

# **GIRONA & COSTA BRAVA**

**Guided - Go Private in 2023 (Spain)**



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## GIRONA & COSTA BRAVA



### GIRONA & Costa Brava!

Find out why Girona and the Costa Brava region is considered by many as the place to be when it comes to road cycling. This cycling tour will find you zipping along the Mediterranean coast, crossing the interior mountains, visiting spectacular lakes and climbing up to some simply breathtaking lookout points.

During 2023 why not round up a group of friends or family and organise a **private** Costa Brava cycling tour. You choose the dates and we will do the rest. Our team of local guides still have some availability from **March to October 2023** (see back-page for private tour availability). Our guided tours typically start and finish in Barcelona but in between move through three different but equally stunning bases. The initial nights in Girona enjoy the buzzing cycling culture that is all around, followed by some relaxing nights in the scenic interior mountains before finishing things off in a lovely coastal town!

One of the advantages of selecting a private tour is that you are free to ask us for itinerary changes (more or less days, more or less km, rest days, additional excursions or dining experiences ...). The prices within are based on a **minimum of 4 clients**.

## TOUR OVERVIEW



## TOUR HIGHLIGHTS

- Medieval Girona – the architecture, cuisine and cycling culture
- Cycling through picturesque towns such as Monells, Peralada and Besalu
- Classic Costa Brava climbs including Els Angels, Sant Grau, Rocacorba, Sant Pere de Rodes Monastery and Santuario Mare de Deu del Mont
- Beachside stay on the ‘Gulf of Roses’
- Visit Cadaques and a ride out to the most eastern point of the Iberian Peninsula
- Ride up to the French border (Coll de Banyuls)
- Enjoy the volcanic cycling landscapes of La Garrotxa!

## ITINERARY

### DAY ONE – March to October 2023 – Barcelona to Girona

We will be available to meet you in the reception of Hotel Grums Barcelona at 9:30am. You are in no way obliged to stay at Hotel Grums Barcelona but previous groups have enjoyed its location, quality and services.

From Barcelona we drive 1hr to Girona which is undoubtedly one of Europe's key cycling destinations. Costa Brava is perfect for cyclists who like to do shorter climbs but who equally enjoy undulating roads and flowing descents on smooth asphalted roads.

On arrival to Girona, we will prepare the bikes and head out for an introductory ride. Tonight you will enjoy a tour welcome dinner with the Sierra guides and a tour briefing to set out the plans for the brilliant rides that now await you!



**Meals:** Dinner Included

**Destinations:** Girona

**Today's Ride:** 50km

**Accommodation:** Girona, 4 stars (Costa Brava, Spain)

## DAY TWO – March to October 2023 – Girona to Mediterranean

Today you will cycle a fantastic ride through the hills south of Girona towards the Mediterranean coastline. Today there are a few climbs to contend with but they all range between 5-7km in length and 6% average grades. Those with some training in the legs will really enjoy today's ride. In between all the climbing is a wonderful 10km stretch along the coast to Tossa de Mar which will be great fun before ducking back inland. Post ride there is a 30min van transfer back to Girona but for anyone looking for a big day on the bikes then just have a word with one of our guides!



**Meals:** Breakfast included

**Destinations:** Tossa de Mar

**Today's Ride:** 90km cycling / 1350m elevation gain

**Accommodation:** Girona, 4 stars (Costa Brava, Spain)

## DAY THREE – March to October 2023 – Els Angels Monastery

Riding from the hotel and you encounter some stunning scenery as you climb over the Les Gavarres mountain range twice. The road from Girona heads east and the first climb is up to the Els Angels Monastery. This is one of the most popular rides in the region and its 10km at 3% average gradient is the perfect way to get your legs going again. The descent takes you through to Monells which is a small medieval town located in the Baix Emporda region. Its main features are the yellowish stone houses, arches and cobblestone floors which have formed the film set for many Spanish feature movies. Be sure to take a rest in its main plaza. The loop back to the hotel passes smooth, beautifully asphalted roads with many undulations that will keep things very interesting.



**Meals:** Breakfast included

**Destinations:** Les Gavarres

**Today's Ride:** 90km cycling / 1200m elevation gain

**Accommodation:** Girona, 4 stars (Costa Brava, Spain)

## DAY FOUR – March to October 2023 – Girona to Figueras

Today we change hotels and with this our base moves to the scenic landscapes directly adjacent to Figueras. Figueras is famous as Salvador Dali's birthplace and this afternoon we will organise a visit to the museum designed in his name.

Getting back to the cycling though and following breakfast the group will roll out of the hotel. The cycling on offer is best described as a transitional day with 80km of 'flatter' riding through to our new hotel for the next three nights. With some solid days in the saddle still to come, today will be the perfect ride to make sure you are feeling stronger as the tour goes on!



**Meals:** Breakfast & Dinner included

**Destinations:** Figueras

**Today's Ride:** 80km cycling / 850m elevation gain

**Accommodation:** Figueras/Peralada, 4 stars (Costa Brava, Spain)

## DAY FIVE – March to October 2023 – Mare de Deu del Mont!

A challenging day on the bike now awaits but it is full of surprises and changing landscapes at every corner. Cycling from the hotel and the climb up to Mare de Deu del Mont at 1085m altitude will be sure to impress. The 360° degree views from our favourite platform on the Costa Brava makes the energy expended well worth it. Mare de Deu del Mont is an 18km climb with an average gradient of 5%. The final 3km though never drop below 10% making it a true cycling test. The 20km descent down towards medieval Besalu will be one to savour!

Riding into Besalu and its spectacular 11<sup>th</sup> Century medieval bridge will leave a lasting impression on the group. Its seven arches that span the Rio Fluvia have well and truly put Besalu on the map. After the chance to wander through its enchanting old town there will be a 20 minute van transfer back to the hotel.



**Meals:** Breakfast included

**Destinations:** Besalu

**Today's Ride:** 85km / 1400m elevation gain

**Accommodation:** Figueras/Peralada, 4 stars (Costa Brava, Spain)



## DAY SIX – March to October 2023 – Rocacorba

From Figueras there is a short van transfer to the edge of the Volcanica de la Garrotxa Natural Park (11,000 years since the last eruption). The cycling heads west in search of Castellfollit de la Roca which is a town resting on a stunning basalt outcrop. The ride loops from there around to Lake Banyoles. However, before enjoying the lakeside views we have a date with destiny - Rocacorba! This climb has become famous in recent years with professional riders using the ascent to measure their cycling condition. While the 13.5km is characterised by a 6% average gradient it is the final 5km which are really tough and constantly maintain ramps hovering around double-digit gradients!



**Meals:** Breakfast & Dinner included

**Destinations:** La Garrotxa & Lake Banyoles

**Today's Ride:** 90km cycling / 1650m elevation gain

**Accommodation:** Figueras/Peralada, 4 stars (Costa Brava, Spain)

## DAY SEVEN – March to October 2023 – Medieval Peralada

After yesterday's cycling heroics on Rocacorba today we take a ride with historical context. The route heads north-east to the low-lying Coll de Banyuls (365m altitude) on the French border. For those who like history this route was made famous during the Spanish civil war (1939). Hundreds of thousands of Spanish quickly escaped into France as Franco took control of Barcelona.

The route then meanders through the vineyards of the famous Alt Emporda wine region before stopping into medieval Peralada for lunch. This small medieval township includes an historic old town (casco antiguo) and its principal attraction is the 14th Century castle Castillo de Peralada. All that remains now are some easy kilometres through to the Gulf of Roses and our beachside base for the final two nights!

**Meals:** Breakfast & Dinner included

**Destinations:** Peralada

**Today's Ride:** 90km cycling / 850m elevation gain

**Accommodation:** Roses, 4 stars (Costa Brava, Spain)



## DAY EIGHT – March to October 2023 – Sant Pere de Rodes Monastery

To round out what has been a fantastic week on the bikes we have designed an excellent 'all-rounder' route for today. The route includes three climbs which again all range between 5-8km in length. However, to get things started the ride out from Cadaques to the lighthouse and Cabo de Creus will take you to the most eastern point on the Iberian peninsula. The road constantly dips and winds through an abrupt rocky landscape and the morning is the best time to enjoy these roads before the tourists arrive.

For many past guests we have saved the best for last though because the arrival at the picturesque Benedictine Monastery with its curving roads and spectacular coastal views all combine to create a most memorable experience. The 'Sant Pere' climb provides views of the Mediterranean all the way up!

Tonight in true Spanish style we would like to invite you to our favourite paella and fideuá restaurant on the Costa Brava! Buen provecho!

**Meals:** Breakfast & Dinner included

**Destinations:** Sant Pere de Rodes Monastery

**Today's Ride:** 75km cycling / 1400m elevation gain

**Accommodation:** Roses, 4 stars (Costa Brava, Spain)



## DAY NINE – March to October 2023 – Barcelona Transfer

Following breakfast we will transfer you to Barcelona Airport by 12:00 noon (2hr drive). We hope you have enjoyed your Costa Brava cycling experience!

**Meals:** Breakfast included

## GO PRIVATE - TRIP SUMMARY

**REGION:** GIRONA (Costa Brava, Spain)

**LEVEL:** BEGINNER +

**PRICE:** 3250 € p.p. (twin share)

(Based on a minimum of 4 persons)

**2023 TOURS:** Dates still available!

1 March – 15 April

10 May – 25 May

20 September - 31 October

**SINGLE SUPPLEMENT:** 600 €

**HOTELS:** Girona (x3), Figueras (x3) & Roses (x2); 4 star hotels

**OPTIONAL EXTRAS:**

Carbon Road Bike Hire: 300 €

**DURATION:** 9 DAYS / 8 NIGHTS

(Please ask us for modified duration)

**PAYMENT:**

In Euro to our nominated Spanish bank account (via international bank transfer)

### INCLUDED

Arrival & Departure transfers (Barcelona)  
8 nights accommodation including breakfast  
5 dinners with beer & wine included  
8 guided cycling stages with van and mechanic  
Food & drinks during cycling stages  
Commemorative cycling tour jersey  
Salvador Dali Museum Entry

### NOT INCLUDED

Airfares  
Pre or post Tour Accommodation

## HOTELS

