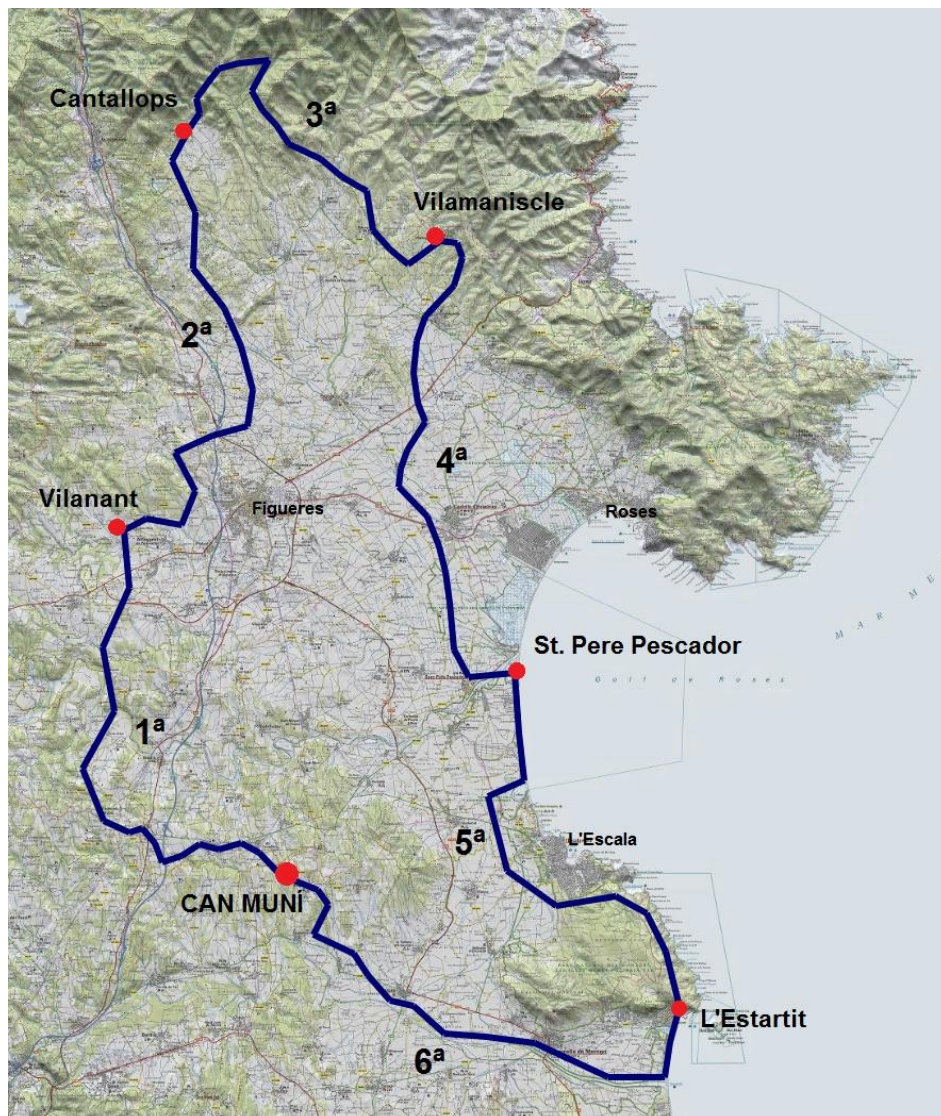


MOUNTAINS & BEACH RIDE (INGLÉS)

Circular trail which takes you up the Catalan Pyrenees and down to the Mediterranean sea, where you can enjoy an incredible gallop on the Roses beach. With our magnificent horses, we ride through the fantastic nature of the Alt Empordà, their Mediterranean forests, stunning coastline and long sandy beaches.

Discover the little medieval villages, like BÀSCARA or Crespià. Pass by wheat fields, poppies and sunflowers. Discover pine forests and cork trees, filled with aromatic herbs to arrive to the end of the Pyrenees, where the mountains meet the sea. We leave the foothills of the Pyrenees and ride through the Alvera wine growing region, olive groves and vineyards, intense natural beauty. We leave the mountains behind us because the rolling plains of the Empordà region wait for us, and at the end, in the long curve of the Bay of Roses, miles of beach gallop! We continue along the coastline, enjoying the sea, the cliffs and the breeze, to return to Can Muni through fields and fruit trees.

Coast, beach and Catalan Pyrenees ... a perfect formula to enjoy your holidays with excellent horses.



PROGRAMME**1ST DAY ARRIVAL IN CAN MUNÍ**

Arrival in Barcelona or Gerona with transfer to Can Muni, a typical agricultural Catalan property. It's located in a small village of the 15. Century with his stone made house, which currently accommodate a little rural hotel. The environment, the pool, the meadow and also the forest procure a lovely ambience. We will start our vacation with a delicious dinner, where we will meet our group and our guide as well.

2º DAY RIDING WITH EMOTIONS

We will start our journey from Can Muni and visit a country which consist about lots of small traditional villages as well as many pine woods and oak forests. The first day gives us the opportunity to adapt our tack for the horses and to meet our guide as well. One of this trail we will ride alternately on trot and on gallop, to arrive in Bascara where we can practise large races of gallop in the racecourse. After that we will eat something small to strengthen us and later we proceed our journey to arrive in Vilanant. Once arrived there we will spend the night in an antique property which has belonged to the count's land Rocaberti.

3RD DAY TO THE MOUNTAINS

This is where we start our mountain adventure, because today we will commence to climb up the Pyrenees. But first we will have a long day where we can practise long races of gallop. The route flows across a region with lots of Antique wine-growing areas olive grove and also rustic buildings. We continue our journey by following the old trail of the Muga river, discovering forests at the bank and also flood plains. Nearby the river we will shortly eat something and if the weather is kind with us we will take a refreshing bath thus we have the possibility to relax for a while. In the evening we will proceed to the mountains crossing many regions full of beauty marked with small villages to arrive at Cantalops which is located at the Mediterranean Pyrenees. There one of the best hotels which you can find at the Mediterranean Pyrenees is going to welcome us.

4º DAY ACROSSING THE PYRENEES

The route flows across the Mediterranean Pyrenees where the mountains meet to the sea, there is a spectacular landscape which shows us step by step the beauty of Ampurdan. This day consists about to trail less by gallop but more on foot. We will pass the mountain on foot thus we across the Pyrenees until we will see the sea, in the meantime the cork-oaks which are perfectly cautious will accompany us. We will pass at the castle of Recasens an impressive fortress of the 11. Century which as the years passed has been renovated. At the peak of the mountain we will have a small picnic and afterwards we will descend to the most oriental part of the Pyrenees, where we will have one of the most beautiful views above the coast of Cabo de Creus. We spend the night in a small hotel with a traditional architecture, where we will have a reinforcing dinner.

5º DAY ALT ERMPORDÀ

Today we leave the mountains and move to the beautiful plain of Ampurdan, because our today's programme consists about going to the beach. We will gallop across vineyards and olive groves and pass small towns like e.g. Garriguella, Perelada and Vilanova de la Muga. We will have a lunch break in Castello de Empuries, a small city which used to be the old capital of Ampurdan, however it conserves a rich medieval past, we can discover it at every single small valley as well as any square of this town. In the evening we will ride in a fast gallop to Mas de Mar, an antique house at the beach of Sant Pere Pescador.

6º DAY THE BEACH

¡We arrive at the beach! Our horses gallop through the arena thus we are able to hear how the sound barrier is going to break. Later we arrive at La Escala and continue our journey to Macizo of Montgri, a mountainous zone which separates Alt Ampurdan from Baix Ampurdan those two zones were protected very well. It's rocky reef sinks into the Mediterranean and creates spectacular landscapes, with a large horizon that spread above the Mediterranean. Thanks to it's protection some very important sorts from the Fauna were able to grow in this landscape. We will have a small gourmet-picnic at the top of the rocky reef where we have a wonderful view above the bay of roses. After that we will descend to get to the town of l'Estartit where we will spend the night.

7º DAY BAIX EMPORDA

Today the route will leads us back to Can Muni, where we will pass orchards in the zone of Ter by following the river. A low landscape that will give us the opportunity to absolve exciting races of gallop. But it is also a quiet area where nothing disturbs the nature's silence, while we trot across the narrow streets of all the small cities which have been all chiselled in stone, the only thing that we hear is the sound of the horse's hooves. At lunch we arrive at Can Muni, there a traditional meal is waiting for us. We will meet the other rider again and share together all our adventures, and with an extensive dinner of farewell our vacation comes to an end.

8º DAY GOOD BYE / HASTA PRONTO

After we had passed a wonderful vacation together with our horses the time has come to say goodbye. We hope to welcome you again very soon !

ACCOMMODATION

Can Muni
Vilopriu
www.canmuni-horse-trail.com

Mas Jonquer
Vilanant
www.masjonquer.com

Can Xiquet Hotel
Cantallops

www.canxiquet.com

Mas Vivent
Vilamaniscle

www.masvivent.com

Mas del Mar
Sant Pere Pescador

www.masdelmar.com

Hotel Flamingo* (April, May, June, September, October)

L'Estartit

www.hotelflamingo.info

or Hostal Mitjà (March and November)

Torroella de Montgri

www.fondamitja.com

*We have to change the hotel during March and November, because Hotel Flamingo is not open.

FURTHER INFORMATION

Dates: From Sunday to Sunday (See attached calendar for Mountains & Beach Ride)

Pace: trail with long gallops, canters, trots.

Hours a day: 5-7 hours a day

Group: Minimum group: 4 riders

Maximum group: 10 riders (with a back up guide up 8 riders)

Horses: The horses for this programme will be Spanish (pure and crossed) and the arabian ones.

CONTACT AND RESERVATIONS

Can Muni
Vilopriu
info@canmuni.com