

## SPAIN – CATALONIA

8-day / 7-night centre-based group **GUIDED** walking tour with a choice of walks daily



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.

**Cost from:**                **\$4030** per person (twin share)                Single room supplement from \$720

**2024 Departures:**    20 & 27 April,    4 May,    21 & 28 September,    5 & 12 October 2024

**Tour includes:**        7 nights in comfortable hotel room with ensuite bathrooms, 7 breakfasts, 7 evening meals, transfer on day 4 between hotels, 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 booking.

**Accommodation:**    We stay for 3 nights in the heart of La Garrotxa Volcanic Zone National Park, with beautiful views of the surrounding countryside. **Hotel Riu Fluvia** has simple, comfortable rooms with all mod cons. Facilities include an outdoor swimming pool, terrace, garden area, dining room and bar. On Day 4, we transfer to the coast and stay in the tastefully converted, mid-19<sup>th</sup> century **Hotel Spa Porto Cristo**. This 4-star accommodation, with views of the Mediterranean Sea, has well-appointed rooms, a restaurant, reading room and terrace.



**Call OUTDOOR TRAVEL on 1800 331 582 for details or reservations**



**Trip Grading:** Easy to moderate walking with on good paths with some rocky sections. Easier walks of 8-13km and up to 450m ascent in a day. Harder walks of 11-16km with up to 690m ascent in a day.

A typical European centre-based walking holiday offers a choice of up to two guided walks each day. You choose the walk that best suits your ability and fitness. Walks leaders make the final decision on which routes are offered.

**Suggested itinerary (Routes are determined by the walk leaders each day and are subject to change):**

#### **Day 1: Arrival day**

Arrive at the hotel in Olot mid-afternoon. Ask about transfers from Barcelona airport (at set times and at extra cost).

#### **Day 2: La Garrotxa Volcanic Zone**

One of mainland Europe's most impressive volcanic landscapes, Catalonia's volcanoes last erupted about 11,000 years ago. We explore this area of extinct craters and cones, carpeted in the region's rich vegetation, and walk through the distinctive beech forests of the region.

#### **Day 3: Around St Iscle**

We start our walk at the charming Church of St Iscle and climb hillsides, dotted with beautiful old farmhouses to Can Tía volcano. We follow an old forest track up to the Penya Peguera and the remains of the 11th century Castell de Colltort, taking in the views from the top of the ridge before descending back to the St Iscle.

#### **Day 4: Olot to Port Selva via Santa Pau and Besalú**

En route to the coast we explore the medieval town of Santa Pau. We continue to the eastern edge of La Garrotxa Volcanic Zone National Park and walk from tiny El Torn through Mediterranean oak woodlands and past the chapel of Sant Fruitós d'Ossinya. After visiting Besalú, with its arched Romanesque bridge, we transfer to Port de la Selva.

#### **Day 5: Free day**

No organised walks, so you can choose to relax at the hotel or explore independently. Port de la Selva is a former fishing village to the north of the Cap de Creus which remains largely unspoilt. Go swimming, snorkeling or explore the beaches and rocky coves, or enjoy lunch at one of the many waterside cafés and restaurants.

#### **Day 6: Cap de Creus & Cadaqués**

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 Cadaqués with its characterful blue and white buildings.

#### **Day 7: Cadaqués to Port de la Selva**

From Cadaqués to Port de la Selva, we walk into the wild interior of the Cap de Creus Natural Park on 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 ended in the late 19<sup>th</sup> Century by phylloxera.

#### **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 **Provence**, the **Alps**, in the **Cinque Terre**, **Umbria**, or the **Amalfi Coast**. Other European destinations include **Croatia**, **Greece**, **Turkey**, and many areas of the UK including the challenging **Coast-to-Coast** walk.

**Contact Outdoor Travel for more details and reservations:**

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