



## The Bed and Bike Label, quality assurance for cycle tourists

The cycle tourists who visit us come to seek out the quality of our environment and to enjoy what it has to offer in terms of culture, gastronomy and so on. At the Girona Greenways we are taking a step forward by establishing a quality label, the Bed and Bike label, for the tourist services associated with our routes. This brings us into line with European standards already in place in Germany, Austria, the Czech Republic, Montenegro, Luxembourg, Flanders, Switzerland, France; all of them generators of cycle tourists accustomed to establishments that provide them with the services they require. The label can be obtained by meeting the very simple minimum requirements set.

### Accommodation

#### Minimum criteria

- Accommodation can be booked for one night only.
- A safe place is available to store bicycles overnight.
- Cycle tourism maps of the area can be consulted and/or acquired, as well as timetables for buses and trains.
- A basic tool kit for repairing bicycles is available (free).
- Installations are available for drying clothes and equipment (for example a laundry room, cellar or dryers)

#### Best optional services

- Information is available on addresses, timetables and telephone numbers of the closest bicycle repair shop for large repairs.
- For those who want to start or finish their trip, information is provided on sustainable transport by train or bus.
- Transfers for guests are available.
- Local and regional cycling maps and route descriptions are sold or provided for free.
- A set of good quality bicycles is available to rent.
- A luggage transport service is available either from the previous accommodation or to the next one.
- The option to reserve a place for the following night at another Bed and Bike accommodation is provided.
- It is equipped to supply basic spare parts, if necessary by way of an agreement with the closest repair shop.
- Guests can consult a list of Bed and Bike establishments in the area.
- Packed lunches can be made on request.
- A visitors' book is available with the experiences of cycle tourists in the area.

## Restaurants and Bars

### Minimum criteria

- A bicycle zone is available which is controlled by a supervisor or an area for bicycles and luggage which can be locked with a key (free).
- A basic tool kit for repairing bicycles is available (free).
- A selection of drinks suitable for cyclists is available, for example the “cyclist specialities” (½ litre of fruit juice with mineral water), fruit teas or herbal teas. (The price must be less than for beers).
- At least one hot meal is available during opening hours
- Cycle tourism maps of the area can be consulted and/or acquired, as well as timetables for buses and trains.
- A first aid kit is available.

### Best optional services

- Information is available on addresses, timetables and telephone numbers of the closest bicycle repair shop for big repairs.
- At least one whole-grain and one vegetarian meal is available.
- The menu includes traditional dishes from the area.
- Opening hours are not restrictive.
- Batteries of electric bicycles can be recharged.
- Installations are available for drying clothes and equipment (for example a laundry room, cellar or dryers)
- It is equipped to supply basic spare parts, if necessary by way of an agreement with the closest repair shop.
- Guests can consult a list of Bed and Bike establishments in the area.
- Packed lunches can be made on request.
- A visitors' book is available with the experiences of cycle tourists in the area.

## Campsites

### Minimum criteria

- Accommodation can be booked for one night only.
- A safe place is available to store bicycles overnight.
- Information for cycle-tourists is available (a noticeboard with maps and basic information, leaflets, brochures and personal tips)
- A basic tool kit for repairing bicycles is available (free).
- Installations are available for drying clothes and equipment (for example a laundry room, cellar or dryers).
- No charge is made for bicycles.

### Best optional services

- A separate zone is available for cyclists and other non-motorised guests.
- There is a flat and horizontal grass surface.
- The bicycles can be left where they can be clearly seen from the tent.
- Cycle tourism maps of the area can be consulted and/or acquired, as well as timetables for buses and trains.

- Information is available on addresses, timetables and telephone numbers of the closest bicycle repair shop for big repairs.
- A resting zone with tables and shelter.
- Cooking facilities.
- Shops within the establishment.
- An illuminated path is available in the tent area.
- It is equipped to supply basic spare parts, if necessary by way of an agreement with the closest repair shop.
- Guests can consult a list of Bed and Bike establishments in the area.
- Tents, caravans or wooden chalets are available to rent.
- A set of good quality bicycles is available to rent.
- Batteries of electric bicycles can be recharged.

This label is only available to members of the Economic Agents of the Girona Greenways. It will be renewed annually and a database of accredited establishments will be available to ensure that interested cycle tourists can locate them with ease.