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- Kiel** state capital
- Ratzeburg** administrative centre and official town of the district or independent town
-  train connections with stations
  -  mud flats
  -  large sandbank
  -  large beach

0 10 20 30 km  
 Cartography: www.landkarten-erstellung.de/HF/BM



### 01 - North Sea Coast Cycle Route (Nordseeküsten-Radweg)

An unparalleled view as part of the North Sea Cycle Route, the long-distance cycle route opens up magnificent views of the Schleswig-Holstein Wadden Sea National Park, a UNESCO World Heritage Site. Stretching over kilometres of dykes, with the North Sea always in view, the maritime tour takes you through wonderful coastal villages, to endless beaches, through gentle meadows, dunes and heath landscapes. A ferry trip to the islands or Halligen is also well worth it.

**Length:** 300 km  
**Trail conditions:** Asphalted dyke roads, side roads and cycle paths

**Contact:**  
Nordsee-Tourismus-Service GmbH  
Tel: +49 (0) 48 41/89 750  
info@nordseetourismus.de  
www.nordseekuesten-radweg.de  
www.sh-tourismus.de/en/activities/cycling



### 02 - The Ox Trail (Ochsenweg)

A highway for pilgrims, traders, cattle drovers and soldiers: Embark on an exciting historical journey across the inland of Schleswig-Holstein. The "Ox Trail" is one of the oldest long-distance land trails in northern and central Europe, guiding you through marshland and moorland, past meadows, fields and rivers. Starting in Denmark, after Flensburg you will pass small tranquil villages and the towns of Schleswig and Rendsburg. Here, the route splits and takes you either via Neumünster or Itzehoe to Uetersen. From there, it continues to Wedel on the Elbe.

**Length:** 240 km  
**Trail conditions:** Mostly asphalted, partly track plate roads and forest paths

**Contact:**  
Schleswig-Holstein Binnenland Tourismus e.V.  
Tel: +49 (0) 48 21/94 96 32 35  
info@binnenland.sh  
www.ochsenweg.de  
www.sh-tourismus.de/en/activities/cycling



### 03 - Baltic Sea Coast Cycle Route (Ostseeküsten-Radweg)

Here, there's plenty of sea breeze to revitalise the senses: From Flensburg to Travemünde, the Baltic Sea Coast Cycle Route takes you on a maritime tour. Sometimes, the cliffs offer a magnificent view over the deep blue sea, while flat sandy beaches at times invite you to take a short break. And everything in between - the diverse hinterland will be sure to deliver the odd surprise. On 430 kilometres, the landscape reveals itself time and again in a new light. The view of the water, the endless horizon promising the feeling of boundless freedom.

**Length:** 430 km  
**Trail conditions:** Mainly asphalted, cobbles, slabs, sand and gravel in places

**Contact:**  
Ostsee-Holstein Tourismus e.V.  
Tel: +49 (0) 45 03/88 85 25  
info@ostsee-sh.de  
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www.sh-tourismus.de/en/activities/cycling



### 04 - Border Route (Grenzroute)

Border experiences and cultural history in Germany's true north: Between Flensburg Fjord and the Danish North Sea, the long-distance cycle route takes you along the German-Danish border. Pass the barely visible border line at 13 points and experience the variety that nature has to offer. Numerous information points tell exciting border stories about the bilateral coexistence between these two nations. For a 200-km round trip or, as a shortcut, the 66-km-long route, the North Sea-Baltic Sea Route (Nord-Ostsee-Weg) is a good choice, complementing the border route as an "express route" between the North Sea and the Baltic Sea.

**Length:** 130 km  
**Trail conditions:** Mostly on small, asphalted farm tracks, partly on gravel paths

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www.grenzroute.de  
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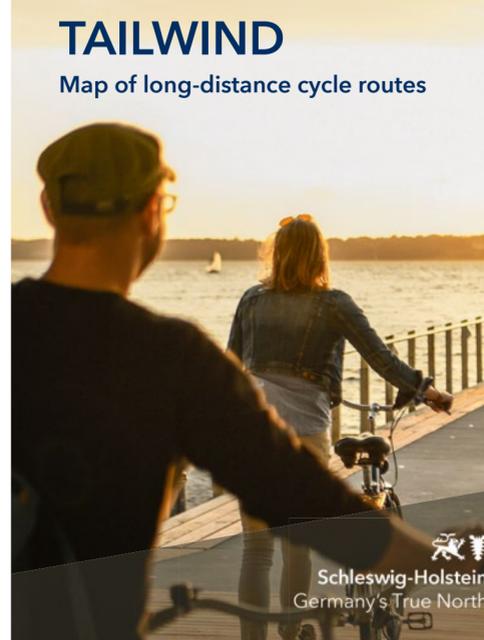


### 05 - Viking-Friesian Trail (Wikinger-Friesen-Weg)

A journey through time across Schleswig-Holstein: Cycle 180 km from the small fishing village of Maasholm an der Schlei to St. Peter-Ording on the North Sea in the footsteps of the Vikings and Friesians. Along the way, you will find the UNESCO World Heritage Site of Haithabu, one of the most important trading metropolises of the Vikings over 1000 years ago, and the "Danewerk" archaeological border complex. Other historic places and sights along the route invite you to explore and while away the hours. With a north and south variant, you can extend the route to form a 360 km round trip.

**Length:** 180 km  
**Trail conditions:** Well-established, mostly low-traffic routes

**Contact:**  
Gebietsgemeinschaft Grünes Binnenland e.V.  
Tel: +49 (0) 46 38/89 84 04  
info@wikinger-friesen-weg.de  
www.wikinger-friesen-weg.de  
www.sh-tourismus.de/en/activities/cycling



Schleswig-Holstein  
Germany's True North



### 06 - Eider-Treene-Sorge Cycle Route (Eider-Treene-Sorge Radweg)

Natural wonders in Germany's "Dreistromland" (Three Rivers Region): On the circular tour along Schleswig-Holstein's most beautiful river landscape, you will discover species-rich flora and fauna, picturesque villages and historic thatched-roof houses. In summer, you can cross the Eider in quite traditional style with the bicycle ferries in Bargen and Hohn. You should also not miss out on a visit to Friedrichstadt: This little gem was founded by Dutch refugees avoiding religious persecution, and today delights with its Dutch brick Renaissance architecture and idyllic canals.

**Length:** 165 km  
**Trail conditions:** Well-developed farm tracks, secondary roads and cycle paths

**Contact:**  
Gebietsgemeinschaft Grünes Binnenland e.V.  
Tel: +49 (0) 46 38/89 84 04  
info@gruenes-binnenland.de  
www.ets-radweg.de  
www.sh-tourismus.de/en/activities/cycling



### 07 - Kiel Canal Route (Nord-Ostsee-Kanal-Route)

Riding side by side with stunning ships: Cycle between Brunsbüttel and Kiel along the banks of the world's busiest artificial waterway, and marvel at the numerous international freighters and cruise ships. The shortest connection between the North Sea and the Baltic Sea coasts not only big boats but also charming scenery and engineering masterpieces - such as railway bridges, ferries and locks, manor houses and stately homes.

**Length:** 325 km  
**Trail conditions:** Surfaced roads and asphalted side roads

**Contact:**  
Touristische Arbeitsgemeinschaft Nord-Ostsee-Kanal  
Tel: +49 (0) 43 31/696 38 44  
info@nok-route.de  
www.nok-route.de  
www.sh-tourismus.de/en/activities/cycling



### 08 - The Monks' Trail (Mönchsweg)

With absolute peace of mind: Coming from Bremen via the Elbe, the "Mönchsweg" leads from Glückstadt on the Elbe to the Baltic Sea island of Fehmarn. Follow in the footsteps of the first monks on this idyllic, varied route, and learn interesting facts about the history of northern Germany: Entertaining audio and video material, as well as reading information from the "Mönchsweg" app take you back to the time of Christianisation. Churches well worth a visit, and impressive monastery complexes invite you to while away the time.

**Length:** 340 km  
**Trail conditions:** Largely asphalted, smooth tracks and forest paths in sections

**Contact:**  
Mönchsweg e.V.  
Tel: +49 (0) 431/12 85 08 73  
info@moenchsweg.de  
www.moenchsweg.de  
www.sh-tourismus.de/en/activities/cycling



### 09 - The Holstein Switzerland Cycle Tour (Holsteinische Schweiz-Radtour)

Round trip on enchanted paths: Gentle hills characterise Schleswig-Holstein's largest nature park. From the saddle, you will enjoy impressive deciduous forests, make your way past idyllically situated villages, rest at one of the 200 or so lakes and admire the region's magnificent manor houses. Charming castles and historic town centres characterise the towns of Eutin and Plön. And, if you have a head for heights, the 168-metre-high "Bungsberg" invites you to climb to the top.

**Length:** 200 km  
**Trail conditions:** Excellent almost everywhere, only short stretches over gravel paths

**Contact:**  
Tourismuszentrale Holsteinische Schweiz  
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### 10 - The Elbe Cycle Route (Elberadweg)

Discovering new shores: Start your tour along Germany's second-largest river in Schleswig-Holstein. From Brunsbüttel to Lauenburg, a varied riverside landscape complete with wonderful vantage points and interesting sights awaits you. It is not only the Elbe that exudes a maritime atmosphere: Enjoy the famous "Matjes" in Glückstadt or visit the Elbe Shipping Museum in the maritime town of Lauenburg.

**Length:** 170 km  
**Trail conditions:** Mostly asphalted or with water-bound pavement

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### 11 - The Old Salt Route (Alte Salzstraße)

Green paths lead to white gold: In the Middle Ages, salt was extremely precious. From the saltworks in Lüneburg in Lower Saxony, this valuable commodity was transported along a trade route to Lübeck, the Queen of the Hanseatic League, from where it was shipped to the Baltic port cities. Follow in these historical tracks through the Duchy of Lauenburg along the Elbe-Lübeck Canal and across the Trave to Lübeck-Travemünde.

**Length:** 116 km  
**Trail conditions:** Mostly paved sandy paths and low-traffic roads

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www.sh-tourismus.de/en/activities/cycling



### 12 - The Hamburg-Rügen Long-Distance Cycle Route (Radfernweg Hamburg-Rügen)

A beautiful tour to the Baltic Sea: The route from Hamburg to the Baltic island of Rügen (in Mecklenburg Western Pomerania) takes you out of the big city and into tranquil Schleswig-Holstein. Following the medieval trade route, it takes you through the Duchy of Lauenburg along the Elbe-Lübeck Canal and the beautiful old towns of Mölln and Ratzeburg. On your way, you will enjoy the tranquillity of the magnificent forests and the view of one of the sparkling lakes.

**Length:** 100 km  
**Trail conditions:** Mostly established sandy paths, some paved passage

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### 13 - The Iron Curtain Trail

An experience like no other: The 10,000-kilometre plus Iron Curtain Trail from the Barents Sea to the Black Sea is one of 15 themed international cycle routes across Europe. From the Trave to the Elbe, the trail sometimes takes you on the side of Lauenburg, and sometimes on the side of Mecklenburg, but always with many pointers to the Cold War and its historical significance here. Drive through unspoilt countryside past sparkling lakes, rolling hills and deep forests.

**Length:** 160 km  
**Trail conditions:** Mainly established paths, partly asphalted

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**Wide, flat countryside, 13 well-established long-distance cycle routes and plenty of tailwind - Schleswig-Holstein has nothing but the best conditions on offer for your cycling holiday.**

Ride along the dykes of the North Sea coast with a view of the Wadden Sea, let the cliffs of the Baltic Sea pass you by and explore the dreamy lakelands, forests and fields hidden away inland. 13 well-developed long-distance cycle routes will lead you through varied natural areas, vibrant harbour towns, historic villages and past exciting cultural highlights.

We have compiled further information - including map references and GPS tracks - for you on the Internet:  
[www.sh-fahradland.de](http://www.sh-fahradland.de)  
[www.sh-tourismus.de/en/activities/cycling](http://www.sh-tourismus.de/en/activities/cycling)

We hope you enjoy discovering our long-distance cycle routes.




#### EVEN MORE INSPIRATION

**We hope you enjoy planning your holiday, and look forward to welcoming you soon to Germany's true north.**

On our homepage, we have compiled further suggestions and tips for your cycling holiday in Schleswig-Holstein. Be sure to stay up-to-date and visit us on Facebook, Instagram and Twitter, find out about the latest event highlights, the most beautiful corners of Germany's true north, and get excited about the prospect of your wonderful holiday ahead.

[sh-tourismus.de/en](http://sh-tourismus.de/en)

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