

Mecklenburg-Vorpommern

Cycling holiday
naturally relaxing

Cycling tours
between the Baltic Sea and
Mecklenburg Lake District



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Mecklenburg
Vorpommern 
Best of Northern Germany

A country for high-achievers

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Photo: TMW/outdoor-vision.com | photomontage: WFRK3

Mecklenburg-Vorpommern

Diverse tours through untouched nature always ending with a splash

Experience freedom. Get on your bike and start your adventure. The wild romantic expanse between the Baltic Sea and the Lake District promises a varied holiday in the saddle. The most calf-friendly tours connect sea and lakes, Hanseatic cities and fishing villages, palaces and brick churches.



Cycling paradise

for your holidays

Mecklenburg-Vorpommern starts where everyday life ends. Between the major cities of Hamburg and Berlin you will find a region that couldn't be more unique and full of variety.

In this coastal area, the air tastes of sea, forests and flowers blooming in the meadows. A soft breeze clears your head. Even the sky seems higher than at home. In glorious silence, the traveller only hears birdsong, splashing water and their own pulse. Even after the first bend in the road, the hustle and bustle of daily life is left far behind. Roll up your trouser leg, hop onto the saddle and set off on an adventure of freedom. 9 cycle routes, 21 cycling circuit tours, many day trips as well as hand bike tours lead you far into the country on a closely linked network of

cycle paths. Golden yellow fields of rapeseed, velvet green forests and blooming fields run open up like seams next to your path. Chestnuts and lime trees spread a canopy of leaves over picturesque avenues. They lead to sleepy villages where storks clatter and geese honk. City walls and impressive brick churches have watched over cosy small towns for centuries. Palaces surrounded by roses and romantic manor houses, white seaside resorts and proud Hanseatic cities provide picture perfect images.



Photo: TMW/TZR/outdoorvisions.com

Holiday at your own pace

The soft, undulating north is suitable for inexperienced "newbies" too. Everyone can decide how far and how fast they wish to cycle. Whether at a lake, on the beach or at a palace - idyllic places abound, inviting you to take a break to catch your breath. In some regions, two or more cycle routes cross. It is easy to combine the routes with each other. Good signposting ensures that no one leaves the right path.

Energy & well-being

After a day on your saddle you deserve a break full of wellness. The healthy north pampers its guests with a unique cornucopia of local remedies. Bubbling seawater and iodine-rich salt water, white chalk and black moors, mild sea air and many hours of sun revive your body and soul. Sea resort villas and Gründerzeit palaces, resorts and manor houses are home to luxurious temples of well-being.

Photos: TMW/Böttcher - TMW/outdoor-visions.com



Relaxing break: Whether cycling next to the sea, strolling over the waves or feasting in a restaurant - relaxation is everywhere.

Intoxicating variety: Mecklenburg-Vorpommern is generally pretty flat. However, holiday cyclists find their spirits soaring with every kilometre they travel. Around every corner, you can discover an abundance of nature and culture.



Photos: TMV/outdoor-visions.com · TMV/Grundner

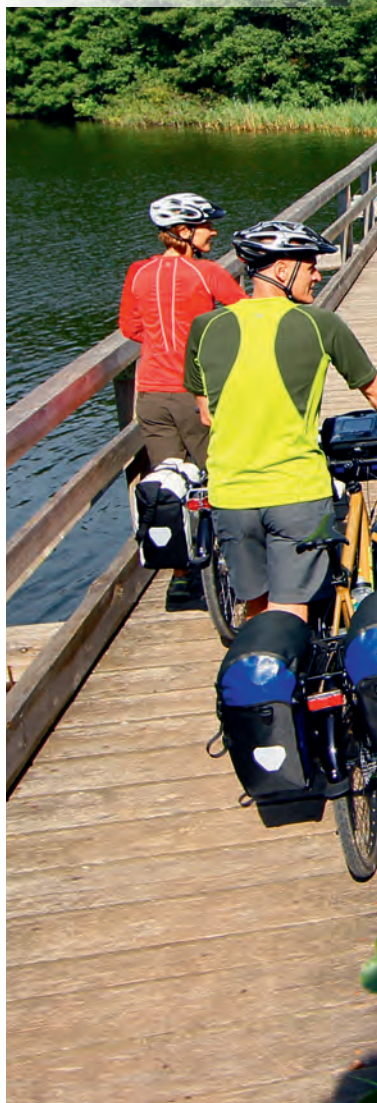
Cycling

between the sea and lakes

Cycling holidays in the blue-green north is pure refreshment seeing as it is never far to the next "bath tub". In Germany's number one water world, water murmurs, splashes, flows and bubbles wherever you go.

On its endless beach promenades, cyclists can discover small harbours and still bays along 1,943 kilometres of Baltic coast. You will ride from lake to lake and from palace to palace, through forests and meadows - sometimes over bumpy cobblestones and soft forest floors. Holiday cyclists are happy to accept this. After all, they are searching for true nature which has been lost elsewhere.

Those from big cities will be impressed with an extraordinary diversity of rare animals and plants. Sea eagles and osprey, cranes and storks float above you in the sky. In the reeds, otters play and the reflection of water lilies, irises and orchids sparkles on the water's surface. Extensive areas of the country are under special protection. Three national parks, three biosphere reserves and seven nature parks preserve a fabulous world of flora and fauna. Visitors can experience these vivid, original landscapes on their tours. Rangers show you where cranes dance and beavers build their lodges. A wonderful experience awaits you at all times of year.





In grand style

Behind the region's many hills, around 2,000 palaces, parks and manor houses await its visitors. Hardly any other region in Europe is sewn so densely with such precious pearls. Many were awoken and lovingly restored from their deep beauty sleep. Today, many lead new lives as hotels, restaurants, or museums. Cyclists are warmly invited to get off their bikes and stop for a while.

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Seeing and hearing

Barns and palaces, parks and harbours, brick cathedrals and village churches transform into breath-taking backdrops for amazing events. For fans of classical music, Mecklenburg-Vorpommern is considered to be synonymous with special concerts. Visitors feel as if they have stepped into a fairytale at the Schlossfestspiele (palace festivals) in Schwerin, Neustrelitz and Ludwigslust. The fiery historical spectacles around Störtebeker, Wallenstein and Vineta attract large audiences. The highlights of maritime events on the water, such as the Rostock Hanse Sail, the Lake Müritz Sail and the Warnemünde Week enthrall thousands of visitors every year.

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Photo: www.outdoorvisions.com

Routes & orientation

The long-distance cycle routes are well signposted with pictograms. Many of the circuit tours have already been signposted too. We recommend using a cycle map for the respective region so that you can find your way back to the main route after small detours. You can find all information regarding tours, routes and excursions on the internet at: www.off-to-mv.com/en/cycling. Here you can download your route as a GPX file on your GPS device in order to guide you along your chosen route. You can find accommodation and special offers for your holiday at: www.off-to-mv.com.

Bus & rail

If you wish to arrive in the north in a relaxed way or skip tour segments, there are several rail and bus companies available. The DB (German train company) runs a service line via Tel. +49 180 6 99 66 33 (20 ct/call from landlines, max. 60 ct/call from mobile phones). During the cycling season, even narrow-gauge railways, passenger ships and buses with bicycle trailers are happy to take your bike on board.



All-round service **for cyclists**



Pure pleasure: Explorers can look forward to numerous tour options and friendly hosts, who are always well-prepared to welcome cyclists.

Photos: TMW/WERK3 - TMW/Elsale-Hein



Photo: TMW/Eisele-Hein

Numerous bed+bike hotels, hostels and guest houses roll out the red carpet for cyclists. Whether you are spending your holiday here or just staying for the night. You can dry your clothes and use tools for smaller repairs. Besides maps, bus and train schedules, you will be able to get valuable, first-hand local knowledge.

One of Germany's most modern road networks provides a fast and comfortable arrival. From Hamburg and Berlin, you can be in the middle of nature within one or two hours. The region is easily accessible by

rail as well. In fact, bikers don't even need to bring their own bikes. You will find rental companies and bicycle repair shops with comfortable bikes and the matching tools everywhere you go.

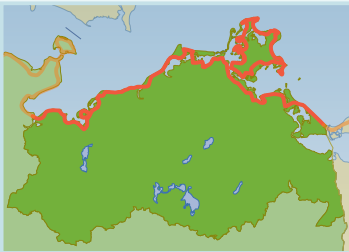
Long-distance cycle routes

Exciting tours through Germany's beautiful north

Mecklenburg-Vorpommern is a dream destination for many cyclists. Or possibly the start of a cycling dream. It's up to you. In total, nine routes take you through the coastal area. Each is more attractive and varied than the other. At some point, all paths lead to water - to the Baltic Sea, the Lake Müritz or one of the thousand lakes. In this brochure, you will discover eight long-distance cycle routes. Each will delight you with its very own charm. It's best if you experience it for yourself.



Baltic Sea cycle route



Hamburg-Rügen cycle route



Berlin-Copenhagen cycle route



Mecklenburg Lakes cycle route



A lot of variety; Discover the north by bicycle.
You might even discover the seabed, for example,
at the "Ozeaneum" nature experience centre in Stralsund.



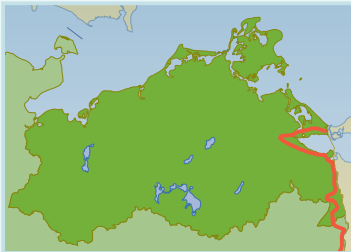
Photo: TWM/outdoor-visions.com

Signposting

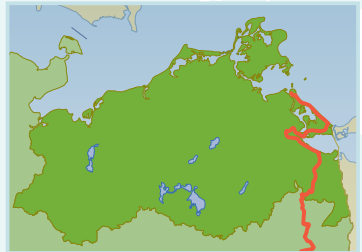
All the long-distance cycle routes described are well signposted. The signs display pictograms with the names of the long-distance cycle routes.

You can find additional information on the long-distance cycle routes at:
www.off-to-mv.com/en/cycling

Oder-Neiße cycle route



Berlin-Usedom cycle route



River Elbe-Lake Müritz cycle route



River Elbe cycle route



Baltic Sea cycle route | approx. 695 km | 15 Stages

Stages in MV: (Lübeck-Travemünde) · Wismar · Rerik · Rostock-Warnemünde · Ahrenshoop · Barth · Stralsund · Gingst · Kap Arkona · Sassnitz · Sellin · Putbus · Stralsund · Greifswald · Wolgast · Ahlbeck

Close to the sea

Spectacular seaside resorts, proud Hanseatic towns, three islands and a peninsula along the Baltic Sea cycle route, where holiday cyclists can discover Mecklenburg-Vorpommern from its most beautiful side. Time and time again, the route takes you along the coastline, only leaving it to make a quick detour into the charming hinterland.

The starting point of the tour is Lübeck-Travemünde. Beyond the dreamy, hilly landscape of the Klützer Winkel, cyclists will reach the UNESCO World Heritage Site of Wismar. In the Bay of Wismar, myriads of waterfowl rest on Poel Island, an idyllic fisherman's island. Past the Baltic resort of Rerik and over Kühlung Hill, the cycle route leads into the Baltic resort of Kühlungsborn and on to Heiligendamm, the white town by the sea. Following the bluff, the route continues to the seaside resort of

Warnemünde. On the opposite bank of the river Warnow the Rostock heath extends, a giant area of forest surrounding the Baltic resorts of Markgrafenheide and Graal-Müritz.

The tour takes cyclists further to the Fischland-Darß-Zingst peninsula, a popular stop for migratory birds. With its colourful captain's houses and rustic zeesen boat, Wustrow puts you in the mood for the wild, romantic peninsula. One highlight is the former artists' col-



Idyllic stop: The little harbour in the Baltic resort of Ahrenshoop.

ony Ahrenshoop with its thatched houses huddled amongst the gently rolling dunes.

In spring and autumn, swarms of cranes accompany cyclists to the UNESCO World Heritage Site of Stralsund, the awe-inspiring gateway to Germany's largest island.



Enchanting views: Germany's oldest seaside resort Heiligendamm and the Nienhagen ghost forest are particular highlights.

km 0

Max. height: 159 m

km 695



Ostsee



A world of water, full of experiences: The harbour of Ahrenshoop, the Darß west beach and the waves of the Baltic sea invite cyclists to stroll, wander and surf.

Baltic Sea cycle route | approx. 695 km | 15 Stages

Stages in MV: (Lübeck-Travemünde) · Wismar · Rerik · Rostock-Warnemünde · Ahrenshoop · Barth · Stralsund · Gingst · Kap Arkona · Sassnitz · Sellin · Putbus · Stralsund · Greifswald · Wolgast · Ahlbeck

Rügen is one of nature's masterpieces. The cycle route goes around the island, Cape Arkona, the famous chalk cliffs, as well as the elegant seaside resort villas in Binz, Sellin and Göhren.

The River Peene is not far from the University and Hanseatic town of Greifswald. At Wolgast the gates open to the sunny Isle of Usedom. Baltic resorts line the wide beaches with their prome-

nades and their well-preserved resort architecture all the way to Ahlbeck. Gently rolling hills and promontories are a typical sight in this natural paradise.

Further routes:

For anyone who thinks 695 km of cycle route is not enough, they can extend their tour to the European cycle route EuroVelo 10 towards Poland or start in Denmark.

Beyond Usedom, the route on the Polish side runs past the spa town of Kolberg with its natural brine spring, fresh sea air and healing moors. In the Slowinski National Park, cyclists meet imposing shifting sand dunes before reaching the venerable Hanseatic town of Danzig. Danzig's impressive historic backdrop with its tranquil alleys and 13 artistically designed



Photo: TMW/Gämsicke

Maritime mile: the old current "Alter Strom" in Warnemünde.

Things to see **Wismar** medieval town centre, UNESCO World Heritage Site, historic fountain "Wasserkunst" on the marketplace | **Rostock-Warnemünde** Seaside resort with lots of harbour romance | **Ahrenshoop** artists' town | **Stralsund** UNESCO World Heritage Site, Ozeaneum, town houses, Panorama view from St. Mary's Church (Marienkirche), Dänholm Island | **Sassnitz** world-famous chalk cliffs of Stubbenkammer, 117 m high Königsstuhl (King's Seat) in national park-centre | **Binz** 4 km long beach promenade, pier | **Göhren** narrow-gauge railway "Rasender Roland" | **Greifswald** Pomeranian State Museum, fishing village of Wieck with folding bridge, 15 stops

of the Caspar-David-Friedrich-art trail | **Bansin, Heringsdorf and Ahlbeck** Emperor's seaside resorts with glamorous villas and lodges in the resort architectural style, magnificent promenades, piers

Recommended map bikeline Rad-tourenbuch und Karte Ostseeküsten-Radweg 2 [bikeline cycle tour book and map Baltic Sea cycle route 2, ISBN 978-3-85000-461-9] Kompass Fahrrad-Tourenkarte (Kompass Bicycle Tour Map) Baltic Sea cycle route 2, ISBN 978-3-85026-799-1

Stages | Contact | Accommodation
Region Baltic coast Mecklenburg:

Stages Wismar, Rerik, Rostock-Warnemünde, www.ostseeferien.de |

Region Fischland-Darß-Zingst:

Stages Ahrenshoop, Barth,

www.fischland-darss-zingst.de |

Region Rügen: Stages Gingst,

Kap Arkona, Sassnitz, Sellin, Putbus,

www.ruegen.de | **Region Vorpommern:**

Stages Stralsund, Greifswald,

www.vorpommern.de | **Region**

Usedom: Stages Wolgast, Ahlbeck,

www.usedom.de

Train stations Lübeck-Travemünde,

Rostock-Warnemünde, Stralsund,

Ahlbeck

town gates has enchanted many a visitor.

In Denmark, the starting point of the tour is Copenhagen. The Baltic Sea cycle route takes cyclists past the lavish Gravenstein Palace, the Danish royal family's summer residence and Møns Klint, the majestic chalk cliffs, and on towards the border to Schleswig-Holstein. If you wish to shorten the tour, you can book the ferry from Gedser



Photo: TMM/Grundner

Refreshing perspectives: Taking a canoe to the chalk cliffs.

You can find information about the entire tour at the European Cyclists' Federation at "www.eurovelo10.com".

Further information
www.off-to-mv.com/en/cycling
www.pomorzeczachodnie.travel/en
www.pomorskie.travel/en
www.denmarkbybike.dk

to Rostock and continue the trip from there.



Interesting connection: On the Baltic Sea cycle route, you will discover medieval gothic brickwork in Greifswald and elegant resort architecture in Ahlbeck.

Romantic trip to an island of your dreams

An inviting cycle route connects North Germany's largest town with Germany's biggest island. It takes cyclists right through the middle of Mecklenburg-Vorpommern, past fairytale palaces and shimmering lakes, over the hills of Mecklenburg Schweiz to the world-famous chalk cliffs of Rügen.

Holiday cyclists are accompanied by the River Elbe to Lauenburg and by the Elbe-Lübeck canal to the town of Mölln, home to Eulenspiegel. It continues, past Lake Ratzeburg into idyllic Mecklenburg-Vorpommern. Between the island town of Ratzeburg and Gadebusch, cyclists discover the beauty of the UNESCO Biosphere Reserve of Lake Schaalsee, enchanted waters with kingfishers, otters, cranes and grey herons.

In Schwerin, the capital of Mecklenburg-Vorpommern, the palace

island tempts cyclists to park their bikes and relax with a coffee, watching the sailing boats go by. Beyond the castles of Gadebusch and Schwerin, Wiligrad Palace appears above Lake Schwerin in a romantic park and at Lake Bibow, Hasenwinkel Palace invites you to take a break. Behind the Barlach city of Güstrow, the hilly landscape of Mecklenburg Schweiz begins, with more dreamy palaces and glittering lakes.

The so-called "Three Steamed Land" of the rivers Peene, Tollense and

Trebel is famous for its abundance of fish. The Hanseatic town of Demmin invites to take a break. Cyclists follow the natural bends of the River Trebel towards Lake Tribsees, and soon they will see the impressive silhouette of the UNESCO World Heritage Site of Stralsund. After crossing the Rügendamm, cyclists reach Germany's biggest island with its endless sandy beaches, craggy steep coasts and glamorous seaside resorts. Past rustic villages and picturesque alleys, cyclists arrive in the classicist Putbus. North of Sassnitz, the Jasmund National Park awaits, whose snow-white chalk cliffs were made famous by the painter Caspar David Friedrich.



Popular sights: The modern Ozeaneum in Stralsund, the turreted palace in Schwerin, the idyllic harbour in Demmin and the snow-white chalk cliffs on the island of Rügen are the objects of many cyclists' dreams.

Green-blue land between metropolises

Out of the metropolis and into nature. When urban dwellers get a longing for lakes, they can jump on their saddles, following well-developed cycle routes past forests, lakes and fields and reach not only the Baltic Sea, but even pass it and cycle to Copenhagen.

At the lake Ellbogensee cyclists cross the border into Mecklenburg-Vorpommern. A mosaic of 320 lakes with hidden swimming spots and picturesque picnic sites invite visitors to relax. The queen of the lakes is Lake Müritz. She lent her name to the neighbouring national park. A paradise, where pine woods, beech groves and alder forests alternate. At least 800 butterfly and 260 bird species live here - including bitterns, osprey, storks and cranes. In spring and autumn, the cackling of 50.000 wild geese can be heard. In the harbour at Waren (Müritz) small boats bob on the waves of

Germany's largest inland lake. The ideal place to seek a cosy spot inside one of the numerous cafés.

At Jabel, the extensive forests of the Nature Park Nossentiner/Schwinzer Heide begin. It is comfortable to cycle beneath the shade of fragrant pines, then enjoy a dip in Lake Drewitz or Lake Krakow. Cyclists cross the crystal-clear waters of the Nebel Rivulet, which forces its way through a narrow valley near Serrahn.

In Alt Sammit and Bellin, stone churches, burial mounds and stone graves invite you to take a journey

back in time. The residence town of Güstrow unites architectural styles from many centuries - from gothic brickwork to classicism. Close by lies the small town of Bützow with its alleyways which invites visitors to ramble. The lush meadows of the Warnow greet all cyclists here, accompanying them down to the Baltic Sea.

The magnificent backdrop of Rostock has warmed the hearts of seafarers already in ancient times. Three monumental brickwork churches tower above the Hanseatic town. A short ferry ride across the Baltic Sea and the journey continues through Denmark's beautiful south. The journey culminates in Copenhagen with its mix of tradition and the cosmopolitan.



Attractive architecture: The town hall in Rostock, the renaissance palace in Güstrow, the Müritzeum in Waren (Müritz) and the church of Serrahn demonstrate the ability of architects both old and new.

km 0

Max. height: 113 m

km 680



Things to see **Neustrelitz** late Baroque city complex, market with town church and town hall, palace garden, orangery, gallery with sculptures in the palace church | **Waren (Müritz)** hist. old town, Marienkirche (St. Mary's Church) with ascent tower, Müritzeum with Germany's biggest fresh water aquarium | **Bellin** many burial mounds and stone graves in surroundings, Bellin stone circle (Steintanz) | **Güstrow** Renaissance Palace, Ernst-Barlach-museums, MV wildlife park with wolf enclosure | **Schwaan** Kunstmühle (windmill art museum) | **Rostock** gabled houses, Abbey of the Holy Cross, zoological gardens with Darwineum and Polarium, botanical gardens

Recommended map *bikeline Rad-tourenbuch und Karte Radfernweg Berlin-Kopenhagen Long-Distance Cycle Route Map/Guide*, ISBN 978-3-85000-454-1 | *Kompass Fahrradführer mit Routenkarte Von Berlin nach Kopenhagen* [Kompass Cycle Guide with Route Map from Berlin to Copenhagen], ISBN 978-3-99044-054-4 | *Publicpress Leporello Radtourenkarte Radweg Berlin-Kopenhagen* [Cycle map for cycle route Berlin-Copenhagen], ISBN 978-3-89920-236-6

Stages | Contact | Accommodation
Region Mecklenburg Lake District: Stages Neustrelitz, Waren (Müritz), www.mecklenburgische-seenplatte.de |
Region Mecklenburgische Schweiz: Stages Krakow am See, Bützow, www.mecklenburgische-schweiz.com |
Region Baltic coast Mecklenburg: Stage Rostock, www.ostseeferien.de

Train stations Berlin, Fürstenberg/Havel, Rostock, Kopenhagen

Mecklenburg Lakes cycle route | approx. 645 km | 14 Stages

Stages: Lüneburg · Dömitz · Ludwigslust · Parchim · Plau am See · Röbel/Müritz · Waren (Müritz) · Mirow · Neustrelitz · Neubrandenburg · Ueckermünde · Anklam · Ahlbeck · Wolgast

A water paradise of lakes and the sea

On this cycle route, water glitters and babbles behind nearly every bend. Lake Müritz, Germany's largest inland lake, is the centrepiece of this route. The Müritz National Park and the small lakes of the Mecklenburg Lake District can be found on its eastern shore. The arrival on the sunny Isle of Usedom is the spectacular finale of the trip.

From Lüneburg, the cycle route leads you through the Elbe floodplains to the Griese area. A splendid palace in Ludwigslust glitters in a landscape of horse paddocks and fields. In Neustadt-Glewe, medieval fortifications watch over the gate to Lewitz. A bird reserve is home to many canals and fish ponds and the River Elbe invites visitors to swim and paddle.

In Röbel/Müritz, cyclists reach Germany's largest inland lake. The silence of the Müritz National Park, which is only interrupted

by the murmur of ancient trees, is an enchanting contrast to the exuberant harbour town of Waren (Müritz). Off the saddle and up the Käfling Watch Tower - a 55 m high viewpoint of the green miracle from the perspective of a sea eagle.

The place Mirow between Lake Müritz and Havel with the castle island and the museum "3 Königinnen Palais" is a mecca for those who fancy themselves as captains, paddlers and canoeists. Everywhere, wonderful picnic and swimming spots abound. Behind

the former residence town of Neustrelitz, with its star-shaped town complex, the Müritz National Park opens up to the terraced landscape of Lake Tollense. On the northern edge of this lake, you will find the town of Neubrandenburg with its well-preserved weir system and four magnificent town gates.

The journey continues to Vorpommern. The first town on the Stettin Lagoon is Ueckermünde. Beyond Anklam, cyclists cross the River Peene to reach the Isle of Usedom. The home straight provides a glittering reception: The Baltic resorts lie, embedded like snow-white pearls, between the velvet green dune forests and the dreamy beach on the rustic island. In Wolgast, at the River Peene, the cycle route ends.

Things to see **Dömitz** pentagonal fort with museum, enchanting town centre, Elbe Bridge | **Ludwigslust** Baroque residential palace with sculptures and papier-mâché decor - today Museum, biggest park in North Germany | **Plau am See** old town, Palace tower, boat tours | **Stuer Müritz** Bear Sanctuary | **Röbel/Müritz** restored old town, Nikolai Church, Marienkirche (St. Mary's Church) | **Waren (Müritz)** two town harbours, beach promenade, Müritzsee, town hall | **Neustrelitz** late baroque city complex, Palace gardens, orangery, palace church | **Neubrandenburg** Marienkirche (St. Mary's Church) with one of Germany's most beautiful concert halls, city walls with four gates, Wiekhaus (guard houses) |

Anklam town moor, Otto-Lilienthal-Museum | **Ahlbeck, Heringsdorf, Bansin** emperor's seaside resorts with glamorous villas and lodges in the resort architectural style, magnificent promenades, piers | **Lüttenort** Otto Niemeyer-Holstein's studio

Recommended map Kompass Fahrrad-Tourenkarte Mecklenburgischer Seen-Radweg [Kompass Bicycle Tour map Mecklenburg Lakes cycle route], ISBN 978-3-85026-788-5 | bikeline Radtourenbuch und Karte Mecklenburgischer Seen-Radweg [bikeline Bicycle Tour map Mecklenburg Lakes Cycle route], ISBN 978-3-85000-181-6

Stages | Contact | Accommodation
Region Mecklenburg-Schwerin: Stages Neuhaus, Dömitz, Ludwigslust, Parchim, www.mecklenburg-schwerin.de | **Region Mecklenburg Lake District:** Stages Plau am See, Röbel/Müritz, Waren (Müritz), Mirow, Neustrelitz, Neubrandenburg, www.mecklenburgische-seenplatte.de | **Region Vorpommern:** Stages Ueckermünde, Anklam, www.vorpommern.de | **Region Usedom:** Stages Ahlbeck, Wolgast, www.usedom.de

Train stations Lüneburg, Ludwigslust, Waren (Müritz), Wolgast

km 0

Max. height: 128 m

km 645



Fantastic attractions: Visitors can really get their fill exploring the ducal palace in Ludwigslust, the Stargard gate in Neubrandenburg and Lake Plau.



Stages in MV: Penkun · Löcknitz · Ueckermünde · Anklam · Ahlbeck

Following the rivers to the sea

Like the cyclists, they flow towards the sea: the River Oder and the River Neiße. From the Czech Republic via Brandenburg, the cycle route reaches the border of Mecklenburg-Vorpommern. From here, it's just a skip and a jump to Usedom, where the fine sand beaches and wide sea wait to be conquered.



Photo: TMW/LeGrand

Excursions by boat: The excursion boats stop at the town harbour in Ueckermünde.

It starts with some light sport in the Jizera Mountains: The birth place of the Neiße offers pleasurable ascents and descents with

heavenly views. North of Frankfurt (River Oder), the Neiße unites with the Oder, their dykes are equipped with wonderful cycle routes.

Things to see Penkun castle with town museum, open-air museum | Löcknitz accessible keep and museum | Ahlbeck seabed Fen | Ludwigshof Manor house as headquarters of the Kulturwerk Vorpommern e. V. (cultural association), small gallery with temporary exhibitions | Rieth idyllic village complex on Lake Neuwarp | Ueckermünde Renaissance castle with lagoon museum, baroque Marienkirche (St. Mary's Church), town harbour | Anklam Otto-Lilienthal-Museum with large collection of historic flight apparatuses, remains of fortifications, regional museum in stone gate, powder tower, churches |

Karnin Remains of Karnin Lift Bridge over the River Peene | Usedom Anklam gate with local history museum, Marienkirche (St. Mary's Church), classicistic town hall | Dargen Technology and bicycle museum | Ahlbeck Emperor's seaside resort with villas and lodges in the resort architectural style, 280 m long pier

Recommended map bikeline Rad-tourenbuch und Karte Oder-Neiße-Radweg [bikeline Cycle Tour Book and Map Oder-Neiße cycle route], ISBN 978-3-85000-014-7 | Publicpress Leporello Radwanderkarte Oder-Neiße-Radweg,

Shortly before the border to Mecklenburg-Vorpommern, the cycle route leaves the River Oder which pours into the Stettin Lagoon on the Polish side.

Vorpommern welcomes its guests with seven idyllic lakes. Through fields blossoming with flowers and undulating fields of the Randowbruch, it is on to Krackow with its typically Vorpommern architecture. Löcknitz snuggles dreamily in the quiet Randow Valley where only the babbling of the river and humming of bees interrupt the stillness. With a thousand-year old oak standing guard, Lake Löcknitz invites visitors to take a refreshing dip.

At Glashütte, the Ueckermünde heath begins - like a green sea, its comforting scent of forest and

[Publicpress Leporello Cycle Tour map Oder-Neiße cycle route] ISBN 978-3-89920-266-3

Stages | Contact | Accommodation
Region Vorpommern: Stages Penkun, Löcknitz, Ueckermünde, Anklam, www.vorpommern.de | **Region Usedom:** Stage Ahlbeck, www.usedom.de

Train stations Liberec, Zittau, Frankfurt (Oder), Schwedt (Oder), Ahlbeck

water blows your lungs free. The town of Ueckermünde captivates with its charming renaissance castle and the lively harbour.

Directly on the water, accompanied by numerous waterfowl, the cycle route leads to the Lilienthal town of Anklam. An imposing folding bridge connects the town to the Isle of Usedom. Enchanting bays, soft hills and blooming rapeseed fields shape the rustic hinterland of the island.

Ahlbeck, the destination of this journey, is one of the emperor's seaside resorts. These present themselves with the finest resort architecture, a broad promenade, villas of the golden age, filigree piers and kilometres of dream beaches.



Picturesque: Water lovers are in their element at the River Peene near Anklam and at the Baltic Sea in Ahlbeck.

Stages in MV: Pasewalk · Ueckermünde · Anklam · Ahlbeck · Peenemünde

From the capital city to the sun island

Even during the emperor's times, Usedom was known as "Berlin's bathtub". While high society used to travel to the glittering seaside resorts by steam train, today many connoisseurs cycle to the north. That's because the journey to the fine, sandy, and sunny Baltic Sea paradise is an experience in itself.

The journey to the sunny Isle of Usedom begins right in the middle of the pulsing centre of the cosmopolitan city of Berlin. From Prenzlau, cyclists practically fly over the flat meadows of the Uckermark towards Mecklenburg-Vorpommern. The Uecker rivulet accompanies you through Stettin Lagoon Nature Park to Ueckermünde. In damp meadows and among blossoming water lilies, birds, amphibians and butterflies teem. North of Pasewalk, the forest rules. A sea of green pines, white birches and purple heathers reaches up to the lagoon. Like a beacon, the castle tower of Ueck-

ermünde soars high above the old town. A colourful throng of sailing boats, fishing boats and passenger ships spread their maritime flair. West of the harbour town, cosy fishing villages alternate with seaside resorts with their fine sand.

In Anklam, the birthplace of the aviation pioneer Otto Lilienthal, even the most down to earth cyclists tend to soar. Pass a drawbridge to reach the isle of usedom. While crossing the rustic hinterlands it quickly becomes clear why the island was declared a nature park. The promenade between the emperor's seaside resorts of



Famous airhead: The Hanseatic town of Anklam dedicated a museum to its famous son, Otto Lilienthal.

Ahlbeck, Heringsdorf and Bansin leads past the magnificent villas of the golden era. Below, the longest sandy beach on the Baltic coast spreads out, which is intersected by elegant piers. On the narrowest part on the island near Lüttenort, the view of the lagoon Achterwasser opens up beyond the cycle route. Fascinated by the beguiling landscape, the painter Otto Niemeyer-Holstein established his studio and residence here.



Relaxing contrasts: The magnificent resort architecture in the seaside spa resort of Bansin and a calm mooring at the Stettin Lagoon.



Stages in MV: Parchim · Plau am See · Waren (Müritz) · Röbel/Müritz

Cycling between rivers and lakes

The landscape between the River Elbe and the Mecklenburg Lake District is wide and somewhat hilly. The cycle route, lined by small towns and dreamy villages, promises unforgettable experiences, characterised by untouched nature, regional cuisine and friendly hospitality.



Photos: TMW/WERK3 (2) · TMW/Krüger (1)



Filigree towers: From far away, the Klink Palace on the banks of Lake Müritz and the St Mary's Church in Röbel can be seen, soaring towards the heavens.

Things to see **Platschow** Elefantenhof (Elephant Sanctuary) | **Pampin** Sculpture park in nature | **Parchim** Parish church St. Marien, Wockersee (lake), timbered houses | **Lübz** municipal tower, town museum | **Plau am See** Viewing tower at the harbour, castle tower | **Karow** "Karower Meiler" information and cultural centre | **Old Schwerin** Agroneum | **Ulrichshusen** castle | **Waren (Müritz)** St. Mary's Church with tower ascent, seasonal open-air theatre, town harbour, Müritzeum | **Klink** castle hotel and Orangery | **Röbel/**

Müritz Tranquil old town with many restored timbered houses, Marienkirche (St. Mary's Church), harbour promenade, Railway museum

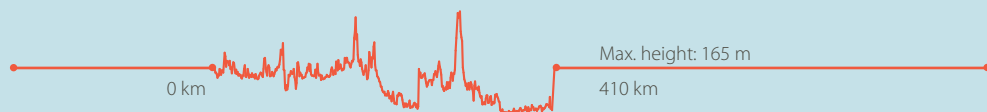
Recommended map BVA/ADFC Regionalkarte Radlerparadies Prignitz [BVA/ADFC Regional map Prignitz Cycling Paradise], ISBN 978-3-87073-674-3

Stages | Contact | Accommodation

Region Mecklenburg-Schwerin: Stage Parchim, www.mecklenburg-schwerin.de |

Region Mecklenburg Lake District: Stages Plau am See, Waren (Müritz), Röbel/Müritz, www.mecklenburgische-seenplatte.de

Train stations Wittenberge, Parchim, Waren (Müritz)





Stages in MV: Dömitz · Boizenburg

Culture and nature on a blue ribbon

The River Elbe flows in infinite serenity from the Sudeten Mountains to the mudflats. On its banks, the cycle route winds past palaces and palaces, churches, villages and towns. History and culture are omnipresent in Dresden, Dessau or Magdeburg. At Dömitz and Boizenburg, the River Elbe visits Mecklenburg-Vorpommern.



Relaxed journey with amazing views: The wide current is a constant companion on the River Elbe cycle route. The small bays and fine beaches on the banks are resting places with plenty of views.

Things to see In many spots you can cycle on both banks along the River Elbe cycle route, you can switch sides as many times as you like via bridges or ferries. **Dömitz** pentagonal fort with museum, Fritz-Reuter-Museum, enchanting town centre, estuary of the Lake Müritz-River Elbe waterway in the River Elbe, beautiful view over the River Elbe floodplains, Elbe Bridge | south-east of Dömitz in **Klein Schmölen** biggest active inland shifting dune in Europe | **Boizenburg** picturesque old

town with mosaics, local history museum, first German tile museum, Elbberg museum, "Boizenburger Schneck" with symphonic willow tree path

Recommended map BVA/ADFC Radreiseführer Elberadweg Nord [BVA/ADFC Cycle guide River Elbe cycle route, North], ISBN 978-3-87073-788-7 | bikeline Radtourenbuch und Karte Elbe-Radweg 2 [bikeline Cycle Tour Book and Map River Elbe cycle route 2], ISBN 978-3-85000-447-3

Stages | Contact | Accommodation
Region Mecklenburg-Schwerin:
Stages Dömitz, Boizenburg,
www.mecklenburg-schwerin.de

Train stations Dresden, Boizenburg, Hamburg



Photo: TV Mecklenburg-Schwerin/photocompany (1) - TW/Lozig (1)

Cycling circuit tours

*Tours full of experiences
for a short holiday*

In the cycling paradise between the Baltic Sea and Lake Müritz, the River Elbe and the Stettin Lagoon, 21 picture-perfect circuit tours await you. Each is more beautiful and varied than the next. Wherever the cycles roll, don't forget swimwear. Because in the beautiful north, all roads lead to water as you will discover in the five tours described below.



Manor house circuit tour



Fischland-Darß-Zingst circuit tour



Rügen circuit tour



Idyllic country trip: Luscious green forests and meadows accompany cyclists on their way from lake to lake till they reach the sea.



Signposting

Most of the cycling circuit tours, including the secondary routes are well signposted. The pictograms with the name of the circuit tour act as signposts. When two routes cross, then just follow the corresponding colour of your route. All cycling circuit tours at: www.off-to-mv.com/en/cycling



Usedom circuit tour



Lake Müritz circuit tour



Spruced up village beauties

In the midst of soft hills, blossoming meadows and cool forests, idyllic villages with respectable manor houses from the 18th and 19th century are located. These splendid buildings impress with Roman columns, baroque ornaments or neogothic arches and in many places with beautiful parks.



Photo: TMW/Grundhner

Perfect harmony: The Doberan Minster displays the finest gothic brickwork.

Things to see *Bad Doberan* seaside resort, Minster, classicist town ensemble, "Molli" narrow-gauge railway, racecourse | *Manor houses in Hohen Luckow, Wokrent, Rederank, Gerdshagen, Rosenhagen, Klein Nienhagen, Gravensdorf* | *Neubukow Heinrich-Schliemann Memorial Site* | *Manor houses in Roggow, Blengow, Hohen Niendorf, Bastorf, Kägsdorf* | *Bastorf* highest lighthouse in Germany | *Kühlungsborn* resort architecture, longest promenade on the Baltic coast, yacht harbour with maritime flair | *Heiligendamm* first German seaside resort, white classicist

ensemble **Secondary routes** *manor houses Altenhagen and Gerdorf* | *Kröpelin* Windmill

Recommended map BVA/ADFC Regionalkarte Schwerin, Ostseeküste [BVA/ADFC Regional Map Schwerin Baltic Coast], ISBN 978-3-87073-740-5 | *bikeline* Radkarte Lübecker Bucht, Wismar [bikeline Cycle Map Lübeck Bay, Wismar], ISBN 978-3-85000-612-5

Stages | **Contact** | **Accommodation** *Region Baltic coast Mecklenburg*: www.ostseeferien.de

The circuit tour starts at the Minster town of Bad Doberan with its well-known Cistercian Abbey and classicist lodges. It leads through a picture-book landscape with small hills, knotted meadows and fields lined with flowers, onwards past wide meadows with horses and cows. Strung, as on a pearl necklace, the manor houses line the road to the birthplace of the man who discovered Troy, Heinrich Schliemann. Neubukow welcomes its guests as an idyllic small town with a well-maintained Dutch windmill.

A few kilometres later, the path leads to Salzhaff, a brine lagoon, where myriads of birds frolic in the waters in front of the peninsula of Wustrow. Between the rapeseed fields around the Bastorf lighthouse, one romantic manor house

Train stations *Bad Doberan, Neubukow, Kühlungsborn*

Other circuit tours in the region
Western Brickwork circuit tour: approx. 370 km, 7 Stages | **Warnowtal circuit tour**: approx. 230 km, 4 Stages | Further information at: www.off-to-mv.com/en/cycling

follows another. The sea is always very close and invites visitors to take a refreshing break.

The kilometre long promenade and pier at the Baltic resort of Kühlungsborn tempts visitors to stay for a while. Glamorous white villas in the resort architectural style, and the snow-white classicism ensemble in nearby Heiligendamm hark back to life during the emperor's era.

The avenue to Bad Doberan, seamed by splendid linden trees and yellow rapeseed fields, goes past the oldest horse racecourse on the European mainland. A particular highlight is the "Molli" narrow-gauge railway with its huffing and whistling steam engine, which, at times, accompanies cyclists on their way.



Scenic gold: The manor house in Hohen Luckow and the yellow rapeseed fields look like images from a picture book.

Stages: Ribnitz-Damgarten · Zingst · Stralsund · Marlow · Ribnitz-Damgarten

Crown jewel between the Baltic Sea and lagoons

The Fischland-Darß-Zingst peninsula belongs to Europe's most diverse landscapes. Its beaches and bluffs, bays and spits and the lagoons of the National Park Vorpommersche Boddenlandschaft form one single adventure land.



Photo: TMW/Grundner

Real highlight: A detour to the lighthouse at Darßer Ort with a view.

The peninsula between the lagoons and the sea is nature's building site. The National Park Vorpommersche Boddenlandschaft protects this unique paradise, featuring fine sandy beaches on one side and high reed belts on the other. At western beach, the sea impetuously heaps its sandy loot on the northern tip. Between the wild romance of the coast and the gentle lagoons, the Darß Forest murmurs. The cycle route winds directly along the lagoons. Through the fishing villages of Born and

Wieck past reed fields and zeesen boats - traditional boats of the local fishermen. At Prerow, the up to 80 metre wide fine sandy beach calls. Time and time again, the dyke path to Zingst tempts cyclists to go swimming.

Over 100 bird species have made the peninsula the biggest resting site for birds in Central Europe. In spring and autumn, cyclists can admire the cranes' breathtaking spectacle between Barth and Stralsund. From the Barhöft viewing tower you can see this unique water world from above. Stralsund greets on the horizon, a man-made gem. In the quiet hinterlands of this formerly powerful Hanseatic

Things to see Ribnitz-Damgarten German amber museum in the Clarissen Convent, show manufacture, Marienkirche (St. Mary's Church), Bodden thermal baths, harbour | Wustrow Captain's houses | Ahrenshoop artist town, ship's church "Schifferkirche", art museum, Althagen harbour | Wieck "Darßer Arche" nature exhibition, nature film festival | Prerow Darß-Museum, lighthouse | Zingst Bird islands | Barth Vineta-Museum, church with tower ascent, Low German Bible Centre, Harbour | Günz Cranorama | Groß Mohrdorf Crane information centre | Barhöft Viewing tower | Stralsund harbour with ware-

houses, UNESCO World Heritage Site, Ozeaneum | manor houses in Klein Kordshagen, Zimkendorf, Schlemmin, Semlow | Marlow Bird Park | Recknitztal Nature reserve

Recommended map BVA/ADFC Rad-tourenkarte 3 [BVA/ADFC Cycle tour map]: Baltic coast, Mecklenburg, ISBN 978-3-87073-725-2

Stages | Contact | Accommodation
Region Fischland-Darß-Zingst: Stages Ribnitz-Damgarten, Zingst, Marlow, www.fischland-darss-zingst.de | **Region Vorpommern:** Stage Stralsund, www.vorpommern.de

Train stations
Ribnitz-Damgarten, Barth, Stralsund

Other circuit tours in the region
Trebeltal circuit tour: approx. 120 km, 2 Stages | **Recknitztal circuit tour:** approx. 210 km, 4 Stages | Further information at: www.off-to-mv.com/en/cycling



Max. height: 37 m



km 0

km 200

metropolis, fields, and meadows and brooks are the main features. The villages strewn widely across the landscape with ancient churches and opulent manor houses. In Schlemmin and Semlow, castles glow like fairytales in the midst of beautiful parks. Soon, the graceful Recknitz rivulet crosses the path. On the other side lies Marlow - well-known for its biodiverse bird park.

In numerous loops, the renaturalised rivulet Recknitz winds through an primeval valley. The entire lower Recknitz Valley is under strict conservation. Up until the estuary into the lagoon right before Ribnitz-Damgarten, cyclists can follow the border river between Mecklenburg and Vorpommern.



Welcome to the show: In the National Park Vorpommersche Boddenlandschaft, nature directs her own film. She prepares the stage for picturesque sunsets and dancing cranes. A wonderful experience.

Harmony of contrasts

The largest island in Germany amazes visitors with its diversity. Kilometres of sandy beaches and steep coasts, glamorous seaside resorts and rustic fishing villages. Plus its pristine nature. For cyclists there are wonderful views to discover: The world-famous chalk cliffs, the Baltic Sea and lagoons, meadows and forests.

The circuit route starts in Sassnitz with a winding descent to its fishing harbour rich in tradition. Past the flint fields of Mukran and the 4.5 km long “Colossus of Prora”, a relic from the Third Reich, the route leads to the Baltic resorts of Binz, Sellin, Baabe and Göhren, always with salty taste of fresh sea air on your lips. The “Rasender Roland” narrow-gauge railway connects the seaside resorts known for their resort architecture, piers and promenades. The adjacent beech forests of Granitz provide cooling freshness.

The primordial nature of the Mönchgut peninsula with its bays

Things to see Resort architecture in Sassnitz, Binz, Sellin, Baabe and Göhren | **Sassnitz Harbour**, fishing and harbour museum | **Mukran Ferry**, harbour, flint fields | **Prora** “Naturerbezentrum Rügen” nature heritage site with treetop path | **Binz Kurhaus**, promenade | **Sellin Pier** and diving bell | **Putbus classicist town ensemble**, Palace grounds with game reserve | **Isle of Ummanz Bird paradise**, National Park Vorpommersche Boddenlandschaft exhibition | **Cape Arkona** northernmost point of the country, two lighthouses | **Spyker castle** | **Bobbin**



Pure luxury: The Binz Kurhaus for first class well-being services.

and headlands leads to the next stage in the south of the island. On their way, cyclists can admire the snow-white classicist town ensemble of the residence town of Putbus.

Rügen Dinosaur land, “Tempelberg” viewpoint | **Jasmund National Park** Chalk cliffs, National park centre at the Königsstuhl (King’s Seat), UNESCO-World Heritage Site of Alte Buchenwälder (old beech forests)

Recommended map bikeline Radkarte Rügen, Stralsund, Hiddensee [bikeline Cyclemap Rügen, Stralsund, Hiddensee] ISBN 978-3-85000-207-3 | BVA/ADFC Regionalkarte Rügen, Fischland-Darß [BVA/ADFC regional map Rügen, Darß Fishing country], ISBN 978-3-87073-736-8

Altefähr offers an impressive panorama of the Stralsund old town. A good contrast to the small fishing villages on Rügen’s west coast. The route to Gingst leads through the nearly deserted nature of Ummanz Island, accompanied by numerous waterfowl and waders and massive swarms of cranes in spring and autumn.

Cyclists take the ferry to the Wittow peninsula. On the wild-romantic Cape Arkona, two lighthouses defy the wind and the weather. The heritage-protected fishing village of Vitt snuggles idyllically in a small bay. Along the kilometre long sandy beach, it is time for the highlight of the circuit tour - the Jasmund National Park with its world-famous chalk cliffs, embedded in the rich green beech forests of the Stubbenkammer.

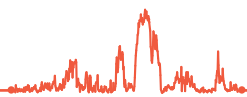
Stages | Contact | Accommodation
Region Rügen: www.ruegen.de

Train stations
Sassnitz, Bergen, Binz, Stralsund

Other circuit tours in the region
Hiddensee-Cycle path: approx. 23 km, 1 Stage | Further information at: www.off-to-mv.com/en/cycling

Photo: TMW/Krüger

km 0



Max. height: 159 m

km 275



Varied isle: On Germany's biggest island there is a lot to see and experience. One of the absolute favourites are the imposing chalk cliffs, the green avenues and the viewing platforms of both lighthouses on Cape Arkona.

Stages: Wolgast · Bansin · Usedom · Wolgast

Pure variety on the sun island

While the seaside resorts are strung like pearls along the 42 kilometre long sandy beach, the green hinterlands of the sun island fascinate with its rustic thatched houses and untouched nature. The contrast of sea, beach, nature and rural idyll makes the cycle tour on Usedom an ever-changing pleasure.

The circuit tour starts in Wolgast. An imposing folding bridge over the River Peene leads to the sunny Isle of Usedom. Passing the silent banks of the waterway, cyclists dive into a mixed forest: Like a green ribbon it stretches along the fine white beach up to Swinemünde in Poland. One seaside resort lies next to the other: Zinnowitz, Bansin, Heringsdorf and Ahlbeck are their most famous representatives.

Elegant villas and snow-white lodges decorate the promenades. You can stroll over the piers which jut far out into the sea, like in the bygone golden age. Rustic fishing villages and thatched brine huts stretch along a narrow strip between the Baltic Sea and Achterwasser lagoons. You can enjoy one of the most beautiful views from the small hill Streckelsberg near Koserow.

In the unspoiled hinterland of the seaside resorts, it is not difficult to



Photo: TMW/Klüger

Idyllic stop: The small harbour in the Baltic resort of Karlshagen.

guess why the entire island was declared a Nature Park. It is characterised by hills covered with forests and blossoming rapeseed fields, small lakes and secret moors. The Lieper Winkel is an insider's tip for those looking for tranquillity. More birds than people frolic on the flat peninsula in the Achterwasser



Beloved summer freshness: Over 100 years ago, wealthy city dwellers made their pilgrimage to Usedom. That is what gave the island the nickname of "Berlin's bathtub". Today, more and more people searching for relaxation discover the Baltic resorts and the dreamy inland by bicycle.

Stages: Waren (Müritz) · Lärz · Waren (Müritz)

The small sea

From the northern bank of Lake Müritz, Germany's biggest inland lake, the well-developed cycle route leads cyclists away from the old town of Waren (Müritz), past the town harbour, straight into Müritz National Park. It is recommended to use the Müritz National Park ticket in order to discover all the attractions in the extensive reserve. A visit to the Müritzeum is worthwhile.

The journey around the "small sea", Lake Müritz, is without doubt one of the most beautiful experiences for every cycle and nature fan. It starts in Waren (Müritz) and leads into the paradisiacal solitude of Müritz National Park. The rustic forests, enchanted moors and crystal clear lakes on the east shore are like a wildly romantic garden of Eden. Cranes, deer and sea eagles are the indomitable rulers here. In Federow, a video camera lets visitors get a view of an eagle's nest. On the south shore of Lake Müritz, cyclists reach Rechlin. The narrow southern offshoots of Lake



Colourful leaf roof: In autumn the Lake Müritz National Park glows with bright colours.

Photo: TMW/Steindorf-Sabath

Müritz jut like fjords into the hills covered in dense forest. The tour takes you through this blue-green world of wonders to the west shore of Germany's biggest inland lake and then directly along the

water. Whenever the reeds open up, picturesque villages, creaking bathhouses and dreamy bathing areas can be found. The tranquil peninsula of Großer Schwerin is reserved for the birds. Here, cranes, wild geese and coots set the tone. A few kilometres away lies the holiday resort of Röbel/Müritz. Daring stair climbers should not miss out on the view from the 58 meter high church tower on St. Mary's Church (Marienkirche). The water paradise reaches as far as the eye can see. After that the route continues along the hilly bank. On the isthmus between Lake Müritz and Lake Kölpin, the neorenaissance Klink castle can be seen. In the evening, cyclists return to the promenade of Waren (Müritz) and enjoy a romantic evening walk at the town harbour with numerous bars and restaurants.

Things to see Waren (Müritz) historic old town, Müritzeum, St. Marienkirche (St. Mary's Church) with tower ascent, Müritz legend, show garden Tiefwarenssee | Müritz National Park with UNESCO World Nature Heritage the Serrahn Beech Forest | Federow National park information centre, eagle watching station, audio play church | Boek National park information centre in the manor house with tin miniatures, wildlife park | Rechlin Aviation museum, harbour | Lärz Sightseeing flights, hot air balloon flights | Buchholz Harbour | Priborn Manor house | Ludorf Octagonal church, manor

house ensemble, castle wall | Röbel/Müritz restored old town, Marienkirche (St. Mary's Church), harbour promenade, Müritz Thermal Baths | Sietow old fishing village, harbour | Klink Neorenaissance castle

Recommended map BVA/ADFC Regionalkarte Mecklenburgische Seenplatte [BVA/ADFC Regional Map Mecklenburg Lakes], ISBN 978-3-87073-741-2

Stages | Contact | Accommodation
Region Mecklenburg Lake District:
www.mecklenburgische-seenplatte.de

Train stations Waren (Müritz)

Other circuit tours in the region
Ice age route: approx. 375 km, 7 Stages |
Tollensetal circuit tour: approx. 170 km, 3 Stages | Further information at: www.off-to-mv.com/en/cycling



Best location: Waren (Müritz) enchants with its maritime flair and a fine marina. Furthermore, the small town is a perfect destination and starting point for discovery tours through the Lake Müritz National Park.

Romanticism in Vorpommern

Vorpommern impresses with its picturesque landscape, which influenced and inspired Caspar David Friedrich, Friedrich August von Klinkowström, Philipp Otto Runge and other artists 200 years ago. Discover the original settings on the Caspar David Friedrich Trail in Greifswald or on the Route of North German Romanticism along the beloved Baltic Sea cycle route.

1 | Caspar David Friedrich Trail

Greifswald is the home port of Romanticism, famous not only for its picturesque old town or its location by the sea, but also because Caspar David Friedrich was born here in 1774. The motifs of the greatest Romantic painter are still present in and around Greifswald today - the market square, the museum harbour with its historic ships and the ruins of Eldena Abbey.

A 15-station trail traces the vantage points Friedrich chose as his central themes and outlines the key stages of his life and work.

Stops Tour 1: Caspar David Friedrich Centre, St. Nicholas' Cathedral, University of Greifswald, St. Jacob's Church, Am Wall (city's ramparts), Meadows near Greifswald, An der Bleiche, Steinbecker Bridge, Museum Harbour, On the River Ryck, Utkiek, The Danish Wiek, Ruins of Eldena Abbey, Market Square, Pomeranian State Museum

The art trail can be explored by combining walking (Greifswald old town) and cycling.

Walking tour of the old town:
1.5 km

From the harbour to the abbey ruins: 8.0 km

Extensive tour: 18.0 km



Small museum: The Rungehaus Wolgast.

Photo: TMW/Krauss

2 | Route of North German Romanticism

From the ruins of Eldena Abbey to the Rungehaus Wolgast, this 54 km Route of North German Romanticism, passes the important life and motif stages of the early romantic painters, Caspar David Friedrich, Friedrich August von Klinkowström, Philipp Otto Runge and poet Karl Gottlieb Lappe. These original settings include Ludwigsburg Castle, Vierow Harbour and the Rungehaus in Wolgast.

Following the Baltic Sea cycle route, information boards at 10 designated stations give an explanation of the art historical themes and provide a selection of interesting tips about further nature and cultural highlights on and along the route.

Stops Tour 2: Ruins of Eldena Abbey, Kemnitz Village Church, Ludwigsburg Castle, Vierow Harbour, Seaside Resort Lubmin, Wusterhusen Parsonage, Fishing Village Freest, Wolgast, Wolgast Harbour, Rungehaus Wolgast

Recommended map Flyer for the Route of North German Romanticism (romanticism.vorpommern.de)

Contact caspar-david-friedrich-greifswald.de/welcome.html
www.vorpommern.de/en



Photos: TMW/Krauss (3)



Max. height: 98 m

18 km

54 km



Scenic tour: The ruins of Eldena Abbey in Greifswald - one of the favourite motifs of Caspar David Friedrich - and the natural beach in Ludwigsburg - a picturesque stop on the Route of North German Romanticism.

Hand bike tours suitable for wheelchair users | from 15 km to 35 km

4 selected regional routes: Poel Island Tour · 16 km | Art Tour · 18 km | Stettin Lagoon with sailing trip < · from 15 km to 35 km | Lake Müritz National Park · 34 km

Unlimited adventure

Especially for handbikers and wheelchair users, Germany's beautiful north offers barrier-free discovery tours. Accommodations, restaurants, museums and exhibition centres are prepared to welcome guests with disabilities.

1 | Poel Island Tour · 16 km This quiet road leads from Fährdorf to Gollwitz. Via a surfaced sand path through a dreamy avenue along the steep coast, you can reach the place known as the Schwarzer Busch (Black Bush). There you will find one of the island's most beautiful beaches for swimming before returning to Fährdorf via Kirchdorf.

2 | Art tour · 18 km On the Berlin-Copenhagen cycle route, head south from Rostock. Pass the horse paddocks and wide fields, the well tarmacked cycle route winds past the Schwaan artist colony. From Huckstorf to Benitz you will need to put in a little effort for around 1 kilometre, the gradient is about 15%. The reward awaits



Unlimited freedom: Enjoy lakes and sea.

Photo: TMW/Thomas Ulrich

in Schwaan with a visit to the accessible Kunstmühle (windmill art museum) and a piece of Prasselkuchen (a cake made with puff pastry). Return to Rostock by regional train. The Schwaan and Rostock train stations are barrier-free. *Tip:* If you take the tour in the other direction, then the gradient at Huckstorf is a thrilling descent!

3 | Stettin Lagoon with a sailing trip · 20 km The border town Altwarp is the starting point for

the cycle tour. Before setting off, one should enjoy some fish in this ancient fishing village. It smells of juniper, the signposted asphalt path in a good condition goes via Vogelsang-Warsin and Bellin towards the lagoon town of Ueckermünde. This is the home harbour for the wheelchair sailing boat "Wappen von Ueckermünde". Sign up for Germany's first tall ship! Up to four wheelchair users can hoist the sails themselves on day trips and multi-day tours.

4 | Lake Müritz National Park · 34 km The spa resort of Waren (Müritz) is the starting point for this beautiful cycle tour. From Federow it's off on surfaced sand paths through the Lake Müritz National Park. The accessible pier jutting into the Lake Priesterbäker offers a good view. From Rechlin you return to Waren (Müritz) with the accessible ships of the "Weisse Flotte".



Barrier-free: Wheelchair users and handbiker can travel the country unlimitedly in more and more places. Many attractions, such as the MÜRITZEUM in Waren (Müritz) offer barrier-free access.

Photos: TMW/Ulrich (1) · TMW/Krauss (1) · TMW/Legend (1)



Things to see **Tour 1: Schwarzer Busch (Black Bush)** Dambeck potter's workshop, Promenade | **Oertzenhof Café Frieda** | **Kirchdorf Harbour** | **Wismar day-trip** church St. Georgen, world heritage house, Schabell House

Tour 2: Rostock Zoo with Darwineum and Polarium, old town with brickwork churches and monasteries | **Schwaan** Art museum with alternating exhibitions

Tour 3: Altwarp Harbour Inland dunes | **Ueckermünde Zoo**, high rope course

in ZERUM (wheel chair access), lagoon museum, Rollisegler (Sailing with access for disabled)

Tour 4: Waren (Müritz) historic old town, Müritzeum, harbour | **Federow** National Park information with eagle watching | **Rechlin** Aviation museum, harbour

Recommended map Kompass Fahrradkarte Ostseeküste, Rostock, Wismar [Kompass Bicycle Map Baltic Coast, Rostock, Wismar], ISBN 978-3-85026-263-7 | BVA/ADFC Radtourenkarte 4,

Rügen/Usedom, Vorpommern [BVA/ADFC Cycle Tour Map 4, Rügen/Usedom, Vorpommern], ISBN 978-3-87073-769-6 | BVA/ADFC Regionalkarte Mecklenburgische Seenplatte [BVA/ADFC Regional Map Mecklenburg Lakes], ISBN 978-3-87073-741-2

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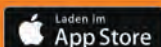


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