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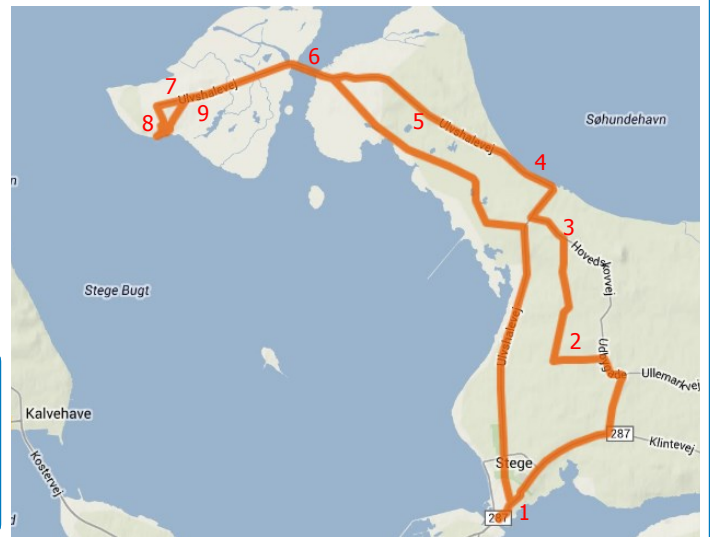
Panoramarute

This route is one of 26 panoramic routes along the Danish coastline. Panorama Routes are premium cycle routes offering places to eat, accommodation and entertaining experiences. Beautiful views and places of special interest in the landscape characterise these routes. The Panorama Routes are part of the Powered by Cycling: Panorama project supported by the European Regional Development Fund.

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## Island hopping - take the Family Exploring: 29 km

This route means ice cream on the beach, games in the forest, wide salt meadows, gnarled trees and beautiful Nyord with its winding streets, galleries and good food. You travel through beautiful northwest Møn along quiet roads. The route is disabled-friendly for hand cyclists. Combine the route with the Life is Sweet route to give you a trip totalling 42 km.

### Where the route takes you...

This route takes Møns Tourist Office in **Stege (1)** as its starting point, but it can be started at any point. From Stege, cycle down Storegade and pass Møns Museum which has changing exhibitions – including for children – a pleasant yard and a museum shop. The route continues past Mølleporten, Stege's historical medieval city gate, and Stege Vold, where signs provide information about the ramparts. Continue on Klintevejen towards Udby, a fine little village with small stalls at the roadside and a village pond. Try to find the organic seaweed house. Turn left on Dirkevej where the route takes you through Udby/Stege Forest, a new forest offering various nature experiences. Just after **Mosehældgård (2)** you will find a beautiful view of Stege Bay with Dronning Alexandrine's Bridge and the islands of Lindholm, Tyreholm and Nyord in the distance. At **Galleri Warrer (3)** stock up on creative impressions and treats in the gallery's exhibition space, shop or café.

**Ulvshale (4)** has small roadside stalls, cycling trips along the beach embankment with its view of the sea, ice cream at the beach café, wind and sea. The peninsula of Ulvshale consists of beach embankments comprising sand, gravel and especially flint which the sea has planed off the Cliffs of Møn and brought here. Ulvshale is Møn's largest holiday home area. If you need time to explore these beautiful surroundings, stay the night at either Ulvshale B&B or Ulvshale Camping.

Ulvshale Forest offers fun forest adventures for young and old. **Naturcenter Ulvshalegård (5)** is an obvious starting point for a trip around Sansestien (Sensory Path). Try to find the Ringing Stone and hear the stone tell its story through your mouth. Sansestien also leads you right out past the redoubt which was built during the wars with England (1801-14) and which now is an area of outstanding natural beauty with salt meadows and grazing cattle. The route continues along Ulvshalevej through the forest until the landscape unexpectedly opens up towards Ulvshaleløbet

and **Nyord-broen (6)** (Nyord Bridge). The wide salt marshes stretch out on the other side of the bridge. They flood several times a year and are part of a large bird reservation. From the top of the bird tower, you will have an excellent view of the meadows, Ulvshaleløbet and Møn. The salt meadows are succeeded by a large morain hill. Now you have to pedal hard to get up to the top. Here is a picnic shelter, **Børges Markhus (7)**, with an exhibition about farming on the island through the ages and a 360° view. You reach **Nyord Landsby (8)** (Nyord Village) via Nyordvej. The village is very much worth a visit with its well-kept houses, old farms, fine octagonal church, Møllestangen, Denmark's smallest museum, and small businesses and galleries. Enjoy lunch in Lollesgaard or the Noorbohandelen café. If you have brought your own sandwiches, there are several tables and benches you can use down on the atmospheric harbour. On the way back, you pass **Naturcenter Hyldevang (9)**, which is ideal for the disabled with its sensory garden, shelters, nature playground, disabled-friendly bird platform and a picnic shelter with exhibition. Return over the Nyord Bridge, then turn right soon after along Telefonstien, which is a gravel and forest track and not suitable for bicycles with trailers or loads (take Ulvshalevej instead). You will pass holiday homes in the forest, then the heather and Vedelen before you reach Hegnede Bakke (Hegnede Hill) where the paved road starts. On top of Hegnede Bakke you turn right down the cycle path towards Stege. Just 100 metres further on, you will be able to catch your breath after a hard slope to a small picnic area with a bench and beautiful view of the water with Dronning Alexandrine's Bridge in the background.

The cycle path takes you along Ulvshalevej directly to Stege, through an undulating landscape with many picturesque viewing points. In Stege you will be met by the smell of biscuits from the Bisca factory and a wealth of adventure in this beautiful medieval town.

#### Further options:

- (1) Møns Museum [facebook.com/Moensmuseum](https://www.facebook.com/Moensmuseum)
- (1) Lizas Gallery [lizasgallery.com](https://www.lizasgallery.com)
- (2) Mosehældgård, a good starting point for a trip. Shelters, compost toilet and even an insect hotel!
- (3) Galleri Warrer [warrer.dk](https://www.warrer.dk)

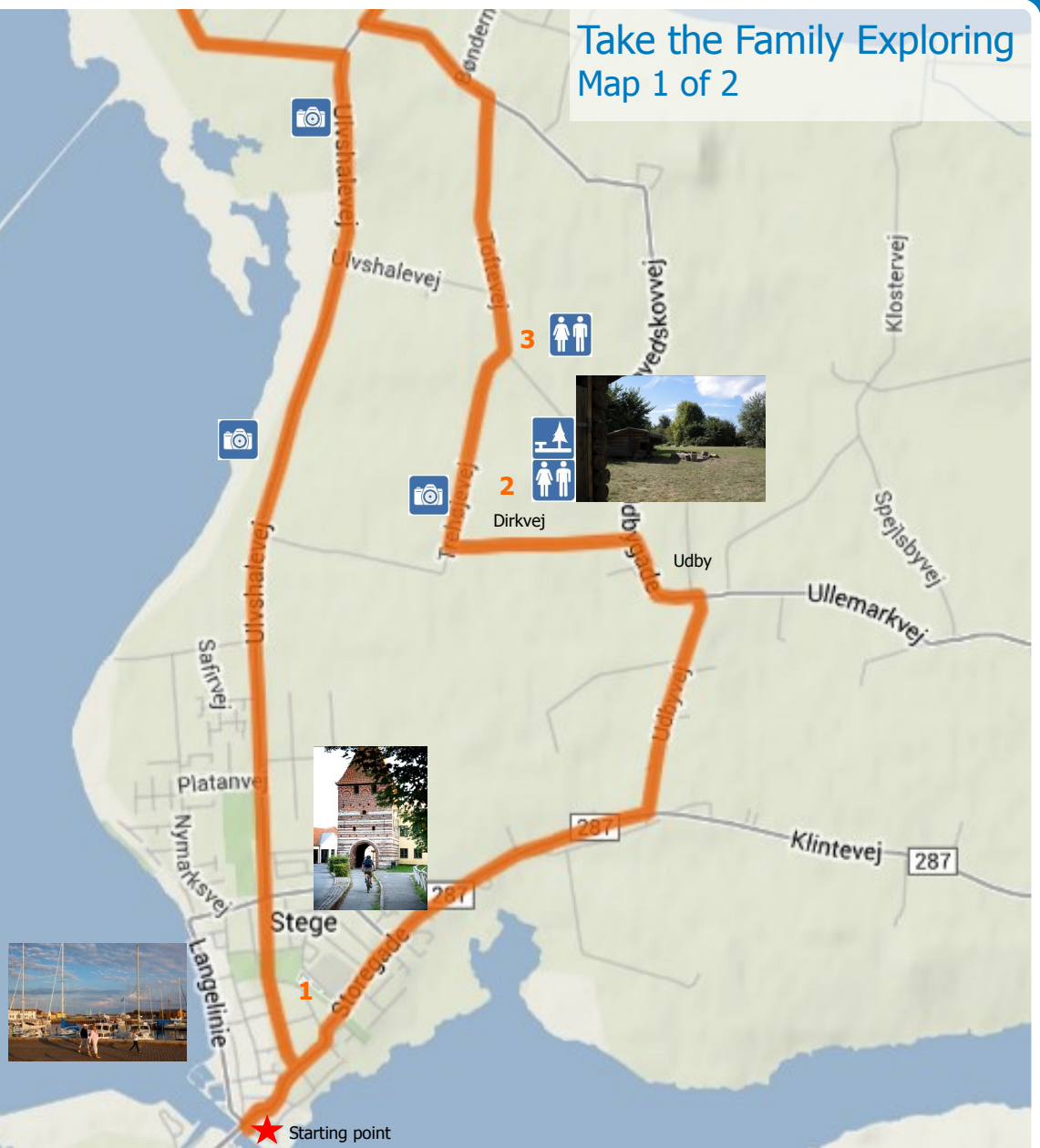
#### Nyord:

- (6) Nyord Bridge with the ruins of the stone mine
- (8) Lodsudkigget Møllestangen, with views of the sea and benches
- (8) Noorbohandelen and mustard mill [noorbohandelen.dk](https://www.noorbohandelen.dk)
- (8) Runas, unique glass and silver jewellery [runas.dk](https://www.runas.dk)
- (8) Nyord Naturprodukter (shop) [kultivatorsyd.dk](https://www.kultivatorsyd.dk)
- (8) Small stall, Nyord's kiosk with fun souvenirs
- (9) Naturcenter Hyldevang [nyord.info](https://www.nyord.info)



This route is ideal for families

# Take the Family Exploring Map 1 of 2



Open Street Map, Naviki

## Accommodation and tourist information

Ulvshale B&B [ulvshale-bb.dk](http://ulvshale-bb.dk)  
Ulvshale Strandcamping [ulvscamp.dk](http://ulvscamp.dk)  
Nyord Bed & Breakfast [nyord-bb.dk](http://nyord-bb.dk)  
Hovedskovgaard B&B [hovedskovgaard.dk](http://hovedskovgaard.dk)  
Ølholm B&B tel: +45 25 53 10 44  
Skovsgård B&B [skovsgaard-moen.dk](http://skovsgaard-moen.dk)  
Hotel Stege Nor [stegenor.dk](http://stegenor.dk)  
Motel Stege [motel-stege.dk](http://motel-stege.dk)  
Møn Tourist Office [visitmoen.dk](http://visitmoen.dk)

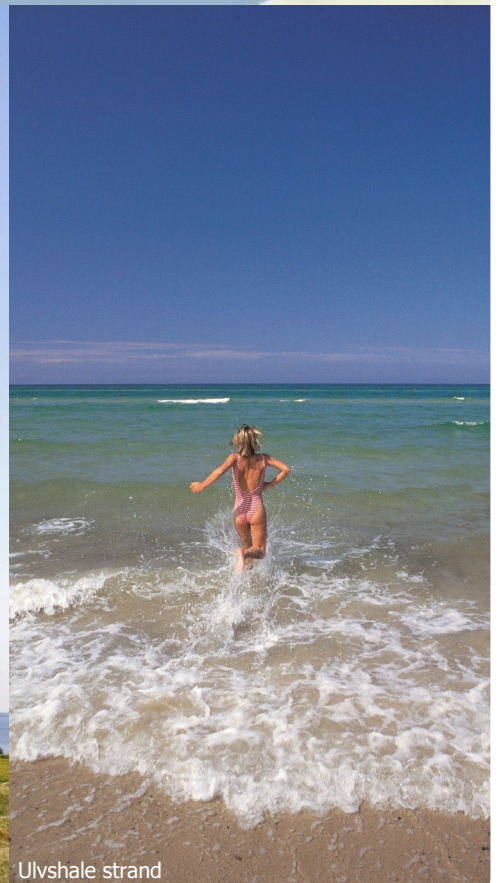
## Places to eat

Galleri Warrer [warrer.dk](http://warrer.dk)  
Strandcafeen, Ulvshale Strand, tel: +45 55 81 85 03  
Lolles Gård [lolles.dk](http://lolles.dk)  
Noorbohandelen [noorbohandelen.dk](http://noorbohandelen.dk)  
David's Café [davids.nu](http://davids.nu)  
Bryghuset Møn [bryghusetmoen.dk](http://bryghusetmoen.dk)  
Slagter Stig/Støberiet [slagterstig.dk/stoeberiet](http://slagterstig.dk/stoeberiet)  
Café Frederik VII [cafefrederikvii.dk](http://cafefrederikvii.dk)  
Kaffehuset Møn [kaffehusetmoen.dk](http://kaffehusetmoen.dk)  
Stege offers several pizzerias, a harbour grill and a Chinese restaurant.

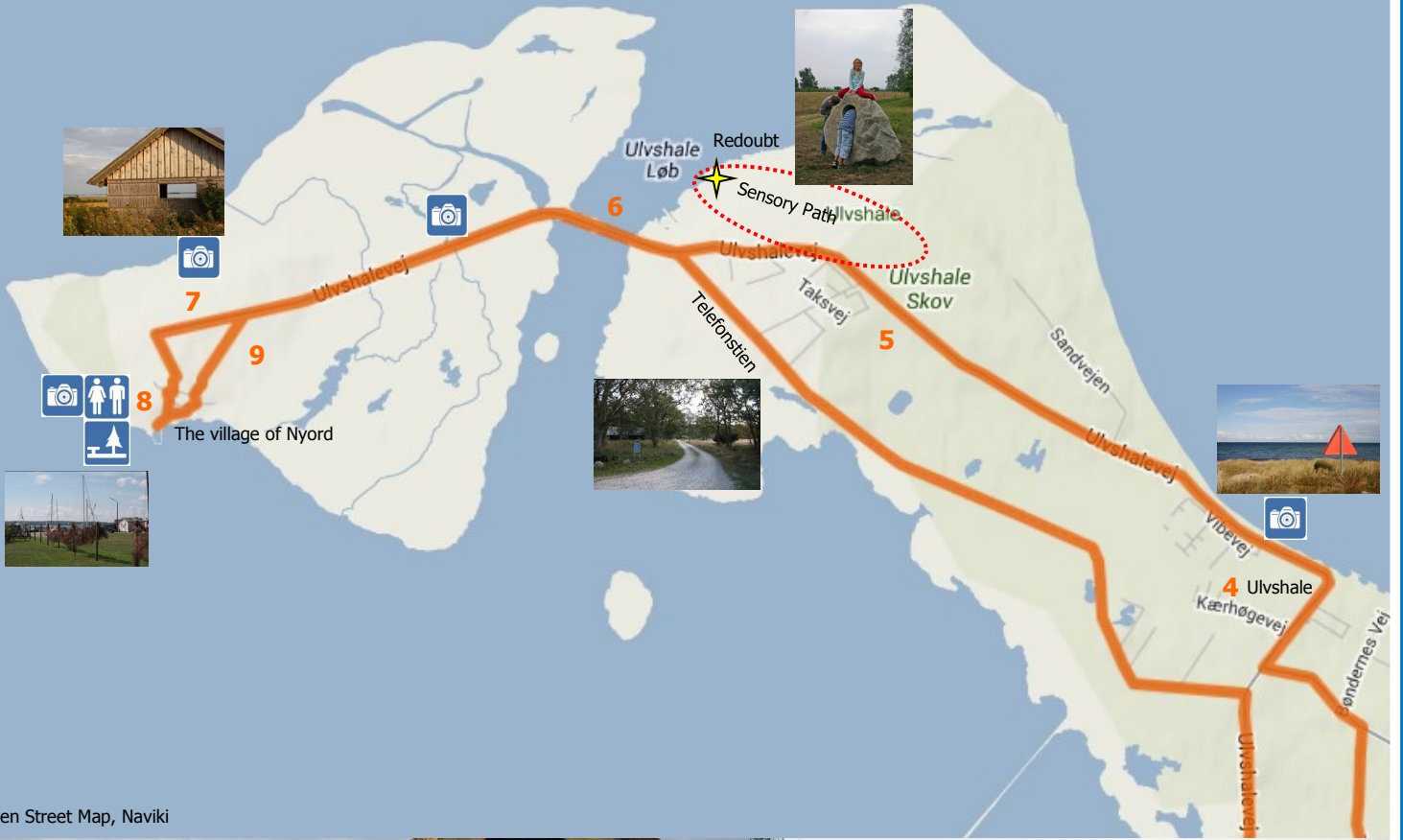
**Bicycle hire** from Fri Bike Shop at Storegade 91, 4780 Stege, approx. 1 km from Møn Tourist Office

## Roads

Paved main roads with only light traffic.  
Telefonstien: gravel and forest roads (minus trailer)  
Max. 3% slopes  
Effective cycling time at 11 km/h (adults) 2:40 hours  
Effective cycling time at 8 km/t (children) 3:40 hours



# Take the Family Exploring Map 1 of 2



Open Street Map, Naviki



Borger's Picnic Shelter, Nyord



Dronning Alexandrine's Bridge



The Ringing Stone, Ulvshale