

# Cycling Europe

## COASTAL SOUTHERN SPAIN 2020

GUIDED CYCLE TOUR 8 Days/7 Nights - 280 KM



Cycle through Southern Spain's finest countryside as we integrate beautiful National Parks, remote white villages and the beaches of the Costa del Luz (coast of light). From bandit hideaways to pirate coves and the impressive coastline of Lord Nelson's last battle at Trafalgar Point, this cycle tour on the Iberian Peninsula takes you places that others rarely see.

On this tour you'll ride some of Andalucía's most historic and culturally varied routes with a day of rest in the charming white washed coastal village of Conil. Highlights of the week include exploring the White Villages, National Parks, vineyards, scenic coastal roads and classic trails of the Torro (bull) and Sherry. Charming hotels and tasty authentic food en route add to the experience. Riding is a combination of quiet back roads and stunning parkways. Andalucía is a hilly region but we have done our best to guide you through the most beautiful areas without shattering you on the climbs! The seaside riding days and views to the African continent are especially rewarding.

This tour is more than just a cycling holiday. You get to sample the variations in local cuisine, taste the wines and Sherries, perhaps visit a Feria (Fiesta) and act spontaneously should an interesting event occur allowing you to get a true glimpse into Spanish life. Throughout the tour, your guide is always on hand to ensure everything goes smoothly and if at any time during the day you do not wish to cycle, the support vehicle is there for you.

The riding tour covers a wide range of terrain and road types. As a bonus, your trip leader offers free nightly interpretive walks at each destination to ensure you get the most from your experience

## ITINERARY

### Day 1: (Sunday) Malaga

You are met on arrival at Malaga Airport (4pm) and taken by private shuttle to the beautiful Moorish village of Casares— set high on a cliff face overlooking Africa and the Mediterranean. Your guide will take you on a tour of the narrow lanes to the castle followed by an orientation chat and a welcome group dinner.

If arriving by bus or train it is easy to hop on the 20 minute shuttle bus to the airport to meet the group and minibus.



### Day 2: (Monday) Casares to Jimena de la Frontera



Our first morning ride and a fine 'warm up' for the week ahead. We pedal through orange and avocado groves of the Guadiaro River then along the meandering lanes that border the Alcornocales National Park from Casares to Jimena de la Frontera. This afternoon take a walk to the Moorish Castle or relax beside your hotel's roof top pool. Group dinner is not provided tonight but you're spoilt for choice of places to dine in Jimena de la Frontera.

**Cycling: Level: Easy – Moderate; Gravel section 5km;**

**Distance: 41km**

### Day 3: (Tuesday) Jimena de la Frontera to Alcala de las Gazules

This morning we venture into the Alcornocales Nature Reserve on one of the prettiest rides in the south. This quiet tarmac road with sweeping cork oaks and arched bridges is a challenging day but the scenery more than makes up for it. Cycling through the Mediterranean's largest preserved natural forest is a true highlight. Your day ends in the historic Moorish stronghold of Alcala de las Gazules village. Dinner provided.



**Cycling: Level: Moderate to Challenging with some difficult climbs (this is the most difficult day) – Distance: 53km**



### Day 4: (Wednesday) Alcala to Conil (coast)

Today's journey rolls through pretty, open landscapes, vineyards and traditional bullfighting *tierra*, across open valleys and meadows adorned with wildflowers, natural herbs, cork, almond, olives and a wide array of birds. Nearing the Atlantic coast we encounter the enchanting medieval center of Vejer de la Frontera, a former Moorish Kingdom set in a stunning clifftop setting with a splendid historic quarter. Soon after we arrive at our hotel in Conil (beachside), for 2 nights. Dinner not provided however there is a wide selection of delightful eating places in Conil.

**Cycling: Level: Moderate with some hill passes - includes optional climb (or minibus transfer) to Vejer village for a cultural visit, tapas and craft shopping – Distance: 58km**



### Day 5: (Thursday) Conil - see rest day options at end of itinerary

In Conil you can relax, swim at the hotel or do a little sightseeing in the town - sampling the local tapas and vino in one of many bars in Conil's historic quarter along the way. Alternatively, visit a sherry bodega, stroll the endless beaches or see the famous equestrian show in Jerez (home of Flamenco). Cadiz and Seville cities are a short bus ride away and well worth the visit. Or, if you wish to pedal more, head up to Vejer (approx 16 km each way), or ride the forested paths around Conil itself. Dinner is not provided. On the guided tour your trip guide will be there this morning to assist you with arrangements and point you in the right direction.

### Day 6: (Friday) Conil to Zahara de Las Atunes

Today's lovely coastal ride follows a network of beach roads, pine forests and natural parklands. First stopping at Canos de Meca where in 1805 Lord Nelson's navy fleet defeated the French and Spanish in the *Battle of Trafalgar*, then moving onto the pirate backwaters of Barbate where General Franco regularly sought refuge from the rigors of his own Dictatorship. After a short walk to the watchtower or a swim on a quiet beach, enjoy a coastal lunch of sardinas and a cold cerveza before arriving at the beach side resort of Zahara de las Atunes by mid-afternoon. Dinner not provided.

**Cycling: Level: Easy to Moderate – Distance: 40km**

### Day 7: (Saturday) Zahara de Las Atunes to Tarifa

Our final ride takes us to the most southerly point of continental Europe and the gateway to Africa. From Zahara we ride colourful beach paths and forested coves to Bolonia where we visit a magnificent Roman site before carrying on through stunning landscapes and dunes to Tarifa. Tarifa is like nowhere else in Europe. It blends Moorish African culture with a thriving adventure industry centred on surf and wind sports. The old quarter with its Guzman Castle, ramparts and labyrinth of small courtyards is just exquisite – not to mention the wide range of great tapas bars and cafes on hand! It is also the main corridor for migratory birds between Africa and Europe and offers insight into flora and fauna unique to the entire continent. The vibe here is tremendous, guaranteed to leave you with a very fond impression of Spain. Tonight your tour leader will organise a final celebratory meal of fabulous local dishes.

**Cycling: Level: Moderate – Distance: 45km**

### Day 8: (Sunday) Tarifa to Malaga

After breakfast shuttle to Malaga Airport from Tarifa - the shuttle departs at around 8am and takes 2 hours.

For those wishing to travel onto Seville or other destinations in Spain - Tarifa (and Algeciras city) offer very good transport hubs by bus or train. Breakfast is included today but subject to final departure time (and therefore availability).

## REST DAY OPTIONS

Conil is a beautiful village situated on the beaches of the Atlantic. It's a great town to just relax or a stepping stone to other popular sites of the region:

- A. Visit Vejer de la Frontera
  - Visiting monuments
  - Relaxing in plazas, etc.
  - Gentle countryside ride or walk
- B. Beach relaxation day
  - Bus or ride to Canos de Mecca, El Palmar Beaches!
- C. Day return visit to Cadiz city
  - Oldest city in Europe
  - Good mix of beaches and architecture



D. Day return visit to Seville

- Cathedral visit
- Alcazar Palace visit
- Flamenco shows
- City tour of old quarter and Barrio Santa Cruz

E. Day return visit to Jerez de la Frontera

- Sherry Bodegas (Tio Pepe, Sandemans, Osbourne, etc.)
- Flamenco culture
- \*Equestrian show (prebook!)

**\* Your tour leader can assist you with maps and options**

*\*IMPORTANT - If you are interested in the famous Jerez Equestrian show it is imperative to book in advance for tickets <http://www.realescuela.org/ing/home.htm>. Alternatively you can do this by calling:*

*Real Escuela Andaluz del Arte Ecuestre (34) 956 31 80 08 (English spoken)*

**GENERAL INFORMATION:** You ride, we look after all other logistics and provide back up support too - including shuttles, repairs, and the extra push too!

Our routes are "unguided" in the sense that we provide the route information and have a daily support vehicle on the road but otherwise you're free to ride at your own pace. Our backup vehicle does a sweep nearly every hour so you don't have to worry.

Groups vary from a minimum of 4 to a max of 16 - an ideal number for a riding party. Larger tour groups can be accommodated as well.

You need only carry water (water bottle and holder provided), snacks and route information. We look after the baggage shuttles.

Worried about over-exerting yourself? No need, the support vehicle is available each day for periods you do not wish to cycle!

**GUIDE SERVICE:** We provide an experienced guide during the riding days who drives the support vehicle. With larger groups, two guides may be present – one driving and one cycling. The guide ensures that hotel, baggage transfers, meals, transport and the riding go smoothly. This person also deals with the general well-being of our guests, their safety and looks after bike maintenance and keeps a close watch on road conditions and any route information / changes. Please note that the sag wagon / support vehicle is generally with the group throughout the day providing full mechanical support and back-up to the riding group.

**ACCOMMODATION:** We book quaint village hotels and guest houses. They range from 2 to 4 star rating and all rooms with ensuite, wifi, bar/cafe, character and often quirky staff as well!

**MEALS:** Meals are generally taken within your hotel (and sometimes in the villages). Dinners (3 included) normally include a choice of starters, main courses, a light dessert and a drink of your choice. Breakfasts are traditionally Spanish, usually light buffets with a wide variety of choices. For lunch (not included), there are a number of village and countryside Inns on route where you can sample authentic Spanish cooking. Picnics on route can also be organised for the group with fresh local breads, produce, meats, cheese, etc.

**TRANSPORT:** Airport shuttles at designated times, baggage and bike transfers (airport and between hotels) are included. Flights and other transportation to the designated starting point (Malaga airport) are not included in the price. A sag wagon is available throughout the day for periods should you not wish to cycle.

## BIKE INFORMATION



Spanish made BH bicycles (model Silverlite). They are light weight aluminium hybrid bikes with Shimano components and disc brakes front and back. All bikes have a rear carry rack (without panniers) and a front waterproof carry bag that connects to the handlebars (not displayed).

Bike frames come in MALE and FEMALE designs. Unless indicated to us in advance, all women's bike requests will be the FEMALE frame (drop cross bar – example on left above).

**Helmets, Toe Clips (strap and strapless) and GEL seat pad covers** (not seats) are available free of charge - please ADVISE AT TIME OF BOOKING! Waterbottles are provided & mounted on all bikes.

## ELECTRIC BIKES



E-Bikes are 24v and 36v battery bikes – hybrid style and they have a rear carry rack (no panniers) and a front carry bag. The batteries are rated for 60 km / day on economic power use and our tours cannot guarantee a spare battery during day riding for every person.

### NOTE

*Some bike models may be different on the tour – pending final number of participants and sizes available. Quality will always remain the same*

## 2020 GROUP TOUR DATES

**Set date departures: 26 April-03 May, 31May-07 June, 13-20 September**

(a minimum of 4 participants required to guarantee departure)

Group size: minimum 4, maximum 16 – for larger groups (over 14) two guides provided

*(If you are travelling on your own we can endeavour to find a room mate for you)*

**Other Dates: 4 or more people**, we can request other dates from April - October for standard price, as below. (Subject to guide and hotel availability)

**Other Dates: 2 People:** Tour can be requested for 2 people - see price below.

## 2020 TOUR COST: per person in Euros (cost includes a 21-speed bike)

Double / Twin Share including bike

€1875 (Cost includes bike & helmet)

Single Room Supplement

€ 160

Electric bike surcharge

€ 100

Guided tour for 2 people (above dates if min. not reached + other dates) €2500

**BIKE HELMETS MUST BE WORN IN SPAIN**

**TOUR COST INCLUDES:**

- 7 nights accommodation (2 – 4 star hotels)
- 7 Breakfasts & 3 dinners
- 21 Speed Hybrid bike hire including carry bag (on front handlebar), rear rack (without pannier bag), bike helmet, water bottle holder and bottle
- Full time guide/driver and support van
- Daily riding notes route and map
- Daily baggage transfers
- Helmets, gel seats and toe clips available on request at no extra cost (Please indicate toe clips with or without strap model) – please request at time of booking
- Return transfers from Malaga airport
- Support van with passenger space for ride-along moments

**TOUR COST DOES NOT INCLUDE:**

- Entry fees, sightseeing not showing as included in itinerary, personal expenses
- Lunches
- Dinner on 4 nights

**TRANSPORT CONNECTIONS TO/FROM MALAGA:**

**Flights:** We encourage our guests to arrange their flights / arrivals to and from Malaga Airport. In addition to Malaga - Seville, Jerez and Granada have more and more regular international arrivals. Please remember, the airport transfers included in your holiday are to/from Malaga airport. If you arrive before the tour date, please be sure to make the 16:00 meeting time on day one at arrival zone III in Malaga Airport.

**Train:** There are fast connections to/from Madrid (2.5 hours) and all major Spanish centres. Booking can be done easily and far in advance using [www.renfe.es](http://www.renfe.es) website (English option now available on this website).

**Bus:** Many bus connections connect direct to Malaga from all major centres (Madrid, Seville, Jerez, Cadiz, Gibraltar, Granada, etc.

Spanish bus companies websites:

<http://www.avanzabus.com/web/default.aspx?lang=en>

[www.ctsa-portillo.com](http://www.ctsa-portillo.com);

[www.alsinagraells.es](http://www.alsinagraells.es);

<http://www.busstation.net/main/busspa.htm>;

<http://www.continental-auto.es/index.do>

*Book through:*

# A Walker's World

**Don't just see the world. Experience it.**

**Ph 09 4867473 Fax 09 484 0091**

**Email: [info@walkworld.co.nz](mailto:info@walkworld.co.nz)**