



EXPERIENCEPLUS!
BICYCLE TOURS SINCE 1972

Bicycling Catalonia's Costa Brava

May 22nd -28th, 2014

Day 4 – Monells loop ride

Highlights: Loop ride, Iberian Ruins, optional climb

We'll take a loop ride through the gentle hills of the Baix Emporda region today. We have a special stop planned just a few kilometers into the ride to visit a local ceramicist, la Bisbal d'Emporda. After our visit we'll continue our loop ride which includes the option of an 8 km (5 miles) climb for anyone wanting a little challenge. After lunch we'll pedal by one of the earliest Iberian settlements and recommend you stop and visit the ruins - an interesting glimpse into the first people living on the peninsula. This evening dinner is together.. Mileage 47 kms (29 miles).

This evening's hotel:

Hotel els Arcs de Monells
Carrer Vilanova 1,
Monells (Girona)

Tel: 972 63 03 04

Tour Leader phone numbers:

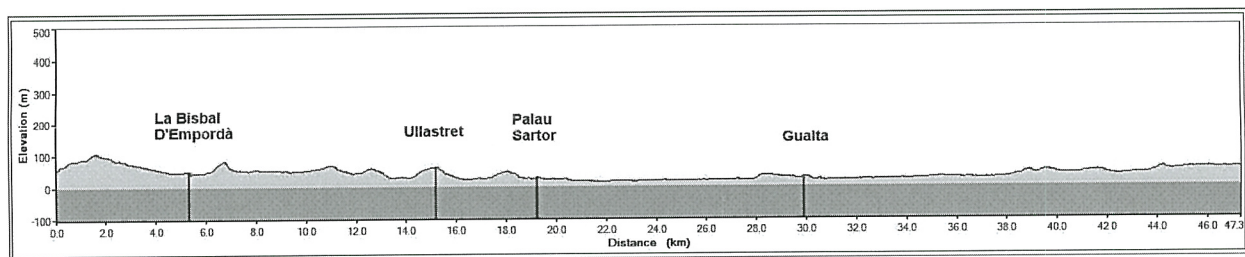
Philipp
Montse
Loic

(+34) 667 982 055
(+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.

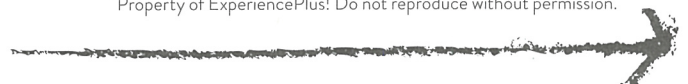
Today's Ride: We pedal through the Baix Empordà, this area is famous because of its several medieval towns, most of them very well kept and with very interesting sites. Expect a short unpaved stretch, ride carefully.



Lunch and Dinner: We suggest lunch in Peratallada. Dinner is together in our hotel tonight.

You might like to know:

Cork production has a long tradition in Catalonia. This was likely because the region was supplying corks for Roman amforas/vases. Before World War I 80% of the world's cork production was estimated to come from Catalonia. Currently 10% of Catalonia's area is producing cork and it produces about 15% of world wide cork production.



Spanish/Catalan Lesson of the Day:

Drinking coffee in Spain is not as complicated as at Starbucks or maybe a bar in Italy, but if you are particular to your milk to coffee ratio, here are some things to think about when you order at a café:

Café con leche – like a “latte” (milk and a shot of espresso)

Café cortado – mostly coffee with a bit less milk. The coffee is like an espresso shot, but a bit longer

Café solo – just the coffee, (espresso)

Café doble/largo or americano – double shot (and then you can add milk *leche* or not)

Coffee is usually taken during breakfast, after lunch and sometimes mid-afternoon and after dinner.

In Catalan *Café con leche* is called *Café amb llet*

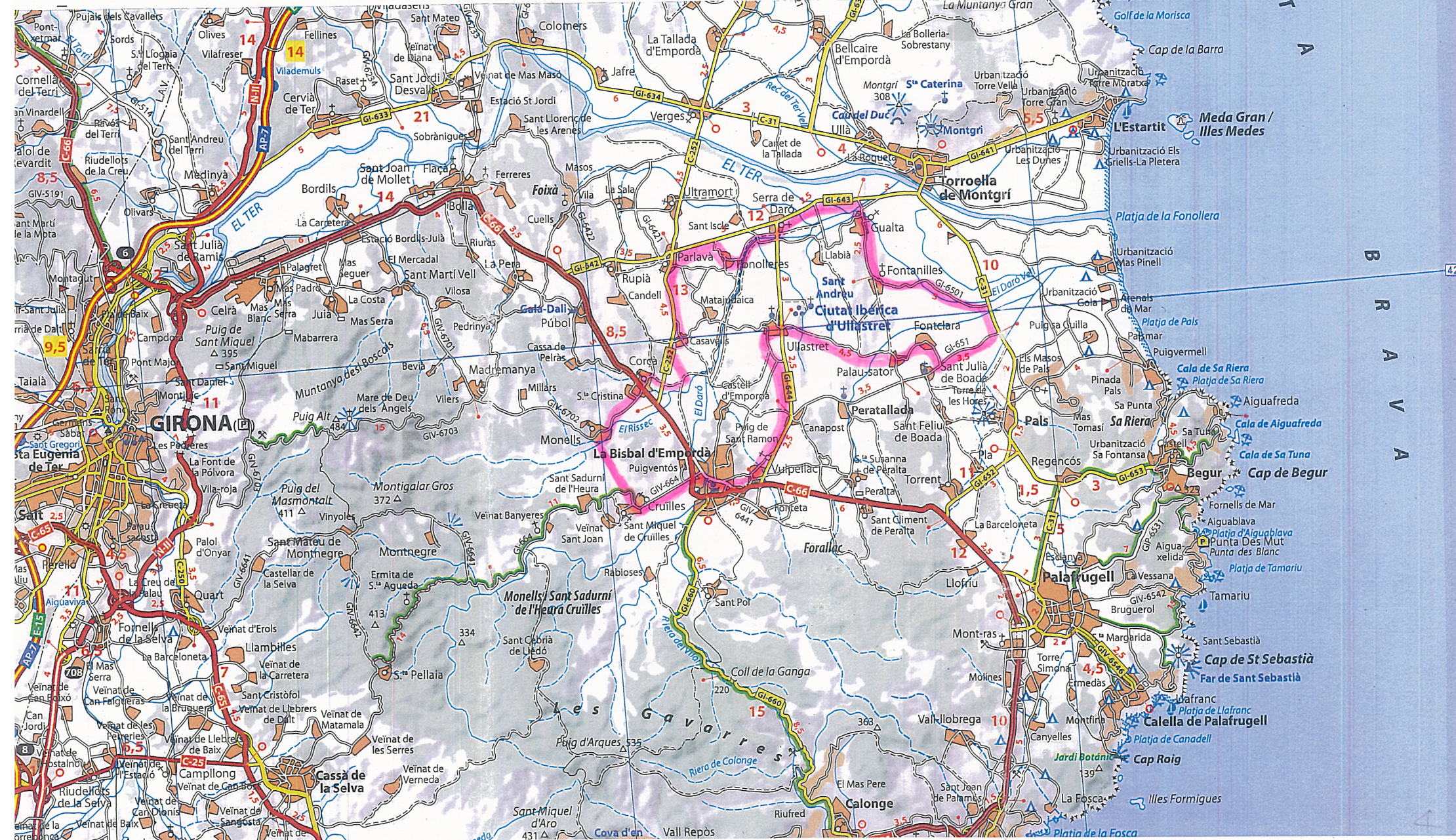
Café cortado is called *tallat* or *café tallat*.

Café solo is called *Café sol*

Café doble/largo/americano is called *café doble/llarg* or *Americá*

Day 4 Bicycle Monells loop ride

Towns for navigation: La Bisbal d'Empordà (5 km) – Ullastret (12 km) – Gualta (30 km) – Parlavà (38 km) – Casavells (42 km) - Monells (47 km)





Day 5 Monells – Cadaqués

Highlights: Remote fishing village, stunning views of the sea

We'll head north and inland today through gentle hills and reclaimed marshes that are now the center for the agricultural economy in the area. We'll suggest a lunch stop in one of these small but historic towns. There is a significant climb to the hotel so anyone who prefers to rest their legs can meet at a café to regroup and shuttle. Everyone else can join local cyclists to conquer the hill that creates a natural barrier and makes this Eastern most peninsula in Spain such a unique natural and geological formation. Dinner is together tonight. Mileage 62 - 80 kms (39 – 50 miles).

This evening's hotel: **Hotel Rocamar** **Tel: 972 25 81 50**
C/ Dr. Bartomeus, s/n
17488 Cadaqués (Costa Brava, Girona)

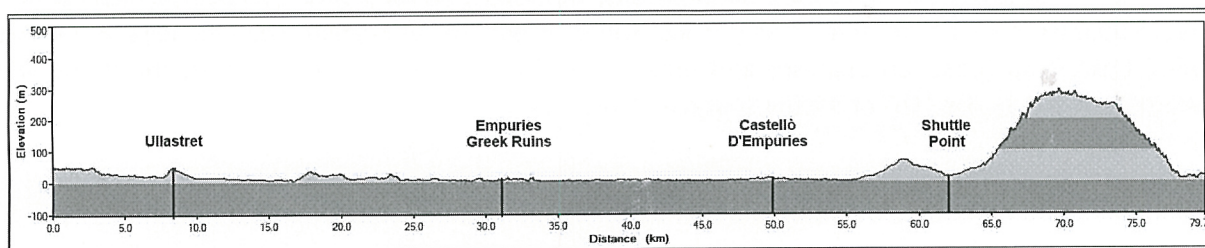
Tour Leader phone numbers:

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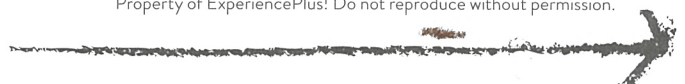
This is a toll free call from all Spanish phones. And English speaking service is available.

Today's Ride: We will ride today from the Baix Empordá towards l'Alt Empordá. Around kilometer 32 you have the option of visiting Empuries (for Greek Emporion) ruins, the first Greek settlement in Spain. As we head further north the flat agricultural fields surrounding us will change dramatically. At the end of the day we'll climb up and over one (little!) piece the Pyrenees that reaches all the way east to the Mediterranean area. Our climb starts at km 60 and is steady but not too steep. The downhill is the same, but if you prefer to avoid either the climb or the downhill the van will be around to shuttle you, We will mark a shuttle point at km 60 in a restaurant called "Mas Palou) 50 m off the route at right hand side. Our entrance in Cadaques is going to be through narrow streets as we wind our way around the bay to the hotel.



Lunch and Dinner: Lunch: We suggest lunch around km 41 in Sant Pere Pescador or at km 50 in Castelló d'Empuries. There are however, other options which may be found along the road.

You might like to know: Of all the towns in the Costa Brava, there is one that stands out for its uniqueness and authenticity: Cadaqués. Cadaqués' name could come from the evolution of Quers



Cape (Cape rocks) due to the large amount of rocks especially in the area of Cap de Creus. Another option is that Cadaqués derives from the word "cadaquer" or "cadaquers" which means juniper forest or woods (in Catalan càdec). This bush is very common throughout the coastal area. A third possibility is that Cadaqués is the compound of two words of Greek origin, kata-Kairus, meaning occasional port (as the Greeks used this port in its trade routes or expansion when bad weather forced them to interrupt their trade routes).

Cadaqués's prime location on the Mediterranean Sea was possibly its most dangerous and precious feature. Through its port and contact with more advanced civilizations, such as the Sardinians, Etruscans, Egyptians and Greeks and Romans the fishing and navigation expertise was very important for the Iberians of this region. This was documented in archives dating from 974 and also in the sale documents from 1030 when the Ampurias counts sold the Cape region to the Monastery of San Pedro de Rhodes and they listed the existence of fishmongers, vineyards, ports, coves and beaches as highlights for this peninsula.

But there were other issues of concern to the locals as pirates and privateers constantly assailed Cadaqués due to the isolated nature of the town. A document from 1444, preserved in the municipal archives of Cadaqués, describes the Moors sacked and burnt the town including Cadaqués's municipal archives.

Indeed, the construction of the wall around Cadaqués has its origin around the time of these attacks. Genoese corsairs and Algerian and Turk pirates like the dreaded Baba Aruch, better known as Barbarossa or Barbarossa, threatened the existence of this small port.

Throughout the 19th century native and foreign artists came to Cadaqués, attracted by its charm and the beauty of its geological landscape. Some even settled permanently like famous painter Salvador Dali who immortalized the town in many of his paintings.

Other painters, before Dali include Eliseu Meifren or contemporaries of Dali include Picasso, Duchamp, Max Ernst, Magritte and Antonio Pitxot, along with his family known for its artistic and musical talent. Also many famous writers like Paul Eluard and Dali's wife Gala, Federico García Lorca, Eugeni d'Ors and Josep Pla, as well as the famous filmmaker Luis Bunuel.

Spanish/Catalan Lesson of the Day: Thank people by telling them "*gracias*" (Thank you) or "*gracies*" in Catalan. Also "*muchas gracias*" (many thanks), "*moltes gràcies*" in Catalan. Remember that in Spanish and Catalan the "c" in *gracias* sounds like a "th" in English. The language in Spain is called *Castellano* (Castilian Spanish) and most other Spanish speakers throughout the world will recognize it due to the "th" or lisp sound a "c" makes when pronounced.



Bicycling Catalonia's Costa Brava
Scale 1:150.000



Day 5: Bicycle to Cadaqués
Towns for navigation: Torroella de Montgrí (17 km) – Albons (26km) – L'Escala (29 km) – Empuries Greek Ruins (32 km) - Sant Pere Pescador (40 km), Palau Saverdera (58 km) Shuttle point (62 km) Cadaqués (80 km)