

Mediterranean Trail, Catalonia, Spain

Day 1

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

You are transferred to the horses base at Mas Alba (or other accommodation of equal standard). Mas Alba is a typical Catalan natural stone house dating from the 16th century.

Meet your guide and discuss the trail ahead.

Day 2

Set off through the forest towards the mountains.

Follow river valleys until you find a nice place for your first picnic. In the afternoon, enjoy some faster riding as you continue to your accommodation for the night – a renovated old mill near to the river.



Day 3

You follow the river Fluvia as it winds its way to the sea. At a small lake, you have your picnic lunch.

After lunch, you continue following the river, crossing it at a suitable point to ride through a wild river landscape. At its estuary, you can see to the Gulf of Roses.

A palm grove leads you to a country house called Mas Joncar. Enjoy a drink on the terrace to end the day.

Day 4

It is an early start this morning to head down to the beach. Please note that the speed on the beach depends on many factors and the pace is always with your best interests in mind. It isn't always possible to gallop along the water's edge.



The path from the beach then gently follows through the sand dunes and the Mediterranean pine forest up to the mountains of Montgri Massif. This is where you stop for your saddle bag picnic.

After lunch there are more opportunities for long canters through the river dikes as you head back to the Mediterranean Sea.

Please note that in the summer months and busy holiday times, you may need to be up early to ride onto the beach by 06:00.

Day 5

After breakfast, you head back to the beach. You may be able to see the protected islands of "Medes". A canter through the sand of the bay brings you to the rice fields, and up to the pine trees near the coast. Head past the old city walls which surround the natural stone houses. Tonight, you will stay in farmhouse accommodation.



Day 6

The terrain today is inviting. With plenty of faster riding, you head to the river El Ter. You pass fruit plantations, grain fields and poplar forests which provide some shade. Lunch today is another saddlebag picnic.

After a lunch time siesta, you ride through the hillside landscape back to the horse farm at Mas Alba. After this long riding day and an adventurous trail, you may wish to relax in pool before your farewell dinner.



Day 7

After breakfast, transfer to Barcelona or Girona.