

Factsheet | Self-guided walk | Level 2/5   | 6-7 walking days

Mediterranean Coast, from Collioure to Cadaqués (Spain)

Your route in brief

- Self-guided hike, without a guide
- Walk with your family, your friends or as a couple
- 4 nights in hotels *** ; 1 night in hotel ** ; 1 night in guestroom
- Luggage transport between accommodations, depending on the option chosen
- 3 nights with swimming pool and 1 night with a SPA access
- Accommodation near the sea and the beach
- Duration 7 days / 6 nights

Strong points

- Alternating coast walks with bathing possibilities and mountain walks
- Cadaqués, a magnet for artists like Salvador Dali, Picasso...
- Walking in protected sites, ports, creeks, military forts and artistic places!
- Cross-border hiking
- Discovery of the beautiful Côte Vermeille
- The Albères massif



The “Côte Vermeille” (Scarlet Coast), is aptly-named. It's situated on the southern French side of the Pyrenees Orientales, the Mediterranean Sea to the East and the Alberes massive to the West. On the other side of the border, Spanish Catalonia extends towards Cadaqués. The terraced vineyards cover the slopes and the sunny valleys, producing the famous Banyuls sweet wine, and the remarkable Collioure wines. In this country, the population is welcoming and likes to party. Everywhere, the sardana is danced and the rounds are opened to tourists. You will taste the Catalan cuisine in front of the sea. It is an exceptional hiking circuit that you will discover, with strikingly contrasting landscapes. This land of red earth is also called the "Coast of Wonders".

www.gr10-liberte.com / www.respyrenees.com

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•PROGRAM

Day 1 : Start of your stay in Collioure

Settle into your hotel in Collioure. You can choose to visit the town or to do a loop walk starting from it.

Panoramic walk over the Vermeille Coast.

There's a pedestrian loop starting from Collioure. It allows you to gain some height to discover the Vermeille coast (also called the "Coast of the wonders"). A stroll to warm up your legs that will also give you a good insight into what's in store for your stay! You'll spend a night in hotel in Collioure.

- Distance: 9km, duration: around 3h, total ascent +350m, total descent -350m.

Day 2 : From Collioure to Banyuls

Mountain path : From Collioure to Banyuls by the mountain path. This prestigious region is internationally known for its refined wines. The passage through the Madeloc Tower, an ancient signal tower dating from the 13th century, will remain a magical moment, as it is a true 360-degree panoramic view that will unfold before your amazed eyes. From the top of the 656m climb, you will be able to discover the Roussillon plain, the Côte Vermeille, and the nearby Massif des Albères, a whole world... Then, you'll descent in the direction of the welcoming Banyuls, where the Mediterranean sea and the Catalan sky mingle on the horizon.

Coastal path : also a superb itinerary, which allows you to cross Port-Vendres, to discover Cap Béar and its lighthouse facing the sea, but also to discover the beautiful beaches scattered between Port-Vendres and Banyuls sur Mer.

- Distance : 12,5km, duration : around 5h, total ascent : +750m, total descent : -750m (mountain path).
- Distance : 16,5km, duration : around 5h, total ascent : +400m, total descent : -400m (coastal path).

Day 3: From Banyuls to Cerbère

Between Banyuls and Cerbère, the coastal path allows you to discover several creeks and isolated beaches as well as beautiful viewpoints on the Côte Vermeille. Here, there is not much respite as the coast is jagged, involving incessant ascents and descents. The route is also characterised by vineyards with vines at the edge of the cliff leaving just enough space for the hiker to pass through... It is also possible to go "up" via the Querroig tower, with magnificent views over the bays of Cerbère and Port Bou.

- Distance : 12,5km, duration : around 5h00, total ascent : +750m, total descent : -750m (mountain path).
- Distance : 9,5km, duration : around 3h00, total ascent : +300m, total descent : -300m (coastal path).

Day 4 : From Cerbère to Port de la Llança

Passage to the Spanish side, quickly reaching Port Bou, an emblematic border town. The Catalan atmosphere is immediately present with its noises, its scents and its ambiance. The colour of the houses and their architecture show that the border has been crossed. The arrival at Llança, a white seaside resort, gives you a feel for a certain style and way of life. Here, life unfurls in the street, effervescent, warm, communicative. Following part of the Caminos de Ronda ("chemin de Ronde"), you will discover a piece of coastline, jagged by the rocks. You will spend the night in a hotel in Llança.

- Distance : 15km, duration: around 5h00, total ascent +550m, total descent -550m.

Day 5 : From Llança to Port de la Selva

From Llança, in the direction of Port de la Selva, the route first follows the coastline until the Platja de la Vall. Then, you will enter the Cap de Creus Natural Park, in the heart of the land. Here you will discover the village of La Vall de Santa Creu, before climbing to the monastery of Sant Pere de Rodes, built in the 9th century at an altitude of 670m. It overlooks the Cap de Creus peninsula. Finally, all that remains is to reach Port de la Selva, a typical fishing village which, despite the influx of tourists, has managed to retain its authenticity. You will spend the night in a hotel in Port de la Selva.

- Distance : 9km, duration: around 3h, total ascent +150m, total descent -150m. (without the ascent to the Sant Pere de Rodes monastery).
- Distance : 15km, duration: around 5h15, total ascent +600m, total descent -600m (with the ascent to the Sant Pere de Rodes monastery).

Day 6 : From Port de la Selva to Cadaqués

During this walk, which culminates in the Catalan village of Cadaqués, you will come across testimonies of the past, with popular architecture, such as farmhouses, brick kilns, etc. One of the highlights of this day will be the arrival at the Cap de Creus lighthouse, the mythical start of the famous GR11, which you will take to reach the tip of the Cap, where, according to the famous expression: "the Pyrenees emerge from the Mediterranean Sea". Then, an ancient path will take you through Port Lligat, the former holiday resort of Salvador Dali, to the whitewashed houses of Cadaqués. You will spend the night in a hotel in Cadaques.

- Distance : 21km, duration: around 6h30, total ascent +450m, total descent -450m.

Day 7 : End of your stay in Cadaques

End of the stay, after your breakfast, in Cadaques. Possibility to visit Cadaqués or to make a short hike to the lighthouse of Cala Nans, in the Natural Park of Cap Norfeu. This gives access to interesting views of the bay of Cadaqués and a beautiful viewpoint on the surrounding cliffs-walls.

- Distance : 7,5km, duration 2h30, total ascent +250m, total descent -250m.

This program is an example of the itinerary we aim to adhere to. It may be necessary, if situations arise that are beyond our control, for the itinerary to be modified.

• DATES AND PRICES

Every day from mid-September to mid-June, according to availability. From 2 people.
No bookings from mid-June to mid-September due to the heat.

NET Prices with luggage transfer :

Price per person for a group of 2 persons	725€
Price per person for a group of 3 persons	670€
Price per person for a group of 4 persons	640€
Price per person for a group of 5 persons	625€
Price per person for a group of 6 persons	615€

NET Prices without luggage transfer :

Price per person for a group of 2 persons	575€
Price per person for a group of 3 persons	565€
Price per person for a group of 4 persons	560€
Price per person for a group of 5 persons	555€
Price per person for a group of 6 persons	540€

Extras :

- Single Room option : 190€/pers
- Extra transfer back from Cadaqués to Collioure on a week day: 170€/transfer
- Extra transfer back from Cadaqués to Collioure on a Sunday or Public Holiday: 195€/transfer
- Extra night in Collioure in BB double room: 80€/pers
- Extra night in Collioure in BB single room : 110€/pers
- Extra night in Cadaqués in BB double room : 55€/pers
- Extra night in Cadaqués in BB single room : 90€/pers

The price includes :

- Bed & Breakfast accommodation
- Luggage transfers depending on the option chosen
- Dossier containing maps, route notes
- GPS tracks if you ask us + access to the detailed itinerary on the Mhikes GPS mobile application

The price does not include :

- Holiday and travel insurance
- Evening meals : a wide choice of restaurants at every stop
- 15€ booking fees
- Drinks and picnics

• TAILOR MADE HOLIDAYS

We can put together a suitable holiday for you taking into account all your specific requests and budget. Many individuals and trekking companies have relied on us for years. With our tailor-made holidays we always aim to provide you with the best quality at the fairest price.

If you want to :

- increase the comfort of your accommodations,
- change the duration of your trip,
- organize additional activities or visits,
- get a transfer from/to an airport,
- organize an extra night

Contact us :
Tél : 0033 5 34 14 51 50
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• ORGANIZATION

We propose a self-guided, independent formula. You choose your departure date and we will take care of all the rest from the initial meeting time through to the dispersion point. We book your accommodations, we transport your bags between the accommodations depending on the option chosen ; we provide the maps and detailed walking route notes sent on the first accommodation. This is a way of enjoying complete flexibility, you dictate the pace and rhythm of your holiday. Moreover, our team will answer all your questions, and will provide all useful advice in order to make this holiday a success.

• TECHNICAL INFORMATION**Level 2/5**

Occasional walker, in good physical condition. Hiking 5h-6h per day on average, altitude difference 400m-700m on average, on easy paths and tracks. They are average times that only take into account the effective walking time and do not include the stops during the hike. Depending on the weather conditions, the walking pace can also vary, ranging from +300m to +500m of climbing per hour.

Guide

Self-guided walking, without guide.

Carrying

You will need to carry a day backpack only. Our bag-moving service means you can travel light during your walks. Your main luggage (that should please be easily transportable) will be transported by vehicle between the different night stops, unless you have chosen the version without luggage transport.

• ACCOMMODATION / FOOD**Accommodation**

Bed & Breakfast every night
4 nights in hotels*** days 1, 4, 5 and 6
1 night in hotel** day 3
1 night in guestroom day 2

Food

- Continental breakfast (tea, coffee, milk, butter, jam)
- Dinners are not included, plenty of restaurants at each night stop
- Picnics and drinks are not included

• PRACTICAL INFORMATION

Starting : Day 1 at your accommodation in Collioure (66), according to your time of arrival.

Ending : Day 7 in Cadaques (Spain), after breakfast.

How to get to Collioure :

- By train : TER train to Perpignan from many cities. Then TER train from Perpignan to Collioure.
- By car : Going to Perpignan by the A9 motorway, in provenance d'Orange, via Nimes then Montpellier / From Toulouse take the A61 motorway, via Carcassonne and Narbonne until you reach Perpignan then take the N114 to Collioure (37km)
- By air : Barcelona Airport / Perpignan Airport / Toulouse Airport

Car parking Collioure :

<https://collioure.fr/fr/stationnement>

Parking with weekly subscription possible. Ask for information at the Town Hall or at the Tourist Office.

How to leave Cadaques :

Bus of the company MOVENTIS from Cadaqués to Figueres : <https://compras.moventis.es/online/search>

Train from Figueres to Perpignan : <https://www.sncf-connect.com>

Connections for several french cities from Perpignan station

How to get to Collioure from Cadaquès:

Bus of the company MOVENTIS from Cadaqués to Figueres : <https://compras.moventis.es/online/search>

Train from Figueres to Collioures : <https://www.sncf-connect.com>

• WHAT TO BRING AND PACK

Your main luggage (if package includes luggage transport between accommodations) :

For logistical reasons, we ask you not to bring more than one item/person. Its weight should not exceed 12kg - 15kg.

Your day backpack

The size of your bag varies upon the type of activity.

For a walk without portage : 30L minimum

For a walk with partial portage : 50L minimum

For a walk with portage : 60L minimum

Whatever activity you participate in, you should always carry in your rucksack:

- Rainwear, warm clothing, spare T-shirt, sunglasses, sun cream, first aid kit, picnic kit, personal items, etc.
- Picnic lunch of the day (bring a plastic box)
- Sufficient water (minimum 1.5 litre water bottle)

Walking Boots

The type of boot depends upon the activities you take part in, however they are one of your most important items. They should be comfortable, waterproof and breathable. For the best protection we advise ankle boots.

We recommend our young walkers to wear flexible walking boots with a good sole and back.

For mountain walking for more than 4 hours long we recommend a boot with a fairly ridged sole.

If you need to buy a new pair of boots, we advise you wear them in before the start of your holiday. Don't wear boots that are too small because feet have a tendency to swell up. Be careful with your shoes that have been left in the wardrobe for too long. The lifespan of a shoe is 2 to 5 years. After a while the soles will come off and the seams can tear.

Clothes:

- A wind and rainproof jacket
- A thick jumper or a fleece
- Comfortable walking trousers
- Shorts, t shirts as well as breathable base layers
- Spare clothes
- Swimwear and towel

For Sleeping

- Earplugs

For Picnics

- Sealed plastic box (0.5L) to carry salads
- Cutlery (folding knife and fork)
- A 1,5L minimum flask

Small equipment

- A pair of tennis shoes, or sandals for the evening
- A pair of telescopic poles (optional)
- Sunglasses and sun cream
- Hat, cap or bob
- Camera...
- A small toilet bag, with towel
- Torch or headlamp
- Toilet paper
- A mini-pharmacy: personal medication, Compeed for blisters, elastoplast, gauze, disinfectant, arnica granules and aspirin in case of minor injuries, a survival blanket.