Girona Road Cycling - Costa Brava to the Pyrenees

Trip Code: GPMB

Version:

CYCLE	GUIDED GROUP	CHALLENGING
		8



HIGHLIGHTS

- The classic Girona climb to Sant Hilari Sacalm on the first cycling day
- Costa Brava coastal cycling with inspiring views of the Mediterranean
- Crossing the eastern Pyrenees back into Spain by way of the Col d'Ares (1513m)

- Welcoming accommodation and Catalan cuisine
- Excellent road bike hire available

AT A GLANCE

- 6 days cycling
- 560 kilometres
- 100% road
- 100% Vehicle Support
- Max Altitude 1513 metres
- Join at Girona

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

Tucked into the north-eastern corner of Spain and bounded to the north by the Pyrenees (and France) and to the east by the Mediterranean Sea, Catalonia is a self-governing region proud of its particular culture and heritage. Between mountain and sea, this is a fantastic location for a week of guided and vehicle-supported road cycling and the city of Girona makes a great place from which to start out. Known as the 'City of a Thousand Sieges', Girona is a popular place of residence for pro cyclists attracted by the excellent climate, quiet roads and challenging climbs.

After an introductory loop around the city on the first day of cycling, with a highpoint at Sant Hilari Sacalm (803m), you'll head out to the Mediterranean coast. Then, it's northwards towards France following pine scented coastal roads, through fishing ports that were a source of inspiration to artists such as Dali, Picasso and Matisse. The toughest day of the tour twice crosses the eastern Pyrenees, entering France on an old smuggler's route to the mountain hamlet of Coustouges and returning to Spain via the Col d'Ares (1513m) with an overnight at Mollo near the ski slopes of Campradon. This is a road bike journey full of contrast and drama, where switch back climbs, magical coastline, rich history, quirky art and tradition all blend for a cycling holiday with an eclectic twist and a unique riding experience. Recharging in comfortable, friendly, family run hotels at the end of each day, helps us to make the most of Catalonia.

Is this holiday for you?

ROAD CYCLING. This road cycling holiday is suitable for regular road cyclists. Catalonia is a fantastic road cycling destination and the number of professional cyclists owning houses in the city of Girona bears testament to this. The roads are generally quiet, the road surfaces excellent and the gradients never very steep. There's a total of 560 kilometres of cycling with around 8000 metres of height gain over the course of 6 days of cycling. The days vary from around 4 to 5 hours of cycling to about 7 hours. This is a totally supported week, however, and you can always make use of the support vehicle if you are having a bad day. The full-time support vehicle also means that you can ride your bike completely unencumbered. EXCELLENT BIKE HIRE IS AVAILABLE LOCALLY.

Itinerary

Version:

Holiday Information

What's Included

- An English-speaking local cycling leader
- All accommodation as described
- Meals as detailed in the meal plan
- A support vehicle and driver
- Water and snack-food on cycling days

What's not Included

- Travel Insurance
- Airport transfers on day 1 and day 8
- Some meals as detailed in the Meal Plan
- Visas (if required)
- Tips for the guide and driver
- Miscellaneous personal expenses - snacks drinks and souvenirs etc
- Bike carriage on the flights - please contact your airline for charges

Joining Arrangements & Transfers

The group will meet at the hotel in Girona.

Transfers from/to Girona Airport are not provided on arrival or on departure.

From Girona Airport, taxis are readily available outside the arrivals hall and cost around €40 per car to reach the hotel (20 minutes). Another option is the shuttle bus, there is a regular service outside the arrivals halls which costs around €5. This will drop you at the central bus station in Girona which is a short walk from the hotel.

Hotel contact details and an emergency number will be provided with your booking.

Meal Plan

Breakfasts from day 2 to day 8 and dinners from day 2 to day 7 are included.

Food & Water

Water from the taps is perfectly drinkable on this holiday - please use this to fill your personal bottles for your daily activities. We do not encourage the purchase of single-use plastic bottles.

Breakfasts at the hotels that we use are a mixture of 'continental' and 'traditional' in style, with tea and coffee, orange juice, porridge and cereals as well as local pastries, fruit, jam, honey and cheese. At lunchtime, we will generally stop at a wayside cafe and you can buy lunch. Filling options like spaghetti bolognese or paella are pre-prepared at lunchtime and ready in minutes. Evening meals are usually taken at the hotel and may be buffet style, with an excellent choice of food. Or, there may be a set meal with vegetarian and meat options. There is usually a choice of dessert, too. During the day, the group will be provided with water and with snacks in the form of chocolate, dried fruit and mixed nuts, but It's a good idea to bring along a few of your favourite energy bars from home.

Accommodation

Whilst on the tour, accommodation is on a twin-share basis in comfortable, family run, well-located 2-3* hotels that are used to working with cycling groups. Each of the places we have chosen will provide the very best of Catalan cuisine to round off a rewarding day in the saddle. If you are travelling by yourself you will be paired up with another single traveller of the same sex. For single supplement costs please refer to the dates and prices page of the trip on our website.

Group Leader & Support Staff

A local, English-speaking professional guide will cycle with the group and there will also be a support vehicle and driver throughout the holiday. A second cycling guide will be brought in to assist larger groups.

Spending Money

We would advise budgeting €20 for each day's lunch. Soft drinks, beer and wine are available every night and if you intend to drink please also allow for this. We suggest that for €200-€250 euros should cover all your personal expenditure (excluding bike hire if required). There are a number of ATM cash machines close to the hotel and there will be access to ATM machines during the holiday, though not every day. Your guide will be able to advise you during the holiday.

Guidance on Tipping

Tipping is the accepted way of saying 'thank you' to your leader and local team. Tipping is entirely voluntary and should be dependent on good service. We advise you to tip as a group.

Your Bike

We recommend that your bike is fitted with suitably low gearing and suggest that you fit reasonably high volume tyres (28mm for instance) which will provide a bit more comfort on the variable road surfaces typically found on our **Road Cycling** holidays.

Since you are depending on your bike to transport you throughout your holiday, it's important to ensure it is in good working order. If you are not mechanically minded, get your local bicycle dealer to service it for you.

Please contact us if you are unsure about the suitability of your bike.

Bike Hire

It is possible to hire bikes for this trip. Our local agent can arrange for the local hire of good quality Specialized road bikes.

The carbon-framed Roubaix Sport 105 (2024) (Sizes: 44 / 49 / 52 / 54 / 56 / 58 / 61) has alloy rims, disc brakes and Shimano 105 gearing (2x12) 50/34 rings and 11/36 cassette. Hire charge £225 / €250 / $300.

The carbon-framed Tarmac SL7 Sport (2025) (Sizes: 49 / 52 / 54 / 56 / 58) has alloy rims, disc brakes and Shimano 105 gearing (2x12) 52/36 rings and 11/34 cassette. Hire charge £225 / €250 / $300.

The carbon-framed Roubaix SL8 Comp (2024) (Sizes: 49 / 52 / 54 / 56 / 58 / 61) has alloy rims, disc brakes and Shimano 105 Di2 gearing (2x12) 50/34 rings and 11/36 cassette. Hire charge £280 / €310 / $375.

The carbon-framed Aethos Comp (2025) (Sizes: 52 / 54 / 56 / 58 / 61) has alloy rims, disc brakes and Shimano 105 Di2 gearing (2x12) 50/34 rings and 11/34 cassette. Hire charge £280 / €310 / $375.

The carbon-framed Tarmac SL 8 Expert (2025) (Black or White options) (Sizes: 49 / 52 / 54 / 56 / 58 / 61) has carbon rims, disc brakes and Shimano Ultegra Di2 gearing (2x12) 52/36 rings and 11/30 cassette. Hire charge £335 / €370 / $445. Also size 44 in the black version.

The carbon-framed Tarmac SL 8 Expert (2026) (Black) (Sizes: 49 / 52 / 54 / 56 / 58 / 61) has carbon rims, disc brakes and Shimano Ultegra Di2 gearing (2x12) 52/36 rings and 11/30 cassette. Hire charge £335 / €370 / $445.

The carbon-framed Aethos Pro (2024) (Sizes: 52 / 54 / 56 / 58) has carbon rims, disc brakes and Shimano Ultegra Di2 gearing (2x12) 52/36 rings and 11/30 cassette. Hire charge £390 / €430 / $520.

The carbon-framed SL8 Pro (2026) (Sizes: 52 / 54 / 56 / 58) has carbon rims, disc brakes, power meter and Shimano Ultegra Di2 gearing (2x12) 52/36 rings and 11/30 cassette. Hire charge £390 / €430 / $520.

If you tell us which bike you wish to hire and the size of bike you need, we will reserve one for you and add the cost of bike hire to your final invoice. We must stress that your hire contract will be with the local hire company and that KE cannot be held responsible for any issues arising from bike hire.

If you do hire a bike, we recommend that you take your own pedals (Look KEO, Shimano SPD-SL or SPD can be supplied with the hire bikes at a cost of €30). You might also choose to take your own saddle, which will go a long way towards making it feel like your own bike. You must also take your helmet, which will be worn at all times when on the bike.

On collection of your hire bike, our local agent will require your credit card details as a warranty in the event of loss or damage beyond fair wear and tear.

Travelling With Your Bike

Airlines require that you pack your bike properly for travel and for this holiday we recommend that you use either soft bike bag or a purpose-made bike box or case. Whether you are using a bag or a case, you will need to partially dismantle your bike to pack it. Please note that bike bags or boxes will be placed in secure storage and will not travel with us during the course of the trip.

Please contact us if you have any questions about travelling with your bike.

Vehicle Support

A support vehicle will accompany the group on each of the rides and will carry your baggage from one hotel to the next. The group will be managed by the cycling leader and the support vehicle driver working together. You will be able to contact them by mobile phone in the case of a problem. We recognise the importance of group members being allowed to cycle at their own pace and it is not unusual for the group to split up. The support vehicle will carry water, coke, chocolate bars etc. plus fresh fruit, olives, nuts and energy mix for drinks. There will be regular stops to allow the cyclists to regroup and the support vehicle can pick up (a limited number of) group members who wish to take a break from cycling at any time.

Baggage Allowance

Apart from your bike in its bag (if you are taking your own bike), you should travel with one main item of luggage, such as a sturdy holdall or piece of wheeled luggage (max 20kgs), and a small cycle-specific day pack. The day pack can be used to carry valuable items such as cameras and GPS devices whilst travelling and can also carry items on the rides if that's what you choose to do.

Your baggage allowance on the flights will depend on your airline. When choosing your flights, whether booking them directly or through KE, you will need to consider the cost of carrying your bike. These costs are your responsibility.

General Information

Passport & Visas

Europe

The information that we provide is for UK passport holders.

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates and visas for your holiday.

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

Currency

The currency for part or all of this holiday is the Euro.

Preparing for your Holiday

The better conditioned you are the more you will enjoy your trip. We suggest that you adopt a sensible weekly exercise regime and fit in a number of long cycle rides in hilly country to ensure you are physically capable of taking part in this trip - this will also provide you with an opportunity to make sure all your riding kit is tried and tested before you travel. Cycling is obviously the best activity to prepare for this trip, however, running, rowing and swimming are also good for developing aerobic fitness and stamina.

Climate

Catalonia is an excellent early summer and autumn cycling destination. In late May - early June the temperature in Girona and on the coast will be in the high 20's Centigrade, becoming progressively cooler as we gain height inland. In October the highest temperatures encountered will be in the low 20's. With usually very little rainfall, each of these seasons works really well for road cycling.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's **'Travel Aware'** campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Books

- Argyle Armada - Behind the Scenes of the Pro Cycling Life - M Johnson - Velo Press
- Two Wheels Over Catalonia - R Guise - Summersdale
- Lonely Planet - Catalonia - Lonely Planet Publishing

Maps

Catalan & Aragon

Michelin 1:400,000

Private Groups Information

Make this KE cycling holiday your own!

- Do our normal group departure dates not fit?
- Are you wanting to travel with just your friends or family?
- Are you looking to organise a trip for your local cycling club?

We are experts in creating holidays for groups of friends, families, charities, and cycling clubs. Our personal service means you'll be fully involved as we make the arrangements for your perfect adventure holiday.

Independence with Security

Travelling as a KE Private Group allows you more flexibility and choice, but still with the peace of mind that everything is pre-planned and arranged for your group by a reputable adventure travel company.

To take your first step to an amazing adventure with your friends and family complete the private group enquiry form, or call our **Sales Experts on: 017687 73966**

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.

Equipment Information

Equipment List

For this holiday you will need your usual cycling clothing, including shoes, cycling gloves and helmet (which must be worn at all times when cycling). Even though we run this holiday during the summer months, you must be prepared for the possibility of cold conditions on the high passes. As well as your summer riding gear, take clothing that will keep you warm in these conditions, especially on the descents.

Whether you are hiring a bike or taking your own, we recommend that you take the usual day-ride essentials of: mobile phone, multi-tool, mini-pump, tyre levers, spare tubes and puncture repair kit. The hire bikes include these items.

Bike Wear

- Cycling helmet
- Cycling shoes
- Waterproof overshoes
- Padded cycling shorts
- Long leg cycling trousers or leg warmers
- Lycra arm warmers
- Short sleeve cycling tops
- Long sleeved cycling top
- Lightweight windproof gilet
- Lightweight waterproof jacket
- Regular biking gloves
- Long fingered biking gloves
- Warm hat that fits under your helmet
- Buff
- Sunglasses
- Sun cream (inc. total bloc for lips/nose)

- Camera

Other Stuff

- Travel and off-the-bike clothing and footwear
- Wash bag, towel, toiletries
- Swimwear
- Basic First Aid kit and personal medication
- Chamois Cream (e.g. Assos or Ozone)
- Rear light for tunnels
- Reusable cloth bag for shopping (to avoid plastic bags)

Spares

If you are hiring a bike you do not need to bring any spares. The hire bikes are provided in good condition and a supply of consumable spares (tubes, tyres, brake pads/blocks, cables) is carried. Only parts and components that are broken due to a crash and/or misuse will be charged. In the event of bike loss or theft, a fixed fee will be charged equivalent to the value of the bike. If you are taking your own bike, you should consider taking a minimum of spares, including a couple of spare spokes (for each wheel if they are different), spare brake blocks or disc pads, chain links/chain connector, rear derailleur hanger and any non-standard parts specific to your bike.

Repairs

It is a good idea that you familiarise yourself with how to carry out at least some basic repairs to your bike e.g. changing an inner tube and fixing a puncture. This will save the inconvenience of having to wait for assistance from the guide.

Hydration and Energy Snacks

You should take 2 standard water bottles and also consider taking a small supply of the gels, power bars or sports drink mix that you would normally use on a ride at home.

Please contact us if you have any questions about your equipment.

Land Only Information

Please refer to the 'Joining Arrangements & Transfers' within Holiday Information for further details.

Flights and other transport to your destination should not be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

Land Only Information

We sell this holiday on a Land Only basis allowing you the flexibility to choose the travel method which best suits you.

The holiday starts (and ends) at the hotel in Girona and airport transfers on arrival and departures are not included.

Why Choose KE

Why KE

Working with the best Girona-based agency, we have access to excellent local expertise which we have used to create this bespoke road cycling holiday. Mixing iconic climbs with historic landmarks, we make a circuit of north-eastern Catalonia and round off each night in one of our handpicked hotels!

Please Note This document was downloaded on 11/11/2026 and the trip is subject to change