

Rügen Island – Germany's Baltic Coast by Bike



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We hope that you're looking forward to your holiday with Inntravel

You should already have received the following documents, either with your holiday confirmation/invoice, or by links on your MyInntravel webpage (please let us know if you have not received them):

- 'Preparing for your cycling holiday' leaflet
- 'Driving in Europe' leaflet (if you are driving)
- Germany Country Information leaflet

In addition to the following pages, you should also find in this pack:

- Itinerary
- Cycling - Tips and Advice
- Luggage labels
- Taxi vouchers (where relevant), unless the transfer is carried out by the hotel which will be indicated on the enclosed itinerary.
- Ferry tickets and timetable

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These notes are divided into three sections –

- General Information, where you will find important contact details, along with advice on practical matters, the weather, and some background information for the holiday.
- Travel Information, which includes details for travel to the start of the holiday, as well as returning from the end.
- Route Information, which, in addition to the daily cycling notes, gives more detail on the overall route, and advice on how to make the most of the notes.

General Information



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General Information

Contact Details

The following pages contain contact information for emergency services, Inntravel, your hoteliers and the cycle supplier. We recommend that you take this information with you each day.

In the rare event that you should encounter any problems during your stay, please contact the owners/agents in the first instance as they act as our representatives. Please do not wait to report any dissatisfaction until you return home as problems can only be rectified if you give us the chance to do so at the time.

Emergency

The local emergency services in Germany can be contacted on 112.

If you need to contact Inntravel on urgent matters, please phone

[phone number]

Note that the international dialling code for the UK is +44.

Outside office hours your initial call to this number will be taken by our emergency assistance service. Please provide them with your contact telephone number, location, booking reference number (if you have this easily to hand) and a brief description of your problem; they will then immediately contact Inntravel's 24-hour Duty Officer, who will call you to assist. If you are unable to reach us on this number at any time, you should call [phone number] as an alternative way of reaching our emergency assistance service.

Please do not call the emergency numbers for routine matters or enquiries. These can be most effectively handled by our full team during office hours by calling [phone number]

The international dialling code for Germany is +49

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Accommodation

[Hotel 1 name]

[Address]

Tel: [number] / Email: [email address]

Manager: [Name]

OR...

[Hotel 1 alternative name]

[Address]

Tel: [number] / Email: [email address]

Manager: [Name]

[Hotel 2 name]

[Address]

Tel: [number] / Email: [email address]

Manager: [Name]

[Hotel 3 name]

[Address]

Tel: [number] / Email: [email address]

Manager: [Name]

[Hotel 4 name]

[Address]

Tel: [number] / Email: [email address]

Manager: [Name]

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Bike hire & luggage transfers

[Company 1 name]

Tel: [number] / Email: [email address]

[Company 2 name]

Tel: [number] / Email: [email address]

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Practicalities

NB It is important that you read the enclosed 'Cycling –Tips & Advice' for our full advice regarding cycling holidays, and we trust that you have read the 'Preparing for your cycling holiday' leaflet. The following information below is additional to these, and should be read in conjunction with them:

What you need to take

It is not possible to hire a cycle helmet from our supplier for this holiday. We strongly recommend you take your own helmet with you for your safety, although it is not a legal requirement to wear a cycling helmet in Germany. For most of the season you should be able to cycle in shorts, although lightweight waterproofs and a windproof (of a breathable material preferably) jacket should also be part of your equipment.

Luggage transfers

Your luggage will be transferred from hotel to hotel by Touristik Service Stralsund ([phone number](#)) which is a large local organisation moving luggage around Rügen every day. On each of the mornings when you are moving on, please make sure you leave your luggage in reception by 0900 and inform someone that it is there, ready for the transfer. Two bags or cases per person to a maximum weight of 20kg per bag is allowed.

Please use the Intravel luggage transfer label provided to indicate the name of each hotel you will be visiting and the date. Each item of luggage should also be clearly marked with the party name as shown on your itinerary. Your bags will be available at the next hotel by 1700 (1800 in high season).

Diet

We have passed on any special dietary requirements you may have, but we suggest that you reconfirm this locally.

Meals

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Dinner is included on five nights, but please note that if your stay at Hotel Soltus Am See falls on a Mon or Tue (or both) you will have received a reduction from us because their restaurant is closed on these evenings; ask at reception for recommendation nearby. In Stralsund, there is an ample choice of restaurants in the historic *Altstadt* (old town).

Money and Passports

Getting Euros in Germany is easy; you will pass banks and ATMs as you cycle through the various towns on the route. In Germany, UK credit and debit cards are not as widely accepted as in other European countries, particularly for small amounts, so please ensure that you always carry some cash with you.

Tourist tax

Where applicable, this is usually a few euros per night and is to be paid directly to the hotel(s); they may ask for this in cash.

The Bikes

Cycle hire is provided by Touristik Service Stralsund and your bikes will be prepared and delivered to your hotel in Stralsund on your day of arrival. They are hybrid bikes with a 24-gear 'thumb shift' system. Each has a case holder, rear pannier, lock, bike pump, odometer and a well-stocked repair kit including spare inner tube. We recommend you bring your own water bottle and a helmet for your own safety.

Please note it is NOT possible to hire helmets locally from our supplier. At present, there is no legal requirement in Germany to wear a helmet, but we strongly recommend that you do so for your own safety.

All the bikes are expertly serviced and maintained, but if you find any difficulty with the bicycles before you set off then please contact Touristik Service Stralsund ([phone number](#)) who is based in Stralsund. Once under way, please repair punctures and attempt other minor repairs yourself with the kit provided. If you experience any other problems, contact Touristik Service Stralsund. If at all possible, try to reach your next hotel and call from there unless you require urgent assistance.

Please ensure that all accessories are returned intact at the end of your holiday.

E-bikes

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Your E-bike will be handed over to you either the evening before or morning of departure from Stralsund. A deposit of 100€ in cash or by credit card is required at the point of handover. Please advise reception of a time which suits you for the handover and arrangements will be made with Touristik Service Stralsund.

Important: On departure from the hotel at the end of your holiday, you should leave your bikes locked in the bike store of your hotel in Stralsund for later collection.

Looking after your bicycle

You are responsible for any damage or loss resulting from negligence while the bicycle is hired to you. You should secure your bike carefully and to an immovable object when unattended using the lock provided, and be sure to secure this through the front wheel if possible, as well as around the frame.

Always take any accessories with you, such as panniers, as these can easily be removed from the bicycle, and store the bicycle in a safe place overnight at your accommodation.

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Your Holiday – An Overview

We're not quite sure what took us to Rügen, off the sunniest, north-easternmost corner of Germany, but we're very glad we found it. This full-circle journey, beginning and ending in picturesque Stralsund on the mainland, will appeal to those with a sense of adventure and a yen for the unusual. On an island seemingly made for cycling, there are seaside eccentricities galore and a surprise – and delight – around every bend.

A kooky-looking coastline offers white-sand beaches, towering chalk cliffs and fishing villages that exude charm and nostalgia; while a huge black submarine, Hitler's vast and ghostly holiday camp and the odd spluttering Trabant hark back to half-hidden decades behind the Iron Curtain. Nowadays, the rows of iconic, striped Strandkörbe (ingenious contraptions that put normal deckchairs to shame), and Rasender Roland – the 'Rushing Roland' narrow-gauge steam train – are emblematic of a holiday hideaway that is held in great affection by Germans. Rügen is an unexpected delight.

Background Information

Rügen

Shaped by the ice age, Germany's largest island is situated in the *Ostsee* (Baltic Sea) due north of Berlin and just to say in German waters being a hair's breadth from the Polish border. Rügen and the *Hansastadt* of Stralsund belong to the federal state or *Land* with the catchy title of Mecklenburg- Vorpommern, essentially created following the 1989 revolution and subsequent reunification. With 60km of beautiful long sandy beaches, majestic chalk cliffs, national park of *Boddenlandschaft* (lagoons) and ancient beech forests, plus arresting alabaster white C19th architecture, the island of Rügen covers an area of 976km² and offers much variety to the visitor on two wheels. Principal town, Bergen, marks the centre of the island but it is definitely the coastal fringes and its elegant bathing resorts which make this island so unique and beguiling. Water is everywhere and you are never more than 7km from some beach or lagoon on Rügen and its 574km of coastline whilst the interior is productive farming country with neatly maintained fields of wheat, barley and oil seed rape covering much of the terrain. Moreover, with over 2,000 hours of sun each year, it is said to be Germany's sunniest corner with sea temperatures rising to 19°C by the end of the summer and warm autumn days extending into late October.

Since the C19th, this has been Germany-on-sea but it is the island's eccentricities and quirks, such as the *Rasender Roland* (Rushing Roland) narrow gauge steam train, striped *Strandkörbe* which put deckchairs and windbreaks in the shade plus the splendid *Seebrücke* (piers) which add spade loads of charm and nostalgia to any visit.

Floating just off Stralsund, the island is connected to the mainland by the Rügendamm (causeway) and the Rügen Bridge, yet despite these much-used bridges, Rügen still maintains the feel of an island. The islanders busy themselves with sustainable tourism whilst medium-sized businesses, farming, forestry, fishing and food production are otherwise the main sources of employments.

History

Early Days

Artefacts recovered from Rügen's lagoons provide evidence of human activity on the island as far back as the Stone Age and stone monuments, such as megalithic tombs and altar stones dotted all over the island furthermore bear testament to this. By C1st BC, the Rugii Tribe, possibly of Scandinavian origin, had taken up residence on the island and the wider area and it is from these early settlers that the island got its name.

From C7th the West Slavic Rani (Rujani) tribe occupied Rügen representing a significant military strength in the Baltic thanks to an effective navy and a favourable geographical location. The Ranians maintained a strong Slavic influence on the region's religion and dominated strategic trading routes in the area, keeping the Danes with their Scandinavian and British links at arm's length. All this changed in 1168 when the island came under Danish control with Valdemar I, destroying the Svetovid (Rani God of War) temple in the hill fort at Cape Arkona. The Rani leader Jaromar I became a Danish vassal and Christianity was brought to the island.

Skirmishes with Scandinavia

In 1184, the Pomeranians attempted to take the Danish Principality of Rügen for the Holy Roman Empire, but were defeated and the Danish influence endured. At the end of the C12th, the Abbeys of Bergen and Hilda (the latter known as Eldena) were established.

The island similarly attracted would-be colonists from Germany who busied themselves founding more religious institutions and some of the island's towns. In 1234, Stralsund was officially founded and in 1241, Greifswald was granted important market rights. In 1304, a storm surge, known as the All Saints' Flood, devastated the island and flooded the peninsula between Mönchgut and Ruden.

The death of the last Slav prince, Wizlaw III, in 1325, led ultimately to the Rügen Wars of Succession, which, coinciding with disputes over the Danish throne resulted in the island becoming part of Pomerania-Wolgast and under the umbrella of the Holy Roman Empire. In 1478, the states of Pomerania-Wolgast and Pomerania-Stettin became one and, in 1648, following the Treaty of

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Westphalia, the entire state including Rügen was ceded to the Kingdom of Sweden.

Whilst under Swedish control, Gustav IV Adolf established the eponymous town of Gustavia on the Mönchgut peninsula only to be abandoned during the Napoleonic Wars. The island was wrested for brief periods from Swedish ownership by the House of Brandenburg, the Prussians and the Danes respectively but remained by and large under Swedish rule until the Napoleonic Wars when, between 1807 and 1813, it was held by the French. The long tree-lined *Alleenstraße* which criss-cross the island are a lasting visual legacy to the brief period of Napoleonic occupation. The island along with Pomerania (*Neuvorpommern*) then passed from Sweden to Denmark before coming to Prussia, as decreed by the Vienna Convention of 1815.

Birth of the Baltic bathing resorts

Tourism officially began in Rügen in 1816 with the establishment of Putbus as a bathing resort followed by Sassnitz (1860s) and Binz (1880s). Germany's more sophisticated version of the deckchair, the *Strandkorb*, with its built-in windbreak was invented in 1882 by Rostocker Wilhelm Bartelmann as protection from the elements for the sickly aristocracy who came to convalesce by the sea. Rügen became the seaside destination of choice from C19th Prussian royals to artists and writers such as Thomas Mann and Gerhart Hauptmann although it was C19th Romantic painter Caspar David Friederich who really immortalised the island through his atmospheric landscapes.

By the outbreak of World War II, Rügen was firmly established as Germany's favourite holiday destination. In the run up to WW2 the Rügendamm bridge was built connecting the island to the mainland. Under the Nazis, the large 'holiday resort' of Prora was constructed but never brought to fruition. The resort was part of Hitler's plan to encourage 'Strength through Joy' (*Kraft durch Freude*) by providing a holiday resort for his soldiers and their families. Great plans aside, the 'Koloss von Prora' remains a huge white elephant never having accommodated a single guest.

East Germany, DDR days

In the aftermath of WW2, East German and Soviet authorities exiled landowners from the mainland to the island.

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Under the German Democratic Republic (DDR), Rügen became part of the state of Mecklenburg. In 1953, the government introduced a programme to nationalise the tourism industry and many hotel and guesthouse owners had their property confiscated. Some were even sent to prison for having 'engaged in economic activities' regarded as 'crimes against the state'. In reality, many of the seized hotels were used to house the police, and as a consequence, tourism on Rügen temporarily ground to a halt.

Access to the Baltic Sea via Rügen was the escape route of choice for many desperate East Germans attempting to flee to the West – between 1961 and 1989, more than 5600 DDR citizens fled via the *Ostsee*. In total, 189 lost their lives in addition to 54 registered as missing and presumed dead.

Over the course of the next 35 or so years, the island eventually became one of the main tourist areas in the DDR with the development of state-run tourism in the form of summer camps for school children and campsites plus accommodation for individuals and businesses.

Rügen today

In the wake of the 1989 reunification of Germany, Rügen's popularity remains high. In 2007, the Rügen Bridge (*Rügenbrücke*) was completed to supplement the existing 1936 bridge to help cope with increased traffic to the island. Space on the most popular beaches is at a premium in July and August when Germans along with Austrians, Swiss and Scandinavians descend on their favourite seaside destination.

Rüganers are generally more laid back than the national stereotypical Teuton. They maintain a strong link with their maritime past and champion the humble herring rather than the ubiquitous German *Wurst*.

In spite of the large number of tourists flocking to its shores, Rügen successfully remains a quiet undisturbed corner of mainland Europe and will yield many pleasant surprises for the English-speaking visitor.

Geology, Flora and Fauna

Sharing a sedimentary history with the Danish island of Møn, Rügen's varied landscapes and kooky coastline owe much to the glacial effects of the Ice Age. The chalk cliffs of the Stubbenkammer and the Feuersteinfeld (flint field) at Neu Mukran first provided prehistoric man with an armoury of weapons and tools

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before supplying today's pharmaceutical industry with raw material for a wide range of products. The movement of glaciers ultimately shaped the island resulting in the weird shapes which characterise the Rügen coastline: numerous long sandy beaches, lagoons (*Bodden*) and open bays (*Wieke*), as well as projecting peninsulas and headlands. Once a series of islands joined by strips of land, the name Rügen refers to the main core of the island whilst the large peninsulas of Jasmund and Wittow (north) and Mönchgut (south) are distinctly different as the islands of Hiddensee and Ummanz. The western coast is generally much lower and flatter than the eastern side where the highest peak is just 161 metres.

The island is home to the Jasmund National Park, which, in 2011, was awarded UNESCO World Heritage Site status in recognition of its vast C13th forests of beech trees which grow on the chalky Ice Age formed Stubnitz plateau. It was the artist Caspar David Friedrich, in the early C19th, who first drew attention to the rugged beauty of this small National Park through his striking and realistic paintings. A particular favourite of his was the *Stubbenkammer* or chalk cliffs especially the contrast of the jagged, white chalk cliffs against the jade-coloured sea. The strange and wonderful shapes of the frozen Baltic in the depths of winter are amongst his best known and loved landscapes.

The *Königsstuhl* or 'King's Chair' is the main focus of these chalk cliffs, which at 117m is Rügen's highest point. There are many tales surrounding the history of *Königsstuhl* and how its name came about. The most popular one infers that the inhabitants of Rügen elected their kings through a highly perilous process: they lay down a challenge that he who managed to climb from the sea to the top of the highest chalk cliff, won the right to occupy the 'King's Chair'.

Victoria-Sicht or Victoria's View also provides a wonderful, tranquil viewpoint of these striking cliffs and of the vast ocean beyond. On taking a walk along the clifftops one June morning in 1865, King Wilhelm I was so overcome by the panoramic view, that he named the viewpoint after his daughter-in-law, the English Princess Victoria.

The huge chalk plateau shared by Rügen and Danish Møn was raised to the earth's surface by tectonic plate movements, and has been eroded ever since; leaving the modern-day islands with their exposed chalk cliffs. The glorious chalk landscape combined with forest, marshes, wetlands and dry grassland create an

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area rich in flora and fauna and a habitat for many rare plants and animals. Protected orchid varieties, such as the lady's slipper, flourish here whilst a thousand different species of beetles allegedly scurry through the undergrowth. Bird watchers can find a variety of birds including the white-tailed eagle – Rügen is home to more than one pair of breeding pairs. Other bird species regularly spotted include kingfisher, house martin and peregrine falcon.

The archipelago includes traffic free Hiddensee and Ummanz to the west, the latter being the best vantage point from which to observe migratory cranes (*Kranichen*) on their spring and autumn stopovers. There is much for bird watchers here as well as general nature lovers with the South East Biosphere Reserve and also the protected island of Vilm (visits by request only) attracting various breeds of waterfowl including sea eagles and migrating birds. The dunes and heathland of Hiddensee are home to three types of snake: grass snake, smooth snake and adder, the latter being the only poisonous one and care should be taken when walking in the heather and along small paths of this small island.

The National Park has a network of 43km well-marked walking trails in the *Stubbenkammer*, the Forest Hall (*Waldhalle*) including an 8.5km trail along the clifftops. It is possible to access the beach from the clifftops, but it involves walking down hundreds of steps and of course climbing back up again! Guided walking tours are also available.

Amber Coastline

Baltic amber (*Bernstein*) can be found washed up on beaches anywhere along the Ostsee coastline. The process whereby tree resin is fossilised resulting in this 'gold of the north' takes 40 –60 million years and is thought to be the result of sudden climate change. Reacting to temperature changes, trees of the Sequoia variety started producing copious amounts of resin as trees tried 'to heal' themselves where branches had been removed or infected. The colour of amber ranges from bright to dark yellow or brownish orange depending on its vintage or where it is found and, on rare occasions, can be red or blue. Nuggets often have small insects, twigs, pieces of bark and bubbles of water or gas trapped within giving Baltic amber its characteristic appearance. The best time for beach combers to happen across pieces of amber on the sands is in the wake of a storm.

Rasender Roland Steam Train

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'Rushing Roland' is one of the island's main attractions, dating back more than 100 years. The steam-powered narrow-gauge train chugs along at 30km/h from Putbus to Göhren in Rügen's south east, calling at the seaside towns of Binz, Sellin and Baabe en route. Old-style compartments are combined with a buffet car and even an open-air carriage, for anyone genuinely wishing to feel the rush of wind through the hair! Moreover, you can make good strategic use of Rasender Roland to shorten routes, as indicated in our notes.

Food and drink

The strength of Rügen cuisine lies in its excellent range of local produce. The island used to be the '*Kornkammer*' (bread basket) of Stralsund in the Middle Ages, and its fertile and varied landscapes remain a rich source of local food today. Predominantly arable, the terrain to the east and in the centre of the island often resembles Eastern England.

Erstwhile fishing villages on the coast abound with the shallow waters of the lagoons and the sea beyond yielding a wide variety of catch including herring, cod, seatrout and pike and little wonder that line fishing is a popular pastime here. Freshly smoked fish with a tiny carbon footprint is readily available to eat on the hoof or at restaurant tables where the choice for fish lovers is almost overwhelming. It is served smoked; fried; grilled or steamed. The island has special herring (April / May), needle fish (May) and cabbage (autumn) 'festivals' to tie in with peak harvest times.

The salty Ostsee winds caress the cabbage fields in the north of the island, whilst geese, lambs and dairy cows feast on lush meadows and wild herbs watered by the brackish waters of the 'Bodden' or lagoons. *Tüften*, the local name for potatoes, accompany or are at the heart of many meals; game from forests on the mainland add to the variety and poultry farming is also important.

Breakfast is a good introduction to the island's produce, with tasty jams, local fresh cheeses and organic eggs from Bisdamitz, milk products from Poseritz included amongst local produce.

Sea Buckthorn

The bright orange coloured berry *Sanddorn*, also known as the lemon of the North, grows wild all over Rügen and on Hiddensee. Incredibly sour, yet bursting

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with vitamins and goodness, its high level of vitamin C is valued for its health-giving properties. The berries are harvested at great peril by the islanders in September / October (there are numerous spines between and around the berries) and are processed into a wide range of produce.

These include fruit spreads, jellies, wine, tea, liqueurs, cake, confectionery, juice, nectar and even beauty lotions and potions. The local chefs have creatively spirited Sea Buckthorn onto numerous menus, whether as Sea Buckthorn soup, in sauces, or ice creams.

Kohl or Cabbage

Cabbage is one of the culinary specialities to be found on the island, especially during the autumn months. The Wittow peninsula is the traditional cabbage-growing area on the island and Wittow cabbage is well known throughout Germany. Such is its national notoriety that a Rügen Cabbage Week takes place from late September until the beginning of November every year. White, red and Savoy cabbages plus brassica relatives such as cauliflower and Brussel sprouts are all grown here and thrive in this particular environment.

Fischegeist

Schnaps being Germany's ubiquitous spirit, this herbal alcoholic digestive definitely packs a punch. At 56% proof and served in special tiny mugs (*Tonkrüge*) the knock-out effect is heightened by the ritual of setting fire to the drink before consuming. A dinky copper 'frying pan' (*Pfännchen*) is provided to extinguish before downing and is regarded in northern Germany as a social drinking ceremony to be enjoyed among friends. One sip and the instant warming and soul enhancing effect once appreciated by sailors and fishermen is instantly appreciated and explains the pun on the name: *Fischegeist* = Fishermen's Spirit.

Traditions and Culture

FKK – free body culture

If you've ever braved a German sauna, you will already be aware of the cultural difference between the Brit modestly attired in swimwear and robe and the German wearing only a smile. Here, *Freikörperkultur* (free body culture – or nudity) is enthusiastically practised beyond the safety of the sauna but generally

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restricted to beaches bearing the FKK sign. This naturistic approach to sport and community living first took off in Germany and is widely accepted and embraced throughout the country.

Klaus Störtebeker

Rügen pirate and folklore hero, Klaus Störtebeker, was allegedly born in Ruschwitz in 1360. Swashbuckling tales of piracy surround Störtebeker and according to legend, the young buccaneer, having cheekily drunk from his master's tankard, was chained and tortured yet managed to break free and overthrow his captor. He escaped in a fishing boat to Kap Arkona where he joined forces with brigand Michael Gödecke and his men who menaced all who dared sail near the coastline of Rügen.

Störtebeker's pirate days were ended when he was caught in Hamburg and subsequently beheaded. In view of his popular cult status, his last request for his men to be spared was honoured and upheld. Legend also has it that Störtebeker hid his valuable loot under a cliff on the Stubbenkammer and that once a year, a phantom ship haunts this coastline. The famous tale of this 'Robin Hood of the sea' outlaw hero is played out by islanders from the end of June to the beginning of September on the open-air stage at Ralswiek. As an accolade and ultimate endorsement, the favourite local beer is named after him.

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Travel Information



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Travel Information

By Air

From Berlin Brandenburg Airport <https://ber.berlin-airport.de/en.html>

By train to Berlin Hauptbahnhof (Berlin Central station, abbreviated to HB or HBf)
– pay locally

The railway station at the airport is directly below Terminal 1 – follow signs for Bahnhof (railway station), City or Zügen (Trains).

The Airport Express (FEX); and regional trains (RE7, RB14) travel between Berlin Hauptbahnhof and the airport rail station at T1/T2 several times an hour, with a journey time of c30mins. Follow the direction Berlin Hauptbahnhof (for FEX), Nauen (for line RE14) or Dessau (for line RE7).

In addition, S9 S-bahn trains run every 20 mins (direction Spandau), serving T1/T2 and also T5, with a longer journey time of c50mins.

For more information and to buy tickets online see www.vbb.de/en

There are ticket machines at the station (*Fahrkartenautomat*) where you will also be able to purchase your single ticket (Zones A+B+C), payable in coins.

Don't forget to validate your ticket in the red *Entwerter* box on the station platform.

From Berlin HBf

- Rail – Berlin to Stralsund (3h15)
- Walk – Stralsund station to hotel (0h05); or taxi

Walking directions to the Hotel am Jungfernstieg:

It is only a 100m walk from Stralsund Hauptbahnhof across the road to the Hotel am Jungfernstieg. Exit the station and cross on the pedestrian crossing to the right of the exit. You will see the blue HOTEL sign 50m in front of you on Jungfernstieg.

To the Romantik Hotel Scheelehof: We recommend taking a taxi (pay locally) from the station to the hotel which is located on far side of the *Altstadt* close to the harbour.

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Departure from Berlin

- Walk – hotel to Stralsund station (0h05); or taxi
- Rail – Stralsund to Berlin (3h15)

From Berlin Hauptbahnhof to Berlin Brandenburg airport

Buy a ticket for Zones A+B+C (approx. €4, payable in coins). These can be bought online see www.vbb.de/en or there are ticket machines at the station (*Fahrkartenautomat*) where you will also be able to purchase your single ticket; payable in coins.

Don't forget to validate your ticket in the red *Entwerter* box on the station platform.

The Airport Express (FEX); and regional trains (RE7, RB14) travel between Berlin Central Station and the airport several times an hour, with a journey time of c30mins. If you are taking the FEX Airport Express or the RB14 line, follow the direction Flughafen Berlin BER. Travelling on the RE7 line, follow the direction Wünsdorf-Waldstadt.

In addition, S9 S-bahn trains run every 20 mins in the direction of Flughafen BER serving T1/T2 and also calling at T5, en route. The S9 line has a longer journey time of c50mins.

For more information about Berlin Brandenburg airport see:

<https://ber.berlin-airport.de/en.html>

From Hamburg Airport

Make your way to the airport railway station (follow the S signs for the S-Bahn – metro). There are automated ticket machines, and a ticket to the Hauptbahnhof cost around €3.50. There is just one line, S1, with a direct train to the Hauptbahnhof.; the journey time is 25 minutes.

Alternatively a taxi from Hamburg airport to the Hauptbahnhof will take 25 minutes and cost around €30.

From Hamburg

- Rail – Hamburg to Stralsund (3h00); or via Rostock (3h30)

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- Walk – Stralsund station to hotel (0h05); or taxi

Walking directions to the Hotel am Jungfernstieg:

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To the Romantik Hotel Scheelehof: We recommend taking a taxi (pay locally) from the station to the hotel which is located on far side of the *Altstadt* close to the harbour.

To Hamburg

- Walk – hotel to Stralsund station (0h05); or taxi
- Rail – Stralsund to Hamburg (3h00); or via Rostock (3h30)

On arrival at Hamburg Hauptbahnhof, follow the S signs for the S-Bahn. The airport route is served by S-Bahn line S1. The journey time to the airport is 25 minutes.

Take care as the trains to the airport separate at Ohlsdorf, only the first 3 carriages go to the airport and the back of the train continues on to Poppenbüttel. If you do get on the wrong part of the train and end up in Ohlsdorf it is not a problem as trains depart every 10 minutes from here and the airport is the next stop.

At the airport station take the lift to Level 1 and cross the road to the airport T1 building.

By Car

Using the motorway system, the journey time from the channel ports is approx. 10hrs. Entering Germany from the Netherlands on the E30 to Osnabruck, continue north and east on the E37 before picking up the E22 taking you around Hamburg and Lübeck as far as exit 24-Stralsund towards Stralsund/Fähre/Sassnitz. Following the B96, enter Stralsund passing over the railway line turn left into Greifswalder Chaussee direction *Altstadt*/Frankenvorstadt.

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For Hotel am Jungfernstieg: At the next roundabout, take the 3rd exit onto Karl-Marx-Straße continuing at the next roundabout onto Frankenwall between two lakes. Turn left onto Tribseer Damm and right at the Hauptbahnhof into Am Jungfernstieg. The Hotel am Jungfernstieg is immediately on your right and the carpark behind the hotel, to the left of the main entrance. If you have booked your Channel crossing with Inntravel, the hotel parking charge is included in your holiday.

For Hotel Scheelehof: Go straight on at the next two roundabouts along Frankendamm becoming Wasserstraße. Turn right briefly into Heilgeiststraße then immediately left along Am Fischmarkt parallel with the harbour. At the end, turn left and up Fährstraße. The hotel is situated after 150m on your right. It is advisable to pull up outside the front entrance on Schillerstraße to unload and receive parking instructions from reception.

The Hotel Scheelehof does not have private parking and guests use the Parkhaus, for which you pay locally, located nearby on Fährwall and connected to the hotel via a subterranean passageway. Parking instructions and directions will be given by reception staff.

Route Information



Rügen Island – Germany's Baltic Coast by Bike

Route Information

Arrival in Stralsund

Please note that Tourist tax is charged locally in Stralsund at check out. Approx. €3 to €5 per person per night.

Hotel am Jungfernstieg

Tel: [\[phone number\]](#)

This modern and well-situated hotel has spacious, well-appointed rooms offering wonderful views over the impressive skyline of this Hanseatic League town and its historic *Altstadt*. All rooms are equipped with hairdryer, satellite television and safe plus tea and coffee making facilities. There is a small seating area in reception where there is a fridge with cold drinks which are purchased at reception. Wi-fi reception is possible throughout the hotel plus infra-red cabin at your disposal. Your stay here is on a bed and breakfast basis and breakfast is served in the large, bright dining room. You are invited to prepare your own rolls from breakfast if you require a packed lunch – there is a charge for this. Simply advise the breakfast staff and pay at reception on checking out. We recommend that you take advantage of this option as there are no refreshment opportunities on your first day's cycle until you reach Putbus, which is 41km from Stralsund.

Hotel guests are offered a 10% reduction on several restaurants in the town. Reception will advise you and provide a map of Stralsund and their partner restaurants. It is a 15-minute walk into the centre across the Küterdamm and passing a spectacular fountain in the Knieperteich which is illuminated at night.

Villa am Jungfernstieg

Renovated in 2012, this historic building serves as an annexe to the main hotel and is located a couple of minutes' walk further along Jungfernstieg. Breakfast is taken in the main hotel building.

Stralsunder Marzipan

Fans of marzipan will have noticed the tempting selection of chocolate-coated confectionary on sale in the hotel foyer and next door in the Stralsunder

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Marzipanhaus. Since 2009, this entrepreneurial hotel owner has been overseeing the manufacturing of Stralsund Marzipan. Its 'unique selling point' is the smaller proportion of sugar to almonds used in the recipe: with a ratio of 70% almonds to 30% sugar, there is more of a distinctive almond flavour to the finished product.

Bike Store

To access the bike store, take the lift to the lower ground floor or alternatively turn R out of hotel entrance and then in 20m turn R again to the back of the hotel. Take the steps down to the underground bike store. There is a steep ramp at the side of the steps to wheel the bikes down (you may need to help each other up and down with the bikes, one person holding the front and the other holding the back of the bike). Use the hotel key to gain access from the exterior.

Romantik Hotel Scheelehof

Tel: [phone number]

The Hotel Scheelehof simply oozes history: named after chemist and discoverer of oxygen, Carl-Wilhelm Scheele, who was born here, the hotel consists of five adjoining C14th gabled houses, three of which are former warehouses. Tastefully decorated rooms are totally individual in style and reflect the vintage of the historic surroundings with uneven floors and low beams. The Scheelehof is popular with locals and visitors and boasts three different restaurants including the Michelin starred Scheel's. Breakfast is served each morning in the hotel's atmospheric Zum Scheel restaurant. There is a relaxing 'wellness' area offering a variety of sauna experiences as well as massage treatments (pay locally). Amongst the hotel's more famous patrons is former German Chancellor, Angela Merkel, whose constituency office is in Stralsund.

Beneath street level is the hotel's *gemütliche Kneipe*, Scheel's Labor (Scheel's laboratory) located in its cellar dating back to 1383. Open daily from 1800, there is live music on Tuesdays (June to September) and Saturdays (October to May).

The hotel serves its own coffee roasted in-house and available in the Kontor Scheele café from 1100 to 1700. Handy for a spot of German *Kaffee und Kuchen* with a slice of homemade cake or tart.

Bike Store

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Turn R out of hotel entrance and then in 20m turn R again to the back of the hotel. Take the steps down to the underground bike store. There is a steep ramp at the side of the steps to wheel the bikes down (you may need to help each other up and down with the bikes, one person holding the front and the other holding the back of the bike). Use the hotel key to gain access from the exterior.

Dining out in Stralsund

Brasserie* has a discernible buzz about the place. It offers good German cuisine (menu in English if requested) in a quasi-Parisian setting and does a particularly delicious apple strudel. The garden room at the back has a lovely atmosphere. Open daily 0900 until late. <https://brasserie-stralsund.de/>

Salsarico An excellent Mexican restaurant near the cinema, offering great food. Open daily until 2000. <http://www.salsahst.de/restaurant/>

Restaurant Wulflamstuben* Location here is king and the C14th century Gothic building is one of the oldest in Germany. Food is good rustic German and clearly popular with locals. Open daily 1130 – 2200. <https://www.wulflamstuben.de/>

Alter Markt has several bars and cafés where you can sample the local beer, fish soup and chips! There is plenty of outdoor seating and tables in the old square, where you can sit and observe Stralsund life in full swing.

*Partner restaurants with Hotel am Jungfernstieg offering 10% discount. You will be expected to show your room keycard as proof when asking for the bill.

Rügen Island – Germany's Baltic Coast by Bike

Stralsund

After Lübeck, Stralsund once ranked second in importance within the Hanseatic League and is proud of its seafaring and trading heritage. Its dinky UNESCO labelled *Altstadt* is virtually an island encompassed by water and the gabled architecture and Gothic turrets, some of which were restored post 1945, are fine examples of northern *Backsteingotik* (redbrick Gothic) architecture which also provide the town with its striking skyline. Unsurprisingly, the lofty tower of the C14th Marienkirche was once hailed as the highest building in Europe. Maritime history here is multi-layered harking back to Swedish, Prussian and Pomeranian days as well as Hanseatic and during the summer months, the weekly Wednesday regattas draw sailing enthusiasts to the town, enjoying the excuse to down a local Störtebeker beer. There are a number of good hotels and restaurants including the Michelin starred Scheel's Restaurant and eating outside in the cobbled Alte Markt in the shadow of the Rathaus and its unusual *Schaufassade* is perfect on a light summer's evening. Angela 'Mutti' Merkel also happens to have her constituency office in Stralsund and relishes in bringing a flotilla of politicians here whenever possible. The town is also the gateway to those travelling by land to Rügen and makes a fitting launch pad for a cycling tour of the island. Rail links from both Berlin and Hamburg are good and ferries to the traffic free island of Hiddensee also depart from here.

Stralsund – a potted history

Today's town with its medieval island *Altstadt* has grown over the centuries from the erstwhile village of Stralow which once served to ferry goods and passengers to Rügen island as far back as 1200. During the Thirty Years War in 1628, forces under Albrecht von Wallenstein unsuccessfully lay siege only to be transferred to Sweden in 1648 when it became a defensive and administrative centre. By 1807, the town was in French hands and seven years later occupied by the Danes only to be ceded to Prussia in 1815. Following on from the development of the seaside resorts on Rügen, Strandbad Stralsund was beginning to take off at the turn of the C20th. The construction of the Rügendamm in 1936 re-emphasised the town's strategic position as principal gateway to Rügen. Badly damaged in the Allied aerial bombardment of WW2, its brick Gothic churches and town hall miraculously survived and its historic townhouses have since been restored ahead of its addition to UNESCO's world heritage site list in 2002. In the Cold War years, Stralsund's port and shipbuilding yards were expanded. Founded in 1945,

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Volkswerft Stralsund employed 8,000 workers and specialised in the construction of fishing vessels for the Soviet Union. Tankers and passenger ships are still built here although most workers lost their jobs post 1989 and reunification. Today, the university is the town's main single employer.

The Hanseatic League

Stralsund's hey day came in the C14th at the height of the Hanseatic League when it ranked amongst the 100 or so mostly German towns within its club. Locally registered cars proudly bear HST (Hansastadt Stralsund) on their number plate in recognition of the town's historic status. The title is derived from the German word *Hansa* meaning 'convoy' and still used today in familiar names such as Lufthansa, Germany's number one airline. Essentially the forerunner to the European Common Market, the *Hansa* organisation was founded by north German towns to protect their mutual trading interests and dominated commercial activity in northern Europe between C13th and C15th. German merchants had previously formed associations (*hanses*) amongst each other to secure common protection against pirates and robbers. In 1128, Lübeck became the main base for those trading to the north and east. The next step was to regularise and extend these agreements with an agreed common legislation in accordance with Lübeck law. In the interests of keeping its members safe, the League fostered safe navigation by building lighthouses and training pilots. More significantly, however, it sought to organise and control trade throughout northern Europe by securing commercial privileges and monopolies and by establishing bases overseas. Amongst its strategic bases were Bruges in Flanders, Bergen in Norway, Novgorod in Russia and Steel Yard in London. Trade primarily revolved around grain, timber, furs, tar, honey and flax brought from Poland and Russia to Flanders and England whilst cloth and other manufactured goods was shipped eastwards to the Slavs. Swedish copper and iron ore went westwards and herring caught off the southern tip of Sweden was traded south through Germany as far as the Alps. Although warmongering was not its style, the League did use its privileges and threats of withdrawing trade to pressurise political leaders. From the C15th, member towns began to pursue their own municipal and regional interests rather than their common concerns. The League soon began to dwindle lacking a centralised power to fend off threats from other countries which were gaining in knowledge and capacity and in 1669, members met for the last time.

Stralsund Highlights

Rügen Island – Germany's Baltic Coast by Bike

Although the *Altstadt* and harbour areas can be easily explored in one long summer's evening, there are a number of treasures here worthy of deeper investigation and perhaps an extra day spent in the town.

The Alter Markt marks the centre of Stralsund and is dominated by the turreted and gabled redbrick façade of the Rathaus (town hall). Built in 1370, the northern wall or *Schauwand* is peppered with gaps to enable strong winds to pass through rather than knock down the high wall. Opposite the Rathaus is the striking Wulflamhaus bearing the name of a former mayor and one of the oldest Gothic buildings in Germany. This C15th building echoes the turreted step gables of the town hall. A walkway through the Rathaus brings you out at Stralsund's oldest parish church, the Nikolaikirche founded 1270 and inspired by Lübeck's Marienkirche. The baroque main altar (1708) and pews of the Nowgorod seafarers are the main events and the interior is also home to various art treasures as well as a defunct astronomical clock (1394).

Tucked away off the Schillstrasse, is the tranquil Johanniskloster and beautiful rose garden. A former Franciscan monastery and now a concert venue, it is renowned for its smoking attic, chapter hall and cloister and makes for a peaceful stroll on a bright summer's evening.

The main symbol of the Neuer Markt (new market place) is the C14th Marienkirche and at 104m tall, is the second largest brick Gothic church in the Baltic region. Visible for miles around, an ascent on a clear day will reward with stunning views over the city, coastline and to Rügen.

The restored colourful townhouses hark back to the days of the Hanseatic League when gables were in vogue: the more outlandish the gables, the wealthier the merchant. These houses doubled-up as offices, warehouses and dwellings.

A stroll around the Hafen (harbour) provides a glimpse into Stralsund's maritime past and indeed present. Moored in the harbour is the 82m long Gorch Fock used as a training ship by German naval forces until 1945. Seized first by the Russians, the three-masted barque resided in the Ukraine then the UK before returning to her original home port. Open daily 1 Apr to 31 Oct 1000 – 1800. Small entrance fee applies.

For naturalists, the avant-garde looking Ozeaneum takes you on an underwater discovery of sea creatures from the Baltic to the Antarctic. Moderate entrance fee applies. <https://www.ozeaneum.de/en/>

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Adjoining is the Meeresmuseum housed in a 13th century convent building with exhibits ranging from sea-turtles to multi-coloured tropical fish. NB Currently closed for renovation work.

Once a week between May and October, sailors from Stralsund's hinterland as well as Sweden, Denmark and the Netherlands converge on Stralsund for the weekly Wednesday Regatta. This is a popular spectator sport as the proceedings can be watched at close quarters from the North Mole wall. Competitions take place between 1800 and 2000 making the best of the evening sunlight.

Stralsund Specialities

The pickled fish delicacy which is Bismarck Herring has its origins in the backyard of a house at Fährstrasse 21. Karoline, wife of trader and brewer, Johann Wiechmann, pickled fresh filleted Baltic herring which were then dispatched in small wooden barrels. Wiechmann was an admirer of Otto von Bismarck and sent him a complimentary barrel as a birthday present. The Chancellor duly thanked him by letter and in 1871 and the founding of the unified German state, Wiechmann received Bismarck's approval to name his herring product after him. And so, the original Bismarck herring from Stralsund was born. The 130-year-old recipe is now in the hands of Henry Rasmus whose *Stralsunder Hering* will set you back an eye-watering amount per wooden barrel containing 2.5kg of pickled fish. Rasmus' Fischhandel und Räucherei (fishmonger & smokehouse) is located on Heilgeiststraße 10.

Störtebeker beer has been brewed in Stralsund since 1827 and has won numerous awards internationally. This emblem of north German identity is usually served in a quirkily curved glass mimicking the sail from a sailing ship. The brewery is sited on the outskirts of Stralsund but the delicious produce is widely available. Why the name? Whilst on Rügen, be prepared to hear as much about Störtebeker, the Robin Hood self-styled buccaneer, as well as the brown nectar which bears his name.

About Your Route

This full-circle journey begins on the mainland in picturesque Stralsund with its UNESCO listed *Altstadt* and long history built on trade. Rügen is linked to this large town by the Rügenbrücke making Stralsund the perfect launch-pad for an island odyssey by bike. A landscape reminiscent of East Anglia greets you on your first day of cycling as you push on to reach the eastern coastline taking in the elegant architecture of the 'white town' of Putbus en route. A thorough exploration of the Mönchgut peninsular and fin de siècle spa resorts of Göhren and Sellin is essential before heading north via Prora, the Nazi holiday camp that never was. The ever-changing landscape of eastern Rügen never disappoints as white sandy beaches give way to the towering chalk cliffs of Jasmund topped off by ancient beech forest. To complete the anti-clockwise circle, our route leads on to the flatlands of the western coastline and flight path of migratory birds plus an opportunity to pedal up to Kap Arkona, the northernmost tip of the island. No visit to Rügen is complete without a day trip to traffic-free Hiddensee to discover this artists' haven before making a triumphant and nostalgic return to Stralsund by sea.

The route is mostly along surfaced paths, occasionally it follows unsurfaced gravel or sandy tracks and you will also encounter some brief stretches of cobbles in the small villages and in the forests along the route, which are a hangover from DDR times and frustrating for cyclists. In general, the terrain is mainly flat with the occasional hill. However, since the island can be quite windy, sheltered routes have been chosen and options to shorten given wherever possible.

Your route follows sections of two waymarked long-distance cycle routes on the island: the Hamburg - Rügen (HH-RÜG) cycle route following a medieval trade route from the largest city in northern Germany to Germany's largest island and the Ostseeküsten - Radweg (Baltic Sea cycle route) which starts in Flensburg, close to the Danish-German border, and runs for more than 1000km to the Polish border town of Ahlbeck. The signs for the latter are mostly blue, with a yellow line across them.

The general cycle waymark sign is a white sign with a green cycle on it and usually the distance and town are also shown.

Signs

Rügen Island – Germany's Baltic Coast by Bike

Unless there is a definite sign forbidding cycles, it seems perfectly acceptable to cycle on the pavements in Stralsund and on Rügen. It also doesn't seem to be an issue in which direction you cycle whilst on the cycle paths. However, we still recommend that you keep to the right for reasons of safety.

If you see a sign showing a cycle and stating 'frei' it means that bicycles are permitted.

There are various places where pedestrians and cyclists share a path, often with pedestrians having right of way (unless there are separate lanes for each).

You may see Caution (exclamation mark) signs, with the words 'Radfahrer absteigen' underneath. These indicate that cyclists should dismount, although they are advisory and not law. However, they usually appear in places where there have been several cycle accidents and therefore it is worthwhile paying attention to it.

You will see one on the bridge leaving Stralsund for Rügen and another as you enter the village of Vitt on Day 5.

There is an abundance of cycle hire and repair shops in almost every village and town on Rügen island.

About Our Route Notes

Abbreviations

Our directions are written in a concise bullet-point style. Please familiarise yourself with the following abbreviations before setting off:

CP	cycle path
L	left
R	right
LHS	left-hand side
RHS	right-hand side
J	junction
TJ	T-junction
YJ	Y-junction
X-road	crossroad
SA	straight ahead, straight across or straight on
SP	sign post/sign posted to
PD / TD	Partial / Total distance

Compass directions are also written in abbreviated form.

The scale for the daily route elevation profiles varies, so ensure that you look at the scale when viewing the profiles, and particularly if comparing one day with another.

We also include a small map for each day to give you an idea of the route you will be following. These small maps are NOT intended for day-to-day navigation - the scale is far too small. Always refer to your detailed daily route notes, and gpx tracks (if using them).

gpx files are available to download from your 'MyInntravel' page, along with an explanation of what they are and how they can be used in an appropriate GPS device or smartphone. Please note that they are not essential for navigation, but can be a useful addition to our written route notes.

Rügen Island – Germany's Baltic Coast by Bike

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Day 1: Stralsund to Baabe

Route info: Up to 59km; total ascent/descent 285m

Route profile



Overview

Enjoy the lovely view of Stralsund harbour as you cross the bridge to the island of Rügen. Your route takes you initially through rolling agricultural landscapes, along forest paths and gravel tracks. You pass through quaint villages with thatched cottages and flower-filled gardens, some wetlands, lakes and lush cornfields in a landscape reminiscent of East Anglia. The route then follows an old railway line between Garz and the elegant Putbus known as the *Weisse- or Rosenstadt*. The cycling from Putbus to Baabe is a pleasant mix of forest tracks, paths by the sea and lakeside villages. A short crossing by rowing boat (0800 – 2000) to the hotel completes your journey. The route is generally flat except one steep hill coming out of Seedorf at the end of the day and affords shelter from any potential wind. The cycling route is long but not too demanding, however if you wish to shorten the route there are various options, you must pay locally for all journeys. See summary below and full details for each option after the main route notes for today's cycle.

Options to shorten today's cycle route:

Option B, 17km: Take the train from Stralsund to Putbus (change in Bergen). The route from Putbus to the hotel is the most scenic part of today's cycle. This will reduce today's cycling by 42km.

Taking options D and E below would mean missing the most scenic part of today's cycle route. However, if you reach Putbus and suddenly decide that you do not wish to cycle the last 17km then options are available.

Option C, 44km: Rasender Roland steam train Putbus to Baabe reducing today's cycling by 15km and giving the ideal opportunity to take a nostalgic trip on a steam train (there is a further opportunity to use the train on Day 3). Baabe is just 2km from your hotel.

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Option D, 44km: Take the boat from Lauterbach direct to the hotel reducing today's cycling by 15km. Departure is at 1530 and the journey takes 1h15mins. Check times locally.

Café Stops:

Gustow - Russisches Eis coffee stop (400m detour off route)

Putbus is the first real stop, where there are plenty of shops and cafés, and it also has a lovely buzz about the place. However, as this is 42km into the day's ride we suggest that you order a packed lunch from the hotel (pay locally) or stock up on snacks and drinks in Stralsund.

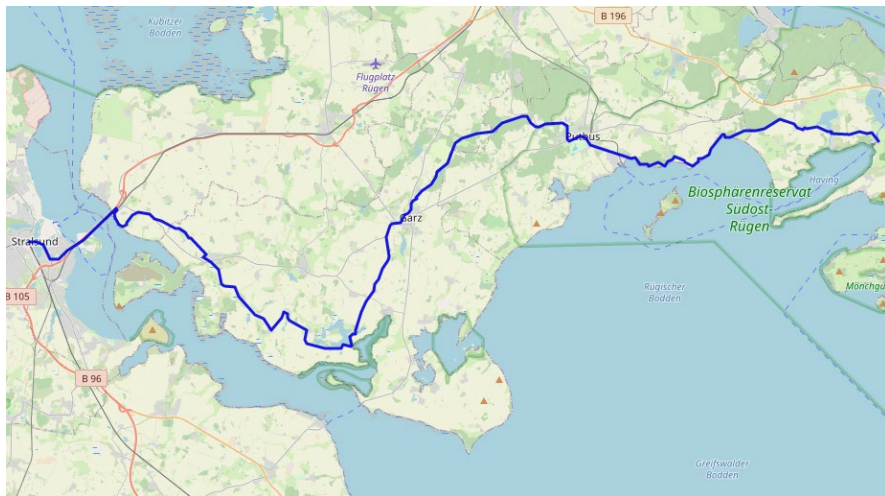
Seedorf - relaxing spot for refreshments at the marina.

Picnic

Either take advantage of making up rolls from breakfast at the Hotel Jungfernstieg or there is a small shop (Bio Insel) selling groceries next to the station entrance. Open daily 0700-1900.

Rügen Island – Germany's Baltic Coast by Bike

On the map: linear route W to E



Rügen Island – Germany's Baltic Coast by Bike

Cycling Notes:

PD		TD
	Turn L out of Hotel am Jungfernstieg onto CP on pavement.	
50m	Turn L and continue on pavement.	50m
390m	Turn R and cross main road using pedestrian crossing. Continue along CP crossing side roads.	440m

	From Hotel Scheelehof (Upgrade Option)	
	Turn R out of the hotel. (<i>SchillStr.</i> is a cobbled road so cycle on the pavement if preferred.)	
170m	Go SA at X-roads	
170m	Turn R at TJ	
40m	Turn L at roundabout, accessing the CP as you exit the roundabout, with the lake on RHS	
900m	Go SA and cross main road using pedestrian crossing. Continue along CP crossing side roads.	

Both routes merge here:		
1.2km	Go SA at roundabout, continue on pavement.	1.64km
390m	With petrol station on RHS, cross road using island crossing and continue on CP. See high bridge ahead (note cyclists take the low bridge).	2.03km
510m	Go over level crossing and SA at pedestrian crossing. You are now crossing the	2.54km

Rügen Island – Germany's Baltic Coast by Bike

	Ziegelgrabenbrücke reserved for cyclists.	
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Dänholm

This small pontoon like island has been fiercely contested by Danes, Swedes, Prussians and Stralsunder alike aware of its strategic importance. Its role as cradle to the German navy began under Prussian rule with the construction of a harbour, boat houses and accommodation and was elevated during the Cold War years of the C20th when it was occupied by the People’s Navy of East Germany.

3km	At other side of bridge turn R using pedestrian crossing and go under railway bridge.	5.54km
120m	Cross the road and turn R SP Gustow and follow gravel CP.	5.66km
920m	The track ends by a Gasthaus, join wider gravel road which becomes asphalted and continue SA.	6.58km
130m	At J bear L and continue along asphalted road.	6.71km
1km	Cross main road onto gravel path and bear R.	7.71km
640m	Go SA over side road and continue along the gravel track through trees and agricultural land.	8.35km
2.8km	Turn L following CP waymark onto asphalted road.	11.15km
50m	Turn R.	11.20km
1.1km	Turn R following CP waymark (just before the road surface turns to block paving).	12.30km
550m	Cross main road following SP Garz and Poseritz, the track is rough in places and becomes a grassy path.	12.85km

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2.1km	Cross a gravel track and continue SA along grassy track SP Garz and Sassnitz (small holding <i>Schultz Benz</i> on RHS).	14.95km
800m	Turn R and follow the concrete slab track.	15.75km
1.75km	Bear L onto asphalted road SP Putbus.	17.50km
1.1km	Turn R SP Garz and Glutzow. See beautiful thatched cottage on RHS.	18.60km
1.5km	Keep on road as it bears R and winds through wetlands.	20.10km
1.6km	At X-road go SA SP Mellnitz (yellow SP).	21.70km
4km	Go SA at Give Way sign, crossing the main road and pass through the village of Swantow, continue SA ignoring side roads.	25.70km
3.1km	Careful! Bear R onto busy main road.	28.80km
800m	At Give Way sign turn R SP Putbus (yellow SP).	29.60km
200m	Turn L (through barriers) just before entering the village of Garz and join CP SP Putbus.	29.80km

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Garz

German writer, poet and patriot, Ernst Moritz Arndt (1769 – 1860) was born in nearby Groß Schoritz and is credited with stoking a swell of nationalistic German sentiment during the Napoleonic era. The island's museum to his efforts is located in Garz which is the oldest and smallest town on Rügen.

900m	Turn R, the gravel track becomes a tarmac road.	30.70km
20m	At the main road turn L	30.72km
300m	Take path through trees SP Bergen and Putbus.	31.02km
400m	At asphalted road turn R (take the lower gravel track).	31.42km
400m	Ignore fork on RHS and continue SA.	31.82km
80m	Bear R at fork, following waymark and keep R.	31.90km
1.2km	Bear L at fork and follow the path as it leads onto a disused railway line.	33.10km
1.2km	At J go SA onto gravel track SP Bergen and Sehlen.	34.30km
1.6km	Go SA at x-road SP Bergen and Putbus.	35.90km
700m	Cross over a track SP Putbus.	36.60km
300m	At YJ turn L (essentially SA).	36.90km
600m	At SP with multi signs, turn R off the road and follow track through the trees SP to Putbus and Güstelitz.	37.50km
1.6km	Cross asphalted road and continue along forest path SP Putbus.	39.10km
420m	Gravel track meets the main road in Güstelitz, bear L (continue along gravel at LHS of road to	39.52km

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	re-join CP in 20m).	
1km	Turn R at crossing of tracks SP Putbus (leaving CP waymarks).	40.52km
550m	On outskirts of Putbus meet road on bend, bear L (essentially SA).	41.07km
140m	At the bottom of the hill, cross the main road and turn L to join CP.	41.21km
360m	Pass a large grassy square on LHS. There is a bank and cafes here.	41.57km

Putbus

Founded in 1810 by Prince William Malte of Putbus and originally designed as a royal seat and bathing resort, this elegant town is a delightful oasis amid the modest farming villages in its immediate vicinity and as such is a bit of a surprise. The name is derived from *Pod Boz* by which the original Slav settlement was known. It is often referred to as the *Weisse Stadt* (White Town), due to the neoclassical, white mansions surrounding a 21m obelisk, which is the centrepiece of an enormous, circular area called the *Zirkus* (Circus). It is also known as the *Rosenstadt* (Rose Town) on account of the statutory rose bushes in front of individual buildings. Not surprisingly, it is a popular destination with tourists and coach tours.

The *Schloßpark* or palace park was originally designed in the style of a French garden and later transformed into an English one with an orangery, royal stables and a parish church. The 75 hectares are filled with exotic botanical plants and rare tree specimens. There is also a wildlife enclosure for deer.

The C19th theatre with its portico of Tuscan columns, is one of the most dominant buildings in the town and stands opposite the park. It was originally built from 1819 to 1821 and was elaborately restored from 1992 to 1998. Nowadays, in cooperation with the theatres in Stralsund and Greifswald 'Theatres Vorpommern', about 300 performances per year are presented here. Each year, the annual Putbus Festival in May attracts visitors from all over Germany.

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360m	Arrive at the obelisk. Options D and D shortened routes leave here	41.93km
	To continue on the main route. At crossing of tracks with obelisk on LHS go SA following SP Lauterbach, continue along the CP heading downhill.	

Haus-Kopf-Über (Upside Down House)

At this point, you may have to stop and do a double take at the Haus-Kopf-Über which not only appears, but actually is, precariously balanced on its pointy roof. Consisting of several rooms split over two floors, this art installation aims to blow apart the casual observer's perception of what is 'normal'. Open 1000 – 1800. Small entrance fee applies. <https://www.pirateninsel-ruegen.de/haus-ueber-kopf.html>

1.85km	Go SA at side road heading downhill and re-join pavement.	43.78km
Option B shortened route joins here		
50m	Go over level crossing.	43.83km
50m	Cross side road.	43.88km
60m	CP ends, cross road and continue along CP on LHS.	43.94km
230m	At X-roads go SA SP Badehaus Goor.	44.17km

Badehaus Goor

Prince William Malte of Putbus insisted his Rügen guests took advantage of the calm warm waters of the Boddensee and in 1817 commissioned the building of

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this impressive neo-classical bathing house. The up and coming resorts of Binz and Sellin were becoming fashionable and before long, holiday makers had deserted Goor in favour of the trendier seaside resorts with their magnificent piers. Today, the Badehaus Goor is an hotel.

500m	With hotel directly ahead bear L along CP skirting the perimeter of the hotel.	44.67km
240m	Continues into the woods and follow the track as it undulates through the trees ignoring tracks to your L and R.	44.91km
1.3km	Turn R at crossing of tracks (by a green walking sign) and descend towards the sea.	46.21km
450m	Bear L at fork J towards Muglitz.	46.66km
600m	Turn R at asphalted road SP Groß Stresow.	47.26km
800m	CP ends with barrier, continue SA.	48.06km
2.35km	In Groß Stresow turn R at J SP Sellin and Lancken-Granitz.	50.41km
1.25km	At J bear R (essentially SA) and follow the gravel track through woodland SP Lancken-Granitz.	51.66km

Megalithic Tombs

Scandinavian ties go back a long way on Rügen, as far back as the Stone Age. The burial site Ziegensteine (Goat’s Stones) consists of a barrow with dolmen and is one of the largest on Rügen. A little farther along in an open field are several large barrows of megalithic tombs just off the path to Lencken-Granitz.

2km	Bear R as you leave the woods and go SA at X-	53.66km
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	roads SP Baabe and Seedorf.	
1km	Turn R onto CP downhill towards Preetz.	54.66km
1.35km	Go SA at bridge into Seedorf.	56.01km
120m	At TJ turn R.	56.13km
110m	Turn L SP Radweg Moritzdorf, the road climbs very steeply.	56.24km
620m	Turn R following CP.	56.86km
1.35km	At TJ turn R SP Baabe and Hotel Moritzdorf and descend towards the village.	58.21km
200m	Turn L SP 'Fähre Nach Baabe' towards the rowing boat.	58.41km
160m	Take rowing boat across inlet, the hotel is directly ahead.	58.57km
<p>Moritzdorf Fähre is a 5-minute crossing across the Baaber Bek courtesy of a man and a rowing boat! It runs 0800 until 2000 and a single ticket costs around just a few € per person with a bicycle.</p>		
<p>Bikes are kept in a locked wooden, chalet-style store on LHS as you approach the hotel from the ferry. The key needs to be requested from reception each time.</p>		

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Options to shorten cycle route:

Option B - Train Stralsund to Putbus

Take train from Stralsund to Bergen, change in Bergen and take train to Putbus.

Trains depart hourly from Stralsund to Bergen; the journey takes 28 minutes and costs around €8 per adult on the regional trains. You will require an *einfache Fahrradkarte* (single ticket + bike) per person. There are special places reserved for cycles on the trains, these are clearly marked by cycle symbols on the doors

Change trains in Bergen and catch a train to Putbus. Trains depart every 2 hours (hourly in Jun/Jul/Aug) and the journey time is 9 minutes. A single ticket costs around €3 per adult and €2.50 per bicycle.

Turn L out of the hotel and you make your way to the railway station visible at the end of the road.
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Take train to Bergen, change in Bergen for Putbus.
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From Putbus railway station to join main route	
	Turn L out of the railway station onto the pavement.
240m	Go SA at road with level crossing on LHS and re-join the pavement.
340m	Careful! Cross main road and turn L onto CP SP Lauterbach and continue for 1.7km. Go SA at side road heading downhill and re-join pavement.
	Join the main route notes from the 43.83km instruction

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Option C - Rasender Roland steam train Putbus to Baabe

Take the Rasender Roland steam train from Putbus to Baabe - just a pleasant 2km cycle from your hotel. The Rasender Roland departs every 2 hours and the journey time is 1 hour and 6 minutes. A single ticket costs around €10 per adult and there is a small additional charge per bicycle.

Getting to Putbus railway station	
Leave the main route notes at the obelisk in Putbus at the 41.93km instruction.	
360m	At crossing of tracks with obelisk on LHS go SA SP Lauterbach.
160m	Careful! Cross main road and head downhill on pavement.
340m	Go SA ahead at road with level crossing on RHS.
240m	Reach the station

Baabe railway station to Hotel Solthus am See	
From the front of the railway station and facing away from the station turn R.	
190m	Turn R follow CP SP Lobbe and Alt Reddevitz, immediately crossing the railway line.
1.4km	At barrier turn R and follow asphalted road.
440m	Arrive at Hotel Solthus am See
Bikes are kept in a locked wooden, chalet-style store on LHS as you approach the hotel from the ferry. The key needs to be requested from reception each time.	

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Option D - Boat Lauterbach to the hotel

Take the boat from Lauterbach harbour directly to Baabe Bollwerk harbour, which is immediately next to Hotel Solthus am See. The voyage brings you closer to the protected and remote island of Vilm and affords an offshore perspective of Rügen's curvaceous coastline. A single ticket costs around €8 per adult and €5 per bicycle. The only suitable departure is at 1530 and the journey takes 1 hour 15 minutes.

Putbus to Lauterbach harbour	
	Leave the main route notes at the obelisk in Putbus at the 41.93km instruction.
	At crossing of tracks with obelisk on LHS go SA following SP Lauterbach, continue along the CP heading downhill.
1.85km	Turn R (50m before the level crossing)
400m	Reach Lauterbach harbour on LHS.
	Take boat to Baabe Bollwerk
	Hotel Solthus am See is immediately next to Baabe Bollwerk harbour.

Bikes are kept in a locked wooden, chalet-style store on LHS as you approach the hotel from the ferry. The key needs to be requested from reception each time.

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Hotel Solthus am See

Tel: [phone number]

On arrival by rowing boat, you will receive a warm welcome at this traditional, reed-thatched hotel, which overlooks the water in a particularly tranquil and idyllic corner of the island. It is a delightful place to stay. Breakfast and the three course evening meal (pay locally for drinks) are taken in the attractive Scandinavian style restaurant or on the terrace in fine weather (restaurant closed Mondays and Tuesdays). Packed lunches can be ordered and paid for locally and afternoon coffee and cake are also available between 1500 and 1700 for which you pay also locally.

The modern bedrooms have either a balcony or terrace. They are also equipped with hairdryer, satellite television and safe. There is a small indoor pool, with a sauna and steam room, and a cosy lounge and library. Wi-Fi is available in the reception and restaurant areas.

A *Baaber Kurkarte* or visitor's pass is available from reception and offers free admission to certain museums and use of the little, blue land train that runs between the hotel and Baabe connecting with the land train to Sellin pier. The card also entitles you to free access to the beaches around Mönchgut and the Strandtoiletten (beach toilets) in Binz.

Boats to Lauterbach and the island of Vilm (including seal excursions) leave from the quay directly in front of the hotel. Rasender Roland passes close by the hotel with the nearest station only 1.5km away in Ostseebad Baabe.

If your stay falls on a Sunday and/or Monday when the hotel restaurant is closed (excepting *Feiertage* – public holidays), you will have received a reduction from us; ask hotel staff for up-to-date recommendations for where to eat nearby.

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Baabe and Solthus

Since 1890, the erstwhile fishing village of Baabe has ranked amongst the popular Baltic seaside resorts of Rügen's east coast. Herring, referred to locally as *Brotfisch* (bread fish), was originally landed here and pickled in brine at Solthus. The name is a derivative of *Salzhäuser* (salt houses) where fish were salted and conserved ahead of transportation from Bollwerk to Stralsund, Greifswald and beyond. Until 1989, there were 15 fishing families living in Baabe compared to the 3 which survive today.

Vilm Island

The tiny remote island of Vilm is covered by an impressive, unspoilt forest and also boasts a rich natural diversity of birds and small mammals, untouched for almost 500 years. Vilm was allegedly cut off from Rügen following a storm induced tidal surge around 3,000 years ago and has been inhabited since the middle of the C14th. Initially colonised by monks, Vilm became a summer residence first serving the lords of Putbus before becoming an exclusive holiday resort for the DDR Politbüro from which period the existing buildings date.

In 1936, the island was classed as a nature reserve and in 1990 it was designated as a protected zone of the Southeast-Rügen Biosphere Reserve and as such is the oldest of its kind in Germany. Swimming is not permitted from any of its beaches and there are no shops, TV or newspapers. The island's isolation and tranquillity make it a perfect place for quiet contemplation and such unspoilt beauty has always attracted many landscape painters such as Caspar David Friedrich and Carl Gustav Carus to its shores. Guided tours on foot of the island are strictly by prior arrangement by sending an application via the online form at <https://vilm-exkursion.de/> (in German only). Boats depart from Lauterbach at 1000 and excursions are restricted to a maximum 30 people and take up to 3 hours. Moderate charge applies.

Alternatively, Boddenfahrten (Bodden trips) which depart from Baabe sail close enough to the island to catch more than a glimpse of this exclusive island. Boats depart Baabe at 1100 (not Mon or Thu) and 1400 via Lauterbach. For more information see under *Fahrpläne* at www.weisse-flotte.de (in German only).

Boddenlandschaft

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The Bodden, which characterise the unique Rügen landscape and the entire South Baltic region are essentially salt-water lagoons created by glacial activity. The lagoons are often enclosed by a peninsular, spit or island and fed via a narrow channel from the sea. Each Bodden has a different ecosystem depending on the flow of water and resulting saline content of the lagoon and, at typically no more than 4-6metres, is relatively shallow.

The Bodden provide habitat and sanctuary for many species of birds as well as vital resting places for migratory birds such as cranes and geese. The Nationalpark Vorpommersche Boddenlandschaft between Rügen and the peninsular of Fischland-Darst-Zingst oversees the protection of this ecologically sensitive area. Since the Baltic Sea is not tidal, the temperature of the Bodden lakes and lagoons easily warms up and makes for very ambient swimming, especially in late summer. Check for signs locally suggesting where best to swim.