

COSTA BRAVA SELF-GUIDED

9 nights option (Spain, 2023/24)



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SPORTS & TOURS

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COSTA BRAVA



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This Costa Brava cycling tour will find you zipping along the Mediterranean coast, crossing interior mountains and climbing up to some simply breathtaking lookout points. Your **9 nights / 10 days** self-guided cycling tour starts in Girona, visits several medieval villages, includes stays in lovely coastal towns and finishes with a return to Girona via Figueras and Lake Banyoles. The tour moves hotel every two nights allowing you to comfortably experience many of the main Costa Brava attractions. Considering the self-guided tour style there are different tour prices based on whether you select 2 star, 3 star or 4 star hotels. The choice is yours!

On receipt of your 20% deposit payment, we begin reserving your hotels and providing you with all the confirmations. Full payment is then required 2 months prior to your tour start date. At this time, we send you the GPX cycling route files, Garmin Costa Brava base map, daily ride profiles and client tour booklet. When on tour, your luggage will be moved from one hotel to another so you only need to focus on the cycling on-hand. There is also a 24hr contact number provided for a local Sierra guide in the event you need emergency assistance.

We look forward to helping you plan your **Costa Brava self-guided cycling tour!**

TOUR OVERVIEW



TOUR HIGHLIGHTS

- Medieval Girona – the architecture, cuisine and cycling culture
- Cycling through picturesque towns such as Monells, Peratallada and Peralada
- Classic Costa Brava climbs including Els Angels, Sant Grau, Rocacorba and the Sant Pere de Rodes Monastery
- Beachside stays in both La Baix Emporda and L'Alt Emporda regions
- The Mediterranean coastal cycling experience out to Sant Feliu
- Visit the fishing village of Cadaques and a ride out to the most eastern point of the Iberian Peninsula
- Ride up to the French border (Coll de Banyuls)
- Visit the 'La Vinyeta' winery in L'Alt Emporda!

ITINERARY

DAY ONE – Ask for 2023 & 2024 Dates – Girona, Spain

You will be able to check-in to your central Girona hotel from 2pm onwards. Here you can find your hire bikes waiting for you and adjusted to your personal fitting settings. At an agreed time, our Sierra guide will meet you in hotel reception this afternoon to go through a tour briefing with you. Now you are ready to go!

Please note: if you would like a transfer from Barcelona to Girona please consult the prices in the '**Optional Extras**' section at the conclusion of this presentation.

Accommodation: Girona (Costa Brava, Spain) - 2, 3 or 4 star hotels (you decide)

DAY TWO – Ask for 2023 & 2024 Dates – Els Angels & Monells

Ride up to Els Angels Monastery in Les Gavarres mountain range. Els Angels is one of the most popular rides in the region and its 10km at 3% average gradient is the perfect way to get started. The descent takes you through to Monells which is a small medieval town located in La 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 and enjoy a drink with the locals.

Today's Ride: 70km / 1000m elevation gain

Accommodation: Girona (Costa Brava, Spain) - 2, 3 or 4 star hotels (you decide)

DAY THREE – Ask for 2023 & 2024 Dates – Mediterranean coastline

Riding south from Girona the route encounters the fantastic Sant Grau climb (6km) which then drops down to the Mediterranean. What now awaits is a wonderful stretch of winding road along the coast through to Calella de Palafrugell which is a small beach town and your home for the next two nights.

Today's Ride: 72.5km / 750m elevation gain

Accommodation: Calella de Palafrugell - 2, 3 or 4 star hotels (you decide)

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DAY FOUR – Ask for 2023 & 2024 Dates – Visit to medieval Peratallada

Starting and finishing on the coast today's ride is an inland loop which passes some majestic small towns including Begur and Peratallada (perfect coffee stop destinations). At the 60km mark you cross paths with the fabulous Finca Bel Lloc wine estate and if interested we could help you with a wine tasting and/or long-lunch booking.

Today's Ride: 60km / 850m elevation (Finca Bel Lloc) or 72.5km / 950m elevation

Accommodation: Calella de Palafrugell - 2, 3 or 4 star hotels (you decide)

DAY FIVE – Ask for 2023 & 2024 Dates – Beach time at Roses

The cycling on offer today is best described as a transitional day with an easy 70km of flat riding through to your new hotel for the next two nights. Quiet lanes passing agricultural fields and small towns take you through to Roses and its relaxing beaches. Only a short walk away from the hotel is the archaeological site 'La Ciutadella'. Here you will find the walled site of the original Greek colony 'Rodes'!

Today's Ride: 70km / 300m elevation gain

Accommodation: Roses (Costa Brava, Spain) - 2, 3 or 4 star hotels (you decide)

DAY SIX – Ask for 2023 & 2024 Dates – Cabo de Creus peninsula

Ride to the most eastern point on the Iberian Peninsula. From Cadaques the road out to the lighthouse constantly dips and winds its way through an abrupt rocky landscape. Optional - the climb with the most beauty on the Costa Brava is arguably Sant Pere de Rodes. The arrival at the picturesque Benedictine Monastery with its curving roads and spectacular coastal views all combine to create a most memorable experience.

Today's Ride: 55km / 950m elevation gain or 70km / 1400m elevation gain

Accommodation: Roses (Costa Brava, Spain) - 2, 3 or 4 star hotels (you decide)

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DAY SEVEN – Ask for 2023 & 2024 Dates – Medieval Peralada

Today is an excellent 'all-rounder' route as you ride into L'Alt Emporda región. A stop-over in Peralada is an absolute must. This small medieval township includes an historic old town (casco antiguo) and its principal attraction is the 14th Century castle Castillo de Peralada. The ride finishes in Figueras which is famous as Salvador Dali's birthplace so why not take some time to visit the museum designed in his name.

Today's Ride: 70km / 550m elevation gain

Accommodation: Figueras (Costa Brava, Spain) - 2, 3 or 4 star hotels (you decide)

DAY EIGHT – Ask for 2023 & 2024 Dates – Ride to the French border

Today's ride 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 escaped into France as Franco took control of Barcelona. The backroads back to Figueras meander past the vineyards putting L'Alt Emporda on the map. We have a special visit to 'La Vinyeta' winery organised for you which includes a delightful picnic lunch box to enjoy!

Today's Ride: 67.5km / 500m elevation gain

Accommodation: Figueras (Costa Brava, Spain) - 2, 3 or 4 star hotels (you decide)

DAY NINE – Ask for 2023 & 2024 Dates – Lake Banyules & Rocacorba

The most challenging day on the bike has been left for last. The cycling heads towards Lake Banyoles which is a tectonic depression and the largest natural lake in Catalonia. Only minutes away from the lake is the 'Rocacorba' challenge. This climb has become famous in recent years with professional riders using the climb for their specific hill interval sets. While the 13.5km is characterised by a 6% average grade it is the final 5km which are really tough and constantly maintain ramps hovering around double-digit gradients. However, if you would like to finish with an easier day we also have an excellent 73.5km route which skirts around Lake Banyoles and avoids Rocacorba.

Today's Ride: 73.5km / 700m elevation gain or 95km / 1500m elevation gain

Accommodation: Girona (Costa Brava, Spain) - 2, 3 or 4 star hotels (you decide)

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DAY TEN – Ask for 2023 & 2024 Dates – Goodbyes

After breakfast you are free to continue your own adventures. We hope you have enjoyed your Costa Brava cycling experience! If you would like a transfer to Barcelona (1.5hr) please consult the prices in the ‘**Optional Extras**’ section below.

SELF GUIDED - TOUR SUMMARY

REGION: Girona & Costa Brava (Spain)

LEVEL: BEGINNER +

HOTELS: Girona (x3), Calella (x2),
Roses (x2), Figueras (x2)

2023/24 TOURS: Dates still available!

1 – 10 July 2023

20 September - 30 November 2023

1 February 2024 onwards

PAYMENT:

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

INCLUDED

9 nights accommodation including breakfast
8 GPX ride routes, options & Garmin base map
Booklet with hotel bookings, ride profiles & tips
Visit to ‘La Vinyeta’ winery
Hotel luggage transfers
24hr point of emergency contact

BIKE HIRE INFORMATION

All hire bikes come with a basic repair kit
Pedals are included
Bike locks are included
Helmets are **not** included
A valid credit card as a security deposit

PRICE per person & twin share:

2300€ (4 stars), 2050€ (3 stars) or 1900€ (2 stars)

: Based on a minimum of 2 persons

: Please ask for group discounts (min. 6 persons)

DURATION: 9 NIGHTS / 10 DAYS

OPTIONAL EXTRAS:

Single Supplement: **Price on request**

Barcelona/Girona Transfer: **Approx. 100 € pax**

Carbon Road Bike Hire: **350 €**

Electric Road Bike Hire: **575 €**

NOT INCLUDED

Lunches or Dinners
Pre or post Tour Accommodation
Finca Bell-Lloc Winery Lunch
Salvador Dali Museum Entry
La Ciutadella Entry

HOTELS

