



Self-Guided Mediterranean Coast Trail

7 Days / 6 Nights / 6 Riding Days

Best Airport: Barcelona or Girona

Max weight 90kg



Overview:

Horse riding on the coast, swimming in the sea, charming villages, unique views: enjoy all of this at your own pace! Our self-guided trail ride by the sea gives you the opportunity to experience an adventure on the back of our Andalusian horses, which is a completely unique experience in Spain! Take your friends, partner or family on a trail ride to historic sites in this amazing corner of north-east Spain. You will ride across the undulating hilly landscape of the Costa Brava. On the third day, you will reach the sea! While your horses relax at the accommodation, you will have enough time to enjoy the beach. You will then follow the Mediterranean coastline northwards towards France. Spectacular views, remote paths, secluded bays and the sensation of complete freedom are waiting for you!

Itinerary

Day 1: Enjoy the freedom of independent riding!

Are you ready for a special trail ride in Spain? On the first day, you will meet your four-legged partner, who will faithfully accompany you during the next couple of days. After a detailed introduction you will be ready to go! You will ride through isolated woods, past small farms, through natural stone villages and apple orchards. What a feeling when you get to know your horse, while you are roaming the fields enjoying the seemingly unlimited freedom! You cross the picturesque River Ter on horseback. This is the first time you really realise how much you can rely on your four-legged friends. Soon, you will reach your destination for the day: A lovely country house where you will be served a Catalan picnic. Relax in the beautiful garden in the afternoon and look forward to a delicious dinner.

Day 2: Lonely forests and medieval villages

The horses will already be waiting for you and for their hard-earned breakfast. Full of energy, you and your four-legged friends will start the new day. Become enchanted by the original landscape of Catalonia. Listen to the sound of the hooves on the centuries-old cobblestones as you ride through the narrow winding alleys of authentic natural stone villages. Today, you will have lunch in a special place. You will visit the restaurant right next to the Púbol Castle. This castle was a gift of the famous artist Salvador Dalí to his beloved wife Gala. In the afternoon, you will ride between fields towards your destination. In Peratallada, the horses will stay just outside a historic natural stone village that invites you to walk around after a successful day's riding. In the small streets and under ancient archways, you can "get lost" without any worries!

Day 3: Finally – the sea!

The third day starts with a ride through an area that was shaped by the Iberians thousands of years ago. You will trot and canter across the landscape that used to surround the former lake of Ullastret. For lunch, you can look forward to an exceptional location: the small medieval town of Pals takes you back in time...In the afternoon, the route leads you on sandy paths through Mediterranean pine woods to the rice fields that are typical in this area until you, finally, reach the sea! Just before hitting the beach, a family-run hotel will be waiting for you. After having fed the horses, you have enough time for a stroll along the beach and to refresh yourself in the sea! What a fantastic day!

Day 4: Sand dunes and Mediterranean flair

Today you start early! It is the fourth day in the saddle, and by now, you and your horse are an established team. Every day, the landscape will surprise you once more! You will cross the

nature park Montgrí. A majestic pine forest has been planted on the original sand dunes. These are perfect horse-riding conditions: soft ground, pleasant calmness, and shade-giving trees. During the second half of the day, you will pass ruins that go back to the times of the Greeks and Romans. The route continues off the beaten path through the apple orchards of the Costa Brava. Your destination lies on the River Fluvià, shortly before it reaches the sea. The horses will stay in a field right in front of a charming country house. Your Catalan host, Miguel, will treat you to a tasty dinner after this long riding day.

Day 5: Aiguamolls and the Bay of Roses

After a good rest, you and your faithful travel companions are ready for the new day. Together, you will cross the swamp area of Aiguamolls. From horseback, you will be able to see a great variety of bird species. If you are lucky, you might even see a flamingo! You will pass an Andalusian horse stud and reach Castelló d'Empúries. With your horses, you will pass the Santa Maria Basilica. Locals call it the "Cathedral of the Empordà". The landscape changes again. Between fields and olive groves, you can spot the sparkle of the deep blue water of the Mediterranean Sea in the distance. You get closer to today's destination, a well-restored manor house that dates back to 1582. Surrounded by picturesque nature with a view of the Bay of Roses, you can relax in the afternoon. Jump into the pool or spoil yourself with a relaxing massage.

Day 6: Breath-taking views!

Today, our horses will impress you a lot because they truly are "all-round talents". Like mountain goats, your four-legged partners will climb on a rocky and steep mule path up into the coastal mountains. At the top of the pass, you will let your horses rest for a moment and enjoy the spectacular view. At the Cap de Creus, the easternmost point of the Iberian Peninsula, the Pyrenees melt into the sea. To the north, you will see the Gulf of Leon, and to the south, the Bay of Roses as well as the plains of the Empordà. Then, you will ride through the fascinating landscape of the natural park until you reach the lively fishing village of Port de la Selva. Now, it is time to say goodbye to your loyal partners. After lunch, we recommend that you spend a tranquil afternoon on the beach. Swim in the Mediterranean Sea and pass the last couple of days reflecting on the wonderful time that you have had!

Day 7: Hasta la próxima!

After a nice breakfast and a last glimpse of the sea, you will make your way back home. You will take some unforgettable experiences with you, that will remain forever in your memory. Hasta la próxima – see you next time!



Level of riding and fitness

For participation on our self-guided trails, we require a responsible and positive attitude towards both the horses and to nature!

It is important for us to emphasize that the most important part of this self-guided trail is not the speed but enjoyable trail riding! Since you are traveling on your own, you should have appropriate riding experience in the field and experience in the independent handling of horses and their food. Absolute seat strength is a must! The welfare of the horse and the safety of horse and rider must always come first. Do not overexert your four-legged travel companion and do not put yourself or the horse in unnecessary danger. Although the riding pace is individually flexible, this must always be adapted to the different terrain and the condition of the horse and rider. This Trail includes both mountainous and flat terrain. At difficult passages, it is necessary to lead the horse. Comfortable walking shoes are necessary. Our surefooted horses help you in varied terrain for necessary security. To master the challenge of this self-guided trail ride, you and your four-legged partner must make a good team. Daily 4-6 hours in the saddle.

Guides & Groups sizes

Mapping and guidance. On the first day, you will meet your four-legged partner, who will faithfully accompany you during the next couple of days. After a detailed introduction you will be ready to go!

2-6 Riders

Horses & Tack

You will have the chance to ride beautiful Andalusian horses,

They are selected for their appropriate temperament and a lot of time is spent on training them, so our happy Spanish horses make absolutely reliable and sure-footed companions for you. Each of our "Spaniards" has a unique personality, but they have one thing in common: they are high performance athletes.

A selection of around 40 lovely and reliable Andalusian and Spanish horses is waiting for you, to make your riding holiday a unique experience!

High-quality trail saddles designed for long-distance riding at all paces, developed in collaboration with the saddler 'Hidalgo' for maximum comfort and safety. Handmade saddle cloths use medical-grade "anti-pressure sore fleece" for optimal horse back protection. Each rider is also provided with a handcrafted saddlebag, designed specifically for trail riding needs.

Accommodation and Dining

You will experience a special feeling of Catalonia in our accommodations, which offer you a cosy ambience. Far away from mass tourism you will be spoiled by attentive hosts with local specialties. You will get to know the food culture of the region through the lovingly prepared dishes from fish, game, vegetables and fruits. This experience is refined by the fine wine from the growing areas of the Empordà -your taste buds will not be neglected on this journey!

What to pack

Please use the packing list as a guideline, bearing in mind the time of year you are riding. You will be provided with saddlebags while you are on the trail to carry daily essentials eg sunscreen, water bottle.

- ☐ "All-terrain" riding boots with a heel (also should be comfortable for walking)
- ☐ appropriate riding jodhpurs/leggings/trousers
- ☐ Water bottle 1L
- ☐ Plastic bags (protect personal belongings from water damage)
- ☐ Travel insurance
- ☐ Medical kit
- ☐ Half chaps
- ☐ Helmet
- ☐ Gloves
- ☐ Sun protection
- ☐ Insect repellent
- ☐ Mosquito bite relief
- ☐ A non-breakable water bottle

- ☐ Swimsuit
- ☐ Light summer clothing/warm clothing depending on weather & time of year
- ☐ Sunglasses
- ☐ Warm jacket if travelling in spring or autumn
- ☐ Camera

Each rider gets a saddle bag, in which you can stow personal things away. For quick access, a hip or abdominal bag has proven itself useful.

Flights & Airport transfers

This trip is only available on request. Before proceeding with the deposit payment, please send us an email or a WhatsApp message. We need to check availability for your dates first, otherwise we will not be able to confirm your booking.

Flight and airport transfers

Transfers:

€230 return Barcelona

€160 return Girona

Taxi Gerona €45

Taxi Barcelona €220

Single supplement on request £200

Do NOT book flights until you have received the 'Booking Confirmation Email' from saddletravel.com

You should fly into Barcelona airport, ideally as early as possible to be in time for the introduction session which starts at 10:00am. Therefore, we suggest arriving the day before with an overnight stay at the Castell Bardera with a supplement of £70- £90 per room depending on the season.

Your departure flight on the last day after breakfast (9:00am). Departure with transfer to the next train station (Llança 25€) or airport transfer can be arranged.

Climate

The climate of is typically Mediterranean, with many hours of sunshine, mild in winter and warm in summer. The Pyrenees and the neighbouring areas have a high-altitude climate, with minimum temperatures below 0°C, annual rainfall above 1000 mm and abundant snow during the winter. Along the coast, the climate is mild and temperate with temperatures increasing from north to south, while the rain behaves the opposite way. The hinterland, far from the sea, has a continental Mediterranean climate, with cold winters and very hot days.

Health

For health and vaccine recommendations, please consult your healthcare provider at least 8 weeks before your trip.

Country specific information can also be found at the National Travel Health Network and Centre website: <https://travelhealthpro.org.uk/countries>.

Travel documents

For entry requirements to Spain for UK citizens, please visit the Foreign Travel Advice website:

<https://www.gov.uk/foreign-travel-advice/spain/entry-requirements>

For any other nationalities, please contact your local embassy to check entry requirements.

Having the correct travel documents is entirely your responsibility.

Currency & Tipping

The currency in Spain is the Euro. You will need to bring local currency (or debit/credit cards) for any drinks you want to buy in the restaurants.

Riding declaration

"I am confident and in control at trot and canter out in the open and over uneven ground. I'm able to mount and dismount unaided and have a good level of current riding fitness. I do not suffer from any illness or disability that could prejudice my safety or that of others."

Cancellation policy

Payment & Cancellation Terms saddletravel.com

Holidays are confirmed with a 20% non-refundable deposit. The full balance is due 56 days before the start date.

If you cancel your booking less than 56 days before the start date of your trail we are entitled to receive full payment, less refunds as follows:

42 days or more before booking date - 50%

30 days or more - 30%

less than 30 days - nil

Book with confidence – Covid Guarantee:

If the ride operator is closed or you are unable to travel due to lockdown:

1/ The deposit is reissued as a rebooking voucher to rebook anytime.

2/ Any balance payment will be refunded to you in full within 1 week of departure date.

Insurance

All saddletravel.com customers are required to take out appropriate travel insurance that covers horse riding and holiday cancellation. We suggest you take out insurance as soon as you book as, should your circumstances change, all our deposits are non refundable and non transferable. Proof of insurance details will be required during the booking process.



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