



GAIA-GUIES / EMPORDÀ HOTELS

Baix Empordà, Girona

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From our nature guiding company, in collaboration with hotels and rural houses located on the Costa Brava, we offer you the possibility to relax enjoying walking and cycling routes to discover the best natural and cultural areas of the Costa Brava. Lodgings are situated near where we carry out most of the routes, and so we avoid long distance travels to activities area.



Escape to the Natural Park Montgrí, Medes Islands and Baix Ter

This trip allows you to discover hidden corners and full history of this Natural Park in the heart of the Costa Brava.

Itinerary:

Day 1: The Natural Park Montgrí, Medes Islands and Lower Ter
From the fishing village of Estartit we can go to the Montgrí. Where you can enjoy magnificent views of the coast of Lower Empordà and the Medes Islands.

From here we descend into some coves only accessible on foot or by boat and return by making a circular route from where we can see, reefs, rocky woods by the sea.

Day 2: Cycling by the river Ter and medieval villages of the

Empordà (Costa Brava)
Bike tour up the river Ter and the medieval towns of the Empordà, crossing rice fields and wetlands where we can observe the flora and fauna and protected us to start birding with the help of an expert local guide with a telescope and binoculars to observe species closely.

Services include:

- 2 nights accommodation in a bungalow
- 2 day local guide service
- Binoculars and telescopes for bird watching

Does not include bike rental

Price **150,00€**
per person
minimum 6 people



Hiking and cycling in natural areas of the Costa Brava

This trip allows you to discover hidden places full of history and some of the best natural areas of the Costa Brava.



Itinerary:

Day 1: Arrival at accommodation
Day 2: Path walk through the Natural Parc Montgrí, Medes Islands and Baix Ter
Day 3: Cycling for the River Ter
Day 4: Path walk from Calella de Palafrugell to Palamos along the ramparts and the GR 92
Day 5: Cycling to the medieval towns of Empordà: Pals, Peratallada, Ullastret, Palausator
Day 6: Walking tour of the Cap de Creus
Day 7: Boat to explore the natural values of the Medes Islands in Estartit
Day 8: Morning free to and return from the place of origin

Services include:

- 7 nights accommodation in a bungalow and full board
- 2 day local guide service
- ticket boat

Does not include bike rental

Price **670,00 €**
per person
minimum 6 people