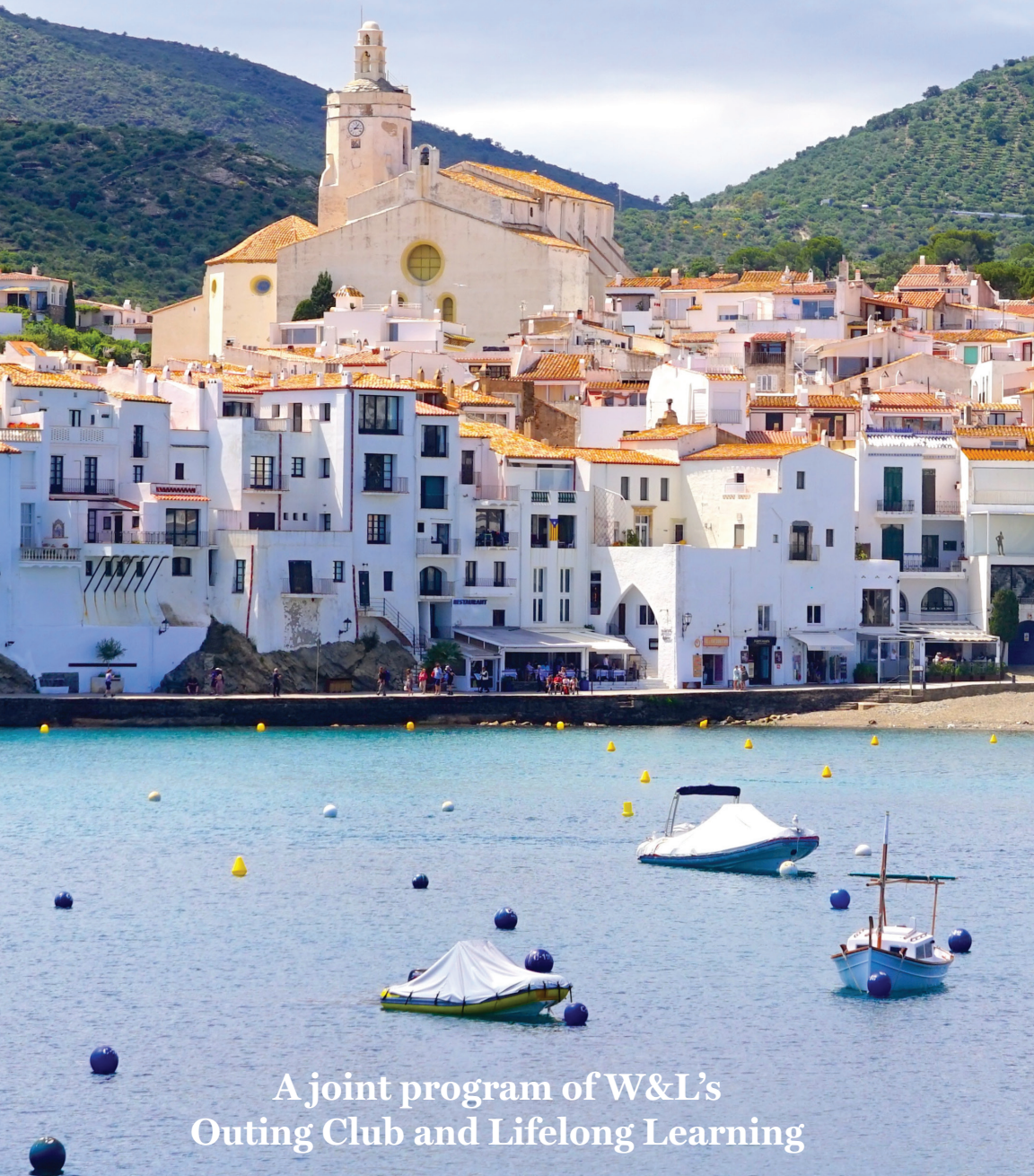


W&L

Catalonia Food, Wine and Bike in the Empordà and Costa Brava

JUNE 10-17, 2026



A joint program of W&L's
Outing Club and Lifelong Learning

Stay Active, Learn Outdoors

Dear W&L Alumni, Parents, and Friends,

After successful collaborations for the last two years, Lifelong Learning and the Outing Club are pleased to announce their third European active adventure, Catalonia: Food, Wine, and Bike in the Empordà and Costa Brava. Drawing upon W&L's strengths in educational travel and outdoor education, this specially designed trip offers the opportunity for alumni to combine their love of outdoor physical activity with their pursuit of travel and continued learning. The trip leader is James Dick, a legendary figure on campus and beloved by students.

This varied cycling tour takes us through one of the most beautiful regions of Catalonia - from the historic city of Girona to Figueres, the birthplace of Salvador Dalí. On former railway lines, along the coast, and through the green hinterland of the Costa Brava, we will ride along Mediterranean landscapes, medieval villages, and pristine nature parks. Whether it's the colorful cityscape of Girona, the dreamy bays around Calella de Palafrugell, or the vast rice fields in Empordà - each stage brings new scenic and cultural highlights. Along the way, we will enjoy culinary delights, regional wines, and the charm of old fishing villages. This is an ideal tour for anyone who wants to combine cycling with friends, culture, learning, food, and an exquisite coast.

Join us for this next Outing Club x Lifelong Learning adventure. Space on this tour is extremely limited, so reserve your spot today.

Stay Active and Keep Learning,

James Lambert
Director,
Lifelong Learning

Lisa D'Amelio
Associate Director,
Lifelong Learning

Danielle Taylor
Office Manager,
Lifelong Learning



YOUR ROUTE

Level of difficulty: **2-3**

**1 = easy; 2 = easy to middle; 3 = middle;
4 = demanding; 5 = sportive**

The daily stages are quite short and on slightly hilly terrain. There are only a few small climbs to contend with. The route runs mostly on quiet country roads and country lanes, approx. 60% are asphalted and 40% on good gravel paths.

ARRIVAL | DEPARTURE

- » Arrival by train to Girona. Nearby airports: Girona or Barcelona.
- » Depart from Figueres.

Your 8-Day Itinerary

DAY 1: INDIVIDUAL ARRIVAL TO GIRONA

Girona is famous for one of the best-preserved Jewish old towns and the cathedral, which boasts one of the largest stone vaults of Gothic architecture. A walk along the city walls or the river Onyar, which offers a picturesque view of the famous colorful houses, is highly recommended. (D)

DAY 2: GIRONA - SANT FELIU DE GUÍXOLS

approx. 42 km | approx. 280 m†

We leave the city on a cycle path heading south, which leads directly to the Mediterranean. This section follows the so-called greenway "El Carrilet", and passes through the towns of Quart, Cassà de la Selva, Llagostera and Santa Cristina d'Aro, always with the Gavarres massif in the background. It is a mountainous forest area, mainly made up of oak trees, which are important for cork production. Once we arrive in San Feliu de Guíxols, we will be delighted by the beautiful beach of Sant Pol. (B, L)

DAY 3: SANT FELIU DE GUÍXOLS - CALELLA DE PALAFRUGELL

approx. 28 km | approx. 250 m†

Today we cycle north along a coastal road and past various beach promenades to the port town of Palamós. After a few kilometers, we will pass the unspoiled bay of Platja de Castell, with an Iberian settlement on the left. This is a lovely place to have a picnic and swim in the Mediterranean. Later we reach the picturesque old fishing village of Calella de Palafrugell, one of the pearls of the Costa Brava. For the last few kilometers, we cycle along the greenway, the "Ruta del Tren Petit." (B, L)

DAY 4: CALELLA DE PALAFRUGELL - TORROELLA DE MONTGRÍ

approx. 33 km | approx. 300 m†

We continue north, inland, through Palafrugell, with its fish, meat and vegetable market. A great place to learn about the products of this region. We can also visit the cork museum. After leaving Palafrugell, we will reach the medieval village of Pals, one of the best-preserved medieval centres. The ride takes us through natural wetlands with extensive rice fields and long sandy beaches. The cycle tour ends in Torroella de Montgrí at the foot of the Montgrí Massif castle. (B, L)

DAY 5: TORROELLA DE MONTGRÍ - CASTELLÓ D'EMPÚRIES

approx. 39 km | approx. 200 m†

The route leads past the Montgrí massif into the district of Alt Empordà. We reach the long bay of Roses with its fine sandy beaches. In addition to the pretty medieval settlement of Sant Martí de Empúries, we should take the time to visit the archaeological settlement of Empúries with its Greek and Roman ruins. The cycle route continues north, where we cross the protected marshland of the Aiguamolls de l'Empordà and end our day's stage in the village of Castelló d'Empúries, which has a rich architectural heritage. We take our time to explore the Gothic church, the count's palace, the old market building and the Jewish quarter. (B, L)

DAY 6: LOOP CASTELLÓ D'EMPÚRIES

approx. 38 km | approx. 185 m†

Today's excursion offers fantastic views of the Pyrenees as we cycle through the 100-year-old vineyards. The ride through the famous Empordà wine regions will impress us. We might plan a short stop at the wineries, which are mainly located in the towns of Vilajuïga and Pau. (B, L)

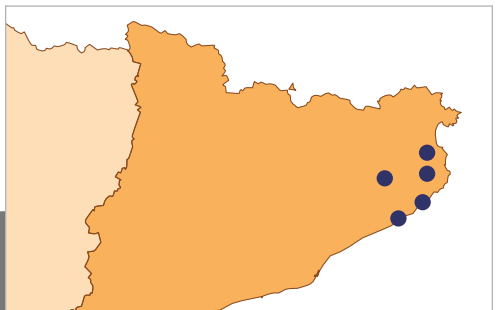
DAY 7: CASTELLÓ D'EMPÚRIES - FIGUERES

approx. 44 km | approx. 435 m†

The last stage of the trip takes us first to Peralada, where we can visit the castle and the medieval town. From there we cycle through the upper part of the wine-growing region, past Garriguella, Vilamaniscle and Rabos with the oldest groves. We have a potential visit to the modernist winery of the Espolla cooperative. From there, the tour takes us on a long descent to our destination, the town of Figueres. After arriving in Figueres, we can visit the world-famous Dalí Theater-Museum, which is still one of the most visited sights in Spain. (B, L, D)

DAY 8: INDIVIDUAL DEPARTURE FROM FIGUERES

Enjoy one last breakfast before departing for home or extending your trip. (B)



WHAT'S INCLUDED?

- » Lodging each night (June 10-17) (double occupancy); single supplements available (+\$300)
- » Bike rental, E-bikes available at additional cost
- » Daily Luggage Transfer
- » 7 breakfasts, 7 lunches, 2 dinners
- » Daily breakfast from buffet and hotels and picnic-style lunch every day of the trip
- » Welcome dinner and closing dinner at local restaurants.
- » Admission to historical sites and cultural experiences
- » Educational materials and resources

WHAT'S NOT INCLUDED?

- » Airfare and personal travel to start hotel. Excellent rail service is available from many European cities and/or a straightforward train ride from Girona or Barcelona airport.
- » All dinners (other than the two mentioned) are paid for by individual participants. Any additional alcoholic or non-alcoholic drinks and extra snacks at all café stops or during

meals are to be paid for by individual participants.

- » Transfer(s) from end hotel to final destination or departure airport.
- » Bike helmets are required for trip. They are not provided. Not available for rent.

TRAVELING WITH YOU:



James Dick has directed the university's Outdoor Education department for 23 years and has led back-country expeditions and adventure programs on four continents. He is also a frequent host for Life-long Learning tours, including recent trips to the Galapagos Islands and the National Parks of the American Southwest. James graduated from the University of New Mexico.

PHYSICAL ACTIVITY AND COMFORT LEVELS:

This program is an active educational adventure that requires participants to ride a bicycle under their own power. Participants should be prepared to bike between 45-65 kilometers per day, including moderate elevation changes. Travel will remain on schedule in inclement weather, so participants should be ready to bike in a variety of weather conditions.



Register Today

To reserve your space, complete the online registration form available at go.wlu.edu/biking-catalonia-2026.

Once you submit your reservation, W&L Lifelong Learning will contact you to confirm your reservation and collect your deposit and additional information.



- » Cancel April 2-May 2, 2026: 50% refund
- » Cancel after May 2, 2026 (or no show): No refund available.
- » No full or partial refunds will be made for early departures or non-participation in tour activities.
- » Participants are responsible for additional expenses associated with emergency health care and travel extensions beyond the tour package as described.
- » Travel insurance is recommended for all participants.

COST PER PERSON (DOUBLE OCCUPANCY):

\$2,500 from Girona, Spain

SINGLE SUPPLEMENT: \$350

RESERVATIONS, DEPOSITS AND

FINAL PAYMENT: Due to the nature of this tour, limited space is available and will be assigned on a first come, first served basis. A completed registration form and a deposit of \$600 per person are required to secure your reservation. Final payment is due on or before April 5, 2026. If your reservation is made between the final payment due date and the departure date, the full cost of the program is due at the time of registration. If final payment is not received by the due date, W&L may cancel your reservation with no right of refund. Payments are accepted by check or major credit card.

CANCELATIONS, REFUNDS, AND ADDITIONAL FEES:

All cancellations must be submitted to W&L Lifelong Learning in writing. Refunds will be processed as follows:

- » Cancel before March 1, 2026: Full refund less a \$250 cancellation fee
- » Cancel March 1-April 1, 2026: Full refund less \$600 deposit

ASSISTANCE AND MORE

INFORMATION: Contact W&L Lifelong Learning at lifelong@wlu.edu or (540) 458-8723.

TOUR OPERATOR:

Pedalo-Radreisefreunde GmbH - Engelhartzell, Germany.

