

## Cycle the Costa Daurada



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**Guided cycling Tour Costa Daurada. Cycle the Costa Daurada.**

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### Cycle the Costa Daurada on road bike

The Costa Daurada is a very pleasant region for road biking. The Costa Daurada lies beneath Barcelona and stretches from the south of the Costa Brava to Tarragona. The region is quite different from its Northern neighbour: the Costa Brava. The coastline is less rugged and has endless miles of Gold sandy beaches. The mountainous areas have a great potential to practice and enjoying great cycling routes. Your stay will be in one of the most exclusive family resort in the Costa Daurada: Cambrils Park resort. If you want to enjoy a well-deserved cycling holiday beside the sea, and spend some quality time in the Costa Daurada, this is the place to do your training for the upcoming season and relax after a hard day in the saddle. The resort is surrounded by gardens and sculptures of the exotic and tranquil Polynesian islands.

Furthermore all the cycling trips starting from Cambrils Park resort and lead you inland and

along the Mediterranean Sea. The meeting point will be Cambrils Park Resort. From here you'll cycle directly at the Park entrance to the starting point of the routes. The routes are perfect designed for the keen cyclist with some steep climbs, for example: Priorat, at the foot of the Llaberia mountain range or the Mola de Colldejou.

## **Sign up now and get a great cycling experience in the Costa Daurada!**

- Immerse a fantastic cycling holiday in beautiful and undiscovered region of the Costa Daurada
- Panoramic views from the town of Colldejou to Mola de Colldejou
- The mountain pass of La Teixeta.
- Your fantastic Cambrils Park resort
- Cycling the Costa Daurada is great because of the fantastic scenery, perfect roads and fine food
- Cycle along the Mediterranean Sea
- The backyards of Costa Daurada are dotted with peaceful towns who are wonderful because the olive groves and almond trees here flourish

## **Itinerary**

### Day 1

#### Saturday Check in

Register into Cambrils Park Sport Village and get comfortable in your apartment. A Briefing about the holidays will be done before giving the Welcome Pack to each participant. Welcome to our Cycling Holidays. Have your dinner at the Cambrils Park Sport Village buffet and get ready for the first day of cycling.

### Day 2

#### Sunday 86km - 1350+

Have your breakfast at Cambrils Park Sport Village buffet. There's a long day ahead. You will meet your fellow cyclist every day at the Bike Station, where you will have a short briefing about the ride and then start. The first ride will help to establish the level of the participants and then create the groups according to average speed. With three climbs, this route leads you into the Priorat in a smooth way and without any difficulty. After crossing the Pantà de Riudecanyes you will start the first climb, the Coll de la Teixeta. The descent will in Porrera, where you will go to Falset, the capital of the region, crossing the small Coll de Falset: a road full of curves completely surrounded by vineyards. Your last climb will lead us to the top of Coll-Roig, from where you will start your way back home to Cambrils with a gentle descent. In the evening Refuel yourself at Cambrils Park Sport Village buffet with a nice dinner with all the riders.

### Day 3

#### Monday 122km - 2400+

Your second ride will lead you to one of the most beautiful places in the Costa Daurada Siurana. This small medieval village located at the top of a hill remains with the same aesthetic than when was created hundreds of years ago. A steady climbing road to Alforja, where we you climb Coll d' Alforja before arriving to Cornudella de Montsant. The steep climb to Siurana with 16% ramps will make your legs struggle. The views of the Pantà de Siurana will make the effort worthy. Escaladei, another iconic village, waits with a steady descent to la Vilella Baixa, from where head to Torroja del Priorat for some vineyards landscapes again. The last climb to the Coll de La Teixeta will be rewarded with a very enjoyable descent on the way back home.  
Evening buffet

#### Day 4

Tuesday 91km - 1400+

TEasy day with only two big climbs. The ride takes part mostly in the Baix Camp zone and it's a very uncommon ride for tourists. Ride the Serra de Llaberia, a beautiful and quite mountain range with an almost complete absence of traffic. From here follow the first to Mont-Roig del Camp on your way to Prasdip, a small village where the climb starts. While climbing the Coll de Fatges deviate to Llaberia for a 8km climb with amazing views. After reaching the top descend the same way and head back to the first Coll, from which you will descend to Hospitalet de l' Infant through Vandellòs. Last part from Cambrils to home will be surrounded by the beach.  
Evening buffet.

#### Day 5

Wednesday rest day

Have a rest day in order to get ready for next routes. You can find countless things to do in Cambrils or Salou. Enjoy gastronomy, bars, the beach, night life and cultural heritage.

#### day 6

Thursday 116 km - 2000+

Queen stage with the hardest climb of the Cycling Holidays: La Mussara. You will reach for the first time the 1.000m above the sea level and will enjoy amazing views of the Baix Camp and the Priorat. Pass by Prades, the capital of the region, with a mandatory coffe stop in the main square. The approach to the climb start means 300m of elevation gain itself. Once in Vilaplana start La Mussara with its 10km of climb. A second climb awaits you to Capafonts, but only few kilometers after stop for a little break. The last climb, Coll d' Alforja, is an easy descent to Cambrils through Montbrió del Camp.

#### Day 7

Friday 122km - 2000+

Your last ride is a very special one. Your own sportive, the Gran Fondo Cambrils Park Costa Daurada, has two different routes, and you will ride the shortest one. A 6 climbs route which enters us completely into the Priorat and the surroundings of the Montsant Natural Park. Firts

head to Montroig to climb Coll Roig again, but from the other side than before. A roller road to Marçà will take you back to Falset. The next climb to Gratallops is a bit with its steep ramps. On your way to Escaladei you will find the third climb, a very steady and easy one. Last two climbs won't be easy: Coll de Porrera and Coll de Teixeta. A happy descent will end our route and our Cycling Holidays routes therefore.

## Day 8

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Departure day.....Time to say goodbye, a good flight back home or else a pleasant stay in Spain.  
Airport transfer on request

## Airport

- The most important gateway to/from Barcelona is the international airport "L' Aeroport del Prat". There are many regular flights to/ from Europe. The airport is situated 15 kilometers southwest of Barcelona's city center. The city center is easy accessible with the bus and train.
- The second airport is Reus Airport and it is located 100 km south from Barcelona, nearby the city of Tarragona and Cambrils. This small airport handles only low cost companies like Ryanair.

## Trains

- From the airport in Barcelona every half hour trains leave to the main stations in Barcelona. Take the RENFE train line that leads you to Plaza Catalunya, Arco de Triomf or Clot-Arago. Mostly the stations have connections to other metro stations.

## Busses

- From the airport Barcelona. Every 15 minutes the Aerobus A1 leaves from terminal A & B to the centre of Barcelona. In terminal B you will find other bus lines leaving to many cities nearby Barcelona. From 23.00 to 04.15 you can take the night bus 106 to Barcelona.
- From Reus Airport the bus ride is only 14 km away to Tarragona's city center. From here you can take the bus to Cambrils.

## Booking Information

### Add your start date

- Feb 10-17th & 16-23rd
- March 2-9th & 30 - April 6th

- April 20-27th & 23rd - 30th
- May 13-20th
- All prices are based on double rooms. For booking & inquiries
- Please contact us [info@cycleclassictours.com](mailto:info@cycleclassictours.com)
- Non Cyclist € 395

### **Extra Information**

1. Fill out and submit the online booking request or send an email to [info@cycleclassictours.com](mailto:info@cycleclassictours.com)
2. Once we receive your request we contact the local tour operator if the tour is available
3. When the tour operator-Hotel confirms to us. We confirm to you and charge you're a deposit fee of € 250 per person plus a € 15 booking fee
4. We tend and try to send all over within 48 hours.
5. You will receive an invoice, the tour program and the terms and conditions of the tour operator.
6. Please do not make travel plans until you receive our confirmation.
7. Your confirmation invoice contains a statement reflecting of your deposit payment and the balance due.
8. The balance payment is due 60 days before the start of the tour.
9. Please be advised that we make every effort to ensure that all the information given on this site is accurate. All statements and information has been researched and supplied by third parties.
10. The information given is accurate and reliable, to the best of our knowledge. Should errors be found, we will rectify them as quickly as possible. However, we accept no responsibility for errors or inaccuracies.

### **Included**

- Accommodation based on double room & Half board
- 7 nights of accommodation at a shared room in Cambrils Park Resort Village to make of your holidays experience a luxury.
- Breakfast and dinner included every day.
- 5 Guided rides
- Enjoy 5 different guided routes riding with a group of your same level. Routes and speed adapted to you. Each group has an expert local guide.
- Photo album
- Get a great memory from your holidays with a photo album of one of the rides.
- Assistance along the ride

- An assistance vehicle provides mechanical service and supplies like water and food at different points along the route.
- Extras in Cambrils Park Sport Village
- Enjoy 1 spa session along the week and 1h of fitness every day in Cambrils Park Sport Village facilities.
- Welcome pack and bye bye party
- Use of all swimming pools and other facilities

### **Not Included**

- Single supplement € 100
- Airport transfer € 75
- Quality carbon road bikes €150
- Insurance
- Airfares