

Road cycling Trip the Costa Brava



Road cycling Trip the Costa Brava - Pyrenees

Self guided road cycling Trip the Costa Brava - Pyrenees. From March 1 until October 30
For guided options from 4 persons or more send us an email.

Only need a bike for Girona? Check: [BIKE RENTALS GIRONA](#)

Only need a bike for Catalonia? Check: [Bike rentals Costa Brava-Barcelona](#)



Road Cycling trip the Costa Brava - Pyrenees

The Costa Brava region has a fantastic warm and sunny climate throughout all the year. The first ride of this cycling trip will allow you to follow the steps of the pro cyclists in Girona. On your way to the coast you'll cycle on spectacular roads. Girona country is an area containing great geographical diversity. From the well-known Costa Brava, to the Pyrenees there are a huge range of different landscapes, full of history and culture.

The Costa Brava has a rough and rocky coast line, where the touristic areas have developed strongly. On the central part of the coast, oriented to the east there are two big sandy beaches on the gulf of Pals and the gulf of Roses. Beyond those beaches some wetlands areas concentrate great natural reserves, where the birds rest on their amazing migration between Europa and Africa. And finally beside the border with France, the awesome Cape Creus,

The Itinerary of the Costa Brava – Pyrenees on road bike trip covers the Catalan Pyrenees and French border region. The tour contains almost 600 km of extraordinary cycling kilometres. Along the Costa Brava you can visit plenty of small old fisherman villages, like Tossa de Mar, Calella de Palafrugell and Cadaqués.

A cycle holiday in Spain combines physical action with the beauties of the Costa Brava and the Pyrenees.

Cycle the beautiful regio of the Costa Brava in Spain and get an wonderful Trip

- Fantastic scenery, perfect roads and fine food making Costa Brava a road cycling paradise
- Cycle along the Mediterranean Sea
- Wander through the old medieval town of Girona
- Calella de Palafrugell, an old fishing village which still retains its original charm.
- Cycle along the best places of the Catalan coast with hidden coves and long sandy beaches.
- Lovely backcountry and the Pyrenees both on the French and the Spanish side.
- Follow the steps of the pro-cyclists that live and train in the Girona region.
- 600 Km of incredible roads, including the panoramic route from Tossa de Mar to Sant Feliu de Guíxols.

Itinerary

Day 1

Check in

Check in around 14.00 at your hotel in Girona. Airport transfers (on request). There is plenty to see and do in this magic historical city. Spend the day visiting the Cathedral, which has the broadest single nave of Gothic architecture in the world and getting lost through the narrow streets of the ancient Jewish quarter, one of the best preserved in the world. We also recommend a stroll along the Rambla or the medieval walls, which gives you a fantastic

panoramic view of the city.

Day 2

Loop ride Girona - Sant Hilari - Girona 102 km - 1560m

Today you will have the chance to climb over 1000m in altitude to the mountain town of Sant Hilari. The climb to the town is approx. 30km and is an excellent training climb with On top you will have a thrilling 18km descent to the town of Santa Coloma. This is another famous training ride used by hundreds of local riders. Climbing 1050 meters

Day 3

Girona - Calella de palafurgell 108 km - 1500m

You will start south until Llagostera. From here starts the climb of Sant Grau (465m). After passing the Col summit there will be a great descent with fantastic views over the Mediterranean sea. This coastal road has been used for Tour de France in 2009. Then following the coast north direction we will ride in one of the most famous routes. You reach Palamós and finish your ride at the great fisherman village of Calella, considered one of the best villages of the Costa Brava. Climbing 1500 meters

Day 4

Calella – Castelló d'Empúries 67 km 480m

Starting from Calella you will face a short but really steep climb to the light house of Sant Sebastià (climb 2 km 150m+). After the climb you continue to Begur and reach the Gulf of Pals with his long sandy beach. From here turn inland to Pals a famous medieval village. Really worth to spend a while walking on its narrow streets. After crossing some medieval villages you reach Torroella de Montgrí, just under its castle on the top of the mountain. From here you cycle quietly towards the beaches in Empúries and l'Escala. In Empúries. Please don't forget to take some time to visit the archaeological site Empúries with Greek and Roman ruins dating from 600BC. After the route passes through Castelló d'Empúries with a stunning cathedral that shows how powerful the village was in the ancient time. From there we will cross a small wetland with an ornithological reserve, finishing in the village of Roses. Climbing 480 meters

Day 5

Castelló d'Empúries - Banyuls – Figueres 109 km 1500m+

Today's route extends to the North part of the Costa Brava the beautiful nature reserve Cap de Creus, whilst passing the Col of Perafita. Later you continue along the coast before crossing the French border until Banyuls and returning to Spain passing the famous Col de Banyuls with strong slopes, Finally you finish at your stop of today : the beautiful city of Figueres. Climbing 1500 meters

Day 6

Figueres - Coustouges – Molló 101 km 2672m

This ride takes riders further into the mountains crossing the French border via the mountain pass at Coustouges (810m) and Coll d'Ares (1524m) before descending to spend a night in Molló near the winter ski town of Camprodon.

Day 7

Molló – Girona 110 Km 798m

You will start through the pass of Coll de Capsacosta and the town of Olot in the heart of the Volcanic park called La Garrotxa. The route finishes in Girona.

Day 8

Departure day

Departure day.....Time to say goodbye we wish you a good flight back home or a pleasant stay in Spain. Transfers to the Airport on request.

Airport

- Girona has it's own airport, the city is very easy to travel to/from all places in the world. Most major airports in Europe offer direct flights to Girona. Transavia and Ryanair use the airport of Girona as a transit station to the famous coasts of Spain. In case of no direct flight, Barcelona is a great alternative.
- The most important gateway to/from Barcelona is the international airport 'L' Aeroport del Prat'. With over more than 25 million passengers per year, Barcelona airport has the second biggest airport in Spain after Madrid.

Trains

- Every hour trains leave from Barcelona to Girona airport and the old town of Girona. From the train station, it's just a short walk to the old town. The train station also offers you a highspeed connection to Paris, Lyons and Marseille. Cities like Zaragoza and Milan are easy to travel to from Girona as well.

Booking Information

Add your start date

- All prices are based on double rooms
- For bookings & inquires: send an email to info@cycleclassictours.com
- Standard Accommodation in farmhouses, 2* and 3* Hotels.

- Premium Accommodation in farmhouses, 3*, 4* and 5* Hotels.

Extra Information

Low season Prices March 15 to April 14 & Oct 1 to 27

- Double room standard per person € 790
- Double room premium per person €875
- Single standard €158
- Single premium €226
- Half board 6 dinners €121
- 3rd adult sharing room (10% discount)
- Supplement for cyclist on his own €149

Mid season Prices April 15 to June 16 and Sep 1 to 30

- Double room standard per person €805
- Double room premium per person €930
- Single standard €168
- Single premium €256
- Half board 6 dinners €121
- 3rd adult sharing room (10% discount)
- Supplement for cyclist on his own €149

Prices High Season June 17 - Aug 31

- Double room standard per person €870
- Double room premium per person €1050
- Single standard €200
- Single premium €325
- Half board 6 dinners €121
- 3rd adult sharing room (10% discount)
- Supplement for cyclist on his own €149

Extra Information

1. Fill out and submit the online booking request or send an email to info@cycleclassictours.com
2. Once we receive your request we contact our local tour operator if the tour is available.
3. When the tour operator confirms to us. We confirm to you and send you over to our tour operator
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. 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.
8. 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

- Standard Accommodation in farmhouses, 2* and 3* Hotels
- Premium Accommodation in farmhouses, 3*, 4* and 5* Hotels
- Daily continental breakfast
- 7 nights accommodation in double room with B&B.
- Luggage transfer from one lodge to another.
- Gps with tracks and maps.
- Touristic information of the area.
- Assistance during the trip.

Not Included

- Airfares & Taxis
- Carbon road bike € 140
- Carbon road bike + disc brake € 175