

# Mediterranean Trail, Catalonia, Spain

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You ride across north-eastern Spain, crossing green hilly landscapes, through medieval towns and onto the beaches of the Mediterranean.

Highlights of the trail include:

- \* Some faster riding through the lowlands of the River Ter
- \* Riding through sand dunes and pine forests
- \* Picnic on the highest point of the steep coast of the Costa Brava
- \* Clatter through interesting old villages
- \* Two days of riding along the beach (may not actually be in the water)

## Day 1

The Mediterranean Trail is a 6 night circular trail ride with 5 days riding. You should be at least an intermediate rider fit enough for between 4 to 7 hours in the saddle each day. 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. This itinerary may also run in reverse.

Please note that between June and September (inclusive) you do not ride close to the ocean's edge due to the number of people on the beach. Instead we may ride in the sand dunes and paths beside the beach in sight of the water.

You are collected and transferred to the horses' base at Mas Alba (on some rides you stay at Bordils, or other accommodation of equal standard). Mas Alba is a typical Catalan natural stone house dating from the 16th century. Since that time, this wonderful farm has been run by the same family. From here you overlook green meadows, forests and the horse pastures. The unique light transforms the surroundings into a picturesque painting. What a beautiful place to begin your holiday.

## Day 2

Setting off from Mas Alba, sunlight breaks through the deep green of a tropical, jungle like area. Bamboo

narrows the paths and the atmosphere reminds us of Costa Rica. The trail leads you along the river Fluvia winding across hilly terrain.

You ride through lovely river valleys and discover a nice place for the first picnic. In the afternoon, you continue your way, trotting and cantering until we arrive at a beautiful old mill near to the river; the accommodation for tonight or similar guesthouse.



## Day 3

The river Fluvia winds its way through the country to the sea. At a small lake, a friendly Catalan named Dani welcomes you with a glass of cava, the Catalan champagne, and a mid-day table prepared with love.

After lunch, you follow the river Fluvia. You cross the river and ride through a wild river landscape. At its estuary, you have a spectacular view of the Gulf of Roses. You are at the Mediterranean Sea in Spain!

A palm grove leads us to the cosy country house "Mas Joncar" or similar accommodation. With a drink on the terrace is the perfect way to end the day.

## Day 4

This morning you have an exciting ride along the beach. Please note that the speed on the beach depends on the rivers, weather, sea, sand and waves and the pace is always with the best interests of the

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For more information contact in the saddle. Tel: 01299 272 997 Fax: 01299 272 935, Email: [rides@inthesaddle.com](mailto:rides@inthesaddle.com), Internet: [www.inthesaddle.com](http://www.inthesaddle.com)

group in mind. It isn't always possible to gallop along the water's edge.



The path gently follows through the continental sand dunes and the Mediterranean pine forest up to the mountains of Montgri Massif. On top of the cliff, you are rewarded with a fantastic view of the endless sea. Seabirds glide over the coast in the wind. Amongst the scent of lavender, rosemary, and thyme, lunch is delicious saddle bag picnic.

Later you descend into the plain of the river Ter. With long canters through the river dikes you reach again the Mediterranean Sea.

Please note that this route may alter if it is too hot or too wet.

[NB: In the summer months and busy holiday times, you may need to be up early to ride onto the beach by 6am.]

#### Day 5

After breakfast, you head back to the beach! You may be able to see the protected islands of "Medes". A canter through the soft sand of the bay brings you into the rice fields of the wide plain, up to the pine trees near the coast. You pass the pearls of the Catalan coast: Pals, Palau-Sator and Peretallada. Old city walls surround the nested natural stone houses. On the patterned paving stones of the narrow streets, you

can still see the grooves and bursts of the horse-drawn carts of the past days. Tonight, you will stay in farmhouse accommodation or similar.



#### Day 6

The terrain is flat, the ground soft and sandy. At a fast pace, you trot and canter to the river "El Ter". Fruit plantations alternate with grain fields and deep green poplar forests which give us the necessary shade. On a romantic hillside, next to a small church, we see a red-and-white tablecloth shining. You can look forward to another, delicious picnic.

After a siesta, you ride through a softly curved hillside landscape back to the horse farm Mas Alba. After this long riding day and an adventurous trail, you can relax in the swimming pool of the farm.



#### Day 7

After breakfast, transfer to Barcelona or Girona.