

# Cycling Safaris

## GIRONA AND COSTA BRAVA

### Self Guided Tour 2015

157 - 174km | 6 days / 5 nights



The tour starts in Girona, the province capital and its charming old town, famous for its spectacular Jewish Quarter. 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**  
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 Guíxols, in front of the Mediterranean Sea.

**Day 3**                      **Sant Feliu de Guixols - Calella de Palafrugell**                      **30 or 47 km**  
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. This track offers also a long alternative climbing up a scenic mountain route.

**Day 4**                      **Calella de Palafrugell - Torroella de Montgri**                      **37 km**  
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.

**Day 5**                      **Torroella de Montgri - Girona**                      **45 km**  
Route that follows the Ter River finishing at the city of Girona, through a woody and agricultural area in the countryside, with a rolling landscape and small villages. Optional short cut from Flaça train station to Girona, on a 15 minutes ride by train to Girona.

**Day 6**                      **Girona Departure**  
Tour finishes after breakfast. Depart from Girona.

## 2015 TOUR PRICES

Low Season Tour Price	Mid Season Tour Price	High Season Tour Price
€595 per person sharing €695 single occupancy	€615 per person sharing €725 single occupancy	€680 per person sharing €800 per single occupancy

There is also an option to upgrade to Premium hotel package

## 2015 TOUR DATES

Tour can begin on any day from 1<sup>st</sup> March to 31<sup>st</sup> Oct

**Low Season** is from 1-27 March, 6-29 Apr, 1-31 Oct

**Mid Season** is from 30 Apr - 10 July, 1-30 Sept

**High season** is from 28 March - 5 Apr, 11 July - 31 August

## WHAT IS INCLUDED IN THE TOUR PRICE

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### Included

- › 3\* Accommodation with en-suite bathroom, Bed & breakfast
- › Luggage transport
- › Bike hire
- › Information Pack (Route Guide and maps)
- › Helmets, odometer, repair kit

### Not included

- › Holiday extension
- › Airport transfers (from Girona airport to Girona €30. From Barcelona to Girona €140 upto 4 ppl)
- › Evening meals

## BIKES

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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 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.

