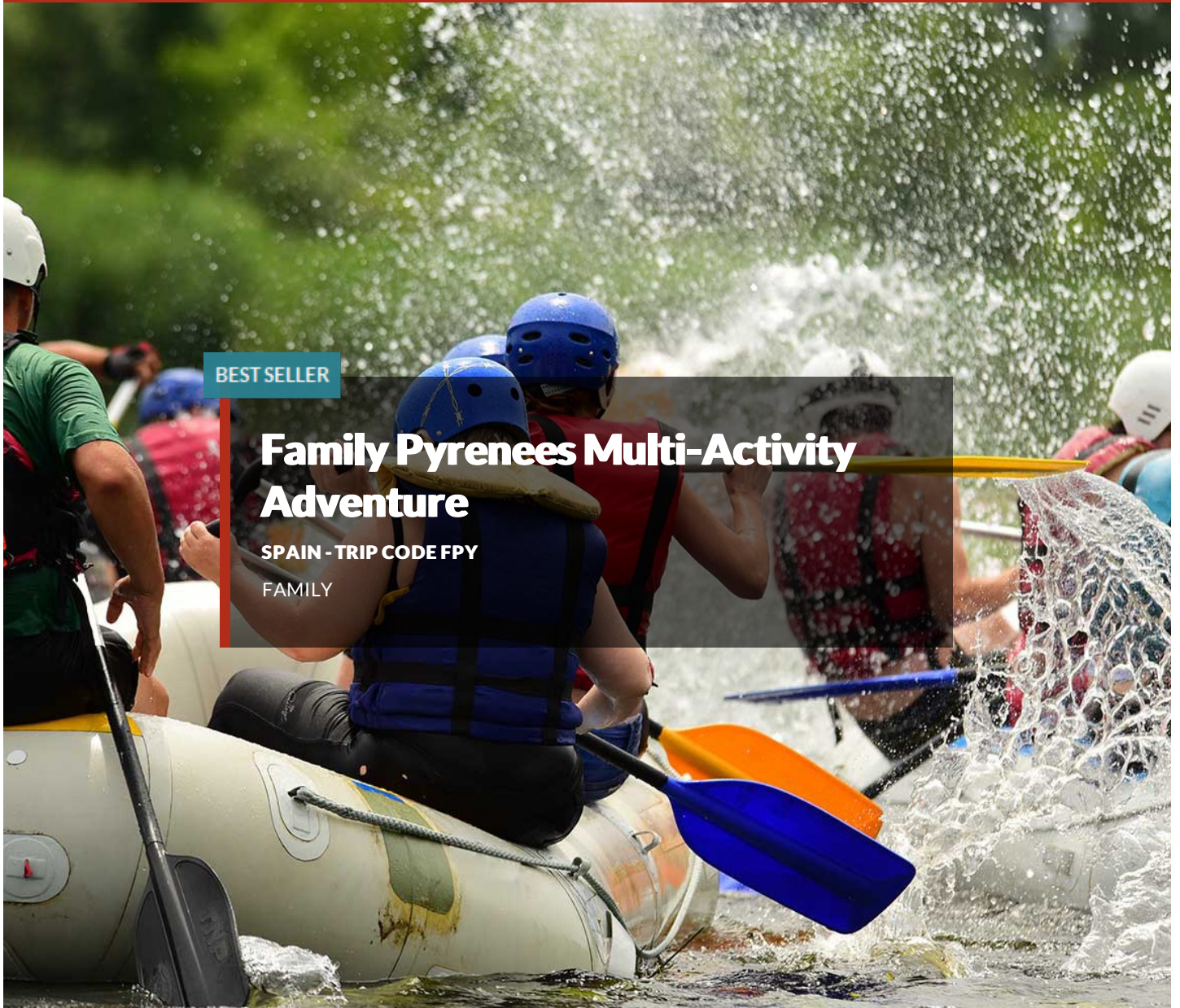


# EXPLORE!

Book with confidence



BEST SELLER

## Family Pyrenees Multi-Activity Adventure

SPAIN - TRIP CODE FPY

FAMILY

### Why book this trip?

Set against the backdrop of the breathtaking Pyrenees, the town of Sort is an ideal location for an activity holiday. 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. All equipment is provided and no previous experience is necessary.

- **Sort** - Activity centre of the Spanish Pyrenees with bars and cafes to watch the world go by and several excellent restaurants showcasing some of the best of Catalonia's proud culinary traditions.
- **Noguera River** - Whitewater rafting and kayaking on one of Europe's best and safest rivers with good year round water levels
- **Spa hotel** - Comfortable accommodation based in a family-run hotel with a swimming pool, gardens and

15/07/2020 11:48:52

					
<b>INCLUDED MEALS</b> Breakfast: 7 Lunch: 1	<b>TRIP STAFF</b> Explore Tour Leader Driver(s) Local Guide(s)	<b>TRANSPORT</b> Bus 4WD	<b>ACCOMMODATION</b> 7 nights premium hotel	<b>TRIP PACE:</b> Moderate	<b>GROUP SIZE:</b> 14 - 20

## Itinerary

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

### DAY 1 - Join trip at Barcelona airport and drive to Sort in the Spanish Pyrenees

Our trip begins at Barcelona Airport (airport code BCN) at 3pm. If you would like to join the complimentary airport transfer today, the latest your flight can arrive is 2.15pm. We will travel together as a group, the 230km journey takes around 3.5 hours to get to Sort, a charming mountain village close to the Noguera River and the centre for water sports in the Pyrenees. Our Leader plans to meet you in the hotel reception at 7pm and for those that wish, there is the chance to go out for dinner. There are no other activities planned today.

If your flight arrives earlier in the day, you may have time to wait ahead of our group transfer to Sort. You can make the most of this time by exploring Barcelona 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. The Barcelona metro line L9 Sud connects terminals T1 and T2 with the city of Barcelona every 7 minutes and takes 32 minutes or take the Aerobus to the city centre. Bags can be stored at the airports left luggage for around Euro 10 per piece of luggage.



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

**Grade: Premium Hotel**



SWIMMING POOL AVAILABLE



MEALS PROVIDED: NONE

---

## **DAY 2 - Walk in the Aigues Tortes National Park with lunch included**

For those that want to immerse themselves in majestic alpine scenery, we a morning walk in the Aigues Tortes National Park included. 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)

**Grade: Premium Hotel**



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST & LUNCH

---

## **DAY 3 - Exhilarating white water raft along the Noguera River**

Experience the thrill of whitewater rafting. Driving to our activity base right next to the river, 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 your 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. We return to our spa hotel in Sort around 1pm, the afternoon is free.

It's possible to extend the rafting to a full day excursion finishing at 5pm, simply let your tour leader know the day before the activity. The full day rafting includes lunch (typically pasta and salad) after which we re-join the river, rafting down the river through Sort and continuing through the picturesque Collegats canyon, an idyllic swimming spot. The river is marginally quieter on this second section. We will

aim to be back at the hotel by 6pm. Please refer to the budgeting and packing section for the supplement to upgrade to a full days rafting.



ACCOMMODATION:  
Hotel Pessets (or similar)

**Grade: Premium Hotel**



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

---

#### **DAY 4 - Try your hand at optional canyoning and abseiling or explore the town of Sort**

There are no included activities on this day. For those than want to try abseiling, there is the opportunity 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 or use the hotel spa; all guests 14 years and over will receive a complimentary two day spa pass to use during their stay with access from 1600 to 2100 daily except Mondays. Children from 14 to 17 can access the spa between 1600 and 1700 hrs Tuesday to Friday, between 1100 and 1500 on Saturdays and 1600 to 2200 on Sundays.

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 overlook 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.

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 to far from Sort. The town is 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 Catalanian 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.



ACCOMMODATION:  
Hotel Pessets (or similar)

**Grade: Premium Hotel**



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

---

### **DAY 5 - Free morning by the pool. Afternoon included 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 we 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)

Grade: Premium Hotel



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

---

### **DAY 6 - Free day with 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)

---

**Grade: Premium 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)

---

**Grade: Premium Hotel**



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

---

### **DAY 8 - Drive to Barcelona Airport where the trip ends**

Departing Sort this morning we drive 230km, around 3.5 hours to Barcelona Airport (airport code BCN), where we will arrive at about 1pm and this is where our trip ends. The earliest your flight can depart is 3pm.



MEALS PROVIDED: BREAKFAST

---

# 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	Plugs	Religion
+1	2 Pin Round	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: Half day whitewater rafting - included

If you wish to upgrade to a full day's rafting €62 adult, €36 child, arranged locally.

Day 4: Canyoning 'Estaron' €62 per person, €36 child  
Day 5: Hydrospeed €62 per person, €36 child  
Day 5: Horse riding €40 per person, no child discount  
Day 5 or 7: Mountain bike €65 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, €62 child

## 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

Tipping isn't compulsory, and we work hard to ensure that our leaders all receive a fair wage. You may however, want to recognise a leader that has done a great job or really added to your trip by giving them a tip. We're often asked about the recommended amount. It is a tricky one, and down to personal preference, but we would recommend £15 to £20 per family member as a guideline.

### Local crew

Although 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. Accordingly, you should allow approximately £15 of local currency per family member. In order to make things easier for you, the Explore Leader may organise a group's tips kitty and if this is the case, they will account for it throughout the trip.

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



## 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.

<b>Lunch price</b>	<b>Dinner price</b>	<b>Beer price</b>
£8.00 - 12.00	£16.00 - 20.00	£1.50 - 3.50 (depending on the region/area in Spain)

**Water price**  
£1.4

## Foreign Exchange

<b>Local currency</b>	<b>Recommended Currency For Exchange</b>
Euros	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

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. The en-suite bedrooms also offer a hairdryer, free Wi-fi, satellite TV and have views over the swimming pool, garden or local town.

The hotel also features a spa; all guests 14 years and over will receive a complimentary two day spa pass to use during their stay with access from 1600 to 2100 daily except Mondays. Children from 14 to 17 can access the spa between 1600 and 1700 hrs Tuesday to Friday, between 1100 and 1500 on Saturdays and 1600 to 2200 on Sundays.

## Family swimming

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

---

### Essential Information

#### Government Travel Safety 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 be able to apply 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 complimentary transfers will be arranged from the Explore designated airport or train station to your trips joining point, and then back from the ending point to the designated airport or train station. Generally the airport or station that Explore have selected will be the one that is closest to the town or city where the trip starts, or the one nearest to the joining point. It will be either an airport or train station but not both.

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.

## Ability to swim

An ability to swim is essential for your safe enjoyment of the water based activities on this trip. If you wish to participate in these activities then we insist that you are able to swim.

## 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.

---

## Family information



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.

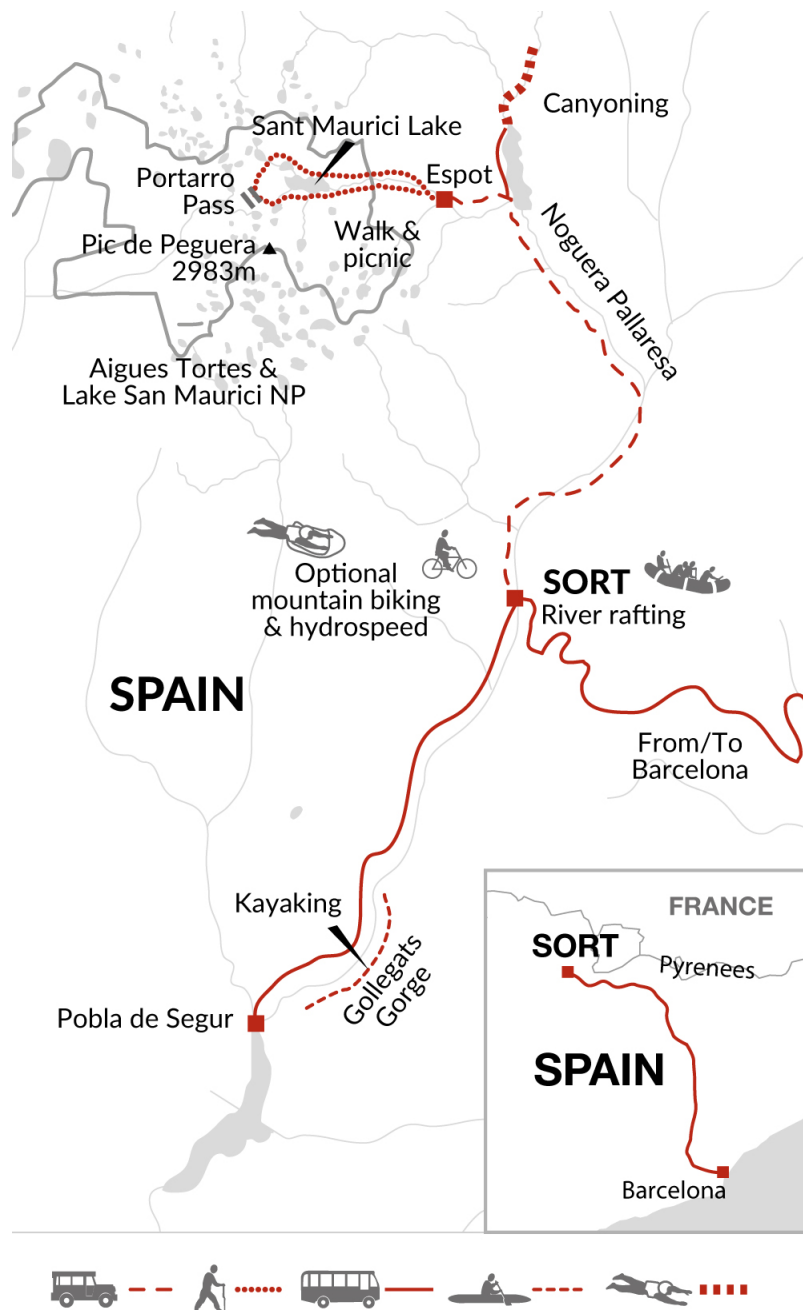
**Triple Rooms:** This trip allows the option for triple rooms to be included within the booking on all nights; it's also possible to request a one or two bedroom apartment for a supplement. If you would like these options, please ask our Sales team for further information.

**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 14 years old.

**Minimum age:** This trip is suitable for children of all ages from 7 upwards and no previous experience is necessary to participate in the activities.

---

### Additional Information



## 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.

# Reviews

---



**AWARD WINNING  
EXPLORE LEADERS**



**PRICE GUARANTEE  
PROMISE**



**AIRPORT  
TRANSFERS**