

NEPTUNO HOTEL & SPA · CALELLA · 2027

Cycling Experience

Fully refurbished Neptuno Hotel & Spa ****S · www.hotelneptuno.com

FromNeptuno Hotel, enjoy easy cycling experiences designed totake in the landscapes at a leisurely pace. With an experienced guide, discover the Catalan Coast, green forests, colourful meadows and medieval villages along quiet backroads and cycle paths, while exploring Catalonia’s cultural heritage and gastronomy.

An unforgettable stay for your group at the excellent, family-run Neptuno Hotel & Spa ****S in Calella, the ideal location for a stay in Catalonia, just 49 km from Barcelona.

THE PACKAGE

Package proposal

Services and arrangements specified in the programme.

Enquire about pricing

adutertre@hotelneptuno.com

INCLUDED

- Meet & Greet on arrival day with the local guide at the airport.
- Professional and very friendly welcome at Neptuno Hotel with cava and snacks.
- Mandatory tourist tax per person / day.
- 6 x half-board buffet at Neptuno Hotel & Spa ****S in Calella in standard rooms (without balcony).
- 3 x picnic (sandwich + water + fruit).
- Rental bikes.
- Transfers of the bicycles when required according to the programme.
- (Day 1 and 7) Bus from/to airport. (Day 3) Bus from Barcelona to Calella. (Day 5) Bus Calella-Olot & Girona-Calella. (Day 6) Bus Calella-Calella de Palafrugell-hotel.
- 1 lunch menu in a restaurant in Calella de Palafrugell, including starter, main course, dessert and 1/4 water and wine per person.
- 1 local cycling guide for 4 cycling excursions.
- Water and fruit for the cycling trips.
- Accident insurance during outdoor activities for each person taking part in the cycling activities.

NOT INCLUDED

- Extra drinks and food not described in the programme.
- Optional items.
- Entrance fee to the Mar i Murtra Botanical Garden not included, €12 per person. Can be purchased individually for Day 2.



Cycling on the Mediterranean coast

THE ITINERARY

Days 1–3



Day 1 · Arrival with bicycles at Neptuno Hotel

Day1 · ArrivalwithbicyclesatNeptunoHotel

DAY 1 · ARRIVAL

Yourlocal guidewillpick you up at the airport for a Meet & Greet. On the one-hour journey back to the hotel, they will explain the programme and you will have time to ask questions. On arrival, the hotel staff will welcome you with cava and snacks on the terrace and proceed with check-in. Dinner and accommodation.

DAY 2 · CALELLA - TORDERA - BLANES - CALELLA

Distance: 48 km	**Climbing: 183 m**	Transfer: no transfer needed

Our first cycling day is a circular tour starting and ending at the hotel. Cycle through fields and along the River Tordera and its delta at the coast. From Tordera, ride to Blanes, a beautiful coastal village where there will be time to visit the fishing harbour and Fish Auction. A short climb leads to a panoramic viewpoint, passing the Mar i Murtra Botanical Garden, before reaching the hidden creek of Cala Bona. Return through fields and along the coast to the hotel.

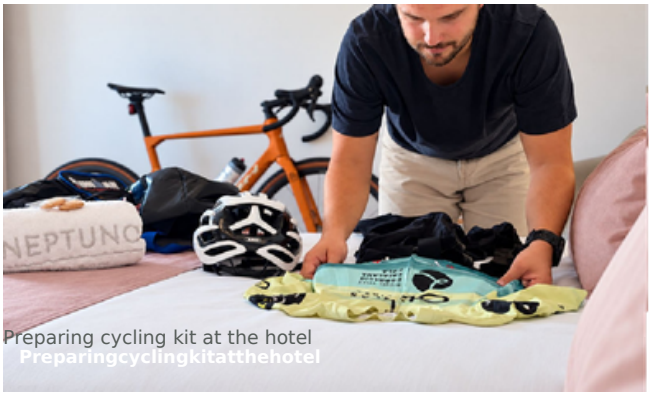
DAY 3 · COAST OF BARCELONA - SANT POL - ARENYS

Distance: 55 km	**Climbing: 100 m**	Transfer: one way; return from Barcelona to Calella Hotel

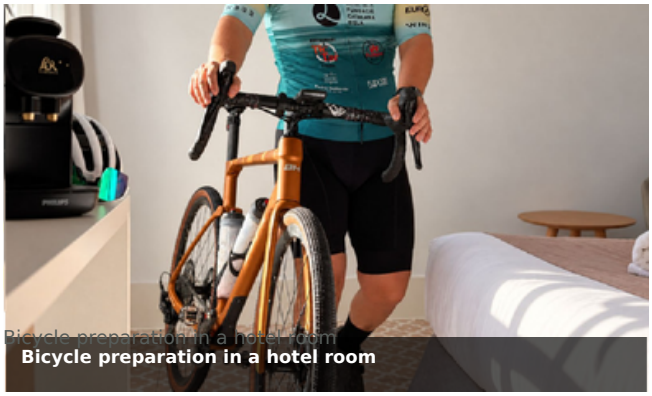
Leave Calella along the side path beside the National Road, with outstanding views over the beach and cliffs. Follow the seaside villages of Sant Pol and Canet de Mar, with its Modernisme heritage, then Arenys and its famous fishing harbour, and Llavaneras with its large private yachts and charming atmosphere. Continue pedalling along the Mediterranean to the entrance of Barcelona city, then return by transfer.

THE ITINERARY

Days 4–7



Preparing cycling kit at the hotel
Preparingcyclingkitatthehotel


Bicycle preparation in a hotel room
Bicycle preparation in a hotel room

DAY 4 · LEISURE DAY

Thereis no excursion plannedtoday, but there are plenty of things to see and do: relax at one of the hotel's pools, enjoy the spa, the beach, or visit Barcelona or Girona.

DAY 5 · OLOT – GIRONA · THE GREEN WAY

Distance: 60 km	**Climbing: 188 m**	Transfer: Calella-Olot, 1 h 30; Girona-Calella Hotel, 45 min

Take the transfer to Olot (1 h 30 min). Cycle along the Green Way, an old railway line now used as a cycle path, through fields and around old volcanoes covered in thick Mediterranean forest. Pass villages and old railway stations before reaching the historic city of Girona, which you will visit on foot. Transfer back to the hotel (45 min).

DAY 6 · CALELLA DE PALAFRUGELL - WILD COAST AND MEDIEVAL VILLAGES

Distance: 38 km	**Climbing: 287 m**	Transfer:Calella-CalelladePalafrugell,1h each way

Take a transfer to Calella de Palafrugell (1 h) and start the circular route in the village of Palafrugell. Cycle inland to discover the medieval villages of Peratallada and Pals. Cross sunflower and rice fields and Mediterranean forest, with panoramic views over the Mediterranean Sea. Finish in the beautiful coastal village of Calella de Palafrugell. Lunch is at the beach in a typical Spanish restaurant. The transfer back to the hotel takes 1 h.

DAY 7 · DEPARTURE

Afteraweekofcyclingandexperiencing some of the most beautiful places in Catalonia, it is time to say goodbye.

EQUIPMENT AND ACCOMMODATION

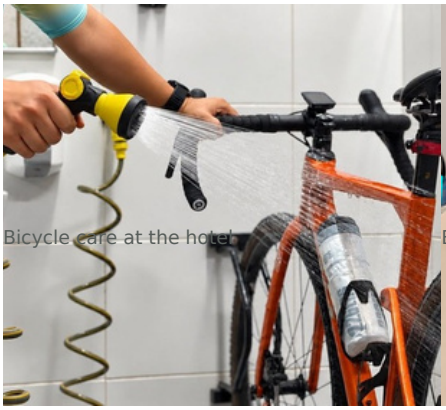
Level & bikes

Allitineraries are easyand suitable for all cyclists. The terrain combines asphalt and gravel. We cycle on backroadsand cyclepaths. There are some climbs, but most of the terrain is flat.

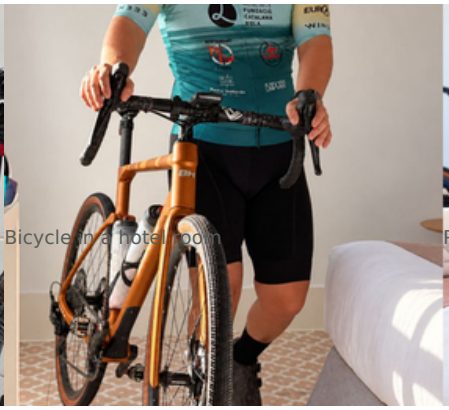
Rental bikes are equipped with panniers, a lock and a helmet.

TREKKING HYBRID BIKE	EBIKE

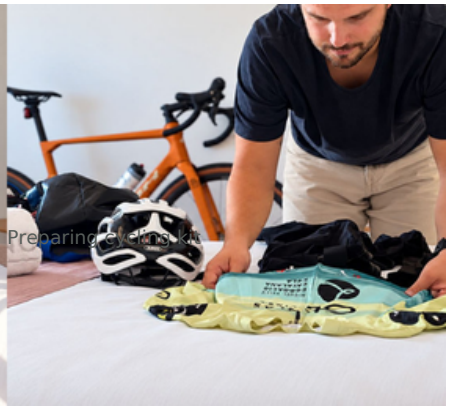
Remark: The guided visit with wine tasting at Mas Oller in Palafrugell DO Empordà has to be purchased for the whole group for Day 6.



Bicycle care at the hotel



Bicycle in a hotel room



Preparing cycling kit

Bicycle care at the hotelB

Bicycle in a hotel roomP

Preparing cycling kit

NEPTUNO HOTEL & SPA ****S IN CALELLA

The programme includes 6 nights in standard rooms (without balcony) with half-board buffet.

hotelneptuno.com/en · See the photo gallery

Sant Josep 84, 08370, Calella, Spain
Tel +34 93 769 03 11 · booking@hotelneptuno.com
HOTELNEPTUNO.COM