



EXPERIENCEPLUS!
BICYCLE TOURS SINCE 1972

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

Day 8 Bicycle to Olot

Highlights: Banyoles, Garrtxoa Volcanic Natural Area

Our route takes us along the foothills of the Pyrenees and we'll enjoy some larger rolling hills on our way to Olot. You'll notice a change in the landscape as we enter this unique region which was carved out by ancient lava flows from the four volcanoes that border the valley. Our hotel this evening is a restored manor house just outside of town. We'll have dinner together in the nearby restaurant. Mileage 76 km (43 miles)

This evening's hotel:

Hotel Can Blanc
Passatges de la Deu s/n
17800 Olot (Girona)

Tel: 972-276-020

Tour Leader phone numbers:

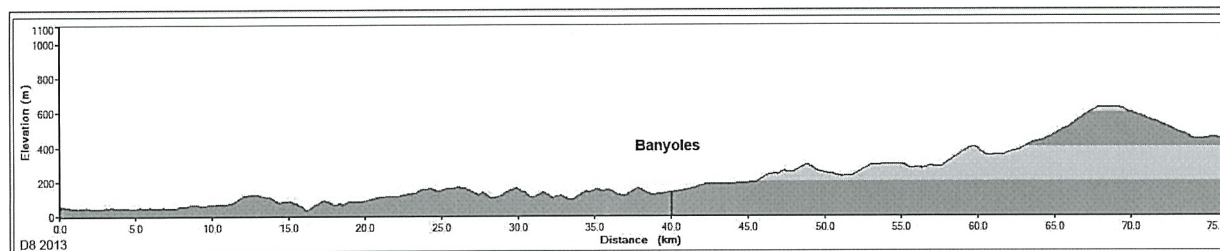
Philipp
Montse
Loic

(+34) 667 982 055
(+34) 650 818 499
(+34) 637 969 758

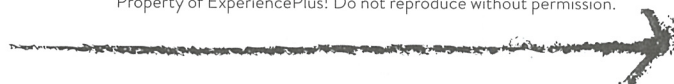
In an emergency call 112

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

Today's ride: today we are going to enjoy the most challenging day of the Catalonia tour, as we leave the flat plains surrounding Girona and head inland towards the "serralada transversal" mountain range. On our way to Olot we will ride next to Estany de Banyoles around km 43. Afterwards we will start the most demanding part of the ride. The second part of the day takes us to the Natural Park and Volcanic area of "La Garrotxa". We'll see a drastic change days in terms of landscape, because this area is not that much affected by the north winds and it more rainfall than the drier landscape of the previous days. Our Hotel is in the outskirts of Olot, so we recommend those who want to visit downtown to stop before going to the hotel.



Lunch and Dinner: We suggest lunch in Banyoles or getting picnic supplies in Figueres or Banyoles and enjoying a picnic by the lake in Banyoles. Dinner is together tonight.



You might like to know:

The valley we ride through today is geologically unique as well as botanically interesting. It is the volcanic region in the Iberian Peninsula and due to its rich volcanic soil, combined with higher rainfall, the vegetation is thriving. There is a saying that says: “si no plou a la Garrotxa no plou enlloc”, “if it doesn’t rain in la Garrotxa, it doesn’t rain anywhere”. This higher than average rainfall is the main reason the forest is mostly made out of “fajeda” which is a “beech” type of tree. In the fall locals and tourists alike flock to the area to see the fall foliage and its beautifully diverse colors.

Spanish/Catalan Lesson of the Day: When you sit down to eat you can wish everyone a “good appetite” by saying “*buen provecho*”, or in Catalan “*bon profit*” or “*que vagi de gust*”. You can toast with a drink and say “*salud*” – to health! (the same in Catalan)



Bicycling Catalonia's Costa Brava Plus! Barcelona

Scale 1:150.000

Day 8 Bicycle to Olot

Towns for Navigation: El Pont del Princep (6km) – Camallera (21km) – Banyoles (40km) – Lunch spot (44km) – Top of climb (69km) - -Olot (76 km)





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Day 9 – Bicycle Olot to Vic.

Highlights: Vall d'en Bas,

We head down the Vall d'en Bas before climbing up and over towards the headwaters of the River Ter - one of the larger rivers in Catalonia. Stop at the top for lunch before heading down towards St Julia de Vilatorta in the outskirts of Vic. A town of ancient Roman and Iberian origin Vic preserves one of the few Plaza Mayor's that is still dirt - just as it was for festivals in medieval times. Mileage 64 kms (35 miles).

This evening's hotel:

**Hotel NH Ciutat de Vic
Passatge Can Mastrot s/n
08500 Vic (Barcellona)**

Tel: 938 892 551

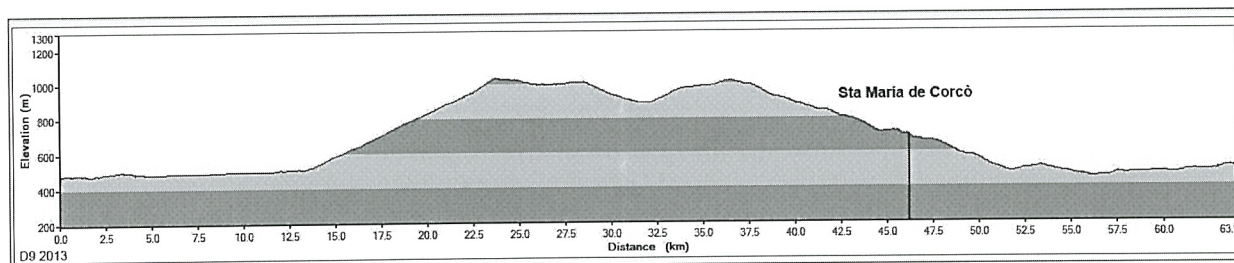
Tour Leader phone numbers:

Philipp	(+34) 667 982 055
Montse	(+34) 650 818 499
Loic	(+34) 637 969 758

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Today's Ride: We will enjoy another challenging ride today, there is only one climb, not steep but steady. Once you reach the top, do not think all the climb is done!, We will have a short descent and a last 100m gain climb before we start the downhill. We will leave the Olot area through the "vall d'en Bas" "the Bas Valley", a beautiful area with the humid forest characteristic of Olot region, once we start the downhill we will get in an area much dryer, out of the influence of the frequent rains. Expect some cars in the last stretch before Vic if you made it in rush hour.



Lunch and Dinner:

We suggest lunch at Cantonigrós.

You might like to know:

Halfway between the sea and the Pyrenees and only seventy kilometers from Barcelona, the city of Vic is small, but has a cosmopolitan feel as the administrative center of the region. Its long history is still present in the streets and squares and combines nicely with new urban growth. Vic is a rich city in contrasts, a place where tradition and modernity have managed to coexist in a balanced way.



We recommend taking a walk along the Ramblas, the walkway that surrounds the old medieval center. The old town has a nice shopping district paired with an impressive Plaza Mayor that recalls the traditional plazas of the past that were all made of packed dirt and not paved. Vic is also famous for its **Fuet**, or sausage. Similar to other dried sausage it is very typical and known for coming from this area. You'll see lots of shops selling it and if you like sausage, we recommend tasting it!

Spanish Lesson of the Day: If you are trying to converse with someone here are some useful phrases to get you started:

Estamos viajando en bicicleta por Cataluña/Estem viatjant en Bicicleta per Catalunya (Catalan) – we are traveling by bike in Catalonia

No Entiendo/No entenc (Catalan) – I don't understand

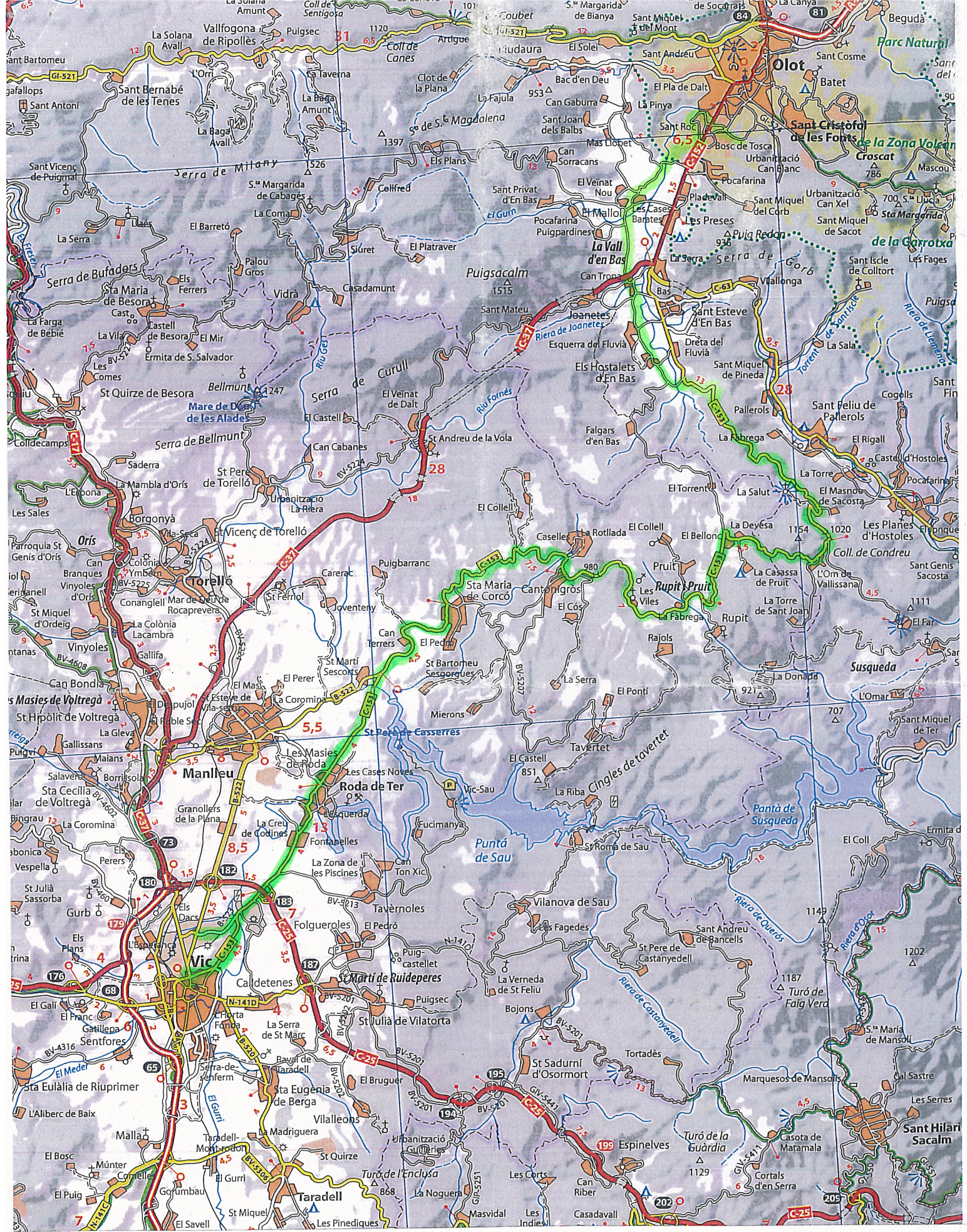
Lo siento/Ho sento (Catalan) - I'm sorry

Por Favor/Si us plau (Catalan) - please

Cómo se dice?/Com es diu? (Catalan) – how do you say....

Habla español?/Parla Català? (Catalan) – do you speak Spanish?

Dónde estan los baños/aseos/On es el lavabo (catalan) – where are the bathrooms (either word, baño or aseos work)



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Day 9 Bicycle to Vic

Towns for Navigation: Cantonigros (38km) – Sta Maria de Corcó (46km) – Roda de Ter (55km) – Vic (64 km)