

This project was implemented as part of the "**Baltic Biking Upgrade**" (BBU) project, implemented under the Interreg South Baltic Cross-Border Cooperation Programme 2021-2027 (project number: STHB.01.02-IP.01-0002/23).

**Preparation of possible cross-border cycling routes along the EuroVelo 10 route, with specific profiles: for families with children, for seniors, for professionals, and for people with disabilities.**

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## 7 days

**Ustka - Darłowo - Mielno - Kołobrzeg - Pobierowo - Świnoujście - Wolgast - Stralsund**  
(Pomeranian Voivodeship - West Pomeranian Voivodeship - Germany)

**Distance:** 364 kilometres

**Profile:** for families with children, for seniors, for people with disabilities

**Difficulty level:** easy

**Riding time:** approx. 27 hours

**Elevation gain:** approx. 1300 metres

**Surface type:** mostly asphalt, partly gravel and natural

### Tourist attractions:

#### Ustka (photo no. 4)

- lighthouse
- port
- seaside promenade
- Blücher bunkers
- Bread Museum

#### Jarosławiec

- lighthouse
- fishing harbour

#### Darłowo

- Pomeranian Dukes' Castle
- Darłówko lighthouse
- port
- retractable bridge

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### **Mielno**

- Friendship Promenade
- walrus statue

### **Chłopy**

- fishing harbour
- traditional village buildings

### **Gąski (photo no. 2)**

- lighthouse

### **Kołobrzeg**

- lighthouse
- pier
- Co-Cathedral Basilica of the Assumption of the Virgin Mary
- Polish Arms Museum
- Ekopark Wschodni

### **Dźwirzyno**

- Dźwirzyno Lagoon viewpoint ("Patelnia")

### **Niechorze**

- lighthouse

### **Trzęsacz**

- church ruins

### **Międzyzdroje**

- pier
- Walk of Fame
- Wolin National Park
- Underground City

### **Świnoujście**

- lighthouse (the tallest in Poland)
- Fort Gerharda
- Angel's Fort
- Stawa Młyny

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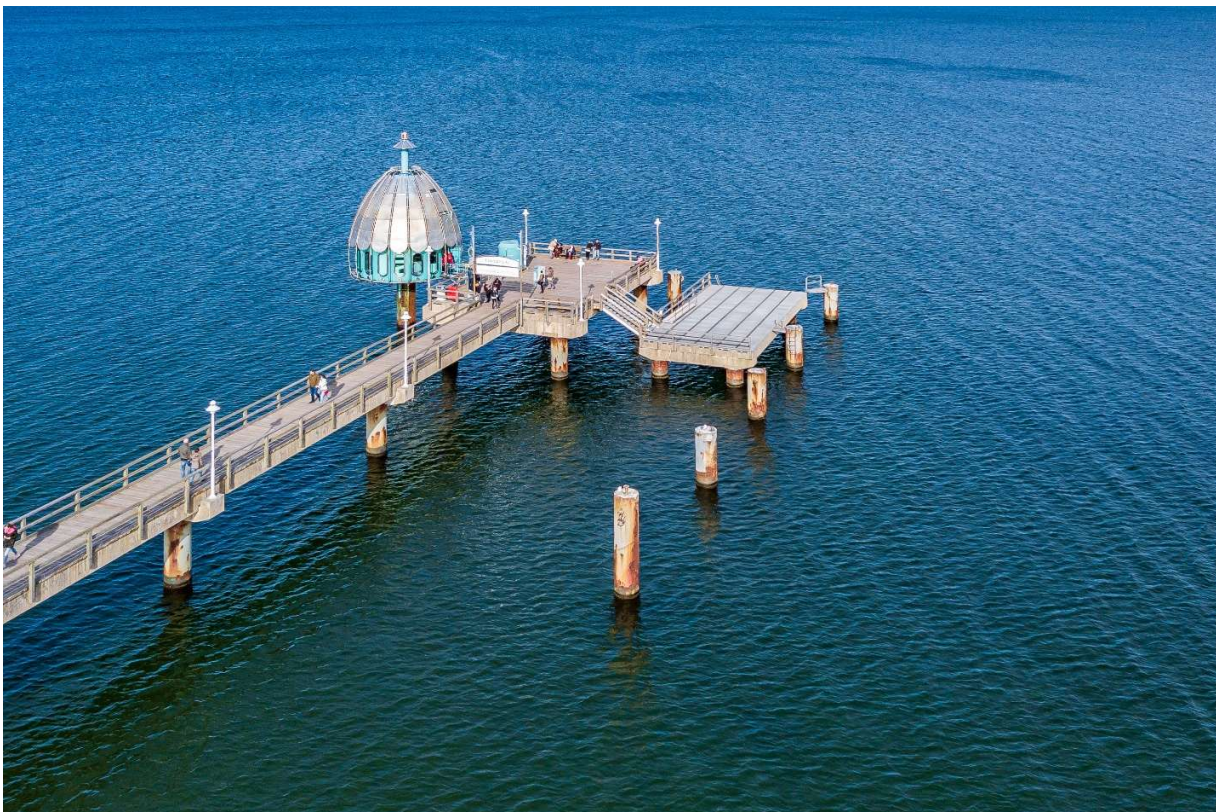
### **Wolgast**

- old town
- St. Peter's Church
- local museum
- port on the Peene River
- bascule bridge
- gateway to Usedom Island

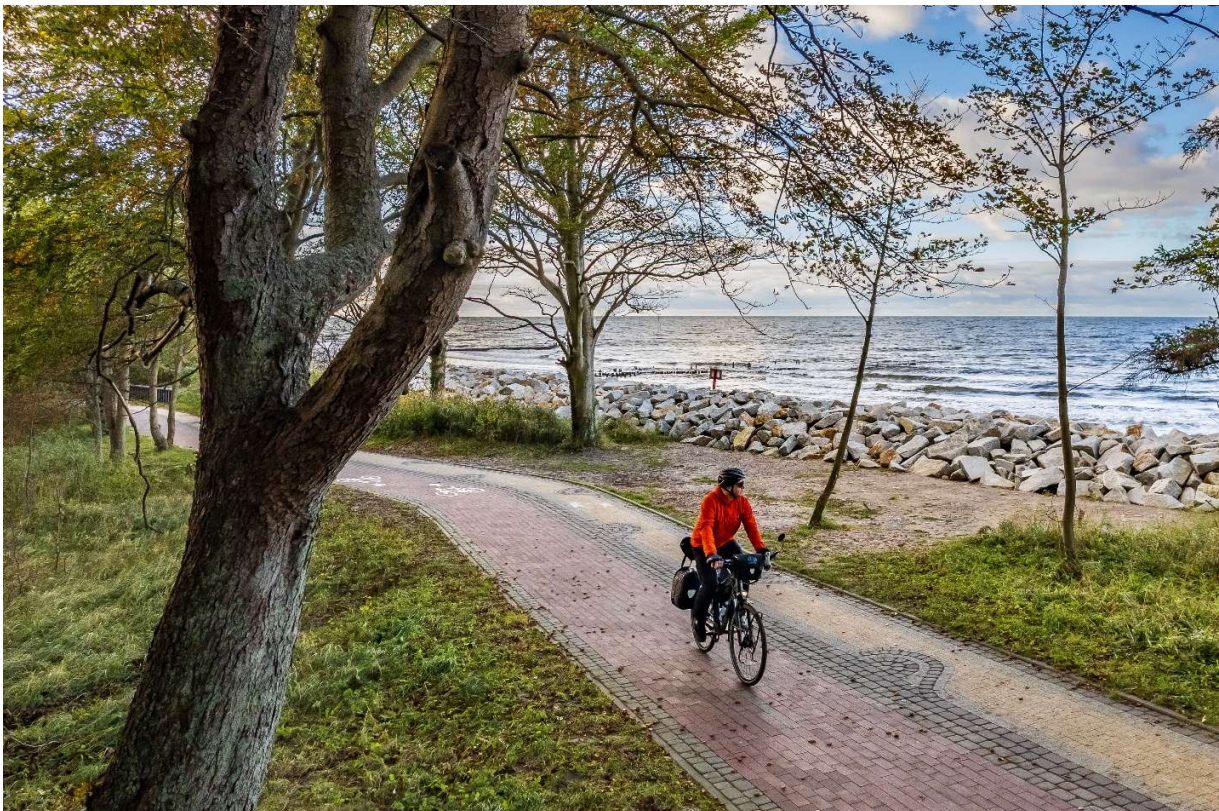
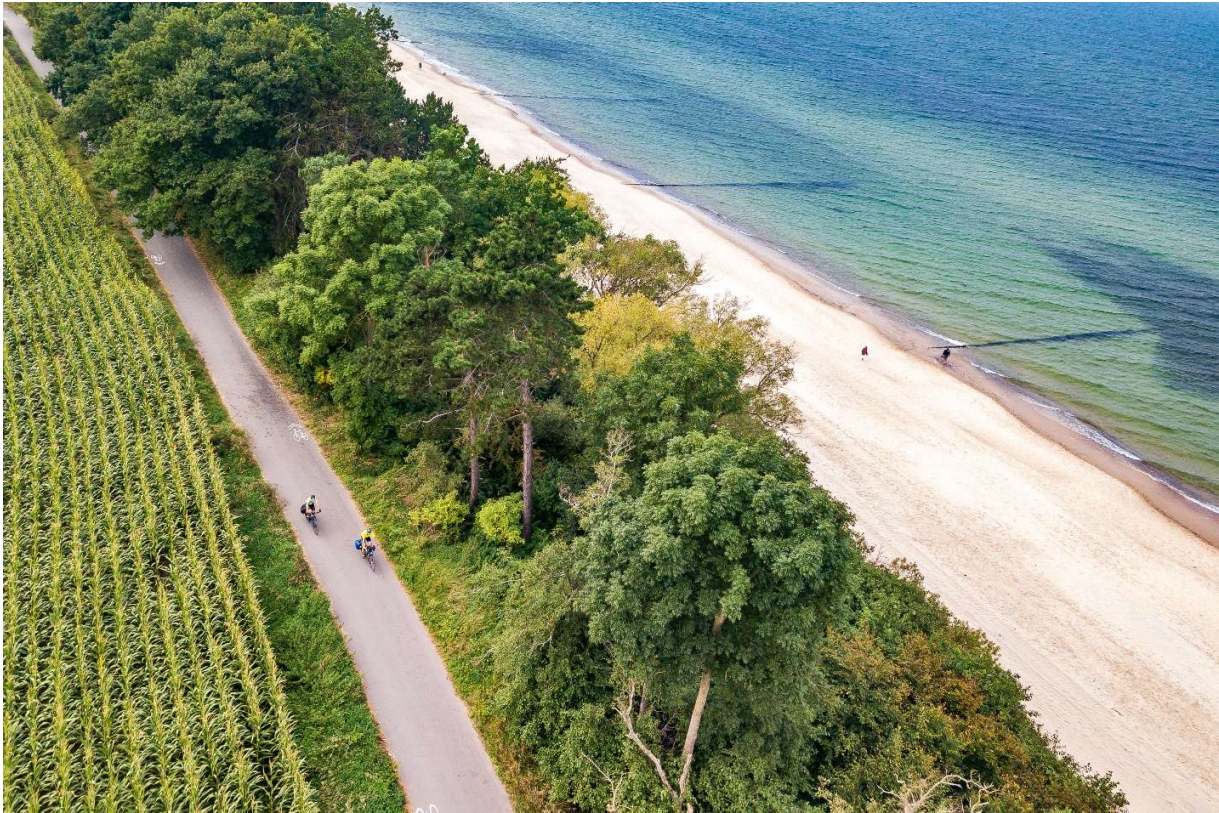
### **Stralsund**

- old town (UNESCO)
- town hall
- St. Nicholas' Church
- Ozeaneum
- German Oceanographic Museum

**Map:** [https://veloplanner.com/user-routes/56128?token=WVfPnBa2ZM79QEGGb\\_cBRA](https://veloplanner.com/user-routes/56128?token=WVfPnBa2ZM79QEGGb_cBRA)



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## 3 days

### **Koszalin - Darłowo - Rowy - Łeba**

(West Pomeranian Voivodeship - Pomeranian Voivodeship)

**Distance:** 180 kilometres

**Profile:** for families with children, for seniors, for people with disabilities

**Difficulty level:** easy

**Riding time:** 15 hours

**Elevation gain:** 600 metres

**Surface type:** asphalt, gravel and natural

#### **Tourist attractions:**

##### **Mielno**

- Friendship Promenade
- walrus statue

##### **Darłowo**

- Pomeranian Dukes' Castle
- Darłówko lighthouse
- port
- retractable bridge

##### **Jarosławiec (photo no. 3 and 5)**

- lighthouse
- fishing harbour

##### **Ustka**

- lighthouse
- port
- seaside promenade
- Blücher bunkers
- Bread Museum

##### **Smoldzino**

- Słowiński National Park Museum

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## Łeba

- shifting dunes
- Słowiński National Park (photo no. 1)
- Rocket Launcher Museum in Rąbka

Map: <https://veloplanner.com/user-routes/56139?token=YZ6nfvkpRSpjfm0tQwdmMw>



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## 3 days

### **Kołobrzeg - Pobierowo - Świnoujście - Wolgast**

(West Pomeranian Voivodeship - Germany)

**Distance:** 153 kilometres

**Profile:** for families with children, for seniors, for people with disabilities

**Difficulty level:** easy

**Riding time:** 12 hours

**Elevation gain:** 640 metres

**Surface type:** mostly asphalt, partly gravel and natural

#### **Tourist attractions:**

##### **Kołobrzeg**

- lighthouse
- pier
- Co-Cathedral Basilica of the Assumption of the Virgin Mary
- Polish Arms Museum
- Ekopark Wschodni (photo no. 3)

##### **Dźwirzyno (photo no. 1)**

- Dźwirzyno Lagoon viewpoint ("Patelnia")

##### **Niechorze**

- lighthouse

##### **Trzęsacz**

- church ruins

##### **Międzyzdroje**

- pier
- Walk of Fame
- Wolin National Park
- Underground City

##### **Świnoujście (photo no. 2)**

- lighthouse (the tallest in Poland)
- Fort Gerharda
- Angel's Fort
- Stawa Młyny

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## Wolgast

- old town
- St. Peter's Church
- local museum
- port on the Peene River
- bascule bridge
- gateway to Usedom Island

Map: <https://veloplanner.com/user-routes/56129?token=Y2NBszn-hecviRIHbuRR6g>



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## 3 days

### Wismar - Warnemünde - Prerow - Stralsund

(Germany)

**Distance:** 191 kilometres

**Profile:** for families with children, for seniors, for people with disabilities

**Difficulty level:** easy

**Riding time:** 13 hours

**Elevation gain:** 570 km

**Surface type:** mostly asphalt, partly gravel and natural

#### Tourist attractions:

##### Wismar

- old town (UNESCO)
- market square with town hall
- St. Nicholas' Church
- St. Mary's Church (tower)
- Wassertor (Water Gate)

##### Rerik

- Baltic Sea cliff
- Haffpromenade viewpoint

##### Heiligendamm

- historic spa architecture
- pier
- Grand Hotel Heiligendamm

##### Warnemünde

- lighthouse
- Teepott
- port and entrance to Rostock harbour

##### Graal-Müritz

- pier (photo no. 1)
- Rhododendron Park

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### **Born a. Darß**

- traditional Darß architecture
- Vorpommersche Boddenlandschaft National Park

### **Prerow**

- Darßer Ort (lighthouse and nature museum)
- Darßwald forest

### **Zingst**

- pier

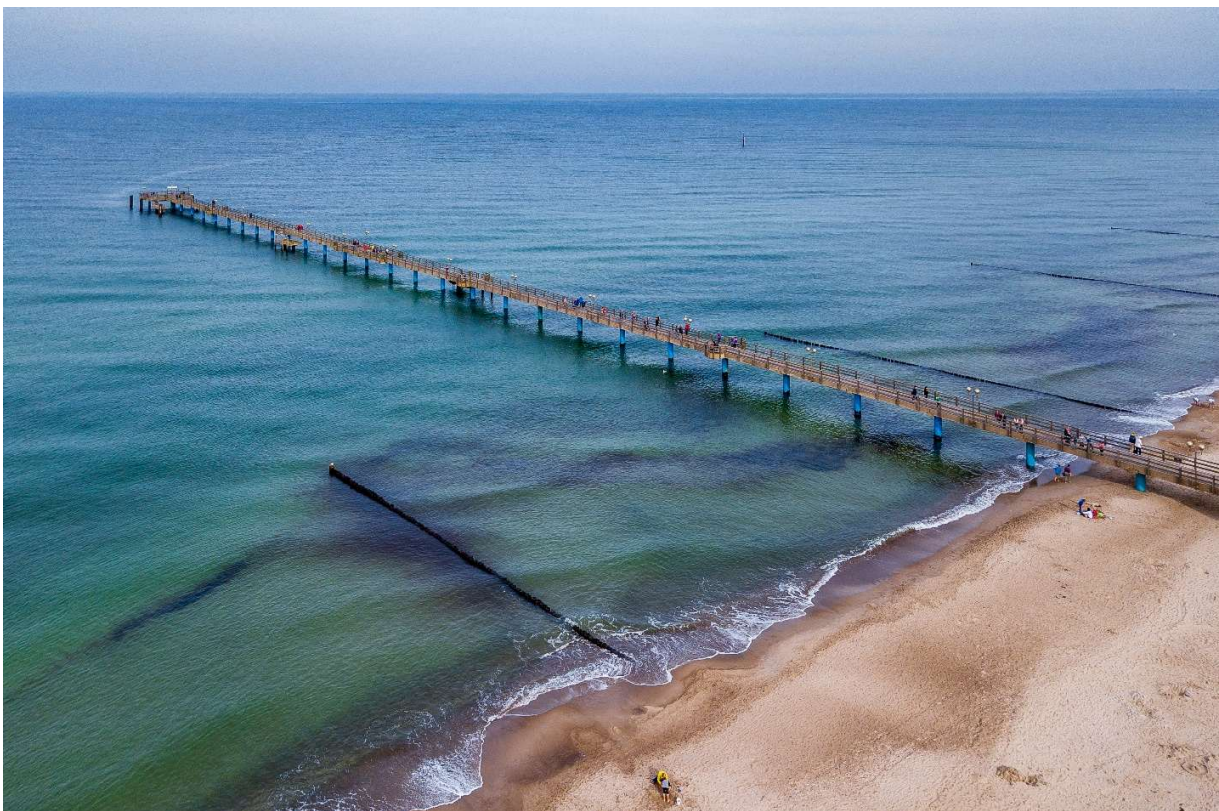
### **Barth**

- old town
- Vineta Museum
- St. Mary's Church

### **Stralsund**

- old town (UNESCO)
- town hall
- St. Nicholas' Church
- Ozeaneum (photo no. 4)
- German Oceanographic Museum

**Map:** <https://veloplanner.com/user-routes/56144?token=bsERaStWoUu3Xv4gzjo3dA>



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## 3 days

### Køge - Nørre Alslev

(Denmark)

**Distance:** 195 kilometres

**Profile:** for professionals

**Difficulty level:** medium

**Riding time:** 12 hours

**Elevation gain:** 1120 metres

**Surface type:** asphalt

#### Tourist attractions:

##### Køge

- old town
- market square (Køge Torv)
- St. Nicholas' Church
- Køge Museum

##### Højerup

- Stevns Klint (UNESCO)
- Højerup Old Church on the cliff
- Baltic Sea viewpoint
- cliff trails

##### Rødvig

- Rødvig lighthouse

##### Faxe

- Faxe Kalkbrud (limestone quarry)
- Geomuseum Faxe

##### Præstø

- old town
- Præstø Fjord

##### Stege

- old town
- medieval town walls
- Mølleporten (town gate)

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### **Møns Klint**

- chalk cliffs (photo no. 1 and 2)
- GeoCenter Møns Klint

### **Stubbekøbing**

- port
- ferry to Bogø
- old town

### **Nørre Alslev**

- local museum
- Nørre Alslev Church

**Map:** [https://veloplanner.com/user-routes/56149?token=ueaW7dC\\_aL44qExleyTJUg](https://veloplanner.com/user-routes/56149?token=ueaW7dC_aL44qExleyTJUg)



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## 3 days

### Rønne - Aakirkeby - Gudhjem - Rønne (Bornholm)

**Distance:** 159 kilometres

**Profile:** for families with children, for seniors, for people with disabilities

**Difficulty level:** easy

**Riding time:** 10 hours

**Elevation gain:** 1240 metres

**Surface type:** mostly asphalt, partly gravel and natural

#### Tourist attractions:

##### Rønne

- old town
- St. Nicholas' Church
- Bornholm Museum

##### Pedersker

- Peders Kirke

##### Snogebæk

- pier harbour
- Dueodde beach

##### Nexø

- Bornholm Museum (branch)
- old town

##### Aakirkeby

- Aa Kirke
- NaturBornholm (nature centre)

##### Årsdale

- port
- Årsdale windmill

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### **Svaneke (photo no. 5)**

- old town (photo no. 1)
- smokehouses
- lighthouse
- brewery and local crafts

### **Melsted**

- Agricultural Museum (Melstedgård)

### **Gudhjem (photo no. 2)**

- steep town layout
- smokehouses
- boat trips to Christiansø

### **Østerlars**

- Østerlars Round Church (photo no. 4)
- Bornholm Medieval Centre (nearby)

### **Allinge (photo no. 3)**

- old town
- Folkemødet festival

### **Hasle**

- smokehouse
- Hasle Klinker (cliff coast)

Map: [https://veloplanner.com/user-routes/56153?token=XSr8fd1h-MhAc4tl\\_B85XQ](https://veloplanner.com/user-routes/56153?token=XSr8fd1h-MhAc4tl_B85XQ)

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## 1 day

### Kołobrzeg - Koszalin

(West Pomeranian Voivodeship)

**Distance:** 49 kilometres

**Profile:** for families with children, for seniors, for people with disabilities

**Difficulty level:** easy

**Riding time:** 3.5 hours

**Elevation gain:** 150 metres

**Surface type:** asphalt

#### Tourist attractions:

##### Kołobrzeg

- lighthouse
- pier
- Co-Cathedral Basilica of the Assumption of the Virgin Mary
- Polish Arms Museum
- Ekopark Wschodni (photo no. 3)

##### Gąski (photo no. 2)

- lighthouse

##### Chłopy

- fishing harbour (photo no. 1)
- traditional village buildings

##### Mielno (photo no. 5)

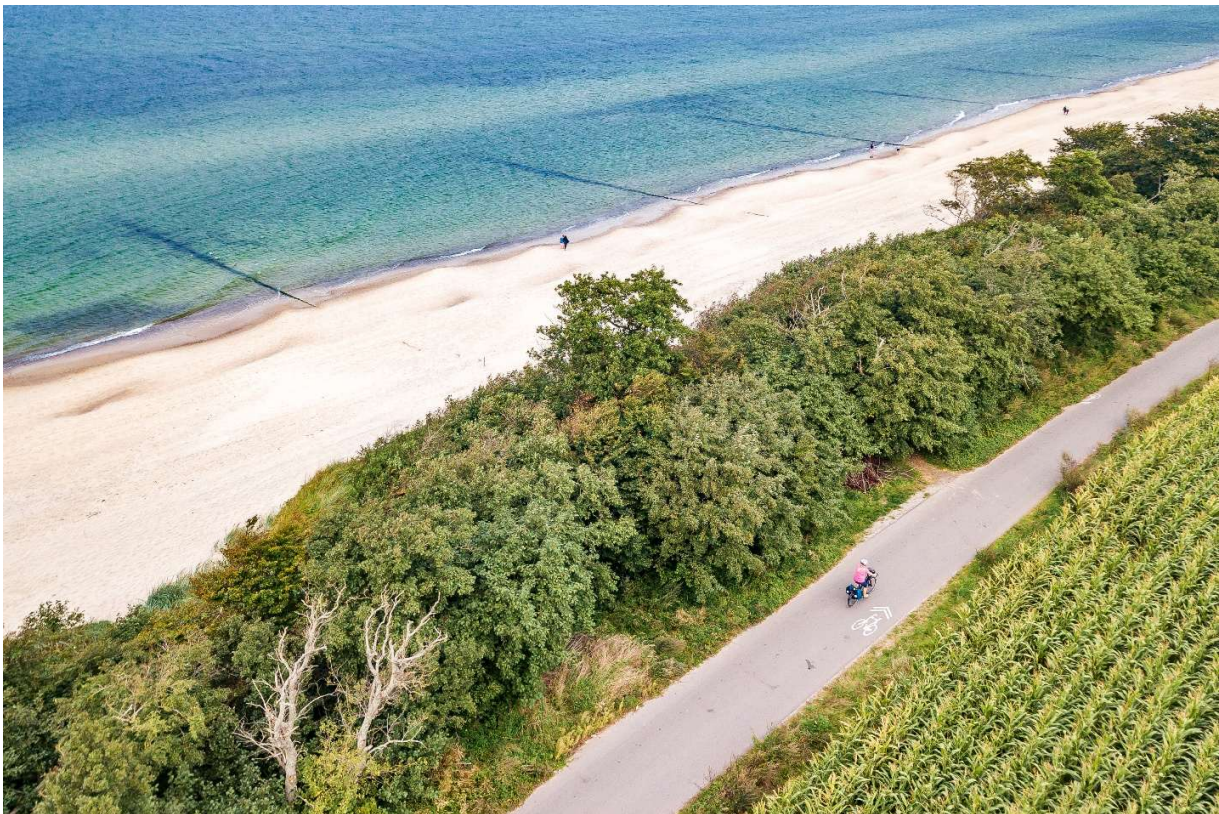
- Friendship Promenade
- walrus statue

##### Koszalin

- Pomeranian Dukes' Park
- Cathedral of the Immaculate Conception
- Koszalin Museum
- Koszalin Water Park

**Map:** <https://veloplanner.com/user-routes/56155?token=tY0fjvbsGRUSuCGIWv4Eg>

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## 1 day

### Gdańsk - Elbląg

(Pomeranian Voivodeship)

**Distance:** 76 kilometres

**Profile:** for professionals

**Difficulty level:** medium

**Riding time:** 5 hours

**Elevation gain:** 130 metres

**Surface type:** asphalt

#### Tourist attractions:

##### Gdańsk

- Main Town
- Long Market
- St. Mary's Basilica
- European Solidarity Centre
- Museum of the Second World War
- Westerplatte

##### Sobieszewo Island

- Ptasi Raj
- Vistula River mouth

##### Świbno

- ferry crossing over the Vistula
- Vistula Cut mouth
- Mewia Łacha nature reserve

##### Rybina

- bascule bridge
- swing bridge (photo no. 1)
- water junction of the Szarpawa and Wisła Królewiecka

##### Żelichowo

- arcaded house (photo no. 2)

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### **Nowy Dwór Gdański**

- Żuławy Historical Park
- bascule bridge

### **Elbląg**

- Old Town
- St. Nicholas' Cathedral
- Elbląg Canal
- Archaeological and Historical Museum

**Map:** [https://veloplanner.com/user-routes/56157?token=ww-BfXCOu\\_jHK93po14p4g](https://veloplanner.com/user-routes/56157?token=ww-BfXCOu_jHK93po14p4g)



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## 1 day

### Lübeck - Wismar (Germany)

**Distance:** 85 kilometres

**Profile:** for professionals

**Difficulty level:** medium

**Riding time:** 5.5 hours

**Elevation gain:** 540 metres

**Surface type:** asphalt

#### Tourist attractions:

##### Lübeck

- old town (UNESCO)
- Holstentor
- market square and town hall
- St. Mary's Church
- European Hansemuseum

##### Travemünde (photo no. 1)

- lighthouse
- Passat (sailing ship)

##### Boltenhagen

- pier
- promenade

##### Wismar (photo no. 3)

- old town (UNESCO)
- market square with town hall
- St. Nicholas' Church
- St. Mary's Church (tower)
- Wassertor (Water Gate) (photo no. 4)

**Map:** <https://veloplanner.com/user-routes/56158?token=x-yahwEqYNZpMreHXj3lcw>

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## 1 day

### Køge - Faxe

(Denmark)

**Distance:** 60 kilometres

**Profile:** for families with children, for seniors, for people with disabilities

**Difficulty level:** easy

**Riding time:** 3.5 hours

**Elevation gain:** 220 metres

**Surface type:** asphalt

#### Tourist attractions:

##### Køge (photo no. 3)

- old town
- market square (Køge Torv)
- St. Nicholas' Church
- Køge Museum (photo no. 2)

##### Højerup

- Stevns Klint (UNESCO) (photo no. 1)
- Højerup Old Church on the cliff
- Baltic Sea viewpoint
- cliff trails

##### Rødvig (photo no. 5)

- Rødvig lighthouse

##### Faxe

- Faxe Kalkbrud (limestone quarry)
- Geomuseum Faxe

**Map:** <https://veloplanner.com/user-routes/56159?token=jqVHMDzxW4mxhUAYZkvEdQ>

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## 1 day

### Rønne - Nexø

(Bornholm)

**Distance:** 66 kilometres

**Profile:** for families with children, for seniors, for people with disabilities

**Difficulty level:** medium

**Riding time:** 4 hours

**Elevation gain:** 690 metres

**Surface type:** asphalt

### Tourist attractions:

#### Rønne

- old town
- St. Nicholas' Church
- Bornholm Museum

#### Pedersker

- Peders Kirke

#### Snogebæk

- pier harbour
- Dueodde beach

#### Nexø

- Bornholm Museum (branch)
- old town

**Map:** [https://veloplanner.com/user-routes/56161?token=\\_c84JyPhsfUZNzJOky5j9w](https://veloplanner.com/user-routes/56161?token=_c84JyPhsfUZNzJOky5j9w)

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## 1 day

### Malmö - Trelleborg

(Sweden)

**Distance:** 75 kilometres

**Profile:** for families with children, for seniors, for people with disabilities

**Difficulty level:** medium

**Riding time:** 5 hours

**Elevation gain:** 160 metres

**Surface type:** asphalt

#### Tourist attractions:

##### Malmö

- Turning Torso tower
- Lilla Torg square
- Malmöhus Castle
- Kungsparken

##### Bunkeflostrand

- Øresund coast

##### Höllviken

- Falsterbo Peninsula
- Ljungen nature reserve

##### Skanör med Falsterbo

- colourful beach huts in Skanör
- Falsterbo lighthouse
- Falsterbo bird reserve

##### Trelleborg

- Trelleborg (Viking ring fortress)
- town centre

**Map:** <https://veloplanner.com/user-routes/56163?token=b18ij5p3cSf2A3Qq33K6mA>

Interreg  
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UPGRADE



This project was implemented as part of the "**Baltic Biking Upgrade**" (BBU) project, implemented under the Interreg South Baltic Cross-Border Cooperation Programme 2021-2027 (project number: STHB.01.02-IP.01-0002/23).

**Baltic Biking UPGRADE (BBU)** is a co-funded project by the Interreg South Baltic Programme aimed at supporting small and medium-sized enterprises (SMEs) along the southern part of the EuroVelo 10 – Baltic Sea Cycle Route. The nine partners, covering six countries, will seek to assist the SMEs in developing bicycle-friendly services as well as in creating cycling tourism products and offers. The Baltic Biking UPGRADE project budget is €1,936,077.90, of which €1,548,862.32 is co-financed by the European Regional Development Fund.

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