

Cycling Safaris

GIRONA AND COSTA BRAVA

Self Guided Tour 2018

157 - 170km | 6 days / 5 nights



The tour starts in Girona, the province capital and its charming old town, famous for its spectacular Jewish Quartier. From Girona, the itinerary takes you to the Costa Brava, along the greenway "El Carrilet", the ancient railway line. Onwards, will keep you following one of the most beautiful parts of the coast, combining long sandy beaches with small rough coves and charming ancient fishing villages. Not to miss are the medieval villages along your way. Returning back to Girona, you cycle until Flaçà, surrounded by wooden and agricultural areas where we recommend to take the train, on a 15 minutes short ride. This route is ideal for those who like to combine cultural visits in an interesting city and relax near beach, as well as tasting some of the best traditional dishes of the well-known Mediterranean diet.

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 the medieval walls, which gives you a fantastic panoramic view of the city.

Day 2 Girona - Sant Feliu de Guixols 45km 400m+

After the delivery of the necessary documentation and bike fitting, the first bike ride takes you straight to the Mediterranean Sea, that 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 30 271m+

Today you'll ride North along the coast visiting the main port town Palamós. After few kilometers you'll pass the unspoilt cove Platja de Castell, with it's 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.

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

Route towards the north, following always 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 Montgri Massif.

The route gives you an alternative route that will take you through natural wetlands with extensive rice fields and long sandy beaches.

Day 5 Torroella de Montgri - Girona 27 km 177m+ / 34 km

Route rides to the west inland through a woody and agricultura area in the countryside, with a rolling landscape and small villages, like Fonolleres, Matajudaica, Corçà and Púbol. Where you can visit the Casacastell of Gala Dalí Museum. Finishing in Flaçà where you have to take the train to Girona, on a 15 minutes ride.

Day 6 Girona Departure

Tour finishes after breakfast. Depart from Girona.

2018 TOUR DATES

Tour can begin any day from 1st March to 31st Oct and is divided into three seasons...

2018 TOUR PRICES

LOW SEASON 1 1 March - 29 March 1 - 31 October	MID SEASON 2 30 March - 29 June 3 - 30 September	HIGH SEASON 3 30 June - 2 Septembr
Standard Accommodation (2* & 3* accommodation with en-suite bathroom, bed & breakfast)		
€575 per person sharing €705 single room €790 lone traveler	€595 per person sharing €730 single room €860 lone traveler	€685 per person sharing €835 single room €920 lone traveler
Half Board (3 dinners) + €65	Half Board (3 dinners) + €65	Half Board (3 dinners) + €65
Premium Accommodation (3* & 4* accommodation with en-suite bathroom, bed & breakfast)		
€675 per person sharing €850 single room €935 lone traveler	€755 per person sharing €1005 single room €1090 lone traveler	€880 per person sharing €1160 single room €1245 lone traveler
Half Board (5 dinners) + €100	Half Board (5 dinners) + €100	Half Board (5 dinners) +€100

WHAT IS INCLUDED IN THE TOUR PRICE

Included

- › 5 nights in 2*/3* Standard or 3*/4* premium accommodation with en-suite bathroom,
- › Breakfast included
- › Luggage transport
- › Bike hire
- › Information Pack (Route Guide and maps)
- › Helmets, odometer, repair kit
- › 24 hours service hotline

Not included

- › Airport transfers (from Girona airport to Girona €32. From Barcelona to Girona €160 upto 4 ppl)
- › Half Board (3 dinners) €66 standard tour
- › Half Board (5 dinners) €100 premium tour
- › GPS €50
- › Additional nights in Girona €55 per person standard / €60 per person premium
- › E-Bike €80
- › Child seat €30

BIKES



You are provided with hybrid-type tourist bicycles from Trek 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 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

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
- swimwear

OTHER INFORMATION

Terrain / Gradients

Spain is not flat. Terrain is undulating and at times flat.. Distances are not excessive, and a rest day is 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.

Holiday extensions

Possibility of spending extra nights in Girona. Approx €45pps more details on request.

