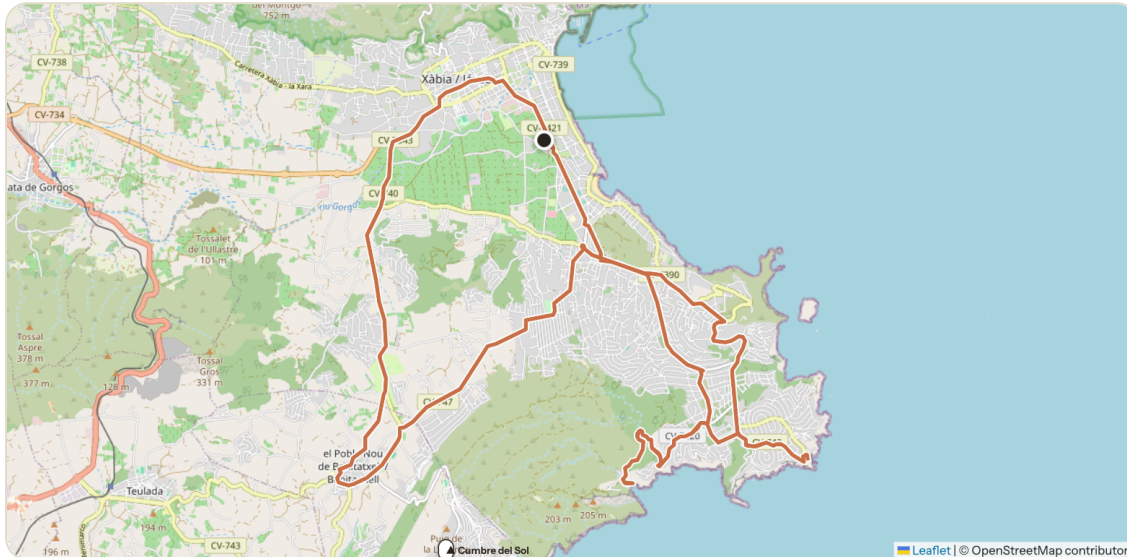


Cap de la Nau & Granadella

Cliffs, lighthouse, hidden cove

Villa Palmview

JÁVEA · COSTA BLANCA · ROAD RIDE FROM THE GATE



37.8 km

DISTANCE

≈490 m

CLIMBING

163 m

HIGHEST POINT

1½–2 h

RIDING TIME · 18–25 KM/H

EASY–MEDIUM

Best for: First-day legs · sunset ride · mixed-ability groups

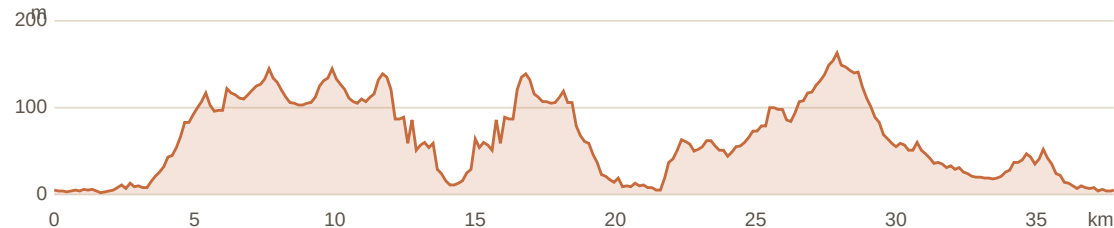
The shake-out ride. Up through the pine villas to the lighthouse at Cap de la Nau, then the short, sharp drop into Granadella and the climb back out. Punchy rather than long.

VIA

Villa Palmview	0 km	Poble Nou de Benitatxell	26.5 km
Cap de la Nau	8.5 km	Villa Palmview	37.8 km
Cala de la Granadella	13.7 km		

RIDE NOTES & STOPS

- Granadella road is a dead end: the descent you enjoy is the climb you pay for (≈2.5 km back up, with steeper ramps near the cove).
- Swim stop at Granadella in autumn and spring.
- Quiet before 10:00; the cove road gets busy in summer.

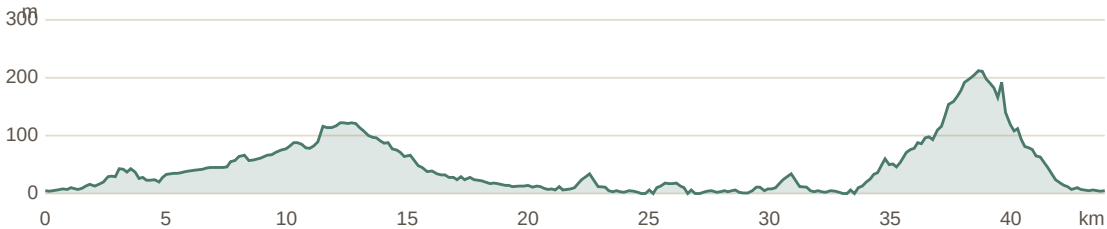


2

The flat recovery loop

Villa Palmview

JÁVEA · COSTA BLANCA · ROAD RIDE FROM THE GATE



43.9 km

DISTANCE

≈ 400 m

CLIMBING

212 m

HIGHEST POINT

2–2½ h

RIDING TIME · 18-25 KM/H

EASY

Best for: Recovery day · coffee ride · beginners

Out past Jesús Pobre under the north face of the Montgó, through Dénia to the rocky coast road at Les Rotes — as flat as this region gets — and back over the low pass of the CV-736.

VIA

Villa Palmview	0 km	Les Rotes	25.3 km
Jesús Pobre	10.7 km	Villa Palmview	43.9 km
Dénia	20.7 km		

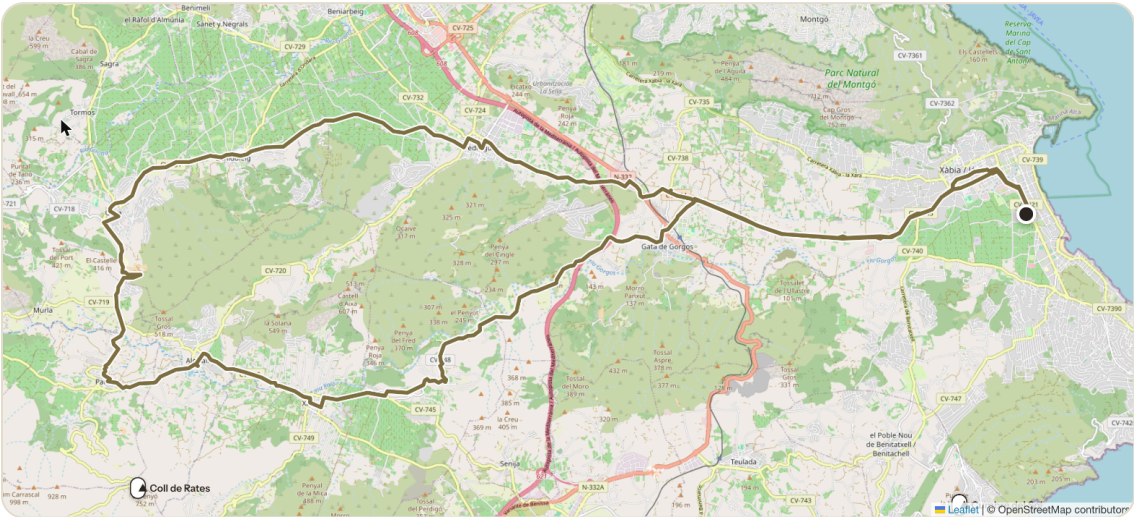
RIDE NOTES & STOPS

- Coffee on the Les Rotes seafront; the road ends at the Cap de Sant Antoni nature reserve.
- Only real climb: the CV-736 back over La Plana (≈2 km, gentle).
- Good option for a rest day or for the non-climbers in the group.

3 Xaló valley wine loop

Vineyards, villages, one soft climb

Villa Palmview
JÁVEA · COSTA BLANCA · ROAD RIDE FROM THE GATE



57.8 km
DISTANCE

≈520 m
CLIMBING

293 m
HIGHEST POINT

2½–3 h
RIDING TIME · 18–25 KM/H

EASY–MEDIUM

Best for: Second-day legs · groups of mixed ability · wine lovers

The valley the pros use to warm up. Through Gata into the Xaló valley — vineyards, almond trees, the Bernia ridge on your left — and a gentle rise to Parcent at the foot of the Coll de Rates, before rolling back through Orba and Pedreguer. Quiet roads all the way.

VIA			
Villa Palmview	0 km	Parcent	26.0 km
Gata de Gorgos	11.2 km	Orba	31.2 km
Llíber	18.6 km	Pedreguer	41.5 km
Xaló	20.9 km	Villa Palmview	57.8 km
Alcalalí	23.5 km		

RIDE NOTES & STOPS

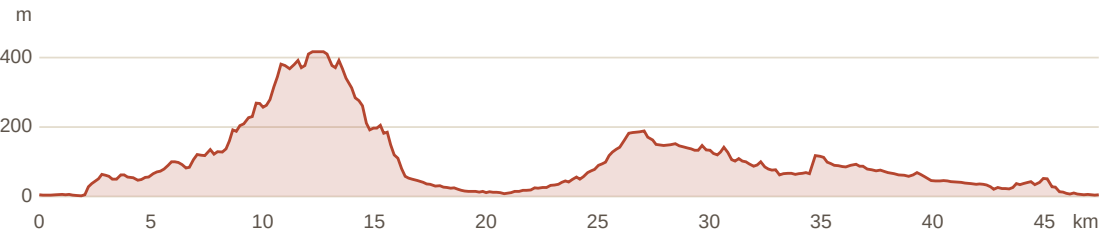
- Bodegas in Xaló for a mid-ride tasting (and a bottle for the long table).
- Add the Coll de Rates from Parcent (+13 km, +350 m) if the legs say yes.
- Almond blossom late January–February.

Cumbre del Sol & the Moraira coast

A Vuelta finish before lunch

Villa Palmview

JÁVEA · COSTA BLANCA · ROAD RIDE FROM THE GATE



47.4 km

DISTANCE

≈670 m

CLIMBING

417 m

HIGHEST POINT

2–2½ h

RIDING TIME · 18–25 KM/H

MEDIUM-HARD

Best for: Climbers · a hard day that fits before lunch

Short in kilometres, brutal in the middle: the Cumbre del Sol wall (4.1 km at 9.4%, ramps to 17.8%) where Dumoulin and Froome fought in the Vuelta. Recover along the Moraira coast and roll home through the vineyards of Teulada and Gata.

VIA

Villa Palmview	0 km	Moraira	18.8 km
Poble Nou de Benitatxell	7.1 km	Teulada	25.4 km
Cumbre del Sol	11.0 km	Villa Palmview	47.4 km

RIDE NOTES & STOPS

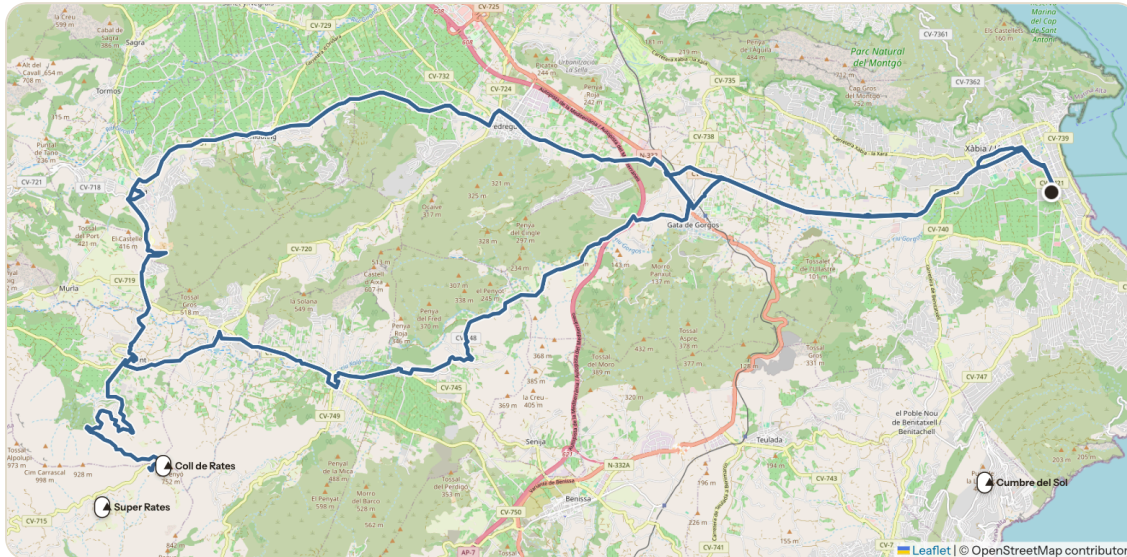
- Cumbre del Sol starts hard: the first 500 m are the steepest of the climb (ramps to 17.8%). Use the whole cassette.
- Viewpoint at the top over Moraira and the Cap d'Or.
- Moraira harbour for coffee; the return via Teulada avoids the N-332.

Coll de Rates classic

The peloton's winter climb

Villa Palmview

JÁVEA · COSTA BLANCA · ROAD RIDE FROM THE GATE



78.0 km

DISTANCE

≈850 m

CLIMBING

633 m

HIGHEST POINT

3–4½ h

RIDING TIME · 18–25 KM/H

MEDIUM-HARD

Best for: The signature ride · pro-spotting in January–February

The ride everyone comes for. A gentle warm-up through Pedreguer and Orba to the foot of the climb in Parcent, then 6.5 km of steady 5–6% to the restaurant at the pass. Descend the same road and come home along the Xaló valley — wine country, quiet lanes.

VIA

Villa Palmview	0 km	Alcalalí	50.8 km
Pedreguer	16.7 km	Xaló	54.1 km
Orba	26.5 km	Llíber	56.4 km
Parcent	32.7 km	Villa Palmview	78.0 km
Coll de Rates	40.3 km		

RIDE NOTES & STOPS

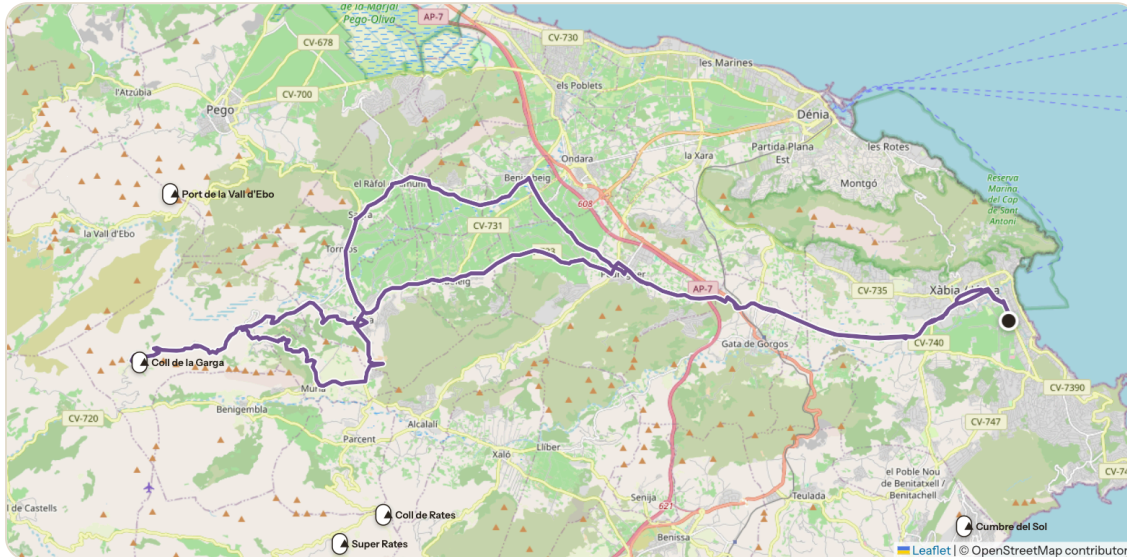
- Restaurant at the top of Rates: the classic coffee-and-tortilla stop.
- Extend to Super Rates (9.6 km · 6.8%) by continuing towards Tossal dels Diners before descending.
- Bodegas in Xaló for a (small) tasting on the way back.

Vall de Laguar & Coll de la Garga

Six hairpins, empty roads

Villa Palmview

JÁVEA · COSTA BLANCA · ROAD RIDE FROM THE GATE



81.5 km

DISTANCE

≈960 m

CLIMBING

760 m

HIGHEST POINT

3½–4½ h

RIDING TIME · 18–25 KM/H

HARD

Best for: Quiet-road lovers · big-day climbers

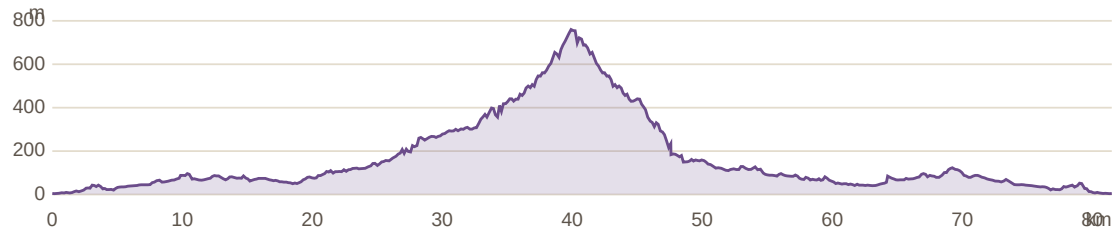
Inland to Orba and Murla, then up the Vall de Laguar through Fleix and Benimaurell to the Coll de la Garga — 9.9 km at 6.2%, six hairpins, and almost nobody on the road. Out-and-back on the climb, then home through the orange groves of Tormos and Sagra.

VIA

Villa Palmview	0 km	Coll de la Garga	39.6 km
Pedreguer	14.0 km	Tormos	52.5 km
Orba	23.8 km	Sagra	54.2 km
Murla	29.8 km	Beniarbeig	60.3 km
Fleix	34.1 km	Villa Palmview	81.5 km
Benimaurell	35.7 km		

RIDE NOTES & STOPS

- Venta el Collao at the top for lunch (check opening days).
- The upper valley is exposed: wind and sun both count up here.
- Cherry blossom in the Vall de Laguar in March.



Vall d'Ebo & Castell de Castells

The long day in the hills

Villa Palmview

JÁVEA · COSTA BLANCA · ROAD RIDE FROM THE GATE



105.8 km

DISTANCE

≈1210 m

CLIMBING

617 m

HIGHEST POINT

4–6 h

RIDING TIME · 18–25 KM/H

HARD

Best for: Long-distance groups · the climb everyone remembers

The queen stage. Flat to Pego, then the Port de la Vall d'Ebo (8 km · 5.7%) from sea level to bare limestone, across the high plateau past the Pla de Petracos to Castell de Castells, and the long, rolling descent down the Xaló valley home.

VIA

Villa Palmview	0 km	Benigembla	70.9 km
Pedreguer	14.0 km	Parcent	75.4 km
Beniarbeig	18.8 km	Xaló	81.8 km
Pego	32.6 km	Llíber	84.1 km
Vall d'Ebo	45.9 km	Villa Palmview	105.8 km
Castell de Castells	60.0 km		

RIDE NOTES & STOPS

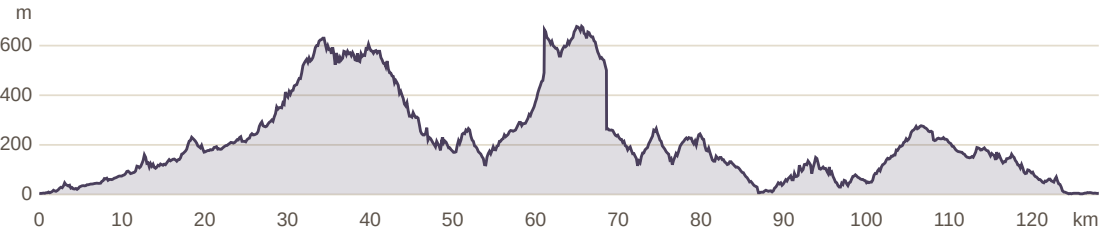
- Carry food: between Pego and Parcent there are only two villages.
- The CV-712 descent to Vall d'Ebo village is the region's longest.
- Start early; six-plus hours for most groups.

8 Guadalest gran fondo

Rates, Guadalest and the coast in one day

Villa Palmview

JÁVEA · COSTA BLANCA · ROAD RIDE FROM THE GATE



128.1 km

DISTANCE

≈2240 m

CLIMBING

678 m

HIGHEST POINT

5–7 h

RIDING TIME · 18–25 KM/H

VERY HARD Best for: Gran fondo riders · the day you talk about afterwards
· not for beginners

The big one. Up the Xaló valley and over the Coll de Rates, down the hairpins to Tàrbena and Bolulla, then the climb to the castle village of Guadalest above its turquoise reservoir. Back down to Callosa and home along the coast through Altea, Calp and Benissa.

VIA			
Villa Palmview	0 km	Guadalest	65.4 km
Xaló	20.9 km	Altea	88.0 km
Parcent	26.1 km	Calp	99.2 km
Coll de Rates	33.3 km	Benissa	107.7 km
Tàrbena	40.4 km	Teulada	113.1 km
Bolulla	45.3 km	Villa Palmview	128.1 km
Callosa d'en Sarrià	51.3 km		

- RIDE NOTES & STOPS**
- Two real climbs (Rates and Guadalest) plus a rolling coast: plan food stops in Tàrbena, Guadalest and Calp.
 - The N-332 between Altea and Benissa carries traffic — ride it single file, or shorten the day by turning back at Callosa.
 - Start at first light; eight hours for most groups.

