



NEW

## Cycle Andalucia - Cadiz to Jerez

SPAIN - TRIP CODE CCJ

CYCLING

### Why book this trip?

Discover the south western corner of Andalucía on two wheels. From the ancient port of Cádiz we cycle along the Costa de la Luz past golden sands. Heading inland we ride between beautiful, hilltop towns that once marked the frontier between Christian and Muslim Spain.

- **Varied point** - to-point cycling - Scenic rides with culture and history
- **Wine tasting** - Visit the sherry triangle and learn about the five types of sherry
- **Jerez** - Beautiful town renowned for Flamenco and equestrian excellence



**INCLUDED MEALS**  
Breakfast: 6



**TRIP STAFF**  
Explore Tour Leader / Cycle guide



**TRANSPORT**  
Bicycle  
Train



**ACCOMMODATION**  
6 nights  
comfortable hotel



**CYCLING GRADE:**  
Moderate



**GROUP SIZE:**  
10 - 16

## Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

### DAY 1 - Join trip in Cadiz

Cádiz is a beautiful Spanish city with 3,000 years of history and its plazas and old town are imbued with atmosphere and character. Founded by the Phoenicians and later the main gateway to the Americas, this historic port sits on a peninsula almost entirely surrounded by water and is a great introduction to this laid-back and sun-kissed corner of Andalucía. We recommend exploring the old quarters of the city and trying some fried fish with a glass of dry sherry.

There are no activities planned today, so you are free to arrive in Cádiz at any time. If you would like to receive a complimentary airport transfer today, you'll need to arrive into Jerez Airport (XRY), which is a 50 minute train ride or half hour drive. Our hotel is around 1km from the train station. Depending on individual's arrival details you will either be accompanied to the hotel or be given the tickets along with clear detailed instructions at the airport to make the journey yourself. For those arriving on time our Leader plans to meet you in the hotel reception at 7pm for the welcome meeting and for those that wish, there is the chance to go out for dinner. Should you miss the meeting, your Leader will inform you of any essential information as soon as you catch up.

If you choose to arrive a day earlier then you may like to copy the locals and take a boat across the bay to visit the typical, white-washed village of Puerto de Santa Maria - home to some great seafood restaurants and the Osborne sherry house.



**ACCOMMODATION:**  
Hotel de Francia y Paris (or similar)

**Grade: Comfortable Hotel**





SINGLE ROOM AVAILABLE



MEALS PROVIDED: NONE

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## **DAY 2 - Bus to Conil. Cycle to Vejer de la Frontera via Cape Trafalgar**

After breakfast we depart Cádiz by local bus to Conil de la Frontera (1.5 hours). The coastal region here is called the Costa de la Luz and a number of towns once laid on the frontier between Christian and Muslim Spain which is reflected in their name. In Conil we will have time to adjust the bikes to get comfortable and ready for our first ride. Cycling in a southerly direction our route takes us via the coastal settlements of El Palmar and Zahora to the lighthouse of Trafalgar. Nelson led the British Navy into a famous victory against the combined French and Spanish fleets just off the coast here in 1805. After a break for lunch at the beach of Los Caños de Mecca, we cycle up into the pine woods of the Natural Parque de la Breña, and the views open up as we ascend. The last part of the ride goes through farmlands and finally we reach our hotel for the next two nights in Vejer de la Frontera. In the afternoon we meet a local guide who will tell us more about the history of Vejer during a stroll through town, past the Roman walls, Visigoth hermitage and castle, combining both Moorish and Christian architecture.

Our total cycling distance today is approximately 33 kilometres (550 metres total accumulated ascent).



ACCOMMODATION:  
Hotel Convento San Francisco (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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## **DAY 3 - Loop ride through nature reserve and rice paddies to coastal town Zahara de los Atunes**

In the morning our cycle route leads back to the Breña nature reserve, then downhill to the coast. We go through the towns of Barbate and Zahara de los Atunes; two of four places in Spain (all in the Cadiz region) that still specialise in the 'Almadraba' - a 3000-year-old Phoenician technique for trapping Atlantic tuna fish as they pass into the Mediterranean for spawning (late April/early May for 6 to 8 weeks). A local specialty available year round is 'mojama' - salted and dried tuna loin. Our route then traverses vast rice paddy fields on the route back to Vejer. Most of today's route is easy going, largely flat

with short ascents of max. 50 metres, until the 175 metre climb at the end.

Our total cycling distance today is approximately 60 kilometres (700 metres total accumulated ascent).



ACCOMMODATION:

Hotel Convento San Francisco (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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#### **DAY 4 - Traverse holm oak woods and big finca estates on bike ride to medieval Medina Sidonia**

Today we leave Vejer behind as we cycle further inland to the hill top town of Medina Sidonia via Benalupe and the Barbate reservoir. Our route passes fighting bull fincas (estates) and open holm oak woods called dehesas and allow for some stunning views back to the coast. Medina Sidonia might be smaller than Vejer but it has a beautiful grand plaza, medieval Moorish architecture, narrow streets and a stunning viewpoint near the castle ruins on top of the hill. Even the bay of Cadiz can be seen from here on a clear day.

Our total cycling distance today is approximately 67 kilometres (950 metres total accumulated ascent).



ACCOMMODATION:

Hotel Tugasa Media Sidonia (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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## **DAY 5 - Cycle past the Moorish castle in Girona, through orange and almond orchards to Arcos de la Frontera**

After breakfast we leave Medina Sidonia and immediately descend to Paterna de Rivera. Our route continues along gravel roads past the Moorish Girona castle to San Jose del Valle, which dates back to Roman times. Cycling through orange and almond orchards we reach a small family-run vineyard that specialises in Jerez or sherry vinegar and Tierra Blanca white wines. We don't include wine tasting as there is some cycling to complete, not least the last steep hill at the end to reach the hotel in Arcos de la Frontera. Strategically located on a steep cliff, Arcos was one of the most important frontier towns in the region during the Reconquista.

Our total cycling distance today is approximately 54 kilometres (800 metres total accumulated ascent).



**ACCOMMODATION:**  
Hotel Los Olivos (or similar)



**Grade: Comfortable Hotel**



**SINGLE ROOM AVAILABLE**



**MEALS PROVIDED: BREAKFAST**

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## **DAY 6 - Final ride passing riverside towns to Jerez de la Frontera. Included sherry tasting. Optional flamenco**

Our final and relatively easy cycle ride will take us from Arcos to Jerez passing vineyards, olive groves, ancient settlements and riverside towns with pretty, pastel-coloured houses. Approaching the beautiful, historic town of Jerez we follow cycle lanes through modern suburbs before reaching the old centre of town.

Jerez is the apex of the famous 'sherry triangle' and home to innumerable sherry bodegas and tabancos (bars selling sherry from the barrel poured by a skilled venenciador). Not the sweet cream variety that is known in Britain, the Spanish original fortified wine is dry and best served fresh and chilled - the perfect accompaniment to tapas. In the afternoon we will plan a visit to a renowned bodega to learn about and try different types of sherry. Later in the evening there should be the option to see a flamenco show and a meal to celebrate the end of the holiday and reflect on our completed cycle journey.

Our total cycling distance today is approximately 42 kilometres (440 metres total accumulated ascent).



**ACCOMMODATION:**  
Hotel Itaca (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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### DAY 7 - Trip ends in Jerez

The trip ends this morning at our hotel in Jerez after breakfast.

There are no activities planned today, so you are free to depart from at any time. If your flight is departing later in the day, luggage storage facilities are available at our hotel. If you would like to receive a complimentary airport transfer today, you'll need to depart from Jerez Airport (XRY), which is a ten minute train ride away and our hotel is located about 600m from the train station. If not accompanied to the airport you will be given detailed instructions and the train ticket by your Tour Leader in the hotel.



MEALS PROVIDED: BREAKFAST

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## Trip information

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### Country information

#### Spain

##### Climate

Overall, spring, early summer and autumn are ideal times for a Spanish trip - though the weather varies enormously from region to region. The high central plains suffer from fierce extremes, stiflingly hot in summer, bitterly cold and swept by freezing winds in winter. The Atlantic coast, in contrast, has a tendency to damp and mist, and a relatively brief, humid summer. The Mediterranean south is warm virtually all year round. Spain's Islands the Canaries and Balaerics experience very mild winters and warm summers making them ideal year round destinations.

##### Time difference to GMT

+1

##### Plugs

2 Pin Round

##### Religion

Roman Catholic

## Language

Castilian Spanish, Catalan, Galician, Basque

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## Budgeting and packing

### Optional activities

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these tour notes were originally issued but may change at any time due to currency fluctuations. Please note: These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract.

Cadiz

Cathedral 5 Euros

Jerez

Flamenco evening show and meal - from approximately 45 Euros per person

Cathedral 5 Euros

Alcazar 5 Euros

### Clothing

When cycling: quick drying cycle tops, padded cycle shorts, lightweight wind and waterproof jacket and warmer breathable layers where local conditions require. Cycling gloves are strongly recommended as they will protect you from sunburn and may also help protect your hands if you fall.

General: Pack essentially for hot or mild weather depending on the time of the year. A warm sweater or fleece and long trousers are advisable for the evenings especially in early and late season when the weather tends to be cooler. A rain jacket is also recommended.

### Footwear

If you are not bringing cycle shoes then try to bring stiff-soled shoes as these are better for cycling - transmitting your energy into the pedals more efficiently. This becomes more relevant and recommended the more demanding the grade and distances to cover. SPD cycle shoes are not well suited to tours that combine sightseeing with cycling so please check the trip notes.

Comfortable shoes, trainers, sandals or flip flops are useful when not on the bike.

### Luggage

20kg

### Luggage: On tour

We recommend you bring a daypack and one main piece of luggage (total allowance: 44lb/20kg) which will be transported between hotels while you cycle. Check the bike details section to see if a pannier or handlebar bag is provided on the bike. Remember you are expected to carry your own luggage so don't overload yourself.

### Equipment

On all Explore cycle holidays we strongly recommend you bring along and wear your cycle helmet. It is a legal requirement in Spain to wear a helmet that meets current safety criteria. In case of an accident resulting in personal injury, certain insurance policies are invalidated in cases where a helmet was not being worn.

Cycle glasses to protect against dust, pollen and the sun. A water bottle or water delivery system (e.g. camelback or platypus) is also useful. You may choose to bring your own gel seat cover for added comfort. If a handle bar bag or pannier is not provided (check bike details) then you may like to bring a small rucksack to wear while cycling. Other items to consider bringing are a sunhat and sun cream, torch, earplugs and insect repellent. Please carry some or all of your cycling equipment e.g. helmet as part of your hand luggage.

## Tipping

### Explore leader

Tipping isn't compulsory, and we work hard to ensure that our leaders all receive a fair wage. You may however, want to recognise a leader that has done a great job or really added to your trip by giving them a tip. We're often asked about the recommended amount. It is a tricky one, and down to personal preference, but we would recommend £15 to £20 per person per week as a guideline.

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### Local crew

Although voluntary, tipping is a recognised part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided. Accordingly, you should allow approximately £20 of local currency for tipping. In order to make things easier for you, the Explore Leader may organise a group's tips kitty and if this is the case, they will account for it throughout the trip.

## Spain

### Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Lunch price	Dinner price	Beer price
£8.00 - 12.00	£16.00 - 20.00	£1.50 - 3.50 (depending on the region/area in Spain)

**Water price**  
£1.4

### Foreign Exchange

Local currency	Recommended Currency For Exchange
Euros	We recommend you take the majority of your spending money in Euros cash.



### **Where To Exchange**

We recommend that you change any currency into Euros prior to arrival. Bureau de Change are generally only found in major cities and large airports.

### **ATM Availability**

In cities and most major towns.

### **Credit Card Acceptance**

Visa and Mastercard are generally accepted in larger restaurants and some shops.

### **Travellers Cheques**

Not recommended.

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## **Transport, Accommodation & Meals**

### **Transport Information**

Bicycle, Train

### **Accommodation notes**

Comfortable - Our mid-range accommodation offers a good level of service often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en-suite facilities.

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## **Essential Information**

### **Government Travel Safety Advice**

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office advice [click here](#).

For more information from Explore about travel advice, [click here](#)

### **Under 18 immigration guidance**

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

### **Price Guarantee**

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

### **Visa and Passport Information**

Spain: Visas are not required by UK, Australian, New Zealand, US and Canadian citizens. Other nationalities should consult their local embassy or consular office.

If you do require assistance in obtaining a visa then you may be able to apply through Explore's recommended visa service in the UK, Travcour. See [www.travcour.com](http://www.travcour.com) to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

## Booking conditions

Before booking your Explore trip, please ensure that you read both our Essential Information and Booking Conditions.

## Transfers

Find out more about [Trip Transfer Terms and Conditions](#) before you book.

### Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

### Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The complimentary transfers will be arranged from the Explore designated airport or train station to your trips joining point, and then back from the ending point to the designated airport or train station. Generally the airport or station that Explore have selected will be the one that is closest to the town or city where the trip starts, or the one nearest to the joining point. It will be either an airport or train station but not both.

The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Polar, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer [click here](#)

## Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully

cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. The cost of many of our Polar Voyages will exceed the capped amount covered by standard insurance premiums and you will be required to pay an additional premium to cover the full value of your trip. Please ensure that you are covered for the full amount of your holiday cost, as insufficient cover could invalidate a claim under the policy. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

Read more information about what travel insurance is required.

## **Flight information**

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. Read more about them here.

### **Flight Information**

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

### **Booking a flight inclusive package with Explore**

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

## **Spain**


### **Vaccinations**

Nothing compulsory but Tetanus is usually recommended as a precaution. Please check the latest requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at Explore Travel Health and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.

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## **Cycling information**

## DAILY DISTANCES

Day 2		33km
Day 3		60km
Day 4		67km
Day 5		54km
Day 6		42km

### General cycling information

On this tour we cycle 256 km over five days (an average of 51 km per day). The terrain is undulating with at least one daily steep ascent, often at the end of each ride. The route mostly follows quiet tarmac lanes and secondary roads with little traffic and unsurfaced tracks where occasional sections are sandy, stony or uneven. Inevitably, near the larger towns we will encounter more traffic. The Tour Leader leads the rides while luggage is transferred between hotels. A support vehicle does not accompany the rides. We have graded the route as moderate.

### Bike included

24 gear Stevens hybrid bike with front suspension.

### Bike information

Your included bike is a 24 gear Stevens hybrid with front suspension and will be the correct frame size for your height. A pannier and water bottle holder are included as well as the facility to fit your own pedals or saddle if you wish to bring them. We provide spare parts and take care of the day to day maintenance. All you need to bring is your own helmet.

### Cycling grade

Moderate

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### Additional Information



CCJ\_Map

## Why book this trip

Unlike many other operators, we include the hire of your bike in the overall cost of the holiday: you don't need to bring your own or pay extra to hire one locally. We also provide spare parts and take care of day to day bike maintenance. All you need bring is your own helmet.

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## Reviews



**AWARD WINNING  
EXPLORE LEADERS**



**PRICE GUARANTEE  
PROMISE**



**AIRPORT  
TRANSFERS**