

Cycling Safaris

GIRONA AND COSTA BRAVA

Self Guided Tour 2025

157 - 170km | 6 days / 5 nights



The tour starts in Girona, the province capital and its charming old town, famous for its spectacular Jewish Quartier. 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 as far as 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 400m+

After receiving all route documents and bike fitting, your cycle 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, which gives you one of the most picturesque and most photographed images: the colored houses of Onyar River.

The Gavarres Massif provide an inspiring backdrop along the route, a mountainous forested area, consisting mainly of oaks, important for the cork production. You arrive in San Feliu de Guíxols, on the Mediterranean Sea.



Day 3

Sant Feliu de Guixols - Calella de Palafrugell

30km 271m+

Today you'll cycle 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.



Day 4

Calella de Palafrugell - Torroella de Montgri

29km 180m+

Route towards the north, visiting places of outstanding interest: Pals, with its beautifully conserved medieval centre, Palau- Sator and Gualta, reaching at the end to Torroella de Montgri with its magnificent castle on the top of the mountain. The bike tour ends at the foot of the castle Montgri Massif, right at the middle of the Natural Park. The ride gives you an alternative route that will take you through natural wetlands with extensive rice fields and long sandy beaches.



Day 5

Torroella de Montgri - Girona

27km 177m+ / 34km

Route rides to the west inland through a woody and agricultural area in the countryside, with a rolling landscape and small villages, like Fonolleres, Matajudaica, Corçà and Púbol. Here you can visit the Casa-castell of Gala Dalí Museum. Finishing in Flaçà where you take the train to Girona, on a 15 minutes ride.

Day 6

Girona Departure

Tour finishes after breakfast. Departure from Girona.

2025 TOUR DATES

Tour can begin any day from 1st March to 16th November and is divided into three seasons.

2025 TOUR PRICES

On this tour you can choose from our standard accommodation (2 ~ 3 star hotels)
or our premium accommodation (3 ~ 4 star hotels)

	LOW SEASON 1 March - 31 March 1 Nov - 16 November	MID SEASON 1 April - 19 June 1 Oct - 31 October	HIGH SEASON 20 June - 30 Sep
Standard tour pps	€630 Standard	€680 Standard	€760 Standard
Standard tour single supplement	€180 Single Suppl.	€220 Single Suppl.	€275 Single Suppl.
Standard 3rd person sharing	€570 3rd person	€615 3rd person	€685 3rd person
Supplement solo traveller	€75 standard tour	€75 standard tour	€75 standard tour
Half board (1 dinner) standard	€25 standard tour	€25 standard tour	€25 standard tour
Premium tour pps	€755 Premium tour	€850 Premium tour	€1120 Premium
Premium tour single supp	€250 Single Suppl.	€345 Single suppl.	€425 Single suppl.
Premium 3rd person sharing	€685 3rd person	€770 3rd person	€1010 3rd person
Supplement solo traveller	€75 premium tour	€75 premium tour	€75 premium tour
Half board (3 dinners) Prem Tour	€100 premium tour	€100 premium tour	€100 premium tour
Adult Touring Bike	€100		
Electric Bike	€235		
Gravel bike 1	€185 all seasons		
Gravel Bike 2	€235 all seasons		

WHAT IS INCLUDED IN THE TOUR PRICE

Included

- › Digital roadbook with GPS
- › General information of the area
- › 5 nights accommodation in a double room B&B
- › Luggage transfer between hotel to hotel
- › 8am - 8pm hotline assistance during the trip

Not included

- › Flight and/or train tickets
- › Bike rental
- › Transfer from /to Barcelona or Girona airport
- › Add-on nights
- › Laundry, massage service, personal requests.
- › Guide and/or van support service
- › Tourist tax (€5 standard tour / €7,50 premium tour)

Additional nights

Low season

1 March – 31 March
1 Nov – 16 November

Mid season

1 April – 19 June
1 Oct – 31 October

High season

20 June – 30 Sep

Girona

€65 per person sharing standard
€70 per person sharing premium
€125 single room standard
€130 single room premium

€70 per person sharing standard
€85 per person sharing premium
€130 single room standard
€145 single room premium

€75 per person sharing standard
€85 per person sharing premium
€135 single room standard
€150 single room premium

Callela

€70 per person sharing standard
€85 per person sharing premium
€105 single room standard
€150 single room premium

€90 per person sharing standard
€95 per person sharing premium
€145 single room standard
€165 single room premium

€115 per person sharing standard
€155 per person sharing premium
€190 single room standard
€280 single room premium

BIKE RENTAL

Rental bikes are to be collected from our partners shop in Girona. At the end of the tour, you leave the bikes again at the office. 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



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



FLYER T8.1

Description: Shimano Nexus 8 speed.
700 mm wheels.



WINORA Sinus Tria

Description: Shimano Nexus 7 speed.
700 mm wheels.

Gravel bikes



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

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 or Calella or Torroella (on request)

