

# WALKING! COSTABRAVA!

## DISCOVER GIRONA AND EMPORDÀ



Walking Costabrava is excited to bring you this SLOW TRAVEL STAY. From our base-camp in Girona, get to know this hidden gem and its surrounding region full of history, culture and surprises. Handpicked Day Trips will take you to feel and experience the century-old culture of Girona and Empordà.

This tour will offer you the opportunity to explore, Greek and Roman archeological sites, visit the best preserved Jewish heritage sites in Girona and Besalú and discover on foot the magnificent Costa Brava with its hidden coves, plunging cliffs, crystalline waters, pine trees, and charming fishing villages.

Bring out the art lover in you and immerse in Salvador Dalí's eclectic and surreal world in Cadaqués and Travel to France to walk

in the steps of exiles from the Spanish Civil War and visit the Rivesaltes concentration camp.

Indulge in Catalan Cuisine not forgetting, of course, that the Costa Brava is a food lover's paradise. Come, let us tantalize all your senses...

### HIGHLIGHTS AT A GLANCE:

- Learn about the Greeks and Romans in the Empuries Archeological site
- Visit the best-preserved Jewish Heritage sites in Europe in Girona and Besalú
- Discover the surreal world of artist Salvador Dalí
- Walk in the steps of exiles from the Spanish Civil War and visit the Rivesaltes concentration camp
- Take a cooking class and food tour in Girona
- Expert local guides and private transport

+ **ACCOMMODATION:** 7 nights in 4 star Hotel

+ **MEALS:** 7 Breakfasts + 2 Dinner + 2 Lunch

+ **LOCAL GUIDES:** Full time experienced Local Guide and Official Guide in Dalí's Museum

+ **TRANSPORT:** Transportation when needed from Hotel to visit or activities

## DETAILED ITINERARY

### DAY 1. GIRONA

Arrive to Girona and after settling in your centric Hotel. Meet up with your local guide for a visit to the exciting city of Girona, walk through its Old Town Quarter, Archeological Park and Cathedral as well as the bridges spanning the River Onyar. In the afternoon, we will have an orientation meeting and 3-course dinner at family local Restaurant.

**Hotel Nord 1901 in Girona (Dinner Included)**

### DAY 2. FOLLOW THE COSTA BRAVA COASTAL TRAIL

Short transfer from the interior to the coast, through the Empordà region. The best option to discover the secrets of the region is by foot. Our 2 miles walk takes us along the coast, discovering coves, sandy beaches and the ancient history of the trail, full of castles and fishermen's huts. The route along coastal paths is sign-posted and suitable for all ages. At the end of the walk, arrive at the Restaurant. It's time to indulge in the local gastronomy. After lunch, we will visit a local winery and enjoy a wine tasting session.

Return to Girona and dinner will be at leisure.

**Hotel Nord 1901 in Girona (Breakfast & Lunch included)**

### DAY 3. THE GREEK AND ROMAN RUINS OF EMPÚRIES AND THE WETLANDS OF EMPORDÀ

Today we will travel back in time as we visit the archeological site of Empúries. The region of l'Empordà was settled by the Greeks in the 6th century B.C and later by the Romans who chose the same location. We will immerse in the surprisingly advanced trading culture of the Greeks and the beginning of the romanization of the Iberian Peninsula. Here is where the legacy begins. After having lunch in the beautiful village of Sant Martí d'Empúries, we will drive to the Natural Park of els Aiguamolls de l'Empordà, the second largest wetland in Catalonia. Every year hundreds of different bird species make a stopover on these marshlands on their way to Africa. A bird watchers paradise! . Dinner in Girona at leisure.

**Hotel Nord 1901 in Girona (Breakfast included)**

### DAY 4. THE WAY TO EXILE, FROM GIRONA TO FRANCE

Day trip to France. Today we want to follow the steps of the refugees who fled to France at the end of the Spanish Civil war. Our first stop will be in Argelès-sur-mer, the main destinations camp for the Catalan civilian refugees fleeing the Franco dictatorship. Today, it has turned into a Beach resort for tourists and only a memorial will remind us of the existence of the concentration camp. Only 30 kilometers away we come across the remains of Camp of Rivesaltes. A local guide will walk us through the History of the site, which became a place of internment for families of gypsies, Jews and Spanish refugees at the start of the WWII. Driving back towards Spain border, we will stop for lunch at the tiny village of Elna, where we will also visit the Maternity of Elna, a humanitarian institution supporting exiled women from the Spanish Civil War. Back in Girona dinner will be at leisure.

**Hotel Nord 1901 in Girona (Breakfast included)**

### DAY 5. THE JEWISH HERITAGE OF BESALÚ

Half day excursion to Besalú, today a picturesque small medieval town. The Jewish heritage in Besalú consists of a Mikve and the remains of the synagogue which we will visit as part of our walking tour. We will discover the narrow, cobbled streets of Besalú and its famous Romanesque bridge over the River Fluvià.

Dinner in Girona will be at leisure.

**Hotel Nord 1901 in Girona (Breakfast included)**

## DAY 6. DALI'S SURREAL HOMELAND

Transfer to Cadaqués, known as the pearl of the Mediterranean, and visit Dali's house museum in Portlligat, where the famous artist lived with his wife and muse Gala, finding inspiration in the sublime and dramatic landscape that characterizes the Coastal area of Cap de Creus.

Dinner in Girona will be included.

Proceed to Figueres Dali's hometown for included lunch at local restaurant and visit with your local guide Salvador Dalí Theatre – Museum, created by the artist with all the important Works of his "surreal" career. Dinner in Girona will be at leisure.

**Hotel Nord 1901 in Girona (Breakfast & Lunch included)**



## 7. GIRONA A FOODIE PARADISE AND COOKING CLASS

The last day is a free day to explore. Walk through the essence of old Girona and discover its history or head to the Jewish History Museum or the Arab Baths. Get captivated by the picturesque houses overlooking the River Onyar or explore the medieval walls and get the best views of the city.

Farewell dinner will consist on a fun and exciting cooking class in the heart of the city.

**Hotel Nord 1901 in Girona (Breakfast & Dinner included)**

## 8. TRIP ENDS

After breakfast continue with own travel arrangements.

**(Breakfast included)**

