inselhüpfen

SAIL & BIKE

Denmark & Sweden · Scandinavia

Route

from Kopenhagen / to Malmö

Duration

8 days / 7 nights

Distance

170 - 238 km

Level 3 {{regular}} / 5 {{end}}

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Sail and bike adventure between Denmark and Sweden

Our multi-country Sail [&] Bike tour delights with the perfect balance of a sailing voyage and idyllic bike rides on the islands of Møn and Ven, as well as along the scenic shores of the Öresund Strait. The narrow Öresund strait- once one of the most important European trade routes - enchants with rich cultural heritage and historic harbor towns along the way. We delight in the beautiful sights that Copenhagen and Helsingør on the Danish side of the strait, as well as those of Malmö, Landskrona, and Helsingborg on the Swedish side, have to offer. We venture into the charming medieval old towns and delve into their rich history. An impressive and lovingly restored three-masted sailing ship accompanies you on this bike [&] boat trip as a floating home and ensures that you feel transported back to the time of the great seafarers in no time at all.


NORTH SEA
Helsingborg
SWEDEN
Helsingør
Ven
Arresø
Landskrona
København
Roskilde
Malmö
Sjælland
Køge
Rødvig
Møn
Klintholm
Falster
Norway
Sweden
Denmark
Germany

Itinerary

1st DayCopenhagen (Embarkation)

Individual arrival in Copenhagen, the famous and charming capital of Denmark. Your luggage can be left on the vessel from 3 pm onwards and if you like, you can pay a visit to the sculpture of the Little Mermaid, Copenhagen's most famous landmark, before check-in. The boat is ready to be boarded at 5:30 pm. After check-in, you will get to know the crew, the guide, and your fellow travelers with a welcome drink. You will then learn everything you need to know about your floating hotel, the safety measures on board and your itinerary.

2nd DayCopenhagen – Humlebaek – Helsingør {{regular}}{{italic}}(approx. 48 km){{end}}{{end}}

In the morning you'll hop off the ship and cycle along peaceful bike paths, passing by the famous Little Mermaid statue and the historic Kastellet fortress. As you head out of the city, you'll ride alongside the Øresund coast and through scenic forests and charming villages. If you're lucky, you might even spot the ship sailing. About 10 km before reaching Helsingør, you'll find the Louisiana Museum of Modern Art, definitely worth a stop. Then, it's on to Helsingør. The historical city is graced by the majestic Kronborg Castle, most well known as the setting of Shakespeare's renowned play Hamlet. In the afternoon, the old town beckons with beautifully restored harbor buildings and a lively street food market, inviting us to indulge in a leisurely stroll after an exciting day.

3rd DayHelsingør – Hornbaek - Esrum - Helsingborg – Helsingør{{regular}}{{italic}} (approx. 28 or 45 km){{end}}{{end}}

After breakfast, today's bike tour begins, taking you along the "Danish Riviera". We first pass by vast sand beaches reminiscent of the southern islands of the Pacific and make our way to the charming harbor town of Hornbaek. From there we cycle inland through gently rolling hills to the town of Esrum, where we stop at the lake to admire the medieval monastery. After the short break, we cycle onward, traversing golden fields of grain and past impressive manor houses until our journey takes us back to Helsingør. For a shorter version of the ride, you can head back earlier to explore Helsingør in the afternoon. During dinner, the ship sets sail from the Danish mainland. After about an hour, you'll arrive at the port of Helsingborg on the Swedish side of the Øresund, where you'll still have time in the evening to explore the beautiful city center.

4th DayHelsingborg - Landskrona (28 or 38 km) {{regular}}{{italic}} Ven-Roundtour (approx. 10 km){{end}}{{end}}

In the morning we cycle along the Swedish coastline, passing the picturesque fishing village of Borstahusen until we reach the fortress town of Landskrona. The stunning citadel from the 16th century boasts two impressive moats that are almost entirely preserved. Just after noon you'll take the ferry to the island of Ven. The tiny island only measures 7.5km² and has less than 400 inhabitants, making it a quaint oasis. On today's afternoon bike tour, you will have plenty of time to explore the entirety of this little gem with its captivating landscapes. Ven is home to many artists, artisans, and craftsmen. You can visit the ateliers of the painters, take a look into the workshops of the goldsmiths, visit the Whiskey distillery, or the observatory of renowned astronomer Tycho Brahe. As the harbor is too small for your sailing ship, the crew will pick you up by dinghy in the late afternoon and the ship will remain anchored off the coast at night.

5th DaySailing day from Ven to Køge or Rødvig

Today you and your bikes will stay on board. You will sail (weather permitting of course under sail) from Ven under the

Øresund Bridge to the southern part of Zealand. Enjoy the sailing trip on deck of the large sailing ship. Your destination is Køge or you sail a little further to Rødvig. The precise destination depends on weather conditions. In Køge the ship moors in the harbor, at Rødvig it anchors for the night. Between the two places are the imposing white limestone cliffs of Stevns Klint, similar to those in Dover or the German island of Rügen. This sparsely populated area is considered a "dark sky area": on clear nights, the starry sky – once essential for navigating at sea – can be beautifully seen here.

6th DayRødvig – Stevns Klint – Køge (30 km) {{regular}}{{italic}} or roundtour Køge (58 km) Crossing to Malmö{{end}}{{end}}

If your cycling tour starts in Rødvig, you will be taken off the ship to Rødvig by using the dinghy. Cycle to UNESCO World Heritage site of Stevns Klint for a short stop and visit of the chalk rocks, the town of Højerup and the cliff church. Continue to Køge and take some time to visit the historic center of the medieval town. When your tour starts in Køge your tour is longer. You will also visit the chalk rocks of Stevns Klint and then return to Køge. The ship will pick you up in Køge to set course for a dinner sailing trip to Malmö.

7th DayMalmö: citytour Malmö (26 km) {{regular}}{{italic}} or Malmö – Lund – Lomma – Malmö (49 km){{end}}{{end}}

The short half day round tour takes you past various highlights in the city center and through Malmö's outskirts to a stunning view of the Øresund Bridge and the city. You will have the afternoon to explore Malmö on your own. The longer, full day tour on quiet country roads takes you to the vibrant university city of Lund, one of Sweden's oldest cities with over 1000 years of history. Discover the cozy city center and visit the magnificent cathedral from the 12th century. On your way back to the ship you will bike along the beautiful coast, where you have the opportunity to enjoy some ice-cream or take a last swim in the sea! In the evening, a farewell awaits us, as we join the crew and guide for a delightful meal on board. It is the perfect opportunity to look back on our wonderful multi-country journey of the last week.

8th DayMalmö (Disembarkation)

Check out after breakfast. Individual journey home or extend your stay in Denmark or Sweden.



Atlantis · Premium Class

Port of Embarkation
from Copenhagen
Size
57 m x 7.45 m
Capacity
16 cabins, 32 beds

Special Features

Year of construction
1905 – last reconstruction: 2005

Cabin features
A/C, central heating, bathroom, shower, washbasin and WC

Beds
2 ground level twin beds per cabin

Service
mid-week towel change and basic tidy

Extras
3 masts with sails (750 m² sail surface), quiet generator, sun recliners on deck, large tables and benches on deck, spacious and comfortable saloon, fully functional sailing boat

Atlantis

The Atlantis is a guaranteed eye catcher in every harbor. Built in 1905 and christened Elbe 2, the Atlantis served faithfully as a light vessel in the North Sea, Germany. Afterwards she was elaborately restorated as a tallship for passenger cruises.

The renovation featured a classy salon, a spacious upper deck including seats and a cocktail bar as well as 16 comfortable air conditioned guest cabins including a shower and WC. A true highlight and centerpiece of the Atlantis is the open air bar, where the dedicated crew conjure creative beverages and cocktails for the guests. Mealtimes are typically served on deck, as there is nothing better than a lovingly prepared dinner outdoors on a Tallship at sunset.

The unique charm and atmosphere on board this incredible tall ship really come to life through the lively character of the crew. Their smiles are especially wide when eager guests show interest in taking part in the setting of sails.



Antigua · Premium Class

Port of Embarkation
Copenhagen
Size
49 m x 7 m
Capacity
16 cabins, 32 beds

Special Features

Year of construction
1957

Cabin size
8 - 10 m²

Cabin features
Tiled bathroom with hairdryer, mirror, shower cubicle, washbasin & WC

Beds
Bunk beds 200 x 80 cm, Single beds 220 x 80 cm

Service
Daily cabin cleaning, towel and bed linen change in the middle of the week

Extras
Rear entrance, outside deck with tables and chairs

Special Features
3 masts with sails (750 m² sail area), fully sailable, quiet generator, sun loungers on the sun deck, several large tables and benches on deck, spacious saloon, interior in maritime design.

Antigua

Built in 1957, the well-traveled three-masted barquentine Antigua was initially used for deep-sea fishing. From 1993, it was converted into a comfortable passenger ship with an impressive rigging. When all the sails are open, the Antigua's total sail area is an impressive 750 m².

Today, the Antigua offers our Islandhopping guests a particularly beautiful floating home with 16 lovingly furnished guest cabins, a cozy deckhouse on the upper deck and a spacious saloon with dining and lounge area and bar on the middle deck.

All cabins are located below deck and are equipped with central heating, a ventilation system, shelves and a porthole. Each cabin has its own bathroom with shower and WC. An experienced and dedicated crew and excellent cuisine await you on board the Antigua. When the weather is fine, meals are served on the outside deck.

Thanks to her passionate sailing crew, who are happy to lend a helping hand with

setting the many sails, as well as state-of-the-art navigation equipment and all the necessary safety standards, a sailing trip on this charismatic three-master will be a fantastic vacation adventure.



Mare Frisium · Premium

Port of Embarkation
from Copenhagen
Size
49 m x 6.7 m
Capacity
10 cabins, max. 20 guests

Special Features

Year of construction
1916 – last reconstruction: 1995

Cabin features
Central heating, storage space, bathroom, shower, washbasin and WC

Beds
comfortable bunk beds

Extras
3 masts with sails (634 m² sail surface), quiet generator, tables and benches on deck, spacious and comfortable saloon, fully functional sailing boat

Mare Frisium

The Mare Frisium—named after the historic “Sea of Friesland” in the northern Netherlands—is a classic three-masted schooner originally launched in 1916. She began her career as a herring fishing vessel on the North Sea and later served as a coastal cargo ship operating between Scandinavia and England during and after World War II.

In 1995, the ship was beautifully restored and transformed into a comfortable passenger sailing vessel. Today, the Mare Frisium combines authentic maritime character with modern comfort, offering guests a unique sailing experience on the water.

On the lower deck, guests can enjoy two stylish and cozy salons with comfortable seating areas, including one salon with a bar. The spacious sun deck offers several outdoor seating areas—perfect for relaxing with a drink while taking in the scenery during the voyage.

Dates, Prices & Services

Included services

- 8 day cruise on a tall ship with crew
- 7 nights in a double cabin with shower and toilet (bedding and towels will be provided)
- 7 x breakfast and 7 x dinner on board, 6x packed lunch
- Welcome drink as well as coffee and tea on board
- Biodegradable water bottle
- Guided cycling tours and sightseeing as described in the itinerary
- English and German speaking guides

Not included in the basic tour price

- Journey to Copenhagen
- Possible parking fees
- Drinks on board (bar tab, payable at the end of the trip in cash to the Captain)
- Entry fees to sights
- Tips for crew and guide
- SGR Insolvency protection (5€ per person)

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 SGR Insolvency protection (mandatory consumer contribution SGR insolvency protection guarantee scheme: € 5 per person - will be specified separately on the booking confirmation)

Prices for Additional Optional Services 2027

Single cabin (limited availability)	Surcharge: 50% of the basic tour price
Rental bike with waterproof pannier (limited availability of E-bikes)	Hybrid bike:98 Euro/week E-Bike: 273 Euro/week
Special dietary request (gluten free / lactose free / vegan)	70 Euro/week
Rental helmet (must be booked in advance)	10 Euro per week
Limited liability protection of the rental bike (theft and damage) (not insured: grossly negligent damages)	Hybrid bike: 14 Euro/week E-Bike:28 Euro/week

Discounts 2026

- Children up to the age of 11 receive a discount of 10% on the cabin price (double occupancy). When travelling with children, we recommend our Multi-Adventure Tours in Greece and Croatia which are specifically curated for families and offer family-friendly pricing.
- If this is your second Islandhopping tour booked directly with us, you will receive our Welcome-back-discount of 3% on the basic tour price.

- If this is your third or more Islandhopping tour booked directly with us, you will receive our Loyalty-discount of 5% on the basic tour price.

Dates

Date	Accommodation	Start City	End City	Base Price
27.04.2027 – 04.05.2027	Mare Frisium	Copenhagen	Malmö	1.999,00 €
06.05.2027 – 13.05.2027	Antigua	Copenhagen	Malmö	2.449,00 €
13.05.2027 – 20.05.2027	Antigua	Copenhagen	Malmö	2.449,00 €
27.05.2027 – 03.06.2027	Antigua	Copenhagen	Malmö	2.449,00 €
20.05.2027 – 27.05.2027	Antigua	Copenhagen	Malmö	2.449,00 €
03.06.2027 – 10.06.2027	Antigua	Copenhagen	Malmö	2.449,00 €
13.07.2027 – 20.07.2027	Mare Frisium	Copenhagen	Malmö	2.199,00 €
06.07.2027 – 13.07.2027	Mare Frisium	Copenhagen	Malmö	2.199,00 €
29.06.2027 – 06.07.2027	Mare Frisium	Copenhagen	Malmö	2.199,00 €
12.07.2027 – 19.07.2027	Antigua	Copenhagen	Malmö	2.449,00 €
05.07.2027 – 12.07.2027	Antigua	Copenhagen	Malmö	2.449,00 €
17.08.2027 – 24.08.2027	Mare Frisium	Copenhagen	Malmö	2.199,00 €
19.07.2027 – 26.07.2027	Antigua	Copenhagen	Malmö	2.449,00 €
05.10.2027 – 12.10.2027	Mare Frisium	Copenhagen	Malmö	1.999,00 €

Arrival

Port of embarkation Copenhagen

This tour starts in the harbor of Copenhagen. You will find the boat near to the city center and in the vicinity of the iconic Little Mermaid statue. The exact ships berth will be communicated in your detailed trip notes which you will receive prior to the start of your tour.

You are able to bring your luggage to the boat from 3pm onwards and check-in takes place at 5:30pm.

Port of Disembarkation - Malmö

The port of disembarkation is Malmö. If you parked your car in Copenhagen, are flying back home from Copenhagen, or continuing your journey by train, you can conveniently travel back to Copenhagen by train. The journey takes only 40 minutes.

Arrival by car

You will find detailed information for your arrival by car or train in the detailed trip notes which you will receive prior to the start of your tour.

Arrival by plane

Arrival by plane is the fastest and most comfortable way to get to Denmark. The nearest airport is Copenhagen (CPH) and is served by many international airports. The best option is to look for flights on flight search engines to always get the cheapest rate.

When you book your flight, we ask you to choose a return flight with a departure time during noon or the afternoon hours so that we can facilitate a stress-free journey home for you.

From airport to the harbour

You will find detailed information for how to get from Copenhagen Airport to the boat in the detailed trip notes which you will receive prior to the start of your tour. If you prefer an exclusive airport transfer, please contact our office by email or phone.

Contact Us