

Bicycle Tours in Spain: Spotlight: Costa Brava

OVERVIEW

Home to some of Spain's most iconic cities and famous characters, Catalonia is a one-of-a-kind destination. With a history as diverse as the territory and a cultural identity and language of its own, this Spanish community will delight and fascinate. We'll spend our first three nights in the Bay of Roses, (rated in the top 10 of most beautiful bays in the world). Using a wonderful spa hotel as home base you'll cycle to stunning nearby towns including Roses, Escala and Cadaques. The mornings will be spent cycling while the afternoons are yours to... sit by the hotel pool, schedule a massage, explore Roman ruins, or try a few water sports in the bay. Once our exploration of the area is complete we'll cycle to Figueres, birthplace of the famous painter Salvador Dali from there we'll head to our hotel, a 17th century mill that's been converted into a stunning estate. We'll spend our final days of cycling exploring hidden fishing villages, quiet towns, and the foothills of the Pyrenees where we'll taste the region's famous wine.

Learn more about what is included and what to expect on your Spotlight tour at the [Spotlight Tour Style page](#).

HIGHLIGHTS

Less packing and more relaxing with a 3 and 2-night hotel stay, Bay of Roses, Catalonia's medieval villages, Cadaques, Dalí museum, foothills of the Pyrenees, wine country

TOUR FACTS

Tour Style	■ Spotlight: Learn more about our Spotlight tours at https://www.experienceplus.com/choosing-the-best-tour/styles/spotlight
Includes	6 days, 5 nights accommodation, meals as noted in itinerary, guided tour of the Dalí museum, wine tasting
Countries	Spain
Begin/End	Meet in Girona group transfer to tour start / transfer to Figueres
Arrive/Depart	Barcelona (BCN)
Total Distance	209 km (130 miles)
Avg. Daily Distance	52 km (32 miles) per riding day
Tour Level	▶▶▶▶▶
Keep in Mind	We work hard to maintain consistency across all of our tours, but some trips have unique differences. Here are some things to keep in mind about this tour. Learn more about what is included and what to expect on your Spotlight tour at the Spotlight Tour Style page .

Please Note: We may have small itinerary changes to this trip after you download this PDF document. If you have booked this trip and there are major changes, including changes to towns or activities, we'll email you directly. However, you should always be sure to refer to the ■ [online itinerary](#) for the most up-to-date trip information including arrival and departure tips before you depart for your trip:

<https://www.experienceplus.com/bike-tours/spain/spotlight-costa-brava>

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DATES & PRICES

DAILY RIDE SUMMARY

Day	Distance/Gain	Terrain	Day Level	Notes
1	Test ride			
2	55km / 570m (34mi / 1870ft)	Rolling hills	▶▶▶▶▶	Longer optional ride available
3	68km / 305m (42mi / 1000ft)	Gentle	▶▶▶▶▶	Longer optional ride available
4	48km / 297m (30mi / 974ft)	Gentle	▶▶▶▶▶	
5	25km / 394m (16mi / 1292ft)	Hilly	▶▶▶▶▶	Longer optional ride available
6	Last Day			

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ARRIVAL INFO

Your tour starts with a shuttle pick-up on Day 1 (your spot is already reserved on this shuttle):

- Meeting Time: 10 a.m.
- Meeting Hotel: Hotel Historic in Girona

Note:

As you are planning, remember that the hotels listed in our itineraries are our primary hotels and are - in rare cases - subject to change. Before you make arrangements, **check with us** if your departure is guaranteed. If your tour departure is out further than 6 months, please also check with us as there might be slight changes to the itinerary.

The below information will help you plan your arrival. For more tips or other routes, you might like [Rome2Rio](#). The fare and timing information listed below is approximate.

We recommend flying into Girona (GRO) or Barcelona El Prat (BCN)

We will be glad to arrange your pre- and post-tour stay at the Meeting Hotel for you upon request. Note that we will not stay there as a group and the stay there is not included in the tour price.

If you arrive at Barcelona Airport and continue to the Meeting Hotel:

1. Bus: [Sagales Bus](#) from Barcelona Airport Terminal 1 or 2 to Girona Estacio d'Autobuses (2.5 hr/EUR 19)
2. Taxi: From the Bus station to the meeting hotel (10 min/EUR 10)

Or

1. Train: R2 Nord from the Barcelona airport to the Barcelona Sants station (25 min / EUR 4.20)
2. *Train: From Barcelona Sants to Girona/Gerona (40 min/ Fares vary).
3. Taxi: From the Girona/Gerona train station to the Meeting Hotel. (10 min/EUR 10)

***Note:** The train connection from Barcelona to Girona/Gerona is a busy but frequent line. If you are staying in Barcelona, you may purchase tickets for this train leg in advance. If you arrive by plane the same day, you should purchase them at the Sants train station though you might opt to skip a train departure if it is already full.

Look up Spanish train schedules at [Renfe.com](#) or [Trainline.eu](#). Questions? See our information on taking trains in Europe [here](#) or [ask us](#).

DEPARTURE INFO

Your tour ends with a complimentary ExperiencePlus! shuttle from the ending hotel to the Figueres Vilafant train station
Arrival around 10:30 a.m.

Reservations required. Please make your shuttle reservation by emailing us no later than 30 days prior to your tour start date

The below information will help you plan your departure. For more tips or other routes, you might like [Rome2Rio](#).

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Flying out of Barcelona (BCN).

1. Train: From Figueres Vilafant to Barcelona Sants (1-2 hours/fares vary)
2. Train: From Barcelona Sants to Aeroport del Prat (35 min/EUR 4.20)

If you are planning to fly out of Girona (GRO)

- Taxi: From the Ending Hotel to the Girona Airport (40 min/EUR 85)

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Meet in Girona and transfer to the Bay of Roses

Highlights Bay of Roses

We meet in Girona today for a mid-morning transfer to our beautiful spa hotel and home for the next three nights. You are in for a treat because we are on the southern coast of the Bay of Roses (considered to be one of the 10 most beautiful bays in the world). We'll have time for a bike fitting and short ride after lunch together. Later in the afternoon we'll take a walk through Escala and learn about its history from Greek to Roman influences. We have a special welcome dinner planned at our hotel this evening.

DAY 1: Mon, Aug 31st

Meals Lunch, Dinner

Lodging  Hostal Empúries

Explore Medieval Towns of Emporda

Highlights Cycling through beautiful medieval villages

Today's loop ride takes you to some of the most beautiful medieval villages in Catalonia. Take your time on the ride to soak in the incredible ambiance and history of the area. If the spirit catches you it's possible to add 15 kms of cycling to the day. This afternoon you decide what you prefer to do... sit by the pool, schedule a massage, take a paddle board or kayak out in the bay. If you are a scuba diver you can plan ahead and book an afternoon excursion with a local dive center to explore archaeological remains of the ancient port of Empúries, visit beautiful caves, or sunken ships.

DAY 2: Tue, Sep 1st

Distance 55 km (34 mi)

Gain 570 m (1870 ft)

Terrain Rolling hills

Level 

Meals Breakfast

Lodging  Hostal Empúries

Loop ride to Roses and Cadaques

Highlights Dalí's summer home and garden, Cadaques by boat or bike

The ride today takes us north along the Bay of Roses to the town of Roses. From here you can decide to take a boat into Cadaques or ride up and over the headland to Cadaques. No matter which transportation option you prefer everyone will have the opportunity to explore one of the most beautiful towns on the Costa Brava. Art and history lovers can take time to visit Dalí's summer home and garden. Return to Roses by boat or if you are in the mood for more cycling ride up and over the headland and back to our hotel on the beach.

DAY 3: Wed, Sep 2nd

Distance 68 km (42 mi)

Gain 305 m (1000 ft)

Terrain Gentle

Level 

Meals Breakfast

Lodging  Hostal Empúries

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Ride to Figueres

Highlights Guided tour of the Dalí museum

It's a short ride to the town of Figueres today so we have time for a guided tour of the Dalí museum. After the museum visit take time to explore Figueres and have a relaxing lunch before pedaling on to our country estate, a restored 17th Century mill, and home for two nights. We'll have a taste of the local wines and olive oil specialties tonight before dinner together.

DAY 4: Thu, Sep 3rd

Distance 48 km (30 mi)

Gain 297 m (974 ft)

Terrain Gentle

Level 

Meals Breakfast, Dinner

Lodging  El Molí Hotel

Wine country or the Pyrenees

Highlights Foothills of the Pyrenees, Extra cycling to cross the boarder into France

Today's loop ride takes us up into the foothills of the Pyrenees and then drops through some of the region's most famous wine country. Choose to do the shorter loop of 25 kms (18 miles) or pedal into the Pyrenees for as far as you want. France is just another 40 kms (25 miles) and a 1,000 meters of climbing away! Tonight we'll celebrate our exploration of Catalonia with dinner together.

DAY 5: Fri, Sep 4th

Distance 25 km (16 mi)

Gain 394 m (1292 ft)

Terrain Hilly

Level 

Meals Breakfast, Dinner

Lodging  El Molí Hotel

Tour ends - transfer to Figueres

Highlights Enjoy the rest of your travels!

We'll shuttle you to the Figueres train station where you can jump on a train to Barcelona or to France – whichever works best for your travel plans.

DAY 6: Sat, Sep 5th

Meals Breakfast

**INCLUDED****WHAT'S INCLUDED**

When you book a tour with ExperiencePlus! our goal is to ensure your only focus each day is to hop on your bike and explore scenic cycling routes in new destinations. Inclusions may differ depending on which tour style you pick but all ExperiencePlus! tours include what we believe are the most important aspects of a bike tour.

- On all our guided tours, you can expect superb tour leaders who are fun and multilingual, bi-cultural experts, and cycling enthusiasts. They will support you and help you navigate confidently on and off the road.
- High quality bikes selected for the terrain you are cycling on and correct bike fitting to ensure comfortable cycling.
- Thoughtfully designed itineraries and routes that take advantage of stunning cycling destinations and the freedom of bicycle travel. Plus, all the logistics are taken care of.

PRE-TRIP SUPPORT

- Bicycle training programs designed specifically for your tour and fitness level.
- Planning tips on what to pack, hotel recommendations and other helpful details from our Travel Planning Pages: <https://www.experienceplus.com/travel-planning/>
- A gift of your choice (cycling jerseys, socks, or a t-shirt) as our way of saying thanks for choosing EP!
- *Traveler services including assistance booking extra nights at the tour starting and ending hotels. (*Gravel Explorer and Self-guided tour styles excluded)
- See "What's Included" for tour-specific inclusions and be sure to check the "Keep in mind" section under "Tour Summary" online.

BICYCLES

For a full list of what's included with your bike see: <https://www.experienceplus.com/what-to-expect/our-bikes/>. If you would like to bring your own pedals and shoes we recommend doing so. On Gravel Explorer and Self-guided tours we include a GPS device on all bikes.

NAVIGATING, DAYSHEETS AND VAN SUPPORT:

On a guided tour, each day you'll receive a daily briefing with a highlighted route map. On a self-guided tour you'll receive a comprehensive orientation and bike fit on the first or second morning of your trip. About 14 days prior to your tour, we will provide you with access to

RideWithGPS Experiences, our platform to distribute information on each tour day's activities, meals and ride, as well as GPS-routes.

Daily information on the RWGPS Experience includes important phone numbers, hotel information and interesting historical and cultural information. On Classic, Bike and Boat and Expedition tours we also navigate using our signature chalk dust arrows. Our arrows make navigating very easy—you may never need to look at the map. On Gravel Explorer tours the terrain and destinations are not always conducive to using chalk arrows so we'll ride as a group or you can navigate on your own with the GPS tracks.

On a guided tour you will have a support van providing water and snack resupply, mechanical assistance, a lift for tired cyclists, and luggage transfers. On some itineraries the van will not be able to follow sections of the route that stray from the road for example onto cycling paths. On a self-guided tour you will have luggage transfers that will transport your bags from one hotel to the other.

Need More Miles? On many days it is possible to add miles to the day, just talk to your tour leader about your options or ask when you are planning your self-guided trip.

Need Fewer Miles? On a guided tour, the support van is available to offer snacks, encouragement, a lift over the next hill, or to the next hotel. On a self-guided tour we recommend you review the tour level to make sure you can ride the full distance.

ON A GUIDED TOUR: TIPPING YOUR TOUR LEADERS

If you feel your tour leader team has demonstrated great expertise and service, common practice within the travel industry is to tip. Tipping is voluntary and greatly appreciated, and gratuity amounts vary widely. Should you decide to leave a tip, as a guideline, we suggest 5-8% of the tour cost per traveler — this is for the entire tour leader team, not each tour leader. You can give the tip to any member of the tour leader team, as they share it evenly. In order to avoid social tensions, we encourage you to tip as individuals and not as a group. If you feel your tour leaders did not quite meet your expectations, please let us know. *Tips are included in Expedition pricing and not expected on self-guided tours.

PHOTOS:

By reserving space on tour, you agree that ExperiencePlus! may use, re-use and reproduce any images, photos or videos sent to us, or that are taken by our guides or other travelers, in any medium, including but not limited to print, electronic media, or Internet, free of charge and without your right to inspection. If you do not want us to use any images of you, you must inform us or your tour leader in


STYLES
OUR TOUR STYLES

We realize that one size does not fit all and there are as many ways to travel by bike as there are different types of cyclists and travelers.

Classic Tours: Dream of traveling through a region by bike? Our unique chalk arrows lead the way as you explore small villages and world-class cities while traveling at your own pace.

- Tour Length: 7-15 days
- Hotels: 3-4 stars.
- Road Type: Pavement, bike paths.
- Multi-night Stays: Occasionally
- Navigation and support: 2-3 tour leaders, van support and chalk arrows
- Price: \$\$\$
- Tour Levels: 1-4.5

Gravel Explorer Tours: Travel further off the beaten path - we let the destination dictate where we ride, not the road surface.

- Tour Length: 7-8 days
- Hotels: 2-3 stars
- Road Type: 30-50% gravel or hard-packed dirt, the rest pavement.
- Multi-night Stays: Occasionally
- Navigation and support: 2 tour leaders, GPS and van support
- Price: \$\$
- Tour Levels: 1-4

Bike and Boat Tours: Spend days cycling and your evenings relaxing on a private boat as you cruise to your next port.

- Tour Length: 7-8 days, some itineraries have land-based extensions available.
- Barge/Boat: 3-4 star, same cabin for the entire boat trip except for land extension.
- Road Type: Pavement
- Navigation and support: 2 tour leaders, van Support and chalk arrows
- Price: \$\$\$

Expedition Tours: Multi-week tours where you spend long days on the bike with the added satisfaction of pedaling across multiple countries.

- Tour Length: 15-40 days
- Hotels: 2-4 stars
- Road Type: Pavement with occasional hard-packed dirt or gravel.
- Multi-night Stays: On rest days
- Navigation and support: 2-3 tour leaders, van Support and chalk arrows
- Price: \$\$\$
- Tour Levels: 4-5

Self-guided Tours: perfect for those who have an independent spirit, want the flexibility to choose their own dates, and don't need van support or tour leaders during their trip. Every departure is a private tour!

- Tour Length: 6-8-days
- Hotels: 3-4 stars
- Road Type: Pavement with occasional hard-packed dirt or gravel on bike paths.
- Multi-night Stays: Occasionally
- Navigation and support: GPS routes and luggage transfers
- Price: \$
- Tour Levels: 1-4





We know that travelers have different cycling abilities and preferences for the number of miles, elevation gain, and type of terrain they want on a bicycle tour. We have rated each day of our tours on a scale of 1-5. Our Tour Level's are an average of the day rating on tour. We recommend looking at the daily summary on the PDF and Website Itinerary to see details about each day's ride.

LEVEL 1 - 1.5

Level 1 - 1.5 days will be mostly flat and the distance will rarely exceed 50 km. Level 1 - 1.5 tours are suitable for beginner cyclists, those traveling by bicycle for the first time, or multi-generational groups with a desire for a nice and easy bike tour with plenty of opportunities to stop and enjoy the scenery.

- **Average daily mileage:** 20 - 50 km. (12-30 miles) Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain:** 0-400 M (0-1200 ft)
- **Terrain:** Mostly flat with occasional gentle climbs at a grade of less than 3%, that are sustained for a maximum of 3km. There might be a steeper but short climb.

LEVEL 2 - 2.5

Level 2 - 2.5 days are ideal for riders newer to bicycle touring looking for a bit of a challenge.

- **Average daily mileage:** 30-60 km (18 - 38 miles). Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain:** 400 - 600 m (1200 - 2000 ft)
- **Terrain:** Mostly rolling terrain around 3%. Presents multiple 3% to 4% climbs. May present an occasional steeper climb.

LEVEL 3 - 3.5

Level 3 - 3.5 days are great for active individuals (who run, bike, swim etc. on a regular basis).

- **Average daily mileage:** 50-70km (30-45 miles). Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain:** 600 - 900m (2000 - 2800 ft)
- **Terrain:** Multiple Climbs with grades of 4 - 6%.

LEVEL 4 - 4.5

Level 4 - 4.5 days are the best riding days for avid cyclists or very active individuals who are excited to challenge themselves on a bike.

- **Average daily mileage:** 70-90km (45-55 miles) Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain:** 900-1000m (2800-3600 ft)
- **Terrain:** Presents multiple steep climbs (6% to 8% grades), 1 to 3km long. Alternatively, 4 — 6% grades for 6 kilometers or more.

LEVEL 5 (EXPEDITION)

Our Expedition tours designed for strong riders looking for the challenge of riding across countries or continents. Long daily mileages mean limited van support so we recommend these tours for riders who feel confident that they can ride every mile.

- **Average daily mileage:** 120 km (75 miles). Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain:** 500-2000 m (1600- 6500 ft)
- **Terrain:** Expect and be prepared for any and everything.

REMEMBER

A tour level is the average of the days so we recommend you look at the day level on each day of the itinerary to help you better understand what to expect from your tour.



CHECKLIST

TO DO ONCE YOU'VE BOOKED!

- Read through your Reservation Confirmation and After you Book Information (link sent to you by e-mail), it has important information to help you plan your trip!
- Check the date on your passport. The expiration date should extend three months past your date of return to your home country.
- Complete the Customer Information Form: <https://www.experienceplus.com/travel-planning/customer-information-form/>
- We recommend you take out travel insurance. Find details at <https://www.experienceplus.com/travel-planning/travel-insurance/>
- Choose a bicycle training program: <https://www.experienceplus.com/travel-planning/bicycle-tour-training/>
- Peruse our country-specific Travel Planning Pages: <https://www.experienceplus.com/travel-planning/>

6 TO 3 MONTHS PRIOR TO TOUR START DATE

- Refer to your Tour Packet/Itinerary to see step-by-step arrival and departure information for your tour, meeting place and time, if a reservation on a complimentary ExperiencePlus! Shuttle (if applicable) is required, along with other important information to help you plan your arrival and departure.
- Reserve your flights after you know you have a confirmed tour departure. Please check with our office if you do not know if your trip is confirmed.
- Book your pre and post-tour hotel nights.
- Begin your chosen training program
- Final payment is due 90 days (120 days for Bike & Barge/Boat tours) prior to the tour start. Please refer to your Invoice and the Final Payment Reminder e-mail which we send 10 days prior to the due date for detailed instructions.

6 TO 2 WEEKS PRIOR TO TOUR START DATE

- Start reading one of the books or watching one of the movies from our Reading and Movie Lists: <https://www.experienceplus.com/travel-planning/>.
- Plan what you are going to pack and start packing! Refer to the Packing Lists for suggestions, and see luggage limits at <https://www.experienceplus.com/travel-planning/packing/>.
- We'll email you your access code to Digital Daysheets, Hotel Itinerary, Participant Roster, names and contact information of your Tour Leaders, emergency phone numbers, and other important departure information about 2 weeks prior to your tour start date. All this will be provided to you via a feature called Experiences via the RideWithGPS App (tracks available but not necessary for navigation on Classic, Expedition and Bike & Boat tours).

DAY OF YOUR FLIGHT

Get as much sleep on the plane as you can. Pack one day of cycling gear in your carry-on just in case. See you soon!