



# Bidexka Ibaibi

## Journey guide

**A bikepacking and self-discovery experience  
to take the first step towards  
a more present and mindful life**

**[bidexka.es](http://bidexka.es)**



Welcome to this unique experience of cycling, self-discovery, and connection with **nature**. It's a such a pleasure to share this journey with you. You're about to start an experience of real connection through the bike and the natural environment.

Here is all the information you need for a safe and peaceful experience. Please read it carefully.

## Dates and location

**Tuesday, 26 May:** Online preparation meeting from 20:00 to 21:00.

**Saturday, 30 May:** Meeting promptly at 09:30 [in this location](#).

**Sunday, 31 May:** We will be back at the same point late in the afternoon.

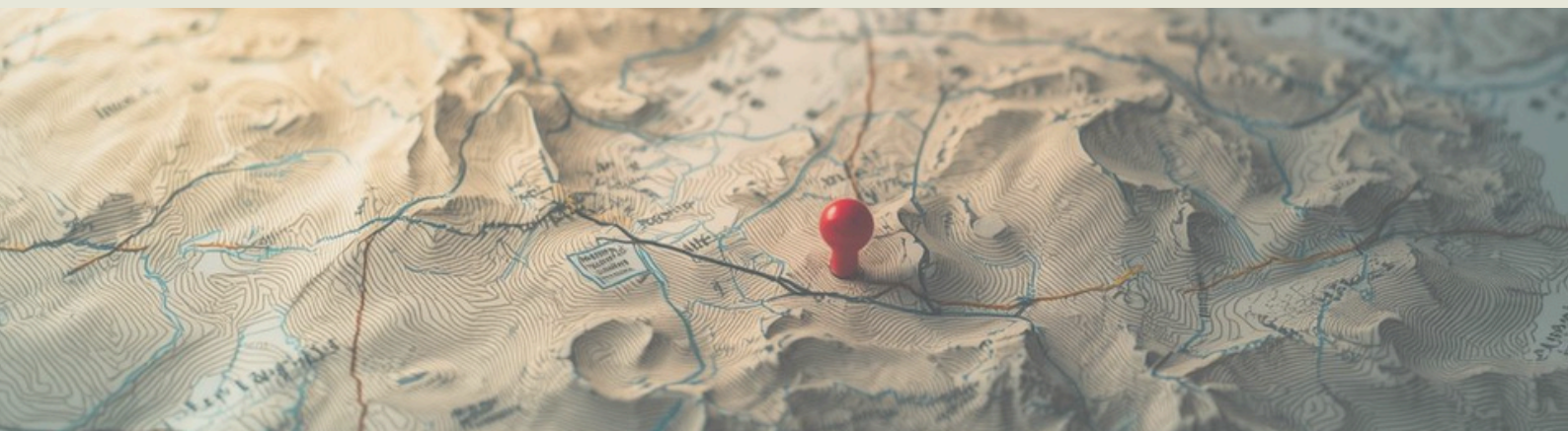
## The Route

The terrain combines asphalt with tracks and dirt/stone paths, so you will need a mountain or gravel **bike** with wide tyres for uneven terrain.

From the meeting point, we will ride out as a group for a route of about 35 km with little elevation gain, which will take us about 4 hours of gentle pedalling. We will make stops during the day for our activities.

On Sunday, we will take a different way back, covering about 43 km with some elevation gain at the beginning, taking around 5 hours in total. We will make stops for activities and return to Barcelona late in the evening. The route is 99% cycleable, so we will need to step off and walk for some short stints both days.

Let yourself be surprised by the route I've chosen. Don't worry about the GPS track, where we are going, or which path we'll take. Part of the **experience** is letting yourself be guided and appreciating the surroundings regardless of where we are.





## Accommodation

On Saturday, we will stay in wooden bungalows surrounded by **nature**. The spaces have two bedrooms with two single beds each, a kitchen, fridge, and bathroom.

## Food

We will have dinner on Saturday and breakfast on Sunday at the accommodation. You should bring light food for lunch on Saturday and Sunday while on the road.

Some ideas: tupperware with pasta or rice, liofilised food, sandwiches, bars, nuts, fruit, etc. Bring bottles or a hydration pack with at least 1.5 litres of water. There are fountains along the way where you can refill. You can also bring a stove to cook or heat your food.

## Cost

The cost of the experience is 250€, including accommodation, dinner, breakfast and facilitation. **Early bird price until April 30th: 230€.**

To book your spot, please make a transfer of €50 to the following account:

Account holder: Aitor Medrano

ES10 1583 0001 1490 7444 5541

Concept: Your name and surname

Please bring the remaining in cash on Saturday.



**Register with a friend and get a  
20€ discount per person!**







## Communication

While the main language of the trip will be Spanish, feel free to express yourself in English as well if you prefer. I am fluent in Spanish, Catalan, English and Italian.

## Safety and responsibility

As you know, cycling can have its unforeseen events. To keep everything rolling smoothly:

**You are the protagonist:** By participating, you accept that cycling is a sport with risks. Each participant is responsible for their own safety and any incidents. In case of an accident, you must use your own medical assistance or personal insurance.

**Know and respect your limits:** As a facilitator, I am here to guide and support, but you know your technical and physical level best. Don't overexert yourself; the important thing is to enjoy the journey.

**Helmet and Gear:** Wearing a helmet is mandatory and non-negotiable. You also commit to bringing your bike in perfect mechanical condition.

**Respect the environment:** We ride through natural spaces. Respect the trails, other people, and leave no trace.

By joining, you accept these conditions. We will also take some photos/videos for social media. If you prefer not to appear, please let me know before the trip.

That's all! If you have any questions, email me at [ahora@bidexka.es](mailto:ahora@bidexka.es).

A warm hug,

Aitor

[BOOK MY SLOT NOW!](#)

