Costa Brava is the area above Barcelona and boasts a beautiful Mediterranean coastline and is the home of Empordà wines.

Thanks to the Mediterranean climate and the soil, the footsteps of the mountains surrounding the plane are a perfect terrain to produce the grapes. The ancient farmers in the area decided to use the plains for planting olive trees and the slopes for planting vines on terraces separated by dry-stone walls.

Since 2005 influential wine guru Robert Parker has put Empordà on the world wine-producing map. Thanks to the hard work of the wineries, this area has been certified as a Designation of Origin or DO of Empordà. We will visit 2 of the best wine cellars and do easy biking for six days in an area that will dazzle all your senses.

It’s an easy tour for regular cyclist that combines half of the tour on quiet secondary roads, and half on nice and clean unpaved roads. Stages are 40km average without big climbs. The tour includes two guided visits to cellars with a wine tasting at the end.
Day 1 (Friday, April 16): Leave USA

Day 2 (Saturday, April 17): [D] Arrive Barcelona. Transfer to Girona by train. There is much to see in Girona from the cathedral which has one of the largest stone vaulted spaces in Gothic architecture to the well preserved Jewish Quarter. Whether you walk along the city walls or follow the Onyar River, one has good views. Overnight: Hotel URH Girona.

Day 3 (Sunday, April 18): [B,D] Girona to Sant Feliu de Guisos. 43k/27m. We exit the city to the south and head directly to the Mediterranean Sea. This section follows the greenway called ‘El Carrilet’ passing through the towns of Quarrt, Cassa de la Selva, Llagostera, and Santa Cristina d’Aro. Along the route we will have the Gavarres Massif as a backdrop, a mountainous forest area, consisting mainly of oaks important for cork production. We arrive at San Feliu de Guixols, our hotel which is near the nice beach of Sant Pol. Overnight: Hotel S’Agaro.

Day 4 (Monday, April 19) [B,D]: Sant Feliu de Guixol to Calella de Palafrugell. 29k/18m. Today we will ride north along the coast combining coastal road with front sea boulevards, visiting the main port town of Palamós. We will pass the unspoiled cove, Platja de Castell, with its Iberian settlement on the left. This is a nice place for a picnic, and if the timing is right, we will picnic along with a swim in the Mediterranean. Later we arrive at the old fishing village of Calella de Palafurgell, one of the pearls of Costa Brava. Our last section will be along the freeway, 'Ruta del Tren Petit'. Overnight: Hotel San Roc.

Day 5 (Tuesday, April 20) [B,D]: Calella de Palafrugell to Torroella de Montgri. 26k/16m. We continue north, always heading toward the France border, moving inland to pass through Palafrugell with its fish, meat, and vegetable market. We will make a stop at the Cork Museum. After leaving Palafrugell, we will stop at the wine cellar, Mas Oller, for a guided visit and wine tasting. After, we will reach Pals, one of the better preserved medieval center. Our ride will continue through natural wetland with rice fields and long sandy beaches. We end at Torroella de Montgri at the foot of the Montgri Massif. Overnight: Hotel Moli del Mig.
COSTA BRAVA ADDENDUM

Day 6 (Wednesday, April 21 [B,D] Torroella de Montgri to Castelló d’Empúries. 34k/21m.
We continue north passing the Montgri massif into the county of Alt Emporda. We bike along the sandy beaches of the Bay of Roses. We’ll then visit the archeological settlement, Empúries, with its Greek and Roman ruins and the gateway to the classic cultures of the Iberian Peninsula. We then continue North passing through the protected marshlands of Aiguamolls de l’Emporda. We end our day in the village of Castelló d’Empúries with its rich architectural heritage, gothic church, Count’s palace, old market building, and Jewish Quarter. Overnight: Hotel de la Moneda.

Day 7 (Thursday, April 22): [B,D]. Loop Castelló d’Empúries. 35k/22m. Our ride today provides fabulous views of the Pyrenees as a backdrop while cycling through 100 year old vineyards. We will visit interesting wineries that are mainly located in the towns of Vilajuiga and Pau. We will have a wine tasting and lands product picnic at the Espelt Cellar. Overnight: Hotel de la Moneda

Day 8 (Friday, April 23): [B,D] Castelló d’Empúries to Figueres. 42k/26m. Our last day’s ride takes us first to Peralada, the capital of wine DO [Destination of Origin], where we will visit the castle and medieval town. We will then cycle crossing the upper part of the vineyards zone passing Garriguella, Vilamaniscle, and Rabos with the most ancient groves. We will make a visit to the modernist cellar of Espolla cooperative. We then have a nice downhill ride arriving at our final destination, the city of Figueres, home of the world famous Theatre-Museum Dali. Overnight: Hotel Duran.

Day 9 (Saturday, April 24): [B,L,D] Figueres to Barcelona: AVE train directly to the Barcelona Airport for your onward travel or downtown Barcelona for your two night Barcelona Extension. Overnight: Hotel Silken Ramblas, Barcelona

Day 10 (Sunday, April 25 [B,L,D] Overnight: Hotel Silken Rambles

Day 11 (Monday, April 26): [B] Transfer to Airport. Depart for U.S. A
**Leader:**

Dick Cable has been an AMC-Adventure Travel leader for 11 years and has lead or co-led 30+ hiking and biking trips to Yosemite, Mongolia [2], Sicily, Spain [3], Italy [6], France [4], England [2], Finland, Norway [2], Croatia, Nepal, Patagonia [2], Tanzania, Chile, Peru, India, Vietnam/Cambodia, Bhutan, Morocco, and Portugal. He is retired from a career in education and a second career in educational publishing. He teaches spinning and group exercise classes.

He has a passion for sharing the allure of adventure excursions to the most beautiful and intriguing places on earth. He is CPR and Wilderness First Aid certified.

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**Costa Brava Trip Cost:**

- Total Trip Cost $2975:
  - $1000 due with application;

**TRIP INCLUDES:**

- 7 nights lodging; all breakfasts, 2 picnic lunches and all dinners;
- hybrid bike rental;
- English speaking guide; van support that includes bike repair and participant transfer if needed;
- luggage transfer;
- all activities and tours;
- Accident medical and evacuation insurance

**TRIP DOES NOT INCLUDE:** Airfare of approximately $1000.

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**Barcelona Extension Trip Cost:**

- Total Trip Cost $560.00:
  - $270.00 due with application.
  - $270.00 due Mar. 1, 2020
  - 2 nights lodging 4* hotel; 2 breakfasts, 2 lunches, and 2 dinners;

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Adventure Travel leaders build international trips based on an approximate 10% higher rate of exchange of the current rate. Foreign currencies such as the euro can fluctuate and we want to advise you that if the exchange rate moves higher than expected, we may have to come to you with a modest price increase. We try to avoid this by budgeting wisely; however, there is always the possibility of rate changes. Anyone who does not want to accept the price increase may withdraw from the trip with a full refund. If the trip’s financial position is strong enough at the start, the leaders may make partial refunds during the trip, in the form of payments toward some meals and/or free time activities which would otherwise not be included. Any savings we achieve, as well as any cost increases we incur, will be shared by trip participants. Our cost estimates are conservative, and so a refund is considerably more likely than a price increase. All Adventure Travel trips are run on a non-profit basis and refunds, if any, are issued after the trip’s financial accounting is complete.
As your leader, my goals for the group to have fun, utilise your skills, and savour a foreign culture at reasonable cost and in the company of other adventurers with similar interests. I encourage your individual contributions, cooperation, and good humour to enrich the group’s experience. I anticipate each participant’s engagement as part of a group, and expect each to abide by the leader’s decisions and work toward the group having a good time. Be prepared to help your fellow bikers and spend time with other participants on the trip. In doing so, you will help ensure each participant’s maximum experience and enjoyment of the trip.

CANCELLATION POLICY: The AMC-Adventure Travel cancellation policy is based on the fact that your cancellation may not raise the cost to the other participant or the leader/s. If actual costs [expenses already incurred on our behalf and any unavoidable future expenses that will be incurred as a result of your cancellation] are higher, they will be assessed instead, unless they can be applied toward another acceptable participant. Should the leader/s be able to replace you, you may be charged a reduced or zero penalty. This will generally not be determined until after the trip. Trip insurance is highly recommended.

AMC Adventure Travel trips are run in a manner supportive and consistent with the conservation, recreational, and educational principles and mission of the Club.
As participant safety is a high priority for all AMC-sponsored events, procedures and policies have been developed to reduce risks and make the experience successful for all. Participants are expected to work with volunteer leaders to reduce risks and make the experience successful for all. Participants should be aware that there are risks associated with outdoor adventure activities, including but not limited to adverse weather and environmental conditions, remote locations of our trips and camps, and transportation in vehicles, on foot, by boat, or on a bike. When you apply for acceptance onto a trip, please carefully read and sign the Adventure Travel Acknowledgement and Assumption of Risks and Release and Indemnity Agreement and call if you have any questions.

The itinerary is subject to change by the leadership team due to weather, road conditions, or other extenuating circumstances.

When you participate in this activity, you should be in proper condition to ride an average of 5 miles an hour which includes breaks for visits and rest stops for a total of 5-6 hours per day. You should always be aware of the risks involved and conduct yourself accordingly. You are ultimately responsible for your own safety. Prior to your acceptance as a participant in this trip, you may be asked to discuss your capabilities and experience with us. We may also request references to confirm your fitness level and suitability for participating in trip activities.

This trip is designed so that everyone may experience our adventure in Costa Brava, Spain through shared participation in activities and tasks in an organized group environment. AMC travellers are known for their cooperative efforts, and expectations are that all participants will be considerate of others sharing this AMC Adventure Travel experience.

It may happen on any trip that a trip member is or becomes unable to participate in one or more of the planned activities. Leaders in their sole judgment have the right and obligation to refuse participation in any activity to any group member for reasons of safety, whether it be of the group or of the individual. Illness, injury or lack of proper gear or fitness for a particular activity are examples of some conditions that might result in a participant’s being unable to perform one or more activity. Leaders may try to find a substitute activity for the trip member, but this may not always be possible.

For additional information including an application package contact Dick at r.cable@sbcglobal.net
I am happy to let you know that I have expanded the bike trip to beautiful Costa Brava and extension to Barcelona by adding a second leader. I am happy to let you know that Brian will be joining me. From now on in regard to this trip you will be hearing from both Brian and me.

Brian Tausendfreund

Brian is a four-season trip leader and instructor for the AMC NH Chapter. He has completed numerous rounds of the NH 48, including in winter, and has led trips to each of the NE 67 summits. He has co-led a "Tour of Mont Blanc" Adventure Travel trip in 2018 and is co-leading a trip to Luxembourg in 2019. He has hiked in the high peaks in California and the beautiful canyons of Utah. He also travels frequently in Europe. Contact Brian at 413-221-2149 or btausend1@gmail.com.