

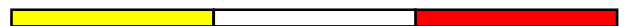
GIRONA GRAVEL

Costa Brava, Spain (June 2025)



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GIRONA & COSTA BRAVA

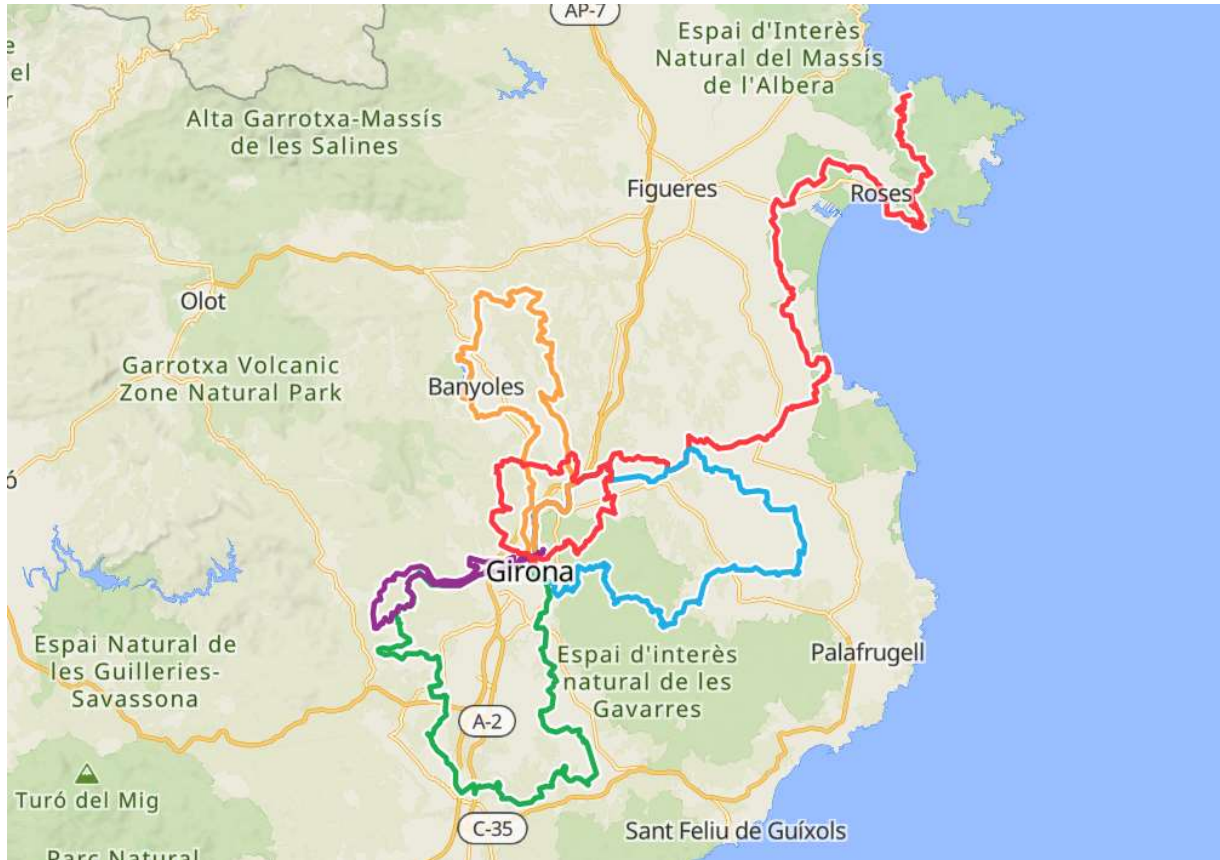


GIRONA GRAVEL!

Find out why Girona and the Costa Brava region is considered by many as the heart of European cycling. Glorious quiet roads and twice as many gravel roads, it's a two wheeled paradise! Whether you're here because you're a graveler looking to explore new terrain or a roadie who is looking to try something new and improve your skills, this tour is all about immersing yourself in the gravel world of Girona. Girona is an iconic cycling destination and its gravel scene has grown over recent years. Undoubtedly, this is due to the numerous places gravel can take you and the quality of the paths and tracks in the region. Girona also hosts one of Europe's biggest Gravel races, The Traka.

Add Catalan cuisine, a thriving coffee culture, local wines and a host of pro riders who call it home, the Costa Brava is a must place to visit!

TOUR OVERVIEW



TOUR HIGHLIGHTS

- Medieval Girona (5 nights) – the architecture, cuisine and cycling culture
- Complete 360 deg coverage of the Girona gravel area
- Classic gravel climbs with fantastic views of the Pyrenees
- Ride through the tree farms of Bordils and the apple farms to the east
- Visit the 1992 Olympic games rowing area on Lake Banyoles
- Take in the Girona city views from the famous Els Angels climb
- A special final 2 nights in the coastal Port de la Selva township

ITINERARY

DAY ONE – Saturday 7 June 2025 – 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 clients 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. We will prepare the bikes and head out for an introductory ride. It will be basically a standard road ride today to test the bikes and to make sure everything is in order for the gravel that awaits! 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 – Sunday 8 June 2025 – Girona to Mediterranean

Today you will cycle a fantastic loop ride to the south of Girona. The initial 50km take you through quiet countryside before a number of pinches in the second half of the ride. There will be time for a coffee in Llagostera before enjoying the views on the trails adjacent to Puig Rodonell. The climbs never get steeper than 3-5% grades so it should be an excellent introduction to all things Girona Gravel!



Meals: Breakfast included

Destinations: Llagostera

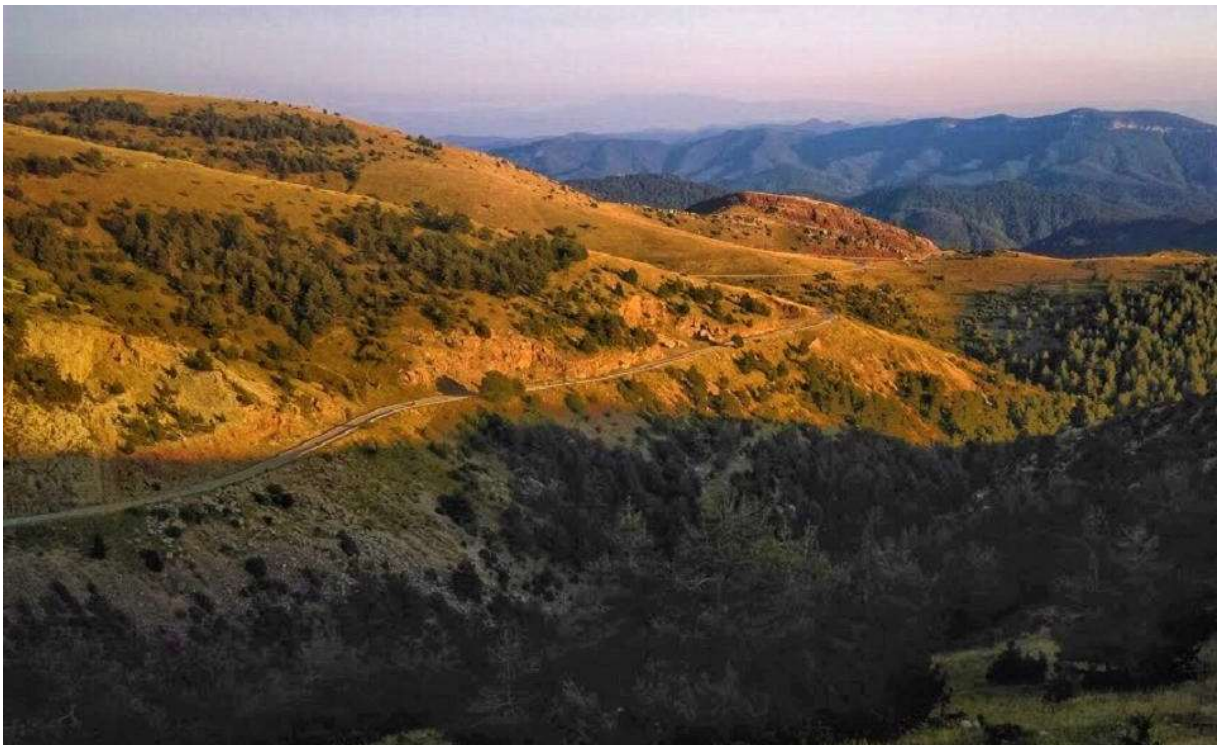
Today's Ride: 95km cycling / 800m elevation gain

Gravel: 65%

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

DAY THREE – Monday 9 June 2025 – Les Gavarres National Park

Riding from the hotel and you head east today to pass through the Bordils tree farming precinct. At around the KM50 mark the route then intersects the magnificent medieval village of Peratallada. There will be time to stop and visit the main plaza area which also houses the historic 'castillo'. As the route sweeps back towards Girona you will encounter some stunning scenery as you climb over the Les Gavarres mountain range. The 10km climb at 3% average gradient to Puig Vinyoles is now all that awaits before descent down into Girona.



Meals: Breakfast & Dinner included

Destinations: Les Gavarres

Today's Ride: 90km cycling / 700m elevation gain

Gravel: 55%

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

DAY FOUR – Tuesday 10 June 2025 – Girona to Lake Banyoles

This morning we ride out of Girona to the north in search of Lake Banyoles. Lake Banyoles is a tectonic depression and the largest natural lake in Catalonia. It was used as the home for the rowing events at the 1992 Barcelona Olympic Games. At KM55 it will be the perfect place for a rest along the lake's edge. It is a very peaceful place and always a favourite amongst our cycling clients. The route on offer today is rolling with a number of 2-4km climbs with 3% average grades.



Meals: Breakfast included

Destinations: Lake Banyoles

Today's Ride: 80km cycling / 600m elevation gain

Gravel: 50%

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

DAY FIVE – Wednesday 11 June 2025 – Girona & River Ter

To complete the 360-degree coverage of Girona the ride on offer today heads west. The first 20km follow the valley adjacent to River Ter which is always a great way to start a ride. FYI: tomorrow is a long ride so we are proposing a 50km ride with 350m of elevation gain today. For those of you looking for more though we can always add the emblematic Els Angels roadbike climb. This 11km climb at 3.5% average grade takes you up to the monastery and viewing platform overlooking Girona. After 5 days in Girona it is now time to say goodbye as we prepare to ride north-east towards the Spain/France border!



Meals: Breakfast & Dinner included

Destinations: River Ter / Els Angels

Today's Ride: 50km / 350m elevation gain or 75km / 700m elevation gain

Gravel: 50% or 30%

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

DAY SIX – Thursday 12 June 2025 – Girona to Port de la Selva

A challenging day on the bike now awaits but it is full of surprises and changing landscapes at every corner. Today we also move hotel and with this our base is now in the heart of the Cap de Creus national park. The route intersects agricultural fields, mediterranean coastline, the Emporda wetlands and the impressive rocky terrain of Cap de Creus. This transition ride will be one to truly remember!



Meals: Breakfast included

Destinations: Roses

Today's Ride: 110km cycling / 600m elevation gain

Gravel: 60%

Accommodation: Port de la Selva, 4 stars (Costa Brava, Spain)

DAY SEVEN – Friday 13 June 2025 – Cap de Creus National Park

After yesterday's cycling century we take on an excellent 'all-rounder' route as you ride into L'Alt Emporda región. A stopover 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 with what is arguably the most scenic climb on the Costa Brava, '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. Tonight in true Spanish style we would like to invite you to enjoy a delicious paella and fideuá final tour dinner. Buen provecho!



Meals: Breakfast & Dinner included

Destinations: Peralada

Today's Ride: 85km cycling / 1000m elevation gain

Gravel: 25%

Accommodation: Port de la Selva, 4 stars (Costa Brava, Spain)

DAY EIGHT – Saturday 14 June 2025 – Barcelona Transfer

Following breakfast we will transfer you to Barcelona Airport by 12:00 noon (2.5hr drive). We hope you have enjoyed your Girona Gravel cycling experience!

Meals: Breakfast included

TRIP DETAILS

REGION: GIRONA GRAVEL (Spain)

PRICE: 2950 € p.p.

LEVEL: BEGINNER +

TOUR DATES: 7-14 June 2025

SINGLE SUPPLEMENT: 575 €

HOTELS: Girona (x5) & Port de la Selva (x2); 3/4 star hotels

OPTIONAL EXTRAS:
Gravel Bike Hire: 400 €

DURATION: 8 DAYS / 7 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)
7 nights accommodation including breakfast
4 dinners with beer & wine included
7 guided cycling stages with van and mechanic
Food & drinks during cycling stages
Commemorative cycling tour jersey

NOT INCLUDED

Airfares
Pre or post Tour Accommodation