

CALDARIA

BIKE

ONE DESTINATION,
TWO COUNTRIES

Photographer: Brazo de Hierro



Photographer: Grant Gunderson

ROAD & MTB ROUTES
BETWEEN GALICIA
(SPAIN) AND PORTUGAL

CALDARIA
BIKEFRIENDLY HOTELS
Specialised in cycle
tourism



calDaria

BIKE



ARNOIA calDaria
HOTEL BALNEARIO



LOBIOS calDaria
HOTEL BALNEARIO

HOTELS

Bikefriendly
We like cyclists!

Countless possibilities are provided so the bike lovers only have to enjoy cycling with no other concerns, as our hotels belong to the Bikefriendly seal, where you can find all the necessary services to cover your needs and your bike's: bike storage space, workshop space including tools, washing area...

Moreover, our hotels specialised in cycle tourism, know how important it is to recover strength after a day cycling and hence we provide the best services adjusted to your needs.



ROAD&MT

Photographer: Brazo de Hierro

THE BEST DESTINATIONS



Photographer: Andreas Vigil



Photographer: Andreas Vigi

TB

www.caldaria.es



THE BEST ROUTES

Photographer: Jochen Haar

BIKEFRIENDLY HOTELS





ROAD

caldaria

BIKE



Photographer: Brazo de Hierro

ROAD TRAINING CAMP (GALICIA)



**7 DAYS
6 NIGHTS**
FROM: €/ pax.

O RIBEIRO

An excellent environment!

Arnoia is a reference thermal villa in the province of Ourense, one of the most important thermal complexes in Europe, and during the last years it has been linked to The Vuelta Ciclista (Cycling Tour) of Spain, both as sponsors and for hosting several of its stages.

Located in the District of O Ribeiro, it has a strategic location which provides benign weather during most of the year. The River Arnoia Canyon, the presence of the Miño River and the thermal waters, are their main distinguishing marks along with the setting of great scenic interest where highlights can be found such as the Ribeiro Monasteries, the vineyards and the Ribadavia historical ensemble. **YOU WILL HAVE AN ENJOYABLE TIME!**



INCLUDED

- .Accommodation in Caldaria Bikefriendly Hotels.
- . Full board.
- .Briefing & Welcome pack.
- .Information on routes: tracks and description.
- .Additional activities
- .Guide expert on routes
- .Road support vehicle.
- .Mechanical assistance service.
- .Provisioning on route.
- .Areas for bikes in the hotel: bike storage, washing area and workshop area with tools.
- .Basic accident insurance.

ADDITIONAL SERVICES TO BE CONTRACTED

- .Transfer (train or airport)
- .Bike hire



CALDARIA BIKEFRIENDLY HOTELS

- Arnoia:**
Arnoia Caldaria Hotel Balneario (Spa) (Ourense) Hotel****



INFO

- . Adaptation to Training Camp at two levels:
Intermediate level: average speed between 20-25 km/h
High level: average speed between 25-30 km/h
- . Full board:
Start: dinner of day 1.
End: breakfast of day 7.

- . Price per person VAT included in double room

SEASON RECOMMENDED: ALL YEAR AROUND
ROUTES: ROAD, INTERMEDIATE-HIGH LEVEL

TRAINING CAMP SCHEDULE

DAY 1

MORNING

AFTERNOON

Arrival at Arnoia Caldaria

DAY 2

MORNING



Route 1

AFTERNOON

Planning / Biomechanics

Joint session: Ambassador's talk

DAY 3

MORNING



Route 2

AFTERNOON

Planning / Biomechanics

DAY 4

MORNING



Ruta 3

AFTERNOON

Planning / Biomechanics

Joint session: Sport psychology

DAY 5

MORNING



Route 4

AFTERNOON

Planning / Biomechanics

DAY 6

MORNING



Route 5

AFTERNOON

Planning / Biomechanics

Joint session: Sport nutrition

DAY 7

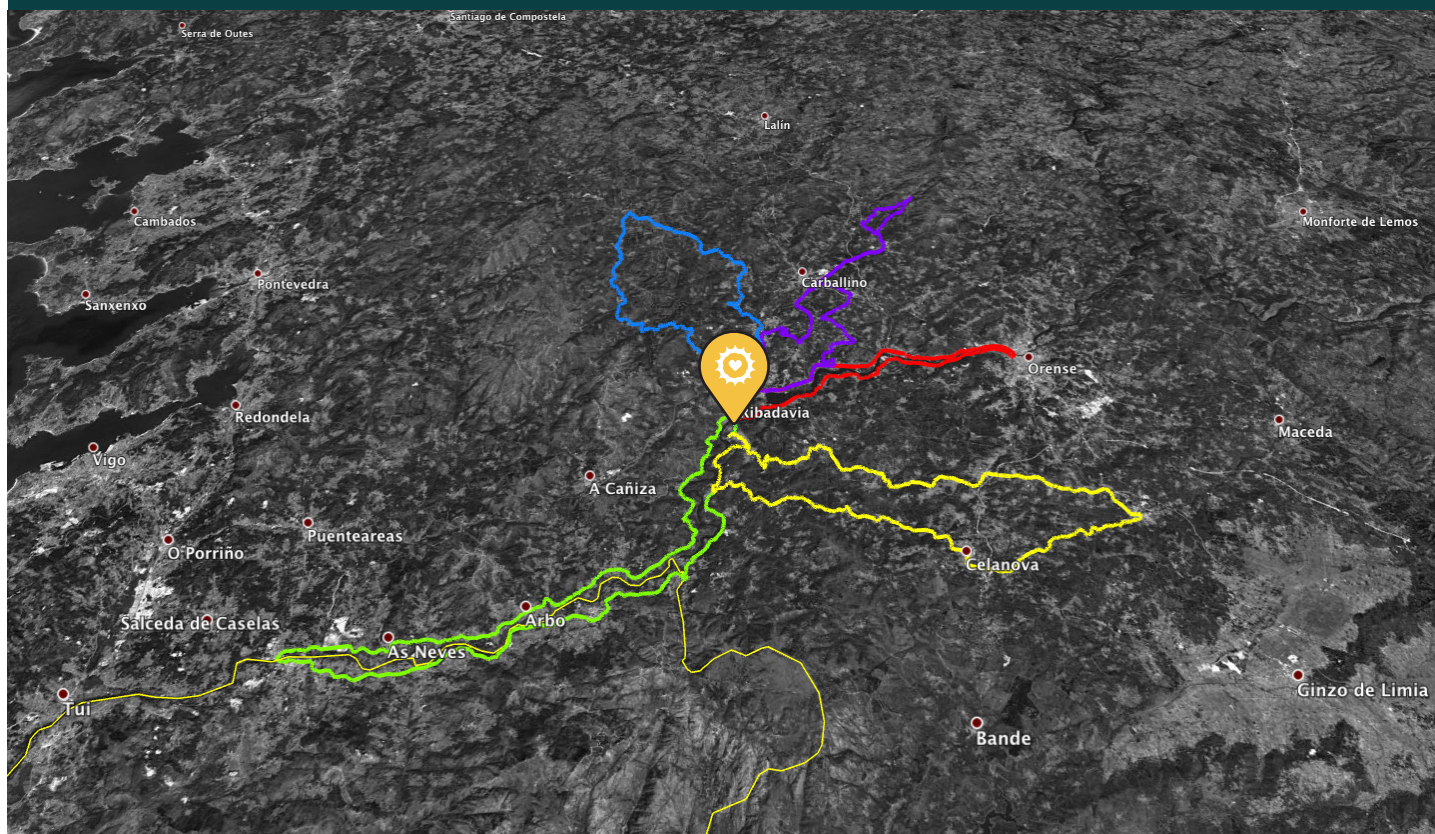
MORNING

Return Home

AFTERNOON

ROUTES

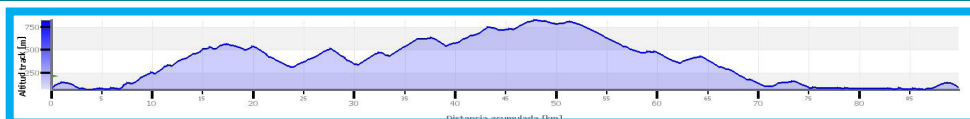
5 STAGES / 469 KM / + 8.346 M



ROUTE 1: ROAD 4
Distance: 64 Km
Elevation gain: + 738 m



ROUTE 2: ROAD 6
Distance: 89 Km
Elevation gain: +1.830 m



ROUTE 3: ROAD 7
Distance: 100 Km
Elevation gain: + 1.872 m



ROUTE 4: ROAD 8
Distance: 105 Km
Elevation gain: +1.810 m



ROUTE 5: ROAD 9
Distance: 111 Km
Elevation gain: +2.096 m



Set out routes or similar. The choice of customised routes for private groups.

SPECIALISED SERVICES

SERVICES DURING THE ROUTE

EXPERT GUIDE

Our guide/trainer will always be with you, giving you freedom to let loose all your potential in specific route areas.

SUPPORT VEHICLE

It will be there to provide assistance at all times for any eventuality.

PROVISIONING (solid&liquid)

Along the route we will make stops to recover strength.

MECHANICAL ASSISTANCE

In the event of a problem during the tour our mechanic will be there to try and solve the problem as quickly as possible. At all-time a replacement bike will be available in the worst of case.



AFTERNOON ACTIVITIES

PLANNING TRAINING SESSIONS

Guided by our trainer we will help you assess your current way of planning the training and objectives.

BIOMECHANICAL STUDY

A biomechanical study will be made regarding your ideal position and we will adapt your bike to improve your performance

SPORT PSYCHOLOGY

We will teach you to face the daily training and competitions to get the best out of your effort.

SPORT NUTRITION

Nutrition can improve in 30% your sport performance, we will teach you how to eat before, during and after your training and competitions.

PROFESSIONAL EXPERIENCE

We always invite a person that can convey their own professional experience as a high ranking sports person, and that during the training camp, on route or off, you can seek their advice regarding your doubts or what is on your mind.



EXTRA SERVICES	5 DAY ROUTE
TRANSFERS	UPON REQUEST
BIKE HIRE	UPON REQUEST

ARNOIA CALDARIA HOTEL BALNEARIO 4*



Specialisation in cycle tourism

The Arnoia Spa-Hotel is the meeting point of this new cycle tourism project, offering additional services, such as health for the cyclist while in training, as well as during the recovery stages.

It is located next to the rivers **Miño and Arnoia**, amidst mountains and forests, surrounded by gardens, the perfect place to enjoy **health, nature and sport**. It belongs to the Caldaria group, Hotels and Spa, it has 89 rooms and a spa with a thermal treatment area (hydrotherapy, mesotherapy, aesthetics), as well as two therapeutic pools and a large recreational swimming pool, with a terrace looking over the Miño river and the Ribeiro vineyards. The Hotel has a rowing and canoeing **high-performance training centre** and it is **specialised in road cycle tourism**, there is available in the facilities a bike parking area with workshop, washing and drying area and an information point. These facilities have enabled to certify it as a “**Bikefriendly**” facility, bearing this quality seal since 2017. A quality mark, first in Spain, that certifies touristic accommodation for cyclists with their bikes, also providing specialised services in cycle tourism and the organisation of events.



ARNOIA caldaria

HOTEL BALNEARIO



ROAD EXPERIENCE ARNOIA (GALICIA)



**7 DAYS
6 NIGHTS**
FROM: €/ pax.

O RIBEIRO

An excellent environment!

Arnoia is a reference thermal villa in the province of Ourense, one of the most important thermal complexes in Europe, and during the last years it has been linked to The Vuelta Ciclista (Cycling Tour) of Spain, both as sponsors and for hosting several of its stages.

Located in the District of O Ribeiro, it has a strategic location which provides benign weather during most of the year. The River Arnoia Canyon, the presence of the Miño River and the thermal waters, are their main distinguishing marks along with the setting of great scenic interest where highlights can be found such as the Ribeiro Monasteries, the vineyards and the Ribadavia historical ensemble. **YOU WILL HAVE AN ENJOYABLE TIME!**

INCLUDED



- .Accommodation in Caldaria Bikefriendly Hotels.
- .Half board.
- .Briefing & Welcome pack.
- .Information on routes: tracks and description.
- .Guide expert on routes.
- .Road support vehicle.
- .Mechanical assistance service.
- .Provisioning on route.
- .Areas for bikes in the hotel: bike storage, washing area and workshop area with tools.
- .Basic accident insurance.

ADDITIONAL SERVICES TO BE CONTRACTED

- . Additional activities
- .Transfer (train or airport)
- .Bike hire

CALDARIA BIKEFRIENDLY HOTELS



Arnoia:
Arnoia Caldaria Hotel Balneario (Spa) (Ourense) Hotel****

INFO



- . Group choice of routes. For private groups.
- . Half board:
Start: dinner of day 1.
End: breakfast of day 7.
- .*Price per person VAT included in double room

SEASON RECOMMENDED: ALL YEAR AROUND
ROUTES: ROAD, INTERMEDIATE-HIGH LEVEL

ROAD CHOOSE BETWEEN OUR ROUTES

These are our routes!

OPTION 1: ROAD 1
Distance: 25 Km
Elevation gain: + 640 m



OPTION 2: ROAD 2
Distance: 46 Km
Elevation gain: +932 m



OPTION 3: ROAD 3
Distance: 59 Km
Elevation gain: + 931 m



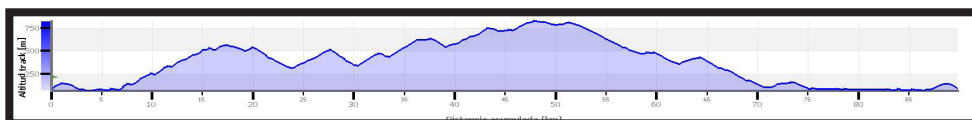
OPTION 4: ROAD 4
Distance: 64 Km
Elevation gain: +738 m



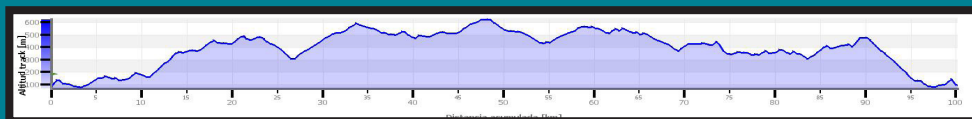
OPTION 5: ROAD 5
Distance: 77 Km
Elevation gain: +1.511 m



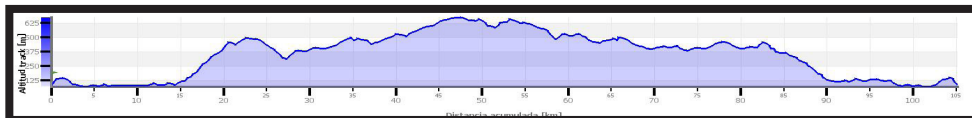
OPTION 6: ROAD 6
Distance: 89 Km
Elevation gain: +1.830 m



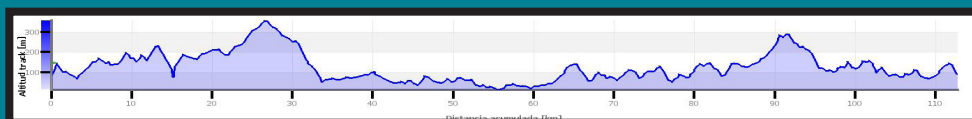
OPTION 7: ROAD 7
Distance: 100 Km
Elevation gain: + 1.872 m



OPTION 8: ROAD 8
Distance: 105 Km
Elevation gain: +1.710 m



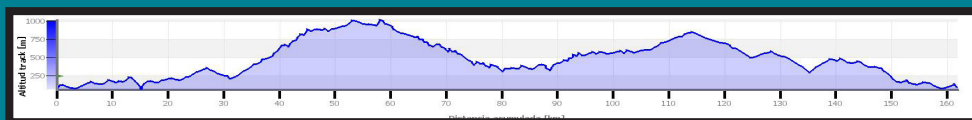
OPTION 9: ROAD 9
Distance: 111 Km
Elevation gain: + 2.096 m



OPTION 10: ROAD 10
Distance: 125 Km
Elevation gain: +2.044 m



OPTION 11: ROAD 11
Distance: 161 Km
Elevation gain: +3.207 m



ARNOIA CALDARIA HOTEL BALNEARIO 4*



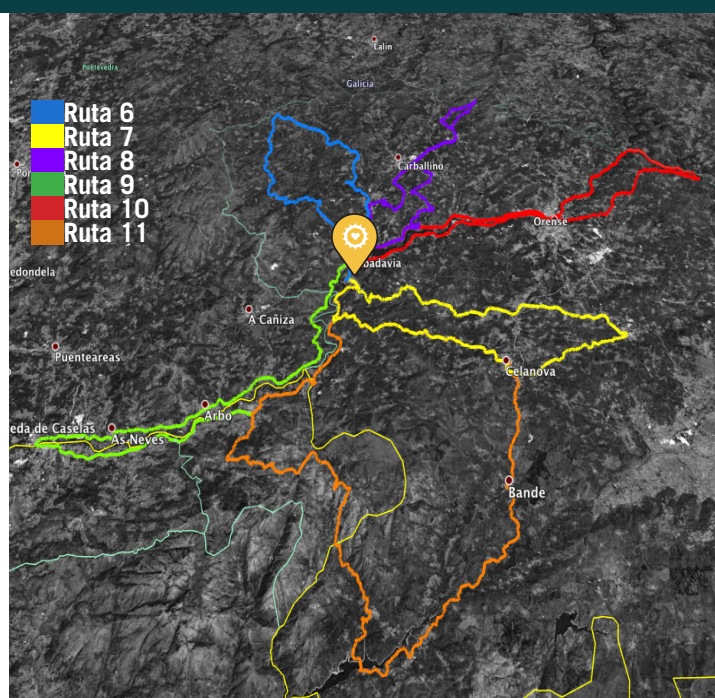
Specialisation in cycle tourism

The Arnoia Spa-Hotel is the meeting point of this new cycle tourism project, offering additional services, such as health for the cyclist while in training, as well as during the recovery stages.

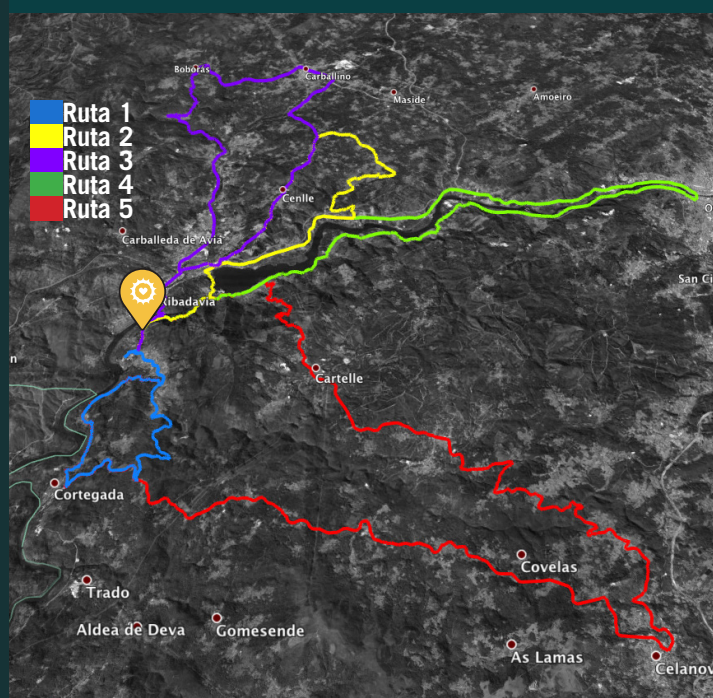
It is located next to the rivers **Miño and Arnoia**, amidst mountains and forests, surrounded by gardens, the perfect place to enjoy **health, nature and sport**. It belongs to the Caldaria group, Hotels and Spa, it has 89 rooms and a spa with a thermal treatment area (hydrotherapy, mesotherapy, aesthetics), as well as two therapeutic pools and a large recreational swimming pool, with a terrace looking over the Miño river and the Ribeiro vineyards. The Hotel has a rowing and canoeing **high-performance training centre** and it is **specialised in road cycle tourism**, there is available in the facilities a bike parking area with workshop, washing and drying area and an information point. These facilities have enabled to certify it as a **“Bikefriendly”** facility, bearing this quality seal since 2017. A quality mark, first in Spain, that certifies touristic accommodation for cyclists with their bikes, also providing specialised services in cycle tourism and the organisation of events.

FAMILY ACTIVITIES	EXTRA
RIO MIÑO CATAMARAN	UPON REQUEST
RIBEIRO WINE ROUTE	UPON REQUEST
WATER SPORTS	UPON REQUEST
THERAPEUTIC TREATMENT	IN THE ACCOMMODATION
CULTURAL HERITAGE	FREE
FESTA DO PEMENTO (PEPPER FESTIVAL)	FREE (AUGUST)

ROUTE ENVIRONMENT



HIGH LEVEL



INTERMEDIATE LEVEL

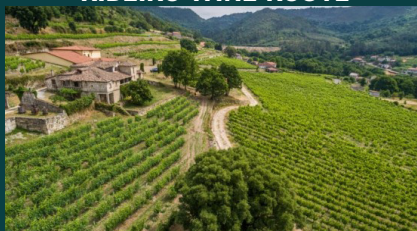
COMPLEMENTARY ACTIVITIES

- 📍 Gastronomic experiences.
- 📍 Travel down the Miño river on a catamaran, viewing the stunning landscapes of the Ribeiro.
- 📍 Walks and excursions through the Ribeiro vineyards.
- 📍 Walks through this privileged area that has heritage monuments.
- 📍 Enjoy therapeutic treatments surrounded by nature.
- 📍 Canoeing or rafting activities.

MIÑO RIVER CATAMARAN



RIBEIRO WINE ROUTE



WATER SPORTS



THERAPEUTIC TREATMENTS



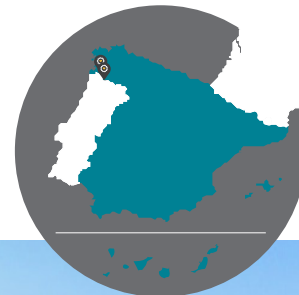
CULTURAL HERITAGE



FESTA DO PEMENTO



ROAD EXPERIENCE ARNOIA-LOBIOS (GALICIA)



**7 DAYS
6 NIGHTS**
FROM: €/ pax.

O RIBEIRO y XURÉS

Two destinations, two countries, two paradises!

Arnoia, set in the **District of O Ribeiro**, its strategic location provides benign weather during most of the year. The River Arnoia Canyon, the presence of the Miño River and the thermal waters, are their main distinguishing marks along with the setting of great scenic interest where highlights can be found such as the Ribeiro Monasteries, the vineyards and the Ribadavia historical ensemble.

Lobios, located in the Gerês-Xurés Transboundary **Biosphere Reserve** declared by the UNESCO, has a natural and cultural heritage of exceptional and unique value. Our routes will enable you to enjoy this wonderful environment and to ride through lands of two countries, **Spain and Portugal**.

INCLUDED



- .Accommodation in Caldaria Bikefriendly Hotels.
- . Half board.
- .Briefing & Welcome pack.
- .Information on routes: tracks and description.
- .Guide expert on routes.
- .Road support vehicle.
- .Mechanical assistance service.
- .Provisioning on route.
- .Areas for bikes in the hotel: bike storage, washing area and workshop area with tools.
- .Luggage transfer between accommodations.
- .Basic accident insurance.

ADDITIONAL SERVICES TO BE CONTRACTED

- . Additional activities
- .Transfer (train or airport)
- .Bike hire

CALDARIA BIKEFRIENDLY HOTELS



- Arnoia: 3 nights**
Arnoia Caldaria Hotel Balneario (Spa) (Ourense) Hotel****
- Lobios: 3 nights**
Lobios Caldaria Hotel Balneario (Ourense) Hotel****

INFO

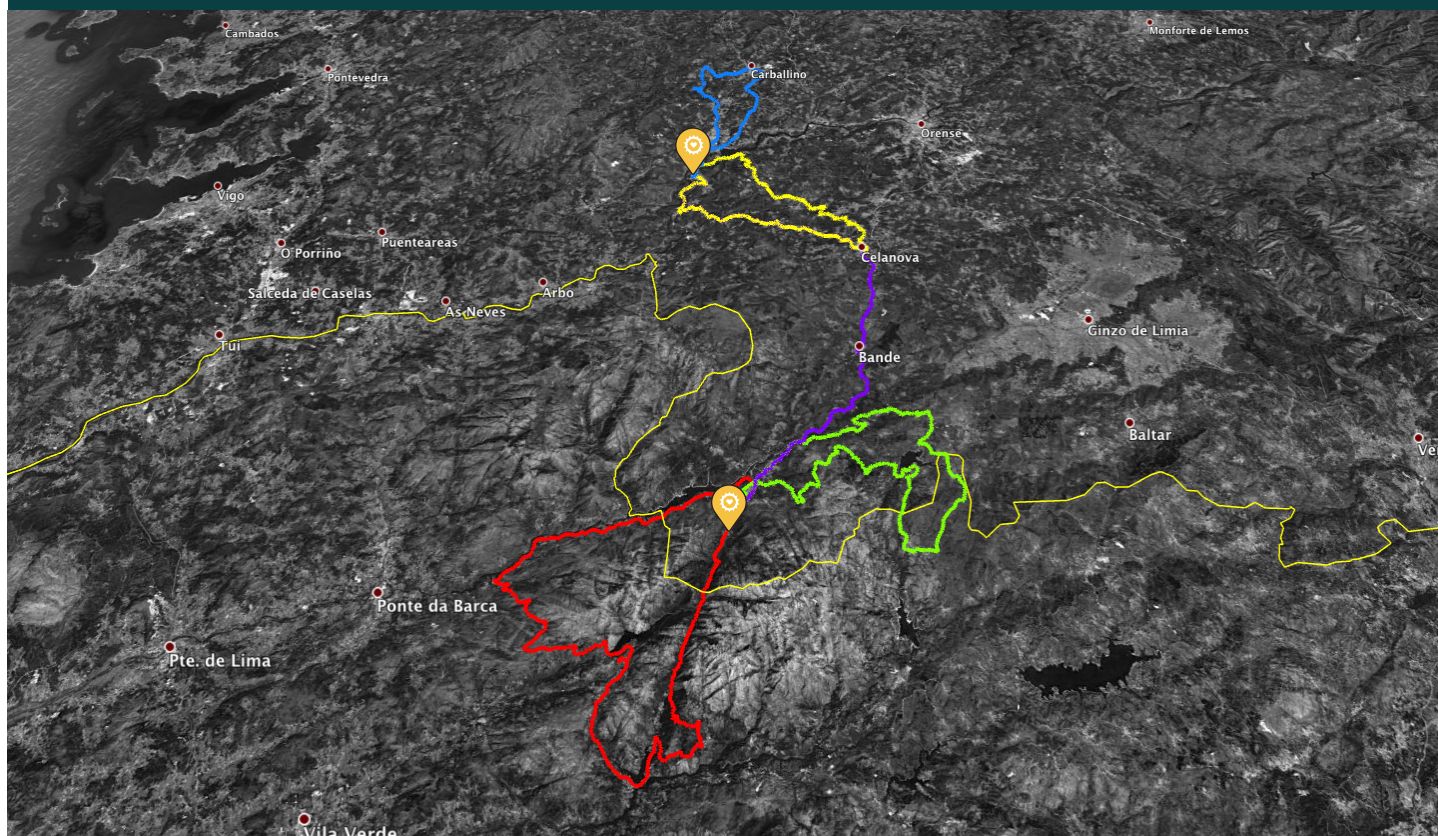


- . Choice of changing routes. For private groups.
- . Half board:
Start: dinner of day 1.
End: breakfast of day 7.
- .*Price per person VAT included in double room

SEASON RECOMMENDED: ALL YEAR AROUND
ROUTES: ROAD, INTERMEDIATE-HIGH LEVEL

ROUTES

5 STAGES / 428 KM / + 8.872 M



DAY 1: ARRIVAL TO ARNOIA CALDARIA HOTEL BALNEARIO

DÍAY 2: ROAD 3 ARNOIA

Distance: 59 Km
Elevation gain: + 931 m



DAY 3: ROAD 5 ARNOIA

Distance: 77 Km
Elevation gain: +1.511 m



DAY 4: ROUTE 2 (ARNOIA-LOBIOS)

Distance: 80 Km
Elevation gain: + 1.940 m



DAY 5: ROAD 5 LOBIOS

Distance: 102 Km
Elevation gain: +2.100 m



DAY 6: ROAD 4 LOBIOS

Distance: 110 Km
Elevation gain: +2.390 m



DAY 7: RETURN HOME

ARNOIA CALDARIA HOTEL BALNEARIO 4*



Specialisation in cycle tourism

The Arnoia Spa-Hotel is the meeting point of this new cycle tourism project, offering additional services, such as health for the cyclist while in training, as well as during the recovery stages.

It is located next to the rivers **Miño and Arnoia**, amidst mountains and forests, surrounded by gardens, the perfect place to enjoy **health, nature and sport**. It belongs to the Caldaria group, Hotels and Spa, it has 89 rooms and a spa with a thermal treatment area (hydrotherapy, mesotherapy, aesthetics), as well as two therapeutic pools and a large recreational swimming pool, with a terrace looking over the Miño river and the Ribeiro vineyards. The Hotel has a rowing and canoeing **high-performance training centre** and it is **specialised in road cycle tourism**, there is available in the facilities a bike parking area with workshop, washing and drying area and an information point. These facilities have enabled to certify it as a “**Bikefriendly**” facility, bearing this quality seal since 2017. A quality mark, first in Spain, that certifies touristic accommodation for cyclists with their bikes, also providing specialised services in cycle tourism and the organisation of events.



ARNOIA caldaria

HOTEL BALNEARIO



LOBIOS CALDARIA HOTEL BALNEARIO 4*



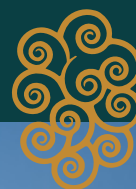
Specialisation in cycle tourism

The **Hotel Balneario of Lobios Caldaria** is located in the **Xurés-Gerês World Biosphere Reserve**, one of the largest transboundary natural parks in Europe, 70 kilometres from Ourense, the province capital and only 6 from the Portuguese border.

The hotel has 85 rooms with beautiful views on to this wonderful natural site, all of them fully equipped with a comfortable and pleasant area; with a telephone, TV, background music, heating, air-conditioning, minibar, safe box, hair-dryer, etc.

The **Spa** has a medicinal mineral-water indoor pool, with under water hydromassage jets and swan-neck jets, also providing wonderful views on to the Xurés mountains. In the Termarium an array of different group techniques may be carried out: dry and humid springs, aromatic showers, invigorating massages, Jacuzzi, thermal relaxing swimming pool and thermal armchairs.

On the ground floor the customer may benefit from a more relaxing atmosphere in order to receive appropriately the mesotherapy and aesthetic techniques. In addition to the massage and aesthetics cabins, this area also has a large gym to carry out physiotherapeutic techniques.



LOBIOS caldaria

HOTEL BALNEARIO



ROAD WEEKEND ARNOIA (GALICIA)



**3 DAYS
2 NIGHTS**
FROM: €/ pax.

O RIBEIRO

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INCLUDED



- .Accommodation in Caldaria Bikefriendly Hotels.
- . Breakfast.
- .Briefing & Welcome pack.
- .Information on routes: tracks and description.
- .1 GPS with the tracks of the routes.
- .Areas for bikes in the hotel: bike storage, washing area and workshop area with tools.
- .Basic accident insurance.

ADDITIONAL SERVICES TO BE CONTRACTED

- . Additional activities
- .Transfer (train or airport)
- .Bike hire
- .Guide expert on route.
- .Road support vehicle.
- .Mechanical assistance service.
- .Provisioning on route.

CALDARIA BIKEFRIENDLY HOTELS



Arnoia:
Arnoia Caldaria Hotel Balneario (Spa) (Ourense) Hotel****

INFO



- . Cycle tourist's choice of routes.
- . Breakfast:
Start: breakfast of day 2.
End: breakfast of day 3.
- .*Price per person VAT included in double room

SEASON RECOMMENDED: ALL YEAR AROUND
ROUTES: ROAD, INTERMEDIATE-HIGH LEVEL

ROAD CHOOSE BETWEEN OUR ROUTES

These are our routes!

OPTION 1: ROAD 1
Distance: 25 Km
Elevation gain: + 640 m



OPTION 2: ROAD 2
Distance: 46 Km
Elevation gain: +932 m



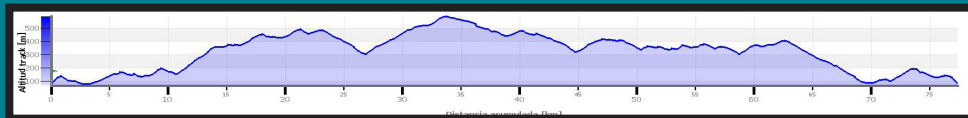
OPTION 3: ROAD 3
Distance: 59 Km
Elevation gain: + 931 m



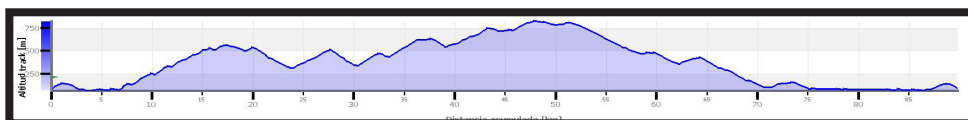
OPTION 4: ROAD 4
Distance: 64 Km
Elevation gain: +738 m



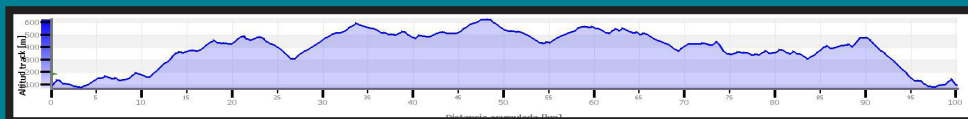
OPTION 5: ROAD 5
Distance: 77 Km
Elevation gain: +1.511 m



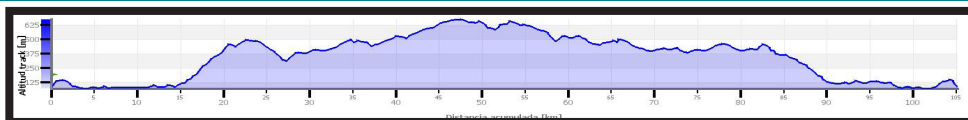
OPTION 6: ROAD 6
Distance: 89 Km
Elevation gain: +1.830 m



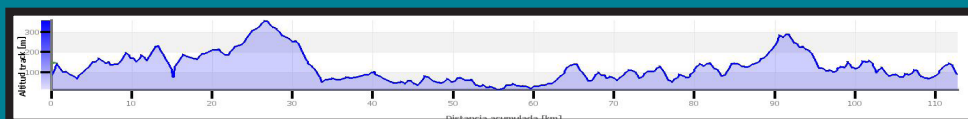
OPTION 7: ROAD 7
Distance: 100 Km
Elevation gain: + 1.872 m



OPTION 8: ROAD 8
Distance: 105 Km
Elevation gain: +1.710 m



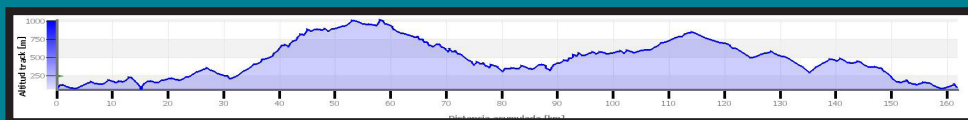
OPTION 9: ROAD 9
Distance: 111 Km
Elevation gain: + 2.096 m



OPTION 10: ROAD 10
Distance: 125 Km
Elevation gain: +2.044 m



OPTION 11: ROAD 11
Distance: 161 Km
Elevation gain: +3.207 m



ARNOIA CALDARIA HOTEL BALNEARIO 4*



Specialisation in cycle tourism

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ARNOIA caldaria

HOTEL BALNEARIO





caldaria

BIKE



MTB

MTB EXPERIENCE LOBIOS (GALICIA)



**7 DAYS
6 NIGHTS**
FROM: €/ pax.

MTB IN PURE STATE Accept the challenge!

Lobios, located in the Gerês-Xurés Transboundary **Biosphere Reserve** declared by the UNESCO, it has a natural and cultural heritage of exceptional and unique value. Our routes will enable you to enjoy this wonderful environment and to ride through lands of two countries, **Spain and Portugal**.

We propose a week of **MTB in pure state** where you can test your limits. This challenge is only for brave people who are very fit and are used to hours on the bike overcoming steep slopes.

INCLUDED



- .Accommodation in Caldaria Bikefriendly Hotels.
- .Half board.
- .Briefing & Welcome pack.
- .Information on routes: tracks and description.
- .Guide expert on routes.
- .Assistance vehicle in case of incidents.
- .Mechanical assistance service.
- .Provisioning on route.
- .Areas for bikes in the hotel: bike storage, washing area and workshop area with tools.
- .Basic accident insurance.

ADDITIONAL SERVICES TO BE CONTRACTED

- . Additional activities
- .Transfer (train or airport)
- .Bike hire

CALDARIA BIKEFRIENDLY HOTELS



Lobios:
Lobios Caldaria Hotel Balneario (Ourense) Hotel****

INFO

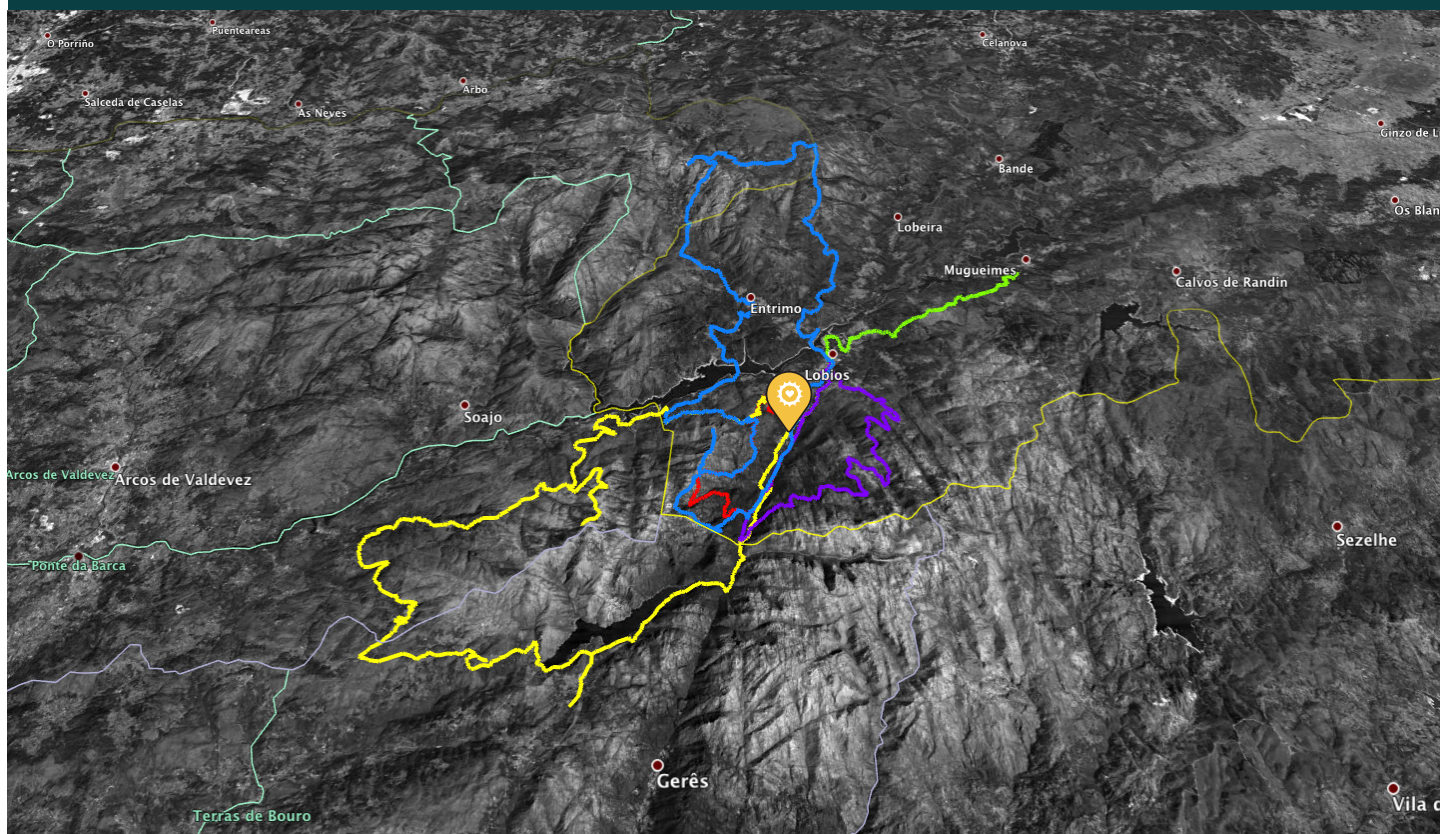


- . Half board:
Start: dinner of day 1.
End: breakfast of day 7.
- .*Price per person VAT included in double room

SEASON RECOMMENDED: ALL YEAR AROUND
ROUTES: ROAD, INTERMEDIATE-HIGH LEVEL

ROUTES

5 STAGES / 300 KM / + 9.230 M



DAY 1: ARRIVAL TO LOBIOS CALDARIA HOTEL BALNEARIO

DAY 2: MTB 5 LOBIOS

Distance: 24 Km
Elevation gain: + 840 m



DAY 3: MTB 2 LOBIOS

Distance: 92 Km
Elevation gain: +2.600 m



DAY 4: MTB 3 LOBIOS(ARNOIA-LOBIOS)

Distance: 40 Km
Elevation gain: + 1.370 m



DAY 5: MTB 4 LOBIOS

Distance: 47 Km
Elevation gain: +1.460 m



DAY 6: MTB 1 LOBIOS

Distance: 97 Km
Elevation gain: +2.690 m



DAY 7: RETURN HOME

LOBIOS CALDARIA HOTEL BALNEARIO 4*



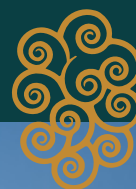
Specialisation in cycle tourism

The **Hotel Balneario of Lobios Caldaria**, is located in the **Xurés-Gerês World Biosphere Reserve**, one of the largest transboundary natural parks in Europe, 70 kilometres from Ourense, the province capital and only 6 from the Portuguese border.

The hotel has 85 rooms with beautiful views on to this wonderful natural site, all of them fully equipped with a comfortable and pleasant area; with a telephone, TV, background music, heating, air-conditioning, minibar, safe box, hair-dryer, etc.

The **Spa** has a medicinal mineral-water indoor pool, with under water hydromassage jets and swan-neck jets, also providing wonderful views on to the Xurés Mountains. In the Termarium an array of different group techniques may be carried out: dry and humid springs, aromatic showers, invigorating massages, Jacuzzi, thermal relaxing swimming pool and thermal armchairs.

On the ground floor the customer may benefit from a more relaxing atmosphere in order to receive appropriately the mesotherapy and aesthetic techniques. In addition to the massage and aesthetics cabins, this area also has a large gym to carry out physiotherapeutic techniques.

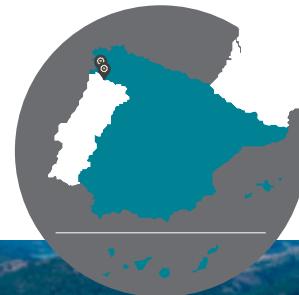


LOBIOS caldaria

HOTEL BALNEARIO



MTB WEEKEND LOBIOS (GALICIA)



3 DAYS
2 NIGHTS
FROM: €/ pax.

MTB LOBIOS At your own pace!

Lobios, located in the Gerês-Xurés Transboundary **Biosphere Reserve** declared by the UNESCO, it has a natural and cultural heritage of exceptional and unique value. Our routes will enable you to enjoy this wonderful environment and to ride through lands of two countries, **Spain and Portugal**.

A perfect getaway for the MTB lovers. You set the level of your routes, view what we can offer you and it is your decision as to what suits you best. We are ready to welcome you!

INCLUDED



- .Accommodation in Caldaria Bikefriendly Hotels.
- .Breakfast.
- .Briefing & Welcome pack.
- .Information on routes: tracks and description.
- .1 GPS with tracks of routes.
- .Areas for bikes in the hotel: bike storage, washing area and workshop area with tools.
- .Basic accident insurance.

ADDITIONAL SERVICES TO BE CONTRACTED

- . Additional activities
- .Transfer (train or airport)
- .Bike hire
- .Guide expert on routes.
- .Assistance vehicle in case of incidents.
- .Mechanical assistance service.
- .Provisioning on route.

CALDARIA BIKEFRIENDLY HOTELS



Lobios:
Lobios Caldaria Hotel Balneario (Ourense) Hotel****

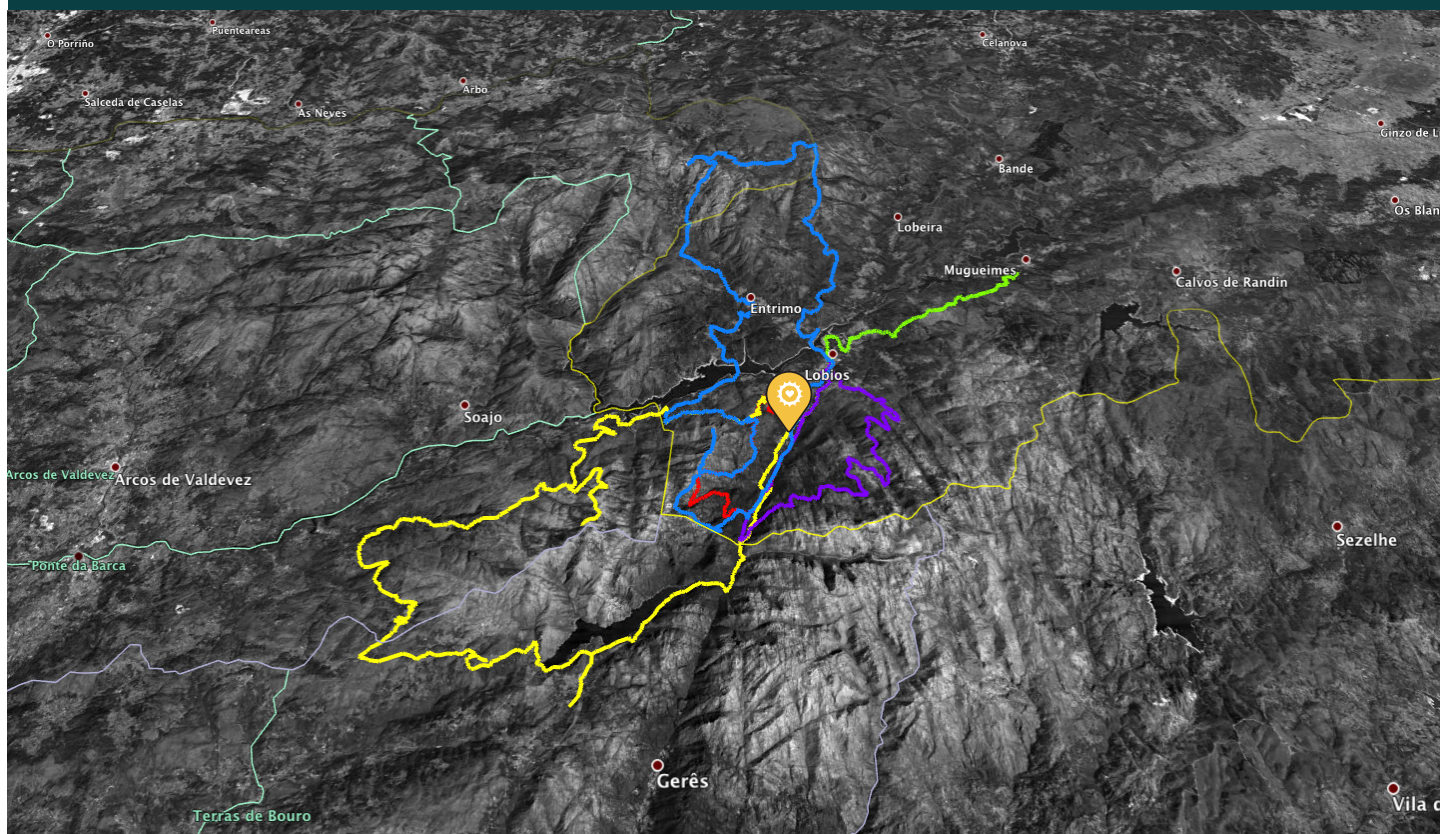
INFO



- . Cycle tourist's choice of routes.
- . Breakfast:
Start: breakfast of day 2.
End: breakfast of day 3.
- . *Price per person VAT included in double room

SEASON RECOMMENDED: ALL YEAR AROUND
ROUTES: ROAD, INTERMEDIATE-HIGH LEVEL

ROUTES CHOOSE BETWEEN OUR ROUTES



These are our routes!

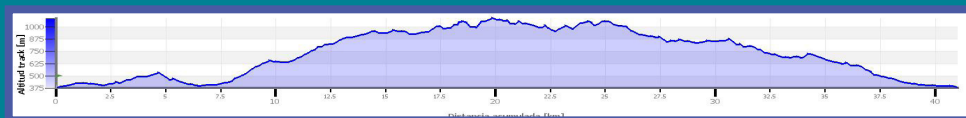
OPTION 1: MTB 1 LOBIOS
Distance: 97 Km
Elevation gain: +2.690 m



OPTION 2: MTB 2 LOBIOS
Distance: 92 Km
Elevation gain: +2.600 m



**OPTION 3: MTB 3
LOBIOS(ARNOIA-LOBIOS)**
Distance: 40 Km
Elevation gain: + 1.370 m



OPTION 4: MTB 4 LOBIOS
Distance: 47 Km
Elevation gain: +1.460 m



OPTION 5: MTB 5 LOBIOS
Distance: 24 Km
Elevation gain: + 840 m



LOBIOS CALDARIA HOTEL BALNEARIO 4*



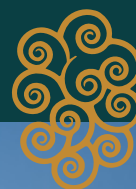
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HOTEL BALNEARIO



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BIKE



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Further information in:
www.caldaria.es