



Go Cycle Tours is a Spanish Canadian initiative combining stimulating and challenging cycling and hiking experiences in some of those yet to be discovered places that constitute true cycling and hiking paradises. Our definition of cycling/hiking paradise is based on different elements ranging from scenery to quality, variety and challenges of roads and paths, to cultural, gastronomical, and enological discoveries. Our goal is for you to have fun and enjoy the outdoors, culinary, and cultural adventures but also to discover something new and different. This is why we want to take you off the beaten track, away from mainstream tourism to show you more authentic destinations. Our tours are designed to accommodate intermediate to advanced cyclists and hikers with road cycling routes ranging from 40 - 100+ kms and hiking/mountain biking routes from 2-5 hours over varied terrain with moderate to some challenging climbs. We offer mixed gender and Women Only tours. We keep our groups small to provide you a more personalized and intimate experience. The group will consist of maximum of 10 participants.

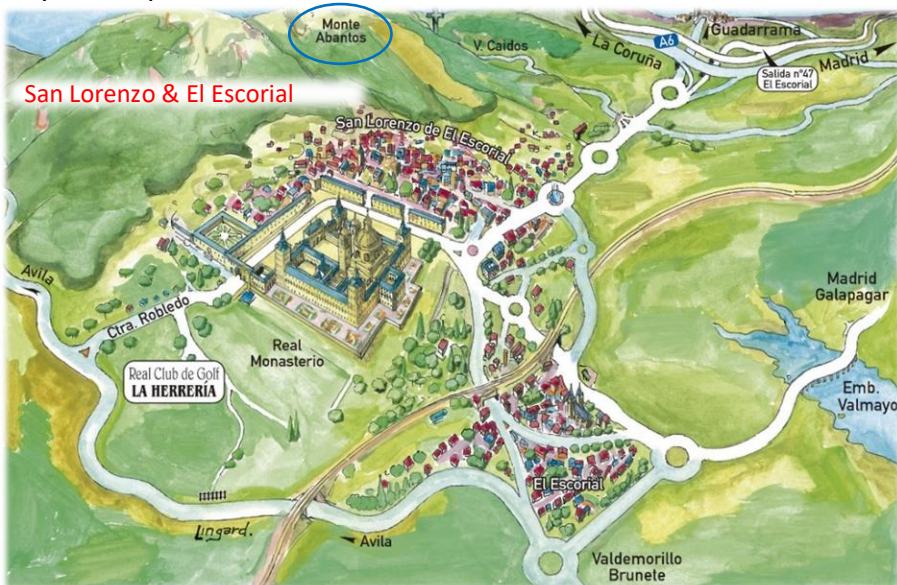
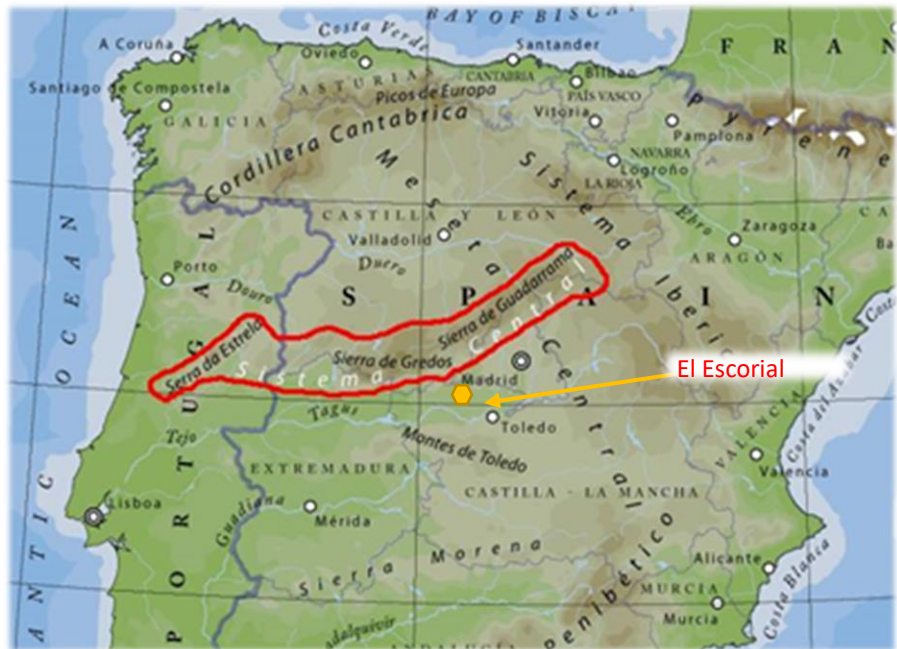


Cycle and Hike the Sierra de Guadarrama

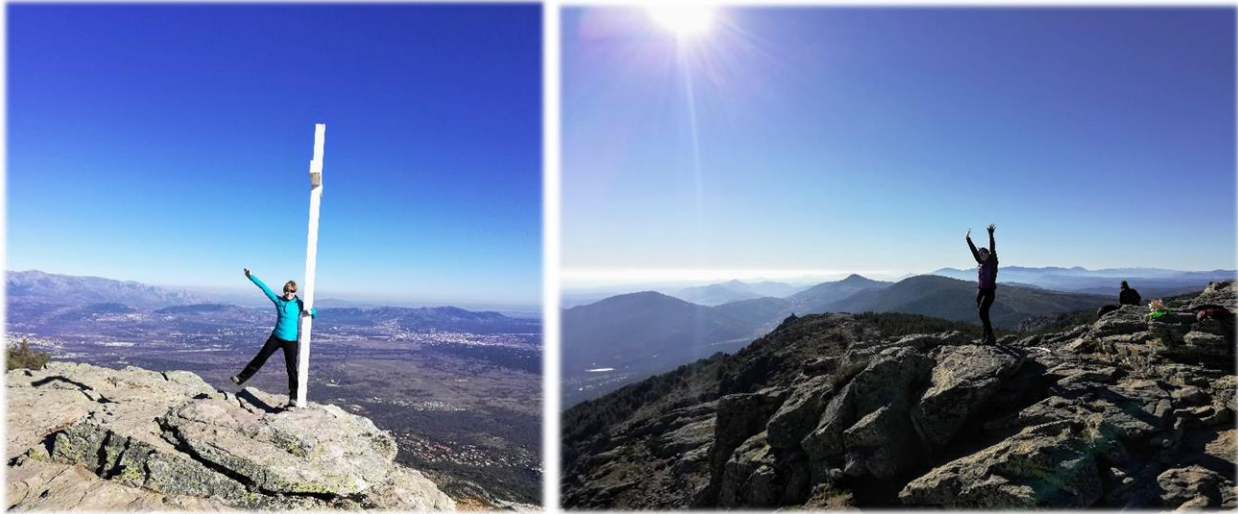
This trip is designed for people looking for an escape from the crowds and getting off the beaten track to discover some of the best hiking and biking less than an hour from Madrid. Your experience will include an intimate tour of epic mountain biking and hiking in central Spain, a quick immersion in language, food and culture and an opportunity to this with people who share a common vision of discovering new places via the great outdoors and leaving a low carbon footprint!

The Sierra de Guadarrama is located just 50 minutes north of Madrid in the Central Mountain Range of Spain and home to an established mountaineering and cycling culture. To the west of this mountain range, nestled into a granite cirque, is the royal site and town of San Lorenzo de El Escorial, a crown jewel and UNESCO site, built by catholic king Felipe II in the mid 16th century. This quaint town with cobblestone streets and renaissance architecture, resting place of many royal remains, is cradled by extensive pine forests and a network of hiking and mountain biking trails overlooking the spectacular monastery and town below, the skyline of Madrid to the south and the Gredos range to the west.

This location boasts both an epic cycle up the Puerto de



Malagon, often part of a thrilling stage of the pro cycling *Vuelta Ciclista* with its 17% and 19% ramps and a fantastic hike to the top of Mount Abantos, peaking at just under 1800m giving you breathtaking views of Madrid and the Sierra de Guadarrama. You'll feel like king or queen of the mountain - whether on bike or foot!



On the Peak of Abantos

The multisport adventure is based in the picturesque town San Lorenzo de El Escorial just footsteps from the monastery and each day we will set out from the town on an interesting day trip from your well-appointed accommodations. We will mix a combination of hiking and mountain biking (with e-mountain bikes available) or road biking.



Escorial (lower town) & a top the Puerto de Malagon -on bike

Top: La Plaza de San Lorenzo de El Escorial with the spires of the monastery as a backdrop



Middle& Bottom: Penosilla & Zarzalejo (village near El Escorial): ready for the running of the bulls & some stops en route

Your Host

Marlene Smith

Marlene, a Canadian and Spanish citizen, has lived in Europe for more than 27 years and speaks 4 languages. She recently spent 3 years in Calgary, Canada immersing her sons in their Canadian culture and education and is now back in Spain to further develop Go Cycle and its destinations.

Marlene has resided in San Lorenzo de El Escorial for over 15 years, and it was here where she really discovered her passion for the mountains; both cycling and hiking, as they were her back yard, literally.

Prior to Go Cycle, Marlene has organized cycling tours for family and friends in France, Italy, Switzerland and Spain. She also has a keen interest in culinary pursuits including a participating in a well-known wine venture, Aalto, which eventually lead her to become a Level 3 Certified Sommelier.



For our El Escorial tour, Go Cycle is thrilled to collaborate with local cycling shop Golpe de Pedal and their Trail Souls initiative, lead by owner Angelo Rossi, a trained aeronautic mechanic and top bike mechanic. Angelo, Italian/Chilean, loves the outdoors and cycling leading him to buy Golpe de Pedal 6 years ago. His passion to share outdoor experiences with others lead him to start Trail Souls; offering half and full day cycling experiences, collaborating with local, knowledgeable guides (forest rangers, semi pro riders, etc.) and a local chef/sommelier to round off the experience with some drinks and tapas or a full-fledged open-air lunch en route.

Partnering with Golpe de Pedal/Trail Souls has brought together the very specific design/experience requirements and quality level of Go Cycle's tours while having a local partner to help make those become a reality and supporting local businesses, which is something we care deeply about.

The Trip

Our meeting point for the tour is San Lorenzo de El Escorial. If you need help arranging transportation from the Madrid Adolfo Suarez (MAD) airport to San Lorenzo de El Escorial, just let us know. There are taxi's (Uber and Cabify) and train from Terminal 4.

Departing from Madrid, now Adolfo Suarez (Barajas), Airport it takes about 1 hour to arrive at your destination, San Lorenzo de El Escorial. Once you arrive, you will only need a bike or your feet to get around. All cycling, hiking, activities, and restaurants etc. are within a five-minute walk. **Mountain bikes/e-mountain bike rentals are included as a part of this tour. We advise getting into Madrid the day prior to the start date of the tour to ensure you and your luggage arrive on time for the tour start.**



Pricing

Pricing per Person euros including 21% VAT	
Price does not include airfare to Madrid, airport transfers, health insurance or other personal expenses.	
Double Occupancy 6 days	€1,750
Single Occupancy 6 days	€1,950

*Please inquire about the possibility of suites / triple rooms

Installment Plan – the trip can be paid for in three installments payments. Payments via Paypal have a 4% processing fee. The Registration and Installment Plan option form is attached, or you can register and book directly on our website: www.gocycletoours.net .

The trip package includes:

1. 5-night's (6 days) accommodation at a charming and recently renovated hotel/suites in a quiet and quaint plaza in the centre of San Lorenzo de El Escorial, just steps from all amenities.
2. Meals include Full breakfast and Gourmet Evening Dinners prepared with local produce by well known chefs in the area. Picnic lunches on hikes.
3. Exclusive Go Cycle cycling jersey
4. Beer, wine and soft drinks included with meals, snacks and power bars and isotonic drinks and coffees on the road.
5. Exclusive dining experience in San Lorenzo de El Escorial's top restaurant
6. Half-day cultural activity - a guided visit of the Royal Monastery of San Lorenzo de El Escorial with access to certain non-public areas and access to the Valley of the Fallen
7. All mountain bike rentals, guides, and tapas on the road and hiking guide
8. Spanish Wine Tasting & Tapas with Certified Sommelier (W-set Level 3)

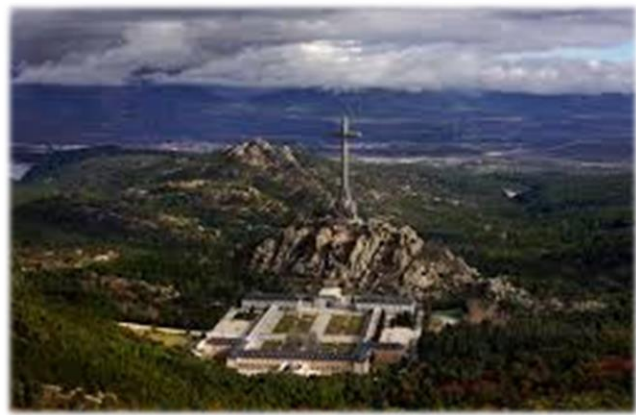
Trekking in Spain's Central Mountain System – We will alternate days off the seat to hike the mountains surrounding the area and discover breathtaking views, fragrant pine, beech and ash forests. Being in nature is finally being recognised as a major health benefit, great antioxidant and de-stressor. So, we'll do some mindful hiking and peaceful forest bathing. Another exhilarating Go Cycle experience.



A gourmet dining experience – At Go Cycle we love to take you off the beaten path, not just cycling or hiking but also to discover truly unique culinary experiences. We have one lined up in San Lorenzo de El Escorial for you where two chefs have declared *freedom in the kitchen* and have created a dining experience that equates a sensory tour of the Sierra de Guadarrama sourcing both ecological and local products that have been raised by nature, with minimal human tampering. From this base they take you a Willy Wonka styled tour of this area's best letting their creativity ride high on the mountain winds.



Cultural Visit of Monastery and Valley of the Fallen



Spain has a very long and interesting history; from Iberians to Romans, Moors, significant Jewish settlements, Catholic Kings that got rid of the aforementioned, a republic and dictator that got ride of the Kings and Queens and now a democratic monarchy struggling to keep the country together. El Escorial bears witness to several Spain's significant historic moments. You will get to know two of great monuments built by two of Spain's renown leaders; one a 16C catholic monarch and the other a controversial 20C dictator. You'll get to appreciate how Spain's history has helped the country earn it's mark as both great and different.

A *San Lorenzo* tapas circuit and mini tour of Spain's wines

In Spain it quickly becomes evident how some much of our culture gravitates around food, wine and sharing it with family and friends. Spain now has the longest life expectancy in the world. I call it the FWF&F equation and will tell you more about it. Spain has a lot of



untold secrets about its food and wines and so much that doesn't go beyond our borders. For that reason, we take advantage of having you here to give you the chance to discover some of Spain's great gastronomical and oenological secrets, that, as far as we are concerned, should be shared! In addition, you will get to discover a number of local *haunts* and enjoy the tapas, ambience and history of some of these locals.

Go Cycle Exclusive – *In Vino Veritas*,

but how about learning some truths about wine...or merely stopping to enjoy its multi sensorial pleasures accompanied by Spanish tapas?

Spain certified Level 3 Sommelier, Marlene will take you on a sensorial visit around Spain through some of its great wines and other culinary discoveries. You will learn more about wine tasting (...and tasting in general) and the world's number one grape grower and producer of the largest varieties of wine and how its varied geography and climate gives way to so many distinct and recognised wine regions.



Your Well-Being and Enjoyment is our priority



We have already underlined that the main goal of this trip is to have fun, feel challenged and experience something new and exciting. It is important to take note that we can be flexible to certain needs should they arise as long as we know in advance. If someone feels too tired/sore to cycle or hike one morning or afternoon or would prefer just a walk around the town or in the near vicinity, we can suggest routes, provide maps for this, etc.

This is not a competition, and all routes will have shorter and longer alternatives to accommodate different levels and goals. All cyclists and hikers will be accompanied by one or more tour guides always. We are here to encourage you to reach your goals and help you achieve them, but within reason.

We will have on hand first aid kits and there are both medical clinics and a full hospital in San Lorenzo de El Escorial.

We look forward to welcoming you to El Escorial for this adventure and ensuring that it constitutes an outstanding memorable experience for each and every participant. For questions or more information, contact us: gocycletours@gmail.com

Visit our website www.gocycletours.net and follow us on Facebook **GoCycleTours** and Instagram **gocycle_tours**