

Cycling Safaris

EMPORDA WINE TOUR

Self Guided Tour 2018

230 - 259km | 8 days / 7 nights



This tour covers the Empordà inland and coast, a fascinating and diverse countryside with a long and independent history. Overlooking the sea, encircled by mountains that transform throughout the seasons as riders cross the region of Empordà, a Spanish Designation of Origin (DO) (Denominació d'Origen in Catalan), for wines produced in the northeastern corner of Catalonia. The list of wine producers that make up this dynamic sector in Empordà today is endless. You are invited to visit the best wine cellars and will discover all kinds of wineries of different origin. The traditional cuisine and the prestigious modern gastronomy complete the experience.

The first part of the route focuses on the magnificent area of Baix Empordà, also known as the Catalan Tuscany for its beautiful countryside between the Sea and the mountains. In the second part of the tour riders have the opportunity to discover the northern county Alt Empordà with its long sandy beach next to the important Greek-Roman ruins of Empúries and numerous wineries of all sizes. The bike route ends in Figueres, famous for the **Theatre-Museum Dalí**. The wineries, are well-recognised in international publications such as the guide by Robert Parker , some of them with 90 points .

TOUR ITINERARY

Day 1 Arrive in Girona

There is plenty to see and do in this magic historical city. Spend the day visiting the Cathedral, which has the broadest single nave of Gothic architecture in the world and getting lost through the narrow streets of the ancient Jewish quarter, one of the best preserved in the world. We also recommend a stroll along the Rambla or walk the medieval walls, which gives you a fantastic panoramic view of the city.

Day 2 **Girona - Sant Feliu de Guixols** **45km 280m+**

After the delivery of the necessary documentation and bike fitting, the first bike ride takes you straight to the Mediterranean Sea, which follows the greenway “El Carrilet” , passing through the towns of Quart, Cassà de la Selva, Santa Cristina d'Aro and Llagostera. Just out of Girona, the route follows the Onyar River, which gives us one of the most picturesque and most photographed images: the colored houses of Onyar River. Along the route we always have the Gavarres Massif as a backdrop, a mountainous forest area, consisting mainly of oaks, important for the cork production. We arrive in San Feliu de Guixols, in front of the Mediterranean Sea.

Day 3 **Sant Feliu de Guixols - Calella de Palafrugell** **29 or 47 km / 271m+**

Today you ride North along the coast visiting the main port town Palamós. After a few kilometers you'll pass the unspoilt cove Platja de Castell, with its Iberian settlement , before arriving in the picturesque old fishing village of Calella de Palafrugell, one of the pearls of Costa Brava. On the last section you'll cycle along the greenway called “Ruta del Tren Petit”, connecting Palamós and Palafrugell , this last one with its amazing seatown on the coast. This track offers also a long alternative climbing up a scenic mountain route.

Day 4 **Calella de Palafrugell - Torroella de Montgrí** **29 km 180m+**

Route towards the north, following along the coast, visiting places of outstanding interest: Pals, with its beautifully conserved medieval centre, and Torroella de Montgrí. The ride will take you through natural wetlands with extensive rice fields and long sandy beaches. The bike tour ends at the foot of the karstic Montgrí Massif, in the Natural Park.

Day 5 **Torroella de Montgrí - Castello d'Empuries** **36 km 600m+**

The route continues to the North passing the Montgrí massif into the county of Alt Empordà. We pass the long Bay of Roses with long, sandy, white beaches. Next to the pretty medieval settlement, Sant Martí de Empúries and right in front of the superb beach, you should take the time to visit the archeological complex Empúries, with Greek and Roman ruins dating from 600BC, the gateway of the classic cultures to the Iberian Peninsula. The city of Emporion was an important trading post in the Roman Empire and from here the region takes its name. The route then continues North where riders pass through the town of Castelló d'Empuries set in the protected marshlands of Aiguamolls de l'Empordà. The route ends at the village of Castello d'Empuries, is has a rich architectural heritage; gothic church, Count's palace, old market building and Jewish quarter.

Day 6 **Loop ride Castello d'Empuries** **37 km 65m+**

This route provides fantastic views of the Pyrenees as a backdrop while cycling through the 100 year old vineyards. Today you will have the opportunity to visit the most interesting wineries, that are located in the towns of Pau and Vilajuïga. This day includes wine tasting and lands product's picnic in Espelt Cellar.

Day 7 **Castello d'Empuries - Figueres** **43 km 370m+**

The last bike tour heads North to Cantallops and then takes you to a long downhill ride until arriving to our final destination, the city of Figueres. A rewarding detour takes us to the village of Capmany which can boasts the highest number of wineries in the Empordà area. After arriving to Figueres riders enjoy a visit to the world famous Theatre-Museum Dalí, still the most visited tourist site in Spain.

Day 8 **Figueres Departure**

Tour finishes after breakfast. Depart from Figueres. Train station close to hotel

2018 TOUR DATES

Tour can begin any day from 1st March to 31st Oct.

SEASON 1 **LOW** 1 – 29 March & 1-31 October

SEASON 2 **MID** 30 March – 29 June & 3 – 30 September

SEASON 3 **HIGH** 30 June – 2 September

2018 TOUR PRICES

You have a choice of two different accommodation types: Standard or Premium

STANDARD ACCOMMODATION: 2* & 3* Hotels

Low Season Tour Price

€810 per person sharing
€1010 single room
€1110 lone traveller

Mid Season Tour Price

€830 per person sharing
€1050 single room
€1145 lone traveller

High Season Tour Price

€930 per person sharing
€1175 single room
€1270 lone traveller

PREMIUM ACCOMMODATION: 3* & 4* Hotel

Low Season Tour Price

€980 per person sharing
€1270 single room
€1365 lone traveller

Mid Season Tour Price

€1110 per person sharing
€1480 single room
€1575 lone traveller

High Season Tour Price

€1270 per person sharing
€1695 single room
€1790 lone traveller

WHAT IS INCLUDED IN THE TOUR PRICE

Included

- › 7 nights in Hotel accommodation with en-suite bathroom, Bed & breakfast
- › Luggage transport
- › Bike hire
- › Tourist Tax
- › Information Pack (Route Guide and maps) GPS tracks are also available on request.
- › Helmets, odometer, repair kit
- › 2 guided winery visits
- › 24 hour hotline assistance

Not included

- › Shimano , Clip on Pedals €20
- › Child seat €35
- › GPS €65
- › E-Bike €110
- › Half board option (Premium Tour), 4 dinners €95 (+optional 2 tasting menu on day 1 & 6 in Michelin Restaurant for €170)
- › Half board options (Standard Tour), 6 dinners €130
- › Airport transfer – Girona airport to Girona = €32 up to 4 people
Barcelona airport to Girona = €160 up to 4 people
Figueres to Girona Airport = €90 up to 4 people
Figueres to Barcelona Airport = €230 up to 4 people
Figueres to Girona = €77 up to 4 people

Additional nights – 3* Hotel €55.00 per person / 4* Hotel €60.00 per person

WHAT TO BRING

Specialized cycle clothing may be handy but not strictly necessary. What you do need (among other things) is the following:

- shorts/ long trousers/ track suit/ legging
- shirts/ sweater/ rain clothing
- gloves (only when you book a tour in April. It can be chilly in the morning that time of year!)
- good shoes
- sunglasses/ cap/ swimming costume
- extra towel
- soap/ insect repellent/ sunscreen
- swimwear

BIKES



You are provided with hybrid-type tourist bicycles with conventional handlebars and with triple chain ring and easy-to-change 24 gear ratios for comfortable and easy cycling. We can also provide tandems, children's bikes, and child seats for those with children.

Hybrid bikes will carry a pannier bag, useful for carrying money, documents, camera and lots of other useful items which may be needed close at hand. This bag is easily removed it from its click fastening and carried around with the shoulder strap. They are also equipped with a rear luggage rack and also a map clipboard carrier on the handlebars.

In addition, all cycles are equipped with pump, spare inner tube, water bottle, bike lock and basic tool/repair kit. Extras such as lights or toe clips are available on request.

You can also opt for a road bike or mountain bike on request

OTHER INFORMATION

Terrain / Gradients

Spain is not flat. Terrain is undulating and at times flat.. Distances are not excessive, and a rest day can be included where the rider decides whether to cycle or not.

Arrival points

Girona Airport is the closest airport. Barcelona International airport is approx 110km away. Information available on request.

BACK-UP SERVICE

As this is a self led trip you do not have the back-up of a guide and support van. Our aim is to allow you feel like an independent traveller, free to cycle each day at your own pace while at the same time having the security of knowing that your luggage will be waiting for you in your next accommodation.

If you experience small problems with the bike (e.g., a puncture) you will have a spare tube, pump and tyre lever. You also have access to a 24 hour helpline.



