



**BIKE TOURS  
IN SPAIN**



*Bikefriendly*  
We like cyclists!  
**Tours**



# Bikefriendly

We like cyclists!

## Tours

From Bikefriendly Tours we want to offer our clients trips through the area we know firsthand, where we know that their experience will consist of the best routes through the natural environment and some genuine, local recommendations. We will enjoy the most authentic gastronomy, we will get to know the customs of the destinations, and we will visit the best villages.

That's why all our trips are in Spain, an area that we have pedaled extensively and intimately know the value of its history and its customs.

We are specialists in our country and we only expand our travel offer to the extent that our knowledge, which guarantees we will exceed the expectations of our customers.

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### HOTELS

# Bikefriendly

We like cyclists!

We know that vacations are finite; once we live them we can't get them back. This is why our goal is to make Bikefriendly trips one of those experiences that we always turn to when we want to remember something incredible.

We take the concept of Bikefriendly trips very seriously and that is why, in order to meet our quality standards, we have nearly 300 accommodations under the Bikefriendly Seal, where riders are received as guests of honor.

All of our guides were interviewed on their bikes, demonstrating their knowledge of the area and the sport. We share our local knowledge with clients to avoid the overcrowding of popular cycling routes and to give you a unique experience.

### THE BEST DESTINATIONS



# ROAD & MTB

## BIKE TOURS IN SPAIN

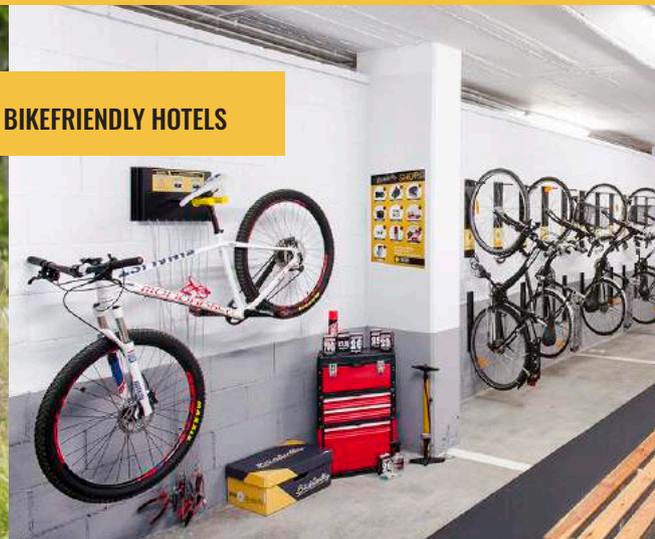
[www.bikefriendly.bike](http://www.bikefriendly.bike)



THE BEST ROUTES



BIKEFRIENDLY HOTELS



JOIN OUR BIG FAMILY AND  
GET OFFERS AND DISCOUNTS IN  
BIKEFRIENDLY HOTELS AND TRIPS!



Go to [www.bikefriendly.bike/club](http://www.bikefriendly.bike/club) and join the largest  
cycling community in Spain.  
Club membership is **totally free!**



A low-angle, close-up photograph of two cyclists riding on a road. The cyclist on the left is wearing black and green gear, including a jersey with 'SCOTT' and 'PROFANALYSIS' visible. The cyclist on the right is wearing black and yellow gear, also with 'SCOTT' visible. They are riding on a paved road with a blurred background of green trees and a blue sky. The text 'MORE KILOMETRES, PLEASE' is overlaid in large white letters on the right side of the image.

**MORE  
KILOMETRES,  
PLEASE**



# ROAD

*Bikefriendly*  
We like cyclists!  
**Tours**



# MALLORCA: CYCLING WEEK-TRAINING CAMP

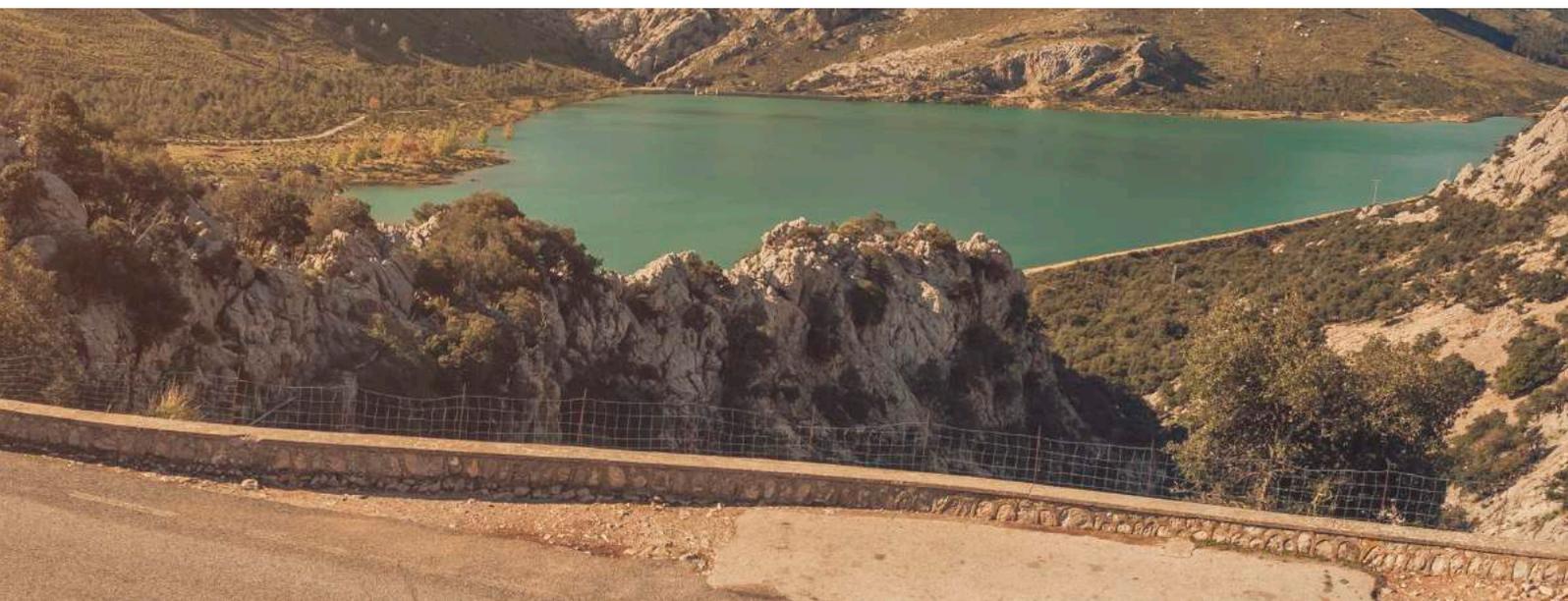


It's time to plan your 2019 cycling days, it's time to book your **cycling holidays in Majorca!** Stop dreaming and just make it true! **Bikefriendly** provides you full support in your Mallorca Cycling Week:

the best **cycling hotels**, amazing **guided routes** and lots of good experience. Everything in one of **the best cycling destinations in Majorca:** Playa de Muro/Puerto Alcúdia. Choose yours!

With a fantastic geographic location, a large variety of landscapes (flat and mountainous terrain), a good network of roads and other infrastructure, **Mallorca is a global benchmark as a paradise for cyclotourism.**

This 7-night training camp is based in one of our 4-star sports hotel in Playa De Muro/Puerto Alcúdia - Mallorca, with half board meal plan. The hotel offers all the facilities for cyclists.



**TRAINING CAMP**  
**8 DAYS / 7 NIGHTS**  
**7 STAGES**

**SPORT LEVEL: 70km – 140km ride by day. 650 - 700 km**

**SOCIAL LEVEL: 40 - 120 km ride by day. 540 - 560 km**

**DIFFICULTY: SPORT AND SOCIAL LEVEL**

**CALENDAR:**

WEEK 1: FROM 16 TO 23 OF FEBRUARY 2019

WEEK 2: FROM 09 TO 16 OF MARCH 2019

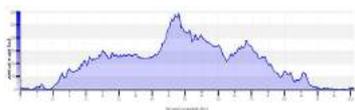
WEEK 3: FROM 06 TO 13 OF APRIL 2019

**TRAINING CAMP**  
**8 DAYS / 7 NIGHTS**  
**7 STAGES**  
**SPORT LEVEL**



**STAGE 1: PUIG DE RANDA**

Distance: 100 km  
Elevation gain: +980 m



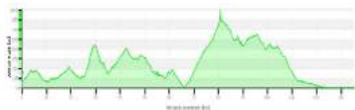
**STAGE 2: ORIENT**

Distance: 117 Km  
Elevation gain: +2.329 m



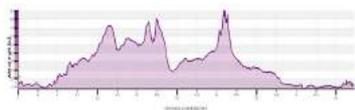
**STAGE 3: TRAMUNTANA**

Distance: 134 Km  
Elevation gain: +3.295 m



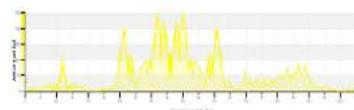
**STAGE 4: COFFEE RIDE**

Distance: 42 Km  
Elevation gain: +346 m



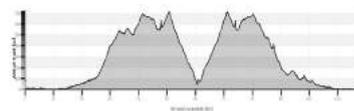
**STAGE 5: FORMENTOR AND CALA ST. VICENÇ**

Distance: 104 Km  
Elevation gain: +1.820 m



**STAGE 6: SA CALOBRA**

Distance: 117 Km  
Elevation gain: +2.329 m



**STAGE 7: BETLEM**

Distance: 72 Km  
Elevation gain: +1.024 m

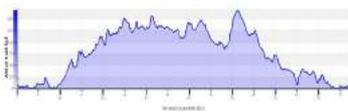


**TRAINING CAMP**  
**8 DAYS / 7 NIGHTS**  
**7 STAGES**  
**SOCIAL LEVEL**



**STAGE 1: CENTER OF MALLORCA**

Distance: 77 Km  
Elevation gain: +732 m



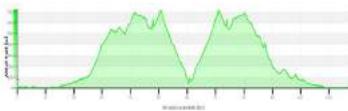
**STAGE 2: ERMITA DE BETLEM**

Distance: 72 Km  
Elevation gain: +1.024 m



**STAGE 3: SA CALOBRA**

Distance: 117 Km  
Elevation gain: +2.329 m



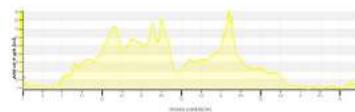
**STAGE 4: CAP DE FORMENTOR**

Distance: 65 Km  
Elevation gain: +1.278 m



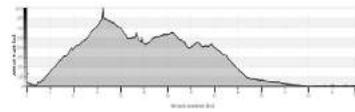
**STAGE 5: COFFEE RIDE**

Distance: 42 Km  
Elevation gain: +346 m



**STAGE 6: TRAMUNTANA**

Distance: 70 Km  
Elevation gain: +1.596 m



**STAGE 7: ERMITA DE BONANY**

Distance: 103 Km  
Elevation gain: +1.058 m





## MALLORCA

# DAY TO DAY: SPORT LEVEL

### DAY 1: SATURDAY - ARRIVING DAY

Once the flight arrives to the Palma International Airport, a transfer will be waiting for the participants. After the check in at the hotel, it will be time to assemble the bikes and to go for a short ride.

### DAY 2: SUNDAY – PUIG DE RANDA

For the first ride, we will go to the center of the island and simply enjoy the atmosphere of Mallorca. Coffee stop: Sineu

### DAY 3: MONDAY – ORIENT

We will pass through the amazing Sierra de Tramuntana. You would be able to appreciate an old and typical Mallorca Village called Bunyola, which is placed in between of the mountains. Coffee stop: Bunyola

### DAY 4: TUESDAY – TRAMUNTANA

We will surround the “Serra de Tramuntana”, Unesco’s World Heritage. Besides de Sa Calobra day, this ride will be the most challenging one. After 130 kilometers and 3,000 meters of climbing the participants will enjoy one of the most spectacular rides by going on a route through the mountains near to the sea. Coffee stop: Deià

### DAY 5: WEDNESDAY – COFFEE RIDE

A Coffee Ride route is planned for the fourth day. It’s our rest day. Near to Pollença and Alcudia Bay, the typical farmer landscape could be seen taking this route going along Sa Pobla, Muro and Santa Margalida. We will do our stop in Sa Pobla. Coffee stop: Sa Pobla

### DAY 6: THURSDAY – FORMENTOR AND CALA ST. VICENÇ

In Formentor, the participants will enjoy an amazing ride day with spectacular views; on one side the participants will have the sea and on the other side they will see the mountains, a precious contrast. Coffee stop: Cap de Formentor

### DAY 7: FRIDAY – SA CALOBRA

This is the day when the participants will descent one of the most famous climbs in Europe. There is only one way to go down and back from the dead-end road. Coffee stop: Sa Calobra

### DAY 8: SATURDAY – ERMITA DE BETLEM

The last day the participants will have time to visit another side of the island before going back home. The “Sierra de Llevant” hides the Betlem Hermitage, a hidden treasure on the island. Coffee stop: Artà





## MALLORCA

# DAY TO DAY: SOCIAL LEVEL

### DAY 1: SATURDAY - ARRIVING DAY

Once the flight arrives to the Palma International Airport, a transfer will be waiting for the participants. The mechanic will assemble the bike (or the hired bike) to start the training camp in perfect conditions.

### DAY 2: SUNDAY – PUIG DE RANDA

For the first ride, we will go to the center of the island and simply enjoy the atmosphere of Mallorca. The landscapes of this ride will be completely different, and you would be able to discover the Mallorcan soul. Coffee stop: Sineu

### DAY 3: MONDAY – ORIENT

In order to warm up for the following days, we would like to introduce you Mallorca by taking the route to Orient – Bunyola, passing through “Serra de Tramuntana. This 93 kilometers route will prepare you for the main course. Coffee stop: Bunyola

### DAY 4: TUESDAY – SA CALOBRA

This is the day where the participants will descent one of the most famous climbs in Europe. There is only one way to go down and back from the dead-end road. Coffee stop: Sa Calobra

### DAY 5: WEDNESDAY – COFFEE RIDE

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### DAY 6: THURSDAY – FORMENTOR

In Formentor, the participants will enjoy an amazing ride day with spectacular views, on one side the participants will have the sea and on the other side they will see the mountains, a precious contrast. Coffee stop: Cap de Formentor

### DAY 7: FRIDAY – TRAMUNTANA

We will surround the “Serra de Tramuntana”, Unesco’s World Heritage. Besides de Sa Calobra day, this ride will be the most challenging one. The participants will enjoy one of the most spectacular rides by going on a route through the mountains near to the sea. Coffee stop: Coll de sa Bataia

### DAY 8: SATURDAY – ERMITA DE BETLEM

This day the participants will have time to visit another side of the island before going back home. The “Serra de Llevant” hides the Betlem Hermitage, a hidden treasure on the island. Coffee stop: Artà

# ACCOMMODATIONS

Mallorca is a global benchmark as a paradise for cyclotourism. With a fantastic geographic location, a large variety of landscapes (flat and mountainous terrain), a good network of roads and other infrastructure, our island is the perfect destination. Playa de Muro/Puerto Alcúdia, for its special location and cycling services is one of the main area in the island to practice the cycling passion with all the facilities.

VIVA Hotels are the leader hotel chain in sports. During the Mallorca 312 all the hotels are supporting the participants and let them feel like home. On the another hand, Team Sky, with Chris Froome in charge, chooses one of their hotels for the training season.

They are 100% focused on cycling and the hotels have all the facilities for cyclists: a fully equipped cycling station with padlock locking system, video surveillance, daily picnic, bike tools for easy bike reparations, cleaning bike space, cold and hot water for the rides...

The commitment of the hotel chain with the sport goes beyond the cycling facilities. All their hotels have special detail for the food requirements and they have different specialties for all kind of diets.

The daily rest is an essential part of the cycling travel, VIVA Hotels has renewed the rooms in all their hotels in order to bring the best experience to the guests.

The accommodation for our training camps will be in one of the 4 Viva Hotels, all of them a 4-star category. These are the following ones:

## MALLORCA 8 DAYS / 7 NIGHTS GUIDED

### WHAT'S INCLUDED: (GUIDED)

- Welcome and introduction meeting
- 4-star cycling hotel (VIVA Hotels)
- 7-nights' accommodation at Superior Room
- Half Board Basis (High quality food catering for all dietary requirements)
- Transfer from Palma International Airport (round trip)
- Bike transportation from the Airport
- Bike Storage
- Daily guided rides by local guides
- Mechanical Support throughout the training camp
- Support car on route
- Pasta refuel after every ride
- Winery taste
- Activity Insurance

### ADDITIONAL SERVICES TO HIRE:

- Single Occupancy Room
- TOP quality Bike Hire
- Sport Massage and Chiropractic services
- Biomechanical Bike Fitting
- Cultural, gastronomic, nature visits

### NOT INCLUDED:

- Flights
- Drinks at the dinner
- Cancellation Insurance

Planned hotels or similar.  
Possibility to adapt the route to your level (services to be hired).



VIVA BLUE  
PLAYA DE MURO



VANITY GOLF  
ALCUDIA



VIVA SUNRISE  
ALCUDIA



VIVA EDEN LAGO  
PUERTO DE ALCUDIA





# PYRENEES: LEGENDARY CLIMBS



If you are not afraid of heights and enjoy climbing cols, the **Pyrenees** are calling you.

During this intense journey, we will visit some of the hardest mountain passes from the **Tour de France**, the first cycling competition by stages of the history that passes through French territory.

**Tourmalet, Col d'Azet, Añisclo Canyon** ... are some of the challenges that are waiting to be conquered at your pedal rhythm while you enjoy the wonderful views of the Pyrenean peaks.

In this trip you will know the infinite pleasure of reaching several cols historically known for their great hardness, a huge effort that will become an unforgettable experience. The Pyrenees are ready for your visit... are you?



## LEGENDARY CLIMBS

7 DAYS / 6 NIGHTS

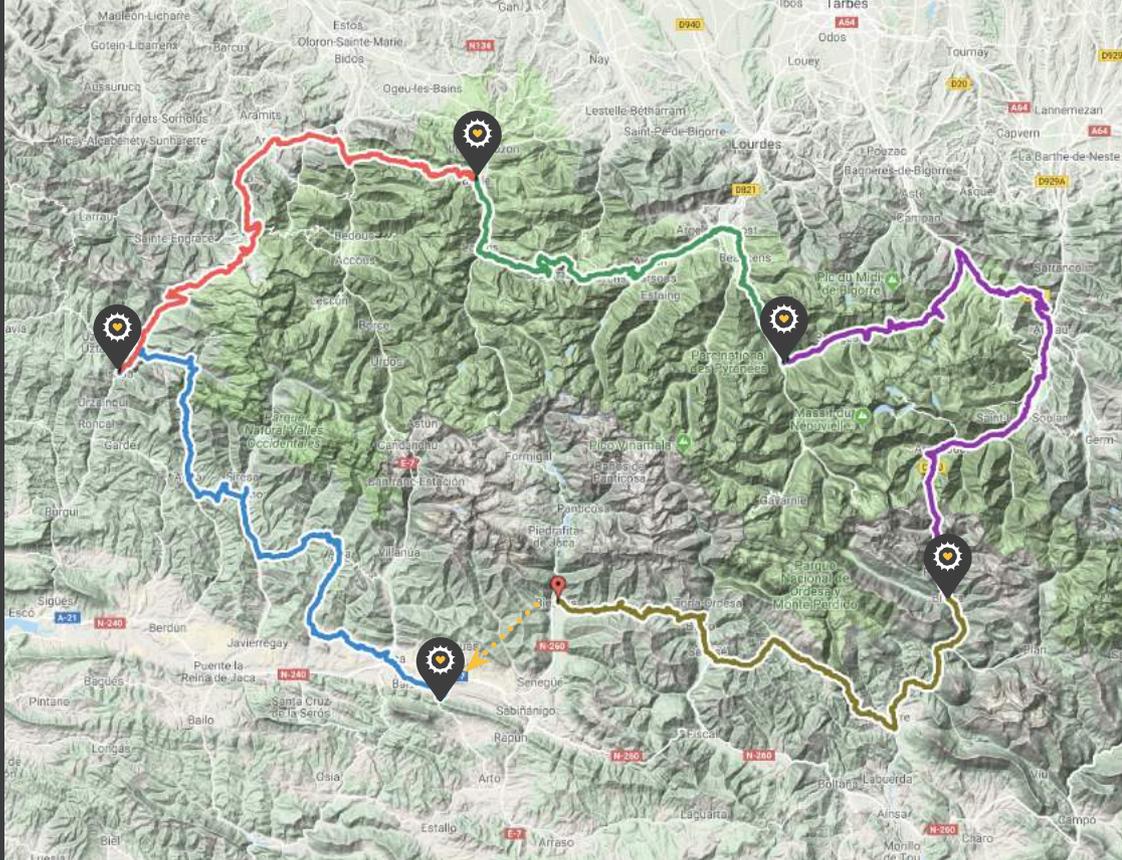
5 STAGES

456 km / +9.900 m

DIFFICULTY: MEDIUM-HIGH

RECOMMENDED SEASON:

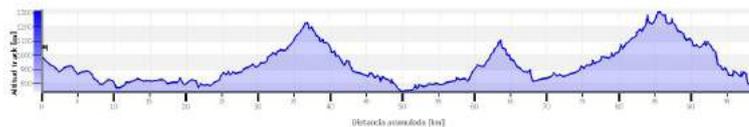
FROM MAY TO OCTOBER



### STAGE 1: JACA

Distance: 99 Km

Elevation gain: +1.500 m



### STAGE 2: PIERRE DE SAINT MARTIN Y COL DE MARIE BLANQUE

Distance: 85,3 Km

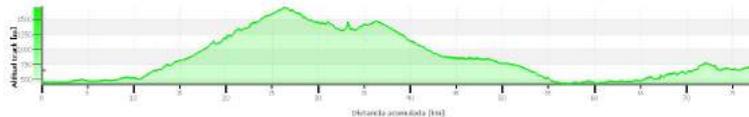
Elevation gain: +1.900 m



### STAGE 3: COL D'AUBISQUE Y SOULOR

Distance: 77,5 Km

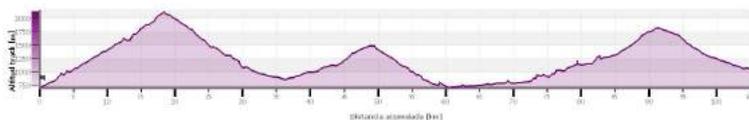
Elevation gain: +1.800 m



### STAGE 4: COL DU TOURMALET Y ASPIN

Distance: 106 Km

Elevation gain: +3.300 m



### STAGE 5: CAÑÓN DE AÑISCLO - COTEFABLO

Distance: 88,20 Km

Elevation gain: +1.400 m



## LEGENDARY CLIMBS

# DAY TO DAY

### DAY 1: JACA

We ride to the highest altitudes of the Pyrenees by sinuous roads with little traffic, where we will see magical villages such as **Aísa**, **Jasa**, **Echo**, **Ansó** and valleys like **Zuriza**, where we will pedal several kilometers next to wild mountain rivers that will make an amazing stage to ride.

### DAY 2: PIERRE DE SAINT MARTIN Y COL DE MARIE BLANQUE

Today we will start the day towards the great French climbs of the legendary Tour de France. After crossing Belagua bridge, we will have 14 kms of ascent with a 5,4% slope average until we reach the same place where in 2015 Chris Froome won the stage that started in Tarbes. We leave the Spanish side to start a legendary climb at the Tour de France and the famous cycling event Quebrantahuesos, "**Col de Marie Blanque**". Reaching its summit after 10 kms of ascension, we only have to descend until we get to **Bielle**.

### DAY 3: COL D'AUBISQUE Y SOLOUR

We must be ready for 17 km with an average of 7% and an elevation gain of almost 1,200m to reach the bistro where we can recover some energy before facing the **Soulor**. We will descend until **Argelest-gazost**, continuing on road slightly uphill to the epicenter of our trip, **Luz Saint Saveur**, prelude of the colossus **Tourmalet**, a typical French village with a cycling flavor where we will enjoy the aroma of bike culture.

### DAY 4: COL DU TOURMALET Y ASPIN

Do you remember the centenary Tour de France celebration? The duel between Alberto Contador and Andy Schleck. (\*el nombre está mal escrito) Well, today we will live their same emotions, "**Col de Aspin**" awaits us. A climb that has been part of the Tour de France more than 60 times and will be the hardest stage of our adventure. From there we will ride to **Saint Lary Soulan**, where we will return to the Spanish Pyrenees through a transfer that will take us to the beautiful town of **Bielsa**, where their traditional stews will help us recover to face the last day of our journey.

### DAY 5: CAÑÓN DE AÑISCLO-COTEFABLO

"**El Cañon de Añisclo**", located within the **Ordesa National Park**, is recognized as one of the most beautiful roads at the Pyrenees. An ascent that will lead us to the **Puerto de Cotefablo**, included in the legendary Treparriscos bike tour, the small sister of the Quebrantahuesos, the last climb of our trip through the Pyrenees.



# ACCOMMODATIONS



**HOTEL REAL JACA**  
JACA



**LOGIS HÔTEL L'AYGUELADE**  
BIELLE



**HOTEL BIELSA**  
BIELSA



**HOSTAL LA LOLA**  
ISABA



**HÔTEL ARDIDEN**  
LUZ SAINT SAUVEUR

## PIRENEOS: PUERTOS MÍTICOS 7 DAYS / 6 NOCHES GUIDED

### WHAT'S INCLUDED: (GUIDED)

- B&B in Bikefriendly Hotels or similar.
- Briefing and welcome pack.
- Guide, support car and provisioning
- Luggage transfers between accommodations.
- Route information: tracks and description.
- Bikefriendly space for your bike in the hotel: bike storage facilities, washing area and workshop area with tools.
- Insurance

### ADDITIONAL SERVICES TO HIRE:

- Port or airport transfers
- Bike rental
- Cultural, gastronomic, nature visits

Planned hotels or similar.

Possibility to adapt the route to your level (services to be hired).

## YOU CAN'T MISS...

### LANDSCAPES:

- Ordesa & Monte Perdido National Park
- Parc National des Pyrénées
- Valles Occidentales Natural Park



# ASTURIAS: ANGLIRU



**¿Do you like extreme experiences?** Are you seeking your optimum sporting performance? This is the trip for you!

Among livestock pastures and watering holes, at the heart of the Sierra de Aramo (Asturias), is our great challenge: The Angliru. Located at 1,570m altitude, it is a natural space of great beauty between some of the most important summits of this mountain range. The great difficulty of its ascent, with sections with **maximum gradient of 23.5%**, have made it internationally famous and allowed it to become one of the **most difficult mountain passes in world cycling**, being a legendary final stage of the Vuelta a España race.

**After the effort comes the reward. There is nothing better than caring for our body at Las Caldas Villa Termal**, which includes access to the Sports Centre (with health, sport and performance area; sports biomechanics; exercise tests and everything an athlete may want when improving their performance) and Ecothermal Centre with its different Spa facilities.

Dare to conquer the summit of the Angliru and make your trip legendary.



## MÍTICO ANGLIRU

7 DAYS / 6 NIGHTS

### 5 STAGE

287 km / +6.100 m

DIFFICULTY: MEDIUM-HIGH

RECOMMENDED SEASON:

ALL YEAR ROUND



#### STAGE 1: ROUND NARANCO

Distance: 50 Km

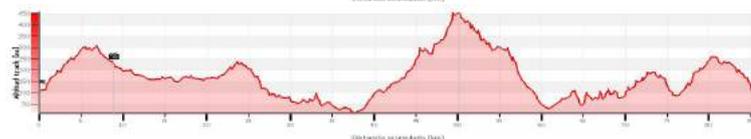
Elevation gain: +1.100 m



#### STAGE 2: AVIÉS AND THE COAST

Distance: 85 Km

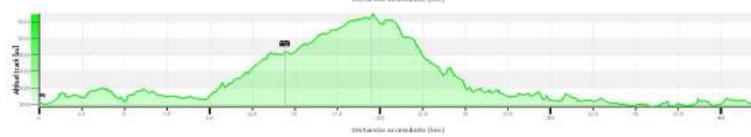
Elevation gain: +1.500 m



#### STAGE 3: CRUZ DE VIESCAS

Distance: 42 Km

Elevation gain: +900 m



#### STAGE 4: ANGLIRU

Distance: 64 Km

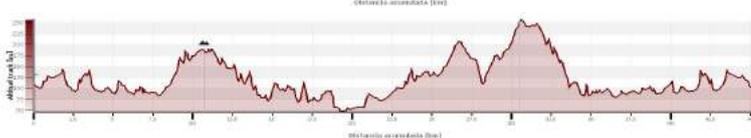
Elevation gain: +1.600 m



#### STAGE 5: ROUND GRADO

Distance: 45 Km

Elevation gain: +1.000 m





# ANGLIRU DAY TO DAY

## DAY 1: NARANCO ROUTE

In this first stage we are offered the experience of **ascending the Naranco**, where many great battles between important racers in the Vuelta a España have taken place. This stage serves as a starting point for discovering the great destination of Asturias for cycling enthusiasts.



## DAY 2: AVILÉS AND THE COAST

Route to the city of Avilés along the Asturian **roads towards the coast of Cantabria**. In this stage we can experience the spectacular contrast between the sea and Asturian mountains. We will pass the two important destinations of Oviedo and Avilés.



## DAY 3: CRUZ DE VIESCAS

We travel inland Asturias near the **Senda del Oso**, ascending to the Cruz de Viescas. This stage allows a few kilometres of the southern region of Asturias to be discovered, but with a significant accumulated gradient.



## DAY 4: ANGLIRU

In this legendary stage you will feel like a true professional cyclist, ascending one of the most legendary passes of the Vuelta a España, in which it is one of the decisive stages in the annual event. **Ascending to the Angliru**, we will experience feeling that we are in one of the most privileged places in Spain for a road cyclist.

## DAY 5: VUELTA AL GRADO TRAIL

The final stage, a difficult route next to the **Nalón river**, discovering the typical small Asturian towns which we pass through.



# ACCOMMODATIONS



**HOTEL ENCLAVE \*\*\*\***  
LAS CALDAS



**GRAN HOTEL LAS CALDAS \*\*\*\*\***  
LAS CALDAS



## ASTURIAS: ANGLIRU 7 DAYS/6 NIGHTS AUTOGUIADO Y GUIADO

### WHAT'S INCLUDED: (SELF GUIDED)

- B&B in Bikefriendly Hotels or similar.
- Briefing and welcome pack.
- Route information: tracks and description.
- Bikefriendly space for your bike in the hotel: bike storage facilities, washing area and workshop area with tools.
- Insurance

### ADDITIONAL SERVICES TO HIRE:

- Port or airport transfers
- Guide, support car and provisioning
- Bike rental
- Cultural, gastronomic, nature visits

Planned hotels or similar.

Possibility to adapt the route to your level (services to be hired).

## YOU CAN'T MISS...

### ART AND CULTURE:

- Oviedo
- Prerrománico asturiano

### GASTRONOMY:

- Gastronomía típica Asturiana: Fabada asturiana, cachopo, merluza del pincho.
- Museum de la sidra.

### LANDSCAPES:

- Reservas de la biosfera por la UNESCO
- Bosques asturianos.
- Lagos de Covadonga.



# THE VALENCIAN TRIANGLE



Pedaling, conquering landscapes, being part of fantastic places for cycling and being the protagonist of your own history: these are some of the dreams we have when riding our bikes.

**Calpe, Alcoy and Denia** form an ideal triangle in the Valencian Community, where the Mediterranean landscapes, culture and history have the great quality of providing diversity to the routes any cyclist wants to pedal: inland areas and spots open to the sea, everything is possible.

**Serra de Mariola Natural Park, Sierra de Bernia y Ferrer, Penyal d'Ifac Natural Park, Massís del Montgó, Els Arcs Natural Park, the Natural Reserve of Cabo de Sant Antoni** are privileged places to be pedaled and to be able to feel the diversity of a triangle that joins high quality beaches with mountainous territories where the cyclist enjoys climbing.

Three points in the Valencian Community, three references for cycling.



## THE VALENCIAN TRIANGLE

7 DAYS / 6 NIGHTS

5 STAGES

374 km / +6.830 m

DIFFICULTY: MEDIUM

RECOMMENDED SEASON:

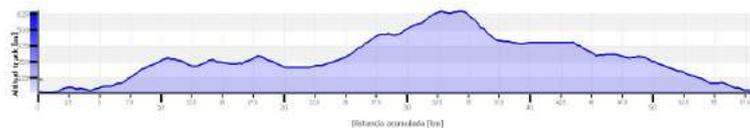
ALL YEAR ROUND



### STAGE 1: CALPE-CALPE CIRCULAR STAGE

Distance: 58,5 Km

Elevation gain: +915 m



### STAGE 2: CALPE - ALCOY

Distance: 68,7 Km

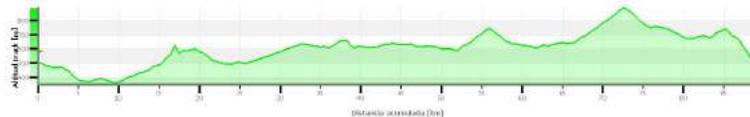
Elevation gain: +2.450 m



### STAGE 3: ALCOY - ALCOY CIRCULAR STAGE

Distance: 89,1 Km

Elevation gain: +1.160 m



### STAGE 4: ALCOY - DÉNIA

Distance: 84 Km

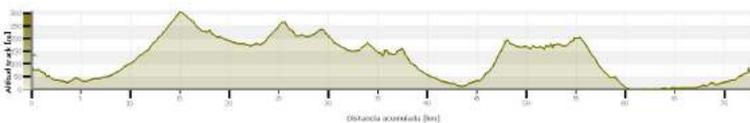
Elevation gain: +1.390 m



### STAGE 5: DÉNIA-DÉNIA CIRCULAR STAGE

Distance: 73,2 Km

Elevation gain: +915 m





## EL TRIÁNGULO VALENCIANO

# DAY TO DAY

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### DAY 1: CALPE-CALPE CIRCULAR STAGE

It's a route riding between typical **Marina Alta** villages, it has sections with spectacular views alternating sea and mountains, and roads with a very good asphalt and low traffic. We will pedal through emblematic scenarios such as **Cala Fustera**, a beach with the Ecoplayas award or **Benissa**, town with one of the best preserved medieval city centers in the region.

Sierra de Bernia's got a maximum elevation of 1,128 meters, will make us fall in love with it thanks to its majestic cliffs at the edge of the Mediterranean Sea.



### DAY 2: CALPE - ALCOY

We leave **Calpe** bordering **Salines de Calp**, with views to Peñón de Ifach and the numerous flamingos in Salinas area. Just before entering between **Els Arcs Natural Park and Sierra Aitana**, we will arrive to Callosa de Ensarriá, a town known for its emblematic fountain of 221 water pipes.

**Els Arcs Natural Park** is characterized by its rugged orography, with mountains reaching altitudes of over 1,300 meters, among which are deep valleys descending vertiginously towards the coast. We will visit places with small mountain villages, some of them with recognized medieval constructions.



### DAY 3: ALCOY - ALCOY CIRCULAR STAGE

This is a day to enjoy regional roads that will allow us to visit three Natural Parks: **Serra de Mariola NP, Maigmó NP and Serra del Sit and Carrascal de la Fuente Roja NP.**



### DAY 4: ALCOY - DÉNIA

Today we will take a tour that will take us back to the Valencian coast. We will pass through small towns such as Planes, known for its small aqueduct, or Vall de Ebo, known for its famous **Cueva del Rull**.

We will also pass through **Pla de Petracos Sanctuary**, one of the most outstanding examples in Europe of Macroschematic Art (the oldest Neolithic) and declared as an Asset of Cultural Interest and World Heritage.

### DAY 5: DÉNIA - DÉNIA CIRCULAR STAGE

This last day of cycling will allow us to know one of the environments with more enthusiasm for cycling, a destination pointed out by great clubs and professional teams to perform their training and pre-season concentrations. We will finish our trip enjoying spectacular views such as **Cabo de Sant Antoni and Montgó Natural Park.**



# ACCOMMODATIONS



AR DIAMANTE BEACH SPA & CONVENTIION CENTRE  
CALPE



HOTEL SERCOTEL CIUTAT D'ALCOI  
ALCOY



DÉNIA LA SELLA GOLF RESORT & SPA  
DÉNIA

## THE VALENCIAN TRIANGLE 7 DAYS / 6 NIGHTS SELF GUIDED & GUIDED

### WHAT'S INCLUDED: (SELF GUIDED)

- B&B in Bikefriendly Hotels or similar.
- Briefing and welcome pack.
- Luggage transfers between accommodations.
- Route information: tracks and description.
- Bikefriendly space for your bike in the hotel: bike storage facilites, washing area and workshop area with tools.
- Insurance

### ADDITIONAL SERVICES TO HIRE:

- Port or airport transfers
- Guide, support car and provisioning
- Bike rental
- Cultural, gastronomic, nature visits

Planned hotels or similar.

Possibility to adapt the route to your level (services to be hired).

## YOU CAN'T MISS...

### ART AND CULTURE:

- Benissa, medieval city center
- Alcoy: European Modernist route
- Alcoy: Llotja de Sant Jordi, by Santiago Calatraba
- Alcoy: Santa María Church
- Pla de Petracos Sanctuary

### GASTRONOMY:

- Dénia: Declared gastronomy creative city by UNESCO for its fusion of products from the sea and Valencian orchards.

### LANDSCAPES:

- Serra de la Mariola Natural Park
- Penyal d'Ifac Natural Park
- Massís del Montgó
- Cabo de Sant Antoni Natural Reserve



# WINE TOURISM THROUGH LA RIOJA

## WINE TOURISM

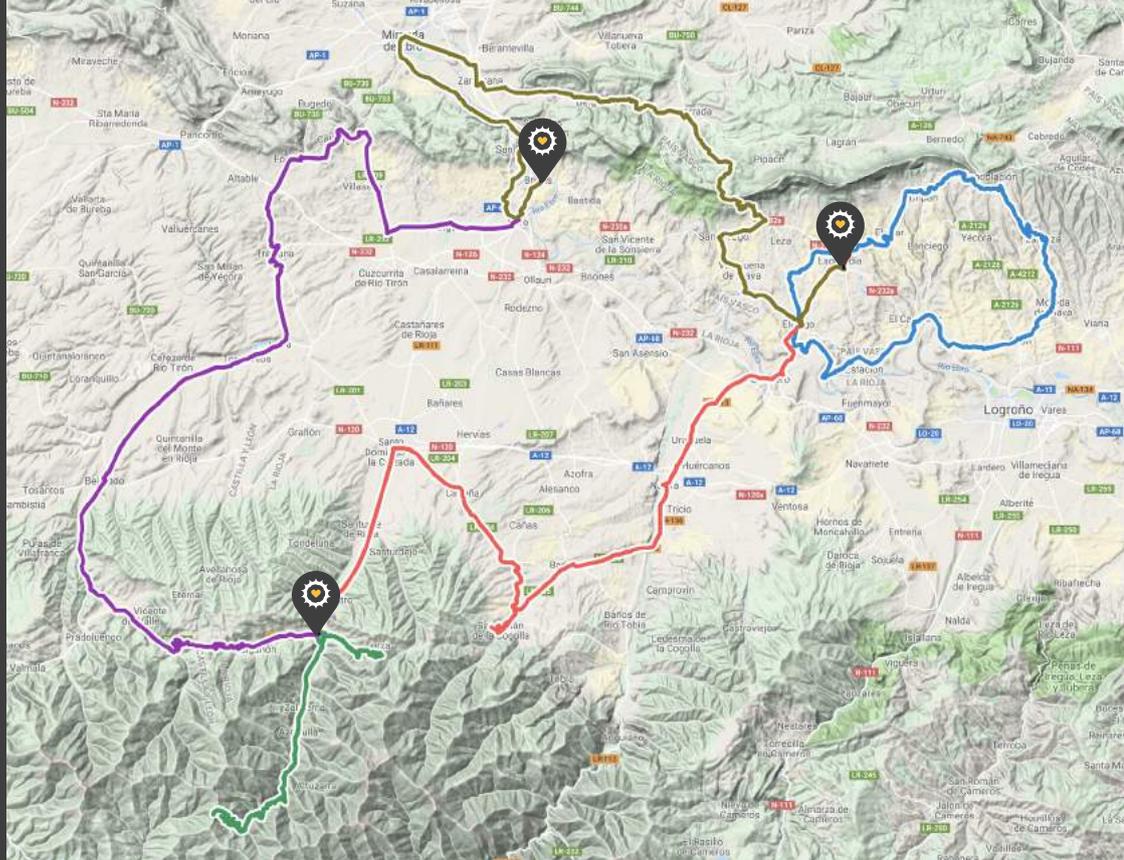


**La Rioja** is a spectacular and unique place for cycling.

Halfway between Atlantic and Mediterranean climates, its privileged geographical situation generates a diversity of landscapes difficult to find in such a small space.

Mountains, **vineyards**, quiet roads, the Ebro river basin, **traditional and design wineries**, traditional and modern gastronomy, prehistoric remains, medieval monuments, fortified villages, monumental towns full of culture and history ... this is the environment in which we will ride, in short... La Rioja.

**Excellence in La Rioja cuisine**, excellence in hotels and excellence in the stages to be carried out.



**WINE TOURISM**  
**7 DAYS / 6 NIGHTS**  
**5 STAGES**  
**380 km / +5.340 m**  
**DIFFICULTY: MEDIUM-HARD**  
**RECOMMENDED SEASON:**  
**ALL YEAR ROUND**

**STAGE 1: LAGUARDIA - VILLABUENA DE  
 ÁLAVA CIRCULAR STAGE**

**Distance: 69 Km**  
**Elevation gain: +1.000 m**



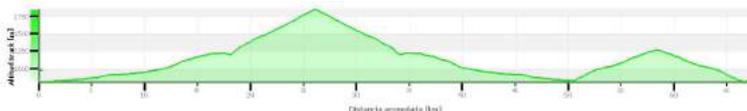
**STAGE 2: LAGUARDIA - EZCARAY**

**Distance: 76 Km**  
**Elevation gain: +900 m**



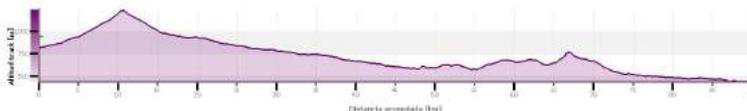
**STAGE 3: EZCARAY CIRCULAR STAGE**

**Distance: 67 Km**  
**Elevation gain: +1.500 m**



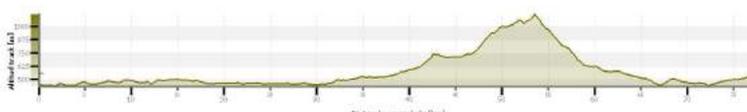
**STAGE 4: EZCARAY - BRIÑAS**

**Distance: 90 Km**  
**Elevation gain: +860 m**



**STAGE 5: BRIÑAS - LAGUARDIA**

**Distance: 78 Km**  
**Elevation gain: +1.080 m**





## WINE TOURISM THROUGH LA RIOJA

# DAY TO DAY

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### DAY 1: LAGUARDIA/VILLABUENA DE ÁLAVA CIRCULAR STAGE

Circular stage, first riding on the slopes of **Sierra de Cantabria**, then pedaling the Ebro vineyards. A route involved in the wine environment and culture.

### DAY 2: LAGUARDIA / VILLABUENA DE ÁLAVA - EZCARAY

Stage in which we will meet the vineyards of Rioja Alavesa and the mountain village of Ezcaray. The **Monastery of San Millán de la Cogolla** - World Heritage Site - will be today's highlight.

### DAY 3: EZCARAY CIRCULAR STAGE

High mountain stage in which the ascent to the **legendary climb of La Cruz de la Demanda** - stage finish for several "Vuelta a España" editions - will be the reference.

### DAY 4: EZCARAY - BRIÑAS

Visit the unknown "**Riojilla burgalesa**" and climb the Montes Obarenes slopes all the way to the spectacular viewpoint called "Púlpito de la Rioja".

### DAY 5: BRIÑAS - LAGUARDIA / VILLABUENA DE ÁLAVA

Contrasts stage between the vineyards from which we will start and finish and the **Alava Mountain** forest through which the rest of the stage will take us.



# ACCOMMODATIONS



**HOTEL VIURA**  
VILLABUENA DE ÁLAVA



**HOTEL ECHAURREN**  
EZCARAY



**PALACIO TONDÓN**  
BRIÑAS



**SERCOTEL VILLA DE LAGUARDIA**  
LAGUARDIA

## WINE TOURISM THROUGH LA RIOJA 7 DAYS / 6 NIGHTS SELF GUIDED & GUIDED

### WHAT'S INCLUDED: (SELF GUIDED)

- B&B in Bikefriendly Hotels or similar
- Briefing and Welcome Pack
- Luggage transfers between accommodations
- Route information: tracks and description
- Bikefriendly space for your bike in the hotel: bike storage place, washing area and workshop area with tools
- Insurance

### ADDITIONAL SERVICES TO HIRE:

- Transfer (port or airport)
- Guide, support vehicle and provisioning
- Bike rental
- Guided visit to wineries in the area
- Dinner at a winery
- Wine tasting in a winery
- Wine Oil Thermal Circuit & Spa
- Cultural, gastronomic, nature visits

Planned hotels or similar.  
Possibility to adapt the route to your level (services to be hired).

# WINERIES



**BODEGAS VIVANCO**  
BRIONES



**BODEGAS LECEA**  
SAN ASENSIO



**BODEGA MARQUES DE RISCAL**  
ELCIEGO



**EL FABULISTA BODEGA**  
LAGUARDIA



**BODEGA EGUREN - UGARTE**  
LAGUARDIA

## YOU CAN'T MISS...

### ART AND CULTURE:

- Yuso Monastery
- Villa de Ezcaray
- Santo Domingo de la Calzada

### GASTRONOMY:

- Echaurren Restaurant, Ezcaray

### LANDSCAPES:

- Vía Verde del Río Oja

### BODEGAS:

- Vivanco
- Lecea
- Marqués de Riscal
- El fabulista
- Eguren-Ugarte



# PIRINEOS: ROAD EXPERIENCE BENASQUE



## ARAGONESE PYRENEES Nature in its purest form!

**Benasque**, the centre and heart of the **Pyrenees**, a destination in nature where you can enjoy the full potential of its surroundings. This centre of all outdoor activity is the perfect destination for combining cycling with leisure and relaxation time.

Through this experience you will be able to enjoy the main itineraries prepared for road cycling from Benasque and from the door of the hotel itself, as well as an itinerant stage which will allow us to discover part of the Pre-Pyrenees. We have prepared everything so that you only need to think about cycling.



## ROAD EXPERIENCE BENASQUE

6 DAYS / 5 NIGHTS

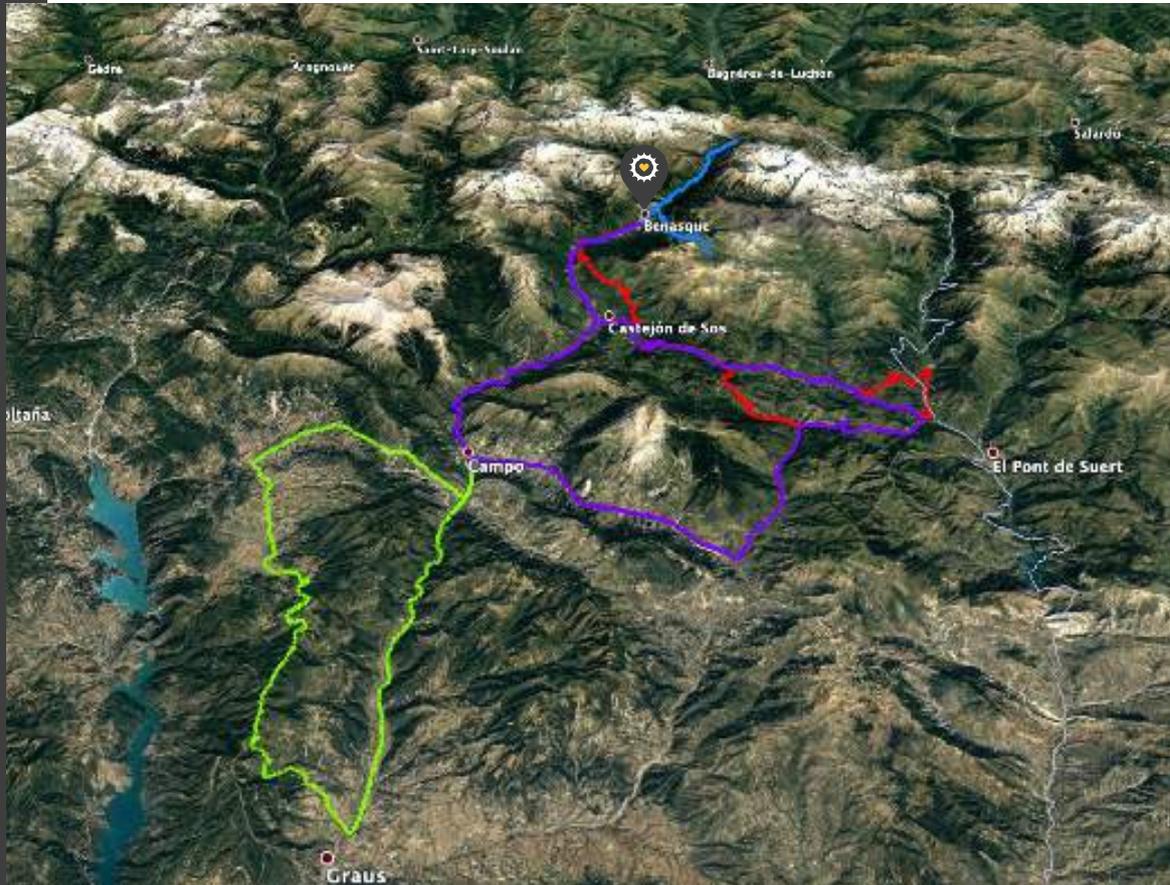
4 STAGE

350 km / +9.290 m

DIFFICULTY: MEDIUM-HARD

RECOMMENDED SEASON:

MAYO TO OCTOBER



### STAGE 1 . NORTH VALLE BENASQUE

Distance: 50 Km

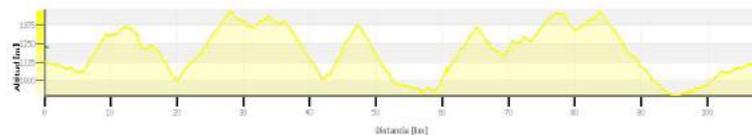
Elevation gain: +1.850 m



### STAGE 2: LAS BRUJAS

Distance: 107 Km

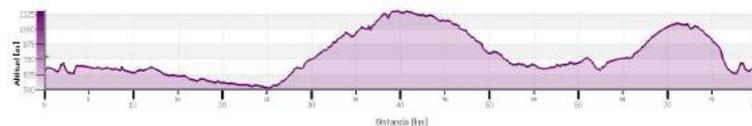
Elevation gain: +3.150 m



### STAGE 3: PREPIRINEO TRAVELING

Distance: 80 Km

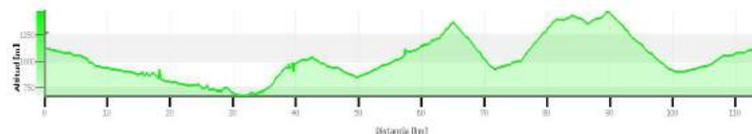
Elevation gain: +1.490 m



### STAGE 4: TRUBÓN

Distance: 113 Km

Elevation gain: +2.800 m





# ROAD EXPERIENCE BENASQUE

## DAY TO DAY

### STAGE 1: NORTH ROUTE OF THE BENASQUE VALLEY

This route is a good starting point with this high mountain atmosphere characterising the **Benasque Valley**, as it combines two high altitude passes. We leave from Benasque, moving north, arriving at the heart of the **Posets-Maladeta Natural Park** at a wonderful viewpoint for observing the impressive Llanos del Hospital before returning by the same road, where we can appreciate the impressive building of the Baños de Benasque.

We will then reach the famous Ampriu pass with its 12 kilometres length and 700m slope, which has on several occasions been the end of stage of the Vuelta Ciclista Española race.



### STAGE 2: ROUTE OF THE WITCHES

Leaving from **Benasque** and passing the Linsoles reservoir, we cross the Ésera river, under the Santuario de Guayente to ascend by a winding mountain road, leading to small towns of El Solano: Eresué, Ramastué, Liri and Arasán. The Col de Fadas and Col de Espina, each located at over 1,400 metres altitude, delineate the large area of meadows and forests of the municipality of Laspaúles at the foot of the Turbón: a mountain filled with legends and mysteries. This small Pyrenees town tells the real and scary story of the hanging of 24 women accused of witchcraft in 1593 by the Inquisition.

We will later reach the **legendary Bonanza pass**.



### STAGE 3: PRE-PYRENEES

Itinerant route starting and ending in the town of **Campo**. This route leads us through small towns with few services. Staying close to the Ésera river, the road leads through the bottom of the valley, with imposing walls on both sides, making you feel trapped by its forests.

Narrow mountain roads will allow us to enter an area where we will have the sensation of being alone, passing through small towns where no one lives in the houses. Worthy of special mention is the ascent to the **Buddhist temple in Panillo**.



### STAGE 4: EL TURBÓN ROUTE

Between El Run and Seira, the magnificent **Congosto de Ventamillo** makes us feel the grandeur of nature with its very high vertical walls and the national highway leading us along its winding road. **The El Turbón mountain** shows us its most colossal side. This route will allow us to enjoy views of the Obarra monastery, a jewel of Romanesque architecture.



# ACCOMMODATIONS



**SOMMOS HOTEL ANETO \*\*\*\***  
BENASQUE



**SOMMOS HOTEL BENASQUE SPA \*\*\***  
BENASQUE



## ROAD EXPERIENCE BENASQUE 6 DAYS/5 NIGHTS SELF GUIDED

### WHAT'S INCLUDED: (SELF GUIDED)

- B&B in Bikefriendly Hotels or similar
- Briefing and Welcome Pack
- Route information: tracks and description
- Bikefriendly space for your bike in the hotel: bike storage place, washing area and workshop area with tools
- Insurance

### ADDITIONAL SERVICES TO HIRE:

- Transfer (port or airport)
- Guide, support vehicle and provisioning
- Bike rental
- Cultural, gastronomic, nature visits

Planned hotels or similar.

Possibility to adapt the route to your level (services to be hired).

## YOU CAN'T MISS...

### ART AND CULTURE:

- Casa Señoriales.
- Iglesia de Santa María.

### LANDSCAPES:

- Parque Natural Posets Maladeta.
- Valle de Benasque.

### GASTRONOMY:

- Typical Aragon cuisine



# NAVARRA: WESTERN PYRENEES



With geographic axis in the **Navarrese Pyrenees**, the route also includes Pre-Pyrenees areas and the Lower-Navarre, which belongs to France.

Classic bicycle tour starting in the old Pamplona, in which we will ride among forests, farms and Pyrenean villages that we will reach through numerous mountain passes of medium difficulty.

This will change at the third stage in which we will enter the modern cycling territory, biking large climbs such as the ascent to the colossus **Arnostegi**.



**NAVARRA:  
WESTERN PYRENEES**  
7 DAYS / 6 NIGHTS

**5 STAGES**  
**501 km / +8.310 m**

**DIFFICULTY: MEDIUM**  
**RECOMMENDED SEASON:  
ALL YEAR ROUND**



#### STAGE 1: PAMPLONA - AOIZ

Distance: 108,5 Km  
Elevation gain: +1.510 m



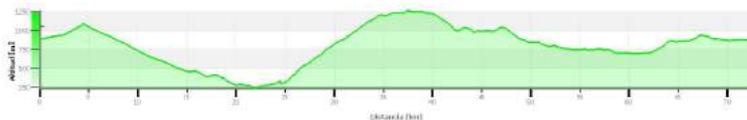
#### STAGE 2: AOIZ - BURGUETE

Distance: 100,5 Km  
Elevation gain: +1.470 m



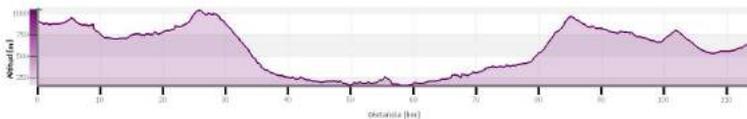
#### STAGE 3: ARNOSTEGI CIRCULAR STAGE

Distance: 73 Km  
Elevation gain: +1.650 m



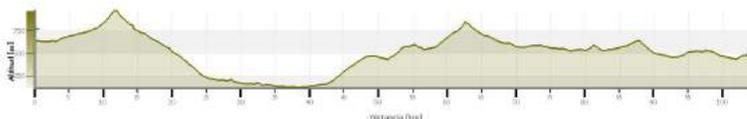
#### STAGE 4: BURGUETE - EUGI

Distance: 114 Km  
Elevation gain: +2.010 m



#### STAGE 5: EUGI - PAMPLONA

Distance: 105 Km  
Elevation gain: +1.670 m





## NAVARRA: WESTERN PYRENEES

# DAY TO DAY

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### DAY 1: PAMPLONA - AOIZ

Stage through the Middle area of Navarra.

First, riding Pamplona basin and then the Navarrese Pre-Pyrenees. At the eastern part of Navarra we reach the borders with Aragón in **Castillo de Javier**.



### DAY 2: AOIZ - BURGUETE

Transition stage between the Pre-Pyrenees and the Pyrenees.

We will find cereal crops in the first kilometers biking and large forests in the second half of the stage between **Otxagabia** - at the foot of Irati Forest - and **Roncesvalles**.

### DAY 3: CIRCULAR ARNOSTEGI

Circular stage with modern cycling character.

We will **ascend Arnostegi** - undoubtedly one of the most beautiful climb in the whole Pyrenees - and we will sweat to reach its steep slopes.

Advisable to put on your bike the biggest pinion you have.



### DAY 4: BURGUETE - EUGI

Stage that links the old weapons factories Orbaizeta and Eugi through the mountain passes **Azpegi and Urkillaga**, both factories are in the heart of the Navarrese Pyrenean forest. It goes through the villages of the French "**Baisse-Navarre**" from which pilgrims leave for Santiago.



### DAY 5: EUGI - PAMPLONA

Stage that connects the forests of Quinto real with the **Baztan** region through the mountain pass Artesiaga and its hamlets with gigantic eaves. From Baztan, we will cross Ultzama - the Navarre Switzerland - and then return to Pamplona basin.



# ACCOMMODATIONS



**HOTEL NR NOAIN**  
PAMPLONA



**HOSTAL BURGUETE**  
BURGUETE



**HOSTAL ETXEBERRI**  
EUGI



**HOTEL EKAI**  
AOIZ

## NAVARRA: WESTERN PYRENEES 7 DAYS / 6 NIGHTS SELF GUIDED & GUIDED

### WHAT'S INCLUDED: (SELF GUIDED)

- B&B in Bikefriendly Hotels or similar.
- Briefing and welcome pack.
- Luggage transfers between accommodations.
- Route information: tracks and description.
- Bikefriendly space for your bike in the hotel: bike storage facilities, washing area and workshop area with tools.
- Insurance

### ADDITIONAL SERVICES TO HIRE:

- Port or airport transfers
- Guide, support car and provisioning
- Bike rental
- Cultural, gastronomic, nature visits

Planned hotels or similar.

Possibility to adapt the route to your level (services to be hired).

## YOU CAN'T MISS...

### ART AND CULTURE:

- The collegiate church of Roncesvalles, Camino de Santiago's start point.
- Pamplona
- Castillo de Irulegui

### GASTRONOMY:

- Typical Navarran cuisine

### LANDSCAPES:

- We will see millenary beech groves and oak trees throughout the trip
- Selva de Irati
- Burdindogi forest



# ATLANTIC PYRENEES:

## NAVARRA, BASQUE COUNTRY AND FRECH-BASQUE PYRENEE



We propose this 5-star cycle tour. Dare to pedal the **Navarre, Basque Country and French-Basque** roads.

Discover historical cities such as **Pamplona or Saint-Jean-Pied-de-Port** and face the Pyrenees giants: **Astakarri, Ahuski, Munhoa** or the legendary walls from Basque Country. Natural paradises such as Selva de Irati or Sierra de Urbasa and Aralar, are a must on this route.

Mountain, virgin nature, legendary caves, rivers, green valleys or fabled forests, whose climate varies from the most extreme climate of the Pyrenean peaks to the damp and gentle landscapes near the sea.

A route wrapped in a **world-recognized gastronomic** offer. A recipe book full of details that will make this trip an experience very difficult to forget.



**ATLANTIC PYRENEES**  
**7 DAYS / 6 NIGHTS**

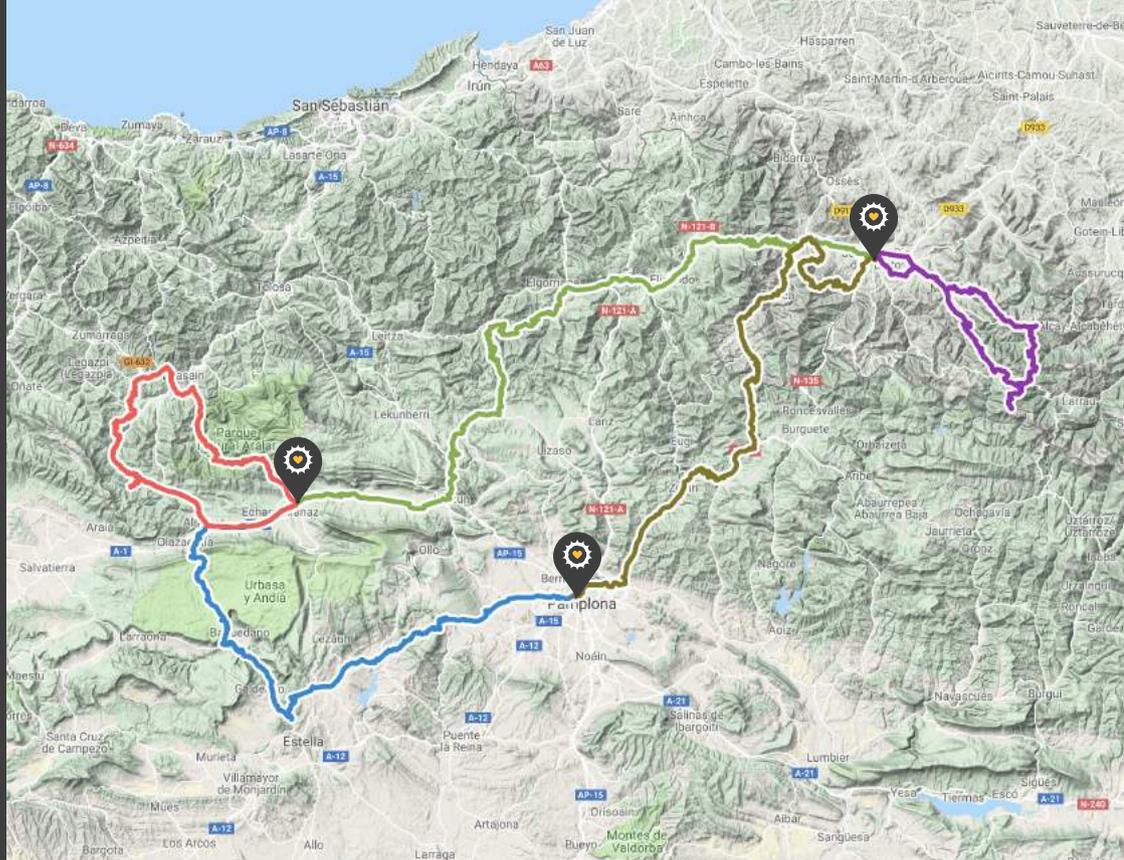
**5 STAGES**

**483 km / +8.630 m**

**DIFFICULTY: MEDIUM**

**RECOMMENDED SEASON:**

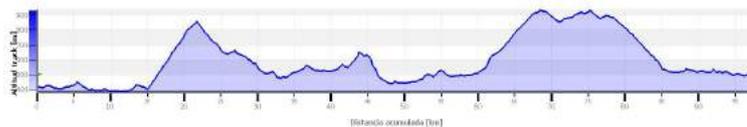
**FROM MARCH TO OCTOBER**



**STAGE 1: PAMPLONA - ARBIZU**

Distance: 98 Km

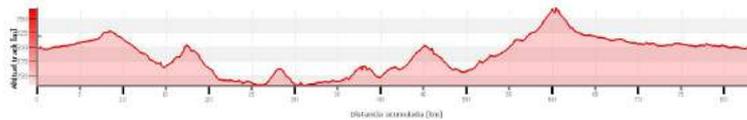
Elevation gain: +1.700 m



**STAGE 2: BASQUE COUNTRY CIRCULAR STAGE**

Distance: 83 Km

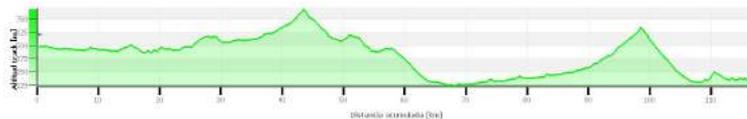
Elevation gain: +1.800 m



**STAGE 3: ARBIZU - SAINT-JEAN-PIED-DE-PORT**

Distance: 117 Km

Elevation gain: +1.500 m



**STAGE 4: IRATI CIRCULAR STAGE**

Distance: 80 Km

Elevation gain: +1.960 m



**STAGE 5: SAINT-JEAN-PIED-DE-PORT  
 - PAMPLONA**

Distance: 105 Km

Elevation gain: +1.670 m





## ATLANTIC PYRENEES

# DAY TO DAY

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### DAY 1: PAMPLONA - ARBIZU

Starting from the walled city of **Pamplona**, we will ride to the south-west, towards **Etxauri and Andía mountain** ranges. Then we will cross through the well-known **climb of Urbasa**, on our way to **Sakana Valley**, the final goal of the first stage.

### DAY 2: BASQUE COUNTRY CIRCULAR STAGE

Circular stage that will take us through the deep valleys in the inland **Gipuzkoa**. We will ride the roads of the cycling classics in Basque Country, with its short and explosive walls, and we will feel the nature through its centennial beech forests.

### DAY 3: ARBIZU - SAINT-JEAN-PIED-DE-PORT

Starting from **Arbizu**, the longest stage of the route awaits us. A sequence of climbs and valleys will take us to the French side of the Atlantic Pyrenees and its capital known worldwide as the starting point of the French Way at Camino de Santiago, **Saint-Jean-Pied-de-Port**.



### DAY 4: IRATI CIRCULAR STAGE

The “crown jewel” arrives on this day, we will enter the **Selva de Irati** and discover the secrets this place keeps through its roads. Before arriving to Irati, we will ascend the climbs of the Great Tours like **Ahuski**, which will surprise anyone.



### DAY 5: SAINT-JEAN-PIED-DE-PORT - PAMPLONA

On our way back to Spain, we will visit the beautiful and little known French valley of **Baigorri** and in a last sequence of mountain passes we will face our last efforts to reach the Pamplona basin through the **Esteribar Valley**.



# ACCOMMODATIONS



**HOTEL NR NOAIN**  
PAMPLONA



**HOTEL OLATZEA**  
ARBIZU



**HOTEL RAMUNTCHO**  
SAINT JEAN PIED DE PORT

## ATLANTIC PYRENEES 7 DAYS / 6 NIGHTS SELF GUIDED & GUIDED

### WHAT'S INCLUDED: (SELF GUIDED)

- B&B in Bikefriendly Hotels or similar.
- Briefing and welcome pack.
- Luggage transfers between accommodations.
- Route information: tracks and description.
- Bikefriendly space for your bike in the hotel: bike storage facilities, washing area and workshop area with tools.
- Insurance

### ADDITIONAL SERVICES TO HIRE:

- Port or airport transfers
- Guide, support car and provisioning
- Bike rental
- Cultural, gastronomic, nature visits

Planned hotels or similar.

Possibility to adapt the route to your level (services to be hired).

## YOU CAN'T MISS...

### ART AND CULTURE:

- Camino de Santiago

### GASTRONOMY:

- Typical Navarran cuisine

### LANDSCAPES:

- Urbasa and Andía Natural Park
- Col de Ahuski
- Saint Jean Pied de Port
- Sakana Valley



# TRANSPIRENAICA: FROM THE MEDITERRANEAN SEA TO THE



The **Pyrenees** mountain range is a bastion, a natural frontier, which rises majestically to the northern edge of the Iberian Peninsula, between Spain, Andorra and France. It crosses more than 400 kilometers from the **Cantabrian Sea** (Vizcaya gulf) in the west to the **Mediterranean Sea** (Creus cape) in the east.

With more than **two hundred peaks that exceed 3,000 meters of altitude**, the Pyrenees have the last Iberian glaciers, wide valleys, deep canyons and extensive forests. Here survive the last brown bears, the most important population of quebrantahuesos in Europe and species very adapted to the climatic rigors such as the ptarmigan or **edelweis**.

The inhabitants of the Pyrenees are people with **mountain tradition and gastronomy**, based on products from the area cooked on a low fire. Ternasco (lamb) from Aragón, breadcrumbs shepherdess style, mushrooms or products from the sea, accompanied by succulent broths with designation of origin, will allow us to enjoy the great diversity of products of the Pyrenean area.

# CANTABRIAN SEA



Everyone who loves riding our bike have thought at some point about something like Transpirenaica. Whether we train hard or we just go for a fun ride on weekends. Whether we form a group of inseparable or if we like solitude in our effort.

We have all dreamed of taking our bike and going on the road and just keep moving forward without having to return. Always forward. To bike the hardest climbs and explore the most remote valleys. And keep moving forward. To spend the night somewhere where our bike is welcomed and pedaling with the first lights the next day. No other concern than riding every single kilometer, the clouds that may bring rain or our tire pressure. And keep moving forward, advancing to the sea.

**That's what Transpirenaica means.**



# TRANSPIRENAICA

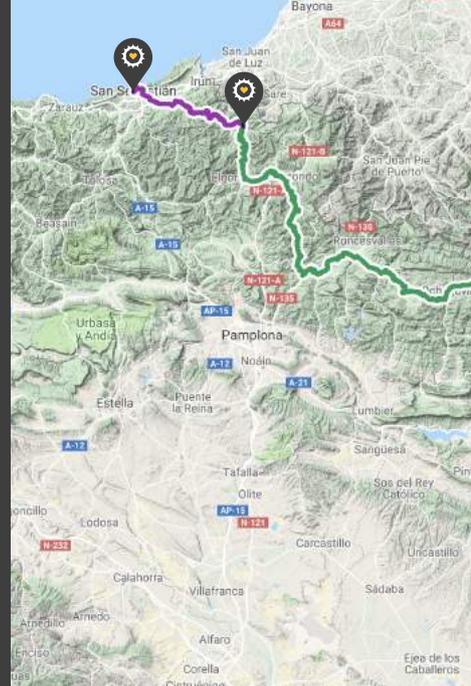
10 DAYS / 9 NIGHTS

8 STAGES

802 km / +14.863 m

DIFFICULTY: MEDIUM-HARD

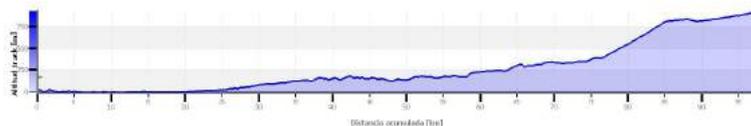
RECOMMENDED SEASON: FROM APRIL TO NOVEMBER



## STAGE 1: ROSES - LLANARS

Distance: 97 Km

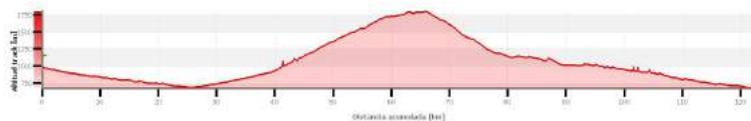
Elevation gain: +1.411 m



## STAGE 2: LLANARS - LA SEU D'URGELL

Distance: 123 Km

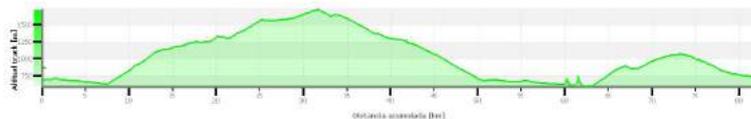
Elevation gain: +1.389 m



## STAGE 3: LA SEU D'URGELL - SENTERADA

Distance: 85 Km

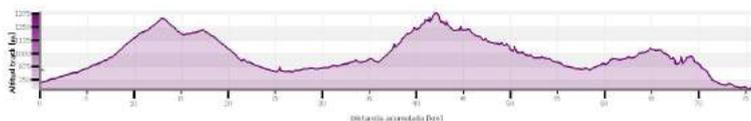
Elevation gain: +1.850 m

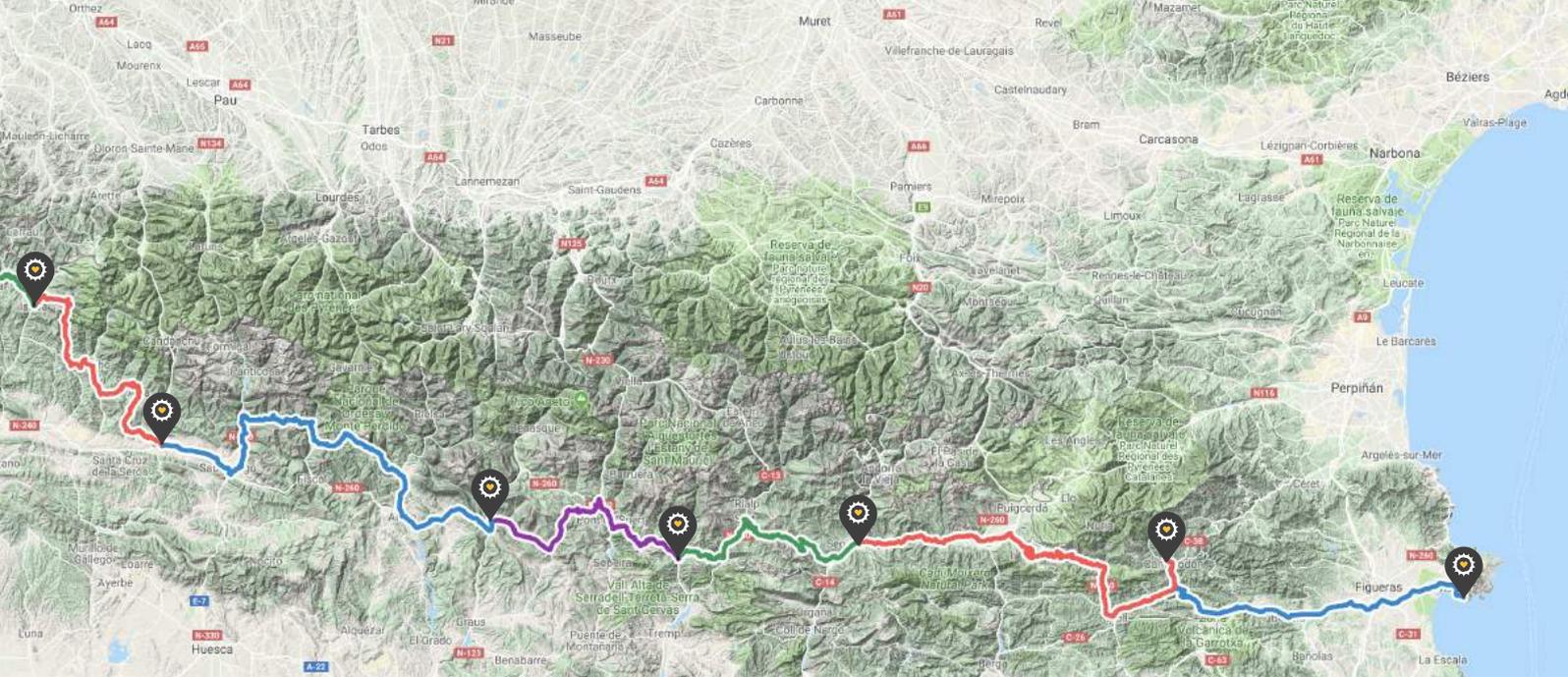


## STAGE 4: SENTERADA - CAMPO

Distancia: 85 Km

Elevation gain: +1.666 m

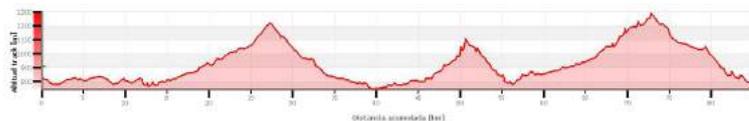




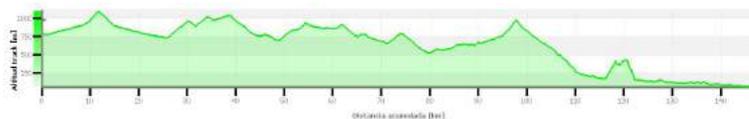
**STAGE 5: CAMPO - JACA**  
 Distance: 137 Km  
 Elevation gain: +3.611 m



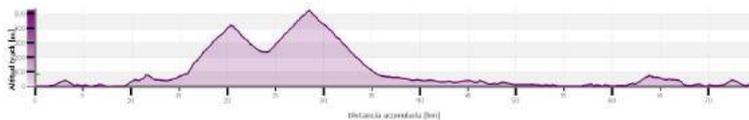
**STAGE 6: JACA - ISABA**  
 Distance: 88 Km  
 Elevation gain: +1.750 m



**STAGE 7: ISABA - VENTA ETXALAR**  
 Distance: 146 Km  
 Elevation gain: 2.306 m



**STAGE 8: VENTA ETXALAR - DONOSTIA**  
 Distance: 41 Km  
 Elevation gain: +880 m





## TRANSPIRENAICA

# DAY TO DAY

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### DAY 1: ROSES - LLANARS

Starting in the **Bay of Roses**, we leave the Mediterranean Sea behind to move to the East towards **Besalú and Castellfollit de la Roca**. About 60 km without any elevation gain to consider and through a road that will take us to the feet of the first Pyrenean foothills that we are going to climb. We continue towards **Sant Joan Les Fonts**, still riding in a moderate ascent, to attack then our first and only climb of the stage, the **Cap-sacosta (10,7km, 862 mts)**. We go down to Sant Pau Seguries and continue towards Camprodon and Llanars, where we finish the stage. **The strongest riders can opt** in Castellfollit to follow the road to Oix and Beget, which will mean facing consecutively Coll de Camporiol (2.5km, 508 m+), Coll de Bucs (7.8km, 804 m+) and Coll de la Boixeda (12,5km, 1,091m+), and then follow the road that will take you, at a similar mileage, to Camprodon and Llanars.



### DAY 2: LLANARS - LA SEU D'URGELL

We start the stage descending to **Ripoll**, where we will pass in front of the monastery and it's a waypoint in which, following the N-260 road in direction to Ribes de Freser, the road begins to climb towards Collada de Toses. The classic ascent is made through the village of Toses, after 20 km the road takes us to the pass. **Another possibility**, if we want to avoid the hardest ramps, is to follow the N- 260 route. Of course, something longer (25 km) and less charming. In **Collada de Toses (1,790 mts)** we are at the highest point of the whole journey, and we start a long descent that will take us first to **Bellver de Cerdanya** and then to **La Seu d'Urgell**, where we will finish the stage.



### DAY 3: LA SEU D'URGELL - SENTERADA

The third stage will take us to the longest mountain pass and, undoubtedly, one of the hardest of the journey: at 7 km from **La Seu**, and following N-260, we will start the long ascent to **Port del Cantó**: 25 km of those going from 630 meters altitude to 1,720, with ramps up to 14% in the first section. From there we will descend quickly to **Sort and Gerri de la Sal**, where we will leave the N-260 to ascend, in 10 km, to **Estany de Montcor-tés (1,067 mts)** and from there another descend again until Senterada.



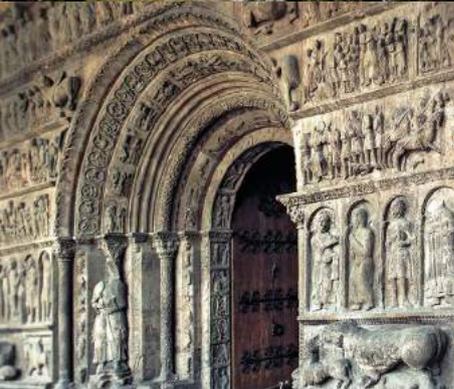
### DAY 4: SENTERADA - CAMPO

We already start already ascending from the first moment, following the road that joins the valleys of Noguera Pallaresa and Noguera Ribagorzana and that after 13.5 km will take us first to the **Coll de la Creu de Perves (1,335 mts)**, and after a small descent, to the **Port de Viu de Llevata (1,330 mts)**. From there, we will ride a steep descent to Pont de Suert, where we are heading, and once again climbing and leaving Catalunya, towards **Noales, Las Paules and Castejón de Sos**. In this section we will have to overcome the **Coll de l'Espina (1,407 mts)** and the **Coll de Fadas (1,470 mts)** and, in continuous descent, arrive to Castejón de Sos to follow the river Éssera downstream, cross the narrow pass of Ventamillo and finish the stage in Campo.



## DAY 5: CAMPO - JACA

From **Campo** we leave by the N-260 road, we immediately start to climb the Pyrenees to reach **Puerto de la Foradada (1,020 mts)**, first of many climbs on this hard but spectacular day and then drop off to **Ainsa**, enjoying some flats and descents and crossing spectacular ravines. Just before arriving Ainsa, we will cross the Arro tunnel. Once we arrive to Ainsa, we get into the most spectacular part of the stage, pedaling through the limits of the centennial **Ordesa and Monte Perdido National Park**. Then we will reach Broto, one of the park's doors and face a last but spectacular climb to **Cotefablo mountain pass (1,423 meters)**, then descend to the beautiful town of **Biescas** and ride some flat kilometers until we get to **Jaca**, a touristic small city with many tourist sites, such as its **Ciudadela**, its **cathedral** and its **historic center**, where it is mandatory to take a walk to let your legs go and enjoy Jaca's gastronomy.



## DAY 6: JACA - ISABA

We will take from Jaca the A-2605 road towards **Sinués and Aisa**. It's a lonely road that goes up the river Estarrún, with magnificent views over the **Aspe Peak**, that close the valley with Llana de la Garganta and Llana del Bozo, showing its impressive profile. We climb to **Alto de Aisa (1,227 meters)** and after some descent we reach the **valley of Hecho**. Just before we get to the town that gives the valley its name, we will turn to our left and climb to **Alto del Vedao (1,095 meters, 4.6km)** and descend to the **Ansó valley**. We follow the road that goes up the valley, an asphalted track with an absolutely beautiful environment, and we enter Navarra crossing **Alto de Zuriza (1,290 mts; 7.2 km)** towards Isaba, village that we will reach after our descent.



## DAY 7: ISABA - ETXALAR

We face the longest stage on our penultimate day, in which we will overcome the greatest elevation gain of the journey. In spite of this, it does not cause a feeling of hardness greater than the previous stages. Riding secondary roads and a sequence of **mountain passes (Laza, 1,129 mts, Remendia, 1,040 mts, Mezkiritz, 922 mts, Erro, 801 mts and Artesiaga, 984 mts)**, we cross Navarre and we enter the Atlantic landscape and its characteristic vegetation. When the route joins the N-121 road **Pamplona-Irún**, now turned into a highway, we will be careful to follow the right road, which avoids the highway and follows the old national road, so we can ride with quiet traffic and passing through the different towns, until reaching **Venta Etxalar**, end of the stage.



## DAY 8: ETXALAR - DONOSTIA (SAN SEBASTIÁN)

From Venta de Etxalar, we follow the NA-4000 road towards Lesaka. This short but very beautiful stage awaits us, with two mountain passes: **Alto de Agina (550 mts; 10 km)**, **Endara reservoir and also a short climb, Collado de Aritxulegui (443 mts, 3.5 km)**. From there we descend to **Donostia and La Contxa Beach**, destination of our journey and finish line of our 8 intense days pedaling through the Pyrenees.



# ACCOMMODATIONS



**ALMADRABA PARK HOTEL**  
ROSES



**HOTEL GRÈVOL**  
LLANARS



**CAN MIQUEL**  
LA SEU D'URGELL



**HOTEL NICE**  
LA SEU D'URGELL



**CASA LEONARDO**  
SENERADA



**HOTEL COTIELLA**  
CAMPO

## TRANSPIRENAICA 10 DAYS / 9 NIGHTS SELF GUIDED & GUIDED

### WHAT'S INCLUDED: (SELF GUIDED)

- Accommodation in Bikefriendly hotels or similar.
- Briefing and welcome pack.
- Luggage transfers between accommodations.
- Route information: tracks and description.
- Bikefriendly space for your bike in the hotel: bike storage place, washing area and workshop area with tools. (Only at hotels with Bikefriendly seal of quality)
- Activity Insurance

### ADDITIONAL SERVICES TO HIRE:

- Transfer (from/to port or airport)
- Guide, support vehicle and provisioning
- Bike rental
- E-bike rental
- Tapas dinner at San Sebastian's old town
- Sport massage in some of the stages
- Lift by 4x4 vehicle to Las Cutas viewpoint in Ordesa and Monte Perdido NationalPark
- Guided tour through the city of Jaca and entry to the Romanesque Museum of the Cathedral and Citadel
- Cultural, gastronomic, nature visits

### OPTIONAL BIKEFRIENDLY HOTELS:

- Gran Hotel Jaca, Jaca
- Hotel Golf&Spa Real Badaguas - Jaca
- Camping Vall de Camprodón, Camprodón
- Can Miquel, Anserall

Planned hotels or similar.  
Possibility to adapt the route to your level (services to be hired).



**HOTEL REAL JACA**  
JACA



**HOSTAL LA LOLA**  
ISABA



**HOTEL VENTA DE ETXALAR**  
ETXALAR



**ARIMA HOTEL**  
SAN SEBASTIAN

## YOU CAN'T MISS...

### ART AND CULTURE:

- Castellfollit de la Roca: hanging houses
- Besalú: Medieval bridge
- Aínsa: Medieval old town and walls
- Jaca: Cathedral and Citadel
- Hecho and Siresa
- Ansó
- Donostia - San Sebastián

### GASTRONOMY:

- Tapas in Jaca. We recommend: Tasca de Ana
- Borda de Chiquín, Ansó (best shepherds crums in the Pyrenees!)

### LANDSCAPES:

- Parc Natural del Cadí-Moixeró, Catalunya
- Benasque Valley, Aragón
- Ordesa and Monte Perdido National Park, Aragón
- La Concha beach, San Sebastián



# GIRONA: RIDING THROUGH DALÍ'S NATIVE LAND



Girona is a trend destination. The large number of teams and professional cyclists who have set up their headquarters or residence in Girona speak of the wonders of this beautiful Catalan region.

Secondary roads full of climbs are the perfect setting to train or relax with friends while riding.

**Discover the secrets of Garrotxa** and its dense beech forests, pedal along the Mediterranean coast following the beautiful roads of the **Costa Brava** or discover the ancient history of Catalonia through its old roads.



## GIRONA: RIDING THROUGH DALÍ'S NATIVE LAND

7 DAYS / 6 NIGHTS

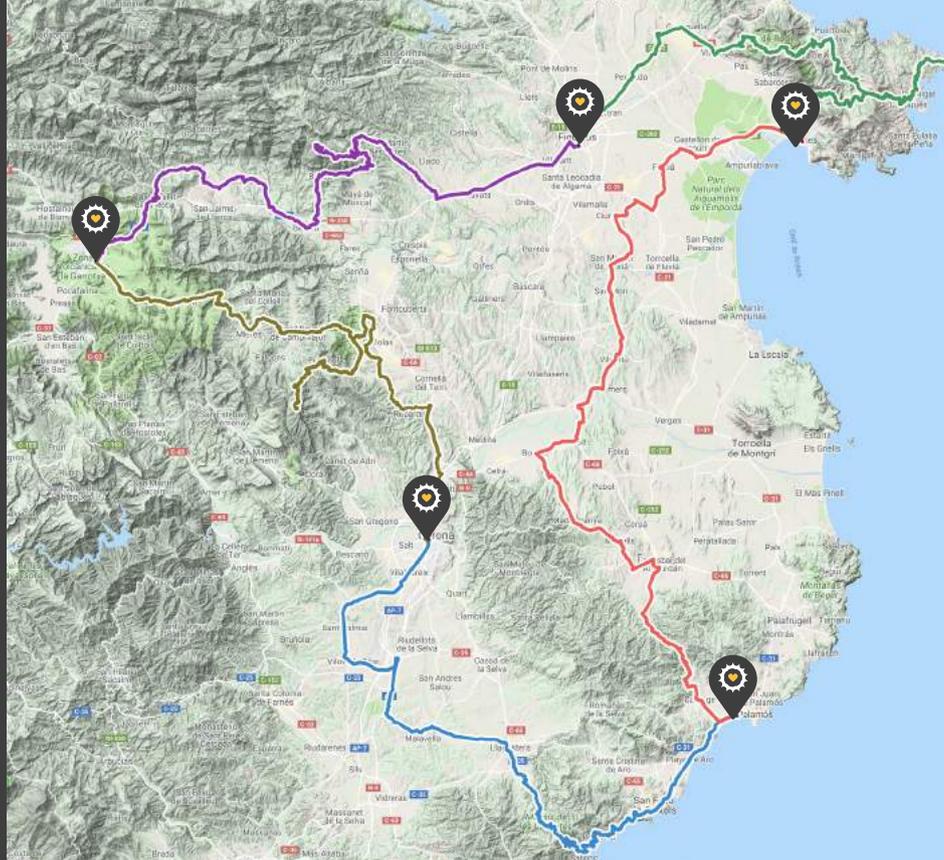
5 STAGES

401 km / +6.655 m

DIFFICULTY: MEDIUM

RECOMMENDED SEASON:

ALL YEAR ROUND



### STAGE 1: GRIONA - PALAMÓS

Distance: 74 Km

Elevation gain: +1.185 m



### STAGE 2: PALAMÓS - ROSES

Distance: 82 Km

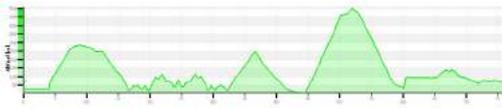
Elevation gain: +687 m



### STAGE 3: ROSES - FIGUERES

Distance: 77 Km

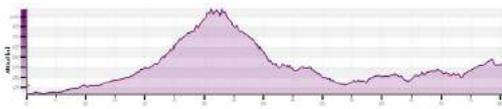
Elevation gain: +1.407 m



### STAGE 4: FIGUERES - OLOT

Distance: 82 Km

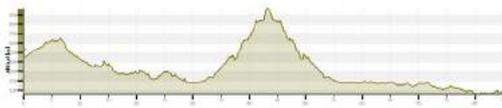
Elevation gain: +1.895 m



### STAGE 5: OLOT - GIRONA

Distance: 86 Km

Elevation gain: +1.481 m





## GIRONA: RIDING THROUGH DALÍ'S NATIVE LAND

# DAY TO DAY

### DAY 1: GIRONA - PALAMÓS

**Girona** is the capital of the province and it is also the **capital of a cycling culture** that extends through Catalonia. Departing from the capital, we can visit the beautiful inland villages to reach **Caldes de Malavella**, an ancient Roman foundation created because of its hot springs. We can visit beautiful buildings such as Balneario Vichy Catalán or its Roman baths. From there, we will take secondary roads to get to Llagostera, and then we will start climbing to Sant Grau d'Ardenya, one of the best known climbs by professionals cyclists in the area. Once we have restore our energy at the church-bar, we will descend to **Sant Feliu de Guixols**, passing through the beautiful road along the coast and that will take us to Palamós.



### DAY 2: PALAMÓS - ROSES

In the second stage we leave the coast to enter the massif of **les Gavarres**, the most important mountain formation in Girona and Baix Empordà. Once we arrive to **La Bisbal**, a town famous for its pottery, we will pass through beautiful villages of medieval origin such as **Monells**, and then get into the heart of the **Baix Empordà** and ride to the north.



### DAY 3: ROSES - FIGUERES

Leaving **Roses** we will head towards **Cadaqués and Portlligat**, one of the most beautiful villages of the Costa Brava. Here we can visit the house where **Salvador Dalí** used to spend his summers and we will understand why personalities such as Eugenio D'Ors, Pablo Picasso, Marcel Duchamp or Joan Miró spent long periods there. After leaving Cadaqués we will go towards the lighthouse in **Cap de Creus** to enjoy its beautiful roads. It is the most eastern lighthouse of the Iberian Peninsula. From there we will make our way to the beautiful coast town Port de la Selva and we will climb a small mountain pass that will give us the beautiful views of Costa Brava from **Sant Pere de Rodes Monastery**. From there we will head towards **Figueres** going through small towns where wine and oil are its main attractions. In Garriguella we can visit one of its wineries, where one of the best wines of l'Empordà is grown. We will ride to the quiet town of Figueres, where we can visit the Dalí Museum.



### DAY 4: FIGUERES - OLOT

The fourth stage is a challenge. Leaving from Figueres, we head towards **Garrotxa**. Before visiting the **beautiful town of Besalú**, we will have the opportunity to climb one of the legendary climbs of the area, **Mare de Déu del Mont**. Once we leave Besalú by its beautiful stone bridge, we head towards **Castellfollit de la Roca**, cataloged as one of the most beautiful villages in Spain. Then we will reach the quiet town of Olot to finish the stage.



### DAY 5: OLOT - GIRONA

The last stage will show us some of **the most beautiful corners of the Catalan region**, such as Santa Pau. We can also ride one of the great climbs of the area, the **climb to Rocacorba**, just before reaching Banyoles and walk around its famous pond, where teams from all over the world train throughout the year. From here we finish our trip through the province, we have managed to cycle through practically every corner of Girona.

# ACCOMMODATIONS



**MELIÁ GIRONA**  
GIRONA



**ROYAL SALGUER BY HOME FOSCA**  
PALAMÓS



**ALMADRAVA PARK HOTEL**  
ROSES



**HOTEL PIRINEOS**  
FIGUERES



**EL BOSQUET TURISME RURAL**  
PUIGPARDINES, OLOT

## GIRONA 7 DAYS / 6 NIGHTS GUIDED

### WHAT'S INCLUDED: (GUIDED)

- B&B in Bikefriendly Hotels or similar.
- Briefing and welcome pack.
- Guide, support car and provisioning
- Luggage transfers between accommodations.
- Route information: tracks and description.
- Bikefriendly space for your bike in the hotel: bike storage facilities, washing area and workshop area with tools.
- Insurance

### ADDITIONAL SERVICES TO HIRE:

- Port or airport transfers
- Bike rental
- Cultural, gastronomic, nature visits

Planned hotels or similar.  
Possibility to adapt the route to your level (services to be hired).

## YOU CAN'T MISS...

### ART AND CULTURE:

- Sant Pere de Rodes
- Balneario Vichy Catalán
- Girona and its old city center
- Monells, medieval town
- Cadaqués
- Besalú and its medieval bridge
- Castellfollit de la Roca
- Sant Joan de les abadesses

### GASTRONOMY:

- Olot's potatoes stuffed with meat
- "La exqueixada" in Costa Brava
- A great seafood rice at Palamós' port.

### LANDSCAPES:

- Les Gavarres
- Cap de Creus
- La Vall de Bianya
- Climb to Rocacorba



# CATALUÑA: QUIET TARRAGONA



**Tarragona** is one of **the best-kept secrets of our country's cyclists.**

It is a practically virgin territory, where the cultivation of the vineyard decorates large parts of its orography and where the rhythm of life is far from the hustle and bustle of the big city.

**Discover the pleasures of wine** by visiting a centenary cooperative with some of the oldest wines of the peninsula. Immerse yourself in an ancestral culture that continues living from the countryside and keeps its **traditions** intact.

If you like discovering lost roads in areas where time seems to have stopped, Tarragona awaits you.

Many of our visitors have described it as **the Catalan Tuscany** and many of them compared it with Majorca, except for Majorca's overcrowding.



## QUIET TARRAGONA

8 DAYS / 7 NIGHTS

6 STAGES

512 km / +8.955 m

DIFFICULTY: MEDIUM

RECOMMENDED SEASON:

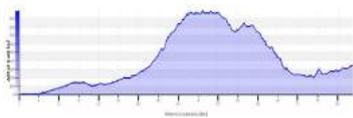
ALL YEAR ROUND



### STAGE 1: CAMBRILS - MONTBLANC

Distance: 83 Km

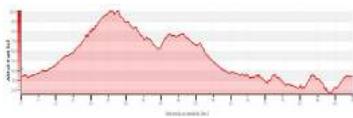
Elevation gain: +1.478 m



### STAGE 2: MONTBLANC - FALSET

Distance: 95 Km

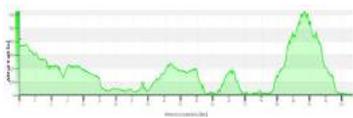
Elevation gain: +1.609 m



### STAGE 3: FALSET - TORTOSA

Distance: 103 Km

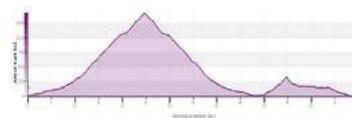
Elevation gain: +1.402 m



### STAGE 4: TORTOSA - L'AMPOLLA

Distance: 74 Km

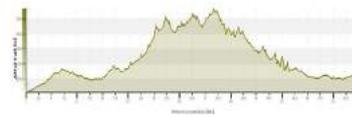
Elevation gain: +1.960 m



### STAGE 5: L'AMPOLLA - MONTBRIÓ DEL CAMP

Distance: 65 Km

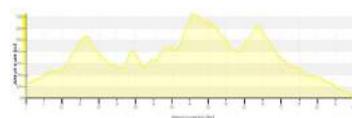
Elevation gain: +906 m



### STAGE 6: MONTBRIÓ DEL CAMP - CAMBRILS

Distance: 92 Km

Elevation gain: +1.600 m





## CATALUÑA: QUIET TARRAGONA

# DAY TO DAY

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### DAY 1: CAMBRILS - MONTBLANC

From the beautiful seaside town of Cambrils we will take secondary roads that take us to the heart of **Montsant** mountain range, a place full of tiny and quiet roads that will allow us to roll along for many kilometres. In this first stage we will be able to attack the legendary **Mussara** climb, which receives its name from the uninhabited village that crowns it, to then descend and reach the beautiful medieval village of **Montblanc**.

### DAY 2: MONTBLANC - FALSET

Once we leave Montblanc we will climb to Vilanova de Prades by a spectacular mountain road that takes us to La Bisbal de Falset and Gratallops, a beautiful village located in **the heart of Priorat**. From there we will go to **Falset**, one of the **"wine capitals"** in our country, where we can taste their products and visit the old wineries.

### DAY 3: FALSET - TORTOSA

After leaving Falset we will ride towards the swamp of Guiamets, to reach Mora D'Ebro and cross for the first time the **Ebro river**. From there we will go to **Miravet** to contemplate its beautiful castle and we will continue our route southward, following the course of the Ebro river to Bitem. Here, if we are feeling strong, we can climb the Bitem's wind farm in a short but hard ascension, and then descend to **Tortosa**.

### DAY 4: TORTOSA - L'AMPOLLA

This stage is one of the hardest on the journey, if we want to ride the full stage. When leaving Tortosa we invite you to discover the beautiful ascent to the **climb of Mont Caro**, one of the hardest in Catalunya. From here we can enjoy the views of the Ebro, but if we are not feeling so great we can always dodge and leave directly from Tortosa in direction to **Coll de L'Alba**, a beautiful and easy climb for everyone. From there we descend to reach the coast, where we will meet the beautiful town of L'Empolla.

### DAY 5: L'AMPOLLA - MONTBRIÓ DEL CAMP

In the fifth stage we will return from the coast to the **Montsant** mountain range, crossing tiny villages and riding for hours on very quiet roads. The arrival will be at **Montbrió del Camp**, another beautiful village of medieval origin.

### DAY 6: MONTBRIÓ DEL CAMP - CAMBRILS

For the last stage we have reserved one of the most beautiful parts in **Montsant**. Leaving from Montbrió del Camp we will pass very close to the marsh of Riudecanyes. Then we'll ride the first ascension of the day, the **Coll de la Teixeta**. From there we just ride through secondary roads along the route and pass through villages as beautiful as **Escaladei**, with its beautiful Carthusian monastery. We will find some ramps at some points of the route, but the return to Cambrils we will do it through small villages, where we will be able to stop to eat and drink something and to enjoy the landscape.



# ACCOMMODATIONS



**ESTIVAL ELDORADO RESORT**  
CAMBRILS



**LOTUS PRIORAT**  
FALSET



**OHTELS CAP ROIG**  
L'AMPOLLA



**MASÍA DEL CADET**  
MONTBLANC



**HOTEL SB CORONA TORTOSA**  
TORTOSA



**HOTEL TERMES MONTBRIÓ**  
MONTBRIÓ DEL CAMP

## QUIET TARRAGONA 8 DAYS / 7 NIGHTS GUIDED

### WHAT'S INCLUDED: (GUIDED)

- B&B in Bikefriendly Hotels or similar.
- Briefing and welcome pack.
- Guide, support car and provisioning
- Luggage transfers between accommodations.
- Route information: tracks and description.
- Bikefriendly space for your bike in the hotel: bike storage facilities, washing area and workshop area with tools.
- Insurance

### ADDITIONAL SERVICES TO HIRE:

- Port or airport transfers
- Bike rental
- Cultural, gastronomic, nature visits

Planned hotels or similar.  
Possibility to adapt the route to your level (services to be hired).

## YOU CAN'T MISS...

### ART AND CULTURE:

- Medieval town of Montblanc
- Miravet Castle
- Medieval town of Montbrío del Camp
- Cartuja de Escaldei

### GASTRONOMY:

- Falset: capital of wine

### LANDSCAPES:

- Sierra de Montsant
- Mouth of the Ebro River



**MTB**

**PASSI**

*Bikefriendly*  
We like cyclists!  
**Tours**

ION





# CAMINO DE SANTIAGO: THE FRENCH PATH



**The French Path is the Jacobean itinerary with the greatest historical tradition** (the main roads of El Camino were first referenced around 1135 in the **Codex Calixtinus**, a quintessential Jacobean book). Its layout through the north of the Iberian Peninsula was finished at the end of the eleventh century. It's a road that starts in France, crosses the Pyrenees and crosses the Iberian Peninsula from east to west, accessing Galicia through the legendary climb to O Cebreiro.

Since the discovery of the tomb of the apostle James, many people have been moved by the piety and decided to travel to Santiago de Compostela to visit the holy remains. It is a tour of great artistic and scenic wealth that welcomes pilgrims from up to 150 different countries.

Declared a World Heritage site by UNESCO and **considered Europe's main street**, in 1987 it was named the first European cultural itinerary thanks to its environmental grandeur and samples of the best European Romanesque and Gothic art.

# ACCOMMODATIONS



**ABBA BURGOS HOTEL**  
BURGOS



**HOSTAL PLAZA MAYOR**  
CARRIÓN



**ABAD SAN ANTONIO**  
LEÓN



**HOTEL GAUDÍ**  
ASTORGA



**HOTEL AROI BIERZO PLAZA**  
PONFERRADA



**HOTEL O CEBREIRO**  
O CEBREIRO



**RECTORAL DE GOIAN**  
SARRIA



**HOTEL XANEIRO**  
MELIDE

## CAMINO DE SANTIAGO 10 DAYS / 9 NIGHTS SELF GUIDED & GUIDED

### WHAT'S INCLUDED: (SELF GUIDED)

- B&B in Bikefriendly Hotels or similar
- Briefing and welcome pack
- Luggage transfers between accommodations
- Route information: tracks and description
- Bikefriendly space for your bike in the hotel: bike storage facilities, washing area and workshop area with tools
- Insurance

### ADDITIONAL SERVICES TO HIRE:

- Port or airport transfers
- Guide, support car and provisioning
- Bike rental
- Cultural, gastronomic, nature visits

Planned hotels or similar.

Possibility to adapt the route to your level (services to be hired).

## YOU CAN'T MISS...

### ART AND CULTURE:

- General Hospital of San Antón
- León Cathedral
- Bridge of Hospital Órbigo
- Astorga, Cathedral of Santa María and Episcopal Palace
- Cathedral of Santiago of Compostela

### GASTRONOMY:

- Pulperías (small stores) in Melide

### LANDSCAPES:

- Cruz de Ferro
- Mount Gozo
- O Poco Port



**OCA PUERTA DEL CAMINO**  
SANTIAGO DE COMPOSTELA



### STAGE 1: BURGOS - CARRIÓN DE LOS CONDES

Distance: 87 Km

Elevation gain: +630 m



### STAGE 2: CARRIÓN DE LOS CONDES - LEÓN

Distance: 99 Km

Elevation gain: +495 m



### STAGE 3: LEÓN - ASTORGA

Distance: 55 Km

Elevation gain: +375 m



### STAGE 4: ASTORGA - PONTERRADA

Distance: 54 Km

Elevation gain: +950 m



### STAGE 5: PONTERRADA - O CEBREIRO

Distance: 55 Km

Elevation gain: +1.520 m



### STAGE 6: O CEBREIRO - SARRIA

Distance: 46 Km

Elevation gain: +790 m



### STAGE 7: SARRIA - MELIDE

Distance: 62 Km

Elevation gain: +1.170 m



### STAGE 8: MELIDE - SANTIAGO DE COMPOSTELA

Distance: 55 Km

Elevation gain: +1.017 m





## CAMINO DE SANTIAGO

# DAY TO DAY

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### DAY 1: BURGOS - CARRIÓN DE LOS CONDES

We leave **Burgos** and find a long track that is gradually ascending through some of the most emblematic towns in the area. During this tour we can enjoy the religious architecture and ruins such as those of **General Hospital of San Antón**, which falls on the outskirts of Villa de Castrojeriz.



### DAY 2: CARRIÓN DE LOS CONDES - LEÓN

In this stage we will go through a long but very flat section in which we can ride much of the way on paved roads. As the day continues, we will enter **Leonese lands** biking a part of an **old Roman road, the Via Aquitana**.

The distance traveled with no towns on our way characterizes today's stage. It's a path to open your eyes and calm your mind.

### DAY 3: LEÓN - ASTORGA

Leaving Leon can be a little chaotic and is quite long. Once on the path, we will pass through the town of San Martín del Camino, reaching the impressive bridge of **Hospital de Órbigo**. It is known for the horse duels that were held on the bridge and that are still remembered today at a local party.

Day 3 is a stage with easy cycling tracks and a quiet ascent to **Astorga**, where we have the possibility of visiting the Cathedral of Santa María and the Episcopal Palace, built by Gaudí. It's definitely worth it.



### DAY 4: ASTORGA - PONFERRADA

Today we climb to **Foncebadon, the highest point of the entire Camino de Santiago**. La Cruz de Ferro, at 1,500m altitude, is our first contact with the "high mountain". With your back to the cross, it is tradition to throw a stone at the rising pile below.

The downhill path is stony and steep, so it is recommended to take the road to Molinaseca. From there we can take back the official signaling to Ponferrada, where we cannot miss its monumental castle.





## DAY 5: PONFERRADA - O CEBREIRO

Today's stage has two distinct parts. The first encompasses Vilafranca to Las Herrerías, a perfectly cyclable route. You'll find wide dirt roads, country roads and asphalted walkers. The second part starts in Las Herrerías, where you have to climb until you reach **Puerto de O Poco** at 1,135m altitude. Here you have reached the pinnacle of El Camino in Galician lands.

In this area we will have the first contacts with the "Galician blondes". These cows of cinnamon color are very appreciated for their meat. This is a stage where the radical change of landscape, architecture and people clearly indicates that we have entered... **Galicia!**



## DAY 6: O CEBREIRO - SARRIA

We have left Castilla y León behind and we now enter Galicia: roads that are legbusting climbs, passing through countless small villages and green fields. We will start our way through a steep descent from **O Cebreiro** to reach the top of Poio, where the path descends to Tricastela. From there we will continue by the alternative road that leads us to the **Monastery of Samos**, one of the most monumental Romanesque sites in Galicia.



## DAY 7: SARRIA -MELIDE

We descend towards **Portomarin** and we continue ascending and descending, now through eucalyptus forests. It's an area where we will pass through countless villages that are magnificent examples of popular architecture - such as their granaries or calvaries. Tracks, paths, medieval bridges and rustic footbridges will join us during the stage.

From Palas to Melide we alternate sections of asphalt with tracks through beautiful forests. Once we get to Melide we cannot miss the tasting of a good Galician **octopus** in the fantastic stores in town.



## DAY 8: MELIDE - SANTIAGO DE COMPOSTELA

Today, the last stage of the journey, we reach the end of our pilgrimage. We will leave Melide and go to **Arzúa, the cheese village**. Most of the time, this route runs by paths in the bush.

Very close to our destination, we will pass through the town of **Lavacolla**. There we find a creek, in which ancient pilgrims used to wash and purify themselves before arriving in Santiago. From here, we will only ride on asphalt - or cobblestone road - until you reach the **Cathedral of Santiago**.





# ARAGON PYRENEES: ORDESA & MONTE PERDIDO NATIONAL PARK



The route through Ordesa is a MTB tour through the Aragon Pyrenees that allows you to discover the surroundings of the **Ordesa & Monte Perdido National Park**, the oldest park in Spain.

In the old land of smugglers, full of paths and trails that today allow you to enjoy wonderful landscapes with spectacular views and magical corners. While riding, we are followed by the watchful eye and elegant flight of the **quebrantahuesos**, a local species of vulture.

During the tour you will visit different towns where you will find many accommodations and services in which you can enjoy the **hospitality of its people and typical cuisine**. In addition, in the accommodations with the Bikefriendly quality seal, you can benefit from the essential services for any cyclist.



## ORDESA & MONTE PERDIDO NATIONAL PARK

7 DAYS / 6 NIGHTS

5 STAGES

272 km / +7.840 m

DIFFICULTY: MEDIUM

RECOMMENDED SEASON:

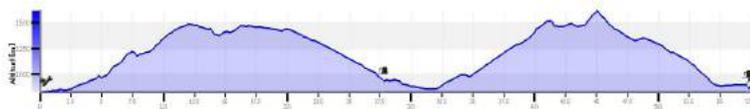
FROM APRIL TO NOVEMBER



### STAGE 1: JACA - BIESCAS

Distance: 57 Km

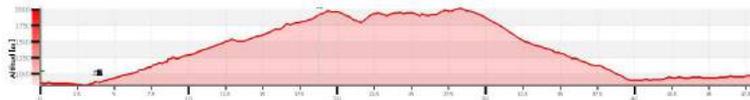
Elevation gain: +1.800 m



### STAGE 2: BIESCAS - BROTO

Distance: 48 Km

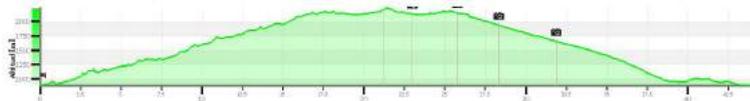
Elevation gain: +1.740 m



### STAGE 3: BROTO - BROTO

Distance: 44 Km

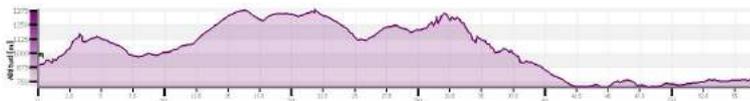
Elevation gain: +1.500 m



### STAGE 4: BROTO - FISCAL

Distance: 56 Km

Elevation gain: +1.000 m



### STAGE 5: FISCAL - JACA

Distance: 67 Km

Elevation gain: +1.800 m





## ORDESA & MONTE PERDIDO NATIONAL PARK

# DAY TO DAY

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### DAY 1: JACA - BIESCAS

We will depart from the city of **Jaca**, in the cradle of the Aragon kingdom, which makes it the most historical town in the Pyrenees.

The route transits by dirt tracks that are abandoned in some sections, so it will slow our pedaling. Among pine forests we will find the silence and relaxation that we seek before arriving at Biescas.

### DAY 2: BIESCAS - BROTO

On this day we will reach spectacular panoramic views of the Pyrenean mountain range, presided by the emblematic French peak **Midi d'Ossau**.

We cannot stop visiting the small churches and hermitages of Mozarabic style that mark the route, although it will undoubtedly be the tiny hermitage of **San Benito** at 2,000m which will impact us the most.



### DAY 3: BROTO - BROTO

We can call it the Queen Stage, since it will take a long time to forget the route through the **Cutas viewpoints**.

After an ascent of almost 1500 m through a beautiful forest of beech trees, we will lean out the emptiness at the indicated points, making us feel like a quebrantahuesos flying over the **National Park**.

### DAY 4: BROTO - FISCAL

Huesca is one of the territories with the most **uninhabited villages**, we will pass through several, where the bush swallows them silently. In the crossing of La Solana and its uninhabited villages, we can enjoy the silence, and even take a bath next to the suspension bridge, over the Ara River.



### DAY 5: FISCAL - JACA

To end our trip we have a very varied route, where we will visit more uninhabited villages, we will ride fun trails, and we will even descend a singletrack with more than 1,000 m.

The forest we will meet at the beginning is barely traveled by tourists. Cows and sheep will be our only company, we must remember to be respectful with the environment.



# ACCOMMODATIONS



**HOTEL REAL**  
JACA



**HOTEL TIERRA DE BIESCAS**  
BIESCAS



**HOTEL PRADAS**  
BROTO



**HOSTAL RÍO ARA**  
FISCAL

## P.N. ORDESA Y MONTE PERDIDO 7 DAYS / 6 NIGHTS SELF GUIDED & GUIDED

### WHAT'S INCLUDED: (SELF GUIDED)

- B&B in Bikefriendly Hotels or similar.
- Briefing and welcome pack.
- Luggage transfers between accommodations.
- Route information: tracks and description.
- Bikefriendly space for your bike in the hotel: bike storage facilities, washing area and workshop area with tools.
- Insurance

### ADDITIONAL SERVICES TO HIRE:

- Port or airport transfers
- Guide, support car and provisioning
- Bike rental
- Cultural, gastronomic, nature visits

Planned hotels or similar.

Possibility to adapt the route to your level (services to be hired).

## YOU CAN'T MISS...

### ART AND CULTURE:

- Jaca's Cathedral and Citadel
- Uninhabited villages
- Route of Mozabares Church

### GASTRONOMY:

- Old cow T-bone steak from El Balcón de los Pirineos, in Buesa.
- Tapas through the city of Jaca.  
We recommend: Tasca de Ana and La Cadiera

### LANDSCAPES:

- Midi d'Ossau
- Las Cutas viewpoints
- Ordesa National Park
- Visit to Sorrosal waterfall, Broto
- Bujaruelo Valley



# TRANSPIRENAICA: FROM THE MEDITERRANEAN SEA TO THE



The **Pyrenees** mountain range is a bastion, a natural frontier, which rises majestically to the northern edge of the Iberian Peninsula, between Spain, Andorra and France. It crosses more than 400 kilometers from the **Cantabrian Sea** (Vizcaya gulf) in the west to the **Mediterranean Sea** (Creus cape) in the east.

With more than **two hundred peaks that exceed 3,000 meters of altitude**, the Pyrenees have the last Iberian glaciers, wide valleys, deep canyons and extensive forests. Here survive the last brown bears, the most important population of quebrantahuesos in Europe and species very adapted to the climatic rigors such as the ptarmigan or **edelweiss**.

The inhabitants of the Pyrenees are people with **mountain tradition** and gastronomy, based on products from the area cooked on a low fire. Ternasco (lamb) from Aragón, breadcrumbs shepherdess style, mushrooms or products from the sea, accompanied by succulent broths, are some of the fantastic products we might enjoy from the Pyrenean area.

# CANTABRIAN SEA



With more than 1,000 km, Transpirenaica **is one of the most emblematic routes** that every MTB lover must do at some point in his or her life.

This is a **personal and physical challenge** in which we will face endless ascents, we will visit beautiful mountain villages crossing magical forests, where the immensity of the Pyrenees and its high peaks will captivate us and make us fall in love with it like no other place.

Its geological whims harbor a climate that can both caress you gently and bury you with the harshest and most inhospitable of environments. With its peaks, heights, impossible reliefs, snow and ice, they preserve native forests, besieged and isolated creatures, wildlife that resists to lose its innocence.

**Magical corners** where we can feel nature as we have never lived before. Places that will be part of us forever.

These are unforgettable memories that will comfort us throughout our lives.



## TRANSPIRENAICA

14 DAYS / 13 NIGHTS

12 STAGES

893 km / +23.700 m

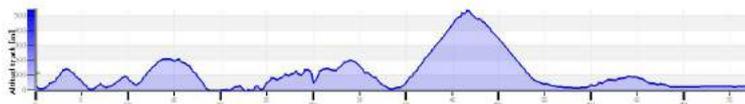
DIFFICULTY: MEDIUM - HARD

RECOMMENDED SEASON: FROM APRIL TO NOVEMBER

### STAGE 1: ROSES - FIGUERES

Distance: 77,5 Km

Elevation gain: +1.400 m



### STAGE 2: FIGUERES - CAMPRODÓN

Distance: 83,5 Km

Elevation gain: +1.770 m



### STAGE 3: CAMPRODÓN - LA MOLINA

Distance: 78,5 Km

Elevation gain: +3.360 m



### STAGE 4: LA MOLINA - LA SEU D'URGELL

Distance: 65 Km

Elevation gain: +1.200 m



### STAGE 5: LA SEU D'URGELL - SENTERADA

Distance: 92,5 Km

Elevation gain: +3.450 m

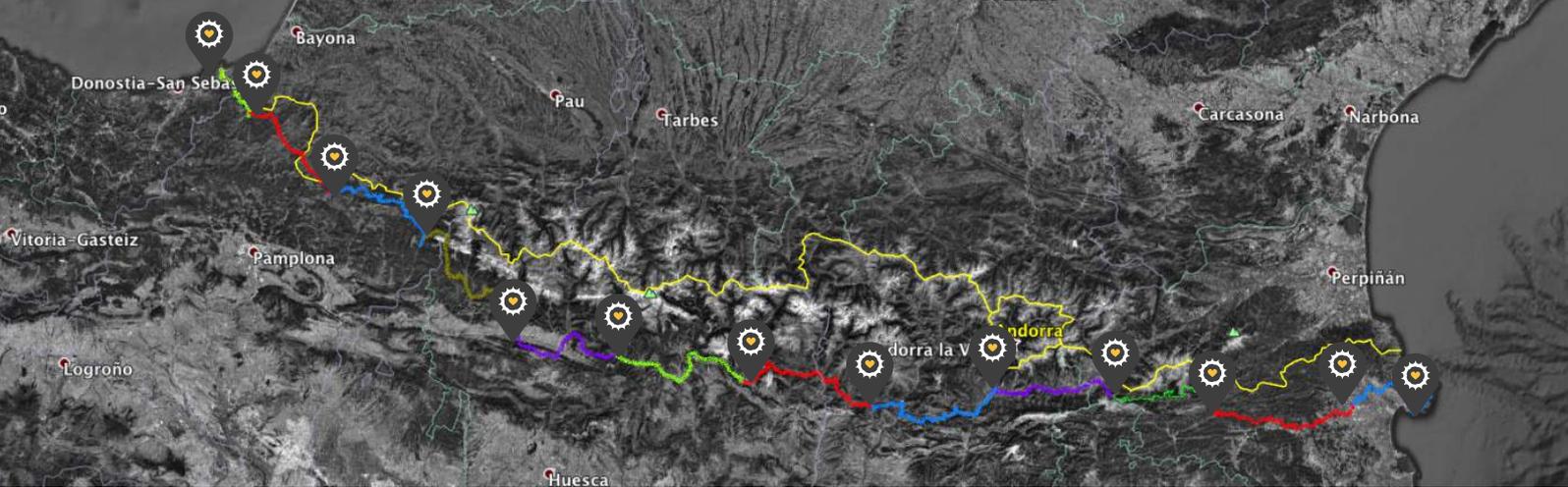


### STAGE 6: SENTERADA - CAMPO

Distance: 92,3 Km

Elevation gain: +3.115 m

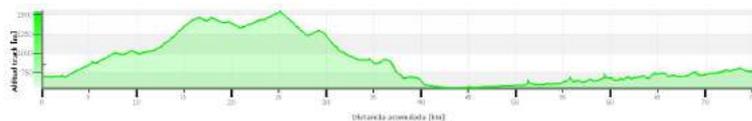




### STAGE 7: CAMPO - FISCAL

Distance: 75,4 Km

Elevation gain: +2.155 m



### STAGE 8: FISCAL - JACA

Distance: 67 Km

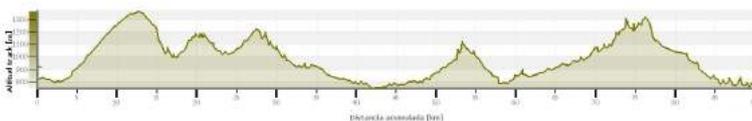
Elevation gain: +1.800 m



### STAGE 9: JACA - ISABA

Distance: 90,5 Km

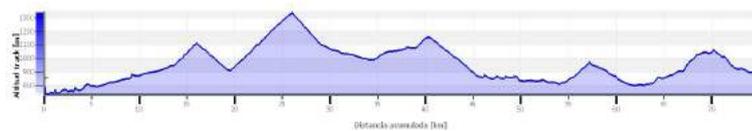
Elevation gain: +2.200 m



### STAGE: ISABA - BURGUETE

Distance: 75 Km

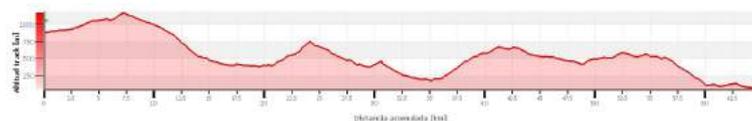
Elevation gain: +1.600 m



### STAGE 11: BURGUETE - ETXALAR

Distance: 65 Km

Elevation gain: +1.550 m



### STAGE 12: ETXALAR - HONDARRIBIA

Distance: 30,5 Km

Elevation gain: +100 m





## TRANSPIRENAICA

# DAY TO DAY

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### DAY 1: CAP DE CREUS - ROSES - FIGUERES

Before entering **Cap de Creus Natural Park**, we will visit the towns near the coast where the genius Dalí had his summer residence. After the ascent to the Monastery of San Pere de Rodes, we will leave behind the Mediterranean blue waters.

### DAY 2: FIGUERES - CAMPRODÓN

On this day we will begin to notice the tranquility of getting into the heart of the Pyrenees, the absence of vehicles and the sounds of the countryside will be the general tone. Although we won't have large slopes, we will ride by old tracks that lead to farmhouses and have been recently asphalted. When we have done approximately half of the route, we will have the opportunity to take a few kilometers apart from our route and visit the beautiful **medieval architecture of Besalú** and the peculiar **hanging houses of Castellfollit de la Roca**.



### DAY 3: CAMPRODÓN - LA MOLINA

We start riding the Pyrenees and its **hard slopes** will make us climb with the biggest pinions that we don't frequently use. The climb to **Collada de Toses** by paved road will be the last hill of the day, and it will take us into **La Molina**, a spectacular spot.

### DAY 4: LA MOLINA - LA SEU D'URGELL

The best thing we can do during this stage is to enjoy the beautiful panorama of the **Moixeró Natural Park** along every kilometer of its huge mountain range. It is not an excessively hard day because of its elevation gain, but the paths will complicate it a bit. There are some technical trails through beautiful forests, although we have the possibility to avoid going by the N-260 road.



### DAY 5: LA SEU D'URGELL - SENTERADA

Time will go by pretty fast during this stage, in spite of the route's elevation gain, since the beautiful and **small mountain towns** that we will visit will make us forget the fatigue. We will find immense forests, rivulets of water, the singing of birds, butterflies flying over and of course, silence. Every effort has its reward and swimming in **Estany de Montcortès** after reaching the last climb, is the best reward they can give us.



### DAY 6: SENTERADA - CAMPO

We enter some of the toughest and mountainous valleys; only the **Valley of Benasque** holds the reputation of having 80% of the summits exceeding 2,000m in the Pyrenees. Beech forests with their autumnal colors, the song of the **Capercaille** and the flight of **quebrantahuesos** above our heads will accompany us all the way.



## DAY 7: CAMPO - FISCAL

Today's route will surprise us visiting one of the most beautiful villages in Spain; **Villa de Aínsa**. We recommend you to visit the old streets of the village, declared a Historic-Artistic Site in 1965, enjoying the warmth of its people and the great beauty of an environment with medieval flavor.



## DAY 8: FISCAL - JACA

We will cross **Sobrepuerto**, an area with several **uninhabited towns**, in which the undergrowth seems to gobble them up silently at steady pace. During this stage we will ascend just one climb, enjoying one of the most beautiful views of the Pyrenees; **Monte Perdido**.

After a descent of almost 1000m of altitude, we will face the last kilometers towards the medieval city of **Jaca**.



## DAY 9: JACA - ISABA

We will enter into **Valles Occidentales Natural Park**, where it's worth getting lost in the streets of **Echo** and **Ansó**, predominating the traditional mountain architecture with its stone houses and streets. Forests hide small huts and yards now converted into rustic restaurants where you can taste some **extraordinary crumbs shepherdess style** accompanied by usones (exquisite mushrooms from the area).



## DAY 10: ISABA - BURGUETE

We will cross one of the most captivating beech forests in Europe, **Selva de Irati**, where the combination of lights crossing its leaves will take us into a magical environment. They say pilgrims of Camino de Santiago felt great fear of being attacked by wild beasts as they passed through Irati.

## DAY 11: BURGUETE - ETXALAR

This part of the Pyrenees leads us between **cattle prairies and farmhouses**, it does not have long slopes, but the hills we will ride add up some elevation gain and harden the route. With the peculiarity of getting into France for a few kilometers, we will visit the highest areas of the Navarrese Pyrenees, where the witches in the Middle Ages found shelter making great covens.



## DAY 12: ETXALAR - HONDARRIBIA

To round off the trip we will ride along **Vía Verde del Bidaosa** before taking a bath in the blue waters of the **Cantabrian**. With hardly any elevation gain, it is an easy stage, in which we will share the path with families that like to ride on this route, on the banks of the river that flows into **Hondarribia**.

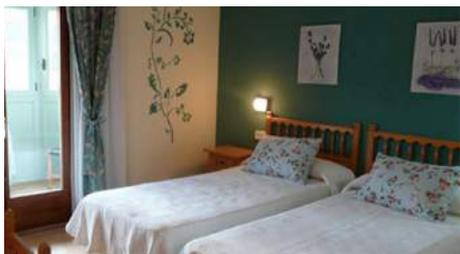
# ACCOMMODATIONS



**ALMADRABA PARK HOTEL**  
ROSES



**HOTEL GRÈVOL**  
LLANARS



**HOTEL NICE**  
LA SEU D'URGELL



**HOTEL EMPORDÀ**  
FIGUERES



**HOTEL SOLINEU**  
ALP



**CASA LEONARDO**  
SENERADA

## TRANSPIRENAICA 14 DAYS / 13 NIGHTS SELF GUIDED & GUIDED

### WHAT'S INCLUDED: (SELF GUIDED)

- B&B in Bikefriendly Hotels or similar.
- Briefing and welcome pack.
- Luggage transfers between accommodations.
- Route information: tracks and description.
- Bikefriendly space for your bike in the hotel: bike storage place, washing area and workshop area with tools. (Only at hotels with Bikefriendly quality seal)
- Insurance

### ADDITIONAL SERVICES TO HIRE:

- Transfer (port or airport)
- Guide, support car and provisioning.
- Bike rental
- E-bike rental
- Typical Galician meal in Hondarribia to end the trip
- Sport massage in some of the stages
- Lift by 4x4 vehicle to Las Cutas viewpoint in Ordesa and Monte Perdido National Park.
- Guided city tour in Jaca and entry to the Romanesque Museum of the Cathedral and the Citadel

### OPTIONAL BIKEFRIENDLY HOTELS:

- Gran Hotel Jaca, Jaca
- Hotel Golf&Spa Real Badaguas - Jaca
- Camping Vall de Camprodón, Camprodón
- Can Miquel, Anserall

Planned hotels or similar.  
Possibility to adapt the route to your level (services to be hired).

# ACCOMMODATIONS



**HOTEL COTIELLA**  
CAMPO



**HOSTAL RÍO ARA**  
FISCAL



**HOTEL REAL JACA**  
JACA



**ARGON ETXEA**  
URZAINQUI



**HOSTAL BURGUETE**  
BURGUETE



**HOTEL VENTA DE ETXALAR**  
ETXALAR



**HOTEL SANTIAGO**  
HENDAYA

## YOU CAN'T MISS...

### ART AND CULTURE:

- Theatre-Museum Dalí, Figueres.
- Castellfollit de la Roca: hanging houses
- Besalú: medieval bridge
- Aínsa: medieval old town and walls
- Jaca: Cathedral and Citadel
- Hecho and Siresa
- Ansó

### GASTRONOMY:

- Tapas in Jaca. Our recommendation: La Tasca de Ana
- La Borda de Chiquín, Ansó (the best crumbs in the Pyrenees)

### LANDSCAPES:

- Cap de Creus, Catalunya
- San Pere de Rodes Monastery, Catalunya
- Cadí-Moixeró Natural Park, Catalunya
- Benasque Valley, Aragón
- Ordesa y Monte Perdido National Park
- Selva de Irati, Navarra



# NAVARRA: MAGICAL SELVA DE IRATI



It's a circular route through the wildest Navarra, perfect for all those MTB lovers. We'll enjoy a trip through the old **Pamplona**, which will allow us to know the **Pre-Pyrenean Valleys of Arce, Erro and Esteribar**.

Discover millenary forests, the legend of Basandere and emblematic sites in Navarra: **Roncesvalles, Quinto Real, the Itoiz reservoirs, Eugi and the famous Irati Forest**.

We will ride through deep valleys and Roman roads, discovering hidden landscapes, endless forests of beech woods, amazing trails, fields with wild horses, old civil war bunkers or fun descends.

All this and much more awaits you in the kingdom of Navarra. Are you going to miss it?



## SELVA DE IRATI, NAVARRA

7 DAYS / 6 NIGHTS

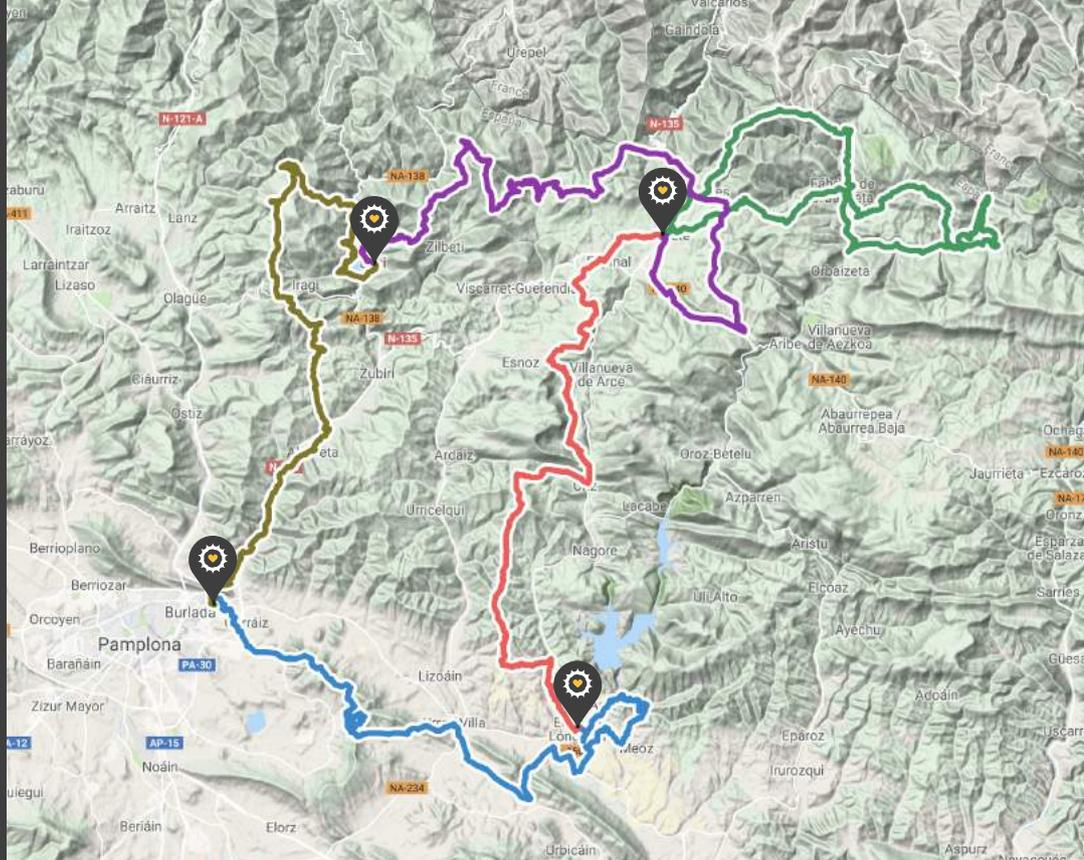
5 STAGES

242 km / +7.200 m

DIFFICULTY: MEDIUM-HARD

RECOMMENDED SEASON:

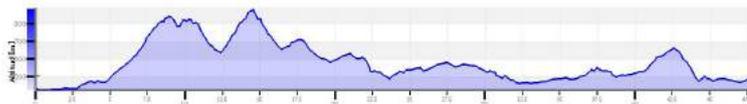
ALL YEAR ROUND



### STAGE 1: PAMPLONA - AOIZ

Distance: 47,8 Km

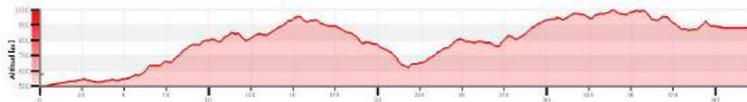
Elevation gain: +1.500 m



### STAGE 2: AOIZ - BURGUETE

Distance: 42,3 Km

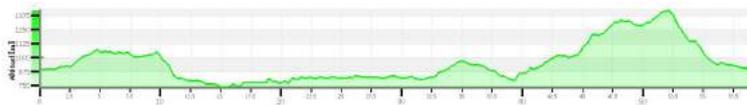
Elevation gain: +1.350 m



### STAGE 3: BURGUETE - BURGUETE (IRATI)

Distance: 56 Km

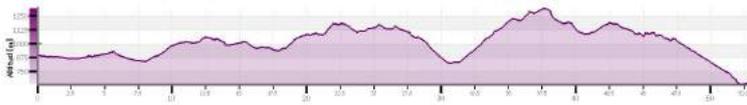
Elevation gain: +1.600 m



### STAGE 4: BURGUETE - EUGI

Distance: 53 Km

Elevation gain: +1.650 m



### STAGE 5: EUGI - PAMPLONA

Distance: 43 Km

Elevation gain: +1.100 m





## SELVA DE IRATI, NAVARRA

# DAY TO DAY

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### DAY 1: PAMPLONA - AOIZ

We will pedal through **Aranguren mountain range**, ascending to the Castle of Irulegui, to enjoy some impressive city views of Pamplona. Then we will ride towards Iraty River to reach **Aoiz**.



### DAY 2: AOIZ - BURGUETE

Leaving Aoiz, we enter the maple valley to pedal through the recently recovered Roman road, riding through typical Navarra villages and leafy beech woods. Then arriving to **Burguete** along the historic **Camino de Santiago**.

### DAY 3: BURGUETE - BURGUETE

Today, visiting the beautiful **Selva de Irati** will be the stage's highlight. Entering Aezkoa Valley, passing through the **Royal Weapons Factory in Orbaizeta** (cultural interest site), to then continue along trails and paths until we reach the **Irabia reservoir**, Irati's epicenter. We will meet some tracks and trails with its ascend and descends until we find ourselves again at the **Collegiate Church of Roncesvalles** and keep riding to Burguete.



### DAY 4: BURGUETE - EUGI

Leaving Burguete while crossing magical forests will be the start of the stage. We recommend visiting the **historic collegiate church of Roncesvalles** while pedaling along **El Camino de Santiago**, ascending Mount Adi until you reach Eugi.



### DAY 5: EUGI - PAMPLONA

We leave Eugi bordering the swamp and ascending through the **Burdindogi** forest, MTB reference in Navarre, which is full of trails embellished by the leaves falling from their trees. We will ride different trails ascending and descending until we reach **Larrasoña**, where we will once again take El Camino de Santiago to reach Huarte.



# ACCOMMODATIONS



**HOTEL NR NOAIN**  
PAMPLONA



**HOSTAL BURGUETE**  
BURGUETE



**HOSTAL ETXEBERRI**  
EUGI



**HOTEL EKAI**  
AOIZ

## NAVARRA: LA SELVA DE IRATI 7 DAYS / 6 NIGHTS SELF GUIDED & GUIDED

### WHAT'S INCLUDED: (SELF GUIDED)

- B&B in Bikefriendly Hotels or similar.
- Briefing and welcome pack.
- Luggage transfers between accommodations.
- Route information: tracks and description.
- Bikefriendly space for your bike in the hotel: bike storage facilities, washing area and workshop area with tools.
- Insurance

### ADDITIONAL SERVICES TO HIRE:

- Port or airport transfers
- Guide, support car and provisioning
- Bike rental
- Cultural, gastronomic, nature visits

Planned hotels or similar.

Possibility to adapt the route to your level (services to be hired).

## YOU CAN'T MISS...

### ART AND CULTURE:

- The collegiate church of Roncesvalles, start point of Camino de Santiago
- Pamplona
- Irulegui Castle

### GASTRONOMY:

- Typical Navarran cuisine

### LANDSCAPES:

- Millenary beech woods and oak trees will accompany you throughout the trip.
- Selva de Irati
- Burdindogi forest



# PIRINEO ARAGONÉS: MTB EXPERIENCE BENASQUE



## ARAGONESE PYRENEES Nature in its purest form!

**Benasque**, the centre and heart of the **Pyrenees**, a destination in nature where you can enjoy the full potential of its surroundings. This centre of all outdoor activity is the perfect destination for combining cycling with leisure and relaxation time.

The routes we offer will allow you to cycle through the most emblematic areas of the **Benasque Valley**, a valley characterised by having the largest number of 3,000 metre peaks in the Pyrenees. The valley offers a huge number of trails and paths for mountain biking through leafy forests, and beautiful views.



## MTB EXPERIENCE BENASQUE

7 DAYS / 6 NIGHTS

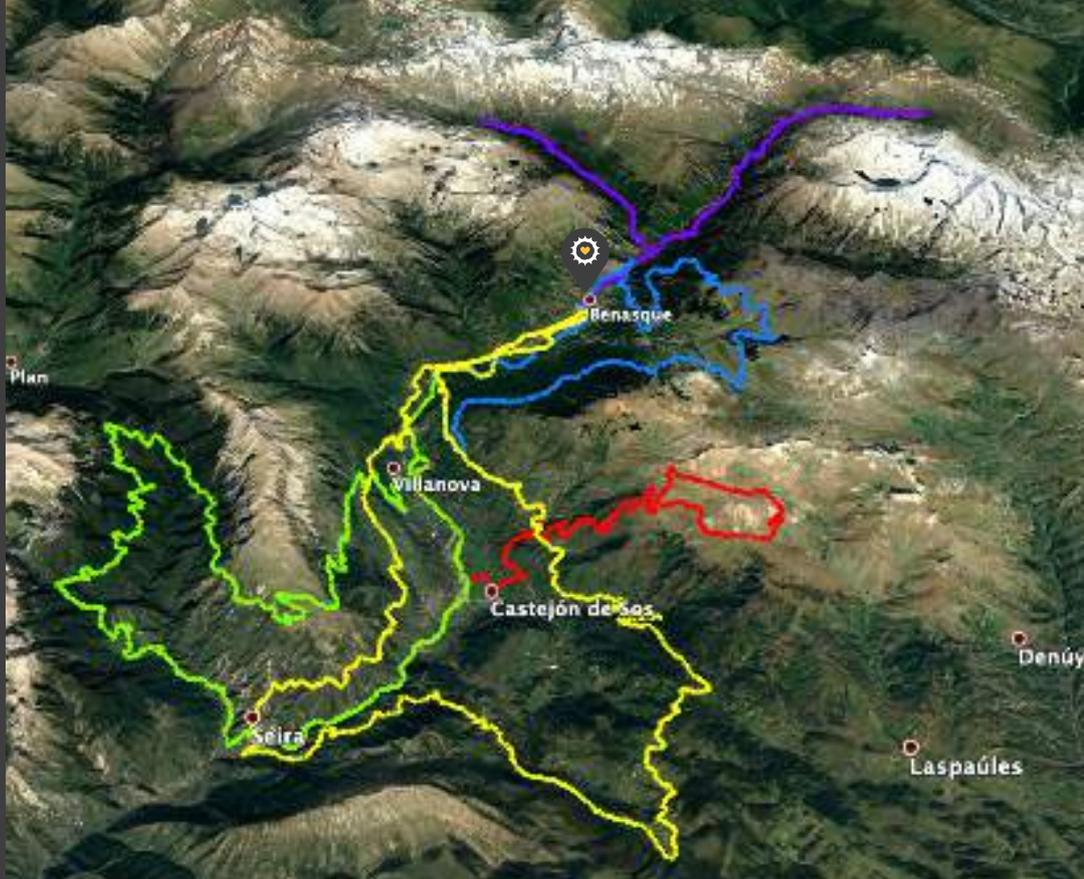
5 STAGE

323 km / +10.650 m

DIFFICULTY: MEDIUM-HARD

RECOMMENDED SEASON:

MAYO TO OCTOBER



### STAGE 1: TORRE DE MARFIL

Distance: 46 Km

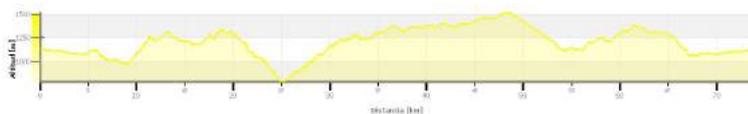
Elevation gain: +1.660 m



### STAGE 2: RUTA DE LOS ACANTILADOS

Distance: 73 Km

Elevation gain: +2.400 m



### STAGE 3: LA CABAÑA DEL TURMO

Distance: 56 Km

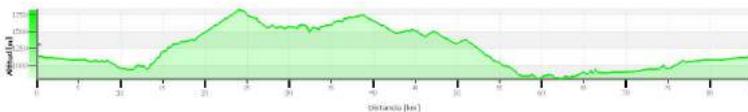
Elevation gain: +1.710m



### STAGE 4: VIRGEN DE LA PLANA

Distance: 84 Km

Elevation gain: +2.490 m



### STAGE 5: BISAURRI

Distance: 64 Km

Elevation gain: +2.390 m





## ROAD EXPERIENCE BENASQUE

# DAY TO DAY



### STAGE 1: TORRE DE MARFIL

Forest routes and trails lead us to emblematic parts of this wonderful terrain, the Linsoles reservoir, the **Cerler Peak and Its legendary Torre de Marfil** and the Ardones Valley, reaching 2,250 metres altitude.

### STAGE 2: ROUTE OF THE CLIFFS

This route allows us to enjoy the **Congosto** through its two slopes, combining sport with excellent views of the cliffs. Sections of trails and tracks alternate through this legendary route.



### STAGE 3: THE TURMO COTTAGE

This route takes us to the heart of the **Posets-Maladeta Park**, reaching the 1,900m altitude of the Besurta, passing through the meadows of the Llanos del Hospital and the beautiful enclaves of the Plan de Senarta and Baños de Benasque.

### STAGE 4: VIRGEN DE LA PLANA

A challenging route which leads us through idyllic landscapes such as the **Sierra de Chía**, reaching the Ermita de la Virgen de la Plana, and spectacular views from the **Circo de Armeña**.



### STAGE 5: BISAURRI

Route with long ascents which allow us to reach the great heights of the **Benasque Valley**. The views of the Valley become even more spectacular higher up.



# ACCOMMODATIONS



**SOMMOS HOTEL ANETO \*\*\*\***  
BENASQUE



**SOMMOS HOTEL BENASQUE SPA \*\*\***  
BENASQUE



## MTB EXPERIENCE BENASQUE 7 DAYS/6 NIGHTS SELF GUIDED & GUIDED

### WHAT'S INCLUDED: (SELF GUIDED)

- B&B in Bikefriendly Hotels or similar
- Briefing and Welcome Pack
- Route information: tracks and description
- Bikefriendly space for your bike in the hotel: bike storage place, washing area and workshop area with tools
- Insurance

### ADDITIONAL SERVICES TO HIRE:

- Transfer (port or airport)
- Guide, support vehicle and provisioning
- Bike rental
- Cultural, gastronomic, nature visits.

Planned hotels or similar.

Possibility to adapt the route to your level (services to be hired).

## YOU CAN'T MISS...

### ART AND CULTURE:

- Casa Señoriales.
- Iglesia de Santa María.

### LANDSCAPES:

- Parque Natural Posets Maladeta.
- Valle de Benasque.

### GASTRONOMY:

- Typical Aragon cuisine



## BIKE TOURS IN SPAIN

If you have any doubt contact us:

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