



Adventurebug Worldwide Ltd

Bespoke adventure travel & events since 2000

REAT Tourism License AT/MA/00022 Company Registration B93050763
Apto. Correos 1031, 29680 Estepona, Malaga, SPAIN TEL (34) 635 817 819

Southern Spain

Easy Rider Cycle Week

7 night / 8 Day Tour

Roll with us through Andalusia in southern Spain where we combine easy cycling & cultural experiences on foot with the most beautiful mountain and Mediterranean landscapes and Europe's best climate!



From the stunning National Parks of Ronda to the sunny, sand laden beaches of Estepona on the Mediterranean, this tour suits those seeking an easy week of outdoor adventure with comfortable hotel stays in awe-inspiring locations. Three nights in Ronda, the most beautiful rural town of Andalusia followed by four nights in a beachside hotel on the Med overlooking Africa in the distance - this tour is guaranteed to please your desire for nature and award time to relax, wine and dine!

Expect five days of easy going, driver / guide assisted cycling & light hiking days over some of Andalusia's most historic and culturally varied routes including a rest day on the Med coast where a huge variety of options awaits.

We consider this tour to be *more* than just a cycling holiday, it's a true glimpse of Spanish life. Every opportunity is taken to sample variations in local cuisine, taste the wines and Sherries, perhaps visit a Feria (Fiesta) and act spontaneously should an interesting event occur! We invite you to experience the best of southern Spain, Europe's most enigmatic Mediterranean country.





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TOUR ITINERARY

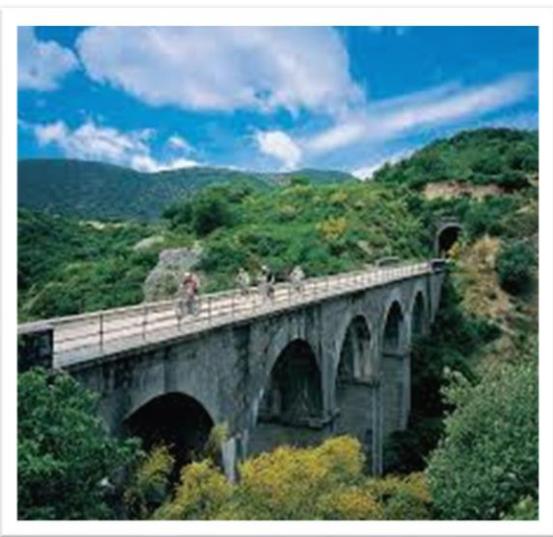


DAY 1 ARRIVAL DAY (collection 1600 hours / Malaga Airport Terminal 3 Arrivals / next to Tourist Information Office where you'll be met by an Adventurebug Guide – holding an Adventurebug Sign).

From here we have a 1-hour shuttle to Ronda, located amongst wonderful mountain scenery, vineyards and olive groves. After hotel check in, your guide will escort you around the village – experiencing the incredible bridges spanning a deep canyon and soaking up tapas life in the narrow lanes and public squares! **Hotel Parador Ronda 4 stars (or similar)** located in the heart of town with awe-inspiring views. (Welcome Dinner included). If you

arrive to Malaga by bus or train it's easy to hop on the 20-minute shuttle train to the airport to meet the group and minibus. Please remember that our minibus leaves the airport for Ronda at 4.00pm and will return to the airport **approximately* 10.00am the following Sunday. For your comfort and convenience please bear these times in mind when you are booking your flights. Please note late arrivals will need to make their own way to Ronda. We can provide this information upon request.

If you arrive early to the airport there is plenty to do. You can take either the shuttle bus (frequent), or train (every ½ hour) into Malaga city centre (15 min). Here you can visit the Picasso Museum or enjoy a tapas around the Cathedral, rest on the beach or wander up to the Moorish Alcazar castle for fine views. Alternatively, you can train or bus 20 minutes to the seaside resort of Torremolinos for a beach day, lunch or shopping in this bustling coastal town. Please note – there are NO baggage storage areas at Malaga airport. Bags can be left at either Malaga or Torremolinos bus stations in self-paid lockers (reliable).



DAY 2 Ronda Via Verde Olive Route A gentle start to the week as we ride an easy gradient (former train line), known as the Via Verde (green way). This beautiful train route once collected olive oil from Andalusian villages. Crossing wonderful valleys, riding through tunnels and taking in brilliant nature and culture, the via verde is one of southern Spain's most delightful journeys – especially since there are no vehicles on the route and the tracks have been removed! This afternoon enjoy more of Ronda or perhaps tour a local vineyard! (Breakfast included), same hotel. **Level: Easy / Compact gravel former train route – up to 35 km max.**



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DAY 3 GRAZALEMA National Park Ride & Walk

Cycle between historic pueblos blancos (white villages) and through stunning mountain terrain of *Grazalema National Park* blessed with cork forests, lush river valleys and glimpses of wildlife such as wild boar, ibex, vultures and eagles. Quiet tarmac roads with breathtaking scenery on route! A fantastic day in nature where a freshwater swim, cave visit or casual stroll through a two thousand year old pueblo can be easily carried out. (Breakfast included), same hotel. **Level: Easy (offering support on some hills) Up to 25 km maximum on bike and a few km on foot.**



DAY 4 The Smuggler's Valley & Casares

We depart Ronda this morning with cycling and walking visits through one of Spain's most enchanting valleys. Historically famous for bandits and smugglers, the valley is now home to dozens of laid-back white pueblos with cork forests, artisans and nature lovers. We'll hike the labyrinth alleys of Casares village up to the Moorish Castle and look out to Africa from the sheer cliff above. This afternoon we arrive to Estepona where we have 4 nights stay in the beach front **H10 Palace Hotel, 4 stars**. (Breakfast & Dinner included). **Level: Easy riding with some hill sections – 25 km maximum.**

DAY 5 Estepona Mediterranean Riding Day

This morning our ride takes us along a fabulous, purpose made seafront promenade right from the door of the hotel! We'll first visit Estepona's old quarter and learn about life in a fishing town located so near to Africa. We then casually ride a wonderful stretch of flat, seaside pathways – stopping for lunch when we like or a cold drink at many of the beach chiringuitos (cafes), on route! (Breakfast included), same hotel. **Level: Easy riding & flat coastal paths – 25 km maximum.**





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DAY 6 FREE CHOICE / RELAXATION DAY

Today is an opportunity for you to self-explore the coastal region and/or relax at the lovely resort hotel with its own beach! Estepona, Marbella, Gibraltar & Tarifa are all within a short journey and have plenty of nifty things on offer. You can also hop on your bike again and ride more of the coastal path if you desire, or head inland and explore on foot another white village. For some, Marbella is a great spot to head to for a lazy lunch, people spotting or a shop around one of the famous ports. (Breakfast included), same hotel.



DAY 7 Campo de Gibraltar Countryside Ride

Our final riding day today brings us to the lowlands and wooded forests of the Campo de Gibraltar. A place famous for cycling and with easy routes through farmland, cork forests and medieval villages, this is a special final day to bask in Spain's sunshine and wonderful nature! (Breakfast and a Farewell Dinner included), same hotel. **Level: Easy with gentle rolling countryside at times – Maximum 25 km.**

DAY 8 DEPARTURE - based on group travel time

Your tour is finished after breakfast this morning and we wish you un buen viaje! There are a number of easy, direct and affordable options to return to Malaga airport from Estepona (1 hour), or to continue your journey elsewhere such as Seville or Granada. (Breakfast included).

Please note - Itinerary is subject to slight changes and/or direction of travel but quality will not be affected.



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ACCOMMODATION

Below are brief descriptions of the lodgings for your riding holiday week. All hotels are selected based on their level of comfort, style and unique offerings to the tour. All hotels are 4 star minimum and are centrally located with WIFI connections and contain bar & restaurant services.

DAY:	HOTEL NAME:	Classification:	LOCATION:
Nights 1 to 3	Ronda Parador Hotel	4 Star	Ronda Town Center
https://www.parador.es/es/paradores/parador-de-ronda			
Nights 4 to 7	Estepona H10 Palace	4 Star	West Estepona, Beach Side
https://www.h10hotels.com/en/costa-del-sol-hotels/h10-estepona-palace			

Please note – on rare occasions, our hotels are subject to change depending on availability / group size. Quality and comfort will not be compromised, however. Rooms are based on standard, upgraded sea view and / or mountain view where possible.

WHAT THE TOUR PRICE INCLUDES

Lodgings – 7 nights' quality en-suite accommodation. Rooms are based on double or twin sharing with single supplements available.

Meals – Meals are generally taken within your hotel (and sometimes in the villages). Dinners (3 included) normally include a choice of starters, main courses, dessert and wine. Breakfasts are buffet style. For lunch (not included), there are a number of village and countryside Inns on route where you can sample authentic Spanish cooking, or we can assist by organising a picnic for you!

Transport – Airport arrival shuttle is included. Daily personal and bike transfers to / from our riding routes. Our support van is always available throughout the day for periods should you not wish to cycle.

Guide Service – We provide 1 experienced guide during the week to drive the support vehicle and at times a 2nd guide to ride with the group. The guide ensures that hotel, baggage transfers, meals, transport, and the riding go smoothly. This person also deals with the general well-being of our guests, their safety and looks after bike maintenance and keeps a close watch on road conditions and any route information / changes. Please note that our support vehicle is generally with the group throughout the day providing full mechanical support and back-up.

Trip Notes and Map: We provide detailed route information and maps so that you can cycle at your leisure. Our route notes are updated at least twice a year for quality and safety and have been measured by both vehicle and GPS systems.

21 speed touring bike and helmet: See below for more details. Please note, it is law in Spain that helmets must be worn on bicycles. For your safety, we strongly suggest you wear a helmet on tour and for this reason we provide you one to use free of charge.



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Exclusions: Airport transfers at tour end
Entry fees to monuments
Some dinners and all lunches

WHAT TO BRING

- * Comfortable cycling clothing – shorts, shoes, gloves etc
- * A set of light waterproof clothing (usually not needed between June 10 and Sept 1)
- * Hat, sunglasses and bathing suit with small travel towel
- * OPTIONAL – personal cycle helmet and gel seat (both are provided at no extra cost)

BIKE AND FITNESS



We use a number of bicycle models to suit your needs. Most of our bikes are 'hybrids'. These bikes are designed for road touring and are also suitable for light trail riding and dirt/gravel roads. Many of our hybrid bikes have light front suspension, a wide range of gears (*21 speed minimum*), comfortable saddles, aluminium frames and quality 'Shimano' components.

We also provide **E-BIKES** for an easier riding experience. These bikes have an additional fee of 125 euros on top of

the bicycle rental that's included in your tour price. Generally all bicycles have a rear support rack and a small soft bag on the handlebars (*big enough to carry a poncho / rain coat / phone and a light snack*). All bikes also have a water bottle holder and we supply a single water bottle. There's no need for extra baggage on your bike as the support van is always near the riders and makes plenty of sweeps during the day.

BH (Spanish Made) Hybrid Touring Series (Silverlite)

<http://bhbikes-us.com/>

21 speed Shimano components, aluminium male/female frame options, front suspension, rear support rack, (not shown) water bottle and front carry bag

Please let us know in advance if you require any of our **FREE EXTRAS** – otherwise *they will not be included* with the bikes:

- * Toe clips (*indicate with or without strap models*)
- * Gel seat pad
- * Helmet

Fitness and Pre-Trip Preparation

The general aim for active holidays is to enjoy yourself. Sure there is some physical exertion involved but you wouldn't have chosen a bike tour if you weren't aware of this fact! On the other hand, a bit of mental and physical preparation could help you enjoy your week even more. We suggest that you put in some riding time in the weeks building up to your holiday – even on a stationary bike or try spinning. If possible, get out



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for some hours on the weekends on varied terrain and if possible on hills, not that any of our excursions are overly strenuous - it's simply a good idea to put in a few miles beforehand!

Total Distance: 125 km maximum (over 5 days riding, if rest day is taken)

Level Rating: As per our descriptions in the itinerary above. This trip is easy rated and comfortable riding for every day.

GENERAL INFORMATION

OTHER TOUR DETAILS:

- *You cycle, we look after all other logistics and provide back-up support too - including shuttles and the extra push too!*
- *Our routes are relaxed and so is the pace too. We like to get all the exercise and visits in by early afternoon – allowing you to enjoy our fabulous hotels and towns.*
- *Groups vary from a minimum of 4 to a max of 16. Larger tour groups can also be accommodated to.*
- *You need only carry water, sun protection, snacks and route information. We look after the baggage shuttles and stick close to you while on the road.*
- *Just get yourself to Malaga airport and we do the rest from there (except ride the bike for you!).*
- *Worried about over-exerting yourself? No need, we have alternative routing days and those convenient "ride along" moments!*

Personal Money

Outside of the meals not included in your holiday price, you may wish to have some Euros for other purposes. This could include visits to taverns for tapas and beverages or extra drinks during/after dinner, local souvenirs, and the bus/train journey on the rest day and any sites you may visit.

Telephoning and Internet in Spain

Credit Cards may be used for International calls or a Spanish Phone Card can be purchased for a certain value. Additionally, you can access an International Operator by dialling 025 from any phone. INTERNET Wi-Fi is available in hotels and cafes throughout the region. Most hotels have Wi-Fi connections as well – almost always in the reception but not always in rooms.

Flights

We encourage our guests to arrange their flights / arrivals to and from Malaga Airport. In addition to Malaga - Seville, Jerez and Granada have more and more regular international arrivals. Please remember, the airport transfers included in your holiday are from Malaga airport. If you arrive before the tour date, please be sure to make the 16:00 meeting time on day one at arrival zone III in Malaga Airport.

Airports:

Malaga, Seville, Jerez and Granada have more and more regular international arrivals. Getting to the region from Madrid and Barcelona is also very easy.



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TRANSPORT CONNECTIONS TO/FROM MALAGA:

Train:

There are fast connections to/from Madrid (2.5 hours) and all major Spanish centres. Booking can be done easily and far in advance using www.renfe.es website (English option available on this website).

Bus:

Many bus connections connect direct to Malaga from all major centres (Madrid, Seville, Jerez, Cadiz, Gibraltar, Granada, etc).

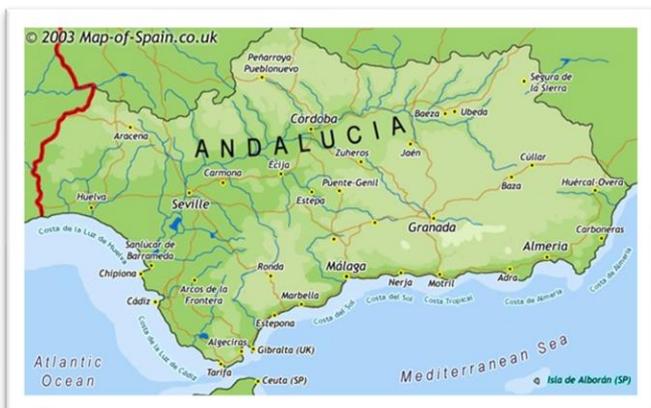
Spanish Bus Contact : <http://www.com/web/default.aspx?lang=en>

REGIONAL INFORMATION

Welcome to Spain / Bienvenido a Andalusia!

Andalusia is the largest of Spain's 17 autonomous regions and it's the one which evokes the most powerful images of a country famed for its *flamenco*, *fiestas*, *bullfighting* and raw passion.

It's a land which has both spawned and inspired great writers, poets, actors and painters. Andalusia gave birth to **Pablo Picasso** and the 17th century royal painter **Velasquez** and it held an enduring fascination for novelists **Ernest Hemingway** and **Laurie Lee**. It's the setting for the most performed and famous opera of all time, **Bizet's Carmen**. And it's a unique place where east meets west in an exotic melting pot of Jewish, gypsy, Moorish and Christian cultures.



History of Andalusia - An unearthly paradise

Andalusia is one of Europe's first civilizations. Paleolithic cave dwellers from 25,000 years ago adorned the rugged mountain sides before the

Neoliths (Early Bronze Age), settlers of 6000 years ago began organizing communities. The Phoenicians arrived on the southern coasts and soon trade and commerce began, paving the way for northern European migration. The Roman Empire no doubt had tremendous impact on the people of **Iberia** and soon after, a spell of the Visigoths then gave way to the Moors of North Africa.

After the Moors invaded Spain in the 8th century the region became the mighty kingdom of **El Andalus** and the capital of Cordoba was transformed into a centre of unimaginable wealth, sophistication, culture and learning unrivalled anywhere in either the western or Islamic eastern worlds.

According to Islamic legend, the people of El Andalus asked Allah for five favours – clear blue skies, seas full of fish, trees laden with every kind of fruit, beautiful women and a fair system of government. Allah granted



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them everything except the last favour on the basis that if all five gifts were bestowed, the kingdom would become an *unearthly paradise*.

And Andalusia is just about as close to paradise as it's possible to get. It's a region blessed with achingly beautiful countryside, majestic mountains and a 900 kilometer coastline which has made it one of the world's favorite holiday destinations.

Popular Words & Phrases!

Hello	Hola or Buenas...	My name is	Me llamo (name)
How are you?	Como esta? Que tel?	Help	Ayuda me
Good morning	Buenas dias	Telephone	Movil or Telefono
Good afternoon	Buenas tardes	Water	Agua
Please	Por favor	Wine / Beer	Vino / Cerveza
Thank you	Gracias	I am from...	Soy de (country)
What's the price?	Cuanto or Cuanto cuesta?	Are you married?!	Estas Casado/a?

Bienvendio to Andalusia – we KNOW you'll love IT!

Andalusia

