

The Costa Brava from Cadaquès to Palamos

The GR92 of the Mediterranean

Self-guided circuit

7 days 6 nights including 6 days of hiking

Level 3/5



Starting in Cadaquès on the Costa Brava, an inspiration for Salvador Dali, you move from port to port, calas to calas ('cove' in Catalan), as far as the white houses of Palamos and its large, sandy beach.

Between the land and the sea, you discover a succession of small calas, each as pretty as the next, including many famous spots: Joncols, Montjoi, Sa Tuna and Tamariu. The route also passes inland, with a beautiful trip to the atypical castle of Montgril, the Greco-Roman ruins of Empuries, as well as the beautiful medieval villages of Pals and Begur.

A hike far off the beaten track to discover the secret Costa Brava and its landscapes, bathed in the Mediterranean sunlight.

KEY POINTS:

- The beautiful calas of the Costa Brava and Spanish Catalonia.
- Scents of the Mediterranean: the garrigue, beautiful villages and sea air.
- Comfortable stages in the heart of the ports of the Mediterranean.
- A beautiful route in the land of the sun!

PROGRAMME

Day 1 : Cadaquès

You arrive in the village of Cadaquès : famous village with its pretty port and typical white houses where Salvador Dali lived. You stay in a ** hotel on a B&B basis.

Day 2 : From Cadaquès to Rosas. 21km 6h40 Altitude Difference: +450m -460

Possibility to extend this stage with a pretty loop around the Cap de Norfeu : +4.5km +180 -225m

Starting at the statue of Salvador Dali, you head south for a magnificent and wild hike crossing the Cap de Creu Park. On the programme today, discover several beautiful and celebrated calas ('cove' in Catalan) including Joncols, Montjoi and Rostella. The path moves up and down, along this steep coast, allowing you to discover the superb landscapes between the sea and mountains. Arrive in Rosas for a night on the seafront. Night in a ***hotel on a half-board basis.

Day 3 : From Rosas to L'Escala : 16km 4h00. Altitude Difference : +50 -50m

In the morning, a transfer of 45mins to the pretty village of Sant Père Pescador, from where you will start your hike. Passing through the countryside and typical Catalan villages, you reach the Greco-Roman site of Empuries (from the Greek "emporion" for 'market') with ease. This superb ancient port welcomes you at the end of the stage before you reach the seafront at the village of Escala. Night in a ***hotel not far from the beach.

Day 4 : Escala – Torroella de Montgri : 21km 6h45. Altitude Difference: +530 -510m

The day starts nicely at the very pretty Cala Montgo. The path then rises above the sea (viewpoints) to join the Mediterranean forest of Muntanya Gran. After ascending Montpla (309m); you reach the spectacular and unusual castle of Montgri which, having been completed in the 13th Century, was never used. Night in ****hotel in a double bedroom at Torroella de Montgri, on a half-board basis.

Day 5 : Torroella de Montgri – Pals and Begur. 22km 6h15. Altitude Difference : +360m -190m

Having crossed the River Tet, you take a stroll through fruit orchards. Then, after a short climb to the top of Pascuata, from where you can take in a terrific view of the Medes islands and the sea, you pass through a succession of very beautiful medieval villages including Palau-Sator, Pals and Begur. Night in a ****hotel on a half-board basis.

Day 6 : Begur to Calella de Palafrugell or Llanfanc. 19km 5h45. Altitude Difference : +560m – 750m

Having left Begur, you descend towards the sea to reach the Cala Aiguafreda and Sa Tuna. Then, along a magnificent balcony path over the waves, you will reach a pretty village of white houses, Fornells. A beautiful route takes you on to the famous Cala de Tamariu before arriving in the picturesque fishing villages of Llanfanc and Calella de Palafrugell. Night in a *** hotel on the seafront in Llanfanc and Calella de Palafrugell.

Day 7 : Calella de Palafrugell or Llanfanc to Palamos. 11km 3h30. Altitude Difference : +180m -180m

It's the last stage, but by far not the least pretty, as the route jumps between the beaches of Castell and Saint Esteve, following small paths along the seafront and crossing through forests, as well as taking in many beautiful viewpoints over the sea. Arrival in Palamos. Transfer to Collioure and end of trip.

DURING YOUR STAY

KEY INFORMATION :

Self-guided formula :

You can go on your own, as a couple, with your family or with friends. We'll look after your accommodation, meals, luggage transfer and group.

You have a good experience of hiking. From one stage to the next, you follow the maps and detailed digital roadbook that we have carefully prepared for you.

Going on your own means hiking lightly, at your own pace, and taking full advantage of the pleasures of nature without worrying about the logistics of your stay. It also means being free to interpret and imagine what the landscapes have to say.

LUGGAGE:

You only need to carry what is needed for the day and your picnic. Your other luggage is transported by vehicle. Please respect the luggage limit of one bag per person, maximum weight of 15kg/bag.

ACCOMMODATION:

In double bedrooms in comfortable **, *** or **** hotels (subject to availability) on a **half-board basis except on Day 1 which is on a B&B basis.**

The hotels offer a higher level of comfort. You sleep in single or double bedrooms with a private bathroom. Sheets and towels are provided.

FOOD:

This is not the time to go on a diet! Instead, it is an opportunity to taste local cuisine and specialities. The quality of your food is paramount and we take great care to ensure a good dietary balance, sufficient calorie intake and that each meal includes local specialities.

You will eat in the hotel

Picnics (for lunch) are not included.

NUMBER OF PARTICIPANTS:

From 2 people.

BEFORE YOUR DEPARTURE

PRICES:

See the price table on our website <http://www.larebenne.com>

REGISTER:

At La Rébenne, we place great importance on having contact with our travellers. We love to talk to you about our travels and trips and would like to maintain a close relationship with you. Exchanging, sharing and enjoyment remain the key objectives for every La Rébenne trip.

To contact us and register it's easy! Call us or send us a quick email.

contact@larebenne.com Tél +33(0)5 61 65 20 93 Ou +33(0)6 81 53 77 75
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Sales contract and deposit

We will send you the sales contract, the insurance form, as well as the general sales conditions and any special sales conditions. Registration is complete once we have received your signed contract with a deposit of 40% of the total cost of the stay. A receipt will then be sent to you for your records.

Payment of outstanding balance :

The total balance must be paid one month before the departure date. If you register less than one month before departure, you will pay the full cost of the trip when you register.

Validation and confirmation :

Upon receipt of the total balance, you will be sent your 'trip file'. This will include details of the meeting point, the list of required equipment as well as all necessary contact details, etc.

Formalities

- A valid official ID.
- European Health Insurance Card in advised: this is a card which attests to your rights to health insurance (necessary treatment is covered), throughout Europe. The card is individual, with your name, and is valid for one year. You can obtain the card with a simple request to your Health Insurance Provider (by telephone or in person); you do not need to provide any documents. You should receive your card in under 15 days. If that is too long, you can obtain an attestation.
- Travel insurance with repatriation included is obligatory.

LEVEL: 3/5

An average of 6 hours of walking per day, with positive altitude differences of 50 to 560m max.
You are in good physical condition and you are prepared to hike for several days.

PERIOD :

From April to end of June, and from September to November. Departure possible in July - August at an additional cost.

DEPARTURE AND MEETING POINT :

Arrival in Collioure.

How to get there :

By car : Arrival in Figueras via AP7 motorway. Then N260 GIV 610 then GI614 for Cadaquès.

By train : Renfe de Figueras station then bus to Cadaquès.

By plane: Perpignan or Barcelone Airports.

THE PRICE INCLUDES:

SAS LaRébenne au capital de 5000€ RCS de Foix - 10 rue de la Comédie - 09000 Foix
Tel : 05.61.65.20.93 / 09.77.89.93.37 / 06.81.53.77.75 - contact@larebenne.com - www.larebenne.com
RCP : 115 769 365 MMA Atout France: IM009100007 N° de TVA FR 3350215707600014 Garant : Groupama N° 4000714358/0 –
N° SIRET : 502 157 076 00014 NIF FR 33502157076 APE:7911Z

- Half-board accommodation: from dinner on Day 2 to breakfast on Day 7, on B&B basis in Cadaquès.
- Luggage transfer.
- Transfer between Rosas and Saint Père Pescador.
- Return transfer from Palamos to Cadaquès.
- IGN maps with marked route, map holder.
- Detailed TopoGuide.

THE PRICE DOES NOT INCLUDE:

- Drinks
- Lunches
- Insurance
- Personal expenses
- Return transfer to the departure point
- Visits to museums
- Parking

INSURANCE:

In accordance with the regulations of our profession, La Rébenne is insured for Professional Civil Liability. However, each participant must hold an individual liability policy as well as individual multi-risk coverage in order to protect themselves from incidents or accidents that may occur before or during the hike or trip.

Any additional insurance shall be invoiced on an individual basis and must be purchased on the day you register for the trip.

We offer 2 options - Multi-risk and Cancellation

Package no. 1 - Multi-risk: full guarantee in the case of cancellation, loss of luggage, repatriation assistance, medical expenses, interruption of stay. Coverage provided by APRIL Voyages.

Package no. 2 - Cancellation: guarantee only in the case of an impediment prior to departure. Coverage provided by APRIL Voyages.

Please refer to the price list on our website, practical information - insurance (infos pratique - assurances):<http://www.larebenne.com/infos-pratiques/assurances.html>

RECOMMENDED EQUIPMENT:

As good preparation is synonymous with a successful trip, here are a few tips regarding equipment you should take to ensure your trip goes as smoothly as possible (non-exhaustive).

Your luggage

As far as possible, please do not exceed one large bag per person: sports bag of around 55L. These bags will be transported to your accommodation by vehicle. We will provide you with address tags to attach to your luggage.

Your backpack

1 medium-sized backpack to carry the essentials for the day (55 litres).

To include in your backpack

- A compass and altimeter for self-guided trips
- A raincoat
- A minimum of two 1 litre water bottles
- A first aid kit (contents as advised by your doctor): dressings, bio-gauze disinfectant, strips, sterile gauze, purification tablets for drinking water, aspirin, any personal medications and a survival blanket.
- Personal items: a camera, hat, binoculars etc.

Shoes

Good quality hiking boots. They must be comfortable, waterproof and breathable. Shoes which support the ankle are essential. If you need to buy a new pair, we advise you to test out your shoes prior to the start of your trip. Do not take a smaller size as feet tend to swell during hiking.

Clothes

- A jacket that is both windproof and waterproof (gore tex, poncho, etc.).
- A big sweater or a fleece jacket.
- Comfortable walking trousers.
- Shorts, t-shirts..., and breathable underwear.
- A change of clothes.
- A warm hat and a pair of gloves.
- A swimsuit (for some stays).

Sleeping (for nights in a 'gite' or dormitory):

- A sleeping bag or bedsheets
- Earplugs (you never know!)

Picnic

- An airtight and waterproof plastic lunchbox, with a section for salad and with your initials marked on both the lid and box.
- Cutlery (fork, folding knife, spoon).
- 'Race food' (energy bars, dried fruit etc.)

Extras

- Light and airy shoes for the evenings (trainers or sandals)
- A pair of telescopic hiking poles or a 'shepherd's stick'.
- Sunglasses, sunscreen and protective lip balm.
- A cap or sunhat.
- Camera, binoculars
- A small toilet bag with a towel.
- A torch or head torch with spare batteries.
- Toilet paper.
- Mobile phone

AFTER YOUR STAY

Let us know what you think! And to make sure that these fond memories of your trip live on, we'd be delighted to receive any photos, videos, montages or comments you may have made during your tour.

CONTACT

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