

APOGEE ADVENTURES

2023 Pyrenees Mountains & Coast

Summarized Itinerary

Trip Begins: Barcelona, Spain

Trip Ends: Barcelona, Spain

- Days 1-2:** On the morning of Day 1, we will emerge from our long flights and gather as a group at Barcelona's International Airport before making the short trip down the coast to the Mediterranean town of Sitges. There, we will get settled at our campground, sitting just a quick walk away from the town's world-class beaches. Shaking off our jetlag, we will play get-to-know-you games while we cook our first meal together. We will spend Day 2 kayaking on the Mediterranean with local guides, exploring crystal clear waters and marveling at how the mountains of the Parc Natural de Garraf rise behind the town.
- Days 3-5:** From Sitges, we'll transit north to the Catalonian coastal village of El Port de la Selva, which lies tucked into the Cap de Creus in the northeast corner of Spain. There, we'll get our hiking legs warmed up by hitting the seaside trails around the village. We'll hike through forests to spectacular vista points, all while experiencing the charm of a small Spanish village nestled against the water and under the hills. After these first days of hiking, we'll be primed and ready to take on our hiking circuit in the high Pyrenees.
- Day 6:** Moving on from El Port de la Selva, we will transfer to the small town of Espot, deep in the high Spanish Pyrenees. There, we will have a day to rest, explore the town, and prepare for our upcoming hiking loop.
- Day 7-11:** For the next several days, we'll follow the Carros de Foc trekking circuit through Aigüestortes National Park. Our hike will take us over snowy passes, along the length of crystal-clear mountain streams, past sparkling alpine lakes, and through flower-filled valleys until we return, days later, to where we began in Espot. The scenery is astonishing around every corner, and every day will bring seemingly unlimited vistas underneath the bright Catalan sun. Each day will bring us closer as we share hearty mountain meals and spend our nights in the simple mountain huts that dot the National Park. We'll spend the evening of Day 11 back at our campsite in Espot, cooking up a meal to celebrate the incredible hiking accomplishment we all just completed.
- Days 12-13:** In the morning of Day 12, we will transit from Espot back to Barcelona and the coast. We will explore and celebrate in the heart of this vibrant, colorful city on our last full day together before returning to the airport on the morning of Day 13 for warm hugs and a last "*¡Hasta luego!*"

Please note that all itineraries are subject to change.

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