



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

Cycling Activity Tour Mallorca, Ibiza & Barcelona

INTRODUCTION

Visiting Spain's Balearic Islands is simply delightful. Our tour explores both Mallorca and Ibiza Islands and the alluring Mediterranean lifestyle and culture. To top it off, we'll visit Barcelona and take in Barca's world renown sites and of course tasty gastronomy and fine wines! Primarily a cycling and walking tour, we provide comfortable central-based 4 star hotels and diverse cycling experiences in beautiful landscapes and along breath taking coastlines. Bienvenido a las Islas Baleares!



Day 0 Departure from Home Departure for Spain's Mallorca / Barcelona



Day 1 Arrival day / Palma La Mallorca

Mid-afternoon arrival to Mallorca. Meet / Greet your regional Adventurebug guide and transfer direct to hotel (20 minutes). No activities planned but you may wish to swim in the refreshing Med Sea, relax in the hotel pool or stroll the coastline breathing the fresh coastal air. A welcome dinner is provided this evening. Hotel: 4 star Hotel Europe Playa Marina / Dinner in hotel included.

Day 2 Palma Visit & Afternoon Cycle Ride This morning we set off to explore Palma La Mallorca with our local guide. The tour will be on foot however we'll ride to the city center on our E-bikes. With our local guide we'll discover Palma's best kept secrets and enjoy Mallorca's unique and illustrious history – a wonderful introduction to the Beleric culture and history! After our 2-hour tour, you are free to lunch in one of the many outdoor eateries – perhaps sampling *Mallorcan* specialties! After lunch we cycle a wonderful, easy route – that explores more of Palma's beautiful coastline and some interior areas. Total cycle distance can be up to 25 miles today / practically no elevation gain. Hotel: Same as previous night / Buffet Breakfast & Dinner included.

Day 3 Riding Mallorca's Tramontana Today we cycle West Mallorca's incredible Tramontana Mountain landscapes as we make our way to beautiful Port Soller. Riding at least 30 miles today, we'll visit both inland and coastal towns and villages – capturing the essence of the Tramontana's incredible scenery and coastal views! From Port Soller, we'll be transported back to our hotel after a swim in the sea and allowing for free time to shop, enjoy a refreshment and soak up the vibes! Expect today to be hilly and elevation to exceed 1500 feet for the full route today - our Ebikes are essential! Hotel: Same as previous night / Buffet Breakfast & Dinner included.





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Day 4 Mallorca Free Day

Today have a relaxing free day enjoying more of Mallorca's energized culture and breath-taking landscapes. Taking a boat tour that includes snorkelling and lunch in the clearest of seas is a great option! You can also take a culinary course to master Balearic dishes and impress your friends at home! Or simply relax, explore and perhaps go souvenir hunting, taste local tapas dishes or chill in a café watching the world go by as the locals do! Hotel: Same as previous night / Buffet Breakfast included and dinner can be sourced locally this evening.

Day 5 Ibiza Island Explorations

After breakfast we'll depart by ferry (2-3 hours), for Ibiza Island, the most southerly of the 3 main Balearics and known for both incredible scenery, the bluest of blue seas and it's jet-setting visitors from around the globe! After arriving to Ibiza you'll have free time to self-explore Ibiza old town and perhaps do some light hiking, personal sightseeing and souvenir hunting. After we'll transfer 30 minutes by bus to our hotel base near San Antoni, Ibiza (on west side of Island). Hotel: 4 star Hotel Amare, Ibiza / Buffet Breakfast & Dinner included.

Day 6 Ibiza Cycle The Ses Salines Route

Today we cycle Ibiza's Ses Salines region, a protected biosphere of incredible natural beauty. The route follows coastline tracks through amazing scenery with swimming opportunities on route before returning to the hotel and offering the rest of your afternoon free for lunch and further activities. Perhaps try snorkeling, sample tapas and Catalan vinos or simply relax in the surroundings or get lost in the old town! Total riding distance up to 25 miles with very little elevation gain/loss. Lunch can be sourced on route or back in Ibiza town. Hotel same as previous night / Buffet Breakfast & Dinner included.



Day 7 Ibiza Cycle The Santa Gertrudis de Frutera Route

This morning we have our final cycle tour of the Islands and we'll explore some of inland Ibiza's wonderful rural scenery as we ride to Santa Gertrudis de Frutera – a village popular for cuisine, artisans and local agricultural products. From here we can extend our riding day or you may return to Ibiza Town for a relaxing afternoon. Distance today can range from 10 to 30 miles pending options and an elevation gain of 450 feet to reach the village. Hotel: Same as previous night / Buffet Breakfast & Dinner included.

Day 8 Ibiza to Barcelona

This morning we say adios to the Balearic Islands and fly to Spain's most enigmatic and culturally rich city, Barcelona! Upon arrival we'll drop our bags at our city center hotel and meet our local guide who'll walk and talk us through Barcelona's most enchanting quarters! After lunch you're free to self-guide and explore more of this wonderful city before meeting up for a group dinner at the hotel this evening and perhaps a happy-hour beforehand! Hotel: 4 star Silken Rambla Hotel / Buffet Breakfast only included today.



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Day 9 Barcelona Tour & Free Afternoon

Today we'll have a guided tour on foot of Barca's historic quarter followed by a free afternoon to explore Barcelona at your own leisure and pace. We recommend strolling (or renting a bike), and heading to the beach areas as well as walking up to Montjuic Hill where great views of the city are found - including the 1992 Olympic Stadium. Of course a visit to Barcelona is a must if you've not already visited some of Gaudi's sites or Picasso's Museum, not to mention the main attraction, the Sagrada Familia – the most riotous holy building in Spain, if not Europe. Hotel: 4 star Silken Rambla Hotel /

Breakfast and a farewell dinner in the hotel included tonight.

Day 9 – 27 Sept: Departure from Barcelona

This morning (pending your departure arrangements), you can find easy and economic options for Barcelona's El Prat Airport or the Renfe Train station. Hasta pronto we hope and have a safe, relaxing journey home! Buffet Breakfast included.

ABOUT YOUR TOUR, WE INCLUDE:

Lodgings – We provide 9 tour nights' in high quality tour-class hotels located in specially selected regions. Rooms are based on double sharing with limited single supplements available. All hotels have WIFI and pools with incredible views!

Meals – Please refer to the itinerary above as to what meals are included. Dinners (all but 2 are provided), are generally taken within the hotel. For lunches, you will find plenty of choices from simple cafes to tapas bars or small supermarkets for your favorite snacks! Balearic Island food is very healthy and cooked with plenty of flavor. Vegetarian needs can be met however specialist's diets such as gluten free, vegan, etc. may be difficult to manage in some quieter areas.

Transport – All airport and ferry transfers (for the group, not individuals), are provided as well as some smaller shuttles where required. During riding days, there are no transfers required (except one day in Mallorca).

Tours and Bicycle Riding Logistics – Your tour includes four guided riding days (2 on Mallorca and 2 on Ibiza) and E-bikes are supplied for these riding days. Helmets and a bike lock are also provided and we recommend you bring your own refillable water bottle. Water (drink stops) are available on the routes and a support van is provided for the riding days to carry any light items and offer up to 5 passenger seats. There are 2 guided walking tours as well in Palma and Barcelona – each lasting 2-3 hours in duration.

Personal Money - Outside of the meals not included in your tour price, you will need to have Euros and these can be obtainable from ATM machines. Travelers cheques are no longer valid in most of Europe. Paying small amount purchases with credit card is not always accepted but becoming more commonplace.

Telephone and internet services in Mallorca

Credit Cards may be used for International calls or a Spanish or European SIM Card can be purchased for a certain value. WIFI is available in all hotels - including cafes throughout the region. Please note, hotel wifi connection always in the common areas but not always guaranteed in rooms.



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Insurance

Please ensure, as a condition of travelling with Adventurebug that you have personal travel insurance which covers you for accident, injury, evacuation and general health insurance for travel in Europe. Good private medical facilities can be found in the regions of travel on this trip. We also advise that you have cancellation and disruption travel insurance.

Tipping

Tipping in the Balearic Islands is important for the local people but the expectation is much lower than in the USA. Generally tipping is 10% minimum on food and drink. In your holiday price, tipping for provided meals and transport services is included. Tips for any guides, porter services if offered and housekeeping are not included.

GENERAL INFORMATION ABOUT BALEARIC ISLANDS & BARCELONA TRAVEL

The islands pose no great dangers in terms of risks to health. No vaccinations are required for visits to the Balearic Islands. We recommend you carry all your prescriptions from home and don't always expect to find the same items in a local pharmacy. Also include an extra pair of glasses.

Protection from the sun and dangerous UV rays is critical in this region. Swimming in the sea is generally safe with the exception of stormy days and strong sea currents. Jelly fish are a mild issue in the summer months mostly. Spiny sea urchins can be problematic underfoot! Generally crime is low but as always be vigilant of pick pockets in the tourist areas and especially in Barcelona. **Electricity** is based on 240 Volts and a standard central European plug is necessary.



CONTACT NUMBERS:

Adventurebug Worldwide is your specialist operator for this tour. Contact numbers are as follows:

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