**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.**

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).

## 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
– lighthouse
– port
– seaside promenade
– Blücher bunkers
– Bread Museum

Jarosławiec
– lighthouse
– fishing harbour

Darłowo
– Pomeranian Dukes' Castle
– Darłówko lighthouse
– port
– retractable bridge

Mielno
– Friendship Promenade
– walrus statue

Chłopy
– fishing harbour
– traditional village buildings

Gąski
– 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

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

## 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
– lighthouse
– fishing harbour

Ustka
– lighthouse
– port
– seaside promenade
– Blücher bunkers
– Bread Museum

Smołdzino
– Słowiński National Park Museum

Łeba
– shifting dunes
– Słowiński National Park
– Rocket Launcher Museum in Rąbka

map: https://veloplanner.com/user-routes/56139?token=YZ6nfvkpRSpjfm0tQwdmMw

**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

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

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-hecviRlHbuRR6g

**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
– Rhododendron Park

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
– German Oceanographic Museum

map: https://veloplanner.com/user-routes/56144?token=bsERaStWoUu3Xv4gzjo3dA

**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)

Møns Klint
– chalk cliffs
– 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

**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

Svaneke
– old town
– smokehouses
– lighthouse
– brewery and local crafts

Melsted
– Agricultural Museum (Melstedgård)

Gudhjem
– steep town layout
– smokehouses
– boat trips to Christiansø

Østerlars
– Østerlars Round Church
– Bornholm Medieval Centre (nearby)

Allinge
– old town
– Folkemødet festival

Hasle
– smokehouse
– Hasle Klinker (cliff coast)

map: https://veloplanner.com/user-routes/56153?token=XSr8fd1h-MhAc4tl_B85XQ

# 1 day

**Kołobrzeg - Koszalin**
(West Pomeranian Voivodeship)

distance: 49 kilometres
profile: for families with children, for seniors, for people with disabilities
difficulty level:
riding time: 3.5 hours
elevation gain: 150 metres
surface type:
tourist attractions:

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

Gąski
– lighthouse

Chłopy
– fishing harbour
– traditional village buildings

Mielno
– 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=_tY0fjvbsGRUSuCGlWv4Eg

**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
– water junction of the Szkarpawa and Wisła Królewiecka

Żelichowo
– arcaded house

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

**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
– lighthouse
– Passat (sailing ship)

Boltenhagen
– pier
– promenade

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

map: https://veloplanner.com/user-routes/56158?token=x-yahwEgYNZpMreHXj3lcw

**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
– 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

map: https://veloplanner.com/user-routes/56159?token=jqVHMDzxW4mxhUAYZkvEdQ

**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

**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
– Trelleborgen (Viking ring fortress)
– town centre

map: https://veloplanner.com/user-routes/56163?token=b18ij5p3cSf2A3Qq33K6mA