

GIRONA & COSTA BRAVA

Spain (May or September 2024)



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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 guided cycling tour includes two possible travel dates: **5-13 May 2024** or **21-29 September 2024**. The roads zip along the Mediterranean coast, cross over interior mountains, visit spectacular lakes and climb up to some simply breathtaking lookout points.

You will start and finish your cycling tour 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 interior before finishing things off with what can only be described as a gem of a coastal town!

This tour is perfect for cyclists who like to do short-medium length climbs but who equally enjoy undulating roads and flowing descents on smooth asphalted roads. We guarantee you a variety of picture-perfect views from hilltop monasteries, small coastal coves and beaches and serpentine roads out to remote Mediterranean peninsulas!

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 Santuari de la 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)

ITINERARY

DAY ONE – 5 May or 21 September 2024 – Barcelona to Girona

We will be available to meet you in at Barcelona Airport (9:30am) or in the reception of Hotel Grums Barcelona (10:30am). 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 the outskirts of 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.

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: 60km

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

DAY TWO – 6 May or 22 September 2024 – Girona to Mediterranean

Today you will cycle a fantastic ride through the hills south of Girona towards the Mediterranean coastline. Today there are four 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

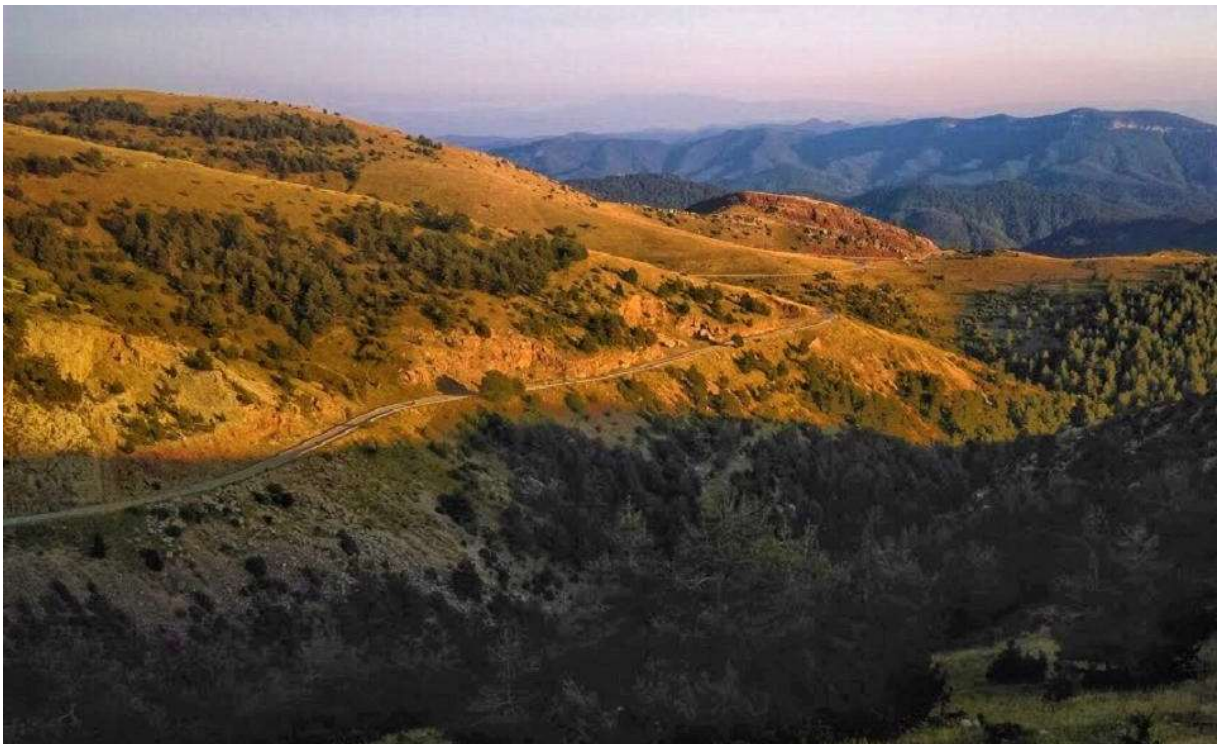
Destinations: Tossa de Mar

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

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

DAY THREE – 7 May or 23 September 2024 – 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 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. 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 – 8 May or 24 September 2024 – 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 later during the tour you will have time to visit a collection of his surreal artwork in Cadaques.

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 90km 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 – 9 May or 25 September 2024 – 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 11th 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 – 10 May or 26 September 2024 – Rocacorba

From Figueras there is a short van transfer to the edge of the Volcanica de la Garrotxa Natural Park. As the name suggests this is an area of extinct volcanoes which is a road cycling paradise. 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 – 11 May or 27 September 2024 – 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 Peralada for lunch. This small medieval township includes an historic old town 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 – 12 May or 28 September 2024 – 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 heads out 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 – 13 May or 29 September 2024 – 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

TRIP DETAILS

REGION: GIRONA/Costa Brava (Spain)

PRICE: 3350 € p.p.

LEVEL: BEGINNER +

TOUR DATES: 5 – 13 May 2024 or
21-29 September 2024

SINGLE SUPPLEMENT: 650 €

HOTELS: Girona (x3), Figueras (x3) &
Roses (x2); 3/4 star hotels

OPTIONAL EXTRAS:

Carbon Road Bike Hire: **400 €**

BMC AMP Road E-Bike Hire: **600 €**

DURATION: 9 DAYS / 8 NIGHTS

PAYMENT:

In \$AUD to our nominated Australian bank account (bank transfer or credit card payment)

In Euro to our nominated Spanish bank account (bank transfer or credit card payment)

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