

Cycling Safaris

CATALONIA 2010 6/Overnight Guided Tour



This tour offers great variety, cycling through medieval villages, ancient farmhouses and two different Natural Parks. There is an abundance of bird life and spectacular Mediterranean Sea views along the way. The mild weather of the region and excellent cuisine is an added bonus!.

TOUR ITINERARY

DAY 1 Arrive Calella de Palafrugell

Arrival in the delightful town of Calella de Palafrugell and your first night's accommodation in **Hotel Sant Roc**.

Pl. Atlàntic, 2

Calella de Palafrugell

Tel. +34 972 61 42 50

In the hotel you will find a welcome letter, general information about the area and a road book. Dinner tonight is in the hotel restaurant.

DAY 2 Calella de Palafrugell - Calella de Palafrugell 15.5 miles / 25 km

After breakfast your bicycles will be ready and waiting for you to take your first ride: a round trip visiting the coast, sheltered coves and small inland villages. You will cycle to the marine and fishing village of Palamos and then you will return through the La Fosca Beach, Cala S'Alguer Cove and the beautifully unspoiled Del Castell Beach.

DAY 3 **Calella de Palafrugell – Sant Feliu de Boada** **22 miles / 36 km**

Today is a leisurely cycle through medieval hamlets and open paddy fields. In the medieval village of Pals it is worth a stop-off to enjoy the ancient architecture with small stone roads and the fantastic views over the Medes Island, Montgri Mountains and the typical “Emporda” landscape. You also pass through the Iberic Settlement of Ullastret. Dinner this evening is in a typical Cantalan restaurant.

DAY 4 **Sant Feliu de Boada – Sant Pere Pescador** **21.5 miles / 35 km**

Today’s route goes through small inland villages such as Torroella de Montgri, dominated by the Montgri Mountain and its castle on top, Bellcaire d’Emporda, where there are some remains of the medieval castle. You can stop for a snack in the village of L’Escala which is famous for its anchovies! Empuries with its unique blend of both Greek and Roman architecture is a must see sight for ancient history enthusiasts. Dinner in your hotel.

DAY 5 **Sant Pere Pescador – Roses** **16 miles / 26 km**

Another enjoyable day’s cycling visiting the Nature Park of the Emporda Wetlands (Els Aiguamolls del Emporda). This captivating landscape is home to a wide variety bird and animal species. You can visit the medieval village of Castello d’Empuries where there is a beautiful XVII century church - the “Emporda Cathedral”. Your home for the next two evenings is in the charming seaside town of Roses

DAY 6 **Roses – Roses** **24 miles / 38 km**

On the final day, you cycle along the north of the Nature Park of the Emporda Marshes. The landscape begins to change from wetlands to farming country. The village of Perelada is full of things to do - sights include the castle, crystal museum, wine museum, library, Carme Church and the Sant Domenec cloister. Upon your return to Roses you can enjoy a final Catalan dinner to celebrate the completion of your Spanish cycling adventure!

DAY 7 **Roses** **Tour end**

Tour ends after breakfast

GROUP TOUR DATES

June 7

September 20

TOUR PRICE

€860.00 per person sharing

€1,185.00 for single occupancy

WHAT THE TOUR PRICE INCLUDES

- 6 night stay in hotels with breakfast
- 6 dinners
- 21 speed **hybrid** bike with repair equipment, lock, one front bag with map holder and one or two rear bags, helmet
- All luggage transfers
- Guide cycling with the group

- Route details and maps

ACCOMMODATION

2 – 3* Hotels and Agritourism accommodation.

BIKE / FITNESS



Bike -
21 speed touring bike

Level of difficulty -
Medium – low level due to the low mileage (25 – 38 km per day) and relatively flat cycling.

WHAT TO BRING

- Comfortable clothes, padded cycling shorts
- Swimwear and sunglasses
- Sun protection cream
- Hat
- Small backpack

TRAVEL & TRANSPORT

Distances from the airports:-

- Girona International airport: 40 minutes
- Barcelona International airport: 90 minutes.

Here are some options by public transport:-

Barcelona to tour start in Calella de Palafrugell:

Train to Barcelona city-Plaza de Catalunya Station (approx 20 mins)

Train from Plaza de Catalunya Station to Arc de Trioph station (5 min)

Bus from Barcelona to Palafrugell (120 min)

Taxi from Palagrugell to Calella de Palafrugell (5 min)

Roses, tour end to Barcelona Airport:

Roses bus or taxi to Figueres (approx. 20 min)

Figueres train to Plaza Catalunya in Barcelona (approx. 100 min)

Plaza de Catalunya Aerobus bus to airport (approx. 20 min)

Girona to tour start in Calella de Palafrugell

Bus from Girona airport to Girona city (15 - 20 min)

Bus from Girona train-bus station to Palafrugell (90 min)

Taxi from Palafrugell to Calella de Palafrugell (5 min)

Roses, tour end to Girona Airport:

Roses bus or taxi to Figueres (approx. 20 min)

Figueres train to Plaza Catalunya in Barcelona (approx. 100 min)

Plaza de Catalunya Aerobus bus to airport (approx. 30 min)

For trains and bus prices and timetables you can visit:

Bus: Sarfa http://www.sarfa.es/paginas/interurbano_buscador.php

Trains: Renfe www.renfe.es