

Girona & Catalunya



Coll de la Creueta



BikePlusTours

Costa Brava

The playground of the pros

Join us for a beautiful week of cycling in Northern Spain. In recent years, the town of Girona has become the training base for dozens of top level pros and we'll show you why. We'll ride the quiet roads that they use for training and the tough climbs to test the legs. We'll ride along the rugged Mediterranean coast as well as deep into the Catalan Pyrenees mountains.

It's not just the riding that is spectacular. We'll pass

and stay in medieval towns with impressive settings and architecture. Halfway through the tour we'll have a rest day in Girona to recover and spend some time sightseeing.

For those looking for a somewhat easier trip, we offer shorter rides on some of the toughest days.

Non-riding partners are welcome to join. In this brochure you'll find information on activities for non-riders, led by an English speaking guide.



At a glance

| | |
|--------------------------|---|
| Trip dates: | September 20-29, 2019 |
| Duration: | 9 nights / 9 days |
| Cycling distance: | from 389 miles up to 428 miles |
| Total vertical: | from 35,700 ft up to 41,900 ft |
| Small group: | maximum 16 guests |
| Supported rides: | staff in support vehicle and on bikes |
| Hotels and meals: | comfortable hotels with all breakfasts and dinners included |
| Price: | \$3,495 per person, single room surcharge: \$795 |





Mare de Deu del Mont



Besalu

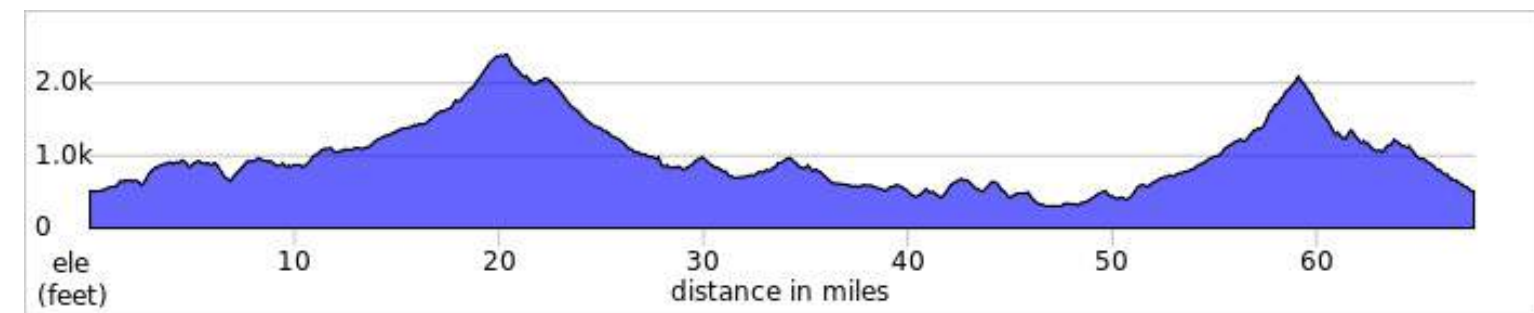
Itinerary and Elevation Profiles

Friday September 20th: Departure from the US on an overnight flight to Barcelona, Spain.

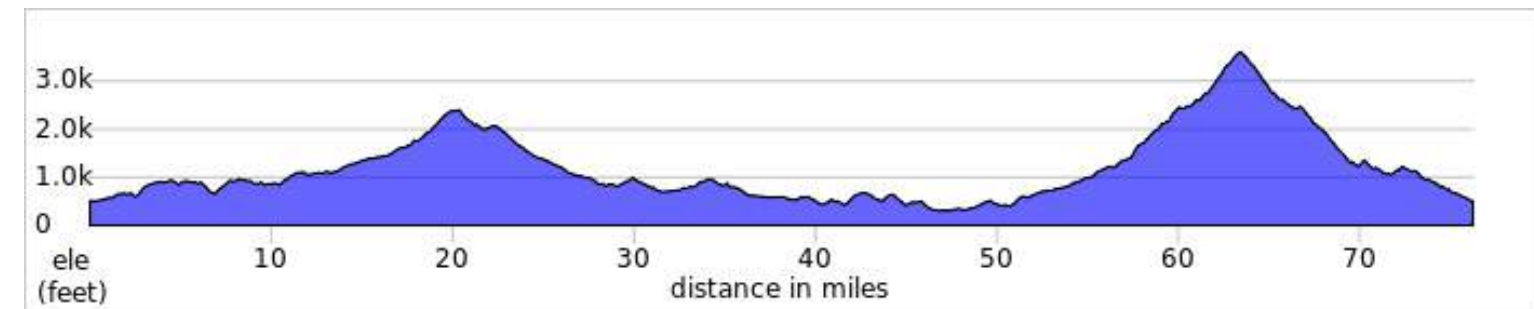
Saturday September 21st: Arrival at Barcelona airport and group transfer to Besalu (1.5 hrs). In the afternoon you can put your bike together and go for a quick test ride.

Sunday September 22nd: **Vulcanos Loop (distance: 68 or 76 mi, vertical: 6,000 or 7,600 ft)**

We'll ride out of town past ancient towns like Castellfolit, which is built on the edge of a cliff. The route includes the extinct volcanos of the Garrotxa region, the quaint town of St Pau and the Banyoles lake. At the end of the ride there is an optional first category climb: the Mare de Deu del Mont. The view from the top stretches all the way from the Pyrenees to the Mediterranean Sea on a clear day.



Longer option including Mare de Deu del Mont:



Monday September 23rd: **Besalu to Girona (59 or 72 mi / 4,100 or 6,500 ft)**

Mostly rolling terrain today on our way to Girona. Optional first category climb of Roccacorba, the ultimate test climb for the pros based in Girona.

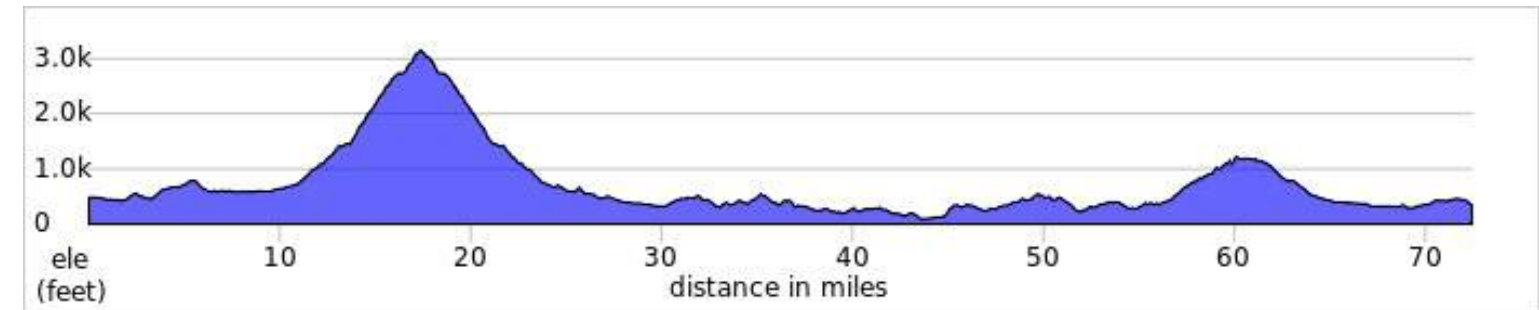




Girona

Itinerary and Elevation Profiles (Continued)

Monday's longer option including Roccacorba:



Tuesday September 24th:

Costa Brava (84 mi / 7,500 ft)

We'll ride the spectacular cliffside road along the Costa Brava ('Wild Coast'). Return via the rural roads around Madremanya and the Alto Els Angels climb, another of the pros' favorites.



Wednesday September 25th:

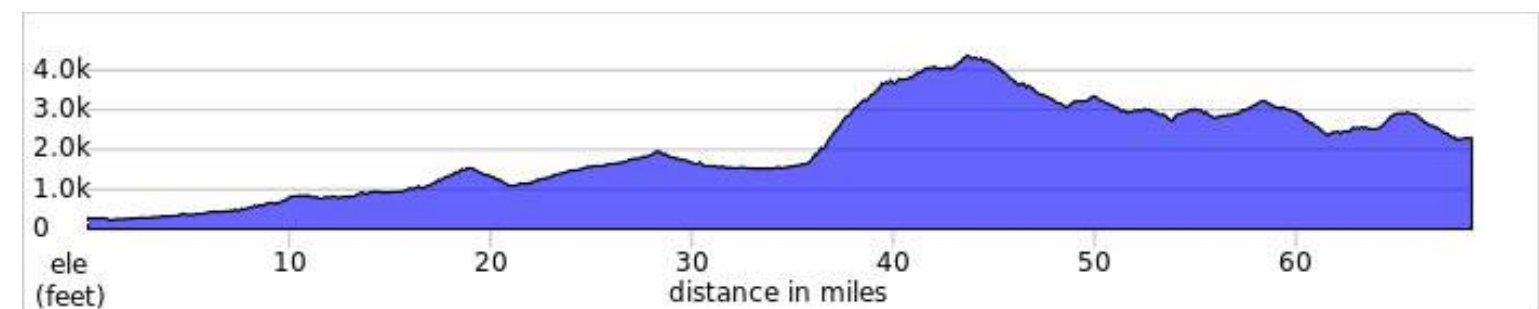
Rest Day

Today you can explore the beautiful old town of Girona or take the train (1 hr) to visit Barcelona.

Thursday September 26th:

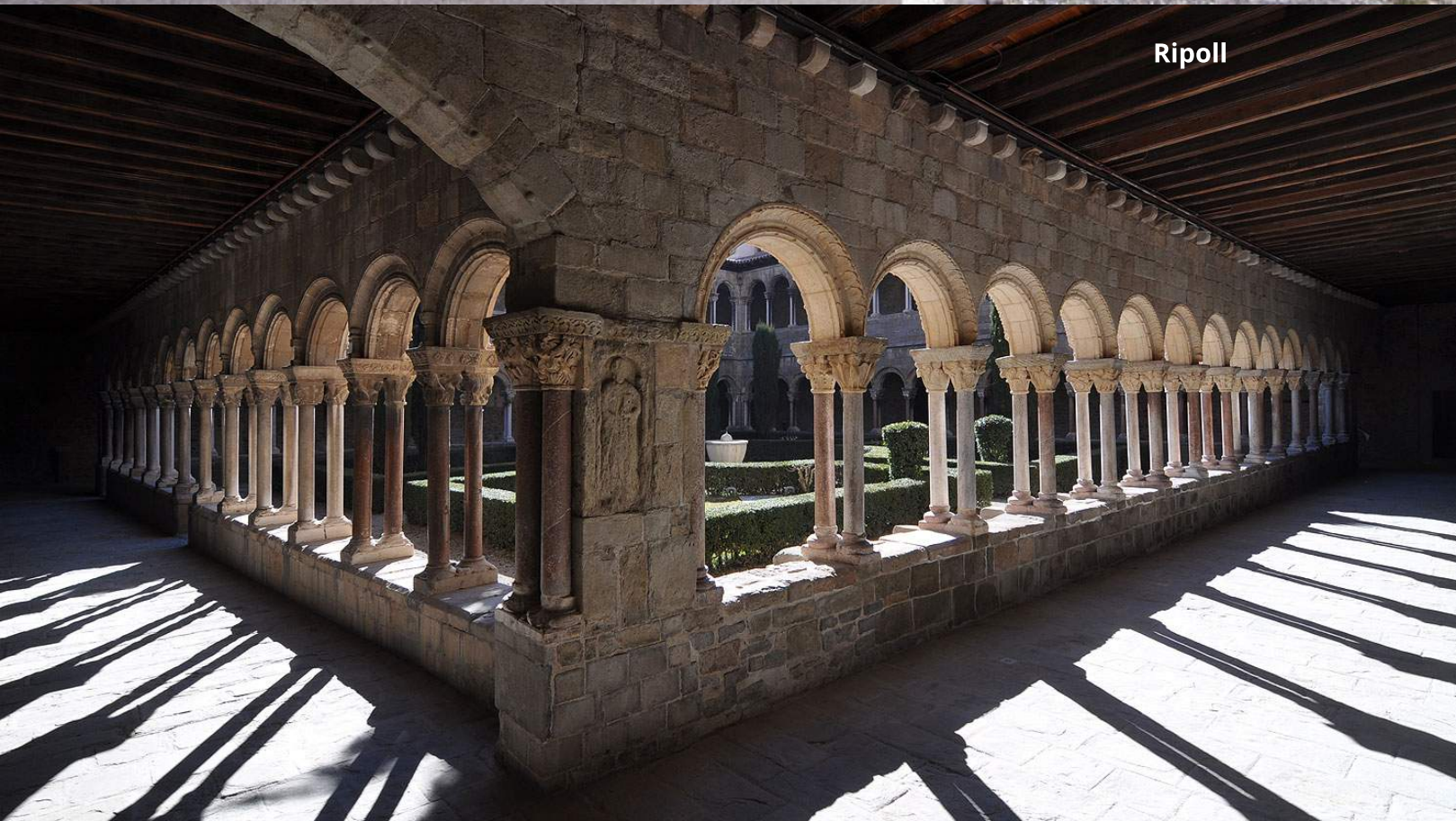
Girona to Ripoll (69 mi / 7,500 ft)

It's mostly uphill into the rugged Catalan countryside to the ancient town of Ripoll, our base for the next two nights. The old town has impressive architecture including a medieval monastery.





Coll de la Creueta



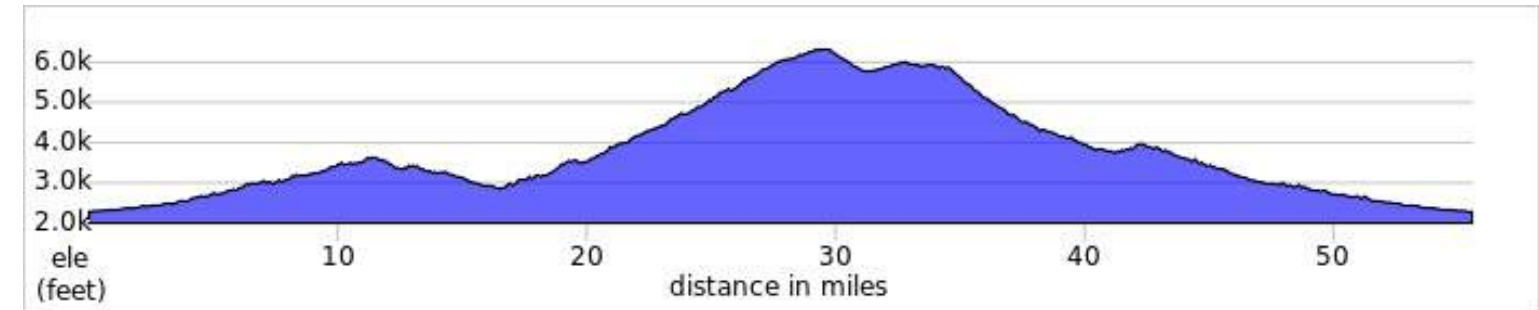
Ripoll

Itinerary and Elevation Profiles (Continued)

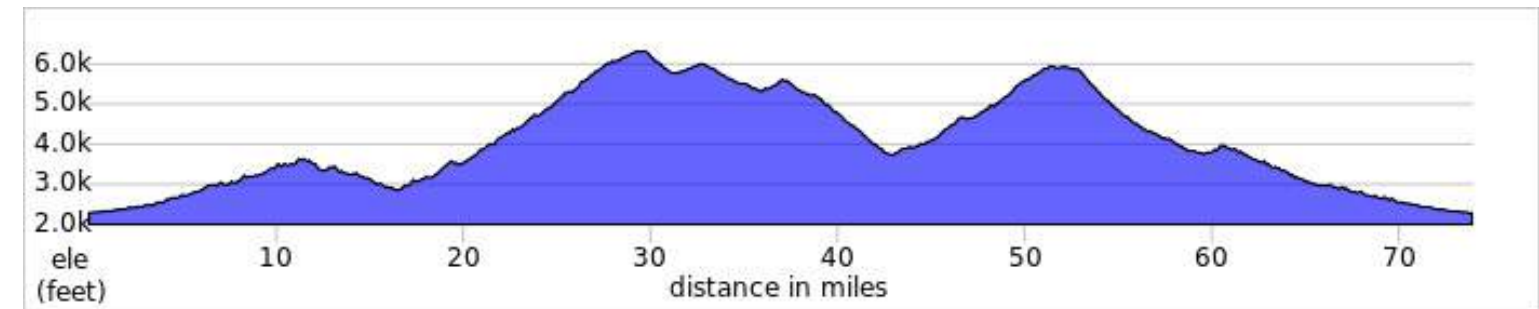
Friday September 27th:

Coll de la Creueta (56 or 74 mi / 6,400 or 8,600 ft)

We're heading into The Pyrenees today toward the highest point of our tour: the Coll de la Creueta at just over 6,000ft is a first category climb which is often used in pro races like the Vuelta a Espana and the Volta a Catalunya. The longer route also includes La Molina, another famous first category climb.



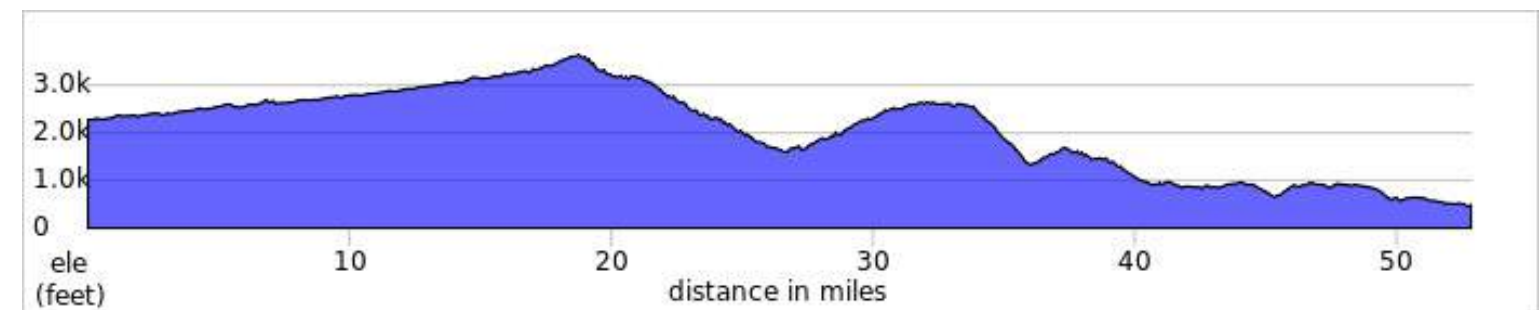
Longer route including La Molina:



Saturday September 28th:

Ripoll to Besalu (53 mi / 4,200 ft)

Back to our starting point via a paved bike path through the valley and some very remote mountain roads. In the afternoon you'll have time to pack your bike and enjoy the town. At night we'll have a celebratory dinner to finish off the tour.



Sunday September 29th:

Flight home

A private bus will take us to Barcelona airport early in the morning for the flight home.

Partner Program

We have a great schedule of guided activities for non-riding partners. After all why should the cyclists have all the fun? While your partner is out riding you can take part in activities accompanied by an English speaking guide. Following are examples of possible activities. The program will be tailor-made to the wishes of the partners. You can choose to take part in all or just some of the activities as you please.

Sunday Besalu

Guided historic tour of Besalu (2 hrs) including visit of the unique Jewish baths
Salvador Dali Museum in the neighboring town of Figueres
Castell de Sant Ferran fortress from the 1750s in Figueres
Hiking in the Garotxa Vulcanos National Park

Monday and Tuesday Girona

Costa Brava beaches
Day trip to Barcelona (1 hour each way by train or car)
Visit the historic museum
Catalan food cooking class
Guided city tour including the cathedral, walk of the city walls and 'Games of Thrones' shooting locations
Hike to Castell Sant Miquel on a hill above the city with views to the sea and the Pyrenees (2.5 hrs return)
Wine tasting tour of the Emporda wine region

Wednesday

Rest day for the riders so you can spend the day with your partner

Thursday

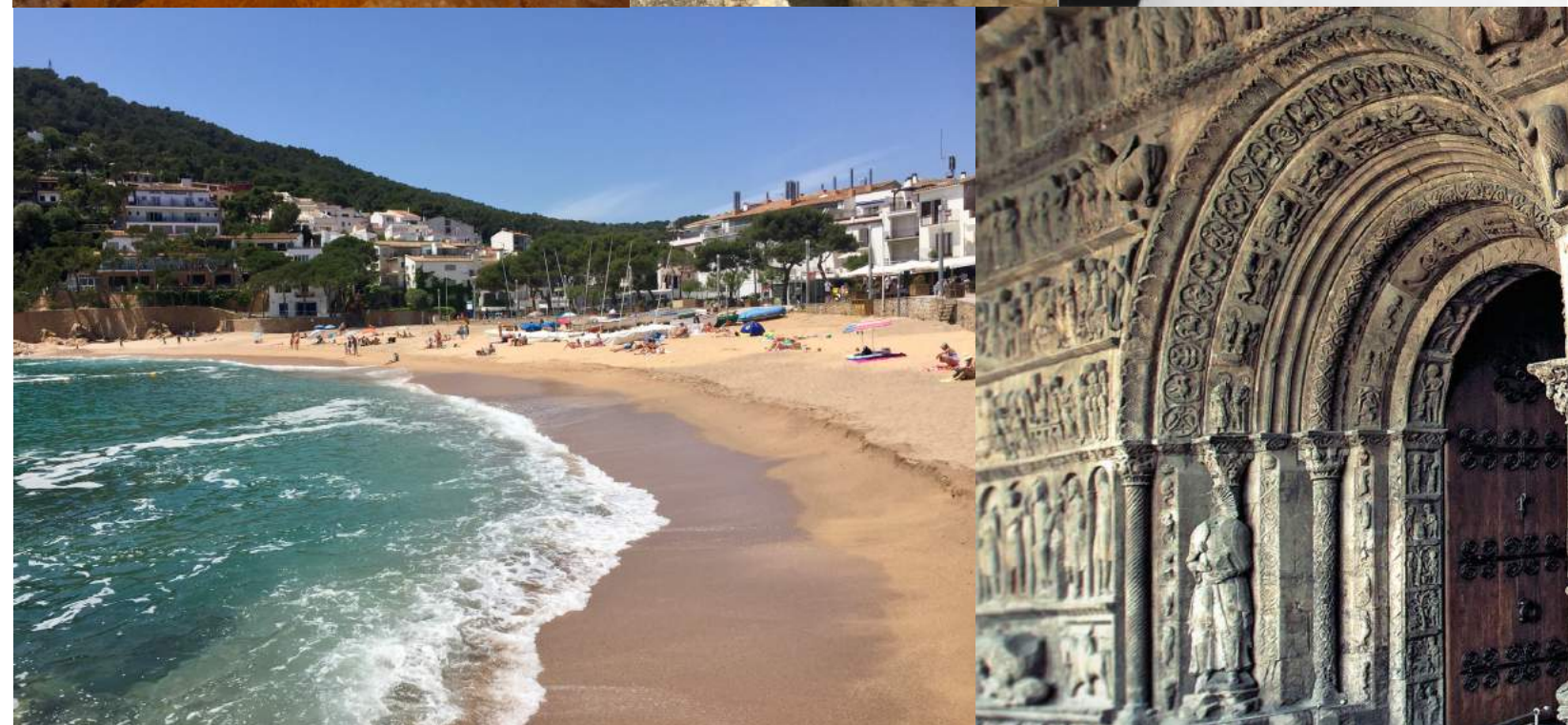
Transfer to Ripoll by car (1.5 hrs). Possible visit to the historic city of Vic on the way
Explore the town and the beautifully restored medieval monastery of Ripoll

Friday

Take the cog railway to stunning Vall de Nuria high in the Pyrenees mountains
Guided hike at Vall de Nuria
Visit the historic town of Ribes de Freser on the way

Saturday

Visit the towns of Olot and Castellfolit on the way back to our starting town Besalu
Another opportunity for a hike in the Garotxa Vulcanos National Park or a guided tour of Besalu





Our package includes:

- Group transfers to and from Barcelona Airport for you, your luggage and your bike
- Hotel accommodation
- All breakfasts and dinners
- Water, snacks and fruit on the rides
- Laminated stage sheets with ride details and altitude profiles
- Support vehicle during the rides and experienced tour guides on bikes
- GPS files of all rides

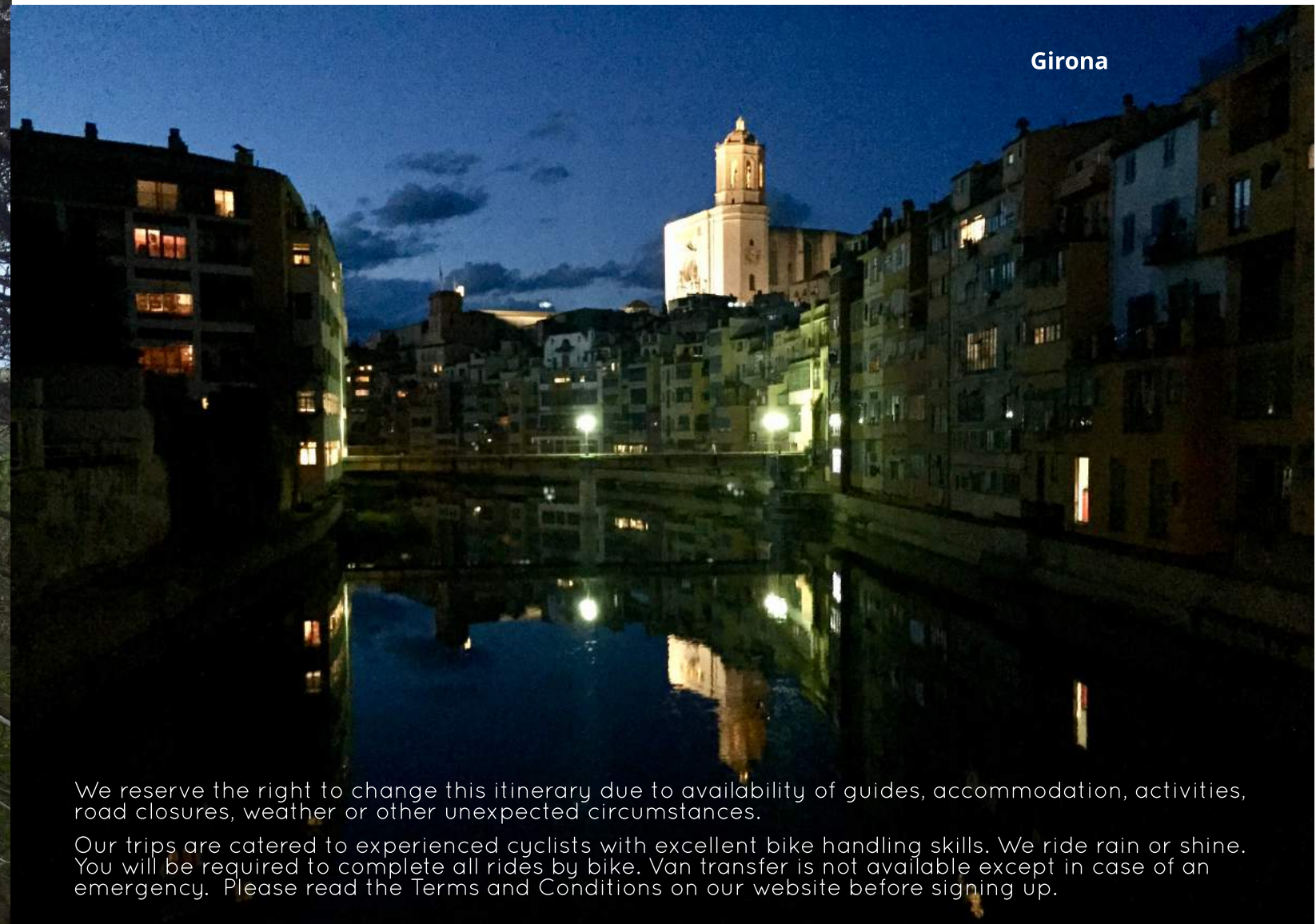
Excluded items:

- Flights to and from Barcelona
- Travel and medical insurance
- Lunches, drinks, gratuities and personal expenses

Price: \$3,495 per person in a shared double or twin room
\$4,290 per person in a single room
\$5,995 per couple (one rider, one non-rider), including partner program

Please e-mail Carolyn and Pieter for more information and booking:

info@bikeplustours.com



Why BikePlusTours?

- 15+ Years of experience in organizing cycling trips in Europe
- Routes that combine famous climbs with beautiful local byways
- Small group size
- Owners Carolyn and Pieter guide every trip
- Great value

We reserve the right to change this itinerary due to availability of guides, accommodation, activities, road closures, weather or other unexpected circumstances.

Our trips are catered to experienced cyclists with excellent bike handling skills. We ride rain or shine. You will be required to complete all rides by bike. Van transfer is not available except in case of an emergency. Please read the Terms and Conditions on our website before signing up.



About BikePlusTours

We are a small company owned and operated by Carolyn and Pieter Maessen.


BikePlusTours was born out of a desire to share our love for cycling on the great mountain roads of Europe with our guests. We have been organizing group cycling trips since 2002 and we feel very lucky that our hobby has become our profession.

Pieter has been a cyclist all his life. He has competed in junior and elite races in his native Netherlands as well as in Belgium, Germany and the USA. Although more of a classics rider than a climber, Pieter has had a passion for cycling in the mountains ever since riding up Passo dello Stelvio at age 16.

Carolyn has had a lot of success as a triathlete. She was a sponsored athlete for seven years and has won races in every distance from sprint to Ironman. She has competed in World Championships in Ironman in Kona (Hawaii), Ironman 70.3 in Las Vegas (Nevada) and Sprint Triathlon in London (UK).

Please get in touch with us if you would like more information about our trips.

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