

Mountains to the Sea – Fresh & Saltwater Trail

Catalonia, Spain

You ride across the very easternmost part of Spain, from the high peaks of the Pyrenees to the green hilly foothills, through medieval towns and onto the beaches of the Mediterranean.

Highlights of the trail include:

- * Ride through peaceful forests of stone oak and cork trees
- * Some faster riding through the wide lowlands of the river Fluvia
- * A unique experience: swimming with the horses
- * Breathtaking panoramic views of the Pyrenees
- * Exciting swimming at the "Gorga Negra"

Day 1

The Fresh & Saltwater Trail is a challenging trail alongside crystal clear streams of the Pyrenees and lakes to the Mediterranean Sea. A highlight of the trail is that there is usually an opportunity to swim every day and sometimes with your horses (weather permitting).

You should be an experienced rider fit enough for between 4 to 7 hours in the saddle each day.

Please note that it is necessary to lead your horse on foot on some sections of the trail. Sometimes the ground can be rocky and uneven and most of the time it will be downhill. On the Fresh & Saltwater Trail you normally need to get off and lead on three days. Each stretch is for about 40 minutes, although on day four you get off and lead twice. It is important that you wear boots which provide support for your ankle and which have a non-slip sole.

The following is the proposed itinerary but please note that changes are possible due to weather and local conditions. On occasions the itinerary may run in reverse.

You are met and transferred to your accommodation, followed by dinner.

Day 2

You are transferred in the morning to the horse riding farm Mas Alba to meet the horses. From Mas Alba, you ride through deep stone oak and pine forests on secluded paths.

Unexpectedly, you find your first picnic next to the river Fluvia.

In the afternoon you will follow the river and enjoy some nice leisurely canters.



Day 3

Setting off from your accommodation you ride through the foot hills of the Pyrenees. Here you enter deep into a mixed forest providing shade. At the mountain stream you discover a big pool, where you have a picnic and a chance for a first swim.

Afterwards your Spanish horse climbs safely and diligently over a pass with a fantastic panoramic view of the high peaks of the Pyrenees. Stay overnight close to a beautiful mountain village near the River Muga.



Day 4

Today the aim is to swim in the lake. Ride through a cork oak forest which gives out a silver, shimmering light. The sandy ground invites you to pick up a fast canter and soon you reach the lake. It's a dream come true - you can go for a swim with the horses as long as the dam is not too deep!

NB. Swimming with your horse is dependent upon weather conditions and water levels.



After a picnic and a siesta, you ride along a high pass. The accommodation tonight, is in a medieval village.

Day 5

After an early start, the landscape is dominated by ancient olive trees and vineyards.

Enjoy a swim in the turquoise and crystal clear river water and then a picnic.

After lunch you reach a medieval town and your accommodation is surrounded by old castle walls.



Day 6

This morning you approach the coastal mountains of Rodas. The light in this wild and fascinating countryside is amazing.

Enjoy superb views towards the Pyrenean peaks and onto the deep blue of the Mediterranean.

The Andalucian horses manage the mountains easily and in the afternoon, descend to the picturesque fishermen's bay. You have now reached salt water and may have a swim in the sea (please note that you do not ride the horses on the beach).



Day 7

After breakfast, transfer to Barcelona or Girona.