

*For Immediate Release*

## **Three Cooking Classes Introduce Cuisine and Culture of Spain's Catalan Region On 8-Day Self-Guided Biking Tour**

**SCOTTSDALE, AZ, Feb 19, 2013** – An eight-day culinary immersion into the cuisine of Spain's Catalan region is the razón de ser of a new, eight-day self-guided cycling adventure designed by Europe's active travel leader, Pure Adventures <http://pure-adventures.com>.



The trip that takes its name from Catalan cuisine called Mar i Muntanya (Sea and Mountains) begins in Girona where the bounty of sea, plains and mountains is introduced with wines from the coastal Emporda region of Catalonia. Here fresh ingredients come from terraced olive groves dating to the ancient Greeks, rice paddies near Pals, kitchen gardens, small farms and always the sea. See:

<http://pure-adventures.com/tours/spain-biking-cooking.php>

The ideal season for biking this region is from April 1-Oct 31. Trips are planned per individual request and can start any day of the week, subject to hotel availability.

The per person, double occupancy, rate from 1,589 Euros includes three cooking classes, a guided visit of the Palamos port and fish market and a cheese or olive oil tasting, seven nights deluxe lodging, daily breakfast, two gastronomic dinners with one tasting menu, four lunches, luggage transfers between hotels, local Girona-based emergency support orientation and bike set up, road books with riding route maps and cue sheets, suggestions on where to visit and more. Bike rentals, not included in rate, start at 105 Euros for a Cannondale Hybrid. Although not included in the itinerary, reservations can be made in Girona at [Celler Can Roca](#), rated the world's second best restaurant by Michelin in 2012.

Cycling on average 30-50 leisurely kilometers a day through a landscape laced with agriculture and an ancient past, guests lodge at exemplary hotels in Girona's Old Town before cycling to the Gavarres Mountains for a stay in a medieval town and on to the port town of Palamos. They visit a small cheese farm, Mas Marce, famous for its traditional fresh cheese *recuit*, usually eaten as a dessert with honey but also in salads. The farm's recuit is hard to get because most of the production goes to restaurants, including as yoghurt to El Celler de Can Roca. One of the cooking classes is in Palamos, a port city famous as the last bastion of traditional fishing practices.

### **About Pure Adventures**

Pure Adventures (<http://pure-adventures.com>) emerged in 2004 from Discover France Adventures (founded in 1994 by Loren Siekman) to meet North American client requests for high-quality, self-guided cycling tours beyond just France.

Pure Adventures leverages and utilizes local expertise for route development, sites to see, people to meet, where to eat, shop and experience life as a local would. Pure Adventures award-winning tours are competitively priced and meticulously planned with substantial behind-the-scene support creating a unique combination that makes a Europe adventure more easily accessible to today's active traveler.



The company adheres to eco-friendly living and low-to-no-impact travel. Vehicles and other energy consuming resources are not used to support self-guided tours. Electronic communications, cloud storage systems and document sharing help diminish paper printing and storage. Through annual donations the company supports sustainable travel and carbon offsets. Contact them by phone: 800-960-2221 or 480-905-1235, Email: [info@pure-adventures.com](mailto:info@pure-adventures.com), or visit online: <http://pure-adventures.com>.

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