

SPAIN – CATALONIA

8-day / 7-night centre-based group guided walking tour on the Costa Brava



In the north-east of Spain lies the proud and interesting region of Catalonia. Home to the Gaudi city Barcelona, Salvador Dali, and human towers called Castells, Catalonia is rich with natural and cultural attractions. The province of Girona extends from the Pyrenees to the Mediterranean Sea and includes the coastal region of Costa Brava – wild coastline dotted with whitewashed villages. On this walking holiday we explore the dramatic Cap de Creus coastline, and visit pretty villages including El Port de la Selva and Cadaques. We also walk in the La Garrotxa region, with over 40 extinct volcanoes, the lava flows of which have sculpted the rolling countryside.

From our base in Roses, we have access to fantastic coastal walking along the famous Sentier du Littoral and we are not far from Cadaques, where we can soak up the legacy of Salvador Dali. In the afternoons we come back to our 4-star hotel on the waterfront and in the evenings our 3-course dinners feature Catalan cuisine.

Cost from: **\$2450** per person (twin share) Single room supplement from \$310
High season supplement of \$220 per person applies on selected dates in September

Departures: 21st, 28th April; 5th, 12th, 19th May; 22nd, 29th September; 6th, 13th, 20th, 27th October, 2019

Tour includes: 7 nights in comfortable hotel room with ensuite bathrooms, 7 breakfasts, 7 evening meals, local transport to/from the walks, experienced walks leader offering a choice of two levels of guided walks on 5 days.

Not Included: Meals & drinks not mentioned in the itinerary, personal expenses, transport and / or excursions on your free day. Transfers at set times from/to Barcelona Airport can be pre-booked at extra cost and we recommend you take these - ask for details when making your booking.



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Accommodation: We stay in the 4-star **Terraza Hotel & Spa**, located on the seafront. All 88 en-suite bedrooms have air-conditioning, safety deposit box, minibar, free Wi-Fi and a balcony. The hotel has an outdoor pool, gym, and rooftop spa area with a wonderful sea and ancient citadel views. There are tennis courts and hire bikes to use on your free day. Meals are served in the restaurant overlooking the bay. Breakfast is traditional continental style, while 3-course evening meals feature locally sourced dishes and Catalan fare.

Our centre-based walking holidays offer a choice of two guided walks each day – usually an easier walk or a more challenging option. You choose the walk that best suits your interests and fitness level. There is also a free day midweek for you to explore or relax.

Footpath information



Easier Walks: 8 to 13km on good paths with some rocky sections and short but steep ascents. With up to 460m of ascent in a day.



Harder Walks: 11 to 16km on good paths, with some steep rocky sections. With up to 700m of ascent in a day.

Suggested itinerary: *This suggested program will give you an idea for the walks offered on this holiday however this provisional itinerary is subject to change. The final walk selection each day rests with your walk leaders*

Day 1: Arrival day. Plan to arrive at the hotel mid-afternoon. We can arrange transfers from Barcelona airport (at set times and at extra cost). After dinner the walks leaders will brief you on the week ahead.

Day 2: The Cami de Ronda. We follow the Cami de Ronda, the coastal that is gradually being restored and connected with the French border, with its spectacular views, passing secluded coves and headlands. The easier walk follows the beaches and lighthouse back to Roses. Alternatively, take the challenging walk inland over the Coll d'en Fragam past megalithic dolmen and menhirs and thence back to Roses.

Day 3: Cap de Creus & Cadaques. We travel to the Cap de Creus headland – the most westerly point of the Iberian Peninsula where the Pyrenees sweep down to the sea. We walk a stretch of the coastal path, passing striking rock formations sculpted by wind and water which inspired Salvador Dali's Surrealist landscapes. We also explore Port Lligat, Dali's former home and finish in Cadaques with its characterful blue and white buildings.

Day 4: Sant Pere de Rodes. These walks focus on the monastery of San Pere de Rodes, sitting at a height of 500m above sea level with stunning views down over the North Coast. In the 10th Century the monastery amassed enormous wealth, owning much land from Barcelona to the French border. The easier walk should allow time to visit the monastery. Both routes walk to the unspoiled villages on the edge of the Empordà Plain.

Day 5: Free day. No walks are organised. There are many choices of activities for your free day: have a spa treatment at the hotel's wellness centre, ride the tourist train around Roses or to Cap de Creus, take an excursion into the bay on a glass-bottomed boat, or travel by bus to Figueres to visit the Dali Museum.

Day 6: La Garrotxa. We travel inland from Alt Empordà to the neighbouring 'county' of La Garrotxa and another of Catalonia's Natural Parks – the Garrotxa Volcanic Zone. The volcanoes last erupted about 11,000 years ago and are now covered with vegetation and are known as 'green volcanoes'. We explore several of these volcanoes and walk through the distinctive beech forests of the region. On our return to Roses we stop and look around Besalu – a beautiful medieval town with cobbled streets, fantastic architecture and a superb old bridge.

Day 7: Cadaques to Port de la Selva. Our walks take us into the wild interior of the Cap de Creus Natural Park. From Cadaques we walk a portion of the GR92 long distance footpath, through areas now returned to nature but where we see old drystone wall terracing, evidence of the cultivation of vines in this area, brought to an end in the late 19th Century by phylloxera. We walk to Port de la Selva, an attractive fishing and seaside resort.

Day 8: Departure day. Tour ends after breakfast. Transfer to Barcelona airport is available (at extra cost).

Outdoor Travel offers centre-based guided or self-guided inn-to-inn walking holidays in Spain, France or Italy including **French Catalonia, Provence, the Alps, the Pyrenees**, in the **Cinque Terre, Umbria, Dolomites**, or the **Amalfi Coast**. Other European destinations include **Croatia, Greece, Turkey, Ireland** and many areas of England and Scotland including the challenging **Coast-to-Coast** walk or the **West Highland Way**.

Contact Outdoor Travel for more details and reservations:

- Call Toll free 1800 331 582 or (03) 57551743, or Fax (03) 57501020
- Email: info@outdoortravel.com.au
- Web: <http://www.outdoortravel.com.au>
- Mail: Outdoor Travel Pty Ltd, PO Box 286, Bright, VIC 3741, Australia



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