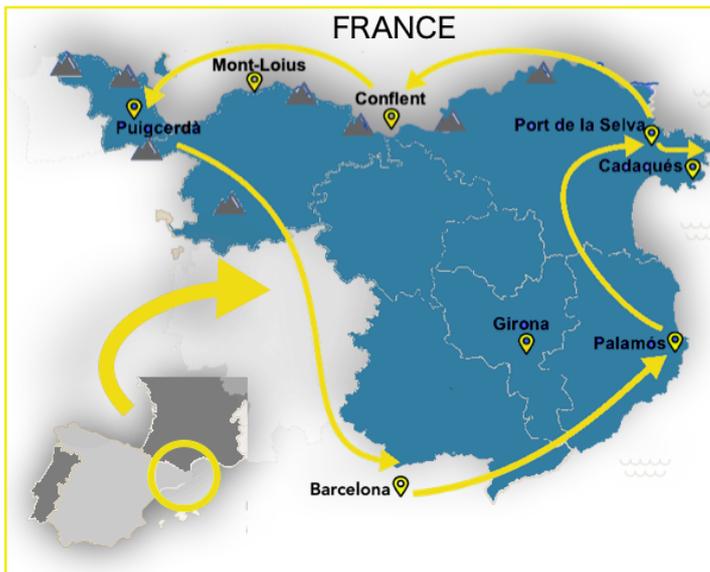


WALKING! COSTABRAVA!

9 DAY COSTA BRAVA & PYRENEES WALKING TOUR



Walking Costabrava is happy to share this exciting journey through Spain and France with you.

We will Explore the Costa Brava and the Pyrenees Mountain range - two regions that capture the essence of the Mediterranean coastline and the magnificence of the Pyrenees, without the crowds of visitors.

This hike will take us through hidden coves, dramatic cliffs and fishing villages along the Spanish coast, before briefly crossing into France, where the scenery shifts towards alpine forests. An experience that will give you the opportunity to explore, on foot, the region's cultural heritage, rural lifestyles and tempting culinary delights.

SPECIAL FEATURES:

- + Discover the breathtaking landscape of Costa Brava by walking the century old coastal path.
- + Enjoy rural lifestyle, farm-to-table dinner in a family run winery.
- + Explore the Natural Park of Cape Cross, where the Pyrenees mountains meet the sea.
- + Indulge in a home cooked seafood meal in the Lighthouse at the most eastern point of Spain.
- + Wonder around the cobbled streets of Cadaques, probably the most picturesque coastal town in the Med.
- + Memorable day trip in the French Pyrenees.
- + Hike in the spectacular Pyrenees Regional Natural Park, an ideal destination for nature lovers.

HIKING ACTIVITY LEVEL: MODERATE

- + 1 Easy Day | Up to 3 hours of walking a day on mostly flat terrain and less than 500 feet elevation gain/loss
- + 4 Moderate Days | 3-4 hours of walking & hiking a day on hilly, uneven terrain and 500-1,000 feet elevation gain/loss
- + 1 Challenging Day | 4-5 hours of hiking a day on rugged terrain with loose rocks, steep grades, and 1,000-2,000 feet elevation gain/loss

DETAILED ITINERARY

DAY 1. Tue - DEPART FOR SPAIN

DAY 2. Wed - ARRIVAL - WELCOME TO THE COSTA BRAVA: DISCOVER PALAMÓS

Transfer to Palamós (Costa Brava) just 90min from BCN International Airport, where you will be arriving to the meeting point. Easily accessed by private transfer or public transport, Palamós is a charming fishing town, known for its vibrant cultural scene and beautiful beaches. This evening, attend the orientation meeting with your Local guide followed by welcome dinner at the hotel Restaurant.

Overnight: Palamós

Meals: Dinner

DAY 3. Thur - HIKE THE COASTAL TRAILS OF BAIX EMPORDÀ & WINE TASTING

After breakfast and a briefing, we'll start our walk from the hotel to the trailhead, soon entering pine forests, turquoise waters, and colorful fishermen's huts. The hike continues through the Natural Reserve of Castell Beach. The trail then loops back toward Palamós, completing a circular route. Upon arrival back in town, you'll have free time to enjoy lunch. In the late afternoon, we'll visit a family run winery in the Empordà region for a tasting experience and dinner.

Overnight: Palamós.

Meals: Breakfast & Dinner

Hike: Moderate - 5,5 Miles/4h

DAY 4. Fri - LLANÇÀ to PORT de la SELVA: COASTAL WALK & The EXILE PATHS

After breakfast and check-out, we'll take a 1.5-hour transfer from Low Empordà to High Empordà region, enjoying a change of scenery along the way. Today, we'll learn about the exile paths, walking by bunkers on sandy coves and through charming fishing villages. Our morning hike will lead us to our destination, where we'll have some time for lunch and check in to our hotel. This afternoon is free to discover the village before dinner is served at a Local Restaurant.

Overnight: Port de la Selva

Meals: Breakfast & Dinner

Hike: Moderate - 5 Miles/4h

DAY 5. Sat - HIKE THE NATURAL PARK OF CAP DE CREUS & CADAQUÉS

Today we'll take a short transfer to the trailhead in the park and begin one of the most spectacular hikes of the trip. For millions of years, the wind has sculpted the rocks, inspiring artists like Salvador Dalí with their surreal forms. A special lunch is included at the lighthouse restaurant, located at the end of the hike. Afterwards, we'll take a short transfer to Cadaqués for a guided walk led by your Tour Manager and enjoy some free time to explore the town before returning to the hotel.

Overnight: Port de la Selva

Meals: Breakfast & Lunch

Hike: Challenging - 4 Miles/3h



Cala S'Alguer, Palamós



Cap de Creus Natural Park

DAY 6. Sun - ACROSS THE FRENCH PYRENEES: “LE TRAIN JAUNE”

This morning, a two-hour drive will take us into the Eastern Pyrenees, crossing the border into France and the Conflent region. While traveling, we'll notice the distinct change in village architecture before we take a scenic hike near the town of Vilafranche de Conflent. Following lunch, we'll board the famous Yellow Train—for an unforgettable journey offering spectacular mountain views. After the ride, transfer to Spain to our hotel on the Catalan Pyrenees side. Dinner will be at a Local Restaurant.

Overnight: Puigcerdà

Meals: Breakfast and Dinner

Hike: Moderate - 3,7 Miles/2,5h

DAY 7. Mon - HIKE THE PYRENEES NATURAL PARK

After breakfast and a briefing, we'll take a short transfer to the Natural Park. Today's hike will lead us through soaring mountain peaks, expansive alpine meadows, and dense forests. Along the way, we'll experience the serene beauty of this protected natural landscape. After our hike, we'll enjoy lunch at a local restaurant and then transfer back to the hotel. Dinner on your own in the town of Puigcerdà.

Overnight: Puigcerdà

Meals: Breakfast and Lunch

Hike: Moderate - 4 Miles/3h

DAY 8. Tue - BARCELONA SIGHTSEEING & WALKING TOUR

Depart Puigcerdà and travel to Catalonia's capital city with its medieval quarter and art nouveau architecture. Upon arrival take a sightseeing tour of Barcelona's landmarks. After lunch, we'll walk through the Old city discovering the remains of the Roman temple, Gothic Cathedral, Jewish quarter and the magnificent Town Hall and Generalitat de Catalunya in Saint James square. Free time before check in at the Hotel. This evening during dinner bid farewell to your Tour Manager.

Overnight: Barcelona

Meals: Breakfast & Dinner

Hike: Easy - 2 Miles/2h

DAY 9. Mon - DEPARTURE DAY

Transfer to the airport for your departure flight.

Meals: Breakfast



Conigou Mountain Peak from Vilafranca del Conflent



Catalan Pyrenees Regional Natural Park

WALKING TOUR PACKGE INCLUDES:

- Small groups of maximum 24 travelers guaranteed
- 7 nights in 4* Hotels:
 - 2 nights Palamós
 - 2 nights Port de la Selva
 - 2 nights Puigcerdà
 - 1 night Barcelona
- Hotel taxes, fees & service charges
- Welcome Drink
- Daily stage maps
- 1 liter of water per day is provided during the hike
- Services of English-speaking hiking guide throughout
- Additional English-speaking hiking guide for groups of 12-24 travelers
- 14 meals: 7 breakfasts, 2 lunches, 5 dinners
- 1 Drink wine/Beer/soft Drink per meal provided
- Vegetarian/Vegan/Gluten Free meal options
- Entrance fees per itinerary
- Active itinerary with unique cultural features:
 - 3 Hikes in Coastal paths
 - 2 Hikes in Pyrenees trails
 - 1 Walking Tour in Medieval Barcelona

NOT INCLUDE:

- Transfer in/out Airport
- Porterage service
- Gratuities Tour Manager & Driver