

Cycling Europe

NORTHERN SPAIN 2020 THE VERY BEST OF RIOJA 7 NIGHTS / 8 DAYS SELF GUIDED CYCLING

La Rioja is a delight in every way. Known for its excellent wines, much of Rioja's gently rolling terrain is carpeted with grapevines. The other side of La Rioja is open farmland, with ever-changing landscapes throughout the day and throughout the year. Planting, harvesting and wine-making rule the local calendar, while historic towns, impressive estates, large homes, stone walls and ancient bridges adorn the countryside. Every hilltop sports a monumental church or castle and avant-garde wineries hide among the vineyards like secret artistic mushrooms, intriguing enclaves where some of the world's greatest wines are produced.



This tour is cycling with a real touch of luxury! 4 star hotels, the opportunity to dine in Michelin star restaurants along the way and of course, some of the best wines Spain has to offer. This self guided tour includes 2 nights in the capital of La Rioja: Logroño, famous for its many tapas bars and quaint historic city centre. One day cycling along the ancient pilgrimage route El Camino de Santiago in the company of walkers and cyclists from all over the world. The spectacular World Heritage Site: the monasteries of Suso and Yuso, the birthplace of the Spanish language. Cycle in the heart of this celebrated wine growing area amongst vineyards, wineries and wine museums. Spend one night in the stunning mountain town of Ezcaray, full of charm and original architecture. Explore the medieval walled town of Laguardia perched on a hill-top with commanding views. Take the opportunity to visit the ancient churches with their priceless baroque paintings.



Peaceful cycling along very quiet country lanes and tracks with the glass of wine awaiting you at every turn!

ITINERARY:

Day 1: Arrive Logroño

Logroño, capital of la Rioja, is a small but vibrant city with a beautiful historic city centre and excellent restaurants and tapas bars. Soak in the atmosphere with a glass of Rioja.

Day 2: Logroño to San Millan de la Cogolla

Short transfer to the starting point and handover of bikes. Here you will ride a section of the long distance pilgrim route El Camino de Santiago, which will take you to the beautiful town of San Millan de la Cogolla where you can visit two historical and cultural jewels: the Monasteries of Yuso and Suso, both World Heritage Sites.

**Cycling: Approximately 38km.
Climb 541m**

Day 3: San Millan de la Cogolla to Ezcaray

After another chance to visit the monasteries in the morning, today is an easy cycle through lovely countryside to the historic town of Ezcaray, set in the foothills of the impressive Sierra de la Demanda mountains. Tonight you'll have the chance to dine in the exclusive **star Michelin restaurant Echaurren in Ezcaray.

**Cycling: Approximately 33km.
Climb 421m**

Day 4: Ezcaray to Haro

Another easy cycle, this time along a dedicated cycle lane, away from any traffic. Coffee stops in Santo Domingo de la Calzada and Casalareina will reveal two rich historic and artistic towns well worth exploring before arriving to the capital of wine production in the Rioja region: Haro.

Cycling: Approximately 35km Climb 80m



Day 5: Circular route Haro

There will be chances to visit wineries in Haro in the morning and evening but today you will ride along a delightful loop amongst vineyards to take in the essence of this rich region.

**Cycling: Approximately 31km.
Climb 471m**

Day 6: Haro to Laguardia

Today you cycle along the Ebro River amongst vineyards to reach the beautiful town of Briones where you can visit the Wine Museum of Vivancos vineyard. From here enjoy the quiet country roads taking you through colourful landscapes until you reach beautifully preserved medieval town of Laguardia.

**Cycling: Approximately 37km
Climb 661m**

Day 7: Laguardia to Logroño

Soon after leaving Laguardia you come to the town of El Ciego, famous for its Marques de Riscal vineyard and its spectacular building designed by architect Frank Gehry. You rejoin the Ebro River on winding country roads which take you back to Logroño.

Cycling: Approximately 31km. Climb 166m

Day 8: End of programme

After breakfast your cycling trip comes to an end in Logroño.

2020 SCHEDULE:

Start any day (April to end of October)

LEVEL OF DIFFICULTY:

Moderate – Undulating/hilly terrain with perhaps three ascents per day

ACCOMMODATION:

4 nights in four star hotels and 3 nights in superior rural accommodation

2020 COSTS PER PERSON IN EUROS:

Double / Twin Share	€910
Solo traveller supplement	€373
Single room supplement (when travelling with others)	€259
Half board (wine not included)	€162
Bike Hire (24 speed hybrid)	€100
Electric bikes available on request	€180
GPS rental (one per group)	€ 30

SEASONALITY:

Please note that temperatures in July and August can reach 40° C, though averages are around 22° (highs of 30° and lows of 15°). The month of August is busy with Spanish tourists and there is more traffic on these usually quiet country roads.

INCLUDED:

- 7 nights 3* and 4* accommodation with private bathroom
- 7 breakfasts
- Transfer to starting point on Day 2
- Luggage transfers between hotels
- Detailed maps with your trail clearly marked
- Recommendations for things to do, places to visit, advice, suggestions and information
- Emergency support throughout

NOT INCLUDED:

- Lunches & Dinners (half board for dinner available at €162pp)
- Arrival departure transfers These services can be booked separately.

BIKE RENTAL:

A bicycle specialist will deliver your bike and adjust it to your specifications. You will be provided with fully equipped touring bicycles. The 24 speed hybrid bikes include a bicycle stand, bottle holder, mudguards, odometer, rear panniers, map carrier, helmet, pump, puncture repair kit and multitool set.

GETTING THERE AND RETURN:

Getting There

AIRPORT: Fly to Bilbao International or Madrid International

GETTING TO THE STARTING POINT: Take a train from Bilbao to Logrono – 2hrs 30mins. Train from Madrid to Logrono – 4hrs.

GETTING BACK: Train from Logrono to Bilbao or Madrid.

Take a flight to Bilbao

EXTENSION HOTELS:

Extra nights can be booked at any accommodation included in this trip.



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