



Suggested itinerary:

Day 1 Arrival in Corçà

Arrive at your accommodation in the village of Corçà. A pick up from Flaça train station is included in the tour. A taxi transfer from the airport or other train stations can be arranged at extra cost.

Day 2 Villages of the Baix Empordà

cycling @ 17km or 31km

Immerse yourself in the ambience of the Baix Empordà, or Lower Ampurdán, cycling through its traditional and picturesque landscape. Highlights include Mediterranean forest, the medieval village centres of Monells and Madremanya, and perhaps a visit to the castle-museum in Pubol which Dalí dedicated to his wife, Gala.

Day 3 Corçà to Peratallada

cycling @ 24km

A short climb through the woods, then on to flat terrain, surrounded by Tuscan-like villages situated atop natural mounds. This vast and fertile agricultural region once worked by the Iberians has rows of cypress trees as a wind-break. In the evening Peratallada has many restaurants to choose from for dinner.

Day 4 Costa Brava

cycling @ 40km

Quiet country lanes lead you through the regional capital of Pals and to Palafrugell, Llafranca and Calella de Palafrugell (one of the most beautiful fishing villages along this coast). Perhaps stop to enjoy lunch beside the beach or visit to the botanical gardens in Cap Roig or some additional riding through the valley of Aubi.

Day 5 Ter River Delta

Optional cycling @ 41km

A free day to explore: perhaps a relaxed ride between the sandy beaches of the Costa Brava and the green rice fields of the Ter Delta. Or take a day off as Peratallada is the perfect place for a rest day, with wooded walks or time for shopping.

Day 6 Alt Empordà

cycling @ 38km

Northwards into the region of Alt Empordà, through forest, open rural landscape and endless orchards. You may like to stop to see the Greek and Roman ruins at the Empuries archaeological site. Perhaps take a stroll along medieval lanes in Torroella de Montgrí. Tonight you stay at a charming hotel in the village of Sant Pere Pescador.

Day 7 Loop ride to Figueres & Aiguamolls Natural Park

cycling @ 37km or 53km

Figueres is a village synonymous with **Salvador Dalí**. Visit the surrealist painter's museum here, take a stroll along the town's Rambla and perhaps cycle to the beautiful Augustine monastery just outside town. Then follow the Muga River to the medieval town of Castello d'Empuries before reaching the refreshing greenery of the Aiguamolls de l'Empordà Natural Park, whose wetlands are home to many waders and migratory water birds. Return to Sant Pere Pescador for your last evening.

Day 8 Tour ends

The tour ends after breakfast with a transfer to Flaça train station, where you can catch onward trains to Girona and Barcelona. Ask about airport taxi transfers (at extra cost).

Call OUTDOOR TRAVEL on 1800 331 582 for details or reservations



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