



Spain – Catalonia along Cycle Lanes Bike Tour (2025)
Individual Self-Guided
7 days / 6 nights



The main theme of this tour is the railway line now used as a cycle track for recreation “the Carrilet”. It will take you from the beautiful volcanic region of la Garrotxa to the Mediterranean Sea. The entire tour takes place in the Catalanian region of Girona in the very north eastern tip of Spain. All hotels have swimming pools and you finish with two nights by the beach on a lovely part of the Costa Brava.



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Itinerary Day to Day

Day 1: Individual arrival to Olot

Your tour begins in the interesting town of Olot, the capital of the Garrotxa Natural Park. Why not visit one of its interesting museums or enjoy a guided tour of the modernist quarter?



Day 2: Round Trip Olot 18 - 26 km + 480 m

Your first cycle will take you exploring this beautiful area on the foothills of the Pyrenees. There are many extinct volcanoes to be seen around Olot, now camouflaged amongst dense woodland. One can still guess where they are by the conical shape of the hills and the flat tops of the edge of the craters. Don't miss the curious chapel hidden in the centre of the crater of Santa Margarida.

Day 3: Olot to Les Planes d'Hostoles 26 km + 170 m

Today you will cycle from Olot to Amer along the "Carrilet". The journey takes you through several towns typical of the area along beautiful landscapes. If you are in the mood for a dip in the afternoon, the 'Gorga Margarida' waterfall is a short walk away. It's worth exploring!

Day 4: Les Planes d'Hostoles to Girona 35 km + 187 m

Today the Carrilet takes you from La Celera de Ter to the Capital of the Province: Girona, a fabulous city which basks in colour and sunshine. Enjoy losing yourself in the old quarter and soak up the atmosphere of this vibrant city!

Day 5: Girona to Sant Feliu de Guixols 42 km + 296 m

Today you will be able to enjoy the white sands and crystal clear waters of the Sant Feliu beaches, which await you at the end of today's route. There will be several interesting towns to stop in before you reach the stunning Costa Brava of Girona.

Day 6: Round Trip Sant Feliu 17 - 24 km + 191 m

Today you will have several great options to choose from, all of which give you the opportunity to explore and enjoy the spectacular beaches and indulge in a refreshing dip or two.

Day 7: Departure

A private transfer can be booked back to Girona or Barcelona or you can extend your stay by the sea!





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Route



Technical Characteristics:

Tour Profile: Easy. The route is almost exclusively through valleys and along rivers with no significant ascents.

Tarmac: 11% Cycle track: 79% Dirt road: 10%

Distance: 137 - 153 km

Travel Season: Daily departure from March 1 to October 31



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Price per Person in euros: *all prices subject to confirmation on booking*

Double Occupancy B&B	€1091
Single Supplement	€300
Solo Traveler Supplement	€552
First and Second Child in a Double/Family Room (under 12 years of age)	€510
Child in Own Single Room (under 12 years of age)	€1116
Children in Own Double Room (under 12 years of age)	€695
Children in Own Triple Room (under 12 years of age)	€605
Bike Rental Adult	€120
Bike Rental Child	€75
E-Bike Rental	€180
Child Trailer or Trailer Bike Rental	€75
Extra Nights Girona Double or Single Occupancy B&B	On request
Extra Nights Sant Feliu Double or Single Occupancy B&B	On request
Transfer Girona Airport to Olot (1-6 people)	€120
Transfer Barcelona Airport to Olot (1-6 people)	€275
Transfer Sant Feliu to Girona	On request
Transfer Sant Feliu to Barcelona	On request
Transfer Sant Feliu to Olot	On request

Accommodation:

Days 1 – 3: Hand-picked family run hotels, some with swimming pools _Day 4: In Girona, two options: centrally located comfortable hotel or family run hotel with swimming pool _Day 5 – 6: Fabulous family hotel with swimming pool in Sant Feliu de Guixols

Included:

- 6 nights' accommodation
- 6 breakfasts
- Luggage transfers between hotels
- Detailed maps with your trail clearly marked
- Itinerary description, full of recommendations for things to do and places to visit, advice and suggestions and information about your accommodation etc
- Emergency support
- GPS tracks and Navigation app for your phone

Not Included:

- Extra night/s in Girona (strongly encouraged)
- **The Ecotasa** (or sustainable tourism tax) 0.90€ per person per night to paid locally on check out

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Bikes

Touring bikes

Designed to withstand heavy loads and provide high safety and comfort even after long hours of riding in the saddle, these adventure bikes will serve you well both on and off-road.

The downside to all these extra features and equipment is weight, but on a long distance tour, reliability, comfort and safety, win the day.



Characteristics:

- Time tested components to stay maintenance free during the tour.
- Broad range of gears.
- Stable carriers for luggage transport.
- Permanently mounted lights with a hub dynamo.
- Comfortable sitting position and straight, adjustable handlebars.
- Other comfort features include bike stand, mudguards and bottle holder.
- High bar and low bar models and sizes xs to XL.



E-bikes

Not every type of electric bike is suitable to use in a cycling tour. Most e-bikes are actually designed for city cycling rather than long distances routes.

Experience allows us to choose e-bikes with the most suitable features for touring: reliability, simple operation, long battery life and short charge time.



Characteristics:

- Time tested components to stay maintenance free during the tour.
- Broad range of gears.
- Stable carriers for luggage transport.
- Permanently mounted lights with a hub dynamo.
- Comfortable sitting position and straight, adjustable handlebars.
- Other comfort features include bike stand, mudguards and bottle holder.
- Sizes S to XL.

Equipment provided:

- Odometer; Rear pannier; Map carrier; Helmet; Water bottle; Lock; Pump; Puncture repair kit and Multitool set

Assisting people in realizing their touring dreams worldwide is our passion.

www.okcycletours.com



THIS IS A PARTNER TOUR FOR MORE INFORMATION CONTACT

OK Cycle & Adventure Tours Inc. 666 Kirkwood Ave - Suite B102 – Ottawa, Ontario Canada K1Z 5X9

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