Cycling in Andalucia

Trip Code: SGAC

Version: SGAC Cycling in Andalucia

CYCLE	SELF-GUIDED	5 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

- 7 Breakfasts
- 7 nights Hotel

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 a couple of easier cycling days of 25-45km 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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DAY 1

Arrive in Antequera, the hidden jewel of Andalucia, and discover the history of this little city.

Arrive at your accommodation in opulent Antequera, with its collection of red-tiled roofs and 30 church steeples. This is one of Andalucia's most majestic cities. Surprisingly, it is overlooked by many in favour of neighbouring Granada, meaning the atmosphere here is delightful without the constant buzz of crowds. Antequera dates back to Palaeolithic times thanks to its ideal location and natural riches, which were ideal for survival. Some of the most significant evidence of prior habitation includes vast Bronze Age burial mounds, Roman baths, Moorish castles, Gothic churches, Renaissance fountains, and Baroque towers - all waiting for you to discover them. In summer, the fields surrounding the town are filled with sunflowers, creating the perfect living picture frame.

Accommodation
Hotel

DAY 2

Pedal through beautiful Spanish countryside to Lucena, in the olive oil capital of Spain.

Today begins with an early morning welcome briefing at which our local representative will fit you with your bike for the rest of your adventure and will answer any questions that you may have about the route. Then you can ease into your trip by taking take time to explore a bit more of Antequera if you like. When you have finished taking in this fascinating city, it is time to begin your adventure on two wheels. Today's route is a hillier one, with five climbs to tackle as you cycle through olive groves and towns - an e-bike might be your best friend (ask our Sales Team for more information). After heading out of Antequera on busier roads, you will soon find yourself on a greenway cycle path that runs along an old railway line through beautiful countryside to Lucena, where some of the world's best extra virgin olive oil is produced - Aceite de Lucena. Once checked in to your hotel you can relax and enjoy dinner in one of the local restaurants.

Meals: **B**

Accommodation
Hotel

Ascent
710M

Descent
760M

Distance
65KM

DAY 3

Pedal through olive groves to Dona Mencia and be immersed in the traditional way of life.

Today is a shorter day of cycling that is easier on your legs, so you can enjoy a leisurely breakfast before hopping back onto your bike to re-join your greenway cycle path along the old railway line. You keep cruising along through picturesque landscapes as you head deeper into this famous olive oil producing region until you reach Dona Mencia, your home for tonight. Nestled in the foothills of the Subbetica mountains you are now immersed in the beautiful landscape of the Sierra Subbetica Natural Park with its limestone mountains, valleys dotted with groves of gall oak and holm trees, poplar-lined rivers, and hillsides blanketed with olive groves and vineyards. The welcoming people of this region make their living mostly from agriculture and are very tradition-conscious. Lose yourself in the town's labyrinth of narrow streets and admire the castle ruins before being embraced by the warm local hospitality with dinner at one of excellent local restaurants.

Meals: **B**

Accommodation	Ascent	Descent	Distance
Hotel	270M	110M	45KM

DAY 4

Cycle to Cordoba, the enchanting city built on a wonderful fusion of cultures.

Today you will cycle to magical Cordoba, former European Capital of Culture, framed by the foothills of the Sierra Morena. This romantic area is surrounded by pine forests and provides a special solitude as you cycle through empty streets and past farms that breed the famous fighting bulls of Andalucia. Arriving in Cordoba you will have time to explore the impressive city built on a fusion of cultures. Explore the architectural marvel that is the 'mosque-cathedral', the Mezquita, with its 'forest of a thousand pillars' and ornate prayer rooms - a handsome blend of Islamic and Christian styles. Stroll down the charming Calleja de las Flores, a very pretty little street with whitewashed walls adorned with vibrant blooms. Visit the Torre de la Calahorra, a medieval fortress offering panoramic views of the city. Admire the Patios de Cordoba, private courtyards bursting with colourful flowers. In the evening you can soak up more of Cordoba's fascinating history and enjoy dinner in one of the local restaurants.

FERIA DE LOS PATIOS: Every May the courtyards and patios of the houses in the old quarter of Cordoba are open to the public as part of the Feria de Los Patios competition, when the locals compete for the precious title of the prettiest space.

Meals: **B**

Accommodation	Ascent	Descent	Distance
Hotel	430M	950M	60KM

DAY 5

Cycle through the Guadalquivir Valley to Palma del Rio.

This morning you will have further opportunity to explore more of Cordoba before hopping on your bike to cycle to Palma del Rio. Today you will set off along a gravel track that follows the route of an old Roman road before heading onwards through the Guadalquivir Valley, following the Guadalquivir River as it winds its way towards Palma del Rio. Nearby Ecija is the capital of Purebred Spanish Horse breeding and you will pass several stud farms along your route - be sure to pause to admire these magnificent animals. Arriving in Palma del Rio, you will be welcomed by the fragrant orange trees that line the main street. These are particularly stunning when in bloom and the scent of orange blossom fills the town. Once checked in to your accommodation for the evening you will have time to stroll through the town and enjoy the local delicacies at a nearby restaurant.

Meals: **B**

Accommodation	Ascent	Descent	Distance
Hotel	320M	360M	60KM

DAY 6

Ride through the rolling landscape of the Campina of Seville and discover the many sights of Carmona.

You begin by following the Guadalquivir River again today before riding on through the lush rolling landscape of the Campina of Seville. A final ascent leads you to your goal for the day, Carmona. Documented as one of the oldest towns in Mainland Europe, Carmona has lots to offer including the impressive Alcazar de la Puerta de Seville, a Moorish Fortress and defensive gate, part of which is now a Parador where you can enjoy a coffee stop with a view. The town has not changed much in the past 150 years and you can take a step back in time as you walk through the old Jewish quarters and the network of narrow cobbled streets filled with charm. We recommend taking time to visit the farmers' market where you can pick up delicious local produce as well as admire the architecture of what was once a convent. When you have finished exploring, you can enjoy some of the excellent local cuisine in one of the town's inviting restaurants.

Meals: **B**

Accommodation	Ascent	Descent	Distance
Hotel	240M	80M	55KM

DAY 7

Cycle to Brenes, discover Seville, listen to flamenco, and make a toast to a great week of cycling.

On your final ride of the week you will follow an enjoyable downhill route taking you across the gentle rolling plateau of Alcores, one of the most fertile agricultural areas of Andalucia. With this lush green backdrop you will pedal past the former haciendas of the Kingdom of Seville, now large farms, that line the roads. For centuries, the nearby town of Alcala de Guadaira has supplied Seville with bread and water and is said to be one of the founders of flamenco - listen out for its familiar notes as you cycle along. Your ride draws to an end in Brenes, where you will say farewell to your bike and take the train to Seville - a must for Opera lovers. Three of the most important operas are performed in the city: Don Juan the seducer, the cunning barber Figaro, and Carmen the femme fatale who lost her life somewhere between the tobacco factories and the bullfighting arena. You will have time to explore this mesmerising city as it entices you with the sound of flamenco coming from the nearby bodegas and you soak up its intoxicating mix of architecture, food, and history. In the evening we recommend taking a stroll to the largest Gothic cathedral in the world, located in the heart of the city, and enjoying a glass of wine in its shadow as the sun sets - the perfect end your discovery of Andalucia on two wheels.

Meals: **B**

Accommodation
Hotel

Descent
200M

Distance
25KM

DAY 8

Departure Day.

Enjoy a relaxed breakfast at your accommodation and perhaps a little more sightseeing in the city before making your onward journey from Seville.

Meals: **B**

Holiday Information

What's Included

- All accommodation as described
- Meals as described in the Meal Plan
- Self-guided information pack containing your route notes
- Andalucia guide book
- Luggage transfers
- Train journey from Brenes - Seville excluding your bike
- Upgraded bike hire
- Welcome briefing
- Navigation App and GPX tracks available

What's not Included

- Travel insurance
- Travel to Antequera
- Travel from Seville
- 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
- Local transfers
- Personal equipment
- Bike helmet
- 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).

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 Andalucian 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 Andalucians 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 Andalucia 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 Andalucian 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 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 children's bikes, trailers, and child seats. Please ask our Sales Team for details.

Upgrade to an E-bike

If you are looking for an extra boost whilst in the saddle, you can upgrade to an e-bike to make your ride 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-pedalling 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 a supplement of £110 - please 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

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.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

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.

Currency

The currency for part or all of this holiday is the Euro.

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 and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

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 14/10/2026 and the trip is subject to change