

SPAIN: CATALONIA CYCLING

8-day / 7-night **SELF-GUIDED** inn-to-inn cycling holiday in North East Spain - the land of *Salvador Dalí*



An easy cycling tour on flat or gently rolling terrain from the azure blue Mediterranean Sea into the lush green countryside of Catalonia, a landscape dotted with medieval villages. Cycle through history crossing fields of sunflowers and wheat, forests of pines and rice paddies in an ancient land inhabited by Iberians in pre-Roman times and once besieged by pirates. Enjoy a hearty Catalan breakfast to start each day and, in the evening, choose from many local restaurants serving a variety of traditional specialties of regional produce, fish and seafood. Relax in our carefully selected and comfortable hotels each with their own unique charm.

Trip Highlights:

- Easy cycling through beautiful countryside among medieval villages with an authenticity all their own
- Inland and coastal routes with a surprising variety of landscapes to enjoy
- Comfortable rural hotels situated in charming villages
- Wide selection of restaurants for dining out and shops to explore

Departs: Daily on demand from April to September

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

Cost from: \$2080 per person twin share. Single supplement from \$1485

Includes: 7 nights' accommodation in comfortable, carefully selected hotels with ensuite bathrooms; breakfast daily; luggage transfers; hire of hybrid multi-gear bike with lock, tool kit and front and rear luggage racks; detailed route descriptions and maps; arrival transfer from Flaça train station to hotel and departure transfer from hotel to Figueres train station.

Not included: Other meals, drinks, bike helmet hire (can be arranged, but we recommend you bring your own), optional transfers and 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 17km to 53km per day. Remember summer can be rather hot and humid in Spain (@ 35° C +).

Arrival and Departure: The best airports for arrival are Barcelona, served by several international airlines, or Girona, served by several low-cost carriers. From the airports of Girona or Barcelona you can continue by train to the village of Flaça, where you will be collected and taken for the 15-kilometre journey to Monells.

On the final morning, you will be transferred from Sant Pere Pescador to Figueres train station, where you can make an onward connection by train to Girona or Barcelona. These arrival and departure transfers are included in trip cost. We can also organise private transfers from/to Girona or Barcelona airports at extra cost.

Call OUTDOOR TRAVEL on 1800 331 582 for details or reservations



Suggested itinerary:

Day 1 Arrival in Monells, near Corçà

Arrive at your accommodation in the village of Monells. A transfer from Flaça train station to your first hotel is included in the tour. A taxi transfer from the airport or other train stations can be arranged at extra cost.

Day 2 Villages of the Baix Empordà

cycling @ 17km or 31km

Immerse yourself in the ambience of the Baix Empordà, or Lower Ampurdán, cycling through its traditional and picturesque landscape. Highlights include Mediterranean forest, the medieval village centres of Monells and Madremanya, and perhaps a visit to the castle-museum in Pubol which Dalí dedicated to his wife, Gala.

Day 3 Monells to Peratallada

cycling @ 27km

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 trees as a windbreak. In the evening Peratallada has many restaurants to choose from for dinner.

Day 4 Ter River Delta

optional cycling @ 31km

A free day to explore - perhaps a relaxed ride between the sandy beaches of the Costa Brava and the green rice fields of the Ter Delta. Or take a day off from cycling as Peratallada is the perfect place for a rest day, with wooded walks or time for shopping.

Day 5 Costa Brava

cycling @ 39km

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, visit the botanical gardens in Cap Roig or some additional riding through the valley of Aubi.

Day 6 Alt Empordà

cycling @ 38km

Northwards into the region of Alt Empordà, through forest, open rural landscape, mixed forests and endless orchards. You may like to stop to see the Greek and Roman ruins at the Empuries archaeological site. Perhaps take a stroll along medieval lanes in Torroella de Montgrí. End your day at a charming hotel in the village of Sant Pere Pescador, where you stay two nights.

Day 7 Loop ride to Figueres & Aiguamolls Natural Park

cycling @ 45km or 53km

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'Empordà Natural Park, whose wetlands are home to many waders and migratory water birds. Return to Sant Pere Pescador for your last evening.

Day 8 Tour ends

The tour ends after breakfast with a transfer to Figueres train station, where you can catch onward trains to Girona and Barcelona. Ask about airport taxi transfers (at extra cost).

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Outdoor Travel offers many self-guided or small group inn-to-inn cycling tours in Europe. Destinations include several areas of Italy, Spain, France, Germany, Austria, Switzerland, Ireland, England, Scotland, Hungary and the Czech Republic, New Zealand, the USA and Canada.

We also offer guided or self-guided **Bike & Barge** or **Bike & Boat** cycle cruises in France, Italy, Belgium, Holland, Germany, Croatia's Dalmatian Coast, the Greek Islands, and Vietnam.

Contact Outdoor Travel for more details and reservations:

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