DATA SHEET - RP64

The Costa Brava from Cadaquès to Palamos The GR92 of the Mediterranean

7 days 6 nights including 6 days of hiking, A truly beautiful itinerary

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.

Strengths

- 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!

SCHEDULE

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.
Hotel (B&B)

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

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 ** or *** hotel on a half-board basis.

Hotel

Day 3 : From Rosas to L'Escala : 13 km - 3h30 - Elevation: + 40 m - 40 m

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 ** or *** hotel not far from the beach.
Hotel

Day 4 : Escala – Torroella de Montgri : 22.5 km - 6h45 - Elevation: + 500 m - 500 m

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 *** or **** hotel in a double bedroom at Torroella de Montgri, on a half-board basis.
Hotel

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

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 ** or *** hotel on a half-board basis.
Hotel

Day 6 : Begur to Calella de Palafrugell or Llanfanc : 19 km - 5h45 - Elevation: + 560 m - 750 m

Having left Begur, you descend towards the sea to reach the Cala Aiguefreda 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 Llafanc and Calella de Palafrugell.
Night in a ** or *** hotel in Llafranc and Calella de Palafrugell.
Hotel

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

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 Cadaquès and end of trip.

TRAVEL CONDITIONS

Luggage :

Travel light – we'll take care of the rest!
Drop off your luggage before setting off in the morning; it will be waiting for you at your next stop. You'll only need to carry what you need for the day and your picnic. Luggage is transported by vehicle. Please allow one bag per person, weighing no more than 15 kg. One important detail: each bag must be labelled.

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.

Difficulty level :

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.

Departure and meeting point :

Arrival in Cadaquès.
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.

RATES

Self-guided package with luggage transport	
Registration for 2 people	1050€
Registration for 3 people	995€
Registration for 4 people	960€
Registration for 6 people	920€

Self-guided package with luggage transport in high season : June 16 to September 15 + Holy Week in April	
Registration for 2 people	1200€
Registration for 3 people	1150€
Registration for 4 people	1110€
Registration for 6 people	1170€

The price includes :

- 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

GENERAL INFORMATION

How to subscribe ? :

No, no automatic forms!
At LaRébenne, we prefer to keep in touch with our travelers. We like to talk to you about our travels, and we want to maintain this relationship with you. Exchange, sharing and pleasure remain our ambition for LaRébenne travels.
Don't hesitate to contact us directly to talk about hiking or biking.
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Registration, deposit and validation

Once you've chosen your trip, it's quick and easy to register!
* Either go directly to your tour's page on our website and click on registration.
* Or we can work with you to create a tailor-made tour, and send you a personalized link to your registration form.
The registration is effective when we receive your registration form with your acceptance of the general terms and conditions of sale, accompanied by the deposit of 30% of the tour price. You will then receive an acknowledgement of receipt of your registration.

100% secure payment
You can pay by credit card (faster) or bank transfer.

Payment of balance

The balance must be paid one month before the departure date. You will find your invoice on your My LaRébenne space, as well as a payment link to the balance of your stay.

Invitation to depart

On receipt of payment of the balance, your travel diary will be available in your customer area on My LaRébenne, where you will find all the information you need for your trip, as well as your invoice.

Insurance :

In accordance with regulations, each participant in a LaRébenne trip must hold individual civil liability as well as individual multi-risk cover to protect themselves against incidents or accidents that may occur before or during the tour or bike trip.
Assistance mainly covers search and rescue, repatriation and medical expenses. It comes into play as soon as a medical report makes it possible to decide on repatriation. Repatriation, known as "premature return", can also be arranged for reasons other than the insured's own, such as the death of a family member (see cases in the insurance booklet). Beforehand, in regions far from medical facilities and difficult to access, you must agree to the organization of first aid using local resources (4X4, porters, horses, etc.).
This contract also covers loss, theft or delayed delivery of baggage, as well as interruption of stay.
The insurance protects against the financial risk of cancellation. It is very important to have this type of insurance in case of cancellation due to a health problem or for professional reasons.

We suggest you take out one of the three policies we have selected, bearing in mind that we only act as an intermediary between you and the insurer. Any additional insurance is invoiced per person and must be taken out on the day of booking:

- "Multirisque" contract (4.5%), minimum premium 15 euros:
  Repatriation assistance + tour interruption + luggage + cancellation.

  See the complete contract

- "Cancellation" contract (2.5%), minimum premium 10 euros:
  Cancellation only.

  See the complete contract

- "Repatriation assistance" contract (1.6%), minimum premium of 10 euros:
  Repatriation assistance + tour interruption + luggage.

  See the complete contract

As far as "civil liability abroad" is concerned, only French residents are covered.

Informations :

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