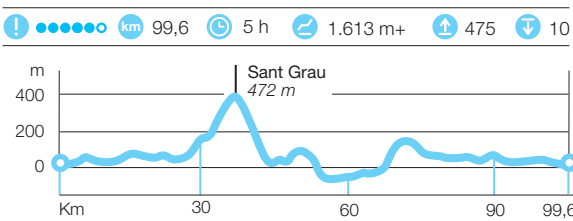
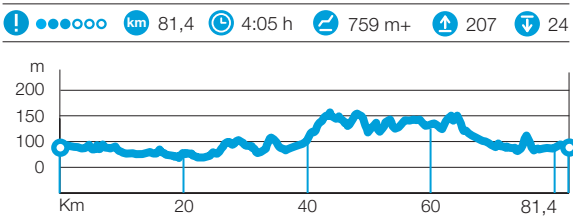


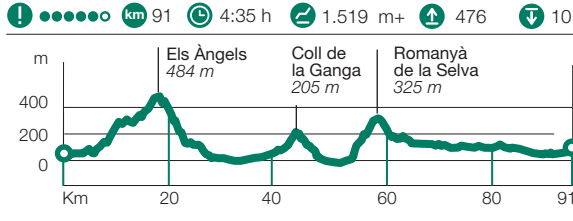
1 Girona - Costa Brava



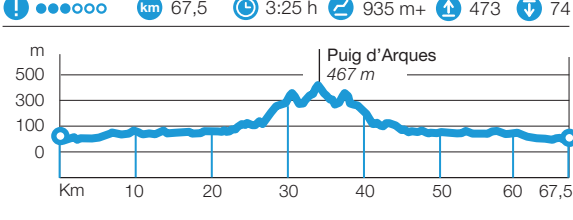
2 Girona - Banyoles



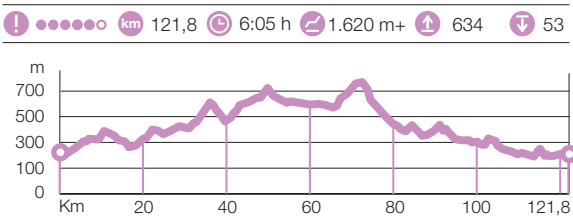
3 Girona - els Àngels - la Ganga - Romanyà - Girona



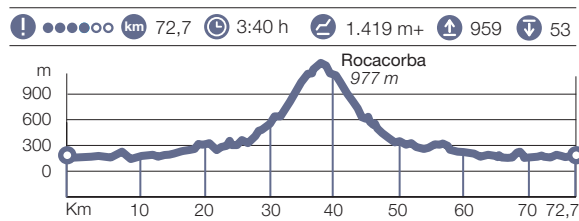
4 Girona - Llagostera - Romanyà - Puig d'Arques



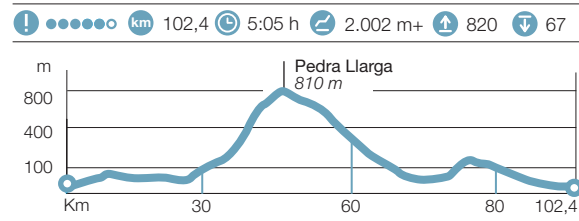
5 Girona Gran Fondo



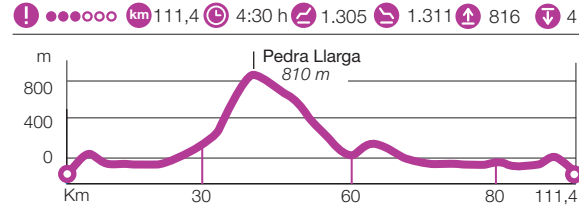
6 Rocacorba from Girona



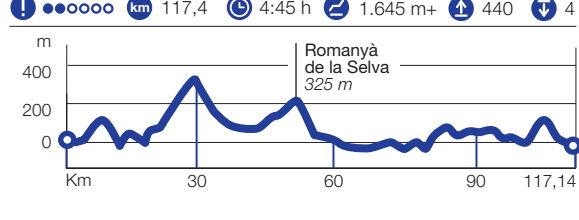
7 Girona - Sant Hilari



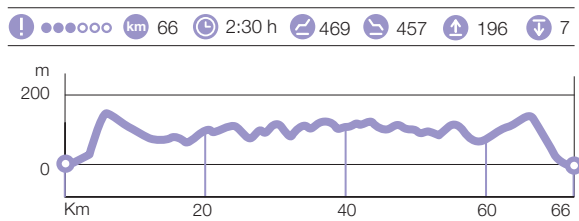
8 Lloret de Mar - Sant Hilari - Lloret de Mar



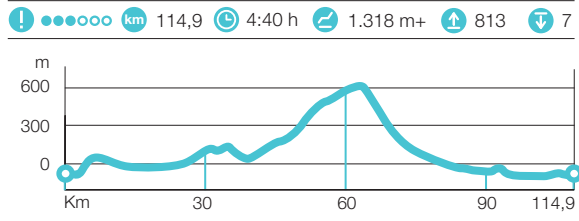
9 Lloret de Mar - Llagostera - Palamós - Sant Feliu - Lloret de Mar



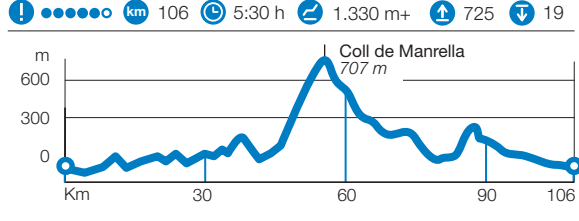
10 Lloret de Mar - Caldes - Lloret de Mar



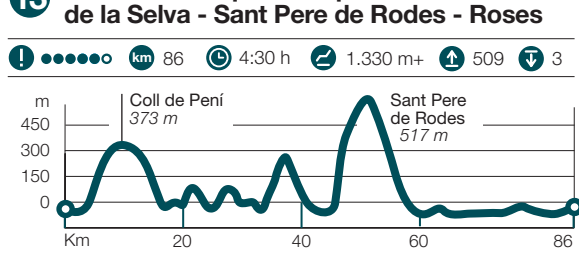
11 Lloret de Mar - Santa Coloma - Arbúcies - Blanes - Lloret de Mar



12 Figueres - Peralada - Espolla - la Vajol - Maçanet de Cabrenys - Boadella - Figueres



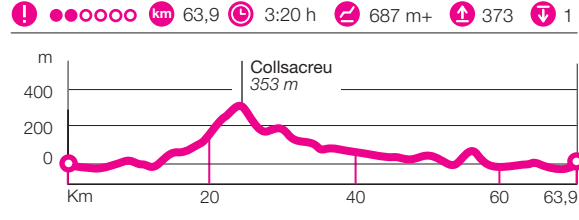
13 Roses - Cadaqués - Cap de Creus - Port de la Selva - Sant Pere de Rodès - Roses



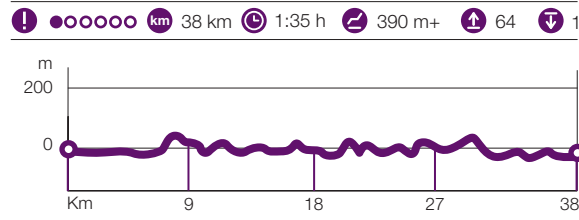
Costa Barcelona / Paisatges Barcelona



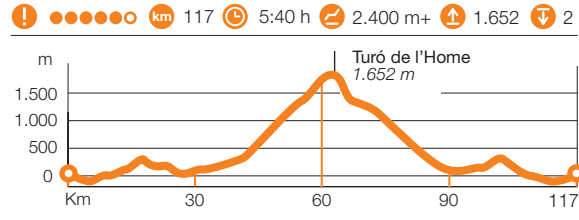
1 Santa Susanna - Calella - Sant Celoni - Hostalric - Santa Susanna



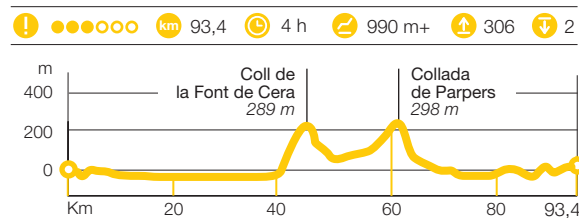
2 Santa Susanna - Calella - Caldes d'Estrac - Santa Susanna



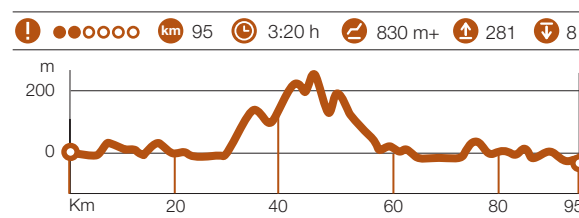
3 Calella - Sant Celoni - Turó de l'Home - Campins - Calella



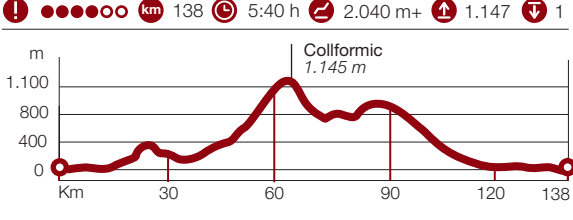
4 Maresme ports



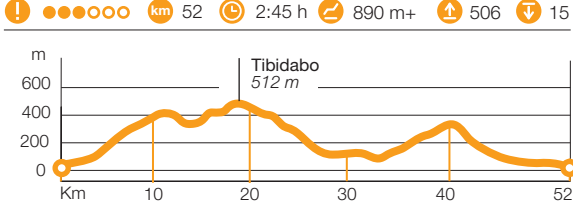
5 Santa Susanna - Calella - Mataró - Santa Susanna



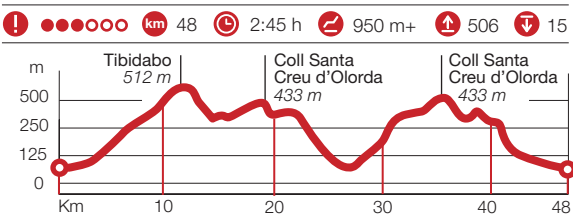
6 Montseny



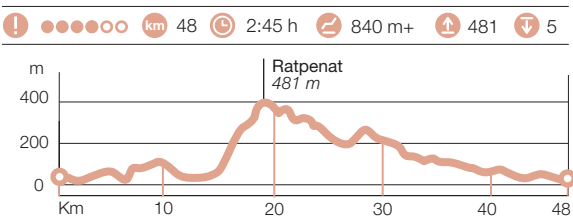
7 Barcelona - Tibidabo - Sant Cugat del Valles - Barcelona



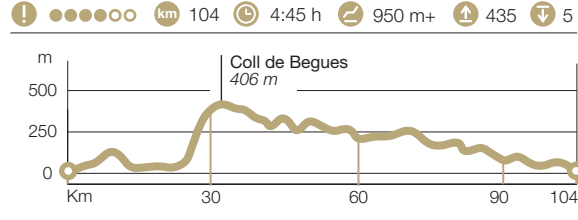
8 Barcelona - Collserola - Molins de Rei - Barcelona



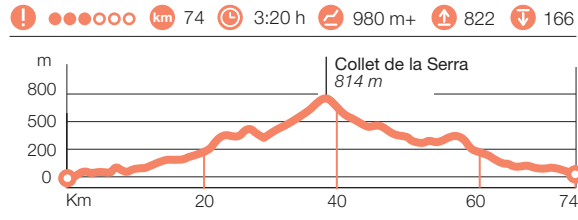
9 Sitges - Garraf - Sitges



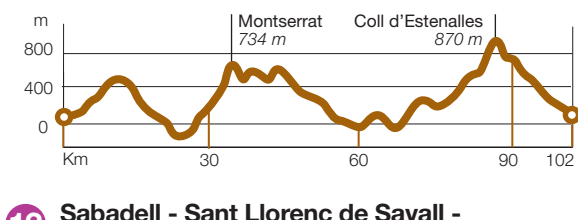
10 Sitges - Begues - Vilafranca del Penedès - Pantà de Foix - Sitges



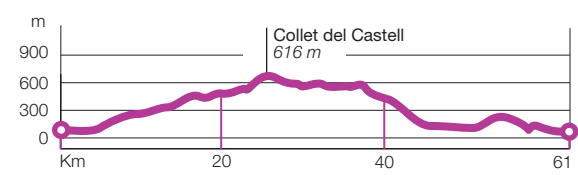
11 Del Penedès Circuit



12 Terrassa - Montserrat - Manresa - Mura - Terrassa



13 Sabadell - Sant Llorenç de Savall - Sant Feliu de Codines - Sabadell



Cycle tourism accommodation

Costa Brava

Castell-Platja d'Aro

H TOP Platja Park 4 *

H0002169 937 664 420 www.htophotels.com

H TOP Caleta Palace 4 *

H0002437 93766420 www.htophotels.com

Girona

Hotel Carlemany

Girona 4 * HG-002191 972 211 212 www.hotelcarlemanygirona.com

Ciutat de Girona 4 *

HG-002387 972 483 038 www.hotelciutatdegirona.com

Gran Utllonia 4 *

HG-002427 972 203 850 www.granutiltoniagirona.com

Melà Girona 4 *

HG-002144 972 400 500 www.melia.com

Hotel Peninsular 3 *

HG000003 972 203 800 www.hotelpeninsulargirona.com

Ibis Girona Costa Brava 2 *

HG-002401 972 391 538 www.ibishotels.com

Lloret de Mar

Gran Hotel Monterrey 5 *

HG-00091 972 346 054 www.granhotelmonterrey.com

Anabel 4 *

HG00179113 972 366 200 www.hotelanabel.com

Costa Encantada 4 *

HG002291 972 368 310 www.marsshotels.com

Delamar (only adults)

HG-00235 972 365 188 www.hoteldelamarloret.com

Evenia Olympic Suites 4 *

HT000723 972 361 500 www.eveniahotels.com/olympic-suites

Fenals Garden 4 *

HG-001880 972 361 000 www.fenalsgarden.com

Guitart Gold Central Park

Aqua Resort 4 * HG-002330 972 347 000 www.guitarthotels.com

Gran Garbí 4 *

HG-002088 972 367 708 www.hotelesgarbi.com

H TOP Royal Star 4 *

HG-001681 972 365 512 www.htophotels.com/royalstar

Maria del Mar 4 *

HG-001464 972 364 289 www.hotelmariadelmar.net

Rosamar & Spa 4 *

HG-000086 972 364 422 www.rosamarihotels.com

Xaine Park 4 *

HG-001143 972 364 250 www.xaine.com

Samba 3 *

HG0607 972 365 650 www.hotelesambas.com

Camping Lloret Blau

HG-00062 972 365 483 www.campinglloretblau.com

Madremanya

Can Bassa HG-002510 648 100 001 www.canbassa.com

Tossa de Mar

Premier Gran Hotel Reynar & Spa 4 * HG-001714 972 340 312 www.hotelreymartossa.com

Costa Barcelona

Calella

Bernat II 4 * s

HB-003887 937 665 960 www.hotelbernatacalella.com

H TOP Caella Palace 4 * s

H0002169 937 664 420 www.htophotels.com

Volga 4 *

HB-002387 937 691 800 www.hotelvolga.es

GHT Balmes 3 *

HB-00208-65 937 691 694 www.ghthotels.com

Miami Park 3 *

HB-003886-17 937 660 778 www.aparthotelmiamiaparc.com

Aqua Hotel Silhouette & Spa 4 *

HB-004070 937 654 118 www.aquahotel.com

Santa Susanna

Aqua Hotel Aquamarina & Spa 4 *

HB-003886-17 937 678 050 www.aquahotel.com

H TOP Royal Sun 4 *

HB-003953 937 678 132 www.hotelroyalsun.com

Costa Daurada

Cambriis

Estival Centurió Playa 4 * s

HT-000470 977 361 450 www.centurioplaya.com

Estival El Dorado Resort 4 * s

HT-000723 972 361 190 www.doradoplaya.com

Mònica Hotel 4 * s

HT-000411 977 791 000 www.hotelmonica.com

Best Maritim 4 *

HT000608 977 365 596 www.besthotels.es

Cambriis Park Sport Village 4 *

HT-000875 977 369 006 sportvillage.cambriispark.com

Sol Port Cambriis 4 *

HT-0007254 977 358 600 www.melia.com

H10 Cambriis Playa 4 *

HT-001464 977 364 412 www.h10hotels.com

Aparthotel Olimar II 3 *

HT-000734 977 735 566 www.olimar2.com

Montbrí del Camp

Hotel Termes Montbrí 4 * s HT-00719 977 814 000 www.termesmontbrio.com

Salou

H10 Vintage Salou 4 *

HT-000460 977 381 400 www.h10hotels.com

Ohtels VilaRomana 4 *

HT-000603 977 353 338 www.ohtelsvilaromana.es

Regente Aragón 4 *

HT-000682 977 352 002 www.hotelregenteaaragon.com

Hotel Calypso 3 *

C-000626 977 384 900 www.mediplaya.com

Pirineus

Cellers

Hotel Terradets 3 *

HL-00105 973 651 120 www.hotelterradets.com

Clavero

Casa Churchill

HL-000647 973 680 776 www.casachurchill.cat

Esport

Camping Voraparc 2nd cat.

KL-00064 973 624 108 www.voraparc.com

Molinos

La Vall Fosca 3 *

HL-000442 97363 024 www.hotelvallfosca.com

València d'Aneu

La Morera 3 *

HL-000447 973 624 124 www.hotel-lamorera.com

Alba d'Estève

HL-000332 973 624 108 www.albadesteva.com

La Guingueta d'Aneu

Nou Camping

KL-00019 973 626 261 www.noucamping.com

La Seu d'Urgell

Hotel Nice 2nd cat.

HL-000332 973 352 100 www.hotelnice.net

Llimiana

Mas de Bruquet

HL-00155-64 629 794 372 www.masdebruquet.cat

Montferrer

Gran Sol Camping 2nd cat.

HL-00019 973 351 332 campinggranisol.com

Oliana

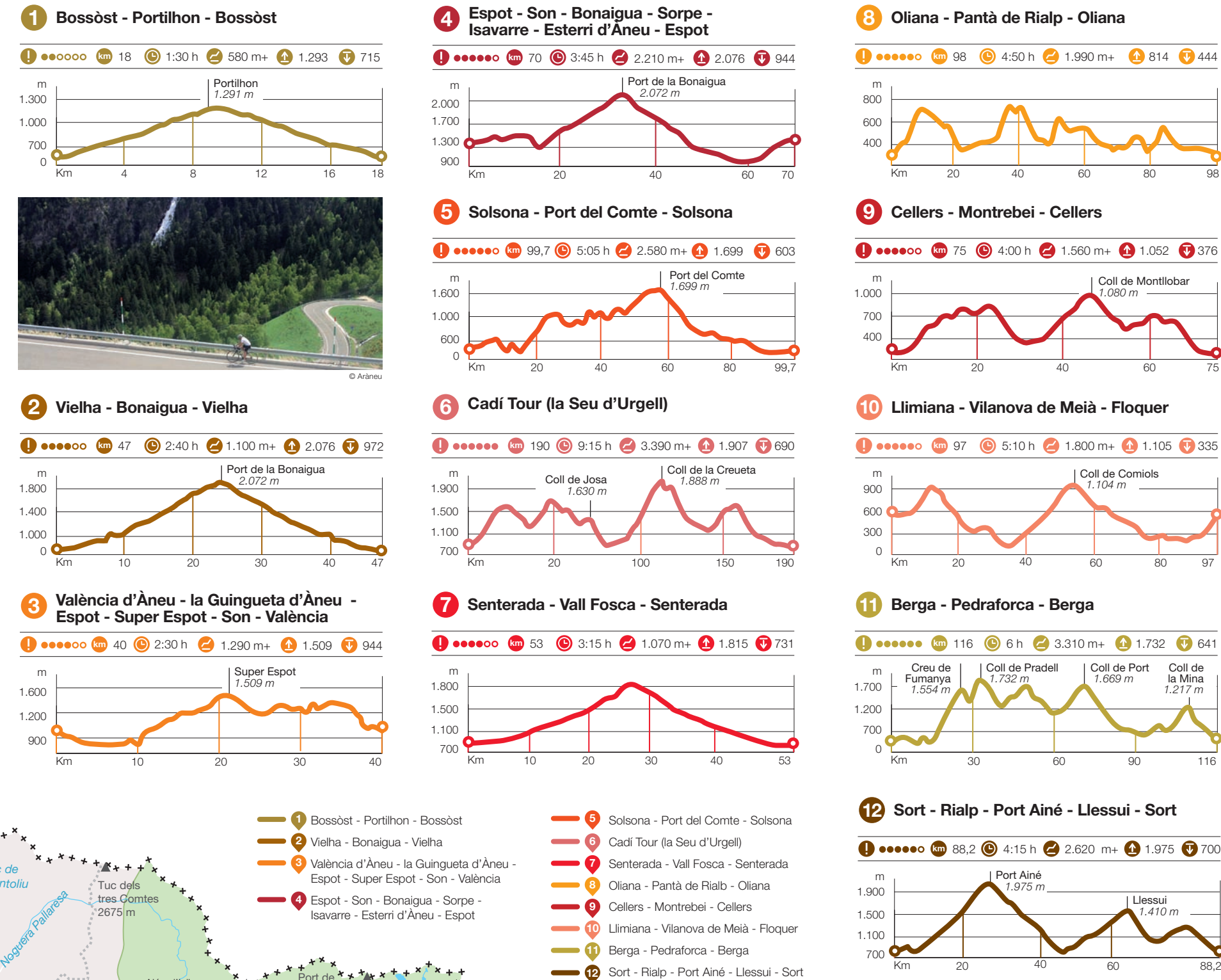
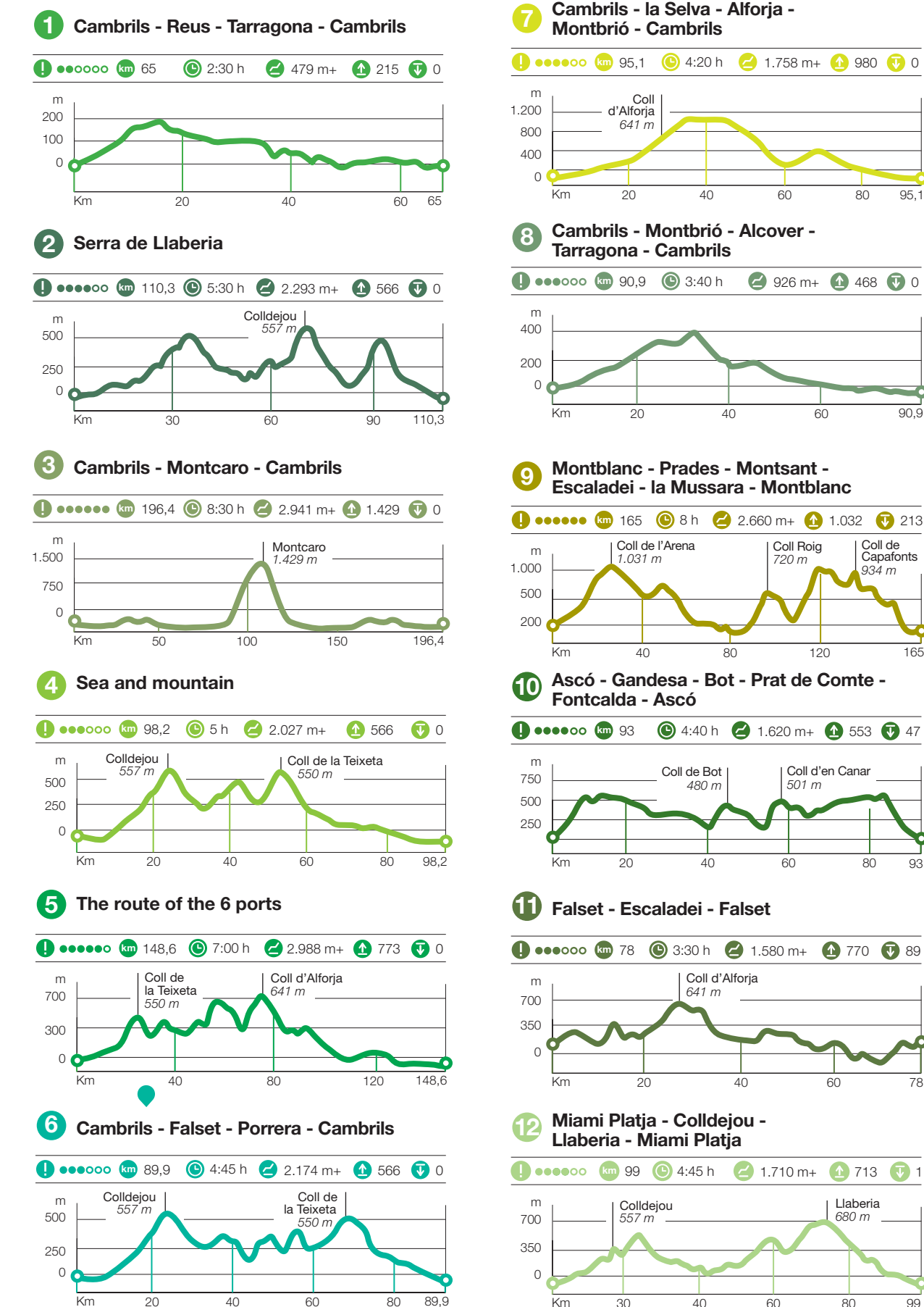
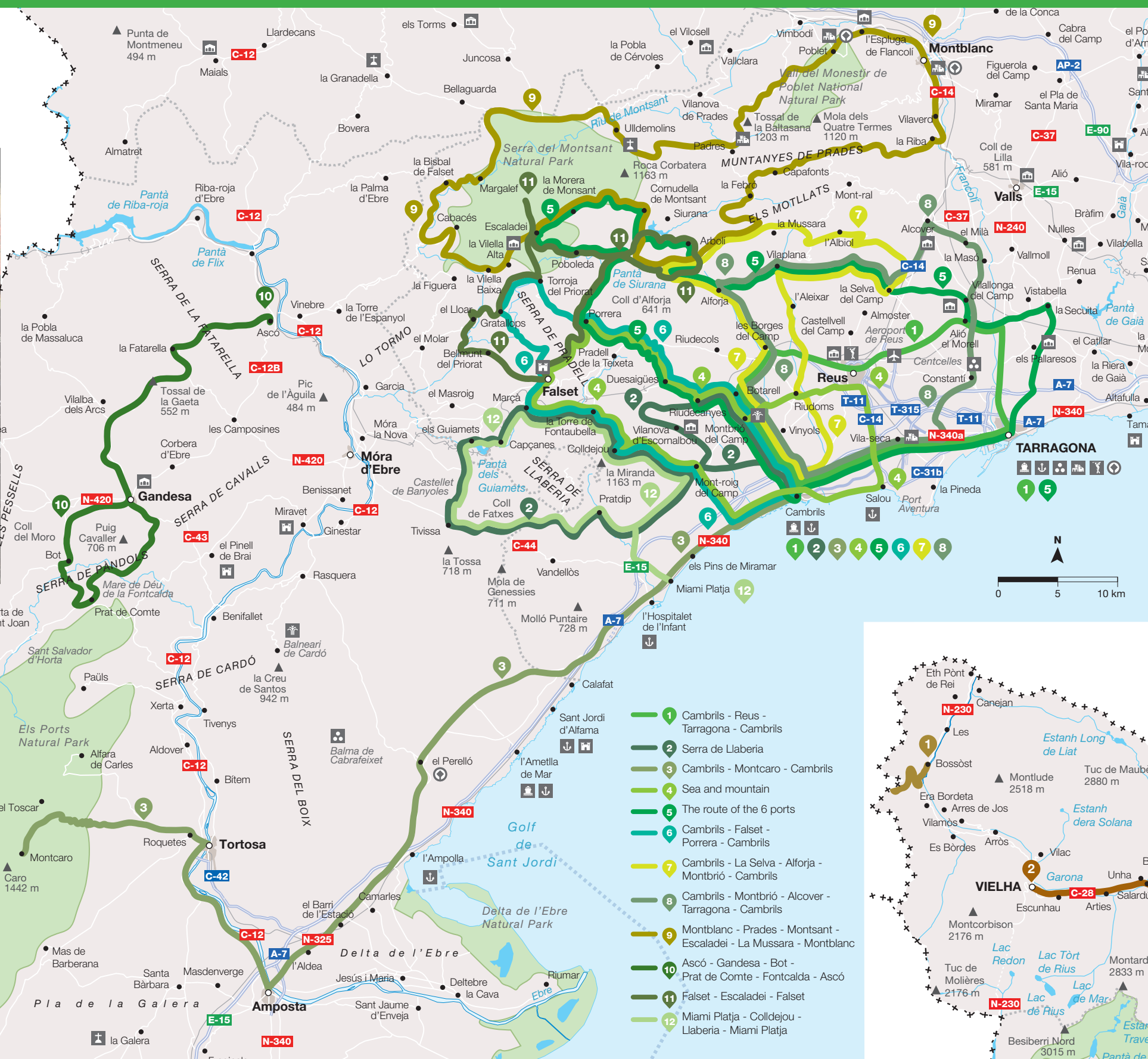
Hotel Victor

HL-00105 973 470 010 www.hostalvictor.es

Organyà

Hotel Dom 3 *

Costa Daurada / Terres de l'Ebre



Pedal, explore and discover

Road cycling, a very popular activity in Catalonia, allows you to discover its surprisingly diverse landscapes, its rich history and its vast cultural heritage. From the Costa Brava to the Terres de l'Ebre region, and from the peaks of the Pyrenees to the Aran Valley, Catalonia offers an extensive and varied network of backroads that are ideal for enjoying this sport throughout the year. Many of these roads are the scene of important stages of the Tour de France and the Volta Ciclista a Catalunya. On this map-guide you will find a list of carefully-selected quiet and panoramic routes, with different levels of difficulty and distributed across four zones, which will invite you to ride and at the same time discover unique natural areas, visit little villages, taste the local cuisine and acquaint yourself with local traditions. There's something for all tastes and levels. Enjoy the ride!

Average daytime temperatures

Month	January	February	March	April	May	June	July	August	September	October	November	December
Barcelona	11	12	14	17	20	24	26	26	24	20	16	12
Girona	9	10	13	15	18	21	24	26	25	23	18	13
Lleida	7	10	14	15	21	24	27	27	23	18	11	8
Tarragona	11	12	14	16	19	22	25	26	23	20	15	12

Distance between provincial capitals

Km	Barcelona	Girona	Lleida	Tarragona
Barcelona		107	162	99
Girona	107		255	197
Lleida	162	255		101
Tarragona	99	197	101	



- TIPS
- The itineraries described are not routes exclusively for cycle tourists. Ride as closely as possible to the right hand side of the road.
 - Always wear a protective helmet.
 - Respect signage and road traffic rules.
 - Respect the plants and animal life you find along the way.
 - Do not drop any litter or other waste along the routes.
 - Be sure to wear light or brightly-coloured clothing. In dim light, use reflective elements on your clothing and on the bicycle.
 - Protect yourself with sunscreen and sunglasses.
 - Always carry enough fluids (water, sports drinks) and fruit or energy food in small quantities.
- Legend:
- Route difficulty
 - Distance
 - Duration at 20 km/h
 - Ascending - Descending
 - Maximum altitude
 - Minimum altitude

Val d'Aran / Pirineus / Terres de Lleida