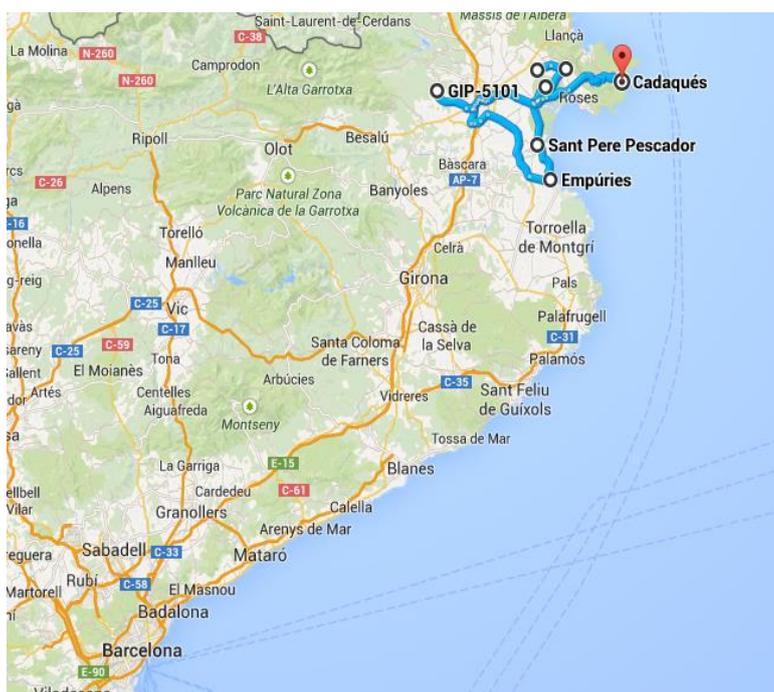


Cycling Europe

SPAIN 2019

CATALONIA'S COAST & VILLAGES

Self-guided cycling - 8 days/ 7 nights



Salvador Dalí at Port Lligat

Surrounded by the Pyrenees, historic castles, hilltop fortresses, ancient wine villages and fields full of lavender, this cycling holiday gives you the opportunity to explore the beautiful Catalan countryside and rugged coast. End in the beautiful white-washed town of Cadaques on the coast, the birthplace of Spain's adored artist Salvador Dalí. The bohemian atmosphere, excellent seafood and attractive coastline make a nice finish to your tour. It is an exhilarating experience guaranteed to create lasting memories.

GRADE/TERRAIN

Moderate - 70% of cycling on stony farm tracks and trails that are mostly flat, through farmland, olive groves, vineyards, pine woods and wetlands.

ITINERARY

Day 1-Palau Saverdera

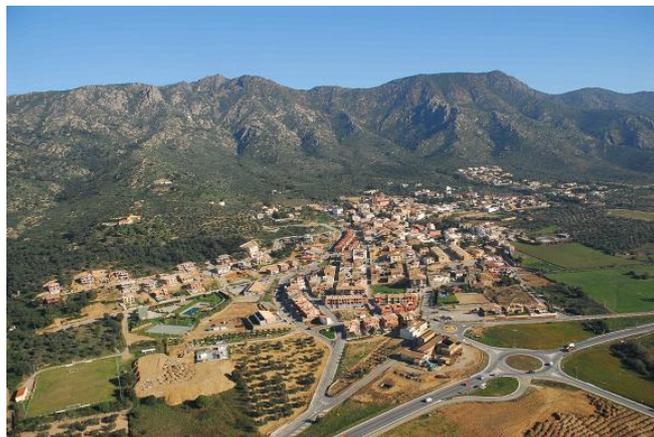
Arrive at Girona Airport or Figueres Vilafant Train Station where you will be transferred to your accommodation in Palau Saverdera. Surrounded by vineyards and orchards, immerse yourself in the history and culture of



this traditional Catalan farming village. Take a cycle through the local countryside and discover experience everyday life in this beautiful part of Catalonia.

Day 2-Palau Saverdera. 36 kms

Today you will travel west on a circular route through fields lined with vineyards and olive groves until you eventually arrive at the historic town of Perelada. Perelada's historic environment is fascinating. Its narrow streets, museums, St. Domènec's cloister and the gardens at the impressive casino-castle provide a unique atmosphere. From Perelada you make your way back to Palau Saverdera via the sleepy hamlets of Pedret and Marza.



Day 3-Palau Saverdera-Sant Pere Pescador. 28 kms

After breakfast leave Palau Saverdera behind and head south to the beautiful medieval village of Castello D'Empuries. There are many historical



buildings to visit however the landmark of the village, visible from afar, is the Parish Church of Santa Maria which is often called the 'Cathedral of the Empordà' due its size and gothic influenced architecture. You then travel through the Aiguamolls Park. At any time of the year you are likely to spot birds such as Ibis, Herons, Tufted Ducks, Pochards, Snipes, Redshanks, Marsh Harriers and Sandpipers, but if you are lucky, during the spring and autumn migrations, you'll also see Grey Herons, Golden Plovers, Flamingos, Black

Storks and Spoonbills. Cycle on through the stunning Catalan countryside onto the village of Sant Pere Pescador. Surrounded by natural beauty and bordered by the Fluvià River, Sant Pere Pescador displays the perfect balance between land and sea; the brilliant greens and yellows of its orchards and the blue and gold of its beaches. Explore the history and culture of the village, then cycle along the banks of the Fluvià River with its apple orchards, nature trails and glimpses of windsurfers and sand-dunes.

Day 4- Sant Pere Pescador. 37 kms

Today you will travel on a circular route through stunning Catalan farming countryside past orchards and through small hamlets. Begin by heading westwards, parallel to the Fluvià River, before crossing the river and looping southwards back to San Pere Pescador. Throughout the first section on a clear day there are superb views across the Pyrenees. Of course, if you fancy a day of less cycling, you can simply head for the nearby beach and spend the day by the sea.



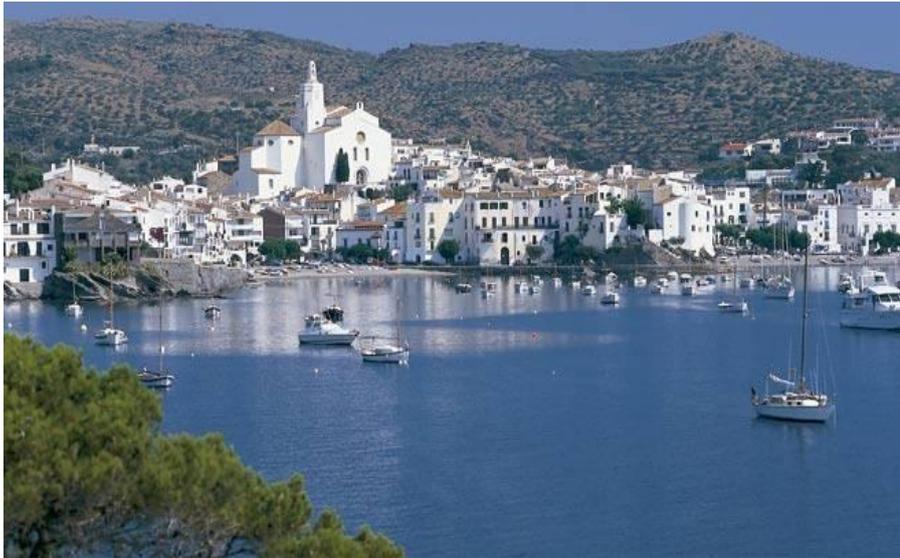
Day 5-Sant Pere Pescador. 39 kms



This morning cycle south to the walled coastal settlement of Sant Martí d'Empúries. Then on to the highlight of today's ride - the fascinating Greek and Roman ruins at nearby Empúries (pay entry locally). The ancient city was used by the

Romans as their base for the invasion and dominance of the Iberian Peninsula. There are some excellent mosaics and other remains, most dating from 218BC onwards. On your trail today you will pass several beaches to stop for a swim before heading back to Sant Pere Pescador.

Day 6-Sant Pere Pescador-Cadaqués



Finish up cycling today and after breakfast transfer to your accommodation in the delightful white-washed seaside town of Cadaqués. Cadaqués is a wonderful place for eating out; it has a good selection of restaurants ranging from small Mediterranean family run restaurants, to fresh fish restaurants, pizza cafes and tapa bars. We recommend you try the seafood during your stay in Cadaqués – it's always fresh and undeniably delicious when washed down with a bottle of

chilled Catalan white wine.

Day 7-Cadaqués-Circuit walk to Dali's House

Today enjoy a circuit walk to Dali's house in Port Lligat. It is just over the hill from Cadaques but the track that hugs the coast is the more rewarding path. Dali must have walked it numerous times to gain inspiration. The small cove is beautiful and it is clear to see how this isolated spot would have offered Dali calm and tranquillity. The house that Dali shared with his lifelong love and wife Gala, grew from a fisherman's hut to acquire seven more houses which evolved into the charming, wacky and thought provoking home it became. It overlooks the bay and consists of levels and rooms for different purposes connected by hallways.



We need to pre-book your visit (pay entrance locally €12) as numbers are limited.

Day 8- Tour ends in Cadaqués

Arrangements end after breakfast with a transfer to Figueres Vilafant Train Station, or Girona Airport.

2019 SCHEDULE

Start any day from 07 January to 07 December

2019 TOUR COST PER PERSON IN EURO

Low Season: 07 Jan-12 Apr, 23 Apr-30 Jun, 01 Sep-14 Dec

High Season: 13-22 Apr, 01 Jul-31 Aug

	<u>Low</u>	<u>High</u>
Double/Twin room	€870	€1010
Single room supplement	€355	€ 425
Solo traveller supplement	cost on application	

OPTIONAL UPGRADE

Waterfront hotel with sea view room for last 2 nights in Cadaques:

	<u>Low</u>	<u>High</u>
Double/twin (per person)	€180	€140
Single room supplement	€315	€400
Solo traveller supplement	cost on application	

Electric Bike ADD €100 per person

3 Dinners in St Pere Pescador ADD €60 per person

2019 COST INCLUDES

- Arrival & departure transfers to/from Figueres Vilafant Train Station or Girona Airport
- Welcome meeting with local English speaking guide
- 24 hour help line
- 7 nights' accommodation
- Breakfast daily
- Luggage transfers between accommodations
- Transfer from Sant Pere Pescador to Cadaquès on Day 6
- Detailed route notes and maps
- Fully equipped hybrid bicycle & helmet (please request helmet)
- Bike computer
- Personal information pack including information about local history, culture, traditions, restaurants, shops and local attractions

GETTING THERE

- **By Train from Barcelona Sants station to Figueres Vilafant:** Pre booked AVANT train costs approx. €21 in Tourist Class and takes approximately 55 minutes.
- **From Barcelona Airport:** Take the shuttle train from the airport to Barcelona Sants train station (trains leave every 30 mins and take 25 mins). Change trains and take the AVANT train to Figueres Vilafant
- **From Madrid:** Take the AVE train from Madrid to Figueres Vilafant. The AVE high speed train takes approx 4hrs.13mins. Current pre booked price is approx €95 in Tourist Class. See <http://www.renfe.com/> Pre booked Train schedules are released usually 60 days in advance.

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