

# WALKING COSTABRAVA !

## SPAIN & FRANCE HIKE

Discover the unspoiled Mediterranean with the Pyrenees as a backdrop, walking through attractive fishing villages and ancient castles, coves, beaches and gentle cliffs. Cross the Franco-Spanish border, climbing comfortably up through vineyards, feeling the Exile with the great panorama of the land, sea and sky. Indulge in the surreal art and the gastronomy.

### HIGHLIGHTS AT A GLANCE:

- + Experience 8 Day Adventure, hiking the Catalan and French Coastal trail
- + Immerse in Surrealism by visiting Salvador Dali house and Museum
- + Discover Romanesque architecture in St. Pere de Rhodes
- + Wine tasting in Spain & France
- + Expert Leaders offering environmental and cultural awareness of destination
- + Support vehicle in all the Hikes
- + Natural Protected Areas protocol for minimizing impact

- + **ACCOMMODATION:** 7 nights in 3 star Hotels in Spain and France
- + **MEALS:** 7 Breakfasts + 5 Dinner + 2 Lunch
- + **LOCAL GUIDES:** 8 days Local Guide for trekking and Official Guide in Dali's Museum

## ITINERARY

### DAY 1. GIRONA - CADAQUÉS (5KM)

Meet up with your guide and fellow travelers at Girona Train Station. Transfer to Cap de Creus Natural Park, the most easterly point in Spain and probably one of the wildest spots on La Costa Brava that played as a backdrop to Salvador Dalí's artistic mind. We will take a stroll to the rock that influenced his painting "The great masturbator" and stop for lunch at the Light house. From here we will be transferred to the painter's house, in Port Lligat.

Free afternoon to relax and enjoy the enchanting village of Cadaques known as the pearl of the western Mediterranean. Its history traces back to the Greco-Roman times, being also an important fishing settlement throughout the entire span of the Middle Ages.

Hotel: Sol Itxent in Cadaques. (Lunch Included)

## DAY 2. CADAQUÉS- PORT DE LA SELVA (12KM)

Short transfer to the trailhead in the Natural Park of Cap de Creus. Our hike today is through strikingly dramatic rocky landscape surrounded by surreal shapes, we meander through the Park to Port de la Selva, a quaint little village by the sea. We will follow part of the GR-11, marked with white and red stripes. This route is one of the long distance trails of Europe, in this case the long traverse that joins the Cantabric sea and the Mediterranean sea through the Pyrenees Mountain range. Afternoon wine tasting through the history of empordà wine. We dine at a local restaurant.

Hotel: Hotel Cap de Creus Spa, Port de la Selva. (Breakfast & Dinner included)

## DAY 3. PORT DE LA SELVA- COLERA (13KM)

Today our coastal path will take us from Port de la Selva to Colera discovering wild beaches and lush vegetation all together creating a breathtaking landscape. After leaving Port de la Selva we follow the trail along the bay, coming across some viewpoints ideal for photo-stops such as the light house of s'Aranella built in 1910. From here our route continues through coves and over headlands bringing us to the harbor of Llançà. Next landmark is the village of Colera, where the green color from Albera mountain range leads into the Mediterranean Sea. Enjoy lunch in town before short bus ride to St. Pere de Rodes monastery visit. Thus Considered together with Santiago de Compostela, one of the most important pilgrimages in the Iberian Peninsula during the middle ages.

Hotel: Hotel Cap de Creus Spa, Port de la Selva. (Breakfast & Dinner included)

## DAY 4. COLERA- CERVERE (10KM)

From Colera to Portbou, we will walk our final stretch of the trail in the Spanish territory, where we will start seeing vineyards, and breath taking views of Costa Brava and Pyrenees Mountains. These, will accompany us for the rest of the trek into France and all the way to Argeles. Once we leave Portbou, we will be crossing the border to France through the trail known as " The Way To Exile", from the end of the Civil War ( 1939), when more than 350.000 people fled to France through the same trail over the mountains. We will find historical landmarks from this period but also from WWII. The little charming coastal town of Cervere will welcome us into France. It's

Hotel: Colliure (Breakfast & Pic-Nic Lunch included)

## DAY 5. CERVERE - BANYULS (10KM)

We start where we finished off the previous day in order to continue with this itinerary of the French Coastal Trail, as we leave Cervere behind we will enter the Natural Marine Reserve of Cervere- Banyuls, where coral reef is preserved and marine life protected, all the way to Banyuls. Outstanding landscape as we walk across the region, with vineyard terraces and amazing shaped rocks all along the trail, giving the name of Red Coast to this part of the French Mediterranean Littoral. As we arrive to our destination in Banyuls, a very quaint fisherman village, we will discover the historical winemaking traditions dating back from the Greco-Roman times as we visit one of the local cellars. Have some free time to explore the town before a transfer back to Colliure for dinner and accommodation.

Hotel: Colliure (Breakfast & Dinner included)

## DAY 6. BANYULS- PORTVENDRES (13KM)

Morning transfer sends us to Banyuls to start our walk, a highlight of the trek, as in the coastal trail today we will be walking into beautiful beaches and striking wild cliffs, with the visit of really important heritage sites such as the harbor of Port Vendres and Paulilles Beach. Always with the Med Sea on our right, we will walk right into a former Dynamite Factory, closed in the 80's but reopened as an open air museum, also we will visit how they repair the local fishermen's boats and check out the watch towers of defense of WWI and WWII. We trek to Cape Bear with its slender lighthouse facing the Gulf of Leon giving us an incredible panorama to arrive to Port Vendres, important harbor, strategic enclave and home to world-famous artist like Charles Mackintosh, from Glasgow. Free time for lunch and transfer to Hotel.

Hotel: Colliure (Breakfast & Dinner included)

## DAY 7. PORTVENDRES - ARGELERS (12KM)

Our last day in France begins in Port Vendres where we start our walk along the cape, come across several abandoned bunkers used by the German troops during WWII, and continue all the way through the coast until Colliure, the legendary enclave, with its royal castle, outstanding from the skyline of the beautiful coastal town, so popular with artist, bohemians, wine lovers and world travelers. From the cliffs of Colliure, our trek takes us through rolling hills and forests, down to the beach of Argeles, the final stretch of the trail. It's hard to imagine that this tourist resort was once one of the most important concentration camps at the end of the Spanish Civil War. Today, a long sandy beach, palm trees and plenty of cafes, bars and restaurants to celebrate life and the successful end of our coastal trek! After lunch, we will take our private bus to Figueres, check in Hotel and after some free time, we will meet again for a special Farewell Dinner.

Hotel: Hotel Duran, Figueres (Breakfast and Dinner)

## DAY 8. FIGUERES MUSEU DALÍ & DEPARTURE

After breakfast, we will visit Salvador Dali Museum in Figueres with a private guide. From 12pm Continue with own travel arrangements.

(Breakfast included)

