

# Cycling Safaris

## COLS OF PYRENEES & COSTA BRAVA

### Self Guided Tour 2025

6 days cycling / 7 nights / 8 days / Daily average 565km



This week long itinerary provides guests exclusive and amazing scenic routes, while enjoying excellent accommodation and food. With this route, you are going to discover an exceptional cyclist destination, as many and popular professional cyclists live and train in this area. Girona is an ideal territory for road cycling because of its huge offer of secondary roads without traffic and the combination between challenging mountain stages and flat and easy roads. This tour explores the mountainous Catalan and French border region covering almost 600km of extraordinary mountain roads, allowing riders to experience a wide variety of landscape and culture interesting sights.

### TOUR ITINERARY

#### Day 1: Arrival at Girona

There is plenty to see and to 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: Loop ride Girona - Sant Hilari - Girona (102 km 1557m+)

Today provides riders a chance to climb to over 1000m in altitude to the mountain town of Sant Hilari. The climb to the town is approx. 30km and is an excellent training climb with its slack gradients but long distance. Riders then have a thrilling 18km descent to the town of Santa Coloma. This is another famous training ride used by hundreds of local riders. The ride returns to Girona winding through the fantastic countryside of the Gironès area.

### Day 3: Girona – Calella de Palafurgell

( 83Km 1219m+)

We start south through a plane until Llagostera. From there we start the climb of Sant Grau (465m). After passing the col a great descent with fantastic views over the Mediterranean sea will be recorded on your mind for all your live. This coastal road has been used for the Tour de France in 2009. Then following the coast, north direction, we will ride in one of the most famous routes. We reach Palamós and we finish our ride at the great fisherman village of Calella, considered one of the best villages of the Costa Brava.



### Day 4: Calella – Castello d'Empuries

( 75km 669m+)

Starting from Calella we will deal with the short but really step climb to the light house of Sant Sebastià (climb 2 km 150m+). After that we climb to Begur and reach the gulf of Pals with his long sandy beach. From there we ride inland to Pals, a famous medieval village. Really worth to spend a while walking on its narrow streets. After crossing some more medieval villages we reach Torroella de Montgrí, just under its castle on the top of the mountain.



Later to cycle quietly towards the beaches in Empúries and l'Escala. In Empúries you should take the time to visit the archeological site Empúries with Greek and Roman ruins in front of the sea dating from 600BC, the gateway of the classic cultures to the Iberian Peninsular. After the route passes through Castelló d'Empúries with a stunning cathedral that shows how powerful was the village in the ancient time. From there we will cross a small wetland with an ornithological reserve, finishing in the village of Roses.



### Day 5: Castello d'Empuries - Banyuls – Figueres

(107 km 2244m+)

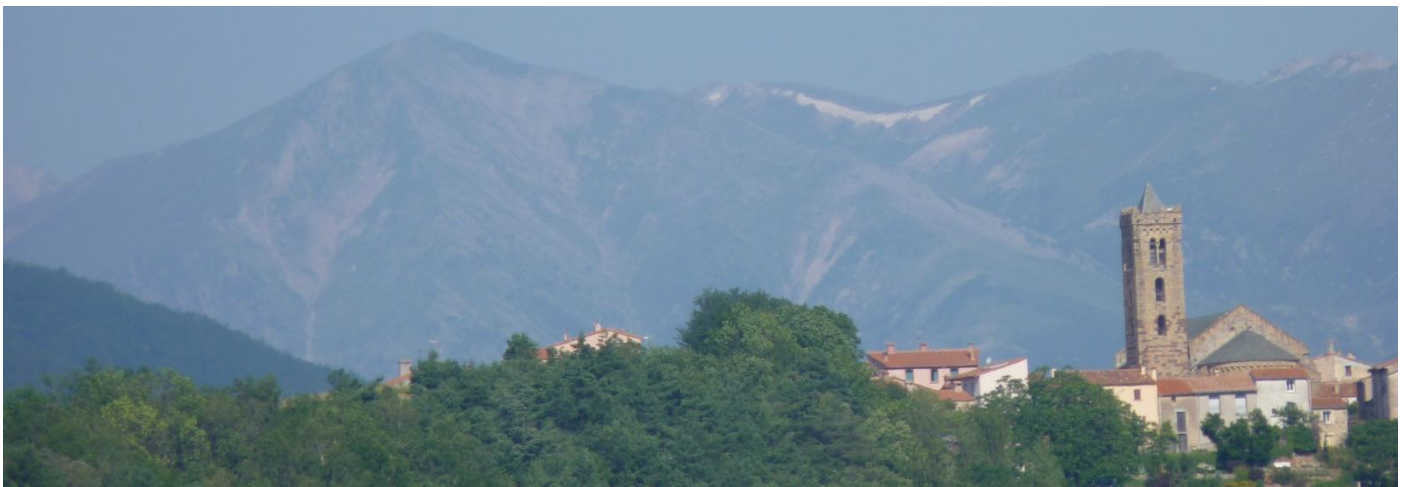


This route extends to the North visiting the beautiful and challenging nature reserve Cap de Creus, passing the col of Perafita. From there you have an optional ride (11km) descending to Cadaqués where Dalí the famous surrealist painter used to live, and coming back climbing again Perafita. Later we cycle along the coast before crossing over the French border until Banyuls. Riders return to Spain passing the famous Col de Banyuls with a strong slopes, finishing the ride and overnight in the city of Figueres.

### Day 6: Figueres - Coustouges – Molló

(99 km 2616m+)

This ride takes riders further into the mountains crossing the French border via the mountain pass at Coustouges (810m) and Coll d'Ares (1524m) before descending to spend a night in Molló near the winter ski town of Camprodon.



### Day 7: Molló – Girona

(99 Km 995m+)

We will start through the pass of Coll de Capsacosta and the town to Olot in the heart of the Volcanic park called La Garrotxa. The route finishes in Girona



### Day 8: Departure

Departure after breakfast

## 2025 TOUR DATES

This tour can start any day of the week from the 1st March to the 16th November.

The tour price is divided into three seasons.

## 2025 TOUR PRICE

	<b>LOW SEASON</b> 1 <sup>st</sup> – 31 <sup>st</sup> March 1 <sup>st</sup> – 16 <sup>th</sup> November	<b>MID SEASON</b> 1 <sup>st</sup> April – 19 <sup>th</sup> June 1 <sup>st</sup> – 31 <sup>st</sup> October	<b>HIGH SEASON</b> 20 <sup>th</sup> June – 30 <sup>th</sup> Sept.
Standard tour per person sharing	€1045 Standard	€1130 Standard	€1215 Standard
Standard tour single room	€1315 Single Room	€1450 Single Room	€1625 Single Room
Supplement half board Standard tour (4 dinners)	€110	€110	€110
Supplement half board Premium tour (3 dinners)	€140	€140	€140
Solo tour suppl. Standard + Premium	€190	€190	€190
Third adult in triple room standard	€945 Third Adult	€1020 Third Adult	€1100 Third Adult
Premium tour per person sharing	€1220 Premium	€1320 Premium	€1510 Premium
Premium tour single room	€1550 Single Room	€1705 Single Room	€1985 Single Room
Third adult in triple room premium	€1100 Third Adult	€1190 Third Adult	€1365 Third Adult

Standard Tour: 2 – 3\* accommodation

Premium Tour: 4\* accommodation

### Road bike rental is not included in the tour price:

€265 Road 1 carbon frame mechanic shift

€300 Road 2 carbon frame electric shift

€335 Road 3 carbon frame electric shift / carbon wheels

Option: Bike insurance against minor damage €10 per day road bikes (for minor damages up to €350)

## WHAT IS INCLUDED IN THE TOUR PRICE

- 7 nights accommodation in chosen category (standard 2-3\* hotels or premium 4\* hotels)
- Luggage transfer between hotel to hotel
- Hotline assistance during the trip from 8 am to 8 pm
- GPS with tracks and maps or Ride With gps app
- General information of the area
- Bike delivery in Girona

### Services on request, not included:

- Flight and/or train tickets.
- Transfers from/to the Barcelona or Girona airport
- Bike rental.
- Bike insurance
- Add-on nights.
- Laundry, Massage service, personal requests.
- Guide and/or van support service.
- Tourist tax of €5.00 ( standard hotels ) and €9.50 ( premium hotels ) needs to be paid on location

## BIKE RENTAL

Bikes will be picked up and delivered to our office (Except when clients finish in Figueres than you can leave them at the hotel). The bikes must be returned in the same condition as they had been delivered. Bikes can not be insured in case of thief, so clients will be responsible to take care of them. We will propose a daily minor damages insurance of €10 which covers damages up to €350. Each hired bike includes Helmet, water bottle, a basic reparation kit and one bike lock (one per couple in case to hire 2 bikes).

### ROAD BIKES (Please see the categories)



**ROAD 3**  
**Specialized Tarmac SL8 EXPERT 2025 New!**  
**Description:** Full carbon frame / Carbon rims.  
**Gear:** Shimano Ultegra Di2 (2x12) 52/36T · 11/30T  
**Sizes:** 49 / 52 / 54 / 56 / 58 / 61



**ROAD 3**  
**Specialized Tarmac SL8 EXPERT 2025 New!**  
**Description:** Full carbon frame / Carbon rims.  
**Gear:** Shimano Ultegra Di2 (2x12) 52/36T · 11/30T  
**Sizes:** 44 / 49 / 52 / 54 / 56 / 58



**ROAD 3**  
**Specialized Tarmac SL8 EXPERT 2024**  
**Description:** Full carbon frame / Carbon rims.  
**Gear:** SRAM RIVAL AXS (2 x 12) 48/35 · 10/36T  
**Sizes:** 49 / 52 / 54 / 56 / 58 / 61



**ROAD 2**  
**Specialized Aethos COMP 2025 New!**  
**Description:** Full carbon frame / Alloy rims.  
**Gear:** Shimano 105 Di2 (2x12) 50/34T · 11/34T  
**Sizes:** 49 / 52 / 54 / 56 / 58 / 61



**ROAD 2**  
**Specialized Roubaix SL8 Comp 2024**  
**Description:** Carbon frame, Alloy rims.  
**Gear:** Shimano 105 Di2 (2 x 12) 50/34T · 11/36T  
**Sizes:** 49 / 52 / 54 / 56 / 58 / 61



**ROAD 1**  
**Specialized Roubaix Sport 105 2024**  
**Description:** Carbon frame, Alloy rims.  
**Gear:** Shimano 105 (2 x 12) 50/34T · 11/36T  
**Sizes:** 44 / 49 / 52 / 54 / 56 / 58 / 61

## 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

This tour is classified as a sportive tour and is therefore challenging. Training and preparation is required to take on the distance and hills each day

### 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.

	<b>Low Season</b>	<b>Mid Season</b>	<b>High Season</b>
Standard Tour	€70 per person sharing €125 single room	€70 per person sharing €130 single room	€75 per person sharing €140 single room
Premium Tour in Girona	€70 per person sharing €130 single room	€85 per person sharing €145 single room	€90 per person sharing €150 single room

