



Coast to Mountains Tour

October 15-22, 2025

Price per person
3455 euros

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

Wednesday 10/15

Arrivals at El Prat Airport - taxi to Hotel Claris <https://www.hotelclaris.com/en>

14:00 - 16:00 Tapas lunch in BCN according to hunger/energy

16:00 - 19:30 Relax

20:00 Walk through Gothic Quarter before dinner

20:30 Dinner at Xavier Pellicé (<https://www.xavierpellicer.com/en>) in Eixample Neighborhood

22:00 Chillout for those who care/dare

Thursday 10/16

Morning: Sleep at leisure, free time, breakfast/brunch/lunch in BCN

14:30 Departure for Girona by van

16:00 Arrival at Hostal Empuries (<https://hostalempuries.com/>)

Afternoon/Evening

16:00 Rental bike fitting and tuning

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

20:00 Welcome paella dinner at La Terrassa d'Empuries

(https://www.tripadvisor.com/Restaurant_Review-g580329-d3333664-Reviews-La_Terrassa_d_Empuries-L_Escala_Costa_Brava_Province_of_Girona_Catalonia.html)

Friday 10/17

Morning: Breakfast at Hostal d'Empuries

11:00 Ride 1 -> "11 Bell Towers" 40km through small medieval villages

13:30 Lunch TBD

16:00 Return glide to Hostal d'Empuries

16:30 Bike retuning and tweaking

17:00 Free time and napping

Afternoon/Evening in Girona

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

20:30 Basque dinner at Txalaka (<http://www.txalakagirona.com/en/>)

Saturday 10/18

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 (<https://www.restaurantmariarosa.es/>)

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 Quick visit to ruins of Ancient Empuries (<http://www.macempuries.cat/>)

Evening

20:00 Dinner at Taverna de la Sal (<https://www.tavernadelasal.com/>)

Sunday 10/19

Morning: Breakfast at Hostal d'Empuries

11:00 Ride 3 -> Baix Ampordà 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 (<https://www.chaletdelgolf.com/en/>)

19:30 Walking tour of Puigcerdá

20:30 Dinner at Tapa Nyam

(https://www.tripadvisor.es/Restaurant_Review-g1012001-d2339851-Reviews-El_Mirador_Tapanyam-Puigcerda_Province_of_Girona_Catalonia.html)

Monday 10/20

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 (<https://www.laformatgeria.com/>)

Afternoon/Evening

15:00 Ride back to Puigcerdá via fire roads

17:00 Relax at Hotel

20:30 Tapas/Dinner at Restaurante del Club de Golf (<https://www.chaletdelgolf.com/en/restaurant-xalet-del-golf/>)

Tuesday 10/21

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 (<https://canventura.com/en/>) in Llívia

16:30 Vans take bikes back to Girona

Vans take group to Sitges

19:00 Check in at Hotel Terramar in Sitges

(https://www.melia.com/en/hotels/spain/sitges/me-sitges-terramar?utm_campaign=google&utm_content=0827&utm_medium=organic&utm_source=directories)

Evening

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

21:00 Tapas at La Punta (<https://www.lapuntasitges.com/>)

22:30 After hours in Sitges

Wednesday 10/22

Morning: Breakfast at Hotel Terramar

-> Vans to El Prat Airport for departure