

# Self-Guided Cycling in Andalusia

Trip Code: SGAC

Version:



CYCLE



SELF-GUIDED



MODERATE



## HIGHLIGHTS

- Cycle through olive groves to the traditional towns of Lucena and Baena
- Discover Seville and be seduced the sounds of Flamenco which spill into the street
- Delightful cycling through old southern Spanish villages and towns
- Visit and stay in the fascinating historic town of Cordoba

## AT A GLANCE

- Self-Guided
- 6 days cycling and sightseeing
- Saturday departures
- BIKE HIRE INCLUDED
- Join at Antequera / End in Seville

## ACCOMMODATIONS & MEALS

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

# Introduction

This trip has been designed for those seeking a challenging bike ride with the reward of sightseeing opportunities in some of Andalucia's best known cities; Malaga, Granada, Cordoba and Seville. Cycling a mix of hillier, more strenuous rides of 55-65km with easier cycling days of 30-40km on generally flatter terrain provides a great challenge for regular leisure cyclists who are looking to push themselves but still require some easier cycling days too.

## Is this holiday for you?

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# Itinerary

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Version:

## Holiday Information

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### What's Included

- All accommodation as described
- Luggage transfers
- Meals as described in the Meal Plan
- Self-guided information pack containing your map and route notes
- Welcome briefing
- Bike hire
- Train journey from Brenes - Seville including your bike

### What's not Included

- Travel insurance
- Travel to Antequera
- Travel from Seville
- Local transfers
- Visas (if applicable)
- Tourist Taxes may apply and are usually under 5 Euros per person per night
- Some meals as described in the Meal Plan
- Personal equipment
- Any additional activities/excursions indicated as optional

## Your Self-Guided Pack & Route Notes

Each self-guided holiday comes with comprehensive route notes and a map or pocket guidebook of the area you are exploring. The route notes contain information about the places you will visit, about the local transport you might need, along with the detailed route notes for your daily walks or cycle rides. We even include some tips for the best places to stop for lunch.

You can expect to receive your Self-Guided Pack containing your route notes, a map or guidebook and all your relevant documents no later than 3 weeks before your holiday start date. We will send your documents using a signed for courier so that you can track your package and know that they are safely on their way to you. For bookings of more than 4 people we will send an additional Self-Guided Pack. If you do not need this additional pack please inform our sales team. Your pack will be sent to the lead booker so please remind them to pack it before you set off.

Should your self-guided trip be part of a longer adventure requiring you to leave home more than three weeks before your holiday start date, please do inform our sales team so that we can make alternative delivery arrangements.

## Self-Guided Families

Our Self-Guided Holidays are perfect for your next family holiday and are suitable for children of all ages.

Our partner hotels and accommodations are able to provide cots for young children, and some offer family rooms. We can also arrange hire of children's bikes and tag along bikes for most of our self-guided cycling trips and with trips such as Lake Constance and the Danube offering routes on designated cycle paths you can rest assured in keeping your family safe.

As a parent we trust that you know your own child's capabilities, so please read the itinerary details to ensure the distances covered each day are suitable for your family. If this is a first time walking holiday for your family, a centre based trip is a fantastic option as it allows you to easily opt out of a days walking if a day of building sand castles, swimming in the pool or visiting museums is calling instead.

Please discuss this further with our sales team who will be happy to assist in picking the best trip for your family.

## Meal Plan

This trip is on a bed and breakfast basis to allow you the most flexibility during your holiday.

## Food & Water

Many places on this holiday have drinkable water from the tap to fill your personal water bottles. Please check with the leader at the various locations. Please take purification tablets or a filter bottle (such as a [Water-To-Go bottle](#)) for days when drinking water out of the tap is not available. We do not encourage the purchasing of single use plastic bottles.

The Andalucian mix of climate and altitude make for a true culinary experience very different from what is deemed as typical Spanish food. You won't find Paella in abundance in the mountain regions, but many hearty soups and stews along with meals such as 'Chicken in Almond sauce' a delicacy from the Moors influence. Almonds, chestnuts, olives, peppers and figs and berries feature heavily in cuisine in these regions which grow in abundance in the area.

Closer to the coast in Malaga you will find many tapas restaurants and menus with a plethora of seafood dishes to choose from along with many welcoming bodegas serving local wines and delicacies. Food plays a key role in the way of life in Southern Spain and Andalucian's love to eat out. Our top tip is to dine in the restaurants frequented by locals; they usually choose the best spots!

Breakfasts in the area are typically continental, often featuring beautiful homemade jams and local honey accompanied by fresh bread and pastries. Lunches can be enjoyed in local cafes or produce can be bought from small grocers and bakeries. A trip to Andalucia is not complete without a visit to one of the bodegas to sample the Serrano ham produced in the villages of Las Alpujarras, washed down with some organic wine from the region. It is certainly recommended after a day cycling.

## Accommodation

We have hand selected 3 and 4 star hotels many with traditional Andalucian style to help submerge you in the fascinating culture of this historic region of Spain. All have been chosen for their fantastic locations and warm hospitality and where possible we have chosen hotels with swimming pools to cool off after a busy day exploring. The hotels all offer a great breakfast buffet to fuel you for the day ahead and rooms are on a double or twin basis.

It is possible to arrange additional nights accommodation if you would like to enjoy this magnificent region a little longer. Please refer to the dates and prices tab for further details or speak to one of our sales team.

During high season you may be booked into an alternative accommodation of a similar standard in the area.

## Bike Hire

Bikes come with 21 gears and all bikes come equipped with a pannier and handlebar bag for your daily essentials plus a milometer, a bike lock, pump and repair kit.

The bikes provided for this trip come in two different frame types- unisex or male bike frame. Unisex bikes being provided for passengers up to a height of 185cm and male bike frames are provided for those above 185cm. If you would prefer a specific frame bike i.e. a male bike frame, please request this with our sales team.

You also have the option of upgrading to bike plus hire on this trip for an additional supplement of £ 70. The bike plus option provides a slightly sportier sitting posture and comes with upgraded items such as 27 gears, hydraulic brakes and a front suspension fork. This is a great option for those looking for a slightly comfier ride without upgrading to an e-bike.

Please note that it is a legal requirement to wear a helmet in Spain. We strongly recommend you to bring your own helmet with you for the best comfort however, you can purchase a helmet to collect on your arrival in Antequera for an additional €40.

We also recommend packing a gel seat for extra comfort or a pair of padded cycling shorts, whilst the cycling is leisurely and there are plenty of opportunities to stop and explore it is always nice to have some padding for a comfortable ride.

E-bikes are also available at an additional supplement of £ 250. We are also able to arrange tandem bikes, children's bikes, trailers and child seats. Please ask our sales team for details.

## Baggage Allowance

Your main luggage will be transferred between each of your hotels while you are out on your ride. We ask that you please ensure your luggage is under 20KG and that your luggage is ready for collection each morning. You will also need a daypack to carry your daily essentials with you.

# General Information

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## Passport & Visas

### Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

**It is your responsibility to ensure that you have the correct travel documents and visas for your holiday.** Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

## Health & Vaccinations

### Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations.

### GHIC / Medical cover

UK residents should carry a free Global Health Insurance Card (GHIC). This entitles you to state provided medical treatment when you're visiting an EU country or Switzerland. This is not a substitute for medical travel insurance which is vital when travelling overseas.

### Severe Allergies

Please inform our KE Sales and support team of any severe allergies you may have before travel. We will always do our best to help but we are unable to guarantee an allergy free environment on our KE trips. We advise that you always carry your own treatment for the allergy with you such as 'adrenaline auto-injectors' if required. We also recommend that you discuss this with your accommodation on arrival so that they can better assist you.

## Preparing for your Holiday

The advantage of a self-guided cycling holiday is that you decide the pace. This trip is designed for regular leisure cyclists who are comfortable with some longer ascents. You should be comfortable with cycling up to 65km a day on some hilly terrain. Your routes will alternate between generally flat rides and hillier more strenuous ride to allow you some recovery. Your rides will largely be on quiet roads or bike paths with some busier sections as you enter or leave a city. We advise you to dust off your bike and head out on a few rides before your holiday; after all the fitter you are the more enjoyable your cycling will be.

## Climate

Andalucia has somewhat of a varied climate thanks to its fantastic mix of coast and mountains. You can expect warm sunny days almost every day from June through to September with temperature in July and August reaching up to 30 degrees or even higher on the coast. However the evenings can cool dramatically in the mountainous regions to a chilly 8 degrees even in the summer months, so don't forget your jumper. Winters are much cooler with snow on the mountain tops and daily temperatures of up to 20 degrees but evening temperatures down to freezing point.

## Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that prior to travel, all KE clients visit the official UK Government website at [travelaware.campaign.gov.uk](http://travelaware.campaign.gov.uk) and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: [www.travel.state.gov](http://www.travel.state.gov) for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

## Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.



## Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

Please note that a paper copy of your travel insurance is required if you are travelling to Huaraz and the Huayhuash region.

# Equipment Information

## SelfGuided Cycling Equipment List

- Cycling shorts
- Cycle helmet
- Functional base layer
- T-shirts
- Scarf
- Hat
- Windproof jacket
- Fleece / extra layer
- Rain protection
- Rucksack (approx. 20 l)
- Small first aid kit for your rucksack

- Sunscreen
- Water bottle or hydration pack
- Camera (batteries/memory card)
- Mobile Phone (ensure your data package covers your destination)
- Handlebar mount that is compatible with your smartphone
- Power bank
- Waterproof phone cover
- Sun glasses
- Personal wash kit
- Reusable cloth bag for shopping to avoid the use of plastic bags
- Tupperware for picnics

## Cotswold Outdoor



Many of the Equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive 12.5% discount voucher from Cotswold Outdoor and other retailers. [>> Find out more](#)

## Land Only Information

Please note our 'from price' listed is based on 4 persons on twin or double occupancy, however we can quote for any number of travellers including solo travellers, contact our sales team for a quote.

This trip is available for departures on Saturdays throughout the dates listed.

All of our self-guided holidays are sold on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. You may even wish to make this holiday part of a bigger adventure or pair it with one of our other holidays. We can arrange additional nights accommodation before or after your self-guided trip, ask our sales team to find out more about this.

Our sales team will be happy to provide you a quote for scheduled flights or alternatively you may wish to book your own flights with a low cost carrier from your nearest regional airport.

Please DO NOT book your flights before you have received your booking confirmation and your deposit has been taken.

We offer some transfers to your hotel from the nearest airports, please refer to the 'joining arrangements and transfers' for further details for this trip.

## Why Choose KE

### why KE

We have combined three of the must visit cities of Andalucia on this one week cycling holiday so that you can experience the explosion of culture for which the region is famed. We have included your hire bike in the cost of your trip so you can relax knowing it is all taken care of for you.

**Please Note** This document was downloaded on 03/07/2024 and the trip is subject to change