



COPENHAGEN SPRINT

A national cycling guide for tourists

- COPENHAGEN SPRINT 2025
- FROM ROSKILDE TO COPENHAGEN, 21-22 JUNE

LEGACY OBJECTIVE

Cycling tourism is a climate-friendly travel option that offers health benefits while also helping to spread visitors — making it an attractive form of tourism for destinations. As a result, many of Denmark’s tourism boards (DMOs) are actively working to strengthen their region’s appeal as a cycling destination to attract more cycling tourists.

In 2022, the number of national and international cycling tourists in Denmark reached 2.6 million – a 38% increase compared to 2017 ([VisitDenmark, 2023](#)). While Denmark is already a popular cycling destination, it has the potential to attract even more cycling tourists, supported by several key factors:

- A strong and well-known cycling culture
- Safe, high-quality cycling infrastructure (e.g., wide cycle lanes)
- Short distances between cities
- A flat terrain that makes cycling easily accessible

ACTIVITY

Leading up to Copenhagen Sprint, [VisitDenmark](#) and [Copenhagen Legacy Lab](#) launched a nationwide cycling guide with [Denmark’s 19 tourism boards](#) (DMOs) to attract more tourists.

The [online guide](#) features 19 of Denmark’s most unique cycling routes (including both short and long distances), selected with Danish Cycling Tourism, regional experts, and the DMOs, and includes:

- One hand-picked route per destination
- Routes tailored to different segments (road, mountain bike, gravel, cultural, gastronomic, family-friendly, etc.)
- A map of all routes
- Links to local DMO sites (with information on bike rentals, additional routes, etc.)

Designed for diverse visitor segments, the guide offers a more accessible, up-to-date alternative to [Denmark’s 11 national cycling routes](#), which are longer (105–912 km) and require more planning.



Denmark’s greatest cycling routes

Photo: Michael Flukowski & Sarah Moritz

With so many [national](#), regional, and local cycling routes to choose from, where do you even start? We got you. Here are some of Denmark’s best cycling routes, all great options for a self-guided two-wheeled adventure throughout Denmark.

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Cycling routes for everyone

From quick spins to epic rides (18-390 km), these routes are sorted by distance, so you’ll know just how sore you’ll be the day after! With [Copenhagen Sprint](#) bringing the world’s best cyclists to Denmark in 2025 and 2026, it’s the perfect place to shift gears and enjoy some *wheel-y* great vibes!

[List](#) [Map](#)



Photo: © Daniel Villadsen

Panoramic Route 421: On top of the world (18 km)

Explore South Zealand on one of Denmark’s few mountain-like cycling routes. But you don’t have to be a mountain goat to climb the UNESCO Biosphere landscapes of the charming island Møn. The panoramic route 421 will take you through lush forests, Scandinavia’s first Dark Sky Park and past the stunning white cliffs of Møns Klint, where you can go hunting for fossils at the beach with GeoCenter Møns Klint.

[→ Info](#) [See on map](#)

[LINK](#)

EVALUATION

The cycling guide was launched by the partners on social media in the days leading up to the Easter holidays in Denmark. Since then, it has attracted strong interest from tourists seeking cycling experiences, generating more than 38,000 page views, 9,000 sessions, and numerous click-throughs to local cycling sites via the DMOs.

VisitDenmark’s [Instagram post](#) promoting the guide, published at the end of July 2025, has reached over

179,000 viewers. Engagement on the post has also been strong, with more than 2,000 likes, 1,300 saves, and over 550 comments.

Looking forward, the guide will continue to serve as a sustainable and inspiring resource for tourists. Furthermore, it can be promoted alongside upcoming cycling events in Denmark (e.g., Copenhagen Sprint 2026 and the UCI Road World Championships 2029) and offers opportunities for further development and expansion.