

## 1 Week walking food and wine in the beautiful La Emporda wine region



*A hidden gem between the Pyrenees and the Costa Brava*

### General overview

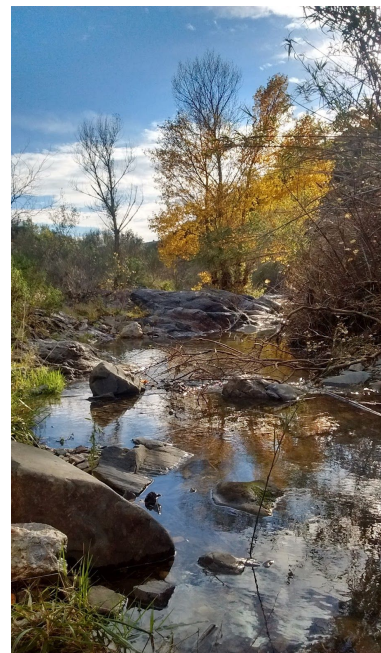
**What** - 1 week (7 days, 6 nights), all inclusive holiday, small groups 4 - 8 people, self guided circular route from one village to the next taking in wonderful walks, food and wine in and around the historical and stunningly beautiful La Emporda and Costa Brava regions.

**Self guided?** - Does not mean you will be left to figure things out for yourself, far from it everything will be arranged and clearly explained on a daily basis. When changing hotels luggage will be collected after breakfast and transferred for you to the next hotel.

**What to expect** - Typical day will start with a good breakfast in the hotel/guest house before setting off for a beautiful hike through a wide variety of truly stunning sceneries, terrains and environments. During the day you will usually be stopping for a good 3 or 4 course lunch of classic Spanish and Catalan dishes in one of the village restaurants and visiting a local wine cellar for tour and tasting.

**Where** - The Emporda is a wine region approximately 150km North of Barcelona nestled between the Pyrenees and the infamous and beautiful Costa Brava.

**Getting here** - Nearest airport is Girona and Perpignan (France), with budget flights from most European countries,



alternatively Barcelona Airport is approximately two hours by either car or train.

**When** - Best times to visit is spring, early summer or autumn, April, May, June, September, October. The middle of the summer is always too hot, winter is less predictable but there is a chance of rain and occasionally snow.

**What to bring** - obviously depends on the time of year but 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 (optional but sometimes the ground under foot is loose broken up slate which on steep slopes or wet can be a bit slippery).

**The Region** - Many people have visited the Costa Brava, towns such as Roses and Cadaques (where Salvador Dali chose to live), but very few people have ventured inland towards the Pyrenees, should they do so they will find a beautiful, little known wine region known as La Emporda. Despite being a stone's throw away it feels like a milion miles. This is rural Spain at its best, small, peaceful villages surrounded by hills, vineyards and olive groves.

**Walking** - A good level of fitness is needed, expect to walk 8 – 15 km a day, some fairly steep sections but it's 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 right here on the Costa Brava, 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.

**The wine** - The Emporda wine region is becoming increasingly recognized for it's quality and diverse range of wines, reds, whites and even some sparkling wines can be found here. It's also recognised for having some of the best sweet wines in Spain. The Emporda actually has an exceptionally long history with wine as it's generally accepted that the first vines found in Spain were planted here by the Romans





# 7 days 6 nights Itinerary

## La Emporda

### Day 1 - Monday

#### *Figueres - Capmany 9km*

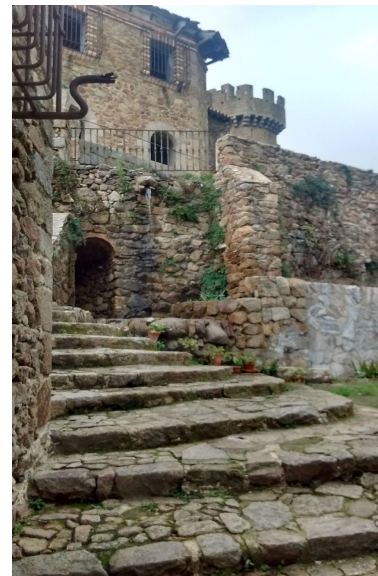
Guests should aim to arrive in Figueres around 12.00, we'll meet at the train station. Once everyone is ready we'll take the short drive to the small but important wine village of Cantallops where we will be visiting one of the star wineries of the region for a long, lazy lunch which will also include 6 different wines. Once we're all fed, watered and rested we'll walk down to the village of Company where you will be staying for the next 2 nights. The walk is an easy flat/downhill 9km stroll, passing numerous interesting landmarks, including ancient stone circles. Once we've settled in, early evening we will go and visit the Vinoteca in the village. The Vinoteca is a shop come bar that sells all the wines from the village and there's a lot of them! This is arguably the most important wine village in La Emporda. We will try a range of wines with some snacks and tapas.



### Day 2 - Tuesday

#### *Cantallops - Requesens - Cantallops 16km*

This is probably the hardest day's walk, but it's worth it. After breakfast we'll take a 10 minute drive to the neighbouring village of Cantallops, from there we're going to walk up towards the remote settlement of Requesens, It's a beautiful walk through the woods which eventually brings you to the settlement... there's more to this than I'm letting on, it's a bit special! Once there we'll be feasting on barbecued meats and wine before taking a good look around. Walk back to Cantallops and then drive to Capmany. Once back in Capmany you'll have time to shower before visiting a quirky little wine cellar in the center of town. Dinner will be in the bar across the road.



### **Day 3 - Wednesday**

#### ***Capmany - Sant Climent - Espolla 16km***

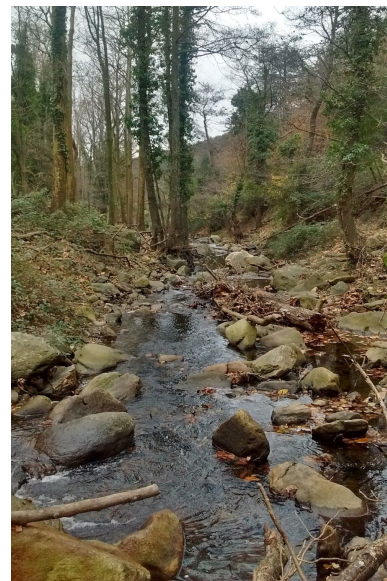
Although it's a similar distance to yesterday it's a lot easier walk as it's predominantly flat. After breakfast you'll head off towards one of the stars of the Emporda wine region 'Terra Remota' for a little pre lunch wine tour and tasting, a stunning wine cellar with beautiful views. Then it's onto Sant Climent for a 3 course lunch. After Lunch we head for the village of Espolla where you will be staying the night, stopping on the way at a tiny, unusual little wine producer, very rustic and totally organic. The guest house in Espolla is charming and homely and we'll be eating dinner at the house, cooked by the owner herself accompanied by some of the villagers best loved wines. So that's 2 wine cellars and 2 big meals today so plenty of food and wine, pace yourself!



### **Day 4 - Thursday**

#### ***Espolla - Rabos - Garriguella 11km***

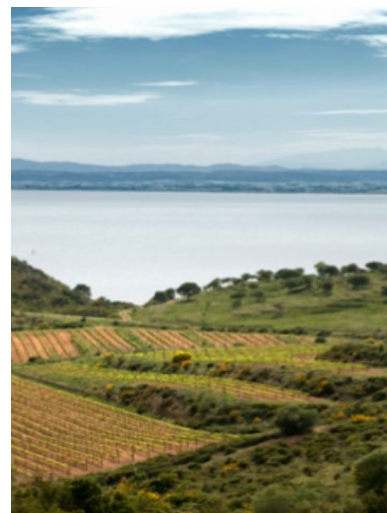
Easy walk through vineyards and olive groves to the tiny picturesque village of Rabos then heading on down to the bigger village of Garriguella where we will be heading for one of the locals favourite restaurant for another 3 course meal. Then after lunch all you have to do is check into the lovely hotel in the village, relax and then go for a wine tasting at one of the region's most highly rated producers. Dinner will be served across the road in the village Cooperative restaurant.



### **Day 5 Friday**

#### ***Garriguella - Vilajuiga - Palau Saverdera 10km***

Easiest day's walk of the holiday as it's on flat land heading for the coast. After breakfast we'll set off for Palau, enroute we pass by yet another well respected wine cellar, so naturally we'll stop and have a little tour and tasting before moving on to the village of Palau where we are staying at a very nice, stylish hotel. We'll take a good lunch in the village with the afternoon free to relax before strolling down to the local cooperative to sample some of the huge range of budget wines and liquors. This is where all the locals come and fill up their own bottles straight from the barrel at laughably cheap prices. Admittedly this is not top of the range stuff but it's well worth a visit. Light dinner in the typical local bar in the village.





## Day 6 Saturday

### ***Palau - Sant Pere de Rodes - Port de la Selva 11km***

Big walk today, from the back of the village straight up to the top of the mountain, it's a fairly steep walk up for an hour or two but don't forget to stop and look around as the views are fantastic. Once at the top you will be welcomed with a picnic lunch. After lunch we will visit the Monastery before heading down, again quite steeply, to the lovely little white washed sea side town of Port de la Selva, where we will be staying the night. Dinner is in the Hotel.



## Day 7 Sunday

### ***Port de la selva - Llanca 10km***

After breakfast in the Hotel we'll walk the 10km path that hugs the coast all the way from Port de la Selva to the next sea side town of Llanca. Beautiful and classic Costa Brava views the whole way, nice easy walk to finish the holiday. On arrival at Llanca we'll have lunch. Over the last week you will have walked 80+ km's from the foothills of the Pyrenees to the famous Costa Brava. Finally to finish off the holiday in style we will take the short journey back to Figueres and visit the world famous Dali Museum.



**Price: 895€ 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 tasting, luggage transfer. What's not included in the price? - Your flights or travel to Figueres, additional snacks wines and drinks bought in 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.



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