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FOR IMMEDIATE RELEASE

Company: Svea Adventures

Contact: Linda Long

Phone: 610-351-1083

Fax: 610-351-2488

Email: linda@sveaadventures.com

Web: www.sveaadventures.com

Pedal at Your Own Pace – Self-Guided Bicycle Adventures throughout Sweden’s Countryside

Breinigsville, Pennsylvania – One of the best ways to see Sweden is from a bike seat. Thousands of kilometers of remote country roads makes Sweden one of the best bike destinations around. Svea Adventures offers self-guided, inn-to-inn biking adventures with off-the-beaten-path experiences through picturesque farmlands, past fresh-water lakes and through dense forests. Pedal at your own pace and take in everything you see along the way.

Svea Adventures offers three different self-guided biking adventures in 2006.

Göta Canal Self-Guided Biking Adventure: Pedal along the famous waterway Göta Canal in southern Sweden’s central region. Originally built as a transportation route between the North Sea and the Baltic Sea at the beginning of the 19th century, Göta Canal has become one of Sweden’s most cherished tourist attractions. Cover a distance of more than 100 kilometers as you pedal from the lakeside town of Motala, on the eastern end of Lake Vättern to the quaint village of Söderköping, close to the shoreline of the Baltic Sea. Along the way, enjoy picturesque farmlands, quaint villages, comfortable hotels and good conversations with some of the many boaters and sailors on the canal. This trip can depart any day Friday to Tuesday from mid June to mid September, 2006. Package includes three nights of accommodations, all meals, maps, route descriptions, luggage transfers and bicycle rental. From \$820 per person.

High Coast Self-Guided Biking Adventure: The High Coast region of eastern Sweden’s central coast has been placed on UNESCO’s World heritage list and is Sweden’s highest coastal area. The irregular topography of the region, with lakes, inlets and flat hills up to 350 meters above sea level, has been shaped by glacial retreat and new land rising up from the sea. This self-guided bicycle adventure takes you through the heart of the High Coast World Heritage Site and offers unspoiled countryside, spectacular views and a dramatic coastline. Stay in quaint B&B’s and inns and enjoy evening hikes to surrounding mountain tops for panoramic views of the fjords and ocean. This trip can depart any day from early June to late August, 2006. Package includes four nights of accommodations, all meals, maps, route description, boat ride to Ulvon and bicycle rental. Luggage transfers can be arranged for an additional fee. From \$615 per person.

Southern Swedish Delights - Scania Self-Guided Biking Adventure: In Sweden’s southern-most province of Scania, wide open countryside with colorful farmlands, fresh ocean air and picturesque villages await. With a comfortable base in either Simrishamn or Kivik, guests enjoy daily excursions

on bicycle to many of this regions highlights and sights. This eastern part of Scania is known as Österlen, and has long been a destination for relaxation for many of Sweden's city folk. Explore sleepy fishing villages, apple orchards, cider mills, medieval churches, impressive mansions, castles and ruins and take in the relaxed pace and atmosphere of Scania. This package is offered in two options – start in either Kivik or Simrishamn. Both options offer day excursions from a comfortable hotel. This trip can depart any day from early June to mid September. Package includes three nights of accommodations, breakfasts and dinners, maps, route description and bicycle rental. From \$720 per person.

Contact Svea Adventures for more information at (610) 351-1083 or visit the company's website at www.sveaadventures.com

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