



TOUR ITINERARY

RIDING
LEVEL

2

Europe / Spain / Costa Brava

Costa Brava Bike Tour

Cycling Girona Province: the Gastronomic Heartland of Catalonia

TOUR HIGHLIGHTS

- Admire the surrealist works of Salvador Dalí at his dedicated museum in Figueres
- Visit a boutique winery for an exclusive tasting and private dinner in a historic *masía*
- Rest and rejuvenate at the ultra-refined Mas de Torrent hotel and spa
- Taste olive oil unlike any other at an 800-year-old organic olive oil farm



ARRIVAL + DEPARTURE

Arrival Details

- ✈ **Airport City:**
Barcelona, Spain
- 📍 **Pick-Up Location:**
Figueres-Vilafant Train Station (AVE)
- 🕒 **Pick-Up Time:**
10:40 am

Departure Details

- ✈ **Airport City:**
Barcelona, Spain
- 📍 **Drop-Off Location:**
Girona
- 🕒 **Drop-Off Time:**
12:00 pm

Emergency Assistance

For urgent assistance on your way to tour or while on tour, please always contact your guides first. You may also contact the Boston office during business hours at +1 617 776 4441 or emergency@duvine.com.



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Tour By Day

DAY
1

Welcome to Catalonia

Your DuVine guides will greet you at the Vilafant train station near the city of Figueras—just south of the French border—where our boutique hotel is located. After a light lunch beside the hotel pool, our first ride of the week finds us spinning along quiet, tree-lined country roads and over rolling hills with views of the Pyrenees. This afternoon, we return to Figueras for a guided visit of Salvador Dalí's surreal museum. Toast to the adventure ahead with a glass of local Cava before a dinner of bite-sized *pintxos* (gourmet tapas like gazpacho and spicy *patatas bravas*) at our favorite tapas bar.

Meals: Lunch / Dinner

Destinations: Figueras, Avinyonet, Llers, Cistella

Accomplished: 16 miles / 26 km, elevation gain: 315 meters

Accommodations: [Mas Falgarona Hotel](#)

DAY
2

The Plains of Catalonia

Our ride today brings us south over rolling plains from the Alt Empordà to the Baix Empordà, east of Girona. Pedal through country villages and farming landscapes to the bastion town of Ullastret, then on to the pretty village of Palau-Sator. Here, Maria and her family prepare lunch for us in the garden of her delightful restaurant which specializes in traditional Catalan cuisine with a hint of her Argentine heritage. Then it's time for a short, easy spin to our luxury hotel. Take a dip in the pool or experience the fabulous spa facilities, then reconvene for dinner at the hotel's homey restaurant.

Meals: Breakfast / Lunch / Dinner

Destinations: Verges, Ullastret, Palau-Sator, Torrent

Accomplished: 30 miles / 48 km, elevation gain: 478 meters

Longer Option: 33 miles / 53 km, elevation gain: 539 meters

Accommodations: [Mas de Torrent Hotel + Spa](#)

TOUR ITINERARY

DAY
3

Exploring Medieval Villages

This morning, set out cycling through charming medieval villages: our first stop is the enchanting bastion village of Peratallada and its vaulted market square, followed by a stop for coffee or cold beer on the ancient main plaza of Monells. Our ride culminates at the De Roos family's 800-year-old olive oil farm for a gourmet picnic featuring their organic extra virgin olive oil. This evening, visit one of the most exclusive wine producers of the Baix Empordà and tour their award-winning cellar. We'll retire to the manor house for a delectable organic dinner prepared for us by our friends Pepi and Angel and served on their panoramic terrace.

Meals: Breakfast / Lunch / Dinner

Destinations: Pals, Peratallada, Ullastret, Monells, La Bisbal

Accomplished: 19 miles / 31 km, elevation gain: 272 meters

Longer Option: 25 miles / 41 km, elevation gain: 343 meters

Accommodations: [Mas de Torrent Hotel + Spa](#)

DAY
4

The Wild Coast of Costa Brava

Today we'll spin through the pottery-making town of La Bisbal and climb to la Col de la Ganga, a favorite of local cyclists. We'll continue our journey to the bustling fishing town of Palamos where we'll enjoy a tapas lunch at a beachside *chiringuito*. Next, choose to ride on or hop in the van for a short transfer to our colonial-style mansion for the next two nights, La Malcontenta. Relax at the pool, arrange a massage, or walk down to Castell beach. This evening, enjoy dinner on your own in Palamos, whether you're in the mood for wine and tapas on a waterfront terrace or a magnificent seafood feast.

Meals: Breakfast / Lunch

Destinations: La Bisbal, Calonge, Palamos

Accomplished: 20 miles / 33 km, elevation gain: 362 meters

Longer Option: 25 miles / 41 km, elevation gain: 448 meters

Accommodations: [Hotel Malcontenta](#)

TOUR ITINERARY

DAY
5

Braving the Costa Brava

Today's *Costa* ride is short but *Brava!* We'll follow the coast north to Llafranc for a spectacular view from the 150-year-old lighthouse. Arrive in Begur after some short but challenging sections peppered with chic holiday homes, spectacular vistas, and small seaside villages, then shop for souvenirs or take a stroll through this medieval market town. Our ride concludes with magnificent coastal vistas at the beachside village of Pals Playa. The day's cycling achievements are rewarded with a paella lunch and picturesque terrace views—we may even take a celebratory dip in the cool coastal waters. Tonight, we end our week in customary DuVine style with a show-stopping meal at Hotel Malcontenta.

Meals: Breakfast / Lunch / Dinner

Destinations: Llafranc, Begur, Pals Playa

Accomplished: 20 miles / 33 km, elevation gain: 675 meters

Longer Option: 32 miles / 54 km, elevation gain: 868 meters

Accommodations: [Hotel Malcontenta](#)

DAY
6

Adios to Catalonia

Sit down to a final breakfast at La Malcontenta before our guides transfer you to Girona, where our journey ends. We highly recommend a few extra days in this captivating city beloved for its majestic cathedral, Sephardic history, and medieval streets brimming with charming boutiques.

Meals: Breakfast
