



VELO-TOURING
EuropActivity
Since 1991 • 20+ Years Experience!

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Bike Tour No 5 **Hungarian Nature and Spa Tour**

*...Hortobágy-Plain, where Mankind and Nature can find to each other again.
Cycling from one Spa to one other. The "Oases of Health" give you
the opportunity to refresh, relax and regenerate.*

Duration: 8 days / 7 nights

Length: Total 227kms / 142miles

Stage Character: The Puszta – as flat as a table. It lies 288/295 feet (=88-90 meters) above sea level. Easy daily stages, suitable for all age groups. Our easiest bike tour. (Level 1)

Sunshine and dry continental air determine the climate of the **region** of this bike tour.

Above all, this tour is **not a simple "Wellness Offer"** as much as an opportunity to **enjoy** this **spas** and thermal waters in the **context** of a **cycling holiday**. And every night, you will stay where you can **bathe** or **swim** in the curative waters. In the Carpathian Basin in **Central Europe**, where Hungary is located, the crust of the earth is very thin, so the thermal waters rise very easily from the core of the **earth** to the surface. There is a saying in Hungary that it is enough to push a **stick** into the ground and up will come **thermal water** rich in **minerals** and trace **elements**. Thanks to this **natural phenomenon**, and with more than **400 hot springs** and **200 thermal spas**, Hungary is a **world leader** in spa vacationing. In fact, thermal waters in Hungary have been used for curative purposes since the **times of Romans** who developed an extensive **bathing culture** around the hot springs. All Hungarian spas have **chlorine-free** mineral pools of varying temperatures of 80-100 degrees Fahrenheit (28-38 Celsius). The hot springs gush into the surface at very high temperatures and have to be cooled off to different temperatures suitable for **bathing** and **swimming**. This tour is suitable for **young** and **old**.

DETAILS – Tour Overview & Services

Day 1 – ARRIVAL AT BUDAPEST – Individual arrival until 6pm in Budapest. Tour briefing with the guide and dinner.

Day 2 – DOBA-PUSZTA / BEREKFÜRDŐ – The transfer bus takes us near Szolnok (at the River Tisza). Handing over the bikes. There is a beautiful stage ahead on the embankment (Nature Reserve). We cross the Tisza on a ferry. Through calm villages until we reach Kunhegyes. Short bus transfer to the hotel. Fun in the thermal spa/swimming pool.

(Stage: approx. 28 miles / 45 km)

Day 3 – THE LAKE TISZA AND TISZAÖRS-FÜRDŐ – Sightseeing tour in Kunhegyes, afterwards we cycle towards Abádszalók at Lake Tisza – cultural landscape of the World Heritage. Because of the barrage, it is the second largest lake of the country. Again a stage with beautiful nature scenery. Destination of the day is Tiszaörs-fürdő. One of the most effective thermal springs of Hungary comes to the surface here.

(Stage: approx. 29 miles / 47 km)

Day 4 – HORTOBÁGY NATIONAL PARK – We cycle towards the strictly protected bird-reserve of the Lake Tisza. This reserve is strictly protected. We get guidance per boat on the romantic water world. The embankment is easily "rideable". Soon we reach Máta - centre of the riding life. The Nonius breed is bred in these stud farms. Time for swimming and relaxing.
(Stage: approx. 30 miles / 48 km)

Day 5 – HORTOBÁGY PUSZTA (PLAIN) – Today morning a "Puszta-Taxi": a covered horse carriage is waiting for you! Journey to see the horses, gray cattles, spiral-horned sheep and the typical dwell of this region. The short grass is ideal for birds and unique plants. Continuing towards Nádudvar, a popular place among open-air thermal-bath fans. (But also beloved by hunters) Pleasant bath adventure here! /Hotel for 2 Nights/
(Stage: approx. 31 miles / 49 km)

Day 6 – CYCLING AND BATHING – Visit in Hajdúszoboszló, the largest open-air thermal spa of Hungary with 17 pools and other facilities. We leave towards Hajdúszovát. Last bathing-fun in Kaba with its well-cared local open-air spa. The days ends in Nádudvar again. Dinner and accommodation in the same hotel. (Stage: approx. 24 miles / 38 km)

Day 7 – SET OUT FOR BUDAPEST – We say goodbye to Nádudvar and to the Puszta. The bus takes us to Budapest, short sightseeing. Free time - Shopping - etc. Goodbye dinner in the hotel in Budapest.

Day 8 – Individual departure after breakfast – or additional nights in Budapest.

Included:

- 7 nights B&B accommodation in comfortable hotels or guesthouses in double or twin rooms with private facilities (shower/WC).
- 7 evening meals of typical Hungarian cooking (half-board, 2 X with wine).
- Bus-transfers according to program description.
- Horse-drawn carriage ride in the National Park
- Boat trip in the bird sanctuary.
- Ferry-tickets when crossing River Tisza.
- Bus and guidance during the sightseeing tour in Budapest.
- Service/Following bus for luggage transport from hotel to hotel.
- Special bike-transporting trailer for bicycles & spare bikes.
- Admission fees & guidance according to program description.
- 5 X Spa admission.
- English speaking guide during the whole tour.
- Carefully selected routes.

Price of bike tour	EUR	Price of extra night/s in Budapest	EUR
<u>per person:</u>		<u>per person per night (with Breakfast)</u>	
in double room:	748.00	in double room:	39.00
single room supplement:	134.00	in single room:	56.00
bike rental:	48.00		

Bike rental includes:

- Usage of one of our 28" male/female touring bikes with Shimano 21-gear system, and two-sided bike bags during the cycling days.
- 7-gears ladies' bikes and 3-gears men's bikes with coaster-brakes are available upon request (advance reservation needed!)
- Technical assistance and immediate repair, and/or spare bike during the tour.
- 20", 24", and 26" children's bikes, „Tag-a-Longs“, as well as bicycle trailers for babies became also available