

Activity level: Leisurely/Moderate

This is a self-guided tour, as such there will be no group or tour leader and you are free to complete the walks at your own pace. Please bear in mind that although this is a self-guided holiday, the atmosphere in the hotels tends to be quite social and they will sometimes place walkers together at breakfast and dinner. We have suggested that 8yrs is the minimum age for this trip, but as it is self-guided and you will be leading your own family we will ultimately leave this decision up to you.

This holiday provides spectacular, yet relaxed walking and is perfect for people wanting to fit as much as possible into a short holiday. The route takes in the winding, sandy paths of mainland Spain's loveliest coast experiencing frequent glimpses of dazzling aquamarine seas through the umbrella pines, as well as heading inland to discover the truly unspoilt landscape of the Catalan countryside. This is a wonderful region for bird and plant life. Over a third of the countryside is now protected under a government scheme to preserve natural habitats, which means a staggering variety of rare species: golden orioles, booted eagles, purple-shot copper butterflies and colourful wild flowers. Hidden deep in the forests are stunning natural curiosities, including the 5000 year old dolmens and sparkling freshwater springs which drew the first settlers to these parts thousands of years ago.

Group

As this is a self-guided holiday there is no group and no leader. A local representative is on hand to assist you and will meet you at the beginning of the week to go through the route notes and point out particular places of interest. Your luggage is transferred and route notes and maps are provided. The route notes contain an emergency telephone number. In an emergency, the local representative is normally able to dispatch a taxi or pick you up themselves. They may wish to charge for this service. Please note: the walking and luggage transfers included in this tour are subject to a minimum of 2 people (in total) booked on the departure. A supplement (payable in advance) to cover these transfers and sole occupancy of a room will apply if only 1 person is travelling on a departure date.

Adult min age: 13

Child min age: 8

Child max age: 12

Min group size: 1

Itinerary

Day 2

Calella de Palafrugell to La Bisbal

You start with a 20 minute ride to Mont-Ras from where you have a choice of routes. Both routes take you into the Gavarres hills to visit three dolmens with fantastic views as far as Begur and the Illes Medes, before descending to the peaceful mediaeval villages of Fonteta and Vulpellac. Then it's on to the Hotel Castell d'Emporda which has expansive views across the plain from the terrace by the pool.

2 options: Walking time 5hrs, distance 17km/11mi or walking time 6hrs, distance 19km/12mi.

Comfortable Hotel

Meals included: Breakfast, Dinner

Distance covered: 19 km / 12 miles

Activity (hours): 6

Day 3

At La Bisbal

Laze by the pool or follow our suggested circular walk linking the pretty mediaeval villages of Corca, Monells with a 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. Alternatively, the local bus goes to Girona and Figueres if you fancy a longer day out.

Comfortable Hotel

Meals included: Breakfast, Dinner

Day 4

La Bisbal to Begur

Gentle walking across the Emporda plain, stopping first at Peratallada, possibly the best preserved mediaeval village in Spain with its beautifully restored arches, arcaded passageways and lovely shaded squares. Continue through fields bright with sunflowers until you reach peach-coloured Pals, a lovely old village with Romanesque church affording stunning views. The final stretch takes you through pine forest to our family-run hotel in the old town of Begur. The food here is fantastic!

2 options: Walking time 5hrs, distance 16km/10mi or walking time 5.5hrs, distance 17km/11mi.

Comfortable Hotel

Meals included: Breakfast, Dinner

Distance covered: 17 km / 11 miles

Activity (hours): 5.5

Day 5

At Begur

Begur is a fashionable hilltop town with 11th century castle, impressive villas and pretty, narrow streets made for exploring! It's just 10 minutes by local bus (mid Jun to mid Sep only) or taxi to the coast, where four beautiful sandy coves await: Sa Riera, Aiguafreda, Sa Tuna and, just over the hill, Aiguablava. For people looking for something a touch more challenging, we provide details of a circular coastal walk which takes in all our favourite places.

Comfortable Hotel

Meals included: Breakfast, Dinner

Our hand-picked hotels include the lovely, family run Hotel Garbi in the traditional fishing village of Calella de Palafrugell which is set on the hillside overlooking the sea. The magnificently restored 14th Century castle, Castell d'Emporda is perched on a rocky outcrop which affords breathtaking views from its terrace and the Hotel Rosa in Begur is renowned for its food and is only 3km from the sea.

All prices are based on 2 people sharing, so if there is an odd number of people travelling in your party or you are travelling alone, there will be a compulsory supplement for a single room for the tour duration. For a solo traveller there is an additional charge to cover transfer costs.

Where a single supplement is available, paying for a single only guarantees a room for single use. It does not always mean a twin or double room will be provided for sole occupancy.

Single supplement from \$334.80 USD

Food & Transport

Eating & Drinking

All breakfasts and 4 dinners are included.

Traditional Spanish food such as paella, chorizo and albondigas (meatballs) can be found on just about every menu in Catalunya, but there are plenty of tasty local specialities too. Local cuisine features plenty of fish, including world renowned anchovies from L'Escala, and botifarras (black pudding) from the mountains. A delicious starter is Pan Catalan, which is lightly toasted bread, drizzled with olive oil and topped with tomatoes and garlic. The geography of the area has developed regional cuisine mixing 'surf and turf'; combinations

such as chicken and lobster, or rabbit with prawns. Fruits also feature strongly with dishes combining chicken with figs, or pheasant and grapes. Dishes tend to be rich and hearty but there are also plenty of vegetable options for vegetarians. Catalan foods also feature sauces in many dishes, which are usually rich in flavour.

The region is also renowned for the production of Cava, around the town of San Sadurni de Noya. There is a herby, smoky, grassy flavour to some of these as a result of the grape varieties and climate. The region also produces some of Spain's best wines. Though we do not cycle through San Sadurni de Noya, try the wine from this region if you spot it on a menu.

Transportation

Your luggage will be transported between the hotels by taxi or minibus.

Weather & Seasonality

Weather Information

The trips runs from April through to October (except 5-23 Aug) with the early and later part of the season experiencing cooler temperatures, highs averaging 18-20°C and lows averaging 11-15°C. In the height of July temperatures will reach highs of 28-30°C so it is important to be prepared for this. There is always a chance of rain throughout the year, so it is always best to be prepared.

Weather Charts

Joining Instructions

Air-rail prices include our standard flights, onward rail and station transfers

British Airways Heathrow to Barcelona 09:35/12:45 then rail Barcelona Sants to Girona 15:40/16:15 then transfer to hotel 50 minutes. Return: Transfer to station 50 minutes then rail Girona to Barcelona Sants 12:56/13:34 British Airways Barcelona to Heathrow 18:15/19:35.

Business/club/first class seats are available on request.

Full joining instructions including local emergency numbers will be sent to you as part of our Final Joining Instructions. If you do not receive these at least a week before departure, or require them earlier please contact our office or your travel agent.

Location start: Calella de Palafrugell

Location end: Calella de Palafrugell

What to Take

Essential Equipment

Walking boots

Water bottle

Daypack

Sun hat, sun cream and sunglasses

Warm jumper

Waterproof jacket

Optional Equipment

Walking poles

Swimwear

Practical Information

Passport

Spain

All nationalities require a full passport that must be valid beyond the intended length of stay. It is your responsibility to have the correct personal documents and to obtain your own visa, if one is necessary, in accordance with the regulations of the country you are to visit. The information offered below is to help you with that process. We are not responsible for the actions of local immigration and customs officials, whether at points of entry or otherwise, and any subsequent effects.

Visa

Spain

No visa required for British passport holders.

For further Brexit travel advice please visit <https://www.abta.com/tips-and-advice/brexit-advice-for-travellers>

Visa regulations can change without notice: please check the current regulations in good time to obtain a visa if one is required.

Vaccination

Spain

There are no specific health risks.

Travel health can often be something people forget about before going away, but a little preparation and knowledge can go a long way to help you stay fit and healthy while abroad.

The above information can change at short notice; as we are not qualified to answer all your questions about travel health we strongly recommend you contact your Medical Professional or a Travel Health Clinic at least 8 weeks prior to departure for up-to-date information. Please note: vaccinations that are routinely recommended to residents of the UK, North America or Australasia are not considered to form part of the travel health advice, and you should ensure these are kept up to date where necessary.

For additional information please visit: <https://travelhealthpro.org.uk/countries>

Insurance - are you adequately covered?

It is a condition of joining any of our holidays that you must be fully insured against medical and personal accident risks (to include repatriation costs and air ambulance or helicopter rescue services where appropriate). On arrival in destination for your trip, you will be asked to present details to your leader or local representative of your policy.

If you are resident in the UK we strongly recommend the Exodus travel insurance policy, this is specifically designed to cover all activities on your trip. If arranging your own policy please ensure that you are covered for all activities that are part of the trip, optional activities that you intend to take part in and/or on high altitude itineraries, that you are covered up to the maximum altitude of the trip.

Local Time

Spain's Timezone: Europe/Madrid CEST (GMT +02:00)

Electricity

Spain's Electricity: European plug - 2 round pins. 230 Volts AC.

European plug - 2 round pins.

Money

Spain's Currency

The national currency of Spain is the Euro (EUR), with an exchange rate at the time of publication (October 2017) of approximately 1.1 to the GBP, 0.84 to the USD, 0.67 to the CAD, 0.66 to the AUD and 0.59 to the NZD.

ATM Availability

ATMs are widely available, but we recommend taking some Euros cash with you in case you can't get to a bank at the start of the trip.

Extra Expenses & Spending Money

You will need money for two dinners, all lunches, snacks and drinks and entry for any sites you wish to visit. Depending on your choice of restaurant dinners will range in price, we suggest allowing approximately €15-35. Lunches can be inexpensive if you buy produce from local markets or shops and make up a picnic. However, if you stop at a café you can easily spend €15. We would recommend budgeting for €5-15 for lunches and allow an additional €10 a day for any extras.

Bikes are available on the rest days. Please call for details and prices.

Responsible Tourism

At Exodus we believe in the power of Responsible Travel.

Every time we travel, we are part of a global movement that creates jobs, builds more sustainable societies, encourages cultural understanding and safeguards common natural and cultural heritage. To learn more about what Responsible Travel means to Exodus click [here](#)...

Exodus Community

Join the Exodus online community

Don't forget to visit the Community area on our website. You can view the range of Exodus videos and podcasts, read trip write-ups which have featured in the national media and take advantage of some special deals on travel gear and equipment.

In the Community Travel Forum you'll find the Departure Lounge where you can discuss your trip with fellow travellers before you depart. When you get back from your holiday remember to upload your images to the relevant trip page on our website. This helps other people see what our holidays are really like and you'll be entered automatically into our monthly photo competition.

To make full use of the Community you'll need to join My Exodus. It's free, registration is simple and easy, so what are you waiting for?

Important Information

On all guided trips

Although our leaders are well trained to deal with different capabilities, if they have any concerns about someone's ability to safely partake in an activity, or their impact on other people's enjoyment, we authorise them to take necessary action which, in some circumstances, may involve asking someone to miss that activity.

Although rarely enforced, by booking this trip you agree to section 16 of our Booking Conditions which clearly states that our leaders have the authority to do this. In these circumstances we will ensure anyone sitting out is safely provided for and offered alternative options where possible. Refunds will not be provided for activities missed and customers may be liable for additional costs incurred.

On all trips

In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call the Exodus office and ask to speak to one of the experts on this itinerary.

In an emergency, please contact our 24 hour out of hours service on +44 (0) 844 326 7041.

Every time that you travel abroad you should take the time to read the warnings in the essential information in the brochure.

Full joining instructions including local emergency numbers, and details of how to reach the start point, will be sent to you approximately 2 to 3 weeks prior to departure. If you do not receive these at least a week before departure, or require them earlier please contact our office or your travel agent.

The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure or website, the Trip Notes supersede the brochure and website. All holidays can be subject to unexpected changes; in order to enjoy them you should be prepared to be flexible where necessary. Occasionally, as stated in our brochure, it may not be possible to follow the itinerary as planned. This may be for a variety of reasons - climatic, political, physical or other. In these circumstances we will make the best possible alternative arrangements that maintain the integrity of the original itinerary.

As fuel prices, airport taxes and exchange rates fluctuate, and airlines manage their rates to match demand, it is proving harder than ever to guarantee our Flight Inclusive prices. Although we endeavour to keep our website as accurate as possible, daily fluctuations mean that our Flight Inclusive price may be out of date. For accurate prices we recommend that you contact one of our Travel Experts, or your Travel Agent.

TRAVEL AWARE -STAY SAFE & HEALTHY ABROAD

The Foreign & Commonwealth Office and the NHS have up-to-date advice on staying safe and healthy abroad. For more on security, local laws, plus passport and visa information, see <https://travelaware.campaign.gov.uk/>

Keep informed of current travel health news by visiting <https://travelhealthpro.org.uk/>

Advice can change so check regularly for updates.

For all latest travel information about your holiday, please visit our Travel Safety Advice page.



How to Book

Ready to book? Please contact your travel agent

Version 1