Ocean breezes. Mediterranean views. Beachfront luxury. Welcome to cycling in Costa Brava. On the alluring Mediterranean shoreline where the mountains meet the sea, somewhere between the real and the surreal, warm sunshine, spectacular winding roads, seascape views, and Catalan charm combine to create a truly unique bicycle vacation. Our Costa Brava bike tour is a once-in-a-lifetime opportunity that includes private tastings, a private sail boat cruise, and intimate guided explorations that uncover the drama and romance of Catalonia. From nights in a beachfront luxury hotel to days spent exploring the spectacular Costa Brava coastline and exploring the mystical musings of Salvador Dalí on the Empordà plain, this paradise offers a perfect blend of lively culture, fabulous cuisine, and beautiful cycling terrain.

From $4599
Rider Type Recreational
Hotel Style Luxury
Duration 6 days | 5 nights
Start | End Girona, Spain
Dates 2020/May/Jun/Sep/Oct

TRIP WOWS
Savor handmade tapas from the comfort of your luxury hotel’s garden terrace
Delight in a private tour of an organic farm followed by lunch paired with local wines
Take a dip in the infinity pool or schedule a massage for a truly lavish afternoon
Sail abroad a private sailboat and snorkel, sunbathe, or simply watch the world go by
Enjoy the finest local produce prepared at a Michelin-starred restaurant
TODAY'S RIDE:
Monells to Madremanya
Approximately 8 miles with 850 feet of climbing

DESCRIPTION:
Welcome to Girona! It has long been a hotbed of cycling, with international pros relocating to this charming town, awash in local cafes, small markets, and access to great roads right at your door. After a 45-minute shuttle, you’ll arrive in the 12th-century village of Monells for a delicious tapas lunch. Afterward, your guides will ensure you a perfect fit with your Trek bike and familiarize you with its features before you take to the road for a warm-up ride along poppy-lined roads that cut through the patchwork of wheat fields in the Empordà countryside to our hotel. You can also choose to tackle your first climb of the week, up to Els Angels. This evening, you’ll taste the much revered, local cava together with handmade tapas on the hotel’s garden terrace as your guides introduce you to the adventures of the week to come, before dining together at a gourmet restaurant set in a beautifully restored 14th-century farmhouse.

HOTEL:
La Plaça de Madremanya

INCLUDED MEALS:
Lunch | Social Hour | Dinner
Day 2

TODAY'S RIDE:
Madremanya to Calella de Palafrugell
Approximately 30 miles with 1,500 feet of climbing

SHORT OPTION:
Madremanya to Pals w/ shuttle Loop
Approximately 18 miles with 700 feet of climbing

AVID OPTION:
Madremanya to Calella de Palafrugell Loop
Approximately 52 miles with 2,600 feet of climbing

DESCRIPTION:
Be sure to pack your camera today, as our Costa Brava bike tour takes you past the enchanting countryside, charming villages, and stunning coastline of the region. Take in the panoramic views of the Pyrenees mountains that rise above the countryside of the Baix Empordà. Pass by the medieval village of Pals, and stop for an espresso in its narrow cobblestone streets before setting off on an undulating ride to the ancient pueblo of Calella de Palafrugel. This traditional fishing village is perched on a rocky coastline, sprinkled with small coves and oozing old-world charm. Savor lunch overlooking the azure blue Mediterranean Sea, and afterwards, elect to take a stroll on the beach and shuttle back to the hotel or jump back on your bike to wind your way back through green pastures decked with abundant sprays of wildflowers. Tonight, you'll learn about the history of medieval Peratallada on a private walking tour, before enjoying a dinner at one of the colorful bistros in this beautifully preserved and truly enchanting town.

HOTEL:
La Plaça de Madremanya
INCLUDED MEALS:
Breakfast | Lunch | Dinner

Day 3

TODAY'S RIDE:
Madremanya to Finca Bell Lloc to s’Agaro
Approximately 38 miles with 2,100 feet of climbing

SHORT OPTION:
Madremanya to Finca Bell Lloc w/shuttle to hotel
Approximately 28 miles with 1,900 feet of climbing

AVID OPTION:
Madremanya to Calonge to Romanya de la Selva to s’Agaró
Approximately 51 miles with 3,400 feet of climbing

DESCRIPTION:
Your ride today takes you from the plains to the sea through Les Gavarres, a mountain massif of the Catalan Coastal Range. The Gavarres mountains have been inhabited since prehistoric times and are largely protected as a nature reserve, dotted with a few farmhouses and hamlets. Choose to stop on your way to visit the Castell de Dalí, a gift from Costa Brava-born artist Salvador Dalí to his wife, Gala. Before lunch, you’ll take a private tour of Finca Bell Lloc, a family-run winery and organic farm where age-old traditions have been handed down through generations to preserve the natural methods used on the farm. Enjoy a lunch that pairs their organic wines with local specialties on the vineyard grounds. To finish, there is a final gentle descent to sea level and your home for the next three nights, the decadent 5-star Hostal de la Gavina. This afternoon is yours to enjoy as you wish – maybe with a stroll on the beach, enjoy the hotel's luxurious spa, or a trip into the beach town of Platja d’Aro, which is awash with shopping opportunities before deciding which of the many fantastic restaurants to visit for dinner.

HOTEL:
Hostal de la Gavina
INCLUDED MEALS:
Breakfast | Lunch

Day 4

TODAY'S ACTIVITY:
Sailboat Cruise

DESCRIPTION:
Admire Costa Brava’s dramatic coastline today from the tranquil calm of the Mediterranean Sea! Spend the morning on crystal waters aboard our private sailboat, cruising past secluded rocky coves and powder sand beaches. With a picnic lunch on the boat and plenty of time to relax, enjoy the opportunity to take a dip, maybe go snorkeling, or simply lie back and soak in the sun and scenery! The sail boat is always a favorite with our guests, but if you prefer more time in the saddle instead, a riding option to explore further inland is available. There will be plenty of time to take a dip in the infinity pool or schedule a massage before dinner at the hotel's gourmet restaurant Candlelight. The chef Romain Fornell was the youngest chef to get a Michelin star and prides himself on creating culinary masterpieces using a combination of daring and passion. You’ll be sure to sleep soundly tonight after a day of fresh sea air, great food, and excellent local wines! Please be aware that the cruise is subject to the changing weather conditions. If the weather is not favorable, there will be a short morning ride or alternate activity in place of the sailboat ride.

HOTEL:
Hostal de la Gavina
INCLUDED MEALS:
Breakfast | Lunch | Dinner
Day 5

TODAY'S RIDE:
S’Agaro to Tossa de Mar
Return
Approximately 32 miles with 3,400 feet of climbing

SHORT OPTION:
S’Agaro to Tossa de Mar
Approximately 16 miles with 1,700 feet of climbing

AVID OPTION:
S’Agaro to Ermita de St Grau to Tossa de Mar Loop
Approximately 45 miles with 4,500 feet of climbing

DESCRIPTION:
This morning the journey is the destination as your Costa Brava bike tour leads along quiet winding roads which follow the extraordinary coastline. Reminiscent of California's Big Sur, this road boasts many more cyclists than cars! Pause for a lunch of your choice in the medieval walled town of Tossa de Mar and ride back to the hotel along the same spectacular route, or maybe spend the afternoon exploring the old town and castle or relaxing on the beach and watching the world go by. This evening, relax and savor authentic Catalan cuisine with a twist as the chef at our favorite Michelin-starred restaurant serves up innovative dishes featuring the finest seasonal, local produce. Raise a glass and toast to an incredible week of riding, culinary treats, and newfound friends.

HOTEL:
Hostal de la Gavina

INCLUDED MEALS:
Breakfast | Social hour | Dinner

Day 6

TODAY'S RIDE:
S’Agaro to Romanya de la Selva Loop
Approximately 19 miles with 1,300 feet of climbing

DESCRIPTION:
Although this morning’s ride is short, it offers spectacular views of the Gavarres Mountains. The rolling hills take you into ancient farmland, where you can also stop off to explore a mystical grove containing a prehistoric burial site with some of the best, preserved dolmens in Europe. If you prefer, simply linger over a hot cappuccino and enjoy a leisurely morning, soaking in the gorgeous sea views from the breakfast patio. Bid farewell to your guides at 11:00 AM at Hostal de la Gavina. You’ll then shuttle one hour to the Girona Train Station, arriving at approximately 12:00 PM.

INCLUDED MEALS:
Breakfast

WHAT'S INCLUDED

For us, the details matter most

Every moment of a Trek Travel bike trip has more than you could have ever dreamed. More romance. More scenery. More choice. It's the little additions to every Trek Travel cycling vacation that make it truly special. And that's how we help you create more memories.

What's Included
• 5 nights of accommodation at handpicked hotels
• Two experienced guides to provide local knowledge, support, and camaraderie
• Daily route support with both guides and our support van
• Daily breakfast, 4 lunches, and 4 dinners
• 2 social hours of drinks and hors d'oeuvres
• Ride a Trek Domane SL 7 disc, Trek's newest Electric-Assist, or a Trek 7.6 FX Hybrid
• Up to three daily route options on riding days
• Snacks and drinks for each day’s ride
• Trek Travel Bontrager cycling jersey and socks to keep
• Trek Travel water bottles to keep
• Cinch sack day bag to keep
• Each bike is equipped with a Garmin Edge 1030 GPS computer, flat pack, front and rear Bontrager Flare R lights, a Bontrager saddle and pedals (Shimano clipless road pedals, Shimano clipless mountain pedals, caged or flat pedals)
• Bontrager WaveCel helmets
• All gratuities for drivers, local experts, and hospitality staff
• All luggage transfers and transportation during your trip
• A personalized photobook of your trip
• Entrance fees for all activities, private tours, and events
Gear

- Trek Domane SL 7 disc carbon road bike with Shimano Di2 electronic shifting or Trek 7.6 FX Hybrid bike
- Trek Electric Assist XM700+ also available in a limited quantity
- Trek Travel Bontrager cycling jersey and socks to keep
- Trek Travel water bottles to keep
- Shimano clipless road pedals, Shimano clipless mountain pedals, caged or flat pedals
- Bontrager WaveCel helmet
- Bontrager men's and women's specific saddles
- Bontrager front and rear Flare R lights and a flat pack
- Garmin Edge 1030 GPS computer
- Cinch sack day bag to keep
- Upgrade your bike to include carbon wheels (+$200)
- Coupon valued up to $500 off a new Trek Bicycle. Your coupon will be delivered via email prior to your trip.

For the most comfortable ride, you may choose to bring your own pedals, saddle, and helmet on the trip. Your guides will install your gear on the first day during your bike fit.

THANK YOUR GUIDES, BY TIPPING

Gratuities for your Trek Travel guides are not included in your trip price. We recommend tipping 7.5-10% of your trip price for the guide team. Local currency is preferred and unless you want to tip separately, guides will divide tips amongst themselves. Please tip your guides at your discretion, based on their level of professionalism, guest care, and service.

What’s Not Included

- Airfare and transportation to and from the trip pick-up/drop-off locations
- Lodging before and after the trip
- Personal items purchased during the trip
- Optional activities not scheduled by Trek Travel
- On select trips some meals are not included. On these trips, Trek Travel invites you to explore the local cuisine at your leisure.

HOTELS

LA PLÀÇA DE MADREMANYA
MADREMANYA, SPAIN (GIRONA)
Madremanya is a beautiful medieval walled village with traditionally restored buildings set amidst the lush rolling farmlands of the Empordà plains. Your home will be at La Plaça, a 14th-century stone farmhouse with a warm and rustic interior. Each suite in this boutique hotel is unique and exemplifies the enchantment of Catalan simplicity. The gourmet restaurant serves the freshest local ingredients in a style fusing tradition and innovation.

HOSTAL DE LA GAVINA
S’AGARÓ, SPAIN (GIRONA)
This hotel is situated on a cliff, overlooking the Sant Pol beach on the Mediterranean Sea, and for decades has been a popular retreat for many stars, such as Frank Sinatra, John Wayne, and Sean Connery. Rich cultural heritage is evident throughout the hotel in the Flemish tapestries, 17th century furniture, Romanesque carvings, Murano lamps, and 18th-century Sèvres vases. The outdoor swimming pool, beautiful gardens, and spa all add to the enjoyment of this quiet, scenic, and magnificent Mediterranean property.
How To Get There

We suggest that you arrive at least one day prior to the trip start, which will enable you to adjust to the time zone and minimize the risk of missing the trip start due to flight-related delays. We recommend that you fly into Barcelona (BCN) and then take a train to Girona. From Terminal 1, buses depart every 30 minutes for Barcelona Estació Sants or you can take a metro on Line L9, change at Collblanc to Line L5 to go to Barcelona Estació Sants. Outside Terminal 2, trains depart directly for Barcelona Estació Sants. Alternatively, taxis are plentiful from both terminals and operate 24 hours a day. The journey to the train station in the city center will take 20-30 minutes and cost around 35 euros. From Barcelona Estació Sants and Estació de França, trains depart hourly for Girona. For more information, consult www.renfe.com.

Meeting Time And Location

Your Trek Travel guides will meet you at the Girona Train Station (Pl. Espanya, s/n, 17004, Girona) at 11:00 AM on the first day of the Costa Brava bike tour. You'll shuttle 45 minutes to Monells, a medieval village to enjoy a gourmet lunch in the Empordà countryside. Please have your first-day cycling clothes and riding gear easily accessible, separate from your luggage. After lunch, your guides will do a bike fit before you begin your day's ride through the Empordà countryside.

If you will be late for the pick-up or are going to miss it altogether, please inform your guides. You will receive an email a week before the trip starts with their names and contact details. If you cannot reach them, please call our first hotel, La Plaça de Madremanya (+34 972 49 04 87), and leave a message with your expected arrival time and contact details. A taxi from the Girona train station to the ride start or first hotel will take about 45 minutes and cost around 60 Euros.

Departing Time And Location

You will say farewell to your guides at 11:00 AM at the Hostal de la Gavina. You'll then shuttle 1 hour to the Girona Train Station, arriving at approximately 12:00 PM. Please allow adequate connection time for any ongoing travel to accommodate possible traffic delays.

Before: Barcelona, Spain

The Catalanian capital of Barcelona boasts a beautiful coastline, a great diversity of culture, leisure, shopping, innovative gastronomy, and an avant-garde spirit. Be sure to check out some of the fantastic architecture and art of Antoni Gaudí, such as Sagrada Familia or Parc Güell. The Gothic quarter is the heart of Barcelona’s old town, with narrow cobblestone streets on which Picasso and Miró lived long ago. Las Ramblas is a long tree-lined shoppers’ paradise that leads to the sea. Be sure not to miss the fascinating Boqueria market for a slice of local life. We recommend the following accommodations for your pre-trip hotel:

HOTEL ARTS

Opened in 1994, Hotel Arts Barcelona has a unique location on the seafront in the city's Olympic Village area. It’s the tallest building in Barcelona, with contemporary interiors and a showcase collection of 20th century specially commissioned works of Catalan and Spanish artists.

www.HotelArtsBarcelona.com

CASA CAMPER

A 19th century building converted into a cozy 25-room hotel. In the multicultural neighborhood of El Raval, just a few steps from the famous La Boqueria market, Casa Camper is the perfect location to indulge in Barcelona's vibrant nightlife. You can do this actively by using one of the Casa Camper's bicycles, or by enjoying the spectacular view across the city from the rooftop terrace.

www.CasaCamper.com

B HOTEL

An innovative minimalist hotel fusing modern design with state of the art technology. The roof terrace has magnificent panoramic views of the city. B Hotel is close to many major tourist attractions and enjoys excellent connections with the airport and metro system.

www.BHotel.com
Girona has long enjoyed the reputation for being the richest town in Spain. Founded in the first century BC, it soon became the most important point on the Spanish Via Augusta. Enjoy the reflections of the colorful pastel row houses on the River Onyar before crossing the river and wandering the narrow cobblestone streets of the medieval Jewish quarter. Admire the cathedral from below and then enjoy a 15-minute walk atop the old town walls to get great views of the town. Search out Café Viaugusta in the old quarter, where professional cyclists training in Girona sometimes stop for coffee. We recommend the following accommodations for your post-trip hotel:

**HOTEL NORD 1901**

New hotel for 2020. A beautiful modern take on Girona, Hotel Nord 1901 is a hotel built to embrace Girona’s rich culture and celebrate the incredible cycling the city has to offer. Combining the cultural influences of the old city, Hotel Nord 1901 is located right in the city center and even boasts its own onsite cycle-centric coffee bar to get that pre and post-ride espresso. Amenities include an indoor pool, spa treatments, proximity to great cycling routes and shopping, as well as sports recovery massage.

www.nord1901.com

**HOTEL CAMIRAL AT PGA CATALUNYA RESORT**

This 5-star luxury hotel is the toast of the town, even though it’s 20 minutes from the hustle and bustle of the city. Enjoy total relaxation and lavish accommodation as your every need is attended to by a thoughtful, attentive staff and all nestled in breathtaking scenery.

www.hotelcamiral.com

**HOTEL GRAN ULTONIA GIRONA**

The hotel Gran Ultonia is all about location, location, location. Situated just steps from the Girona Cathedral and the Benedictine Abbey at Sant Pere de Galligants, it offers modern rooms and a roof terrace bar with spectacular views of the city.

hotelsultoniagirona.com

* Hotels listed above are local properties we love. We do not have special rates available.

---

**FAQS**

What are the options for a non-rider travel companion?

On most Trek Travel trips, we offer non-riding options for riders who want to take the afternoon off, or travel companions who want to spend little or no time in the saddle. Some of these options may need to be scheduled before your trip—please contact one of our Trip Consultants for more information. Expenses and/or related transportation to these activities may not be included in the trip price. Some non-riding options on this trip are:

- Explore a beautifully preserved medieval town known for its ceramics
- Visit Salvador Dalí’s castle, a gift to his wife Gala
- Tour a local vineyard and taste the famous “Catalan” wines
- Discover ancient ruins
- Swim in the crystal clear waters of the Mediterranean
- Walk on the beach

Trip Changes

See itinerary for specific daily ride distances and elevation options. On all of our vacations, Trek Travel strives to find quiet, paved secondary roads or bike paths to experience a region; busy roads are avoided as much as possible. Our itineraries are an approximation of our trips. Trek Travel strives to offer every guest a vacation of a lifetime on every trip. At times, routes, hotels, activities, etc. listed here may change at the discretion of the trip designer or guides to improve the trip experience.
can climb alongside even the strongest rider. Type 3 Riders will enjoy the extra mileage the avid route options offer.