



**Day 6 – Cycle the Cap de Creus or enjoy the beach**

**Highlights: Dali's summer home, beach front rambla, and optional rest day**

Today you have the option to take a day off the bike, or bicycle to the stunning Cap de Creus - the most easterly point of the Iberian Peninsula. It's a short but hilly ride out and back. For those who prefer a day off the bike, Cadaqués has been inspirational to many great artists, including Dali, Miró, Duchamp and Picasso. Find a spot and explore your inner artist, or simply enjoy a day relaxing by the pool. Dinner is on your own today. Mileage 19 kms (12 miles) out and back or more if you want!

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

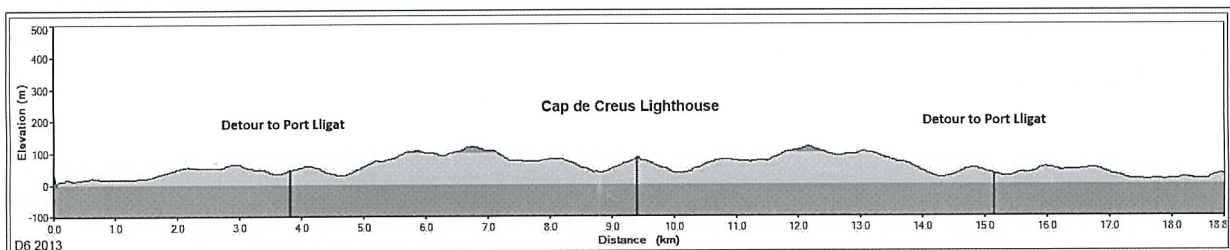
**Tour Leader phone numbers:**      **Philipp**      **(+34) 667 982 055**  
    **Montse**      **(+34) 650 818 499**  
    **Loic**      **(+34) 637 969 758**

**In an emergency call 112**

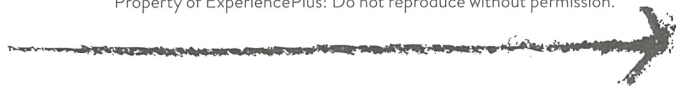
This is a toll free call from all Spanish phones. And English speaking service is available.

**Today's Ride: Today's Optional Ride:** Today's optional ride isn't far, but does have quite a few short and steep climbs. The van will support the initial part of the ride but may not head all the way to the lighthouse. Here are a few options for how you might want to plan your day:

- Take the full optional ride out and back to the Cap de Creus (be sure to consider how long the ride might take you because we'll shuttle to our wine tasting at 1:30!). We suggest a visit of Portlligat if you have the time. At the intersection towards Portlligat we will mark "in & out" towards the Cap de Creus. The pavement can be bumpy on this road, so ride slowly.
- Ride just to Portlligat and back. In Portlligat you can visit the Gaudi Summer house or just explore the beach. The turn off to head down to town is just 4 kms into the marked route.
- Spend some time in Cadaques, hike to the lighthouse, or lay on the beach!



**Lunch and Dinner:** We will enjoy a winery visit where we will also enjoy a pic-nic lunch. Along the afternoon you can go ahead with the ride for those of you who want to go for it, other options are hiking or just enjoy the beach!. **Dinner is on your own** tonight, check the suggestions at the front desk today.



### **You might like to know:**

The Cap de Creus is the eastern most point of the Iberian Peninsula and now it is a protected National Park. It is also home to one of the largest deconstruction and natural habitat renovation projects in the Mediterranean after the Catalan government decided to deconstruct the Club Med resort built in the 1960s called Tudela – just to the north of the lighthouse. A strange intersection of interests comes together in this area – art enthusiasts and geologists will find the geological formations and different rock layers of interest. Many of the formations here inspired Dali's paintings including the famous one depicting clocks in a barren landscape called *Persistence of Memory* and *The Great Masturbator*.

One travel blogger who visited explained commented the following about this area:

*"Imagination – it comes from somewhere. Perhaps it comes from inspiration. That makes sense, doesn't it? There needs to be a spark and what is inspiration if the not the ignition of an idea? Just like fire needs heat to exist, all the best creativity needs a stimulus.*

*Salvador Dali, the great twentieth century painter, found inspiration here on the coast of Spain. In the Cap de Creus Natural Park in the country's Costa Brava region, he found the shapes that would form in his mind and be realized on the canvas. Rocks like animals, trees like people, perhaps even clouds like melting clocks?*

*Dali grew up in this region and as a child he would spend time along the coast. Impressions as a child led him not to become an impressionist but a surrealist.*

*It doesn't take an artistic genius to see the beauty in the landscapes in the Cap de Creus Natural Park.*

**Spanish/Catalan Lesson of the Day:** Ordering a beer is quite easy, as is wine: In Spanish would be: *Una cerveza por favor*, in catalan: *"Una cervesa si us plau"*, will get you a beer (usually pint size). If you want smaller, you can ask for a *tubo* (the same in Catalan) which usually implies half a pint (a tall glass/tube literally)

For wine you can ask for a *copa de vino* (glass of wine) – *"tinto"* (red) or *"Blanco"* (white wine). In Catalan *"una copa de vi"* (glass of wine) – *"tinto"* is used also in Catalan or *"roig"*. *Blanco* (white) in Catalan is *"blanc"*





**Bicycling Catalonia's Costa Brava**  
 Scale 1:150.000

**Day 6 Bicycle loop ride Cap de Creus**

**Towns for Navigation: Cap de Creus Lighthouse (9 km) Cadaqués (19 km)**

Golf  
de





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## Bicycling Catalonia's Costa Brava May 22<sup>nd</sup> -28<sup>th</sup>, 2014

### Day 7 – Bicycle to Figueres

#### **Highlights: Scenic coast boat ride, Dali Museum**

We start our day with a chartered boat ride as we leave Cadaqués and navigate around the rocky coastline that isolates the Cap de Creus Natural Park from the rest of the Costa Brava. Once we leave the boat in Roses we'll pedal to Figueres, birthplace of Salvador Dali. We'll plan a guided tour of the museum this afternoon before a final dinner together to celebrate the completion of our journey. Mileage: 46 kms (29 miles)

#### This evening's hotel:

**Hotel Duran**  
c/Lasauca 5  
17600 Figueres (Girona)

**Tlf: 972 501 250**

#### Tour Leader phone numbers:

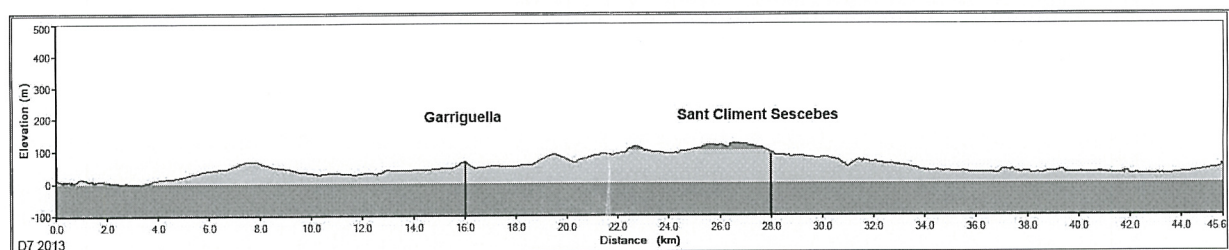
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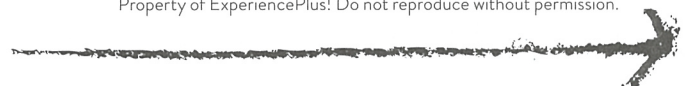
#### Today's Ride:

We will enjoy a boat "cruise" from Cadaques to Roses, if any of you want to ride the way out from Cadaqués, just let your Tour Leader team know! (For those who want to ride the way out from Cadaques, we will cycle back the same road we used to get into Cadaques). Once we left the boat, we will enjoy a pleasant ride along the foot of the Pyrenees. We will have the chance to see several vineyards along the way today. Villages we go through today are not big, there will be some bars, but if you feel like having a picnic get supplies in Roses once we leave the boat.



#### Lunch and Dinner:

For today's lunch one option is to buy picnic supplies in Cadaqués or Roses and enjoy the views of the vineyards for a pic-nic. Other options are Garriguella (km 16), or around St Climent Ses Cebes (km28). Dinner together tonight, for some of you will be the last dinner together!





**You might like to know:** Empordà is a landscape of great natural beauty and variety. It has several natural protected areas and an awe-inspiring coastline of beaches and coves but it also boasts a great cultural and historical heritage: menhirs, megaliths, Gothic architecture, Romanesque art, charming small villages, and the surrealist art of the genius Salvador Dalí.

There is no doubt that the wine culture and the knowledge of the wine trade reached Catalonia around the 6th century BC. The area was then the most important Greek colony in Spain, and Emporiae was the Greek city that later gave its name to the district of Empordà. Four centuries later, archaeological evidence exists to demonstrate that the wines of the lands of Emporiae and other areas of the Tarraconensis were known in the domestic markets of other provinces of the Roman Empire and in the metropolis itself.

In the Middle Ages, when vines were grown near abbeys and monasteries, the terraced vineyards cultivated by the Monastery of Sant Pere de Rodes covered the slopes of the Rodes Mountain range. It is here that the winemaking monk Ramon Pere de Noves is believed to have excelled in the art of winemaking and have written a treatise on the subject. There is also evidence to show that the Monasteries of Sant Quirze de Colera and Santa Maria de Vilabertran also owned vineyards in Empordà.

In the 18th and 19th centuries, the vineyards helped increase the population capacity and became a symbol for the agricultural growth that fuelled significant demographic growth in the production area. The phylloxera plague first appeared in Catalonia in 1879, in a vineyard in Rabós d'Empordà. It brought a ruinous end to this thriving era for Empordà wines. In fact, the vineyards never recovered all the land they had occupied prior to the plague.

The cooperative bodega movement was initially promoted by the Mancomunitat of Catalonia, and later by the Republican Generalitat around 1930. This was the start of a new era of improved winemaking processes; new bodegas were built and sales networks were extended. In addition to these developments, private initiatives were underway and the result was that the quality of wine of Empordà gained fame and popularity in many markets.

**Spanish/Catalan Lesson of the Day:** When you meet someone and you want to introduce yourself you can say "*me llamo*" (don't forget the double "l" is a "y" sound – so in this case it sounds like "yamo"). If you want to ask someone their name you can ask "*como se llama?*" for the formal question or "*como te llamas*" if you are talking to someone informally, like a child or someone you are familiar with. After meeting someone you can say "*mucho gusto*" which means "with pleasure (to meet you)".

In Catalan to introduce yourself you may use "*em dic...*" or "*el meu nom es...*". To ask someone's name "*com es diu vostè?*" (formal) or "*com et dius*" (informal). To mean "with pleasure" you can use "*molt de gust*" or "*encantat*".



**Day 7 Bicycle to Figueres**

**Towns for Navigation:** Palau Saverdera (8 km), Garriguella (16 km), Mollet de Peralada (24 km) -  
Peralada (30 km), Figueres (39 km)

