

DESCRIPTION

Sundruten is a 44 km long bicycle route through lovely natural scenery. The starting point is at Slotsbryggen, in Nykøbing Falster.

The tour heads north, past the Ny Kirstineberg Manor and through manor house countryside with vast fields and hedgerows. Other estates are Gl. Kirstineberg, Pandeberg, Vennerslund and Klodskovgård.

The halfway-mark is Guldborg, with accommodation, shopping and dining facilities. There is also a beach, ancient monuments in the forest and a shelter area.

Further south, on the Lolland side of the route, are Majbølle Mill and the large nature reserve Majbølle Nor, just by the tunnel over Guldborg Sound.

The tour continues through Hamborgskov forest, where you can enjoy the peace and quiet and perhaps see some animals. From the forest, catch glimpses of Guldborg Sound and the large Løgnor with its rush meadows. The route passes the Medieval Centre, the largest tourist attraction in the area.

INFO

The bicycle route is signposted with blue signs - you just need to follow the apple symbols.

Other bicycle routes you may encounter on the way are A Haven for Birds (birdwatching tower), Forest Adventures (420), Coast to Coast (418), Explore Naturlandet (N), The Monk Road (88) and the Danish national bicycle routes The Baltic Sea Route (8) and Copenhagen-Berlin (9).

We recommend following the route in the direction that follows the numbers on the map. The bicycle route is signposted in this direction. You will also come across a sign every time the route turns. If there isn't a sign, then just follow the road.

Food and refreshments can be purchased in Nykøbing and in Guldborg. Fresh water is available from taps at Hjelm Harbour, look for signs at the harbour.

PUBLIC TRANSPORT

The bicycle route starts at Slotsbryggen in

The tour ends by crossing King Frederick IX's bridge, bringing you back to Nykøbing F.

DOWNLOAD THE APP

Download the Naturlandet app on Google Play or the App Store to access more information about experiences and facilities on the bicycle route.

Explore the app to find more interesting experiences in nature and routes on Lolland-Falster.

RENT A BIKE

Bicycles can be hired at Postholderens Sted in Guldborg.

Nykøbing F. You can get to Nykøbing F. by train, or with a bus, which can also carry your bicycle. Naturlandet recommends rejseplanen.dk for bus and train schedules.

VISITING PRIVATE PROPERTY

The bicycle route passes through the Hamborgskov forest, which is owned by Det Classenske Fideicommiss, and also through a number of other smaller private forests on the Falster side of the route.

When visiting private property, please observe the following rules:

- Access permitted in private forests from 6 am until sunset.
- Access only permitted on paths and roads. For example, you cannot walk into the forest to eat your lunch pack.
- Collecting mushrooms and berries only permitted if you can reach them from the road.



Naturlandet
LOLLAND-FALSTER

15 DKK
2 €

Sundruten

- around Guldborg Sound, through forests and manor house countryside



Sundruten

Start and end: Slotsbryggen in Nykøbing F.

Length: 44 km

Surface: 25 km asphalt - 19 km gravel/dirt/grass

Road-type: 15 km road, mixed traffic - 29 km bikelane/path



Naturlandet bike routes
(Panorama-routes)

 lollandkommune

 GULDBORGSUND



NORDEA
FONDEN

EXPERIENCES

1 Slotsbryggen

Modern marina area with cinema and restaurants.

2 Manor house countryside and apple orchards

Characteristic manor house countryside with large fields and forests. Four of the estates have united to produce fruit, especially apples.

3 Guldborg

Small town on both sides of Guldborg Sound, was once a ferry town. Campground, shelters, B&B, restaurants, swimming beach and harbour.

4 Guldborg Storskov forest

Extensive forest area with several signposted walking trails. The forest contains many ancient monuments, including a redoubt from the Danish wars with Sweden in 1657-60 and one from the wars with England 1807-14.

5 Majbølle mill

Lovely restored Dutch windmill. Open every Tuesday in the summer.

6 Majbølle Nor bird reserve

Important roosting and wintering grounds for waterbirds. Birds of prey are often sighted here, even white-tailed sea eagles. Great views from the birdwatching tower.

7 The Guldborgsundtunnel

Immersed car tunnel, 460 metres under the water. Please note that cycling is not permitted in the tunnel. There are picnic benches along the path over the tunnel and good views of Guldborg Sound.

8 Hjelm marina shelter area

Tiny marina with beach, shelter area and campground with water and toilet.

9 Hamborgskov forest

Forest close to town with many ancient oak trees, meadows and reed beds. Mountain bike and horse-riding trails.

10 The Medieval Centre

Jousting knights and working artisans in a complete, living medieval town. For more information go to middelaldercentret.dk

11 Nykøbing F.

Lolland-Falster's largest town with plenty of places to eat, accommodation, shops and cultural events.

In Nykøbing F. you'll find several possibilities of accommodation, eating out and shopping. Find out more at the Naturlandet Lolland-Falster app.

ACCOMODATION

- A Færggårdens B&B
- B Hotel Liselund
- C B&B 17
- D Motel Majbølle Gl. Skole
- E Guldborg Camping
- F Postholderens Sted B&B
- G Guldborg Rooms B&B
- H Ny Kirstineberg Gods B&B

RESTAURANTS IN GULDBORG

- Café Lagunen

- Cocomarie Bistro & Café
- Postholderens Sted

SERVICE

- Turistinfo
- Nyk. F. Station
- Bike repair in Nykøbing F.

GROCERIES

- Føtex, Sundby
- DagliBrugsen Guldborg

MAP KEY

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|--|---|
|  Mobile home |  Marina |
|  Beach |  Mill |
|  Town |  Nature |
|  Camping |  Scenic spot |
|  Bike repair |  Accommodation |
|  Ancient monument |  Parkering |
|  Birdwatching tower |  Primitive accommodation |
|  Grocery |  Attraction |
|  Church |  Restaurant |
|  Historical point |  Toilet |
|  Playground |  Tourist information |

