



EXPERIENCEPLUS!
BICYCLE TOURS SINCE 1972

Bicycling Catalonia's Costa Brava
Plus! Barcelona
May 22nd – June 2nd, 2014

Day 10 – Bicycle Vic to Caldes de Montbui

Highlights: Vic (square and sausage factory) Roman spa towns and rolling hills

Today our ride continues from one valley to the next as we make our way towards Barcelona. We leave the foothills of the Pyrenees as we pedal down to Caldes de Montbui, an ancient Roman hot springs town. Take some time to enjoy this small town and the ancient baths before taking a dip in the hot pools yourself. This evening we'll have dinner together. Mileage 50 kms (31 miles)

This evening's hotel:

Hotel Balneari Vila de Caldes
Caldes de Montbui
08140 Barcelona

Tel: 938 892 551

Tour Leader phone numbers:

Philipp
Montse
Loic

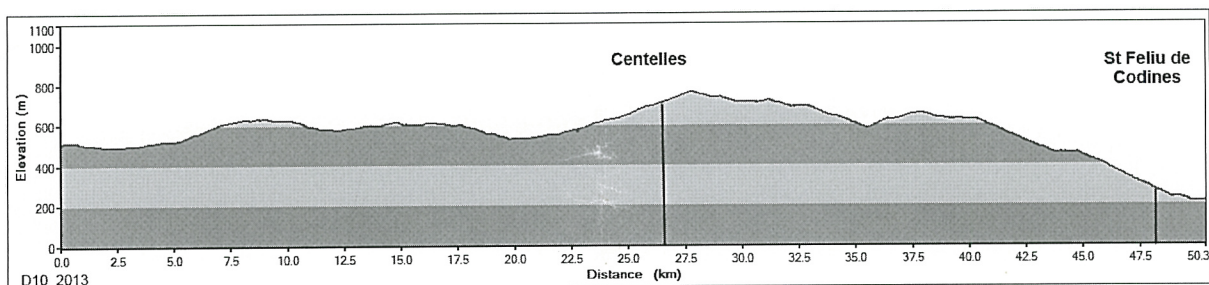
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(+34) 650 818 499
(+34) 637 969 758

In an emergency call 112

This is a toll free call from all Spanish phones. And English speaking service is available.

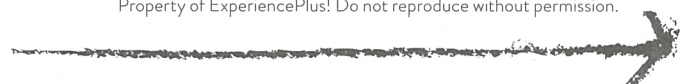
Today's ride:

We will enjoy a sausage factory visit and stroll around it's great main square!. Afterwards on our ride today we're getting closer to the suburbs of Barcelona, the inhabited areas will increase as we get closer to our destination. One example of this is that we will be riding next to a highway for few kilometers. The closer we get to Barcelona the more developed the area becomes. On our left side along the day we will see the Natural Parc of the Montseny with its two highest peaks "el Matagalls" (the rooster killer") and "el turó de l'home"(the hill of the man). Our ride will reach a high point at km 33, afterwards we will have mostly downhill, on the last stretch towards Caldes we are on the main road down the valley.



Lunch and Dinner:

We suggest to pick up pic-nic supplies the latest at Centelles around km 26, or have lunch at km 32.5, there's a restaurant there. Afterwards there aren't many options till St Feliu de Codines.



You might like to know: The **Montseny** park we see on our route today is a UNESCO Biosphere Reserve. Unique for being the highest peaks in the region. Fortunately we do not cycle over them but these peaks are an example of why this area is so varied and interesting for cyclists as there are plains, hills and mountains to train on!

Our destination today, the town **Caldes de Montbui** has recorded human activity that dates back to 3500 B.C. with the first inhabitants living off agriculture in the valley. In the centuries that have followed it has had its thriving moments as well as declining times. Currently it is known as a spa town and has the best preserved Roman Baths of all of Spain.

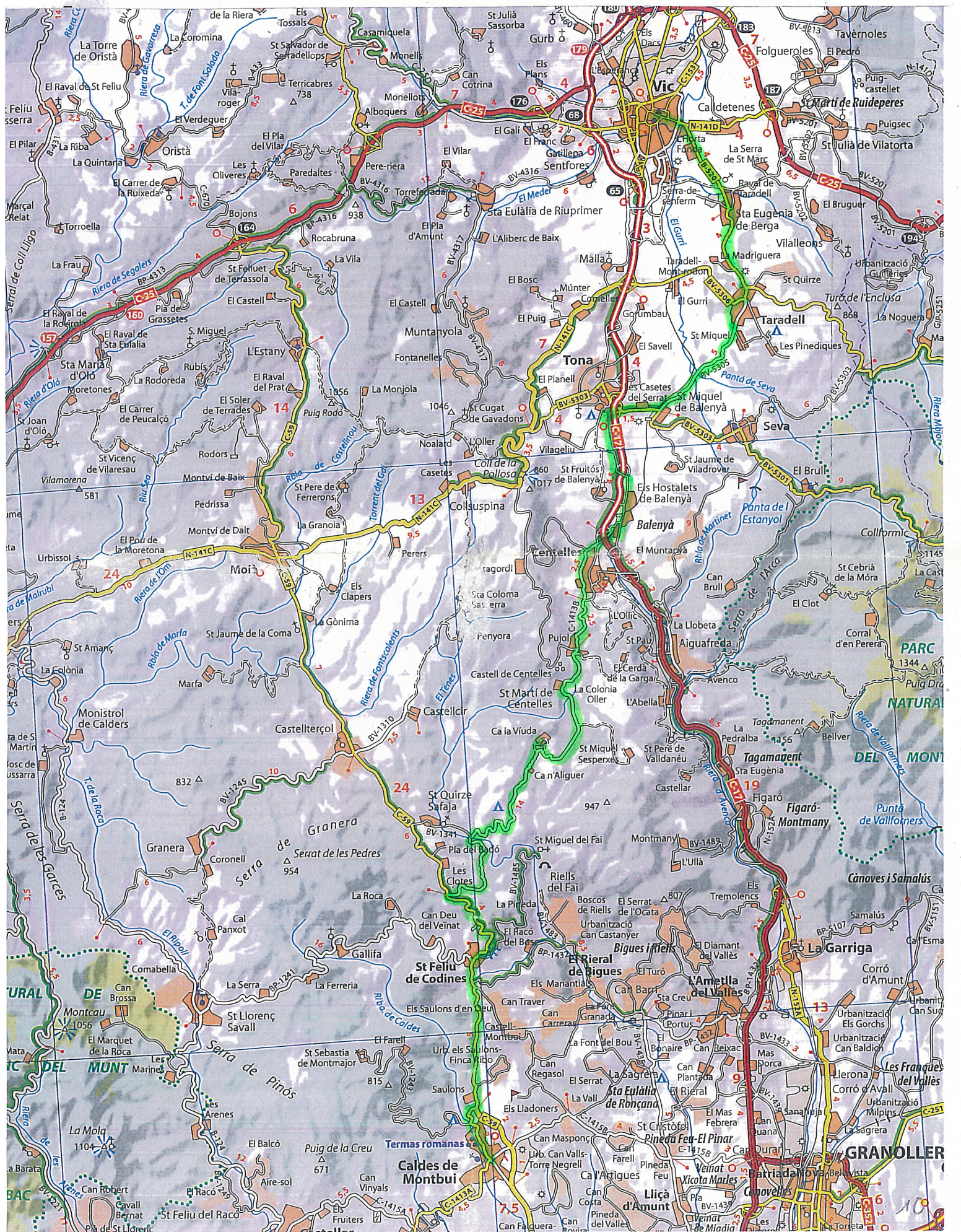
The hot springs have been exploited since Roman times, and the remnants of the Roman baths and other Roman buildings can still be seen. The source of la Font del Lleó ("Lion Springs") in the main square emerges at more than 70 °C (158 °F).

The artist Manolo Hugué lived and worked in Caldes de Montbui, and his house has been converted into a museum displaying both his works and those of other artists. The town also has an archeological museum and the Delger museum of furniture, paintings and sculptures.

Spanish/Catalan Lesson of the Day: If you are interested in buying something and the price is not shown you can say: "cuanto cuesta?" or "cuanto vale?" "how much does it cost?" in Catalan would be "quant costa?" or "que val?". If what you are interested in is not visible enough you can say: "lo puedo ver?" "can I watch it?" in Catalan would be "ho puc veure?". If you are buying clothes you can also use: "me lo puedo probar" which means: "can I try it" or in Catalan "m'ho puc emprovar?" If you want to buy it you can say "me lo quedo" "I will keep it" in Catalan would be: "m'ho quedo" you can also say "lo compro" "I buy it", or in Catalan "m'ho compro"

Day 10: Bicycle to Caldes

Taradell (8 km) - Centelles (20 km) - Lunch (31 km) – Sant Feliu de Codines (43 km) – Caldes de Montbui (50 km)





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Bicycling Catalonia's Costa Brava Plus! Barcelona May 22nd – June 2nd, 2014

Day 11 – Bicycle to Barcelona

Highlights: Bike path and entering Barcelona

We have a relatively short day today as we pedal south and join up with a river side redevelopment that is now a thriving active multi-use path. Our route takes us straight to the coastline from where we'll take bike paths and back streets to our hotel at the top of the Ramblas of Barcelona. A dynamic city, Barcelona combines history and modern art, culture and cuisine seamlessly. We'll have a fabulous final dinner together this evening in one of the classic restaurants of Barcelona. Mileage 43 km (27 miles).

This evening's hotel:

**Hotel Jazz
Carrer Pelai 3,
08001 Barcelona**

Tel: 935 529 696

Tour Leader phone numbers:

**Philipp
Montse
Loic**

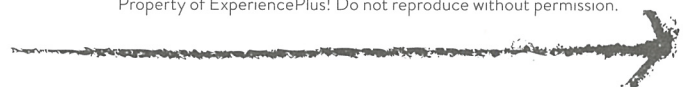
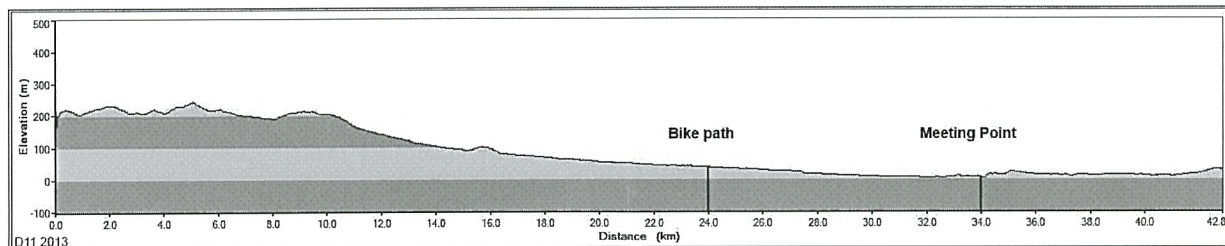
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Today's ride:

We'll weave through the suburbs and a bit of an industrial area of the suburbs today on our ride into the second largest city in Spain. It is not a work day, so traffic should be minimal in the industrial suburb. We'll pick up a bike path for about 9 kms to reach the beach just north of town. From here we'll gather to pedal as a group first along the beach and then up through the Ramblas all the way to our hotel. We will be sharing the space with pedestrians so ride slowly.



Lunch and Dinner:

We will have a meeting point set at 34km. If you arrive here early you are welcome to have lunch at our meeting point. Lunch in Barcelona once we get to the hotel is another good option.

You might like to know:

Barcelona is Spain's second largest city, with a population of nearly one and half million people (nearly five million in the metropolitan area) and the capital and largest city of Catalonia.

In 1992, Barcelona gained international recognition by hosting the Olympic Games which brought a massive upturn in its tourism industry. This had the effect of changing the city in ways that are still felt today with renovated neighborhoods (and in some cases leveled) and the intense focus of modern design permeating all aspects of life from public buildings to something as simple as a park bench or an event poster. For visitors, this translates into the very modern, yet incredibly old city you see now in the 21st century, where the new elements work to both preserve and celebrate the ancient.

This beautiful city is full of what European cities are known for (outdoor markets, restaurants, shops, museums and churches) and is fantastic for walking with an extensive and reliable Metro system for more far-flung destinations. The core center of town, focused around the *Ciutat Vella* ("Old City") provides days of enjoyment for those looking to experience the life of Barcelona while the beaches the city was built upon provide sun and relaxation during the long periods of agreeably warm weather.

In tourist areas, almost all shops and bars have some English speaking staff. People will generally make an effort to try to help you if you speak in English. If you are a native English speaker you will not have any problem as Barcelona is a very touristic city.

If you have a few days to spend in Barcelona, we recommend visiting the following highlights:

- Gaudi Architecture: includes the **Parc Güell** in Gràcia, the still unfinished **Sagrada Família** and the houses **La Pedrera/Casa Milà** and **La Casa Batlló** .
- Art Museums: the Museu Picasso and Fundacio Joan Miro are fabulous museums for anyone interested in these two artists. Especially the Miro museum.
- Stroll through the Barri Gotic and then head to the Ramblas to see the street shows and the market. Watch your pocket book.
- Enjoy the light show at the Font Magica – next to the Palau National. This doesn't happen every evening, but it is worth a shot if you can catch it.
- Head up to the top of Monjuic for a beautiful view of the city.

Spanish/Catalan Lesson of the Day: Saying goodbye—the formal way to say goodbye is to say “*Adios*” which literally means “to God – or Farewell.” Informally, you can say “*hasta luego*” – which means “until later” but often is less formal. In Catalan you might say “*adeu*” instead of “*adios*”, and “*a reveure*” or “*fins després*” instead of “*hasta luego*”. The catalan formula “*a reveure*” is pretty close to the French “*au revoir*”

Day 11: Bicycle to Barcelona

Towns for Navigation: Polinya (12 km) – Montcada i Reixach (23 km) – Bike Path (24km) Meeting point/lunch (34 km) Hotel in Barcelona (43 km)

