





# Catalonia Trails

Explore truly wild countryside with beautiful natural scenery in the Garrotxa Natural Park.



-  Catalonia
  -  7 nights
  -  Culture & Natural History
  -  7th May 2020 – 14th May 2020
- See website for other dates

Tour code: 12400

Last Modified: 16th September 2019



## HOLIDAY HIGHLIGHTS

### See what's planned

- ✓ Walk in diverse and ever-changing scenery.
- ✓ Explore picturesque medieval stone villages.
- ✓ Visit the sparkling Salt de Sallent waterfall.
- ✓ Explore the Garrotxa Volcanic Natural Park.

## TRIP INFORMATION

The medieval village of Rupit sits in the foothills of the Spanish Pyrenees, on the banks of the river Rupit, surrounded by superb, wild scenery. The region is rich in history and has limestone escarpments and quite breathtaking views of the Collsacabra mountains, reaching up to 1300m.

It's an ideal centre for exploring truly wild countryside with beautiful natural scenery, woodland meadows, valleys, waterfalls and even extinct volcanoes, which can be found in the Garrotxa Natural Park.

The diverse, ever-changing landscape, quiet wilderness and coupled with glimpses of the “real Spain” offers a wonderful week's walking. We can also sample some traditional food and wines during our stay.

## WHAT'S INCLUDED?

- ✓ Return flights from Heathrow to Barcelona (British Airways)
- ✓ Airport transfers
- ✓ Half board en suite accommodation
- ✓ All local transport costs.

## WHAT'S NOT INCLUDED?

- ✓ Entrance fees to some museums and historic buildings (unless otherwise specified)
- ✓ Personal expenses (such as your bar bill)
- ✓ Discretionary tips
- ✓ Optional excursions
- ✓ Insurance

## HOLIDAY GRADE

This **Grade 4** moderate holiday includes full and half day walks at a moderate pace over hilly terrain and is likely to include an element of sightseeing as well. Half day walking will probably include about 3 hours of walking, with full days having around 5 hours. Expect ascents and descents of up to about 600m. See the Walks & Excursions section for more information.

*Our bottom line is happy travellers, and to that end we trust our tour leaders to use the itinerary below as a basis for providing you with a great holiday. We expect our leaders to make adjustments to the itinerary if the weather, group ability or other local conditions make that necessary. There are normally more options available to our leaders than those listed below and one or more of these options may well be chosen. All distances, heights & timings are approximate.*

## PROPOSED ITINERARY

### Day 1

#### Rupit

Meals

#### Dinner

Accommodation

#### Hostal Estrella

Arriving into Barcelona, we transfer by private coach to the Hostal Estrella in Rupit. Depending on arrival time, there may be the opportunity to stretch our legs and explore the town before dinner.

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### Day 2 to 7

#### Rupit

Meals

#### Breakfast & Dinner

Accommodation

#### Hostal Estrella

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We have a programme of five days' walking and a free day for you to explore one of the local towns of Vic or Olot.

Our walking programme is currently being finalised and information will be updated shortly

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### Day 8

#### Rupit

Meals

#### Breakfast

We leave Rupit after breakfast and transfer by coach to Barcelona airport for our flight back to the UK

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## WALKS & EXCURSIONS

### Local Transport Costs

All local transport costs in conjunction with the advertised activity programme are included in the holiday cost. There may be occasions where additional visits or excursions are added to enrich your experience, these will be paid for locally by you if you choose to participate. Local transport can be a mix of private hire coaches, taxis, local buses and ferries depending on the itinerary.

### Optional Excursions

A range of local excursions and activities may be available to book at your destination through a local operator. We have no involvement in such activities or excursions which are not run, supervised or controlled in any way by us. Your contract will be with the local activity supplier and we accept no responsibility for their actions or omissions.

## SPENDING MONEY

### Holiday Budgeting

When budgeting for your holiday, you will need to consider drinks, any meals not included in the holiday price, non-included entrance fees, optional excursions you may choose to participate in locally and any souvenirs or additional services such as laundry. A general guideline for lunches and drinks is £10-£20 per person per day.

You will find a bank in the Village of Rupit. You may want to take a small supply of euro in cash with you to see you through the first few days of the holiday. Our accommodation accepts credit cards.

### Tipping

Although entirely at your own discretion, tipping is an important aspect of tourism and hospitality life and expectations are fairly high. In order to simplify tipping, we strongly recommend that you allow your leader to take care of making sure tips are given to hotel and restaurant staff & to local guides and drivers. This will be done using some funds provided by us together with, if you wish, a contribution from you, which he/she will collect during the holiday.

## TOUR LEADERS & LOCAL GUIDES

### Tour Leaders

Your tour leader makes the world of difference to your holiday and ours are as passionate about discovering the world on foot as you are. They're resourceful, organised and widely travelled. They will handle all the local administration and other needs that might arise to ensure that you don't have to worry about planning your days and you can enjoy your holiday. Although leading group holidays, they won't forget that every group is made up of individuals. Each tour leader has their own individual style, talents and professional backgrounds and all are trained, qualified, experienced and dedicated to making your holiday as enjoyable, interesting and inspiring as possible.

### Leaders Evening Briefing

Each evening, your tour leader will discuss with you the programme for the following day. This will be your opportunity to discuss the details and ensure the planned activities suit your walking ability. If you have concerns on clothing or equipment, this can be discussed then also. If you do not wish to join the organised group programme, please let the leader know.

## YOUR TRAVEL DETAILS

### Booking Your Own Travel Arrangements?

We fly from London Heathrow to Barcelona with British Airways. Regional flights from Manchester may also be available, please contact us for details.

The transfer time from Barcelona airport to our accommodation in Rupit takes approximately 1.5 hours.

### Regional Transfers

**Regional Flights (R2).** We offer regional flight options on this holiday but due to the location and travelling time to our resort we operate just one transfer vehicle between the airport and hotel. This may mean that there is a wait at the overseas airport in one or both directions.

### Luggage Allowance & Travel Documents

For all those booking a flight or rail inclusive holiday, details of your travel arrangements and baggage allowance will be confirmed in your travel documents, sent to you approximately 10 days prior to departure.

### Personal Details Check

When confirming your booking, we provide you with a Personal Details Check form. This is to ensure that we have an accurate record of the information you have provided us such as your passport details (if relevant), date of birth and any other important detail necessary for us to properly manage your holiday arrangements. When you receive this, please check the details, complete any missing or pertinent information and return it to us as soon as possible.

## PASSPORTS AND VISAS

### General Passport Advice

It is a good idea to carry photocopies of the personal details pages of your passport. Should you lose your passport, this may assist with the issue of replacement documents and your return to your home country.

Passport and visa requirements can change at any time. It is your own responsibility to ensure that you inform yourself from a professionally qualified source on, and comply with, such requirements.

General travel and destination advice for UK nationals is available from the Foreign and Commonwealth Office at [www.fco.gov.uk/travel](http://www.fco.gov.uk/travel) and at [www.gov.uk/travelaware](http://www.gov.uk/travelaware).

### Brexit Passport Advice

You should have at least **6 months** validity left on your passport from your date of arrival.

If you renewed a 10 year passport before it expired, extra months may have been added to your passport's expiry date. These extra months will not count, so you should ensure that your passport is not older than 9 years and 6 months from the date of issue at the time of travel.

You may wish to renew your passport sooner rather than later, in order to make sure you have it in time for your holiday or travel plans.

**Please ensure** to regularly check the Foreign and Commonwealth Office website for updates on passport requirements leading up to and after Brexit or contact us for more assistance.

UK Government **Brexit Information** for Passports can be found at [www.gov.uk/guidance/passport-rules-for-travel-to-europe-after-Brexit](http://www.gov.uk/guidance/passport-rules-for-travel-to-europe-after-Brexit).

The UK Government has published a **website tool to check the validity of your passport** under these rules which can be found at [www.passport.service.gov.uk/check-a-passport](http://www.passport.service.gov.uk/check-a-passport).

In the event the UK leaves the EU without a deal, UK citizens will be able to visit the EU for up to 90 days within a 180-day period without a visa. The UK Government also has information for travellers available at [gov.uk/EUexit](http://gov.uk/EUexit)

Non British Passport holders should consult the host country's embassy for applicable passport and visa entry requirements.

## ACCOMMODATION

# Where are we going to stay?

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### Hostal Estrella

Plaça Bisbe Font, 1 08569 Rupit Barcelona

0034 93 852 2005

[www.hostalestrella.com](http://www.hostalestrella.com)

Hostal in Spain means guesthouse. The Hostal Estrella in Rupit is a characterful stone building in the centre of the small town, set in the foothills of the Spanish Pyrenees. Dating from the 18th century the hostel has been owned by the same family for generations. You will find a restaurant & bar on site, a library and a small store that sells produce that is used in the restaurant.

Rooms are all ensuite with a shower and you will find a hairdryer in the room, TV, and toiletries.

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## MEALS

Breakfasts and dinners are included in the holiday cost and both will be taken at the hotel. The restaurant is committed to promoting Catalan cuisine and heritage in its menu.

## FOOTWEAR & KIT LIST

### Footwear

Lightweight waterproof walking boots with a good moulded sole (such as Vibram or similar) and a deep tread and which provide ankle support are strongly recommended and may be essential for some walks.

### Footwear As Hand Luggage

We recommend that you either wear your walking boots or shoes or pack them and some waterproofs in your hand luggage as in the unlikely event that your hold luggage is delayed, you will still be able to participate in the holiday programme.

### General Kit List

Outdoor activities are always safer and more enjoyable if you are prepared.

If you have not travelled with us before the following list might be of use:

- Waterproof jacket (Goretex or similar) and trousers
- Lightweight quick-drying trousers
- Walking T-shirt/shirts
- Walking socks
- Fleece or jumper
- Sun hat, sunglasses, lip salve and sun block
- Warm hat and gloves (if appropriate)
- Swimwear (if appropriate)
- Day sack (this should be able to carry all you would need for the day's activity)
- Day sack liner
- Water bottle - at least 1 litre capacity (more than 1 bottle may be required)
- Basic first aid kit
- Lunchbox
- Walking poles (should you find them useful)
- Sit mat

This list is not exhaustive and every walker is different and may have their own preference.

### Travel Documents Checklist

Documents and Information to take with you:

- Passport (make sure it's yours and valid)
- Your travel tickets or e-ticket itinerary
- Any visa or electronic travel authorisation (if required)
- Holiday money
- Credit or debit cards (and separate details of who to call if lost)
- Car parking ticket and car park directions (if prebooked)
- Coach or rail travel tickets (if prebooked)
- Your holiday Booking Confirmation document
- Your travel insurance details
- Alternative form of identification (such as a driving licence)
- Photocopy of the personal details pages of your passport
- A valid European Health Insurance Card (EHIC) if relevant
- Details of any medical condition or allergy your holiday leader should know about

## Electricity in Spain

Electricity is supplied at 220 Volts. If you wish to use electrical equipment you will need a European two pin adaptor with round pins. More information can be found at <https://www.power-plugs-sockets.com/>

## Water To Go

An alternative to bottled water from single-use sealed water bottles is filtered water from a refillable bottle containing its own water filter such as a Water-to-go bottle available from [www.watertogo.eu](http://www.watertogo.eu). Just fill up from any water source and save the environment from disposable plastic bottles.

We have negotiated an exclusive 15% discount with our partners Water-to-Go for you as a thank you for helping the environment. Please go to their website at [www.watertogo.eu](http://www.watertogo.eu) and enter the code RWH17 when ordering. In addition, Water-to-Go will match the discount with a donation to our charity, Heart & Sole, which will allow us to continue to make a difference in the countries you visit on our holidays.

## MAPS, GUIDEBOOKS & OTHER INFORMATION

### Maps, Guidebooks & More

You may find the following books useful in planning your holiday:

Eyewitness Travel: Barcelona & Catalonia

Native Spain: Going Native in Catalonia

Lonely Planet: Catalunya & the Costa Brava

For some background reading on this area of Spain: The Struggle for Catalonia: Rebel Politics in Spain

Helpful websites include [www.catalonia.ca](http://www.catalonia.ca) and [www.spain.info](http://www.spain.info)

## The Map Shop

Maps and guidebooks relating to your the areas you will be walking in may be brought before your holiday from The Map Shop at [www.themapshop.co.uk](http://www.themapshop.co.uk)

## Weather

Visit the following websites for an idea of the climate in your destination:

- Weather2 - [www.myweather2.com](http://www.myweather2.com)
- BBC Weather - [www.bbc.co.uk/weather](http://www.bbc.co.uk/weather)

## STAYING HEALTHY ON HOLIDAY

Health requirements can change at any time. It is your own responsibility to ensure that you inform yourself from a professionally qualified source on, and comply with, such requirements at least 6 to 8 weeks before departure. Advice on vaccinations is available from your GP.

## Health Advice for Spain

No compulsory immunisations are required for visits to Spain.

You should be up to date with the usual immunisations recommended in the UK.

Tetanus immunisation is recommended.

## Further Travel Advice

For further advice please visit:

- The National Travel Health Network and Centre (NaTHNaC) travel health website at [www.travelhealthpro.org.uk](http://www.travelhealthpro.org.uk)
- The NHS 'Fit for travel' website at [www.fitfortravel.nhs.uk](http://www.fitfortravel.nhs.uk)
- The Foreign Office Office Travel Advice Website at [www.gov.uk/foreign-travel-advice](http://www.gov.uk/foreign-travel-advice).
- Or a local travel health clinic.

You might wish to take a small bottle of antibacterial hand gel with you for times when you're unable to wash your hands.

## TRAVEL INSURANCE

You must be adequately insured to join our holidays. We do not insist that you insure with us but we require that you are adequately insured for the nature of your holiday. You will be unable to participate in our local walking and other activity programmes without being able to demonstrate that you have valid travel insurance.

Please ensure that as a minimum your travel insurance policy covers you for travel to your holiday destinations (country and geographical region) and for medical expenses, mountain rescue (including helicopter rescue) and emergency repatriation to your home country in the event of illness or injury. Your policy should also provide adequate cover for the activities, included and optional, you are likely to participate in during your holiday.

See our brochure or website for further advice regarding holiday insurance.

Whoever you insure with, please ensure that you take full details, and ideally the policy itself, with you on holiday and provide our tour leader with your insurer's name, the policy number and emergency assistance contact numbers.

**Please note** that it is very difficult to obtain travel insurance once your holiday arrangements have started.

## EHIC Cards

Please take your European Health Insurance Card (EHIC) with you; it will help you in the event of you needing medical assistance during your holiday. Please note the the EHIC has an expiry date, so please check that your card is valid for the duration of your holiday. Please note however the an EHIC should not be considered a substitute for medical or travel insurance.

For more information please visit [www.ehic.org.uk](http://www.ehic.org.uk).

## PERSONAL SAFETY

The UK Foreign & Commonwealth Office provides up to date information on security and local laws for travellers, together with current passport and visa information, at [www.gov.uk/travelaware](http://www.gov.uk/travelaware). Please take a few minutes to look at the current advice on your planned destination.

Please be aware of what's going on around you, take sensible precautions with your credit cards and passport and avoid displays of wealth such as wearing expensive jewellery or watches. Do not carry more cash on you than you will need for each day, and we recommend that a money belt is used.

## CULTURAL AWARENESS

### Responsible Travel

We're committed to ethical tourism in all our destinations. Our holidays are designed for you to discover the essence of the country you are visiting. Travelling in small groups not only gives you an up close and personal experience of your destination, but minimises your impact on the immediate environment. We feel that the most important starting point to protect the environment is to be out in it. For more details visit our website.

## The Ramblers Holidays Charitable Trust

Unlike many tour operators we have our own trust through which RWH Travel's profits are channelled back into a variety of outdoor, walking-related or environmental conservation projects in the UK. The focus of the Trust's financial support is Britain's leading walking charity, The Ramblers, and their role in promoting the benefits and importance of walking to the British public. In addition the Trust welcomes applications for small grants from local organisations in the UK who need support for walking-orientated activities. This includes the establishment of footpaths and bridleways, funding for rebuilding bridges and renovating huts, as well as bursary funding for the Duke of Edinburgh's Award for children who could not otherwise afford to do it. Please visit the 'About Us' section of our website and click on the Charitable Trust link for more details.



## Heart and Sole

We appreciate that we are in a fortunate position to be able to use our profits to help make a difference to people's lives. Heart & Sole is a venture managed by our office staff, whose aim is to reach the heart of the communities in the countries we visit. Through Heart & Sole, we hope to make more of a long term, direct impact to these communities, particularly in less developed countries where even a small amount goes a long way. See our website for more information and details of some of the projects we support.

## STAYING IN TOUCH

### Mobile Phones

Please do provide us with a mobile phone contact number. We will only use this to contact you with important information relating to your holiday arrangements.

Do keep your mobile phones switched on and readily available when travelling to the airport or if delayed in transit so that we can contact you with any last minute information relating to your travel arrangements.

As a matter of courtesy, please switch off your mobile phone during walks, or endeavour to minimise its use. Please also try to minimise the use of mobile devices during group meals.

## FEEDBACK

We welcome all comments about our holidays and value ideas for the future. If you have provided us with an email address we will invite you to complete an online questionnaire or to add feedback to our page on the independent review site 'Feefo'.

## IMPORTANT INFORMATION

Please note that this Holiday Information sheet may be periodically updated and reissued.

In most cases the revisions will be minor and the overall nature of the holiday will remain unchanged. Should we make a major change to your holiday arrangements between you booking your holiday and your date of travel we will notify you to specifically draw your attention to any significant change.

You may wish to review the latest version of this Holiday Information Sheet online prior to travel.

Please note that any advertised offers, benefits or initiatives may be discontinued at any time.

## CONTACT US

Ramblers Walking Holidays

- **Tel:** UK +44 (0)1707 331133
- **Email:** [info@ramblersholidays.co.uk](mailto:info@ramblersholidays.co.uk)
- **Web:** [www.ramblersholidays.co.uk](http://www.ramblersholidays.co.uk)

Our office is open and our Sales & Reservations team are available to speak to you from:

- 9am to 6pm Monday to Friday
- 9.15am to Midday on Saturdays
- 9.15am to 3pm on Saturdays in January & February only

Please quote your Booking Reference number and Tour Code whenever contacting us.

We wish you an enjoyable holiday!