



**Spain – The Best of La Rioja Bike Tour (2025)**  
**Individual Self-Guided**  
**8 days / 7 nights**



This is a leisure cycling tour that takes you to visit the most significant spots of the Rioja region. Starting in Logroño, a small but characterful city with a very pleasant historic city centre, full of small cafes and bars serving wonderful tapa; the cycling begins along the famous Camino de Santiago, ancient pilgrimage road where people from many different countries walk or cycle every year. You will get a chance to visit the stunning monastery of Yuso, a World Heritage Site, known to be the birth of the written Spanish language, and later the beautiful mountain village of Ezcaray, full of charm. From here it is on to the heart of the wine growing area, cycling amongst vineyards, you will be able to visit a number of wineries and wine museums. Towards the end of the tour you will spend one night at the medieval town of Laguardia built on a hill top and with commanding views to the surrounding countryside. This tour is one to enjoy leisure cycling, tasting wonderful wines and discover this beautiful area of Spain at your own pace.



**OK CYCLE &  
ADVENTURE  
TOURS** SINCE 1995

**Itinerary Day to Day**

**Day 1: Logroño**

Logroño, capital of la Rioja, is a small but vibrant city with a beautiful historic city center and excellent restaurants and tapas bars. Soak in the atmosphere with a glass of Rioja.

**Day 2: Logroño - San Millán de la Cogolla 40 km + 636 m**

Your morning starts with a short transfer to the starting point and handover of bikes. Here you will ride a section of the long distance pilgrim route El Camino de Santiago, which will take you to the beautiful town of San Millan de la Cogolla where you can visit two historical and cultural jewels: the Monasteries of Yuso and Suso, both World Heritage Sites.



**Day 3: San Millan de la Cogolla - Ezcaray 34 km + 418 m**

After another chance to visit the Monasteries in the morning, today is an easy cycle through lovely countryside to the historic

town of Ezcaray, set on the foothills of the impressive Sierra de la Demanda Mountains. Tonight a chance to dine in the exclusive two Michelin Star restaurant Echuarren in Ezcaray.

**Day 4: Ezcaray - Haro 38 km + 80 m**

Another easy cycle, this time along a dedicated cycle lane, away from any traffic. Coffee stops in Santo Domingo de la Calzada and Casaltareina will reveal two rich historic and artistic towns well worth exploring, before arriving to the capital of wine production in the Rioja region: Haro.



**Day 5: Circular Route Haro 26 km + 348m**

There will be chances to visit wineries in Haro in the morning and evening but today you will ride along a delightful loop amongst vineyards to take in the essence of this rich region.

**Day 6: Haro - Laguardia 37 km + 591 m**

Today you cycle along the river Ebro always amongst vineyards to reach the beautiful town of Briones where you can visit the Wine Museum of the Vivancos vineyard. From here enjoy the quiet country roads taking you through stunning landscapes until you reach beautifully preserved medieval town of Laguardia.

**Day 7: Laguardia - Logroño 31 km + 297 m**

Soon after leaving Laguardia you come to the town of El Ciego, famous for its Marques de Riscal vineyard and its spectacular building designed by architect Frank Gehry. You rejoin the river Ebro on winding country roads which take you back to Logroño.

**Day 8: Departure**

Why not treat yourself to an extra night or two to enjoy in Logroño or to Bilbao to visit the Guggenheim Museum.

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

**[www.okcycletours.com](http://www.okcycletours.com) Toll Free 1-888-621-6818 Local 613-702-5350**



**OK CYCLE &  
ADVENTURE  
TOURS** SINCE 1995

**Route**



**Technical Characteristics:**

**Tour Profile:** Moderate. Undulating or hilly terrain with perhaps three ascents per day. Tarmac: 63% Cycle track: 19% Dirt road: 18%

**Distance:** 207 km

**Travel Season:** Daily arrival from April 1 to October 31



**OK CYCLE &  
ADVENTURE  
TOURS** SINCE 1995

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

Double Occupancy B&B	€1134
Single Supplement	€385
Solo Traveler Supplement	€560
Bike rental	€120
E-Bike rental	€225
Extra Nights Logrono Double or Single Occupancy	On request
Extra Nights Bilbao Double or Single Occupancy	On request

Extra fees may apply on holidays

**Accommodation:** Five nights in 4\*\*\*\* hotels, two nights in three star superior rural accommodation

**Included:**

- 7 nights' accommodation
- 7 breakfasts
- Transfer to starting point on day 2.
- 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.
- GPS tracks and navigation App for phone
- Emergency support

**Not Included:**

- Bicycle and equipment rental
- Half board
- Extra night/s



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





**OK CYCLE &  
ADVENTURE  
TOURS** SINCE 1995

### 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.

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



**OK CYCLE &  
ADVENTURE  
TOURS** SINCE 1995

### **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](http://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

Toll Free 1-888-621-6818 Local 613-702-5350

TICO Ontario Registration No: 50022848