

Active Spain

Pyrenees Family Adventure



Pyrenees mountains - Aigües Tortes National Park
stunning scenery – walks to suit families – rafting
canyoning – kayaking – fully guided – charming small hotel

A relaxed and fun family holiday in the heart of the Pyrenees mountains.

Pack in as much fun as possible without sacrificing the comforts of a decent bed and hearty meals.

Combine lots of water sports with walking in one activity packed week.

Fully trained and experienced instructors safely lead all activities.

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



Activities are exciting for everyone in the family.



"This really was a wonderful holiday for our family. It was varied, exciting and fun. Thank you to Jaime and Xabi for looking after us so well." Sarah T.

Suggested Holiday Itinerary

Preface

A holiday that is active, comfortable and responsible in a beautiful mountain environment.

The activities on this holiday are ideal for families with children aged around 11 – 15.

We do not compromise on the quality of the accommodation, guiding, food, activities or transport.

As well as the magnificent natural beauty of the Pyrenees mountains you can enjoy the following:

- High mountain walks in the Aigues Tortes National Park.
- The best river in Spain for rafting. Lakes for canoeing and kayaking, gorges for canyoning.
- Charming towns and villages rich in history.
- Stay in a very remote hamlet high in the mountains with beautiful views.

The Pyrenees make a wonderful setting for a fast paced family adventure holiday suitable for families with children in their teens or pre-teens.



Walking up towards the pass

Day 01 | Pyrenees | **arrive in the Pyrenees**

Your Pura Aventura guide collects you from Barcelona airport at around midday today.

Relax during the three-hour drive up to the mountains and the Pallars Valley beneath the Aigües Tortes National Park.

Groups are a maximum of 16 divided between two guides and two vehicles. Broadly speaking, the activities on this holiday are suitable for families with children between 11 and 15 years old.

You will stop along the way to stretch your legs and have a wander round the town of Pallars in the heart of the valley.

Finish your journey with a 20 minute drive up a winding mountain road to a tiny remote village and your family run rural hotel.

The village is right at the end of the road.

Meal times in Spain are generally much later than we are used to in the UK.

Meals are served family style.

Enjoy fantastic views, simple but comfortable rooms and relaxed and sociable dining. (d)

Day 02 | Pyrenees | **varied activities**

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

This morning you head down to the river for a two-hour trip down the river by kayak.

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.

Questions? Ready to book? Call us on **01273 676 712**

info@pura-aventura.com | www.pura-aventura.com | Pura Aventura, 18 Bond Street, Brighton, BN1 1RD. UK.

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Relaxing outside the farmhouse hotel in the Pyrenees.



Pura families canyoning in the Pallars Valley

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 in the local town.

After a lunch at leisure you have the chance to try out canyoning which is great fun in a rough and tumble sort of way.

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 2 - 3 hours depending on the time of year, water levels and group size.

Again, it is expertly supervised and no experience is needed. (b,d)

Day 03 | Pyrenees | *mountain walk*

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.

Walk along a beautiful forested valley to cross the famous winding waters to a granite mountain circus.

Here you can have a picnic and dip in the cool waters. Relax later this afternoon. Walk 13km, 3hrs, ▲ 350m, ▼ 350m (b,l,d)

Day 04 | Pyrenees | *day to relax*

Today you can take it easy and rest. Your guides and the vehicles are there to help organise things for you if needed.

Some people like to just stay around the village and relax. Others want to head into town to shop and explore. The more energetic will want to take part in another activity or walk in the mountains. (b,d)

Day 05 | Pyrenees | *raft the Pallars Sobira*

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

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,l,d)

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A Pura group comes through the gorges of the Pallars River

Day 06 | Pyrenees | **mountain walk**

Return to the national park today for a spectacular walk in the mountains.

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

Return to your hotel this afternoon to relax before dinner. (b,d)

Day 07 | Pyrenees | water sports

Return to the river to try hydro-speed. This is a great fun way to come down the river on a sort of beefed up boogie board.

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 which means that the water levels are predictable. (b,d)

Day 08 | home | travel back

Return to Barcelona this morning to arrive at around lunchtime.

You can either return home or you might like to continue your holiday with time on the coast. (b)



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Holiday Information

Pura Handmade

This holiday is unique to us, built from scratch.

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

You are looked after by a Pura team on the ground.

The hotels we use are normally hidden away in tiny villages and are exclusive to us.

Activities are chosen to best reflect the beautiful diversity of the Pyrenees.

How active?

Very active without being terribly strenuous.

Activities are intended to be suitable for children between roughly the ages of 11 and 15.

They are also great fun for adults as we try to strike a balance between being safe and yet fun for all the family.

We have selected what we think are the most suitable activities over the course of the holiday but you are free to opt out or substitute activities as you wish.

With two guides and two vehicles there is some flexibility to split the group and take part in different activities.

No experience of any of the activities is necessary. All activities are accompanied by safety instruction and all necessary equipment is provided.

We will not compromise your safety on the river and therefore reserve the right to alter the running order of this holiday or remove activities if needs be.

How comfortable?

Stay in a charming rural hotel for the duration of your holiday. The hotel has just 10 en suite rooms.

The view from the garden is spectacular.

Meals are eaten at long tables, family style. Dinners are three courses with wine. We try to ensure that children can eat earlier than is usual in Spain. Generally adults will eat at the 'normal' time of around 9pm.

Please bear in mind that this hotel is remote. From the river up to your village takes about 20 minutes at the end of a winding mountain road. Generally once you leave the hotel in the morning, you will not return until the end of the day.

How independent?

Guided small group of 16 maximum, with two guides and two comfortable vehicles.

Who is it for?

This holiday has been designed for families with children between about 11 and 15 years old.

How responsible?

Pura Aventura is passionate about the places it visits.

To help preserve the integrity of these destinations we:

- 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.

How do I get there?

Barcelona: served by numerous airlines from the UK. Check www.skyscanner.net

This is a very useful website which will show you all airlines including low-cost carriers which fly to Barcelona.

Train travel to Barcelona is also very much an option, see www.seat61.com

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 (0)1273 676 712** between 9am and 6.30pm weekdays.

Not quite right?

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

Active Spain: Pyrenees Family Self Drive Very nearly the same as this holiday but self guided for added flexibility.

Active Spain - Picos Family Adventure A relaxed and fun family holiday in the spectacular Picos de Europa which combines mountain and coast.

Active Spain: Picos Family Self Drive A slightly longer version of the family adventure but semi-independent rather than guided.

How do I book?

If you would like to book onto this holiday, please call us on **01273 676 712** with the following information:

- 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 payable 60 days prior to travel.

Once we have the details above 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 at that point.

Note that this small group holiday is subject to a minimum number of four.

Prices & departures

2012	28 Jul £1,190pp
Price includes	Twin/double en suite accommodation; Full time Pura Aventura guide; Private transport throughout; Entrance fees; All activities mentioned; and Meals (b,l,d) as per itinerary.
Not included	Flights; personal expenses.

Prices are per person. Adults & children are the same as we presume children also stay in twin rooms. Activity and meal costs are the same for adults and children in this part of Spain..

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