Sea and mountains of the Mediterranean coast: walking from Collioure (France) to Cadaquès (Spain)

A 7-day tour

Tour Code: FRSP01W



This unforgettable **hiking tour** along the **Mediterranean coast**, from France to Spain, offers breathtaking sea views and a unique landscape where rugged rock formations alternate with rolling hills covered in **vineyards** and pine forests. Each day you can choose between a hillier inland path and a coastal trail. Both options are wonderfully panoramic and showcase the best scenery of the foothills of the **Pyrenees**: fragrant Mediterranean scrub, peaceful woodland, and charming medieval **fishing villages**.

The journey begins in Collioure, a colourful French harbour town beloved by painters like Matisse. After crossing the border, the route leads you into Spain and the iconic **Costa Brava**, the "wild coast," known for its dramatic cliffs and hidden coves. Along the way, inviting **beaches** offer the perfect opportunity for refreshing swims and moments of relaxation. In the small coastal towns, you can savour fresh seafood, enjoy a cold beer, or taste excellent **local wines**.

A region rich in culture, it has long inspired famous artists, including Picasso and Dalí, whose presence is still felt in many local traditions and galleries.

One of the absolute highlights is the spectacular **Cap de Creus nature reserve**, a windswept rocky peninsula shaped by the sea. Its unique flora, sculpted by strong coastal winds, and its rich geological formations make it an extraordinary and memorable landscape.

This coastal adventure is perfect for travellers seeking nature, culture, seaside relaxation, and the pure beauty of Mediterranean trails.

Period: from 01/03 – 16/07/2026 and from 20/08 - 05/11/2027. The month July and August are too hot to walk and busy that makes it more difficult to find availability in the hotels. If hotels are not available, accommodations will be offered in nearby towns, to which you will need to travel by public transportation or taxi.

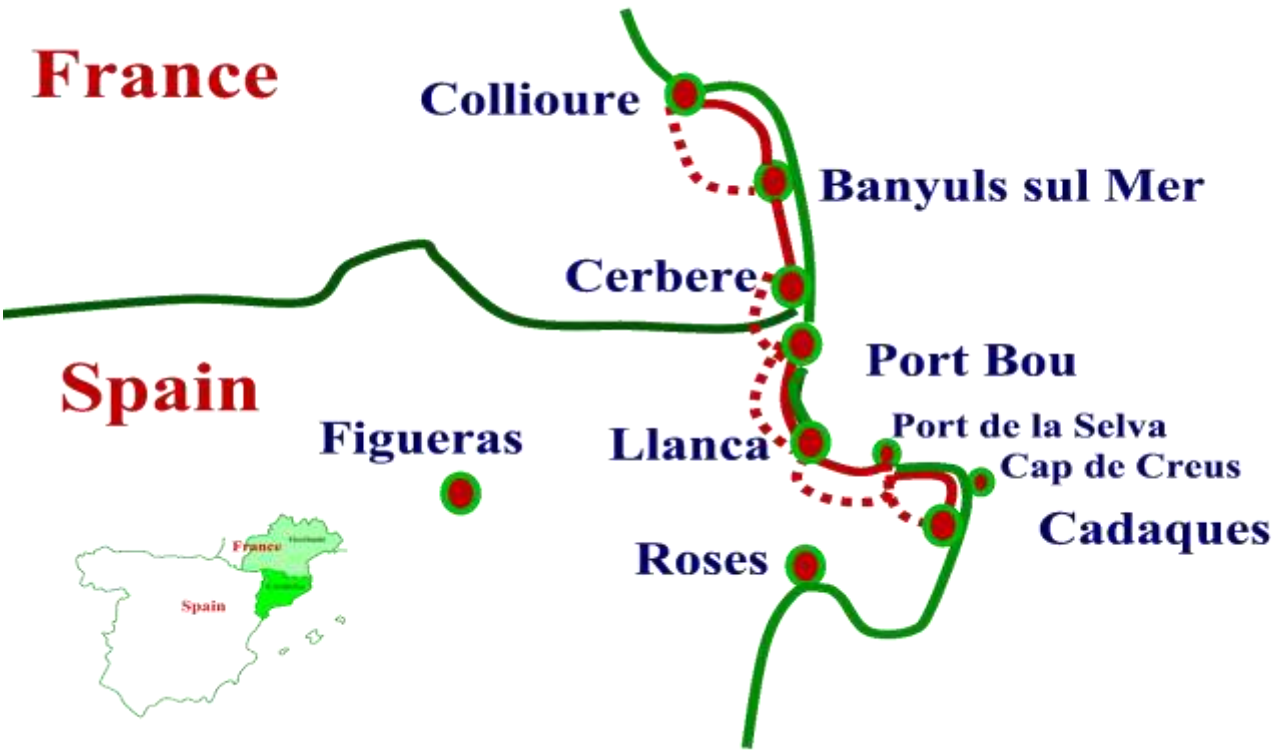
Participants: Minimum 2 participant. Solo walkers can be admitted but for safety reasons we ask them to do ONLY the coastal walks.

Level: **2,5**
A tour for good walkers with experience. Every day there is the choice of a more difficult (mountain) or easier walk (coastal). There are significant difference of level between 450-1100m depending on the different routes. The terrain surface can be stony with some steeper parts, so walking shoes with good grip are needed. For those not used to rough terrain the daily walking time can be a little bit longer.

Daily distances between 9,2 km / 5,7 miles & 20 km/ 13 mi
Total km: Coastal route 68 km /42,3 miles & Hilly route 79 km / 49 mi

Area: This is the area where the Pyrenees have lost their Alpine heights and became hills ending in the Mediterranean see. The flora is typical for the Mediterranean scrub: cacti, lavender, thyme and rosemary. The tour starts in France (department of the Pyrénées Orientales) and end in Spain (province Girona). Both parts make part of Catalonia that in 2017 claimed independence from Spain, but this was never recognized by Europe. The local people feel independent though. In the French part, the main language is French. In the south part of the border people mostly speak Catalan instead of Spanish.

Program in short
Day 1 Arrival in Collioure
Day 2 Collioure – Banyuls (13,9 or 16, 3 km / 8,6 or 10,1 mi)
Day 3 Banyuls – Cerbère (9,2 or 12,8 km / 5,7 or 8 mi)
Day 4 Cerbère - Llança (12,7 or 21,5 km /7,9 or 13,4 mi)
Day 5 Llança – Port de la Selva (12 or 15,5 km / 7,5 or 9,6 mi)
Day 6 Port de la Selva – Cadaques (20 or 13 km / 12,4 or 8,1 mi)
Day 7 End of tour after breakfast



Daily programme

Day 1 Arrival at Collioure
Individual arrival in **Collioure**, a picturesque old **fishing village** with a colourful harbour where the anchovy boats are docked. The village lies on the **Côte Vermeille**, where the red rocks of the Pyrenees meet the sea. The 13th-century **castle** proudly overlooks the village and was once the summer residence of the kings of Majorca. Another highlight is the 17th-century church Notre-Dame-des-Anges, featuring a former lighthouse as its bell tower. Many **artists**, including Matisse, Picasso, and Dali, were captivated by the light and colours of this charming village and sought to capture them in their paintings.

Overnight in Hotel Les prince des Catalogne *** (5 minutes walking from the train station)
Meals: dinner and breakfast

Day 2 Collioure – Banyuls
You leave **Collioure** and follow an uphill path to an old **windmill**. Continuing, you reach the **fort** of St Elme, a 16th-century military stronghold. From this vantage point, you are rewarded with breathtaking **panoramic views** of the sea and the surrounding landscape.

Now there are two options:

The Coastal Walk:
A gentle downhill walk brings you to the charming fishing village of **Port Vendres**. The route follows **Cap Bear**, marked by its historic **lighthouse**, and passes numerous **coves** and creeks perfect for a refreshing swim.
The landscape is dotted with **vineyards** and wildflowers, especially vibrant in spring. After passing Cap d'Ullastreill, the route reaches the scenic town of Banyuls.

The Foothills Walk:
The route continues uphill until you reach the majestic **Madeloc watchtower**, a 13th-century landmark perched on a rocky outcrop at 660 m, offering breathtaking panoramic views. The trail then descends through thick scrub typical of the **Mediterranean** coast, gradually opening into lush **vineyards** and chestnut orchards. You arrive in **Banyuls-sul-Mer**, a historic frontier town and the end point of the famous trans-Pyrenean **GR10**, stretching 900 km from the Atlantic to the Mediterranean. Don't miss tasting the local wine served in a **Porró**, a traditional glass carafe resembling a watering can.

Meals: breakfast and dinner
Distance: coastal walk 13,9 km /8,6 mi & mountain walk 16,3 km / 10,1 mi
Walking time: 5 hrs or 5 hrs 30
Ascent/descent: +/- 500m or +/- 700m

Day 3 Banyuls – Cerbère
Again you can choose of two walks, one remaining along the coast and one going up into the hills

The Coastal Walk:
The route follows the **Mediterranean** sea before climbing uphill to **Cap Cerbère**, where a historic **lighthouse** stands on a mostly flat plateau. The **rocky coast** here is steep and dramatic, forming part of a **marine nature reserve** that extends nearly a mile into the sea, marked by yellow buoys to protect the abundant fish and marine life.

The Foothills Walk:
From **Banyuls**, the route climbs along small lanes lined with ancient stonewalls. This comfortable ascent winds through lush **vineyards** and aromatic **Mediterranean scrub**, offering spectacular panoramic views throughout. Hikers enjoy striking vistas of the **Pyrenees**, including the snow-capped Mount Canigou (2784m) in summer. The trail reaches the historic **Tour de Querroig**, a signal tower marking the frontier, before descending with magnificent sea views to Cerbère.

Meals: Breakfast and dinner
Distance: coastal walk 9,2 km /5,7 mi & mountain walk 12,8 km / 8 mi
Walking time: 3hrs 30 or 5 hrs (variant 4 hrs 15)
Ascent/descent: +/- 500m or +/- 700m (variant + / - 550m).

Day 4 Cerbère – Llança
Today you have different options, so you can choose easily the level you prefer because you can shorten the coastal and mountain route by taking the train (not incl. in the tour price)

The Coastal Walk:
This walk begins with a climb, then after **Port-Bou** you return to the **seashore**. Shortly after, the route passes several hidden calas, including the beautiful Platja Garbet and the Cap Ras coves bordered by pine trees. Enjoy stunning views of **Cap de Creus** before arriving at the charming town of **Llança**.

The Foothills Walk:
The first stretch follows the coastal path, then you climb up to **Puig Tiffel**. From the top, enjoy sweeping views of **Cap de Creus**, Emporda, and the sunny Albères. The descent to **Llança** runs along the sea, offering spectacular vistas of the rocky **coastline**. Explore the narrow alleys around the church and the Palace-Castle of the Abbot of Sant Pere de Rodes, which still reveal the town's historical charm. Along the way, discover many small **coves** with pristine seawater and scenic views.

Meals: breakfast and dinner
Distance: coastal walk 12,5 km / 7,9 mi & mountain walk 21,5 km / 13,4 mi (can be shortened by train)
Walking time: 4 or 7 hrs
Ascent/descent: +/-350m or +/-1100m.

Day 5 Llança – Port de la Selva
The Coastal Walk:
Before reaching the **Sarnella lighthouse**, the route passes striking architect-designed **villas**. The charming **Port de Selva** features whitewashed houses along the horseshoe bay of El Port de la Selva. This **medieval village** was historically centered on fishing. Stroll through its narrow alleys and enjoy the scenic **port** with golden cliffs.

The Foothills Walk:
Today's route is a superb walk through the hills, past hidden valleys, and along Pilgrim paths until you reach the beautiful small chapel of St Helena and the imposing monastery of **San Père de Rodes**. This former Benedictine monastery, built on the slope of **Verdera Mountain**, reached its peak splendour between the 11th and 12th centuries. From here, enjoy breathtaking coastal views over Cap de Creus and the whitewashed coastal villages. You can also climb further to the **San Salvador castle**, where the bay of Rosas and the Pyrenees are visible. A pleasant descent will bring you to Port de la Selva.

Meals: breakfast and dinner
Distance: Coastal walk 12 km / 7,5 mi & Mountain walk 15,5 km / 9,6 mi
Walking time: 4 or 5 hrs
Ascent/descent: +/-500m or +/-700m.

Day 6 Port de la Selva - Cadaquès
Today the coastal walk is longer than the foothill walks.

The Coastal Walk:
This is a classic and breathtaking route through the **natural park of Cap de Creus**. Along the walk, enjoy stunning views of the Cape, where the Pyrenees meet the sea. The route is long but dotted with hidden coves and beaches, perfect for resting. The wild and unspoiled **Cap de Creus**, with its iconic lighthouse, is a peninsula featuring two nature reserves and three areas rich in underwater life: Cap Gros, the tip of Cap de Creus, and Cap Norfeu. The rocks rising from the sea have spectacular shapes, sculpted over millions of years by wind and waves; locals have given them imaginative names such as Lion, Dragon, Camel, and Cat.
You arrive in **Cadaqués** via a scenic **coastal path**, lined with stone walls and winding terraces, where white houses appear to tumble into the sea. **Cadaqués** is one of the most picturesque towns on the **Costa Brava**, with charming narrow streets and whitewashed houses. On the outskirts of Portlligat, you can visit the former home of **Salvador Dalí**, while atop the village, the Santa Maria church features a chapel decorated by the artist himself.

The Foothills Walk:
You start by climbing out of the village of Port de la Selva, crossing the wild and unspoiled coastal foothills of **Cap de Creus**. Along the way, you pass the stunning and steep **Cala Taballera** cove, a perfect spot to admire the rugged coastline. As you cross the cape, ancient dry-stone shelters peek out among the trees, adding charm to this remarkable natural landscape. The coastal walk ends with a panoramic descent through olive groves into **Cadaqués**, one of the gems of the **Costa Brava**. For an extended adventure, visit the Cala Nans lighthouse, where you'll be rewarded with breathtaking views over **Cadaqués** and the surrounding coast.

Meals: Breakfast and dinner
Distance: Coastal walk 20 km / 12,4 mi & mountain walk 13 km / 8,1 mi
Walking time: 7 or 4 hr 15 hrs
Ascent/descent: +/- 670m (variant +/-600m) or +/-450m

Day 7 Departure
Individual departure after breakfast.
Or you could do first the walk to Cala Nans to have a great sunrise (2hrs 30 +/- 150m)
On request and with supplement you can book transfers to Figueres, where the theatre museum of Dali is, to Perpignan or Collioure with a 1hr 30 visit of Dali's museum in Figueres

Hotels: **1 hotel **, 4 *** and 1 **** hotel**

Meals
You will eat well. Dinners are based on set menus featuring regional specialities usually with 3 choices for each of three courses (in some restaurant can be less choice), but you can pay locally for upgraded choices. Breakfast is included every morning, but picnics and lunches are not included as there is a wealth of delis, cafes and restaurants.

Price in Euro per person 2027

	01/03 to 31/05 and 01/10 to 05/11/2027	01/06 to 16/07 and 20/08 to 30/09/2027
Twin/double/triple room	€ 960	€ 1.040
Single room	€ 1.345	€ 1.510
Extra night Collioure double /single	€ 69 / € 113	€ 83 / € 145
Extra night Cadaques double single	€ 124 / € 200	€ 145 / € 245
Extra luggage	€ 70/Luggage	€ 70 / Luggage
Solo Travelers (walks by the coast only)	€ 1.515	€ 1.680

Included in the price

- 6 nights with breakfast
- 6 dinners
- Luggage transportation (1 bag per person of 20 kg)
- Detailed route instructions, maps and tracks
- emergency phone service
- Gps Tracks

Not included

- Museums and extras in general
- Drinks during the meals
- Non standards menu items
- Lunches
- Travel insurance, which we highly recommend
- Everything not mentioned in the section "included in the price"

Cancellation fees

Period before the start of the programme. Penalty calculated on the booking price excluding insurance.

- More than 31 days before departure, 10% of the total cost
- Between 31 and 22 days before departure, 25% of the total cost
- Between 21 and 15 days before departure, 50% of the total cost
- Between 14 and 8 days before departure, 75% of the total cost
- Between 7 and the day of departure, or in case of absence on departure without prior cancellation 90% of the total cost.

Start/End: **Collioure/Cadaqués**

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