

# Traditional Trails of Catalonia

**Tour Style:** European Centre Based

**Destinations:** Spain & Catalonia

**Trip code:** RSLCL

2 & 3



## HOLIDAY OVERVIEW

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Set foot along an unspoilt stretch of the Costa Brava where pretty, wild coastline is dotted with classic whitewashed villages including the artists' hideaway of Cadaqués - a favourite of Dali's. Inland, the La Garrotxa region has over 40 extinct volcanoes, the lava flows of which have sculpted the landscape which has been colonised by vegetation to create a walkers' paradise. There are walks on the GR92 long-distance path and on the Cami de Ronda - both with wonderful coastal views. A free day gives the opportunity to explore Roses - the town where our seafront hotel is located; the historic centre and citadel are well worth a visit.

## WHAT'S INCLUDED

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- A full programme of guided walks with 2 options every walking day
- All transport to and from walks
- The services of experienced HF Holidays leaders
- 'With flight' holidays include return flights from the UK and hotel transfers
- 7 night's accommodation in en-suite rooms
- Half Board - buffet breakfast and 3-course evening meal

## HOLIDAYS HIGHLIGHTS

- Fantastic coastal walking along the GR92 and Cami de Ronda
- Enjoy great Catalan cuisine with views out across the Bay of Roses at the contemporary Hotel Terraza.
- This unspoilt stretch of the Costa Brava offers pretty green coastline dotted with magical whitewashed villages
- Soak up Dali's legacy in the artist hideaway village of Cadaques
- Stride out inland and enjoy a complete contrast – green volcanoes and medieval stone towns

## TRIP SUITABILITY

This is a level 2 and level 3 graded Activity, Easier walks: 5 to 8 miles (8 to 13km) on good paths, with some rocky sections. Up to 1,500 feet (450m) of ascent in a day. Harder walks: 7 to 10 miles (11 to 16km) on good paths, with some rocky sections. Up to 2,300 feet (690m) of ascent in a day.



## ITINERARY

### Day 1: Arrival Day

Welcome to Hotel Terraza. Unpack and settle in.

### Day 2: The Cami De Ronda

The Cami de Ronda is the name given to the coastal path in the area. Its name means 'patrol walk' and it is made up of old coastguards' fishermen's and farmers' trails. It is gradually being restored by the Catalan Government with the aim of completing a route from the French border to the Costa Brava resort of Blanes.

#### Option 1 - Cala Rostella To Roses

**Distance:** 6 miles (10km)

**Total ascent:** 350 feet (120m)

**In summary:** We start our walk above the sheltered cove of Cala Rostella. The walk then heads back to Roses along the GR92 long distance trail. This takes us past secluded coves, around craggy headlands and old military installations with spectacular views out to sea and ahead to Roses. We walk past two of Roses best beaches, past the lighthouse, castle and port to return to our hotel along the promenade.

**Highlight:** Beautiful coastal views on the Cami de Ronda.

## Option 2 - L'Almadrava To Roses

**Distance:** 8 miles (13km)

**Total ascent:** 1,400 feet (420m)

**In summary:** This option travels to l'Almadrava – one of the most popular beaches of Roses. We head out along the GR92 Cami de Ronda, walking this stretch in the opposite direction to the other option but with the same spectacular views until we reach the delightful cove of Platja de Montjoi. Here we turn inland and head up and over the Coll d'en Fragam descending with beautiful views ahead to Roses past a number of megalithic dolmen and menhirs.

**Highlight:** Walk past beautiful coves and megalithic structures.

## Day 3: Cap De Creus & Cadaques

Both walks include a substantial stretch of the dramatic coastal path and explore Port Lligat, for many years the home of the Spanish surrealist artist Salvador Dali, finishing in Cadaques with its characterful blue and white buildings cascading down the cliffs to the sea.

### Option 1 - Along The Coast To Cadaques

**Distance:** 5 miles (8km)

**Total ascent:** 600 feet (180m)

**In summary:** The easier walkers have time to explore the Visitor Centre at Cap de Creus before following the coastal path south with dramatic views all the way. We reach Port Lligat then head over the headland to Cadaques where there will be time to explore and take refreshments before our journey back to Roses.

**Highlight:** Dali's haven of Cadaques.

### Option 2 - In The Footsteps Of Salvador Dali

**Distance:** 8½ miles (14km)

**Total ascent:** 1,200 feet (360m)

**In summary:** 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. We then walk a short stretch of the GR11 long distance trail to join the route of option 1 which we follow to Cadaques.

**Highlight:** Cadaques, the most easterly town on mainland Spain.

## Day 4: Sant Pere De Rodes

Our walks today focus on the dramatically situated monastery of San Pere de Rodes which sits at a height of 500m above sea level with stunning views down over the North Coast. In the 10th century the monastery was massively wealthy owning lands for many miles away from Barcelona to the French border.

## Option 1 - Sant Pere De Rodes To Pau

**Distance:** 4½ miles (7km)

**Total ascent:** 500 feet (150m)

**In summary:** The easier walk starts from close to Sant Pere de Rodes and heads up to the monastery and round the hill for excellent views. After time to look around the monastery the walk continues via the church of Santa Helena and the remains of the village of Santa Creu for more spectacular views. The walk then follows one of the routes of the Camino de Santiago down to the charming village of Pau. Here there will be time to look around and have refreshments before the return to Roses.

**Highlight:** Sant Pere de Rodes, a monastery clinging to the hillside above the sea.

## Option 2 - Over The Hills To Vilajuiga

**Distance:** 7½ miles (12km)

**Total ascent:** 2,000 feet (600m)

**In summary:** Our walk starts from the delightful inland village of Selva de Mar. From there we ascend steeply up the Muntanya de Sant Pere to reach the car park where the other walk starts. We then follows the route of option 1 but later take a different route to descend past a number of megalithic monuments and through vineyards to the town of Vilajuiga. There will be time to look round and have refreshments before taking the return coach to Roses.

**Highlight:** Far reaching views throughout the day.

## Day 5: Free Day

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

**Figueres:** The nearest large town is easily accessible by regular public buses. Figueres was the birthplace of Salvador Dali and the highlight of a trip here would be a visit to the TeatroMuseo Dali, the museum Dali personally designed to display his works after his death. It has more of his works than any other gallery in the world. Figueres is also home to the Museu de l'Emporda devoted to the history of the local region, the Museu del Joquet, a toy museum, and the Castell de Sant Ferran a huge 18th century fortress.

**Cadaques:** Return to Cadaques for further sightseeing and perhaps a visit to the Casa Museo Dali in Port Lligat, which we walked past on Tuesday. This is the house which Dali had constructed from old fishermen's cottages and where he lived and worked from 1930 to 1982. Entry is in limited numbers via timed tickets and advance booking is essential.

**Roses:** A day could be spent relaxing in Roses taking advantage of the facilities of the hotel or undertaking further sightseeing, perhaps visiting the Ciutadella and its museum across the road behind our hotel. Other options in Roses include boat trips or excursions on the Roses Express tourist train.

## Day 6: Olot, Besalu & La Garrotxa

Today's walks offer something completely different. We have a coach ride west from AltEmporda to the neighbouring 'county' of La Garrotxa and another of Catalonia's Natural Parks – the Garrotxa Volcanic Zone. The volcanoes last erupted about 11,000 years ago. They are now covered with vegetation and are known as 'green volcanoes'. Both walks will explore several of these volcanoes and also walk through the distinctive beech forests of the region. On our return journey to Roses we stop and look around Besalu – a beautiful mediaeval town with cobbled streets, fantastic architecture and a superb old bridge.

## Option 1 - Into The La Garrotxa Natural Park

**Distance:** 7 miles (11km)

**Total ascent:** 520 feet (160m)

**In summary:** Our walk starts from Can Serra and heads for the Croscat Volcano. This was the site of one of the most recent eruptions in the volcanic area – some 11,500 years ago. After a detailed exploration inside the volcano we will have lunch at Can Xei. The afternoon will be spent walking through the Fageda d'en Jorda – the famous beech forest of this area. We then head back to Can Serra for our transport back to Roses. The return journey will include a stop in Besalu.

**Highlight:** Explore this fascinating area of extinct volcanoes covered in forest with a local guide.

## Option 2 - Olot, Besalu And La Garrotxa

**Distance:** 10 miles (16km)

**Total ascent:** 1,250 feet (380m)

**In summary:** The walk begins in the centre of Olot heading via the Cami Vell de Batet path towards the Croscat volcano as visited by the easier walk. The group will also have the opportunity to enter the volcano with the local guide, before heading on to have lunch at Can Xei. After lunch we follow a longer route through the Fageda d'en Jorda beech forest to join the option 1 group at Can Serra. The return journey to Roses will include a stop for sightseeing and refreshments in Besalu.

**Highlight:** Discover the historic town of Besalu.

## Day 7: Cadaques To Port De La Selva

Today's walks explore the wild interior of the Cap de Creus Natural Park. We return to Cadaques to start the walks which both follow a substantial stretch of the GR92 long distance trail. We will walk through areas now returned to nature where we will see old dry stone wall terracing – evidence of the intensive cultivation of vines in this area brought to an end in the late 19th century with the phylloxera plague which killed vines across Europe.

### Option 1 - Cadaques To Port De La Selva Via The GR92

**Distance:** 7½ miles (12km)

**Total ascent:** 1,050 feet (320m)

**In summary:** Our walk starts from Cadaques by quickly and easily gaining height on the GR92 long distance trail past the Puig de San Vicenc. There follows a delightful stretch of path, contouring around dry valleys, passing isolated dry stone shepherd's huts to reach els Bufadors. We descend via a dry valley, the Costa dels Terrellons, to reach the outskirts of el Port de la Selva.

**Highlight:** The rugged peninsula of the Cap de Creus offers fabulous walking and views as we head coast to coast.

### Option 2 - Cadaques To Port De La Selva Via The GR92 And Punta De La Creu

**Distance:** 9 miles (15km)

**Total ascent:** 1,050 feet (320m)

**In summary:** The harder walk initially follows the same route as the easier walk to els Bufadors. We then follow a loop to the north. We join the GR 11 long distance trail and walk around the Punto de la Creu to reach el Port

de la Selva from the north.

**Highlight:** Explore El Port de la Selva, a beautiful coastal village.

## Day 8: Departure Day

We hope to see you again soon.

## ACCOMMODATION

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### Terraza Hotel & Spa - Catalonia

The 4-star Hotel Terraza has held an enviable position on the Roses seafront since 1935, sandwiched between the Mediterranean and Roses' large medieval citadel complex. The hotel has a private area on the beach for their guests. On the roof you will find the wellness centre with a heated pool, Jacuzzi, sauna, hammam and thermal showers. The restaurant produces meals of an exceptional standard and is highly rated by our guests.

#### Accommodation Info

#### Rooms

The hotel consists of 88 spacious, en-suite bedrooms which offer:

- Air conditioning
- Heating
- Room safe
- Free Wi-Fi
- Complimentary toiletries
- Mini-bar fridge

#### Facilities

As a guest, you can enjoy the use of:

- Wi-Fi throughout the hotel
- Garden sun-loungers
- Pool towels
- Gym
- Bike rental
- Tennis courts
- Wellness & Spa - HF Holidays guests enjoy a FREE 1.5 hour visit and then further visits at a supplement of €15 per person per day.

***Treatments extra. Take advantage of a 15% discount for HF Holidays guests for treatments and spa products on weekdays.***

#### Food & Drink

Our holidays at Roses are Half Board with continental breakfast and 3-course served evening meal featuring locally sourced dishes and Catalan fare.

Enjoy a glass of wine with your evening meal which is included in your holiday.

#### Your Evenings

The friendly atmosphere of our Guided Walking holidays continues into the evening.

Enjoy a glass of wine or beer whilst listening to your leaders outlining the next day's walks. Or just relax in the hotel bar or on the terrace outside chatting with your fellow guests.

The hotel organises occasional musical events and yoga/stretching classes which you are welcome to attend.

## TRAVEL DETAILS

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### THE HASSLE FREE OPTION

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Book your holiday 'with flight' and choose between Heathrow and Manchester flights to Barcelona airport. For flight times and prices please see the Dates & Prices tab.

If you choose this option we automatically include return transfers between the airport and the hotel. The coach transfer takes approx 2 and a half hours to the Terraza Hotel & Spa.

**Please note** London Heathrow and Manchester flights arrive into different terminals at Barcelona airport. Our coach transfer will depart from Terminal 1. Guests on the Manchester flight will need to make their way from Terminal 2 via the free shuttle bus located outside the arrivals hall. There is plenty of time for this journey as the London flight is scheduled to arrive later.

### THE FLEXIBLE TRAVEL OPTION

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Alternatively, tailor your journey to suit you by booking your holiday 'without flight' allowing you the freedom to book your own flights from your local airport.

If you choose this option, transfers are not included in the price. However, below are some suggestions to help you reach your destination:

We can book you a seat on the HF Holidays' transfer coach from Barcelona airport. This is timed to meet the HF Holidays' flights\* (provisional flight times can be found on the dates and prices tab or you can call us on 020 8732 1220 for more information). Cost per single journey is £31.50. **Please note** that if your flight arrives into Terminal 2 you will need to transfer to Terminal 1 via the free shuttle bus located outside the arrivals hall. Transfers are timed to meet the London Heathrow flight.

Transfers must be pre-booked. Please call 020 8732 1220 for more details

## USEFUL HOLIDAY INFORMATION

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### Essential Information

#### Passport Requirements

You may need to renew your British passport if you're travelling from 1 January 2021.

On the day you travel, you'll need your passport to both:

- have at least 3 months left
- be less than 10 years old (even if it has 6 months or more left)

Use the [government website](#) to see if your passport is valid for this holiday

## EHIC Cards

The UK government has officially launched the Global Health Insurance Card (GHIC), which will replace the European Health Insurance Card (EHIC). UK residents can now apply for one of the GHIC cards, which will gradually replace the EHIC cards as they reach their expiry dates. Every family member travelling requires a GHIC. You can make an application for yourself and on behalf of your partner and any dependent children under the age of 16. Both cards will offer equivalent protection for emergency and medically necessary healthcare needs when in the EU on a temporary stay, which includes holiday, study and business travel. Necessary healthcare includes things like

- emergency treatment and visits to A&E
- treatment for long-term or pre-existing medical conditions
- routine medical care for pre-existing conditions that need monitoring
- oxygen and kidney dialysis

The public only need to apply for their free GHIC cards when their current EHIC expires. The process is likely to take two weeks. For more information visit <https://www.nhs.uk/using-the-nhs/healthcare-abroad/apply-for-a-free-uk-global-health-insurance-card-ghic/>.

The GHIC is not an alternative to travel insurance. We advise all holidaymakers to also invest in travel insurance that covers healthcare, so they are covered for other issues that may arise, as well as cancellations and lost luggage.

## Essential Equipment

To enjoy walking/hiking comfortably and safely, footwear, clothing and equipment needs to be suitable for the conditions. Safety and comfort are our priorities, so our advice is to come prepared for all eventualities.

- Footwear with a good grip on the sole (e.g. Vibram sole) is the key to avoiding accidents.
- Walking/hiking boots providing ankle support and good grip are recommended (ideally worn in), and specialist walking socks to avoid blisters.
- Several layers of clothing, which can be added or removed, are better than a single layer (include spares).
- Fabrics (lightweight and fast drying) designed for the outdoors are recommended.
- Waterproof jacket and waterproof over trousers.
- Warm hat and gloves.
- Denim jeans and capes are not suitable on any walks.
- Rucksack with a waterproof liner.
- Thermos flask for hot drink.
- Water bottle (at least 2 litre).
- Spare high-energy food such as a chocolate bar.
- Small torch.
- First aid kit – your leader's first aid kit doesn't contain any medication or blister kits (such as Compeed).
- Sun hat and sunglasses
- Sun cream.

## Optional Equipment

- Walking poles are useful, particularly for descents.
- Insect repellent.
- Camera.
- Gaiters.

## Useful Information

**Language:** Catalan & Spanish

**Currency:** Euro

**Changing money:** There are several ATM machines in Roses where you can obtain money.

**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

The languages of Catalonia are Catalan & Spanish.

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

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

## Local Currency

The currency in Catalonia is the Euro.

## Electricity

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

## ATM Availability

There are several ATM machines in Roses where you can obtain money.

## HOW TO BOOK

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When you're ready to book, you can choose to **book online** or book **over the phone**. Our website offers secure online booking for our holidays, is available 24/7, and offers more in-depth information about all our holidays. If you prefer to call us, our experienced and knowledgeable team are available to answer any specific questions you have and can offer guidance as to which holiday is best suited to your needs.

Our office is open: Monday to Friday: 9am – 5.30pm, Saturday: 9am – 1pm, Sunday & Bank Holiday Monday: closed

## PAYING YOUR DEPOSIT

To secure the holiday of your choice, you will need to pay a deposit: UK & European Holidays: £150 per person and Worldwide Holidays: £250 per person. You can pay your deposit by debit or credit card with no additional card fees charged or make an online BACS payment directly into HF's bank account, please see details under BACS payments. You can also pay your deposit by cheque within seven days of booking. Cheques should be made payable to 'HF Holidays Ltd' with your booking reference / Order ID on the back.

## NON-MEMBER FEE

Non-members can join our holidays by paying a Non-Member's fee of £30 per person per holiday. Alternatively, full membership is available from £100 – visit [hfholidays.co.uk/membership](http://hfholidays.co.uk/membership) for details.

## BACS PAYMENTS

Please quote your booking reference / Order ID when you make your payment online: Bank Name: National Westminster Bank, Account Name: HF Holidays Limited, Account Number: 48904805, Sort Code: 60-00-01, IBAN: GB90NWBK60000148904805

Once we have received your booking and deposit, we will send a confirmation invoice to the lead name. Please check this carefully. For bookings 'with flights' it is essential that the names on your booking confirmation invoice match those on your passport for bookings overseas. Please advise us immediately of any errors. Any name changes after the balance of your holiday has been paid will be subject to a fee levied by the airline.

## MANAGE MY BOOKINGS

Payments can also be made through the [Manage My Booking](#) function on our website. Click on the link at the top of our homepage. This is available to all customers who provide an email address at the time of booking.

## YOUR FINAL BALANCE

Your final balance payment is due 6 weeks before departure if you are staying in an HF Holidays UK country house, 8 weeks before departure if you are travelling on one of our holidays in Europe and 10 weeks before departure if you are on a Guided Trail staying in one of our partner hotels or are travelling on a Worldwide holiday. As with paying your deposit, you can pay your final balance by debit or credit card, make an online BACS payment directly into HF's bank account or pay by cheque.

## TRAVEL INSURANCE

Travel insurance is an important part of any booking and essential for one of our holidays. HF Holidays works with specialist. Insurance Brokers Campbell Irvine Direct. For more information or to obtain a quote call them on [01702 427 236](tel:01702427236) or visit [hfholidays.co.uk/insurance](http://hfholidays.co.uk/insurance)

## PEACE OF MIND

### ATOL:

The air holidays and flights in this brochure are ATOL-protected, since we hold an Air Travel Organiser's Licence granted by the Civil Aviation Authority. Our ATOL number is ATOL 710. In the unlikely event of our insolvency, the CAA will ensure that you are not stranded abroad and will arrange to refund any money you have paid us for advance bookings. For further information visit the ATOL website [atol.org.uk](http://atol.org.uk)

### MEMBER OF ABTOT:

HF Holidays is a member of ABTOT (The Association of Bonded Travel Organisers Trust Limited) which provides financial protection under the Package Travel, Package Holidays and Package Tours Regulations 1992 for HF Holidays Ltd and in the event of their insolvency, protection is provided for the following: 1. non-flight packages commencing in and returning to the UK; 2. non-flight packages commencing and returning to a country other than the UK; 3. flight inclusive packages that commence outside of the UK and Republic of Ireland, which are sold to customers outside of the UK and Republic of Ireland. 1, 2 and 3 provides for a refund in the event you have not yet travelled. 1 and 3 provides for repatriation. Please note that bookings made outside the UK and Republic of Ireland are only protected by ABTOT when purchased directly with HF Holidays Ltd.

## 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.

## PRICE GUARANTEE

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We promise that our earliest published prices will always be the best and if we reduce our holiday price after your booking has been confirmed, we will pass this reduction on to you. Our price promise applies if any subsequent offer price is for an identical holiday, duration, location and date and does not cover any optional extras, flights or additional services.

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