

# **GIRONA & COSTA BRAVA**

**Spain (August/September 2025)**



# **SIERRA**

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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 takes place from **27 August to 4 September 2025**. 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 stays in Calella de Palafrugell and 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 – Wednesday 27 August 2025 – Barcelona to Girona

We will be available to meet you in the reception of Hotel Grums Barcelona at approximately 10:00am. 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 / 650m elevation gain

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

## DAY TWO – Thursday 28 August 2025 – Girona to Rocacorba

The ride leaves central Girona and heads north to the edge of Lake Banyoles (home of the 1992 Barcelona Olympic rowing). This beautiful setting is home to the biggest natural lake in the region. A tectonic crater, Lake Banyoles, was formed 250,000 thousand years at the same time the Pyrenees mountains were formed. However, before enjoying the lakeside views you 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! Back down at lake level you can enjoy some lunch at one of our favourite cafeterias before riding the roads back into Girona!

**Meals:** Breakfast included

**Destinations:** Lake Banyoles & Rocacorba

**Today's Ride:** 82.5km cycling / 1100m elevation gain

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



## DAY THREE – Fri 29 August 2025 – Sant Grau to the Mediterranean

Today you will cycle a fantastic ride through the hills south of Girona towards the Mediterranean coastline. Today there are two climbs to contend with but they only range between 3-7km 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 Sant Feliu de Guixols which will be great fun before ducking back inland. The final kilometres wind their way through quiet backroads and you will be amazed with your first views of the beach in Calella de Palafrugell. A scenic coastal town with small coves for swimming and relaxing. An authentic Costa Brava experience!

**Meals:** Breakfast & Dinner included

**Destinations:** Les Gavarres

**Today's Ride:** 85km cycling / 1075m elevation gain

**Accommodation:** Calella de Palafrugell, 3 stars (Costa Brava, Spain)



## DAY FOUR – Saturday 30 August 2025 – Els Angels Monastery

Riding from the hotel and you encounter some stunning medieval architecture as you ride into the quaint village of Peratallada. There will be time for a coffee stop in the plaza adjoining the castle which was built somewhere between the 11<sup>th</sup> and 13<sup>th</sup> centuries. Back on the bikes and now it is time to encounter Les Gavarres mountains and the climb up to the Els Angels Monastery. They say this is the church where Salvador Dali was married. This is one of the most popular rides in the region and its 5.5km at 6.5% average gradient is a good test, especially considering the steepest ramps hit 11%. 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. There will be time for lunch 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:** Peratallada & Monells

**Today's Ride:** 96.5km cycling / 1125m elevation gain

**Accommodation:** Calella de Palafrugell, 3 stars (Costa Brava, Spain)



## DAY FIVE – Sunday 31 August 2025 – Transition ride 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 tomorrow afternoon you will have time to visit a collection of his surreal artwork in the museum going by his own 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 90km of 'flatter' riding through to our new hotel for the next two 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. Don't worry though we will give you a short test with the kicker up to the lighthouse overlooking the Llafranc!

**Meals:** Breakfast & Dinner included

**Destinations:** Faro de Sant Sebastia

**Today's Ride:** 72.5km / 800m elevation gain

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





## DAY SIX – Monday 1 September 2025 – 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. Late afternoon / early evening you will enjoy your visit to the Salvador Dali museum!



**Meals:** Breakfast included

**Destinations:** Besalu

**Today's Ride:** 82.5km / 1550m elevation gain

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

## DAY SEVEN – Tuesday 2 September 2025 – Medieval Peralada

After yesterday's cycling heroics on the Mare de Deu del Mont climb, 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:** Spanish/French border & Peralada

**Today's Ride:** 80km cycling / 700m elevation gain

**Accommodation:** Roses, 3 stars (Costa Brava, Spain)



## DAY EIGHT – Wednesday 3 September 2025 – 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 / 1450m elevation gain

**Accommodation:** Roses, 3 stars (Costa Brava, Spain)



## DAY NINE – Thursday 4 September 2025 – Barcelona Transfer

Following breakfast we will transfer you to Barcelona Airport by 12:00 noon (2-2.5hr 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:** 27 Aug- 4 Sept 2025

**SINGLE SUPPLEMENT:** 650 €

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

**OPTIONAL EXTRAS:**

Carbon Road Bike Hire (Di2): 450 €

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