

## A REAL JOURNEY

Dear followers, what a day!

You know that I love spending time doing sport, and more with my friends. I usually go cycling with my friends to Llafranc, but one day we decided to do something else. One day we had already done other longer routes, but this was special. We had gone to Torroella, to Platja d'Aro, but we needed something else, more difficult and exciting.

Surely almost all of my followers have been to Puigcerdà or at least to the Pyrenees. But, have you ever thought about how to get there by bike? It lasts at least 11 hours. 11 hours, 187 kilometres, thousands of uneven metres, a long journey with lots of good and bad experiences.

First, we went out one Saturday morning at 6 a.m. with a lot of water, breakfast, lunch, dinner and one more sandwich. Five friends left from Palafrugell to arrive in Puigcerdà around 20 p.m.

The first hours were as usual when we go cycling, we arrived at Girona well, and there we had breakfast. When we left Girona we were so tired because we just ate, but that was solved in a moment. Then, we continued the journey, the real journey, 10 hours and lots of forest in the path.

We saw dirt roads, long, and infinite roads, and we didn't know when we would reach our destination. A place that we wanted more and more, every second more. And even more so when we passed through the Garrotxa, the ascents of each volcano that we passed destroyed our illusion of reaching Puigcerdà. But nothing is comparable to the enormous ascent of 1120 meters of unevenness to reach La Molina, an unnecessary ascent but we didn't think of it when we planned the route. Luckily, the descent was incredible, so exciting. After having climbed a whole mountain, the sensation is amazing, everything you have climbed, with a lot of effort and perseverance, then you descend it with a real simplicity, but at the same time with great enthusiasm because know that when this precious moment is over you will have already reached your destination.

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