

**PYRENEES TO THE SEA (HTS001)**

Duration : **7 Days / 6 Nights**  
 Type : **Hybrid Bike Tour**  
 Level : **2**  
 Average/day : **45 km – 28 miles**  
 When? : **April to October**

**From the Pyrenees to the Sea**

**From Barcelona... The Pyrenees, Girona, Empordà and Figueres.**

From the Pyrenees to the sea runs through landscapes of special interest in an area of great architectural and artistic richness: La Garrotxa region. The city of Girona. The coves along the Costa Brava. The enchanting medieval villages of the Empordà. The Greco-Roman ruins at Empúries and the Dalí Museum in Figueres

**Itinerary:**



**Stage 1. Ripoll to Olot**

34 km – 433 m (21.01 miles- 1420 feet)

The tour will start with a "must see visit" to Ripoll town, located in El Ripollès region where the Ter river is nestled amid high-mountain and the pre-Pyrenees landscapes. After our cultural visit we will make our way up to St. Joan de les Abadesses, using the Green way –The Iron and Coal route. One of the Green ways network, a 10km Flat paved - no car traffic way.

From Sant Joan de les Abadesses we will do our most challenging climb for the tour, we will take the side road to Olot the GI-521 and do a 4km climb aprox. From there all the way to Olot.

( Optional - transfer)

**Stage 2. Olot to Olot**

40 km – 391 m (25 miles- 1280 feet)

As we are in the Natural parc of La Garrotxa Volcanic area , we can not miss the opportunity to visit the wonders this place has to offer. We will do a loop trough the most beautiful places, passing the Village of Santa Pau, and Sant Critòfil del les Fonts.



**Stage 3. Olot to Girona**

52 km – 173 m (32 miles- 569 feet)

We will cycle the Green Way "El Carrilet", an old disused railway line, recovered and reconditioned for use by cyclists, passing trough La Garrotxa. We will arrive in the afternoon to Girona, early enough to stroll through the City's main historical attractions. Its Roman ruins, the charming small streets of its Jewish quarter, the Arab Baths and the magnificent cathedral, which dominates the whole city from high above the Onyar River.



**Stage 4. Girona to Platja d'Aro**

42 km – 141 m (26 miles- 463 feet)

From Girona to Platja d'Aro, taking advantage once again of one of the Green ways routes, finally to arrive to the famous "Costa Brava" by the Mediterranean sea.

The Costa Brava is paradise not only for the wild-spirited and wild at heart, but also for those who are simply looking for something a little out of the ordinary. It has something to suit everyone: Along with peaceful villages and a quiet time sunbathing, fun parties



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**Stage 5. Platja d’Aro to Torroella de Montgrí**

47 km – 267 m (31.67 miles- 875 feet)  
 Riding through the lands of El Baix Empordà region, where agriculture lives alongside the considerable establishment of tourism in the coastal area. The flat Empordà region and the enchanting medieval villages.

**Stage 6. Torroella de Montgrí to Figueres**

50 km – 80 m (31.36 miles- 264 feet)  
 Our last stage leads us to Figueres, today the home of the world-famous Spanish artist, Salvador Dali. Riding along the shore line of Costa Brava, passing through Castello d'Empúries we will arrive to our final destination: Figueres. The town is better known as the birthplace of surrealist artist Salvador Dali in 1904

**Option: Deluxe INCLUDED in the price**

- 6 night’s accommodations including breakfast.
- 5 dinners
- One GPS per group with the preloaded route.
- Maps and cue sheets to help you follow the tour.
- All taxes

**Option: Economic INCLUDED in the price**

- 6 night’s accommodations including breakfast.
- One GPS per group with the preloaded route.
- Maps and cue sheets to help you follow the tour.
- All taxes

**NOT INCLUDED in the price**

- Travel Insurance.
- Transport from and to Barcelona.
- Lunches during the tour.
- Luggage transfer from Hotel to Hotel
- Bike and helmet rental.
- Dinner in Girona.

**OPTIONAL extras**

- *Personal Sport Travel Insurance*
- *Luggage transfer from Hotel to Hotel, from BCN to first hotel and back to BCN. (360€/group)*
- *Bike Rental. (102€/person)*
- *Transport from Barcelona to Ripoll. (140€/group)*
- *Transport from Figueres to Barcelona. (165€/group)*

HTS001 Price per person	Option: Deluxe				Option: Economic			
	2 / 3 PAX	4 or +	Individual Supplement	Half Board	2 / 3 PAX	4 or +	Individual Supplement	Half Board
	Double	Double			Double	Double		
<b>Mar - Apr - Oct</b>	760 €	728 €	145 €	Included - Girona	490 €	460 €	78 €	80 €
<b>May - Jun - Sep</b>	830 €	800 €			510 €	480 €		
<b>Jul - Ago</b>	950 €	920 €			590 €	560 €		

