

## Rioja - 8 days

A bike tour from the Cantabrian Mountains to the vineyards of La Rioja to discover a breathtaking countryside! This is a unique trip, following the River Ebro, the longest in Spain, as it flows from its source in the Cantabrian Mountains. It begins as a mountain stream flowing through green pastures and valleys, imposing canyons, vineyards, past pretty and unknown villages. And as we cycle you'll perceive the changes in the landscape and the river itself. Finally you arrive in La Rioja, home of the finest Spanish wines. A sea of vineyards dotted with ancient villages, castles and wineries. A magnificent trip for those who wish to visit parts of Spain the tourists never see.

### Day 1: Arrival in Santander or Bilbao and transfer to Campoo

Bike adjustment, dinner in hotel

### Day 2: Campoo > Polientes, ~59 or 97 km (37 or 60 miles)

This stage takes you through some fabulous and unspoiled scenery. From the green mountain pastures of the Cantabrian Mountains, along the shores of the Ebro Reservoir, past the Monastery of Montesclaros surrounded by forests to finally rejoin the Ebro in the Valley of Valderredible and tonight's stop in Polientes. Those on the short version follow the river direct to Polientes. The longer version leads you along the Ebro Reservoir. Dinner in hotel.

### Day 3: Polientes > Valle de Zamanzas, ~43 km (27 miles)

You begin by cycling through the open valley of Valderredible. Take the opportunity to visit the Romanesque church of San Martín de Elines and also the churches carved into the very rock, which are so characteristic of this region. As we progress down the river, the sides of the valley begin to close in until we find ourselves in a marvelous canyon of ever-increasing dimensions, where eagles and vultures soar overhead. Stop to visit the fairytale village of Orbaneja del Castillo with its cascades running through the village. We pass Pesquera de Ebro and our hotel in the Valle de Zamanzas. Dinner in hotel.

### Day 4: Valle de Zamanzas > Medina de Pomar, ~36 or 63 km (22-39 miles)

A beautiful route which follows a huge bend of the river through the most picturesque and undiscovered villages. An optional extension takes you to the dramatic village of Puentedey, built on a natural rock bridge over the River Nela. Tonight you stay in the Castilian town of Medina de Pomar with its old Jewish quarter and the castle dominating the town and the surrounding landscape. Dinner in hotel.

### Day 5: Medina de Pomar > Frias, ~58 km (36 miles)

From Medina, you head back to the Ebro. The route then takes you along a quiet country road running parallel to the river where the valley begins to open out again. Visit the Romanesque church of San Pedro de Tejada and soon you are cycling through yet another canyon, which then opens out into the fertile valley around Frias. This is a spectacular village built around its castle and enjoying fine views of the Ebro Valley. Your hotel is in a small village close by. Dinner in hotel.

### Day 6: Frias > Haro, ~62 km (39 miles)

As you leave Frias, the valley begins to close in on us again until we find ourselves in another spectacular canyon. The road runs along the shores of a reservoir surrounded by high mountains and through short tunnels carved out of the rock. The route crosses the little town of Miranda del Ebro before passing through imposing peaks that signal the gateway to the enormous open valley of La Rioja. Tonight is spent in the wine-producing village of Haro, with a chance to drink a glass or two of Rioja in its birthplace.

### Day 7: Haro > Laguardia, ~25 or 50 km (16-31 miles)

You cycle through endless vineyards and numerous picturesque villages of La Rioja, with the backdrop of the Sierra de Cantabria Mountains and the Ebro never too far away. You finally reach the superb walled medieval village of Laguardia where, as in Haro, wine is almost a way of life.

### Day 8: Transfer from Laguardia to Bilbao or Santander at 9.00 am and departure

### Services:

7 nights in good hotels or guest houses  
7x breakfast  
5x half board  
luggage transport  
welcome briefing  
transfer airport Bilbao/Santander - Campoo on day 1  
transfer Laguardia - airport Bilbao/Santander on day 8  
tour description GB and maps, elevation profiles  
navigation app GB  
service hotline

### additional services:

supplement arrival any day	120 €
supplement solo traveler (luggage)	320 €
GPS rental	45 €
transfer customers bike	60 €
race bike	180 €
rental bike 27 gears	135 €
electric bike	215 €

### Price:

14.07.2024 - 21.07.2024 - hotel according to offer

double room	1140 €
single room	1430 €
twin room	1140 €

