



TOUR ITINERARY

RIDING
LEVEL

2

Europe / Spain / Costa Brava

Costa Brava Bike Tour

Cycling Girona Province: the Gastronomic Heartland of Catalonia

TOUR HIGHLIGHTS

- Enjoy captivating coastal rides and routes that pass through Empordà vineyards, peaceful farmland, and classic European villages
- Admire the surrealist works of Salvador Dalí at his dedicated museum in Figueres
- Visit a boutique winery for an exclusive tasting and private dinner in a historic *masía*
- Rest and rejuvenate at the ultra-refined Mas de Torrent hotel and spa



ARRIVAL + DEPARTURE

Arrival Details

- ✈ **Airport City:**
Barcelona, Spain
- 📍 **Pick-Up Location:**
Figueres-Vilafant Train Station (AVE)
- 🕒 **Pick-Up Time:**
11:45 am

Departure Details

- ✈ **Airport City:**
Barcelona, Spain
- 📍 **Drop-Off Location:**
Girona
- 🕒 **Drop-Off Time:**
11:00 am

NOTE: DuVine provides group transfers to and from the tour from the pick-up and drop-off locations stated on the itinerary. In the event your train, flight, or other travel falls outside the arrival or departure times or locations, you may be responsible for extra costs incurred in arranging a separate transfer.

Emergency Assistance

For urgent assistance on your way to tour or while on tour, please always contact your guides first. You may also contact the Boston office during business hours at +1 617 776 4441 or emergency@duvine.com.



TOUR ITINERARY

Tour By Day

DAY
1

Welcome to Catalonia

Meet your DuVine guides at the Vilafant high-speed train station near the city of Figueras. Located just south of the French border, Figueras is the capital of the Alt Empordà and the birthplace of Salvador Dalí, so a guided visit to his museum is a must. We'll remain in Figueras for lunch at our favorite tapas bar, sampling bite-sized dishes like gazpacho and spicy *patatas bravas*. After checking into our first hotel and getting fitted to our bikes, a short warm-up ride follows quiet, tree-lined country roads with views of the Pyrenees. Toast a week of adventure with a glass of local Cava before tonight's gourmet dinner at our hotel restaurant.

Meals: Lunch / Dinner

Destinations: Figueras, Peralada, Masarac

Accomplished: 16 miles / 27 km, elevation gain: 770 feet / 235 meters

Longer Option: 19 miles / 31 km, elevation gain: 885 feet / 270 meters

Accommodations: [Hotel Peralada](#) or [Mas Falgarona](#)

DAY
2

Catalan Cuisine

Today we ride south out of the Alt Empordà region and over rolling plains into the Baix Empordà. Our route passes rural villages, hushed landscapes, and the ancient ruins of Ullastret before we reach the pretty village of Palau-Sator. Here, our friend Maria and her family prepare lunch for us in the garden of her restaurant, which specializes in traditional Catalan cuisine with a hint of her Argentine heritage. It's a short, easy spin to our next luxury hotel: take a dip in the pool or arrange a treatment at the spa before we reconvene for dinner at the hotel's gastronomic restaurant.

Meals: Breakfast / Lunch / Dinner

Destinations: Verges, Ullastret, Palau-Sator, Torrent

Accomplished: 38 miles / 62 km, elevation gain: 1,761 feet / 537 meters

Longer Option: 41 miles / 67 km, elevation gain: 1,981 feet / 539 meters

Accommodations: [Mas de Torrent Hotel + Spa](#)

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DAY
3

Medieval Village Loop

Our ride today is a tour of charming medieval villages. First up: the town of Peratallada with its time-worn cobbled streets and stone buildings trellised in blooming bougainvillea. Our next stop is the ancient plaza in Monells, where we'll pause for coffee or cold beer. Get back on the bike and continue pedaling to our friend Yassim's home for a cooking demonstration that transforms regional ingredients into seasonal dishes. From here, catch a ride back to the hotel in the van or hit your miles for the day by biking the rest of the way there. This evening, we visit one of the Baix Empordà's most exclusive wine producers for a tour of their award-winning cellar, followed by an organic dinner set on the terrace of their refined estate.

Meals: Breakfast / Lunch / Dinner

Destinations: Peratallada, Ullastret, Monells, La Bisbal

Accomplished: 19 miles / 31 km, elevation gain: 958 feet / 292 meters

Longer Option: 25 miles / 41 km, elevation gain: 1,217 feet / 371 meters

Accommodations: [Mas de Torrent Hotel + Spa](#)

DAY
4

Braving the Costa Brava

Today's *Costa* ride is short but *Brava*! We'll spin along the outskirts of Palafrugell to reach the village of Llafranc, pausing to appreciate a breathtaking view from the 150-year-old lighthouse. Tackle some short but challenging sections as we pass chic holiday homes, classic coastal vistas, and salty seaside villages on the approach to Begur, a beachfront town with a medieval castle at its historic center. Continue along the coast to an al fresco lunch at an oceanfront restaurant: our reward is gourmet tapas, crisp local rosé, and the best Mediterranean view around. If you're up for it, enjoy a celebratory swim in the sea before riding the rest of the way to the hotel, or take a lift in the van. The remainder of the day is yours to spend as you wish: camp out by the pool with a book, treat your legs to a massage, or explore the medieval town of Pals and have dinner at your leisure.

Meals: Breakfast / Lunch

Destinations: Llafranc, Tamariu, Begur

Accomplished: 18 miles / 29 km, elevation gain: 1,912 feet / 583 meters

Longer Option: 28 miles / 46 km, elevation gain: 2,772 feet / 845 meters

Accommodations: [Mas de Torrent Hotel + Spa](#)

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DAY
5

The Tossa Challenge

Begin the day with a transfer to the town of Sant Feliu de Guixols, the starting point for today's spectacular coastal ride. This road is a favorite of local Catalanian cyclists and pro riders alike—a rollercoaster ribbon of undulating pavement that clings to the coast, with Mediterranean views to keep you motivated. A long, glorious descent brings us right into the seaside town of Tossa de Mar, and the mood is right for a well-deserved drink at the beach. After, get a little lost in this 13th-century fortified city—the only one of its kind in Catalonia—or ride this morning's route in reverse back to Sant Feliu. A lovely, relaxed lunch awaits back at our historic hotel. On our last evening together, gather in the hotel bar beloved by Elizabeth Taylor, Ava Gardner, and Jack Nicholson to toast our wonderful week on the Costa Brava. We'll linger into the evening over a show-stopping meal right on the beach.

Meals: Breakfast / Lunch / Dinner

Destinations: Sant Feliu de Guixols, Tossa de Mar, S'Agaró

Accomplished: 16 miles / 26 km, elevation gain: 1,945 feet / 593 meters

Longer Option: 32 miles / 52 km, elevation gain: 3,904 feet / 1,190 meters

Accommodations: [Hostal de La Gavina](#)

DAY
6

Adios to Catalonia

Sit down to a final breakfast before our guides transfer you to Girona. We highly recommend a few extra days in this captivating city—now recognized as a filming location for *Game of Thrones*, but long beloved for its majestic cathedral, Sephardic history, and medieval streets brimming with charming boutiques.

Meals: Breakfast
