

## DESCRIPTION

This route takes you deep into the forests. Through three of Central Falster's forests, with plenty of lovely scenery and interesting relics of the past.

The tour can be started at Slotsbryggen in Nykøbing Falster, then ride north along Guldborg Sound, past Ny Kirstineberg and through Bangsebro forest. Bangsebro forest features a mountain bike trail, forest playground, fireplace and much more.

Continue eastwards, to the newest part of town, Nordbyen and then to Tingsted. You can take a break at the church and perhaps take a look inside and enjoy the lovely frescoes by the Elmelunde Master.

The next highlight is Hannenovskov forest, where you will pass the Virketvold Iron Age stronghold and fantastic natural scenery at the meadows in Fjællebro. Continue on through Oustrup Forest, then back along the small roads to Nordbyen, this time on the western side. In the Bangsebro forest, ride out through the forest's south-eastern corner and continue east around Nykøbing F. You then ride through yet another forest, Sønder Kohave, then back through Østerbro - a part of the town, to Slotsbryggen.

## INFO

The bicycle route is signposted with blue signs - just follow the panorama route number 420.

Other bicycle routes you may encounter on the way are Sundruten (apples), Coast to Coast (418), The Monk Road (88), Explore Naturlandet (N), and the national bicycle route Copenhagen-Berlin (9).

We recommend following the route in the direction that follows the numbers on the map. The entire length of the bicycle route is signposted in this direction. You will also come across a sign every time the route turns. If there isn't a sign, then just follow the road.

Food and refreshments can be purchased in Nykøbing Falster.

## PUBLIC TRANSPORT

The bicycle route starts at Slotsbryggen in Nykøbing F. You can get to Nykøbing F. by train, or with a bus, which can also carry your bicycle. Naturlandet recommends rejseplanen.dk for bus and train schedules.

If the route is too long, it can be shortened to 11.5 km by only riding to Bangsebro forest.

There is no-where to purchase food or drinks on this route.

## DOWNLOAD THE APP

Download the Naturlandet app on Google Play or the App Store to access more information about experiences and facilities on the bicycle route.

Explore the app to find more interesting experiences in nature and routes on Lolland-Falster.



## VISITING PRIVATE PROPERTY

The bicycle route passes through private and state-owned forests.

There is free tent-camping in the Hannenovskov forest, and you may walk anywhere in the forest, except in the fenced young plantations, and if there are breeding cranes in the meadows.

When visiting private property, please observe the following rules:

- Access permitted in private forests from 6 am until sunset.
- Access only permitted on paths and roads. For example, you cannot walk into the forest to eat your lunch pack.
- Collecting mushrooms and berries only permitted if you can reach them from the road.



Naturlandet  
LOLLAND-FALSTER

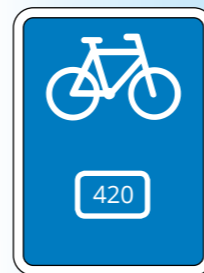
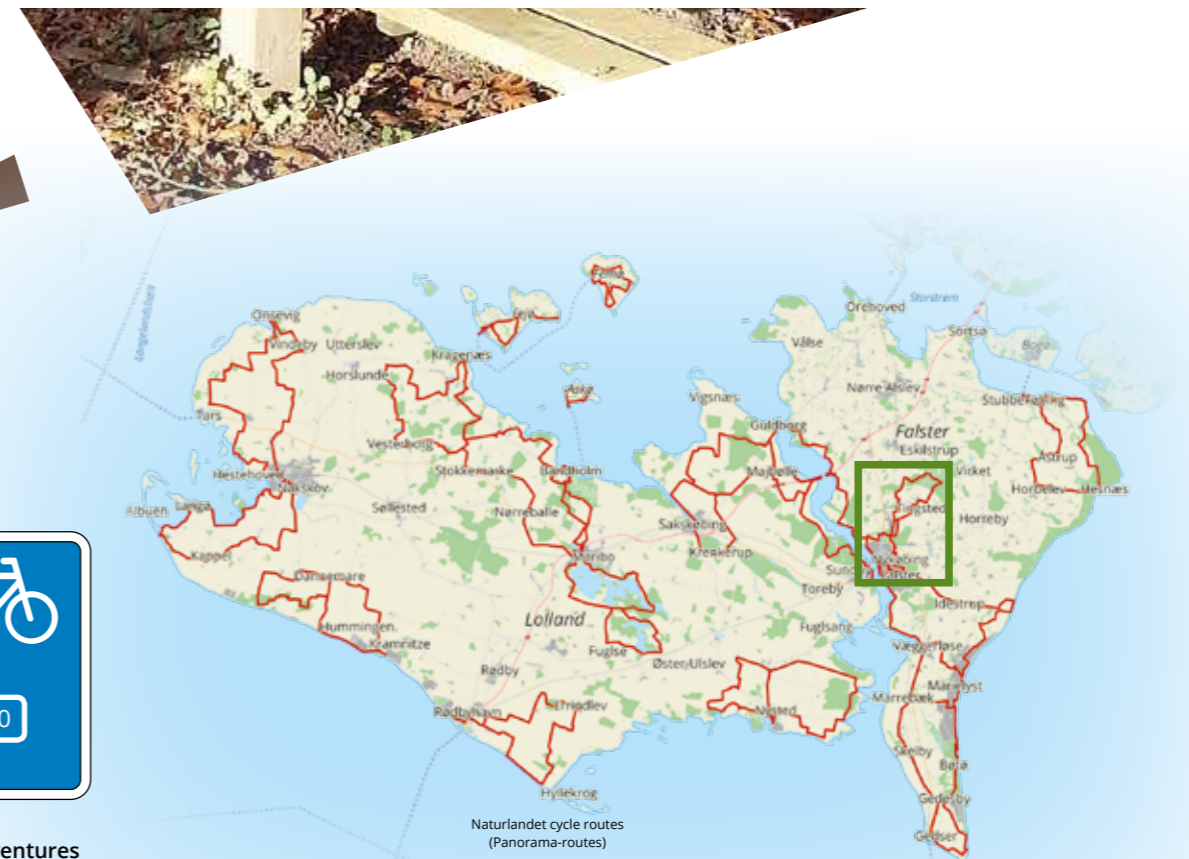
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# Forest Adventures

- exploring the large Central Falster forests



## Forest Adventures

Start and end: Slotsbryggen, Nykøbing F.

Length: 28 km

Surface: 22 km asphalt - 6 km garvel/dirt/grass

Road-type: 13 km road, mixed traffic - 15 km bikelane/path

lollandkommune

GULDBORGSUND



NORDEA  
FONDEN

## EXPERIENCES

### 1 Bangsebro Forest

Close to town, with various public facilities, plenty of wildlife, a stream with trout and many burial mounds. Bangsebro is a state-owned forest.

### 2 Tingsted Church

One of the characteristic red limewashed Falster churches. Take a look inside; the Elmelunde Master created many of the lovely frescoes in the Late Middle Ages. Opposite the church is an old 'tingsted', which was the site for court hearings and sentencing from the 1500s onwards.

### 3 Hannenovskov Forest

530 hectares of forest, much of it oak forest, the rest is beech and various deciduous species with just a small amount of evergreens. The old oak trees are 2-300 years old. The forest is full of historical monuments, especially many burial mounds.

### 4 Virkethus

The municipality's "green community hall". Virkethus is a detour from the main route, but there is a toilet, picnic shelter and water here, as well as a number of other facilities.

### 5 Virketvolden

Iron Age stronghold from 500-850 AD. 60 hectares of listed embankments and trenches as well as a marsh area.

### 6 Borremosen Moor

A short detour from the main route. Borremose Moor is home to rare plants and animals, including the yellow-spotted white face dragonfly and water lilies.

### 7 The Fjællebro Meadows

Beautiful meadow area, with breeding cranes in the summertime. Fjællebro is a very old road, perhaps from the Iron Age. A 'fjælle' is a bridge made from wooden planks. Today, there is an asphalt road over the river, where the bridge once lay.

### 8 Oustrup Forest

221-hectare forest, much of which is oak forest. 45 Bronze Age burial mounds and a couple of long barrows.

### 9 Sønder Kohave Forest

Close to town, mostly beech trees. There is a signposted Healthy Heart Trail and the forest is well-utilised as an exercise area. The forest is state-owned.



In Nykøbing F. you will find several possibilities of accomodation, eating out and shopping. Find out more at the Naturlandet Lolland-Falster app.

### ACCOMODATION

- A** B&B Nykøbing Falster
- B** Falster B&B
- C** Ny Kirstineberg Gods B&B
- D** Hotel Falster
- E** Danhostel Nykøbing Falster
- F** Vesterskov B&B

### SERVICE

- Touristinfo in Nykøbing F.
- Bicycle repair in Nykøbing F.
- Nykøbing F. railway station

### MAP KEY

- |                  |                        |
|------------------|------------------------|
| Town             | Accomodation           |
| Bike repair      | Parking                |
| Ancient monument | Primitive accomodation |
| Dog forest       | Attraction             |
| Church           | Railway station        |
| Historical point | Toilet                 |
| Nature           | Tourist information    |
| Scenic spot      |                        |
| Exercise         |                        |

