

CYCLE TOURING IN SPAIN

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With an agreeable climate, Western Europe's greatest wilderness areas, unmatched flora and fauna, a history stretching back beyond civilisation, Spain, with its friendly people and readily available accommodation, makes an outstanding destination for the cycle tourist.

This guide contains the hard-won practical information needed by cyclists who wish to independently tour Spain, including when and where to go, how to get there, how to get around, accommodation, passports, visas and insurance, money and banks, bicycle considerations, living on the road and points of arrival.

In addition to the practical information eight routes are described in detail along with maps, profiles and accommodation lists. The routes vary in challenge, with suitability for novice through to keen cyclists, and are described in five to twelve daily stages with options to shorten, extend or go off road as the cyclist wishes.

The routes include the Pyrenees and Picos de Europa in the north, through the Sierras of Demanda, Gredos and Guadarrama in the centre, to the Sierras of Nevada and Grazalema and the Serranía de Ronda in the south and visit the cities of Ávila, Córdoba, Bilbao, Madrid, Málaga, San Sebastián, Segovia and Sevilla.

Key marketing points

- Introduction covering the cycle touring opportunities in Spain and general information on getting the best from the tours.
- Eight 1-2 week routes covering Pyrenees and Picos de Europa in the north, the Sierras of Demanda, Gredos and Guadarrama in the central Spain, and the Sierras of Nevada and Grazalema and the Serranía de Ronda in the south.
- Visit the cities of Ávila, Córdoba, Bilbao, Madrid, Málaga, San Sebastián, Segovia and Sevilla.

About the author

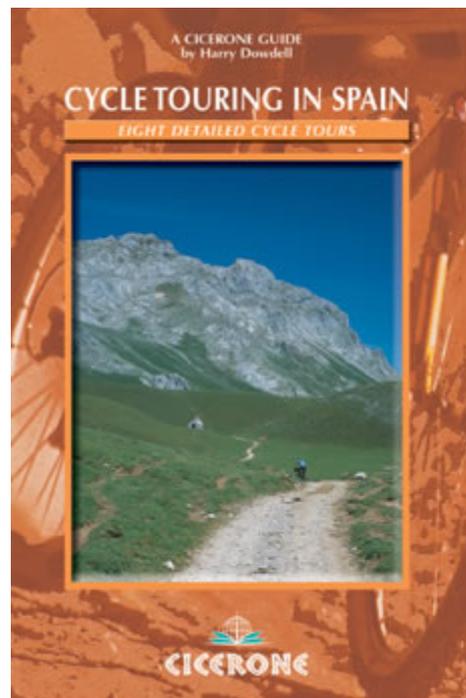
Harry Dowdell started cycle touring in Spain 10 years ago and has now built a wealth of experience throughout the country and elsewhere. He lives in Nidderdale and works as a purchasing consultant.

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