



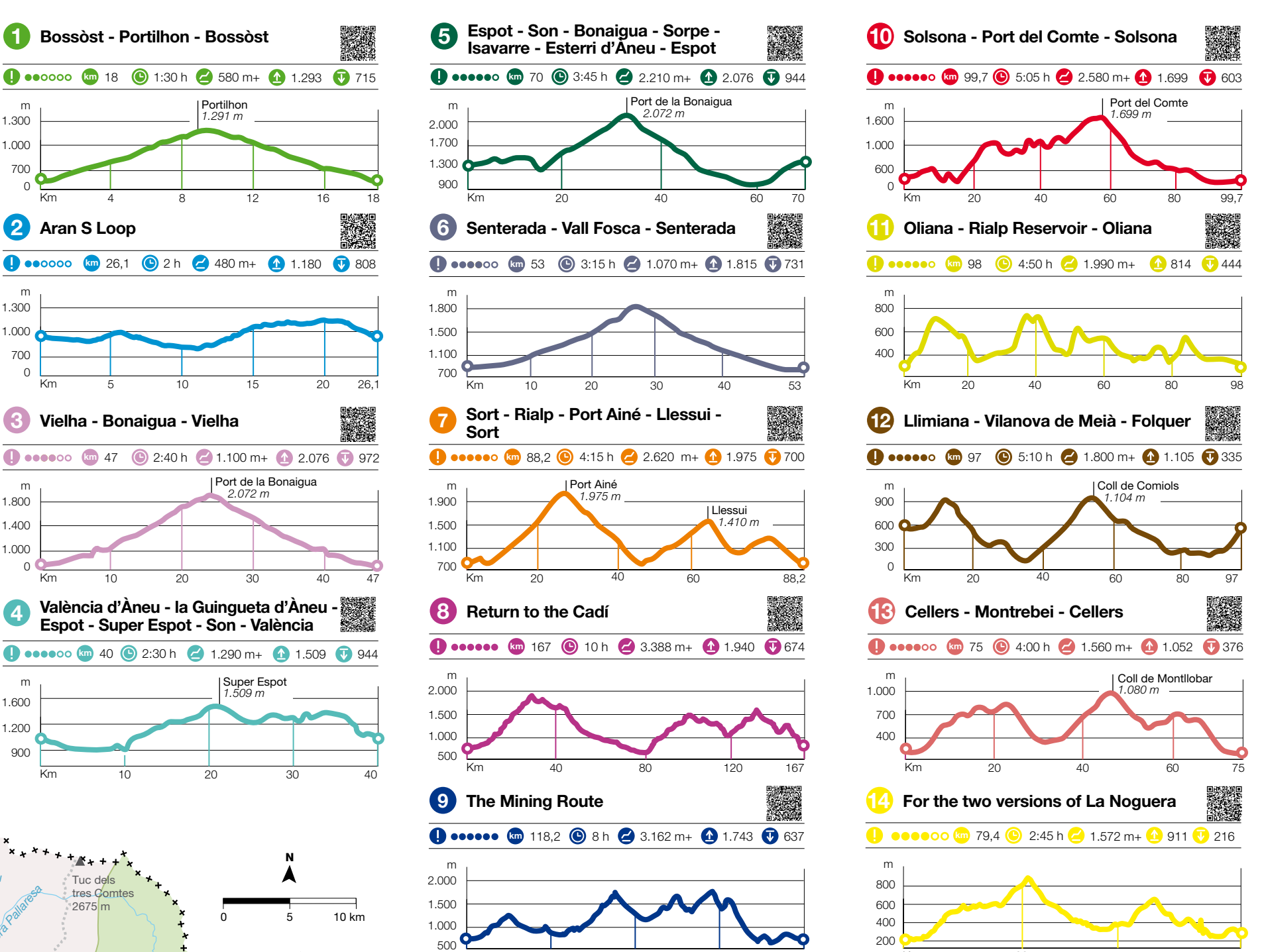
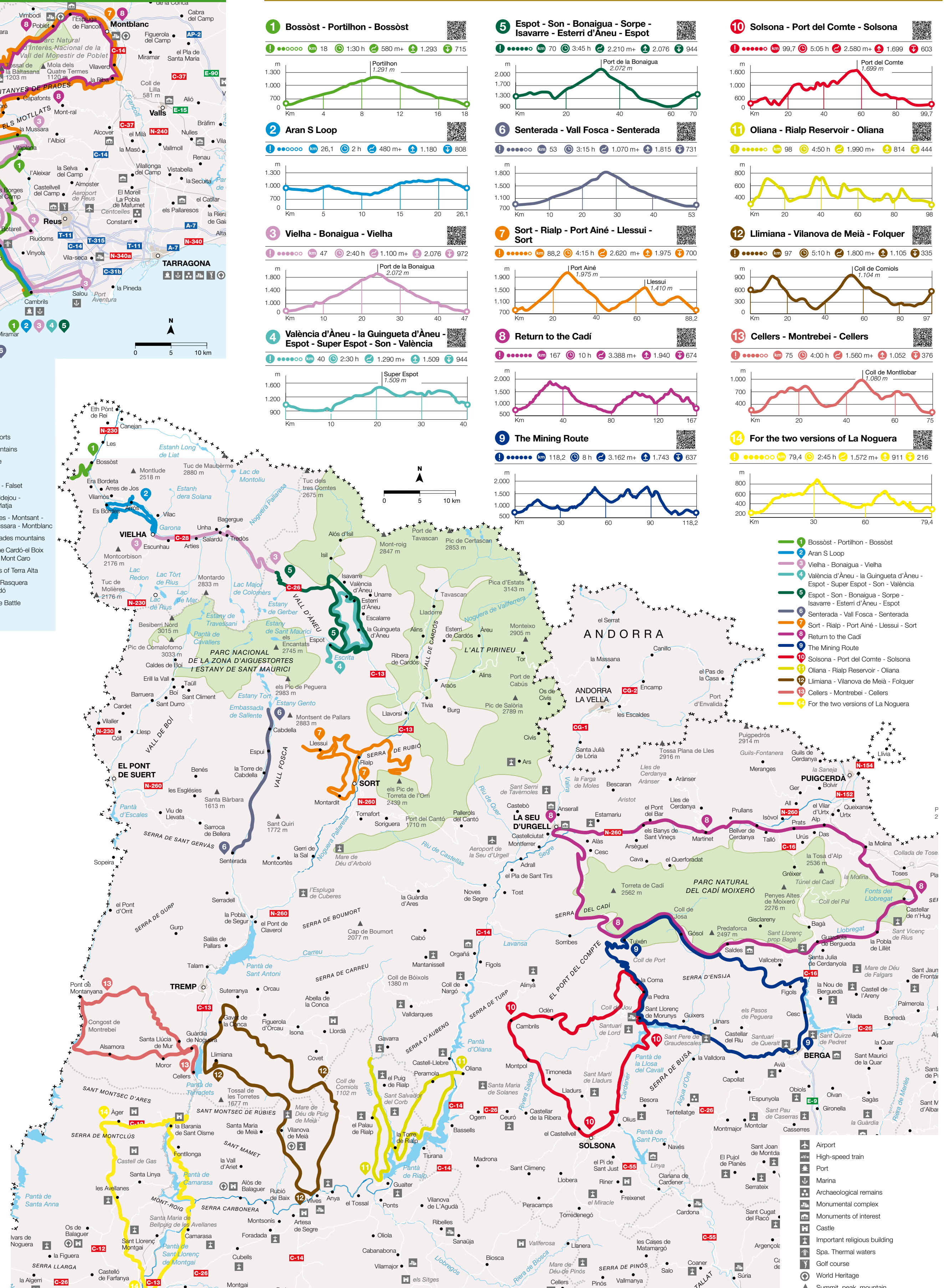
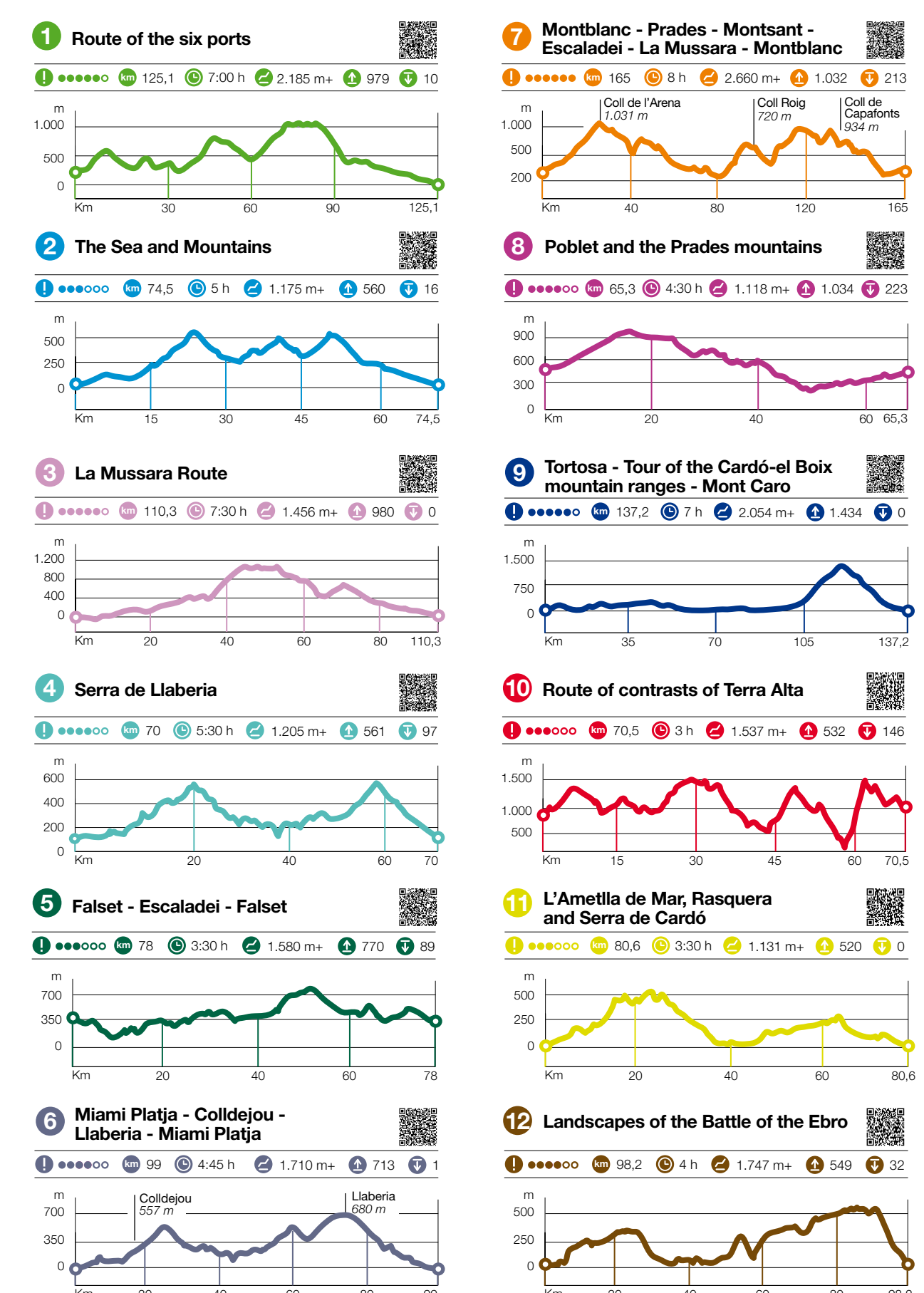
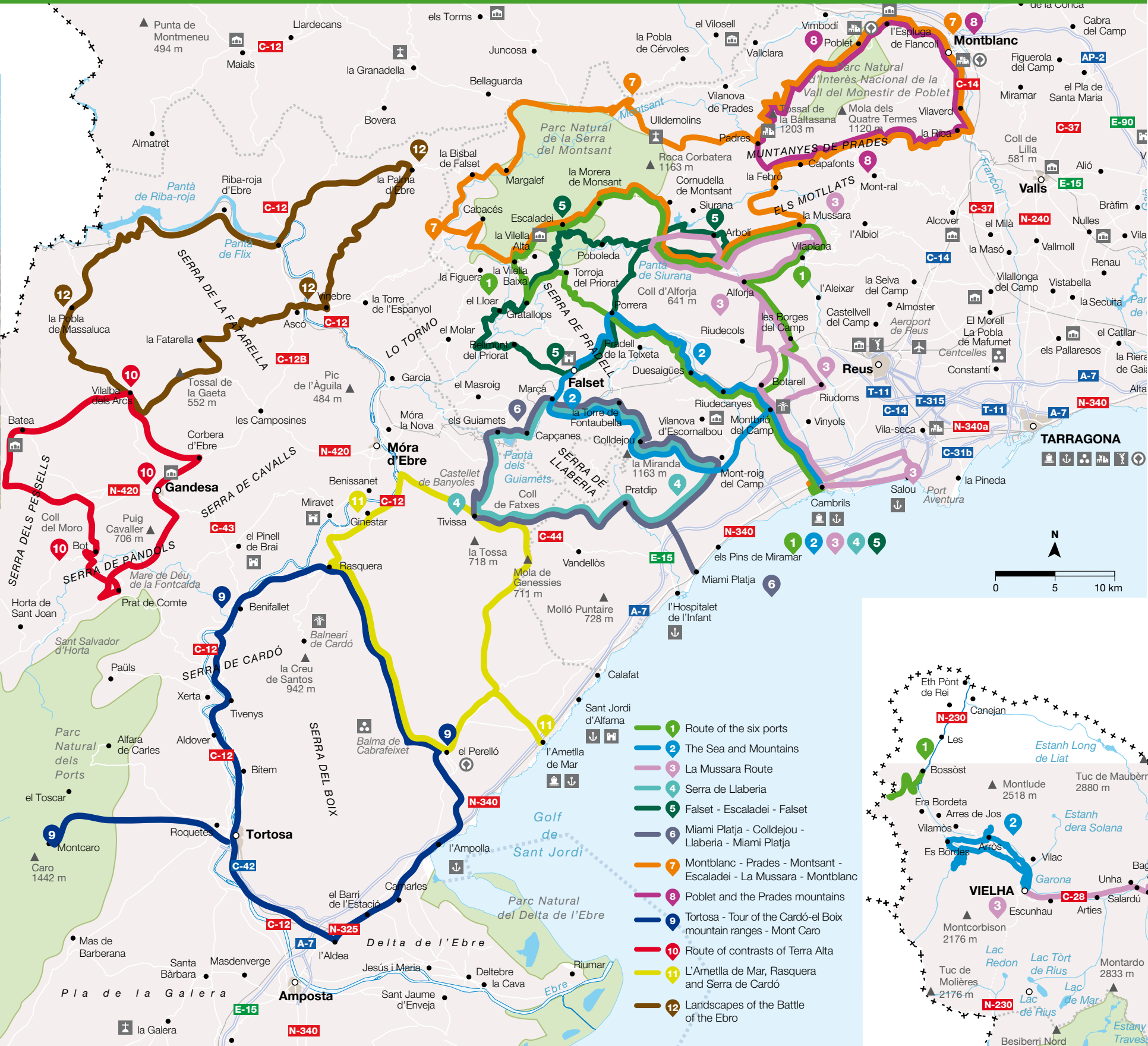
Road cycling

BOOK NOW AND LIVE DIFFERENT EMOTIONS



experience.catalunya.com

Generalitat de Catalunya Government of Catalonia Catalan Tourist Board



Pedal, explore and discover

Road cycling, a very popular activity in Catalonia, allows you to discover its surprisingly diverse landscapes, its rich history and its vast cultural heritage. From the Costa Brava to the Terres de l'Ebre region, and from the peaks of the Pyrenees to the Aran Valley, Catalonia offers an extensive and varied network of backroads that are ideal for enjoying this sport throughout the year. Many of these roads are the scene of important stages of the Tour de France and the Volta Ciclista a Catalunya. On this map-guide you will find a list of carefully-selected quiet and panoramic routes, with different levels of difficulty and distributed across four zones, which will invite you to ride and at the same time discover unique natural areas, visit little villages, taste the local cuisine and acquaint yourself with local traditions. There's something for all tastes and levels. Enjoy the ride!

Average daytime temperatures

| Month | Jan | Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec |
|-----------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Barcelona | 11 | 12 | 14 | 17 | 20 | 24 | 26 | 26 | 24 | 20 | 16 | 12 |
| Girona | 9 | 10 | 13 | 15 | 19 | 23 | 26 | 25 | 23 | 18 | 13 | 10 |
| Lleida | 7 | 10 | 14 | 15 | 21 | 24 | 27 | 27 | 23 | 18 | 11 | 8 |
| Tarragona | 11 | 12 | 14 | 16 | 19 | 22 | 25 | 26 | 23 | 19 | 15 | 12 |

Distance between provincial capitals

| Km | Barcelona | Lleida | Tarragona |
|-----------|-----------|--------|-----------|
| Barcelona | - | 107 | 162 |
| Girona | 107 | - | 197 |
| Lleida | 162 | 255 | 197 |
| Tarragona | 99 | 197 | 101 |

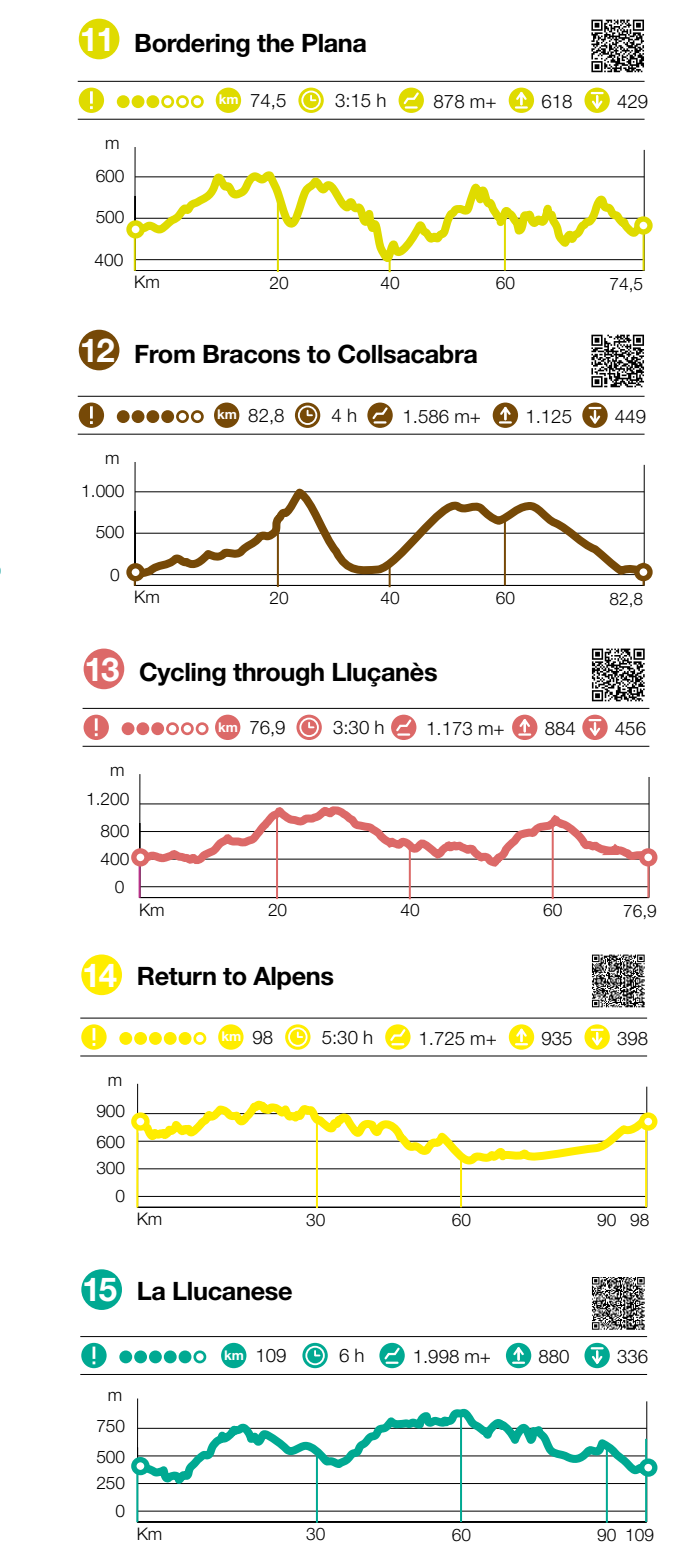
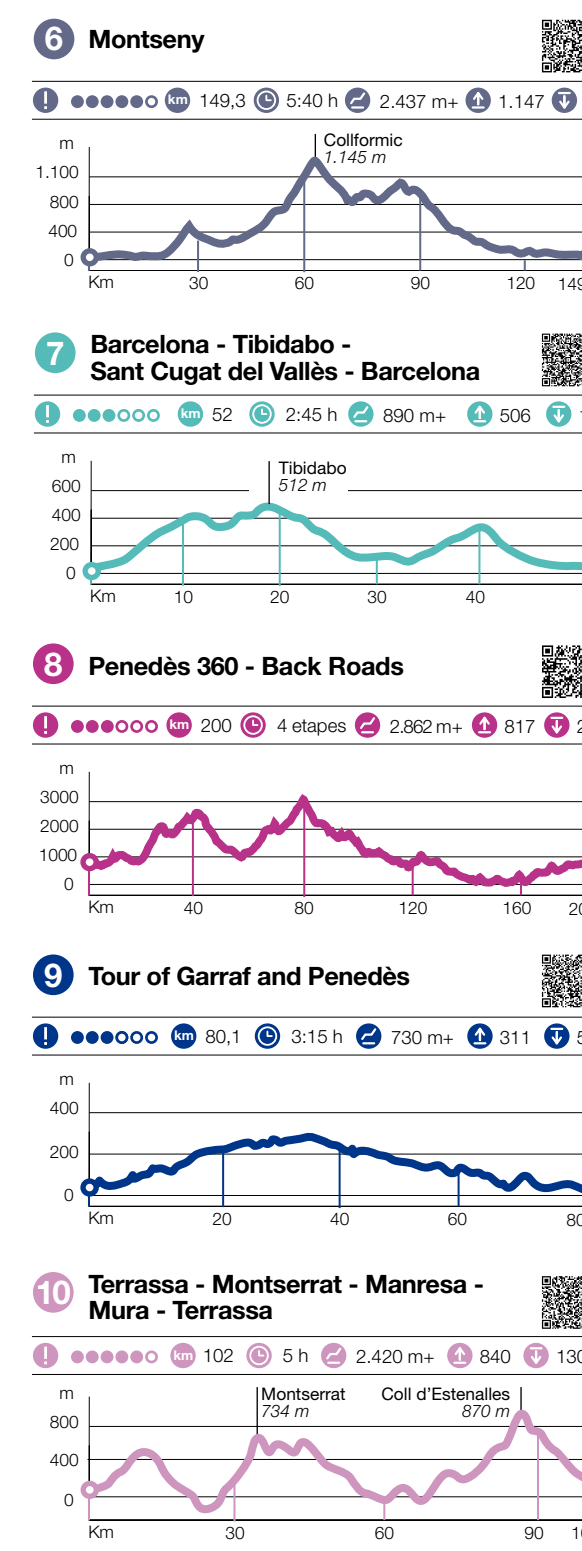
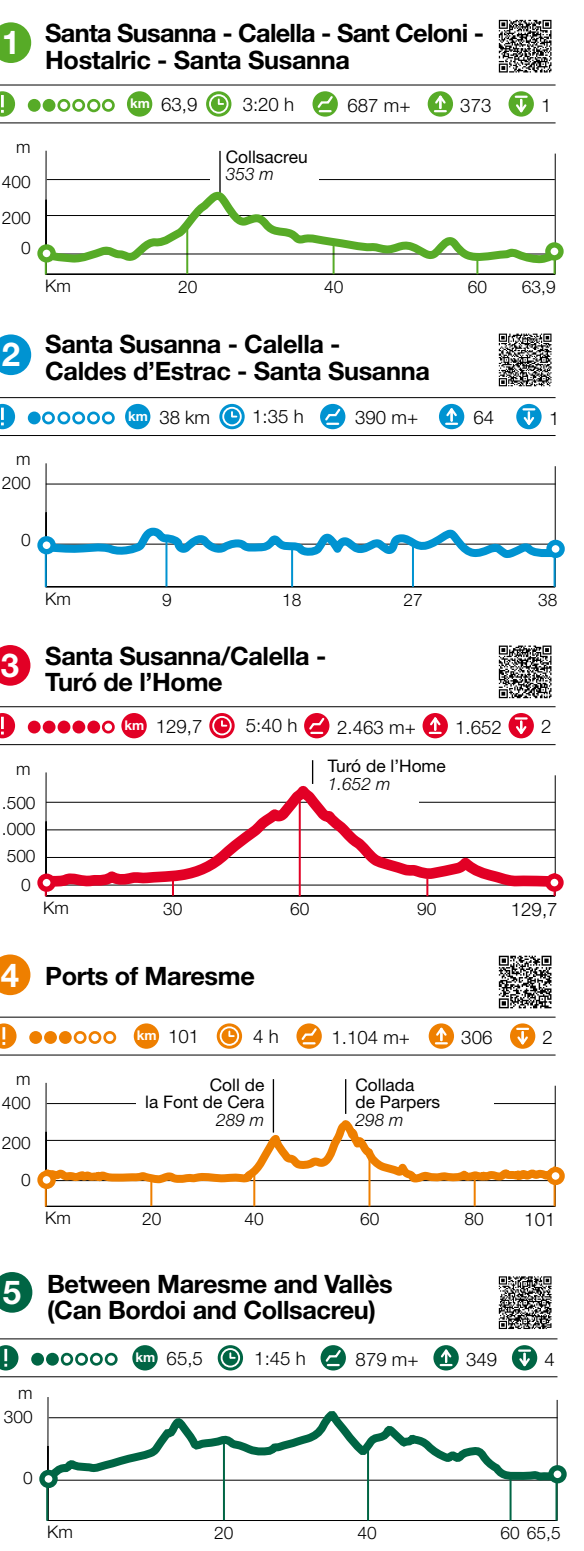
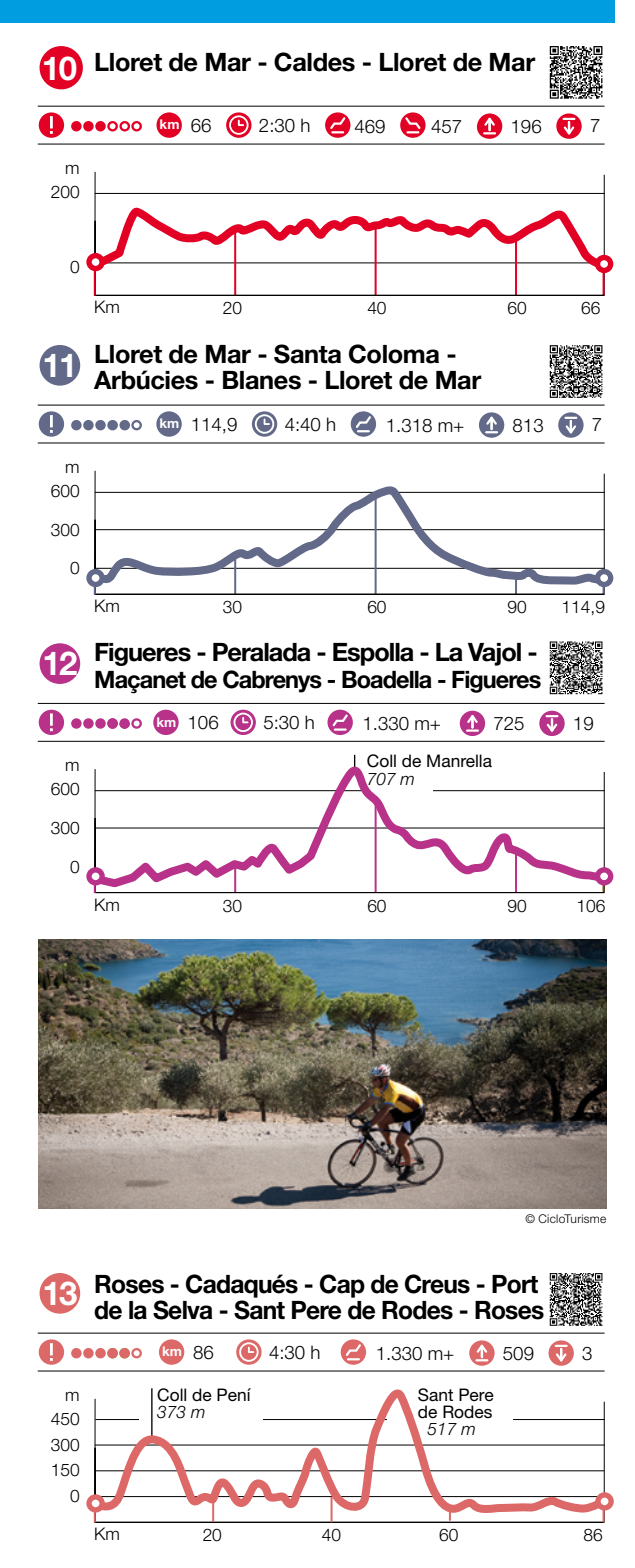
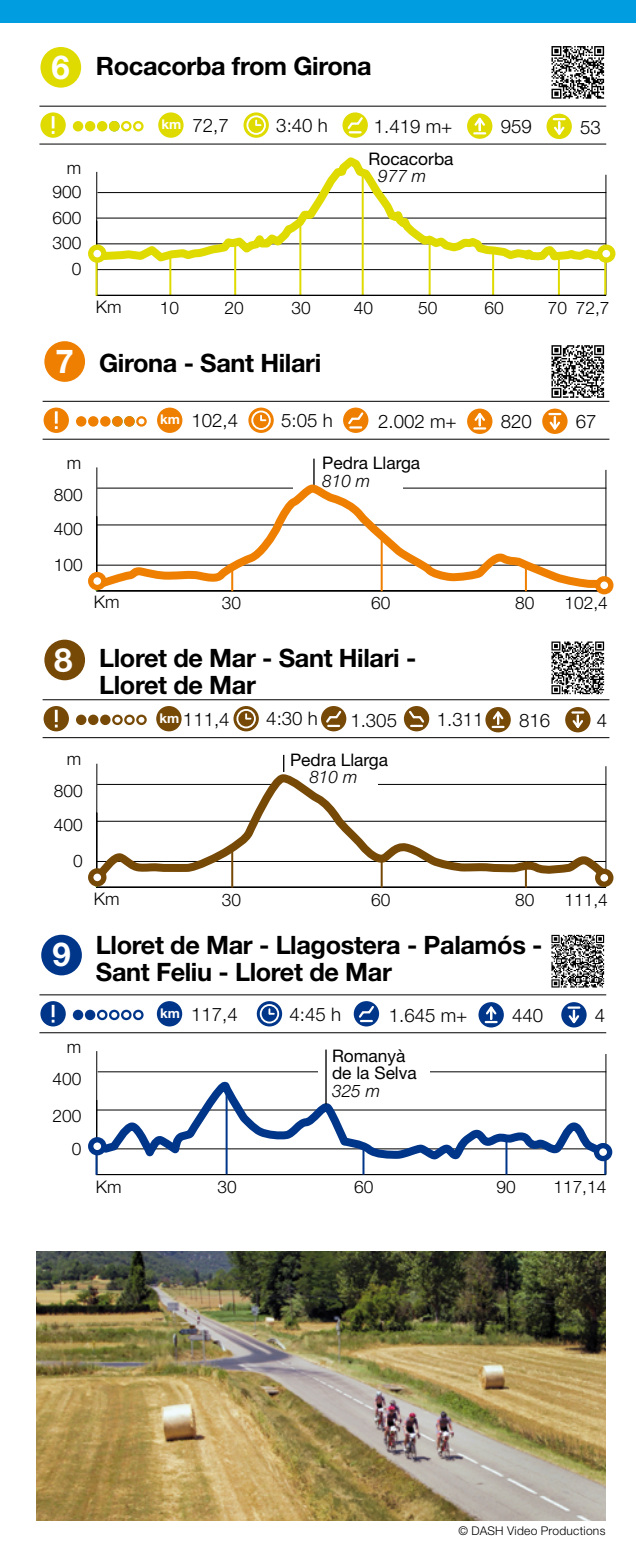
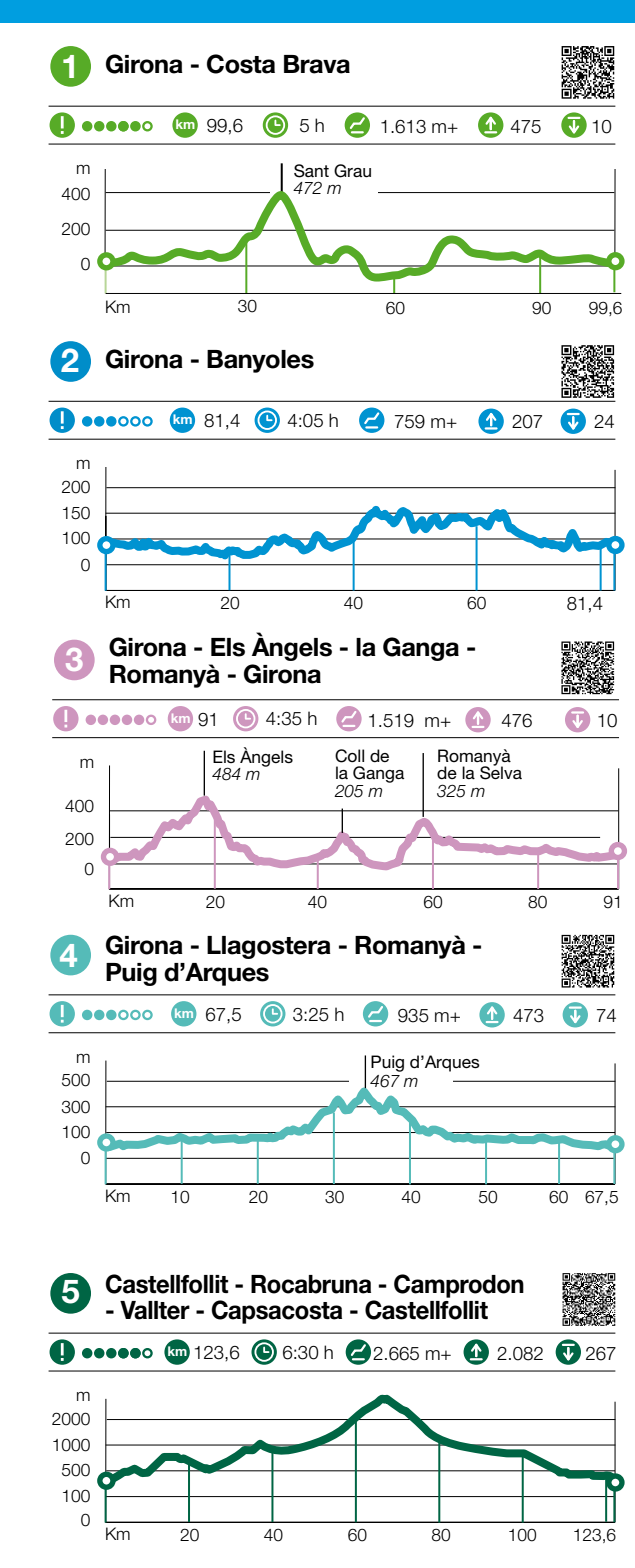


- TIPS
- The itineraries described are not routes exclusively for cycle tourists. Ride as closely as possible to the right hand side of the road.
 - Always wear a protective helmet.
 - Respect signage and road traffic rules.
 - Respect the plants and animal life you find along the way.
 - Do not drop any litter or other waste along the routes.
 - Be sure to wear light or brightly-coloured clothing. In dim light, use reflective elements on your clothing and on the bicycle.
 - Protect yourself with sunscreen and sunglasses.
 - Always carry enough fluids (water, sports drinks) and fruit or energy food in small quantities.
- Legend:
- Route difficulty
 - Distance
 - Duration at 20 km/h
 - Ascending - Descending
 - Maximum altitude
 - Minimum altitude
 - Summit, peak, mountain
 - Airport
 - High-speed train
 - Port
 - Marina
 - Archaeological remains
 - Monumental complex
 - Monuments of interest
 - Castle
 - Important religious building
 - Spa, Thermal waters
 - Golf course
 - World Heritage
 - Sunrise
 - Sunset

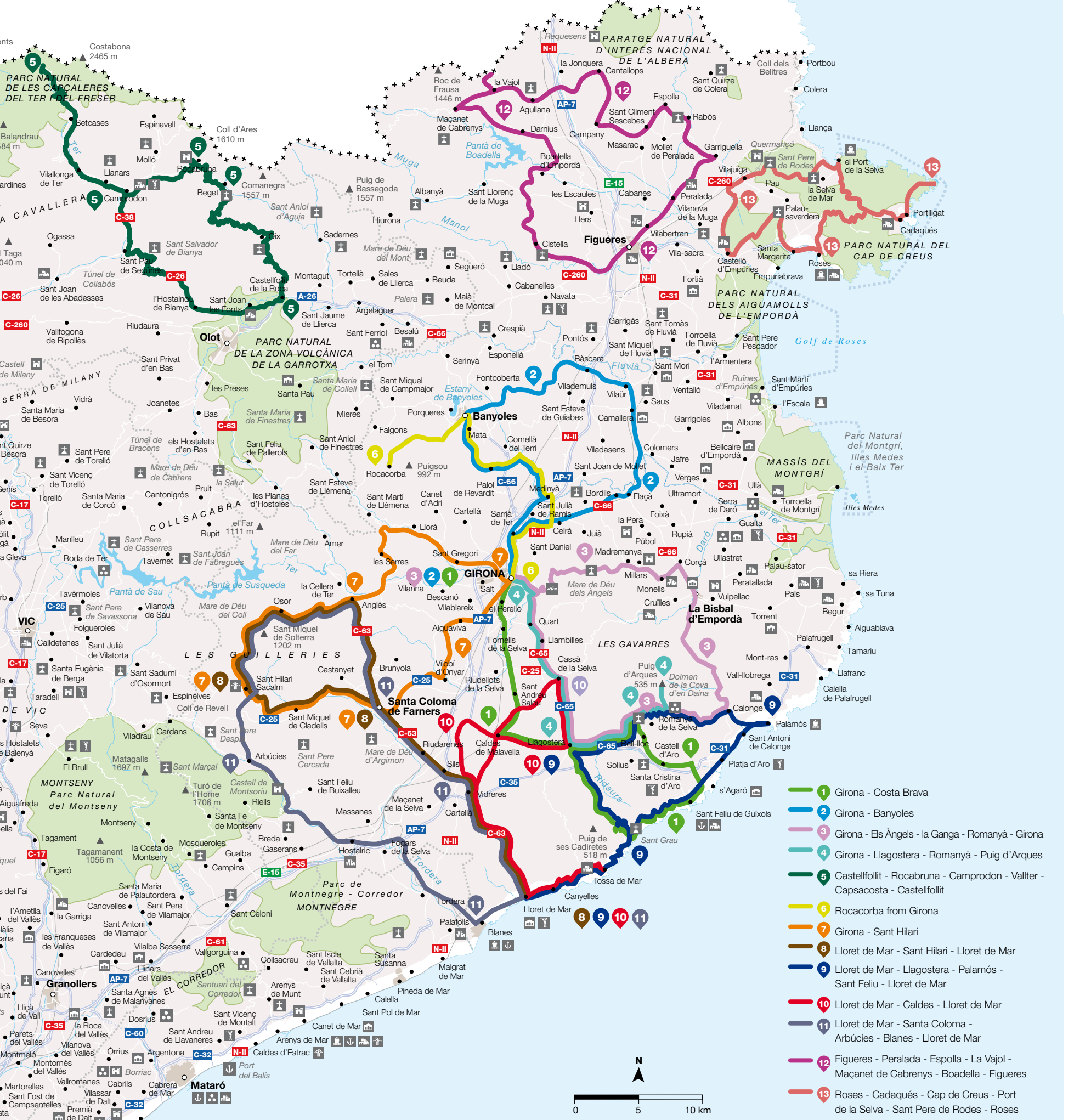
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 www.catalunya.com

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- www.instagram.com/catalunyaexperience
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- www.pinterest.com/catexperience/

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Costa Brava / Pyrenees of Catalonia



Cycle tourism accommodation

Costa Brava

Castell-Platja d'Aro
 Hotel Planamar ****
 www.planamar.com
 HTop Caleta Palace ****
 www.htophotels.com
 HTop Platja Park ****
 www.htophotels.com

Santa Susanna
 Aqua Hotel Aquamarina & Spa ****
 www.aquahotel.com
 HTop Royal Sun ****
 www.htophotels.com
 HTop Royal Sun Suites ****
 www.htophotels.com
 Indalo Park ****
 www.indalopark.com

Esteri d'Àneu
 Hotel Apartaments Trainersa ***
 www.aquahotel.com
 Hostal Valls d'Àneu
 www.hostalvallsdaneu.com
 La Saou d'Urgell
 Hotel Nice ***
 www.hotelnice.net

Paisatges Barcelona

Perafita
 Ca l'Estamunya
 www.calestamunya.com

Costa Daurada

Altavilla
 Altavilla Mar Hotel ****
 www.altavillamarhotel.com

Cambrils

Estival Eldorado Resort ****
 www.estivaleldorado.com

Terres de l'Ebre

Amposta
 Hotel Restaurant l'Algair del Delta ***
 www.hotelalgairdelta.com

Terres de Lleida

Tàrraga
 La Torre del Codina ***
 www.latorredelcodina.com

Specialised destinations

Amposta
 Amposta Turismo
 www.ampostaturisme.cat

Pyrenees of Catalonia

Alins
 Hotel Vall Ferrera **
 www.hotelvallferrera.com

Costa Brava

Calella
 Hotel Bernat II ****
 www.hotelbernatalcallea.com

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Calella
 Hotel Bernat II ****
 www.hotelbernatalcallea.com

Specialized travel agencies

Catalonia Bike Tours
 www.cataloniabiketours.com

Specialized travel agencies

Cycling Costa Daurada
 www.cyclingcostadaurada.com

Specialized travel agencies

Cycling Holidays
 www.cyclingholidays.es

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Patronat de Turisme
 www.patronatdeturisme.cat

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