

Contrasts of Catalunya

Hotel-to-hotel independent cycling

- Pancake flat, virtually traffic-free cycling - perfect for first-timers cyclists!
- Wide sandy beaches, beautiful bays, traditional fishing ports, sun-drenched villages off the tourist trail
- Luxury up-scale hotels - all with pools - including C14 luxury castle; gastronomic cuisine
- Lovely sea breeze so never too hot, even in high season
- Choose from 6 or 8 nights; extra nights possible in Barcelona too



This holiday is full of contrasts and variety, and explores one of the most beautiful corners of Catalunya, mainly following the coast. It's gentle cycling too, occasionally off-road, through olive groves, peach orchards and along pretty coastal paths. The landscape is gently rolling for the most part, and the changing seasons bring blossom-white in spring, sunflower-yellow in summer and warm gold in harvest time.

Catalunya is rich in medieval villages, and highlights include prosperous Peratallada, fashionable Begur and Castell d'Emporda, perched proudly on its outcrop affording spectacular views over the entire plain. You stay in a variety of hotels, all with pools, which have been specially chosen for their charm and character. Mostly you're in hotels within walking distance of the beach, with two nights in a magnificently restored C14 castle just outside La Bisbal.

Please note that cycling helmets are a legal requirement in Spain. For safety reasons, we are unable to provide these, therefore we strongly advise you to bring your own.



Book now on 1-800-567-6286 or visit www.breakaway-adventures.com for more information

CONTRASTS OF CATALUNYA | DAY BY DAY

Day 1 Arrive in Calella de Palafrugell

We meet you at Flaca railway station and take you to your hotel (35mins) where all Breakaway guests are accommodated in rooms with private balcony and sea view. It's less than 5mins walk to the center of town where you have so many restaurants to choose from that we've left evening meals here up to you.

Day 2 Calella de Palafrugell to Platja de Pals 24km/15mi or 33km/20mi

Your route today passes through the pine forests behind Calella before heading off to peach-colored Pals - lovely old village with Romanesque church affording stunning views. After lunch, head on through the pretty hamlets of Palau Sator (where there has been a settlement since Roman times) and Fontanilles before looping back towards the coast and a gentle downhill ride to Platja de Pals.

Day 3 At Platja de Pals

We strongly recommend the great circular ride through the pine forests to medieval Begur, a fashionable hilltop town with C11 castle and outstanding views over the coast. Alternatively relax on the beach, follow the superb coastal walking path or simply chill out by the hotel's semi-olympic pool.

Day 4 Platja de Pals to Castell d'Empordà 34km/20mi

You'll begin today cycling past rice fields before following the River Ter to Torroella de Montgri - wonderful views of the Illes Medes. Visit this lovely medieval town with its Roman defensive wall before heading inland along wonderfully quiet roads through the village of Gualta (picturesque C16 bridge) and pretty hamlets of Fonolleres, Matajudaica and Casavells to Castell d'Empordà. Here you'll stay in a uniquely converted C14 Gothic castle - once reputed to have been on Dali's shopping list but now owned by Dutchman Albert Diks.

Day 5 At Castell d'Empordà

Laze by the pool - fabulous sun terrace with uber-trendy bar area! - or follow our suggested cycling circuit linking the pretty medieval villages of Corca, Monells (pretty square and lovely choices for lunch) and La Bisbal - a lively market town famous for antiques and pottery. Take time to explore the old quarter including the Carrer de Call, formerly a Jewish ghetto - its intricate arches are still intact today.

Day 6 Castell d'Empordà to Calella de Palafrugell 35km/17mi or Palamos 36km/22mi

Lovely gentle cycling, stopping first at the walled village of Ullastret. The vast archaeological site here contains the remains of one of the oldest Iberian villages in Spain. On via beautifully preserved Peretallada to the bustling market town of Palafrugell, a super spot for lunch. It's then either to Calella de Palafrugell or to Palamos (see below), depending on the holiday you've chosen.

Day 7 Leave Calella de Palafrugell or At Palamos (see below)

We take you to Flaca station at midday to catch your train back to Barcelona - a city option is popular here before flying home.

Optional 2-night extension in Palamos

If you have time for a slightly longer holiday, then we suggest 2 nights in the Spanish seaside resort of Palamos - especially if you've got children or simply fancy a great value couple of days by the sea. Once a C12 fishing village, Palamos is now a bustling family resort centered around its colorful port, and backed by one of the best beaches on the Costa Brava.

You'll cycle the same route from Castell d'Empordà as above, but turn off at Palafrugell for Palamos, adding just 5km (3 miles) to your ride. You'll then spend 2 nights at our ★★ sea-facing hotel, with lovely pool. As you're surrounded by *tapas* bars, restaurants and cafés, we've left meals to you. On your free day, you can walk or cycle to Sant Antoni, explore the warren of medieval streets, or just relax in the sun.

The cycle from Palamos to Calella de Palafrugell is just 25km/ 15miles, and is crammed with things to see and do en route. You'll first follow a coastal stretch to the pretty bay at La Fosca, then on to the sheltered half-moon cove of Platja de Castell, crowned by the atmospheric ruins of an ancient Iberian settlement. It's then inland through the farming hamlets and rice fields of Santa Margarida and Ermedas before a gentle ascent to the San Sebastia lighthouse - fabulous views and restaurant for lunch - then a final downhill stretch via Llafranc and back to Calella de Palafrugell.

The next day we take you back to Flaca station to catch the train back to Barcelona.

CONTRASTS OF CATALUNYA | WHERE YOU STAY



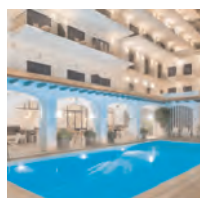
Hotel Garbi
★★★
Calella de Palafrugell
Days 1 + 6 (or 8)



Hotel Sa Punta
★★★★
Platja de Pals
Days 2+3



Hotel Castell d'Empordà
★★★★
Castell d'Empordà, Bisbal
Days 4+5



Hotel Trias (optional)
★★★
Palamos
Days 6+7

For extra nights we recommend Calella de Palafrugell and Castell d'Empordà, and city add-ons can be arranged in Barcelona.



Dates and Prices

Departs every two days **Tour Only**

2012 departures

Apr 11-29, Oct 2-24	\$2,722
May 1-25, Sep 22-30	\$2,779
Apr 3-9, May 27-Jun 30	\$2,922
Sep 12-20	\$2,922
Jul 2-Aug 3, Aug 25-Sep 10	\$3,032
Child (any dates, see notes)	\$1,919

Singles: Add \$104 per night for sole occupancy of a double room.

Child: Over 2 and under 12, sharing with 2 adults.

Room upgrade: Prices from \$17 per person, per night, based on 2 sharing.

Holiday type: Independent cycling, hotel-to-hotel, no minimum group size.

Departs: Every two days from Apr 3 to Oct 24 (except Aug 5-23).

Duration: 7 days (6 nights). This holiday may be adapted into an 8 night version - just add \$383 per adult and \$198 per child to the prices above.

Meals: Continental breakfast and 4 evening meals.

Other details: For "What your holiday price includes," see "Holiday Planning" section pp 48-51.

Tailor-made travel choices

Nearest Arrival Airport: Barcelona Airport. Flights can be arranged from most US/CANADA airports, with connecting transfers as required, prices and details on request.

The above prices include our standard transfers: Flaca train station at 17:05*. (Then transfer to hotel, 35 mins, provided). **Return:** Flaca train station by 13:11.

Rail options: Barcelona Passeig de Gracia to Flaca 15:20/17:05*. Return: Flaca to Barcelona Passeig de Gracia 13:11/15:05

*Rail tickets from Barcelona Passeig de Gracia to Flaca, pay locally. Allow approx \$40.

Tour only: Transfers included from Flaca train station at 17:05, and back to Flaca train station departing the hotel at 12:20.

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