

Hiking from Collioure to Cadaquès The Balconies of the Mediterranean

Self-guided walking tour
7 days, 6 nights including 6 days of walk

Level 3/5



From Collioure, a place that inspired fauvist painters, we go from port to port until we reach the white houses of Cadaquès, the easternmost village in Spain. Between earth and sky we follow 14th century signal towers on the ridges of the Albères massif, each evening descending to the Catalan fishing ports. We cross the border through vineyards to reach the natural reserve of Cap Créus and the famous village of Cadaquès.

A walk following in the steps of the Catalan painters and sculptors Dali, Matisse, Miro, Picasso... in sunlit landscapes with a section in the Mediterranean ports.

HIGHLIGHTS:

- These landscapes and this light has fascinated some of the most celebrated painters
- The fragrances of the Mediterranean: the scrubland, vineyards and sea air
- Comfortable accommodations in the heart of Mediterranean ports

PROGRAMME

Day 1: Arrival in Collioure

Arrival in Collioure. Take your time to discover this lovely village, in love with colours and painters. Night in hotel.

Day 2: From Collioure to Banyuls

2 possible levels of difficulty

1st: 12km ascent: +650m; 2nd: 4h30 12km ascent: +500m

In the morning, you will discover the village of Collioure along the path of the great masters of Fauvism, such as Matisse and Derain. From the hermitage of Notre Dame de la Consolation, climb up to the Tour Madeloc (656m) and look out over Banyuls. You finish this beautiful stage with a good meal overlooking the sea. Night in a hotel.

Day 3: Banyuls - Port Bou or Cerbère 5h.

2 possible levels of difficulty

1st: 13km Ascent: +672m 2nd: 13.5km 4h30 Ascent: +400m

You leave the magnificent vineyards of Banyuls sur mer along the ridge path towards the Carroig tower (670m). A unique panorama of the Canigou and the Albères nature reserve as you plunge into the sea to reach the first typical Catalan village: Port Bou. Overnight in a seaside hotel.

Day 4: Port-Bou OR Cerbère – Llança

16km: 5h Difference in altitude: +500m

Head further south along a magnificent coastal path to discover the first "calas" (Catalan for coves) carved out by the sea and wind. You reach Llança along the seafront. Overnight in a hotel in the historic centre.

Day 5: Llança – El Port de la Selva

12km 4h30. Ascent: +530m

After climbing to the monastery of San Père de Rodes (480m), you will be treated to a spectacular panorama of the Gulf of Lion and the bay of Rosas. Then descend to the fishing village of Port de la Selva to breathe in the sea air. Overnight in a hotel, where you can take advantage of the spa (jacuzzi, shower, hydro-massage and sauna) and the massage, beauty treatment and physiotherapy services for total relaxation (optional, except July and August).

Day 6: Port de la Selva - Cadaquès

10km 4h. Difference in altitude: +450m via the GR92 or 22km 6h30 +480m via the coastal path and GR11.

A beautiful route leads you through the scrubland, along a picturesque path lined with low dry-stone walls to a splendid view of the bay and the village of Cadaquès. Make the most of this short stopover to visit the village and walk to the little hamlet of Port Lligat, famous for its cove and Salvador Dali's house. Overnight in a hotel in Cadaquès.

Day 7: Cadaquès – Collioure (transfer to Figueras)

You leave the seaside in the direction of Figueras, where you can visit the "Museu Dali". Transfer to Collioure and end of your stay.

DURING YOUR STAY

ORGANISATION :

Self-guided tour

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 will only carry the belongings necessary for a day and your picnic. Bags will be transported by vehicle. **Please respect the luggage limit of one bag per person, maximum weight of 15kg/bag.**

ACCOMMODATION :

In double rooms in comfortable **, *** or **** hotels (subject to availability) **on half-board basis**. The hotels offer a high level of comfort. You will sleep in single or double rooms, each with its own bathroom. Bed linen and towels are provided.

FOOD:

Your trip might not be the best time to diet, as it's an occasion to taste the local cuisine. We assign great importance to the quality of the food we provide: well-balanced and nutritious and providing ample energy, the specialties of the region are incorporated into each meal.

Picnics are not included.

NUMBER OF PARTICIPANTS:

Starting from 2 people.

BEFORE YOUR DEPARTURE

PRICES:

See fares on our website

REGISTRATION:

At La Rébenne we like to inform our customers about our trips and to create a strong relationship with them. Sharing and pleasure are a really important part of our trips.

Contact us

contact@larebenne.com
Tél/Fax +33(0)5 61 65 20 93
Ou +33(0)6 81 53 77 75

Sale contract and deposit

You'll receive the contract and the insurance policy. We'll consider the registration done when we will have received the contract signed and the deposit corresponding to 40% of the total price of your stay. Once all that will be done, we'll send you a confirmation letter.

Balance outstanding payment

It has to be paid one month before departure. If you register less than a month before departure you'll be asked to pay the whole price at the registration.

Once the payment done, you'll receive a full list of information about your stay.

Validation

Once the payment done, you'll receive a full list of information about your stay.

PROCEDURES

- Passport or ID is compulsory
- We recommend getting a European Health Insurance card (check with the NHS)
- Repatriation insurance is compulsory

DIFFICULTY LEVEL: 3/5

An average of 5 hours' walking a day, with a maximum positive difference in altitude of between 300 and 800 metres. You must be in good physical condition and be prepared to hike for several days.

PERIOD:

From February to the end of June and from September to November. Departures possible in July and August at extra cost.

DEPARTURE AND MEETING POINT: Departure from Collioure

How to get there:

By car: To Perpignan by highway A9. Then take the direction of Collioure D914.

By train: Perpignan or Collioure train's stations.

By plane: Perpignan airport and shuttle to the train station.

THE PRICE INCLUDES:

- Half-board accommodation, from dinner on day 1 to breakfast on day 7,
- Luggage transport,
- Return transfer from Cadaquès to Collioure via Figueras.
- Maps with route highlighted
- Detailed digital roadbook

PRICE DOES NOT INCLUDE:

- All drinks,

- Lunch,
- Insurance,
- Personal expenses,
- Transport to the meeting point
- Museum visits,
- Parking,
- Insurance.

INSURANCES

According to the regulations, La Rébenne has professional civil liability insurance. However every customer must have an individual civil liability but also a comprehensive insurance in case of any accident during the stay.

Every extra insurance is charged per person and must be subscribed on the registration day.

We offer 2 formulas to choose from : multirisks and cancellation.

Package n° 1 : Multirisks

It offers a choice of complete guarantees for cancellation, loss of luggage, repatriation insurance, medical fees and stay's interruption.

This package is subscribed from APRIL Voyages.

Package n° 2 : Cancellation

It covers you only in case of impediment (of medical order) before the departure.

This package is subscribed from APRIL Voyages.

More information following : <http://www.larebenne.com/infospratiques/assurances.html>

RECOMMENDED EQUIPMENT:

As a good preparation if often synonymous with a successful stay, here are some tips to take in your materials list to make your trip happens in the best conditions (not exhaustive list):

YOUR LUGGAGE

If possible, limit your luggage to one bag by person: type sport bag about 55l. These bags are transported by vehicle. We will give you labels to attach to luggage.

YOUR BACKPACK

1 medium backpack to put the equipment for the day (around 30 litres)

THE BOTTOM OF BAG

- A rainwear.
- Water two litres minimum.
- A first aid kit: Double-skin plaster, disinfectant and gauze compresses, water disinfectant pastilles, aspirin, personal medicine and a survival blanket.

(Don't hesitate to check with your doctor for any further information)

- Your personal items: camera, hat, binoculars...

YOUR SHOES

Light trekking shoes, covering up the ankle. First of all they have to be comfortable, waterproof and breathable. A good maintenance of the ankle is indispensable.

If you have to buy a new pair of shoes, we advice you to try it before to start the trip. Do not choose a smaller size than your everyday shoes because of your feet will inflate during the walk.

YOUR CLOTHES

- A windproof and waterproof jacket (gore tex, poncho...)
- A sweater or a fleece jacket
- Comfortable pants for walking
- A short, t-shirts and breathable underwear
- Clothes and personal laundry
- A cap and a pair of gloves
- A bathing suit (for some holidays)

FOR YOUR PIC-NIC

- A hermetic plastic box (0,5L) with a waterproof lid, big enough for on portion of food, with your initials written on both parts.
- Cutlery (fork, knife and spoon).
- Food for race (energetic food, dried fruits...).

SMALL MATERIAL

- Light and airy shoes for the evening
- A pair of telescopic baton or « shepherd baton»
- Sunglasses and sun cream
- Lip stick
- Hat, cap or bob
- Camera, binocular...
- A small toilet bag with towel
- An electric torch (frontal if possible) with extra batteries
- Toilet paper and lighter
- A first aid kit

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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