

## Bikeride Costa Brava

**BikerideCostaBrava** is a long 313-km route planned to be completed in 4, 5, 6, or 7 days according to everybody's preferences.

The route, which starts and ends in **Mataró**, is divided into three parts:

- ▶ A very mountainous part with narrow roads, some paths and spectacular landscapes which goes through the **Montseny Natural Park** (World Biosphere Reserve);
- ▶ A softer one, with good low sloped roads, which passes through **Girona** and **Baix Empordà**, with their medieval villages;
- ▶ A third part which runs along the coast, from **Tamarit** to **Mataró**, going through caves, fishing villages, beaches and small hills.



Although the main starting point is in **Mataró**, you also have the chance to start from **Girona** in case you land at Girona airport.

You may also complete just some of the stages, the ones you prefer, without having to finish the whole route. We recommend you the stages between **Mataró** and **Girona** if you are looking for a more alpine and mountainous route or the

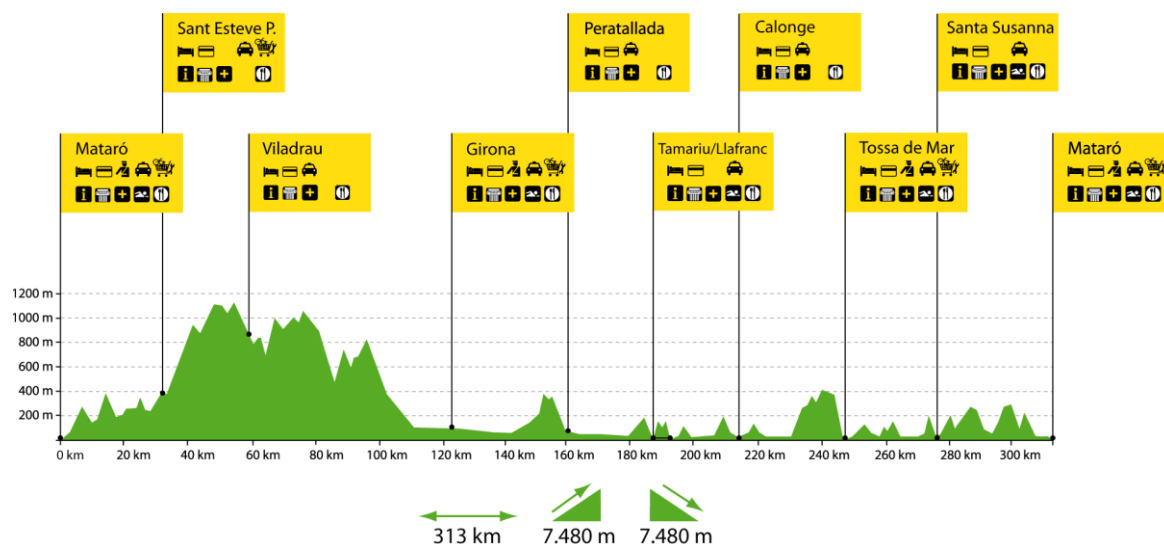
stages between **Mataró** and **Tamarit** if what you want is to enjoy the coast.

### Level of difficulty:

**BikerideCostaBrava** is a mid physical and technical difficulty level route. That is why, to be able to complete it easily and enjoy the landscape, you must be a little experienced and used to cycle on MTB.

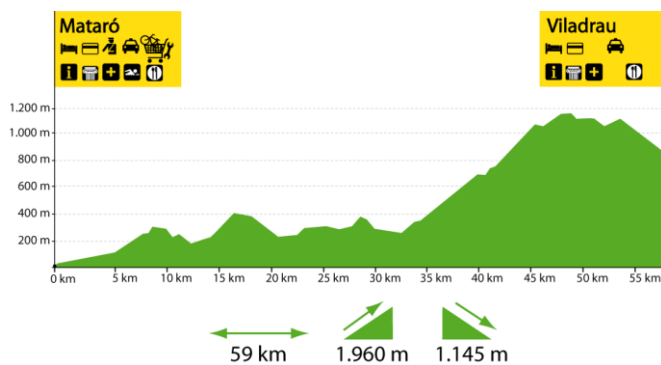
The option to complete the route in seven days reduces the physical demand level and makes it suitable for nearly everyone who likes cycling on mountain bike. The 4-stage option increases its level of physical difficulty as it increases the number of kilometers per day.

**Stages:** 4, 5, 6 or 7 days



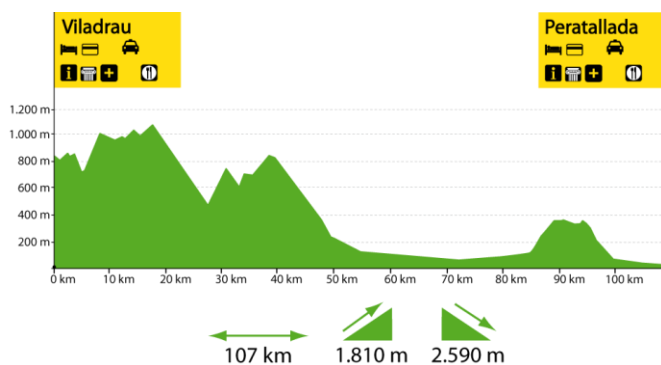
## STAGE 1: MATARÓ – VILADRAU

This first stage is not the longest in kilometers but it is probably one of the hardest because of the ground slope you will find, since the **Serralada Litoral** (coast mountain chain) must be crossed. Then, to reach the **Montseny Natural Park** you must cycle up to 1,100 meters, the route maximum height. After this point, the last 15 km are much easier; the last 5 km lead you down to the beautiful town of **Viladrau**. This is the most mountainous stage of all, during which, if the day is clear enough, you will enjoy some excellent views of much of Catalonia, from the **Pyrenees** to the **Mediterranean Sea**.



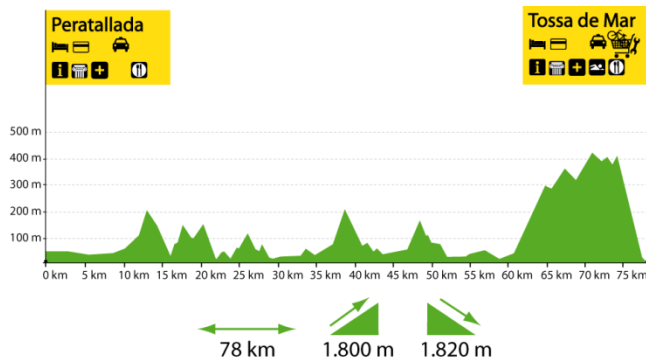
## STAGE 2: VILADRAU - PERATALLADA

This second day is the longest stage in the route. You will start leaving the **Montseny Natural Park** behind and getting closer the **Pantano de Sau** (Sau Swamp) and **Susqueda**. You will border it without really getting at it but you will come really close, through a spectacular wooded area, until you arrive at **Osor**, where you will start a log way down to the village of **Anglès**. From this point the route will easily lead you to **Girona** along the green way. Now you only have to reach the **Gavarres** mountain chain, the last difficulty of the day, to complete the last 12 km down to **Peratallada**.



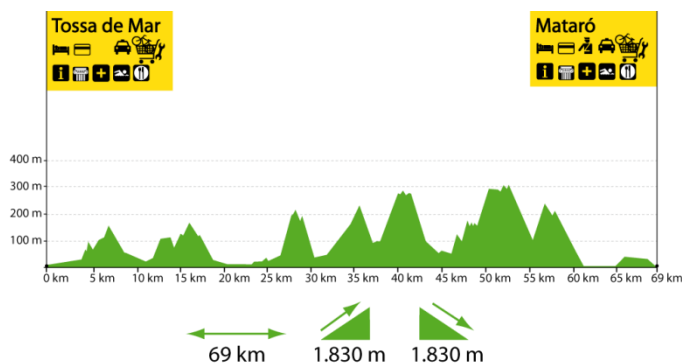
### STAGE 3: PERATALLADA - TOSSA DE MAR

At this stage you will cross the **Baix Empordà** area until reaching the **Mediterranean Sea**. If you have enough time, cycling along the coast, it is worth stopping to visit villages such as **Tamariu**, **Llafranc** or **Calella de Palafrugell** and perhaps bathing in the sea. Further on, the route will leave the coast and lead you inland to the village of **Calonge**, the historic centre of which we recommend you to visit. You will cycle back to the coast to **Sant Feliu de Guíxols** to start the last climb and then cycle fast down to **Tossa de Mar**, the end of the stage.



### STAGE 4: TOSSA DE MAR - MATARÓ

This last day you will cycle parallel to the sea but a little inland, although at certain points you will come close to the waterfront. All through the day you will enjoy some fantastic views of the coast but you will also cycle through a part of the **Montnegre and Corredor Natural Park**, where the landscape becomes more mountainous. The last 15 km will be downhill or flat, passing by beautiful fishing villages which will invite you to take a last bath before ending up in **Mataró**, from where the route started 4 days ago.



***BikerideCostaBrava:***

**A worry-free cycling experience**



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