

Cycle route around Guldborg-Nykøbing F. (The Sound route) 36 km

Here we can content ourselves with a tour on the signposted section of the route between Guldborg and Nykøbing Falster. It runs past Majbølle Mill and the Medieval Centre on the Lolland side as well as the manor estates Ny Kirstineberg, Pandebjerg and Vennerslund on Falster. Moreover, there are numerous small woods and recurring views of the sound.

In **Nykøbing Falster** you can choose to start by taking a tour up the water tower for a spectacular view of the sound and some of the route. You can, amongst the many sights, see the Medieval Centre, which will be the first stop after you coast over the bridge to Sundby on Lolland. **The Medieval Centre (1)** on the northern edge of the town is a successful attraction, where you can experience life in Medieval times as you stroll along the village street and the harbour - an evocative setting from the end of the 12th century. Knight tournaments are regularly held and there is an impressive trebuchet that can fire huge stones far out into Guldborg Sound.

The Sound route now enters **Hamborg Forest** past Grænge Forest. Before Hjelm, the route swings down to a tunnel under the sound – simply follow the signs. Here we cycle across and continue along by the bird sanctuary. There is a very nice view from the bird observation tower. The route continues on to **Majbølle (2)**, which is a beautifully restored old windmill that you can enter after paying an admission fee.

After the green forests, the gold comes into view, at any rate the golden town of **Guldborg (07)**, where there is a restaurant and an opportunity to stock up on provisions. Now cross the sound and via a number of paths and tracks that keep you safe from the traffic ride down past the manor estate **Vennerslund (3)**. In the 12th century there was a noble's farm here, **Stadager** and the church which bears the same name is still situated around a kilometre from here. However, the current main building originates from 1576, when two friends constructed it from the remnants of the demolished Nykøbing Castle. Where the motorway runs under the sound, we can pass over and arrive safely at a couple of manor estates, namely **Pandebjerg** from 1847 and **Ny Kristineberg (4)** from 1863. Both estates were established by merging lands and cultivating newly drained wetlands. The roads along the Sound route here between Guldborg Sound and the extensive landscape of the manor estates are very safe and keep the cyclist well-protected from the traffic until the region's capital, Nykøbing Falster, surrounds us.

