

Spain's Costa Blanca: The Perfect Destination for Bike Touring

- ▶ **Beach and mountains**



- ▶ Cap Negret hotel is located in Altea, synonym of sun, culture, landscape, leisure and gastronomy. Surrounded by Aitana, Bernia and Gelada mountains, this last one located in the Serra Gelada natural park.
- ▶ Altea allows the visitor to practice mountain and water sports the whole year. A large amount of commercial alternatives, hiking routes and a very active nightlife, are the perfect ingredients to combine with your cycling trip.



Professional cyclists

- The province has been part of 'La Vuelta de España' since its creation in 1935 and has witnessed the departure of 47 stages and the finish line of another 44.
- In addition 18 mountain passes in the area have been part of La Vuelta since its first edition.
- You will have the chance to ride your bike in the same mountain passes as some of the most important cyclists once did: Alto de Aitana, Guadalest, Xorret de Catí, Port de Confrides or Coll de Rates.
- Pro teams are also choosing Costa Blanca for their training camps in order to prepare the coming season.
- In the words of some very well-known professional cyclists, the climate, the diversity of terrain to train, the mountain next to the sea and the low traffic on the interior roads makes Costa Blanca into 'the place for training'.



BIKE TOURING

Costa Blanca is the second most mountainous region in Spain, and at the same time offers 250 coastline kilometres. That means you can pedal less than 20 kilometres and cross from the beach to the mountain.

With flat and coastal areas and mountain passes, Costa Blanca is allowed for every kind of cyclist and is one of the most diverse regions for cycling in the whole Spain.

Ride up the Penon d'Ifach (the famous mountain anchored right climb the Moraira sea cliffs; just south of Calpe explore Mascarat Gorge; further inland ride along the crags of Altea; and if you're looking for an unspoilt bit of heaven Echo Valley is the place to go.



Facilities

Bike garage, bike repair shop with all kind of tools, adapted meals, information about bike routes, maps, GPS tracks, bike cleaning area, adapted meals, sport massage service, guides, rent a bike service, route assistance and replacement service.

Of course you will have the chance to relax in our large swimming pool with sea view and enjoy a cocktail in our pool-bar in order to get ready for the next bike session.



PRICES

A few yards away from the Green Corridor

The corridor runs through the beach of La Olla, Pda. Cap Negret and it links with the green area of the Algar river.

It is an excellent alternative by foot or bicycle to go into the town from the hotel.

A unique setting

Hotel Cap Negret, in the Bay of Altea, is located by the sea, with direct access to the beach from the hotel terrace, and just a few minutes away from the town centre by foot.

Would you like to discover everything that Altea can offer?

- Prices from Only £33 per person, per day includes:

Standard double / twin room

Half Board regime with wine and water

Free WiFi

Bike security garage

Bike repair area with every kind of tools

Prepared routes and maps

Return Alicante or Valencia airport transfers from £14 per person

Financial Protection Insurance £4.98

Option to rent bikes

- Contact Nick Dryden info@sports-europe.co.uk m: 07840873516