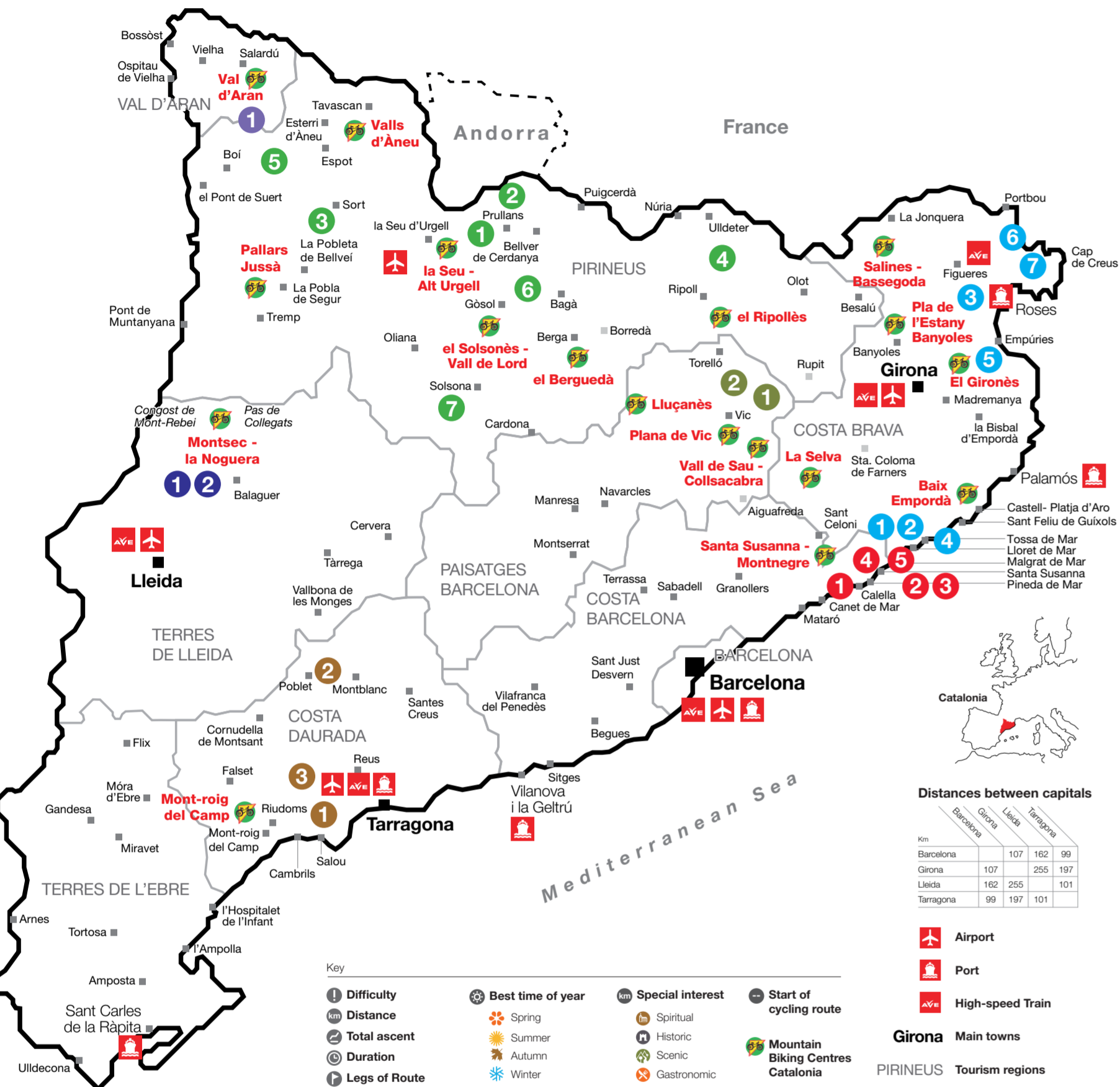


Biking in Catalonia: Scenery and Sport

Mountain biking gives tourists a chance to enjoy new scenery on a bicycle, covering a variety of routes and mixing physical exercise with discovery of the environment. These rides highlight the characteristics that make Catalonia an ideal haven: agreeable climate nearly year-round and a diverse

landscape that includes valleys, plains, coastline, smooth plateaus, mid-sized mountain ranges, high mountain peaks and overlooks, and forests. The area's varied scenery makes it easy to trace routes with ascents and descents of varying difficulty that will motivate any mountain biker. Catalonia's landscape

is scattered with suitable all-terrain routes all 12 months of the year, with only a few exceptions. It contains thousands of kilometres of marked trails. Where to go just depends on how much time you have, what you're in the mood for, and what type of scenery you want to discover.



Val d'Aran

1 VAL D'ARAN Forest Mines

24 km, 950 m, 3 h, 1 day

Circular route starting in Bòssost. Ride through coniferous forests to the old mining areas of Margalida and Victòria. www.visitvaldaran.com

RIPOLLÈS

4 Milany Castle

37 km, 1,450 m, 5 h, 1 day

Starting in Sant Joan de les Abadesses, the Ripollès Mountain Biking Centre offers a complete route that leads to Milany castle. Catalonia's highest-altitude fortress offers splendid views. www.ripolles.com or www.ripolles.com/que-voles-fer/pedala-pel-ripolles/11.html



LLORET DE MAR

4 Puig de les Cadiretes

42.5 km, 980 m, 2 h, 1 day

Circular route with stretches of path that are not difficult and allow for quick riding. Tends to be uphill from the start but has breaks. This route is very popular with local athletes. www.hoteldelamarlloret.com

Pirineus

1 PIRINEUS Pedals de Foc

215 km, 5,542 m+ 6,139 m-, 3-6 days

Classic Pyrenees route that hosts a non-stop ultramarathon in July. A self-guided route can be completed in sections the rest of the season. www.pedalsdefoc.com

PALLARS SOBIRÀ

5 Pla de la Font

34 km, 1,150 m, 1 day

This route invites cyclists to discover the natural wonder and small towns of the Pyrenees, starting in a lush valley surrounded by forests and Alpine meadows. The route ascends to Pla de la Font, visiting the town of Son and covering 2,000 m in length. www.vallsdaneu.org/centrofit/

Costa Brava

1 LA SELVA Sils Lagoon

12 km, 10 m, 1 h, 1 day

This route offers cyclist a chance to discover the protected natural areas of Sils lagoon, which are accessible to cyclists of all levels. www.laselvaturisme.com

GIRONA

5 Girona single tracks

30-60 km, 500-900 m, 4-5 h, 2 days

This is a great way to discover the never-ending network of routes and paths that surround Girona. Just outside the city, you can enjoy the Gavarres mountains and the Llémena valley, which are two very different areas with a variety of terrains and difficulty levels for everyone. www.cicloturisme.com

LA CERDANYA - ALT URGELL

2 Trinxat Mountain Biking Centre

298 km, 7,600 m, 3-5 days

Circular route around La Cerdanya, between l'Alt Pirineu and Cadi-Moixeró Natural Park. Combines low meadow valleys with mountain passes. Great for biking through forests and past lakes as well as enjoying mountain cuisine. www.trinxatbtt.com

BERGUEDA

6 Pedals del Pedraforca

98 km, 3,410 m, 2-3 days

This circular route is ideal for a weekend, starting in Gósol, a small town nestled at the foot of Pedraforca in the Cadi mountain range, running along the Verd and Port del Comte mountains with its paths, trails, and roads. www.pedalsdelpedraforca.com

LLORET DE MAR

2 Puig de Montgròs

15.9 km, 295 m, 1 h, 1 day

A short route with a climb up to Montgròs. The first few kilometres are flat until you leave Lloret de Mar. This is followed by a steep climb of five kilometres until you reach the peak of Montgròs at 314 meters. www.cycling.lloretde-mar.org

EMPORDÀ

6 Gran Volta of Dalí's Homeland

230 km, 2,650 m, 4 days

Circular route that is accessible to all mountain biking enthusiasts, starting in the city of Girona and covering the landscapes of genius painter Salvador Dalí, followed by an enjoyable ride through the Empordà route network. www.cicloturisme.com

PALLARS JUSSÀ

3 Back to Sant Corneli

62 km, 1,360 m, 5 h 30 m, 1 day

Fabulous trail from Pallars Jussà Mountain Biking Centre where you can view mediaeval castles, Romanesque churches, karst ponds unique to Catalonia, and an area that is inhabited by a large colony of deer and birds of prey. www.pallarsjussa.net/ca/que-fer/btt

SOLSONÈS

7 Mola de Lord

18 km, 514 m, 1 h 30 m, 1 day

Route 5 of the Solsonès - Vall de Lord Mountain Biking Centre starts in Sant Llorenç de Morunys, exploring the spectacular topography encircling the Llosa del Cavall marsh and visiting the Lord sanctuary and Sant Jaume chapel. www.centrebttsolsones-valldelord.com

PLA DE L'ESTANY

3 Back to the Lake

6 km, 5 m, 40 min, 1 day

Route 8 of the Pla de l'Estany Mountain Biking Centre can be enjoyed by the whole family, encircling the largest lake in Catalonia on comfortable bicycle paths and paved roads. www.plaestany.cat/centrebtt/finici

COSTA BRAVA

7 From Cadaqués to Colliure

80 km, 1,890 m+ 1,890 m-, 2 or 3 sections

Mountain biking route with 2 or 3 sections connecting Cadaqués and Colliure, where you can enjoy the spectacular scenery of Cap de Creus Natural Park, beautiful beaches, and steep cliffs that are typical of Costa Brava. www.cyclingnolimittravel.com

Paisatges Barcelona

1 OSONA Chapels and Springs

37 km, 725 m, 5 h, 1 day

This route ascends to the legendary chapel of Sant Sebastià, where the historical Pact of the Vigatans was signed in 1705. www.osonatourisme.cat/seccio/centre_btt_vic

OSONA

2 Tracks del Diable

210 km, 6,419 m, 3-5 days

A circular route that is ideal for those who enjoy the most entertaining and exciting mountain biking, with a number of easy-to-ride stretches of trail. This route travels through the natural wonders of Cabrerès, Vall del Ges, and Bisaura. www.tracksdeldiable.com

Costa Barcelona

1 CALELLA El Corredor, a Classic Route

63.01 km, 2,820 m, 5.30 h, 1 dia

Circular route spanning 63 km with a total elevation gain of 2,820 m. Starts and ends in Calella, going through Pineda de Mar, Sant Cebrià de Vallalta, Vallgorquina, and more. www.ghthotels.cat

CALELLA

2 From Calella to Tordera

44 km, 660 m, 4 h

A route by the sea that enters Montnegre forests on a wide trail, goes through Tordera, descends from a wide trail, and returns to the seaside. www.callelabarcelona.com

CALELLA

3 Route through Montnegre

42 km, 1,510 m, 5 h

Very interesting route through Montnegre Natural Park up to Sant Martí de Montnegre. A good trail for listening to the sounds of birds and enjoying the sensations, aromas, and beauty of the mountain forests. www.callelabarcelona.com

SANTA SUSANNA

4 Hortsavinyà

32 km, 850 m, 4 h 20 min, 1 day

Route 4 of Santa Susanna Mountain Bike Centre travels from the beach to the ancient Hortsavinyà parish, inside the Montnegre i el Corredor Park, riding through pine, holm oak, oak, and chestnut forests. <http://stasusanna-barcelona.es/actividades/deportes/ciclismo/rutas-btt/>

SANTA SUSANNA

5 Chapel Route

13.47 km, 320 m, 1.15 h, 1 day

Relatively short circular route near Santa Susanna. On this route you can enjoy some nice views of the northern coastline of Maresme and the Santa Susanna beaches. www.stasusanna-barcelona.com

Terres de Lleida

1 NOGUERA Bosc de Privà

20.02 km, 403 m, 1 h 45 min, 1 day

Route number 5, which goes through forests with both uphill and downhill sections. www.montsec.cat/natura-turisme-actiu

NOGUERA

2 Montalegre

25.53 km, 534 m, 2 h 30 min, 1 day

A steep, constant climb to the mountaintop, where you will find Montalegre chapel and from which you can enjoy the spectacular panorama of the Montsec mountain range and Camarasa reservoir, among other things. www.montsec.cat/natura-turisme-actiu



Costa Daurada

1 CAMBRILS Cycling holidays

70-100 km, 1,100 to 1,500 m, 4-5 h, 1 day

This route provides cyclists with the opportunity to see the inland area of Costa Daurada, going through Priorat or Montsant. www.robadibecambrils.com

COSTA DAURADA

2 Cistercian Route

108 km, 2,300 m, 1-3 days

Circular route connecting the three monasteries of the Cistercian order in Catalonia (Santes Creus, Poblet, and Vallbona de les Monges), with an alternate route to the original GR-175 that can be adapted to the mountain biker's needs. www.lanubdelcister.info

BAIX CAMP

3 Mare de Déu de la Roca

8 km, 177 m, 1 h, 1 day

The trail from Mont-roi del Camp Mountain Biking Centre invites you to enjoy the views from the chapel of la Mare de Déu de la Roca, where, according to legend, you can hear the songs of angels. www.mont-roiemi.cat/es/activitats/centre-btt/ruta3



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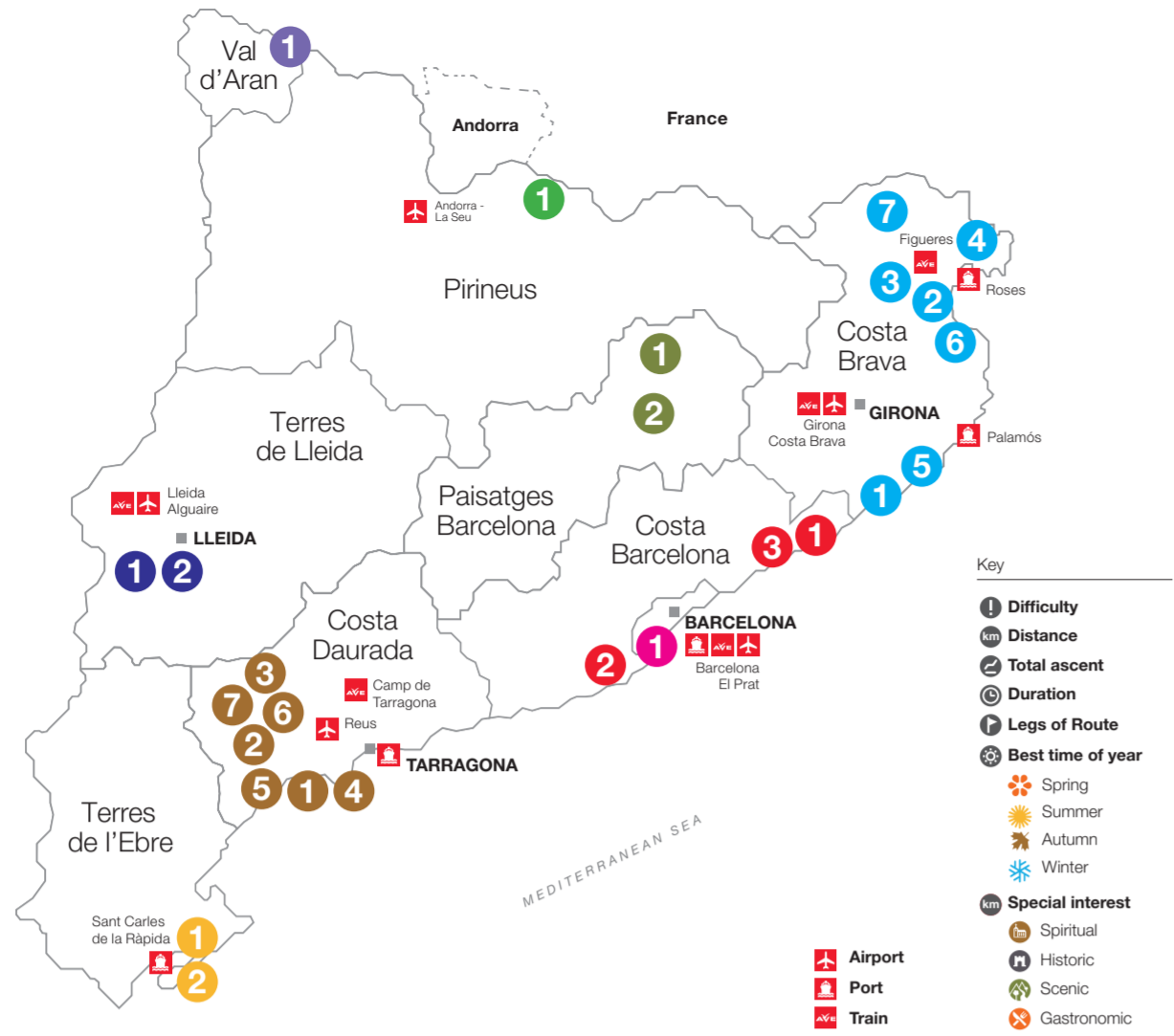
For more information: www.facebook.com/catalunyaexperience, www.instagram.com/catalunyaexperience, www.twitter.com/catalunyaexperience, www.youtube.com/user/CatalunyaExperience1, www.facebook.com/catalunyaexperience

Ask the office: www.catalunya.com, www.facebook.com/catalunyaexperience

Catalan Tourist Board

For a Leisurely Biking Experience

Much of Catalonia's geography is perfect for tourist trails and discovering the environment by bicycle even for inexperienced riders. Catalonia has an extensive network of trails suitable for any rider. It has a network of greenways (paths built over old railroad tracks) and bike paths aimed at facilitating discovery of the natural environment, combined with a wide variety of options for those who wish to get to know the diversity and richness of both the natural landscapes and urban scenery of the area while enjoying the tranquility and pleasure of a smooth ride.



BICYCLE TOUR COMPANIES

Experiences Accommodation Rentals and Routes

Costa Brava Castell-Platja d'Ro

H Top Platja Park
HG002169*
htophotels.com

H Top Calella Palace
HG002437*
htophotels.com

Girona

Hotel Carlemany Girona
HG00219171*
hotelcarlemany.com

Hotel Ciutat de Girona
HG002387*
hotelciutatdegiroana.com

Hotel Gran Ultonia
HG002402*
hotelsultoniagairona.com

Hotel Ibis Girona Costa Brava
HG002401*
ibis.com

Melià Girona
HG002144*
meliagona.com

Hotel Peninsular
HG000003*
novarahotels.com

Vies Verdes
viesverdes.cat

Lloret de Mar

Aparthotel Costa Escantada
HG002291*
mansohotels.com

Evenia Olympic Suites
HG002296*
es.eveniahotels.com/olympic-suites

Gran Hotel Monterrey
HG000691*
granhotelmonterrey.com

Quitart Gold Central Park
HG002330*
quitart-hotels.com

Hotel Anabel
HG00179113*
hotelanabel.com

Hotel Delamar
HG001580*
fenalsgarden.com

Hotel Fenals Garden
HG001580*
fenalsgarden.com

Hotel Apartaments Xaine
HG00114320*
xaine.com

Hotel Maria del Mar
HG001464*
hotelmariadelmar.net

Hotel Rosamar Spa
HG000089*
rosamarhotels.com

Hotel Samba
HG00007*
sambahotels.com

Htop Royal Star
HG001795*
htophotels.com/royalstar

Madremanya

Can Bassa i HappybikesGirona
HL7G00843939404142*
canbassa.com

Tossa de Mar

Premier Gran Hotel Reymer & Spa
HG001714*
hotelreymartossa.com

Costa Daurada Cambrils

Aparthotel Olimar II
HT00075480*
gruparbo.com

Estival Centurion Costa Escantada
HT000470*
centurionplaya.com

H10 Cambrils Playa
HT000651*
h10hotels.com

Hotel Best Maritim
HT000608*
besthotels.es

Estival Eldorado Resort
HT000723*
cloradoplaya.com

Hotel Tryp Port Cambrils
HT00076254*
melia.com

Monica Hotel
HT0004411*
hotelmonica.com

Cambrils Park Resort
HT000675*
cambrilspark.es

Hotel Bernat II
HB003867*
hotelbernatii.com

Hotel GHT Balmes
HB000208-65*
ghthotels.com

Hotel Kaktus Playa
HB002952*
hotelkaktusplaya.es

Hotel Neptuno
HB00310*
hotelneptuno.com

Hotel Santa Monica
HB11703*
meplaya.com

Hotel Volga
HB003276*
hotelvolga.es

H Top Calella Palace
HB003303*
htophotels.com

Miami Park
HB003886-17*
aparhotelmiamipark.com

Hotel Victor
HL000108*
hostalvictor.es

Malgrat de Mar

Aqua Hotel Silhouette
HB004015*
aquahotel.com

Pineda de Mar

Aqua Hotel Promenade
HB003977*
aquahotel.com

Santa Susanna

Aqua Hotel Aquamarina
HB003862*
h10hotels.com

Aqua Hotel Montagut
HB004023*
aquahotel.com

Aqua Hotel Onabrava
HB004033*
aquahotel.com

Hotel Florida Park
HB003845*
hotelfloridapark.es

HTOP Royal Sun
HB003953*
htophotels.com

Htop Royal Sun suites
HB004034*
htophotels.com

Costa Barcelona Calella

H Top Amaika
HB002975*
htophotels.com

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HB003867*
hotelbernatii.com

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ghthotels.com

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hotelkaktusplaya.es

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hotelvolga.es

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HB003886-17*
aparhotelmiamipark.com

Hotel Victor
HL000108*
hostalvictor.es

Terres de Lleida

Regente Aragon
HT000682*
hoteleregentearagon.com

Salou

H10 Vintage Salou
HT000460*
h10hotels.com

Hotel Calypso
HT000626*
medplaya.com

Regente Aragon
HT000682*
hoteleregentearagon.com

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hotelvolga.es

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hostalvictor.es

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hotelkaktusplaya.es

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meplaya.com

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hotelvolga.es

H Top Calella Palace
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htophotels.com

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aparhotelmiamipark.com

Hotel Victor
HL000108*
hostalvictor.es

Terres de Lleida

Regente Aragon
HT000682*
hoteleregentearagon.com

- Always wear a helmet for protection.
- Obey the signage and rules of the road.
- Respect the flora and fauna you encounter on your ride.
- Don't throw litter or other waste along the riding trail.
- Try to wear bright or light coloured clothing. When necessary, use reflectors on your clothes and bike.
- Protect yourself from the sun with sunscreen and sunglasses.
- Always carry enough liquids (water, sports drink) and fruit or high-energy foods in small quantities.

Val d'Aran

1 VAL D'ARAN Thousand-Year-Old Traditions

Distance: 4.6 km | Duration: 30 min - 1h | Difficulty: 1 | Best time of year: Spring, Summer, Autumn, Winter | Special interest: Spiritual, Historic, Scenic, Gastronomic

Circular route with slight uphill stretches on dirt (31%) and asphalt (69%) paths. Ideal for discovering the surroundings of Les, this route also rides through a section of Camin Relau. It begins at Plaça deth Haro, going past Sant Blai chapel and following a path along the forest to the Lana highway, which leads back to the town.

For more information: www.visitvaldaran.com



4 GIRONA Pirinexus

Distance: 353 km | Duration: 30 h | Difficulty: 4 | Best time of year: Spring, Summer, Autumn, Winter | Special interest: Spiritual, Historic, Scenic, Gastronomic

This route covers 353 kilometres and is great for cycling enthusiasts. It passes through 53 towns and eight different regions, combining scenic routes with rural paths and low-traffic highways. You can add a guided tour of a winery, where participants can enjoy good wine and the best cuisine in the region. Reservations required.

For more information: www.pirinexus.cat

Terres de Lleida

1 BALAGUER Along the Canal d'Urgell

Distance: 184 km | Duration: 2 & 4 days | Difficulty: 1 | Best time of year: Spring, Summer, Autumn, Winter | Special interest: Spiritual, Historic, Scenic, Gastronomic

Self-guided circular route ideal for beginners to cycle touring or to enjoy as a family, as it allows you to ride for several days on smooth trails and the paths run parallel to Canal d'Urgell on the plains of Terres de Lleida, a territory that makes for easy cycling.

For more information: www.pedalsdelcanaldurgell.com

Costa Daurada

1 CAMBRILS Along the Mediterranean

Distance: 63.70 km | Duration: 3 h | Difficulty: 1 | Best time of year: Spring, Summer, Autumn, Winter | Special interest: Spiritual, Historic, Scenic, Gastronomic

Circular route that is practically flat and ideal for beginners, starting in Cambrils and ending in Tarragona. The trail runs through various towns in the region of Baix Camp, eventually leading you back to the coastal town of Cambrils.

For more information: www.medplaya.cat

5 SALOU Adventure in Vila-seca

Distance: 10 km | Duration: 45 min - 1 day | Difficulty: 5 | Best time of year: Spring, Summer, Autumn, Winter | Special interest: Spiritual, Historic, Scenic, Gastronomic

A circular route that goes along a bike path and different roads from Hotel Calypso, an establishment in the center of the town of Cambrils, passing by Vila-seca, the Vila-Seca racetrack, and the theme park PortAventura - Ferrariland. The trail ends at the popular tourist city of Salou, epicenter of recreation on the Tarragona coast.

For more information: www.medplaya.cat

Pirineus

1 LA Cerdanya Picturesque Towns

Distance: 40 or 62 km | Duration: 1,255 or 1,838 m | Difficulty: 1 | Best time of year: Spring, Summer, Autumn, Winter | Special interest: Spiritual, Historic, Scenic, Gastronomic

This circular route visits some of the most towns of Cerdanya, such as the enchanting towns of Lles and Travesseres, while offering impressive views of Cadí-Moixeró Natural Park. Different roadbooks are available with self-guided routes and detailed descriptions.

For more information: www.discoverpyrenees.com

Costa Brava

1 BLANES Tordera Route

Distance: 7.98 km | Duration: 45 min - 1 day | Difficulty: 1 | Best time of year: Spring, Summer, Autumn, Winter | Special interest: Spiritual, Historic, Scenic, Gastronomic

This route is suitable for all ages and is ideal for families. It runs along the Tordera river, which forms a natural border between two of the most popular coastal areas of Catalonia, the smooth coast of Maresme and the spectacular and rough Costa Brava.

For more information: www.visitblanes.net

5 LLORET DE MAR Lloret de Mar

Distance: 54 km | Duration: 650 m | Difficulty: 5 | Best time of year: Spring, Summer, Autumn, Winter | Special interest: Spiritual, Historic, Scenic, Gastronomic

A short trail to stretch your legs as you travel along the most spectacular highway of Costa Brava, which mounts the area's most legendary summit, the peak of Sant Grau, between Lloret de Mar and Tossa de Mar, two of the most popular communities on the coast. This route will allow you to enjoy spectacular views of the beaches, coves, and rocky cliffs of this area on the Mediterranean shoreline.

For more information: www.cycling.lloretdeymar.org/

2 LLEIDA InterCatalunya Trail

Distance: 298 km | Duration: 2,318 m | Difficulty: 2 | Best time of year: Spring, Summer, Autumn, Winter | Special interest: Spiritual, Historic, Scenic, Gastronomic

A new cycle touring route that uses small and low-traffic highways, rural roads, and urban streets between the cities of Girona and Lleida to discover a little known area of Catalonia. This path mostly follows the Way of Saint James.

For more information: www.catalunya.com

2 SALOU From Salou to the Ebre

Distance: 66 km | Duration: 2,5 h - 1 day | Difficulty: 2 | Best time of year: Spring, Summer, Autumn, Winter | Special interest: Spiritual, Historic, Scenic, Gastronomic

A peaceful route which is mostly flat until kilometre 20, where it passes L'Hospitalet de l'Infant i Miami Platja. You continue onto another section of the route in which you will experience a greater change in elevation as you head toward Perelló, with an ascent of up to 170 m. At kilometre 50, the incline stops. Once you have reached that point, the only thing left to do is relax and ride your bike down into the Delta de l'Ebre Natural Area.

For more information: www.hotelregentearagon.com

6 MONT-ROI DEL CAMP From Sea to Lighthouse

Distance: 8.2 km | Duration: 1 h - 1 day | Difficulty: 6 | Best time of year: Spring, Summer, Autumn, Winter | Special interest: Spiritual, Historic, Scenic, Gastronomic

Mont-roig del Camp and Miami Platja have a good highway network for cycling. In addition, Costa Daurada's climate is excellent year-round. As you leave Miami Platja along the sea, you'll be able to make out the Verg de la Roca and San Ramón de Mont-roig del Camp chapels, the latter of which was once a lighthouse for sailors. If this is your first visit, you'll be surprised by the red color.

For more information: www.mont-roigmiami.cat



2 EMPORDÀ Discover Baix Empordà

Distance: 18 km | Duration: 1:30 or 2 h - 1 day | Difficulty: 2 | Best time of year: Spring, Summer, Autumn, Winter | Special interest: Spiritual, Historic, Scenic, Gastronomic

The route begins in La Pera and from there connects—through small highways and rural roads—the towns of Púbol, Corçà, Casavells, and Monells, among others. Next, it enters the region of Gironès and connects the towns of Millars and Madremanya. The entire route covers a landscape that combines fields of crops with Mediterranean forest, with small settlements in between that are well integrated into the scenery.

For more information: www.happybikesgirona.com

6 L'ESTARIT Pedalling along the Ter river

Distance: 230 km | Duration: 2,264 m+ 3,539 m | Difficulty: 6 | Best time of year: Spring, Summer, Autumn, Winter | Special interest: Spiritual, Historic, Scenic, Gastronomic

Guided trail with 230 km and five sections, going from the source of the Ter river in the Pyrenees to Gola del Ter on the Mediterranean. Ride along the former railroad that connected Girona to Sant Feliu de Guixols, which has now been converted into a greenway, ending in the beautiful town of L'Estartit on the Mediterranean. There you can visit the archipelago known as the Medes Islands, one of the Mediterranean's most significant natural areas.

For more information: www.cyclingnolimitravel.com

Costa Barcelona

1 SANTA SUSANNA Font del Boter by Bike

Distance: 5.73 km | Duration: 35 m - 1 day | Difficulty: 1 | Best time of year: Spring, Summer, Autumn, Winter | Special interest: Spiritual, Historic, Scenic, Gastronomic

This simple route goes through the centre of the town of Santa Susanna, in the region of Maresme, as well as the town's parks and plazas, and next leads to Font del Boter, which is near the center of town despite being a fully forested area.

For more information: www.statusanna-barcelona.com

3 PRIORAT Priorat 240

Distance: 240 km | Duration: 4,150 m | Difficulty: 3 | Best time of year: Spring, Summer, Autumn, Winter | Special interest: Spiritual, Historic, Scenic, Gastronomic

Continuous circuit that covers the 26 towns of this one region and offers a magnificent combination of cycling, culture, history, and cuisine. It borders Montsant nature park, accredited by the European Charter for Sustainable Tourism as it has been extended to the entire region of Priorat. The region is also on its way to being recognized by UNESCO as a World Heritage Site. It is an internationally renowned pilgrimage site for wine lovers as well.

For more information: www.priorat240.com

7 PRIORAT Cycling amongst Vineyards

Distance: --- km | Duration: --- | Difficulty: 7 | Best time of year: Spring, Summer, Autumn, Winter | Special interest: Spiritual, Historic, Scenic, Gastronomic

4 or 5 days of circular routes in the mornings, along the renowned Priorat wine-making region. These routes have varying levels of difficulty and durations. The accommodations offer specialised services such as bicycle garages with cleaning and repair areas, GPS, provisions, technical maintenance on the route, laundry, physical therapy, massages, and route maps.

For more information: www.olimar2.com

Paisatges Barcelona

1 BERGA Along the Llobregat River

Distance: 12.33 km | Duration: 2