



## TOUR ITINERARY

RIDING  
LEVEL

2

Europe / Spain / Costa Brava

# Costa Brava Bike Tour

Cycling Girona Province: the Gastronomic Heartland of Catalonia



## TOUR HIGHLIGHTS

- Ride through peaceful farmland peppered with stone villages, on captivating coastal roads, and through rolling vineyards of the Empordà
- Get into the mind of surrealist genius Salvador Dalí at the museum he personally curated for his world-famous artwork in Figueres
- Spend an evening with our friend Martí at his family's historic *masía*: discover his refreshingly honest approach to winemaking followed by a home-grown, organic dinner
- Rest and rejuvenate at three distinct hotels, each with a unique interpretation of Catalonia's history and style





## ARRIVAL + DEPARTURE

### Arrival Details

- ✈ **Airport City:**  
Barcelona, Spain
- 📍 **Pick-Up Location:**  
Figueres-Vilafant Train Station (AVE)
- 🕒 **Pick-Up Time:**  
10:05 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](mailto:emergency@duvine.com).



# TOUR ITINERARY

## Tour By Day

DAY  
1

### Welcome to Catalonia

Meet your DuVine guides at the Figueras-Vilafant high-speed train station near the city of Figueras. Located just south of the French border, Figueres is the capital of the Alt Empordà and the birthplace of Salvador Dalí, so a guided visit to his museum is a must. After the museum, a short transfer brings us to our first hotel where we'll enjoy a lunch of local dishes like gazpacho and spicy *patatas bravas* on the terrace. Then, get fitted to the bikes for a short warm-up ride along quiet, tree-lined country roads with impressive views of the Pyrenees. As the sun sets on our first day, we'll toast to a week of adventure with glasses of local Cava before tonight's gourmet dinner at the hotel restaurant.

**Meals:** Lunch / Dinner

**Destinations:** Figueras, Peralada

**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 Palau Macelli](#) or [Hotel Peralada](#)

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DAY  
2

### Catalan Cuisine

Today we ride south out of the Alt Empordà region and over rolling plains into the Baix Empordà. Our route travels through rural landscapes, passing quaint hamlets bursting with bougainvillea. We'll stop for a quick *café con leche*, then follow the Rio Ter toward the ancient ruins of Ullastret and the medieval village of Palau-Sator. Here, our friend Maria and her family prepare lunch for us in the garden of her restaurant, where we'll sip their famous *tisane*—a white sangria made with Cava—alongside traditional Catalan cuisine that hints at the family's 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:** 42 miles / 68 km, elevation gain: 2,142 feet / 653 meters

**Longer Option:** 45 miles / 73 km, elevation gain: 2,368 feet / 722 meters

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

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## TOUR ITINERARY

DAY  
3

### Medieval Village Loop

Today's ride takes us to the charming village of Pùbol, home to our friend Caterina's pottery studio. The Empordà region is renowned for its colorful, earthen ceramics—Caterina's pieces blend traditional techniques with her own personal aesthetic. Back on the bikes, we'll pedal to Peratallada, one of Spain's most beautiful villages. Here, we'll stop for light lunch on a shaded terrace near the main square, then spend some time wandering the town's cobbled streets and browsing the shops for artisanal souvenirs. A short ride takes us back to the hotel for a well-deserved *siesta*. This evening, visit our friend Martí at his family-run *masía* (farmhouse) to learn about his honest approach to winemaking. Afterwards, enjoy a delightful dinner on the rustic stone patio surrounded by the family's organic gardens.

**Meals:** Breakfast / Lunch / Dinner

**Destinations:** Pùbol, Monells, La Bisbal, Peratallada

**Accomplished:** 29 miles / 47 km, elevation gain: 1,574 feet / 480 meters

**Longer Option:** 32 miles / 53 km, elevation gain: 1,791 feet / 546 meters

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

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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 the breathtaking view from the 150-year-old lighthouse. Tackle some short but challenging sections, passing chic holiday homes, classic coastal vistas, and salty seaside villages on the approach to the beachfront town of Begur, arriving just in time to catch the local market. Continue along the coast to lunch at an oceanfront restaurant and cool off with a refreshing dip in the sea before diving into gourmet tapas, crisp local rosé, and the best Mediterranean view around. Afterwards, hop in the van for a ride back to the hotel. 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

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

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## TOUR ITINERARY

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](#)

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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

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