

Chasing **ATLAS**  
CUSTOM EXPERIENCES

# PRIORAT

Bike & Wine



## A glimpse of Priorat...

Priorat is a wine region 2hrs south of Barcelona. It's known for its world-class wines but there is a lot more to discover! The hilly orography is full of windy roads through the vineyards with no traffic and spectacular views. There are no big cities or major highways nearby which has maintained its isolated, untouched & authentic life. You'll find many quaint villages where life hasn't changed much the last few decades focused mainly in the grape, olives and almonds

farming. Yet, we will be able to find great food and meet extraordinary people who are building amazing creative projects with amazing stories. The landscape combines the steep Llicorella (local rock) hills where nothing but the vineyards grow and the gorgeous features of Montsant Natural Park & red soiled Prades Mountains. It's definitely a cycling paradise not yet 'discovered' and an incredible place for wine, food and authentic culture experiences.



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## Day 1 - Welcome to the Priorat

**TRAVEL:** Arrival in Barcelona; Transfer 2hrs

**RIDE:** Afternoon spin 20km - 1000ft

Spin out the jet lag by climbing a gentle & beautiful road to Escaladei, which used to be the wine capital in the middle age and until XVIII century, when the monks were in control of all the wine production in the area. We'll visit the ruins of la Cartoixa d'Escaladei (monastery) with amazing close up views to the Montsant ridge rock walls right behind the monastery.

**SEE:** Cartoixa d'Escaladei Monastery ruins

**DINE:** Glass of wine at the terrace + House Dinner



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## Day 2 - North Priorat & Montsant Natural Park

**RIDE:** Montsant Loop 75km - 4500ft

We are going to explore the wild northern Priorat. The best way to get an idea about the different 'terroirs' / landscapes that shape the Priorat. We will ride a 75-80km loop around the Montsant Natural Park on some of the most amazing & quiet roads in Priorat. We will visit the most isolated village in Priorat located in the canyon of the Montsant River.

**SEE:** Wine terroirs; Montsant Natural Park; Quiet roads

**DINE:** Great local restaurant in Falset



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## Day 3 - South Priorat

**RIDE:** Baix Priorat Loop 60km - 3400ft

Today we'll head south and explore the Baix Priorat (lower Priorat). This area is where the hills open up, the vineyards are created from clay soil and the views are more expansive . We will visit the charming town of Falset, the capital of Priorat .

**SEE:** Lower Priorat – Falset town - Expansive views

**WINE:** Winery visit + Wine tasting in our or nearby village

**DINE:** Guest Chef at the House - Judit



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## Day 4 - Prades Mountains & Iconic villages

**RIDE:** Muntanyes de Prades 100km loop & 6500ft - the Electric Ride – Hilly day!

Today we are facing the most challenging ride of all week. We'll be heading to Prades Mountains which stand up to 3000ft over sea level. To start the ride, we'll have nice views of the Mediterranean Sea while riding through pine trees and cooler breezes. Later on we will ride through some of the most iconic villages in the area. Electric bikes are offered so you can fully savour the challenging elevation gain of the ride and enjoy the stunning views all along the way. Riding an electric, also gives you a great opportunity to do some shopping for local honey, olive oil, almonds...

**VISITS:** Prades i Siurana & Olive Oil Tasting at the House.

**DINE:** Local's restaurant Dinner in Torroja or Porrera



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## Day 5 - Way to the flats & Delta de l'Ebre

**RIDE:** Delta Ride; 1hr transfer to the starting point in Pratedip. - 75km & 2300ft

Today we're heading to the South of Catalunya. We'll ride through the Tivissa Mountains and descend to the Mediterranean Sea on our way to the Delta de l'Ebre River.

**SEE:** Bird wild life reserve - Flat Roads

**LUNCH:** Paella in a cute village in the Delta; Return transfer 1.5hrs

**Dinner:** House - Guest Chef



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## Day 6 - Deep Priorat or Hike

**RIDE:** Deep Priorat Loop – 50k & 3400ft or Hiking!

Today we will get into some of the most secret roads in Priorat and visit the only old mining town in the region.

Hiking option will involve 20min drive to the trailhead. From there, we'll hike 2-3hrs up to the main ridge of Montsant Natural Park. The panorama views of the entire Priorat are just stunning. We will explore some little caves and interesting rock formations.

**SEE:** Mining town – Panorama views - Caves

**DINE:** House - Cooking Class or Falset Restaurant



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## Day 7 - Depart

Pack up and enjoy the last breakfast at the house terrace. Say “Adeu” to Priorat.

