



Soft Adventure

Where Slow Travel Meets Soft Adventure

A Fresh Way to Discover Denmark

This itinerary is filled with **scenic landscapes, active experiences, and authentic local encounters**. From cycling along beautiful coastlines and hiking dramatic cliffs to kayaking peaceful waterways and exploring ancient Viking history, Denmark offers the perfect balance of nature, culture, and gentle adventure.

Along the way, travelers can enjoy charming towns, world-class gastronomy, and unforgettable outdoor experiences - making it **an ideal destination for clients seeking meaningful, active travel at their own pace**. Explore the itinerary and discover how easy it is to add a little adventure to your clients' next Danish journey.



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Denmark & Its Regions

Geography

- The smallest and southernmost **Scandinavian country**.
- Has a physical border with Germany and is connected to Sweden by a bridge.
- **The Danish regions:** North, Mid, and South Jutland, Funen, South and North Zealand, and Copenhagen.
- **Short travel distances:** Copenhagen to Aalborg less than a 5-hour drive and a 35-minute flight.

Facts

- The population is **6 million people**
- Home of: **'hygge', New Nordic Cuisine, Viking history, LEGO®**
- The currency is **Danish kroner (DKK)**.
- Most people speak **fluent English**.
- One of the **happiest countries** in the world with one of the world's most **livable capital city**.
- Easily combined with other **Nordic countries**.



Video Intro to Denmark



Copenhagen



[Destination website](#)



[Accommodations](#)

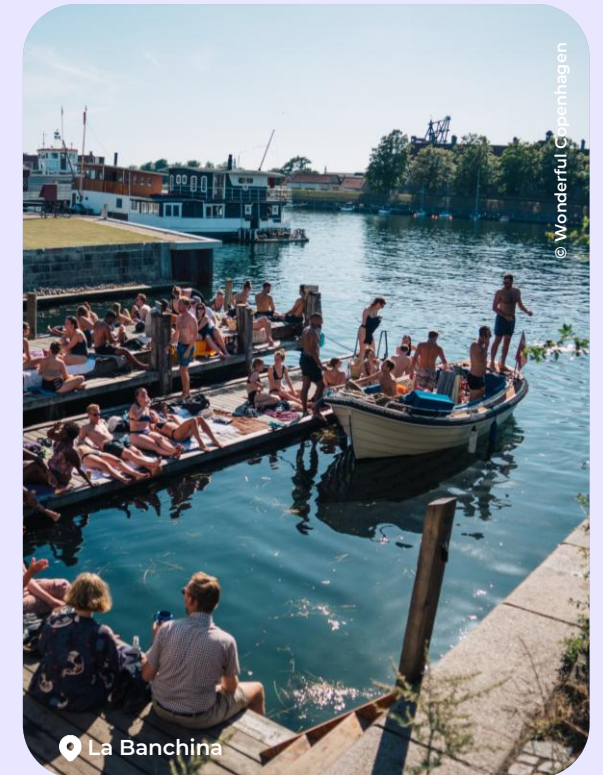
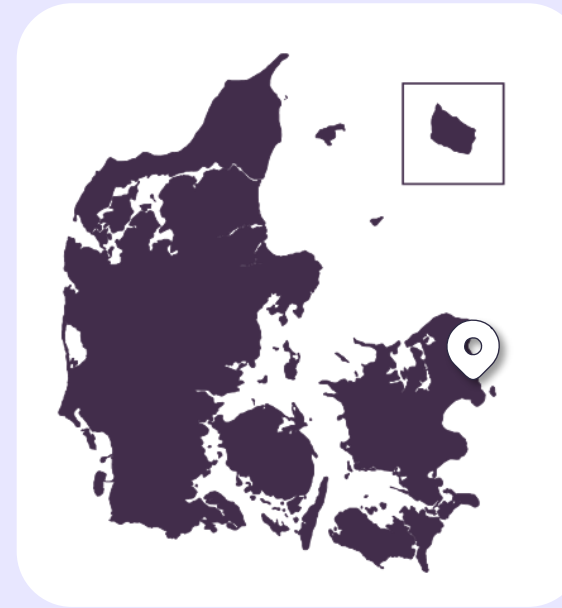


[Local transportation](#)

Copenhagen offers much more than enjoying delicious food at hip restaurants and walking around beautiful colorful streets.

The Danish capital is full of urban adventures! For example, did you know you could go climbing and skiing at [CopenHill](#) all year round? This leisure center is perched atop a waste-to-energy plant offering amazing city views.

For travelers looking for slower adventure activities, we highly recommend going on a calming trip on the canals of Copenhagen on a SUP board or in a kayak. Also, the city's harbor is clean, and just like the Copenhageners do, travelers should take a dip in one of the many [harbor baths](#).



Touring the Capital City

Copenhagen



Foodie Experiences

Experience the local bicycle culture and gastronomy in one tour with [The Bicycle Chef](#), who cooks meals on his bike. Travelers can join [Foods of Copenhagen](#) for a tasty walking or biking tour. Or learn to cook Danish food at [CPH Cooking Classes](#).



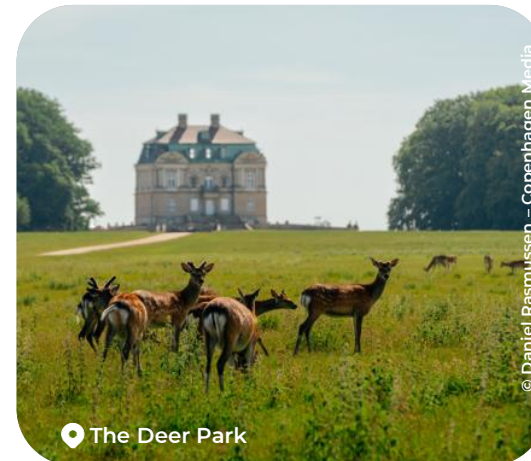
Cultural City Tours

An amazing way to be introduced to the city and its architecture is through a guided walking tour with [DAC \(Danish Architecture Center\)](#). Try a private guided tour with [Jewish Copenhagen](#) and learn about the importance Jews had on building Copenhagen.



Activities on The Water

Aboard a social tour with [Hey Captain](#) and learn about the city from passionate locals or be your own captain with [GoBoat](#). For the active travelers, [Green Kayak](#) where they are expected to collect trash, they find on their way, in exchange for free rental.



Biking Tours

Explore Copenhagen like a local with a [guided cycling tour](#). Pedal through the city's charming streets, vibrant neighborhoods, and iconic landmarks. Finally, we suggest a biking tour in [The Deer Park \(UNESCO\)](#) north of Copenhagen.

Zealand



Destination websites: [West](#), [North](#), [South](#), [Lolland-Falster](#)



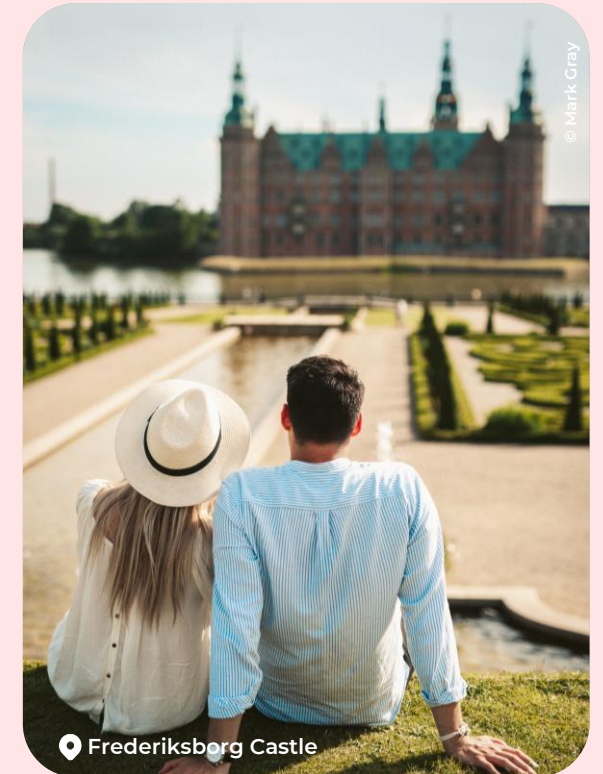
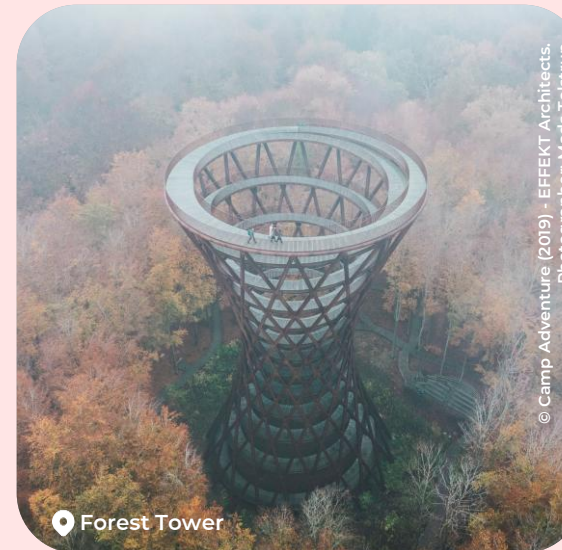
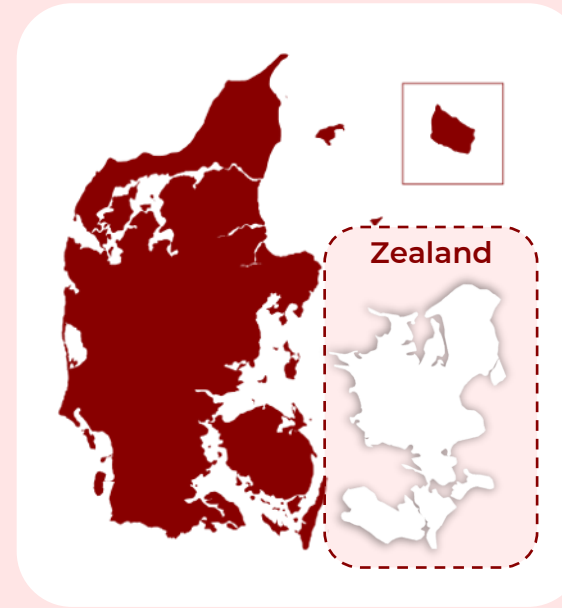
Accommodation: [West](#), [North](#), [South](#), [Lolland-Falster](#)



Local transportation: [North](#), [South](#), [Lolland-Falster](#)

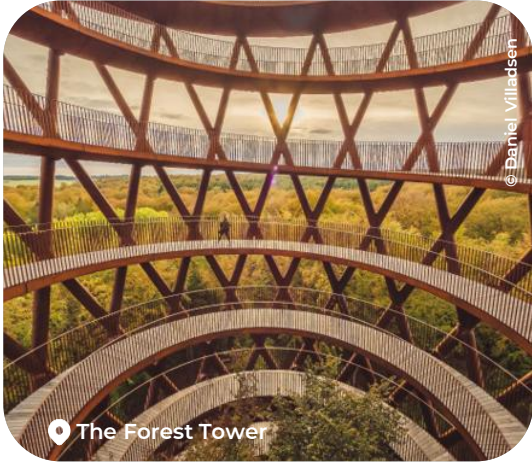
Beyond Copenhagen, [Zealand](#) offers a variety of soft adventure experiences where nature and outdoor activities go hand in hand. Hike the UNESCO-listed cliffs of Stevns Klint, climb the iconic [Forest Tower \(Skovtårnet\)](#) for panoramic views above the treetops, or explore the rolling landscapes of [Skjoldungernes Land National Park](#) by foot or bike.

Discover charming seaside towns along [the Danish Riviera](#), paddle through the calm waters of [Roskilde Fjord](#), explore the [UNESCO Global Geopark Odsherred](#) with its rolling Ice Age landscapes, beaches, and local food producers, or visit historic castles such as [Frederiksborg](#) and [Kronborg](#), where outdoor experiences blend with Denmark's rich cultural heritage. With short distances and easy access to nature, Zealand is the perfect destination for travelers looking to combine active outdoor experiences, local gastronomy, and authentic Danish culture.



Just Beyond Copenhagen

Zealand



The Forest Tower

Just an hour from Copenhagen the adventure starts at [Camp Adventure](#). Here travelers find a thrilling treetop experience with its iconic Forest Tower, as well as a range of outdoor activities, educational programs, and more.



Viking Experiences

In 2023, five Danish Viking ring fortresses were included on the list of UNESCO's World Heritage Sites. Two of them, [Trelleborg](#) and [Borgring](#), are on Zealand! Visit [The Viking Ship Museum](#) in Roskilde and try sailing on a Viking ship during the summer months.



Explore Northern Zealand

Northern Zealand is known for its tranquil coastal towns, which are also connected by [cycling routes](#) taking travelers through idyllic scenery, like those seen in [Rågeleje and the other small towns on the Danish Riviera](#).



Vinyard Visits

Recognized as a commercial winegrowing area by the EU in 2000, Denmark's winemaking industry has flourished since, boasting numerous [wineries and vineyards](#). Visit [Ørby Vineyard](#), [Barfod Wine](#), or [Dyrehøj Vineyard](#).

Adventures South of Zealand

Zealand



The Many Islands South of Zealand

South of Zealand lie Møn, Falster, Lolland, and several smaller islands. [The Baltic Sea Cycle Route](#) goes through many parts of Denmark incl. Lolland and Falster. Explore the [art and culture of Lolland and Falster](#) at the many historical sites, galleries, museums, and castles.



An Unexpected Wine Experience

For the experimental wine enthusiast, [Frederiksdal Estate](#) is a memorable gem that is sure to impress your clients! Frederiksdal pioneered a unique and exclusive type of cherry wine. They offer both wine tasting and tours of their cherry orchard and winery.



Explore Møns Klint

Møn island is known for [Møns Klint \(UNESCO\)](#) - hike, bike, sail, or go on horseback to explore the scenic views. Møn is also home to [The Camøno](#), a picturesque hiking trail, and the [Dark Sky Park Møn](#), providing unparalleled stargazing experience.



The Easter Island of Denmark

[Dodekalitten](#) is a unique open-air art installation on Lolland, where twelve monumental stone sculptures overlook the Småland Sea. Blending contemporary art with scenic landscapes, it makes an inspiring stop on cultural itineraries in southern Denmark.

Bornholm

 [Destination Website](#)

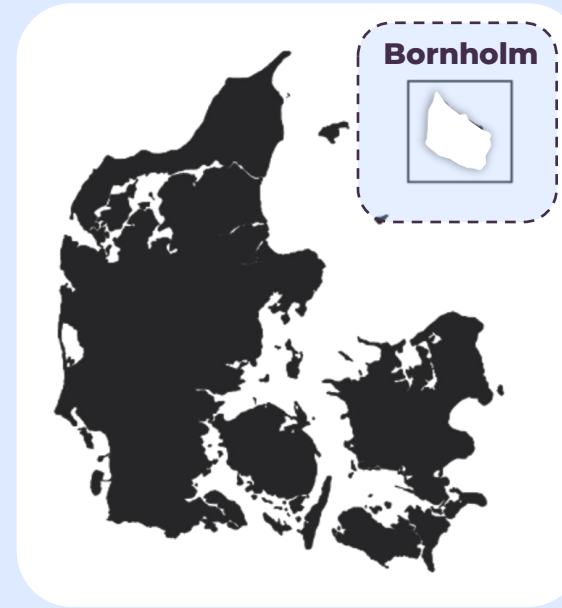
 [Accommodations](#)

 [Local transportation](#)

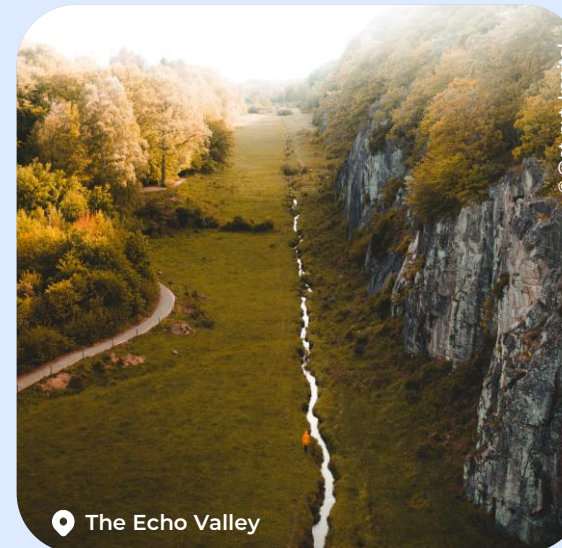
Everyone is talking about this cute little Baltic island full of culinary wonders and laid-back island living. The island has transformed into a diverse gastronomic hotspot, and travelers can join a [guided food tour](#) and learn all about why. The island's is also known for its unique and beautiful natural wonders that you can't find anywhere else in Denmark. Maritime life is important for the island and visitors can even [stay at an upcycled fishing boat](#).

Bornholm is a little different than the rest of the country: it has cliffs! That makes Bornholm the only place in Denmark where one can try outdoor [rock climbing](#). The island is also boasting with great opportunities for stand-up paddle boarding, kayaking, [windsurfing](#), [diving](#), [hiking](#), [bicycling](#), mountain biking, and [fishing](#)!

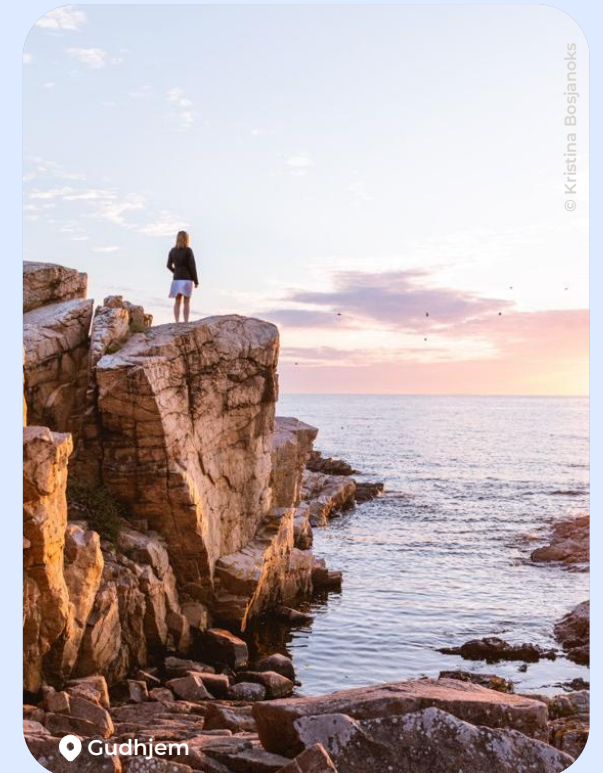
Travelers can explore their creative side with a visit to one of the island's many [ceramics and glass museums and stores](#) or by [joining a class](#)!



 Hasle Smokeshouse



 The Echo Valley



 Cudhjem

Funen & Islands



[Destination Website](#)



[Accommodation](#)



[Local transportation](#)

Denmark's second largest island, Funen, is known as the home of the beloved writer Hans Christian Andersen, who penned timeless classics like *The Little Mermaid*, *The Ugly Duckling*, and *The Emperor's New Clothes*. A must-visit is the new museum [H.C. Andersen House](#), where travelers can explore his birth home and trace his steps through the city.

The island is the ideal place [to hop on two wheels](#) to cycle through rolling hills, idyllic villages, and historical castles.

Did you know that Funen is also known as “The Garden of Denmark” or “The Garden Island”? With its rolling hills, fertile orchards, historic manor houses, and fairytale-like scenery, Funen is a peaceful, green, and lush island waiting to be explored.



Ærøskøbing

© Michael Frukowski & Sarah Moritz



Assens

@Mitch Wiesinger

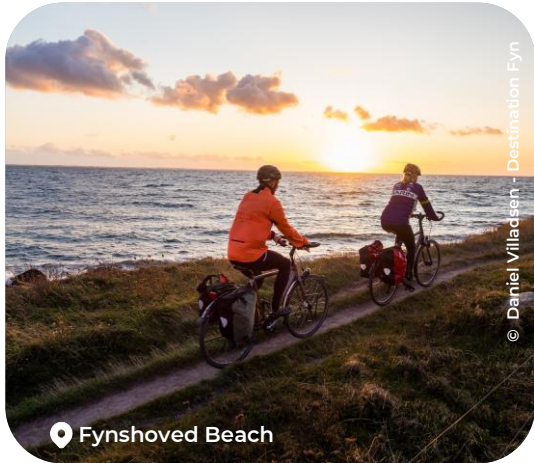


H.C. Andersen's House

© Kim Wyl

The Bicycle Island

Funen



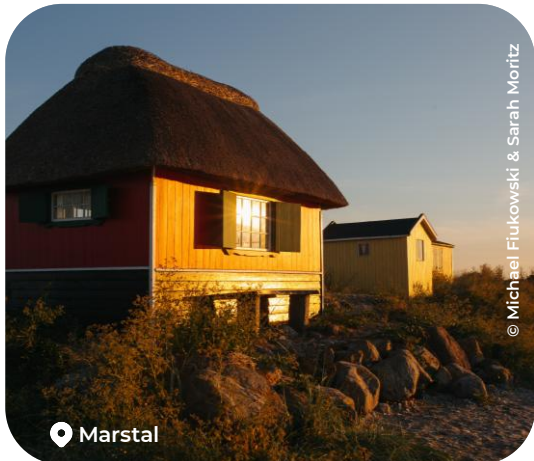
Explore Funen by Bike

Funen is [Denmark's bike island](#) with 1118,5 miles of cycling routes, including [The Castle Route](#) and [The Baltic Sea Cycle Route](#). The island is the ideal place [to hop on two wheels](#) to cycle through rolling hills, idyllic villages, and historical castles.



Castle Adventure

Take a trip to the southern part of Funen and explore the wonders of [Egeskov Castle](#). The area around the castle is filled with fun activities, such as [glamping](#), and even a [festival](#) takes place here!



Island Hopping

Besides the bigger islands of Ærø and Langeland, the island of Funen is surrounded by an archipelago of 60+ islands, making it perfect for [island-hopping](#)!



An Emerging Wine Destination

Funen is one of Denmark's [emerging wine regions](#), with a growing number of local vineyards offering tastings. Enjoy scenic countryside and coastal landscapes while discovering a relaxed farm-to-glass experience and the unique Danish wine.

North Jutland

 [Destination Website](#)

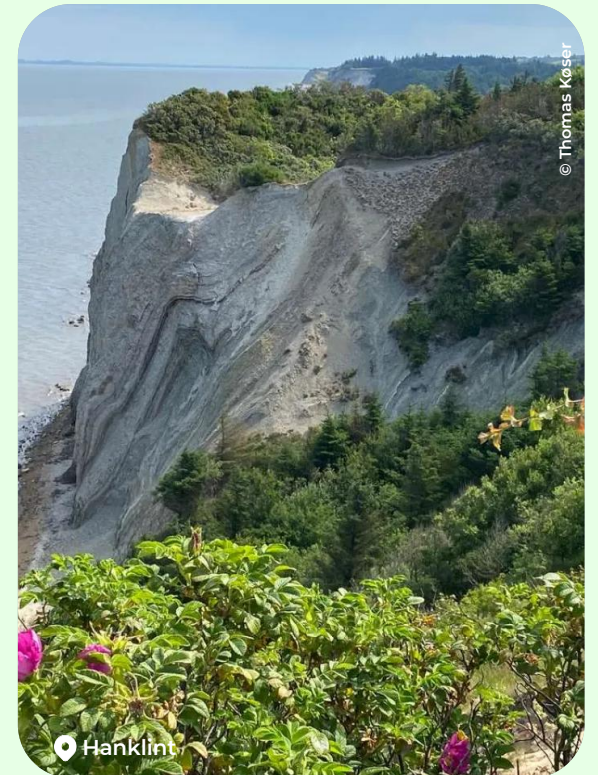
 [Accommodation](#)

 [Local transportation](#)

If you think surfing is only fun in the warmer parts of the world, you are in for a surprise! [Cold Hawaii](#), in North Jutland, is a place to come and try those big waves for yourself. After a cold surf, beach saunas are ready to heat you back up! Explore the shifting sands of [Råbjerg Mile](#), discover the [dramatic Rubjerg Knude Lighthouse](#), or visit the [Sand-Covered Church](#), slowly being swallowed by the dunes. At [Grenen](#), experience the unique sight of two seas meeting at Denmark's northernmost point.

For travelers who want to stay on dry land, there is a beautiful hike in [National Park Thy](#). The park is the last wilderness in Denmark, where travelers can experience beaches, beautiful moors, and wildlife.

Another fun experience is to head out to the Limfjord and join an [Oyster Safari tour](#)! On this tour, travelers learn about the distinct life of the Limfjord oysters and how to catch and prepare them. Discover the unique landscapes of Mors and Fur, where [Hanklit](#) and [Knudeklint](#) form part of the UNESCO-listed natural heritage site. Explore dramatic cliffs and fossil-rich landscapes while experiencing some of our most distinctive natural scenery.



Mid & South Jutland



Destination websites: [Lake Land District](#), [Aarhus](#), [South Jutland](#)



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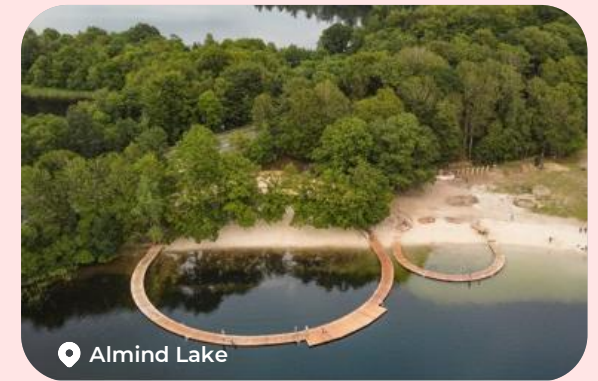
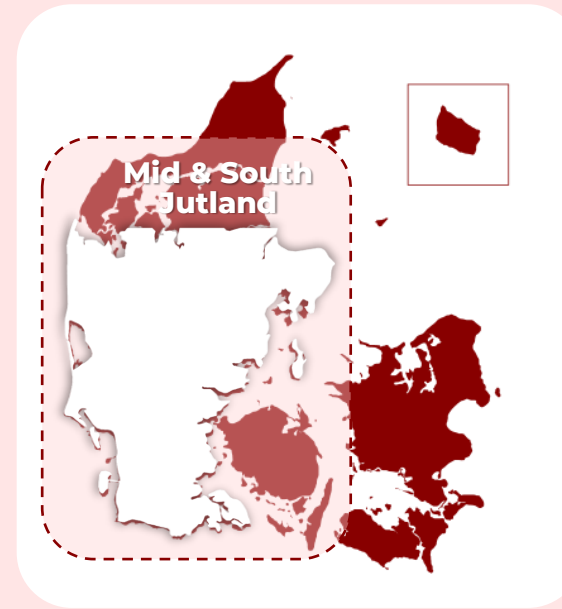
Local transportation: [Aarhus](#), [South Jutland](#)

Mid & South Jutland is the place to go for travelers looking to enjoy their holidays in beautiful landscapes! Hop on the Danes's best two-wheeled friend and take on the cycling routes! Besides scenic hiking trails, there are more than 1864 miles of [cycling routes](#)!

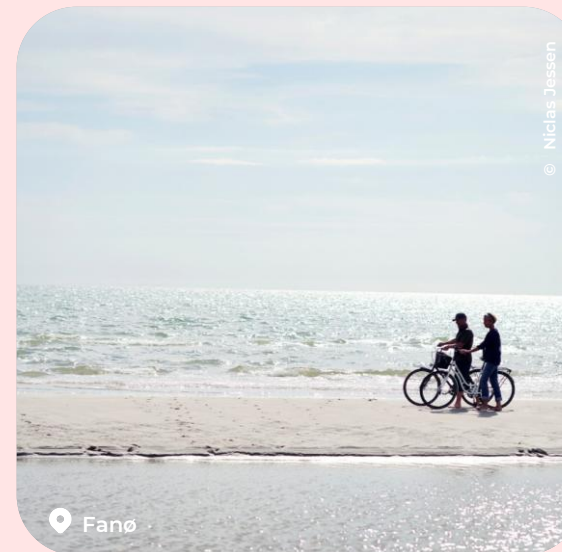
In the west part of South Jutland, is one of Denmark's natural wonders, which is also a UNESCO World Heritage Site. [The Wadden Sea](#) is a nature reserve known for its unique landscapes. Put on your waders and go on an [oyster safari](#) or [black sun/bird tour](#).

Hikers can walk through history at what was the [Northern German Defence Line](#) during World War I.

With more than 50 lakes and a forest area stretching over 86,5 square miles, [the Lake District](#) is the largest nature area in the entire country! Watch [this video](#) to get a feel of this adventurous area.



Almind Lake



Fanø



Wadden Sea National Park



Good to Know



Main airports: Copenhagen, Billund, and Aalborg
Other airports: Aarhus, Odense, and Esbjerg.



Cash is rarely used. Card is accepted most places. Tipping is not required.



Public transport in Denmark is easy, fast and convenient.



Danish hotel rooms tend to be smaller, minimalistic and cozy. If your clients prefer bigger rooms, we recommend going up a suite level.



Denmark is a quite accessible country to get around.



Find information about cruise here.



Your travel questions answered with our Denmark A – Z.

Travel Trade Tools



VisitDenmark
Travel Trade



Webinars



News From
Denmark



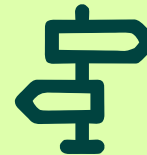
Image Bank



Incoming
Agencies



Online Advisor
Training



Itineraries



Events In Denmark

Travel Trade Contacts



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**Thank you,
Hej Hej!**



VisitDenmark 

