



## Information



Routes, booking and contact

bicicleando.es

### R1: San Simón Norte Route

31km

easy	R1.1: Senda da Croa	14km
med.	R1.2: Senda Sta Cristina	8.7km
med.	R1.3: Senda San Adrian	9.4km



### R2: San Simón Sur Route

33 km

med.	R2.1: Senda de Pontesampaio	12.2km
med.	R2.2: Senda de Cesantes	12.5km
easy	R2.3: Senda de Redondela	14km



### R3: Entrerrías Route, Vilaboa-Pontevedra

50 km

med.	R3.1: Senda de Vilaboa Este	14km
easy	R3.2: Senda del Gafos	20km
easy	R3.3: Senda de Alba-Lérez	18km



### R4: Senda Azul Route

37 km

easy	R4.1: Senda del Lagares	17.8km
easy	R4.2: Senda Litoral de Vigo	20km



### R5: Del Agua Route (one way)

43 km

easy	R5.1: Vigo-Redondela	17.2km
med.	R5.2: Redondela-Pazos	14km
easy	R5.3: Pazos de Borbén-Eiras	11km



### R6: Costa de O Morrazo Route (one way)

37 km

med.	R6.1: Moaña (Domaió-OCon)	11,6km
med.	R6.2: Moaña-Cangas (Limens)	11km
med.	R6.3: Costa da Vela (Cangas)	14.7km



## Recommended Routes

### INITIATION

For a first contact with the bike:

MTB Type 1 or Trekking bike

- R1.1:** Senda da Croa
- R3.3:** Xunqueira de Alba y Lérez
- R4.1:** Senda del Lagares

### REGULAR USER

For people who ride a bike from time on time:

MTB Type 1 or Trekking bike

You can do every route complete or by sections, depending on the fitness of the user. We recommend doing 1 or 2 sections of some route, before doing the complete route.

**R4** is easy in general, **R2** and **R3** are easy except in R2.2 and R3.1 sections, which are a bit harder. **R1** has some unavoidable sections with short but steep slopes, we recommend doing these sections on foot. **R5** is a one-way route, easy but long. **R6** is a one-way route, long and a bit harder.

### ADVANCED USER

For people who usually ride an MTB:

MTB Type 2, with hydraulic disc brakes and shock absorbers with lockout.

- R6:** Costa do Morrazo
- Ecorruta do Morrazo** (It is not on the map).

For more options don't hesitate, contact us!

## Routes features

- Circular or roundtrip routes (except R5 and R6 with different ways to go and come back if you want).
- Every route is split into some shorter sections with different difficulty levels, so you can know them little by little.
- Different levels of slope. We look for easy or moderate slopes when it's possible.
- In general the routes are not signposted, but we give you the path in format GPS or KML for your smartphone and a pocket leaflet with a general map and landmarks.

## General conditions\*

1. Must be over 18 or be accompanied by a person over 18.
2. Give us your name, surname ID/Passport and contact phone.
3. Your ID/Passport must be shown at the moment of rental to check the user identity.
4. The person who makes a reservation for a group of people is responsible for every rented bike and their proper use.
5. Every reservation includes a helmet for every user.
6. Bicicleando will claim cost if the equipment is damaged due to inappropriate use.

\*Read more about conditions on [www.bicicleando.es](http://www.bicicleando.es)

## Difficulty levels of routes

easy

Route with very small slopes which runs along ways with little or no traffic.

medium

Route with moderate slopes and little traffic but, with some specific sections with short but steep slopes or runs along main roads.

difficult

Route or section with steep hard slopes and/or with a long slope.

Very difficult

Long way route with long slopes.

## Security Recommendations



- 1 Use a helmet for your safety.
- 2 Wear clear and tight clothes if it's possible.
- 3 On roads, go around in line on the right.
- 4 No listening to music while you are cycling.
- 5 Give way to pedestrians, they have priority.
- 6 Signal your turns on roads with traffic.
- 7 Be sure of signalling your direction change well in advance.
- 8 Cycle in a moderate speed, adapting yourself to the way, especially in paths shared with pedestrians.
- 9 If you cross a zebra crossing, step off the bike and cross on foot.

## Information and contact



<http://www.bicicleando.es>



615 91 79 64



[info@bicicleando.es](mailto:info@bicicleando.es)



<http://www.facebook.com/bicicleando>



<http://wikiloc.bicicleando.es>



Bicicleando S. Coop.

## About us



Bicileando is an associated work cooperative that offers its customers a new leisure activity.

We want to take you by **Bike**, around the area near Ria de Vigo and Pontevedra, to know it and to enjoy it better. Our objective is to offer a healthy, educational and pleasant alternative leisure activity, and at the same time exciting and de-stressing, an activity valid for every moment and for everybody, and which lets you enjoy **our environment, on two wheels**.

## Our services

Experiences on two wheels for everyone:

- Renting bikes for adults and children.
- Guided routes by bike visiting places with environmental and cultural interest.
- Information and advisement about our routes, and the opportunity of doing the route with GPS.
- We make custom routes, depending on your likes, your experience, difficulty and duration.
- We organize activities on two wheels for groups and collectives.
- Hand over and collection of bikes at the start and end point of the route.

And moreover...

- Information about where you can eat, rest or take a dip.
- Accessories like: extra batteries, Smartphone holders, panniers...
- Food and drinks.



## How make a reservation

You can live an **on-two-wheels** experience and know the environment with three simple steps:

### 1 Find out

On our web ([www.bicileando.es](http://www.bicileando.es)) or in our information leaflets, available at Tourist Offices and Rural Houses, you may know about different Bicicleando options.

If you have any doubts or queries, you can contact us on our webpage, email or by phone.

And we are on Facebook too!

### 2 Decide

Choose the best route for you and remember: we could have an organized route for that day! Confirm the number of participants and...

### 3 Make your reservation!

You can book the bike and the equipment on our website, by email or by phone and you can also tell us your chosen route and your timetable, the rest is our work!

## Our fleet



#### BASIC MTB TYPE 1 (26")



MTB bike with aluminum frame, front and rear V brake, front shock absorber, 21 speeds



#### MTB TYPE 2 (26")



MTB bike with aluminum frame, hydraulic disc brake, front shock absorber with lockout



#### TRECKING BIKE



Bike with aluminum frame, adjustable handlebar, V brake, front shock absorber, 24 speeds comfort saddle, fender, luggage carrier

## Children



#### MTB 8 to 11 years old (24")



Bike with 24 inch wheel, aluminum frame, V brake, front shock absorber, 21 speeds



#### MTB 5 to 8 years old (20")



Bike with 20 inch wheel, aluminum frame, Vbrake, front shock absorber, 6 speeds



#### MTB 3 to 5 years old (16")



Bike with 16 inch Wheel, adjustable aluminum frame, V brake, stabilisers (optional)

## Accessories



#### BIKE SEAT (+18 months to 20kg)

The rear child bike seat offers the best safety and comfort for your child



#### TRAIL-GATOR

A strong steel link that connects onto the seat post of the adult bike. The child enjoys his bike, participates and doesn't get tired

## General rates

RENT	1/2 day	1 day	24h	Weekend
MTB1	10€	15€	18€	30€
MTB2	12€	17€	20€	34€
Trekking bike	10€	15€	18€	30€
5 to 8 children bike	8€	10€	12€	15€
3 to 5 children bike	6€	8€	10€	12€
Bike Seat	3€	3€	5€	6€
Trail-Gator	3€	3€	5€	6€

Bike transport is included for 2 or more bikes. If you rent a single bike for a half day you must pay a 5€ supplement

## Another equipment

Extra battery	1€/day	Handlebar bag	3 €/day
Water Bottles	3€		

## Additional Service

User transport	0,3€/km	1 to 4 people
Guide Service	40€/half day	
Organized Route	Consult us	
Special discount	Consult us	

## More information

### Attention timetable:

Monday to Friday from 4pm to 9pm  
Saturday to Sunday from 9pm to 9pm

### Rent timetable:

Summer: 10pm to 2pm and 3.30pm to 8.30pm (everyday)  
Spring and Autumn: 10pm to 2pm and 3.30pm to 7.30pm (weekend)  
Winter: 10pm to 2pm and 3 to 6.30pm (weekend)

Contact us to book at different timetables. We recommend making your reservation 24 hours in advance to guarantee service availability.

If you have any doubts or queries, contact us by 615 917 964 or our email address [info@bicicleando.es](mailto:info@bicicleando.es)

These terms can be changed. Find last terms & prices in [www.bicileando.es](http://www.bicileando.es).

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