

# Active Spain

## Pyrenees Self Guided Adventure



Pyrenees mountains – superior small hotels - Aigües Tortes and Cadí National Parks – explore at your pace – beautiful walks – fun water sports – mountain biking – rugged mountains – tailored to you

Enjoy an active yet luxurious week in the Spanish Pyrenees mountains.

Combine walking, mountain biking, rafting and relaxation to suit you.

You're independent: but with the advantage of our local knowledge.

Stay in two premium small hotels in quiet villages for a truly active holiday in comfort.

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



Fun rafting in the central Pyrenees.



**"We had the best holiday ever. Our two kids voted our day rafting as the best part of the whole trip! Good company, great guide, fun adventure."** Tracey B

### Suggested Holiday Itinerary

#### Preface

The beauty of a self-drive holiday with Pura Aventura is your independence to choose what you do every day.

The Pyrenees make a wonderful setting for an active and comfortable holiday with plenty of variety to offer something for almost everybody.

There's lots of variety packed into a small area...

- High mountains for walking, exploring and sightseeing.
- Valleys, gorges and rivers for cycling, and water-based activities from gentle canoeing to canyoning.
- Charming towns and villages rich in history, culture and cuisine.
- Easy to extend to include time in Barcelona or on a beach – crossing to Mallorca is even a possibility.

Below is a suggested itinerary of eight days but it can be lengthened or shortened to suit you.

Enjoy fun watersports with fully trained expert guides to look after you.

Before you leave, we tailor your holiday to your needs and once you're on holiday you have lots of flexibility to adapt what you do every day.

#### Day 01 | Pallars | **travel to Spain**

Fly to Spain where you pick up your car.

*Flights are not included. You can fly to a number of airports including Barcelona and Toulouse.*

The drive to your base in the mountains will take around three hours.

Your destination is the valley of the Aigües Tortes National Park – the highest stretch of the Pyrenees.

Stay in a four star hotel on the edge of a village in the valley floor.

The hotel has a small spa and an outdoor pool.



Freedom to explore the mountains at your own pace.

To book or for more information call us on **01273 676 712**

[info@pura-aventura.com](mailto:info@pura-aventura.com) | [www.pura-aventura.com](http://www.pura-aventura.com) | Pura Aventura, 18 Bond Street, Brighton, BN1 1RD. UK.

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Your very comfortable hotel in the Pallars Valley.



Enjoy great food and wine in this part of the Pyrenees.



A Pura guide enjoys views of the Pyrenees from the top of Aigües Tortes.



Fun river rafting.

There is a real culture of gastronomy in this part of Spain. You can find the most delicious and exciting food being served in the most unlikely looking hamlets.

Your hotel, for instance, serves food of a standard that you would travel to eat in the UK.

In the next village down you have a Michelin starred father and daughter restaurant with just 25 covers.

Next to that is a tapas bar which serves the most amazing small dishes alongside a spectacular cellar of Spanish wines.

### Day 02 | Pallars | **water based activities**

Very close to your hotel is our activity centre.

Try your hand at kayaking this morning and canyoning this afternoon.

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

The Pallaresa River is fed by the dam at the head of the valley which means that the water levels are predictable. In fact, the water arrives at 10am every day in summer.

Start with an energetic two-hour kayak trip down a beautiful 10km stretch of river.

This is an ideal way to get used to kayaking without having to have any prior experience.

Change back into dry clothes for lunch at leisure in the nearby town.

Return this afternoon for canyoning which is great fun, in a rough and tumble sort of way.

As with all activities at this centre, it is expertly supervised and guided.

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 two to three hours depending on the time of year, water levels and group size. (b)

### Day 03 | Pallars | **walk in Aigües Tortes NP**

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.

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 (b)

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A Pura client enjoying canyoning in the Pallars Valley.



The façade of your very comfortable boutique hotel near Seu.



Walk to the beautiful Sierra del Cadí.

### **Day 04 | Pallars | raft the Pallaresa river**

The river in the valley beneath your hotel offers amongst the best white water rafting in Spain.

Spend this morning running grade II-IV rapids through beautiful scenery.

Grade III equates to fun with you getting a bit wet and your pulse racing.

This afternoon is yours to explore. (b)

### **Day 05 | Seu | relax and explore**

Travel eastwards today as you drive a very pretty hour to your second hotel which is in the next valley over.

Here you are in the Catalan speaking area of the Pyrenees so some of the locals struggle with their Spanish, let alone English.

As with the rest of this trip, it is very easy to get by as people are friendly and invariably willing to indulge in some sign language type conversations.

Your very comfortable hotel is in a village with lovely views over the foothills of the Pyrenees.

This afternoon you might like to explore the town of Seu a few kilometers up the road. (b)

### **Day 06 | Seu | mountain biking**

Please note: mountain bike hire is payable directly.

Seu has a very extensive network of mountain bike trails of varying degrees of difficulty. Bikes and helmets can be rented.

Some are short rides along the riverbank, others are much more strenuous off road routes up into the mountains.

All of the trails are well marked up and we provide you with details of each although it is always worth taking advice locally about the best trails for you. (b)

### **Day 07 | Seu | walk in the Sierra del Cadí**

Enjoy a day of walking in the stunning limestone hills of the Sierra del Cadí.

This is a little used route taking you up to gorgeous high pastures which contrast starkly with the craggy mountains beyond.

You can choose how far to walk on this day, crossing all the way to the face of the mountains and up one of the canals which cut through the rock.

Walk 12km, 4hrs, ▲ 350m, ▼ 350m (b)

### **Day 8 | travel | return to Barcelona**

Complete your journey with the three-hour trip back to Barcelona or Reus. (b)

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### Holiday Information

#### Pura Aventura Handmade

This holiday is unique to us.

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

Xabi Etxarri, one of our founders, lives and guides in the Pyrenees. This product is the result of his personal selection of hotels, walks, activities and restaurants. Enjoy the flexibility and independence of a fly-drive with none of the guesswork.

Tailor made to suit you: add days as necessary and enjoy the flexibility to do activities as you want.

In creating this holiday we have been very careful to give you a proper insight into the landscapes and culture in the context of an active holiday where you can try a range of activities.

#### How active?

Entirely up to you. Since you have the freedom of your own car, you can take the holiday at your own pace.

Included are canyoning, kayak and rafting but we can change these if you prefer different activities.

For water-based activities, no experience is necessary.

For mountain biking, you should have some experience of riding a bike preferably off road.

We provide you with walking notes and maps.

#### How comfortable?

Very comfortable, small four star standard rural hotels.

The first has 30 rooms, a very good restaurant, a small outdoor pool and indoor spa area.

The second hotel has just 10 rooms, no pool or spa but a very good restaurant.

Very little English is spoken.

#### How independent?

With your own car, you're completely independent and flexible but with support available if you need it.

We provide you with all the maps, walking notes and local information you will need.

#### How responsible?

Pura Aventura is passionate about the places it visits. To help preserve the integrity of these destinations we:

- Keep groups small to minimise environmental impact.
- 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.

Pura Aventura actively supports the Spanish mountain conservation charity [www.quebrantahuesos.org](http://www.quebrantahuesos.org).

#### Weather

The Pyrenees are high mountains. In spring expect some snow on the high ground as well as full and fast flowing rivers. The vegetation is at its prettiest at this time of year.

Summer days are long and generally weather is warm/hot and sunny.

Autumn weather is the most stable with pleasantly warm days, cool evenings and little precipitation.

#### 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 1273 676712** between 9am and 7pm GMT weekdays.

#### Not quite right?

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

**Walk Spain: Pyrenees Self Drive** A three-stop holiday taking you to all three Pyrenean National Parks for great walking whilst staying in premium comfort.

**Walk Spain: Picos Self Drive** Self guided walking and activity holiday in the beautiful Picos mountains.

#### Prices & Departures

2011	Daily, Apr - Oct   £898pp guide price
Flights	Flights are not included. Fly to Barcelona, Toulouse, Reus or Zaragoza. We recommend you look at <a href="http://www.skyscanner.net">www.skyscanner.net</a> for these.
Price includes	Twin or double en suite accommodation; Car hire; Kayak, canyoning and rafting excursions; Walking notes, local information, maps, driving directions; Meals (b,l,d) as per itinerary;
Not included	Flights; mountain biking excursion; personal expenses.

*The guide price quoted is per person based on two people staying in a double/twin room.*

*The price quoted is intended to be a realistic guideline for you but prices can vary according to length of stay, season and activities.*

*Please call us for a definitive quote. **ASPS1011***

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