VACANCES ACTIVES PER FAMÍLIES

Exemples d'operadors i productes

Maig 2012

DCB. TURISME I DESENVOLUPAMENT LOCAL
www.decaba.com

Generalitat de Catalunya
Departament d'Empresa i Ocupació

SOC Servei d'Ocupació de Catalunya

Unió Europea
Fons social europeu
L'FSE inverteix en el teu futur

Consell Comarcal Ribera d'Ebre

ribera d'ebre viva

Aquesta acció ha estat subvencionada pel Servei d'Ocupació de Catalunya, en el marc del projecte "Treball a les 7 comarques" i cofinançada pel Fons Social Europeu

La relació de productes corresponents a la tipologia "Vacances actives per famílies" prové d'analitzar la base de dades de què disposa DCB Turisme i Desenvolupament Local, corresponent a operadors de turisme de natura, senderisme, cicloturisme, etc. informació que ha anat recollint i sistematitzant al llarg dels anys.

Els exemples que s'adjunten corresponen a 16 productes, dels quals s'incorpora una fitxa prèvia que recull les principals característiques: descripció, tipus de viatge, tipus d'allotjament, mesos en què s'opera, etc. El preu que s'indica es refereix al que hi era en el moment de la seva anàlisi.

Hi ha així mateix una relació de quines són les paraules clau més presents en la descripció que se'n fa del producte.

En tot moment, es pot anar a la plana web per visualitzar millor la presentació i fotografies així com els preus actuals, ja que en l'apartat d'observacions s'inclou el link corresponent.

Tot i això, s'ha fet una captura de la plana web i/o de la informació en pdf que sovint presenten els operadors a la web. Aquesta informació es troba després de cada una de les fitxes.

Com es pot veure, els productes seleccionats corresponen a diverses zones geogràfiques. Destins litorals (de la Costa Brava, del sud de Barcelona o de la costa atlàntica francesa), destins de muntanya, especialment de Pirineus i altres destinacions de referencia com són la Toscana, les Landes franceses (Burdeos), o l'entorn de la Serra de la Tramuntana de Mallorca. Altres productes corresponen a les vies verdes de Girona o a la desembocadura del riu Ter.

Complementàriament, es posa el link a dos operadors anglesos que poden ser d'interès. Un, Ramblers pertany a la principal associació de senderistes del país i en la plana web hi ha un apartat dedicat a les famílies. El segon, és un portal dedicat viatges en què els nens són els protagonistes.

Independentment de la localització, el que pot ser d'utilitat és analitzar la tipologia d'activitats que s'ofereixen, els serveis que inclouen i la forma de presentar-los ja que l'entorn del Vilar Rural de Flix i molts altres punts de la Ribera d'Ebre compten amb atractius suficients comparables als que es presenten.

VACANCES ACTIVES PER FAMÍLIES. Exemples d'operadors i productes

Regne Unit	Acorn Venture LtD.	Cala Llevado, Costa Brava Spain	Programa de multiactivitats per a famílies
Regne Unit	Activities Abroad	The catalan coast	Programa d'activitats (caiac, windsurf, vela, ...) per a famílies amb fills/joves a Vilanova amb molta incidència en temes de sostenibilitat i responsabilitat
Regne Unit	Exodus	TUSCANY: PISA AND PASTA - Family holiday	Programa familiar. Multiactivitat (a peu, en bicicleta, caiac, parc d'aventura, visites culturals i demostracions per fer pasta)
Regne Unit	Explore	Family active Andalucia. Adventure through mountains to Atlantic	Ruta en grup pensada per a famílies
Regne Unit	HfHolidays	Self-guided Cycling Holiday in Bordeaux	Ruta cicloturista familiar per la zona de Burdeos. Es comença en paisatge de vinyes, es segueix per boscos i s'acaba al litoral de dunes de les Landes (Parc Nacional)
Regne Unit	Pura Aventura	Pyrenees Family Self Drive	Ruta pels Pirineus, en cotxe de lloguer. combina senderisme, rafting, ciclisme i relax
Regne Unit	Utracks	Catalonia by bike for families	Ruta itinerant dissenyada per anar amb els fills. Un dels dies es passa per la desembocadura del riu Ter.
Alemanya	Avantí	Französische Atlantikküste	Sortida en grup en autocar per a famílies. Activitats per als infants, sortides culturals per als pares.
Alemanya	Vamos	Hotel Sant Roc. Geheimtipp an der Costa Brava	Estades per famílies amb nens a un hotel de la Costa Brava. Propostes d'activitats. Agència especialitzada en aquest tipus de productes
França	Club Aventure	Multiactivités andorranes	Programa per a famílies a Andorra
França	La Balaguère	COSTA BRAVA, SENTIERS CÔTIERS ET KAYAK	Combinació de senderisme i caiac per la Costa Brava
França	La Bicyclette Verte	L'estuaire	Circuit de cicloturisme de baix nivell de dificultat a la costa atlàntica francesa, apta per fer amb nens
França	UCPA	Les Oliviers de Majorque	Viatge per joves de 18 a 39 anys
França	Zig Zag Randonnées	Animaux et fleurs des Pyrénées en famille	Programa de senderisme adreçat a famílies per que els nens vagin gaudint aprenent de la flora i fauna. Cada dia es dedica a un tema d'interès
Holanda	De Wandelwaaier	Cataloniëe Puur Natuur	Opcions de senderisme i cicloturisme a diversos llocs de Catalunya
Bèlgica	Belgian Biking	Van de vulkanen tot de zee voor families in Catalonië	Ruta itinerant de cicloturisme per les vies verdes de Girona

Altres agències

Regne Unit	Ramblers	http://www.ramblersfamilies.co.uk
Regne Unit	Child Friendly	http://www.childfriendly.co.uk/

RUTES REGNE UNIT

FITXA RUTA

Fulletó	JULIOL 2011				
Agència	Acorn Venture LtD.			*País*	Regne Unit
Ruta	192	Cala Llevado, Costa Brava Spain			
Descripció	Activitats nàutiques a la Costa Brava				
Pais ruta	Espanya	*Destinació*	Catalunya	*Tipus viatge*	amb guia
Nits	7	*Possibilitat allargar*	NO	*Client*	viatges amb nens
Allotjament	Apartament/bungalow	*Règim majoritari*	Pensió Completa	*Itinerància*	1 establiment
Dificultat	baixa				
Tipus terreny	litoral				
Espai protegit					

☐ Gener	☐ Abril	☐ Juliol	☐ Octubre
☐ Febrer	☐ Maig	☒ Agost	☐ Novembre
☐ Març	☐ Juny	☐ Setembre	☐ Desembre

MAX.	649	*Moneda*	EUR
MITJÀ	0	*El preu inclou*	
MIN.	569	transport amb autocar	

Paraula clau
activitats per families

Producte
Nàutica
Vela

Dia	Distànci	Unitats	Temps	Notes
1				Arribada
2				Kayak i vela
3				Excursió a barcelona
4				Snorkel i windsurf
5				Parc Acquàtic
6				Bateig de submarinisme i banana boat
7				Fi de viatge

Observacions

http://www.acornfamilyholidays.co.uk/summer/cala-llevado/travel-options

Programa de multiactivitats per a famílies a la Costa Brava
Les activitats de tarda proposen escalada, tir a l'arc, jocs d'aigua.

Summer Trips

Choose section...

home our centres activities special offers news & features FAQ about our trips

Cala Llevado

Costa Brava, Spain

Overview Centre activities Places to visit Travel options Prices & availability

Overview

Sun-drenched beaches, buzzing atmosphere and fantastic watersports make Cala Llevado a great location for a fun-packed family holiday!

Our new centre is located between the popular resorts of Tossa de Mar and Lloret de Mar on the famous Costa Brava coastline. The centre is situated in our own well-established and secure section of a larger international complex.

A fantastic watersports programme on the warm Mediterranean sea is well complemented by excursions and on-site facilities including a large swimming pool, crazy golf, five-a-side pitch, open air disco, internet café, etc.

Our comfortable accommodation is in lockable solid wooden cabins which sleep between two and eight people all with en suite facilities, and meals are served in a spacious canteen or by the pool.

A sample itinerary

Saturday – Depart UK - Coach pick up – Channel Crossing
Sunday – Travel to Centre
Monday – Beach Activities: Kayaking & Sailing
Tuesday – Excursion to Barcelona

Accommodation

Our en-suite cabins, normally shared between two families, provide two separate sleeping areas, bathroom facilities and a lounge area - plus a veranda for relaxing in the evening and enjoying the warm outdoors. All meals are served in the spacious cafeteria or al fresco by the pool!

Wednesday – Beach Activities: Snorkelling & Windsurfing
Thursday – Visit to Lloret's Water Park
Friday – Beach Activities: Dive Taster and Banana boat (optional, extra charge)
Saturday – AM departure - Travel to UK

Evening activities include: Climbing; Archery; Town Trail; Swimming and Beach Games!

This is a coach holiday sample programme only. Activities are subject to availability and weather conditions.

BOOK NOW

Summer Trips

Choose section...

home our centres activities special offers news & features FAQ about our trips

Cala Llevado

Costa Brava, Spain

Overview Centre activities Places to visit Travel options Prices & availability

Cala Llevado offers an incredible watersports programme in the warm Mediterranean Sea with activities including Sailing, Snorkelling, Kayaking, Windsurfing, Beach games. Dive taster, Banana Boat and Water Skiing are optional activities that can be added to your programme at a small extra charge. There is also Climbing, Archery and Mission Impossible included in our programme.

Archery
Banana Boat
Climbing Wall
Dinghy Sailing
Kayaking
Mission Impossible!
Wind Surfing

ANY QUESTIONS? MAKE AN ENQUIRY! >>

BOOK NOW

Cala Llevado

Costa Brava, Spain

Places To Visit

You will have the opportunity to go on some superb excursions – including a day out in Barcelona and a trip to Lloret's brilliant waterpark!

Cala Llevado is less than an hour away from Girona, Figueres, Barcelona, the volcanic region of Olot, the lake of Banyoles, l'Empordà, the ruins at Empuries, the mountain at Montserrat and the ceramic centres of La Bisbal and Quart, and much more. Organised excursions are available.

Museums of great cultural interest, in Tossa the Municipal Museum, in Girona the cathedral museum, in Figueres the Dali Museum, and in Barcelona the Museums of Picasso, Miró, Tàpies and Romanic-Gothic art.

Further Information

CALA LLEVADO WEBSITE

ANY QUESTIONS? MAKE AN ENQUIRY! >>

BOOK NOW

Summer Trips

Choose section...

home our centres activities special offers news & features FAQ about our trips

Cala Llevado

Costa Brava, Spain

Overview Centre activities Places to visit Travel options Prices & availability

Dates	Details	Availability	Price		Book
12 August 2011 to 20 August 2011	The pick-up points for this coach holiday are: Thirsk, Manchester Piccadilly, Birmingham International, Clacket Lane Services, Thurrock Services, Dover (Eastern Docks).	Last few places!	Adult : Child :	£649.00 pp £599.00 pp	BOOK NOW!
14 August 2011 to 20 August 2011	Travel is not included on this holiday. You can make your own way, or we can help you with your arrangements. Alternatively, choose one of our executive coach tours.	Last few places!	Adult : Child :	£619.00 pp £569.00 pp	BOOK NOW!

IS YOUR HOLIDAY FULLY BOOKED? ENQUIRE ABOUT RESERVING A PLACE >>

FITXA RUTA

Fulletó	JULIOL 2011				
Agència	Activities abroad			*País*	Regne Unit
Ruta	169	The catalan coast			
Descripció	Esports aquatics a la costa catalana				
Pais ruta	Espanya	*Destinació*	Catalunya	*Tipus viatge*	amb guia
Nits	7	*Possibilitat allargar*	SI	*Client*	viatges amb nens
Allotjament	Hotel categoria mitjana	*Règim majoritari*	Mitja pensió	*Itinerància*	1 establiment
Dificultat	mitja-baixa				
Tipus terreny	litoral				
Espai protegit	parc natural				

☐ Gener	☐ Abril	☒ Juliol	☐ Octubre
☐ Febrer	☐ Maig	☒ Agost	☐ Novembre
☐ Març	☐ Juny	☐ Setembre	☐ Desembre

MAX.	1025	*Moneda*	LIB
MITJÀ		*El preu inclou*	
MIN.	945	sense transport	

Paraula clau
esports aventura
paisatge

Producte
Esports aventura

Dia	Distànci	Unitats	Temps	Notes
1				Arribada
2				Senderisme al parc natural de Foix
3				Caiac a Vilanova
4				Windsurf a Vilanova
5				Dia lliure, opció de visita a Barcelona
6				Vela a Vilanova
7				Caiac al riu Soca
8				Fi del programa

Observacions

http://www.activitiesabroad.com/holidays/258/the-catalan-coast-adventure

Vacances actives per a grups entre 6 i 20 persones (families)
Opcions d'allargar l'estada a:
* Barcelona
* Calella de Palafrugell (Hotel Sant Roc o Hotel Garbí)
Dossier molt complert amb 2 apartats a tenir en compte:
* Local food our opinion
* Responsible tourism policy in Vilanova (veure a http://www.activitiesabroad.com/media/dossier/258.pdf pg. 13) amb tota una plana de la política turística de Vilanova i les actuacions de turisme responsable per part dels hotels.

email

submit

view our trip advisor reviews

summer holidays

family adult

winter holidays

family adult

The Catalan Coast
The Catalan Coast Adventure

7 Nights

- Maximum group size: 20 people
- Airport transfers (please see pricing notes)
- All activity transfers
- 7 nights accommodation in suites or hotel rooms
- 7 breakfasts, 1 lunch (with activity), 2 dinners
- Activities as detailed (order subject to change): picnic hike . open kayaks . windsurfing . sailing
- All equipment and tuition from fully qualified instructors
- Extend your stay with a city or coastal break

The whole family will love...

- The stunning National Park de Foix
- Relaxing on the white sandy beaches of Vilanova
- Learning to sail
- Mastering the basics of windsurfing
- Exploring the coastline by kayak
- The delicious Catalan food

get an online quote!
If you would like a more accurate quote, please click here

trip dossier | send to a friend | email enquiry

Brochure code: **3020**

back to the holiday list!

view reviews for this trip | view all reviews

accommodation | overview | activities | prices and availability | responsible travel

Vilanova is a relatively unknown destination South West of Barcelona. It is a destination which is well known to the Spanish but has not attracted international visitors in large numbers.

The lack of mass tourism means that Vilanova has managed to retain more locally owned accommodation and businesses and ensure that the traditions of the region are maintained rather than diluted by a more international culture. We always try and ensure that our clients get to experience the local culture and encourage them to interact with local people. In Catalonia the culture is rich and the residents very passionate and we like our clients to experience this.

Vilanova is a large city with a diverse economic base. Tourism is however becoming more important to the regions finances due to the decline in some of the more traditional industries such as fishing. Tourism is providing new opportunities for young people in the area and allows them to stay in their home town rather than head into larger cities. We are happy to be supporting this. The city council has a very strict policy on tourism development in the region which should allow a healthy growth with controlled development and maximum benefit to the local economy.

The accommodation we use both operate strict policies on recycling and wherever possible they employ local people. Their menus also include many local dishes and utilise local ingredients. This in turn helps expand the reach of the tourism spend in the region. Although both accommodations do have air conditioning we provide all clients with a list of suggestions to help improve the energy efficiency of their stay which includes ensuring they do not leave the AC turned on all day.

Our activity suppliers have a strict focus on responsible activities and they employ a leave no trace policy at all sites. They also take a great deal of responsibility for the protection of the beach environment and are ambassadors for environmental practices in the region. We have deliberately not included any motorised sports at the beach that may cause noise or water pollution.

"Our holiday in Vilanova is operated by our friends from Sort who run our very successful holidays in the Catalan Pyrenees. Vilanova provides an excellent base for a relaxed coastal activity holiday as well as an ideal option for a second week in Spain after a week in the mountains. It's an exciting addition for summer 2011 and you couldn't be in better hands". Barry Nolan

email

submit

view our trip advisor reviews

summer holidays

family adult

winter holidays

family adult

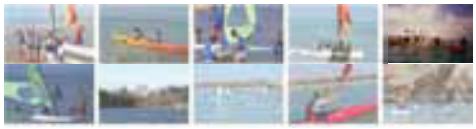
The Catalan Coast
The Catalan Coast Adventure

7 Nights

- Maximum group size: 20 people
- Airport transfers (please see pricing notes)
- All activity transfers
- 7 nights accommodation in suites or hotel rooms
- 7 breakfasts, 1 lunch (with activity), 2 dinners
- Activities as detailed (order subject to change): picnic hike . open kayaks . windsurfing . sailing
- All equipment and tuition from fully qualified instructors
- Extend your stay with a city or coastal break

The whole family will love...

- The stunning National Park de Foix
- Relaxing on the white sandy beaches of Vilanova
- Learning to sail
- Mastering the basics of windsurfing
- Exploring the coastline by kayak
- The delicious Catalan food



get an online quote!

If you would like a more accurate quote, please click here

trip dossier | send to a friend | email enquiry

Brochure code: **3020**

back to the holiday list!

view reviews for this trip | view all reviews

accommodation | overview | activities | prices and availability | responsible travel

Sunday – Flights, arrival and welcome

You can arrive at your accommodation throughout the day. There will be a welcome dinner and meeting with your guide this evening.

Monday - Picnic Hike

Today you will head to the beautiful National Park de Foix. You will explore the beautiful countryside around the town of Castellet. There are stunning views to be had during your introductory hike and it's a fabulous chance to meet the rest of the group.

Tuesday – Open Kayaking

This is the perfect opportunity to become acquainted with the water and the bay of Vilanova. You will be given full paddling instruction on the beach before hitting the water. The sit on kayaks are very stable and you will paddle to Pasifae during this introductory kayaking session with your guides.

Wednesday – Windsurfing

Windsurfing is a real thrill and Vilanova is an excellent base from which to learn. Today you will be given full instruction on the basics of getting going and turning before having some time to practice the basic skills of this sport on your own. There will be opportunities to hire the equipment yourselves (payable locally) later in the week if you would like a second go.

Thursday – Free Day

Today you can either relax by the beach, try additional activities or head to the vibrant city of Barcelona, it's only a short rain ride away.

Friday – Sailing

During this introduction to sailing you will head out in groups of 8 aboard the boats and be given instruction in the basics of this sport. You can be as involved as you like; you can take the rudder or you can simply relax and enjoy the ride.

Saturday – Open Kayak to El Colls

Today you head back out onto the water for a final day of activity. You will paddle along the coastline to El Colls and be able to put into practice the skills you learnt earlier in the week. A farewell dinner will be served this evening.

Sunday – Depart or extend your stay

Extending your stay in Spain is simple. We have some fabulous possibilities for you. You could spend some time in Barcelona, head further up the coast or why not head up to the Pyrenees for some mountain activities.

FITXA RUTA

Fulletó	JULIOL 2011				
Agència	Exodus			*País*	Regne Unit
Ruta	248	TUSCANY: PISA AND PASTA - Family holiday			
Descripció	Toscana: Vacances familiars - Pisa i pasta				
Pais ruta	Itàlia	*Destinació*	Toscana	*Tipus viatge*	amb guia
Nits	7	*Possibilitat allargar*	SI	*Client*	viatges amb nens
Allotjament	Allotjament rural	*Règim majoritari*		*Itinerància*	1 establiment
Dificultat	baixa				
Tipus terreny	mitja muntanya				
Espai protegit					

☐ Gener	☒ Abril	☒ Juliol	☒ Octubre
☐ Febrer	☒ Maig	☒ Agost	☐ Novembre
☐ Març	☒ Juny	☒ Setembre	☐ Desembre

MAX.	0	*Moneda*	LIB
MITJÀ	1049	*El preu inclou*	
MIN.	0	transport amb avió	

Paraula clau
paisatge
patrimoni històric

Producte
Esports aventura

Activitats associades
Gastronomia
Senderisme
Cicloturisme
Caiac/ canoa

Dia	Distànci	Unitats	Temps	Notes
1				Le Casine di Braccicorti
2				Ruta a peu i en bicicleta
3				Ruta en bicicleta
4				Vall de Garfagnana. Parc d'aventura
5				Castelnuovo, mercat i llac Pontecosi
6				Pisa o fer equitació
7				Visita a coves. Curs de pasta
8				Fi del viatge

Observacions

http://www.exodus.co.uk/holidays/fvt/overview

Es destaca: Relax a la piscina i vistes panoràmiques. Casa rural renovada. Rutes a peu i en bicicleta suaus. Divertida mostra de com fer la pasta.

També es proposa fer caiac en un llac i enfilar-se als arbres en un parc d'aventura, o fer una tarda d'equitació.

La ruta a peu és per buscar traces d'animals (cèrvols, marmotes, àligues).

Return to Search Results

- Overview
- Dates & Prices
- Itinerary
- Reviews
- Images
- Essential Info.
- FAQs
- Trip Notes

TUSCANY: PISA AND PASTA - FAMILY HOLIDAY

FAMILY GROUP NEW

8 days from GBP999 to GBP1,049 including flights

Tripcode: FVT

Like Be the first of your friends to like this.

Countries Visited: Italy

- **Relax by the pool and enjoy stunning panoramic views**
- **7 nights in a renovated Tuscan farmhouse**
- **Gentle wildlife walks and bike rides**

- **Fun pasta-making demonstration**

The countryside of Tuscany is known for its beauty. Its cities are among the greatest treasure houses of Europe, but parts of Tuscany are still quite remote, such as the Garfagnana, a rural enclave flanked by the Apennines and Alpi Apuane (the Marble Mountains). The region is simply stunning, with deer and wild boar foraging in the beech and oak woods whilst seasonal flowers carpet the upland meadows. During the week we explore the Garfagnana on foot and on two wheels, enjoy some kayaking in a mountain lake and climb trees in an adventure park. We also have the chance to see the leaning tower of Pisa on the free day and join some pasta-making fun in the evening.The fun continues in our base 'Le casine di Braccicorti', a renovated farmhouse where a superb swimming pool, a homely feel and delicious food make for a fantastic active week in the splendid Tuscan countryside.

Itinerary

[detailed itinerary...] CHECK AVAILABILITY

Day 1
Start at Le Casine di Braccicorti, our base for the week.
Day 2
Morning wildlife walk in Parco dell'Orecchiella searching for deer, marmots and eagles; short downhill bike ride back to the villa.
Day 3
Bike ride along Serchio River bike path and explore the city of Lucca on two wheels.
Day 4
Local Garfagnana Valley exploration, walk via mediaeval villages to Castle of Verrucole; afternoon at 'high ropes' adventure park.
Day 5
Valley walk to beautiful town of Castelnuovo to see the local market in action, before moving on to the Lake Pontecosi for some kayaking and exploration of the lake. Back to the villa in the afternoon to relax by the pool.
Day 6
Optional trip to Pisa and see the leaning tower, or try some horse riding.
Day 7
Explore the underground world of stalactites and stalagmites in the Grotta del Vento; short drive to the beautiful town of Barga: free to explore. In the afternoon enjoy a fun pasta making class.
Day 8
End at Le Casine di Braccicorti.

Want to see more?

Trip Notes contain all the detailed information you need. A full day by day itinerary,

- Overview
- Dates & Prices
- Itinerary
- Reviews
- Images
- Essential Info.
- FAQs
- Trip Notes

TUSCANY: PISA AND PASTA - FAMILY HOLIDAY

FAMILY GROUP NEW

8 days from GBP999 to GBP1,049 including flights

Tripcode: FVT

Like Be the first of your friends to like this.

Countries Visited: Italy

Itinerary

Day 1

Start at Agriturismo Le Casine di Braccicorti, our base for the week.

Day 2

After breakfast we take a short drive to the Parco dell'Orecchiella, a beautiful natural reserve in the Apennine mountain range. A protected area since 1980, the reserve is an ideal habitat for Tuscany's mountain wildlife both large and small. We enjoy a wildlife walk through the area and if we are lucky will see some of the diverse flora of the area including royal eagles, royal owls, hawks, marmots, mouflons and deer. From the visitors centre we begin our walk through woodland to the Isera Refuge, where our picnic lunch is laid out in the shadow of the peak of the Pania del Corfino. We then make our way down following a quaint trail along a mountain stream until we reach Pruno, where we are be picked up by our minibus and transferred to the farmhouse.

Alternatively we can enjoy a short downhill bike ride back to the lodge, where the fun continues by the swimming pool.

Day 3

A forty-five minute drive brings us to the town of Ponte a Moriano, where we get our bikes ready and head to the River Park in the Serchio Valley. We cycle along a river with some lovely views, until we reach the graceful walled city of Lucca, the quiet provincial capital, which is the perfect place to join the locals who use bicycles rather than cars for getting around the city centre. Historically, Lucca has always been a wealthy city at the heart of a rich agricultural area, a fact that is reflected in its numerous palaces, beautiful churches and public buildings. The huge ramparts of the city walls date from the 16th and 17th centuries and are complete, allowing a four-kilometre circuit by bicycle. Before riding back to the bus, there is some time to explore the city at our pace or accompanied by our guide.

Day 4

After a short transfer we walk up to the fantastic 13th century Verrucole Castle, a hilltop mediaeval fortress overlooking the Garfagnana valley, and then enjoy a leisure walk in the area, passing through mediaeval pretty villages. We also have the excellent opportunity to visit a small cheese factory, or caseificio, and try some locally made cheeses, including pecorino, made from sheep's milk.

We then walk to the nearby Buffardello Adventure Park, a popular choice for adults and children alike. Set among three and a half hectares of forest, the park offers a wide range of activities for all ages and abilities! If the activity seems a little too much for an afternoon, then the park also offers a great play area and small café bar.

Day 5

This morning we walk from our base to the renowned Castelnuovo market, in the heart of the Garfagnana Valley, passing by water mills and farms. The town of Castelnuovo dates back to the 8th century and its vibrant market has played a very important social and economic role in the region since the Middle Ages. In fact no arrests were allowed on market day, for fear of disrupting trade. We then drive to Pontecosi lake, a UNESCO site of natural interest, for an afternoon’s kayaking on the tranquil waters of the lake.

Day 6

Optional trip to Pisa, home to the famous Leaning Tower as well as a beautiful Duomo and Baptistery, built with perfect pitch acoustics. Alternatively, can try some horse riding (optional), or just relax by the pool.

Day 7

Today's exciting adventure takes us to the Apuane Alps, where we visit one of Europe's most complete cave systems, the 'Grotta del Vento' (Wind Cave). Inside the cave are easy footpaths revealing the underground world of stalactites and stalagmites, waterfalls, crystal lakes and deep emerald-green pools - a huge subterranean network of passages and caverns created over 20 million years (1-hour tour included). From here we walk for approx. half an hour to the village of Fornolovasco where we have lunch before driving to the beautiful town of Barga. Despite its small size, Barga is in fact a city, a title bestowed on it by Benito Mussolini when he became a Freeman there before the war. Thanks to the many art exhibitions, galleries and music concerts, Barga has a wonderful atmosphere with lots of niches to explore. We have time in Barga to visit the Duomo (Cathedral), a superb Romanesque Church with stunning views and maybe enjoy an ice cream.

FITXA RUTA

Fulletó	JULIOL 2011				
Agència	EXPLORE!			*País*	Regne Unit
Ruta	265	Family active Andalucia. Adventure through mountains to Atlantic			
Descripció	Vacances actives per a famílies a Andalusia. Aventura des de la muntanya fins l'Atlàntic				
Pais ruta	Espanya	*Destinació*	Andalusia	*Tipus viatge*	amb guia
Nits	7	*Possibilitat allargar*	NO	*Client*	viatges amb nens
Allotjament	Hotel categoria mitjana	*Règim majoritari*	Sols esmorzar	*Itinerància*	3 o més establiments
Dificultat					
Tipus terreny	litoral				
Espai protegit	parc natural				

☐ Gener	☐ Abril	☒ Juliol	☒ Octubre
☐ Febrer	☒ Maig	☒ Agost	☐ Novembre
☐ Març	☒ Juny	☐ Setembre	☐ Desembre

MAX.	0	*Moneda*	LIB
MITJÀ	615	*El preu inclou*	
MIN.	0	sense transport	

Paraula clau
activitats per families
paisatge

Producte
Esports aventura

Activitats associades
Senderisme
Cicloturisme
Cicloturisme

Dia	Distànci	Unitats	Temps	Notes
1				Arribada a Sevilla
2	20	Km		En bici pel Parc Natural Aracena
3	5	Km		A peu a Alajar + dia lliure a Aracena
4	7	Km		Caiac pel Guadiana
5				Dia lliure a Mertola o 4x4
6				Dia lliure platja a Tavira
7				Dia lliure platja a Tavira
8				Fi del viatge
	32			

Observacions

http://www.explore.co.uk/holidays/details/active-aracena-a-family-holiday-in-spain

Es posa en valor l'aspecte transfronterer Portugal/Espanya.

En la versió d'aquesta ruta a novembre 2011 el preu és més elevat i inclou activitats d'orientació.

S'explica llocs on poder banyar-se durant la ruta (piscina, riu, ...)

Acompanyament de guia i servei de bus tot el trajecte. Possibiltat d'escurçar les rutes en bici o caiac.

EXPLORE!
TRIP NOTES

Family Active Andalucia! (FLA)

2012/13 Standard Itinerary

Portugal • Spain

8 days

Comfort: [1]

Active: [2]

These trip notes refer to the 2012/13 Standard Itinerary version of this tour. Itinerary details may vary depending on departure date and alternative itineraries for this tour may exist. Please refer to the dates and prices page on our website to check which itinerary operates on each departure date.

Trip Highlights

Castaño Del Robledo - 3 nights stay in a converted village house in the Sierra de Aracena – a very traditional and untouched area of Andalucía.
Activities - Cycling in the National Park, walking to the 'Pueblos Blancos', options to visit the caves at Aracena.
Mertola - One of the most stunning and historical towns in the Alentejo. Canoeing and boat trip on the Guadiana River.
Tavira - Beach time on the Ilha de Tavira.

Overview

Cycle, kayak and walk with us through some of southern Spain and Portugal's most remote areas. In this rural corner of Western Europe we discover a landscape of forested hills, mountain villages and shimmering lakes. Later we cruise along the scenic Guadiana River, travel to the coast and relax among its beautiful sand dunes.

1. Comfort rating: Comfort 4
   Higher quality hotels, lodges or guesthouses, with more comfortable bedrooms, en suite bathrooms and often other facilities such as restaurants, bars and a swimming pool.
2. Activity level: Active 3
   Tours which involve gentle walking, cycling or other activities for a few hours each day.

Joining Tour Abroad

This tour is 8 days land only. Join tour in: Seville Airport (day 1.) End tour in: Seville Airport (day 8).

Clients booked on **'Land Only'** arrangements should make their own way to the joining point. Please refer to separate **'Joining Instructions'** for time and place of rendezvous with tour leader.

Group Travel from London

The Spanish Authorities have recently announced that all visitors to Spain from non- Schengen Treaty countries (including UK) will have to submit Advance Passenger Information (API) to their Tour Operator or Airline in order to be allowed boarding at their airport of origin. All passengers who have booked flights through Explore will now need to provide us with their Date of Birth, Nationality and Passport Number at the time of booking. Passengers booking Land Only should ensure they submit this information to their travel agent or airline at the time of booking.

8 days/7 nights Tour including Connecting Group Flights London-Seville-London

Depart from London Airport to arrive in Seville the same day (day 1 of Land Only itinerary). Transfer to Castaño del Robledo.

Return from Seville (day 8 of Land Only itinerary) and arrive London the same day.

Passengers with **non-group flights** booked through Explore should refer to their individual confirmation invoice for flight details.

Land Only Itinerary

Be Prepared

While our intention is to adhere to the day-by-day route as printed below, a degree of flexibility is built into the itinerary. Overnight stops may vary from those suggested.

Swimming opportunities: An open air public pool is available just 50m walk from our accommodation in Castaño del Robledo – though this is only open during the months of July and August. The cycling excursion via the lake near Aracena also involves enjoyable bathing opportunities. In Mertola an indoor public pool just 10 mins walk from your hotel is open all year round. Bathing is also possible in the river just 200m from the hotel though we highly recommend children be supervised by their parents when choosing this option. Excellent bathing opportunities are to be had on the included beach excursion to Ilha Tavira. These are indicated on the itinerary by the following icon:

Please note: Participation in canoeing, kayaking, or rafting (including white-water) requires that you are able to swim 25 metres unaided.

Carbon Offset

As a responsible tour operator, we have included in our tour prices the costs of offsetting CO2 emissions from all international and domestic flights forming part of the tour. Our chosen offset partner is Climate Care. If you are making independent flight arrangements to join one of our tours, may we urge you to take responsibility for your CO2 emissions by offsetting through Climate Care, or a similar offsetting scheme.

Day 1: Join tour Seville Airport and transfer to Castaño del Robledo (Spain)

Joining the tour at Seville Airport today, we then drive 1.5 hr deep into rural Andalucia. Our first base is a beautifully converted guesthouse in the heart of the Sierra Aracena Natural Park, set amidst a rural landscapes of cork and chestnut forests and tucked away in a quiet corner of Castaño del Robledo, one of the most charming villages in the park. Depending on the arrival time of the group flight from London, there may be time for a short wander around the village and the chance to sample some of the great local food.

Overnight Standard Hotel (H+)

Day 2: AM half day walk to Alajar via Peña Arias Montano; PM free for optional excursions

After breakfast this morning we head out along a trail to the picturesque 'pueblo blanco' (white village) of Alájar. Initially we climb through chestnut groves on an ancient cobbled trail overhung by huge cork trees. After crossing a low pass the walking becomes easier as we begin our long descent to Alájar. The views looking southwards over the hills are magnificent and it's possible to pick out the famous, historical mines of Rio Tinto in the far distance. Set in a deep valley, Alájar village is famed for the imposing 17th century shrine of Arias Montano which occupies a rocky promontory high above the village. Built on the site of a medieval temple the shrine is the focal point of an annual pilgrimage each September, which attracts thousands of people, many on horseback or in colourfully decorated horse-drawn carts, who process here from all the surrounding villges to spend the day eating, drinking, singing and dancing – all from a stunning viewpoint overlooking the pretty white village below and the gentle plains to the south of the Sierra. It's possible to have lunch in one of several bars in the village or alternatively we can walk a short distance to pic-nic in the surrounding countryside. In July and August we'll return to Castaño by taxi from where we can spend the afternoon by the pool or relax on the terrace of the Posada. Alternatively, there is the option of a horse-ride from the nearby village of Galaroza or a visit to the mines at Rio Tinto. Outside of the summer months we plan to return to Castaño on foot via the tiny hamlet of El Calabacino – a stiff but rewarding climb on yet another breath-taking route. Even if returning on foot there is time to go horse riding this afternoon.

Overnight Standard Hotel (H+) Included meals: Breakfast
Swimming available

Day 3: Bike excursion in Natural Park with pm visit to Aracena

After breakfast this morning we drive the 15 km to Aracena by charter bus where we mount our 21 speed mountain bikes and, after a safety briefing, set off on the 16 km ride through pretty countryside down to the shores of the Sierra's one great lake – the 844 ha "Embalse de Aracena". Initially flat on a fairly smooth dirt track we later descend on

quiet country roads (asphalt) through the village of Corteconcepciòn, where there is time for a cold drink in one of the village bars. From the village's 16th century church we enjoy superb views of the lake. Back on our bikes we continue our long descent to the shore – all the while enjoying great views through the rolling hills to the bays and inlets of the lake below. After our descent there is a further 4km along the shore on a quiet country road until we reach our picnic stop beneath the shade of some native Holm oaks. We are accompanied throughout by a support vehicle so there is plenty of room to bring lunch, bathing costumes and cold drinks, etc. There's even the opportunity for a limited number of participants to ride in the support vehicle if some feel they no longer wish to cycle. After lunch there is time to bathe in the lake or wander the shore in search of photo opportunties. We take taxis for the 10km ascent to Aracena, returning by a different route. The largest town in the region, Aracena is overlooked by an impressive 13th century Knights Templar church and ruined castle from where you can enjoy some breathtaking views across the surrounding landscape. The town is most famous however for the stunning 'Cave of the Wonders', an extensive collection of huge underground caverns, subterranean lakes and many chambers that are exquisitely adorned with all manner of stalagmites and stalactites. It's one of the largest cave systems in Spain with 12 caverns, 6 underground lakes and a length of over 2 km. Our time here has been left free to indulge as you wish and there will be an opportunity to visit the caves (optional), or perhaps enjoying some of the other delights the town has on offer, such as a visit to the castle, or time just to relax and soak up the atmosphere from the street cafes that line the "Gran Via" and the town's pleasant plaza. We plan to have dinner in Aracena before returning to the hotel by charter bus.

Overnight Standard Hotel (H+) Included meals: Breakfast
Swimming available

Day 4: Drive to Mértola (Portugal) via Serpa; PM canoe excursion on Guadiana River

Leaving Spain a scenic descent from the sierra brings us to Portugal and the stunning town of Mértola occupying a lofty rocky spur high above the confluence of the Oeiras and Guadiana Rivers. Our journey takes us via Serpa, a classic walled town of narrow streets and picturesque houses, blanketed in colourful swathes of bourgainvillea. Dominated by the remains of its castle Serpa provides us with a welcome respite along the way and we will spend a little time exploring the delights of its tranquil streets before continuing our journey. Look out for storks along the route, as many of the high posts that line the road around the border have been turned into convenient nesting spots by these ungainly looking birds and our destination for today is set in the heart of the natural park of the Vale do Guadiana, a rich haven for the rare black stork. This afternoon we will take to the waters of the Guadiana River in canoes, enjoying a 7km journey along its course (approx 3 hours) that will afford us a unique opportunity to experience an altogether different aspect of this beautiful landscape. Utilising double seater, fibreglass canoes, this excursion is suitable for all levels and full safety equipment and instruction will be given, however it is essential that any participants are able to swim at least 25m unaided.

Overnight Standard Hotel (H+) Included meals: Breakfast
Swimming available

Day 5: AM riverside and town orientation; PM free

After breakfast there will be a short orientation walk of the town, highlighting the centres of its Roman, Christian and Islamic occupations, as well as the 13th century fortress that dominates the town. The entire town has been imaginatively turned into a 'vila museu', allowing you to follow its history via a series of fascinating exhibitions that each traces the various aspects of the rich cultural and historical heritage of the region. Crossing the old bridge to the south of the town we take an 8 km riverside walk downstream from Mertola returning over some low hills to town. Looking back upstream we get some of the best views of Mertola's old walled town spread out around it's impregnable castle. The rest of the day has been left free to explore at your leisure, with the possibility available of a half day optional jeep excursion into the outlying districts, taking in some of the surrounding villages, the bizarre, multi-coloured rock landscapes surrounding the old copper mines of Sao Domingos, the spectacular waterfalls of Pulo de Lobo and a lovely lakeside beach where you can relax and enjoy the serene setting of a shaded reservoir.

Overnight Standard Hotel (H+) Included meals: Breakfast

Day 6: Boat to Alcoutim, bus and train to Tavira

At the town quay just 200m from our hotel we plan to take our own specially charted riverboat for the exciting trip down the Guadiana River to Alcoutim. "O Vendaval" (The Gale) is a converted fishing trawler operated by the Town Hall of Mertola for the purposes of educational trips on the river. Our departure time depends on tidal conditions but we can usually afford to break the 2.5hour trip with a stop at the 19th century British built port of Pomerao and also some time at anchor, mid-river, to enjoy a refreshing dip in the waters of the Guadiana which forms the international boundary between Spain and Portugal here. Reaching Alcoutim we take a little time to visit the town and perhaps enjoy a relaxing lunch, before catching a public bus to Vila Real de Santo Antonio, from where we take a late afternoon train to the coastal town of Tavira, arguably one of the most beautiful towns in the Algarve. A once important trading port with North Africa, the town was almost completely destroyed by an earthquake in 1755, affording the town planners an opportunity to rebuild it, filling it with elegant town houses and mansions that give it an air of timeless gentility along the palm-lined banks of its vibrant waterfront. After checking in to our hotel there may be time to wander its picturesque streets before enjoying dinner at one of its many seafood restaurants.

Overnight Standard Hotel (H+) Included meals: Breakfast

Day 7: AM orientation tour, then transfer by ferry to the beach

Unlike the Western Algarve's rocky headlands and sandy coves the mainland coast of the Eastern Algarve is characterised by marshes, salt pans and tidal lagoons. These provide a haven for migratory birds and indeed much of the coast here is now protected by a chain of Natural Parks and conservation areas. It's only on the long, offshore barrier islands or "Ilhas" that one finds some of the best beaches in Portugal and it is this relative inaccessibility that has saved the Eastern Algarve from the worst excesses of development as exemplified by the resorts, golf courses and mass tourist destinations to the west of Faro. For the small additional effort required in taking the short 15 min ferry ride to the Ilha Tavira we are treated to 11 km of glistening white-sand beaches with just a few rustic bars and restaurants at one end. The town too retains it's historic character and pleasant easy atmosphere. Cafes line the banks of the Gilao river just downstream from the town's ancient Roman bridge. Our orientation tour this morning also introduces us to Tavira's historic heart, taking in something of its grandiose heritage such as the ruins of the 11th century castle which enclose a small, peaceful garden within its well restored walls, and the whitewashed splendour of the Church of Santa Maria do Castelo. After our orientation we'll continue past the municipal market and the riverside seafood restaurants to the fishing quay where our ferry departs for the short crossing to the Ilha de Tavira. Here we will spend the rest of the day enjoying the wide white-sand beaches and the warm breakers of the Atlantic Ocean. (NB. Outside of July and August the ferry departs not

from the town quay, but from the estuary quayside some 2 km from town. On these occasions we´ll take taxis to the ferry.) Later this afternoon we return to Tavira by ferry, to enjoy a final evening soaking up the genteel ambience of the Algarve before our journey home.

Overnight Standard Hotel (H+) Included meals: Breakfast
Swimming available

Day 8: Tour ends Seville Airport

This morning we transfer to Seville Airport where the tour ends.

Included meals: Breakfast

EXPLORE ACCOMMODATION RATINGS: An important feature of many Explore tours is the wide range of accommodation used, and since the beginning our philosophy has been to select accommodation to suit the itinerary - not the other way round. To help gauge the comfort level on your chosen tour, we have graded the accommodation standards at all night-stops using the rating guide below. Please keep in mind however that standards can vary from one trip to the next, and occasionally we may need to change a night-stop without advance warning.

Hotels / lodges / guesthouses - or similar

H++ : Comfortable hotels, lodges or guesthouses with twin or single rooms and en suite facilities. With air-conditioning/heating where appropriate and with reliable hot and cold water. Generally good levels of service and often with added amenities such as restaurant, bar, gardens or swimming pool.

H+ : Standard hotels, lodges or guesthouses, usually with twin or single rooms and en suite facilities. These are generally standard, no-frills hotels with adequate amenities and service standards. Whilst comfort levels are perfectly acceptable to most, please don't expect too much! These are often small, family run establishments.

H : Basic hotels, lodges or guesthouses (also village houses, mountain huts, hotels etc often come into this category). Accommodation may be communal or dorm-style, and WC / washing facilities are usually shared. Running hot and cold water may be unreliable or even unavailable. These can be the most rewarding and memorable places to stay, but comfort levels are low.

Camping

C++ : Comfortable, full service camping generally in permanent, fixed camps with walk-in tents, proper beds and often with en-suite facilities and other amenities such as dining area, bar, gardens and a swimming pool. Your bed-linen is provided.

C+ : Standard camping in private or public campsites, usually with WC and washing / showering facilities in a shared ablutions building. Typically in two person tents, and some level of participation is often required. Generally bed linen or sleeping bags are not provided.

C : Basic camping in wild camps where facilities / amenities may be limited or non-existent. Generally there is no running water, and we dig a temporary bush toilet. Two person tents are often used, but occasionally we sleep under the stars. Participation normally required and sleeping bags usually not provided. Note: other accommodation, for example, aboard boats or on overnight sleeper trains is described individually at the appropriate point in the tour itinerary above.

Personal Expenses

You will need some extra money to cover meals and drinks not included in the tour price, any optional sightseeing, souvenirs and items of a personal nature such as laundry.

Meals Included

Included Meals: 7 Breakfasts included in the price of this tour. Please be prepared to pay for non-included meals. Please note that costs for drinks and meals can vary depending on location and the prices below are given as a rough guide for budgeting.

Local Costs

	UK	Portugal	Spain
Tea/Coffee	£1.20	€1.00	€1.50
Soft Drink	£0.80	€1.50	€1.75
Bottled Water	£0.80	€1.00	€1.50
Bottle of Beer	£2.50	€2.00	€3.50
2 Course Meal*	£10.00	€12.00	€14.00
3 Course Meal**	£18.00	€15.00	€25.00
Bottle of Wine	£10.00	€12.00	€12.00
Breakfast	£5.00	€10.00	€8.00

*Cheap local fare in a small cafe or restaurant.
**Typical food in a simple, reasonably comfortable mid-range restaurant.

Other Sightseeing & Activites

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these trip notes were originally issued but may change at any time due to currency fluctuations.

Excursion Prices

Castano - Public pool €2.
Aracena - Visit to the Caves €8, Horse Riding €30, Cycle helmet hire €5.
Mertola - Museum multi entrance ticket €5 Jeep Excursion €120 per jeep (max 8 persons).
Tavira - Camera Obscura €3.50pp or €10 for a family.

Tipping

Local crew - Although entirely voluntary, tipping is a recognized part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided. In order to make things easier for you, the Tour Leaders may organise a group's tips kitty and if this is the case, they will account for it throughout the tour.
Accordingly you should allow approx €30 for gratuities for local staff.
Tour Leader: At your discretion you might also consider tipping your Tour Leader in appreciation of the efficiency and service you receive.

Foreign Exchange

Local Currency: Euros.

Recommended Currency for Exchange: We recommend you take the majority of your spending money in Euros cash.

Where to Exchange: Banks are available in Aracena, Mértola & Tavira. Your Tour Leader will advise you on arrival.

ATM Availability: Cash-point machines are available in Aracena, Mértola & Tavira. Bankcards with the Cirrus logo are accepted.

Credit Card Acceptance: Visa and Mastercard are generally accepted in larger restaurants and some shops.

Up-to-date information re:global exchange rates can be obtained at https://www.currency-express.com/explore/

Practical Information

Climate

In the Sierra Aracena the climate is generally mild, with warm and sunny springtime temperatures and usually hot and dry summers. Though it can fall at any time of year, rain is usually confined to between December and February. Although cooler than on the coast, temperatures in summer can rise to 30°C or higher and your leader will take temperatures into account (to avoid walking in the hottest part of the day) when planning activities during this time of year.
Additional information and climate charts can be accessed at http://www.explore.co.uk/weather.
Seasonal weather patterns can be unpredictable. Up-to-date information on the weather worldwide can be found by following the BBC weather link on this page.

Visa Requirements

Visas are not required by UK, AUS, NZ, USA, or CAN citizens. Other nationalities should consult the relevant consulate.

All visa information is subject to change. You should confirm all visa related issues with the relevant Embassy prior to departure.

Lone Parents

Single parents or other adults travelling alone with children should be aware that some countries require documentation confirming that the individual has authority to travel with the minor. It is crucial that you contact the relevant country embassy for further information on exactly what may be required. These details can be found on the Foreign & Commonwealth Website under the appropriate country www.fco.gov.uk/travel

Earth Matters

- The Travel Foundation
  Explore are active members and supporters of the Travel Foundation which has established a variety of sustainable tourism projects in destinations and works with industry to improve practice.Visit their website www.thetravelfoundation.org.uk
- Tourism Concern
  Explore support the work of Tourism Concern who campaign for fairly and ethically traded tourism, and are part of its Ethical Tour Operator Group www.tourismconcern.org.uk
- For further information on responsible travel go to http://www.explore.co.uk/ResponsibleTourism/

Vaccinations & Protection

The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at http://www.explore.co.uk/Travelhealth/ and from your local healthcare provider.

Visa and vaccination requirements are subject to change and should be confirmed before departure.

Nothing compulsory, but we recommend protection against tetanus, typhoid, infectious hepatitis and polio.

Electric Supply & Plugs

For comprehensive information regarding voltages and plug types in use in the countries visited, follow the relevant link at http://www.explore.co.uk/Traveladvice/

Insurance

Do you need to organise travel insurance for your holiday? If so, you can arrange Explore Travel insurance - which covers you for any included activity on any Explore trip. You can either purchase this at the time of booking or call us on 0844 499 0901 after you have booked.

Travel insurance is compulsory for all customers. At the start of the trip you must provide us with: the name of your insurance company, your policy number, a 24 hour medical emergency contact number, and the expiry date of the policy. You should ensure that your policy covers you for medical expenses and repatriation.

If you are unable to provide all this information at the start of the trip you will not be allowed to join the trip. If you have purchased Explore Insurance you should carry the Master Certificate leaflet with you, which outlines the conditions of the policy together with a copy of your Confirmation Invoice, which is your proof of purchase of insurance. Explore Worldwide are an Appointed Representative of Campbell Irvine Limited, who is authorised and regulated by the Financial Services authority.

Know before you go

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs, including advice re: the legality of and local attitudes towards same-sex relationships. For UK Foreign and Commonwealth Office Advice follow the link at http://www.explore.co.uk/Traveladvice/

Packing for your Trip

Unfortunately it does occasionally happen that luggage does not always reach its destination on the same flight as its owner, or possibly it may be damaged in transit. If you are unlucky enough for this to occur, it is important that you file a PIR (Property Irregularity Report) with the airline before leaving the airport. This is essential when you come to make a claim either against the airline or from your travel insurance company

A complete list of clothing and personal gear is contained in Explore's '**General Information Booklet**', available only after a booking has been accepted. Here we make a few specific recommendations with regard to your tour.

Luggage

One main piece and a daysac. Total allowance: **44lbs/20kgs.** Remember, you are expected to carry your own luggage – so don't overload yourself. Unfortunately it does occasionally happen that luggage does not always reach its destination on the same flight as its owner, or possibly it may be damaged in transit. If you are unlucky enough for this to occur, it is important that you file a PIR (Property Irregularity Report) with the airline before leaving the airport. This is essential when you come to make a claim either against the airline or from your travel insurance company.

Clothing

Pack for essentially **'All Tours'** plus **'Hot Conditions'** in summer (June to September). Outside these months, Andalucía is generally mild, though the Sierras are subject to some rain, so waterproofs are also recommended for the rare shower. Lightweight cotton clothing is advised from June to September, although for late and early season you may also like to pack a fleece or warm sweater. Don't forget your swimming costumes.

Footwear

Lightweight walking boots/shoes for general travel and sandals/trainers for relaxing. You will also need to bring sandals that you don't mind getting wet – for the canoe excursion.

Equipment

Torch, insect repellent, high factor suncream (at least factor 15), good quality sunglasses, a torch and a water bottle. You will also need a towel for the canoeing and for swimming and you may want to bring gloves, knee/elbow pads and padded shorts for the cycling. You will need a helmet for your cycle excursion on day 3. You may hire a helmet locally for €5.00 or you may wish to take your own.

Trek Kit Bag

For an exclusively designed Explore Trek Bag, follow the relevant link at www.nomadtravel.co.uk/explore

Personal First Aid Kit

For an exclusively designed Explore Medical Kit, visit www.nomadtravel.co.uk/explore

Need help on Clothing or Equipment?

Then we suggest you contact Nomad Travel, our equipment partner, who specialise in kitting people out for adventurous travel. You receive a special 10% discount in-store or online. Visit one of their stores, phone 0845 260 0044, or visit their website www.nomadtravel.co.uk/explore for further information.

General Information

Country info

Area: Portugal: 92,391 sq km. **Spain:** 504,782 sq km.

Population: Portugal: 10.6 million. **Spain:** 40.4 million.

Language: Portugal: Portuguese & Mirandese. **Spain:** Castilian Spanish 74%, Catalan 17%, Galician 7%, Basque 2%.

Religion: Portugal: Catholic 85%, Other Christian 2%. **Spain:** Catholic 94%, Other 6%.

Local Time: Portugal: GMT. **Spain:** GMT +1.

Electric Supply & Plugs: 220v. European two round pin plugs.

FITXA RUTA

Fulletó	Juliol 2011				
Agència	Hfholidays			*País*	Regne Unit
Ruta	252	Self-guided Cycling Holiday in Bordeaux			
Descripció	Ruta cicloturística autoguiada des de la zona vinícola de Burdeos, a través de pinedes i fins la costa atlàntica.				
Pais ruta	França	*Destinació*	Altres França	*Tipus viatge*	individual sense guia
Nits	6	*Possibilitat allargar*	SI	*Client*	viatges amb nens
Allotjament	Hotel categoria mitjana	*Règim majoritari*	Mitja pensió	*Itinerància*	3 o més establiments
Dificultat	mitja-baixa				
Tipus terreny	litoral				
Espai protegit	parc natural				

☐ Gener	☒ Abril	☒ Juliol	☒ Octubre
☐ Febrer	☒ Maig	☒ Agost	☐ Novembre
☐ Març	☒ Juny	☒ Setembre	☐ Desembre

MAX.	0	*Moneda*	LIB
MITJÀ	695	*El preu inclou*	
MIN.	0		sense transport

Paraula clau
paisatge
vi
documentació (mapes,

Producte
Cicloturisme

Dia	Distànci	Unitats	Temps	Notes
1				Transfer a Capian o Rions
2	22	MI		Poble medieval i castell
3	33	MI		Vinyes i entrada al PN Landes
4	20	MI		Paisatges canviants, pinedes
5	28	MI		Parc ornitològic/dunes
6				Diverses opcions
7				Fi del viatge o extensió
	103			

Observacions

www.hfholidays.co.uk/holidays/vineyards-bordeaux-atlantic-coast

Punts forts que es descriuen: Pedalar per la terra de les famoses vinyes de Sauternes. Boscos de pins i llacs glacials de les Landes del Parc Nacional de Gascogne. Relax a la bonica badia de Arcachon amb kms. de platges i natura abondant.

Inclòs en el preu: transfer de 1er i última dia a Burdeos, lloguer de bicicletes, trasllat d'equipatges, documentació. S'ofereix llogar bicicletes per nens fins a 10 anys.

La descripció dels itineraris combina paisatges diversos (vinyes, boscos de pins, dunes impressionants, parc ornitològic, senders litorals).

hfholidays
better cycling altogether

Vineyards of Bordeaux to the Atlantic Coast

Self-Guided Tours

From £695 - 6 nights

Self-guided Cycling Holiday in Bordeaux

Holiday reference: QCCYC

Print this page

Difficulty range

The difficulty range for this holiday:

What do the gradings mean?

View larger map

Discover the richness of the Gironde as you cycle from the Premières Côtes de Bordeaux wine-growing area, through shady pine forests to the magnificent Atlantic coast.

Holiday Highlights:

- Cycling along country lanes through the world-famous vineyards of Sauternes

The richly-scented pine forests and glacial lakes of the Landes de Gascogne National Park

Relaxing at the beautiful Bay of Arcachon with its miles of beaches and abundance of nature

Excellent value

Our cycling holidays offer excellent value. All prices include:

4 nights' Half Board and 2 nights Bed and Breakfast accommodation in comfortable hotels and guesthouses

Bicycle hire

Route descriptions and maps

Luggage transfers

Taxi transfer from Bordeaux to Capian or Rions

Prices based on two adults sharing

Other cycling holidays in France:

Brittany, Breton Cider & Chateaux, Burgundy, Provence, Loire Valley, Dordogne

Next steps

Book online

Check availability and book

Or call our travel experts:
0845 470 8558

International customers please call:
+44 20 8732 1250

Our lines are open:
Monday to Friday 09:00 - 19:00
Saturday 09:00 - 13.00

Booking for a group?

Make a group booking request

More options

Send to a friend or group

Bookmark this page

Request a brochure

Help and advice

Get help with a booking

Fill out a holiday survey

Guest reviews

We really enjoyed the holiday, appreciating the excellent organisation; the standard of accommodation; and the good cycles.

hfholidays
better cycling altogether

Vineyards of Bordeaux to the Atlantic Coast

Self-Guided Tours

From £695 - 6 nights

Self-guided Cycling Holiday in Bordeaux

Holiday reference: QCCYC

Print holiday itinerary information

Holiday Itinerary

This holiday follows mainly flat terrain along quiet roads and scenic cycle paths. There are sections of hilly terrain on day 2.

Day 1:

Transfer by taxi to your accommodation at Capian or Rions in the Entre-deux-mers wine-growing region.

Day 2:
(22 miles)

Cycle to the medieval town of Sant-Macaire through undulating vineyard terrain. Explore the castle at Cadillac, home-town of the writer François Muriac .

Day 3:
(33 miles)

Fllow quiet roads through the vineyards of Sauternes, passing the renowned Château Yquem. Enter the flatlands of the Landes de Gascogne Regional National Park and spend the night in the village of Origne.

Day 4:
(20 miles)

Enjoy the changing landscape as you cycle through the park's dense forest. Stop for lunch at the lakes of Hosten and continue to the village of Le Barp for your overnight stop.

Day 5:

(28 or 34 miles)

Travel through Le Teich ornithological park leading to the Bay of Arcachon. Join the coastal path, stopping to climb Europe's highest sand-dune before continuing to Arcachon for a two-night stay.

Day 6:

Take the ferry across the Bay of Arcachon to Cap Ferret or explore the cycle paths to the port of Biganos, the ornithological park and Domaine de Certe in Audenge.

Day 7:

Departure day or extend your stay in Arcachon.

Bicycles

You will be provided with a 21-gear bicycle with a pannier, bottle holder and lock. You will be supplied with a repair kit. We are also able to provide trailers for children under 10 years and tag-a-longs for children under 6 years old.

Route directions and maps

On arrival at your first hotel you will receive an information pack containing your route directions and maps, tourist information and hotel vouchers.

Luggage transfers

Your luggage will be transferred from hotel to hotel on this cycling holiday.

Next steps

Book online

Check availability and book

Or call our travel experts:
0845 470 8558

International customers please call:
+44 20 8732 1250

Our lines are open:
Monday to Friday 09:00 - 19:00
Saturday 09:00 - 13.00

Booking for a group?

Make a group booking request

More options

Send to a friend or group

Bookmark this page

Request a brochure

Help and advice

Get help with a booking

Fill out a holiday survey

FITXA RUTA

Fulletó	OCTUBRE 2010				
Agència	Pura aventura			*País*	Regne Unit
Ruta	142	Pyrenees Familiy Self-Drive Adventure Holiday at a glance			
Descripció	Combinació d'activitats allotjant-se en hotels acollidors. Programa a mida.				
Pais ruta	Espanya	*Destinació*	Catalunya	*Tipus viatge*	individual sense guia
Nits	7	*Possibilitat allargar*	SI	*Client*	viatges amb nens
Allotjament	Hotel categoria mitjana	*Règim majoritari*		*Itinerància*	
Dificultat	mitja-baixa				
Tipus terreny	alta muntanya				
Espai protegit	parc natural				

☐ Gener	☒ Abril	☒ Juliol	☒ Octubre
☐ Febrer	☒ Maig	☒ Agost	☐ Novembre
☐ Març	☒ Juny	☒ Setembre	☐ Desembre

MAX.	0	*Moneda*	LIB
MITJÀ	739	*El preu inclou*	
MIN.	0	sense transport	

Paraula clau
esports aventura
paisatge
allotjament

Producte
Turisme actiu

Activitats associades
Senderisme
Btt
Caiac/ canoa

Dia	Distànci	Unitats	Temps	Notes
1				Arribada a l'entorn del Parc Nacional
2				Activitats aquàtiques
3				Senderisme al Parc Nacional
4				Rafting a la Noguera Pallaresa
5				Relax i descoberta
6				BTT
7				Senderisme a la Serra del Cadí
8				Tornada

Observacions

Es troba a:
http://www.pura-aventura.com/holiday/pyrenees-family-self-drive-adventure-holiday

Lloguer de cotxe inclòs des de Barcelona o Reus.

Vacances a mida segons les activitats que es volen fer tot i que proposen combinar rafting, caiac, BTT i senderisme, en aquest cas al Parc Nacional i a la Serra del Cadí.

El programa no és concret (quins allotjaments, règim alimentari, etc.).

Active Spain
Pyrenees Family Self Drive

Pyrenees mountains – charming inns and hotels - Aigües Tortes and Cadí National Parks – beautiful walks – fun water sports – mountain biking – rugged mountains – peaceful villages - freedom to explore

Enjoy a self-guided active family holiday in the heart of the beautiful Spanish Pyrenees.

As active as you like: combine walking, mountain biking, rafting and quiet relaxation to suit your family.

You're independent: but with the support of our knowledge and guides.

Stay in comfortable, stylish small hotels in quiet villages.

We tailor each holiday to your needs.

This is a Pura *handmade* holiday with an activity level of *medium* and a comfort rating of *first*.

Beautiful walks in the Pyrenees.

"Thanks for organising such a super holiday for us – it was just perfect! The locations, hotels, activities and hikes were all amazing and the directions spot on. A big thank you from us all." *Marion B*

Suggested Holiday Itinerary

Preface

The beauty of a family self-drive holiday with Pura Aventura is your independence to choose what you do every day.

The Pyrenees make a wonderful setting for an active and comfortable family holiday with plenty of variety to offer something for almost everybody.

There's lots of variety packed into a small area…

- High mountains for walking, exploring and sightseeing.
- Valleys, gorges and rivers for cycling, and water-based activities from gentle canoeing to canyoning.
- Charming towns and villages rich in history, culture and cuisine.
- Easy to extend to include time on a beach – crossing to Mallorca is even a possibility.

Below is a suggested itinerary of eight days but it can be lengthened or shortened to suit you.

Before you leave, we tailor your holiday to your needs and once you're on holiday you have lots of flexibility to adapt what you do every day.

Day 01 | *Pallars* | ***travel to Spain***

Fly to Barcelona or Reus this morning where you pick up your car.

The drive to your base in the mountains will take around three hours.

Your destination is the valley of the Aigües Tortes National Park – the highest stretch of the Pyrenees.

The last part of your journey is 20-minute drive up a winding mountain road.

Your inn high in the mountains with stunning views.

Active Spain
Pyrenees Family Self Drive

Kayaking on the river.

At the end is a tiny hamlet where you find the family run inn which is home for the next few nights.

There is no pool here (these are fairly rare in northern Spain) but during the days you spend lots of time in and around water.

Enjoy fantastic views, comfortable rooms and relaxed and sociable dining though please note that hardly any English is spoken in these parts.

Whilst staying here we include your breakfasts and dinners but not lunch.

Please note that meal times in Spain are generally much later than we are used to in the UK. (d)

Day 02 | *Pallars* | ***water based activities***

Today's activities are designed to really get everyone relaxing and enjoying themselves.

The guides teach you all about safety before you set off so no experience is necessary.

Safety kayaks are on hand as well as instructors in the water.

The Pallaresa River is fed by the dam at the head of the valley making water levels predictable.

Start with an energetic two-hour trip down a beautiful 10km stretch of river.

This is an ideal way to get used to kayaking without having to have any prior experience.

Waters are grade II with occasional runs of white water – great fun but nothing for which you need experience. There are safety kayakers with you. Wetsuits and all necessary equipment are provided.

There are changing facilities at the activity centre so once out of the water you change back into dry clothes for lunch at leisure in the nearby town.

Return this afternoon for canyoning which is great fun in a rough and tumble sort of way.

As with all activities at this centre, it is expertly supervised and guided.

Don wetsuits and hike up a steep path into a narrow canyon. Once you get to the top, you complete your outfit with a harness and helmet.

Drop down into the stream and make your way back down to the bottom by negotiating the riverbed. This can include abseiling down a waterfall, jumping into pools, sliding down slippery rocks and swimming.

This activity has been likened to a log flume without the log and that's pretty much it.

To get down the canyon will take anywhere from two to three hours depending on the time of year, water levels and group size.

We find that most families leave the hotel each morning and do not return until the late afternoon as there is so much to do and see in the valley. (b,d)

Day 03 | *Pallars* | ***walk in Aigues Tortes NP***

Aigües Tortes is Spain's oldest and probably most famous National Park.

The name means 'winding waters' and the park is full of lakes, streams and waterfalls as well as high peaks and wide valleys.

To get into the park, you have to drive to a nearby village from where you are taken in by Land Rover taxi.

From the park entrance, walk up to the pass at 2,562m for some of the most stunning views in the Pyrenees. Walk 13km, 5hrs, ▲690m, ▼690m (b,d)

At the bottom of the canyon.

Active Spain
Pyrenees Family Self Drive

Rafting the Pallars River.

Walk to the high valley of Aigües Tortes.

Expert guides and instructors.

Walk to the beautiful Sierra del Cadí.

Day 04 | *Pallars* | ***raft the Pallaresa river***

The river in the valley beneath your hotel offers amongst the best white water rafting in Spain.

Spend all day running grade II and III rapids through beautiful scenery.

Grade III equates to fun with you getting a bit wet and your pulse racing.

The day is split in two with the first half of the day running calmer waters to get used to the rafts.

The afternoon is spent in the beautiful scenery of Collegats lower down the valley. (b,d)

Day 05 | *Seu* | ***relax and explore***

Travel eastwards today as you drive two hours to your second hotel which is in the next valley over.

Here you are in the Catalan speaking area of the Pyrenees so some of the locals struggle with their Spanish, let alone English.

As with the rest of this trip, it is very easy to get by as people are friendly and invariably willing to indulge in some sign language type conversations.

Your very comfortable hotel is in a village with lovely views over the foothills of the Pyrenees.

This afternoon you might like to explore the town of Seu a few kilometers up the road. (b)

Day 06 | *Seu* | ***mountain biking***

Seu has a very extensive network of mountain bike trails of varying degrees of difficulty. Bikes and helmets can be rented.

Some are short rides along the riverbank, others are much more strenuous off road routes up into the mountains.

All of the trails are well marked up and we provide you with details of each although it is always worth taking advice locally about the best trails for you. (b)

Day 07 | *Seu* | ***walk in the Sierra del Cadí***

Enjoy a day of walking in the stunning limestone hills of the Sierra del Cadí.

This is a little used route taking you up to gorgeous high pastures which contrast starkly with the craggy mountains beyond.

You can choose how far to walk on this day, crossing all the way to the face of the mountains and up one of the canals which cut through the rock. Walk 12km, 4hrs, ▲350m, ▼350m (b)

Day 08 | *travel* | ***return to Barcelona***

Complete your journey with the three-hour trip back to Barcelona or Reus. (b)

Active Spain
Pyrenees Family Self Drive

Holiday Information

Pura Aventura Handmade

This holiday is unique to us.

We have designed and deliver this holiday using our own people and carefully selected local suppliers to create a *Pura Handmade* holiday.

Xabi Etxarri, one of our founders, lives and guides in the Pyrenees. This product is the result of his personal selection of hotels, walks, activities and restaurants.

Enjoy the flexibility and independence of a fly-drive with none of the guesswork.

Tailor made to suit you: add days as necessary and enjoy the flexibility to do activities as you want.

In creating this holiday we have been very careful to give you a proper insight into the landscapes and culture in the context of an active holiday which should be fun for the whole family.

How long?

As suggested, 8 days, but can be tailored to your needs.

How active?

Entirely up to you. Since you have the freedom of your own car, you can take the holiday at your own pace.

Included are the activities listed but these can be changed or removed to suit you.

For water based activities, no experience is necessary.

For mountain biking, you should have some experience of riding a bike preferably off road.

We provide you with walking notes and maps.

How comfortable?

Comfortable, friendly rural hotels chosen for their quality, location and atmosphere. Rooms are en suite.

How independent?

With your own car, you're completely independent and flexible but with support available if you need it.

We provide you with all the maps, walking notes and local information you will need.

How responsible?

Pura Aventura is passionate about the places it visits. To help preserve the integrity of these destinations we:

- Keep groups small to minimise environmental impact.
- Work directly with local businesses and organisations to directly benefit local economies. We use small, locally owned hotels and restaurants.
- Work with local guides so that our holidays are more interesting for clients and more beneficial locally.

Weather

The Pyrenees are high mountains. In spring expect some snow on the high ground as well as full and fast flowing rivers. The vegetation is at its prettiest at this time of year.

Summer days are long and generally weather is warm/hot and sunny.

Autumn weather is the most stable with pleasantly warm days, cool evenings and little precipitation.

Not based in the UK?

We are very happy to discuss your requirements if you are not travelling to and from the UK.

Please call us on **+44 1273 676712** between 9am and 6.30pm GMT weekdays.

Not quite right?

If this holiday's not quite right for you, call us to discuss your ideas or consider:

Active Spain: Picos Family Self Drive Similar in style to this Pyrenees trip but with the addition of private guiding and the appeal of beautiful beaches as well as stunning mountains.

Walk Spain: Pyrenees Family Adventure Explore the Pryenees as part of a guided small group.

How do I book?

As a tailor made holiday we need to check availability and prices before taking your booking. If you would like us to prepare you a detailed proposal then simply email info@pura-aventura.com or call 01273 676 712 with your preferred dates plus any other changes you would like us to make.

Once you have the proposal and decide you would like to go ahead then please call in with the following:

- *Full names*
- *Address*
- *Contact telephone numbers & email*
- *Deposit of 15%*

Deposits can be paid by card, cheque or bank transfer, whichever suits you best (the balance of your holiday is due 60 days prior to travel).

We send you a confirmation email detailing all of the services agreed between us. We ask you to check through all of this carefully and sign off on the holiday.

Prices & Departures

2012	**Apr - Oct | £747pp guide price**
Flights	Flights to Barcelona, Reus or Zaragoza are not included. We recommend you look at www.skyscanner.net for these.
Price includes	Twin & double en suite accommodation; mid-size car hire for one driver; Kayak, canyoning and rafting excursions; Walking notes, local information, maps, driving directions; Meals (b,l,d) as per itinerary;
Not included	Flights; personal expenses; mountain biking in Seu.

The guide price quoted is per person based on four people traveling staying in two rooms. The price quoted is intended to be a realistic guideline for you but prices can vary according to length of stay, season and activities. Please call us for a definitive quote.

FITXA RUTA

Fulletó	Juliol 2011				
Agència	Utracks			*País*	Regne Unit
Ruta	214	Catalonia by bike for families			
Descripció	Cicloturisme				
Pais ruta	Espanya	*Destinació*	Catalunya	*Tipus viatge*	individual sense guia
Nits	7	*Possibilitat allargar*		*Client*	adults
Allotjament	Allotjament rural	*Règim majoritari*	Mitja pensió	*Itinerància*	1 establiment
Dificultat	mitja-baixa				
Tipus terreny	litoral				
Espai protegit	parc natural				

☐ Gener	☒ Abril	☒ Juliol	☒ Octubre
☐ Febrer	☒ Maig	☒ Agost	☐ Novembre
☒ Març	☒ Juny	☒ Setembre	☐ Desembre

MAX.	0	*Moneda*	LIB
MITJÀ	690	*El preu inclou*	
MIN.	0	sense transport	

Paraula clau
activitats per families
paisatge
història
botànica

Producte
Cicloturisme

Dia	Distànci	Unitats	Temps	Notes
1				Arribada a La Pera
2	17	Km		Monells - Madremanya
3	25	Km		Peratallada
4	30	Km		Platges de la Costa Brava
5	30	Km		Delta del Ter
6	50	Km		Ruines d'Empúries
7	54	Km		Figueres
8				Fi de viatge
	206			

Observacions

http://www.utracks.com/utuk/index.php?section=trips&id=275768

Ruta dissenyada per fer amb infants. Combina natura, museus, pobles medievals, arqueologia, ...
Un dels dies correspon a la zona del delta del riu Ter.

Estada en allotjaments rurals. Preu per nens 390 lliures. (els preus són tenint en compte 2 adults + 2 nens de 5 a 14 anys).

En dos dels dies es proposen alternatives amb itineraris de major distancia.

SEARCH: Trip keyword search Go

catalonia by bike for families

Recommend Be the first of your friends to recommend this.

Experience the subtle landscapes and interesting villages on a gentle cycle through Catalonia, specially designed for families. Ride across nearly flat or gently rolling terrain, from the green countryside near Girona to the azure Mediterranean Sea. Pedal back into history, as you ride through Roman archways and Medieval squares. Visit two museums dedicated to the fabulous art of Dalí. Discover the ancient history of Iberians and Romans who inhabited the area. Marvel at sturdy town walls, while ancient watchtowers guide you through fields of sunflowers and wheat. Cycle the Ter River Delta and discover the rich fauna of protected wetlands at Aiguamolls. Once out at the coast, you'll enjoy sandy beaches, quiet coves and the beauty of typical fishing villages. During this three centred cycle holiday, stay in charming rural accommodations housed in historical stone buildings.

where do you want to go?

Country: Any Country...
Activity: Any Activity...
Grading: Any Grading...

guided departures only

Date From: dd / mm / yy
Date To: dd / mm / yy

Search Reset

BRIEF ITINERARY

DAY 1 Arrive Baix Empordà (closest train station Flaça), by local bus or taxi to nearby La Pera **DAY 2** Cycle through the medieval villages of Monells and Madremanya and visit castle at Pubol (17 or 31km) **DAY 3** Cycle through woods and rolling landscapes to Peratallada (25km) **DAY 4** Cycle to the Costa Brava beaches (30 or 47km) **DAY 5** Cycle through the Ter River delta and on to coastal beaches (30km) **DAY 6** Cycle north via Greek and Roman ruins at Empuries to Baseia (50km) **DAY 7** Cycle to Figueras and visit the Salvador Dalí museum (54km), return to Baseia **DAY 8** Trip concludes

TRIP DATES

Daily departures from 1 Mar to 15 Oct

WHAT'S INCLUDED

•7 breakfasts, 4 dinners (set menu) •7 nights in traditional farmhouses on a twinshare basis with private facilities in low season (high season is from 15-30 Apr, 15 Jun - 20 Sep and 7-15 Oct - supplement applies) •high quality rental bike with 24 gears (childrens bikes (8-14yrs) and pull-along bikes (age 5-8) available) •luggage transfers from hotel to hotel •detailed route description and maps •7 day service hotline - ********Note: Prices based on family of 2 adults and 2 children (aged 5-14 years). Prices will vary with different family combinations. Family rooms are available.

AT A GLANCE

COUNTRIES INVOLVED:	spain
TRIP ACTIVITY:	cycling - self guided family adventures
TRIP GRADING:	introductory to moderate
DURATION:	8 days
2011 PRICE:	from £690.00 (Adult) £390.00 (Child)

more pricing details »

DETAILED TRIP NOTES
GRADING DEFINITIONS
EMAIL A FRIEND
PRINT THIS PAGE
FAQ'S

BOOKING ENQUIRES

VIEW ALL TRIPS TO THIS REGION

A SUBSIDIARY OF WORLD EXPEDITIONS

countries we visit

austria	germany	ireland	slovakia
belgium	holland	italy	slovenia
croatia	(the netherlands)	portugal	spain
france	hungary	scotland	switzerland

regions we visit

the alps	the julian alps	provence	pyrenees	andalucia
compostela trail	umbria	the loire valley	dolomites	majorca
way of st james	tuscany	salzkammergut	high tatras	mallorca
river danube	corsica	mont blanc	tirol	bourgogne
burgundy	brittany	dordogne	alsace	sicily

RUTES ALEMANYA