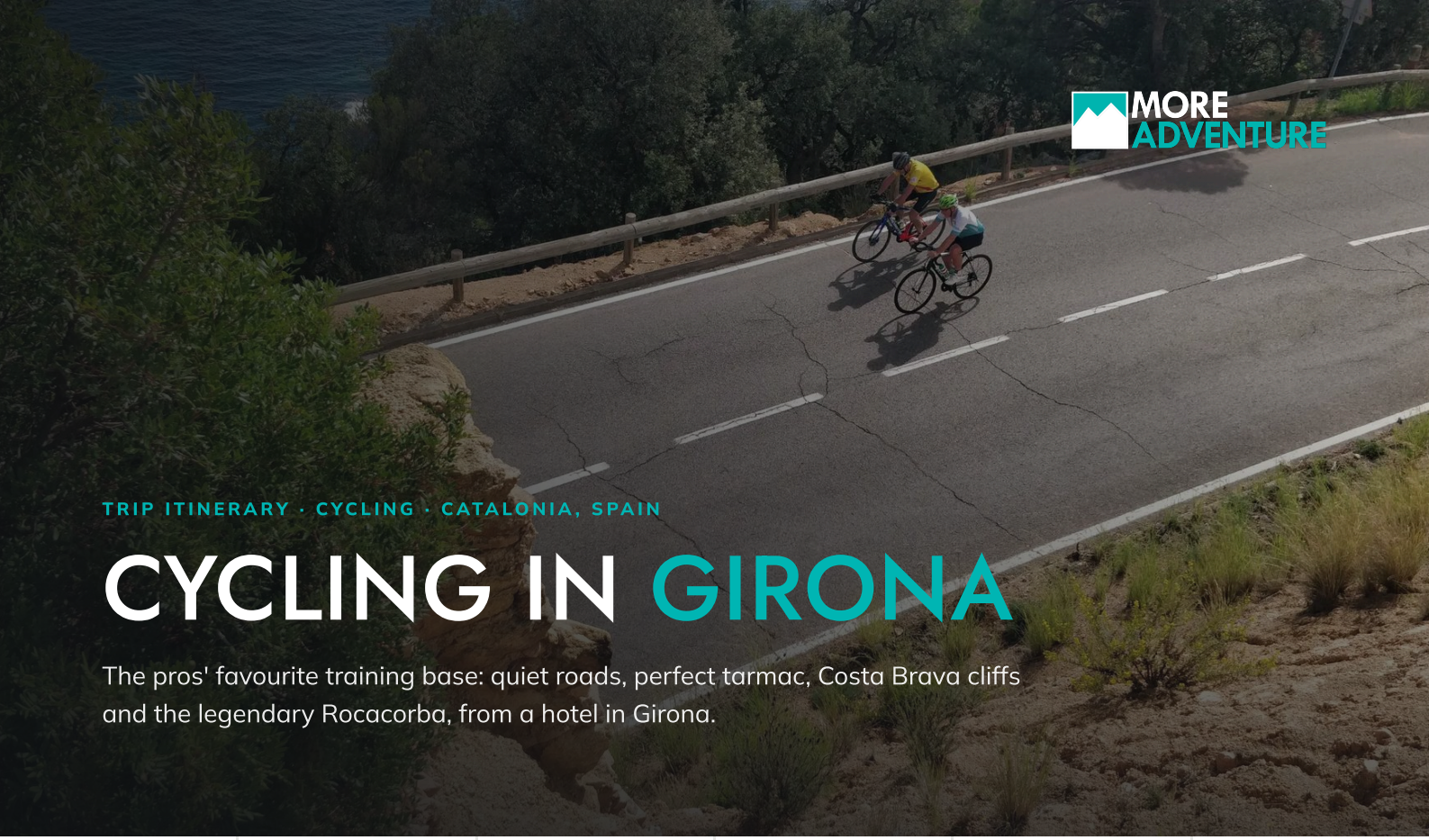


TRIP ITINERARY · CYCLING · CATALONIA, SPAIN

CYCLING IN GIRONA

The pros' favourite training base: quiet roads, perfect tarmac, Costa Brava cliffs and the legendary Rocacorba, from a hotel in Girona.

5 days	3	246 miles	Hotels	★★★★☆	March – June, September – October
DURATION	DAYS RIDING	DISTANCE	ACCOMMODATION	DIFFICULTY	SEASON

OVERVIEW

Girona has long been the training ground of amateur and professional cyclists alike: sunshine, quiet roads, impeccable tarmac and fabulous food, with mountains to the north and the Costa Brava to the east.

During this five day trip you'll be based in a lovely hotel in Girona. From here we'll go on several guided day rides into the mountains and to the sea. You'll experience the very best that this cycling mecca has to offer and ride along roads that professional teams pedal each year. As a base, the vibrant and beautiful town of Girona has it all – sunshine, great food and coffee, incredible architecture, and friendly locals...a cyclist's dream really!

★★★★★

"Tremendous organisation and top quality adventure management. Skilled and experienced, Tom and his team were always on top of the ride and quick to adapt. Very personable and always helpful. Definitely recommend them."

Brian Kalms · Google review

HIGHLIGHTS

- ✓ Wandering through the brightly painted facades in the old town of Girona
- ✓ Cycle along roads used by world champion cyclists
- ✓ Sample well-deserved coffee and cake at the fabulous cycling cafe's of Girona
- ✓ A sweeping descent to the sea at Tossa de Mar
- ✓ Perfect tarmac above dramatic red cliffs and crystal clear turquoise sea of the Costa Brava
- ✓ Massage time at Aqus Banys Romans, a spa housed in an ancient hospital in Girona

DATES & BOOKING

See the latest dates, availability and book online at moreadventure.co.uk/event/cycling-in-girona/

DAY BY DAY

DETAILED ITINERARY

1

ARRIVAL & WARM-UP | OVERNIGHT: GIRONA | AIRPORT TRANSFER

DAY 1: ARRIVE BARCELONA, TRANSFER TO GIRONA, WARMUP LOOP

You will be met by the More Adventure team at Barcelona Airport where you'll be transferred with your bike and luggage to Girona. Here we'll assemble bikes (or if you've hired a bike visit the hire shop to collect), get changed into cycling gear and begin our trip with a short loop either to the Banyoles Lake or the Vall de Llémana. This is a good opportunity to get a feel for the area, acclimatise to the weather and begin to understand why Girona is a cycling mecca.



2

71 KM · 1,080M | OVERNIGHT: GIRONA

DAY 2: ELS ÀNGELS CIRCUIT RIDE

After breakfast in our hotel, we'll begin with a classic of Girona – the Els Àngels Circuit. This fabulous route is the perfect introduction into the climbs of the area, a favourite short, hard training ride of the pros. We'll be taking a rather more leisurely pace, taking time to soak up the peaceful rolling roads, medieval villages and stunning views. The route heads east from Girona and begins to climb 3km from the town. The first summit of the day is Santuari dels Àngels, a chapel where Salvador Dali got married. From the lookout there are views in all directions from the coast to the Pyrenees. An epic descent then leads to the small village of Monells. A further 8km leads to Santa Pellaia at the bottom of the second climb, a gentle ascent through dense forest which averages 3.4%. After another exhilarating descent it's a relatively flat return to Girona passing through the pretty villages of Sant Andreu and Fornells de la Selva.



3

95 KM · 1,230M | OVERNIGHT: GIRONA | COSTA BRAVA

DAY 3: COSTA BRAVA COASTLINE LOOP VIA SANT GRAU

Experiencing the epic coastline of the Costa Brava is an absolute must whilst visiting Girona. With perfect tarmac above dramatic red cliffs and crystal clear turquoise sea, it wows even the most seasoned cyclist. We head south from Girona along quiet country lanes to Llagostera before heading southwest into the mountains on our first climb of the day. A dazzling descent then leads to Tossa de Mar where our route reaches the sea. Here we'll most certainly stop for coffee, cake and to admire the silky shoreline of the Costa Brava. We'll then ride northeast along the stunning coastal road above sandy beaches and crystal seas before the turn off to Sant Grau, our main climb of the day. With an average of 5%, the 6.3km climb is relatively painless but with a tough final few hundred metres. The views of the ocean throughout are absolutely breathtaking! At the top we'll stop for refreshment in the unique restaurant housed in the Sant Grau monastery. From the top we descend 10km back down to Llagostera to rejoin our initial ride out back to Girona.



4

80 KM · 1,160M | OVERNIGHT: GIRONA | OR THE CABANELLES LOOP

DAY 4: ROCACORBA CLIMB OR CABANELLES LOOP

We have a few options for our final day's ride. Option 1 is to tackle Girona's most famous climb, Rocacorba. It has been used for two decades as a training climb for countless professional riders in their efforts to conquer it in sub 30-minutes, an impressive feat for even the hardiest of cyclists. From Girona it's an 80km out-and-back ride with an elevation gain of 1160m and comes with a great deal of bragging rights! Alternatively, we could head out north to Cabanelles and back on a 76km ride, a leisurely loop through the rural landscape north of the town. For the keenest of riders we could tag on a cheeky ascent of Mare de Déu, one of the hardest climbs in the area – 18km with an average of 5.4% up to a max of 14%!



5

TRIP ENDS | TRANSFER TO BARCELONA AIRPORT

DAY 5: GIRONA – BARCELONA AIRPORT

This morning you will be transferred to Barcelona airport for your flight home with your bicycle and luggage. Here the trip ends and we say our farewells.



THE ROUTE

RIDES FROM GIRONA



Day 2 · Girona → Els Àngels	**71 km**
Day 3 · Girona → Tossa de Mar	**95 km**
Day 4 · Girona → Rocacorba	**80 km**

GPX files of the full route are emailed when the trip is confirmed.

GRADE: CHALLENGING ★★★★☆

See our cycling grades at moreadventure.co.uk. If you're unsure whether this trip is right for you, give us a call.

INCLUDED

- ✓ Cycle leader
- ✓ Support driver/bicycle mechanic
- ✓ 4 x night's hotel accommodation (twin sharing)
- ✓ 4 x breakfasts
- ✓ Transfers between Barcelona airport and Girona
- ✓ All luggage transported during your trip
- ✓ GPX files of the full route (emailed when the trip is confirmed)

NOT INCLUDED

- × Bicycle and Helmet
- × Transport to and from pick-up and drop-off points
- × Evening meals, lunches, drinks and snacks
- × UK GHIC or EHIC health card
- × Insurance

Bike hire: Bikes can be hired in Girona; we'll help arrange it.

Flights: Not included. Return flights London–Barcelona are typically £80–150.

GOOD TO KNOW

TRIP NOTES

INSURANCE

This itinerary is a guide only and can sometimes be subject to change due to unforeseen circumstances. Whilst we endeavour to uphold the proposed daily mileages, this cannot be guaranteed due to changes to hotel bookings. We recommend that you obtain travel insurance before booking any trip. Personal travel insurance is compulsory on any More Adventure trip and as a minimum, we require your cover to include medical expenses and emergency repatriation. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and damage/loss of luggage and personal effects (including your bicycle). We also recommend you take out bicycle insurance for this trip. If you're looking for reasonably-priced, specialist bicycle insurance, we have teamed up with Yellow Jersey Cycle Insurance. They offer specialist cover for bicycles including all the standard cover you'd expect but also cover other things like race fee cancellation, crash damage, wheels cover and even theft from inside a vehicle. Use the code MOREADV10 for 10% off. Please be aware that your More Adventure leader will be checking your insurance documents on the first day of this trip and may refuse you to join the trip if your insurance cover is insufficient. The insurance company's 24 hour emergency contact number will need to be seen by your leader.

TRIP SUITABILITY

You will be cycling for between six and eight hours each day but this is not a race! This is a group trip and we like to cycle as such. You will be cycling through rolling countryside which will be hilly, and the pace will be determined by your Cycle Leader. If you are unable to keep to this moderate pace, you will be asked to travel in the support vehicle. You must prepare before coming on the trip, anything cardiovascular will help as will of course cycling. Importantly you need to do some 6+ hour cycles so you will know what is required. You will need to get some hill practice in! We can provide you with a training plan but you will need to be comfortable cycling for several hours at a time through hilly terrain. If you are unsure or require our training plan, please contact us on info@moreadventure.co.uk. A link to our trip grades that explains in depth our star rating is here: www.moreadventure.co.uk/cycling-grades

WEATHER

The weather can vary hugely on this trip so it is essential that you are prepared for sunny (fingers crossed) and poor weather, as it can rain at any time of the year and mornings can be chilly. Our recommendations on what clothing to bring will be issued upon booking. It is absolutely essential that you are prepared for all weathers and be able to carry up to 1.5 litres of water. Our recommendations on what clothing to bring will be issued upon booking.

HEALTH

Your health and safety is our number one priority during any trip with More Adventure. For this reason, our leaders are the very best in the business, they all hold relevant outdoor First Aid Certificates, and have hands-on practical medical experience in a variety of environments. It is recommended that you visit your GP well in advance to discuss your trip and any pre-existing medical conditions you have. We will require a comprehensive medical declaration form that may need to be verified by your GP.

MONEY

Lunches and evening meals tend to cost between £15 and £20 each. You will need Euros to spend in Spain.

ACCOMMODATION

Accommodation for this trip is in an excellent quality hotel in Girona which has hot water showers, excellent amenities and secure bicycle storage, and this is based upon twin sharing. A single room supplement may be possible for an extra cost, this can be added upon booking (based upon availability).

FOOD

Breakfast will vary each morning but will generally be continental-style with hot drinks and juices. Lunches will be eaten in local cafes along the way. We will also be stopping at shops and cafes along the way for you to buy snacks and drinks. Lunches, evening meals and drinks are not included in the price and we will eat out as a group at a local cafe/restaurant. Approximate costs per lunch/evening meal £15 - £20.

EQUIPMENT

We recommend road bicycles for this trip. Please contact us if you are unsure whether your bike is suitable. Bikes are not included in the price. It is very important that your bike is in good working order and that you bring plenty of spares. Please bring at least two spare inner tubes. Your Cycle Leader will assist you with any minor bicycle repairs. You must bring suitable, reasonably new tyres (e.g. Continental Gatorskin, Bontrager AW2; Schwalbe Marathon Plus). We do not provide helmets but it is essential you bring your own to wear. Bicycles If you are planning on bringing your own bicycle for this trip then you will need to pack it for your flight. There are numerous ways of doing this, but one of the easiest is to hire or buy a hard plastic bike box. You will then need to dismantle the bicycle to fit into the box and reassemble once you reach your destination. Some airlines count a bicycle box as normal checked-in hold luggage, with other airlines a supplement is required. Further information and tips for flying with a bicycle will be issued upon booking. It may also be possible to rent good quality road bikes for this trip. Please email info@moreadventure.co.uk for further information.

CLOTHING

It is crucial to be prepared for the weather! The trip will continue in all but the absolute worst of weathers. Generally the best clothes to wear while cycling are light and comfortable. Please bring a lightweight waterproof top and a lightweight windproof top for the long descents. Make sure you bring enough clothes for each day cycling and for evening meals. Better to “have and not need than to need and not have”!

LUGGAGE

All luggage will remain in the hotel as you cycle but you will need to carry inner tubes, snacks and water. The support vehicle will however also be on hand to carry further spares and layers whilst cycling if required. Bike boxes and bags will be transported to the hotel upon arrival.

LEADERS

This trip is led by at least one experienced and qualified cycle leader who will cycle with the group at all times. They guide and encourage the group, and help deal with any bicycle mechanicals. In addition to this, another leader drives the support vehicle offering assistance where necessary and transfers all luggage from the hotel (if required). This trip will run on a minimum number of 8 persons. Please do not book any transport to/from the trip until it has been confirmed by email that it will run.

HOW TO BOOK

1. Choose a date on our website and click ‘Book now’
2. Fill in your details (you can book for a group) and your medical details
3. Pay a 40% deposit securely by card to secure your place
4. You’ll get a confirmation email with further trip information
5. Pay the balance no later than 5 weeks before the trip, in instalments or in one go

Questions? We’re happy to help.

Call 020 8720 6607

WhatsApp 07719 224663

Email info@moreadventure.co.uk

Web moreadventure.co.uk

This itinerary is a guide and may change due to unforeseen circumstances. Please don’t book travel until we’ve confirmed by email that the trip will run.