SPICE ROADS
CYCLING

ROAD

ROAD BIKING THE TRANSYLVANIAN ALPS

Tour Code
ROU-RBT

7 DAYS
6 NIGHTS

Destinations	Romania
Tour Meets Tour Ends	Bucharest, Romania Maldaresti, Romania
Fly in to Fly out of	Henri Coandă International Airport, Bucharest Henri Coandă International Airport, Bucharest
Group Size Minimum Age	4-16 riders 18 (on scheduled departures)

ACTIVITY PROFILE

6 Cycling days	**510** km Total cycling distance
85 km Avg distance / day	**1233** m Avg climbing / day

PRICING

Price	US$ 3,950
Bike Hire (Road Bike)	US$ 350
Bike Hire (E-Bike)	US$ 595
Single Supplement	US$ 570

**E-bikes are in limited supply, please enquire to reserve one.*

DEPARTURES

27 Jun - 03 Jul 2027
11 Jul - 17 Jul 2027
05 Sep - 11 Sep 2027
03 Oct - 09 Oct 2027

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

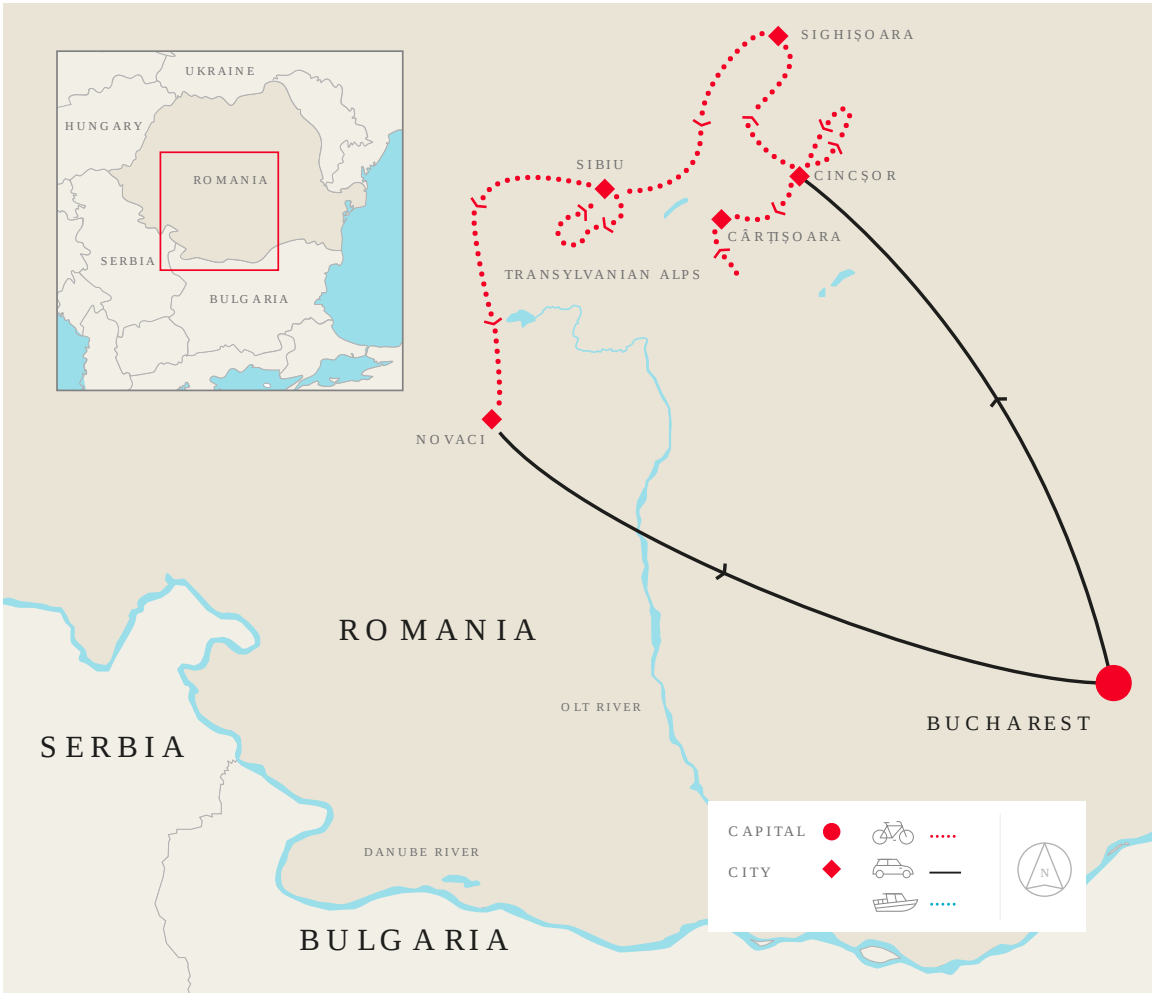
TRIP PROFILE

We ride a total of 485 km over six cycling days, including five full riding days plus a short warm-up ride at the start of the tour. Total elevation gain is just under 7,000 metres, spread across varied terrain and carefully paced days. Daily distances generally range between 70 and 100 km, with elevation gains of 500 to 1,800 metres. The most demanding stage is the ascent of the Transalpina, with up to 139 km of riding and approximately 3,000 metres of climbing. Other days balance sustained climbs with rolling sections, creating clear variation across the week. The itinerary includes a mix of point-to-point stages and loop rides, adding variety to both terrain and daily rhythm. The route moves through the Brașov–Sibiu–Sighișoara cultural triangle, linking some of Transylvania's most distinctive historic towns. Cultural highlights along the way include Biertan, one of the region's most important Saxon villages, centred around its UNESCO-listed fortified church, as well as a visit to Sibiu Open Air Village Museum, one of the largest open-air ethnographic museums in Central and Eastern Europe. Most days include planned stops for cultural visits, along with regular pauses to regroup, refuel, and take in the surroundings. The trip is fully supported, and your guide's expert knowledge of the area and terrain means that you always know what is coming up in terms of distance and difficulty. This makes a tremendous difference, as does the constant supply of water and refreshments along the way.

Suitability: This tour is best suited to intermediate and advanced road cyclists who ride regularly and maintain a strong level of general fitness. Over the course of the journey, you cover approximately 500 km with just under 7,000 metres of total elevation gain, including several long mountain climbs. You should be comfortable riding longer distances on consecutive days, pacing yourself on sustained climbs, and riding as part of a group on varied terrain, from rolling countryside to high mountain roads. While the days are carefully structured, with regular regrouping and cultural stops, this is a physically demanding itinerary that rewards preparation and steady endurance. Throughout the tour, the support vehicle is always nearby to offer refuge to any weary cyclists.

Biking Conditions: The route follows a mix of quiet minor roads, rural country lanes, and one national road on the Transalpina. Most of the riding takes place on paved roads suited to road bikes, linking villages, farmland, and rolling countryside. Road surfaces vary, reflecting the rural character of the region, but are generally in good condition. Traffic levels are typically low, particularly outside towns, though riding through villages and small urban areas can be busier at times. Across the week, the terrain alternates between rolling sections and longer climbs, with open stretches that allow the group to find a steady rhythm. Regrouping points are built into each day, and the guide manages pacing and positioning to support smooth group riding as conditions change. We generally ride rain or shine, but based on the guide's discretion or your level of comfort, modifications to the planned route can be made. It's all part of the adventure!

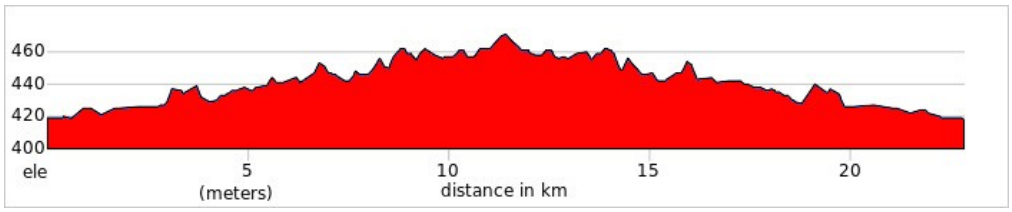
Accommodation: Stays are at a comfortable 3–4 star level and reflect the character of the regions we travel through. Accommodation includes restored medieval guesthouses, traditional rural hotels, and small heritage properties, often family-run, with select nights in historic settings where available. Rooms are clean, comfortable, and well-maintained, though standards and layouts may vary from place to place, particularly in rural areas. Some older properties, while full of character, may show signs of age, and service can be more relaxed than you might be accustomed to. For larger groups, we may use more than one accommodation in the same location, and in the case of limited availability, we may substitute an alternative property of a similar standard to that listed in the itinerary.



Day 1: Meet in Bucharest or Braşov & Head to Cincşor

The tour begins with a morning group pickup in Bucharest or Braşov. We recommend arriving in either city the day before the tour begins to allow for a smooth and relaxed start. The transfer from Bucharest takes approximately four hours, while the transfer from Braşov is around one hour. If you are joining in Braşov, there is time to enjoy lunch in town before the transfer. Guests picked up in Bucharest make a short stop en route for snacks before continuing into rural Transylvania and the quiet Saxon village of Cincşor. On arrival, we settle into our accommodation and prepare for a short warm-up ride through the surrounding countryside, an easy introduction to the bikes and terrain. After the ride, there is time to relax before a trip briefing and our welcome dinner together.

Cincsor Transylvania Guesthouses Dinner



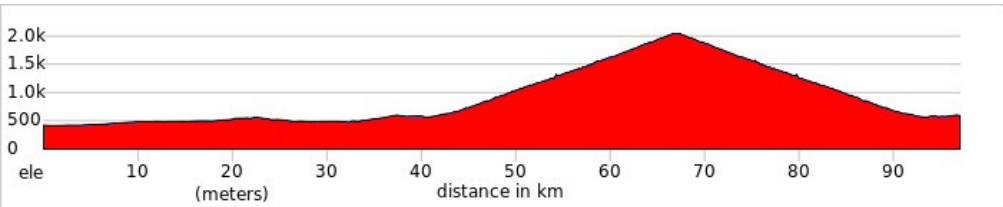
Ride 23km +132m -133m

Day 2: Cincşor - Transfăgărăşan

The day begins directly from the hotel, rolling out through the Transylvanian countryside for a gentle warm-up before the road gradually begins to rise. After approximately 35 km of steady approach riding, the Transfăgărăşan comes into view and the climb proper begins. The ascent to Bâlea Lake follows the legendary mountain road for roughly 25 km, climbing steadily to just over 2,000 metres above sea level. The gradient is sustained but consistent, allowing time to settle into a rhythm as the scenery becomes increasingly dramatic. As we gain height, the road opens into

wide alpine curves with sweeping views across the rugged Făgăraș Mountains, often referred to as the Transylvanian Alps. At the summit, Bâlea Lake sits in a glacial basin surrounded by steep rock walls and high peaks. We pause here for lunch before regrouping for the long, flowing descent toward Cârțișoara. From there, we return to Cincșor by support vehicle, with a transfer of around 30 minutes, or continue riding back to the hotel for those who would like to extend the day. In the evening, we come together for dinner and time to unwind after a full day in the mountains.

Cincsor Transylvania Guesthouses Breakfast, Lunch, Dinner

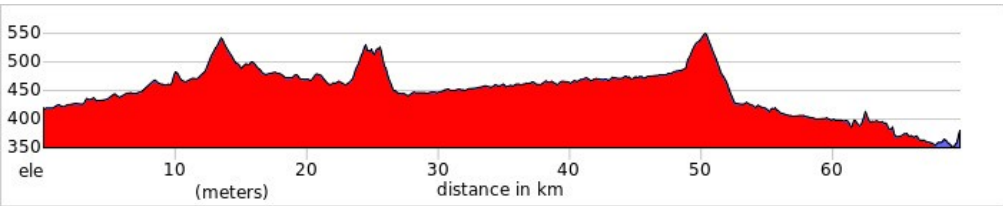


Ride 97km +1887m -1714m

Day 3: Cincșor - Sighișoara

After breakfast, we ride out into the Transylvanian Highlands on quiet country roads. The terrain is rolling rather than steep, offering a gentler day after the previous mountain climb. Early on, the route passes through the village of Cincu, centred around its fortified church, before continuing through open countryside with the Carpathian Mountains stretching across the horizon. The day unfolds along minor roads and through small villages, following sections of the Hârtibaciu River and moving through the Brașov–Sibiu–Sighișoara cultural triangle. The ride reflects the long-settled history of the region, shaped by Saxon communities and rural life. We arrive in Sighișoara around lunchtime and sit down together for lunch. The afternoon is then free to explore the historic centre at your own pace. One of Europe's best-preserved medieval citadels and a UNESCO World Heritage site, Sighișoara remains a living town, with cobbled streets, towers, and layers of architecture dating back to the 12th century. In the evening, dinner is on your own, with plenty of restaurants and traditional taverns to choose from in the historic centre.

Fronius Residence or Central Park hotel Breakfast, Lunch



Ride 70km +480m -521m

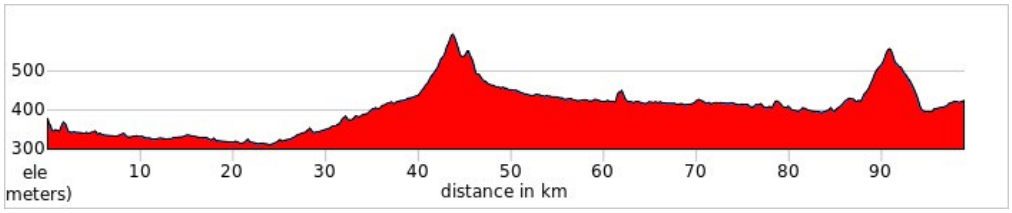
Day 4: Sighișoara - Sibiu

The ride begins directly from the hotel, following a scenic secondary road through the Hârtibaciu Valley. The terrain remains gently rolling as the route passes through Biertan, one of the most important Saxon villages in Transylvania, centred around its UNESCO-listed fortified church.

Continuing through open countryside and small settlements, the day offers a strong sense of the region's rural rhythm and long-settled history. As the ride approaches Sibiu, traffic increases slightly near the city. To avoid busier roads, we can transfer the final 25 kilometres or continue riding all the way to the hotel.

Sibiu is an engaging place to spend the next two nights. Named European Capital of Culture in 2012, the city is known for its well-preserved Saxon heritage, elegant façades, and lively cultural scene. The compact historic centre is home to medieval walls and towers, museums such as the Brukenthal Museum, and a relaxed café culture that makes it easy to unwind and explore at your own pace. In the evening, we come together for dinner in the city.

Craft Inn or Art Hotel Breakfast, Lunch, Dinner

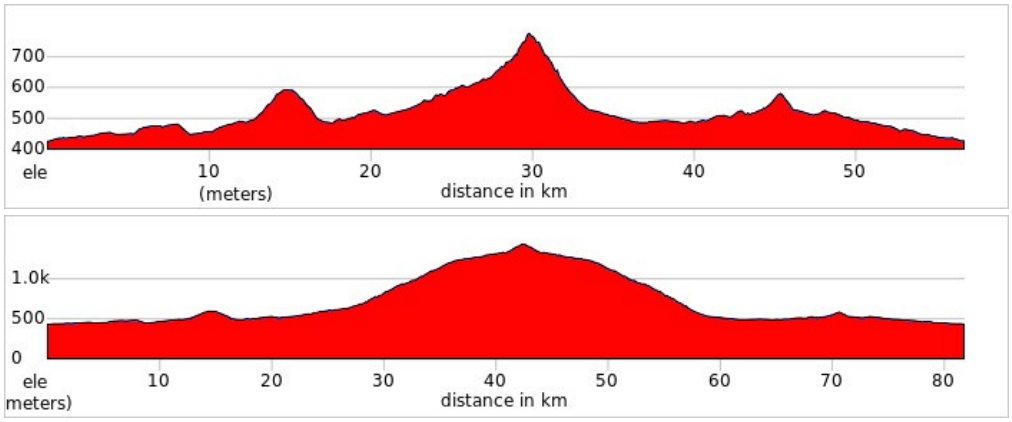


Ride 99km +744m -693m

Day 5: Sibiu - Păltiniș Loop

The day begins with a steady climb from Sibiu toward Păltiniș, a historic mountain resort set high above the city. The ascent includes several sustained sections, rewarded by a classic mountain road and expansive views, before a long descent back toward Sibiu. The route leads directly to the Open Air Village Museum, one of the largest open-air ethnographic museums in Central and Eastern Europe. Set in forested grounds around two artificial lakes, the museum features more than 300 traditional houses, workshops, and rural buildings from across Romania, connected by over 10 kilometres of walking paths. There is time to explore the exhibits and enjoy lunch. After the visit, we return by bike to the same hotel in Sibiu. The remainder of the afternoon and evening is free to explore the city at your own pace and choose where to dine. A shorter riding option is available, and those who prefer a rest day can skip the ride entirely and enjoy Sibiu, saving energy for the following day's longer stage.

Craft Inn or Art Hotel Breakfast, Lunch

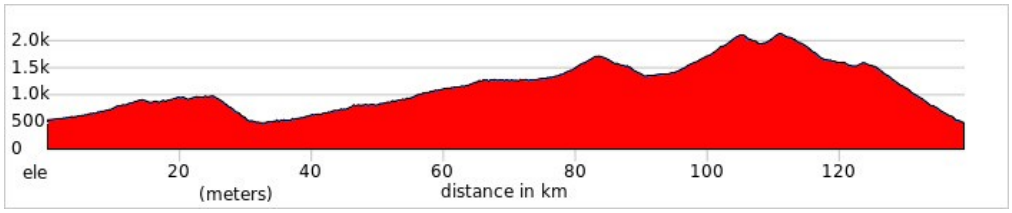


Ride 82km +1313m -1309m

Day 6: Transalpina Ascent

The final riding day is the queen stage of the tour, centred on the Transalpina, Romania's highest road and the most demanding climb of the week. Known locally as the King's Road, this historic mountain pass cuts deep into the Carpathian Mountains, delivering a sustained and rewarding ascent on a well-engineered mountain road. A 20-minute transfer brings us from Sibiu to the start near Sălișteа, where rolling terrain offers a steady lead-in before the climb begins in earnest. The ascent gains height gradually, combining long steady sections with a few steeper ramps, eventually reaching Urdele Pass at 2,145 metres above sea level. As we climb, the scenery opens into wide alpine views and exposed high-mountain terrain. After cresting the pass, the route continues across a rolling plateau before a fast, flowing 20-kilometre descent into Novaci. From here, we transfer for around 30–40 minutes to our final overnight stop in Măldărești. In the evening, we come together for a farewell dinner, marking the end of the week's riding.

Conacul Olarilor or Conacul Maldar Breakfast, Lunch, Dinner



Ride 139km +3060m -3119m

Day 7: Măldărești Departure

After breakfast, the tour comes to an end. We arrange transfers according to onward travel plans, either to Sibiu International Airport or to Bucharest. If you would like to stay a little longer, it is possible to extend your time in Măldărești or nearby Horezu, known for its traditional pottery and listed as a UNESCO World Heritage site. Hotel extensions and private transfers can be arranged at additional cost. Let us know your plans and we'll help organise the details.

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. Road bikes are ideal for this trip, and quality road bikes are available to hire locally. You are also welcome to bring a gravel bike, though it is not required. Given the amount of climbing on this tour, appropriate gearing is recommended, including compact cranks and a rear cassette of 30 teeth or larger. If you bring your own bike, please ensure it is a road or gravel bike in good mechanical order and suitable for sustained climbing over multiple days.

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

Romania is a member of the **Schengen Area**. Citizens of the **UK, US, Canada, Australia, and New Zealand** do not require a visa for short-term tourism and are permitted to stay for up to **90 days within any 180-day period**.

Travellers from visa-exempt nations are required to have a valid **ETIAS** (European Travel Information and Authorisation System) approval prior to arrival. This is a digital registration linked to your passport and is valid for three years. Additionally, the **Entry/Exit System (EES)** is operational at all borders, which involves a quick biometric registration (photo and fingerprints) upon your first entry into the Schengen zone. For citizens of the EU, Switzerland, and Norway, entry is permitted with a valid National ID card or passport.

Health & Insurance

No specific vaccinations are mandatory for entry, though it is advisable to be current on standard boosters such as Tetanus and Hepatitis A/B.

Comprehensive travel insurance is essential and should specifically cover cycling and medical evacuation in mountainous regions. If you are an EU citizen, ensure you carry a valid European Health Insurance Card (EHIC), or a Global Health Insurance Card (GHIC) if you are from the UK, to access state-provided healthcare.

Weather

The prime cycling season in Romania runs from **May to September**.

- **The High Passes:** The legendary **Transfăgărășan** and **Transalpina** highways are high-altitude routes and are typically only fully clear of snow and open to traffic from **late June until October**.
- **Conditions:** Summer in the lowlands is warm and pleasant (20°C–30°C), but weather in the Carpathian Mountains is famously unpredictable. Rapid temperature drops and mountain storms can occur even in mid-summer.
- **Gear:** High-quality waterproof layers and thermal gear are mandatory for any alpine sections to manage the shift between sunny valleys and exposed peaks.

Food

Romanian cuisine is rustic, filling, and deeply tied to the land. Key dishes to look out for include **Sarmale** (cabbage rolls stuffed with spiced meat and rice) and **Mici** (grilled ground meat rolls). The dairy heritage is strong here, particularly the local sheep's milk cheeses like **Telemea**. Most meals are served family-style, and our tours cater to all dietary preferences; please ensure you notify us of any requirements at the time of booking.

Drink

Hydration is a priority, especially during the long climbs of the Carpathian passes. We provide ample water and local snacks during the ride. Romania has a winemaking tradition dating back thousands of years; the white wines are crisp and refreshing, while the full-bodied reds like **Fetească Neagră** are excellent. For a traditional post-ride experience, you might try a small glass of **Țuică** (plum brandy), a staple of Romanian hospitality.

Solo Travellers

SpiceRoads does not charge a mandatory surcharge for solo travellers. We will arrange for you to share a room with another traveller of the same gender in twin-share accommodation. If a match is not available, we provide a single room at no extra cost. If you wish to guarantee your own private room, a single supplement can be added to your booking at the rate listed in the tour pricing.

Extra Expenses

Romania remains an affordable destination by European standards. You should budget for personal incidentals, tips for the support crew, and unique local souvenirs such as hand-painted ceramics from Horezu or traditional woven textiles.

Money

The currency is the **Romanian Leu (RON)**, often referred to locally as "Lei."

- **Card Acceptance:** Credit and debit cards are widely accepted across the country, including in most rural shops and guesthouses.
- **ATMs:** Cash machines are plentiful in all towns and regional hubs, accepting major international cards (Visa/Mastercard).
- **Cash:** While digital payments are the norm, it is still wise to carry a small amount of cash for tips or for use in the most remote mountain areas where signal for card terminals may be intermittent.

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.

CONTACT US

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