

DAYS 1-2

Kick things off in Barcelona, Catalonia's effervescent capital | Gaze at the limestone massif of Cadí-Moixeró Nature Reserve, one of the region's largest parks | E-bike at your own pace through mountain villages, past herds of sheep and farmers plying their trade | Scenic cycling routes in the High Pyrenees ease across the border between France and Spain | Ride in Llívia, a Spanish enclave on the famous Camino de Santiago (Way of Saint James) pilgrimage trail | Savor rustic regional cuisine in a mountain village | Relax at our exquisite Relais & Châteaux hotel, an architectural gem.

Accommodations

Torre del Remei

Bolvir de Cerdanya

Set amid acres of lush manicured gardens, this modernist château from the early 1900s was designed by a disciple of Antoni Gaudí. A Relais & Châteaux member. (pool)

DAY 3

Climb up Coll de la Creueta, one of the highest paved roads in this cyclist's mecca and the perfect spot to engage the boost of your e-bike | Take in stunning views over the Alt Ripollès Valley | Journey to Figueres, the birthplace of surrealist artist Salvador Dalí, and experience his mind-bending work at the Dalí Museum | Taste Catalan wines and Mediterranean-influenced dishes at our stylish retreat.

Accommodations

Mas Falgarona Hotel & Spa

Figueres

Enjoy a warm welcome at this renovated 15th-century stone farmhouse, tucked into the countryside between the Pyrenees and Costa Brava. (pool, spa)

DAYS 4-6

Golden fields of wheat and sunflowers blanket the countryside as you ride to the luminous Baix Empordà region | Explore hamlets with cobbled squares and Romanesque churches | Wander through the enchanting medieval town of Pals and admire its bell tower, built in the 12th century | Bike along the Costa Brava to the "region of coves," where the Mediterranean laps against secluded beaches and villages cling to forested hills | The Gavarres Nature Reserve offers up another memorable climb | Cool

off in the sea or at the pool | Sample tasty Catalan specialties in the charming fishing village of Calella de Palafrugell | Put your feet up at a historic Catalan farmhouse turned luxury hotel.

Accommodations

Mas de Torrent Hotel & Spa

Torrent

A beautifully restored 18th-century manor house with stylish rooms and historic country charm. A Relais & Châteaux member. (pool, spa)