Girona is cycling’s gem. There’s a reason why the world’s pros call it home, with butter-smooth tarmac and perfect weather. But it’s more than just road riding. Did you know that the undiscovered dirt roads are just as world-class? Join us as we mount our Trek Domane bikes with extra-wide tires and tackle the ribbons of fire road across the Girona countryside. Each route promises to be an undiscovered, barely-ridden full-course meal of the kind of gravel riding you won’t find anywhere else. Since you stay at one fabulous location throughout your trip, you’ll spend most of your time with us focused on the experience, and not the unpacking. So? What are you waiting for? We’re headed deep into cycling’s unofficial home, and taking every unbeaten path we can find to get there.

Is a Ride Camp right for me? »

<table>
<thead>
<tr>
<th>From</th>
<th>$1799</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rider Type</td>
<td>Avid</td>
</tr>
<tr>
<td>Hotel Style</td>
<td>Explorer</td>
</tr>
<tr>
<td>Duration</td>
<td>5 days</td>
</tr>
<tr>
<td>Start</td>
<td>End</td>
</tr>
<tr>
<td>Dates</td>
<td>2020/Mar/Nov</td>
</tr>
</tbody>
</table>

TRIP WOWS

Our hotel is located in the city center, perfect for exploring the old castles and architecture of Girona.

Explore the quiet and scenic dirt roads that are becoming staples to the ever-expanding gravel riding culture surrounding Girona.

Refuel for your next day’s ride with excellent local cuisine, tapas and cycling-themed cafes.

Ride old dirt roads in the beautiful region between the Mediterranean Sea and the Pyrenees.
**Day 1**

**TODAY’S RIDE:**
Saint Gregori
Approximately 25 miles with 950 feet of climbing

**DESCRIPTION:**
Welcome to cycling's unofficial home base! Girona has long been known for its incredible road riding, but after a week of riding its dirt roads, you’re bound to think of it in a whole new way. Upon arrival and check-in at the hotel, you’ll meet your Trek Travel guides to get fit to your Trek Domane and install any saddles or other equipment you brought for the trip. Then, we’ll get ready to ride! Today's route is a beautiful introduction to the gravel paths in and around Girona. You’ll enjoy gradual climbs along the Riu Ter and ride through the town of Saint Gregori, home of the Girona Cathedral. Afterward, enjoy some downtime to relax at the hotel before meeting the group for a social hour and group dinner to kick off the week in style.

**HOTEL:**
Hotel Nord 1901

**INCLUDED MEALS:**
Dinner

---

**Day 2**

**TODAY’S RIDE:**
Mediterranean and Return
Approximately 58 miles with 1,800 feet of climbing

**SHORT OPTION:**
To the Mediterranean
Approximately 31 miles with 839 feet of climbing

**DESCRIPTION:**
Rise, shine and get excited! After a hearty breakfast at the hotel, we’ll gather for the first ride as a group and head to the Spanish countryside. Today, our route takes us to Costa Brava, a coastal region of Catalonia with incredible views and crystal-clear waters. We’ll take a variety of terrain to get there, including forest roads, greenways and canal paths. Our destination is simple: we’ll stop when we get to the Mediterranean Sea, where we turn around and head back through lush forests and long abandoned relics of Catalan history. Tonight, we’ll gather again for a group dinner to relive the magic and share some special stories.

**HOTEL:**
Hotel Nord 1901

**INCLUDED MEALS:**
Breakfast | Lunch | Dinner
Day 3

TODAY'S RIDE:
The Farms of Mata
Approximately 37 miles with 2,970 feet of climbing

DESCRIPTION:
Up and at 'em today for a solid breakfast at the hotel in preparation for a challenging, beautiful day of riding. Our route will take us through quiet country sides on rural roads, along old farmhouses and waterways as we ascend tough, short climbs and ride thrilling descents in typical gravel fashion. You'll be rewarded with some tremendous views of the Pyrenees in the distance. We'll also take the long route through the small village of Mata, a unique town with a Catalonian heart. This afternoon feel free to relax on your own around the hotel in preparation for tomorrow's big day riding the Classic hills on gravel. Tonight, you're free to explore the area and choose a favorite dinner destination.

HOTEL:
Hotel Nord 1901

INCLUDED MEALS:
Breakfast | Lunch

Day 4

TODAY'S RIDE:
Classic Girona Climbs
Approximately 37 miles with 3,300 feet of climbing

DESCRIPTION:
Consider today's breakfast as a pre-ride fuel today as we prepare to tackle the Girona classic hills on gravel. This special route showcases the best of all the region's surface options, from smooth pavement to technical gravel. It's sure to put your legs and skills to the test. We'll ride through Cassa de la Selva, known for its cork production, and into the mountain ranges of Santa Pellaia, well known as the Hincapie climb, followed by the famous mountain of Els Àngels where we take on tough climbs and descents. Don't forget to enjoy the view though, as we'll be rewarded with epic panoramas across Girona at the top. Then, it's a smooth gravel push back into town, where you can relax and recover at your own pace. Tonight, we'll meet for dinner as a group.

HOTEL:
Hotel Nord 1901

INCLUDED MEALS:
Breakfast | Lunch | Dinner

Day 5

TODAY'S RIDE:
Final Gravel Spin
Approximately 20 miles with 1,200 feet of climbing

DESCRIPTION:
Endings can be so bittersweet, so we'll finish our Girona exploration in style with one last final spin through its country roads. After a leisurely breakfast with perhaps a cappuccino, we'll set out onto the rural roads of Canet D'Adri, a truly undiscovered province nestled in the countryside. Gentle climbs and fun, flowing descents will make for an all-around perfect finish to this totally unique, new Trek Travel cycling vacation that's like none other. Take your time and enjoy the ride while you look forward to your next adventure with us.

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
• 4 nights of accommodation at handpicked hotels
• Experienced guides to provide local knowledge, support, and camaraderie
• A mix of self-guided and guided rides with our support van
• Daily breakfast, 3 lunches and 3 dinners
• Ride a Trek Domane SL 7 disc
• Up to three daily route options on riding days
• Snacks and drinks for each day’s ride
• Trek Travel water bottles 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
• Entrance fees for all activities, private tours and events

Gear
- Trek Domane SL 7 disc carbon road bike with Shimano Di2 electronic shifting
- 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
- 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.
• Parking costs during the trip for personal vehicles

HOTELS

HOTEL NORD 1901
GIRONA, SPAIN
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.
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 flying into Barcelona (BCN) and taking a train to Girona. Outside Terminal 2, trains depart for Barcelona Sants, and from outside Terminal 1, buses depart every 30 minutes for Barcelona Sants (6:00 AM-11:45 PM). Alternatively, taxis are plentiful 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. Trains depart hourly for Girona from Barcelona Sants and Estació de França (For more information, consult www.renfe.com).

From the Girona Train Station, Hotel Nord 1901 is approximately a 15-minute walk, or taxis are also available for the short ride.

Meeting Time And Location

Your Trek Travel staff will meet you at Hotel Nord 1901 (Carrer Nord, 7-9, 17001 Girona, Spain) at 1:00 PM on the first day of the trip. It’s recommended that you bring a set of cycling clothes in your carry-on in case of lost luggage. After checking in to your room and meeting your guides, change and come to the bike room ready to ride.

If you will be late for the meeting time, 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 hotel, Hotel Nord 1901 (+34 972 41 15 22), and leave a message with your expected arrival time and contact details. Please have your first-day cycling clothes and riding gear easily accessible, separate from your luggage.

Departing Time And Location

You will say farewell to your guides at 11:30 AM at Hotel Nord 1901. Please be sure to secure transportation to your departure airport prior to the last day of the trip.

The use of your Trek Travel bike ends at 11:30 AM on the day of departure, and in some cases, may be needed for another guest arriving that day. Extensions may be available upon request but cannot be guaranteed before your trip begins.

Before & After: Girona, Spain

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 Via Augusta in the old quarter, where professional cyclists training in Girona sometimes stop for coffee. We recommend the following accommodation for your post-trip hotel:

Hotel Nord 1901
www.nord1901.com

* Hotels listed above are local properties we love. We do not have special rates available.
What Are The Daily Rides Like?

- Rider Type | 4 - Avid
- Average Daily Mileage | 35
- Terrain | Mountainous
- Average Daily Elevation | 2,044 feet
- Total Miles | 177
- Total Elevation | 10,220 feet

Averages and totals are calculated from the longest ride option for each day.

The terrain is undulating with rolling hills and tough mountain roads. Girona is located between the Pyrenees and the Costa Brava in northeastern Spain. Guests can expect a variation of mountainous climbs and descents to rolling coastal riding and a variety of surfaces from smooth gravel to chunky, rugged mountain roads.

Girona Gravel Camp is best suited for our Level 4 Riders looking for a challenge off the typical pavement. Our Trek Travel guides can also easily accommodate Type 3 Riders, who seek less mileage or fewer climbs, with a boost in the van. Level 4+ Riders will enjoy the extra mileage the avid route options offer.

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. Non-riders are welcome on a Ride Camp trip if they are staying in the same room with a riding guest. The riding guest will be required to pay the single supplement fee for a private room and a meal package ($350 for Girona Gravel) for the non-rider to dine with the group. Please contact a trip consultant for details and to book a non-riding companion. Some non-riding options on this trip are:

- Experience Girona's rich history and vibrant culture
- Explore La Bisbal d'Empordà, 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.