

DESTINATION HOTELS

Girona has a range of hotels adapted to suit the needs of athletes, offering specialised services.

HOTELS			Sport Tourism Destination label services
CARLEMANY ****	✓	✓	✓
CIUTAT DE GIRONA ****	✓	✓	✓
GRAN ULTÒNIA ****	✓	✓	✓
MELIÀ GIRONA ****	✓	✓	✓
PENINSULAR ***	✓		✓
ULTÒNIA ***	✓	✓	✓
IBIS GIRONA NORD **	✓	✓	✓

SPECIFIC SERVICES

- Flexible mealtimes
- Prepared picnic lunches for athletes
- Basic replacement footwear to go to the room
- Brush for cleaning athletic footwear
- Sport clothing laundry service
- Closed and secure parking area for bicycles
- Workshop with basic repair tools
- Hose for cleaning bicycles
- Sale of energy products
- Possibility of acquiring spare parts



TOP INFLUENCERS

Jan Frodeno

«My wife and I explored Europe looking for the perfect place. It's not easy to find a city in which you can run, cycle, swim... But we saw that Girona had it all. Plus, every year there are more and more specialist centres and services for elite athletes», explains Frodeno, who can often be seen swimming in the GEiEG's Olympic pool, working with the people at Cenit, going to SportCat or jogging along the Vies Verdes (Greenways).

German triathlete Jan Frodeno spends part of his year, about seven months, in Girona. During the coldest months, he heads to his wife's country, Australia. Frodeno is considered the greatest specialist in the Ironman world, winning the title of world champion in 2015 and the Ironman in 2016. In addition, as a triathlete he won the gold medal at the 2008 Beijing Olympics.



Pory Sutherland

A professional cyclist who has settled in Europe. This Australian athlete chose Girona because «it's the perfect city, first because it's a good place to live with my wife and kids, and second, because it's in a perfect area for cycling. There's no question that Girona is currently the European cycling capital. Also because of the people and the quality of life, we're really happy here».

Sutherland is fully immersed into life in Girona, even to the point that he's the co-owner of a restaurant in Barri Vell, the old part of the city.

DL Gi 240-2019



gironaenjoysport.com
girona.cat/DTE
 972 010 001
dte@ajgirona.cat



@GironaEnjoyBiking
 @girona_biking



@GironaEnjoyRunning
 @girona_running

;) girona
emociona

Costa Brava
Pirineu de Girona



GIRONA ENJOY SPORT



Pictures: ICONOVA



**RUNNING - CYCLING - ATHLETICS
 SWIMMING - TENNIS - TRIATHLON**

Whether it's because of its charm and surroundings, its sports facilities or its human dimension, Girona is the perfect destination for sports tourism. If we add that it has a wide range of modern, fully equipped hotels available, it's easy to understand why many teams and professional athletes choose the city as a place to stay and train.

CYCLING COMPANIES

BIKE BREAKS GIRONA www.gironacyclecentre.com

C. Nou, 14. 17001 Girona | 972 205 465
info@gironacyclecentre.com | [f](#) [t](#) [@](#) @bikebreaks

CICLOTURISME.COM www.cicloturisme.com

C. de Santa Eugènia, 11. 17005 Girona | 972 221 047
info@cicloturisme.com
[f](#) [t](#) [@](#) @CicloTurisme [@](#) @Cicloturisme_com

CUSTOMISED EVENTS

MUNICIPAL SPORTS SERVICE www.girona.cat/esports

972 226 136 | coordinacioactivitatsesports@ajgirona.cat
[t](#) [@](#) @esports_gi [f](#) esports.girona

GEIEG www.geieg.cat

972 234 459 | comercial@geieg.cat | [f](#) [t](#) [@](#) @geieg1919

CLUB TENNIS GIRONA www.gironatennispro.cat

C. d'Aragó, 58. 17003 Girona | 972 201 083
info@tennisgirona.cat
[f](#) [@](#) @ClubTennisGirona [t](#) [@](#) @CTGirona [@](#) @clubtennisgirona

ADDITIONAL SERVICES

SPORTCAT www.sportcat.cat

Av. de Lluís Pericot, 76. 17003 Girona
972 208 528 / 625 634 531 | info@sportcat.cat
[f](#) sportcatsportsmedicine [t](#) @Sportcatcat [@](#) @sportcat.cat

CENTRE CENT www.centrecenit.com

C. de Can Pau Birol, 35. 17005 Girona | 972 242 805
girona@centrecenit.com | [f](#) [@](#) @CentreCenit

Check the cycling, mountain bike and running routes. They can be downloaded free of charge from the apps: BikeMap, RidewithGPS, RouteYou, OutdoorActive, Komoot, GPSies, Wikiloc, Mapmyride, Mountpass and Trailforks.



TOP RACES IN 2019



5TH GIRONA MTB CHALLENGE

22 to 24 - March



Picture: Klassmark

DISTANCE 3 STAGES: 60/80/50 KM
info@klassmark.com
www.gironamtbchallenge.com

3RD SEA OTTER EUROPE - BIKE SHOW - COSTA BRAVA GIRONA

31 May and 1 - 2 June



Picture: Sea Otter

A cycling, outdoor sports and exhibition festival. It combines the trade fair area with competitions, displays and activities related to cycling.

seaottereurope@seaottereurope.com
www.seaottereurope.com

6TH GIRONA CYCLING FESTIVAL - GIRONA GRAN FONDO

10 to 16 - June



Picture: Dash Photography

DISTANCE: CLIMB UP TO ELS ÀNGELS SHRINE / NOCTURNAL CYCLE RACE / 125 KM
ride@gironagranfondo.com
www.gironagranfondo.com

5TH THE PIRINEXUS 360 CHALLENGE

22 - June

DISTANCE: 350 KM
thepirinuxus360@gmail.com
www.thepirinuxus360.com

1ST GRAVEL RACE

20 to 22 - September
DISTANCE 3 STAGES: 80/120/80 KM
info@klassmark.com
www.kassmark.com/bike

4TH LA GERUNDONA

29 - September



Picture: Bandolers Team

DISTANCE: 50/80 KM
info@elsbandolers.cat
www.elsbandolers.cat

21ST LA TRAMUN UCI MTB MARATHON WORLD SERIES

13 - October



Picture: La Tramun

DISTANCE: 33/68 KM
info@latramun.cat
latramun.cat

7TH MARATHON VIES VERDES

17 - February



Picture: Diver Sport

DISTANCE: 10/21/30/42 KM
info@maratoviasverdes.com
www.maratoviasverdes.cat

6TH DUATHLON DE GIRONA - TRADEINN

3 - March

DISTANCE: 5/25/2 KM
esportiu.tgcb@gmail.com
www.triatlogironacostabrava.cat

56TH ASCENT TO ELS ÀNGELS

17 - March

DISTANCE: 9,2 KM
activitats.socials@geieg.cat
www.geieg.cat

9TH TRAIL WALKER OXFAM INTERMON

6, 7 - April

DISTANCE: 100 KM
infotrailwalker@oxfamintermon.org
trailwalker.oxfamintermon.org

22TH ESPORTS PARRA RACE

7 - April

DISTANCE: 5/10 KM
info@esportsparra.com
www.esportsparra.com

6TH GIRONA WOMAN RACE

6 - October



Picture: Antoni Bautista

DISTANCE: 5 KM
info@cursadeladona.com
www.cursadeladonagirona.com

41ST "CARRER NOU" RACE

20 - October

DISTANCE: 5/10 KM
info@gironacentre.org
www.cursacarrernou.cat

9TH GIRONA MOUNT RACE AND TRANSGAVARRÉS

17 - November



Picture: Klassmark

DISTANCE: 15/24/54 KM
info@klassmark.com
www.cursademuntanyadegirona.com

15TH SANT SILVESTRE DE GIRONA 10TH MINI SANT SILVESTRE

31 - December



Picture: Ajuntament de Girona

DISTANCE: 5 KM / MINICURSES
activitatsesports@ajgirona.cat
www.girona.cat/ssilvestre