



Adventurebug Worldwide Ltd

Bespoke adventure travel & events since 2000

REAT Tourism License AT/MA/00022 Company Registration B93050763
Apto. Correos 1031, 29680 Estepona, Malaga, SPAIN TEL (34) 635 817 819

Barcelona to Nice Discovery Hiking Tour

10 Nights – Catalonia, Spain and the Cote D`Azur

Bridging the Mediterranean between Spain and France



This diverse hiking and discovery tour that follows the Mediterranean coasts of Northern Spain and Southern France. With comfortable stays in selected destinations we will explore on foot the highlights of what makes this part of the world so special. See the sites of dazzling Barcelona - including its natural spaces and of course the famous Monastery at Montserrat. On the Costa Brava, we walk the forested peninsula and coastal paths and visit the magical homestead of Salvador Dali, including a visit to the museum in his honour. In France we enjoy the splendours of Provence and devote time to historical centers where tree shaded plazas and fresh fruit stalls signify Mediterranean roots. And of course we discover centuries old villages in the foothills of the Alps, where our hikes take us between hamlets, along canyons and to secluded lakes. Our tour ends at Nice, where an extended stay is possible - with the option of visiting the Kingdom of Monaco or continuing onwards in France.

This tour is classified as a hiking / discovery trip that allocates 5 nights in Spain and 5 nights in France. The hikes are easy to moderate, scenic and informative and range from 3-7 miles of walking a day over good terrain – taking in urban landscapes, forested coastal parks, low range Alps and between rural villages and farmsteads. Transport is in the form of a private micro bus and at times local bus and metro train where necessary.

Day 1 BARCELONA ARRIVAL

Arrival Barcelona / adjustment time / free day with self-guide in city center (recommend double decker tour bus for overview of city) and / or walks to the Gothic Cathedral, Las Ramblas & Pablo Picasso Museum. This evening you will meet your trip leader and enjoy a welcome dinner! Night Barcelona, Hotel Vincii Gala 4 star <https://www.vinccigala.com> / dinner included

- Please note, do visit museums on own this day as they are NOT included on day 2.



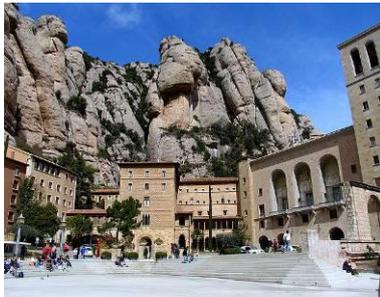
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Day 2 BARCELONA CITY TOUR

Full guided walking tour that includes El Gotico District, Sagrada Familia, Basica Catalana (music hall), Gracia District (Bohemian quarter and heart of the Catalan movement) and Plaza España / Parc Montjuic. Same hotel in Barcelona - breakfast and dinner included.



Day 3 BARCELONA / MONTSERRAT

Day trip from Barcelona to *Montserrat* (mountain) for hiking and sightseeing of the Monastery and surrounding natural areas (full day out) / Magic Fountain of Montjuic this evening is optional. Same Hotel in Barcelona - breakfast and dinner included.

Day 4 FIGUERES & CADEQUES (Costa Brava, Spain)

Travel to *Cadeques* on the Costa Brava (1 hr 30 min) and once home to Salvador Dali and a beautiful coastal bay resort surrounded by a protected reserve. On route we stop at *Figueres* (140 km from Barcelona) and visit the Dali Museum and (*Spain's most visited museum after the Prado*). After lunch, visit Figueres's historic quarter before transferring to Cadeques 35 km. Night in Cadeques, Hotel Llane Petit 3 Stars <http://www.llanepetit.com/en/index/entorn> - breakfast and dinner included.

Day 5 CADEQUES

Cadeques hiking day in pristine *Natural Park Cap de Creus* and visit to Dali's famous home in *Port Ligat*. Afternoon free time exploration or relaxation. Night in Cadeques, same hotel – breakfast, picnic lunch and dinner included.

Day 6 ARLES (France)

Transfer *Cadeques* to *Arles, Provence France*. Travel time (private bus) 3.5 hours approximately with rest stop(s). At Arles, a UNESCO World Heritage town and once home to Van Gogh (where he completed over 300 paintings), we can lunch in the old quarter and then have a guided interpretive walk with a local specialist. Arles holds many of Van Gogh's secrets – not to mention some beautiful Provence style and charm. Night in Arles, Hotel Arles Plaza 3 Stars, <http://www.hotelarlesplaza.com> breakfast and dinner included.

Day 7 28 March 14 / LES ALPILLES & LES BAUX

Transfer 20 minutes to the *Alpilles Mountains (The Baby Alps)*, for hiking in wonderful limestone crags overlooking the Mediterranean and with Mt. Ventoux (*Tour de France's most notorious climb*), as backdrop. We hike from the 1000 year old village of *Les Baux*, adorned with stone walls and spring flowers to the quintessential Provence rural center of St. Remy. Here we'll visit the Hospital (Asylum) of St. Paul, where Van Gogh interned himself for one year. Late afternoon transfer 1 hr 20 min to Aix en Provence. Night in Aix en



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Provence, Hotel St. Christophe 3 Stars <http://www.hotel-saintchristophe.com/en> - breakfast, picnic lunch and dinner included.

Day 8 AIX EN PROVENCE & LAC ZOLA

Morning walk of Aix En Provence's beautiful old quarter (*the most Parisian of cities*), and visit to the bustling market. Local transfer to our scenic walk in the lower Alps as we follow the footsteps of *Cézanne* to the wonderful Lake Zola. Transfer from end of walk back to Aix en Provence. Night in same hotel - breakfast and dinner included. Note alternatives to the hike today are extended self-guided visits of Aix's historic quarter, including visits to a number of museums and stately mansions.

Day 9 GRASSE & NICE (Ville Franche-Ser-Mer)

Morning transfer to Grasse town, set in the hills above the Cote de Azur. Here we witness the world's center for perfume manufacturing and walk through the most charming of hilltop medieval towns. After lunch we transfer 30 minutes to Nice for a guided visit of the historic quarter including its Baroque designs, flower markets and the Promenade des Anglais. Free exploration time in the afternoon for shopping or sitting in the shaded squares sipping a café. Night in Nice, Hotel Univers 3 Stars, <http://www.hotelunivers-nice.com> Breakfast and dinner included.

Day 10 CAP JEAN ST. FERRAT

Our final hiking day starting with a short, scenic local bus transfer to *Cap Jean St Ferrat* – putting you in the heart of the French Riviera. Today we hike at sea level through beautiful pine and eucalyptus forests and small protected beaches enjoying views extending to Monaco and the Italian coastline. There is also time for an optional visit to the opulent *Rothschild Villa*. Return by local bus later in the afternoon. Night in Nice, Same hotel. Breakfast and dinner included.

Day 11 DEPARTURE & ONWARD TRAVEL

Onward destination after breakfast / options to extend stay for self guided visit to *Monaco* or beyond. Breakfast only included.

INCLUSIONS:

- 10 nights accommodation twin share (*Hotels are all 3 star minimum*)
- All meals as per itinerary
- Transport in private micro bus throughout and some days utilizing bus service & metro connection (for hikes – not with luggage). *Note, airport transfers not included.*
- 24/7 from Adventurebug - personal guiding services throughout
- Entrance fees include: *Sagrada Familia, Montserrat Monastery, Dali Theatre and Museum in Figueres, Dali House in Cadeques, St. Paul Asylum in St. Remy*
- **Guided hikes** (2-3 hour minimum) in Cadeques (Costa Brava), Les Baux and Lac Zola (Provence), Cap St. Jean Ferrat
- **Guided city cultural walks** (half to full day) in Barcelona, Arles, Aix en Provence and Nice
- *Tips for restaurants and transport included*
- *Baggage room service tips (if utilized) are not included*



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Route Map



Sagrada Familia

Sagrada Familia Church is the most important artwork projected by Antoni Gaudí in Barcelona. This project became his masterpiece, it was so important for him that he was completely dedicated to it during his last years of life.

This is much more than an ordinary church, is an amazing, monumental and unfinished monument which shows as no other artwork before the absolute creativity and unlimited imagination developed by the Modern Art Style. You can't miss the chance to visit one of the most astonishing churches of Barcelona with an expert Licensed Tour Guide of Catalonia.

Gothic Quarter

The historical tour is a very comprehensive tour through the medieval heart of the city, popularly known as the Gothic Quarter. Located in the old town of Barcelona, this is where everything started. Discover with us the medieval heart of the city; you'll admire Roman remains such as the Augustus Temple which dates back to the 1st Century BC and is at the very heart of the foundations of the city. Enjoy amazing and incredible monuments such as 14th Century gothic churches; Santa Maria del Pi, Santa Maria del Mar; The Cathedral of Barcelona; The political centre of the city Plaça de Sant

Jaume; Plaza Catalunya and the famous Ramblas Avenue.