



Do you want to experience the excitement and challenge of cycling in a pristine mountain region in Central Spain at your own pace but with friendly hosts that will welcome you, give you the lay of the land, help you plan your day and have your back should you need a plan B? **Go Cycle...Tours** has the plan for you. You can build your own tour incorporating alternative “add on” activities and amenities with the confidence that your cycling experience will be second to none. There will be a wide variety of exciting routes that you can scale to your cycling ability or daily ambition with the possibility of alternative activities should you need a break from the saddle. Or you can simply choose to relax and enjoy a spa circuit, some bird watching, star gazing or a quiet stroll in these peaceful and breathtaking surroundings. It’s up to you...it’s your own personalised **Go Cycle Gredos** experience, so make it *your* experience of a lifetime.



Go Cycle...Tours is a Spanish Canadian initiative combining stimulating and challenging cycling tours in some of those yet to be discovered places that constitute true cycling paradises. The qualification of cycling paradise is based on different elements ranging from scenery to quality of

roads, variety, and challenges of routes to cultural experiences, fine cuisine and enological (wine) discoveries. The main purpose of these tours is to have fun and enjoy the cycling, the scenery, the culture, and alternate adventures you may decide to include in your package. The Go Cycle Gredos tour is designed to accommodate intermediate to advanced cyclists looking to push themselves out of their comfort zone, with routes ranging from 40-60-80-120 kms over varied terrain with moderate to advanced level climbs.

Cycle the Sierra de Gredos, Spain

Your trip will provide you with an intimate tour of the best cycling in central Spain, an opportunity to experience the incredible local food, wines and culture in a slow-paced mountain town where you will be enthusiastically greeted by locals during your stay. Come to this cycling paradise and treat yourself, and your senses, by immersing yourself in a week of leisure and rare luxuries.

The Sierra de Gredos is what we define as a real cycling paradise. Located in the Central Mountain range near Avila, here the roads are optimal for cycling given minimal traffic. Spain has redeveloped all its major road systems over the last 20 years and does an equally great job of maintaining its secondary and county roads. Many of the old roads that connect the mountain towns and villages have basically been abandoned which makes for ideal cycling. In addition, there is always a bar/restaurant/gas station within 10 kms.

Not far away is the walled city of Avila built in the 11th century to fight off the Moors and prevent them from going further north

during their 700-year occupation of Spain. The walled city of Avila is a UNESCO heritage site and home to the visionary and avant-garde Saint Theresa of Avila and her convent.



As for the cycling, there is no shortage of great rides. Picture yourself gliding down the “Peña Negra” a 17.5 km ride with 1,000 meters of descent! What a thrill! This route is part of the Spanish Vuelta pro cycling tour and is just a short distance from Hoyos del Espino. Your 5- or 7-day adventure is based in Hoyos del Espino and each day you will set out from the village on an interesting day trip from your quaint accommodations. There is a variety of terrain and many different towns and villages that riders will visit each day of cycling.



Atop the Peña Negra with piornos in bloom



Tapas in Candelario



Peña Negra "backside" descent



Go Cyclists in front of the Barco castle



The "River Run" ride

Your Tour Design Team



Marlene, a Canadian and Spanish citizen, has lived in Europe for 3 decades and speaks 4 languages. Her European adventure started in Paris studying languages and ended in Spain pursuing an international career in the high-tech industry. In parallel she did lots of cycling and hiking to keep herself sane while also raising two boys.

A passionate traveler and adventurer, Marlene spent many years as a weekend resident in Gredos. She has organized cycling tours for family and friends in France, Italy, Switzerland and Northern Spain. She also has a keen interest in culinary arts and oenology and is a Certified Sommelier. After a 3-year stint in Calgary, Canada, Marlene is back in Spain and is the motor behind developing new experiences and destinations for Go Cycle Tours.



Isabel our Gredos native, is deemed by many the Martha Stewart and “Honorary Mayor” of Hoyos del Espino. Isabel worked with Marlene in the high-tech industry. Isabel started a software company with her husband and developed a housing project in Gredos which is what brought Marlene to discover Gredos! At present she is the very active

President of ASENORG, the regional industry/commerce association for Gredos Norte where she has been instrumental in many initiatives including Gredos Libre (free access to the Gredos Mountains) and saving the emblematic Parador of Gredos from closure in late 2012. Isabel lives full time in Hoyos del Espino and passionately promotes the area via her various initiatives for developing sustainable tourism in rural areas in Spain. Isabel is a big Go Cycle supporter and our local consultant for the area.



Roberto award winning local chef who has come back to Gredos to grace this land with his creative and mouth-watering cuisine. Roberto is owner of the Hotel Milano Real where Go Cyclists stay as well as being its Executive chef. He also runs his family business, Cafeteria Drakar, with this father, Roberto (padre), where you will be amazed at the elaborate dishes

served up at this understated “cafeteria”. He ensures that all Go Cycle guests are well taken care of and well watered and nourished. A keen cyclist himself, you may even see him coming out of the kitchen to help set up your bikes! Roberto is a gracious and humble host and always of huge supporter of Go Cycle guests – you’ll feel like family by the time you leave!

The Trip

Our self-guided trips offer 5 and 7-day options as well as options for single travelers. Your trip can be customized with the different add on options depending on what you want your experience to be.

We can help you arrange transportation to and from the Madrid Airport as an add on. In addition, please find other options and suggestions at the end of this document.

Departing from Madrid, now Adolfo Suarez (Barajas), Airport it takes just over 2 hours to arrive at your destination, Hoyos del Espino. Once you arrive in Hoyos, you will only need a bike or your feet to get around. All cycling, spa circuits, restaurants etc. are within a five-minute walk. **You can either BYOB (Bring Your Own Bike) or rent a bike via one of our partners: <https://www.rentbiker.com/> or <https://www.cycling-rentals.com/>** both will ship your bike to the hotel in Gredos for a fee. **We strongly advise getting into Madrid the day prior to the start date of the tour to ensure you, your luggage and your bike arrive on time for your tour start.**

For those of you wishing to extend your stay on either end of the tour, we recommend the Barajas Airport Hilton Hotel or the Barajas Melia which are bike friendly and are connected to the Madrid metro via T2 and T4.

You will arrive in Hoyos del Espino at your charming and cozy 3-star accommodation, the rural Hotel El Milano Real, run by local, award-winning chef Roberto Garcia. Your Go Cycle hosts at the Milano will check you in, greet you with a welcome drink, provide an overview for your stay, and give you maps, information and all you need to make your Go Cycle experience one of a kind.

2023 Pricing

All tour types include:	Tour Type	Price/person 21% VAT included
Accommodation in superior 3-star hotel	Single occupancy 7 nights	1,660 €
Breakfast and packed lunch	Double occupancy 7 nights	1360 €
Evening dinner	Single occupancy 5 nights	1220 €
Wine, beer, soft drinks with dinner	Double occupancy 5 nights	990 €
Phone with local prepaid card		
Cycling maps and guide hotline		
Welcome drinks and orientation.	3 and 6-night stays are also available	
Extra options at additional price	Extras	Price /person w/o VAT
	Airport transfer - taxi (1 way for 2 people)	150.00 €
	Hydrothermal spa circuit (60 minutes)	30.00 €
	Ziplining	30.00 €
	Guided star gazing (approx. 1 hour)	25.00 €
	Horse-back riding (approx. 2 hours)	Request Price
	Guided trekking	Request Price
	Professional wine and beer tasting	32.00 €
	Tapas & mini cuisine cooking course (2 hours)	32.00 €
	Accident Insurance	Request Price
	Bike rental	Request Price
	Tour of Avila	Request Price

Installment Plan – the trip can be paid for in two installments payments via PayPal* with the final payment being received no more than 15 days prior to trip start date. Payments via Paypal have a 4% processing fee.

Some examples of Activities to add on to your Tour Package (see pricing)

Spa Circuits – Aguas de Gredos – You may wish to include one or more spa circuits at the quaint and well-appointed Rural Spa, Aguas de Gredos. You will have an opportunity to soak your weary muscles and bones and tone up for your next day of cycling. The spa also offers massages and other services with prior booking.



Cultural Visit to Medieval Walled City of Avila – You may wish to discover the wonders of medieval Avila, a UNESCO site. We can organize transportation to and from Avila and a guided walking tour of Avila's fortified walls and the Church of Saint Teresa of Avila and some free time to wander the medieval historic centre.



Tyrolean Zip Lining – How about a thrilling afternoon down at the Pinos Cimeros Tyrolean Zip Lines – a guaranteed hoot for all!



Horseback Riding Excursion - After a few days of cycling you may want to change “seats” for a different riding adventure. How about horse-back riding up the local mountains. You can enjoy an unforgettable morning or afternoon horseback riding with Rafa Gonzalez expert horseman, who decided to dedicate his life to horses & Gredos after accompanying his father on the traditional transhumance (driving cattle from Gredos south to Extremadura pastures, on horseback of course).



Mountaineering in Spain's Central Mountain System - You may wish to hike into the Cirque of the Almanzor and discover its breathtaking views.



The Gredos Cirque



Climbing up to the Almanzor

Mini culinary courses - You may wish to try your hand at producing some of Spain's traditional dishes under the masterful guidance of award-winning chef Roberto Garcia, Head Chef of the Milano Real restaurant and native of Gredos.



Your Well-Being and Enjoyment is our priority.



Relaxing with the views of the mountains



Hotel El Milano Real

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 listen to your body (and even your mind) and not push yourself beyond your means. There is lots of riding to do and you have all of 5 or 7 days to enjoy the roads. We encourage you to reach your cycling goals but within reason.

Roadside sweeps can be arranged should any incident occur. Should the need arise, there is a medical centre in the vicinity just 5 kms from Hoyos del Espino and a major hospital in Avila, 50 minutes away by car.

Having proper medical and accident insurance is a *must* to participate in our tours.

We look forward to welcoming you to Gredos for this week-long 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](#)

Transfer options Madrid Adolfo Suarez Airport -> Hoyos del Espino, Avila (Gredos)

Taxi

Approximately 140 euros each way. Luggage space may be limited. Please contact us to pre-book.

Car rental

You have many car rental options from the Madrid airport. Here are some low-cost car rental options:

Goldcar - <https://www.goldcar.es/en/>

Firefly – <https://espana.fireflycarrental.com/locations.html>

This website looks for the best car rental deal at the Madrid Airport for your dates:
www.rentalcars.com/AirportLandingPage.do;jsessionid=54AB2B05FC68055CA270E8A9F093C60A.node130a

Please make sure when renting a car, you are clear on your options: kilometres permitted for your rate, insurance coverage (basic 3rd party is always included), gas/diesel refill options. Remember most cars in Europe are standards (manual) and you must specify if you need an automatic car. Often these are not readily available. Also ensure you have a car big enough for bike boxes if you decide to BYOB and luggage. Models like the Opel Zafira, Volkswagen Caddy or the Peugeot Partner, Citroen Berlingo are great options as they are only a bit bigger than a car but have better luggage space. See pictures for reference:



Volkswagen CADDY or Similar



Opel ZAFIRA or similar



Fiat Doblo, Citroën Berlingo, Ford Transit Connect Kombi o similar

COMPACTOS Grupo S



Citroen Berlingo



Peugeot Partner

Buses

Madrid – Hoyos del Espino (Check website for schedule updates or contact us)

You would need to get a taxi or metro from the airport to the bus station (Estacion del Sur).

Service provided by Cevesa, buses leave Madrid South Bus Station (Estacion del Sur) at 10 am Sunday to Friday and 8.30 am on Saturdays arriving in Hoyos approximately 3.15 hours later.

Buses leave Hoyos del Espino at 4.30pm arriving in Madrid South Bus Station at 7.50pm. Cost is 12.05 euros each way. https://regular.autobusing.com/venta?_eid=BAhpDg%3D%3D%0A&locale=en

Madrid Airport – Avila

The company Jiménez Dorado has one bus a day providing service from Madrid Airport to Avila as well. A taxi or shuttle would need to be arranged from Avila Bus station to Hoyos del Espino.

From Madrid Airport - Departs 3.30 pm and takes 1 hour and 50 minutes

From Avila – Departs 9.00 am and takes 1 hour 50 minutes. Cost each way is under

10euros

https://regular.autobusing.com/venta/horarios?_eid=BAhpEA%3D%3D%0A&locale=en

Train

There is also the option to take the train from Madrid Airport Terminal 4, via Chamartín Station (in Madrid) to Avila then a taxi or private shuttle to Hoyos del Espino. The train is approximately 1.5 hours. A taxi or shuttle from Avila to Hoyos del Espino is about 50 minutes.

More information

For more information on transportation to and from the Madrid Airport, please check out the following link: www.aena.es/en/madrid-barajas-airport/public-transport.html