

# Self-Guided Cycling Alicante to Valencia

Trip Code: SGAV

Version:



CYCLE



SELF-GUIDED



LEISURELY



## HIGHLIGHTS

- Cycle along the Mediterranean coast, across beautiful wetlands, and through mountain landscapes
- Discover the beauty and wildlife of the Marjal de Pego-Oliva Natural Park
- Explore the picturesque fishing village of El Palmar with its Valencian huts and try All i Pebre, the typical dish of the region
- Cycle through rice fields, forests and the El Saler meadow in Albufera Natural Park

- Fall in love with Valencia, the deeply cultural city that combines traditional and modern and is home to the Holy Grail

## AT A GLANCE

- Self-Guided
- 5 days cycling and sightseeing
- Luggage transfer
- Bike hire included
- E-bike upgrade available
- Daily departures
- Join at Alicante / End in Valencia

## ACCOMMODATIONS & MEALS

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

# Introduction

Rice fields, wetlands teeming with wildlife, and Roman ruins - not what might spring to mind when you think of the Costa Blanca - so it is time to rediscover this magnificent region. Cycle from Alicante to Valencia on this one week self-guided holiday and you will discover that there is much more to Spain's white coast than sun, sand, and Benidorm. Greeks, Romans, and Arabs have all left their mark on this region, whether it be ancient ruins, imposing defensive castles, tasty cuisine, or annual festivals. We have designed this trip to showcase the hidden gems of the Costa Blanca and discover the region's rich history, whilst making use of the great local trains to avoid the larger ascents.

Cycling up to 50km a day you will have plenty of time to discover the colourful houses of Villajoyosa, sample the produce of the wineries in Xalo, watch the multitude of wildlife in the Marjal de Pego-Oliva and Albufera Natural Parks, and have plenty of opportunities to take a dip in the Mediterranean. Plus, staying in a fantastic selection of 3-star and 4-star accommodation on a bed and breakfast basis, you can be sure of a warm welcome at the end of each day. As your week in the saddle comes to a close you will arrive in Valencia for a taste of this vibrant city's culture. We recommend adding additional nights in Valencia so you can experience all this fantastic city has to offer - please ask our Sales Team for more information.

## Is this holiday for you?

If you'd love to rediscover an area on two wheels and experience all the region has to offer, from its bustling cities to its sleepy villages, then this holiday is for you. Cycling an average of 50km per day on quiet roads, greenways, and cycle paths, your routes will take you along the coast with plenty of time to enjoy its many inviting beaches, as well as to the peace of the mountain villages for spectacular views. At the end of each day you can enjoy the comfort of a great selection of 3-star and 4-star accommodation on a bed and breakfast basis so that you have the flexibility to eat other meals at some of the many wonderful restaurants the region has to offer. We have even designed the rides to utilise the train on two days to avoid any busy sections and steep ascents, so you can focus on enjoying the journey.

# Itinerary

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Version:

## Holiday Information

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### What's Included

- All accommodation as described
- Meals as described in the Meal Plan
- Self-guided information pack containing your route notes
- Valencia guide book
- Luggage transfers
- 27 gear bike hire including helmet
- Bike accessories hire (pannier, bike lock, pump, repair kit)
- Navigation App and GPX tracks available

## What's not Included

- Travel insurance
- Travel to Alicante
- Travel from Valencia
- Local transfers
- Visas (if applicable)
- 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 and 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 it is safely on its 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 setting 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 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.

## Joining Arrangements & Transfers

The trip starts in Alicante and ends in Valencia. 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. The nearest airport is Alicante Airport, which is well-served with many departures from UK regional airports. From the airport it is just a 30-minute bus ride into the city. The shuttle bus departs every 20 minutes from outside the airport during daytime hours. Please see [www.alcairport.com/bus-travel-alicante-airport](http://www.alcairport.com/bus-travel-alicante-airport) for more details.

The trip finishes in Valencia and the nearest airport is Valencia Airport. It is possible to take the metro from the city straight to the airport. The metro operates approximately every 15 minutes and the journey takes around 20 minutes. Please see [www.rome2rio.com](http://www.rome2rio.com) for more details.

From Valencia it is also possible to return to Alicante on the direct ALSA bus from Valencia to Alicante city centre, from where you can take the airport shuttle. The full journey takes approximately 3.5 hours. Please see [www.alsa.com](http://www.alsa.com) and [www.alcairport.com/bus-travel-alicante-airport](http://www.alcairport.com/bus-travel-alicante-airport) for more details.

## Meal Plan

This trip is on a bed and breakfast basis to allow you the opportunity to enjoy dining in the many local restaurants.

## Food & Water

Water from the taps is perfectly drinkable on this holiday - please use this to fill your personal bottles for your daily activities. We do not encourage the purchase of single-use plastic bottles.

The Mediterranean coast is characterised by its abundant vegetables and top-quality fish dishes. It is no different on the Costa Blanca - this 218km stretch of coastline is bursting with delicious and unique cuisine, as well as some superb wines. The people of Valencia know how to work wonders with a humble grain of rice - after all, the city is surrounded by fields full of it. It is no wonder the region is the birthplace of Spain's famous *paella*, however it is not the only rice dish to star in the region. It's sibling, *Arroz al Horno*, is also scrumptious and instead is baked in a clay pot with various mixtures of meat or chickpeas, vegetables, potatoes, sometimes even dried fruit, and often topped with a whole head of garlic known locally as 'the partridge'. Another great local dish is 'Crusted Rice', which typically is made with rice and chunks of sausage and is characterised by a layer of baked egg on the top. *Mojama* is the dish to try whilst in Alicante - a typical tapas dish from the city made with filleted salt-cured tuna, served with bread and olive oil. As you make your way north through the region you can look forward to enjoying the best fried seafood in Javea, thanks to its freshness and quality, and the delicious red shrimp of Denia known for their vibrant red colour.

As you make your way inland, meat takes over the menu, with hearty dishes such as *Olleta* - a stew made with beans, bacon and morcilla (blood sausage similar to black pudding) and cured veal - being a popular choice. This is one of many dishes referred to as '*platos de cuchara*' ('dishes with a spoon'). These popular dishes were born out of necessity when the poor had to ensure that nothing was wasted and so leftovers were added to a pot, with stock, to make another filling and tasty dish. For those with a sweet tooth, be sure to stop in Villajoyosa to sample the chocolates and pastries, thought by many to be the best in Spain.

Of course all of these fantastic dishes need something equally delicious to wash them down. There are two main areas producing Alicante wine: La Marina, on the coast to the north of Benidorm between Denia and Calpe, has a Mediterranean climate very well-suited to growing the sweet, delicate, white wine Moscatel; Vinalopo, situated a little inland and with a dry continental climate, produces the red wine Monastrell (Spanish for Mourvedre), and the namesake of the grape grown in the many of the vineyards that you will pass on your rides. What could be better than enjoying a wine from the region in which you are cycling?

## Accommodation

On this trip we have selected a lovely range of 3-star and 4-star hotels for you, some with swimming pools to relax in after a busy day in the saddle. All have been chosen for their fantastic locations and warm hospitality and have great areas to unwind, whether it be a cosy bar, an outdoor terrace, or a lounge area. All offer a good buffet breakfast to help fuel your rides each day, and some may be able to offer picnic lunches on request too.

It is possible to arrange additional nights' accommodation in Alicante and Valencia before or after your trip so that you can stay a little longer and enjoy all the cities have to offer. Please speak to one of our Sales Team for more information.

## **Bike Hire**

Hybrid bikes come with 27 gears, and all bikes come equipped with a pannier for your daily essentials, plus a bike lock, pump, and repair kit.

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 rental helmets are included as part of this trip.

We also recommend packing a gel seat or a pair of padded cycling shorts for extra comfort, as 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 more comfortable ride.

E-bikes are also available at an additional supplement of £175. We are also able to arrange children's bikes. Please ask our Sales Team for details.

## **Upgrade to an E-bike**

If you are looking for a bit of extra support whilst in the saddle, you can upgrade to an e-bike to make your ride even more leisurely.

Equipped with a battery and motor, these electric bikes give you a helping hand whilst you are pedalling, making it easier to climb hills, and travel further with less effort and more comfort.

E-bikes are available on this holiday at an additional supplement of £175. Just request this upgrade option from our Sales Team at the time of booking.

## **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 that each piece of 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 whilst you are riding.

# 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 as the itinerary does include one steep climb on day 5. You should be comfortable with cycling 40-50 km a day on rural roads, side roads and cycle paths. It is always sensible to get some additional exercise before going on an active holiday and 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

The Costa Blanca has a Mediterranean climate, characterised by lots of sunshine (averaging around 3,000 hours each year - that's about 325 days of sunshine). Sea breezes help to moderate temperatures during the hotter summer months, when temperatures can reach around 25 - 30 degrees centigrade, and in the winter the mountains protect the region against cold north winds. The spring and autumn months provide a happy medium for cycling, with the occasional day of rain too, and especially in autumn there are fewer crowds.

## 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 before 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 directly 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.

## Books

Valencia and the Costa Blanca (Lonely Planet Regional Guides)

Costa Blanca Berlitz Pocket Guide (Berlitz Pocket Guides)

## 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.

# 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 a 12.5% discount with Cotswold Outdoor, Snow+Rock and Runners Need. The discount code can be downloaded from your MyKE account and you can use this code at the checkout, either in store or online.

## Land Only Information

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

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.

# Why Choose KE

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## why KE?

Discover the other side of Spain's Costa Blanca and experience its rich culture, wildlife, and landscapes. We have included bike hire in the cost of your trip so you can relax knowing it is all taken care of for you. E-bike upgrades are available - please contact our Sales Team for more information.

**Please Note** This document was downloaded on 21/11/2024 and the trip is subject to change