



**OK CYCLE &
ADVENTURE
TOURS** SINCE 1995

Spain – Roman Route to Salamanca Cycle Tour (2025)
Individual Self-Guided
8 days / 7 nights



The historic towns of Avila and Salamanca will mark the beginning and end of your tour and you will have time to enjoy discovering both of these wonderful Spanish cities. You will come across a variety of landscapes along the way: First, the high alpine mountains of Gredos near Avila, then you will follow the river Tormes downstream through a valley covered in oak and pine forests, passing quiet villages along the way.

You will cycle from the province of Avila into the province of Salamanca, through dense chestnut forests which surround the wonderful town of Candelario where you will spend a night. Later you will descend into the town of Béjar, which despite its modern appearance holds many remarkable historical monuments. From Bejar you travel away from the mountains into a warmer valley where vines and figs grow in terraces. Later the landscape will change once again into the vast “Dehesa” where Spain’s bull fighting bulls are raised, along with the wild pigs that produce our famous “Jamón”.

You then join the Roman “Via de la Plata”, an ancient highway used by many cultures spanning thousands of years crossing the length of Spain. When you cycle across the town of Guijuelo, famous for its fantastic cured ham products such as Jamon, Chorizo and Lomo. You will see the famous black pigs “pata negra” roaming the fields freely, feeding on acorns. The other main feature of your journey will be the “toros bravos” or brave bulls which are specially bred to provide a good spectacle charging against anything that moves in a bull ring. They are bred for strength and courage, some reach 650kgs and become very dangerous beasts indeed!

Finally, you leave the “dehesa” behind to move on to less wooded, flat cultivated landscapes as you approach the historic city of Salamanca.

OK Cycle & Adventure Tours Inc. - 666 Kirkwood Ave - Suite B102 – Ottawa, Ontario Canada K1Z 5X9
www.okcycletours.com Toll Free 1-888-621-6818 Local 613-702-5350



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Itinerary Day to Day

Day 1: Arrival to Avila

Arrival to the historic walled city of Avila and a chance to visit its emblematic 11th century City Walls, medieval Cathedral, convent, chapels, and museums... don't forget your camera!



Day 2: Avila to Barco de Avila 44 km + 401 m

This morning, one of our team members will transfer you to the start point in the foothills of the impressive Gredos Mountains. Follow small country roads through rural countryside to reach the lovely town of Barco de Avila where you will spend two nights.

Day 3: Round Trip Barco de Avila 40 km + 610 m

Circular cycle route exploring the valley surrounding Barco de Avila. Take time for a dip in the crystal waters of the Tormes River and a picnic in the shade.

Day 4: Barco de Avila to Candelario 28 km + 442 m

Today, winding roads take you from Barco de Avila into the province of Salamanca. Cycling amongst lovely chestnut and oak woodland and into the very beautiful village of Candelario where you will spend the night. Be transported back in time as you wander through the steep cobbled streets lined with ancient 'caceras' which run with fresh mountain water. You'll marvel at the unique traditional agriculture of the age old tall stone houses.

Day 5: Candelario to Fuentes de Bejar 29 km + 399 m

Cycle down into nearby Béjar to visit its Romanesque churches, XVI century Palace and XIV century Convent. From here you connect with the "Via de la Plata", a Roman highway used to transport silver from the northern mines to Seville, in the south. Today this roman highway is a main artery of the famous Camino de Santiago from the south of Spain.

Day 6: Fuentes de Bejar to San Pedro de Rozados 43 km + 593 m

Another day following the "Via de la Plata" amongst pastures dotted with ancient holm oak trees. Leaving the mountains behind, today you enter the plains of Castilla to the north as we approach Salamanca. A warm welcome awaits you at your little family run hotel in the small village of San Pedro de Rozados.



Day 7: San Pedro de Rozados to Salamanca 25 km + 147 m

One last cycling day to reach the stunning city of Salamanca, now declared a UNESCO World Heritage site. Time to settle into your last hotel and enjoy the many sights and monuments and soak up the history of this fabulous city.

Day 8: Departure

Return from Salamanca or treat yourself to an extra night to get to know this singular city

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Route



Technical Characteristics:

Tour Profile: Average. Undulating or hilly terrain with perhaps three ascents per day. Tarmac: 92.5% Cycle track: 4.2% Dirt road: 3.3%

Distance: 209 km

Travel Season: Daily arrival from April 1 to October 31



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Price per Person: *all prices subject to confirmation on booking – extra fees may apply on holidays*

Double Occupancy B&B	€915
Single Supplement	€220
Solo Traveler Supplement	€588
Half Board only in hotels with restaurants	On request
Bike rental	€100
E-Bike	€180
Extra Nights Avila Double or Single Occupancy	On request
Extra Nights Salamanca Double or Single Occupancy	On request
Extra Nights Madrid Double or Single Occupancy	On request

Accommodation:

Days 1 and 7: conveniently located city hotels.

Day 2 and 3: 4* hotel in small town.

Days 4- 6: small, family run, rural hotels.

Included:

- 7 nights' accommodation in charming small rural hotels with breakfast included
- Luggage transfers between hotels
- Detailed maps with your trail clearly marked
- Itinerary description, full of recommendations for things to do and places to visit, etc
- GPS tracks and navigation
- Emergency support

Not Included:

- Bicycle and equipment rental
- Extra night/s in Madrid or Segovia



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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.



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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

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