

SPAIN: GUIDED MOUNTAIN BIKE TOURS NEAR MALAGA

8-day / 7-nights **great value** - centre-based near the beach at Fuengirola



An active holiday in southern Spain - available all year round - centre-based in comfortable villa accommodation just a stroll from the beach near some of Spain's most popular holiday resorts. This program offers transfers to guided mountain bike rides each day exploring the coast and hinterland and into the mountains visiting lakes, forests and national parks.

The weather in this region of southern Spain is perfect all year round with an average of 300 sunny days a year. The most popular months for cycling are mid February until late June and then September until late November. July can reach 35°C or more and December/January can be sunny or rainy but never cold!

We provide accommodation in two villas each with 4-double bedrooms with air-conditioning in summer & heating during the winter. There is a private garden at the front, secure bike storage at the rear and a lounge area with English TV, Internet, WiFi, a music system and a fully equipped kitchen.

Away from the tourist resorts we have some fantastic riding with hard-to-find flowing single-track easy to moderate and technical or challenging riding sections. Some trails leave right from our villa doorstep, some a short distance away using two minibuses. The terrain is varied enough to offer unlimited off-road and single-track rides. And, here too we find some of the quietest country roads in Europe with Spanish drivers treating the cyclist with respect - it is said they actually slow down for you!

Cost: AU\$1165 per person twin share Single room supplement AU\$130 - when available

Departs: Every Saturday year round (except August)

Inclusions: Return transfers from Málaga Airport, twin share comfortable villa accommodation near the beach at Fuengirola with shared bathrooms, mountain bike hire, guided mountain bike touring (maximum group size of 15), local minibus transport each day, full cooked breakfast daily, secure storage for all the bikes, use of swimming pool and gardens, refreshments (beer or wine, bar snacks and refreshments at the villa).

Not Included: Dinner & other meals or extra drinks, optional sightseeing or personal expenses

Routes: The cycling grade varies each day depending on the interests/skills of riders. Average distances per day are 20-30km over 2-4 hours. The pace depends on your choice of ride: It can be fast, hard & furious or slow and leisurely with the emphasis on enjoying the spectacular scenery and excellent weather.

Suggested itinerary: No two cycling weeks are ever the same, day rides depend on the group's stamina, interests and ability:

- 9:00am: Breakfast (in late June and July we have breakfast an hour earlier to avoid the afternoon heat)
- 10:00am: Load up bikes into minibus for transfer to start of ride
- 13:30pm: Lunch in a *venta* (a typical Spanish bar - at your own cost)
- 4:00pm: Back from ride. Afternoon Tea and snacks then siesta or swim in the pool
- 7:00pm: Beer and tapas at the villa, then a typical Spanish restaurant with the group (at own cost)

Call OUTDOOR TRAVEL on 1800 331 582 for details or reservations

Suggested Itinerary:

These tours offer a large selection of routes to suit all bikers from beginners to expert down-hillers. Most routes will start the day using the minibus to gain altitude up to 1000m and finish around sea level to get more of that grin factor for less effort.

Saturday: If you arrive before midday there will be time to get the bike ready and then have an afternoon ride round our local tracks. Arrive late afternoon at the latest although today there is nothing formal planned.

Sunday: Guided ride round the Cerros del Águila "Hills of the Eagles", a scenic area of undulating tracks and paths right on our doorstep. We have technical steep sections and singletrack or gentle fire roads meandering through the pines - your choice. Halfway stop by the beach for coffee and cakes.

Monday: Tour around some hidden mountain valleys at the end of which is a mega long switchback descent followed by a swim in a natural lake with waterfall. (A bit cold in winter but great from April onwards). Second half 25km flowing descent to the beach from 320m above sea level.

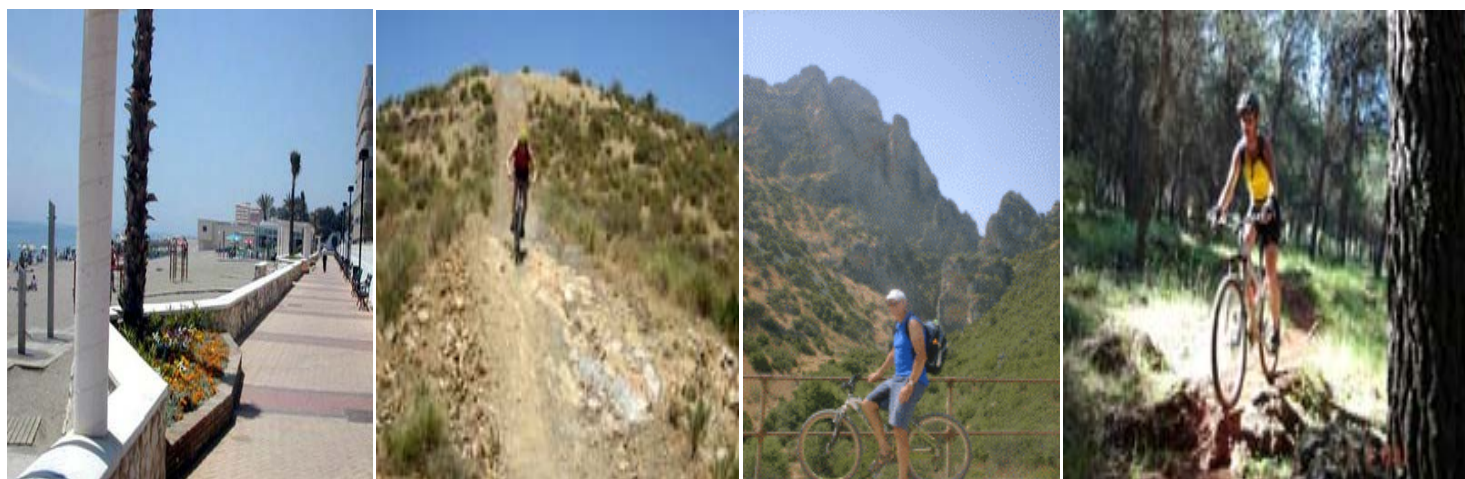
Tuesday: Drive up to the mountain village of Mijas for the start of the ride 450m above sea level. First half is a super long descent on single-track and paths to the sea level. Then a choice of more hill climbing or flattish second half.

Wednesday: Free day to relax or rest away from the biking. Why not visit the historical city of Granada or Malaga or try a mountain walk, tennis, golf, surfing, horse riding, dolphin-watching on a yacht or perhaps just sunbathe by the pool or on the beach.

Thursday: We drive into the Montes De Malaga National Park where the mountainous scenery and wildlife are superb. The first half of the ride is a guided loop followed by an outdoor lunch in a typical mountain restaurant. The second half is a mega 25km descent from 1000m above sea level through the forest on dirt paths or rocky singletrack to be met by the minibus at the bottom.

Friday: We drive 15km to a forest near Alhaurin where there is loads of fun single track through the woods. Second half after lunch 25km flowing descent to the sea.

Saturday: If you are leaving after 4pm we will have a morning ride around our local single tracks before the trip to Málaga airport for flight home.



This is one of the many self-guided or small group inn-to-inn cycling tours Outdoor Travel offer in Europe, other river rides include Passau to Vienna along the Danube or Vienna to Budapest. Other destinations include several areas of Italy, Spain, France, Germany, Holland, Ireland, England and Scotland, Hungary, in the Czech Republic, New Zealand & Australia.

We offer group guided Bike & Barge cruises – including mountain bike tours - in many destinations including France, Holland, Germany, the Croatian Dalmation Coast, the Greek Island, the Turkish Lycian coast & Vietnam.

Contact Outdoor Travel direct for more details and reservations

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