

# Camino de Ronda & The Costa Brava

- an adventure from our backyard -

**9 days & 8 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.

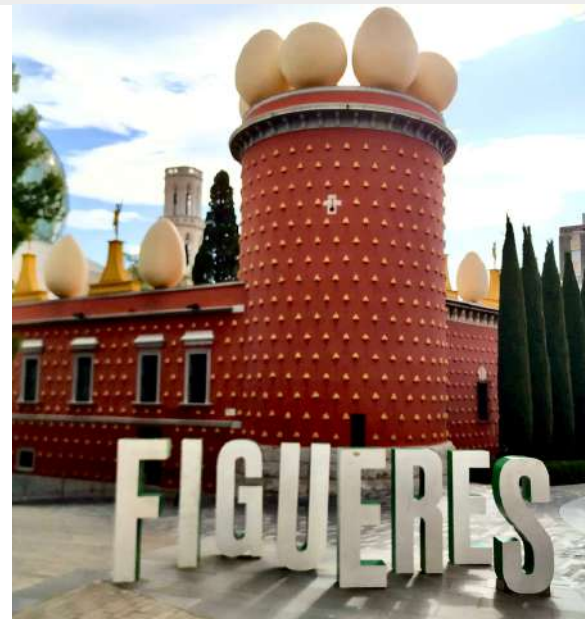
\*We are happy to provide assistance in arranging your transportation to Barcelona.

## Day 1: Figueres

At 11:00AM your guides will meet you in Barcelona for a private transfer to Figueres, Salvador Dalí's hometown, where we marvel at the surrealist's Theater Museum, considered Salvador Dalí's last great work. Conceived and designed by the artist, it offers a unique experience for visitors, who will enjoy a special journey via Dalí's works. Afterwards, we head to our hotel in the tranquil countryside and enjoy our first night's feast, a dinner based on local seasonal products.

**Accommodation:** Vilamaniscle (D)

B=Breakfast, L=Lunch & D=Dinner



## Day 2: Garbet – 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 our first 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 8 mi

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## Day 3: Sant Pere 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 very historical site and a center of pilgrimage, as legend has it, the relics belonging to Saint Peter were hidden here in the 7th century. We then visit the magnificent fishing village of Cadaqués, one of today's iconic places on the Costa Brava. In the evening, after freshening up, we go out for dinner to enjoy the local gastronomy that has made Catalunya world famous.

**Accommodation:** Cadaqués (B, L, D)



## Day 4: Cadaqués – Portlligat – Tudela

Today we delve into Dalí's territory. A beautiful road 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. We will visit the Paratge de Tudela to admire the amazing rock formations shaped by the local wind (Tramuntana) and the Mediterranean, truly a source of inspiration for the genius Salvador Dalí. Look for the rocks depicted in Dalí's paintings! We finish with a visit to his house before we walk back to our hotel.

**Accommodation:** Cadaqués (B, L) / Walking: 9 km or 6 mi

## Day 5: Aiguamolls – Sant Martí d'Empúries

This morning we enjoy a pleasant walk across 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. After the park visit, the trail leads us through rural country finishing by the beach in Sant Martí d'Empúries.

**Accommodation:** L'Escala (B, L, D) / Walking: 18 km (11 mi)



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## Day 6: Sant Martí d'Empúries – Pals

Today we have a meeting with history. We go back to Sant Martí d'Empúries to visit the amazing and well-preserved Greek and Roman ruins in Empúries. The Greeks came in the 3rd century BC and settled here, and the Romans took over the site three centuries later. After the visit, we visit L'Escala, the fishing village famous for its local anchovies. They taste excellent on top of a slice of bread with tomato! After lunch, our scenic walk along the sea takes us from Pals to Sa Tuna Beach to admire one of the most beautiful stretches of the Costa Brava.

**Accommodation:** Peratallada (B, L, D) / **Walking:** 6.5 km or 4 mi

## Day 7: Canapost – Peratallada – Pals

Taking advantage of our hotel's location, we set off today to explore the area, and find beautiful and wonderfully preserved medieval villages. The pre-Romanesque church in Canapost, the ancient streets, gates and moats of Peratallada, the medieval tower of Palau Sator and the well-preserved village of Pal will surely amaze us along this trail which is known as the Tuscany of L'Empordà.

**Accommodation:** Accommodation: Peratallada (B, D)  
/ **Walking:** 12 km or 8 mi



## Day 8: Llafranc – Palamós – Girona

This morning, we drive down to Llafranc to start our hike towards La Fosca, a large beach known for the enormous rock in its center, and where we will have lunch before heading towards Girona. In the afternoon, we enjoy this lovely town and a wonderful farewell dinner.

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

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## Day 9: Girona

After breakfast, our local historian meets us at our hotel for a tour of medieval Girona and its Jewish Quarter of cobblestone alleyways, filled with old mansions and beautiful gardens which have been used as one of Game of Thrones settings! We will cross the famous bridges over the Onyar River, see the 14th century Gothic style St. Felix Church, the 12th century Romanesque Monastery of St. Pere de Galligants and the old city walls, among other things. After the tour, we sadly say "Adéu!" (Goodbye!). We hope you had a great time discovering this unique part of Spain.

**Tour ends: (B)**



## 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.

\* 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 monument / museum that we visit.**

**\* Groups of 3 - 6 pax are accompanied by only 1 guide.**



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## WHAT'S INCLUDED?

### **Meals:**

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 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



### **Accommodation:**

Fresco Tours selects a combination of 4-star hotels that offer the best in hospitality, comfort and location.

All rooms have in-suite 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 16 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 6 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 Logroño and Burgos 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**

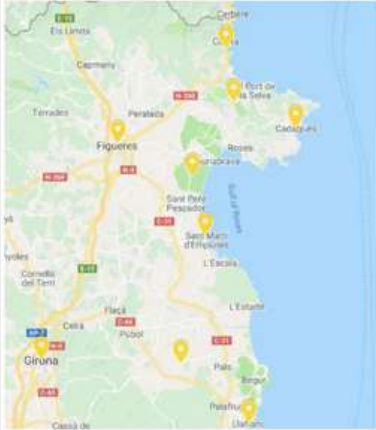


Scan or click the QR code to Book.

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**Click on the map**  
**to see the route**

**BOOK HERE**

