



## BIKE TOURS & RENTALS

# “BIKE & TASTE“ - PEDAL AT YOUR OWN PACE AND DISCOVER THE WINES OF PENDÈS

## Nature, Exercise and Health with Bikemotions - Bike Tours & Rentals

Enjoy a **Self-guided Bike Route**, pedalling freely and at your own pace, stopping whenever and wherever you want. You will discover a landscape of vineyards, forests and wineries that will make you fall in love. Follow the track of one of our routes and you will arrive at a family and organic winery where you will taste a couple of wines/cavas accompanied by a small aperitif in the garden of the winery.

### BIKE & TASTE PRICES - 2022

HOURS	E-GT/MTB	E-BIKE	MTB	CLASSIC	CHILD
1 – 4h	40€	35€	30€	25€	23€
4 – 8h	50€	45€	40€	31€	27€
Baby seat	+5€	+5€	+ 5€	+ 5€	

Baby seats are suitable for children up to 23 kg  
Children price: up to 11 years (1:40 m)

If you want an easy ride, we recommend an electric bike and if you are an athlete and want to exercise, a mountain bike.

### INCLUDED

- Bicycle, helmet and lock
- Route information and track of the route to follow with your own mobile
- Wine/Cava tasting accompanied by a small aperitif in an organic winery
- Bike route assistance service included

If you want an easy ride, we recommend an electric bike and if you are an athlete and want to exercise, a mountain bike.

### DURATION

3:00 to 4:00 hours (or 4 to 8h if you take the bike for all day)

### DAY

Every day – reservations are essential

## BICYCLE DESCRIPTION

### ELECTRIC BIKES

Our e-Bikes are standard bikes with assisted pedaling. They have a 3 speed Nexus gear and 5 levels of assistance that will allow you to overcome slopes without great effort. The E-GT/MTB are bicycles with more autonomy, Gran Tour, with 8 gears and 6 levels of assistance.

### MOUNTAIN BIKES (MTB)

Our mountain bikes (Orbea MX40) have front suspension, 24-speed gearbox and all-terrain tires, ideal for the most athletic. Equipped with luggage racks for those who want to cycle for several days and add bags.

### CONVENTIONAL AND CHILDREN'S BIKES

Our classic bikes are the typical Dutch touring bikes with a 7-speed Nexus derailleur, while our children's bikes are mountain bikes with a 6-speed derailleur.

### OPEN HOURS

We open all year with confirmed reservations, any day and at any time. It is ideal to arrive between 9:00 am and 10:30 am. It is necessary to book in advance.

### LEVEL

Easy – all our routes are easy, especially if you take an eBike

### MEETING POINT

Bikemotions: Lavern-Subirats Train Station (R-4), between Sant Sadurní d'Anoia and Vilafranca del Penedès

### LANGUAGES

This tour is self-guided and does not include the guide. Bike shop support: English, Catalan and Spanish.

### WHAT TO BRING

Comfortable Clothing – Waterproofs (in case of rain) – Sun protection – Mobile phone

### HOW TO ARRIVE?

**BY TRAIN** (we are at Lavern train station):

– From Barcelona:

RENFE Cercanías R4 – Train heading to Sant Vicenç de Calders and get off at Lavern-Subirats. Train leaves from Plaza Catalunya and also from Arc de Triumf and Sants train stations. Duration: 50 minutes.

– From Sitges:

RENFE Cercanías R2 – Train to Sant Vicenç de Calders, get off there and change line and take R4 to get to Lavern-Subirats. Duration: 1:15 minutes (check link times)

**BY CAR:** Follow link

<https://goo.gl/maps/w9DqmnfD72C2>

By car it takes about 40 minutes from Barcelona and less than 30 from Sitges.

Free parking in the same station.