

BIKE TOUR: GIRONA AND CADAQUÉS

Situated right on the Cap de Creus peninsula, Cadaqués is one of the most symbolic places on the Gironese Costa Brava. Its rocky coast, fringed by beautiful beaches and quiet coves, forms one of its main attractions, together with the incredible landscape offered by the Cap de Creus Natural Park. At the head of Cadaqués bay is its historic quarter, with a Mediterranean air and deep seaside flavour.

PROGRAMME

Day 1	<p>Arrival to Girona and welcome meeting with our guide. We will 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.</p> <p>After the session, it is time to take a walk around the amazing village of Girona</p>
Day 2	<p>To Figueres and Dalí. Distance: 40km</p> <p>Today's stage leads to quiet roads through fields and crops. You will discover the most rural part of Girona, crossing small villages where the church steeple always highlights. You will reach Figueres, the birthplace of Dalí and where his most important museum is located</p>
Day 3	<p>Vineyards and olive trees. Distance: 32km</p> <p>Catalonia is a land of wine and gastronomy. The wines of this region on the North of Catalonia called Alt Empordà, are distinguished by its characteristic flavour, thanks to the proximity of the sea. You will ride along small rural roads passing through vineyards and olive trees. We recommend you to stop in one of the many cellars where you are going to enjoy the wine "Empordà Origin Denomination". Arrival at the accommodation</p>
Day 4	<p>Cadaqués and Cap de Creus Natural Park. Distance: 30km</p> <p>After breakfast, transfer from Vilamaniscle to Cadaqués. Cadaqués is considered one of the most beautiful villages of the Costa Brava, with its white houses and the atmosphere of the Mediterranean fishing village. Today, you will enter into a lunar landscape. The road takes you to the heart of Cap de Creus Natural Park to reach the lighthouse, from where you have great views of the rocky relief of the Costa Brava. While returning, we recommend you to stop at Dalí's house in Portlligat, which the second museum of the painter. Time to have a beer in Cadaqués. In the afternoon, the shuttle will pick you up to go to sleep at Vilamaniscle.</p>
Day 5	<p>Vilamaniscle-L'Estartit. Distance: 55km</p> <p>Route towards the South of Costa Brava. Once you leave Figueres, you will pass the fantastic village of Perelada with its castles and wine tradition. Then, you will continue along the coastline of the Costa Brava, passing through Castello d'Empuries and l'Escala. The trail continues through rice crops to arrive at L'Estartit, with its natural reserve of the Medes Islands</p>
Day 6	<p>L'Estartit - Calella de Palafrugell. Distance: 50km</p> <p>Once you leave L'Estartit, you will go to the inland of Baix Empordà. You can visit beautiful medieval villages, like Peratallada or Ullastret and you will pass across a big variety of landscapes to arrive at the fantastic historical site of Pals. Your last stop is Calella de Palafrugell, one of the best villages in Catalonia</p>
Day 7	<p>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 Dalí's trail?</p>



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