Walking in Catalonia

Trip Code: SGCC

Version:

WALK & TREK	SELF-GUIDED	5 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

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

ACCOMMODATIONS & MEALS

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 will 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 Catalonian’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

Version:

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 (for collection at your first hotel)
- Luggage transfers
- Navigation App and GPX tracks available

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

This self-guided holiday comes with comprehensive route notes and maps. The route notes supplied contains all the useful details for your trip, including the daily walk descriptions and insights, along with useful tips and advice.

You will receive digital documents to peruse prior to departure, and on arrival at your first hotel you will receive a hard copy of your travel documents along with the hiking maps covering your routes.

A self-guided travel app is also supplied to help guide you along your way. This app contains the personalised details of your holiday itinerary, including the GPS-led routes for you to follow as well as points of interest along the way. The app does not need to have Wi-Fi connection to work, you simply follow the instructions we provide to download the app to your personal smartphone device before you leave home and you are ready to go.

While the travel app is running, your phone battery charge can be consumed faster than normal, so we recommend that you pack a power bank with you just in case you require it.

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 most of 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, so please read the itinerary details to ensure the distances covered each day are suitable for your family. If this is a first time walking or cycling holiday for your family, a centre-based trip is a fantastic option as it allows you to easily opt out of a day's walking if a day of building sand castles, swimming in the pool, or visiting museums is calling instead.

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 UK regional 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 Matabaiu 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.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for 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 meals 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.

Food & Water

Water from the taps is perfectly drinkable on this holiday - please use this to fill your personal bottles for your daily activities. We do not encourage the purchase 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 saboros' 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.

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 (seasonal opening times may apply) 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 15kg per person, 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.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

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'** 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 before 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. All other nationalities should check their government websites for relevant information.

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 directly 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.

Equipment Information

Self Guided Equipment List

- Hiking boots with good-grip soles

- Hiking socks
- Long / short hiking trousers
- Functional base layer top and leggings
- T-shirts
- Fleece / extra warm layer
- Windproof jacket
- Waterproof jacket
- Waterproof trousers
- Hat, gloves, and neck gaiter
- Sunscreen
- Sunglasses
- Sunhat
- Small first aid kit inside your rucksack
- Water bottle or hydration pack
- Mobile Phone (ensure your data package covers your destination)
- Power bank
- Waterproof phone cover
- Camera (and batteries / memory card)
- Reusable sealable picnic boxes for picnics

- Reusable cloth bag for shopping to avoid the use of plastic bags
- Walking poles
- Headtorch with spare batteries
- Personal wash kit
- Your self-guided route notes
- Rucksack (approx. 20L)

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.

When considering your travel dates, you might like to investigate any seasonal opening times of attractions and points of interest.

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 09/11/2026 and the trip is subject to change