

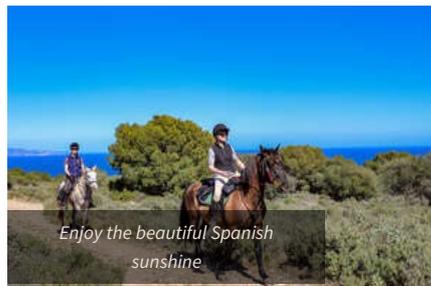


## Mountains and beaches of Catalonia

### SPAIN

This circular trail will take you to the most beautiful areas of **Catalonia**. Start the journey by crossing the **Pyrenees Mountain** and then down to the **Mediterranean Sea** and endless sandy beaches. This is a perfect ride for those who are looking to discover the foothills of the Pyrenees and the Catalan coastline, with the opportunity for long gallops along the beach. On horseback, discover the picturesque medieval villages dotting the area and explore the untouched fields and orchards of the **Baix Emporda and Alt Emporda** . On this horseback riding holiday you will have the chance to catch a glimpse of all the wondrous landscapes Spain can offer!

<b>Trail Riding</b>	<b>8 days / 6 days riding</b>	<b>From £1,350</b>	
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## ITINERARY

### Highlights

- Ride through the mountains and beaches of Catalonia
- Explore medieval villages and the delicious Spanish cuisine
- Enjoy an exhilarating gallop along the beautiful beach of the Bay of Roses.
- Stay in comfortable hotels and enjoy traditional Catalan cuisine

### Day 1 — 1: UK – BARCELONA OR GIRONA

Masos d'en Coll

Fly to Barcelona or Girona (flight not included). Transfers can be organised from both airports at set times - please see "dates and prices" for details. If landing in Barcelona, please keep in mind you will need to get to Terminal 1 (free shuttles connect both terminals) on time for your pick up at 6:00 pm.

On arrival you will be transferred to Masos d'en Coll, a charming traditional Catalan farm. This typical farmhouse is located in the the heart of Baix Emporda. It is a really lovely place, that has retained a traditional atmosphere, while offering high standards of accommodation. Once you have settled in, you will have a chat with the guides to discuss the week's programme, your expectations and riding experience so they can match you with the right horse during the trail. Tonight, you will experience your first Catalan dinner in the company of your fellow riders.

### Day 2 — 2: MASOS D'EN COLL - CAN SORT - 5-7 hours riding

Can Sort

After meeting the horses you will head off to Can Sort. Along the way you will find beautiful and colourful orchards while following the Ter River. The

lowland will give you plenty of opportunities for some fast paced canters, and even race against some of your trail companions. After a fun day in the saddle, you will arrive at Can Sort, another traditional farmhouse nestled in a small village.

## Day 3 — 3 : CAN SORT - PONTOS-VILANANT - 5-7 hours riding

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 Mas Jonquer

This morning you will continue your riding journey. You will pass through small traditional villages and pine and oak forests, alternating between trots and canters. At Pontos, you will have a beautiful sit down picnic lunch next to the "Tower of the Angel". After the short break you will continue to Vilanant, where you will spend the night at the former residency of Count Rocaberti.

## Day 4 — 4 : THE PYRENEES - 5-7 hours riding

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 Can Xiquet

This morning you will ride to the Pyrenees foothills, pick up the pace while the terrain is still flat and allowing for some lovely canters. Along the way you will spot many vineyards, olive groves, sunflower fields and picturesque villages. The real mountain trail adventure will begin once you start riding in the Pyrenees. You will be following the Muga River through the forest, and if the weather allows it you might be able to take a refreshing dip in the water. After a delicious picnic, you will continue on horseback through beautiful landscapes and small villages. Overnight in Cantalops, where you will be spending the night at one of the finest hotels in the area.

## Day 5 — 5 : ALT ERMPORDA - 5-7 hours riding

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 Masvivent

After a good night's rest, you will continue your journey across the Mediterranean Pyrenees, also known as the place "where the mountain meets the sea". Due to the mountainous nature of the terrain, this morning's ride will be slower, and you will have the opportunity to relax and enjoy the views! The trail will lead you to the castle of Recasens, an impressive fortress that dates back to the 11th Century. At the top of the mountain, you will stop for a short break and a picnic lunch. Be sure to have your camera ready, as you start to make your way down, you will witness some of the most beautiful views the coast of Cap de Creus can offer.

Overnight in a small traditional hotel.

## Day 6 — 6 : TO THE COAST - 5-7 hours riding

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 Mas del Mar

Today you will leave the mountains and move to the beautiful plain of the Empordà, heading towards the coast. You will enjoy canters across vineyards and olive groves and pass through small towns such as Garriguella, Perelada and Vilanova de la Muga. After the morning ride, you will stop for lunch in Castello d' Empuries, a small town that used to be the old capital of Empordà and that still retains a rich medieval history. In the afternoon you will ride to your accommodation near the beach.

## Day 7 — 7 : BAIX EMPORDA - 5-7 hours riding

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 Masos d'en Coll

The beach calls! Enjoy a gallop along the beach and blow away the cobwebs. Later you will arrive at l'Escala and continue your journey through the Montgrí massif, a mountainous area that separates the Alt Empordà from the Baix Empordà. Picnic break on the edge of the protected area of the dunes and the Medes Islands. The rocky coast of the Montgrí Natural Park plunges into the Mediterranean and creates spectacular landscapes, creating a protected place for fauna and flora, air, land and water. It is a Natural Park and a protected area with a great natural value.

In the afternoon, you will return to Masos d'en Coll, your rural accommodation in the Empordà.

## Day 8 — 8 : Barcelona or Girona – UK

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You will depart after breakfast. Leaving from Barcelona/Girona, you should try to book a flight no earlier than 13.30 (you will depart Els Masos d'en Coll at 09:30)

**DATES & PRICES**

DEPARTURE	RETURN	PRICE WITHOUT FLIGHTS	PRICE INCLUDING FLIGHTS	STATUS
22/05/2021	29/05/2021	£1,350		Open
05/06/2021	12/06/2021	£1,350		Open
11/09/2021	18/09/2021	£1,350		Open
15/10/2021	22/10/2021	£1,350		Open

## Price details

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- International flights are not included, but can be booked upon request. Rates are per person and based on two riders sharing a twin or double room.

- Transfers from Girona are included in the price. Transfers from Barcelona are not included and are €220/£195 per car per journey (up to 4 riders) in 2020, or €225/£197 in 2021. Note: There is a connection to Girona with bus or train from Barcelona. The train company is Renfe, [www.renfe.com](http://www.renfe.com) and the bus company is Segales [www.segales.com](http://www.segales.com)

Transfers are organised at set times:

> Pick up in Barcelona is 6:00pm, Girona 7:30 pm

> Please book flights departing Barcelona after 1:30 pm and Girona 12:30 noon.

- The group is made of 4-12 riders maximum plus local team. For groups of only three riders, we can guarantee the departure with a supplement of €210/£190 per person (2020/2021)

- Non-riders are welcome: €595/£525 in 2019 and €665/£595 in 2020. Price per person if sharing a room with a rider, half-board basis. Rental car recommended.

- Single room supplement of approx: €250/£220 if you want to guarantee your own room. There is no supplement for single riders willing to share.

- Minimum age of 16 years with prior consultation, possible private groups for families with young riders.

- Group discounts and repeat customer discounts available. Please contact us.

Please Note

The itinerary may be modified at anytime for security reasons, meteorological or events beyond our control such as blocked roads, rivers in flood, drought, strikes and local holidays. Equus Journeys, our local partners and their local guides will always strive to find the best solution and will alter the itinerary as needed.

The names of the hotels and accommodation are given for information only and depending on availability, they may be modified without notice and replaced by another of a similar standard.

## Price includes

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### SUPPORT TEAM

1 English speaking horse guide

### LOGISTICS

1 horse equipped with saddle and bridle per rider

1 support vehicle

### INLAND TRANSPORT

All inland transfers mentioned during the ride

From 2020, airport transfers to/from Girona at set times

### ACCOMMODATION

Full board accommodation in hotels

### MEALS

Full board from dinner on day 1 to breakfast on the final day (day 8) including wine on most nights

### ADDITIONAL EQUIPMENT

First aid kit

## Price doesn't include

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### MEALS

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Beverages and personal extras

### TRANSPORT

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International flights

### EXTRAS

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Tips to the local team

### INSURANCE

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Cancellation and travel insurance are not included in the above listed price. Please note that insurance is mandatory. We recommend taking out an insurance policy as soon as your trip is booked to cover you in case of cancellation

## Optional

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### ACCOMMODATION

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Single room supplement

### TRANSPORT

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Airport transfers from/to Barcelona airport at set times

### EXTRAS

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Trip extensions or additional activities

## EQUESTRIAN INFO

## Horses

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At El Masos d'En Coll you will find Spanish horses (pure and cross-bred) and Arabian horses. They are all reliable and very suitable for trail riding.

## Minimum riding ability

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### MINIMUM RIDING ABILITY

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This holiday is suited for intermediate and experienced riders who ride regularly, or are planning to get back in the saddle before the trip. You will have to be in good physical condition and be ready for long hours riding under the sun. Riders must be able to ride confidently over varied terrain.

There is a rider weight limit of 90kg /198lb/14st.

### PACE

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You will be riding at all three paces with some great opportunities for longer canters and even some gallops when the terrain allows. When riding in the more mountainous areas the pace will be slower for obvious safety reasons, and you may have to dismount and lead your horse on foot.

### TACKING ABILITY AND PARTICIPATION

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All riders are responsible for grooming and tacking their own horse. You are also expected to help the team to feed and water the horses when required.

### TRIP CONDITIONS AND REQUESTED EXPERIENCE

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Good levels of fitness and endurance are needed since you will spend long hours in the saddle every day. The trip does not offer many technical difficulties but you must remain in control of your horse at all times and be comfortable riding in the outdoors.

### EQUESTRIAN EQUIPMENT

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English tack.

Small saddlebags are provided.

Helmets are mandatory. We recommend our riders to wear a helmet to the correct standard and you should bring your own to ensure a proper fit.

## TRAVEL INFO

### COMFORT

Along the trail you will be riding from village to village, spending the nights in selected hotels. You will be spending two nights at El Masos d'Encoll, the main headquarters of this equestrian business.

All accommodations have a good standard with some great Spanish meals and wine.

### MEALS

The Spanish and Catalan cuisines are varied and will give you a taste of the Mediterranean flavours.

Lunch will be mostly picnics of local, home-made food.

Typical Spanish dishes will be served for dinner every night at the chosen hotels. One drink per person included, additional drinks are payable locally.

Special diets can be accommodated with advance notice.

### CLIMATE

During springtime temperatures generally reach 15-20°C, where as in summer the temperature rises at around 25°C (June).

In Autumn temperatures are approx. 20 – 25°C. December temperatures can get to 15°C with cool evenings.

This ride does not run during summer due to high temperatures and busy beaches.

### GUIDE AND LOCAL TEAM

Your main guides for this trail are very experienced and speak fluent English.

### TIPS

Tips are welcome but not but not expected. You should tip what you feel is appropriate and you are comfortable with.

### PACKING LIST

#### Head

- Riding helmets are mandatory and we recommend that you take your own to ensure a correct fit.
- Sunhat for when not riding
- Sunglasses - with a cord attached so they don't fly off when riding
- Buff or bandana for protecting your neck and face from the sun and dust

#### Upper body

- Thermal long-sleeved tops are a lightweight way of providing extra warmth if you need it
- Long sleeved shirts to provide protection from the sun
- T-shirts
- Lightweight fleece or jumper
- Warm polar fleece or equivalent
- Waterproof jacket - rain can be difficult to predict and it's better to be prepared.

#### Legs

- Lightweight, comfortable riding trousers or jodhpurs - we recommend riding in them at home before taking them on holiday to ensure they don't rub
- Waterproof over trousers
- Casual clothes for the evenings (jeans or walking trousers)

#### Hands and Feet

- Comfortable riding boots. We recommend short boots with half chaps.
- Lightweight shoes for the evenings
- Several pairs of socks
- Gloves - your hands are particularly exposed to the sun, wind or rain whilst riding

#### Nightwear

- Pyjamas etc

#### Other useful items

- Swimsuit - there are pools on some nights and access to the beach
- Small backpack for accessing items required during the day.
- Camera and high capacity memory card. Spare battery
- Bumbag for carrying your camera and small items whilst riding
- Water bottle (2 litres or 2 x 1 litre)
- Ear plugs (for light sleepers)

#### In your luggage

- Any liquids, such as shampoo, moisturiser, deodorant unless they are less than 100ml and all bottles can fit in a small, clear, plastic ziplock bag.
- Swiss army knife or equivalent

#### In your hand luggage

- Any valuables, such as your camera, ipod, ipad etc.
- Your riding hat

#### Medical kit

- Sunscreen and lip balm - should be high factor
- Insect repellent
- Any medication you regularly take
- Blister plasters in case of any rubs
- Antiseptic cream, plasters, aspirin, anti-histamine, insect-bite salve etc...
- Spare prescription glasses/contact lenses
- Eye drops
- Imodium or similar anti-diarrhoea medication
- Re-hydration sachets
- Antiseptic wipes
- Handwash gel

#### General information

- We recommend taking any valuables, such as your camera, iPod, iPad, medicines and glasses etc. in your hand luggage. Travelling in your riding boots and carrying your hat and some riding clothes is highly recommended - then if your luggage goes astray you are still able to ride!
- We recommend taking a copy of your passport and insurance documents with you in case you lose your originals.

## VISA & HEALTH

### Formalities

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British citizens: other nationalities, please contact us.

#### Visas

If you hold a British Citizen passport, you don't need a visa to enter Spain.

The rules on travel will stay the same until 31 December 2020.

#### Visas from 1 January 2021

The rules for travelling or working in Europe will change from 1 January 2021:

- you will be able to travel to countries in the Schengen area for up to 90 days in any 180-day period without a visa as a tourist, to visit family or friends, to attend business meetings, cultural or sports events, or for short-term studies or training.
- if you are travelling to Spain and other Schengen countries without a visa, make sure your whole visit is within the limit. Visits to Schengen countries within the previous 180 days before you travel would count towards the 90-day limit
- The 90-day limit for visa-free travel will begin on 1 January 2021. Any days you stay in Spain or other Schengen countries before 1 January 2021 will not count towards the 90-day limit.

At border control for Spain, you may need to:

- show a return or onward ticket
- show you have enough money for your stay, and
- use separate lanes from EU, EEA and Swiss citizens when queueing

- Your passport may be stamped on entry and exit.

#### Passport validity

The rules on travel will stay the same until 31 December 2020.

Your passport should be valid for the proposed duration of your stay; you do not need any additional period of validity on your passport beyond this. This applies to the whole of Spain, including the Canary Islands and the Balearic Islands (Majorca, Menorca, Ibiza and Formentera).

#### Passport validity from 1 January 2021

From 1 January 2021, you must have at least 6 months left on an adult or child passport to travel to most countries in Europe (not including Ireland).

If you renewed your current passport before the previous one expired, extra months may have been added to its expiry date. Any extra months on your passport over 10 years may not count towards the 6 months needed.

Check your passport is valid for travel before you book your trip. You will need to renew your passport before travelling if you do not have enough time left on your passport.

Please visit for the FCO website for up-to-date information - <https://www.gov.uk/foreign-travel-advice/spain/entry-requirements>

### ADDRESSES OF CONSULATES

- Paris | Ambassade d'Espagne  
22, avenue Marceau  
75381 Paris Cédex 08  
Tél. : 01.44.43.18.00  
Fax :  
emb.paris@maec.es
- Ambassade de France en Espagne  
Calle Salustiano Olozaga 9  
28001 Madrid  
Tél. : +34 91 423 89 00

Fax :  
presse.madrid-amba@diplomatie.gouv.fr

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## Health

There are no vaccinations legally required to travel to Spain. Remember to take your EHIC card with you.

The health system in Spain is good. It's not exceptional, but certainly not bad. People who work in Spain are insured through a social security plan, which covers most of their needs. The only thing that is not included are dental treatments. There is also the possibility for a private insurance.

Pharmacies can be found in every town, and in bigger cities almost every street has one. Even at night it should not take you a long time to find a pharmacy that is open. Remember that more drugs are prescribed in Spain than any other country.

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## Insurance

It is a condition of your booking with Equus Journeys that you have travel insurance which covers you for the riding activities to be undertaken. Your travel insurance should cover you for medical expenses and repatriation. Your guides will require your travel insurance details before they allow you to ride and may refuse to let you ride if you cannot provide them. You should take your insurance documents with you.

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## Voltage

230 volts AC, 50Hz. Round two-pin plugs are in use.

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## Budget and money

Spain has adopted the Euro (EUR, symbol: €) as its official currency. One Euro is divided into 100 (euro)cents, which are sometimes referred to as eurocents, especially when distinguishing them from the US cents.

Euro banknotes come in denominations of €5, €10, €20, €50, €100, €200 and €500. The highest three denominations are rarely used in everyday transactions. All Euro banknotes have a common design for each denomination on both sides throughout the Eurozone. The Euro coins are 1 cent, 2 cents, 5 cents, 10 cents, 20 cents, 50 cents, €1 and €2. Some countries in the Eurozone have laws which require cash transactions to be rounded to the

nearest 5 cents. All Euro coins have a common design on the denomination (value) side, while the opposite side may have a different image from one country to another. Although the image side may be different, all Euro coins remain legal tender throughout the Eurozone.

## Telephone and jetlag

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The international access code for Spain is +34. The emergency number for police, ambulance and the fire brigade is 112.

Time zone GMT +1