

Hills of Girona

8 or 5 Day Trip
Independent Walking up to 52.7 miles

Route Open • 16th Apr to 19th Jun; 27th Aug to 16th Oct



SOME OF THE MOST DELIGHTFUL SCENERY IN SPAIN

Features

- Walk from the crag-top village of Rupit to the medieval town of Besalú
- Discover the foothills of the Pyrenees – some of the most delightful scenery in Spain
- High, open plateaux, wooded hills, fertile valleys and over forty dormant volcanoes
- Wonderfully preserved villages and towns, and many picturesque Romanesque churches
- Rich variety of flora and fauna, and diverse ecosystems

Itinerary

Day 1 • Arrive in Rupit

Day 2 • Free day in Rupit (5 day itinerary – Arrive in Rupit)

Optional circular walk around medieval Rupit, visiting the Sallent waterfall and Sant Joan de Fàbregues, one of the best examples of Catalan Romanesque architecture in the area (4.3 miles, 2 hrs).

Day 3 • Rupit to Mas la Serra via La Salut

From Rupit pass the Salt de Sallent, follow paths along the edge of the Collsacabra with spectacular views, then walk through open grassy pastures and woodland to the spectacularly situated Santuari de Nostra Senyora de la Salut, before continuing on to accommodation in a spectacular setting (7.3 or 10.2 miles, 3.5 or 5 hrs).

Day 4 • Mas la Serra to Joanetes

Enter the heart of the Collsacabra, a high isolated plateau with views across the whole of the Garrotxa. After visiting the hermitage of Sant Miquel de Castelló perched on a rocky outcrop, descend into the valley below to spend the night (6 miles, 4 hrs).

Day 5 • Joanetes to Santa Pau

Easy paths enter the Natural Park of Garrotxa passing Romanesque churches in picturesque woodland settings. Continue through beech forest between dormant volcanoes before reaching the medieval village of Santa Pau, an ancient barony with a castle founded in the 11th century (11.8 miles, 6 hrs).

Day 6 • Free day (5 day itinerary – Departure day)

Optional excursion to the dormant volcano of Santa Margarita, with its tiny chapel inside the crater, then back along a fertile valley to Santa Pau (7.4 miles, 3.5 hrs). Alternatively, explore the excellent museums in Olot.

Day 7 • Santa Pau to Besalú

Footpaths pass craggy peaks and mountain rivers (opportunities for swimming in natural pools), before climbing to a high ridge with views. Then oak and pine forests lead to the medieval town of Besalú with its 11th century fortified bridge, Jewish bath-house and 12th century monastery church (12.5 or 13 miles, 7 hrs).

Day 8 • Departure day

5 DAY ITINERARY: RUPIT TO SANTA PAU



Hills of Girona Trip Information

Finding Your Way



The ATG Route Booklet includes detailed directions and maps, as well as up-to-date information on towns visited, places of interest, local history, restaurants, cafés and shops en route.

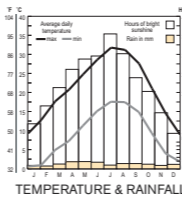


Your Route Manager is there to ensure your trip runs smoothly. They will brief you before you set out, move your luggage along the route, offer advice and answer your questions, and they're contactable by phone to help out in case of emergencies.

Restaurants, Food & Wine

Cuina Volcànica describes the regional dishes that use local ingredients – e.g., beans, potatoes, grains and vegetables – grown in the area's nutrient-rich volcanic soil. *Fesols de Santa Pau* (Santa Pau kidney beans) feature heavily on menus, as do wild boar, lamb, rabbit, *bolets* (mushrooms) and various cured meats. *Botifarra* (sausage) with white beans is a Catalan favourite.

On booking you will be sent further trip information: details of how to get to/from the route, what to bring and other practicalities.

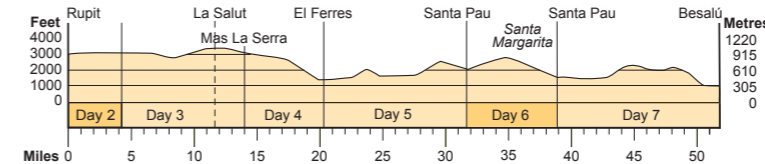


TEMPERATURE & RAINFALL

Terrain

Fitness: 35+ (see page 12 for fitness calculation)

Mostly gentle, well-defined tracks across *serra* and through farmland; forest tracks and country lanes. Flowers and luxuriant vegetation in early summer.



Prices

You can plan your Footloose trip for any time within the route opening dates, subject to availability.

TRIP OPTIONS	TRIP PRICES (excluding flights)	DOUBLE FOR SINGLE OCCUPANCY (per night)
8 Days	£785 / \$1,375	£24 / \$42
5 Days	£490 / \$ 860	£23 / \$40

Extend Your Stay

To extend your stay anywhere on the route, please contact the ATG office. See page 69 for extension hotel rates in Barcelona.

Accommodation



RUPIT
Hostal Estrella
★★★
Comfortable hotel in the centre of Rupit



Near LA SALUT
Mas La Serra
★★★★
14th century farmhouse with splendid views



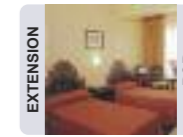
JOANETES
El Ferres
CASA RURAL
Family-run 18th century farmhouse in valley



SANTA PAU
Cal Sastre
★★★
Small hotel in converted country houses



BESALÚ
Els Jardins de la Martana
★★★
Beautifully restored; impressive views of town



BARCELONA
Mesón Castilla
★★
Traditional hotel in quiet street; excellent value

 2 NIGHTS HB (DINNER INCLUDED)