

WELCOME TO BIKE ISLAND FYN

In the heart of Denmark lies Nyborg on the island of Fyn – a green and cycle-friendly island that is just waiting to be explored. We call Fyn and the surrounding islands Bike Island Fyn, and right at the entry of the island - at the end of the Great Belt Bridge in Nyborg - the 2nd stage will end.



BIKE ISLAND FYN - CYCLING ISLAND NUMBER ONE

Fyn and the Islands are a cycling destination ideal for exploration on bike. The landscape alternates between flat paths and trails close to the coast, and gently undulating roads that wind their way between market towns, idyllic villages, and historical castles. There are more than 7,000 km of roads on the island, of these, 1,200 are signposted as being especially bike-friendly and ideal for a safe cycle ride along winding roads that lead to fruit orchards, cafés, and manor houses.

With its numerous and varied islands, the South Fyn Archipelago is likewise an eminent destination for voyages of discovery on bike. The well-established network of ferry-services makes it easy to go by bike and "leap" from island to island – the so called "island-leap".

The nutrient-rich soil of Fyn has kept Denmark well supplied with the best fruit and vegetables for centuries dating back to when the king of Denmark lived in Nyborg and considered most of Fyn his personal pantry. During a bike holiday on Fyn one can experience the island's bountiful pantry up close with newly picked apples, freshly caught fish and delicious local delicacies at the numerous markets, roadside stands, and food fairs on the way through the scenic landscape.

The rich soil also provides excellent conditions for wineries, and one can stroll along the lines of vines, or chat with the vintners about their passion for cultivating and refining the grape varieties that are unique to the Nordic climate. Furthermore, Fyn is also home to several craft breweries as well as distilleries that you can stop by and have a taste of Fyn on your way by bike.



Cycle routes

Bike Island Fyn welcomes all types of bikes. Fyn is a heaven for both road bikes, e-bikes, city bikes and mountain bikes alike.

With the flat roads on Northern Fyn, the long soft hills on Southern Fyn, the steep, hard climbs on the Western part of Fyn and the grand views and scenic historical sites on the Eastern part of Fyn, there is something for every type of cyclist.

Mountain bike tracks

The island offers lots of cool mountain bike tracks with challenges for the experienced mountain bikers and light routes for beginners. Many of the tracks are constantly maintained by locals so that they are always in optimal condition. [Link to MTB-tracks](#)

Local cycling routes

Fyn is dotted with local cycling routes where cyclists pass coastal towns, which are charming with their small alleys, half-timbered houses, cosy shops, cafes, restaurants and lively harbour environments or the vineyards and farm shops on the countryside. Most cycle routes are clearly signposted and follow smaller roads and cycle lanes so one can feel safe as a cyclist.

[Link to local cycle routes on Fyn](#)

[Link to cycling routes around Nyborg](#)

The Baltic Sea Cycle Route

The Baltic Sea Cycle Route (N8) is the longest national cycle route in Denmark. It runs across the south of Denmark and is linked together by no fewer than five ferry connections and eight bridges. The entire route is 820 km long, and 220 of them can be enjoyed on Fyn and the Islands. The Baltic Sea Cycle Route on Fyn passes by golden fields, leafy green forests and of course along the coast, where there are several places overlooking the archipelago. A natural hub on the route is Nyborg and the Great Belt Bridge.

[Link to the Baltic Sea Route](#)

Virtual cycling – experience Bike Island Fyn from all over the world

On the virtual indoor cycling apps Rouvy and BKool it is possible to explore three of the most scenic cycle-routes on Fyn. The routes "Fynshoved", "Tåsinge Rundt" and "De Sydryske Alper" are filmed in a way that it almost feels like you are on Fyn – even though you might be in the saddle somewhere across the world.

Bike friends, bike-friendly accommodation, and bike stations

On Bike Island Fyn we have made arrangements to provide cyclists with a "safety net", as they explore the magnificent countryside of Fyn. If one should have the misfortune to run into problems, they will find more than 30 outdoor service stations for bikes – also called **Bike Stations** – to help. In and around Nyborg there are eight full-self-service Bike Stations along with numerous pumps and water stations. Hence, there is never far between stops where it is possible to refill your water bottle or fix your bike.

Bike Island is liberally sprinkled with **Bike Friends**. About 200 volunteers are ready and waiting to lend a helping hand to by passengers on their cycling holiday. The network of Bike Friends is made up of private citizens, local shops and businesses, attractions, and places to stay that are

keen to help and support cycling tourism on Fyn. Within their ordinary opening hours, they offer to lend out tools for reparations, filling up water bottles or selling packed lunches to enjoy on the way. In the area of Nyborg alone you will find no less than 25 Bike Friends.

One of the especially popular bike friends in Nyborg is Lause's Grill, where you can taste a traditional Danish hotdog. It is a treat the Danes have enjoyed for more than 100 years, that consists of a sausage in a sliced bun with ketchup, mustard, onions and pickled cucumber served on top. For several years Lauses Grill has offered services for cyclists and it is a perfect place to stop on your cycle route.

Bike Friends – A helping hand on your cycling holiday (visitfyn.com)

After a day on the bike, Fyn offers plenty of **bike-friendly accommodation** that are committed to go the extra mile to provide the best possible conditions for cycle tourists and their bikes.

In Nyborg one of these places, amongst many others, is Sinatur Storebælt Hotel, who guarantee special service for their many cycling guests. For instance, they offer a free of charge service station with numerous appliances and equipment as well as locked storerooms for bikes and gear. If you have not brought your own, it is also possible to rent bikes at the hotel.

Hotel Nyborg Strand is another bike-friendly accommodation in Nyborg, the hotel is renowned for its big capacity and spacious surroundings. The hotel has a strong tradition for housing riders and officials participating in the Tour of Denmark every year as they ride through the country.

Link to bike-friendly accommodation



Cycle tourism strategy

The region of Fyn has an ambitious cycling tourism strategy and aims to become the most attractive cycling holiday destination in Northern Europe. The strategy includes initiatives aiming at increasing the levels of cycling within the region, focus on infrastructure improvements, new tourism partnerships and initiatives, new cycle routes and strategic partnerships, as well as targeted communication and branding.

Every year, each of the 10 municipalities on the island of Fyn implement plans focusing on improving infrastructure and transport safety, as well as they in solidarity work on being an inspiring cycling incubator for new and innovative cycling initiatives across the entire country. In 2017 Fyn was, as the first region in Denmark, rewarded with the prestigious award as UCI Bike Region. The award honours regions that initiate great strategies in developing a bicycle-culture in their area, and also have the ability to attract and host significant UCI-events.

Following Fyn's strategic focus on cycling the municipality of Nyborg also has its own local cycling strategy covering the entire area along the coast of the Great Belt. The strategy was formed in 2019 in a close collaboration between public, private, and voluntary individuals and clubs, and it covers initiatives on both everyday cycling, cycling tourism and cycling infrastructure.

In addition, based on several analyses of the existing cycling infrastructure, Nyborg City Council has agreed upon a 4-year-plan for further investments, ensuring safer and more accessible cycle lanes.

Odense – The City of Cyclists

From 2009 to 2012 Odense was appointed the official 'national bike city' in Denmark. This means that the capital of Fyn has been the inspiration for many cycling initiatives in other Danish cities. In Odense you will among other things find special designed public cycle pumps, cyclist counters and green waves of traffic lights for cyclists. Today Odense offers more than 550 km of cycle lanes, 65 cyclist tunnels and 125 cyclist bridges which help the flow of cyclists traveling through the city every day go smoothly. With the 2017-2024 plan for Mobility and Urban Space the largest city on Fyn keeps on strengthening the cycling culture of the city in the years to come.

More about cycling in Odense

Cycle events since 1894

Fyn has a strong tradition of hosting numerous great elite and recreational cycling events which include the Bissen mountain bike race, Nordic championships in track cycling, the UCI Cyclo-cross World Championships and World Cup, stages of the road race Tour of Denmark as well as a cycle festival for locals called "Fyn Cykler Sammen" (Fyn Cycles Together). Fyn is also home to the world's third-oldest road race 'Tour of Fyn', which has been ongoing since 1894.

In 2016 Nyborg hosted Tour of Denmark's time trial stage, and in 2019 Nyborg was one of the first cities in Denmark to celebrate the UN's International World Bicycle Day.

Nyborg on two wheels

When it comes to cycling you truly feel that Nyborg is the Heart of Denmark. Regional and national cycling routes go from the medieval capital to royal boroughs of Kerteminde, Svendborg and Faaborg as well as to Fyn's largest city Odense. Nyborg is therefore a central meeting place on Bike Island Fyn. Whether you arrive to Nyborg by train or car it is easy to continue your travels by bike.

In Nyborg you are close to everything. Whether you are in the city or in one of the areas' many villages, you see that the bike is a much used mean of transportation. Cycling has long been an integrated part of the community. Pupils receive cycling training and attend cycling tests, cycling lanes are constructed, the elderly and handicapped citizens are offered accompanied cycle trips, cycle clubs organise races, and cycling routes for tourists are being developed. Thus, the effort to develop cycling in Nyborg Municipality is not new. However, the adoption of the cycling strategy in 2019 marked a formal milestone in the work to promote cycling, securing an increased focus and connection between all the various cycling initiatives.

Key figures for Nyborg 2021:

- 79% of all households have at least one bike.
- 94% have one usable bike at their disposal.
- 56% cycle at least once a week.
- 49% of those who live less than 5 km from their workplace cycle to and from work.
- 56% choose their bike to get exercise and fresh air.
- 71% of the kids always use a cycle helmet.
- There are 175 km. cycle lanes in the municipality, and more are being constructed in the near future. This equals approximately 5.3 metres of cycle lane per citizen, which brings Nyborg to the very front in Denmark in this regard.

[Read more key figures](#)

Experience crossing the Tour de France finish line on your own bike

In Nyborg it is already possible to experience the last 2.7 km of Stage 2, where the professional Tour de France riders will duel for glory in 2022.

Press Photos

[Download bicycle related press photos](#)

FACTS

Facts about the island of Fyn

With endless beaches, breath-taking nature and a seemingly limitless number of cultural experiences, tranquillity goes hand in hand with spectacular landscapes and exciting adventures on Fyn. Aside from a wide range of charming towns and cities, historical castles and well renowned restaurants, the island also offers a plethora of cycling opportunities for both professionals, amateurs, and tourists alike.

- Fyn is the third largest island in Denmark extending over an area of 3,099 km².
- The population of Fyn is around 500,000.
- Fyn is surrounded by the South Funen Archipelago, the Little Belt, the Kattegat, the Great Belt, and the Langeland Belt.
- Fyn is an island region with almost 100 islands.
- Millions of years ago the entire area of Fyn was an enormous Ice Age landscape featuring tall hills and deep valleys, leaving the highest hilltops visible today as islands. However, the highest point on Fyn is only 130 metres above sea level.
- Fyn is often referred to as "the pantry of Denmark" as the rich soil on the island is perfect for cultivating a whole range of fantastic foods and wine.
- Fyn has 123 castles and manor houses of which many are beautifully preserved and open for guests.
- Today's capital of Fyn is Odense - the hometown of the world-famous writer Hans Christian Andersen and the third largest city in Denmark.

Facts about Nyborg – the entry to Bike Island Fyn

Nyborg is known as "The Heart of the Kingdom of Denmark", and has been a strategic and infrastructural node for the last 1,000 years. From the historic medieval city centre and castle to the modern conference hotels and the Great Belt Bridge, Nyborg will provide a spectacular scene when stage 2 finishes right at the gateway to Fyn.

- In the Middle Ages Nyborg was the royal residence. Today, it is a modern city connecting the eastern and western parts of the kingdom.
- In the middle of the city lies the more than 800-year-old Nyborg Castle. The castle has a well-preserved moat that encircles the old city centre. In medieval times this castle was the king's residence.
- Nyborg Castle is located in the middle of the kingdom, and in the Middle Ages, it was chosen as the meeting point for the Danehof, the parliament of the times, and Denmark's very first constitution was signed here in 1282.
- Building on an 800-year-long tradition of delivering food to the royal court, local food manufacturers in Nyborg have joined forces in a modern food-network called the "King's Pantry".
- Nyborg has some of the country's best meeting and conference facilities, making the city a main Danish meeting and conference destination with up to 400,000 business guests per year.

- The population of Nyborg Municipality is approximately 32,000.

Facts about the Great Belt Bridge - The bridge to Bike Island Fyn

As a connection between Fyn and Zealand the Great Belt Bridge towers 254 metres up in the air. Since the opening in 1998, the bridge has been the most important infrastructural link in Denmark.

- It took more than 10 years to construct the Great Belt Bridge and required working hours equalling 66,000 man-years.
- The Great Belt Bridge's two main cables, which sustain the suspension bridge from the 254-metre-high pylons, consist of 18,648 steel wires, that if joined together could easily reach around the world twice.
- The two pylons are Denmark's tallest building and highest point.
- Approximately 13 million vehicles drove across the Great Belt Bridge in 2019. In addition, there is also a railway on the West Bridge and a railway tunnel beneath the East Bridge.
- While constructing the bridge, the small island of Sprogø, a connecting point of the Great Belt Bridge, was enlarged to four times its original size. Today the island is uninhabited and preserved.
- With a span of 1,624 metres between the pylons, the Great Belt Bridge has the world's fifth-longest main span and the longest outside Asia.
- The railway tunnel is Europe's second longest under water tunnel, only surpassed by the Eurotunnel between Great Britain and France.
- From the beginning the bridge has a gradient of 2 per cent across 3 kilometres up to its highest point 75 metres above sea level
- From coast to coast the bridge stretches 17.5 kilometres with no shelter for the wind. Wind conditions, such as crosswind, are therefore very likely to affect the peloton right before the finish line.

HOTELS

- **Budget hotels**

City Hotel Nattergalen (Odense) - www.cityhotelnattergalen.dk

Kragstbjerggaard (Odense) - www.kragstbjerggaard.com/hotel/

Milling Hotel Ansgar (Odense) - www.millinghotels.dk/hoteller/milling-hotel-ansgar/

- **Mid-range hotels**

Sinatur Storebælt (Nyborg) - www.sinatur.dk/storebaelt/

Nyborg STRAND (Nyborg) - www.nyborgstrand.dk/

Hotel Odense (Odense) - www.hotelodense.dk/

First Hotel Grand (Odense) - www.grandodense.dk/

Comwell HCA Odense (Odense) - www.comwell.com/hoteller/comwell-h-c-andersen-odense

Scandic Odense (Odense) -

<https://www.scandichotels.dk/hoteller/danmark/odense/scandic-odense>

- **High-end hotels**

Hotel Hesselet (Nyborg) - www.hotel-hesselet.dk

Holckenhavn Slot (Nyborg) - www.holckenhavn.dk/

Hotel Odeon (Odense) - www.hotelodeon.dk/

RESTAURANTS & CAFÉS

Lieffroy (Nyborg) - <http://lieffroy.dk/>

Restaurant Remisen (Nyborg) - <https://restaurantremisen.dk/>

Central Cafeen (Nyborg) - www.central-cafeen.dk

Roeds Restaurant & Brasserie (Nyborg) - www.roeds-restaurant.dk/

Vinspecialisten (Nyborg) - <https://www.hjhansen-vin.dk/vinspecialisten-nyborg>

Jimbo's Kaffebar (Nyborg)

Velodrom Kaffebar, Fruens Bøge Skov 4, 5250 Odense SV

Storms Pakhus (Odense) - <https://stormspakhus.dk/>

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