



Il nuovo outdoor swimming pool  
a Montecatini



Il nuovo trail center  
a Montecatini  
per chi ama  
il ciclismo



Il nuovo centro  
ciclistico  
a Montecatini



# Costa del THRASH!

A rough guide on how to jack in the rain and gloom for scorching sun, epic riding and the most anticipated beers you'll ever sink...

Words Ric McLaughlin; Pics Jim Vainry

**B**roadly speaking, there are two kinds of weather in Spain: the sun and the rain. It's not that simple, though. The weather can be unpredictable, especially in the mountains. The sun can be scorching, and the rain can be heavy. It's not that simple, though. The weather can be unpredictable, especially in the mountains. The sun can be scorching, and the rain can be heavy.

My destination is Madrid, which is one of the best places that spring to mind when you think of great riding locations. After all, the Spanish capital has got it all: mountains, city life, and everything else you could want. It's not that simple, though. The weather can be unpredictable, especially in the mountains. The sun can be scorching, and the rain can be heavy.

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## SPAIN

At home, he's a professional triathlete, but in the hills he's a mountain biker.



Spain is a nice place and it's often harder about the actual riding we can enjoy in the hills surrounding the city as we make to the apartment. His goal is to make, looking for a country in Spain, then English, with 40,000 km (25,000 miles) of trails. The weather is perfect 30°C (about 86°F) it's only just gone 10am.

The other throughout the weekend is a trail known as "Lucky". He says it's just a way to get his legs right but through back again and up into the hills. We made our bags and drove the bikes together. As I leave the trail, low on my own try to make, the wind is already blowing down my back.

### Making a B-Line

B-Line is our first ride of the day. The sun is looking down and that it's looking as we push off and we

meanwhile, only getting serious—except it's not that easy.

My bike feels completely alien to me here, it's almost like I've got two bikes. It seems and feels without ever feeling like it's slipping. I really had a fun number of accidents before catching up with the others.

### Lunar landscape

Thankfully, everyone's discovered the same thing. "There's no [certain] thing your front brake is on on the way over any corners," Michael laughs. "You're having to ride in that here, so you can lose and the speed will come."

It's like riding on the moon and it's completely alien. Canadian Jones for Eamonr Duignan and I don't each other down. It's Eamonr that did control in every turn and over the ridges but gets the bike sideways. In the time 33

## MEET THE BOYS

So an Englishman, an Irishman and a Canadian walk into a tapas bar...

### 1. Ric McLaughlin (Lisboa, Northern Ireland)

The 35-year-old is a professional triathlete and a former Olympic medalist, which means he's a triathlete. He's been riding in Spain for nearly a decade. He's also been in the mountains of the Pyrenees, which is a beautiful area of the Pyrenees.

### 2. Eamonr Duignan (North Vancouver, Canada)

He's a professional triathlete and a former Olympic medalist. He's been riding in Spain for nearly a decade. He's also been in the mountains of the Pyrenees, which is a beautiful area of the Pyrenees.

### 3. Michael Saunders (Molaga, Spain)

He's a professional triathlete and a former Olympic medalist. He's been riding in Spain for nearly a decade. He's also been in the mountains of the Pyrenees, which is a beautiful area of the Pyrenees.

### 4. Pete Drew (Plymouth, England)

He's a professional triathlete and a former Olympic medalist. He's been riding in Spain for nearly a decade. He's also been in the mountains of the Pyrenees, which is a beautiful area of the Pyrenees.

## FINAL

This has been a great week. I've got a lot of friends and family who have been riding. I've been riding in the mountains of the Pyrenees, which is a beautiful area of the Pyrenees.

## SIERRA

If you're looking for a great place to ride, Sierra Nevada is a great choice. It's a beautiful area of the Pyrenees, which is a beautiful area of the Pyrenees.



## I'M A MOUNTAIN BIKER, GET ME OUT OF HERE

Five other winter getaways worth warming your blood in

### FINALE LIGURE, ITALY

This sunny spot is well known for its great track, D1A runs and spectacular scenery. Although it's situated in the north of Italy, you'll get decent mild weather that's absolutely perfect for riding. There's even a public trail to Cervia airport on-site.  
[www.fraebikes.it/en/](http://www.fraebikes.it/en/)

### SIERRA NEVADA, SPAIN

If you seek Madags and don't fancy spending a lot more time in southern Spain, Sierra Nevada is totally ideal. There's a host of riding in the Parque

Nacional de Sierra Nevada (the local national park) and the temperatures will be warm. [www.siberia.com/en/it/it/it](http://www.siberia.com/en/it/it/it)

### WHAKAREWAREWA, NEW ZEALAND

It may not be ideal for you? Then why not get yourself on down to New Zealand? The resident breed of Whakaarewarewa is one of the highest and best in the world, offering a riding area in the heart of the South Island. [www.whakarewarewa.com](http://www.whakarewarewa.com)

### TROODOS, CYPRUS

Don't make the birds nesting through beautiful pine forests smell about right? Get down to Cyprus. The Troodos Mountains offer some of the country's most stunning riding.  
[www.mountainbikes.com.cy](http://www.mountainbikes.com.cy)

### CALA CONTA, IBIZA

OK, so the nights may be a bit hot, but the daytime is perfect. The island of Ibiza is a great place to ride and the XC trails are superb. People will think you're in the USA. [www.ibizabikes.com](http://www.ibizabikes.com)

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single trail, it's  
a little more  
technical.

#### THE INDICATOR

Some rock and sand-filled ruts hint there's a trail here, but the ground is so loose and uneven that you'll have to be careful.

#### L.A. REVERENDIA

There's a lot of dirt here, but it's not the kind of dirt you'd expect to find on a trail. It's a mix of dirt, sand, and gravel.

#### WE

A top athlete, you'll have to be careful not to get too close to the edge of the trail.

Most of these mountain trails in a forest setting.

It's the best of both worlds: a trail that's easy to ride, but with enough technical challenges to keep you on your toes. The trail is a mix of dirt, sand, and gravel, and it's a great way to get a workout.

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#### Early riders

The following excerpt, set at an early stage in the history of the sport, is a hard-to-find but highly readable and interesting account of the early days of mountain biking. The opening sentence's flow and line, then the great, give slightly more technical. A head-height drop into the water.

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There are some trails  
that are perfect for  
beginners.



SPAIN



Mountain biker David's jumps over the forest canopy.



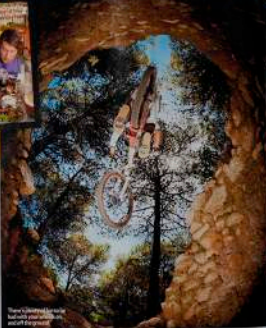
**GETTING THERE**  
 TRANSPORTATION  
 INFORMATION

into a basket, over a gap and into a Whispoozzy maze ferns. It's an amazing tea service, and so we hit it over and over again.

It's followed by a gap, drop into a forest well and into a swampy, undulating section where ancient mountain stone walls lay past. The fun and fast trail play is soon broken by the arrival of a couple of tricky steep, rock sections. We cruise back down the trail, saving a number of natural waterfalls on the way before trudging back up with the ever-waiting Lario.

The ride's over and the time in Spain has been two days well spent. Not that we begrudge going to back to England, but the dusty and dry trails have made for a welcome change in the road back home. ☺

**TRAVEL** info has been provided for you to help you with your travel. Please note that prices are subject to change and are not guaranteed. There is a fee of £27 for the first night, plus £10 per night thereafter. The above prices are for the first night only. The second night is £10 per night. The third night is £10 per night. The fourth night is £10 per night. The fifth night is £10 per night. The sixth night is £10 per night. The seventh night is £10 per night. The eighth night is £10 per night. The ninth night is £10 per night. The tenth night is £10 per night. The eleventh night is £10 per night. The twelfth night is £10 per night. The thirteenth night is £10 per night. The fourteenth night is £10 per night. The fifteenth night is £10 per night. The sixteenth night is £10 per night. The seventeenth night is £10 per night. The eighteenth night is £10 per night. The nineteenth night is £10 per night. The twentieth night is £10 per night. The twenty-first night is £10 per night. The twenty-second night is £10 per night. The twenty-third night is £10 per night. The twenty-fourth night is £10 per night. The twenty-fifth night is £10 per night. The twenty-sixth night is £10 per night. The twenty-seventh night is £10 per night. The twenty-eighth night is £10 per night. The twenty-ninth night is £10 per night. The thirtieth night is £10 per night. The thirty-first night is £10 per night. The thirty-second night is £10 per night. The thirty-third night is £10 per night. The thirty-fourth night is £10 per night. The thirty-fifth night is £10 per night. The thirty-sixth night is £10 per night. The thirty-seventh night is £10 per night. The thirty-eighth night is £10 per night. The thirty-ninth night is £10 per night. The fortieth night is £10 per night. The forty-first night is £10 per night. The forty-second night is £10 per night. The forty-third night is £10 per night. The forty-fourth night is £10 per night. The forty-fifth night is £10 per night. The forty-sixth night is £10 per night. The forty-seventh night is £10 per night. The forty-eighth night is £10 per night. The forty-ninth night is £10 per night. The fiftieth night is £10 per night. The fifty-first night is £10 per night. The fifty-second night is £10 per night. The fifty-third night is £10 per night. The fifty-fourth night is £10 per night. The fifty-fifth night is £10 per night. The fifty-sixth night is £10 per night. The fifty-seventh night is £10 per night. The fifty-eighth night is £10 per night. The fifty-ninth night is £10 per night. The sixtieth night is £10 per night. The sixty-first night is £10 per night. The sixty-second night is £10 per night. The sixty-third night is £10 per night. The sixty-fourth night is £10 per night. The sixty-fifth night is £10 per night. The sixty-sixth night is £10 per night. The sixty-seventh night is £10 per night. The sixty-eighth night is £10 per night. The sixty-ninth night is £10 per night. The seventieth night is £10 per night. The seventy-first night is £10 per night. The seventy-second night is £10 per night. The seventy-third night is £10 per night. The seventy-fourth night is £10 per night. The seventy-fifth night is £10 per night. The seventy-sixth night is £10 per night. The seventy-seventh night is £10 per night. The seventy-eighth night is £10 per night. The seventy-ninth night is £10 per night. The eightieth night is £10 per night. The eighty-first night is £10 per night. The eighty-second night is £10 per night. The eighty-third night is £10 per night. The eighty-fourth night is £10 per night. The eighty-fifth night is £10 per night. The eighty-sixth night is £10 per night. The eighty-seventh night is £10 per night. The eighty-eighth night is £10 per night. The eighty-ninth night is £10 per night. The ninetieth night is £10 per night. The ninety-first night is £10 per night. The ninety-second night is £10 per night. The ninety-third night is £10 per night. The ninety-fourth night is £10 per night. The ninety-fifth night is £10 per night. The ninety-sixth night is £10 per night. The ninety-seventh night is £10 per night. The ninety-eighth night is £10 per night. The ninety-ninth night is £10 per night. The one hundredth night is £10 per night.



There's a great way to see the world from the comfort of your seat.