

## SPAIN: CATALONIA CYCLING

8-day / 7-night self-guided inn-to-inn **VALUE** cycling holiday



Easy cycling tour on nearly flat or gently rolling terrain from the azure blue Mediterranean Sea into the lush green Catalonian countryside, dotted with Medieval villages. Pedal back into history as you cross fields of sunflowers and wheat, forests of pines and even rice fields in this ancient land once inhabited by Iberians in pre-Roman times and formerly besieged by pirates. Enjoy a hearty Catalan breakfast to start each day and, in the evening, choose among wonderful local restaurants which serve a variety of traditional specialties made from regional produce, fish and seafood. Relax at three splendid rural accommodations, comfortable hotels with their own unique charm.

### Trip Highlights:

- easy cycling through beautiful countryside among Medieval villages with an authenticity all their own
- both inland and coastal routes with a surprising variety of landscapes to enjoy
- comfortable rural hotels situated in charming villages
- a wide selection of restaurants for dining out

**Dates:** Available to start daily, March to mid-October.

**Starts:** Corçà **Ends:** Sant Pere Pescador

**Cost:** AU\$1090 per person twin share. Single room supplement \$550

**Includes:** 7 nights in comfortable charming, rural hotels with ensuite, 7 breakfasts, luggage transport, hybrid multi-geared bike hire, detailed route descriptions and maps, transfers from and to the nearest railway station on days 1 and 8.

**Not included:** Other meals, drinks, bike helmet hire (can be arranged, but we recommend you bring your own for fit & hygiene purposes), optional transfers & local transport, personal expenses, gratuities.

E-bikes or adult tandem bikes are available on this tour, at extra cost. Please request these when booking.

**Difficulty:** Easy to moderate cycling routes on nearly flat or gently rolling terrain. Cycling routes are from 18km to 50km per day. Remember summer can be rather hot and humid in Spain (@ 35° C +).

### Arrival & Departure:

The best airports of arrival are Girona or Barcelona, which are served by several low cost carriers. From the airports of Girona and Barcelona you can continue by train to the village of Flaça, at only 15km from the first accommodation.

At the end of your trip, you take the train back to Girona or Barcelona from Figueras. The transfer from Flaça train station to the first accommodation and from the last accommodation to Figueras train station are included in the trip price. In Spain bicycles can only be transported on regional trains.

**Call OUTDOOR TRAVEL on 1800 331 582 for details or reservations**



## **Suggested itinerary:**

### **Day 1 Arrival In Corçà**

Arrival at your accommodation in the village of Corçà. A taxi transfer from the airport or train station can be arranged at extra cost.

### **Day 2 Villages Of The Baix Empordà**

18km or 31km, 200m or 300m in ascent.

Immerse yourself in the ambience of the Baix Empordà, or Lower Ampurdán, cycling through its traditional and picturesque landscape. Small vegetable gardens, Mediterranean woods, the Medieval village centres of Monells and Madremanya, perhaps an visit to the castle-museum in Pubol which Dalí dedicated to his wife, Gala.

### **Day 3 From Corçà To Peratallada**

25km, with 150m to ascend.

A short climb through the woods, then on to flat terrain, surrounded by Tuscan-like villages situated atop natural mounds. This vast and fertile agricultural region once worked by the Iberians, has rows of cypress tree as a wind-break. In the evening Peratallada has many restaurants to choose from for dinner.

### **Day 4 Out To The Costa Brava**

50km or 25km, 350m or 150m in ascent.

Quiet country lanes lead you through the regional capital of Pals and to Palafrugell, Llafranca and Calella de Palafrugell (one of the most beautiful fishing villages along this coast). Perhaps stop to enjoy lunch beside the beach or visit to the botanical gardens in Cap Roig or some additional riding through the valley of Aubi.

### **Day 5 The Ter River Delta**

30km, 150m in ascent. Or rest day.

A free day to explore – perhaps a relaxed ride between the sandy beaches of the Costa Brava and the green rice fields of the delta? Peratallada is the perfect place for a rest day, with wooded walks or a chance for shopping.

### **Day 6 Into The Alt Empordà**

38km and 170m to ascend.

Northwards into the region of Alt Empordà, through forests, an open rural landscape and endless orchards. Optional stop to admire the Greek and Roman ruins at the Empuries archaeological site. Perhaps take a stroll along Medieval lanes in Torroella de Montgrí. Overnight you stay at a charming hotel in the village of Sant Pere.

### **Day 7 To Figueres And Aiguamolls Natural Park**

51km or 45km. 125m or 100m to ascend.

Figueres is a village synonymous with Salvador Dalí. Visit the surrealist painter's museum here, take a stroll along the town's Rambla and perhaps cycle to the beautiful Augustine monastery just outside town. Then follow the Muga River to the medieval town of Castello d'Empuries before reaching the refreshing greenery of the Aiguamolls de l'Emporda Natural Park, whose wetlands are home to a many waders and migratory waterbirds.

### **Day 8 Tour Ends**

The tour ends after breakfast with a transfer to Flaça station. Ask about airport taxi transfers (at extra cost).

Outdoor Travel offer many self-guided or small group inn-to-inn cycling tours in Europe. Destinations include several areas of Italy, Spain, France, Germany, Holland, Ireland, England, Scotland, Hungary & the Czech Republic, New Zealand & also in Australia. Follow the Danube from Passau to Vienna or from Vienna to Budapest. Guided Bike & Barge cruises are also available in France, Italy, Belgium, Holland, Germany, Croatia's Dalmation Coast, the Greek Islands, the Turkish Lycian Coast & North & South Vietnam.

## **Contact Outdoor Travel for more details, travel brochures and reservations:**

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