Mediterranean Coast, from Collioure to Cadaqués (Spain)

Your route in brief

• Accommodation in hotels ** et ***
• 2 nights in Collioure and 2 Cadaques to maximise comfort
• Luggage transport between accommodations
• Accommodation near the sea and the beach
• Duration 7 days / 6 night

Strong points

• Alternating coast walks with bathing and mountain walks
• Cadaqués, a magnet for artists like Salvador Dali Picasso...
• Walking in protected sites, ports, creeks, military forts and artistic places!

The Coast Vermeille (Scarlet Coast), is aptly-named. It's situated on the southern French side of the Pyrenees Orientales. The Mediterranean Sea to the East and the Alberes massive to the West. The other side of the border extends towards Cadaques in Spanish Catalonia. The cultivated terrasses of vines extend up the slopes and into the sunny valleys. They produce the famous BANYULS and COLLIOURE wines.

This is a wonderfully vibrant land with a friendly population – who just love to party ! Everywhere the 'sardane' is danced in rounds for the tourists. The gastronomy is equally remarkable with wonderful local produce like for example anchovies or grilled fish. You can taste this wonderful Catalan cuisine as you look out over the sea.

This is an exceptional walking area that you will discover with its contrasting landscapes. These are lands of red earth also nicknamed ‘La Côte des Merveilles’ (the Marvel Coast).

Tel: (33) 5.64.14.51.50
info@respyrenees.com
Day 1: Start of your stay in Collioure
Settle into your hotel in Collioure. There’s the possibility of a visit to Port Vendres.

Panoramic Walk over the Vermeille Coast.
There’s a pedestrian loop starting from Collioure. It allows you to gain some height to discover the Vermeille coastline (nicknamed the Scarlet Coast). A stroll to warm up your legs that will also give you a good insight into what’s in store for your stay! You’ll spend a night in hotel in Collioure.

- Distance: 8.5km, duration 3h, total ascent +375m, total descent -375m.

Day 2: From Collioure to Banyuls

Mountain path: From Collioure to Banyuls by mountain path. This prestigious region, is internationally know for it’s fine wines. You’ll pass the ancient Madeloc signaling Tower dating from the 13th century. Marvel at this special place, the perfect 360 degree panorama which opens up in front of your eyes. A 656m climb to the top, where you will discover the Roussillon plain, the Vermeille coast, and the Alberes massive close by. Then there will be a descent towards Banyuls, hazy on the azure horizon by the Mediterranean Sea and Catalan sky.

Coast path: Walk to Banyuls by the coast path. This is an equally superb itinerary that enables you to cross Port Vendres and discover Bear Cape and lighthouse, and also the pretty beaches scattered between Port Vendres and Banyuls sur Mer.

Return to Collioure by shuttle, spending the night at the same hotel for your comfort.

- Distance: 15km, duration: 5h30, total ascent: +730m, total descent: -730m (mountain path).
- Distance: 17km, duration: 5h, total ascent: +370m, total descent: -370m (coast path).

Day 3: From Portbou to Port de Llança

In the morning transfer from Collioure to Portbou. Today you’ll cross over the border to the Spanish side. A walk by the side of the sea, leaving from Port-Bou, an emblematic border town. The Catalan atmosphere is omnipresent with its noises, perfumes and fresh air. The house colours and their architecture shows you the border has been truly crossed. Your arrival at the white sea side town gives you a feel for a certain style and way of life. Here life unfurls in the streets, effervescent, warm, communicative. In following 'los Caminos de Ronda' (round routes) you will discover a piece of coastline interspersed with rocks. You will spend the night in a hotel in Port de Llança.

- Distance: 9km, duration 3h30, total ascent +350m, total descent -350m.

Day 4: From Llança to Port de la Selva

Leaving Llanca going towards Port de la Selva the itinerary stretches out initially along the coastline until Platja de la Vall. After which you will go into the National Park of Cap de Creus. There you’ll discover the village of the Vall de Santa Creu before the ascent to the Sant Pere de Rodes monastery perched at 670m and built in the 9th century. It dominates the Cap de Creus peninsula. Finally you will continue to Port de la Selva, a typical fishing village which has kept its true identity despite the influx of tourists. You’ll spend the night in a hotel in Port de la Selva.

- Distance: 9km, duration 3h, total ascent +135m, total descent -135m.
- Distance: 15km, duration 5h15, total ascent +610m, total descent -610m (with ascent to the Sant Pere de Rodes monastery).

Day 5: From Port de la Selva to Cadaquès

The highlight of this walk is the Catalan village of Cadaques. You will encounter the past, with the folk architecture like the farmhouses, the brick ovens, etc... One of the important points of the day will be the lighthouse of the Cap de Creus, which is the start of the famous GR11 that you will take to reach the Cap, or according to the famous expression « where the Pyrenees emerge from the Mediterranean Sea ». Then a very old path will lead you to Port Lligat, the ancient holiday place of Salvador Dali where the houses are white with the whitewash of Cadaques. You will spend the night in a hotel in Cadaquès.

- Distance: 21km, duration 6h30, total ascent +530m, total descent -530m.
Day 6: Free day in Cadaqués or walk to the Cala Nans lighthouse

« White Cadaqués », a village fashioned by Catalan art, where you will very likely want to hang out for some hours. As you have the following day to enjoy it at the most, another option would be to do a short walk to the Cala Nans lighthouse in the Cap Norfeu National Park. This gives access to the wonderful views over the Cadaqués bay with its magnificent towering cliffs. You will spend the night in a hotel in Cadaqués.

- Distance: 7,5km, duration 2h30, total ascent +250m, total descent -250m.

Day 7: The end of your stay

Leaving Cadaqués this morning, you will be transferred by shuttle to Figueras (all information is given in the travel folder), or by taxi to Collioure for those who need to get a car (shuttle/taxi not included in the price, see “supplements/reductions”). This is the birth place of the painter Salvador Dali. Figueras exists under the magical influence of surrealism. There’s the option to visit the famous Salvador Dali museum.

End of your stay in Figueras

Now that you have completed your stay in Figueres. You are able to go to Collioure by train. The train timetables are susceptible to change from time to time. Please check the service. We are able to help you organise your return, please ask us about it when you book.

For more information:
In Spain: www.renfe.es, ou tél :0034 902240202 ou encore 0034 902243402.

● DATES AND PRICES

Everyday from mid-september to mid-june, according to availability.
From 2 people.
No bookings from mid-June to mid-September due to the heat.
Solo travellers, please contact us.

Prices 2020

<table>
<thead>
<tr>
<th>Price per person based on a group of 2/3 people</th>
<th>620€</th>
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<td>Price per person based on a group of 4/5 people</td>
<td>590€</td>
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Extras/Discounts:
- Extra transfer back in taxi: 160€/transfer
- Single Room option: 150€/pers
- Extra night in Collioure in half board double room: 50€/pers
- Extra night in Collioure in half board single room: 75€/pers
- Extra night in Cadaqués in BB double room: 55€/pers
- Extra night in Cadaqués in BB single room: 80€/pers

The price includes:
- Half board accommodation except days 5 and 6: dinners not included in Cadaqués
- Transfers day 3
- Luggage transfers
- Dossier containing maps, route notes
- GPS tracks if you ask us + access to the detailed itinerary on the Mhikes GPS mobile application

The price does not include:
- Holiday and travel insurance
- 10€ for booking fees
- Transfers not included in the programme: public bus on day 2 (1€/pers); shuttle (5,5€/pers)/taxi (see extras) on day 7
- Evening meals day 5 and 6
- Entrance fees, additional activities
- Drinks and picnics
TAILOR MADE HOLIDAYS

We can put together a suitable holiday for you taking into account all your specific requests and budget. Many individuals and trekking companies have relied on us for years. With our tailor-made holidays we always aim to provide you with the best quality at the fairest price.

If you want to:
- increase the comfort of your accommodations,
- change the duration of your trip,
- organize additional activities or visits,
- get a transfer from/to an airport,
- organize an extra night

ORGANIZATION

We propose a self-guided, independent formula. You choose your departure date and we will take care of all the rest from the initial meeting time through to the dispersion point. We transport your bags between the accommodations and we organize your transfer on day 3; we provide the maps and detailed walking route notes sent on the first accommodation as well as access to the detailed itinerary on the Mhikes GPS mobile application. This is a way of enjoying complete flexibility, you dictate the pace and rhythm of your holiday. Moreover, our team will answer all your questions, and will provide all useful advice in order to make this holiday a success.

Transfers during your stay:

Day 2: 5:10 PM, shuttle transfer from the Banyuls Tourist Office to Collioure (journey time is 25 minutes, price is 1€/pers – not included). This transfer has been arranged to return to the same lodging in Collioure, to ease stress (no baggage to carry around each day).

Day 3: 9 AM, transfer by taxi from your accommodation in Collioure to Port-Bou at the start of the walk.

Day 7: 10 AM, shuttle transfer, from Cadaqués to the train station at Figueras (journey time is 1h, price is 5,5€/pers – not included). Or transfer in taxi to Collioure (journey time is 1h40, price is 160€/transfer – not included).

TECHNICAL INFORMATION

Some information (without day 1)
Maximum ascent: +730m
Global ascents: 1995m
Global descents: 1995m

Nature of the walk
The walks are on good footpaths and trails, the terrain is varied but often rocky.

Level 2/5
The walks are on good footpaths and trails, the terrain is varied but often rocky. You need to be used to walking and take regular exercise to enjoy this holiday.

Contact us:
Tel: 0033 5 34 14 51 50
gaetan@respyrenees.com
Detailed walking schedule

<table>
<thead>
<tr>
<th></th>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
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<tbody>
<tr>
<td>Ascent</td>
<td>+375m</td>
<td>+730m or 370m</td>
<td>+350m</td>
<td>+135m or 610m</td>
<td>+310m</td>
<td>+160m</td>
</tr>
<tr>
<td>Descent</td>
<td>-375m</td>
<td>-730m or 370m</td>
<td>-350m</td>
<td>-135m or 610m</td>
<td>-305m</td>
<td>-160m</td>
</tr>
<tr>
<td>Walking duration*</td>
<td>3h</td>
<td>5h30 or 5h</td>
<td>3h30</td>
<td>3h or 5h15</td>
<td>6h30</td>
<td>3h00</td>
</tr>
<tr>
<td>Distance</td>
<td>8.5km</td>
<td>15km or 17km</td>
<td>9km</td>
<td>9km or 15km</td>
<td>23km</td>
<td>7km</td>
</tr>
</tbody>
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*Be advised*: the walking duration is given to help you in your choice, but this is an average, not including the stops during the walk, and overall walking duration is just an indication, but can be different between walkers.

Guide
Self-guided walking, without guide.

Carrying
You will need to carry a day sack only, with your water bottle, camera, picnic and goretex jacket. Our bag-moving service means you can travel light during your walks. Your main luggage will be transported by vehicle between the different night stops. We ask you to please limit your main luggage to between 10-15kg to facilitate the transportation and carrying for the taxis.

Bibliography
Visage du Roussillon - Horizon de France.
Le Roussillon dans l'Histoire - Pascot - Privat.
Le Roussillon roman - Zodiaque.

• ACCOMMODATION / FOOD

Accommodation
Half board days 1, 2, 3 and 4 / Bed & Breakfast days 5 and 6
2 nights in equivalent hotel ** in room with en-suite shower and wc, on days 1 and 2
2 nights in hotels** in room with en-suite shower and wc, on days 3 and 4
2 nights in hotels*** in room with en-suite shower and wc, on days 5 and 6

Food
- Continental breakfast (tea, coffee, milk, butter, jam)
- Evening meals often based on local specialities, include a starter, a main course and a dessert. Meals day 5 and 6 are not included. Many restaurants in Cadaques, to discover Catalan cuisine.
- Pic-nics and drinks are not included.

• PRACTICAL INFORMATION

Starting: Day 1 at your accommodation in Collioure (66), according to your time of arrival.

Ending: Day 7 in Cadaques (Spain), after the breakfast.

How to get to Collioure:

- By train:
There are numerous trains running between Toulouse and Perpignan (Toulouse- Port Bou – Barcelona line). There are numerous trains from Lyon, Nice or Lille to Narbonne, then take a train going to Perpignan. Various trains leaving Toulouse (or Narbonne) serve Collioure.
Contact SNCF on 36.35 (direct line or www.voyages-sncf.com for timetable confirmation).
By car:
Going to Perpignan by the A9 motorway, in provenance d'Orange, via Nimes then Montpellier.
From Toulouse take the A61 motorway, via Carcassonne and Narbonne until you reach Perpignan then take the N114 to Collioure (37km)

By air:
Barcelona Airport: Train to Barcelona Sants Station – then to Perpignan – then to Collioure
Toulouse-Blagnac Airport (140km) : tel 0825 380 000, there are shuttle links with SNCF from Toulouse Matabiau which run every 20 mins
Perpignan airport : tel 04 68 52 60 70

How to leave from Cadaques:

Shuttle service to Figueras train station:
The ALSA company provides a shuttle service, from cadaques town center to Figueras train station. All information about this shuttle will be provided when booking.
Then, there is a train line from Figueras to France (TGV, to Perpignan or further on).
Price for the shuttle: 5 euros per person.

Taxi service from Cadaques to Collioure:
Mainly for those who left a car in Collioure, we can arrange a taxi transfer: price is 160 euros/transfer

How to return to Collioure from Figueres for those coming in car:

There's a train line from Figueres to Collioure (via Cerbere).
For more information:
The train timetables can change according to the time of year. Verify the times from the services.
We are able to help you organise your return, please talk to us about it when you book.

PARKING:

The town centre of Collioure is a parking meter zone. The car parks near the Chateau Royal and near the hotels are the most expensive. It's possible to buy a week's parking permit. Ask at the Mairie or the Tourist Office, Place du 18 Juin. - tel 0033 468821547.

Paid and secure parking: At Collioure: There's car parking situated at the exit of Collioure just after the tennis court at Cap Dourats on the Banyuls/Port-Vendres N114 road. Tariffs are about 15 euros for the week. It's open all year round and has a free shuttle service to the town centre. It runs every 20 mins between 10.00 and 20.00 from May to September.

Free non-secure parking: On the Pla de la Fourques road: from the town centre (place du Mal Leclerc), go to the Avenue du Miradou, then the Route de las Fourques. The parking is just after the stadium. Information is available from the Mairie de Collioure – tel 0033468820566.

Practical information

PERPIGNAN Tourist Office - tel: 0033468663030
COLLIoure Tourist Office - tel: 0033468821547
BANYULS Tourist Office - tel: 0033468883158
Pyrénées Roussillon Department Tourist Office - tel: 0033468342994
Train timetable SNCF (call) - tel: 3635
FIGUERES station (SPAIN) - tel: 00 34 972 504 661
PERPIGNAN Airport Avenue Maurice Bellonte PERPIGNAN - tel: 0033468526070
WHAT TO BRING AND PACK

Bags
A small day pack for your water bottle, camera, picnic and waterproof.
A bag, rucksack or suitcase for your main luggage weighing a maximum of 12kg per person.
The size of your bag varies upon the type of activity.
For a walker without portage : 30L minimum
For a walker with partial portage : 50L minimum
For a walker with portage : 60L minimum

Day Bag
Whatever activity you participate in, you should always carry in your rucksack waterproof clothing, a picnic, a bottle of water as well as a small first aid kit and personal belongings, a camera, a hat, binoculars etc.

Walking Boots
The type of boot depends upon the activities you take part in however they are one of your most important items. They should be comfortable, waterproof and breathable. For the best protection we advise ankle boots. We recommend our young walkers to wear flexible walking boots with a good sole and back.
For mountain walking for more than 4 hours long we recommend a boot with a fairly ridged sole.
If you need to buy a new pair of boots we advise you wear them in before the start of your holiday. Don’t wear boots that are too small because feet have a tendance to swell up.

Clothes
- A wind and rainproof jacket
- A thick jumper or a fleece
- Comfortable walking trousers
- Shorts, t shirts, as well as breathable base layers
- Spare clothes
- Swimwear and towel
- For the start and end of season, hat and gloves suitable for GR20 walks at altitude.

For Sleeping
- Sleeping bag for all nights spent in the gites and mountain shelters (sheets are provided)
- Earplugs

For Walking
- Good walking shoes or boots with a good grip sole
- Walking socks.
- Warm fleece
- Shorts and T shirts.
- Swimming costume or trunks
- Towel
- 2 Walking poles (optional)
- Water bottle (one litre minimum)
- Personal first aid kit with good blister protection
- Sunglasses and sun cream
- Sun hat
- Wind and waterproof jacket (Gore-tex style)

Other little things
- A pair of trainers or sandals for a night
- Glasses and suncream
- Walking poles
- Hats
- Camera
- Small toiletry bag and towel
- Torch or headlight
- A first aid kit with personal medication, blister plasters (compeed), aspirin and survival blanket.