

## Spain – Walking the Costa Brava (Coastal) 2019 Self guided – 8 days/7 nights (approx. 77-97km)



### *Easy to Moderate - 7 nights*

*This route starts in Sant Feliu de Guíxols and ends in l'Estartit. It follows the “camí de ronda”, a coastal path, which allows you to enjoy the incredible coastal landscapes of the Costa Brava region. A coast that will surprise most of the visitors, as we pass through old fishing towns as Calella de Palafrugell or Llafranc, or charming medieval villages as Pals, more inland. Far away from the crowded places related to this area, the region that you'll be walking has plenty of unknown places as well as absolutely beautiful unspoilt coves such as Cala Castell, near Palafrugell. The tour is perfect for the ones who want to combine slow-hiking with relaxing moments at the beach, some of the best of the whole of the Mediterranean area. This tour will sure provide little but precious happy moments such as drinking coffee just in front of the Sea, or having dinner in some of the best restaurants of the region.*

### TOUR ITINERARY

*Escape the Crowds*

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### **Day 1: Individual arrival at Sant Pol (Sant Feliu de Guixols)**

Arrival at the nice little town of Sant Feliu de Guixols with its fishing port. Accommodation in a hotel next to the beautiful beach of Sant Pol.

### **Day 2: Sant Pol to La Fosca (14km)**

Today; you'll be walking along the coastline until reaching Calella de Palafrugell. The route goes through the village of Platja d'Aro, following the sea along the Bay of Palamós, with its fishing port and its delicious dishes of fish.

### **Day 3 La Fosca to Calella de Palafrugell (13km)**

Today's route goes through the lovely Castell cove rounding the wooded area of Cap Roig (height 130 m), from where we can get excellent panoramic views. Lodging in the old fishing village of Calella de Palafrugell, with a magnificent view over the settlement of Calella.

### **Day 4 Calella de Palafrugell to Begur (16km)**

The trail leads us to the north always following the coast and going up to the Massif of Begur (height 220 m) with its picturesque town and its medieval castle.

### **Day 5: Begur to Peratallada (15km)**

Slope down to the gentle countryside where a large number of picturesque medieval villages are visited. Pals is one of the pearls, with its big walls, the Hours tower, and the church of Sant Pere from the XIII century. Already on the plain you will pass by Sant Feliu de Boada, and reach Peratallada where you will be lodging in a cute guest house. You can wander on the very ancient ambience of this nice small town.

### **Day 6: Pertallada – Torroella de Montgri (12km)**

Today's route passes through interesting medieval villages. The trail is flat and leads you to the river mouth of the Ter, where you will enjoy the view of the Medes Islands.



### **Day 7: Torroella de Montgri – Montgri Massif (9/29km)**

Circular route to discover some of the most wonderful parts of the Montgrí Massif. The route climbs to the spectacular castle on the top (200m high) of the massif. From there you will enjoy 360 ° views over the whole Empordà region. You will descend on to a quiet valley with the charming church of Santa Caterina and later come back to Torroella. Long option to L'Estartit (20km 565m+): After climbing to the castle you will walk on the edge of the mountain to L'Estartit (sea village) where you can enjoy a meal on one of their terraces. Coming back the itinerary is totally flat. (Always possible to take a taxi to skip the last 6 km.)

### **Day 8: Individual departure or extended stay**

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## PRICES AND DATES 2019

### TOUR DATES:

Self led: starts daily 15 March to 27 October 2019

Season 1: **€705pps/€910 single** 15March – 14 April & 1 October – 27 October

Season 2: **€760pps/€975 single** 15April – 16 June & 1 – 30 September

Season 3: **€890pps/€1180 single** 17 June – 31 August

## TOUR PRICE INCLUDES

- ✗ 7 nights accommodation B&B (2/3\*\*\* 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 Sant Pol 3***	Per person sharing
Basic price (Season 1)	€55pps
Basic price (Season 2)	€65pps
Basic price (Season 3)	€80pps

## Hotel Fondo 3\*\*\*

## Per person sharing

Basic price (Season 1)	€40pps
Basic price (Season 2)	€40pps
Basic Price (Season 3)	€45pps

## 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 1<sup>st</sup> hotel**

- ✘ You should arrive in Sant Feliu de Guíxols by bus. You could take the bus from Girona Bus station, it takes 50minutes and it cost 6€. We can also set a transfer: Barcelona Airport- Sant Feliu de Guíxols or Girona Airport/City- Sant Feliu de Guíxols 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 accomodation**

Hotel Sant Pol 3\*

Platja de Sant Pol 125, Sant Feliu de Guíxols, Tel: 00 34 972 321 070

