



# Costa Brava & Medieval Villages of Catalonia

## SPAIN

Experience the diverse landscapes of **Catalonia** on this riding holiday through the Alt Empordà, and Costa Brava. Stay in a renovated 12<sup>th</sup>-century masia surrounded by orchards and follow scenic routes through **protected wetlands** and the **Mediterranean coastline**. Alongside your daily rides, explore Girona's medieval quarters, visit **Dali's birthplace**, and enjoy regional cuisine paired with local wines. This programme is ideal for riders who appreciate a combination of trail riding with cultural highlights and authentic local experiences.

Centre based holidays	7 days (5 days riding)	From £2,096		Open to non-riders
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## ITINERARY

### Highlights

- Enjoy a relaxed centre-based riding trip, staying at a renovated 12th-century masia or farmhouse.
- Explore Girona's medieval Jewish Quarter and historic cathedral with a local guide.
- Visit Salvador Dalí's birthplace and renowned Dalí Theatre-Museum in Figueres.
- Experience a full-day ride into Aiguamolls de l'Empordà Natural Park with opportunities to spot flamingos and other migratory birds.
- Taste local olive oils at a traditional olive mill and savour seasonal Empordà cuisine throughout your stay.

### Day 1 – 1: Home –Barcelona Airport - Alt Empordà

#### Renovated Masia

Fly to Barcelona airport. Flights are not included but can be arranged upon request. Please make sure to book a flight landing before 3pm.

Upon arrival, you will be transferred from the airport to the accommodation (around 1h30 min). Please note that you may need to wait for other participants to arrive.

You will be welcomed with a glass of cava, before settling into your room and meeting the team and horses. Dinner is a delicious introduction to Empordà cuisine, featuring local seasonal produce and regional wines.

Overnight at the farmhouse.

## Day 2 — 2: Introductory ride & Girona Walking Tour - Approx. 2h riding

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After breakfast, you will set off on your first ride: a gentle trail through olive groves, almond orchards and holm oak woodland. Return to the farm for lunch before the walking tour to Girona. You will have the opportunity to explore the Jewish Quarter, a Gothic-styled cathedral and the colourful houses along the Onyra river.

Dinner and overnight at the farmhouse.

## Day 3 — 3: Empordà Plains & Dalí Theatre-Museum - Approx. 3h riding

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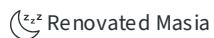
This morning, you will enjoy an active trail with opportunities to trot and canter across the plains of Empordà. During the Spring or Autumn, you may spot migratory birds such as flamingos or storks along the way.

After lunch at the farmhouse, you will travel to Figueres to visit Salvador Dalí's birthplace and the renowned Dalí Theatre-Museum (tickets are not included).

Dinner and overnight at the farmhouse.

## Day 4 — 4: Medieval Villages & Wine Tasting - Approx. 5h riding

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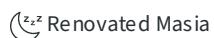
Today's trail will lead you through the region's medieval villages, including Sant Miquel de Fluvià, Garrigàs, and more!

You will stop for a picnic lunch in one of these quaint villages before returning to the farmhouse. After a short rest, you will set off on a walking tour of Besalú.

In the evening, you will enjoy a wine-tasting dinner, where a sommelier will guide you through a selection of Spanish wines paired with traditional tapas.

## Day 5 — 5: Aiguamolls de l'Empordà Natural Park - Approx. 5h riding

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Today you will set off towards the coast. You will cross the Fluvià river and ride into the Aiguamolls de l'Empordà Natural Park, home to flamingos, grey herons, and other birds.

Eventually, you will reach the long sandy beach of Sant Pere Pescador, where you will have the unforgettable experience of riding on the Mediterranean shore.

After enjoying a picnic lunch by the river, you will follow trails through orchards and farmland until you are back at the accommodation. Dinner and overnight at the farmhouse.

## Day 6 — 6: Country Ride & Olive Oil Tasting - Approx. 2h riding

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After breakfast, you will enjoy a gentle ride through vineyards and olive groves. Later, you will visit Mas Bordas, a traditional olive mill, where you will taste local olive oils and learn about the region's long-standing olive culture.

Lunch will feature seasonal Empordà dishes. You will then have time to relax or opt for an afternoon spa visit (not included).

Farewell dinner and overnight at the farmhouse.

## Day 7 — 7: Departure

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After breakfast, you will be transferred to Barcelona airport.

Departing times are flexible.

Note: Lunch and dinner are not included.

## DATES & PRICES

DEPARTURE	RETURN	PRICE WITHOUT FLIGHTS	STATUS
23/02/2026	01/03/2026	£2,096	Guaranteed departure
16/03/2026	22/03/2026	£2,096	Open
13/04/2026	19/04/2026	£2,096	Open
11/05/2026	17/05/2026	£2,096	Open
01/06/2026	07/06/2026	£2,096	Open
21/09/2026	27/09/2026	£2,096	Open
12/10/2026	18/10/2026	£2,096	Open
02/11/2026	08/11/2026	£2,096	Open

## Price details

- Flights or transportation to your destination (international/domestic) are not included but can be booked on request - please contact us for rates.
- Rates are per person, based on two riders sharing a twin/double room during the ride.
- Groups are composed of a minimum of 4 riders and a maximum of 6 international riders, plus guides.
- There is no single supplement if you are willing to share a room with another guest of the same sex. To guarantee your own room there is a single supplement of €350/£305/\$415. Please note single rooms are very limited.
- Transfers from/to Barcelona are not included. The rate is around €80/£70/\$95 per car, per way (up to 3 people). This is paid locally in cash/card. Please make sure to book a flight landing before 3pm. Departure times are flexible. It is also possible to arrange transfers from Girona, please contact us for more information.
- Some activities are not included in the programme (paid locally):

Visit to Dalí's Birthplace €15

Visit to Dali's Theatre-Museum: €23,5

Optional spa visit: €15 (1h)

- Vegan and Gluten-free diets incur a supplement: €150/£135/\$175 per person.

- Non-riders are welcome. The rate per person is €2190/£1925/\$2535 (includes shared accommodation, full board, participation in all afternoon activities).

- Accompanied minors are welcome from 12 yo, provided they match the riding requirements.

### 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

### SUPPORT TEAM

- 1 English-speaking horse guide
- 1 local guide (sightseeing visits)

### INLAND TRANSPORT

Transfers for afternoon activities

## ACCOMMODATION

Twin room at the masia

## MEALS

Full board from dinner on day 1 to breakfast on day 7

Soft drinks and wine at meal times

## EXTRAS

Wine tasting session

Olive oil tasting session

## Price doesn't include

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### MEALS

Dietary supplement (Vegan/Gluten-free diets)

Beverages and personal extras

### TRANSPORT

International flights

Return airport transfers

## EXTRAS

Museum and other site entry fees (check "Dates&Prices")

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

## EQUESTRIAN INFO

## Horses

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The herd is composed mainly of Arabian and Anglo-Arabian horses. There are 9 horses in total and they all have an endurance background. Each horse is confident, sure-footed and responsive.

## Guide & local team

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Your main guide for the week will be Laura, a tourism graduate from the University of La Laguna in Tenerife. Laura has been riding since childhood and worked professionally as an endurance rider for more than a decade. She speaks Spanish, Catalan, English and a little French.

## Minimum riding ability

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### MINIMUM RIDING ABILITY

This ride is open to strong intermediate riders and above. You must be a balanced and independent rider, competent in all paces and able to canter in open spaces.

Rider weight limit: 90kgs / 14,1 st / 198 lbs

### PACE

There are long periods of walk, but when the terrain allows, riders can pick up the pace and enjoy some energetic trots and canters. There are opportunities for canters every day.

### TACKING ABILITY AND PARTICIPATION

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You will be responsible for tacking and untacking your horse throughout your stay. You can help groom the horses, but this is not mandatory.

There is always someone around to assist, if needed.

## TRIP CONDITIONS AND REQUESTED EXPERIENCE

This trip does not offer many technical difficulties, but you must remain in control of your horse at all times and be experienced riding outdoors.

## EQUESTRIAN EQUIPMENT

Endurance tack. Saddle bags are provided.

Helmets are mandatory and there are some available locally for guests to borrow. Equus Journeys highly recommends that riders bring their own hats to ensure a proper fit.

## TRAVEL INFO

### COMFORT

You will stay in a 12th-century masia, which has been renovated to offer more comfort but still preserves its traditional Catalan character.

The main apartment has two bedrooms - one double and one twin - sharing a spacious bathroom. There are also two additional twin rooms, each with its own private bathroom.

### MEALS

All meals during the week are fresh, homemade, and prepared daily by a local restaurant, which delivers them directly to the farmhouse.

Breakfast usually features freshly baked bread, artisanal Mas Marcè yogurts, seasonal fruit, homemade jams, pastries, eggs, and a selection of local cheeses and charcuterie. Lunches and dinners are served at the farmhouse and highlight traditional Catalan and Spanish dishes. There will also be a couple of picnic lunches throughout the week.

Dietary requirements can usually be accommodated if mentioned in advance - please inform your travel advisor upon booking. Please note this may incur a supplement.

### CLIMATE

This part of Catalonia enjoys a Mediterranean climate, with mild, sunny weather during spring and autumn (15-25°C) and warm, dry summers (25-30°C). The rainiest period is in autumn, especially October and November.

### TIPS

Tips are welcome and we suggest between 5%-8% of the holiday cost.

### PACKING LIST

**Please pack carefully and sensibly: the following guide is here to give you an idea of what to bring. This list must be adapted depending on the season and individual needs.**

#### Head

- Riding helmet
- Sunhat for when not riding
- Sunglasses
- Buff or bandana

#### Upper body

- Long sleeved shirts provide protection from the sun and are an extra layer
- T-shirts
- Lightweight fleece or jumper
- Warm fleece or jumper
- Warm and waterproof jacket
- Swimwear (only if you opt for the spa session)

#### Legs

- Lightweight, comfortable riding trousers or jodhpurs
- Casual trousers for the evenings, such as jeans or tracksuit bottoms

#### Hands and Feet

- Comfortable riding boots. We recommend short boots with half chaps.
- Trainers or equivalent light shoes for the evenings
- Socks
- Gloves

#### Nightwear

- Pyjamas, tracksuits

#### Other useful items

- Water bottle
- Ear plugs and eye mask (for light sleepers)

#### Medical kit

- Any medication you regularly take
- A soothing cream to alleviate any areas irritated by long days spent in the saddle
- Sunscreen and lip balm - should be high factor
- Insect repellent, preferably containing deet
- 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
- Antiseptic wipes
- Handwash gel

#### Our Recommendations

- Backpacks cannot be worn whilst riding. We recommend a small bumbag or a coat with pockets so that you can carry small items with you during the day (camera, sunscreen, lipbalm etc)
- We recommend travelling in your riding boots and carrying your hat and some riding clothes in your hand luggage - 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

## SUSTAINABLE TOURISM

- 1. Travel light.** It's a little known fact, but the lighter you pack, the better for the environment as heavy bags will produce higher emissions (when flying a plane or driving a car!).
- 2. Reduce plastic waste.** Take your favorite reusable bottle with you. Avoid single-use bags, cups, or straws.
- 3. Preserve nature.** Always take your rubbish with you during the ride and recycle them. Leave all the flowers or plants as you found them, and never get too close when observing wildlife. Make sure to use eco-friendly products such as body wash or laundry detergent (if camping) to protect both your skin and the environment.
- 4. Choose your experiences carefully.** Respect animal life by not participating in any activities that abuse wild animals (shows, elephant rides, etc.).
- 5. Support local populations.** Buy local handicrafts, be respectful of customs, and learn about the culture of local communities.
- 6. Share!** Raise awareness among your family and friends about sustainable tourism.

For more information please [see this page](#).