

Cycling route in Nykøbing Falster 17 km

Start at Bjørnebrønden (The Bear well) and the Czar's House. Bjørnebrønden was carved out of a block of Granite from Bornholm in 1939.

- A little further ahead is Langgade 18, the town's oldest house dating from around 1580 and at number 9 "Den Gamle Købmandshandel" (the old grocery store).
- At Hollands Gård there is a splendid view from the 43 m high water tower.
- Ahead at Kirkepladsen stands the Abbey Church from 1419. Walk the bicycle through Ll. Kirkestræde and see the old water pump.
- From Frisegade, just opposite Ll. Kirkestræde is Trollestræde, one of the oldest streets in the town, which leads down to Strandgade.
- By the exit onto Markedsgade, the Brandmuseet (firefighting museum) and the Frisørmuseet (hairdressing museum) are located opposite in Vendersgade.
- The route continues along Markedsgade and Prinsholmvej, where you can ride beside the Guldborg Sound, past the little sailing club Lergraven with a scenic view.
- Ride on through the roundabout, where the trebuchet in the middle stands as a work of art and along the cycle path across to Lindeskov Church, which was constructed in the period 1983-86 and where the hall is built as a square.
- Ride further along Holger Brodthagensvej, Kringelborg Allé and Østre Allé.
- Here you find Falster Swimming Centre and further ahead Falster City Camping, Danhostel and Nykøbing Falster Youth Hostel.
- To the left along Østre Allé is Guldborgsund Zoo & Botanical gardens, but the route runs straight past the Folkedanserhuset (folk dancing hall).
- To the left of the bridge over the stream, there is a box stand, where you can find brochures about the Motionsslange exercise route, which continues further to Kraghave Gaabensevej.
- The tour passes through the forest past B1901's grounds and on to Stubbekøbingvej.

- Via the roundabout and Energivej you pass Refa's huge incineration plant, along the cycle path through the allotments at Åhaven and on to Bangsebro Forest.
- In the forest, there are tables, benches and a large hut. This is a nice place to enjoy some coffee from your thermos.
- We leave the Motionsslangen exercise route and ride straight on to the only well with a sweep on Falster.
- Ride out along Hovedvejen and on to Eje god Mill.
- Ride out to Strandboulevarden and in along Niels Niensensgade.
- Back at the Sound, we follow the cycle path alongside the water around the buildings, ride past the bridge, up alongside the new estates and along Slotsgade in towards the town.
- On the other side of Slotsbryggen in front of the cinema stand the last remnants of Nykøbing Castle. These are remnants of the tower known as "Father's Hat". On the information board, you can see how the Castle was situated in relation to the town's current layout.
- Ride along Slotsgade to Torvet (the town square).

