

## Taste of Catalonia Cycle Tour Barcelona and Costa Brava 5 days

Route of great scenic and cultural interest that takes you from the Pyrenees to the Costa Brava, allowing you to discover the land that inspired Dalí's art. In this wine region you will have plenty of opportunities to taste both excellent wines and the exquisite local cuisine.



### PROGRAMME

#### Day 1. Welcome

We will transfer you from the airport or Barcelona to the hotel in Llanars, where you will stay for the first night. We will hold the orientation session, where your bike will be specially fitted for you and you will be presented with all the documentation and things you need for your trip.

#### Day 2. Girona - Calella de Palafrugell

Distance: 82km

Today you will discover the rural part of Girona, cycling along secondary roads, and crossing small villages. The route goes from Girona to the coast. Once you arrive at the sea, you will ride along the coast to Calella following the Palamós Bay. You can visit the most important villages in the area, Platja d'Aro and Palamós, with its interesting fishing port and its exquisite food. Accommodation in the old fishing village of Calella de Palafrugell, which retains its original charm.



**Day 3. Calella de Palafrugell – Torroella de Montgrí**

Distance: 70 km

Route towards the medieval villages of Empordà. You can visit beautiful medieval villages, like Peratallada or Ullastret and you will pass across a big variety of landscapes to arrive at the fantastic historical site of Pals. Today, the trail goes through rice fields to arrive at Torroella de Montgrí.

**Day 4. Torroella de Montgrí - Figueres**

Distance: 84km

This day leads you to Figueres. Along the coastline of the Costa Brava, passing through Castello d'Empuries, you will cycle through the wine region of Empordà, on the north of Costa Brava next to the French border. Cycling along rural backroads, you will pass vineyards and forest with the Pyrenees in the background. Night in Figueres, Dalí's birthplace.

**Day 5. Departure**

Before your departure, it's time to visit Dalí's Museum. The Dalí Theatre-Museum, the largest surrealist artwork in the world, occupies the building of the former Municipal Theatre, a 19<sup>th</sup> Century construction that was destroyed at the end of the Spanish Civil War. On its ruins, Dalí decided to create his museum.

**\*There is the possibility to extend the bike tour one day more, crossing the vineyards of Empordà.**

**ACCOMMODATION**

Girona. Hôtel Històric\*\*\*\*

[www.hotelhistoric.com](http://www.hotelhistoric.com)

Calella: Hotel Alga\*\*\*\*

[www.novarahotels.com](http://www.novarahotels.com)

Torroella de Montgrí : Hotel El Molí del Mig\*\*\*\*

[www.molidelmig.com](http://www.molidelmig.com)

Figueres: Hôtel President\*\*\*\*

[www.caproig.com/es/president.html](http://www.caproig.com/es/president.html)

\*hotels can be changed depending their availability

**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.

**FURTHER INFORMATION**

**Difficulty:** easy-medium

**Terrain :** 100% asphalt

**Languages:** All the information is available in Spanish, English, French, German and Portuguese.



**Rental road bike: 250€**

#### **TRAVEL INFORMATION**

Barcelona is the city with more connexions of Catalonia. You can arrive at Barcelona by plane, bus or train.

Airport: Barcelona  
Airport 2: Girona  
Ave to Barcelona

Bus Station of Barcelona

#### **PRICES GUIDED**

6- 10 pax: 1.464€ per person/double room  
12-14 pax: 1.255€ per person/double room

Supplement single room: 350€

The price includes:

- Arrival and departure transfers
- Guides speaking English (1 or 2 guides depending on the group size)
- Van assistance (1 or 2 vans depending on the group size)
- Transfers detailed in the program (cyclists and bikes)
- 6 nights accommodation (4\*hotel)
- 5 picnic
- 6 nightly meals with wine and water
- Energy bars, water and fresh fruits during the trails
- Winery visit and wine tasting

Possible extras (not included in the price):

- Bike hire.- We have upgraded bikes, please ask us
- Any activity not included in the price