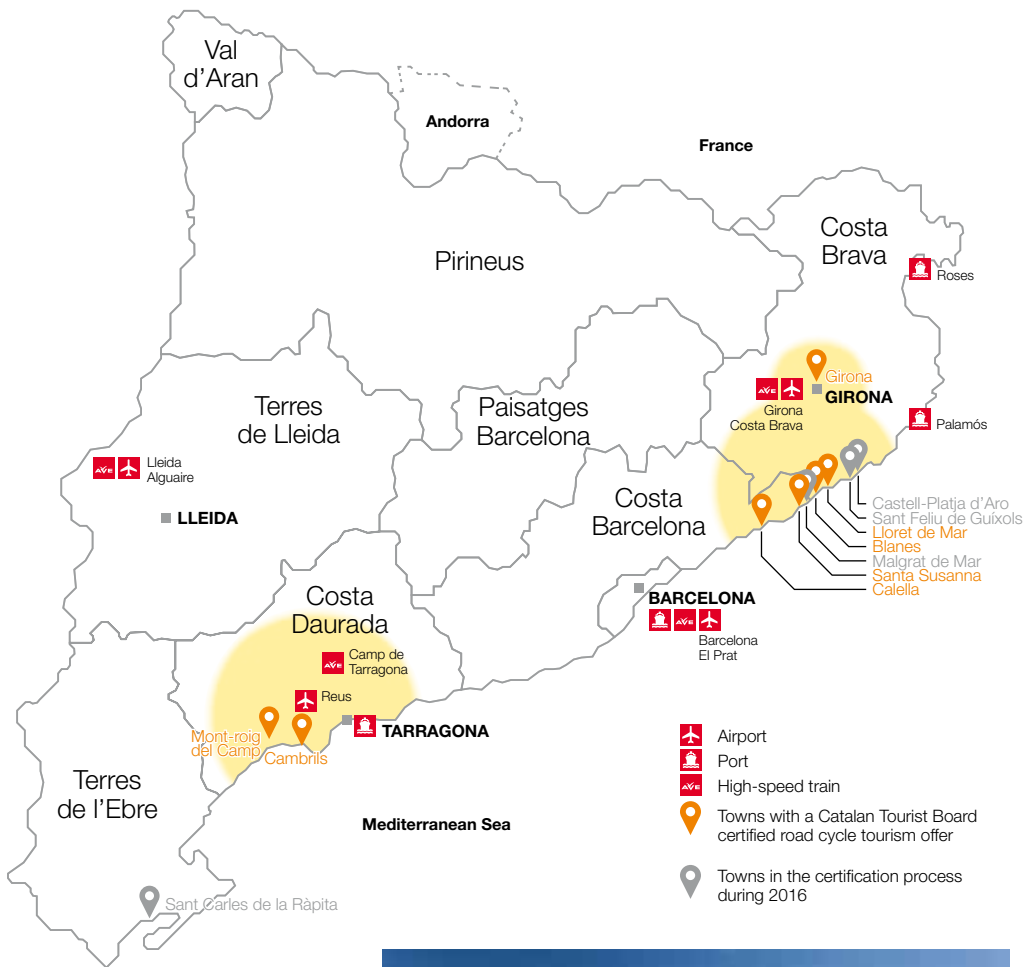




Cycle tourism by road

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.gironamtchallenge.com

4 Girona Bike World

April/May

Cycling festival. www.firagirona.com

5 Pirinexus 360 Challenge

April/May

350 kilometres cycle tourism route. Beginning in Girona and passing through Olot, Coll d'Ares, Ceret and La Jonquera. <http://events.ocisport.net/ca/2015/pirinexus-360-challenge-31>

6 29th Marcha Cicloturista de Bomberos

From May 24 to 27

Organised by the Barcelona firefighters 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 GEIEG

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 GEIEG

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

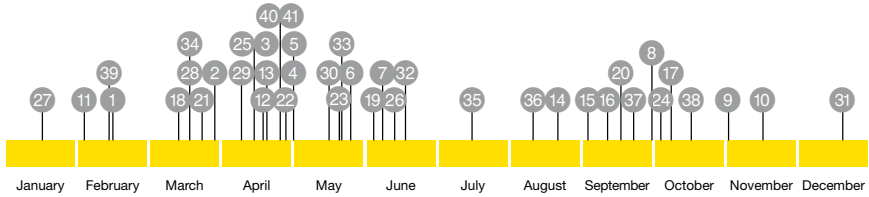
March

Mountain Bike Routes. www.stasusanna-online.com

19 Gran Ruta Santa Susanna Costa Barcelona-Costa Brava

June 5

www.stasusanna-online.com



20 III BH Triatlón

September
 Sprint. The race includes swim-
 ming (50 m), cycling (20 kilometres)
 and a foot race (5 kilometres).
www.lifeforevents.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](http://eu.ironman.com/triathlon/events/emea/ironman-70.3/barcelona70.3.aspx)

24 Ironman Barcelona 2016

October 2
 3.8 kilometres swim, 180 kilome-
 tres cycle and a 42 kilometres run.
 Departing from Platja Gran.
[www.ironman.com/triathlon/events/
 emea/ironman/barcelona.aspx](http://www.ironman.com/triathlon/events/emea/ironman/barcelona.aspx)

Cambrils

25 II Marcha Cicloturista Canyon Cambrils Park Costa Daurada

April 16
 Cycling road race. The race con-
 sists 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

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.



© Mont-roig Miami Turisme

Mont-roig del Camp.



© Joan M^a Arenaza

Cycle tourism in Calella.

Sant Feliu de Guíxols

33 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/triatlo/presentacio

Malgrat de Mar

34 Carrera Popular BTT

March

Organised by Esport Ciclista Malgrat.

www.facebook.com/esportciclistamalgrat

35 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

36 Gran Premio carretera Fiesta Mayor

August

Road cycling - Master (competition) Organised by Esport Ciclista

Malgrat.

www.facebook.com/esportciclistamalgrat

37 6 horas Mountain Bike FORTIA

September

Organised by:

abrunet_h@yahoo.es

38 3 horas de resistencia BTT

October

Organised by Esport Ciclista

Malgrat. www.facebook.com/esportciclistamalgrat

Sant Carles de la Ràpita

39 Camí dels Bandolers

February

Mountain bike circuit.

40 Xallenger Terres de l'Ebre

April

Mountain bike race.

41 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



© La Volta

Volta Ciclista a Catalunya.

March 21-27
96th Volta Ciclista a Catalunya, the "Volta"
 A seven stage journey throughout Catalonia.
www.voltacatalunya.cat

Sunday, May 8

Sant Esteve d'en Bas (Girona)

XIX Marcha Cicloturista Terra de Remences

Sunday, May 15

Sant Celoni (Barcelona)

XII 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-Perpiñán-Barcelona
 BPB2016

Sunday, May 29

Sta. Eulàlia de Riuprimer (Barcelona)

IV Marcha Cicloturista Jufre Riuprimer

Saturday, June 4

La Pobla de Segur (Lleida)

XVII Marcha Cicloturista 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

Puigcerdà (Girona)

XXXVII Marcha Cicloturista Ruta de las Tres Naciones

June 25-26

L'Ametlla de Mar (Tarragona)

VI 24 Horas Cyclotour

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 Vila de Pineda

Sunday, September 2

Mollet del Vallès (Barcelona)

XXVIII 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-peddalling

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 Marí Incoming Services/Olé Bike

(GCMD-000296). www.olebike.com

Cicloturisme (GCMD-000547)

www.cicloturisme.com

Cycling Costa Daurada (GC-003857)

www.cyclingcostadaurada.com

Èxode Viatges (GC-000813)

www.cyclingcatalonia.com

La Pica Trips (GCMD- 000262)

www.lapicatrips.com

Terra Diversions (GC-001933)

www.terradiversions.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.visitguixols.com

Lloret de Mar, www.lloretdemar.org

Blanes, www.visitblanes.net

Malgrat de Mar, www.turismemalgrat.com

Santa Susanna, www.stasusanna-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](https://play.google.com/store/apps/details?id=com.app_431056236953440)

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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



Partners



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www.catalunya.com

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