

Spain – Cap de Creus (Wine and Dalí) 2019 Self guided – 7 days/6 nights (approx. 95km)



Moderate - 6 nights

Cap de Creus is surely one of most beautiful places in Catalonia. The amazing ghostly geological formations of the Cap de Creus Natural Park build amazing coves and beaches. Cadaqués and El Port de la Selva stand at the top of the most charming of villages in Catalonia. More inland, in Garriguella and Peralada, you will walk through vineyards and olive yards of more than 100 years old. In Figueres, don't miss the Dalí museum, one of the most visited museums in Spain. We presume that you are in good health and demand enough endurance for distances up to 20 km. Please note that some parts also may lead on small/ uneven paths.

TOUR ITINERARY

Day 1: Individual arrival at Roses

In this town you'll find coves among rocky cliffs, and places of the best natural interest. Worth a visit is La Ciutadella, an example of a Renaissance defensive structure on the shores of the Mediterranean Sea.

Day 2: Roses to Cadaqués (26km)

Today you'll follow the coastal path, which leads you to discover the roughest part of the Costa Brava, and the most beautiful, for its uniqueness. After the walk, we arrive at Cadaqués, a beautiful white coastal town, surrounded by mountains and were a favorite of both Picasso and Salvador Dalí- who lived and worked in his house in Cadaqués.

Day 3 Loop walk Cadaques (15km)

Loop the magnificent area of the Cap de Creus, crossing an area known as Pla de Tudela. You'll find a fantastic spot when you'll get to the lighthouse, from where you have magnificent views.

Day 4 Cadaqués to Port de la Selva (14km)

You'll leave Cadaqués and head to the North through the heart of the famous Cap de Creus National Park. You will follow a rural trail with beautiful views of the virgin and wild coves. With a spectacular backdrop, the Pyrennes- You'll arrive in Port de la Selva, where you can have dinner in some of the lovely restaurants.



Day 5: Port de la Selva to Garriguella (19km)

The trail heads to the west, leaving the coast, climbing the mountains towards the magnificent medieval monastery of Sant Pere de Rodes. We arrive at Garriguella, a small countryside village, surrounded by vineyards.

Day 6: Garriguella to Figueres (19km)

Today, you will step into the countryside, where you'll be walking through ancient vineyards and oliveyards, in a zone where the wine production is very important. The list of wine producers that make up this dynamic sector in Empordà today is endless. You are invited to visit the best wine cellars of different sizes and origin. The route ends at the village of Peralada, famous for its cava production the Catalan version of champagne, and where we can get to know all the secrets about the wine in the region, in the Wine Museum of the Peralada Castle. On your way to Figueres, you'll find the medieval monastery of Vilabertran. When you arrive to Figueres of course, it's necessary to visit the Dalí Museum.



Day 7: Individual departure or extended stay



PRICES AND DATES 2019

TOUR DATES:

Self led: starts daily 15 March to 27 October 2019

Season 1: **€605pps/€740 single** 15 March – 14 April & 1 October – 27 October

Season 2: **€710pps/€875 single** 15 April – 16 June & 1 – 30 September

Season 3: **€830pps/€1070 single** 17 June – 31 August

TOUR PRICE INCLUDES

- ✗ 6 nights accommodation B&B (3*** accommodation; Premium on request)
- ✗ Luggage transfer
- ✗ Welcome meeting
- ✗ Route description
- ✗ Detailed travel and tour documents
- ✗ Service-Hotline

Note

Any visitor's taxes are not included in the tour price and payable on site!

[We can also organize extra nights upon request](#)

Hotel Marina (Roses) 3***

Per person sharing

Basic price (Season 1)	€45pps
Basic price (Season 2)	€60pps
Basic price (Season 3)	€75pps

Escape the Crowds

WHAT TO BRING

Your enjoyment of your walking holiday will be greatly helped by having the right gear. The following list should help you in planning your packing for your trip.

Footwear: Good footwear is vital for a happy walking holiday! We recommend waterproof, breathable, walking boots with good ankle support. Boots which are “broken in” (i.e. not brand new), teamed with **well fitting hiking socks** will keep your feet snug and dry and help to avoid blisters.

Hiking Clothes

We recommend the “onion look” of layering clothing as the best protection against heat/cold:

- Base Layer –this layer should not retain moisture but transport it away from the skin (there are lots of “wick away” fabrics now on the market.
- Insulation layer – this layer should stop you from losing body heat – fleece is ideal
- Outer Layer – this layer should keep you dry even in a downpour! A waterproof, breathable jacket and over-trousers are as important as your comfy boots. You should bear in mind that clothing tends to lose its “waterproofness” over time so if you have had your gear for many years it might be time to treat yourself with a trip to an outdoor store!
- Walking trousers/ shorts (avoid denim)
- Warm hat and gloves for chilly mornings or high mountains
- Sun hat
- Walking stick/pole (a great help on uneven terrain)

Daypack - a small comfortable rucksack to carry the bits and pieces you will need during the day:

- Water bottle/flask
- Moleskin/plasters/”second skin” – ward off any impending blisters before they become a problem!
- Sun screen
- Camera
- Binoculars
- Waterproof map case
- Mobile phone



GENERAL INFORMATION

Money - The unit of currency is the Euro (€), 100 cent = € 1.

Catalan Cuisine

As the region has so many different landscapes we have a really rich variety of land products, which develops a great variety of traditional cuisine. This cuisine combined with a prestigious gastronomy, brings with famous chef like Ferran Adrià from restaurant El Bullí, or the three brothers from the 3* Michelin restaurant El Celler de Can Roca considered the best restaurant in the world on 2013 and 2015.

Climate

The best season for walking tours is Spring (March to June) and/or Autumn (September- October). Temperatures being between 20 and 25 ° C. In summer temperatures are quite high, reaching 33-34 °.

On the whole Girona has a mild climate, with plenty of sunny days and not too much rain. There are differences on the coast, but has a cooling sea breeze.

Coastal Path

You will mostly walk on well marked GR92 “Sender del Mediterrani” (Mediterranean Trail). Parts of the GR92 are called “Camí de Ronda”/“Coastal Paths”, mostly near towns or villages. In the past, these footpaths were mostly used by fishermen to precede from one cove to another, Nowadays, these paths are gradually recovered to be used as walking trails.

Travel (Getting to the start)

Girona is located north of Barcelona and it can be reached by bus, train, plane or one's own car. It is 98km (61miles) away from Barcelona.

By train:

There is a train from Barcelona to Girona that leaves approximately every hour from Sants station (also from other stops at Passeig de Gràcia and Clot). The journey takes 1 hour 35minutes and the ticket costs about 11€, There is also a High Speed Train (AVE) that leaves many times a day from Sants station. The journey takes only 38 minutes and the ticket costs about 15€

By bus:

If you want to travel to Girona from Barcelona city you can take a bus. That bus stops in the center of Barcelona, in Estació d'Autobusos Barcelona Nord (Barcelona's main bus terminal). The journey takes 1 hour approx and the ticket costs about 15€

By plane:

Girona Airport (Code GRO) The airport of Girona has connections all over Europe during the summer season. Out of season flights get reduced a lot.

Barcelona Airport (Code BCN) Barcelona is a main airport with a lot of destination all year around. You might look for your city departure witch options you have.

By bus: There are 6 buses/ day from Barcelona Airport to Girona city, it takes 2hours 30 minutes and it costs 19€

By train: If you arrive in Terminal 1, use the shutter bus T1-T2 to get from one terminal to another. The shuttle bus schedule is from 5.30 hr to 24.00hr every 6 or 7 minutes approximately, and from of 0.00 hr to 5.30 h. every 20 or 25 minutes. This bus is free and takes about 10 minutes. When you arrive in T2, you should take a train to Barcelona Sants, and then another one to Girona (See by train)

By taxi: it take 1hour and it cost 150€ approximately.

Arrival at the 1st hotel

- ✗ By bus: you should take a bus direct from Barcelona Airport to Figueres, change the bus in Figueres to Roses. If you take a bus in Girona Airport, these come directly to Roses.
- ✗ By train: you can take a train from Barcelona to Figueres, it takes 2 hours approx. And cost 16€. You can take a train in Girona to Figueres too, it takes 30 minutes and cost 6€.Then take a bus from Figueres- Roses
- ✗ By taxi: from Barcelona Airport to Roses it take 2 hours and it cost 250€ approximately.
From Girona Airport to Roses it take 1 hour and it cost 100€
On arrival day the client may check-in at the hotel from 13:00h on. If you plan to arrive after 20:00h please give notice to the hotel or our office.

Standard accommodation

Hotel Marina 3*

Av. de Rhode, 81,Roses, Tel: 00 34 972 256 278

