

Cycling Safaris

GREAT TOUR FOR THE EMPORDA

Gravel bike / Self Guided Tour 2026

6 days cycling / 7 nights / 8 days / Total distance 565 km



The great tour of the Empordà starts in the magnificent city of Girona and offers a complete itinerary across the Empordà, one of the most beautiful landscapes of Catalonia.

Cyclists will have a fantastic view of this region, both of the inland and the coast. In few kilometers, riders will see a great variety of landscapes, such as medieval villages, little coves or traditional fishing villages. It's a challenging route for medium level cyclists, due to its gradients that include safe mountains passes between 5 and 10km. This route also takes you to Cap de Creus National Park, the most eastern point of the Iberian Peninsula.

Highlights

- Medium gravel bike tour, to enjoy all the details of this country.
- Beautiful white sand beaches, ancient archeological ruins and friendly people.
- Cycle through centenary vineyards and olive yards and taste the fantastic local gastronomy.
- Admire the artistic genius of Salvador Dalí in Cadaqués, Figueres and Púbol.

TOUR ITINERARY

Day 1: Arrival at Girona

There is plenty to see and to 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: Loop ride Girona – Ter river - Dalmai (49,7 km 473m+)

Your tour begins with a welcome meeting at our office, where we'll go over the routes and key details. If you're renting bikes with us, this will be followed by a bike fitting to ensure you're all setup for your ride.

This route takes you through the peaceful inland countryside of the Llémena Valley along the Ter River, where you'll pass by impressive ancient farmhouses scattered across the landscape. You'll leave Girona heading west, following the river until you reach Bonmatí, where you'll cross to the opposite bank.

From there, the route continues south with a 3.8 km climb, followed by a series of rolling roads through beautiful rural scenery. A gentle descent leads you to the ancient volcano of La Crosa—one of the region's unique geological features. You'll finish the ride by weaving through the open fields surrounding Girona, making your way back into the city.

Day 3: Girona – Sant Feliu de Guixols (53km 444m+)

The second stage begins on the Vies Verdes (Greenways), former railway lines now transformed into dedicated bike paths. From Llambilles, you'll head out onto the Girona plain, riding through cornfields and past traditional farmhouses and small rural churches—such as the Mare de Déu del Remei, located between Campllong and Sant Andreu Salou.

In Llagostera, you'll rejoin the Greenway and follow it all the way to today's destination: the coastal town of Sant Feliu de Guíxols.



Day 4: Sant Feliu de Guixols – Torrella de Montgri (53km 678m+)

You'll start the day heading north along the coast to the traditional fishing village of Palamós. From there, you'll climb to Cap Roig, home to stunning botanical gardens overlooking the sea.

Next, you'll descend into Calella de Palafrugell, widely considered one of the most beautiful villages on the Costa Brava. From this picturesque coastal spot, the route turns inland, taking you through a series of charming medieval villages such as Pals and Gualta, before arriving in Torroella de Montgrí.

Hard version: Distance: 54 km | Elevation Gain: 600 m

Today, you have the option to take a route with more climbing. This variant turns inland earlier and takes you up to Puig Cargol, a peak in the Les Gavarres range. After reaching the top, you'll enjoy a long and scenic gravel descent.

The route then continues through a series of charming medieval villages, including Pals and Gualta, before arriving in Torroella de Montgrí.

Day 5: Torroella de Montgri – Casstello d'Empuries

(47 km 343m+)

This is a mostly flat stage with just one climb along the route. You'll begin the day riding alongside the Ter River, following it all the way to a stunning beach where the river meets the sea.

From there, you'll head north toward L'Estartit, where the route's only climb begins—through the Parc Natural del Montgrí. At the top, take a moment to enjoy the sweeping views of the Mediterranean from Punta del Milà. You'll then descend into L'Escala, and from there it's a flat and easy ride to Castelló d'Empúries.

Day 6: Castello - Figueres

(46 km 327m+)

You'll leave Castelló d'Empúries and head first to Empuriabrava, a unique village known for its extensive network of navigable canals. Your next stop is Roses, with its long sandy beaches and the option to visit the impressive Citadel of Roses. At this point, you can choose between a shorter route or a longer, more adventurous option. The longer route takes you into the Cap de Creus Natural Park, climbing the gravel road up Puig Alt. After a well-earned descent, you'll ride through a scenic plain dotted with vineyards and olive groves.

You'll pass through the villages of Pau and Vilajuïga, both home to several local wine cellars, before continuing on through Peralada and finally arriving in Figueres.

Easier version: Distance: 46 km | Elevation Gain: 300 m

The shortcut option takes out the big climb to Puig Galt, instead in goes northwards from Roses and takes you to Figueres through Pau and Vilajuïga.

This is a mostly flat stage with just one climb along the route. You'll begin the day riding alongside the Ter River, following it all the way to a stunning beach where the river meets the sea.

From there, you'll head north toward L'Estartit, where the route's only climb begins—through the Parc Natural del Montgrí. At the top, take a moment to enjoy the sweeping views of the Mediterranean from Punta del Milà.

You'll then descend into L'Escala, and from there it's a flat and easy ride to Castelló d'Empúries.

Day 7: Figueres – Girona

(55 km 495m+)

On the final stage of the tour, you have two options: you can end on a high note with a challenging climb to the Sanctuary of Els Àngels, or opt for a more relaxed, flat route that follows the River Ter back to Girona.

You'll leave Figueres riding through open fields and charming villages such as Vilamalla, Siurana, and Camallera. The route continues across the countryside until you reach Colomers, where you begin to follow the Ter River. Cross the river and head toward Sant Martí Vell to take on the final challenge—the climb to the Sanctuary of Els Àngels. Enjoy the spectacular views from the top and enjoy the descend into the centre of Girona.

Easier version: Distance: 55 km | Elevation Gain: 460 m

Instead of crossing the river for the final climb to the Sanctuary of Els Àngels, you can choose to follow the river for a more relaxed ride all the way to the centre of Girona.

Day 8: Departure

Departure after breakfast



2026 TOUR DATES

This tour can start any day of the week from the 1st March to the 16th November.
The tour price is divided into three seasons.

2026 TOUR PRICE

	LOW SEASON 1 st March – 31 st March 1 st – 16 th November	MID SEASON 1 st April – 19 th June 1 st – 31 st October	HIGH SEASON 20 th June – 30 th Sept.
Standard tour per person sharing	€887 Standard	€937 Standard	€1022 Standard
Standard tour single room supplement	€240 single supplement	€270 single supplement	€305 Single supplement
Third adult in room	€790 third adult in room	€835 third adult in room	€915 third adult
Solo tour supplement	€105 solo tour suppl.	€105 solo tour suppl.	€105 solo tour suppl.
Suppl. half board (3 dinners)	€95	€95	€95
Premium tour per person sharing	€1130 Premium	€1355 Premium	€1560 Premium
Premium tour single room supplement	€395 single supplement	€515 single supplement	€575 single supplement
Third adult in triple room premium	€1010 Third Adult	€1210 Third Adult	€1395 Third Adult
Solo tour supplement	€105 solo tour suppl.	€105 solo tour suppl.	€105 solo tour suppl.
Suppl. Half board (2 dinners)	€90	€90	€90

Standard Tour: 2 – 3* accommodation

Premium Tour: 4* accommodation

Gravel bike rental is not included in the tour price:

€315 Gravel 2 Carbon Frame, alloy rims and disc brakes, SRAM X1 Eagle AXS or Shimano GRX

€380 Gravel 3 Carbon Frame, Carbon frame, carbon rims, disc brakes and Future Shock 2.0 front susp, Shimano GRX Di2

380€ E-gravel bike, Alloy frame, alloy rims and disc brakes, Specialized motor / 50Nm / 320Wh

€30 Front pannier

€30 Pedals (Shimano, Look...) (Flat pedals included)

WHAT IS INCLUDED IN THE TOUR PRICE

- 7 nights accommodation in chosen category (standard 2-3* hotels or premium 4* hotels)
- Luggage transfer between hotel to hotel
- Hotline assistance during the trip from 8 am to 8 pm
- GPS garmin with tracks and maps or Ride With gps app
- Information Pack (Route Guide and maps, tourist information)
- Bike delivery in Girona
- Tourist tax of €7.00 (standard hotels) and €10.50 (premium hotels)

Services on request, not included:

- Flight and/or train tickets.
- Transfers from/to the Barcelona or Girona airport
- Bike rental
- Bike insurance
- Add-on nights
- Laundry, Massage service, personal requests
- Guide and/or van support service



BIKE RENTAL

Bikes will be picked up and delivered to our office (Except when clients finish in Figueres than you can leave them at the hotel). 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. We will propose a daily minor damages insurance of €10 which covers damages up to €350. Each hired bike includes Helmet, water bottle, a basic reparation kit and one bike lock (one per couple in case to hire 2 bikes).

Gravel bike rental is not included in the tour price:

€315 Gravel 2 Carbon Frame

€380 Gravel 3 Carbon Frame

380€ E-gravel bike, Alloy frame, alloy rims and disc brakes, Specialized motor / 50Nm / 320Wh

€30 Front pannier

€30 Pedals (Shimano, Look...) (Flat pedals included)



Diverge Expert '26

SPECIALIZED GRAVEL BIKE 2026

Description: Carbon frame, Carbon rims, Disc brakes, Future Shock 2.0 front.

Gear: GRX Di2 (1x12) 40T · 10/51T

Sizes: 49 / 52 / 54 / 56 / 58 / 61



Diverge Comp '25

SPECIALIZED GRAVEL BIKE 2025

Description: Carbon frame, Alloy rims, Disc brakes. Future Shock 2.0 front.

Gear: SRAM X1 Eagle AXS (1x12) 40T · 11/50T

Sizes: 49 / 52 / 54 / 56 / 58 / 61



Crux Comp '25

SPECIALIZED GRAVEL BIKE 2025

Description: Carbon frame, Alloy rims, Disc brakes.

Gear: Shimano GRX (1x12) 40T · 10/45T

Sizes: 52 / 54 / 56 / 58 / 61

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

ACCOMMODATION

STANDARD

Hotel Peninsular 3	https://www.hotelpeninsulargirona.com/en
Hotel Peninsular 3*	https://www.hotelpeninsulargirona.com/en
Hotel Barcarola 4*	https://www.hotelbarcarola.es/ (option for dinner)
Fonda Mitjà 2*	www.fondamitja.es
Hotel Canet 2*	http://www.hotelcanet.com/web/en/index.php (option for dinner)
Hotel Ronda 3*	www.hotelrondafigueres.com (option for dinner)
Hotel Peninsular 3*	https://www.hotelpeninsulargirona.com/en

PREMIUM

Hotel Ciutat de Girona 4*	https://www.hotelciutatdegirona.com/
Hotel Ciutat de Girona 4*	https://www.hotelciutatdegirona.com/
Hotel S'Agaró Spa 4*	https://www.sagarohotel.com/
Hotel Moli del Mig 4*	www.molidelmig.com (option for dinner)
Hotel Palau Maceli 4*	https://www.palau-macelli.com/en/
Hotel Pirineos 4*	https://www.hotelpirineospelegri.com/en (option for dinner)
Hotel Ciutat de Girona 4*	https://www.hotelciutatdegirona.com/

OTHER INFORMATION

Terrain / Gradients

This tour is classified as a sportive tour and is therefore challenging. Training and preparation is required to take on the distance and hills each day

Arrival points

Girona Airport is the closest airport. Barcelona International airport is approx 110km away.

Option to book transfer:

Girona to Girona Airport: 1-4 pax € 60 / 5-7 pax € 90 / 8-12 pax €150

Girona to Barcelona Airport: 1-4 pax €230 / 5-7 pax €270 / 8-12 pax €340

Holiday extensions

Possibility of spending extra nights in Girona, Calella de Palafrugell, Castello d'Empuries, Figueres and/or Mollo.

	Low Season	Mid Season	High Season
Standard Tour	€70 per person sharing €115 single room	€70 per person sharing €120 single room	€75 per person sharing €125 single room
Premium Tour in Girona	€90 per person sharing €150 single room	€125 per person sharing €220 single room	€130 per person sh. €230 single room