



Biggest attractions:

Two castles, Ålholm Castle, Fuglsang Castle and Park, Roden woods, Fuglsang Art Museum

Traffic: unpaved roads, woods roads and asphalted main roads with modest traffic. Exception main road to Toreby with bicycle path and main road 297 from Hestekobbel woods to Fuglsang without bicycle path – smaller hills close to Nysted, otherwise max. 2% slope.

Route description: Drive over Frederik den 9's bridge to Lolland towards Saksøbing, drive on the bicycle path under Saksøbingvej to Toreby **(2)**, drive on Gl. Landevej past Toreby Hallen and Stadion. Turn left on Skolevej and continue on Flintingevej. Turn right on Flintingevej towards Døllefjelde. Drive to the left on Skovstræde, continue straight past Sønderkovhjemmet and Galleri Schlegel **(3)**. Just after the small river (at the field), you turn left into the Frostrup-woods **(4)**. Out of the woods, you turn left on Frostrupvej and continue to the right on Rågelundvej. Cross Fuglsangvejen and continue past Leifs Cykelforretning (bike shop). At Brugsen you turn left on Grønnegadevej. In Kettinge there is the beautiful gravel pit Kettinge Grusgrav **(5)** and Kettinge Mill **(6)** which are well worth a visit. Drive to the right on Kettingevej, continue straight to Nysted. Drive through Nysted town **(9)**, turn right down to the harbour **(10)**. From here you follow the Paradisrute, which is advertised with an apple past Skansen and a wonderful drive along the Baltic Sea to the beach Holten Strand **(14)**. From Holten Strand you follow the Paradisrute through Roden woods **(15)** and past Frejlev woods **(17)**, where there are many relics. Notice Frejlevs Skallekorset **(18)**, before you turn right on Eskemosevej. At the end

of Eskemosevej you turn to the right on Plantagevej through the Hestekobbel woods to Fuglsangvej. A visit to Fuglsang can be recommended. Follow Fuglsangvej to Fuglsang Castle. From Fuglsang you cross the road (as heavy traffic on Nystedvejen should be avoided) on Ko-Alle to the right on Vaasevej, to the left towards Flintinge and to the right towards Toreby. From here you follow the signs of the Paradisrute back to Nykøbing F.



Attractions:

- 2.** Toreby Church and Toreby Købmand.
- 3.** WC, shower, tables/benches at Galleri Schlegel
- 4.** Frostrup woods, wonderful tour on open firm forest path.
- 5.** Kettinge Grusgrav with the tallest place Troelshøj on Lolland. Nature playground, tables/benches ideal for a break.
- 6.** Kettinge Mill. Dutch mill from 1891 open on Sundays from the 15.6. to the 10.8. Tables and benches.
- 7.** Detour to Kettinge Church. Build in late-romantic style from the 13th century. Beautiful frescos from the year 1500 painted by the Elmeludemester.
- 8.** Kettinge Friluftsbad. Open from the 24th of May to the 17th of August.
- 9.** Nysted with its beautiful old houses, narrow streets and several supermarkets as well as Info-Café in the old town hall.
- 10.** Nysted harbour, cosy environment, yachts, view to Ålholm Castle, wind museum, WC at the harbour office.
- 11.** Ålholm Castle (no entrance, private) is one of the best preserved Medieval Castles in Denmark from the 13th century. Important fortress to the Baltic Sea.
- 12.** Skansen, build in 1807 during the England Wars, Nysted Camping and a good bathing beach.
- 13.** View to Havmølleparken on Rødsand, one of the largest in the world, 72 windmills, about 10 km from land.
- 14.** Holten Beach, good bathing beach, grill area, WC, tables and benches. Nature pitch

- 15.** Roden woods with stone circles and many fallow deer belonging to Ålholm Manor.
- 16.** Knækkerygstenen. The legend tells that a bailiff from Ålholm was killed and had his back broken by the peasants from Frejlev in 1533.
- 17.** Frejlev woods has about 150 protected relics, many gallery graves and stone age hills.
- 18.** Skallekorset has since 1533 reminded trespassers that the peasants in Frejlev were some bad rogues, because they had killed one of the bailiffs of the king and afterwards tried to cheat the king for at fine.
- 19.** Fuglsang Herregård from 1869. Bodil de Neergaard, grandchild of the composer Hartmann founded the music and art traditions of the manor. www.fuglsangherregaard.dk, Fuglsang Park. Wonderful park with an exciting thuja cave in the center of the park (free entrance 8am-8pm).
- 20.** Fuglsang Art Museum with different exhibitions and cafeteria. www.fuglsangkunstmuseum.dk
- 21.** Skejten, a protected meadow area with quite unique flora and fauna, directly towards Guldborgsund.
- 22.** Gammelholm, castle mounds made as burial place for de Neergaard family.
- 23.** Watchtower at Flintinge creek. Info board and rest area.

