



catalonia **is** cycle touring





catalonia **is** cycle touring

# INDEX

<b>Presentation</b>	<b>4</b>
<b>Catalonia</b>	<b>6</b>
<b>Cycle touring in Catalunya</b>	<b>8</b>
Les Vies Verdes (The Greenways)	10
Centres BTT de Catalunya	12
<b>Suggested Routes</b>	<b>14</b>
From the Catalan Pyrenees to the sea by bike	16
A trip around the Plana de Ponent	22
From Montblanc to the Ebre River by bike	28

<b>The rough route guide</b>	<b>34</b>
<b>Practical tips and advice</b>	<b>35</b>
<b>Directory of services</b>	<b>36</b>
Route related services for cycletourist	37
Cycleturism information	37
Club Turisme Actiu de Turisme de Catalunya (The Active Tourism Club)	38
Tourism associations and bodies	40
Centres de Promoció Turística (CPT) de Catalunya (Catalan Tourism Offices)	40

# PRESENTATION



This booklet is a practical and easily readable guide. It is a tool we provide for visitors who are interested in seeing Catalonia, exploring its diverse landscape and enjoying the wide variety of natural produce and resources it has to offer.

Cycle touring is a very popular and widely practised activity in Catalonia. It allows the visitor to discover history and customs, and also the nature of the culture and heritage in a very enjoyable way.

This booklet has been designed to complement the **online guides** available, which provide more detailed information and more precise descriptions of the routes we describe here. The web page **[www.turismedecatalunya.com/cycletouring](http://www.turismedecatalunya.com/cycletouring)** is easy to navigate and includes route maps, descriptions, and tracks for GPS of each stage and images of the areas you will pass through.

Both forms provide the visitor with a quality product tailored to their specific interests.

Catalonia is a land of contrasts, and as such, it has become one of Europe's most attractive and popular tourist destinations. Below, we offer a taste of some of the natural areas that we recommend you to visit. This is by no means an exhaustive inventory of what is on offer for cycletouring in Catalonia, but merely some specific proposals we have taken the liberty of suggesting to you.

The road is long and the views are spectacular. Enjoy the trip!

# CATALONIA





Catalonia is a land of extraordinary diversity, evident not only in its history, culture and rich heritage, but also in the variety of spectacular landscapes. The **10 tourism trademarks** are the best way of identifying the characteristics and specialities of each area.

### Barcelona

### Costa Brava

Alt Empordà, Baix Empordà, Gironès, La Selva, Pla de l'Estany.

### Costa Daurada

Alt Camp, Baix Camp, Baix Penedès, Conca de Barberà, Priorat, Tarragonès.

### Costa de Barcelona Maresme

Maresme.

### Costa del Garraf

Alt Penedès, Baix Llobregat, Garraf.

### Terres de l'Ebre

Baix Ebre, Montsià, Ribera d'Ebre, Terra Alta.

### Catalunya central

Anoia, Bages, Osona, Vallès Occidental, Vallès Oriental.

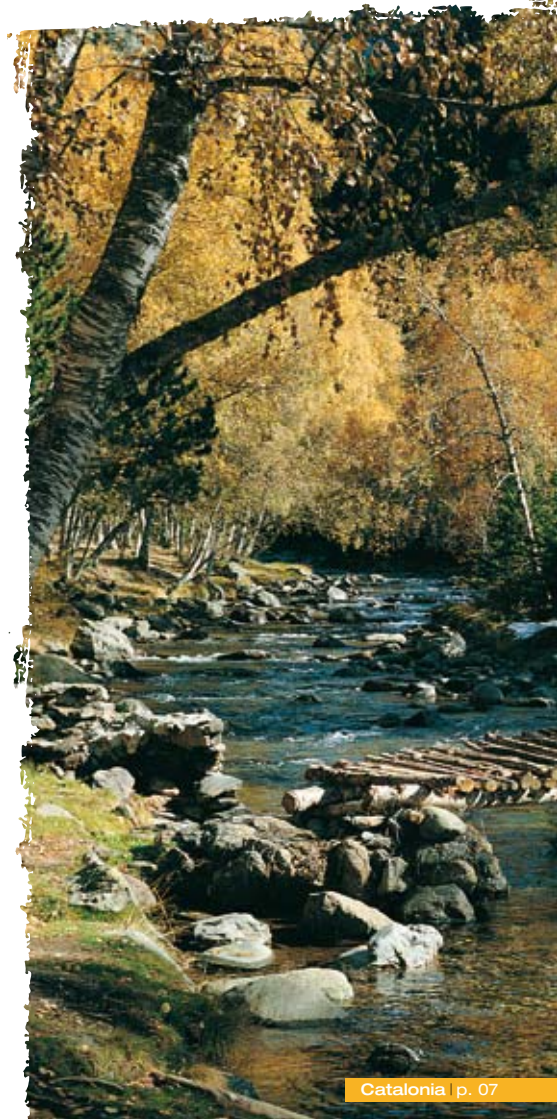
### Terres de Lleida

Garrigues, Noguera, Pla d'Urgell, Segarra, Segrià, Urgell.

### Pirineus

Alta Ribagorça, Alt Urgell, Berguedà, Cerdanya, Garrotxa, Pallars Jussà, Pallars Sobirà, Ripollès, Solsonès.

### Val d'Aran



# CYCLE TOURING IN CATALONIA



**Cycle touring** is a physical activity practised in the very heart of nature, which is becoming more and more popular in Catalonia. Practising cycletouring in **Catalonia is the ideal way to combine physical exercise with discovering and exploring this land** while pedalling along on your bicycle; you can appreciate and admire the beauty of the landscape unfolding before you. The wide variety of routes and itineraries available makes it possible for anyone to practise cycletouring and makes this the ideal sport to share with your family or friends.

Take advantage of the wide variety of possibilities offered by nature and the freedom provided by the geographical situation of Catalonia to cycle along extraordinarily varied trails that run from the sea to high mountains crossing valleys and plains. In addition to the benefit derived from such natural beauty, the practice of cycletouring also allows the visitor access to the extraordinary architectural and cultural richness present in Catalan territory, a fact that transforms some of the trails into routes of enormous interest in every meaning of the word.

In Catalonia, the practice of road cycletouring and mountain biking has experienced a notable increase in popularity over the past few decades. From 1980 onwards, the number of well-equipped cyclists who had the where-with-all to tackle itineraries off the busier roads began to increase considerably. The urge to discover the unknown, combined with a heartfelt respect for the environment and the desire to practise healthy leisure activities was a strong motivation for people to “get on their bikes and start pedalling”.

During the 90's, cycling as an activity grew in popularity and cycling in the countryside began to spread, primarily because travelling leisurely from place to place gives you the opportunity to interact with the environment, the people, and the culture of the area. Catalonia has a wide range of facilities for enjoying cycling activities: the BTT Centres (Mountain bike Centres of Catalonia), the Vies Verdes (Greenways) and several networks of cycletouring routes, such as the Baix Empordà network, an ideal area for cycling because is very flat. This particular region boasts a network of hiking trails 370 Km long extending from the coast to the interior. Discovering its inland towns and the variety of protected areas may be combined with paying an impromptu visit to some enchanting coves, or avail of the chance to uncover the uniqueness of the Camins de Ronda.

## Les Vies Verdes (The Greenways)

Greenways are the result of a proposal for **alternative tourism** by converting disused railway lines into cycling and walking routes and promoting **sustainable and non-motorised mobility** for cyclists and walkers.

Greenways have low-gradient slopes, which in general do not exceed 3%, and except in the duly signposted sections, are easily accessible to persons with reduced mobility. All the trails are very safe, given that motor vehicles are forbidden on the vast majority of the routes. Almost the entire network of Greenways in Girona was once disused railway line, which joined different towns in the region but was closed when they were deemed economically unfeasible, with the rapid growth of road transport.

Reclaiming the disused railway lines has actively contributed to the sustainable development of Catalonia's natural resources, especially in rural areas. The fact that these greenways exist has meant that it has been possible to restore and design routes that grant access to areas of considerable cultural and natural importance. Mediterranean forests, beaches, pine groves, valleys or mountainous crags, are all part of the natural heritage the greenways travel through such as the **Ferro and**

the **Carbó** or the **Carrilet I and II**, on the Costa Brava and in the Pyrenees of Girona, or that of **Terra Alta** and the **Baix Ebre**, in the Terres de l'Ebre region.





## Catalonia Greenways

- WV 1** **V.V. del Ferro i del Carbó**  
 Ripoll > St. Joan de les Abadesses -  
 Ogassa  
 Kilometres: 12  
 Adapted: Yes
- WV 2** **V.V. del Carrilet I**  
 Olot > Girona  
 Kilometres: 54  
 Adapted: Yes  
 (From Amer to el Pastoral, section with  
 steeper slopes)
- WV 3** **V.V. del Carrilet II**  
 Girona > St Feliu de Guíxols  
 Kilometres: 39,7  
 Adapted: Yes
- WV 4** **V.V. de la Terra Alta**  
 Ames-Lledó > El pinell de Brai  
 Kilometres: 27  
 Adapted: Yes  
 (Restrictions on the slopes of  
 Fontcalda)
- WV 5** **V.V. del Baix Ebre**  
 Roquetes > El Pinell de Brai  
 Kilometres: 27  
 Adapted: Yes

## Centres BTT (Mountain bike Centres of Catalonia)

Catalonia has a wide range of ideal cycling itineraries available for travelling by **mountain bike** (BTT in Catalan) which can be found at the many Mountain bike Centres along the **BTT Catalunya network**.

The BTT centres are free access areas where you can find at least 100 kilometres of signposted circuits leaving from a reception point which has tourism information, services and facilities for bicycles. The trails are classified according to the level of difficulty, in such a way that anybody, whether a beginner or an expert, can practise mountain biking with absolute tranquillity.

Generally speaking, the routes are circular and avoid areas used by motor vehicles; thereby minimising tarred surfaces and the risk of having to deal with oncoming traffic. The level of difficulty is classified by a system of colour coding, which appears on all the information and signposting along the route.

Each reception point has information panels with clear markings that enable the user to find the different services available. The routes are signposted throughout with directional signs.

Regarding the services on offer at the BTT Centres, the reception point offers tourist information about the area, toilet and showering facilities,

as well as additional services such as bicycle hire, washing and bicycle repair shops, etc.

The **BTT Catalunya Centres** are approved by Turisme de Catalunya (Catalonian Tourist Board) and by Consell Català de l'Esport (Catalonian Sports Council) through the Federació Catalana de Ciclisme (Catalonian Cycling Federation). Currently the network boasts **15 BTT Centres** offering an overall total of **4.100 kilometres of sign-posted routes**.

<http://www.turismedecatalunya.com/btt/>





## Catalunya Mountain bike Centres and Reception Points

- 01 Baix Empordà**  
Castell d'Aro
- 02 El Berguedà**  
Avià
- 03 El Gironès**  
Quart
- 04 El Ripollès**  
Sant Joan de les Abadesses
- 05 La Selva**  
Amer
- 06 La Seu - Alt Urgell**  
La Seu d'Urgell
- 07 Lluçanès**  
Prats de Lluçanès
- 08 Mont-roig del Camp - Miami Platja**  
Mont-roig del Camp
- 09 Pallars Jussà**  
La Pobla de Segur
- 10 Pla de l'Estany - Banyoles**  
Banyoles
- 11 Salines - Bassegoda**  
Maçanet de Cabrenys
- 12 Santa Susanna Montnegre**  
Santa Susanna
- 13 Solsonès - Vall de Lord**  
Sant Llorenç de Morunys
- 14 Val d'Aran**  
Bossòst
- 15 Vall de Sau - Collsacabra**  
Tàvèrnoles

# SUGGESTED ROUTES

Here we suggest 3 cycletouring routes to cater for all tastes, and offer the chance to cycle around some very different areas of Catalonia.

It is important to note that:

- There is a railway station at the beginning and end of each route.
- Except for the Greenways sections, some stretches of the suggested routes use local and regional roads and we recommend that cyclists exercise caution, as these roads are not for the exclusive use of bicycles, but also for other traffic.
- The most suitable model of bicycle for the suggested routes is the mountain bike

The suggested routes are:

- **From the Catalan Pyrenees to the sea by bike** ●
- **A trip around the Plana de Ponent** ●
- **From Montblanc to the Ebre River by bike** ●

## Difficulty level of routes:

- Easy ● Suitable for people who go on hikes occasionally, between 4 and 6 times a year.
- Moderate ● Suitable for people in good physical condition and regular hikers, between 7 and 12 times a year.
- Strenuous ● Suitable for well-trained people and who go hiking on a regular basis.





FRANCE

ANDORRA

A trip around the Plana de Ponent

ARAGÓN

From the Catalan Pyrenees to the sea by bike

From Montblanc to the Ebre River by bike

Lleida

Ripoll

Figueres

Girona

Montblanc

Barcelona

Tarragona

THE MEDITERRANEAN SEA

L'Ampolla

PAÍS VALENCIÀ



# FROM THE CATALAN PYRENEES TO THE SEA BY BIKE

Ripoll → Figueres

Level: ●

Total Km: 262,2

Stages: 6

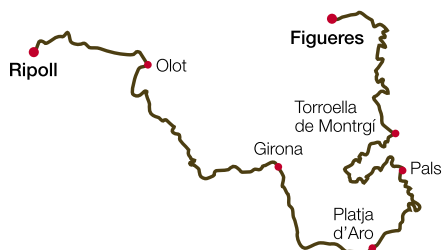
Height climbed: +1.300 m / -1.970 m

Detailed information of each stage is available

[www.turismedecatalunya.com/cycletouring](http://www.turismedecatalunya.com/cycletouring)



## The route



This is a six-stage cycletouring trail running through the Pyrenean lands of Ripollès and La Garrotxa as far as the plains of Empordà.

### Technical characteristics and difficulty level

The trail runs between an altitude of 1.064 metres and sea level over a total of 262.2 kilometres and the overall altitude gain in ascent is 1.910 metres and 2.592 metres in descent. The trail uses the Greenways of Girona (from Ripoll to Sant Joan de les Abadesses and from Olot to Sant Feliu de Guíxols), the cycletouring network of Baix Empordà as well as other sections of local roads with low intensity traffic. Except for the climb to the Santigosa saddle on the first stage of the route, this is a moderately strenuous route suited to cyclists accustomed to regular trips, several times a year. It uses the signposting of the different trails it travels through and part of the route joins the road network, and is therefore open to motor

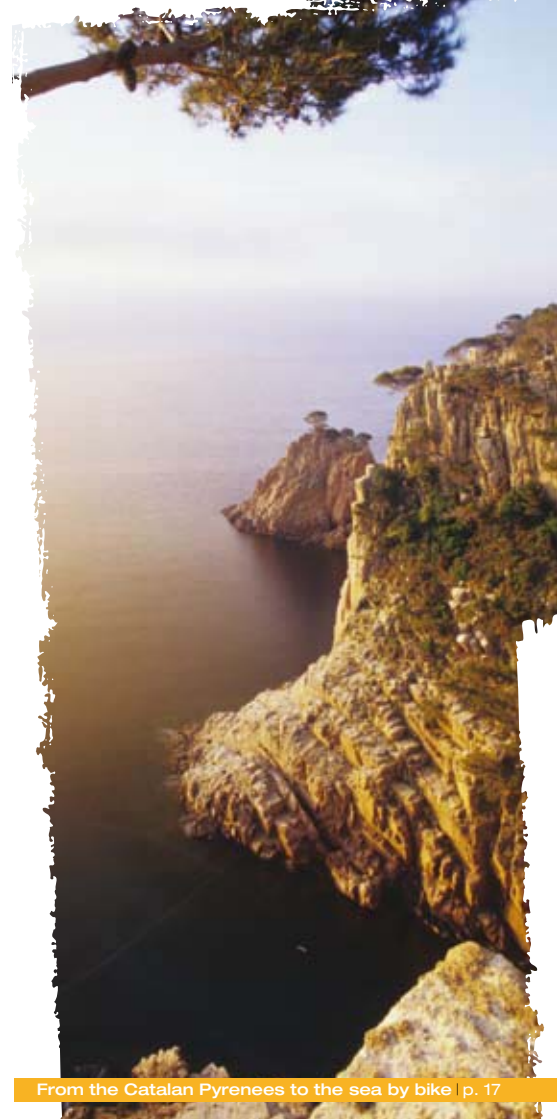
vehicles and does not have separate lanes for bicycles.

### The natural and cultural surroundings

The route from the Pyrenees to the sea runs through landscapes of special interest in an area of great architectural and artistic richness comprising the pre-Pyrenean valleys of Ripollès. There are some outstanding examples of Romanesque architecture in the la Garrotxa region, also the setting for one of most important artistic landscape schools in Catalunya. The city of Girona, with its Jewish Quarter and its facades on the banks of the Onyar river; the coves along the Costa Brava, and the enchanting medieval villages of the Empordà region; the Greco-Roman ruins at Empúries and the Dalí Museum in Figueres; the Aiguamolls Natural Park in l'Empordà. The route also takes in some world renowned first class culinary delights, whose origins are deeply rooted in traditional inland mountain cuisine, seafood cuisine and the exceptionally high quality local produce with its many registered designations of origin. (D.O.).

### Accommodation and services

The areas surrounding the route provide a wide selection of hotels, rural tourism accommodation, hostels, campsites and restaurants. There are also many companies offering guide and orientation services. Please see the Directory (p. 37).



## Technical File

**Level:** Suitable for people who go on hikes occasionally, between 4 and 6 times a year.

**Total distance:** 262,2

**Height climbed:** +1.300 m / -1.970 m

**Stages:**

- Ripoll ●
- Olot ●
- Olot ●
- Girona ●
- Girona ●
- Platja d'Aro ●
- Platja d'Aro ●
- Pals ●

Pals ●

Torroella de Montgrí ●

Torroella de Montgrí ●

Figueres ●

**Itinerary type:** six-stage crossing

**Marking:** vertical markings (Greenways and cycletouring network of Baix Empordà).

**Suitable time of year:** all year round.

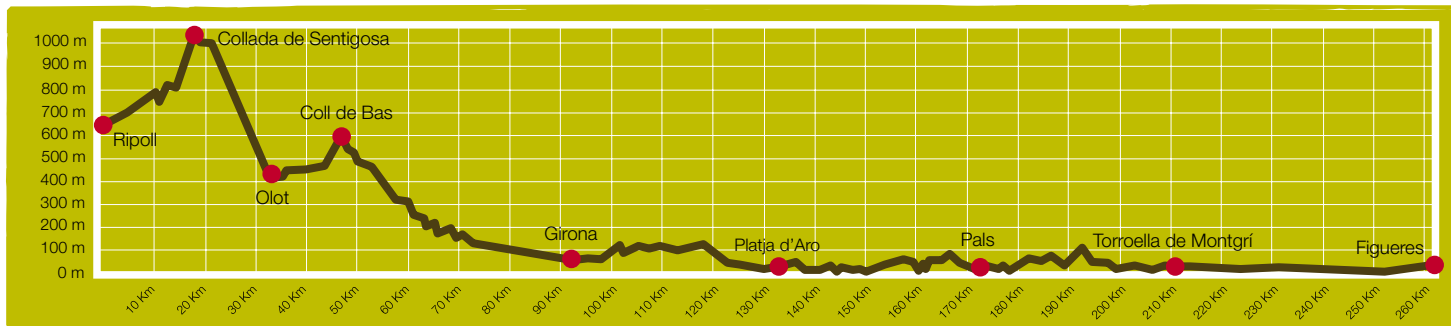
Complement this information and download the GPS tracks together with the Road Book at [www.turismedecatalunya.com/cycletouring](http://www.turismedecatalunya.com/cycletouring)



## Route map



## Altimeter



Did you know...?

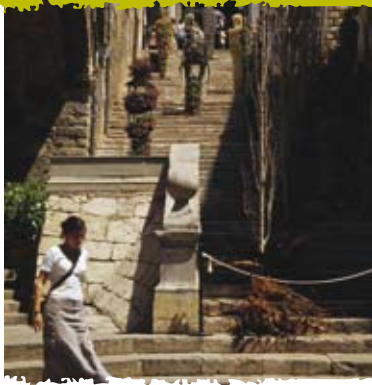


The **Monastery of Santa Maria de Ripoll**, founded by Guifré el Pilós (Wilfred the Hairy) towards the end of the 9th century. The portal of the Monastery is one of Catalunya's Romanesque masterpieces, the iconography in its impressive carvings is known as "The Stone Bible".

The **Skydive Empuriabrava** centre is considered to be one of the best in the world.



The **Jewish Quarter in Girona** is the best preserved in all of Catalunya and one of the most remarkable in Europe.



The **Fageda d'en Jordà** is one of 26 nature reserves in the Natural Park of the Volcanic Zone of la Garrotxa and which thrived on the lava from the Croscat volcano.

The **Cork Oaks** of Catalunya have been used since Roman times and in the 18th century the Alt and Baix Empordà regions specialised in the manufacture of cork.



## Don't miss...

- The **fesols** (beans) of **Santa Pau** or the volcanic cuisine of la Garrotxa.



- The **National Wool and Country Wedding Festival** held during the month of May in Ripoll.
- The **Anchovy Festival in Escala** on the first Sunday in October.
- The remarkable **archaeological Museum of Empúries**, located in the ancient Greek colony of Emporion.

- The **Devesa Park in Girona**, the most luxuriant urban natural park in all Catalonia.
- The **Tapís de la Creació** (Tapestry of the Creation), the most important surviving piece of Romanesque textile art in the world today, and which is on show in Girona Cathedral.
- **Girona Temps de Flors** (Floral Exhibition), the first fortnight in May.
- Pay a visit to the **Cork Museum** in Palafrugell.
- Savour the “**taps**” from **Cadaqués**, a delicious dessert!
- The **Fishing Museum** in Palamós. The entire region is famous for its prawns, so be sure to try them. They are a feature on the majority of the town's menus from April onwards.



## General information

### Ripollès Desenvolupament

Tel. +34 972 704 499

[www.elripolles.com](http://www.elripolles.com)

Ripoll

### Turisme Garrotxa

Tel. + 34 902 119 337

[www.turismegarrotxa.com](http://www.turismegarrotxa.com)

Olot

### Consell Comarcal del Gironès

Tel. +34 972 213 262

[www.turisme.girones.org](http://www.turisme.girones.org)

Girona

### Consell Comarcal del Baix Empordà

Àrea de Turisme

Tel. +34 972 642 310

[www.visitemporda.com](http://www.visitemporda.com)

La Bisbal d'Empordà

### Consell Comarcal de l'Alt Empordà

Tel. +34 972 503 088

[www.altemporda.ddgi.es](http://www.altemporda.ddgi.es)

Figueres

## Cartography

### Mapa Comarcal de Catalunya.

(Regional Map of Catalunya)

**Ripollès.** 1:50.000

Catalonian Institute of Cartography

### Mapa Comarcal de Catalunya.

(Regional Map of Catalunya)

**Garrotxa.** 1:50.000

Catalonian Institute of Cartography

### Mapa Comarcal de Catalunya.

(Regional Map of Catalunya)

**Gironès.** 1:50.000

Catalonian Institute of Cartography

### Mapa Comarcal de Catalunya.

(Regional Map of Catalunya)

**Baix Empordà.** 1:50.000

Catalonian Institute of Cartography

### Mapa Comarcal de Catalunya.

(Regional Map of Catalunya).

**Alt Empordà.** 1:50.000

Catalonian Institute of Cartography

ICC-Institut Cartogràfic de Catalunya (ICC - Catalunya Institute of Cartography):

[www.icc.cat](http://www.icc.cat)



# A TRIP AROUND THE PLANA DE PONENT

Lleida → Lleida

Level: ●  
Total Km: 335  
Stages: 6

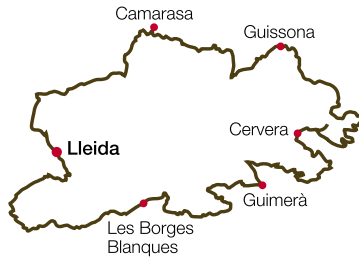
Height climbed: +3.860 m / -3.860 m

Detailed information of each stage is available at  
[www.turismedecatalunya.com/cycletouring](http://www.turismedecatalunya.com/cycletouring)





## The route



Circular cycletouring trip over six stages through the plains and western mountain range of Catalonia, right in the heart of the source of the Segre river, the principal tributary of the Ebre.

### Technical characteristics and difficulty level

The path runs between an altitude of 124 metres and 775 metres over a total distance of 335 kilometres with an overall altitude gain of 3.860 metres. It uses tarred roads and local secondary regional roads with low intensity traffic. It is most suitable for well-trained cyclists or those who practise cycletouring regularly. The route does not have any logistical support, additional signposting, or special lanes for cyclists. The markings are road signposting and it is open to motor vehicles.

### The natural and cultural surroundings

Enjoy the pleasure of travelling through the Plana de Ponent and its unique landscape, while appreciating the profile of the mountain and the breathtaking panoramic views. Experience a real change of scenery with the large cities of the plain such as Lleida, Cervera, Agramunt or Balaguer, with its extensive irrigated fields and dry farming, irrigation canals and small rural settlements. Apart from its important architectural and cultural heritage, the province of Lleida boasts some outstanding buildings, like the Llardecans Pharmacy in la Cerdanya, is one of the oldest in Catalonia; the cave paintings of Cògul, the archaeology museum of Borges Blanques, the olive oil route through Garrigues and the Urgell, the Cistercian monastery in Vallbona de les Monges, the Templar route through the castles of la Segarra, the University of Cervera, the canals of Urgell, the plains of the Noguera, etc. It is well worth taking your time to enjoy the local cuisine of the interior, with its first class recipes, dishes and ingredients of world renown.

### Accommodation and services

Along the route there are many hotels, accommodation in rural tourism hostels, and campsites of varying capacities and categories. These are well complemented

by the restaurants offering a wide range of culinary delights. Although information is not signposted along the way, the regional Tourist Offices in each area supply ample information to the visitor. There are several companies that offer guide and transportation services. Please see the Directory (p.37).



## Technical File

**Level:** Suitable for people in good physical condition and regular hikers, between 7 and 12 times a year.

**Total distance:** 335

**Height climbed:** +3.860 m / -3.860 m

**Stages:**

- Lleida - ●
- Les Borges Blanques ●
- Les Borges Blanques ●
- Guimerà ●
- Guimerà ●
- Cervera ●
- Cervera ●
- Guissona ●

● Guissona  
● Camarasa  
● Camarasa  
● Lleida

**Itinerary type:** six stage circular clockwise route.

**Marking:** not signposted.

**Suitable time of year:** all year round, except for peak summer season.

Complement this information and download the GPS tracks together with the Road Book at

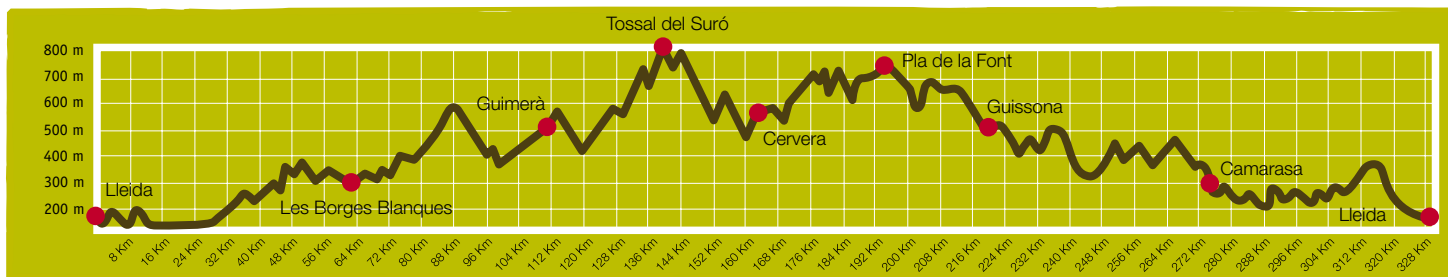
[www.turismedecatalunya.com/cyclotouring/](http://www.turismedecatalunya.com/cyclotouring/)



## Route map



## Altimeter



Did you know...?

The **Monasteries of Vallbona de les Monges, Poblet and Santes Creus** make up part of the Cistercian Route.



In the **Pla d'Urgell**, the ancient lake of Ivars and Vila-sana has been reclaimed and here, as well as the surrounding area, one can find wetland and steppic bird life almost entirely exclusive to the Iberian Peninsula.



The vast majority of the **cave paintings in the Mediterranean arch** are concentrated in the Prades Mountains and in the Serra de Godall, and the UNESCO has declared these World Heritage sites.



In **Camarasa** you can find recreations of scenes from the Spanish Civil War, complete with trenches, machine gun nests, and information panels explaining locations of both sides during the conflict.

## Don't miss...

- **Fruinar**, a gastronomic fair that lasts all year long and of which fruit is the main ingredient.
- The **Snail Festival**, held in May in the Camps Elisis public gardens in Lleida.



- The D.O. wines, **Costers del Segre** and **Conca de Barberà**.
- The **castle at Gardeny**, head quarters of the Centre for Interpretation of the Order of Templar.

- The **Turró** (Nougat based Christmas sweet) and drinking chocolate Fair at Agramunt in October. The **Agramunt Turró** was in fact awarded the category of Protected Geographic Identification by the Catalanian government in 2000.
- The D.O. wines **Terra Alta** and **Montsant**.
- The Protected Designation of Origin (PDO) olive oils of **Siurana** and **Terra Alta**.
- The audiovisual presentation at the **Santes Creus Monastery** and the Gregorian chant of the monks of the Vallbona Monastery.



## General information

### Oficina Comarcal de Turisme de les Garrigues

Tel. +34 973 142 658  
www.cogarrigues.com  
Borges Blanques

### Consell Comarcal del Segrià

Tel. +34 973 230 686  
www.segria.net  
Lleida

### Consell Comarcal de la Noguera

Tel. + 00 34 973 448 933  
www.nogueraturisme.cat  
Balaguer

### Oficina Comarcal de Turisme del Pla d'Urgell

Tel. +34 973 711 313  
www.plaurgell.org  
Mollerussa

### Oficina Comarcal de Turisme de la Segarra. Museu Comarcal de Cervera

Tel. +34 973 531 303  
www.ccsegarra.com/turisme  
Cervera

### Oficina Comarcal de Turisme de l'Urgell

Tel. +34 973 500 707  
www.urgell.org  
www.larutadelcister.info  
Tàrrrega

## Cartography

### Mapa Comarcal de Catalunya.

(Regional Map of Catalunya)  
Garrigues. 1:50.000  
Catalonian Institute of Cartography.

### Mapa Comarcal de Catalunya.

(Regional Map of Catalunya)  
Segrià. 1:50.000  
Catalonian Institute of Cartography.

### Mapa Comarcal de Catalunya.

(Regional Map of Catalunya)  
Noguera. 1:50.000  
Catalonian Institute of Cartography.

### Mapa Comarcal de Catalunya.

(Regional Map of Catalunya)  
Pla d'Urgell. 1:50.000  
Catalonian Institute of Cartography.

### Mapa Comarcal de Catalunya.

(Regional Map of Catalunya)  
Segarra. 1:50.000  
Catalonian Institute of Cartography.

### Mapa Comarcal de Catalunya.

(Regional Map of Catalunya)  
Urgell. 1:50.000  
Catalonian Institute of Cartography.

IOC-Institut Cartogràfic de Catalunya (IOC - Catalunya Institute of Cartography):

[www.icc.cat](http://www.icc.cat)



# FROM MONTBLANC TO THE EBRE RIVER BY BIKE

Montblanc → L'Ampolla

Level: ●

Total Km: 289,2

Stages: 6

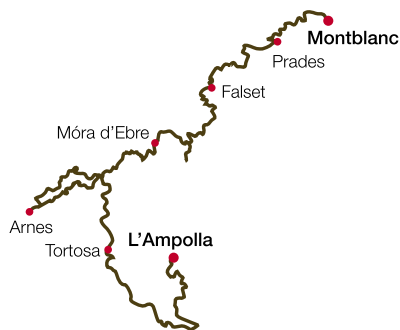
Height climbed: +3.100 m / -3.450 m

Detailed information of each stage is available

[www.turismedecatalunya.com/cycletouring](http://www.turismedecatalunya.com/cycletouring)



## The route



### The route

The route is linear over six stages across the southern lands of Catalunya between the Ducal town of Montblanc and the Ebre delta.

### Technical characteristics and difficulty level

The path runs from sea level to an altitude of 1,030 m over a total distance of 289.2 Km and the altitude gain in ascent is 3.100 metres and 3.450 metres in descent. It uses secondary roads of low intensity traffic, the Greenway from Arnes to Tortosa and travels along the compacted, or often asphalted, trails of the Ebre delta.

This route is most suited to well-trained cyclists or those who practise cycletouring regularly. It does not have any logistical support, additional signposting or special lanes for cyclists. The route uses general road signposting and, except

for the Greenways section, it is open to motor vehicles.

### The natural and cultural surroundings

The route from Montblanc to the Ebre takes in areas with landscapes of incomparable beauty and cultural richness of great variety while at the same time including a wide variety of first class cuisine which has its origins in traditional inland and seafood cuisine with exceptionally high quality local produce and ingredients of world renown. A visit to the magnificent ducal town of Montblanc is a must. The natural area of Poblet, the Prades Mountains, the Montsant Natural park, the Priorat – the world famous excellent quality wine producing region – the Templar castle of Miravet, the Greenways of Arnes, the city of Tortosa, the Ebre canals and the Delta de l'Ebre Natural Park, the most extensive wetland in Catalunya and one of the most important bird life habitats in the entire Mediterranean region.

### Accommodation and services

Along the route there are many hotels, rural tourism accommodation, hostels, and campsites of varying capacities and categories. These are well complemented by the array of restaurants offering a wide range of local culinary delights. Information is not centralised, although the regional Tourist Offices along the route will supply ample information to the

visitor. There are several companies that offer guide and transportation services. Please see the Directory (p.37).



## Technical File

**Level:** Suitable for well-trained people and who go hiking on a regular basis.

**Total distance:** 289,2

**Height climbed:** +3.100 m /  
-3.450 m

### Stages:

Montblanc

Prades

Prades

Falset

Falset

Móra d'Ebre

Móra d'Ebre

Arnes

Arnes

Tortosa

Tortosa

l'Ampolla

**Itinerary type:** six-stage route.

**Marking:** not signposted.

**Suitable time of year:** all year round.

Complement this information and download the GPS tracks together with the Road Book at

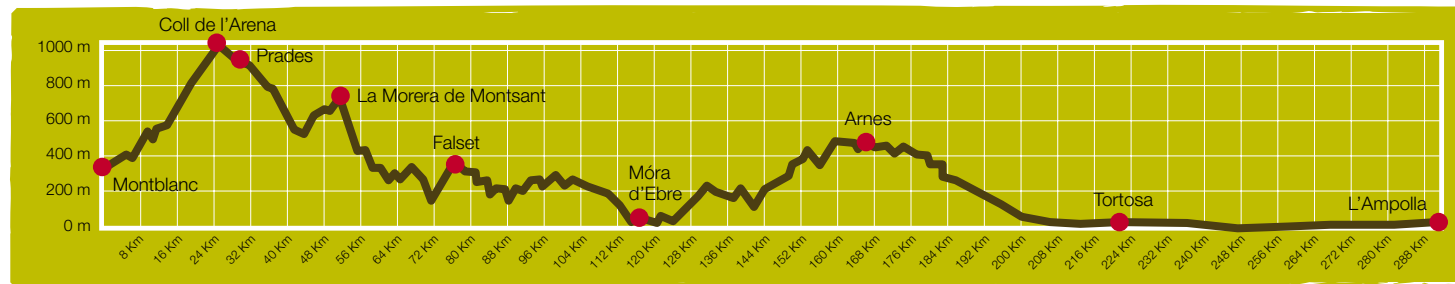
[www.turismedecatalunya.com/cyclotouring](http://www.turismedecatalunya.com/cyclotouring)



## Route map



## Altimeter





Did you know...?



The **Poblet Monastery**, as well as being declared a World Heritage site, is also one of the most important Benedictine abbeys in Europe.

**Reus** boasts an outstanding heritage of Catalan Modernism and the newly inaugurated Gaudí Centre is an ideal place to discover the genius, creativity and art of the architect Antoni Gaudí, while uncovering the keys to Modernism in Catalunya.



The **Festa del Renaixement** (Renaissance Festival) of **Tortosa**, which takes place the second fortnight in July, was declared a Festival of National Interest.



During the **Medieval Week in Montblanc**, which takes place in April, there are over thirty festive events organised, all centred around the figure of Catalonia's patron saint, Sant Jordi (Saint George).



The **Els Ports Natural Park** is one of the most important sanctuaries in Catalonia for the wild goat and the otter.

## Don't miss...

- A day trip to the **Els Ports Natural Park**, a protected area of over 35.000 hectares.
- The **Prades potatoes**.
- The **medieval market in Montblanc** for Sant Jordi (23rd April).
- Wine tasting of **D.O. Terra Alta** wines.
- The **Mussel farming route** in a fishing boat along the Ebre delta.
- The **Mussel and Oyster Conference** in June and the shrimps of Sant Carles de la Ràpita.
- The cooperative and modern wineries like **Pinell, Brai, and Gandesa**.
- Relax on the “mulettes” (small barges) on the Ebre; navigate in these small barges with oars and a helmsman just like the Ebre townspeople of old. **Viu lo riu!** (Live the river!)



## General information

### Patronat de Turisme de la Diputació de Tarragona

Tel. +34 977 230 312  
www.costadaurada.org  
Tarragona

ICC-Institut Cartogràfic de Catalunya (ICC - Catalunya Institute of Cartography):  
[www.icc.cat](http://www.icc.cat)

## Cartography

### Mapa Comarcal de Catalunya.

(Regional Map of Catalunya)  
Conca de Barberà. 1:50.000  
Catalonian Institute of Cartography.

### Mapa Comarcal de Catalunya.

(Regional Map of Catalunya)  
Priorat. 1:50.000  
Catalonian Institute of Cartography

### Mapa Comarcal de Catalunya.

(Regional Map of Catalunya)  
Terra Alta. 1:50.000  
Catalonian Institute of Cartography

### Mapa Comarcal de Catalunya.

(Regional Map of Catalunya)  
Montsià. 1:50.000  
Catalonian Institute of Cartography



# ROUGH GUIDE ROUTES

	Stages	km	Altitude gain	Altitude drop	Difficulty <sup>1</sup>	Independent signposting	Central information	Central Reservation	Transporte de maletas	Luggage transport	Guide	Itinerary guide	Material for hire	Railways
From the Catalan Pyrenees to the sea	6	262,2	+1.300	-1.970	●	YES	YES	NO	YES	YES	NO	NO	YES	YES
A trip around the Plana de Ponent	6	327,7	+4.270	-4.270	●	NO	NO	NO	NO	NO	NO	NO	NO	YES
From Montblanc to the Ebre River	6	289,2	+3.100	-3.450	●	NO	NO	NO	NO	NO	NO	NO	NO	YES

<sup>1</sup> Overall difficulty level of the route

Easy: ● Moderate: ● Strenuous: ●

# PRACTICAL TIPS & ADVICE

Practical tips for cycle touring:

- Gauge whether you are in the right physical condition for your chosen route, be aware of your own limitations and act accordingly.
- Before leaving, double-check the condition of your bicycle. Check lights and reflectors, brakes, tyres, gears, and the chain, oil all moving parts, take all the necessary tools and spare parts you might need (foot pump, oil, tyre changing tools, puncture repair kit, tool kit, spare tyres and brake and gear cables...).
- It is best to bring rear carriers with lateral side bags or panniers.
- Bring the right accessories and equipment (cycling gloves, helmet, distance counter and GPS if necessary...)
- Given the nature of the suggested routes, the use of topographic maps is an absolute necessity (maps of a scale of 1:50000 are the most suitable).
- Get all the relevant information about the areas you plan to cycle through: available accommodation, emergency telephone numbers, etc.
- Check the weather forecast before leaving.
- Let a family member or friend know which route you are planning to take.
- In summertime it is recommended that you carry a second bottle of water and refill these regularly.
- Respect the priority of pedestrians and the rules of the road.
- Respect the environment and nature.



DIRECTORY  
OF SERVICES



## Route related services for cycle tourist

### Routes:

- 1: From the Catalan Pyrenees to the sea by bike
- 2: A trip around the Plana de Ponent
- 3: From Montblanc to the Ebre River by bike

- **Ocigirona (1)**  
[www.ocigirona.net](http://www.ocigirona.net)
- **Costa Brava Verd Hotels (1)**  
[www.reservashoteles.net](http://www.reservashoteles.net)
- **Canoa Kayak (3)**  
[santi.borras@teleline.es](mailto:santi.borras@teleline.es)
- **Centre BTT de Mont-roig del Camp Miami platja (3)**  
[www.miamiplatja.net](http://www.miamiplatja.net)
- **Cicles JK (1)**  
[www.ciclesjk.com](http://www.ciclesjk.com)
- **Cicloturisme i Medi Ambient (1)**  
[www.cicloturisme.com](http://www.cicloturisme.com)
- **Consorti Vies Verdes de Girona (1)**  
[www.viesverdes.org](http://www.viesverdes.org)
- **Drac Actiu (3)**  
[www.dracactiu.com](http://www.dracactiu.com)
- **El Travel (1)**  
[www.eitravel.com](http://www.eitravel.com)
- **Estació Nàutica L'Estartit - Illes Medes (1)**  
[www.enestartit.com](http://www.enestartit.com)

- **Estació Nàutica Badia de Palamós i Calonge-Sant Antoni (1)**  
[www.estacionauticabadia.com](http://www.estacionauticabadia.com)
- **La Barrancada (3)**  
[www.labarrancada.com](http://www.labarrancada.com)
- **Llop Aventura (3)**  
[www.llopaventura.com](http://www.llopaventura.com)
- **Naturatour (1,2,3)**  
[www.naturatour.com](http://www.naturatour.com)
- **Naturetime events (3)**  
[www.cefores.net](http://www.cefores.net)
- **Rotpunkt (3)**  
[info@rotnatura.com](mailto:info@rotnatura.com)

## Cycle tourism information

- **Turisme de Catalunya**  
[www.turismedecatalunya.com/cycletouring](http://www.turismedecatalunya.com/cycletouring)  
[www.turismedecatalunya.com/turismeactiu](http://www.turismedecatalunya.com/turismeactiu)
- **Centres BTT Catalunya**  
[www.turismedecatalunya.com/btt](http://www.turismedecatalunya.com/btt)
- **Consorti Vies Verdes de Girona**  
[www.viesverdes.org](http://www.viesverdes.org)
- **FCC - Federació Catalana de Ciclisme**  
[www.fedecat.cat](http://www.fedecat.cat)
- **Rutes del Palau Robert**  
[www.gencat.net/probert](http://www.gencat.net/probert)
- **Via Verda Terra Alta**  
[www.terra-alta.org/index.htm](http://www.terra-alta.org/index.htm)
- **Via Verda Baix Ebre**  
[www.baixebre.org](http://www.baixebre.org)

## Club Turisme Actiu de Turisme de Catalunya (The Active Tourism Club) Associate members

The **Club Turisme Actiu** is an association of companies and public institutions that work together to promote active tourism and activities that take place in a natural setting and which do not harm nature

[www.turismedecatalunya.com/turismeactiu](http://www.turismedecatalunya.com/turismeactiu)

### Suppliers of products and services

#### Companies and public institutions providing Accommodation

- **Associació Estacions Nàutiques de Catalunya**  
[www.encatalunya.info](http://www.encatalunya.info)
- **Atlas Natura**  
[www.atlasnatura.com](http://www.atlasnatura.com)
- **Badia Tucana**  
[www.badiatucana.com](http://www.badiatucana.com)
- **Baló Tour**  
[www.balotour.com](http://www.balotour.com)
- **Bonviure**  
[www.bonviure.com](http://www.bonviure.com)
- **Cathelicopters**  
[www.cathelicopters.com](http://www.cathelicopters.com)
- **Fang Aventura**  
[www.fangaventura.com](http://www.fangaventura.com)
- **Giroguies**  
[www.giroguies.com](http://www.giroguies.com)
- **Helipistas**  
[www.barcelonahelicopters.com](http://www.barcelonahelicopters.com)
- **Infinít Air**  
[www.infinítair.com](http://www.infinítair.com)

- **La Selva de l'Aventura**  
[www.selvaventura.com](http://www.selvaventura.com)
- **Medaqua**  
[www.medaqua.com](http://www.medaqua.com)
- **Natura & Aventura**  
[www.naturayaventura.com](http://www.naturayaventura.com)
- **Nòmades Rurals**  
[www.camidelsparcs.com](http://www.camidelsparcs.com)
- **Obrint Via**  
[www.obrintvia.com](http://www.obrintvia.com)
- **Parc d'Aventura Activ Natura**  
[www.activ-natura.com](http://www.activ-natura.com)
- **Parc Olímpic del Segre**  
[www.parcollimpic.com](http://www.parcollimpic.com)
- **Port-Ainé Sport Center**  
[www.port-aïne.com](http://www.port-aïne.com)
- **Prades Aventura**  
[www.pradesaventura.com](http://www.pradesaventura.com)
- **Rafting Llavorsí**  
[www.raftingllavorsi.com](http://www.raftingllavorsi.com)
- **Roc Roi**  
[www.rocroi.com](http://www.rocroi.com)
- **Rutac Rutes Turístiques i d'Aventura Catalunya**  
[rutacsl@telefonica.net](mailto:rutacsl@telefonica.net)
- **Segre Mitjà**  
[www.segremitja.com](http://www.segremitja.com)
- **Taga Esports Natura**  
[www.taga.ws](http://www.taga.ws)
- **Terra Diversions**  
[www.terradiversions.com](http://www.terradiversions.com)
- **Tornasol Aventura**  
[www.tornasol.com](http://www.tornasol.com)
- **Tour Turístic**  
[www.i-santapau.com](http://www.i-santapau.com)
- **Turisnat Pirineu Resort**  
[www.turisnatpirineus.com](http://www.turisnatpirineus.com)

#### Accommodation

- **Associació de Càmpings de Muntanya i del Pirineu Català**  
[www.ocipirineu.com](http://www.ocipirineu.com)
- **Associació de Càmpings i C.V. de Barcelona**  
[www.campingsbarcelona.com](http://www.campingsbarcelona.com)
- **Costa Brava Verd Hotels**  
[www.reservashoteles.net](http://www.reservashoteles.net)
- **e-activ-hotels**  
[www.e-activ-hotels.com](http://www.e-activ-hotels.com)
- **Gourmethotel**  
[www.gourmethotel.org](http://www.gourmethotel.org)
- **Rafael Hoteles La Pleta** \*\*\*\*\*  
[www.lapleta.com](http://www.lapleta.com)
- **El Montanyà Resort & Spa** \*\*\*\*  
[www.elmontanya.com](http://www.elmontanya.com)
- **Hotel Can Boix de Peramola** \*\*\*\*  
[www.canboix.cat](http://www.canboix.cat)
- **Hotel Carlemany** \*\*\*\*  
[www.carlemany.es](http://www.carlemany.es)
- **Hotel La Costa Golf & Beach Resort** \*\*\*\*  
[www.resortlacosta.com](http://www.resortlacosta.com)
- **Hotel El Grèvol** \*\*\*\*  
[www.hotelgrevol.com](http://www.hotelgrevol.com)
- **Hotel Berga Park** \*\*\*  
[www.hotelbergapark.com](http://www.hotelbergapark.com)
- **Hotel Condes del Pallars** \*\*\*  
[www.condesdelpallars.com](http://www.condesdelpallars.com)
- **Hotel Estanys Blaus** \*\*\*  
[www.llacscardos.com](http://www.llacscardos.com)
- **Hotel Garbí** \*\*\*  
[www.hotelgarbi.com](http://www.hotelgarbi.com)

- **Hotel Husa Sant Bernat** \*\*\*  
[www.hotelhusasantbernat.com](http://www.hotelhusasantbernat.com)
- **Hotel Solana del Ter** \*\*\*  
[www.solanadelter.com](http://www.solanadelter.com)
- **Hotel Terramar** \*\*\*  
[www.hterramar.com](http://www.hterramar.com)
- **Hotel Urbis** \*\*\*  
[www.hotelurbiscentre.com](http://www.hotelurbiscentre.com)
- **Hotel Batalla** \*  
[www.hotelbatalla.com](http://www.hotelbatalla.com)
- **Apartaments El Muig Turisme Rural**  
[www.elmuig.com](http://www.elmuig.com)
- **Apartaments Villa Engracia**  
[www.villaengracia.com](http://www.villaengracia.com)
- **Càmping Berga Resort - 1a categoria**  
[www.bergaresort.com](http://www.bergaresort.com)
- **Càmping Ecològic Lava - 2a categoria**  
[www.i-santapau.com/camping.htm](http://www.i-santapau.com/camping.htm)
- **Alberg la Bruna**  
[www.alberglabruna.com](http://www.alberglabruna.com)

#### Reception agencies and Service companies

- **A Peu**  
[www.a-peu.com](http://www.a-peu.com)
- **Agenda Gestió Esportiva**  
[www.agenda-sportsactivities.com](http://www.agenda-sportsactivities.com)





- **Alt Empordà Turisme**  
[www.empordaturisme.com](http://www.empordaturisme.com)
- **Boí Taüll Resort**  
[www.boitauillresort.com](http://www.boitauillresort.com)
- **Catatour**  
[www.catatour.com](http://www.catatour.com)
- **Cicloturisme i Medi Ambient**  
[www.cicloturisme.com](http://www.cicloturisme.com)
- **Delta Turístic & Rent**  
[www.deltaturistic.com](http://www.deltaturistic.com)
- **El Travel**  
[www.eitravel.com](http://www.eitravel.com)
- **Grans Espais Ski i Aventura**  
[www.gransespais.com](http://www.gransespais.com)
- **Grupo Natura**  
[www.grupo-natura.com](http://www.grupo-natura.com)
- **Makà Ecotourism**  
[www.makaecotourism.com](http://www.makaecotourism.com)
- **Molineu Viatges**  
[www.lamolina.es](http://www.lamolina.es)
- **Turing Cerdanya Turisme i Aventura**  
[www.turingcerdanya.com](http://www.turingcerdanya.com)
- **Turisverd**  
[www.turisverd.com](http://www.turisverd.com)
- **Vall de Núria**  
[www.valldenuria.cat](http://www.valldenuria.cat)

## Tourism Promotion Organisations

- **Ajuntament de Castelló d'Empúries - Oficina de Turisme**  
[www.castello.cat](http://www.castello.cat)
- **Ajuntament de Tremp**  
[www.ajuntamentdetremp.cat](http://www.ajuntamentdetremp.cat)
- **Consell Comarcal del Berguedà**  
[www.elbergueda.cat](http://www.elbergueda.cat)
- **Consell Comarcal del Pallars Jussà**  
[www.pallarsjussa.net](http://www.pallarsjussa.net)
- **Consell Regulador Camí dels Bons Homes**  
[www.camidelsbonshomes.com](http://www.camidelsbonshomes.com)
- **Consorci de Promoció Turística Costa del Maresme**  
[www.costadelmaresme.cat](http://www.costadelmaresme.cat)
- **Consorci Ripollès Desenvolupament**  
[www.elripolles.com](http://www.elripolles.com)
- **Consorci de Turisme de l'Alt Berguedà**  
[www.altbergueda.com](http://www.altbergueda.com)
- **Emporda-Costa Brava Consell Comarcal del Baix Empordà**  
[www.visitemporda.com](http://www.visitemporda.com)
- **Enoturisme Penedès - Camins del Vi i del Cava**  
[www.altpenedes.net](http://www.altpenedes.net)

- **Mancomunitat de la Vall de Camprodon**  
[www.valldecamprodon.org](http://www.valldecamprodon.org)
- **Ocigirona**  
[www.ocigirona.net](http://www.ocigirona.net)
- **Oficina de Promoció Turística Diputació de Barcelona**  
[www.turismetotal.org](http://www.turismetotal.org)
- **Oficina de Turisme de Vic**  
[www.victurisme.cat](http://www.victurisme.cat)
- **Osona Turisme**  
[www.osonaturisme.cat](http://www.osonaturisme.cat)
- **Patronat Comarcal de Turisme de la Cerdanya**  
[www.cerdanya.org](http://www.cerdanya.org)
- **Patronat de Turisme Costa Brava Girona**  
[www.costabrava.org](http://www.costabrava.org)
- **Patronat de Turisme Diputació de Lleida**  
[www.lleidatur.com](http://www.lleidatur.com)
- **Patronat de Turisme Diputació de Tarragona**  
[www.costadaurada.info](http://www.costadaurada.info)
- **Patronat de Turisme Diputació de Tarragona Terres de l'Ebre**  
[www.terresdelebre.org](http://www.terresdelebre.org)
- **Patronat Municipal de Turisme de Cambrils**  
[www.cambrils-turisme.com](http://www.cambrils-turisme.com)

- **Turisme Val d'Aran**  
[www.turisme.aran.org](http://www.turisme.aran.org)
- **Turisme de Barcelona**  
[www.barcelonaturisme.cat](http://www.barcelonaturisme.cat)
- **Turisme de Sitges Agencia de Promoció**  
[www.sitgestur.com](http://www.sitgestur.com)
- **Turisme Garrotxa**  
[www.turismegarrotxa.com](http://www.turismegarrotxa.com)

## Tourism associations and bodies

- **Consorci de promoció turística Costa del Maresme**  
[www.costadelmaresme.org](http://www.costadelmaresme.org)
- **Diputació de Barcelona**  
[www.turismetotal.org](http://www.turismetotal.org)
- **Patronat de Turisme Costa Brava Girona**  
[www.costabrava.org](http://www.costabrava.org)
- **Patronat de Turisme Diputació de Lleida**  
[www.lleidatur.com](http://www.lleidatur.com)
- **Patronat de Turisme de la Diputació de Tarragona**  
[www.costadaurada.info](http://www.costadaurada.info)  
[www.terresdelebre.org](http://www.terresdelebre.org)
- **Torisme Val d'Aran**  
[www.torisme.aran.org](http://www.torisme.aran.org)
- **Turisme de Barcelona**  
[www.barcelonaturisme.cat](http://www.barcelonaturisme.cat)
- **ACAV - Associació Catalana d'Agències de Viatges**  
[www.acav.net](http://www.acav.net)
- **ARAC - Associació d'Agències de Viatge Receptives de Catalunya**  
[www.aracat.com](http://www.aracat.com)

## Centres de Promoció Turística (CPT) de Catalunya (Catalan Tourism Offices)

### TURISME DE CATALUNYA

Pg. de Gràcia 105, 3r  
08008 Barcelona  
Tel. +34 934 849 900  
[www.catalunyaturisme.com](http://www.catalunyaturisme.com)

- **CPT Madrid**  
[turisme.blanquerna@gencat.net](mailto:turisme.blanquerna@gencat.net)
- **CPT Alemanya, Frankfurt**  
[info@katalonien-tourismus.de](mailto:info@katalonien-tourismus.de)
- **CPT Itàlia, Milà**  
[info@catalogna-turismo.it](mailto:info@catalogna-turismo.it)
- **CPT Xina, Beijing**  
[ct.li@gencat.net](mailto:ct.li@gencat.net)
- **CPT Benelux, Brussel·les**  
[info@catalunya-turisme.org](mailto:info@catalunya-turisme.org)
- **CPT Regne Unit i Irlanda, Londres**  
[catalonia@catalantouristboard.co.uk](mailto:catalonia@catalantouristboard.co.uk)
- **CPT França, París**  
[p-casaperpinya@gencat.net](mailto:p-casaperpinya@gencat.net)  
(Perpinyà)
- **CPT Països Nòrdics, Hèlsinki**  
[ctb@wtc.fi](mailto:ctb@wtc.fi)
- **CPT Països de l'Est, Moscou**  
[jose@rosmail.ru](mailto:jose@rosmail.ru)

### ©Generalitat de Catalunya

Departament d'Innovació, Universitats i Empresa

Edited: Turisme de Catalunya

[www.catalunyaturisme.com](http://www.catalunyaturisme.com)

Legal deposit: B-1505-2008

Route definitions and technical content: Acna Activitats Natura  
Design, layout and executive production: Anfibic

Printed by: Gràfiques Cuscó

Photographs: M. Bartomeus, Xevi Hernández, Georama, Vall de Boí, Rafael López-Monné, Arthur Friedrich Selbach, Oriol Llauradó, José Luis Rodríguez, Jordi Bastart.

Turisme de Catalonia would like to thank all those who made this publication possible by their contributions of information, photographs, etc.



