



**GIRONA
ENJOY
SPORT**

**RUN
SWIM
PEDAL**
enjoy!

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hotels

GIRONA ENJOY SPORT

Whether it's because of its charm and surroundings, its sports facilities or its human dimension, Girona is the perfect destination for sports tourism. If we add that it has a wide range of modern, fully equipped hotels available, it's easy to understand why many teams and professional athletes choose the city as a place to stay and train.

In addition, Girona has been certified by the Catalan Tourist Board as a Sports Holiday Destination, a seal that recognizes it as a location offering high-quality resources, sports facilities, prepared lodging

and specialised services, for both professional athletes and for tourists interested in sports activities. Girona has received this recognition principally because of what it has to offer to cyclists and runners, but also to those that practice swimming, track and field and tennis.

This guide includes information on what the city can offer athletes in terms of facilities, clubs and other organisations that open their doors to all sports lovers and that have been awarded a seal of quality. We are sure that Girona is the perfect city for you to come and enjoy sports activities, and we know that you will find everything necessary for you to have a great time here. We are happy to help you with anything you need.

Check the cycling, mountain bike and running routes. They can be downloaded free of charge from the Wikiloc app.



More information at www.girona.cat/esports

CONNECTIONS

Girona maintains the charm of a small city in an unbeatable setting and with a modern and efficient transport network. It is easy to access the city from any part of Spain or Europe, by air, rail, road or sea.



BY AIR

Girona-Costa Brava Airport, with national and international flights, is located just 15 km from the city. There is also the option of flying to Barcelona-El Prat International Airport, located 100 km from Girona and with excellent road links.



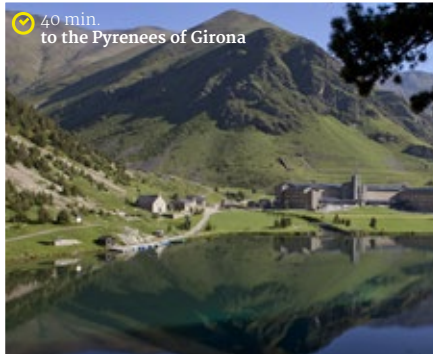
BY TRAIN

The high-speed train connects the city with both national and international destinations.
Girona - Barcelona 37 min.
Girona - Madrid 3 h 30 min.
Girona - Tolosa 2 h 30 min.
Girona - París 5 h 30 min.

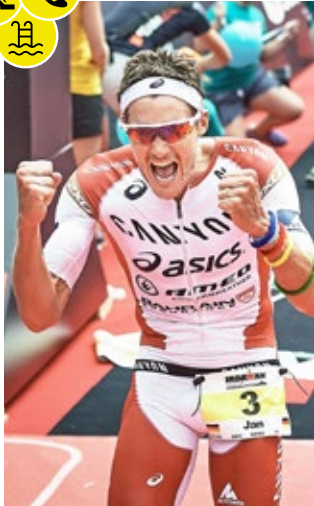


BY ROAD

Girona is connected by motorway (AP-7) with various Spanish and French cities. In addition, the network of public buses and coaches also links the city with the different airports and cities in the province.



TOP INFLUENCERS



Jan Frodeno

«My wife and I explored Europe looking for the perfect place. It's not easy to find a city in which you can run, cycle, swim... But we saw that Girona had it all. Plus, every year there are more and more specialist centres and services for elite athletes», explains Frodeno, who can often be seen swimming in the GEiEG's Olympic pool, working with the people at Cenit, going to SportCat or jogging along the Vies Verdes (Greenways).

German triathlete Jan Frodeno spends part of his year, about seven months, in Girona. During the coldest months, he heads to his wife's country, Australia. Frodeno is considered the greatest specialist in the Ironman world, winning the title of world champion in 2015 and the Ironman in 2016. In addition, as a triathlete he won the gold medal at the 2008 Beijing Olympics.



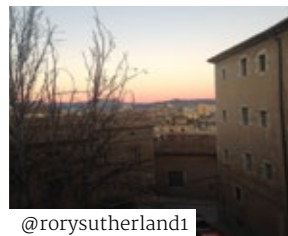
@janfrodeno



@rorysutherland1



@janfrodeno



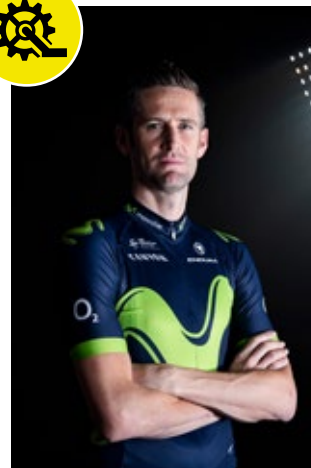
@rorysutherland1



Sharon Laws

I love Girona because riding there is fantastic a complete variety of quiet roads, long climbs, beautiful villages and spectacular views. There are great cafes and restaurants to enjoy after riding and I love the GEiEG 50 m outdoor swimming pool. It is great for recovery and cooling off in the hot summer! The people are really friendly and the weather is amazing.

Sharon Laws, pro cyclist for Podium Ambition. British National champion in road cycling and mountain bike marathon.



Rory Sutherland

Member of the Movistar professional team, Sutherland took up residence in Europe after signing with another team in 2010. This Australian athlete chose Girona because «it's the perfect city, first because it's a good place to live with my wife and kids, and second, because it's in a perfect area for cycling. There's no question that Girona is currently the European cycling capital. Also because of the people and the quality of life, we're really happy here».

Sutherland is fully immersed into life in Girona, even to the point that he's the co-owner of a restaurant in *Barri Vell*, the old part of the city.











PROPOSALS
en route

BIKE BREAKS GIRONA

A travel agency specialised in cycling, BikeBreaks offers visitors everything they need for cycling in Girona: packages including lodging, luggage transportation, route descriptions, high-range bicycle rental (city or road bikes), a bike repair shop and equipment sales, among others. Also notable because of its section dedicated to clothing for professional teams.



BIKE BREAKS GIRONA CYCLE CENTRE

-  C/ Mercaders, 14. 17004 Girona
-  0034 972 205 465
-  info@gironacyclecentre.com
-  www.gironacyclecentre.com
-     @bikebreaks



GIRONA ROAD BIKE EXPERIENCE

Includes:

- 6 nights in a double room with breakfast*
- Route books and detailed maps or GPS rental
- Welcome meeting & bike fitting
- Team Bike Breaks jersey
- Bike Breaks water bottle

Extras:

- Cannondale Synapse road bike €140
- Airport transfer:
from Barcelona airport €220
from Girona airport €35
- Halfboard 3 dinners €100
- Single room
€220 (3 star) / €256 (4 star) / €292
(Self-catered apartment)

3-star hotel*

€450

4-star hotel*

€575

Self-Catered apartment

€460

Price per person



GIRONA CYCLING FESTIVAL SILVER PACK TRIP

Includes:

- 6 nights in a double room with breakfast*
- Tickets for the Hill Climb, Night-time and Girona Gran Fondo trials.
- Access to the post-race party and barbecue
- Sports massage service
- Official Girona Gran Fondo clothing
- Medal for completing the GGF
- Access to the food and drinks area
- Individual insurance or ambulance

Extras:

- Cannondale carbon road bike €150
- Airport transfer:
from Barcelona airport €220
from Girona airport €35
- Halfboard 3 dinners €100
- Single room supplement
€310 (3 star) / €425 (4 star)

More information at:

www.gironagranfondo.com

3-star hotel*

€575

4-star hotel*

€700

Price per person

CICLOTURISME.COM

A tourist agency specialised in routes and trips by bike or on foot. Includes a wide range of offers concentrated in the Empordà region as well as other areas around Girona, plus routes in different regions in Spain and Europe. This pioneering company, founded in 1996, is notable for offering carefully designed, balanced routes that are reviewed yearly and that come with a clear roadbook with high-quality maps. Also offers a bike rental service.



CicloTurisme.com

 C/ Santa Eugènia, 11. 17005 Girona

 0034 972 22 10 47

 info@cicloturisme.com

 www.cicloturisme.com

 @CicloTurisme



*** FREE CYCLING JERSEY**

For all participants
in these packs.



GIRONA CLASSIC CLIMBS

Includes:

- 3 nights in double room with breakfast*
- Technical and welcome briefing
- Road book, maps and hints
- Bicycle configuration (personal and rental)
- Warm-up route and/or 20 km cycle
- Three route options
- Two options for distance: 60-80 km (37-49 mi) or 90-130 km (55-80 mi)

Services not included:

- Transportation from airport
- Half board at hotel
- Additional nights
- Laundry service
- Guide and support vehicle
- Bicycle rental

*4-star hotel

STARTING AT €260

Price per person



GIRONA SINGLE TRACK

Includes:

- 3 nights in double room with breakfast*
- Technical and welcome briefing
- Road book, maps and hints
- Bicycle configuration (personal and rental)
- Warm-up route and/or 20 km cycle
- Three route options
- Two options for distance: 60-80 km (37-49 mi) or 90-130 km (55-80 mi)

Services not included:

- Transportation from airport
- Half board at hotel
- Additional nights
- Laundry service
- Guide and support vehicle
- Bicycle rental

*4-star hotel

STARTING AT €260

Price per person



Customised
EVENTS



MUNICIPAL SPORTS SERVICE

Customised stays for teams of associated individuals, professional teams, national teams...

Girona has an ample network of sports centres and municipal spaces that are perfect for customised visits. All you need to do is contact us, and together we will find the best choice to ensure that our facilities meet your needs.

More information at:

☎ 0034 972 226 136

✉ coordinacioactivitatssports@ajgirona.cat

🌐 www.girona.cat/esports

FACILITIES

GIRONA – FONTAJAU MUNICIPAL PAVILLION

- Main track
- Track with retractable stands
- Secondary track
- Directed activity room
- Weight room
- 4 group locker rooms

The area surrounding the centre includes an ample green area (Ribes del Ter), the perfect place for training and the starting point of different running, mountain bike and road bike routes.



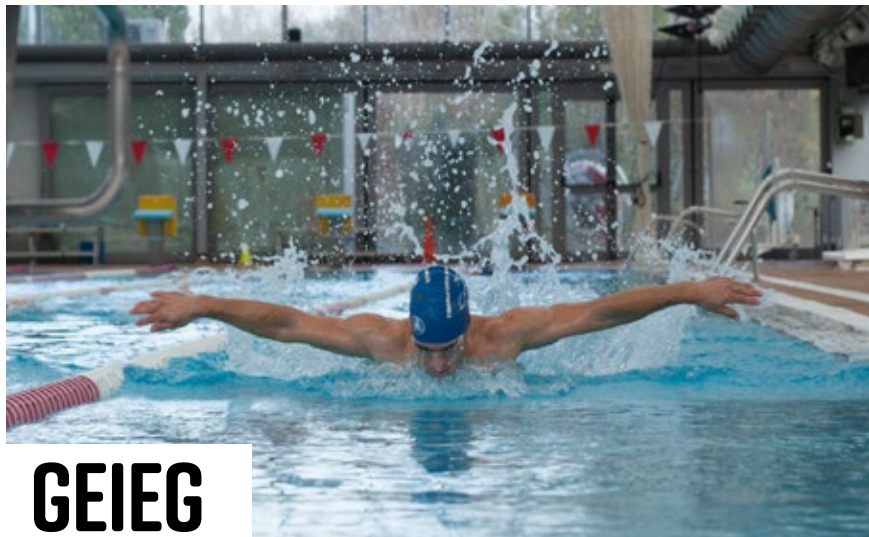
FACILITIES

LA DEVESA SPORTS AREA

- 3 tennis courts: synthetic surface
- 2 paddle tennis courts: artificial turf
- Beach volleyball area
- Summer swimming pools
- 4 locker rooms



50% DISCOUNT
IN FACILITY
USAGE FEES
*For those staying
in associated
hotels.*



GEIEG

When it comes to sports in Girona, we have to mention the Grup Excursionista i Esportiu Gironí, better known as GEiEG.

This organisation, founded in 1919 and made up of more than 16,000 members, is the point of reference for sports in Girona and the surrounding area. This organisation has been and continues to be a driving force behind athletic activities thanks to its excellent facilities.

In addition, GEiEG provides customised packages to suit the needs of athletes, clubs or federations. Some of the teams that have already enjoyed these packages are the Dutch Paralympic National Team, the Singaporean National Swimming Team, the Japanese National Swimming Team, the Belgian National Swimming Team, and the Newcastle, Northampton, Leeds and the Perpignan USAP rugby teams, among others.

More information at:

☎ 0034 972 234 459

✉ comercial@geieg.cat

🌐 www.geieg.cat

AVAILABLE FACILITIES

GEIEG PALAU

C/ de l'Església de St. Miquel, 18.
17003 Girona

Easily accessible by bus from city centre.

- **Football pitch 5 with artificial turf**
50 x 30 metres
- **Football pitch 7 with artificial turf**
90 x 45 metres
- **Football pitch 11 with artificial turf**
100 x 50 metres
- **Track and field stadium**
8-Lane track, pole vault, high jump, long jump pits, throwing area, video finish, lighting, loudspeaker, regulatory material, 600-seat stands
- **Rugby pitch**
100 x 70 metres. Stands + lighting + loudspeaker (Barbecue Area for holding the third half)
- **4 tennis courts**
1 greenset and 3 clay

GEIEG SANT NARCÍS

C/ Empúries, 46. 17005 Girona

15 minutes from the city centre, accessible by public bus.

- **Covered facilities for multiple sports**
Handball, basketball, hockey

GEIEG SANT PONÇ

C/ de l'Esport, 16. 17007 Girona

10 minutes from the centre of Girona, near all services (hotels, super markets, bus...)

- **Heated indoor pool with retractable roof**
Water treated with saline chlorination system. 50 x 21 metres – 8 lanes
- **25-metre heated pool**
Water treated with saline chlorination system. 25 x 12.5 metres – 6 lanes
- **Football pitch 5 with artificial turf**
50 x 30 metres
- **6 Paddle tennis courts**
- **12 quick tennis courts**
- **Locker rooms exclusively for groups**
- **Restaurant**
Adapted to suit athletes' requirements (with both set menus and a buffet)

Additional SERVICES

Besides the agencies with specific cycling offers, Girona has other clubs, organisations or services (all with the seal of quality required by a destination like Girona) that offer their services to visitors. These offer facilities for tennis, swimming, or track and field, or even healthcare and other services for athletes.

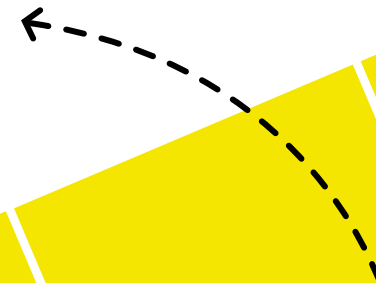
CLUB TENNIS GIRONA



The tennis and paddle tennis courts or the swimming pool at Club Tennis Girona are also a great option for enjoying the facilities of another of the city's sports institutions. Contact Club Tennis Girona and enjoy their offers, included in Girona's Sports Tourism Destination seal.



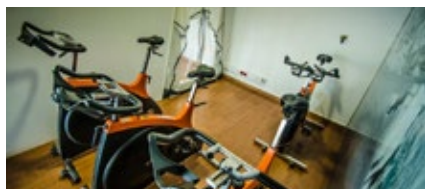
📍 C/ Aragó, 58. 17003 Girona
 📞 0034 972 201 083
 ✉️ info@tennisgirona.com
 🌐 www.tennisgirona.cat
 🗣️ [@ClubTennisGirona](https://www.facebook.com/ClubTennisGirona) [@CTGirona](https://www.instagram.com/CTGirona)







CENTRE CENIT



An all-around Healthcare and Sports Centre which provides for any needs which may arise from practising sports. In addition, it gives all athletes (professional or non-professional) a chance to be individually monitored (technical, nutritional, psychological) by the best specialists.



Hypobaric chamber

-  C/ Can Pau Birol, 35. 17005 Girona
-  0034 972 242 805
-  girona@centrecenit.com
-  www.centrecenit.com
-  @CentreCenit

Services

Planning and control of sports training

All-around health services

Nutritional assessment

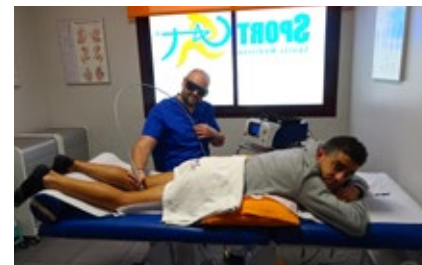
Physical therapy service

Osteopathy service

Sports psychology

Biomechanical studies (Bike-fit, Run-fit and Swim-fit)

SPORTCAT



A sports medicine centre combining technology, professional know-how and training that has become a point of reference for both professional and amateur athletes from around the world recovering from injuries. The latest technology and their own techniques make this centre one-of-a-kind in the city of Girona.



-  Av. Lluís Pericot, 76. 17003 Girona
-  0034 972 208 528 / 0034 625 634 531
-  info@sportcat.cat
-  www.sportcat.cat
-  @SPORTCAT (Sports Medicine)
-  @Sportcatcat

Services

Floatpool

Biomechanics of movement

Sports medicine and traumatology

Physiotherapy and rehabilitation

Paediatric cardiology

Coaching / sports psychology

DAO deficiencies

Diet and nutrition

Extractions and clinical analyses

MUNICIPAL SPORTS SERVICE



Besides the agencies with specific cycling offers, Girona has other clubs, organisations or services (all with the seal of quality required by a destination like Girona) that offer their services to visitors. These offer facilities for tennis, swimming, or track and field, or even healthcare and other services for athletes.

☎ 0034 972 226 136

✉ coordinacioactivitasesports@ajgirona.cat

🌐 www.girona.cat/esports

DEVESA SPORTS AREA

Tennis and paddle tennis court

Monday to Friday
from 5 pm to 9 pm

€4,00
1 hour (or fraction)
/ per person

Monday to Friday
from 5 pm to 9 pm

€5,00
1 hour (or fraction)
/ per person

With lighting (additional cost)

1 hour €2,85
½ hour €1,40

Locker room use

€1,50 / per person

GIRONA-FONTAJAU MUNICIPAL SPORTS CENTRE

Auxiliary track - athletic training

Entire track	€32,85 1 hour (or fraction)
Entire track with lighting	€36,80 1 hour (or fraction)
Half track without lighting	€10,90 1 hour (or fraction)
Half track with lighting	€12,65 1 hour (or fraction)

Central track - athletic training

Without lighting	€45,05 1 hour (or fraction)
With lighting	€51,65 1 hour (or fraction)
Professional league teams with lighting	€ 57,90 1 hour (or fraction)

SWIMMING POOLS

Palau swimming pool	Children (under 18) €2,95 Adult €5,50
Can Gilbert swimming pool	Children (under 18) €5,20 Adult €7,30
Summer pool Zona Esportiva la Devesa	Children (under 18) €4,90 Adult €6,85

GEIEG



Girona's most well-known sports club also has two sports facilities to offer, Sant Ponç and Palau. Besides track & field and tennis facilities, they offer a covered swimming pool.

📍 C/ d'Empúries, 47. 17005 Girona

☎ 0034 972 234 459

✉ comercial@geieg.cat

🌐 www.geieg.cat

🗨️ (f) @geieg1919 (t) @geieg



2016/17 Season

Reserved lane in Olympic pool

Starting at **€37**
1 hour

Reserved lane in 25-meter pool

Starting at **€25**
1 hour

Running track rental

Starting at **€87**
1 hour

Tennis court rental

Starting at **€28**
1 hour



TOP RACES IN 2017



GIRONA MTB CHALLENGE

29,30 - April and 1 - May



DISTANCE 3 STAGES

gironamtbchallenge.com
inscripciones@klassmark.com

PIRINEXUS 360 CHALLENGE

2 to 4 - June



DISTANCE 353 KM

thepirinexus360.com
info@gioutdoor.com

1ª SEA OTTER

2 to 4 - June



seaottereurope.com

seaottereurope@seaottereurope.com

4ª GIRONA GRAN FONDO

12 to 18 - June



DISTANCE 125 KM

gironagranfondo.com
ride@gironagranfondo.com

GERUNDONA

8 - October



DISTANCE 52 / 90 KM

lagerunda.blogspot.com

19ª LATRAMUN UCI MTB MARATHON WORLD SERIES

15 - October



DISTANCE 67 / 33 KM

latramun.cat
info@latramun.cat

5ª MARATHON VIES VERDES

19 - February



DISTANCE 10 / 21 / 30 / 42 KM

maratoviesverdes.cat
info@maratoviesverdes.cat

7ª TRAILWALKER

1, 2 - April

DISTANCE 100 KM

trailwalker.oxfamintermon.org
infotrailwalker@oxfamintermon.org

7ª GIRONA MOUNT RACE AND TRANSGAVARRÉS

19 - November



DISTANCE 18 / 25 / 55 KM

cursademuntanyadegirona.com
info@klassmark.com

4ª DUATHLON DE GIRONA

5 - March



DISTANCE 5KM 走 / 25KM 走 / 2KM 走

friaatlogironacostabrava.cat
esportiu.tgcb@gmail.com

21ª "CITY OF GIRONA RACE" AND MINIRACES

7 - May



DISTANCE 5 / 10 KM

www2.girona.cat/ca/esports
activitasesports@ajgirona.cat

HALF MARATHON "CITY OF GIRONA"

November

DISTANCE 21 KM

www2.girona.cat/esports activitasesports@ajgirona.cat

54ª ASCENT TO ELS ÀNGELS

19 - March

DISTANCE 9,2 KM

geieg.cat
activitats.socials@geieg.cat

4ª GIRONA WOMAN RACE

1 - October



DISTANCE 5 KM

cursadeladonagirona.com
info@cursadeladonagirona.com

13ª ST. SYLVESTER RACE IN GIRONA

31 - December



DISTANCE 5 KM + MINIRACES

www.girona.cat/esports
activitasesports@ajgirona.cat



COSTA BRAVA - GIRONA
SEA OTTER EUROPE
 BIKE SHOW



SEA OTTER EUROPE

Girona was chosen as the place for one of the US' favourite sports competitions to take off in the Old Continent. We're referring to Sea Otter Europe Costa Brava – Girona Show, which, from June 2-4, has filled the Fontajau sports area and its surroundings with exhibitors from all over the world presenting new products for the world of professional and recreational cycling.

The organizers of Sea Otter chose Girona and its surrounding area because of the city's position as a Sports Holiday Destination, the area's importance in professional cycling, and the fact that it is perfect for cycling competitions of all sorts as well as all types of tourists. Although the race has revolved around Fontajau, some of the trials made it to the beaches of the Costa Brava or the valleys and mountains of the Pyrenees.

Visit www.seaottereurope.com and learn about all the Sea Otter activities and competitions:

- Scott Marathon
- Eliminator
- Copa Trial
- Kids Cup open MTB
- Pedalling around Girona MTB
- Cycle Touring Package
- The Pirinexus 360 Challenge
- The Pirinexus Half Gravel



enjoy
GIRONA

HOTELS & SERVICES

Girona has a range of hotels adapted to suit the needs of athletes, offering specialised services.

All are certified with the Sport Tourism Destination seal of quality, and all provide services to athletes:

- Flexible mealtimes
- Prepared picnic lunches for athletes
- Early-morning breakfasts
- Services in different languages (the reception staff speak at least three languages)
- Sports information available for clients
- Wi-Fi service



20% DISCOUNT ON HOTEL RATES

50% FOR SPORTS FACILITIES



[Read conditions here](#)

SPECIALISED SERVICES

Some hotels offer additional services for biking (both road and mountain) and running.



- Closed and secure parking area for bicycles
- Workshop with basic repair tools
- Hose for cleaning bicycles
- Sale of energy products
- Possibility of acquiring spare parts
- Pocket information on what to do in case of accident
- Information on cycling routes and services available at the destination
- Staff with knowledge on cycling offers
- Map with details of sporting facilities and bicycle companies included in the Sport Tourism Destination label



- Basic replacement footwear to go to the room
- Brush for cleaning athletic footwear
- Sport clothing laundry service
- Sale of energy products
- Located near the running centre
- Information on routes and services available at the destination
- Staff with knowledge about running activities
- Map with details of sporting facilities included in the Sport Tourism Destination label



HOTELS WITH SPECIFIC SERVICES * *tailored for athletes*

HOTEL			Sport Tourism Destination label services
**** CARLEMANY	✓	✓	✓
**** CIUTAT DE GIRONA		✓	✓
**** GRAN ULTÒNIA	✓	✓	✓
**** MELIÀ GIRONA	✓	✓	✓
*** PENINSULAR			✓
*** ULTÒNIA	✓	✓	✓
** IBIS GIRONA NORD	✓	✓	✓



GIRONA AFTER SPORT

What do the locals do when they finish their daily routines? Where do they go? How do they live and see the city? Here are a few suggestions to help you move around the city like a genuine insider.

- Stroll around the historic quarter and La Rambla eating an ice cream.
- Wander the streets of the centre and discover original shops hidden away in the stone labyrinths.

- Relax with a drink on one of the terraces in the historic quarter or admiring the views from a hotel rooftop.
- Learn all about authentic Catalan gastronomy with a show cooking workshop.
- Experience the night in the most vibrant bars and clubs, whether enjoying a concert or dancing to the latest music.



SPORT TOURISM DESTINATION MEMBERS

Services

BIKE BREAKS GIRONA

GC-001897
www.gironacyclecentre.com

CENTRE CENIT

www.centrecenit.com

CICLOTURISME.COM

GCMD-000547
www.cicloturisme.com

CLUB TENNIS GIRONA

www.tennisgirona.cat

GEIEG

www.geieg.cat

SERVEI MUNICIPAL D'ESPORTS

www.girona.cat/esports

SPORTCAT

www.sportcat.cat

Hotels

**** CARLEMAN Y HG-002191

Pl. Miquel Santaló, 17002 Girona • 972 211 212
www.hotelcarlemanygirona.com • carlemany@carlemany.es

**** CIUTAT DE GIRONA HG-002387

C/ Nord, 2, 17001 Girona • 972 483 038
www.hotelciutatdegirona.com • info@hotelciutatdegirona.com

**** GRAN ULTÒNIA HG-002402

Gran Via de Jaume I, 22. 17001 Girona • 972 203 850
www.hotelgranultoniagirona.com • info@hotelsultoniagirona.com

**** MELIÀ GIRONA HG-002144

C/ Barcelona, 112. 17003 Girona • 972 400 500
www.melia.com • melia.girona@melia.com

*** PENINSULAR HG-000003

Av. de Sant Francesc, 6. 17001 Girona • 972 203 800
www.novarahotels.com • peninsular@novarahotels.com

*** ULTÒNIA HG-002402

Gran Via de Jaume I, 22. 17001 Girona • 972 203 850
www.hotelgranultoniagirona.com • info@hotelsultoniagirona.com

** IBIS GIRONA NORD HG-002401

C/ Francesc Ferrer, 16. 17006 Girona • 972 391 538
www.ibishotels.com • H6819-GM@accor.com

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**RUNNING
SWIMMING
CYCLING
TENNIS
ATHLETICS
TRIATHLON**



;) **girona**
emociona

Ajuntament  de Girona





 Costa Brava
Pirineu de Girona






2017
YEAR OF CYCLING
& Sustainability



 @GironaEnjoyRunning
 @girona_running



 @GironaEnjoyBiking
 @girona_biking

0034 972 010 001 • dte@ajgirona.cat

gironaenjoysport.com