

Cycling Safaris

GREENWAYS OF GIRONA (Family tour)

Self Guided Tour 2024

103km | 6 days / 5 nights



Take our bike tour along the Girona Greenways, divided in shorter rides to make an ideal trip for families with children- depending on the children's ages and fitness, even the smallest ones from 5 years can do this ride. The accommodation is handpicked for you; staying in quiet and lovely little hotels and farmhouses, some of them with swimming pool. The tour has plenty of different pretty spots to discover with children such as volcanic areas, forests and river marshes.

In Girona city there is plenty to do and see, such as visiting the Cathedral or the ancient Jewish Quarter, one of the best preserved in the world. The last section of the greenway brings you to the coast, reaching the Mediterranean Sea. The ride is easy, downhill, and fun and you'll be passing through cropland and forests. You can spend the rest of the last day relaxing and enjoying the beach town.

TOUR ITINERARY

Day 1 **Arrive in Olot**

Optional arrival in Girona and transfer to Olot.

Olot is known for being the most singular volcano landscape in the Iberian Peninsula, with about 40 dormant volcanoes. You can also walk through La Fageda d'en Jordà, a beech wood, well-known for its beauty.

Day 2 **Olot - Les Planes d'Hostoles** **22km**

After the delivery of the necessary documentation and bike fitting (if bikes contracted) you start your day route following the cycle path along the old narrow gauge railway line "Carrilet d'Olot". You reach les Planes d'Hostoles, passing the fantastic area of the Bas Valley with its gorgeous countryside and typical villages, also called the Catalan Switzerland. Once in les Planes, take your time to enjoy the gorges next to the river.

Day 3 **Les Planes d'Hostoles - Girona** **35 km**

The ride is downhill and fun, through the countryside. The ride is quite long but is mainly downhill and flat. You'll cycle following the Ter River, one of the most important rivers of Catalonia, getting to know its fantastic cultural heritage, left among the years. You arrive at Girona, where you can spend the rest of 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 4 **Girona - Campllong/Llagostera** **18 km / 21 km**

You pass the village of Quart, well-known for its ceramics, and Cassà de la Selva, with beautiful modernist houses in the centre of the town. You can spend the afternoon having a good time with the animals in the farms nearby the accommodation.

Day 5 **Campllong/Llagostera - Sant Feliu de Guixols** **30 km / 26 km**

The last stage is the longest, but also flattest and easy to cycle. A fun downhill takes you to the town of Sant Feliu de Guixols, with its magnificent fishing port and cultural interest, especially for its monastery. You can enjoy the rest of the day at the beaches.

Day 6 **Sant Feliu de Guixols Departure**

Tour finishes after breakfast. Depart from Sant Feliu de Guixols.



2024 TOUR DATES

Tour can begin any day from 1st March to 31st October, and is divided into three seasons.

2024 TOUR PRICES

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
€595 per person sharing €155 Single room supp	€655 per person sharing €185 Single room supp	€695 per person sharing €215 Single room supp
Child 0 - 2: free (€25 child seat)	Child 0 - 2: free (€25 child seat)	Child 0 - 2: free (€25 child seat)
Child 3- 7 : €300	Child 3- 7: €330	Child 3- 7: €350
Child 8 - 12: €450	Child 8 - 12: €495	Child 8 - 12: €525
3 rd Adult in room : €540	3 rd Adult in a room: €590	3 rd Adult in a room: €630

WHAT IS INCLUDED IN THE TOUR PRICE

Included

- › 5 nights accommodation in 2 & 3* hotels with en-suite bathroom, Bed & breakfast
- › Luggage transport
- › Information Pack (Route Guide and maps)
- › 8am – 8pm Service Hotline

Not included

- › Bike rental (bike delivery to Olot included with rental)
 - €95 touring bike
 - €185 e-bike
 - €50 child bike
- › Pedals (shimano, toe clips) €20
- › GPS Garmin Device rental €45
- › Option for half board (4 dinners): €100 (adult), €65 (child)
- › Tourist tax: €5 (over 16s)

Additional nights in 3 star hotel (price per person sharing)

Extra night in Olot: €65.00 low season / €75.00 mid season / €80.00 high season
Extra night in Girona: €65.00 low season / €70.00 mid seasons / €70.00 high season
Hotel in Sant Feliu: €55.00 low season / €70.00 mid season / €105.00 high Season

Airport transfers (price for 1-4 people) Extra per person up to 8 pax: €15

Girona Airport to Olot = €140
Barcelona Airport to Olot = €310
Sant Feliu to Girona Airport = €90
Sant Feliu to Barcelona Airport = €225
Sant Feliu to Olot = €210

BIKE RENTAL

Bike delivery

- If renting a bike, it will be brought to the starting point of the tour.
- At the end of the tour, you can leave the bikes at the last hotel.
- The bikes must be returned in the same condition as they had been delivered.
- Bikes can not be insured in case of theft, so clients will be responsible for their care

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

ADULT 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.

KIDS BIKES



BMC Sportelite 20"

Size: 20"

Description: 20" wheel
Shimano 2 X 7 gears.



BMC Sportelite 24"

Size: 24"

Description: 24" wheel size.
Shimano 3 X 7 gears.



BMC Sportelite 27.5"

Sizes: XS

Aluminium frame.
Shimano 2 X 10 gears.

ELECTRIC BIKES



FLYER T8.1

Description: Shimano Nexus 8 speed.
700 mm wheels.



WINORA Sinus Tria

Description: Shimano Nexus 7 speed.
700 mm wheels.

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 you start from Olot which is high and travel downhill toward the coast for the majority of the tour.

Arrival points

Girona Airport is the closest airport. Barcelona International airport is approx 130km away. Information available on request.

Holiday extensions

Possibility of spending extra nights in Girona. Approx €65pps more details on request.

Climate

The best season for cycling is Spring (March to June) and autumn (September- October). Temperatures are between 20 and 25 ° C. In summer temperatures are quite high, reaching 33-34 °.

On a whole Girona has a mild climate, with plenty of sunny days and not too much rain. Along the coast, a couple of degrees warmer, but has a cooling sea breeze.