

GIRONA CYCLING WEEK 7 DAYS – 5 STAGES

In recent years the city of Girona has become increasingly popular for road cyclists in need of a place to train and ride in good weather, but also a place that offers more in terms of culture, comfort and atmosphere as well as incredible cycling. Trek and Ride offers the chance to enjoy five of the best circular road cycling routes all starting and finishing in the fantastic, cycling mad city of Girona. Guests can choose between three different accommodation options all located in the heart of the city.

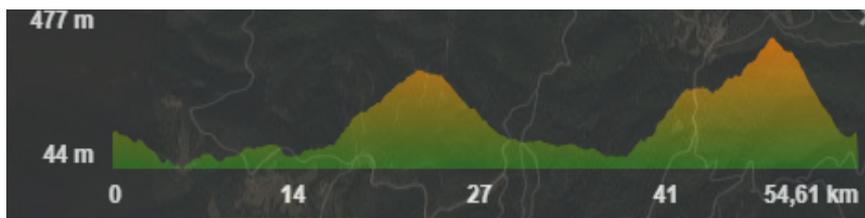


PROGRAMME - CENTER BASED IN GIRONA

Day 1. Arrival

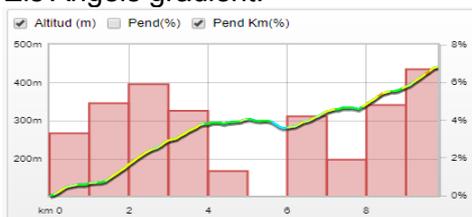
Arrival on your own at the hotel. Welcome meeting with our guide who will explain you all the stages and will give you all the information for your tour.

Day 2. Girona - Els Àngels - Les Gavarres – Girona: 58 km; Acc climb: 1000m



We start our cycling week in style, climbing the famous Els Angels mountain pass. At only a height of 500 metres, it is certainly not the most difficult one of the area but it is a joy to climb. Our ride today is 58 km long with a 1000 metres of accumulated climbing. After reaching the top, we climb another famous col, the “Hincapie Hill” before we descend towards Madremanya via beautiful countryside back to Gerona.

Els Angels gradient:



Day 3. Girona - St Hilari Sacalm – Girona: 102 km, Acc climb: 1065m



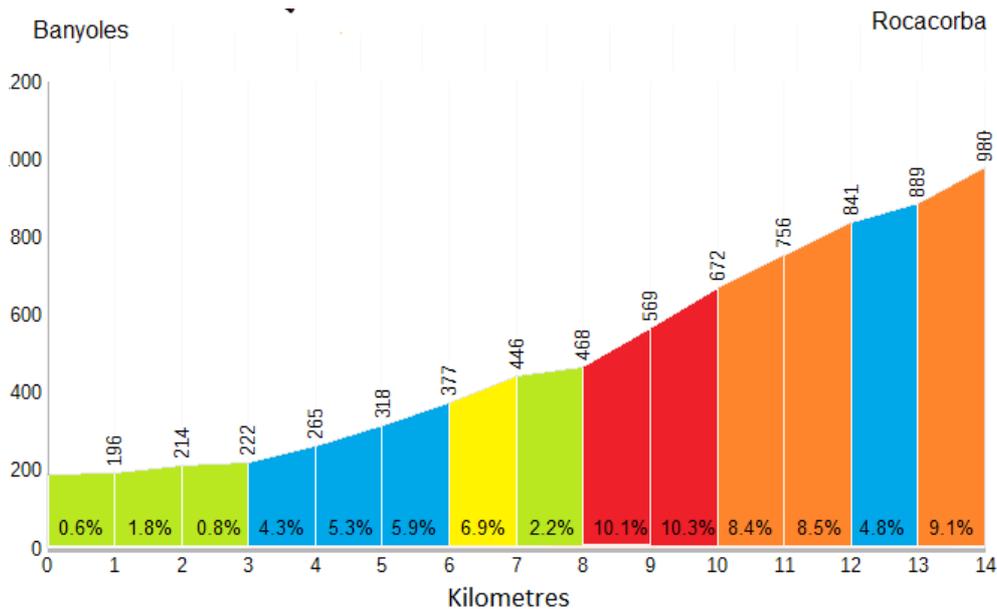
We cycle from our hotel towards the hills inland via light climbing roads until we head further into the nature reserve in the direction of the village of Sant Hilari Sacalm. A 24 km climb takes us to the heart of this stunning part of the Girona region. The reward is a 30 km stunning descent! A further rolling 20 km take us back to the centre of Girona. Accumulated climbing of 1065m today.

Day 4. Girona - Rocacorba – Girona: 65 km; acc climb: 1300m



Ride where the pros ride! The route today has 1300m of accumulated climbing over 65km. After 22 km we start the (in)famous and mysterious Rocacorba climb, a 10 km climb with slopes between 12 and 15%. Plenty of pros test themselves on this climb. From the top we have magnificent views. We return via the same road. Check this video about the climb:

<http://thecolcollective.com/col-collection/col/rocacorba>

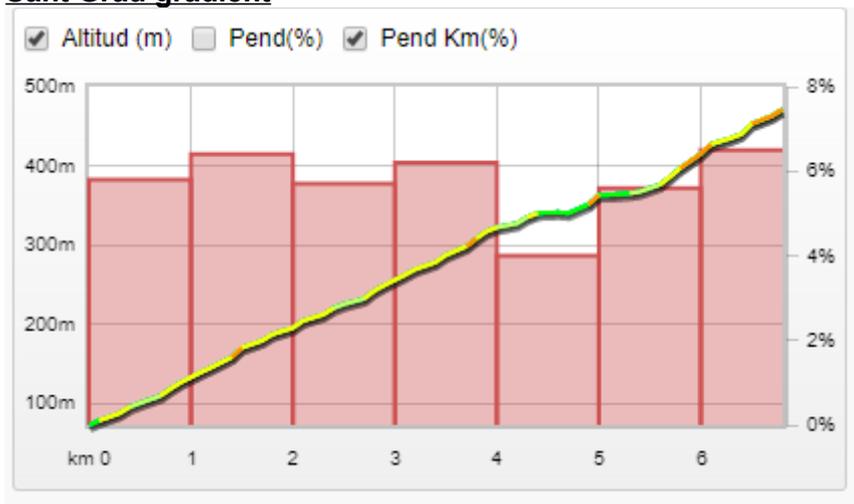


Day 5. Girona - Banyoles - Orfes – Girona: 97km; acc climb: 670m

Today's stage goes along quiet and smooth country roads, through rolling green landscape, medieval villages, rice fields and the beautiful lake of Banyoles, the town that is known for its superb mountain bike world cup circuit. In Banyoles we take a route that was part of the second 2016 Volta de Catalonia stage, taking you back to your hotel in Girona. The landscape of the Empordà region is also known as Catalunya's Tuscany.

Day 6. Girona - Tossa de Mar – Girona – 123 km; acc climb: 1683m

This is undoubtedly one of the most stunning routes of Europe. We ride out of the center of Girona and head towards the beautiful Costa Brava coast via Sant Grau, a demanding climb that was part of the Tour of France 2009. After summiting Sant Grau, we start an unforgettable descent with spectacular views. The descent leads us to one of the most stunning roads to cycle in Europe, meandering along the rugged Costa Brava. We then head back inwards via one short and one longer and more demanding climb to return to Girona. A total of 1683m of accumulated climbing.

Sant Grau gradient**Day 7. Departure**

Departure day and transfer to Barcelona or Girona airport.

ACCOMMODATION

Hotel Ciutat de Girona****
www.hotelciutatdegirona.com

Hotel Ultonia***
<http://en.hotelsultoniagirona.com/hotel-ultonia/>

*hotels can be changed depending on their availability

BIKE INFORMATION

If you do not wish to travel with your bike, you can rent a bike from us.



Rental road bike: 240€

FURTHER INFORMATION

Difficulty: medium-high

Terrain : 100% asphalt

Languages: All the information is available in Spanish, English, French, German and Flemish or Dutch.