



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.



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 Peralada](#)

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](#)

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](#)

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 to your last luxury 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 take a sunset stroll on the beach. Your guides can offer excellent suggestions for this evening's dinner on your own.

Meals: Breakfast / Lunch

Destinations: Llafranc, Tamariu, Begur

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

Accommodations: [Hotel Alàbriga](#)

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DAY
5

The Tossa Challenge

Today's spectacular coastal ride is the definition of finishing with style. 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. There, a lovely, relaxed lunch awaits overlooking the harbor. On our last night together we'll linger into the evening over a show-stopping meal at the hotel's gastronomic restaurant.

Meals: Breakfast / Lunch / Dinner

Destinations: Sant Feliu de Guixoles, 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: [Hotel Alàbriga](#)

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

YOUR TOUR DETAILS

Preparing for Your Tour

Travel Services

DuVine can assist with extended reservations at the first and final hotels on your scheduled itinerary, or with private transfers to and from your bike tour. DuVine's travel advisor partners are happy to assist with flight reservations. If you are not already working with an agent, please request a referral from your **Tour Coordinator**.

Travel Protection

DuVine offers a **Travel Protection Plan** to help protect your travel investment, your belongings, and most importantly, you. The offered Travel Protection Plan is non-refundable, but it is strongly recommended in the unfortunate event that you have to cancel or leave your trip.




NOTE: Plan benefits, limits, and provisions may vary by state or jurisdiction. In order to receive full benefits, Travel Protection must be purchased within 21 days of initial tour deposit. This plan is available to citizens of the U.S. and Canada only.

Gratuity

Gratuities are much appreciated to thank DuVine guides for exceptional service, support, and expertise. The industry standard is for each guest to tip 10-15% (U.S. tours and Cycle + Sail tours) or 7.5-10% (all other tours) of their trip price. The recommended per-traveler amount is an appropriate gratuity for your guide team as a whole. (It is not necessary to tip this amount *per* guide.) Tips are customary at the end of your tour, and local currency is always preferred. We recommend bringing extra cash or visiting the ATM at the beginning of your trip.



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YOUR TOUR DETAILS

Bikes

DuVine's top-of-the-line bikes are tuned to perfection and fit specifically to you. Our performance bikes from premier manufacturers feature light frames, smooth-rolling tires, comfortable seats, and wide gear ranges for the best ride possible. Please [see our website](#) for the exact bike models offered on tour. E-bikes are available in most destinations on a first-come, first-served basis. Electric assist provides an extra boost to your own pedal power, so you can ride longer distances, tackle tougher climbs, and maintain a faster pace. Contact your Tour Coordinator if you are interested.

Electrical Overseas

If you're traveling abroad, you will most likely need an [adapter](#), which allows your device's plug to fit into foreign outlets. North American devices run on 110/125V electricity while the majority of the world runs on 220/240V. Converters and transformers change the voltage of electricity to match your device.

Training

First and foremost, get out on your bike and start logging some miles. Experience with the elements and terrain will help with your comfort level (balance, unexpected conditions, etc.) on tour. Nothing compares to the real thing, but if you can't cycle outside, consider spin classes. Always remember, training is a gradual process—don't try to overdo it or push yourself when you aren't ready. However, the most important part of training is to enjoy your ride! [Download a training guide](#) based on your Tour Level.

Travel Sustainably

DuVine is committed to sustainable travel and has been a 100% carbon neutral company since 2022. While cycling is an inherently eco-conscious mode of travel, we continuously seek ways to lessen our footprint, whether it be biodegradable water bottles or compostable gear mailers. [Read more](#) about sustainability at DuVine.



YOUR PACKING LIST

On The Bike

Cycling jerseys or athletic shirts
Cycling shorts
Cycling shoes (if you bring your own pedals)
Sneakers (if you don't bring your own pedals)
Cycling sunglasses
Athletic socks
Arm/leg warmers
Lightweight, waterproof, wind-resistant jacket or vest
Bike gloves
Bike saddle/cover (if you prefer your own)

Off The Bike

Walking shoes
Hiking shoes (if required)
Long + short-sleeved shirts
Sweater/jacket for evenings
Dinner attire (dressy casual) + dress shoes
Swimsuit

Travel Items*

Travel confirmations + tickets for air, rail, etc.
Passport, including photocopy
Local currency
DuVine Tour Itinerary (with meeting + departing info)
Health insurance information
Medications
Cycling gear (+ pedals) if riding on Day 1

*We recommend keeping these items in your carry-on

Additional Items

Cell phone + charger
Photography gear + charger
Power/plug adapter
Toiletries
Sunscreen, hat, + other sun protection gear
Insect repellent

What We Provide

- Bike saddle
- GPS (where available)
- Flat pedals
- DuVine t-shirt and jersey
- Helmet
- Water bottle
- Snacks/nutrition
- Drawstring bag

Order DuVine Gear

Want DuVine bike shorts to match your complimentary jersey? To order, contact tourcoordinators@duvine.com. Gear is shipped free of charge to DuVine guests in the U.S. and Canada. For expedited shipping and guests outside of the U.S. and Canada, additional shipping fees will apply.

Do I need to bring special gear?

- Cycling shorts are designed to provide extra padding when spending the whole day in the saddle. Don't forget the chamois cream!
- If you bring your own cycling shoes, you must bring your own pedals. If you've never used clip-in pedals before, we don't recommend using them on tour.
- Arm and leg warmers are essential for cooler weather. Wear them with your short-sleeve jersey and shorts for lightweight, easy-to-pack, and effective warmth.
- Bike gloves are a preference, but are recommended for Level 3 and 4 tours. The padding in gloves can ease arm, shoulder, and joint fatigue.

Dressing for the Weather

- The location and time of year of your tour can bring all kinds of weather, from extreme heat to relentless rain. Check extended forecasts before your trip and pack accordingly.

Before You Go

- Ensure your passport is valid for 3-6 months after return date.
- Call your bank/credit cards to notify them of upcoming travel.
- Please limit your luggage to one medium-sized suitcase and one carry-on.

BIKE SAFETY

We strongly suggest you read these simple safety instructions and watch our [brief safety video](#). They will help you bike safely before and during your tour!

- Wear a helmet—this is mandatory on tour!
- Familiarize yourself with traffic laws and obey them. Bikes do not have the right of way, but most drivers are respectful to cyclists on the road. Always ride in the direction of traffic.
- Be aware of your surroundings at all times. Knowing what is in front of and behind you may help prevent an accident.
- Alert other riders around you by announcing the presence of traffic (“car up”) or pot holes (“pot hole”).
- When riding as a group, maintain distance between yourself and other cyclists
- Learn the hand signals to indicate when you are stopping or turning.
- Operate your bike consistently and predictably—avoiding erratic movements.
- Keep at least one hand on the handlebars at all times.
- Primarily use your rear brake.
- Always be aware of weather and road conditions and how they may affect your ability to brake.
- Never wear headphones or use speakers during rides.
- Always listen to additional instructions from your guides on tour.

If you have chosen an e-bike, be aware that it is slightly heavier, faster, and more powerful than a non-electric bike. Therefore, you should anticipate a different reaction when riding downhill, braking, or dismounting from an e-bike. Your guides can offer further instruction during your bike fitting and safety review.

