

EXPLORE!



DISCOUNTED

Cycle Finland - Turku Archipelago

FINLAND - TRIP CODE CFT

CYCLING

Why book this trip?

Discover Finland by bike as we explore the unspoilt nature and beauty of the Turku Archipelago, Hameenlinna's medieval churches and ancient tombs as well as a cycle tour of Helsinki.

- **Archipelago Island hopping** - Beauty spot with 20,000 Baltic islands
- **Turku region** - Attractive villages, unspoilt nature and welcoming hospitality
- **Helsinki** - Explore the bike-friendly capital.





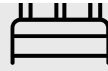
INCLUDED MEALS
Breakfast: 6



TRIP STAFF
Explore Tour Leader / Cycle guide
Driver(s)



TRANSPORT
Bus
Bicycle
Boat



ACCOMMODATION
6 nights standard hotel



CYCLING GRADE:
Easy



GROUP SIZE:
10 - 16

Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

DAY 1 - Join trip in Helsinki

Arrive Helsinki and check-in to hotel.



ACCOMMODATION:
Hellsten Espoo (or similar)

Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: NONE

DAY 2 - Cycle tour of Helsinki; free afternoon

This morning we will discover Helsinki on a sightseeing tour (3 hours) by bike. Exploring the city on its extensive network of cycle paths makes a great introduction to Helsinki and along the way we will see harbours, Mannerheim Street, Parliament, Finlandia Hall, market square, Kiasma contemporary art museum and other modern architectural wonders, Temppeliaukio (rock church) and Central Park. The afternoon is left free to explore the city further and you may choose to visit Suomenlinna fortress.

Our total cycling distance today is approximately 15 kilometres



ACCOMMODATION:
Hellsten Espoo (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 3 - Drive to Hameenlinna, cycle the highlights of Hame region

This morning we drive north to Hameenlinna and the journey takes about 1.5 hours. Here we experience the best parts of Häme region's history and culture. Our route passes through a forested countryside with fields and lakes. We have the opportunity to visit Häme Castle, Parola Tank Museum, Littala Glass museum. We then drive to the UNESCO city of Rauma where we spend the night.

Our total cycling distance today is approximately 55 kilometres (total 148 metres ascent, 150 metres descent).



ACCOMMODATION:
Cumulus Rauma Hotel (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 4 - Cycle the southern Turku Archipelago

This morning we start with a drive to the southern archipelago and the journey takes about 2 hours. After a short ferry crossing to Storlandet Island we start cycling. Our first stop is the main village of Nagu. After crossing the island by pedal power we take another short ferry to Kyrklandet Island and cycle to Korpo Village. After exploring this popular holiday spot for Finns on foot we continue by bike on to Korpostrom harbour from where we meet the bus to drive 2 hours to Turku.

Our total cycling distance today is approximately 45 kilometres (total 190 metres ascent, 170 metres descent).



ACCOMMODATION:
Cumulus Turku (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 5 - Turku city tour. Cycle the Turku Islands of Livonsaari and Otava

After breakfast we will explore Turku city - Finland's oldest city and the first capital of the whole country. The town is located on the River Aura and the main places of interest can be found on the riverfront. Our walking tour includes seeing the Cathedral and Turku Castle, which are two of the oldest buildings that are still in use in Finland. Later this morning we drive to Livonsaari Island and start today's ride from the village of Teersalo. Continue along to Otava Island via Marimasku, Hellemaa and Luonnonmaa Islands and we finish in the summer resort Naantali with its beautiful wooden harbour. Here we have time to explore one of the oldest towns in Finland before our drive back to Turku. There is the possibility to continue cycling individually to Turku (17 km).

Our total cycling distance today is approximately 29 kilometres (total 145 metres ascent, 155 metres descent).



ACCOMMODATION:
Cumulus Turku (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 6 - Coastal cycle from charming Tammisaari; return to Helsinki

We say goodbye to Turku this morning and drive south to the idyllic seaside town of Tammisaari with its well-preserved section of old wooden houses from the 18th and 19th centuries. Tammisaari has also a fine beach and visitor's marina. We begin our ride here and the route follows the seaside landscapes towards the summer town of Hanko. Once we reach our goal we can explore the old town and wooden villas of Hanko then walk a trail to the southernmost point of Finland (3 km each way). Later this afternoon we drive back to Helsinki (2 hours) for our final evening.

Our total cycling distance today is approximately 45 kilometres.



ACCOMMODATION:
Scandic Kallio Hotel (or similar)

Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 7 - Trip ends Helsinki

The trip ends in Helsinki this morning after breakfast.



MEALS PROVIDED: BREAKFAST

Trip information

Country information

Finland

Climate

Finland's summer is generally warm and bright, with temperatures often reaching mid-20s. The days are long during the summer months of June and July as Finland is home to the Midnight Sun. The winter is often snowy and very cold with short days. Temperatures can drop well below freezing sometimes getting as low as -20.

Time difference to GMT	Plugs	Religion	Language
+2	2 Pin Round	Evangelical Lutheran	Finnish

Budgeting and packing

Clothing

When cycling: quick drying cycle tops, padded cycle shorts/ trousers, wind and water proof jacket and warmer breathable layers where local conditions require.

General: The weather can be quite variable and it can even get close to zero in summer if a cold Nordic sea wind prevails. Pack layers of clothes for wear during the day plus warm clothes for colder nights.

Footwear

If you are not bringing cycle shoes then try to bring stiff-soled shoes as these are better for cycling - transmitting your energy into the pedals more efficiently. This becomes more relevant and recommended the more demanding the grade and distances to cover. SPD cycle shoes are not well suited to tours that combine sightseeing with cycling.

Comfortable shoes, trainers, sandals or flip flops are useful when not on the bike.

Luggage

20kg

Luggage: On tour

We recommend you bring a daypack and one main piece of luggage (total allowance: 44lb/20kg) which will be transported between hotels while you cycle. Check the bike details section to see if a pannier or handlebar bag is provided on the bike.

Equipment

On all Explore cycle holidays we strongly recommend you bring along and wear your cycle helmet. In case of an accident resulting in personal injury, certain insurance policies are invalidated in cases where a helmet was not being worn. Cycle glasses to protect against dust, pollen and the sun, padded cycle gloves and a water bottle or water delivery system (e.g. camelback or platypus) are also useful. You may choose to bring your own gel seat cover for added comfort. If a handle bar bag or pannier is not provided (check bike details) then you may like to bring a small rucksack to wear while cycling. Other items to consider bringing are a sunhat and sun cream, torch, earplugs and insect repellent. Please carry some or all of your cycling equipment e.g. helmet as part of your hand luggage.

Tipping

Explore leader

At your discretion you might also consider tipping your Tour Leader in appreciation of the efficiency and service you receive.

Local crew

Although entirely voluntary, tipping is a recognized part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided. In order to make things easier for you, the Tour Leaders may organise a group's tips kitty and if this is the case, they will account for it throughout the tour.

Finland

Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Lunch price	Dinner price	Beer price	Water price
£10	£20	£6	£1.3

Foreign Exchange

Local currency

Euro.

Recommended Currency For Exchange

We recommend that you take Euro cash with you to Finland as on this tour there is little opportunity to change money.

Where To Exchange

The tour leader will advise.

ATM Availability

ATM machines are available only in Helsinki, Helsinki airport, Kajaani (no ATM in Kajaani airport or in Paljakka). If you need money, it is important to mention this to the Explore Leader/driver at the airport and they will stop at the ATM in Kajaani before driving straight to Paljakka.

Credit Card Acceptance

Hotels do accept credit cards.

Travellers Cheques

We do not recommend that you use travellers cheques as they can be difficult to exchange

Transport, Accommodation & Meals

Transport Information

Bus, Bicycle, Boat

Accommodation notes

Standard - Our mid-range accommodation offers a good level of service often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en-suite facilities.

Essential Information

FCO Advice

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office advice [click here](#).

For more information from Explore about travel advice, [click here](#)

Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

Price Guarantee

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

Visa and Passport Information

Finland: Visas are not required by citizens of the UK, US, Australia, New Zealand and Canada. Other nationalities should consult their local embassy or consular office.

If you do require assistance in obtaining a visa then you may be able to apply through Explore's recommended visa service in the UK, Travcour. See www.travcour.com to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

Booking conditions

Before booking your Explore trip, please ensure that you read both our Essential Information and [Booking Conditions](#).

Transfers

Find out more about [Trip Transfer Terms and Conditions](#) before you book.

Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The complimentary transfers will be arranged from the Explore designated airport or train station to your trips joining point, and then back from the ending point to the designated airport or train station. Generally the airport or station that Explore have selected will be the one that is closest to the town or city where the trip starts, or the one nearest to the joining point. It will be either an airport or train station but not both.

The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Polar, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer [click here](#)

Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. The cost of many of our Polar Voyages will exceed the capped amount covered by standard insurance premiums and you will be required to pay an additional premium to cover the full value of your trip. Please ensure that you are covered for the full amount of your holiday cost, as insufficient cover could invalidate a claim under the policy. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

Read more information about what travel insurance is required.

Flight information

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. Read more about them [here](#).

Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport. On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

Finland

Vaccinations

Nothing compulsory though we recommend protection against tetanus and polio. Tick-borne encephalitis is recommended by some medical sources if travelling in certain areas of Europe, at specific times of the year. Please check the latest requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at Explore Travel Health and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.

Cycling information



General cycling information

On this tour we cycle 189 km over five days (an average of 37.8 km per day). We travel mainly on quiet countryside roads (asphalt road) and cycle paths. Maps and route notes are provided so you can choose to cycle individually or in groups. The terrain is generally flat with slight undulations. We have graded the route as easy.

Bike included

8 gear Kalkhoff Voyager hybrid bike with front suspension.

Bike information

Your included bike is an 8 gear Kalkhoff Voyager hybrid bike with front suspension and will be the correct frame size for your height. A water bottle holder and rear pannier is included as well as the

facility to fit your own saddle (male frame stem size 27.2 mm, female frame stem size 30.5 mm). It is NOT possible to fit your own pedals to the bike. A support vehicle accompanies the rides throughout the tour. We provide spare parts and take care of the day to day maintenance. All you need to bring is your own helmet.

Cycling grade

Easy

Additional Information



Why book this trip

Unlike many other operators, we include the hire of your bike in the overall cost of the holiday: you don't need to bring your own or pay extra to hire one locally. We also provide a support vehicle, spare parts and take care of day to day bike maintenance. All you need bring is your own helmet.



AWARD WINNING
EXPLORE LEADERS



PRICE GUARANTEE
PROMISE



AIRPORT
TRANSFERS