

# Cycling in Andalucia

Trip Code: SGAC

Version:



CYCLE



SELF-GUIDED



MODERATE



## HIGHLIGHTS

- Cycle through olive groves to the traditional towns of Lucena and Baena
- Discover Seville and be seduced the sounds of Flamenco which spill into the street
- Delightful cycling through old southern Spanish villages and towns
- Visit and stay in the fascinating historic town of Cordoba

## AT A GLANCE

- 6 days cycling and sightseeing
- Upgraded bike hire included
- Saturday departures
- Join at Antequera / End in Seville

## ACCOMMODATIONS & MEALS

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

# Introduction

Discover some of Spain's most famous symbols as you tour the country's southernmost region, the majestic Andalucia, on your own two wheels. This is a paradise full of surprises and images that you are unlikely to find anywhere else: the flamenco dancer in her flowing red dress; the famous fighting bulls of Spain and the matador; the elegant Spanish Horse. Experience this evocative landscape in 360-degree colour as you ride through an incomparable amalgamation of European and Arabic culture. Rustic beauty harmonises perfectly with masterful architecture, and today's Andalucia successfully combines modernity with rich tradition. In Dona Mencia you can embrace the traditional way of agricultural life. In Cordoba you can admire the 'forest of a thousand pillars' in the Mezquita 'mosque-cathedral'. In Seville you can experience classic Andalucian art meeting modern architecture. In between, you can enjoy tapas, red wine, and restful olive groves.

Cycling at your own pace, you can choose where and when to stop and explore. Staying in 3-star and 4-star hotels along the way, and with bike hire included in the price of your holiday, we have everything taken care of. All you need to do is savour every moment of being immersed in the unique culture of Andalucia!

## Is this holiday for you?

This trip has been designed for those seeking a challenging bike ride with the reward of sightseeing opportunities in some of Andalucia's best known cities - Malaga, Granada, Cordoba, and Seville. Cycling a mix of hillier more strenuous rides of 55-65km, with easier cycling days of 30-40km on generally flatter terrain, provides a great challenge for regular leisure cyclists who are looking to push themselves but still require some easier cycling days too.

# 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
- Andalusia guide book
- Luggage transfers
- Upgraded bike hire
- Welcome briefing
- Train journey from Brenes - Seville excluding your bike
- Navigation App and GPX tracks available

## What's not Included

- Travel insurance
- Bike helmet
- Travel to Antequera
- Travel from Seville
- Local transfers
- Visas (if applicable)
- Tourist taxes may apply and are usually under 5 Euros per person per night
- Some meals as described in the Meal Plan
- Personal equipment
- Any e-bike upgrades
- 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.

## GPS Travel App

This holiday includes a GPS navigation app, which contains the routes for you to follow each day, as well as attractions, coffee stops and points of interest along the way. The app does not need to have Wi-Fi connection to work, you simply follow the instructions we provide you to download the app to your personal smartphone device before you leave home and you are ready to go.

While the travel app is running, your phone battery charge can be consumed faster than normal, so we strongly recommend that you pack a power bank with you just in case you require it.

## 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 or cycling holiday for your family, a centre-based trip is a fantastic option as it allows you to easily opt out of a day's 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

This trip starts at your hotel in Antequera. All of our self-guided holidays are sold on a Land Only basis, allowing you the flexibility to choose the travel method that best suits you. The nearest airport for this trip is Malaga with many departures from regional UK airports.

Public transport connections from Malaga Airport are very good, with a bus service operating every 20 minutes to Malaga city centre. The journey takes approximately 30 minutes and tickets for this bus can be purchased at the ticket office in the airport. From Malaga you can take the bus to Antequera, which takes approximately 1 hour.

There is also a direct bus from Malaga Airport to Antequera (via Malaga city) once a day with Alsa ([www.alsa.com](http://www.alsa.com)).

The trip ends in Seville. The easiest way to return to Malaga is via train and the journey takes 2 - 3 hours. The train service from Seville runs hourly to Malaga and costs approximately €30 - €40 per person.

Alternatively you may wish to arrange your return flight out of Seville Airport, which also offers many departures to UK regional airports.

## Meal Plan

This trip is on a bed and breakfast basis to allow you the most flexibility during your holiday.

## Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

## Food & Water

Water from the taps may not be drinkable in all locations on this trip - please check with your guide. We recommend taking water purification tablets and a reusable bottle with a filter such as [Water-to-Go](#), which can both be used to help make safe other water sources. Please note that we do not encourage the purchase of single use plastic bottles.

The Andalusian mix of climate and altitude makes for a culinary experience that is very different from what is deemed as 'typically Spanish'. You won't find Paella in abundance in the mountain regions, instead you'll find many hearty soups and stews, along with meals such as 'Chicken in Almond Sauce' - a dish influenced by the Moors. Almonds, chestnuts, olives, peppers, figs, and berries that grow in the region feature heavily in the local cuisine.

On the coast in Malaga you will find many tapas restaurants and menus with a plethora of seafood dishes from which to choose, along with many welcoming bodegas serving local wines and delicacies. Food plays a key role in the way of life in Southern Spain, and Andalusians love to eat out. Our top tip is to dine at the restaurants frequented by locals - they usually choose the best spots!

Breakfasts in the area tend to be continental, often featuring beautiful homemade jams and local honey accompanied by fresh bread and pastries. Lunches can be enjoyed in local cafes, or produce can be bought from small groceries and bakeries. A trip to Andalusia is not complete without a visit to a bodega to sample the Serrano ham produced in the villages of Las Alpujarras, washed down with some organic wine from the region - lovely after a day of cycling.

## Accommodation

We have hand selected 3-star and 4-star hotels, many in the traditional Andalusian style, to help immerse you in the fascinating culture of this historic region of Spain. All have been chosen for their fantastic locations and warm hospitality and, where possible, we have chosen hotels with swimming pools so you can cool off after a busy day exploring. The hotels all offer a great breakfast to fuel you for the day ahead, and rooms are on a double or twin basis.

It is possible to arrange additional nights' accommodation if you would like to enjoy this magnificent region a little longer. Please refer to the dates and prices tab for further details or speak to one of our sales team.

During high season you may be booked into an alternative accommodation of a similar standard in the area.

## Bike Hire

Upgraded 'Bike Plus' bike hire is included in the cost of this holiday.

Upgraded bikes are lighter than standard hybrid bikes and have a crossbar for improved stiffness and stability, offering a sportier ride. Utilising higher-grade bike components such as hydraulic brakes and Shimano 20/27-speed gears, you can enjoy more precise handling and smoother gear changes. High-quality front suspension forks and a more athletic saddle offer increased comfort over a variety of surfaces and distances.

Upgraded bikes are available in the following frame sizes: 46 / 50 / 51 / 55 / 60 / 63 cm. These bikes are suitable for rider heights between approximately 155cm and 205cm.

All bikes come equipped with a pannier and handlebar bag for your daily essentials, plus a milometer, bike lock, pump, repair kit, and spare inner tube. Hire bikes do not come fitted with bottle cages as these impede with securing the bikes during transportation.

We strongly recommend that you bring your own helmet with you for the best comfort. We also recommend packing a gel seat for extra comfort or a pair of padded cycling shorts 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.

We are also able to arrange tandem bikes, children's bikes, trailers, and child seats. Please ask our Sales Team for details.

## Upgrade to an E-bike

If you are looking for a bit of an extra boost 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 have four different modes and an 8-speed internal gear hub with back-peddalling brake, along with disc brakes and front suspension. E-bikes are suitable for rider heights between approximately 148cm and 190cm.

E-bikes are available on this holiday at an additional supplement of £110 - 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.

For other nationalities, please refer to your own Government website for the latest information.

**It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates** (*see Health & Vaccinations below*), **and visas for your holiday.** Please ensure that you check the [FCDO](#) for the latest advice for **each country visited** before travel.

## Health & Vaccinations

### Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

On holidays to more remote areas you should also have a dental check-up.

**It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.**

Please check the [FCDO](#) and [Travel Health Pro](#). For all of your intended destinations for up-to-date advice.

### Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

## 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 who are comfortable with some longer ascents. You should be comfortable with cycling up to 65km a day on some hilly terrain. Your routes will alternate between generally flat rides, and hillier more strenuous rides, to allow you some recovery. Your rides will largely be on quiet roads or bike paths, with some busier sections as you enter or leave a city. 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

Andalucia has a somewhat varied climate thanks to its fantastic mix of coast and mountains. You can expect warm sunny days almost every day from June to September, with temperatures in July and August reaching up to 30 degrees centigrade, or even higher, on the coast. However the evenings can cool dramatically in the mountain regions, down to a chilly 8 degrees centigrade even in the summer months, so remember your jumper. Winters are much cooler, with snow on the mountain tops, daily temperatures of up to 20 degrees centigrade, and evening temperatures down to freezing point.

## 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.

## 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

## Land Only Information

Please note that our 'from' price listed is based on 4 persons on twin or double occupancy, however we can quote for any number of travellers including solo travellers - contact our Sales Team for a quote.

This trip is available for departures on Saturdays throughout the dates listed.

When considering your travel dates, you might like to investigate any seasonal opening times of attractions and points of interest.

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 - please ask our Sales Team to find out more about this.

Our Sales Team will be happy to provide you with 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.

We offer some transfers to your accommodation from the nearest airports - please refer to the 'Joining Arrangements & Transfers' section for further details for this trip.

# Why Choose KE

## Why KE

We have combined three of the must-visit cities of Andalucia on this one-week cycling holiday so that you can experience the explosion of culture for which the region is famed. We have included upgraded bike hire in the cost of your trip so you can relax knowing that this is all taken care of for you. E-bike upgrades are available.

**Please Note** This document was downloaded on 15/05/2026 and the trip is subject to change