



## ACTIVITIES ABROAD TRIP DOSSIER

### SPAIN – CATALAN PYRENEES LEVEL 1

The town of Sort in the Spanish Pyrenees offers stunning scenery, a great location and a range of superb activities. Little wonder that it has become a haven for activity and adventure enthusiasts. We offer two holidays here based on, and around, the Noguera Pallaresa River. The first is a gentler adventure aimed at providing thrills with time for relaxation and exploration. The second holiday is more intense and packed with activities from start to finish. Both include probably the best day of white water rafting anywhere in Europe.

This 7 night family activity holiday is suitable for children aged 8 years and above. (Please note that this does not preclude younger children but participation in the activities will be at the discretion of our instructors.)

#### OUR OPINION

Some long, but not too strenuous, activities with a free day in the middle to relax or explore the stunning scenery of this diverse region.

#### AGENDA **8 days, 7 nights**

##### **Wednesday Flights, Arrival and Introduction (approx transfer time: 3-3 1/2hrs)**

Wednesday may seem like a strange departure day, but compared to the weekend there is much less hassle at the airports. We think it's ideal. We'll be transferred from Barcelona Airport to our accommodation in the Pyrenean town of Sort for an introductory meeting with our guide.

##### **Thursday National Park Picnic Trek (approx duration: ½ day)**

Today we witness the outstanding natural beauty of the Aigues Tortes National Park with 3000m peaks and picture postcard lakes. Our gentle trek allows us to fully appreciate Catalonia's mountain landscapes.

##### **Suggested Kit Walking boots or trainers, warm jumper, rain jacket**

##### **Friday Canyoning – Level 1 (approx duration: ½ day)**

We use a family friendly route and after a 30 minute walk (gentle uphill) we hit the water. We use various methods to descend the canyon including natural water slides and chutes, abseiling and simply jumping into deep pools. A great experience in the water for all the family.

##### **Suggested Kit Swim wear and towel, old trainers and second pair of trainers**

##### **Saturday Guingueta Lake Action Day (approx duration: full day)**

A jam-packed day featuring 6 different activities and a picnic lunch. From our base at Guingueta Lake you will spend time cycling, rock climbing on an artificial wall, playing volleyball and football, kayaking and canoeing.

##### **Suggested Kit Swim wear, shorts, t-shirt, sweatshirt, towel, trainers**

**Sunday      Open Kayaking (approx duration: ½ day)**

This is an ideal sport for those who wish to experience the sensation of white water without the need for too much skill. After instruction, you set off towards the rapids of the Noguera Palleresa River. The descent makes it possible to discover beautiful spots on the river and enjoy the thrill of white water without being an experienced paddler.

**Suggested Kit    Swim wear and a towel**

**Monday      Free Day**

Try one of your favourite activities again or sample an array of additional activities available locally including: walking, trekking, cycling, mountain biking, horse riding, quad biking, hydrospeeding, advanced canyoning and paragliding. Alternatively, why not take a day off and simply relax by the hotel's swimming pool?

**Tuesday      White Water Rafting (approx duration: full day)**

In our opinion, the Noguera Palleresa offers possibly the best day of white water rafting anywhere in Europe. It's not just the rapids that make today such a great experience. Stunning mountain scenery and the sheer, steep sided rock faces of the Canyonlands add to an unforgettable day on the water. Lunch included.

**Suggested Kit    Swimwear and a towel**

**Wednesday    Depart or Extend Your Stay**

Today it's time to wave goodbye to Sort as we transfer back to Barcelona Airport.

**Please note that the above itinerary is subject to change at the discretion of the activity providers for reasons of safety or other unforeseen circumstances. Wherever possible any alternative arrangements will be in keeping with the spirit of the original itinerary.**

**Activity durations are approximate and include transfers, equipment collection, instruction and breaks etc.**

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## GENERAL INFORMATION

### SUGGESTED GENERAL KIT LIST

We have given you a suggested kit list per day but you should come prepared for all weather conditions. This is not a comprehensive packing list simply a guide line of suggestions that you might find useful on the trip.

There are many products available from our website via the clothing icon. This can be found on the "preparing for our trip" section of our web homepage. You can then type the desired product into the search engine. Nomad Travel are offering Activities Abroad clients a **10% Discount** off almost everything online or in store (the link can be found on the "preparing for our trip" section of our web homepage [www.activitiesabroad.com](http://www.activitiesabroad.com)). Simply enter or quote the special discount code received with your booking.

ITEM	CHECK
Rucksack with plastic bag liner per family, for lunches and spare clothes	
Reasonably strong pair of walking boots or trainers	
Waterproof jacket and trousers (just in case)	
Sweatshirt or fleece top	
Comfortable lightweight trousers or shorts for land based activities (not jeans)	
Casual clothing for evenings	
Swimming gear and beach towels for water based activities	
Sunhat, sunglasses with cord attached and sun block	
Large water bottle (min. 1 litre) per person	
Old clothes and trainers (no open toed shoes) for getting wet during some of the activities (especially for canoeing and canyoning)	
Insect repellent and sting relief cream	
Camera – a disposable waterproof type is useful for water based activities	

Please note that all safety equipment (helmets, life-jackets, harnesses, wetsuits etc) is provided on this trip.

#### **SUGGESTED GENERAL PACKING LIST**

<b>ITEM</b>	<b>CHECK</b>	<b>ITEM</b>	<b>CHECK</b>
Passport		Glasses/Contact Lenses	
Air Tickets		Toiletries	
Car Hire Voucher and full driving licence (for driver)		Universal Travelling Adapter	
Driving Instructions/Map		Small Sewing Kit	
Trip Dossier and Itinerary		Sweets & Snacks for journey	
Insurance Documents		Notebook/Diary/Pen	
Money/Travellers Cheques/Credit Card		Guide Book	
Money Security Belt/Pouch		Games, books, toys for your kids	

For details regarding hand luggage restrictions please visit [www.baa.com](http://www.baa.com)  
For all other airports please go to the relevant airport website.

#### **SUN PROTECTION**

Please be safe in the sun. Wear protective clothing (ideally tops and trousers made of tightly woven fabrics that you can't see through when held up to light) and a hat that shades the face, neck and ears when out in the sun. Use a high factor sunscreen and remember to reapply after swimming. You should also bear in mind that you are just as likely to get burnt up a mountain as on a beach.

Please carry a minimum of 1 litre of water per person per day.

#### **CLIMATE**

The average daytime temperatures for the Catalan Pyrenees are as follows:

May to October	18-30°
June to September	20-30°
July to August	25-30°

#### **AIRPORT TRANSFERS**

The designated transfer time is 15:00 on Wednesdays from Terminal A at Barcelona Airport. We return to the airport around midday one week later.

#### **AIRPORT TRANSFER INFORMATION**

Our airport transfer time is included in your holiday documents and you must be at the designated meeting point at that time. If you do not arrive on time we can not guarantee that the transfer can be delayed as this means holding up the entire group. If you do miss your transfer then you will need to make your own arrangements to your accommodation.

If your flight is delayed, please telephone either your local representative or our UK emergency number. Emergency numbers are provided in your final travel letter.

#### **TIPPING**

At your discretion you may wish to tip your guides at the end of your stay as a gesture of appreciation for their efforts during your holiday.

#### **PARENTAL SUPERVISION**

Our family holidays are designed to be just that, family holidays. During activities, our guides are there to provide advice, tuition and supervision but we must stress that you are responsible for the child or children in your care. We do not employ qualified child minders and you should not put our guides or other group members in a position where they are responsible for the care of your child or children.

#### **BOOKING ACTIVITIES LOCALLY**

In almost all of our destinations you can book and pay for additional activities locally. Our guides will normally discuss the options available at your welcome meeting. Please note that we can not be held responsible for any injury or loss that occurs through any activities that are booked in your destination.

## **ACCOMMODATION – OUR OPINION**

Our base is the Hotel Pey in the Catalan town of Sort. This family-run hotel overlooks the river and is centrally situated within the town. Accommodation is in apartments with one double bedroom, a lounge area with two pull-out beds, bathroom and kitchenette (fridge and kettle provided). En-suite twin and triple rooms are also available as well as a very limited number of two bedroom apartments.

Hairdryers are provided in the twin and triple rooms only. A laundry service is available next to the hotel – payable locally.

Check in is from 1pm. Check out by 12pm.

There is an outdoor swimming pool, a small games room and a sauna. The hotel has a spacious bar and lounge. Wireless internet access is available.

The town has a wide range of bars and eateries from pizza and tapas to the unforgettable Michelin-starred restaurant.

## **LOCAL FOOD – OUR OPINION**

The Hotel Pey serves traditional continental style breakfasts with bread, croissants, eggs, cheese, cold meats, fruit, cereal, teas and coffee. In the town itself there are four Catalan style restaurants serving a wide range of fish and meat based local dishes. In addition, there are a few Tapas bars on the main street offering a wide variety of traditional Tapas. Directly beside the hotel is a pizzeria serving a wide range of pizza and pasta at reasonable prices.

## **PASSPORTS AND VISAS**

### **Visa Requirements**

If you are a British Citizen or British Subject with Right of Abode in the United Kingdom, you do not require a visa to enter Spain. Other British Nationals should confirm the current entry requirements with their nearest Spanish Diplomatic Mission.

### **Passport validity**

A valid British passport must be held for entry to and exit from Spain. There is no minimum passport validity requirement but you should ensure that your passport is valid for the proposed period of your stay.

### **Staying for longer than three months**

Since 28 March 2007 all EU citizens planning to reside in Spain for more than three months are required to register in person at the Foreigner's Office (Oficina de Extranjeros) in their province of residence or at designated Police stations. However, you will no longer be issued with a residence card and, instead, you will be issued a certificate stating your name, address, nationality, identity number and date of registration. The certificate serves as confirmation that the registration obligation has been fulfilled, but it is not recognised by the local authorities as a valid form of identification and you are not obliged to keep the certificate with you. See the Local Laws and Customs section of this advice for acceptable forms of ID.

### **Unaccompanied minors**

You should be aware that each airline has its own policy regarding unaccompanied minors, and may require prior notification before arranging for them to travel. It is therefore essential to consult your airline before travelling.

## **HEALTH**

The Form E111 is no longer valid. You should obtain a European Health Insurance Card (EHIC) before leaving the UK. The EHIC is not a substitute for medical and travel insurance, but entitles you to emergency medical treatment on the same terms as Spanish nationals. You will not be covered for medical repatriation, on-going medical treatment or treatment of a non-urgent nature. For more general information see EHIC.

### **Andorra**

If you intend to visit Andorra you should be aware that it is not an EU member and the EHIC card is not accepted there.

The Principal Hospital in Andorra recommends that all travellers to Andorra take out Travel Insurance with 'Bona Fide' Companies and that they ensure that this is valid for travel to NON-EU Countries. Skiers and

those persons participating in sports such as 'rafting' should ensure that their insurance policy will cover this activity. You should see the Travel Advice for Andorra for more details.

You should seek medical advice before travelling to Spain and ensure that all appropriate vaccinations are up to date. For further information on vaccination requirements, health outbreaks and general disease protection and prevention for Spain you should check the websites of the National Travel Health Network and Centre and NHS Scotland's Fit For Travel or call NHS Direct on 0845 46 47.

#### **CARD FRAUD**

We recommend that you tell your bank or card issuer where you're going abroad and what dates you will be travelling. This avoids the embarrassment of having your card refused because your bank thinks you could be a fraudster yourself! Give the bank or card issuer your contact details so that they can call you if they spot an unusual transaction.

#### **CURRENCY AND FOREIGN EXCHANGE**

The local currency is the Euro. There are a number of cashpoints in Sort which accept most major UK debit and credit cards and there are also banks at which Travellers Cheques can be cashed. The hotel does accept major credit cards in settlement of accounts at the end of your stay.

Since 15 June 2007 new legislation on the controls of cash entering or leaving the EU apply in all Member States. Any person entering or leaving the EU will have to declare the cash that they are carrying if this amounts to 10,000 euros or more; this includes cheques, travellers' cheques, money orders, etc. This will not apply to anyone travelling via the EU to a non-EU country, as long as the original journey started outside of the EU nor to those travelling within the EU.

#### **TRAVEL SAFETY**

The safety of our clients is of paramount importance at all times in terms of activity participation and destination. We always follow the advice of the Foreign and Commonwealth Office and should they advise against travel for any reason you will be contacted with a view to making alternative arrangements. We monitor this advice on a daily basis. To see this advice for yourself visit [www.fco.gov.uk](http://www.fco.gov.uk)

#### **TRAVEL INSURANCE**

We strongly recommend that you obtain comprehensive travel and medical insurance before travelling. You should check any exclusions, and that your policy covers you for the activities you want to undertake.

#### **MEDICAL HISTORY AND ADVICE**

It is vitally important that you advise us prior to departure of any medical or dietary condition relating to any member of your party so that we may notify our local staff before you arrive. We recommend only drinking bottled water from bottles with unbroken seals.

#### **LOCAL LAWS AND CUSTOMS**

Respect Spanish laws and customs. Parents should be aware that Spanish law defines anyone under the age of 18 to be a minor, subject to parental control or adult supervision. Any unaccompanied minors that come to the attention of the Spanish local authorities (for whatever reason but particularly in connection with criminal incidents or when in hospital) are deemed to be vulnerable under the law and face being taken into a Minors' centre for their protection until their situation is resolved and a parent or suitable guardian can be found.

There is a requirement to provide proof of your identity if requested by a Police Officer. The only legally acceptable documents by Spanish Police are a passport or a national identification card. The Spanish Police have the right to hold you at a police station until your identity is confirmed.

Since 1 January 2006 restrictive legislation against smoking in public places came into effect. Fines imposed for breach of the regulation could range from €30 to a maximum of €600.

In Spain, possession of even a small quantity of drugs can cause significant problems, such as arrest and detention. Being found in possession of large quantities will probably result in prosecution and a custodial sentence upon conviction.

The Madrid City, the Balearics and Canary Islands Regional Governments have banned the consumption of alcohol in the street. Failure to respect this law may result in the imposition of fines.

Hotels have a legal obligation to register the passport details of tourists on check-in. You are advised to wait until the Hotel staff have registered your passport details or taken a photocopy of your passport, rather than leaving the passport in reception and collecting it later. It may help to take your own photocopy.

#### **Purchases of Tobacco products for export**

Regulations on import of tobacco products into the UK vary from the amount allowed to be exported from Spain, particularly for cigarettes. You should check this carefully before you leave Spain. If you do not have the right documentation to export more than the normal limit, you may be fined and your consignment seized.

#### **Outdoor Sports**

If an accident occurs whilst mountaineering, canyoning, potholing or climbing, or if you become lost in the mountains or other areas requiring mountain rescue, call the **Emergency Services** on **112**, or dial **062** for the **Civil Guard**.

For advice on safety and weather conditions contact:

Tel: 0207 486 8077  
Fax: 0207 486 8034

Further information can be found on:

<http://www.goski.com/weather/>  
<http://www.avalanches.org>

#### **BAGGAGE ALLOWANCES**

Please refer to your flight booking confirmation for information on your baggage allowance.

#### **TOURIST BOARD**

For further information on Spain visit [www.spain.info](http://www.spain.info)

#### **AIRPORT PARKING, HOTELS AND LOUNGES**

You can book airport parking, hotels and lounges at very reasonable prices on our website at:

**Car Parking:**     <http://secure.holidayextras.co.uk/activitiesabroad-parking>

**Hotels:**            <http://secure.holidayextras.co.uk/activitiesabroad-hotels>

**Lounges:**           <http://secure.holidayextras.co.uk/activitiesabroad-lounges>

#### **RESPONSIBLE TOURISM POLICY**

Responsible travel is about holidays that respect destinations and local people. If you or your tour operator use local suppliers rather than large chains then the likelihood is that your money will be far more effective in stimulating local economies, the employment base and other projects.

#### **An Independent Company**

We are proudly independent. We believe that our beneficiaries should be our employees, our customers and our suppliers, not corporate shareholders.

As long-standing members of Responsible Travel, we aim to ensure that our holidays benefit the communities and environments we visit. We also believe that we have a responsibility to our employees and the region in which they live too.

#### **Economic Responsibility**

We firmly believe that the communities and areas to which we send our clients should benefit economically. The very nature of our holidays means that we operate for the main part in remote rural and coastal areas where employment can be limited. Hence, wherever possible we use local accommodation, transport and activity providers. This enables local economies to benefit directly and helps to generate incomes and employment in areas where the drift might be towards cities and towns.

Our policy is to use local or family run hotels and guesthouses, steering away from organisations whose beneficiaries are shareholders and senior management.

### Environmental Responsibility

We wish to maintain the natural settings in which we work, not just for the future of our company, but also for future generations. Hence, we insist that our local providers are equally conscious of this need. We ensure that all litter is removed from any of our activity sites. Where it is feasible, we strongly encourage group transfers, reducing the volume of road traffic and make our clients aware of their obligation to the environment and local communities.

### Social Responsibility – at home and away

We fully appreciate the impact of tourist visits on local communities and residents and strive to ensure that we are having a positive effect. Hence, as stated above, we always use locally owned providers with the aim of distributing the financial benefits throughout the local economy.

We encourage our clients to respect the lives of local inhabitants by learning a few important words: hello, goodbye, please, thank you, etc and where possible to become involved in local events and learn about their lives.

We purposely chose to base our offices in a converted farmhouse in rural Northumberland. By doing so, we have helped to provide employment in a region where rural diversity is at the heart of economic development.

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### USEFUL WORDS AND PHRASES

English	Catalan	Spanish
Yes	Si	Si
No	No	No
Please	Si us plau	Por favor
Thank you	Gracies	Gracias
Hello	Hola	Hola
Good night	Bona nit	Buenas noches
Goodbye	Adeu	Adios
Do you speak English?	Parles Angles?	Habla ingles?
I don't understand	No ho entenc	No entiendo
Tea	Te	Te
Coffee	Café	Café
Bread	Pa	Pan
Water	Aigua	Agua
Wine	Vi	Vino
Chicken	Aviram	Pollo
Fish	Peix	Pescado
The bill please	El compte, si us plau	La cuenta, por favor

**Please Note:** The information given in this trip dossier covers the average range of conditions likely to be found on this trip. Please refer to the foreign office website for more up to date information on your chosen destination. Abnormal conditions or events beyond our control can prevail at any time, therefore all holidays can be subject to unexpected changes. In order to enjoy and be safe in all activities you should be prepared to be flexible where necessary.

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Up to date: 03 November 2008