Cycle tourism by road

Pedal through Catalonia
El Trabucador Beach, the Ebro Delta.
Pedal through Catalonia
The Mediterranean destination to enjoy on wheels

From the Pyrenees to Terres de l’Ebre, following the Mediterranean coast, and with Girona as your new inland destination, Catalonia offers cycling fans everything they need for a journey on two wheels: varied and accessible terrain, routes, a collection of services designed for road cycle tourism, and a mild climate all year round.

An exceptional Mediterranean environment, Catalonia is a land where everything is within reach. Yet, it plays host to a greatly diverse geography including mountain passes - in the Val d’Aran - and the large sandy beaches of the Costa Dorada. It’s a country offering tourists a rich natural and cultural heritage, as well as incredible and revered gastronomy, all of which perfectly complement a cycling adventure. Cuisine, art and history take cycle tourism and turn it into the complete experience. Throughout the journey, cyclists will encounter fantastically maintained roads, in addition to businesses and services designed to cater for their specific needs.

In Catalonia, road cycle tourism is an experience for everyone. Get your clan together and make it your Mediterranean cycling destination!

Accommodation for cyclists

An ensemble of cyclist lodgings offer a service tailored to cycle tourists. All of which fulfil a series of requirements, such as:

• Flexible food service timetable.
• Facilities to prepare picnics for sporting purposes.
• Qualified staff who can recommend routes and provide technical advice.
• Workshop space for cyclists to carry out basic repairs.
• Secure on-site bicycle storage facilities.
• Sales and repairs services.
Cycle tourism in Catalonia
2016 cycle race calendar

Girona
1 Open BTT Girona
February
A race comprised of two stages: 36 kilometres and 19 kilometres. www.girona.cat/esports

2 III Duatlón Girona-Manter
March 27
Running and cycling. Road duathlon: 5 kilometre running sprint, 24 kilometre cycling and a 2.5 kilometres run. www.triatlogironacostabrava.cat

3 II Girona MTB Challenge
April 10
100 kilometres mountain bike race. A journey through several towns of the Girona regions (Rocacorba, Valle de Llémena and Pujarnol). www.gironamtbchallenge.com

4 Girona Bike World
April/May
Cycling festival. www.firagirona.com

5 Pirinexexus 360 Challenge
April/May

6 29th Marcha Cicloturista de Bomberos
From May 24 to 27
Organised by the Barcelona fire-fighters and aimed at law enforcement agencies. www.acebombersbcn.cat

7 Girona Cycling Festival - Girona Gran Fondo
From June 6 to 12
A cycling festival with three main races: time trial at the shrine of Els Àngels, night-time race through the Girona old town, and the 125 kilometres long-distance ‘Girona Gran Fondo’. www.gironagranfondo.com

8 54th Fiesta del Pedal del GEIG
September/October
Cycling suitable for everyone. Travel through one of the ‘Greenways’ surrounding the city of Girona. www.geieg.cat

9 2nd Gerunda Road
November 1
A race comprised of two stages: 101 kilometres and 134 kilometres. www.elsbandolers.cat

10 II Duatlón de Montaña del GEIG
November
Running and mountain biking. www.geieg.cat

Blanes
11 II Duatlón Popular Ciudad Deportiva de Blanes
February 7
Running and mountain biking. www.triatloblanes.com

12 VI Triatlón Vila de Blanes
April 24
Cycling, running and swimming. Leaving from Sa Palomera beach. www.triatloblanes.com

13 Mountain Bike Race
April 24
www.ciclisme.cat

14 Time-trial climb to the castle of Sant Joan.
August 21
The journey starts in the centre of Blanes. The race is organised by Club Ciclista Blanes.

15 Marcha BTT Mujeres a Pedales
September 4
The event begins at the town’s Ciutat Esportiva facilities and takes course through the paths surrounding El Vilar. Organised by Club Ciclista Blandense. www.facebook.com/Club-Ciclista-Blandense-161949593913557

16 Memorial Miquel Colomer
September 11
Race and ‘Màster’ (competition) www.ciclisme.cat

17 BTT extrem
October 9
A race organised by Club Esportiu Free Bike. www.freebikeblanes.es

Santa Susanna
18 Transmaresme
March
Mountain Bike Routes. www.stasusanna-online.com

19 Gran Ruta Santa Susanna Costa Barcelona-Costa Brava
June 5
www.stasusanna-online.com
Calella

21 1st stage of the 96th Volta Ciclista a Catalunya
March 21
www.voltacatalunya.cat

22 Calella Cycling Week 2016
From April 23 to 30
www.calellabarcelona.com

23 Ironman 70.3 Barcelona
May 22
19 kilometres swim, 90 kilometres cycle and a 21 kilometres run.
http://eu.ironman.com/triathlon/events/emea/ironman-70.3/barcelona70.3.aspx

Cambrils

25 II Marcha Cicloturista
Canyon Cambrils Park Costa Daurada
April 16
Cycling road race. The race consists of three circuits: long-distance (184 kilometres), middle-distance (122 kilometres) and another of 104 kilometres.
www.canyoncambrilspark.com

26 Triatlón de Cambrils
June 12
Sprint and Olympic sprint.
http://triatlocambrils.com

Mont-roig del Camp

20 III BH Triatlón
September
Sprint. The race includes swimming (50 m), cycling (20 kilometres) and a foot race (5 kilometres).
www.lifeforevents.com

24 Ironman Barcelona 2016
October 2
3.8 kilometres swim, 180 kilometres cycle and a 42 kilometres run. Departing from Platja Gran.
www.ironman.com/triathlon/events/emea/ironman/barcelona.aspx

27 10th Gran Premio PC Mont-roig del Camp – Trofeo Josep Florencio Tutusaus
January
A social road race. 78 kilometres over four rides.
www.ciclisme.cat/home/carretera

28 96th Volta Ciclista a Catalunya
March
www.voltacatalunya.cat

29 Liga Catalana Pista – Mont-roig
April
Track cycling.
www.ciclisme.cat/home/pista

30 XII Copa de España de Ciclismo de Policías y Bomberos
May
Including two championships: the II Campeonato de España de Ciclismo de Policías and the XXIX Campeonato de España de Ciclismo de Bomberos.

31 Carrera del Pavo
December 26
Fun race.
www.mont-roig.cat

Castell-Platja d’Aro

32 Raid Indiketes
June
The race combines various sports activities: kayaking, swimming, mountain biking and rappelling etc.
Cycle tourism in Calella.

Sant Feliu de Guíxols

27th Triatlón de Sant Feliu
May
Swimming (750m), cycling (20 kilometres) and 5 kilometres on foot. It’s the oldest sprint triathlon in Catalonia.
www.clubaquaticxaloc.com/ca/triathlon/presentacio

Malgrat de Mar

Carrera Popular BTT
March
Organised by Esport Ciclista Malgrat.
www.facebook.com/esportciclistamalgrat

Triatlón de Malgrat de Mar
July
Consisting of three consecutive races: swimming in the sea, mountain biking and a foot race. Organised by GEM (Grup Excursionista Malgrat).
www.gem-malgrat.cat

Gran Premio carretera Fiesta Mayor
August
Road cycling - Master (competition) Organised by Esport Ciclista Malgrat.
www.facebook.com/esportciclistamalgrat

Sant Carles de la Ràpita

Camí dels Bandolers
February
Mountain bike circuit.

Xallenger Terres de l’Ebre
April
Mountain bike race.

Sant Carles de la Ràpita

V Triatlón doble olímpico Terres de l’Ebre
April 24
www.triatloterresdelebre.cat

Others in Catalonia

Sunday, March 6
Vilafranca del Penedès (Barcelona)
XXV Marcha Cicloturista Terres de Vi i Cava

Sunday, March 13
Amer (Girona)
VI Marcha Cicloturista Amer-Sant Martí

Sunday, March 27
Tortosa (Tarragona)
XXIX Marcha Terres de l’Ebre-Subida al Caro

Sunday, April 3
Barcelona
II Marcha Cicloturista Oakley Gran Fondo Barcelona

Sunday, April 10
Granollers (Barcelona)
XXXVI Marcha Cicloturista Rutas del Montseny

Sunday, April 24
Cervera (Lleida)
V Marcha Cicloturista Clásica dels Murs http://classicadelsmurs.cat

Saturday, April 30
Tremp (Lleida)
XXV Marcha Cicloturista La Pallaresa
Sunday, May 8
Sant Esteve d’en Bas (Girona)
XXIX Marcha Cicloturista Terra de Remences

Sunday, May 15
Sant Celoni (Barcelona)
XI Marcha Cicloturista Tierra del Agua

Saturday, May 21
Balaguer (Lleida)
VIII Marcha Cicloturista Montsec-Montsec

Sunday, May 22
Sant Martí Sarroca (Barcelona)
IV Marcha Cicloturista Pedales de Clip
May 28-29
Barcelona
VI Ciclomaratón Barcelona-Per-piñán-Barcelona
BPB2016

Sunday, May 29
Sta. Eulàlia de Riuprimer (Barcelona)
IV Marcha Cicloturista Jufré Riuprimer

Saturday, June 4
La Pobla de Segur (Lleida)
XVII Marcha Ciclodeportiva La Bonaigua

Sunday, June 5
Tarragona
XXIX Marcha Cicloturista Sant Magí

Saturday, June 11
La Seu d’Urgell (Lleida)
XIII Marcha Cicloturista Vuelta al Parque Cadi-Moixeró

Sunday, June 12
Sabadell (Barcelona)
II Marcha Cicloturista La Vallesana

Sunday, June 19
Puigcerdá (Girona)
XXXVII Marcha Cicloturista Ruta de las Tres Naciones

June 25-26
L’Ametlla de Mar (Tarragona)
VI 24 Horas Ciclotour

Sunday, June 26
La Pobla de Segur (Lleida)
XXVI Marcha Cicloturista Virgen de Ribera

Sunday, July 3
Sant Celoni (Barcelona)
XVII Subida al Turó de l’Home

Sunday, July 10
Ripoll (Girona)
XXXVI Marcha Cicloturista Tierra de Condes

Sunday, July 17
Berga (Barcelona)
III Marcha Cicloturista de Berga: La Ruta Minera

Sunday, August 28
Berga (Barcelona)
III Reencuentro Ciclista

Saturday, September 10
Prades (Tarragona)
V Marcha Cicloturista Eutiches Muntanyes de Prades

Sunday, September 18
Pineda de Mar (Barcelona)
XXV Marcha Cicloturista Ciutat de Mollet

Sunday, October 9
Tarragona
III Marcha Cicloturista Gran Fondo Tarragona

Sunday, October 16
L’Hospitalet de Llobregat (Barcelona)
IV Marcha Cicloturista Solidaria

Sunday, October 30
Monistrol de Montserrat (Barcelona)
LXVIII Diada Montserratina

Due to this leaflet being published in advance, the competition dates given are subject to change. We recommend confirming dates at the corresponding websites or the website of the Catalan Cycling Federation (www.ciclisme.cat).
More than cycle tourism

Pedal, explore, discover, taste... Travelling by bike lets you combine sport, culture and fun. There are so many different ways of taking in the local cycle tourism, that’s why you get to choose how you do it. We suggest three ways to discover Catalonia on wheels.

1. Roads with charm, history and tradition

From the Mediterranean coast to the peaks of the Pyrenees, a network of secondary roads spreads through the area, providing the perfect setting to enjoy cycling all year round. Peaceful and panoramic routes through regions full of mountains and farmland - as well as wine -, where we discover unique natural terrain, visit small villages and sample the local cuisine.

In Girona, the Costa Brava blends into the mountains of Les Gavarres and the Pyrenees through charming routes beginning and ending in towns such as Calella de Palafrugell, Castell-Platja d’Aro, Sant Feliu de Guíxols, Lloret de Mar and Blanes. From the Maresme coast - with Malgrat de Mar, Santa Susanna and Calella as your starting points - a green belt of land connects five natural parks throughout the surrounding areas of Barcelona, taking you to symbolic sites such as Montseny, Montnegre and Montserrat. In the south, the Tarragona coastline is the gateway to the country roads of Montsant, Serra de Prades, and Ports de Tortosa-Beseit. From Cambrils, get to Mont-roig del Camp, Miami Platja and Sant Carles de la Ràpita.

Mountain biking in Coll d’Ares, Ripollès-Vallespir.
2. Family routes and the slower side of cycle tourism

If you feel like taking the family and enjoying the more relaxing side of cycle tourism, Catalonia has a wide range of routes that are suitable for everyone, including routes with few slopes, as well as cyclist and pedestrian only lanes separate from the traffic.

In Girona, the Vías Verdes or ‘Greenways’ (www.viesverdes.cat) let you combine the Pyrenees with the Mediterranean coast on the Iron and Coal Route - between Ripoll and Sant Joan de les Abadesses - and the Carrilet Greenway - from Olot to Sant Feliu de Guíxols, passing through the city of Girona. In Tarragona, the Baix Ebre and Terra Alta Greenways connect the Els Ports massif to the mouth of the Ebro River, which is another treasured natural area ideally suited for the calmer side of cycle tourism. On the plains of Lleida, the Pedals del Canal d’Urgell route will show you the region through the eyes of one of the most important works of hydraulic engineering in Catalan history. And in Girona, the Pirinexus (www.pirinexus.cat) offers a cross-border cycling route showing you the wonders of the landscape and regional cultural heritage.

3. Cycle tourism in the mountains

Catalonia’s rich terrain has led to the creation of a total of 18 mountain biking centres (www.catalunya.com), comprising over 6000 kilometres of marked routes taking you to every corner of the country. In every one of the mountain bike centres there is a reception with route information, parking, showers and all the services required by cyclists taking on a one day route. There are also longer routes designed to be completed over several days. For example, the Volta a la Serra del Cadí and the Cistercian Route (in Tarragona).

For intermediate and advanced mountain bikers, there are also various self-guided routes through Catalonia, such as Pedals de Foc, Pedals del Pedraforca, Pedals del Priorat, Pedals dels Ports, Tracks del Diable, Tracks dels Volcans and Tracks Costa Brava. On these routes you’ll also be able to hire an equipment transport service to move your things between different accommodations.

Catalonia mountain biking centres: www.catalunya.com/what-to-do/active-nature/do-you-want-more-mountain-bike-routes-so-you-can-keep-on-pedalling
More information

Travel agents specialising in cycle tourism

Bike Breaks Girona Cycle Centre (GC-001897)
www.gironacyclecentre.com
Bike Cat (GC-002559)
www.bikecat.com
Blau Mari Incoming Services/ Olé Bike (GCMD-000296).
www.olebike.com
Cicloturisme (GCMD-000547)
www.cicloturisme.com
Cycling Costa Daurada (GC-003857)
www.cyclingcostadaurada.com
Éxode Viatges (GC-000813)
www.cyclingcatalonia.com
La Pica Trips (GCMD-000262)
www.lapicatrips.com
Terra Diversions (GC-001933)
www.terradiersions.com
Mediterrania Cycling Tours (GC-003671)
www.mediterraniacyclingtours.com

Other cycle tourism services

Catbike www.catbike.net
Descent Barcelona www.descent.cat
Esports Florencio www.esportsflorencio.com
Freebike es.cyclingcostabrava.com
Hike & Bike www.hikeandbike.cat
Medbikes www.medbikes.com
Red Hills Bikes www.facebook.com/RedHillBikes

Local tourism promotion organisations

Girona www.girona.cat/turisme/cat
Castell-Platja d’Aro www.platjadaro.com
Sant Feliu de Guíxols www.visitguiols.com
Lloret de Mar www.lloretdemar.org
Blanes www.visitblanes.net
Malgrat de Mar www.turismemalgrat.com
Santa Susanna www.santasusanna-online.com
Calella www.calella.cat
Mont-roig del Camp www.mont-roigmiami.cat
Cambrils www.cambrils-turisme.com
Sant Carles de la Ràpita www.turismelarapita.com

For more information on Catalonia

www.catalunya.com
www.facebook.com/catalunyaexperience
@catexperience
www.twitter.com/catexperience
@catalunyaexperience
www.instagram.com/catalunyaexperience
www.youtube.com/user/CatalunyaExperience
https://plus.google.com/+Catalunyaexperience1

Ask the office
www.facebook.com/catalunyaexperience/app_431056236953440
Palau Robert - Centre d’Informació de Turisme de Catalunya
Passeig de Gràcia, 107. 08008 Barcelona
+ 34 93 238 80 91 / 92 / 93
Fax + 34 93 292 12 70 / +34 93 238 40 10
www.gencat.cat/palaurobert
Opening hours:
Monday to Saturday: 10.00 am - 8.00 pm
Sundays and public holidays: 10.00 am - 2.30 pm
Tourist information
012 from Catalonia
902 400 012 from outside Catalonia
+34 902 400 012 from outside Spain
www.catalunya.com/what-to-do/active-nature/roads-are-also-for-bikes

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