

DIGNO GO 
GOURMET BIKE TOURS

COSTA BRAVA

LUXURY



Day 1

Today's Ride: 22 Miles (1,600' Elev. Gain)

Cycling in Costa Brava starts in front of the hotel Mandarin Oriental in Barcelona. From there, transfer to Figueres, a municipality in the Alt Empordà and the birthplace of Salvador Dalí. After a light lunch and introduction to the week, visit the historical Dalí Theatre and Museum. Then, embark on a leisurely bike ride through a beautiful pine forest. End the day at Casa Anamaria, an elegant mansion style hotel in the Province of Girona.

Day 2

Today's Ride: 36 Miles (2,000' Elev. Gain)

Short Option: 20 Miles (1,300')

Long Option: 41 Miles (2,100')

Today, begin with a ride through the Empordà region. Pedal to La Bisbal d'Empordà, a leading pottery center in Catalonia. Before lunch, stroll through Peratallada, a medieval town. In the afternoon, reach the Mas de Torrent Hotel & Spa, a heaven for relaxation in Costa Brava and your hotel for the next two nights. For dinner, transfer to Pals, a fortified medieval town with cobblestone streets, arches windows and stone balconies.

Day 3

Today's Ride: 40 Miles (2,100' Elev. Gain)

Short Option: 28 Miles (1,300')

Long Option: 47 Miles (3,000')

Your cycling tour in Catalonia continues along the coast. In the morning, your ride inland on your way to Palamos. Then, pedal along the Catalan coastal range and arrive in Callela de Palafrugell, an ancient fishing village with narrow streets. After lunch, stroll through the town before getting back on your bike and cycling to Begur, home to the best beaches in Spain. End the day with a wonderful dinner at the gourmet restaurant of your hotel.

Day 4

Today's Ride: 22 Miles (2,200' Elev. Gain)

Short Option: 12 Miles (2,000')

Long Option: 32 Miles (3,500')

On your fourth day, get ready for some challenging climbs. Start with a transfer (2h15) to the heart of the Pyrenees and the village of Castellar de n'Hug. From there, tackle the coll de la Creueta, a mountain pass and the natural border between France and Spain. Arrive in La Molina, a famous ski resort during the winter time, just in time for lunch. In the afternoon, ride toward the Cerdanya Valley. End the day in Bolvir at the Torre del Remei hotel.

Day 5

Today's Ride: 30 Miles (2,500' Elev. Gain)

Short Option: 16 Miles (1,800')

Long Option: 40 Miles (3,600')

Get on your bike and travel to Llivia, a Spanish enclave in the French Pyrenees. Ride uphill for a good 11 miles before a nice downhill into the town. For lunch, settle at a restaurant in Llivia. In the afternoon, you start with an easy uphill before a long downhill back to your hotel. Celebrate the week with a farewell dinner in the hotel dining room.

Day 6

Your tour of Costa Brava comes to an end in Barcelona.

Trip Accommodations

4 & 5 Star Hotels



Casa Anamaria ** (1 Night)**

Phone: +34 872 59 17 21

www.hotelcasanamaria.com



Mas de Torrent *** (2 Nights)**

Phone: +34 902 55 03 21

www.hotelmastorrent.com



Torre del Remei *** (2 Nights)**

Phone: +34 972 14 01 82

www.torredelremei.com

Included/Not Included

Price Includes

- All breakfasts, 1 lunch and 4 dinners
- Multiple daily routes
- A fully equipped bicycle: the Fuji Absolute 1.1 Disc
- Handlebar bag, helmet and water bottle
- Garmin GPS with easy to follow directions
- 1 leader for every 5 guests
- Snack & drinks during the day
- Gratuities at hotels and restaurants
- Guided tours, tastings and entrance fees
- A leader offering minivan support
- Luggage transfers
- Porterage
- Minivan transfers during the trip
- Local guides and experts
- An email a few days prior to your trip

Price Excludes

- Transportation to & from pick-up/drop-off locations
- Pre or post trip lodging
- Minibar, massages, non scheduled activities, etc
- Alcoholic beverages
- Road bike or e-bike
- Gratuities for your Leaders

Meeting & Departing Information

Meeting Location

Meet your DIGnGO Trip Leaders, in front of the Hotel Mandarin Oriental at 11.00 AM. From here, shuttle 1 hour 45 minutes to the start of our first bike ride. Be sure to wear your cycling outfit so you are ready to ride.

Arriving Late to the Meeting Location

If you have a delay on the first day of the trip, please email or call your trip leaders as their contact information will be emailed to you 48 hours prior to the trip start.

If you arrive late to the meeting location and do not see your trip leaders, you may take a taxi to the first night's hotel.

End of the Trip

The trip ends at the Hotel Mandarin Oriental. DIGnGO Trip Leaders provide transportation, arriving at about 12.00 PM. Please make sure to book a train no earlier than 01.00 PM.

How to get to the Meeting Location

Flights run from major cities around the world to Barcelona many times a day. We recommend that you fly from home into Barcelona-El Prat airport at least the day before. You may read more about the Barcelona-El Prat airport at: www.barcelona-airport.com.

How to Get to Downtown Barcelona From the Airport

The cost of a taxi to get to downtown Barcelona is around \$45 (USD). For taxi service we recommend that you either book a taxi before your arrival online with this company www.barcelonaairporttaxi.com or that you take a taxi at your arrival.

Travel Essentials

How to Pack

Due to the limited space in our minivan, we ask you to limit the number of bags you bring to 1 suitcase and 1 carry-on luggage. In order to deliver your bags to your room, we ask that each bag has a clear luggage identification tag.

What to Wear for Dinner

Please remember that whether you dine at a Michelin-starred restaurant or at a local bistro you should feel comfortable. Men should wear dress pants with a shirt or a polo. Jackets are not required. Women should wear a dress, skirt, dress pants with a nice top. Sneakers, shorts and jeans are not recommended for dinners.

What to Wear while on the Bike

In order to feel comfortable, we recommend that you buy a pair of padded cycling shorts. There are many brands out there but a good quality one is best if you don't want to feel sore after a day of biking. We also recommend wearing a cycling jersey. In case of bad weather, a windbreaker and a rain jacket will keep you warm and dry.

Meals

Dinners are a combination of amazing local restaurants and gourmet meals. The first lunch is included. 4 lunches and 1 dinner are not included, for you to try local cuisine on your own. Alcoholic beverages are at your own expense.

Spa Treatments

Please note that spa treatments are not included in the trip price. If you wish to make an appointment, we recommend that you call your hotel and make a reservation ahead of time. However, make sure to book an appointment after 5.00 PM.

Tips & Gratuities

Please note that your trip leaders also rely on tips. Gratuities may be given at your discretion at the end of the trip according to the trip leaders professionalism. Industry standard is 5-10% of the trip price per team of leaders.

Destination Facts

Climate

The climate features 2 major seasons, a hot summer and a cold winter corresponding to a Mediterranean climate. *To convert from Fahrenheit to Celsius in your head you can subtract 30 from the Fahrenheit figure and halve the result.*

Average	Jan	Feb	Mar	Apr	May	Jun
High F	57	59	64	66	74	81
Low F	35	36	40	43	51	58
Prec. (In)	2.2	1.5	1.8	3.2	2.5	2.4
Average	Jul	Aug	Sep	Oct	Nov	Dec
High F	87	87	79	72	62	57
Low F	63	63	57	51	41	36
Prec. (In)	1.2	1.6	2.6	3.2	2.2	2.6

How to Dial Internationally

All phone numbers provided by DIGnGO are listed using the following format:

+ Country Code (0)# ## ## ## ##

Wherever you are calling from, make sure to dial + or 00 - *country code of country to which you are calling (ex. 33 for France) - local number.* If you see a (0), you must drop this digit when dialling the number.

Electric Current

Please note that in Europe electricity runs on a 220-volt. Most higher-end electronics have built-in voltage adapters so the voltage difference doesn't matter, however, you will still need a plug adapter. Before traveling to Europe, check the voltage of the electronics you will bring along with you. Your electronics will display the voltage in which your device operates. It will be printed near the plug or on the power brick.

Documents, Cancellation & More

Travel Documentations/Visa

All guests must have passports valid for six months following the departure date. Even though a visa is usually not required if you are staying less than 90 days in the country, you are advised to check with the consulates of the countries you will visit to determine which documents you must obtain.

Travel Insurance

Contact our office to receive a copy of the All-Inclusive plan full description of coverage.

Cancellations & Refunds

In case of cancellation, the cancellation fees are as follows:

- 91+ days before departure: Non refundable amounts
- 90 to 61 days before departure: 30% of the trip price
- 60 to 31 days before departure: 50% of the trip price
- 30 to 0 days before departure: 100% of the trip price

In case of cancellation, please note that exceptions to this policy cannot be made for any reason.

On the rare occasions when DIGnGO must cancel a trip, all payments received to date will be refunded, which constitutes full settlement. DIGnGO is not responsible for any personal expenses incurred in preparation for any cancelled trips.

Transfers

You may transfer from one trip to another up to 91 days before the departure of the trip, after that our cancellation policy applies.

Itinerary Changes

In some rare unforeseen circumstances some activities, restaurants, hotels, etc... might change. In case of hotel, we will make sure you get to stay in a hotel of the same standards.

Valuables

Valuables are 100% your responsibility. During the trip, do not leave any valuables in DIGnGO vans as we do not assume responsibility for any damage, loss or if they are stolen.

Frequently Asked Questions

Can you pick me up at a different location?

No, everyone is coming from a different location so your trip leaders will meet all of you at the starting location.

At the end of the trip, can you drop me off at a different location?

No, your leaders can't go to different locations, that is the reason why there is a drop off location for everyone.

I have to take a train at 7.30 AM & drop off time is 12.00 PM, can the trip leaders take me early?

Unfortunately we cannot accommodate multiple shuttles. If you need to go earlier, contact the front desk of your hotel as they will be glad to book a taxi for you.

Do you recommend bike shoes for riding?

It takes time to get used to riding with bike shoes and unless you are used to riding with bike shoes, sneakers are fine. However, if you decided to bring your bike shoes, you also need to bring your own pedals.

Should I bring a helmet?

Helmets are included but if you would rather bring your own, you're welcome to do so.

Can I adjust my bicycle stem?

Our touring bikes come with an adjustable stem allowing you to raise the handlebar so you have a more upright riding position.

What do you mean by multiple daily routes?

Each day we offer a range of mileage options and you decide how much activity you want to do.

Do you include alcoholic beverages?

DIGNGO includes alcohol during some activities. However, during lunch and dinner, it is not included and it is your responsibility to pay the bill.

How does it work for extras at the hotel?

Extras are your responsibility and the bill needs to be settled before you leave the hotel.

Should I bring my luggage down or leave it in the room when we change hotel?

Please bring it down to the lobby or have the staff of the hotel bring it down for you. Your trip leaders will then take care of the bags.

Should I carry my helmet, seatpost bag and water bottle in the room at night?

Please do, those are yours for the entire week and in order not to mix them with everyone else, we ask to bring all the materiel with you in the room. The only thing that you need to give your trip leaders is the Garmin GPS as they need to charge it for the next day.

Is there a minivan along the route during the day?

Yes, do not hesitate to ask for a ride if you need one.

Can I ride at my own speed?

Each bike has a Garmin GPS with pre-loaded routes allowing you to find your way.

Do we start cycling early?

Most days, you start cycling between 8.30 & 9.00 AM

How to ride pain-free?

A pair of padded cycling shorts is definitely a great investment.



Cycling Safety

The Rules

- Wearing a helmet on a DIGnGO trip is required.
- While you're riding your bike, ensure that you are using good judgment and being aware of your surroundings. The unexpected can happen in an instant and maintaining alertness will ensure that you, and those around you, are safe.
- Do not wear headphones while riding as they will likely drown out important sounds and distract your attention.
- Avoid riding side by side but instead try to "ride single file". Leave enough space between yourself and the rider in front of you for a car to fit.
- If you are traveling downhill, increase the distance between yourself and others to ensure your ability to stop, should someone ahead of you brake suddenly.
- Be courteous to other riders and motorists, especially near intersections, driveways, parked cars, and other places as they may not be aware of you.
- In some countries, you will find intersections with no traffic signals. In that case, please note that other vehicles have the right away.
- Stop at all red lights and stop signs.
- Make sure to yield to pedestrians.
- As you are about to turn, communicate your intention to others around you by using recognised hand signals.
- Avoid road obstacles such as potholes, rocks, etc. While going over rough terrain, such as gravel, sand, or rocks, make sure to downshift.
- While riding downhill make sure that you are using both brakes in order to control your speed and avoid "glazing over".

Pre & Post Trip Lodging Options Barcelona

Room Rate Guide

(Per Night)

0 to 100€.....	€
101€ to 200€.....	€€
201€ to 300€.....	€€€
301€ to 400€.....	€€€€
401€ to 900€.....	€€€€€

Madarin Oriental

www.mandarinoriental.com | Rates: €€€€€

Alma Barcelona

www.almabarcelona.com | Rates: €€€€

Hotel 1898

www.hotel1898.com | Rates: €€€€

Mercer Hotel Barcelona

www.mercerbarcelona.com | Rates: €€€€

Hotel Neri

www.hotelneri.com | Rates: €€€€

Casa Camper Hotel Barcelona

www.casacamper.com | Rates: €€€€

Hotel Primero Primera

www.primeroprimera.com | Rates: €€

Hotel Do Placa Reial

www.hoteldoreial.com | Rates: €€

Olivia Balmes Hotel

www.oliviabalmeshotel.es | Rates: €€

El Palace Hotel

www.hotelpalacebarcelona.com | Rates: €€€€

K+K Hotel Picasso

www.kkhotels.com | Rates: €€€€

Yurbban Trafalgar Hotel

DIGnGO's Packing List

Travel Documents

- This document
- Passport
- Visa
- Air transportation confirmation details
- Rail transportation confirmation details
- Pre/post trip lodging confirmation details
- Cash (€)
- Credit Cards

Electronics

- Plug adapter
- Cell Phone & charger
- Camera & charger

Cycling Clothing

- Padded cycling shorts
- Cycling jersey
- Cycling Jacket
- Bike shoes & pedals
- Sneakers
- Cycling gloves
- Rain jacket
- Cycling pants

- Arm warmers
- Leg warmers
- Shoe covers & booties
- Cycling headband or cap

Personal Items

- Medication
- Eyeglasses, contacts, contact lens solution
- Sunscreen
- Swimsuit
- Travel journal/notepad and/or reading material
- Bike Helmet