

CYCLE TOURISM ***IN TERRES DE L'EBRE*** *DOSSIER FOR PROFESSIONALS*



WWW.BAIXEBREAVANT.CAT

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1. Terres de l'Ebre: destination cycling enthusiasts

"You name it, here you have it" seems to be the case in these lands, and make them quite exceptional if not unique. Terres de l'Ebre is a mosaic, between the Mediterranean sea and the southern most part of the coastal Catalan ranges, whichever way you look at it, whether you are admiring its scenic beauty or its cultural and culinary life. Nor far removed from more frequented tourist resorts and built up areas, this relatively small area is criss-crossed by backroads, lanes and paths, opening it up to the walker, cyclist and motorist alike. There really is a bit of everything in Terres de l'Ebre:

- First and foremost, the calm waters of the River Ebro, that have shaped this land on the last stage of its journey to the sea.
- Mile upon mile of largely unspoilt deserted beaches give way to a coastline carved out into lovely, isolated coves.
- Imposing mountains like Massís dels Ports, the Montsià and Llaberia ranges, the Cardó range or the hills of Tivissa-Vandellòs.
- Fruits, cereals, rice, wine and olives are all harvested here, feasts for the eyes as well as for lovers of good food.
- Fishing villages like L'Ametlla de Mar, L'Ampolla or les Cases d'Alcanar and inland, towns like Paüls, Horta de Sant Joan, Arnes, Miravet or Ulldecona, each with its own special charm.
- Caves and World Heritage cave paintings bear witness to the fact that Man has always lived here, cultivated the lands and lived well.
- The episcopal and Renaissance city of Tortosa, an example of once powerful, ancient cities.
- Grassroots culture steeped in tradition and extraordinary festivals.
- High quality and varied cuisine borne out of local produce.
- Above all the Ebro Delta marks out Terres de l'Ebre, a marvel of Nature where the mightiest river in Spanish territory surrenders itself to the Mediterranean.





Hardly surprising then, that Terres de l'Ebre has been home to many and varied cultures down through the centuries: Iberians, Romans, Muslims, Jews and Christians have all settled here because of the prevailing strategic and trading conditions. They have left their mark on everything from the folklore and monuments to the language and character of the people.

Much to the delight of its inhabitants, in 2013 Terres de l'Ebre was honoured to be declared a Biosphere Reserve by UNESCO, conferring a status that has become key in launching the area onto the world stage.

Terres de l'Ebre, with its more than 1.000 kms of routes of different types, has a huge range at the disposal of cyclists of all shades and ability. Cycle tourism could be at a leisurely pace to enjoy the scenery, a safe place to try out road biking or MTB trails of varying levels of difficulty.

2. Internationally recognised distinctive landscapes

—Biosphere Reserve:

The Ebro River is the soul and the backbone of Terres de l'Ebre, to whom it owes its very name. The might of a river like the Ebro has made its mark on the landscape and its inhabitants since time immemorial.

That doesn't mean that its value as a tourist attraction is derived solely from the charming nature of the river. In fact, if this area pleasantly surprises its visitors, it is because of its contrasting diversity.

The Terres de l'Ebre Biosphere Reserve takes in two of the most spectacular protected areas in Catalonia: the Ebro Delta Nature Reserve and the Ports Nature Reserve, among others like the Serra de Cardó.

These natural environments, with their diverse ecosystems and habitats are ideal for all sorts of open-air activities, every type of cycle tourism, walking, horseriding or birdwatching.

Contrasting scenery is all within a short distance, from the most southerly beech trees in Europe, in the Ports Massif, to the miles of dunes in the Ebro Delta.

As if that wasn't enough, the culture, history and cuisine of Terres de l'Ebre have played a fundamental role in its selection for international recognition.

Some examples are the cave paintings given World Heritage status by UNESCO in 1998, architectural heritage gems like the Roman road Via Augusta, the dam at Xerta, Suda castle, the city walls and cathedral at Tortosa, the Templar castle at Miravet, modernist wineries, Renaissance buildings at d'Horta de Sant Joan...

However you look at it, Terres de l'Ebre is clearly a special place: Nature, art, culture and, of course, excellent food. Local produce gets all the credit, and bears quality certifications, such as Designation of Origin (DO) or Protected Geographical Indication (IGP). Some of the most well known examples of locally produced food are: rice, wine, citrus fruits, honey, olive oil, oysters, prawns, mussels, eels and fish sourced in river, sea or lagoon. A treat for those who like to live well.



Tivissa
Photograph yielded by Patronat d Turisme de
la Diputació de Tarragona - Terres de l'Ebre

—The Ebro Delta Protected Area

Everyone says the Ebro Delta is one of the loveliest and most delightful areas in Catalonia. It is the third most important wetland in the western Mediterranean after Doñana and Camarga in France. It was declared a Nature Reserve in 1983.

These days it is a nature reserve of the first order and the richest array of flora and fauna are found here. The 7.802 hectare area falls between the counties of Baix Ebre and Montsià. The mouth of the river as it meets the Mediterranean is made up of: bays, beaches, dunes, salt marshes, riverbank woods, coastal lagoons, river islands, springs, rice fields, mirages...

All this provides a real paradise for very many living things (birds, fish, reptiles, amphibians, invertebrates...), each adapted to the different habitats. Although 65% of the Delta's land is intensively farmed, this rich biodiversity lives harmoniously alongside the human activity.

Devotees of birdwatching are certainly in no doubt about the Delta's importance, but you don't have to be an expert in birds to enjoy gazing at nesting birds and to be impressed by the sight of flamingos among more than 340 species that are found here. This is especially true when you consider that in Europe as a whole there are only 700 catalogued species.

The Delta is the ideal place to take to the saddle and start pedalling; in fact cycling has always been the traditional way of getting around here. There is no better way to enjoy the natural surroundings than from the seat of a bicycle on the network of lanes and tracks that have been adapted with cycle tourism in mind.

— Els Ports Protected Area

Such was the biodiversity of this area, that protecting it was put forward way back in 1932. It was hardly surprising, given land conservation factors present there, that in 2014 it was declared a Special Conservation Zone (ZEC), in recognition of the importance of its habitats at a European level. Today The Ports is the largest conservation area on Catalonia's Mediterranean coast.

The Protected Area is part of a massif which extends through Catalonia, Aragon and Valencia before merging with the Iberian Mountain Range. Its vast 800 square kms is home to more than a thousand species of flora, the most southerly naturally occurring beech forest in Europe and important species such as the mountain goat or Bonelli's eagle.

Clearly Els Ports open up many opportunities to the visitor, most notably to Nature lovers, walkers, hikers, climbers and cavers. Among certain groups of Catalan walkers, the area stands out as the range where all the different Mediterranean mountain environments come together. From its highest point at Mont Caro, (1.441 m) you can see both the Pyrenees and Majorca on a clear day.

Eventhough Els Ports are largely unknown to the general public, their immense, wild expanses undiscovered, it does not mean that they are only of interest to the most experienced of walkers and mountaineers. While it is true that challenging cycle trails and walks are plentiful here, when the park was declared a Nature Reserve in 2001, easy paths were opened up to the general public so that even families can enjoy getting to know the area.

3. The bicycle is the ideal means of transport to get to know Terres de l'Ebre

Terres de l'Ebre and especially Baix Ebre, have great potential as a mecca for cycle tourism, whatever the state of fitness of the cyclist. A firm favourite with Europeans, for whom it is their go to method of transport, the bicycle is also a great way to get around on holidays and weekend breaks and is an increasingly popular form of leisure. A growing trend can be seen in the numbers of people taking up cycling and in the range of tourist offers available.

Cycle tourism is a relaxing way to discover Terres de l'Ebre and its varied scenery. The converted train track "Via Verde de la Val de Zafán" which goes through Terra Alta to Tortosa is ideal for families and groups of friends to cycle along together, taking in the scenery on the way. The same can be said for various stages of the "Camí Natural de l'Ebre". In fact the bicycle will take the visitor to some of the most out-of-the-way spots on the Delta Ebro Nature Reserve. Here lanes lead to quiet beaches past lagoons and fields of rice.

To sum up, the area has a network of more than 1.000 kilometres of lanes and quiet country roads apart from the "Via Verda" which is over 100 kilometres and completely free of traffic.

The Ports Nature Reserve and the mountainous parts of Terra Alta and Ribera d'Ebre have a network of routes for Nature lovers and mountain bikers. Montsià is also good MTB territory with its paths winding around hilltops, past ravines, olive groves and tiny towns rich in history.

One of the great things about the lanes, trails and cycleways in Terres de l'Ebre is that they link the two nature reserves (The Ports and the Delta), and the most interesting agricultural areas in the region too.

Combining cycling with visits to local attractions and cultural sites is made easy by the interconnectedness of all this in Terres de l'Ebre, and stays can be repeated or lengthened accordingly. Themed breaks designed for the special interests of the visitor result from this proximity: excursions to fruit orchards, vineyards and olive groves, or to see traditional fishing practices, cultural events and learn about heritage and historical memory are all within easy reach.

Some of the best known cycleways in Terres de l'Ebre are:

— Via Verda de la Val de Zafán (Puebla de Híjar-Alcañiz-Tortosa)

Without a doubt the flagship of cycleways and an excellent railway conversion for the purpose of cycling. The Via Verda tourist route makes use of the old train track of Val de Zafán, which linked Tortosa with the counties of Matarranya and Aragon.

The track originated at the end of the XIX century, when the Aragon government sought to create a route to a seaport to export its goods. The railway was opened in 1942 and functioned for 31 years until it closed on 17 September 1973.

The conversion to cycle route has been very successful as it is ideal for the general public and many continue pedalling to the mouth of the Ebro. It goes over bridges, under tunnels, between valleys and steep-sided rock faces before reaching the rice fields.

Forty-nine kms of the cycleway fall inside the Terres de l'Ebre Biosphere Reserve. From la Puebla de Híjar to Tortosa the Via Verda passes through

the towns of Arnes, Horta de Sant Joan, Bot, Prat de Comte, Pinell de Brai, Benifallet, Xerta, Aldover, EMD Jesús, and Roquetes and is 100kms in total. The very slight climbs on the route which only varies by 400 metres accumulated, make it easy and suitable for those on foot and on horseback too. It includes a section for the disabled.



The track passes through tunnels some of which are lit, and takes in bridges, aqueducts and former railway stations. Some stations have been restored and offer bike hire, accommodation and restaurant facilities.

— Camí Natural de l'Ebre - GR 99

The Ebro is the longest and mightiest river on Spanish soil, as well as the only big river in the Iberian peninsula to have its mouth in the Mediterranean. Much has been written about the Ebro and it has become emblematic.

It passes through the autonomous regions of Cantabria, Castilla and Leon, la Rioja, the Basque Country, Navarra, Aragon and Catalonia where it ends its journey, forming the geographical feature of the Delta. It is spectacular as it flows through Catalonia, passes the Sebes Nature Reserve and winds its way past Riba-roja, Miravet and Flix, three intriguing riverside towns.

The "Camí Natural de l'Ebre", links up with a number of other ancient pathways on its way through Catalonia which together provide excellent walking. They are Camí de Sirga, Camí de Sant Jaume, la Via Augusta, the GR 7 as well as the GR 171 and the GR 92 that take in the coast.

Most of the path is suitable for bicycles, especially from Benifallet onwards, where it links up with the Via Verda, and from Tortosa to Riumar. Up river, in the county of Ribera d'Ebre more sections of the path are being adapted for cycling.

— Eurovelo 8

Eurovelo 8 is one of a European network of paths. The Eurovelo project sets out to connect the whole of Europe by means of 15 long distance bicycle routes.

Also known as the Mediterranean Route, Eurovelo 8 will link Greece and Spain following the curve of the Mediterranean and going through some of its main tourist resorts. When the route passes through Catalonia and Terres de l'Ebre it follows the old Roman road, Via Augusta, a section that is likely to become one of the most popular in the network.

— Cycleways on the Ebro Delta

The Ebro Delta Protected Area has cycle routes galore to offer its visitors. The many and varied routes, covering more than 200 kilometres, explore the most important wetland in the Mediterranean and lead into hidden corners that will fascinate the visitor.

In fact, there are plenty who say that the Ebro Delta is the perfect place for some family cycle outings, even with very small children. Logical really, the delta is so flat that the wheels seem to go round on their own, leaving the rider with nothing to do but enjoy the surroundings and make sure they don't fall off!

All cycle routes are well described in leaflets that can be found on the Reserve's website.



— Trails in Els Ports Protected Area

Els Ports Protected Area is a magnificent place for mountain bikers. Local tourist information offices and the Terres de l'Ebre website can provide MTB trails which open up this majestic, untamed mountain range to MTB fans.

Those looking for challenging routes will not be disappointed. The trail that climbs up through the mountain pass that leads to Caro, at the top of the range, is only for the most able riders.

The trails above 1.000 metres altitude through the Cova Avellanes forest (Baix Ebre) or Refalguerí, towards Matarranya (Terol) or Tinença de Benifassà (Castellon), take the rider through some of most refreshing and exhilarating areas in these parts.

— Other local cycle paths

Apart from the long distance hiking and cycling pathways, all four counties that make up Terres de l'Ebre have their own local paths connecting the towns, villages and lesser known beauty spots. The following [leaflet](#) details 17 routes that can be done from the Via Verda de la Val de Zafán.

In the county of Terra Alta, the Via Verda has a network of routes added on which complement it. The network runs to a total of 266 kms between 12 towns and villages using local lanes which are shared with motor vehicles. The routes are of varying difficulty and suitable for both touring cyclists and MTB.

Even with all the existing provision Terres de l'Ebre continues to widen the scope of what is on offer for cyclists. Progress is being made by Baix Ebre council to convert an 11 kilometre stretch of former railway from Tortosa to la Cava, right in the heart of the Ebro Delta. It will be completely traffic free and will link the Via Verda de la Val de Zafán with the Camí Natural de l'Ebre.

The cycle tourism routes can be adapted according to the requirements of the user, be they are families with children or active seniors, groups of friends, seasoned MTB riders or road racing enthusiasts. Promoting cycling in particular underlines and draws attention to the excellent infrastructures that are already in existence.

It is worth mentioning that more and more offers are coming onto the table that involve the use of electric bicycles. A growing demand exists to enjoy longer rides from those who are not able to use standard bicycles.

4. Receiving the visitor

Terres de l'Ebre has plentiful high quality tourist accommodation well distributed in coastal and inland towns: hotels, campsites, country houses, guest houses, apartments, b&bs, hostels, ...

In the four counties that make up Terres de l'Ebre there are 222 different places for tourists to stay including 96 hotels, 14 campsites and 112 country houses making a total of 13.425 available bed providing for every type of budget and kind of traveller.

Accommodation providers are increasingly aware that they must look after the needs of cyclists by offering repair services and housing for the bikes. At the same time, there is a growing number of specialist tour operators and bicycle hire companies.

The Terres de l'Ebre website www.terresdelebre.travel includes information on the full range of tourist offers: accommodation, restaurants, service providers, activities, museums, shops, hire companies and tourist information offices.

Visitors are well served by tourist information points and offices, including in both Protected Areas (Els Ports and the Ebro Delta), where they can find details on everything to do with the cycleways and related services.



Route to the Ullals de Baltasar, Amposta (Delta de l'Ebre)
Photograph yielded by Parc Natural del Delta de l'Ebre
- Author: MARIANO CEBOLLA

Baix Ebre

**Centre d'informació del Parc
Natural del Delta de l'Ebre
Ecomuseu**

Tel. 977 489 679
C/ Doctor Martí Buera, 22
43580 - Deltebre

**Punt d'informació turística
Benifallet**

Tel. 977 462 334
Av. Lluís Companys, 3
43512 - Benifallet

**Oficina de turisme
El Perelló**

Tel. 977 491 021
Lluís Companys, 2
43519 - El Perelló

**Oficina de turisme
L'Ampolla**

Tel. 977 593 011
Rda. del mar, 12
43859 - L'Ampolla

**Centre de visitants del
Parc Natural dels Ports**

Tel. 977 500 845
Tel. 977 504 012
Av. de la val de Zafán, s/n
45550 - Roquetes

**Oficina de turisme
Camarles**

Tel. 977 470 040
Trenta-u, s/n
43894 - Camarles

**Punt d'informació turística
L'Aldea**

Tel. 977 450 012
Av. Catalunya, s/n
43896 - L'Aldea

**Oficina de Turisme
Tortosa - Jardins del Príncep**

Tel. 977 449 648
Tel. 977 442 005
Pujada al Castell de la Suda, 1
43500 - Tortosa

**Ebre Terra
Oficina Comarcal de
Turisme del Baix Ebre**

Tel. 977 480 627
Carrer Sant Miquel, 1
43580 - Deltebre

**Oficina de turisme Deltebre
Consell de Riumar**

Tel. 977 489 309 ext. 4
C/ Coll verd, s/n
Nucli de Riumar
43580 - Deltebre

**Oficina de turisme
L'Ametlla de Mar**

Tel. 977 456 477
Av. Amistat Hispano Italiana, s/n
43860 - L'Ametlla de Mar

**Punt d'Informació Turística
Centre Interpretació
del Renaixement**

Tel. 977 444 668
C/ Sant Domènec, 13
43500 - Tortosa

**Oficina de turisme de Catalunya
a les Terres de l'Ebre a Tortosa**

Tel. 977 585 871
Tel. 977 449 648
Rambla Felip Pedrell, 3
43500 - Tortosa

Montsià

**Centre d'informació del Parc
Natural del Delta de l'Ebre
Casa de Fusta**

Tel. 977 261 022
Bassa de l'Encanyissada
Partida de la Cuixota
43870 - Amposta

**Oficina de turisme
Amposta**

Tel. 977 703 453
Av. Sant Jaume, 42-52
43870 - Amposta

**Oficina de turisme
Alcanar**

Tel. 977 737 639
Lepanto, s/n Pg. Marítim
43569 - Les Cases d'Alcanar

**Oficina de turisme
Ulldecona**

Tel. 977 573 394
Pg. de l'Estació, s/n
43550 - Ulldecona

**Centre de visitants del Parc
Natural dels Ports al Montsià**

Tel. 977 576 156
Passeig de la Clotada, 23-25
43560 - La Sénia

**Oficina de turisme
La Galera**

Tel. 977 718 339
Sant Llorenç, 36 (baixos)
43515 - La Galera

**Oficina de turisme
Sant Carles de la Ràpita**

Tel. 977 744 624
Plaça Carles III, 13 (baixos)
43540 - Sant Carles de la Ràpita

Ribera d'Ebre

**Centre d'Informació de la
Reserva Natural de Sebes
Mas del Director**

Tel. 977 265 112
Camí de Sebes s/n
43750 - Flix

**Oficina de turisme
Ascó**

Tel. 977 406 583
Pl. de l'Estació, 3
43791 - Ascó

**Centre de visitants del Parc
Natural dels Ports a la Terra Alta
Prat de Comte**

Tel. 977 428 177
Carretera T-330 km. 27
43595 - Prat de Comte

**Oficina de turisme
Gandesa**

Tel. 977 420 910
Av. Catalunya, 5-7
43780 - Gandesa

5. Cycletourism in Terres de l'Ebre



6. Biking holiday deals

Baix Ebre Avant is working alongside a number of enterprises in the region to bring services into line with current demands for cycling holidays in natural surroundings. More than 25 short stay and longer stay offers to spend time cycling in Terres de l'Ebre are shown as follows.

Apart from the information available in the www.terresdelebre.travel portal, extra information is available in professional guides produced by the four separate counties presenting services and resources for the tourist. These guides showcase specific offers that can be enjoyed in the region and include cycle tourism, walking, ecotourism, nautical activities, culture and ways of life, gastronomy and tasting of local produce.



6. Biking holiday deals

- | | |
|---|--|
| 1 Deltabike | 15 MTB Tour "Serra de Cardó" - guided |
| 2 All ride of all the senses | 16 Hire a bike on "Via Verda" cycleway |
| 3 A taste of the "Via Verda" cycleway | 17 Ascent of Mont Caro by bike & support vehicle |
| 4 The whole way from Alcañiz to Tortosa | 18 Mice offer: Tortosa - Assut de Xerta |
| 5 Cycle adventure from Alcañiz to the sea | 19 Foodies in the Saddle Gastronomy |
| 6 L'Origen: from Puebla de Híjar to St Carles | 20 For cake & pastry lovers |
| 7 Fangar bay & les olles lake by e-bike | 21 A bike ride to appreciate the Delta |
| 8 E-Bike along to the mouth of the sea | 22 Biking holidays for foodies |
| 9 Learn about the Delta on this bike ride | 23 Pedalling beside the River |
| 10 Biking to you picnic spot on the Delta | 24 4 Ways: Getting to the heart of the Ebro Delt |
| 11 Destination Restaurant | 25 Biking holidays on the Ebro Delta |
| 12 Cycling weekend with paella lunch | 26 Combined Bike-Kayak trip "Exploring the Delta" |
| 13 Colours of the Delta | 27 Visit Bunkers by MTB |
| 14 MTB Tour "Serra de Cardó" - self guided | 28 Trip by bike: Alcañiz - mouth of the River Ebro |



DELTABIKE



Discover the Ebro Delta, where this splendid river meets the sea, and the Marquess's beach by bike. From your very hotel the Nature Reserve's cycle routes (2 – 3 – 5 – 8 – 9) are marked.

Uniquely situated, The Delta Hotel is surrounded by gardens and indigenous vegetation as well as a lagoon dotted with islands, typical of those found on the Delta.

The restaurant, where you can taste the best quality local produce in the special Tasting Menu which varies with the season, has magnificent views across the Delta's paddy fields.

Duration:

1 day

Suitable for?

Couples / families

What's included?

- Lunch or dinner with special Delta Tasting Menu (starters + rice dish + desserts and drinks) of products in season
- Full day MTB bike rental

Notes:

For those who come by train we can bring your bikes to the station: Renfe-L'Ampolla (5€ supplement)

DELTA HOTEL

T.: 977 480 046

E-mail: reserves@deltahotel.net

web: www.deltahotel.net

#families #cycletourism #gastronomy #nature

A RIDE FOR ALL THE SENSES



Enjoy a few days in the most peaceful and relaxing of places, a world of its own, the vast open spaces of the Ebro Delta. At a comfortable pace, bicycle riding is the ideal way to get to know this area as it offers up its many charms to the visitor.

No sense is left out, and you will have the chance to sample the best local produce when you sample the GastroDelta menu, it will delight your tastebuds and leave you with a good taste in your mouth when you look back on your visit.

Duration:

3 days / 2 nights

Suitable for?

Couples

What's included?

- Two nights bed and breakfast
- One meal from menu GastroDelta (starters + rice dish + desserts and drinks)
- Lunch/dinner from hotel menu
- Full day MTB bike rent

Notes:

Welcome glass of DO Terra Alta wine

DELTA HOTEL

T.: 977 480 046

E-mail: reserves@deltahotel.net

web: www.deltahotel.net

#families #cycletourism #gastronomy #nature



A TASTE OF THE “VIA VERDA” CYCLEWAY

Take a look round the hilltop town of Horta de Sant Joan and the museum there dedicated to Picasso, before setting out along the “Via Verda de la Val de Zafán”. Enjoy the stunning natural surroundings as you make your way to the Fontcalda Sanctuary, inviting you to paddle in its pleasant thermal waters .

Itinerary:

First Day: Horta de Sant Joan – Antiga Estació de Benifallet (25km)
Accommodation: Antiga Estació de Benifallet
Second Day: Estació De Benifallet – Tortosa (25km)

Duration:

2 days / 1 night

What's included?

- Accommodation in shared rooms for 2 to 6 people
- Full board
- Bicycle, helmet and repair kit provided

- Daily luggage transfer service
- Transfer from route's end to vehicle
- Assistance along the route
- Accident and civil liability insurance

Suitable for?

Families / groups / cyclists

Notes:

THE PRICE DOES NOT INCLUDE:

- Your transport to the biking break
- Picnic on first day
- Services not described in the itinerary

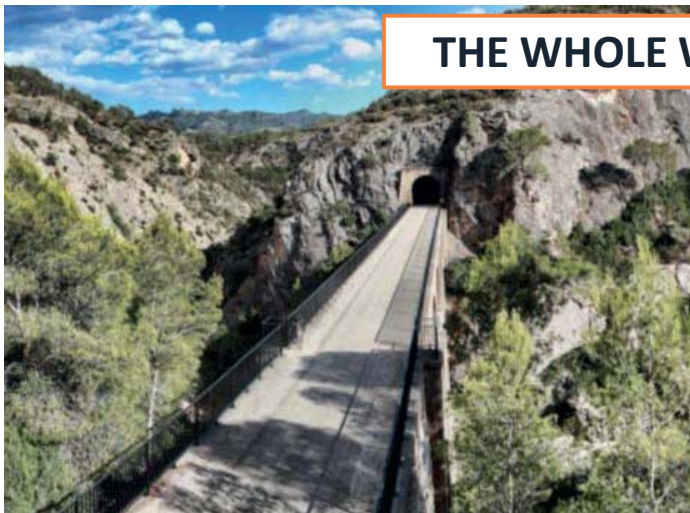
ESTACIÓ DE BENIFALLET

T.: 652 940 703 (Vicent Ibáñez)

E-mail: info@estaciodebenifallet.com

web: www.estaciodebenifallet.com

#biking holidays #nature # ViaVerda Cycleway



THE WHOLE WAY FROM ALCAÑIZ TO TORTOSA

Cycle the length of the “Via Verda” railway track turned cycleway, staying in train carriages converted for the purpose at disused railway stations, country houses, hostels and hotels. This 3 day break starts off with a tour of d’Alcañiz before the ride commences. The route passes through the equinox tunnel at Valdealgofra, allows time to rest at stations along the way and takes you into historic Tortosa at the route's end.

Itinerary

First Day: Alcañiz – Antiga Estació de Cretes (43km)
Second Day: Estació de Cretes – Estació de Benifallet (36km)
Third Day: Estació de Benifallet – Tortosa (25km)

Duration:

2 days / 1 night

What's included?

- Accommodation in shared rooms for 2 to 6 people
- Full board
- Bicycle, helmet and repair kit provided

- Daily luggage transfer service
- Transfer from route's end to vehicle
- Assistance along the route
- Accident and civil liability insurance

Suitable for?

Families / groups / cyclists

Notes:

THE PRICE DOES NOT INCLUDE:

- Your transport to the biking break
- Picnic on first day
- Services not described in the itinerary

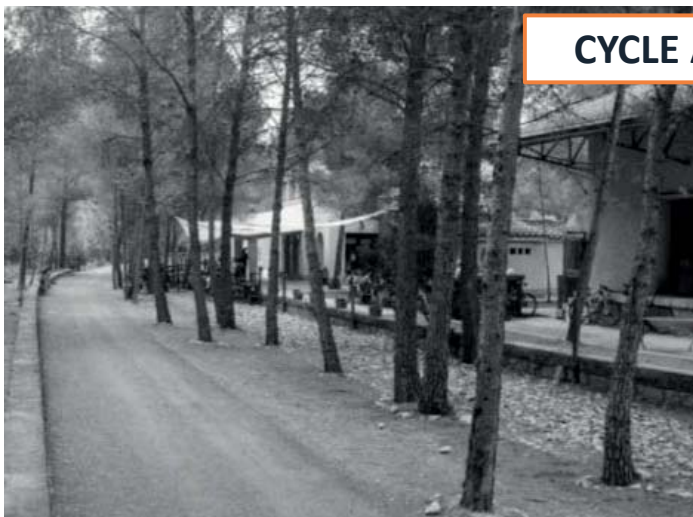
ESTACIÓ DE BENIFALLET

T.: 652 940 703 (Vicent Ibáñez)

E-mail: info@estaciodebenifallet.com

web: www.estaciodebenifallet.com

#biking holidays #nature # ViaVerda Cycleway



CYCLE ADVENTURE from Alcañiz to the sea!

Cycle the length of the "Via Verda" railway track turned cycleway, staying in train carriages converted for the purpose at disused railway stations, country houses, hostels and hotels. This 4 day biking break starts with a tour of historic d'Alcañiz before setting off. It takes in the Arabic dam across the Ebro at Xerta and the suspension bridge at Amposta before arriving at the Ebro Delta Nature Reserve with its rich birdlife, finally taking you to where the great river meets the Mediterranean.

Itinerary

First Day: Alcañiz – Antiga Estació Torre del Compte (33km)
Second Day: Torre del Compte – Estació de Benifallet (57km)
Third Day: Estació de Benifallet – Amposta (38km)
Fourth Day: Amposta – Desembocadura de l'Ebre (33km)

Duration:

4 days / 3 nights

What's included?

- Accommodation in shared rooms for 2 to 6 people
- Full board
- Bicycle, helmet and repair kit provided
- Daily luggage transfer service
- Transfer from route's end to vehicle
- Assistance along the route
- Accident and civil liability insurance

Suitable for?

Families / groups / cyclists

Notes:

THE PRICE DOES NOT INCLUDE:

- Your transport to the biking break
- Picnic on first day
- Services not described in the itinerary

ESTACIÓ DE BENIFALLET

T.: 652 940 703 (Vicent Ibáñez)

E-mail: info@estaciodebenifallet.com

web: www.estaciodebenifallet.com

#biking holidays #nature # ViaVerda Cycleway



L'ORIGEN: From Puebla de Híjar to St. Carles de la Ràpita

Cycle the length of the "Via Verda" railway track turned cycleway, staying in train carriages converted for the purpose at disused railway stations, country houses, hostels and hotels. This 4 day biking break will allow to ride through land of drums, La Torica bridge, enjoy the landscapes at Els Ports Natural Park, visit Museu Picasso in Horta de Sant Joan, and takes you to the Alfacs Bay.

Itinerary

First Day: Puebla de Híjar – Alcañiz (33 Km)
Second Day: Alcañiz – Antiga Estació de Cretes (43km)
Third Day: Estació de Cretes – Estació de Benifallet (36km)
Fourth Day: Estació de Benifallet – Amposta (38km)
Fifth Day: Amposta – Sant Carles de la Ràpita (25km)

Duration:

5 days / 4 nights

What's included?

- Accommodation in shared rooms for 2 to 6 people
- Full board
- Bicycle, helmet and repair kit provided
- Daily luggage transfer service
- Transfer from route's end to vehicle
- Assistance along the route
- Accident and civil liability insurance

Suitable for?

Families / groups / cyclists

Notes:

THE PRICE DOES NOT INCLUDE:

- Your transport to the biking break
- Picnic on first day
- Services not described in the itinerary

From
450€
price person

ESTACIÓ DE BENIFALLET

T.: 652 940 703 (Vicent Ibáñez)

E-mail: info@estaciodebenifallet.com

web: www.estaciodebenifallet.com

#biking holidays #nature # ViaVerda Cycleway

FANGAR BAY & LES OLLES LAKE BY E-BIKE



If what you want is to be close to water, don't miss this chance to explore Fangar Bay. Here, traditional fishing techniques are used and mussels and oysters farmed alongside deserted beaches and lagoons. This extraordinary landscape captivates and has you reaching for your camera. Have a fun trip on the Delta, without breaking into a sweat, thanks to electric bicycles, the green way to get around.

Duration:

½ or full day

What's included?

- E-bike
- Helmet
- Insurance
- Assistance along the route.
- GPS optional

Suitable for?

Families / groups / bikers

Notes:

22€ ½ day / 27€ full day
Available all year round

DELTALETA

T.: 648 725 862 (Ferran Folch)

E-mail: info@deltacleta.cat

web: www.deltacleta.cat

#family #biking holidays #nature #e-bikes

E-BIKE ALONG LANES TO THE MOUTH OF THE SEA



Setting off from the town of Deltebre, this pleasant bicycle route takes you down to the Mediterranean following the final stretch of the most important river in Spain, which totals 910km in length. Where it meets the sea, enjoy the glorious scenery and then return by criss-crossing paddy fields beside the river. The E-bike is equipped with GPS to guide you.

Duration:

½ or full day

What's included?

- E-bike
- Helmet
- Insurance
- Assistance along the route.
- GPS optional

Suitable for?

Families / groups / cyclists

Notes:

22€ ½ day / 27€ full day
Available all year round
Possible to pre-book in any of the restaurants in route.

DELTALETA

T.: 648 725 862 (Ferran Folch)

E-mail: info@deltacleta.cat

web: www.deltacleta.cat

#family #biking holidays #nature #e-bikes

LEARN ABOUT THE DELTA ON THIS E-BIKE RIDE



Take an e-bike ride past the two most important protected lagoons in southern Europa. A chance to get to know the heart of the reserve without tiring yourself out or harming the environment. A visit to the "Món Natura" Ebro Delta visitor centre will make this special time even more interesting.

Duration:

½ or full day, depending if we have lunch in route or not.

What's included?

- E-bike
- GPS
- Visit to Mon Natura

Suitable for?

Families / Groups

Notes:

Free or guided visit available, 26 or 28 € (2h approx.). Children without bike will need to pay just for the entrance ticket,

DELTACLETA

T.: 648 725 862 (Ferran Folch)

E-mail: info@deltacleta.cat

web: www.deltacleta.cat

#family #biking holidays #nature #e-bikes

BIKING TO YOUR PICNIC SPOT ON THE DELTA



Feel like heading off to see the Delta and going where the fancy takes you without having to worry about where you will have lunch? If you stay at one of the many houses we can offer and do a cycle route (according to your needs) you won't have to worry. We will arrange to have your picnic taken to where you are or you can pick it up at one of our restaurants. A perfect day for a picnic in glorious surroundings!

Duration:

2 days / 1 night

What's included?

- Self-catering accommodation
- Tailor-made, non-guided routes
- Picnic: sandwich, drinks, fruit and pastry
- Bike hire

Suitable for?

Families / groups

Notes:

Offer available in May and October. Road side assistance applies only to the Riumar area, and is payable outside this boundary.

OLEAMAR

T.: 696 430 492 (Esther Bonet)

E-mail: gestio@oleamar.com

web: www.oleamar.com

#family #biking holidays #nature



DESTINATION RESTAURANT

Take a break on the Ebro Delta, cycling in the Riumar area and trying the local produce in dishes typical of the Delta, and many of them unique to it. At the "Tasca Marinera" or the "Xiringuito del Port" your table awaits.

Set off from your accommodation and take in Zigurat viewpoint and Lo Garxal while you work up an appetite on your way.

Duration:

2 days / 1 night

What's included?

- Self-catering accommodation
- Menú at Xiringuito del Port / Tasca Marinera
- Bike rentals

Suitable for?

Families / groups

Notes:

Offer available in May and October.

Road side assistance applies only to the Riumar area, and is payable outside this boundary.

Seasonal menu

OLEAMAR

T.: 696 430 492 (Esther Bonet)

E-mail: gestio@oleamar.com

web: www.oleamar.com

#families #biking holidays #nature #gastronomy



CYCLING WEEKEND WITH PAELLA LUNCH!

A weekend of fun activities in natural surroundings at our house on the beach. Borrow our bikes to do some of the routes from home: Platja de la Marquesa, Platja de la Bassa de l'Arena and Platja del Fangar (10km), Fangar Bay (10km), etc. And when you get back, what could be better, a paella ready to serve! Good plan?

The youngest members of your group will enjoy the boat and ponies trips too, that's for sure!

Duration:

3 days / 2 nights (fully week also available)

What's included?

- Accommodation
- Paella at the house
- Basket of garden produce
- Boat trip from mooring at the house
- Pony rides
- Use of bicycles

Suitable for?

Families

Notes:

We can arrange for better quality bikes by contacting local bike hire firms if required.

We can also organize other activities (kayaks etc)

Price based on 4 people.

CASA TURÍSTICA LO FANGAR

T.: 699 225 043 (Andreu Díez)

E-mail: andreulofangar@gmail.com

web: www.casaturisticalofangar.com

#families #biking holidays #nature



COLOURS OF THE DELTA

Stay in a traditional Ebro Delta dwelling house and discover your surroundings by bike, the ideal way to get around here. The property has its own lake where you can fish or explore by boat and the children will love being around our horses, donkeys, swans, hens and native birds.

The little vegetable plot welcomes helping hands if you'd like to do some gardening and enjoy the vegetables in season.

Apart from all this we recommend a visit to "Món Natura" visitor centre.

Days full of fun and new experiences!

Duration:

3 days / 2 nights

What's included?

- Accommodation
- Dinners
- Sunday breakfast
- Bike hire
- Brochure Ruta de les Llacunes
- MónNatura entrance ticket
- Welcome pack (rice, eggs, typical bread with tomato).

Suitable for?

Families / groups

Notes:

Max. 6 people

BARRACA DE SALVADOR. Deltebre

T.: 627 542 784 (Susana Gómez)

E-mail: info@barracadesalvador.com

web: www.barracadesalvador.com

#families #biking holidays #nature



MTB Tour in the "Serra de Cardó" (self guided)

Circular MTB self guided route around the Cardó – Boix range of hills, one of the most spectacular coastal ranges. There will be time to visit the cave paintings at Cabrafeixet, the spring water spa at Cardó, the hermitage at Coll de l'Alba, the Don Ramon hostel and medieval village of Fullola.

Duration:

2 days

What's included?

- GPS + road book provided
- En route assistance
- Luggage transfer

Suitable for?

Groups / MTB high-level profile

Notes:

Control points are located at places of interest on the route where participants bicycles can be left safely during the visit. Shorter or longer stays available on request.

RUTES MUNTANYA

T.: 630 633 169 (Mingo)

E-mail: mingo@rutesdemuntanya.com

www.rutesdemuntanya.com

#mtb #sportive #group



MTB Tour in the “Serra de Cardó”(guided)

Circular MTB guided route around the Cardó – Boix range of hills, one of the most spectacular coastal ranges. There will be time to visit the cave paintings at Cabrafeixet, the spring water spa at Cardó, the hermitage at Coll de l’Alba, the Don Ramon hostel and medieval village of Fullola.

Duration:

2 days

What's included?

- Tour guide
- GPS + road book provided
- Support vehicle
- Luggage transfer

Suitable for?

Groups / MTB high-level profile

Notes:

Control points are located at places of interest on the route where participants bicycles can be left safely during the visit.
Shorter or longer stays available on request

RUTES MUNTANYA

T.: 630 633 169 (Mingo)

E-mail: mingo@rutesdemuntanya.com

www.rutesmuntanya.com

#mtb #sportive #group #tour guide



HIRE A BIKE ON THE “VIA VERDA” CYCLEWAY

Based in Gubiana dels Ports, we offer a bicycle hire service on all sections of the Via Verda, from Tortosa-Roquetes-Alcañiz.

Customized to clients needs, flexible conditions.
Nothing is too much trouble!

Duration:

Full day

What's included?

- Bike hire

Suitable for?

Experienced riders

Notes:

Min. 4 pax / max. 12
We are happy to give advice on your best options, routes, etc.

GUBIANA DELS PORTS

T.: 637 085 052 / 977 474 223

E-mail: caro@gubiana.com

www.gubiana.com

#biking holidays #ViaVerda Cycleway #families #hire



Ascent of Mont Caro by bike & support vehicle

Gubiana dels Ports offers up a real treat for cyclists with a passion for stretching themselves on mountain passes. This is one of Catalonia's toughest challenges with 15% gradients in sections up to the top of Mont Caro.

A climb of 1.423mts in 23,3kms suitable for only the most experienced riders. Let us make it happen!!!

Duration:

Half Day

Suitable for?

Experienced riders

What's included?

- Full support and roadside assistance
- All provisions provided
- Photos taken en route

Notes:

Minimum 4 people.
Special prices for groups of 8 or more.

GUBIANA DELS PORTS

T.: 637 085 052 / 977 474 223

E-mail: caro@gubiana.com

www.gubiana.com

#racing bikes #road cycling #mountain passes



MICE OFFER: TORTOSA - ASSUT DE XERTA

This ride is offered to companies who are holding meetings, workshops and conventions in the area. Clients are collected from the Parador or Hotel and transferred to Roquetes by car.

Bicycle hire + local guide + explanations of the landscape and hydraulic engineering of the Ebro River at l'Assut damn + support vehicle + provisions on route.

Duration:

3h approx.

Suitable for?

Companies

What's included?

- Bike rental
- Guide
- Support vehicle
- Snack and drinks

Notes:

- Minimum 4 pax

GUBIANA DELS PORTS

T.: 637 085 052 / 977 474 223

E-mail: caro@gubiana.com

www.gubiana.com

#biking holidays #MICE #businesses

Foodies in the Saddle Gastronomy & biking on the Delta



A trip round the Deltebre area to get to know the local produce and the rich and varied Mediterranean cuisine that has grown out of an abundance of marvellous ingredients like seafood, fish, duck, rice, oils, honey, salt...

Tastings will be held at:

Angulas Roset (eel producer), Mari Neus (butcher) Marisc Mediterrani (seafood and shellfish), Botiga de l'Ebre Moli de Rafelet (rice production), Granja Luisiana (duck farm).

Duration:

2 days / 1 night

What's included?

- Bike hire.
- 1 night bed and breakfast
- Guide.
- Tastings

Suitable for?

Cyclists and foodies

Notes:

- 14 km. tour approx.
- 2 pax minimum

HOSTAL CLING 43

T.: 659 335 577

E-mail: info@hostalcling43.com

www.hostalcling43.com

#biking holidays #gastronomy #local product

For cake & pastry lovers: the best of the Delta's sweet fare



L' "Esquelètic" is a route around the town and its outskirts, stopping at the various bakeries, each one with its own local specialities to sample some tasty treats. The bakers are on hand to explain how they are made, the ingredients used and what they are eaten with. The way back along the river takes in the ferry and bridge "Lo Passador" across the river and the fields under cultivation locally as well as the river park, the island "l'illa de Gràcia" and the church.

Duration:

2 days / 1 night

What's included?

- Bike hire.
- 1 night bed and breakfast
- Guide.
- Tastings

Suitable for?

Cyclists and foodies

Notes:

- 10 km. tour approx.
- 2 pax. minimum

HOSTAL CLING 43

T.: 659 335 577

E-mail: info@hostalcling43.com

www.hostalcling43.com

#biking holidays #gastronomy #local product



A BIKE RIDE TO APPRECIATE THE DELTA

Discover the art of capturing and collecting seafood and shellfish with the help of a professional mussel and oyster producer. After that we will ride past the “green filters” planted to keep the water clear and on to “les Olles”, the lagoon where many aquatic birds can be seen living among the vegetation. Back in the saddle we head for the “Torre de Camarles” from which vantage point we can admire the vastness of the Delta, its farmlands stretching out before us.(4,7 km 15 min.)

Duration:

2 days / 1 night

What's included?

- Bike hire.
- 1 night bed and breakfast
- Guide.
- Tastings

Suitable for?

Groups 6 pax. Bikers

Notes:

- 36 km. tour aprox.
- 2 pax. minimum

HOSTAL CLING 43

T.: 659 335 577

E-mail: info@hostalcling43.com

www.hostalcling43.com

#biking holidays #landscape



BIKING HOLIDAYS FOR FOODIES

At the l'Algadir del Delta Hotel we think the best way to get to know the Ebro Delta is by bicycle, not least because 220 kilometers of cycleways are on the very doorstep. The immediate Ebro Delta area has its own network of cycle routes which links up with the inland areas of the Ebro, together providing a paradise for cyclists whatever their ability. Nature lovers cannot fail to appreciate the Ebro Delta landscapes, home to more than 350 different species of birds and considered one of the most important wetland areas in Europe.

Duration:

2 days / 1 night

What's included?

Two nights half board stay at the hotel (breakfast and dinner) bike hire, secure parking, route maps provided. The services of a guide and picnic lunches can be arranged by special request.

Suitable for?

Bikers

Notes:

Half board guests will be able to sample a wide variety of the produce on offer in the Delta, such as fish, fowl, seafood, shellfish and of course some of the many rice dishes that form part of the rich cuisine of the area.

HOTEL ALGADIR DELTA

T.: 977 744 559

E-mail: gerencia@hotelalgadirdelta.com

www.hotelalgadirdelta.com

#biking holidays #landscape #gastronomy



PEDALLING BESIDE THE RIVER

Setting off from the new bridge over the Ebro the “Pont lo Passador”, this pleasant ride follows the river along the riverbank until it reaches the mouth of the river at Migjorn, close to the “illa de Buda”.

Pont lo Passador gives way to the riverside cycleway along which you can enjoy views of the great river on one side and rice fields on the other. A well kept secret is the magnificent views to be had from the viewing tower “Mirador de Migjorn”. From here you can also go up river to the tiny village of Balada, situated opposite the island “l’illa de Gràcia”.

Duration:

½ or full day (10am to 1 pm and 3 pm to 7 pm)

Suitable for?

Bikers

What's included?

- Tour map
- Bike hire

Notes:

Leisure bikes
MTB bikes
Bikes for the children
Children’s chairs

4 CAMINS

T.: 628 520 049

E-mail: info@4camins.com

www.4camins.com

#biking holidays #ebro river



4 Ways: Getting to the heart of the Ebro Delta

Lagoons and gastronomy of the Delta: The 4 ways are four routes of differing lengths, shown by colour. Each is known by the name of a lagoon on the delta and is associated with a restaurant which hosts riders on its route. The 4 ways menu offers cyclists an exclusive menu at a special price. The four different menus share one common ingredient: rice. Each participating cyclist is registered on completing each route on the official “Full de Ruta”.

Duration:

½ or full day (10am to 1 pm and 3 pm to 7 pm)

Suitable for?

Bikers

What's included?

- Tour map
- Bike hire
- Lunch menu “4 camins” in a restaurant according to the tour

Notes:

Green route Platjola: 15 km
Blue route Tancada: 20 Km
Red route l’Encanyisada: 25 Km
Black route Illa de Buda: 33 Km

4 CAMINS

T.: 628 520 049

E-mail: info@4camins.com

www.4camins.com

#biking holidays #gastronomy

BIKING HOLIDAYS ON THE EBRO DELTA



Sleep in a comfortable chalet, wake up and have breakfast in the midst of Nature, jump on a bike and head off to discover the extraordinary surroundings and soak up the beaches, dunes, lagoons, canals, paddy fields and all. Great for families with children!!

Make your stay a green one and come by train. The campsite can be reached easily from the railway station at L'Ampolla.

Duration:

Various options depending on length of stay (from March to November)

What's included?

- Accommodation in bungalow or pitch
- Information and maps of the route

Suitable for?

Bikers

Notes:

The campsite has chalets as well as tent pitches and facilities that include a Bar-Restaurant, Supermarket, Pool, sports field and children's playground, courts, etc.

CÀMPING AMPOLLA

T.: 977 460 535

E-mail: reservas@campingampolla.es

www.campingampolla.es

#biking holidays #families

COMBINED BIKE-KAYAK TRIP "EXPLORING THE DELTA"



Bicycle ride along the old Sirga way which crosses the rice growing paddy fields of the delta, revealing their secrets. It takes you into the picturesque village of Balada opposite the island "Illa de Gràcia".

To explore the majestic River Ebro we board kayaks and enjoy seeing the banks of the river, their riverside woodlands still intact and supporting the flora and fauna of this natural ecosystem, declared a Biosphere Reserve. We disembark on the jetty at Riu a l'Ebre.

Duration:

½ day

What's included?

- Bike, helmet and bike lock hire.
- Kayak, oars and life jacket hire.
- Transfer of bikes from Balada to the jetty at Riu a l'Ebre

Suitable for?

Bikers

Notes:

Especially suitable for families with children

RIU A L'EBRE

T.: 600 471 078

info@riualebre.com

www.riualebre.com

#biking holidays #families

DISCOVER THE DELTA IN KAYAK AND BIKE



We offer you a unique experience, discover the Ebro Delta Natural Park in Kayak and Bike.

The package includes the **Explora el Delta** activity that combines a bicycle route along the old Sirga path and kayak navigation on the Ebro River.

Duration:

2 days

Suitable for?

All welcome

What's included?

- 1 night in double room
- Breakfast buffet
- Activity Explora el Delta.

Notes:

Price according to season

HOTEL RULL

T.: 977 48 77 28

E-mail: info@hotelrull.com

www.hotelrull.com

#biking holidays #kayak #landscape

VISIT BUNKERS BY MTB



Follow the coastal path on mountain bike and visit the bunkers used in the Spanish Civil War.

This MTB ride along the coast of l'Ametlla de Mar takes in some places of interest where history comes alive.

Duration:

½ day

Suitable for?

Bikers

What's included?

- Bike hire
- Visit to the Civil War bunkers

Notes:

Available all year

MAR NATURA

T.: 632 595 729

E-mail: info@marnatura.net

www.marnatura.net

#biking holidays #history #culture #civil war

TRIP BY BIKE: Alcañiz – the mouth of the River Ebro



Self-guided route along “la Via Verda”, “Camí Natural del Baix Ebre” and “Camí de Sirga del Delta de l’Ebre”.

Four days of biking and sightseeing to include Baix Ebre. The first day is from Alcañiz to Arnes along the “Via Verde” or Greenway, the second from Arnes to Tortosa via Horta de Sant Joan, and the third day is spent in the city of Tortosa itself. Then the “Camí de Sirga” towpath takes you to Deltebre so that you can spend the fourth day at the final destination, the mouth of the River Ebro.

Duration:

Four days bike-tour

Suitable for?

Bikers

What's included?

- Accomodation
- Self-guided tours along the diferent cycle ways in the area.

Notes:

Available all year

NÒMADA VIATGES

T.: 977 481 497

E-mail: info@nomadaviatges.com

www.nomadaviatges.com

#biking holidays #culture #greenway # camidesirga



FOR MORE INFORMATION:
TEL. 977 47 17 35

INFO@BAIXEBREAVANT.CAT

PROJECT
BAIX EBRE AVANT
VIVER D'EMPRESES BAIX EBRE INNOVA

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