



Go Cycle and Hike...Tours is a Spanish Canadian initiative combining stimulating and challenging cycling and hiking tours in some of those yet to be discovered places that constitute true cycling and hiking paradises. The qualification of cycling or hiking paradise is based on different elements ranging from scenery to quality of roads, climbs, 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 or hiking and alternate adventures included with the tour. The tour is designed to accommodate intermediate to seasoned hikers with routes over varied terrain with moderate to some strenuous climbs. We offer mixed gender and Women Only tours. We keep our groups small in order to provide you a more personalized and intimate experience. Groups consist of a minimum of 6 and maximum of 12 hikers.





Hike the Sierra de Gredos, Spain

This trip is designed for people willing to challenge themselves physically, mentally and socially. If you are willing to get out of your comfort zone, then this trip is for you! Your experience will include an intimate tour of the best hiking in central Spain, a quick Spanish immersion in language, food and culture and an opportunity to this with people who share a common vision of a well-balanced life!



To orient you, the Gredos North region, where we will mainly hike, is part of the Sistema Central Mountain range in the province of Avila the Castilla-León region. Not far away is the walled city with the same name 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 hiking, lots of great routes starting from both the north and south sides of this spectacular range with the highest peak, the Almanzor, towering at over 2500 metres. If you are up to the challenge of reaching that peak, we can certainly help you make that possible! These mountains are home to legendary mountaineer Carlos Soria, at 77, the oldest mountaineer to have summited 12 of the world's 14 highest peaks. They are also steeped in history; hunting haunts of King Alfonso XIII.



The week-long adventure is based in Hoyos del Espino and each day we will set out from the village on an interesting day trip from your accommodations. There is a variety of terrain and many different towns and villages that we will visit each day we head out.





Looking down into Los Galayos from the North Side



The peaks of the Cirque in the distance



Crystalline mountain ponds



Glacier carved valleys



Spectacular views



Historic paths

Your Hosts

Marlene Smith

Marlene, a Canadian and Spanish citizen, has lived in Europe for more than 27 years and speaks 4 languages. She spent the past 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 Hike and its destinations.

Marlene is a former weekend resident of Hoyos and spends a lot of time on the road and in the mountains in Gredos discovering new routes, roads and hikes. 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.



Isabel Sánchez Tejado

The Martha Stewart and “Honorary Mayor” of Hoyos del Espino, Member of the Gran Duque de Alba Institute in Spain, Isabel and her family have their roots, hearts and souls in Gredos. Isabel



has been a driving force in promoting sustainable tourism in Gredos both nationally and internationally. She started and continues to be the President of **ASENORG**, the regional industry/commerce association for North Gredos where she has been instrumental in many initiatives regarding the certification, conservation and protection of Gredos rich natural heritage. She lives full time in Hoyos del Espino, consults and advises regional tourism authorities all over Spain on developing sustainable tourism in rural areas. Some of her recent projects can be seen on www.vidaruralhoy.es (in Spanish).



Roberto García 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 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 and hiker himself, you may even see him coming out of the kitchen to help set up your bikes or giving you the latest update on weather! Roberto is a gracious and humble host and always of huge supporter of Go Cycle Tours guests – you’ll feel like family by the time you leave!

The Trip

This is a 6 day trip from Sunday to Friday. Our meeting point for the tour is Hoyos del Espino, Avila. Please find transportation options and suggestions at the end of this document to make things a bit easier for you. If you need help arranging transportation from the Madrid Adolfo Suarez (MAD) airport to Hoyos del Espino, just let us know.

Departing from Madrid, now Adolfo Suarez (Barajas), Airport it takes about 2.5 hours to arrive at your destination, Hoyos del Espino. Once you arrive in Hoyos you will only need your feet to get around. All cycling, spa circuits, restaurants etc. are within a five-minute walk. **We suggest getting into Madrid the day prior to the start date of the tour to ensure you and your luggage arrive in time for the tour start.**

Pricing

Pricing per Person euros	
Price does not include airfare to Madrid, airport transfers, health insurance or other personal expenses.	
Double Occupancy	€1,950
Single Occupancy	€2,150

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.

The trip package includes:

1. 5 nights (6 days) accommodation at a superior 3-star hotel
2. Meals include: Gourmet breakfast and Gourmet Evening Dinners by award winning local Chef Roberto Garcia and his team

3. Exclusive Go Cycle and Hike T-shirt
4. Beer, wine and soft drinks included with meals, snacks and power bars and isotonic drinks and coffees along the way
5. Two Spa circuits (add on treatments at own expense)
6. Exclusive Spanish dining experience hosted at Yardenes Estate with Isabel Sanchez Tejado
7. Half-day cultural activity (TBC)
8. Half day mountain biking ride **or** horseback riding or Tyrolean Ziplining (TBC)
9. Bonus activity - Spanish Wine Tasting & Tapas with Certified Sommelier (W-set Level 3)

Spa Circuits – Aguas de Gredos - Included in your programme will be two 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.



An exclusive dining experience with Isabel, - You will get an exclusive wining and dining experience with Gredos local, Isabel at her Yardenes Estate where she will host Go Cycle for her famous *Cocido Maribel*, a regional dish made with organic and locally sourced ingredients and *après* designer Gin Tonics. A truly unique experience. Check out her website





Go Cycle Exclusive – *In Vino Veritas*, but how about learning some truths about wine...or merely stopping to enjoy its multi sensorial pleasures?

Spain certified Level 3 Sommelier, Marlene will take you on a sensorial visit around Spain through some of its great wines. You will learn more about 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.

Horseback Riding Excursion

- 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.



One of the Following Activities will be included in your Tour Package*:

*Subject to itinerary and availability

Visit, wine tasting and lunch at Garnacha Alto Alberche Winery - Enjoy a special visit to this artisan winery dedicated to reviving Gredos indigenous *Garnacha* grape variety and run by enthusiastic owner Rafa and his partners. Partake in an authentic Spanish lunch onsite at the *Bodega* hosted in warm Spanish style by Rafa & Co.



Tyrolean Zip Lining – A thrilling afternoon down at the Pinos Cimeros Tyrolean Zip Lines with different levels that will challenge your agility at altitude. A guaranteed hoot for all!



Cultural Visit to Medieval Walled City of Avila – Enjoy 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.



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 hike and would prefer a walk in the near vicinity, we can suggest routes, provide maps for this, etc. If someone prefers to book a massage, spa treatment or simply wishes to hang out in the pleasant accommodations or in the village, this can be accommodated as well.

This is not a competition, and all routes will have shorter and longer alternatives to accommodate different levels and goals. All 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 basic first aid kits and there is a medical centre in the vicinity just 5 kms from Hoyos del Espino, our base for the tour.

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 120 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?sessionId=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

5 x5 5 x5 6 x6 Manual

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