

Andalucian Cycling Experience

Passionate about pedalling, Bonkers about bikes, Mad about mountains

Epic week of Mountain Bike Madness!

Last week we hit the tracks and trails of the Grazalema Natural Park, the Serrania de Ronda and the Seirra de Nieves. It was great to get off the road bike and hit the dirt for a week and to be reminded of how stunningly beautiful the landscape is here and of the peace and serenity you can only discover on two wheels off the beaten track. During a week of unbroken sunshine with clear blue skies, dotted with the occasional fluffy white cloud, we rode some of the best single track trails the Andalucia has to offer. Our pit stops involved visiting some of my favourite tapas bars in the area, it's essential to keep the body fuelled for the all the riding, well that's me excuse anyway! Back on the bike we worked on developing our guests bike handling skills with plenty of games and techniques on the bike to improve balance, body positioning, braking and cornering.



Matt is now the wheelie king of Montecorto!!

On a day of discovery we took an epic ride from Zahara to El Bosque passing the Gargante Verde along the way. After a big 10km off road climb we found ourself well and truly in the wilderness, surrounded by the mountains and at one with nature and the bike. After a quick chat with a local farmer we continued on our way and had well over an hour of descent on a track that felt more like and Alpine mountain pass with switchbacks every few hundred meters. Towards the bottom the track started to dip and rise like a roller coaster ride with plenty of jumps to keep us all entertained.

An EPIC week on the bike, a week that mountain biking was design for, a week of great memories and quality single track trails! Heaven on earth!

Guest Book Comments

Here is what a few of our recent guests have said about their trips with the Andalucian Cycling Experience

Zoe from Northampton, 'A wonderful way to recharge the batteries - physically and emotionally'

Brian and Shirley from Coleraine, 'Highly recommended option for cycling training and touring. Excellent routes and guiding with detailed knowledge of the area. We're coming back as soon as possible to see more'

Josh from Guildford, 'Would recommend to anyone! Very well run & perfect for experienced roadies looking for performance as well as leisure cyclists. Perfect weather, perfect roads, perfect people! Best week of my life on a bike!'

Vincent from Dublin, 'To all you paddies out there, forget the wind and rain of home, come get some sun and hard training with Ashley and his team at the Andalucian Cycling Experience'

Chris from Middlesborough, 'Thank you so much for last week, I really enjoyed it and wouldn't hesitate recommending you. It was the best quality week's riding I think I've ever done and I'm fitter and faster for it. I will be back at some stage, but in the meantime, have a



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great year - you deserve to do well'.

Enda from Killarney, 'Very tough, very enjoyable, is exactly as advertised. Definately 'Mad about Mountains'! Can feel a big improvement in my overall fitness. Everyone involved with the company was nice and helpful. Beautiful place to visit and train. Will be back again soon'.

Vanessa from Australia, 'A fantastic week in Andalucia - wouldn't know it was winter! Stunning scenery, challenging climbs and great rides. Would be back every year if you were a little closer to Australia! Thanks for a wonderful holiday'!

As ever keep the wheels turning, enjoy your riding and be Passionate about Pedalling, Bonkers about Bikes and Mad about Mountains.

Wishing you were here,

All the best

Ashley & Claire

