

Cycling Safaris

EMPORDA WINE TOUR (Food, Wine & Bike) Self Guided Tour 2025 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+**

Starting from our office you will follow a cycle path to exit the city towards the south. The ride takes you straight to the Mediterranean Sea. This section follows the greenway called "El Carrilet", passing through the towns of Quart, Cassà de la Selva, Llagostera and Santa Cristina d'Aro. 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 Guixols, our hotel will be near the nice beach of Sant Pol.

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'Empúries****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.

2025 TOUR DATES

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

LOW SEASON 1st March – 31st March & 1st November – 16th November

MID SEASON 1st April – 19th June & 1st October – 31st October

HIGH SEASON 20th June – 30th September

2025 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 per person sharing	€810 Standard	€890 Standard	€1000 Standard
Standard tour single supplement	€240 single suppl.	€285 single suppl.	€345 single suppl.
3 rd person sharing with 2 others	€730 (3rd person)	€805 (3rd person)	€905 (3rd person)
Premium tour per person sharing	€1050 Premium	€1180 Premium	€1470 Premium
Premium tour single supplement	€410 Single suppl.	€510 Single suppl.	€625 Single suppl.
3 rd person sharing with 2 others	€950 (3rd person)	€1065 (3rd person)	€1325 (3rd person)
Solo traveler supplement (standard & premium tour)	€80	€80	€80
Half board (5 dinners) Standard Tour	€110 standard tour	€110 standard tour	€110 standard tour
Half board (4 dinners) Premium Tour	€145 premium tour	€145 premium tour	€145 premium tour

WHAT IS INCLUDED IN THE TOUR PRICE

Included

- › 7 nights in selected Hotel accommodation with en-suite bathroom
- › All breakfast
- › Luggage transport
- › Digital information pack (Route Guide and maps)
- › Ride with GPS access to tracks
- › 24 hour hotline assistance
- › General information of the area

Not included in tour price

- › Touring Bike: €140 (incl. pannier bag, helmet, map carrier, odometer, water bottle, repair kit, lock)
- › E-bike: €335 (incl. pannier bag, helmet, map carrier, odometer, water bottle, repair kit, lock)
- › Gravel bike: €335
- › Shimano, Clip on Pedals €30
- › Tourist Tax (€5 standard tour / €11 premium tour)

Optional service

- › Gastronomic dinner 1* Michelin – all seasons €165
- › La Vynieta guided visit & wine and local product tasting = €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 €140



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 €335



FLYER T8.1

Description: Shimano Nexus 8 speed.
700 mm wheels.



WINORA Sinus Tria

Description: Shimano Nexus 7 speed.
700 mm wheels.

Gravel bikes €335



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 people
- Girona to Barcelona Airport = €240 up to 4 people
- Figueres to Girona = €150 up to 4 people
- Figueres to Girona Airport = €150 up to 4 people
- Figueres to Barcelona Airport = €400 up to 4 people

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.

