

SPICE ROADS

CYCLING



ROMANIA: ROAD BIKING THE TRANSYLVANIAN ALPS

Tour Code
ROU-RBT

7 DAYS
6 NIGHTS

	Destinations	Romania
	Tour Meets	Bucharest, Romania
	Tour Ends	Maldaresti, Romania
	Fly in to	Henri Coandă International Airport, Bucharest
	Fly out of	Henri Coandă International Airport, Bucharest
	Group Size	2-16 riders
	Minimum Age	18 (on scheduled departures)

ACTIVITY PROFILE



6 Cycling days	511 km Total cycling distance
85 km Avg distance / day	1233 m Avg climbing / day

PRICING



Price
Bike Hire (Road Bike (Alu))
Single Supplement

US\$ 3,500
US\$ 315
US\$ 490

WHAT'S INCLUDED

- ✓ SpiceRoads jersey
- ✓ Water bottle
- ✓ Support vehicle
- ✓ Guide(s)
- ✓ Meals (as indicated)
- ✓ Airport pick up
- ✓ Accommodation
- ✓ Snacks and drinks

WHAT'S EXCLUDED

- ✗ International flights
- ✗ Domestic flights
- ✗ Airport pick up
- ✗ Airport drop off
- ✗ Visa fees
- ✗ Alcohol
- ✗ Tips

DEPARTURES



07 September - 13 September 2025
12 October - 18 October 2025
28 June - 04 July 2026
12 July - 18 July 2026
06 September - 12 September 2026
04 October - 10 October 2026

TRIP PROFILE

This fully supported tour uses a mix of roads ranging from very silky smooth roads of the Transalpina to country lanes and minor roads. This is a road bike trip and you will be fine on your favourite carbon steed in Romania. We will provide good quality road bikes as hire options. Romania is great terrain for road biking, and most of the roads we ride are in better condition than western Europe or the UK, but if you want to bring a gravel bike you are very welcome. There are climbs most days, and a few long days going upwards, so you should make sure you have enough gears (compact cranks and a 30+ tooth rear cassette at the back are recommended). We start riding in Cinsor, a four-hour drive north of Bucharest and end in Maldaresti, which is three hours west of Bucharest.

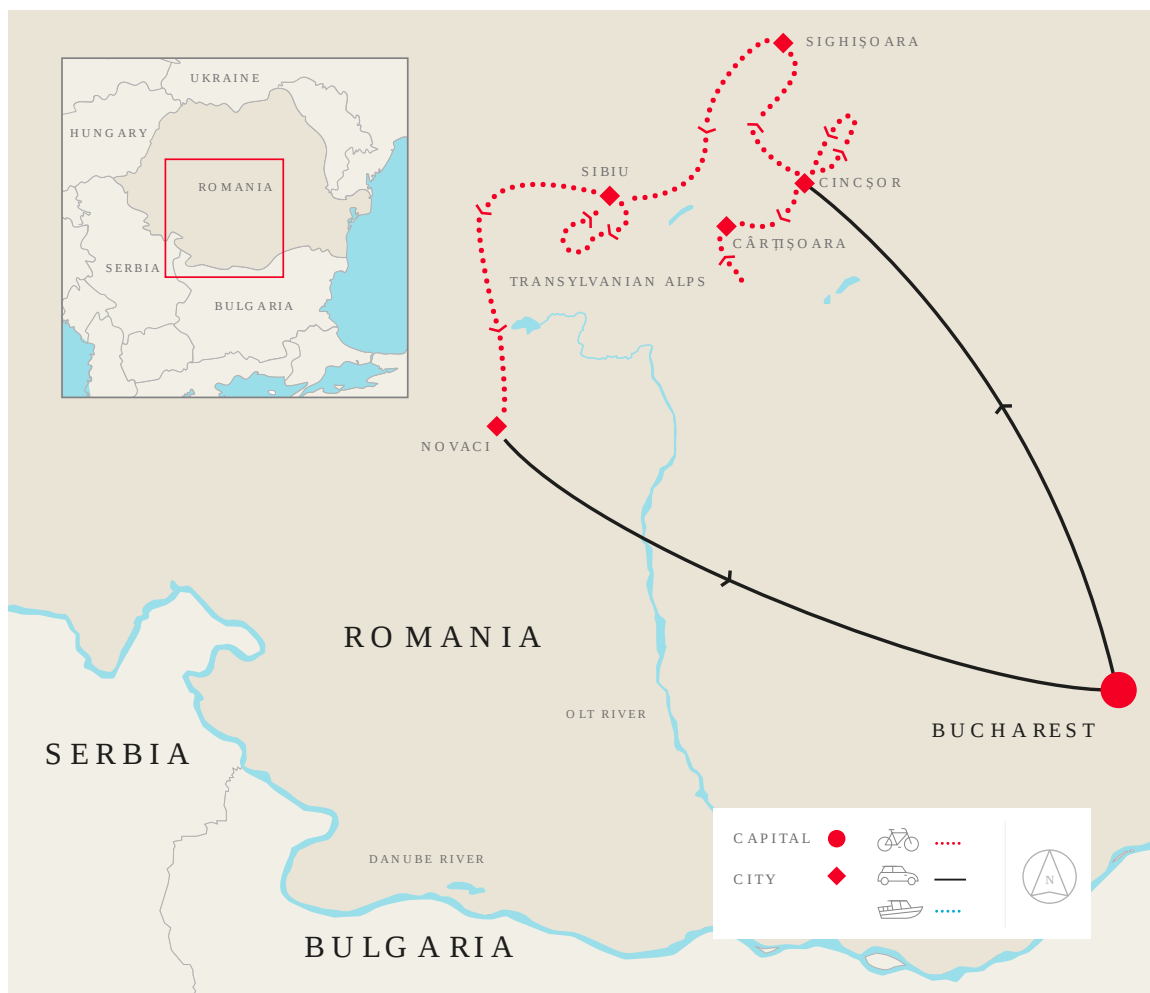
We have five full days of cycling, plus a warm-up ride on day one, and the full distance is approximately 500 km with just under 7000 metres vertical. Our biggest day is Day 6 when we ride the Transalpina - the full distance is 139 km with 3000 vertical metres, and as it is at the end of the ride, we can easily tailor the day for each rider and make it shorter and easier if necessary (or longer if you want). Other days range from 70-100 km, with 500-1800 metres climbing each day. As mentioned, the big climbs are the Transfagarasan (1850m vertical) on Day 2 and Transalpina on Day 6. Otherwise, we ride mostly on undulating roads, rolling through the countryside and villages. On most riding days, we start after breakfast at around 9 am and expect to ride for between 3-4 hours, with water stops. Lunch will either be en route or at our destination. We always hope most riders will complete the full distance, but there are a few shorter options and it is possible to skip the big climbs. We usually expect you to be able to ride comfortably at 23-25kph+ on the flat and average 18-20kph on hilly days. As we sometimes ride at different speeds, this will vary depending upon how the group feels on the day. Normally, the guides will ride through the group to check on everyone and make sure everyone knows where each rest stop is located so we can regroup and visit sites together. We never drop anyone or leave people riding alone, and always encourage our groups to ride together at sensible speeds so everyone can enjoy the riding, take in views and immerse themselves in their surroundings. Faster, fitter riders can go ahead and regroup at designated meeting points, and if you are having a bad day (remember a bad day on the bike is still better than a good day in the office), there is always the support van close at hand.

Suitability: This trip is suitable for intermediate and advanced level cyclists, and we expect participants to be regular riders or at least active people with a good fitness level. Overall, we will ride 500 km (310 miles) and climb just under 7,000 metres (22,000 feet) in 5 ½ -days.

Biking Conditions: This tour follows a range of roads, mostly quiet minor roads, a few country lanes, and one National Road (Transalpina). Generally, there is not much traffic, though when riding through towns or villages, it can become a bit busy.

Cycling Days: We have 5 1/2-riding days, with 3 days riding point to point and 2 looped rides. Usually, there will be one or two main stops planned each day for visits and local cultural experiences and several short stops to regroup, refuel or take-in-the-views before we reach our finish point.

Accommodation We use a range of beautiful accommodation including restored mediaeval guesthouses, 4 castles and 3-4 traditional rural hotels. The accommodation is 3-4 star level and of excellent quality.



Day 1 Arrival day - transfer from Bucharest airport/hotels to Cincșor

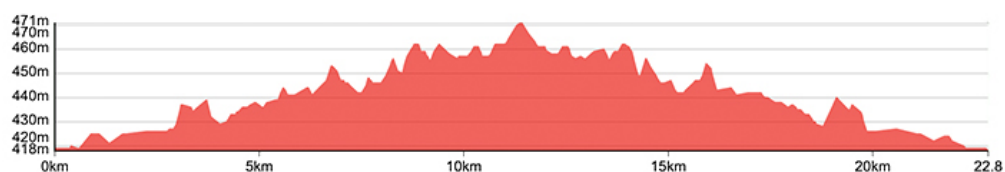
We will meet you at Bucharest Airport (for morning flight arrivals landing before 9 am) or pick you up from your hotel in Bucharest and transfer to Cincșor (total transfer time 4 hours), where we start our adventure. If you are arriving on a flight that lands after 10 am we recommend you arrive a day earlier and stay a night in Bucharest (or in Brasov which is on the way), otherwise you will need to take a private transfer and join us later. From Bucharest, we drive directly to Cincșor, where we will be staying at the Cincșor Guesthouse, a charming former Protestant Saxon School and now a comfortable hotel. Cincșor is a quiet and pretty village, and we will aim to arrive in time for a warm-up ride in the surrounding countryside to get you used to the bikes and terrain and a briefing from your guides. There should be time to relax before our welcome dinner.



Cincșor Guesthouse



Dinner



Ride 25-30km

Day 2 From Cincșor to ride the Transfagarasan

Our Romanian cycling adventure gets off to an incredible start as we get to ride the legendary Transfagarasan, which according to a recent report in Top Gear magazine is the world's best alpine road. The riding starts right out of the hotel door, which is the way we always like to start, and you will enjoy a gentle 35km through the lovely Transylvanian countryside to warm up before the Transfagarasan comes into view. We will make a stop before setting off to conquer the

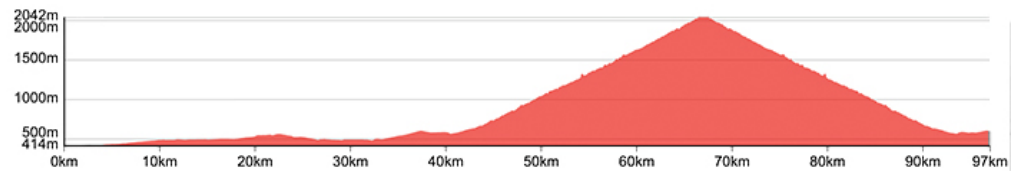
mighty Transfagarasa. It is a 25 km climb, up to 2000m altitude at Balea Lake and although long, the climb is not overly steep. The views are truly sensational as we wind up towards the top. The reward at the summit is one of Romania's amazing natural wonders, Bălea Lake is a spectacular glacier lake carved into the rugged stones of the Făgăraș Mountains, which are also known as the 'Transylvanian Alps'. We will all ride up at our own pace and enjoy lunch by the lake before regrouping for the breathtaking descent down to Cartisoara where our van is waiting for the shuttle back to Cincsor or an optional spin back to the hotel.



Cincsor Guesthouse



Breakfast, Lunch, Dinner



Ride 97km



+1850m

Day 3 Cincsor to Sighisoara

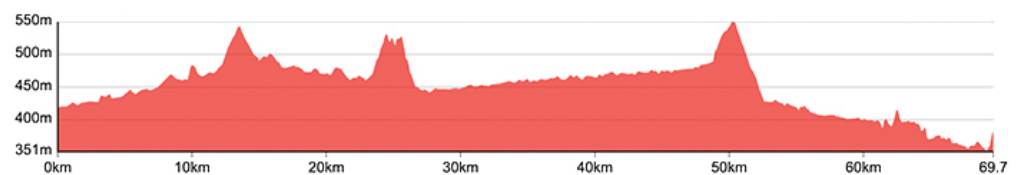
After a typical Romanian breakfast, we will hit the road for a superb ride to discover the Transylvanian Highlands. We will pass the lovely village of Cincu centred on its fortified church and ride through the extraordinary landscapes of Transylvania with the Carpathian Mountains providing a spectacular backdrop. Today's ride is through rolling countryside with a few small hills but nothing to compare with the Transfagarasan. We pass many small villages as we ride along country backroads and alongside the Hartibaciu River riding through what is known as the Brasov-Sibiu-Sighisoara cultural triangle. We also pass Bradeni, located on a pretty lake and also boasting an impressive fortified church dating back to the 13th Century, before arriving in Sighisoara. We should arrive in time for lunch and have plenty of time to explore Sighisoara, which is one of the best-preserved mediaeval towns in Europe and included in the UNESCO World Heritage list as one of the last living mediaeval cities. Dating back to the 12th century, Sighisoara was founded by German craftsmen and merchants known as the Transylvanian Saxons who were invited to Transylvania by the King of Hungary to settle and defend the frontier of his realm. Over the centuries the city has played an important strategic and commercial role at the edges of Central Europe and still retains a mediaeval charm and atmosphere rarely found in Europe anymore.



Fronius Residence or Central Park hotel



Breakfast, Lunch, Dinner



Ride 70km



+500m

Day 4 Sighisoara to Sibiu

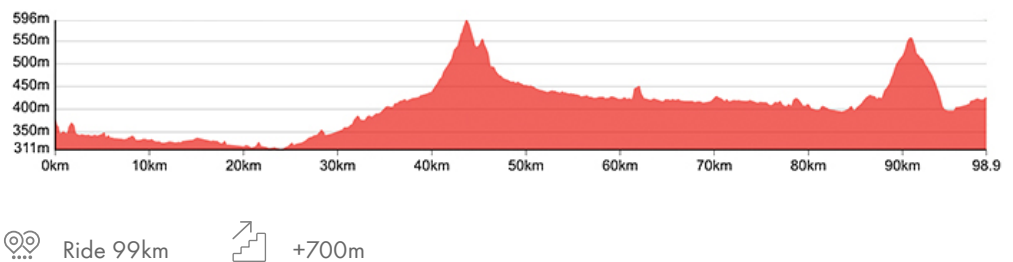
After an excellent medieval breakfast, we again ride right from our hotel and out into the Romanian countryside along a secondary scenic route along the Hartibaciu valley through the small town of Biertan, one of the most important Saxon villages boasting another impressive fortified church and a UNESCO World Heritage listing. You will feel the history and heritage of this fascinating part of the world and it is a real privilege to be able to ride through such a beautiful and interesting country. Today we ride in the historic town of Sibiu. You will have the option to transfer the last 25km and avoid the traffic or ride to the hotel. Sibiu is a delightful place to spend a couple of nights with its noble Saxon history, art-nouveau facades and gold-embossed church, dozens of museums, and plenty of coffee houses to relax apres-ride and soak in the atmosphere.



Craft Inn Boutique or Art Hotel



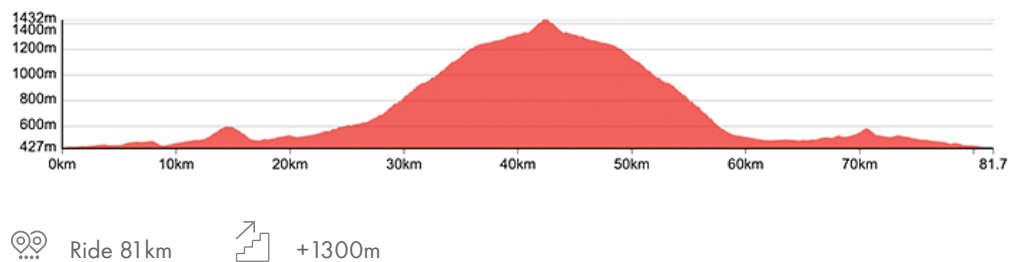
Breakfast, Lunch, Dinner



Day 5 Sibiu - Paltinis resort - Sibiu

After breakfast, we will have a beautiful ride to the Paltinis resort. This is a superb climb to an old mountain resort which has some challenging parts but is well worth the effort. The return will be an amazing descent right into town and the 'Open Air Village Museum' of Sibiu, one of the largest in Central and Eastern Europe. Here we can have a great meal and enjoy some historical houses and workshops of the traditional Romanian folk culture from the pre-industrial era. Over 300 houses and other buildings are situated in the forest around two artificial lakes with over 10 km of walkways between them. We will later reach the same hotel in Sibiu and we will leave you to enjoy the medieval city and have a great dinner on your own. There is a shorter, easier option and of course, anyone that wants a day off the bike, perhaps to save their legs for tomorrow's 'Queen Stage,' can have a lie-in and wander around Sibiu at leisure. Sibiu is a great town to go off and explore with lots to do and see and some great places to eat so we leave you free to choose your dinner venue.

Craft Inn Boutique or Art Hotel || Breakfast, Lunch



Day 6 The Transalpina experience from Sibiu to Maldaresti

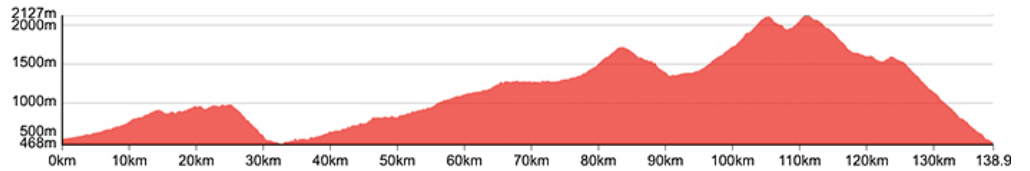
Our last day riding the "Queen Stage" of our tour is the classic Carpathian Mountain climb and the main challenge of our week in Romania. The Transalpina is known locally as the King's Road and is the highest road in Romania. The road was built under the rule of King Carol II in the 1930s and rebuilt during World War II by German troops. Similar in length and ascent to many classic alpine passes, the Transalpina is a mythic ride for local cyclists and provides a beautiful challenge for our final day. We will transfer to our start point in Saliste and enjoy a few hours riding rolling terrain before the road pitches upwards and snakes upwards around multiple switchbacks to its highest point at the Urdele Pass at an elevation of 2,145 m above sea level. The climb is long and mostly gradual, interspersed with a few steep sections with the last part spectacularly scenic as we reach the top. The road surface is really good, the traffic is usually light and the views are simply amazing. We rate the Transalpina right up there with any of the famous climbs in the Alps, and if the Transalpina was a climb in France, it would be world-famous. Here in Romania, we have the road mostly to ourselves and can enjoy jaw-dropping views without worrying about being overtaken by a pro peloton or enthusiastic group of amateur riders. As it is a long day with a serious 3,000m of elevation and some high altitude cycling to get through, we don't expect everyone to ride at the same speed. Most riders will have their own goals for the day, and our van is always on hand to pick up weary riders. Once over the pass and across the rolling plateau, it is a scintillating and fast 20km descent down into Novaci where we regroup for some celebratory drinks before transferring to our hotel Maldaresti. We end our incredible road biking adventure at our hotel in a lovely restored manor house in Maldaresti village, near Horezu, where we will enjoy a farewell dinner and take the opportunity to sample some wines from the nearby Dragasani vineyards. We are sure you will raise a glass to Romania and agree with us that this must be among the best cycling destination in Europe! We hope you will come back.



Conacul Olarilor or Conacul Maldar



Breakfast, Lunch, Dinner



Ride 139km



+3000m

Day 7 Departure day or extension day

Today it is time to say goodbye. After a nice breakfast, we will provide a van transfer onwards to Bucharest or Bucharest Airport for your onward flights. Alternatively, you may enjoy an additional day in Maldaresti or Horezu, which is known as a centre of pottery and is listed as a UNESCO World Heritage site. The surrounding countryside is a great place to relax and maybe make a few extra rides, and not far away is the wine country of Dragasani. We can book extensions at our hotel in Maldaresti and arrange private transfers to Bucharest, Bucharest Airport or Sibiu Airport (at additional cost). Please contact our team for arrangements. Private transfer from Bucharest or Bucharest airport to Cincsor – 195 EUR/1 pp 230 EUR/ 2pp Private transfer from Sibiu airport to Cincsor - 95 EUR/1 pp and 130 EUR/2 pp Private transfer from Maldaresti to Bucharest - 200 EUR/1 pp and 240 EUR/2pp Private transfer from Maldaresti to Sibiu airport – 195 EUR/1 pp and 230 EUR/2pp Extension night double room/single room at Conacul Maldar/Maldaresti – from 75 EUR/pp in double and 35 EUR/single suppl. (depending on room type availability)



Breakfast

Disclaimer: The adventure cycling tours we operate often go beyond the beaten track, and the countries where we ride are not always predictable. Due to these reasons, it is occasionally necessary to reroute or update itineraries. Our guarantee is that we will not change a trip unless for safety or to improve it. Our listed hotels are always accurate at the time of writing, but should we have to change any hotel, it will always be for a similar or better one.

NUTS & BOLTS

Bikes

Because some people can't imagine going on a trip without their own beloved bicycle, we do not provide them as part of this tour. However, you can hire bikes locally for the price listed in the tour pricing section.

If you bring your own bike, please make sure it is a road bike in good mechanical order.

Bike Repairs

Basic spares and tools are carried by the guide and on the support vehicle, though we cannot guarantee having spares for every conceivable problem. Carrying a basic tool kit, a spare tube and a pump while riding is recommended.

Safety

Wearing a helmet is required on all our biking adventures and is non negotiable. If you do not wear a helmet you will not be allowed to cycle. Your tour leader is trained in first aid and emergency rescue, but to a large degree you must be responsible for your own safety while

riding. It is therefore compulsory that you take out travel insurance that will cover you for a mountain biking tour.

Guides

You will be led by a local English-speaking guide and if the group is 9 people or more we will add another guide to the tour. All our guides are well informed in the history, culture and religions of the area where you are biking and are skilled at passing that knowledge on to you. Your guide is also medically trained and an experienced cyclist, able to handle most minor repairs en route.

THE NITTY GRITTY

Passports and Visas

Passports and Visas Romania is an easy country to enter. It is part of the EU and the Schengen Zone, so easy to access for Europeans. Most countries in the Americas including U.S. and Canadian as well as Australian and British citizens may enter and remain in Romania without a visa for up to 90 days total. It is essential when entering Romania to present a valid passport with a minimum validity of six months from the date of entry into the country. .

Health

Health conditions in Romania are good, especially in the cities. In recent years, the range of health services has increased and become more modern. Hospitals and clinics provide proper care, but we recommend taking out travel insurance. There are no compulsory vaccinations for entering Romania. ~~~

Weather

Romania has a temperate climate, similar to the northeastern United States, or some parts of northern Europe, with four distinct seasons. Spring is pleasant with cool mornings and nights and warm days. Summer is quite warm, with extended sunny days. The hottest areas in summer are the lowlands in southern and eastern Romania but temperatures are always cooler in the mountains. Autumn is dry and cool, with fields and trees producing colourful foliage, much like New England. Winters can be cold, especially in the mountains. While not the rule, abundant snowfalls may occur throughout the country, from December to mid-March. Our trips typically start in May and run until October and you should expect temperatures as low as 15C/60F in Spring/Fall (Autumn) with cool mornings and evenings but warm in the daytime. You should pack some warm and waterproof clothes if travelling at this time of the year as it can rain and probably want arm-warmers, gilet and long pants and bring a few layers and a jacket for the evening. Daytime temperatures in Spring or Fall can vary between 7c (44F) – 17c (65F). Summer is warmer and can get quite hot with longer daylight hours and maximum temperatures of 35c (90F) in August and an average of 23c (73F). Expect to be cycling in shorts and short sleeves.

Food

While not well known abroad, Romanian cuisine is a near-perfect reflection of the country's agrarian roots and cosmopolitan history. Dishes borrow heavily from neighbouring (and occasionally occupying) cultures – Turkish, Hungarian, Germanic and Slavic. The Turks brought meatballs (perişoare in a meatball soup), from the Greeks there is mousaka, from the Austrians there is the şniţel, and the list could continue and some recipes can be traced to the Romans, as well as other ancient civilizations. One of the most common meals is the mămăligă, the precursor of polenta, served on its own or as an accompaniment. Pork is the main meat used in Romanian cuisine, but also beef is consumed and a good lamb or fish dish is never to be refused. Wherever we eat the results are always excellent with a wonderfully rustic, homemade quality, built around staples such as pork, chicken and lamb, but made special through the addition of ample, organic fruits and vegetables. We will make sure you sample a wide range of local cuisines and make sure we visit or stay at lodges with excellent food. Dinners are usually quite meat-oriented with pork or beef and sarmale cu mamaliguta which is a traditional Romanian dish made of minced pork wrapped in pickled cabbage leaves and served with polenta and a chilli. Vegetarians and vegans and other dietary requirements can be catered for but please let us know in advance. ~~~

Drink (Riding and Recreational)

Keeping you completely hydrated is a job we take very seriously. Cold water, some energy restoring local fruit and soft drinks are included in the tour price while riding. Soft drinks and other beverages during meals are not included. You may also want to bring electrolytes in powder or tablet form. Alcoholic drinks are available everywhere but are not included. It needs to be pointed out that Romania is one of Europe's biggest wine producers, and while much of the output is aimed at the budget, student end of the market, quality is improving and several wines – both white and red – are worth looking for. The best winemaking regions for whites include the Târnave plateau, north of Sibiu, and Cotnari, near Iaşi. For reds, look for Dealu Mare (south of the Carpathians, near the Prahova Valley). Murfatlar, near the Black Sea, and Odobeşti, in

southern Moldavia, produce both quality reds and whites. Drăgășani, in southern Romania, is home to one of the country's most promising new wineries, the Casa Isărescu. Another new and highly regarded winemaker is the Nachbil winery, located in the northwest of the country, near Satu Mare. And if that's not enough, pretty much every household makes their own Tuica (pronounced "tsweeka") which is a spirit usually made from plums and flavoured with herbs from their garden or the surrounding area. This is usually drunk whilst being welcomed into the house and after dinner. ~~~

Solo Travelers

SpiceRoads does not require you to pay a surcharge for travelling alone. We will arrange for you to share accommodation with another traveller of the same gender and if we can not match you up we will provide a single room at no extra charge. If you prefer not to share a single supplement is payable to guarantee your single room. The cost of the single supplement is listed above. ~~~

Extra Expenses

We recommend that you tuck away a few extra US Dollars for possible incidentals that might arise. It is always wise to have some paper currency in case of ATM absence or credit card problems. This will save you a lot of unnecessary worries. It is also customary to tip local tour guides and drivers; however, the amount you give should be dependent on the level of service you receive. ~~~

Money

The Romanian leu is the currency of Romania. It is subdivided into 100 bani, a word that means "money" in Romanian. ATMs that accept major credit cards can be found in all sizable towns and cities. It's best to use credit cards as a backup for cash. There are many foreign exchange offices in every city and town and at major attractions. The best currencies to take are EUROS. Costs in Romania are generally much lower than in western Europe or North America and you will find your hard currency will buy you a lot of drinks in Romania. ~~~

Be Aware

Romania remains generally safe, and it's unlikely that you'll have any problems; violent crime against tourists is almost nonexistent and petty crime is much less than in most Western countries. However, take the usual precautions about avoiding rowdy political demonstrations, not flashing money around and being aware of pickpockets in crowded places.

GENERAL BOOKING INFO

If this is the tour for you here's what you need to do to confirm your place:

FLEXIBLE BOOKING CONDITIONS

Booking a SpiceRoads cycling adventure is easy and we try to do everything possible to make sure you have full flexibility and peace of mind. We do not require a deposit to hold your place on a tour and once full payment has been made your money is protected in our client account and you have the flexibility to cancel or change your booking if needed.

CONFIRMING YOUR BOOKING

Just complete our online booking form or send your booking details offline (email or post), and we will confirm your participation. No deposit is needed to confirm your place on a SpiceRoads tour.

You are advised to read our [Booking Conditions](#) in full before you make your payment and should you require further clarifications of any of the conditions below, please [email us](#) or call our office.

TRIP STATUS

There is a minimum number of participants (usually 2) required to enable the trip to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to Depart'. Once a trip is guaranteed to depart you are free to book your flights and make other travel arrangements. If the trip status is 'Limited' will mean we have only a small number of spaces available for booking. If you are unsure about the trip status, please [email us](#) or call our office.

BOOKING ONLINE

From the tour page, click the 'Book Now' link. All departures for this tour will appear, just select the date you'd like to travel. For the next steps, you'll need to know the names of the people travelling. If you wish you can also provide extra details such as passport numbers, height (for bike hire), or you can add that later by logging into [Manage My Trip](#) (we'll set up an account for you automatically if you don't already have one). Our system will contact you from time to time to fill in the missing information, as it will be required before departure. However, if the trip that you are booking offers a child discount, you will have to fill out the date of birth of each rider (so we can calculate the appropriate discount).

If you are having any problems [please send us an email](#), or give us a call (+66 026 3295) and one of our travel specialists will assist you with your booking.

BOOKING OFFLINE

Just call us or send an email indicating which trip you want to join and we will happily send you a list of questions and process your booking for you.

DEPOSITS AND PAYMENTS

We do not require a deposit or full payment to book a place for you on a tour.

The balance of the tour's cost (final invoice) will need to be paid 60 days before the departure date with fees for any bicycle rental(s), single supplement(s) and extra hotel nights.

In the case where a booking is made when there are less than 60 days until the tour departure date, the tour's cost should be paid in full within 72 hours of receiving an invoice from SpiceRoads. Payment can be made by credit card using our online payment gateway or by bank transfer. When making payment online you will need to confirm that you have read these booking conditions during the "checkout" process, which equates to agreeing to the terms of services and stipulations as indicated in this document.

In all cases, tour fees need to be paid "in full" before participation in a tour. No person(s) will be allowed to join a tour without fully settling their invoice and receiving a confirmation number from SpiceRoads.

The exception can be made for last-minute miscellaneous fees that can be paid locally (visas, additional local hotel bookings, etc.) can be settled on the day of arrival.

FULL FLEXIBILITY FOR TOUR CANCELATIONS

If the tour is cancelled or postponed by SpiceRoads because we didn't make the trip numbers and the tour can't run, we will make a full cash refund (by bank transfer or on your credit card).

If the tour is cancelled for any other reason, including due to Covid related travel restrictions, we will give you a full credit (with no deductions for admin or any other small-print item) to use on any SpiceRoads tour with no time limit. (Exceptions being flights, special permits and other non-refundable items and these will be advised when booking the trip).

Before paying for your tour, you can cancel your booking with no charge and up until 40 days before departure, you can change your booking to another travel date or move your booking onto another SpiceRoads tour with no charges.

If you need to cancel after you have made full payment, please see our [cancellation policy](#).

Loyalty Riders Club

For those who have been on several long tours with us, we reward customer loyalty by offering repeat customers a special discount off the tour price (excludes single supplement and bike rental). If this is your fourth scheduled tour or more you will receive a 5% discount. If this is your eighth scheduled tour or more we will extend a 10% discount. The discount will be reflected in your online booking, but please contact us if any questions. Loyalty discounts cannot be used in conjunction with any other offer. Note: Only tours of 7 days or more will be applicable for a loyalty discount.

International Flights

International flights, to and from the start and finish points are not included in the tour price. Once your tour is Guaranteed to Depart you can book your flight. Please contact us for advice before arranging flights for the best arrival and departure times. We would only cancel a trip for an extreme circumstance, but in that case, where we cancel your trip, we cannot be liable for losses incurred relating to any flight booking you have made. Please claim any losses from your [travel insurance](#) that you acquired when you booked your holiday.

Newsletter

Our adventure travel [e-newsletter](#) is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from SpiceRoads, be sure to subscribe.

The information in this document is given in good faith, and covers the average range of conditions likely to be found on this trip. Please note that the itinerary is subject to change due to unforeseen circumstances, however, we will always do our best to adhere to this original itinerary

CONTACT US

45 (Sub Soi Pannee) Soi Pridi Banomyong 26
Sukhumvit Soi 71 Klongtan Nua, Wattana
Bangkok, Thailand 10110
Tel: +66 (0) 2 026 3295
Email: info@spiceroads.com
Website: www.spiceroads.com

FOLLOW US

 twitter.com/spiceroads
 youtube.com/user/spiceroads
 instagram.com/spiceroads
 facebook.com/SpiceRoad