

MONTGRI

The day walking trip

We hike to the uninhabited Natural Reserve of Montgri and Muntanya Gran. The impressive, limestone hills that rise dramatically from the sea are a great landmark of the area and its shape invokes numerous legends. There's a rocky path to Montgri where we climb to the top of the ramparts of the 13th century castle and enjoy unbeatable panoramic views. Then on to Mont Rodo. We then cross dunes and a pine forest till we reach the hidden, unspoilt bays of Pedrosa and Ferriol (picnic stop). From Punta Ventosa we will have breathtaking views of the highest Catalan cliffs. Our trail ends on the beach of a charming Montgo bay and more...

 24 km  6 to 7h  750m  moderate to demanding

Prices: 5 to 8 people - 50€ per/p,
3 to 4 people - 60€ per/p, 2 people - 80€ per/p. Meals are not included.

Time and place of meeting:

The departure is at 9 AM and arrival around 5 - 6 PM from the main square in Corça.

The **WALKING DAY TRIPS** are for people who are used to semi and long distance walks.

I recommend a good pair of walking shoes, sun protection and clothing appropriate for the weather conditions.

The **SIGHTSEEING DAY TRIPS** are based on cultural visits and short, easy walks which are suitable for everybody.

«A walk is only a step
away from a story, and
every path tells»

Hi, my name is Bartek. I invite you to explore the region in small groups. We will travel to remote areas, where we can walk and wander in nature. And on the sightseeing trips we can discover and enjoy valuable places of culture. I speak English and French.

There are more day trip destinations in Catalunya and beyond that are available. If you wish to cross the Pyrenees and spend a day in France (Collioure, Ceret, Cathars Castels...), or if you want a more personalised, tailor made trip, I will be glad to organise it for you. I'm also offering holiday excursions in Spain and France.

If you have any doubts or questions please don't hesitate to contact me.

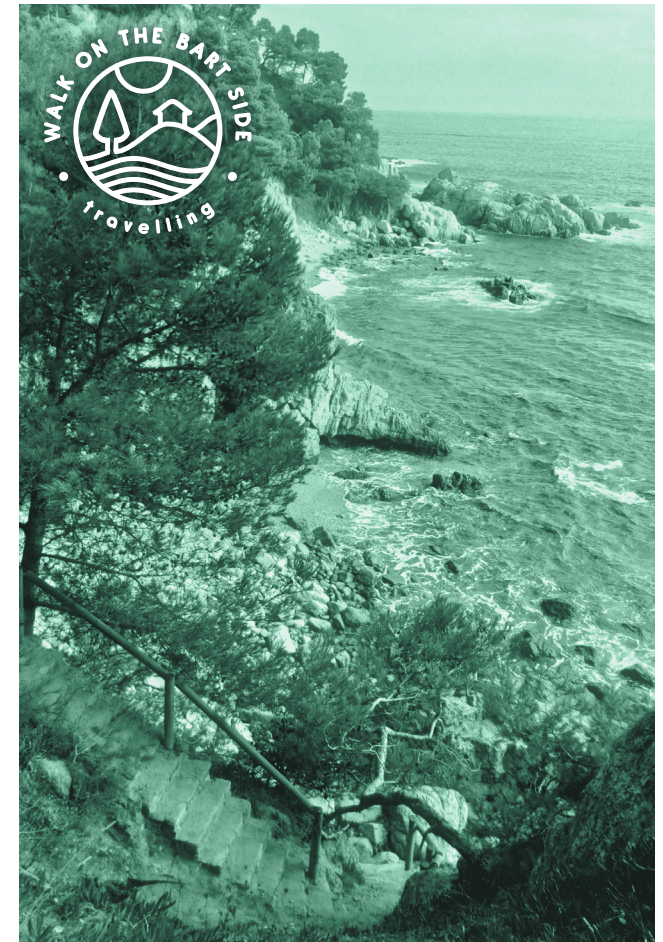


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**GUIDED WALKING
TRIPS AND
SIGHTSEEING TOURS
IN CATALUNYA**

WALK ON THE BART SIDE



CAP DE CREUS The day sightseeing trip

Here we are on the sightseeing trip in Alt Emporda, to the most extreme North - East region of Catalunya and continental Spain. Fascinating nature and landscape with the prominence of the Pyrenees Mountains, separating the Iberian Peninsula from France. First we visit a pearl of Lombard Romanesque architecture, the 11th century Monastery of Sant Pere de Rodes towering 520m above sea level. From there we can also climb to the 9th century castle ruins of San Salvador and enjoy panoramic views. Our next stop is dedicated to a local icon, surrealist artist Salvador Dali where we visit his house in the beautiful bay of Port Lligat. The next place on our way Dali described as "a grandiose geological delirium". We drive through a moon like landscape of the Natural Parc of Cap de Creus, to its extreme point where the road ends. High on the cliffs of this so called Devil's Cape and just next to a lighthouse. We have a lunch in El Far restaurant, with unforgettable views. We will relax for the latter part of the day wandering around narrow streets and seafront of celebrated Cadaques, which captivated so many artists.

GARROTXA The day sightseeing trip

On this circular tour we travel inland to the foothills and gateway to the Catalan Pyrenees. After Girona, where the plains of Emporda end and the Garrotxa Volcanic Natural Parc appears, lies the Lake of Banyoles of tectonic origins. It's the biggest natural lake in Catalunya and its blueish waters contrast beautifully with the green hilly background. After a short walk along the lake we take a scenic road to the volcanic area. We visit the picturesque medieval town of Santa Pau, its 13th century castle and a gothic church. The Garrotxa Nature Reserve is the most impressive volcanic landscape in the Iberian Peninsula. It's formed by 40 volcanic cones and 20 lava flows. We walk to the crater of Santa Margarida, with a medieval hermitage in the centre. In the region's capital Olot we can see some fine examples of Modernist architecture and we taste local so called "volcanic cooking". On the way back we visit Besalu. The vitality of this town since the early Middle Ages has created a complex urban layout; churches, a monastery, ancient Jewish district and the most outstanding of all is the Pont Vell (Old Bridge). We take our time to wander around.

COSTA BRAVA The day walking trip

Our costal path is a part of a more than 200 km long Costa Brava trail (GR 92). This particular part between Palamos and Tamariu is one of the most remarkable stretches of the Mediterranean shoreline. The trail goes through a spectacularly shaped landscape connecting it with some magic coves, bays, caves and rocky, sandy beaches. All this is flanked by dramatic hanging cliffs. We will also walk by some of the oldest Iberian settlements as well as the seafront promenades of intimate and ancient fishermen villages like Calella de Palafrugell, Llafranc or Tamariu. We will enjoy our first long break at the Cap Roig Botanical Gardens. On the highest part of the cliffs we walk by an ancient

hermitage-hospice, the 15th century watch tower and San Sebastia lighthouse. The most powerful in Spain and located 180m above sea level. With stunning views and more... Lunch in the Tamariu Bay.

19 km 5 to 6h 700m moderate to demanding

FITOR / GAVARRES The day walking trip

On this circular route we will walk through the Gavarres Natural Reserve, trekking along a range of hills covered by dense Mediterranean forest. We can enjoy the biodiversity of this sparsely populated area. On our trail we will explore a large group of fabulous dolmens and its location in Sierra de Cals guarantees splendid panoramic views. We will visit the medieval church of Fitor (picnic stop) and a typical Catalan fortified farmhouse Mas Cals. On our walk we will also stop at Sant Pau village, Mas Plaja, Salomo 16th century ice wells, abandoned hamlet and more...

21 km 5 to 6h 600m moderate

MADREMANYA The day walking trip

We walk through the diverse country side of Baix Emporda to Girones discovering the medieval and historic buildings as well as impressive renovation work combined with modern architecture. In Cruilles we will climb the 11th century watch tower. Then, unique to this area, we will pass by the Romanesque Monastery of San Miguel. We will walk by charming, old buildings such as San Joan de Salelles chapel, Sant Sadurni village, the arched main square of Monells, beautifully situated Madremanya and the intimate hamlets of Pedro, Vilosa and Millas (refreshing break). End of the trail with lunch in San Marti Vell.

20 km 4 to 5h 300m easy