

TASTE OF CATALONIA

Barcelona and Costa Brava – 7 days

Route of great scenic and cultural interest that goes from the Pyrenees to the Costa Brava that allows you to discover the land that inspired Dalí's art. In this wine region you will get plenty of opportunities to taste great wines and the local exquisite 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. Llanars - Olot

Distance: 90km

Transfer to Vallter. You will start to descend the Pyrenees from Vallter up to Sant Joan de les Abadesses. You can take your time to visit its Romanesque Monastery. Then you will go up the Hill of Capsacosta (1,020 m.), the highest hill that you will have to climb. Then, we are going to descend along the paved road to Olot through forest and old volcanoes. Before dinner, you will have time to visit Olot.



Day 3. Olot - Girona

Distance: 80km

You are going to bike through the Garrotxa's Volcanic Zone, the best example of volcanic terrain on the Iberian Peninsula. It has 40 volcanic cones and more than 20 lava flows, now all covered by typical volcanic vegetation. While you are approaching Girona the mountains become smaller to give way to undulating, rural landscape. Accommodation in the heart of Girona.

Day 4. Girona - Calella de Palafrugell

Distance: 82km

Today you will discover the rural part of Girona, cycling along secondary roads, passing small villages. The route goes from Girona to the coast. Once you arrive in front of 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 fish dishes. Accommodation in the old fishing village of Calella de Palafrugell, which retains its original charm.

**Day 5. 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 6. Torroella de Montgrí - Figueres

Distance: 84km

Today leads you to Figueres. Along the coastline of the Costa Brava, passing through Castello d'Empuries, you will arrive to the wine land of Empordà, on the north of Costa Brava next to the French border. Cycling along the quiet backroads through vineyards, with the Pyrenees in the background, is quite the experience. Night in Figueres, the Dalí's village.

Day 7. Departure

Before your departure, it's time to visit Dalí's Museum. The Dalí Theatre-Museum, the largest surrealist object in the world, occupies the building of the former Municipal Theatre, a 19th 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

Llanars: Hotel El Grèvol****

www.hotelgrevol.com

Olot. Hotel Borrell***

www.hotelborrell.com

Girona. Hôtel Històric****

www.hotelhistoric.com

Calella: Hotel Alga****

www.novarahotels.com

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

www.molidelmig.com

Figueres: Hôtel President****

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.



Rental road bike: 250€

FURTHER INFORMATION

Difficulty: easy-medium

Terrain : 100% asphalt

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

Minimum age: We recommend children 14 or older who are used to doing sport.

TRAVEL INFORMATION

Barcelona is the city with the best transport connections. You can easily 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: 1.910€ per person/double room

12-14 pax: 1.685€ 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