



Greenways





FROM THE PYRENEES TO THE COSTA BRAVA

The geography and scenic variety of the Costa Brava and the Pirineu de Girona brands make our area the perfect place to practise cycling and hiking.

As the reader surely knows, these activities always go hand-in-hand with respect for nature, the landscape and the architectural heritage, and that is why they are classified as sustainable activities.

Disused railway tracks, formerly vital links between towns, have now been restored into cycling and walking trails and offer everyone the opportunity to enjoy little-known sites that are a part of our cultural and historic heritage. The pace allows the visitor to savour the tiniest details, which would be imperceptible if we were driving.

GREENWAYS

The restoration and adaptation of the four greenways in our area allow us to go from the deepest reaches of the Girona Pyrenees to the warm, light-filled Costa Brava either by bike or on foot, unveiling with each stroke of the pedal, with each step, the diversity of landscapes, products, and peoples we encounter along the way.

There is a total of 125 km of railway tracks criss-crossing five of the eight counties of Girona - Baix Empordà, Gironès, La Selva, Garrotxa and Ripollès counties - divided into four sections:

1. Iron and Coal Route: Ripoll-Sant Joan de les Abadesses - Ogassa
2. Narrow-Gauge Railway Route: Olot-Girona
3. Narrow-Gauge Railway Route: Girona-Sant Feliu de Guíxols
4. "Little Train" Route Palamós-Palafrugell

The greenways are trails that are reserved exclusively for hikers and cyclists, with gentle slopes that generally do not exceed 3%. As a result, except for some linking stretches indicated in the fact sheets, the trails are accessible to people with reduced mobility. They are very safe trails, because the use of motor-powered vehicles is absolutely forbidden over nearly all of the trails. Most of the greenways in Girona run along the former railway network, which was gradually discontinued as unviable after the rapid rise of road transport.



In order to make orientation and travel along Girona's greenways easier, the Board has included its bipolar corporate image on the signs for the tracks. Accordingly, the colour green will be associated with mountains, i.e. the Pyrenees, and will point towards Ripoll. The colour blue, on the other hand, means the sea, the Costa Brava, and will point in the direction of Sant Feliu de Guíxols.

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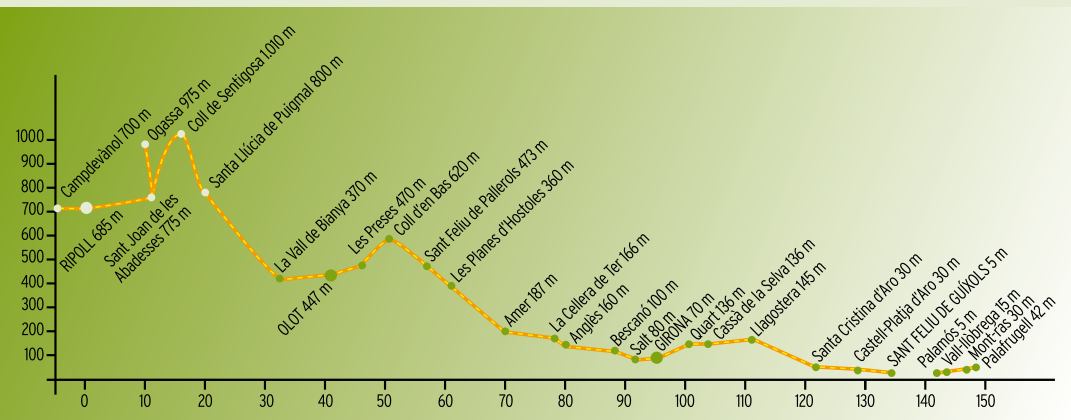
Photographers:
Juli Pérez
Quim Tor
Francesc Tur
Arthur Selbach
Oscar Vall
Maria Geli

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Hotel Mas de Torrent
Vall de Núria
Vol de Coloms

PIRINEU DE GIRONA



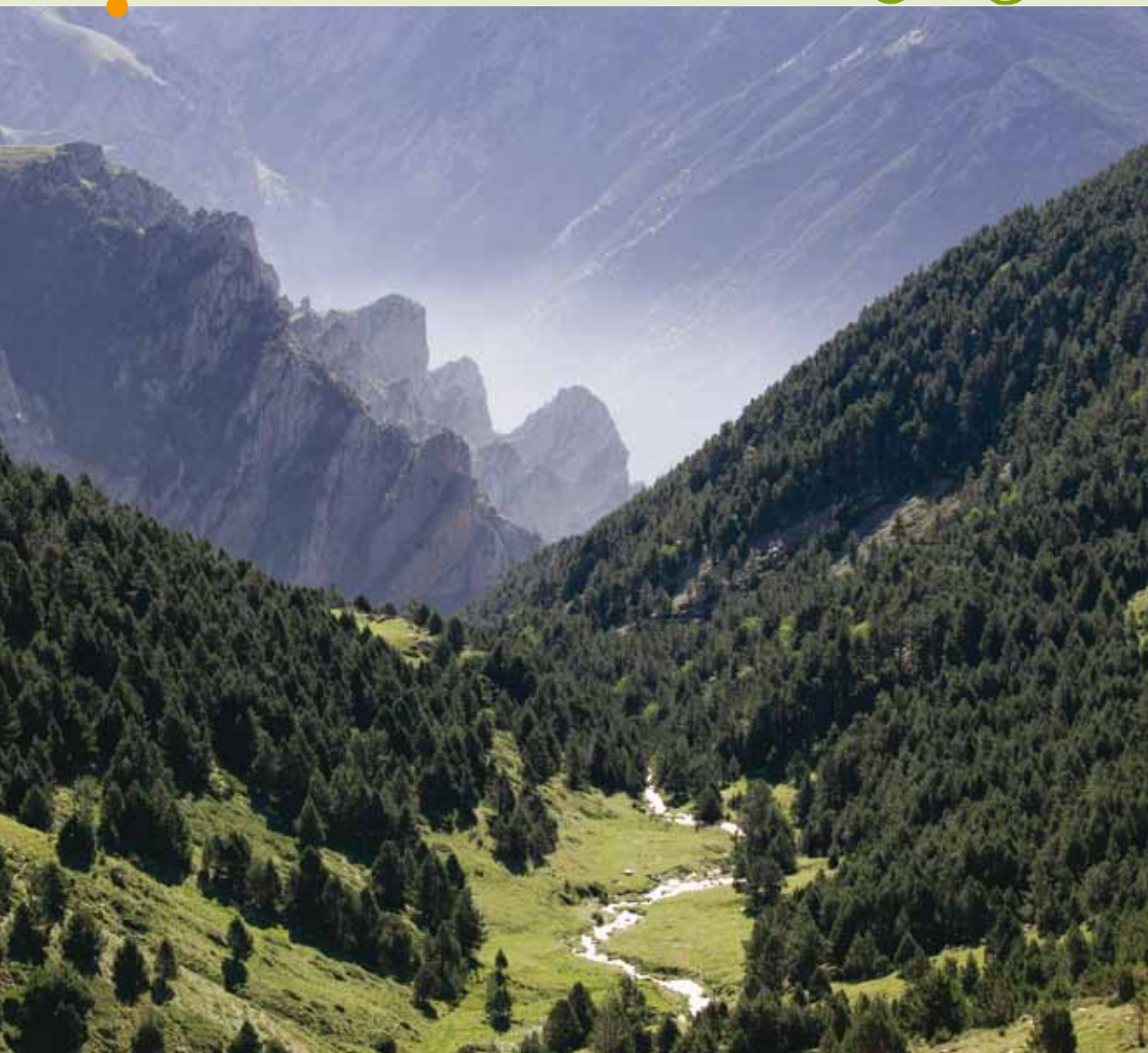
renfe Greenway linking station



PIRINEU de Girona

For many, the Pyrenees are synonymous with skiing. But there's lots more to admire and discover - the lay of the land in the Pirineu de Girona is complex, but accessible for human activity. As a result, many nature spaces have been preserved that combine harmoniously with the past and the present. It's not uncommon for a magnificent high-mountain lake and a Romanesque chapel to coexist side by side. We can find medieval villages like Besalú or Santa Pau, or places that combine impressive crags with Romanesque ruins, like Oix and Beget, or enchanting valleys like Camprodon and Núria. And to the north we find the Cerdanya county, with places as iconic as Llivia and the county town of Puigcerdà. The flora and fauna feature unique local species, and the medieval spirit of Old Catalonia can still be breathed. But the past isn't everything, nor is peace and tranquillity. Fans of physical activity can practise all kinds of mountain sports here, from trekking to hot air ballooning, from horse riding to more risky adventure sports, enjoying the most modern, up-to-date services and infrastructures.

Similarly, the conservation of nature spaces like the Garrotxa Volcanic Area Nature Park has gone hand-in-hand with the restoration of all kinds of traditions, not only related to festivities, folklore or crafts, but also to cuisine and culture. Thus, museums, markets, music festivals and fairs welcome everybody, even more so now that improved roadways have made access to the Girona Pyrenees far easier, with rapid communication links to the major towns of Catalonia, and also to Andorra and the south of France.

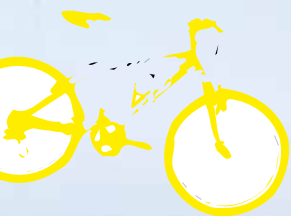


Costa BRAVA

The 200-kilometre-plus coastline of the Costa Brava offers us much more than a relaxing holiday stay. The range of sights, entertainment, sport, culture and cuisine is endless if one knows how to seek out the secret spots, the still-pristine nooks and crannies, and the historic heritage, from the dolmens of the Albera range to the medieval villages like Pals or Peratallada. As for the landscape, the visitor can still be surprised by the immutable beauty of the coves and cliffs of Begur, Palafrugell and the Sant Sebastià lighthouse, or by towns that have inspired artists and writers like Cadaqués, Tossa de Mar or Calella de Palafrugell. And those who seek contrasts only have to compare the dynamic bustle of towns like Platja d'Aro, Roses, Empuriabrava, Lloret de Mar, L'Estartit or Sant Antoni de Calonge with the peace and calm of the marshes of the Aiguamolls de l'Empordà, or the indomitable geology of Cap de Creus.

Nature parks, botanical gardens, museums, festivals, street markets, a cuisine that is acknowledged throughout Europe, and a wide range of leisure and entertainment on offer make the Costa Brava name a themed destination where everyone can find something to pique their curiosity and spark their interest.

The numerous projects aimed at improving roadway, service and lodging infrastructures in the Costa Brava in recent years have changed the seasonal concept of our tourism, so that visitors can now enjoy all the attractions of the area not only in the summer, but all year round.



IRON AND COAL ROUTE

Ripoll • Sant Joan de les Abadesses • Ogassa • Olot

The Iron and Coal Route, in reference to the important ironworking tradition of the Baix Ripollès county and the mining of coal at Ogassa, follows the route that was once plied by the train. The 12 kilometres of railway have been transformed into an ideal trail for enjoying a long walk or bicycle ride, and for reminding us of the industrial past that is an important part of our heritage.




The section of railway going from Sant Joan de les Abadesses to Toralles remained in use until the mines closed down in 1967. The Sant Joan de les Abadesses - Ripoll section remained active until 1980, the year of its centennial anniversary.

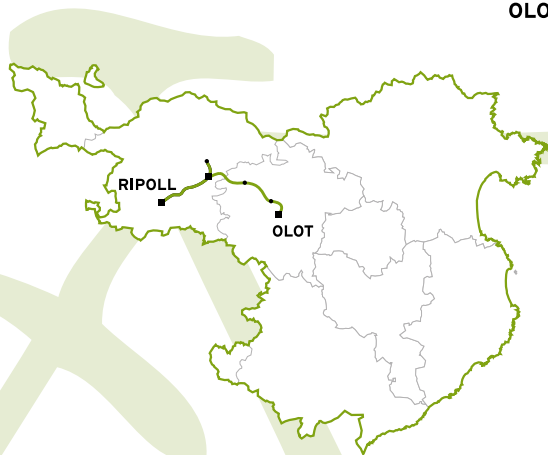
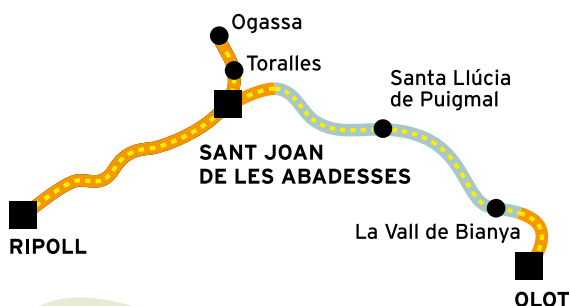
The route links Ripoll, at an elevation of 682 metres above sea level, with Sant Joan de les Abadesses (775 m).

The entire route is paved and flanked by vegetation. The total vertical rise is 160 metres, and there is a gentle 1% slope.

This section of the track starts at km 9, right in front of the old train station at Sant Joan de les Abadesses. Some 300 metres past the station, the track crosses the road to Ogassa and begins to rise gradually along the valley of the Malatosca, a tributary of the Ter River that rises in the Cavallera range. You are alerted at each road crossing by cobblestones along the trail and proper signposting throughout the whole itinerary. The track crosses a long-distance (GR) hiking trail some 500 metres from the station, and then crosses the highway again just beyond the GR trail. The route is placid and runs without problem to a point some 2 km before Sant Joan, at the Toralles loading station, where the coal from the mining railway of Ogassa was received. The section from Toralles to Ogassa has been newly re-profiled to a gentler gradient. Before reaching Ogassa the greenway passes through tunnels formerly used by the wagons bringing coal from the mines. Ogassa is exactly four kilometres from Sant Joan de les Abadesses station and thirteen kilometres from Ripoll.

The greenway link with Olot begins at the Sant Joan de les Abadesses train station.

 planned



Tourist Offices

RIPOLL

Pl. de l'Abat Oliba, s/n
Tel. +34 972 702 351
turismeripoll@ajripoll.com
www.elripolles.com

SANT JOAN DE LES ABADESSES

Pl. de l'Abadia, 9
Tel. +34 972 720 599
turisme@santjoandedesabadesses.com
www.santjoandedesabadesses.cat

Town Hall

OGASSA

Tel. +34 972 720 380
ogassa@ddgi.es

FACT SHEET

Ripoll - Toralles

Toralles - sloping section

Sloping section - Ogassa

Kilometres	12
Gradient	1%
Difficulty	Minimal
Paving	Asphalt agglomerate
Maximum elevation	777 m (Sant Joan de les Abadesses)
Minimum elevation	682 m (Ripoll)
Services	WC (in stations), picnic area, Sant Joan de les Abadesses All-Terrain Cycling Centre

1.2	2
8%	2%
Medium	Minimal
Packed granite sand	Packed granite sand
	Ogassa (975 m)
	Sant Joan de les Abadesses (777 m)

AREAS OF INTEREST

Ripoll

- Santa Maria de Ripoll Romanesque monastery (12th century): spectacular portal, cloister and seven apses
- Ethnologic Museum

Ogassa

- Mining town

Sant Joan de les Abadesses

- Medieval town
- 13th-century Romanesque monastery, where the famous sculpture depicting the Descent from the Cross can be found

Nature

- Ter and Freser riverheads, Núria valley and Camprodon valley

HOW TO GET THERE

• BY ROAD

From Barcelona: C-17
From: C-66, A-26, C-26
A-2, C-25, C-17
From Puigcerdà/Andorra: N-152
From Lleida: C-25, C-17
From França/Perpinyà: C-38, C-26

• RENFE RAILWAY NETWORK

Barcelona - Puigcerdà Line (Ripoll Station)
Ticket reservation: tel. +34 902 240 202
www.renfe.com

• TEISA BUS COMPANY

Tel. 972 204 868
www.teisa-bus.com

• GIRONA-COSTA BRAVA AIRPORT

Tourist Office: tel. +34 972 942 955
ot.aerogirona.ctc@gencat.net
Flight Information: tel. +34 972 186 600
www.aena.es
Ryanair runs a coach service linking the airport with Girona central bus station.



GREENWAY LINK BETWEEN SANT JOAN DE LES ABADESSES AND OLOT


The section of greenway which will take you from Sant Joan de les Abadesses to La Vall de Bianya is unfinished. Therefore, we provide two alternate routes: the first goes directly to Olot, over the Coll de Sentigosa and Coll de Coubet passes as it follows the old GI-521 highway, and the second takes you to La Vall de Bianya through Santa Lúcia de Puigmal.

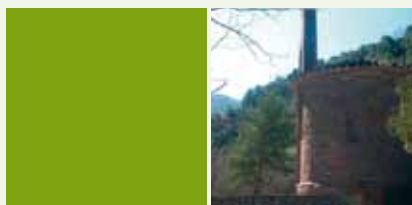
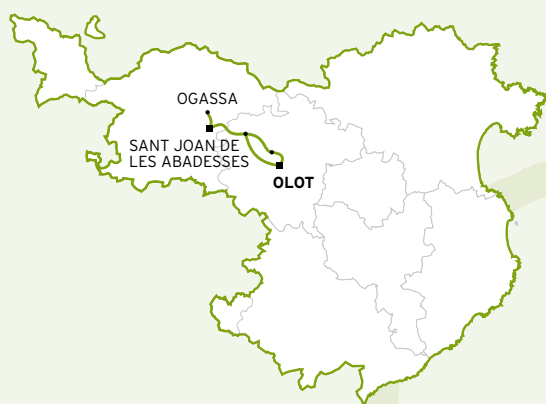
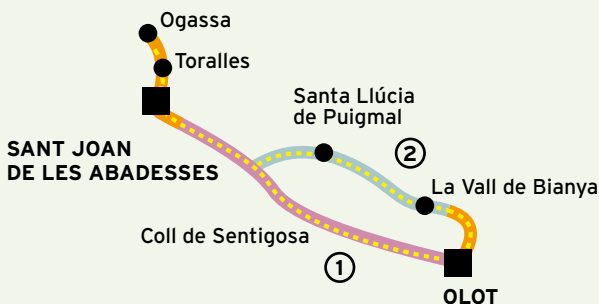


ALTERNATE ROUTE no. 1

Until the section that leads to La Vall de Bianya is completed, this is a good alternative if you want to reach Olot. Leaving the station, once you cross the Gothic bridge you reach Sant Pol church (Romanesque, 12th century). Follow the main highway to the left until you reach the turn-off to the Sentigosa highway. After you pass the Font dels Vermells spring and the picnic area you reach Coll de Sentigosa pass, where you enter the Garrotxa county. Follow the GI-521 highway another 2 km through cool beech groves to reach the Font dels Pastors. There's no way you can get lost - simply follow the highway! A little over 12 km after the starting point you will reach Coll de Coubet pass, which is at an elevation of 1,010 metres above sea level. Here you take the A-26 (formerly the N-260) highway to the left.

After another 10 km (about 22 km from the starting point in Sant Joan), you leave the highway and enter Olot, where you will come to a roundabout (the same one you would find if you took the route through La Vall de Bianya). Continue towards the centre of Olot along Avinguda dels Reis Catòlics, up to Plaça Clarà. As you enter the square, take the first road that branches off to the right up to Plaça de Catalunya. Cross the square and continue along Carrer de la Verge de Fàtima street until you reach a crossing to the left with a sign that reads "Totes direccions" (All directions). This street, Carrer de Pere Bretxa, takes you to the main highway. Turn right, cross the Fluvià River, and you soon reach the greenway signs, finally arriving at the old Olot train station, in front of the trade fair enclosure.

 planned





You will find vertical signposting along both link ways from Sant Joan de les Abadesses to Olot.



ALTERNATE ROUTE no. 2

A word of warning – the route has a very high degree of difficulty. This stretch is not an official greenway and so there is no regular maintenance. The path may have suffered damage from local weather conditions. You have to use an all-terrain bike, and be sure to wear a helmet.

The first section is the same as Route no. 1. As above, take the Carrer de l'Estació from the Sant Joan de les Abadesses train station. Just 150 metres down this street you'll find the GR trail to the left. Take it across the Gothic bridge to Sant Pol church. From here, take the GI-521 highway towards Coll de Sentigosa pass. After about 1.5 km, you'll see a turn-off to the left that takes you to Sant Antoni chapel. The route continues straight along the highway, but you can turn off to rest a bit. Some 600 metres beyond the chapel, to the left, you'll find the Font dels Vermells, with 2 spring water spigots and a picnic area. You'll reach Coll de Sentigosa pass about 8 km after leaving the station; there's a sign there indicating that you are entering the Garrotxa county. On the right-hand side of the highway there is a marker indicating the Green Meridian.

Then you take an unpaved, red-clay path that branches off to the left of the highway. You'll come to a fork about 3 km along this path, where you have to take the path that leads to the right, towards Santa Llúcia de Puigmal. You reach the chapel shortly thereafter; here you can stop to rest and drink spring water from the Font de Santa Llúcia. The route becomes harder from this point onwards. Follow the signs to Sant Ponç and the pools of Santa Llúcia. You will soon reach the pools, in a beautiful setting amidst Mediterranean vegetation. Continue straight along the route to a farmhouse in ruins and a stream just beyond. Right after crossing the stream, take the path that turns off to the right. You have to open a gate for animals: remember to close it after you pass through! The route weaves its way amidst holm oaks until you reach the ruins of another farmhouse, about 2.5 km farther down the trail. Once you pass the house you have to turn right onto a trail that is barely visible. Keep your eyes wide open, because you will feel the urge to continue straight along the main trail. But the new trail quickly reveals itself. From here you will always follow the same trail. The remaining section descends for about 2.5 km until it becomes a paved road down in the valley. Continue along the main (paved) route that crosses Sant Pere Despuig until you reach the C-153 rural road, then take this road (towards Olot) up to the Town Hall of La Vall de Bianya, on the left-hand side of the road.



GREENWAY LINK

BETWEEN SANT JOAN DE LES ABADESSES AND OLOT

La Vall de Bianya - Olot

As mentioned above, you will reach La Vall de Bianya by Sant Pere Despuig, after covering 21 km from Sant Joan de les Abadesses. Continuing along the same rural road, you will reach the C-26 main highway. You will then pass Hostalnou de Bianya, where the Town Hall of La Vall de Bianya is located. At km 26 you will find a trail to the right which runs parallel to the streambed. After about 1 km you cross the streambed and come to Mare de Déu de l'Esperança chapel. Here the trail becomes paved again. The route runs through the Cuní oak grove, where you can contemplate the spectacular oak trees, and then under the highway to the patch of open ground belonging to the Simon factory. Cross the industrial estate along a grassy area to reach the roundabout at the northeast entrance to Olot. Take the road that leads off to the left (seen from the road you are on) towards the centre of Olot, following Avinguda dels Reis Catòlics to Plaça Clarà. As you enter the square, take the first road that branches off to the right up to Plaça de Catalunya. Cross the square and continue along Carrer de la Verge de Fàtima street until you reach a crossing to the left with a sign that reads "Totes direccions" (All directions). This street, Carrer de Pere Bretxa, takes you to the main highway. Turn right, cross the Fluvià River, and you soon reach the greenway signs, finally arriving at the old Olot train station, in front of the trade fair enclosure.

AREAS OF INTEREST

Olot

- Garrotxa Volcanic Area Nature Park
- County, Volcano and Can Trincheria museums

La Vall de Bianya

- The Capsacosta Roman road
- Romanesque churches: the most notable are Sant Martí in Capsec, Sant Andreu in Porreres and the church in Santa Margarida de Bianya

Town Hall

LA VALL DE BIANYA

Tel. +34 972 290 933

bianya@ddgi.cat

<http://ajuntament.valldebianya.org/>



HOW TO GET THERE

• BY ROAD

From Barcelona: C-17, C-26
 From Girona: C-66, A-26, C-26
 A-2, C-25, C-17, C-26
 From Puigcerdà/Andorra: N-152, C-26
 From Lleida: C-25, C-17, C-26
 From França/Perpinyà: C-38, C-26

• RENFE RAILWAY NETWORK

Barcelona - Puigcerdà Line (Ripoll Station)
 Ticket reservation: tel. +34 902 240 202
www.renfe.com

• TEISA BUS COMPANY

Tel. +34 972 204 868
www.teisa-bus.com

• GIRONA-COSTA BRAVA AIRPORT

Tourist Office: tel. +34 972 942 955
ot.aerogirona.ctc@gencat.net
 Flight Information: tel. +34 972 186 600
www.aena.es
 Ryanair runs a coach service linking the airport with Girona central bus station..

HISTORIC HIGHWAY AND CATTLE TRACK

Campdevàdol • Sant Llorenç de Campdevàdol

Walk or cycle the 4-km greenway from Campdevàdol village along the historic highway and cattle track leading towards Gombrèn, and enjoy coming into contact with nature. The route passes Font de Sant Eudald and Font de Querol springs (a leisure area situated in a place of great natural beauty) and the Romanesque church of Sant Llorenç de Campdevàdol.



FACT SHEET

Kilometres	4
Gradient	2.5%
Minimum elevation	700 m (Campdevàdol)
Maximum elevation	800 m (Sant Llorenç de Campdevàdol)
Paving	Coarse sand with top layer of aggregate

AREAS OF INTEREST

- Sant Cristòfol parish church
- Sant Llorenç de Campdevàdol
- Querol spring
- Sant Eudald spring
- Sant Martí d'Armànies
- Sant Grau hermitage

HOW TO GET THERE

• BY ROAD

From Barcelona: C-17, N-152
 From Girona: C-66, A-26, N-152
 A-2, C-25, C-17, N-152
 From Puigcerdà/Andorra: N-152
 From Lleida: C-25, C-17, N-152
 From França/Perpinyà: C-38, C-26, N-152

• RENFE RAILWAY NETWORK

Barcelona - Puigcerdà Line (Ripoll Station)
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www.renfe.com

• TEISA BUS COMPANY

Tel. +34 972 204 868
www.teisa-bus.com

• GIRONA-COSTA BRAVA AIRPORT

Tourist Office: tel. +34 972 942 955
ot.aerogirona.ctc@gencat.net
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www.aena.es
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Town Hall

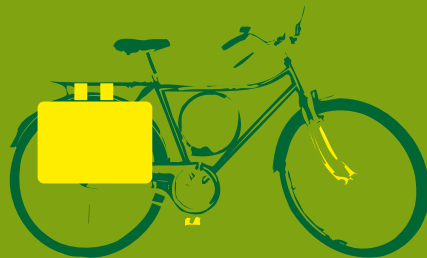
CAMPDEVÀDOL

Tel. +34 972 730 019
ajuntament@campdevanol.org
www.campdevanol.org

NARROW-GAUGE RAILWAY ROUTE

Olot • Girona

This 57-km route crosses three counties and twelve towns, following the valleys of the Fluvià, Brugent and Ter rivers. The Narrow-Gauge Railway Route descends smoothly from Olot (440 m) to Girona (70 m). Its highest point is at Coll d'en Bas, which is a pass situated 558 metres above sea level.



The trail, which is suitable for hikers and cyclists alike, is in very good condition, and has been fitted with new bridges, railings and signs.

The Narrow-Gauge Railway Route crosses through magnificent scenery of great ecological and cultural value. It begins in the Garrotxa Volcanic Area, and following the old narrow-gauge railway line, reaches the Ter valley and the pasturelands of Salt and Girona. The old rail line that connected the Garrotxa and Gironès counties now allows visitors to discover the natural resources of the Garrotxa Volcanic Area, the Hostoles castle, and the towns of Anglès, Sant Feliu de Pallerols and Girona, among others. The last section of the trail runs along the Ter River as it crosses the pasturelands of Salt and Girona. Visitors can see how the river's resources have been harnessed and put to good use.



Mountain direction (Olot and Ripoll)



Sea direction (Sant Feliu de Guíxols)

Tourist Offices

OLOT

C. de l'Hospici, 8
Tel. +34 972 260 141
turisme@olot.cat
www.turismeolot.cat

LES PRESES

Antiga Estació, s/n
Tel. +34 972 692 023
info@atma.cat
www.lespreses.cat

SANT FELIU DE PALLEROLS

Ctra. d'Olot, 43 (Antiga Estació)
Tel. +34 972 444 474
ajuntamentsfp@gmail.com
webspobles.ddgi.cat/sites/sant_feliu_de_pallerols

LES PLANES D'HOSTOLES

Pg. de l'Estació, 2
Tel. +34 972 448 026
turisme@lesplanes.cat
www.lesplanes.cat

LA VALL D'EN BAS (Hostalets d'en Bas)

C. de la Teixeda, 12
Tel. +34 972 692 177
turisme@vallbas.cat
www.vallbas.cat

GIRONA

C. Joan Maragall, 2
Tel. +34 972 975 975
www.gencat.cat/generalitatgirona
ot.girona@gencat.cat

Rambla de la Llibertat, 1
Tel. +34 972 010 001
www.girona.cat/turisme
turisme@ajgirona.cat

Punt de Benvinguda
C/ Berenguer Carnicer, 3-5
Tel. +34 972 211 678
www.puntdebenvinguda.com
pbturisme@ajgirona.org

Town Halls

AMER

Tel. +34 972 431 112
amer@amer.cat

LA CELLERA DE TER

Tel. +34 972 421 902
administracio@lacelleradeter.org

ANGLÈS

Tel. +34 972 420 058
info@angles.cat

SANT JULIÀ DEL LLOR-BONMATÍ

Tel. +34 972 422 296
info@stjuliabonmati.com

BESCANÓ

Tel. +34 972 440 005
bescano@ddgi.cat

SALT

Tel. +34 972 249 191
smag@salt.cat

FACT SHEET

AMER LINKING SECTION

C-63 HIGHWAY SHOULDER

Kilometres — 54
Gradient — 1.5%

Difficulty — Minimal
Paving — Packed granite sand
Maximum elevation — 620 m (Coll d'En Bas)
Minimum elevation — 70 m (Girona)
Services — WC (in stations),
All-Terrain Cycling Centre
Amer

Girona - Olot
1,680
Max. rise 14%
Max. descent 7.5%
Medium

Olot - Girona
1,680
Max. rise 7.5%
Max. descent 14%
Medium

1,840
2%

AREAS OF INTEREST

Olot

- County, Volcano and Can Trincheria museums

Les Preses

- Xenacs Recreational Area

La Vall d'en Bas

- 11th-c. Romanesque church in Sant Esteve d'en Bas
- Els Hostalets d'en Bas

Amer

- Porticoed main square

Anglès

- Gothic quarter in the old sector
- Modernist houses

Bescanó

- Modernist building, modern-day power plant

Salt

- Water Museum

Girona

- Cathedral, Arab Baths, Jewish Quarter, and the Sant Pere de Galligants and Sant Nicolau churches
- Art, Cinema, City History, Archaeological, Cathedral and Jewish History museums

Nature

- Garrotxa Volcanic Area Nature Park
- Ter riverbanks (Girona and Salt)

HOW TO GET THERE

• BY ROAD

From Barcelona: AP-7
From Girona: N-141, C-63
From Puigcerdà/Andorra: N-152, C-26, C-63
From Lleida: C-25, C-17, A-2 o C-63
From França/Perpinyà: C-38, C-26, C-63

• RENFE RAILWAY NETWORK

Barcelona - Portbou (Girona Station)
Ticket reservation: tel. +34 902 240 202
www.renfe.com

• TEISA BUS COMPANY

Tel. +34 972 204 868
www.teisa-bus.com

• GIRONA-COSTA BRAVA AIRPORT

Tourist Office: tel. +34 972 942 955
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NARROW-GAUGE RAILWAY ROUTE

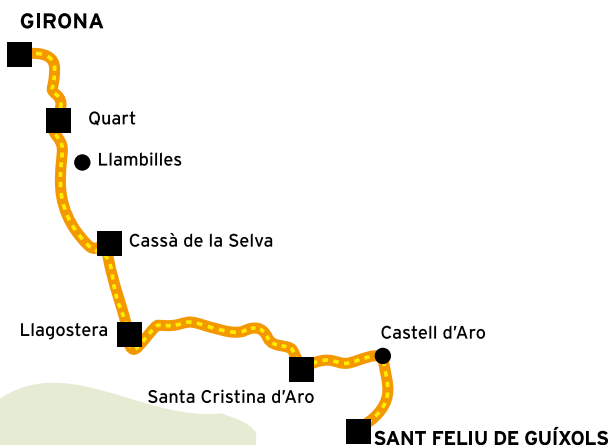
Girona • Sant Feliu de Guíxols

The Narrow-Gauge Railway Route runs over 39.7 km. With a smooth incline from Girona to Sant Feliu de Guíxols (15 m), its highest point is at Cassà de la Selva (136 m). Following the old narrow-gauge railway line from Girona to Sant Feliu, you can get to know two of the counties of Girona - Gironès and Baix Empordà - from the Ter River basin, crossing La Selva depression and ending in the Ridaura valley.



The most salient feature of the railway line trail from Sant Feliu de Guíxols to Girona is the smoothness of its slopes and curves. The route is formed by a winding line that was mathematically mapped out over the rugged terrain. The paving is of a grainy granite sand material that blends in nicely with the terrain it crosses, although there are also urban sections at all the towns that the trail runs through.

After leaving Girona behind, the route crosses La Selva depression, characterised by a patchwork mosaic of alternating croplands and forests. On clear days you can enjoy an extraordinary panoramic view that encompasses the easternmost mountains of the Pyrenees range all the way down to the Montseny massif, including the coastal Serralada Transversal (El Far, Sant Roc, Rocacorba). The second half of the section crosses the Ridaura valley, which separates the Cadiretes massif to the south from the Gavarres massif, and runs gently down to the seaside town of Sant Feliu de Guíxols, which offers breathtaking seascapes and views of the surrounding countryside.



Tourist Offices

GIRONA

C. Joan Maragall, 2
Tel. +34 872 975 975
www.gencat.cat/generalitatgirona
ot.girona@gencat.cat
Rambla de la Llibertat, 1
Tel. +34 972 010 001
www.girona.cat/turisme
turisme@ajgirona.cat
Punt de Benvinguda
C/ Berenguer Carnicer, 3-5
Tel. +34 972 211 678
www.puntdebenvinguda.com
pbturisme@ajgirona.org

LLAGOSTERA

Estació del Carrilet
Pg. Romeu, s/n
Tel. +34 972 832 322 /
972 832 180
turisme@llagostera.cat
www.llagostera.cat

SANTA CRISTINA D'ARO

C. de l'Estació, 4
Tel. +34 972 835 293
turisme@santacristina.net
www.santacristina.net

CASTELL-PLATJA D'ARO

C. de Mn. Cinto Verdaguer, 4
Tel. +34 972 817 179
turisme@platjadarro.com
www.platjadarro.com

SANT FELIU DE GUÍXOLS

Pl. del Mar, 8-12
Tel. +34 972 820 051
turisme@guixols.cat
www.guixols.cat

Town Halls

QUART

Tel. +34 972 469 171
ajuntament@quart.cat

LLAMBILLES

Tel. +34 972 469 301
llambilles@ddgi.es

CASSÀ DE LA SELVA

Tel. +34 972 460 005
ajuntament@cassa.cat

AREAS OF INTEREST

Girona

- Cathedral, Arab Baths, Jewish Quarter, and the Sant Pere de Galligants and Sant Nicolau churches
- Art, Cinema, City History, Archaeological, Cathedral and Jewish History museums

Quart

- Pottery craftsmanship

Cassà de la Selva

- Parc Art sculpture park

Llagostera

- Routes through the old quarter and along the ramparts

Castell-Platja d'Aro

- Castell d'Aro: medieval town featuring an old quarter, Gothic church and Benedormiens Castle
- Platja d'Aro: Pla de Palol Roman ruins, Modernist houses

Sant Feliu de Guíxols

- 10th-century Benedictine monastery housing the City History Museum and featuring the Porta Ferrada (11th-century Romanesque portal)
- Toy Museum
- Casino dels Nois and Modernist houses along Sant Pol beach

Nature

- Gavarres massif
- Ardenya-Cadiretes massif

FACT SHEET

Kilometres	39.7
Gradient	0.5%
Difficulty	Minimal
Paving	Packed granite sand
Maximum elevation	136 m (Cassà de la Selva)
Minimum elevation	0 m (Sant Feliu de Guíxols)
Services	WC (in stations), Quart and Castell d'Aro All-Terrain Cycling Centres

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HOW TO GET THERE

• BY ROAD

From Barcelona: AP-7

From Puigcerdà/Andorra: N-152, C-26, A-26, C-66

From Lleida: C-25, A-2

From França/Perpinyà: AP-7 o N-II

• RENFE RAILWAY NETWORK

Barcelona - Portbou (Girona Station)

Ticket reservation: tel. +34 902 240 202
www.renfe.com

• TEISA BUS COMPANY

Tel. +34 972 204 868

www.teisa-bus.com

• SARFA BUS COMPANY

Tel. +34 972 301 293 / +34 902 302 025

www.sarfa.com

• GIRONA-COSTA BRAVA AIRPORT

Tourist Office: tel. +34 972 942 955

ot.aerogirona.ctc@gencat.net

Flight Information: tel. +34 972 186 600
www.aena.es

Ryanair runs a coach service linking the airport with Girona central bus station.



"LITTLE TRAIN" ROUTE

Palamós • Vall-llobrega • Mont-ras • Palafrugell



The "little train" greenway runs for 6 km between Palamós and Palafrugell along the disused narrow-gauge railway track formerly linking Palamós with Girona via La Bisbal d'Empordà. The route goes through the municipal areas of Palamós, Mont-ras and Palafrugell, with branch greenways leading off to Vall-llobrega and Castell and La Fosca beaches.

The narrow-gauge train consisting of a series of tiny carriages made its first trip on 23 March 1887, pulled for several kilometres alongside the old thoroughfare by a Belgian-manufactured steam engine. Today's main road covers over part of the former railway line, but the greenway stretch enables visitors to explore the same Empordanet landscapes as described by Palafrugell writer Josep Pla and to traverse the rich agricultural plain of Aubl, surrounded by the Gavarres massif and Begur mountains.



Tourist Offices

PALAFRUGELL

Tel. +34 972 300 228
turisme@palafrugell.net
www.visitpalafrugell.cat

PALAMÓS

Tel. +34 972 600 550 / +34 972 600 500
oficinadeturisme@palamos.cat
www.visitpalamos.org

Town Halls

MONT-RAS

Tel. + 34 972 301 974
ajuntament@mont-ras.cat
www.mont-ras.cat

PALAFRUGELL

Tel. + 34 972 613 100
ajuntament@palafrugell.net
www.visitpalafrugell.cat

PALAMÓS

Tel. + 34 972 600 026
ajuntament@palamos.org
www.palamos.cat/turisme

VALL-LLÒBREGA

Tel. + 34 972 315 464
ajuntament@vall-llobrega.cat
www.ddgi.cat/vall-llobrega



FACT SHEET

Kilometres	6
Gradient	1%
Difficulty	Minimal
Paving	Earth - cement
Maximum elevation	42 m (Palafrugell)
Minimum elevation	0 m
Services	In towns and villages along the route and at Sant Joan de Palamós petrol station (greenway starting point at Palamós)

Branch greenways to:

Vall-Illobrega: 0.5 km

Castell beach: 1 km

Mont-ras: 0.8 km

AREAS OF INTEREST

Mont-ras

- Sant Esteve church, Can Vidal farmhouse, Can Colom and Ferrera defence towers
- El Crit cove

Palafrugell

- Cork Museum, Armstrong cork factory
- Cap Roig Botanical Gardens
- Tamariu, Calella and Llafranc beaches

Palamós

- La Fosca and Castell beaches
- Estreta cove, Margarida cove
- Seafront esplanade
- Fishing Museum

Vall-Illobrega

- Sant Mateu church
- Thousand-year-old olive tree
- Maça farmhouse (17th century)

HOW TO GET THERE

• BY ROAD

From Barcelona: AP-7, C-35, C-65, C-31

From Puigcerdà/Andorra: N-152, C-26, A-26, C-66, C-31

From Lleida: C-25, C-25, C-65, C-31

From França/Perpinyà: AP-7 o N-II, C-66, C-31

• TEISA BUS COMPANY

Tel. +34 972 204 868

www.teisa-bus.com

• SARFA BUS COMPANY

Tel. +34 972 301 293 / +34 902 302 025

www.sarfa.com

• GIRONA-COSTA BRAVA AIRPORT

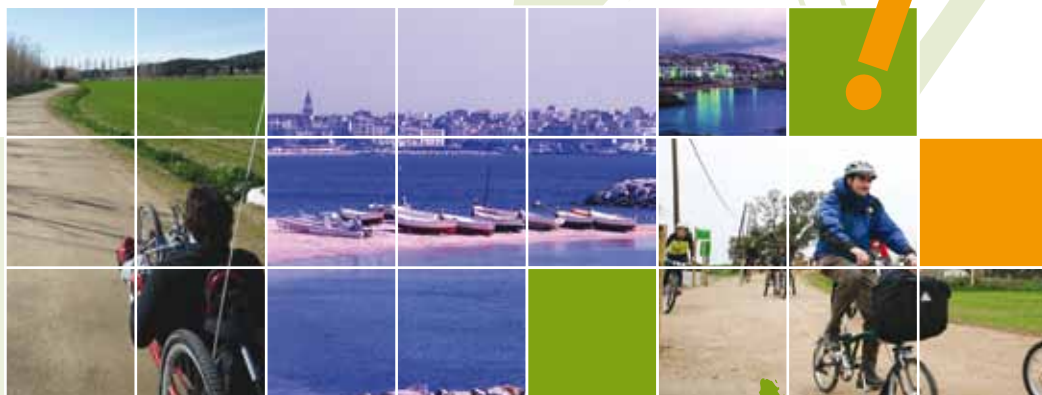
Tourist Office: tel. +34 972 942 955

ot.aerogirona.ctc@gencat.net

Flight Information: tel. +34 972 186 600

www.aena.es

Ryanair runs a coach service linking the airport with Girona central bus station.



MAPS OF THE MAIN TOWN CENTRES

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RIPOLL



SANT JOAN DE LES ABADESSES



ADAPTED BICYCLES FOR HIRE

You will find adapted bicycles, specially designed for handicapped riders, for hire on Girona's greenways, under the same terms as other bicycles.

We have 10 bicycles shared between 4 collection points

SANT JOAN DE LES ABADESSES

Tel. +34 972 720 495

AMER

Tel. +34 972 430 589

GIRONA

Tel. +34 972 221 047

CASTELL D'ARO

Tel. +34 972 610 709

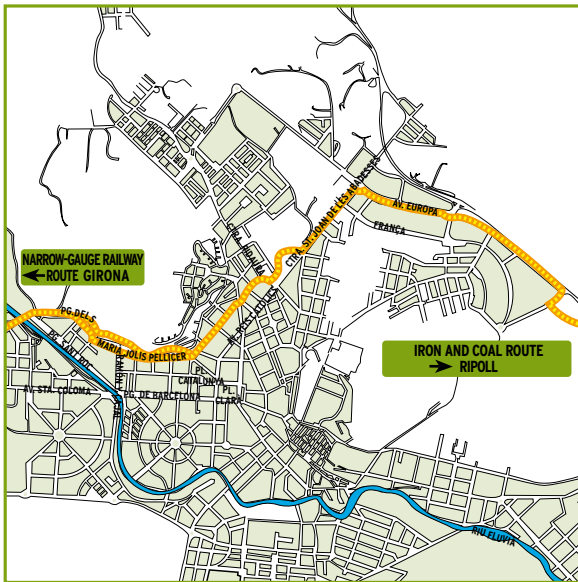
Information

www.viesverdes.org

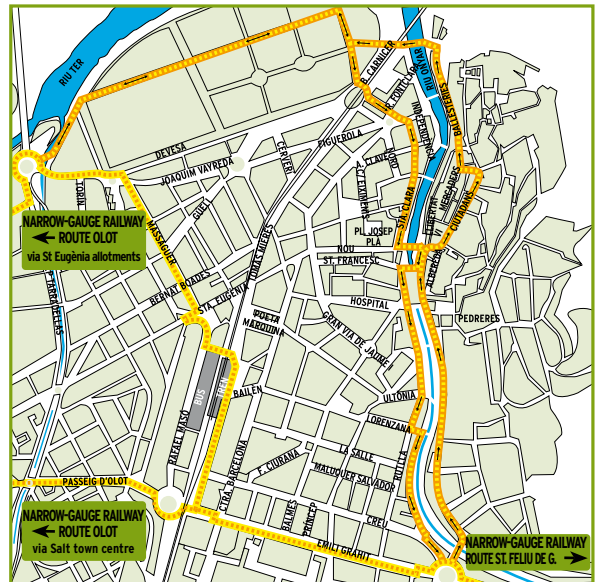




OLOT



GIRONA



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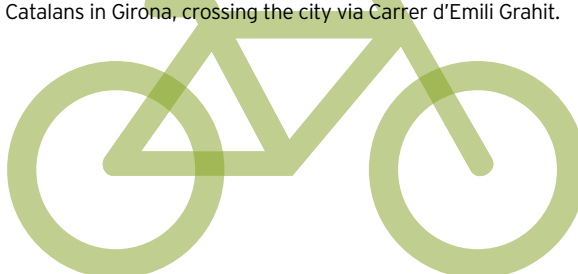
SANT FELIU DE GUÍXOLS



Ripoll: Sign-posted link from the train station (Renfe) at Ripoll to the start of the Iron and Coal Route.

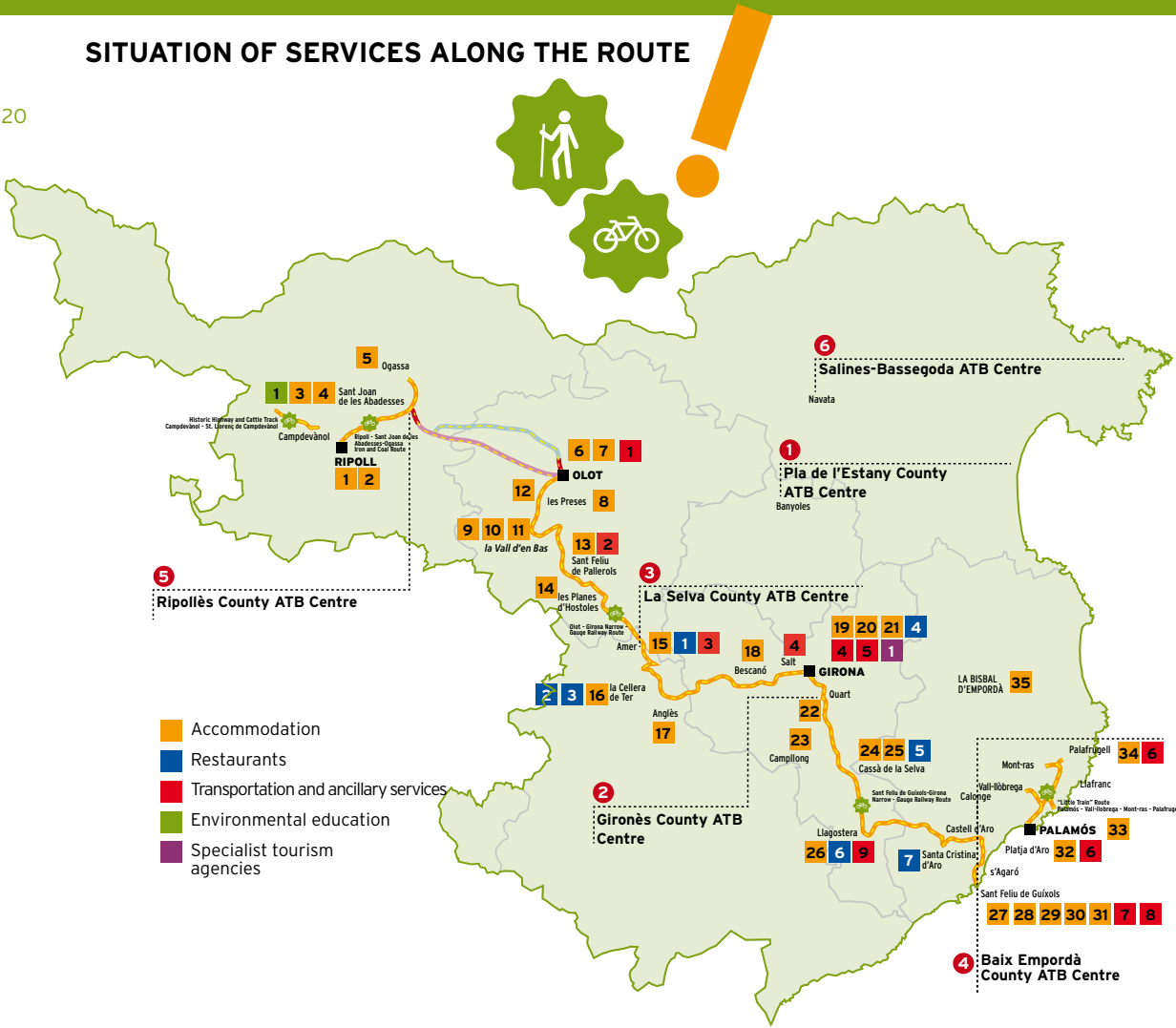
Sant Joan de les Abadesses: Sign-posted link from Parc de l'Estació to the start of the link way to Olot.

Girona: Sign-posted link from Santa Eugènia allotments to the start of the Narrow-Gauge Railway Route II (to Sant Feliu de Guíxols), going through the Devesa Park and the historic city centre of Girona, and along the banks of the Onyar River. You can also cycle from the centre of Salt to Plaça dels Països Catalans in Girona, crossing the city via Carrer d'Emili Grahit.



SITUATION OF SERVICES ALONG THE ROUTE

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Addresses and Telephones of Interest

MOSSOS D'ESQUADRA (Catalan Police)
EMERGENCY HOTLINE: 088 · www.gencat.net/mossos

TEISA BUS COMPANY

The TEISA bus company allows bicycles to be transported in the holds of all bus lines covering sections of the greenways, provided there is enough space in the hold to carry them. If you are cycling in groups of 3-4, it is advisable to contact one of the companies indicated on these pages.

www.teisa-bus.com
Tel. +34 972 204 868

1 HOTEL SOLANA DEL TER

RIPOLL



The history, Romanesque art and a culture of its own have gradually formed the personality of the Ripollès county and its people. At the foot of the Pyrenees and with admirable Romanesque churches, it is an ideal place for enjoying the greenways and for engaging in mountain sports, with a great variety of landscapes, attractive monuments and cultural activities of all kinds. All of this, along with our varied, high-quality cuisine made from the finest local produce of the land, makes Solana del Ter an ideal place for spending holidays, a working stay or simply taking a few days' rest.



Ctra. de Barcelona a Puigcerdà (C-17), km 92,5
17500 Ripoll
Tel. +34 972 701 062
Fax +34 972 714 343
hotel@solanadelter.com
www.solanadelter.com

2 LA TROBADA HOTEL

RIPOLL



La Trobada Hotel is situated in the centre of Ripoll, just 2 minutes from the shopping area, the Romanesque monastery and the start of the Iron and Coal Route. The hotel has 60 en suite rooms, lift, large lounge with TV, bar and restaurant service, bicycle cleaning area and lockup. A buffet of traditional Catalan dishes is available from Monday to Saturday in the two large hotel dining rooms. The hotel has a large car park and is within easy reach of train and bus stations. A bike rental service is also available. The peaceful atmosphere and friendly service will make you feel right at home.



Pg. del Compositor Honorat Vilamanyà, 4-5
17500 Ripoll
Tel. +34 972 702 353
Fax +34 972 715 100
info@latrobadahotel.com
www.latrobadahotel.com

3 TURISME RURAL ELS ARENYS

SANT JOAN DE LES ABADESSES



Els Arenys is a peaceful and welcoming Catalan farmhouse right in the middle of Ripollès county, in Sant Joan de les Abadesses, beside the Ter River.

Totally restored and refurbished for tourism, it makes for a stay that visitors are bound to remember.

The house has seven rooms, all with bathroom and Internet access, bar and living room. There are large fields, a playground for the younger ones and a sports area with goalposts for football, and basketball and volleyball nets. Internet in all rooms.

Accommodation with half-board.



Mas Els Arenys
17860 Sant Joan de les Abadesses
Tel. +34 629 553 565
elsarenys@elripolles.com
www.elsarenys.com

4 ALBERG RURAL LA RUTA DEL FERRO

SANT JOAN DE LES ABADESSES



La Ruta del Ferro Rural Hostel at Sant Joan de les Abadesses (120 km from Barcelona and 72 km from Girona) is situated in a park at the former freight railway station, right on the Iron and Coal Route between Ripoll and the Ogassa mines. The unique station building has been refurbished and adapted to accommodate up to 86 hostellers, with some rooms adapted for persons with reduced mobility. Ideally situated as a starting point for walking or cycling along the greenway, and for exploring the beauty of the historic centre of Sant Joan de les Abadesses with its monastery and old bridge.

Bike rental service. Adapted bicycles available. Free bicycle lockup.



Parc de l'Estació, s/n
17860 Sant Joan de les Abadesses
Tel. +34 972 720 495
alberg@santjoandedesabadesses.com
www.rutadelferro.com

5 LA PEÇALLARGA

OGASSA

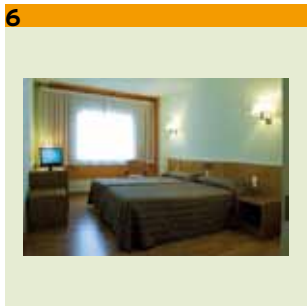


Surrounded by a magnificent landscape, the La Peçallarga rural house stands in an estate of just under 20 acres with a wood and stream of its own that are typical of the Ogassa pre-Pyrenees zone (Ripollès). The former hay barn has been refurbished in order to convert it into cosy accommodation with four rooms (2 triple and 2 double) fitted out with all modern-day facilities for comfort in a rural-type atmosphere. The privileged situation allows access to the Ribes and Camprodon valleys and to engage in a number of leisure activities both within and around the estate.



La Peçallarga
17861 Ogassa
Tel. +34 972 728 041 /
+34 649 843 760
info@pesallarga.com
www.pesallarga.com

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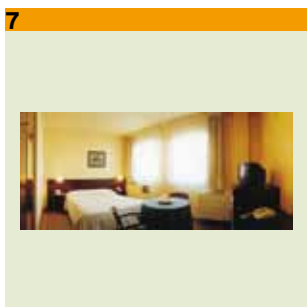
HOTEL BORRELL

OLOT

Hotel Borrell, located in a quiet place near the city shopping area, in Garrotxa Volcanic Area Nature Park, is a good starting point from which to enjoy Garrotxa county and its capital, Olot. Only 50 metres from the Olot - Girona Narrow-Gauge Railway Route greenway. The hotel has 24 rooms and offers a buffet breakfast. Free bicycle lock-up.



C. del Notari Nonet Escubós, 8
17800 Olot
Tel. +34 972 276 161
Fax +34 972 270 408
info@hotelborrell.com
www.hotelborrell.com



HOTEL LA PERLA

OLOT

Inside the town limits but just a hop away from the great outdoors, this family-run aparthotel offers you professional expertise and up-to-date facilities. Located next to the Volcano Museum inside the Garrotxa Volcanic Area Nature Park, just 200 metres away from the greenway, Hotel La Perla assures a pleasant stay in a cosy, peaceful setting.

The establishment offers fully equipped rooms and apartments that enable guests to remain totally independent whilst enjoying all the advantages of the hotel. Restaurant offering traditional and market fare.



Ctra. de la Deu, 9
17800 Olot
Tel. +34 972 262 326
Fax +34 972 270 774
info@laperlahotels.com
www.laperlahotels.com



CÀMPING LES PRESES-NATURA

LES PRESES

Les Preses-Natura campsite is located beside the municipal swimming pool in the small, peaceful village of Les Preses, in Garrotxa Volcanic Area Nature Park, only 300 metres from the Olot - Girona Narrow-Gauge Railway Route greenway and 3 minutes from Olot, capital of Garrotxa county. There is a regular bus service to Les Preses (bus-stop 5 minutes from campsite).

The campsite is set in a privileged landscape and offers a friendly, welcoming atmosphere, as well as access to all the services available in Les Preses village (doctor, nurse, chemist, shops, religious services, etc.). The Centre Logístic de Bicicletes rents out all types of bicycles, child seats and saddle bags, and also arranges for transfers, guides, etc.



Sector La Boada, s/n
17178 Les Preses
Tel. +34 972 692 093
Fax +34 972 692 020
natura@garrotxa.net
www.atma.cat

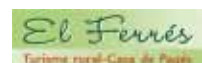


EL FERRÉS - CASA RURAL

JOANETES (LA VALL D'EN BAS)

Farmhouse accommodation in La Vall d'en Bas (Garrotxa county), located in an idyllic natural setting. El Ferrés, on an agricultural and livestock smallholding, is a welcoming place where you will find peace and restful surroundings, with everything set up for full enjoyment during each minute of your stay. El Ferrés offers a friendly atmosphere, ideal for a stress-free rural holiday where you can unwind as you soak up the beauty of the landscape.

The Garrotxa region is one of the best areas in Catalonia for cycle tourism, with two greenways running through the county: the Iron and Coal Route and the Narrow-Gauge Railway Route. The latter follows the former Olot - Girona narrow-gauge railway line and is specially recommended, given that most of the route to Girona is downhill.



17176 Joanetes
(la Vall d'en Bas)
Tel. +34 972 690 029
elferres@elferres.com
www.elferres.com

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EL ROURELL - CASA DE COLÒNIES

LA VALL D'EN BAS

El Rourell hostel is located in the privileged surroundings of La Vall d'en Bas, near the greenway and the Garrotxa Volcanic Area Nature Park, at the foot of Puigsacalm Mountain. The comfortable, functional house has two single-storey blocks, sleeping 128 persons in rooms of different sizes and capacities. The facilities are adapted for disabled people and easily accessible for all types of vehicle. Catering service providing meals made from natural, quality ingredients; special diets and menus available. Central heating, TV and free WiFi zone. Swimming pool, grass football field, basketball and volleyball court, large grassy grounds, camping zone, picnic area. El Rourell offers hiking and ATB routes with qualified guides, as well as bike rental and transfer service for up to 60 persons. Discounts for large groups. Rural houses available for rent in different locations in the Garrotxa county.



Puigpardines, s/n
17176 La Vall de Bas
Tel. +34 650 430 798
/ +34 686 414 113
info@elrourell.com
www.elrourell.com

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ÀMBIT RURAL

LA VALL D'EN BAS

Choice of whole-house rental options in spectacularly beautiful rural locations in Garrotxa and Alt Empordà Counties. Well located, fully equipped houses with capacities ranging from 2 to 30 persons. From a romantic stone hut in the heart of the Garrotxa Volcanic Area Nature Park to a rambling farmhouse suitable for larger groups in Empordà County (near Besalú and Banyoles). Most houses located at a short distance from the Olot - Girona greenway. Numerous ATB or hiking routes accessible from the houses. Detailed information on each house. Meals delivered to your door. Guide and monitor service. ATB and electric bike rental. Bicycle and equipment transfer service, pick-up and transfer service for cyclists and bikes, follow-up vehicles, etc. A hostel near the greenway offers full board and half board accommodation for large groups or cycling clubs (see El Rourell hostel) Please consult our website.



Tels.: +34 650 430 798 /
+34 686 414 113
Fax: +34 972983563
info@ambitrrural.cat
www.ambitrrural.cat

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MAS GARGANTA - CASA RURAL

LA PINYA (LA VALL D'EN BAS)

Mas Garganta is a farmhouse with animals and a vegetable garden, an open fireplace and a covered terrace commanding spectacular views of La Vall d'en Bas and Puigsacalm mountain. It is located on the outskirts of La Pinya village (GPS +42° 11' 13.74", +2° 26' 49.57") at the end of the Ripoll - Olot greenway and at the start of the Olot - Girona Narrow-Gauge Railway Route greenway. The house has 7 en suite rooms, and a cabin equipped for small groups of cyclists or hikers.

Mas Garganta offers excellent homemade cooking made with ingredients from both its own vegetable garden and local producers. This is an ideal place to stay and visit Garrotxa Volcanic Area Nature Park. The price is €60 per person/day (half-board), which includes coffee, herbal teas, wine and VAT. Cyclists and hikers are provided with a free picnic lunch. A minimum stay of 2 nights is required at weekends. Children welcome (50% discount).



Ctra. a la Pinya
17800 Olot
(la Vall d'en Bas)
Tel. +34 677 440 276 /
+34 972 271 289
masgarganta@masgarganta.com
www.masgarganta.com

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FONDA FINET

SANT FELIU DE PALLEROLS

A country inn located in the old quarter of Sant Feliu de Pallerols, with a century-old restaurant (in service since 1865) and rooms equipped with bathroom, television set, balcony, heating and lift, one of which is adapted for disabled guests. The establishment has its own car park, an outdoor swimming pool, and a playground. Situated in the Garrotxa Volcanic Area Nature Park, some 10 km from Olot and about 1 hour away from the beach, Fonda Finet is located right beside the Olot - Girona Narrow-Gauge Railway Route and offers a range of options to hikers and bikers. The inn offers accommodation in two different buildings, each with the same high-quality service.



C. de Sant Antoni, 3
17174 Sant Feliu de Pallerols
Tel. +34 972 444 024 /
+34 679 726 070
Fax +34 972 444 010
reserves@fondafinet.com
www.fondafinet.com

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HOTEL CAN GARAY

LES PLANES D'HOSTOLES

Hotel-Monument Can Garay is located in Les Planes d'Hostoles village, 50 metres from the greenway, half-way along the Olot - Girona stretch and very close to Garrotxa Volcanic Area Nature Park. The family-run hotel is a 1906 Modernist building with six double rooms and one suite, all of which overlook the large, hundred-year old garden and have an en suite bathroom, hair-dryer, central heating, TV and Internet connection.

Can Garay offers guests a free car park, bike lock-up, space for bike washing and minor repairs, bar service, kitchen, lunch bags, group breakfasts and garden barbecue. The Teisa bus linking Barcelona and Girona with Olot stops just a few metres from the hotel.



Av. de Narcís Arnau, 6
17172 Les Planes d'Hostoles
Tel. +34 972 448 253 /
+34 649 508 371
Fax +34 972 448 253
info@hotelcangaray.com
www.hotelcangaray.com

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HOTEL SANT MARÇAL

AMER

Hotel Sant Marçal is located about 500 m from the Olot-Girona Narrow-Gauge Railway Route and boasts 12 completely refurbished rooms with TV and full bathroom. The hotel has a swimming pool and offers different types of accommodation package deals. Ideally situated for walking tours around the village of Amer and its surrounding area and for exploring interesting itineraries such as the Hermitage Route. The bus linking Girona with Olot stops right in front of the hotel.

Hotel Sant Marçal makes its guests feel as if they were at home.



Ctra. d'Olot (C-63), km 47
17170 Amer
Tel. +34 972 430 723
Fax +34 972 430 986
info@hotelsantmarsal.com
www.hotelsantmarsal.com

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CAN JEPET - CASA RURAL

LA CELLERA DE TER

Can Jepet offers rural accommodation in an agricultural farmhouse dating from 1700. The original stone building was restored in 2000 and now combines a rustic atmosphere with modern comfort (TV and Wi-Fi Internet connection). The house has 9 en suite rooms and one fully-equipped apartment with a kitchen, bathroom and terrace. On the ground floor there is a comfortable sitting room with a kitchen, dining room, TV and open fireplace. The house commands views of the surrounding gardens, fields and mountains. The large guest rooms are warm and welcoming, with Internet connection and a relaxing bathroom fully equipped with showers and hydro-massage (jacuzzi) baths.

Can Jepet serves traditional Catalan homemade dishes prepared from natural locally-produced ingredients. The house is surrounded by a garden area of over 1500 m², with a swimming pool, barbecue, ping-pong table, playing field for ball games and children's playground. The farm has two hectares of cropland.



C. de les Brugueres, 16
17165 La Cellera de Ter
Tel. +34 972 424 127 /
+34 691 313 377
reservas@casaruralcanjepet.com
www.casaruralcanjepet.com

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HOTEL FONDA TARRÉS

ANGLÈS

This centrally-located hostel boasts a long culinary tradition as well as 40 years of experience during which it has been constantly brought up to date. Restaurant and bar service, 12 rooms of various prices and categories, satellite TV, central heating, Wi-Fi connection and free bike lock-up. Special group rates and offers.

There are several walking routes around the town of Anglès itself. Excursions in the area include Santa Bàrbara hermitage, recently restored by local people; Sant Julià del Llor hermitage, starting point for several hiking routes; and the 12th-century Romanesque bridge. Mare de Déu del Coll sanctuary is off the road leading to Osor. Anglès is 17 km from Girona and 15 km from Girona airport.



Pl. de Catalunya, 5
17160 Anglès
Tel. +34 972 421 314
Fax +34 972 422 430
contactar@fondatarres.com
www.fondatarres.com

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CAN POL DE DALT - CASA RURAL

BESCANÓ

Can Pol de Dalt offers accommodation for 4-8 cycling tourists in an independent rural guesthouse located in peaceful surroundings with superb panoramic views over the Pyrenees and the El Far and Rocacorba mountains. Guests can avail of a bike transfer service to and from the greenway (700 m).

Enjoy our homemade bread and sweet *coques* baked in a wood-fired oven.



Veïnats de Trullàs
17162 Bescanó
Tel. +34 972 420 052
Fax +34 972 420 765
info@bedandbike.cat
www.bedandbike.cat

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ETAP ALLOTJAMENT

GIRONA

Located just outside Girona city centre, Etap Allotjament is an elegant, modern hostel offering rooms with en suite bathrooms and LCD TV with international channels. The restaurant serves generous breakfasts. Before going out, enjoy a drink at the hotel bar with friends or other guests.

Free WiFi Internet connection. Outdoor car park and covered garage in the hotel. Bicycle washing area. Depending on availability, bicycles may be kept in the rooms.



C. Francesc Ferrer, 16-18
17006 Girona
Tel. +34 972 110 846
Fax +34 972 391 514
H6815@accor.com

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HOTEL IBIS GIRONA

GIRONA

Ibis Girona is an elegant, modern hotel located at the north access to Girona. The hotel has a refined restaurant, a 24/7 bar, and soundproofed rooms that guarantee a good night's rest. The interiors have a stylish, contemporary design.

The hotel is well communicated with the centre of Girona and other towns in the area due to its proximity to the road network (AP-7).

Free WiFi Internet connection to keep in touch with family and friends.

Outdoor car park and covered garage in the hotel. Bicycle washing area. Depending on availability, bicycles may be kept in the rooms.



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C. Francesc Ferrer, 16-18
17006 Girona
Tel. +34 972 391 538
Fax +34 972 391 514
H6819@accor.com

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HOTEL PENINSULAR

GIRONA

Hotel Peninsular is located in the historic and commercial centre of Girona, just 2 minutes from the train station. It offers 48 rooms and different types of meeting and conference rooms with capacity for up to 80 people, a parking area in front of the hotel and a car park 50 metres away. In addition, it offers a buffet breakfast and bar service, room service, laundry, Internet, free ADSL and fax.



C. Nou, 3 /
Av. de Sant Francesc, 6
17001 Girona
Tel. +34 972 203 800
Fax +34 972 210 492
peninsular@novarahotels.com
www.novarahotels.com

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CAL RELLOTGER

FORNELLS DE LA SELVA

Girona Can Toni Manescal campsite is located in rural surroundings between Llambilles and Fornells de la Selva villages, just 1.5 km from the Girona-Sant Feliu de Guíxols Narrow-Gauge Railway Route. A peaceful welcoming place, suitable for lovers of cycle tourism. Proximity to Girona makes it suitable for taking time off to visit the magnificent city, stroll around the Old Town and the narrow cobbled streets of the Jewish Quarter, ideal at any time of year.

The same management also runs Cal Rellotger, an independent rural house located in a peaceful, rural setting, sleeping 2-6 persons. Open all year round.

www.telefonica.net/web/cal-rellotger



Veïnat de la Barceloneta, 37, B9
17458 Fornells de la Selva
Tel. +34 972 476 117 /
+34 647 714 654
campinggirona@campinggirona.com
www.campinggirona.com

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AGROTURISME SANT DIONÍS

CAMPLLONG

Sant Dionís is a 13th-century fortified stone farmhouse which has been completely restored and adapted to modern-day comforts, while still preserving its traditional style. Surrounded by farmland with fields of crops and farm animals, the house is isolated from the noise and bustle of traffic, yet still close to everything. Here you can experience the peaceful farm life and enjoy nature going hiking or cycling, going to the beach or visiting the nearby towns and villages. With capacity for 15 persons, it has six rooms with bathroom, Internet access and one room adapted for people with disabilities. Family atmosphere with home cooking.



Veïnat de Can Dionís, 3
Bústia 42
17459 Campllong
Tel. +34 972 460 401
+34 680 985 932
Fax +34 972 460 401
info@agroturismesantdionis.com
www.santdionis.com

26

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HOTEL MAS ROS CASSÀ DE LA SELVA

Hotel Mas Ros offers a flexible type of accommodation for both leisure and business visitors, with nine pleasant, comfortable rooms in an old restored farmhouse (Mas Ros) that boasts nearly a thousand years of history. Hotel Mas Ros is located between Cassà de la Selva and Llagostera on the Girona - Sant Feliu de Guíxols main road, 15 minutes from the coast, 15 minutes from Girona and Girona-Costa Brava Airport, and 10 minutes from the motorway. The Narrow-Gauge Railway Route runs just a few yards behind the hotel through gentle rolling farmland that makes for good, smooth pedalling. The hotel cuisine, by the Restaurant L'Alzina, is based on good quality local produce from the sea and the land.



Ctra. de Girona
a Sant Feliu, s/n
17244 Cassà de la Selva
Tel. +34 972 461 233
Fax +34 972 463 868
info@hotelmasros.com
www.hotelmasros.com

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CAN DÉU DEL FIRAL CASSÀ DE LA SELVA

Can Déu del Firal is a Catalan farmhouse dating from 1642, located in the centre of the town of Cassà de la Selva, 900 m from the greenway, 15 km from Girona and 23 km from Sant Feliu de Guíxols. The house has two double rooms (suitable for families), living room and big south-facing terrace leading to a large patio with plants and flowers. Garage for cars and bicycles, WiFi, TV, DVD, a bookshelf full of books, and toys for children.

The local bus company (Teisa) accepts bicycles and buses stop just 400 m from the house, allowing ease of return from bike trips. Can Déu del Firal offers a guide service for exploring the greenways and adjacent routes, as well as printed and audiovisual documentation on aspects of cycle tourism.



C. Migdia, 30
17244 Cassà de la Selva
Tel. +34 649 418 985 /
+34 972 460 698
dfiral@gmail.com
www.candeudelfiral.com

26



HOSTAL EL CARRIL LLAGOSTERA

Hostel situated half-way along the Girona - Sant Feliu Narrow-Gauge Railway Route greenway, on the cycle lane and beside a park. The air-conditioned rooms come with a 32" TV set and overlook the park. Full Catalan breakfasts and Llagostera sausage sandwiches are a feature of the establishment and have been served here since 1949. Traditional-style restaurant with a daily set menu and a weekend à la carte menu. Smoking and non-smoking sections, courtyard and open-air terrace. Bike repairs and spare parts next to hostel. A classic cyclists' stop-over.



Pg. Romeu, 2
17240 Llagostera
Tel. +34 972 830 141
Fax +34 972 805 268
hostalcarril@hotmail.com

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HOTEL RESTAURANT BARCAROLA SANT FELIU DE GUÍXOLS

Hotel Barcarola, located in the township of Sant Feliu de Guíxols, shares with S'Agaró Sant Pol beach, one of the most privileged spots on the Costa Brava, surrounded by vegetation. At this establishment you can enjoy a restful stay in a family setting providing quality service. An ideal place for all hiking and biking fans, with the nearby coastal promenade between Sant Feliu de Guíxols and Platja d'Aro, as well as the Sant Feliu de Guíxols - Girona Narrow-Gauge Railway Route.



C. de Pau Picasso, 1-19
17220 Sant Feliu de Guíxols
(platja de Sant Pol)
Tel. +34 972 326 932
Fax +34 972 820 197
info@barcarola.com
www.barcarola.com

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HOTEL HOSTAL DEL SOL

SANT FELIU DE GUÍXOLS

Hostal del Sol is located right on the greenway as it enters Sant Feliu de Guíxols, in an adapted late 19th-century Modernista building. All rooms have exterior-facing windows and are equipped with full bathroom, TV, telephone and safe box. Gardens with two swimming pools (one for small children), free WiFi zone, and bar service. Bicycle garage (no extra cost). The hostel provides detailed information on cycling routes in the area.



Ctra. de Palamós, 194
17220 Sant Feliu de Guíxols
Tel. +34 972 320 193
Fax +34 972 820 677
info@hostaldelsol.cat

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HOTEL SANT POL

SANT FELIU DE GUÍXOLS

Hotel Sant Pol, located on Sant Pol beach in Sant Feliu de Guíxols, offers a pleasant atmosphere and friendly service. All the rooms are fully equipped (air-conditioning, full bathroom, television set, etc.) and are complemented by a restaurant service providing a wide range of maritime fare. From Hotel Sant Pol you can engage in all kinds of open-air activities such as the Sant Feliu de Guíxols - Girona Narrow-Gauge Railway Route, the first section of which lies 300 m from the hotel.



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Platja de Sant Pol, 125
17220 Sant Feliu de Guíxols
Tel. +34 972 321 070
Fax +34 972 822 378
info@hotelsantpol.com
www.hotelsantpol.com

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CÀMPING SANT POL & BUNGALOW PARK

SANT FELIU DE GUÍXOLS

Sant Pol campsite and bungalow park is a small, friendly business located half-way between S'Agaró and Sant Feliu de Guíxols, 350 metres from S'Agaró beach and 500 metres from the town (GPS 41° 47' 10" N, 3° 2' 28" E). The landscaped grounds are laid out in terraces and gardens with over 1000 species of plants and flowers. Swimming pool, grocery shop, bar and open-air terrace, library, Wi-Fi, games room, mini-golf, ping-pong and small, welcoming restaurant. Mediterranean-style wooden bungalows in natural surroundings are available to rent.

Special camping rates for cyclists.



C. del Doctor Fleming, 1
17220 Sant Feliu de Guíxols
Tel. +34 972 327 269 /
+34 972 208 667
Fax +34 972 222 409
info@campingsantpol.cat
www.campingsantpol.cat

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APARTAMENTS MERCEDES

SANT FELIU DE GUÍXOLS

APARTAMENTS MERCEDES, located on the sea front in Sant Feliu de Guíxols, offers clients a private car park and a special lock-up area for parking and cleaning bicycles.

Safe, easy access at the end of the esplanade.

After all that pedalling, treat yourself to a few days' well-deserved rest beside the sea at APARTAMENTS MERCEDES.



Psg. Marítim President
Irla, 24
17220 - SANT FELIU DE
GUÍXOLS
Tel. +34 972 321 684
Fax +34 93 217 41 90
informacio@marmuntanya.com
www.marmuntanya.com

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CÀMPING CALA GOGO

PLATJA D'ARO

Enjoy the privileged setting of the Bungalow Park-Campsite with its welcoming beach, superb tent sites and spacious top-class facilities. You will enjoy a peaceful stay in a family atmosphere with all the services of a campsite recognised in the finest European guides (ADAC and ACSI). Rent a bungalow or mobile home fully equipped with bed linen, kitchen utensils, barbecue facilities and garden furniture. Air-conditioning in some units. We also offer a bicycle and kayak rental service, an underwater diving school and three swimming pools, two of which are heated by solar energy. Campsite open from May to September. The campsite is located 3 km from the start of the greenway in Sant Feliu.



Av. d'Andorra, 13
17251 Calonge
Tel. +34 972 651 564
Fax +34 972 650 553
calagogo@calagogo.es
www.calagogo.es

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CÀMPING CASTELL PARK PALAMÓS

Small, easily-accessible campsite with a friendly, peaceful atmosphere, located on flat terrain near Castell and La Fosca beaches and Palamós Bay, and just a few metres from the "Little Train" Route running between Palamós and Palafrugell with branch greenways leading off to the beaches. The campsite is a suitable base for cycling or hiking around the agricultural and forest land of Empordanet plain. Our area offers visitors a range of stimulating experiences and sensations which, together with the rich historic heritage of the locality, make this a privileged place. Ideal for ATB trips over the Gavarres, a mountain range with many different points of interest. Open from Easter to September. Special rate for overnighing cyclists (bike + tent).



Ctra. de Palamós a
Palafrugell (C-31), km 328
17253 Vall-llobrega
Tel. +34 972 315 263
Fax +34 972 315 263
info@campingcastellpark.com
www.campingcastellpark.com

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HOTEL TAMARIU TAMARIU (PALAFRUGELL)

Hotel Tamariu is a small 17-room establishment located beside the sea at the pretty cove of Tamariu, open since 1930 and now run by fourth-generation members of the same family. Restaurant and bar service on the sea-front esplanade, with superb views over the beach and the bay. Facilities adapted for disabled people. The hotel also has completely updated 2- or 3- room apartments, rented out by the day. The management will be delighted to welcome you for a pleasant stay at Hotel Tamariu.



HOTEL TAMARIU
Pg. del Mar, 2
17212 Tamariu (Palafrugell)
Tel. +34 972 620 031
Fax +34 972 620 500
hotel@tamariu.com

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EMPORDÀ BIKE RESORT LA BISBAL D'EMPORDÀ

Empordà Bike Resort is located in the heart of Baix Empordà county, between Empordanet plain and the Gavarres mountains. We have GPS-guided ATB itineraries, cycle tourism and routes, most of which start and finish at our bike resort. Bring your own bike or rent one from our bike centre. Safe bicycle lock-up, well-equipped with tools and cleaning area for bike maintenance. Welcoming fully-equipped rural apartments for 2-16 persons located outside La Bisbal d'Empordà in a 16th-century farmhouse. Empordà Bike Resort is the perfect place for 4, 6 or 8-day cycling holidays!



Apartat 170
17100 La Bisbal d'Empordà
Tel. +34 972 64 18 20 /
+34 607 863 738
info@empordabikeresort.com
www.empordabikeresort.com

1



RESTAURANT SANT MARÇAL AMER

Restaurant Sant Marçal is located 500 m off the Olot - Girona Narrow-Gauge Railway Route and offers Catalan cuisine based on high quality fish and meat products. The long menu carries a wide range of dishes, ranging from traditional pig's trotters, snails and river trout (from our own fish farm) to more modern dishes such as roast vegetable timbale and anchovies with tapenade. The restaurant boasts three dining rooms, one of which can be hired for private use on special occasions. A banquet service is also available. In the summer there is a poolside terrace. Restaurant Sant Marçal has been in the catering business for 36 years.



Ctra. d'Olot (C-63), km 47
17170 Amer
Tel. +34 972 430 723
Fax +34 972 430 986
farovix@arovitx.com
www.hotelsantmarsal.com

2



RESTAURANT-HOTEL PASTERAL

EL PASTERAL - LA CELLERA DE TER

Restaurant-Hotel Pasteral, "a house with the comfort of a hotel", is located very near the former narrow-gauge railway station at El Pasteral (now converted into an art school), right beside the Ter River and surrounded by small reservoirs, woods and mountains. The hotel's individually-decorated 6 rooms and 2 suites can accommodate up to 26 persons and are fully equipped with bathroom, hydro-massage bath (two-seater bath in suites), TV, hair dryer and Wi-Fi. A computer is available for guests. Open-air thermal pool. Large reception rooms with open fireplace and spectacular views.

The restaurant, with a set menu and an à la carte menu, is open to the public and also caters for groups and celebrations.



C. de les Brugueres, 16 bis
El Pasteral
17165 La Celler de Ter
Tel. +34 972 424 115
reservas@pasteral.com
www.pasteral.com

3



EL LOCAL

LA CELLERA DE TER

El Local offers a full menu of tapas, salads, sandwiches, starters, grilled meat and other main courses, desserts.

Daily set menu, dish of the day, take-away meals (ordered in advance), children's birthday parties and other events (ask us for estimate).



Pl. de l'Església, 5
17165 La Celler de Ter
Tel. +34 972 421 613
el.local.bar@gmail.com

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RESTAURANT EL PATI VERD

GIRONA

The El Pati Verd restaurant of the four-star Hotel Carlemany located right in the heart of the city of Girona is a restaurant surrounded by a welcoming garden. It is the ideal place in which to appreciate an appetising menu, with the chef's own dishes, seasonal produce and specialities based on traditional Catalan cuisine. All these ingredients make up an attractive gastronomic proposal made-to-measure for individual customers and small groups. Set lunch from Monday to Friday. Sundays closed for staff day off.

The urban link between the greenway from Girona to Olot and the one from Girona to Sant Feliu de Guíxols passes just 100 metres from our restaurant.



Pl. de Miquel Santaló
17002 Girona
Tel. +34 972 211 212
Fax +34 972 214 994
carlemany@carlemany.es
www.carlemany.es

5



RESTAURANT L'ALZINA

CASSÀ DE LA SELVA

Restaurant L'Alzina in Hotel Mas Ros is located in an old restored farmhouse and presents a down-to-earth cuisine based on high-quality products and knowledge of local coastal and inland gastronomy. The restaurant has achieved prestige and recognition for its balance between tradition and modernity.

Friendly, personal service.

Open 365 days a year.



Ctra. de Girona
a Sant Feliu, s/n
17244 Cassà de la Selva
Tel. +34 972 461 233
Fax +34 972 463 868
info@hotelmascaros.com
www.hotelmascaros.com

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RESTAURANT BAR EL CARRIL

LLAGOSTERA

Restaurant situated half-way along the Girona - Sant Feliu Narrow-Gauge Railway Route greenway, on the cycle lane and beside a park. Full Catalan breakfasts and Llagostera sausage sandwiches are a feature of the establishment and have been served here since 1949. Traditional-style restaurant with daily set menu and weekend à la carte menu. Smoking and non-smoking sections, courtyard and open-air terrace. Bike repairs and spare parts next to hostel. A classic cyclists' stop-over.



Pg. Romeu, 2
17240 Llagostera
Tel. +34 972 830 141
hostalcarril@hotmail.com

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RESTAURANT FONT PICANT

SANTA CRISTINA D'ARO

Restaurant Font Picant is particularly noted for its peaceful setting, in an area that is free of cars at the foot of the Girona - Sant Feliu de Guíxols Narrow-Gauge Railway Route. It has ideal spaces for children and offers a cuisine that is based primarily on top-quality fare grilled over wood embers, not to mention traditional dishes with a touch of charm and innovative spirit. There is a magnificent summer terrace and live music all year round.

Bicycle rental service.



Urb. Bell-lloc, 1
17246 Santa Cristina d'Aro
Tel. +34 972 833 350
Fax +34 972 833 350
quemana@fontpicant.cat
www.fontpicant.cat



BICYCLES LOGISTIC CENTER

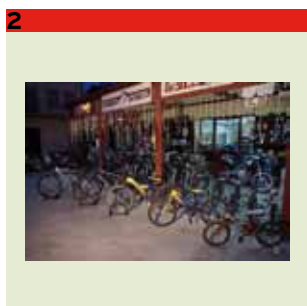
OLOT

Bicycles Logistic Center is located in the former railway station at Les Preses, on the Olot - Girona Narrow-Gauge Railway Route greenway, in Garrotxa Volcanic Area Nature Park and only 3 minutes from Olot, capital of Garrotxa county. There is a regular bus service to Les Preses, with the bus stop just 5 minutes away.

The Centre offers bike rental, bike transport to wherever you require, end-of-stage pick-up, expert guides, and logistic support including picnics, follow-up vehicles, transfer of persons or equipment, and accommodation organization. A completely integrated service is available, leaving cyclists free to enjoy nature and the landscape.



Av. de l'Estació, 3
17800 Olot
Tel. +34 972 692 023
Fax +34 972 692 020
info@atma.cat
www.atma.cat



MATAS BIKES

SANT FELIU DE PALLEROLS

Matas Bikes in Sant Feliu de Pallerols (in the south of Garrotxa county), on the Olot - Girona Narrow-Gauge Railway Route, has bikes for all ages, child seats, helmets, etc., for enjoyable cycling around the prettiest parts of the county.

Matas Bikes organises guided routes at different levels of difficulty; transport of bikes, equipment and/or persons to or from your chosen starting and finishing points along the route; sales and repair services for all types of bicycle.



Ctra. d'Olot, 64
17174 Sant Feliu de Pallerols
Tel. +34 972 444 234 /
+34 637 852 776
motosmatas@hotmail.com



BICICARRIL.COM

AMER

Bicicarril.com is located on the Olot - Girona Narrow-Gauge Railway Route in the town of Amer in La Selva county, bordering on Garrotxa, Osona and Gironès counties. We offer young and old alike the opportunity to enjoy cycling along the greenways in the province of Girona, from Ripoll to Sant Feliu de Guíxols. Sale, rental and repair of all types of bicycles, including tandems, adapted bicycles for persons with reduced mobility, etc. Cycle route planning with guide for trips of varying degrees of difficulty. Transfer service of bikes, baggage and/or persons from wherever you decide to start and finish your route.



Av. de la Selva, 2-4
17170 Amer
Tel. +34 972 430 013 /
+34 620 547 323
Fax +34 972 430 589
bicicarril@bicicarril.com
www.bicicarril.com

4



TRÀFACH BIKES

SALT - GIRONA

This family-run Girona firm was founded in 1956 by Lluís Tráfach i Arnau and specialises in the sale and repair of bicycles and motorbikes, with one shop in Girona city and another at the company headquarters in Salt. Long experience in the field has placed this company at the forefront of the cycling and motorcycling sector. The firm is currently among the main dealers for Yamaha and Piaggio motorbikes and sells a wide range of road, leisure and mountain bikes in different makes.

Tráfach Bikes also rents out top-quality mountain, hybrid and road bicycles.

**TRAFACH
BIKES**

C. Major, 14
17190 Salt
Tel. +34 972 234 943

C. de Salt, 25
17001 Girona
Tel. +34 972 406 067
info@motostrafach.com
www.motostrafach.com

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CICLOTURISME I MEDI AMBIENT

GIRONA

We rent all types of bicycles for young and old: trekking bikes and road bikes, tandems and adapted bicycles for handicapped persons, junior mountain bikes in various sizes, front and back children's seats, rods and other devices for coupling children's bikes to adult bikes, etc.

A nine-seater transfer van with bike trailer is available for transporting clients to the start of the route and picking them up at the end. Our office is located beside Girona bus and train station, very near the start of the Girona greenways.

Cicloturisme i Medi Ambient

C. dels Impressors Oliva, 2-A
17005 Girona
Tel. +34 972 221 047
Fax +34 972 206 115
info@cicloturisme.com
www.cicloturisme.com

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CICLES JK

CASTELL D'ARO - PALAFRUGELL

The family-run company, situated in the heart of Baix Empordà county, offers many different options for cycling enjoyment: over 600 bikes (including adapted bikes) for rent, cycle tourism routes along Girona's greenways and throughout the province, bike workshop, transfers, and a long list of other services for cycling enjoyment with peace of mind all year round, in the excellent Girona climate.

The same company also runs Baix Empordà All-Terrain Cycling Centre in Castell-Platja d'Aro, on the Sant Feliu de Guíxols - Girona Narrow-Gauge Railway Route greenway.

cicles JK

C. d'Àngel Guimerà, 49
17200 Palafrugell
Tel./fax +34 972 610 709
info@ciclesjk.com
www.ciclesjk.com

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TAXI BIKES - ANTONI JUANALS

SANT FELIU DE GUÍXOLS

Taxi service in 5- or 7-seat vehicles, for collecting or transporting passengers, bicycles and equipment.

Company specialising in greenways routes.

Taxi Bikes offers a reliable, professional service adapted to your requirements.

Emergency service for bicycle breakdowns and other circumstances.

TAXI ANTONI JUANALS

Ctra. de Girona, 215, 1r
17220 Sant Feliu de Guíxols

Pl. de Catalunya, s/n
17240 Llagostera
Tel. +34 699 365 253
Fax +34 972 822 422
ajuanals@terra.es

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DOJO SANT FELIU

SANT FELIU DE GUÍXOLS

Dojo Sant Feliu is located in the town of Sant Feliu de Guíxols, right beside a cycle lane at the end of the greenway, near the sea and the mountains. The company offers guided walking and cycling routes; rental of hybrid bikes (ideal for greenway cycling) and road bikes (carbon fibre and aluminium); transport for bikes and cyclists; also child seats, helmets, tools, pumps, tyre patches and other accessories. Specialist bike workshop.



DOJO SANT FELIU

Rbla. de Joan Borda's, 32
17220 Sant Feliu de Guíxols
Tel. +34 972 321 146 /
+34 647 064 286
dojosantfeliu2000@hotmail.com
www.lloguerdebicicletes.splaycat

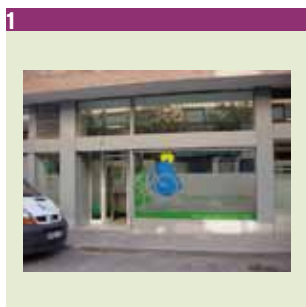


CEA ALT TER SANT JOAN DE LES ABADESSES

Alt Ter Environmental Education Centre (CEA Alt Ter) is an association aiming to promote, restore and protect the natural and cultural heritage of the Eastern Pyrenees. They offer guided visits, nature routes and itineraries, educational activities, monographic courses, etc. for individuals and groups of all ages (families, schools, senior citizens, leisure groups, etc.). The same association manages El Molí Petit Eco-Museum, a watermill and river ecosystem interpretative centre in Sant Joan de les Abadesses.



Ecomuseu El Molí Petit, s/n
17860 Sant Joan de les
Abadesses
Tel. +34 972 721 317 /
+34 686 113 344
info@alt-ter.org
www.alt-ter.org



CICLOTURISME I MEDI AMBIENT GIRONA

This agency specialising in cycling and walking tours offers interesting services to all who wish to enjoy Girona's greenways:

- Comprehensive packages: offers for stays ranging from 2 days/1 night to 7 days/6 nights, with the possibility of including accommodation, bicycle rental, transfer of people and bicycles to the starting point or from the end point of the route, baggage transfer, paperwork, information about the area and route, etc.
- Individual services: bicycle rental, bicycle rental including transfers, etc.



C. dels Impressors Oliva, 2-A
17005 Girona
Tel. +34 972 221 047
Fax +34 972 206 115
info@cicloturisme.com
www.cicloturisme.com



DISCOVER THE HIDDEN SECRETS OF THE GIRONA GREENWAYS

Nature, culture, a taste of literature and gastronomy, little-known stories...

The secrets of the Greenways can be yours!



These guides enable you to travel by bicycle or on foot along trails steeped in hidden secrets dating from prehistoric times to the present day. Signs along the route will guide you through past and present, providing multi-dimensional explanations under four themes: places of identity, cultural landscapes, nature trails, and history of the land and its literary heritage.

For children of all ages... **colouring albums and postcards.**



Guides and albums can be purchased from main bookshops and from www.viesverdes.org

ALL-TERRAIN CYCLING CENTRES

All-terrain cycling centres (locally known as “Centres BTT”) are open to the general public and situated in natural settings. These centres offer a range of trails of varying difficulty levels that are marked for all-terrain cycling.

The centres target all-terrain cycling buffs of all levels, from newcomers to experts, where they find a space to safely practise their activity and where they can find a number of basic complementary services for the practice of this sport: washing, rental or repair facilities, reception and information centres, and a wide range of other services depending on the characteristics of the Centre. High quality and service standards are consistently maintained.

There are now over 2,000 kilometres of different trails adapted to all-terrain cycling in the Pla de l'Estany, Gironès, La Selva, Baix Empordà, Ripollès and Alt Empordà counties. These 2000-plus kilometres of trails are marked and classified for exclusive all-terrain bicycle use, and are run by the five *Centres BTT* in our area: Pla de l'Estany All-Terrain Cycling Centre, Gironès All-Terrain Cycling Centre, La Selva All-Terrain Cycling Centre, Baix Empordà All-Terrain Cycling Centre, Ripollès All-Terrain Cycling Centre, and Salines-Bassegoda All-Terrain Cycling Centre, the latter two of which have opened very recently.

Each trail is marked with signs from the departure point all the way to the arrival, at intervals of approximately 500 metres, and particularly at intersections and sudden changes in direction.

General information: www.turismedecatalunya.com/btt • ct.clubsdeproducte@gencat.cat



Centres BTT



1 Pla de l'Estany County ATB Centre

Ctra. Circumval·lació de l'Estany, s/n
El Vilà-17834
Porqueres
Tel. +34 699 770 647
centrebtt@plaestany.net
<http://www.plaestany.cat/centrebtt>
Km: 253
Nre. de rutes: 10

5 Ripollès County ATB Centre

Àrea d'Esbarjo de l'Estació
Sant Joan de les Abadesses
Tel. +34 972 720 495 / +34 972 720 599
turisme@santjoandesabadesses.com
www.santjoandesabadesses.cat
www.rutadelferro.com
Km: 562
No. of routes: 24

2 Gironès County ATB Centre

C. del Tren, s/n
Quart
Tel. +34 972 213 262 / +34 609 452 198
btt@girones.cat
www.girones.cat/turisme
Km: 173
No. of routes: 13

6 Salines-Bassegoda ATB Centre

C. de l'Educació i de l'Esport, s/n
(Zona Esportiva)
Navata
Tel. +34 972 565 004
informacio@salines-bassegoda.org
cabrenys@ddgi.es
www.salines-bassegoda.org
Km: 597
No. of routes: 33

3 La Selva County ATB Centre

Pujada de l'Estació, 15
(Antiga Estació del Carrilet) Amer
Tel. +34 972 430 160
informaciot@amer.cat
www.laselvaturisme.com
Km: 412
No. of routes: 25

4 Baix Empordà County ATB Centre

Av. del Carrilet, s/n
(Antiga Estació del Carrilet)
Castell d'Aro
Tel. +34 972 825 151 / +34 607 314 996
centrebtt.be@ciclesjk.com
www.vjsitemporda.com
Km: 325
No. of routes: 19





ROUTE TYPES

■ easy
 ■ average
 ■ difficult
 ■ very difficult

Graded progressively according to the difficulty of the route

AREA	ROUTES					TOTAL
1 Pla de l'Estany County	No. of routes	2	2	4	2	10
	Kilometres	18.5	28.43	115.12	90.48	253
2 Gironès County	No. of routes	2	5	4	2	13
	Kilometres	17.92	47.59	77.13	30.22	173
3 La Selva County	No. of routes	2	7	11	5	25
	Kilometres	16.63	100.76	179.17	115.4	412
4 Baix Empordà County	No. of routes	3	2	6	8	19
	Kilometres	17.45	23.49	76.49	207.74	325
5 Ripollès County	No. of routes	2	2	9	11	24
	Kilometres	13	17	220.14	312.18	562
6 Salines-Bassegoda	No. of routes	8	11	8	6	33
	Kilometres	81.08	177.1	146	193	597



CULTURE

The geographic, climatic and scenic diversity of the Girona counties can be summed up in three words: mountain, plain and coast, or three ways of living, thinking, creating. It is thus a logical consequence that culture in our land is manifested in an extraordinary variety of ways. Visitors to the region can find everything from time honoured fairs, folk dances and traditional music to a rich architectural heritage from the megalithic age right up to the 21st century. We find buildings in the Romanesque, Gothic, Baroque and Modernist styles, as well as more vernacular utilitarian constructions such as farmhouses, mills and watchtowers.

The region has produced more than its fair share of luminaries in the fields of painting, literature and music: Dalí, Ruyra, Pla, Albéniz, the master painters of the Olot School, etc.

There is an abundance of museums as well, covering many aspects of human activity (archaeology, ethnology, sculpture, pottery, painting, etc.), and any description of our region cannot end without mentioning the proliferation of world-class music festivals held here.

All of the peoples and ethnic groups that have inhabited this land have left their mark. Visitors can find notable ruins from Greek and Roman times (Empúries-L'Escala) and numerous vestiges of Hebrew culture, like Girona's Jewish Quarter, Castelló d'Empúries, and the purification baths and synagogue at Besalú.



CUISINE

It has been written that cooking is scenery placed in a pot. Given the variety offered by our scenery, a matching diversification of our range of culinary offerings is to be expected. That is indeed the case: connoisseurs of our traditional cuisine know very well that the so-called "surf & turf" (fish and seafood mixed with products from the land) combinations abound, and they are also aware of the quality of our meat, sausages and cold meats, garden produce, oils, and many fish and seafood delicacies. All of them go extraordinarily well together with the cavas and wines of the Empordà-Costa Brava designation of origin, and in many cases bear prestigious seals of quality. However, Girona's cuisine is not limited to traditional fare (still very much appreciated as witnessed by the numerous culinary events held throughout the year). Our cuisine, like that found in other parts of Spain and Europe, has managed to adapt to new tastes and develop highly innovative dishes, to the extent that the cuisine of our local chefs is recognised in the world's most prestigious food guides. Be that as it may, however, the balance between tradition and the fantasy of the new "chef-artists" has been preserved. In Girona, cuisine merits a special chapter on any tourist's agenda.



FESTIVITIES

Popular, traditional, musical, religious... the calendar is chock-full of festivities, and the range of offerings is virtually endless. It could be no other way in a Mediterranean country like ours. But there are a number of festivals in Girona that stand out above the rest in terms of their history, originality or colour. These include the procession Dance of Death in Verges on Maundy Thursday and the Dance of Death, with characters donning skeleton outfits dancing in the streets, the living Way of the Cross in Sant Hilari Sacalm, the floral carpet festival in Arbúcies, the Hobby Horse dance in Sant Feliu de Pallerols, the *Ball del Cornut i la Plantada de l'Arbre de Maig* in Cornellà del Terri, the Tura Festival in Olot, the live nativity scenes in many towns and villages... not to mention the major music festivals, some of them internationally renowned, such as Peralada Castle and Torroella de Montgrí festivals, which draw world-class performers, as well as opera and contemporary music figures.

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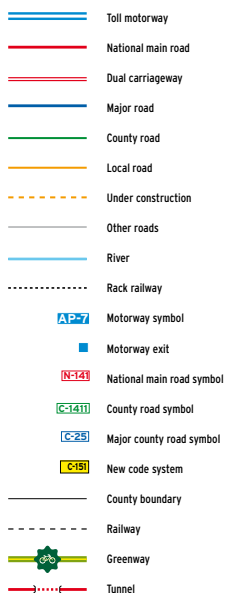
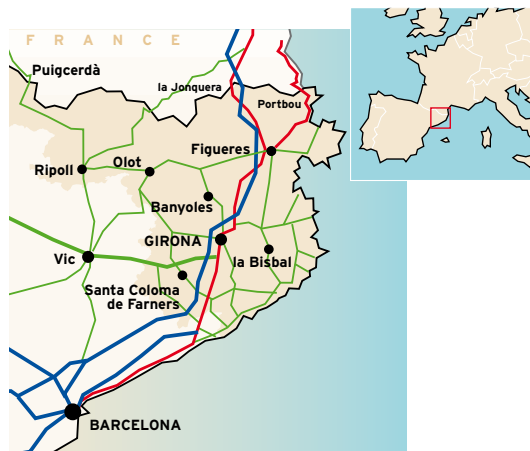
ACCOMMODATION

Possibilities? There's something for everybody. The counties of Girona boast one of the largest accommodation offers of all Catalonia, with a wide range of hotels, apartments, campgrounds, spas and rural houses. Many establishments, committed to quality certification systems, provide their guests with access to all kinds of nearby attractions, and visitors can even find hotels with internationally famous restaurants.

Online Accommodation Reservation

www.costabrava.org





Main attractions

- 1- Music Festivals of Torroella de Montgrí and Peralada
- 2- Coves of Begur and Palafrugell and Sant Sebastià Lighthouse
- 3- La Molina-Masella
- 4- Lake of Banyoles
- 5- Medieval Towns of Pals and Peratallada
- 6- Iberian Settlement of Ullastret
- 7- Camprodon Valley
- 8- Valley and Sanctuary of Núria
- 9- Vila Vella or Old Town of Tossa de Mar
- 10- Botanical Gardens of La Selva Coast (Santa Clotilde, Pinya de Rosa and Marimurtra)
- 11- Old Town of Girona
- 12- Pottery of La Bisbal
- 13- Alta Garrotxa (Oix and Beget)
- 14- Garrotxa Volcanic Area Natural Park
- 15- Cap de Creus Natural Park
- 16- Sant Pere de Rodès
- 17- Santa Pau
- 18- Besalú
- 19- Ruins of Empúries
- 20- Cadaqués
- 21- Protected Area of the Medes Islands
- 22- Marshes of the Aiguamolls de l'Empordà Natural Park
- 23- Dalí Triangle (Museums of Figueres, Portlligat and Púbol)
- 24- Romanesque (throughout the region)
- 25- Cuisine «Surf and Turf» (throughout the region)

to Vic - Manresa - Lleida







www.costabrava.org
www.pirineugirona.org
www.viesverdes.org

