

Alt Emporda Bike Getaway: Between the Mounts and the Sea.



The Alt Emporda comarca (or county) is the first Catalan destination on the Pirinexus route. It covers a surface area of 51.8 km, with flat cyclable stretches in a very good state.

During our 5-days program, we will cover different cycling routes which will allow the group to discover some of the most picturesque spots of Costa Brava and its inland such as ***Roses, Castello d'Empuries, Cadaques*** or ***Cap de Creus***.

DAY 1 – ARRIVAL TO BARCELONA OR GIRONA > COSTA BRAVA



Travel from Germany

Arrival to Barcelona or Girona Airport and transfer to **Costa Brava**

Welcome cocktail and dinner in **Hotel Port Salins** – Meet your guide



DAY 2 – EMPURIABRAVA > STA. MARGARITA > ROSAS > AIGUAMOLLS NATURAL PARK > CASTELLÓ D'EMPÚRIES



AM: bike route starting at the hotel - Sta. Margarita- Rosas- Aiguamolls Natural Park - Castelló d'Empúries

Free time for Lunch in Castello d'Empuries

PM: bike transportation service from the ending point back to the Hotel

Transfer from Castello d'Empuries to Hotel after lunch

Free afternoon

Dinner in the Hotel



DAY 3 – CADAQUES > PORT LLIGAT > CAP DE CREUS > CADAQUES



AM: Biking Route Cadaques - Port Lligat - Cap de Creus- Cadaques

Free time in Cadaques for lunch

PM: Participants and Bike transportation service to the starting point and back to the hotel

Dinner in the Hotel



DAY 4 – EMPURIABRAVA > PERALADA > EMPURIABRAVA



AM: Biking Route Empuriabrava – Peralada - Empuriabrava

Free time in Empuriabrava for lunch

PM: Participants and Bike transportation service to the starting point and back to the hotel

Farewell dinner in Vent de Llevant (walking distance from Hotel)



DAY 5 – DEPARTURE DAY

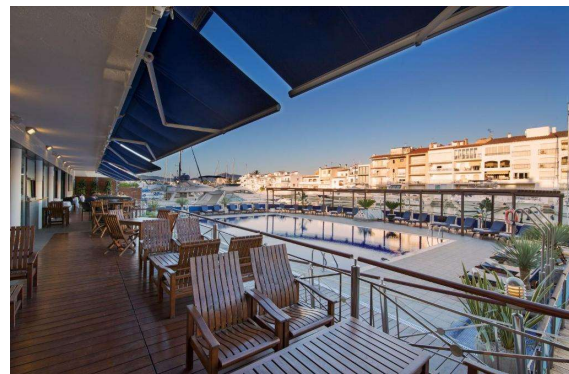
Departures to Airport

The program includes snack box and water/energy drinks on each day.

Hotel Port Salins 4* (Empuriabrava)

Nº Rooms: 42

Facilities: 1 swimming pool, Parking, Free WiFi, Restaurant, Facilities for disabled guests, Bar



Set in the center of Empuriabrava Port, this hotel is 100 m from the beach and offers views over the Salins canals. It features a wellness area, rooftop hot tub and pool.

Rooms at Port Salins are decorated in blue tones and most come with a balcony. They include air conditioning, satellite TV and a private bathroom with a glass wall.

Cap de Creus Natural Park is 4.3 mi away and provides an ideal area for hiking. The charming, white-washed town of Cadaques is approximately 8.1 mi away and guests can visit Dali’s unique house.

Your Contact:

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