



## CASSIOPEIA 4x4 NATURE & ADVENTURE

### Route description



#### **Saturday -**

Arrival to Barcelona Airport according to flights schedule (depending on the arrival hour you may have leisure time in Barcelona city); When arrive to the hotel initial information will be given personally to each participant at check in desk. In the afternoon we will have an introduction meeting in the hotel, presentation of the Cassiopeia group's members and staff. In the evening we will enjoy a special dinner with members of the previous Cassiopeia journey, which will tell us about some of their experience.

Overnight in hotel, Barcelona.



#### **Sunday -**

Today we will hit the road! The first step is to receive the 4x4 vehicles and with them some important indications about 4x4 driving from our guides, so we could start this self-drive journey on the safest side. On the way we will see the mountain of Montserrat, a place dedicated to the Black Madonna, the virgin patroness of the Catalan people. From Montserrat we will proceed northeast to the Pre-Pyrenees area. There we will enjoy lunch made of local products of the zone in a Monastery from the XII century. In the afternoon we will practice 4x4 driving with the help of professional guides. All participants will experience

a fun obstacle circuit and off road training, so we will learn how to do the optimal and safest use of our vehicles. After dinner we will sign our first day with a very special visit in the Astronomic Parc of Montsec, where we could look for the spectacular Cassiopeia constellation. Overnight in hotel, Pallars Jussa.

### **Monday -**

We will depart northward through a panoramic viewpoint of the Pyrenees Range. In the morning we will visit the beautiful Canyon of Mont-Rebei, walking along it and kayaking inside it. In the afternoon we will visit a mountain boutique winery, special for its elevation (850-1000 meters), for its manually wine production and for the use of infrastructures of wine makers from the XII century. Later on, in the accommodation place, we'll discover together the secret of wine by a special workshop: wine & women. Dinner and overnight in rural accommodation, Pallars Sobira.



### **Tuesday -**

This morning will start with the exiting and most popular adventure sport of the zone: river rafting! In the rafting base we will receive all the instructions and equipment from the expert guides. The rafting activity is done in small groups, and it makes a great way to experience the emotions of the river flow! Our next visit will be the "Aigüestortes" National Park, with its spectacular views and untouchable nature. During the afternoon we will do trekking in the park and get to know some of its great variety of flora y fauna. Dinner and overnight in mountain refuge, Aigüestortes national park.

### **Wednesday -**

This morning is all about relaxation, connecting with the nature around, the silence, the pure air and us. We will practice Yoga in nature and give our bodies and minds the attention they deserve. We will also have a nice surprise on our way out from the National Park... The afternoon will be dedicated to the local community. There are many ways to get involved with the local population and we have chosen few voluntary work programs in order to contribute and to thank the people of the region for their hospitality. Dinner and overnight in hotel, Seu d'Urgell.

#### **Thursday -**

We will drive to the beautiful Natural Park of “Cadí Moixero”. A huge adrenaline raise is expecting us with the activity of “Canyoning”! Professional guides will accompany us while we will clime and rappel through the ravine... It’s a great fun and doesn’t require any previous experience. In the afternoon we will visit La Pobla de Lillet, a small Catalan village where the famous architect Gaudí has left a souvenir of magical gardens. At the evening we’ll all become specialists chefs, having a multicultural cooking workshop!  
Dinner and overnight in rural house, Girona area.

#### **Friday -**

Today we will discover the magnificent ‘Costa Brava’, the wild coast that marks the meeting point of the Pyrenees range and the Mediterranean Sea. We will drive off road through mountains with olive groves and vineyards along the bays, have a nice walk, and visit the ruins of a medieval Castell and a restored Monastery. In the afternoon we will take a boat trip to the hidden bays and swim in the most amazing inlets of the Costa Brava. For dinner we will cook together a traditional Spanish dish, Paella of rice and seafood.  
Overnight in camping on the beach, Costa Brava.



#### **Saturday -**

We will enjoy the whole morning on the beach, swim, relax, and rest on the shore. Later on we will drive back to Barcelona and return our 4x4 vehicles. In Barcelona we will have some leisure time and than we’ll meet again in the hotel, this time with the new Cassiopeia group members!

Dinner and overnight in hotel, Barcelona.

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