

**Cycle tourism
for seniors**

Give it a try!



#SilverCyclists



Discover the flavours of the Olive Oil Greenway

A journey full of contrasts: numerous viaducts and unique Andalusian villages with a huge cultural heritage.

OPTION A: 5 days/5 nights.

- Five cycling days on a self-guided tour and accommodation at luxury hotels
- Last night: accommodation at a spectacular rural farmhouse
- Olive oil tasting in Martos, guided tour of Alcaudete Castle, bat caves in Zuheros, wine museum.

OPTION B: 3 days/3 nights.

- Three cycling days on a self-guided tour and accommodation at luxury hotels.
- Visit to olive oil mills, wineries, cheeseries, museums.

In both options

- Maps of the journey to be taken at your own pace.
- Daily baggage transport and technical assistance during the trip.
- Breakfast and special dinner every day.
- Bike rental with option of electric bikes.

Cycle on the Olive Oil Greenway to discover the artisanal flavours of the region: olive oil, wine, cheese and traditional sweets. At 128 km long it is the longest greenway in Andalusia, passing through a sea of olive trees and the Sierras Subbéticas Natural Park. For people looking for cycle tourism, nature, heritage and gastronomy.



FURTHER INFO & BOOKING

Subbética Bikes Friends
www.subbeticabikesfriends.com
 +34 691 84 35 32
info@subbeticabikesfriends.com

PRICE PER PERSON

Option A (5 days):

€429 per person + €50 e-bike rental (optional).

Option B (3 days):

€220 per person + €30 e-bike rental (optional).



Enjoy Greenways in Girona!

From the La Garrotxa Natural Park to the Mediterranean Sea.

This greenway route, running downhill from the Pyrenees to the sea, is accessible to everyone, and is especially suited to people who appreciate slow travel.

INCLUDES

- ➔ Welcome
- ➔ Three days of cycling on a self-guided tour
- ➔ Road books and maps
- ➔ Two nights' accommodation at a 3-star hotel and a farmhouse
- ➔ 2 transfers: Start of the route Girona-Olot / End of the route Sant Feliu-Girona
- ➔ Baggage transfer from one accommodation to another
- ➔ Assistance with mechanical problems (except punctures)
- ➔ Bottle
- ➔ Bike rental option

i FURTHER INFO & BOOKING

CicloTurisme i Medi Ambient
+34 972 221 047
info@cicloturisme.com
www.cicloturisme.com



PRICE PER PERSON

€210 (minimum 2 people)
+ optional €36 bike rental
(VAT included)

The longest Spanish Greenway: Ojos Negros

From the Ojos Negros mines in Teruel to Sagunto on the Mediterranean coast.

INCLUDES

- ➔ 5 day / 4 night trip
- ➔ B&B in hotels and rural accommodation
- ➔ Bike rental
- ➔ Daily baggage transport.
- ➔ Trip information material and map.

PRICE PER PERSON

€325. Optional transfer Sagunto-Teruel (280 km):
€156 (per trip).



i FURTHER INFO & BOOKING

Rutas Pangea
+34 915 172 839
pangea@rutaspangea.com
www.rutaspangea.com

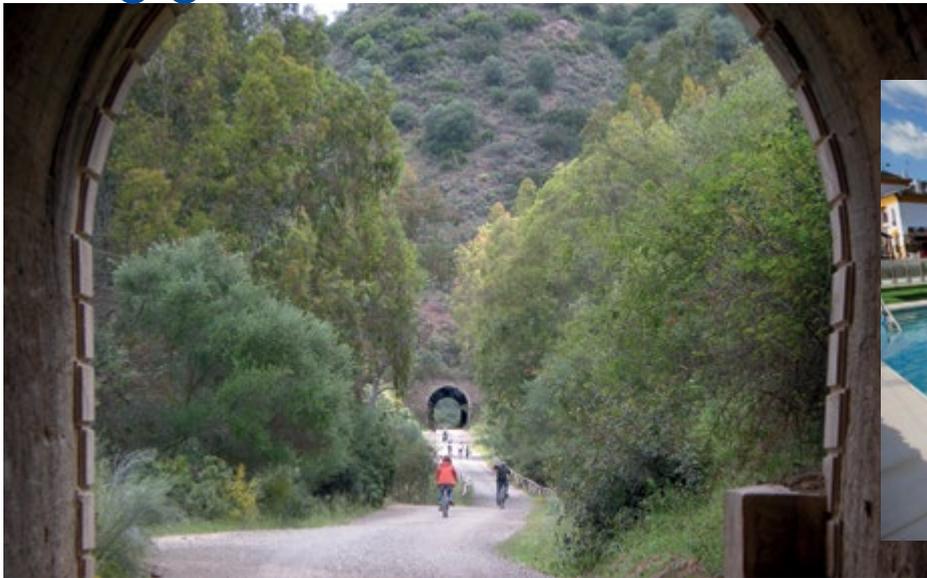
Sleeping in a train carriage and travelling by bike through the white villages of Andalusia

The ride is easy and fun and you'll be passing through lots of tunnels, olives groves and Mediterranean forests.

From the station at Olvera (Cadiz), we offer cycling on the Sierra Greenway (36.5 km) with original accommodation close to nature. Four bungalows that reproduce the train carriages that used to run along the Jerez to Almargen railway in the 19th century. The ride is easy and fun and you'll be passing through lots of tunnels, olive groves and Mediterranean forests.

INCLUDES

- ➔ Two nights' accommodation in a train carriage for 2 people. At Olvera Station.
- ➔ Rent of bikes for 2 people to enjoy the Sierra Greenway (from 9.00 to 18.00) and maps to follow the route at your own pace.
- ➔ Transfer for people and bikes at Coripe Station or Puerto Serrano Station.
- ➔ Guided visit to the Sierra Greenway interpretation centre in Olvera.
- ➔ Assistance with mechanical problems (except punctures).



FURTHER INFO & BOOKING

Sesca09, SL
 +34 687 676 462 /
 657 987 432
 info@sesca.es
 www.sesca.es

PRICE PER PERSON

€220 (minimum 2 people)

Supplement (optional):

+ €110 for transfer from the airports of Malaga or Seville.

Enjoy cycling through the region of Murcia

Travel down the Northwest Greenway and get to know the Mediterranean coast and the Mar Menor lagoon by bike and boat.



Heritage, culture, relaxation and local cuisine are all to be found on this journey along quiet local roads, seaside promenades and the Northwest Greenway which follows the route of the old Murcia to Caravaca railway. From pine forests and vineyards to the Mediterranean Sea. The ride is easy, fun and attractive.

INCLUDES

- ➔ Welcome (in English, Spanish or French).
- ➔ 8 days of cycling on a self-guided tour.
- ➔ Road books and maps to follow the route at your own pace.
- ➔ 8 nights' accommodation at 3- and 4-star hotels and a charming rural inn, breakfast included.
- ➔ Baggage transfer from one accommodation to another.
- ➔ Transport from Caravaca de la Cruz to San Pedro del Pinatar (on day 6).
- ➔ Assistance during the trip (except punctures).

📍 FURTHER INFO & BOOKING

Viajes EntreTierras
+34 661 380 028
info@entretierras.com
www.entretierras.com

PRICE PER PERSON

€530 per person based on shared double room + €110 if you rent a bike

Supplements:

Easter week: + €69.
Single: + €200
Half-board supplement:
+ €154.

“Golden Ring” tour through the north of Latvia

Riga–Carnikava–Saulkrasti–Birini–Turaida–Sigulda–Ropazi–Riga.



The Golden Ring tour offers cycling tourists an exciting route along the picturesque coast of Northern Latvia, starting from Riga, the 2014 European Capital of Culture. Until Saulkrasti the greenway follows the signposted EuroVelo 13 route before heading back towards the Gauja National Park, passing through many places of natural and cultural heritage interest.

Enjoy a 4 day guided bike trip, travelling some 47 km per day at a gentle pace and staying at 3-star hotels with breakfast included.

📍 FURTHER INFORMATION & BOOKING

BalticCycling.com
 info@balticcycling.com
 www.balticcycling.com
 +37 129 175 314

INCLUDES

- ➔ Pick-up and drop-off at airport, bus/train station, or hotel in Riga.
- ➔ 4 days guided cycling tour, covering 190 km.
- ➔ 3 nights' accommodation at a 3-star hotel/guest house with breakfast.
- ➔ Baggage transfer from one accommodation to another.
- ➔ Technical assistance during your trip.
- ➔ Optional bike/e-bike rental (+€30/50 per person).

PRICE PER PERSON

€260*

* Not included: bike rental, lunch, dinner, entrance tickets to museums and other attractions. Price valid for groups of 4 people, sharing double/twin rooms.



Wonderful Relax on the Rhine tour

Get inspired by the romantic Middle Rhine Valley, a UNESCO World Heritage site.

Travel along the EuroVelo 15 Rhine Cycle Route for eight days. One of the many attractions of this tour is the boat journey from Rudesheim, past the Lorelei rock, to St. Goar along the most beautiful part of the Rhine. Enjoy the view of old castles and ruins and the wonderful wines of the region.

INCLUDES

- ➔ Accommodation in selected mid-range hotels.
- ➔ Breakfast or breakfast buffet.
- ➔ Three course menu if half board is booked.
- ➔ Boat trip from Rudesheim to St. Goar*.
- ➔ Baggage transfer.
- ➔ Carefully planned routes. Detailed travel documents with road book and detailed maps, GPS tracks available on request.
- ➔ 7-day service hotline.

* Offer available from March 19th to October 31st.

i FURTHER INFORMATION & BOOKING

Romantischer Rhein
 Tourismus
 +49 (0)2619738470
www.romantischer-rhein.de
info@romantischer-rhein.de

PRICE PER PERSON

- ➔ Low season, double room: €648.
- ➔ Medium season (March 24-30/May 30 to June 15/September 19 to October 4): €679
- ➔ High season (April 29 to May 29/June 16 to September 18): €729
- ➔ Supplement single room: €270
- ➔ Supplement half board: €190
- ➔ Bike rental (7- or 27-speed/e-bike): €70/€160



Plus...

Promotional CODE:
 "SILVER". Don't forget to mention it when you make your booking of Spanish products and get your free maps of the EuroVelo Cycling Network and Spanish Greenways.



Visit our website at www.ceoma.org and the project's site at www.silvercyclists.eu for further information. In addition, you can see all the SILVER CYCLISTS products at www.silvercyclists.eu/bookable-offers



Scan the QR code to access our website.

CEOMA and the FFE participate, along with other partners, in the European "SILVER CYCLIST" project, which aims to promote cycle tourism among seniors.

This project is co-funded by the European Union in the framework of the COSME programme.

One of the SILVER CYCLISTS project's most important goals is to encourage seniors to practice active tourism, offering them the chance to practice cycle tourism along easy and attractive routes, such as those in the EuroVelo Cycle Route Network and the Spanish Greenways; old railway routes recovered for walking and cycling, and accessible to everybody, even people with disabilities.

These itineraries are an excellent way to spend leisure time in an active and healthy manner. There can be no doubt that making use of them is an ideal way to fight against a sedentary lifestyle.



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