



Pyrenees.cc

**PYRENEES, COSTA BRAVA &
GIRONA TOUR
LEONARD LEE & FRIENDS**

17TH - 24TH SEPTEMBER 2025

**GIRONA > FRENCH PYRENEES >
COSTA BRAVA**

**8 DAYS
7 NIGHTS**

INCLUDES:

HOTELS

BREAKFAST

DINNER

BAGGAGE TRANSFER

CHRIS - ON BIKE GUIDE &

MECHANIC

VICKY - TOUR SUPPORT IN VAN

AIRPORT TRANSFERS

NON-CYCLING ACTIVITIES

TOUR OVERVIEW

Join us for another memorable week exploring the beautiful Costa Brava region of Spain and the cycling Mecca of Girona with Leonard Lee and friends. No two trips are exactly the same but there is so much more of the Costa Brava to see we just had to go back! This year we will take in the stunning Cap de Creus, the rock formations of which inspired some of Salvador Dali's most famous works, as well as some of our favourite destinations from the 2024 tour and the legendary city of Girona.

All accomodation is 3* or higher and we work hard to select unique and independent hotels to rest your legs at the end of the day, ensuring your trip is one to remember. Non-cycling partners are welcome!



Cyclists' Provisional Itinerary

Date	Destination	Stats	Description
Wed 17 Sept	Girona	0km, 0m +	Arrival day – explore the city of Girona, the city walls, cyclist cafés and stay in the cyclists’ hotel of choice, Hotel Carlemany
Thu 18 Sept	Sant Miquel de Pineda	42km, 585m +	Ride out from Girona following the old railway line towards the Alta Garroxta, volcano country!
Fri 19 Sept	Camprodon	51km, 865m +	Today we’ll start the climb through the Alta Garroxta to the beautiful town of Camprodon, famous for its medieval bridge and delicious wafer biscuits!
Sat 20 Sept	Arles-sur-Tech	51km, 723m +	First border crossing day! From Camprodon we will climb to the Col d’Ares which marks and descend into the Vallespir valley in France, home of Pyrenees Cycling Club!



La Rectoria, our accommodation in Sant Miquel de Pineda



Camprodon

Cyclists’ Provisional Itinerary, continued

Date	Destination	Stats	Description
Sun 21 Sept	Banyuls-sur-Mer	58km, 265m +	Following the valley downhill we'll get our first view of the Mediterranean, before riding through the stunning town of Collioure and staying in Banyuls-sur-Mer, the home town of celebrated Catalan sculptor, Maillol.
Mon 22 Sept	Cadaques	43km, 750m +	Making our second border crossing of the trip, we head back into Spain, to the charming fishing village of Cadaques. Opportunity to visit Salvador Dali's house for non-cyclists.
Tue 23 Sept	L'Escala	31km, 600m +	Last day on the bike, but we're ending on a high! A short mileage day with decent elevation gain. The stunning beauty of the Cap de Creus, a protected nature reserve, will make the climb worthwhile!
Wed 24 Sept	L'Escala	0km	Final day - relaxed morning all together and transfers to airport



Villa Camille, our hotel in Banyuls-sur-Mer



Cap de Creus, Catalunya

Non-Cyclists’ provisional Itinerary

Date	Destination	Description
Wed 17 Sept	Girona	Arrival day – explore the city of Girona, the city walls, cyclist cafés and stay in the cyclists’ hotel of choice, Hotel Carlemany
Thu 18 Sept	Sant Miquel de Pineda	Before leaving Girona, we will take the opportunity to visit the imposing Gothic Cathedral, before taking the scenic route via Banyoles lake and joining the group at our beautiful B&B, La Rectoria.
Fri 19 Sept	Camprodon	We will take a small detour to visit the picturesque Castellfollit de la Roca, a quaint village perched on a high rocky outcrop, then explore the town of Camprodon with its mediaeval bridge.
Sat 20 Sept	Arles-sur-Tech	Today we will take the same route as the riders and enjoy the stunning views from the Col d’Ares. We will call in to the town of Prats de Mollo and stretch our legs to visit the Fort, perfectly perched to defend France against invasion!



Non-Cyclists’ Itinerary, continued

Date	Destination	Description
Sun 21 Sept	Banyuls-sur-Mer	Following the river Tech as it winds its way down the valley, we then head south and turn towards the pretty seaside village of Collioure, where many early 20th century artists came to paint. In the town of Banyuls-sur-Mer we can taste the Banyuls fortified wine.
Mon 22 Sept	Cadaques	From Banyuls we will follow the winding coastal road, admiring the views of the Mediterranean and crossing the border back into Spain. We will visit the monastery of Sant Pere de Rodes before dropping into the picturesque El Port de la Selva and then on to Cadaqués.
Tue 23 Sept	L’Escala	This morning we let the cyclists ride on ahead while we visit the home of Salvador Dali, giving a glimpse of the scenery that inspired some of his most famous works. We will then drive over the Cap de Creus before heading for the beach town of Roses, our final overnight stop.
Wed 24 Sept	L’Escala	Final day – relaxed morning all together and transfers to airport

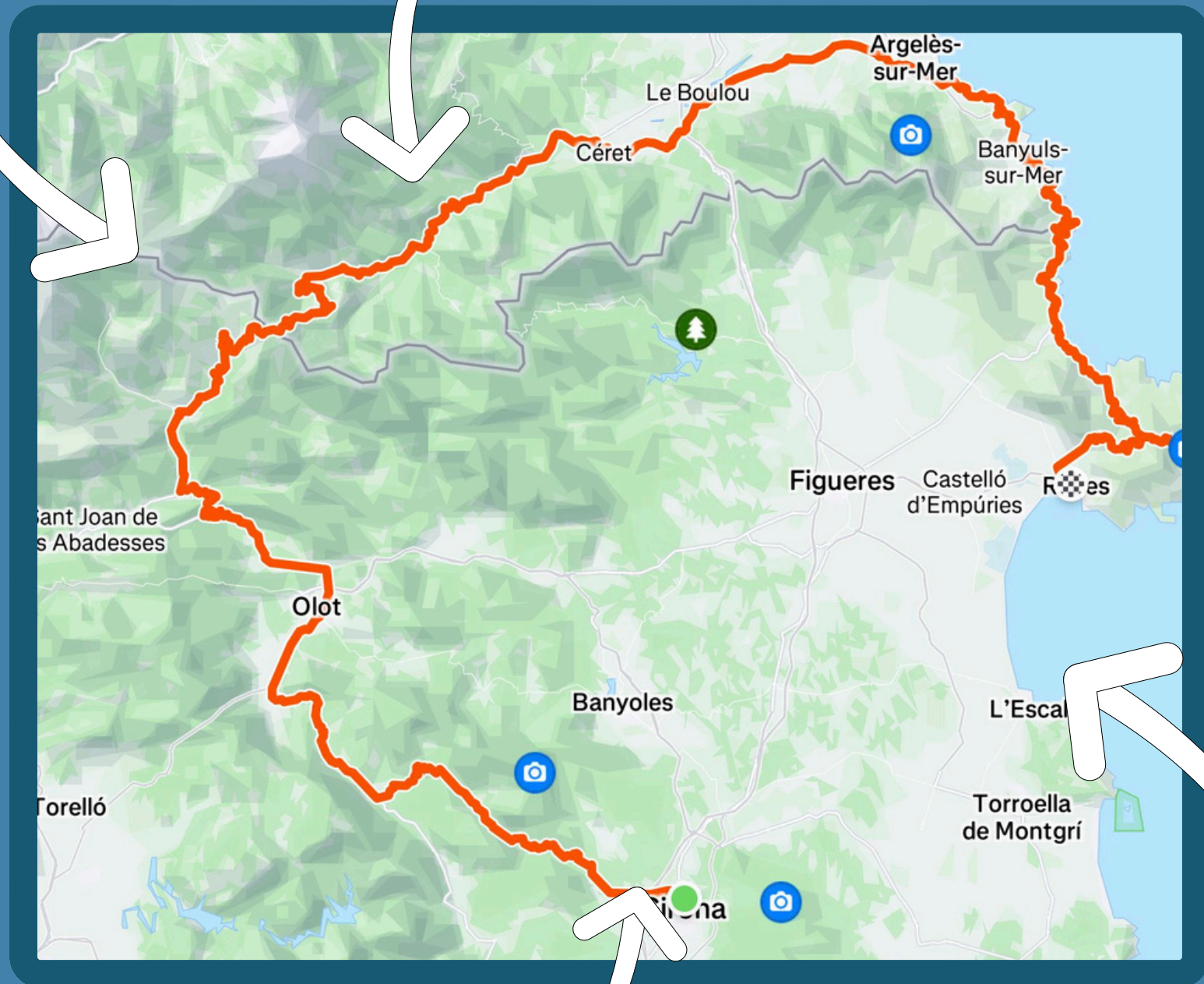


**WE TRANSFER YOUR LUGGAGE BETWEEN HOTELS...
LEAVING YOU TO ENJOY THE RIDE**



PYRENEES

OUR FARMHOUSE



GIRONA

COSTA BRAVA

PRICES & BOOKING

There are a maximum of **10 places** available on this private tour with Leonard Lee. Non-cycling partners are very welcome! They will have the benefit of seeing the same scenery, but with more time in each day's destination to relax and soak up the culture. See the 'non-cycling activities' page for the off the bike programme.

Number of guests	6	7	8	9	10
Cost per person single occupancy	3,500€	3,300 €	3,100 €	3,000 €	2,900 €
Cost per person shared room	2,750 €	2,600 €	2,500 €	2,400 €	2,300 €

As we hand pick small, boutique guest houses and hotels, it's possible our group will fill the whole place! Therefore we need to confirm accommodation options with you once group numbers are known. Pricing will not increase above these figures. On day 2, for example, the delightful bed and breakfast may require some guests to share twin rooms. This is due to the availability of accommodation in these remote areas

HOW TO BOOK

At this stage we're looking for expressions of interest and for guests to reserve a place with a refundable booking deposit of **500 €** per person.

Then we will confirm accommodation, confirm total numbers which dictates the tour cost per person

As places are limited and we expect high demand, please EMAIL US directly to express your interest and we will send the link to pay your booking deposit.

As this is a custom tour, please keep us informed with your travel plans and any special requests.

The first step will be to offer places to Leonard's regular group of friends and ride partners.

Next we will offer the tour to people in Leonard's network who have not been on a Pyrenees CC tour before

Then we will issue information on final numbers, confirmed pricing (pricing will not increase from numbers quoted here) and information on the split of cyclists vs non cyclists. From this point, confirmed itinerary and airport picking schedules will follow.

TOUR DETAILS

Tour includes:

- 7 nights' hotel accommodation with breakfast included
- 7 evening meals including first wine, beer or non-alcoholic drink
- 6 days guided rides. Chris will be guiding on the bike and you will have GPS routes uploaded for each day to your computer. Chris is a trained mechanic and will be carrying tools.
- Vehicle support when required. We can bring out a spare wheel, mobile workshop etc to ensure breakdowns don't get in the way of your holiday.
- Luggage transfer from hotel to hotel. 2 bags per person
- Transfers to and from Barcelona El Prat airport. We can also call at Girona airport if that suits you better. Please aim for morning arrival and evening departure flights so we can maximise your fun time.
- For non- cyclist's; transport from hotel to hotel, Vicky will be your tourist guide for the best viewpoints, attractions and hidden spots. She knows the Costa Brava and Pyrenees very well!
- Ride snacks and electrolyte drinks to be carried on your bike
- Pyrenees CC jersey (already have our new jersey? Why not ask for our new hoody instead?)

Tour does not include:

- Lunch on the road. Sometimes this would be a quick bakery stop, other times you're ahead of schedule and fancy a restaurant and a few hours relaxing. For this reason we don't include lunch meals but please budget for an average of 20 euros per day.
- Additional alcoholic drinks on evenings
- Airport transfers to other airports, or for flight times on different days to the group. We are happy to book you a taxi if your travel plans don't quite fit this schedule



Customer review

Adam H
June 2023



Having just returned from a week with Pyrenees.cc, I cannot thank Vicky and Chris enough for the most spectacular break. Both work so hard to ensure that everything is perfect for you, from the excellent rides that Chris leads, covering everything that the region has to offer, climbing, descending, flats, the most amazing scenery and the Med; the support that Vicky provides in the van; the coffee stops and restaurants visited; the breakfasts, evening meals and laundry service that Vicky somehow finds time to also prepare! All that is on top of being made to feel like family rather than a guest... Looking forward to coming back when I can, I've got unfinished business with a couple of Cols!



Thank you Leonard & friends for your enquiry.

It's a private tour so I'm there to make it exactly how you want. Feeling a bit tired? We can shorten days. Want to have a swim in the morning? We can set off later.

Guests describe our tours as fun, adventurous and relaxed. Nobody gets dropped on the road and nobody has to do anything they are not comfortable with. Fun foremost!

Anything you need, just ask. I really hope I can take you on this adventure in September.

Best wishes

Chris Bratherton, owner at Pyrenees Cycling Club

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