Traditional Trails of Catalonia



Trip style:	Destination:	Walking Grade	Carbon Footprint:
Guided Walking Holidays	Spain	5 & 6	481kg CO2

HOLIDAY OVERVIEW

Experience Catalonia's culture with a week of walks in the Catalan countryside and along the Cami de Ronda – a snaking network of cliff-hugging paths that ticks-off some of the Costa Brava's most incredible coastal scenery. Soak up spectacular sea views in Cap de Creus Natural Park, discover the former home of surrealist painter and proud Catalonian, Salvador Dali. But the real showstopper is La Garrotxa Volcanic Zone National Park, a 10-million-year-old landscape of ancient lava flows and extinct volcanoes that's now a haven for rare plants, wildlife, and walking opportunities.

WHAT YOU'LL LOVE

- Splitting your week between the coast and countryside
- Enjoying coastal walks along the Cami de Ronda
- Spending time in traditional whitewashed fishing villages
- Learning about Salvador Dali at his former home in Cadaqués
- Discovering Castellfollit de la Roca and its dramatic basalt cliffs
- Visiting La Garrotxa Volcanic Zone National Park

WHAT'S INCLUDED

- Return flights from London Heathrow, including baggage and transfers
- A choice of 2 guided walks per day with local leaders (on walking days)
- HF Holidays Tour Manager
- 3 nights' accommodation in Olot & 4 nights in Port de la Selva
- 7 breakfasts & 7 dinners
- All in-destination transport

ITINERARY - ITINERARY 2027

Day 1 **Arrival day**

Arrive at Hotel Riu Fluvia in Olot. Free time to unpack and settle in.

Day 2 **Olot and La Garrotxa Volcanic Zone National Park**

Our first morning takes us into one of mainland Europe's most impressive volcanic landscapes. Catalonia's volcanoes last erupted just over 11,000 years ago. Nowadays, La Garrotxa Volcanic Zone National Park is ideal walking territory for its canvas of extinct craters and cones carpeted in the region's rich vegetation. There's also time spent in Olot in the afternoon - it's a lively municipality that dates back to the 9th century and has some interesting historical buildings and is also well known for its cultural activity.

Option 1 - La Garrotxa Volcanic Zone National Park

Distance: 7.5 miles (12km)

Ascent: 1,150 feet (350m)

Starting from La Fageda d'en Jorda, our walk takes us to the Croscat Volcano – the site of Garrotxa's most recent eruption some 11,500 years ago. Explore the exposed northeast flank of this remarkable volcanic cone and learn all about the powerful seismic and geothermal forces that created it. After lunch we'll continue our hike through the towering beech forests of Fageda d'en Jorda before we are picked up.

Option 2 - Olot and La Garrotxa Volcanic Zone National Park

Distance: 9 miles (15km)

Ascent: 1,000 feet (300m)

Descent: 1,480 feet (450m)

A slightly longer walk that starts directly from the hotel and takes the Cami Vell de Batet path towards the Croscat Volcano. This option also visits the Croscat volcano but takes a lengthier route through the Fageda d'en Jorda beech forest to join the option 1 group at Can Serra car park at the end of the day and return to Olot.

Day 3 Vall d'en Bas – waterfalls, villages and hidden corners

Today we explore the peaceful Vall d'en Bas, a beautiful valley known for its traditional farmhouses, shady woodland and cascading waterfalls. Both walks offer a deep dive into local history, varied scenery and plenty of opportunities to pause and enjoy the surroundings

Day 4 Walks between the Garrotxa Sadernes River and the basalt cliffs of Castellfollit de la Roca

Today we travel east from Olot to explore Mediterranean woodland, Romanesque bridges and dramatic basalt cliffs, passing the hilltop ruins of Cós Castle, offering a magnificent vantage point over the landscape. After our walks, we continue to Port de la Selva.

Day 5 Free day

Each week there's a free day when no guided walks are offered. This is an ideal opportunity to relax at the hotel, walk independently, or visit local places of interest.

Port de la Selva is a former fishing village to the north of the Cap de Creus which remains largely unspoilt. Take your pick from beaches or rocky coves for swimming, snorkelling, or simply relaxing. If you fancy lunch with a view, there's some excellent seafood restaurants and pizzerias along the waterfront.

You may wish to take a local bus to **Figueres** to visit the Museu Dali (pre booking is essential).

2,000 year old **Girona** is an easy local bus ride away and its well-preserved centre makes it one of the most interesting towns in Catalonia.

The medieval monastery of **Sant Pere de Rodes** sits high above Port de la Selva and wows with stunning views of the coastline and Cap de Creus. The hotel can arrange taxis to take you there.

Day 6 Cap De Creus & Cadaqués

Both walks today include a substantial stretch of dramatic coastal path including the spectacular limestone rock formations in the Paraje de Tudela, close to the Cap de Creus Lighthouse. You'll explore Port Lligat- the former home of Spanish surrealist artist, Salvador Dali and round off in Cadaqués to admire its characterful blue and white buildings cascading down the cliffs to the sea.

Option 1 - Along the coast to Cadaqués

Distance: 3.6 miles (5.8km)

Ascent: 590 feet (180m)

This walk starts by heading west towards La Tudela, an area with dramatic rock formations which provided the inspiration for some of Salvador Dali's surrealist landscapes. A short rocky climb leads us back onto the main road before a coach will pick us up at the visitor centre at Cap de Creus Natural Park to take us further south to de Corral d'en Morral. From here we hike to Port Lligat and over the headland to Cadaqués for some free time.

Option 2 - In the footsteps of Salvador Dali

Distance: 7.8 miles (12.6km)

Ascent: 853 feet (260m)

Descent: 1080 feet (330m)

This walk starts by heading west towards La Tudela, an area with dramatic rock formations which provided the inspiration for some of Dali's surrealist landscapes. After a short, rocky climb we then continue on foot along the GR11 trail to Port Lligat and join the option 1 route which we follow to Cadaqués.

Day 7 **Cami de Ronda**

Our final day explores the northern part of the Costa Brava. Departing from different villages, both walks follow a section of the GR92 long-distance trail. We'll discover areas that were once at the heart of Catalonia's grape growing industry, devastated by the phylloxera plague that killed vines across much of Europe in the late 19th century. On our route there are a few villages where we can stop for a coffee or a refreshing drink at a terrace with sea views.

Option 1 - Cap de Ras to Port de la Selva via the GR92

Distance: 7.4 miles (12km)

Ascent: 650 feet (200m)

An easy and entertaining walk along the coast, lively as a popular tourist destination but with delightful stretches of path that snake around dry valleys and beaches allowing for spectacular sea views. We end our walk at the hotel doorstep in Port de la Selva.

Option 2 - Colera to Port de la Selva via the GR92 and Punta de la Creu

Distance: 10 miles (16km)

Ascent: 985 feet (300m)

The harder walk starts in the village of Colera and walks right above the cliffs, past the tiny islands of Illa Grossa and Illa Petit, and some pebble beaches before joining in with the shorter route in Cap de Ras.

Day 8 **Departure day**

Return to the airport for your flight home.

DAILY WALK OPTIONS



Moderate walking grade 5

Some walking experience needed. Full day walks which may include some short but steep ascents and descents throughout the day, and varied terrain. Regular stops. Typically, 8-9 miles (13-15km) with around 1,300ft (400m) of ascent.



Moderate walking grade 6

Longer full day walks with more ascent and varied terrain. Good fitness and agility are needed. Typically, 9-10 miles (15-16km) with around 1,500ft (460m) of ascent.

ACCOMMODATION

Hotel Spa Porto Cristo, Port de la Selva (4 nights)

Located just 30 metres from the beach, Hotel Spa Porto Cristo is ideal for those that love the Spanish coast. Housed in a mid-19th century building tastefully converted into 4-star accommodation, well-appointed rooms with TV, safe, hairdryer, coffee maker and minibar. The elegant restaurant and reading room both come with knockout views over the Mediterranean Sea whilst an outdoor terrace is ideal for alfresco drinks on warm evenings.

Hotel Riu Fluvia, Olot (3 nights)

With an enviable setting in the heart of La Garrotxa Volcanic Zone National Park, 4 star Hotel Riu Fluvia boasts beautiful views of the surrounding countryside and simple yet comfortable rooms with TV, safe, hairdryer and minibar. Walkers will be within rolling-out-of-bed distance from some spectacular trails. Facilities include an outdoor swimming pool, terrace, garden area, and dining room and bar with mountain panoramas.

The swimming pool is open seasonally from May to October, subject to local weather conditions and at the discretion of hotel management.

VACCINATIONS & HEALTH

Vaccinations & health information

Before booking, you should check with your doctor to see whether any health precautions are needed for your trip. Health advice and requirements can change, so we recommend doing this in good time before travel.

As a general rule, travellers should ensure they are up to date with routine UK vaccinations and boosters, including, for example, MMR and diphtheria, tetanus and polio. Some countries may require you to have specific vaccinations such as Malaria, Rabies and Yellow Fever. Please check with your GP if you are unsure.

Please note that the use or possession of some common prescription or over-the-counter medicines is restricted or banned in certain countries. If you will be carrying medication, you should check with the relevant embassy or consulate before travelling. As an extra precaution, we recommend keeping medication in its original packaging, carrying a copy of your prescription, and, where possible, asking your pharmacist to provide the medication name in the language of the country you are visiting.

For further country-specific health advice, visit www.fitfortravel.nhs.uk or www.traveldoctor.co.uk. If you are travelling from outside the UK, please consult your own doctor and check local entry requirements.

PASSPORTS & VISAS

Passport & Visa information

This information is for those travelling with a full 'British Citizen' passport; for all other nationalities or passport holders, please check with your local consulate for advice.

Passport Requirements

This information applies to travellers holding a full British Citizen passport. Entry requirements vary by destination and can change at short notice. For most EU and worldwide destinations, passports must be valid for the entire duration of your stay. Some countries also require a minimum period of validity remaining on your passport (often up to 6 months beyond your return date), even if you are not staying that long.
We strongly recommend ensuring your passport has at least six months' validity remaining at the time of travel to avoid any issues.

If you hold a different type of British passport or a passport issued by another country, you must check the requirements with the relevant embassy, consulate, or official government website.

Visa Requirements

Visa rules depend on your nationality, destination, length of stay, and purpose of travel, and they can change frequently. It is your responsibility to check whether you require a visa before travelling.
British passport holders should check the latest entry, passport validity and visa requirements for their destination on the UK government's Foreign, Commonwealth & Development Office (FCDO) website:
https://www.gov.uk/foreign-travel-advice

ESSENTIAL INFORMATION

Packing list

It's best to be prepared for all weather conditions. To make it easier, here is a list of items you should consider packing.

Essentials

- Walking boots
- Waterproof jacket
- Waterproof trousers
- Insulated jacket/top
- Walking clothing
- Walking socks (plus spares)
- Sunhat
- Gloves/mitts and warm hat
- Water bottle (minimum 2 litre capacity)
- Headtorch
- High-factor sunscreen (minimum SPF 30)
- Swimcap (compulsory in Itialian resorts)
- Sunglasses with a dark lens
- Rucksack (15-30 litres)
- Mobile phone
- Personal first aid kit (containing your medication, blister plasters, etc.)
- Passport
- Visa (if applicable)
- Copy of your travel insurance policy
- UK Global Health Insurance Card (**formerly known as EHIC**)

Recommended

- Collapsible walking poles
- Swimwear and travel towel
- Snacks
- Dry bags

- Rubbish bags
- Insect repellent

Optional extras

- Camera
- Sit mat
- Flask for hot drinks
- Durable lunch box
- Gaiters
- GPS device (excluding Bhutan, Georgia and India)

JOINING INSTRUCTIONS (WITH FLIGHTS)

With flights

Book your holiday 'with flights' and you can choose to depart from selected UK airports* to your destination. For latest flight times and prices please call us on 0203-974-8865 or email reservations@hfholidays.co.uk

If you choose to book your flights with us, we automatically include return transfers between the destination airport and hotel.

JOINING INSTRUCTIONS (WITHOUT FLIGHTS)

Without flights

If you are booking on a land-only basis, you can join the group transfer at an additional cost. To do so, your arrival and departure times must be in line with the scheduled group flight timings. Guests travelling at different times will need to arrange their own transfers. Please contact us before booking to discuss the available options and costs.

USEFUL INFORMATION

Travel Insurance

Travel insurance is a condition of booking. Therefore, if you have not already arranged insurance, it is imperative that you do so before you travel.

For more information about healthcare and its costs, please visit: https://www.nhs.uk/using-the-nhs/healthcare-abroad/

Drinking Water

Drinking Water

Standards for drinking water vary widely around the world. In many destinations, tap water may not be safe to drink, brush your teeth with, or use for making ice. Where advised, you should drink only bottled or treated water and ensure that bottle seals are intact before use. If bottled water is unavailable, water should be boiled or filtered.

Staying well hydrated is particularly important in hot climates and during active holidays. Carry water with you and drink regularly.

If you are unsure about local water safety, check official country-specific health advice before travel, or ask your accommodation or local guides for guidance once you arrive.

Ticks information

Ticks are tiny creatures that live in vegetation and can attach themselves to passing animals or walkers and may carry a risk of Lyme Disease. Please refer to NHS advice and guidelines for information: https://www.nhs.uk/conditions/lyme-disease/

Holiday Tips for Catalonia

Language: Catalan & Spanish

Currency: Euro

Electricity: 220 Volt AC with round two pin plugs; you will need an adaptor for any appliances brought from the UK.

Tap water: Is considered safe to drink, but if you prefer, bottled mineral water can be purchased from the hotel or local supermarkets.

Telephone code: If the international number you wish to call starts with a 0, you must drop the starting digit when dialling the number.
To dial a UK number 0044
To dial a Spanish number 0034

TRIPNOTE VALIDITY

TRIP NOTE VALIDITY These Trip Notes are valid based on the date printed at the bottom of the page. They will occasionally be updated post booking and pre-departure. We will send you the latest trip notes prior to departure through a link in your pre departure documents or we can send you a copy in the post if preferred. 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 HF Holidays and ask to speak to one of the team about this itinerary. The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current

brochure, the Trip Notes supersede the brochure. All holidays can be subject to unexpected changes; so please be prepared to be flexible where necessary. At times, it may not be possible to follow the itinerary as planned due to weather conditions, political, physical or other factors. In these circumstances we will make the best possible alternative arrangements to maintain the integrity of the original itinerary.

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