

Cycling Safaris

COLS OF PYRENEES & COSTA BRAVA

Self Guided Tour 2024

6 days cycling / 7 nights / 8 days / Daily average 105km



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 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 1560m+)

Today provides riders with 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

(108Km 1500m+)

You start heading south towards Llagostera, from there you start the climb of Sant Grau (465m). After passing the col there follows a great descent with fantastic views over the Mediterranean sea. This coastal road was used for Tour de France in 2009. Following the coast you will ride one of the most famous routes to reach Palamós. You finish your ride at the wonderful fishing village of Calella, considered one of the best villages of the Costa Brava.



Day 4: Calella – Castello d'Empuries

(67 km 480m+)

Starting from Calella you embark on a short but really step climb to the light house of Sant Sebastià (climb 2 km 150m+). After that you climb to Begur and reach the gulf of Pals with his long sandy beach. From there you ride inland to Pals a famous medieval village, which is well worth spending time exploring. After passing more medieval villages you reach Torroella de Montgrí, situated just under its castle on the top of the mountain.



The cycle continues heading towards the beaches in Empúries and l'Escala. In Empúries you should take the time to visit the archeological site with Greek and Roman ruins dating from 600BC, the gateway of the classic cultures to the Iberian Peninsula. 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 a bird reserve, finishing in the village of Roses.



Day 5: Castello d'Empuries - Banyuls – Figueres

(109 km 1500m+)



This route extends North visiting the beautiful and challenging nature reserve Cap de Creus, passing the col of Perafita.

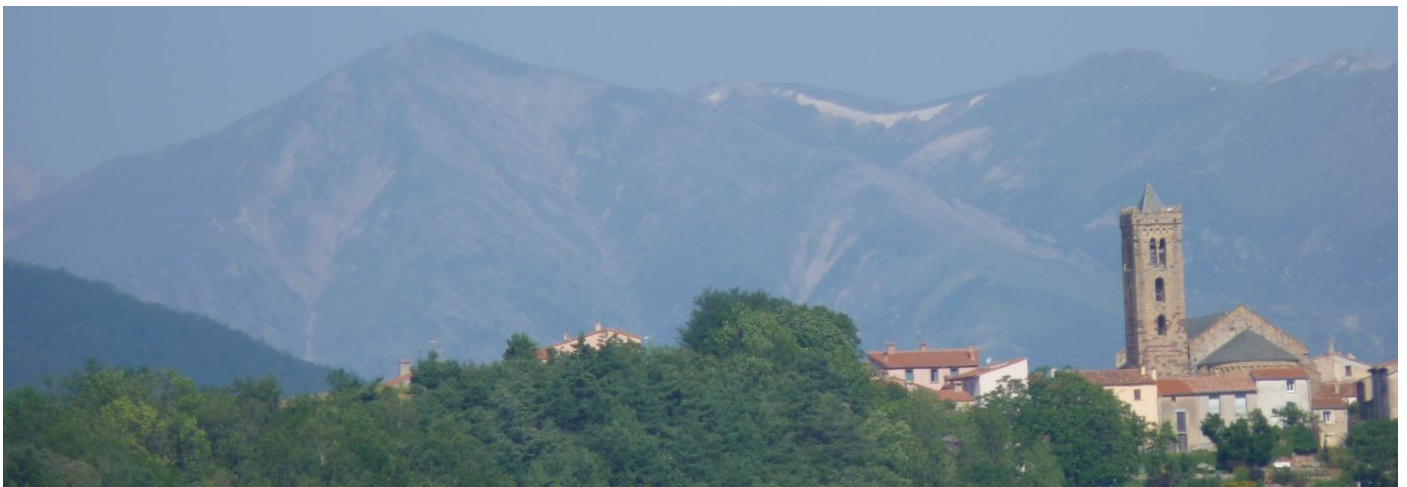
Later you cycle along the coast before crossing over the French border to reach Banyuls.

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

(101 km 2672m+)

This cycle takes riders deeper 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

(100 Km 798m+)

The day starts cycling over the pass of Coll de Capsacosta and on to the town of Olot in the heart of the Volcanic park called La Garrotxa. After another great day on the bike the route finishes back in Girona.



Day 8: Departure

Departure after breakfast

2024 TOUR DATES

This tour can start any day of the week from the 1st March to the 31st of October. The tour price is divided into three seasons.

2024 TOUR PRICE

It is possible to organise standard hotels for this tour (3 star) and premium hotels (3 & 4 star)

	LOW SEASON 1 st Mar – 26 th Mar 1 st Oct – 31 st Oct	MID SEASON 27 th Mar – 20 th June 1 st Sep – 30 th Sep	HIGH SEASON 21 st June – 31 Aug
Standard tour pps Standard tour single supp. Third person in triple room	€935 Standard €250 single supp €845 third person	€1005 Standard €295 single supp. €905 third person	€1065 Standard €355 single supp. €960 third person
Premium tour pps Premium tour single supp Third person in triple room	€1120 Premium €340 single supp. €1010 third person	€1185 Premium €380 single supp. €1070 third person	€1350 Premium €485 single supp. €1215 third person
Solo Tour supplement	€180 all season		
Half board (4 dinners) Std Tour Half board (3 dinners) Prem Tour	€100 std tour €85 prem tour	€100 std tour €85 prem tour	€100 std tour €85 prem tour
Road 1 carbon frame mechanic shift	€230		
Road 2 carbon frame electronic shift	€265		
Road 3 carbon frame electronic shift carbon wheels	€300		

DAILY VAN SUPPORT It is possible to arrange van support for groups (minimum of 6 cyclists) .
Please [email](#) us for pricing - includes drinks & snack stops

WHAT IS INCLUDED IN THE TOUR PRICE

- Standard Accommodation in 3* Hotels.
- Premium Accommodation in 3- and 4* Hotels.
- 7 nights' accommodation in double room with B&B.
- Luggage transfer from one lodge to another.
- GPX tracks and maps.
- Tourist information of the area.
- 8am – 8pm phonline assistance during the trip.

Tourist tax of €5.00 (standard hotels) and €9.50 (premium hotels) needs to be paid on location

Optional services (on request)

- BIKE RENTAL
- €30 Pedals (shimano, Look ...)
- €30 Front pannier
- €65 GPS Garmin device
- Transfers of people and/or bikes
- Girona Airport to Girona €60 (1-4 people)
- Girona to Barcelona Airport €215 (1-4 people)

BIKE RENTAL

We can offer a range of different bike sizes. (from 47" to 61")

These bikes come with 2 bottle cages. We also provide a helmet, lock, pump and basic repair kit.

These bikes come without pedals. Although you can rent them.



BMC TEAMMACHINE SLR TWO NEW!

Description: Full Carbon frame with Aerocore Design, Internal Cable Routing, Disc brakes

SHIMANO Ultegra 2x11 52-36T / 11-30T

SIZES: 47, 51, 54, 56, 58, 61



BMC TEAMMACHINE SLR FOUR NEW!

Full Carbon frame with Aerocore Design

Disc brakes

SHIMANO 105 2x11 50-34T / 11-32T

SIZES: 47, 51, 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.

Additional night Girona (Standard Tour):

€65 per person sharing / €120 single room low season
€70 per person sharing / €125 single room mid season
€75 per person sharing / €140 single room high season

Additional night Girona (Premium Tour)

€65 per person sharing / €120 single room low season
€70 per person sharing / €125 single room mid season
€75 per person sharing / €130 single room high season

