

Self-Guided Walking in Catalonia

Trip Code: SGCC

Version: SGCC Self-Guided Walking in Catalonia



WALK & TREK



SELF-GUIDED



MODERATE



HIGHLIGHTS

- Stay in pretty villages along the Mediterranean coast
- Swim in glistening blue waters from beautiful quiet beaches
- Discover Cadaques and the home of artist Salvador Dali
- Enjoy delicious French and Spanish cuisine

AT A GLANCE

- Self-Guided
- 6 days walking & sightseeing
- Daily departures available
- Join at Collioure / End in Cadaques

ACCOMMODATIONS & MEALS

- 7 Breakfasts
- 3 nights Hotel
- 1 nights Guesthouse with swimming pool
- 3 nights Hotel with swimming pool

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

Introduction

Barcelona may be the Capital of Catalonia but there is far more to this fascinating region than Gaudi and the Sagrada Familia. This one week self-guided walking holiday offers you a chance to discover this autonomous region of Spain where the Pyrenees melt into the Mediterranean and colourful fishing boats line the sleepy harbours. Starting in Collioure you will discover French Catalonia and France as you have never seen it before, crossing the border along the rugged coastline to unveil quiet hidden beaches. This is a small region of Europe with a huge history which pre-dates Spain itself. This trip has been designed to immerse you in its unique culture and to discover the region's medieval architecture, Jewish history and a peek into the fascinating mind of artist Salvador Dali, inspired by this special region.

Walking on average 4 to 5 hours a day you will walk through vineyards to Banyuls; graze the Pyrenees to unearth the history of the Romanesque Sant Pere de Rodes Monastery, perched high above the glistening Mediterranean; and follow the GR11 to the home of Salvador Dali in Port Lligat. You have the option to enjoy a free day in Cadaques to allow you the opportunity to swim in the Azure waters, visit the many sights such as the church of Santa Maria, or simply relax in a café and watch the world go by. You'll stay in small independently run 2* & 3* hotels each with a fantastic coastal location, the perfect retreat after a busy day exploring. Some hotels and guesthouses have swimming pools too for you to cool off and put your feet up at the end of the day. Staying on a bed and breakfast basis ensures you have the flexibility to visit the many local restaurants and sample the delicious delicacies this region produces.

Is this holiday for you?

If you love coastal walking, fantastic cuisine, discovering pretty Mediterranean towns and culture then this is the holiday for you. Staying in specially selected 2* & 3* hotels in pretty seaside villages you will experience the Catalanian's passion a world away from the larger resorts of the Costa Brava. Walking along the coast from Collioure to Cadaques you will see the subtle differences between the two countries as you cross the border into Spain. Walking on paths and quiet country roads for 4-5 hours a day with an average daily ascent of around 400-500m you will have plenty of time for sightseeing and to enjoy the beautiful beaches along your way.

Itinerary

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DAY 1

Arrive at your hotel in Collioure and explore the Vermeille Coast.

Arrive at your hotel in the heart of Collioure. This beautiful town really is the pearl of the Vermillion Coast with its quaint harbour filled with colourful fishing boats nestled between the emblematic pink-domed bell-tower and Royal castle. It is unsurprising Collioure has a long history of inspiring artists including Henri Matisse and Picasso to name a few.

Depending on your time of arrival you will have time to explore the town and harbour or stretch your legs along the coast on our optional walk to a pretty vantage point see the town a new and the stunning coastline you will discover this week.

9km / 350m ascent / 350m descent / 3 hours walking



Accommodation
Hotel

DAY 2

A choice of routes leading you to discover Banyuls-sur-Mer.

Today you have a choice of routes taking you to the prestigious town of Banyuls-sur-Mer, best known for its fine wines. You will have time to explore this fascinating town between vineyards and sea and perhaps sample the wines for which it is famed.






Your first route option will take you along the coastline through the pretty seaside town of Port Vendres where you can enjoy a morning coffee watching the fisherman at work in the harbour or take a paddle at the beach before continuing on to the rugged peninsula of Cap Bear. The lighthouse at the tip of the peninsular provides picturesque views south along the coastline, as far as Spain across the border. You continue to hug the coastline to Banyuls-sur-Mer.

17km / 400m ascent / 400m descent / 5 hours walking

Your second option today requires a little more ascent, but your efforts will be rewarded with a fantastic 360 degree panorama of the region. This route will take you into the mountains behind the towns to the vantage point upon where the Madeloc signalling tower sits proudly, guarding the region since the 13th century. From here you can absorb the views across the vast Roussillon plain, the culture rich Vermeille coastline, and the beautiful Albreres massive. From here you will descend into Banyuls-sur-Mer.

13km / 750m ascent / 750m descent / 5-6 hours walking

Meals: **B**

	Accommodation Guesthouse with swimming pool		Ascent 400M		Descent 400M		Time 5 hours
	Distance 17KM						

DAY 3

Discover hidden coves and walk through vineyards on your way to the border town of Cerbere.

Taking the undulating coastal path between Banyuls and Cerbere today, you will be accompanied by wonderful views of the Cote Vermeille through the day. Along the way you will discover several pretty creeks and isolated beaches, and walk through clifftop vineyards basking on the sunny slopes overlooking the Mediterranean Sea.

You also have the option of taking an alternative elevated route through the mountains, passing the Querroig Tower from where you will gain magnificent views over the bays of Cerbere and Port Bou. From here you will descend to your hotel in Cerbere for your last night in France.

14km / 750m ascent / 750m descent / 5-6 hours walking

Meals: **B**

	Accommodation Hotel		Ascent 300M		Descent 300M		Time 3-4 hours		Distance 10KM
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DAY 4

Cross the border into Spain to reach Llanca for your first taste of Catalonia.

Crossing the Franco-Spanish border on foot this morning, you soon reach the emblematic border town of Portbou nestled at the foot of the Pyrenees. This peaceful port town retains the charm and sleepy character of its past life as a traditional fishing village. With the development of the iconic international railway station here, it opened this beautiful region to visitors in search of quaint fishing villages by the sea. Following the coastal path you will leave Portbou accompanied by the warm sea air and distinct Catalan atmosphere, noises and perfumes. The houses vibrant colours and architecture a constant reminder you have crossed the divide between the two countries.

Your route leads you to Llanca, a picture perfect Mediterranean town worlds apart from the mass tourist resorts of southern Costa Brava. Following part of the Camino de Ronda you will discover the rocky coastline to Llanca. Here, life unfurls in the streets, warm, vibrant and welcoming, surrounded by the splendour of Cap de Creus Natural Park while the more recently built harbour houses expensive yachts

side by side with colourful fishing boats. You will stay here this evening, allowing plenty of time to soak in this special atmosphere.

Meals: **B**

	Accommodation Hotel with swimming pool		Ascent 550M		Descent 550M		Time 5-6 hours		Distance 15KM
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DAY 5

Walk through the Cap de Creus National Park and discover the Romanesque monastery of Sant Pere de Rodes.

Feeling refreshed your route begins along the beautiful coastline with its hidden coves and rugged outcrops to Platja de la Vall and its tempting beach. There is time for a quick paddle here before heading inland into the Cap de Creus National Park. Your route will lead you up through the rolling hills to the pretty village of La Vall de Santa Creu filled with rustic charm. Ascending a little further you will soon discover the monastery of Sant Pere de Rodes, perched proudly upon the hillside some 670m above the glistening Mediterranean, and a rewarding panorama awaiting you. Dating back to the 9th century the monastery is a true testament to Catalan Romanesque architecture. The monastery hosts various concerts, exhibitions and events throughout the year and there will be time to enjoy these or perhaps a bite to eat in the café before continuing to Port de la Selva and your home for the evening.

Meals: **B**

	Accommodation Hotel		Ascent 600M		Descent 600M		Time 6 hours		Distance 18KM
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DAY 6

Explore the Peninsula to unveil the Cap de Creus light house, walk on the famous GR11 and visit Port Lligat, home of surrealist Salvador Dali.

Your route today is the longest of the week as you explore Cap de Creus for dramatic views of the coast and to the neighbouring Balearic Islands of Menorca and Mallorca. Along your way you will discover the history of the region passing old fincas (farms) and brick ovens as you approach the lighthouse at Cap de Creus. Keeping local fishermen safe the light house marks the most easterly point of Spain and the starting point for the famous GR11 long distance trail across the Pyrenees. It is here where the Pyrenees emerge from the Mediterranean Sea. You will have time to absorb the panorama and perhaps enjoy a lunch with a view at Restaurant del Cap de Creus. Leaving the lighthouse behind, you will follow an ancient path leading you to the holiday favourite of surrealist Salvador Dali: Port Lligat. It is possible to pay a visit to his labyrinthine seafront home where he lived and worked for over 50 years. If you would like to visit you must book your tickets in advance at www.salvador-dali.org. From here it is a short walk through olive groves and cacti to Cadaques and your hotel for the evening.

If you would prefer a shorter walk today, it is possible to end your walk at Cap de Creus and take a pre-booked taxi to Cadaques. This would reduce your walk to a 4-5 hour walk of approx. 14km.

Meals: **B**

	Accommodation Hotel with swimming pool		Ascent 500M		Descent 500M		Time 6-7 hours		Distance 22KM
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DAY 7


Discover the Charm of Cadaques at your own pace.

Today is yours to explore the charm of this pretty seaside resort as you desire. Take your time to discover its rich heritage, many art galleries and museums and local crafts on sale along the pretty white washed cobbled streets. Cadaques is a town proud of its heritage and culture, showcased through its many festivities throughout the year; from the Carnival in February; the weeklong celebrations of Sant Jordi in April; the celebration of 'An American in Cadaques' in June to celebrate the town's close ties with Cuba; its international music festival in August with free concerts; the national day of Catalonia celebrations in September; through to the celebration of patron saint La Virgen de la Esperanza in December. This is a town that loves to enjoy life and you cannot help but fall in love with its charm and bohemian flair.

You may also wish to take a walk along the coastline around the bay to the Cala Nans lighthouse in the Cap Norfeu National Park. Your route will meander around the headlands with glimpses down to rocky coves and quiet beaches below. Don't forget to pack your swimming costume as you will have the opportunity for a swim in one of the pretty bays along the way. Arriving at the lighthouse you are rewarded with a fantastic view of Cadaques bay before returning to Cadaques to toast the end of a wonderful week of coastal walking.

8km / 250m ascent / 250m descent / 3 hours walking

Meals: **B**

	Accommodation Hotel with swimming pool
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DAY 8

Enjoy a relaxed breakfast before your onward journey.

There will be time to enjoy a final breakfast in this beautiful setting before making your onward journey. It is possible to take a shuttle to Figueres (payable locally), the birth place of Salvador Dali if you would prefer to do a little more exploring along your way.

Meals: **B**

Holiday Information

What's Included

- All accommodation as described
- Meals as described in the Meal Plan
- Self-guided information pack containing your map and route notes
- Luggage transfers
- GPS tracks for your routes upon request

What's not Included

- Travel insurance
- Travel to Collioure
- Travel from Cadaques
- Visas (if applicable)
- Tourist Taxes may apply and are usually under 5 Euros per person per night
- Some meals as described in the Meal Plan
- Personal equipment
- Any additional activities/excursions indicated as optional

Your Self-Guided Pack & Route Notes

Each self-guided holiday comes with comprehensive route notes and a map or pocket guidebook of the area you are exploring. The route notes contain information about the places you will visit, about the local transport you might need, along with the detailed route notes for your daily walks or cycle rides. We even include some tips for the best places to stop for lunch.

You can expect to receive your Self-Guided Pack containing your route notes, a map or guidebook and all your relevant documents no later than 3 weeks before your holiday start date. We will send your documents using signed for courier so that you can track your package and know that they are safely on their way to you. For bookings of more than 4 people we will send an additional Self-Guided Pack. If you do not need this additional pack please inform our sales team. Your pack will be sent to the lead booker so please remind them to pack it before you set off.

Should your self-guided trip be part of a longer adventure requiring you to leave home more than three weeks before your holiday start date, please do inform our sales team so that we can make alternative delivery arrangements.

Self-Guided Families

Our Self-Guided Holidays are perfect for your next family holiday and are suitable for children of all ages.

Our partner hotels and accommodations are able to provide cots for young children, and some offer family rooms. We can also arrange hire of children's bikes and tag along bikes for our self-guided cycling trips and with trips such as Lake Constance and the Danube offering routes on designated cycle paths you can rest assured in keeping your family safe.

As a parent we trust that you know your own child's capabilities, please read the itinerary details to ensure the distances covered each day are suitable for your family. If this is a first time walking holiday for your family, a centre based trip is a fantastic option as it allows you to easily opt out of a days walking if a day of building sand castles, swimming in the pool or visiting museums is calling.

Please discuss this further with our sales team who will be happy to assist in picking the best trip for your family.

Joining Arrangements & Transfers

This trip starts at your accommodation in Collioure. All of our self-guided holidays are sold on a land only basis allowing you the flexibility to choose the travel method which best suits you. The nearest airport for this trip is Girona Airport, however Barcelona El Prat Airport and Toulouse Airport offer many more departures from regional UK airports.

If you are flying into Girona you can take the FlixBus direct to Perpignan train station from where you take the train to Collioure. The journey takes approximately 2 hours in total.

If you are flying into Toulouse Airport you can take the shuttle bus direct from the airport to Toulouse Matabiau station which runs every 20 minutes. From the train station you can take the train to Collioure often with a change at Gare de Narbonne. The journey takes approx. 3-4 hours.

Finally if you are flying into Barcelona you can take the Aerobus to the city centre from where you can take either the train or the Flixbus to Collioure. The journey from Barcelona takes approximately 3-4 hours.

At the end of your trip you can take a bus transfer from Cadaques to Figueres (payable locally) from where you can reach Girona, Toulouse or Barcelona El Prat Airport via train. We also offer private transfers from Barcelona El Prat Airport please ask our sales team for a quotation.

Meal Plan

This trip is on a bed and breakfast basis to allow you the most flexibility during your holiday.

Food & Water

Water is drinkable from the taps on this holiday. Please fill your personal bottles for your day in the morning. We do not encourage the purchasing of single use plastic bottles.

Catalan cuisine is rich, complex and sophisticated made with the best of Mediterranean produce making for a foodie heaven. Catalans aren't afraid of mixing flavours with many dishes combining sweet with savoury, meat with fruit or seafood, and chocolate isn't just savoured for desserts. Catalans often describe their cuisine as 'barroc i savoros' meaning baroque and tasty!

Whilst Barcelona is teeming with high Michelin restaurants with foams and froths, further up the coast and into France the cuisine is a little more simple but just as delicious, showcasing the geographical diversity of the region. Mealtimes are always a celebration of the regions culture often accompanied by *pa amb tomaquet*- toasted bread rubbed with tomato, olive oil and garlic. Breakfasts are typically continental with fruit, cereals and fresh pastries on offer, served with a cup of coffee. Cheese and hams are staples on lunchtime menus with fresh bread and salad. Whether you prefer to eat lunch in a pretty café or visit the local bakery and enjoy a picnic along your walk you are sure for a tasty meal. And when evening arrives dinners are a sociable affair to be enjoyed, served late into the evening with a glass of local wine and menus filled with the catch of the day, *calcots* (large sweet spring onions) and wild mushrooms.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your diet with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Accommodation

We have designed this trip with comfort in mind with a great selection of small 2* & 3* hotels along your route, all with plenty of communal space to unwind after a day of exploring. All of the hotels offer something different and some have pool and spa facilities to cool off at the end of your day, or garden and terraces perfect for settling down with a good book after dinner.

All of our hotels have been carefully handpicked for their great locations and warm hospitality and are booked on a double or twin room basis with breakfast included, although some also offer delicious evening meals should you wish to sample them.

It is possible to arrange additional nights accommodation if you would like to extend your time in Collioure or Cadaques. Please speak to one of our sales team for further information.

Baggage Allowance

Your main luggage will be transferred between each of your hotels while you are out on your walk. We ask that you please ensure your luggage is limited to one piece under 12kg and that your luggage is ready for collection each morning. You will also need a daypack to carry your daily essentials with you.

General Information

Passport & Visas

Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

It is your responsibility to ensure that you have the correct travel documents and visas for your holiday. Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

Health & Vaccinations

Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations.

GHIC / Medical cover

UK residents should carry a free Global Health Insurance Card (GHIC). This entitles you to state provided medical treatment when you're visiting an EU country or Switzerland. This is not a substitute for medical travel insurance which is vital when travelling overseas.

Severe Allergies

Please inform our KE Sales and support team of any severe allergies you may have before travel. We will always do our best to help but we are unable to guarantee an allergy free environment on our KE trips. We advise that you always carry your own treatment for the allergy with you such as 'adrenaline auto-injectors' if required. We also recommend that you discuss this with your accommodation on arrival so that they can better assist you.

Preparing for your Holiday

The advantage of a self-guided walking holiday is that you decide the pace however getting some additional exercise before coming on an active holiday makes a lot of sense. The fitter you are, after all, the more enjoyable your walks will be. You should be comfortable with walking 5 to 6 hours a day for consecutive days.

Climate

Catalonia has a temperate Mediterranean climate with mild winters and hot summers. Winters are impacted by the Tramuntana winds making for some wild and rugged days as the wind blows. The peak summer months of June through to Early September will feel hot, bringing daytime temperatures over 30 degrees C, but early spring or autumn are great times to visit the area with less rain and warm sunshine, perfect for walking.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](https://www.gov.uk/travelaware)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that prior to travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

- Visage du Roussillon - Horizon de France
- Le Roussillon dans l'Histoire - Pascot - Privat
- Les Pyrénées - Guide Bleu - Guide Vert
- Le Roussillon roman - Zodiaque
- The secret life of Salvador Dali- Salvador Dali

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

Please note that a paper copy of your travel insurance is required if you are travelling to Huaraz and the Huayhuash region.

Equipment Information

Self Guided Equipment List

- Hiking boots with good grip soles
- Functional base layer
- T-shirts
- Hat
- Windproof jacket
- Fleece / extra layer
- Long/short hiking trousers
- Hiking socks
- Waterproof Jacket
- Waterproof Trousers
- Rucksack (approx. 20 l)

- Small first aid kit for your rucksack
- Sunscreen
- Water bottle or hydration pack
- Camera (batteries/memory card)
- Mobile Phone (ensure your data package covers your destination)
- Power bank
- Waterproof phone cover
- Sun glasses
- Personal wash kit
- Reusable cloth bag for shopping to avoid the use of plastic bags
- Tupperware for picnics
- Walking poles
- Headtorch & spare batteries
- Your self-guided route notes

Cotswold Outdoor



Many of the Equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive 12.5% discount voucher from Cotswold Outdoor and other retailers.
[>> Find out more](#)

Land Only Information

Please note our 'from price' listed is based on 4 persons on twin or double occupancy, however we can quote for any number of travellers, including solo travellers, contact our sales team for a quote.

All of our self-guided holidays are sold on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. You may even wish to make this holiday part of a bigger adventure or pair it with one of our other holidays. We can arrange additional nights accommodation before or after your self-guided trip, ask our sales team to find out more about this.

Our sales team will be happy to provide you a quote for scheduled flights or alternatively you may wish to book your own flights with a low cost carrier from your nearest regional airport.

Please DO NOT book your flights before you have received your booking confirmation and your deposit has been taken.

We offer some transfers to your hotel from the nearest airports, please refer to the 'joining arrangements and transfers' for further details for this trip.

Why Choose KE

Why KE?

Enjoy this magnificent coastal route in its entirety and the satisfaction of completing the journey point-to-point under your own steam. With two nights in Cadaques, you have your choice of a free day to explore this vibrant town and immerse yourself in the local culture, or to fit in another walk to if you are feeling energetic. It is your holiday after all!

Please Note This document was downloaded on 21/05/2024 and the trip is subject to change