



Spain- Iberian Peninsula-Gredos Wild Ibex Cycling Tour (2025)

8 Days/ 7 Nights

Individual Self-Guided



This tour at the heart of the Iberian Peninsula will take you through bucolic mountain landscapes of spectacular beauty. We start in Ávila, the highest capital of a province in Spain to arrive after five days of pedaling in Salamanca, the city that houses the oldest active university in Spain. Both cities offer countless delicious, picturesque and tasty corners. You will be expolied by their exquisite gastronomy abundant in quality local products and prestigious wines from the region. The route will bring us closer to the central massif of the Sierra de Gredos whose highest peak, Almanzor, will look at us from its 2,592 m. of altitude. Quite easily, we can even contemplate some of the wild goats grazing on the inclined slopes of these mountains.

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

TICO Ontario Registration No: 50022848

Day by Day

Day 1 Ávila

The town of Ávila is known by its medieval walls. It was declared a UNESCO World Heritage Site in the year 1985. It is also one of the towns with the highest number of Romanesque and Gothic churches. We love the ambience at Plaza del Mercado Grande, a charming space to enjoy coffee and take in on the daily routine of locals.



Day 2 Ávila to Parador de Gredos. 65,6 km-40,7 miles

Built between 1926 and 1928, under the rule of King Alfonso XIII, it would eventually become the first hotel in the Paradores network. Many years later, its walls welcomed the first meeting to draw the master lines of the current Spanish Constitution. The building is located in a spectacular setting at a walk distance of the central massif of Gredos.

Day 3. Parador de Gredos to Barco de Ávila. 61,3 km-38 miles

Barco de Ávila dominates the banks of the river Tormes. History says that the first people to settle on its promontories were the Vettones, a Celtic people who established their castro (town) where the actual castle is set. The names of some of the towns around Barco also tell us of its Muslim past, names such as Navamorisca, Navalromo or Navamures.

Day 4. Barco de Ávila to Candelario. 38,3 km-23 miles

This mountain village – listed in 1975 as of cultural interest – deserves a gentle stroll through its beautiful streets. Renowned for its well preserved architecture with woody balconies, surprising ‘batipuertas’ – a sort of half-doors protecting the main entrance – and running water channeled through the streets, Candelario brings to our walks the scent of past times.

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Day 5. Candelario to La Alberca. 60,6 km-37 miles

Located in the Sierra de Francia, La Alberca is surrounded by magnificent woods of chestnut trees and oaks. It was once inhabited by converted Jews – people who had to give public proof of its true conversion to Cristiany. That is why in many of its doorpost we can still read religious inscriptions. From medieval times, under the rule of Alfonso IX, the region was repopulated with French people and that is why the name Sierra de Francia. Here we find again a well preserved traditional architecture which takes us back to the past.

6. La Alberca to Fuentes de Béjar. 50,4 km-31 miles

Its name tells us about the abundance of water in this small town which belongs to the province of Salamanca. The place is also known for the skill of its stonemasons, who made themselves a name by extracting and beautifully carving the stone of granite, so plentiful in the area. The most important buildings in town are a good sample of their craft.

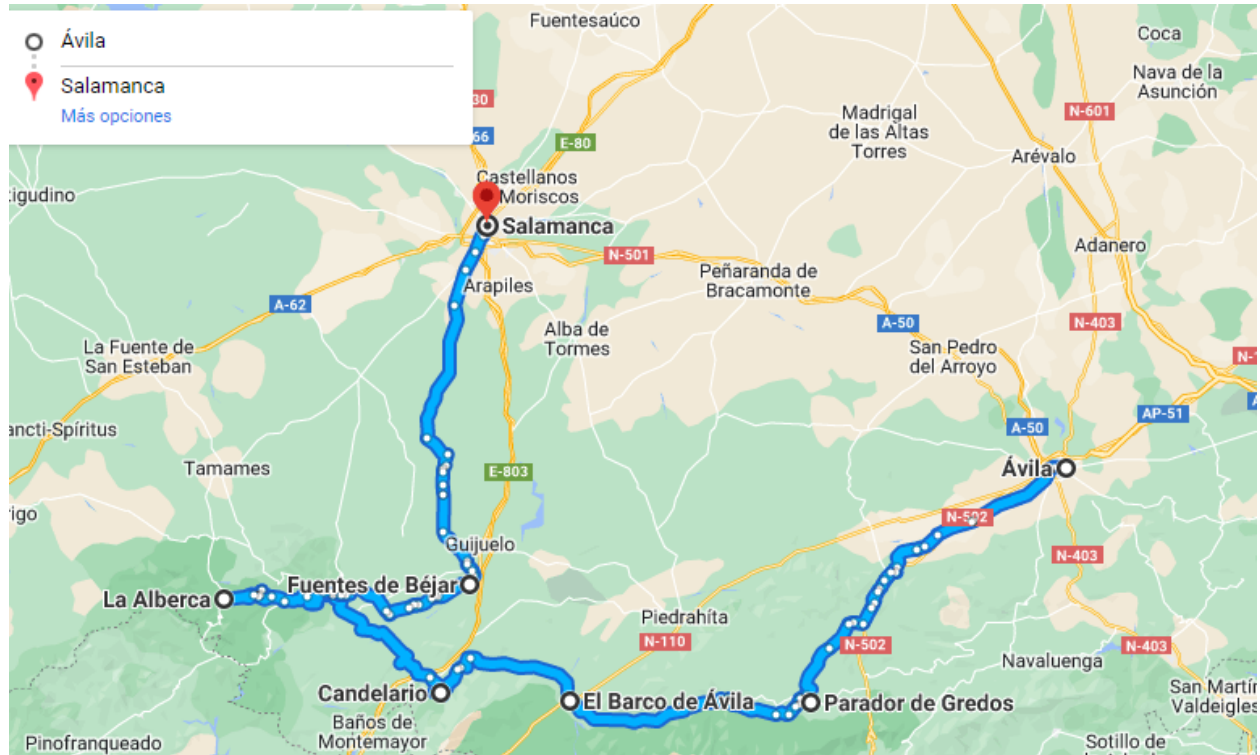
Day 7. Fuentes de Béjar to Salamanca. 59,7 km-37 miles

Salamanca is synonymous with University life, monumental buildings and fiesta. Its ambience is equal to none in Spain and it is also an insuperable place if you want to enjoy a glass of wine with tapas. This great Castilian town on the banks of the river Tormes takes pride of its two cathedrals, one of them in Romanic the other in Gothic styles, its countless historical buildings, many of which are home to its University departments and, arguably the most beautiful main square in Spain.



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Route



Total distance 346 km. 21% third category roads, 79% minor roads. Moderate.

Travel dates Daily from March 15th to June and September to November

Prices- per person in euros- all prices subject to confirmation on booking

Basic Price per person in double room	945 €
Single room supplement	145 €
Solo traveler supplement	243 €
Trekking bike rental	120 €
E-bike rental	180 €
GPS rental	35 €
Transfer Madrid to Ávila (up to 6 people)	160 €
Transfer Salamanca to Madrid (up to 6 people)	255 €

Included

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- 7 nights accommodation with breakfast
- Emergency phone number for support
- GPS Tracks and detailed information to upload the tracks in your mobile phone or GPS device
- Someone will be waiting for you at the reception of the hotel to hand over you the bikes the morning of your first cycling day at 9:30. If you prefer to settle a different time, just let us know and we will try to help. The bike mechanic will adjust the bikes and solve all your possible doubts.
- Helmet (we recommend to bring your own one), a rear pannier and map holder per person and pump, lock, multi-tool, spare inner tubes, tire levers and patches for every two people.

Bikes

Trekking Bikes

KROSS TRANS ALP

TRANS ALP is designed for demanding long distance routes. Both light and durable frame is made of Aluminium Performance. The use of shock absorbers in the bicycle improve cycling comfort. The bicycle is equipped with Shimano 24 speed gear, light V-brake brakes and durable Schwalbe Silento tires.

GIANT ARGENTO Large, confort seat, Front suspension, 29 inch hybrid tires, 24 gears, Bicycle stand, Bottle holder, Mudguards, Bike Computer (odometer)

E-bikes

ORTLER BOZEN PERFORMANCE Type: E-Bike 25km/h Intended use Touring e-bike, Frame: Aluminium, Motor/PS: Brand: Bosch Model: Performance Type: Bottom bracket motor
Performance: 250 Watt Battery function: Model: Bosch Power Pack Type: Lithium-Ion
energy storage: 500 Wh Performance: 36/13,4 Volt/Ah
Lifespan: 1000 Load cycles Charge time: 4.5- 7.5 Hours

This is a partner tour

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