



CATALONIA Fam trip
with ATTA collaboration
18/09 – 24/09/2017

Monday 18th September

Morning Arrival of the different flights.

13:00 Transfer to **VAL D'ARAN**. 300 km – 3h 45 min

The Val d'Aran has its own distinctive personality. This high mountain territory is the only valley in the Catalan Pyrenees with an Atlantic climate. Its exceptional location, former links with Occitania, and century-old isolation during the winter months have left this small area with its own language (Aranese), officially recognized throughout Catalonia, and deep-rooted traditions originating in what is now the south of France.



With impressive landscapes, glacial lakes, and peaks over 3000 metres high, the Val d'Aran is an ideal destination for skiing and adventure sports; Baqueira Beret resort is considered to have the best winter sports infrastructure in the whole of the Iberian Peninsula.

17:00 Check-in at **4* Hotel** in Vielha.

18:30 Stroll around **Vielha**.

Vielha, the capital of Val d'Aran, is a small Pyrenean city with approximately 4000 inhabitants and it is located at 974 meters above sea level. It is surrounded by peaks over 2000 meters. The village is built along the Garona River, at the point where both the Garona and Nere rivers meet.

20:00 Dinner in a **typical aranese restaurant** based on local food.

Tuesday 19th September

09:00 Breakfast and check-out.

09:30 E-bike activity.

You will be able to know a bit more about Val d'Aran history and its small towns while cycling.

12.00 Hiking route around **Aigüestortes i Estany de Sant Maurici National Park**.

Pic-nic lunch.

This is the only national park in Catalonia. The high-mountain landscape has an impressive relief and a wealth of flora and fauna. The main feature of the area is water, with close to 200 lakes and countless streams.



<http://parcsnaturals.gencat.cat/en/aiguestortes/visiteu-nos/acces-parc-00001/index.html>

17:30 Transfer to **Vall de Boí**. 60 km – 1h

18:30 Check-in at a family hotel in Boí.

20:00 Dinner.

Wednesday 20th September

09:00 Check-out and **visit of the The Vall de Boí Romanesque ensemble**. It was listed as a UNESCO World Heritage Site in 2000. The hermitage and eight churches were all built during the 11th and 12th centuries, and conserve the original Lombard Romanesque style developed in northern Italy and characterized by functional construction techniques, meticulous stonework, slim bell towers, and decorative finishes on the exterior and interior.

The Vall de Boí Romanesque ensemble is exceptional for its concentration of so many churches in such a small area, and for the unity and authenticity of their architectural style, which has undergone few modifications over the centuries.



12:00 Transfer to Mont-rebei Canyon. 54 km – 1h

13:00 Lunch in a slow food restaurant near Mont-rebei Canyon.

15:00 **Hiking route around Mont-rebei Canyon.**

Mont-rebei is the only large-scale canyon in Catalonia that is still largely unspoiled, uninterrupted by roads, railways or electricity cables. The canyon is formed by the River Noguera Ribagorçana on its course through Montsec Mountains, and can only be traversed by a bridle path partially carved out of the rock, affording spectacular views. A



large number of hiking and kayak options are available.

The canyon walls have vertical drops of over 500 metres, and minimum widths of a mere 20 metres. The ecological interest includes native fauna (especially birds of prey), rich vegetation, and the beauty of a rugged landscape. Most of the canyon is in Montsec Natural Space.

18:00 Transfer to the hotel and check-in.

20:00 Dinner in a local restaurant.

Thursday 21st September

08:30 Check-out and Transfer to **Món Sant Benet**.

10:00 Workshop with local companies.

14:30 Lunch in Món Sant Benet restaurant.

16:00 Transfer to Oller del Mas winery. 15 km – 30 min

16:30 **4x4 trail around the vineyards of Oller del mas.** Visit the farm with 4x4 to discover the vineyards, cereal and olive trees. Also dry stone barracks, fermentation vats and the ice pit. A heritage that will help you understand the wine history of the Bages region.

The continuous visit in the winery and the castle with the each of wines and oil tasting.

19:00 Transfer to Món Sant Benet Hotel and check-in. 15 km – 30 min

Món Sant Benet is the home of the medieval monastery of Sant Benet de Bages, the Fundació Alícia (an international culinary research center directed by Ferran Adrià), three restaurants, the Hotel Món 4*, and a conference and convention center.

<http://monstbenet.com/en>

20:00 Dinner at the same hotel.



Friday 22nd September

09:00 Transfer to Monistrol de Montserrat. 22 km – 20 min

09:40 Take the railway to **Montserrat Monastery**.

The sanctuary of the Virgin Mary of Montserrat has its historical origins in the hermitage of Santa Maria, which Count Guifré el Pelós gave to the Monastery of Ripoll in the year 888. In 1025, Oliba, Abbot of Ripoll and Bishop of Vic, founded a new monastery at the hermitage of Santa Maria de Montserrat. The little monastery soon began to receive pilgrims and visitors who helped spread stories about the miracles and wonders performed by the Virgin.

10:15 Outdoor activity in Montserrat Mountain.

- Option1. Hiking tour.



- Option 2. Climbing activity.

13:00 Lunch at Abat Cisneros Restaurant.

14:30 Guided tour around the Monastery.

17:30 Transfer to Terrassa. 30 km – 30 min

18:00 Check-in at Hotel Don Candido.

20:00 Lunch at a local restaurant (La Fabrica 1990) in Terrassa and **visit to see the Minyons de Terrassa human tower team.**

Learn how the Castellers of Terrassa build human towers, during their practice session. () Take into account that the end of this activity may be at 23.00.*



Saturday 23th September

09:30 Transfer to **BARCELONA**. 30 km – 1h

10:30 Check-in at a hotel in BARCELONA.

11:00 Guided tour around the city.

13:00 Lunch and free time.

18:30 Farewell party on board. You will see the city from an unusual point of view; we offer you the chance to see it from the sea on board in an exclusive catamaran.

<http://www.chartersbcn.com/en>



Sunday 24th September

In the morning, transfer to Barcelona airport, departure of your flights.