



# Costa Brava Experience

7 Days - 6 Nights

---

Price per person  
\$2735

Speakeasy Cycling  
Veinat de les Cases Noves 4  
07476 Arenys d'Empordà  
Girona, Spain  
[www.speakeasycycling.com](http://www.speakeasycycling.com)

## Day 1

Arrivals at [Hostal Empuries](#) .

### Afternoon/Evening

16:00 Bike fitting and tuning

17:30 Evening spin (20km) on bikes followed by tuning, refitting if necessary

20:30 Welcome dinner at [Restaurante Hostal Empuries](#) .

## Day 2

### Morning: Breakfast at Hostal Empuries

11:00 Ride 1 -> "11 Bell Towers" 50km through small medieval villages with a coffee stop in Garrigàs

14:00 Lunch TBD

16:30 Bike retuning and tweaking

17:00 Downtime & Beach

### Afternoon/Evening in L'Escala

19:00 Walk through L'Escala

20:30 Dinner at [Can Miquel](#) .

## Day 3

### Morning: Breakfast at Hostal Empuries

11:00 Ride 2 -> S'Agaró Playa Sant Pol 40km with some good climbs and ocean views

13:30 Lunch at [Restaurante María Rosa](#) .

15:00 Option 1: Nap, lounge and swim at beach, explore coastal walkway, vans home

Option 2: Nap, lounge and ride back to Hostal d'Empuries

19:00 Visit to ruins of [Ancient Empuries](#) .

### Evening

20:30 Dinner at [Taverna de la Sal](#) .

## Day 4

### Morning: Breakfast at Hostal Empuries

10:00 Beach & Sightseeing

### Afternoon/Evening

17:00 Ride 3 -> Ride 40 km to Sam Lardner's farmhouse

19:30 Arrival, tapas and cocktails

20:30 Paella dinner

22:00 Chillout poolside

23:00 Leave bikes / Vans to Hostal Empuries

## Day 5

### Morning: Breakfast at Hostal Empuries

10:00 Vans to Sam Lardner's farmhouse

10:30 Ride 4 -> Ride 40 km to L'Escala

11:30 Coffee stop in Vilacolum

14:00 Lunch TBD

16:00 Downtime & Beach

### Afternoon/Evening in Girona

19:00 Depart in vans for walk through the medieval quarter

21:00 Basque dinner at [Txalaka](#)

## Day 6

### Morning: Breakfast at Hostal Empuries

10:00 Ride 5 -> 40km to Peretallada

13:30 Lunch at Hostal Empuries

16:30 Vans take group to Sitges

18:30 Check in at [Hotel Terramar](#) in Sitges

### Evening

20:00 Walk along beachfront to the old section of Sitges

21:00 Tapas at [La Punta](#)

22:30 After hours in Sitges

## Day 7

### Morning: Breakfast at Hotel Terramar

-> Vans to El Prat Airport for departures

-> Vans to other destinations