

# Cycling Safaris

## GIRONA AND COSTA BRAVA

### Self Guided Tour 2026

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 Guixols, 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 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.

**Day 4****Calella de Palafrugell - Torroella de Montgrí****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 Montgrí with its magnificent castle on the top of the mountain. The bike tour ends at the foot of the castle Montgrí 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.

**2026 TOUR DATES**

Tour can begin any day from 1<sup>st</sup> March to 30<sup>th</sup> November and is divided into three seasons.

**2026 TOUR PRICES**

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

	<b>LOW SEASON</b>	<b>MID SEASON</b>	<b>HIGH SEASON</b>
1 March - 2 April	1 March - 2 April	3 April - 23 June	24 June - 30 Sep
1 Nov - 30 November	1 Nov - 30 November	1 Oct - 31 October	
Standard tour pps	€650 Standard	€705 Standard	€795 Standard
Standard tour single supplement	€145 Single Suppl.	€185 Single Suppl.	€250 Single Suppl.
Standard 3rd person sharing	€590 3rd person	€635 3rd person	€715 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	€750 Premium tour	€850 Premium tour	€1120 Premium
Premium tour single supp	€255 Single Suppl.	€310 Single suppl.	€405 Single suppl.
Premium 3rd person sharing	€675 3rd person	€760 3rd person	€1010 3rd person
Supplement solo traveller	€75 premium tour	€75 premium tour	€75 premium tour
Half board (3 dinners) Prem Tour	€120 premium tour	€120 premium tour	€120 premium tour

**Bike rental:**

Adult Touring Bike	€100
Electric Bike	€265
Gravel bike 1	€225 all seasons
Gravel Bike 2	€265 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
- › Bike insurance €5 per day for touring bikes / €10 per day for road bikes & e-bikes (for minor damages up to €350)
- › 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 – 2 April  
1 Nov – 30 November

### Mid season

3 April – 23 June  
1 Oct – 31 October

### High season

24 June – 30 September

#### Girona

€70 per person sharing standard  
€75 per person sharing premium  
€120 single room standard  
€130 single room premium

€75 per person sharing standard  
€85 per person sharing premium  
€125 single room standard  
€150 single room premium

€80 per person sharing standard  
€90 per person sharing premium  
€135 single room standard  
€160 single room premium

#### Calella

€75 per person sharing standard  
€85 per person sharing premium  
€105 single room standard  
€150 single room premium

€95 per person sharing standard  
€100 per person sharing premium  
€150 single room standard  
€165 single room premium

€120 per person sharing standard  
€160 per person sharing premium  
€205 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. We do offer bike insurance for minor damages up to the value of €350.

Each touring 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



#### Bike delivery

- Bikes will be picked up and delivered to our office.
- 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.
- Each hired **Touring bike (not others)** includes 1 rear pannier, 1 helmet, 1 water bottle and **1 device mount + 1 basic reparation kit + 1 bike lock (these last 3 items every 2 bikes)**.



#### TOURING BIKES



#### BMC Urban Challenge 257 ST (low bar) 2023

**Description:** Alloy, disc brakes, 28" wheels and rear rack.  
**Gear:** Shimano Deore 1x11 speed  
**Sizes:** S / M

#### BMC Urban Challenge 257 2023

**Description:** Alloy, disc brakes, 28" wheels and rear rack.  
**Gear:** Shimano Deore 1x11 speed  
**Sizes:** L / XL



#### E-TOURING BIKES



#### SPECIALIZED Turbo Como 4.0 2025

**Description:** Alloy frame, front suspension, 650B x 2.3 tires, Disc brakes  
**Gear:** SRAM NX 1x11 speeds  
**Motor:** Specialized 2.0 / 70Nm / 710Wh  
**Sizes:** S / M / L

#### SPECIALIZED Turbo Vado 4.0 2024

**Description:** Alloy frame, front suspension, 650B x 2.3 tires, Disc brakes  
**Gear:** SRAM NX 1x11 speeds  
**Motor:** Specialized 2.0 / 70Nm / 710Wh  
**Sizes:** S / M / L / XL



#### GRAVEL BIKES



#### GRAVEL 2:

**Specialized Crux Comp 2025**  
**Description:** Carbon frame, Disc brakes.  
**Gear:** Shimano GRX (1 x 12) 40T · 10/45T  
**Sizes:** 52 / 54 / 56 / 58

#### GRAVEL 3:

**Specialized Diverge STR Comp 2024**  
**Description:** Full carbon frame, Alloy rims, full suspension  
**Gear:** SHIMANO GRX (1 x 12) 40T · 11/51T  
**Size:** 49 / 52 / 54 / 56 / 58

## 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.

### Option to book airport transfers:

Transfer Girona- Girona Airport: €60 (1-4 pax)      €95 (3-7 pax)      €155 (8-12 pax)

Transfer Girona - Barcelona Airport: €250 (1-4 pax)      €290 (3-7 pax)      €370 (8-12 pax)

### Holiday extensions

Possibility of spending extra nights in Girona or Calella or Torroella (on request)

