

4 days and 3 nights Walking, Food and Wine get away



Revealing the best-kept secrets of the sensational Priorat and Montsant region

General overview

What - 4 action packed, fun and informative days of walking, food and wine in truly beautiful and historical countryside in and around the world famous Priorat/Montsant wine regions. Aim to arrive Friday morning, leaving Monday evening

4 day Summary– On arrival to Reus or Barcelona you will be met by David your guide. First stop is the small but beautiful Priorat wine museum, a great introduction to the area, its history, the countryside and of course it's wines, before heading off for lunch, followed by a wine cellar and vineyard tour and dinner in the hotel. Days 2, 3 and 4 take in 2 wonderful hikes of around 10km a day in areas of real historical interest, breathtaking scenery and great local food and wines.

Part Guided? – Really means I will be there when you need me and not when you don't! Everything will be taken care of and whilst we do indeed pack a lot in you'll also have plenty of time to relax and enjoy the environment. This is not a whirlwind tour of dashing around trying to cram in as much as possible, far from it. The aim is to really get to know the area, and soak up the atmosphere, whilst hopefully learning a thing or two about its wine, food and culture.

Where - The Montsant and Priorat region is approximately 30 minutes from Tarragona and Reus, 120km south of Barcelona.

Getting here – You can fly from many destinations to Reus airport. If traveling from Barcelona, a taxi can be arranged or you can catch the train to Reus, which takes



just over 1 hour 30 minutes and if you sit on the left, facing forward you will be treated to lovely sea views as the train runs along the Mediterranean coast.

When – This holiday is available in September, probably the most interesting time to visit with the harvest just starting its ‘show time’ for the producers. Weather wise should be not too hot and not too cold.

What to bring – Generally a small day pack with, water bottle (2), food/snacks, sun screen, hat, light rain jacket, phone, camera, shorts and light long trousers (to avoid scratching from bushes) ski/hiking pole (recommended as sometimes the ground under foot is loose broken up slate which on steep slopes or wet can be a bit slippery).



The Region - This is a truly beautiful area of hills, mountains and water covered in a wide variety of fauna and plants. Nature lovers, especially bird watchers should keep their eyes peeled as there are many different birds of prey including 3 types of eagle and vultures, whilst in the wooded areas you may also catch sight of the brightly coloured Hoopoe and Golden Oriole. On the ground many different reptiles, snakes, foxes, ferrets and wild boars are known to inhabit the area. Geologically it is also extremely varied and interesting. The Priorat itself is an ancient region steeped in history, the municipality was originally formed by Cathusian monks who arrived in the 12th Century and built the now ruined but impressive monastery of Escaladei, whilst the stunning hamlet of Siurana was the last known settlement of the Moors in the area.



Walking - A good level of fitness is needed. Expect to walk around 12 km on day 2 and 3 some fairly steep sections but it's definitely walking not climbing so nothing that requires any specialist skills or equipment.



The Food - It is no coincidence that the world famous chef Ferran Adria had his restaurant El Bulli here in Catalonia, a region with a reputation for producing some of Spain's finest cuisine thanks to a wide variety of fresh, high-quality seafood, meat, poultry, game, fruit and vegetables. Grilled meats, stews and locally made sausages such as *butifarra* and *fuet* feature heavily as does seafood dishes often made using locally grown rice from the Delta Ebro or *fideua* a fine thin noodle. Indeed the two can sometimes be combined in a local equivalent of surf 'n' turf known as *mar i muntanya*, sea and mountain.



The Wine - The DOC Priorat lies slightly south and inland from Tarragona and is one of only 2 wine regions in Spain (the other being Rioja) that Qualify as a DOC (Denominació d'Origen Calificada), the highest qualification for a wine region according to Spanish wine regulations, awarded to regions with the potential to make unique and exceptional wines. It primarily produces powerful reds, which came to international attention in the 1990s. The area is characterized by its unusual terroir of black slate and quartz soil, known locally as *llicorella*. Surrounding the Priorat is the Montsant, the newest wine regions in Spain which has attracted young innovative wine makers from around the country a real rising star in the Spanish wine world.



Prices:

495€ per person based on 2 people sharing.

What's included in the price? - Accommodation, breakfast, lunch, dinner, detailed maps and directions, wine cellar tours and tastings, luggage transfer. Pick up and drop off from local train station.

What's not included in the price? – Snacks, additional wines and drinks bought in wine cellars, restaurants or bars. Most importantly **INSURANCE** it is your responsibility to make sure you have adequate cover. David will not, in anyway, be held responsible for any injuries, accidents or lost and stolen goods.

Email: Any questions, enquires etc please contact David at davidsimms53@gmail.com

4 Days and 3 nights itinerary

Day 1 Friday

Morning – Guests should aim to arrive in either Barcelona or Reus airport and then make their way to Falset, (near Reus) by either train or taxi.

12.00 - Visit to the small but excellent Priorat wine museum in the ‘Castell de Vi’ (castle of wine) in Falset.

13.30 - Short trip to the beautiful village of Porrera one of the most important wine villages in the Priorat, after checking into the beautiful guest house we will go for a slap up feast of traditional Catalan and Spanish cuisine made largely from fresh local produce.

18.00 – Visit to one of the most interesting and renowned wine producers of the region for a cellar tour and tasting with a difference.

20.00 – Dinner in the old village theatre with gardens, handmade pizzas using all local, fresh ingredients washed down with plenty of wine of course.

Day 2 Saturday

Approximately 13km hike

9.00 – Lovely, substantial breakfast in the Hotel.

9.30 - Set off through the vineyards for the top of the hill on what is probably the hardest walk of the holiday, once at the top you drop down the other side into a beautiful wooded area before reaching the ecological wine cellar Mas Senin, owned by the highly respected and charismatic Salvatore.

12.30 – Stop for lunch in the Mas Senin vineyard, after which we Salvatore will walk you around the vineyard, cellar finishing off, of course with the tasting. Don’t get too comfortable though as there’s plenty of walking still to be done, the good news is its mostly downhill or flat.

16.00 – Head down to the picturesque village of Poboleda, then hang left towards the village of Cornudella, which will be your home for the next 2 days.

20.00 – 4 course Dinner in the very typical, unfussy but yummy local restaurant in the village square. You won’t leave hungry, I guarantee it.



Day 3 Sunday

Approximately 12km hike

9.30 – After breakfast leaving from the village we set off for the spectacular hike up to the stunning and ancient hamlet of Siurana, approximately 3 hours walking. Plenty of time to explore, rest your feet and take in the fantastic scenery.



13.30 – Lovely picnic lunch with locally prepared food and wine, taking in the breathtaking scenery, after lunch there's plenty of time to stroll around and explore the hamlet.



16.00 - Hike back down to the Hotel, with time to rest before heading for the climbers bar for food and a selection of wines from the local village Cooperative.

Day 4 Monday

Approximately 7 km hike

9.00 - Great breakfast in the Hotel.

9.30 - Short 10 minute drive to the tiny village of Morena de Montsant where we start our days walk towards the hamlet and 12th Century ruins of Escaladei the birth place of the municipality of the Priorat.



12.00 - Visit and stroll around the ruins before walking down to the charming hamlet.



13.00 - Olive oil tasting in the specialist shop in the square.

13.30 –3 course lunch in the same square.

15.00 - Visit to the famous winery of Scala Dei one of the oldest and best known Priorat producers, recently renovated to beautifully combine the old with the new.



16.30 – Time to say our goodbyes and head off for the airport.

