



Current as of: February 19, 2019 - 09:06

Valid for departures: From January 1, 2017 to December 31, 2030



Contrasts of Catalunya Self-Guided Cycling - Premium Trip Notes

 **Ways to Travel:** Self-Guided
 **Destinations:** Spain
 **Programmes:** Cycling

Trip Code:
C06CN



7 Days Land only
Min age: 8

Trip Overview

This beautiful but gentle route is perfect for first time cyclists. The rides take you through olive groves and peach orchards to sun-drenched villages and picture-postcard fishing ports and pretty bays. The self-guided itinerary and short distances allow you to take everything at a relaxed pace, with plenty of time to soak up the sun on the undeveloped Catalan coast. Your days will end in luxury with our specially selected hotels, including a restored 14th Century castle, all of which boast swimming pools.

At a Glance

- 6 nights hotels, all rooms en suite
- 5 days cycling (including 2 optional rides) with luggage transfers
- 70% tarmac, 30% dirt tracks and coastal paths
- Gentle terrain throughout
- GPS route navigation provided
- Self-guided holiday. Min age 8 yrs

Trip Highlights

- Ride through beautiful villages and rural orchards
- Soak up the sun on sandy beaches and beautiful bays

- Spend two nights in a luxury 14th Century castle

Is This Trip for You?

Activity Level: 2 (Leisurely/Moderate)

Average daily distance: 31km (19 miles).

No. of days cycling: 5 (including 2 optional rides)

Terrain and route: The suggested cycling mainly follows quiet tarmac roads with a few sections on dirt roads. The terrain is gentle throughout.

Vehicle Support: This is a self-guided trip for those who prefer to cycle independently, but with our assistance to take out the stress of the logistics and planning. We arrange your accommodation, provide you with a map and route notes so that you can cycle at your own pace, while your bags are transported from one hotel to the next. The maps and route notes are provided in a link and can be downloaded to your phone via an app, RidewithGPS. A representative will be there to meet you, make sure the bikes are all set up and will be on call throughout the trip should you need.

It is important that you are happy reading maps and following route notes, we make these as accurate as possible and they are regularly checked. Where possible we stick to cycle tracks and quiet roads to make the journeys as pleasant as possible, however, on occasion we have to use busier routes.

As this is a self-guided holiday there is no group and no leader. There may be others on the same departure date as you, but you will not be organised together. The route notes contain a 24-hour emergency assistance telephone number should you need it and in emergencies, the local representative is normally able to dispatch a taxi or pick you up themselves. They may wish to charge for this service.

Families

Self-guided cycling holidays are a perfect option for families as they offer the freedom for you to take your holiday at your own pace. You can stop as and when you want and need, at the cafes and restaurants that suit your family and the sites that interest you. Our local partner is able to offer child seats up to 4yrs and bikes from 8, these are all subject to availability, therefore we ask that you inquire about these on booking. As a guide, we have suggested that 8 yrs is the minimum age for this trip, but as it is self-guided and you will be leading your own family we will ultimately leave this decision up to you. The daily distances are all published in the trip notes along with a description of each days cycling so you have a good idea of what to expect. However, if you have any questions please do not hesitate to contact one of our experts. The principle idea is that these holidays can be as flexible as you like, with logistical support but no group or leader to dictate the daily activities.

Group

As this is a self-guided holiday there is no group and no leader. A local representative is on hand to assist you and will meet you at the beginning of the week to set up your bike and go through the route notes and point out particular places of interest. Your luggage is transferred and route notes and maps are provided. The route notes contain a 24-hour emergency assistance telephone number. In an emergency, the local representative is normally able to dispatch a taxi or pick you up themselves. They may wish to charge for this service.

Adult min age: 13

Child min age: 8

Child max age: 12

Min group size: 1

Itinerary



Land Only

Start City: Calella de Palafrugell

End City: Calella de Palafrugell

Land Only Itinerary

Day 1

Start Calella de Palafrugell.

If you have pre-booked a transfer (inquire for details and prices) we will meet you at Flaca railway station and take you to your hotel (35mins) where you are accommodated in rooms with a private balcony and sea view. It is less than 5 minutes walk to the centre of town where you have so many restaurants to choose from that we have left the choice up to you. Calella is a lovely seaside resort, popular with Spanish visitors, which boasts three little sandy coves, all popular for sunbathing and swimming.

Premium Hotel

Day 2

Ride to the lovely village of Pals; continue through Palau Sator and Fontanilles; loop back towards the coast at Platja de Pals.

Your route today passes through the pine forests behind Calella before heading off to Pals. The village was abandoned following the civil war, but has since been lovingly restored and has won many architectural awards. The narrow lanes lead to Gothic houses, a Romanesque clock tower and mediaeval walls. There are plenty of cafes, so it makes for a very pleasant coffee or lunch stop. You will then head on through the pretty hamlets of Palau Sator, where there has been a settlement since Roman times, and Fontanilles before looping back towards the coast and a gentle downhill ride to Platja de Pals. Here there is a stretch of beautiful golden beach, more than two miles long and our hotel is only 5 minutes walk away, so absolutely ideal for an afternoon dip or evening stroll. Here we stay in a gastronomic hotel where your evening meal can be taken in the hotel restaurant or on the terrace.

Premium Hotel

Meals included: Breakfast, Dinner

Distance covered: 33 km / 20 miles

Day 3

Free day to relax on the beach, or optional ride to Begur.

Today is a free day, so if you wish you can take full advantage of the fantastic location by the sea. You can relax on the beach, follow the superb coastal path for a lovely walk or simply chill out by the hotel's pool. If you are feeling more energetic we strongly recommend a great circular ride through the pine forests to mediaeval Begur. It is a fashionable hilltop town with an 11th Century castle and outstanding views over the coast.

Optional ride approx. 20km.

Premium Hotel

Meals included: Breakfast, Dinner

Distance covered: 20 km / 12 miles

Day 4

Ride to mediaeval Torroella de Montgri; head inland to Castell d'Emporda at La Bisbal.

Today's ride will begin by cycling past rice fields before following the River Ter to Torroella de Montgri with wonderful views of the Illes Medes. The town was originally the Royal Port for the Kings of Aragon before the river started silting up, however, the town still retains its mediaeval core and walls. The Placa de la Vila, a porticoed square designed as a meeting point on the model of the Greek Agora and Roman Forum boasts the 15th Century Ajuntament and a lovely sundial dating from 1725. It is a great place to stop for lunch before heading inland along wonderfully quiet roads through the village of Gualta, with its picturesque 16th Century bridge, and the pretty hamlets of Fonolles, Matajudaica and Casavells to Castell d'Emporda. Here you will stay in a uniquely converted 14th Century Gothic castle - once reputed to have been on Dali's shopping list.

Premium Hotel

Meals included: Breakfast, Dinner

Distance covered: 30 km / 19 miles

Day 5

Free day to laze by the pool or enjoy an optional ride to Corca and Monells.

Castell d'Emporda was lovingly renovated by its owners and turned into an amazing place to stay in a fabulous location. The restaurant is renowned and full of character and you will enjoy food grown locally and prepared with flair. There is a lovely patio area so you can dine outside if it is warm enough. If you just fancy a lazy day at the hotel then the restaurant offers a lovely 3 course lunch or tapas at the bar and then you can just enjoy the pool. In the centre of the castle there is also Europe's largest scale model of the Battle of Waterloo, the 18 square meter representation is well worth a look. There is also plenty to explore in the local area and we recommend taking a trip out on the bikes. Our suggested cycling circuit takes you through the pretty mediaeval villages of Corca, Monells, which has a pretty square and lots of options for lunch, and La Bisbal - a lively market town famous for antiques and pottery. It is worth taking the time to explore the old quarter including the Carrer de Call, formerly a Jewish ghetto - its intricate arches are still intact today.

Premium Hotel

Meals included: Breakfast, Dinner

Distance covered: 25 km / 16 miles

Day 6

Ride to the walled village of Ullastret; continue to market town of Palafrugell for lunch, then return to Calella de Palafrugell for your final night.

Today we follow a gentle route, stopping first at the walled village of Ullastret. The vast archaeological site here contains the remains of one of the oldest Iberian villages in Spain. Founded in the 6th Century BC the settlement was protected by magnificent walls, part of which can still be seen. Within the walls you will find ruins of dwellings, temples, cisterns, silos, public squares and other remains of a bustling community. Your journey will then continue via the beautifully preserved walled village of Peratallada and onto the bustling market town of Palafrugell, a super spot for lunch. The route will then guide you back to the coastal town of Calella de Palafrugell for your final evening. Once again we have left the restaurant choice up to you as there are many options.

Premium Hotel

Meals included: Breakfast

Distance covered: 33 km / 21 miles

Day 7

End Calella de Palafrugell.

If you have arranged for a pre-booked transfer (inquire for details and prices) it will take you back to Girona station at midday to catch your train back to Barcelona. **Meals included:** Breakfast

Accommodation

Hotels



All hotels have been specially selected for their warm welcome, location and regional cuisine. On this trip we use 3 and 4-star hotels, all with en suite facilities and swimming pools. A real highlight of this trip is the Castell d'Emporda, a restored castle with individually decorated rooms and wonderful food. Your included evening meals will all be taken in the hotels, which pride themselves on their regional cuisine.

All prices are based on 2 persons sharing, so if there is an odd number of people travelling in your party or you are travelling alone, there will be a compulsory single room supplement (please see dates and prices on the website).

Where a single supplement is available, paying for a single only guarantees a room for single use. It does not always mean a twin or double room will be provided for sole occupancy.

Single supplement from \$446.40 USD

Food & Transport

Eating & Drinking

All breakfasts and 4 evening meals included.

Traditional Spanish food such as paella, chorizo and albondigas (meatballs) can be found on just about every menu in Catalunya, but there are plenty of tasty local specialities too. Local cuisine features plenty of fish, including world renowned anchovies from L'Escala, and botifarras (black pudding) from the mountains. A delicious starter is Pan Catalan, which is lightly toasted bread, drizzled with olive oil and topped with tomatoes and garlic. The geography of the area has developed regional cuisine mixing 'surf and turf'; combinations such as chicken and lobster, or rabbit with prawns. Fruits also feature strongly with dishes combining chicken with figs, or pheasant and grapes. Dishes tend to be rich and hearty but there are also plenty of vegetable options for vegetarians. Catalan foods also feature sauces in many dishes, which are usually rich in flavour.

The region is also renowned for the production of Cava, around the town of San Sadurni de Noya. There is a herby, smoky, grassy flavour to some of these as a result of the grape varieties and climate. The region also produces some of Spain's best wines. Though we do not cycle through San Sadurni de Noya, try the wine from this region if you spot it on a menu.

Transportation

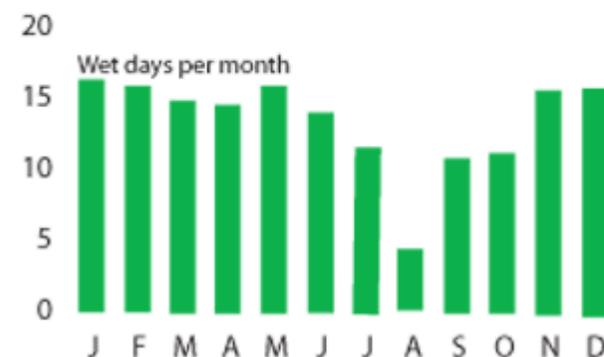
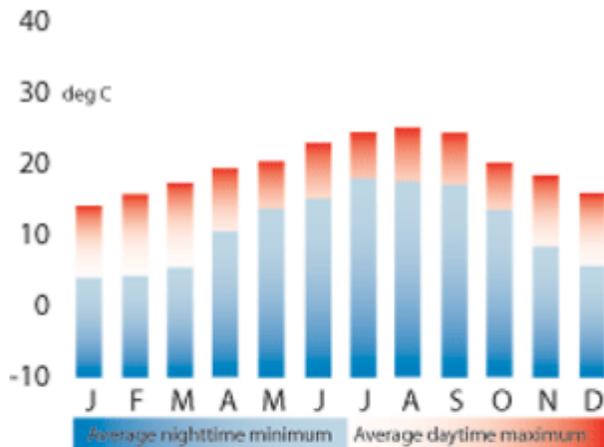
Your luggage will be transported between the hotels by our local representative. They are usually able to dispatch a taxi should you need it, but may wish to charge you for this service. You will be pedaling under your own steam but the emergency number for our local operator is in the trip notes if you need assistance.

Weather & Seasonality

Weather Information

The trips runs from April through to October (except 5-23 Aug) with the early and later part of the season experiencing cooler temperature, highs averaging 18-20 degrees celcius and lows averaging 11-15 degrees Celcius. In the height of July temperatures will reach highs of 28-30 degrees so it is important to be prepared for this. There is always a chance of rain throughout the year, so it is always best to be prepared.

Weather Charts



Joining Instructions

Your trip normally starts at our hotel in Calella de Palafrugell on the afternoon of Day 1 of the itinerary. Hotel check-in times are normally from around 4pm.

Recommended Rail (rail and station transfers not included in tour price, inquire for details and prices)

Rail Barcelona Sants to Girona 15:40/16:15 then taxi (pay locally) or pre-booked transfer (inquire for details and prices) to hotel 50 minutes. Return: Taxi (pay locally) or pre-booked transfer (inquire for details and prices) to station 50 minutes then rail Girona to Barcelona Sants 12:56/13:34.

Full joining instructions including local emergency numbers will be sent to you as part of our Final Joining Instructions. If you do not receive these at least a week before departure, or require them earlier please contact our office or your travel agent.

Location start: Calella de Palafrugell

Location end: Calella de Palafrugell

What to Take

Essential Equipment

Helmets are compulsory in Spain and a legal requirement, you must bring one with you as they are not provided locally.

Warm top and leggings for the early spring and autumn departures

Swimming suit

Windproof and waterproof layer

Comfortable shoes and clothes for the days off the bike if you want to explore the towns

Self-Guided Hire Bikes

We use custom made Headwater hybrid bikes. All bikes are supplied with:

- 1 handlebar map holder
- 2 rear panniers
- 1 bike lock per 2 people
- 1 puncture repair kit per 2 people, which includes a pump

If you are booked as a group, but intend to cycle separately please let us know in advance if you wish to have additional map holders or repair kits.

Seat and handlebar heights will have been set up in advance from the heights you have given us on booking. However, when you receive your bike there will be the opportunity to test and adjust. Our representative will be on hand to assist you and can fit pedals and your saddle if you wish to bring these with you.

Please note helmets are not provided, please take your own on this trip.

Bike Repairs

As you are riding unaccompanied, it is wise to know at least how to repair an inner tube before setting off on your bike! The bikes are serviced before being rented out so there should be no problems but there are emergency numbers provided in the Route Notes for more complex problems.

Local Bike Details

A quality local hire bike is included in the overall price of our cycling holidays. At the time of booking we will take your height in order to reserve equipment. There may on occasions be insufficient bikes available in the correct size; we will endeavour to find suitable alternative equipment but this cannot be guaranteed. We will tell you before you book whether suitably sized bikes are available.

Conditions

1. The equipment remains the property of the supplier and you may not sell, hire out or part possession with the equipment.
2. You must not misuse the equipment and must return it in the same condition as when received (ordinary wear and tear excepted). The supplier is entitled to charge for any damage caused to the equipment during the period of hire.
3. You must ensure that the equipment is adequately secured when not in use. In the event of the equipment being lost or stolen, you may be liable for the replacement value of the equipment
4. You must not use the equipment whilst under the influence of drink or drugs and should immediately notify the Supplier in the event of breakdown or loss.

Bringing Your Own Bike

If you prefer the familiarity of your own bike, you may of course bring it along. Please advise us at the time of booking and you will receive a discount off the price of the holiday, as specified above. You will be responsible for any extra baggage charges, please speak to our Sales team for individual airline fees. Any clients bringing their own bike should ensure they have adequate cover for loss, damage or theft under their travel, home contents or a specialist insurance policy. If Breakaway is confident that we have taken all reasonable care to ensure the safety of your bike, in the rare event of loss, damage or theft you will need to claim under your own insurance policy.

Extra Bike Bits

You may like to bring your own pedals and saddle (excluding the seat post) or gel saddle cover to fit to the hire bikes. We encourage this, if it is your preference. However, please note that you are responsible for your own equipment, and removing your saddle/pedals at the end of the trip. We cannot guarantee the return of any bike parts left behind.

Breakaway Policy on Cycling Helmets

Wearing a helmet is mandatory for anyone taking part in any guided Breakaway cycling holiday. Group members must bring their own helmets, as they are not available for hire, even if they are hiring a bike from Breakaway.

For self-guided cycling holidays wearing a helmet is highly recommended. Customers who choose to ignore our advice do so entirely at their own risk and on the understanding that it may affect the validity of their travel insurance. It should also be noted that in some countries we travel to wearing a helmet is already a legal requirement.

Cycling of all kinds has its dangers and accidents can happen from time to time. Please ensure that you are properly prepared for the riding you are going to undertake.

Recommended Cycling Clothing

Padded cycling shorts (with loose 'over-shorts' where recommended), breathable clothing, and a lightweight waterproof/windproof top. Shoes with relatively stiff soles are better for biking, but are not essential unless you are cycling long distances. Most people want to carry certain items with them during the day while cycling, for this we recommend a large bum-bag or small close-fitting daysack.

GPS Route Navigation



We've teamed up with RideWithGPS to provide our carefully researched and checked itineraries in a convenient format, similar to a car satnav, with turn-by-turn instructions all along your

route.

Before you travel we'll send you everything you need to download your route notes and the free RideWithGPS app. It's available for iPhone and Android and the routes can also be used on any regular GPS device such as the Garmin Edge bike computers or Forerunner fitness devices.

- Free app for iPhone and Android
- Full turn-by-turn audio instructions
- Live GPS mapping
- Interactive 'point of interest' information
- No wifi needed and no data charges
- Easy to use
- Access to premium app features
- Regularly checked and updated routes

Reading List

There are not many books written on the area, however, there are several useful websites that offer information on the towns and area:

www.gencat.es - the regional government site has some articles in English.

www.costabrava.org - has links to many towns' websites.



Practical Information

Passport

Spain

All nationalities require a full passport that must be valid beyond the intended length of stay. It is your responsibility to have the correct personal documents and to obtain your own visa, if one is necessary, in accordance with the regulations of the country you are to visit. The information offered below is to help you with that process. We are not responsible for the actions of local immigration and customs officials, whether at points of entry or otherwise, and any subsequent effects.

Visa

Spain

No visa required for United States or Canadian passport holders.

Visa regulations can change without notice: please check the current regulations in good time to obtain a visa if one is required.

Vaccination

Spain

There are no specific health risks.

Travel health can often be something people forget about before going away, but a little preparation and knowledge can go a long way to help you stay fit and healthy while abroad.

The above information can change at short notice; as we are not qualified to answer all your questions about travel health we strongly recommend you contact your Medical Professional or a Travel Health Clinic at least 8 weeks prior to departure for up-to-date information. Please note: vaccinations that are routinely recommended to residents of the UK, North America or Australasia are not considered to form part of the travel health advice, and you should ensure these are kept up to date where necessary.

For additional information please visit: Centers for Disease Control C.D.C at <https://wwwnc.cdc.gov/travel>

Insurance - are you adequately covered?

It is a condition of joining any of our holidays that you must be fully insured against medical and personal accident risks (to include repatriation costs and air ambulance or helicopter rescue services where appropriate). On arrival in destination for your trip, you will be asked to present details to your leader or local representative of your policy.

If you are resident in the USA we recommend the Travelex Travel Select travel insurance policy, this is specifically designed to cover all activities on your trip. If arranging your own policy please ensure that you are covered for all activities that are part of the trip, optional activities that you intend to take part in and/or on high altitude itineraries, that you are covered up to the maximum altitude of the trip.

Local Time

Spain's Timezone: Europe/Madrid CEST (GMT +02:00)

Electricity

Spain's Electricity: European plug - 2 round pins. 230 Volts AC.

European plug - 2 round pins.

Money

Spain's Currency

The national currency of Spain is the Euro (EUR), with an exchange rate at the time of publication (October 2017) of approximately 0.84 to the USD, 0.67 to the CAD, 0.66 to the AUD and 0.59 to the NZD.

ATM Availability

ATMs are widely available, but we recommend taking some Euros cash with you in case you can't get to a bank at the start of the trip.

Extra Expenses & Spending Money

You will only need money for two dinners, all lunches, snacks and drinks and entry for any sites you wish to visit. Depending on your choice of restaurant dinners will range in price, we suggest allowing approximately €15-35. Lunches can be inexpensive if you buy produce from local markets or shops and make up a picnic. However, if you stop at a café you can easily spend €15. We would recommend budgeting for €5-15 for lunches and allow an additional €10 a day for any extras.



Responsible Tourism

At Breakaway we believe in the power of Responsible Travel.

Every time we travel, we are part of a global movement that creates jobs, builds more sustainable societies, encourages cultural understanding and safeguards common natural and cultural heritage.

Important Information

On all guided trips

Although our leaders are well trained to deal with different capabilities, if they have any concerns about someone's ability to safely partake in an activity, or their impact on other people's enjoyment, we authorize them to take necessary action which, in some circumstances, may involve asking someone to miss that activity.

Although rarely enforced, by booking this trip you agree to section 5 of our Booking Conditions which clearly states that our leaders have the authority to do this. In these circumstances we will ensure anyone sitting out is safely provided for and offered alternative options where possible. Refunds will not be provided for activities missed and customers may be liable for additional costs incurred.

On all trips

In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call the Breakaway office and ask to speak to one of the experts on this itinerary.

In an emergency, please contact our 24 hour out of hours service on +44 (0) 844 326 7041.

Every time that you travel abroad you should take the time to read the warnings in the essential information in the brochure.

Full joining instructions including local emergency numbers, and details of how to reach the start point, will be sent to you approximately 2 to 3 weeks prior to departure. If you do not receive these at least a week before departure, or require them earlier please contact our office or your travel agent.

The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure or website, the Trip Notes supersede the brochure and website. All holidays can be subject to unexpected changes; in order to enjoy them you should be prepared to be flexible where necessary. Occasionally, as stated in our brochure, it may not be possible to follow the itinerary as planned. This may be for a variety of reasons - climatic, political, physical or other. In these circumstances we will make the best possible alternative arrangements that maintain the integrity of the original itinerary.

TRAVEL AWARE -STAY SAFE & HEALTHY ABROAD

The U.S. State Department has up-to-date advice on staying safe and healthy abroad. For more on security, local laws, plus passport and visa information, see <https://www.state.gov/travelers/>

Keep informed of current travel health news by visiting Centers for Disease Control C.D.C at

<https://wwwnc.cdc.gov/travel>



Ready to book? Contact Breakaway Adventures on Tel: 1-800-567-6286; International Tel:

+1-843-856-9771.

<https://www.breakaway-adventures.com>

