

Cycling Safaris

GREENWAYS OF GIRONA (Family tour)

Self Guided Tour 2026

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.

2025 TOUR DATES

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

2025 TOUR PRICES

SEASON 1 LOW 1 th March – 2nd April 1st November – 30th November	SEASON 2 MID 3rd April – 23rd June 1st October – 31st October	SEASON 3 HIGH 24th June – 30th September
€660 per person sharing €165 Single room supp	€740 per person sharing €205 Single room supp	€810 per person sharing €255 Single room supp
Child 0 - 2: free (€25 child seat)	Child 0 - 2: free (€25 child seat)	Child 0 - : free (€25 child seat)
Child 3- 7: 50% discount	Child 3- 7: 50% discount	Child 3- 7 : 50% discount
Child 8 – 12: 25% discount	Child 8 – 12: 25% discount	Child 8 – 12 : 25% discount
3 rd Adult in a room : 10% discount €595	3 rd Adult in a room: 10% discount €665	3 rd Adult in a room: 10% discount €730

WHAT IS INCLUDED IN THE TOUR PRICE

Included

- › Ride with GPS app
- › General information of the area
- › 5 nights accommodation in 2/3* hotels B&B
- › Hotline assistance 8am to 8pm
- › Luggage transfers between route hotels

Not included

- › Bike rental
- › Flights and/or train tickets
- › Transfer from/to Barcelona or Girona airport
- › Add-on nights, meals
- › Laundry, massage service, personal request
- › Guide and/or van support service
- › Bike insurance for minor damages (€5 per bike / €10 per e-bike or road bike)

Option of Half Board (4 dinners)

€110 half board adults
€70 half board children

Bike rental is an additional:

€95 touring bike
€255 e-bike
€55 child's bike

Extra nights accommodation

Additional nights in 3 star hotels – double room / per person rate

Extra night in Olot	€65.00 season 1 / €80.00 season 2/ €80.00 season 3
Extra night in Girona	€65.00 season 1 / €70.00 season 2/ €75.00 season 3
Hotel in Sant Feliu	€70.00 season 1 / €90.00 season 2/ €130.00 season 3

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
- We do offer bike insurance for minor damage for a value up to €350. The cost for this is €5 per day per bike and €10 per day per road bike or e-bike

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.

E-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 €60pps 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.

Airport transfers

Girona airport to Olot	€145 (can take 1 - 4 persons)
Barcelona airport to Olot	€360 (can take 1 - 4 persons)
Sant Feliu to Girona Airport	€95 (can take 1 - 4 persons)
Sant Feliu to Barcelona Airport	€255 (can take 1 - 4 persons)
Sant Feliu to Olot	€195 (can take 1 - 4 persons)