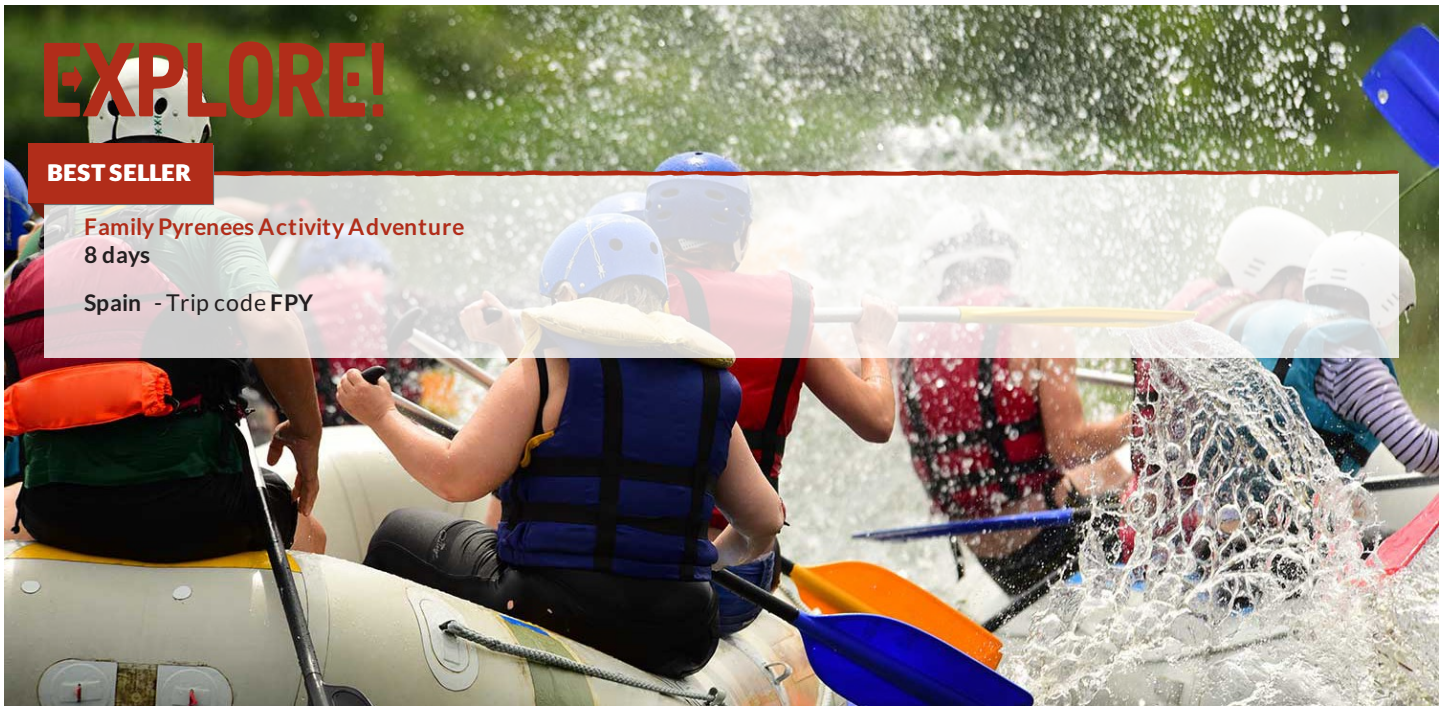


EXPLORE!

BEST SELLER

Family Pyrenees Activity Adventure
8 days

Spain - Trip code FPY



Family Pyrenees Activity Adventure

Set against the backdrop of the breathtaking Pyrenees, the town of Sort is an ideal location for an activity holiday.

On this family holiday we explore the beautiful surroundings of Aigues Tortes National Park, whitewater raft and kayak along rivers and have the option to abseil down gorges and try our hand at abseiling and off road mountain biking. There is ample time each day to relax at our hotel and enjoy its inviting swimming pool. For those looking to take part in the programme of activities, all equipment is provided and no previous experience is necessary. The minimum age for this trip is 7 years old, although the walking day option is recommended for 8 year olds and older.

This Explore Family active holiday has been designed to offer you maximum flexibility; a great value price with the option to pick and choose the activities you want to try. Half the days have activities included in the price, for the other half, if half the family want to try their hand at canyoning and abseiling and the other half want to take it easy, relaxing in the tranquil mountain scenery - no problem, everyone can be accommodated! A full breakdown of the activity costs (paid locally and in addition to the basic holiday price) of each of the activities suggested on this trip are detailed in the downloadable trip notes - optional excursions section.

Trip highlights

- ★ **Accommodation** - Comfortable base in a family-run hotel with swimming pool, gardens and excellent breakfasts
- ★ **Sort** - Activity centre of the Spanish Pyrenees with bars and cafes to watch the world go by
- ★ **Catalan food** - Sort and surroundings has several excellent restaurants showcasing some of the best of Catalonia's proud culinary traditions.
- ★ **Activities** - Be as active as you want with the flexibility to choose which activities you want to try out each day including:
- ★ **Aigues Tortes NP** - Easy walking around picturesque Sant Maurici lake in the region's finest National Park
- ★ **Noguera River** - White water rafting and kayaking on one of Europe's best and safest rivers with good year round water levels
- ★ **Estaron Canyon** - Abseiling and canyoning against a stunning mountainous backdrop

ACCOMMODATION GRADE:**Standard**

Our standard, mid-range accommodation offers a good level of service, often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en suite facilities.

TRIP PACE:**Moderate**

Moderate pace tours are ideal if you want a holiday which combines exciting activities and experiences with plenty of time to relax and unwind. Typically you'll be active and busy for part of the day but then also have time to rest and recharge your batteries.

GROUP SIZE:**14 - 20**

Maximum group size ranges from between 6 to 20 people, depending on the type of trip, the transport and accommodation used and activities included. We rarely have groups that are smaller than five or six people and the average is 12 people plus an Explore leader.

Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

Family information



Spanish Pyrenees



River kayaking

Adventure capital in the Spanish Pyrenees: Based at a family run hotel in the Catalan town of Sort, this week long activity week offers the chance to try a number of active pursuits including white water rafting, kayaking, hiking, canyoning, abseiling and mountain biking all easily accessible from the comfortable Pessets Hotel & Spa. Be as active as you want with the flexibility to pick and choose what activities you want to try each day.

The town of Sort is perfectly located to offer the widest choice of exhilarating adventure activities. Located four hours away from the coast, north east of Barcelona, our base offers the chance to travel to Spain in the summer holidays yet still escape the worst of the crowds. It's possible to extend your flights to incorporate a beach holiday at either end of the trip should you wish.

Sort is also known for its fine choice of restaurants. Looks can sometimes be deceiving, some of the best eateries in town may not look appealing at first glance but it's not hard to find outstanding traditional Catalan food at great prices. Typical set menu start at €25 per person with six course taster menus around €40 including wine. There are also several family friendly options including a great pizzeria.

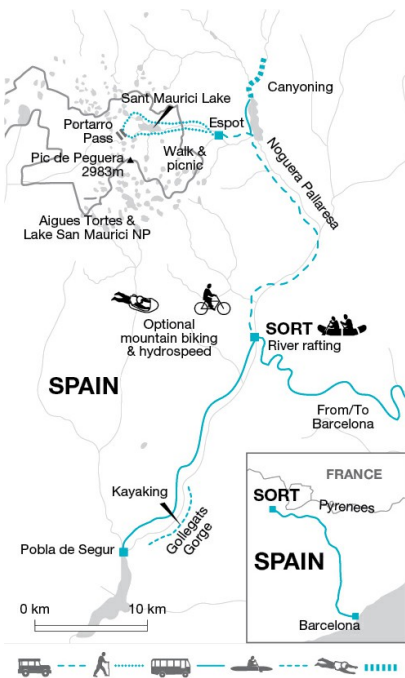
Great value: This Explore Family holiday 'lite' option has been designed to offer you maximum flexibility; a great value price with the option to pick and choose the activities you want to try. If half the family want to try their hand at white water rafting and the other half want to take it easy, relaxing in the tranquil mountain scenery - no problem, everyone can be accommodated! A full breakdown of the activity costs (paid locally and in addition to the basic holiday price) of each of the activities suggested on this trip are detailed in the downloadable trip notes - optional excursions section.

Triple Rooms: This trip allows the option for triple rooms to be included within the booking on all nights; it's also possible to request a one or two bedroom apartment for a supplement. If you would like these options, please ask our Sales team for further information.

Average Age: As a guide we have identified the actual average age of the children who have travelled on this trip over the last 5 years, to help you decide whether it's the right one for your family. The average age on this trip is 13 years old, this trip is suitable for children of all ages and no previous experience is necessary to participate in the activities.

Minimum age

7



Why book this trip

This holiday is perfect for active families who enjoy the outdoors all set against the stunning backdrop of the Pyrenees. Sort is the Pyrenees' premier water-based activity centre - a true mecca for lovers of white-water rafting, canyoning, kayaking and hydrospeed. Our riverside hotel has been specifically chosen to offer a range of facilities including tennis courts, two swimming pools and a gym plus it is located close to the Aigues Tortes NP, the region's finest National Park with numerous walking trails. Furthermore, the town of Sort is an ideal location to discover the traditional local culture of the area and last but not least is blessed with a beautiful micro climate, allowing an average of 300 days of sunshine per year.

What's included?



Included meals

Breakfast: 7



Transport

Bus
4WD



Trip staff

Explore Tour Leader
Driver(s)
Local Guide(s)

Trip information

Country information

Spain

Climate

Overall, spring, early summer and autumn are ideal times for a Spanish trip - though the weather varies enormously from region to region. The high central plains suffer from fierce extremes, stiflingly hot in summer, bitterly cold and swept by freezing winds in winter. The Atlantic coast, in contrast, has a tendency to damp and mist, and a relatively brief, humid summer. The Mediterranean south is warm virtually all year round. Spain's Islands the Canaries and Balaerics experience very mild winters and warm summers making them ideal year round destinations.

Time difference to GMT

+1

Plugs

2 Pin Round

Religion

Roman Catholic

Language

Castilian Spanish, Catalan, Galician, Basque

Budgeting and packing

Optional activities

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these tour notes were originally issued but may change at any time due to currency fluctuations. Please note: These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract.

A selection of optional activities are listed below to help you budget for your Family adventure. Whilst the basic tour price you pay before you travel includes a great selection of highlights, we have also built in free time to allow you the flexibility to choose from a carefully selected range of additional excursions and activities or take time to relax, the choice is yours. At certain destinations along the way there may be several options to choose from and it may not be possible to fit all the activities in; your Explore Leader will be able to give advice on which are the most suitable for your family.

These prices all include transport costs and are based on a minimum of 4 participants per activity. If there are less than 4 people a small group supplement may apply. Child rates, where applicable apply to children 11 and under.

Day 3: Canyoning 'Estaron' €62 per person, €35 child

Day 5: Hydrospeed €62 per person, €36 child

Day 5 or 7: Mountain bike €50 per person, no child discount

Day 5: Hells Canyon - €60 per person, no child discount

Day 5 or 7: Full day (52km) €110 per person, €60 child

Please note a half day of rafting is included on day 4, should you wish to book a further full day of white water rafting this can be arranged locally.

Clothing

Waterproofs for showers are also recommended as the weather can change with little notice as in all mountainous areas. Lightweight cotton clothing is advised from June to September with a fleece for higher walks.

Footwear

Walking or trail boots are essential, plus comfortable trainers. Sandals are useful in summer. An extra pair of old trainers is recommended for canyoning.

Luggage

20kg

Luggage: On tour

One main piece of luggage and a daypack. Remember you are expected to carry your own baggage so don't overload yourself.

Equipment

During the summer months we recommend you bring a sunhat and sunscreen as temperatures can be high. Water bottle and torch are essential.

Tipping

Explore leader

At your discretion you might also consider tipping your Tour Leader in appreciation of the efficiency and service you receive.

Local crew

In this region, tipping is a recognised part of life across the service industry. Local staff will look to members of the group for

personal recognition of particular services provided.

To assist with this your Explore Leader may organise a group tips kitty for included activities and meals, they will then account for kitty use throughout the tour.

For this we suggest £15 per family member.

For all non-included services and meals on your trip please tip independently at your discretion.

Country Information

Spain

Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Lunch price

£8.00 - 12.00

Dinner price

£16.00 - 20.00

Beer price

£1.50 - 2.50 (depending on the region/area in Spain)

Water price

£1.4

Foreign Exchange

Local currency

Euros

Recommended Currency For Exchange

We recommend you take the majority of your spending money in Euros cash.

Where To Exchange

We recommend that you change any currency into Euros prior to arrival. Bureau de Change are generally only found in major cities and large airports.

ATM Availability

In cities and most major towns.

Credit Card Acceptance

Visa and Mastercard are generally accepted in larger restaurants and some shops.

Travellers Cheques

Not recommended.

Transport, Accommodation & Meals

Transport Information

Bus, 4WD

Accommodation notes

Booking a Single Room

All of our group tours are planned and operated on a twin-share basis, meaning that the standard cost is based either on individual travellers sharing accommodation with another group member of the same sex, or people who book together sharing accommodation. Please refer to the tour notes where the single room option availability is detailed on a night by night basis for this tour, and the price for the available nights is detailed on the dates & prices tab by departure date. For Self-Guided trips the Single

Room supplement offers the option of a single room each and is charged per person. The Single Room supplement also applies to the third person in a party of three that will be accommodated in a single room.

The hotel is situated in the small town of Sort which is next to the Noguera Pallaresa River in the Lleida Pyrenees. The hotel offers a range of facilities including; a bar, restaurant, lounge, children's play room, indoor and outdoor swimming pool, gym, tennis courts, sun terrace and a large garden area. There is even a spa and wellness area as well as a sauna. The en-suite bedrooms also offer a hairdryer, free Wi-fi, satellite TV and have views over the swimming pool, garden or local town.

Triple rooms are usually in the form of an apartment which is located at the hotel with direct access to the pool and garden area. The apartments have a fully equipped kitchenette, bathroom, dining room and TV. They have a double bedroom with either a twin or double bed and a sofa bed in the main room that is ideal for teenagers. Apartments are cleaned twice per week and once for a change of towels and bed sheets. Please note that these rooms will be allocated upon arrival and families will be housed in either the apartments or the hotel to ensure they are close together.

Family swimming

There is the chance to swim every day in the hotel pool

Essential Information

FCO Advice

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office advice [click here](#).

For more information from Explore about travel advice, [click here](#)

Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

Price Guarantee

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

Visa and Passport Information

Spain: Visas are not required by UK, Australian, New Zealand, US and Canadian citizens. Other nationalities should consult their local embassy or consular office.

If you do require assistance in obtaining a visa then you may consider applying through Explore's recommended visa service in the UK, Travcour. See www.travcour.com to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

Booking conditions

Before booking your Explore trip, please ensure that you read both our [Essential Information](#) and [Booking Conditions](#).

Transfers

[Find out more about Trip Transfer Terms and Conditions before you book.](#)

Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. The exception to this rule is customers

who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Polar, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer [click here](#)

Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. The cost of many of our Polar Voyages will exceed the capped amount covered by standard insurance premiums and you will be required to pay an additional premium to cover the full value of your trip. Please ensure that you are covered for the full amount of your holiday cost, as insufficient cover could invalidate a claim under the policy. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

Read more information about what travel insurance is required.

Flight information

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. [Read more about them here.](#)

Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

Non refundable permits

Spain

Vaccinations

Nothing compulsory but Tetanus is usually recommended as a precaution. Please check the latest requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at [Explore Travel Health](#) and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.
