

# Catalonia Road Bike Tour

## 2 Hotels – Roses and Platja d’Aro

Route of great scenic and cultural interest in the Girona and Costa Brava region



### **PROGRAMME**

#### **Day 1. Welcome**

Your guide will welcome you at the hotel and give you all the information you need about the routes and the region.

#### **Day 2. Roses – Perelada – Sant Pere de Rodes – Port de la Selva – Roses**

Both groups start at the hotel in Roses and we cycle together until the small village of Vilajuïga, through vineyards, olive groves, medieval villages and rolling fields. We visit a bodega for some wine tasting on our way.

**Group 1: 58 km; acc. Climb:450m** . Once in Vilajuïga, this group will cycle back to Roses.

**Group 2: 85 km, acc. Climb: 780m** This group will climb the col of Sant Pere de Rodes, where we have the opportunity to visit the Monastery of Sant Pere de Rodes with spectacular views of the Costa Brava and France. From here we have a marvellous descent into the town of Port de la Selva before starting another climbing to arrive back at Roses.

### **Day 3. Roses – Figueres – Agullana – Cantallops – Roses**

The two groups will start at the hotel in Roses and will cycle together until Figueres, Dalí's birth place.

**Group 1: 50 km; acc climb: 192m.** Once in Figueres, this group will come cycle back to Roses, via secondary, light traffic roads.

**Group 2: 110 km; 495m.** This group will continue from Figueres towards France. We cycle along country roads with views over the beautiful landscape of the Pyrenees, the Emporda region and Cap de Creus. This loop ride has no big hills and the tranquility of this area and its roads makes this a very enjoyable route.

### **Day 4. Roses – L'Escala – Torroella de Montgrí – Pals – Platja d'Aro**

Today, we all cycle as one group from Roses to Platja d'Aro, where we will stay for the next 3 days. This route is quite demanding but very diverse, starting in the plains of Roses and the Nature Reserve of Aiguamolls, passing through medieval villages of great beauty, cycling along the Costa Brava coast of Begur with its continuous ups and downs to finally reach Platja d'Aro.

We can shorten the route by means of transfer at any point of the route.

**97 km; acc climb: 1356m.**

### **Day 5. Platja d'Aro – Calonge– Romanya– Sant Grau – Platja d'Aro**

The two groups will start in Platja d'Aro and we cycle together to the village of Romanya.

**Group 1: 43 km.** Once in Romanya, this group will return to Platja d'Aro via an easy and almost flat road.

**Group 2: 64 km.** This group will continue to Llagostera, climb the famous Sant Grau col and return via the stunning Costa Brava coastal road. Not a very long route but with a lot of climbing (1052m of acc. Climbing).

### **Day 6. Platja d'Aro – Tossa de Mar – Girona – Platja d'Aro**

The two groups will start in Platja d'Aro and will cycle together to Girona.

**Group 1: 82 km; 560m .** From Platja d'Aro we cycle to Girona via the Costa Brava coastal road, an experience you do not want to miss. This group will have time to visit the old town of Girona. Transfer from Girona to Platja d'Aro after lunch (aprox 1h).

**Group 2: 147 km; 2780m.** In Girona we cycle towards one of the most famous hills in Girona "Els Angels". After reaching the top, we descend to Madremanya and will cross a beautiful natural area before arriving back at the hotel. An epic ride, only for the brave! This route can be shortened.

**Day 7. Departure**

Transfer from Calella de Palafrugell to Barcelona.

**ACCOMMODATION**

**Standard option**

Roses  
Hotel Marian Platja\*\*\*  
[www.hotelmarian.es](http://www.hotelmarian.es)

Platja d'Aro  
Hotel Planamar  
<http://planamar.com/>

**Upgraded option**

Roses  
Hotel Mediterráneo\*\*\*\*  
[www.hotelsmediterraneo.com](http://www.hotelsmediterraneo.com)

**BIKE INFORMATION**

If you do not wish to travel with your bike, you can rent a bike from us. Our bikes are all fully equipped with pannier rack, pannier bag, lock, inner tube, pump, Toolkit and counter kilometres.

**BH Quarz Road Bike**



**Net price rental road bike: 230€**

**NET PRICES**

**Ask for a quotation**