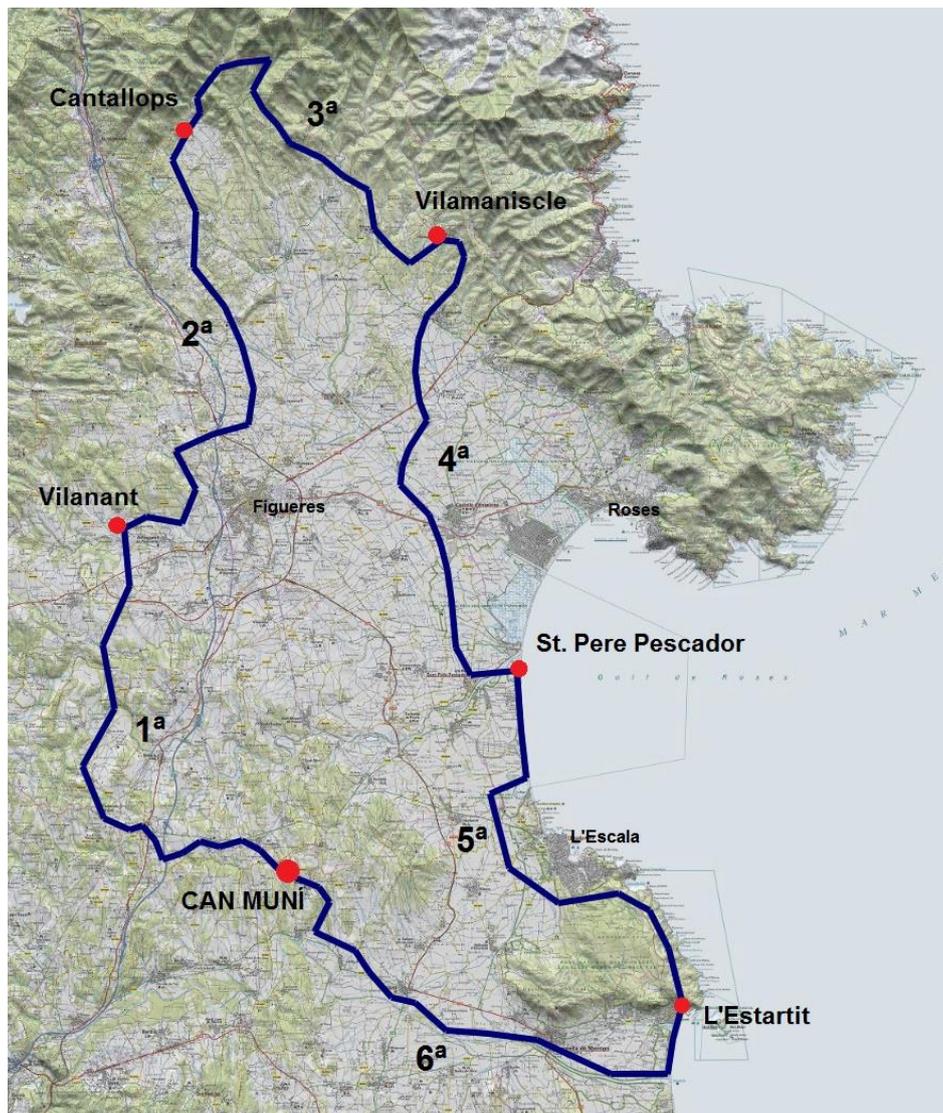


## MOUNTAINS & BEACH RIDE - 2018

Circular trail that takes you up the Catalan Pyrenees and down to the Mediterranean Sea, where you can enjoy an incredible gallop on Roses Beach. With our magnificent horses, we ride through the fantastic nature of the Alt Empordà with its Mediterranean forests, stunning coastline and long sandy beaches.

Discover the little medieval villages, like BÀSCARA or Crespjà. Pass by wheat fields, poppies and sunflowers. Discover pine forests and cork trees, filled with aromatic herbs to arrive at the end of the Pyrenees, where the mountains meet the sea. We leave the foothills of the Pyrenees and ride through the Alvera wine growing region: olive groves and vineyards, intense natural beauty. We leave the mountains behind us because the rolling plains of the Empordà region are waiting for us, and at the end, in the long curve of the Bay of Roses, miles of beach gallop! We continue along the coastline, enjoying the sea, the cliffs and the breeze, to return to Can Muni through fields and fruit trees.

Coast, beach and Catalan Pyrenees... a perfect formula to enjoy your holidays with excellent horses.



**PROGRAM****DAY 1. ARRIVAL AT CAN MUNÍ**

Arrival in Barcelona or Girona and optional transfer to Can Muni, a typical agricultural Catalan property. It is located in a small village of the 15<sup>th</sup> Century with its stone made houses, which currently accommodate a little rural hotel. The environment, the pool, the meadow and the forest procure a lovely ambience. We will go through the week's program and we will have the chance to talk to our guides about our expectations, horse experience, etc., so they will be able to give the right horse to every rider.

**DAY 2. RIDING WITH EMOTIONS**

**Speed:** morning slower pace + afternoon including the chance of a 10-minute long canter

We will start our journey from Can Muni to visit a country characterized by lots of small traditional villages as well as by many pine and oak forests. The first day gives us the opportunity to adapt our tack for the horses and to get to know our guide. On this trail, we will ride alternately on trot and gallop. We arrive at Pontos, at the "Tower of the Angel" for a sitting down picnic lunch. Later we proceed our journey to arrive at Vilanant. Once we arrive there, we will spend the night in an antique property that has belonged to the count Rocaberti.

**DAY 3. TO THE MOUNTAINS**

**Speed:** medium speed

This is when we start our mountain adventure, because today we will commence to climb up the Pyrenees. But first we will have the chance to practise long races of gallop. The route flows across a region with lots of old wine-growing areas, olive groves, and rustic buildings. We continue our journey by following the old trail of the Muga River, discovering forests at the bank as well as flood plains. Nearby the river we will have a cowboy picnic and if the weather is kind with us we will take a refreshing bath thus we have the possibility to relax for a while. In the evening we will proceed to the mountains crossing many regions full of beauty marked with small villages to arrive at Cantallops which is located at the Mediterranean Pyrenees. There one of the best hotels that you would find in the Mediterranean Pyrenees will welcome us.

**DAY 4. CROSSING THE PYRENEES**

**Speed:** Slow speed in the morning and medium speed in the afternoon

The route flows across the Mediterranean Pyrenees where the mountains meet the sea; there is a spectacular landscape which shows us, step by step, the beauty of the Empordà. Today we will gallop less and go more on foot. We will pass the Pyrenees on foot until we get to see the sea. In the meantime, the cork oaks, which are perfectly cautious, will accompany us. We will pass by the castle of Recasens an impressive fortress of the 11<sup>th</sup> Century that, as the years passed, has been renovated. At the peak of the mountain we will have a small cowboy picnic and afterwards we will descend to the most oriental part of the Pyrenees, where we will have one of the most beautiful views above the coast of Cap de Creus. We will spend the night in a small hotel with traditional architecture, where we will have a reinforcing dinner.

**DAY 5. ALT ERMPORDÀ**

**Speed:** fast day with long canters

Today we leave the mountains and move to the beautiful plain of Empordà, because today's programme will lead us to the beach! We will gallop across vineyards and olive groves and pass small towns like Garriguella, Perelada and Vilanova de la Muga. We will have a lunch break in Castello de Empuries, a small city that used to be the old capital of Empordà so preserves a rich medieval past that we will discover in every single small corner and square of this town. In the evening we will ride in a fast gallop to Mas de Mar, an antique house at the beach of Sant Pere Pescador.

**DAY 6. THE BEACH**

**Speed:** beach + afternoon fast canters through the dunes

We arrive at the beach! Our horses gallop through the arena thus we are able to hear how the sound barrier is going to break. Later we arrive at L'Escala and continue our journey the Montgrí Massif, a mountainous zone that separates Alt Empordà from Baix Empordà, two areas that remain very well protected. We will have a break for a sitting down picnic at the entrance of the protected area of the dunes and the Medes Islands.

Its rocky reef sinks into the Mediterranean and creates spectacular landscapes, with a large horizon that spreads above the Mediterranean. Thanks to its protection, some very important sorts of fauna were able to grow in this landscape. After this, we will descend to get to the town of L'Estartit where we will spend the night.

**DAY 7. BAIX EMPORDA**

**Speed:** Long and fast speed in the morning

Today the route will leads us back to Can Muni, where we will pass orchards in the area of Ter by following the river. A low landscape that will give us the opportunity to enjoy exciting races of gallop while enjoying the nature's silence and riding across the narrow streets of all the small cities chiselled in stone. The only thing that we hear is the sound of the horse's hooves. At lunchtime, we will arrive at Jafre where we will enjoy a restaurant lunch. After a short ride, we will be back at Can Muni to enjoy the rest of the afternoon and our last day here. We will meet the other riders again and share together all our adventures and, with an extensive farewell dinner, our vacation comes to its end.

**DAY 8. GOOD BYE / HASTA PRONTO**

After spending a wonderful vacation together with our horses, the time to say goodbye has come. We hope to welcome you again very soon !

**ACCOMMODATION**

Can Muni

Vilopriu

[www.canmuni-horse-trail.com](http://www.canmuni-horse-trail.com)

Mas Jonquer

Vilanant

[www.masjonquer.com](http://www.masjonquer.com)

Can Xiquet Hotel

Cantallops

[www.canxiquet.com](http://www.canxiquet.com)

Mas Vivent

Vilamaniscle

[www.masvivent.com](http://www.masvivent.com)

Mas del Mar

Sant Pere Pescador

[www.masdelmar.com](http://www.masdelmar.com)

Hotel Santa Anna

L'Estartit

[www.hotelsantaanna.com](http://www.hotelsantaanna.com)

**FURTHER INFORMATION**

**Dates:** From Sunday to Sunday (see dates below)

**Pace:** trail with long gallops, canters, trots.

**Hours a day:** 5-7 hours a day

**Group:** Minimum group: 4 riders

Maximum group: 12 riders (with a back up guide up 8 riders)

**Horses:** The horses for this programme will be Spanish (pure and crossed) and the Arabian ones.

**Weight:** max 90 kg. We reserve the right to exceptionally check on riders weigh. Riders far over this weigh will not be able to ride.

**Meals:** in the trails we have lunch in a sitting down picnic including local home made food and drinks (including wine). As for dinners, they will be in the hotel where we will sleep and will also be Catalan or Spanish home made food including water and wine.

**Special diet:** we can easily adapt to any special diet requirement riders may have so please let us know in advance when the booking is done. Otherwise we cannot guarantee it.

**Guides and languages:** the guide responsible for this trail is Paloma Latierro, an experienced horse rider and horse carer who has been around horses most of her life. She is our trail manager and she also trains the horses we have in Can Muni. She speaks Spanish and Basque as her first languages and is totally fluent in English.

We always guarantee fluent English speaking guides. If you are interested in another language, do not hesitate to ask. We may have a German or French speaking guide under demand (extra charge may apply).

**Note:** sometimes changes may apply to the program due to weather conditions, special situations beyond our control always under our guides' responsibility and trust.

**PRICES 2018**

**Price:** 1.130 € in a double room basis

PLEASE ASK US FOR SPECIFIC BOOKINGS INCLUDING YOUNG RIDERS AGED 16 AND 17.

**High Season** (April to October): 185€

**Single Room:** 245€ per person (single person willing to share no supplement)

**Group transfers:**

- From / to Barcelona airport: 95€ (return)
- From / to Girona airport: 60€ (return)

Please let us know in case of any emergency i.e. flight delay: +34 630 315 150



Please recommend your clients to book flights to/from Barcelona with a landing time no later than 16.00h and a departure time not earlier than 13.00-13.30h.

Please be aware that departure times will be strict and that clients must know if they have to transfer themselves to Terminal 1 in case they are landing at Terminal 2 (free shuttles link both terminals). Terminal 1 operates One World, Star Alliance and Sky Team alliances and intercontinental flights. Terminal 2 has no departures and only operates arrivals from other companies such as AerLingus, Germanwings, Norwegian, Ryanair, and others. Please double check to be sure.

Pick up at Girona's airport will be at 19.30h.

**Private transfers:** up to 4 people. Anytime.

- 220€ per car one-way to/from Barcelona's airport.
- 75€ per car one-way to/from Girona's airport.

<b>DATES 2018</b>
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March 4-11

March 18-25

April 1-8

April 15-22

April 29 – May 6

May 13-20

May 27 - June 3

June 10-17

September 2-9

September 16-23

September 30 – October 7

October 14-21

October 28 - November 4

November 11-18