

Self-Guided Cycling: Alicante to Valencia

Trip Code: SGAV

Version: SGAV Self-Guided Cycling: Alicante to Valencia



CYCLE



SELF-GUIDED



LEISURELY



HIGHLIGHTS

- Cycle through mountain landscapes to the vineyards of Xalo
- Discover the beauty and wildlife of the Marjal de Oliva-Pego and Albufera Natural Parks
- Feast on Spains national dish, Paella, in the place it was first created
- Explore Valencia, home to the Holy Grail and fall in love with this cultural city

AT A GLANCE

- Self-Guided
- 5 days cycling
- Daily departures available
- Bike Hire Included
- Join at Alicante/ End in Valencia

ACCOMMODATIONS & MEALS

- 6 Breakfasts
- 4 nights Hotel with swimming pool
- 2 nights Hotel

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

Introduction

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

Cycling up to 50 km a day you will have plenty of time to discover the colourful houses of Villajoyosa, sample the produce of the wineries in Xalo and watch the multitude of wildlife in the Marjal de Oliva-Pego and Albufera natural parks, not to mention the plentiful opportunities to take a dip in the Mediterranean. Plus, staying in a fantastic selection of 3* and 4* accommodation on a B&B basis you can be sure of a warm welcome at the end of each day. As your week in the saddle comes to a close you will arrive in Valencia for a taste of city life. We recommend adding additional nights in Valencia so you can experience all this fantastic city has to offer.

Is this holiday for you?

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

Itinerary

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DAY 1

Arrive in Alicante and explore the old town and the city's beautiful parks.

Arrive in Alicante, dubbed the 'City of Light'. Located in the heart of the Costa Blanca, the city is one of the most important destinations along the coast and has been moulded by the many who have arrived in the port in search of new trade routes, from Phoenicians, Greeks, Romans and Arabs. Take time to explore this fascinating city beyond its beaches with a visit to the Santa Barbara Fortress which stands watch over the city from Mount Benacantil; wander through the old town and step inside the gothic church of Santa Maria, built on an old mosque; and enjoy a coffee in the Town Hall square. Staying in a quiet part of the city you may choose to relax in the nearby Parque La Marjal with its scenic ponds and walking trails. In the evening take a stroll along Explanada de Espana with its bustling evening scene and many restaurants to enjoy.



Accommodation





Hotel with swimming pool

DAY 2

Discover Torre de la Illetta, keeping watch for pirates and the colourful houses of Villajoyosa as you cycle to Benidorm.

Your first ride of the week will allow you to explore the wonderful countryside surrounding Alicante, before returning you to the coast to ride along the promenade towards your first goal, El Campello, with plenty of opportunity to stop for a dip in the sea as you go. Reaching El Campello you won't help but notice Torre de la Illetta standing proud over the marina, a watch tower dating back to 1554, built to keep watch for incoming pirate attacks. You will have time to visit the tower and the neighbouring archaeological site of La Illeta Banyets which sits on a peninsula protruding into the clear blue waters. From here the streetcar tram will take you and your bike along the coast to the colourful town of Villajoyosa, a beautiful village filled with colourfully painted townhouses. Be sure to take time to meander your way through the old town and perhaps enjoy lunch in one of the pretty squares before hopping back on your bike. Saying farewell to Villajoyosa, you can enjoy your final ride towards Benidorm, a town that started as a small fishing village now has a skyline dominated by skyscrapers against the most stunning backdrop of mountains and inviting blue waters. Staying at the far side of Benidorm in a quiet part of town you can toast to a great first day on the bike.

Meals: **B**

	Accommodation Hotel with swimming pool		Ascent 255M		Descent 210M		Distance 47KM
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DAY 3

Cycle between the mountains and sea to the historic town of Javea.

Having had a taste of the Benidorm charm, today you say farewell and ride away from the coast in search of the historic town of Javea. Your ride will take you along the coast to Albir, a beautiful town with broad tree lined avenues and an inviting blue flag beach. It is also home to the best preserved Roman ruins on the Costa Blanca with an open air museum showcasing the well preserved Roman baths. Take time to visit and enjoy a morning coffee before taking the tram to Benissa. Arriving in Benissa enjoy the far reaching views before hopping back on your bike to continue your ride between the mountains and sea. Winding your way inland towards the rural town of Xalo, with its many wineries and beautiful scenery, before descending to the coast to discover Javea with far reaching views along your way.

Javea is a historic town, a far reach from the bright lights of Benidorm, note the Tosca stone porticoes, gothic bay windows. Enjoy the evening strolling through the old town, visit the church of San Bartoleme and sample the local fare in one of the many fantastic seafood restaurants that line the promenade.

Meals: **B**





	Accommodation Hotel with swimming pool		Ascent 415M		Descent 605M		Distance 48KM
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DAY 4

Cycle through majestic Natural Parc of Marjal de Oliva-Pego and explore the history of Gandia.

Feeling refreshed, your ride today is one of contrasting landscapes as you head between the mountains towards Denia castle standing watch over the beautiful coastal town of Denia itself. It makes a lovely spot to pause, enjoy the culture and the warm hospitality of the local cafes. When you are ready to carry on pedalling your route will take you along the coast to the Marjal de Oliva-Pego natural park, a fantastic wetlands area teeming with flora and fauna from striking water lilies, yellow iris providing a colourful home for the herons, black-winged stilt and many more birds and reptiles. If you are a budding naturalist this is certainly a day to pack your binoculars. Historically a simple lake, Marjal de Oliva-Pego is now an area of vast wetlands filled with hiking and cycling trails to explore. When you have finished observing nature you continue your ride to your home for the night in Gandia, a destination that will immerse you in the glorious legacy of the region. Take a stroll through the historic centre, visit the many historic sites including the castle and Convent of Santa Clara, and enjoy dinner along the Passeig de les Germanies.

Meals: **B**

	Accommodation Hotel		Ascent 390M		Descent 415M		Distance 50KM
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DAY 5

Cycle through the mountains, farmlands and coast leading you to the historic town of Cullera.

Today's ride is the most challenging of the week as you climb your way through spectacular mountainous landscapes and villages, but, my goodness the effort is worth the reward. You can enjoy the far reaching views, quiet mountain roads through fragrant forests and picturesque ravines, not to mention the beautiful descent back towards the coast through farmlands. You have plenty of time along the way to stretch your legs and enjoy the hospitality of the villages along the way. Re-joining the coast you cycle through rice fields to the Cullera, nestled on the banks of the River Jucar, a town which epitomises the historic culture of the area with its Moorish fortress and Torre del Marenyet tower, which once kept watch for approaching pirates. Check into your hotel and immerse yourself in the essence of the Mediterranean in this quintessentially Valencian scenery and pristine beaches.

Meals: **B**

	Accommodation Hotel with swimming pool		Ascent 615M		Descent 640M		Distance 46KM
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DAY 6

Enjoy the tranquillity of Albufera Natural Park, the home of Paella, and end your journey in Valencia, a city steeped in culture.

Your final ride of the week is one of rural tranquillity as you make your way through vast farmlands and discover the spectacular Albufera Natural Park of Valencia. This magnificent park spans 223km and is filled with of paddy fields, forests and endemic species, the perfect disconnect to end your trip and the place where Spain's famous paella was invented. We recommend stopping off to sample this tasty dish in one of the local restaurants. As you cycle your way through this vast protected area you will spot locals still using traditional fishing methods on the lake and a plethora of birdlife. Leaving the tranquillity of Albufera behind you approach your final goal of the week- Valencia. Take time to explore Ciutat Vella, visit the Cathedral home of the Holy Grail, and venture up the 207 steps of the Miguelete tower for 360 degree views. In the evening you can toast to a great week in the saddle and your re-discovery of the Costa Blanca.

To truly appreciate the city and all it has to offer we recommend booking an additional night in Valencia to allow you time to visit the La Lonja UNESCO building, the Central market housing the biggest fresh produce market in Europe, and the magnificent City of Arts and Sciences Monuments. You could spend a whole day in the museums alone.

Meals: **B**

	Accommodation Hotel		Ascent 115M		Descent 110M		Distance 51KM
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DAY 7

Departure Day.

Enjoy a relaxed breakfast and further explore this fantastic UNESCO city before making your onward journey.

Meals: **B**

Holiday Information

What's Included

- All accommodation as described
- Luggage transfers
- Meals as described in the Meal Plan
- Self-guided information pack containing your map and route notes
- Bike hire
- Helmet

What's not Included

- Tourist tax if due is not included in the price
- Travel insurance
- Travel to Alicante / From Valencia
- Local transfers
- Visas (if applicable)
- Some meals as described in the Meal Plan
- Personal equipment
- Any additional activities/excursions indicated as optional

Your Self-Guided Pack & Route Notes

Each self-guided holiday comes with comprehensive route notes and a map or pocket guidebook of the area you are exploring. The route notes contain information about the places you will visit, about 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 signed for courier so that you can track your package and know that they are safely on their 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 you set 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 do inform our sales team so that we can make alternative delivery arrangements.

Self-Guided Families

Our Self-Guided Holidays are perfect for your next family holiday and are suitable for children of all ages.

Our partner hotels and accommodations are able to provide cots for young children, and some offer family rooms. We can also arrange hire of children's bikes and tag along bikes for 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, please read the itinerary details to ensure the distances covered each day are suitable for your family. If this is a first time walking holiday for your family, a centre based trip is a fantastic option as it allows you to easily opt out of a days walking if a day of building sand castles, swimming in the pool or visiting museums is calling.

Please discuss this further with our sales team who will be happy to assist in picking the best trip for your family.

Joining Arrangements & Transfers

The trip starts in Alicante and ends in Valencia. All of our self-guided holidays are sold on a Land Only basis allowing you the flexibility to choose the travel method which best suits you.

The nearest airport to Alicante is Alicante Airport with many departures from regional UK airports. From the airport it is just a 30 minute bus ride to the city. The shuttle bus operates every 20 minutes from outside the airport.

The trip finishes in Valencia and the nearest airport is Valencia Airport. It is possible to take the metro from the city straight to the airport. The metro operates every 5 minutes and the journey is approximately 30 minutes.

From Valencia it is also possible to return to Alicante on the direct ALSA bus from Valencia to Alicante city centre from where you can take the airport shuttle. The full journey takes approximately 2 and half hours.

Meal Plan

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

Food & Water

Water is drinkable from the taps on this holiday. Please fill your personal bottles for your day in the morning. We do not encourage the purchasing of single use plastic bottles.

The Mediterranean coast is characterised by its abundant vegetables and top quality fish dishes. This is no different on the Costa Blanca, with its 218km stretch of coastline it is full of delicious and unique cuisine, not to mention wonderful white wines. The people of Valencia know how to make wonders with a humble grain of rice, after all the city is surrounded by fields of it. It is no wonder the region is the birth place of Spain's famous paella though it is not the only starring rice dish in the region; Arroz al horno baked in a clay pot with meat and the crusted rice which is characterised by its baked egg on top are also delicious. Mojama is the dish to try whilst in Alicante, a typical tapas dish of the city made with salted Bluefin tuna served with bread and olive oil. As you make your way north through the region you look forward to enjoying the best fried seafood in Javea, thanks to its freshness and quality; and delicious red shrimp in Denia, known for their vibrant red colour. As you make your way inland meat takes over the menu with hearty dishes such as Olleta a popular choice, a stew made with beans, bacon and morcilla (blood sausage similar to black pudding) and cured veal. One of the many dishes referred to as 'platos de cuchara' translating to dishes with a spoon. These popular dishes were born out of necessity in the region when the poor needed to ensure nothing was wasted and leftovers were added to a pot with stock to make the next tasty dish. For those with a sweet tooth, be sure to stop in Villajoyosa to sample the chocolates and pastries, known to be the best in Spain.

Of course all of these fantastic dishes need something equally delicious to wash them down. The grape of Vinalopo is grown in the many vineyards you will cycle with and produces the Vinos de Alicante. What is better than enjoying a wine from the region you have cycled through?

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide 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 diet 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.

Accommodation

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

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

Bike Hire

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

Please note that it is a legal requirement to wear a helmet in Spain. We strongly recommend you to bring your own helmet with you for the best comfort however helmets are included as part of this trip.

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

E-bikes are also available at an additional supplement of £170. We are also able to arrange children's bikes. Please ask our sales team for details.

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 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.

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.

It is your responsibility to ensure that you have the correct travel documents and visas for your holiday. Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

Health & Vaccinations

Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations.

GHIC / Medical cover

UK residents should carry a free Global Health Insurance Card (GHIC). This entitles you to state provided medical treatment when you're visiting an EU country or Switzerland. This is not a substitute for medical travel insurance which is vital when travelling overseas.

Severe Allergies

Please inform our KE Sales and support team of any severe allergies you may have before travel. We will always do our best to help but we are unable to guarantee an allergy free environment on our KE trips. We advise that you always carry your own treatment for the allergy with you such as 'adrenaline auto-injectors' if required. We also recommend that you discuss this with your accommodation on arrival so that they can better assist you.

Preparing for your Holiday

The advantage of a self-guided cycling holiday is that you decide the pace. This trip is designed for regular leisure cyclists as the itinerary does include one steep climb on day 5. You should be comfortable with cycling 40-50 km a day on rural roads, side roads and cycle paths. It is always sensible to get some additional exercise before going on an active holiday and we advise you to dust off your bike and head out on a few rides before your holiday. After all, the fitter you are the more enjoyable your cycling will be.

Climate

The Costa Blanca has a Mediterranean climate, characterised by lots of sunshine (3000 hours each year - that's about 325 days of sunshine). Sea breezes help to moderate the temperatures during the hotter months when temperatures can reach up to 26 degrees in the summer. The spring and autumn months provide cooler cycling conditions with the odd day of rain too.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](https://www.gov.uk/travelaware)' 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 prior to 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. North Americans can also check out the U.S. Department of State website: 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 direct from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

Valencia and the Costa Blanca (Lonely Planet Regional Guides)

Costa Blanca Berlitz Pocket Guide (Berlitz Pocket Guides)

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

Equipment Information

SelfGuided Cycling Equipment List

- Cycling shorts
- Cycle helmet
- Functional base layer
- T-shirts
- Scarf
- Hat
- Windproof jacket
- Fleece / extra layer
- Rain protection
- Rucksack (approx. 20 l)
- Small first aid kit for your rucksack
- Sunscreen

- Water bottle or hydration pack
- Camera (batteries/memory card)
- Mobile Phone (ensure your data package covers your destination)
- Handlebar mount that is compatible with your smartphone
- Power bank
- Waterproof phone cover
- Sun glasses
- Personal wash kit
- Reusable cloth bag for shopping to avoid the use of plastic bags
- Tupperware for picnics

Cotswold Outdoor



Many of the Equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive 12.5% discount voucher from Cotswold Outdoor and other retailers.
[>> Find out more](#)

Land Only Information

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

All of our self-guided holidays are sold on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. You may even wish to make this holiday part of a bigger adventure or pair it with one of our other holidays. We can arrange additional nights accommodation before or after your self-guided trip, ask our sales team to find out more about this.

Our sales team will be happy to provide you a quote for scheduled flights or alternatively you may wish to book your own flights with a low cost carrier from your nearest regional airport.

Please DO NOT book your flights before you have received your booking confirmation and your deposit has been taken.

Why Choose KE

why KE?

Let us take you to rediscover the Costa Blanca and experience its rich culture. You won't regret it! We have included your hire bike in the cost of your trip so you can relax knowing it is all taken care of for you.

Please Note This document was downloaded on 17/05/2024 and the trip is subject to change