

SPAIN: CATALONIA & THE COSTA BRAVA

Guest Handbook

A Self-Guided Walking Adventure





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Travel Style

Our Self-Guided Walking Adventures are ideal for travelers with an independent spirit who enjoy exploring at their own pace. We provide authentic accommodations, luggage transfers, and some meals, along with comprehensive Route Notes, detailed maps, and 24-hour emergency assistance. This gives you the freedom to focus on the things that matter to you—with no group, no guide, and no set schedule to stand in the way of enjoying your adventure, your way.

Overview

Autonomous and diverse, Catalonia offers a wealth of contrasts in its location in the northeast of Spain. Sea and mountains—*mar y muntana*—describe both the local cuisine and the varied landscapes you explore on this self-guided walking adventure. You walk the ancient volcanic region of La Garrotxa, a tranquil place where low rounded hills covered in lush forest and fields are interconnected by trails between ancient villages, chapels, and *mas* (stone farmhouses). The sea at the Cap de Creus peninsula—Spain's easternmost tip—is an incredibly azure Mediterranean. Just a few miles south of France, windswept hillsides drop down to enticing coastal coves and the fishing village of Cadaqués, inspiration to Dalí and Picasso. In between is the city of Girona, walkable and compact, with ancient monuments and tempting shops and restaurants. Charming restored farmhouses, a boutique city hotel, and an intimate inn distill the essence of the region, as does its masterful Mediterranean cuisine of fresh seafood and local products paired with sparkling *cava* and its many other fine wines.





Daily Itinerary

DAY 1

Arrival in Girona. Transfer to Sant Feliu de Pallerols. Orientation meeting upon arrival at your hotel

You are met in the city of Girona, north of Barcelona, and transferred (approximately one hour) to your hotel, a peaceful rural retreat in the heart of the Garrotxa Natural Park, a protected area of ancient volcanoes transformed over millennia into a landscape of rolling low mountains, gorges, and lush forest.

Overnight in Sant Feliu de Pallerols

DAY 2

El Ventós viewpoint; 3.4 miles, easy to moderate, no significant elevation gain or loss or 5 miles, easy to moderate, 1,000-ft. elevation gain and loss

After a relaxed breakfast, you can leave directly from your hotel for a warm-up walk that provides a perfect introduction to the Garrotxa region. Unique in Europe, a collection of 30 conical volcanoes saw their last eruption only 11,000 years ago and, while dormant, they are not completely extinct. This underlying geology has resulted in soils of ochre and black lava, contrasting with beech forest and verdant meadows. An easy and well-marked path—entirely within the hotel's estate—leads up through the forest to a lookout that provides stunning

views of the rolling landscape, and an overview of the week ahead—below you is the volcanic valley of tomorrow’s walk, in front of you the bulk of the Pyrenees, and turning to the east, the Cape of Creus, nudging into the Mediterranean just below the French border. You enjoy a delightful picnic lunch from your hotel’s kitchen, either on the trail or on the hotel grounds.

And, weather permitting, enjoy the hotel’s pool. A hot air balloon ride is a very early morning option (requires advance planning and is payable locally) that is also weather-dependent—the region’s topography makes it a favorite location in Spain for this activity.

Overnight in Sant Feliu de Pallerols

DAY 3

San Miquel to Mas Can Batlle via Santa Pau; 6.2 or 9.1* miles, easy to moderate, 1,000-ft. elevation gain and 1,300-ft. elevation loss or 7.5 or 10.4* miles, easy to moderate, 1,300-ft. elevation gain and 1,650-ft. elevation loss (* mileage depends on hotel location)

A transfer takes you to the bottom of the valley, where you begin the day’s walk. Skirting below high volcanic cliffs, you traverse fields belonging to small stone farmhouses before entering the thick beech forest of Jordá. After about an hour, you emerge near a small café where you can pause for a morning coffee before making a detour to the Santa Margarida volcano—at the center of the grassy crater lies a unique Romanesque chapel. The path continues through lush vegetation to arrive at the picturesque medieval village of Santa Pau. It is highly recommended that you stop for lunch in one of the restaurants under the arcades facing the castle. The *Vila Vella* (Old Town) of Santa Pau has been declared of “Cultural Interest” and more than 80 percent of the town has been conserved, including the Plaça de la Arqueria Square, the castle, and Santa Maria Church. It is also a destination known especially for its protected heirloom crop: the Santa Pau *fesols* are indigenous beans gaining distinction from their cultivation in the volcanic soil. Other delicious local specialties include cured meats, honey, yogurt, and the *farinetes de fajol* dessert. After lunch, continue to your hotel where dinner is later served on site.





Overnight in Santa Pau

DAY 4

Transfer to Girona. City exploration

This morning you leave the Garrotxa region. A drive of about an hour takes you to Girona, one of Catalonia's major cities, with an intriguing historical center that's easy to explore on foot. Leaving

your luggage in your Old Town hotel, you step out onto cobbled streets, leading up to its Romanesque and Gothic cathedral with its striking approach of 86 steps. Heading down from the cathedral, you find the Jewish museum and neighborhood, one of the few places in Spain with traces of its flourishing medieval Jewish culture before the expulsion of the Jews in 1492. The narrow streets wind down to the river Onyar that separates the old and new cities and is lined with vibrant painted "hanging houses" and crossed by pedestrian bridges. A walk along the entire length of city's ancient defensive walls offers wonderful panoramic views of Girona and the surrounding countryside. Bursting with shops and galleries (closed on Sundays), and cafés, Girona boasts plenty of places to browse and stop for lunch and tapas, and later dinner. You may choose to make an entire meal of tapas paired with a glass of the region's crisp sparkling *cava*.

Overnight in Girona

DAY 5

Transfer to the Costa Brava. Perafita to Cadaqués; 6.5 miles, easy to moderate, 500-ft. elevation gain and 1,200-ft. elevation loss

This morning there is time to stroll down to the shops and bakeries along the river to buy a picnic lunch before transferring to the Cape of Creus, about 30 minutes northeast of the city in the easternmost part of Spain. The Pyrenees form the border with France just a few miles north of this protected area of windswept hills contrasting with protected fishing villages and coves, backed by the deep azure of the Mediterranean. Your walk starts at the Perafita winery, located in a 14th-century farmhouse. Martín Faixó's family has run this enterprise for several generations, and currently produce eight different wines especially adapted to the unique topography and climate. You leave the winery

on a winding path dotted with Mediterranean herbs and shrubs, with scenic views of the sea in the distance. You stop en route to enjoy a trailside picnic before descending into the seaside village of Cadaqués, the inspiration to and former home of Salvador Dalí. After settling into your hotel, you can discover the excellent seafood of the region, perhaps traditional fresh grilled sardines or Catalan “black rice”—squid-ink paella.



Overnight in Cadaqués

DAY 6

Layover day in Cadaqués. Optional walk: Llança to Port de la Selva; 5 miles, easy, no significant elevation gain or loss or Sant Pere de Roda to Port de la Selva; 4.3 miles, moderate to challenging, 1,800-ft. elevation loss

Enjoy a leisurely breakfast of home-baked breads and pastries before exploring the port of Cadaqués—one of the most picturesque villages of the Costa Brava. In addition to Dalí, Pablo Picasso also spent some time in this village and was attracted by its shifting Mediterranean light. You can choose from several options today, which may be as simple as relaxing on a nearby beach, or strolling through the village. Two walking options (both requiring taxis at your own expense) provide more in-depth exploration of the Cap de Creus. The easier option is a route from the village of Llança along a coastal promenade to the small fishing port of Port de la Selva, providing views of the sea on one side and the summer villas on the other—and, high above you, the Benedictine Monastery of Sant Pere de Roda. The more moderate option is to take a taxi up to the 11th-century monastery, with its magnificent views over the cape and the surrounding sea. After visiting the Romanesque complex with its 12th-century cloisters, you follow an old path that descends steeply through a small mountain village and vineyards on its way to the sea, finishing your walk on the waterfront promenade of Port de la Selva. You can stop for lunch here before catching a return taxi back to Cadaqués. Alternatively, if your knees are not up for the descent, the monastery is well worth the visit via taxi both ways. Yet another alternative is to walk to a nearby cove to visit Dalí’s home, now a museum, which was the Surrealist painter’s only permanent home from 1930 to 1982 (at



your own expense, advance reservation required, there may also be time to visit at the end of tomorrow's walk). For dinner, choose from one of Cadaqués's many excellent restaurants, perhaps one owned by the Faixó family of the Perafita winery.

Overnight in Cadaqués

DAY 7

Cap de Creus; 4.7 miles, easy to moderate, 650-ft. elevation loss

Today's walk takes you to the tip of the natural area of Cap de Creus—with its beautiful landscape of low Mediterranean vegetation and varied coast of cliffs and hidden coves. This morning, a short drive takes you to the lighthouse at the end of the cape. Surrounded by aquamarine water views, you set off walking along the coast—on your left are small coves accessed by narrow paths—any of them ideal spots to enjoy your picnic lunch. As you approach Cadaqués, the trail winds between stone walls and through olive groves, always in sight of the sea. The route passes in front of Dalí's home museum, which you may have visited the day before. You can enjoy the remainder of the day at your leisure—in town, or by the beach—before enjoying a final dinner celebrating your exploration of Catalonia with its excellent cuisine.

Overnight in Cadaqués

DAY 8

Departure from Figueres

You depart Cadaqués today for the larger city of Figueres, to catch a train to your next destination. Here in the hometown of Salvador Dalí, you may choose to visit the Dalí Theatre-Museum—the museum that contains his largest and most diverse body of work, located a 5–10-minute taxi ride from the train station (at your own expense; advisable to book ahead of time online at salvador-dali.org/en/museums/dali-theatre-museum-in-figueres; luggage can be stored at the museum; closed on Mondays in April, May, June, October, and November; visit taxifigueres.es/en for area taxi information).

ITINERARY CHANGES

Please bear in mind that this is a typical itinerary, and the actual activities, sites, and accommodations may vary due to season, special events, weather, or transportation schedules. We reserve the right to alter the itinerary, since tour arrangements are made up to a year in advance and unforeseen circumstances may arise that mandate change. Itinerary changes are made to improve the tour and your experience.

RESPONSIBLE TRAVEL

Country Walkers is a leader in active travel with responsible tourism an integral part of our core values. Our tours reflect our dedication to best travel practices—and to the preservation of indigenous cultures and the environment. Country Walkers has made a donation on behalf of every traveler to the CW Travelers Fund, which supports designated projects in the communities and habitats in which we travel. We invite you to learn more about our efforts and initiatives for giving back at countrywalkers.com/sustainable-travel.

Tour Facts at a Glance

TOUR LENGTH

8 days, 7 nights

DEPARTURES

This tour is available starting *Sunday through Thursday*, on request, from April 21 through June 23, 2019 and September 1 through October 31, 2019. It is available *daily*, on request, from June 24 through August 31, 2019. Please note that the tiered tour price is based on a guarantee of a specified number of guests—should your group decrease in size, we reserve the right to alter the per person price if necessary as reflected in the Tour Price table. Please also note that the tour price includes one arrival transfer from Girona to the first hotel in Sant Feliu de Pallerols on Day 1 of the tour and one departure transfer from Cadaqués to Figueres on Day 8 of the tour. If traveling in a group of two or more with separate arrival or departure times, additional charges will apply for multiple transfers.

TOUR PRICE

2019 departures	Per person 2 guests	Per person 3–5 guests	Per person 6+ guests	Single+	Twin Share Surcharge*	Solo Surcharge
Apr 21– Jun 23	\$3,148	\$2,998	\$2,898	\$940	\$165*	\$720
Jun 24– Aug 31	\$3,298	\$3,148	\$3,048	\$940	\$165*	\$720
Sep 1– Oct 31	\$3,148	\$2,998	\$2,898	\$940	\$165*	\$720

* Hotel Tramuntana in Cadaqués (Nights 5, 6 & 7) does not have twin rooms. For guests who do not wish to share a double bed at this property, a twin share surcharge of \$165 per person will be added to allow each guest to have their own private room.

STARTING POINT

Girona, Spain (Girona Train Station or city hotel)

Based upon individual arrival times

ENDING POINT

Figueres, Spain (Figueres Vilafant Train Station, city hotel, or Dalí Theatre-Museum)

Based upon individual departure times

ACTIVITY LEVEL

This tour is one of our Self-Guided Walking Adventures, rated easy to moderate, with an average of 5 to 8 miles per day and limited options. There are daily ascents and descents with elevation gains up to 1,300 feet and losses up to 1,800 feet. The walks are on a combination of packed dirt roads, forest paths, and coastal trails (offering very little shade), including some uneven rocky sections with loose stones. The unique scenery of Catalonia's interior includes low rounded hills in lush vegetation, the ancient volcanoes of the Garrotxa, punctuated with farms, small villages, and Romanesque chapels. The coastal portion of the tour in the Cap de Creus Natural Park offers classic Mediterranean scenery of fishing villages and hidden coves, and windswept limestone hillsides cultivating vines and olive trees. The small city of Girona is a transition between the two, with an easy-to-navigate pedestrian center, old quarter, cathedral, and walkable ancient city walls. **Remember: preparation is the key to ensuring your tour readiness; the more you walk or participate in aerobic exercise prior to your trip, the more you will enjoy your experience!**

INCLUSIONS

- » Breakfast daily, one lunch (Day 2), and two dinners (Days 1 and 3); beverages not included
- » All accommodations while on tour
- » Local transfers as noted in the itinerary
- » Luggage transfers between the hotels
- » Detailed water- and tear-resistant Route Notes, maps, and use of a handheld GPS unit
- » 24-hour tour-related support provided by Country Walkers' local partner

- » 24-hour travel-related support provided by One Call International Emergency Hotline and Travel Assistance
- » Orientation meeting with a Country Walkers representative
- » The unbeatable and cumulative experience of the Country Walkers staff

LET THE JOURNEY BEGIN

Prior to your adventure you will receive:

Within 24 hours of reservation confirmation:

A Confirmation Email with a link to our online guest portal, My Account, which allows you to view important information and manage parts of your account online. Similar to other web-based portals you may already use for online banking or shopping, My Account will let you:

- a. View your active reservations.
- b. Make a payment.
- c. Access the latest version of your reservation invoice.
- d. Access your guest profile where you'll be able to update essential information and preferences (passport information, important dietary considerations, allergies, etc.).
- e. Ensure that your contact information is the most up to date (name, address, phone number, email).
- f. Provide us with your tour arrival and departure details so that we may arrange any included arrival and departure transfers and/or orientation meetings.

One day following reservation confirmation:

An Online Participation Agreement Form to sign and submit (emailed).

Within one week of reservation confirmation:

- a. Your reservation invoice (emailed).
- b. Welcome Documents including your specific dated Hotel Itinerary and this Guest Handbook (emailed).

Approximately one month prior to departure:

Your Travel Documents including the following items (mailed):

- a. Printed water- and tear-resistant Route Notes (day-to-day walking directions; emergency contact information; detailed daily itinerary; information regarding included meals, transfers, and daily logistics;

- restaurant recommendations for non-included meals; town maps; and information regarding optional activities and transportation).
- b. Printed Travel Documents (your specific dated Hotel Itinerary, Daily Itinerary Overview, and—if included—Arrival & Departure Transfers Overview).
- c. Luggage tags.

At your orientation meeting:

- a. Maps.
- b. A handheld GPS unit (to be returned at the end of your tour).

GRATUITIES

Standard gratuities for all hotels, meals, and services that are included in your tour price will be paid by Country Walkers; however, additional tips are always welcomed, especially by your driver(s). Should you wish to tip for meals or services not included in the cost of the tour, please do so at your discretion. Local currency is preferred.

Traveling To and From Your Tour

STARTING POINT

Girona, Spain (Girona Train Station or city hotel)

Based upon individual arrival times

A tour representative will meet you in Girona (train station or hotel, holding a sign with Country Walkers and/or your name on it) and transfer you approximately one hour to the first hotel in Sant Feliu de Pallerols. He/she will provide an orientation, ensure you are comfortably settled, and answer any questions you may have.

In order to arrange your arrival transfer and orientation meeting, please provide us with your arrival and departure details at least 45 days prior to departure through our online portal, My Account. (A Confirmation Email with a link to My Account will be sent to you within 24 hours of reservation confirmation.)

Please note that the tour price includes one arrival transfer from Girona to the first hotel in Sant Feliu de Pallerols on Day 1 of the tour. If traveling in a group of two or more with separate arrival times, additional charges will apply for multiple transfers.

MOST CONVENIENT AIRPORTS

Barcelona-El Prat Airport (BCN), Barcelona, Spain

aena-aeropuertos.es

Or Madrid Airport Barajas (MAD), Madrid, Spain

aena-aeropuertos.es or **madrid-airport.info**

Or Roissy Charles de Gaulle Airport (CDG), Paris

aeroportsdeparis.fr or **paris-cdg.com**

GETTING TO THE STARTING POINT

Direct flights from the U.S. to Barcelona, Madrid, or Paris are available on several major airlines. From these airports, the most convenient way to travel to the tour starting point is by train.

From Barcelona:

If arriving at Barcelona-El Prat Airport, take the airport shuttle to Terminal 2 (T2) and follow the signs for RENFE. The journey by train to Barcelona Sants train station takes approximately 25 minutes. Or you may take a taxi (approximately 25-30 euros and 20-30 minutes; available just outside the arrivals terminal) to Barcelona Sants, where direct trains depart regularly to Girona. The journey to Girona takes 40 minutes.

If you plan on spending pre-tour time in Barcelona, you may take the Aerobus from Terminal 1 or 2, which departs every 5 minutes for the city center (Plaça Catalunya). The bus stops at the most strategic points in Barcelona: Plaça Espanya, Gran Via-Urgell, Plaça Universidad and runs every day of the year. The journey takes 35 minutes. Please visit aerobusbcn.com for more information or to buy tickets online.

From Madrid:

If arriving at Madrid Airport Barajas, you may either take a taxi (approximately 30 euros and 30 minutes) or take the local train (25 minutes) from Terminal 4 (T4) to Puerta de Atocha train station, where trains to Girona depart several times per day. The journey to Girona takes 3½ to 4 hours.

From Paris:

If you are flying into Paris, there are typically two trains to Girona per day. Upon arrival at the airport, follow the directions to the train station (“gare SNCF” or “Paris par train”) located in Terminal 2 of the airport. The journey takes 5¾ hours.

RAIL INFORMATION

We recommend making train reservations in advance for major train routes. In Spain, train tickets usually go on sale at least three months before the date of travel. For further rail information, including reservations, up-to-date schedules, and fares, please visit one of the following websites:

RENFE (Spanish Rail official site): renfe.es. While Spanish trains in general are a pleasure to ride and most travelers encounter few problems once actually on them, the national train company’s own website has proven difficult to use for foreign travelers, including past CW guests. Foreign credit cards are declined on a random basis, the site is incompletely translated, and there are plenty of error messages and failures that may force you to restart your search.

Trainline: [trainline.eu](https://www.trainline.eu). This sharply designed powerhouse is a staff favorite for buying train tickets for Spain—and perhaps most importantly it offers exactly the same prices as when purchasing from the official Renfe site. Trainline is easy to use: the site is in English, it accepts foreign credit cards, is smooth and functional, and offers quality customer support, easy cancellations, and preference of seats and class. With Trainline, you print your tickets at home (recommended) or else in the station itself at a ticket kiosk using your booking reference.

RailEurope: [raileurope.com](https://www.raileurope.com). This U.S.-based retailer with award-winning localized customer care also offers an easy, user-friendly way for North Americans to purchase tickets for train travel in Europe. With RailEurope, you can have physical tickets mailed to you before your trip but you also have the option (in some, *but not all* cases) to print your own tickets, print an e-ticket at the self-service kiosk in the train station, or have an e-ticket sent to your phone. Please note; however, that RailEurope charges steep fees and doesn't always list all the available rail journeys.

PRE- AND POST-TOUR ACCOMMODATIONS

We suggest arriving in Spain at least one day early in order to recover from jet lag and feel more refreshed by the time the tour starts. You may want to stay in Barcelona and explore this fascinating city. For hotel and restaurant suggestions, please visit the following website: [barcelonaturisme.com](https://www.barcelonaturisme.com)

ENDING POINT

Figueres, Spain (Figueres Vilafant Train Station, city hotel, or Dalí Theatre-Museum)

Based upon individual departure times

There are no walks scheduled for the last day of the tour. A transfer (40 minutes) will be provided from Cadaqués to Figueres (Figueres Vilafant Train Station, city hotel, or Dalí Theatre-Museum). We highly recommend a visit to the Dalí Theatre-Museum—the museum that contains Dalí's largest and most diverse body of work, located a 5–10-minute taxi ride from the train station—prior to departing for your next destination (at your own expense; advisable to book ahead of time online at [salvador-dali.org/en/museums/dali-theatre-museum-in-figueres](https://www.salvador-dali.org/en/museums/dali-theatre-museum-in-figueres); luggage can be stored at the museum; closed on Mondays in April, May, June, October, and November; visit [taxifigueres.es/en](https://www.taxifigueres.es/en) for area taxi information).

In order to arrange your departure transfer to Figueres, please provide us with your arrival and departure details at least 45 days prior to departure through our online portal, My Account. (A Confirmation Email with a link to My Account will be sent to you within 24 hours of reservation confirmation.)

Please note that the tour price includes one departure transfer from Cadaqués to Figueres on Day 8 of the tour. If traveling in a group of two or more with separate departure times, additional charges will apply for multiple transfers.

Depending upon your destination, it may not be possible to depart for the U.S. on the last day of the tour. Please check airline schedules carefully. If you plan to schedule return flights immediately following the tour's conclusion, please call your airline directly for specific check-in requirements.

MOST CONVENIENT AIRPORTS

Barcelona-El Prat Airport (BCN), Barcelona, Spain

aena-aeropuertos.es

Or Madrid Airport Barajas (MAD), Madrid, Spain

aena-aeropuertos.es or **madrid-airport.info**

Or Roissy Charles de Gaulle Airport (CDG), Paris

aeroportsdeparis.fr or **paris-cdg.com**

LEAVING THE TOUR

From Figueres Vilafant train station, there are several trains per day to Barcelona Sants (1 hour), Madrid Puerta de Atocha (4¼ hours) or Paris (5½ hours). For further rail information, refer to the Getting to the Starting Point section.

Information & Policies

GUARANTEED DEPARTURES

Country Walkers guarantees the departure of every tour*, which gives peace of mind for every guest. From the moment your reservation is confirmed, you can start preparing for your adventure. We take care of all the details to ensure a seamless Self-Guided experience. For best availability, reserve your trip early.

**except in cases of force majeure*

RESERVATIONS

Please note that the method by which Self-Guided Adventures are reserved differs in important ways from typical scheduled tours. We encourage all guests to refrain from purchasing plane tickets or making contingent plans until they receive confirmation from us. Here's how the process works:

1. **Reservation Request.** The process begins when you make a reservation request for this tour, either online at countrywalkers.com or by calling Country Walkers at 800.464.9255. Please note the online form does not on its own constitute a final reservation or a guarantee of tour space. If you use the form, one of our Tour Consultants will call within one business day. Outside of 90 days prior to the tour start date, a \$350 per person deposit is required at the time of the reservation request. Within 90 days prior to the tour start date, your final tour cost is required. If we are unable to accommodate you on your preferred dates/tour (or an alternative of your choice), this payment is fully refunded.
2. **Reservation Request Receipt.** Upon receipt of your deposit and preferred tour start dates, you will be provided with an emailed reservation request receipt, stating your reservation number and reconfirming the details of your reservation request (tour name, departure date, and tour price), while we get working on securing availability with all the hotels.
3. **Confirmation.** Our goal is to confirm your reservation request within five business days; however, this may take longer for a variety of reasons. All of our accommodations are available on a request basis; we do not hold blocks of rooms and, therefore, must confirm availability at the time of your request. If possible, we recommend you provide a

range of back-up tour start dates at the time of your initial request. Once your reservation is confirmed, a Tour Consultant will contact you. Once you have received our official confirmation, you can make flight reservations.

4. **Final Payment.** Final tour payment is due 90 days prior to tour departure date. As pricing is determined over a year in advance, we may be forced to change our listed price over time. However, please note that once your reservation is confirmed, we will always honor the price quoted when you booked.

TOUR ACCOMMODATIONS

Hotel Availability: Since we typically use small, boutique properties for Self-Guided tours, securing availability can sometimes prove challenging, especially on short notice. (Again, we encourage guests to book early and be flexible.) On some tours, if our standard property is not available, we may have alternate hotels of equivalent quality that we have approved. We'll book one of these alternates if the standard property is not available. If the hotel or room type requires a surcharge, we will contact you prior to reserving it. We will not reserve non-approved properties.

Room Category: We typically book standard rooms. If you are interested in upgrading your room type, please contact a Tour Consultant. Please bear in mind that upgrades are not available at every hotel; surcharges will be determined once we know what's available. Triple rooms (or rooms with two beds) can be a rarity. Should you desire such an accommodation, we may need to offer two rooms—supplements may apply. Please allow us extra time to sort the options out.

ORIENTATION MEETING & TRANSFERS

Though Self-Guided tours are a predominantly private experience, there are occasions where you may be in contact with others. Because guests are allowed to pick their own start dates, there may be other Country Walkers travelers staying in the same properties as you or even starting on the same date. For this reason, we may need to combine your orientation meeting with that of other guests or ask you to share on-tour transfers. This does not mean you need to walk together.

GUEST RESPONSIBILITIES

Each guest has the responsibility to select a trip appropriate to his/her abilities and interests and to prepare for the trip by carefully reading the confirmation materials. To join this trip, you must be in good health and capable of completing activities as described in the day-to-day itinerary. Our in-house experts welcome the opportunity to discuss the tour in more detail. In order to meet your needs, we ask that you please share any relevant physical limitations or health conditions when you make your reservation. Prior to your adventure you will be asked to sign a Participation Agreement to accept your responsibilities.

CHANGES IN PLANS

After booking, you may change your reservation's destination, departure date, departure city, or Tour Extensions for a \$100-per-person administrative fee. We will waive this fee for changes made within the first two weeks of booking. Any cancellation charges or applicable fees imposed by hotels or operators will be passed along to the guest. We encourage you to consult our cancel policy for the particular trip you have booked. All changes are subject to availability and cannot be guaranteed. Please note that tours with seasonal pricing may involve a higher price point. Please note: This change policy does not apply to Special Departures. Please notify us in writing.

CANCELLATIONS AND REFUNDS

Cancellations must be made in writing and fees are applied as noted. Cancellation refunds will be calculated as of the date we receive your written cancellation. All payments for travel services not provided to the guest will be refunded in accordance with these Terms and Conditions and in accordance with Country Walkers' cancellation policy. Exceptions to this cancellation policy cannot be made for any reason, including personal emergencies, illness, or weather. Please note that the tiered tour price is based on a guarantee of a specified number of guests—should your group decrease in size, we reserve the right to alter the per person price if necessary as reflected in the Tour Price table.

Self-Guided Adventures

- » Cancellations received on or before 91 days prior to the start of the trip: \$150 per person
- » Cancellations received 90 to 61 days prior to the start of the trip: 25 percent loss of trip price

» Cancellations received 60 or fewer days prior to the start of the trip: 100 percent loss of trip price

TRAVEL PROTECTION PLAN

We offer guests the opportunity to purchase a Travel Protection Plan. Please contact us for details.

SELF-GUIDED FLIGHT CONCIERGE

Our knowledgeable team will happily find flight itineraries that sync perfectly with your international Self-Guided Adventure. Simply request a price quote at the time of booking and, once your reservation is confirmed, we will contact you with available options. Please note that you are under no obligation to purchase the quoted flight itinerary.

Learn more about the Self-Guided Flight Concierge—including our complete policies—on our website at: <https://www.countrywalkers.com/self-guided-air-terms-and-conditions/>.

Other travel arrangements not included in the price of your trip (such as local train tickets or post-tour excursions) can be purchased through your local travel agent, or Better Travel, a Vermont-based agency (800.331.6996 or bettertravel@madriver.com).

Spain at a Glance

ENTRY REQUIREMENTS

U.S. citizens: Passports are required. To minimize any inconveniences during travel, the State Department recommends that passports be valid for at least six months following your scheduled return. Visas are not required for stays of up to 90 days. For more information, see travel.state.gov.



Travel Tip

Have a variety of options to start your trip: ATM card(s), credit card(s), some dollars to exchange, and some euros in small denominations.

CURRENCY

Spain uses the euro (EUR). For current exchange rates, visit oanda.com.

Many businesses in Europe will no longer accept credit cards without PIN numbers (chip and pin cards).

Always contact your bank or your credit-card company for details on fees and card use when traveling.

TIME ZONE

Spain is in the Central European Time Zone, Eastern Standard Time plus six hours. For more information on worldwide time zones, see worldtimezone.com.

PHONE & INTERNET

Spain country code: +34

Cell phone coverage throughout Spain is extensive, but cannot be guaranteed to be accessible on all American mobile carriers or to function at all times while on the trail or in remote areas.

For more information regarding international phone use, please refer to countrywalkers.com/phones.

Internet access is generally very good in towns and villages; however, it is not guaranteed at all of the hotels used on the tour. For more details regarding Wi-Fi availability, please refer to the Itinerary Overview.



LANGUAGE

The official language of Spain is Spanish.

While knowledge of the local language is not necessary, you may want to learn some fun and useful phrases; see bbc.co.uk/languages/Spanish.

ELECTRICITY

Alternating current of 220V and 50Hz is used in Spain. Plugs have two round pins. For a full listing of electrical outlets worldwide, see electricaloutlet.org.

WEATHER

One of Europe's warmest and sunniest countries, Spain has a predominantly warm Mediterranean climate, with dry summers and pleasant temperature ranges in spring and fall. Spain does have a variety of climates and zones because of its considerable geographical diversity. In Catalonia, the combination of Mediterranean and slightly mountainous climate results in temperatures from the low 60s to mid-80s (and 90s midday in August and September). In southern Spain's Andalusia, spring and fall are dry and sunny, with temperatures ranging from the 60s to the 80s.

For up-to-date forecasts, see qwikcast.com. For historical average temperatures and rainfall, see weatherbase.com.

FOOD & DRINK



Thoroughly Mediterranean, the foundation of Spanish cuisine is olive oil, garlic, and local and seasonal produce, meat, and fish. Spanish food varies by region, in the same way that there is great variety in Spain's geography and climate; however, some dishes can be found throughout the country—a range of *tapas* (more on the next page), paella, gazpacho, excellent cured ham, chorizo, meatballs, salads, good bread, fresh fruit, cheeses, and for dessert, flan (vanilla custard). Surrounded as Spain is on three sides by water, seafood dishes are plentiful throughout, including shrimp with garlic, calamari, octopus, porgy, or monkfish, all with regional variations.

Equally steeped in Mediterranean culture, wine has been produced in Spain since the time of the Romans, and the country is third in European wine production

Travel Tip

- Bringing your own hair dryer or other electrical device? You'll need a travel converter, available at most hardware, travel, or consumer electronic stores.
- For laptops or an electronic device with a dual voltage switch, you'll need the adapter plug but not a converter.

after France and Italy. Grown almost throughout Spain (except near Santiago de Compostela), quality red and white wines can be found in all regions, with the majority from the central Castilla-La Mancha region, with Catalonia second. A crisp and bubbly before-dinner drink is the Catalonia's sparkling wine, *cava*, named after the cellars in which it is produced.

Travel Tip

¿Tapas?

Tapas, or *pinxtos* as they are known in the Basque country, are perhaps Spain's most well-known culinary export, with tapas bars and restaurants popping up worldwide. Part of Spanish life, they can be eaten with a drink as appetizers before a meal, or as a meal in themselves. There is even a verb in the Spanish language—*tapear*—meaning to eat tapas! These small savory dishes can be as simple as a plate of olives, slices of Manchego cheese, or chorizo, to prepared dishes such as grilled eggplant in tomato vinaigrette or slices of *tortilla española* (a dense potato and onion omelet). In Catalonia, a favorite is Pan Catalan or in Catalan, *pa amb tomàquet*, lightly toasted bread with chopped tomatoes and drizzled with olive oil.

Here are a few others Spanish favorites:

Patatas bravas: spicy potatoes with a hot sauce.

Croquetas: a range of small fried croquettes that can be stuffed with Serrano ham, salt cod, hard-boiled egg, cheese, or vegetables.

Champiñones al ajillo: mushrooms, dripping with olive oil, garlic and dry Spanish sherry.

Morcilla frita: bite-size pieces of spicy blood sausage flavored with garlic and oregano.

LIFE IN SPAIN

Shopping and banking hours

Shops and stores are generally open Monday to Saturday from 9:30 a.m. to 1:30 p.m., and from 4:30 to 8:00 p.m.; most department stores and some supermarkets are open all day, every day of the week, from 10:00 a.m. to 9:00 p.m.



Banks are open from 8:30 a.m. to 2:00 p.m., Monday to Saturday (except from June to September when they are closed on Saturday).

Meal times

Breakfast is served at hotels from 8:00 a.m. to 10:00 a.m. In restaurants, lunch is served from 1:00 p.m. to 3:30 p.m. and dinner is served from 8:30 p.m. to 11:00 p.m.

Tipping

Tipping in restaurants and bars is included in the total bill, but it is customary to leave an additional 5 to 10 percent of the total. Taxi drivers also receive 5 to 10 percent of the total, or you could round up the total, letting the driver keep the change. For luggage assistance, a small tip of one to three euros is appropriate.

TRAVEL RESOURCES

National Spanish tourist board official site

spain.info

Public holidays

To assist in travel planning, it may be helpful to be aware of Spanish public holidays: **spain.info/en_US/informacion-practica/consejos-viaje/consejos-practicos/horarios-festivos/**. Visit the Spanish tourist board's website, navigating to **spain.info/en_US/que-quieres/agenda/** for a list of festivals and events, and an event finder.

TRAVEL IN SPAIN

Airlines

The Spanish Airports and Aerial Navigation website, **aena.es**, has information on all airports and domestic flights. The Spanish national airline is Iberia, **iberia.com**.

Trains

Renfe: renfe.com, the national railway company, has an extensive network, including high-speed routes (AVE) from Madrid.

Raileurope: raileurope.com or 800.622.8600: a U.S.-based company that provides schedules, reservations, and ticketing for all European train networks (their multi-day/-week/-month passes in one country or combinations of countries may be an economical and convenient choice for European train travel).

Other local transportation

In addition to rail and airline networks, Spain also has many regional bus lines that can be found at: **movelia.es**. Most major car rental agencies are available at airports and train stations. Taxis are available at all major airports, train stations, and in smaller towns, and can be reserved in advance (your hotel can usually



provide assistance). For more information go to spain.info, and click on “Practical information” then “Transport.”

Packing List

PACKING TIPS

Pack light! Keep in mind most hotels are small and family-run and may not provide luggage assistance from the reception area to the room so there will be times you may have to carry your own luggage short distances. **Due to space constraints on pre-arranged transfers, we require you to limit your luggage to one backpack (that you carry with you on the trail) and one medium piece (approximately 18x15x29 inches or 8,000 cu. in.) not exceeding 44 lbs (20 kg) per person. Additional charges will apply should you exceed this limit; please contact Country Walkers in advance if this is necessary so that we may reserve an appropriate-sized vehicle.** Please also note that due to health and safety reasons, our local representatives are not permitted to carry (individual) bags that exceed 44 lbs (20 kg). We recommend packing any personal necessities, medications, your hotel itinerary/emergency contact information, your hiking boots (or shoes), and extra clothes in your carry-on luggage in the event that your baggage is delayed. We suggest leaving valuable jewelry at home. A copy of your passport or other important documents should be kept in a separate area of your luggage. Always be alert when carrying a purse, camera, money belt, or backpack in busy cities, airports, and train stations.

FOOTWEAR

- » Hiking boots or shoes. There are many brands to choose from. Proper fit is crucial, so try on new boots or shoes while wearing socks you plan to use on tour. Be sure to break in new footwear well before your tour begins. If you are bringing a favorite pair of older boots, please check that soles and seams are in good shape before you depart! By the time you're ready to join your walking tour, you should be able to complete 5 to 8 miles of walking without discomfort. We require lightweight boots or shoes with proper ankle support and good tread to ensure stability on all types of terrain. Waterproof footwear keeps feet dry in heavy rain and water-resistant footwear keeps feet dry in heavy dew.
- » Comfortable shoes for evening strolls
- » Synthetic, moisture-wicking socks (cotton socks are not recommended for walking as they will quickly cause blisters)
- » Blister remedy

CLOTHING

- » Lightweight, wash-and-wear long pants
- » Long-sleeved, wash-and-wear shirt
- » T-shirts and shorts
- » Polar fleece or light wool pullover (it will keep you warm even when wet)
- » Dinner attire: dress is smart casual

OUTERWEAR

- » Waterproof rain gear: jacket, pants, hat, or hood
- » Windbreaker with hood (your rain gear may be suitable)
- » Hat with a broad brim or visor

EQUIPMENT

- » Cell phone (an International cell phone or your own cell phone with an International calling plan): for both practical and safety reasons, **we strongly advise that you carry a cell phone while traveling and at all times while you are out walking.** (Please note you may encounter intermittent coverage while on the trail or in remote areas.)
- » Travel adapter/s (connectors that change the plug shape to match the electrical outlet, thereby allowing a dual-voltage appliance or a converter from one country to be plugged into the wall outlet of another country) and converter/s (only if bringing electric appliances, such as a hair dryer, iron, or any appliance that has a mechanical motor. If the appliance is electronic, which contains a computer chip, a converter is usually not required.)
- » Pack (minimum size of 25L): large enough to carry water, extra clothing, rain gear, lunch, and personal items (camera, etc.)
- » Waterproof cover for pack
- » Water bottle, canteen, or CamelBak-type water reservoir or hydration pack to carry your own water while walking (equivalent of one liter)
- » Sunblock and lip balm
- » Insect repellent
- » Sunglasses

- » Toilet kit for when facilities are not available on the walks. Include zip-lock baggies, tissues, and moist towelettes, which can be disposed of upon return to the hotel
- » Personal first-aid kit including any medications you ordinarily take (in their original container)

OPTIONAL

- » Telescopic walking sticks (Please note that while telescopic walking sticks ***are recommended*** for this tour, they are not provided by Country Walkers; therefore, please plan on bringing your own should you wish to use them.)
- » Binoculars
- » Bathing suit for optional use of hotel pools or swimming in the sea
- » Flip-flops or water sandals
- » Camera and charger and/or extra batteries
- » Zip-lock bags (to keep camera and valuables dry)
- » Small notebook and pen
- » Field guides
- » Folding umbrella
- » Waterproof poncho (in addition to aforementioned rain gear, especially if expecting wet weather): while the aforementioned rain gear may suffice, a poncho offers the advantage of being lightweight, compact, big enough to cover both you and your backpack, long enough to allow for sitting on wet surfaces or act as a shelter, cool enough to wear during summer rains, and is cheap!
- » Bandanna
- » Washcloth (many European hotels do not provide them)
- » Hand sanitizer and/or moist towelettes
- » Motion-sickness bracelets or other non-sleep-inducing remedy if prone to motion sickness on bus, car, or boat rides (Please note the Costa Brava portion of this tour in particular has very winding roads!)
- » Alarm clock

ONLINE STORE

To help you prepare for your trip, we've carefully selected a range of comfortable, easy-packing travel apparel and accessories from leading brands such as Eagle Creek, Craghoppers, Patagonia, Tilley, and others. Whether you're traveling to Vietnam, walking in Canada, or exploring the hills of Ireland, our Travel Shop is here to ensure you're ready to enjoy your adventure to the fullest.

Visit the CW Travel Shop at cw.newheadings.com.