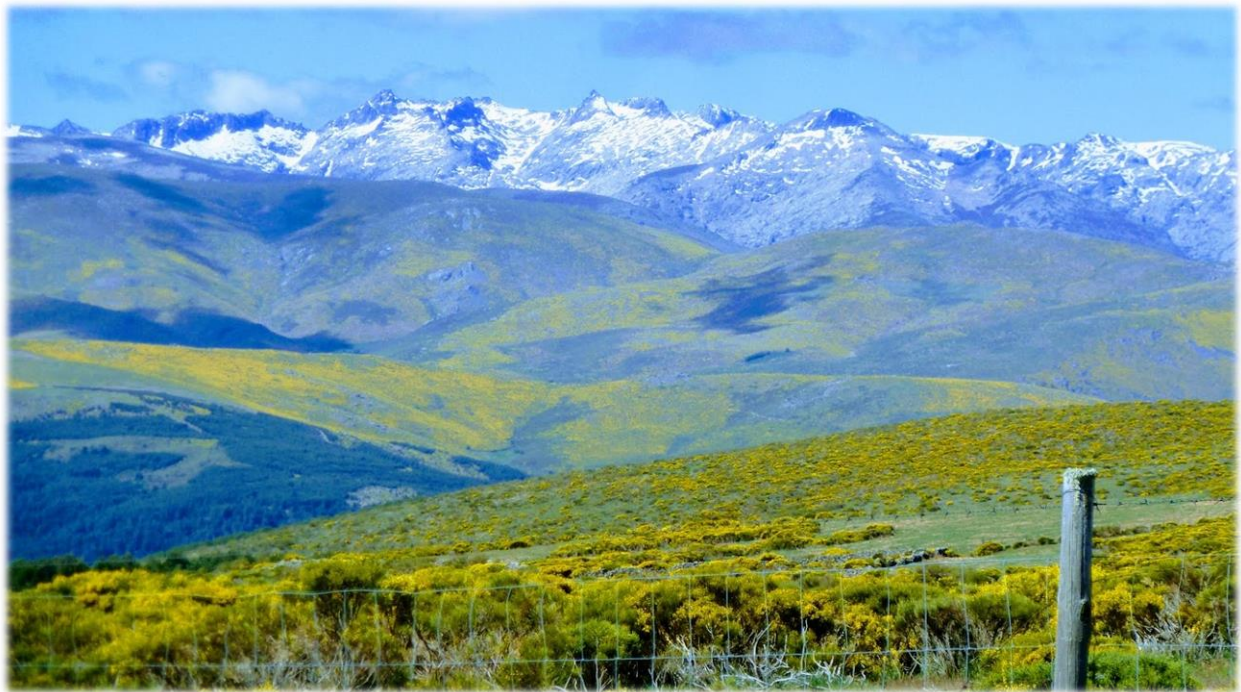




Do you want to experience the excitement and challenge of cycling in a pristine mountain region in Central Spain at your own pace but with friendly hosts that will welcome you, give you the lay of the land, help you plan your day and have your back should you need a plan B? **Go Cycle...Tours** has *the* plan for you. You can build your own tour incorporating alternative “add on” activities and amenities with the confidence that your hiking experience will be second to none. There will be a wide variety of exciting routes that you can scale to your hiking ability or daily ambition with the possibility of alternative activities should you need a break from pounding the trails. 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 Hike Gredos experience, so make it your experience of a lifetime.



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 depending on your appetite for effort!



Hike the Sierra de Gredos, Spain

Your trip will provide you with an intimate tour of the best hiking 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 hiking paradise and treat yourself, and your senses, by immersing yourself in a week of leisure and rare luxuries.



To situate you, the Gredos North region, where you 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, 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.



Your week-long adventure is based in Hoyos del Espino at the boutique Milano Real Hotel and each day you 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.



Hotel El Milano Real



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 Tour Design Team

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.



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 6-day trip is based out of Hoyos del Espino, (Gredos) 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

All tour types include:	Tour Type	Price/person 21% VAT included
Accommodation in superior 3-star hotel	Single occupancy 5 nights	1,220 €
Breakfast and packed lunch	Double occupancy 5 nights	990 €
Evening dinner		
Wine, beer, soft drinks with dinner		
Phone with local prepaid card		
Cycling maps and guide hotline		
Welcome drinks and orientation.	3 and 6 and 7-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 €
	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.

Extra 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).



Guided Star Gazing in a certified Dark Sky region – Gredos has obtained the certificate of Starlight Reserve granted by the Starlight Foundation (UNESCO), becoming the first of its kind in the Castile and León region. A Starlight Reserve is a protected natural space, in specially designated areas around the world, where the quality of the night sky and access to the light of the stars is proactively preserved. Discover the magic of the night sky with your guide and a powerful telescope. Just another curated Go Cycle adventure for you to enjoy.



“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.



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 hiking to do and you have many days to enjoy the trails. We encourage you to reach your hiking goals but within reason.

Should the need arise there are both medical clinics and a full hospital in San Lorenzo de El Escorial.

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

We look forward to welcoming you to Gredos 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**

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