

## SPAIN: MÁLAGA & COASTAL HINTERLAND **MOUNTAIN BIKING**

8-day / 7-nights centre-based GUIDED day tours based near the beach at Fuengirola



An active holiday in southern Spain, based in comfortable villa accommodation just a stroll from the beach near some of Spain's most popular Mediterranean holiday resorts. We offer transfers to guided mountain bike rides daily exploring the coast, hinterland and mountains, visiting lakes, forests or 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 and heating during the winter. There is a private garden at the front, secure bike storage at the rear and a lounge area with English-language television, 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.

**Cost from:** **\$1520** per person twin share      Single room supplement \$140 - when available

**Departs:** **Every Saturday** year round (except July and 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 (free beer or wine, bar snacks and refreshments at the villa).

**Not Included:** Dinner and other meals or extra drinks, optional sightseeing or personal expenses. E-Bike hire is available from an extra \$65 per bike per week.

**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 and furious or slow and leisurely with the emphasis on enjoying the spectacular scenery and sunshine.

**Suggested daily program:** No two weeks are the same, rides depend on group's stamina, interests, ability:

9:00am: Breakfast (in late June 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. Suggested itinerary is for beginner to intermediate level riders. Choice of routes will be decided by your guide depending on the group's skill level and interests. Most days we start with a minibus transfer 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 'El Chorro' lakes area, with technical steep sections or flowing singletrack and great views of the surrounding mountains and lakes. We use the minibus often to ensure maximum enjoyment.

**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 (cold in winter but great from April onwards). The last 25km is a flowing descent to the beach from 320m above sea level.

**Tuesday:** Drive up above the mountain village of Mijas for the start of the ride 650m above sea level. A half-hour climb to start followed by a super long descent on single-track and paths to Mijas. After lunch a fun descent to sea level where we can have a welcome beer or ice cream.

**Wednesday:** Free day to relax or rest away from the biking. Why not visit the historical city of Granada or Málaga 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 Málaga 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 to a forest near Alhaurin, a typical Andalusian 'white village', where there is loads of fun single track through the woods. Second half after lunch is flowing descent on dirt tracks through a scenic valley with a river crossing.

**Saturday:** If you are leaving after 4.00pm we will have a morning ride around our local single tracks before the trip to Málaga airport for flight home.

**Outdoor Travel** offers many self-guided or small group inn-to-inn cycling tours in Europe, other river rides include the Inn River Bike Trail in Switzerland, the Camino de Santiago in Spain, 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, India, New Zealand and Australia.

We also offer **Bike & Barge** cruises – including mountain bike tours – in many destinations including France, Holland, Germany, Croatia's Dalmatian Coast, the Greek Islands, and in Vietnam.

### Contact Outdoor Travel for more details and reservations

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