

Walk the Catalan Coast in October! no single supplement!

8 days **from £739** 10 October 2019



This holiday allows you to walk the whole coast between the River Foix and Roman Tarragona, 27 miles away. But there is no need to move luggage or change hotels: the excellent local train services make it easy to reach the walks, and your hotel is perfectly located at the end of your first day's walking. The holiday base is Coma-Ruga, a quiet-ish resort out of season, but busier at weekends when people come out from Barcelona, an hour away. There is a reasonable selection of bars, restaurants and shops, mostly about a 10-15 minute walk down the seafront from the hotel. A similar distance away is the railway station, which offers cheap and frequent services to Barcelona, Tarragona, modernist Sitges, the market town of Vilafranca del Penedes, and many more – the station is at a junction of four railway lines. The excellent Pablo Casals Villa-Museum is 1.5 miles down the promenade; and there is a full range of shops and services in both Calafell and in the county town of El Vendrell, both of which are just over 3 miles away – one stop on the train.

- 7 nights hb in Catalonia • Three included guided walking excursions along the coast
- You will walk the entire coast from the River Foix to Tarragona, in the three days' walking • Travel to and from walks by train

PROGRAMME

DAY ONE: Flight to Reus or Barcelona. Transfer to your hotel, just under an hour away. Seven nights half-board accommodation is reserved for you.

DAYS TWO TO SEVEN: In resort with three included walking excursions:

Walk 1: River Foix to the hotel. You take the train to Cubelles (15 minutes), near the mouth of the River Foix, and birthplace of Charlie Rivel – a clown who worked with Chaplin. Today is all promenade – an easy day. Lunch (not included) stop is in Calafell – you will have time to look at the indoor market, or go up to the old village near the castle. On hour further on, there will also be time to take in the Pablo Casals Museum in Coma-Ruga (entrance 3.5 euros). You continue to the hotel. 9 miles, flat.

Walk 2: From the Hotel to Altafulla village. Down the beach to the pretty 'Roc de Santa Gaeta', built in the 1960s but in the style of a much older settlement. Then

you walk along the 'Patrolman's Path' to Torredembarra for lunch (not included). Then over the headland to Altafulla – a pretty, historic village known as the 'Village of the Witches'. Train back to Coma-Ruga (12 minutes). 9 miles, 140m of ascent/descent.

Walk 3: Altafulla to Tarragona. You walk over the headland, passing a spectacular castle – a top Wedding venue - and across the pretty bay of 'La Mora'. You continue through the 'Wood of the Marquise' and along the 'Long Beach'. The last stretch is up the Via Augusta towards the Roman Circus Maximum and the amphitheatre. There is free time in Tarragona before taking the train back to the hotel (25 minutes). 9 miles, 170m of ascent/descent.

DAY EIGHT: Departure to the airport for your flight home.

YOUR HOTEL

NUBAHOTEL ★★★★★,
Coma-Ruga (seven nights)

The hotel stands close to the broad sandy beach. This unspoilt resort is quiet out of season, rather busier at weekends. A reasonable selection of shops, bars and restaurants is about 10 minutes' walk (700m) away, and the railway station with half-hourly departures to Barcelona is about 15 minutes' walk away. In Coma-Ruga itself is Pablo Casals' villa, now an interesting museum. The hotel has a spa centre (a reasonable extra charge applies), restaurant, bar, lounge, and outdoor pool. Rooms, which all have balcony, also have 2 queen size beds, bathroom with hairdryer, phone, air-conditioning/heating, satellite LCD tv, and safety deposit box (charge applies). Free wifi in public areas.

(www.nubahotelcomarruga.com)

Extend your holiday – extra week available in Catalonia.

This holiday can be combined with the Walking in Catalonia Catalonia departing the week before on 3 October to make a 2-week holiday. Please enquire.