



## Self-Guided Cycle Andalusia

SPAIN - TRIP CODE CSJC

CYCLING

### Why book this trip?

Discover the south western corner of Andalucía on two wheels. Cycle from historic Jerez de la Frontera to Conil then along the Costa de la Luz past golden sands. 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
- **Cádiz** - Historic port with plazas and old town imbued with atmosphere and character



**INCLUDED MEALS**  
Breakfast: 7



**TRIP STAFF**  
None



**TRANSPORT**  
Bicycle



**ACCOMMODATION**  
7 nights  
comfortable hotel



**CYCLING GRADE:**  
Easy To  
Moderate

## Itinerary

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

### DAY 1 - Holiday starts Jerez de la Frontera

After arriving in Jerez de la Frontera and checking into your hotel, we recommend spending time exploring this historic city. 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.

Private transfers are available from Jerez Airport (XRY), Seville Airport (SVQ) or Gibraltar Airport (GIB). Please contact our self-guided team for further information. There is also a direct train from Jerez Airport (XRY) to Jerez Railway Station. From the station, your hotel is a short walk away of around five minutes, or you can take a taxi.



**ACCOMMODATION:**  
Hotel Spa Jerez (or similar)

**Grade: Comfortable Hotel**



**SINGLE ROOM AVAILABLE**



## DAY 2 - Cycle from Jerez to Arcos de la Frontera

Leaving Jerez you follow a lovely route passing vineyards, ancient settlements and riverside towns. Quiet country roads and gravel tracks alongside the River Guadalete take you past villages full of pretty, pastel-coloured houses and on towards Arcos de la Frontera. You may like to stop and try the local Tierra Blanca white wines en route.

Your total cycling distance today is approximately 48 kilometres (450 metres total accumulated ascent and 350m total accumulated descent).



**ACCOMMODATION:**

Hotel Los Olivos (or similar)



**Grade: Comfortable Hotel**



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

---

## DAY 3 - Circular route around Arcos de la Frontera

Today's ride is a circular loop along quiet interior roads, through vast areas dedicated to agriculture and you can choose between a longer and shorter variation. The rest of your free time can be spent at leisure in Arcos. Arcos was one of the most important frontier towns during the Reconquista, and where the name 'de la frontera' originates. Follow the old Arabic walls, passing the impressive Castillo de los Duques, as you make your way to the Iglesia de San Agustin with its fantastic viewpoint over the river and rich fertile valley of orange, almond and olive trees. You may like to have a look at the unique miniature art museum and lunch at one of the array of restaurants.

Our total cycling distance today is approximately 53 kilometres (575 metres total accumulated ascent and 575 metres total accumulated descent). There is a shorter ride available today of 20 kilometres.



**ACCOMMODATION:**

Hotel Los Olivos (or similar)



**Grade: Comfortable Hotel**





SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

---

#### **DAY 4 - Pedal from Arcos to medieval Medina Sidonia**

Follow a winding road, passing orange and almond orchards through the town of Junta de los Rios where two rivers converge. Passing through San Jose del Valle, which dates back to Roman times, and the impressive El Tempul, you can choose between the direct route along gravel roads past the Moorish Gigonza castle or a the more challenging route along quiet but winding tarmac roads past vast estates. Both routes come together in Paterna de Rivera, famous for its healing waters before arriving in Medina Sidonia. Medina Sidonia 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 48 or 60 kilometres (650 metres total accumulated ascent and 500 metres total accumulated descent or 800 metres total accumulated ascent and 650 metres total accumulated descent).



ACCOMMODATION:

Hotel Tugasa Media Sidonia (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

---

#### **DAY 5 - Ride from Medina Sidonia to Vejer de la Frontera**

Today's route passes fighting bull 'fincas' (estates) and open holm oak woods called 'dehesas' and allow for some stunning views of the coast. Cycle along a lovely greenway (dedicated cycle path) then criss-crosses this stunning landscape for irresistible views of dark green meadows as they melt into the Sierra de Cadiz before you finally reach the most picturesque of our three white frontier villages: Vejer de la Frontera.

Our total cycling distance today is approximately 37 kilometres (425 metres total accumulated ascent and 300 metres total accumulated descent). If you are feeling energetic, there is an option to extend today's ride to be 69 kilometres (700 metres total accumulated ascent and 575 metres total accumulated descent).

descent).



ACCOMMODATION:

Hotel Tugasa Convento de San Francisco (or similar)



**Grade: Comfortable Hotel**



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

---

## **DAY 6 - Circular route exploring Vejer de la Frontera**

Discover the Roman walls of Vejer, its Visigoth hermitage and castle at the highest part of the old town combining both Moorish and Christian architecture. Pause for lunch in one of the many cafes and restaurants, or walk up to the highest point with panoramic vistas and picnic next to the lovingly restored windmills of San Miguel. For those who want to cycle in the morning, we have described an interesting route first alongside the river Barbate, then across vast rice fields to the beach of Zahara de los Atunes and finally uphill across the nature reserve Parque Natural de la Breña y Marismas del Barbate. Most of the 200 of the total 375 metres ascent is during this last ascent from the coast back to Vejer; the rest is relatively flat, with short ascents. There is an option of shortening the route to 23km but missing the most interesting part!

Our total cycling distance today is approximately 23 or 60 kilometres (375 metres total accumulated ascent and descent or 600 metres total accumulated ascent and descent).



ACCOMMODATION:

Hotel Tugasa Convento de San Francisco (or similar)



**Grade: Comfortable Hotel**



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

---

## DAY 7 - From Vejer de la Frontera to Conil then transfer to Cádiz

Cycle to the coast today, with a choice of routes, both ending in Conil de la Frontera. The longer route heads east, past Barbate, and the pretty surf village of El Palmar. Taking the shorter route affords you more time to wander around the whitewashed houses of Conil de la Frontera, before being driven (30 minutes) to our cosy hotel in the centre of Cádiz.

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 surrounded by water and is a highlight of 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.

Our total cycling distance today is approximately 24 kilometres (125 metres total accumulated ascent and 250m total accumulated descent) or 34 kilometres (250 metres total accumulated ascent and 370m total accumulated descent).



ACCOMMODATION:  
Hotel Argantonio (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

---

## DAY 8 - Holiday ends Cadiz

After breakfast, the organised part of your holiday comes to an end.

Private transfers are available from Cadiz to Seville Airport (SVQ) and Gibraltar Airport (GIB). Please contact our self-guided team for further information.



MEALS PROVIDED: BREAKFAST

---

## Trip information

---

---

## 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	Plugs	Religion
+1	2 Pin Round	Roman Catholic

#### Language

Castilian Spanish, Catalan, Galician, Basque

---

## Budgeting and packing

### Clothing

Bring cycling gear such as quick drying cycle tops, padded cycle shorts and cycle gloves. Remember that the weather is slightly more changeable in northern Spain, and it can be cool, especially at night and at the start and end of the season, so bring a warmer jacket/fleece. A waterproof cycle jacket is recommended in case of rain. A light windproof jacket is always useful.

### 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.

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

### Luggage: On tour

Bring one main piece of baggage as per your airline luggage allowance, maximum 20 kg per person. Remember you are expected to carry your own luggage if using public transport so don't overload yourself. Luggage transfers between hotels are normally arranged by the hoteliers. Please note luggage transfers are restricted to 15 kg per person, any additional weight will need to be packed in your day bag or pannier bag. Mark your bags clearly and leave them at the place and time arranged with them. When travelling on public transport you should always take your luggage with you.

### Luggage transfer

Included between each hotel.

## 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, insects, pollen, sun etc) , cycle gloves (padded for more comfort) and a water bottle or water delivery system (eg camelback or platypus). Please note that it is a legal requirement to wear a helmet while cycling in Spain (minimum fine 200 Euros). In case of an accident resulting in personal injury, certain insurance policies (explore included) are invalidated in cases where a helmet was not being worn. 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. A lock, pump, spare inner tube and puncture repair kit with tyre levers is provided with the bike. Please carry some or all of your cycling equipment e.g. helmet as part of your hand luggage.

## 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.



---

## Transport, Accommodation & Meals

### Transport Information

Bicycle

### Recommended airport

Jerez Airport (XRY), Seville Airport (SVQ) or Malaga Airport (AGP)

### Flying to your destination

Jerez Airport (XRY) and Seville Airport (SVQ) are served by low cost airlines (including Ryanair) direct from London. Malaga Airport (AGP) is served by schedule airlines (including British Airways and Ibera) and low cost carriers (including EasyJet and Jet2) with direct flights from London and Manchester.

### 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.

### Arrival and departure information

For this trip you can fly into and back from Jerez Airport (XRY), Seville Airport (SVQ) or Malaga Airport (AGP)

From the airport to Jerez

Jerez Airport (XRY)

By bus : You can take a shuttle bus from Jerez Airport to the bus station in Jerez city centre. Line M-050 (direct) with departures at 15.15 (weekends and holidays) and 16.15 (Monday to Friday). Travel time is approximately 30 minutes.

For more information on transport to/from Jerez Airport, please go to

[http://iu.cmtbc.es/en/horarios\\_lineas.php?municipioLineas=42](http://iu.cmtbc.es/en/horarios_lineas.php?municipioLineas=42)

By train: Renfe offers a few services from Jerez Airport to Jerez city centre. Lines C-1 and MD, with several services a day from the airport. Travel time is approximately 10 minutes. For more information on transport to/from Jerez Airport, please go to:

Seville Airport (SVQ)

By bus : Bus from Seville Airport to Sevilla-Santa Justa train station in the city centre: Bus EA, every 30 minutes from 05:20 to 01:15. Travel time is approximately 20 minutes. For more information on transport from/to Seville Airport (SVQ) please go to <http://www.aena.es/enevillaairport/index.html>

By train: From Santa Justa station, you can take the train to Jerez de la Frontera. There are several services per day and travel time is about 1 hour. For more information and timetable from Seville to Jerez

de la Frontera, please go to

#### Malaga Airport (AGP)

Shuttle bus from Malaga Airport to the bus station in Malaga city centre: Bus 75 (Express Line A), every 30 minutes from 07:00 to 00:00. Travel time is approximately 20 minutes.

For information on Malaga Airport (AGP) please go to: <http://www.aena.es/en/malagaairport/index.html>

Bus from Malaga city centre to Cadiz via Algeciras. This service is run by Transportes Generales Comes, with daily departures at 7.30, 13.30, 15.30 and 20.00 hrs. Travel time is 4 hours. For more information, go to

Bus from Cadiz to Jerez: Line M-050 run by the same company, with two departures a day.

Please see further details at [http://iu.cmtbc.es/en/horarios\\_lineas\\_tabla.php?linea=16](http://iu.cmtbc.es/en/horarios_lineas_tabla.php?linea=16)

---

## 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, US, New Zealand, US or Canadian citizens. Other nationalities should consult their local embassy or consular office.

All visa information is subject to change. You should confirm all visa related questions with the relevant Embassy prior to departure.

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.

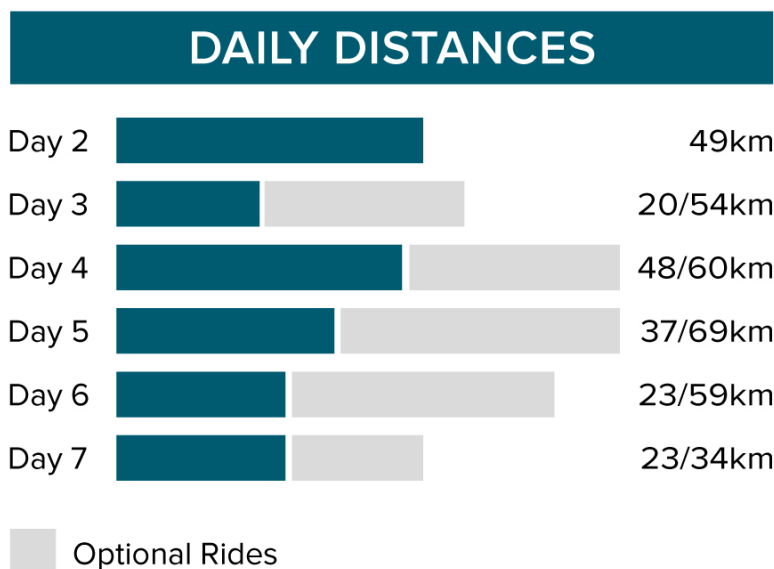
## Spain

### 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.

---

## Cycling information



### General cycling information

On this tour we cycle 232 km over six days (an average of 39 km per day) with longer rides

available on days four and six. 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. We have graded the route as easy to moderate.

### **Bike included**

Included between each hotel.

### **Bike information**

Your included bike is a 27 gear Bergamont Horizon hybrid with front suspension or similar make and model 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. All you need to bring is your own helmet.

Electric bikes (available for an additional cost) will be the Ecobike Elegance. Please note this is with a 26" unisex step-through frame. A pannier is included. Please contact us for more details or to request your e-bike.

### **Cycling grade**

EasyToModerate

---

### **Additional Information**



---

## Reviews

---



**AWARD WINNING  
EXPLORE LEADERS**



**PRICE GUARANTEE  
PROMISE**



**AIRPORT  
TRANSFERS**