



420

Panoramarute

"In the quiet of the green woods" is one of 26 panorama routes near Denmark's coastline. The panorama routes are quality cycle routes with places to eat and stay and special places to visit. Views and insights are the key-words for the routes, which is why they take you to vantage points and special places in the countryside. The panorama routes are part of the project "Powered by Cycling: Panorama", supported by the EU's regional fund.

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Investing in your future

In the quiet of the green woods

29 km / 11,5 km

This tour takes you deep into the forests and far back in time. You cycle right through 3 of Midtfalster's forests with the scent of the forest floor and spruce in your nostrils and to the sound of swaying beech treetops. Evidence of our history appears on the way: burial mounds, embankments and the seat of an ancient court.

Where the route takes us

You can start the tour anywhere you like but the route described here starts at Slotsbryggen in Nykøbing Falster. If you are accompanied by children, it is recommended you shorten the tour to 11.5 km (Map 1) with a stop at Guldborgsund Zoo. Provisions cannot be bought beyond Nykøbing Falster, so be sure to take a packed lunch with you!

The tour starts delightfully at Strandboulevarden via the strait to your left. When Strandboulevard finishes, the route takes you through Indiarnerstien - a tunnel of trees where the tops of the trees seem to become encircled. Ny Kirstineberg Gods **(1)** offers B&B accommodation in manorial style.

Right at the start of Bangsebroskoven you'll catch sight of Snedkerhøjene **(2)** down to the right. An old tale says that the large hills stem from the cattle plague and contain animal bones. In actual fact its people from the Bronze and Iron Ages who lay buried in the hills. In the middle of the forest the path divides towards the four points of the compass, and here one can shorten the tour and cycle south towards Nykøbing Falster (total length 11.5 km). Otherwise keep to the left and follow the path north out of the forest where you'll pass Snedkerbækken **(3)** amongst other things - a habitat for trout.

Where Nordensvej crosses under the train track you should dismount - a short but steep hill awaits on the other side, be careful of cyclists coming from the opposite direction! Going forward towards the entrance to Ovstrup Forest the route leads through Falster's countryside with open expanses, quickset hedgerows and views towards the forest.

At the start of Ovstrup Forest **(4)** there are numerous reminders of the past to look out for on both sides of the road.

You can also see

(8) At Virketus there are places to eat your packed lunch, drinking water and a proper toilet.

Children can play on the swings in the exercise area and try out a climbing tree.

(10) Øverup fruit and vegetable stall

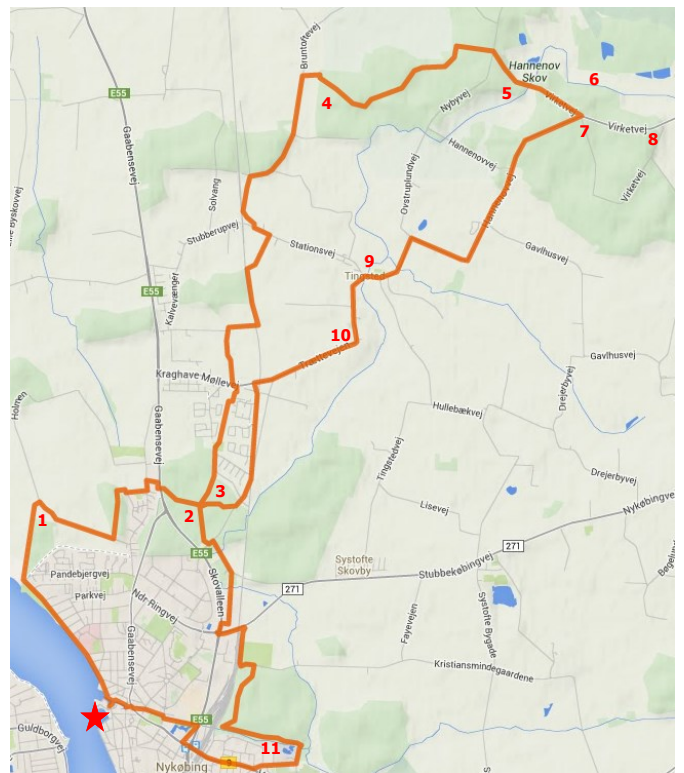
(11) If you are still not replete with nature, today's last stop can be Guldborgsund Zoo with tigers monkeys and many other animals as well as Falster's most challenging play area.

Roads

Small asphalted country roads with moderate traffic and forest roads.
Max 2 % gradient.

Cycling time at 11 kmh (adults) approx. 2 hours 30 minutes

Cycling time at 8 kmh (children) approx. 3 hours 30 minutes



Further into the forest the path leads down to a concealed and naturally beautiful sheltered area **(5)** with places to light a fire and views over the meadows. On the opposite of the main road there's a lovely view over the meadows and the single oak tree. Numerous large and old oak trees grow in Hannenov Forest. The oldest is between 200 and 300 years old.

Take a detour down to Borremosen **(6)**. An outlying pearl in nature's crown where the forest is reflected in the dark sea. It is possible to go round Borremosen where there is a path. Back on Virketvej there is a glimpse down to Virketvoldene **(7)** - an embankment from the Iron Age which acted as a refuge for the local population. The chronicler Saxo tells that: "The Falstringers resisted a siege at Falsters Fælles Virke in 1158." It must have been this embankment, he thinks.

Continue straight ahead at Hannenovvej towards Tingsted. Even at this distance the pink church **(9)** in Tingsted is lit up. Many think that it is unusual for a church to be pink. But in Falster and Lolland, Tingsted Church is one of several pink churches. Note the church's rich mural decorations. On the opposite side of the church is Tingsted Parliament. Parliament was held here in 1511.

In the middle of Bangsebro Forest follow the road to the south, and here you'll pass countryside from the golden age with unoccupied woodland areas and tall, straight standard trees.

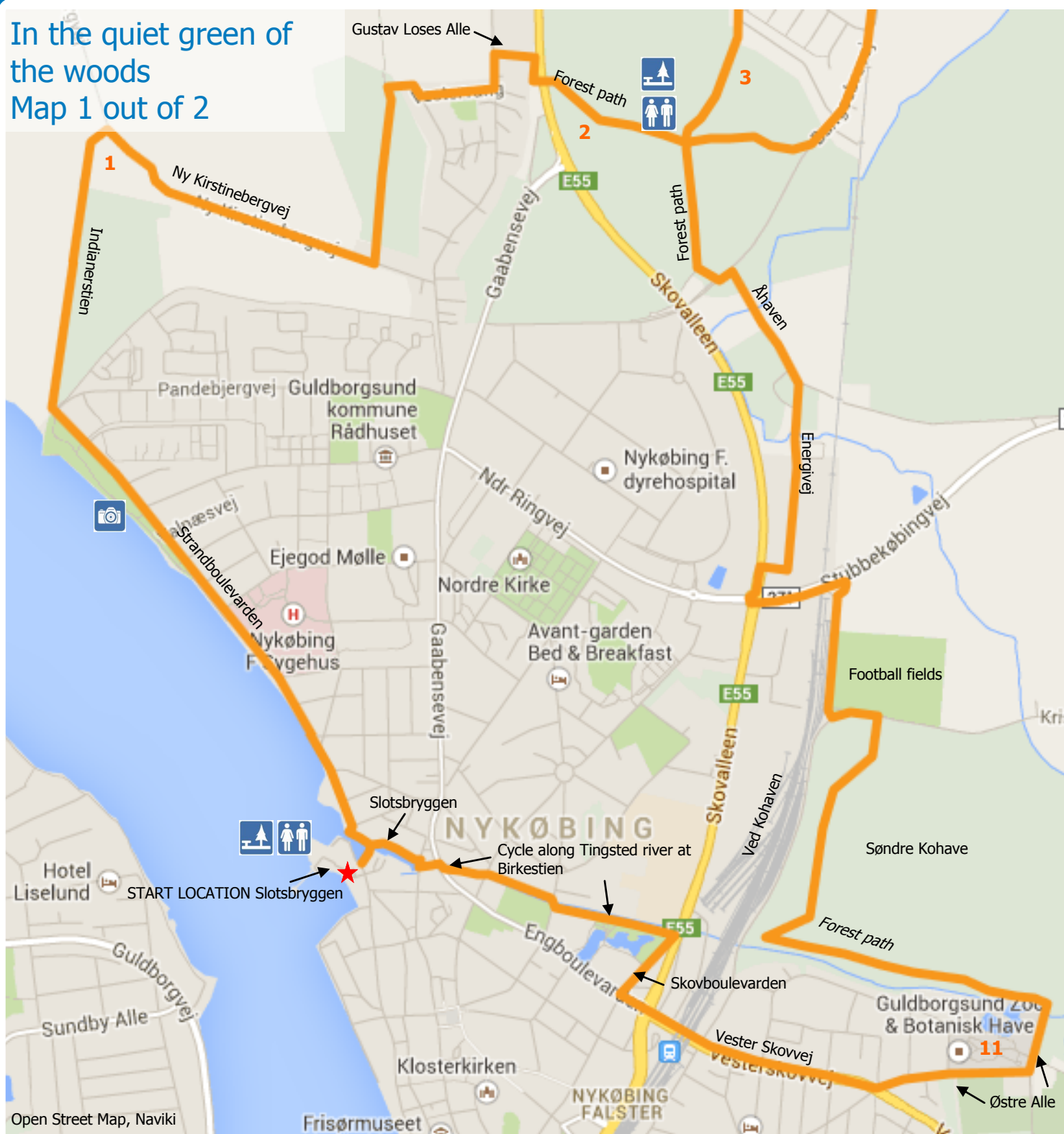
Back in Nykøbing Falster, the route takes you by Guldborgsund Zoo, along Tingsted å towards Slotsbryggen.

[See directions on detailed map 1 of 2](#)



In the quiet green of the woods

Map 1 out of 2



Accommodation and tourist information

Ny Kirstineberg B&B www.bedbreakfast-nykoebingfalster.dk
 Hotel Falster www.hotel-falster.dk
 Vandrerhjem Vesterskoven www.vesterskoven.dk
 Falster City camping www.fc-camp.dk
 Guldborgsund B&B www.guldborgsundbedandbreakfast.dk
 Damsgaards Bed & Breakfast tel. +45 54 86 08 86
 Avant-garden B&B www.avant-garden.dk
 B&B Nykøbing Falster www.bedandbreakfast-nykf.dk
 Hotel Liselund www.hotelliselund.dk Further information
www.visitlolland-falster.com

Shops and places to eat

In Nykøbing Falster there is a wide selection of places to eat and shops, so stock up on supplies from here!

Stations

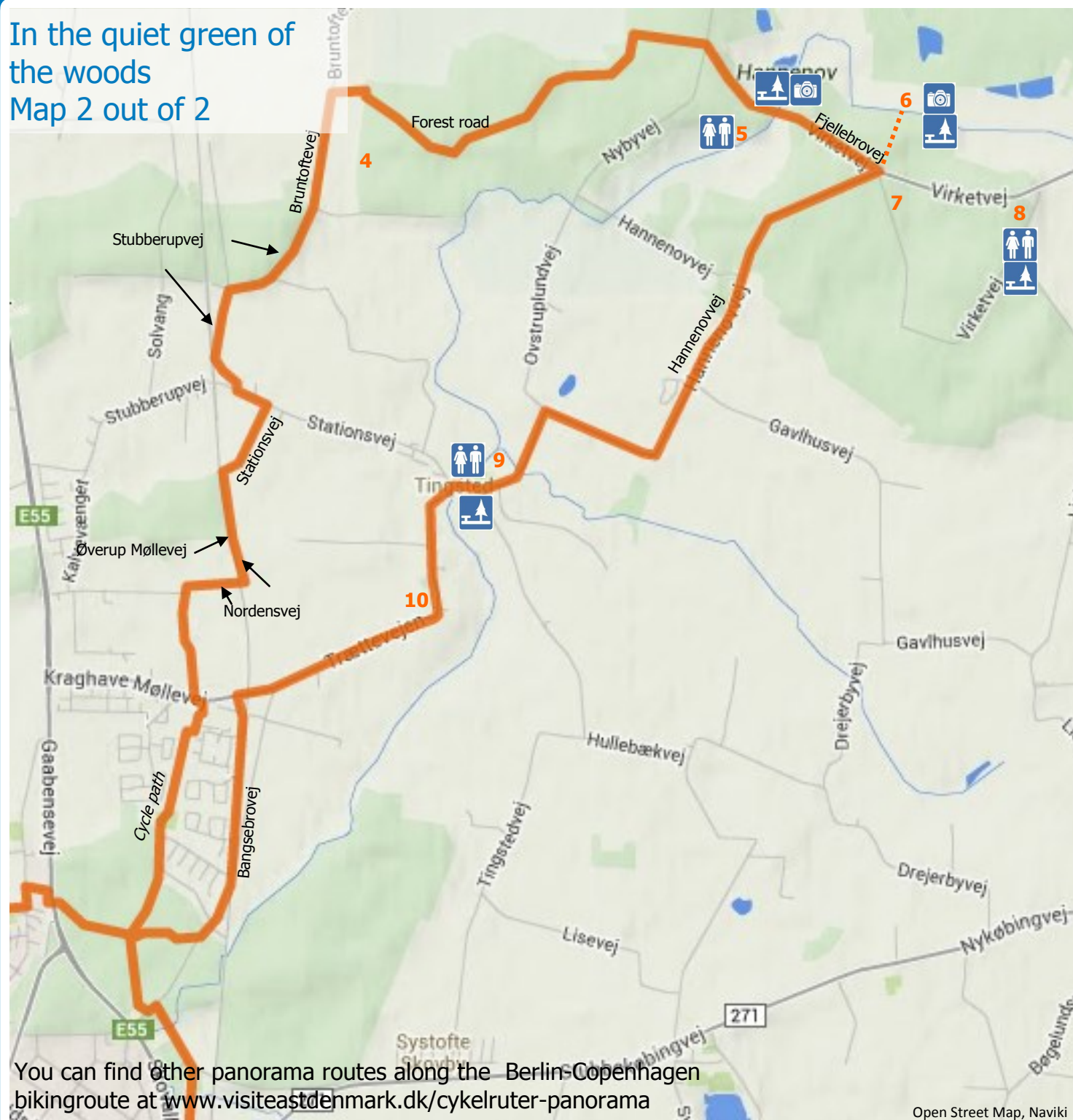
Daily train connections between Nykøbing Falster and Copenhagen. Cycles can be carried on regional trains www.rejseplanen.dk



Oak tree in Hannenov Forest

In the quiet green of the woods

Map 2 out of 2



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

