

**Sightseeing tour on the cycling route Tour of Falster (Falster Rundt). Start in Nykøbing Falster by the Slotsbryggen and ride north following the signs on the Sundruten (The Sound Route) to Guldborg. From here, take Route 7 to Nr. Vedby, Route 40 to Stubbekøbing and Route 8 to Marienlyst. From here, Route 40 goes to Gedser and Route 9 back to Nykøbing Falster.**

**Nykøbing Falster.** The capital city of the region with shops, restaurants, galleries, ruins of the Nykøbing Castle, a cinema, riverside marina, swimming centre, abbey church, Medieval Centre, Guldborgsund Zoo, water tower, Fire Museum, Museum of Hairdressing, Guldborgsund Museum, and, in summer, jazz music every Friday and the Festive Week. In Slotsgade and Langgade as well as in Staldgården there are historical houses. In Færgestræde you'll find the old Grocer's Shop and the Tourist Information.

**Sundruten (The Sound Route).** Scenic biking route along the Guldborg Sound, through small villages, forests and beautiful manor landscapes, passing by the manors Ny Kirstineberg, Pandbjerg and Vennerslund. The route goes over the Guldborg Sound Tunnel, from where you have an exceptional view of the Guldborg Sound.

**Guldborg.** Small port town situated on both sides of the Guldborg Sound, with nice restaurant, good fishing grounds and bathing opportunities. The Sound Route continues towards Lolland and back.

**Northern Falster** has hilly country and beautiful views over Vålse Inlet, Gåbense and Sortsø. Pay a visit to Kippinge Pilgrimage Church, St. Søren's Spring and the Pumping Station by the Vålse Dam, where J.C. Ellehammer grew up in an inventive family. In Vålse there is a memorial stone for Hans Rasmussen, the driving force behind the damming of Vålse Inlet.

**Nørre Vedby.** Visit the Møllebanken with a view over Vålse Inlet. Bavnehøj leisure area.

**Nr. Alslev.** Town with good shopping facilities and train station. In the church you can see murals, among others the Dance of Death by the Elmelunde Master. Swimming Centre and Crocodile Farm near the biking route.

**Stubbekøbing.** Friendly market town with old buildings and regional museum, the church is 800 years old with murals and a wooden ceiling. Northern Europe's biggest Veteran Motor Cycle Museum. A small ferry goes to Bogø in summer. The cycling route continues past Kongsnæs Sea-side, through a holiday cottage area and on along the Grønsund with a beautiful view of Møn. A memorial stone at Grønsund Ferry shows that here was the Borrehuset, where Marie Grubbe, noblewoman of Tjele lived her life as a poor ferrywoman, as she chose love over a life in wealth. Up high with a beautiful view you'll find the former Næsgård Agricultural School from 1799, where the Danish Prince Joakim, among others, has been an agricultural student. The school is now a continuation school.

**The east coast** with the large forests, among others a beech wood bordering on the The Baltic Sea and a large entrenchment from the wars against England at Hestehoved. **Hesnæs** with characteristic houses covered with reed. Fishing and yachting harbour. Good bathing beach. **Pomlenakke Restaurant**, at the top of the slope, serves good food, beverages and home-made ice-cream cones.

**Fortidsmindeskoven (Ancient Woodland) Halskov Vænge** has 6 dolmens, 72 Bronze Age burial mounds. Fine picnic area with barbecue and toilet. Gallery Arleth lies opposite, offering jewels, sculptures and paintings.

**Corselitze Manor** dates from 1776. The Park is open to visitors, here you can rest on a wooden bench carved as a crocodile. There is also an ice house built in 1779 by Swedish workers, where the master and mistress kept ice "harvested" in winter. By the water is a small beautiful building with a thatched roof, The General's Summerhouse, from where Hans Christian Andersen used to go swimming.

**Marienlyst "The Best Beach in Denmark"** is a true gem by the Baltic Sea with a child-friendly bathing beach covering 20 kilometres of soft, white sand. Here you'll find holiday cottages, good camping sites and hotels. Music events, all-year shopping, fine restaurants, wellness opportunities, and lots of active adventures, including miniature golf, Segways, paintball, go-cart, bike rides, bouncers and football golf. Marienlyst offers attractions for the whole family.

**By Bøtø Forest** there are bird towers, and on the beach along the forest there is a nudist bathing area. Along Bøtø Forest there is a path on top of the dike, but the cycling route goes **through the Bøtø Forest to Gedesby town.** **From Gedesby** you cycle towards Birkemose along the post path to Gedser lighthouse and along the Baltic Sea to Gedser.

**Gedser.** The southernmost town in Denmark with a view of the Baltic Sea and a car ferry to Rostock, Germany. Visit the southernmost point of Scandinavia. From The South Stone at Gedser Point you can see all the way to Rostock on a clear day. Visit The Black Museum, Gedser Engine Shed, the lighthouse, the water tower, and enjoy a pleasant view of the Nysted Wind Farm, with 72 windmills, each 110 m high. The Old Grocery Station (tourist information) offers local handicraft products.

**Gedesby.** Small town with an ancient Dutch mill from 1911 and a small church whose baptismal font shows a mark of the water level during the flood in 1872. From here, continue towards Nykøbing by the Gedser Highway. We recommend a detour to Skelby and Bruserup Beaches, a small fishing village with toilet and camping.

**By Marrebæk Channel, Bøtø Nor Old Pumping Station** is worth a visit. Close to Væggerløse Hill, there is a glasshouse and the Stouby Mill. From Væggerløse Hill ride towards **Hasselø Plantation**, located next to the Guldborg Sound, with a beautiful view of the islands Flatø, Kalvø and Kejlsø, and continue back to Nykøbing Falster.

10.03.2013 Birgitt Bjerre, chairman of the Sundgruppen