



WELLNESS

*Cycling Routes*



## *Cycling Routes*

### MARBELLA AND SURROUNDINGS

*Marbella's cycle-friendly roads will allow you to explore the Costa del Sol from a different perspective. The city's mild temperatures - even in winter - will be the perfect companion to these outdoor training sessions, which can be done individually or accompanied by a personal trainer who will help you navigate through winding roads and charming villages.*

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## ROUTES

### *Beach Promenade*

Marbella, San Pedro de Alcántara · 17 km

### *Río Guadaiza*

Marbella, Istán · 21 km

### *Marbella - Castaño Santo*

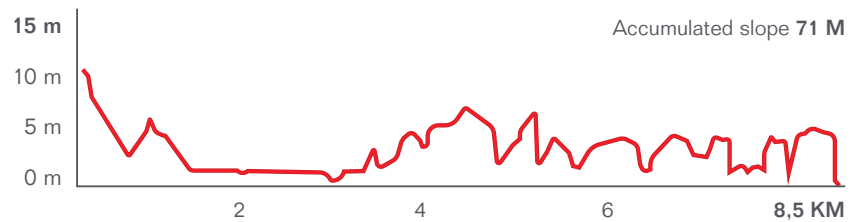
Marbella, Istán · 47.8 km

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# BEACH PROMENADE

MARBELLA , MÁLAGA

*Without a doubt one of the most family-friendly ways to enjoy the Mediterranean coastline. Starting out along the promenade from the hotel, ride along for 20 minutes until reaching San Pedro, a small locality just outside of Puerto Banús.*



**BIKE RENTAL - EUR 22 / PERSON**

Please note this route can be done individually.

**LEVEL**  
Low

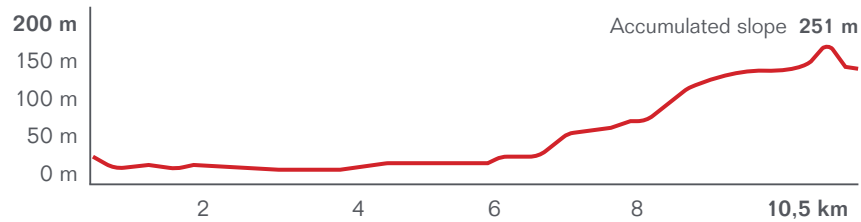
**TIME**  
40 minutes

**TOTAL DISTANCE**  
17 km

# GUADAIZA RIVER

MARBELLA, MÁLAGA

*Starting in the tranquil Guadaiza Dam, this route will take you uphill through towering ferns, lush oak groves and pine trees, and will even require you to swim across natural pools. Following along the river bend, you'll also see small reptiles. A perfectly fitting route for late summer and early fall.*



**MOUNTAIN BIKE RENTAL - EUR 25 / PERSON**

**EUR 135 - 1 PERSON / EUR 165 - 2 or 3 people**

Price includes a personal trainer for the duration of the activity.



**LEVEL**  
Medium - High

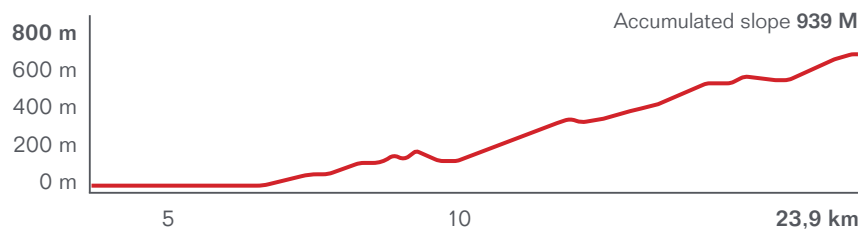
**TIME**  
1 hour

**TOTAL DISTANCE**  
21 km

# MARBELLA - CASTAÑO SANTO

MARBELLA, MÁLAGA

*Starting by the riverbed of the Guadaiza River, this 28-km route is one of the most beautiful. With the Concha Mountain on one side, the dark peaks of the Sierra de Istán on the other and the Sierra de las Nieves to the north, the path to the thousand-year-old chestnut tree will be nothing short of delightful.*



MONTAIN BIKE RENTAL - EUR 25 / PERSON

EUR 175 - 1 PERSON / EUR 250 - 2 OR 3 PEOPLE

Price includes a personal trainer for the duration of the activity.



DIFFICULTY

Medium - High

TIME

2 hours

DISTANCE

47,8 km

## RECOMMENDED ITEMS

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### FEET

Biking shoes  
(please provide your cleat number)

### BODY

Cycling Tights  
Cycling Gilet  
Cycling Gloves

### HEAD

Helmet

### ACCESSORIES

Sunglasses with UV protection  
Sunscreen lotion and lip balm

### YOUR GUIDE WILL BRING

Water bottles

## ADDITIONAL INFORMATION

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### BOOKING

These cycling routes present various difficulty levels and durations. Please note that these routes can be done either accompanied by a personal trainer or individually. Should you choose to be accompanied by a personal trainer, booking is required 48 hours in advance.

All our routes can be customized for groups. To enquire about which routes are most suitable for children and specific age groups, please contact our Concierge Desk.

Please contact our Concierge Desk to explore more options with a higher difficulty level.

Telephone (+34) 952 822 211  
concierge@marbellaclub.com  
Dial 5 from your room

### MEETING POINT

Hotel lobby  
Departure and arrival varies according to the selected route

*Marbella Club Hotel, Golf Resort & Spa*

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