



**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 and alternate adventures included with the tour. The tour is designed to accommodate intermediate to advanced cyclists with routes ranging from 60-100 kms over varied terrain with moderate to advanced level 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. The group will consist of maximum of 12 cyclists.



### **Cycle 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 cycling 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!

The Sierra de Gredos region is located in the Central Mountain Range of Spain and home to many 2000m+ high-altitude peaks. You are in a mountain region where an intricate network of secondary and rural roads is optimal for cycling given minimal traffic and spectacular scenery. In addition, there is always a bar/ restaurant /gas station within 15 kms for a rest stop, beverage and tapa!

To orient you a bit, the Gredos North region where we will mainly cycle is in the province of Avila, within the Castilla-León region. Not far away is the walled city with the same name built in the 11<sup>th</sup> 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, lots 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. 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 ride.







Atop the Peña Negra with piornos (broom) in bloom



Tapas in Candelario



Peña Negra "backside" descent



Go Cyclists in front of the Barco castle



The "River Run" ride

## 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 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](http://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

A weeklong trip from Sunday to Saturday. 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 a bike or your feet to get around. All cycling, spa circuits, restaurants etc. are within a five-minute walk. **Please note you can BYOB (Bring Your Own Bike) or now rent from <https://www.cycling-rentals.com/>.** We strongly advise getting into Madrid the day prior to the start date of the tour to ensure you and your bike arrive on time for the tour start.

## Pricing

| Pricing per Person euros including 21% VAT   |        |
|--|--------|
| Price <b>does not</b> include: airfare to Madrid, bike rentals, airport transfers, lunches on the road, health insurance or other personal expenses. |        |
| Double Occupancy   | €2,150 |
| Single Occupancy   | €2,350 |

Installment Plan – the trip can be paid for in three equal installments payments. First installment must be paid upon reservation and the last 15 days before trip start date. Payments via Paypal have a 4% processing fee.

**The trip package includes:**

1. 6 nights (7 days) accommodation at a superior 3-star boutique rural hotel
2. Meals include: Gourmet breakfast and Gourmet Evening Dinners by award winning local Chef Roberto Garcia and his team
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. Two Spa circuits (add on treatments at own expense)
6. Exclusive Spanish dining experience hosted at Yarden Estate with Isabel Sanchez Tejado
7. Half-day cultural activity (TBC)
8. Half day Trek into the Gredos mountains
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.



**Trekking in Spain's Central Mountain System** – We will take a day off the seat to hike the Gredos mountains and discover its breathtaking views, impressive peaks and some of its *local* inhabitants. Another exhilarating experience.



**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.





**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!





## 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.



**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



## A Go Cycle Tours bonus activity...

**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 tapas?

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.



## 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 one morning or afternoon or would prefer a walk, run or hike 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 cyclists will be accompanied by one or more tour guides always. Roadside sweeps will be arranged should any incident occur. 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](mailto:gocycletours@gmail.com)

Visit our website [www.gocycletours.net](http://www.gocycletours.net) and follow us on Facebook **GoCycleTours** and Instagram **gocycle\_tour**