



REST OF THE YEAR

**EXPLORE!**

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 have the option to abseil down gorges, kayak and whitewater raft along rivers and explore the beautiful surroundings of Aigues Tortes National Park. 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 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.

### DAY 1 - Join Barcelona airport and drive to the hotel in Sort

Arrive Barcelona airport, transfer 3.5 hours to Sort and check-in at hotel. This charming mountain village close to the Noguera River is the centre for watersports in the Pyrenees. The name means 'luck' in Catalan.



**Accommodation: Hotel Pessets** (or similar)



Standard Hotel



Swimming pool available



Meals Provided: None

### DAY 2 - Optional walk in the Aigues Tortes National Park

For those that want to immerse themselves in majestic alpine scenery we have the option of a morning walk in the Aigues Tortes National Park. We leave in the morning and head off in Land Rovers to the Sant Maurici Lake which is placed amidst the rugged mountain ranges of the Pyrenees with peaks of up to 3000 m surrounding the area. The image of the two Encantats peaks is surely the most stunning one in the mountain range. We walk along-side the lake, passing a beautiful waterfall before reaching the 'Mirador', a viewpoint high above Sant Maurici. We have our picnic lunch close by with local specialities such as longaniza sausage or farmhouse goat cheese before continuing our walk along the other side of the Sant Maurici lake and then driving back to Sort. (Approximately 3 hours walking, 300 m ascent)

The minimum suggested age for this activity is 8 years old.



**Accommodation: Hotel Pessets** (or similar)



Standard Hotel



Swimming pool available



Meals Provided: Breakfast

### DAY 3 - Try your hand at optional canyoning and abseiling

In the morning there is the option to drive 30 minutes north to the beautifully set Guingueta reservoir, one of the dammed lakes of the Noguera river. There are excellent views of the Pyrenees with the backdrop of mountains all around. After changing into our wetsuits and harnesses we'll spend the morning abseiling, jumping and sliding down the Estaron Canyon. We'll be back at the hotel at lunch time and then the afternoon is free for more optional activities or relaxing by the pool. In the evening a dinner out of the village can be organized in one of the delightful restaurants tucked away in small mountain villages not too far from Sort.



**Accommodation: Hotel Pessets** (or similar)



Standard Hotel



Swimming pool available



Meals Provided: Breakfast

### DAY 4 - Opportunity to white water raft along the Noguera River

Experience the thrill of whitewater rafting on either a half or full day programme. For those looking to take part, we drive to our activity base right next to the river where we don our wet suits and lifejacket to explore this exciting river on our rafts along a 14 km stretch of the river. Pass through some exhilarating rapids including the famous 'washing machine' rapid which will throw your raft onwards as you travel down the steep body of water and we are sure you will yell with triumph once through this rollercoaster of a rapid. The river Noguera is unique as there is a high enough water level all year round for water sports. For those opting for a full day of rafting will head back to the river after lunch, returning to our hotel around 5pm.

For those looking to explore the village of Sort, there is plenty to explore in this old capital of the area with remains of the castle dating back to the 11th century still overlooking the village. A great location with beautiful surroundings and the backdrop of the Pyrenees, the town also boasts several pleasant bars and cafes where one can sit on the terrace and watch life pass by.



**Accommodation: Hotel Pessets** (or similar)



Standard Hotel



Swimming pool available



Meals Provided: Breakfast

## DAY 5 - Optional canyoning, abseiling, horse riding or mountain biking

By today you will hopefully know which activities you liked most and there are plenty of possibilities for a very active day, perhaps exploring 'hell's' canyon which involves abseiling 20 meters into a cave, horse riding or mountain biking. Another option involves a more challenging way of floating down the river in an activity called hydrospeed where you hang on to a little board following the current through rapids and calmer sections of the river.



**Accommodation: Hotel Pessets** (or similar)



Standard Hotel



Swimming pool available



Meals Provided: Breakfast

## DAY 6 - Free morning by the pool with the opportunity of a afternoon open kayak excursion

This morning is left free for relaxing or filling in with further optional activities that your tour leader can help you organise. This afternoon there is the further option to transfer to Geri de la Sal village where we get changed into our wet suits and spend the afternoon kayaking down the Noguera River through some exciting rapids and stunning canyons. These kayaks are often referred to as 'open kayaks' (inflatable, very stable mini-rafts). This area is one of the last habitats of the 'quebrantahuesos' vulture (or bearded vulture) which is close to extinction in Europe - with a bit of luck we can see one.



**Accommodation: Hotel Pessets** (or similar)



Standard Hotel



Swimming pool available



Meals Provided: Breakfast

## DAY 7 - Free Day - optional mountain biking

Today you can rest at the pool or on the banks of the river. Alternatively you may want to go for a walk in the surrounding area or ask the Tour Leader to organize another activity for you. There are a wide range of possibilities; recommended is the exhilarating mountain bike ride through the Montgarri valley or perhaps you may wish to spend the afternoon horse riding.



**Accommodation: Hotel Pessets** (or similar)



Standard Hotel



Swimming pool available

## DAY 8 - Return to Barcelona

After breakfast we drive to Barcelona Airport where the tour ends. If you are staying on you may wish to explore this fascinating city with its many attractions such as 'La Boqueria' food market, Las Ramblas boulevard lined with bars and restaurants and not to mention the many incredible architectural works of Antoni Gaudi.

If your flight is later than the dropping off time at Barcelona airport, there is the opportunity to travel into Barcelona by bus and bags can be stored at the airport left luggage for around Euro 10 per piece of luggage.

## Family information

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Spanish Pyrenees



River kayaking

**Adventure capital in the Spanish Pyrenees:** Based at a family run hotel in the Catalonian 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 Catalonian 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.

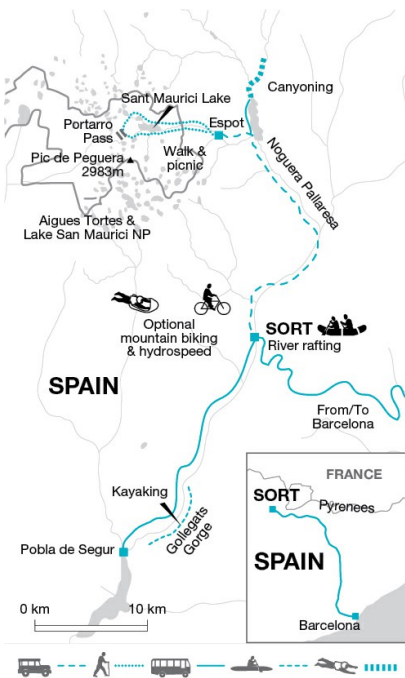
**Great value:** This Explore Family holiday 'lite' option has been designed to offer you maximum flexibility; a great value price with the option to pick and choose the activities you want to try. If half the family want to try their hand at white water rafting and the other half want to take it easy, 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)



### Accommodation

7 nights standard hotel

## 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**

Although entirely voluntary, tipping is a recognised part of life in this region of the world. Some local staff will look to members of



the group for personal recognition of particular services provided.

In order to make things easier for you, the Tour Leaders may organise a group's tips kitty and if this is the case, they will account for it throughout the tour. The recommended amount for this is 15 Euros per person.

## 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](http://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.

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