

# DESTINATION HOTELS

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

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

## SPECIFIC SERVICES

- Flexible mealtimes
- Prepared picnic lunches for athletes
- Basic replacement footwear to go to the room
- Brush for cleaning athletic footwear
- Sport clothing laundry service
- 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



## 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.



DLE Gi 730-2018

### Rory Sutherland

A professional cyclist who has settled in Europe. 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.



[gironaenjoysport.com](http://gironaenjoysport.com)  
[girona.cat/DTE](http://girona.cat/DTE)  
972 010 001  
[dte@ajgirona.cat](mailto:dte@ajgirona.cat)



[TURISME ESPORTIU](#)  
[Costa Brava Pirineu de Girona](#)



[CAF](#)  
CAPITALITAT DEL BÀSQUET FEMENI  
GIRONA 2018

Ajuntament de Girona

## GIRONA ENJOY SPORT



RUNNING - CYCLING - ATHLETICS  
SWIMMING - TENNIS - TRIATHLON

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.

EN

Ajuntament de Girona

# CYCLING COMPANIES

**BIKE BREAKS GIRONA** [www.gironacyclecentre.com](http://www.gironacyclecentre.com)

C. dels Mercaders, 14. 17004 Girona | 972 205 465  
info@gironacyclecentre.com |

**CICLOTURISME.COM** [www.cicloturisme.com](http://www.cicloturisme.com)

C. de Santa Eugènia, 11. 17005 Girona | 972 221 047  
info@cicloturisme.com  
 @CicloTurisme @Cicloturisme\_com

**THE SERVICE COURSE** [www.theservicecoursegirona.com](http://www.theservicecoursegirona.com)

C. del Nord, 10. 17004 Girona | 972 665 406  
info@theservicecourse.cc | @theservicecourse

# CUSTOMISED EVENTS

**MUNICIPAL SPORTS SERVICE** [www.girona.cat/esports](http://www.girona.cat/esports)

972 226 136 | coordinacioactivitatsesports@ajgirona.cat  
 @esports\_gi esports.girona

**GEIEG** [www.geieg.cat](http://www.geieg.cat)  
972 234 459 | comercial@geieg.cat | @geieg1919

**CLUB TENNIS GIRONA** [www.gironatennispro.cat](http://www.gironatennispro.cat)

C. d'Aragó, 58. 17003 Girona | 972 201 083  
info@tennisgirona.cat  
 @ClubTennisGirona @CTGirona @clubtennisgirona

# ADDITIONAL SERVICES

**SPORTCAT** [www.sportcat.cat](http://www.sportcat.cat)

Av. de Lluís Pericot, 76. 17003 Girona  
972 208 528 / 625 634 531 | info@sportcat.cat  
 sportcatsportsmedicine @Sportcatcat @sportcat.cat

**CENTRE CENIT** [www.centrecentit.com](http://www.centrecentit.com)

C. de Can Pau Birol, 35. 17005 Girona | 972 242 805  
girona@centrecenit.com | @CentreCenit

# TOP RACES IN 2018



BIKING

## 4<sup>TH</sup> GIRONA MTB CHALLENGE

**29, 30 - April and 1 - May**

DISTANCE 3 STAGES: 60/80/50 KM  
info@klassmark.com  
[www.gironamtbchallenge.com](http://www.gironamtbchallenge.com)

## 2<sup>TH</sup> SEA OTTER EUROPE - BIKE SHOW - COSTA BRAVA GIRONA

**8 to 10 - June**



A cycling, outdoor sports and exhibition festival. It combines the trade fair area with competitions, displays and activities related to cycling.

seaottereurope@seaottereurope.com  
[www.seaottereurope.com](http://www.seaottereurope.com)

## 4<sup>TH</sup> THE PIRINEXUS 360 CHALLENGE

**9 - June**

DISTANCE: 350 KM  
info@gioutdoor.com  
[www.thepirinexus360.com](http://www.thepirinexus360.com)

## 5<sup>TH</sup> GIRONA CYCLING FESTIVAL - GIRONA GRAN FONDO

**11 to 17 - June**



DISTANCE: CLIMB UP TO ELS ÀNGELS SHRINE / NOCTURNAL CYCLE RACE / 125 KM  
ride@gironagranfondo.com  
[www.gironagranfondo.com](http://www.gironagranfondo.com)

## LA GERUNDONA

**30 - September**

DISTANCE: 50/80 KM  
info@elsbandolers.cat  
[www.elsbandolers.cat](http://www.elsbandolers.cat)

## 20<sup>TH</sup> LA TRAMUN UCI MTB MARATHON WORLD SERIES

**14 - October**



DISTANCE: 33/68 KM  
info@latramun.cat  
[latramun.cat](http://latramun.cat)

## 6<sup>TH</sup> MARATHON VIES VERDES

**18 - February**



DISTANCE: 10/21/30/42 KM  
info@maratonviasverdes.com  
[www.maratoviesverdes.cat](http://www.maratoviesverdes.cat)

## 5<sup>TH</sup> DUATHLON DE GIRONA

**4 - March**

DISTANCE: 5/25/2 KM  
esportiu.tgcb@gmail.com  
[www.triatlogironacostabrava.cat](http://www.triatlogironacostabrava.cat)

## 55<sup>TH</sup> ASCENT TO ELS ÀNGELS

**18 - March**

DISTANCE: 9,2 KM  
activitats.socials@geieg.cat  
[www.geieg.cat](http://www.geieg.cat)

## 8<sup>TH</sup> TRAIL WALKER OXFAM INTERMON

**14, 15 - April**

DISTANCE: 100 KM  
info@oxfamintermon.org  
[trailwalker.oxfamintermon.org](http://trailwalker.oxfamintermon.org)

## 5<sup>TH</sup> GIRONA WOMAN RACE

**7 - October**



DISTANCE: 5 KM  
info@cursadeladona.com  
[www.cursadeladonagirona.com](http://www.cursadeladonagirona.com)



RUNNING

## 40<sup>TH</sup> "CARRER NOU" RACE

**21 - October**

DISTANCE: 5/10 KM  
info@gironacentre.org  
[cursacarrernou.cat](http://cursacarrernou.cat)

## 8<sup>TH</sup> GIRONA MOUNT RACE AND TRANSGAVARRES

**18 - November**



DISTANCE: 15/24/54 KM  
info@klassmark.com  
[www.cursademuntanyadegirona.com](http://www.cursademuntanyadegirona.com)

## HALF MARATHON CIUTAT DE GIRONA

**25 - November**

DISTANCE: 21,097 KM  
activitatsesports@ajgirona.cat  
[www.girona.cat/esports](http://www.girona.cat/esports)

## 14<sup>TH</sup> SANT SILVESTRE DE GIRONA 9<sup>TH</sup> MINI SANT SILVESTRE

**31 - December**

DISTANCE: 5 KM / MINICURSES  
activitatsesports@ajgirona.cat  
[www.girona.cat/ssilvestre](http://www.girona.cat/ssilvestre)



Pictures: ICONNA

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



Available on the



Android APP on

