

Wild Coast Summer Trail, Spain

Itinerary

Highlights of the trail include:

- * Delicious tasting of wine and cava
- * Visit to the fishing villages of Cadaques and Port de la Selva
- * Visit and stay at a P.R.E Horse Stud
- * Fantastic panoramic views over the sea and hidden coves for swimming

Day 1

The Catalonia Wild Coast Summer Trail is a 6 night trail ride offering 5 glorious days' riding in the varied scenery of the Costa Brava (Wild Coast). On this ride you will enjoy some fantastic panoramic views over the sea, plus discover some hidden coves for swimming. You will also get to visit wine cellars (including wine and cava tasting) and enjoy simple, comfortable accommodation and delicious Catalan cuisine.



You should be at least an intermediate rider fit enough for between 3 to 5 hours in the saddle each day. The first 3 days of riding is often at a slower pace due to the terrain covered.

You ride across the very easternmost part of Spain, crossing green hilly landscapes, through medieval towns and onto the beaches of the Mediterranean.

Please note that it may be necessary to lead your horse on foot on one of the days of this trail for about 30 minutes. The ground can be rocky and uneven and most of the time it will be downhill. It is important that you wear boots which provide support for your ankle and which have a non-slip sole.

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 are met and transferred to your accommodation at 'Mas Alba'. This is a typical Catalan natural stone house dating from the 16th century. Since then this wonderful farm has been run by the same family. From here you overlook green meadows, forests and horse pastures.

You normally spend the first night at Mas Alba but sometimes this can be at an alternative guesthouse.

After settling in you will all meet for supper where you will discuss the week ahead.

Day 2

Today you will meet your horse. You ride through dense forests, riding through little Catalan villages built of stone. You will stop for a long picnic lunch before riding on towards the coast.



At the end of the bay, near to the beach, is your hotel where you spend the night. (NB: depending on the season you might stay overnight in a beautiful mill dating back to the 16th century). The old mill has small apartments which have a double bed on a balcony and two beds downstairs with one bathroom. This may be booked as two single rooms.

Day 3

This morning you ride along the river Fluvia towards the sea. You have a river crossing, passing through the beautiful Catalan villages on horseback towards your lunch spot under cork trees.

In the afternoon, you arrive at Catalonia's oldest stud the P.R.E. (Pura Rasa Espanola) Andalusian horse stud.

Whilst meeting the horses, the stud farm owner will give you a tour filled with interesting facts about the history of PRE horse.

This evening a personal chef arrives to spoil you with his gourmet Spanish cuisine amid this wonderful atmosphere.

Day 4

The terrain this morning allows you to trot and canter beside rice fields before reaching the medieval town of Castello with its magnificent cathedral.

Leaving the town you keep up the pace through and the moors of Aiguamolls towards the sandy beaches of Roses. Later in the afternoon you can visit the "Ciutadella" castle and of course you can have a swim in the sea too if you fancy it. Stay overnight near to Roses.



Day 5

Today you and your horse will climb into the mountainous Cap de Creus. At the top, you will be rewarded with breath-taking panoramic views. In the south you can look over the Gulf of Roses and in the north the Gulf de Lion.

You continue to ride through isolated little cork oak forests towards the lunch stop. Our friend Diego brings organic wine down the valley. Diego prepares lunch for you and you might be lucky enough to indulge in some wine tasting. Particularly impressive is the 25 year old "Garnacha" from the oak barrels. This "pleasure drop" has been repeatedly honoured as the best Catalan Desert wine!



The afternoon is free to spend time on the beach at Selva de Mar or one of the other secluded bays.

Day 6

Today's ride climbs up and over some of the coastal mountains along an ancient trade route amongst the rocky terrain of the Cap de Creus. Here you can see the foothills of the Pyrenees sink into the electric blue sea. In a beautiful bay, you have a picnic, after which you can go for a swim.



Tonight enjoy your last supper together in Cadaques, which is considered the jewel of the Costa Brava. The whitewashed fishing village, with its old, winding streets is justly considered the most beautiful village on the Wild Coast.

Day 7

After breakfast, transfer to Barcelona or Girona.