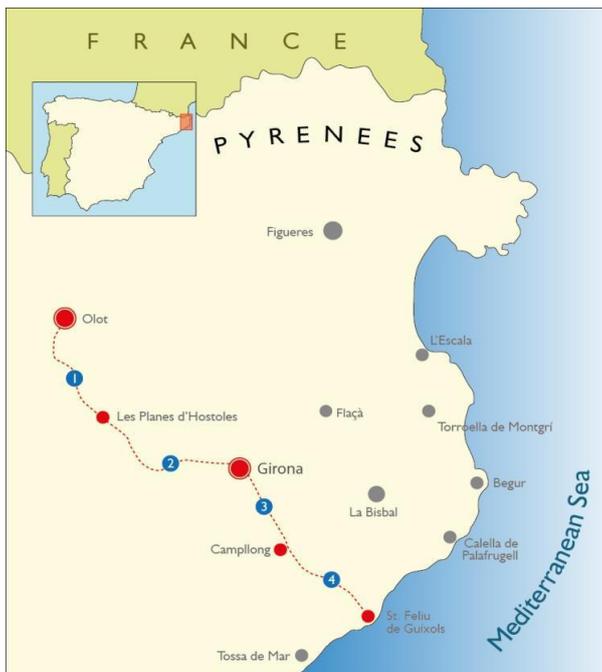


Cycling Safaris

GREENWAYS OF GIRONA (Family tour)

Self Guided Tour 2018

103km | 6 days / 5 nights



Bike tour along the Girona Greenways, divided in shorter rides to make an ideal trip for families with children- depending on the children's ages and fitness, even the smallest ones from 5 years can do this ride. The accommodation is handpicked for you; staying in quiet and lovely little hotels and farmhouses, some of them with swimming pool. The tour has plenty of different pretty spots to discover with children such as volcanic areas, forests and river marshes.

In Girona city there is plenty to do and see, such as visiting the Cathedral or the ancient Jewish Quarter, one of the best preserved in the world. The last section of the greenway brings you to the coast, reaching the Mediterranean Sea. The ride is easy, downhill, and fun and you'll be passing through cropland and forests. You can spend the rest of the last day relaxing and enjoying the beach town.

TOUR ITINERARY

Day 1 Arrive in Olot

Optional arrival in Girona and transfer to Olot.

Olot is known for being the most singular volcano landscape in the Iberian Peninsula, with about 40 dormant volcanoes. You can also walk through La Fageda d'en Jordà, a beech wood, well-known for its beauty.

Day 2 **Olot - Les Planes d'Hostoles** **22km**

After the delivery of the necessary documentation and bike fitting (if bikes contracted) you start your day route following the cycle path along the old narrow gauge railway line "Carrilet d'Olot". You reach les Planes d'Hostoles, passing the fantastic area of the Bas Valley with its gorgeous countryside and typical villages, also called the Catalan Switzerland. Once in les Planes, take your time to enjoy the gorges next to the river.

Day 3 **Les Planes d'Hostoles - Girona** **35 km**

The ride is downhill and fun, through the countryside. The ride is quite long but is mainly downhill and flat. You'll cycle following the Ter River, one of the most important rivers of Catalonia, getting to know its fantastic cultural heritage, left among the years. You arrive at Girona, where you can spend the rest of 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 4 **Girona - Campllong/Llagostera** **18 km / 21 km**

You pass the village of Quart, well-known for its ceramics, and Cassà de la Selva, with beautiful modernist houses in the centre of the town. You can spend the afternoon having a good time with the animals in the farms nearby the accommodation.

Day 5 **Campllong - Sant Feliu de Guixols** **30 km / 18 km**

The last stage is the longest, but also flattest and easy to cycle. A fun downhill takes you to the town of Sant Feliu de Guíxols, with its magnificent fishing port and cultural interest, especially for its monastery. You can enjoy the rest of the day at the beaches.

Day 6 **Sant Feliu de Guixols Departure**

Tour finishes after breakfast. Depart from Sant Feliu de Guixols.

2018 TOUR DATES

Tour can begin any day from 1st March to 31st October, 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 September
€585 per person sharing €710 Single room €765 Single lone traveler	€620 per person sharing €755 Single room €810 Single lone traveler	€655 per person sharing €805 Single room €860 Single lone traveler
Half Board (4 dinners) + €84 adult Half Board (4 dinners) + €59 child	Half Board (4 dinners) + €84 adult Half Board (4 dinners) + €59 child	Half Board (4 dinners) + €84 adult Half Board (4 dinners) + €59 child
Child 0-2 free - child seat €30	Child 0-2 free - child seat €30	Child 0-2 free - child seat €30
Child 3-8 €310	Child 3-8 €335	Child 3-8 €345
Child 9-11 €445	Child 9-11 €470	Child 9-11 €500

WHAT IS INCLUDED IN THE TOUR PRICE

Included

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

Not included

- › Airport transfers (from Girona airport to Olot €100 up to 4 people. From Barcelona to Olot €220 up to 4 people)
- › Airport transfers from Girona airport to Girona €35 up to 4 people. Barcelona to Girona €160
- › Evening meals (half board option for 4 nights)
- › GPS €50
- › Child seat €30
- › Additional night in Hotel Ultonia in Girona €60 per person
- › Additional night in Hotel Sant Pol in San Feliu €60 per person (season 1), €65 (season 2), €85 (season 3)
- › 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 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

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 you start from Olot which is high and travel downhill toward the coast for the majority of the tour.

Arrival points

Girona Airport is the closest airport. Barcelona International airport is approx 130km away. Information available on request.

Holiday extensions

Possibility of spending extra nights in Girona. Approx €60pps more details on request.

Climate

The best season for cycling is Spring (March to June) and autumn (September- October). Temperatures are between 20 and 25 ° C. In summer temperatures are quite high, reaching 33-34 °.

On a whole Girona has a mild climate, with plenty of sunny days and not too much rain. Along the coast, a couple of degrees warmer, but has a cooling sea breeze.

