



EMPORDÀ

CYCLING & CELLAR TOUR



Bacchus
ON BIKES



EMPORDÀ

Dubbed the ‘undiscovered Tuscany’, the Empordà region of Catalonia is an epicurean’s slice of heaven. This most northeasterly knuckle of the Iberian Peninsular, relatively unknown given its gastronomic, viticultural and olive oil producing heritage, has been producing wine and olive oil since the Greeks, Romans and Arabs inhabited the area 2,500 years ago.

We love the Empordà for many things, but its fascinating history, jaw-dropping vistas and abundance of epicurean experiences are what set it apart. Medieval villages and national parks combined with the growing number of family-run cellars, olive groves and top-rated restaurants have made the potential for wine and olive oil tourism greater than ever.

The classic ‘Pirinexus’ route, which begins in Girona, reaches as far as French Catalonia before wending its way through the beautiful medieval villages and wineries of Alt and Baix Empordà. It is without doubt one of the most impressive ways to savour the spectacular landscapes and drink in the culture of this region. With its varied terrain and variety of remote backroads, it has become a mecca for pro and touring cyclists and in recent years.

BACCHUS ON BIKES

The concept of Bacchus on Bikes came about due to our belief that nothing compares to the pleasure of enjoying a fine feast of local food and delicious wine after a day spent in the outdoors, either cycle touring, walking or at sea.

This happy marriage of exercise followed by great food and drink lead to the crafting of bespoke itineraries based in charismatic corners of Europe, filled with a handpicked selection of our own tried and tested epicurean experiences - from wine and olive oil tastings at family-run cellars and olive groves to tasting menus at our favourite restaurants; one-off private dining experiences or delicious paella picnic lunches with a view.

We invite you to join us and experience it for yourself.



ITINERARY – FOR THE SLOW CYCLIST...

DAY 1 • ARRIVE TO THE EMPORDÀ • 25KM

On arrival to Girona or Barcelona airport, you will be picked up by your Bacchus host and transferred to Finca Bell Lloc, a beautiful manor house nestled quietly in the foothills of the Gavarres National Park. With its own vineyard, farm and underground cellar, this is a quite possibly our favourite place to stay, eat and drink. Pepi will be at the Finca to greet you with a light lunch before cycling a gentle loop through the medieval towns of Pals, Peratallada and Sant Feliu de Boada. On return to Bell Lloc, enjoy a G&T on the terrace followed by dinner - a delicious spread of homegrown and locally sourced produce prepared by Pepi's husband, Àngel.

DAY 2 • CYCLING AND CELLARS • 45KM

After a relaxed breakfast on the terrace, take a short walking tour of Finca Bell Lloc's vineyard and cellar. An extravagant yet stunning piece of underground architecture, the cellar was constructed with recycled ship metal and required the complete removal and then replacement of the vineyard above - it is a sight to behold! Following your tour and tasting, cycle a 20km route through the Gavarres National Park before arriving to Mas Ponsjoan for a Catalan lunch in the vineyard prepared by Joanna and Manel. Mas Ponsjoan's wine is produced on a very small scale and is one of our favourites - savour a farmer's lunch before the short cycle back to Bell Lloc. On arrival, relax by the pool and take time to enjoy your surroundings - dinner can be prepared as and when you are ready by Àngel.

DAY 3 • THE DALI TRIANGLE • 50KM

Leave Finca Bell Lloc after breakfast and cycle over La Ganga towards the town of Pubol - once home to Catalan surrealist artist, Salvador Dali, and his wife, Gala. The Gala-Dali castle now exhibits the works Dali created for his wife and is a fascinating place to visit. Enjoy a Bacchus picnic lunch of delicious local produce near the medieval town of Madremanya, and if you still have some juice in your legs, climb up to Els Angels monastery, where Dali and Gala married. Savour the panoramic views across the Baix Empordà and Mediterranean before settling in for the evening at Can Bassa, a beautifully renovated 14th century farmhouse.

DAY 4 • CROSSING THE GAVARRES • 33KM

After a leisurely breakfast at Can Bassa, we will leave on a morning route on backroads and trails to Girona - a beautiful medieval city and capital of the province. Pause for a Bacchus picnic paella in the hills, sip on a glass of cold Catalan red or a refreshing drink, and then weave your way into Girona's old town. Impressive architecture, a towering cathedral and an abundance of quaint shopfronts and restaurants line the cobbled streets. Spend the afternoon and evening perusing between tapas bars before returning to your accommodation in the old town - a charming old house above La Fabrica cafe.

DAY 5 • BRUNCH AND HOME

In your own time, head downstairs to La Fabrica for a delicious breakfast or brunch inside or out on the patio. Tucked away in the backstreets of the old town, it is a lovely spot to read a book and reflect on your time in Catalonia before returning home.



ITINERARY – FOR THE TOURING CYCLIST...

DAY 1 • WELCOME TO CATALONIA

On arrival to Girona or Barcelona airport, you will be picked up by your Bacchus host and transferred to Mas de Las Heras - a spectacular medieval castle nestled in the hills of the Garrotxa National Park only 15km to the west of Girona. Gather for a 'Welcome to Catalonia' wine tasting in the cellar – a selection of our favourite local wines with tapas to whet your appetite for a typical Catalan 3-course meal enjoyed in the castle gardens.

DAY 2 • INTO THE PYRENEES • 110KM

Following a hearty breakfast, this morning's route takes you east and then north through the Garrotxa National Park to Olot. After lunch, tackle an ascent on peaceful backroads taking you to Oix and then Rocabruna at 1,101m. Descend into the quaint Pyrenees mountain village of Llanars with views over the Camprodon Valley. Hotel Grèvol has a pool and extensive gardens - a perfect spot to relax before a delicious meal and local wine in the evening.

DAY 3 • A FORAY INTO FRANCE • 92KM

The Col d'Ares mountain pass, at 1,519m, is the highest point of the Pirinexus route and your gateway into France. Following a dramatic climb and descent in the morning, wend along 40km of backroads until you arrive to Tapis for a delicious picnic lunch prepared by Bacchus. Hotel Can Xiquet awaits, hidden in the hills of the Albera Reserve overlooking the village of Cantallops – settle in for an evening of fine wine and divine food in one of Bacchus' favourite spots in Alt Empordà.

DAY 4 • RETURN TO GIRONA • 103KM

The winding roads from Cantallops southwest past the city of Figueres boast rollercoaster descents and panoramic views across the Mediterranean. Enjoy a typical Catalan lunch before making way to Pubol, once home to Gala, the wife of the Catalan surrealist painter, Salvador Dali. Climb through the Gavarres National Park and summit Els Angels, the final obstacle between you and an evening of well-deserved indulgence in Girona to cap off a great few days in Catalonia!

DAY 5 • BRUNCH AND HOME

Wake up at leisure and enjoy breakfast or brunch in the old town before a late morning transfer to the airport for your return flight home.

PRICE & DETAILS

*From £1,250 per person based on a group of *10 people*

WHAT'S INCLUDED

- Airport transfers
- 4 nights luxury accommodation
- All meals including wine
- Wine & olive oil tastings
- Bacchus host and support vehicle
- Bike hire

WHAT'S EXCLUDED

- Flights
- Travel Insurance
- Additional alcohol and drinks outside of mealtime

OPTIONAL EXTRAS

- Electric bike hire
- Single room supplement
- Cycling Jerseys
- Physio & Masseuse

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