

Cycling Tour through La Rioja

8 DAYS / 7 NIGHTS, APPROX. 255 KM
BOOKING CODE: ES-SPBE7

DAILY ROUTE LENGTH ●●●●●
TOPOGRAPHY ●●●●●



Cycling and wine enjoyment
in northern Spain

From Eur **1109,-**



Your tour

You start the cycle tour in La Rioja in the historic city of Burgos, which is nationally known for its impressive cathedral. You will cycle through the Sierra de la Demanda to the picturesque mountain villages of Pineda de la Sierra and Viniegra de Abajo. Our bike tour is suitable for all those who want to get to know one of the smallest and not so well-known Spanish provinces. But also for those who are not afraid to pedal hard a time or two. You will be rewarded for your efforts in the unique and gently rolling landscape, but also on the way with detours to the wineries and the numerous bodegas, which offer you enjoyable insights into wine growing.

Itinerary

Day 1	Individual arrival to Burgos
Day 2	Burgos – Pineda de la Sierra, approx. 50 km
Day 3	Pineda de la Sierra – Viniegra de Abajo, approx. 60 km
Day 4	Viniegra de Abajo – San Millán de la Cogolla, approx. 40 km
Day 5	San Millán de la Cogolla – San Vicente de la Sonsierra, approx. 35 km
Day 6	Roundtrip in the wine region Rioja, approx. 35 km
Day 7	San Vicente de la Sonsierra – Laguardia – Elciego, approx. 30 km
Day 8	Individual departure

Travel time

Season A	01.04. – 31.10.
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Daily arrival 01.04. – 31.10.2025

Services

- 7 nights with breakfast, national 2* / 3* level
- Dinner in Pineda de la Sierra (1 x)
- Luggage transport from hotel to hotel to Elciego, max. 20 kg / piece
- Rental bike, surcharge for ebike
- Travel documents in English, with maps (1 x per room)
- Service-Hotline (7 days, 08.00 a.m. – 08.00 p.m.)

Not included services

- Citys or visitors tax, if payable

Basic price per person

Double room	1109,-
Additional fee single room	229,-

Additional services per person

Surcharge E-bike / Pedelec	109,-
Rental bike (24-speed)	inkl.

Notes

- Minimum number of participants: 2 persons

Exemplary hotel list

Burgos	Hotel Norte y Londres Burgos	https://www.hotelnorteylondres.es/
Pineda de la Sierra	Hotel Rural La Casona de Pineda de la Sierra	https://www.pinedadelasierra.es/alojamientos/hotel-rural-la-casona
Viniegra de Abajo	Venta De Goyo Viniegra de Abajo	https://www.ventadegoyo.es/
San Millán de la Cogolla	Hospedería La Calera San Millán de la Cogolla	https://casasruralessanmillan.es/es/casa-rural-la-calera/
San Vicente de la Sonsierra	Hotel Villa San Vicente de la Sonsierra	http://www.villasonsierra.com/es/hotel-historia.php
San Vicente de la Sonsierra	Hotel Villa San Vicente de la Sonsierra	http://www.villasonsierra.com/es/hotel-historia.php
Elciego	Hotel Villa de Elciego	https://www.elciegohotel.com/de/

Child reduction on basic price

Due to the challenging stages, we do not recommend this trip for children.
Since family rooms are not available on this trip, the children's discount cannot be offered.

Languages Travel documents

→ English

Additional note

- All bookings are on request.
- In Spain, helmets are compulsory for cyclists.
- Return journey: The tour ends in Elciego, which does not have its own train station. The return journey from Elciego to Logroño is recommended by cab, approx. 25 km, then by train to Bilbao, taking approx. 2.5 hours.
- Twin / double rooms / separate beds are only occasionally available. We treat requests as non-binding customer requests, if above mentioned room types are a booking condition, it must be mentioned as a condition at the time of booking.

Equipment of our rental bikes

- Replacement tube (1 x per room)
- Bottle cage
- Luggage rack
- Map holder
- Odometer
- Helmet for hire
- Air pump
- Multi-Tool
- Breakdown kit (1 x per booking)
- Waterproof pannier

Journey to Burgos

- Nearest airports: Bilbao
- Train station. Burgos

Travel documents

- Travel document dispatch to the arrival hotel, hotel list and arrival information in advance by e-mail

Stages description

Day 1: Individual arrival to Burgos

Your bike tour through La Rioja starts in Burgos. Explore the medieval city center after your arrival at the hotel. Especially the Catedral de Burgos will catch your attention. The noble cathedral belongs to the most extreme churches of Spain. In the middle of the church is the grave of the Spanish national hero El Cid. Make a walk along the Rio Arlanzón in the evening and up to the ruins of the Castillo de Burgos, a castle complex that was built in the 9th century.

Day 2: Burgos – Pineda de la Sierra, approx. 50 km

After you got your bikes, the journey starts. Out of the city, you follow the Camino de Santiago, the Way of St. James, for a few kilometers. Then it goes uphill to the direction of the mountain range of the Sierra de la Demanda. Follow an old train street away from the traffic, that is accompanied by oak and beech forests. With the mountain village Pineda de la Sierra, you reach today's destination. Very worth seeing is the church San Esteban. It belongs to the most outstanding Roman churches in the north of Spain.

Day 3: Pineda de la Sierra – Viniegra de Abajo, approx. 60 km

The second stage of your bike tour leads you into the region La Rioja. You cycle on small land roads, that lead you along the Rio Najerilla and the Mansilla artificial lake to the charming mountain village Viniegra de Abajo. The isolated village was presumably founded in the antiquity. After your arrival, make a walk and discover numerous palatial buildings, that, in contrast to the simpler old buildings of the former local cattle breeder found their place along the main road.

Day 4: Viniegra de Abajo – San Millán de la Cogolla, approx. 40 km

Along the Rio Ventrosa and the Rio Najerilla, you cycle on your bike tour through La Rioja to San Millán de la Cogolla, that is popular for its monastery complex. It consists in two monasteries, the San Millán de Yuso and the San Millán de Suso. Both are dedicated to the Holy Millán, who died more than 1500 years ago and is a popular place of pilgrimage. Besides numerous architectonic particularities, the town has a big historic meaning, as it hosts the first writings written in Spanish.

Day 5: San Millán de la Cogolla – San Vicente de la Sonsierra, approx. 35 km

Along gentle hills, you cycle to the valley of the Ebro today. It is popular for the cultivation of the famous Rioja grapes. Make a stop in Briones and visit the museum for wine culture. Back on your bike, you can see from afar the church Santa Maria la Mayor above today's destination San Vicente. It is part of a building complex, whose origins go back to the 12th century. Visit the former defensive complex and enjoy the impressive view to the surroundings.

Day 6: Roundtrip in the wine region Rioja, approx. 35 km

Today, you make a trip to the surroundings of San Vicente de la Sonsierra on your bike tour through La Rioja. Not far from the river Ebro, you cycle, including a few uphill climbs, to the historic Haro. The city is the capital city of the wine growing area Rioja Alta. The long wine growing culture had its origins already in the time of the Romans. Try

the excellent and award-winning red wines in the wineries and visit many wine cellars. Energetically, you cycle back to San Vicente de la Sonsierra.

Day 7: San Vicente de la Sonsierra – Laguardia – Elciego, approx. 30 km

Today, you get to know the south of the Basque Country and the wine region Rioja Alavesa. First, you cycle to the medieval town Laguardia. Surrounded by a city wall, the city center is on a hill in a region, that is characterized by grapevines. Visit the church Santa Maria and the picturesque old town, before you go back on your bike. Arrived at Elciego, a detour to the avant-garde hotel Margués de Riscal is worthwhile. It hosts a winery and originates from a draft of the famous architect Frank Gehry.

Day 8: Individual departure

After breakfast you start your individual return journey home or extend your stay.