



RIDE COSTA BLANCA

Train with purpose. Recover in style. Stay somewhere worth returning to.

El Albir is an exceptional base for those wishing to spend several days riding through the Costa Blanca without giving up comfort, rest, and the small pleasures that make the whole journey even more rewarding.

If you are coming here to train, you will most likely already know that this part of the Mediterranean is home to some of the most coveted climbs and roads among cyclists. Yet a cycling escape is not simply about accumulating kilometres. It is also about recovering properly, sleeping deeply, eating well, and enjoying your surroundings in the time between one ride and the next.

At **Albir Experience**, that is precisely what we offer: a more complete and more enjoyable way to experience the Costa Blanca on two wheels.

Recovery



Comfort



Routes worth the effort

The Costa Blanca offers that rare balance so difficult to find: a gentle climate, beautiful roads, meaningful elevation, and landscapes that stay with you even on the most demanding days. From El Albir, some of the area's most iconic rides are all within easy reach:

- **Coll de Rates**, an essential classic for starting strong
- **Guadalest**, ideal for a long and deeply rewarding day in the saddle
- **Sierra de Aitana**, for when only a proper climb will do
- **Cumbre del Sol**, demanding, dramatic, and more than worthy of the effort

This is not about chasing hidden routes. It is about having a comfortable base from which to plan each ride thoughtfully and enjoy the week at a more intelligent pace.



Recovery that truly matters

After the effort comes the part that matters just as much: recovery. And this is where the right stay makes all the difference. Returning from training, showering without hurry, putting the bike aside, stretching, resting, and realising there is still time left in the day to enjoy. At Albir Experience, recovery is not an afterthought. It is part of the experience:

- a comfortable and functional apartment
- proper rest after every ride
- a terrace or garden where the body can ease back into calm
- time to stretch, rehydrate, and switch off
- a swimming pool to cool down and loosen tired legs (**our pool is open all year round**)

Training well is one thing. Training well and recovering even better is what makes you want to come back.

The best part begins after the ride

A cycling stay does not need to feel rigid or overly technical. It can also hold lighter, lovelier, unmistakably Mediterranean moments. After a ride, there is always something that completes the day beautifully:

- a walk by the sea
- a long, unhurried lunch
- a slow afternoon
- dinner without glancing at the clock
- a proper recovery morning
- or simply the pleasure of not doing too much at all

Here, the trip does not end when you step off the bike. It simply shifts into a gentler rhythm.



How we would approach it

If we were planning several days of cycling from here ourselves, we would always do so with balance in mind:

- **Day 1:** an easy spin, coastline, and legs waking up gradually
- **Day 2:** a long ride such as Coll de Rates or Guadalest
- **Day 3:** genuine recovery, the pool, a walk, and good food
- **Day 4:** a more demanding climb such as Aitana or Cumbre del Sol
- **Day 5:** a shorter scenic ride and a more relaxed finish

The secret is not in doing more, but in distributing the week more wisely. Then again, we are not your coach - we are simply here to make sure the rest feels as good as the ride.

Why it works so well

Because Albir Experience allows for a cycling stay that feels more complete.

Here, you can train seriously, while also being able to:

- rest properly
- recover better
- enjoy the climate
- keep the sea close at hand
- and return to your apartment with the feeling of being exactly where you would like to be

It is not merely a base for riding. It is a way of combining performance, recovery, and quality of life. And should you need anything at all, we will be delighted to help. The Albir Experience team will always welcome you with a smile.



Our Tips

- 1 **Start early** during the warmer months.
- 2 **Always carry water and something to eat**, even on the days that seem easier.
- 3 **Build in at least one genuinely quiet day between harder rides**, your body will thank you, and so will the trip.
- 4 **Make the most of your stay by alternating effort and recovery.** Very often, that is the difference between a good week and a truly excellent one.
- 5 **Remember that the pool is open all year round**, perfect for cooling off and easing the legs after a ride.



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