



# EPIC VUELTA PEAKS CYCLING TOUR

## Northern Spain: Leon to San Sebastian

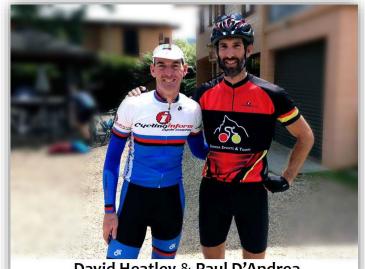




## Meet your 'Epic Vuelta Peaks' Cycling Tour Directors

Sierra Sports & Tours and Cycling-Inform are pleased to present two packages for cyclists wanting to crush the most epic mountain passes in northern Spain and cols in France. During 2024 we will kick things off with a Vuelta Peaks cycling adventure before moving immediately over to France to conquer the Pyrenees. The tour groups will be capped at 15 riders to keep the experience intimate and to able to provide excellent support to all our guests.

This document focuses on the itinerary for the **EPIC VUELTA PEAKS** tour only!



David Heatley & Paul D'Andrea

The Sierra experience in Europe and the

coaching support from Cycling-Inform will help you go back-to-back over the northern Spain peaks and French Pyrenees! David from Cycling-Inform has 20 years successfully preparing recreational and age group riders for the challenges of their lives; getting riders over WTF corner at Peaks Challenge ride, 25 Bright Boot Camps in the Victorian High Country, training cyclists for the world's biggest gran fondos including Europe's famous Haute Route events and preparing hundreds of clients for their own European cycling adventure. Now combined with the logistical support from Paul and his Sierra team, their European base and equipment, plus 12 years of rolling out first class cycling tours this Sierra / Cycling-Inform joint venture is a match made in cycling heaven.

Our story dates back to 2014 where we met at Peaks Challenge to assess ideas for future collaboration. By 2015 Paul from Sierra was riding a Cycling-Inform Bright Boot Camp to kick start his European cycling guide training. Jodie and David in the same European spring were conquering the cobbles and pave at Flanders and Roubaix. In 2017 Cycling-Inform were back to Europe with Sierra on some the biggest alpine passes at La Vuelta a España. To follow the professional riders Cycling-Inform Joined Sierra at the 2019 Criterium du Dauphine. During 2023 Sierra and Cycling-Inform joined forces to roll-out the successful Epic French Alps and Epic Italian Alps cycling tours.

Now in 2024 we are pleased to present you all the **EPIC VUELTA PEAKS** and **EPIC PYRENEES** trips of your lifetime!



## 2024 Epic Vuelta Peaks Cycling Tour

## Cycling from El Angliru to Lagos de Covadonga

Here is a classic cycling tour to challenge all recreational cyclists looking to tick off a full bucket list of epic climbs straight from **La Vuelta a España** pro-cycling race. This Spanish cycling tour follows the Asturian and Cantabrian provinces in northern Spain which are considered by many as the spiritual home of the modern day 'La Vuelta'. Just like Le Tour and the Giro, La Vuelta is full of EPIC climbs.

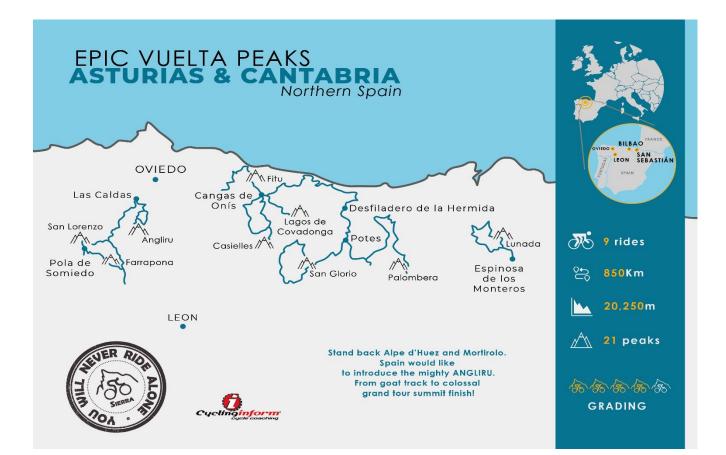
Join us in Asturias and test yourself on some of Europe's most challenging climbs (Lagos de Covadonga, San Lorenzo, La Farrapona and L'Angliru to name a few). Cantabria is also full of hidden gems, and while not as steep as their Asturian counterparts, there are numerous 25km+ climbs (and long flowing descents!) to contend with. If the names of climbs, such as, San Glorio, Piedrasluengas and Palombera don't ring a bell yet, then they certainly will by the time June 2024 comes around!

The tour starts in Leon and finishes in San Sebastian, important cultural and beachside cities respectively. Leon, which is located to the north of Madrid, is an integral part of the Camino de Santiago pilgrim route. San Sebastian is the jewel of Basque Country and is a favourite with almost everyone who visits Spain. It is the perfect place to relax after the Epic Vuelta Peaks cycling challenge is done and dusted. Take advantage of some free time along the Concha beach strip which is impressively situated between Monte Igeldo and Monte Urgull.

Northern Spain is often referred to as green Spain and the impressive east-west mountain range is the perfect stage for road cycling enthusiasts. In simple terms, a massive limestone formation extends through the Asturias, León and Cantabria provinces which captures heights above 2500 m elevation in many places. What is so amazing though is how close the mountains are to the Cantabrian Sea. In places they are barely 15km from the sea so just imagine the cycling views that will be on offer! The best way to describe these mountains is as the 'Spanish Dolomites'; jagged, eye-popping rock formations that provide delights around every switchback. We hope you are ready to climb as the tour hits the high peaks of the Somiedo, Ubiñas-Mesa, Ponga, Saja Besaya and Picos de Europa (our favourite!) national parks.

What an amazing ten-days holiday through Spain's premiere road cycling region!





## HIGHLIGHTS

- ✓ Cycle the Picos de Europa national park Spanish Dolomites!
- ✓ Test yourself on **L'Angliru** one of Europe's toughest road cycling climbs.

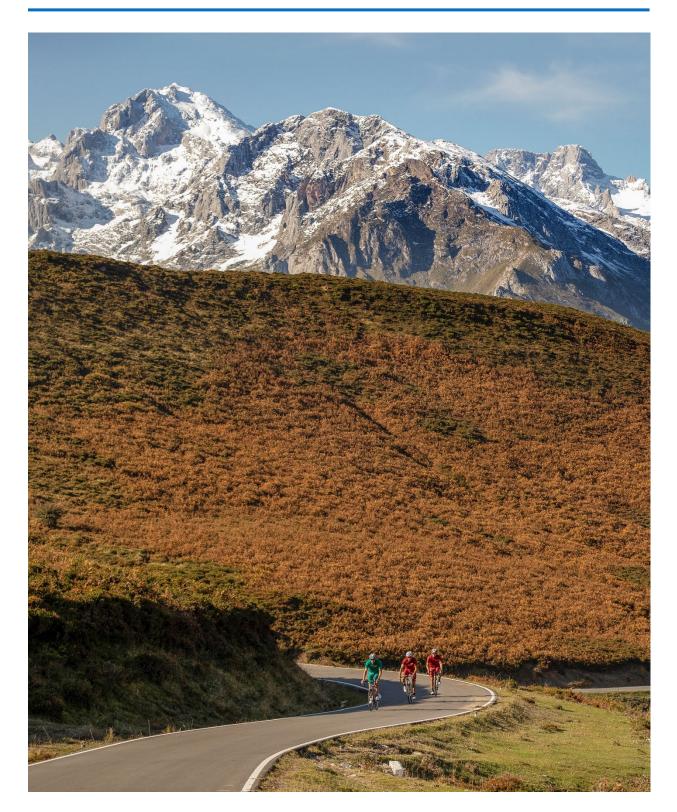
Move aside Mortirolo & Zoncolan!

✓ Lagos de Covadonga – 21 magical 'La Vuelta' moments!

✓ Be mesmerized as you ride through **'La Hermida'** canyon.

- ✓ Sip coffee on the **coast** before climbing into the 'Picos N.P.'
  - Reward yourself post-tour in San Sebastian!





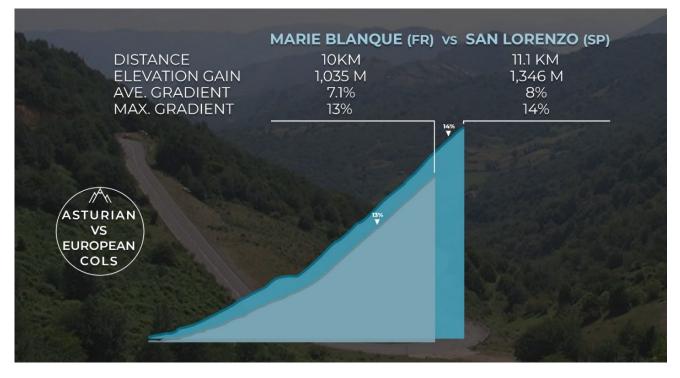
# ITINERARY

## DAY ONE – Sun 2 June 2024 – Leon to the Somiedo bear

SIERRA

Pre-tour we recommend you spend a day or two enjoying everything that Leon has to offer. Its strong links with the Camino de Santiago mean you will see many pilgrims through the plazas and monument filled streets. At the end of the 19<sup>th</sup> Century, a young architect who had never left Barcelona also crossed the country to build a textile warehouse in Leon. You guessed it, his name was Antonio Gaudi and he well and truly left his mark on the city's architecture! The tour collection time in central Leon will be 12 noon.

If you are short on time though, our team can also collect you from the central Atocha station in Madrid at 8:00am today and transfer you 3.5hr to Leon. From Leon there is a 1hr van transfer to the Somiedo National Park. After setting up the bikes and a sandwich for lunch we will kick-off our Epic Vuelta Peaks journey! 60km might sound like a short afternoon ride but it houses a double kick. In France they are called 'cols' but in Spain you have 'puertos'.



Meals Dinner

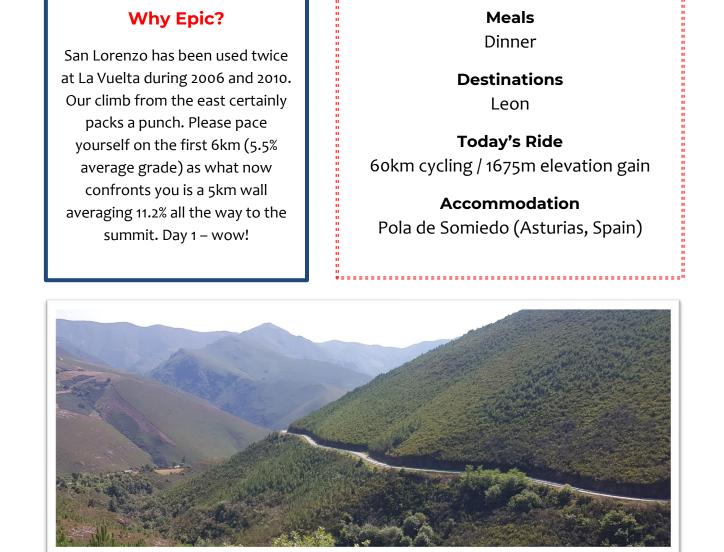
The initial Puerto de Ventana climb is 13km and its leisurely 3% average grade is the perfect warm-up. From the summit you are rewarded with a spectacular 20km descent. San Lorenzo now awaits and its 11km at 8% average grade very much resemble the mighty Col du Marie Blangue statistics in the heart of the French Pyrenees. This climb really has some bite!

SIERRA

Why Epic?

San Lorenzo has been used twice

Tonight we sleep in Pola de Somiedo which is nestled in the heart of the Somiedo natural park. They estimate that there are nearly 200 brown bears living in these remote mountains. They are very shy and thankfully don't feed on resting cyclists!





## DAY TWO – Monday 3 June 2024 – La Farrapona vs. Izoard

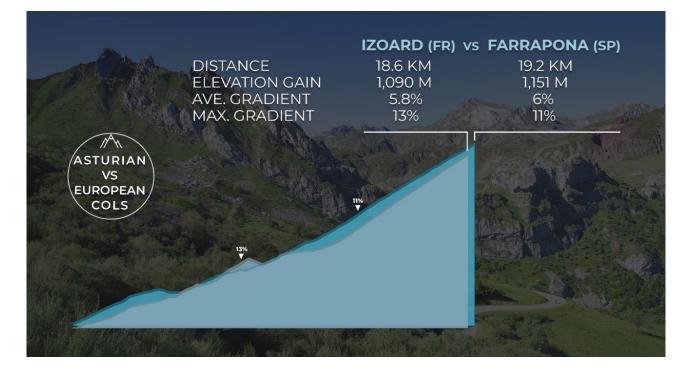
Today we will roll-out from the front door of the hotel. Before long we are at the base of La Farrapona climb. This has always been a up and back climb but thanks to the local council asphalting the eastern approach in July 2023 we can now climb from the west and descend to the east.

La Farrapona is an 18.5km climb with a 5.5% average grade. However, the ascent increases in difficulty as the climb advances. The final 6km average 8.7% but thankfully the magnificent panoramic views of the Salencia Lakes will take your mind off what is a genuine Vuelta wall. As you will start to appreciate, Asturias is full of climbs and from La Farrapona we link-up with 'Ventana' from yesterday. The descent is so good we wanted to make sure you could do it again!





During the run home we will get your heart rate up again as we continue past the 'Senda de Oso' (bear track) towards the edge of the Las Ubiñas-La Mesa Natural Park. This cycling route follows the valley directly west and behind the massive l'Angliru massif which is tomorrow's huge challenge. A classic hotel to hotel ride which finishes at our hotel spa resort for the next two nights.



### Why Epic?

This corner of Asturias has rolled out 3 Vuelta summit finishes during 2011, 2014 and 2020. Alberto Contador took the win on Alto de La Farrapona during Stage 16 of the 2014 edition.

#### **Meals** Breakfast & Dinner

#### **Destinations** Senda de Oso

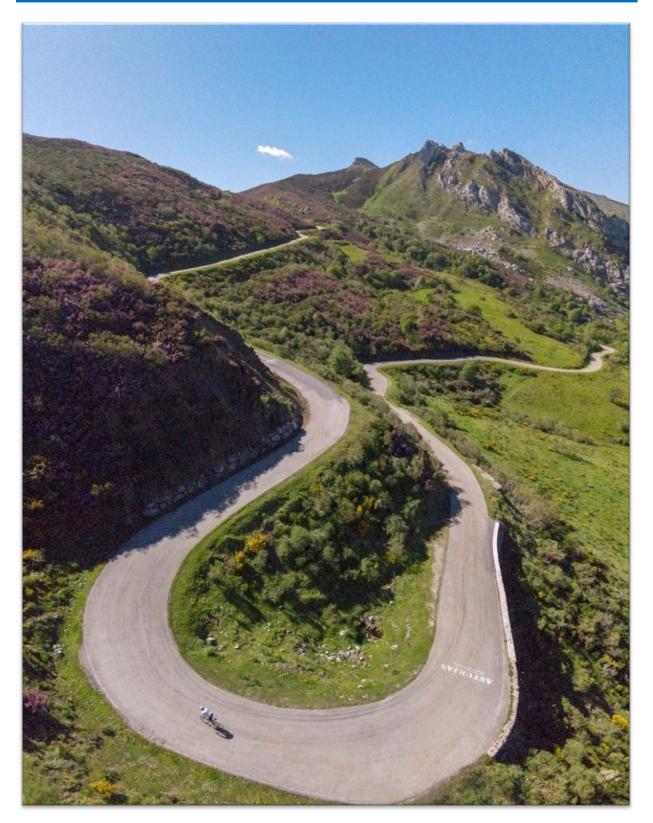
**Today's Ride** 85km / 2050m elevation gain

**Accommodation** Oviedo (Asturias, Spain)

www.sierrasportsandtours.com.au

www.cycling-inform.com





## DAY THREE – Tues 4 June 2024 – L'Angliru: are you ready?



Are you ready? Having cycled this monster a number of times we can honestly say that you are never really ready for L'Angliru. If your bike has the right gearing - compact cranks with at least a 32 rear cassette, you have some training in the legs and strong willpower this should be enough to get you to the top. This will probably be your greatest road cycling achievement to date and perhaps for all times for that matter.

The Tour de France has Tourmalet, Alpe d'Huez, Galibier and Mont Ventoux. The Giro d'Italia has Giau, Stelvio, Mortirolo and Zoncolan. La Vuelta over its journey was missing a secret ingredient, a colossal climb you could say! Enter L'Angliru. A goat track used by Asturian farmers was converted overnight into Spain's number 1 cycling mecca.

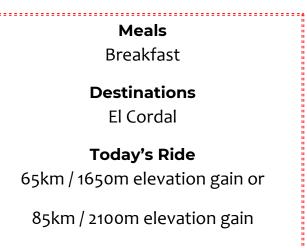
El Alto del Angliru was first introduced by La Vuelta organisers during 1999. The 12.5km climb with 10.2% average grade we think puts it in the top 3 of all European road cycling climbs. Sounds tough right! But wait for it, the final 6.5km average 13.5% with half a dozen extended ramps ranging between 19 to 23.5%. The legend is born!



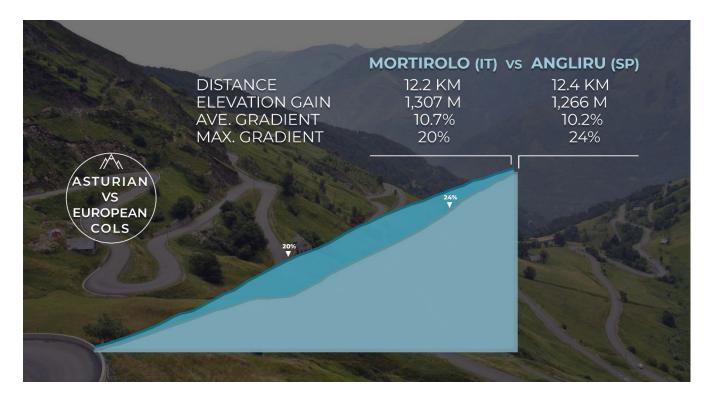
A hotel loop ride is on offer. In the initial 30 challenging km to the L'Angliru summit you will have already climbed 1575m elevation gain. Staggering statistics. If you would like to add another 20km to your ride we will guide you up 'El Cordal' which is a typical Vuelta link climb!

#### Why Epic?

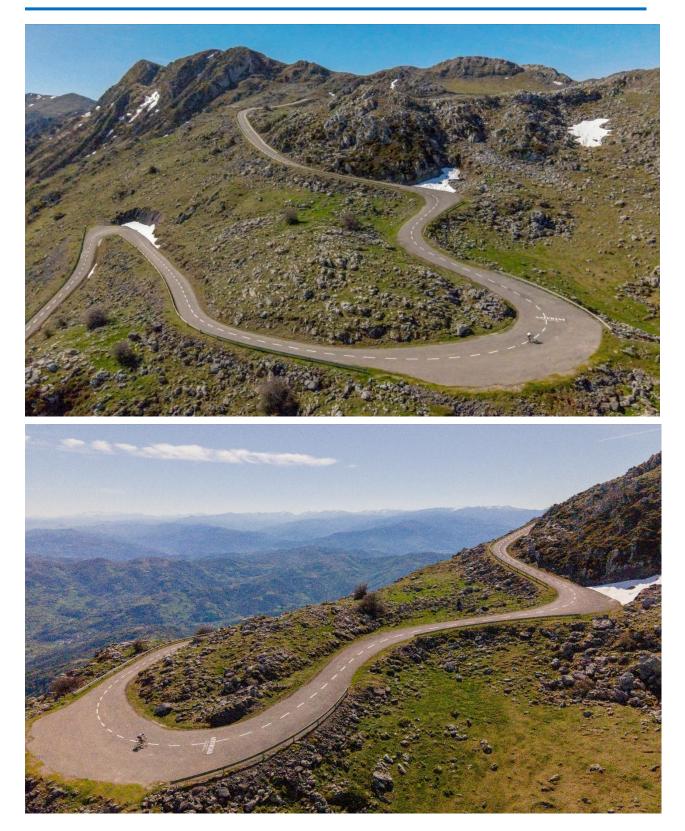
'Un autentico infierno' as the locals would say! As soon as L'Angliru made race news, it spread like a wildfire across the cycling world. There have now been 8 Vuelta stage finishes since 1999 and Alberto Contador is the only rider with multiple stage wins.



**Accommodation** Oviedo (Asturias, Spain)







## DAY FOUR – Wed 5 June 2024 – Lagos de Covadonga

Whether you are a photographer, nature lover, hiker or cyclist everyone who travels to northern Spain must visit Lagos de Covadonga (*lago* = lake). The majestic lakes which are found at the summit have become a common fixture at La Vuelta.

In the morning though we begin with a 45min transfer east towards the 'Picos de Europa'. Before reaching the natural park we have the impressive Mirador del Fito (*Mirador* = Lookout) climb to contend with. Immense panoramic views of the Asturian coastline (Bay of Biscay) open up and will be sure to impress! This is, without a doubt, one of the must-see viewpoints on any trip to Asturias. 7km and 8% average grades will mean you are well and truly warmed up. Mirador del Fito was first used at La Vuelta in 1989 and has had 16 visits since. During Stage 15 of the 2018 Vuelta the Fito and Lagos de Covadonga double was used. Let's see if you can emulate the podium of Thibaut Pinot, Miguel Angel Lopez and Simon Yates.





The 'Fito' descent now delivers you to the base of the Picos de Europa National Park. These mountains are commonly referred to as '*Pequeño Dolomiti*' (Little Dolomites). 14km of constant climbing (7% average), on wait for it closed roads for general traffic, take you up to Lagos de Covadonga and its towering limestone peaks. There is a testing 3km stretch during the mid-section which constantly hovers around 11% average. It's a special micro-climate at the top just like what can be found atop Col de l'Iseran or Passo Gavia in the French and Italian Alps respectively.

#### Why Epic?

Lagos de Covadonga was first included during the 1983 Vuelta race. During the last 40 years there have been no less than 21 epic stage finishes. It is one of the most loved climbs with the 'aficionado' and Spanish and French champions Pedro Delgado and Laurent Jalabert respectively are the only riders to have taken out multiple stage wins. Meals Breakfast & Dinner

> **Destinations** Covadonga

**Today's Ride** 100km / 2350m elevation gain

Accommodation Cangas de Onis (Asturias, Spain)





## DAY FIVE – Thursday 6 June 2024 – 'El Stelvio' of Asturias

A fantastic hotel loop ride through the Ponga forest now awaits. The three climbs form what we believe will be the Queen stage of this Epic Vuelta Peaks tour. This is saying something when today doesn't even include any of the big-name Vuelta climbs! Starting with Collado Mohandi and its 12km and 4.8% average will be a good start. Collado Llomena follows with 9km at 7% before sweeping down to the 'Desfiladero de los Beyos' canyon. Here you will be dwarfed as you cycle between giant mountains and deep canyons.

Things get really interesting though on the 'Caseilles' climb. It is short but sweet (i.e. code for steep!) but it is also perhaps the most idyllic European road cycling location we have been privileged to ride until now. The small hamlet of Caseilles in the heart of the natural park is nothing more than a church and a handful of houses at the summit. But for road cyclists it has something truly special. The road leading up to the township is only 4km long and its 12.3% average grade is frighteningly beautiful. At its maximum this curving climb reaches 21% grades at one point. What it lacks in distance though it certainly makes up for in wow factor. Perfect switchbacks all the way to the top with spectacular mountains either side.

During the afternoon there will be time to explore Cangas de Onis. This is an emblematic town which was actually the capital of the Asturian kingdom until the year 774. The battle of Covadonga saw the first win of the Reconquist of the Moors (722). It was a long drawn out process seeing the final win for the Christian armies took place in Granada (southern Spain) in the year 1492. Today it's medieval bridge and monuments are part of a town of only 3500 inhabitants which swells for outdoor tourism thanks to its hiking, cycling, climbing and canoeing opportunities.

#### Why Epic?

The locals refer to the Caseilles climb as 'El Stelvio de Asturias' thanks to its 23 switchbacks. Due to its shorter length it more closely resembles 'Lacets de Montvernier' in the French Alps. An epic cycling experience awaits!

#### **Meals** Breakfast

**Destinations** Ponga National Park

**Today's Ride** 92.5km / 2500m elevation gain

#### Accommodation

Cangas de Onis (Asturias, Spain)

www.cycling-inform.com

## DAY SIX – Friday 7 June 2024 – Cantabrian Sea to 'Picos'

Today is one of those special days on the bikes where the Sierra peloton passes from mountains, down to the Cantabrian Sea and back up into the Picos de Europa mountains. Passionate road cyclists will channel La Vuelta energy and the narrow mountain roads through quiet remote landscapes.

After breakfast we'll be off in search of quiet roads up to 'Alto del Torno'. This 8.8km climb with 5% average grade hides its nasty secrets until the final 2km (a constant 10% grind). Now it's time to cruise down to the beach (Playa del Barro) on the Cantabrian Sea for a well earnt coffee. Special sites along the route continue with big mountain views over to the 'Naranjo de Bulnes' peak and a scintillating stretch of deep canyon road called 'Desfiladero de la Hermida'. The road follows a 21km long gorge which happens to be the longest in the Iberian Peninsula (Spain & Portugal combined).

The *desfiladero* (gorge/canyon), which is flanked by rock walls that reach 600m high in places, brings you all the way to the town of Potes and our home for the next two nights.

#### Why Epic?

Desfiladero de la Hermida is a canyon road that has constantly linked many big Vuelta stages. Steep peaks and rock formations provide a truly sceninc spectacle. Stage 16 of the 2023 La Vuelta took the pro peloton through the canyon on the way to Bejes. Find a stage replay and see what you are getting yourself in for! Meals Breakfast & Dinner

**Destinations** Desfiladero de la Hermida

**Today's Ride** 110km / 1850m elevation gain

Accommodation Potes (Cantabria, Spain)





## DAY SEVEN – Saturday 8 June 2024 – Mountain Plateaus

After six consecutive days on the bike it might be time for some to take a rest. The mountain township of Potes is full of charm. Its geographic setting on the confluence of four valleys means there is plenty of flowing water, fertile agriculture and the craggy peaks of the Picos de Europa all around. The gastronomy in the region is also well known for its cocido and quesucos de liebana. Cocido is a hearty white bean stew made for the mountain conditions. Quesucos is a traditional smooth cheese, with a creamy texture and moldy crust. It can be made with cow, sheep, goat milk or a mixture of all three.

Those who are looking for more kilometres today have another big ride through the Cantabrian mountains. From Potes the Puerto de San Glorio climb is first up. The 26.7km at 4.9% average makes for a long climb. The initial 10km average 2.5% with several false flat sections to prepare you for the final 16km assault to the summit. This final section includes constant 6.3% average grades which will allow you to find a comfortable rhythm. That could not be said for some of the previous days in Asturias and the 20% ramps on L'Angliru.





From the summit there is time to enjoy a 40km stretch along a mountain plateau at 1100m elevation. Ten of these kilometres even follow the edge of the Riano Reservoir which will be a nice break (and reward) for all the climbing over the past seven days!

Just when you thought all the climbing was finished for the day we go and throw in a final test. Puerto de Pandetrave is a 10km climb and its 6.3% average gradient culminates at 1560m elevation. The first two kilometres range between 8-10% so the final 8km to the top should be a piece of cake!

#### Why Epic?

SIERRA

San Glorio is a climb that was used at La Vuelta a España during 2014 and 2021. It is a fantastic road that links the Cantabria and Castile & Leon provinces. Comparing overall climb statistics and one could look at Col du Pourtalet in the French Pyrenees. This is a major climb from one of Europe's most difficult gran fondo rides - Quebrantahuesos. The 28.7km from France into Spain averages 4.5% and offers a good comparison with San Glorio at 26.7km and 4.9%. What makes San Glorio a real test though is its final 16 km (6.3%). Col d'Aubisque in the French Pyrenees for example measures 16.5km and 7% average grade. San Glorio equals a 10km warm-up followed by a climb similar to Col d'Aubisque!

#### **Meals** Breakfast

**Destinations** Riano Reservoir

**Today's Ride** 100km / 2350m elevation gain

Accommodation Potes (Cantabria, Spain)

## DAY EIGHT – Sunday 9 June 2024 – P is for Piedrasluengas

Just like yesterday and the Cantabrian climbs on offer are long but fortunately less steep than Asturias. In saying that though, the total elevation gain on a daily basis is still very similar. Cycling out from Potes and one encounters Piedrasluengas. The 29km climb at 3.7% average is one to enjoy. Cycling up through small hamlets and pastures will take you back in time. At the summit the lookout point offers magnificent views back down the valley and what you have achieved. Time to cruise down the 35km descent before Puerto de Palombera. Yes, you read that write - 35km of free flowing descent! Puerto de Palombera is another 22km long climb which gains 1000 vertical metres.

Post-ride there is a 1hr drive from Cantabria into Castile & Leon province. You will now stay in Espinosa de los Monteros for the final two nights. Espinosa is a town rich in its long history, medieval towers, palaces and churches.

#### Why Epic?

SIERRA

Piedrasluengas offers some of the most brilliant scenery. Road cyclists will be truly amazed as they climb switchbacks and pass through rock tunnels to rival anything from Le Tour or the Giro. At the same time who has ever descended a free flowing 35km descent? These descents on quietly trafficked roads are to savour!

### **Meals** Breakfast

**Destinations** Piedrasluengas & Palombera

**Today's Ride** 115km / 2500m elevation gain

#### Accommodation

Espinosa de los Monteros (Castile & Leon, Spain)





www.sierrasportsandtours.com.au www.cycling-inform.com

### DAY NINE – Monday 10 June 2024 – Spain's Sella Ronda

Espinosa de los Monteros will be unknown to most international cyclists but those in the Spanish road cycling scene know how special today's ride is. Our final day on the bikes is a Sella Ronda replica from the Italian Dolomites. A loop ride with four amazing climbs that is actually 40km longer and which climbs 500m further than its Italian cousin. Portilla de la Lunada (8.1km and 5.7%), Alto de Caracol (6km and 6.7%), Puerto de Braguia (7.8km and 5.9%) and Puerto de Estacas (14.5km and 5.5%) are the Spanish climbs which happen to dwarf the Sella Ronda in Italy. Rather than cycling above 2000m elevation like in the Dolomites this route hovers between 800-1350m elevation and the summits are only 50km from the coast.

Just quietly, 'La Lunada' and its 22km descent is also out of this world!

#### Why Epic?

These climbs which span the Castile & Leon and Cantabria provinces have become household names thanks to pro races such as Vuelta de Burgos and Vuelta a España. Portillo de la Lunada for example includes 6 passes between the 1990 and 2011 Vuelta editions. We have designed your route so a 22km descent follows from the Lunada summit. If there was a dictionary image for 'pure fun' it would show this descent! Its views are a carbon copy of the Galibier descent in the famous French Alps. From Galibier to Col du Lauteret there is 8km of pure downhill thrills. La Lunada and its 22km descent is therefore pure paradise!

Meals Breakfast & Dinner

> Destinations La Lunada

**Today's Ride** 96km / 2200m elevation gain

Accommodation Espinosa de los Monteros (Castile & Leon, Spain)

## DAY TEN – Tuesday 11 June 2024 – Goodbyes

Following breakfast our guides will be available to transfer you to Bilbao Airport (1.5hr) or San Sebastian (2.5hr). We can have you at Bilbao airport by 11:00am so please keep that in mind when organising any onwards flights. We trust you have enjoyed your Epic Vuelta Peaks cycling experience and we look forward to seeing you again soon!

Some of you might also consider joining us on our back to back 'Epic Pyrenees Peaks' tour which kicks off from San Sebastian on 13 June 2024.

Meals: Breakfast





# WHAT'S INCLUDED

**Tour Package: Epic Vuelta Peaks** (2 – 11 June 2024)

### **Tour Inclusions:**

9 nights accommodation (twin share), 3/4 star hotels All breakfasts included, 3 picnic lunches & 5 dinners with beer & wine 9 epic guided rides (includes support van & mechanic) Food and drink during rides Commemorative cycling jersey Comprehensive tour booklet (ride maps and profiles) On-road climbing & descending classes

Price: 3950 Euro (Payment in \$AUD available)

Minimum 6 participants / Maximum 15 participants

# EXTRAS

Cycling-Inform 24 week training package (includes coaching & mentoring): \$AUD 2800 Premium tour pack: 1350 Euro (Includes daily bike clean & tune, 4 laundry services, daily 30min massage & all dinners) Single room supplement: 750 Euro Carbon road bike hire (Orbea Avant M30, 105, compact, 11/32 cassette): 325 Euro Carbon road bike hire (BMC Roadmachine, Di2, Ultegra, 11/32 cassette): 550 Euro 2 nights Transition Package (San Sebastian): 1250 Euro



**Important note:** For those of you going for the **'Double Epic'** then you will need to spend a couple of nights in San Sebastian between tours. By selecting this transition package you will join the Tour Directors for a couple of very enjoyable sightseeing days. Basque Country in northern Spain has a lot to offer and between pintxo tours (tapas in Basque) in the medieval old town, going for a swim in the Concha beach, through to cooking classes and a relaxed beachfront bike ride we will have you primed for the upcoming Epic Pyrenees Peaks tour!

## DAY ONE – Tuesday 11 June 2024 – San Sebastian

We will arrive to San Sebastian around 12 noon. After arriving to the hotel, we will be straight out into the old town for a pintxo tour for lunch. It is a great way to enjoy a variety of treats from the local Basque cuisine. For those who are interested, the late afternoon will see a 1.5hr cruisy bike ride along the foreshore to check out the local beaches and some interesting sculptures and sights along the way. During the evening you will have free time.

Meals: Pintxo Lunch included Accommodation: San Sebastian (Spain)

SIERRA



## DAY TWO – Wednesday 12 June 2024 – San Sebastian

During the morning we would like to showcase a fun cooking class. Roll up your sleeves as typical Spanish dishes such as gazpacho, tortilla de patata y paella are on the menu! Once the food has been prepared you will all then sit down and enjoy lunch over a glass of wine. Perhaps we have some new Masterchef aspirants! For dinner we will reconvene and visit the harbour area for a quality meal and chat about the big rides that are waiting over the horizon. Tomorrow we are back on the bikes and the magnificent `Atlantic Pyrenees` await.

**Meals:** Breakfast, Lunch & Dinner included **Accommodation:** San Sebastian (Spain)



## DAY THREE – Thursday 13 June 2024 – Atlantic Pyrenees

After breakfast we will be ready to depart San Sebastian at around 9:00am. A short 20min drive will take us to the base of the Atlantic Pyrenees. Let the climbing begin!

Meals: Breakfast



# WHAT'S INCLUDED

Tour Package: Transition Package (11- 13 June 2024)

### Tour Inclusions:

2 nights accommodation (twin share), 3/4 star hotel
All breakfasts included & 1 dinner with beer & wine
Pintxo Basque Lunch & Luxury Cooking Class (+ Lunch)
San Sebastian guided bike tour

Price: 1250 Euro (Payment in \$AUD available)

## EXTRAS

Single room supplement: 250 Euro

## CONTACT



SIERRA

Sierra Sports & Tours specialises in European road cycling tours with annual trips through France, Italy, Spain, Belgium, Portugal, Slovenia & Switzerland. Cycling is our life, bike travel our passion and our number one priority is to support you in your quest to cycle the very best of Europe!



Cycling-Inform has nearly two decades of cycling coaching experience in customising training master classes plans and for recreational riders and racing cyclists. Our focus is on effective training so you achieve real breakthroughs with your cycling performance.

www.sierrasportsandtours.com.au

information@sierrasportsandtours.com.au

Telephone: +34 679 236 928 / +61 39016 9830 www.cycling-inform.com

support@cycling-inform.com

