



COSTA BLANCA CYCLING

The Costa Blanca and Alicante region is a great place for cycling and is a popular training base for professional cycling teams in the winter. It has a sunny and warm climate throughout the year and has superb mountains for cycling, offering a wide range of climbs of differing lengths and gradients.



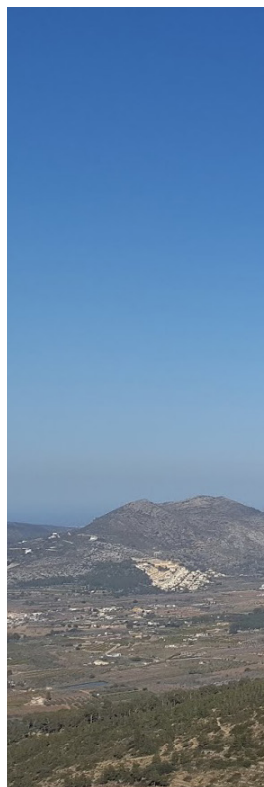


COLL DE RATES

The granddaddy of Jalon Valley's climbs and the gateway to others such as Sa Creueta and Tollos. Majorca has Sa Calobra, England has Box Hill as their signature iconic climb – Jalon Valley has Coll de Rates.

Taking the climb from the Parcent side (CV-715), the route averages 5% with a couple of apex corners where it kicks up to 8% for a few metres. The climb is a favourite for the pro teams on their winter training camps – nothing better than seeing the likes of Team Deceuninck-Quick-Step, Movistar, UAE Team Emirates riding up Rates or a full team peloton hurtling down followed by their team cars.

Distance: 6.8km
Elevation gain: 354m
Av. gradient: 5.2%



CUMBRE DEL SOL

For those cyclists after some pain Cumbre del Sol – also known as Puig de la Llorenca – delivers it aplenty. Appearing in the 2015 and 2017 Vuelta a España as a stage finish as well as the final major climb in the 2019 Vuelta, Cumbre offers a wall of pain with several ramps in excess of 15%. Take the Moraira-Benitachell road (CV-737) and get ready to hit the first ramp of 19% which will have you out your seat looking for flat road. Keep going and the final push to the top comes in just over 13%. Your reward at the summit – cracking views of the mountains, the crystal blue Med and if it's clear enough Ibiza, plus a fast fun descent.



Distance: 3.2km
Elevation gain: 387m
Av. gradient: 11.9%





VAL D'EBO

Val de Ebo is a beautiful climb popular with pro's and locals alike. It's a good distance for putting in efforts as you climb just south of Pego on the CV-712 signposted Vall d'Ebo / La Cova del Rull. The average gradient of 6% and 8km length gives it a category 2 climb status and the numerous bends and switchbacks, combined with the stunning views, make it a must do climb.

Thomas De Gendt and Tim Wellens of Lotto Soudal set a new Strava KOM for Ebo during a Jan 2021 training race - records are there to be broken!

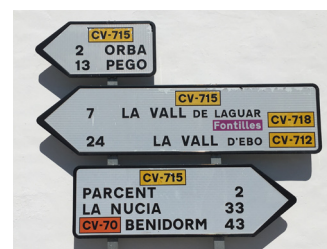
Distance: 7.88km
Elevation gain: 440m
Av. gradient: 5.6%



VALL DE LAGUAR

The climb is a great leg spinner with an average 4-5% gradient and a few 8% ramp ups thrown in for good measure. You wind your way up through the villages of Fontilles, Campbell, Fleix onto your final destination of Benimaurell. Keeping you entertained as you ride your way to the top are spectacular views of the valleys and coast. Once you hit Benimaurell turn around it's a heavenly descent with plenty of wide twists and turns - great fun for descending.

Distance: 11.30km
Elevation gain: 607m
Av. gradient: 5.3%





PORT DE BERNIA

Bernia can be climbed from two directions – heading out of Jalon or from the coast side heading out from Benissa. Take the coast side approach and you'll find yourself big-ringing it for about 10km on a 3-4% gradient if the wind is blowing behind you. The last 2km is where you enter the pain cave with ramps of 9% for a consistent 1.5-2km. Once you conquer the last push, the drop down into Jalon is a fair pay off.

Distance: 12.68km
Elevation gain: 335m
Av. gradient: 3.0%



PORT DE TUDONS

Tudons is one of the highest local summits nudging over 1000m above sea level. Head out from Sella on the CV-770 and you've got 15km of beautiful tarmac, hairpins and scenery. As the road keeps twisting higher and higher into the mountain you will start to feel the pain as your legs seek respite. Once you hit the summit continue straight over the top and onto other climbs such as Confrides and Castel de Castells.



Distance: 14.7km
Elevation gain: 709m
Av. gradient: 5%



CLIMBS OF THE COSTA BLANCA

Cycling Holidays on
the Costa Blanca



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