



**lapica**  
cycling





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## WELCOME

We have been in the business of taking care of cyclists for 21 years. We strive for the total satisfaction of our customers, and we achieve it by knowing exactly what they want.

We are cyclists working for cyclists, which helps us to sell experiences we would like to buy.

Our guides will take you through the most spectacular sceneries in the mediterranean coast and the most famous mountain passes in the pyrenees, without forgetting to show you some hidden jewels.

From the smallest detail to the biggest mountain pass, we design the routes so that you will never forget what you lived here.





## CYCLE BREAKS

### BARCELONA CYCLING



Level ★★

### TARRAGONA CYCLING



Level ★★



## INLAND ROUTES

### PRIORAT CYCLING



Level ★★

### HIDDEN CATALONIA



Level ★★★

### COSTERS DEL SEGRE: WINE, WHEAT AND CASTLES



Level ★★

### WINE ROUTE: PENEDES + PRIORAT



Level ★★



## COASTAL RIDES

### THE CATALAN COAST



Level ★★



## MOUNTAIN STAGES

### CERDANYA CYCLING



Level ★★★

### MEDITERRANEAN PYRENEES



Level ★★

### PYRENEES: CATALONIA + ANDORRA



Level ★★★

ROUTES

# CYCLE BREAKS

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BARCELONA CYCLING

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TARRAGONA CYCLING

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# BARCELONA CYCLING

7 Days + 6 Nights + 5 Stages + Level ★★ + 411 km



*“A unique way to discover the city”*

**B**arcelona Cycling gives you the double chance to enjoy the city and its surroundings. The routes are designed to pass through the most emblematic and important sites within 60 km from the city center. Ride peacefully and avoid rush-hour traffic. Each day you will be picked up and transported to the starting point of the route, and at

the endpoint you will be taken back to your apartment or hotel, thus ensuring the routes are safe and can be enjoyed in their entirety. The predominant Mediterranean landscape, climbing up to the area’s major peaks and the mini “passes” near Barcelona offering great views give you the feeling that you are far away from the big city.

## Itinerary

Day 1. Arrival

Day 2. Viladecans – 73.9 km

Day 3. Ports de Barcelona – 69.2 km

Day 4. Conreria und Montseny – 111.16 km

Day 5. Matadepera – Castellar del Vallès – 95.3 km

Day 6. Vilafranca – Montserrat – 62.1 km

Day 7. Departure



## ★ Top optional activities



SPANISH  
& CATALAN  
CUISINE  
SHOWCOOKING



BARCELONA  
MODERNISME  
WALKING TOUR

# TARRAGONA CYCLING

7 Days + 6 Nights + 5 Stages + Level ★★ + 475 km



*“The history and essence of Mediterranean Sea”*

**T**arragona Cycling was created to allow you to know one of Catalonia’s more unknown capitals and its surrounding area. With our base in the center of Roman Tarraco, each day you will have the opportunity to do a different and challenging route through the counties of Tarragona allowing you to enjoy the scenery and its natural and cultural heritage. The routes take us through

Priorat region, the Prades Mountains and the Ebre Delta, all three of which are excellent examples of Mediterranean landscapes. The vineyards with their wineries, the rice fields, the Mediterranean Sea, the Romanesque architecture and very little traveled roads take us away from the city during the day, only to enjoy Tarragona in the afternoons and evenings.

## Itinerary

Day 1. Arrival

Day 2. Pont d’Armentera – 96.7 km

Day 3. La Mussara – 80.8 km

Day 4. Alcover – Poblet - Prades – 92.2 km

Day 5. Priorat - 106.3 km

Day 6. Mont Caro – Delta - 98.9 km

Day 7. Departure



## ★ Top optional activities



TARRAGONA  
GUIDED TOUR



CASTELLERS  
(HUMAN TOWERS)  
EXPERIENCE

ROUTES

# INLAND ROUTES

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PRIORAT CYCLING

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HIDDEN CATALONIA

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COSTERS DEL SEGRE: WINE, WHEAT AND CASTLES

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WINE ROUTE: Penedès + Priorat

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# PRIORAT CYCLING



7 Days + 6 Nights + 5 Stages + Level ★★ + 417 km

*“A land to discover  
with no rush”*

The Natural Park of Montsant, Priorat wines and the rice fields in the Delta are the cornerstones of this tour, which departs from Reus or Capafonts and arrives at the Ebre Delta. It is a top-notch cycling route both for its landscapes and for the winding hills on the first two days with a clear positive slope. The initial contact with the

Ebre river is spectacular on its way through Benissanet and the Miravet Castle and even more dramatic is the arrival to the Ebre Delta and the quaint town of Poble Nou del Delta, where you can enjoy excellent cuisine and a well-deserved rest.

## Itinerary

Day 1. Arrival

Day 2. Falset - Pradell - 73.63 km

Day 3. Torroja - Escaladei - 68.9 km

Day 4. Pantà de Margalef - 121.6 km

Day 5. Serra de Llaberia - 68.3 km

Day 6. Prades - La Febró - 85 km

Day 7. Departure



## ★ Top optional activities



WINE TASTE IN  
“LA CONRERIA  
D’ESCALADEI”



VISIT TO THE CARTHUSIAN  
MONASTERY OF SANTA  
MARIA D’ESCALADEI

# HIDDEN CATALONIA



9 Days + 8 Nights + 7 Stages + Level★★★★ + 638 km

## *“Catalonia from north to south”*

This magnificent route crosses Catalonia from north to south, from the Pyrenees to the unspoilt beaches of the Ebre Delta, passing through emblematic places such as the Pedraforca Massif, the town of Vic, the Abbey of Montserrat and the regions of Penedès and Priorat. Wine, food

and spectacular sceneries are what accompany you all along this route. River basins and interior massifs make all this route stages very attractive and challenging.

### Itinerary

Day 1. Arrival

Day 2. Puigcerdà – Gòsol - 89.5 km

Day 3. Gòsol - Berga - 70.9 km

Day 4. Berga - Vic - 95.6 km

Day 5. Vic – Montserrat - 106.6 km

Day 6. Montserrat – Sant Martí Sarroca - 76 km

Day 7. Sant Martí Sarroca – Escaladei - 111.8 km

Day 8. Escaladei – L’Ampolla - 87.5 km

Day 9. Departure



### ★ Top optional activities



MONTSERRAT WITH THE RAILWAY



WINE TASTE IN “LA CONRERIA D’ESCALADEI”

# COSTERS DEL SEGRE: WINE, WHEAT AND CASTLES



7 Days + 6 Nights + 5 Stages + Level ★★ + 445 km

*“Wine vs. Cycling in an idyllic landscape”*

The route runs mainly through the counties of Urgell and La Noguera with their wine, wheat and castles as the core. The Designation of Origin “Costers del Segre”, medieval castles, vast wheat fields and quiet country roads are the perfect companions to enjoy the pleasure of cycling. This route

offers a combination of sports and culture at its best as you will see in towns like Montsonís or during (optional) tours of any of the wineries to be found along the way. An ideal route to do also over a long or a three-day weekend.

## Itinerary

Day 1. Arrival

Day 2. Tiurana – Tiurana - 87 km

Day 3. Tiurana - Montclar – 86 km

Day 4. Montclar - Verdú – 95 km

Day 5. Verdú – Guissona - 82 km

Day 6. Guissona – Solsona – Ponts - 95 km

Day 7. Departure



## ★ Top optional activities



KAYAK IN  
RIALB'S  
RESERVOIR



VISIT TO VERDÚ  
AND ITS  
EMBLEMATIC CASTLE

# WINE ROUTE: Penedès + Priorat



8 Days + 7 Nights + 6 Stages + Level ★★ + 445 km

*“Legendary mountain passes  
& wonderful wineries for bike and wine lovers”*

**T**wo wine regions in one same route. Starting in Vilafranca del Penedès and finishing in the World Cultural Heritage city of Tarragona, you can discover along this route the wine, gastronomy and spectacular landscapes of two wine regions. Penedès is the most productive DO in Catalonia and it is situated in a unique environment

near Barcelona, with coastal villages like Sitges. Priorat is the only DOQ of Catalonia and it is a wonderful mountain region. Fell in love with the Carthusian Monastery of Escaladei, the cradle of Priorat wines, discover big and small wineries as well as traditions like the Castells, impressive human towers.

## Itinerary

Day 1. Arrival

Day 2. Vilafranca – Vilafranca - 78 km

Day 3. Vilafranca – Espluga - 95 km

Day 4. Espluga - Escaladei - 77 km

Day 5. Escaladei - Escaladei - 55 km

Day 6. Escaladei - Mas Fortet - 89 km

Day 7. Mas Fortet – Tarragona - 78 km

Day 8. Departure



## ★ Top optional activities



WINE TASTE IN  
“LA CONRERIA  
D’ESCALADEI”



TARRAGONA  
GUIDED TOUR

ROUTES

A photograph of a coastal town at dusk. The buildings are white with terracotta roofs and are illuminated by warm lights. A beach is visible in the foreground, and the water reflects the lights. The text 'COASTAL RIDES' is overlaid in large white letters.

# COASTAL RIDES

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THE CATALAN COAST

# THE CATALAN COAST

7 Days + 6 Nights + 5 Stages + Level ★★ + 492 km



## *“Cycling along the Mediterranean Sea”*

**S**ensational route along the Catalan coast starting at the border crossing in Port Bou. Highlights include the scenic wealth of the Costa Brava marked by places like Cadaqués and Empúries (with Greek ruins dating back to 218 bC), the hilly stage from Blanes to Barcelona along the Maresme cols, the arrival to Barcelona through

Tibidabo, the relaxing day in Barcelona, the beaches of Vilanova i la Geltrú and the wonderful ending in the city center of Tarragona, the capital of Hispania during the Roman Empire. The array of quiet country roads and charming places make this a route designed to be enjoyed to the fullest.

### Itinerary

Day 1. Arrival

Day 2. Portbou - Pals – 92.7 km

Day 3. Pals - Blanes – 85.6 km

Day 4. Blanes – Barcelona – 131.13 km

Day 5. Barcelona – Vilanova i la Geltrú – 94.9 km

Day 6. Vilanova i la Geltrú - Tarragona – 87.6 km

Day 7. Departure



### ★ Top optional activities



BARCELONA  
MODERNISME  
WALKING TOUR



CASTELLERS  
(HUMAN TOWERS)  
EXPERIENCE

ROUTES

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CERDANYA CYCLING

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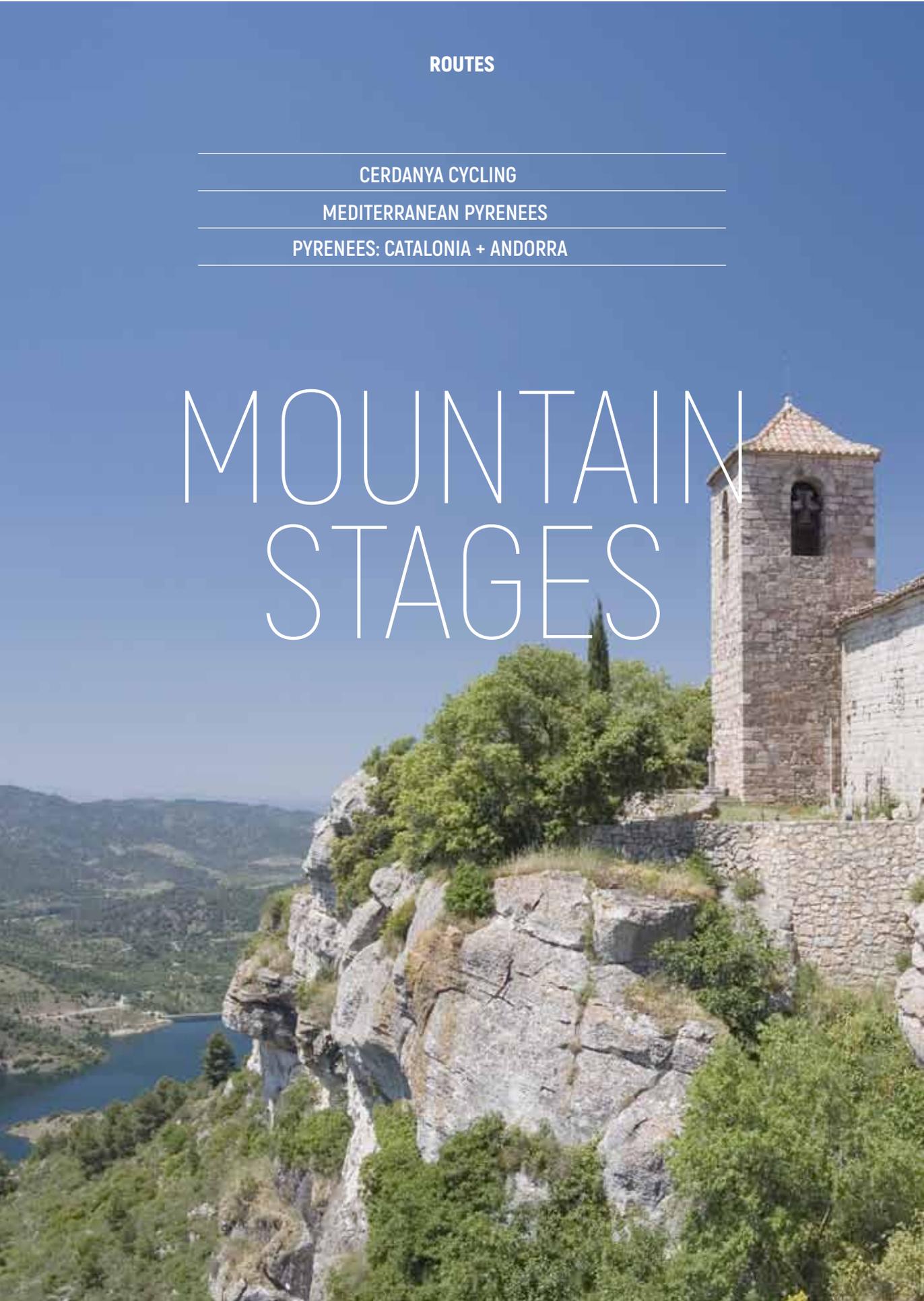
MEDITERRANEAN PYRENEES

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PYRENEES: CATALONIA + ANDORRA

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# MOUNTAIN STAGES



# CERDANYA CYCLING



8 Days + 7 Nights + 6 Stages + Level ★★★ + 555 km

*“The great valley of the Pyrenees”*

**C**erdanya Cycling is gives you a taste of the Catalan and French Cerdanya through the routes that we propose here. With the base camp in Puigcerdà, every day you’ll have the opportunity to cycle a different and exciting route with mountain passes well known thanks to the Grand Tours. The high mountain landscape

dominates with spectacular views which at times extend all the way to the sea. The climb to the Coll de Palleres pass, the route of the 3 Nations and the uphill riding through unknown ports and mountain passes require participants to be in good physical condition to ride with confidence.

## Itinerary

Day 1. Arrival

Day 2. Puigcerdà – La Molina - Puigcerdà – 51 km

Day 3. Route 3 Nationen – 131.8 km

Day 4. Puigcerdà – La Collada – 100.6 km

Day 5. Puigcerdà – Puymoréns – Puigcerdà - 132.5 km

Day 6. Bellver – La Molina – Puigcerdà - 72.2 km

Day 7. Puigcerdà – Bol – Eina - 66.8 km

Day 8. Departure



## ★ Top optional activities



LA CERDANYA  
CULTURAL  
TOUR



WINE&CHEESE  
GASTRONOMIC  
EXPERIENCE

## MOUNTAIN STAGES

# MEDITERRANEAN PYRENEES



7 Days + 6 Nights + 5 Stages + Level ★★ + 400 km

*“Where the mountains meet the sea”*

The route starts at the border between France and Catalonia. The first two stages cross the Pyrenees, and the route continues to descend until reaching the mouth of the Ter river in Pals. Nearly the entire route passes through the region of Girona: the Collada de Toses mountain pass, the Coll de la Creueta mountain pass,

the volcanoes of the Garrotxa, the peace and quiet of the Alt and Baix Empordà regions and the sparkling Mediterranean Sea when you finally reach Pals make this route spectacular, not only for its scenery but also for the complementary activities offered throughout.

### Itinerary

Day 1. Arrival

Day 2. Alp - Sant Joan - 89.2 km

Day 3. Sant Joan - Arnera - 86 km

Day 4. Arnera - Fageda d'en Jordà - 84 km

Day 5. Fageda d'en Jordà - Figueres - 71.3 km

Day 6. Figueres - Gola de Ter (Pals) - 68.3 km

Day 7. Departure



### ★ Top optional activities



HOT-AIR BALLOON  
OVER THE VOLCANOS



DALÍ MUSEUM  
VISIT IN  
FIGUERES

# PYRENEES: CATALONIA + ANDORRA



7 Days + 6 Nights + 5 Stages + Level★★★★ + 390 km

*“Tour de France Feeling across three countries”*

**C**rossing mountains and peaks has always been a challenge for the cyclist and the bike. The route passes through places where the Tour, the Vuelta España and Volta Catalunya have made history. Three countries: Spain, Andorra and France. Six legendary cols: Col Puymorens, Port Envalira Crest, Port of Cantó, Port of Bonaigua and

Col de Perves. These are just some of the features of the route proposed. Views and magnificent scenery, high-quality accommodation and nonstop care for cyclists will ensure you have an excellent time.

## Itinerary

Day 1. Arrival

Day 2. Puymorens – Envalira – Canillo – Arinsal 91 km

Day 3. Arinsal – Port del Cantó - Rialp – 86 km

Day 4. Rialp – Port de la Bonaigua - Vielha – 69 km

Day 5. Vielha – Perves – Pobla de Segur – 79 km

Day 6. Pobla de Segur – La Torra de Rialb – 63 km

Day 7. Departure



## ★ Top optional activities



KAYAK IN  
RIALB'S  
RESERVOIR



VALL D'ARAN'S  
ROMANESQUE  
CHURCHES

### **INCLUDED**

- 01.** Bed and Breakfast in Concentric Tours / Half board in Routs on Tour
- 02.** All transfers with baggage and bicycle included
- 03.** Supportcar and guidance
- 04.** Beverages and food supplying, take-away picnic during the routes
- 05.** Mechanical support
- 06.** Welcome Pack

### **NOT INCLUDED**

- 01.** Flights / Arrival
- 02.** Travel insurance
- 03.** Sports massages
- 04.** Spare parts for bicycles
- 05.** Private expenses
- 06.** Bike rental
- 07.** Alcoholic beverages
- 08.** Mandatory cancellation fees



# 10

## REASONS TO RIDE WITH US

### 01. SERVICES

You can leave your bike at home. We rent superior bikes made by Giant. We provide professional mechanical support for both our rental bikes and yours. Energy Bars and drinks are available.

### 02. SKILLED AND COMPETENT TEAM

Two local guides will be at your side throughout the tour. We will try to fix any problems that can come up on and off the bike.

### 03. PROFESIONAL PLUS INSIDER KNOWLEDGE

We have more than 20 years of experience in organizing sports events. Our team of cyclists will show you the most spectacular routes in Catalonia along with some secret spots that would be extremely difficult to find on your own.

### 04. CUSTOMER CARE

If you need to customize the route, just talk to us - we aim to be flexible. The maximum number of guests is 16, divided between two guides. However, if you want the entire racing club to join, we can also make this possible. We take care of your luggage and bikes during transfers all along the routes.

### 05. PASSION

We are passionate cyclists, we know what makes your heart beat faster.

### 06. SUPPORT VAN

A support vehicle is always available. You never know when you might need help.

### 07. ACCOMMODATIONS

Our high quality standards also apply to your accommodation. Catalan cuisine is excellent - treat your taste buds, the meals are included.

### 08. CULTURAL VISITS

You will also experience the real Catalan culture every day. We can offer different optional activities such as wine and olive oil tastings, discovering of the traditional human castles (declared Intangible Cultural Heritage of Humanity by UNESCO since 2010), Mediterranean cooking classes, museum tours and much more.

### 09. AMAZING ROUTES

Thanks to our experience, we can offer unique routes you will never forget along the coast, through the mountains, wheat fields, wine regions or past ancient architecture.

### 10. PROXIMITY

You will have an intense experience discovering the real Catalonia up-close, powered by you on your bike.

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Affiliat  
Agència  
Catalana de  
Turisme