblade production (Gilleleje, det bedste en mand kan få)
- ☐ Working fishing harbor
- ☐ Large vineyards
- ☐ Ski resort

19. During World War II, Gilleleje played an important role by helping:

- ☐ Build the Øresund Bridge
- ☐ Danish Jews escape to Sweden
- ☐ Hide Viking artifacts
- ☐ Train the Danish navy

20. Nakkehoved Lighthouse near Gilleleje is located:

- ☐ On a hill overlooking Copenhagen
- ☐ In the center of town
- ☐ On cliffs along the Kattegat Sea
- ☐ On an artificial island

21. Tisvilde is best known for its:

- ☐ Large industrial port
- ☐ Major university campus
- ☐ Large royal palace
- ☐ Pine forests, beaches, and summer houses

22. *The twisted pines of Troldekskoven (Troll Forrest) are shaped mainly by:*

- ☐ Centuries of strong coastal winds
- ☐ Viking rituals
- ☐ Earthquakes
- ☐ Lightning strikes

23. *Which of the following could you realistically do on this tour?*

- ☐ Cycle along the Danish Riviera
- ☐ Visit Hamlet's castle
- ☐ Take a ferry to Sweden
- ☐ Walk along pristine beaches
- ☐ All of the above

On Tour**24. *List all the works of fiction mentioned or alluded to in the section Using the On-Tour App***

APPENDIX 2 – QUIZ ANSWERS

Planning Your Tour

1. LifeCycle Adventures On-Tour App
2. All of the above
3. True
4. Nomad and Airalo
5. All of the above
6. Your bike helmet (we provide a floor pump, so you can leave that at home with the kitchen sink and the magnetic drill press)
7. All of the above

About the Area

8. Denmark's largest island
9. Hamlet
10. The country has extensive cycling infrastructure and bike lanes
11. The Øresund Strait
12. Taxing ships passing through the straight (between Denmark and Sweden)
13. An open-faced sandwich served on rye bread
14. A traditional Scandinavian spirit flavored with caraway or dill
15. Leg godt ("play well")
16. Hygge (though you get a point for Lagom – though that's strictly more a Swedish thing)

Overnight Towns

17. Collected tolls from ships passing through the narrow straight between itself and Sweden
18. Working fishing harbor
19. Danish Jews escape to Sweden
20. On cliffs along the Kattegat Sea
21. Pine forests, beaches, and summer houses
22. Centuries of strong coastal winds
23. All of the above

On Tour (Qu. 24)

- Middlemarch by George Eliot
- Pride and Prejudice by Jane Austen (Pemberley)
- Smallville (Superman), TV series
- Stepford Wives, movie
- Winnie-the-Pooh, by A.A. Milne (Hundred Acre Wood)
- The Great Gatsby by F. Scott Fitzgerald (Gatsby Mansion)
- The Flintstones, TV series (The Ruins of Bedrock)
- A Moveable Feast, by Ernest Hemingway (Dingo American Bar)
- Ulysses by James Joyce (the Cabman's Shelter)
- Hotel California by The Eagles
- Lord of the Rings by J. R. R. Tolkien (Rivendell)
- Twin Peaks, TV series (The Great Northern Hotel)

Your Score

There were 23 questions in total. How did you do?

- 10 well done.
- 15 brilliant!
- 20 genius!!
- 23 really!?

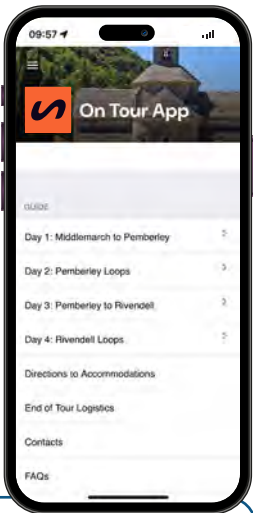
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On-Tour App

We have partnered with *Ride with GPS* to create an app that has all the details you need to explore each day.

You will receive a link to the app a few weeks before the start of your tour. Please download the app before you travel and familiarize yourself with the contents.

Here is a quick overview of how the app is organized.



App Contents

DAY 1: FROM A TO B

DAY 2: FROM B TO C

DIRECTIONS TO ACCOMMODATIONS

Details of, and directions to, your overnight accommodations

END OF TOUR LOGISTICS

Where and when to meet your guide at the end of your tour

CONTACTS

How to contact us or the emergency services

FAQs

Answers to common questions guests have while on tour

RIDE OPTIONS

LUNCH

A description of the day's restaurants and cafes by town

POINTS OF INTEREST

A description of the day's sights, museums & activities

WINERIES

A description of the day's wineries

LEISURE

Route Navigation

Maps and GPS-guided directions

Places for lunch

A list of towns where you can eat lunch along this route

Points of Interest

A list of the sights, museums and activities along this route

Wineries

A list of wineries along this route

INTERMEDIATE

...

CHALLENGE

...

EPIC

...

Explore the world by bike, on your own terms.

NORTH AMERICA

Santa Barbara, California

Big Island, Hawaii

Mount Hood, Oregon

Willamette Valley,
Oregon

San Juan Islands,
Washington

EUROPE

Istrian Peninsula, Croatia

Denmark & Sweden

Loire Valley, France

Provence, France

Gascony & the Pyrenees,
France

Southwest Ireland

Puglia, Italy

Tuscany, Italy

Holland, Netherlands

Douro Valley, Portugal

Catalonia, Spain

Engadin Valley, Switzerland



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