







Road Cycling Experiences

ENG

CYCLOTOURISM SERVICES

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

Area Tècnica Banyoles

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Artsport Serveis Esportius

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artsport.cat
artsportbikes@gmail.com

Bicis Banyoles

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caiacinatura.com
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Can Xumeia

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Cycling Giant Rent

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hola@cyclinggiantrent.com

Cyclosphera

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MEDICAL SERVICES

CAP Banyoles

Plaça Catalunya, 6
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Clínica Salus Infirmorum

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Emergency Contact Number

112

OTHER SPECIALIZED SERVICES FOR CYCLISTS

Accommodation



Other services



De Banyoles

TOURIST INFORMATION OFFICE

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#debanyoles



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





1. Mieres and the Pla de l'Estany

An accessible and simple ride, but with elevation gain, reaching Mieres and taking a loop around Collell before continuing with a circuit around the Pla de l'Estany. It's ideal for exploring the nearby surroundings without straying too far. There is plenty of landscape to enjoy.

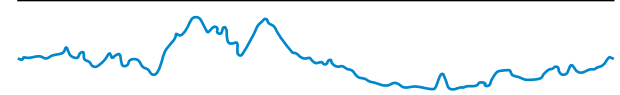
🚴🚴 74,4 km ⬆️ +1.107 m ●●●● Moderate



2. Loop through the Pla de l'Estany and Adri

A very common route to cover kilometers without straying too far from Banyoles, and not very demanding. It takes you through the Pla de l'Estany, entering the Gironès region and circling the Canet foot of Rocacorba

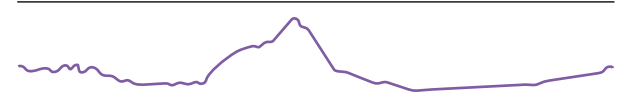
🚴🚴 71,8 km ⬆️ +1.011 m ●●●● Difficult



3. Girona and the ascent to Els Àngels

A common climb for both professionals and amateurs in Girona. The route starts from Banyoles towards Girona, passing through Palol de Revardit and returns via Madremanya and Medinyà, avoiding highways and major roads, except near Medinyà where it touches the N-II.

🚴🚴 75,1 km ⬆️ +955 m ●●●● Difficult



4. Charming loop through Garrotxa

A beautiful and entertaining route through the Garrotxa region, passing through charming and less-frequented villages like Falgons, Fages and the volcanic viewpoint of Castellfollit de la Roca. This is one of the typical routes locals take in the area, it goes through quiet roads with great views.

🚴🚴 99,5 km ⬆️ +1.237m ●●●● Difficult



5. Loop of the Pla de l'Estany and Rocacorba

A classic and essential route for the area. It includes an initial loop through the region to warm up the legs, followed by the climb to the peak of Rocacorba, offering spectacular views of the territory.

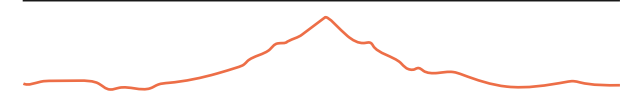
🚴🚴 63,8 km ⬆️ +1.296 m ●●●● Difficult



6. Ascent of Mare de Déu del Mont

A legendary climb in the area with spectacular views, passing through the Pla de Martís, heading towards Esponellà, Crespià and Beuda. The route includes some ramps and curves where good physical condition and technical skill for descending are required.

🚴🚴 68,9 km ⬆️ +1.294 m ●●●● Very difficult



7. Empordà Route with ascent to Sant Pere de Rodes

Enjoy the Cap de Creus and spectacular sea views from Sant Pere de Rodes. This is a long route with significant elevation gain, allowing you to enjoy the changing landscapes of the Costa Brava and the Aiguamolls de l'Empordà.

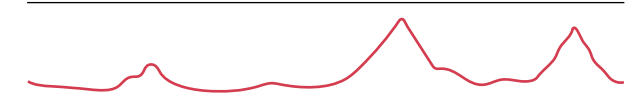
🚴🚴 157,2 km ⬆️ +2.072 m ●●●● Very difficult



8. The 3 Antennas

One of the most famous challenges in the area includes the ascent to the three most iconic peaks: Els Àngels, Mare de Déu del Mont and Rocacorba. This is a very demanding route, suitable only for the bravest, offering unbeatable views of both the Pyrenees and the Costa Brava.

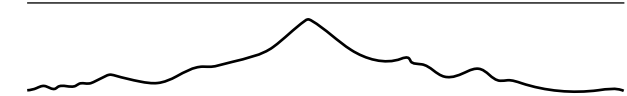
🚴🚴 157,6 km ⬆️ +2.687 m ●●●● Very difficult



9. Ascend to Vallter via Beget and Oix

The queen stage. The ascent to Vallter 2000 is one of the legendary climbs in the Girona Pyrenees and has featured in major tours like La Volta or La Vuelta. From Banyoles, the route climbs through Mieres, Santa Pau and Olot, heading towards Capsacosta and Vallter. Returning, the route leads you to Beget and Oix, ascending to Rocabrunga

🚴🚴 180,8 km ⬆️ +3.906 m ●●●● Expert



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