

10 Day Girona/Catalonia, Spain Tour

May 30 – June 9, 2018

Total Cost: \$2,050 (see what is **excluded** below)

Deposit: \$1000 (paid at time of registration)

Final Payment: \$1050 due by 1/15/18

Single Supplement: \$750 (paid at time of registration)

Rider Limit: 19 – **Only 3 Single Supplements**

Tour Leaders: Ralph Nussbaum & Francien van der Lee

Tour Rating: Intermediate

Special International Cancellation Policy:

Before 1/15/18: Refund all but \$100

Between 1/16-2/28/17: \$1,000 cancellation fee unless tour is full and your spot is filled, then \$100

After 3/1/17: Loss of total fee unless tour is full and your spot is filled, then \$100 cancellation fee.

WE STRONGLY ADVISE YOU PURCHASE TRIP INSURANCE!

TOUR DESCRIPTION:

Tucked in the northeast corner of Spain, bordering France and the Principality of Andorra is the province of Catalonia. Our tour starts and ends in Girona, the capital and a cycling mecca. It's a beautiful medieval city with thousands of years of history, going all the way back to Roman times. Set halfway between the Pyrenean mountains and the Costa Brava coastline, it is the hub of a diverse and vibrant region still largely unexplored by tourists.

One of the things we will all appreciate is that we plan to stay at least 2 nights at each of our locations minimizing the packing up and moving. There are a number of beautiful loops out of Girona heading north into Vall de Llèmena. This is a quiet unspoiled rural area untouched by tourism. Riding south from Girona, we will explore the Emporda region, well known as a wine and olive oil production and for its unspoiled tiny hilltop stone villages that dot the landscape. There may be opportunities to head into the hills to the west of Girona as well. Due east of Girona is the beautiful coast known as the Costa Brava. We will have a rest day at the beach in Calella de Palafrugell.

We are so fortunate to have Francien van der Lee as our European co-leader with whom we have led tours in Holland and this year in the French Alps. She knows this region well, having led many tours there. A native of The Netherlands, she has led scores of bike tours throughout Europe and this is one of her favorite regions.

There is a small airport in Girona, but the easiest way to get to Girona is to fly into Barcelona International Airport. From there it's a short train ride to Girona.

PARTICIPANT LIMIT:

- We will only be able to have a total **19 participants** on this tour
- Due to the nature of the small family hotels we will only be able to accommodate **3 single supplements**

WHAT'S INCLUDED:

- 10 nights' lodging
- Luggage transport between hotels
- 10 breakfasts
- 4 dinners (6 on your own)

WHAT'S NOT INCLUDED:

- Transportation to and from Girona (best to fly in and out of Barcelona & take 40 min. train to Girona)
- Lunches (many eateries/cafes available every day)
- Bike rental (much easier than bringing your own) for €150-250 or storage of personal bike box in Girona for €100. Choice of bike rentals: Synapse Carbon 105 road bike (€200); hybrid-touring bike (€150); or an electric hybrid (€250)
- **There will be no support (sag) van on this tour. Both Ralph and Francien will be riding. There will therefore be no snacks or other support en route.**

PROPOSED ITINERARY (subject to modification):

Day One - Wednesday, May 30: Girona: We will meet in Girona for a short orientation meeting and dinner.

Day Two Thursday, May 31: Girona – Vall de Llemena Loop – 40km/415 m climbing

The first day on the bike is an easy day allowing everyone to adjust to conditions and the bikes. A mainly flat day with one short climb as riders pass through the lush green Vall de Llemena valley which follows the river Llemena into the Garrotxa volcanic park, passing through the villages of Sant Gregori ans Bescano, before finally crossing over the mountain pass to follow the river Brugent pass the town of Amer back to Girona.

Day Three - Friday, June 1: Girona – Mas Llunes Loop – 52km/557 m climbing

This is an intermediate spin in the mountains to the South West of Girona, passing through the low hills called Les Serres and through the mountain community of Mas Llunes. There are two climbs on newly surfaced roads, both of which have featured in the Volta Catalunya.

Day Four - Saturday, June 2: Girona to Sant Pere/La Escala - 40-65 km/500 m climbing

We leave Girona to cycle through the southern Emporda country. Well known as a wine and olive oil producing area and for its unspoiled tiny hilltop stone villages that dot the landscape. We will stay in a farmhouse accommodation a short distance from the kilometers wide sandy beach of the Roses Bay on the Mediterranean.

Day Five - Sunday, June 3: La Escala to Figueres Loop - 50 km/224 m climbing

Today's ride is an out and back route on some of the best and quietest of the roads in the Catalonia en-route to the world-famous Dali Museum in the City of Figueres. The Dali Museum is Dali's legacy and gift to the town. The route is easy which give you plenty of time to enjoy the museum, an amazing insight into the mind of this artist.

Day Six - Monday, June 4: La Escala to Calella de Palafrugel - 75 km/700 m climbing

Today we follow the coast in the southern direction. Just outside Sant Pere Pescador we will find an archaeological site. Ampurias, also known as Empúries was a town founded in 575 BC by Greek colonists and later occupied by the Romans and is absolutely worth a visit. We will finish the day in the seaside village of Calella de Palafrugell.

Day Seven - Tuesday, June 5 - Rest Day at the Beach!

After 5 days of riding you deserve a day at the beach! Calella de Palafrugell is one of the most beautiful villages along the Costa Brava and loved by people who avoid the large over crowded beach resorts. Enjoy the sandy beach dotted with wooden fishing boats, the small alleys, the lovely little shops and nice restaurants. For those seeking some activity: the hotel has a swimming pool and a tennis court, or you can hike along the costal path, known as the Camino de Ronda.

Day Eight - Wednesday, June 6: Calella de Palafrugel Loop – 45 km/400m climbing

Today's route is still in the planning stages but the idea is to visit some of the medieval little villages which dot the landscape around Calella de Palafrugel.

Day Nine - Thursday, June 7: Calella de Palafrugel–San Feliu-Girona – 72km/520m

Route details to come soon! ☺

Day Ten - Friday, June 8: Girona Las Gavarres Loop – 57km/985m climbing

Leaving the best for last, this is one of the most famous road rides out of Girona. The Els Angels Loop crossing the Las Gavarres Mountains twice to Cassa de la Selva. It's a favorite of many of the pros that call Girona home. These roads have been featured in the Tour de France as well as Vuelta a España.

Day Eleven - Saturday, June 9: Girona – After a farewell breakfast we all go our merry way having had the experience of a lifetime!

