

Mountains to the Sea – Fresh & Saltwater Trail Catalonia, Spain

Day 1

You are met and transferred to your accommodation for the night, a former mill or similar. Over dinner meet your guide and discuss the trail ahead.

The following is the proposed itinerary but please note that changes are possible due to weather and local conditions. On occasions the itinerary may run in reverse.

You should be an experienced rider fit enough for between 4 to 7 hours in the saddle each day.

Please note that it is necessary to lead your horse on foot on some sections of the trail. Sometimes the ground can be rocky and uneven and most of the time it will be downhill. You normally need to get off and lead on three days. Each stretch is for about 40 minutes, although on day four you get off and lead twice. It is important that you wear boots which provide support for your ankle and which have a non-slip sole.

Day 2

You are transferred to meet the horses. You ride through dense holm oak and pine forests on narrow paths.

Stop for your first picnic near the floodplains of the river Fluvia.

In the afternoon you will follow the river and have the opportunity for some faster riding.



Day 3

There is an early start this morning. Setting off from your accommodation you ride through the foothills of the Pyrenees and through forests.

A short break in a local village allows a refreshment break before continuing with the trail.

Continue on until you reach a valley with a mountain stream which flows into a pool. Here you have a picnic and a chance for a first swim.

Afterwards follow some challenging terrain over a pass. You are rewarded with views of the high peaks of the Pyrenees. Stay overnight in a former monastery which has been renovated into a guesthouse.



Day 4

For more information contact in the saddle. Tel: 01299 272 997 Fax: 01299 272 935, Email: rides@inthesaddle.com, Internet: www.inthesaddle.com

Today the aim is to swim in the lake. Ride through a cork oak forest, where the terrain is inviting and provides the opportunity for faster riding. Soon you reach the lake.

Please note that swimming with your horse is dependent upon weather conditions and water levels.



After a picnic and a siesta, you ride to a monastery on a small hill to enjoy the views of the lake.

Day 5

Another early start this morning as you ride down to the stream 'La Muga'. Here you have another chance to swim.

Continue to follow the stream at a faster pace and towards your lunch stop. Lunch is at a restaurant with views over the river.

After lunch, you continue along the course of the river.

Tonight, you stay in a former farmhouse in a wine making village.



Day 6

This morning you approach the coastal mountains of Rodas. As you ride, there are views towards the Pyrenean peaks and of the Mediterranean Sea.

In the afternoon you descend to the fishermen's bay. As you reach the coast, you dismount and have the opportunity to swim in the sea. Please note that you do not ride the horses on the beach.

Head to your last hotel and enjoy your farewell dinner.



Day 7

After breakfast, transfer to Barcelona or Girona.