



The Life is Sweet 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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Life is Sweet: Stege-Keldby-Udby 21 km/42 km



The Life is Sweet Panorama Route is ideal for families—it takes you along quiet roads along the cove, up and down hills, through small villages with timber-framed houses and rural idyll. It offers fun activities for children and places to eat. The route can be combined with another Panomara Route, the Take the Family Exploring Route, for a total of 42 kilometres.

Where the route takes you...

The route described in this guide starts at **Møns Turistbureau (1)** (Møn's Tourist Office) in Stege, but it can be started at any point. Stock up on treats for your trip at **Møn Bolcher (2)** (Møn Sweets) in the old sugar factory. Children can make their own lollipops. The sugar factory's old soakways are now a valuable nature reserve with rich and varied flora and fauna.

On your way to Stege Nor (Stege Cove), turn right at the end of Ørnebjergvej. Just after Rødkilde High School you will find a fine view of **Stege Nor (4)**. Use your binoculars to observe the birds in the low water. The cove is a 7-kilometre-long and 1.8-kilometre-wide coastal lagoon connected to Stege Bay. The cove, which sits in an east/west direction, was created during the last Ice Age as a tunnel valley with a meltwater river. After Bissinge you are greeted by another panoramic view. The large roadside oak makes a beautiful foreground to the twinkling water of the cove.

Havecaféen (5), slightly further along, is open in the summer. Enjoy a slice of homemade cake and a coffee in the café's pleasant garden.

The route continues along Søndersognsvej. At the next intersection, you turn into the village of Tøvelde. To experience the cove at very close quarters, cycle down to **Skelbæk Bro (6)** (Skelbæk Bridge) just after Tøvelde. In the old days, a ferry sailed between Skelbæk Bro and Stege and linked these southern towns (Bissinge, Tøvelde, Svensmarke) with Stege. Otherwise continue to the idyllic village of **Svensmarke (7)** with its timber-framed houses and hollyhocks. Have a bite to eat near Svensmarke Spring which offers shelter and a view of the cove. In Svensmarke, StaySail offers you the opportunity to swap saddle for paddle and experience Stege Nor from the water in a canoe, kayak or catamaran. StaySail also offers B&B and a restaurant. So if you find yourself seduced by the water, spend the night here and continue by bicycle tomorrow. The route takes you through the undulating landscape. Up on the hill before Tåstrup you will find a fantastic

view of the hinterland of Møns Klint (the Cliffs of Møn) – the blue mountains. Keldbylille offers the option of a detour to two exciting farms, the historic **Museumsgården (8)** where you will learn about life in the countryside in the old days, and a modern dairy farm, where you can enjoy a **Møn Is (9)** as you pat the cows that produced the milk for your ice cream (+5 km). Onwards through Keldbylille, where Hyllested ceramics has an exhibition of traditional clay and stoneware, towards **Keldby (10)**. Cycle along the golf course. Keldby offers lunch at either the golf café or Præstekilde Hotel with its beautiful views of the cove. Dating from the 13th century, Keldby Church houses some of Denmark's best artworks from the Middle Ages, including frescoes from the 15th century painted by the Elmelunde Master. Some of the original 13th century church can still be seen.

If your legs are getting tired, head directly back to Stege along the busy Klintevej. Or carry on along small roads between fields. From Keldby Church, head towards Ullemarke. The route gives you plenty of time to enjoy the view of Spejlsbyskoven and Nordfelds skove to the northeast. Continue through Udby and turn left along Dirkvej through **Udby/Stege Skov (11)** (Udby/Stege Forest). The forest is relatively young with a variety of trees, lakes, paths and viewing points in addition to tap, barbecue area, shelters and a health route. Trehøjevej offers you the option of extending your route to northwest Møn along the Nyord Panorama Route (+24 km).

Ulvshalevej gives you a view of Dronning Alexandrine's Bridge, the islands of Lindholm and Nyord and Ulvshale Forest. The trip ends in the middle of the beautiful medieval town of **Stege (12)** with its city gate and moats, museum and Storegade's many restaurants and cafés. One last sweet experience in Stege is to be found in the old detention at Lene Evers Chocolate, who makes homemade chocolate covered marshmallows, marzipan bars and other temptations.

Additional options:

(3) Thorsvang samlermuseum danmarkssamlermuseum.dk

(10) Ympelys sells candles and ceramics ympelys.dk

(10) Keldby Church, churchyard: if you are interested in old medicinal herbs such as black horehound, greater celandine and dark mullein, visit the churchyard's northern dyke.

(11) Udby/Stege Skov (forest): a great starting point for a picnic is Mosehældgård with its compost toilet, shelters, barbecue area and even an insect hotel! Tip: Check out the useful guide called 'De nye skove ved Stege' nst.dk

(12) Stege market, entertainment and family fun (every Tuesday in July). The large herring market is held the first weekend in September. Visit moenhandel.dk

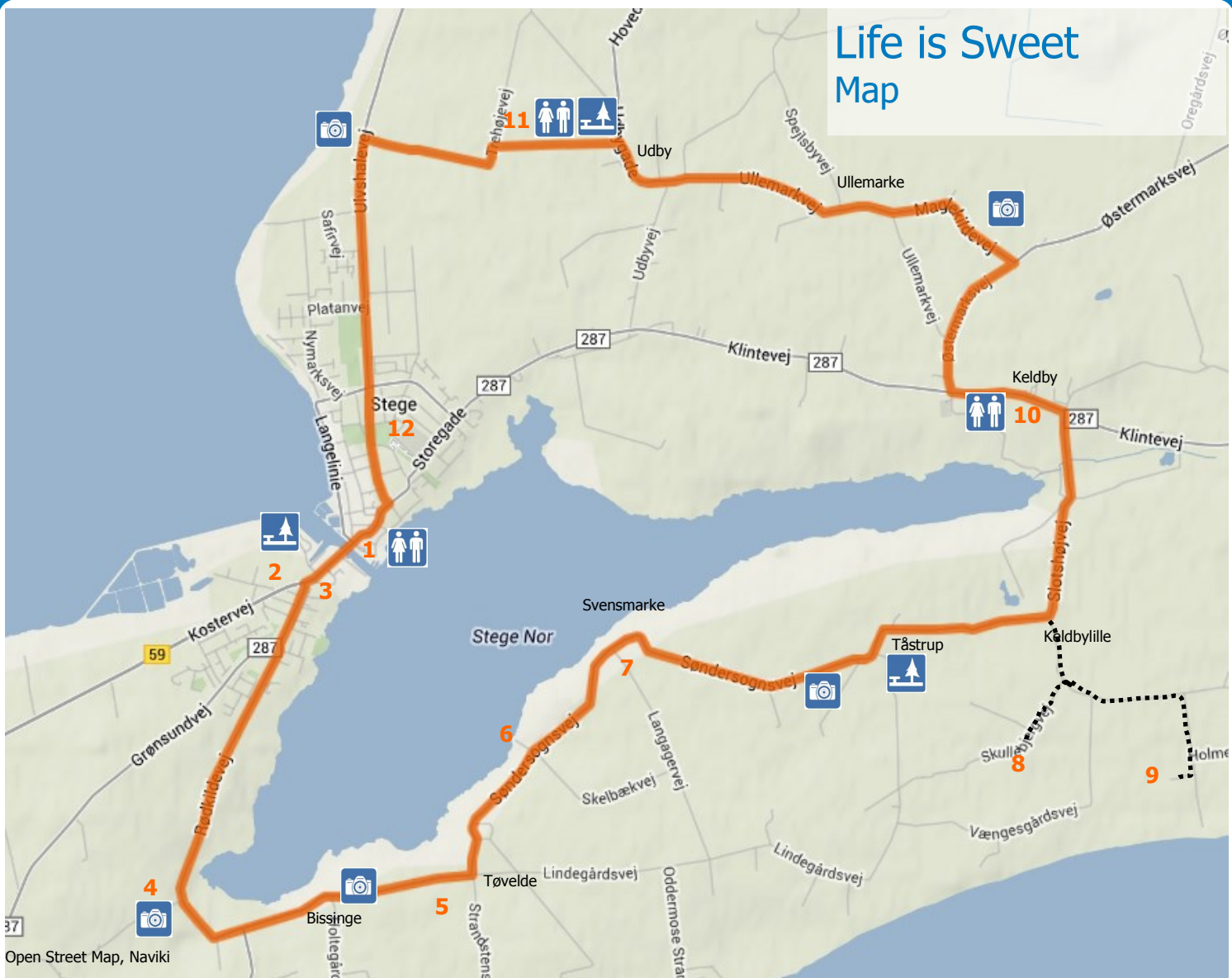
(12) Møns Museum empiregaarden.dk

(12) Lizas Gallery lizasgallery.com



Play with a calf at Møn Is

Life is Sweet Map



Accommodation and tourist information

Kostervejens B&B nurwein.dk
 Havecafeen B&B, tel: +45 55 81 19 45
 Staysail B&B staysail.eu
 Keldby Camping Møn keldbycampingmoen.dk
 Hotel Præstekilde praestekilde.dk
 Hotel Stege Nor stegenor.dk
 Ølholm B&B, tel: +45 25 53 10 44
 Skovsgård B&B skovsgaard-moen.dk
 Persillegården B&B persillegaarden.dk
 Købmandsgården B&B koebrandsgaardens-bb.dk
 Motel Stege motel-stege.dk
 Møn Tourist Office visitmoen.com

Places to eat

Coffee Connection staysail.eu
 Thorsvang Collectors Museum café
danmarkssamlermuseum.dk
 Havecaféen (summer months), tel: +45 55 81 19 45
 Staysail: Restaurant Armada staysail.eu
 Hotel Præstekilde praestekilde.dk
 Møns Golfcenter (café) moengolfcenter.dk
 Café David's davids.nu
 Bryghuset Møn bryghusetmoen.dk
 Slagter Stig/Støberiet slagterstik.dk/stoeberiet
 Café Frederik VII cafefrederikvii.dk
 Kaffehuset Møn kaffehusetmoen.dk
 Stege also has several pizzerias, a harbour grill and a Chinese restaurant

Bicycle hire from Fri Bike Shop, located at Storegade 91, 4780 Stege, 1 km from the tourist office

Roads: paved main roads with only light traffic.
 Max. 2% slopes.
 Effective cycling time at 11 km/h (adults) approx. 2 hours.
 Effective cycling time at 8 km/h (children) approx. 2:40 hours



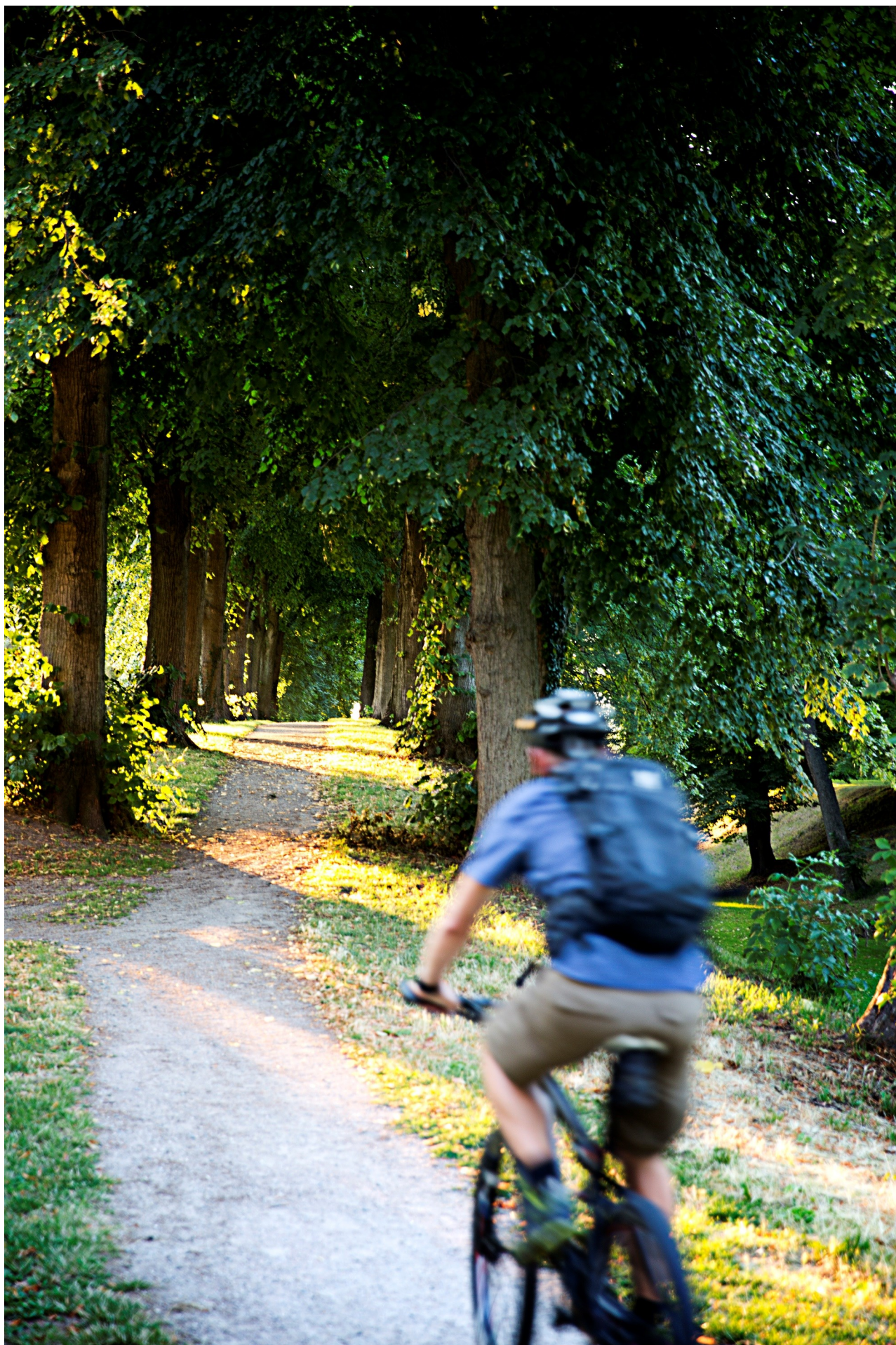
Møn Is (dairy)



Møn Bolcher



Family cycle ride



Find more routes at visiteastdenmark.dk/cykelruter-panorama