



## Discovering the Costa Brava

### SPAIN

Perfect for those short on time! This **equestrian break** offers all the fun of a riding holiday over an extended weekend. On horseback, discover the **Costa Brava** and its beautiful, quaint countryside dotted with small medieval villages and colourful orchards. This is a **centre-based holiday**, meaning you will stay at the same farmhouse for the duration of your stay: Els Masos d'En Coll, a beautifully restored farmhouse, will be your Catalonian home away from home. It is also possible to extend your stay and make this a full week of riding in Spain!

Centre based holidays	 5 days / 3 days riding	 From £660	
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Enjoy rural pathways from one medieval town to the next



A trail ride with some elevation and lovely views of the Costa Brava



Centre-based riding holiday in Spain

### ITINERARY

## Highlights

- This is a flexible programme for those who may not have the time to join a 7-day riding holiday: choose your ideal duration from 2 to 7 nights.
- Stay in a lovely farmhouse located in a quiet area. Well furnished and complete with a pool.
- Enjoy the Catalonian countryside and discover a part of Spain that has remained delightfully rural
- Shorter or longer stays can be arranged. Please contact us and we will custom-make an itinerary that works well for you.

## Day 1 — 1: ARRIVAL IN GIRONA (OR BARCELONA)

 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 a private transfer at an extra charge.

The farm is located in the heart of Baix Empordà, in the beautiful countryside. Before dinner, your guide will review the programme for the week. They will tell you about their Spanish and Arab horses, match you with the most suitable horse and tell you about what's on the cards for the next few days. Then it is time to relax and enjoy your first Spanish dinner!

Please note: the following itinerary is an indication of what is possible. There are several routes available from the farm and we will tailor-make a programme according to your preferences and the duration of your stay. Stays of 3 to 8 nights can be arranged, please contact us for more routes.

## Day 2 — 2: L'EMPORDANET - 4-6 hours riding

 Masos d'en Coll

For your first day in the saddle, enjoy a ride to the Empordanet – the name given by the locals to the area of small towns dotting the interior of the Costa Brava. Enjoy the freedom of trotting and cantering on flat trails with beautiful views, fresh air and undeniable sense of tranquillity. You will pass by small villages and stone houses, until you reach the well-preserved village of Monells – your lunch spot for the day. Continue your trail ride through Mediterranean pine forests, vineyards, fields and farmhouses. Before you get home, you will find the "pearl of the region", the Iberian ruins of Ullastret, the most important and largest ruins in all of Catalonia.

## Day 3 — 3: THE EMPORDA - 4-6 hours riding

 Masos d'en Coll

Today our riding route takes us to the beach, a very long day, so we will start early. We will have an active morning enjoying long canters, and then have an afternoon at a calmer pace. We will ride along the entire bank of the River Ter until we reach the sea, at "La Gola del Ter", a beautiful beach of fine sand. The combination of fresh and salt water and the small marshes and wetlands offer a very rich environment of fauna and flora, of peace and relaxation. We will have time to enjoy and feel this privileged natural setting. From there, our route continues along agricultural paths to Les Bases d'en Coll, a protected area formed by the mouth of another smaller river, the Daró River, with wetlands creating rice paddies that make up an area of great natural interest. We will make a stop to eat and rest, before continuing our way through pine forests. Leave the coast and observe the changes in the landscape, passing through the foot of the Quermany mountain until we reach the impressive village of Pals. Make your way back along cultivated orchards - there will be the possibility to stop at the Mooma cider house, where we can taste a cider or apple juice. Shortly after we will arrive at our accommodation, where we can rest until dinner time served by our hosts.

## Day 4 — 4: THE TER RIVER - 4-6 hours riding

 Masos d'en Coll

Today you will enjoy long easy paths that can offer an active morning ride. You will ride along the banks of the Ter River, dotted with small medieval villages. An example is Gualta and its medieval bridge from the XVI-XVII centuries. Shortly after you will arrive at Torroella de Montgrí where you will cross the river by using one of the few existing bridges. Heading west, towards Canet de la Tallada you will find a republican anti aircraft bunker from the Spanish civil war. You will then see Canet Island, a lock where the water accumulates and has become a protected reserve for wildlife, especially for sea birds. You will continue until you reach the village of Verges, famous for the Catalan singer songwriter Lluís Llach and for the procession of "The Dance of Death" for Easter Week. Cross the river again, riding back to your accommodation at a more relaxed pace. After everyone's looked after their horse, you can enjoy a delicious meal served by our hosts.

Please note: Shorter or longer stays can be arranged, from 2 to 7 nights. Please contact us if you would like to arrange a longer holiday!

## Day 5 — 5: DEPARTURE FROM GIRONA OR BARCELONA - No riding

You will depart after breakfast. Please see "dates and prices" for notes on transfer arrangements.

### DATES & PRICES

DEPARTURE	RETURN	PRICE WITHOUT FLIGHTS	PRICE INCLUDING FLIGHTS	STATUS
14/12/2022	18/12/2022	£660		Guaranteed departure
01/02/2023	05/02/2023	£775		Open
08/02/2023	12/02/2023	£775		Open
15/02/2023	19/02/2023	£775		Open
22/02/2023	26/02/2023	£775		Open
08/03/2023	12/03/2023	£775		Open
22/03/2023	26/03/2023	£775		Open
05/04/2023	09/04/2023	£775		Open
12/04/2023	16/04/2023	£775		Open

17/05/2023	21/05/2023	£775	Open
06/09/2023	10/09/2023	£775	Open
04/10/2023	08/10/2023	£775	Open
01/11/2023	05/11/2023	£775	Open
29/11/2023	03/12/2023	£775	Open
06/12/2023	10/12/2023	£775	Open
13/12/2023	17/12/2023	£775	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.

- The group is made of 1-8 riders maximum plus guides in 2022, or 4-8 riders in 2023. It is possible to guarantee the departure with the payment of a small group supplement, which varies depending on your chosen length of stay - please contact us.

- Transfers from/to the farm and Girona or Barcelona are possible:

Group transfer from Girona train station is included for a pick-up at 7:30 pm from the train station. Drop off mid-morning after breakfast.

Private transfer from Barcelona airport: €265 each way payable locally, up to 4 people, at any time.

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)

- If you sign up to the ride as a solo rider and there are no other riders likely to share your room, you will be charged a single room supplement of approx. €140/£120/\$140 for 4 nights. You will then be reimbursed if a sharer is found for you at a later date.

- Non riders are welcome and the cost is €95/£85/\$95 per night, breakfast included. We recommend non-riders rent a car to visit the local area.

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

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

Transfers from Girona train station at set times

### ACCOMMODATION

Accommodation in a double or twin room at Els Masos d'En Coll

### MEALS

Full board during the ride

## **ADDITIONAL EQUIPMENT**

First aid kit

## Price doesn't include

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### **MEALS**

Beverages and personal extras

### **TRANSPORT**

International flights

### **EXTRAS**

Tips to the local team

### **INSURANCE**

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**

Single room supplement

### **TRANSPORT**

Airport transfers from Barcelona

### **EXTRAS**

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**

Riders should be able to walk, trot and canter in open spaces while keeping their distance from other horses. For those of you who decide to add more days to this riding holiday, please make sure you are sufficiently experienced to cope with many days in the saddle.

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

### **PACE**

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**

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**

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

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

You will be spending your nights at El Masos d'Encoll. This is a former farm beautifully renovated to provide all the modern comforts. You will sleep in either a twin or double room. All rooms have a private bathroom.

WiFi is available. In the summer months you can enjoy the pool.

### 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. 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.

### 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 is a pool
- 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 - The rules for travelling or working in European countries changed on 1 January 2021:

- you can travel to countries in the Schengen area for up to 90 days in any 180-day period without a visa. This applies if you travel 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 90-day limit. Visits to Schengen countries within the previous 180 days before you travel count towards your 90 days

At Spanish border control, it is likely you will need to use separate lanes from EU, EEA and Swiss citizens when queueing. Your passport may be stamped on entry and exit unless you can demonstrate that you are resident of Spain and are returning to your place of residence.

#### Passport validity

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

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- 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

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UK Citizens: A UK Global Health Insurance Card (GHIC) gives you the right to access state-provided healthcare during a temporary stay in the European Union (EU).

<https://www.nhs.uk/using-the-nhs/healthcare-abroad/apply-for-a-free-uk-global-health-insurance-card-ghic/>

It's important to take out appropriate travel insurance for your needs. A GHIC is not an alternative to travel insurance and you should have both before you travel. It does not cover all health-related costs, for example, medical repatriation, ongoing medical treatment and non-urgent treatment.

There are no vaccinations legally required to travel to Spain.

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

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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

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

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## Budget and money

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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