

Mountainbike-Tour in Catalonia

NEW

8 DAYS / 7 NIGHTS, APPROX. 330
BOOKING CODE: ES-SPGG7

DAILY ROUTE LENGTH ●●●●●
TOPOGRAPHY ●●●●●



Your tour

This varied mountain bike tour takes you through Empordà, one of the most attractive regions of Catalonia. Between the foothills of the Pyrenees and the Mediterranean coast, you will experience diverse landscapes, tranquil natural areas and charming villages with a distinctly Catalan character. The route largely follows quiet paths away from heavy traffic and combines active cycling with cultural discoveries – from historic sites to the region’s artistic heritage. Enjoy Mediterranean flair, impressive views and a perfect balance of activity, nature and culture.

Itinerary

Day 1	Individual arrival to Girona
Day 2	Day trip to Adri, approx. 40 km
Day 3	Girona – Sant Feliu de Guixols, approx. 55 km
Day 4	Sant Feliu de Guixols – Calella de Palafrugell, approx. 60 km
Day 5	Calella de Palafrugell – Torroella de Montgrí, approx. 45 km
Day 6	Torroella de Montgrí – Figueres, approx. 65 km
Day 7	Figueres – Flacà – Girona, approx. 65 km
Day 8	Individual departure

Travel time

Season A	01.03. – 31.03.	
Season B	01.04. – 19.06.	01.10. – 24.10.
Season C	20.06. – 30.09.	

Daily arrival 01.03. – 24.10.2026
The season is dictated by the arrival date.

Services

- 7 nights with breakfast, national 2* / 3*-level
- Luggage transport from hotel to hotel, max. 1 piece per person, max. 20 kg / piece
- Cycle route description with maps (1 x per room)
- Route navigation via app
- Service-Hotline (7 days, 08.00 a.m. – 08.00 p.m.)

Not included services

- Citys or visitors tax, if payable

Basic price per person

Doubleroom, Season A	849,-
Doubleroom, Season B	929,-
Doubleroom, Season C	1029,-
Surcharge single room, season A	229,-
Surcharge single room, season B	279,-
Surcharge single room, season C	339,-

Additional services per person

E-Mountain bike	369,-
Mountain bike	139,-

Exemplary hotel list

Girona	Hotel Peninsular 3*	https://www.hotelpeninsulargirona.com/en
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Sant Feliu de Guíxols	Hotel Barcarola 3*	https://www.hotelbarcarola.es/
Calella de Palafrugell	Hotel Sant Roc 3*	https://www.santroc.com/
Torroella de Montgrí	Fonda Mitjà 2*	http://www.fondamitja.es/
Figueres	Hotel Ronda 3*	https://all.accor.com/hotel/B797/index.es.shtm-l?dateIn=2020-03-09&nights=1&compositions=2&stayplus=false#origin=accor
Girona	Hotel Peninsular 3*	https://www.hotelpeninsulargirona.com/en

Child reduction on basic price

15 - 17 Years

10%

Due to the more demanding stages, we recommend this trip only for young people with good stamina. Discount applies for accommodation in a room with two full-paying guests.

Languages Travel documents

→ German, English, French

Additional note

→ All bookings are on request.

Equipment of our rental bikes

- Bike lock
- Bottle cage
- Pannier
- smartphone holder
- Helmet for hire
- Repair kit

Journey to Girona

- Nearest airports: Girona, Barcelona
- Train station: Girona

Stages description

Day 1: Individual arrival to Girona

A warm welcome to Girona! Upon your arrival in this charming city, you can head directly to your hotel to check in. Once settled, take the opportunity to explore Girona, which is rich in history and culture. Girona is particularly known for its beautifully preserved Jewish Quarter, one of the finest in the world. Don't miss the impressive Cathedral and a scenic walk along the medieval walls, offering stunning panoramic views of the city.

Day 2: Day trip to Adri, approx. 40 km

The route leaves Girona towards the quieter western countryside, an area known for its flowing singletrack and natural scenery. Riding through the lush Adri Valley, rolling hills, forests and small streams create a relaxed atmosphere. One of the stage highlights is the extinct Adri volcano, with striking rock formations shaped by ancient volcanic activity. A varied mix of forest trails, open terrain and technical sections defines this Mountainbike-Tour in Catalonia, before a fast descent brings you back to Girona and rounds off the day perfectly.

Day 3: Girona – Sant Feliu de Guixols, approx. 55 km

The ride begins along the Greenway, gradually leaving the city behind as the surroundings become quieter and more natural. After a short distance, the route climbs into the Gavarres mountain range. Rolling hills, non-paved roads and flowing singletrack shape this stage. Vast cork oak forests are a defining feature of the area and give this Mountainbike-Tour in Catalonia its distinctive feel. A mix of climbs,

forest trails and technical sections keeps the ride engaging. The route later rejoins the Greenway and finishes at the beach of Sant Pol, where your hotel awaits just steps from the sea – perfect for relaxation or a refreshing swim.

Day 4: Sant Feliu de Guixols – Calella de Palafrugell, approx. 60 km

The stage starts with a climb back into the Gavarres mountains. Although shorter in distance, the ascent requires effort and rewards you with sweeping views over the Costa Brava and the Mediterranean Sea. A scenic descent leads to Cala Castell, a beautifully preserved cove with turquoise waters—perfect for a short break or a refreshing swim. One final climb follows before heading towards Calella. Along the way, a small hut with a door inspired by Salvador Dalí adds a playful artistic touch, fitting perfectly into this Mountainbike-Tour in Catalonia. The day ends in the charming fishing village of Calella, where colourful seafront houses and a relaxed coastal atmosphere await.

Day 5: Calella de Palafrugell – Torroella de Montgrí, approx. 45 km

The stage begins in Calella with a climb towards the hilltop town of Begur. Its medieval castle dominates the skyline and offers sweeping views across the Empordà plain, stretching towards the Mediterranean Sea. The route then passes through a distinctive coastal dune landscape, shaded by Mediterranean pine forest and providing a refreshing change of scenery. Another highlight is the beautifully preserved medieval village of Pals, where cobbled streets and stone houses invite you to slow down and explore. For the final section,

the route crosses the Ter River and leads into Torroella de Montgrí. Towering above the town, Montgrí Castle creates a striking backdrop and a memorable end to the day's ride.

Day 6: Torroella de Montgrí – Figueres, approx. 65 km

Your day begins with a climb into the Montgrí Massif, featuring rocky terrain, technical trails and wide coastal views. This demanding section is a highlight of the Mountainbike-Tour in Catalonia. A descent leads to L'Escala and the seafront ruins of Empúries, where ancient history meets Mediterranean scenery. The route then turns inland through expansive apple orchards before continuing via Peralada to Figueres. The stage ends in Salvador Dalí's hometown, crowned by the iconic Dalí Theatre-Museum.

Day 7: Figueres – Flaçà – Girona, approx. 65 km

Leaving Figueres, the ride passes through forests and farmland, with small villages offering glimpses of local life. Crossing the Ter River signals a change in scenery before reaching Flaçà, where riders may opt for a train back to Girona for a more relaxed finish. Continuing by bike, the route climbs into the Gavarres to the viewpoint of Els Àngels, with sweeping views over Girona and the surrounding countryside. A final descent returns to the city, where a well-deserved rest on a terrace and a celebratory meal mark the end of this rewarding Mountainbike-Tour.

Day 8: Individual departure

After breakfast you start your individual return journey home or extend your stay.