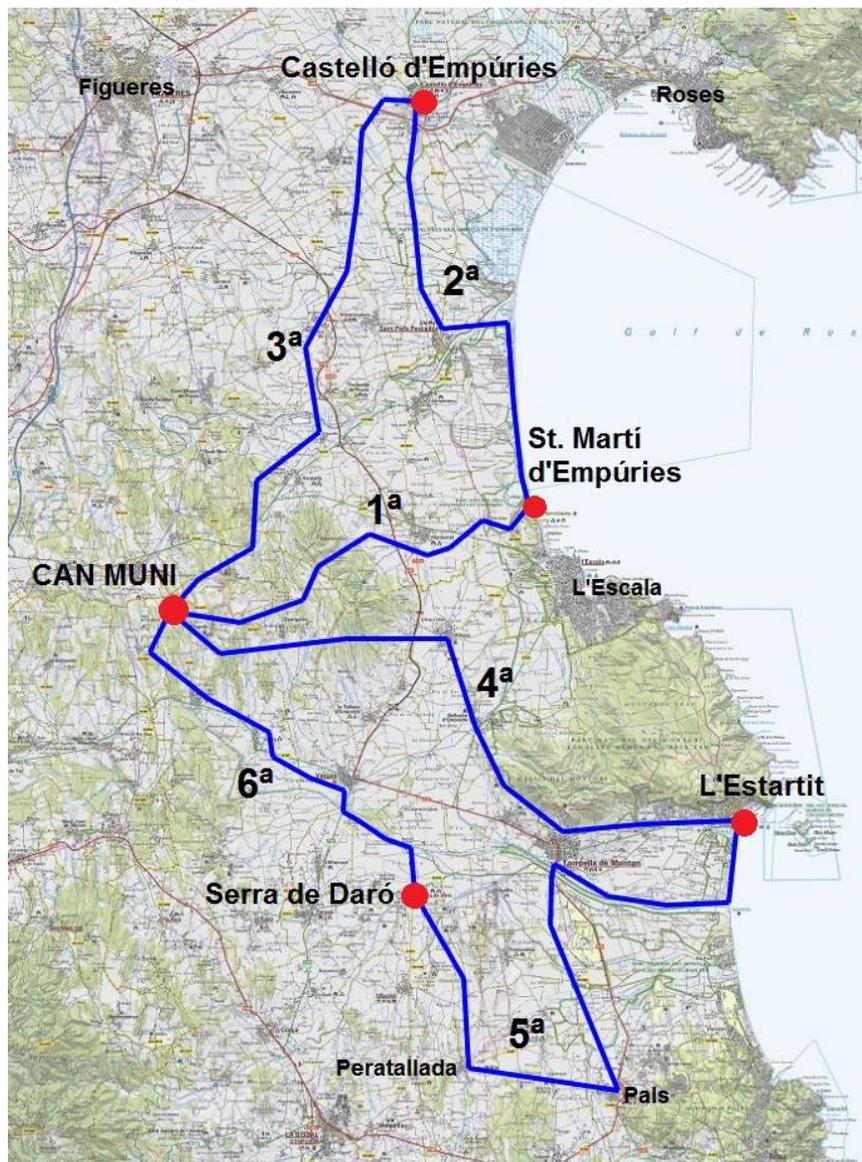


## TWO BEACHES

Enjoy some excellent canters and gallops on two different beaches by the Mediterranean Sea! We will ride two loops from Can Muni that allow us to discover not only two beaches and two bays, Roses Bay and L'Estartit Bay, but also two different natural parks, incredibly well-preserved medieval villages, fantastic rivers... We will go all across Aiguamolls de l'Empordà Natural Park, the second wetland area of Catalonia and a great shelter for aquatic birds. Very different is the Montgrí, Illes Medes and Baix Ter Natural Park, with the Montgrí Castle guarding all the area from the top of its mountain. You will also visit medieval villages like Castellò d'Empuries, Peratallada, Pals, etc., gorgeous villages made of ancient stone. And, of course, we cannot forget the two chances you will have to gallop on the beach, enjoying together with your horse the sand and the waves of these two long bays. A complete and unforgettable experience!

If you are looking forward to a gallop on the beach but cannot spend a full week riding, take a look at our Beach Ride, it follows the same three days on horseback of the Two Beaches Trail (from Sunday to Thursday) and gives you the chance to ride on Sant Martí d'Empuries Beach!



**PROGRAM****DAY 1. WELCOME TO CAN MUNÍ**

You will arrive at Can Muni. Located at the Pyrenees' feet, facing the natural and wild reserve of the Illes Medes, the guesthouse of Can Muni, and its surroundings, will make you discover l'Empordà and the many pleasures of the mountain and the countryside holidays. Wild nature close to the beach and Figueres, and not far away from Girona and Barcelona. The perfect place for a horse riding holiday and an original way to discover l'Empordà. Before dinner we will go over the week's program. You will be told about the special characteristics of our Andalusian trail horses. You will be given an introduction to the week's program with an opportunity for a one-to-one conversation designed to find every rider their perfect horse. Then, you will enjoy a fantastic dinner!

**DAY 2. GALLOPING WITH EMOTIONS**

We will leave Can Muni and head to the small hill called "Puig Segalar" from where we will enjoy amazing views over our first beach, Roses Bay. From this point, we will get a general view of the entire route and we will start enjoying the landscape. We will approach Aiguamolls de l'Empordà Natural Park. This first day will allow us to get used to our saddle and to get to know our trip mate.

Between cereal fields, we will have our lunch under the pine trees of Viladamat, before starting with the gallops of the afternoon. We will arrive at the fantastic village of San Marti d'Empuries. This is a gorgeous little village, perfect to wander around and to discover its history. Our hotel is very close to the beach so you can also enjoy a swim at dusk.

**DAY 3. OUR FIRST BEACH!**

This day we start a bit earlier to enjoy our gallop on the beach. 6 kilometres of beach ahead to let us enjoy long gallops and a bath with the horses! We will take a break at the village of Sant Pere Pescador and we will use the opportunity to clean the horses from any rest of sand, etc. and to take a well-deserved coffee! We still have around three hours riding left. This is a quite long and active morning that will allow us to see rice fields, apple tree orchards... We will arrive at Castello d'Empuries to finally rest. We will enjoy a free afternoon that you can use to stroll around Castellò, to visit the basilica, the squares, the wall... If you are interested, we can arrange a visit to the Dalí Theatre-Museum in Figueres.

**DAY 4. THROUGH FRUIT ORCHARDS**

On our way back to Can Muni we will pass pear and apple orchards. We will cross the villages of Vilamacolum and San Miquel de Fluvià, following the bed of the Fluvià and Muga Rivers. We will arrive at Can Muni where they will be waiting for us with a wonderful dinner!

**DAY 5. TOWARD L'ESTARTIT BAY**

Today we will leave Can Muni again, but direction L'Estartit Bay this time. Passing villages like Albons and Torroella de Montgrí, we will follow the bed of our third most important river, the Ter River. We will sight the Montgrí Castle, and notice how the landscape changes to dunes, in the Montgrí and Medes Islands Natural Park. We will arrive at L'Estartit where we can go shopping, stroll, go to the beach, etc. And, of course, we will enjoy a fantastic dinner!

**DAY 6. THE SECOND BEACH**

Back to the beach! Our horses gallop on the sand, playing with the waves! We will cross River Ter to get in the Baix Empordà, arriving at Pals for lunch. Wonderful views of the rice fields will accompany us. We will cross the medieval village of Peratallada with its stone houses and streets. At the hotel, a beautiful rural guesthouse, we will taste a homemade Catalan dinner.

**DAY 7. BAIX EMPORDÀ**

The trail leads us back to Can Muni, passing through fruit orchards near the Ter River as we follow the riverbed. We will ride between meadows and rice fields accompanied by ducks and migratory birds coming from the Medes Islands. We will enjoy a quite active day and a last gallop along the riverbed. Back at Can Muni, it is time to enjoy our farewell dinner and to get ready for next day departure.

**DAY 8. DEPARTURE**

Departure after breakfast. We hope to see you soon in another adventure!

**TRAIL CHARACTERISTICS**

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

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

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

**Group:** Minimum group: 4 riders

Maximum group: 10 riders (with a back up guide up 8 riders)

**Horses:** The horses for this programme will be our Spanish Breed Horses, because they are very good trained to ride on the beach and for short trails.

**ACCOMMODATION**

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

Hotel Riomar  
Sant Martí d'Empúries  
[www.hotelriomar.com](http://www.hotelriomar.com)

Hostal Casa Clara  
Castelló d'Empúries  
[www.hostalcasaclara.com](http://www.hostalcasaclara.com)

Hotel Santa Anna  
L'Estartit  
[www.hotelsantaanna.com](http://www.hotelsantaanna.com)

Can Casadellà  
Serra de Daró  
[www.cancasadella.net](http://www.cancasadella.net)

**PRICES**

1.040€ per person in double room

**Supplement Touristic Tax:** 3,5€

**Mid Season** (26th June to 4th September): 120€

**High Season** (27th March – 26th June and 4th September – 16th October): 175€

**Single Room:** 30€ per night / per person (single person willing to share no supplement)

**Transfers:**

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

**DATES 2016**

March 27<sup>th</sup> to April 3<sup>rd</sup>

April 24<sup>th</sup> to May 1<sup>st</sup>

May 8<sup>th</sup> to 15<sup>th</sup>

May 22<sup>nd</sup> to 29<sup>th</sup>

June 5<sup>th</sup> to 12<sup>th</sup>

September 11<sup>th</sup> to 18<sup>th</sup>

September 25<sup>th</sup> to October 2<sup>nd</sup>

October 9<sup>th</sup> to 16<sup>th</sup>

October 23<sup>rd</sup> to 30<sup>th</sup>

November 6<sup>th</sup> to 13<sup>th</sup>