

Spain: Girona & Costa Brava

Bike Vacation Only

With our deep Spanish roots, we bring you the authentic Catalonia—on easy cycling routes and low-traffic country roads that others miss. As you pedal Costa Brava’s charming bucolic landscape, you’ll pass farmland and orchards—stopping at a local home where you’ll enjoy lunch with a family, eating ingredients straight from their garden. Spin through ancient medieval villages—pausing by a secluded, spring-fed lagoon for a traditional Catalan BBQ lunch cooked over an open fire. Here, your charming local host serves authentic seasonal specialties—such as *calçots*, *pa amb oli*, and wild-foraged mushrooms. You’ll also experience the sophisticated side of Costa Brava as you explore the cycle-centric city of Girona, take a boat ride to L’Estartit, and discover Púbol Castle—where Salvador and Gala Dali lived and left their indelible mark.

Cultural Highlights

- Learn about the personal life of artist Salvador Dalí during a visit to Púbol Castle.
- Pedal a rural landscape past fields of sunflowers, fruit orchards, and rice fields.
- Enjoy lunch at a typical *mas*—a small Catalan farmhouse—featuring dishes crafted from our hosts’ organic farm.
- Admire one of the finest amphitheaters outside of Rome on a guided audio tour of the Greek and Roman ruins of Empúries.
- Enjoy a scenic private cruise along the Costa Brava.

What to Expect

This tour offers a combination of easy terrain and moderate hills and is ideal for both beginner and experienced cyclists. Our VBT support vehicle is always available for those who would like assistance with the hills.

Tour Duration: 7 Days

Average Daily Mileage: 15-35 miles

Average Cycling Time: 2-4 hours

Group size: 14-20 max

Climate Information

Average High/Low Temperature (°F)

March 61°/44°, April 64°/47°, May 69°/54°, June 76°/54°, September 78°/62°, October 71°/55°

Average Rainfall (in.)

March 1.6, April 1.9, May 2.3, June 2.3, September 3.4, October 3.6

DAY 1: Walking tour of historic Girona

Meet your VBT representative in Girona at the hotel Nord 1901 at 9:00 a.m. The contact information for the hotel will be included with your final documents. Please contact the hotel to advise them of any travel delays or changes so the staff can alert your VBT trip leaders. Enjoy a guided walking tour of the Old Town of Girona before shuttling to the foothills of the Pyrenees, where you will meet your VBT trip leaders for lunch. Please be dressed for cycling for your warm-up ride before departing Girona.

Upon arrival, attend a short orientation and bike-fitting and begin your warm-up ride through scenic mountain valleys and along Lake Banyoles. Pause along the shore of the lake to enjoy a picnic lunch.

Back in Girona tonight, your small group gathers for a welcome cocktail reception before enjoying a delicious dinner at the hotel's prestigious restaurant.

Today's Ride Choices

Morning: Warm-up — 12 km (7 miles)

What to Expect:

Get acquainted with your bike as you cycle on easy paved roads, which are similar to the routes you will have throughout your Costa Brava bike tour. You will ride on a combination of two-lane country roads with light traffic and at times on more heavily trafficked roads. Occasionally, you will have the opportunity to ride on a designated bike path. This easy scenic ride takes you to the shores of Lake Banyoles, Catalonia's largest natural lake. The lake was the rowing venue for the 1992 Barcelona Summer Olympics and today is a popular training location for rowers.

Cumulative Distance Range: 12 km (7 miles)

Included Meals: Lunch, Dinner

DAY 2: Púbol / Castell Dali Gala

The first full day of your Costa Brava bike tour begins with a scenic ride into the heart of the historic Baix Empordà province of Catalonia, where you'll stop at the medieval village of Púbol. Here, you'll visit Púbol Castle, purchased by Salvador Dalí in 1970 as a gift for his wife Gala. Enjoy a glimpse into Dalí's personal life and witness his many talents as you gaze at original paintings, sculptures, and custom-designed furniture. You can also admire some of Gala's haute couture dresses, designed exclusively for her by Christian Dior. Gala chose her beloved Púbol Castle as her final resting place and is buried in the cellar's mausoleum.

Later, ride through lush farmlands and small villages where you may enjoy lunch at your leisure in one of the village cafés. After lunch, you'll cycle to the coastal village of Platja de Pals for your first night on the Costa Brava. Tonight, enjoy a special dinner in the hotel's celebrated restaurant.

Today's Ride Choices

Morning: Púbol to Ullastret — 18 km (11 miles)

Afternoon: Ullastret to Sa Punta Hotel — 16 km (10 miles) | Begur Challenge Loop PLUS — 14 km (9 miles)

What to Expect:

From Púbol, ride through the scenic Catalan landscape. Your ride will take you on narrow country roads past farms and through forests with some rolling hills. If you would like a longer ride, you can enjoy extra cycling through the countryside, occasionally sharing the road with passing cars. Once at your hotel take the longer option with its rewarding elevation gain.

Cumulative Distance Range: 18 – 48 km (11 – 30 miles)

Included Meals: Breakfast, Dinner

DAY 3: Pals and Peratallada

This morning, you'll ride into to the village of Peratallada. Its name translates into "carved stone"—an apt label, as most of the buildings were built from stone taken from the moat that still partially encircles the village. This remarkable town has been declared a historic artistic monument. Its dominant structure is the Castle of Peratallada, dating to 1065 AD. Restoration of this now privately owned castle revealed

traces of a Bronze Age settlement.

After you explore this historic village, continue cycling to a lush, rural landscape past sunflower fields, fruit orchards, and rice paddies, and then step back in time in Baix Empordà's medieval villages. Coasting into Pals, you will be charmed by cobbled stone streets and an impressive Gothic Quarter whose facades feature distinctive windows, stone balconies, and semicircular arches. The town's Roman wall with its four square towers and the Romanesque clock tower—Torre de les Hores (Tower of the Hours)—dates to the 4th century. Take some time to enjoy the lunch here at your leisure and visit some of the artists' galleries before getting back on your saddle for your return ride to your hotel. This afternoon gives you the opportunity to relax by the lovely swimming pool or stroll down to the nearby beach.

This evening, enjoy a sumptuous dinner in your hotel's elegant dining room.

Today's Ride Choices

Morning: Hotel to Torrent and Peratallada — 26 km (16 miles)

Afternoon: Peratallada to Pals and hotel — 23 km (14 miles)

What to Expect:

Enjoy a morning of easy riding as you glide into Peratallada. In the afternoon, continue cycling to the village of Pals. Additional riding is available after your exploration of Pals. Cycling on narrow country lanes and some busier roads, you will pass medieval villages before ending with an uphill ride to your hotel.

Today may offer an additional independent ride for experienced cyclist. Ask your trip leaders for details.

Cumulative Distance Range: 26 – 49 km (16 – 30 miles)

Included Meals: Breakfast, Dinner

DAY 4: Apple orchards and lunch at a Catalan farmhouse

After breakfast, you'll cycle toward your home for the next three nights on the Mediterranean. Today's leg of your Costa Brava bike tour leads you along scenic country vistas with the spectacular snow-capped

Pyrenees in the distance. Your destination is the province of Alt Empordà (upper Empordà), north of Baix Empordà (lower Empordà).

Take a break from riding after you pass through a lovely apple orchard and enjoy lunch at a typical *mas*—a small Catalan farmhouse. Our hosts, Eva and Marc, will spoil you with food grown from their organic farm and offer the opportunity to sample the rice harvested from nearby Pals.

In the afternoon, enjoy a scenic ride past a medieval water mill before arriving in the village of Parlavà. Here, you may continue riding or shuttle to our Mediterranean beachfront hotel. Once at the hotel, wander along the waterside cycling path into the town of L'Escalà or treat yourself to one of the hotel's many spa options.

This evening, enjoy dinner on your own in one of the hotel's restaurants or walk along the beachside cycling path to a restaurant in the neighboring village of Sant Martí d'Empúries. This small village was first settled by the Greeks in the 6th century BCE and later became an important medieval political center. It continues to maintain much of its historic charm, so it's easy to imagine what life may have been in that bygone era.

Today's Ride Choices

Morning: Hotel Sa Punta to Lunch — 19 km (12 miles)

Afternoon: Lunch to Parlavà — 14 km (9 miles) | Parlavà to Hotel PLUS — 22 km (14 miles)

What to Expect:

A glorious morning ride traverses apple orchards framed by the snow-capped Pyrenees. After lunch, you may shuttle to your Mediterranean beachfront hotel or continue cycling past a medieval water mill, through Parlavà, where you may shuttle to your Mediterranean beachfront hotel in L'Escalà.

Cumulative Distance Range: 19 – 55 km (12 – 35 miles)

Included Meals: Breakfast, Lunch

DAY 5: Vineyards and cork trees / Picnic lunch / Peralada and Vilabertran / Empúries

After breakfast overlooking the Mediterranean Sea, you will shuttle 45 minutes to the bucolic mountain town of Cantallops near the border of France for the starting point of today's ride. You will cycle through a rural landscape of vineyards and olive and cork trees before meeting your trip leaders, who will prepare a lovely picnic lunch for your enjoyment.

Later, continue riding to one of the most important sites in the area: the perfectly restored Peralada Castle. Explore the village of Vilabertran, famous for the Santa Maria de Vilabertran monastery, as well as for being the setting for Dalí's 1913 painting *Vilabertran*, which he painted when he was only nine years old. You will complete your cycling today in the village of Castelló D'Empúries, where you can opt for some extra miles all the way back to your hotel or hop on a shuttle.

After returning to your hotel, enjoy its spa (additional cost) or nearby beach, or explore the neighboring ruins of Empúries, some of the most important Greco-Roman ruins on the Iberian Peninsula. Admission to the ruins is part of your VBT tour and includes a self-guided audio tour of this archaeological site, which has one of the finest amphitheaters outside Rome. The large terraces of your garden-view spa rooms are ideal for relaxing and enjoying the beautifully landscaped native vegetation surrounding the hotel.

Dinner tonight is at your leisure. Dine at one of the hotel's restaurants or walk along the beachside cycle path to enjoy a quiet meal in the village of L'Escala.

Today's Ride Choices

Morning: Cantallops to Lunch — 20 km (12 miles)

Afternoon: Lunch to Castelló d'Empúries — 22 km (13 miles) | Castelló d'Empúries to Hotel PLUS — 34 km (20 miles)

What to Expect:

Cycle through a rural landscape to Peralada Castle, finishing the ride in Castelló D'Empúries. At the end of today's ride, you can opt for some extra miles or shuttle back to the hotel.

Cumulative Distance Range: 20 – 76 km (12 – 45 miles)

Included Meals: Breakfast, Lunch

DAY 6: Mediterranean cruise / L'Estartit / Torroella de Montgri / Farewell dinner

This morning, you'll shuttle to neighboring L'Escala's marina. Here, you'll embark a chartered boat for a private cruise along the scenic Costa Brava coast. During this tour, you'll cruise past gorgeous coves and the dramatic, craggy rock formations of the Islas Medes jutting into the sea. These crystal-clear waters nurture significant biodiversity, making it one of the most important marine reserves in the western Mediterranean.

Your trip leaders will meet you at the end of your cruise in the port of L'Estartit, with your bicycle ready for the day. Today's ride will pass the impressive Montgri Massif, which locals say looks like a sleeping bishop. You'll see the ancient Montgri Castle perched on its summit as you pedal along. Stop for lunch on your own in the quaint town of Torroella de Montgri, resting on the banks of the Ter River. Once a royal port for the Kings of Aragon, it retains its medieval core and stalwart walls.

This evening, trade stories of your Costa Brava bike tour alongside your trip leaders and travel mates during a festive farewell reception and dinner at your lovely beachside inn. Much of the menu is harvested from the hotel's organic garden, and you will sample some of Catalonia's finest wines with this special meal.

Today's Ride Choices

Morning: L'Estartit to L'Escala — 26 km (15 miles)

What to Expect:

From the port of L'Estartit, you will cycle through town before joining quieter country roads that link the various medieval villages you will enjoy on today's ride. Some of the roads will be busier than those on previous days, but the riding is easy and scenic.

Cumulative Distance Range: 26 km (15 miles)

Included Meals: Breakfast, Dinner

DAY 7: Travel to Figueres / Dalí Museum / Travel to Barcelona

VBT provides morning transportation to Figueres, the birthplace of Salvador Dalí, for an included tour of the Dalí Museum.

After the tour, travel to Barcelona's Hotel 1898. The tour concludes here at approximately 2:30 p.m. You will need to make your own transportation arrangements to the Barcelona airport. Departing flights prior to 5:00 p.m. are not recommended. If you have an earlier departure, you will need to make your own transportation arrangements to Barcelona.

Included Meals: Breakfast

Accommodations

May vary depending on departure date.

Nord 1901 (Day 1)

Located in the historic heart of Girona, the Nord 1901 Hotel was completely renovated in 2009 to offer sophisticated flair and modern amenities while still preserving the ambiance of its Old Town setting. Intimate and family-operated, it is within walking distance of Girona's main attractions, including the colorful houses along the River Onyar, the Plaza Independencia, the Jewish quarter, the cathedral, and a wide range of popular restaurants and cafés. Enjoy breakfast on the garden terrace and take advantage of the only garden in the city center with a swimming pool. Each luxurious room is equipped with climate control, a safe, hot-water kettle for coffee- and tea-making, flat-screen TV, free WiFi, and a private bath with shower, bathrobe, slippers, and hairdryer.

Hotel Sa Punta (Days 2-3)

The Hotel Sa Punta's magnificent setting in a grove of pines is less than a 15-minute walk from the beach of Pals in Costa Brava. Within the grounds of the hotel you will find lovely gardens and a large saltwater swimming pool. The Font brothers have owned and operated the restaurant and hotel for almost 40 years, and their attention to detail is evident wherever you look. The Sa Punta restaurant has a world-renowned reputation that has attracted celebrities for years and is considered one of the best eating establishments in Costa Brava. The large guest rooms are fitted with all the amenities of a luxury resort including air conditioning, and the VBT rooms have a terrace overlooking the hotel's lush gardens.

Hostal spa Empúries (Days 4-6)

Situated directly on Portitxol Beach and on our route, overlooking the Bay of Roses, the Hostal spa Empúries stands on an ancient settlement, beside the Greek and Roman ruins of Empúries, and is within easy walking distance of the medieval towns of Sant Martí d'Empúries and L'Escala. The air-conditioned resort hotel is dedicated to sustainable tourism and also to the health and well-being of its guests. The property features lovely gardens of native vegetation, an outdoor terrace overlooking the sea, and landscaped areas to stroll through. Gym facilities are complimentary, and optional spa services and indoor pools are also available.