

# Cycling Safaris

## EMPORDA WINE TOUR (Food, Wine & Bike) Self Guided Tour 2024 230 - 259km | 8 days / 7 nights



This tour covers the Empordà inland and coast, a fascinating and diverse countryside with a long and independent history. Overlooking the sea, encircled by mountains that transform throughout the seasons as riders cross the region of Empordà, a Spanish Designation of Origin (DO) (Denominació d'Origen in Catalan), for wines produced in the northeastern corner of Catalonia. The list of wine producers that make up this dynamic sector in Empordà today is endless. You are invited to visit the best wine cellars and will discover all kinds of wineries of different origin. The traditional cuisine and the prestigious modern gastronomy complete the experience.

The first part of the route focuses on the magnificent area of Baix Empordà, also known as the Catalan Tuscany for its beautiful countryside between the Sea and the mountains. In the second part of the tour riders have the opportunity to discover the northern county Alt Empordà with its long sandy beach next to the important Greek-Roman ruins of Empúries and numerous wineries of all sizes. The bike route ends in Figueres, famous for the **Theatre-Museum Dalí**. The wineries, are well-recognised in international publications such as the guide by Robert Parker , some of them with 90 points .

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

**Day 2****Girona - Sant Feliu de Guixols****45km 280m+**

After your bike fitting, your route takes you straight to the Mediterranean Sea, following 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, passing one of the most picturesque and most photographed images: the colored houses of Onyar River. The Gavarres Massif provide your backdrop on the days cycle, a mountainous forest area, consisting mainly of oaks, important for the cork production. You arrive in San Feliu de Guixols, by the Mediterranean Sea.

**Day 3****Sant Feliu de Guixols - Calella de Palafrugell****30 km / 271m+**

Today you cycle North along the coast visiting the main port town Palamós. After a few kilometers you'll pass the unspoilt cove Platja de Castell, with its 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 Montgrí****29 km 180m+**

Route towards the north, following along 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 Montgrí Massif, in the Natural Park.

**Day 5****Torroella de Montgrí - Castello d'Empuries****36 km 190m+**

The route continues North passing the Montgrí massif into the county of Alt Empordà. You pass the long Bay of Roses with long, sandy, white beaches. Next to the pretty medieval settlement, Sant Martí de Empúries and right in front of the superb beach, you should take the time to visit the archeological complex Empúries, with Greek and Roman ruins dating from 600BC, the gateway of the classic cultures to the Iberian Peninsula. The city of Emporion was an important trading post in the Roman Empire and from here the region takes its name.



## 2024 TOUR DATES

Tour can begin any day from 1 March to 31 October.

**LOW SEASON** 1st March – 26th March & 1st October – 31st October

**MID SEASON** 27th March – 20th June & 1st September – 30th September

**HIGH SEASON** 21st June – 31st August

## 2024 TOUR PRICES

You have a choice of two different accommodation types:  
Standard ( 2 / 3 star hotels ) or Premium ( 3 / 4 star hotels )

	LOW SEASON	MID SEASON	HIGH SEASON
Standard tour pps	€725 Standard	€840 Standard	€950 Standard
Standard tour single suppl.	€240 single suppl.	€315 single suppl.	€380 single suppl.
3 <sup>rd</sup> person sharing with 2 others	€655 (3 <sup>rd</sup> person)	€760 (3 <sup>rd</sup> person)	€855 (3 <sup>rd</sup> person)
Premium tour pps	€940 Premium	€1075 Premium	€1350 Premium
Premium tour single supp	€390 Single suppl.	€485 Single supp	€575 Single supp
3rd person sharing with 2 others	€850 (3rd person)	€970 (3rd person)	€1215 (3rd person)
Solo traveler supplement (standard & premium tour)	€75	€75	€75
Half board (5 dinners) Std Tour	€165 standard tour	€165 standard tour	€165 standard tour
Half board (4 dinners) Prem Tour	€150 premium tour	€150 premium tour	€150 premium tour

## WHAT IS INCLUDED IN THE TOUR PRICE

### Included

- › 7 nights in selected Hotel accommodation with en-suite bathroom, Bed & breakfast
- › Luggage transport
- › Information Pack (Route Guide and maps)
- › GPS tracks are also available on request (Ride with GPS access to tracks)
- › 24 hour hotline assistance

### Not included in tour price

- › Touring Bike: €135 (incl. pannier bag, helmet, map carrier, odometer, water bottle, repair kit, lock)
- › E-bike: €265 (incl. pannier bag, helmet, map carrier, odometer, water bottle, repair kit, lock)
- › Gravel bike: €230
- › Shimano, Clip on Pedals €30
- › GPS rental device €65
- › Tourist Tax (€5 standard tour / €9.50 premium tour)

### Optional service

- › Gastronomic dinner 1\* Michelin Day 1 (Girona) or day 6 (Castello) = €150
- › Celler visit, picnic and wine tasting (optional) = €50

## 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/ leggings
- 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/ sunscreen
- swimwear

## BIKE RENTAL

Rental bikes are to be collected from our partners shop in Girona. On request and for an additional charge, we can arrange the rental bikes to be delivered to the first nights accommodation. At the end of the tour, you leave the bikes in your hotel in Figueres. The bikes must be returned in the same condition as they had been delivered.

Bikes can not be insured in case of theft, so you will be responsible to take care of them.

Each hired bike includes: a pannier, a helmet, a map carrier, an odometer and a water bottle.  
Per couple you will receive a basic repair kit and one bike lock



## Touring bikes €135



### GHOST Square Cross X male

Sizes: S / M / L / XL

Description: 24 speed, disc brakes, 28" wheels and rear rack.

1 Rear Pannier included.



### GHOST Square Cross X female

Sizes: XS / S / M / L / XL

Description: 24 speed, disc brakes, 28" wheels and rear rack.

1 Rear Pannier included.

## Electric bikes €265



### FLYER T8.1

Description: Shimano Nexus 8 speed.  
700 mm wheels.



### WINORA Sinus Tria

Description: Shimano Nexus 7 speed.  
700 mm wheels.

## Gravel bikes €230



### URS 01 THREE

Description: Carbon frame, disc brakes  
SRAM Rival x1 38T / 10-42T  
Size: S, M, L



### URS ONE

Description: Carbon frame, disc brakes  
SRAM Apex x1 38T / 10-42T  
Size: S, M, L

## OTHER INFORMATION

### Terrain/ Gradients

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

- › Airport transfer - Girona airport to Girona = €60 up to 4 ppl  
Girona to Barcelona Airport = €220 up to 4 ppl  
Figueres to Girona = €150 up to 4 ppl  
Figueres to Girona Airport = €150 up to 4 ppl  
Figueres to Barcelona Airport = €370 up to 4 ppl  
*All transfers: Any additional person +€15*

## BACK-UP SERVICE

As this is a self led trip you do not have the back-up of a guide and support van. Our aim is to allow you feel like an independent traveller, free to cycle each day at your own pace while at the same time having the security of knowing that your luggage will be waiting for you in your next accommodation.

If you experience small problems with the bike (e.g., a puncture) you will have a spare tube, pump and tyre lever. You also have access to a 24 hour helpline.

