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Panoramarute

"Coast to Coast" is one of 26 panorama routes near Denmark's coastline. Panorama routes are quality cycle routes with places to eat, stay and special places to see. Views and insights are the keywords for the routes, as they take you to vantage points and special locations in the countryside. The panorama routes are part of the project "Powered by Cycling: Panorama", which is supported by the EU's regional fund.

THE EUROPEAN UNION

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Investing in your future

Coast to Coast

39 km / 31 km

The Coast to Coast route gives you the best views over Falster's two coastlines. Between the coasts you'll experience close-up the peace of village life. In the old market town of Nykøbing Falster you can enjoy your lunch – like the Russian Czar Peter the Great did back in 1716.

Where the route takes us

You can start the tour anywhere you like but the route described here starts at the tourist information office at Marielyst. Marielyst tourist information office **(1)** can hire out cycles which you can pedal round the panorama route. Head down Marielyst Strandvej until you reach Stouby Tværvej - later in the summer sunflowers bloom along the roadside!

At the foot of Væggerløse Bakke you have to walk a little to get to the top – from here expect to be rewarded with a unique view over Bredningen to Lolland, and the white art museum at Fuglsang. When you have caught your breath, it's time to go exploring in the old Stouby mill dating from 1790 and visit Stouby glass house **(2)**. Line has a workshop, shop and glass exhibition in the charming old Møllegård which is here.

(3) South Falster Solar Park offers fun and educational experiences for the whole family. Learn more about the 966 established collectors, say hello to the sheep and take part in the many activities for children.

At Næsbanken head towards Hasselø. Let your cycle take you down the hill while you enjoy the view over Guldborg Strait. Hasselø town **(5)** is an old fishing town which has now been converted to luxury homes. One stop ahead the grazing horses will be popular with the children.

Cycle along the dam into the town of Nykøbing Falster. Note that the route is not signposted through Nykøbing city (see detailed map 2).

On the right you will have a good view of the sugar beet factory **(7)**. Be careful as there may be sugar beet lying on the cycle path! You now have the option of taking a detour by crossing the bridge to Lolland and visiting the Medieval Centre **(8)**. Otherwise follow the route towards the harbour and cycle along the water's edge to Slotsbryggen **(9)**. Get off your cycle here and push it over the bridge and the 150 metres long the water's edge until you reach Slotsgade.

Fars Hat **(10)** - a little ruined tower from the imposing Nykøbing Castle.



The castle is centrally located between Scandinavia and Germany and over the years has been the residence for several queens – including Sophie of Mecklenburg (1557-1631).

From Slotsgade head down into the old part of the town **(11)** at Engvej and Staldgården.

Cycle back from Slotsgade and continue along Langgade until you reach the tower **(12)**. Now is the time to park up your cycle, go exploring in Nykøbing Falster town and "re-fuel" in one of the many tempting places to eat.

Close to the tower is the Czar's house **(13)**, where Czar Peter the Great of Russia in 1716 ate lunch together with the town's mayor! Today it is a restaurant and museum. A little further down along Færgestræde lies the tourist information office **(14)** which is in the style of an old-fashioned grocery store.

Also pay a visit to the water tower **(15)** dating from 1908 which boasts the area's best panoramic view at a height of 34 metres! You'll also find exhibitions here all the time and a café serving home-made cake. With a full stomach it's time to turn towards the east. As you leave the town you'll cycle past Lille Kirkestræde, note the beautiful abbey church from the 1400s **(16)**.

Idstrup **(19)** is a small hamlet with a village church and places to shop. Here too you can take a short cut to Marielyst if your legs are feeling the strain. Otherwise continue past Østersøvej to Ulslev beach **(20)** with play areas in natural surroundings, a bathing beach, toilet, a place to eat your packed lunch etc. The wind can be a trifle brisk on the last stretch back to Marielyst. In Marielyst **(21)** there is a wide selection of places where you can eat and stay overnight as well as activities for children and adults – not least the beach!

You can also see the following on the tour

- (3)** South Falster Solar Park: Håndværkervænget 16, Væggerløse
- (4)** Væggerløse Church with ancient burial grounds
- (6)** At Hasselø basic camp site for tents there's a place to eat packed lunches and there is the opportunity to walk on the Hasselø nature path along the water's edge.
- (12)** Market day Wednesdays and Saturdays all the year round
- (16)** Abbey church and herb garden with 300 medicinal plants and herbs
- (17)** Fire Museum and Hairdressing Museum
- (18)** Guldborgsund Zoo

You can find other panorama routes along the Berlin-Copenhagen bikingroute at www.visiteastdenmark.com



Sunflowers Marielyst

Coast to Coast

Detailed map 1 of 2



Accommodation

Avant-garden B&B www.avant-garden.dk
 B&B Nykøbing Falster www.bedandbreakfast-nykf.dk
 Guldborgsund B&B www.guldborgsundbedandbreakfast.dk
 Hotel Liselund www.hotelliselund.dk
 Hotel Falster www.hotelfalster.dk
 Damsgaards B&B tel. +45 54 86 08 86
 Ny Kirstineberg B&B www.bedbreakfast-nykoebingfalster.dk
 Vandrerhjem Vesterskoven www.vesterskoven.dk
 Falster City camping www.fc-camp.dk
 Ulslev Strand Camping www.ulslevstrandcamping.dk
 Marielyst Ny Camping www.marielystnycamping.dk
 Laxenborg Camping www.laxenborgcamping.dk
 Camping Østersøparken www.ostersoparken.dk
 Marielyst Feriepark Camping www.marielyst-feriepark.dk
 Hotel Nørrevang www.norrevang.dk
 Oldfruen B&B www.oldfruen.dk
 Marielyst B&B www.marielyst-bedandbreakfast.dk

Places to eat

In Nykøbing Falster and Marielyst there is a wide variety of shops and places to eat.

Additional tourist information

www.visitlolland-falster.dk and
www.visitlolland-falster.dk/marielystturistbureau

Roads: small country roads with moderate traffic.

Max 3 % gradient.

Cycling time at 11 kmh (adult): 3½ hours

Cycling time at 8 kmh (child): approx. 5 hours



Coast to Coast

Detailed map 2 of 2



Stations:

Daily train connections between Nykøbing Falster and Copenhagen.
Cycles can be carried on regional trains www.rejseplanen.dk Bus
connections at Falster: www.moviatrafik.dk

Cycle hire:

Spar Marielyst www.spar.dk/boto
Marielyst tourist office:
www.visitlolland-falster.dk/marielystturistbureau



Nykøbing Falster church



Marielyst Beach



Lunch in Nykøbing Falster



Nykøbing Falster