

Catalan Coastal Walk

Hotel-to-hotel  independent walking

- Brightly painted fishing boats, bustling marinas, twinkling lighthouses
- Roman ruins, prehistoric dolmens, bronze cannons and sun-kissed castles
- Sea views all week from fabulous walking routes – all door to door!
- Lovely selection of family run hotels, 3 out of 4 on the beach!
- White villages, cobbled alleys, fishermen's cottages and waterfront restaurants



Just 30 miles south of the French border as the Pyrenees meet the Mediterranean, the Cap de Creus peninsula juts east from the Spanish mainland like a northerly Rock of Gibraltar. This stunning cape, carved by the elements into sweeping green valleys and a smugglers' paradise of shimmering shallow coves and azure harbours, is one of the largest protected Natural Reserves in Catalunya, and the only one in Spain that incorporates a Marine Reserve. It is also the largest uninhabited area in the Spanish Mediterranean, so on our walks beyond coastal villages you can find genuine solitude. This 8 night independent walking trip begins and ends in the pretty seaside fishing village of El Port de la Selva. Once you begin walking clockwise around the peninsula, the sea is your constant companion, offering magical views every day from the high walking trails that lead you through the reserve. The Natural Park protects cork oak, pine woods, bright orange chumbera (prickly pear), green vineyards and terraces of olive groves, all surrounded by magnificent coastal cliffs where shearwaters and swifts wheel in the onshore breezes.

Six dinners are included in our family owned and run hotels. During the tour you'll stay in the chic and arty harbour of Cadaqués in the east, in a spectacular cliff top hotel on the south coast overlooking the Bay of Roses just steps from the beach, and in Merce Battlori's family hotel in the wine producing village of Palau Saverdera.



CATALAN COASTAL WALK | DAY BY DAY



Day 1 Arrive in El Port de la Selva

After a transfer from the station, explore the pretty streets of El Port de la Selva before dinner.

Day 2 El Port de la Selva to Cadaqués 14km/9mi/4hrs

Heading east, you walk through the heart of the Natural Park where Neptune Grass, shy orchids and bright yellow saxifrage clothe the hillsides. Evidence of ancient settlement in the shape of dolmens appear at Cista des Bufadors along the trail, before the white houses of Cadaqués appear below you. It's a short stroll along the harbour to your hotel, complete with pool and private beach.

Day 3 In Cadaqués

Salvador Dalí lived a short walk from Cadaqués, and you can make an appointment to visit his quirky house if you wish. The pretty harbor, perfect light and relaxing atmosphere has made Cadaqués popular with artists for decades – many art galleries and curio shops line the waterfront, and the narrow alleyways behind are packed with chic restaurants and bars, some of them carved out of the steep rock cliffs that rise steeply from the crystal clear waters in the bay.

Day 4 Cadaqués to Roses 15km/9mi/5hrs

Leaving Cadaqués you pass a rocky lighthouse outcrop and follow the southern edge of the peninsula. Shearwaters wheel and dive in the wake of fishing boats below as you ascend to pass below Puig e la Cruilla. The second half of the walk is all along the seashore, passing a dozen pretty coves and bays, each one perfect for swimming.

Day 5 In Roses

It will be hard to leave the hotel today – its location is too perfect! Set just above a sheltered beach, it has tennis courts and landscaped gardens shaded by tall pines, not to mention a tempting poolside bar. If you do explore, the centre of Roses has the remains of a C16 Trinitat Castle – a star shaped redoubt, and the ruined Ciutadella, an impressive fortress since Greek and Roman times embellished by Carlos V in the 16C.

Day 6 Roses to Palau Saverdera 18.5km/11.5mi/5hrs

You ascend from Roses to a natural balcony, the Pla de San Mares, passing a clutch of dolmens in La Muntanyeta. After descending to the verdant plain below. Your walk takes you on country tracks through apple orchards and sunflower fields with the high Muntanyas de Verdera as a backdrop.

Day 7 In Palau Saverdera

Perhaps drop into the wine co-operative in the village for a tippie, or join the locals at the huge outdoor swimming pool - the social hub of the village from June to September! Relax with lunch in one of the many local restaurants or stroll up to the hillside chapel high above the village for amazing coastal views.

Day 8 Palau Saverdera to El Port de la Selva 13.5km/8.5mi/4hrs

Enjoy panoramic coastal views south as you ascend to Sant Onofre - a rocky C14 chapel clinging to the hillside, then crest the peninsula at Castell de Sant Salvador – once a refuge from pirates, now a sun-kissed crumbling ruin perfect for picnics! Descend past C13 Sant Pere de Rodes Abbey, before the lush Vall River leads to the sea. You dine on the waterfront for the next two nights, lined with C18 bronze cannon.

Day 9 Leave El Port de la Selva

We take you to the station for your return train to Barcelona where you can book extra nights if you wish.



Dates and Prices

Departs every two days

Tour Only

2012 departures	
Apr 11-29, Oct 2-8	\$2,649
May 1-25, Sep 22-30	\$2,649
Apr 3-9, May 27-Jun 30	\$2,794
Sep 12-20	\$2,794
Jul 2-Aug 3, Aug 25-Sep 10	\$2,938
Child (any dates, see notes)	\$1,998

Singles: Add \$85 per night (4 nights will be in a single room; 4 nights will be sole occupancy of a double room).

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

Room upgrade: Prices from \$57 per person, per night, based on 2 sharing.

Holiday type: Independent walking, hotel-to-hotel, no minimum group size, however luggage and station transfers are subject to at least 2 people (in total) booked on each departure.

Departs: Every two days from Apr 3 to Oct 8 (except Aug 5-23).

Duration: 9 days (8 nights).

Meals: Continental breakfast and 6 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: Llanca train station at 17:45*. (Then transfer to hotel, 20 mins, provided). **Return:** Llanca train station by 13:33 (transfer provided).

Rail options: Barcelona Passeig de Gracia to Llanca 15:20/17:45*. Return: Llanca to Barcelona Passeig de Gracia 13:33/15:34

*Rail tickets from Barcelona Passeig de Gracia to Llanca, pay locally. Allow approx \$35.

Tour only: Transfers included from Llanca train station at 17:45, and back to Llanca train station departing hotel at 13:00.

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CATALAN COASTAL WALK | WHERE YOU STAY



Hotel Porto Cristo

★★★★

El Port de la Selva Days 1+8



Hotel Playa Sol

★★★

Cadaqués Days 2+3



Hotel Almadraba Park

★★★★

Roses Days 4+5



Hotel Niu de Sol

★★★

Palau Saverdera Days 6+7

For extra nights we recommend Roses, and city add-ons can be arranged in Barcelona.

CATALAN COASTAL WALK | WALKING DETAILS



Walks on this holiday are mainly on country paths and tracks. Some sections are rocky and uneven so good supportive footwear is essential, and walking poles recommended.



Average daytime temperature (°C):

18 21 25 28 28 25 21
APR MAY JUN JUL AUG SEP OCT



Average monthly rainfall (mm):

43 54 37 27 49 76 86
APR MAY JUN JUL AUG SEP OCT

Further details at www.breakaway-adventures.com