



ALWAYS FURTHER ADVENTURES

By The Adventure Coach



Welcome to an Adventure in Gravel Paradise: Girona



Girona Gravel Camp, at the heart of the TRAKA race, perfect gravel, and rich culture

Set in the home of The Traka, Europe's biggest gravel festival. Base yourself in Girona and ride curated routes through the Gavarres and Empordà: cork-forest climbs, fast farm tracks, river paths, and quiet medieval villages. Each day blends race-inspired sectors with scenic "greatest hits," so you can recce your TRAKA race terrain or simply be here to discover Girona's best gravel. Expect dialled GPX navigation, full guiding throughout, sustainably paced grouping, regular café stops, and optional sectors to open to taps and embrace race pace, plus time off the bike to enjoy Girona's food, culture, and old-town charm.

GRAVEL PERFECTION

500km of gravel adventures off the beaten track

RELAX IN LUXURY

Unwind in the private villa in the hills, by the pool

ALL INCLUSIVE

All food, accommodation, and transfers included

What is Included?

OVERVIEW



GIRONA
GRAVEL

Transfers

- From and to Girona and Barcelona Airport
- One transfer time, so you can all travel together - Optional transfer available the night before upon request
- Bike box transfers included

Accommodation and Food

- Private villa in Camós
- Single or double occupancy room options
- Pool
- All meals are included throughout your trip with the exception of travel days.

Gravel Guiding

- 5 days of gravel guiding throughout Girona with a series of routes ranging from 70-130km, with an option of an additional fast section.
- The group will be kept together, following GPS navigation, and embracing local sites and attractions.



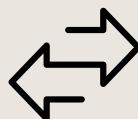
ACCOMODATION



5 FULL DAYS
GUIDING



FOOD



TRANSFERS



MECHANICAL
SUPPORT



REGULAR
COFFEE STOPS!

ITINERARY

Date	Description
22nd March	<i>3pm Transfer from Girona Airport to accommodation (approx 60mins), where we will build bikes before setting off on a quick warm up ride before dinner.</i>
23rd March	<i>80km 1900m loop to Rocacorba, including the road climb 70% gravel</i>
24th March	<i>110km 2100m loop to the French Border moutains and flat, fast stretches of Costa Brava, 80% gravel</i>
25th March	<i>100km 2000m loop to the Panta de Susqueada reservoir, 65% gravel</i>
26th March	<i>100km 1600m loop to the shores of the Med, flat and fast, before crossing the Gavarres hills, 70% gravel</i>
27th March	<i>80km 2000m loop of iconic single track and some of the more challenging hill climbs of the TRAKA series, 90% gravel</i>
28th March	<i>11am transfer back to Girona Airport (approx 60mins), after morning coffee and Xuixo!</i>

LOGISTICS

Kit and Equipment

Bib/shorts, Jerseys, arm warmers, socks, gloves

Cycle shoes, waterproof layer, Gillet/warm layer

Helmet (essential), 2x water bottles, sunglasses, chamois cream, sunglasses

GPS device and bike mount

Clothing for social occasions and evenings

Swimwear

Personal first aid kit including pain killers and sun protection

Bike spares - 2x tubes, mini/electric pump, 1x set of brake pads, 1x chain powerlink, puncture repair kit, tubeless repair kit and sealant if running tubeless

Set of front and back lights with batteries/cables

Spare mech hangar for your bike and multi tool

Administration

Room options:

Double single occupancy

Double/twin double occupancy

Food:

All meals will be provided throughout the trip, with the exception of:

1. Transfer day(s) lunch/snacks, a packed lunch will be provided for the day of departure

2. All drinks/alcohol with meals

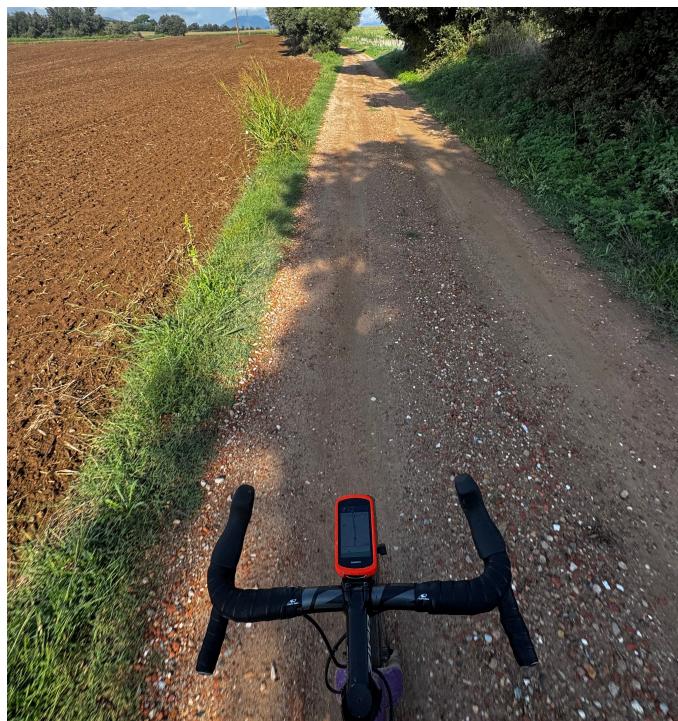
Bike Hire:

Bike hire options are available at an additional cost, please get in touch directly with Ben if this is required

INSURANCE

Travel insurance is mandatory for all our trips. Please provide your policy details before departure. Your policy must cover cycling abroad, emergency medical treatment, evacuation/repatriation, and your baggage and bike. We also strongly recommend cancellation cover in case you're unable to join the trip (e.g. illness).

GET TO KNOW YOUR WEEK





BEN TURNER, THE ADVENTURE COACH

Who is Ben?

Ben Turner is a certified Mountain Bike Leader and Gravel Ride Leader, as well as a qualified nutritionist, adventure coach and endurance specialist. With years of experience exploring trails, bikepacking remote landscapes like Iceland, and tackling ultra-endurance challenges, Ben has built a reputation for combining adventure with expert guidance.



His background as a British Army Physical Training Instructor, alongside countless expeditions and retreats, means you'll benefit from both his technical riding knowledge and his ability to coach you through every climb, descent, and long day in the saddle.

Above all, Ben goes above and beyond to ensure you don't just ride, you experience the most memorable adventure of a lifetime. On this retreat, the mission is simple: to share his passion for gravel cycling in incredible places around the world, remove all the stress of planning and logistics, and give you the skills, confidence, and support to unlock your best rides yet.

FAQ

Am I fit enough!?

If you are concerned about your fitness, I will be on hand to offer advice and direction on build-up training, but remember that this trip is not a gravel race training camp, you are there for an adventurous holiday! There will be elevation profiles of 1500-2400m of ascent over distances from 70-130km. We will be riding at a conservative speed with constant stops to enjoy coffee and sunshine! There will absolutely be chances to open up race day pace if you are preparing for the TRAKA, but think of this as a recce and holiday!

How do I get there?

There are many UK based direct flights to Girona Airport, from there you are in safe hands until you are returned to the airport at the end of the trip.

What is the weather going to be?

In late March, expect temperatures to fluctuate in the late teens to early 20s. The evenings will be cooler at around 12-15 degrees.

What if I have dietary requirements?

Upon booking, you will be sent a pre-trip form to complete where we can collect any requests and requirements across the board. We assure you that you will eat well!

TERMS

Price & payments. The trip price is £1,500 per person for a shared double room, or £1800 per person for a single occupancy room. A £500 non-refundable deposit secures your place. The remaining balance is due 90 days before departure on 01 January 2026. Bookings are non-transferable.

Insurance. Travel insurance is mandatory. Your policy must cover cycling abroad, emergency medical treatment, evacuation/repatriation, baggage and bike. We strongly recommend cancellation cover.

Cancellations. If you choose not to attend or cannot attend for any reason, the deposit is non-refundable.

If Ben Turner Adventure cancels the trip for any reason (including not reaching minimum numbers), 100% of all monies you've paid will be refunded within 28 days of the cancellation notice.

Group size. Minimum 6 riders, maximum 10. We confirm whether the trip is running no later than the balance due date (90 days prior).

CONTACT

Email me at **ben@benturneradventure.com** or WhatsApp me on +4407983196102 with any questions.