



## Costa Daurada on Tour







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# Le Grand Départ 2026

The 113<sup>th</sup> Tour de France will pass through the northern part of the Costa Daurada for the first time. The world's most prestigious and widely watched cycling race will begin on 4 July 2026 from iconic Montjuïc hill in Barcelona.

The next day, the Costa Daurada will take the spotlight. The stage begins in Tarragona and covers 178 kilometres, 36 of which will trace Tarragona's stunning coastline along a route that seamlessly brings sport, culture, and heritage together in a unique Mediterranean setting.

In Tarragona, the race will set off from Parc Francolí and head towards the Rambla Nova and the Balcó del Mediterrani, very close to UNESCO World Heritage monuments such as the Roman amphitheatre and the Roman circus.

The cyclists will then continue through the towns of Altafulla, La Riera de Gaià, La Pobla de Montornès, and, lastly, Torredembarra with its impressive lighthouse and Els Muntanyans Beach.

The stage will then follow the coast near Creixell and then Roda de Berà with its stately arch, which presides over the historic Via Augusta. Moving on, the route will pass through the town of El Vendrell, home to the Pau Casals Museum. From there, the cyclists will pass through the town of Calafell, dominated by its castle and Iberian citadel, bidding farewell to the Costa Daurada on the seashore in Cunit before setting off towards Barcelona.



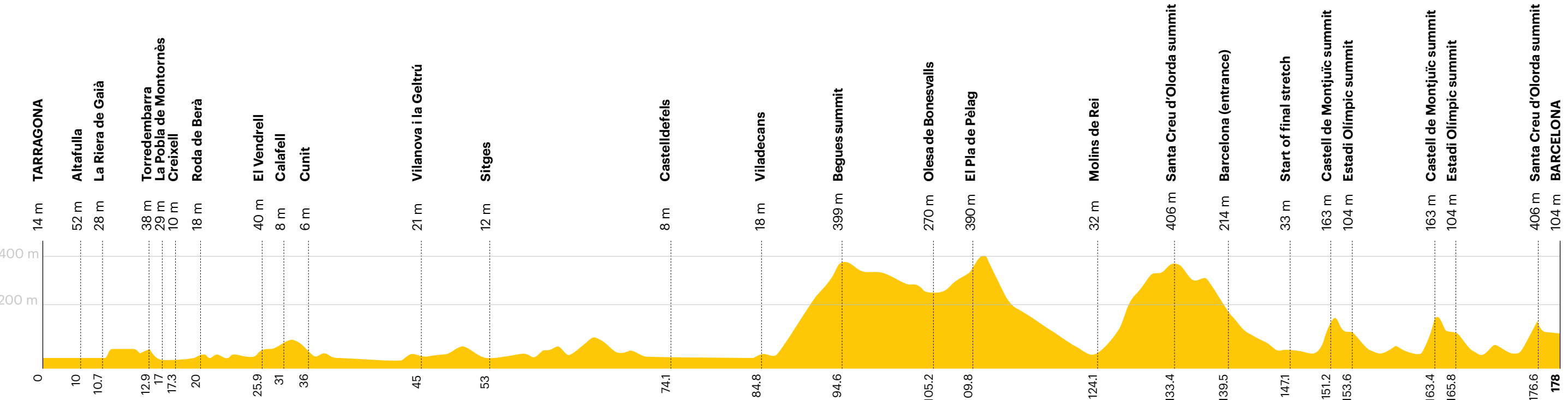


# Stage 2

5 July 2026

## Tarragona to Barcelona: 178.4 km

Tarragona, a city of 136,000 inhabitants with a remarkable archaeological ensemble recognised as a UNESCO World Heritage Site, will host the start of a stage. The first section will follow a spectacular coastal route, which is completely flat and passes through renowned seaside resorts such as Sitges, known as the ‘Spanish Saint-Tropez’. It will then follow a long stretch of coastline with beautiful sea views. The second part of the stage is more rugged and demanding. After entering Barcelona, the route leads to a final circuit through a green zone dominated by a challenging climb to Montjuïc Castle of 1.6 km, including a 600 m section with a 13% gradient, which must be tackled three times. The stage concludes with an uphill finish, the same as the one in the team time trial the previous day.





# The most Mediterranean 36 kilometres of the Costa Daurada

## Tarragona

Parc Francolí will be the starting point, leading onto the Rambla, a broad promenade of almost two kilometres that connects the city's more modern section with the Part Alta, the historic centre, before culminating at the Balcó del Mediterrani, a renowned viewpoint offering sweeping sea views. From there, the cyclists will pass only metres from the Roman amphitheatre and Roman circus, where almost two millennia ago chariot and *quadriga* races thrilled the citizens of Tarraco.

## Altafulla

A walled town that radiates charm. Its narrow streets and 18th-century houses evoke a bygone era, revealing one of the most captivating and authentic spots on the Costa Daurada.

## La Riera de Gaià

Surrounded by farmland, La Riera de Gaià is home to several small villages, such as mediaeval Virgili and Ardenya.

## Torredembarra

The tallest lighthouse in Catalonia stands near the sea in Torredembarra, at a height of 38 metres reached by climbing 217 steps to the lantern room at the top. This iconic landmark is an unmistakable symbol of the coastline.

## La Pobla de Montornès

The Baroque-style chapel of Santa Maria, with mediaeval roots, overlooks the village of La Pobla de Montornès from atop a neighbouring hill.

## Creixell

The town of Creixell features a great lookout point at the easternmost end of the Costa Daurada and more than two kilometres of beaches.

## Roda de Berà

The Arc de Berà on the Via Augusta stands as a true symbol of the region's rich Roman heritage. Built at the end of the 1st century BC, the arch was erected as a tribute to Emperor Caesar Augustus, who lived on the Costa Daurada.

## El Vendrell

The hometown of Pau Casals, considered one of the greatest cellists in history, houses the museum dedicated to his life and work.

## Calafell

The Iberian Citadel (La Ciutadella Ibèrica), dating from the 6th century BC, opens a window to history with its fortified enclosure set against the sea.

## Cunit

The final stretch of the Tour round Costa Daurada will take you through Cunit, which features a nearly 3km-long seafront promenade, a unique setting for enjoying the sea.



# Tarragona

The city that captivated the Romans

The Romans christened Tarraco the ‘city of eternal spring’ and it still retains that charm today. Tarragona is a magical place, bathed in a unique light that brings out the beauty of its UNESCO World Heritage monuments, including the Roman amphitheatre, the Roman circus, the ancient city walls, the Ferreres aqueduct, and many more remarkable sites. These architectural jewels transport you back to the city of Caesar Augustus, who was captivated by it and made it his home for two years.

But Tarragona is much more than history; it is a place where the natural beauty of the sea and the land come together in perfect harmony. Fifteen kilometres of coastline and ten beaches invite you to dive into its warm, crystal-clear waters. And if you prefer walking or cycling, the city offers more than 75 kilometres of signposted paths. Scenic routes like the Camí de Ronda and the Camí de la Costa wind through landscapes where rich heritage blends with the sparkling Mediterranean.

Tarragona is also a city of festivals and culture. Its calendar is packed with exciting events and traditions like the Sant Magí festival in August, the Santa Tecla festival in September, and the breathtaking Concurs de Castells, the world’s most important human castle event, in October 2026.

### Did you know...?

Tarraco’s Roman circus was 325 metres long and 115 metres wide and could hold up to 30,000 spectators.

### Let the good times roll!

Tarragona is the city of romesco sauce, the perfect complement for the exquisite seafood of the Costa Daurada. Enjoying a meal at any of Tarragona’s restaurants is a genuine treat for the senses.



# Altafulla

A mediaeval paradise by the sea on the Costa Daurada

Visiting the walled town of Altafulla is like travelling back in time. Its cobbled streets and castle, built in the Middle Ages, evoke a time when it was a frontier territory. Today, the fortress overlooks its historic centre brimming with peace and charm, where houses look out over the Mediterranean.

The seafront surprises visitors with its old *botigues* (shops) and whitewashed fishermen’s houses, offering a unique postcard view of the Costa Daurada. A few metres away, its beach—a kilometre of fine golden sand—invites you to swim in calm crystal-clear waters. Its natural beauty is equally remarkable, with a path that follows the coast (the Camí de Ronda), revealing one-of-a-kind spots where history and nature blend seamlessly.

A must-see is the Roman villa of Els Munts, one of the best-preserved villas in Spain, a testament to the Roman aristocracy’s fondness for this part of the Costa Daurada.



### Let the good times roll!

A visit to Altafulla is also an opportunity to savour exceptional cuisine in the walled district, where restaurants exude both history and elegance. Altafulla also offers innovative gastropubs. Seafood dishes made with locally-sourced ‘zero-kilometre (km0)’ products can be found on the seafront promenade.

### Did you know...?

The Roman emperor Hadrian visited Tarraco between 122 and 123 AD. He is thought to have stayed at the Roman villa of Els Munts, where a statue of his beloved companion Antinous still stands.



# La Riera de Gaià

A rural gem on the Costa Daurada among fields and forests



## Did you know...?

Ardenya and Virgili, part of the municipality of La Riera de Gaià, remain a well-kept secret for those seeking tranquillity and authenticity on the Costa Daurada—a region that famously captured the heart of filmmaker Bigas Luna.

Set amidst farmland and Mediterranean forests, the small village of La Riera de Gaià is a place where nature and history coexist in perfect harmony. Agriculture remains an important part of life here, while the peaceful surroundings are accentuated by the nearby River Gaià and quaint villages.

In the centre of La Riera de Gaià stands the Baroque church of Santa Margarida. And don't miss out on the remains of Castellot, the ancient fortress of the lords of Montoliu, strategically located very close to the river. The circular tower still stands today, silently watching the passage of time.

La Riera de Gaià serves as the gateway to trails leading to the quaint villages of Ardenya and Virgili, where the true spirit of the Costa Daurada can be discovered on foot or by bike.

## Let the good times roll!

The Mediterranean cuisine offered in the restaurants of La Riera includes delicious traditional dishes such as rabbit stews, *cargols* (escargot), and other specialities that captivate lovers of authentic, time-honoured cooking.

# La Pobla de Montornès

A natural treasure between the sea and the mountains of the Costa Daurada

La Pobla de Montornès is a small oasis that combines nature, history and authenticity. Its historic centre retains its rural charm, with narrow streets and stone houses and the Baroque church of Santa Maria as its centrepiece.

Exploring La Pobla by bicycle or on foot takes you along country paths framed by vineyards and Mediterranean woodlands. A perfect route is the ascent to Pic de la Mola, the highest point in the municipality, from where you can enjoy a 360° panoramic view of the sea and mountains of the Costa Daurada.

At the top of a hill, you'll find the Montornès chapel, another of its treasures. Accessible by foot or bicycle, the surrounding area features a picnic spot that invites visitors to pause, relax, and take in the scenery.

## Let the good times roll!

Walk along the rural paths and discover huts made with dry stone construction techniques and traditional farmhouses such as El Soler, which stand as testimony to the municipality's rich heritage.

## Did you know...?

Every Christmas for nearly 50 years, the townspeople of La Pobla de Montornès have put on a live nativity scene.





# Torredembarra

Natural beauty and cultural heritage in the heart of the Costa Daurada

Torredembarra, one of the historic towns of the Costa Daurada, combines a rich past with remarkable natural beauty. The historic centre radiates history, with highlights such as the Plaça de la Vila and castle—now the town hall—the narrow streets in the 17<sup>th</sup>-century walled enclosure, and the well-preserved gateways. Additionally, the legacy of the *indianos* (people who returned home after making their fortunes in the Americas) is spectacular, especially along Antoni Roig Street.

And nature plays a leading role, with 17 signposted routes you can follow on foot or by bicycle to discover its picturesque landscapes at your leisure. On the coast, the Platja dels Muntanyans is home to a unique ecosystem of dunes and brackish marshes, a true treasure of which few remain on the Catalan coastline.

The seaside neighbourhood of Baix a Mar retains its charm: whitewashed fishermen's houses, some Catalan modernist buildings, and restaurants where you can enjoy fresh seafood and traditional cuisine—a genuine reflection of the real Costa Daurada.



**Let the good times roll!**

Savour the cuisine of the sea and the mountains in a unique fusion where the freshest seafood is fused with the flavours of the land in traditional dishes and innovative creations.

**Did you know...?**

The Torredembarra lighthouse was inaugurated on 1 January 2000 and was designed by architect Josep Maria Llinàs.

# Creixell

A haven of tranquillity on the Costa Daurada



**Did you know...?**

Creixell boasts a magnificent white sand beach with shallow, crystal-clear waters stretching almost two kilometres and including Creixell Beach and the Gorg, an enchanting protected natural area.

Just over two kilometres of fine sandy beaches, caressed by warm, shallow Mediterranean waters, are among the main attractions of the town of Creixell, a peaceful spot in the north of the Costa Daurada that is perfect for couples and families.

Its historic centre embodies the Middle Ages, featuring narrow cobbled streets, an 11<sup>th</sup>-century castle, the town walls, the Torre de Ca la Miquelina and more. The bell tower of the church of Sant Jaume stands tall, nearly 50 metres high, topped with a Catalan modernist spire designed by Josep Maria Jujol.

Rural roads and trails surrounded by forests and ecologically rich wetlands beckon you to explore the area. The Baix Gaià area is also home to a wide variety of bird life. It's a perfect place to relax and enjoy the Costa Daurada's calm.

**Let the good times roll!**

Creixell's restaurants fill their kitchens with seasonal and local products, everything from fish and rice to *cargols* (escargot) and *calçots* (spring onions), all paired perfectly with DO Tarragona wines.



# Roda de Berà

**In the heart of the Via August  
a on the Costa Daurada**

Roda de Berà holds a living reminder of the Roman Empire. The Arc de Berà, a UNESCO World Heritage Site, once marked the grand entrance on the Via Augusta, connecting Hispania to the Italian peninsula.

It still stands as a testament to Tarraco’s former glory and the passage of time.

The seafront offers three kilometres of fine sandy beaches and clear waters, ideal for a refreshing swim in the Mediterranean. The historic centre’s narrow streets convey authenticity, while the church of Sant Bartomeu features Catalan modernist details by architect Josep Maria Jujol, a disciple of Antoni Gaudí.

Roda de Berà offers a harmonious blend of nature and sea: along the coastal path and various marked trails, Mediterranean forests give way to panoramic viewpoints revealing breathtaking vistas of the Costa Daurada. The village of Roc de Sant Gaietà is a true Mediterranean fishing community.

### Did you know...?

The Arc de Berà was erected at the end of the 1st century BC as a tribute to Emperor Augustus by order of Lucius Licinius Sura.

### Let the good times roll!

The local cuisine is a true treasure, with restaurants serving dishes made with the freshest products from the sea and land. Outdoor seating overlooking the sea invites you to take in breathtaking views while dining.



# El Vendrell

**The crossroads of history and the Mediterranean  
on the Costa Daurada**

Located in the north of the Costa Daurada, El Vendrell blends the best of the sea with the best of the land. The surrounding area is renowned for its winemaking tradition as part of the DO Penedès. El Vendrell also offers seven kilometres of Mediterranean beaches along the coast, inviting visitors to unwind and enjoy a variety of water sports.

Its coastline includes two nature reserves: Les Madrigueres, a wetland of remarkable ecological variety, and the Masia Blanca Marine Reserve, opposite the beaches of Coma-ruga and El Francàs, offering a wide range of experiences and a spectacular seabed. The hot springs known as the Riuet bubble up at Coma-ruga, offering mineral-rich waters renowned for their soothing and revitalizing properties.

El Vendrell is also home to a wealth of culture: the Museu Pau Casals, which was the renowned cellist’s summer home by the sea, offers insight into his life and work. El Vendrell also features the Museu Deu and the museum in the Tabaris Centre showcasing the town’s artistic and historical heritage.



### Let the good times roll!

El Vendrell is home to *xató*, a traditional Catalan salad, as well as a vibrant cultural tradition of *castells* (human towers), *diablers* (devil dances), *bastoners* (stick dancers), and *bestiari de foc* (fire beasts), all integral parts of its local festivities.

### Did you know...?

Exploring the network of historic trails connecting El Vendrell with neighbouring towns is a perfect way to discover the northern Costa Daurada on foot or by bicycle.





# Calafell

## The Mediterranean and heritage in the heart of the Costa Daurada

Calafell perfectly combines history and heritage with a stunning coastline. With over five kilometres of sandy beaches with shallow waters, it is perfect for families, swimmers and fans of water sports. The beaches are accessible, safe, and recognized for their quality with distinctions like the Blue Flag.

The Iberian citadel is a remarkable piece of heritage that offers a glimpse into Iberian life over 2,000 years ago through family-oriented activities. In the old town, the Castell de la Santa Creu, a well-preserved mediaeval fortress, offers visitors stunning views of the Costa Daurada. Other key sites include the church of Sant Miquel, the Cases d'Indians (the grand homes of Catalans who made their fortunes in the Americas and returned home), the Museu Casa Barral, and the Calafell Pescador Interpretive Centre.

Exploring Calafell by bicycle is a unique experience, with routes along the coast and through vineyards, farmhouses and natural scenery.

### Did you know...?

Calafell's cuisine reflects its maritime roots. *Arrossejat*, an iconic seafood dish, stands out as a local speciality served in many restaurants alongside a variety of other fresh seafood dishes.

### Let the good times roll!

Four symbolic sculptures created by Fina Olivé and located on the Passeig Marítim de Sant Joan de Déu are based on the history and culture of Calafell.



# Cunit

## A natural balcony overlooking the Costa Daurada

Cunit stretches out like a vast Mediterranean balcony facing the sea. Its nearly three kilometre promenade invites you to stroll, cycle, or skate in an idyllic setting—a living postcard of the Costa Daurada.

Its beaches, shaped by seven breakwaters that create crescent-shaped coves, are perfect for families. Golden sand and shallow waters invite you to play and relax.

Inland, the Puig de la Tiula mountain range offers walking and cycling routes, while the Masies route blends nature, history and heritage along rural paths that link vineyards, farmhouses and hilltops with stunning panoramic views. The Carrerada de Santa Coloma is an old livestock route that now offers a unique journey through nature and tradition.

For history lovers, Cunit offers Palaeolithic remains at the Cova de Sant Antoni, Iberian remains at the Fondo d'en Roig, the Romanesque church in the old town and various traditional farmhouses that reflect the municipality's agricultural origins.

### Did you know...?

Cunit organizes outings such as the Mediterranean E-bike, an experience for all levels that allows you to discover hidden corners of the Costa Dorada on two wheels.

### Let the good times roll!

Cunit's cuisine blends tradition and innovation from the sea as well as the land. *Xató*, a traditional Catalan salad sauce, holds a special place, along with *garrofi*, a sweet made from carob.





# Cambrils

**Fishing village and culinary capital of the Costa Daurada**

Cambrils is synonymous with good food, the sea and cycling. Cambrils, known as the culinary heart of the Costa Daurada, blends history, a maritime tradition and top-tier sporting facilities.

Its old town, with vibrant alleys and artisan shops, preserves its Mediterranean charm, while the Roman villa of La Llosa offers a glimpse into the past. Along the coast, nine easily accessible beaches with top-quality facilities invite families to enjoy a veritable seaside paradise.

Cambrils is also a hub for cycling enthusiasts, with inland routes and specialised services for cyclists of all levels.

When it comes to dining, its restaurants shine with Michelin Stars, Repsol Suns and a firm commitment to innovative, locally-sourced 'zero-kilometre (km0)' cuisine—the freshest fish from the sea and produce from the garden.

## Let the good times roll!

Cambrils' restaurants offer unique dishes made with local products such as extra virgin olive oil, artichokes and seafood such as mantis shrimp and romesco.

## Did you know...?

Cambrils is the gateway to the Muntanyes de la Costa Daurada, with more than 2,000 kilometres of cycling routes and a highly specialised range of options.



# Mont-roig Miami

**Between sea and mountain, the landscapes that inspire, the Costa Daurada**

Mont-roig Miami combines the peace and calm of the beach with the magic of the mountains. The Mediterranean light and palette of colours of its natural surroundings inspired artists such as Joan Miró.

Its beaches offer calm and crystal-clear waters, while mountain trails invite you to discover unique places such as the geological formations of L'Areny and Mina de les Nines gorge, rich in history and legends related to the theme of water. Cyclists will find spectacular trails for both mountain and road riding, opening the entire Costa Daurada up to exploration.

Culture lovers can also visit a very special place, Mas Miró, the farmhouse where the painter Joan Miró drew inspiration from the surrounding landscape. Tours and activities on the property provide insight into the link between the landscape and his work.

The local cuisine rounds off the experience with authentic flavours such as the local extra virgin olive oil, carob flour and traditional Mediterranean dishes.

## Let the good times roll!

Fresh produce from the garden, extra virgin olive oil, *calçots* (spring onion) and carob are the star products in the kitchens of local restaurants. You owe it to yourself to discover them.

## Did you know...?

The Church of Sant Miquel, known as the Cathedral of Baix Camp, stands where the mediaeval castle of Mont-roig once stood.





# Salou

**Nature, culture and adventure on the Costa Daurada**

Salou offers a unique combination of nature, culture and adventure that appeals to lovers of cycling and outdoor sports. Cycling here means discovering spectacular Mediterranean scenery and unforgettable adventures beside the sea.

Salou is a top choice for sports enthusiasts thanks to its plentiful year-round sunshine. It has an extensive network of infrastructure and services for cyclists: certified hotels, specialised workshops, bicycle parking and everything you might need to enjoy cycling without any worries.

Routes of all kinds and every level of difficulty start from Salou and its surroundings. A network of well-maintained paths connects the coast with the interior, passing through natural, cultural and historic attractions along the Costa Daurada, an active and healthy way to enjoy this Mediterranean destination.



## Did you know...?

The ornamental fountains in Salou on Passeig Jaume I feature over 1,000 jets and spouts, offering a unique spectacle of light, water, and music from Easter to 1 November.

## Let the good times roll!

Salou offers a wide range of culinary establishments where seafood takes centre stage as well as restaurants with Michelin Stars and Repsol Suns.



# Vila-seca, la Pineda Platja

**A Mediterranean oasis of tranquillity on the Costa Daurada**

Vila-seca and La Pineda Beach, located in the heart of the Costa Daurada, offer a peaceful oasis that's perfect for relaxing and family holidays. Vila-seca has three centres: Vila-seca, La Pineda Beach and La Plana. The historic centre of Vila-seca is located about five kilometres from the coastal town of La Pineda Beach and is connected by the Raval del Mar, a broad avenue that accommodates cars, but is also perfect for peaceful walks and bike rides with splendid views.

Vila-seca and La Pineda Beach are synonymous with quiet beaches with fine golden sand as well as with adrenaline and entertainment, offering a wide range of activities for the whole family, including first-class theme parks and water parks. Visitors can also discover their historical treasures and engage in sports such as running, cycling, and golf.

## Did you know...?

La Pineda Beach features Pinar del Perruquet, a seafront park with sculptures and lush green areas, offering a great space for family fun and cultural experiences on the Costa Daurada.

## Let the good times roll!

Vila-seca has a strong agricultural tradition and produces extra virgin olive oil as well as carob, ingredients that feature prominently in the delightful creations of the local eateries.



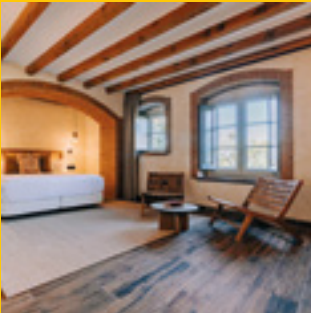
# Certified businesses

## Accommodation



**Altafulla Mar Hotel \*\*\*\***  
[www.altafullamarhotel.com](http://www.altafullamarhotel.com)  
Via Augusta 13-21  
43893 Altafulla  
+34 977 651 155

*The Altafulla Mar Hotel is an oasis of tranquillity on the Costa Daurada, offering a comprehensive range of services: dining rooms, swimming pools, gardens, private terraces and more. Thanks to its location in the north of the Costa Daurada, numerous cycling, e-bike, mountain bike and gravel trails are within easy reach by bike.*



**Gran Claustre Boutique Hotel \*\*\*\***  
[www.granclaustre.com](http://www.granclaustre.com)  
C/ Del Cup 2  
43893 Altafulla  
+34 977 651 557

*The Gran Claustre Boutique Hotel has 40 unique rooms that guarantee a thoroughly enjoyable stay on the Costa Daurada. The hotel offers a Mediterranean menu with local 'zero-kilometre (km0)' products, a swimming pool, a spa and massages – all in a prime location.*



**Hotel Augustus \*\*\*\***  
[www.augustushotels.es](http://www.augustushotels.es)  
Avenida Diputación, 190  
43850 Cambrils  
+34 977 381 154

*The Hotel Augustus is right by the sea and offers 320 rooms with outdoor balconies equipped with all the amenities you need to enjoy a unique experience. It also has space for 55 bicycles, special facilities with alarm systems, and a washing and maintenance area.*



**Hotel César Augustus \*\*\***  
[www.augustushotels.es](http://www.augustushotels.es)  
Avenida Diputación, 195  
43850 Cambrils  
+34 977 381 154

*The Hotel César Augustus is just 80 metres from the Cambrils Beach promenade and offers 160 rooms with outdoor terraces and everything you might need to enjoy the Costa Daurada to the fullest. The hotel also has special facilities for cyclists, including a secure storage space for up to 55 bicycles and a washing and maintenance area.*



**Hotel Estival ElDorado \*\*\*\***  
[www.estivalgroup.com/estival-eldorado-resort.html](http://www.estivalgroup.com/estival-eldorado-resort.html)  
Urbanización El Dorado Platja  
C/ Doppler 1  
43850 Cambrils  
+34 977 361 190

*The Estival ElDorado offers cycling opportunities as well as a prime setting for relaxing nestled between sea and mountains. It offers rooms with all amenities, Mediterranean cuisine for the whole family and exclusive areas for adults. For cycling enthusiasts, there are enclosed areas for storing and cleaning bikes, as well as a lap pool and massage service.*



**Mònica Hotel \*\*\*\***  
[www.hotelmonica.com](http://www.hotelmonica.com)  
C/ Galcerán Marquet  
43850 Cambrils  
+34 977 791 000

*The Mònica Hotel is located in the centre of Cambrils and has been welcoming amateur and professional cyclists for over 20 years. It offers special services such as equipment cleaning, storage and cleaning facilities for bicycles, as well as food offerings tailored to the needs of athletes.*



**Hotel Sol Port Cambrils \*\*\*\***  
[www.melia.com](http://www.melia.com)  
Rambla Regueral 11  
43850 Cambrils  
+34 977 358 600

*The Hotel Sol Port Cambrils is located right on the Cambrils Beach promenade and offers 156 rooms with all services tailored to the needs of the most demanding sports enthusiasts as well as a bicycle storage area.*



**Hotel 4R Playa Park \*\*\***  
[www.4rhoteles.com/en/4r-playa-park](http://www.4rhoteles.com/en/4r-playa-park)  
C/ Vendrell 1-3  
43840 Salou  
+34 977 380 909

*Hotel 4R Playa Park is just 200 metres from Llargà Beach in Salou. It has 315 rooms, all of which have balconies and are fully furnished. The hotel offers a full daytime and evening entertainment programme and features amenities including a sun terrace, two outdoor swimming pools, and a dedicated bicycle storage room.*



Accommodation



**Tamarit Beach Resort \*\*\*\***  
[www.tamarit.com](http://www.tamarit.com)  
Nacional 340 Km 1172  
43008 Tarragona  
+34 977 650 128

For nature lovers, Tamarit Beach Resort offers beachfront accommodation with bungalows, pitches for tents, restaurants, sports facilities and all the services you need for a unique experience on the Costa Daurada. There is a sports club where you can hire, store, clean and repair bicycles.



**Hotel Gran Palas Experience \*\*\*\*\***  
[www.granpalashotel.com](http://www.granpalashotel.com)  
C/ de la Sèquia Major 5  
43480 Vila-seca,  
la Pineda platja  
+34 977 374 248

The Hotel Gran Palas Experience is right on La Pineda Beach and offers more than 10,000 m² of gardens and facilities suitable for all kinds of events. It also offers a wide range of dining options and the exclusive Spalas Spa which includes dedicated wellness areas and a private spa.

Businesses



**Discover Tours & Experiences**  
[www.discovertoursandexperiences.com](http://www.discovertoursandexperiences.com)  
Mas del Clanxet 1  
43850 Cambrils  
+34 677 042 891

Discover Tours & Experiences is a travel agency specialising in two-wheeled adventures, offering fully customised itineraries designed for exploring and enjoying the Costa Daurada. It also offers the option of activities accompanied by specialised guides.



**Sol Active Tours**  
[www.solactivetours.com](http://www.solactivetours.com)  
C/ Ausias March 10.  
1ª planta 2ª oficina.  
43480 Vila-seca,  
la Pineda platja  
+34 977 353 189

Sol Active Tours destination management company is an agency specialising in serving groups — particularly sports, language, and corporate groups — providing comprehensive services to ensure a unique experience, everything from accommodation to technical support during training sessions. The Sol Active Tours team is dynamic, multilingual and highly experienced.



Other accommodations and certified companies

- CAMBRILS**
  - Aparthotel Olimar II
  - Bike Cambrils
  - Cambrils Park Sport Village
  - H10 Cambrils Playa
  - Hotel Best Marítim
  - Hotel Estival Centurió
  - Mariné bicicletes
  - Mas Gallau
- SALOU**
  - Drac Beach - Cambrils/ Salou
  - H10 Vintage Salou
  - Hotel Calypso
  - Ohtels Vila Romana
- PRADES**
  - Camping Prades Park

Other accommodations and bike-friendly companies

- CAMBRILS**
  - Cycling Costa Daurada SL
  - Cycling Holidays / Rodabike
  - Cambrils Cycling Coffee
  - Discover Tours & Experiences
- CORNUDELLA DE MONTSANT**
  - Montsant Natura/Siurana Tours
- FALSET**
  - Cicla Priorat BTT
  - Hotel Hostal Sport
- MONT-ROIG DEL CAMP**
  - Alannia Els Prats Resort
  - Playa Montroig Camping Resort
- MONTBRIÓ DEL CAMP**
  - Atrium hotels Hotel Sant Jordi
  - Hotel Termes de Montbrió
  - Montbike Serveis Esportius
- PRADES**
  - Xalet de Prades
- REUS**
  - Adventure Bike Rental
- SALOU**
  - Hotel Regente Aragón
- VILA-SECA, LA PINEDA PLATJA**
  - Aparthotel Mercure Atenea Aventura
  - Naturetime
  - Sol Active Tours





# Costa Daurada: a paradise to discover on two wheels

1

65,3 km

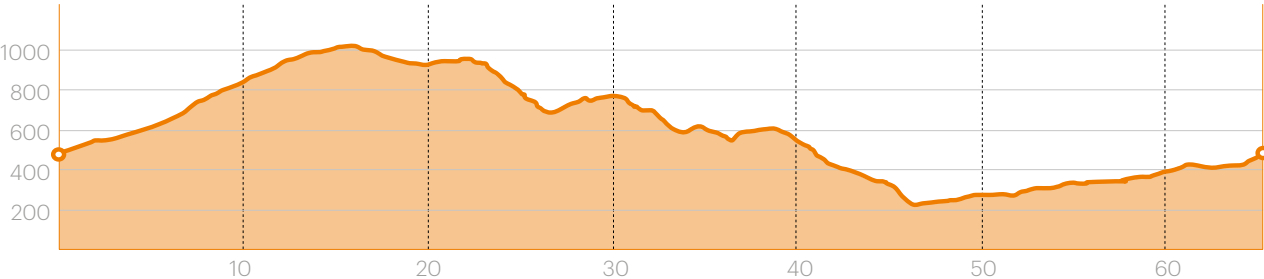
Difficulty ●●●○○

## Poblet and Prades Mountains



L'Espluga de Francolí - Prades - Capafonts - La Riba-Montblanc - L'Espluga de Francolí

+ 1025 m Ascent - 1053 m Descent | 1034 m Altitude



2

87,4 km

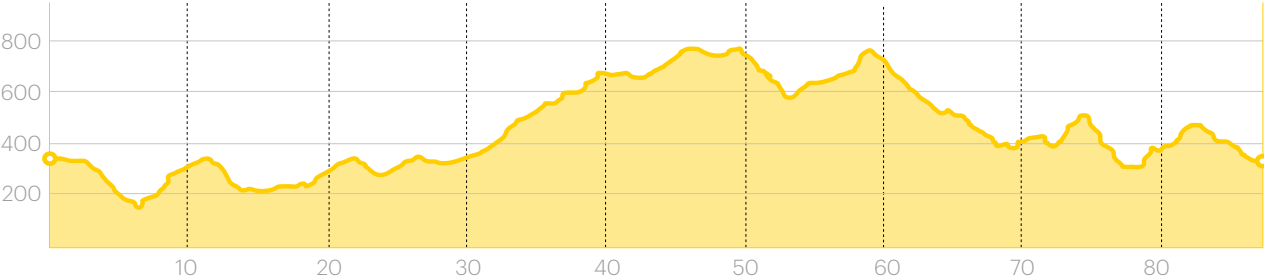
Difficulty ●●●●○

## Priorat Wine Country



Falset - Gratallops - La Vilella Baixa - La Bisbal de Falset - Margalef - Ulldemolins - Cornudella de Montsant - Porrera - Falset

+ 1468 m Ascent - 1456 m Descent | 781 m Altitude





# Serra de Llaberia

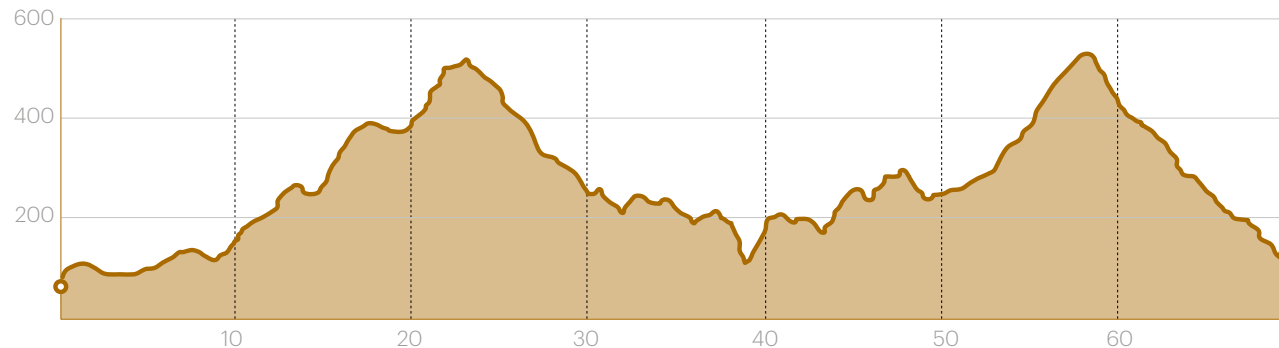


Mont-roig del Camp - Pratsdip - Tivissa - La Serra d'Almos - Guiamets - Capçanes - Marçà - La Torre de Fontaubella - Colldejou - Mont-roig del Camp

+ 1135 m Ascent

- 1118 m Descent

| 561 m Altitude



# Sea and Mountain



Cambrils - Mont-roig del Camp - La Torre de Fontaubella - Marçà - Falset - Porrera - Duesaigües - Riudecanyes - Montbrió del Camp - Cambrils

+ 1053 m Ascent

- 1058 m Descent

| 566 m Altitude





# Route of the Six Ports

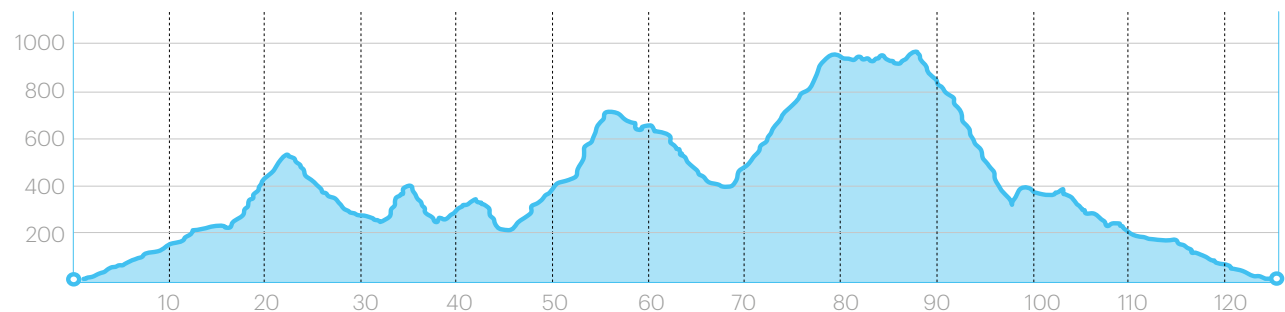


Cambrils - Montbrió del Camp - Riudecanyes - Duesaigües - Porrera - Torroja del Priorat - La Vilella Baixa - Escaladei - La Morera de Montsant - Cornudella de Montsant - La Mussara - Vilaplana - Alforja - Les Borges del Camp - Botarell - Montbrió del Camp - Cambrils

+ 2025 m Ascent

- 2042 m Descent

| 979 m Altitude



# La Mussara Route



Salou - Cambrils - Montbrió del Camp - Riudoms - Les Borges del Camp - Alforja - Vilaplana - La Mussara - Arbolí - Cornudella de Montsant - Alforja - Les Borges del Camp - Botarell - Montbrió del Camp - Cambrils

+ 1419 m Ascent

- 1428 m Descent

| 980 m Altitude





7

87,5 km

Difficulty ●●●○○

# Cistercian Landscapes

Nulles - Vila-rodona - Aiguamúrcia - Santes Creus - El Pont d'Armentera - Querol - Santa Coloma de Queralt - Sarra - Cabra del Camp - El Pla de Santa Maria - Vila-rodona - Nulles

+ 864 m Ascent    - 858 m Descent    | 715 m Altitude



8

74,1 km

Difficulty ●●●○○

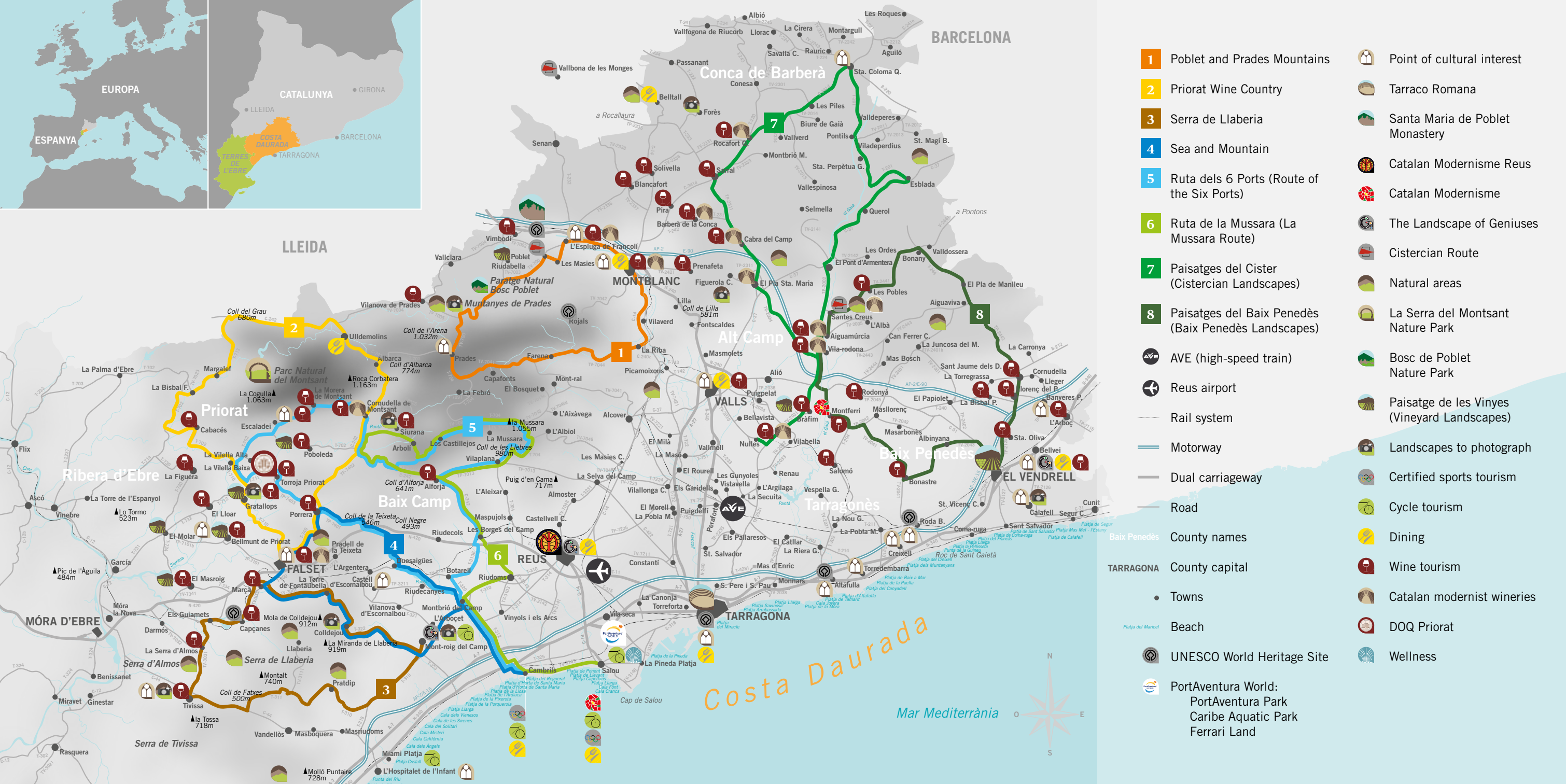
# Baix Penedès Landscapes

El Vendrell - Sant Jaume dels Domenys - Pla de Manlleu - Santes Creus - Vila-rodona - Bonastre - El Vendrell

+ 1000 m Ascent    - 1003 m Descent    | 707 m Altitude









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