



GRAND DÉPART BARCELONA 2026

Barcelona, where the 2026 Tour begins



Tour de France starts on the Mediterranean

In July 2026, **Barcelona and Catalonia** will become the epicentre of world cycling with the official Grand Départ of the Tour de France.

Over three spectacular stages, **from 4 to 6 July**, the city and its surroundings will host the world's best cyclists, millions of fans and global media attention.

A historic event that brings together **sport, culture, landscape and emotion**, offering a unique opportunity to experience the Tour from the inside.

Barcelona, a historic stage of the Tour de France



1957

The Tour arrives in Barcelona for the first time



1965

A thrilling finish on Montjuic



2009

Stage finish coming from the city of Girona



2026

The starting gun fired for the first time



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Day 1 - Wednesday 1st July

Welcome to Barcelona, the starting point of an unforgettable week



Welcome to Barcelona!

Arrival at the airport, welcome by the Sportcontact team and transfer to the accommodation.



Hotel check-in & free time.



Welcome cocktail and programme presentation.

Before dinner, a member of the Sportcontact team will present the Grand Départ Barcelona 2026 programme.



Group dinner at the hotel.



Day 2 - Thursday 2nd July

The first great moment of the Tour, in front of the Sagrada Familia



Good morning

Breakfast at the hotel.



Grand Départ opening ceremony

The world's leading teams and cyclists are officially presented on an iconic stage, with the Sagrada Familia as the backdrop to the start of the Tour de France 2026.



Lunch and free afternoon.

An afternoon to enjoy Barcelona and its cycling culture, from cafés and urban routes to the city's most iconic spots.



Group dinner at the hotel.



Day 3 - Friday 3rd July

Barcelona's sporting and cycling legacy



Good morning!

Breakfast at the hotel.



Visit to the Joan Antoni Samaranch Olympic and Sports Museum.

Discover Barcelona's Olympic legacy and its close connection with cycling and major sporting events.



Lunch and free afternoon.

Optional: road bike hire and ride through the Serra de Collserola.



Group dinner at the hotel.



Day 4 - Saturday 4th July

Barcelona hosts the start of the Tour de France 2026



Good morning!

Breakfast at the hotel.



Stage 1 – Barcelona > Barcelona
Team time trial – 19 km

A day to experience the Grand Départ from the inside, soaking up the atmosphere of the Tour de France 2026 from either the start or the finish of the opening stage.

A privileged setting where the group will be able to follow the team time trial live while enjoying typical Spanish food and drinks.



Group dinner at the hotel.



Day 5 - Sunday 5th July

Tarragona to Barcelona – Coast, climbs and a finish on Montjuïc



Good morning!

Breakfast at the hotel.



Stage 2 – Tarragona > Barcelona 182.4 km

Experience the excitement of the stage from Sitges and enjoy a gourmet lunch at Café de Finca in Castelldefels, an iconic meeting point for local cyclists.

A meal overlooking the Mediterranean to celebrate the second day of the Grand Départ.



Group dinner at the hotel.



Day 6 - Monday 6th July

Scenery, excitement and gastronomy on the road to Les Angles



Good morning!

Breakfast at the hotel.



Stage 3 – Barcelona > Les Angles 196 km

Stage 3 of the Tour de France will be a demanding mountain day of almost 200 km, marking the peloton's entry into the Pyrenees on its way towards the French border.

The group will watch the stage live and follow the race from a restaurant while enjoying traditional Catalan cuisine.



Farewell dinner at the hotel.



Day 7 - Tuesday 7th July

Farewell after an unforgettable week.



Good morning!

Breakfast at the hotel.



Check-out and transfers to the airport.

See you next time!

TOUR de France

**GRAND DÉPART
BARCELONE 2026**



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