

WALKING!
COSTABRAVA!

PROPOSAL ACCESIBLE COSTABRAVA



WALKING COSTABRAVA!

Experience trekking culture and gastronomy

ACCESIBLE TOUR IN COSTBRAVA

We have very carefully designed a tour thinking of all those travellers who enjoy nature, culture and gastronomy with no barriers. Costa Brava is a destination with two accessible Natural Parks: zona volcanica Garrotxa and Alguamolls de l'Emporda, both with outstanding landscape and endemic flora and fauna. Either on a private tour or with a group enjoy and be ready for a lifetime experience.

DETAILED ITINERARY

PRE-STAY in Barcelona

Contact us to help you organise your days in barcelona.

DAY 1: PALAMÓS

Meet your Local guide for a warm welcome in Palamós. After check in, together you will discover the hidden gems of the town. Get to know the best sea food restaurants, local shops and Tapas.

After some free time for lunch we will greet the boats arriving from a day's work at sea and check out the catch of the day before it is sent to auction. After we will learn all about the fish auction were locals haggle for the best deal. Hotel in Palamos B&B

DAY 2: COASTAL PATH

From Palamós, short drive to Platja San Pol to experience an adapted coastal path of the Costa Brava, by the mediterranean sea, with its pine trees and multi-coloured granite rocks, the modernist villas and the whole med vibe. This path has recently been inagurated, its 2km long, flat and perfect for wheel chair access. You will meet your local guide at the designated point to start the itinerary there and back, then proceed to the next town, Sant Antoni to continue the coastal path to Palamós, a further 3,5km long, flat ,suitable surface, to have lunch at a local restaurant on the promenade by the sea. Hotel in Palamós B&B

DAY 3: GIRONA

With your local guide visit the beautiful old city of Girona, with the best preserved Jewish quarter in Europe. Wander through the Old Town and discover the stunning example of Gothic architecture in the Cathedral as well as the bridges spanning the River Onyar. Las Ramblas of Girona, full of local boutiques and fashion, together with the squares and cafes, make the special character of this magical town. Also, for the unconditional fans of the Game of Thrones, you will be treated with the discovery of various film set locations.

For Lunch we are going to immerse into a Tapas experience, where you will be able to try all kind of new flavours. After the tour, you will proceed to your Hotel. Hotel in Palamós B&B

DAY 4: EMPORDÀ WETLANDS – GREEK & ROMAN RUINS EMPURIES

Drive to second largest wetland of Catalonia, formed by ponds and prairies that are flooded by the local rivers, Muga and Fluvia, which make a privileged habitat for the fauna, particularly water birds. Meet your local guide for a 2H itinerary in the search of birds and in the park. Great adapted path. After a 30 minute - drive you reach St. Martí Empuries, a very quaint mediaval village by the sea, after a little exploration, some free time for lunch and continue on the coastal path to the Greek and Roman Archeological site. The one and only chance to see the origins of Spanish Civilization, the ruins are dated from more than 2000 years, the mosaics found are the most important in the Iberian Peninsula for its decorative pavements. Hotel in Palamós B&B

DAY 5 : NP GARROTXA – VOLCANOES AND FOREST

From Palamós, drive 1h30 to the Natural Park of la Garrotxa, a volcanic field with more than forty volcanos within the park that are no longer active. You will also find a Beech forest with 20mt. tall trees growing on lava flow from the Croscat Volcano. There you will meet a specialised mountain guide for accessible tours. Thanks to a Joëlette, one-wheeled all terrain chair manoeuvred by two local guides you will go through the forest to fully experience a complete day of Volcano and Forest Mountaneering.

Hotel in Palamós B&B

DAY 6 : FIGUERES DALI'S SURREAL UNIVERSE

We will drive to Figueres, Dalí's home town for a walking tour and visit of his Museum. It was inaugurated in 1974 and rises on the remains of the former municipal Theater of Figueres. It is considered to be the last great work of Salvador Dalí. The entire building was conceived and designed by the artist so as to offer visitors a real experience of his unique and captivating world. Visiting this museum is a unique opportunity to experience and enjoy the work and thought of a genius. Hotel in Palamós B&B

DAY 7: FREE DAY

Take a day to relax and enjoy the local surroundings or embark on an optional balloon ride in Baix empordà or Boat Trip in the blue Mediterranean. Hotel in Palamós B&B

DAY 8: DEPARTURE

End of services



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HIGHLIGHTS

- A chance to Discover Costa Brava in an inclusive way
- Discover the cultural heritage and nature of Empordà region
- Immerse into Dali's surreal artist world
- Foodie Lover's Paradise
- Experienced Local Guide

INCLUDED

- Full time experienced Guide
- 7 nights in Hotel on B&B basis
- Transport from and to all activities
- Entry to all mention activities

NOT INCLUDED

- Transport From and to Barcelona
- Any food or drinks not specified above
- Gratuities

+INFORMATION

- Tour starts: 10am at Hotel in Palamós
- Minimum of 2pax
- Ask for Pre Stays & Post stays in Barcelona



Further information and booking please contact: hola@walkingcostabrava.com

Tours are lead in Catalan, Spanish, English and French by proffessional guides.

WalkingCostabrava! Is fully covered with Hiscox Insurance Company Ltd with a policy of 300.000€.