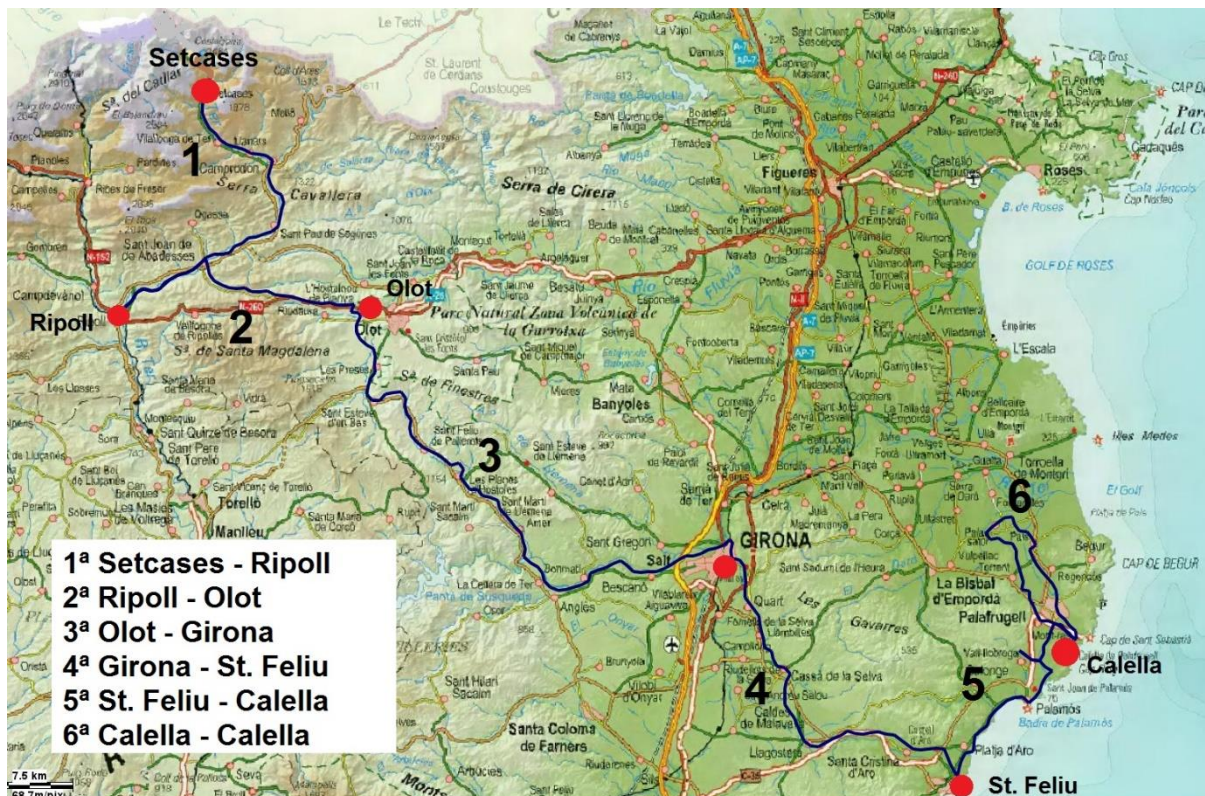


# Cycling Europe

## PYRENEES TO THE COSTA BRAVA

### SPAIN 2020

#### Self-Guided Cycle Tour - 8 days/7 nights



This tour offers great culture and scenery travelling from the Pyrenees to the Costa Brava via Girona. Cycle the varied landscapes, from an elevation of 2000m in Vallter to the Mediterranean Sea, through forests, alongside rivers, crops and rice fields! Explore towns of great cultural interest along the way, such as Ripoll and Sant Joan de les Abadesses with their magnificent Romanesque monasteries and Girona with its old town and Jewish quarter. Finish in the charming fishing village of Calella de Palafrugell.

#### GRADE/TERRAIN

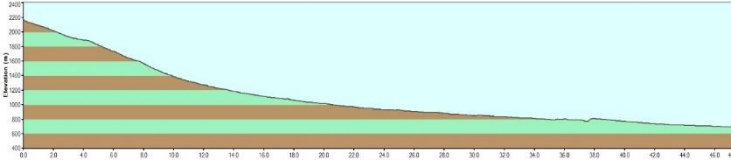
Easy to moderate. Day 3 there is a climb of 6km but only 300m, and there are no cars. Terrain: 40% gravel (cyclist path), 10% paths and 60% asphalt.

## ITINERARY

### Day 1 - Setcases

Transfer from Barcelona or Girona Airport to your hotel in Setcases, where you will stay for the first night. The orientation session will be held on arrival and your bike will be specially fitted for you. There is time after to take a walk around this beautiful village made of stone.

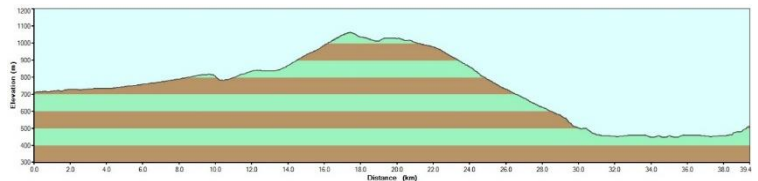
### Day 2 - Down the Pyrenees. Vallter – Ripoll. 35 - 47 kms



This morning transfer to Vallter where the cycle route starts at Vallter 2000 ski station, near the source of the Ter River. Descend into Sant Joan de les Abadesses and follow the route along the Greenway "Via Verde del Ferro". Ripoll is known for its outstanding Romanesque monastery, Santa Maria de Ripoll and the old town centre.

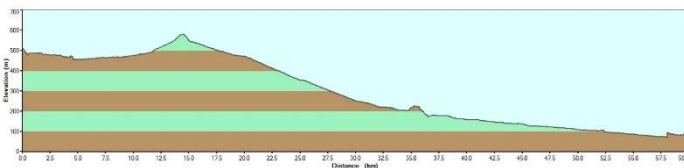


### Day 3 – Over the Volcanoes. Ripoll – Olot. 39 kms



Today take the same path from Ripoll to Sant Joan de les Abadesses. Climb the Hill of Capsacosta (1,020 m.); it is the highest that you will have to climb. Then descend along the paved road to Olot through forests and old volcanoes. You will have plenty of time to stroll around the old town of Olot.

### Day 4 - Olot – Girona. 60 kms



Today's route is to Girona along the "El Carrilet" (old railway), visiting the beautiful valley of La Vall d'en Bas, known as "Catalan Switzerland", with its stunning scenery and typical villages such as Sant Privat d'en Bas and Hostalets d'en



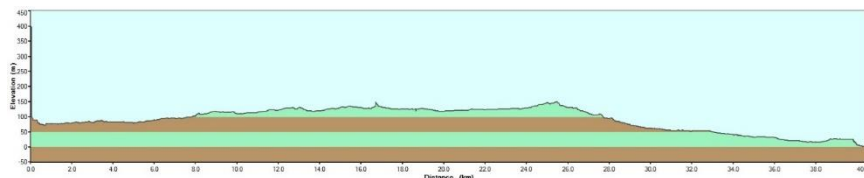
Bas. After the "Coll d'en Bas" (620 m) you will follow the Burgent River valley to La Cellera, where you meet again with the Ter, River and follow it to Girona.



Stroll the walled medieval quarter known as the Barri Vell and get lost in a warren of tenements, a mixture of medieval and Romanesque. Ascend 91 stone steps to Girona Cathedral which has a Romanesque tower and cloister, a Gothic nave and Baroque façade. Visit the Museum of Jewish History which tells the story of the Jews who lived in the cramped alleys of the Call for centuries till they were expelled in 1492.

Girona's Jewish quarters

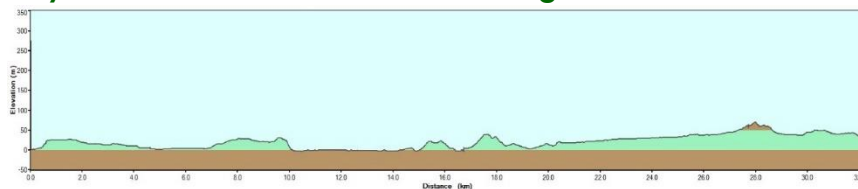
### Day 5 - Costa Brava and Mediterranean Sea! Girona – Sant Pol. 40 kms



The route goes from Girona to the coast, again following the old railway "El Carrilet" and for pedestrians and bikers only. Reach Sant Feliu, with its wonderful seaport and great cultural and historical interest, and onto the beach area of Sant Pol.



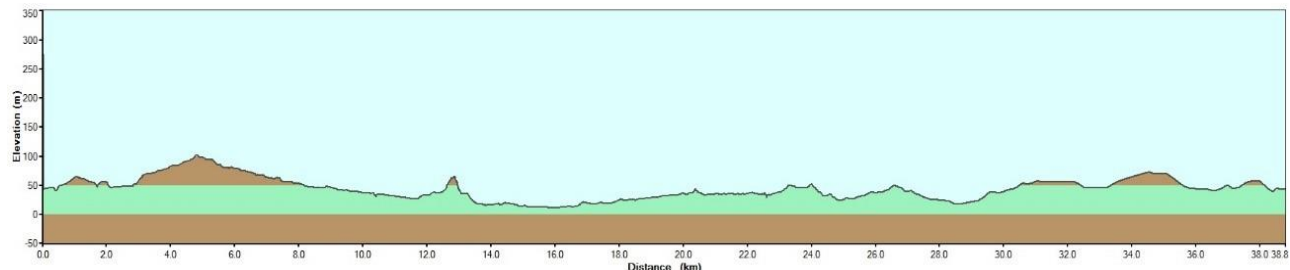
### Day 6 – Sant Feliu – Calella de Palafrugell. 32 kms



interesting fishing ports and exquisite seafood. Inland is a region of vineyards. Reach the old fishing village of Calella de Palafrugell, which still retains its original charm.

Today the itinerary follows the coast to Calella via Palamós Bay. Visit the most important villages in the area, Platja d'Aro and Palamós, with their

### Day 7 - Costa Brava medieval towns (circular from Calella de Palafrugell). 38kms



Today cycle inland to the region of Baix Empordà where you will swiftly succumb to the charm of the region's ancient towns. You will come across pretty medieval villages and quaint terracotta coloured towns. The Villages of Peratallada and Pals are worth prising yourself away from the beach. Drift from town to town, stopping off for a glass of the region's wine and flavoursome tapas in the tiny local bars.

**Day 8.** Tour ends after breakfast or extend your stay.



### 2020 SELF-GUIDED SCHEDULE

01 March – 15 July and 1 September – 01 November.

16 July – 31 August – subject to availability and costs – on application

### 2020 TOUR COST PER PERSON IN EURO

Low Season: 01 Mar-14 Jun, 16 Sep-01 Nov

High Season: 15 Jun-15 Jul and 01-15 Sep

	<u>Low</u>	<u>High</u>
Double/Twin room	€935	€1075
Single room supplement	€225	€225
Half Board – 7 Dinners	€210	€210

Upgraded rooms in Girona, Sant Feliu de Guixols and Calella de Palafrugell **ADD** €155 per person

### BIKE COST

7/21 Speed €96

E Bike €185

Inclusive of pannier rack, pannier bag, lock, inner tube, pump, toolkit and milometre.

### 2020 SELF-GUIDED COST INCLUDES

- Arrival transfer to Setcases from Barcelona or Girona Airport/Train Station
- Arrival welcome and briefing by English speaking guide
- 24 hour help line
- 7 nights' comfortable accommodation
- Breakfast daily
- Luggage transfers between accommodation
- GPS detailing route
- Detailed route notes and maps

### DEPARTURE TRANSFER COST

There is a bus from Palafrugell to Barcelona City or Airport which departs hourly. The cost is approximately €20. The journey is approximately 2 hours. See <https://compras.moventis.es>

Calella de Palafrugell to Girona Airport €86 – up to 4 passengers

Calella de Palafrugell to Barcelona Airport €225 – up to 4 passengers

Calella de Palafrugell to Figueres Airport €95– up to 4 passengers



*Book through:*

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