

# Tour of La Rioja

8 DAYS / 7 NIGHTS, APPROX. 210 KM

BOOKING CODE: ES-SPLL7

DAILY ROUTE LENGTH ●●●●●  
TOPOGRAPHY ●●●●●



## Your tour

On our round trip by bike through La Rioja you will get to know one of the most famous wine regions in Spain and Europe. The region not only produces first-class and award-winning wines, but is also perfect for an eventful and enjoyable cycling tour. You start in Logroño, the capital of La Rioja. The town is known for its numerous bars, where you can enjoy the region's famous pinchos and wines. You can learn more about the cultural history of wine in Briones, which you can admire after overnight stays in Ezcaray and Haro. Via medieval Laguardia, you will reach Elciego, known for its wine town. Soon you will reach your starting point, Logroño.

## Services

- 7 nights with breakfast, national 3\* / 4\*-level
- Luggage transport from hotel to hotel, max. 20 kg / piece
- Travel documents in English, with maps (1 x per room)
- Service-Hotline (7 days, 08.00 a.m. – 08.00 p.m.)
- Transfer to the starting point

## Not included services

- Citys or visitors tax, if payable

## Basic price per person

Double room	1199,-
Additional fee single room	399,-

## Additional services per person

E-bike / Pedelec	229,-
Rental bike (24-gear)	119,-

## Notes

- Minimum number of participants: 2 persons

## Itinerary

<b>Day 1</b>	Individual arrival in Logroño
<b>Day 2</b>	Logroño – San Millán de la Cogolla, approx. 40 km + transfer
<b>Day 3</b>	San Millán de la Cogolla – Ezcaray, approx. 35 km
<b>Day 4</b>	Ezcaray – Haro, approx. 40 km
<b>Day 5</b>	Tour around Haro, approx. 30 km
<b>Day 6</b>	Haro – Laguardia, approx. 35 km
<b>Day 7</b>	Laguardia – Logroño, approx. 30 km
<b>Day 8</b>	Individual departure

## Travel time

<b>Season A</b>	01.04. – 31.10.
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Daily arrival 01.04. – 31.10.2026  
The season is dictated by the arrival date.

## Exemplary hotel list

Logroño	Hotel Gran Vía Logroño	<a href="https://www.hotelgranvialogrono.com/en/">https://www.hotelgranvialogrono.com/en/</a>
San Millán de la Cogolla	Hostería Monasterio San Millán	<a href="https://hosteriasanmillan.com/en/">https://hosteriasanmillan.com/en/</a>
Ezcaray	Hotel Palacio Azcarate Ezcaray	<a href="https://www.palacioazcarate.com/">https://www.palacioazcarate.com/</a>
Haro	Hotel Los Agustinos Haro	<a href="https://www.eurostarshotels.de/">https://www.eurostarshotels.de/</a>
Haro	Hotel Los Agustinos Haro	<a href="https://www.eurostarshotels.de/">https://www.eurostarshotels.de/</a>
Laguardia	Posada Mayor De Migueloa Laguardia	<a href="https://www.mayordemigueloa.com/">https://www.mayordemigueloa.com/</a>
Logroño	Hotel Gran Vía Logroño	<a href="https://www.hotelgranvialogrono.com/en/">https://www.hotelgranvialogrono.com/en/</a>

## Child reduction on basic price

No child discount is offered on this trip.

Since family rooms are not available on this trip, the children's discount cannot be offered.

## Languages Travel documents

→ English

## Additional note

→ All bookings are on request.  
→ In Spain, helmets are compulsory for cyclists.  
→ Twin / double rooms / separate beds are only occasionally available. We treat requests as non-binding customer requests, if above mentioned room types are a booking condition, it must be mentioned as a condition at the time of booking.

## Equipment of our rental bikes

→ Replacement tube (1 x per room)  
→ Bike lock  
→ Bottle cage  
→ Luggage rack  
→ Odometer  
→ Helmet for hire  
→ Air pump  
→ Multi-Tool  
→ Breakdown kit (1 x per booking)  
→ Waterproof pannier

## Journey to Logroño

→ Nearest airports: Bilbao, Madrid  
→ Train station: Logroño

## Travel documents

→ Travel document dispatch to the arrival hotel, hotel list and arrival information in advance by e-mail

## Stages description

### Day 1: Individual arrival in Logroño

Your cycle tour starts in Logroño, the capital of the Spanish region La Rioja. Due to its location at the Way of St. James, Logroño developed to a vibrant city. Visit the worth-seeing old town and enjoy the Pinchos, that are famous for the region in one of the numerous wine bars. The small appetizers are mostly held together by a spit and vary from the famous Spanish Tapas. Rounded off by a full-bodied Rioja wine, the delicacies even taste twice as good.

### Day 2: Logroño – San Millán de la Cogolla, approx. 40 km + transfer

After a short transfer (included) to the starting point of your cycle tour in La Rioja and after you got your bikes, your journey already starts. First, you cycle on a section of the Way of St. James, the Camino de Santiago. With today's stage destination San Millán de la Cogolla, you reach the town, that has a big historic meaning. In the monasteries San Millán de Yuso and San Millán de Suso there, the first Spanish scriptures were created and preserved there until today.

### Day 3: San Millán de la Cogolla – Ezcaray, approx. 35 km

Through a hilly landscape, you cycle to Ezcaray at the foothills of the Sierra de la Demanda today. The town is located at the Rio Oja, that is considered the name giver of the region La Rioja. Especially worth seeing is the church Santa María la Mayor from the 15th century. It seems to be a fortress, because it was built nearly without any windows. If you want to change your bike for a small hiking tour, the ascent to the Mirador de San Torcuato is very worthwhile. From the observation point, you have a wonderful view to the town and the surroundings.

### Day 4: Ezcaray – Haro, approx. 40 km

Not far from the Rio Oja, at today's stage of your cycle tour in La Rioja, you firstly cycle to Santo Domingo de la Calzada. The name of the city is identical with the name of its founder, that built a bridge, a hospice and roads for the passing pilgrims according to a legend. Via Casalarreina, you reach Haro, the main city of the wine region Rioja Alta. Already the Romans did wine growing in La Rioja, a tradition, that produces excellent wines up to today. Visit the numerous wineries and taste the one or the other red wine from the surrounding Haros.

**Day 5: Tour around Haro, approx. 30 km**

Today is at your disposal. Explore the wineries around Haro, cycle through vineyards and try the full-bodied wines directly on site. Or what about a walk through the Medieval city center, that is characterized by its winegrowing? It is located on a small hill, on whose highest point there is the church Santo Tomás with its striking spire, the symbol of the city. Especially the main entrance of the church is worth seeing. If you want, you can also spend your day relaxing in the hotel.

**Day 6: Haro – Laguardia, approx. 35 km**

Not far from the river Ebro, you first cycle between gently curved vineyards to Briones. There, a visit at the museum for wine culture is worthwhile. Let's continue! You cycle to the Basque part of the wine region Rioja without noticing and reach the wine region Rioja Alavesa. In the center of the region, there is the small wine town Laguardia. The

city center of Laguardia is located on a hill and surrounded by a city wall. Visit the Medieval old town and treat yourself with a Tempranillo in one of the wineries, that is a typical red wine for the Rioja region.

**Day 7: Laguardia – Logroño, approx. 30 km**

The last stage of your cycle tour in La Rioja leads you back to your starting point Logroño. On the way, you get to know the city Elciego. It is known nationwide for the avant-garde hotel Margués de Riscal. It was created from the designs of the world-famous architect Frank Gehry. Along gently curved Ebro, you cycle to your destination. Treat yourself again with typical northern Spanish specialties and enjoy the Spanish lifestyle.

**Day 8: Individual departure**

After breakfast you start your individual return journey home or extend your stay.