

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

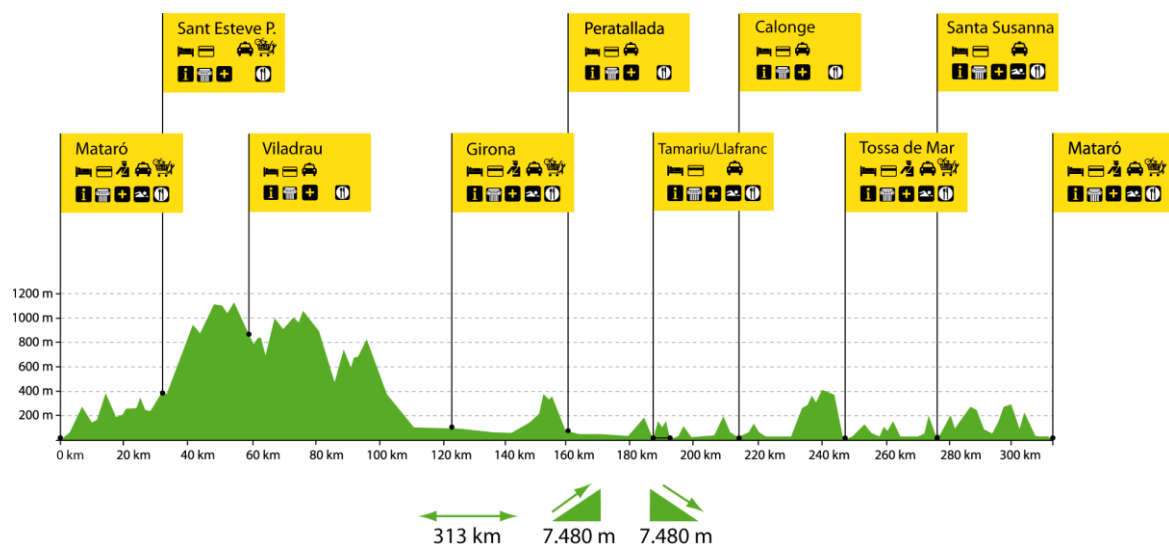
stages between **Mataró** and **Tamarit** if what you want is to enjoy the coast.

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



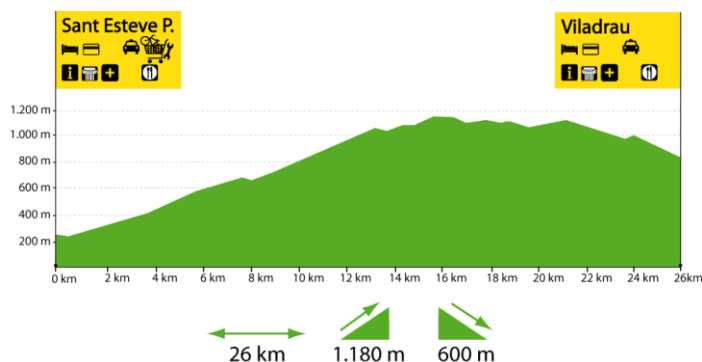
STAGE 1: MATARÓ – SANT ESTEVE DE PALAUTORDERA

On this first day, you will leave the town of **Mataró**, starting on a flat ground but, after a few kilometers they will become more mountainous, since you must cycle through the **Serralada Litoral** (coast mountain chain). To do so, you will pass by the villages of **Dosrius** and **Llinars del Vallès**. After reaching this point, the route becomes softer until the end of the stage, at **Sant Esteve de Palautordera**.



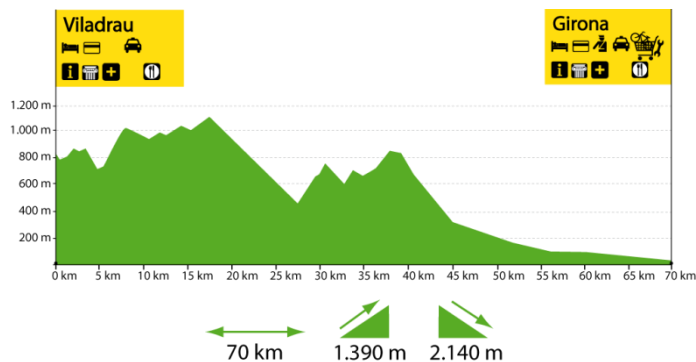
STAGE 2: SANT ESTEVE DE PALAUTORDERA - VILADRAU

Today you will have to cycle through the **Montseny Natural Park**, so you will have to go up to 1,100 meters, the route maximum height. During this stage you must climb up a steep slope but you will also enjoy a fantastic natural landscape and amazing views. 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**.



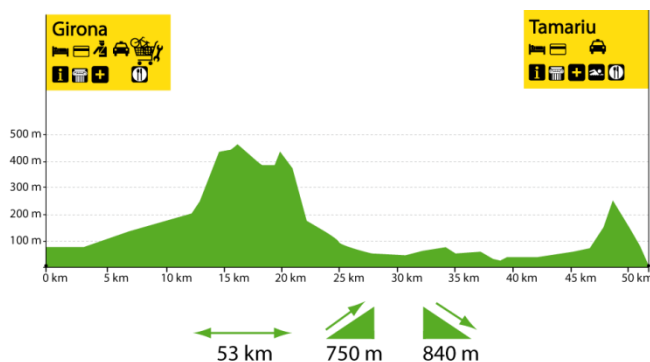
STAGE 3: VILADRAU – GIRONA

Today 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.



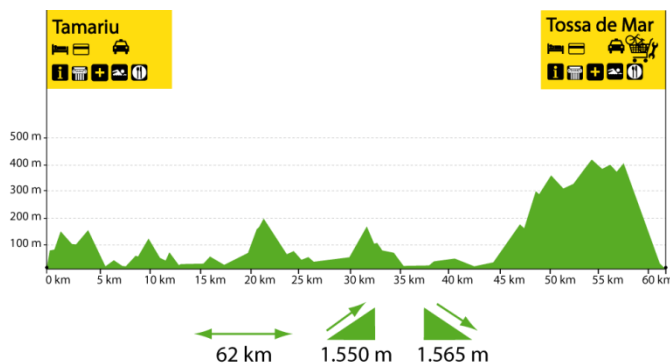
STAGE 4: GIRONA - TAMARIU

Today you will arrive to the **Gavarres** mountain chain and cross the whole **Baix Empordà** region, from inland to the coast, passing through the medieval villages of **Monells** and **Pertallada** until you reach the Mediterranean Sea. At this point you will find the village of **Tamariu**, which will be the end of this stage and where you may bath in the sea if you please. You will for sure feel like walking round the streets of **Tamariu** before or after dinner.



STAGE 5: TAMARIU – TOSSA DE MAR

You leave **Tamariu** bordering the spectacular **Costa Brava** and cycle towards **Llafranc** and **Calella de Palafrugell**, two must-see villages. Further on, the route will leave the coast and shift inland towards 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**, a village by the sea, to start the last climb and then cycle fast down to **Tossa de Mar**, the end of the stage. Here you will be able to visit the ancient **Ametllers** Roman village (from the 1st Century B.C. to the 6th Century A.D.); the Vila Vella walled enclosure, a National Historic Artistic monument; and, of course, all the maritime area.



STAGE 6: TOSSA DE MAR - SANTA SUSANNA

Today 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 and finally you will reach the entrance of the “**Montnegre i Corredor**” Natural Park, in the town of **Santa Susanna**, the end of the stage.



STAGE 7: SANTA SUSANNA - MATARÓ

This last day, although you are not going to cycle a long way from the coast, the route will lead you through the **"Montnegre i Corredor" Natural Park**, where the landscape becomes more mountainous. Once you overcome the difficulties of today, the last 10 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 7 days ago.



BikerideCostaBrava:

A worry-free cycling experience



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