

# GERONA & PYRENEES – 8 days

Our Gerona and Pyrenees cycling holiday combines the best of Catalonia’s cycling , its gastronomy and the culture. We cycle the world famous Dali Coast, the Costa Brava coast road, the Els Angels and “Hincapie” climb of Gerona and of course the amazing Vallter 2000 col. We can adapt the routes so that all cyclists can join at their own pace. But you are not just here for the cycling. You cannot leave our region without experiencing the charm of Gerona’s old town or the medieval village of Peratallada, tasting our regional wine, cheese and olive oil! Last but not least, you cannot head back home before you have visited the majestic city of Barcelona!

## PROGRAMME

### Day 1. Arrival

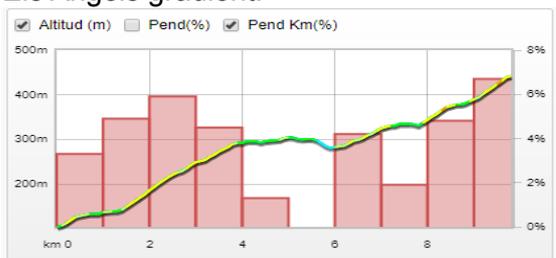
Arrival at Girona. Our guide will welcome you at the hotel to explain the routes and give you all the information you need for your cycling trip. Let us know if you need a transfer from the airport, we can arrange it for you.

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

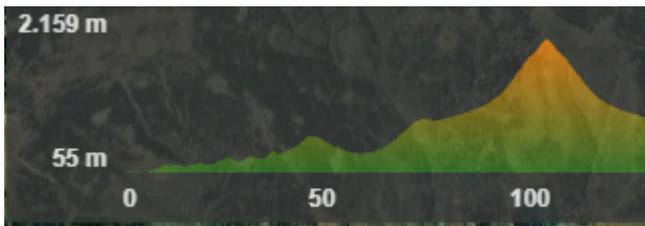


Today, we will climb two of the most famous hills in Girona: “Els Angels” and the “Hincapie Hill”. These are not the most difficult of climbs so they are perfect to start the holiday. We cycle through beautiful forest and along villages where time stood still. This is what we call starting in style!

### Els Angels gradient:

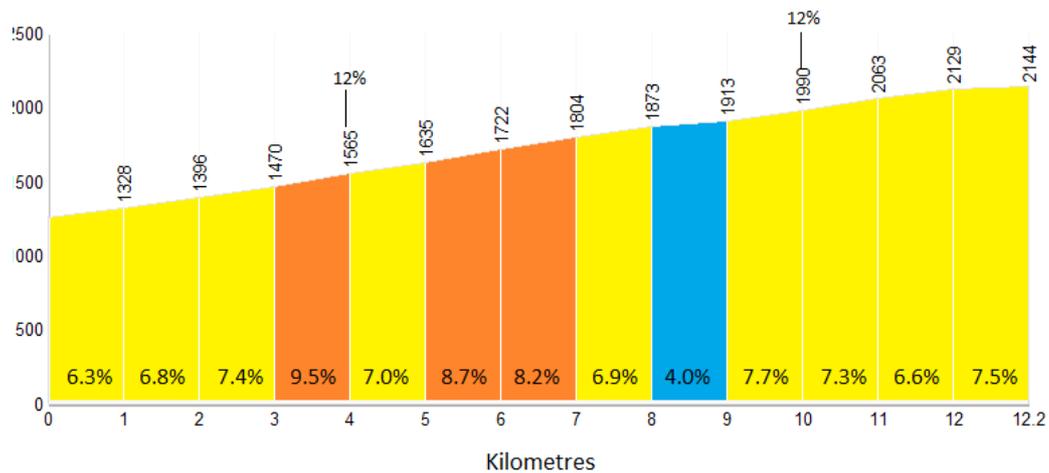


**Day 3. Girona - Vallter 2000: 127 km; Acc climb: +3000m**



Epic! Unforgettable! This proper high mountain stage will leave no one indifferent. and a must for col collectors! Starting in Gerona, the landscape changes dramatically as we climb our way up into the Pyrenees, until reaching the skistation of Vallter 2000 at nearly 2200m. The scenery is simply breathtaking. With slopes of up to almost 10%, you need to carefully save your energy if you want to conquer + 3000m of positive climbing. We descend back via the same road but only for 27 km, where the transfer awaits to take us back to Gerona. We can make this stage shorter. This is an incredible and unforgettable cycling experience!

Vallter 2000 gradient from Setcases:

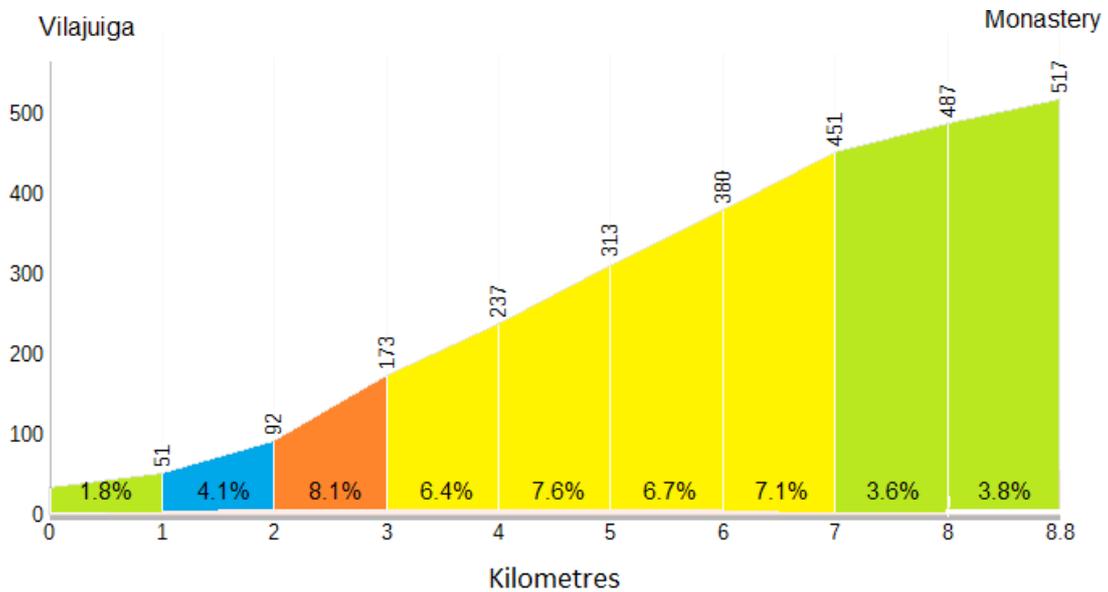


**Day 4. Peralada – Sant Pere - bodega – Peralada: 65 km; Acc climb: 770m**



After a big ride like Vallter 2000, time to take it a bit easier. We take a transfer to Peralada. We are cycling through Catalonia's Emporda wine region today, and although the countryside is fairly flat for the most part, we have the famous Sant Pere de Rodes climb to conquer. At the top of the mountain the monastery stands majestic and looks over Dali's country. A fast descend to the sea, then back inland towards one of Emporda's finest bodegas to taste some delicious wine and home made products. After a fabulous picnic in the vineyards, only 6 km cycling to the spot where the transfer awaits us.

Sant Pere de Rodes Gradient:

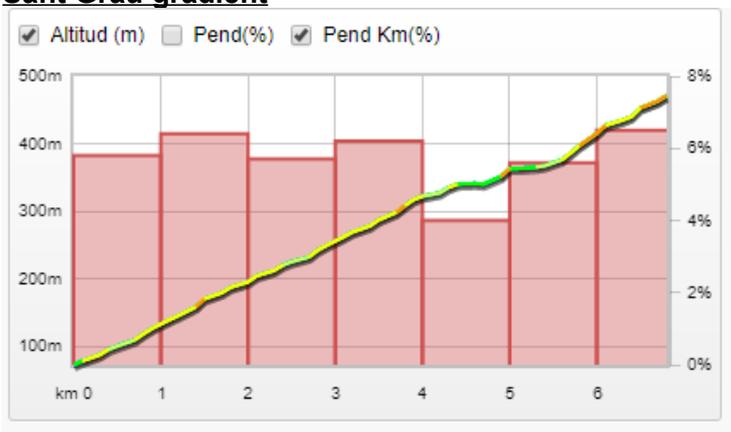


**Day 5: Girona - Tossa de Mar – Girona: 100km; Acc climb: 1683m**



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.

**Sant Grau gradient**

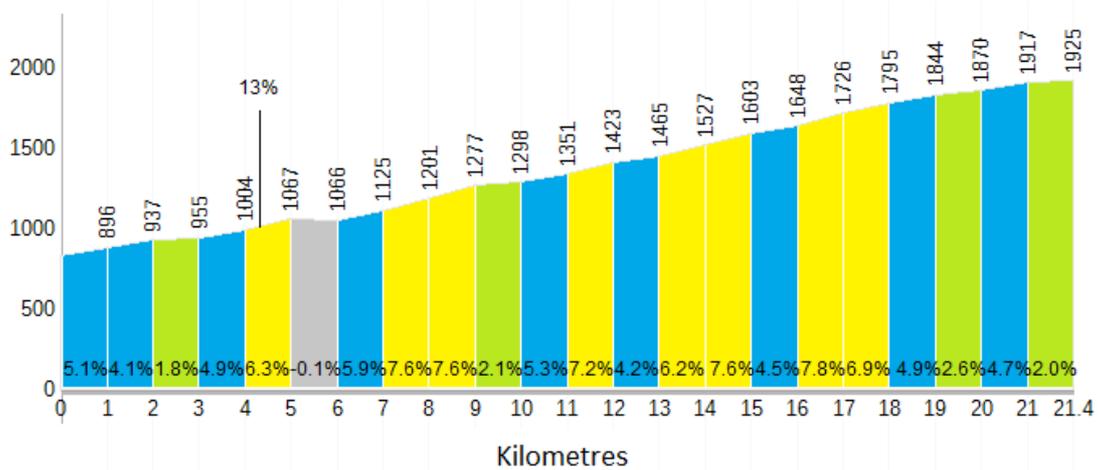


**Day 6. Campdevanol – La Creueta – Campdevanol: 102 km; Acc climb: 1650m**

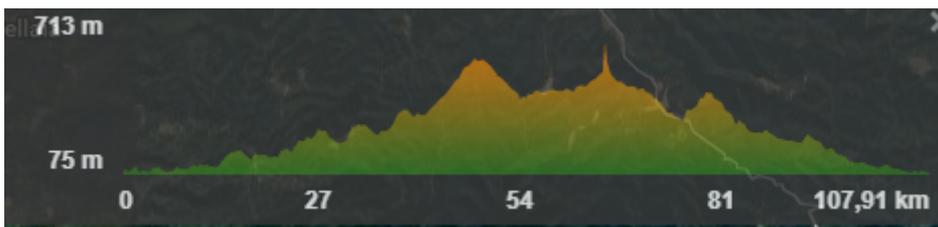


If you enjoy high mountain stages without the hype and crowds, this stage combines the best of the best. In the heart of the Catalan Pyrenees, we cycle 102 km almost without traffic, surrounded by majestic mountains. A transfer service will take us to Campdevanol where our adventure starts. With 1650m of accumulated climbing and an unforgettable descent, this is our hidden gem!

La Creueta gradient:



**Day 7. Girona – Olot – Girona: 108 km; Acc climb: 1200m**



No famous climbs today but another gem of a tour through stunning landscape. We cycle along light traffic roads into the tranquility of the Garrotxa region, where diedout volcanoes and pristine cork oak forests dominate the landscape. The locals love this route for its natural and cultural beauty! A total of 1200m accumulated climbing.

**Day 8. Departure**

Departure day and transfer to Barcelona or Girona airport.

## ACCOMMODATION

Hotel Utonia\*\*\*  
<http://en.hotelsultonagirona.com/hotel-ultonia/>

Hotel Ciutat de Girona\*\*\*\*  
[www.hotelciutatdegirona.com](http://www.hotelciutatdegirona.com)

\*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 in perfect condition and of professional quality.



Rental road bike: 240€

## FURTHER INFORMATION

**Difficulty:** medium-high

**Terrain :** 100% asphalt

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

## TRAVEL INFORMATION

Barcelona is the city with the most flight connections in Catalonia. You can arrive at Barcelona by plane, bus or train. Gerona airport is also a very good option.

Airport: Barcelona  
Airport 2: Girona  
Ave (high speed train) to Barcelona  
Bus Station of Barcelona

