

Camino de Ronda & The Costa Brava

- an adventure from our backyard -

10 days & 9 nights
Catalonia's rugged and wild coast



Just a few kilometers north of Barcelona following the coast towards France, the Mediterranean Sea washes a rough terrain with small bays and cliffs. Known as the Costa Brava, which literally means the rugged or wild coast, this area is a paradise for nature lovers. This is, indeed, the land that inspired the genius Salvador Dalí. The tranquil region is scattered with quaint medieval towns and hides wonderful gems waiting to be discovered.

*We are happy to provide assistance in arranging your transportation to Barcelona.

Day 1: Girona

Girona and its Jewish Quarter of cobblestone alleyways is filled with old mansions and beautiful gardens. We will cross the famous bridges over the Onyar River, see the Cathedral first built in the 11th century, the older Basilica of St. Felix, the 12th century Romanesque Monastery of St. Pere de Galligants and the Roman city walls, among other things. We'll celebrate our first day together with our first feast on local cuisine



Accommodation: Girona (D)

B=Breakfast, L=Lunch & D=Dinner



Day 2: Pals to Peratallada & Medieval Empordà

After breakfast, we get ready for our first hiking day. The bus will take us to the quaint medieval village of Pals from where we'll set-off to explore the surrounding area scattered with beautiful and wonderfully preserved medieval villages. The picturesque Pals, the medieval tower of Palau Sator, the ancient streets, gates and moats of Peratallada and the pre-Romanesque church in Canapost will surely amaze us along this trail through the countryside of L'Empordà.

Accommodation: Peratallada (B, L, D) /

Walking: 12 km or 7 mi

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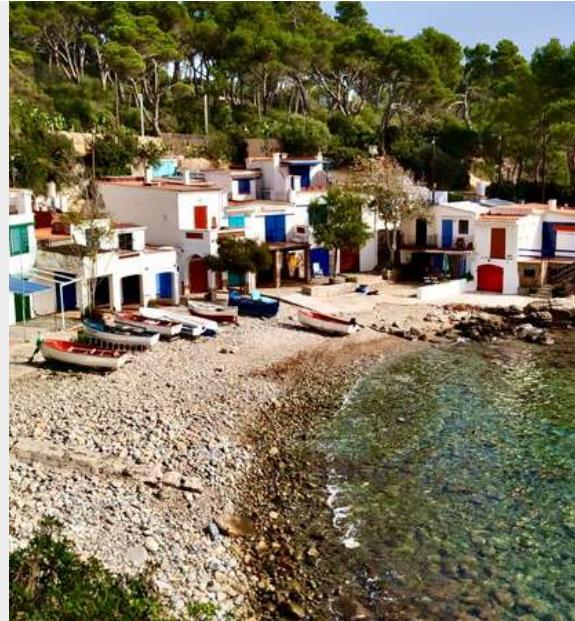
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Day 3: Palamós to Llafranc

This morning, we drive down to La Fosca Beach in Palamós to start our hike towards the old fishing village of Llafranc, following the scenic trail along the coast of the Mediterranean Sea while we enjoy the stunning views of the rugged Costa Brava. Afterwards, we'll drive back to our beautiful country house for a deserve rest and a tasty dinner.

Accommodation: Peratallada (B, L, D) /
Walking 10 km or 6 mi



Day 4: Sa Tuna to Platja de Pals & Empúries Archaeological Site

Today, an outstanding scenic walk along the sea takes us from Sa Tuna Beach to the long Beach in Pals to admire one of the most beautiful stretches of the Costa Brava. After lunch, we have a meeting with history! We'll drive to Sant Martí d'Empúries to visit the amazing and well-preserved Greek and Roman ruins in Empúries. The Greeks came in the 6th century BC and settled here, and the Romans built a second city next to it four centuries later leaving behind stories and the remains of both cities

Accommodation: L'Escala (B, L, D) / Walking: 6.5 km or 4 mi



Day 5: Sant Martí d'Empúries to Aiguamolls de l'Empordà

This morning we enjoy a pleasant rural walk starting from the beach at Sant Martí d'Empúries to finish in the wetlands of the Aiguamolls Natural Park, home to several migrating birds and a great place for a relaxed walk and a chance to enjoy good views of the plains of the Empordà region, situated between mountains and the Mediterranean Sea.

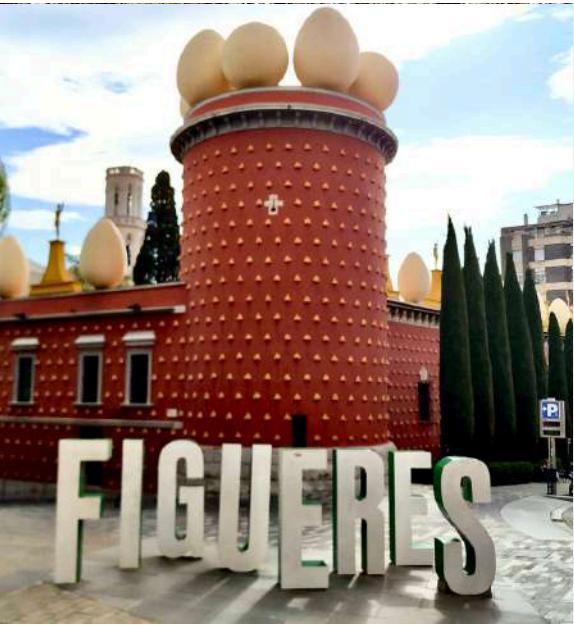
Accommodation: Vilamaniscle (B, L, D) /
Walking: 18 km (11 mi)



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Day 6: Vilamaniscle to Sant Quirze de Colera & Dalí Theatre Museum

Our hike today starts at the door of our hotel to follow a trail along vineyards that will lead us to an ancient Romanesque Monastery amid the mountains of the Albera Natural Park. After lunch, we'll drive back to the hotel to freshen up and drive to Figueres, Salvador Dalí's hometown, where we marvel at the surrealist's Theater Museum, considered Salvador Dalí's masterpiece. Conceived and designed by the artist, it offers a unique experience for visitors.

Accommodation: Vilamaniscle (B, L, D) / Walking: 7 km or 4 mi

Day 7: Garbet to Port de la Selva

After breakfast, we lace up our boots and prepare ourselves for some kilometers! The bus will take us to the popular Garbet beach to begin our coastal walk along the Camino de Ronda. Here we get back to the coastal trail with views of the Mediterranean Sea as we work our way to Llançà and eventually, to the white-washed village of Port de La Selva, one of the important fishing ports along the Costa Brava. Afterwards, we return to our lovely accommodation in the quiet countryside.

Accommodation: Vilamaniscle (B, L, D) / Walking: 14 km or 9 mi



Day 8: Sant Pere de Rodes Monastery & Cadaqués

This morning, a scenic drive will take us to the 9th century Romanesque Monastery of Sant Pere de Rodes located on top of Verdera Mountain. A historical site and a center of pilgrimage, as legend has it, the relics belonging to Saint Peter were hidden here in the 7th century. After arriving to Cadaqués, one of today's iconic places on the Costa Brava, you can join your guides for an optional 7 Kms (4 miles) hike along the outstanding coast off Cadaqués .

Accommodation: Cadaqués (B, L) / Walking: 7 km or 4 mi

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Day 9: Cap de Creus to Tudela

Today we delve into Dalí's territory. A pleasant short walk will take us to Portlligat to visit Salvador Dalí and his wife Gala main residence. The house was designed by the artist himself. After lunch, we'll hop on the bus to drive the beautiful road that will take us to the lighthouse at Cap de Creus, the westernmost point on the Iberian Peninsula and the reason for the connection between Cadaqués and Finisterre. Once back in Cadaqués, we'll have time to prepare for our farewell dinner.

Accommodation: Cadaqués (B, L, D) / **Walking:** 8 km or 5 mi



Day 10: Girona

After the breakfast, our bus will take us to the train station in Girona and we sadly say "Adéu!" (Goodbye!). We hope you had a great time discovering this unique part of Spain.

Tour End

* Please note: this itinerary is subject to slight modifications due to hotel availability, weather, festivals & other occurrences

2 Guides:

Our greatest resource! We know Spain because it is our home. Both of your Fresco guides are experienced professionals that are either Spanish or live in Spain year-round – no hired out summer help!

When specified, local art historians will join us to provide further insights of the specific visit.

Groups of up to 6 people will be accompanied by 1 guide, groups of 7 -10 people will be accompanied by 1 guide and 1 minibus driver, and groups of 11 or more people will be accompanied by 2 guides and 1 minibus driver.

*A minimum of 5 pax are required for the local art historian guided visit service



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WHAT'S INCLUDED?

Food speaks volumes about a culture and we love to eat! During our walk days, when possible, we prepare gourmet picnics using the freshest of local ingredients and selecting the tastiest recipes of the region. All breakfasts, lunches and dinners (except for one dinner) are included where we encourage you to try the local cuisine on your own.

We are proud to cater to vegetarians and those with food allergies – milk, egg, wheat, etc.

B=Breakfast, L=Lunch & D=Dinner

Meals:



Accommodation:

Fresco Tours selects a combination of 3 & 4-star hotels and restored country manors that offer the best in hospitality, comfort and location. In this area, these are known as *Masias* and are unique and special! All rooms have ensuite baths. Tour prices are based on double occupancy.



Luggage transfers:

Your luggage will be transported between hotels. You do the walking, we'll do the lifting!

Limited Group Sizes:

Fresco Tours are in small groups to ensure that you receive the individual attention that you deserve. We want to be able to treat each of our clients with a personal touch and we limit the groups to a maximum of 15 participants. We also recognize that each person's Camino is their own personal experience and if you wish, we encourage you to walk on your own – with the assurance that we will be there for you!



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WHAT'S INCLUDED?



Support Vehicles:

Your walks will be accompanied by 2 support vehicles (minimum 7 pax) that are there to provide assistance when needed and look out for your safety. You will have access to the bus every couple of hours, so you won't need to carry a heavy backpack. In addition, the possibility of shorter routes and pick-up options will be offered and explained on a daily basis.

Ground transportation:

All ground transportation between our meeting point in Girona and the end of the tour is provided on your Fresco Tour.

Pre-Tour Assistance:

We will help with your travel arrangements prior to and after the tour start and finish of your Fresco Tour, including assistance with hotel reservations and train tickets.



DATES AND PRICING

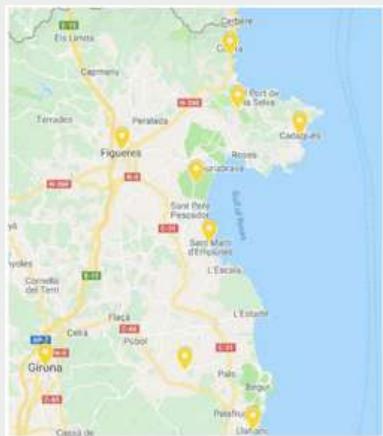


Scan or click the QR code to Book.

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BOOK HERE



Click on the map
to see the route

What to expect?

Expect to have a wonderful time! We have designed the trip to enjoy the coastal walks, history, gastronomy and medieval towns of the great Costa Brava.

