







## CYCLOTOURISM SERVICES

-  Bike rental
-  Guided routes
-  Cyclist activities
-  Organised activities
-  Repair workshop
-  Bike and bike component sales

### Area Tècnica Banyoles

Passeig de la Draga, 1  
Tel. 972 580 947  
areatecnicabanyoles@gmail.com

### Artsport Serveis Esportius

Tel. 609 947 914  
artsport.cat  
artsportbikes@gmail.com

### Bicis Banyoles

Ctra. Circumvallació de l'Estany, 215 (Porqueres)  
Tel. 699 770 647  
caiacinatura.com  
info@caiacinatura.com

### Can Xumeia

Avinguda Països Catalans, 93  
Tel. 972 570 261  
xumibikes.com  
canxumeia@gmail.com

### Cycling Giant Rent

Passeig Darder, 39  
Tel. 600 771 652  
cyclinggiantrent.com  
hola@cyclinggiantrent.com

### Cyclosphera

Passeig de Mossèn Lluís Constans, 403  
Tel. 644 422 945  
cyclosphera.com  
info@cyclosphera.com

### C2 Cycling Coach

Passeig Mossèn Lluís Constans, 280  
Tel. 633 954 590  
c2cyclingcoach.com  
cycling@c2cyclingcoach.com

### Guillem Chipchase

Tel. 684 255 208  
guillemchasechip@gmail.com

### Top Bici

Passeig de Mossèn Lluís Constans, 273  
Tel. 605 248 110  
topbicibanyoles@hotmail.com

## MEDICAL SERVICES

### CAP Banyoles

Plaça Catalunya, 6  
Tel. 972 572 510

### Clínica Salus Infirmorum

Passeig de Mossèn Lluís Constans, 130  
Tel. 972 570 208

### Emergency Contact Number

112

## OTHER SPECIALIZED SERVICES FOR CYCLISTS

Accommodation



Other services



# De Banyoles

## TOURIST INFORMATION OFFICE

Passeig Darder - Pesquera núm. 10  
17820 Banyoles (Girona)  
Tel. (0034) 972 583 470  
Tel. 690 853 395  
turisme@ajbanyoles.org  
#debanyoles



Discover more routes on our Wikiloc profile  
"Banyoles Turisme i Esport"





### 1. Discovering the Pla de l'Estany

Circular route through the Pla de l'Estany region, via the "Ecovies" of Girona, paths and trails, well known by local gravel riders.

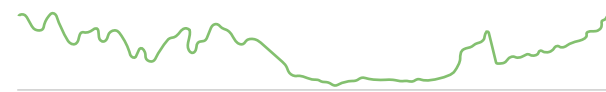
🚴🚴 54,9 km ⬆️ +716 m ●●●● Moderate



### 2. Beyond the Ter

A route that follows the river Ter passing through the municipalities of Sobrànigues and Medinyà.

🚴🚴 62 km ⬆️ +542 m ●●●● Moderate



### 3. Flowing along the Fluvià

Discover the landscapes around the Fluvià river with a quiet route, which isn't very difficult technically. Around the 35km mark, you will need to cross a river dam.

🚴🚴 59,1 km ⬆️ +583 m ●●●● Moderate



### 4. Loop through the Garrotxa

Discover the volcanic area of La Garrotxa via the "Ecovies" of Girona and secondary roads passing through Besalú, Castellfollit de la Roca, Olot and Santa Pau, with a climb towards Rocacorba. There is a small stretch of around 200 meters where you need to carry your bike.

🚴🚴 85,2 km ⬆️ +1.119 m ●●●● Difficult



### 5. Rocacorba and Adri Loop

A classic and demanding ascent of the area. Head towards Medinyà and, while riding on a small part of Girona via "Ecovies", head towards Rocacorba passing through Sant Gregori and Adri. From Rocacorba, descend to Banyoles by road.

🚴🚴 68 km ⬆️ +1.088 m ●●●● Difficult



### 6. Romanesque Empordà

Loop through Alt Empordà, passing through towns in the Costa Brava with rich Greek and Roman culture, such as Castelló and Sant Martí d'Empúries

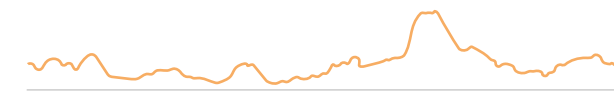
🚴🚴 119 km ⬆️ +1.080 m ●●●● Difficult



### 7. Towards the reservoir of Boadella

A very beautiful and varied route that passes through small towns such as Albanyà and Darnius until reaching the reservoir of Boadella in the Salinas area.

🚴🚴 105 km ⬆️ +1.426 m ●●●● Difficult



### 8. Taste of Interior Regions

Get to know the interior regions bordering Pla de l'Estany, Gironès, Alt Empordà, and Garrotxa, mostly cycling along the Ecovies of Girona and trails.

🚴🚴 127 km ⬆️ +1.296 m ●●●● Difficult



### 9. Excursion to the Salinas

A technical and long ride with considerable elevation gain, heading towards the Eastern Pyrenees. Follow the river Muga between Sant Llorenç and Albanyà. You may need to carry the bike at some points.

🚴🚴 98,2 km ⬆️ +1.330 m ●●●● Very difficult



### 10. Through the Empordà and Gavarres

Route through the Alt and Baix Empordà, with a tough section passing through the Sants Metges mountain and the Gavarres Natural Park. The return is through the Mota area and is mostly on trails.

🚴🚴 142 km ⬆️ +1.296 m ●●●● Very difficult



### 11. Peaks of La Garrotxa

Pedal through Alta Garrotxa and Les Salines, and enjoy the surrounding nature through a very demanding route with technical sections.

🚴🚴 82,3 km ⬆️ +1.627 m ●●●● Very difficult



Download each route on the Wikiloc profile "Banyoles Turisme i Esport"

