



 **LIFECYCLE
ADVENTURES**

Catalonia

SPAIN

Planning

About the Area

Overnight Towns

On Tour FAQ



Use this Guidebook
with the On-Tour App
(see inside cover)

Inside this book

Planning Your Tour

- ➔ Where to stay before tour
- ➔ Getting there
- ➔ Things to book
- ➔ What to pack

About the Area

- ➔ Routes & highlights
- ➔ Geography & history
- ➔ Food & drink
- ➔ Essentials

Overnight Towns

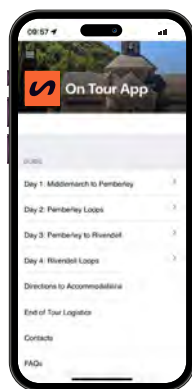
- ➔ Overviews
- ➔ Restaurants & bars
- ➔ Sights & activities
- ➔ Town plans

On Tour

- ➔ Using the On-Tour App
- ➔ Navigating the routes
- ➔ Our services
- ➔ Safety & enjoyment

On-Tour App for smartphones

You will be sent a link to download your On-Tour App a few weeks before the start of your tour.



The app includes everything you need to explore each day during your tour including:

- ➔ Ride options
- ➔ Places for lunch
- ➔ Points of interest
- ➔ Directions to accommodations
- ➔ End of tour logistics
- ➔ Contacts
- ➔ FAQs

See the *Using the On-Tour App* section of this guidebook for more details about this app.



 **LIFECYCLE
ADVENTURES**

Catalonia

SPAIN

Written & Researched by

Victoria Craig & Gregory Craig



A Warning and a Request

We make great efforts to ensure the accuracy of our guides. However, things do change, and errors can creep in. If you have corrections for this guidebook or discover new things along the way, please drop us an email and we will incorporate your suggestions in our next edition.

You can reach us at info@lifecycleadventures.com

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Rooftops of Girona

GETTING THERE

Tours typically start in Girona or Figueres. Most people travel to these towns by train from Barcelona. We can also collect you from Barcelona as an optional extra.

Arriving in Figueres by Train

The fast, AVE, service leaves from Barcelona–Sants railway station and arrives at Figueres Vilafant station (Estación–Vilafant–Figueres) in less than an hour. In Figueres, it is two kilometers from the railway station to the center of Figueres; a journey best made by taxi.

Arriving in Girona by Train

The fast AVE service leaves from Barcelona–Sants railway station and arrives at Girona in less than an hour. Girona train station is in the town, and it is relatively easy to walk to many hotels.

Arriving at Barcelona Airport

Barcelona–El Prat Airport (BCN) is one of the busiest airports in Europe, ranking sixth in passenger numbers in 2024, and second in Spain after Madrid. It offers direct flights to most major European hubs, including London, Paris, and Amsterdam, as well as direct services to several U.S. cities such as New York, Miami, and Atlanta, with seasonal or limited direct flights to destinations such as San Francisco, Chicago, Washington, D.C., and Philadelphia. To reach the center of Barcelona from the airport, travelers can take a taxi (around 20 to 30 minutes) or the Aerobus shuttle service (about 35 minutes), which runs frequently from both terminals to Plaça Catalunya.

Arriving at Girona Airport

Girona–Costa Brava Airport (GRO) is a smaller secondary airport sometimes used as an alternative to Barcelona. It offers direct flights to a wide range of European destinations – including London Stansted and Paris Beauvais, among many others across the U.K. and continental Europe.

If we are not collecting you from Girona Airport, the simplest options to reach Girona city are by taxi or hourly public bus. The journey to the city center takes around 25 minutes. To travel from Girona city to Figueres, the fastest way is by high-speed (AVE) train, which covers the distance in about 14 minutes, with around 15–22 departures daily.

The following sites are helpful when booking travel within Catalonia and Spain:

- Rome to Rio: <https://www.rome2rio.com/>
- The Train Line: <https://www.thetrainline.com/en-us>
- Local train company: <https://www.renfe.com/es/en>

WHERE TO STAY BEFORE YOUR TOUR

Guests typically stay in Figueres before their tour and in Girona after their tour. We have received good feedback for the following hotels and B&Bs.

Figueres

Hotel Rambla

 La Rambla, 33, 17600 Figueres
 +34 972 67 60 20
 <https://www.hotelrambla.net/index.php/en/>

Duran Hotel Restaurant

 Carrer Lasauca, 5, 17600 Figueres
 +34 972 50 12 50
 <https://hotelduran.com/en/>

Mas Falgarona

 Carrer de Llers, s/n, 17742 Avinyonet de Puigventós
 +34 972 54 66 28
 <https://www.masfalgarona.com/en/>

Girona

Nord 1901 Hotel

 Carrer del Nord, 7, 9, 17001 Girona
 +34 972 41 15 22
 <https://www.nord1901.com/en/>

Hotel Ciutat de Girona

📍 Carrer del Nord, 2, 17001 Girona
☎ +34 972 48 30 38
🌐 <https://www.hotelciutatdegirona.com/en>

Hotels Ultonia Girona

📍 Gran Via de Jaume I, 22, 17001 Girona
☎ +34 972 20 38 50
🌐 <https://hotelsultonniagirona.com/en/>

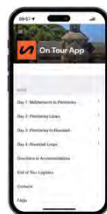
DOWNLOADS FOR YOUR PHONE

We recommend you download the following to your phone before you travel:

- On-Tour App (**essential**)
- eBook of this guidebook
- Google Maps for the area
- WhatsApp
- eSIM data plan

Downloading the On-Tour App

A few weeks before the start of your tour, we will email you a link to download your On-Tour App. We recommend you download the app and familiarize yourself with its contents before you leave home. See the On Tour section of this guidebook for more details about this app.



Download an eBook of this Guidebook

We recommend downloading the eBook version of this guidebook. This will allow you to reference the guidebook from your phone or tablet as well as giving you the ability to zoom in on maps and click on website links and telephone numbers.



Scan this code with your phone's or tablet's camera. Then follow the instructions below, depending on your device.

On an iPhone or an iPad

- Open the PDF using the above QR code (this can take more than a minute depending on your WiFi)
- Tap Share (there may be a few seconds delay after tapping share)
- Tap *Books*

The PDF then opens automatically and saves into the Books app. Access it via the *Library* section of the Books app.

On Google Smartphones or Tablets

Adjust Settings

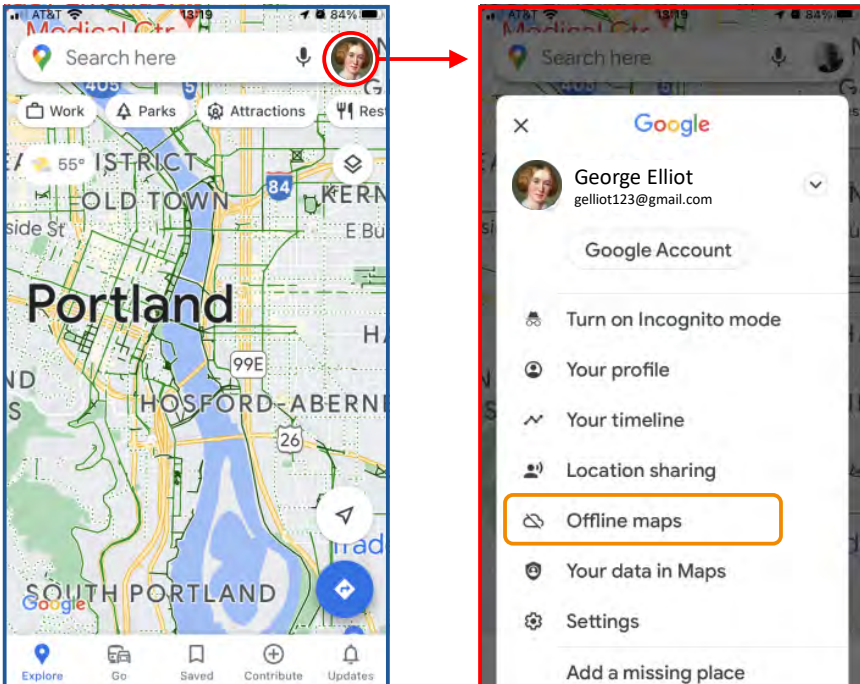
- On your device, open Google Play Books
- At the top-right, tap your profile picture
- Tap Play Books settings
- Check the box next to *Enable PDF uploading*

Download the Book

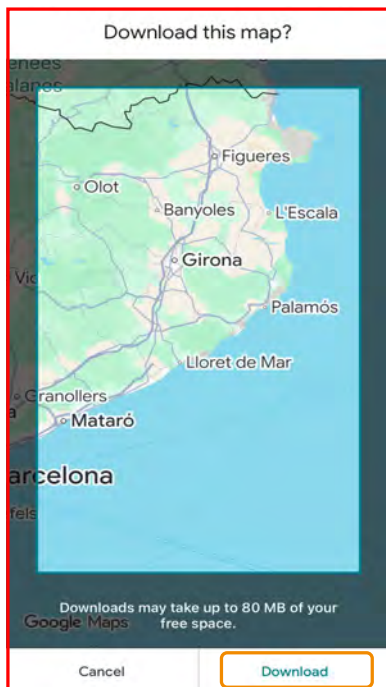
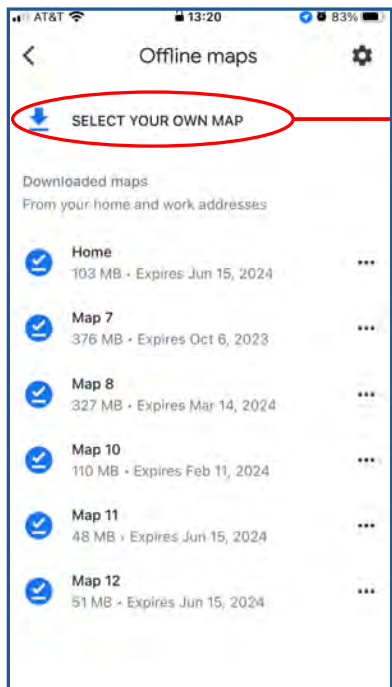
- Download the PDF file to your device using the above QR code
- Open your Downloads or Files app
- Find the file
- Tap *More* and then *Open With* and then *Play Books* or *Upload to Play Books*.
- To find uploaded files in the Play Books app, tap Library and then Uploads.

Downloading Google Maps

The On-Tour App includes many links to Google Maps. We recommend downloading the maps for this area in Google Maps before leaving home. You will need to be signed into your Google account to use this feature. Instructions are as follows.



In the Google Maps app, tap on your profile picture and then select Offline Maps



Zoom the map to include Figueres, Olot, Girona, and L'Escalá.

WhatsApp

Most of our guides prefer to use WhatsApp for staying in contact with you during your tour. If you have downloaded the app and set up an account, that would be helpful. If not, don't worry, we can also use texts and phone calls.

Phone Plans

Having access to cellular data while on tour makes it easier to navigate your routes and access information via our On-Tour App (though with a little forethought you can manage without).

If traveling abroad, you may need to inform your cell phone company that you are traveling and request them to activate your account for use abroad. There are typically packages available to pre-purchase that reduce the cost of using your phone abroad.

Many of our guests choose to activate an eSIM card for traveling. This will give you access to cheap data plans (about \$5 for 1 GB of data for a week) and does not require you to swap out your existing SIM card. Companies providing eSIMs include Airalo and Nomad. Plans can be purchased online and downloaded onto your phone. If you plan to use an eSIM, we strongly recommend you purchase and set up the plan in advance of your trip. You can then activate it when you arrive at your

destination. Note that not all devices support eSIM technology, so it is best to check before leaving home.

THINGS TO BOOK BEFORE YOU TRAVEL

Transfers from Barcelona Airport

Typically, we collect and drop off guests at their hotel in downtown Girona, downtown Figueres, Girona Railway Station, or Figueres Railway Station. We can also collect or drop off guests at Barcelona Airport, for which there is an extra charge. These transfers are only available on the first and last days of the tour and are subject to availability.

Transfers on Tour

Leisure Route from Besalú to Olot

If you plan to ride the Leisure route from Besalú to Olot, let your guide know at the start of the tour. This will allow them to organize your van transfer to Tortellà for that day.

Leisure Route from Olot to Girona

If you plan to ride the Leisure route from Olot to Girona, let your guide know at the start of the tour. This will allow them to organize your van transfer to Banyoles for that day.

Leisure Route from Girona to Llafranc

If you plan to ride the Leisure route from Girona to Llafranc, let your guide know at the start of the tour. This will allow them to organize your van transfer to Púbol.

Activities

If you want to add any of the following activities to your tour, we recommend booking them in advance. This is especially true during high season: July to September.

Tapas and Wine by Night – Tour of Girona

Highly recommended and a great way to see Girona town. The general tour is in English, takes ~3 hours (including stops) and it includes ham tastings, Catalan cuisine, tapas, regional cheeses, locally-produced wines, olive oils, and ice-cream! Price is ~€95 per person and the tours usually run from Monday to Saturday from 6:45 PM – 10:30 PM. They offer private tours for two people with a supplement of €35 per person.

The company also offers other tours so it's worth looking at their website and you can email them for more information info@gironafoodtours.com

 Girona Food Tours Shop, Carrer Nord 6, bajos (right in front of Hotel Nord 1901)

 +34 972 664 649

 <https://www.gironafoodtours.com/eng/p/foodtours/tour/tours/79.htm>

Boating / Snorkeling Excursions

Poseidon Diving offer private and standard boating excursions, and also rents paddleboards and snorkeling equipment.

Private boating excursions navigate from Calella de Palafrugell and stop twice in bays to swim, snorkel or just sunbathe. It is ~€500 for 2 hours. Their public excursions in July and August depart every Thursday and Sunday at 9:30 AM for 2 hours. Price is ~€25 per adult.

The company does offer other excursions so it's worth looking at their website and you can email them for more information info@poseidoncalella.com

 Platja Port Pelegrí, 17210, Calella de Palafrugell

 +34 972 61 53 45

 <https://www.poseidoncalella.com/en/>

Restaurants

In high season, you may want to book your dinners in advance – especially if you plan to eat at the higher-end establishments. You can find details of the restaurants in the *Overnight Towns* section of this guidebook.

Restaurants that typically require reservations include the following:

In Olot

- La Deu Restaurant
- Restaurant Font Moixina
- La Quinta Justa
- Hotel Mas la Ferreria Restaurant

In Girona

- El Cellar de Can Roca
- Massana Restaurant

In Llafranc

- Casamar Restaurant
- El Far Hotel Restaurant

WHAT TO PACK

What We Provide (so you don't need to pack)

We provide the following equipment:

- ☐ Two LifeCycle Adventures water bottles
- ☐ Floor pump that travels with your luggage
- ☐ Phone mount to attach your phone to your handlebars
- ☐ Energy bars for each day

For guests renting one of our bikes, we also provide:

- ☐ Helmets (though we recommend bringing your own due to fit and knowledge of previous use)
- ☐ A hand pump, a spare tube, and tools to change a flat tire
- ☐ A lightweight combination bike lock
- ☐ Rack bags or panniers are available on request¹. NOTE: some bikes, including those with carbon seat posts, cannot be fitted with rack bags or panniers. If they are not available, we recommend bringing a small backpack
- ☐ Rear lights are available on request¹
- ☐ Battery bank to recharge your phone en route is available on request¹ (subject to availability)

What You Should Bring

To help you prepare for the trip, below is a list of gear to consider bringing in addition to the usual clothes you would pack for any trip.

Gear For on the Bike

- ☐ Breathable, brightly colored cycling jerseys or tops
- ☐ Hi-vis rain jacket and waterproof pants/trousers
- ☐ Cycling gloves. Consider long-fingered gloves for colder temperatures.
- ☐ Cycling shoes or stiff-soled, closed-toed shoes
- ☐ Helmet (see *What We Provide*, above)
- ☐ Fleece or warm sweater
- ☐ Padded cycling shorts (and possibly some chamois cream)
- ☐ Sunscreen
- ☐ Sunglasses
- ☐ Bandana (optional, but good for protecting head or back of neck from the sun)
- ☐ Leg warmers and arm warmers (handy for changing temperatures)

¹ Items available "on request" should be requested via email or the Booking Form at least two weeks before the start of your tour.

Other Essentials

- ☐ Emergency contact details and first aid kit
- ☐ Cell phone and charger
- ☐ Battery bank to recharge your phone en route (if you have one)
- ☐ Favorite or needed medication
- ☐ Insect repellent
- ☐ Medical and travel insurance

Good Things to Have

- ☐ Sandals or flip-flops to pack in your day bag if wearing cycling shoes
- ☐ Rear light for daytime use
- ☐ Small backpack (see *What We Provide*, above)

If You are Renting One of Our Bikes

If you are renting one of our bikes, we would strongly suggest you consider bringing the following.

- ☐ Your own pedals, if you typically ride with clipless pedals
- ☐ Your own saddle. The rental bikes have generic saddles, and many riders prefer to use a saddle with which they are familiar. This is particularly true if you normally ride with a female specific saddle

If You are Bringing Your Own Bike

- ☐ Bar bag or seat-post bag
- ☐ Bike lock
- ☐ Spare inner tube and puncture repair kit
- ☐ Hand pump
- ☐ Tools and spares for your make of bike
- ☐ Lubricant & solvent for maintaining chain

If you are bringing your own bike, we also recommend that you have your bike tuned by a bike store before you travel. If something about your bike's setup has been bothering you, your trip is a great excuse for sorting it out.

If shipping your bike to us before your tour, please be sure the bike is cleaned before being packed.



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Medieval bridge in Besalú

INTRODUCTION

With its sunny climate, diverse terrain, and stunning landscapes, Catalonia offers some of the best cycling experiences in the world. Quiet, bike-friendly roads wind past medieval hilltop villages through fragrant pine forests and along a dramatic coastline dotted with hidden coves. Riders enjoy an ever-changing backdrop that includes rugged Pyrenean peaks, rolling farmland patterned with vineyards and olive groves, and the sparkling blue waters of the Mediterranean Sea.

Catalan cuisine is rightly celebrated, blending mountain and coastal influences into a cuisine full of fresh seafood, seasonal vegetables, and hearty meats. The region is also a gastronomic powerhouse, boasting more than 60 Michelin-starred restaurants, from avant-garde fine dining to traditional eateries reimaged for the modern palate.

Catalonia's cultural heritage is equally rich. It is the birthplace of some of Spain's most celebrated artists and architects including Salvador Dalí, Antoni Gaudí, and Joan Miró, whose works continue to inspire visitors from around the world.

Our tours start about an hour north of Barcelona, a vibrant city famous for its architecture, food scene, and lively atmosphere – a worthy destination before or after your ride. Whether you seek challenging climbs, scenic coastal routes, or leisurely days exploring villages, Catalonia delivers an unforgettable cycling adventure.

ROUTES & HIGHLIGHTS

The map on the following page shows the *Intermediate* routes between the overnight towns (marked ). Easier and harder routes are also available. The map also shows some of the highlights in the area.

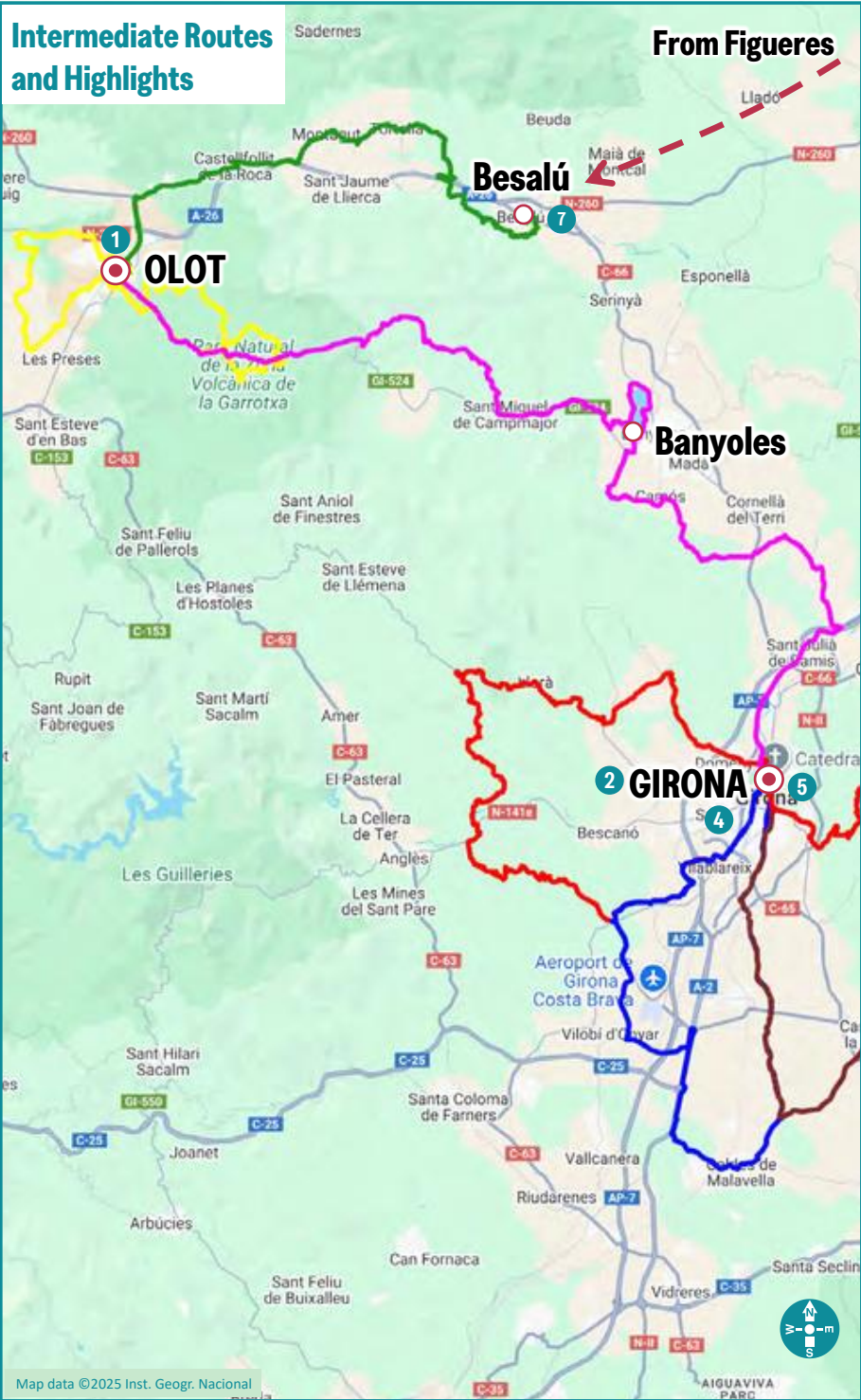
Each tour is customized to you, and your tour may not include all these routes and overnight towns. Figueres is typically only included on longer tours. Your customized routes are provided in the *On-Tour App* that accompanies this guidebook. The app includes the following:

- Detailed maps
- Leisure, intermediate, Challenge and Epic route options¹
- Places to have lunch along the routes
- Points of interest along the routes
- Wineries along the routes²

¹ Not all days have all levels of riding.

² Where applicable

Intermediate Routes and Highlights





1 Olot

Known as “the city of volcanoes,” Olot lies in the heart of La Garrotxa Volcanic Zone Natural Park, surrounded by dormant craters and lush landscapes. It has a charming old town and offers a quieter, less-touristy contrast to the region’s coastal towns.



2 Girona

A city separated by a river. To the east is the ancient walled city with its Cathedral and Jewish quarter. To the west lies the “new” town with museums, upscale stores, and leafy squares.



3 Llafranc / Calella de Palafrugell

Adjacent Costa Brava towns. Both have sandy beaches and whitewashed buildings. A scenic coastal path links the two bays. Llafranc exudes understated elegance, while Calella retains its fishing-village charm.



4 Gastronomy

Catalan cuisine is renowned for its creativity and depth of flavor, blending mountain and coastal ingredients. The region is a true culinary hotspot, with more than 60 restaurants awarded at least one Michelin star, several of which can be found in Girona.



5 Professional Cycling Scene

Girona has a disproportionately high number of cyclists for its small population due to the rolling country lanes and testing climbs. It is not unusual to see pro cyclists in Girona’s cafés or out on training rides in the nearby hills.



6 Costa Brava

“Costa Brava” means “rugged coast”. This stretch of Mediterranean coast is celebrated for its rugged cliffs, hidden coves, and picturesque seaside villages. A scenic mix of natural beauty, cultural heritage, and charming fishing villages.



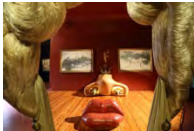
7 Medieval Villages

In Catalonia, many small villages still retain a medieval core, with Besalú being a prime example. These villages have their own distinct charm, with narrow streets, ancient stone buildings, castles, towers, and old churches.



8 Dalí Triangle

For art lovers, the Dalí Triangle is a must. This trio of sites includes the Dalí Theatre–Museum in Figueres, the artist’s former home in Portlligat, and the Gala Dalí Castle in Púbol, each providing insight into the surrealist master’s life and work.



CLIMATE & GEOGRAPHY

Summary

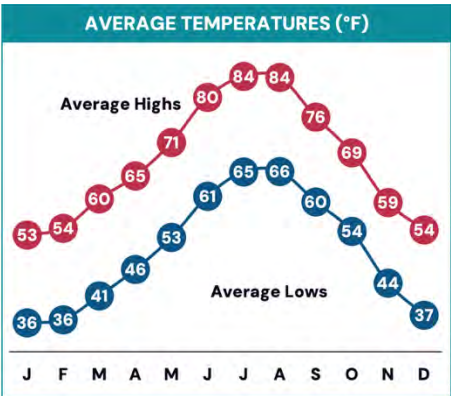
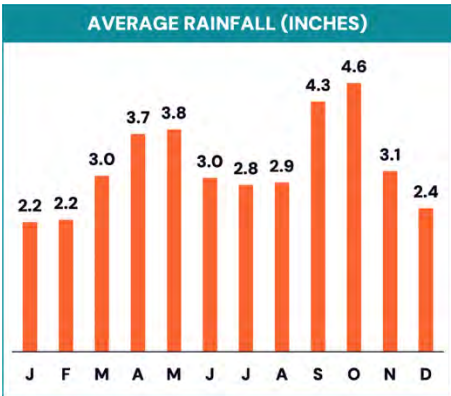
This region has a coastal Mediterranean climate with warm summers and mild winters. The mountains to the west protect the area from Atlantic weather patterns meaning the region is relatively dry with many sunny days. The Mediterranean Sea moderates temperatures especially near to the coast while areas further inland are a little warmer in the summer and cooler in the winter.

When to Visit

Spring is pleasantly warm and a great time to visit, as there are fewer tourists. The temperatures peak in July and August, so cyclists in these months typically start and finish their rides in the morning to avoid the heat of the day. Temperatures moderate quickly in September, and most people are comfortable riding here through to the end of November. We do not recommend riding here in the winter.

Climate Charts

The charts below show monthly average temperatures (in Fahrenheit) and rainfall (in inches) for Girona, the city at the center of our tours.

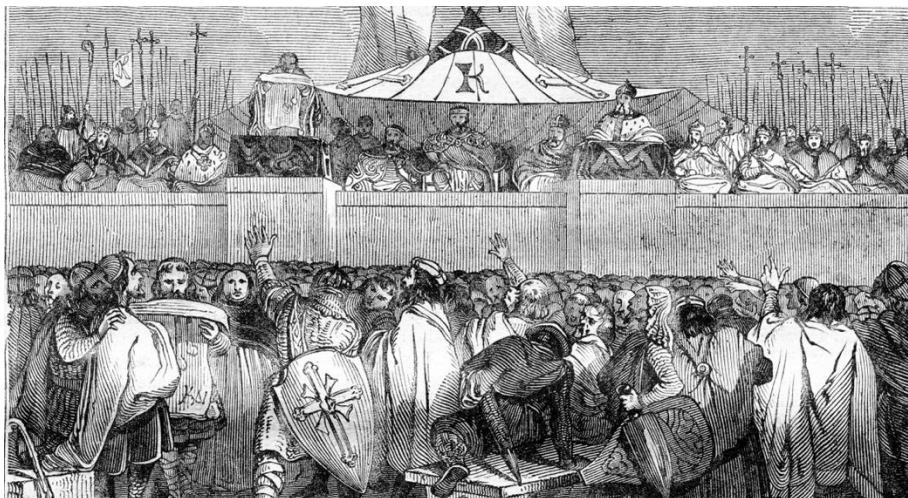


Data Source: <https://en.climate-data.org/>

HISTORY

In Two (Long) Sentences

Catalonia has a long and complex history shaped by successive powers – from its early integration into the Roman Empire, to Gothic rule in the 5th century, Moorish conquest in the 8th century, incorporation into Charlemagne's empire in the 9th century, uniting with the Kingdom of Aragon in the 12th century, and participating in the Union of Aragon and Castile to become part of Spain in the 15th century. In modern times, its distinct identity was formally recognized with the 1979 Statute of Autonomy, re-establishing the Generalitat as its governing institution, complete with a president, an executive council, and a parliament.



Proclamation of Charlemagne

Key Dates

Pre-history

The area now known as Catalonia was inhabited by early humans for hundreds of thousands of years, with archaeological finds dating to the Lower Paleolithic. The Iberian tribe known as the Indigetes occupied the region by the first millennium BCE.

218 BCE

The Romans arrive during the Second Punic War, landing at Empúries. Catalonia becomes part of the Roman province of Hispania Citerior, later Tarraconensis, with Tarraco (Tarragona) as a major capital. The region flourishes with Roman roads, aqueducts, and trade.

409 CE

With Rome in decline, Germanic tribes (Vandals, Suebi, and later Visigoths) take control. By the late 5th century, Catalonia is part of the Visigothic Kingdom, with Barcelona serving briefly as its capital.

711	Muslim forces from North Africa invade the Iberian Peninsula. By 714, much of Catalonia is under Umayyad control.
801	Charlemagne's son Louis the Pious captures Barcelona from the Moors, incorporating the region into the Carolingian Empire as the Marca Hispanica – a buffer zone of semi-autonomous counties.
1137	The County of Barcelona unites with the Kingdom of Aragon through the marriage of Ramon Berenguer IV and Queen Petronilla of Aragon, forming the Crown of Aragon. Catalonia becomes a key Mediterranean power.
1469	Ferdinand II of Aragon marries Isabella I of Castile, uniting the crowns and laying the foundation for the Spanish monarchy, though Catalonia retains its own institutions.
1640–1659	The Reapers' War (Guerra dels Segadors) sees Catalonia rebel against the Spanish crown, briefly placing itself under French protection. The Treaty of the Pyrenees (1659) cedes Roussillon and other northern Catalan territories to France.
1714	The War of the Spanish Succession ends with the fall of Barcelona to Bourbon forces on 11 September, now commemorated as the Diada Nacional de Catalunya. The Nueva Planta Decrees abolish Catalan institutions and laws.
19th century	Catalonia becomes one of Spain's most industrialized regions, leading to rapid urban growth and the Renaixença, a cultural revival of the Catalan language and identity.
1931	With the proclamation of the Second Spanish Republic, Catalonia gains a statute of autonomy and restores the Generalitat (regional government).
1936–1939	Catalonia plays one of the most crucial and dramatic roles in the Spanish Civil War as the political, industrial, and symbolic center of the Republican side experiencing some of the most intense social revolutions and later repressions.
1939	After the Spanish Civil War, Franco abolishes autonomy, bans the Catalan language in public life, and suppresses cultural expression.
1979	Following Franco's death and Spain's return to democracy, Catalonia regains autonomy under a new Statute of Autonomy, reestablishing the Generalitat.
2006	A new Statute of Autonomy expands powers and defines Catalonia as a "nation" within Spain, though parts are later overturned by Spain's Constitutional Court.
2017	Catalonia holds an independence referendum declared illegal by courts in Madrid, followed by a unilateral declaration of independence. The Spanish government responds by suspending Catalonia's autonomy under Article 155 of the Constitution.

Today

Catalonia remains one of Spain's wealthiest and most culturally distinctive regions, known for its language, traditions, art, architecture, and ongoing political debate over independence.

FOOD & DRINK

Catalan Food



Catalan Food Market

Overview

Catalan cuisine is celebrated for its variety, balance, and deep connection to the land and sea. It combines the hearty flavors of mountain cooking with the freshness of Mediterranean coastal fare, making use of meats (pork, lamb, poultry, and game), abundant seafood (anchovies, prawns, squid, monkfish, and clams), seasonal vegetables, and legumes. Staples include fresh-baked breads, rice, olive oil, and a wide range of cheeses and cured meats.

The cuisine is influenced by Mediterranean neighbors as well as centuries of trade with France, Italy, North Africa, and the Middle East, which introduced spices such as cinnamon, nutmeg, saffron, and paprika. Local herbs – parsley, rosemary, thyme, bay leaf, and fennel – are used generously. Garlic, onions, and tomatoes form the base of many dishes, often slow cooked into rich sauces.

Signature preparations include *pa amb tomàquet* (bread rubbed with tomato and drizzled with olive oil), *escudella i carn d'olla* (a hearty meat and vegetable stew),

and *suquet de peix* (fishermen's seafood stew). Desserts often feature almonds, honey, citrus zest, and cinnamon, as in *crema catalana*, the local answer to crème brûlée.

Catalonia's gastronomic reputation is further enhanced by its many Michelin-starred restaurants, ranging from rustic farmhouses to cutting-edge culinary temples.

Calçots

These tender, sweet spring onions – somewhere between a leek and a scallion – are a true Catalan seasonal delicacy. Harvested in late winter and early spring, they are the star of festive gatherings known as calçotades. The calçots are grilled over an open flame until charred, then wrapped in newspaper to steam before being peeled and dipped into a nutty, garlicky romesco sauce made with almonds, hazelnuts, roasted peppers, and olive oil. Eating them often involves an apron, raised elbows, and plenty of laughter.



Escudella i Carn d'Olla

Considered Catalonia's national winter dish, this hearty stew is both comforting and substantial. It combines meats (pork, beef, and sausage), seasonal vegetables, beans, potatoes, and sometimes pasta or rice. Traditionally, it's served in stages: first the rich broth (*escudella*), then the boiled meats (*carn d'olla*), followed by the vegetables.



Crema Catalana

A dessert dating back to medieval times, crema catalana is a silky custard made with egg yolks, milk, sugar, cinnamon, and lemon zest, finished with a brittle layer of caramelized sugar. It is lighter than its French cousin, crème brûlée, and is often enjoyed during the feast of Saint Joseph in March.



Pa amb Tomàquet

A simple yet essential Catalan staple: rustic bread rubbed with ripe tomato, drizzled with extra virgin olive oil, and sprinkled with salt. Served alongside cured meats, cheeses, or grilled fish, it's a cornerstone of everyday meals.



Suquet de Peix

A traditional fishermen's stew from the Costa Brava, made with the day's catch – often monkfish, prawns, and clams – simmered with potatoes, tomato, garlic, saffron, and almonds. It is rich, aromatic, and best enjoyed with bread to soak up the sauce.



Botifarra amb Mongetes

A rustic, satisfying dish of grilled Catalan pork sausage served with *mongetes* – small white beans sautéed in olive oil and garlic. Popular in traditional taverns and at village festivals.



Coca

A versatile flatbread that can be sweet or savory. Savory versions are topped with roasted vegetables, onions, or sardines, while sweet ones are often sprinkled with sugar and pine nuts.



Wines of Catalonia

Overview

Wine has been made here for over 2,500 years, introduced by the Greeks at Empúries in the 6th century BCE and later expanded by the Romans. In the Middle Ages, local monasteries and villages cultivated vineyards extensively. Although phylloxera devastated the region in the late 19th century, Empordà rebounded in the 20th century with renewed focus on quality over quantity. The DO (Denominación de Origen) was officially recognized in 1975. The DO Empordà is one of Catalonia's most historic and scenic wine regions, stretching from the foothills of the Pyrenees to the coastline of the Costa Brava.

While Catalonia is an excellent wine region, there are relatively few wineries directly on our cycling routes that regularly offer tours and tastings. Many estates are small, family-run operations focused on production rather than tourism, or they require advance bookings that don't align easily with a flexible riding schedule. As a result, the best opportunities to sample the area's superb wines come not from visiting vineyards but from enjoying carefully chosen pairings at your meals in local restaurants or browsing the well-stocked wine shops in your overnight towns. If there is a winery on your route, it will be noted as a point of interest in your *On-Tour App*.

Cava

Catalonia's signature sparkling wine, Cava, is produced using the traditional method (*méthode champenoise*) – the same process used to make Champagne – yet it offers its own distinct character and exceptional value. While Champagne must be made from specific grapes grown in France's Champagne region, Cava can be produced from a wider range of grapes, though it is most often crafted from three varieties native to Catalonia: Macabeo, Parellada, and Xarel·lo. These grapes give Cava its fresh, crisp profile with notes of citrus, green apple, and almond. Catalonia is the heart of Cava production, responsible for around 240 million bottles each year, making it Spain's leading sparkling wine region and a favorite choice for celebrations.



Regional Specialties

Catalonia is home to a diverse range of grape varieties that have adapted to the region's climate and soil conditions over centuries. One of the most popular varieties in Catalonia is Garnacha, also known as Grenache. This red grape thrives in hot, dry climates, making it ideal for the region. Another notable variety is Samsó, a robust red grape that produces full-bodied wines with bold tannins.



FUN FACTS (AND OTHER THINGS OF INTEREST)

Barcelona

Catalonia's most populated city, Barcelona, is not only a political and economic hub but also one of Europe's most stylish travel destinations. It is famous for its modernist architecture, sandy beaches, vibrant nightlife, and culinary scene. The city also hosted the 1992 Summer Olympics, which transformed its waterfront and boosted its international profile. It is the most visited city in Spain after Madrid, attracting over 12 million visitors a year.



Catalonian Flag & Language

The origins of the Catalan flag (La Senyera) are a mix of fact and legend. The most famous tale links it to Wilfred the Hairy (Guifré el Pilós), a 9th-century count. Wounded in battle, he supposedly dipped his fingers into his own blood and drew four red stripes across his golden shield – creating the flag's now-iconic design. Whether entirely true or not, it is a powerful symbol of Catalan pride and identity.



The Catalan language is spoken alongside Spanish and is the primary language in schools, local government, and much of daily life. It has its own rich literary tradition dating back to the Middle Ages, with writers such as Ramon Llull and Jacint Verdaguer shaping its cultural identity.

Salvador Dalí

One of the 20th century's most recognisable artists, Salvador Dalí was born in 1904 in Figueres. Known for his surrealist masterpieces and flamboyant personality (including his trademark upturned moustache), Dalí remains a cultural icon. Visitors can explore his eccentric world at three sites known as the "Dalí Triangle": the Dalí Theatre-Museum in Figueres, his former home in Portlligat, and the Gala Dalí Castle in Púbol.



La Garrotxa Volcanoes

The Garrotxa Volcanic Zone is home to over 40 volcanoes – the youngest in the Iberian Peninsula. Eruptions began about 350,000 years ago, and the most recent activity was a mere 11,000 years ago – a blink of an eye in geological terms. Many craters are now covered in forest and farmland, making them perfect for hiking and cycling. In contrast, the volcanoes in L'Empordà (near Figueres) last erupted more than 10 million years ago.



Human Towers

The region is famous for its castells (human towers) that can reach up to 10 stories high. UNESCO has recognized them for their cultural significance. Building them requires incredible teamwork, balance, and trust, with people of all ages; often children form the highest levels.



Chocolate

Barcelona was home to Europe's first chocolate-making machinery, brought from the Americas in the 16th century, making it an early hub for Europe's sweet tooth. The city still honors this heritage with dedicated chocolate museums, artisanal chocolatiers, and an annual chocolate festival. A nice way to indulge is to have churros dipped in rich chocolate.



ESSENTIALS

Hotel Services

Will hotels do laundry?

Yes, most hotels will do your laundry. Generally, it is better if you can put your clothes in on a day when you are spending two nights at an accommodation.

Please ask us if there is a question you have about a particular place you are staying.

Internet Access

Wi-Fi is common in hotels and restaurants (you might need to ask for the code) and is often free in tourist offices and other public places.

Can I use my charger and hair dryer in Catalonia?

Standard sockets in Catalonia, as in the rest of Europe, supply electricity at 220 volts alternating at a 50 cycles per second (vs. the US and Canada where 110 volts, alternating at 60 cycles per second is standard).

The sockets are also different from the US sockets: Type F (also known as *Schuko*). This socket also works with Plugs C and E.

To use your North American appliances in Spain you will need to check they are rated for use with 220 volts, and you will need a plug adapter.

Many phone chargers and PC chargers are rated for use at 220 volts however most North American hairdryers are not.



Money

The currency of Catalonia (and Spain) is the Euro (€).

Are credit cards widely accepted?

Yes, Visa and MasterCard are widely accepted in restaurants and hotels in Catalonia. However, credit cards tend not to be used for small payments (unlike the United States). American Express is not as widely accepted outside of the big hotels and car rental agencies.

Stores generally accept credit cards though some of the smaller food stores may not.

Ask your credit card company about foreign transaction fees before you travel. These can vary from zero to over 3%. NOTE: Credit card companies may decline your card if you have not notified them that you are travelling abroad.

Are there ATMs in all the overnight towns?

Yes, there is a good network of ATMs in the region, usually called “cash machines”. The coverage is similar to the United States and Canada with several ATM machine in each of the overnight towns we use as well as in many of the towns en route.

Typically, your bank will charge a fixed fee per transaction (around \$2) plus a variable fee of around 3%.

How many Euros should I bring/carry?

Cash is commonly used for everyday purchases throughout Catalonia. You will want to keep €100 to €200 on hand in case your lunch or dinner restaurant does not accept credit cards and people tend to use cash for small transactions (cups of coffee, etc.) and at smaller food stores. Taxis also prefer cash.

Communications

Is English widely spoken?

English is spoken, to some degree, in most hotels and restaurants and (much less so) in general stores. The further you get from the tourist centers; the less English is spoken. However, even in the remoter parts of Catalonia, people are used to dealing with people who do not speak Catalan or Spanish and are generally friendly and keen to help.

Will my cell phone work in Spain?

If travelling from the United States or Canada, you may need to inform your cell phone company that you are traveling and request them to activate your account for use abroad. There are typically packages available to pre-purchase that reduce the cost of using your phone abroad.

Should I buy a Spanish SIM card?

For longer trips – or if you need to make a lot of calls while abroad – this can be worthwhile. For shorter trips, where you will not be using the phone very much, it makes less sense – just go with an international package offered by your US or Canadian operator. If you are planning to buy a Catalonian SIM card, make sure your phone is unlocked before you travel, or you will also need to purchase a local phone (around \$30 for a basic model).

Many of our guests choose to activate an eSIM card for travelling. This will give you access to cheap data plans (e.g. \$5 for 1 GB of data for a week) and do not require you to swap out your existing SIM card. Companies providing eSIMs include Airalo and Nomad. Plans can be purchased online and downloaded onto your phone. If you plan to use an eSIM, we strongly recommend you buy and set up the plan in advance of your trip. You can then activate it when you arrive at your destination. Note that not all devices support eSIM technology, so it is best to check before leaving home.

How will you communicate with me during my trip?

At the start of your trip, your guide will ask you how you want us to keep in touch. For most people this is by phone. Due to inconsistent coverage in the countryside and smaller towns, SMS texts or WhatsApp messages are often the most secure way for guide and guest to stay in touch. For this reason, we strongly recommend you have a cellphone plan that allows you to communicate via phone. See *Will My cellphone work in Spain*, above.

Exploring

How is the traffic on the roads in Catalonia?

On all our routes, we do our best to keep you on low-traffic roads but at times it is necessary to ride on busier roads. The good news is that there are plenty of other riders on the roads, so drivers are typically used to navigating around cyclists.

The Catalonians are, generally, very respectful of cyclists. That said, this is a destination best suited to those that are comfortable riding in some traffic; very few roads have a shoulder, and vehicles are often quite close as they pass you.

Is the guidebook in miles or kilometers?

Our guidebooks use kilometers. Kilometers are what the locals use and what are on the road signs. If you are bringing your own bike, we strongly recommend that you set your computer to measure in kilometers.

The good news is that there are 1.6 kilometers to the mile so what would be a 30-mile ride in the United States is a much more impressive 50-kilometer ride in Spain!

What general guidebook would you recommend?

This guidebook (with accompanying *On-Tour App*) is designed to help you navigate and enjoy your tour. Our objective is to tell you what you will see en route and help you understand your route options. As such, our guide does not have a detailed description of every potential sight you might visit en route – though we do try to list the major ones.

For a more general guidebook to the area, we would suggest either the *Rough Guide to Catalonia* or the *Lonely Planet Guide to Catalonia*. For more on architecture, history, and the arts, we would suggest the *Michelin Green Guide to Catalonia*.

What map would you recommend?

If you would like to have a large, fold-out map of the area, we would suggest Map 574 in the Michelin Regional series: Spain – Northeast Catalonia, Aragon, Andorra Michelin Road Map. The scale is 1:400,000 and it is available from Amazon.

Local Customs

What are local dress codes?

Catalan people tend to be relaxed and dress relatively casually. They are also used to having tourists from all parts of the world visit their towns and cities. It is quite acceptable and common to ride in Lycra or sportswear in Catalonia. Obviously, if you stop for lunch, this is what you will be wearing, and restaurants will have no issue with it.

In the more upscale restaurants, people tend to dress a little more formally for dinner. This does not need to mean a jacket and tie, but you will probably feel more comfortable if you avoid shorts and T-shirts at the dinner table.

During the day, you will see plenty of people in shorts, T-shirts, and summery tops. However, it is considered respectful to be a little more modest if visiting a church, for example, by covering shoulders and men removing hats.

What are typical opening hours?

As a very general rule, you can expect to see the following opening times:

- Museums, & monuments: 10:00 AM to 12:00 PM and 3:00 PM to 6:00 PM
- Churches: 9:00 AM to 7:00 PM
- Shops: 9:00 or 10:00 AM to 12:00 or 1:00 PM and 3:00 or 4:00 PM to 7:30 or 8:00 PM
- Restaurants for lunch: 12:00 PM to 2:30 PM
- Restaurants for dinner: 8:00 PM to 10:30 PM
- Other businesses: 9:00 AM to 6:00 PM

Many restaurants have at least one day a week when they are closed. This is noted, where relevant, in this guidebook.

Some tourist attractions are only open from Easter through to September or October.

When should I leave a tip?

Tipping in Catalonia is far less pervasive than in the United States; the Catalonians do tip, but modestly. Typically, a service charge is included in the price of the meal so a significant tip is not required – though a few Euros would be appreciated.

In the larger hotels, if someone has helped you with your bags it is common to tip a couple of Euros. In restaurants round up, or 5% to 10%. Taxi drivers are usually tipped 5% or 10%.

Safety and Annoyances

What number do I call in an emergency?

If you need emergency assistance, call 112. The operator will speak English.

The operator can often detect the location of the caller, but you should also be prepared to use your Ride with GPS app to help identify where you are.

Do we need to worry about theft or other crimes?

Petty theft from luggage, pockets, and laundrettes is common in the larger cities like Barcelona, Girona, and in general along the Costa Brava. However, the countryside in Catalonia is relatively safe. That said, it is good practice to be discreet with your valuables – leave them in the hotel safe where possible – and **always lock up your bike if you cannot see it.**

Medical Services and Pharmacies

Your hotel's front desk is the best source of information about medical services and pharmacies. However, please call us if we can be of any help. There are pharmacies in all the overnight towns.

How do I contact my embassy?

Embassy of the United States of America



Calle de Serrano, 75, 28006 Madrid, Spain



Telephone: +34 915 87 22 00



<https://es.usembassy.gov/>

Embassy of Canada



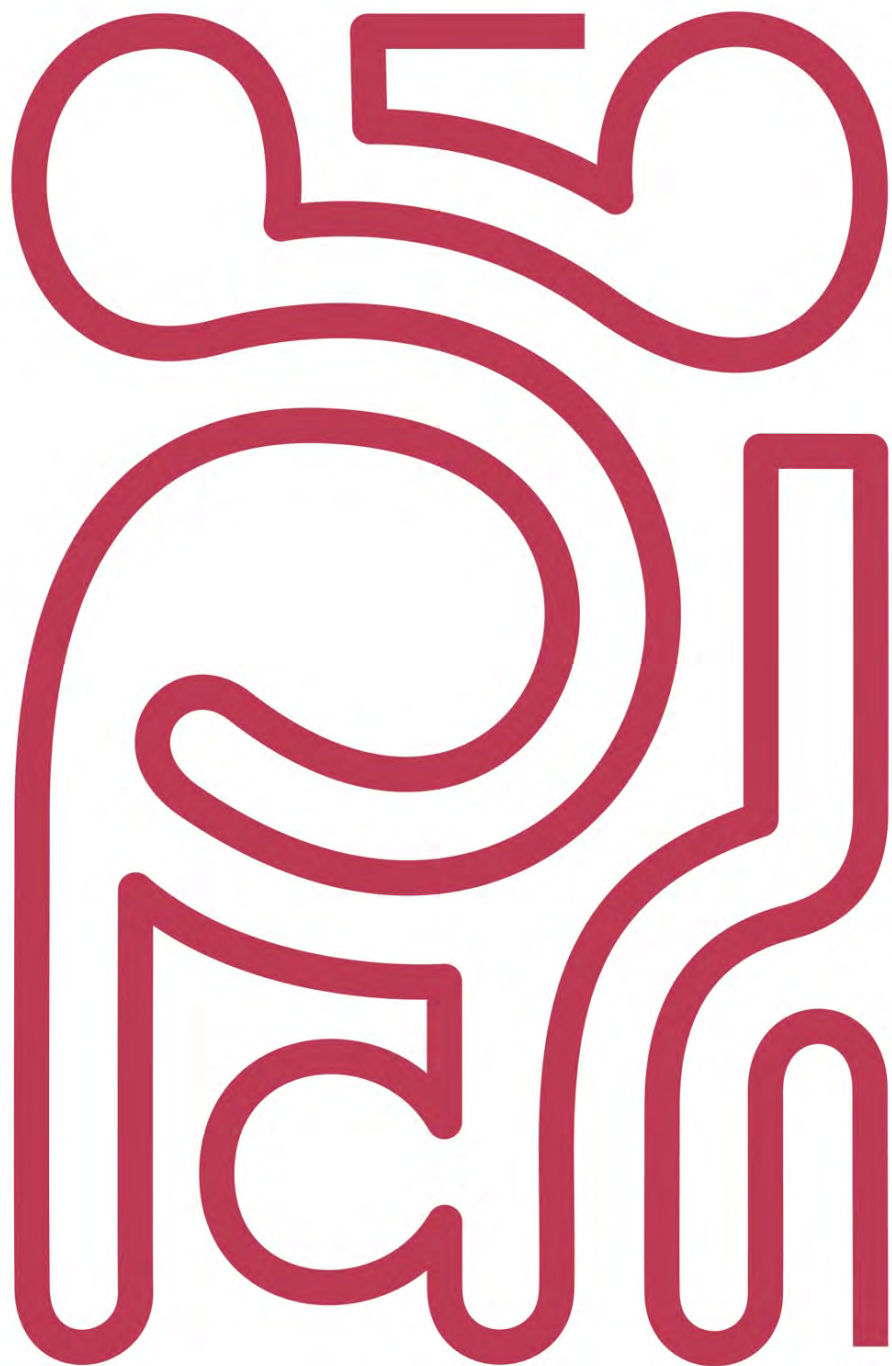
Torre Espacio, Paseo de la Castellana 259D, 28046 Madrid, Spain



Telephone: + 34 91 382 8400



<https://www.international.gc.ca/country-pays/spain-espagne/index.aspx?lang=eng>



OVERNIGHT TOWNS

Olot	38
Girona	46
Llafranc / Calella de Palafrugell	57



A pedestrian promenade in Olot

OLOT

Overview

Olot, often called “the city of volcanoes”, is the capital of the Garrotxa region in Catalonia and sits at the heart of La Garrotxa Volcanic Zone Natural Park. The town is uniquely surrounded by four dormant volcanoes – Montsacopa, Montolivet, Garrinada, and Bisaroques – which shape both its skyline and its character. Two of these, Montsacopa and Montolivet, can be visited easily. The Volcà del Montsacopa is particularly memorable: a gentle climb to its 510-metre summit rewards visitors with panoramic views of the Pyrenees and the surrounding countryside (there is also a small church and a café perched within the volcanic crater).

Beyond its geological features, Olot boasts a charming old town filled with narrow streets, elegant squares, and a mix of traditional Catalan and modernist architecture. The town’s mansions, such as those along Passeig de Barcelona, reflect a period of 19th-century prosperity tied to the textile industry. Olot is also home to the Museu Comarcal de la Garrotxa, which highlights local art and history.

Restaurants and Bars

Olot offers a diverse gastronomic scene that ranges from market cuisine and Michelin-starred restaurants to a recent surge in international-style dining. The city is also known for its signature “Volcanic Cuisine,” which is based on traditional recipes made with local ingredients.

If you are staying at one of the hotels just outside Olot, you will likely eat at your hotel, or just nearby, depending on the hotel.

Restaurant Les Cols

This restaurant has been awarded two Michelin stars. The menu, service, and price are aligned with this. They have a tasting menu that is well worth trying. Open Wednesday to Saturday for dinner from 8:00 PM – 10:00 PM and lunch from Wednesday to Sunday from 1:00 PM – 3:00 PM. Closed Monday and Tuesday. Reservations essential and can be made online. Dress code is smart/casual.

Note, this restaurant is nearly 2 kilometers to the north of Olot.

 Carretera de la Canya, 106, 17800 Olot

 +34 972 26 92 09

 <https://www.lescolds.com/en/portada-en/>

Restaurant Cafè Europa

For a tasty meal in the center of town, Restaurant Cafè Europa is a good option. The food is well priced with satisfying portions. There is a variety of meats served including steak, duck, or foie gras and it is reasonably priced. Open daily from 8:00 AM – 11:00 PM (close at 5:00 PM Sunday, Monday, and Tuesday). Reservations advised and can be made online. Dress code is casual.

 Plaça Major, 2, 17800 Olot

 +34 972 27 31 13

 <https://cafèeuropa.cat/en/>

La Quinta Justa Restaurant

Also located in the center of town. Their tasting menu is varied at a fair price. Good vegetarian options. Open Friday to Monday for dinner from 7:00 PM – 12:00 AM and from Friday to Tuesday for lunch from 11:00 AM – 5:00 PM. Closed Tuesday evening, Wednesday and Thursday. Reservations advised and can be made online. Dress code is casual.

 Passeig Barcelona, 7, 17800 Olot

 +34 972 27 12 09

 <http://www.laquintajusta.cat/>

Restaurant Font Moixina

If you are staying at Hotel Can Blanc (or even if you aren't) this is a good option. Excellent daily menu with a wide variety of dishes. Prices are good and the setting is idyllic. We can recommend their "Patatas d'Olot" with ... anything! Open Thursday to Saturday from 11:00 AM – 10:30 PM, Sunday from 11:00 AM – 7:00 PM and Monday 11:00 AM – 6:00 PM. Reservations strongly advised. Dress code is casual.

 Paratge de la Moixina, s/n, 17810 Olot

 +34 972 26 10 00

 <https://lamoixina.com/>

La Deu Restaurant

Another fantastic option near Hotel Can Blanc, and a little more reasonably priced. Their potatoes are also exceptional and filled with chicken. Desserts are very good. Open Thursday to Tuesday for lunch from 1:00 PM – 4:00 PM, (excluding Sundays) and for dinner from 8:00 PM – 10:30 PM. Sunday is lunch only. Closed on Wednesday. Reservations strongly advised. Dress code is casual.



Ctra. la Deu, 17800 Olot



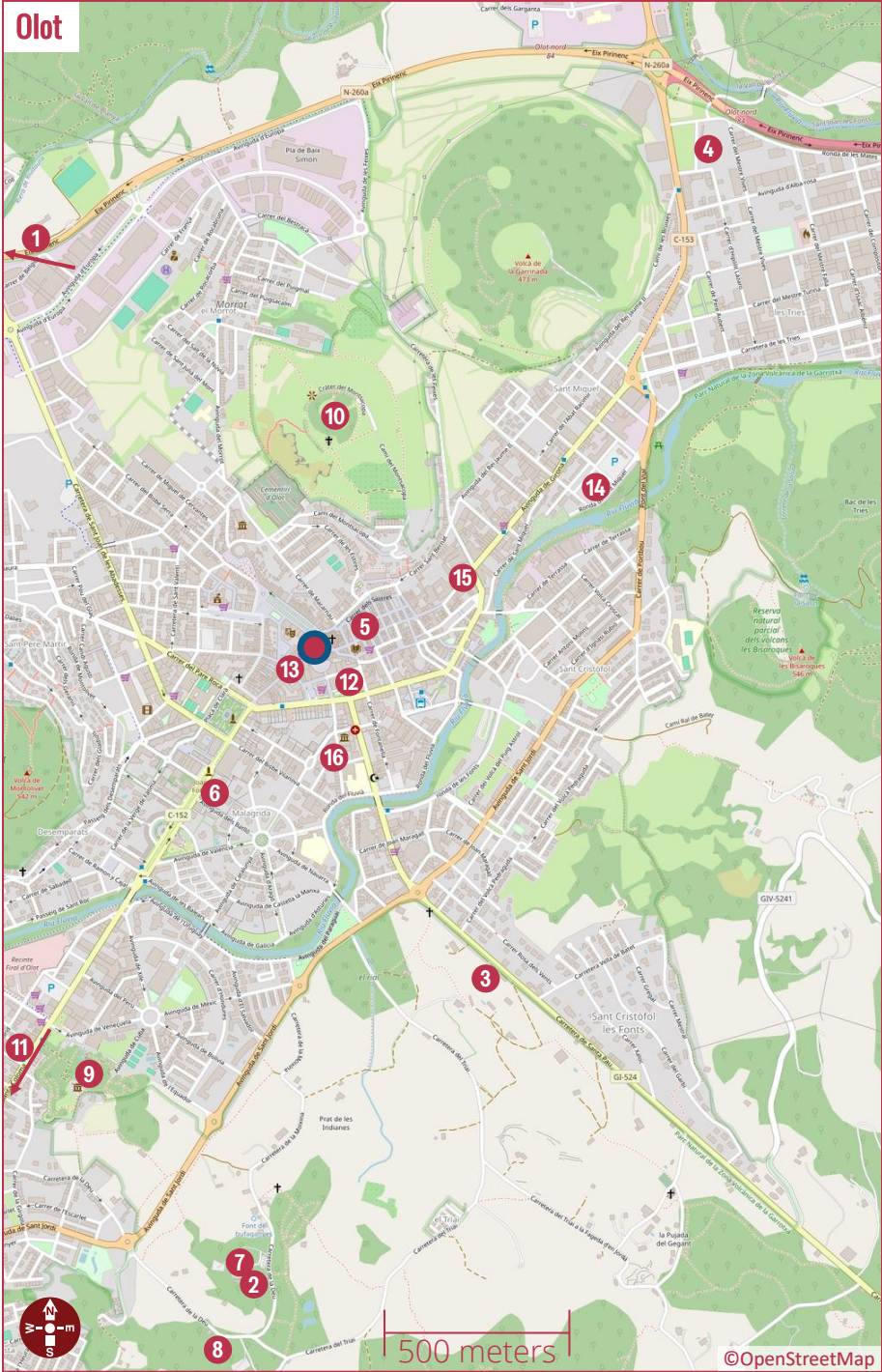
+34 972 26 10 04



<http://www.ladeu.es/>

Intentionally Blank

Town Plan



Key

Hotels

1. Hotel Mas la Ferreria
2. Hotel Can Blanc
3. Hotel Riu Fluvià

Restaurants & Bars

4. Restaurant Les Cols
5. Restaurant Cafè Europa
6. La Quinta Justa Restaurant
7. Restaurant Font Moixina
8. La Deu Restaurant

Points of Interest

9. Parc Nou
10. Volcà del Montsacopa
11. Parc de Pedra Tosca
12. Museu de la Garrotxa

Other Locations

13. Tourist Information Office
14. Supermercat Consum
15. Artiga Coop
16. Xocolates i Bombons Gluki

 Route Start / End

Sights and Activities

Parc Nou

A peaceful green space and botanical garden within La Garrotxa Volcanic Zone Natural Park. It features native and exotic plants, shaded walking paths, and the historic Torre Castanys. The park offers a tranquil retreat and showcases the region's rich volcanic and floral heritage. Open daily from 8:00 AM – 8:00 PM.



Avinguda de Santa Coloma, 43, 17178 Olot



<https://ca.turismegarrotxa.com/territori-i-natura/parc-natural-i-espais-protegits/parc-natural-de-la-zona-volcanica-de-la-garrotxa/el-parc-nou/>

Volcà del Montsacopa

Olot's own volcano rises gently within the town limits, making it one of the most accessible volcanic sites in La Garrotxa Volcanic Zone Natural Park. Formed about 100,000 years ago, it is now dormant. Its wide, shallow crater is covered in grass and shaded by trees. At the summit, visitors can explore two restored 19th-century watchtowers and the hermitage of Sant Francesc, which sits on the crater's edge. There is also a small bar/café – perfect for enjoying the sweeping 360-degree views of Olot, the surrounding volcanoes, and the distant Pyrenees (warning, café hours are sporadic).

The volcano lies just north of the town center, and many walkers begin their ascent behind the cemetery at Carrer Macarnau, 46. The climb is short but rewarding, with well-marked paths.



Carrer Macarnau, 46, 17800 Olot



<https://www.turismeolot.com/cat/essencies/volca-del-montsacopa.html>

Parc de Pedra Tosca

Situated to the southwest of Olot, it is a unique landscape park within La Garrotxa Volcanic Zone Natural Park. Its name refers to the porous volcanic rock – *pedra tosca* – formed by ancient lava flows from the Croscat volcano. The park features a collection of medicinal plants historically used to treat illnesses, as well as a network of stone-walled paths, traditional huts, and small cultivated plots that reflect the area's agricultural heritage.

The INT, CHLG, and EPIC routes ride through this park on their way back into Olot on the Olot Loop rides. Always open.

 17178 Les Preses, Olot
 +34 972 69 32 32 ext. 1

Museu de la Garrotxa

Located in the heart of Olot, this museum is housed in an elegant 18th-century hospice, arranged around a graceful central courtyard. The museum holds one of the finest collections of Catalan painting and sculpture, with works by artists such as Joaquim Vayreda and Josep Berga i Boix, founders of the Olot School of landscape painting. It also features an outstanding collection of modernist posters and rotating exhibitions that highlight the rich artistic and cultural heritage of the Garrotxa region. Open Tuesday to Friday from 10:00 AM – 1:00 PM and 3:00 PM – 6:00 PM, Saturday 11:00 AM – 2:00 PM and 4:00 PM – 7:00 PM, and Sunday from 11:00 AM – 2:00 PM. Closed Monday.

 Carrer Hospici, 8, 17800 Olot
 +34 972 27 11 66
 <https://museus.olot.cat/>

Festivals

Festes del Tura (Tura Festival) is held each year around September 8 and honors Our Lady of Tura, the town's patron saint, and is one of the most important celebrations in Catalonia. This free, street-based festival fills the old town with parades, concerts, dances and folk traditions. Highlights include the *ball de gegants*, *nans i cavallets*, where giant figures, dwarfs and hobby-horses dance in the Plaça Major. The program features outdoor concerts, religious ceremonies, floral offerings, processions, sardana dances, theater, sports events and children's activities. A key moment is the Noon Parade when a cobla orchestra accompanies the giants and cavallets through the square.

 <https://www.turismeolot.com/en/what-to-do/traditional-festivities/-festes-del-tura.html>

Other Useful Information

Tourist Information

Oficina de Turisme d'Olot (Tourist Information Office). Very helpful staff. They have maps and books nicely laid out in the different languages. Open Monday to Saturday from 10:00 AM – 2:00 PM and 3:00 PM – 7:00 PM, and Sunday from 10:00 AM – 2:00 PM.

 Carrer Dr. Fàbregas, 6, 17800 Olot
 +34 972 26 01 41
 <https://www.turismeolot.com/en/>

Taxi

Taxis Olot Miquel

This taxi service can be useful to get to restaurants slightly further afield. Book by phone or email. We recommend getting a quote on booking.

 +34 639 67 26 19
 <https://www.taxisolot24h.com/>

Grocery Stores

There are many supermarkets and food shops including the following.

Supermercat Consum

One of the biggest and best stocked supermarkets in Olot. Open Monday to Saturday from 9:00 AM – 9:30 PM. Closed Sunday.

 Carrer Mossèn Jacint Verdaguer, s/n, 17800 Olot
 +34 972 27 16 16
 None

Artiga Coop

A supermarket selling largely local and organic produce. Open Tuesday to Friday from 11:00 AM – 1:30 PM and 5:00 PM – 8:00 PM. Saturday from 10:30 AM – 1:30 PM. Closed Sunday and Monday.

 Carrer Pare Antoni Soler, 6, 17800 Olot
 +34 621 29 58 96
 <https://www.artiga.coop/>

Xocolates i Bombons Gluki

Based in Olot with a shop in Girona, Gluki specializes in fine chocolates made from Central American cocoa.

 Carrer Joaquim Vayreda, 8, 17800 Olot
 +34 972 26 66 26
 <https://gluki.cat/es/>



Over rooftops to Cathedral of Santa Maria

GIRONA

Overview

Girona is one of Catalonia's most captivating cities, where 2,000 years of history melds with a lively modern vibe. Its medieval old town, or Barri Vell, is a labyrinth of cobbled lanes, arched passageways, and quiet squares that seem frozen in time. Dominating the skyline is the Cathedral of Santa Maria, which boasts the widest Gothic nave in the world and offers sweeping views over the city from its grand staircase. The ancient city walls, parts of which date back to Roman times, can still be walked, revealing panoramic vistas of tiled rooftops and the distant Pyrenees.

The Jewish Quarter, or El Call, is one of the best preserved in Europe, its narrow alleys recalling centuries of cultural exchange. The Onyar River, lined with colorful houses, provides one of Girona's most iconic views, especially from the iron bridge designed by Gustave Eiffel.

Girona is also a food lover's dream. From bustling markets and traditional Catalan taverns to Michelin-starred dining at the world-renowned El Celler de Can Roca.

For cyclists, Girona is nothing short of legendary. Its mild year-round climate, diverse terrain, and quiet, well-maintained roads make it a favorite training base for professional riders from around the globe.

Fans of Game of Thrones will recognize a number of places in the city: it was one of the major filming locations for Season 6.

Restaurants and Bars

Girona is a charming and welcoming city with a vibrant food scene that makes the most of the abundance of local products, from high end Michelin star restaurants to casual bars and tapas.

El Celler de Can Roca

El Celler de Can Roca, located on the outskirts of Girona, has held the Michelin Guide's highest distinction of three stars since 2009 and was named the Best Restaurant in the World by Restaurant magazine in 2013 and 2015. Known for its creative, seasonally inspired cuisine, it offers an in-season tasting menu that is highly recommended. Reservations are essential and can be made up to 11 months in advance, with a wait list available if fully booked. The restaurant is open Tuesday to Saturday for lunch, typically from 12:30 PM – 1:30 PM, and for dinner from around 7:00 PM – 8:30 PM. Closed on Sunday and Monday. While many guests opt for smart/casual attire, there is no officially stated dress code.

 Carrer de Can Sunyer, 48, 17007 Girona

 +34 972 22 21 57

 <https://cellercanroca.com/en/>

Massana Restaurant

Holds one Michelin star and is celebrated for its exquisitely prepared traditional and market-driven cuisine. The menu blends seasonal ingredients with refined technique, offering dishes that highlight the region's rich culinary heritage. The restaurant is open Tuesday to Saturday for lunch from 1:00 PM – 2:30 PM and for dinner from 8:00 PM – 9:30 PM, remaining closed on Sunday and Monday. Reservations are essential. While many guests choose smart/casual attire, there is no formally stated dress code.

 Carrer Bonastruc de Porta, 10, 17001 Girona

 +34 972 21 38 20

 <https://www.restaurantmassana.com/eng/>

B-12 Restaurant Bar Vegà

For an innovative vegetarian menu, we recommend B12. Many of their menu options are also vegan and they serve locally brewed Catalan beer. Open Monday to Friday from 11:00 AM – 11:00 PM and Saturday from 7:00 PM – 12:00 AM. Closed on Sunday. Reservations not necessary. Dress code is casual.

 Carrer de les Hortes, 7, 17001 Girona

 +34 972 01 32 02

 <https://www.b12restaurant.cat/en/>

Bartali Pizza Co.

There is no shortage of pizzerias in Girona, and you can't go too far wrong. If you're after a classic pizza, Bartali Pizza is a good choice. Service is great, pizzas are

authentic Italian, red wine delicious, and the homemade Tiramisu is the cherry on top. Open Tuesday to Sunday from 8:00 AM – 11:00 PM. Reservations advised and can be made online. Dress code is casual.

 Carrer Nou del Teatre, 3, 17004 Girona

 +34 972 21 09 91

 <https://bartalipizza.com/>

Divinum

A Michelin-starred restaurant located in the heart of Girona. Awarded its first star in 2025, it blends modern culinary techniques with traditional Catalan roots, offering an inventive and refined dining experience. Guests can choose between two tasting menus – Petit and Essència – or opt for half-portions from the à la carte menu. The impressive cheese trolley features over 20 varieties. The Michelin Guide praises Divinum for its exceptional attention to service, the quality of its ingredients, and a menu that both respects tradition and embraces innovation. Open Tuesday to Saturday from 1:30 PM – 3:00 PM and 8:30 PM – 10:30 PM. Closed Sunday and Monday. Reservations required and can be made online.

 Carrer de l'Albereda, 7, 17004 Girona

 +34 872 08 02 18

 <https://www.dvnum.com/en/>

Restaurant Normal

This is the more informal of the Roca brothers' restaurants. They offer artisanal cuisine rooted in local traditions and top-quality products. The menu focuses on authentic Catalan recipes, with highlights such as hearty stews and seasonal dishes, all served in a warm, welcoming atmosphere in the heart of Girona's old town. Open Tuesday to Sunday from 12:30 PM – 3:00 PM and from 7:30 PM – 10:00 PM. Closed on Monday. Reservations strongly advised and can be made online. Dress code is casual.

 Plaça de l'Oli, 1, 17004 Girona

 +34 972 43 63 83

 <https://restaurantnormal.com/en/>

And for sweet options...

Rocambolesc Gelateria | Girona

Owned by Jordi Roca of the three-Michelin-star El Celler de Can Roca, this whimsical dessert shop was created to revive the restaurant's traditional dessert cart. It offers imaginative ice creams, pastries, and sweet creations.

 Carrer de Sta. Clara, 50, 17001 Girona

 +34 972 41 66 67

 <https://rocambolesc.com/es/>

Pâtisserie Tornés SL

Known as the best pastry shop in Girona, especially famous for its xuixo – a sugar-dusted, cream-filled doughnut.

 Carrer Migdia, 51, 17003 Girona

 +34 972 20 74 33

 <https://www.tornes.cat/>

Xocolates i Bombons Gluki

If you missed them in Olot...

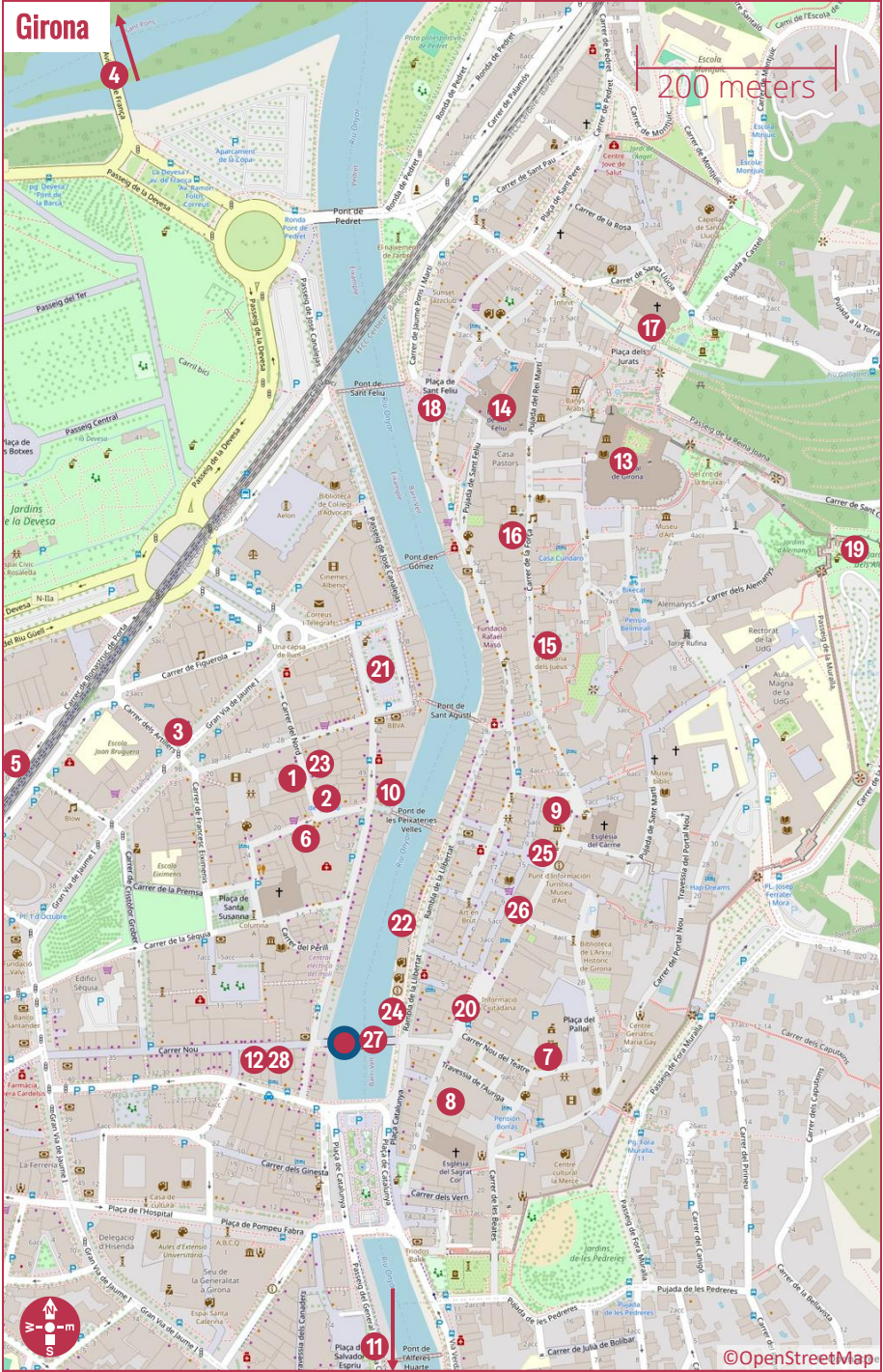
Based in Olot with a shop in Girona, Gluki specializes in fine chocolates made from Central American cocoa.

 Carrer Nou, 9, 17001 Girona

 +34 972 20 19 89

 <https://gluki.cat/es/>

Town Plan



Key

Hotels

1. Nord 1901
2. Hotel Ciutat de Girona
3. Hotel Ultonia

Restaurants & Bars

4. El Cellar de Can Roca
5. Massana Restaurant
6. B-12 Restaurant Bar Vegà
7. Bartali Pizza Co.
8. Divinum
9. Restaurant Normal
10. Rocambolesc Gelateria | Girona
11. Patisserie Tornés SL

Points of Interest

12. Xocolates i Bombons Gluki
13. The Cathedral
14. Basílica de Sant Feliu

15. Jewish History Museum
16. Girona History Museum
17. The Archaeology Museum of Catalonia–Girona
18. The Lioness – La Lleona
19. City Walls
20. Plaça del Vi
21. Plaça de la Independència
22. Houses on the River Onyar
23. Girona Food Tours

Other Locations

24. Tourist Information
25. Spar Girona Barri Vell
26. Món Gourmet Girona
27. Pont de Pedra Handicraft Fair
28. Ferros d'Art Cadenas

 Route Start / End

Sights and Activities

The Cathedral

The Cathedral of Santa Maria dominates Girona's skyline with its imposing presence. Construction began in the 11th century in Romanesque style. The Gothic nave – begun in 1417 – is the widest in the world at nearly 23 meters, and the second largest single nave in the world after St. Peter's Basilica in Rome. It is located in the old quarter, with Carrer de la Força on one side and the Sobreportes Portal on the other. Approaching via the shaded medieval streets, visitors emerge into the bright Plaça de la Catedral, where the 18th-century Baroque stairway of 90 steps leads to the grand façade. Inside, treasures include the 11th-century Tapestry of Creation and exquisite Gothic choir stalls. Tickets (adults ~€7.50) can be bought online in advance and include entrance to the Basílica de Sant Feliu (see below) and an audio guide. Open Monday to Saturday from 10:00 AM – 5:30 PM and Sunday from 12:00 PM – 5:30 PM.

 Pl. de la Catedral, s/n, 17004 Girona

 +34 972 42 71 89

 <https://catedraldegirona.cat/en/>

Basílica de Sant Feliu

The Basilica of Sant Feliu (14th–17th centuries) with its elegant Gothic bell tower is another defining feature of Girona's skyline. Its spire was famously blunted by a lightning strike, giving it an abrupt finish. Inside, highlights include the main altarpiece (16th century), the alabaster Reclining Christ by Aloi de Montbrai, and the tomb of Saint Narcissus, Girona's patron saint, associated with the miraculous swarm of flies that repelled a French siege in 1285. Tickets (adults ~€7.50) can be bought online in advance and include entrance to the Cathedral (see above) and an audio guide. Open daily from 10:00 AM – 7:00 PM.

 Carrer Trasfigueres, 4, 17004 Girona

 +34 972 20 14 07

 <https://catedraldegirona.cat/en/>

Jewish History Museum

Museu d'Història dels Jueus, located in the heart of the old Jewish Quarter (El Call). This museum tells the story of Catalonia's medieval Jewish communities, which flourished here until their expulsion in 1492. It houses a rare collection of medieval Hebrew tombstones from the Montjuïc cemetery and artifacts illustrating daily life, scholarship, and religious practice. General admission is €4 per person. Open daily from 10:00 AM – 6:00 PM. On Friday, Sunday, and Monday, the museum closes at 2:00 PM. Hours change slightly in high season.

 Carrer de la Força, 8, 17004 Girona

 +34 972 21 67 61

 <https://www.girona.cat/call/cat/index.php>

Girona History Museum

The *Museu d'Història de Girona* is housed in an 18th-century former Capuchin monastery, this museum chronicles Girona's history from its Roman founding in the 1st century BC through the Middle Ages, the modern era, and the city's role during the Spanish Civil War, up to the return of democracy in 1975. General admission is ~€4 per person. Open Tuesday to Saturday from 10:30 AM – 5:30 PM and Sunday 10:30 AM – 1:30 PM. Closed on Monday.

 Carrer de la Força, 27, 17004 Girona

 +34 972 22 22 29

 <https://web2.girona.cat/museuhistoria/eng/index.php>

The Archaeology Museum of Catalonia–Girona

Founded in 1846, the *Museu d'Arqueologia de Catalunya Girona* is one of the oldest museums in Catalonia. It occupies the Romanesque Monastery of Sant Pere de Galligants and displays finds from local excavations spanning prehistory to the medieval period. Open Tuesday to Saturday from 10:00 AM – 7:00 PM. Sunday 10:00 AM – 2:00 PM. Closed on Monday.

 Carrer de Santa Llúcia, 8, 17007 Girona
 +34 972 20 26 32
 <http://www.macgirona.cat/>

Game of Thrones Tours

There are several companies offering Game of Thrones tours. These tours explore the filming locations of season 6 of Game of Thrones.

Girona Experiences

The tour lasts about 2:30 to 3:00 hours and is limited to 8 people.

 +34 646274307
 www.gironaexperience.com / info@gironaexperience.com

Other in Town

The Lioness – La Lleona

Outside the Basílica de Sant Feliu and near the river, a small stone sculpture of a lioness climbing a column has become a quirky Girona tradition. To ensure your return to the city, legend says you must kiss the lioness – today, a replica is used while the original rests in the Art Museum.

City Walls

Girona's walls comprise three historic sections: the Roman Walls (1st century BC), the Carolingian Walls (9th century), and the Medieval Walls (14th–15th centuries). The ramparts offer the longest surviving Carolingian walkway in Europe and panoramic views over the city. Access points include behind the Cathedral at the Jardins dels Alemanys.

Plaça del Vi

A lively square surrounded by arcaded shops, restaurants, and historic buildings, including the Palau del General, once the seat of the Catalan government in Girona.

Plaça de la Independència

A neoclassical square across the Onyar River, popular for dining and people-watching. Its central monument honors the defenders of the city during the 1809 French siege.

Houses on the River Onyar

Girona's postcard view – rows of colorful riverside houses seen from the Stone Bridge (1856), the red Peixateries Vells Bridge (built in 1877 by Eiffel's company), and the slender Gómez Bridge (1916).

Food and Wine Tours:

Girona Food Tours

Highly recommended and a great way to see Girona town. The general tour is in English, takes ~3 hours (including stops) and it includes ham tastings, Catalan cuisine, tapas, regional cheeses, local produced wines, olive oils, and ice-cream!

Price is ~€95 per person and the tours usually run from Monday to Saturday from 6:45 PM – 10:30 PM. They do private tours for 2 people with a supplement of €35 per person.

The company does offer other tours so it's worth looking at their website and you can email them for more information info@gironafoodtours.com

 Girona Food Tours Shop, Carrer Nord 6 baixos (right in front of Hotel Nord 1901)

 +34 972 664 649

 <https://www.gironafoodtours.com/eng/p/foodtours/tour/tours/79.htm>

Taste Girona

Run by locals with a passion for food and culture, these tours are an excellent way to discover Girona's hidden corners while sampling authentic flavors. Their small-group walks (max 8–10 people) last about 2½ hours and feature tastings of Catalan specialties from markets, tapas bars, and wine cellars. Prices start at ~€69 per person for the Morning Food Tour with Market, while the Evening Tapas & Wine Tour is ~€79. Private tours can also be arranged, giving a more tailored experience from ~€79 per person.

Taste Girona offers additional food experiences beyond these, so it's worth checking their website for options or contacting them directly at info@tastegirona.com

 +34 602 624 775

 <https://tastegirona.com/food-tours/>

Festivals

Girona Gastronomy Week

Held in March each year. An annual culinary celebration in which restaurants, from traditional taverns to Michelin-starred establishments, showcase the best of Girona's cuisine. Special menus, wine pairings, and cooking demonstrations highlight seasonal products from the surrounding Empordà, Garrotxa, and Costa Brava regions, including fresh seafood, artisanal cheeses, and locally produced wines and olive oils.

Festival of Saint John

Held on June 23rd each year. Known locally as *Revetlla de Sant Joan*, this vibrant midsummer celebration marks the shortest night of the year. Bonfires are lit from collected wood and old furniture, symbolically “burning” the past. Firecrackers, music, and dancing fill the streets, and friends and families gather to share coca de Sant Joan (a sweet flatbread often topped with candied fruits or pine nuts) and glasses of cava.

Girona's Annual Festival – Fires de Sant Narcís

Held in late October to early November, this festival is dedicated to the city's patron saint, Sant Narcís, whose miraculous swarm of flies saved Girona from a French siege in 1285. Festivities include street parades, concerts, fireworks, castellers

(human towers), correfocs (fire runs with costumed devils), and a bustling fairground. Food stalls serve roasted chestnuts and sweet treats, and local craftspeople display their wares in traditional markets.

Temp de Flors

Girona's most famous event is held in May, transforming the city into an open-air floral museum. Courtyards, stairways, bridges, and historic buildings are decorated with spectacular flower arrangements. Many private gardens and historic spaces open exclusively for the event, attracting visitors from across the world. The festival also coincides with cultural performances (specifically the international A Cappella festival) and extended museum hours.

Saint George's Day

A hugely popular celebration held on April 23rd. The streets are filled with bookstalls and brightly colored rose displays for people to buy for their loved ones.

Other Useful Information

Tourist Information

Tourist Information Office. Open Monday to Thursday from 9:00 AM – 8:00 PM, Friday and Sunday from 9:00 AM – 2:00 PM, and Saturday from 9:00 AM – 7:00 PM.

 Rambla de la Llibertat, 1, 17004 Girona

 +34 972 01 00 01

 <http://www.girona.cat/turisme>

Taxi

Taxi Girona

A taxi service which can be useful to get to restaurants slightly further afield. Book by phone. We recommend getting a quote on booking.

 +34 613 35 80 31

 No website

Grocery Stores

There are a number of supermarkets including the following.

Spar Girona Barri Vell

Open Monday to Saturday from 9:00 AM – 9:30 PM, and Sunday from 9:00 AM – 2:00 PM.

 Carrer dels Ciutadans, 15, 17001 Girona

 +34 872 08 15 82

 <https://spar.es/localiza-tu-tienda-spar/>

Món Gourmet Girona

A "gourmet" supermarket with prices to match. Open Monday to Saturday from 10:00 AM – 8:30 PM. Closed on Sunday.

 Carrer d'Abeuradors, 2, 17004 Girona
 +34 972 41 16 60
 <https://mongourmet.cat/ca/>

General Shopping

There are lots of fantastic shopping opportunities in Girona.

Pont de Pedra Handicraft Fair

Held every Saturday on the iconic Pont de Pedra bridge, this market features local artisans displaying handmade products on a rotating basis, ensuring a constantly changing selection. Many of the crafts are produced using traditional methods, with some artisans still working in small workshops in the city.

 Pont de Pedra, Girona

Ferros d'Art Cadenas

A blacksmith and rare example of the old artisan system of manufacturing and selling in the same location. This shop creates and sells cast iron and other metal articles using time-honored techniques. Open Monday to Friday from 9:00 AM – 2:00 PM. Closed on the weekends.

 Carrer Nou, 5, 17001 Girona
 +34 639 22 79 42
 <http://ferrosdart.cat/angles/index.php>



Fishing boat in Llafranc

LLAFRANC / CALELLA DE PALAFRUGELL

Overview

Llafranc and Calella de Palafrugell are neighboring coastal towns so close that their edges blend together. Many visitors wander from one to the other without realizing they've crossed a boundary.

Upmarket Llafranc is considered one of the most charming towns on the Costa Brava. Despite its popularity, it has retained its traditional Catalan character, avoiding large-scale resort development. The crescent-shaped sandy beach, backed by a small promenade of whitewashed buildings, fishing boats pulled onto the sand, and a few elegant hotels and restaurants, gives it an understated glamour. In the 1950s and 60s, it was a discreet retreat for artists, writers, and celebrities such as Salvador Dalí and Ernest Hemingway.

Calella de Palafrugell is equally picturesque, a former fishing village with narrow streets, tiled roofs, and coves framed by ochre cliffs and pine trees. It's famous for the *Cantada d'Havaneres*, an annual summer festival of seafaring songs performed on the beach, recalling the town's 19th-century connections to Cuba.

A scenic section of the *Camí de Ronda* – a coastal path originally used by fishermen and the civil guard – links Llafranc and Calella. This short walk offers sweeping views over turquoise water, rocky outcrops, and hidden coves, perfectly capturing the essence of the Costa Brava.

Restaurants and Bars

We highly recommend that you make dinner reservations here as these are very popular places to dine.

Casamar

A family-run Mediterranean and contemporary restaurant in Llafranc that earned a Michelin star in 2011 and held it for a decade, though it no longer has the distinction. Perched on the cliffs with sweeping views of the bay, it serves refined dishes rooted in Empordà traditions with modern touches. Open Tuesday to Sunday for lunch from 1:30 PM – 3:00 PM and dinner from 8:30 PM – 10:00 PM. Closed on Mondays. It is known for its elegant ambiance, attentive service, and well-curated wine list. Reservations are essential and can be made online.

 Carrer del Nero, 3, 17211 Llafranc

 +34 972 30 01 04

 <https://www.hotelcasamar.net/es/restaurante-llafranc-costa-brava>

El Far Hotel Restaurant

If you are staying at El Far Hotel, or not, the restaurant is very good with incredible views from the cliff over the bay. As you would expect, the seafood is fantastic. Open Wednesday to Monday for dinner from 8:00 PM – 10:30 PM and lunch from 1:00 PM – 3:30 PM. Closed on Tuesdays. Reservations strongly advised and can be made on their website. Dress code is smart/casual. If you are not staying at this hotel, it is a long, steep climb up from the town.

 Muntanya de Sant Sebastià, 17211 Llafranc

 +34 972 30 16 39

 <https://www.hotelelfar.com/>

Chez Tomàs

This restaurant has delightful courtyard dining with an extensive menu and exceptional service – the maître D is a real character. It is not on the seafront, but the food and experience certainly do not disappoint. We can highly recommend the grilled sea bream or the duck with figs. Open Wednesday to Monday for dinner from 7:00 PM – 11:00 PM and lunch on weekends from 1:00 PM – 4:00 PM. Closed on Tuesdays. Reservations strongly advised and can be made online. Dress code is smart/casual.

 Carrer de Lluís Marquès Carbó, 2, 17211 Llafranc

 +34 972 30 62 15

 No website

Sa Jambina

A Michelin Guide-listed restaurant with a contemporary yet relaxed atmosphere that reflects its evolution under the next generation of the family. While the menu has embraced a fresher, more updated style, it remains firmly rooted in tradition,

with a strong emphasis on locally sourced fish and seafood. The result is an inviting, unfussy dining experience where high-quality ingredients and careful preparation are the stars. Open Tuesday to Sunday from 1:30 PM – 3:00 PM and 8:30 PM – 10:00 PM. Closed on Mondays. Reservations essential and can be made online.

 Carrer Bofill i Codina, 21, 17210 Calella de Palafrugell

 +34 872 58 30 08

 <https://www.restaurantsajambina.com/>

Calau

An exceptional no-frills tapas bar which offers a huge choice and a wonderful atmosphere. Open daily for lunch from 12:30 PM – 3:30 PM and for dinner from 7:00 PM – 10:30 PM and. No reservations possible. Dress code is casual.

 Carrer de les Voltes, 2, 17210 Calella de Palafrugell

 +34 972 61 53 01

 <http://www.calaubar.com/>

Restaurant Fiego

If there was a competition who could serve seafood closest to the sea, Restaurant Fiego would win. Menu includes extensive seafood options, paella, sangria, grilled squid, melon and ham, as well as grilled Catalan pork sausage. Open Wednesday to Monday from 11:00 AM – 12:30 AM. Closed on Tuesdays. Reservations recommended and can be made online.

 Platja del Port Pelegrí, 17210 Calella de Palafrugell

 +34 972 61 59 96

 <https://restaurantfiego.cat/>

La Blava

Set in a charming fisherman's house overlooking Port Bo Beach, the restaurant provides a rustic yet chic ambiance. The menu features innovative Mediterranean cuisine, with highlights like the prawn, avocado, and mango salad, and the Andalusian-style calamari, praised for its freshness and light batter. Open daily from 12:00 PM – 11:00 PM. Reservations recommended and can be made online. They do not accept reservations for more than 5 people. Dress code is casual.

 Carrer Miramar, 3, 17210 Calella de Palafrugell

 +34 972 61 41 60

 <https://www.lablava.com/>

Sights and Activities

Whether your hotel is situated in Llafranc or in Calella de Palafrugell, a gentle meander across to the other town makes for a lovely evening stroll. There is an easy coastal path (Camí de Ronda) lined with a canopy of trees.

Poblat Ibèric de Sant Sebastià de la Guarda

An ancient Iberian settlement perched on the Sant Sebastià headland, just north of Llafranc in Palafrugell. Dating from the 6th to 1st century BC, it was inhabited by the Indigetes, one of the Iberian tribes who lived along the northeastern coast of the Iberian Peninsula before the arrival of the Romans. Its position, 156 meters above sea level, offered sweeping views over the Mediterranean, making it ideal for monitoring fishing grounds and guarding against potential threats.

Archaeological excavations have revealed stone foundations of houses, storage spaces, and defensive walls, providing a glimpse into the daily life, trade, and agricultural practices of its ancient residents. The site is part of a larger historical complex that also includes a 15th-century watchtower, constructed to defend against pirate raids, the Sant Sebastià lighthouse, in operation since 1857, and a small hermitage.

This site sits just a short walk from El Far Hotel & Restaurant, as both are located on the Sant Sebastià headland above Llafranc.

Camí de Ronda Coastal Walk

This scenic trail links Calella de Palafrugell and Llafranc along a cliff-hugging path just over 1.5 km long. Once used by fishermen and the civil guard to patrol the coastline, it now offers one of the Costa Brava's most photogenic strolls. Expect views of turquoise coves, rocky outcrops, and pine-covered slopes, with plenty of benches and viewpoints along the way.

From Llafranc, follow the steps up from the harbor. The routes are signposted both 'GR92' and 'Camí de Ronda'.

Coastal Walk to Tamariu

If you would like a longer coastal walk, follow the starting point above and keep walking north to the beautiful seaside village of Tamariu. The route is not complicated or technical but not recommended for particularly old or young people. The total route is approximately 9 km, taking 2 hours each way (4 hours total). We recommend you ask at the tourist office for more information and check the latest weather conditions before you go. There are nice restaurants in Tamariu, so it makes for a good day to walk there in the morning, have lunch, and then make the return leg in the afternoon.

Jardins de Cap Roig

Located just south of Calella, these landscaped gardens feature more than 1,000 plant species from around the world, arranged against a backdrop of red cliffs and sea views. Each summer, the Cap Roig Festival transforms the grounds into a concert venue, attracting international music stars alongside local Catalan talent.

 Carrer Camí del Rus, s/n, 17210 Calella de Palafrugell

 +34 972 61 45 82

 <https://lacaixafoundation.org/en/>

Boating / Snorkeling Excursion

Poseidon Diving

Offer private boating excursions and standard boating excursions, as well as renting paddleboards and snorkeling equipment.

Private boating excursions navigate from Calella de Palafrugell and do 2 stops in bays to swim, snorkel or just sunbathe. It is ~€500 for 2 hours. Their public excursions in July and August depart every Thursday and Sunday at 9:30 AM for 2 hours. Price is ~€25 per adult.

The company offers other excursions so it is worth looking at their website and you can email them for more information info@poseidoncalella.com

 Platja Port Pelegrí, 17210, Calella de Palafrugell

 +34 972 61 53 45

 <https://www.poseidoncalella.com/en/>

Beaches & Hidden Coves

Both towns are blessed with charming beaches backed by low-rise, whitewashed houses. In Llafranc, the main crescent of sand is lively yet laid-back, ideal for swimming and watersports. Calella de Palafrugell's small sandy coves, such as Port Bo and Canadell, are framed by ochre cliffs and linked by short walks, giving a more intimate, village feel.

Kayaking and stand-up paddle boarding (SUP)

Popular activities and available from the beaches.

Festivals

The Cantada de Habaneras de Calella de Palafrugell, a musical event with origins dating back to 1966, is an annual celebration on the picturesque Costa Brava that brings together lovers of habaneras. It started as an informal gathering in a tavern and has evolved into a formal Cantada in the Plaza del Port Bo. Calella de Palafrugell has become a hub for habaneras, attracting various musical groups.

On the first Saturday in July, groups of singers gather in the square facing the sea to perform these popular songs that sailors and emigrants brought to Catalonia. This event has drawn up to 40,000 attendees.

Town Plan



Key

Hotels

1. El Far Hotel
2. Hotel Mediterrani
3. Hotel Garbi

Restaurants & Bars

4. Casamar
1. El Far Hotel Restaurant
5. Chez Tomàs
6. Sa Jambina
7. Calau
8. Restaurant Fiego
9. La Blava

Points of Interest

10. Poblat Ibèric de Sant Sebastià de la Guarda
11. Camí de Ronda Coastal Walk
12. Jardins de Cap Roig
13. Poseidon Diving

Other Locations

14. Tourist Information Calella de Palafrugell
15. Tourist Information Llafranc
16. Spar Calella De Palafrugell
17. Jodofi Xaloc

 Route Start / End

Other Useful Information

Tourist Information

Oficina de turisme de Calella de Palafrugell

Tourist Information Office that is open every day from 10:00 AM – 1:00 PM and 5:00 PM – 8:00 PM.

 Carrer de les Voltes, 6, 17210 Calella de Palafrugell

 +34 972 61 44 75

 <http://www.visitpalafrugell.cat/>

Oficina De Turisme De Llafranc

Tourist Information Office that is open every day from 10:00 AM – 1:00 PM and 5:00 PM – 8:00 PM.

 Carrer Roger de Llúria, 9, 17211 Llafranc

 +34 972 30 50 08

 <http://www.visitpalafrugell.cat/>

Taxi

Taxi Claus en Palafrugell

A taxi service which can be useful to get to restaurants slightly further afield. Book by phone or email. We recommend getting a quote on booking.

 +34 663 73 18 41

 <http://taxiclauspalafrugell.com/>

Grocery Stores

There are a number of supermarkets including the following.

Spar Calella De Palafrugell

Open every day from 8:00 AM – 10:00 PM.

 Carrer Lladó, 40, 17210 Calella de Palafrugell

 +34 972 74 46 04

 <https://spar.es/localiza-tu-tienda-spar/>

Jodofi Xaloc

Open daily from 8:30 AM – 9:00 PM.

 Carrer del Xaloc, 3, 17211 Llafranc

 +34 972 61 20 20

 <https://spar.es/localiza-tu-tienda-spar/>

Intentionally Blank



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LIFECYCLE ADVENTURES SERVICES

Self-Guided Tours

If I need help, how fast will you get to me?

Once we receive your call, our target is to get to you within 90 minutes. However, if our route to you is on slow roads or our guides are completing another job it may take us longer to reach you. When you call, we will give you an estimated time of arrival.

If you are experiencing an emergency, please call 112 (Europe) or 911 (North America) – or ask a passerby to do so.

How do I arrange to shorten my day's riding?

If you are riding from hotel to hotel, we would be pleased to transfer you partway along the route to reduce the number of miles you need to travel. The more notice you give us the better able we are to meet your schedule. We need at least 24 hours' notice to accommodate these transfers.

As our guides are supporting a number of guests at any one time, we ask that you be flexible about this transfer time, but we will accommodate you as close to your ideal time as practical.

In Holland and the Engadin Valley our support services are managed slightly differently. In these areas, if you choose to not ride on any day, or want to shorten your route, we will advise on how to do this using local trains and then refund you the cost of your tickets.

What time do I need to leave my luggage on transfer days?

We ask that you leave your luggage with the front desk by 9:30 AM; making sure that a LifeCycle Adventures luggage label is attached to each bag. If this is not going to be possible, please let us know.

What time will my luggage arrive at the next hotel?

We plan to have your luggage at the next hotel by 4:00 PM. We will alert you if this will not be the case.

When can I check into my room?

As a rule, check-in time at hotels is between 3:00 PM and 6:00 PM. If you expect to arrive outside of these hours, please call ahead to the hotel, or call us, to make special arrangements. You will find contact details for your accommodation in the *Directions to Accommodations* section of the On Tour App.

What are the arrangements for the final day?

If you are riding on your final day, please leave your luggage with the front desk of your hotel. We will collect your bags before meeting you at the end of your ride (or at your hotel depending on your route choice).

Your guide will be waiting for you with your luggage as detailed in the *End of Tour Logistics* section of the On Tour App.

Please talk to your guide 24 hours in advance if you wish to make changes to these arrangements. Note that your guide is balancing multiple commitments in any one day so it is typically not possible to change your pickup location or collection time on the final day.

Can you help us with reservations?

This Guidebook has activity and eating suggestions for your overnight towns. The On Tour App has lunch suggestions and points of interest along your route. See these listings for details as to how to make reservations.

In non-English-speaking areas, we are very happy to help with restaurant or activity reservations – both before you arrive and while you are on your tour. Any reservations we have made on your behalf will be detailed in the *Meal & Activity Reservations* section of the On Tour App under the relevant day.

Where we make activity or meal reservations on your behalf, you will be responsible for payment for those services and any cancellation fees that may be incurred should you choose not to use those services. See the *Terms and Conditions* in your Itinerary for further details of these charges.

What do you suggest by way of gratuities?

Your guides take pride in going the extra mile to ensure you have an exceptional experience. Should you wish to recognize their above-and-beyond efforts, a gratuity to your guide would be most welcome. \$15 to \$30 per person per day is common in the industry.

Private Guided Tours

Service Levels

For Private Guided tours, you have a guide(s) and a van(s) dedicated to your group. Typically, the guide and van are available from 8:30 AM to 4:30 PM. The guide will communicate with you during the tour about rider support, luggage arrangements, check-in times, and end-of-tour transfers.

What do you suggest by way of gratuities?

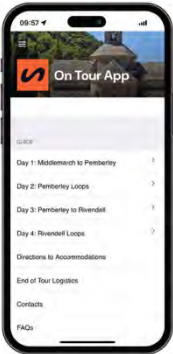
For Private Guided tours, a gratuity of \$25 to \$35 per person per day is common in the industry.

USING THE ON-TOUR APP

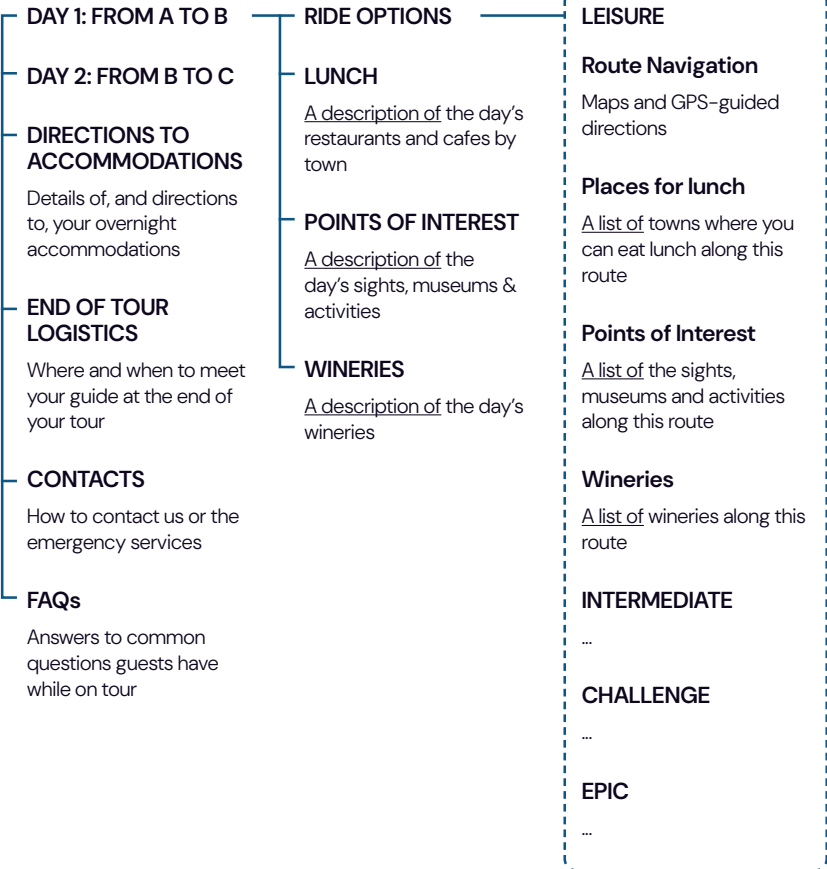
We have partnered with Ride with GPS (RWGPS) to create an app that has details about your routes, directions to your accommodations, and other useful information for your tour.

A link to download the app will be sent to you about thirty days before the start of your tour. We would encourage **all people on the tour to download the app before you travel** and familiarize yourself with the contents.

The app downloads to your phone and can be used with your data plan turned off. The diagram below is a quick reference for how the app is organized.



App Contents



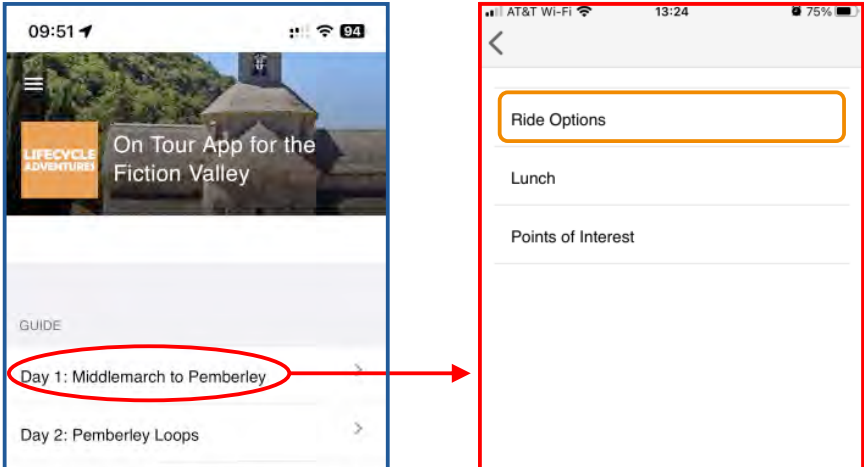
If you are taking a tablet with you on tour, **download the app to both your phone and your tablet**. The phone is great while out riding and the tablet is easier to use when back at your hotel.

The app helps you answer the following question while on tour.

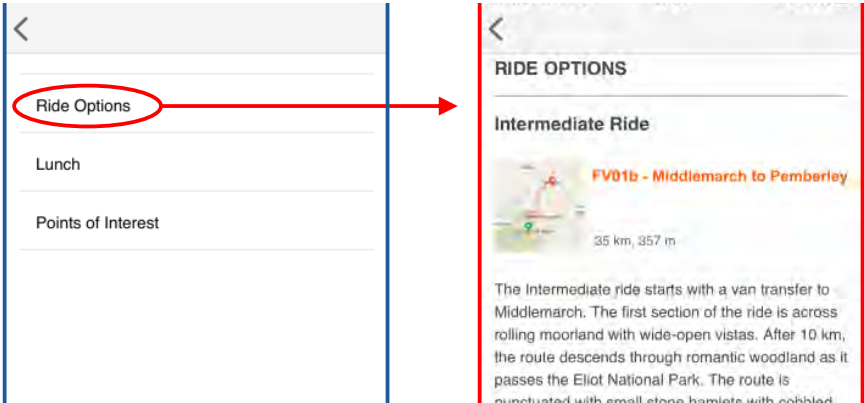
- For each day:
 - o **Which route** is best for me (leisure, intermediate, challenge or epic)?
 - o For my route, where is the **best place for lunch**?
 - o What **points of interest** are there along my chosen route?
 - o How do I **navigate my chosen route**?
- How do I navigate to my **overnight accommodation**?
- Where and when will I meet my guide at the **end of my tour**?
- How do I **contact my guide**, emergency services, and other key support?
- Answers to other **frequently asked questions** while on tour.

The On Tour App is designed to be intuitive to use and requires little learning. However, **as a backup**, the following section explains in detail how to use the app to answer the questions listed above.

For each day, which route is best for me?



Select the relevant day on the main menu and then choose ride options. Clicking on the ride options will bring you to a description for each of the ride options. Typically these are Leisure, Intermediate, Challenge, and Epic.

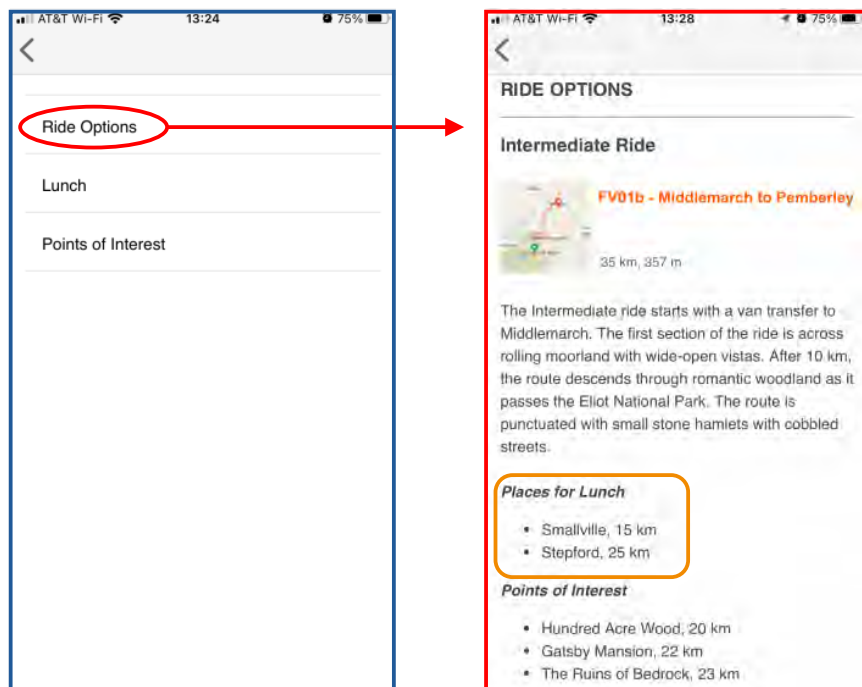


You can then choose your ride based on the description:

- Key stats – distance and climbing
- A brief overview
- A list of towns or villages where you can find lunch
- A list of places of interest along the route
- Wineries along the route (not all areas)

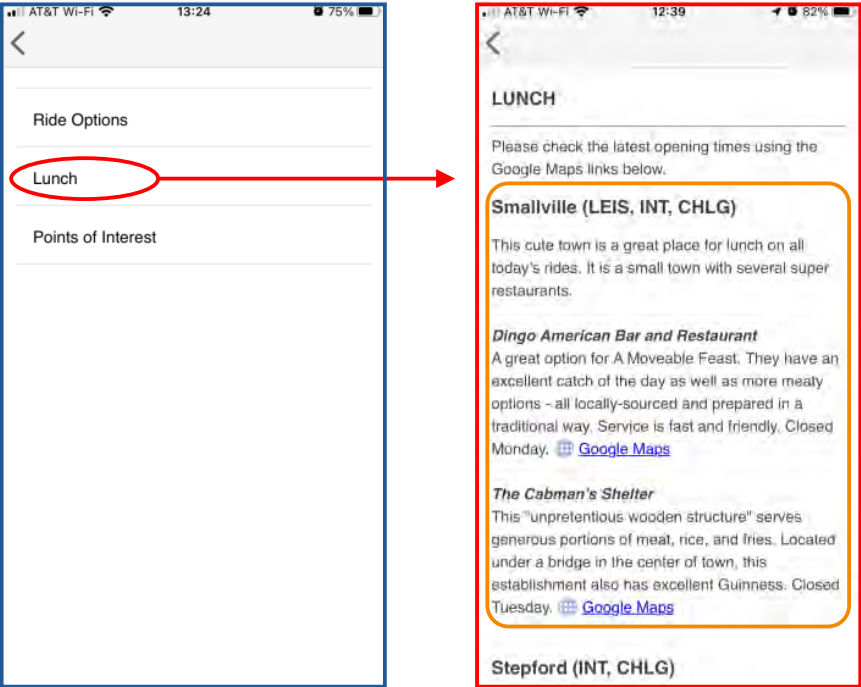
For my route, where is the best place for lunch?

This is a two-step process. First go to Ride Options for the relevant day.



For your chosen ride (here you have chosen the Intermediate ride), choose which town you want to eat in. Here you are going to choose Smallville, which is 15 km into your route.

Then GO BACK to the previous menu and select *Lunch*.



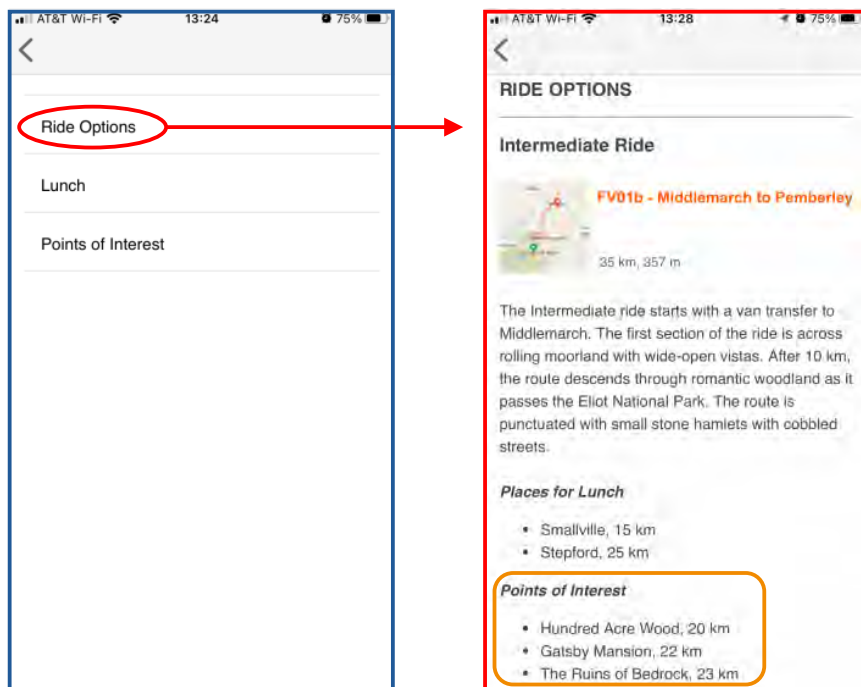
Having selected *Lunch*, you will see a list of all the places on today's routes organized by town. In this example, you are choosing to stop in Smallville and the Cabman's Shelter sounds perfect! (The abbreviations in parentheses tell you that Smallville is on the Leisure, Intermediate and Challenge rides.)

Restaurants are shown as a  icon when you are navigating the routes. See the *Navigating the Routes* section below.

You can use the *Google Maps* link to check opening times and to confirm the location of the restaurant.

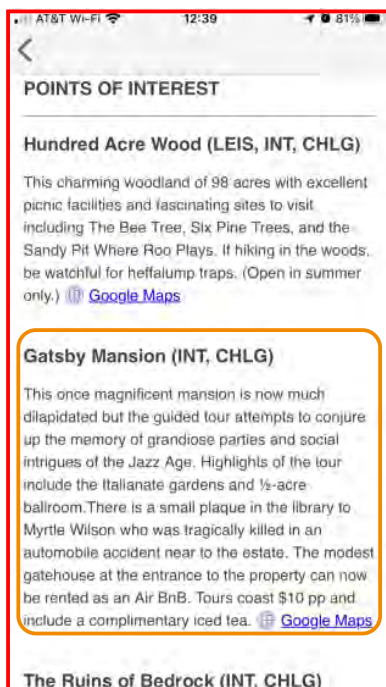
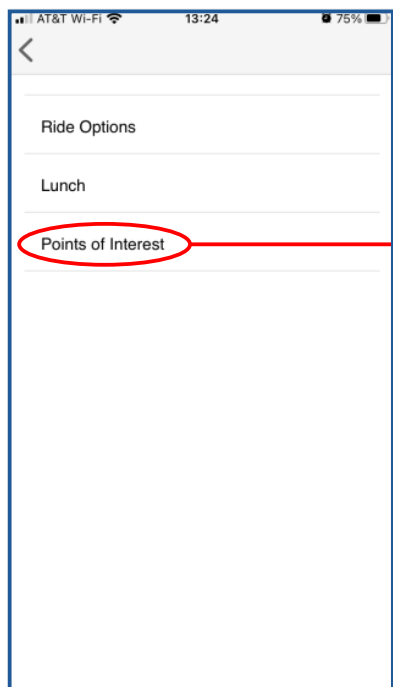
What points of interest are there along my chosen route?

This is a two-step process. First, go the Ride Options for the relevant day.



For your chosen ride (here you have chosen the Intermediate ride), see the list of Points of Interest that are on this route. In this example, The Gatsby Mansion, at 22 km) has caught your attention.

Then GO BACK to the previous menu and select Points of Interest.



Having selected *Points of Interest*, you can then read about the places you might want to visit along this route. In this example, you can learn all about the Gatsby Mansion. (The abbreviations in parentheses tell you that the Gatsby Mansion is on the Intermediate and Challenge rides.)

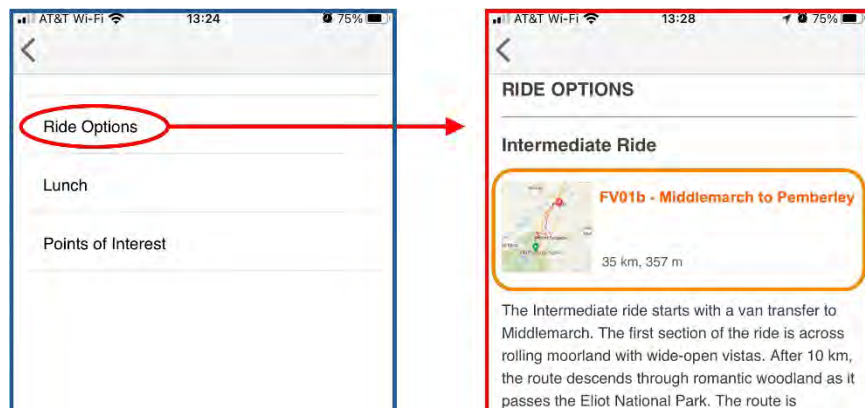
Points of Interest are shown as a  icon when you are navigating the routes. See the *Navigating the Routes* section below. We also list Viewpoints here. Viewpoints

are marked with a  on your routes.

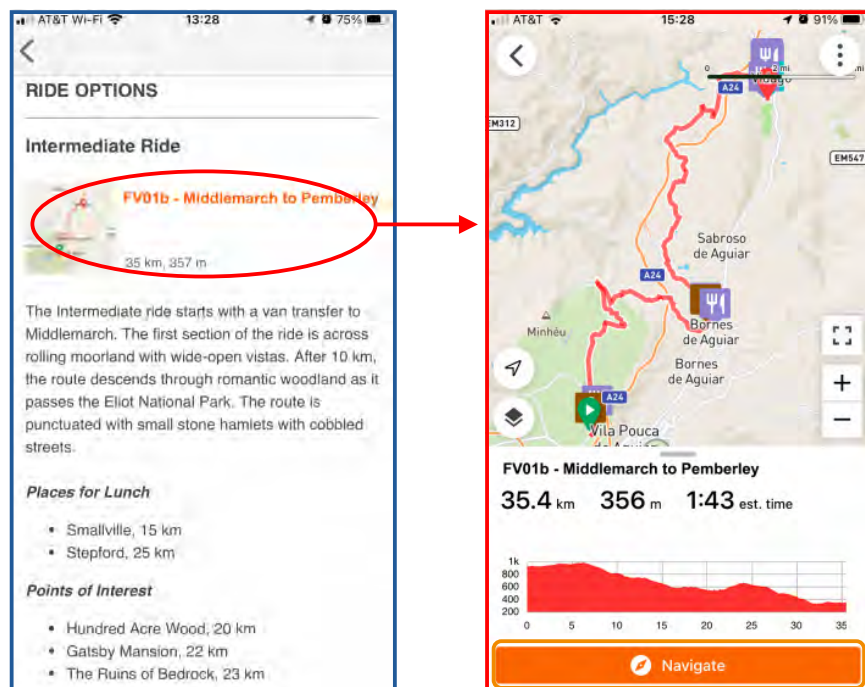
You can use the *Google Maps* link to check opening times and to confirm the location of the sites.

How do I navigate my chosen route?

Within *Ride Options* for your chosen day.



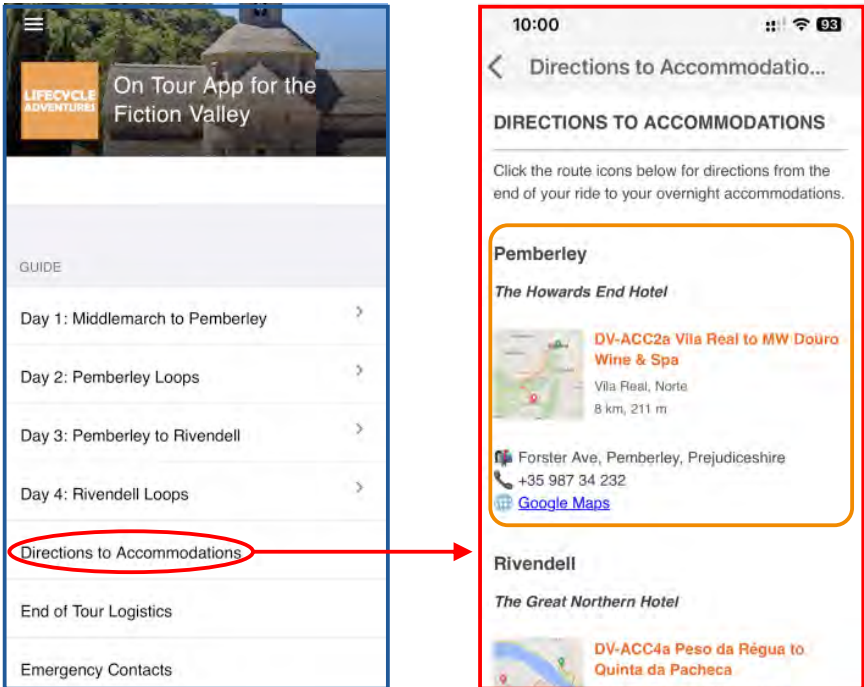
Tap on the map for the ride you have chosen. This takes you to route navigation within Ride with GPS. (Here you have chosen the Intermediate ride to Pemberley.)



Tap on *Navigate* to start directions for the route. See the *Navigating the Routes* section below for more details about the features available when navigating in Ride with GPS.

How do I navigate to my overnight accommodation?

Select *Directions to Accommodations* on the main menu.



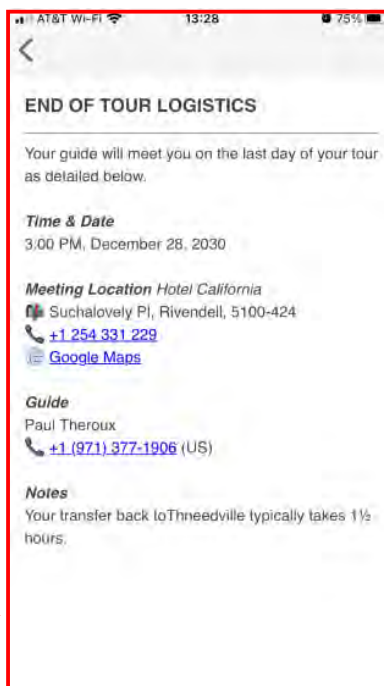
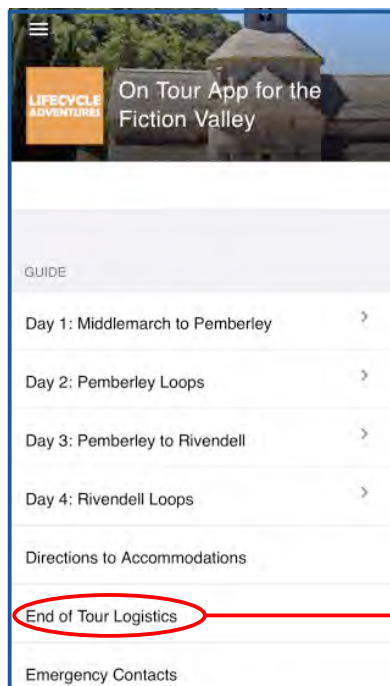
For the relevant overnight town (in this case you have just arrived in Pemberley), click on the map and this will take you into RWGPS navigation that will direct you to your hotel.

Accommodations are shown on your route with the following icon 

You can also find the hotel using the *Google Maps* link.

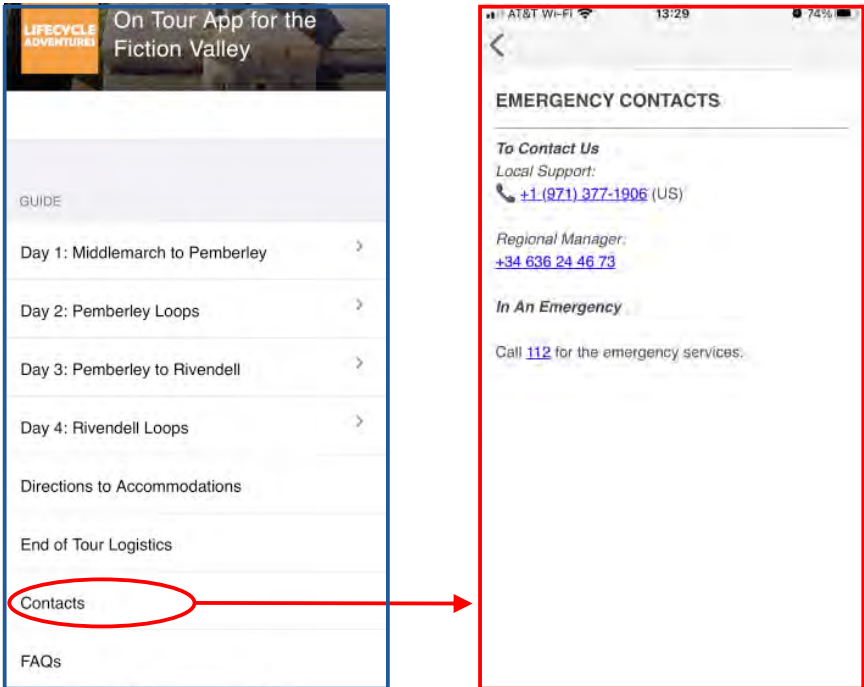
Where and when will I meet my guide at the end of my tour?

Select *End of Tour Logistics* from the main menu.



How do I contact my guide or the emergency services?

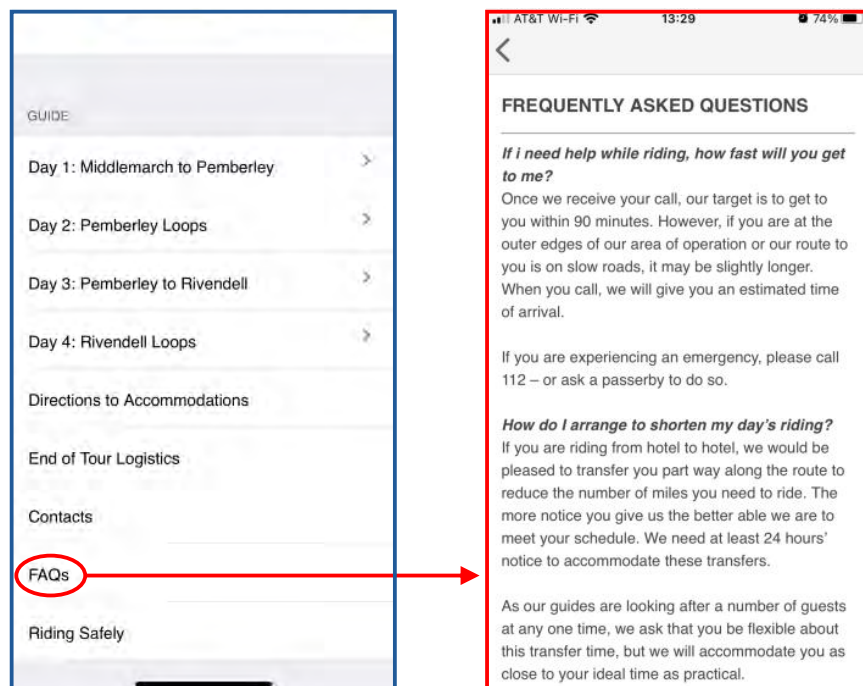
Select *Contacts* on the main menu.



You will see how to contact your guide, our regional manager, and the emergency services.

Answers to other frequently asked questions while on tour

Select *FAQs* on the main menu.

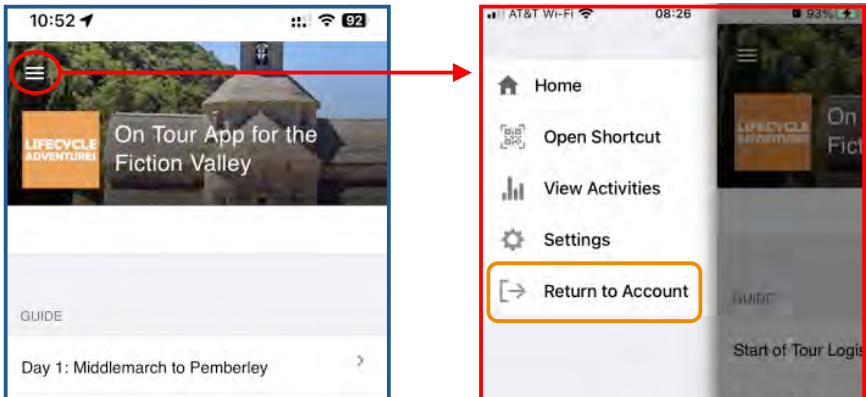


You will then see a list of questions with answers for some of the more common questions guests have while on tour.

There are also tips for *Riding Safely* on the main menu.

How do I get to the main RWGPS menu?

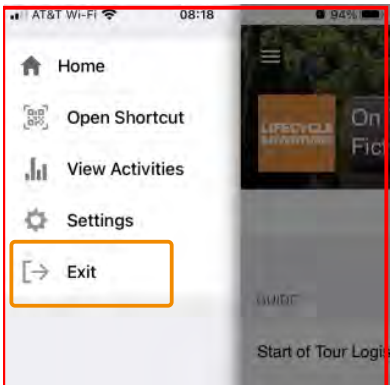
Tap the three horizontal lines at the top left-hand corner of the app.



You will then see options to:

- Open another RWGPS experience (Open Shortcut),
- View your rides (View Activities),
- Change your settings, or
- Exit the On Tour App and go to the main RWGPS page.

Note that if you do not have a RWGPS account, the last option will be to *Exit* to the main RWGPS home page rather than Returning to Account.



We do not recommend selecting *Exit* as you will need to reload the app by rescanning the QR code we sent you.

NAVIGATING THE ROUTES

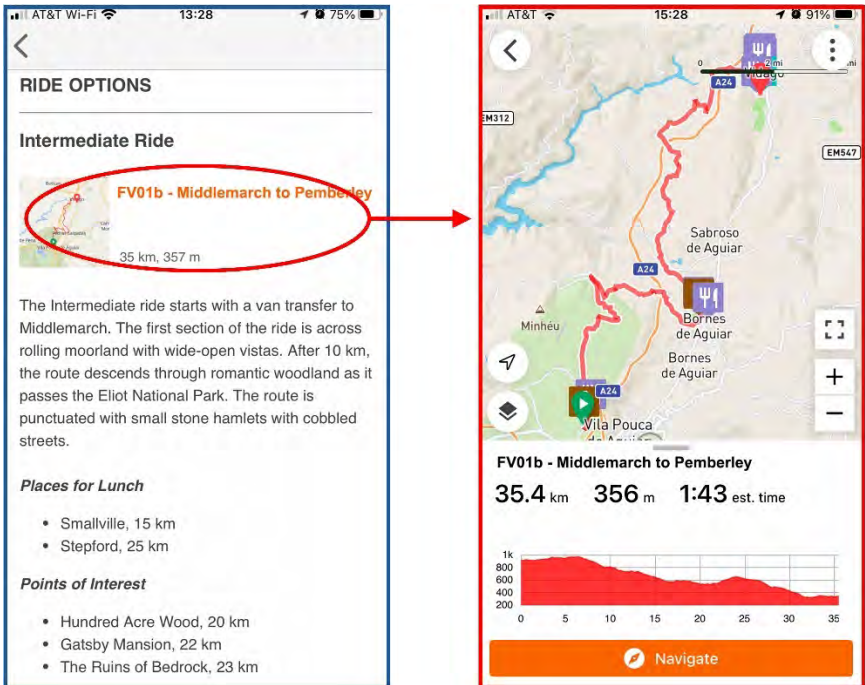
This section describes how to get the most of the RWGPS navigation. Specifically, it answers the questions:

- How do I start directions for my route?
- How do I get to the start of the route?
- How do I find restaurants and points of interest?
- How do I pause my route (e.g. when I go to lunch)?
- What do I do if I go off course?
- What do I do when I get to my destination?
- Where can I see my ride?
- Other top tips
- What settings do you recommend / can I change?

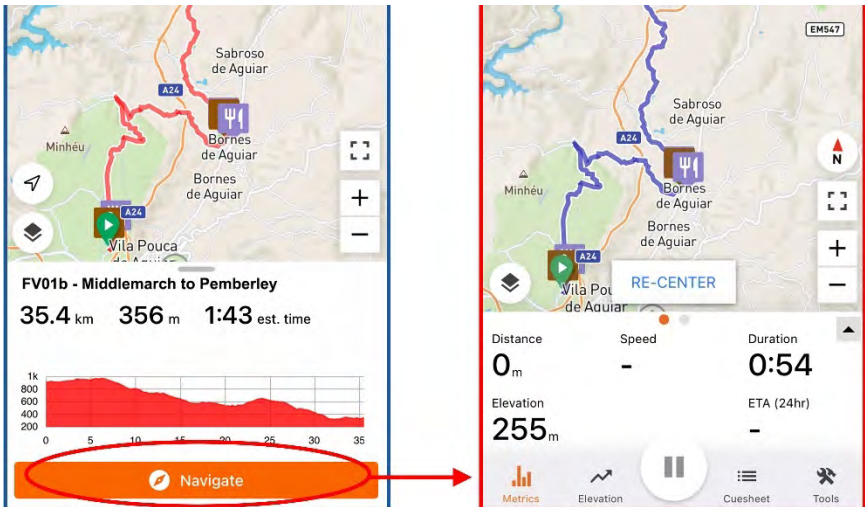
Ride with GPS navigation is intuitive to use and requires little learning. However, **as a backup**, the following section explains in detail how to answer the questions listed above.

How do I start directions for my route?

In *Ride Options* for the relevant day, tap on the route map of your chosen ride (here you have chosen the Intermediate route).



You then tap navigate to start your turn-by-turn directions.



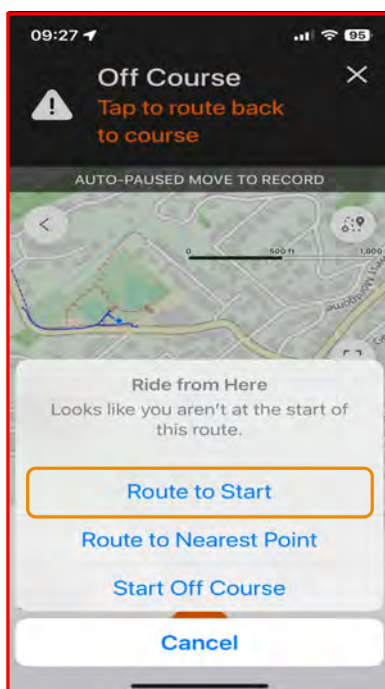
You will get both audible and screen-prompt cues for your ride.

How do I get to the start of the route?

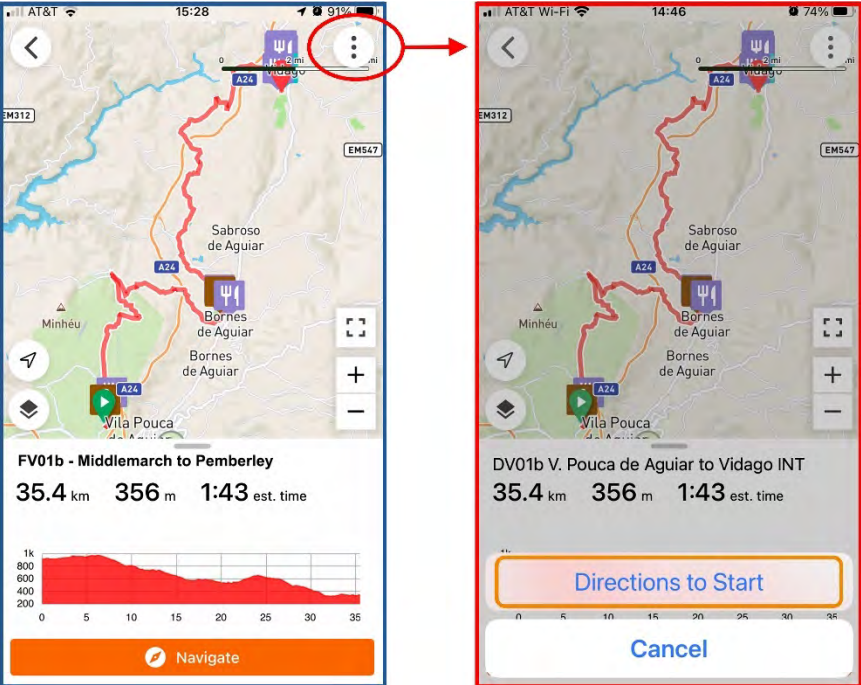
Typically, your route starts close to where your ride ended the night before. Open your selected route and tap **Navigate**. If you are not at the start of the ride, you will be presented with three options:

- **Route to Start** (RWGPS will calculate a route to the start of your ride)
- **Route to Nearest Point** (RWGPS will calculate a route to intercept your ride, sometimes cutting off the start of the ride)
- **Start Off Course** (you navigate yourself to the start of the ride)

Be careful when using *Route to Nearest Point* on a loop ride as the nearest point may be towards the end of the ride!



If you are not presented with the options above, exit navigation and tap the three-dot menu circle and select *Directions to Start*. Your phone will then launch your mapping app (e.g. Google Maps or Apple Maps) and load a route to the start point. You can typically select *Cycle* as a mode of transport (not available in all areas).



We recommend you load the directions in your hotel while on Wi-Fi if you want to avoid using your phone's data plan.

How do I find restaurants and other things of interest?

Restaurants, points of interest, viewpoints, wineries, and accommodations are shown on your route with the following icons.



... Accommodation



... Restaurant



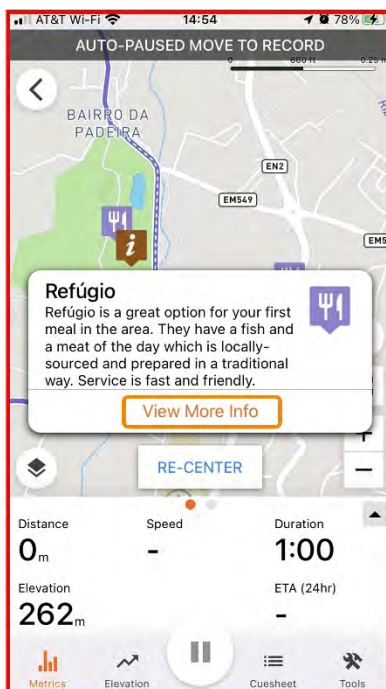
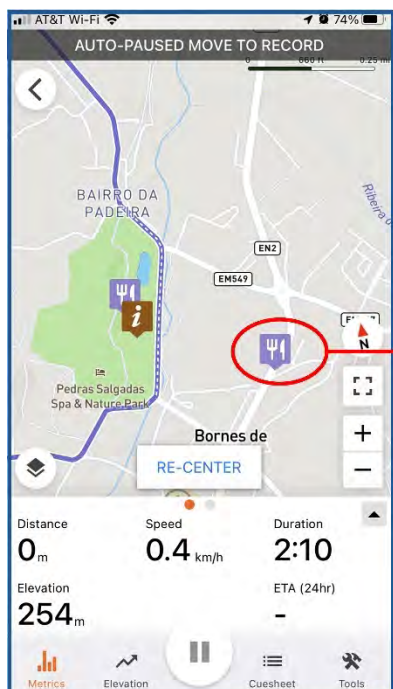
... Point of interest



... Viewpoint



... Winery (not all areas)

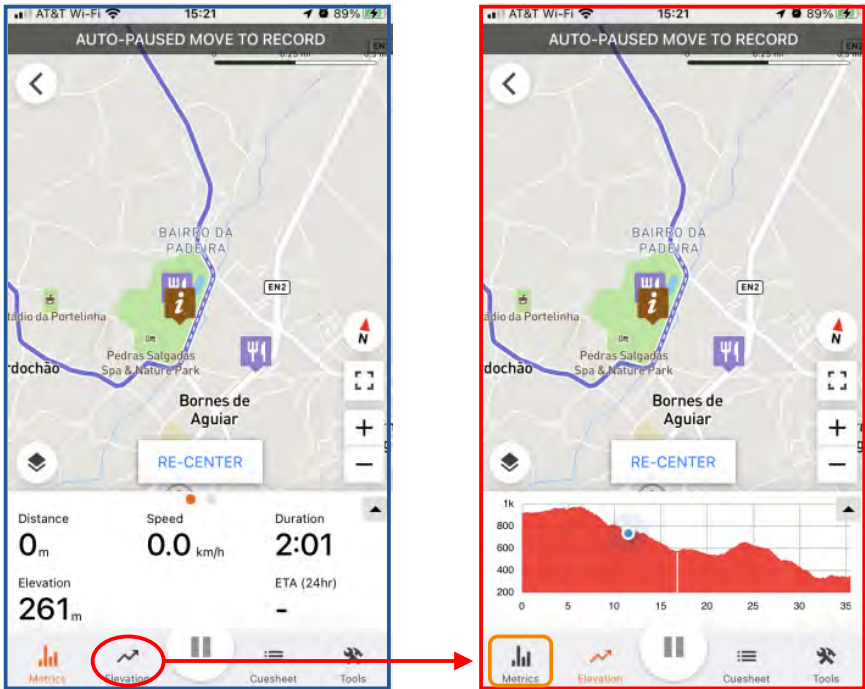


To learn more, tap the icon. This will bring up a short description. Tapping *View More Info* will expand the text and show a link to Google Maps.

You can also learn more about these places in the main On Tour App under the Lunch, Points of Interest, and Wineries sections for each day.

How do I see how much I have left to climb?

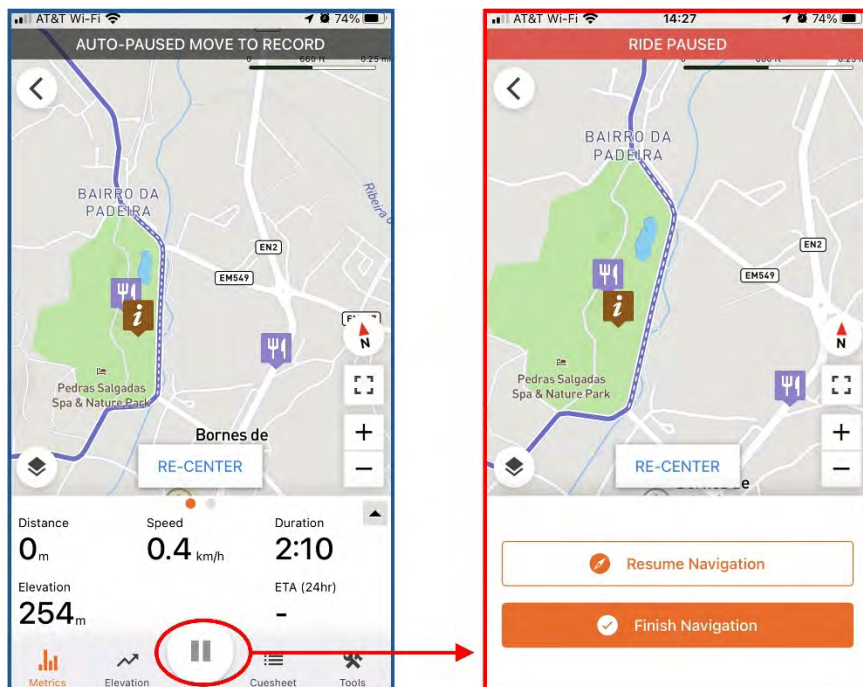
To see where you are on a hill, tap the *Elevation* icon.



To return to the key statistics view, tap the *Metrics* icon.

How do I pause my route (e.g., when I go to lunch)?

Press and hold the *Pause* button.

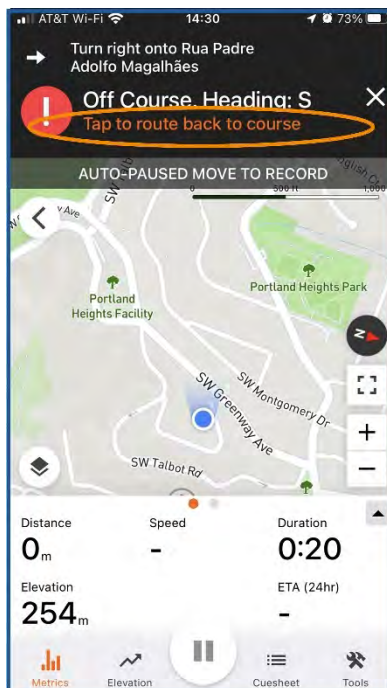


When you are ready to restart your ride, just return to the app and press *Resume Navigation*.

What do I do if I go off course?

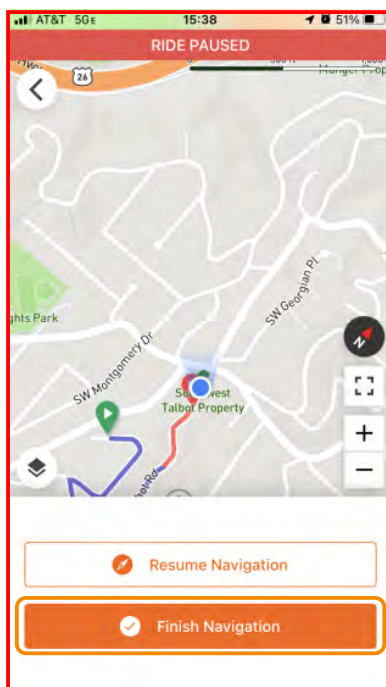
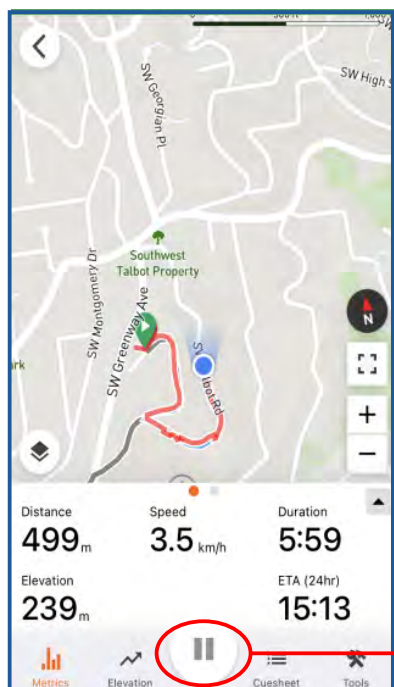
If you find yourself off the main route (e.g. if you have taken a wrong turn or visited a restaurant for lunch), the app will alert you with an audible alert and a cue card stating that you are *Off Course*. To get back to the course, press *Tap to route back to course*. RWGPS will then direct you back to the route. Note that this feature can have complications:

- This feature does not work reliably without cellular data (i.e.. does not always work if you are in Airplane Mode). In these circumstances, use the map to guide yourself back to the route.
- Typically, you are directed to the closest point of your route. If you are a long way off course, the app may direct you to backtrack the way that you went off course rather than further along the route. We suggest you zoom out on the map to check you are being guided along a route you want to follow.
- If you are on an in-and-out ride, double check that you are being directed in the direction you want along the route.
- If you choose not to receive directions back to your route, the app will continue to notify you every two minutes that you are off course. If you intentionally go off course and no longer want these alerts, you can stop them by tapping the X in the corner of the cue card. You could also tap and hold the pause button to temporarily pause your ride.

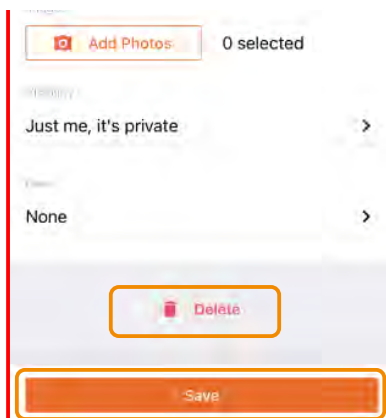
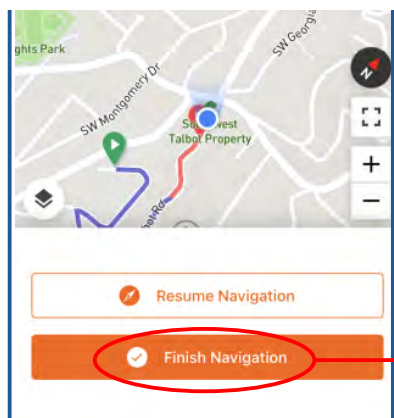


What do I do when I get to my destination?

When you finish a route, you'll get one final chime notification and you will see on the map that you have reached the end of the ride (shown by a red icon). Then tap-and-hold the pause button.

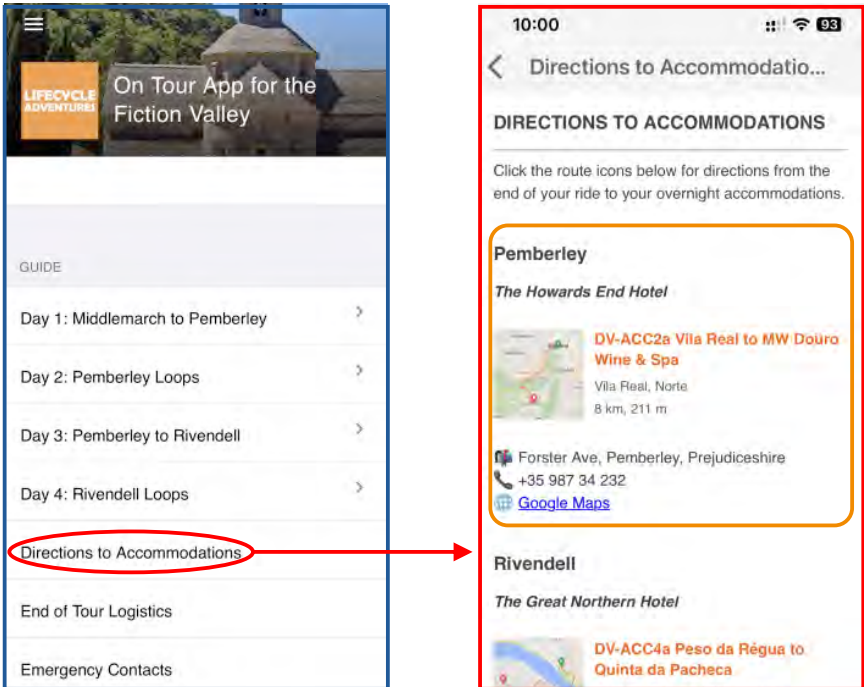


Follow the prompt to either save or delete the ride.



Tap *Save* if you want to be able to review your statistics for the ride at a later date. Tap *Delete* (and then OK) if you do not want to save your ride. Note that you may need to scroll down to find the *Delete* button.

After saving (or deleting) the ride, you will be returned to the main menu of the app. Scroll down and tap *Directions to Accommodations*.



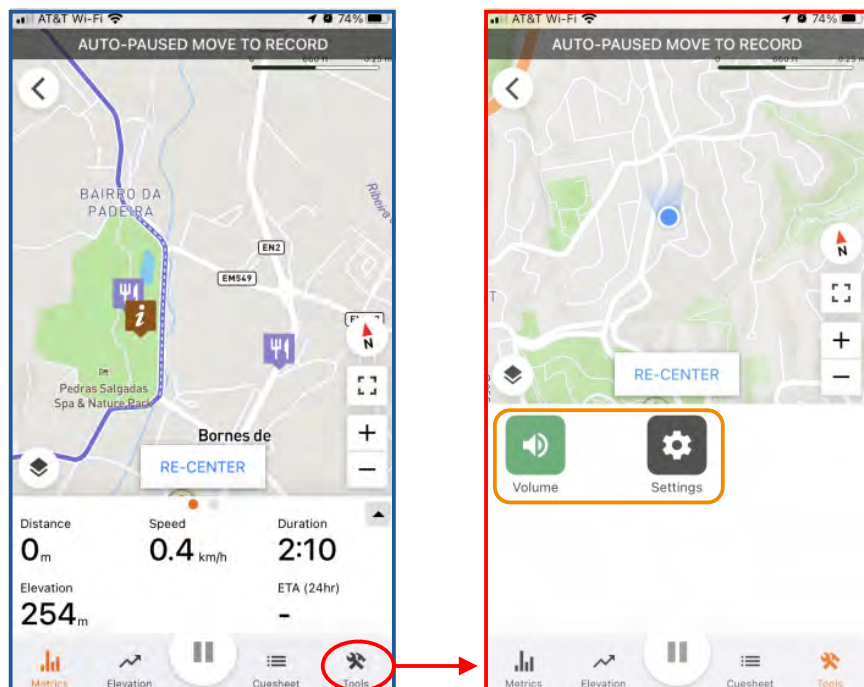
Select the map under the hotel for the town you are in (in this case you have just arrived in Pemberley and are staying in the Howards End Hotel). You will then be taken to RWGPS directions to get you from the end of the ride to your hotel.

Accommodations are shown on your route with the following icon 

You can also find the hotel using the *Google Maps* link.

Tools when navigating

Tapping the Tools when navigating will allow you to select Volume or Settings.



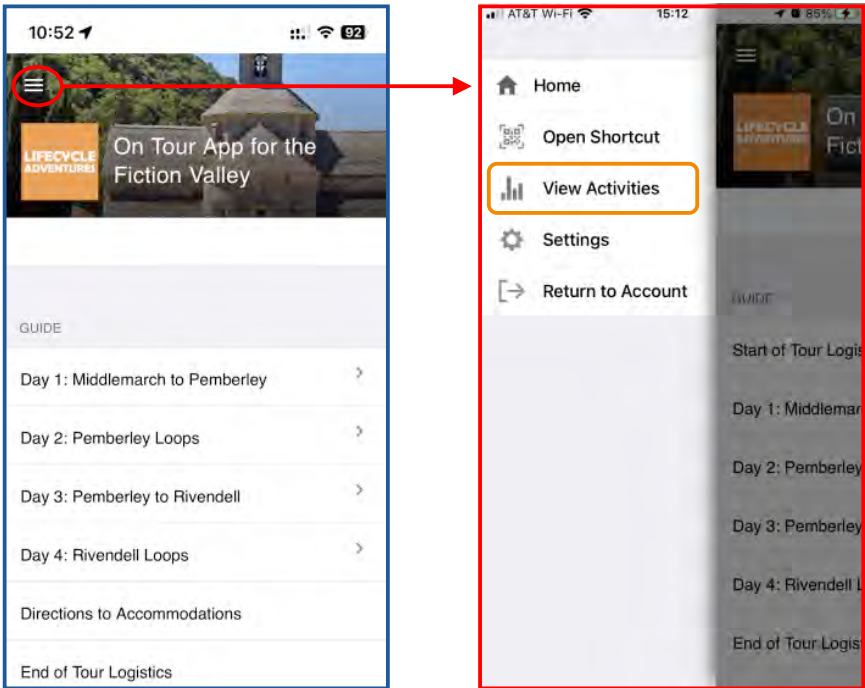
Volume allows you to turn off audible alerts or adjust the volume.

Settings allows you to change various settings. Examples of what can be changed includes:

- Get alerts earlier.
- Under Handlebar Mode: keep the screen on while navigating. Note, this will rundown your battery faster.
- Under Handlebar Mode: lock the navigation view in your preferred orientation.

Where can I see my rides?

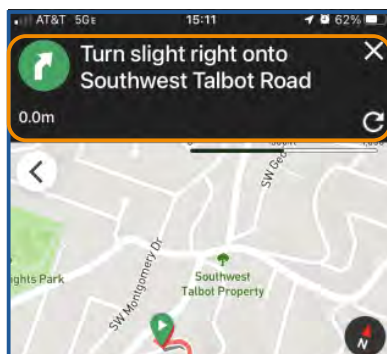
Select menu (three lines in top lefthand corner) then *View Activities* to see your saved rides.



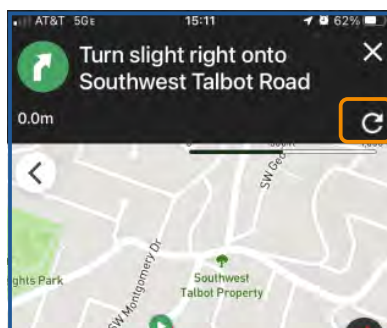
You can select a ride and review the route you took as well as the ride data such as ride time and average speed.

Other top tips

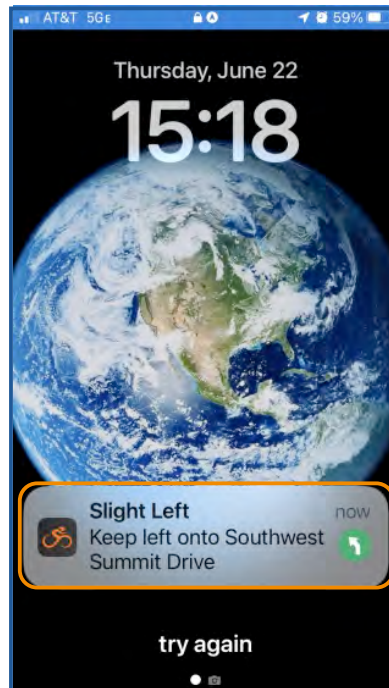
- You must be recording a ride to use navigation. After you are finished riding you may opt to delete the ride or save it.
- The app may take a moment to find your exact position. Once your location is found, your location will show on the map as a blue dot, and navigation will begin.
- When you are within 10–15 seconds from your first turn, you'll get your first turn notification at the top of your screen.



- If you missed the voice announcement, you can replay it by pressing the replay icon in the bottom right corner of the notification.



- The cue can be dismissed by swiping it, or it will go away automatically after you have passed the cue.
- While navigating a route with the screen locked, the app can flash the cues over the lock screen with text and voice for upcoming cue. For this function to work, you need to allow Ride with GPS to send push notifications to your phone. This means that for the most part you can ride with your phone screen locked (preserving battery life). You will still have voice and on-screen navigation prompts.



- Adjusting your locked screen time on your phone (settings) to around 5 minutes means that you can have map displayed for tricky sections or towns along the route without it being permanently on.
- If you want to conserve your battery or avoid data roaming charges, set your phone to flight mode before you leave your hotel.
- Further battery saving tips can be found at <https://ridewithgps.com/help/battery-saving-tips>
- Ride with GPS mobile application help and advice can be found at <https://ridewithgps.com/help/mobile/>
- We strongly recommend bringing a battery bank with you on your tour so that in the event your phone runs out of battery you are able to charge it and continue using it for navigation.
- For the same reason, if you are riding as a couple, we strongly recommend that both riders have the On Tour App downloaded to their phone.

TROUBLESHOOTING THE APP

This section describes how to get resolve the following issues and questions:

- The App Will Not Download to My Phone or Tablet
- How do I get to the On Tour App from the main RWGPS menu?
- The On Tour App is freezing
- The app is causing me to exceed my data plan (or drain my battery)

The App Will Not Download to My Phone or Tablet

About thirty days before the start of your tour, we will send you a QR code and instructions to download the app. Simply scan that QR code with your camera and follow the instructions.

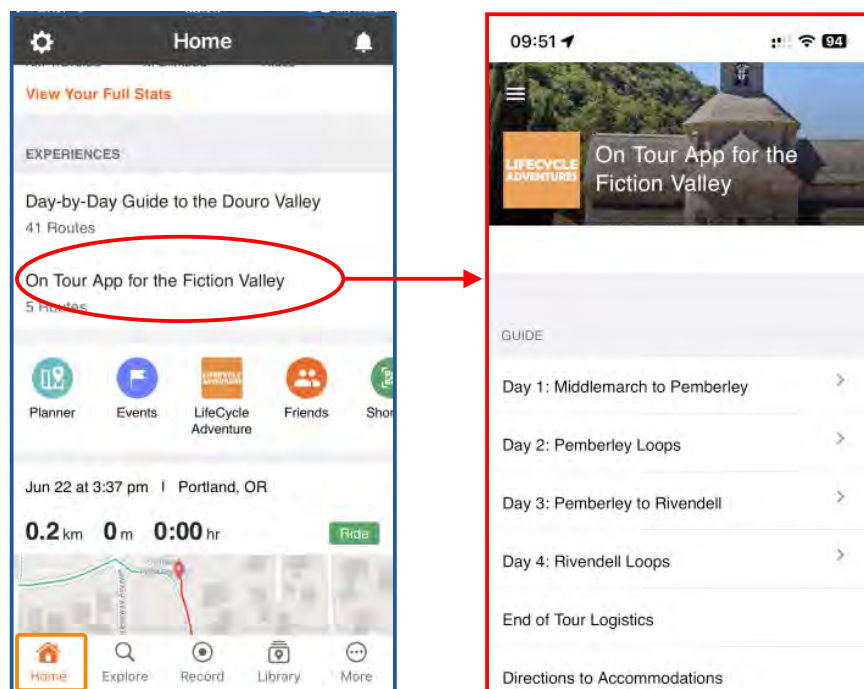
If this does not work, contact us and we can send you a *Use Code* as an alternative way to download the app. This sometimes works better if you are already a RWGPS user.

How do I get to the On Tour App from the main RWGPS menu?

If you have exited the app, and want to get back to the On Tour App.

If you have a RWGPS account

You will see the On Tour App listed under you *Experiences* on your home menu.



If you do not have a RWGPS account

If you select *Exit* after tapping the three menu lines at the top right-hand corner of the app, you will be returned to a generic RWGPS home screen. To get back into the app from here, you will need to tap *Open Shortcut* from the home menu and type in the Shortcut Code we sent you (or scan the QR image we sent you).

The On Tour App is freezing

If the On Tour App has frozen or become unpredictable, try turning your device off and on. If this does not work, reload the app by scanning the QR code we sent you. Note that the On Tour App is relatively large and requires a lot of bandwidth. Ideally, it is best downloaded when you have access to Wi-Fi.

The app is causing me to exceed my data plan (or drain my battery)

The app downloads to your phone and can be used with your data plan turned off.

- If you want to conserve your battery or avoid data roaming charges, set your phone to flight mode before you leave your hotel.
- Adjusting your locked screen time on your phone (settings) to around 5 minutes means that you can have map displayed for tricky sections or towns along the route without it being permanently on and draining your battery.
- Further battery saving tips can be found at <https://ridewithgps.com/help/battery-saving-tips>
- General Ride with GPS mobile application help and advice can be found at <https://ridewithgps.com/help/mobile/>
- We recommend bringing a battery bank with you on your tour so that in the event your phone runs out of battery you are able to charge it and continue using it for navigation.
- For the same reason, if you are riding as a couple, we strongly recommend that both riders have the On Tour App downloaded to their phone. If only one of the phones is used to navigate, and you then have problems with that phone (or you run out of battery), you have a backup phone ready to go.

SAFETY & ENJOYMENT

Riding Safely

Rules of the Road

We have a few simple rules we ask you to follow:

1. Always wear a cycle helmet fastened securely while cycling.
2. Wear highly-visibility clothing and/or a fluorescent safety triangle.
3. Do not ride at night or in the dim light of dawn or dusk.
4. Ride in single file and with the direction of traffic.
5. When riding, stay as close as is safe to the right-hand side (left in Ireland) of the road while avoiding grit or broken pavement.
6. Carry identification, emergency contact, and your medical/travel insurance.

Daily Bike Checks

Your rental bikes are checked and tuned before every trip. However, it is useful to do some regular checks just to keep things running smoothly. If you're in any doubt or have any concerns, give us a call and we'll have a guide come out to you.

1. Brakes. Do both brake levers engage the brakes smoothly?
2. Handlebars & stem. Check alignment. If there is lateral movement or rocking when the front brake is engaged, the headset may need adjusting.
3. Gear changing. Do all gears engage/change smoothly?
4. Chain. If you've been riding in rain or on wet roads, you may want to wipe off your chain and apply a little lube the night before. In the morning, run a clean rag over the chain to remove any excess oil.
5. Wheels & tires. Inflate front & back tires to the correct tire pressure (written on the side of the tire). Check wheels for wobbles, spokes for breakages and tires for wear. Ensure the quick-release mechanisms are secure.
6. Frame. Check for cracks and alignment in the frame especially if you accidentally dropped the bike.

Riding Efficiently

Tips for When Riding

As well as having a safe tour, we are keen for you to enjoy cycling and leave with a real sense of accomplishment. This is likely to include riding within your limits and not exhausting yourself before lunch. Here are some thoughts on how to stay happy on your bike.

1. *Eat before you are hungry.* Even moderate cycling burns around 300 calories per hour so eat snacks such as power bars as needed – giving

your body enough time to process the food before the fuel gauge reaches empty.

2. *Drink before you are thirsty.* As you sweat, you will lose both water and essential salts. You will not notice the effects until it is too late. Drink plenty of water before you start to ride and then take regular sips while riding. A good target is to drink either water or sports drink every 30 minutes.
3. *Ride at a pace that feels comfortable.* Even when climbing hills, ride at a pace that allows you to keep a conversation going without being out of breath. This means changing down to a low gear, keeping your cadence high and taking things easy.
4. The sun can get very intense, especially in the middle of the day so *keep your shirt on and use a high factor sunscreen.* Be aware of being burned through the gaps in your cycle helmet. A bandana under the helmet can make all the difference.
5. *Relax and change your hand position regularly.* This helps avoid shoulder cricks or back aches. Drop handlebars are better for being able to do this than straight handlebars.
6. *Check your bike.* A sticking brake or skipping gear stops you relaxing and can be dangerous. If you are unsure, talk to your guide, who will be happy to help you check things out if you have a concern.
7. *Smile, you are on vacation!*

Seat Height Adjustment

Seat height adjustment is more craft than science. The most important thing is that you feel safe and confident on the bike. However, getting your saddle to the right height will also help you stay comfortable on longer rides, avoid saddle sores, and conserve your energy while you pedal.

Bike fitters can spend hours getting your fit just right, but here are some simple rules of thumb.

- While seated on your bike, prop yourself up against a wall.
- Position the pedals so the pedal cranks are vertical (one pedal at 12 o'clock and one pedal at 6 o'clock).
- Place your feet on the pedals and move your foot so that your heel is on the pedal at 6 o'clock.
- When your seat is at the correct height, your leg (of the foot at 6 o'clock) should be straight but your knee shouldn't be locked.

If your seat is too low, it will make it harder to pedal and you may get knee pain at the front of the knee. Too high and your hips will go from side to side which will make you tend to ride in too high a gear and you may develop pain at the back of your knees.

Avoiding Saddle Sores

Saddle sores are the great unmentioned subject of cycling. However, if you have not been riding much recently and start doing a lot of miles on a bike, you may well become just a little too familiar with them.

To prevent sores, it's helpful to know what they are. A saddle sore is a skin ailment on the buttocks due to, or exacerbated by, riding on a bicycle saddle. It often develops in three stages: skin abrasion, folliculitis (inflammation of the hair follicles) and, finally, abscess. If it's not obvious from the definition, it is better to stop the sores in the early stages than try and treat it in the final stage.

The best cure of all is to not get them in the first place. Gradually build up your riding mileage and get used to your bike seat. Some training rides before you go on tour will help. Other good preventative measures include:

- Reducing the friction due to bobbing or swinging motion while pedaling, by setting the appropriate saddle height – see above.
- If you have a favorite saddle, bring it along and we will fit it to your rental bike.
- Wear good-quality cycling shorts, with a high-quality chamois insert.
- Use petroleum jelly, chamois cream, or lubricating gel on the chamois to further reduce friction.
- Do not sit around in damp bike shorts after your ride and thoroughly wash and dry the affected area.

There are pharmacies in all the main towns you'll stay in if you need medical treatment. Our primary message would be, if you think you have them, don't ignore them.

FIXING A FLAT

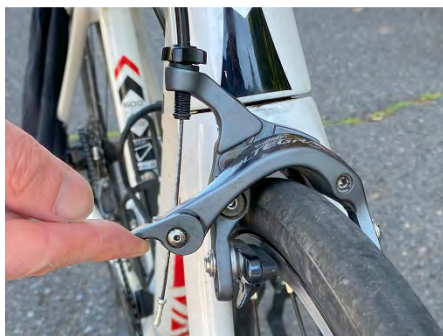
To make this basic repair, you will need tire levers, a pump (or CO₂ canister), and a spare tube (or patch kit). If you have a thru axle (see below) you will also need a hex wrench (Allen key). Before working on your bike, ensure you are well away from the road and in no danger from the traffic.

There are five basic steps to fixing a flat.

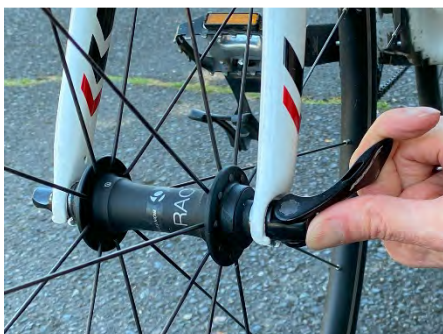
1. Remove the wheel
2. Deflate and remove the tube
3. Remove what caused the flat
4. Replace tube and inflate
5. Refit the wheel

Remove the Wheel

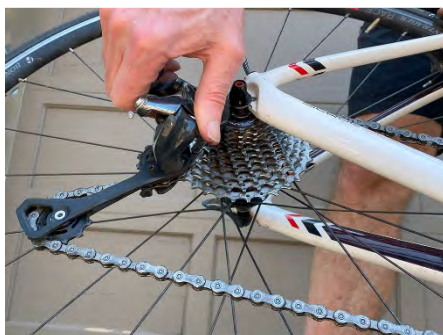
If you have rim brakes, release the brakes. How you do this depends on the type of brakes. Two examples are shown below.



If you are **removing the front wheel**, open the quick-release lever and unscrew the nut on the other side of the skewer. The wheel should then drop out of the fork.



If you are **removing the rear wheel**, put the chain on the smallest cog of the rear cassette. Open the quick release lever. You will then need to push the derailleur back to allow space for the wheel to get past the chain as you pull the wheel out.



If you have disc brakes, avoid touching the rotors or the disc pads. The rotors can be hot and grease or other contaminants on these parts will make the brakes ineffective. Also avoid squeezing the brake levers when the wheel is removed as this will close the pads and make it very difficult to reinsert the disk when refitting the wheel.



If you have a thru axle (pictured above on RHS) on either a front or rear wheel, you will need to unscrew and remove the axle using a hex wrench before you can remove the wheel. Avoid getting any dirt on the axle after it is removed.

Deflate and Remove the Tube

Having removed the wheel, fully deflate the tube. If you have a thick Schrader valve, press down on the small pin at the center of the valve. If you have a thin Presta valve, loosen the small valve at the top of the valve stem and press down.



Unseat the tire from the rim. Place a tire lever under the bead of the tire and lever it over the edge of the wheel (avoid doing this near to the valve). Repeat this procedure with a second tire lever. Slide the second tire lever around the rim to free the tire. Pull the valve stem out of the wheel and remove the rest of the tube.



Remove What Caused the Flat

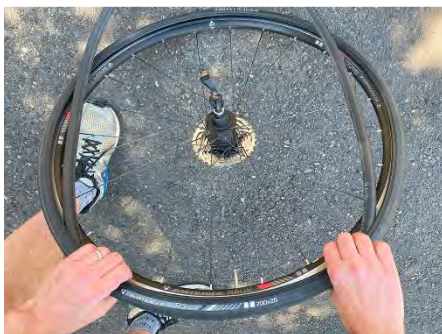
Inspect the tire for the cause of the flat. Remove any thorns or pieces of glass that could puncture the new tube. *Carefully*, run your fingers around the inside of the tire to check for sharp debris.

Replace and Inflate the Tube

Put a little air into the replacement tube – just enough to give it some shape – and insert the valve into the wheel.



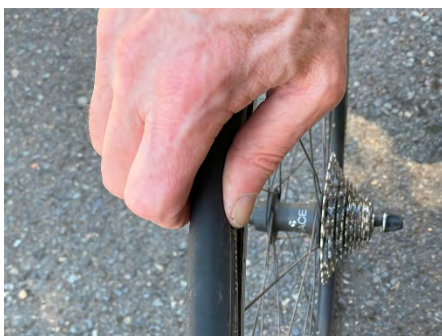
Carefully put the rest of the tube inside the tire. Beginning at the valve, push the tire bead back inside the rim of the wheel. Continue around the rim in both directions.



If the tire is tight, pinch both sides of the tire bead into the center of the rim – this will make it easier for the tire to clear the rim. If necessary, use tire levers to force the final part of the tire bead over the wheel rim – being careful not to pinch the tube and cause another flat.



Inflate the tube. As you inflate the tube, check regularly that the tube isn't caught in the rim and that there is no bulging. When the tube is a little inflated, go around the wheel pinching the tire to the center of the rim to help release where the tube might be trapped. Inflate the tube to the recommended pressure printed on the tire.



If you don't have a pump with a pressure gauge, inflate until the tire is hard to depress with your fingers and check your tire pressure as soon as you have access to a pump with a gauge.

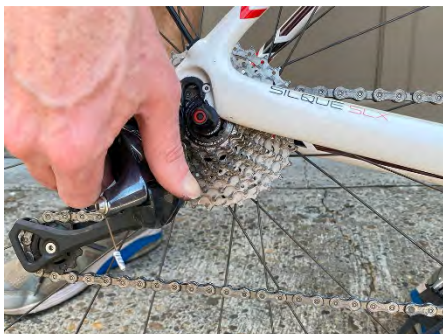
Refit the Wheel

Refitting the wheel is the reverse of removing it.

If you are **refitting the front wheel**, open the quick-release lever and place the wheel in the dropouts. Tighten the nut opposite the lever and close the lever to tighten onto the frame. If you have overtightened the nut, it will not be possible to close the lever. If the lever closes too easily, tighten the nut more and try again.

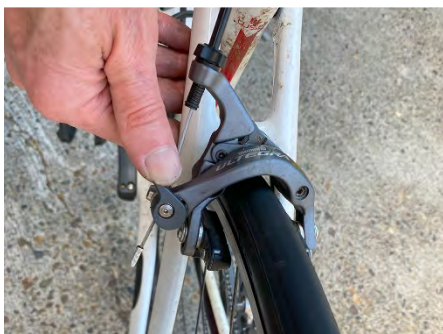


If you are **refitting the rear wheel**, align the wheel so the chain is on the smallest cog of the cassette. Pull back the derailleur to allow space for the wheel to drop into the dropouts. Close the lever and check it is tight and not touching the frame. If the lever closes too easily, tighten the nut and try again.



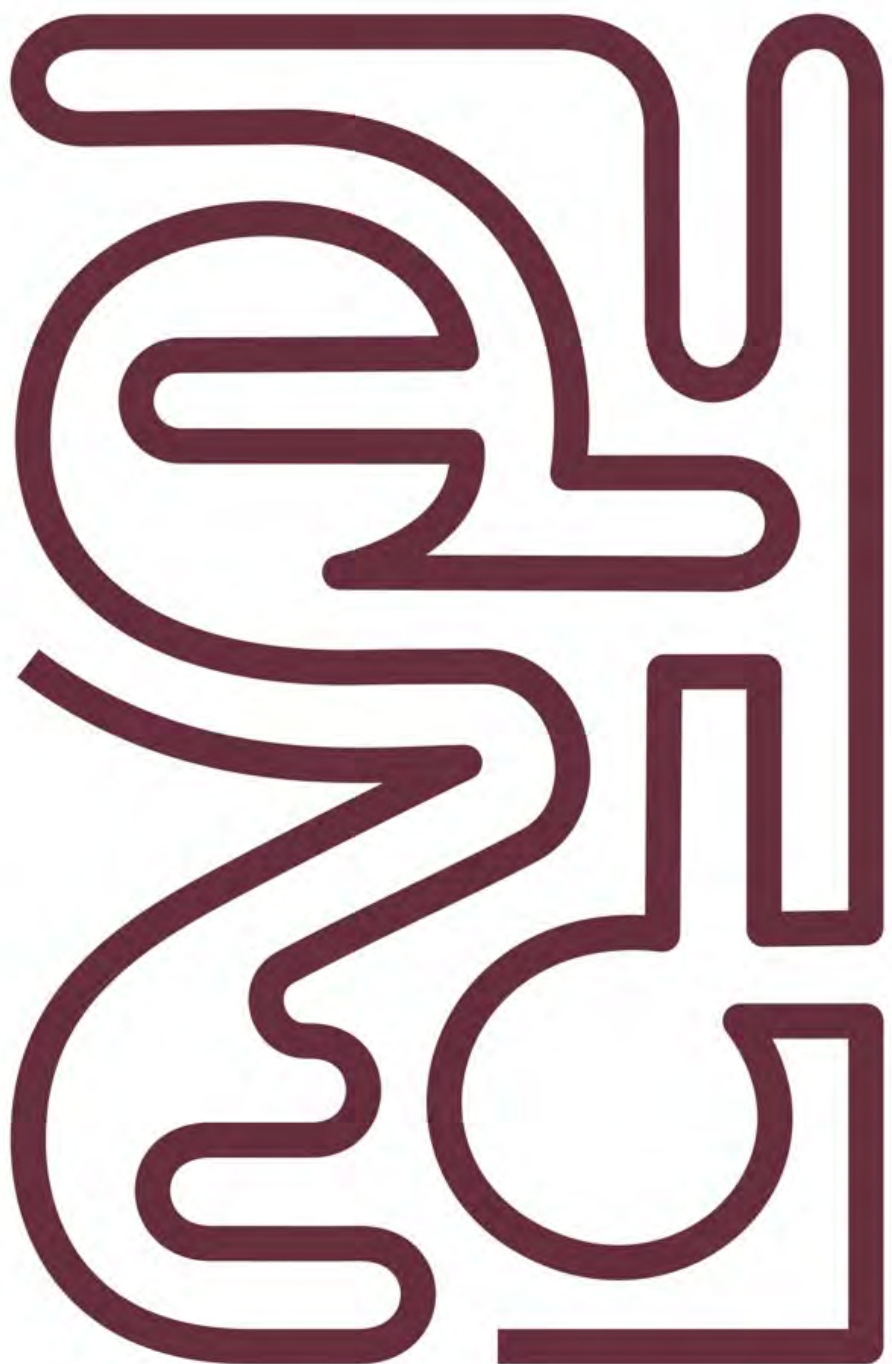
If you have a thru axle (pictured above on RHS) on either a front or a rear wheel, place the wheel in the dropouts, as described above. Then reinsert the axle. If you cannot insert the axle or it fails to engage on the thread smoothly as you turn it clockwise, remove the wheel and reinsert it, checking the alignment. Tighten the axle using a hex wrench.

If you have rim brakes, reconnect the brakes and check they are functioning OK.



Video

For a more dynamic description of fixing a flat, check out the following video:
https://youtu.be/qLO_HOOKEjs.



APPENDICES

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APPENDIX 1 – QUIZ QUESTIONS

For a little fun, here is a quiz to test what you have learned in this guidebook. For those who just want to relax on vacation or who want to test their riding partners, skip ahead to the answers at the end of the section.

Planning Your Tour

1. What is the most useful tool to help you navigate your tour?

- ☐ A piece of string and a loadstone
- ☐ LifeCycle Adventures On-Tour App
- ☐ Garmin GMR xHD2 Open Array Radar
- ☐ All of the above

2. The LifeCycle Adventures On-Tour App can be downloaded to:

- ☐ Your smartphone
- ☐ Your tablet
- ☐ All of the above

3. It can be helpful to download Google Maps for the area for use offline:

- ☐ True
- ☐ False

4. Companies that provide cheap data plans via eSIMs are:

- ☐ Snowman and Pharaoh
- ☐ Nomad and Airalo
- ☐ Roman and Hairglo
- ☐ None of the above

5. Things to consider booking before you travel include:

- ☐ Food Tours
- ☐ Activities
- ☐ Airport transfers
- ☐ Hard-to-book restaurants
- ☐ All of the above

6. Useful things to pack include:

- ☐ Floor pump
- ☐ Your bike helmet
- ☐ Kitchen sink
- ☐ DeWalt 20V brushless cordless 2-inch magnetic drill press
- ☐ All of the above

7. We provide the following equipment:

- ☐ Two LifeCycle Adventures water bottles
- ☐ Floor pump that travels with your luggage
- ☐ Phone mount for your phone
- ☐ All of the above

About the Area

8. Catalonia's sparkling wine, Cava, is made using the same method as:

- ☐ Beer brewing
- ☐ Champagne
- ☐ Kombucha fermentation
- ☐ Olive oil pressing
- ☐ No wine is produced in Catalonia

9. The Costa Brava translates as:

- ☐ Calm Coast
- ☐ Rugged Coast
- ☐ Brief coast
- ☐ Beautiful Coast
- ☐ Brave Coast

10. Catalonia is the birthplace of which artistic giant?

- ☐ Pablo Picasso
- ☐ Vincent van Gogh
- ☐ Salvador Dalí
- ☐ Leonardo da Vinci

11. The *calçotada* is a festive gathering celebrating which seasonal food?

- ☐ Wild mushrooms
- ☐ Grilled scallions
- ☐ Roasted chestnuts
- ☐ Deep-fried Doritos

12. The Dalí Triangle includes three sites connected to the artist. Which of the following is NOT one of them?

- ☐ Dalí Theatre–Museum in Figueres
- ☐ Gala Dalí Castle in Púbol
- ☐ Dalí's home in Portlligat
- ☐ The Melted Clock of Llafranc

13. Girona is famous among professional cyclists because:

- ☐ It has no cars
- ☐ It offers rolling lanes, climbs, and technical descents
- ☐ The Tour de France starts there every year
- ☐ It is the flattest place in Spain

14. The castells (human towers) of Catalonia can reach up to:

- ☐ 3 stories high
- ☐ 6 stories high
- ☐ 10 stories high
- ☐ 50 stories high

15. The Catalan dessert *crema catalana* is most similar to:

- ☐ Tiramisu
- ☐ Crème brûlée
- ☐ Grilled scallions
- ☐ Cheesecake

Overnight Towns

16. Olot is famously known as:

- ☐ The city of fountains
- ☐ The city of volcanoes
- ☐ The city of churches
- ☐ The Pompei of the North
- ☐ The city of chocolate

17. Which volcano in Olot offers a gentle climb with panoramic views and a café in the crater?

- ☐ Montsacopa
- ☐ Vesuvius
- ☐ Croscat
- ☐ Etna

18. Girona's Cathedral of Santa Maria is notable because:

- ☐ It has the widest Gothic nave in the world
- ☐ It is the tallest cathedral in Spain
- ☐ It is made entirely of volcanic rock
- ☐ It was designed by Salvador Dalí

19. Which famous bridge in Girona was designed by Gustave Eiffel?

- ☐ Stone Bridge
- ☐ Gómez Bridge
- ☐ Peixateries Velles Bridge (Red Iron Bridge)
- ☐ Westminster Bridge
- ☐ Pont de Pedra

20. The two neighboring towns of Llafranc and Calella de Palafrugell are connected by:

- ☐ A train line
- ☐ A silk thread
- ☐ A scenic coastal path (Camí de Ronda)
- ☐ An underground tunnel
- ☐ A gondola

21. The Poblats Ibèrics de Sant Sebastià de la Guardia, near Llafranc, was originally inhabited by:

- ☐ The Romans
- ☐ The Moors
- ☐ The Flintstones
- ☐ The Iberian tribe known as the Indigetes
- ☐ The Visigoths

22. Which three-star Michelin restaurant in Girona is run by the Roca brothers?

- ☐ Massana
- ☐ Taco Bell
- ☐ El Celler de Can Roca
- ☐ Chez Tomàs
- ☐ La Blava

On Tour

23. List all the works of fiction mentioned or alluded to in the section *Using the On-Tour App*

APPENDIX 2 – QUIZ ANSWERS

Planning Your Tour

1. LifeCycle Adventures On-Tour App
2. All of the above
3. True
4. Nomad and Airalo
5. All of the above
6. Your bike helmet (we provide a floor pump, so you can leave that at home with the kitchen sink and the magnetic drill press)
7. All of the above

About the Area

8. Champagne
9. "Rugged Coast"
10. Salvador Dalí
11. Spring onions grilled and dipped in romesco sauce
12. The Melted Clock of Llafranc
13. It offers rolling lanes, climbs, and technical descents
14. 10 stories high
15. Crème brûlée

Overnight Towns

16. The city of volcanoes
17. Montsacopa
18. It has the widest Gothic nave in the world
19. Peixateries Velles Bridge (Red Iron Bridge)
20. A scenic coastal path (Camí de Ronda)
21. The Iberian tribe known as the Indigetes
22. El Cellar de Can Roca

On Tour (Qu. 23)

- Middlemarch by George Eliot
- Pride and Prejudice by Jane Austen (Pemberley)
- Smallville (Superman), TV series
- Stepford Wives, movie
- Winnie-the-Pooh, by A.A. Milne (Hundred Acre Wood)
- The Great Gatsby by F. Scott Fitzgerald (Gatsby Mansion)
- The Flintstones, TV series (The Ruins of Bedrock)
- A Moveable Feast, by Ernest Hemingway (Dingo American Bar)
- Ulysses by James Joyce (the Cabman's Shelter)
- Hotel California by The Eagles
- Lord of the Rings by J. R. R. Tolkien (Rivendell)
- Twin Peaks, TV series (The Great Northern Hotel)

Your Score

There were 23 questions in total. How did you do?

- 10: well done.
- 15: brilliant!
- 20: genius!
- 23: really!?

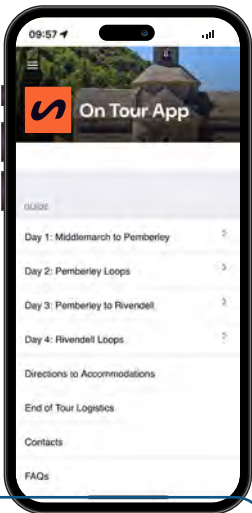
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On-Tour App

We have partnered with *Ride with GPS* to create an app that has all the details you need to explore each day.

You will receive a link to the app a few weeks before the start of your tour. Please download the app before you travel and familiarize yourself with the contents.

Here is a quick overview of how the app is organized.



App Contents

DAY 1: FROM A TO B

DAY 2: FROM B TO C

DIRECTIONS TO ACCOMMODATIONS

Details of, and directions to, your overnight accommodations

END OF TOUR LOGISTICS

Where and when to meet your guide at the end of your tour

CONTACTS

How to contact us or the emergency services

FAQs

Answers to common questions guests have while on tour

RIDE OPTIONS

LUNCH

A description of the day's restaurants and cafes by town

POINTS OF INTEREST

A description of the day's sights, museums & activities

WINERIES

A description of the day's wineries

LEISURE

Route Navigation

Maps and GPS-guided directions

Places for lunch

A list of towns where you can eat lunch along this route

Points of Interest

A list of the sights, museums and activities along this route

Wineries

A list of wineries along this route

INTERMEDIATE

...

CHALLENGE

...

EPIC

...

Explore the world by bike, on your own terms.

NORTH AMERICA

Santa Barbara, California

Big Island, Hawaii

Mount Hood, Oregon

Willamette Valley,
Oregon

San Juan Islands,
Washington

EUROPE

Istrian Peninsula, Croatia

Denmark Island

Loire Valley, France

Provence, France

Pyrenees, France

Southwest Ireland

Puglia, Italy

Tuscany, Italy

Holland, Netherlands

Douro Valley, Portugal

Catalonia, Spain

Engadin Valley, Switzerland



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(See page 8 for details.)

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