

# 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 ULTÒNIA ****	✓	✓	✓
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.



*Pory 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.

DL Gi 240-2019



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



@GironaEnjoyBiking  
 @girona\_biking



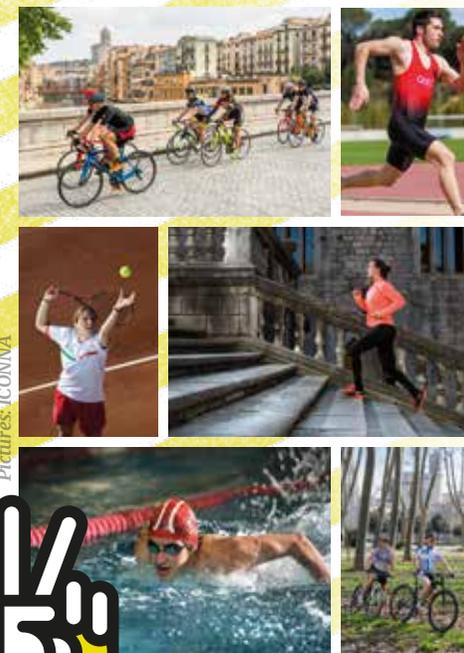
@GironaEnjoyRunning  
 @girona\_running

**;) girona**  
emociona

**Costa Brava**  
Pirineu de Girona



## GIRONA ENJOY SPORT



Pictures: ICONOVA



**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.

# CYCLING COMPANIES

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

C. Nou, 14. 17001 Girona | 972 205 465  
info@gironacyclecentre.com | [f](#) [t](#) [@](#) @bikebreaks

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

C. de Santa Eugènia, 11. 17005 Girona | 972 221 047  
info@cicloturisme.com  
[f](#) [t](#) [@](#) @CicloTurisme [@](#) @Cicloturisme\_com

# CUSTOMISED EVENTS

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

972 226 136 | coordinacioactivitatsesports@ajgirona.cat  
[t](#) [@](#) @esports\_gi [f](#) esports.girona

**GEIEG** [www.geieg.cat](http://www.geieg.cat)

972 234 459 | comercial@geieg.cat | [f](#) [t](#) [@](#) @geieg1919

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

C. d'Aragó, 58. 17003 Girona | 972 201 083  
info@tennisgirona.cat  
[f](#) @ClubTennisGirona [t](#) @CTGirona [@](#) @clubtennisgirona

# ADDITIONAL SERVICES

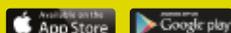
**SPORTCAT** [www.sportcat.cat](http://www.sportcat.cat)

Av. de Lluís Pericot, 76. 17003 Girona  
972 208 528 / 625 634 531 | info@sportcat.cat  
[f](#) sportcatsportsmedicine [t](#) @Sportcatcat [@](#) @sportcat.cat

**CENTRE CENT** [www.centrecenit.com](http://www.centrecenit.com)

C. de Can Pau Birol, 35. 17005 Girona | 972 242 805  
girona@centrecenit.com | [f](#) [@](#) @CentreCenit

Check the cycling, mountain bike and running routes. They can be downloaded free of charge from the apps: BikeMap, RidewithGPS, RouteYou, OutdoorActive, Komoot, GPSies, Wikiloc, Mapmyride, Mountpass and Trailforks.



# TOP RACES IN 2019



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

22 to 24 - March



Picture: Klassmark

DISTANCE 3 STAGES: 60/80/50 KM  
info@klassmark.com  
www.gironamtbchallenge.com

## 3<sup>RD</sup> SEA OTTER EUROPE - BIKE SHOW - COSTA BRAVA GIRONA

31 May and 1 - 2 June



Picture: Sea Otter

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

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

10 to 16 - June



Picture: Dash Photography

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

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

22 - June

DISTANCE: 350 KM  
thepirinuxus360@gmail.com  
www.thepirinuxus360.com

## 1<sup>ST</sup> GRAVEL RACE

20 to 22 - September  
DISTANCE 3 STAGES: 80/120/80 KM  
info@klassmark.com  
www.kassmark.com/bike

## 4<sup>TH</sup> LA GERUNDONA

29 - September



Picture: Bandolers Team

DISTANCE: 50/80 KM  
info@elsbandolers.cat  
www.elsbandolers.cat

## 21<sup>ST</sup> LA TRAMUN UCI MTB MARATHON WORLD SERIES

13 - October



Picture: La Tramun

DISTANCE: 33/68 KM  
info@latramun.cat  
latramun.cat



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

6 - October



Picture: Antoni Bautista

DISTANCE: 5 KM  
info@cursadeladona.com  
www.cursadeladonagirona.com

## 41<sup>ST</sup> "CARRER NOU" RACE

20 - October

DISTANCE: 5/10 KM  
info@gironacentre.org  
www.cursacarrernou.cat

## 9<sup>TH</sup> GIRONA MOUNT RACE AND TRANSGAVARRÉS

17 - November



Picture: Klassmark

DISTANCE: 15/24/54 KM  
info@klassmark.com  
www.cursademuntanyadegirona.com

## 15<sup>TH</sup> SANT SILVESTRE DE GIRONA 10<sup>TH</sup> MINI SANT SILVESTRE

31 - December



Picture: Ajuntament de Girona

DISTANCE: 5 KM / MINICURSES  
activitatseports@ajgirona.cat  
www.girona.cat/ssilvestre

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

17 - February



Picture: Diver Sport

DISTANCE: 10/21/30/42 KM  
info@maratoviasverdes.com  
www.maratoviasverdes.cat

## 6<sup>TH</sup> DUATHLON DE GIRONA - TRADEINN

3 - March

DISTANCE: 5/25/2 KM  
esportiu.tgcb@gmail.com  
www.triatlogironacostabrava.cat

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

17 - March

DISTANCE: 9,2 KM  
activitats.socials@geieg.cat  
www.geieg.cat

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

6, 7 - April

DISTANCE: 100 KM  
infotrailwalker@oxfamintermon.org  
trailwalker.oxfamintermon.org

## 22<sup>TH</sup> ESPORTS PARRA RACE

7 - April

DISTANCE: 5/10 KM  
info@esportsparra.com  
www.esportsparra.com