



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 local 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	RELAX IN LUXURY	ALL INCLUSIVE
500km of gravel adventures off the beaten track	Unwind in the private villa in the hills, by the pool	All food, accommodation, and transfers included

What is Included?

OVERVIEW



Transfers

- From and to Girona and Barcelona Airport
- One transfer time, so you can all travel together
- Bike box transfers included



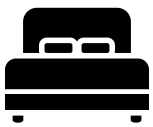
Accommodation and Food

- Private villa in Camos
- Single or double occupancy room options
- Pool
- All meals are included throughout your trip except travel days
- chef-cooked food throughout and packed lunches on each ride day.

GIRONA GRAVEL

Gravel Guiding

- 5 days of gravel guiding throughout Girona with a series of routes ranging from 70-130km, with an option of additional fast sections.
- The group will be encouraged to keep together, but you will be following GPS navigation routes, and embracing local sites and attractions, and have locations to regroup and and drink coffee together!



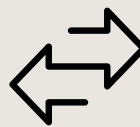
ACCOMODATION



5 FULL DAYS
GUIDING



FOOD



TRANSFERS



MECHANICAL
SUPPORT



REGULAR
COFFEE STOPS!

ITINERARY

Date	Description
14 th March	2pm Transfer from Barcelona Airport to accommodation (approx 90mins), where we will build bikes, meet your guide(s) for the week, before setting off on a quick warm-up ride before dinner.
15 th March	90km 1900m loop to Olot
16 th March	110km 2100m loop to the French Border mountains and flat, fast stretches of Costa Brava, 80% gravel
17 th March	½ day Rest and Recovery - 50km 900m loop opf Banyoles and Girona for plenty fo coffee and cake 50% gravel
18 th March	100km 1600m loop to the shores of the Med, flat and fast, before crossing the Gavarres hills, 80% gravel
19 th March	80km 2000m loop of iconic single track and some of the more challenging hill climbs of the TRAKA series, 90% gravel
20 th March	7am transfer back to Barcelona Airport (approx 90mins), after morning coffee!

LOGISTICS

Kit and Equipment

Bib/shorts, Jerseys, arm warmers, socks, gloves	Clothing for social occasions and evenings	<i>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</i>
Cycle shoes, waterproof layer, Gillet/warm layer	Swimwear	<i>Set of front and back lights with batteries/cables</i>
Helmet (essential), 2x water bottles, sunglasses, chamois cream, sunglasses	<i>Personal first aid kit including pain killers and sun protection</i>	<i>Spare mech hangar for your bike and multi tool</i>
<i>GPS device and bike mount</i>		

Administration

Room options:	Food:	Bike Hire:
Double single occupancy Double/twin double occupancy	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 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

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.

Ben believes in using local guides throughout his adventures, so we will be joining with our network of local route experts to give you the very best guided experience in Girona, Catalonia and Costa Brava!

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 Barcelona Airport, from there you are in safe hands until you are returned to the airport at the end of the trip. You can also fly to Girona Airport, but please get in touch with Ben first to confirm transfers.

What is the weather going to be?

In mid 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 £1,750 per person for a shared double room, or £1950 per person for a single occupancy room. A £500 non-refundable deposit secures your place. The remaining balance is due 60 days before departure on 13 January 2027. 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 (60 days prior).

CONTACT

Email me at **ben@benturneradventure.com** or WhatsApp me on +44530053906 with any questions.