

MARRIOTT - DENIA LA SELLA  
**BIKE CENTER**



  
MARRIOTT RESORT  
DENIA LA SELLA

  
LA SELLA PREMIUM  
LIFESTYLE APARTMENTS





*ESCAPE* THE ORDINARY







# LA SELLA BIKE CENTRE

100m<sup>2</sup>



- 4 individual boxes
- Capacity for 100 bikes
- Security 24 hrs

- Bike wash area
- Washing machine and Dryer
- Electric Charging Station

- Water Bottle filling station
- Lockers
- Bicycle tools for repairs and

- maintenance
- Bike centre a one minute walk from the Hotel and Apartments

## EXTRAS SERVICES

Sport Nutrition, Tour Guide Service and Bicycle Rental with our partners. Record the routes for your GPS



## DESTINATION COSTA BLANCA, A PRIVILEGED LOCATION ON THE SPANISH MEDITERRANEAN COAST



### LA SELLA RESORT



Located adjacent to the Montgó Natural Park. Only a 60 minute drive from Alicante or Valencia International airports.



Excellent flight connections from all over Europe.



Sunny weather and moderate temperatures all year round.



Strategic location: perfect starting point to the main mountain ports of the Costa Blanca.





MARRIOTT RESORT  
DENIA LA SELLA



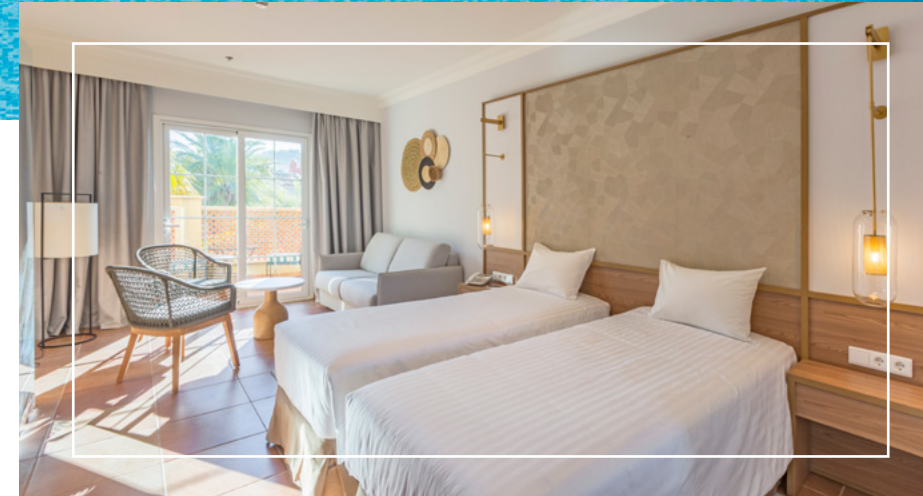
**HOTEL DENIA**  
**MARRIOTT LA SELLA RESORT & SPA 5\***

186 Guests Rooms · Spa, Gym & Fitness · Bike Centre · 4 Restaurants with large terrace · 1500m2 event space · Pool area.





**LA SELLA PREMIUM**  
LIFESTYLE APARTMENTS



**LA SELLA PREMIUM**  
LIFESTYLE APARTMENTS

Are situated in a private space within La Sella Resort with communal garden areas and swimming pool. 1 Bedroom Apartment (75m<sup>2</sup>) · 2-Bedroom Apartments (100m<sup>2</sup>) Separate Living/dining room · Fully equipped kitchen with microwave, Oven, Dishwasher, Refrigerator, freezer and Capsule coffee machine · Kitchenware · Washing machine, Dryer, Iron and Ironing Board





## SPA & TREATMENTS

Enjoy a water circuit or a treatment in La Sella Spa, a space where your relaxation and wellbeing are top priority.



## LA NAO LOUNGE SPORT BAR

**NON STOP FOOD SERVICE**

Restaurant open from 11:00 to 23:00. The kitchen doesn't close.



## GYM

Spacious gym equipped with Technogym machines. Enjoy the convenience of 24-hour access.



## RESTAURANTS

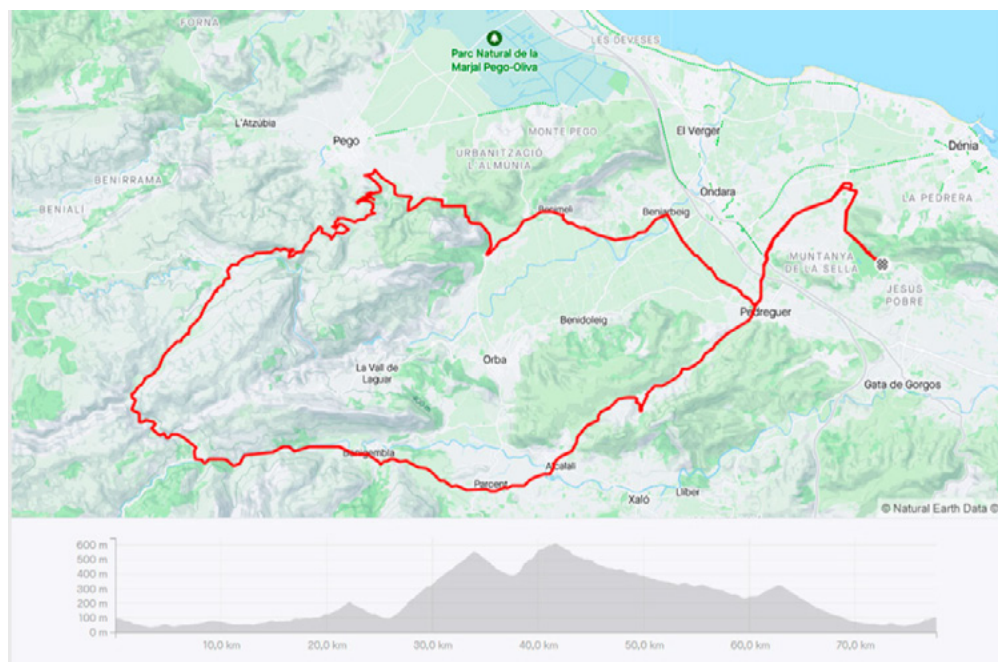
The resort's restaurants, with large terraces and beautiful views of the pool, invite you to the perfect atmosphere. A variety of healthy, nutritious and energetic options. Contemporary Mediterranean cuisine, with the best fresh and local ingredients



## VALL D'EBO · PETRACOS

Head towards the mountain pass at La Vall d'Ebo, where you can enjoy more than 8 km of the pass brimming with nature and landscapes.

After reaching the town of Ebo, continue the route along Pla de Petracos, an area where you can connect with your bike and with nature and where you will look for the road to Benichembla and the descent to the hotel.



📍 DISTANCE: 77,67 Km

🕒 ELEVATION: 1140 m

⬆️ DURATION: 3:11:10 h

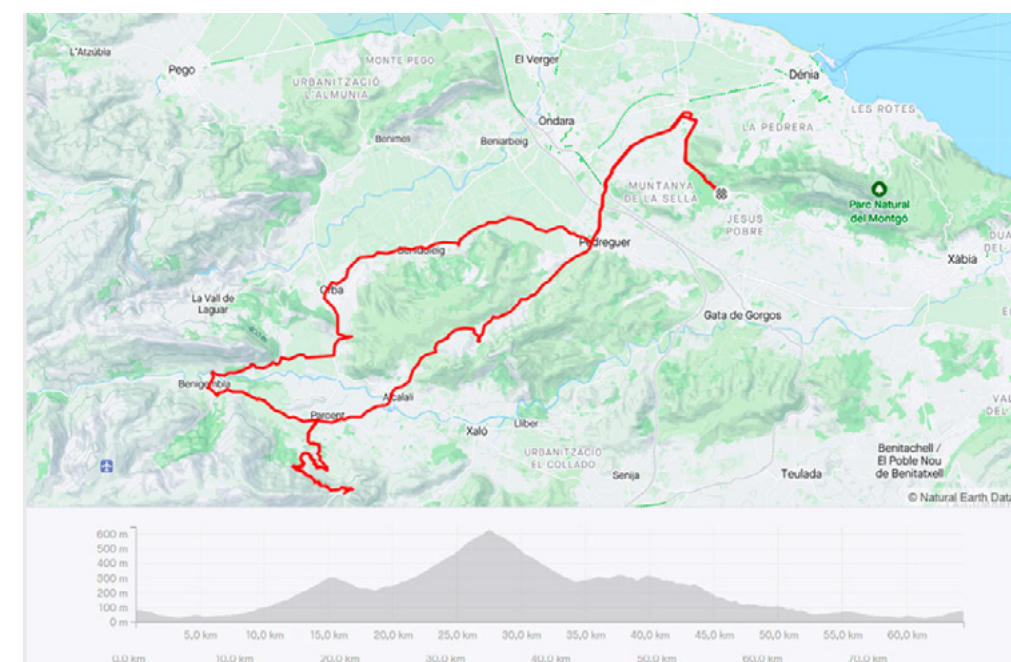
🏔️ DIFFICULTY: High

SEE STRAVA ROUTE



## COLL DE RATES

Coll de Rates is one of the most popular mountain passes on the Costa Blanca and where the world's top cyclists put their legs to the test at the start of the season. Located less than 20 km from the hotel, the climb is 6 km long with an average gradient of 7.1%, with a winding start and impressive views in the final stage. After the climb, you will descend the pass and return to the hotel.



📍 DISTANCE: 64,43 Km

🕒 ELEVATION: 954 m

⬆️ DURATION: 2:40:29 h

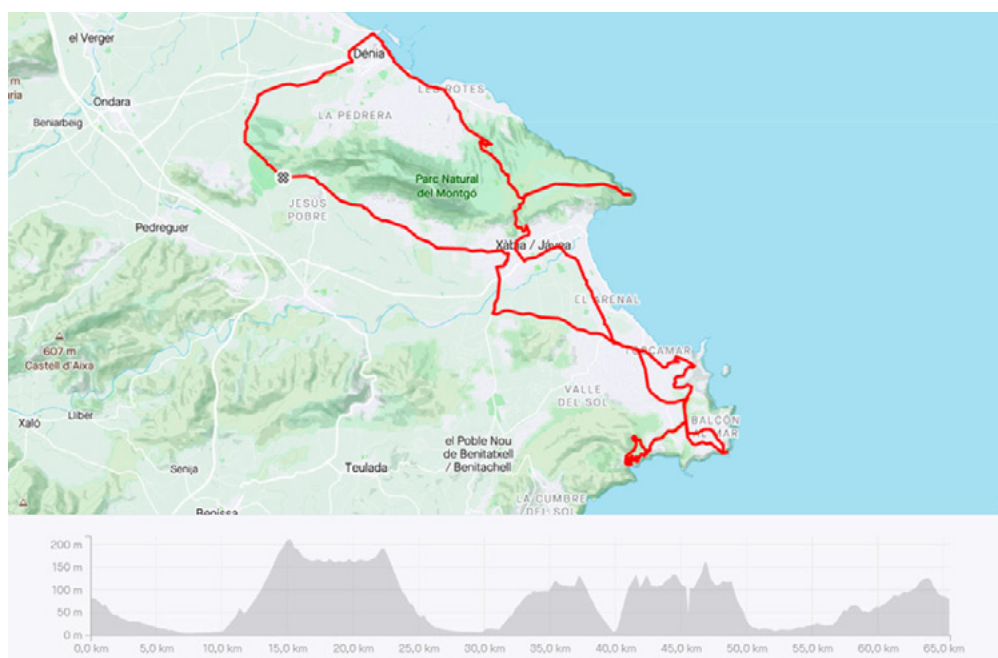
🏔️ DIFFICULTY: Medium

SEE STRAVA ROUTE



## CABO DE SAN ANTONIO · CALA GRANADELLA · CABO DE LA NAO

Circular route from the hotel with a total length of 65 km, where you can enjoy some marvellous views of the coast and its pretty coves. This coastal route passes through Cabo de San Antonio, Jávea Bay, La Granadella cove and EL Cabo de la Nao, where you can enjoy the unique ascents between sea and mountain.



📍 DISTANCE: 65,49 Km

🕒 ELEVATION: 866 m

⬆️ DURATION: 2:34:50 h

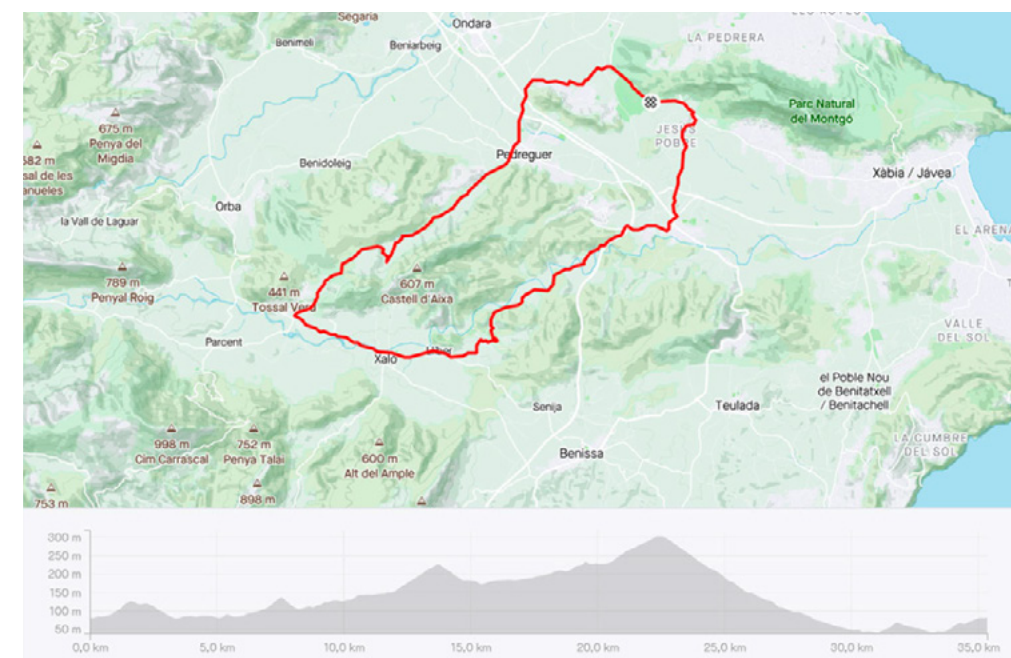
🏔️ DIFFICULTY: Medium

SEE STRAVA ROUTE



## GATA · ALCALALI · LLOSA · PEDREGUER

A 35 km route to get warmed up and discover the valley of the river Gorgos, crossing the towns of Gata, Líber, Jalón and Alcalalí. After crossing Alcalalí, you will start a last climb of 2 km, next you will descend the Barranco de la Llosa road (with views of Ocaive Castle) until you reach the town of Pedreguer and end the route at the hotel.



📍 DISTANCE: 35,35 Km

🕒 ELEVATION: 450 m

⬆️ DURATION: 1:20 h

🏔️ DIFFICULTY: Medium

SEE STRAVA ROUTE

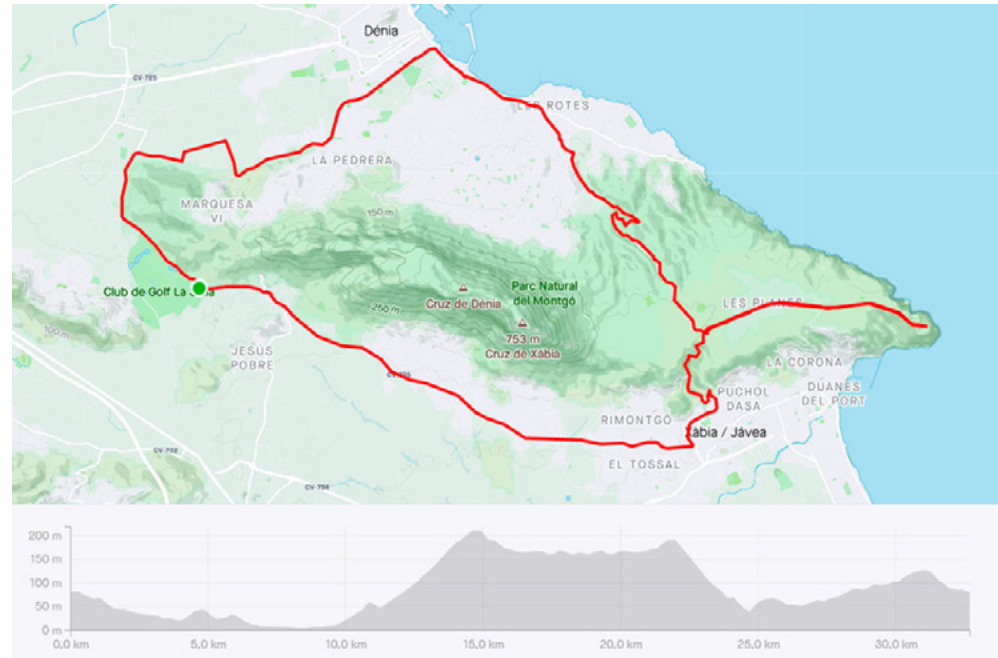




# RUTAS

## MONTGÓ LOOP

Circular route of 33 km, perfect for the first day of your stay. The route goes around the Montgó, passes through Denia, the lighthouse at Cabo de San Antonio with impressive views over Jávea Bay and borders the Montgó to reach the hotel.



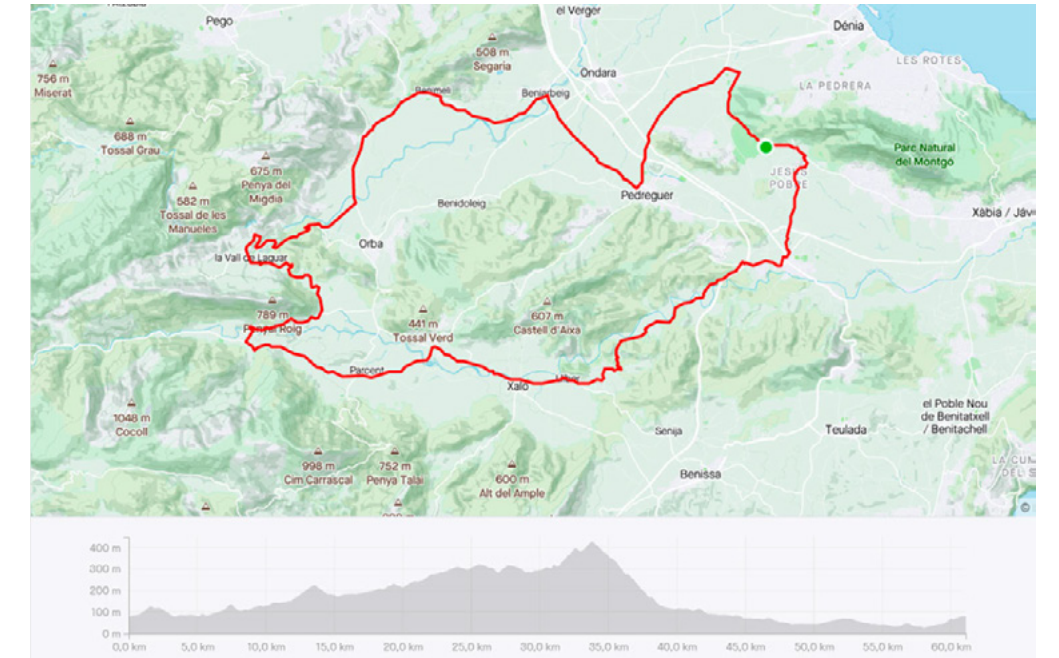
- DISTANCE: 32,68 Km
- ELEVATION: 409 m
- DURATION: 1:12 h
- DIFFICULTY: High

SEE STRAVA ROUTE



## FONT DEL GEL

Circular route of 61 km. Leave the hotel towards Jesús Pobre and Gata de Gorgos and find the road that leads to the village of Líber. Look for the small town of Murla where you will start your climb to "Font del Gel", the perfect place for a brief stop. Next, you will descend part of the Laguar Valley and the Rectoria Valley. Finally, the route passes through Pedreguer and goes back to the hotel.



- DISTANCE: 61,09 Km
- ELEVATION: 753 m
- DURATION: 2:21:05 h
- DIFFICULTY: Medium

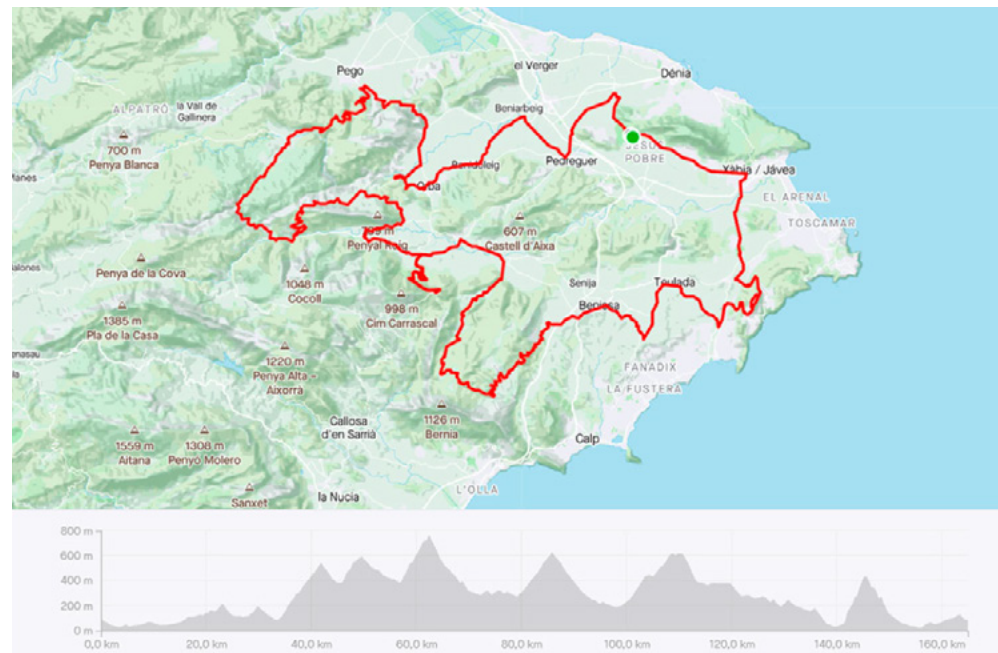
SEE STRAVA ROUTE



## DESAFÍO 3000+

A PRO route with a positive elevation gain of 3000 m and a total length of 165 km.

1. Vall d'Ebo ascent (8.4 km with + 452 m, average 5.3%)
2. Collao ascent (5.5 km with + 375 m, average 6.8%)
3. Coll de Rates ascent (6.7 km with + 346 m, average 5.1%)
4. Bernia ascent via Maserof (11.4 km with + 416 m, average 3.6%)
5. Vuelta a España ascent stage 2015, 2017, 2019 Cumbres del Sol (6 km with + 401 m, average 6.7%)



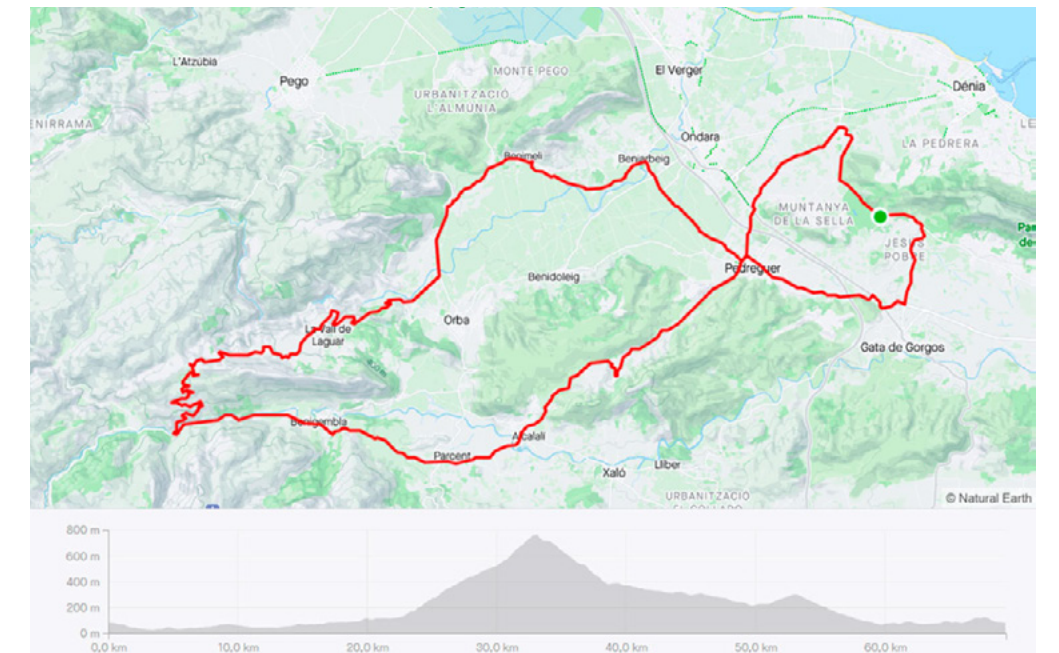
- DISTANCE: 164,99 Km
- ELEVATION: 3066 m
- DURATION: 7:18:39 h
- DIFFICULTY: Pro

SEE STRAVA ROUTE



## VALL DE LAGUAR · COLLAO

The ascent starts in the town of Tormos, you will then turn right to start the climb to the mountain pass at Vall de Laguar/Collao. The climb is 9.66 km with a total accumulated elevation of 624 m and an average gradient of 6.5%. Start the descent and look for the road that links Castell de Castells with Benichembla to then descend to the hotel.



- DISTANCE: 69,35 Km
- ELEVATION: 1036 m
- DURATION: 2:40:06 h
- DIFFICULTY: Medium

SEE STRAVA ROUTE

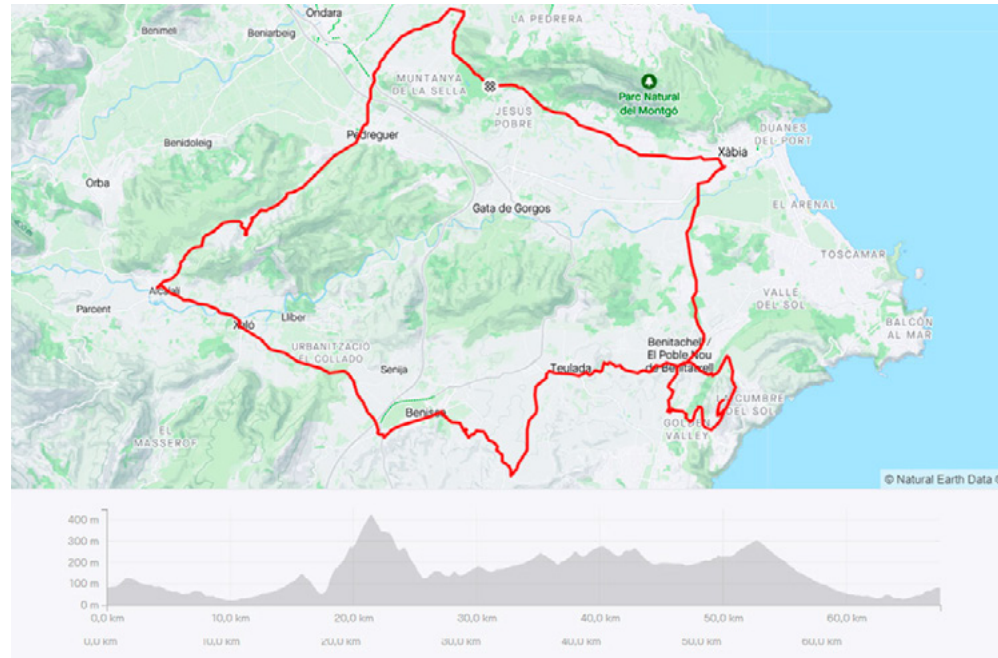




# RUTAS

## CUMBRES DEL SOL · BENISSA · ALCALALÍ

A circular route of 67 km where you will do the famous climb to the Cumbres del Sol, the final stage in the Vuelta a España on three occasions. Before you arrive, you will cross the town of Jávea, bordering the Montgó Mountain. After climbing to the Cumbres del Sol, the route continues through the towns of Teulada, Benissa, Jalón and Alcalalí before reaching the hotel.



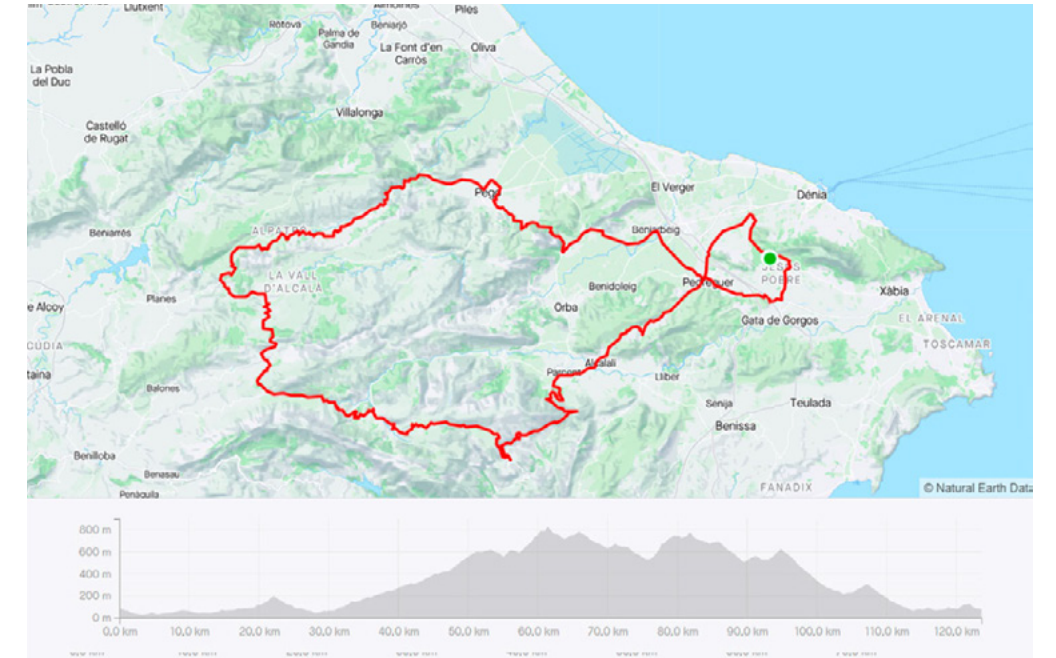
- 📍 DISTANCE: 67,63 Km
- 🕒 ELEVATION: 1133 m
- ⬆️ DURATION: 2:49:21 h
- 🏔️ DIFFICULTY: High

SEE STRAVA ROUTE



## RECTORÍA · PEGO · GALLINERA · VALL D'ALCALA · TOLLOS · CASTELLS · SOMO · TÀRBENA · RATES · PARCENT · PEDREGUER

Look for the ascent to Vall de Gallinera. Next, you will arrive at the village of Tollos where you will find a short, but intense climb. Continue the route and descend to Castell de Castells, where you ascend once again to Sa Creueta and reach the village of Tàrbena to start the climb on the famous Coll de Rates mountain pass and then descend to the village of Parcent to conclude your route towards the hotel.



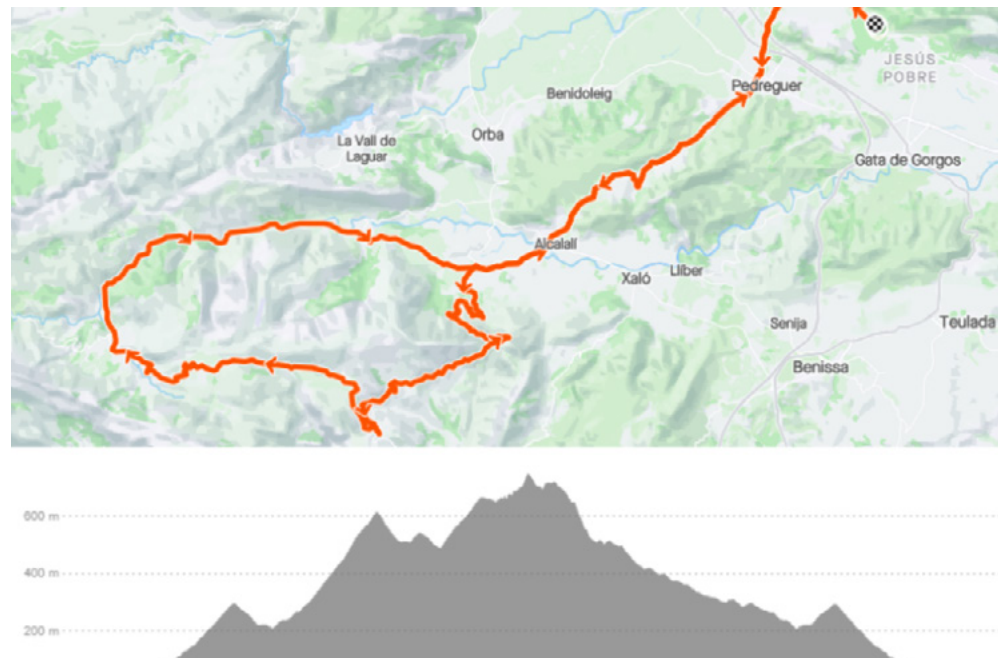
- 📍 DISTANCE: 123,62 Km
- 🕒 ELEVATION: 1929 m
- ⬆️ DURATION: 4:52:05 h
- 🏔️ DIFFICULTY: High

SEE STRAVA ROUTE



## COLL DE RATES · TARBENA · SA CREUETA · CASTELLS

Leave the hotel in the direction of Pedreguer, climb La Llosa and reach Parcent, the starting point of the famous Coll de Rates mountain pass. Next you will descend until you reach the climb at Tàrbena and continue the route, ascending Sa Creueta, and then descending to Castell de Castells, and finally Alcalalí to return to the hotel.



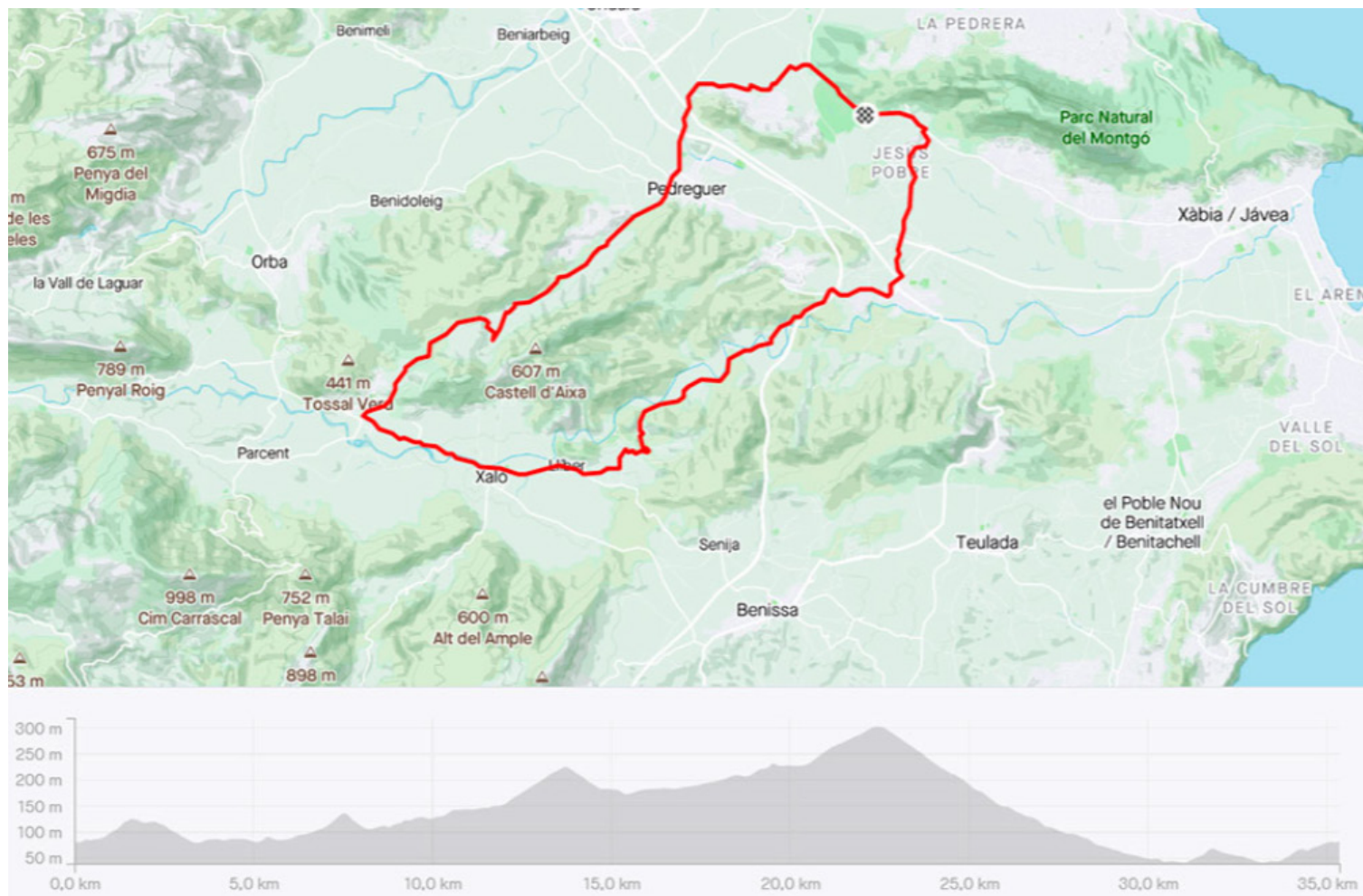
- 📍 DISTANCE: 82,02 Km
- 🕒 ELEVATION: 1297 m
- ⬆️ DURATION: 3:08:42 h
- 🏔️ DIFFICULTY: Medium

SEE STRAVA ROUTE





## MTB FONT DE LA MATA · GATA



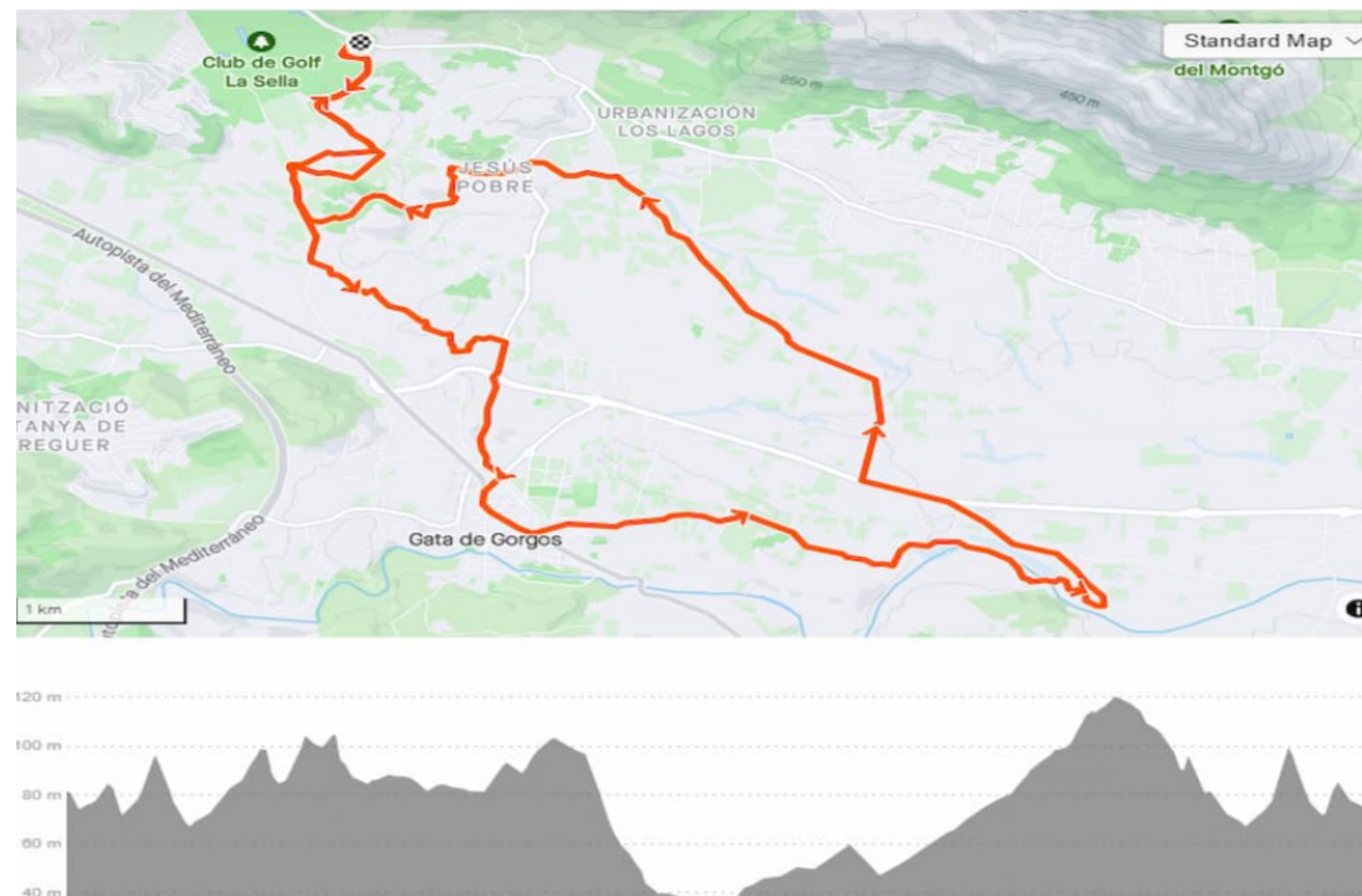
MTB route passing along trails and tracks towards the town of Gata de Gorgos. The first stretch of trails lead to a single track surrounded by vegetation. Next, follow the route surrounded by local farmlands and continue in search the second area of trails, where you can find technical segments that are very characteristic of the Costa Blanca area (Font de la Mata).

SEE STRAVA ROUTE



📍 DISTANCE: 22,093 Km  
 ⬆️ DURATION: 1:42:28 h  
 📏 ELEVATION: 409 m  
 🏔️ DIFFICULTY: Medium

## MTB RÍO DE GATA



MTB route from the hotel covering around 20 km with some fun stretches and other, slightly more technical ones in the dry riverbed at Gata, a popular area with MTB enthusiasts for practising descents. A positive aspect is that the descent offers different choices of difficulty level, according to the proficiency of the cyclist. Next, the return to the hotel goes along roads and tracks surrounded by nature and local farmlands.

SEE STRAVA ROUTE



📍 DISTANCE: 19,43 Km  
 ⬆️ DURATION: 1:11:12 h  
 📏 ELEVATION: 184 m  
 🏔️ DIFFICULTY: Medium







MARRIOTT - DENIA LA SELLA  
**BIKE CENTER**



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DESTINATION COSTA BLANCA