



Coast to Mountains Experience

7 days - 6 nights

Price per person
\$3155

Speakeasy Cycling
Veinat de les Cases Noves 4
07476 Arenys d'Empordà
Girona, Spain
info@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 d'Empuries

11:00 Ride 2 -> S'Agaró Playa Sant Pol 30km 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 Empuries

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

Afternoon/Evening in Girona

18:00 Depart in vans for walk through the medieval quarter

20:30 Basque dinner at [Txalaka](#) .

Day 4

Morning: Breakfast at Hostal d'Empuries

11:00 Ride 3 -> Baix Ampordá ride (40km with some good climbs and ocean views)

13:30 Lunch TBD

16:00 Departure for Puigcerdá by van

Afternoon/Evening

18:30 Arrival at [Hotel Xalet du Golf](#) .

19:30 Walking tour of Puigcerdá

20:30 Dinner at [Tapa Nyam](#) .

Day 5

Morning: Breakfast Hotel Chalet du Golf

10:00 Ride 4 -> 40km upvalley ride with plenty of hills and crossover into France via old contraband roads

13:30 Lunch at [La Formatgeria](#) .

Afternoon/Evening

15:00 Ride back to Puigcerda via fire roads

17:00 Relax at Hotel

20:30 Tapas/Dinner at [Restaurante del Club de Golf](#) .

Day 6

Morning: Breakfast at Hotel Chalet du Golf

10:00 Ride 5 -> 40km downvalley spin with multiple crossings of the Segre River

13:30 Vans to lunch at [Can Ventura](#) in Llivia

16:30 Vans take group to Sitges

19:00 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 departure