



## GIRONA 4-DAY RIDE CAMP BIKE TOUR

LEGENDARY TRAINING GROUNDS OF COSTA BRAVA

Pro cyclists can live anywhere in the world. So why do so many of them choose Girona? Here's your chance to find out. Join us, and pedal the same roads as George Hincapie, Christian Vande Velde, Taylor Phinney and practically every other pro as we gaze out on the crystal blue Mediterranean Sea and explore one charming Spanish village after the next. You'll test your legs on the steps of the Pyrenees, ride along the shores of Costa Brava, and wind it all down in a very special hotel located in the center of Girona. When you're not riding, you can kick back with a glass of Rioja or check out the cobbled, time-worn streets in the old city. This isn't just a training ground for your legs. It's hallowed ground for your soul. Please note: Our 4-day Ride Camp options below are based on the longer 7-day Ride Camp. All 4-day Ride Camps either start on Day-1 or Day-4 of the 7-day Camp. These are subject to change based on inclement

weather and road closures. [Book your trip with confidence » Is a Ride Camp right for me? »](#)



From  
\$1399

Rider Type  
Avid

Hotel Style  
Explorer

Duration  
4 days | 3 nights

Start | End  
Girona, Spain

Dates  
2021/Oct/Nov/Dec/May

### TRIP WOWS

Cycle in a region well-known and loved for its excellent riding in the lush hills surrounding Girona between the Mediterranean coast and the Pyrenees mountains

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

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

Ride where the pros go on challenging and scenic routes



## DAILY ITINERARY

### SUNDAY START

Day

1

#### TODAY'S RIDE:

**Choose from our selection of self-guided rides**

Approximately 35-45 miles with  
1,000-2,500 feet of climbing

#### DESCRIPTION:

You've made it. Girona. The historical gem of northern Catalonia, and home to more American pro cyclists than you can shake a frame pump at. Today, you'll become acquainted with your group and guides, get familiarized and fit to your carbon Trek bike with electronic shifting, and warm up on a short, self-guided ride to spin out your travels. Choose from a classic selection of routes, from Sant Gregori or Canet d'Ardi-it's all up to you. Or opt to check-in to your hotel room and meet us for dinner to discuss the excitement that lies ahead.

#### HOTEL:

Hotel Nord 1901

[VISIT WEBSITE](#)

#### INCLUDED MEALS:

Dinner

# Day

## 2

### TODAY'S RIDE:

**Costa Brava: Girona to Tossa de Mar to Sant Feliu de Guixols to Romanya de la Selva Loop**

Approximately 65 miles with 4,100 feet of climbing

### SHORT OPTION:

**Costa Brava: Tossa de Mar Loop**

Approximately 55 miles with 4,000 feet of climbing

### AVID OPTION:

**Costa Brava: Tossa de Mar to Sant Feliu de Guixols to Romanya de la Selva to La Bisbal d'Emporda**

Approximately 80 miles with 5,750 feet of climbing

### DESCRIPTION:

In preparation for tomorrow's climb, our approach will be to enjoy some steady endurance miles. We're headed to the coast, through Girona's old quarter and toward Costa Brava today. The "Barri Vell" is the architectural crown jewel of Girona, and a salute to the middle-ages from where the town came. Once we break free from the city it's nothing but lush countryside and rolling hills as we complete up to 80 gorgeous miles of riding through Catalonia. Dinner will be on your own this evening. Your guides will happily provide their favorite recommendations.

### HOTEL:

Hotel Nord 1901

[VISIT WEBSITE](#)

### INCLUDED MEALS:

Breakfast | Lunch

# Day

## 3

### TODAY'S RIDE:

**Girona to Banyoles to Rocacorba**

Approximately 70 miles with 5,400 feet of climbing

### SHORT OPTION:

**Girona to Banyoles Loop**

Approximately 58 miles with 3,480 feet of climbing

### AVID OPTION:

**Girona to Banyoles to Olot with Rocacorba**

Approximately 70 miles with 5,400 feet of climbing

### DESCRIPTION:

Today we set out on a picturesque adventure from our home base, with plenty of route options to choose from. We'll start together, and ride from our hotel to the tranquil Lake of Banyoles, where the Avid riders can split off for a special treat as we climb the Rocacorba, a secret training climb used by pros to test their fitness. Treat yourself to sweeping views of the majestic Pyrenees, under a banner of blue sky, as you ride this relatively short ascent (just shy of 14km) with teeth (an average grade of 6.5%). Then it's back to our hotel for a little R&R before dinner with your group.

### HOTEL:

Hotel Nord 1901

[VISIT WEBSITE](#)

### INCLUDED MEALS:

Breakfast | Lunch | Dinner

# Day

## 4

### TODAY'S RIDE:

**Choose from our selection of self-guided rides**

Approximately 35-45 miles with 1,000 - 2,500 feet of climbing

### DESCRIPTION:

We've reached the middle of the week, and for many Ride Camp guests, that means a free day to travel, sightsee or just relax by the pool. Of course, you're also free to ride more, and if that's the case, don't hesitate to grab your Garmin and a route card to set off on a solo adventure. Girona is chock-full of hidden routes. For those who want to explore the town, feel free to take advantage of a walking tour, or visit one of the many cafes run by ex-pro cyclists. The Girona market is also a popular stop, where you can shop for local breads, produce, cheese and crafts. Dinner will be together as a group to share what you've seen and prepare for the second half of our adventure!

### HOTEL:

Hotel Nord 1901

[VISIT WEBSITE](#)

### INCLUDED MEALS:

Breakfast

**WEDNESDAY START**

# Day

## 1

### TODAY'S RIDE:

#### Choose from our selection of self-guided rides

Approximately 35-45 miles with 1,000 - 2,500 feet of climbing

### DESCRIPTION:

For guests joining us for the 4-day Camp starting today, you'll become acquainted with your guides, get familiarized and fit to your Trek bike with electronic shifting, and warm up on a short, self-guided ride to spin out your travels. Of course, you're free to choose your route so don't hesitate to grab your Garmin and a route card to set off on a solo adventure. Girona is chock-full of hidden routes. For those who want to explore the town, feel free to take advantage of a walking tour, or visit one of the many cafes run by ex-pro cyclists. The Girona market is also a popular stop, where you can shop for local bread, produce, cheese and crafts. Dinner will be together as a group to share what you've seen and to prepare for the second half of our adventure! \*Please note this four-day trip joins guests on Day 4 of their seven-day itinerary.

### HOTEL:

Hotel Nord 1901

[VISIT WEBSITE](#)

### INCLUDED MEALS:

Dinner

# Day

## 2

### TODAY'S RIDE:

#### Girona to Les Guilleries to Sant Hilari

Approximately 75 miles with 6,700 feet of climbing

### SHORT OPTION:

#### Girona to Les Guilleries

Approximately 55 miles with 4,100 feet of climbing

### AVID OPTION:

#### Girona to Les Guilleries to Sant Hilari to Bojons

Approximately 95 miles with 9,500 feet of climbing

### DESCRIPTION:

It's back to the bike in a big way if you go Avid with us today. We're headed for the Massif Guilleries, or the Guilleries mountain range that separates Girona and Barcelona. There's plenty of climbing on tap, with close to 10,000 feet over 95 miles if you go big. We'll explore every rise and run as we traverse the nooks and crannies that you won't find on any other cycling vacation, including Sant Hilari, a quiet, picturesque climb and part of the classic Girona KOM catalog. We'll stop for a picnic along the way, and get back just in time to shower, relax, and head into town for dinner on your own. This is a quintessential ride camp kind of day!

### HOTEL:

Hotel Nord 1901

[VISIT WEBSITE](#)

### INCLUDED MEALS:

Breakfast | Lunch

# Day

## 3

### TODAY'S RIDE:

#### Girona to Els Àngels to Platja d'Aro Loop (includes Hincapie Climb)

Approximately 60 miles with 4,300 feet of climbing

### SHORT OPTION:

#### Els Àngels & Hincapie Climb Loop

Approximately 40 miles with 3,900 feet of climbing

### AVID OPTION:

#### Girona to Els Àngels to Sta.Pellaia to Romanyà de la Selva to Platja d'Aro Loop

Approximately 75 miles with 6,400 feet of climbing

### DESCRIPTION:

We're headed back toward Costa Brava on today's itinerary, with another 40-70 miles depending on your legs, lungs and heart. The first climb comes quick, right outside of Girona, as a great warm-up and leg-opener. Then, it's a few kms of open roads before our arrival in Cassa de la Selva, interestingly known as the cork capital of Spain. If you're in with us for the full day, we'll head to Costa Brava once again for a quick view of the sights and sounds before turning back toward homebase. Tonight we'll dine as a group, toasting a week of big miles and bigger smiles that could only be described as "perfecto!"

### HOTEL:

Hotel Nord 1901

[VISIT WEBSITE](#)

### INCLUDED MEALS:

Breakfast | Lunch | Dinner

# Day

## TODAY'S RIDE:

### Final Spin

Approximately 20 miles with 600 feet of climbing

# 4

## DESCRIPTION:

Sadly, it's time to say goodbye to Girona. Hopefully your legs are well worn from the week, but if not, feel free to choose from one of our many self-guided ride options to punctuate your trip. We can recommend a perfect final spin for a beautiful loop with some rolling terrain to finish off the week. Then, we'll say our goodbyes and depart Girona with the souvenir that matters most: fitness.

## 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

- Three 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, 2 lunches and 2 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
- Upgrade your bike to a Trek Electric-Assist Domane+ LT 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.



## MEETING & DEPARTING

### 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. 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. From Barcelona Sants and Estació de França, trains depart hourly for Girona. For more information, consult [www.renfe.com](http://www.renfe.com).

From the Girona Train Station, Hotel Ciutat de Girona is approximately a 15 minute walk through the center of

### Meeting Time And Location

For 2019 departures, your Trek Travel staff will meet you at Hotel Ciutat de Girona (+34 972 48 30 38) between 12:00 PM-1:00 PM on the first day of the trip. For 2020 departures, your guides will meet you at Hotel Nord 1901 (+34 972 41 15 22). Upon meeting your guides and getting checked into the hotel, come to the bike room ready to ride, and we will ensure you have a great fit to your new bike for the week and give you a few pointers before you head off on a self-guided warm-up 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 Ciutat de Girona (+34 972 48 30 38), 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 Ciutat de Girona for 2019 departures and Hotel Nord 1901 for 2020 departures. Please be sure to secure transportation to your departure airport prior to the last day of the trip. 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

Girona, or taxis are also available for the short ride.

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 accommodations for your post-trip hotel:

**Hotel Ciutat de Girona** |  
[www.hotelciutatdegirona.com/en](http://www.hotelciutatdegirona.com/en)

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



## FAQS

### What Are The Daily Rides Like?

- Rider Type | 4 - Avid
- Average Daily Mileage | 63
- Terrain | Mountainous
- Average Daily Elevation | 4,593 feet
- Total Miles | 440
- Total Elevation | 32,150 feet

Averages and totals are calculated from our "Avid Ride" options.

The terrain varies with rolling hills and mountains. 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. Girona Ride Camp is best suited for our Type 4 Riders. Our Trek Travel guides can also easily accommodate Type 3

### 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 7 day trips and \$200 for 4 day trips) 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 nearby 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

Riders, who seek less mileage or fewer uphill, with a boost in the van. Type 4+ Riders will enjoy the extra mileage the avid route options offer.

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.