ACTIVITIES ABROAD

Spain - Pyrenean Family Adventure

HOLIDAY TYPE: Small Group
VISITING: Spain

BROCHURE CODE: 4003
DURATION: 7 nights

In Brief

Although quite rightly, it is the mountains that get all the attention in this region, it is the Noguera Pallaresa that draws adventurous spirits to the charming town of Sort. The river forms the backbone of this corner of the Pyrenees, flowing from its source high in the mountains through rock gorges and lush valleys. The landscape it has created over innumerable millennia and its energetic waters themselves give rise to unparalleled opportunities for whitewater sports and canyoning. The forests offer hiking and canopy walks and you can also challenge yourself by completing the family-friendly via ferrata.

Our Opinion

"The Catalan Pyrenees holds a special place in the memories of everyone in the office who has been lucky enough to visit. The activities are enough to set your pulse racing and give you a real sense of accomplishment, but all the while you are surrounded by the most serene alpine scenery – you would hardly believe you were in Spain (well, Catalonia!) if it were not for the sunshine. Sort is also a perfect place to be based with lots of family-friendly dining an easy walk from the hotel, which also has a great pool for the kids and a spa for the adults."

Graham Hughes

What's included?

- **Transfers**: Group airport and activity transfers. The airport transfers operate at set times and are arranged for the day of arrival at 3pm and 9:30am on the day of departure (private airport transfers will incur a supplement). Transfer time is approximately 3 hours
- **Accommodation**: 7 nights' hotel accommodation in a standard double/twin room or triple room
- **Meals**: 7 buffet breakfasts
- **Activities**: Jeep tour and hike in a national park, white-water rafting, canyoning, via ferrata family route, open kayaking and canopy circuit (the order of activities is subject to change)
- All equipment, tuition and supervision from fully qualified instructors

*Please note there is a local tax for visitors of up to €1.32 per person (over 16) per night, this can only be paid locally through your hotel

Trip Overview

Your holiday base here is the town of Sort, a place which remains largely undiscovered outside of Spain. You will find that many Spanish holidaymakers take the journey here to enjoy the activities, stunning scenery and great culture that can be found in this vibrant town. The annual fiesta takes place towards the end of July and is an added bonus for families who happen to be visiting.

Sort is the capital of the Pallars Sobirà region of Catalonia. The people here are extremely proud of their Catalan culture and this is reflected particularly in their cuisine – there is a wide range of restaurants in the town of Sort, ranging from fine dining to traditional tapas and grill options.

The combination of the river and mountains make for an adventure playground on an unprecedented scale, but as well as the dramatic landscape the Pyrenees receive over 300 days of sunshine each year, making this the perfect place to visit to indulge your adventurous side.

We have put together a fantastic itinerary here, so you can climb, hike, raft and splash your way around this marvellous region.

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Agenda

Please note the order of activities is subject to change

DAY 1	ARRIVAL AND WELCOME

Upon arrival at Barcelona Airport, you will be met and transferred to the town of Sort. We

include a group transfer with a set departure time for both the arrival and departure day for this trip. On arrival, this leaves at 3pm.

After settling into your accommodation you can explore the compact town of Sort which has a variety of dining options within a short walk of the hotel – these include tapas bars, pizzeria and even a Michelin Star restaurant.

Included Meals: None

DAY 2 WHITE-WATER RAFTING

Today you will take to the water for a thrilling morning of white-water rafting; You will be given a full safety briefing and paddling instructions on the river bank prior to boarding your raft. Your expert guide will be at the helm and working in teams of up to eight people you will enjoy the delights of the river together. This is always an activity highlight for families.

You will enjoy between one and one and a half hours of exhilaration on the river.

Included Meals: Breakfast

DAY 3 CANYONING

Canyoning is an unforgettable activity, offering challenges, thrills and delight in equal measure. In groups of around ten people, you head to the top of the canyon (the 30-minute uphill is definitely well rewarded) in order to descend in a variety of ways; heading downstream via a series of slides, jumps, abseils and swims. This area of the Pyrenees is known as a canyoning hotspot and with good reason, these mountains provide the perfect activity playground.

The activity itself lasts for around an hour and a half from top to bottom, which will leave the rest of the day free for you to explore independently.

Included Meals: Breakfast

DAY 4 FOREST HIGH ROPES COURSE AND OPEN WATER KAYAKING

Today you will visit Pirineu Natural Park to take part in a family-friendly (8 years and above for children) high ropes course set in a beautiful alpine forest and overlooking a tranquil lake. The platforms and ropes are between 1.5 and 2.5 metres from the ground and full safety equipment and guides supervise your participation.

After you have completed your circuit (approximately 45 minutes) you will also be able to explore the lake by taking a kayak out from one of the nearby beaches. Your guide will

teach you the correct paddling technique and you can then explore the lake or simply relax out on the water. There is also a bar at the park where you can take lunch (not included).

Included Meals: Breakfast

DAY 5 JEEP TOUR AND HIKE IN NATIONAL PARK

This morning you will be picked up in 4x4 jeeps and driven up into the stunning Aigüestortes National Park – a perfect introduction to the beautiful peaks and lakes of the Pyrenean landscapes and plentiful wildlife such as eagles and crossbills.

You will then enjoy a short hike covering approximately six kilometres. Our guides have found a lovely, gentle route that offers stunning views of the scenery.

Included Meals: Breakfast

DAY 6 FREE DAY

Today has been left free for you to tailor your time and either book some additional activities (payable locally) or perhaps relax by the pool. We highly recommend exploring the town of Sort as the old town enjoys a rich history and there are some great local restaurants to enjoy.

Included Meals: Breakfast

DAY 7 GUIDED VIA FERRATA

If you have not heard of a via ferrata before, they are a network of anchors, cables, rungs and ladders (usually metal – hence the name, iron path) to make traversing steep slopes easier. You will still have all the relevant safety equipment, including a harness to secure yourself to the cable, but under the guide's instruction, it is the confidence that they give you that will get you to viewpoints that might otherwise be out of reach. The whole experience is really a fusion of hiking and climbing. This is a family-friendly route you can all enjoy together and the experience lasts around two hours.

Following your activity you will have some free time in the picturesque village of Alins to take lunch (not included) before returning to the hotel.

Included Meals: Breakfast

DAY 8 DEPARTURE

Today you will be transferred back to Barcelona for your return flights home. The transfer departs from your hotel at 9:30am.

Included Meals: Breakfast

Included Accommodation

Hotel Pessets (Nights: 1-7)

The Hotel Pessets is a family focussed hotel in the Pyrenean town of Sort, with an enviable location close to the centre and next to the Noguera Pallaresa river. Children will love the large outdoor pool and parents the welcoming spa offering a range of treatments and complete with an indoor pool and sauna. The onsite restaurant has a reputation for showcasing the best of regional and seasonal produce.

Hotel facilities

- This is a four-star hotel with a wide variety of ensuite, outdoor-themed rooms designed to meet the needs of adventure-seeking travellers
- Make the most of the outdoor and indoor pools, together with the spa, sauna and fitness centre
- There is an onsite restaurant serving local dishes and a café bar and terrace area
- Free Wi-Fi throughout

Room options

STANDARD DOUBLE AND TWIN ROOMS

Standard rooms offer either twin beds or double beds according to your needs. All also have the option of becoming triple rooms. They have exterior views of the garden or the village of Sort. All have a minibar and some are air-conditioned.

Family rooms and suites

If you would like more space or have a younger family and would like to stay in one room, there are a variety of upgraded room options to explore, which can accommodate between 3 and 5 people (subject to availability). Please contact a Travel Expert for a quote based on your requirements.

The Specifics

Holiday group size (approximate)

Minimum 4 and maximum 16 persons (approximately)

Group Size

We always try to provide an approximation of the group size you can expect to be with for the duration of each of our holidays. It may be that you are joined by others for parts of your holiday (such as transfers and particular activities) but the above number reflects those you can normally expect to be with from beginning to end. If group size is something which is particularly important to you, please speak to our Travel Experts and they can suggest the best holidays for you.

Tailor-made holiday group sizes will vary for all activities as will the group size for any additional activities you book.

Minimum numbers required for a holiday to operate

Some of our holidays require a minimum number of participants to operate (as listed in the ‘Group Size’ section). If your holiday departure has not yet reached the minimum number, you will be told at the time of booking. In the unlikely event that your chosen date is not guaranteed by nine weeks before your scheduled departure date, we will contact you to discuss the available options as per our booking conditions.

Minimum and maximum age

The minimum age for this holiday can be found in the ‘Key Facts’ section of the holiday overview.

Younger family members may be able to participate but may not be able to take part in all activities. Please contact one of our Travel Experts if you have any questions.

Itinerary amendments

The order of activities listed in this agenda is provided for guidance only, your final and detailed itinerary will be provided either with your final travel documents (which are uploaded into your online account around a week prior to departure) or upon arrival.

Cancellation terms - Catalan Pyrenees

Please note that the following cancellation terms supersede those mentioned in section 7 of our general booking terms and conditions.

- Up to balance due date (This is normally 12 weeks prior to departure however some holidays differ. If this applies to your holiday you will be advised at the time of booking) - Loss of deposit (including the full cost of flights or other services where paid at the time of booking)

- between balance due date and 43 days prior to departure - 50%

- 42 to 29 days prior to departure - 75%

- 28 to 17 days prior to departure - 90%

- 16 or less days - 100%

Terms and Conditions

Our full booking terms and conditions can be found on our website: https://www.activitiesabroad.com/booking-conditions

Please note: our payment and cancellation terms will be unique to each booking – they will be confirmed with you at the time of quotation. The terms listed above are noted as a guide only