

















Kattegat Cycle Route: Helsingborg to Gothenburg

Cycle on the award-winning Kattegat Cycle Route

Explore the stunning West Coast of Sweden as you embark on an unforgettable cycling journey along the Kattegat cycle route. This picturesque route takes you through charming fishing villages and quaint small ports, offering you a glimpse into the rich coastal heritage of the region.

The Kattegat route in western Sweden predominantly hugs the coastline, allowing you to immerse yourself in the beauty of the open countryside, exciting nature reserves, and verdant farmlands. As you pedal closer to the vibrant city of Gothenburg, you'll witness a captivating transformation in the landscape. Admire scenic cliffs, wander through lush forests, and discover sheltered bays and charming harbours dotting the route.

One of the culinary highlights of this region is its delectable seafood. Seafood enthusiasts will be in heaven, as the Kattegat cycle route serves as a showcase for the finest catches from the sea. Indulge in fresh fish and a variety of mouthwatering seafood dishes at every turn. It's a gastronomic adventure that perfectly complements your biking escapade along the West Coast.

Embark on an enriching eight-day cycling tour along the Kattegat route to Gothenburg. While savouring classics like Köttbullar with mashed potatoes, you'll also have the opportunity to relish the exquisite flavours of the sea. For those who appreciate leisurely rides, this route offers a paradise of diverse landscapes, captivating nature reserves, lush farmlands, and flat rocks jutting out from the Kattegat.

Book this holiday: Kattegat Cycle Path

Details about the cycling tour on the Kattegat Cycle Route

Picture yourself in a serene coastal setting, where the gentle lull of the sea accompanies the soothing calls of seagulls above. Before you unfolds a lush expanse of deep green landscape. Over the course of a nine-day cycling adventure along Sweden's captivating west coast, you'll have the opportunity to immerse yourself in this quintessential natural environment, enriched with Scandinavian charm.

Your journey will lead you past the iconic windmills of Särö, an enchanting sight against the coastal backdrop. You'll also traverse through captivating nature reserves that line the coast, offering a glimpse of the region's unspoiled beauty.

As you draw nearer to Varberg's beach promenade, the imposing Varberg Fortress comes into view. This historic stronghold stands as a testament to the area's rich heritage. Within its walls, you'll have the chance to marvel at the Bockstensmannen, a remarkably preserved medieval man discovered in a nearby swamp. This archaeological gem is among the best-preserved finds from its era in all of Europe and is proudly exhibited at the Varberg County Museum.

Your 8-day cycling expedition along the west coast of Sweden promises a harmonious blend of natural splendour, cultural discoveries, and a genuine sense of Scandinavian allure. It's an adventure that beckons you to experience the timeless beauty and intriguing history of this captivating region.

The highlights of the Kattegat cycling holiday at a glance

- **Scenic Coastal Views:** The Kattegat cycle route offers breathtaking views of the coastline along the west coast of Sweden. Pedal along the shore, with the glittering waters of the Kattegat Sea on one side and lush landscapes on the other. The ever-changing coastal scenery is a visual treat for cyclists.
- **Charming Fishing Villages:** Explore picturesque fishing villages dotted along the route. These quaint communities offer a glimpse into traditional Swedish coastal life. You can stop for fresh seafood, admire colourful houses, and interact with friendly locals.
- **Natural Reserves and Wildlife:** The route takes you through exciting nature reserves, providing opportunities for birdwatching and experiencing Sweden's diverse flora and fauna. Keep an eye out for native wildlife, such as seabirds and seals, in their natural habitats.
- **Historical Landmarks:** Discover historical landmarks along the way, including forts, lighthouses, and cultural sites. For example, you can visit Varberg Fortress, which dates back to the late 13th century, and explore its well-preserved architecture and exhibitions.
- **Culinary Delights:** Indulge in the region's culinary specialties, with a focus on seafood. From freshly caught fish to delectable seafood dishes, the Kattegat cycle route is a paradise for food enthusiasts. You'll have the chance to savor the flavors of the sea at charming coastal restaurants and eateries.

Worth knowing about the bike tour along the Kattegat Cycle Route

The eight-day bike tour begins in Helsingborg. Each day, you'll pedal along the scenic Kattegat coast, passing through picturesque parks and charming fishing villages and ports like Domsten and Viken. With each passing day, you'll inch closer to your ultimate destination, Gothenburg.

The coastal cycle paths from Helsingborg to Gothenburg are predominantly flat and suitable for easy cycling. However, occasionally, the route does include some gentle hills.

This tour has been graded as **Medium**. Find out more about our **cycling holiday difficulty levels**.

Book this holiday: Kattegat Cycle Path

Tour information



Medium



8 Days / 7 Nights



Self-Guided



Luggage transfers included



Total cycling distance: approx.
360 km

To the online version



Itinerary

DAY
1

Arrive in Helsingborg

You start your Kattegat adventure on an almost flat route with breathtaking views over the sea. The route takes you on cycle paths and small side roads, pure enjoyment on two wheels!



DAY
2

Helsingborg – Ängelholm approx. 60 km

Your day starts along the beach promenade in Helsingborg and soon you pass the castle Sofiero with a beautiful park. This is a thriving oasis and was voted the most beautiful park in Europe in 2010. You continue through picturesque fishing villages and small harbours. Admire the world-famous ceramics in Höganäs. This stage also takes you across the Kulla peninsula to Ängelholm.

ca. 60 km

DAY
3


Ängelholm – Halmstad approx. 65 - 95 km

From Ängelholm follow the coast to Vejbystrand. In the harbour of Magnarps is a nice little fish restaurant with breathtaking sea views. You leave the coast and cycle across the peninsula and through the Sinarpsdalen valley to the beautiful summer town of Båstad. Along one of Sweden's longest sandy beaches, you will pass the villages of Skummeslövsstrand and Mellbystrand. You will also cycle through the Tönnrersa and Gullbranna nature reserves before finally arriving in Halmstad.


ca. 75-95 km

DAY
4**Halmstad – Falkenberg** approx. 60 km


Today Sweden's most famous beach awaits you: Tylösand. Your route continues north along the coast. The sea, open countryside, exciting nature reserves and lush farmland lie along the entire route. Via Grimsholmen, today's stage takes you to Falkenberg, one of the oldest towns in Halland county.

 ca. 60 kmDAY
5**Falkenberg – Varberg** approx. 40 km

Today you can look forward to picturesque fishing villages and many artisans. In Träslövsläge you have the opportunity to enjoy freshly cooked lobster. As you approach Varberg, you will see Varberg Fortress rising in front of you.

 ca. 40 kmDAY
6**Varberg – Kungsbacka** approx. 60 - 75 km

North of Varberg the landscape changes. The sandy beaches are becoming rarer and there are more and more rocks. The first islands also become visible. In Åsa, you leave the coast for a while and cycle through fields and over rolling hills to Fjärås Bräcka. Enjoy the breathtaking view and visit the Li Tomb with its more than 100 building temples. Passing fields and horse farms you finally reach Kungsbacka, a cosy small former trading town with an impressive old centre.

 ca. 60-70 kmDAY
7**Kungsbacka – Göteborg** approx. 40 - 65 km

Did you miss the sea? How good that it is with you again today. You pass Vallda and approach Särö, the place of relaxation for the middle class of Gothenburg in the last century. After Särö you continue cycling along the former railway line. Rocks, lush forests, bays and harbours also lie in your path before reaching Gothenburg.

 ca. 40 - 65 km

DAY
8

Return trip or end of the tour

Your journey ends after breakfast.

Route information

The bike ride usually leads on bike paths along the flat coastal landscape. Occasional places with more hilly ascents.



Prices and dates

Price calculation and check availability: **Kattegat Cycle Path**

Place of arrival: Helsingborg

	Season 1 25.05.2024 - 31.05.2024 31.08.2024 - 07.09.2024 Saturday	Season 2 01.06.2024 - 14.06.2024 17.08.2024 - 30.08.2024 Saturday	Season 3 15.06.2024 - 16.08.2024 Saturday
Kattegat Cycle Route, Helsingborg to Gothenburg, Cat. A, SE-KARMG-08A			
Base price	1,129.00	1,169.00	1,209.00
Single room surcharge	499.00	499.00	499.00
Kattegat Cycle Route, Helsingborg to Gothenburg, Cat. B, SE-KARMG-08B			
Base price	1,059.00	1,089.00	1,129.00
Single room surcharge	449.00	449.00	449.00

Category A: You will stay in carefully selected 3*** and 4**** hotels

Category B: You will stay in neat 2** and 3*** hotels and guest houses

Additional nights

Place of arrival: Helsingborg

	Season 1 May 25, 2024 - May 31, 2024 Aug 31, 2024 - Sep 7, 2024 Saturday	Season 2 Jun 1, 2024 - Jun 14, 2024 Aug 17, 2024 - Aug 30, 2024 Saturday	Season 3 Jun 15, 2024 - Aug 16, 2024 Saturday
Gothenburg			

	Season 1 May 25, 2024 - May 31, 2024 Aug 31, 2024 - Sep 7, 2024 Saturday	Season 2 Jun 1, 2024 - Jun 14, 2024 Aug 17, 2024 - Aug 30, 2024 Saturday	Season 3 Jun 15, 2024 - Aug 16, 2024 Saturday
Double room p.p. Cat. A	109.00	109.00	109.00
Single room surcharge	90.00	90.00	90.00
Gothenburg			
Double room p.p. Cat. B	99.00	99.00	99.00
Single room surcharge	30.00	30.00	30.00

Our rental bikes

	Price
Unisex E-Bike	299.00
27-Speed Touring Bike	199.00
30-Speed Touring Bike (Sporty)	199.00
Prices per person in GBP	

Included services and travel information

Services

Including

- 7 nights in the chosen category, including breakfast
- Luggage transfer(s)
- Travel folder 1 x per room (English with route and overview maps, detailed route description, places of interest, important telephone numbers, luggage labels)
- Navigation App and GPS data available on request
- Service Hotline

Not included

- Tourist tax, if applicable, to be paid locally

Arrival information

- Train: Malmö station
- Airport: Copenhagen Airport, Gothenburg or Malmö
- Parking: Gothenburg approximately SEK 220 per day, no reservation possible, to be paid on site
- Departure: Good train connection between Gothenburg and Malmo