

BIKE TOUR:

FROM THE PYRENEES TO THE COSTA BRAVA

7 Days / 6 Nights

A NICE TRAIL FROM UP TO 2000M TO THE COAST

You will enjoy a great variety of landscapes, from Vallter (2,000 m) to the Mediterranean Sea cycling through areas of forest in the upper reaches of the river, crops in the plain area and rice fields and marshes near the sea. From the cultural point of view, it is very interesting for the architecture-related to the river Ter such as old industrial settlements, bridges, dams, sluices, canals, windmills, old sinks, etc...



PROGRAMME	
Day 1	We will transfer you from the airport to the hotel in Setcases, where you will stay for the first night. We'll hold the orientation session, where your bike will be specially fitted for you and you'll be presented with all the documentation and things you need for your trip. After the session, it is time to take a walk around the beautiful village of Setcases.
Day 2	DOWN THE PYRENEES. Distance: 44 km We will transfer you and your bikes to Vallter. This first day, the route starts at Vallter 2000 ski station, near the source of the river Ter. You will start to descend following the GIV 5264 local road. From Sant Joan de les Abesses you will follow the route along the Greenway "Via Verde del Ferro" in Ripoll, of great cultural interest for the outstanding Romanesque monastery of Santa Maria de Ripoll. Accommodation in Ripoll.
Day 3	TO THE VOLCANOES. Distance: 48 km You will take the same path from Ripoll to Sant Joan de les Abadesses, with its magnificent Romanesque monastery and interesting old centre. Then you will have to climb up the Hill of Capsacosta (1,020 m.), it is the highest hill that you will have to climb in this trail. Then, we are going to descend along the paved road to Olot through forest and old volcanoes. Before dinner, you will have time to visit Olot.
Day 4	"EL CARRILET" (THE NARROW-GAUGE RAILWAY). Distance: 60 km Route from Olot to Girona along the Greenway (old railway), visiting the beautiful valley of La Vall d'en Bas, known as the "catalan Switzerland", with its stunning scenery and typical villages such as Sant Privat d'en Bas and Hostalets d'en Bas. After the "Coll d'en Bas" (620 m) you will follow the Burgent river valley to La Cellera, where you reconnect with the river Ter, which continues to Girona. Accommodation in the heart of Girona
Day 5	COSTA BRAVA AND THE MEDITERRANEAN SEA. Distance: 47 km The route goes from Girona to the coast, following the ancient railway called "El carrilet". It means 40 km through a railway conditioned exclusively for pedestrians and bikers. You will reach Sant Feliu, with its wonderful seaport and a great cultural and historical interest. Accommodation in front of the sea, at the interesting beach of Sant Pol.
Day 6	THE COASTLINE. Distance: 33 km Today, the itinerary takes you along the coast to Calella following the Palamós bay. You can visit the most important villages in the area: Platja d'Aro and Palamós, with its interesting fishing port and its exquisite fish. The inland is a region of vineyards. You are going to stop at Can Saïs, a small winery where Marta will explain you how she produces and elaborates the family wine. Accommodation in the old fishing village of Calella de Palafrugell, which still retains its original charm.
Day 7	BYE BYE! Free day in Calella and transfer to the airport or the departure point or...why not stay two or three days more to enjoy one of the most beautiful sites of Costa Brava or continue riding through Dali's trail?

Contact

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