



**BIKING COSTA BRAVA – April 17-24, 2021**  
**Optional BARCELONA Extension – April 24-26, 2021**

**Leaders: Dick Cable & Brian Tausendfreund. Trip # 2104**

**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 plain 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 drystone 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 cyclists that combines half of the tour on quiet secondary roads, and half on nice and clean unpaved roads. Stages are 40 km [25 miles] average without big climbs. The tour includes two guided visits to cellars with a wine tasting at the end.

Difficulty rating is 3-4 on a rating of 1-6

<https://www.outdoors.org/outdoor-activities/difficulty-ratings>

## ITINERARY

Day 1 (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 2 (Sunday, April 18): [B,D] Girona to Sant Feliu de Guisols. 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 Quarrrt, 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 3 (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 Palafrugell, one of the pearls of Costa Brava. Our last section will be along the freeway, 'Ruta del Tren Petit'. Overnight: Hotel San Roc.

Day 4 (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.

Day 5 (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 6 (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 7 (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 8 (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,

Day 9 (Sunday, April 25): [B, L, D]. Barcelona. Overnight.

Day 10 (Monday, April 26): [B]. Departure



**CANCELLATION POLICY:** The AMC Adventure Travel cancellation policy is based on the fact that your cancellation may not raise the cost to the other participants or to the leaders. Once you are notified the trip is declared to run as scheduled, the minimum cancellation fee is (\$0.00). If actual costs (expenses already incurred on your behalf and any unavoidable future expenses that will be incurred as a result of your registration and cancellation) are higher, they will be assessed instead, unless they can be applied toward another acceptable participant. Should the leaders be able to replace you, you may be charged a reduced penalty. This will generally not be determined until after the trip. Failure to make trip payment(s) in a timely manner will be considered a cancellation.

On rare occasions AMC Adventure Travel may need to cancel all or a portion of a trip due to *force majeure* [e.g. terrorism, local health conditions, natural disaster, changes in local regulatory environment, etc.] In the event of such a cancellation, your trip fee will be refunded less any trip expenses already incurred plus any non-cancellable future trip expenditures. AMC Adventure Travel is not responsible for additional expenses incurred by you in preparing for the trip (including non-refundable air tickets, visa fees, gear or medical expenses, etc).

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**LEADER'S RIGHT TO CHANGE ITINERARY:** While the itinerary in this prospectus is what the leaders have planned at the time of writing, various factors may require changes for reasons of safety, transportation or lodging availability, and unforeseeable circumstances (such as weather considerations, natural disasters in areas to be visited, or recommendations of governmental agencies). The leaders reserve the right to make such changes as necessary, both before and during the trip.

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**LEADERS' EXPECTATIONS OF PARTICIPANTS:** When you participate in this activity, you should be in proper condition for the challenges outlined in this prospectus and equipped with the appropriate gear as stated. 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 will 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 (insert location) through shared participation in activities and tasks in an organized group environment. AMC travelers are known for their cooperative efforts, and expectations are that all participants will be considerate of others sharing this AMC Adventure Travel experience.

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.

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**AMC MISSION:** AMC Adventure Travel trips are run in a manner supportive of and consistent with the conservation, recreational and educational principles and mission of the Club. Trip leaders encourage participant conduct consistent with Leave NoTrace environmental and conservation principles and local regulations.6.What trip price includes(List all items covered by the trip fee –whatever lodging, transport, meals, fees, admissions, emergency medical and evacuation insurance and so on; list what is not included, such as airfare, beverages, meals excluded, potable water, if applicable, etc.)

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**TRIP PRICING:** In accordance with AMC policy, you are subsidizing the leaders' costs. Beyond this, the leaders are not allowed to realize any profit from this excursion. The trip price also includes an AMC overhead fee to cover the administrative expenses of offering Adventure Travel excursions. The trip fee includes emergency medical and evacuation insurance coverage, which is required by the AMC. It does not include insurance for travel delay, interruption, or cancellation, or for baggage loss. If these possibilities concern you, individual travel insurance is recommended. More information about included emergency medical and evacuation insurance, as well as about optional and recommended travel insurance, will be provided to you in your formal acceptance letters, which will be sent out when the trip has the required number of accepted applicants.

The price for this excursion is based on quotes or estimates obtained at the time the trip was submitted to the Adventure Travel Committee for approval. The final price of the trip will be adjusted in accordance with the best final arrangements we can make. 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 increase 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.

**COSTA BRAVA TRIP COST:**

Total Trip Cost \$2975:  
\$1000 due with application;  
\$1000 due Mar. 1, 2020 and \$975 due Oct. 1, 2020.

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

**BARCELONA EXTENSION TRIP COST:**

Total Trip Cost \$560.00:  
\$270.00 due with application.  
\$270.00 due Mar. 1, 2020

EXTENSION INCLUDES:

2 nights lodging at 4\* hotel; all meals; one day Hop On-Hop Off Bus Tour; bus transfer  
to Barcelona Airport

TRIP DOES NOT INCLUDE: Airfare of approximately \$1000; transfer to start of tour;  
transfer to Barcelona Extension; transfer to Barcelona Airport from end of main tour.

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**AIRFARE:** While participant airfare is not included in the trip price, your leaders will assist you in making suitable reservations. You will be told when and where you must join the group for the official start of the trip's planned activities. Once your air tickets are purchased, they are your responsibility –do not make any non-refundable travel plans until told to do so by the leaders.

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**CONDITIONING, ACTIVITY/FITNESS LEVEL, RISKS:** You will note that our daily biking average is approximately 20-25 miles a day over a 6-day time period. We have all day to make our late afternoon destination. Our average speed will be approximately 10 mph. We will make stops to visit sites, have lunch, take photographs, etc. The risks are the usual ones of biking: falling, slipping in sand, etc. We will bike single file unless our guide indicated otherwise. Each morning will be a safety check and an outline of what our day will be like. But, conditioning is important in order to ride multiple days in a row.

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**MED-EVACUATION AND OPTIONAL TRIP INSURANCE:** Once you have been selected to be a participant and we have the sufficient number of participants, you will be sent an acceptance letter. This letter and its attachments will outline the Medical-Evacuation

insurance provided by AMC-Adventure Travel. Additional will be an optional trip cancellation insurance [a suggested company by AMC-AT], but there are many companies that offer this type of insurance. **And, we do highly recommend trip cancellation insurance.**

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**APPLICATION PROCESS AND HOW TO APPLY:** To apply, you must complete and submit the Participant Application, Confidential Health Questionnaire, and Acknowledgement and Assumption of Risk and Release form, enclosing a registration deposit of (insert figure). You will be considered qualified for the trip when the leaders have determined by conversation with you that you and the trip seem to be a good match. You will be formally accepted, and your check will be deposited, when the trip leaders confirm the trip has sufficient number of participants and is going as planned. A second (or it might be final) payment of (insert figure) is due (insert date or statement like “two weeks after your formal acceptance”). The final balance of \$(insert figure if there is a third payment) is due (insert date). Deposit checks from wait-listed applicants will not be cashed until we offer them a spot on the trip AND they accept. Please make payments by check payable to the “AMC-Costa Brava” and mail to the address shown on the Participant Application.

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**PRICING FOR NON-MEMBERS:** If you are not a member of the AMC, there is a guest fee of \$100. You may prefer to join the AMC. Membership is \$50 for an individual, \$75 for a family, and \$25 for juniors (under 30) and seniors (over 69). You can join on line at the AMC home page at <http://www.outdoors.org/>

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**SAFETY:** As participant safety is a high priority for all AMC-sponsored events, procedures and policies have been developed to attempt to limit participant risk. 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.

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Dick Cable has been an AMC-Adventure Travel leader for 11 years and has lead or co-lead 30+ hiking and biking trips to Yosemite, Mongolia [2], Sicily, Spain [3], Italy [6], France [4], England [2], Finland, Norway [2], Croatia, Germany, Czech Republic, Belgium, The Netherlands, Nepal, Patagonia [2],Tanzania, Chile, Easter Island, Peru, India, Vietnam/Cambodia, Bhutan, Morocco, Portugal, and the Arctic Circle

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. Contact Dick at [r.cable@sbcglobal.net](mailto:r.cable@sbcglobal.net). tel: 860-505-9938 [USA]. +34-697-115698 [Spain]



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**A MESSAGE FROM YOUR LEADERS: DICK [ABOVE], BRIAN [BELOW]:** As your leaders, our goals for the group to have fun, utilize your skills, and save a foreign culture at reasonable cost and in the company of other adventurers with similar interests. We encourage your individual contributions, cooperation, and good humor to enrich the group's experience. We anticipate each participant's engagement as part for 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 to Costa Brava and Barcelona.

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 [btausend1@gmail.com](mailto:btausend1@gmail.com). tel. 413-221-2149.



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