

# HEADWATER

— SPECIALISTS IN SELF-GUIDED HOLIDAYS SINCE 1985 —

## ON FOOT OR BY BIKE

JANUARY 2018 - OCTOBER 2019



# WELCOME TO HEADWATER



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Welcome to your 2018/2019 Headwater brochure. On a Headwater walking or cycling holiday you'll reap the rewards of more than 32 years' experience.

Our relaxed holidays are tailor-made to ensure you experience regional highlights and true culture – whilst moving at your own pace. Whether you prefer to explore self-guided, as a couple or group of friends, or guided, as part of a small group of like-minded walkers with an experienced leader, every one of our trips can be personalised to your individual needs.

Travelling on foot or by bike on holiday is one of the best ways to explore a region – you can stop off at places of interest when you fancy and soak up the sights, sounds and scents of your surroundings.

Our experts have met the hoteliers and hand-picked each hotel, tasted the local cuisine and wines, and tested every interest-packed route. And with all our trips including breakfasts and all or most evening meals too, we have everything covered for you. We also provide an exclusive Headwater Rep Service in 16 of our regions.



From fairytale Alsace in France, with its sun-drenched vineyards and mediaeval villages, to the ancient architecture and timeless countryside of Tuscany in Italy, to the gentle shoreline routes in the stunning Austrian Lakes; there are 16 countries in our portfolio to choose from for your perfect relaxed activity holiday.

*“Headwater took all the work out of the travel and holiday arrangements and left us to enjoy ourselves!”*

Miss Buttrick, Plymouth  
*Martins of Madeira Walk*

Call us on **01606 828566** for a tailor-made quote

# HOLIDAY FINDER

## THE UK AND IRELAND

16-29

### SCOTLAND

- Loch Ness & the Caledonian Canal
- The Moray Coast & Whisky Trail

### THE LAKE DISTRICT

- Literary Walking in the Lake District

### DORSET

- Jewels of the Jurassic Coast Walk
- Dorset & the Jurassic Coast Cycling

### IRELAND (KERRY)

- Mystical Walking on the Kerry Way
- Unspoilt Ring of Kerry Cycling

### IRELAND (GALWAY & MAYO)

- Connemara Trails and Island Walk
- The Loughs & Lanes of Connemara

	Nights	Activity	Grading	Hotel-to-hotel	Single/twin centre	E-bikes	Page
Loch Ness & the Caledonian Canal	6	W	1+ 2 2 2 2	✓			17
The Moray Coast & Whisky Trail	7	C	1 2 2 2 2	✓	✓		18
Literary Walking in the Lake District	6	W	1+ 2 2 2 2	✓			20
Jewels of the Jurassic Coast Walk	5	W	1+ 2 2 2 2	✓			22
Dorset & the Jurassic Coast Cycling	5	C	1 2 2 2 2	✓	✓		23
Mystical Walking on the Kerry Way	7	W	1 2 2 2 2	✓			25
Unspoilt Ring of Kerry Cycling	7	C	1 2 2 2 2	✓	✓		26
Connemara Trails and Island Walk	8	W	1+ 2 2 2 2	✓			28
The Loughs & Lanes of Connemara	8	C	1 2 2 2 2	✓			29

## FRANCE

30-63

### BRITTANY

- Brittany's Emerald Coast Walk
- Backroads of Brittany Cycling
- Brittany Activities

### THE LOIRE

- Rivers and Châteaux of the Loire Walk
- Loire Gastronomic Cycling
- Châteaux of the Loire Cycling

### BURGUNDY

- Chablis Vineyards Walk
- Gastronomic Burgundy Walk
- Chablis Vineyards Cycling
- Classic Burgundy Cycling
- Gastronomic Burgundy Cycling

### ALSACE

- Villages & Vineyards of Historic Alsace
- Contrasts of Alsace & the Vosges Walk
- Wine Villages of Alsace Cycling

### THE DORDOGNE

- Along the Banks of the Dordogne
- Dordogne Gastronomic Cycling
- Canoeing on the Dordogne
- Dordogne Activities
- Sarlat Activities

### THE TARN

- Dramatic Vistas of the Tarn Walk

### PROVENCE

- Landscapes of the Luberon Walk
- Landscapes of the Luberon Cycling
- Hilltop Villages of Provence Cycling
- Vineyards of Vaucluse Cycling
- Côtes du Ventoux Cycling

### THE PYRENEES

- Heart of the Pyrenees Walk

	Nights	Activity	Grading	Hotel-to-hotel	Single/twin centre	E-bikes	Page
Brittany's Emerald Coast Walk	8	W	1+ 2 2 2 2	✓			31
Backroads of Brittany Cycling	8	C	1+ 2 2 2 2	✓	✓		32
Brittany Activities	7	W/C	1 1+ 2 2 2 2	✓	✓		33
Rivers and Châteaux of the Loire Walk	6	W	1 2 2 2 2	✓			35
Loire Gastronomic Cycling	6	C	1 2 2 2 2	✓			36
Châteaux of the Loire Cycling	8	C	1+ 2 2 2 2	✓			37
Chablis Vineyards Walk	8	W	1+ 2 2 2 2	✓			39
Gastronomic Burgundy Walk	6	W	1+ 2 2 2 2	✓			40
Chablis Vineyards Cycling	6	C	1 2 2 2 2	✓	✓		41
Classic Burgundy Cycling	8	C	1+ 2 2 2 2	✓	✓		42
Gastronomic Burgundy Cycling	6	C	1 2 2 2 2	✓	✓		43
Villages & Vineyards of Historic Alsace	8	W	1 2 2 2 2	✓			45
Contrasts of Alsace & the Vosges Walk	8	W	1 2 2 2 2	✓			46
Wine Villages of Alsace Cycling	7	C	1+ 2 2 2 2	✓			47
Along the Banks of the Dordogne	8	W	1 2 2 2 2	✓			49
Dordogne Gastronomic Cycling	8	C	1 2 2 2 2	✓	✓		50
Canoeing on the Dordogne	8	W	1 2 2 2 2	✓			51
Dordogne Activities	8	W/C	1 2 2 2 2	✓			52
Sarlat Activities	7	W/C	1 2 2 2 2	✓	✓		53
Dramatic Vistas of the Tarn Walk	7	W	1 2 2 2 2	✓			55
Landscapes of the Luberon Walk	8	W	1+ 2 2 2 2	✓			57
Landscapes of the Luberon Cycling	8	C	1 2 2 2 2	✓	✓		58
Hilltop Villages of Provence Cycling	6	C	1 2 2 2+ 3	✓	✓		59
Vineyards of Vaucluse Cycling	8	C	1+ 2 2 2 2	✓	✓		60
Côtes du Ventoux Cycling	6	C	1+ 2 2 2 2	✓	✓		61
Heart of the Pyrenees Walk	7	W	1 2 2 2 3	✓			63

## ITALY

64-87

### THE DOLOMITES

- Walks in the Italian Dolomites

### TRENTINO (ALTO ADIGE)

- From the Dolomites to Lake Garda

### THE VENETO

- Walking in the Venetian Hills
- Heart of Veneto Cycling
- Venetian Villas & Vineyards Cycling

### PIEDMONT

- Gastronomic Barolo Walk
- Gastronomic Barolo Cycling

### TUSCANY

- Volterra to San Gimignano Walk
- Secrets of San Gimignano Cycling

### UMBRIA

- Walking the Olive Trails of Umbria
- Cycling the Wine Trails of Umbria

### PUGLIA

- Contrasts of Puglia Cycling

### THE AMALFI COAST

- Amalfi to Sorrento Walk

### SICILY

- Secrets of Sicily Walking
- A Taste of Sicily Cycling

	Nights	Activity	Grading	Hotel-to-hotel	Single/twin centre	E-bikes	Page
Walks in the Italian Dolomites	7	W	1 2 2 2+ 3	✓			65
From the Dolomites to Lake Garda	9	C	1 1+ 2 2+ 3	✓	✓		67
Walking in the Venetian Hills	8	W	1+ 2 2+ 3	✓			69
Heart of Veneto Cycling	7	C	1 2 2 2 3	✓			70
Venetian Villas & Vineyards Cycling	8	C	1 2 2 2 3	✓			71
Gastronomic Barolo Walk	8	W	1 2 2 2 3	✓			73
Gastronomic Barolo Cycling	8	C	1 2 2 2 3	✓	✓		74
Volterra to San Gimignano Walk	8	W	1 2 2 2 3	✓			76
Secrets of San Gimignano Cycling	8	C	1 2 2 2+ 3	✓			77
Walking the Olive Trails of Umbria	10	W	1 2 2 2 3	✓			79
Cycling the Wine Trails of Umbria	8	C	1 2 2 2 3	✓	✓		80
Contrasts of Puglia Cycling	7	C	1+ 2 2 2 3	✓	✓		82
Amalfi to Sorrento Walk	8	W	1 2 2 2 3	✓			84
Secrets of Sicily Walking	7	W	1 2 2 2 3	✓			86
A Taste of Sicily Cycling	10	C	1 2 2 2 3	✓	✓		87

## SPAIN

88-107

### GALICIA (CAMINO)

- Walking the Camino de Santiago

### CATALUNYA (GIRONA)

- Catalan Classic Walk
- Catalan Coastal Walk
- Contrasts of Catalunya Cycling
- Classic Catalan Cycling
- Catalunya Activities

### CATALUNYA (TERRES DE L'EBRE)

- Cycling around the River Ebro
- Discovering the Ebro Delta by Bike
- Undiscovered Southern Catalunya

### ANDALUCÍA (ZUHEROS)

- Hidden Valleys of Córdoba

### SIERRA DE GREDOS

- Walking in the Sierra de Gredos

### MENORCA

- Coastal Trails of Menorca

### GRAN CANARIA

- Walking on Gran Canaria

	Nights	Activity	Grading	Hotel-to-hotel	Single/twin centre	E-bikes	Page
Walking the Camino de Santiago	10	W	1 2 2 2 3	✓			89
Catalan Classic Walk	6	W	1+ 2 2 2 3	✓			91
Catalan Coastal Walk	8	W	1 2 2 2 3	✓			92
Contrasts of Catalunya Cycling	6	C	1 2 2 2 3	✓			93
Classic Catalan Cycling	8	C	1 2 2 2 3	✓			94
Catalunya Activities	7	W/C	1 2 2 2 3	✓			95
Cycling around the River Ebro	6	C	1+ 2 2 2 3	✓			97
Discovering the Ebro Delta by Bike	7	C	1 2 2 2 3	✓			98
Undiscovered Southern Catalunya	8	C	1 2 2 2 3	✓			99
Hidden Valleys of Córdoba	7	W	1 2 2 2 3	✓			101
Walking in the Sierra de Gredos	7	W	1 2 2 2 3	✓			103
Coastal Trails of Menorca	7	W	1 2 2 2 3	✓			105
Walking on Gran Canaria	7	W	1 2 2 2 3	✓			107

**PORTUGAL 108-117**

**THE ALGARVE**

	Nights	Activity	Grading	Hotel-to-hotel	Single/twin centre	E-bikes	Page
Walk the Algarve's Wild West	6	W	1+2222	✓			109
Short Break in the Algarve's Wild West	4	W	1+2222	✓			110
Walking Portugal's Land's End	8	W	1+2222	✓			110
Walking the Algarve's South-West	10	W	1+2222	✓			111
The Algarve from West to East	7	W	1+2222	✓			112
Cycling in 'The Real Algarve'	6	C	12222	✓			113
<b>PORTO</b>							
Porto Coastal Cycling	7	C	12222	✓	✓		115
<b>MADEIRA</b>							
Marvels of Madeira Walk	7	W	12222	✓			117

**MALTA / GOZO 118-119**

**GOZO**

Walking on Gozo - Calypso's Isle	7	W	1+2222	✓			119
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**CENTRAL AND NORTHERN EUROPE 120-143**

**SLOVENIA**

Julian Alps to Adriatic Cycling	10	C	1+2222	✓			121
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**CROATIA**

Castles to Coast Walk	7	W	12222	✓			123
Coastal Croatia - Pula to Porec Cycling	7	C	1+2222	✓			124

**AUSTRIA (SALZKAMMERGUT)**

Austrian Lakes Walk	8	W	1+2222	✓			126
Austrian Lakes Cycling	8	C	12222	✓	✓		127
Cycling Austria's Lake District	6	C	1+2222	✓	✓		128
Austrian Lakes Activities	7	W/C	1+2222	✓	✓		129

**SWITZERLAND**

Classic Swiss Alps Walk	7	W	12222	✓			131
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**GERMANY/AUSTRIA/SWITZERLAND**

Lake Constance Cycling	10	C	12222	✓	✓		133
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**GERMANY/AUSTRIA (DANUBE)**

Passau to Vienna Cycling	10	C	12222	✓	✓		135
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**GERMANY (SOUTHERN BAVARIA)**

Walking in Bavaria	7	W	12222	✓			137
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**GERMANY (BAVARIA)**

Bavaria Rivers & Valleys Walk	8	W	12222	✓			139
Bavarian Castles & Rivers Cycling	8	C	1+2222	✓	✓		140
Five Waterways of Bavaria Cycling	10	C	12222	✓	✓		141

**NORWAY (OSLOFJORD)**

Cycling the Oslofjord	6	C	12222	✓	✓		143
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**BERMUDA 144-145**

**BERMUDA**

Islands of Bermuda Walk	7	W	12222	✓			145
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**GUIDED WALKING HOLIDAYS 146-156**

**FRANCE (FRENCH RIVIERA)**

Undiscovered French Riviera Walk	7		12222	✓			148
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**SPAIN (ANDALUCÍA)**

White Villages of Andalucía Walk	7		1+2222	✓			149
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**SPAIN (VALENCIA)**

Vistas of Valencia Walk	7		12222	✓			150
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**SPAIN (LA GOMERA)**

Walking on La Gomera	7		12222	✓			151
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**SPAIN (TENERIFE)**

Secrets of Tenerife Walk	7		12222	✓			152
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**CROATIA (DALMATIA)**

Delights of the Dalmatian Coast Walk	7		12222	✓			153
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**MONTENEGRO**

Highlights of Montenegro Walk	7		12222	✓			154
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**ROMANIA (TRANSYLVANIA)**

Transylvania & the Carpathian Mountains	7		12222	✓			155
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**NORWAY**

Norwegian Fjords Walk	8		1222+2	✓			156
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**HOW OUR HOLIDAY GRADINGS WORK**

All our holidays are rated from 1 to 3, so you can choose the one that's most suited to your abilities. See page 11 for further details of our walking levels and page 12 for our cycling levels.

**FIND YOUR PERFECT HOLIDAY ONLINE**

Our online Holiday Finder puts you in control, so visit our website [headwater.com](http://headwater.com) to quickly find your perfect holiday. Select the type of holiday you're interested in, then refine your search to include those holidays that tick all your 'must-have' boxes.



# WHY CHOOSE HEADWATER?

Park Hotel Le Fonti, Italy

## HAND-PICKED HOTELS JUST FOR YOU

One of the most important decisions we make when creating new holidays is choosing where you will stay. Since 1985 we have been researching and sourcing the finest, friendliest and most charming hotels, so that you can really relax after a day's walking or cycling activities.

We look for small, family-owned hotels, with great regional cuisine, and owners who take a genuine interest in their guests. You'll be treated to delicious home-cooked meals, fine wines and the warmest of welcomes wherever you stay.

From centuries-old castles and converted farmhouses to stylish spa hotels and country manors, you'll spend nights at wonderfully different accommodations, soaking up the atmosphere and surroundings. The places themselves

vary enormously, reflecting the differing tastes and styles of their owners.

Favourites in France include a C16 *monument historique* hotel and a *château* in the heart of the Loire Valley. In Italy, guests love staying in the small *agriturismi* – cosy farm hotels – that feature on many of our walking and cycling routes.

Further afield, you can choose to be pampered at our \*\*\*\*\* retreat on the romantic isle of Gozo, or opt for a wonderfully converted 200-year-old olive mill with swimming pool in Spain's Andalucía. If, on the other hand, a cosy mountain lodge is more what you are looking for, no problem, and, if you're a fan of quirky accommodation, we do that too! Step back in time 300 years when



Castell d'Emporda, Spain

staying in a former prison in Bavaria, or get comfortable in a 1920's Belle Époque palace in Portugal.

On the individual holiday pages, and on our website, we clearly mark each accommodation with an official star rating \* or, if one does not exist, then we have rated them with our own Headwater rating , based on our rigorous criteria and extensive experience.

# A GASTRONOMIC JOURNEY

Delicious local food and fine wines are essential ingredients for all Headwater holidays. Everywhere you stay, you'll sample a mouth-watering selection of local culinary treats.

Breakfasts, ranging from traditional continental through to copious help-yourself buffets, are always included, whilst arrangements for lunch vary according to your destination and type of holiday. On most group guided walking holidays, for example, lunch (either a picnic or at a local restaurant) is provided on most days. On independent self-guided holidays, midday meals are left to you. Many of our fondest memories stem from lingering over lunch under shady plane trees, putting a picnic together at the local market or taking pot luck on the *menu du jour* with the workers from a village on our route.

In the evening, dinner is nearly always included, except in larger towns and cities where we think you'll appreciate having the choice of eateries. In all cases, we encourage chefs to offer the dishes they do best, that are typical of the region, and that are created using good quality fresh, local produce.

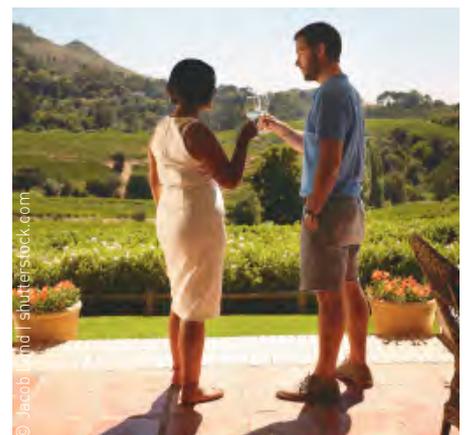
Our usual formula is to include a middle-budget menu, typically four to five courses, sometimes with wine included too.

Within our programme you will also find a selection of "Gastronomic" walking and cycling holidays. These holidays have been specially designed around hotels that offer outstanding regional cuisine. You will enjoy menus typically featuring local gourmet specialities with dishes changing every day. Some of the restaurants are Michelin-starred.



*"The hotel accommodation and food were absolutely excellent and the staff helpful and friendly."*

Mrs Smith, Orpington  
*Walking in the Italian Dolomites*



Call us on **01606 828566** for a tailor-made quote

# HEADWATER GIVES YOU MORE

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## THE HEADWATER REP SERVICE

Having an experienced Headwater Representative on-hand whilst you're on holiday gives you that added reassurance, which is why we include the services of our exclusive reps in 16 regions in France, Italy, Spain, Portugal, Austria and Germany.



### Meet you on arrival

Your rep will go through all maps and route directions with you, help you plan your route and update you on what's happening in the local area.

### Equipment

If you have booked a cycling or canoeing holiday, they will fit you out with your bike or canoe and give you a full safety briefing on how to use it.

### Luggage service

Our reps will transport your luggage between hotels for you, so you can travel light from hotel-to-hotel.

### Fully checked routes

Our reps regularly check the interest-packed routes to ensure they are as accurate as they can be.

### Wine service

Our reps provide a complimentary pick-up service of any wine you've bought straight from the vineyards – just tell them what you've bought and from where.

### 24/7 support

Fully trained each year, our reps are available to answer any questions you may have or help you whilst you're away.

# METICULOUSLY PLANNED ROUTES

“The walking guidance notes were amazing, providing every little detail of the walk.”

Mr Dawson, London  
*Amalfi to Sorrento Walk*

Plane ticket in hand, research notes in luggage and eager to go, we travel to every destination in our brochure during the planning of all your holidays, to find you the most scenic walking and cycling routes, the tastiest eateries and the most charming hotels.

Heading out to a region and exploring first-hand what it has to offer means we can carefully craft your holiday using our intimate knowledge – then do test runs of the finished product before sharing it with you.



© Worthersee Tourismus GmbH

It's our priority to ensure that all Headwater holidays are full of interesting experiences for you, and we pride ourselves on our attention to detail and service that really sets us apart from the rest.

## Thorough route checking

Our reps and guides check out the routes and itineraries regularly throughout the year to ensure that all aspects of the trip are as described in the brochure and on the website. Occasionally, footpaths are diverted or restaurants close, but our thorough checking will give peace of mind to customers that routes have been adapted and updated.

## Maps, guides and route directions

Get a flavour of the region you're travelling to before you set off with our comprehensive selection of maps, guides and route directions that are relevant to your chosen holiday.



You'll receive a map in the post and all other useful documentation via email in advance of your departure so you can familiarise yourself with all the details so that your trip runs smoothly when you arrive.

## GPS route navigation for cyclists

If you're a cyclist travelling to one of our regions that has a Headwater Representative, you'll have access to *RidewithGPS* route navigation. Rather than carrying around paper notes (you still can if you prefer to), this technology means you can download your route directions via the *RidewithGPS* app, for free, to your iPhone/Android phone or any GPS device prior to travelling. Then you simply listen to the audio turn-by-turn instructions en route, in a similar way to a car Sat Nav. Our bikes are fitted with a handlebar-mounted phone holder for convenience and because you'll receive both visual and audio alerts, you won't need to unfold large maps or read detailed notes whilst cycling. Find out more at [headwater.com/ridewithgps](http://headwater.com/ridewithgps)



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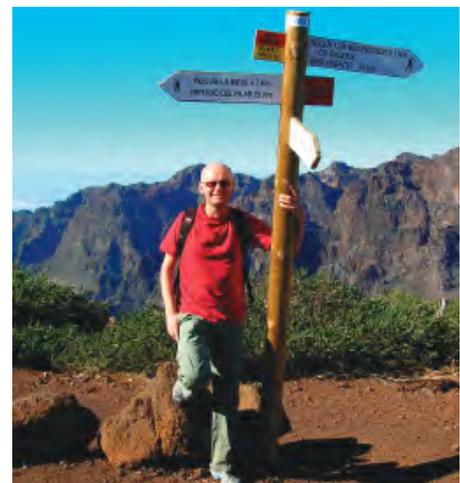
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## TURN MOMENTS INTO MEMORIES

Picture this: Taking your first sip of a glass of locally-produced Pinot Noir whilst stopping off at a vineyard in Burgundy. Winding your way through the jagged lava fields of Mount Teide on Tenerife. Visiting the remarkable Blaca Monastery in Croatia (which can only be reached on foot). It's the individual moments on a walking holiday that make it special. You can choose between a self-guided or guided holiday, depending on how you like to explore a destination.

When exploring on foot, you can choose at what pace you move – and which walking routes you take. From ambling along country lanes to challenging yourself on mountain passes – each offer fresh views and chances to capture iconic photographs, soak up the atmosphere and enjoy your surroundings.

To fully enjoy a moment you need to be utterly relaxed and switched off. By taking a relaxing walking holiday with us you'll be able to embrace moments – those times when you feel invigorated, refreshed and immersed in the culture of the region you're visiting – and remember them for years to come.



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# SELF-GUIDED WALKING

On a self-guided walking holiday you take the lead and determine where you want to go and what you want to see. With your comprehensive route directions and detailed maps in hand, perhaps you feel like spending a little longer admiring a view, dipping your toes in the pool to cool down, or listening to musical birdsong whilst you finish your lunch. You're free to do it your way.



## Maximum flexibility

Travel at your own pace, set off whenever you're ready and choose when and where you stop for lunch.

## Well-planned routes

Detailed and up-to-date walking route directions and maps mean you never need to worry about finding your way.

## Local knowledge and tips

On your "stay put" days we suggest pretty day walks and provide details of local attractions so you can make the most of your trip.

## Children welcome

Our easier walking holidays are suitable for children and infants can be carried in papooses.

## GUIDED WALKING HOLIDAYS

We also offer a great range of guided walking holidays. These are run by experienced local guides. Full details can be found on pages 146-147.

## YOUR STAY, YOUR WAY

On a self-guided or guided walking holiday you'll either move from hotel-to-hotel from one place to the next (usually every two days), or stay in a single-centre hotel during your holiday.

### Hotel-to-hotel holidays

- Stay in a number of hand-picked, quality hotels.
- See more of a region when moving between hotels.
- We transport your luggage between hotels for you.

### Single-centre holidays

- One base hotel – you can settle into your hotel and make yourself at home for the week!
- A range of walking options each day so you can mix and match to suit how you feel each day.



## ACTIVITY GRADINGS

To help you choose a holiday that best suits your level of fitness, all our walking holidays are rated using the Headwater activity grading system, focusing primarily on distance and ascent. On the individual holiday pages you'll see each tour is marked with a rating. On some holidays there are a choice of routes and, for these, two ratings will be shown (you're free to choose between routes on a day-by-day basis).

- 1** Suitable for anyone who is reasonably fit and healthy, enjoys the occasional weekend walk and can walk for 2-5 hours on any given day. Some holidays involve short, steeper sections; others will include gentler, but longer ascents/descents. Trails are seldom totally flat so you should be prepared for altitude changes of up to 400m on some days. A head for heights is not necessary.
  - 2** Suitable for anyone looking for walks of 4-6 hours and confident with daily ascents/descents of up to 700m. You don't need specific walking experience, however, good health and reasonable fitness are important. There may be some sections on uneven terrain where scrambling is required. On certain holidays, you do need a head for heights; this is specified on our website where applicable.
  - 3** Fitness is important as you can expect to be walking for 5-8 hours, including up to 1000m ascents/descents. High altitudes, climate and remoteness can also be a factor depending on your chosen destination. Compass reading skills and experience of walking in mountains is important, and you should have a reasonable head for heights. There is likely to be some scrambling required, although not rock climbing. Not suitable for under 12s.
- 1+2+** Some small sections of the route will be slightly more challenging than the overall grading.



Call us on **01606 828566** for a tailor-made quote



# CYCLE YOUR WAY

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## BETTER BY BIKE

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*“Our first cycling holiday and we absolutely loved it.”*

Ms Moxon, Caterham  
*Châteaux of the Loire Cycling*

Imagine pedalling down quaint country lanes in Brittany, the wind sweeping through your hair before you stop off for a morning coffee. Smelling the sweet scent of peaches as you gently cycle through orchards and olive groves on your way to the stunning Catalanian coast. Taking that picture-perfect snap around Austria’s crystalline lakes, whilst enjoying a picnic against the mountainous backdrop. Don’t miss out on chatting with locals as you’re passing through their chocolate-box villages, or riding to the top of a hill to get the best view of the golden eagles circling above.

When travelling on two wheels, you’ll cover more distance than you would on foot, leaving more time to reach those touchpoints and soak up more of the atmosphere, right from your saddle.



# SELF-GUIDED CYCLING

Cycling gives great scope for independent exploring, as you can follow any route you choose using our comprehensive route directions or GPS navigation and detailed maps. Feel free to dip your toes in a passing river to cool down, take a quick detour to a nearby château, or spend a lazy afternoon picnicking by a river.



Headwater e-bikes

## The complete package by bike

Our routes start off with just enough exercise to work up an appetite for the next meal, with longer route options if you're feeling energetic! You move between hotels, typically every two days, leaving you free on all "stay put" days to do as you choose: sightseeing, shopping, wine-tasting or sunbathing by the pool. You're free to do it your way – and our staff will move your bags for you as part of the package. We'll kit you out with our custom-made bike once in resort and provide you with everything you'll need (you just need to bring a helmet and water bottle).

## E-bikes

Are you worried about keeping up with your companions? Well-designed and easy to use, an electric bike can help take the edge off daunting hill climbs, long distances and the occasional head wind! Emission-free, they keep you going for that little bit longer. If you usually opt for our more gentle routes, you can now choose something a little longer or more undulating with an e-bike as the effort required is similar. Some previous cycling experience is required to use an e-bike, full details at [headwater.com/ebikes](http://headwater.com/ebikes)

## MULTI-ACTIVITY HOLIDAYS

Can't decide whether you'd prefer to walk or cycle around your destination? Why not do both? Our single-centre Austrian Lakes Activities holiday (p129), our Brittany Activities (p33) and our Sarlat Activities (p53) incorporate both walking and cycling and are a great option for families.

On our Dordogne Activities holiday you'll walk, cycle and canoe, enabling you to explore every aspect of the region (see page 52).

Just want to travel on water? Discover unspoilt France on our Canoeing on the Dordogne holiday; you'll spot things whilst canoeing that walkers and cyclists rarely get to see, and get up close with waterway wildlife including timid herons, dragonflies and red kites (see page 51).



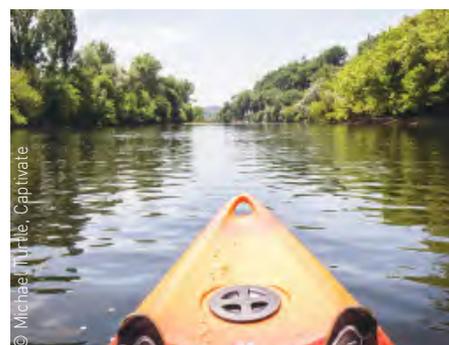
*"We had a wonderful mixed activity holiday... Pure bliss!!"*

Dr Monte, Ware  
*Backroads of Brittany Cycling*

## ACTIVITY GRADINGS

To help you choose a holiday that best suits your level of fitness all our cycling holidays are rated using the Headwater activity grading system, focusing primarily on distance and ascent. On the individual holiday pages you'll see each tour is marked with a rating. On some holidays there are a choice of routes and, for these, two ratings will be shown (you're free to choose between routes on a day-by-day basis).

- 1** Gentle routes, often flat but with the occasional short climb and freewheel descent! On average, you should expect to be cycling for 3-5 hours on each cycling day leaving lots of time to explore at leisure, relax by the pool etc. A great choice for first-timers, families with children or anyone who hasn't ridden a bike in years.
- 2** More varied cycling terrain which will appeal to the fair-weather cyclist, or to more active riders looking for a relaxed trip. No special technical skills are required.
- 1+2+** Some small sections of the route will be slightly more challenging than the overall grading.



Call us on **01606 828566** for a tailor-made quote



# YOUR HOLIDAY YOUR WAY

## IT'S YOUR HOLIDAY

---

### Tailor-made holidays

Whether you want to fly from your local airport, add on some extra nights to explore a region a little more, or combine a city break at the beginning or end of your trip, you can pick and choose according to what suits you best. If you are travelling to celebrate a special occasion, we can offer upgraded travel or superior rooms or suites at many of our hotels too.

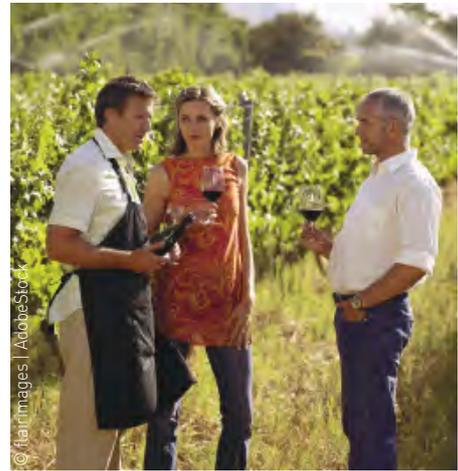


### Hike and Bike

For those of you who would like the opportunity to combine walking and cycling routes on your holiday, our selection of "Hike and Bike" trips could be the answer. The concept is simple: you walk from hotel-to-hotel every other day (with your bags transported for you) then, on your in between "stay put" days, we arrange for a comfortable, gel-saddled bike to be available for your exclusive use.

### Short Breaks

If you'd like to try a walking or cycling holiday but can't fit in a full week away, an independent short break holiday is just for you. Our traditional self-guided holidays are typically structured so that you walk or cycle one day, stay put the next, for the duration of your trip.



On our 4-night breaks, the formula has been changed so that you move on every day. In this way, you'll see the maximum the region has to offer within the shortest space of time. To make sure you still have time to visit places of interest, go wine-tasting, laze by the pool and so on, we've kept the distances short. Of course, we still provide detailed maps and route notes, and our staff move your bags from hotel-to-hotel for you - just as with our regular holidays.

# BE ASSURED WITH HEADWATER

## Price Promise

We've spent the last 32 years building friendships with our hoteliers and local suppliers, so when you book a Headwater holiday you can be confident that you will not only be getting the best advice and experience but that you will also be getting an honest price.

When comparing our price with other holidays it's worthwhile considering that all elements such as transfers, equipment (including bikes) and meal plans are included as standard. Should you find a direct comparison of your Headwater holiday at a lower price before booking please do contact us and give us the opportunity to match it.

*"From our first enquiry with Headwater the whole holiday couldn't have gone smoother."*

Mrs Morris, Gorebridge  
*Lake Constance Cycling*

## Your feedback is important

We really value customer feedback on our holidays, and encourage all travellers to leave a review on Feefo, the feedback website, and on our post-holiday questionnaires that we send to you after your Headwater holiday. We read every comment, and publish these on our website for others to read.



**travel  
aware**  
gov.uk/travelaware

The Foreign & Commonwealth Office and the NHS have up-to-date advice on staying safe and healthy abroad.

For more on security, local laws, plus passport and visa information, see [travelaware.campaign.gov.uk](http://travelaware.campaign.gov.uk)

Keep informed of current travel health news by visiting [www.fitfortravel.nhs.uk](http://www.fitfortravel.nhs.uk)

For further information, please visit us at [headwater.com/travelaware](http://headwater.com/travelaware)

The advice can change so check regularly for updates.



Many of the flights and flight-inclusive holidays in this brochure are financially protected by the ATOL scheme. But ATOL protection does not apply to all holiday and travel services listed. Please ask us to confirm what protection may apply to your booking. If you do not receive an ATOL Certificate then the booking will not be ATOL protected. If you do receive an ATOL Certificate but all the parts of your trip are not listed on it, those parts will not be ATOL protected.

Please see our booking conditions for information, or for information about financial protection and the ATOL Certificate visit: [www.atol.org.uk/ATOLCertificate](http://www.atol.org.uk/ATOLCertificate)



Call us on **01606 828566** for a tailor-made quote



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Loch Ness

## ...UNPREDICTABLE, UNTAMEABLE, UNBELIEVABLE – WITH WHISKY-FLAVOURED ROUTES

The Scottish Highlands are wild yet serene, vast yet intimate. Shrouded in mystery and legend, the atmosphere is somewhat haunting and will envelop you like a blanket of the finest tartan.

Starting in cultural Inverness, exploring the world-famous Loch Ness region on foot you'll stroll through scented pine forests, pass by tranquil waterways, admire misty peaks, and discover a huge variety of wildlife. The timeless landscape will open up as you ascend to viewpoints such as Suidhe Chuimein Viewpoint.

You may spot ospreys swooping overhead on your way to Fort Augustus, and the fragrant fern-clad hills carpeted with orchids provide a stunning amethyst backdrop in summer. And in Inverfarigaig you'll have chance to

photograph some beautiful red squirrels as you stroll in magnificent solitude.

Meanwhile, whisky-flavoured Speyside is a dream come true for the cyclist and whisky connoisseur. Pedalling along the beautiful Moray Coast, your whisky pilgrimage combines the legendary riding of the Scottish Highlands with the chance to visit the many famous distilleries and sample their world-renowned tipples along the way.

Cycle past the fast-flowing salmon-filled River Spey, and before a glass even meets your lips, your routes expose you to all the elements that combine to make whisky loved around the world. Moving at a leisurely pace, breathe in the sweet scent of barley from the fields that provide whisky's essential ingredient, and cycle past the

mountains and glens of Speyside, which provide the pure, clean water required to produce Scotland's most important and revered export.

Exploring on foot or by bike you can re-trace bygone times with a visit to Culloden where Bonnie Prince Charlie saw his hopes dashed, and the C14 Cawdor Castle, where Shakespeare's Macbeth plotted his unnatural deeds. You may even spot dolphins from Fort George's ramparts at Moray Firth!

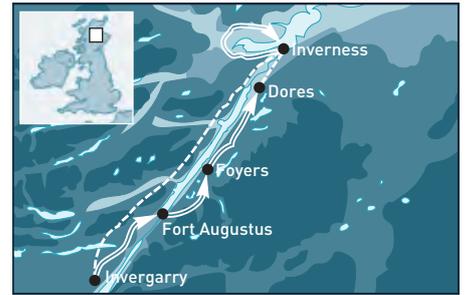
Scotland was voted as the most beautiful country in the world in 2017 by *Rough Guide* readers – and it's easy to see why the wild beaches, deep lochs and craggy castles are some of the most awe-inspiring and wonderful sights going.

# LOCH NESS AND THE CALEDONIAN CANAL WALK

WALKING ACTIVITY LEVEL  
1 1+ 2 2+ 3



Inverness Castle



- ★★★★★☆ customer rating
- World-famous Loch Ness: wild, beautiful and slightly mysterious
- Dramatic gorges, brooding lochs, tumbling waterfalls, breathtaking views at every turn
- Superb bird-spotting: ospreys, red kites, peregrines, buzzards, magnificent golden eagles

*“An exciting and often unexpected walk beside a great canal, and in the surrounding hills and forests.”*

Dr Hodgson, London

## YOUR HOLIDAY DAY-BY-DAY

### DAY 01 ARRIVE IN INVERNESS

Arrive in the waterside town of Inverness, the unofficial capital of the Scottish Highlands, and the **Glen Mhor Hotel**. You can dine (payable locally) at the hotel or in one of the many local restaurants.

### DAY 02 THE GREAT GLEN WAY 13KM/8MI/3HR OR 19KM/12MI/4.5HR

Set off along a section of the Great Glen Way, overlooking Loch Oich, to the historic Bridge of Oich. Continue along the Caledonian Canal towpath to Fort Augustus, at the southern tip of Loch Ness, and **The Lovat**, where you'll spend the next two nights. The restaurant here (payable locally) has been awarded three AA rosettes for culinary excellence.

### DAY 03 AT FORT AUGUSTUS

Spend the day in Fort Augustus, walking in the surrounding woodland or take a boat trip on the world-famous waters of Loch Ness to visit Urquhart Castle.

### DAY 04 SOUTH LOCH NESS TRAIL TO FOYERS 17KM/10.5MI/5HR

Follow the South Loch Ness Trail with spectacular views of the wild and timeless Highlands. Pass through the village of Whitebridge and on through shaded forest to Rabbie Burns' famous Falls of Foyers. Stay at the **Craigdarroch Inn** and, perhaps, sample one of the many whiskies available before dinner (payable locally).

### DAY 05 FOYERS TO DORES 15KM/9.5MI/3.5HR OR 19KM/12MI/5HR

Head up through the Boleskine woods to Inverfarigaig, with stunning views of the crags of Dun Deardail, from Fair-Haired Lad's Pass down over Loch Ness to the ruins of Urquhart Castle. The **Balachladaich** is located on the shores of Loch Ness, with direct access to the beach. There's a shuttle bus to the nearby Dores Inn for dinner (payable locally).

### DAY 06 CALEDONIAN CANAL AND THE BEAULY FIRTH 15KM/9.5MI/4HR

After a short bus ride to Inverness, take in the Ness Islands, ancient Craig Phadrig, the sea locks and perhaps even spot some dolphins in Beauly Firth. Loop back to Inverness to explore its shops, cafes and castle before returning to the **Glen Mhor Hotel**.

### DAY 07 LEAVE INVERNESS

## PRICES FROM

**£699** *per person*

With daily departures from 1st May to 30th September 2018

## YOUR HOLIDAY INCLUDES

- 6 nights hotel-to-hotel accommodation in a mix of and **\*\*\*** and **\*\*\*\*** hotels
- All breakfasts
- Services of your local Headwater-appointed agent
- Route directions and maps
- Luggage transfers between hotels
- Walking transfers
- Transfers from/to Inverness train station

## OPTIONAL UPGRADES

- Sole occupancy of double/single rooms available
- Room upgrades at selected hotels
- Extra nights in Inverness

## WHERE YOU STAY



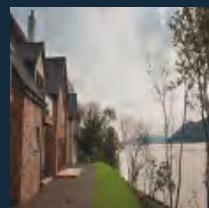
Glen Mhor Hotel  
\*\*\*



The Lovat  
\*\*\*\*



Craigdarroch Inn  
\*\*\*\*



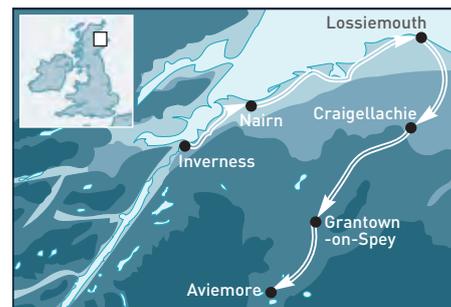
Balachladaich

# CYCLING THE MORAY COAST AND WHISKY TRAIL

CYCLING ACTIVITY LEVEL



Lossiemouth



## YOUR HOLIDAY DAY-BY-DAY

### DAY 01 ARRIVE IN INVERNESS

Arrive at the **Fairfield Lodge** then explore this modern town, which has historical links going back to Neolithic times. Visit the 800-year-old castle, museum and art gallery. Your evening meals are taken at local restaurants this week (payable locally).

### DAY 02 INVERNESS TO NAIRN

34KM/21MI OR 50KM/31MI

Cycle to Culloden for a poignant historical experience. Discover the Visitor Centre (payable locally) for an insight into the last hand-to-hand battle fought on British soil, the Jacobite Rebellion of 1745. Continue to C14 Cawdor Castle (payable locally) and explore its three gardens. You'll stay at the **Glen Lyon Lodge** in Nairn.

### DAY 03 NAIRN TO LOSSIEMOUTH

42KM/26MI OR 54KM/34MI

You visit three distilleries today: Benromach, the smallest malt whisky distillery in Moray; Dallas DHU Historic Distillery, and Glen Moray. Explore Brodie Castle then pedal through the seaside villages of Findhorn and Burghead as you cycle along the Moray coast to traditional Lossiemouth, with its magnificent sandy beaches. You'll stay at **Lossiemouth House**.

### DAY 04 LOSSIEMOUTH TO CRAIGELLACHIE

47KM/29MI

At Spey Bay you'll find the long-distance Speyside Way, and the start of the whisky trail. Following the River Spey on footpaths, quiet roads and disused railway tracks, encounter spectacular scenery and plenty of wildlife. Visit the Scottish Dolphin Centre at Tugnet or the Glen Grant Distillery in Rothes, founded in 1840. You'll stay at **Bridgeview** for two nights.

### DAY 05 AT CRAIGELLACHIE

Today you can head to Dufftown, often referred to as the 'Malt Whisky Capital' of the world. Visit the Glenfiddich Distillery - built by William Grant and his family - and the Macallan Distillery and Speyside Cooperage. Mortlach Church and C15 Auchindoun Castle are also worth exploring.

### DAY 06 CRAIGELLACHIE TO GRANTOWN

39KM/24MI

Cycle along the quiet roads of Banffshire, never far from the River Spey, to reach Granttown-on-Spey. This picturesque town is surrounded by woodland. You'll stay at **Kinross House**.

### DAY 07 GRANTTOWN-ON-SPEY TO AVIEMORE

39KM/24MI

Pedal to the nature reserves at Loch Garten and Abernethy Forest. The mighty Cairngorm Mountains tower above the clear waters of Loch Morlich. Perhaps take the chance to try some watersports or explore the many forest tracks. You stay at the **Macdonald Aviemore Resort**.

### DAY 08 LEAVE AVIEMORE

- Combine legendary riding of the Scottish Highlands with visits to famous distilleries
- Uncover whisky's history whilst cycling along the salmon-rich River Spey; plenty of tastings en route
- Cycle through pine forests, along the beautiful Moray coast, past lochs and on the Speyside Way



Cawdor Castle

## WHERE YOU STAY



Fairfield Lodge



Glen Lyon Lodge



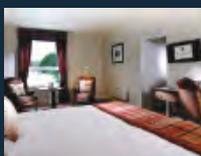
Lossiemouth House



Bridgeview



Kinross House



Macdonald Aviemore Resort

## PRICES FROM

£819 *per person*

With departures on selected Fridays, Saturdays and Sundays from 1st April to 28th October 2018

## YOUR HOLIDAY INCLUDES

- 7 nights hotel-to-hotel accommodation in guesthouses
- All breakfasts
- Services of your local Headwater-appointed agent
- High quality bikes
- Route directions and maps
- Luggage transfers between hotels

## OPTIONAL UPGRADES

- Sole occupancy of a double room (including one night in a single room) £29 per person per night
- Electric bikes available
- Extra nights in Inverness or Aviemore



© Stefano Valeri | Shutterstock.com

Gap of Dunloe

## ...THE EMERALD ISLE: RAW, UNSPOILT AND CHARMING

The Iveragh Peninsula is a stunning region, located in County Kerry. With Killarney at its epicentre, it is the largest of the “five fingers” of Ireland, where breathtaking views unfold at every turn.

Admire rugged cliffs, some of Europe’s finest golden beaches, small friendly villages, velvety green fields and picturesque mountain ranges in this south-west corner of Ireland. Travelling on foot or by bike is popular in the region, following two stunning routes – the Ring of Kerry and the Kerry Way.

Mystical, beautiful and grand, cycling along the Ring of Kerry provides a rare escape into some of the most awe-inspiring and legendary landscapes Ireland has to offer.

This includes Ireland’s oldest protected wilderness, Killarney National Park, home to the country’s only herd of wild red deer. Our route takes you off the tourist path to enjoy a more leisurely and quieter mix of inland and coastal scenery, but still maintains the same beauty and splendour, pedalling through lush countryside and lively towns, soaking up the charming Irish welcome.

One of the most beautiful places in Ireland is the Gap of Dunloe, created during the Ice Age. Cycling along this glaciated valley is mesmerising; you’ll feel somewhat insignificant as sheer jagged rock faces tower above you.

For walkers, the Kerry Way is the Emerald Isle’s longest trail – at 210km it offers fantastic views. Meandering the unspoilt landscape on foot, which was carved out of rock by the last Ice Age 10,000 years ago, marvel at Iron Age forts and ruined abbeys, crisp blue loughs and pretty waterfalls amongst the many sheep that dot the fields. Witness a million shades of green as the road follows the contours of the land.

The local seafood is delicious and fresh and should definitely be experienced. From Cromane mussels and Dingle prawns to calamari and grilled lobster, be sure to taste some en route.

## MYSTICAL WALKING ON THE KERRY WAY

WALKING ACTIVITY LEVEL

1 1+ 2 2+ 3



Looking out over Ballinskelligs Bay

## YOUR HOLIDAY DAY-BY-DAY

## DAY 01 ARRIVE IN KILLARNEY

Check in at the **Killarney Lodge** and then explore the town and choose a restaurant for dinner (you pay locally for all evening meals).

## DAY 02 KILLARNEY TO KENMARE

22KM/14MI/6HR

Starting at Muckcross House, follow the lake to Torc Waterfall, Ireland's second highest, before climbing on the old Kenmare road, cutting through the mountains, to cross Windy Gap. Enjoy wonderful views of Kenmare Bay, before a down and up into the lively village of Kenmare where you'll find **The Lodge at Kenmare**.

## DAY 03 KENMARE TO SNEEM

21KM/13.5MI/6HR OR 33KM/21M/8HR

From Templenoe, follow a series of forest tracks past C19 Dromore Castle to a beautiful coastal trail along Kenmare Bay. After crossing Blackwater Bridge, climb to a low plateau with superb views of small lakes and a pretty church. Cross the Ring of Kerry road and continue to Sneem village and the **Coomassig View B&B**.

## DAY 04 SNEEM TO CAHERDANIEL (WATERVILLE)

17KM/11MI/5HR

Pass through farmland then admire the ruins of Kilcrohane Church as you climb to enjoy stunning views of the Wild Atlantic coast. Descend into the little village of Caherdaniel, once home to the famous Irish liberator, Daniel O'Connell. We take you to **Klondyke House B&B** in Waterville, where you spend two nights.

## DAY 05 CAHERDANIEL TO WATERVILLE

12KM/7.5MI/4HR

After a transfer back to Caherdaniel, enjoy amazing views of the beach on a scenic walk through one of Ireland's oldest natural woodland. A climb rewards you with views over Ballinskelligs Bay, passing ancient burial grounds. Follow the old 'butter road' to Waterville.

## DAY 06 WATERVILLE TO CAHERSIVEEN

22KM/14MI/6HR OR 31KM/19.5MI/8HR

Climb up to a lovely plateau giving 360° views over the coast and inland. Another drop and climb leads you to Cahersiveen where you can enjoy a drink before heading to the **Cul Draiochta B&B**.

## DAY 07 CAHERSIVEEN TO GLENBEIGH

21KM/13.5MI/6HR

Walk on an old C17 "stage coach" mountain trail, passing the ruins of old Kells village and a panoramic view of the old railway viaduct. Cross Windy Gap for gorgeous views of the Dingle Peninsula and finish with a forest trail through the fairy woods to **The Towers Hotel** in Glenbeigh.

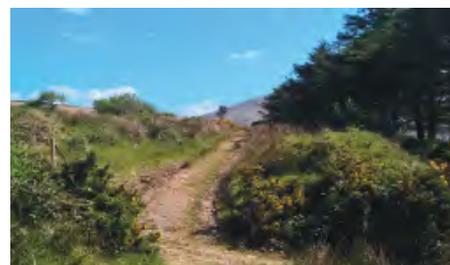
## DAY 08 LEAVE KILLARNEY



- Killarney National Park: Ireland's oldest protected wilderness with Ireland's only herd of wild red deer
- Panoramic views of glistening lakes and rugged mountains
- A million shades of green as the road follows the contours of the land
- Ireland's longest trail - 210km

## YOUR HOLIDAY, YOUR WAY

This trip is also available as a 4-night tour. After a night in Kerry, a transfer takes you to Caherdaniel to follow the walk from there to Killarney. In addition we can add extra nights at any stops en-route to lengthen your holiday.



Leaving Sneem

## WHERE YOU STAY



Killarney Lodge



The Lodge at Kenmare



Coomassig View B&amp;B



Klondyke House B&amp;B



Cul Draiochta B&amp;B



The Towers Hotel

## PRICES FROM

£789 per person

With departures every two days from 1st April to 24th October 2018

## YOUR HOLIDAY INCLUDES

- 7 nights hotel-to-hotel accommodation in a mix of \*\*\* and [B&B] hotels
- All breakfasts
- Services of your local Headwater-appointed agent
- Route directions and maps
- Luggage transfers between hotels
- Walking transfers

## OPTIONAL UPGRADES

- Single room £36 per person per night

## UNSPOILT RING OF KERRY CYCLING

CYCLING ACTIVITY LEVEL

1 1+ 2 2+ 3



The meeting of the waters, Killarney

## YOUR HOLIDAY DAY-BY-DAY

## DAY 01 ARRIVE IN KILLARNEY

Check into **Killarney Lodge** then explore the town, choosing from one of its many restaurants for dinner (payable locally). Then why not enjoy some live traditional Irish music in a local bar?

## DAY 02 KILLARNEY NATIONAL PARK

21KM/13.5MI

Ride through the stunning Killarney National Park where you'll see the meeting of the waters where two of the 'Three Lakes of Killarney' converge. Marvel at Torc Waterfall, the second highest in Ireland, then visit Muckross House and its magnificent gardens before your second night at **Killarney Lodge**.

## DAY 03 KILLARNEY TO GLENBEIGH

53KM/33.5MI

Follow the Fossa Way cycle route, before slowly climbing up to the pretty Lough Acoose, below the peak of Carrauntuohill. Descend to the shores of Lough Caragh and on to charming Glenbeigh and its blue flag beach. Tonight you stay at the **Towers Hotel** (pay locally for dinner).

## DAY 04 GLENBEIGH TO CAHERSIVEEN

38KM/24MI

You'll follow the coast today, passing small farms and on to the beautiful and peaceful shores of Kells Bay. Pass Ballycarbery Castle and a wonderful seaside view and two early Christian stone forts. You'll arrive in the lively town of Cahersiveen, the birthplace of Daniel O'Connell, the Irish political leader (1775-1847) to stay at **Cul Draiochta** (pay locally for dinner).

## DAY 05 CAHERSIVEEN TO BLACKSTONES BRIDGE

40KM/25MI

Pass the ruins of Daniel O'Connell's birth home before heading back inland where you'll see ruined abbeys and ancient graveyards. A climb over the stunning Ballaghasheen Pass will reward you with views back to Killarney. A long descent on narrow roads alongside a gushing river takes you to **Blackstones House**, where you'll enjoy dinner (included).

## DAY 06 BLACKSTONES BRIDGE TO KENMARE

42KM/26.5MI

Another stunning ride today as you head up and over the spectacular Ballaghbeama Gap. The road takes you through boulder-strewn countryside, cycling by small lakes, following the Blackwater River into the beautiful town of Kenmare, also called 'the gateway to Kerry', and the **Kenmare Lodge** (pay locally for dinner).

## DAY 07 KENMARE TO KILLARNEY

54KM/34MI

Cycle to Moll's Gap and continue to the Black Valley, with rich fertile meadows and a roaring river it feels like a land that time forgot. From here you'll climb to the Gap of Dunloe. Cycling along this glaciated valley, you'll meander around the many lakes dotted throughout and marvel at the sheer jagged rock faces towering above you. You'll head back into Killarney through the National Park, passing the C15 Ross Castle, before returning to **Killarney Lodge**.

## DAY 08 LEAVE KILLARNEY



- The Ring of Kerry - the 'real' Ireland, away from the crowds in beautiful scenery
- Our cycle routes feature a quieter mix of inland and coastal routes
- 10,000 years of dramatic history - an early Celtic tribe settled in the area around 300BC

## YOUR HOLIDAY, YOUR WAY

This trip is also available as a 6-night tour, staying just one night at Killarney. In addition we can add extra nights at any stops en-route to lengthen your holiday.



Kenmare

## WHERE YOU STAY

Killarney Lodge  
★★★★The Towers Hotel  
★★★★Cul Draiochta B&B  
★★★★Blackstones House  
★★★★Kenmare Lodge  
★★★★

## PRICES FROM

£999 *per person*

With departures every two days from 1st April to 24th October 2018

## YOUR HOLIDAY INCLUDES

- 7 nights hotel-to-hotel accommodation in a mix of ★★, ★★★, ★★★★ and ★★★★★ hotels
- All breakfasts and 1 evening meal
- Services of your local Headwater-appointed agent
- High quality bikes with GPS device
- Route directions and maps
- Luggage transfers between hotels
- Transfer from/to Killarney railway station

## OPTIONAL UPGRADES

- Electric bikes available
- Single room £36 per person per night



Coastal view from Cleggan

## ...CONTRASTS, COLOURS, WILDERNESS AND WARM WELCOMES IN THE WEST

Encounter ever-changing landscapes, clothed in different colours each season, in beautiful Galway and Mayo. Situated on Ireland's west coast, taking a deep breath of the clean and crisp salty air here will likely linger long in your mind, as a reminder of your special journey on foot or by bike.

This is a rural, idyllic land, where very little has changed over the centuries. Tiny hamlets scatter the way, and you're surrounded by high mountains plunging into clear blue loughs and Ireland's only true fjord.

Connemara, or 'Inlets of the Sea', is a stunning peninsula with a haunting natural beauty. The wild and remote landscapes have captured the imagination of artists for centuries; transforming throughout the day

according to the changes in light. Marvel at the abundance of sandy beaches, rusty bogs, shimmering blue lakes and wild mountains, interspersed with quaint towns and villages. The wonderful mountain scenery in Connemara marches on into the south of County Mayo and everywhere you walk or cycle is laced by stone walls.

Starting in the refined Georgian town of Westport, highlights along the way include the Lough Inagh valley, a spectacular lake, flanked by mountains on either side, and Killary Harbour, Ireland's only true fjord. The vast landscapes will leave you breathless.

Beautiful Inishbofin Island is just 30-minutes away by boat but feels like you've been transported back in time – peppered

with ancient sites, Cromwell's C16 barracks and friendly local pubs, the tiny island was inhabited as far back as 8,000-4,000BC and today has a population of around just 200 people. Meander laneways, soft, sandy beaches and the old stone walls, and imagine the time when the old gaol was in use from 1585. Enjoy soaking up the traditional music of the island and its renowned *ceilidh* band, perhaps supping a pint of Guinness by a fireside on a misty evening.

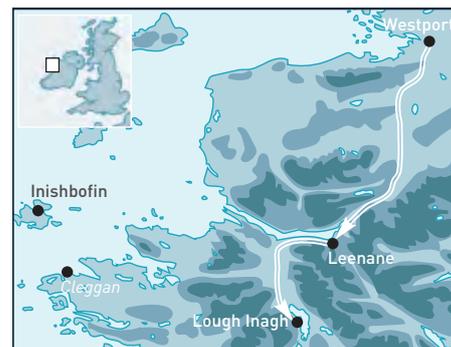
Be sure to savour the fresh local cuisine whilst you're in this part of Ireland. The seafood, including large mussels and river-caught trout and salmon, are delicious, whilst the lamb is exquisite. Local craft beers, gin and whiskey are all becoming increasingly popular in this region too.

## CONNEMARA TRAILS AND ISLAND WALK

WALKING ACTIVITY LEVEL



Killary Fjord



## YOUR HOLIDAY DAY-BY-DAY

## DAY 01 ARRIVE IN WESTPORT

Check in to the centrally-located **Clew Bay Hotel**, and pick from one of the many restaurants or even the chic bistro at the hotel for dinner (payable locally).

## DAY 02 WESTPORT TO LEENANE

15KM/9.5MI/5HR

Set off along the Western Way. Enjoy views of shimmering Lough Tawnyard, pass through the Sheeffry Woods and follow a trail along the Erriff River through the valley. Arrive at Aasleagh Falls then continue to the **Leenane Hotel**, where you spend two nights (dinner included).

## DAY 03 AT LEENANE

Perhaps take a lift up to the harbour and take a cruise on the fjord, or jump on the bus to Kylemore Abbey or Connemara National Park to walk the impressive Diamond Hill.

## DAY 04 LEENANE TO LOUGH INAGH

17KM/11MI/5.5HR

Follow a shepherds' trail above the fjord then drop down through a forest trail. A stunning path opens out as you dissect the Maumturks mountains and Ben Gorm, one of the Twelve Bens. You'll spend the next two nights at **Lough Inagh Lodge** (dinner included tonight).

## DAY 05 AT LOUGH INAGH

Walk along the lough, or up Máméan, a local pilgrimage trail, to a pretty mountain chapel. Tonight we leave you to decide between the 4-course menu or the bar menu (payable locally).

## DAY 06 LOUGH INAGH TO INISHBOFIN ISLAND

8KM/5MI/2HR

We transfer you to the little harbour at Cleggan to take the 30-minute ferry to beautiful Inishbofin. After checking in, you could walk the west end loop to see the impressive stags and enjoy fantastic views over the smaller island. You'll spend two nights at the **Inishbofin House Hotel & Marine Spa** (dinner included tonight).

## DAY 07 AT INISHBOFIN ISLAND

14KM/9MI/4HR

Head up to the middle of the island passing the blanket bog, and Loch Tána. Climb up Cloonamore passing Loch Gabhlán na nGabhair and stunning views of the Atlantic. Cross the lunar landscape as you make your way to the white sand beach of the East End.

## DAY 08 INISHBOFIN TO WESTPORT (OPTIONAL)

Take a short walk to Cromwell's castle then catch the boat back to Cleggan. We then transfer you to Westport; from here you can follow the trail along the river to Westport Quay for great views of Clew Bay, before heading out to eat in one of Westport's many restaurants (payable locally). You stay at the **Clew Bay Hotel**.

## DAY 09 LEAVE WESTPORT

- Exclusive Headwater Rep Service
- Ireland's west coast: rural and idyllic, where time has stood still
- The stunning, wild Connemara peninsula
- Killary Harbour, Ireland's only true fjord
- Inishbofin Island, peppered with ancient sites



Westport

## PRICES FROM

£859 *per person*

With departures every two days from 19th May to 18th October 2018

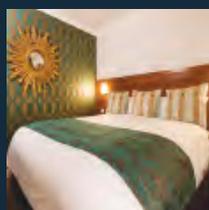
## YOUR HOLIDAY INCLUDES

- 8 nights hotel-to-hotel accommodation in a mix of and \*\*\* hotels
- All breakfasts and 4 evening meals
- Services of your local Headwater Representative
- Route directions and maps
- Luggage transfers between hotels
- Walking transfers
- Transfer from/to Westport railway station

## OPTIONAL UPGRADES

- Sole occupancy of a double room (including two nights in a single room) £28 per person per night
- Room upgrades at selected hotels
- Extra nights at all hotels

## WHERE YOU STAY

Clew Bay Hotel  
\*\*\*Leenane Hotel  
\*\*\*Lough Inagh Lodge  
Inishbofin House Hotel  
\*\*\*

## CYCLING THE LOUGHS AND LANES OF CONNEMARA

CYCLING ACTIVITY LEVEL

1 1+ 2 2+ 3



Erriff River



## YOUR HOLIDAY DAY-BY-DAY

## DAY 01 ARRIVE IN WESTPORT

After checking in to the **Clew Bay Hotel**, explore the town and perhaps a Guinness before choosing one of Westport's many restaurants for dinner (payable locally).

## DAY 02 WESTPORT TO LEENANE

39KM/24.5MI

Cycle on quiet country roads and cross the Owenmore Bridge, before cycling the stunning Tawnyard Lough and through Sheeffry Woods. Drop down to Leenane to the **Leenane Hotel**, where you'll spend the next two nights, dinner included.

## DAY 03 AT LEENANE

Relax in the village and visit the pub used in the film, *The Field*. Take a boat ride along the fjord or cycle to Kylemore Abbey. Before dinner maybe try a seaweed bath in the hotel.

## DAY 04 LEENANE TO LOUGH INAGH

44KM/27.5MI

Meander through the mountains and isolated countryside, passing bogs and loughs. Enjoy stunning views of the Big Bens (12 local peaks), and stop-off in Maams village. Cross the Failmore River then descend to Lough Inagh and the famous **Lough Inagh Lodge**, for the next two nights (dinner included this evening).

## DAY 05 AT LOUGH INAGH

Relax in the gardens, walk along the lough, or even arrange a fishing lesson at your lodge. There is also a lovely circular cycle route down to the coast. Alternatively, cycle back to the Máméan pilgrimage path (the path itself is a 3km walk there and back). Enjoy a 4-course meal in the hotel restaurant or sample their bar meals this evening (payable locally).

## DAY 06 LOUGH INAGH TO DELPHI

35KM/22MI

Cycle along Lough Inagh with views of the Connemara National Park. Circle the Killary Fjord before picking up the Sky Road and on to Fin Lough and the **Delphi Resort**, where dinner is included for the next two nights.

## DAY 07 AT DELPHI

Relax at the lough, cycle down to Roonagh Point, and take the boat across to Clare Island. Or cycle to one of the local white sand beaches. You may spot dolphins playing in the waters.

## DAY 08 DELPHI TO WESTPORT

41KM/26MI

Continue on the stunning Sky Road, passing the shores of Doo and Glencullen loughs, before a freewheel into Louisburgh on the coast. Following the coast road, enjoy great views of Crough Patrick and Clew Bay back into Westport.

## DAY 09 LEAVE WESTPORT

- Exclusive Headwater Rep Service
- The stunning, wild Connemara peninsula
- Scenic routes shadowed by stunning mountains
- Killary Harbour, Ireland's only true fjord
- Fresh seafood and famous Connemara lamb

## YOUR HOLIDAY, YOUR WAY

This trip is also available as a 10-night tour, when you'll spend two nights on the charming island of Inishbofin, an idyllic treat that takes you back to halcyon days of limited traffic, friendly locals and welcoming restaurants.

We also have a 4-night short break where you'll cycle from Westport to Delphi, enjoy a rest day and then cycle back to Westport.

## PRICES FROM

£959 per person

With departures every two days from 19th May to 18th October 2018

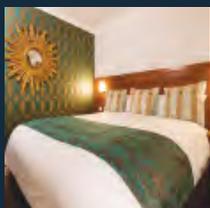
## YOUR HOLIDAY INCLUDES

- 8 nights hotel-to-hotel accommodation in a mix of , \*\*\* and \*\*\*\* hotels
- All breakfasts and 5 evening meals
- Services of your local Headwater Representative
- High quality bikes
- Route directions and maps
- Luggage transfers between hotels
- Transfer from/to Westport railway station

## OPTIONAL UPGRADES

- Sole occupancy of a double room (including two nights in a single room) £32 per person per night
- Room upgrades at the Delphi Resort
- Extra nights at all hotels

## WHERE YOU STAY

Clew Bay Hotel  
\*\*\*Leenane Hotel  
\*\*\*Lough Inagh Lodge  
 Delphi Resort  
\*\*\*\*



© JFL Photography | AdobeStock

Fort de La Latte

## ...A CREATIVE'S PARADISE: INSPIRING LANDSCAPES AND VIBRANT COLOURS

There are many reasons to explore Brittany's Emerald Coast on foot or by bike; its stunning landscapes and dramatic views have attracted writers and artists for centuries. But what is endearing about this region in France is that its largely unspoilt land is inhabited by friendly locals, who you'll walk past shrimping on the beaches, cleaning out shells by hand and selling their freshly-caught produce in the nearby markets.

Lying in the north-west corner of France, the region is proud of its Celtic heritage, the name "Brittany" deriving from when the Anglo-Saxon invaders pushed Britons out of the island of Great Britain in the dark ages.

You will be immediately mesmerised by the region's beautiful contrasting pink granite

cliffs and white sandy beaches that encircle the turquoise seas and the landscape's wild exterior.

As you walk the uncrowded coastal paths or pedal the quiet country lanes you'll feel the warm sea breeze against your skin and have the freedom to explore hidden forests and mediaeval towns. Pass by traditional Breton fishing ports and colourful sailing harbours, admire preserved walled towns from the

*"The coastal scenery is fantastic and the uncrowded stretches of beaches a joy to behold."*

Mr Ing, Salisbury

Middle Ages and stop off for lunch at a local *café*, where you could sample the region's signature dish, the seafood platter.

You'll have the chance to swim from some of the prettiest beaches in France in between walking or cycling, and once back on ground, a highlight is the C13 château in the ancient Forest of Hunaudaye, complete with dungeon. Also, in the ancient walled town of Dinan is the flamboyant Gothic basilica adorning the lovely cobbled streets packed with authentic artisan workshops.

Taking a climb up to the gallery at the top of the tower of C14 Fort de La Latte will reward you with magnificent views extending as far as Jersey on a clear day.

**One to watch:** The charming Belle Époque villas in Dinard.

## BRITTANY'S EMERALD COAST WALK

WALKING ACTIVITY LEVEL



Dinan

## YOUR HOLIDAY DAY-BY-DAY



## DAY 01 ARRIVE IN LAMBALLE

Your holiday starts at the C16 **Le Manoir des Portes**, with beautifully kept gardens, just 3km outside the market town of Lamballe. Relax with an apéritif before dinner (included).

## DAY 02 LAMBALLE TO SABLES-D'OR-LES-PINS 17KM/11MI/5HR

Transfer to the tiny fishing port of Dahouët, then head along the coast, with extensive views, rocky coves and aquamarine seas. Lunch on the beach, then continue inland to Sables-d'Or-Les-Pins and the **Hôtel de Diane**. Dinner is included here for the next two nights.

## DAY 03 AT SABLES-D'OR-LES-PINS

Either spend the day in this lovely seaside village with its golden sand beaches, or follow our suggested circular walk along a spectacular coastal footpath to nearby Cap d'Erquy.

## DAY 04 SABLES-D'OR-LES-PINS TO FORT DE LA LATTE/DINARD 17KM/11MI/5HR

Head past deserted beaches and heather-topped cliffs to the Cap Fréhel Lighthouse, then on to the C14 feudal stronghold of Fort de La Latte. Climb up the tower for magnificent coastal views before continuing to the **Hôtel Printania** (pay locally for evening meals on your two nights here).

## DAY 05 AT DINARD

Once a sleepy fishing village, Dinard was transformed into a famous, upmarket resort by the English during the C19. Walk out to the Pointe des Étrêtes or take a water taxi to Saint-Malo.

## DAY 06 DINARD TO DINAN 19KM/12MI/6HR

Transfer to the picturesque village of Langrolay-sur-Rance, then it's inland, following the course of the River Rance. Walk through shady forests, fruit orchards, and along riverside paths to Dinan. The **Hôtel Le d'Avaugour** is superbly located within the ramparts of the mediaeval old town with a choice of restaurants for dinner (payable locally).

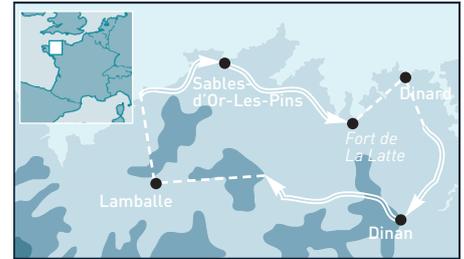
## DAY 07 AT DINAN

Explore the beautifully restored squares and ramparts of mediaeval Dinan. Visit the imposing C13 castle, the Gothic basilica and explore the cobbled streets with their artisan workshops.

## DAY 08 DINAN TO PLOREC/LAMBALLE 18KM/11.5MI/5HR

A short transfer, then it's on through the Pays du Tour du Penthièvre to the impressive C13 Château de la Hunaudaye and its 800-year-old ruins. Continue across farmland, past ancient standing stones, back to the **Le Manoir Des Portes** for dinner (included).

## DAY 09 LEAVE LAMBALLE



- ★★★★★ customer rating
- Exclusive Headwater Rep Service
- Beautifully varied and unspoilt
- Deserted coastal paths, shaded forest trails, magnificent beaches
- Traditional Breton fishing ports and sites unchanged since the Middle Ages

*“Good food, good walking and good organization.”*

Mrs Lynn, Ceredigion

## PRICES FROM

£1059 per person

With departures every two days from 13th May to 20th September 2018

## YOUR HOLIDAY INCLUDES

- 8 nights hotel-to-hotel accommodation in mix of \*\*\* and \*\*\*\* hotels
- All breakfasts and 4 evening meals
- Services of your local Headwater Representative
- Route directions and maps
- Luggage transfers between hotels
- Walking transfers
- Headwater Cider Collection Service

## OPTIONAL UPGRADES

- Standard flights (including onward rail and station transfers) from Heathrow to Paris CDG with British Airways, flight inclusive prices from £1269 per person
- Other flights, including regional departures, available on request
- First Class rail available
- Sole occupancy of a double room £38 per person per night
- Room upgrades at selected hotels
- Extra nights at Lamballe or Dinan
- City break add-ons in Paris

## WHERE YOU STAY

Le Manoir des Portes  
\*\*\*Hôtel de Diane  
\*\*\*Hôtel Printania  
\*\*\*Hôtel Le d'Avaugour  
\*\*\*\*

## BACKROADS OF BRITTANY CYCLING

CYCLING ACTIVITY LEVEL



Ilot Saint-Michel, en route to Dinard

## YOUR HOLIDAY DAY-BY-DAY



## DAY 01 ARRIVE IN LAMBALLE

Your holiday starts at the C16 **Le Manoir des Portes**, with its beautifully kept gardens, just 3kms outside the market town of Lamballe. Relax with an *apéritif* before dinner (included).

## DAY 02 LAMBALLE TO SABLES-D'OR-LES-PINS 37KM/23MI

Head along quiet country lanes then out to the coast and the sailing resort of Pléneuf-Val-André. Beachside trails lead you to your hotel, the **Hôtel de Diane**, just 200m from the sea, where you'll spend the next two nights. Enjoy your evening meals (included) on the terrace.

## DAY 03 AT SABLES-D'OR-LES-PINS

Relax on the beach or follow our 25km circular route taking in the Cap Fréhel Lighthouse and the famous Fort de La Latte, which occupies one of the finest settings in northern France.

## DAY 04 SABLES-D'OR-LES-PINS TO DINARD 42KM/26.5MI

Pedal through pretty farming hamlets then head to the yachting village of Lancieux and onto gorgeous Saint-Briac, where Debussy composed his major work 'La Mer'. You'll spend the next two nights at the **Hôtel Printania** (pay locally for evening meals).

## DAY 05 AT DINARD

Dinard is one of the most famous and upmarket seaside resorts in Europe. Walk out to the Pointe des Étrêtes for views of the off-shore islands or take a 10-minute ferry across the bay to Saint-Malo and its ancient fortified walls.

## DAY 06 DINARD TO DINAN 34KM/21MI

Cycle inland and take a trip back in time following the banks of the River Rance past sleepy hamlets, fishing ports and beautiful Saint-Suliac. Enjoy lunch at the sailing port in Saint-Hubert then cycle along the flat towpath to Dinan and the **Hôtel Jerzual**, where you'll spend two nights (pay locally for evening meals).

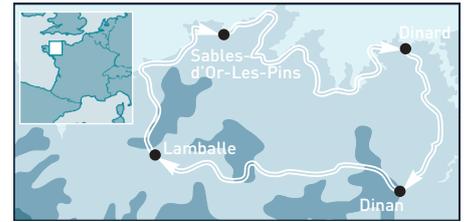
## DAY 07 AT DINAN

This beautifully-preserved ancient walled town comes with riverfront port and half-timbered buildings. Admire the architectural heritage and perhaps follow our 25km circular route inland to the pretty village of Évrán.

## DAY 08 DINAN TO LAMBALLE 47KM/29MI

Your first stop is the village of Léhon then it's on to the impressive C13 Château de la Hunaudaye, with its majestic towers and water-filled moat, before a gentle cycle back to **Le Manoir des Portes** in Lamballe for your final dinner (included).

## DAY 09 LEAVE LAMBALLE



- ★★★★★ customer rating
- Exclusive Headwater Rep Service
- Beautiful coastal paths, quiet inland country lanes, pretty villages for relaxing lunches
- Stunning poppy-fringed beaches; undoubtedly amongst the finest in Europe
- Traditional Breton fishing ports and colourful harbours

*"It was simply beautiful.  
Wonderful food, cycling  
and scenery."*

Dr Monte, Ware

## PRICES FROM

**£1199** *per person*

With departures every two days  
from 13th May to 20th September 2018

## YOUR HOLIDAY INCLUDES

- 8 nights hotel-to-hotel accommodation in a mix of \*\*\* and \*\*\*\* hotels
- All breakfasts and 4 evening meals
- Services of your local Headwater Representative
- High quality bikes
- GPS route directions and maps
- RideWithGPS navigation app
- Luggage transfers between hotels
- Headwater Cider Collection Service

## OPTIONAL UPGRADES

- Standard flights (including onward rail and station transfers) from Heathrow to Paris CDG with British Airways, flight inclusive prices from £1409 per person
- Other flights, including regional departures, available on request
- First Class rail available
- Sole occupancy of a double room £38 per person per night
- Room upgrades at selected hotels
- Extra nights in Lamballe or Dinan
- City break add-ons in Paris

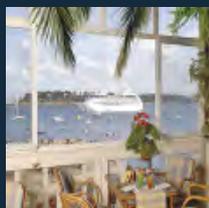
## WHERE YOU STAY



Le Manoir des Portes  
\*\*\*



Hôtel de Diane  
\*\*\*



Hôtel Printania  
\*\*\*



Hôtel Jerzual  
\*\*\*\*

## BRITTANY ACTIVITIES

ACTIVITY LEVEL



View over Dinan Port

## YOUR HOLIDAY DAY-BY-DAY



## DAY 01 ARRIVE IN DINAN

Arrive at the \*\*\* **Hotel Le d'Avaugour**. The hotel has a small bar and a beautiful garden where you can have breakfast or enjoy a pre-dinner drink. Walk to the end of the garden and you find yourself on the ramparts of the old town. Below is our suggested itinerary for the week but you're free to pick and choose when and where you walk or cycle each day.

## DAY 02 LÉHON AND DINAN

WALK 7KM/4.5MI/2HR

An easy walk to get to know Dinan and the Rance Valley. Amble along the river to Léhon, the C9 Abbaye Saint Magloire and the ruins of its C11-13 hilltop château. Then it's up into Dinan to explore this mediaeval gem.

## DAY 03 TADEN CIRCUIT

WALK 13KM/8MI/3.5HR OR CYCLE 8KM/5MI OR 23KM/14.5MI

This leisurely circuit takes you along the north side of the River Rance to the village of Taden with its restored church and the C14 Manoir de la Grand Cour. Choose to walk through peaceful woodlands and valley trails or cycle along the well-maintained cycle paths to the river marina at Lyvet/La Hisse and return along the old Dinard-Dinan railway line.

## DAY 04 FREE DAY

Explore the area around Dinan port or further afield. You can rent canoes or kayaks for guided tours or independent rental, or electric boats to head further upstream to Léhon or down-river to Lyvet. There are even boat trips as far as Saint-Malo (2.5hr each way).

## DAY 05 EVRAN LOOP

CYCLE 25KM/16MI

Cycle south along the Rance to Léhon (as per the walk you might have already enjoyed). Then continue along the canal to Evran. Choose the same route back from Evran on the *voie verte*, or take to the backroads through countryside.

## DAY 06 FREE DAY

(BUS, TAXIS OR HIRE CAR REQUIRED)

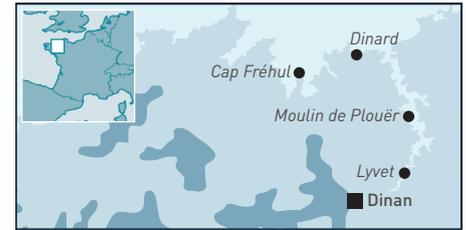
The options are almost endless, with coastal footpaths from Dinard (west or east) or around the headland at Cap Fréhel to see Fort La Latte. Alternatively, take the bus to Dinard or the boat across to Saint-Malo, to explore the ramparts and old town, or head even further afield to the iconic island commune of Mont-Saint-Michel.

## DAY 07 MOULIN DE PLOUËR TO DINAN

WALK 14KM/9MI/4HR

Take a taxi to Moulin de Plouër (just east of Plouër-sur-Rance) and walk back to Dinan along the Natura 2000 trail. You stay along the River Rance, sometimes on its banks, at other times high above it and often with great views, especially at high tide on the more northerly section to Lyvet.

## DAY 08 LEAVE DINAN



- Exclusive Headwater Rep Service
- Stay in the centre of mediaeval Dinan, close to its riverfront port and its ancient ramparts
- Plenty of tempting riverside restaurants and local market (Thursdays)
- Superb seafood; sweet and savoury crêpes; refreshing local cider
- Gentle walking and cycling along riverside paths, valley trails and through peaceful woodlands

## PRICES FROM

£889 per person

With departures every two days  
from 19th May to 15th September 2018

## YOUR HOLIDAY INCLUDES

- 7 nights single-centre accommodation in a \*\*\* hotel
- All breakfasts
- Services of your local Headwater Representative
- Walking route directions and maps
- High quality bikes
- GPS route directions and maps (for cycling)
- *RideWithGPS* navigation app (for cycling)
- Headwater Cider Collection Service

## OPTIONAL UPGRADES

- Standard flights (including onward rail and station transfers) from Heathrow to Paris CDG with British Airways, flight inclusive prices from £1099 per person
- Other flights, including regional departures, available on request
- First Class rail available
- Single room £54 per person per night
- Room upgrades available
- Extra nights in Dinan
- City break add-ons in Paris

## WHERE YOU STAY



\*\*\* Hôtel Le d'Avaugour



Château de Chenonceau

## ...FINE FOODS, A GRAND RIVER AND FRENCH SPLENDOUR

Step into a real-life fairytale in the Loire Valley – a land of fine châteaux standing tall along the majestic river, fine wines and stunning gardens.

Complete with turrets, pinnacles, lanterns and moats, a beauty pageant of more than 300 elegant stone giants are dotted along the banks of the Loire river on this UNESCO World Heritage Site, many of which were visited by historical French royals as well as Richard the Lionheart, Leonardo da Vinci and Joan of Arc.

But it's not just the magnificent châteaux that are enticing, the Loire is a wine region more varied and diverse than any other in the world. After walking or cycling through verdant forests, past fields of poppies and sunflowers, and down quiet country lanes, reward yourself by stopping off for delicious

wine *dégustations* at big wineries or charming village vineyards for a taste of their world-famous tipples.

Walking and cycling in this region is relaxed and gentle, on mainly flat routes along little country lanes and river banks; but you're still rewarded with beautifully unspoilt landscapes and enchanting views at every turn.

Often referred to as the "Garden of France", the Loire Valley's mild climate and fertile

soil makes it a gastronomic delight. The top restaurants serve fresh fruit and vegetables, as well as more rare produce from the region such as black truffles, saffron and cheese. Try Sainte Maure de Touraine, a popular crumbly goat's cheese, washed down with a glass of vino. Whilst exploring, you'll also discover troglodyte caves where tasty mushrooms grow.

Highlights include the royal town of Amboise, which comes complete with its own chateau, and the Château du Clos Lucé, the house where Leonardo da Vinci spent the last four years of his life.

**One to watch:** The C17 Château de Cheverny, arguably the most immaculate of all the Loire châteaux, and home to the region's largest collection of fine art.

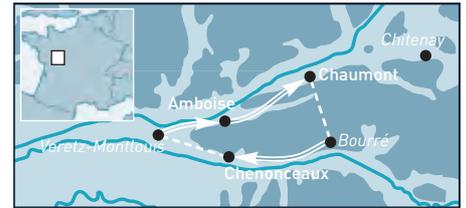
*"Excellent locations, accommodation, food and service from local reps."*

Mr Kaye, Edinburgh

## RIVERS AND CHÂTEAUX OF THE LOIRE WALK

WALKING ACTIVITY LEVEL  
1 1+ 2 2+ 3

Château de Chaumont-sur-Loire



- ★★★★★ customer rating
- Exclusive Headwater Rep Service
- Gentle, off-the-beaten-track walking on flat routes beside the rivers Loire and Cher
- France's finest châteaux: Amboise, Chenonceau and Chaumont-sur-Loire
- Quality hotels offering great regional cuisine and outstanding wines

## YOUR HOLIDAY DAY-BY-DAY



## DAY 01 ARRIVE IN CHAUMONT

Arrive at your riverside hotel in Chaumont, the **Hostellerie du Château** where there's a lovely pool if you fancy a dip before dinner (included).

## DAY 02 CHAUMONT TO CHENONCEAUX

15KM/9.5M/3HR

Take advantage of our optional 2-night extension in Chitenay (see right) or transfer to Bourré, before walking alongside the River Cher. Visit the *Cave des Roches*, then continue on to bustling Montrichard. Follow the GR41 through Chissay-en-Touraine to Chenonceaux with its iconic chateau. You stay at the **Hôtel la Roseraie**, with dinner included, for two nights.

## DAY 03 AT CHENONCEAUX

Explore the superb Château de Chenonceau, with its famous arches spanning the river. Maybe taste the chateau's wines or take a pleasant riverside walk. Alternatively, head by train to explore the lively city of Tours.

## DAY 04 CHENONCEAUX TO AMBOISE

17.5KM/11M/4HR

After a transfer to Veretz-Montlouis today's route takes you along quiet back roads, through open fields and vineyards. Stop for wine-tastings en route to fascinating Amboise. The **Hôtel Le Pavillon des Lys**, where you'll spend the next two nights, is located in the heart of Amboise. Pay locally for evening meals here.

## DAY 05 AT AMBOISE

Discover Amboise with its narrow streets and attractive buildings. Visit the da Vinci museum and the fascinating C12 church of Saint-Denis. A must-see is the Son et Lumière display at the massive chateau.

## DAY 06 AMBOISE TO CHAUMONT

21KM/13.5M/4HR

Head south-east along the GR3 trail towards the charming village of Souvigny-de-Touraine. Continue to some fabulous Loire wineries, then follow part of the Camino de Santiago route back to Chaumont and the **Hostellerie du Château** for your final evening meal (included).

## DAY 07 LEAVE CHAUMONT

## YOUR HOLIDAY, YOUR WAY

This trip is also available as an 8-night tour, which includes two nights in Chitenay. Visit Les Montils and Seur, as well as some of the famous Loire châteaux.

## PRICES FROM

£889 per person

With departures every two days from 11th May to 8th October 2018

## YOUR HOLIDAY INCLUDES

- 6 nights hotel-to-hotel accommodation in a mix of \*\*\* and \*\*\*\* hotels
- All breakfasts and 4 evening meals
- Services of your local Headwater Representative
- Route directions and maps
- Luggage transfers between hotels
- Walking transfers
- Headwater Wine Collection Service

## OPTIONAL UPGRADES

- Standard flights (including onward rail and station transfers) from Heathrow to Paris CDG with British Airways, flight inclusive prices from £1079 per person
- Other flights, including regional departures, available on request
- First Class rail available
- Sole occupancy of a double room £36 per person per night
- Room upgrades at selected hotels
- Extra nights in Chaumont or Chitenay
- City break add-ons in Paris

## WHERE YOU STAY

Hostellerie du Château  
\*\*\*Hôtel la Roseraie  
\*\*\*Hôtel Le Pavillon des Lys  
\*\*\*\*

## LOIRE GASTRONOMIC CYCLING

CYCLING ACTIVITY LEVEL  
1 1+ 2 2+ 3

Riverside Amboise

## YOUR HOLIDAY DAY-BY-DAY



## DAY 01 ARRIVE AT CHISSAY

Arrive at the **Château de Chissay**, steeped in history and set in 25ha of parkland. Enjoy a swim before dinner (included) in the stately dining room (once the guard room).

## DAY 02 CHISSAY TO ST-OUEN-LES-VIGNES

29KM/18MI

Pedal gently along the banks of the Cher to the superb Château de Chenonceau with its famous arches that span the river. Head through the shady Amboise forest and on to the sleepy village of St-Ouen-les-Vignes. You spend two nights at the **Hôtel L'Aubinière** with further gastronomic delights included.

## DAY 03 AT ST-OUEN-LES-VIGNES

Explore the narrow bustling streets of Amboise today - visit the flamboyant Royal Palace and Leonardo da Vinci's home at Clos Lucé. Alternatively, head to Vouvray for wine-tastings.

## DAY 04 ST-OUEN-LES-VIGNES TO CHITENAY

37KM/23.5MI OR 43KM/27MI

Peaceful cycling today through open countryside to Autreche and on to Chaumont and its spectacular château, host to the International Garden Festival (May-Oct). A riverside stretch takes you via pretty villages to Chitenay. Enjoy two nights at the **Auberge du Centre** and evening meals (included) on the terrace.

## DAY 05 AT CHITENAY

Visit the C17 château at nearby Cheverny, with its wonderful white stone façade. Alternatively, head to the magnificent fairytale Château de Chambord and surrounding parkland with a 54km round trip.

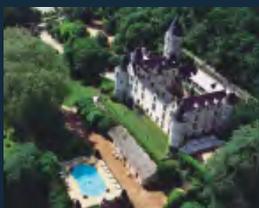
## DAY 06 CHITENAY TO CHISSAY

32KM/20MI

Head south, past well-tended vines and sleepy hamlets, to the fortified château of Fougères-sur-Bièvre. Freewheel down to the River Cher, mediaeval Montrichard and on to **Château de Chissay** for your final gastronomic dinner (included).

## DAY 07 LEAVE CHISSAY

## WHERE YOU STAY



Château de Chissay



Hôtel L'Aubinière



Auberge du Centre



- ★★★★★☆ customer rating
- Exclusive Headwater Rep Service
- Easy, flat cycling and short distances - perfect if you've not cycled for years
- Superb hotels, all with pools, including a bijou waterfront hotel and a luxurious château
- France's finest châteaux: Amboise, Chambord, Cheverny, Chenonceau

*"Our first cycling holiday and we absolutely loved it."*

Ms Moxon, Caterham

## PRICES FROM

£1169 *per person*

With departures every two days from 11th May to 8th October 2018

## YOUR HOLIDAY INCLUDES

- 6 nights hotel-to-hotel accommodation in a mix of hotels
- All breakfasts and gastronomic evening meals
- Services of your local Headwater Representative
- High quality bikes
- GPS route directions and maps
- RideWithGPS navigation app
- Luggage transfers between hotels
- Headwater Wine Collection Service

## OPTIONAL UPGRADES

- Standard flights (including onward rail and station transfers) from Heathrow to Paris CDG with British Airways, flight inclusive prices from £1359 per person
- Other flights, including regional departures, available on request
- First Class rail available
- Sole occupancy of a double room £38 per person per night
- Room upgrades at selected hotels
- Extra nights in Chissay
- City break add-ons in Paris

## CHÂTEAUX OF THE LOIRE CYCLING

CYCLING ACTIVITY LEVEL



Château de Chenonceau

## YOUR HOLIDAY DAY-BY-DAY



## DAY 01 ARRIVE IN CHISSAY

Arrive in Chissay where your fabulous chateau hotel awaits, the **Château de Chissay**. There's time for a swim before dinner (included).

## DAY 02 CHISSAY TO CHAUMONT

45KM/28MI

Today head through the Forêt d'Amboise to the bustling town of Amboise. Explore the narrow, cobbled streets and Leonardo da Vinci's home then continue on through vineyards to Chaumont and the quirky **Hostellerie du Château**, for two nights. Evening meals are included.

## DAY 03 AT CHAUMONT

Visit the impressive chateau, previously owned by Catherine de Medici, and the superb themed Garden Festival (May to Oct). Alternatively, cross the river and take the train to lively Tours.

## DAY 04 CHAUMONT TO ST-DYÉ-SUR-LOIRE

36KM/22MI

Cross the river and head to Blois to explore the chateau, Houdini's House of Magic, the cobbled streets and arcaded squares. Continue through vineyards to St-Dyé-sur-Loire and the **Manoir Bel Air**, where you'll spend the next two nights and evening meals are included.

## DAY 05 AT ST-DYÉ-SUR-LOIRE

Explore the village and its old ramparts then pedal through the Forêt de Boulogne to the huge fairytale chateau at Chambord, with its 440 rooms and surrounding national nature reserve.

## DAY 06 ST-DYÉ-SUR-LOIRE TO CHITENAY

40KM/25MI

Highlights today include Château de Villesavin, the richly decorated Château de Troussay and its ancient trees in surrounding parkland. Head along quiet rural roads to the pretty village of Chitenay. Here you stay for two nights at the **Auberge du Centre** where evening evening meals (included) are taken on the terrace overlooking the gardens and pool.

## DAY 07 AT CHITENAY

It's very tempting to stay in Chitenay and relax by the pool or enjoy wine-tastings in the village. Alternatives include trips to the immaculate Château de Cheverny or C16 Château de Beauregard.

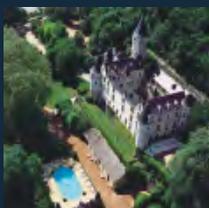
## DAY 08 CHITENAY TO CHISSAY

44KM/27MI

Head south to the fortified Château de Fougères-sur-Bièvre, then continue past Sambin to the superb Château de Chenonceau with its famous arches majestically spanning the river. It's an easy cycle to the **Château de Chissay** for a well-earned dip in the pool before dinner (included).

## DAY 09 LEAVE CHISSAY

## WHERE YOU STAY

Château de Chissay  
\*\*\*Hostellerie du Château  
\*\*\*Manoir Bel Air  
\*\*\*Auberge du Centre  
\*\*\*

- ★★★★★ customer rating
- Exclusive Headwater Rep Service
- Perfect cycling routes: traffic-free lanes, majestic forests, vineyards, poppies and sunflowers
- Hand-picked hotels in fabulous locations, three with swimming pools
- Splendour of Renaissance Chenonceau - 'jewel in the Loire crown'

## PRICES FROM

£1349 *per person*

With departures every two days from 11th May to 8th October 2018

## YOUR HOLIDAY INCLUDES

- 8 nights hotel-to-hotel accommodation in a mix of **4** and **3** hotels
- All breakfasts and evening meals
- Services of your local Headwater Representative
- High quality bikes
- GPS route directions and maps
- *RideWithGPS* navigation app
- Luggage transfers between hotels
- Headwater Wine Collection Service

## OPTIONAL UPGRADES

- Standard flights (including onward rail and station transfers) from Heathrow to Paris CDG with British Airways, flight inclusive prices from £1489 per person
- Other flights, including regional departures, available on request
- First Class rail available
- Sole occupancy of a double room £30 per person per night
- Room upgrades at selected hotels
- Extra nights in Chissay or Chaumont
- City break add-ons in Paris



© canadastock | shutterstock.com

Historic Auxerre

## ...MEDIAEVAL VILLAGES, FINE WINE AND GASTRONOMIC CUISINE

Often described as 'the land of great art and good living', Burgundy is one of France's most thriving regions, with evidence of former wealth and power all over.

Renaissance châteaux, mediaeval villages and castles stand proudly amongst the lush UNESCO vineyards and rolling green hills.

The fine wine is one of the main attractions of the region, so be sure to stop off at one of the sun-drenched wine estates for a tasting or two en route. Chablis, Mâcon and Beaune are all famous wine-making areas. The gastronomic cuisine is also renowned worldwide, with beef bourguignon being the region's signature dish. The rich and intense flavours come from the wine and the finest breeds of beef cattle that make up the dish.

Enjoy a gentle stroll or cycle down towpaths, river valleys and wheat fields alive with bright red poppies, or marvel at rolling green hills dotted with mustard fields and mediaeval villages crammed with beautiful UNESCO sites. There are a number of villages in Burgundy that have been awarded the accolade of "Les Plus Beaux Villages de France", including hilltop Vézelay, a major starting point for pilgrims

*"Wonderful varied scenery with ever changing views at every turn."*

Mr Newberry, York

on the Camino, and Noyers-sur-Serein with its pretty half-timbered houses.

Morvan Regional National Park, which boasts 1,000 square miles of unspoilt wilderness, is full of crystalline lakes and cute villages, where you can enjoy a bite to eat or a drink in a family-run *brasserie*. Whilst the region's handsome capital Dijon is heir to a glorious architectural heritage.

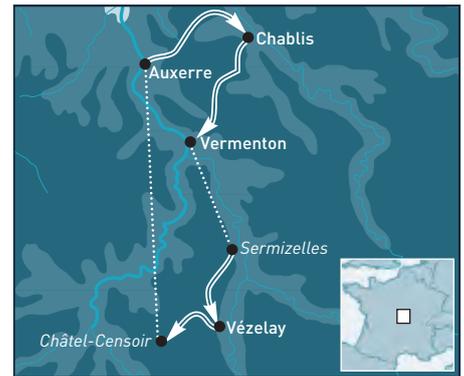
Burgundy is rich in wildlife, and you'll likely spot roe deer, hen harriers and hoopoe, and whilst on canal paths, beaver, osprey and cormorant.

**One to watch: Meursault, home to more châteaux than any other region in France.**

## CHABLIS VINEYARDS WALK

WALKING ACTIVITY LEVEL  
1 1+ 2 2+ 3

Views over to Vézelay



## YOUR HOLIDAY DAY-BY-DAY



## DAY 01 ARRIVE IN AUXERRE

Your hotel, the **Hôtel Normandie**, is ideally situated just a few minutes' walk from Auxerre's historic centre where you'll find a good choice of restaurants for dinner (payable locally).

## DAY 02 AUXERRE TO CHABLIS

15KM/9.5MI/4HR

Join the 'Wine and Cheese route' at Venoy. Amble through vineyards to the wine village of Beine, then on to Poinchy where you'll find some of our favourite Chablis caves. At Chablis you spend two nights at the **Hostellerie des Clos**. Your evening meals are included here.

## DAY 03 AT CHABLIS

Chablis is almost completely devoted to the production of some of the world's finest white wines. There's a plethora of cellars to visit or, alternatively, follow an 8km *Grand Crus* walk.

## DAY 04 CHABLIS TO VERMENTON

16KM/10MI/4HR OR 18KM/11.5MI/4.5HR

From the viewpoint at Courgis, head through the vines to the village of St-Cyr-les-Colons. Continue through forest and farmland to Cravant, then along the Route Napoléon to Vermenton and **15 Place Voltaire**, for two nights. Meals are taken in a local restaurant (included).

## DAY 05 AT VERMENTON

Take the train to Arcy, a village steeped in Roman history, or explore Vermenton with its Parc des Îles, a shady park made up of small islands connected by bridges on the River Cure.

## DAY 06 VERMENTON TO VÉZELAY

17KM/11MI/4.5HR

Take the train to Sermizelles to start your walk across the wooded slopes of Montmartre. Follow part of the Camino de Santiago to Vézelay, keeping your eyes peeled for rare birdlife. You stay at the **Hôtel SY Les Glycines**, for two nights. Meals (included) are taken at the sister hotel La Terrasse, just 50m up the hill beside the Basilica.

## DAY 07 AT VÉZELAY

Explore Vézelay and its C12 Basilica, a UNESCO World Heritage Site and the largest church in France. Walk to St-Père-sous-Vézelay, visit the nearby Roman baths or *Fontaines Salées*.

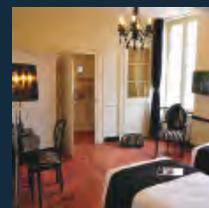
## DAY 08 VÉZELAY TO AUXERRE

14KM/9MI/3.5HR

A great walk for bird-spotting and seeing wild animals - as you leave Vézelay and head into the forest, look out for roe deer, stags or pairs of jays. Explore the château and church at the busy little port of Châtel-Censoir before returning to the **Hôtel Normandie** in Auxerre.

## DAY 09 LEAVE AUXERRE

## WHERE YOU STAY

Hôtel Normandie  
\*\*\*Hostellerie des Clos  
\*\*\*\*15 Place Voltaire  
\*\*\*Hôtel SY Les Glycines  
\*\*\*

- ★★★★★ customer rating
- Exclusive Headwater Rep Service
- Relaxed walking following the Grand Randonnée, part of St Jacques' route to Compostela
- Gentle, rolling landscapes, forests, farms, poppies, sunflowers and vines
- World-famous wines including Chablis, Irancy, Aligoté and Crémant

## PRICES FROM

£1079 per person

With departures every two days from 13th May to 20th September 2018

## YOUR HOLIDAY INCLUDES

- 8 nights hotel-to-hotel accommodation in a mix of and hotels
- All breakfasts and 6 evening meals
- Services of your local Headwater Representative
- Route directions and maps
- Luggage transfers between hotels
- Headwater Wine Collection Service

## OPTIONAL UPGRADES

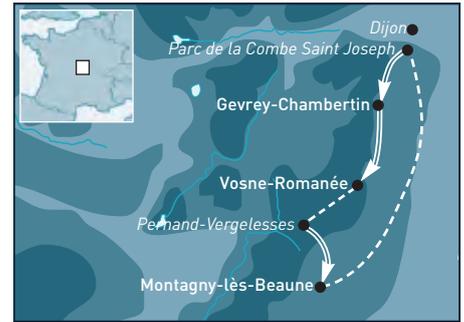
- Standard flights (including onward rail and station transfers) from Heathrow to Paris CDG with British Airways, flight inclusive prices from £1249 per person
- Other flights, including regional departures, available on request
- First Class rail available
- Sole occupancy of a double room £27 per person per night
- Room upgrades at selected hotels
- Extra nights in Auxerre
- City break add-ons in Paris

## GASTRONOMIC BURGUNDY WALK

WALKING ACTIVITY LEVEL



Views across the rolling vineyards



## YOUR HOLIDAY DAY-BY-DAY



## DAY 01 ARRIVE IN MONTAGNY-LÈS-BEAUNE

Arrive at the **Hôtel le Clos**, a lovingly restored C18 former farmhouse, in time for your first gastronomic dinner (included) at a local restaurant.

## DAY 02 MONTAGNY-LÈS-BEAUNE TO GEVREY-CHAMBERTIN 14KM/9MI/3.5HR

Cross the limestone escarpment of the Côte d'Or with wonderful views across the plain. Descend to the village of Chenôve and wind your way along the Chemin des Grand Crus to Gevrey-Chambertin. You stay at the **Les Deux Chevres** and enjoy gastronomic evening meals (included) at a local restaurant.

## DAY 03 AT GEVREY-CHAMBERTIN

Take the train to Dijon or Beaune today – explore Dijon's C12-C15 timbered houses, the Church of Notre Dame, cathedral and the Grand Palace. In Beaune, marvel at the multi-coloured roofs of the C15 Hospices du Beaune.

## DAY 04 GEVREY-CHAMBERTIN TO VOSNE-ROMANÉE 12KM/7.5MI/3.5HR

Head up into the woods before winding your way through to the sun-soaked vines behind tranquil Morey-St-Denis. Continue to Vougeot and its historic château then to **Le Richebourg**, where you'll spend two nights (dinner included).

## DAY 05 AT VOSNE-ROMANÉE

You could walk up through the woods to a château in the hills, behind the vineyards of Vosne-Romanée. Here you can learn about truffle hunting. Or stroll through the vines to the world-famous mediaeval town of Nuits-St-Georges.

## DAY 06 VOSNE-ROMANÉE TO MONTAGNY-LÈS-BEAUNE 16KM/10MI/5.5HR OR 22KM/14MI/6.5KM

Take a transfer to Pernand-Vergelesses to follow vineyard tracks past the Hill of Corton. Then it's on to mediaeval Savigny-lès-Beaune, followed by a walk up through woods for spectacular views over Beaune. Return to **Hôtel le Clos** for your final gastronomic evening meal (included).

## DAY 07 LEAVE MONTAGNY-LÈS-BEAUNE

## WHERE YOU STAY

Hôtel le Clos  
\*\*\*Les Deux Chevres  
□□□□Le Richebourg  
\*\*\*\*\*

- ★★★★★☆ customer rating
- Exclusive Headwater Rep Service
- Traditional Burgundy châteaux and mediaeval villages
- Lovingly restored C18 hotels
- Fine, gastronomic menus featuring regionally-sourced ingredients
- Varied walking on vineyard tracks, hilltop trails and woodland paths

## PRICES FROM

£1269 *per person*

With departures every two days from 13th May to 22nd September 2018

## YOUR HOLIDAY INCLUDES

- 6 nights hotel-to-hotel accommodation in a mix of □□□□ and ★★★★★ hotels
- All breakfasts and all gastronomic evening meals
- Services of your local Headwater Representative
- Route directions and maps
- Walking transfers
- Luggage transfers between hotels
- Headwater Wine Collection Service

## OPTIONAL UPGRADES

- Standard flights (including onward rail and station transfers) from Heathrow to Paris CDG with British Airways, flight inclusive prices from £1459 per person
- Other flights, including regional departures, available on request
- First Class rail available
- Sole occupancy of a double room £38 per person per night
- Room upgrades at selected hotels
- Extra nights in Gevrey-Chambertin
- City break add-ons in Paris

## CHABLIS VINEYARDS CYCLING

CYCLING ACTIVITY LEVEL  
1 1+ 2 2+ 3

The Serein river at Chablis



- ★★★★★ customer rating
- Exclusive Headwater Rep Service
- Gentle, relaxing cycling on totally unspoilt routes; very easy to get to from the UK
- World-famous vineyards and local wines
- Flower adorned villages, hidden meadows, picturesque rivers and canals

## YOUR HOLIDAY DAY-BY-DAY



## DAY 01 ARRIVE IN AUXERRE

One of France's prettiest mediaeval cities, Auxerre sits on the banks of the Yonne with its two Gothic churches: the Cathedral of St-Étienne and the Abbey of St-Germain. The **Hôtel Normandie** is just a few minutes' walk from a good choice of restaurants for your evening meal (payable locally).

## DAY 02 AUXERRE TO LIGNY-LE-CHÂTEL

32KM/20MI

Cycle along the River Yonne and through the forest of St-Germain to Seignelay. Here you'll find castle remains, a fine market hall and great views over the Serein. Head to the magnificent abbey at Pontigny then on to Ligny-le-Châtel. Stay at the **Relais St Vincent** for the next two nights with evening meals (included) at a local restaurant.

## DAY 03 AT LIGNY-LE-CHÂTEL

Explore what was originally the Roman Lanniacum Castrum - be sure to visit the Church of St Peter and St Paul. It's then just a 10km cycle to Chablis, with wine-tasting opportunities.

## DAY 04 LIGNY-LE-CHÂTEL TO VERMENTON

49KM/31MI

Cycle from one little wine village to another today. After a gentle climb to Courgis and its stunning views, head downhill through Chitry and St-Bris-le-Vineux then follow the river to Vermenton and **15 Place Voltaire**. You stay here for the next two nights and your evening meals (included) are taken at a local restaurant.

## DAY 05 AT VERMENTON

Walk (or take your bike on the train) to Arcy-sur-Cure to visit the caves and Manoir du Chastenay. Cycle to Vézelay, a fortified mediaeval town, or take the towpath to Mailly-la-Ville.

## DAY 06 VERMENTON TO AUXERRE

29KM/18MI

Follow the towpath towards Auxerre and picnic on the banks of the Yonne. Head to the amazing Bailly caves, where Crémant sparkling wines are made, and return to Auxerre and the **Hôtel Normandie** (pay locally for dinner).

## DAY 07 LEAVE AUXERRE

## WHERE YOU STAY

Hôtel Normandie  
\*\*\*Relais St Vincent  
\*\*\*15 Place Voltaire  
[ ] [ ] [ ]

## YOUR HOLIDAY, YOUR WAY

This trip is also available as an 4-night tour, missing out the 'stay put' days at Ligny-Le-Châtel and Vermenton.

## PRICES FROM

£899 *per person*

With departures every two days from 13th May to 20th September 2018

## YOUR HOLIDAY INCLUDES

- 6 nights hotel-to-hotel accommodation in a mix of \*\*\* and [ ] [ ] [ ] hotels
- All breakfasts and 4 evening meals
- Services of your local Headwater Representative
- High quality bikes
- GPS route directions and maps
- RideWithGPS navigation app
- Luggage transfers between hotels
- Headwater Wine Collection Service

## OPTIONAL UPGRADES

- Standard flights (including onward rail and station transfers) from Heathrow to Paris CDG with British Airways, flight inclusive prices from £1069 per person
- Other flights, including regional departures, available on request
- First Class rail available
- Sole occupancy of a double room £24 per person per night
- Room upgrades at selected hotels
- Electric bikes available
- Extra nights in Auxerre
- City break add-ons in Paris

# CLASSIC BURGUNDY CYCLING

 CYCLING ACTIVITY LEVEL  
 1 1+ 2 2+ 3


Mediaeval Auxerre

 WINE  
 SERVICE

## YOUR HOLIDAY DAY-BY-DAY

### DAY 01 ARRIVE IN AUXERRE

Arrive at the **Hôtel Normandie**. There's time to explore the mediaeval lanes and pretty river port of Auxerre before dinner in town (payable locally).

### DAY 02 AUXERRE TO CHABLIS

43KM/26.5MI

Take the path along the Yonne, out of Auxerre, to Monéteau and Gurgy, then it's on to the spectacular C12 Abbey at Pontigny. Continue on along the River Serein and through La Chapelle Vaupelteigne to the **Hostellerie des Clos** in Chablis. You'll spend two nights here and your evening meals (included) are taken in the restaurant overlooking the beautiful gardens.

### DAY 03 AT CHABLIS

Explore the world-famous wine town of Chablis and enjoy wine-tastings galore in local caves. The Grand Cru vineyards lie on a single south-west facing slope just to the north of the town.

### DAY 04 CHABLIS TO NITRY

35KM/22MI

Pedal along the beautiful River Serein valley, discovering pretty towns, including Sainte Vertu and Annay-sur-Serein, along the way. Arrive at the **Auberge de la Beursaudière**, where you'll spend two nights, and enjoy dinner (included) in the traditional restaurant.

### DAY 05 AT NITRY

Pedal out to explore mediaeval Noyers-sur-Serein with its half-timbered houses, cobbled streets with artisan wares, C12 castle site, church and chapels.

### DAY 06 NITRY TO VÉZELAY

44KM/27.5MI

Cycle through open, rolling farmland to Lucy-le-Bois. Pedal on to the Cure River valley and continue to hilltop Vézelay, a major starting point for pilgrims on the Camino. You stay two nights at the **Hôtel SY Les Glycines** and your evening meals are taken at the sister hotel La Terrasse, just up the hill beside the Basilica.

### DAY 07 AT VÉZELAY

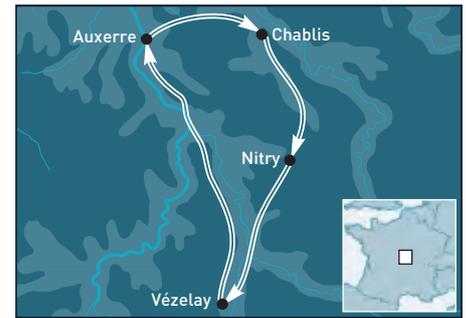
Explore the C12 Basilica, a UNESCO World Heritage Site, and the largest church in France, which houses the shrine of Mary Magdalene.

### DAY 08 VÉZELAY TO AUXERRE

40KM/25MI OR 60KM/37.5MI

Cycle through woods and rolling countryside to Chatel-Censoir where you join the 'green way' along the Canal du Nivernais. You can catch the train to Auxerre and the **Hôtel Normandie** or, for a longer day, continue along the canal to visit the Bailly caves for a final wine-tasting.

### DAY 09 LEAVE AUXERRE



- ★★★★★☆ customer rating
- Exclusive Headwater Rep Service
- Exceptionally relaxed cycling: peaceful riverside trails, country lanes and canal paths
- Historical interest-packed itinerary: beautiful Gothic churches, superb Renaissance châteaux, Romanesque abbey at Vézelay
- Colourful canal barges, pretty river ports and beaches

## PRICES FROM

# £1199

 per person

 With departures every two days  
 from 13th May to 20th September 2018

## YOUR HOLIDAY INCLUDES

- 8 nights hotel-to-hotel accommodation in a mix of and hotels
- All breakfasts and 6 evening meals
- Services of your local Headwater Representative
- High quality bikes
- GPS route directions and maps
- *RideWithGPS* navigation app
- Luggage transfers between hotels
- Headwater Wine Collection Service

## OPTIONAL UPGRADES

- Standard flights (including onward rail and station transfers) from Heathrow to Paris CDG with British Airways, flight inclusive prices from £1369 per person
- Other flights, including regional departures, available on request
- First Class rail available
- Sole occupancy of a double room £28 per person per night
- Room upgrades at selected hotels
- Electric bikes available
- Extra nights in Auxerre
- City break add-ons in Paris

## WHERE YOU STAY


 Hôtel Normandie  
 \*\*\*

 Hostellerie des Clos  
 \*\*\*\*

 Auberge de la Beursaudière  

 Hôtel SY Les Glycines

## GASTRONOMIC BURGUNDY CYCLING

CYCLING ACTIVITY LEVEL



Gevrey-Chambertin Castle

## YOUR HOLIDAY DAY-BY-DAY



## DAY 01 ARRIVE IN MONTAGNY-LÈS-BEAUNE

Arrive at the **Hôtel le Clos**, a beautifully restored C18 farmhouse just outside the city. Relax and freshen up before your first gastronomic dinner (included) in a local restaurant.

## DAY 02 MONTAGNY-LÈS-BEAUNE TO GEVREY-CHAMBERTIN 42KM/26.5MI OR 45KM/28.5MI

Pedal through some of the world's most famous wineries today and visit the lovely C18 château at Pommard. Spend time in Beaune to visit the famous Hôtel-Dieu before lunch in Nuits-Saint-Georges, then on through the Vosne-Romanée vineyards to Gevrey-Chambertin. You spend two nights at **Les Deux Chevres**, with gastronomic evening meals included in local restaurants.

## DAY 03 AT GEVREY-CHAMBERTIN

Explore the ancient city of Dijon and its Church of Notre Dame, the timbered houses, the cathedral with its 1,000-year-old crypt and the Palace of the Dukes of Burgundy.

## DAY 04 GEVREY-CHAMBERTIN TO SAINTE-SABINE 50KM/31.5MI OR 54KM/34MI

Highlights today include spectacular views from the Combe de Lavaux nature reserve and the towpaths and greenways of the Canal de Bourgogne and River Ouche. Visit Château de Barbirey and its superb gardens, topped off by C18 **Château Saint Sabine**, your home for the next two nights. Your evening meals (included) are taken in the hotel restaurant.

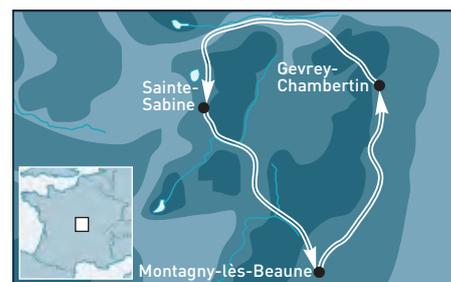
## DAY 05 AT SAINTE-SABINE 28KM/17.5MI

On today's circular route, explore two famous Burgundy castles: Châteauneuf-en-Auxois, perched on a hilltop with its C15 fortress and C12 keep, and a splendid moated C13 château in the village of Commarin.

## DAY 06 SAINTE-SABINE TO MONTAGNY-LÈS-BEAUNE 41KM/26MI

Head to the ancient town of Bligny-sur-Ouche then on to Montceau-et-Écharnant, where the ground is paved with the gravestones of Templar Knights. From here it's downhill to Nantoux, and the vineyards beyond, where wine-tastings await. Return to the **Hôtel le Clos** for your final gastronomic evening meal (included).

## DAY 07 LEAVE MONTAGNY-LÈS-BEAUNE



- ★★★★★ customer rating
- Exclusive Headwater Rep Service
- Lovingly restored C18 hotels and fine gastronomic cuisine
- Varied cycling: vineyard tracks, country lanes, waterside paths and greenways
- Authentic mediaeval châteaux and traditional villages

## YOUR HOLIDAY, YOUR WAY

An 8-night version of this tour will be available from January 2018. Please visit our website for further details.

## PRICES FROM

£1399 *per person*

With departures every two days from 13th May to 22th September 2018

## YOUR HOLIDAY INCLUDES

- 6 nights hotel-to-hotel accommodation in a mix of ★★★, ★★★★ and [icon] hotels
- All breakfasts and gastronomic evening meals
- Services of your local Headwater Representative
- High quality bikes
- GPS route directions and maps
- RideWithGPS navigation app
- Luggage transfers between hotels
- Headwater Wine Collection Service

## OPTIONAL UPGRADES

- Standard flights (including onward rail and station transfers) from Heathrow to Paris CDG with British Airways, flight inclusive prices from £1589 per person
- Other flights, including regional departures, available on request
- First Class rail available
- Sole occupancy of a double room £38 per person per night
- Room upgrades at selected hotels
- Electric bikes available
- Extra nights in Gevrey-Chambertin
- City break add-ons in Paris or Beaune

## WHERE YOU STAY

Hôtel le Clos  
★★★Les Deux Chevres  
[icon]Château Sainte Sabine  
★★★



The mediaeval village of Colmar

## ...FAIRYTALE VILLAGES, A RICH HISTORY AND FABULOUS WINE

Stepping foot in Alsace is almost like you've discovered the magical setting of a children's fairytale. Candy-coloured half-timbered buildings sit in mediaeval villages below sloping hills and lush vineyards, from where crumbling castles peep out. The mediaeval villages are so beautiful that Disney's *Beauty and the Beast* animators used them as inspiration for the film.

Having been fought over for centuries by Germany and France, this history-rich, wine-growing heartland between the Vosges Mountains and the Black Forest, is now heavily characterised by an eclectic mix of cuisine, language, architecture and customs.

Walking or cycling along routes that hug the *Route des Vins*, (walkers also use sections of the world-famous Camino de Santiago),

you'll pass through the cobbled streets of pretty villages such as Kaysersberg and Riquewihr, decked with window boxes spilling with geraniums and traditional ornamental features, and their own *cave* or *degustation* to visit.

In the forests of the Vosges National Park, enjoy the gentle fragrance of the ancient pines that perfume the air, admire the ruins of many châteaux, and marvel at the breathtaking views.

*"It is an area of stunning beauty and history - as well as wonderful food and wine."*

Ms Andrews, Lewes

Travelling on foot, you can take a deep and fascinating look into the past by walking to the battlefield of Tête-des-Faux and crossing the Front Line of WW1; here, the area is preserved in time, and so many relics of the war have remained in place since 1914. Whilst pristine German and French cemeteries en route also offer a moving reminder of Alsace's history.

Cyclists can spend days exploring the Romanesque churches of Selestat, Haut-Koenigsbourg Castle or wandering around the bustling town of Obernai with its fascinating history of Saint Odile.

The Alsace region encompasses a generous helping of wine-growing as well as cultural and architectural history that is a delight to uncover on foot or by bike.

## VILLAGES &amp; VINEYARDS OF HISTORIC ALSACE

WALKING ACTIVITY LEVEL  
1 1+ 2 2+ 3

Hunawir's fortified church

## YOUR HOLIDAY DAY-BY-DAY



## DAY 01 ARRIVE IN TURCKHEIM

Arrive at the **Hôtel des Deux Clefs** in time to explore the village. Evening meals are included at Bergheim but for the rest of the tour you are free to choose from the many fine local restaurants.

## DAY 02 TURCKHEIM TO KAYSERSBERG 10KM/6.5MI/2HR OR 21KM/13.5MI/4HR

Explore Turckheim's Renaissance church and mediaeval gate then continue through the vines past flower-filled Niedermorschwihr and Ammerschwih. It's then on to the fortified town of Kaysersberg, voted prettiest town in France 2017, and the **Hôtel Les Remparts**, where you spend the next two nights.

## DAY 03 AT KAYSERSBERG

Stroll up to the mediaeval castle ruins for a bird's eye view over Kaysersberg's half-timbered houses then follow a valley trail to Kientzheim or visit Colmar, the 'Venice of Alsace', by local bus.

## DAY 04 KAYSERSBERG TO RIQUEWIHR 11KM/7MI/2HR OR 12KM/7.5MI/3.5HR

A gentle climb to the French cemetery above Sigolsheim, with its panoramic views of the Alsace plains and the Kayserberg Valley. Descend through the vineyards to the Renaissance houses of Riquewihr, the 'Pearl of the Vineyards' and the **Hôtel à l'Oriel** for the next two nights.

## DAY 05 AT RIQUEWIHR

The town of Riquewihr is so enchanting it's been declared an historic monument in its entirety. You'll be fascinated by its cobbled alleys, galleried courtyards, fountains and colourful signboards.

## DAY 06 RIQUEWIHR TO BERGHEIM 11KM/7MI/2HR OR 19KM/12MI/4HR

Pass through the heart of mediaeval Alsace via the Riesling vineyards. Visit Hunawir's fortified church and stork sanctuary, then continue on to Bergheim with three ruined castles looming above. Your hotel here is the **Hôtel La Cour du Bailli**, where you stay for two nights. The restaurant serves plenty of Alsatian specialities for dinner (included).

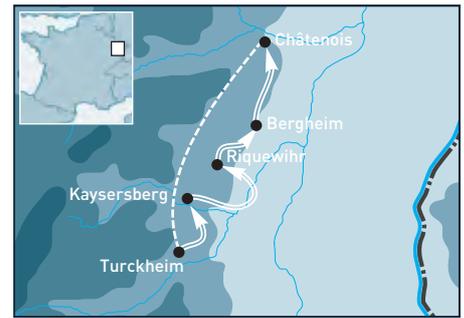
## DAY 07 AT BERGHEIM

Discover this colourful, ancient market village and mediaeval refuge with its timber-framed houses. Take a short taxi ride to the amazing Haut-Koenigsbourg Castle; it's a gentle downhill walk back!

## DAY 08 BERGHEIM TO CHÂTENOIS/TURCKHEIM 12KM/7.5MI/2.5HR OR 14KM/9MI/3HR

Head, parallel to the *Route des Vins*, to a poignant WW2 German military cemetery with fabulous castle views. Continue on to St-Hippolyte with its Gothic church and on to mediaeval Kintzheim Castle. Return to **Hôtel des Deux Clefs** for your final night.

## DAY 09 LEAVE TURCKHEIM



- ★★★★☆ customer rating
- Exclusive Headwater Rep Service
- Easy walking through vineyards, ancient oak forest and unspoilt flower-filled gingerbread villages
- Romantic castles, Gothic churches, mediaeval villages; Riquewihr and Colmar, the 'Venice of Alsace'
- A perfect blend of French and German influences

## PRICES FROM

£969 *per person*

With departures every two days from 13th May to 24th September 2018

## YOUR HOLIDAY INCLUDES

- 8 nights hotel-to-hotel accommodation in \*\*\* hotels
- All breakfasts and 2 evening meals
- Services of your local Headwater Representative
- Route directions and maps
- Luggage transfers between hotels
- Headwater Wine Collection Service

## OPTIONAL UPGRADES

- Standard flights (including onward rail and station transfers) from Heathrow to Basel with British Airways, flight inclusive prices from £1169 per person.
- Other flights, including regional departures, available on request
- First Class rail available
- Sole occupancy of a double room £38 per person per night
- Room upgrades at selected hotels
- Extra nights in Turckheim
- City break add-ons in Strasbourg

## WHERE YOU STAY

Hôtel des Deux Clefs  
\*\*\*Hôtel Les Remparts  
\*\*\*Hôtel à l'Oriel  
\*\*\*Hôtel La Cour du Bailli  
\*\*\*

# CONTRASTS OF ALSACE AND THE VOSGES WALK

 WALKING ACTIVITY LEVEL  
 1 1+ 2 2+ 3


© Photo: iStockAR / shutterstock.com

Ammerschwihr



## YOUR HOLIDAY DAY-BY-DAY

### DAY 01 ARRIVE IN AMMERSCHWIHR

Arrive at your hotel, the **Aux Armes de France**, in time for dinner (included).

### DAY 02 AMMERSCHWIHR TO RIBEAUVILLÉ

13KM/8MI/4HR

A gentle walk to the neighbouring town of Kaysersberg before heading along the Camino de Santiago to the spectacular mediaeval villages of Riquewihr and Ribeauvillé. Stay at the **Hôtel du Mouton** for two nights and enjoy dinner (included) in the cosy restaurant.

### DAY 03 AT RIBEAUVILLÉ

Explore the picture-perfect town of Ribeauvillé, pay a visit to some of the most respected wineries in the local area or, alternatively, enjoy a walk to the fortified village of Bergheim.

### DAY 04 RIBEAUVILLÉ TO THANNENKIRCH

16KM/10MI/5.5HR

Climb into the Vosges Mountains to find the majestic ruins of the Three Castles of the Lords of Ribeaupierre. Rejoin the Camino de Santiago to head to the village of Rodern and on to Thannenkirch and the **Hôtel Clos des Sources**, for two nights. There's an impressive pool and spa, plus a high quality restaurant offering traditional Alsatian cuisine (included).

### DAY 05 AT THANNENKIRCH

(OPTIONAL 10KM/6.5MI/3HR)

Explore some of the 60km of walking trails around Thannenkirch today, or follow the well-marked GR5 walking path up to the incredible Château du Haut-Koenigsbourg.

### DAY 06 THANNENKIRCH TO LAPOUTROIE

13KM/8MI/5HR

Take a transfer (and a picnic) to start your walk in Aubure. Descend on ancient forest paths to enjoy superb views towards Hachimette and Lapoutroie, as you make your way to Fréland. Quiet lanes lead you to the idyllic village of Lapoutroie and the **Hôtel Les Alisiers**, where you'll find a wonderful restaurant (dinner included) with panoramic views over the Vosges.

### DAY 07 AT LAPOUTROIE

15KM/9.5MI/5HR

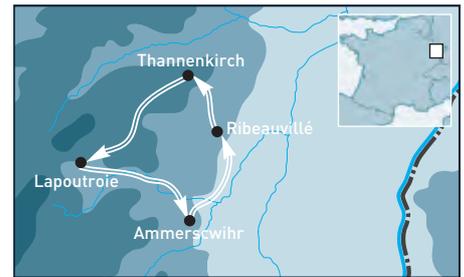
Today's walk is a memorable one - follow the Tête des Faux trail through atmospheric forest, passing old WWI bunkers, eventually reaching the front line between France and Germany. Spend another night at the **Hôtel Les Alisiers**, with dinner included.

### DAY 08 LAPOUTROIE TO AMMERSCHWIHR

19KM/12MI/5.5HR

Enjoy the undulating woodland, heading to the little mountain villages of Orbey and Labaroche and on to Trois-Épis, the perfect place to picnic with spectacular views. Visit some château remains before returning to the **Aux Armes de France** for your final dinner (included).

### DAY 09 LEAVE AMMERSCHWIHR



- ★★★★★☆ customer rating
- Exclusive Headwater Rep Service
- Walk along the world-famous Camino de Santiago
- Off-the-beaten-track walking in the picturesque Vosges National Park
- Authentic mediaeval villages including some of the most beautiful in France

“Lovely area with varied walking and historical interest.”

Mr Wildsmith, Stroud

## PRICES FROM

# £1099

per person

With departures every two days from 13th May to 24th September 2018

## YOUR HOLIDAY INCLUDES

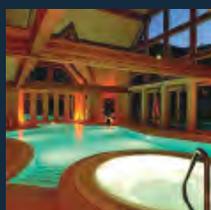
- 8 nights hotel-to-hotel accommodation in a mix of and hotels
- All breakfasts and evening meals
- Services of your local Headwater Representative
- Route directions and maps
- Luggage transfers between hotels
- Headwater Wine Collection Service

## OPTIONAL UPGRADES

- Standard flights (including onward rail and station transfers) from Heathrow to Basel with British Airways, flight inclusive prices from £1299 per person.
- Other flights, including regional departures, available on request
- First Class rail available
- Sole occupancy of a double room £38 per person per night
- Room upgrades at selected hotels
- City break add-ons in Strasbourg

## WHERE YOU STAY


 Aux Armes de France  

 Hôtel du Mouton  

 Hôtel Clos des Sources  

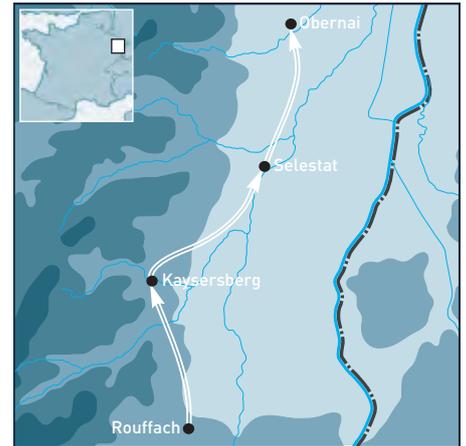
 Hôtel Les Alisiers

## WINE VILLAGES OF ALSACE CYCLING

CYCLING ACTIVITY LEVEL



Riquewihr



## YOUR HOLIDAY DAY-BY-DAY



## DAY 01 ARRIVE IN ROUFFACH

Arrive in the village of Rouffach on Alsace's famous *Route des Vins*. You stay at the **Hostellerie à La Ville de Lyon**, with dinner included. For the rest of the week you can dine at local restaurants, all within strolling distance of the hotels (payable locally).

## DAY 02 ROUFFACH TO KAYSERSBERG

33KM/20.5MI

Set off along the 'Wine Route' through the vineyards, enjoying spectacular views. Stop in beautiful and ancient Eguisheim to explore the narrow streets before picking up the Camino de Santiago to Kaysersberg and **Le Chambard**, where you stay for the next two nights.

## DAY 03 AT KAYSERSBERG

Spend the day exploring the mediaeval streets and take a stroll up to the ruins of the old fortress. Maybe take a taxi to Colmar and explore the historic old town and riverside.

## DAY 04 KAYSERSBERG TO SELESTAT

27KM/17M

Highlights today include Riquewihr – still enclosed by its mediaeval walls, Ribeauvillé – with its fountains and hillside ruins, and Kintzheim – dominated by the remains of its C13-C15 castle. Your hotel for the next two nights is the **Hostellerie de la Pommeraie**.

## DAY 05 AT SELESTAT

Explore the mediaeval streets of this one-time Free Imperial City of the Holy Roman Empire, taking in the wonderful architecture, listed buildings and traditional shops, as well as the Selestat Humanist Library. You can also take a taxi to mighty Haut-Koenigsbourg Castle.

## DAY 06 SELESTAT TO OBERNAI

31KM/19.5MI

Stop for coffee in pretty Dambach-la-Ville and visit the Chapel of St. Sebastian, parts of which date to C12. For lunch, Barr is perfect, full of impressive half-timbered houses, typically dating from the C16-C18. You'll spend two nights at **A La Cour d'Alsace**.

## DAY 07 AT OBERNAI

Obernai sits between the three main features of Alsace; the vineyards, the Vosges mountains and the Alsatian Plains. For spectacular views take a ride (perhaps by taxi) up Mount St Odile to Hohenburg Abbey.

## DAY 08 LEAVE OBERNAI

- Exclusive Headwater Rep Service
- Cycle along Alsace's '*Route des Vins*' wine road and the Camino de Santiago
- Rich historic interest: hilltop Haut-Koenigsbourg Castle and the UNESCO-listed Selestat Humanist Library
- Fantastic views of the Vosges Mountains and the Alsatian Plains

## PRICES FROM

£1089 per person

With departures every two days  
from 13th May to 24th September 2018

## YOUR HOLIDAY INCLUDES

- 7 nights accommodation in a mix of \*\*\*, \*\*\*\* and \*\*\*\*\* hotels
- All breakfasts and 1 evening meal
- Services of your local Headwater Representative
- High quality bikes
- GPS route directions and maps
- RideWithGPS navigation app
- Luggage transfers between hotels
- Headwater Wine Collection Service

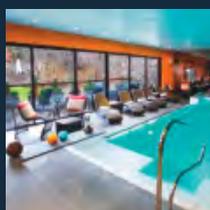
## OPTIONAL UPGRADES

- Standard flights (including onward rail and station transfers) from Heathrow to Basel with British Airways, flight inclusive prices from £1299 per person
- Other flights, including regional departures, available on request
- First Class rail available
- Sole occupancy of a double room £60 per person per night
- Room upgrades at selected hotels
- City break add-ons in Strasbourg

## WHERE YOU STAY



Hostellerie à La Ville de Lyon \*\*\*



Le Chambard \*\*\*\*\*



Hostellerie de la Pommeraie \*\*\*\*



A La Cour d'Alsace \*\*\*\*



Beynac Castle

# THE DORDOGNE

## ...WONDERFUL SCENERY, HISTORICAL GEMS AND GASTRONOMY TO RIVAL ANY OTHER

Worthy of its reputation as one of the most picturesque regions in France, the Dordogne, divided by the river of the same name, has a wealth of prehistoric and mediaeval influences. Known as 'The Land of a Thousand Châteaux', fairytale castles - including the imposing strongholds of Beynac, Castelnaud, Domme and Montfort - dot the rolling landscape, opening up to dramatic valleys, pretty villages and farmsteads.

This is traditional rural France, where a relaxed pace of life befits exploration on foot, by bike or in a canoe down the expansive river, with beautiful rolling scenery unfolding at every turn. Watched over by pink limestone cliffs and meandering through the famous truffle woods of the Périgord, the Dordogne river is ever-present and offers a refreshing place to dip your toes or take a swim.

Stroll or pedal through ancient shady woodlands and long-standing chestnut groves that unfold into panoramic views. Wonderful mediaeval villages are adorned with Renaissance features, ornamented buildings and C17 façades, and endless sunflower fields dance in the often welcome breeze. You'll see that many villages still lead traditional French lifestyles and village life is celebrated with numerous fêtes and events.

Highlights include the capital Sarlat, home to more than 250 listed buildings; this city's mediaeval magic will hold you spellbound. Photogenic Beynac has a C13 hilltop château standing prominent above the valley floor. The carpeted hills of the Périgord Noir lead to traditional Périgourdine houses and the 'prehistoric capital' of Eyzies, with UNESCO grottos decorating its surrounding countryside, taking you right back in time.

Visit some of *Les Plus Beaux Villages de France*, including Beynac, La Roque-Gageac and Saint-Amand-de-Coly. Whilst cycling, the impressive C18 Manoir d'Eyrignac gardens stand out and there are many idyllic riverside picnic spots and lively lunch options in St-Cyprien or at the more opulent Château de Fénelon. Exploring on foot, the pretty village of Tamniès en Périgord not only impresses with its floral displays but boasts a C12 church that opens up to reveal yet another historical gem.

For a gastronomic delight savour the flavours of the gourmet fare of *foie gras*, truffles, *confits d'oie* and the walnut liqueur *eau de noix*, washed down with fine Cahors and Bergerac wines.

## WALKS ALONG THE BANKS OF THE DORDOGNE

WALKING ACTIVITY LEVEL

1 1+ 2 2+ 3



Meyronne

## YOUR HOLIDAY DAY-BY-DAY



## DAY 01 ARRIVE IN MARTEL

Arrive at **Le Relais Sainte-Anne** in Martel, a picturesque town also known as 'la ville aux sept tours' or the town of seven towers. Dinner is included at all hotels this week.

## DAY 02 MARTEL TO MEYRONNE

10KM/6.5MI/2.5HR

Before leaving Martel, enjoy its mediaeval streets, in particular the Palais de la Raymondie and the Place de la Halle. Enjoy 360° views of the Dordogne Valley from the summit of Mont Mercou, before arriving at the **Hôtel La Terrasse** for two nights.

## DAY 03 AT MEYRONNE

You could walk to Rocher Sainte-Marie and the *Grottes de Lacave* or head to the town of Rocamadour, home to the shrine of the Black Madonna. Alternatively, travel by taxi to the Gouffre de Padirac, an enormous underground chasm.

## DAY 04 MEYRONNE TO SOUILLAC

19KM/12MI/5HR

Follow the path along the Roc de Monges with spectacular panoramic views then take the GR6 through sleepy hamlets and lush farmland to rejoin the river at Château de la Treyne. Continue to the small town of Souillac and **La Vieille Auberge**, where you'll stay for two nights.

## DAY 05 AT SOUILLAC

Wander around this delightful town or visit the Musée de l'Automate, which holds the largest collection of mechanical toys and dolls in France. Alternatively, walk to La Durantie for more stunning views along the Dordogne Valley.

## DAY 06 SOUILLAC TO CARSAC

13KM/8MI/3.5HR OR 16KM/10MI/4HR

Take a transfer to Rouffillac then head along the Dordogne River into the heart of the Périgord Nord. You can also take a short detour to visit the Château de Fénelon en route to **La Villa Romaine** just outside Carsac, for two nights.

## DAY 07 AT CARSAC

Walk along the disused railway line that is now a 'voie verte' into Sarlat and explore this mediaeval town, the capital of the Périgord Noir. Wander the warren of old lanes and charming courtyards with their Renaissance façades and richly ornamented buildings.

## DAY 08 CARSAC TO SAINT-VINCENT-DE-COSSE

21KM/13.5MI/5HR

Pass stone *bories* (dry stone huts) and small country hamlets as you walk between the Château de Montfort, Vitrac port and La Roque-Gageac. Take a short but steep detour up to the Château de Beynac then continue to the **Château de Monrecour**.

## DAY 09 LEAVE SAINT-VINCENT-DE-COSSE

## WHERE YOU STAY

Le Relais Sainte-Anne  
\*\*\*Hôtel La Terrasse  
\*\*\*La Vieille Auberge  
\*\*\*La Villa Romaine  
\*\*\*\*Château de Monrecour  
\*\*\*

- Exclusive Headwater Rep Service
- Unspoilt scenery, woodland valleys, well-marked tranquil riverside paths
- Pretty mediaeval villages, traditional Périgourdine markets, fairytale châteaux
- Wonderful river wildlife: coypu, heron, kites, kingfishers, buzzards and dragonflies
- La Roque Gageac, one of *Les Plus Beaux Villages de France*

## PRICES FROM

£1249 per person

With departures every two days from 11th May to 24th September 2018

## YOUR HOLIDAY INCLUDES

- 8 nights hotel-to-hotel accommodation in a mix of \*\*\* and \*\*\*\* hotels
- All breakfasts and evening meals
- Services of your local Headwater Representative
- Route directions and maps
- Luggage transfers between hotels
- Headwater Wine Collection Service

## OPTIONAL UPGRADES

- Standard flights (including onward rail and station transfers) from Heathrow to Toulouse with British Airways, flight inclusive prices from £1469 per person
- Other flights, including regional departures, available on request
- Sole occupancy of a double room (including one night in a single room) £42 per person per night
- Room upgrades at selected hotels
- Extra nights in Saint-Vincent-De-Cosse or Sarlat
- City break add-ons in Toulouse

## DORDOGNE GASTRONOMIC CYCLING

CYCLING ACTIVITY LEVEL

1 1+ 2 2+ 3



La Roque-Gageac

## YOUR HOLIDAY DAY-BY-DAY



## DAY 01 ARRIVE IN SOUILLAC

Arrive at **La Vieille Auberge**. Explore the town or take a dip in the pool before dinner (included).

## DAY 02 SOUILLAC TO SARLAT

35KM/22MI

Head west to visit the fabulous Château de Fénelon with its fine collection of armour and *objets d'art*. Then on to the **Hôtel Meysset** in Sarlat where you stay for the next two nights. Dinner (included) is taken in the hotel restaurant.

## DAY 03 AT SARLAT

Explore Sarlat's *Vieux Quartier* with its beautiful jumble of varying architectural styles. Alternatively, visit the bustling market on a Wednesday/Saturday or cycle to Domme or La Roque-Gageac. Tonight you enjoy dinner (included) in a local restaurant.

## DAY 04 SARLAT TO LES EYZIES

30KM/19MI OR 45KM/28.5MI

Head through the Périgord Nord to see traditional Périgourdine houses in Meyrals, or visit Beynac and its fortified castle. Then on past the Roc de Cazelle troglodyte cave village to Les Eyzies. You stay at the **Hôtel Les Glycines** for the next two nights, with dinner included.

## DAY 05 AT LES EYZIES

Steep limestone cliffs surround the village, honeycombed with shelters and caves. Explore locally, go canoeing or head out through the magnificent Vézère Gorges and back via the Abri du Cap Blanc, where you'll find the only remaining frieze of prehistoric sculptures in the world.

## DAY 06 LES EYZIES TO AURIAC-DU-PÉRIGORD

31KM/19.5MI OR 37KM/23.5MI

Freewheel down to the Vézère River and on to visit La Roque St-Christophe, then it's on to the village of St Léon with its charming C12 church. Leave the river valley behind to reach **Le Moulin de Mitou** where you spend the next two nights (dinner included).

## DAY 07 AT AURIAC-DU-PÉRIGORD

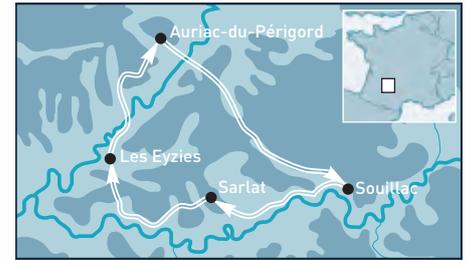
Head out to the pretty, mediaeval town of Montignac. Wander up to the ruined château, before heading off to the nearby Lascaux II caves with their amazing collection of prehistoric paintings.

## DAY 08 AURIAC-DU-PÉRIGORD TO SOUILLAC

47KM/29MI OR 56KM/35MI

Discover the tiny farming village of St-Amand-de-Coly, then head out to Salignac. From here, we recommend a short detour to the Manoir d'Eyrignac, whose gardens are rated the best in France, before continuing to **La Vieille Auberge** for your final gastronomic meal (included).

## DAY 09 LEAVE SOUILLAC



- ★★★★☆ customer rating
- Exclusive Headwater Rep Service
- Dramatic river valleys, mediaeval towns, fairytale châteaux, UNESCO Les Eyzies
- Prehistoric sites including the impressive Lascaux II caves
- Varied riverside cycling following the banks of the Vézère, Dordogne, Beune and Borreze rivers

## PRICES FROM

£1389 per person

With departures every two days from 11th May to 24th September 2018

## YOUR HOLIDAY INCLUDES

- 8 nights hotel-to-hotel accommodation in a mix of \*\*\* and \*\*\*\* hotels
- All breakfasts and gastronomic evening meals
- Services of your local Headwater Representative
- High quality bikes
- GPS route directions and maps
- RideWithGPS* navigation app
- Luggage transfers between hotels
- Headwater Wine Collection Service

## OPTIONAL UPGRADES

- Standard flights (including onward rail and station transfers) from Heathrow to Toulouse with British Airways, flight inclusive prices from £1599 per person
- Other flights, including regional departures, available on request
- Electric bikes available
- Sole occupancy of a double room £39 per person per night
- Room upgrades at selected hotels
- Extra nights in Souillac or Sarlat
- City break add-ons in Toulouse

## WHERE YOU STAY

La Vieille Auberge  
\*\*\*Hôtel Meysset  
\*\*\*Hôtel Les Glycines  
\*\*\*\*Le Moulin du Mitou  
\*\*\*

## CANOEING ON THE DORDOGNE



Château de Beynac



## YOUR HOLIDAY DAY-BY-DAY

## DAY 01 ARRIVE IN MARTEL

**Le Relais Sainte-Anne** is set in 7,000m<sup>2</sup> of private gardens in the mediaeval town of Martel. Evening meals are included at every hotel this week.

## DAY 02 MARTEL TO CARENNAC

13KM/8MI/3-4HR

After the briefing and canoeing lesson in the hamlet of Thézel, it's an easy paddle down to Carennac, one of the Dordogne's most picturesque villages, with a mediaeval priory and C16 castle. You'll stay at the **Hostellerie Fénelon** for two nights.

## DAY 03 AT CARENNAC

Explore Carennac today, a fairytale village with a jumble of cottages and C16 turreted manor houses. Alternatively, take a taxi to visit the Gouffre de Padirac with its amazing caverns and galleries.

## DAY 04 CARENNAC TO MEYRONNE

20KM/12.5MI/5-6HR

Pass below massive cliffs and impressive riverside châteaux before arriving at your C11 château hotel, the **Hôtel La Terrasse** where you spend the next two nights.

## DAY 05 AT MEYRONNE

Relax at the hotel pool, or visit the south of the river, by the Rocher Sainte-Marie and the Grotte de Lacave. Rocamadour, a short taxi ride away, is one of France's most venerated religious sites.

## DAY 06 MEYRONNE TO SOUILLAC

17KM/11MI/4-5HR

Look out for Belcastel and the impressive Château de la Treyne on today's easy paddle. You'll stay at **La Vieille Auberge** for two nights.

## DAY 07 AT SOUILLAC

Explore Souillac, with good shops, a weekly market and a beautiful abbey church with Romanesque carvings. Visit the Musée de l'Automate, the largest collection of mechanical toys and dolls in France.

## DAY 08 SOUILLAC TO CARSAC-AILLAC

20KM/12.5MI/4-5HR

Canoe to Groléjac via St-Julien, through the heart of peaceful and prosperous Périgord countryside. We take you to your hotel, **La Villa Romaine**, in Carsac-Aillac.

## DAY 09 LEAVE CARSAC-AILLAC

## WHERE YOU STAY

Le Relais Sainte-Anne  
\*\*\*Hostellerie Fénelon  
\*\*Hôtel La Terrasse  
\*\*\*La Vieille Auberge  
\*\*\*La Villa Romaine  
\*\*\*\*

- ★★★★★☆ customer rating
- Exclusive Headwater Rep Service
- One of France's most celebrated rivers: wide, peaceful, calm, flat
- Excellent for families, easy for beginners
- Friendly hotels, all with pools; superb cuisine
- Excellent views: picturesque perched villages and troglodyte cave dwellings

## PRICES FROM

£1389 *per person*

With departures every two days from 2nd June to 24th September 2018

## YOUR HOLIDAY INCLUDES

- 8 nights hotel-to-hotel accommodation in a mix of \*\*, \*\*\* and \*\*\*\* hotels
- All breakfasts and evening meals
- Services of your local Headwater Representative
- Canadian canoes or sit-on-top kayaks
- Buoyancy aid and helmet
- Transfers to/from the river at Martel/Carsac
- Luggage transfers between hotels

## OPTIONAL UPGRADES

- Standard flights (including onward rail and station transfers) from Heathrow to Toulouse with British Airways, flight inclusive prices from £1609 per person
- Other flights, including regional departures, available on request
- Option to hire bikes for 'stay put' days
- Sole occupancy of a double room £31 per person per night
- Room upgrades at selected hotels
- Extra nights in Martel
- City break add-ons in Toulouse

## DORDOGNE ACTIVITIES



Beynac Castle



- ★★★★★☆ customer rating
- Exclusive Headwater Rep Service
- Three activities in one: two days canoeing with a choice of walking or cycling for the remaining days
- Impressive châteaux, troglodyte cave dwellings, Grottes de Lacave and Gouffre de Padirac
- Dramatic river valleys and mediaeval villages

## YOUR HOLIDAY DAY-BY-DAY



## DAY 01 ARRIVE IN MARTEL

Arrive at **Le Relais Sainte-Anne**, if you have time you can explore Martel's mediaeval streets.

## DAY 02 MARTEL TO MEYRONNE

WALK 10KM/6.5MI/2.5HR OR CYCLE 15KM/9.5MI

Walkers enjoy wonderful 360° views from the summit of Mont Mercou, along with views over the Dordogne Valley, whilst cyclists pass the lovely village of Gluges, on the banks of the Dordogne River. You stay at the **Hôtel La Terrasse** for the next two nights.

## DAY 03 AT MEYRONNE

Walk to Rocher Sainte-Marie and the Grottes de Lacave, or, cycle to Rocamadour, home to the shrine of the Black Madonna. Alternatively, head to the Gouffre de Padirac and descend into an underground cave system.

## DAY 04 MEYRONNE TO SOUILLAC

CANOE 17KM/11MI/4-5HR

After a canoe lesson paddle below stunning cliffs and the Châteaux de Belcastel and Château de la Treyne. You spend the next two nights at **La Vieille Auberge** in bustling Souillac.

## DAY 05 AT SOUILLAC

Wander around the town and visit the Musée de l'Automate. Alternatively, walk to La Durantie for stunning views or cycle to the Château de Fénelon, a C12 and C13 Cathar stronghold.

## DAY 06 SOUILLAC TO SAINT-VINCENT-DE-COSSE

CANOE 20KM/12.5MI/4-5HR

Paddle gently down to Groléjac through the heart of peaceful Périgord countryside. We pick you up and take you to the tranquil **Château de Monrecour**, where you stay for the next two nights.

## DAY 07 AT SAINT-VINCENT-DE-COSSE

Stroll to Beynac and climb the steep footpath lined with C15-C17 stone houses up to the spectacular C13 hilltop château. Alternatively, visit the Jardins de Marqueyssac and the Château de Castelnaud.

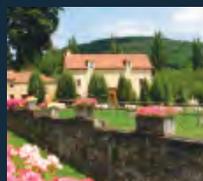
## DAY 08 SAINT-VINCENT-DE-COSSE TO SARLAT

WALK 19KM/12MI/5HR OR CYCLE 32KM/20MI

Today go on foot or by bike through pretty villages and shaded woods to mediaeval Sarlat. Explore the narrow streets, ancient courtyards, Renaissance façades and richly ornamented buildings. Your last night is spent at the **Hôtel Meysset**.

## DAY 09 LEAVE SARLAT

## WHERE YOU STAY

Le Relais Sainte-Anne  
\*\*\*Hôtel La Terrasse  
\*\*\*La Vieille Auberge  
\*\*\*Château de Monrecour  
\*\*\*Hôtel Meysset  
\*\*\*

## PRICES FROM

£1339 per person

With departures every two days from 2nd June to 24th September 2018

## YOUR HOLIDAY INCLUDES

- 8 nights hotel-to-hotel accommodation in \*\*\* hotels
- All breakfasts and evening meals
- Services of your local Headwater Representative
- Walking route directions and maps
- High quality bikes
- GPS route directions and maps (for cycling)
- RideWithGPS navigation app (for cycling)
- Choice of Canadian canoe or sit-on-top kayak
- Buoyancy aid and helmet (for canoeing)
- Headwater Wine Collection Service

## OPTIONAL UPGRADES

- Standard flights (including onward rail and station transfers) from Heathrow to Toulouse with British Airways, flight inclusive prices from £1559 per person
- Other flights, including regional departures, available on request
- Sole occupancy of a double room £42 per person per night
- Room upgrades at selected hotels
- Extra nights in Martel, Meyronne, Saint-Vincent-de-Cosse or Sarlat
- City break add-ons in Toulouse

## SARLAT ACTIVITIES

ACTIVITY LEVEL

1 1+ 2 2+ 3



Rocamadour

## YOUR HOLIDAY DAY-BY-DAY



## DAY 01 ARRIVE IN SARLAT

Arrive at the charming \*\*\* **Hotel Meysset**, with heated swimming pool, sun terrace, 1.3 hectares of parkland, bar and restaurant. Explore the nearby town of Sarlat, which has the highest concentration of mediaeval, Renaissance and C17 façades of any town in France. Below is our suggested itinerary for the week but as you have a hire car at your disposal, you're free to pick and choose when and where you walk or cycle each day.

## DAY 02 LES EYZIES AND THE 'GORGE D'ENFER' WALK 9KM/6MI/3HR

Les Eyzies is known as France's capital of Prehistory for good reason. This lovely gentle stroll enables you to combine a walk with exploring the village and visiting any number of the dozen or so prehistoric and troglodyte settlements and museums in the area.

## DAY 03 EYRIGNAC LOOP CYCLE 27KM/17MI

Head out to the east of Sarlat towards Sainte Nathalène before continuing up to the delightful manor house and French gardens at Eyrignac, some of the best in France.

## DAY 04 LASCAUX AND MONTIGNAC WALK 9KM/6MI/3HR

A great day out and an itinerary combining a visit to world-famous Lascaux (allow a couple of hours) with a walk into the hills above Montignac for a good view over the Vézère Valley and the village. You pass the prehistoric site and museum of Regourdou along the way.

## DAY 05 GREENWAY LOOP TO CARSAC-AILLAC AND CARLUX CYCLE 35KM/22MI

Head down from Sarlat to Carsac-Aillac and the Dordogne River beyond. Cycle along the Greenway (*Voie Verte*) to Rouffillac and continue on to Carlux. Pedal down through orchards, agricultural land and hamlets to the valley floor and Sainte Nathalène, then back to Sarlat.

## DAY 06 BEYNAC LOOP WALK 8KM/5MI/2.5HR

Rather than simply driving straight to the Château de Beynac, this easy walk follows back lanes and trails on a short loop through the countryside to the north of the village. It offers great and varied views and then takes you right to the front door of the château on a 'secret' path.

## DAY 07 ROCAMADOUR, THE ALZOU &amp; OUYSSSE WALK 11KM/7MI/3.5HR OR 14KM/9MI/4.5HR

Set off from the château via the iconic viewpoint over Rocamadour and descend along the main street to the Moulin de Roquefraîche. Stroll along the Alzou Valley to the impressive resurgence of the River Ouyssse at the Gouffre de Cabouy, a very picturesque riverside picnic spot.

## DAY 08 LEAVE SARLAT



- Exclusive Headwater Rep Service
- Stay just outside mediaeval Sarlat in a peaceful \*\*\* hotel with 1.3ha of parkland
- Amazing Dordogne landscape, fairytale chateaux, troglodyte caves
- Traditional local market (Saturdays)
- Walking and cycling on well-marked tranquil riverside paths and greenways

## PRICES FROM

£1099 per person

With departures every Saturdays from 12th May to 22nd September 2018

## YOUR HOLIDAY INCLUDES

- 7 nights single-centre accommodation in a \*\*\* hotel
- All breakfasts and evening meals
- Services of your local Headwater Representative
- Europcar Group B air-conditioned hire car
- Walking route directions and maps
- High quality bikes
- GPS route directions and maps (for cycling)
- *RideWithGPS* navigation app (for cycling)
- Headwater Wine Collection Service

## OPTIONAL UPGRADES

- Standard flights from Heathrow to Toulouse with British Airways, flight inclusive prices from £1289 per person
- Other flights, including regional departures, available on request
- Sole occupancy of a double room £46 per person per night
- Room upgrades available
- Extra nights in Sarlat
- City break add-ons in Toulouse

## WHERE YOU STAY



\*\*\* Hôtel Meysset



© Tony Lewis

The little houses and dwellings of Eglazines in the Gorges du Tarn

## ...HUMBLE DWELLINGS OF SOUTHERN FRANCE IN A JAGGED LIMESTONE EXPANSE

Boasting dramatic mountains, deep valleys, vast limestone plateaux and plunging gorges, it's little wonder that the awe-inspiring scenery of the Causses and the Cévennes is a UNESCO-recognised cultural landscape.

You'll find the surrounding area to be no less worthy of acclaim. The neighbouring Grands Causses and Cévennes National Park are also recognised by UNESCO – in the Cévennes, you'll find more than 250 villages, some featuring stone megaliths from human settlements dating back to prehistoric times. Granite-coloured buildings stand almost camouflaged against the vertical mountain walls behind, where lush green trees clasp the edge of a drop that falls to the river below.

The steppe-like plateaux of the Causses might sooner be found in Mongolia, but the dipping and jutting of the surface at the Massif Central makes for surprising shifts of bedrock that form some towering, monolithic spires. Traverse the imposing plateaux, picnic above plunging gorges as

vultures circle and swoop overhead, and cool your feet in fresh mountain streams.

A magnificent trio of rivers, the Jonte, Dourbie and the eponymous Tarn sculpt the canyons of the Causses with their unforgiving power. The four sections of the Causses are divided by these canyons, which have possessed the ferocity and luxury of time to create some truly stunning cave systems.

**One to watch:** The town of Roquefort-sur-Soulzon, just south of the Causses, with its pungent cellars containing 5,000 tons of its famous cheese.

*“We had another great holiday with Headwater. The walks and the scenery in the Tarn Gorge are stunning.”*

Mrs Wallis, Northampton

# DRAMATIC VISTAS OF THE TARN WALK

 WALKING ACTIVITY LEVEL  
 1 1+ 2 2+ 3


Saint Chely du Tarn



## YOUR HOLIDAY DAY-BY-DAY

### DAY 01 ARRIVE IN LE ROZIER

Arrive at the \*\*\*\* **Grand Hôtel de la Muse et du Rozier** in time for dinner (included on six nights). Below is our suggested itinerary for the week but, as you have a hire car at your disposal, you're free to pick and choose when and where you walk each day.

### DAY 02 VALLEY OF THE TARN 18KM/11.5MI/4.5HR

Start your week with a leisurely walk along the River Tarn, with little river beaches and picnic spots. You may see griffon vultures gliding on the thermals above.

### DAY 03 THE CAUSSE NOIR CORNICHE 15KM/9.5MI/5HR

Smell the pine and the juniper as you head through the Grands Causses to the striking, top-heavy prehistoric Mushroom Rock, then gaze upon the majestic Jonte Gorge below from Point Sublime. In the evening, drive out to a nearby restaurant for dinner (payable locally).

### DAY 04 THE SAUVETERRE CORNICHE 12KM/7.5MI/4.5HR

The semi-troglydite village of Eglazines greets you as its stone dwellings peek out of the mountain wall before you, then bids you farewell as you head upwards to the top of the open Causses, where the sky is punctuated by spiralling rock Templars.

### DAY 05 THE TARN AND JONTE CORNICHE 13KM/8MI/4HR

Descend the trail to the Tarn and Jonte Gorges, featuring some of the most dramatic scenery anywhere in France, including the lonesome bedrock statues of the Anvil, the China Vase and Vase of Sèvres as they plume like solidified smoke into the sky.

### DAY 06 LES ROCHERS DE ROQUES-ALTÈS 12KM/7.5MI/3.5HR

The magic of the Dourbie Gorge greets you with the sight of its arched stone bridge that creates a perfect circle with its reflection in the still water. The magic intensifies with a visit to Montpellier-le-Vieux, a sprawling mass of jagged limestone, cut into irregular shapes by years of brutal erosion, once believed to be an ancient, forgotten city!

### DAY 07 LA BOURGARIE AND THE CINGLEGROS ROCK 11KM/7MI/4HR

Cinglegros Rock and the Baus del Biel give yet more examples of the stunning limestone towers that grace the Grands Causses. Your time on the rocky plateaus of France can end in Aven Armand, a 'petrified forest' of 400 stalactites and stalagmites in an eerie and beautiful cavern.

### DAY 08 LEAVE LE ROZIER

- ★★★★☆ customer rating
- Regional Natural Park of the Grands Causses and Cevennes National Park
- Some of the finest walking in France with a choice of walking levels: Tarn and Jonte Gorges, Aven Armand
- Sweeping plateaux, plunging gorges, gushing rivers and rock formations

*"Hotel in a beautiful location, welcoming and friendly staff, superb food and an excellent area for walking."*

Mrs Wallis, Northampton

## PRICES FROM

**£989** per person

With departures every Saturday from 5th May to 22nd September 2018

## YOUR HOLIDAY INCLUDES

- 7 nights single-centre accommodation in a \*\*\*\* hotel
- All breakfasts and 6 evening meals
- Management by local hotelier
- Europcar Group B air-conditioned hire car
- Route directions and maps
- Choice of walking levels

## OPTIONAL UPGRADES

- Standard flights from Heathrow to Toulouse with British Airways, flight inclusive prices from £1159 per person
- Other flights, including regional departures, available on request
- Sole occupancy of a double room £31 per person per night
- Room upgrades available
- Extra nights in Le Rozier
- City break add-ons in Toulouse, Carcassonne or Béziers

## WHERE YOU STAY



\*\*\*\* Grand Hôtel de la Muse et du Rozier



Beautiful lavender fields

## ...ICONIC PURPLE LANDSCAPES IN A SOFT NATURAL LIGHT

Provence is a bewitching corner of southern France, a region that has inspired artists and writers for centuries and is immersed in history, culture and art.

The soft natural light and timeless landscapes have been used to create iconic masterpieces by the likes of Van Gogh, Picasso, Dumas and modern-day author Peter Mayle. Matisse described the light as 'soft and tender, despite its brilliance'.

Envisage sleepy villages perched on hilltops, guarding the beautiful backdrops. Imagine patchwork fields blanketing the land, olive groves, vineyards and, in the south-east, fragrant apple orchards. In between walking or cycling, take a break and stop off to taste the region's local wines and immerse yourself in this spectacular setting.

Travelling on foot or by bike is the ideal way to take in the wonders of this region and the legacy left behind by the Romans that is evident at every turn. It's almost like strolling into a living history book as you pass the first vineyards ever grown, various monuments, castles and fountains. Vaison-la-Romaine has the most extensive collection of Roman remains including a 6,000-seat theatre, baths, houses and streets.

Admire Provence's skyline, which is dominated by the majestic silhouettes of mountains such as dramatic Mont Ventoux or the Dentelles de Montmirail. Pass by sweet-smelling cherry orchards, aromatic pine forests, the sway of potent lavender carrying aromas from the fields and let the heady mix of wild herbs growing envelop

you as you move between destinations. The pretty purple lavender fields make for stunning violet-tinged views.

Food is a passion in this region and recipes are dominated with Mediterranean influences: think olive oil, locally-produced wine, home-grown tomatoes and garlic – the Provençal cuisine is a true highlight – *bon appetit!*

**One to watch: The mediaeval hilltop village of Gordes, one of France's most beautiful villages, dominated by a Renaissance château and museum.**

## LANDSCAPES OF THE LUBERON WALK

WALKING ACTIVITY LEVEL



Roussillon

## YOUR HOLIDAY DAY-BY-DAY



## DAY 01 ARRIVE IN PERNES-LES-FONTAINES

Arrive at the **Hôtel l'Hermitage**, located just north of the town of Pernes-les-Fontaines. Visit a local restaurant for dinner (included).

## DAY 02 PERNES-LES-FONTAINES TO ROUSSILLON 16KM/10MI/4.5HR

We give you a lift to mediaeval Saint-Saturnin; explore the narrow streets and the château ruins, then walk through fragrant lavender fields before descending into Roussillon. You stay at **Les Sables d'Ocre** for the next two nights (pay locally for dinner).

## DAY 03 AT ROUSSILLON

Roussillon is famous for its streaked ochre cliffs and is the starting point of the Ochre Trail. Visit the village of Bonnieux, full of art galleries, cafés and restaurants that are perfect for lunch.

## DAY 04 ROUSSILLON TO LES IMBERTS 16KM/10MI/4.5HR

Stroll past the Domaine de Tara wine estate, then enjoy views across the Luberon valley as you head north to the perched village of Gordes. After a short climb, descend to your hotel, the **Mas de la Sénancole**, with pool and spa. Dinner is included on your two nights here.

## DAY 05 AT LES IMBERTS

It's a short walk to the hilltop village of Gordes. Made up of wonderfully photogenic houses, terraces and gardens, its Renaissance château dominates, which also houses a museum.

## DAY 06 LES IMBERTS TO FONTAINE-DE-VAUCLUSE 11KM/7MI/3.5HR

Arrive at Cabrières-d'Avignon with its golden stone houses and old castle. Head up into the hills, past a section of the 27km-long Mur de la Peste, built by locals in 1720 to block the spread of the Plague. Stay at the **Hôtel du Poète** (pay locally for evening meals).

## DAY 07 AT FONTAINE-DE-VAUCLUSE

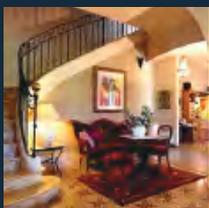
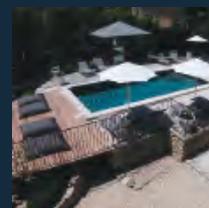
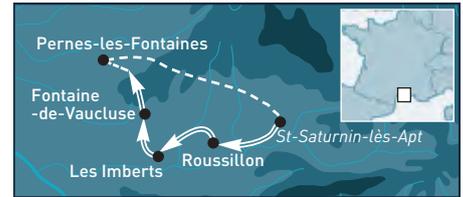
Visit the Fountain of the Vaucluse (the biggest spring in France) and the ruins of the castle of the Bishop of Cavaillon. There are lots of cafés and a museum about the Resistance to explore.

## DAY 08 FONTAINE-DE-VAUCLUSE TO PERNES-LES-FONTAINES 14KM/9MI/4.5HR

Ascend the Plateau de Vaucluse for stunning views of Mont Ventoux and the jagged peaks of the Dentelles de Montmirail, then head through cherry orchards to popular St-Didier. Return to the **Hotel l'Hermitage** for your final night (evening meal included at a local restaurant).

## DAY 09 LEAVE PERNES-LES-FONTAINES

## WHERE YOU STAY

Hôtel l'Hermitage  
\*\*\*Les Sables d'Ocre  
\*\*\*Mas de la Sénancole  
\*\*\*Hôtel du Poète  
\*\*\*

- ★★★★★ customer rating
- Exclusive Headwater Rep Service
- Delightful walking through the timeless Luberon landscape
- Heady mix of lavender, wild herbs, olives, pine and colourful flowers
- Dazzling ochre cliffs; stunningly beautiful villages; endless swaying vines; superb views of Mont Ventoux

*“An excellent experience in a lovely part of France.”*

Mr Fraser, Glasgow

## PRICES FROM

£1089 *per person*

With departures every two days from 13th May to 14th October 2018

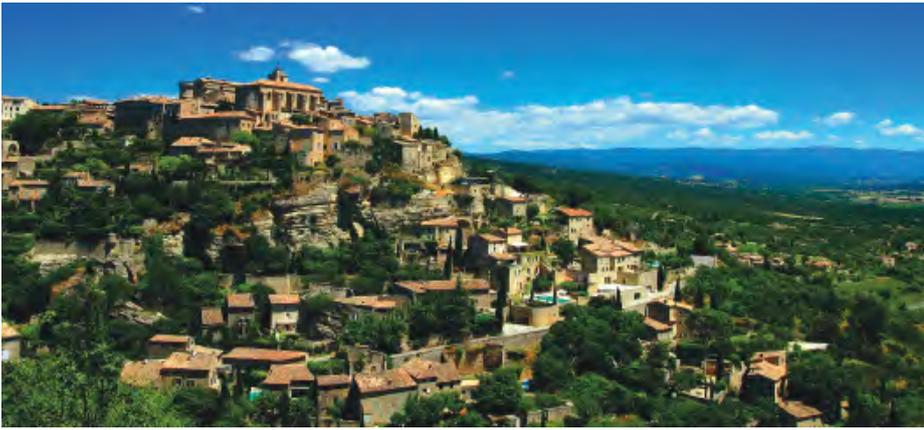
## YOUR HOLIDAY INCLUDES

- 8 nights hotel-to-hotel accommodation in \*\*\* hotels
- All breakfasts and 4 evening meals
- Services of your local Headwater Representative
- Route directions and maps
- Luggage transfers between hotels
- Walking transfers
- Headwater Wine Collection Service

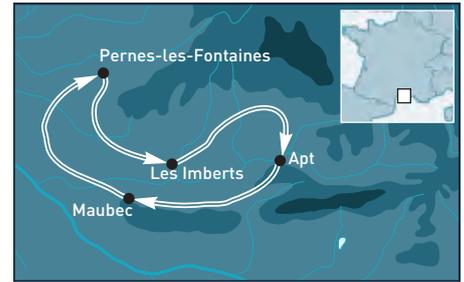
## OPTIONAL UPGRADES

- Standard flights (including onward rail and station transfers) from Heathrow to Paris CDG with British Airways, flight inclusive prices from £1329 per person
- Other flights, including regional departures, available on request
- First Class rail available
- Sole occupancy of a double room £38 per person per night
- Room upgrades available
- Extra nights in Pernes-les-Fontaines
- City break add-ons in Paris or Avignon

## LANDSCAPES OF THE LUBERON CYCLING

CYCLING ACTIVITY LEVEL  
1 1+ 2 2+ 3

Gordes



## YOUR HOLIDAY DAY-BY-DAY



## DAY 01 ARRIVE IN PERNES-LES-FONTAINES

Arrive at the **Hôtel l'Hermitage** and relax with a dip in the pool or explore the grounds before dinner (included) in a local restaurant.

## DAY 02 PERNES-LES-FONTAINES TO LES IMBERTS 30KM/19MI OR 35KM/22MI

Cycle along the Canal de Carpentras, then head to L'Isle-sur-la-Sorgue with its riverside cafés. Continue to Fontaine-de-Vaucluse followed by a climb and stunning views across the Luberon Valley. Stay at the **Mas de la Sénancole** for the next two nights (dinner included).

## DAY 03 AT LES IMBERTS OPTIONAL 9KM/6MI

Make your way to the mediaeval village of Gordes for one of the best views over the Luberon. Explore the village and castle then take a taxi up to l'Abbaye Notre-Dame de Sénanque.

## DAY 04 LES IMBERTS TO APT 33KM/21MI OR 37KM/23.5MI

Head through tranquil countryside and make the short climb up to Roussillon, the start of the Ochre Trail. Continue on to Gargas, visit the Ochre Mines of Bruoux, then on to Apt for a drink in the old town. You stay at the **Hôtel Sainte Anne** for two nights (pay locally for dinner).

## DAY 05 AT APT

Explore Apt, the ancient cathedral, narrow alleyways and the two museums. Market day is Tuesday and Saturday – worth a visit to pick up truffles or traditional Provençal arts and crafts.

## DAY 06 APT TO MAUBEC 36KM/22.5MI

Follow the greenway (previously a railway track) along the River Calavon to Pont Julien, a stone bridge built in Roman times. Continue on past the perched villages of Lacoste and Bonnieux, to Maubec. Your hotel for the next two nights is **La Bastide du Bois Bréant**. Dinner is included at a local restaurant.

## DAY 07 AT MAUBEC OPTIONAL 26KM/16.5MI

Options today include circular rides to the pretty villages of Lagnes, Taillades and Robion. Alternatively, take a taxi (payable locally) to explore historical Saint-Rémy-de-Provence.

## DAY 08 MAUBEC TO PERNES-LES-FONTAINES 38KM/24MI

Pedal out past orchards to the mediaeval town of Le Thor, before continuing to hilltop Thouzon to visit its castle and caves. Explore mediaeval Pernes-les-Fontaines before returning to the **Hôtel l'Hermitage**. Your final dinner (included) is taken in a local restaurant.

## DAY 09 LEAVE PERNES-LES-FONTAINES

- ★★★★★ customer rating
- Exclusive Headwater Rep Service
- Vineyards, olive groves and apple orchards, punctuated by canals and clear, flowing rivers
- Perched villages, mediaeval towns and castles
- Mountain backdrops and the region's famous lavender scent

## PRICES FROM

£1389 *per person*

With departures every two days from 13th May to 14th October 2018

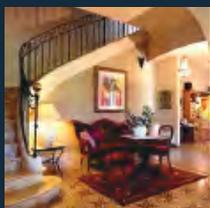
## YOUR HOLIDAY INCLUDES

- 8 nights hotel-to-hotel accommodation in \*\*\* hotels
- All breakfasts and 6 evening meals
- Services of your local Headwater Representative
- High quality bikes
- GPS route directions and maps
- RideWithGPS navigation app
- Luggage transfers between hotels
- Headwater Wine Collection Service

## OPTIONAL UPGRADES

- Standard flights (including onward rail and station transfers) from Heathrow to Marseille with British Airways, flight inclusive prices from £1629 per person
- Other flights, including regional departures, available on request
- First Class rail available
- Sole occupancy of a double room £38 per person per night
- Room upgrades at selected hotels
- Electric bikes available
- Extra nights in Pernes-les-Fontaines
- City break add-ons in Paris or Avignon

## WHERE YOU STAY

Hôtel l'Hermitage  
\*\*\*Mas de la Sénancole  
\*\*\*Hôtel Sainte Anne  
\*\*\*La Bastide du Bois Bréant  
\*\*\*

## HILLTOP VILLAGES OF PROVENCE CYCLING

CYCLING ACTIVITY LEVEL  
1 1+ 2 2+ 3

Bonnieux

## YOUR HOLIDAY DAY-BY-DAY



## DAY 01 ARRIVE IN PERNES-LES-FONTAINES

Arrive at the **Hôtel l'Hermitage**. There's time to explore the grounds before dinner (included at a local restaurant).

## DAY 02 PERNES-LES-FONTAINES TO ROUSSILLON 45KM/28.5MI OR 50KM/31.5MI

Set off along the Canal de Carpentras to L'Isle-sur-la-Sorgue. Continue to the pretty village of Fontaine-de-Vaucluse then climb to enjoy views of the Luberon before descending to Roussillon. Stay at **Les Sables d'Ocre** for the next two nights (pay locally for dinner).

## DAY 03 AT ROUSSILLON OPTIONAL 24KM/15MI

Explore Roussillon, one of *Les Plus Beaux Villages de France*, and discover its ochre-red rocks and stone buildings. Head out to nearby Joucas then climb to the famous mediaeval village of Gordes, where you can marvel at the fantastic views and explore the castle.

## DAY 04 ROUSSILLON TO MAUBEC 45KM/28.5MI

Take the Ochre Trail to the village of Gargas and visit the Ochre Mines of Bruoux. Take the cycle path to the mediaeval town of Apt then continue on to enjoy Bonnieux with its lovely château, the ruined castle at Lacoste, and Ménerbes, made famous by author Peter Mayle. You stay at **La Bastide du Bois Bréant** and dinner is included on your two nights here.

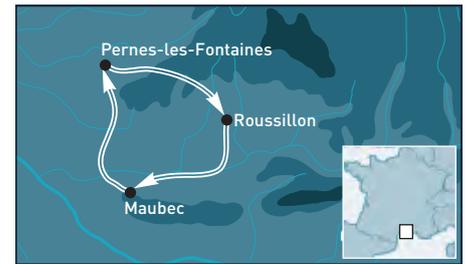
## DAY 05 AT MAUBEC OPTIONAL 26KM/16.5MI

Choose either a circular ride past orchards and meadows to the pretty villages of Lagnes, Taillades (visit the beautiful watermill) and Robion or, take a taxi to Saint-Rémy-de-Provence, with its delightful old town, Roman site and monastery.

## DAY 06 MAUBEC TO PERNES-LES-FONTAINES 38KM/24MI

Follow lanes, through orchards, to the mediaeval town of Le Thor, then pass the ruins of the monastery at Thouzon. Continue on to Pernes-les-Fontaines and explore the mediaeval old town before returning to the **Hôtel l'Hermitage** for dinner (included at a local restaurant).

## DAY 07 LEAVE PERNES-LES-FONTAINES



- ★★★★★ customer rating
- Exclusive Headwater Rep Service
- A lavender-scented patchwork of sun drenched vineyards, olive groves and apple orchards
- Mediaeval perched villages: Gordes and Bonnieux, with spectacular views across the Luberon
- Quiet country lanes and cycle paths in beautiful Provençal countryside

## PRICES FROM

£1159 per person

With departures every two days from 13th May to 14th October 2018

## YOUR HOLIDAY INCLUDES

- 6 nights hotel-to-hotel accommodation in \*\*\* hotels
- All breakfasts and 4 evening meals
- Services of your local Headwater Representative
- High quality bikes
- GPS route directions and maps
- *RideWithGPS* navigation app
- Luggage transfers between hotels
- Headwater Wine Collection Service

## OPTIONAL UPGRADES

- Standard flights (including onward rail and station transfers) from Heathrow to Marseille with British Airways, flight inclusive prices from £1399 per person
- Other flights, including regional departures, available on request
- First Class rail available
- Sole occupancy of a double room £38 per person per night
- Room upgrades at selected hotels
- Electric bikes available
- Extra nights in Pernes-les-Fontaines
- City break add-ons in Paris or Avignon

## WHERE YOU STAY

Hôtel l'Hermitage  
\*\*\*Les Sables d'Ocre  
\*\*\*La Bastide du Bois Bréant  
\*\*\*

## VINEYARDS OF VAUCLUSE CYCLING

CYCLING ACTIVITY LEVEL  
1 1+ 2 2+ 3

Pernes-Les-Fontaines

## YOUR HOLIDAY DAY-BY-DAY



## DAY 01 ARRIVE IN PERNES-LES-FONTAINES

Arrive at the **Hôtel l'Hermitage** in time for dinner (included) at a local restaurant.

## DAY 02 PERNES-LES-FONTAINES TO BÉDOIN

34KM/21.5MI

Head to Saint-Didier, where you can climb to pretty Venasque with its three Saracen towers. Pass Malemort-du-Comtat and drop down into Mazan with its Roman church. Climb steadily towards Bédoin and the **Hôtel Les Pins**, where you stay for two nights (dinner included).

## DAY 3 AT BÉDOIN

Explore this lively village, home to the church of Saint-Antonin, with its unique Spanish style. Bédoin is also the gateway to Mont Ventoux, for more hardy cyclists! Follow cycle routes to the Château Pesquié for a stroll in the vines, a guided cellar tour, or a picnic lunch in the gardens.

## DAY 04 BÉDOIN TO VAISON-LA-ROMAINE

30KM/19MI

Visit the perched village of Crillon-le-Brave then cross the Carpentras plain to Caromb, a partly fortified town. A short, steep ascent takes you to the Lac du Paty. Continuing downhill, it is a flat bowl along country lanes to the Roman garrison town of Vaison-la-Romaine and **Hôtel Burrhus**, where you spend two nights (dinner included).

## DAY 05 AT VAISON-LA-ROMAINE

Vaison has France's most extensive Roman remains including a 6,000-seat theatre, a 2,000-year-old single arch bridge, baths, houses and streets. Explore the narrow mediaeval streets of the Haute Ville.

## DAY 06 VAISON-LA-ROMAINE TO VACQUEYRAS

27KM/17MI

Pedal via Roaix to cross the Ouvèze River into mediaeval Séguret – one of the most beautiful villages in France. There's a C15 fountain, a C14 belfry and a ruined feudal castle with great views. You spend two nights at the **Hôtel Montmirail** with dinner included.

## DAY 07 AT VACQUEYRAS

Head to Orange, just 20km away, to discover two marvellous UNESCO World Heritage Sites. Alternatively, explore the wide choice of local vineyards, or relax by the pool.

## DAY 08 VACQUEYRAS TO PERNES-LES-FONTAINES

30KM/19MI

Cycle through the Côtes du Rhône vineyards and explore Vacqueyras' caves. Detour to mediaeval Carpantras, before returning to the **Hôtel l'Hermitage** in fountain-filled Pernes-les-Fontaines (dinner included at a local restaurant).

## DAY 09 LEAVE PERNES-LES-FONTAINES



- ★★★★★ customer rating
- Exclusive Headwater Rep Service
- Easy interest-packed cycling on Provençal plains and foothills
- Famous Côtes du Rhône vineyards: Gigondas and Vacqueyras
- Extensive Roman remains at Vaison-la-Romaine and UNESCO Orange

## PRICES FROM

£1469 *per person*

With departures every two days from 13th May to 14th October 2018

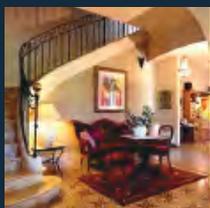
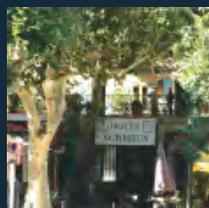
## YOUR HOLIDAY INCLUDES

- 8 nights hotel-to-hotel accommodation in \*\*\* hotels
- All breakfasts and evening meals
- Services of your local Headwater Representative
- High quality bikes
- GPS route directions and maps
- RideWithGPS navigation app
- Luggage transfers between hotels
- Headwater Wine Collection Service

## OPTIONAL UPGRADES

- Standard flights (including onward rail and station transfers) from Heathrow to Marseille with British Airways, flight inclusive prices from £1679 per person
- Other flights, including regional departures, available on request
- First Class rail available
- Sole occupancy of a double room £38 per person per night
- Room upgrades at selected hotels
- Electric bikes available
- Extra nights in Pernes-les-Fontaines
- City break add-ons in Avignon

## WHERE YOU STAY

Hôtel l'Hermitage  
\*\*\*Hôtel Les Pins  
\*\*\*Hôtel Burrhus  
\*\*\*Hôtel Montmirail  
\*\*\*

## CÔTES DU VENTOUX CYCLING

CYCLING ACTIVITY LEVEL



Gigondas vineyards and the Dentelles de Montmirail

## YOUR HOLIDAY DAY-BY-DAY



## DAY 01 ARRIVE IN PERNES-LES-FONTAINES

Arrive at the **Hôtel l'Hermitage** in time to relax before dinner (included at a local restaurant).

## DAY 02 PERNES-LES-FONTAINES TO VACQUEYRAS

31KM/19.5MI

Set out from Pernes-les-Fontaines with spectacular views of Mont Ventoux and the Dentelles de Montmirail. Then off to the market town of Aubignan – with C14 ramparts and a pretty old quarter, it's the perfect lunch spot. Next stop, the wine village of Vacqueyras. You'll stay at the **Hôtel Montmirail** for the next two nights (dinner included).

## DAY 03 AT VACQUEYRAS

OPTIONAL 16KM/10MI

Choose to either cycle past vineyards to the village of Gigondas, famous for its ruby-red wine, or take a taxi to explore Orange with its famous UNESCO sites or to Châteauneuf-du-Pape for wine-tastings.

## DAY 04 VACQUEYRAS TO MAZAN

25KM/16MI

First stop today is Beaumes-de-Venise with its muscat wines and olive oil museum. Cycle in the shadow of Mont Ventoux to the fortified village of Caromb then to Mazan, where you stay in the C18 **Château de Mazan** for the next two nights (dinner included).

## DAY 05 AT MAZAN

27KM/17MI

Take a ride to the lively village of Bédoin – gateway to Mont Ventoux for more hardy cyclists! Follow cycle routes to Château Pesquié, and stroll through the vines, enjoy a circular tour or have a picnic in the gardens.

## DAY 06 MAZAN TO PERNES-LES-FONTAINES

26KM/16.5MI OR 21KM/13.5MI

Follow empty lanes and vineyard tracks to Malemort-du-Comtat before reaching Venasque, listed as one of the 'Most Beautiful Villages of France'. Head down to St-Didier for lunch and back via the old town of Pernes-les-Fontaines to the **Hôtel l'Hermitage**. Your last evening meal is included at a local restaurant.

## DAY 07 LEAVE PERNES-LES-FONTAINES

## WHERE YOU STAY

Hôtel l'Hermitage  
\*\*\*Hôtel Montmirail  
\*\*\*Château de Mazan  
\*\*\*\*

- ★★★★★ customer rating
- Exclusive Headwater Rep Service
- Gentle cycling between the vineyards of the Côtes-du-Rhône and Ventoux appellations
- Colourful mediaeval towns and villages; eclectic markets; good local wines with plenty of tasting opportunities
- Quiet lanes and tranquil countryside at the foot of the Dentelles de Montmirail

## PRICES FROM

£1139 *per person*

With departures every two days from 13th May to 14th October 2018

## YOUR HOLIDAY INCLUDES

- 6 nights hotel-to-hotel accommodation in a mix of \*\*\* and \*\*\*\* hotels
- All breakfasts and evening meals
- Services of your local Headwater Representative
- High quality bikes
- GPS route directions and maps
- RideWithGPS navigation app
- Luggage transfers between hotels
- Headwater Wine Collection Service

## OPTIONAL UPGRADES

- Standard flights (including onward rail and station transfers) from Heathrow to Marseille with British Airways, flight inclusive prices from £1379 per person
- Other flights, including regional departures, available on request
- First Class rail available
- Sole occupancy of a double room £38 per person per night
- Room upgrades at selected hotels
- Electric bikes available
- Extra nights in Pernes-les-Fontaines
- City break add-ons in Avignon



# THE PYRENEES

Stunning mountain view

## ...OUTSTANDING NATURAL BEAUTY AND BREATHTAKING VIEWS

The Hautes-Pyrenees are an Area of Outstanding Natural Beauty – a blanket of greens and whites and often scattered with films of mist, the pastoral landscape boasts a majestic network of verdant valleys, pretty flower-strewn meadows, pine-scented woodlands and traditional rural villages perched steep on the hillsides.

Exploring some of the highest and most spectacular peaks in the Pyrenees will reward you with picture-perfect moments, and you'll be able to stop off en route to breathe in the fresh air and reflect on the stunning surroundings.

Stroll through friendly mountain villages, with their ancient traditions and wonderful flora and fauna. Stop off for a picnic by diamond-sparkling mountain streams, take

off your boots and dip your tired toes in the water whilst admiring the superb panoramas. Listen out for wildlife foraging in the hillsides – you'll catch glimpses of marmots and deer whilst vultures and eagles soar overhead.

*“An enjoyable, varied and flexible holiday. It was possible to have long days or short days as you wished in a quiet and relaxed mountain area.”*

Ms Roy, Edinburgh

Wonder at the majestic, glacial amphitheatre of the Cirque de Gavarnie, a UNESCO World Heritage Site consisting of 1,000m of black cliffs stretching into the clouds.

Walking to the base of the Grande Cascade you'll discover a tiered waterfall fed by melting snow and a small glacier, which tumbles down hundreds of metres. A wonderful place to stop off.

**One to watch:** The quirky village of Campan, which locals decorate with life-sized puppets during the summer months.

## HEART OF THE PYRENEES WALK

WALKING ACTIVITY LEVEL  
1 1+ 2 2+ 3

Luz-Saint-Sauveur



## YOUR HOLIDAY DAY-BY-DAY

## DAY 01 ARRIVE IN LESPONNE

Arrive at your hotel, the **Domaine de Ramonjuan**, in the Lesponne Valley, just south of the delightful town of Bagnères-de-Bigorre. You'll spend two nights here and evening meals (included) are taken in the traditionally furnished dining room.

## DAY 02 AT LESPONNE 17KM/11MI/5HR OR 21KM/13.5MI/6.5HR

Climb to the bridge over the Magenta Waterfalls before dropping down to the quirky village of Campan. A longer walk climbs via pretty Chirolet to stunning Lac d'Ourrec.

## DAY 03 LESPONNE TO ARGELÈS-GAZOST 15KM/9.5MI/4.5HR OR 24KM/15MI/7HR

The longer walk takes you to the summit of the Pic du Jer (948m) with a superb panorama over Lourdes, then continue above the Gave de Pau river. There's a shorter option via St-Créac and picturesque Ousté. You then descend to the spa town of Argelès-Gazost and spend two nights at the **Hôtel Bon Repos**. Evening meals (included) are taken at a nearby restaurant.

## DAY 04 AT ARGELÈS-GAZOST 13KM/8MI/4HR OR 16KM/10MI/5.5HR

Visit delightful St-Savin with its magnificent C12 abbey church and the viewpoint at Chapelle Piétat. Alternatively, climb to the summit of Mont de Gez (1,097m) to see griffon vultures gliding overhead.

## DAY 05 ARGELÈS-GAZOST TO LUZ-ST-SAUVEUR 14KM/9MI/4.5HR OR 17KM/11MI/5.5HR

Climb the lower flank of the Pic du Soulom along an old mule trail and enjoy spectacular views over the snow-capped mountains and the cavernous gorge below. Alternatively, head through the tranquil villages of Soulom, Viscos (852m) and Sazos (836m) to the **Hôtel Le Montaigu** in Luz-St-Sauveur, where you'll spend three nights. Evening meals are included here.

## DAY 06 AT LUZ-ST-SAUVEUR 15KM/9.5MI/4.5HR OR 17KM/11MI/6.5HR

The easier walk takes you through the ancient villages of Vizos, Sassis and Sazos, with their Romanesque churches. A more challenging option explores the delightful Yse Valley.

## DAY 07 CIRQUE DE GAVARNIE 12KM/7.5MI/4HR OR 21KM/13.5MI/7HR

Start today's walk in the village of Gavarnie and head to the Plateau de Bellevue for spectacular views. Explore the charming side valley of Pouey Aspé, then head into the Cirque to the base of the Grande Cascade waterfall.

## DAY 08 LEAVE LUZ-ST-SAUVEUR

- ★★★★★ customer rating
- Different walking levels every day; breathtaking views
- Majestic, glacial amphitheatre of the Cirque de Gavarnie, a UNESCO World Heritage Site
- Dramatic gorges, beautiful lakes, lush green valleys and mountain ridges

*"We had a great walking holiday in a stunningly beautiful part of France."*

Mr Piercy, London

## PRICES FROM

£1019 *per person*

With departures every Saturday from 2nd June to 22nd September 2018

## YOUR HOLIDAY INCLUDES

- 7 nights hotel-to-hotel accommodation in \*\*\* hotels
- All breakfasts and evening meals
- Services of your local Headwater-appointed agent
- Route directions and maps
- Luggage transfers between hotels
- Walking transfers

## OPTIONAL UPGRADES

- Standard flights (including onward rail and station transfers) from Heathrow to Toulouse with British Airways, flight inclusive prices from £1219 per person
- Other flights, including regional departures, available on request
- First Class rail available
- Sole occupancy of a double room £26 per person per night
- Room upgrades at selected hotels
- Extra nights in Lesponne or Argelès-Gazost
- City break add-ons in Toulouse

## WHERE YOU STAY



Domaine de Ramonjuan  
\*\*\*



Hôtel Bon Repos  
\*\*\*



Hôtel Le Montaigu  
\*\*\*



The mountain village of Sesto Pusteria Valley

## ...THE MOST PERFECT NATURAL SCULPTURE ON EARTH

There's a special, unique kind of reverence reserved for the Italian Dolomites. One of history's most progressive architects called them 'the most impressive buildings in the world', while history's greatest climber referred to them as 'the most beautiful mountains in the world'.

In the heart of the northern Dolomites, close to the border with Austria and dominated by the famous Tre Cime (Three Peaks) is the beautiful Tyrolean village of Dobbiaco. Walking from here allows you to discover the beauty and sheer magnificence of the majestic Alta Pusteria Valley.

With a peak of 3,343 metres, the Dolomites are by no means the highest, but the way they jut violently from the ground, almost perpendicular in parts, casts a truly imposing figure over the surrounding lush

countryside. The Tre Cime, the range's most dramatic peaks, look like jagged, icy teeth straight from the gaping maw of the earth.

Walking through the valley, you'll feel the aura of otherworldly construction – the sheer walls, deep crevasses, stretching valleys and horizontal ledges are all forged of a brilliantly pale limestone and appear as a vast geological puzzle, its various pieces so perfect they could have been slotted into place.

Meander pine-scented forest trails, passing marmots foraging in the open sunny pastures, and ascend up the mountains for panoramic views over the breathtaking natural landscapes. A circular hike around the famous Tre Cime provides the finest perspective of these three immense columns.

The brilliant blue lakes sit below the mountains, whilst the striking red and black spires of chapels and churches reach out from the verdant greenery. Admire the revolving kaleidoscope of colours from the beautiful Alpine villages that are rooted safely in the Dolomites' valleys.

**One to watch: a walk along the impressive crest of the Carniche Alps.**

*"The lakes were a beautiful colour, and the scenery was stunning wherever we went."*

Ms Small, Lanark

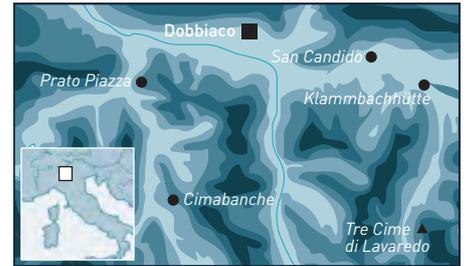
## WALKS IN THE ITALIAN DOLOMITES

WALKING ACTIVITY LEVEL

1 1+ 2 2+ 3



Tre Cime



## YOUR HOLIDAY DAY-BY-DAY

## DAY 01 ARRIVE IN DOBBIACO

Arrive at the \*\*\*\* Park Hotel Bellevue, with a lovely spa offering a steam bath, sauna and indoor pool. Evening meals are included throughout your stay. Below is our suggested itinerary for the week but you are free to pick and choose when and where you walk each day.

## DAY 02 CHAPELS AND CHURCHES WALK 15KM/9.5MI/4.5HR

A gentle ascent along peaceful country lanes leads you through pretty Tyrolean villages and hamlets and alongside the bubbling Rienza River.

## DAY 03 NEMES ALP WALK 15KM/9.5MI/5HR OR 17KM/11MI/5.5HR

A spectacular gondola ride carries you to the high Rotwand pastures (1,914m), below the Croda Rossa limestone peaks, from where we descend to the ancient Kreuzbergpass. Head up to the refuge of Malga Nemes for lunch and descend again to the Tyrolean village of Moos for the bus back to Dobbiaco.

## DAY 04 BONNER HÜTTE AND PFANNHORN 10KM/6.5MI/4HR OR 13KM/8MI/5.5HR

Climb 700m to the Bonner Hütte for lunch then push on 300m to the summit of the Pfannhorn for a truly unforgettable 360° panorama of the Dolomites and the Austrian Alps.

## DAY 05 HIGH MOUNTAIN PASTURES AND RIFUGIO RA STUA WALK 16KM/10MI/6HR

Head into the heart of the Ampezzo National Park along a disused railway line and on through the Gotres Valley. Reach the high mountain pasture of Forcella L'Erosa before descending to Cortina d'Ampezzo.

## DAY 06 MOUNT ELMO AND THE KLAMMBACHHÜTTE WALK 14KM/9MI/5.5HR

A cable car ascent up towards Mount Elmo leads you to a walk along an old military supply route towards the Austrian refuge of Sillianer Hütte. Your descent crosses the pretty mountain pastures of the Klammbachalm, through picturesque Klammbachhütte and back down to the village of Moos.

## DAY 07 TRE CIME (THREE PEAKS) 11KM/7MI/4HR OR 17KM/11MI/5.5HR

Head by bus to the high-altitude Rifugio Auronzo at the foot of the world-famous 2,999m limestone towers of Tre Cime di Lavaredo. Follow the wide mountain trail constructed by soldiers during WWI.

## DAY 08 LEAVE DOBBIACO

## WHERE YOU STAY



\*\*\*\* Park Hotel Bellevue

- ★★★★★☆ customer rating
- World-famous Tre Cime - symbol of the Dolomites and UNESCO World Heritage Site
- Breathtaking natural landscapes: jagged limestone peaks, shimmering turquoise lakes, emerald-green slopes
- More than 1,000km of walking trails; excellent bird-spotting; stunning flowers; unrivalled Alpine views

*"We really enjoyed the holiday, the scenery was amazing."*

Mrs Cook, Durham

## PRICES FROM

£939 per person

With departures every Saturday from 9th June to 22nd September 2018

## YOUR HOLIDAY INCLUDES

- 7 nights single-centre accommodation in a \*\*\*\* hotel
- All breakfasts and evening meals
- Management by local hotelier
- Route directions and maps
- 7-day Mobil Card (travel pass)

## OPTIONAL UPGRADES

- Standard flights (including local transfers) from Heathrow to Venice Marco Polo with British Airways, flight inclusive prices from £1139 per person
- Other flights, including regional departures, available on request
- Single room (£6 per person per night) or sole occupancy of a double room (£38 per person per night)
- Room upgrades available
- Extra nights in Dobbiaco
- City break add-ons in Venice or Verona



© Marco Saracco | AdobeStock

Tenno village and castle

# TRENTINO ALTO ADIGE

## ...MEDIAEVAL CASTLES, THE DOLOMITES AND ALPINE VILLAGES

Boasting 300 days of sunshine a year, bright Trentino-Alto Adige is a timeless bilingual region at the crossroads of Italy and Austria.

As its double-barrelled name suggests, the region is made up of two areas: Trentino, in the south, is 98% Italian-speaking, whilst the mountainous terrain around Bolzano – known both as the *Südtirol* (South Tyrol) and Alto Adige – has a unique mix of Italian and German landscapes, languages and architecture. Pretty onion-domed churches stand in Alpine villages, where German is the first language.

Historically-rich, armies of cyclists, skiers and walkers have replaced the troops who once battled in the harsh conditions of the Alpine ridges in WW1 – and a string of castles along the Adige (Etsch) valley bear witness to this.

Offering a stunning yet dominant backdrop to the region is the UNESCO Dolomites, their jagged rock walls overlook the deep green meadows, fragrant apple orchards and lush vineyards below. Pedalling from the mountain range through the emerald Val Pusteria valley, you'll pass three rivers en route to the lemon tree-lined shores of Lake Garda, where sailing clubs and plush motor yachts bob gently in the waters. This enchanting spot has long been a favourite of artists who admire its wild beauty and dreamy colours.

As well as cycling through ancient art cities, pastel-painted Alpine villages and along flowing rivers, there are many 'out of the saddle' experiences to be had – walk up to a beautiful castle, stop off for lunch in a picturesque beer garden or learn about the

region's archaeology and art in one of mediaeval Bolzano's museums.

The food along the way is a splendid blend of the Austro-Italian cultures, where you'll easily find a traditional German beef pancake soup (*Flädlesuppe*) or a meat *schnitzel* being served alongside a sliced steak salad (*tagliata*), or apple strudel (*apfelstrudel*) next to *panna cotta*. Two staples of the region are pizza and cured meat, which are perfect washed down with a fruity red or fresh dry white wine or a beer.

**One to watch:** Lake Garda, Italy's largest body of water, is a perfect place to spend an extra couple of nights relaxing and trying out the great *gelato* parlours.

# FROM THE DOLOMITES TO LAKE GARDA

CYCLING ACTIVITY LEVEL



Beautiful Riva Del Garda



## YOUR HOLIDAY DAY-BY-DAY

### DAY 01 ARRIVE IN VILLABASSA

Arrive at the **Hotel Adler** and take a stroll along the river before heading out for dinner.

### DAY 02 VILLABASSA TO BRUNICO

25KM/16MI OR 36KM/22.5MI

Visit Dobbiaco with its beautiful church then follow the milky blue Rienza River, passing deep green meadows, whilst mountains loom above. Arriving in Brunico, take the time to walk up to its castle and enjoy wonderful views of the town before reaching the **Hotel Corso**.

### DAY 03 BRUNICO TO BRESSANONE

45KM/28.5MI

Make your way to the head of the Val Pusteria today, along the Rienza river. Near Rio Pusteria you'll see the ruins of the Chiesa di Rio Pusteria, and further on, the biggest fort in Alto Adige, the Forte di Fortezza. Then it's on a forested track to meet the Isarco River and into Bressanone and the **Hotel Grüner Baum**, your home for the next two nights.

### DAY 04 AT BRESSANONE

Spend the day exploring the stunning town of Bressanone. Visit the C10 cathedral, the Renaissance Bishop's Palace and the interesting Pharmacy Museum. Or cycle back to visit the Abbiaza de Novacella or take a trip on the Plose cable car from nearby San Andrea.

### DAY 05 BRESSANONE TO BOLZANO

44KM/27.5MI

Follow the Isarco River out of Bressanone. Take time to stop in Chiusa, a mediaeval town with narrow streets, art and craft shops and the impressive Castel Sabbiona. Enjoy a downhill ride into Blumau (a good lunch stop) then head into Bolzano for two nights in the **Hotel Scala Stiegl**.

### DAY 06 AT BOLZANO

Perhaps visit the South Tyrol Museum of Archaeology, the Gothic cathedral, modern art museum, or the Dominican Church housing a series of C14 Gothic art. There are also three castles and a cable car that takes you out of the city to the small town of Ritten.

### DAY 07 BOLZANO TO TRENTO

65KM/41MI

Along the narrow Adige valley, passing beautiful cliffs, and on through Egna, once a Roman village. Follow the river through a lovely relaxed nature reserve before arriving in bustling Trento and the **Grand Hotel Trento** where you spend the next two nights.

### DAY 08 AT TRENTO

Highlights include the Piazza del Duomo, the Castello del Buonconsiglio, historic residence of the Prince-Bishops of Trento, and the Via Prepositura, where beautifully restored pastel buildings date back to Roman times.

### DAY 09 TRENTO TO RIVA DEL GARDA

48KM/30MI

Down from the mountains to the shimmering waters of Lake Garda. Writers and artists have been coming here for centuries, with Goethe calling it 'a marvel of nature, an enchanting place'. You stay at the **Hotel Astoria Park Spa**.

### DAY 10 LEAVE RIVA DEL GARDA

- Relaxed waterfront towns, cosmopolitan cities, traditional pastel-painted Alpine villages
- Unique fusion of Italian and German languages, landscapes and architecture
- Flower-filled meadows, sun-soaked vineyards, terraced apple orchards

## PRICES FROM

**£959** per person

With departures every Wednesday from 2nd May to 3rd October 2018

## YOUR HOLIDAY INCLUDES

- 9 nights hotel-to-hotel accommodation in \*\*\*\* hotels
- All breakfasts
- Services of your local Headwater-appointed agent
- High quality bikes
- Route directions and maps
- Luggage transfers between hotels
- Brixen Card: free transport and museum entries in Bressanone and Bolzano

## OPTIONAL UPGRADES

- Standard flights (including onward rail and station transfers) from Gatwick to Verona with British Airways, flight inclusive prices from £1159 per person
- Other flights, including regional departures, available on request
- First Class rail available
- Sole occupancy of a double room £10 per person per night
- Room upgrades at selected hotels
- Electric bikes available
- Extra nights in Villabassa or Riva del Garda
- City break add-ons in Venice or Verona

## WHERE YOU STAY



Hotel Adler  
\*\*\*\*



Hotel Corso  
\*\*\*\*



Hotel Grüner Baum  
\*\*\*\*



Hotel Scala Stiegl  
\*\*\*\*



Grand Hotel Trento  
\*\*\*\*



Hotel Astoria Park Spa  
\*\*\*\*



© bussictek | AdobeStock

Soave

## ...UNSPOILT AND STEEPED IN CHARACTER

Veneto is a romantic region with a rich cultural heritage, home to fairytale cities made up of the finest architecture. Situated in Italy's north-east, it is known for its art, food and iconic cities. To the west are the shores of Lake Garda, to the north the Dolomites, and eastwards the verdant Euganean Hills give way to plains of maize stretching out to the Venetian lagoon.

The region's expansive range of hills, tranquil lakes and lush vineyards extend far and wide. For centuries, the powerful Venetian Republic controlled Veneto, and their mark remains on the region – the city's winged lion of St Mark can be found all over and elegant Palladian villas built by the wealthy nobles still stand in the countryside.

This wealth of contrasts has inspired poets and playwrights since time began, and four major Shakespeare plays are set here. Nestled between the art cities of Padua – home to one of the oldest universities in the whole of Europe – and UNESCO-recognised Vicenza, the region is bursting with ancient castles, Roman roads and unspoilt villages.

Travelling on foot or by bike you'll explore an undiscovered corner of Italy, totally unspoilt and off the tourist trail. The untouched Euganean Hills, with their striking conical appearance, are situated west across the plain from bustling Venice, and have been recognised as a National Park. Day trips to Venice, Vicenza

and Padua are amongst the many regional highlights.

Walk or pedal along calm valley lanes and uncover secret lakes hidden by shaded woodland, where you can stop off for a picnic at the water's edge. Meander amidst the green backdrop of rolling hills and mediaeval castles. Pass through vineyards and stroll around palazzi, sumptuous villas and formal gardens dating back to the C15.

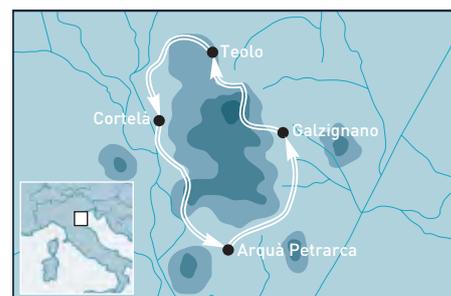
Enjoy home-cooked cuisine in Veneto, with polenta, rice, fish and cheese reigning supreme, perfect washed down with a local wine. Locals may even tempt you to take part in fruit picking along the way.

# WALKING IN THE VENETIAN HILLS

WALKING ACTIVITY LEVEL



Villa Barbarigo



## YOUR HOLIDAY DAY-BY-DAY



### DAY 01 ARRIVE IN CORTELÀ

Arrive at Gabriella and Alessandro's **Agriturismo Il Feudo** in time for dinner (included).

### DAY 02 CORTELÀ TO ARQUÀ PETRARCA

18KM/11.5MI/6HR

Head across poppy fields, then through forest to the hamlet of Valnogaredo. Pass the convent of Beatrice d'Este atop Monte Gemola and enjoy glorious views over Arquà Petrarca before heading to the **Hotel Villa del Poeta** for two nights, with dinner (included) at a local restaurant.

### DAY 03 AT ARQUÀ PETRARCA

Explore Arquà Petrarca, still as it was when Petrarch came here in 1370. Visit his well-preserved house and walk up geranium-decked streets to sumptuous C15 villas.

### DAY 04 ARQUÀ PETRARCA TO GALZIGNANO

14KM/9MI/4.5HR OR 17KM/11MI/5HR

Today's walk undulates through shady woodland before dropping down to the fabulous Villa Barbarigo at Valsanzibio. Continue on a choice of routes to the **Belvedere Resort ai Colli** where you spend two nights with dinner included.

### DAY 05 AT GALZIGNANO

Take the bus to Padua, the region's second art city. View the *Cappella degli Scrovegni* (Giotto frescoes), admire Donatello's Gattamelata statue or savour a cappuccino in the largest square in Italy!

### DAY 06 GALZIGNANO TO TEOLO

13KM/8MI/4HR

Climb to Monte Rua hermitage then follow the woodland path to Rocca Pendice. Skirt around this imposing volcanic stone massif to enjoy breathtaking views of the surrounding hills. You spend the next two nights at the **Villa Lussana** with dinner included.

### DAY 07 AT TEOLO

Explore Teolo with many of its buildings dating from its Serenissima heyday. Walk up to Monte della Madonna with its panoramic views or head to Venice and see St Mark's Square and the Doges' Palace.

### DAY 08 TEOLO TO CORTELÀ

11KM/7MI/3.5HR OR 16KM/10MI/5HR

Walk through green vines to reach the highest point of the holiday, on the flanks of Monte Venda (601m). Take in views towards the Berici Hills near Vicenza, before returning to the **Agriturismo Il Feudo** for your last night (dinner included).

### DAY 09 LEAVE CORTELÀ

- ★★★★★☆ customer rating
- Exclusive Headwater Rep Service
- Untouched verdant walking country: rolling hills, shady forests, vineyards and olive groves
- Hotels full of character; lovely friendly hosts; genuine Italian hospitality
- Amazing array of wild flowers: heather, poppies, wild orchids and Mediterranean maquis

## PRICES FROM

£859 *per person*

With departures every two days from 11th May to 16th October 2018

## YOUR HOLIDAY INCLUDES

- 8 nights hotel-to-hotel accommodation in a mix of and hotels
- All breakfasts and evening meals
- Services of your local Headwater Representative
- Route directions and maps
- Luggage transfers between hotels
- Walking transfers
- Headwater Wine Collection Service

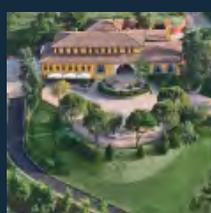
## OPTIONAL UPGRADES

- Standard flights (including onward rail and station transfers) from Gatwick to Venice Marco Polo with British Airways, flight inclusive prices from £1089 per person
- Other flights, including regional departures, available on request
- First Class rail available
- Sole occupancy of a double room £10 per person per night
- Room upgrades at selected hotels
- Extra nights in Teolo
- City break add-ons in Venice or Verona

## WHERE YOU STAY



Agriturismo Il Feudo



Hotel Villa del Poeta



Belvedere Resort ai Colli



Villa Lussana

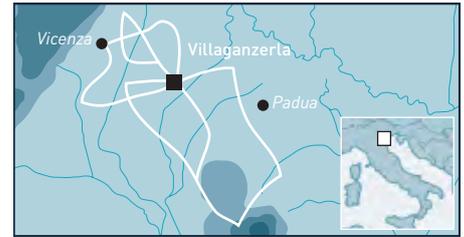
# HEART OF VENETO CYCLING

CYCLING ACTIVITY LEVEL  
1 1+ 2 2+ 3



© LianeM | Stockphoto.com

Friaul vineyard



## YOUR HOLIDAY DAY-BY-DAY



<b>DAY 01</b>	<b>ARRIVE IN VILLAGANZERLA</b>	
Arrive at the friendly, family-run,  Agriturismo L'Albara in Villaganzerla, where evening meals are included throughout your stay. Below is our suggested itinerary for the week but you're free to pick and choose when and where you cycle each day.		
<b>DAY 02</b>	<b>BASTIA MARKET</b>	25KM/16MI
Cycle along country lanes, across the Paduan plain, to Bastia market. Stroll around the stalls before heading off to the tiny village of Lovolo. Return via the delightful hamlet of Monticello.		
<b>DAY 03</b>	<b>LAKE FIMON</b>	38KM/24MI
Head along tranquil valley lanes to Lake Fimon for a picnic by the water's edge, or lunch at a lakeside <i>trattoria</i> . Cycle around the lake then meander back through lush valleys and rolling hills.		
<b>DAY 04</b>	<b>VILLAS AND VINEYARDS</b>	25KM/16MI
Pedal north to the village of Costozza, named after the network of caves in the cliffs above. Loop south to Lumignano, then follow the <i>strada del vino</i> (Northern Strada), through vineyards, to Castegnoro or Nanto.		
<b>DAY 05</b>	<b>VICENZA AND THE VILLA ROTONDA</b>	34KM/21.5MI
Visit UNESCO-recognised Vicenza, where Palladio designed dozens of the city's buildings, including the Basilica Palladiana in the main square. Return via the Villa Rotonda and its gardens.		
<b>DAY 06</b>	<b>FREE DAY EXPLORING</b>	
Today, visit one of the great Italian cities: Venice, Verona or Padua, all accessible by train from Vicenza. Alternatively, visit Bassano, home to the famous <i>grappa</i> and its own museum.		
<b>DAY 07</b>	<b>SOUTHERN STRADA DEI VINI BERICI</b>	25KM/16MI
Cycle past Villa Pigafetta-Camerini to Mossano and enjoy the stunning panorama over the Venetian plain. Continue through undulating vineyards to the idyllic Franciscan monastery of San Pancrazio.		
<b>DAY 08</b>	<b>LEAVE VILLAGANZERLA</b>	

- ★★★★★ customer rating
- Exclusive Headwater Rep Service
- Stay in a delightful *agriturismo* - friendly and family-run with pool
- Gentle circular routes with more challenging options available
- Tranquil lakes, pretty villages, ancient villas, beautifully green countryside

*“The accommodation, food and quality of the cycles were all excellent.”*

Ms Pye, Chippenham

### PRICES FROM

**£839** per person

With departures every Saturday from 5th May to 13th October 2018

### YOUR HOLIDAY INCLUDES

- 7 nights single-centre accommodation in a hotel
- All breakfasts and evening meals
- Services of your local Headwater Representative
- High quality bikes
- GPS route directions and maps
- *RideWithGPS* navigation app
- Headwater Wine Collection Service

### OPTIONAL UPGRADES

- Standard flights (including onward rail and station transfers) from Gatwick to Venice Marco Polo with British Airways, flight inclusive prices from £1069 per person.
- Other flights, including regional departures, available on request
- First Class rail available
- Sole occupancy of a double room £13 per person per night
- Extra nights in Villaganzerla
- City break add-ons in Venice or Verona

## WHERE YOU STAY



Agriturismo L'Albara

# VENETIAN VILLAS AND VINEYARDS CYCLING

CYCLING ACTIVITY LEVEL  
1 1+ 2 2+ 3



The spa town of Monselice

## YOUR HOLIDAY DAY-BY-DAY



### DAY 01 ARRIVE IN CORTELÀ

Arrive at the friendly **Agriturismo Il Feudo**, run by Gabriella and Alessandro, in time for dinner (included).

### DAY 02 CORTELÀ TO GALZIGNANO 37KM/23.5MI

Pedal along the canal-side path to mediaeval Este with its pastel, arcaded buildings and C14 castle. Continue on to Monselice and its mediaeval castle then follow the canal past the C19 Villa Italia. You stay at the **Belvedere Resort ai Colli** for two nights, with dinner included.

### DAY 03 AT GALZIGNANO

Today head to Arquà Petrarca, unchanged since the 1370s when Petrarch lived here. Visit his well-preserved house, then pedal through vineyards to the Villa Barbarigo and its C17 garden.

### DAY 04 GALZIGNANO TO TEOLO 34KM/21.5MI

Cycle through swaying vines to taste wine in the charming village of Battaglia. Carry on through the spa town of Montegrotto Terme to the pre-Palladian villa at Luvigliano. You spend two nights at the **Villa Lussana**, with your evening meals included.

### DAY 05 AT TEOLO

Explore Roman Teolo and its many C15 palazzo and formal gardens. Walk in the Euganean Hills, take the bus into Padua or, for a longer day out, take the bus/train to Italy's most romantic city, Venice.

### DAY 06 TEOLO TO VILLAGANZERLA 38KM/24MI

Through the Euganean Hills to the mediaeval castle at San Martino. Then on to Cervarese Santa Croce for lunch. From here, it's into wine country once more, to reach Villaganzerla and the **Agriturismo L'Albara**. You spend two nights here (dinner included).

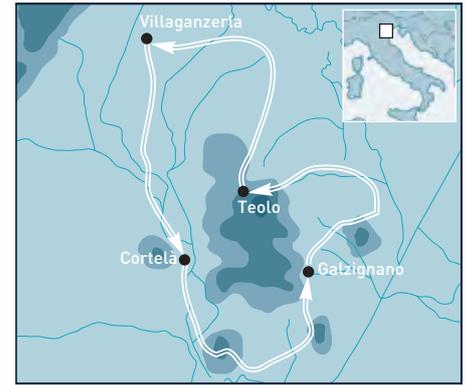
### DAY 07 AT VILLAGANZERLA

Laze by the pool or head out to discover Vicenza – take the cycle path past the famous villa, La Rotonda and explore "Venice of the Terra Firma" and its marvellous Palladian architecture.

### DAY 08 VILLAGANZERLA TO CORTELÀ 40KM/25MI

Follow the Strada del Tai Rosso wine road (the only area outside of Hungary where the red Tocai grape is grown) linking a string of pretty villages. Then it's out across the plain to reach Vo'Vecchio before returning to the **Agriturismo Il Feudo**.

### DAY 09 LEAVE CORTELÀ



- ★★★★☆ customer rating
- Exclusive Headwater Rep Service
- Totally unspoilt, easy cycling off the tourist trail - great for first timers!
- Characterful, friendly hotels; great Venetian home cooking
- Steeped in history: mediaeval castles, Palladian villas, Roman roads

## PRICES FROM

**£999** *per person*

With departures every two days from 11th May to 16th October 2018

## YOUR HOLIDAY INCLUDES

- 8 nights hotel-to-hotel accommodation in a mix of **4**, **3** and **3** hotels
- All breakfasts and evening meals
- Services of your local Headwater Representative
- High quality bikes
- GPS route directions and maps
- RideWithGPS* navigation app
- Luggage transfers between hotels
- Headwater Wine Collection Service

## OPTIONAL UPGRADES

- Standard flights (including onward rail and station transfers) from Gatwick to Venice Marco Polo with British Airways, flight inclusive prices from £1229 per person
- Other flights, including regional departures, available on request
- First Class rail available
- Sole occupancy of a double room £10 per person per night
- Room upgrades at selected hotels
- Extra nights in Teolo or Villaganzerla
- City break add-ons in Venice or Verona

## WHERE YOU STAY



Agriturismo Il Feudo **4**

Belvedere Resort ai Colli **3**

Villa Lussana **3**

Agriturismo L'Albara **4**



# PIEDMONT

Vineyards near Serralunga d'Alba

## ...ELEGANT, BEAUTIFUL AND A REGION OF FINE FOOD AND WINE

Blessed with an understated natural beauty and boasting world-famous vineyards, the sophisticated Piedmont region of northern Italy, famous for its Savoy castles, frescoed chapels and charming wine villages, has the makings of a great walking or cycling holiday. Enchanting hilltop towns standing proud above vine-cloaked rolling hillsides, endless chestnut groves and scented pine forests are criss-crossed by quiet pathways that open out to panoramic views.

Time fades into insignificance as the serenity and tranquillity bestowed by the softly rolling routes and pretty countryside envelops you. As hawks soar overhead, follow paths past fields of lofty sunflowers, take in sleepy hamlets with their cobbled streets and quaint churches, and absorb spectacular views over the picture-postcard

Langhe countryside; Grinzane Cavour, Diano d'Alba and La Morra, 'Balcony of the Langhe', offer some of the best.

Barolo and Barbaresco come top of the 'must see' list that includes many other recognised wine villages in the region, where tasting the delectable vintages is obligatory, along with some tasty cheese.

Travelling by bike, in the charming village of Neive you can sample the famous *grappa* made by Romano Levi, and the nearby attractive town of Asti is the perfect place to visit to sample the famous sparkling wine.

Whilst on foot, Serralunga d'Alba will delight – cross the drawbridge of the imposing C13 castle and a genuine sense of history cloaks you; a history that this village,

like many others in the region, clings steadfastly to.

Producing some of the finest food and wine in Italy, this fertile land, famous for its Barolo and sweet Moscato, as well as the white truffles and delicious chocolate from Alba, is ideal for exploring on foot or by bike. Take your time and savour not only the countryside but the gastronomy too, including the Slow Food capital of Bra, which you can cycle to from Grinzane Cavour.

**One to watch:** enjoy dinner at your hotel in Benevello, where the Michelin-starred chef trained under Marco Pierre White.

# GASTRONOMIC BAROLO WALK

WALKING ACTIVITY LEVEL



Mediaeval castle at Roddi



## YOUR HOLIDAY DAY-BY-DAY



### DAY 01 ARRIVE IN BENEVELLO

The chef at the **Relais Villa d'Amelia** trained under Marco Pierre White and dinner (included) is taken in the hotel's Michelin-starred restaurant.

### DAY 02 BENEVELLO TO GRINZANE CAVOUR 10KM/6.5MI/4HR

Follow the Tanaro River to Roddi – the castle used to house the University of Truffle Dogs! Then it's on to Grinzane Cavour and its wonderful megalithic castle with amazing views. You stay at the **Casa Pavese** for two nights and enjoy evening meals (included) at a local restaurant.

### DAY 03 AT GRINZANE CAVOUR

Explore the atmospheric wine village of Grinzane Cavour with wine-tasting on offer in its UNESCO-recognised castle. Bustling gastronomic capital, Alba is easily reached from here.

### DAY 04 GRINZANE CAVOUR TO CASTIGLIONE FALLETTO 12KM/7.5MI/4HR

From panoramic hilltop Diano d'Alba, cross the Talloria River then it's a gentle climb to Serralunga d'Alba where you still need to cross a drawbridge to visit the C13 castle. You stay at the charming **Hotel Le Torri** for two nights with evening meals (included) in a local restaurant.

### DAY 05 AT CASTIGLIONE FALLETTO

Visit tiny Annunziata with its frescoed chapel and an excellent farmhouse *trattoria*. Then it's on through sun-dappled hamlets and vines to La Morra, with plenty of wine-tasting opportunities.

### DAY 06 CASTIGLIONE FALLETTO TO MONFORTE D'ALBA 8KM/5MI/2HR OR 11KM/7MI/4HR

Follow the Talloria Valley to visit Barolo, its ochre-hued C16 castle and world-famous vineyards. Then to Novello, a belvedere town built as a summer retreat for Alba's residents and overlooked by the **Villa Beccaris**, where you spend two nights. You visit a local restaurant for your evening meals (included).

### DAY 07 AT MONFORTE D'ALBA

Explore the twisting streets, clinging to the hillside, enjoy wine-tastings or relax at the hotel, set within its own scented garden, with views across and beyond mediaeval Monforte.

### DAY 08 MONFORTE D'ALBA TO BENEVELLO 13KM/8MI/5HR

Join the Sentiero della Valle Tanaro today and head to Albaretto della Torre, dominated by its C13 tower. Descend to Benevello with spectacular views back to Alba and the Tanaro Valley, then return to the **Relais Villa d'Amelia** for your final Michelin-star meal (included).

### DAY 09 LEAVE BENEVELLO

- ★★★★★☆ customer rating
- Exclusive Headwater Rep Service
- Superb walking in truly undiscovered, yet highly sophisticated Italy
- Imposing Savoy castles, tiny frescoed chapels and sun-drenched hamlets
- Atmospheric wine villages and boundless vineyards

*"Great hotels, exquisite dinners, well-described walks."*

Mr Graham, London

## PRICES FROM

**£1579** per person

With departures every two days from 11th May to 14th October 2018

## YOUR HOLIDAY INCLUDES

- 8 nights hotel-to-hotel accommodation in a mix of \*\*\* and \*\*\*\* hotels
- All breakfasts and gastronomic evening meals
- Services of your local Headwater Representative
- Route directions and maps
- Luggage transfers between hotels
- Walking transfers
- Headwater Wine Collection Service

## OPTIONAL UPGRADES

- Standard flights (including local transfers) from Gatwick to Turin with Lufthansa, flight inclusive prices from £1779 per person
- Other flights, including regional departures, available on request
- Sole occupancy of a double room £56 per person
- Room upgrades at selected hotels
- Extra nights in Benevello or Monforte
- City break add-ons in Milan or Turin

## WHERE YOU STAY



Relais Villa d'Amelia  
\*\*\*\*



Casa Pavese  
\*\*\*\*



Hotel Le Torri  
\*\*\*



Villa Beccaris  
\*\*\*\*

# GASTRONOMIC BAROLO CYCLING

CYCLING ACTIVITY LEVEL



The Langhe hills of Piedmont

## YOUR HOLIDAY DAY-BY-DAY



### DAY 01 ARRIVE IN BENEVELLO

The chef at the **Relais Villa d'Amelia** trained under Marco Pierre White so you're in for a treat!

### DAY 02 BENEVELLO TO NEIVE

35KM/22MI

Visit lovely Mango, with its beautiful castle rich in WW2 history, then continue to San Stefano Belbo, the birthplace of one of Italy's greatest writers. On the way to Neive you'll pass the famous Moscato vineyards. You'll spend two nights at the **Hotel Villa Lauri**, with evening meals included at a local restaurant.

### DAY 03 AT NEIVE

Officially one of Italy's prettiest villages, you can wander its cobbled streets that are lined with brightly-coloured flower boxes, or after a morning by the panoramic pool, cycle or take a local bus to nearby Barbaresco for lunch and cheese-tasting in the *piazza*. Enjoy some wine in the *enoteca*, or head across to the *spumante* capital of Asti, with its quaint cobbled centre.

### DAY 04 NEIVE TO GRINZANE CAVOUR

42KM/26.5MI

Undulate through the vineyards to Castagnole delle Lanze before exploring the cobbled streets and bustling *piazze* of chocolate-perfumed Alba (the home of Ferrero Rocher). You'll spend two nights at **Casa Pavesi** in Grinzane Cavour, with evening meals included at a local restaurant.

### DAY 05 AT GRINZANE CAVOUR

Explore the UNESCO-recognised castle and indulge in a spot of wine-tasting. Take a lazy lunch in Bra, where the Slow Food movement began. For the best views in the region, walk or cycle to La Morra, 'Balcony of the Langhe', spread out along a panoramic ridge above the vineyards.

### DAY 06 GRINZANE CAVOUR TO MONFORTE D'ALBA

26KM/16.5MI OR 34KM/21.5MI

Cycle to Barolo, an ochre-hued village perched above its world-famous vineyards, where you can admire Marchesi Falletti's C11 castle. Then to Monforte d'Alba and **Villa Beccaris**, where you'll spend two nights and enjoy dinner (included) at a local restaurant.

### DAY 07 AT MONFORTE D'ALBA

Monforte is a lively mediaeval town with attractive buildings grouped around the cobbled *piazza*; or visit Dogliani, famous for Dolcetto wine production, and dominated by its lovely church.

### DAY 08 MONFORTE D'ALBA TO BENEVELLO

21KM/13.5MI OR 35KM/22MI

A steady climb takes you to a stunning panoramic ridge. From here, cycle to Serravalle Langhe, a great lunch spot with belvedere views before returning to your country hotel at Benevello.

### DAY 09 LEAVE BENEVELLO



- ★★★★★ customer rating
- Exclusive Headwater Rep Service
- Beautifully scenic cycling in the UNESCO vineyards of Piedmont
- Luxury hotels with panoramic pools; elegant lounges and gourmet cuisine; outstanding wines
- A mecca for foodies: atmospheric *enoteche* and two nights at a Michelin-starred restaurant

## PRICES FROM

£1579 *per person*

With departures every two days from 11th May to 14th October 2018

## YOUR HOLIDAY INCLUDES

- 8 nights hotel-to-hotel accommodation in a mix of \*\*\* and \*\*\*\* hotels
- All breakfasts and gastronomic evening meals
- Services of your local Headwater Representative
- GPS route directions and maps
- RideWithGPS navigation app
- Luggage transfers between hotels
- Headwater Wine Collection Service

## OPTIONAL UPGRADES

- Standard flights (including local transfers) from Gatwick to Turin with Lufthansa, flight inclusive prices from £1779 per person
- Other flights, including regional departures, available on request
- Sole occupancy of a double room £56 per person
- Room upgrades at selected hotels
- Electric bikes available
- Extra nights in Benevello or Monforte
- City break add-ons in Milan or Turin

## WHERE YOU STAY



Relais Villa d'Amelia  
★★★★



Hotel Villa Lauri  
★★★



Casa Pavesi  
★★★★



Villa Beccaris  
★★★★



Vineyards in Chianti

## ...THE LANDSCAPES, THE WINE AND THE TRADITIONS

The first image that comes to mind when you think of Tuscany is its beautiful and timeless countryside – a rolling landscape of hills dipped in soft morning mist, smattered with lush vineyards, silvery olive groves and tree-lined avenues of cypress trees.

Nestled in the heart of Italy, west of the Apennine Mountains, this enchanting region encompasses all of the many unique qualities of Italy. The stunning landscapes, the ancient mediaeval villages perched on the hilltops, the Renaissance art cities such as Florence, Siena and Pisa with its famous leaning tower, to name but a few.

Travellers are almost projected back in time when walking or cycling in this untouched region. Rich in history and tradition, Tuscany has entranced and inspired artists for centuries, including Leonardo da Vinci and

Botticelli, whose artwork is showcased in churches, galleries and museums. Befitting a slower pace of life, this is a place so beautiful you could happily get lost in it for hours. You'll often see locals riding their bicycles to the morning markets or heading home after work and in some towns artisans still cut pasta by hand.

Immaculate vines snake down hillsides and the air is perfumed with wine whilst historic olive groves glisten and fields are ablaze with sunflowers. The instantly recognisable red-tiled roofs of the honey-coloured stone farmhouses are scattered around the landscape.

Pedal or walk past Romanesque churches, San Gimignano's soaring towers and beautifully-preserved hamlets sitting in dense forests and cypress-studded hills.

Wind through the tangle of alleys home to alabaster workshops, secret chapels and chat to local shop owners as you pick up some local produce.

The best known of the Italian regions, Tuscany is famous for its wines and food. The region's food is based on *cucina povera*, a tasty rural cuisine that uses natural ingredients such as olive oil, pulses and vegetables, wild porcini mushrooms and salt-cured meats such as *salumi* or *prosciutto*. Stop by for a tasty snack such as lightly toasted Tuscan bread rubbed with raw garlic and a drizzle of freshly-pressed olive oil, washed down with a glass of Chianti or Montepulciano, the famous Tuscan wines.

# VOLTERRA TO SAN GIMIGNANO WALK

WALKING ACTIVITY LEVEL  
1 1+ 2 2+ 3



San Gimignano



## YOUR HOLIDAY DAY-BY-DAY



### DAY 01 ARRIVE IN VOLTERRA

Arrive at your hotel, the **Park Hotel Le Fonti**, just outside Volterra's mediaeval gates, where you have time to relax before dinner (included).

### DAY 02 VOLTERRA TO CASOLE D'ELSA

14KM/9MI/4HR

Forest trails lead east through the Berignone Nature Reserve where you may spot wild boar, deer or fox. Then head up on the ridge for wonderful valley views out towards Casole d'Elsa, where you'll spend two nights. Rooms at the **Hotel Terre di Casole** feature a garden terrace or balcony and evening meals (included) are taken in the hotel restaurant.

### DAY 03 AT CASOLE D'ELSA

Explore Casole d'Elsa, a picture-perfect Etruscan village atop a panoramic ridge, with a C14 castle, a mediaeval *piazza*, a small amphitheatre, Etruscan tombs and spectacular views.

### DAY 04 CASOLE D'ELSA TO COLLE DI VAL D'ELSA

19KM/12MI/5HR

Head down to reach the small hamlet of Quartaia, a good lunch spot. Continue through the woods, along the fossil-ridden Via Francigena and along the milky-blue River Elsa to the **Relais Della Rovere**, for two nights. Evening meals are included here.

### DAY 05 AT COLLE DI VAL D'ELSA

Take the local bus to Siena or Florence, or stroll into impressive Colle di Val d'Elsa, a fascinating town of two halves with a lift linking the lovely new *piazza* with the mediaeval upper town.

### DAY 06 COLLE DI VAL D'ELSA TO SAN GIMIGNANO

16KM/10MI/4.5HR

Follow in pilgrims' footsteps along the Via Francigena – this historic path skirts tiny hamlets and lonely chapels towards the Foci River. Enjoy wine-tasting at Montauto before heading up to your hotel, the **Relais Santa Chiara**, in San Gimignano, where you'll spend two nights. There's a good choice of local restaurants for your evening meals here (payable locally).

### DAY 07 AT SAN GIMIGNANO

Discover San Gimignano's mystical towers, built by warring neighbours in the C12 to out-do one another! Alternatively, a bus to Siena reveals a C14 Gothic cathedral and beautiful square where the famous Palio di Siena horse race takes place.

### DAY 08 SAN GIMIGNANO TO VOLTERRA

22KM/14MI/6.5HR

Start today in the Castelvecchio Nature Reserve. Follow a woodland trail to reach a panoramic *strada bianca* with views to Monte Voltraio. Then pass hamlets with C16 villas before heading back to Volterra and the **Park Hotel Le Fonti** for your evening meal (included).

### DAY 09 LEAVE VOLTERRA

- ★★★★★ customer rating
- Exclusive Headwater Rep Service
- Quintessential Italian landscapes: rolling hills, sunflowers, endless vines and hilltop hamlets
- Scenic walking on Etruscan trails and pilgrims' paths; wildlife in abundance
- Exceptionally friendly hotels all with swimming pools

## YOUR HOLIDAY, YOUR WAY

This trip is also available as a 10-night tour, spending an extra two nights in Colle di Val d'Elsa. Explore the cathedral, museums and Renaissance buildings or hop on the bus to Siena or Florence.

## PRICES FROM

£1159 *per person*

With departures every two days from 11th May to 14th October 2018

## YOUR HOLIDAY INCLUDES

- 8 nights hotel-to-hotel accommodation in a mix of \*\*\* and \*\*\*\* hotels
- All breakfasts and 6 evening meals
- Services of your local Headwater Representative
- Route directions and maps
- Luggage transfers between hotels
- Headwater Wine Collection Service

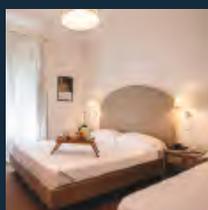
## OPTIONAL UPGRADES

- Standard flights (including local transfers) from Heathrow to Pisa with British Airways, flight inclusive prices from £1399 per person
- Other flights, including regional departures, available on request
- Sole occupancy of a double room £41 per person
- Room upgrades at selected hotels
- Extra nights in Volterra and Lucca
- City break add-ons in Florence, Lucca Siena or Pisa

## WHERE YOU STAY



Park Hotel Le Fonti  
\*\*\*\*



Hotel Terre di Casole  
\*\*\*



Relais Della Rovere  
\*\*\*\*



Relais Santa Chiara  
\*\*\*\*

# SECRETS OF SAN GIMIGNANO CYCLING

CYCLING ACTIVITY LEVEL  
1 1+ 2 2+ 3



Florence

## YOUR HOLIDAY DAY-BY-DAY



### DAY 01 ARRIVE IN VOLTERRA

Arrive at the **Park Hotel Le Fonti** in Volterra. There's time for a wander round its myriad of cobbled alleys and hidden squares before dinner (included).

### DAY 02 VOLTERRA TO PANCOLE 41KM/26MI

Down into the Era Valley before climbing to pretty Castagno and the well-preserved spa town of Gambassi Terme, with its C12 church and gardens. Pick up the Via Francigena to freewheel down to mediaeval Certaldo before a final climb through olive groves to the hamlet of Pancole. You spend the next two nights at the **Hotel Le Renaie** with evening meals included.

### DAY 03 AT PANCOLE

Relax by the pool today, or cycle past orchards and vines to fully discover Certaldo – take the funicular for spectacular views across the Val d'Elsa.

### DAY 04 PANCOLE TO COLLE DI VAL D'ELSA 32KM/20MI

Explore the panoramic wine country between Pancole and Colle di Val d'Elsa, following the official, mainly off-road, Chianti Wine Route. Lunch in Poggibonsi and visit the unfinished C15 fortress before reaching the **Relais Della Rovere** for the next two nights (dinner included).

### DAY 05 AT COLLE DI VAL D'ELSA

Explore the mediaeval town, take the bus to Siena or Florence, visit the mediaeval town of Monteriggioni, or laze by the hotel's pool.

### DAY 06 COLLE DI VAL D'ELSA TO PESCILLE 40KM/25MI

A gradual climb takes you up to Casole d'Elsa with its C12 church, and its impressive fortress. Then wind gently up to Pescille, with a backdrop of the mediaeval towers of San Gimignano, to reach the **Hotel Pescille**. You stay here for two nights with dinner included at a local restaurant.

### DAY 07 AT PESCILLE

San Gimignano is a short cycle away – explore its myriad of narrow streets and many hidden cobbled squares before returning to your hotel for a dip in the pool.

### DAY 08 PESCILLE TO VOLTERRA 38KM/24MI

Ride to San Gimignano before climbing up through classic Tuscan landscapes, then there's a descent into the Era Valley and a final climb to Volterra and the **Park Hotel Le Fonti** for dinner.

### DAY 09 LEAVE VOLTERRA



- ★★★★★ customer rating
- Exclusive Headwater Rep Service
- Exhilarating cycling through totally unspoilt countryside
- San Gimignano's soaring towers; Volterra's Etruscan treasures; great art cities of Florence, Pisa and Siena
- Fabulous hotels, all with stunning pools

## YOUR HOLIDAY, YOUR WAY

This trip is also available as a 10-night tour, spending an extra two nights in Colle di Val d'Elsa. Explore the cathedral, museums and Renaissance buildings or hop on the bus to Siena or Florence.

## PRICES FROM

**£1299** per person

With departures every two days from 11th May to 14th October 2018

## YOUR HOLIDAY INCLUDES

- 8 nights hotel-to-hotel accommodation in a mix of \*\*\* and \*\*\*\* hotels
- All breakfasts and evening meals
- Services of your local Headwater Representative
- High quality bikes
- GPS route directions and maps
- RideWithGPS navigation app
- Luggage transfers between hotels
- Headwater Wine Collection Service

## OPTIONAL UPGRADES

- Standard flights (including local transfers) from Heathrow to Pisa with British Airways, flight inclusive prices from £1539 per person
- Other flights, including regional departures, available on request
- Sole occupancy of a double room £36 per person
- Room upgrades at selected hotels
- Extra nights in Volterra or San Gimignano
- City break add-ons in Florence, Siena or Pisa

## WHERE YOU STAY



Park Hotel Le Fonti  
★★★★



Hotel Le Renaie  
\*\*\*



Relais Della Rovere  
★★★★



Hotel Pescille  
\*\*\*



© ValerioMeri | AdobeStock

Spoleto

## ...A MEDIAEVAL GREEN MASTERPIECE

Known as the 'green heart', Umbria is a region awash with beautiful woodlands, rolling hills and mountains – with stripes of reds, purples and yellows highlighting the countryside.

At the heart of the boot, Umbria is the only Italian region with no coastline and no bordering countries. This gives it an almost foreign air compared to its regional brothers, full of traditional values and distinctiveness. Slowing right down to cycling or walking pace is the perfect way to fully appreciate the charms, hidden treasures and distinctive character that makes this timeless part of Italy a mediaeval green masterpiece.

Home to many talented artists throughout the centuries, an Umbrian art school taught famous artists such as Raphael, della

Francesca and Perugino – and passing through quiet hilltop towns you'll marvel at old paintings and frescos proudly hung on the walls of tiny churches. Many museums also feature an eclectic mix of ancient and contemporary art.

'The jewel in the Umbrian crown', pink-stoned Assisi is one of Italy's most popular places of pilgrimage and is home to the UNESCO St Francis' Basilica, beautiful churches, a Roman arch and two mediaeval castles. Take in the sacred woodland that for years has been tended and cared for by the Franciscan monks.

Spoleto's architecture includes a Roman amphitheatre, C10 church, C12 Duomo and 80m-high C14 aqueduct. The picturesque walled town of Spello is one of Italy's best preserved mediaeval towns that comes alive

in summer with vibrant floral displays. And Trevi, an old theatre town, is home to an olive oil museum, found in an ex-convent, and many mediaeval remnants.

Meander through cobbled squares in mediaeval villages filled with traditional *trattorie* and imposing castles, and enjoy scenic strolls and cycles through fragrant olive groves.

*"Our first Headwater holiday and we can really recommend Umbria as a destination."*

Mr Beaumont-Thomas, Sheffield

# WALKING THE OLIVE TRAILS OF UMBRIA

WALKING ACTIVITY LEVEL  
1 1+ 2 2+ 3



Picturesque Spello

## YOUR HOLIDAY DAY-BY-DAY



### DAY 02 ARRIVE IN ASSISI

Arrive at the **Hotel Fontebella Palace**, where you'll stay for three nights (pay locally for dinner).

### DAY 02 VALFABBRICA TO ASSISI

14KM/9MI/4HR

Pick up the Via San Francesco pilgrims' trail and stroll through peaceful woods to the ancient town of Assisi. Visit the San Croce chapel, then finish at the majestic Basilica di San Francesco.

### DAY 03 AT ASSISI

Visit the basilica with its magnificent C13 Giotto frescoes and the commanding hilltop castle. Amble up to the beautiful Piazza del Comune to visit the well-preserved temple of Minerva.

### DAY 04 ASSISI TO SPELLO

16KM/10MI/5.5HR

Climb up Monte Subasio to the Hermitage of Asissi for unforgettable views of the Vale of Spoleto, then down into Spello and the **Albergo La Bastiglia**, for two nights (dinner included).

### DAY 05 AT SPELLO

Admire the beautiful Roman town walls, ruins of the old theatre and amphitheatre and thermal baths. Visit the church of Santa Maria Maggiore with its outstanding frescoes by Pinturicchio.

### DAY 06 SPELLO/SASSOVIVO TO TREVI

16KM/10MI/5HR

Follow the *Sentiero degli Ulivi* (the Olive Grove Trail) and visit the beautifully-restored Abbey of Santa Croce di Sassovivo. Continue through woodland and olive groves to the hilltop village of Roviglieto. Descend to Trevi and the **Hotel Antica Dimora** for two nights (dinner included).

### DAY 07 AT TREVI

Explore this old theatre town with remnants of the Roman and Mediaeval walls still encircling the town. Visit the Olive Oil Museum, housed in an ex-convent, and stroll around the main square, home to the C14 Palazzo Comunale.

### DAY 08 TREVI TO PORETA 15KM/9.5MI/4.5HR

Amble to the hillside church of Madonna di San Arcangelo. Pass the secretive Eremo Francescano (Convento Pissignano) and explore the ruins of C10 Castello di Campello Alto. Then on to Poreta and the **Borgo della Marmotta** for the next two nights (dinner included).

### DAY 09 AT PORETA

Relax at the hotel or follow small country roads down to the village of Campello sul Clitunno and visit the Roman Springs and temple of Clitunno.

### DAY 10 PORETA TO SPOLETO 15KM/9.5MI/4.5HR

Pass through the villages of Santa Maria Reggiano, Bazzano and Eggi. From Eggi, the St Francis Way leads you to the bustling town of Spoleto. Stay at the **Hotel Charleston** and enjoy dinner at a local restaurant (payable locally).

### DAY 11 LEAVE SPOLETO



- Exclusive Headwater Rep Service
- Italy's 'Green Heart': deep lush forests, hidden hermitages, endless olive groves and Monte Subasio Natural Park
- Beautiful mediaeval towns
- Superb regional cuisine

## YOUR HOLIDAY, YOUR WAY

This trip is also available as a 6 and an 8-night tour. On the 6-night, you will start the holiday in Spello, and on the 8-night, you will miss the first two nights in Assisi.

## PRICES FROM

**£1169** per person

With departures every two days from 3rd May to 14th October 2018

## YOUR HOLIDAY INCLUDES

- 10 nights accommodation in a mix of \*\*\* and \*\*\*\* hotels
- All breakfasts and 6 evening meals
- Services of your local Headwater Representative
- Route directions and maps
- Luggage transfers between hotels
- Headwater Wine Collection Service

## OPTIONAL UPGRADES

- Standard flights (including onward rail and station transfers) from Heathrow to Rome Fiumicino with British Airways, flight inclusive prices from £1429 per person
- Other flights, including regional departures, available on request
- First Class rail available
- Sole occupancy of a double room £25 per person per night
- Room upgrades at selected hotels
- Extra nights in Spello or Spoleto
- City break add-ons in Perugia or Rome

## WHERE YOU STAY



Hotel Fontebella Palace  
\*\*\*\*



Albergo La Bastiglia  
\*\*\*\*



Hotel Antica Dimora  
\*\*\*\*



Borgo della Marmotta  
\*\*\*



Hotel Charleston  
\*\*\*

# CYCLING THE WINE TRAILS OF UMBRIA

CYCLING ACTIVITY LEVEL  
1 1+ 2 2+ 3



Montefalco

## YOUR HOLIDAY DAY-BY-DAY



### DAY 01 ARRIVE IN SPELLO

Arrive at **La Bastiglia Hotel**, in picturesque Spello, in time for dinner (included).

### DAY 02 SPELLO TO SPOLETO 50KM/31.5MI

Great views as you cycle along the Teverone Valley before a short climb to hilltop Trevi, dating back to Roman times and capital of the Umbrian olive oil industry. Then, on past ancient San Giacomo to the **Hotel Charleston**, where you stay for two nights (pay locally for dinner).

### DAY 03 AT SPOLETO

Spoleto has magnificent architecture, including a Roman arch, C10 church, C12 Duomo and C14 aqueduct. The castle here is a former prison and now houses an impressive art museum.

### DAY 04 SPOLETO TO MARCELLANO 44KM/27.5MI

Climb up to Montefalco, 'the Balcony of Umbria', for wine-tasting, magnificent views and beautiful mediaeval streets. Then continue to Marcellano and the **Grand Relais Laurenti**, where you stay for two nights, with dinner included.

### DAY 05 AT MARCELLANO

The Roman walled town of Bevagna is home to the C13 Gothic Palazzo dei Consoli, the golden mediaeval theatre, and the C2 Roman temple and baths. Alternatively, cycle to Ceralto Castle.

### DAY 06 MARCELLANO TO TORGIANO 42KM/26.5MI

Arrive at the mediaeval village of Gualdo Cattaneo with its imposing C15 castle and C13 crypt, then descend to the old wine town of Torgiano, famous for its Lungarotti cellars. You stay at the **Hotel Al Grappolo d'Oro** for two nights, with dinner included.

### DAY 07 AT TORGIANO

Visit the wine and olive oil museum in Torgiano's *centro storico*. Or head to Perugia, famous for one of Italy's finest art collections. Alternatively, cycle to the local ceramics capital, Deruta.

### DAY 08 TORGIANO TO SPELLO 43KM/27MI

Cycle along the 'Wine and Art Road' to Brufa and on through the Chiascio Valley. Visit Assisi – the beautiful Piazza del Comune, the C13 Giotto frescoes and the UNESCO-recognised St Francis' Basilica – before cycling on along the Via degli Ulivi back to **La Bastiglia Hotel** for dinner (included).

### DAY 09 LEAVE SPELLO



- ★★★★★ customer rating
- Exclusive Headwater Rep Service
- Assisi, the jewel in the Umbrian crown; gorgeous Spello; Etruscan Perugia; mediaeval Montefalco
- Gorgeous summer climate, soft terracotta colours, sun-drenched landscapes

## YOUR HOLIDAY, YOUR WAY

This trip is also available as 10-night tour, staying an additional two nights in Spoleto to explore its wonderful history and architecture. You can also visit Rome, or nearby gastronomic Norcia.

## PRICES FROM

**£1069** per person

With departures every two days from 3rd May to 14th October 2018

## YOUR HOLIDAY INCLUDES

- 8 nights accommodation in a mix of \*\*\* and \*\*\*\* hotels
- All breakfasts and 6 evening meals
- Services of your local Headwater Representative
- High quality bikes
- GPS route directions and maps
- RideWithGPS navigation app
- Luggage transfers between hotels
- Headwater Wine Collection Service

## OPTIONAL UPGRADES

- Standard flights (including onward rail and station transfers) from Heathrow to Rome Fiumicino with British Airways, flight inclusive prices from £1329 per person
- Other flights, including regional departures, available on request
- First Class rail available
- Sole occupancy of a double room £17 per person per night
- Room upgrades at selected hotels
- Electric bikes available
- Extra nights in Spello or Marcellano
- City break add-ons in Perugia or Rome

## WHERE YOU STAY



La Bastiglia Hotel  
★★★★



Hotel Charleston  
\*\*\*



Grand Relais Laurenti  
★★★★



Hotel Al Grappolo d'Oro  
\*\*\*



Trulli houses, Alberobello

## ...FRESH FOOD, FINE WINE AND DRAMATIC COASTLINES

Firmly tucked away 'on the heel of Italy's boot', unspoilt Puglia offers extraordinary variety and beauty. Steeped in history, the landscape is stamped with the footprints of many conquerors from centuries ago.

Architectural riches from the Greeks to the Spanish stand as memories of bygone times, with Baroque, Byzantine and Romanesque buildings dotting the region. From cathedrals and churches to palaces and castles, it's a mix of cultural influences.

Cycling in the heart of the Mediterranean, Puglia is sandwiched between the Adriatic and Ionian seas, where you'll discover a remote area dotted by thousands of ancient olive trees, secluded villages and rolling hills. The dramatically rugged coast provides a total contrast to the lush green

interior, and the stretches of sandy beaches and the turquoise seas are stunning.

Peddalling through the rolling hills of the Valle d'Itria, you'll be intoxicated by the rich colours of the landscape - olive groves, fruit orchards, vineyards and ruby-red fields - all intensified by the wonderful limpid skies of the Adriatic. The air is perfumed with wild mint and herbs as you cycle to quaint little

*"Puglia is a fantastic part  
of Italy to visit - a real  
hidden gem - and a perfect  
location for cycling."*

Mrs Roundtree, Dublin

towns. Look in amazement at the 1,500 beautiful fairytale beehive-shaped *trulli* houses, found in Alberobello. The architectural symbol of the region, these whitewashed dry-stone dwellings are still standing after 500 years.

A region proud of their home-grown ingredients, taste their locally-produced wine, pasta, cheese and olive oil - a classic dish is the famous puree of fava beans and potatoes with chicory and olive oil or *orecchiette* pasta ("little ears", after their shape). Many locals still make homemade pasta, and most of Italy's pasta comes from wheat grown on Puglia's Tavoliere plain. Colourful fishing villages are good spots to stop off for a seafood lunch too.

Call us on **01606 828566** for a tailor-made quote

# CONTRASTS OF PUGLIA CYCLING

CYCLING ACTIVITY LEVEL



## YOUR HOLIDAY DAY-BY-DAY

### DAY 01 ARRIVE IN MONOPOLI

Arrive at the **Albergo Diffuso**. There's time to explore the historic town before dinner (included) in a local restaurant.

### DAY 02 MONOPOLI TO CONVERSANO

34KM/21.5MI

Today's route takes you along the stunning coastline before heading inland to Conversano. Take time to visit the vibrant fishing village of Polignano a Mare. Continue through the picturesque village of San Vito, with its multi-coloured boats, before arriving at **Relais Corte Altavilla** in the beautiful little town of Conversano. Pay locally for dinner tonight.

### DAY 03 CONVERSANO TO ALBEROBELLO

39KM/24.5MI

Pedal through the rolling hills of the Valle d'Itria then stop off in the little towns of Putignano and Noci to view their whitewashed houses. Alberobello is home to *trulli* houses, the architectural symbol of the region. On arrival at **Trulli e Puglia** you'll be shown to your own private *trullo* house. You stay here for two nights and pay locally for evening meals.

### DAY 04 AT ALBEROBELLO

Explore the narrow streets and kitsch souvenir shops, or visit the Museo del Territorio. Alternatively, cycle into the Itria Valley to visit stunning Locorotondo, with its panoramic views across the valley. Continue on to Martina Franca, with its beautiful Baroque architecture and stunning *palazzi*.

### DAY 05 ALBEROBELLO TO PEZZE DI GRECO

49KM/30.5MI

Spend this morning cycling along beautiful undulating country lanes before enjoying a long downhill run with panoramic views of the Adriatic coastline and the lower fertile plains. You'll spend the next two nights at the **Masseria Salamina**, with your evening meals included.

### DAY 06 AT PEZZE DI GRECO

Relax by the hotel's pool, or cycle to the nearby beach. For the more energetic, ride to charming Ostuni whose whitewashed houses are neatly piled on hills rich in olive groves and vineyards.

### DAY 07 PEZZE DI GRECO TO MONOPOLI

37KM/23.5MI

Head back to the Adriatic coast on a flat route past the fishing village of Savellettri, a perfect stop for a seafood lunch. Continue past the archaeological site of Egnazia, dating as far back as 4BC on your way to the **Albergo Diffuso**, for your last night (pay locally for dinner).

### DAY 08 LEAVE MONOPOLI

- ★★★★★ customer rating
- Beautifully unspoilt region, full of contrasts and interest-packed cycling
- Historic wine towns, colourful fishing villages, white sandy beaches and tiny farming hamlets
- Unique hotels including two nights in a *trullo* house in UNESCO Alberobello

## PRICES FROM

£1179 per person

With departures on selected Saturdays, Mondays and Wednesdays from 28th March to 13th October 2018

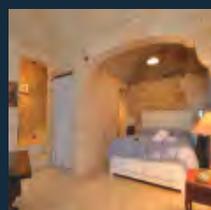
## YOUR HOLIDAY INCLUDES

- 7 nights accommodation in a mix of , \*\*\* and \*\*\*\* hotels
- All breakfasts and 3 evening meals
- Services of your local Headwater-appointed agent
- High quality bikes
- GPS route directions and maps
- *RideWithGPS* navigation app
- Luggage transfers between hotels

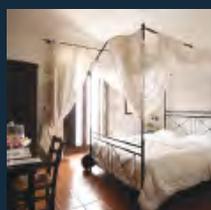
## OPTIONAL UPGRADES

- Standard flights (including local transfers) from Gatwick to Bari with British Airways, flight inclusive prices from £1399 per person
- Other flights, including regional departures, available on request
- Electric bikes available
- Sole occupancy of a double room £36 per person per night
- Room upgrades at selected hotels
- Extra nights in Monopoli, Alberobello or Pezze Di Greco

## WHERE YOU STAY



Albergo Diffuso  
\*\*\*\*



Relais Corte Altavilla  
\*\*\*



Trulli e Puglia



Masseria Salamina  
\*\*\*\*



© stevenmayatt | iStockPhoto.com

A view of Mount Etna

## ... A SLOW PACE OF LIFE WITH ALLURING LANDSCAPES AND CULTURAL TREASURES

The unspoilt island of Sicily is a delight to discover on foot or by bike. Over 2,500 years of history have left their impression on the landscape – waves of invaders including Phoenicians, Greeks and Romans have all helped to make Sicily the archaeological treasure-house of Europe. The island is dotted with Greek temples, Roman villas and aqueducts and charming towns housing Baroque churches.

Time moves at a lazy pace here. On the undiscovered western coast you'll enjoy relaxed walking through an undulating mix of orange groves, twisted olive trees, swaying vines and pomegranate and citrus trees on one of Italy's most pristine coastal nature reserves. It's a region of tranquillity as azure waters lap at picture-perfect sandy coves. Just off Trapani lie the unexplored Egadi Islands - Marettimo, the most

mountainous of the three Egadi Islands, is a walker's paradise, with well-maintained mule paths winding through Spanish broom and purple cistus to Saracen fortresses, Roman villas and coral-lined sea grottos.

Cyclists will enjoy riding along the south-east's Val di Noto valley, renowned for its beautiful coastline, spectacular Baroque architecture and sumptuous regional cuisine. The towns of Noto, Modica and Ragusa are crammed full with enchanting

*"We greatly enjoyed our holiday and got to experience a wonderful part of Sicily."*

Mr Clark, Raglan

Baroque architecture, having risen from the rubble of an earthquake in 1693. Whizz through delicately perfumed lush valleys filled with olive trees, almond groves, vineyards, carob trees and citrus orchards. In between pedalling through towns and old fishing villages, savour a fresh fish lunch in the salty sharp air, admire ornate cobbled streets, and discover nature reserves and saltwater lagoons, rich in birdlife.

Sicilian cuisine is a rich blend of cultural traditions and has absorbed influences from its many invaders. On the west coast, fish dishes reign supreme, and some of Sicily's best wines and olive oils are produced in this corner of the island. In the south-east, try local aubergines and Pachino cherry tomatoes are delicious, as is their spicy Modical chocolate. Don't forget to try a refreshing *granita*, crushed ice with lemon.

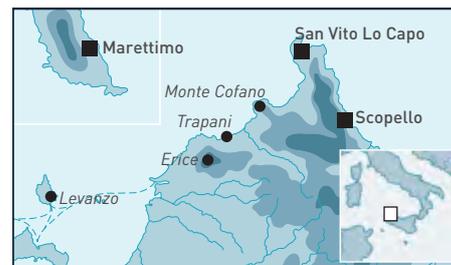
Call us on **01606 828566** for a tailor-made quote

# SECRETS OF SICILY WALKING

WALKING ACTIVITY LEVEL



Faraglioni and Tonnara at Scopello



- ★★★★★☆ customer rating
- Interest-packed routes through majestic coastal and mountain scenery
- Mediaeval churches, ancient villages, prehistoric caves, 2,500-year-old temple at Segesta
- Turquoise seas, coral-lined grottos, unspoilt sandy beaches

## YOUR HOLIDAY DAY-BY-DAY

### DAY 01 ARRIVE IN SCOPELLO

Arrive at the **Baglio Di Scopello** where you spend the next two nights. Pay locally for your evening meal tonight, dinner is included on your second night here.

### DAY 02 ZINGARO NATURE RESERVE 13KM/8MI/3.5HR OR 21KM/13.5MI/6HR

Wind your way up through asphodel, wild fennel, dwarf palm and citrus trees to amazing views over the stunning coastline of tiny coves lapped by sapphire waters.

### DAY 03 SEGESTA, TRAPANI AND ON TO MARETTIMO

Start today at the 2,500-year-old temple of Segesta and the marvellously preserved theatre, then enjoy lunch in Trapani. Try the famous *granita* before catching the ferry to Marettimo and the **Marettimo Residence**, where you spend the next three nights. Time for a short walk before dinner (payable locally) in the old village.

### DAY 04 PUNTA LIBECCIO LIGHTHOUSE WALK 14KM/9MI/4.5HR

Head to the south-west coast, through pine woods and across hillsides with striking views. Picnic by the lighthouse, with views to the Egadi Islands, and watch out for red kites and Bonelli's eagles.

### DAY 05 LEVANZO 7KM/4.5MI/3.5HR

Cross over to Levanzo where a coastal path leads past deserted stone farmhouses to the Grotta del Genovese. Admire the preserved 11BC paintings lining the cavern walls and then picnic in the bay.

### DAY 06 MEDIAEVAL ERICE AND ON TO SAN VITO LO CAPO

Return to the mainland and marvel at the hilltop town of Erice with its winding marble streets, old city gates, mediaeval churches, ancient squares and stunning Norman castle. You stay at the **Baglio La Luna**, with dinner included, for the next two nights.

### DAY 07 MONTE COFANO 10KM/6.5MI/3.5HR

A gentle ascent through twisted olive trees to Monte Cofano, with breathtaking views over the Bay of Bonagia. Descend to an old *tonnara* (tuna factory) then follow the cliff path fringed with red valerian and field gladioli to the village of Cornino.

### DAY 08 LEAVE SAN VITO LO CAPO

“Great to see a less explored side of Sicily.”

Mr Higginson, Kelso

## PRICES FROM

£1049 *per person*

With departures on selected Saturdays from 31st March to 16th June 2018 and 1st September to 20th October 2018

## YOUR HOLIDAY INCLUDES

- 7 nights hotel-to-hotel accommodation in a mix of [icon], [icon], [icon] and [icon] hotels
- All breakfasts and 3 evening meals
- Services of your local Headwater-appointed agent
- Route directions and maps
- Walking transfers
- Luggage transfers between hotels
- Return ferry to Marettimo

## OPTIONAL UPGRADES

- Flight inclusive prices from London Gatwick (including local transfers) available on request
- Other flights, including regional departures, available on request
- Sole occupancy of a double room £20 per person per night
- Room upgrades at selected hotels
- Extra nights in Scopello
- City break add-ons in Palermo

## WHERE YOU STAY



Baglio Di Scopello  
\*\*\*



Marettimo Residence  
\*\*\*\*



Baglio La Luna  
[icon]

# A TASTE OF SICILY CYCLING

CYCLING ACTIVITY LEVEL



The Baroque city of Ragusa



## YOUR HOLIDAY DAY-BY-DAY

### DAY 01 ARRIVE IN RAGUSA

Arrive at the **De Stefano Palace** in time for dinner (included).

### DAY 02 RAGUSA TO MODICA

41KM/26MI OR 31KM/19.5MI

Visit the UNESCO World Heritage Site of Ragusa Ibla and admire its Baroque architecture. Climb above Modica before you weave your way to Cava d'Ispica – a verdant gorge full of thousands of caves. You stay at the **Ferro Hotel** for the next two nights (pay locally for dinner).

### DAY 03 AT MODICA

Visit Modica's impressive churches and grand Baroque cathedrals, and sample Modica's chocolate at the oldest chocolate factory in Sicily.

### DAY 04 MODICA TO CONTRADA PIOMBO

42KM/26.5MI

Freewheel to the little town of Scicli, overlooked by a rock on which the magnificent Church of San Matteo sits. Then visit the lively town of Santa Croce Camerina, before your final stretch to the **Donnafugata Golf Resort**. Stay here for two nights, with evening meals included.

### DAY 05 AT CONTRADA PIOMBO

Relax in your hotel or visit the fishing village of Scoglitti. You can also follow a 19km circular route to Castello di Donnafugata. Explore the formal gardens and enjoy a Sicilian lunch.

### DAY 06 CONTRADA PIOMBO TO MARINA DI MODICA

47KM/29.5MI

Follow an idyllic route along the Mediterranean, taking in a number of charming coastal towns. You stay at the **Torre Dantona** for two nights, with dinner included.

### DAY 07 MARINA DI MODICA TO PORTOPALO DI CAPO PASSERO

49KM/31MI

Head to Pozzallo this morning, home to four Blue Flag beaches. Cycle past saltwater lagoons on your way to the Isola delle Correnti, then on to the **Portopalo Suite** for one night (pay locally for dinner).

### DAY 08 PORTOPALO DI CAPO PASSERO TO NOTO

45KM/28.5MI

Cycle to the old fishing village of Marzamemi then on through olive groves, vineyards and citrus orchards to Noto and the **Villa Favorita** for two nights (dinner included).

### DAY 09 AT NOTO

Cycle to Lido di Noto beach or explore Noto and wander down the Corso Vittorio Emmanuele.

### DAY 10 NOTO TO SIRACUSA

47KM/29.5MI

Cycle through Avola and enjoy views of Mount Etna before heading along the Bay of Siracusa to the **Hotel Alfeo** (pay locally for dinner).

### DAY 11 LEAVE SIRACUSA

- ★★★★★☆ customer rating
- Beautiful, unspoilt coastlines; charming fishing villages; rich fertile valleys
- Inspector Montalbano country - visit the haunts of the famous TV detective
- Superb regional food and excellent Nero D'Avola wines
- Authentic Baroque architecture and UNESCO World Heritage Sites

## YOUR HOLIDAY, YOUR WAY

This trip is also available as an 8-night tour, following an alternative route from Modica to Marina Di Modica and removing the two nights at Donnafugata Golf Resort.

## PRICES FROM

£1799 *per person*

With departures on selected Thursdays from 5th April to 18th October 2018

## YOUR HOLIDAY INCLUDES

- 10 nights hotel-to-hotel accommodation in a mix of \*\*\*\* and \*\*\*\*\* hotels
- All breakfasts and 6 evening meals
- Services of your local Headwater-appointed agent
- High quality bikes
- Route directions and maps
- Luggage transfers between hotels

## OPTIONAL UPGRADES

- Standard flights (including local transfers) from Gatwick to Catania with British Airways, flight inclusive prices from £2039 per person
- Other flights, including regional departures, available on request
- Sole occupancy of a double room £57 per person per night
- Room upgrades at selected hotels
- Electric bikes available
- Extra nights in Ragusa or Siracusa

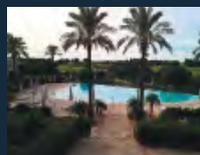
## WHERE YOU STAY



De Stefano Palace  
\*\*\*\*\*



Ferro Hotel  
\*\*\*\*



Donnafugata Golf Resort  
\*\*\*\*\*



Torre Dantona  
\*\*\*\*



Portopalo Suite  
\*\*\*\*



Villa Favorita  
\*\*\*\*



Hotel Alfeo  
\*\*\*\*



Following the Camino de Santiago

## ...A BEAUTIFUL, ANCIENT WALK WITH MODERN COMFORTS

As ancient a route as they come, the Camino de Santiago's growing popularity since its C9 inception has almost bypassed the need for an introduction. The vast expansion of its humble Roman roads connecting France and Spain has, over time, fanned out across Iberia and western Europe, making it one of the most unmissable long distance trails in the world.

They say life flows more languidly on the Camino; the sights of ochre fields of wheat in the waning sunlight conducive of a pace of time that lacks any sense of urgency. The babbling brooks and lapping ocean waves are as unhurried as the bygone Christian pilgrims that used to grace the Camino Frances – the main route of the Camino in northern Spain.

Share in a breathtaking 1,000-year-old sense of achievement as day by day you fall in and out of step with people from all over the world, some of whom have been walking for months, covering hundreds of miles. Listen out for friendly strangers cheering you on and wishing you '*Buen Camino!*' – 'enjoy your walk!'

The finishing line is the Catedral de Santiago de Compostela – the resting place of St James – its magnificent Baroque façade and elongated spires a fittingly grandiose conclusion to a truly monumental journey.

**One to watch:** The stunning arched bridge at Molinaseca that creates a symmetrical image with the water below.

### YOUR HOLIDAY, YOUR WAY

If you'd prefer a shorter trip then try our 7-night 'Highlights' tour, starting in Sarria.

We also offer a 12-night tour with two nights in León and Santiago de Compostela, so you have additional time to explore these two fascinating cities.

Room upgrades, extra nights and tailor-made travel options are available too - please call for details.

# WALKING THE CAMINO DE SANTIAGO

WALKING ACTIVITY LEVEL  
1 1+ 2 2+ 3



Approaching Portomarin



## YOUR HOLIDAY DAY-BY-DAY

### DAY 01 ARRIVAL IN LEÓN

Arrive at the **Posada Regia** and dive straight into the Spanish way of life with wine and tapas. You pay locally for your evening meal here and on your last night but they're included elsewhere.

### DAY 02 LEÓN TO MOLINASECA 8KM/5MI/2HR OR 19KM/12MI/5HR

Enjoy a guided tour around the Gothic town of León before acquiring your Pilgrim Passport and starting your walk at Cruz de Ferro. Wind downhill to the **Hotel de Floriania**.

### DAY 03 MOLINASECA TO O CEBREIRO 15KM/9.5MI/5HR

The thatched roof *pallozas* of O Cebreiro line its cobbled street where the four hill ranges of the Cordillera Cantabrica region roll out in front of you. You stay at the **Hotel O Cebreiro**.

### DAY 04 O CEBREIRO (TRIACASTELA) TO SARRIA 18KM/11.5MI/5.5HR

Follow the meandering Camino to the beautifully Romanesque Monastery of Samos before its tolling bells fade behind you as you reach Sarría and the **Rectoral de Goian**.

### DAY 05 SARRIA TO PORTOMARIN 23KM/14.5MI/7.5HR

Take the antique Roman bridge out of Sarría and you'll soon find yourself amongst the quaint, hilly hamlets of Sierra del Paramo. The **Pousada de Portomarin** lies just beyond.

### DAY 06 PORTOMARIN TO LESTEDO 21KM/13.5MI/7HR

Follow the current of Torres stream, passing between cornfields lined with ox-eye daisies interspersed with country churches dedicated to the Order of St James before arriving at the beautifully restored **Rectoral de Lestedo**.

### DAY 07 LESTEDO TO O COTO 14KM/9MI/4HR

Walk past fortified farmhouses into Palas de Rei as it welcomes you to the province of A Coruña. Stay at the **Casa de los Somoza**.

### DAY 08 O COTO TO ARZÚA 21KM/13.5MI/6HR

O Coto gives way to the vivacity of Melide. You'll see the lively markets of Arzúa where you stay in the **Pazo de Santa Maria**.

### DAY 09 ARZÚA TO RUA 19KM/12MI/5HR

The route rises and falls through river valleys, crossing rushing streams before arriving at the beautifully converted **O Muiño de Pena**.

### DAY 10 RUA TO SANTIAGO 21KM/13.5MI/6HR

Set off towards Monte de Gozo and onwards to Santiago's historic centre. Visit the Pilgrim Office before reaching the **Hotel Virxe de Cerca**. Eat at a local restaurant tonight (payable locally).

### DAY 11 LEAVE SANTIAGO DE COMPOSTELA

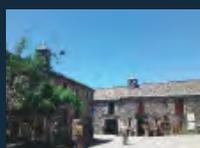
## WHERE YOU STAY



Posada Regia  
\*\*\*



Hotel de Floriania  
\*\*\*



Hotel O Cebreiro  
□□□



Rectoral de Goian  
□□□□



Pousada de Portomarin  
\*\*\*



Rectoral de Lestedo  
□□□□



Casa de los Somoza  
□□□



Pazo de Santa Maria  
□□□□



O Muiño de Pena  
□□□□



Hotel Virxe de Cerca  
\*\*\*\*

- ★★★★★☆ customer rating
- Walk along one of the most famous UNESCO pilgrimage routes in the world
- Excellent variety of accommodation: converted water mills, restored parish houses, stylish farmhouses
- Poppy-sprinkled wheat fields, orchid-rich water meadows, pine-scented woodland

*“We had a very enjoyable trip, with great walking in beautiful locations... we appreciated having our luggage transported!”*

Mr Bellis, Penicuik

## PRICES FROM

£1399 *per person*

With departures every Saturday from 7th April to 20th October 2018

## YOUR HOLIDAY INCLUDES

- 10 nights hotel-to-hotel accommodation in a mix of □□□□, □□□□□, \*\*\* and \*\*\*\* hotels
- All breakfasts and 8 evening meals
- Services of your local Headwater-appointed agent
- Route directions and maps
- Luggage transfers between hotels
- Walking transfers
- Pilgrims Passport
- Guided city tour of León

## OPTIONAL UPGRADES

- Standard flights (including onward rail) from Heathrow to Madrid with Iberia, flight inclusive prices from £1649 per person
- Other flights, including regional departures, available on request
- Sole occupancy of a double room £25 per person per night
- Extra nights in León or Santiago de Compostela
- City break add-ons in Madrid



# CATALUNYA

## GIRONA

© Boris Stroujko | shutterstock.com

The coast near Begur

## .....PROUD, PRETTY AND PROSPEROUS

The 7.5 million people of Catalunya are amongst the proudest in the world. As the first Iberian region to become Roman, during the Middle Ages it developed its own identifiable culture and remains rich in mediaeval villages to this day.

You'll hear Catalan spoken more often in the rural areas, and although it's a semi-autonomous area, it feels much more like a different country. Exploring the quiet northern corner of Catalunya, you'll experience a diverse range of scenery and way of life that offers something quite different to the rest of the Spanish Mediterranean.

Walking or cycling the impressive rocky coastline, passing by natural harbours and beautiful sandy bays – which inspired

creativity in the likes of Gabriel García Márquez and Salvador Dalí – is contrasted when following winding routes through olive groves and peach orchards. The atmosphere is tranquil and calm in the quaint mediaeval towns and quiet country villages, and birdsong and church bells ringing are the loudest sounds you'll hear.

There are distinct mediaeval features in many towns – think narrow cobbled streets, arcaded passageways, lovely shaded squares, restored archways and impressive Gothic churches. Highlights whilst cycling include a vast archaeological site near the walled village of Ullastret, which contains the remains of one of the oldest Iberian villages in Spain, and L'Escalata's coast containing the ancient Greek and Roman Empuries ruins. On foot, prosperous

Peratallada, peach-coloured Pals and fashionable Begur are all delightful villages and towns, whilst the stunning Cap de Creus is the first Natural Park in Catalunya to encompass both land and sea. Here you can stroll through Neptune grass, shy orchids and bright yellow saxifrage.

Be sure to stop off en route to try local specialities like *Esqueixada*, a salad of peppers, tomatoes and salt cod. Or savour some delicious tapas.

**One to watch:** The Illes Medes, one of the most important marine reserves in the western Mediterranean and home to more than 1,300 animal and plant species.

# CATALAN CLASSIC WALK

WALKING ACTIVITY LEVEL



The beach at Sa Tuna, Begur



- ★★★★★☆ customer rating
- Exclusive Headwater Rep Service
- Exceptionally varied walking, pretty coastal paths, lush green valleys, ancient cork and pine forest
- A fabulous mix of hotels including two nights in a ★★★★★ castle, plus swimming opportunities every day
- Stunningly rugged turquoise coast, secluded coves, hidden bays and outstanding views

## YOUR HOLIDAY DAY-BY-DAY

### DAY 01 ARRIVE IN CALELLA DE PALAFRUGELL

Arrive at your hotel, the **Hotel Garbi**. It's just a five-minute walk to the centre of town where you have so many restaurants to choose from that we've left evening meals here up to you.

### DAY 02 CALELLA DE PALAFRUGELL TO LA BISBAL 17KM/11MI/5HR OR 19KM/12MI/6HR

Start from Mont-Ras and head into the Gavarres hills. Visit three dolmens with fantastic views as far as Begur and the Illes Medes then head down to the mediaeval villages of Fonteta and Vulpellac before reaching the **Hotel Castell d'Empordà**, which has expansive views from the terrace. Evening meals are included on your two nights here.

### DAY 03 AT LA BISBAL

Laze by the pool or follow our suggested circular walk linking the pretty mediaeval villages of Corçà, Monells and La Bisbal, famous for antiques and pottery. Alternatively, head to Figueres or Girona.

### DAY 04 LA BISBAL TO BEGUR 16KM/10MI/5HR OR 17KM/11MI/5.5HR

Walk across the Empordà plain today, stopping at Peratallada, a preserved mediaeval village. Continue to Pals, a lovely old village with a Romanesque church and stunning views, before reaching Begur. Your two nights here, including evening meals, are at the **Hotel Rosa**.

### DAY 05 AT BEGUR

Explore the fashionable hilltop town of Begur with its C11 castle and pretty, narrow streets. Take a bus to the coast, where four beautiful sandy coves await: Sa Riera, Aiguafreda, Sa Tuna and Aiguablava.

### DAY 06 BEGUR TO CALELLA DE PALAFRUGELL 14KM/9MI/4HR OR 18KM/11.5MI/5HR

Head down shady forest paths to the lively seaside town of Tamariu, then on along the coastal path, to Llafranc. Enjoy spectacular views from San Sebastian lighthouse before lunch then return to the **Hotel Garbi** at Calella. Enjoy a dip in the pool before dinner (payable locally).

### DAY 07 LEAVE CALELLA DE PALAFRUGELL

## YOUR HOLIDAY, YOUR WAY

This holiday is also available as a 4-night tour, staying just one night at La Bisbal and Begur.

## PRICES FROM

£899 *per person*

With departures every two days from 9th April to 16th October 2018 (excluding 5th-23rd August inclusive)

## YOUR HOLIDAY INCLUDES

- 6 nights hotel-to-hotel accommodation in a mix of ★★★ and ★★★★★ hotels
- All breakfasts and 4 evening meals
- Services of your local Headwater Representative
- Route directions and maps
- Luggage transfers between hotels
- Walking transfers
- Bikes available for 'stay put' days

## OPTIONAL UPGRADES

- Standard flights (including onward rail and station transfers) from Heathrow to Barcelona with British Airways, flight inclusive prices from £1099 per person
- Other flights, including regional departures, available on request
- Sole occupancy of a double room £45 per person per night
- Room upgrades at selected hotels
- Extra nights in Calella de Palafrugell or La Bisbal
- City break add-ons in Barcelona

## WHERE YOU STAY



Hotel Garbi  
★★★



Hotel Castell d'Empordà  
★★★★



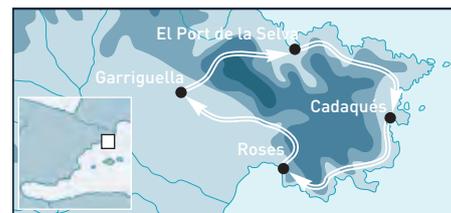
Hotel Rosa  
★★★

# CATALAN COASTAL WALK

WALKING ACTIVITY LEVEL



Port de la Selva



## YOUR HOLIDAY DAY-BY-DAY

### DAY 01 ARRIVE IN GARRIGUELLA

Arrive at your hotel, the **Vilamont Spa Hotel**, and explore the pretty streets of Garriguella before your evening meal at a local restaurant (included).

### DAY 02 GARRIGUELLA TO EL PORT DE LA SELVA 14KM/9MI/5HR

Enjoy coastal views south as you head up to Sant Onofre, a rocky C14 chapel, then crest the peninsula at Castell de Sant Salvador – a perfect spot for a picnic. Descend into Port de la Selva and the **Hotel Porto Cristo**. Dine on the waterfront overlooking the harbour (included).

### DAY 03 AT EL PORT DE LA SELVA

Use the hotel spa today or stroll along the waterfront of the only working harbour on the peninsula. Alternatively, walk to the mediaeval village of La Selva de Mar for lunch in a shaded terrace cafe before heading back to the **Hotel Porto Cristo**.

### DAY 04 EL PORT DE LA SELVA TO CADAQUÉS 14KM/9MI/5HR

Head through the heart of the Natural Park, enjoying the local flora. Discover ancient settlements, in the shape of dolmens en route, before the white houses of Cadaqués appear below. You stay at the **Hotel Playa Sol**, complete with pool and private beach. Art galleries and curio shops line the waterfront, and the narrow alleyways behind are packed with chic restaurants and bars, so we've left evening meals up to you for your two nights here.

### DAY 05 AT CADAQUÉS

Explore the waterfront and the narrow alleyways of the pretty harbour of Cadaqués, popular with artists for decades. Salvador Dalí lived a short walk away, visit his quirky house if you wish.

### DAY 06 CADAQUÉS TO ROSES 16KM/10MI/6HR

Pass a rocky lighthouse outcrop and follow the edge of the peninsula, passing below Puig de sa Cruilla. Then walk along the seashore, passing a plethora of pretty coves and bays before arriving at the **Hotel Almadraba Park**, where you'll spend two nights and dinner is included.

### DAY 07 AT ROSES

Explore the centre of Roses with its C16 Trinitat Castle, star-shaped redoubt and ruined *Ciutadella*. Or stay at the hotel, set above a sheltered beach, with landscaped gardens and a pool with 180° views.

### DAY 08 ROSES TO MAS PALOU/GARRIGUELLA 13KM/8MI/4HR

Ascend to a natural balcony, the Pla de Les Gates then drop down to the verdant plain below. The high Muntanyes de Verdera act as a backdrop before the walk ends in the wine village of Mas Palou. A short transfer takes you back to the **Vilamont Spa Hotel** in Garriguella.

### DAY 09 LEAVE GARRIGUELLA

- ★★★★★ customer rating
- Exclusive Headwater Rep Service
- Delightful villages, bijou beaches, craggy coves and rocky bays
- Rich history: Roman ruins, sun-kissed castles and prehistoric dolmens
- Sea views almost all week from fabulous walking trails

*“Catalan Coastal Walk has it all: wonderful walks, stunning scenery and fabulous hotels - one of the best!”*

Ms Nicolson, Glasgow

## PRICES FROM

**£1019** per person

With departures every two days from 9th April to 16th October 2018 (excluding 5th-23rd August inclusive)

## YOUR HOLIDAY INCLUDES

- 8 nights accommodation in a mix of \*\*\* and \*\*\*\* hotels
- All breakfasts and 6 evening meals
- Services of your local Headwater Representative
- Route directions and maps
- Luggage transfers between hotels
- Walking transfers

## OPTIONAL UPGRADES

- Standard flights (including including onward rail and station transfers) from Heathrow to Barcelona with British Airways, flight inclusive prices from £1219 per person
- Other flights, including regional departures, available on request
- Sole occupancy of a double room £48 per person per night
- Room upgrades at selected hotels
- Extra nights in Roses
- City break add-ons in Barcelona

## WHERE YOU STAY



Vilamont Spa Hotel  
\*\*\*



Hotel Porto Cristo  
\*\*\*\*



Hotel Playa Sol  
\*\*\*\*



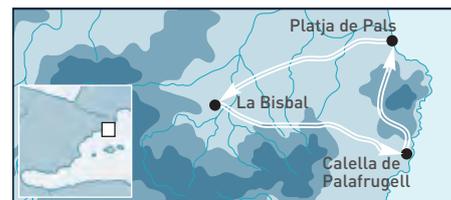
Hotel Almadraba Park  
\*\*\*\*

# CONTRASTS OF CATALUNYA CYCLING

CYCLING ACTIVITY LEVEL



Calella de Palafrugell



- ★★★★★☆ customer rating
- Exclusive Headwater Rep Service
- Quiet country roads - perfect for first-timers
- Beautiful bays, traditional fishing ports, sun-drenched villages off the tourist trail
- Excellent hotels, all with pools, including luxury castle

## YOUR HOLIDAY DAY-BY-DAY

### DAY 01 ARRIVE IN CALELLA DE PALAFRUGELL

Arrive at the **Hotel Garbi** in Calella de Palafrugell with a private balcony and sea view. It's less than five minutes' walk to the centre of town where you have so many restaurants to choose from, we've left evening meals up to you (payable locally).

### DAY 02 CALELLA DE PALAFRUGELL TO PLATJA DE PALS 33KM/21MI

Pedal through pine forests to reach mediaeval Pals with its Romanesque church and stunning views. Head on through the pretty hamlets of Palau-Sator and Fontanilles, then back to the coast. Your evening meal is included at the **Hotel Sa Punta**, where you spend two nights.

### DAY 03 AT PLATJA DE PALS

We recommend a visit to mediaeval Begur, a fashionable hilltop town with a C11 castle and fabulous views over the coast. Alternatively, relax on the beach or stroll along the superb coastal path. Dine in the hotel restaurant or on the terrace tonight (included).

### DAY 04 PLATJA DE PALS TO LA BISBAL 30KM/19MI

Cycle past rice fields and follow the River Ter to mediaeval Torroella de Montgrí with wonderful views of the Illes Medes. Head inland through historic villages and pretty hamlets to La Bisbal. Your hotel here, the **Hotel Castell d'Empordà** could not be in a better location, perched on a rocky outcrop with breathtaking views from its sun terrace. Evening meals are included on your two nights here.

### DAY 05 AT LA BISBAL

Laze by the pool or head out on your bike to the pretty mediaeval villages of Corçà, Monells and La Bisbal. Explore this lively market town, especially the Carrer del Call, formerly a Jewish ghetto.

### DAY 06 LA BISBAL TO CALELLA DE PALAFRUGELL 33KM/21MI

A gentle cycle takes in the walled village of Ullastret and the nearby archaeological site of one of the oldest Iberian villages in Spain. Continue through Peratallada to the market town of Palafrugell. Return to the **Hotel Garbi** and enjoy a meal at a local restaurant (payable locally).

### DAY 07 LEAVE CALELLA DE PALAFRUGELL

## YOUR HOLIDAY, YOUR WAY

This holiday is also available as a 4-night tour, staying one day at Platja de Pals and La Bisbal. Alternatively, our 8-night tour includes a ride to the vast archaeological site of Ullastret before spending two nights in the ★★★★★ Hotel Trias at the bustling seaside resort of Palamos.

## PRICES FROM

£1079 *per person*

With departures every two days from 9th April to 16th October 2018 (excluding 5th-23rd August inclusive)

## YOUR HOLIDAY INCLUDES

- 6 nights hotel-to-hotel accommodation in a mix of ★★★ and ★★★★★ hotels
- All breakfasts and 4 evening meals
- Services of your local Headwater Representative
- High quality bikes
- GPS route directions and maps
- *RideWithGPS* navigation app
- Luggage transfers between hotels

## OPTIONAL UPGRADES

- Standard flights (including local transfers) from Heathrow to Barcelona with British Airways, flight inclusive prices from £1279 per person
- Other flights, including regional departures, available on request
- Sole occupancy of a double room £48 per person per night
- Room upgrades at selected hotels
- Extra nights in Calella de Palafrugell or La Bisbal
- City break add-ons in Barcelona

## WHERE YOU STAY



Hotel Garbi  
★★★



Hotel Sa Punta  
★★★★



Hotel Castell d'Empordà  
★★★★

# CLASSIC CATALAN CYCLING

CYCLING ACTIVITY LEVEL



Calella de Palafrugell



## YOUR HOLIDAY DAY-BY-DAY

### DAY 01 ARRIVE IN CALELLA DE PALAFRUGELL

Arrive at the **Hotel Garbi** in time for dinner (payable locally).

### DAY 02 CALELLA DE PALAFRUGELL TO TORROELLA DE MONTGRÍ 34KM/21.5MI

Ride inland to the mediaeval castle remains at Begur, then on to Torroella de Montgrí and the **Hotel Moli del Mig**. Dinner is included on your two nights here.

### DAY 03 AT TORROELLA DE MONTGRÍ

Cycle into Torroella, originally the Royal Port for the Kings of Aragon, and explore the mediaeval centre and walls. Then visit the C13 castle that overlooks the town or cycle to the beach at L'Estartit.

### DAY 04 TORROELLA DE MONTGRÍ TO FIGUERES 49KM/31MI

Follow flat country lanes to the coast at L'Escala and explore the ancient Greek and Roman Empúries ruins. Head to Castelló d'Empúries, with its 1,000-year-old church, before continuing on to Figueres. You stay at the **Hotel Pirineos** for two nights. Eat at the hotel restaurant (payable locally) or visit one of the many bars and restaurants in Figueres.

### DAY 05 AT FIGUERES

Stroll along La Rambla and discover the mediaeval town. The Dalí Museum is a must-see.

### DAY 06 FIGUERES TO GIRONA 48KM/30MI

Heading further inland, we follow an undulating route through deep green meadows, cork forests and tiny charming hamlets. Then follow the Rivers Ter and Onyar into the region's capital Girona, and the **Hotel Ciutat de Girona**. The hotel restaurant offers a good choice of locally sourced products (payable locally) or visit one of the nearby bars or restaurants.

### DAY 07 AT GIRONA

Explore this stunning city, dating back to pre-Roman times. Walk the city walls; discover the Plaça de la Independencia, the impressive cathedral and the picturesque river Onyar's bridges and houses.

### DAY 08 GIRONA TO CALELLA DE PALAFRUGELL 61KM/38MI

Ride out of Girona on the *Via Verde*, an old narrow-gauge railway line that heads, mostly downhill, all the way to the coast. Continue around the coast past Platja d'Aro and Calonge back to the **Hotel Garbi** in the seafront town of Calella de Palafrugell.

### DAY 09 LEAVE CALELLA DE PALAFRUGELL

- Exclusive Headwater Rep Service
- Artists' villages, beautiful sandy beaches, craggy coves and rocky bays
- An abundance of nature: giant bamboo, cork oaks, olives and vines
- Rich in cultural history: ruined castles, hilltop fortresses, cathedrals and battlefields

## PRICES FROM

**£1099** *per person*

With departures every two days from 9th April to 16th October 2018 (excluding 5th-23rd August inclusive)

## YOUR HOLIDAY INCLUDES

- 8 nights hotel-to-hotel accommodation in a mix of \*\*\* and \*\*\*\* hotels
- All breakfasts and 2 evening meals
- Services of your local Headwater Representative
- High quality bikes
- GPS route directions and maps
- *RideWithGPS* navigation app
- Luggage transfers between hotels

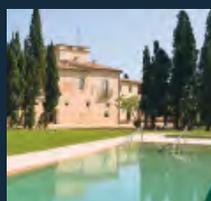
## OPTIONAL UPGRADES

- Standard flights (including local transfers) from Heathrow to Barcelona with British Airways, flight inclusive prices from £1299 per person
- Other flights, including regional departures, available on request
- Sole occupancy of a double room £48 per person per night
- Room upgrades at selected hotels
- Extra nights in Calella de Palafrugell
- City break add-ons in Barcelona

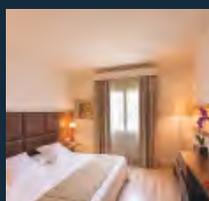
## WHERE YOU STAY



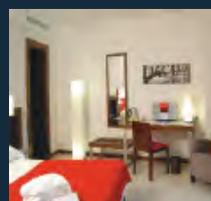
Hotel Garbi \*\*\*



Hotel Moli del Mig \*\*\*\*



Hotel Pirineos \*\*\*\*



Hotel Ciutat de Girona \*\*\*\*

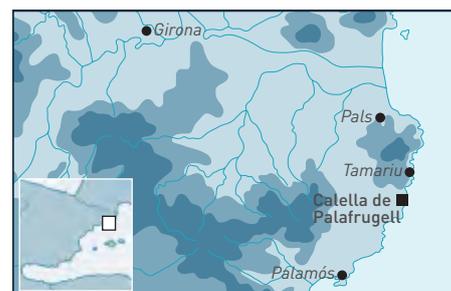
## CATALUNYA ACTIVITIES

ACTIVITY LEVEL

1 1+ 2 2+ 3



Calella de Palafrugell



## YOUR HOLIDAY DAY-BY-DAY

## DAY 01 ARRIVE IN CALELLA DE PALAFRUGELL

Arrive at the \*\*\* **Hotel Garbi** where your room has a private balcony and sea view. We have included three evening meals at the hotel, which can be taken on the nights of your choosing, and there's a great selection of restaurants nearby for your remaining evenings. Below is our suggested itinerary for the week but you're free to pick and choose your activities each day.

## DAY 02 ERMEDÀS WALK 5KM/3MI/1.5HR

Stroll through the woods and countryside near your hotel, passing through the sleepy hamlet of Ermedàs. A short walk to get started, leaving plenty of time to explore the town and beach.

## DAY 03 CYCLE TO PALAFRUGELL 11KM/7MI

There are morning street food markets every day, plus a full market on Sundays in Palafrugell. The town made its name as a centre for cork production and the *Museu del Suro* (Cork Museum) is well worth a visit. There are plenty of lively bars and restaurants to stop for refreshments too. From Palafrugell you can take the bus to the regional capital Girona, where you can explore the city walls and the impressive cathedral.

## DAY 04 BOTANICAL GARDENS &amp; PLATJA CASTELL WALK 11KM/7MI/3HR OR 10KM/6.5MI/3HR

Walk via delightful Platja El Golfet to visit Calella's Botanical Gardens (optional). Head south to unspoilt Platja Castell with superb views from Puig del Terme. Return on a lovely inland route across farmland and through forest, or on the rugged coastal trail via Cala Estreta.

## DAY 05 CYCLE TO PALS 29KM/18.5MI

This leisurely circuit takes you to the lovely mediaeval town of Pals - make sure you go through the arch, from the Plaça Major, signed "el Pedro", to visit the Gothic Quarter and the famous "Torre de les Hores". There are a lot of cafes, making it the perfect stop for lunch.

## DAY 06 SANT SEBASTIÀ AND TAMARIU WALK 4KM/2.5MI/1HR TO 16KM/10MI/5HR

There are several options for this walk. Take an easy stroll along the Camí de Ronda to Llafranc, or add a walk up to the lighthouse and viewpoint of Sant Sebastià. Extend it even more for a full day out with a visit to the little resort of Tamarit in a beautiful cove, returning along the coast with stunning scenery.

## DAY 07 CYCLE TO PALAMÓS 27KM/17MI

An enjoyable circular route takes you on part of the former "Tren Petit" *Via Verde*. The route continues through woods and fields to Palamós, with its old quarter and shops on one side and new marinas filled with luxury yachts and a wealth of bars and restaurants on the other.

## DAY 8 - LEAVE CALELLA DE PALAFRUGELL

- Exclusive Headwater Rep Service
- Golden sandy beaches with crystal-clear waters and traditional fishing villages
- Gentle walking and cycling on breathtaking coastal paths and through beautiful Spanish countryside
- Mediaeval villages with fascinating castles, interesting churches and quaint cobbled streets

## PRICES FROM

£849 per person

With departures every Saturday from 14th April to 13th October 2018 (excluding 11th and 18th August)

## YOUR HOLIDAY INCLUDES

- 7 nights single-centre accommodation in a \*\*\* hotel
- All breakfasts and 3 evening meals
- Services of your local Headwater Representative
- Walking route directions and maps
- High quality bikes
- GPS route directions and maps (for cycling)
- *RideWithGPS* navigation app (for cycling)

## OPTIONAL UPGRADES

- Standard flights (including local transfers) from Heathrow to Barcelona with British Airways, flight inclusive prices from £1049 per person
- Other flights, including regional departures, available on request
- Sole occupancy of a double room £21 per person per night
- Room upgrades available
- Extra nights in Calella de Palafrugell
- City break add-ons in Barcelona

## WHERE YOU STAY



\*\*\* Hotel Garbi



View of the River Ebro from the Miravet Castle

## ...LUSH WETLAND, HISTORICAL RUINS AND FLAMINGOS

Boasting two historically-rich provincial capitals, southern Catalunya is idyllic and rural – rich in birdlife, wetlands and rice fields – as well as a gorgeous coastline.

The Costa Dorada coastline stretches from just north of Tarragona to the Delta de l'Ebre – pedal through charming working villages, along the seafront past dazzling little beaches, and down pretty paths offering great views of the River Ebro.

With a wonderful mix of country, riverside and coastal trails, the Terres de l'Ebre UNESCO Biosphere Reserve has two National Parks and 88 miles of coastline, perfect for exploring by bike.

The warble of birdsong and the lapping of the sea are the only sounds you'll hear as you cycle in utter tranquillity.

For a taste of the region's historical past, Tortosa dates back over 2,000 years and is home to an imposing cathedral and castle with stunning 360° views over the city. Tarragona's Roman past is evident as you marvel at impressive ruins and ancient monuments, wander a maze of history-soaked cobbled streets and admire the stunning amphitheatre overlooking the sea.

Circling the impressive River Ebro on two wheels offers fantastic views of the Els Ports mountain range, which stands protectively around you as you move, guarding the lush interior landscape. You'll smell the gentle waft from fragrant orange groves bursting with colour as you pass.

South of Tarragona sit the lush wetlands of the Ebro Delta, where you'll get a wonderful insight into the waterways and natural

habitats of this region. Don your binoculars and get up close with nature, taking in bird-filled lagoons, smelling the scented sea lavender and *Zygophyllum Album* and visiting peaceful nature reserves. Spot lilies, toothcarps, sticklebacks and newts – as well as turtles, herons and flamingos.

Enjoy deliciously fresh seafood in one of the beachside shacks or opt for a more gourmet meal in one of the local restaurants. Popular Delta cuisine includes mussels and baby squid or wild duck with rice.

**One to watch:** A series of small, sandy beaches dotted between coves in l'Ampolla.

# CYCLING AROUND THE RIVER EBRO

CYCLING ACTIVITY LEVEL



View over Tortosa



## YOUR HOLIDAY DAY-BY-DAY

### DAY 01 ARRIVE IN L'AMPOLLA

Arrive at the **Hotel Flamingo** with views of the harbour. Eat at the hotel tonight (payable locally) or explore the lively town and choose from one of its seafront restaurants.

### DAY 02 L'AMPOLLA TO TORTOSA 34KM/21.5MI

Leave the coast behind and cycle towards the small town of Aldea. Visit the C12 hermitage then continue on canal-side paths with glimpses of the Ebro. Cycle past vines and orange trees to the **Parador de Tortosa** in historic Tortosa. Your evening meals are included for the next two nights.

### DAY 03 AT TORTOSA

Explore the impressive, Templar city of Tortosa and its Gothic cathedral, superb Old Quarter and open-air sculpture museum. If you fancy going further afield, take a train to Roman Tarragona.

### DAY 04 TORTOSA TO POBLE NOU DEL DELTA 37KM/23.5MI

Cross the River Ebro and follow a canal-side path, with views of the Els Ports mountain range. Pedal to Amposta and its River Ebro museum before making your way to Poble Nou del Delta and the **Hotel l'Algadir**. Dinner is included for the next two nights.

### DAY 05 AT POBLE NOU DEL DELTA

Discover the charms of this lovely whitewashed town, set within the Ebro Delta, or visit the coastal town of Sant Carles de la Ràpita or follow one of the circular cycle trails that visits two bird reserves.

### DAY 06 POBLE NOU DEL DELTA TO L'AMPOLLA 35KM/22MI

Leave Poble Nou del Delta and head to the coast. Cycle past the Tancada Nature Reserve and on through rice fields, before meeting the River Ebro and Deltebre. Head back to the **Hotel Flamingo** to relax before dinner (payable locally).

### DAY 07 LEAVE L'AMPOLLA

- ★★★★★ customer rating
- Exclusive Headwater Rep Service
- Experience the 'real' Spain, off the tourist trail
- The magnificent Ebro Delta, rich in birdlife: crested coots, Kentish plovers and skylarks
- Beautiful trails past almond and olive groves and bustling waterfront cafés

## PRICES FROM

£959 *per person*

With departures every two days from 1st May to 22nd October 2018

## YOUR HOLIDAY INCLUDES

- 6 nights hotel-to-hotel accommodation in a mix of \*\*\* and \*\*\*\* hotels
- All breakfasts and 4 evening meals
- Services of your local Headwater Representative
- High quality bikes
- GPS route directions and maps
- RideWithGPS navigation app
- Luggage transfers between hotels

## OPTIONAL UPGRADES

- Standard flights (including local transfers) from Heathrow to Barcelona with British Airways, flight inclusive prices from £1159 per person
- Other flights, including regional departures, available on request
- Sole occupancy of a double room £29 per person per night
- Room upgrades at selected hotels
- Extra nights in L'Ampolla
- City break add-ons in Barcelona

## WHERE YOU STAY



Hotel Flamingo  
\*\*\*\*



Parador de Tortosa  
\*\*\*\*



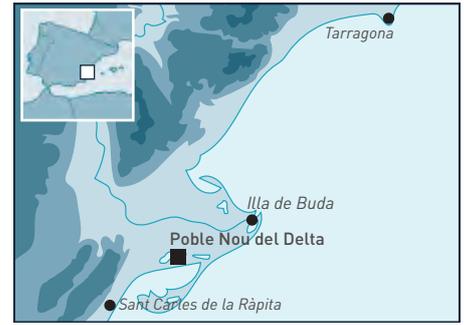
Hotel l'Algadir  
\*\*\*

# DISCOVERING THE EBRO DELTA BY BIKE

CYCLING ACTIVITY LEVEL  
1 1+ 2 2+ 3



Roman amphitheatre in Tarragona



## YOUR HOLIDAY DAY-BY-DAY

### DAY 01 ARRIVE IN POBLE NOU DEL DELTA

Arrive at the \*\*\* Hotel L'Algadir, and perhaps enjoy a drink on the terrace before dinner (included on six nights). The hotel restaurant is closed on a Sunday, so take a stroll into Poble Nou del Delta for dinner (pay locally). The town has a great atmosphere and offers many bars and restaurants for you to choose from.

### DAY 02 BIRDWATCHING AROUND THE LAGOONS 27KM/17MI

Today's route heads towards the beach before going inland to the most impressive birdlife lagoons in Europe: La Tancada and L'Encanyissada. Visit the Casa de Fusta exhibition about the Ebro Delta too.

### DAY 03 THE EBRO AND ILLA DE BUDA 42KM/26.5MI

Head out through paddy fields to Sant Jaume d'Enveja, with glimpses of the River Ebro. Cycle along the river, watching for grebes and terns, to Illa de Buda, before returning to the hotel.

### DAY 04 SANT CARLES DE LA RÀPITA 21KM/13.5MI

Sant Carles de la Ràpita is your destination today - wander along the sweeping promenade before lunch overlooking the beach. Relax on the beach or visit the statue of Christ towering over the town.

### DAY 05 THE MOUTH OF THE RIVER AND DELTEBRE 55KM/34.5MI

Cross the River Ebro and head on through Deltebre, the capital of the Delta. It's then on to Riumar, a perfect place for lunch, and one of the nicest beaches in the area.

### DAY 06 VISIT ROMAN TARRAGONA

Take a taxi and a train to reach Roman Tarragona. This UNESCO World Heritage Site boasts Roman walls, a forum, a necropolis and an impressive amphitheatre complete with sea views.

### DAY 07 ALONG THE EBRO TO AMPOSTA 38KM/24MI

Pedal out to the old port city of Amposta with its daily food market and explore the narrow streets and main square. Don't miss Amposta's Ebro museum and the nature reserve at Ullals de Baltasar.

### DAY 08 LEAVE POBLE NOU DEL DELTA

- ★★★★★ customer rating
- Exclusive Headwater Rep Service
- The Ebro Delta: vast lagoons and peaceful nature reserves
- One of the Mediterranean's most important birdlife areas
- Friendly, family-run boutique hotel with fabulous food and a swimming pool

*"A wonderfully relaxed but interesting holiday with good food and a comfy bed."*

Mrs Reynard, Thirsk

## PRICES FROM

£949 per person

With departures every two days from 1st May to 22nd October 2018

## YOUR HOLIDAY INCLUDES

- 7 nights single-centre accommodation in a \*\*\* hotel
- All breakfasts and 6 evening meals
- Services of your local Headwater Representative
- High quality bikes
- GPS route directions and maps
- RideWithGPS navigation app

## OPTIONAL UPGRADES

- Standard flights (including onward rail and station transfers) from Heathrow to Barcelona with British Airways, flight inclusive prices from £1149 per person
- Other flights, including regional departures, available on request
- Sole occupancy of a double room £29 per person per night
- Room upgrades possible
- Extra nights in Poble Nou del Delta
- City break add-ons in Barcelona

## WHERE YOU STAY



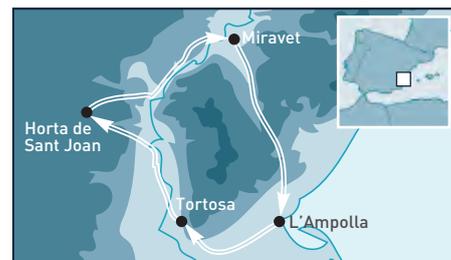
\*\*\* Hotel L'Algadir

# UNDISCOVERED SOUTHERN CATALUNYA CYCLING

CYCLING ACTIVITY LEVEL



The River Ebro



## YOUR HOLIDAY DAY-BY-DAY

### DAY 01 ARRIVE IN L'AMPOLLA

Arrive at the **Hotel Flamingo** with views of the harbour. Eat at the hotel tonight (pay locally) or explore the lively town and choose from one of its seafront restaurants.

### DAY 02 L'AMPOLLA TO TORTOSA 34KM/21.5MI

Today's route takes you to the C12 hermitage of Aldea before cycling through olive groves and citrus orchards of the Ebro Delta and along the seafront. Continue on to Amposta, then head to the **Parador de Tortosa** in historic Tortosa for two nights. Your evening meals are included here.

### DAY 03 AT TORTOSA

Explore the ancient walls and monuments of Tortosa, a Templar city dating back 2000 years. Visit the Jewish Quarter and the Gothic Cathedral. Alternatively, Roman Tarragona can be reached by train.

### DAY 04 TORTOSA TO HORTA DE SANT JOAN 51KM/32MI

Cycle along the River Ebro through pine-scented forests then follow the *Via Verde*, with incredible mountain views to pass Benifallet railway station. The track then climbs up to the Terra Alta region before arriving at the **Hotel les Capçades** where dinner is included.

### DAY 05 AT HORTA DE SANT JOAN

Head out and explore the pretty village of Arnes then climb past a waterfall to the Refuge of Mas de Damià. Discover the beautiful convent of St Salvador or walk in the footsteps of Picasso.

### DAY 06 HORTA DE SANT JOAN TO MIRAVET 40KM/25MI

Travel on the *Via Verde* to Bot and cycle past curious rock formations and vineyards. Then it's on to El Pinell de Brai with its impressive Cathedral of Wine, before a downhill run to the **Els Canterers Casa Rural** in Miravet where your evening meals are included.

### DAY 07 AT MIRAVET

The choice is yours today: cycle along rural roads to visit charming Móra d'Ebre; follow the GR99 walking path along the River Ebro or visit the Templar castle perched above the old town of Miravet.

### DAY 08 MIRAVET TO L'AMPOLLA 38KM/24MI

Leaving Miravet behind, cross the Ebro on a traditional boat bridge then it's a lovely long ride down to the coast. Ride through the town of El Perelló before rolling into L'Ampolla for your last night.

### DAY 09 LEAVE L'AMPOLLA

- ★★★★★ customer rating
- Exclusive Headwater Rep Service
- Glorious Via Verde with wonderful mountain scenery
- The impressive Ebro Delta; scenic riverside trails; ancient monuments
- Follow in Picasso's footsteps in Horta de Sant Joan

## YOUR HOLIDAY, YOUR WAY

This trip is also available as a 10-night tour including a ride to La Tancada reservoir and MonNaturà, the Delta's discovery centre, staying two nights at the \*\*\* Hotel L'Algadir.

## PRICES FROM

£1179 *per person*

With departures every two days from 1st May to 22nd October 2018

## YOUR HOLIDAY INCLUDES

- 8 nights hotel-to-hotel accommodation in a mix of **BB**, **\*\*\*** and **\*\*\*\*** hotels
- All breakfasts and 6 evening meals
- Services of your local Headwater Representative
- High quality bikes
- GPS route directions and maps
- *RideWithGPS* navigation app
- Luggage transfers between hotels

## OPTIONAL UPGRADES

- Standard flights (including onward rail and station transfers) from Heathrow to Barcelona with British Airways, flight inclusive prices from £1379 per person
- Other flights, including regional departures, available on request
- Sole occupancy of a double room £29 per person per night
- Room upgrades at selected hotels
- Extra nights in Horta de Sant Joan or L'Ampolla
- City break add-ons in Barcelona

## WHERE YOU STAY



Hotel Flamingo  
\*\*\*\*



Parador de Tortosa  
\*\*\*\*



Hotel les Capçades  
\*\*\*



Els Canterers Casa Rural  
BB



Zuheros

# ANDALUCÍA

## ZUHEROS

### ...WILD, WONDERFUL AND BRIMMING WITH CAPTIVATING SOUTHERN SPANISH SCENERY

Famous for their picture-postcard aesthetic are the white villages – or *pueblos blancos* – of southern Spain. When the striking bright light bounces boldly off chalk white walls and contrasts beautifully with an endless blue sky, the perfect image so synonymous with the Andalucía region, transpires.

Zuheros, sheltered by bountiful almond groves, perched on the magnificent limestone massif on the northern border of the Sierra Subbética, is one of the best examples.

Make your way into the mountains and a world of wonder awaits. High peaks and plunging river valleys dusted with colourful peonies and orchids vie for attention with cascading waterfalls and dramatic crags. All play a part in the natural theatre that creates a spectacularly stunning backdrop

to any journey made on foot. Travelling on the many farm tracks and the Via Verde, you may well cross paths with a local olive farmer (*oliverero*) and his mule, tending the olive trees just as generations before him have.

Take a day walk and admire the golden eagles that dance on the thermals above the Cerro de Bramadero hilltop, and appreciate the serenity of the Virgen de la Sierra (The Balcony of Andalucía) that stands at 1,216m.

*“A fantastic location with plenty of variety in the walks.”*

Mr Duguid, Perthshire

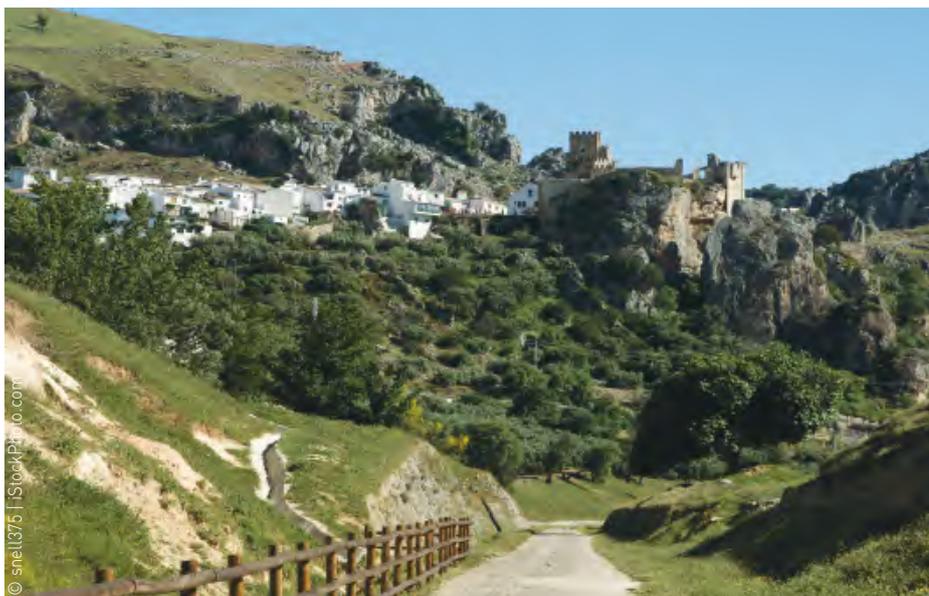
Delicious genuine Spanish picnics can be enjoyed under the shade of holm oaks or whilst enjoying the panoramic vistas awarded you from the top of Monte Abrevia. Meander around charming, out of the way villages such as Luque, with its imposing castle and elegant square.

A short drive from Zuheros is the incredible Moorish city of Córdoba, with its fascinating cathedral and breathtaking Mezquita, a nugget of cultural and historical importance and definitely worth a day’s sightseeing. With so much to discover, linger and take your time. Decide what you want to see, don the walking boots and soak up every part of this fabulous region along the way.

**One to watch:** the protected griffon vultures as you pass through remote Spanish *corjitos* (farms).

# HIDDEN VALLEYS OF CÓRDOBA WALK

WALKING ACTIVITY LEVEL



Approaching Zuheros



- ★★★★★☆ customer rating
- The essence of 'real' Spain: tiny white villages, forgotten farming hamlets
- Fantastic walking country; spectacular gorges, craggy peaks, cascading waterfalls, wonderful valley views
- Golden eagles, griffon vultures, red peonies, vibrant wild orchids

## YOUR HOLIDAY DAY-BY-DAY

### DAY 01 ARRIVE IN ZUHEROS

Arrive at your hotel in Zuheros, the \*\* Hotel Zuhayra. Your stay includes all breakfasts and evening meals, with wine included, plus six picnic lunches. There is a choice of walks, and these can be done on any day. Below is a suggested itinerary.

### DAY 02 CERRO DE BRAMADERO 13KM/8MI/4HR OR 15KM/9.5MI/4.5HR

Climb gently through almond trees above Zuheros before descending into the spectacular gorge of the Rio Bailon and reaching the Cerro de Bramadero hilltop.

### DAY 03 VIRGEN DE LA SIERRA 18KM/11.5MI/5HR OR 20KM/12.5MI/5.5HR

Head to the C14 whitewashed hilltop chapel of Virgen de la Sierra (1,216m). Descend to valleys sprinkled with flora, a waterfall hidden in the valley side, limestone cliffs and huge holm oaks.

### DAY 04 FREE DAY

Have a relaxing day in Zuheros, visiting the local museums or head further afield, by taxi, to Córdoba and explore the Mosque-Cathedral, palace and Mezquita.

### DAY 05 MONTE ABREVIADA 16KM/10MI/6HR

Make the gradual ascent to Monte Abrevia (1,129m) for lunch. Enjoy fabulous views of Zuheros during a descent along the *Via Verde*.

### DAY 06 ZAGRILLA ALTA 17KM/11MI/5.5HR

Pass remote *cortijos* (farms) and enjoy stunning views towards Sierra de la Pandera and the olive orchards of Zagrilla Alta. Here, enjoy a cold drink by the natural spring in the village.

### DAY 07 LUQUE 18KM/11.5MI/5HR OR 20KM/12.5MI/5.5HR

Stride out along the *Via Verde* and climb up to Luque with its imposing castle and elegant square – a good lunch stop. Then it's up into the National Park with stunning views.

### DAY 08 LEAVE ZUHEROS

*“Beautiful walking in unspoilt limestone scenery. Comfortable hotel with hearty picnics and interesting evening meals.”*

Mrs Hewitt, Sheffield

## PRICES FROM

**£899** *per person*

With departures on selected Saturdays from 10th March to 26th May 2018 and 1st September to 27th October 2018

## YOUR HOLIDAY INCLUDES

- 7 nights single-centre accommodation in a \*\* hotel
- All breakfasts and evening meals, with wine, plus 6 picnic lunches
- Management by local hotelier
- Route directions and maps
- GPX files to use with your own GPS device
- Walking transfers

## OPTIONAL UPGRADES

- Standard flights (including local transfers) from Gatwick to Malaga with British Airways, flight inclusive prices from £1069 per person
- Other flights, including regional departures, available on request
- Sole occupancy of a double room from £19 per person per night
- Extra nights in Zuheros
- City break add-ons in Granada or Malaga

## WHERE YOU STAY



\*\* Hotel Zuhayra



© Juanje Perez Photography | shutterstock.com

Fantastic walking country

## ...THE HEARTLAND OF SPAIN – STUNNING LANDSCAPES AND WONDERFUL WILDLIFE

An incredible and largely forgotten melange of landscapes that make up the Sierra de Gredos offer a wealth of wonderful walking opportunities. This secret heartland of Spain beats at a leisurely pace and opens up to reveal the perfect combination of towering mountains with their craggy peaks, pine scented forest tracks, meadows exploding with wild flowers and endless fruit orchards.

*“A delight for birdwatchers and botanists in spring and early summer.”*

Mrs Rayner, Sutton Coldfield

With this ever-changing landscape comes an abundance of very different walking routes. Awaiting you en route are wild mountain goats and the Spanish Ibex while, above you, golden eagle and griffon vulture are likely to grace you with their presence.

Making your way past glacial lagoons and taking in cascading waterfalls and rolling rivers, you will one day find yourself walking to the Laguna Grande against the backdrop of the dramatic Almanzor peak (2,592m), and enjoying the panoramic views of the sweeping glacial bowl, whilst on another day gently strolling through shady pine forests with only the Avila cattle for company. Idyllic picnic spots on tranquil riverbanks or atop majestic peaks, such as the Morezon (2,392m), will ever be etched into the memory, and to any budding photographers, this scenery is inspiration epitomised.

For a change of setting that is equally beguiling, drive down to the southern Sierra and meander through tiny picturesque villages hidden away amongst vines, olives and figs. Alternatively, give your walking boots a rest and head to the fascinating UNESCO World Heritage Site of Avila, or to the city of Salamanca, famous for its Gothic and Romanesque cathedrals. This is a charming place to indulge in a Spanish ‘al fresco’ lunch alongside the many locals.

With so many kilometres of fabulous walking to explore, eating well is important, so expect gastronomic menus and culinary delights such as venison with wild berries or beef carpaccio with *foie gras* shavings and mustard vinaigrette.

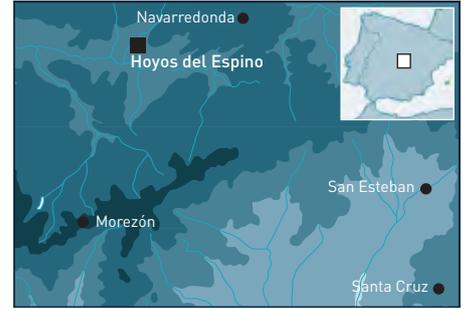
**One to watch:** The 500 wines served at the *bodega* of your hosts!

# WALKING IN THE SIERRA DE GREDOS

WALKING ACTIVITY LEVEL  
1 1+ 2 2+ 3



Sunrise in the Sierra de Gredos



## YOUR HOLIDAY DAY-BY-DAY

### DAY 01 ARRIVE IN HOYOS DEL ESPINO

Arrive at your luxurious base, the **Hotel El Milano Real**, tucked away in the northern foothills of the Sierra de Gredos. You'll enjoy gourmet breakfasts, 5 à la carte picnic lunches and all evening meals during your stay. Below is our suggested itinerary for the week but, as you have a hire car at your disposal, you're free to pick and choose where you walk each day.

### DAY 02 THE SEVEN SPRINGS WALK 14KM/9MI/4HR

Follow a pine-carpeted track to the River Tormes then climb gently to enjoy incredible 360° views of the jagged Gredos mountains. Return to the village for a drink in one of the friendly local bars.

### DAY 03 LA LAGUNA GRANDE 13KM/8MI/4.5HR

Head up to the impressive Laguna Grande, set between the majestic Morezón and Almanzor peaks (the latter 2,592m). The wild and dramatic glacial bowl is fantastic for a picnic and spotting wildlife.

### DAY 04 NAVARREDONDA 9KM/6MI/2.5HR OR 16KM/10MI/4.5HR

Today enjoy the diverse landscapes of the northern Gredos – with long-distance views to tiny white villages, wend your way across broom-covered hillsides, pine woods and flower-filled meadows.

### DAY 05 OPTIONAL VISITS TO ÁVILA OR SALAMANCA

Drive (50mins) to the city of Ávila, a UNESCO World Heritage Site. This C11 walled city has 87 towers and nine gates – the most complete in Spain. Alternatively, Salamanca, with its dual Gothic and Romanesque cathedrals, is just 90 minutes away.

### DAY 06 THE MOREZÓN 13KM/8MI/3.5HR OR 14KM/9MI/4.5HR

Climb to the top of the Morezón (2,389m) and, if skies are clear today, it's not unusual to have 70km of views south all the way across the plain to the Toledo Mountains.

### DAY 07 WATERFALLS AND MEADOWS 14KM/9MI/3.5HR OR 16KM/10MI/4HR

Explore the valley of the River Tormes with a relaxed walk – look out for dippers as you amble past stunning waterfalls and alpine meadows. Alternatively, head to the southern Gredos (45mins drive).

### DAY 08 LEAVE HOYOS DEL ESPINO

- ★★★★★ customer rating
- Fabulous walks in undiscovered Spain: mountain vistas, ancient Roman roads, riverside tracks and authentic villages
- Paradise for bird lovers: woodpeckers, red kites, griffon vultures and buzzards
- Excellent gastronomic cuisine and superb Spanish wines

*“The hotel was superb with wonderful staff and food.”*

Mr Taylor, Halesmere

## PRICES FROM

**£1089** per person

With departures on selected Sundays from 18th March to 28th October 2018 and 17th March to 18th August 2019

## YOUR HOLIDAY INCLUDES

- 7 nights single-centre accommodation in a **Hotel El Milano Real**
- All gourmet breakfasts, 5 à la carte picnic lunches and all evening meals
- Management by local hotelier
- Europcar Group B air-conditioned hire car
- Route directions and maps

## OPTIONAL UPGRADES

- Standard flights from Heathrow to Madrid with British Airways, flight inclusive prices from £1249 per person
- Other flights, including regional departures, available on request
- Sole occupancy of a double room £31 per person per night
- Room upgrade available
- Extra nights in Hoyos Del Espino
- City break add-ons in Madrid

## WHERE YOU STAY



**Hotel El Milano Real**



The harbour at Ciutadella

## ...THE TRANQUIL EMERALD AT THE HEAD OF THE BALEARIC CROWN

Set aside from Spain's other Balearic Islands of Ibiza and Majorca, Menorca (or Minorca) is comparatively mini in every sense: mini in size with very minimal crowds.

As its neighbouring islands crank up the volume with the setting sun, Menorca likes to do the opposite; to let Mother Nature close the day out in uninterrupted solitude. The fading sun descends beyond the seemingly endless oceanic horizon, casting beaches, stretching farmland and its highest point, Monte Toro, in a brilliant darkened crimson.

Its achievement of UNESCO protection in 1993 essentially barricaded its perimeter from the omnipresent flow of bars and nightclubs from Ibiza and Majorca. The onus

has been placed strongly on natural wonders, quaint towns and Bronze Age archaeological sites on this more reserved island.

The first thing to hit you will be the tranquility. The most westerly town, Ciutadella feels a world away from the throngs of Alcúdia on eastern Majorca, even if they're only separated by 40 miles of ocean. The calm appearance of its perfect bays and golden buildings that hug the sparkling coast belie a turbulent history of numerous invasions throughout the centuries. A stroll through the old quarter will provide a great account of the castles and cathedrals that comprise Menorca's history, with the freshest of smells at the nearby fish market giving a nod to its current sea-faring lifestyle.

The island's watery ways continue down south. Here, the white sailboats sit on water so clear that the shadows they cast on the rippling floor below feel like a mirage induced by the heady aromas of the golden asphodels, pink orchids and sea lavender that line the coast.

Inland, the plentiful dairy farms serve up the island's famous Menorcan cheese. Taste its Hispanic, cheddar-like qualities on the drive up to Monte Toro, the spiritual centre of the island where panoramic vistas can be experienced and Menorca's unique sense of tranquil isolation can be so easily felt.

**One to watch:** The mysterious Bronze Age stone tombs and mounds dotted seemingly arbitrarily around the island.

# WALKING THE COASTAL TRAILS OF MENORCA

WALKING ACTIVITY LEVEL



© Karol Kozłowski | shutterstock.com

Mahón



## YOUR HOLIDAY DAY-BY-DAY

### DAY 01 ARRIVE IN CIUTADELLA

On arrival in Mahón, pick up your hire car and take the one hour drive to the **Morvedra Nou Hotel** near Ciutadella. Breakfast and evening meals are provided throughout your stay. Below is our suggested itinerary for the week but, as you have a hire car at your disposal, you're free to pick and choose where you walk each day.

### DAY 02 SANTA GALDANA BAYS WALK 12KM/7.5MI/4HR

The walk from Santa Galdana winds along coastal paths, over three breezy headlands and ends at the shimmering turquoise bay of Cala Turqueta.

### DAY 03 NORTH COAST TRAIL 11KM/7MI/4HR

Step over dramatic red and purple rocks as you follow the island-framing Cami de Cavalls path along a series of windswept beaches, before a farm track loops you back inland past the port town of Fornells and on towards the magnificent Monte Toro.

### DAY 04 PUNTA PRIMA TO SANT ESTEVE 11KM/7MI/3.5HR

Torre d'Alcaufar is the restored lookout tower that greets you at the end of a stunning coastal path. Take lunch and head back to the Cami de Cavalls, which leads you this time to the tiny harbour fortress of Sant Esteve.

### DAY 05 CIUTADELLA OR MAHÓN WALKS

Today you have the option of scouring Mahón's natural harbour and impressive Georgian English architecture, or Ciutadella, with its *plazas*, fountains, palm trees and cobbled alleys.

### DAY 06 CAVES AND COAST WALK 9KM/6MI/3.5HR

Roam the golden-sand beaches of Sant Tomàs towards the imposing limestone caves of Cueva des Coloms for a shaded picnic. Follow the pine-scented track back down to the beach.

### DAY 07 SON XORIGUER 13KM/8MI/4HR

Follow your final route back down to the south coast and across Menorca's most vibrant scenery. Eat lunch by the sea in Son Xoriguer then head back for sunset in the ever-enchanting Ciutadella.

### DAY 08 LEAVE CIUTADELLA

- ★★★★★ customer rating
- Stunning coastal scenery, lush countryside and gentle walking trails
- Golden-sand beaches, sparkling azure bays and turquoise seas
- Rich in cultural history: prehistoric settlements, fortresses, castles and watchtowers

*“Turquoise waters, ancient tracks and historic gems, all from a superbly restful hotel in a fabulous rustic setting.”*

Mr Reeve, Hertford

## PRICES FROM

**£849** per person

With departures on selected Fridays from 4th May to October 5th 2018 and 3rd May to 21st June 2019

## YOUR HOLIDAY INCLUDES

- 7 nights single-centre accommodation in a hotel
- All breakfasts and evening meals
- Management by local hotelier
- Europcar Group B air-conditioned hire car
- Route directions and maps
- GPX files to use with your own GPS device

## OPTIONAL UPGRADES

- Standard flights from Gatwick to Mahon with Thomson Airways, flight inclusive prices from £1149 per person
- Other flights, including regional departures, available on request
- Sole occupancy of a double room from £41 per person per night
- Room upgrade available
- Extra nights in Ciutadella

## WHERE YOU STAY



Morvedra Nou Hotel



# GRAN CANARIA

© rh2010 | shutterstock.com

The mountainous west of Gran Canaria

## ...FULL OF INTRIGUE AND A FASCINATING NATURAL ALLURE

True to the accolade awarded to it, Gran Canaria is a 'continent in miniature'. For such a tiny island, its natural diversity is simply astonishing. A veritable haven for walkers, with its warm and invigorating climate, Gran Canaria's well-kept secrets are best explored on the *Caminos Reales*, a weaving network of ancient footpaths that criss-cross the island.

Dramatic volcanic scenery dominates the interior, where incredible mountain views descend into spectacular gorges. Exploring on foot means that nothing is missed and tiny traditional villages, with their fields spilling over with prickly pear, almonds and figs, make wonderful photo opportunities, as do the lattice-shaped vineyards that cling incredulously to the slopes.

Meander at your own pace, revel in the untouchable quality of the botanical and geological highlights and allow yourself to be engulfed by the heady aroma of Canadian Pine intermingled with delicate citrus scents. Discover the verdant Tirajana Valley that lies in stark contrast to the arid desert-like south of the island, and take some time out to appreciate the stunning coastline, with its rugged features, crystalline waters and creamy-coloured shorelines.

You don't have to be a culture buff to delight in discovering the UNESCO-accredited old city centre of beguiling Las Palmas; understated, timeless and elegant in equal measures. You'll have the opportunity to step back in time too at fascinating Lugarejos, a troglodyte village, built more than 4,000 years ago by the Canaries' first inhabitants (the Guanches).

Be dazzled by the ruby red backdrop of Roque Nublo, stroll along mountain ridges to a picture-postcard picnic spot at the Chira Dam, and walk into the spectacular *Caldera* of the Bandama volcano, home to linnets, trumpeter finches and more. With ample time to explore at your leisure, let the island of Gran Canaria embrace you with its rural serenity and natural grandeur.

**One to watch:** The charming white town of Firgas, where 200,000 bottles of sparkling mineral water are produced every day.

*"A great introduction to the more remote areas on Gran Canaria and the varied scenery."*

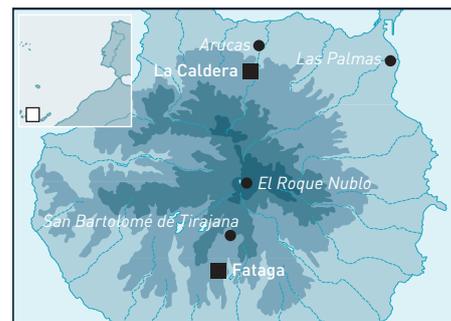
Ms Macfarlane, Manchester

# WALKING ON GRAN CANARIA

WALKING ACTIVITY LEVEL



El Roque Nublo



## YOUR HOLIDAY DAY-BY-DAY

### DAY 01 ARRIVE IN SAN BARTOLOMÉ DE TIRAJANA

From Las Palmas airport drive to your hotel, the **Hotel Rural Las Tirajanas**, set just outside San Bartolomé de Tirajana. You stay here for four nights, with evening meals included.

### DAY 02 VALLEYS AND VILLAGES WALK 13KM/8MI/4HR

Visit 'sugar cube' San Bartolomé with its unique volcanic landscape and historic architecture. After lunch in pretty Santa Lucia enjoy views over Tirajana gorge from the mountain ridge.

### DAY 03 CRUZ GRANDE CIRCULAR WALK 17KM/11MI/5HR

At Cruz Grande you head out along a mountain ridge to the magical Chira Dam – a stunning reservoir, and enjoy a picnic. Then you climb steadily up out of a ravine on one of the ancient *Camino Reales*.

### DAY 04 EL ROQUE NUBLO 14KM/9MI/5.5HR

From the top of the volcanic monolith of Roque Nublo descend into the farming hamlet of La Culata where goats and donkeys still tend the fields. After lunch, walk up to the Mirador de Degollada Becerra viewpoint.

### DAY 05 LAS PALMAS AND THE CALDERA DE BANDAMA

Exploring by car today, you could stop at the island's capital, Las Palmas. Then it's a short drive to the Caldera de Bandama where the steep hike to the bottom takes about 30 minutes. You stay at the **Hotel Rural Melva Suite** for the remainder of your holiday, with evening meals included.

### DAY 06 AZUAJE NATURE RESERVE 16KM/10MI/5HR

Start in the historic village of Firgas with its C16 church, waterfall and stepped fountains. Follow a circular route to the Azuaje Nature Reserve, famous for its medicinal plants, then ascend a narrow ravine before a final winding descent back to Firgas.

### DAY 07 CAVE TOWNS AND VILLAGES 12KM/7.5MI/4.5HR

Today's walk starts in Artenara – the highest village on the island with nearly 400 C15 cave houses. Descend towards Lugarejos, an old troglodyte village, and head up to a ridge with great views down to the Lugarejos Reservoir and out across the north western coast.

### DAY 08 LEAVE GRAN CANARIA

- ★★★★★☆ customer rating
- Dramatic walking, spell-binding scenery, beautiful ocean views
- Dazzling ochre cliffs, sunny fertile valleys, sweeping plateaux and plunging gorges
- Masses of archaeological, botanical and geological interest

*"We enjoyed our walking in Gran Canaria - great scenery, weather, interesting culture."*

Mrs Royle, Aylesbury

## PRICES FROM

**£879** per person

With departures on selected Mondays from 1st January to 28th May 2018 and 1st October 2018 to 27th May 2019

## YOUR HOLIDAY INCLUDES

- 7 nights twin-centre accommodation in \*\*\*\* hotels
- All breakfasts and evening meals
- Management by local hotelier
- Europcar Group B air-conditioned hire car
- Route directions and maps

## OPTIONAL UPGRADES

- Standard flights from Gatwick to Las Palmas with Thomson Airways, flight inclusive prices from £1129 per person
- Other flights, including regional departures, available on request
- Sole occupancy of a double room £17 per person per night
- Room upgrades available
- Extra nights in La Caldera or San Bartolome de Tirajana

## WHERE YOU STAY



\*\*\*\* Hotel Rural Las Tirajanas



\*\*\*\* Hotel Rural Melva Suite



© Tony Lewis | flickr

The Algarve coastline

## ...AN ALLURING COASTLINE WITH FANTASTIC SCENERY

The Algarve's wild west – where stunning limestone cliff tops have succumbed to the crashing waves of the Atlantic and life moves at a relaxed pace.

A land away from the tourist towns of the central coast, experience local culture in all its glory as you walk or cycle along quiet roads and sun-kissed tracks. Admire locals wading into the ocean daily at low tide to collect cockles and barnacles, and hardworking fishermen – whose trade has been passed down from their fathers – going out for fish and shellfish to sell to local restaurants.

Gaze at sapphire blue skies reflecting off the crystal waters framed by rugged rocks and eroded cliffs, whilst sleepy fishermen's villages and lush green meadows and

forests shower the landscape. This is a great region for bird-watching and - if you're feeling lucky - dolphin spotting!

Why not stop off to enjoy a coffee with the locals or a lunch in one of the small restaurants? You may not be able to resist the scent of the freshly-caught fish that chefs are grilling, drizzling with olive oil and smattering with sea salt.

*“Portugal in February - quiet but not deserted, good walking and perfect temperature and conditions.”*

Mr Richards, Birmingham

Wrapped around western Algarve's cliff coastline like a green Parka jacket is one of Portugal's protected natural parks, Costa Vicentina – full of grasses dancing in the wind and wild fauna tucked amidst the steep coastal landscapes, perfect for gentle walking.

The historic maritime towns of Sagres and Lagos offer hidden delights – encircled by C14 walls, Lagos has unique stone work and architecture to discover within.

**One to watch:** The red lantern lighthouse at Cabo de São Vicente and Sagres Fortress, built by Henry the Navigator.

# WALK THE ALGARVE'S WILD WEST

WALKING ACTIVITY LEVEL



Cabo de São Vicente



## YOUR HOLIDAY DAY-BY-DAY

### DAY 01 ARRIVE IN SAGRES

Arrive at the **Memmo Baleeira** in the characterful coastal town of Sagres in time for your dinner (included).

### DAY 02 SAGRES TO PEDRALVA 15KM/9.5MI/4HR OR 17KM/11MI/5HR

Follow the Fishermen's Trail to cliff-tops and the impressive Amado beach. Drop down to the village of Carrapateira, then pick up the Rota Vicentina through the Sincera Valley to Aldeia da Pedralva. You stay at the **Aldeia da Pedralva** (with dinner included) for the next two nights.

### DAY 03 AT PEDRALVA

Unwind in the pretty village or enjoy one of two optional walks. Follow a cliff-top trail back to Amado beach or a smaller loop along the Marreiros plateau, with great views.

### DAY 04 PEDRALVA TO VILA DO BISPO 13KM/8MI/3.5HR OR 18KM/11.5MI/5HR

The shorter trail follows the Rota Vicentina, then a meandering trail to the pretty village of Vila do Bispo. The longer trail adds a wonderful loop heading into the Costa Vicentina Natural Park. You stay at the **Hotel Mira Sagres** (pay locally for evening meals).

### DAY 05 AT VILA DO BISPO

Visit the coastal town of Lagos, with its tangled, cobbled lanes. Alternatively, there are two walks: one taking in the cliffs and views above Vila do Bispo; the other through rolling hills and gentle valleys to Raposeira and Guadalupe Chapel.

### DAY 06 VILA DO BISPO TO CABO DE SÃO VICENTE/SAGRES 15KM/9.5MI/4.5HR

Walk to the edge of Europe at Cabo de São Vicente with its lighthouse, museum and small bar. There are fabulous coastal views, offering wonderful photo opportunities. A short transfer takes you back to the **Memmo Baleeira** at Sagres for dinner (payable locally).

### DAY 07 LEAVE SAGRES

- ★★★★★ customer rating
- Exclusive Headwater Rep Service
- The crashing Atlantic, the Rota Vicentina and the Fishermen's Trail
- An eclectic mix of hotels, from a rustic village conversion to a chic ★★★★★ hotel
- Delicious Algarvian cuisine

*“Superb views when walking as well as lots of spring flowers and wildlife to enjoy.”*

Mr Kimber, Somerset

## PRICES FROM

**£819** per person

With departures every two days from 2nd January to 23rd May 2018 and 10th October 2018 to 23rd May 2019

## YOUR HOLIDAY INCLUDES

- 6 nights hotel-to-hotel accommodation in a mix of [icon], [icon], [icon] and [icon] hotels
- All breakfasts and 3 evening meals
- Services of your local Headwater Representative
- Route directions and maps
- Luggage transfers between hotels
- Walking transfers

## OPTIONAL UPGRADES

- Standard flights from Gatwick to Faro with British Airways, flight inclusive prices from £1019 per person
- Other flights, including regional departures, available on request
- Sole occupancy of a double room £35 per person per night
- Room upgrades at selected hotels
- Extra nights in Tavira
- City break add-ons in Faro or Lisbon

## WHERE YOU STAY



Memmo Baleeira  
★★★★



Aldeia da Pedralva  
[icon]



Hotel Mira Sagres  
★★★

# SHORT BREAK IN THE ALGARVE'S WILD WEST

WALKING ACTIVITY LEVEL



- Exclusive Headwater Rep Service
- Based on our 6-night 'Walk the Algarve's Wild West' trip, with walks every day
- No rest days at Pedralva or Vila do Bispo
- Walk the Algarve's unspoilt south-west coastline



## YOUR HOLIDAY DAY-BY-DAY

### 01 ARRIVE IN SAGRES

Arrive at the **Memmo Baleeira** in the coastal town of Sagres in time for your dinner (included).

### 02 SAGRES TO PEDRALVA

15KM/9.5MI/4HR OR 17KM/11MI/5HR

Follow the Fishermen's Trail to cliff-tops and Amado Beach. Drop down to the village of Carrapateira, then pick up the Rota Vicentina through the Sinceira Valley to **Aldeia da Pedralva** (dinner included).

### 03 PEDRALVA TO VILA DO BISPO

13KM/8MI/3.5HR OR 18KM/11.5MI/5HR

The shorter trail follows the Rota Vicentina, then a

meandering trail to the pretty village of Vila do Bispo. The longer trail adds a wonderful loop heading into the Costa Vicentina Natural Park. You stay at the **Hotel Mira Sagres** (pay locally for evening meals).

### 04 VILA DO BISPO TO CABO DE SÃO VICENTE

15KM/9.5MI/4.5HR

Walk to the edge of Europe at Cabo de São Vicente with its lighthouse, museum and small bar. A short transfer takes you back to the **Memmo Baleeira** for dinner (payable locally).

### 05 LEAVE SAGRES

## PRICES FROM

**£639** per person

With departures every two days from 2nd January to 23rd May 2018 and 10th October 2018 to 23rd May 2019

## YOUR HOLIDAY INCLUDES

- 4 nights hotel-to-hotel accommodation in a mix of and hotels
- All breakfasts and 2 evening meals
- Services of your local Headwater Representative
- Route directions and maps
- Luggage transfers between hotels
- Walking transfers

Further details at: [headwater.com/W04AV](http://headwater.com/W04AV)

# WALKING PORTUGAL'S LAND'S END

WALKING ACTIVITY LEVEL



- Exclusive Headwater Rep Service
- Based on our 6-night trip, with an extra two days in Sagres
- Enjoy a lovely walk on your final day, from Figueira to Sagres
- Excellent bird-spotting; carpets of wildflowers



## YOUR HOLIDAY DAY-BY-DAY

### 01 ARRIVE IN SAGRES

Arrive at the **Memmo Baleeira** (dinner included).

### 02 SAGRES TO PEDRALVA

17KM/11MI/5HR

Follow the Fishermen's Trail to cliff-tops and Amado Beach. Drop down to the village of Carrapateira, then pick up the Rota Vicentina through the Sinceira Valley to **Aldeia da Pedralva** for two nights, dinner included.

### 03 AT PEDRALVA

Unwind in the pretty village or enjoy one of two walks: a cliff-top trail back to Amado Beach or a smaller loop along the Marreiros plateau, with great views.

### 04 PEDRALVA TO VILA DO BISPO

13KM/8MI/3.5HR OR 18KM/11.5MI/5HR

Follow the Rota Vicentina into the Costa Vicentina Natural Park before continuing to Vila do Bispo. Stay two nights at **Hotel Mira Sagres** (pay locally for dinner).

### 05 AT VILA DO BISPO

Walk to the village of Raposeira and the Guadelupe

Chapel, or to the cliff-top viewpoint at Vila do Bispo. Alternatively, visit the coastal town of Lagos.

### 06 VILA DO BISPO TO CABO DE SÃO VICENTE

15KM/9.5MI/4.5HR

Walk to the edge of Europe at Cabo de São Vicente with its lighthouse, museum and fabulous coastal views. A transfer takes you to the **Memmo Baleeira** for your final three nights (pay locally for dinner).

### 07 AT SAGRES

Relax by the pool or walk to the Ponta da Atalaia and Ponta da Baleeira headland for wonderful views over Sagres' impressive fortress, the port and beaches.

### 08 FIGUEIRA TO SAGRES

15KM/9.5MI/4.5HR

A transfer to Figueira then up to the cliff-top headland above Praia do Zavial. Continue via golden beaches to the expansive Sagres plateau and a final stretch along the sands of Martinhal Beach.

### 09 LEAVE SAGRES

## PRICES FROM

**£1019** per person

With departures every two days from 2nd January to 23rd May 2018 and 10th October 2018 to 23rd May 2019

## YOUR HOLIDAY INCLUDES

- 8 nights hotel-to-hotel accommodation in a mix of and hotels
- All breakfasts and 3 evening meals
- Services of your local Headwater Representative
- Route directions and maps
- Luggage transfers between hotels
- Walking transfers

Further details at: [headwater.com/W08AV](http://headwater.com/W08AV)

# WALKING THE ALGARVE'S SOUTH WEST

WALKING ACTIVITY LEVEL  
1 1+ 2 2+ 3



Following the Fishermen's Trail



## YOUR HOLIDAY DAY-BY-DAY

### DAY 01 ARRIVE IN SAGRES

Arrive at the **Memmo Baleeira** in time for dinner (included).

### DAY 02 SAGRES TO PEDRALVA 15KM/9.5MI/4HR OR 17KM/11MI/5HR

Follow the Fishermen's Trail over the cliff-tops to the glorious Amado beach. Make your way to the village of Carrapateira for lunch, then pick up the Rota Vicentina to **Aldeia da Pedralva**, where you stay for the next two nights, with dinner included.

### DAY 03 AT PEDRALVA

Follow a cliff-top trail or explore this charming village.

### DAY 04 PEDRALVA TO VILA DO BISPO 13KM/8MI/3.5HR OR 18KM/11.5MI/5.5HR

Options today include following the Rota Vicentina or heading into the Costa Vicentina Natural Park. You stay at the **Hotel Mira Sagres** for two nights (pay locally for evening meals).

### DAY 05 AT VILA DO BISPO

Wander the quaint streets of the village or choose from two walks: one with the cliffs and views above Vila do Bispo; the other through rolling hills to Raposeira and the Guadalupe Chapel.

### DAY 06 VILA DO BISPO TO CABO DE SÃO VICENTE/SAGRES 16KM/10MI/4.5HR

Today's highlight is walking to the edge of Europe at Cabo de São Vicente with its lighthouse, museum and small bar. There are fabulous coastal views and wonderful photo opportunities. Then on to the **Pousada de Sagres** for two nights (pay locally for evening meals).

### DAY 07 AT SAGRES

Walk to the Ponta da Atalaia and Ponta da Baleeira headland to see the impressive fortress.

### DAY 08 SAGRES TO LAGOS 12KM/7.5MI/3.5HR TO 18KM/11.5MI/5.5HR

A choice of three coastal walking trails through picturesque villages with whitewashed houses and picture-perfect beaches. Stay at the **Costa d'Oiro** for two nights, with evening meals included.

### DAY 09 AT LAGOS

Walk to the Old Town to explore the C14 walls protecting a tangle of cobbled streets full of shops, bars, cafes and restaurants, along with ornate churches, museums and the marina.

### DAY 10 LAGOS/FIGUEIRA TO SAGRES 15KM/9.5MI/4.5HR

Follow a route through rolling countryside to the cliff top above Praia do Zavial for fabulous scenery. Continue via the beaches of Ingrina and Barranco up to the Sagres plateau. Return to the **Memmo Baleeira** for your last night (pay locally for evening meals).

### DAY 11 LEAVE SAGRES

- ★★★★★ customer rating
- Exclusive Headwater Rep Service
- Discover Europe's most southwesterly point at Cabo de São Vicente
- Excellent for bird-spotting throughout the year
- Beautiful beaches and picturesque harbours

*“This is a most enjoyable walking holiday. You see some spectacular scenery and stay in some lovely places.”*

Mrs Barnes, Bedford

## PRICES FROM

**£1169** per person

With departures every two days from 2nd January to 23rd May 2018 and 10th October 2018 to 23rd May 2019

## YOUR HOLIDAY INCLUDES

- 10 nights hotel-to-hotel accommodation in a mix of **BBB**, **\*\*\*** and **\*\*\*\*** hotels
- All breakfasts and 5 evening meals
- Services of your local Headwater Representative
- Route directions and maps
- Walking transfers
- Luggage transfers between hotels

## OPTIONAL UPGRADES

- Standard flights from Gatwick to Faro with British Airways, flight inclusive prices from £1369 per person
- Other flights, including regional departures, available on request
- Sole occupancy of a double room £35 per person per night
- Room upgrades at selected hotels
- Extra nights in Tavira
- City break add-ons in Faro or Lisbon

## WHERE YOU STAY



Memmo Baleeira  
\*\*\*\*



Aldeia da Pedralva  
BBB



Hotel Mira Sagres  
\*\*\*



Pousada de Sagres  
\*\*\*\*



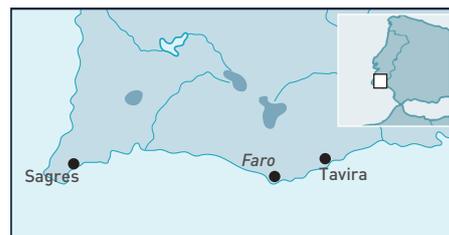
Costa d'Oiro  
\*\*\*\*

# THE ALGARVE FROM WEST TO EAST

WALKING ACTIVITY LEVEL



Praia de Odeceixe



- Exclusive Headwater Rep Service
- Explore the cliff-strewn western coastline and its eastern border with Spain
- Follow coastal paths, Alpine-esque mountains and the Guadiana River

## YOUR HOLIDAY DAY-BY-DAY

### DAY 01 ARRIVE IN FARO

Collect your hire car at the airport and drive to Sagres, the beautiful coastal town where you will spend the first four nights at **Memmo Baleeira**. Your first evening meal is included, for the rest of the week enjoy the flexibility of eating at local restaurants (payable locally). Below is our suggested itinerary but our representatives will provide more options at your welcome briefing.

### DAY 02 BORDEIRA AND THE BEACH 13KM/8MI/4HR OR 16KM/10MI/5HR

A valley trail takes you through eucalyptus to the cliff-tops above Bordeira Beach. Descend to the beach and explore the dunes and river estuary then head through the scented pine forest of Bordalete and the floodplain of the Bordeira River.

### DAY 03 ALJEZUR AND THE AMOREIRA CLIFF-TOP LOOP 7KM/4MI/2HR

Descend to Carruagem Beach with its swirling rock ridges and rock pools then take the sandy cliff trail to Amoreira Beach, one of the finest sweeps of shoreline in the region.

### DAY 04 ODECEIXE AND THE FISHERMEN'S COASTAL TRAIL 13KM/8MI/4HR

Set off on the Rota Vicentina Pilgrims' Trail alongside the irrigation canal. Reaching the Atlantic, head along the coastline on the stunning Fishermen's Trail to the beautiful beach of Odeceixe – one of the most photographed in Portugal.

### DAY 05 HEADING EAST

Make your way to Tavira and choose to do a walk en route or visit one of the interesting villages or towns. Monchique or Lagos are both worth a visit, or head to Tavira for lunch and explore the town in the afternoon. You'll spend three nights at the **Pousada de Tavira** and take your evening meals at local restaurants (payable locally).

### DAY 06 A WALK ALONG THE GUADIANA 9KM/6MI/3HR

Head east, stopping at the town of Alcoutim with its C14 castle, then continue to Laranjeiras. Walk along the banks of the Guadiana River, passing pretty white villages and almond and olive groves. It's then on through the Laranjeiras ravine, spotting golden orioles as you go.

### DAY 07 DON QUIXOTE TRAIL 17KM/10.5MI/5.5HR

Follow the river through orchards and vineyards to reach a wonderful viewpoint over the Odeleite River. Enjoy a picnic at the river then pass holm oaks and windmills, evidence to the life in the area known as the Serra.

### DAY 08 LEAVE TAVIRA



Monchique

## PRICES FROM

£759 *per person*

With departures every Saturday from 11th November 2017 to 19th May 2018 and 13th October 2018 to 19th May 2019

## YOUR HOLIDAY INCLUDES

- 7 nights twin-centre accommodation in \*\*\*\* hotels
- All breakfasts and 1 evening meal
- Services of your local Headwater Representative
- Route directions and maps
- Europcar Group B air-conditioned hire car

## OPTIONAL UPGRADES

- Standard flights from Gatwick to Faro with British Airways, flight inclusive prices from £959 per person
- Other flights, including regional departures, available on request
- Single room £50 per person per night
- Room upgrades available
- Extra nights in Sagres or Tavira
- City break add-ons in Faro or Lisbon

## WHERE YOU STAY



\*\*\*\* Memmo Baleeira



\*\*\*\* Pousada de Tavira

# CYCLING IN 'THE REAL ALGARVE'

WALKING ACTIVITY LEVEL



The harbour at Lagos



## YOUR HOLIDAY DAY-BY-DAY

### DAY 01 ARRIVE AT SAGRES

Arrive at the wonderful coastal town of Sagres in time for dinner (included) at the **Memmo Baleeira**, perfectly situated overlooking the stunning bay on the edge of the town.

### DAY 02 SAGRES TO LAGOS

38KM/24MI

From Sagres head inland, mostly following the Ecovia, a national cycle trail. The villages of Salema, Burgau and Luz have great sandy beaches. You end the day at Lagos and the **Costa d'Oiro**. Dinner is included here for the next two nights.

### DAY 03 AT LAGOS

Lagos is encircled by C14 walls. Follow tangled cobbled lanes leading to the new marina and the lively fish market. Coastal walks lead to Ponte da Piedade lighthouse and from Porto de Mos to Luz, both offering outstanding sea views.

### DAY 04 LAGOS TO PEDRALVA

42KM/26.5MI OR 52KM/32.5MI

A choice of routes today, both taking you along the promenade at Lagos, before heading inland to Odiáxere. The shorter option has fewer climbs and takes you on winding roads through pretty villages. Alternatively, pass the Bravura reservoir and Alpine-like hamlets and meadows before meeting the coast in Carrapateira. Then it's on to **Aldeia da Pedralva**, a village where each house has been restored to create individual hotel rooms. Evening meals are included for your two nights here.

### DAY 05 AT PEDRALVA

Spend the day relaxing in Aldeia da Pedralva or follow one of our routes taking you out along the cliff tops with great views of the coast. Alternatively, return to Carrapateira to visit the Land and Sea Museum.

### DAY 06 PEDRALVA TO SAGRES

29KM/18.5MI OR 30KM/19MI

Two options today, both allowing time to visit the lighthouse at Cabo de São Vicente and Sagres Fortress. There are great views of the Serra de Monchique as you pass through Vila do Bispo. You'll stay at the **Memmo Baleeira** and dine out this evening (payable locally).

### DAY 07 LEAVE SAGRES

- ★★★★☆ customer rating
- Exclusive Headwater Rep Service
- Visit Cabo de São Vicente, Europe's most south-westerly point known as the 'Sacred Promontory'
- Bird-spotter's paradise; endemic and migratory species from Europe and North Africa
- Superb hotels, all with pools and great regional cuisine

## YOUR HOLIDAY, YOUR WAY

This trip is also available as a 4-night tour, spending one night instead of two at Lagos and Pedralva.

## PRICES FROM

£929 per person

With departures every two days from 2nd January to 23rd May 2018 and 10th October 2018 to 23rd May 2019.

## YOUR HOLIDAY INCLUDES

- 6 nights hotel-to-hotel accommodation in a mix of and hotels
- All breakfasts and 5 evening meals
- Services of your local Headwater Representative
- High quality bikes
- GPS route directions and maps
- RideWithGPS* navigation app
- Luggage transfers between hotels

## OPTIONAL UPGRADES

- Standard flights (including local transfers) from Heathrow to Faro with British Airways, flight inclusive prices from £1129 per person
- Other flights, including regional departures, available on request
- Sole occupancy of a double room £36 per person per night.
- Room upgrades at selected hotels
- Extra nights in Lagos
- City break add-ons in Faro

## WHERE YOU STAY



Memmo Baleeira  
★★★★



Costa d'Oiro  
★★★★



Aldeia da Pedralva



Rabelo boats in Porto

# PORTUGAL

## WESTERN PORTUGAL

### ...MEDIAEVAL, MODERN AND MAGNIFICENT

A city of old and new, Porto has an eclectic mix of historical and contemporary charm. Stunning blue-tiled C14 churches and C19 palaces stand tall amidst great modern buildings like a juxtaposition of time.

What is charming about this alley-woven city is the way in which dilapidated yellow-coloured buildings situated on narrow streets have been left to crumble – leaving you feeling like the area is undiscovered and almost hidden. Taking a picture of the river with the backdrop of old buildings is the perfect way to treasure this moment.

With its steady pace of life and slow food, you'll take in the snapshots of daily life, like the gentle burble of the Douro against the docks, the chatter of locals outside shops selling arts and crafts, or the clinking of wine glasses as you pass one of the world-

famous wine cellars. Be sure to stop by for some wine-tasting yourself, too.

Cycle past shuttered townhouses and colourful *rabelo* sailing boats cruising the river and meander through pine and acacia forest. Take in the views of candy-striped houses and the sweet scent of pears, lemons and strawberries as you pass lush fields.

*“Although we had been to Portugal on previous holidays we were delighted to discover a Portugal we didn't know.”*

Ms Pollard, Dublin

Pedal to Aveiro – known as Portugal's Venice – to admire bright *moliceiro* boats cruising along the canals between tall palm trees, and perhaps stop off for a picnic or pop into one of the restaurants tucked into the alleyways.

There's an abundance of coastal and lagoon wildlife to see, from kingfisher and blue heron to pink flamingo and sandpiper tiptoeing amid golden wattle and parrot feather in search of lunch.

For foodies, fresh fish is always on the menu and there are plenty of local markets to stop off at and family-run *tascas* (taverns).

One to watch: *Francesinha* is a local Porto delicacy in the form of a sandwich, but not as we know it...wash it down with a glass of port if you fancy!

# PORTO COASTAL CYCLING

CYCLING ACTIVITY LEVEL



Aveiro



## YOUR HOLIDAY DAY-BY-DAY

### DAY 01 ARRIVE IN PORTO

Arrive at the **Hotel Vincci Porto**, your home for the next two nights, in time for dinner (included tonight).

### DAY 02 AT PORTO 20KM/12.5MI

Cycle past beaches, a C16 castle, fishing villages and Porto city park. Alternatively, relax in Porto - enjoy the narrow alleys and the riverfront or visit one of the many port wine-tasting cellars across the river. Dine out this evening (payable locally).

### DAY 03 PORTO TO FURADOURO 30KM/19MI

Pedal along the south bank of the Douro River from the Natural Reserve of the Douro Estuary, to the Atlantic coast. Relax on the sands at Espinho before hopping on the train to Ovar and cycling on to the **Furadouro Boutique Hotel**, where dinner is included this evening.

### DAY 04 FURADOURO TO AVEIRO (ESTARREJA) 34KM/21.5MI

Head south along the Aveiro Lagoon, before hopping on the train from Estarreja (payable locally) to the **Hotel Moliceiro** in the heart of Aveiro. Enjoy dinner tonight (payable locally) in one of the many famous fish restaurants.

### DAY 05 AT AVEIRO

Explore Aveiro, 'Portugal's Venice', with its alleyways, museum, gondola-style boats and swaying palms. The noisy fish market is a daily event. It's a short bus trip to Costa Nova to discover the streets of unique, painted wooden houses.

### DAY 06 AVEIRO TO PRAIA DE MIRA 33KM/21MI

Heading south, visit Ílhavo's Vista Alegre, Portugal's oldest fine porcelain producer. Cross the lagoon to meet the ocean at Vagueira then turn inland, pedalling past fruit orchards to beachfront Praia de Mira. You stay at the **Maçarico Beach Hotel** for the next two nights and evening meals are included at a local restaurant.

### DAY 07 AT PRAIA DE MIRA 24KM/15MI

A leafy trail leads east into lagoons, acacia forest and New England-style covered bridges spanning clear-water canals. Have lunch by the sea and enjoy a final paddle before dinner.

### DAY 08 LEAVE PRAIA DE MIRA

- ★★★★★ customer rating
- Coastal cycling routes: beaches, sand dunes, lighthouses, colourful marinas and charming cities
- Porto's famous wine cellars with wine-tasting included; Aveiro's Venetian canals
- Coastal and lagoon wildlife: pink flamingo, purple heron, kingfisher and sandpiper

## YOUR HOLIDAY, YOUR WAY

This trip is also available as a 9-night tour, taking in the spa resort of Cuira and the university town of Coimbra with its famous library.

## PRICES FROM

£1239 *per person*

With departures every Saturday from 7th April to 20th October 2018

## YOUR HOLIDAY INCLUDES

- 7 nights hotel-to-hotel accommodation in \*\*\*\* hotels
- All breakfasts and 4 evening meals
- Services of your local Headwater-appointed agent
- High quality bikes with GPS device
- Route directions and maps
- Luggage transfers between hotels

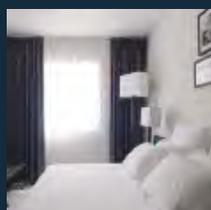
## OPTIONAL UPGRADES

- Standard flights (including local transfers) from Gatwick to Porto with TAP Air Portugal, flight inclusive prices from £1449 per person
- Other flights, including regional departures, available on request
- Sole occupancy of a double room from £41 per person per night
- Room upgrades at selected hotels
- Electric bikes available
- Extra nights in Porto or Praia de Mira
- City break add-ons in Lisbon

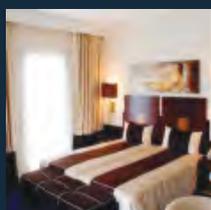
## WHERE YOU STAY



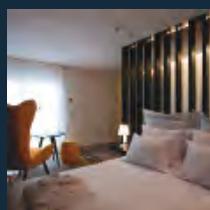
Hotel Vincci Porto  
\*\*\*\*



Furadouro Boutique Hotel  
\*\*\*\*



Hotel Moliceiro  
\*\*\*\*



Maçarico Beach Hotel  
\*\*\*\*



© A. Mikhail | shutterstock.com

View from the Levada Ribeira Frio-Portela

# PORTUGAL

## MADEIRA

### ...AWASH WITH FLORA AND FAUNA, AND BUCKET-LOADS OF NATURAL APPEAL

The charming sub-tropical paradise of Madeira is a spectacular explosion of exotic colours that stand out beautifully against the deep blue of the surrounding Atlantic and the dazzling emerald green of the lush vegetation. A dream for nature lovers, the island's varied landscape that encompasses fertile vineyard terraces, coastal clifftop pathways and the local '*levada*' – the network of water channels – is also home to endless flora and fauna.

Some of the most spectacular scenery can be found in the Parque das Queimadas, where ocean views below vie for attention with the towering peaks above. Meandering along many of the *levada*, several natural features catch the eye: waterfalls cascade into rolling rivers, jagged peaks rise elegantly in the distance and the plethora of flowers and bird species in the Ponta de São

Lourenço's Nature Reserve is simply astonishing – look out for the Pride of Madeira and the bird of paradise, and jacaranda, chaffinches and hawks.

Shady paths amble through sweeping valleys and pass hilltop villages before descending into coastal towns that, on your approach, seem sleepy and quiet but in truth are full of life, flocking with locals meeting to share gossip, rub shoulders in the market or share an '*al fresco*' lunch. The enticing aroma that spills from Santo da

*"Madeira is an excellent year-round walking destination."*

Mrs Loch, Neston

Serra tempts you as its speciality, the *espetada* (marinated meat skewered on laurel twigs), cooks in the open air.

Laurel, heather and pine offer a feast for the senses, as do the lilies, rhododendrons and amaryllis on the approach to the vibrant and attractive town of Funchal with its tropical gardens and rather ornate historic church.

Walking along the ancient cobbled route from Santana to São Jorge that is stitched on either side with agapanthus and cacti, you can revel in the enchanting natural orchestra that resonates all around. Captivating coastal vistas offer perfect photo opportunities too – the peak of Pico Ruivo dominating the horizon is a magnificent subject.

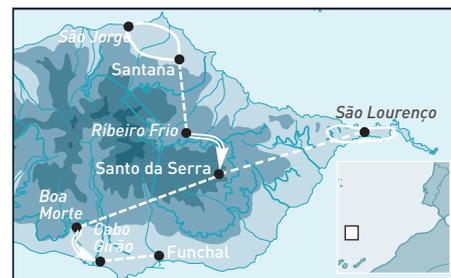
**One to watch: the unique taste of Madeiran wine.**

# MARVELS OF MADEIRA WALK

WALKING ACTIVITY LEVEL



The botanical gardens at Funchal



- ★★★★★☆ customer rating
- The Atlantic's floating garden: frangipani, camellia, bird-of-paradise, dragon trees and lilac jacaranda
- Mountain scenery; stunning coastal trails and flower-lined levada walks
- High-quality ★★★★★ and ★★★★★ hotels throughout, all with pools

*“Beautiful island, very welcoming people, excellent standard of hotels.”*

Mrs Pritchett, Preston

## YOUR HOLIDAY DAY-BY-DAY

### DAY 01 ARRIVE IN MADEIRA

Arrive at your hotel near Santana, the **Quinta do Furão**, where our local partner will brief you on the week's walking. You'll spend the next three nights here (dinner included).

### DAY 02 CIRCULAR WALK TO SÃO JORGE 10KM/6.5MI/3.5HR OR 13KM/8MI/4HR

A panoramic coastal path leads you to the ancient cobbled route linking Santana to São Jorge.

### DAY 03 THE CALDEIRÃO VERDE LEVADA 14KM/9MI/5HR

A 10-minute transfer takes you up to the Parque das Queimadas and the walk follows the beautiful Levada Caldeirão Verde into the Vale da Lapa. Follow the levada tunnels to the magnificent waterfall at Caldeirão Verde, before taking the bus (payable locally) back to Santana.

### DAY 04 SANTANA TO RIBEIRO/SANTO DA SERRA 14KM/9MI/4HR

A scenic 30-minute transfer takes you to Ribeiro Frio. Join the Levada do Furado before descending to Santo da Serra's vibrant square. You stay at the **Porta Bay Serra Golf** for two nights (dinner included).

### DAY 05 SÃO LOURENÇO 8KM/5MI/3HR

Starting with a 30-minute transfer, you'll walk to the eastern point of Madeira, to Ponta de São Lourenço's Nature Reserve with sweeping views, jagged peaks and masses of flora and fauna.

### DAY 06 CABO GIRÃO WALK 11KM/7MI/3.5HR

A transfer takes you to Boa Morte to walk the Levada do Norte. High on the *poios* (terraces), the path wanders through pretty villages, before arriving in Cabo Girão where the majestic expanse of the Atlantic is spread out before us. Then a short transfer to the edge of Funchal and the **Quinta da Bela Vista** for two nights (dinner included).

### DAY 07 AT FUNCHAL

Explore at leisure, perhaps starting in the bustling market near the harbour.

### DAY 08 LEAVE MADEIRA

## PRICES FROM

**£1069** per person

With departures on selected Thursdays from 1st February to 25th October 2018

## YOUR HOLIDAY INCLUDES

- 7 nights hotel-to-hotel accommodation in a mix of ★★★★★ and ★★★★★ hotels
- All breakfasts, 2 picnics and all evening meals
- Services of your local Headwater-appointed agent
- Route directions and maps
- Luggage transfers between hotels
- Cable car ticket
- Most walking transfers

## OPTIONAL UPGRADES

- Standard flights (including local transfers) from Heathrow to Funchal via Lisbon with TAP, flight inclusive prices from £1299 per person
- Other flights, including regional departures, available on request
- Sole occupancy of a double room £24 per person per night
- Room upgrades at selected hotels
- Extra nights in Santana, Santo da Serra or Funchal

## WHERE YOU STAY



Quinta do Furão  
★★★★



Porta Bay Serra Golf  
★★★★



Quinta da Bela Vista  
★★★★★



© Netnberg | StockPhoto.com

Ta'Pinu basilica

## ...A MYTHICAL ISLAND WHERE TIME MOVES EVER SO SLOWLY

The land where time stands still, pocket-sized Gozo – meaning ‘joy’ in Castilian – is surrounded by crystal-clear Mediterranean water and sits just a stone’s throw away from its livelier big sister, Malta. The tranquillity, combined with the island’s size, makes Gozo perfect for gentle exploration on foot.

Steeped in myth, the island is thought to be where Homer’s Odysseus was held willing hostage by the charming sea nymph, Calypso. And it’s easy to see why he stayed for so long.

Dotted with Baroque churches, honey-hued hilltop hamlets and archaeological treasures, the landscape is magnificent and you’ll encounter local gold-coloured limestone at every turn – including the mediaeval citadel that stands proud in the

centre of the island, popping up in almost every inland view.

See ancient salt pans lying like intricate puzzles along the unspoilt coastline, and maybe even catch a glimpse of Gozitans scraping up salt crystals. Hear the clink of goat bells in nearby fields as you walk along paths winding up the rocks above the azure

*“Gozo is a small, friendly Island with dramatic coastal walks, a lush, flower-filled interior and beautiful churches.”*

Mr Davey, Carnforth

waters, the air thick with the scent of sweet wild fennel and rich aromatic thyme.

As you walk on this peaceful island, away from the neighbouring tourist traps, you’ll feel any tensions ebb away and when visiting the pretty villages, you’ll step back in time. Most have red letter boxes or phone boxes, and a tiny police station complete with traditional blue lantern; it’s a familiar memory of bygone Britishness.

Explore wild coastal paths and quiet country roads, whilst taking in panoramic views from the Ta’ Cenc plateau as far as Malta and Comino.

**One to watch:** Ggantija, on the hilltop near Xaghra – dating back 5,500 years, two temples of huge stone that locals believe were built by giants.

## WALKING ON GOZO - CALYPSO'S ISLE

WALKING ACTIVITY LEVEL



Fishing boats at Mgarr



## YOUR HOLIDAY DAY-BY-DAY

## DAY 01 ARRIVE IN MALTA/TRANSFER TO GOZO

Our taxi meets you in Malta and takes you to the ferry for the 25-minute trip across to Gozo. Your week here is based at the secluded \*\*\*\*\* **Hotel Ta'Cenc**, with swimming pools and tranquil gardens. All breakfasts and evening meals are included.

## DAY 02 MGARR AND THE RAIDERS' COVE 7KM/4.5MI/2.5HR

Mgarr is Gozo's port, full of traditional *luzzu* fishing boats, and dominated by the C18 Fort Chambray. Follow the coast to the creek of Mgarr ix-Xini – perfect for a picnic and swim.

## DAY 03 TA'PINU AND GHARB 12KM/7.5MI/3.5HR OR 14KM/9MI/4HR

First stop is the remarkable neo-Romanesque basilica Ta' Pinu. Then on to Gharb with its stunning Baroque church. Finally, head along the north coast for views across Gozo's famous salt pans.

## DAY 04 XLENDI BAY AND LAYERCAKE CLIFFS 9KM/6MI/2.5HR OR 10KM/6.5MI/3HR

The high cliffs near Sannat offer breathtaking views to Comino and Malta as the route winds down to the gorgeous Xlendi Bay.

## DAY 05 FREE DAY FOR INDEPENDENT EXPLORING

Today you could take a ride on one of Gozo's quirky buses to Xaghra, the Ggantija Tombs and Calypso's Cave. Then head to the lively capital, Victoria, with its charming maze of tiny back streets.

## DAY 06 FUNGUS ROCK AND THE INLAND SEA 13KM/8MI/4HR

To the west coast and the fascinating Punic burial site at Wardija Point. There's a mythical feeling here, like being on the edge of the world. Narrow stone-walled lanes lead down to bamboo groves and to Fungus Rock and the Inland Sea.

## DAY 07 BAYS AND TOWERS WALK 11KM/7MI/3.5HR

Beginning at Qala, it's an easy stroll to Dahlet Qorrot, a tiny harbour with coloured boat houses. Then it's on to San Blas Bay, a hidden beach with gorgeous ochre-coloured sand, before the final stop in Nadur for spectacular views.

## DAY 08 LEAVE GOZO

- ★★★★★ customer rating
- Unspoilt Mediterranean island, temperate year-round climate, perfect for exploring on foot
- Magnificent coastal paths, breathtaking views, colourful fishing villages
- Exotic Mediterranean flora, lemons, figs, peaches and poppies

*“A great mixture of coast, countryside and villages with excellent scenic views and local interest.”*

Mr Kell, Bolton

## PRICES FROM

£889 per person

With departures on selected dates from 10th February 2018 to 25th May 2019

## YOUR HOLIDAY INCLUDES

- 7 nights single-centre accommodation in a \*\*\*\*\* hotel
- All breakfasts and evening meals
- Management by local hotelier
- Route directions and maps

## OPTIONAL UPGRADES

- Standard flights (including ferry and onward transfers) from Heathrow to Malta Luqa with Air Malta, flight inclusive prices from £1119 per person
- Other flights, including regional departures, available on request
- Room upgrades available
- Sole occupancy of a double room £32 per person per night
- Extra nights in Sannat
- City break add-ons in Malta

## WHERE YOU STAY



\*\*\*\*\* Hotel Ta'Cenc



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Lake Bled

# SLOVENIA/ITALY

## ...JAW-DROPPING SCENERY AT THE HEART OF CENTRAL EUROPE

Prepare to be charmed by magnificent mountain peaks, sweeping 360° views and cobalt blue waters – iconic, postcard-image landmarks of Slovenia. You'll begin in Slovenia on the shores of magical Lake Bled, passing by Austria before heading south through Italy and on to the Adriatic.

Exploring the heart of Central Europe, the dramatic limestone peaks of the Julian Alps will provide a formidable backdrop to your route as you cycle through lush forests, rolling meadows and pretty hamlets hemmed in by well-tended vineyards and shimmering mountain streams.

Lake Bled comes complete with its own romantic island and C12 castle – the oldest in Slovenia – where you can climb up to the viewing terrace affording great views. And at Mojstrana, the gateway village to the Triglav

National Park, you can almost reach out and touch the jagged limestone pinnacles of the Julian Alps on the one side, and the contrasting rolling hills of the Karawanken mountains on the other. A great chance to spot eagles, hawks and rare birds of prey here, so remember your binoculars!

The twin glacial lakes of Fusine are breathtakingly beautiful and widely regarded as the 'jewel in the crown' of the Julian Alps. Step off your bike and marvel in awe at the breathtaking reflections of pine forest in the crystal-clear waters – this is simple pristine, untouched nature at its best.

En route, pass through colossal archaeological sites like Aquileia, with its remains of a Roman city and early Christian cathedral; mediaeval Udine, full of artistic masterpieces, and the restored fortress

town of Venzone, reflecting the Renaissance Utopian ideals of a bygone era.

Grado is known as the 'Sun Island' and here you can soak up the lovely views over the sea to Croatia and Slovenia whilst relaxing on the sandy beaches. This historic town consists of winding alleys, pretty little squares and traditional *cason* (old fishermen's houses clustered together almost one on top of the other).

**One to watch: the mediaeval walled town of Venzone, famous for its lavender.**

*"Route and cycle paths are excellent - scenery stunning."*

Mr Tate, Bromley

# JULIAN ALPS TO THE ADRIATIC CYCLING

CYCLING ACTIVITY LEVEL



The ancient village of Monte Lussari, near Tarvisio

## YOUR HOLIDAY DAY-BY-DAY

### DAY 01 ARRIVE IN BLED

Arrive at the **Hotel Triglav** overlooking stunning Lake Bled, its romantic island and mountains beyond. Evening meals are included on your two nights here.

### DAY 02 LAKE BLEED CIRCULAR CYCLE

32KM/20MI OR 41KM/26MI

Follow the shore of Lake Bled and head through sleepy hamlets to C12 Kamen Castle. Picnic at Zavrznica Reservoir then cross the white-water Sava Dolinka River back to Bled.

### DAY 03 BLEED TO TARVISIO

36KM/22.5MI

Keep an eye out for rare birds of prey as you cycle west to Kranskja Gora, between the jagged Julian Alps and the rolling Karawanken mountains. Cross the Italian border to the **Hotel Edelhof** in Tarvisio where your evening meals are included for the next two nights.

### DAY 04 AT TARVISIO

Head out to the beautiful twin glacial lakes of Fusine or ride over the Austrian border to Arnoldstein - a chairlift takes you up to the point where Austria, Italy and Slovenia meet.

### DAY 05 TARVISIO TO VENZONE

65KM/41MI

Descend into the wooded Fella Valley, then criss-cross the river to mediaeval Venzone where you stay at the **Locanda Al Fogolar**.

### DAY 06 VENZONE TO UDINE

50KM/31.5MI

Coast along tranquil lanes, passing vineyards and remote churches in the foothills of the Friuli hills before arriving at the **Astoria Hotel Italia** in Udine.

### DAY 07 AT UDINE

Explore Udine's honeycomb of brightly-coloured, portico-lined squares between stunning Piazza Libertà and Piazza Matteotti, with fine shops and historic cafes. Venice can be reached by train.

### DAY 08 UDINE TO PALMANOVA 31KM/19.5MI

Lots of wine-tasting opportunities and a visit to mediaeval Pavia di Udine en route to C16 Palmanova and the **Hotel Ai Dogi Palmanova**.

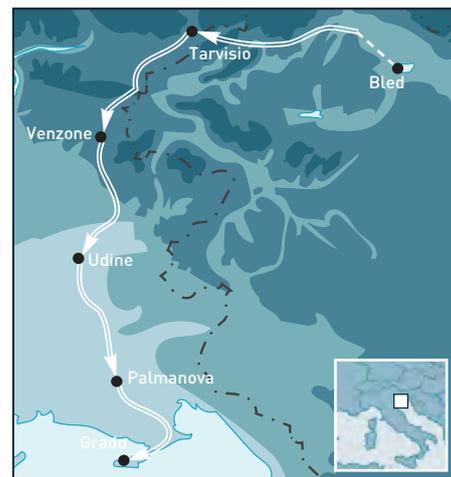
### DAY 09 PALMANOVA TO GRADO 30KM/19MI

Today's highlight is the UNESCO-listed, ancient Roman city of Aquileia, an immense archaeological site with magnificent C11 cathedral and C4 mosaic pavement. Continue to the island town of Grado. Your last two nights are spent at the **Hotel Hannover**.

### DAY 10 AT GRADO

Relax on the sandy beaches of Grado, the 'Sun Island', enjoying views to Croatia and Slovenia!

### DAY 11 LEAVE GRADO



- ★★★★★ customer rating
- Gentle, easy-paced cycling through wonderfully scenic countryside - vines, lush forests, sun-soaked hamlets
- Rich natural beauty: magical lakes and cobalt blue Adriatic Sea
- Mediaeval villages, Venetian squares, Renaissance towns, historic hilltop castles

## PRICES FROM

# £1499

 per person

With departures every Saturday and Tuesday from 2nd May to 29th September 2018

## YOUR HOLIDAY INCLUDES

- 10 nights hotel-to-hotel accommodation in a mix of **3**, **4** and **5** star hotels
- All breakfasts and 4 evening meals
- Services of your local Headwater-appointed agent
- High quality bikes
- Route directions and maps
- Luggage transfers between hotels

## OPTIONAL UPGRADES

- Standard flights (including local transfers) from Heathrow to Ljubljana via Munich with Lufthansa, flight inclusive prices from £1779 per person
- Other flights, including regional departures, available on request
- Sole occupancy of a double room for 4 nights and 6 nights in a single room £29 per person per night
- Extra nights in Bled and Grado
- City break add-ons in Ljubljana, Trieste and Venice

## WHERE YOU STAY



Hotel Triglav  
★★★★



Hotel Edelhof  
★★★★



Locanda Al Fogolar  
★★★



Astoria Hotel Italia  
★★★★



Hotel Ai Dogi Palmanova  
★★★



Hotel Hannover  
★★★★



# CROATIA

## — ISTRIA —

The fishing port of Rovinj

## ... 'CROATIA'S TUSCANY': NATURAL DELIGHTS COMPLEMENTED BY A RICH, FASCINATING HISTORY

Istria, dangling like a heart-shaped pendant from the north corner of Croatia's coastline, is a contrasting peninsula swathed in Italian influences. Sometimes referred to as 'Croatia's Tuscany', it was in fact Italian until 1945 and the flavour can be found in every corner, not just in the highly-acclaimed food.

A timeless world that harmoniously combines ancient towns, a scattering of historic sites and Roman settlements with a magnificent natural backdrop is at the heart of Istria's very existence. Rolling landscapes brightened with peonies and orchids lead inland from the sparkling azure coastline and surrender to hilltop castles that sleepily guard mist-clad villages and dispersed small holdings.

The west coast is home to the best beaches, where cyclists can find a sunny swimming cove for a refreshing dip, or venture down of an evening to watch the electrifying sunsets. The hilly wooded interior behind the beaches is where fine wine, olive oil, *prosciutto* and the famous truffles are produced – adding to Istria's growing reputation as a gourmet destination.

Inland, tiny frescoed country churches and stone beehive huts called *kazuni* sit amongst red-roofed villages and their peeling shutters, soaking up the sun.

Meanwhile, the charming town of Motovun is the gateway to a walker's wonderland. Meadow paths and mountain tracks are scattered with dappled rivers that tumble down through olive terraces and Mediterranean shrubs.

As honey buzzards call in the distance and church bells echo across the valleys, the fresh air is characteristically invigorating. Amble through wooded hills, ascend a stone-slab trail that has been used since the Middle Ages, and heading east, make the steady climb up to Mount Vojak (1,401m) where the panorama embraces Venice and the arc of the splendid Adriatic. The exotic clutches of lily, amethyst sea holly and bee orchids emerge before you.

Whichever part of Istria you visit, you're bound to lose yourself in the soul-feeding scenery that is inescapable wherever you go, whether you travel on foot or by bike.

## CASTLES TO COAST WALK

WALKING ACTIVITY LEVEL

1 1+ 2 2+ 3



The hilltop town of Motovun

## YOUR HOLIDAY DAY-BY-DAY

## DAY 01 ARRIVE IN MOTOVUN

Arrive at your hotel in hilltop Motovun, the **Hotel Kastel**, where you'll spend the next three nights. Dinner is included on the panoramic terrace tonight.

## DAY 02 AT MOTOVUN – CIRCULAR WALK

17KM/11MI/5HR

Ascend through Kaldir Valley before reaching a high ridge with excellent views to Mount Vojak and the sea. Picnic amid olive groves then stroll along the castle sentry's walkway around the ancient city walls. Eat at one of the many local restaurants tonight (payable locally).

## DAY 03 AT MOTOVUN – MOTOVUN TO GROZNIJAN 20KM/12.5MI/5HR OR 25KM/16MI/6HR

Today it's a steady descent (or short transfer) to reach Livade's panoramic walking track that leads over aqueducts and bridges. Then it's on through apple orchards and smreka bushes to reach the artists' village of Groznan. Enjoy the views before transferring back to Motovun in time for dinner (payable locally).

## DAY 04 MOTOVUN TO BUZET

14KM/9MI/4.5HR

After a 10-minute transfer to the ghost village of Bentonici, a forest trail leads you high above the Mirna River. Ascend a stone-slab trail used since the Middle Ages by traders and travellers, before descending to Buzet, a Roman hilltop settlement. You stay at the **Hotel Vela Vrata** for the next two nights (dinner is included tonight).

## DAY 05 AT BUZET – CIRCULAR WALK

12KM/7.5MI/4.5HR

High above Buzet, you'll walk on a limestone escarpment for uninterrupted views back to Motovun. A descent past country churches and tumbledown villages leads back to the hotel. Eat at a local restaurant this evening (payable locally).

## DAY 06 BUZET TO OPATIJA

10KM/6.5MI/4HR

After a 40-minute transfer you zigzag to Učka Nature Park to the summit of Mount Vojak, Istria's highest peak, for 360° views of Croatia's islands and Alpine peaks in Slovenia, Switzerland and Italy. It's then a 20-minute transfer to Opatija, where the **Hotel Sveti Jakov** awaits for the next two nights. With so many local restaurants to choose from, your stay here is on a B&B basis.

## DAY 07 AT OPATIJA

6KM/4MI/2HR OR 12KM/7.5MI/4HR

Admire impressive villas that line the waterfront with views over to the Velebit mountains. A panoramic walkway leads along the sea between yachting marinas, pretty coves, sea cliffs and azure bays for 6km into Lovran. Enjoy lunch (payable locally) on the waterside with a view over to Cres Island. Choose one of the local restaurants for dinner (payable locally) this evening.

## DAY 08 LEAVE OPATIJA



- ★★★★★ customer rating
- Croatia's Istrian peninsula: Venetian castles, Renaissance palaces, hilltop villages, Adriatic Riviera
- Diverse regional cuisine: local wines, homemade pasta, truffles and fresh fish
- Panoramic walking paths, ghost villages, lush orchards

*“The walks were well-designed, well-described and very enjoyable, and the hotels welcoming and comfortable. Opatija is a gem of a resort and provided an excellent and relaxing conclusion to our trip.”*

Mr Wootton, Herne Bay

## PRICES FROM

£1149 *per person*

With departures on selected Tuesdays from 1st May to 25th September 2018

## YOUR HOLIDAY INCLUDES

- 7 nights hotel-to-hotel accommodation in a mix of ★★, ★★★ and ★★★★★ hotels
- All breakfasts, 5 picnics and 2 evening meals
- Services of your local Headwater-appointed agent
- Route directions and maps
- Luggage transfers between hotels

## OPTIONAL UPGRADES

- Standard flights (including local transfers) from Gatwick to Pula with Thomson Airways, flight inclusive prices from £1449 per person
- Other flights, including regional departures, available on request
- Sole occupancy of a double room £31 per person per night
- Extra nights in Motovun or Opatija

## WHERE YOU STAY



Hotel Kastel  
★★★



Hotel Vela Vrata  
★★★★



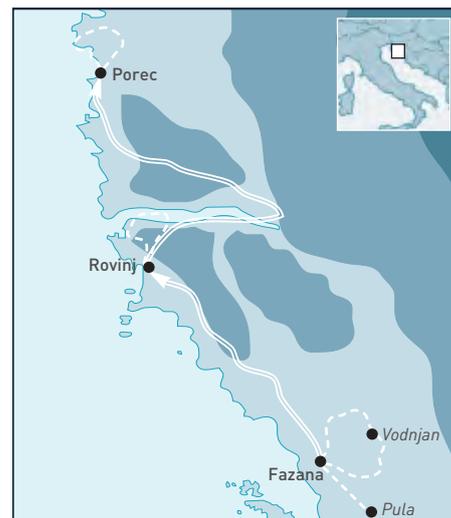
Hotel Sveti Jakov  
★★★★★

## COASTAL CROATIA - PULA TO POREC CYCLING

CYCLING ACTIVITY LEVEL



The Roman amphitheatre at Pula



## YOUR HOLIDAY DAY-BY-DAY

## DAY 1 ARRIVE IN FAZANA

Arrive at the **Villetta Phasiana** where you'll spend the next three nights. Relax on the hotel terrace, take a swim or explore the village before your bike briefing.

## DAY 02 PULA AND BRIJUNI NATIONAL PARK

20KM/12.5MI

Spend the day in Pula exploring its network of marbled alleys and Roman remains or head, by boat, to the Brijuni National Park to discover Byzantine villages and pine-fringed bays.

## DAY 03 VODNJAN CIRCUIT

20KM/12.5MI OR 33KM/21MI

Pedal inland to Istria's ancient capital, Vodnjan, with its Gothic, Baroque and Renaissance architecture. Cycle north for lunch near Sta Foska, then return along the coast for a sunset stroll in Fazana.

## DAY 04 FAZANA TO ROVINJ

38KM/24MI

A gentle ascent northwards brings you to the Roman castle in the small town of Bale. Then it's downhill to the sea, bay-hopping by crystal seas, and on to Rovinj, which rivals the charms of Venice. You stay one street back from the waterfront in the **Villa Tuttorotto**.

## DAY 05 ROVINJ CIRCUIT

12KM/7.5MI

Discover the art galleries and boutiques of Rovinj, or pop over to Venice. Alternatively, cycle a lazy loop passing ruined churches, olive groves and oxblood soils, before sundowners in Rovinj.

## DAY 06 ROVINJ TO POREC

42KM/26.5MI

Cycle inland and whizz down to the Lim Fjord's impressive wooded valley. Today's challenge awaits - a 2km climb to a fabulous panoramic viewpoint. Return to the coast and Porec's pretty harbour where you stay in the **Hotel Flores**, close to the marina, for two nights.

## DAY 07 POREC CIRCUIT

30KM/19MI

Explore the UNESCO Basilica at the heart of Porec, before you pedal north past a Roman amphora factory, clear bays and headlands. Loop back via a giant limestone cave and the Roxanich vineyard.

## DAY 08 LEAVE POREC

- ★★★★★ customer rating
- Croatia's Istrian Peninsula: sleepy villages, bustling harbours, blazing seaside sunsets
- Roman amphitheatres, Byzantine basilicas, frescoed churches, mediaeval *piazze*
- Delicious cuisine: zesty wines, fresh seafood, truffles and pasta

## PRICES FROM

£959 per person

With departures every Tuesday from 1st May to 25th September 2018

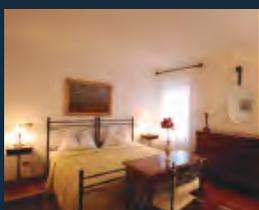
## YOUR HOLIDAY INCLUDES

- 7 nights hotel-to-hotel accommodation in a mix of \*\*\* and \*\*\*\* hotels
- All breakfasts
- Services of your local Headwater-appointed agent
- High quality bikes
- Route directions and maps
- Luggage transfers between hotels

## OPTIONAL UPGRADES

- Standard flights (including local transfers) from Gatwick to Pula with Thomson Airways, flight inclusive prices from £1259 per person
- Other flights, including regional departures, available on request
- Sole occupancy of a double room for 5 nights, 2 nights in a single room £18 per person per night
- Extra nights at selected hotels
- Room upgrades at selected hotels

## WHERE YOU STAY

Villetta Phasiana  
\*\*\*Villa Tuttorotto  
\*\*\*\*Hotel Flores  
\*\*\*\*



© mRBE | AdobeStock

UNESCO Hallstatt

## ...SERENE AND PICTURESQUE

The Salzkammergut area (Lake District) is one of the most impressive regions in the heart of Austria. Boasting 76 lakes – and with a beautiful mountain backdrop, you can really relax and let the calming atmosphere envelop you.

You'll always find hidden isolated areas to enjoy a dip or to just sit and skim stones across the peaceful, glassy waters – and you can also combine glorious Alpine panoramas with a range of water activities, including boat trips and watersports.

Pretty flower-filled valleys sit beside placid blue lakes, giant mountains and castles reflecting in the water, reminiscent of the opening scene of *The Sound of Music*. In fact, the church in Mondsee was the location of the famous wedding in the film.

*“Austria is a lovely country  
and the people are friendly.  
We had a great time.”*

Mr Bridge, Felixstowe

Salzkammergut translates as ‘salt estates’ and is named after its tradition of salt mining and trading – you can visit mines and take an interesting journey back in time to get a real flavour of the region’s history.

Walk or cycle on gentle shoreline routes – and through traditional lakeside villages, complete with chocolate box style cobbled streets and frescoed houses. Gmunden is perfect for a moment of reflection from its 400-year-old ‘floating’ castle.

In the spa town of Bad Ischl – where the late Emperor Franz Josef was born – visit the imperial hot spa with its thermal salt baths, oriental gardens and ice caves, or simply people watch from the riverside esplanade. Stop off at the village of St Wolfgang, renowned for its beautiful C15 church (you can sit in the arched windows and enjoy your lunch *al fresco* from here), and hop on the antique cog railway up to the summit of the Schafberg for unrivalled Alpine views.

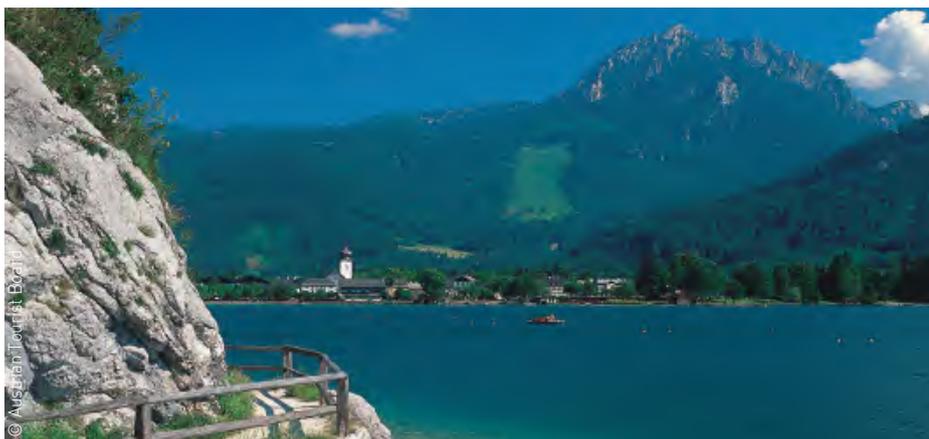
Mozart’s fairytale city of Salzburg, described as a Baroque jewel, is surrounded by the Alps and bisected by the gentle Salzach river – here you can explore palaces and churches and meander side streets listening to classical music waft from open windows and chatting to locals over coffee in one of the elegant Viennese cafes.

Call us on **01606 828566** for a tailor-made quote

## AUSTRIAN LAKES WALK

WALKING ACTIVITY LEVEL

1 1+ 2 2+ 3



Lake Wolfgang



## YOUR HOLIDAY DAY-BY-DAY

## DAY 01 ARRIVE IN BAD ISCHL

Arrive at your hotel, the **Hotel Goldenes Schiff**, where you'll spend the next three nights. Relax in the first-class spa and wellness centre before dinner (included).

## DAY 02 HALLSTATT WALK

11KM/7MI/3HR

Catch the bus to spectacular Hallstatt, the oldest village in Austria, then take the panoramic funicular railway up the mountain and visit the historical salt mine. Catch a ferry across the lake then follow a beautiful walk to Bad Goisern before returning to Bad Ischl by train.

## DAY 03 AT BAD ISCHL

Stroll along the esplanade and have coffee and cake in the world-famous Zauner cafe, visit the Emperor's Villa and gardens or relax in the thermal baths. A trip to the nearby Dachstein Ice caves and the spectacular 5 Finger Lookout is also an option.

## DAY 04 BAD ISCHL TO STROBL

16KM/10MI/4HR OR 20KM/12.5MI/6HR

Walk or take the cable car to the summit of Katrin (1,393m) for fabulous views of the lakes and peaks. Head down the Katrin Pass, past Nussen Lake and on to the **Hotel Bergrose**, for two nights (dinner included).

## DAY 05 AT STROBL

Enjoy watersports, a summer toboggan run, lake cruisers or just sunbathe on the natural beach. You can also take the bus to beautiful Salzburg.

## DAY 06 STROBL TO ST GILGEN

14KM/8.5MI/4HR

Walk along the north shore of Lake Wolfgang, a stunning expanse of vivid turquoise waters. Enjoy lunch in St Wolfgang then follow the pilgrim's path past the Falkenstein Chapel, curiously built into the cliff face. Stay at the **Gasthof Zur Post**, for the next two nights, with dinner included.

## DAY 07 AT ST GILGEN

Discover the delights of St Gilgen with its busy waterfront, or follow the Mozartsteig to Fuschl, passing between the Ellmautal and Eibenberg mountains. Continue to tranquil Fuschlsee.

## DAY 08 ST GILGEN (FUSCHL) TO MONDSEE

11KM/7MI/3HR OR 15KM/9.5MI/4HR

From Fuschl, head up to the remains of Wartenfels Castle with aerial views of Fuschlsee, Irrsee and Mondsee. Climb the Schober for views to Lake Wolfgang and the Schafberg peaks. You stay at the **Hotel Leitnerbrau**, and dine at a local restaurant this evening (payable locally).

## DAY 09 LEAVE MONDSEE

- ★★★★★☆ customer rating
- Exclusive Headwater Rep Service
- Snow-capped peaks, lush meadows and forest trails
- Crystal-clear lakes, babbling streams, tranquil shores, secluded bays
- Picturesque waterfront villages, postcard-pretty castles, frescoed houses

## YOUR HOLIDAY, YOUR WAY

This trip is also available as a 10-night tour, which includes two nights in St Wolfgang. Here you can explore the pretty town or take the cog railway to the top of Schafberg.

## PRICES FROM

£1139 *per person*

With departures every two days from 13th May to 20th September 2018

## YOUR HOLIDAY INCLUDES

- 8 nights hotel-to-hotel accommodation in \*\*\*\* hotels
- All breakfasts and 7 evening meals
- Services of your local Headwater Representative
- Route directions and maps
- Luggage transfers between hotels

## OPTIONAL UPGRADES

- Standard flights (including local transfers) from Heathrow to Salzburg via Frankfurt with British Airways, flight inclusive prices from £1429 per person
- Other flights, including regional departures, available on request
- Single rooms £30 per person per night
- Room upgrades at selected hotels
- Extra nights at selected hotels
- City break add-ons in Salzburg

## WHERE YOU STAY

Hotel Goldenes Schiff  
★★★★Hotel Bergrose  
★★★★Gasthof Zur Post  
★★★★Hotel Leitnerbrau  
★★★★

## AUSTRIAN LAKES CYCLING

CYCLING ACTIVITY LEVEL

1 1+ 2 2+ 3



The 'floating castle' of Seeschloss Ort



- Exclusive Headwater Rep Service
- Great for first-time cyclists; gentle traffic-free cycling trails; excellent flexibility
- Excellent hotels, with delicious local cuisine
- Lakeside routes: swimming opportunities every day

## YOUR HOLIDAY DAY-BY-DAY

## DAY 01 ARRIVE IN MONDSEE

Arrive at the **Hotel Leitnerbraü**. There's time to explore Mondsee before dinner (payable locally).

## DAY 02 MONDSEE TO WEISSENBACH

21KM/13MI

Today you follow the shore of Mondsee before joining Attersee at the pretty lakeside town of Unterach and following the lakeside to Weissenbach. Your hotel here is the **Hotel Post** and dinner is included.

## DAY 03 WEISSENBACH TO GMUNDEN

42KM/26MI

Follow the eastern side of the lake through scenic Weyregg, to Schörfling. The 1,000m peaks loom over the lake as you head towards Gmunden and Traunsee, passing fields of poppies and cornflowers. You stay at the **Landhotel Grünberg** for the next two nights, dinner included.

## DAY 04 AT GMUNDEN

Take a trip on the Gisela, the last coal-fired paddle steamer, or head up on the cable car to the top of Grünberg for views of Gmunden's esplanade and the 'floating castle' – the C17 Seeschloss Ort.

## DAY 05 GMUNDEN TO BAD ISCHL

19KM/12MI OR 37KM/23.5MI

Take the boat across to Ebensee, stopping off at Traunkirchen to visit the famous church. Alternatively, cycle from Gmunden along the western shore of Traunsee, with its spectacular fjord-like scenery. Criss-cross the River Traun to Bad Ischl for two nights at the **Hotel Goldenes Schiff**, dinner included.

## DAYS 06-07 AT BAD ISCHL

There is so much to see and do in and around Bad Ischl: the imperial spa, ice caves, thermal salt baths, cable cars, or people-watching on the riverside esplanade.

## DAY 08 BAD ISCHL TO MONDSEE

43KM/27MI

Cycle west to Strobl's waterfront before heading past shimmering Wolfgangsee. Admire beautiful St Gilgen at the top of the lake, then head to Mondsee for your last night at the **Hotel Leitnerbraü** (pay locally for your evening meal).

## DAY 09 LEAVE MONDSEE

## YOUR HOLIDAY, YOUR WAY

This trip is also available as a 10-night tour, which includes a two-night stay at lakeside Strobl at the \*\*\*\* Hotel Bergrose.

## PRICES FROM

£1179 *per person*

With departures every two days from 13th May to 20th September 2018

## YOUR HOLIDAY INCLUDES

- 8 nights hotel-to-hotel accommodation in a mix of \*\*\* and \*\*\*\* hotels
- All breakfasts and 6 evening meals
- Services of your local Headwater Representative
- High quality bikes
- GPS route directions and maps
- RideWithGPS navigation app
- Luggage transfers between hotels

## OPTIONAL UPGRADES

- Standard flights (including local transfers) from Heathrow to Salzburg via Frankfurt with Lufthansa, flight inclusive prices from £1469 per person
- Other flights, including regional departures, available on request
- First Class rail available
- Single rooms (3 nights in a single room, 5 nights in an Austrian twin) £14 per person per night
- Electric bikes available
- Extra nights in Mondsee
- City break add-ons in Salzburg

## WHERE YOU STAY

Hotel Leitnerbraü  
\*\*\*\*Hotel Post  
\*\*\*Landhotel Grünberg  
\*\*\*Hotel Goldenes Schiff  
\*\*\*\*

## CYCLING AUSTRIA'S LAKE DISTRICT

CYCLING ACTIVITY LEVEL



Mondsee



- Exclusive Headwater Rep Service
- Excellent \*\*\*\* hotels: spas; warm, friendly hoteliers; lovely local cuisine
- Superb 'stay put' day options including Bad Ischl and Strobl
- Exceptional lakeside routes: swimming opportunities every day
- See three lakes in one easy day's cycling

## YOUR HOLIDAY DAY-BY-DAY

## DAY 01 ARRIVE IN MONDSEE

Arrive at **Hotel Leitnerbräu** in Mondsee with time to explore and discover St Michael's Basilica before dinner (payable locally).

## DAY 02 MONDSEE TO BAD ISCHL

40KM/25MI

Follow the shore of Mondsee before joining Attersee at the pretty lakeside town of Unterach. Stop for lunch before continuing on to Bad Ischl and the **Hotel Goldenes Schiff** where you spend two nights (dinner included).

## DAY 03 AT BAD ISCHL

There is so much to do in Bad Ischl that you might want to add extra nights here! Visit the imperial spa, thermal salt baths, the Katrin cable car, the Siriuskogel viewing platform, museums and villas. Take a horse-drawn carriage ride, people-watch on the riverside esplanade or enjoy coffee and cake in the famous Zauner restaurant. Alternatively, cycle to the beautiful lake of Hallstatt and the famous salt mines.

## DAY 04 BAD ISCHL TO STROBL

17KM/11MI

Explore the Kaiservilla, Emperor Franz Josef's former holiday home, before setting off along the banks of the River Ischl below the Leonsberg and Bleckwand peaks. You could take an optional detour to visit historic St Wolfgang before arriving at **Hotel Bergrose** in Strobl where you spend the next two nights (dinner included).

## DAY 05 AT STROBL

Spend the day in beautiful lakeside Strobl with its watersports, summer toboggan run and animal park. It is possible to take the local bus (90 minutes) to visit the fairytale city of Salzburg, a Baroque jewel with a UNESCO-recognised historic centre.

## DAY 06 STROBL TO MONDSEE

29KM/18.5MI

Cycle along the southern shore of Wolfgangsee to St Gilgen and visit the Mozart museum, then continue along past Krottensee and back to Mondsee and the **Hotel Leitnerbräu**.

## DAY 07 LEAVE MONDSEE

## WHERE YOU STAY

Hotel Leitnerbräu  
\*\*\*\*Hotel Goldenes Schiff  
\*\*\*\*Hotel Bergrose  
\*\*\*\*

## PRICES FROM

£989 *per person*

With departures every two days from 13th May to 22nd September 2018

## YOUR HOLIDAY INCLUDES

- 6 nights hotel-to-hotel accommodation in \*\*\*\* hotels
- All breakfasts and 4 evening meals
- Services of your local Headwater Representative
- High quality bikes
- GPS route directions and maps
- RideWithGPS navigation app
- Luggage transfers between hotels

## OPTIONAL UPGRADES

- Standard flights (including local transfers) from Heathrow to Salzburg via Frankfurt with Lufthansa, flight inclusive prices from £1279 per person
- Other flights, including regional departures, available on request
- Single rooms (2 nights in a single room, 4 nights in a Austrian twin) £21 per person per night
- Room upgrades at selected hotels
- Electric bikes available
- Extra nights in Mondsee
- City break add-ons in Salzburg

## AUSTRIAN LAKES ACTIVITIES

ACTIVITY LEVEL

1 1+ 2 2+ 3



Wolfgangsee



## YOUR HOLIDAY DAY-BY-DAY

## DAY 01 ARRIVE IN STROBL

Arrive at the \*\*\*\* Hotel Bergrose in Strobl. Before dinner (included all week) your rep will go through suggestions for your week - a typical itinerary is shown below, but you're free to pick and choose your activities each day.

## DAY 02 CYCLE/WALK TO ST WOLFGANG 15KM/9.5MI (CYCLE) OR 16KM/10MI (WALK)

Head along the lake shore to St Wolfgang, renowned for its beautiful C15 church and its maze of cobbled streets. Later, take the antique cog railway to the summit of the Schafberg (1782m) for unrivalled Alpine views.

## DAY 03 CYCLE TO ST GILGEN 28KM/17.5MI

Follow a flat cycling track alongside Lake Wolfgang's southern shore through a tiny nature reserve to lovely St Gilgen. Visit Mozart's museum or take the cable car up the Zwolferhorn for stunning views.

## DAY 04 CYCLE TO BAD ISCHL 26KM/16.5MI (CYCLE) OR 13KM/8MI (BUS/WALK)

Pedal to the spa town of Bad Ischl today. Visit Franz Josef's *Kaiservilla* and the imperial hot spa that houses salt baths, steam room, hammam and Alhambra baths. Back to Strobl along the River Ischl.

## DAY 05 FREE DAY EXPLORING SALZBURG

Take the bus to explore Mozart's fairytale city of Salzburg. Discover a wealth of Baroque palaces, Renaissance gardens, elegant cafes and Europe's oldest open-air theatre.

## DAY 06 CYCLE TO LAKE NUSSEN 14KM/9MI

Cycle along country lanes and through rural hamlets bordered by low Alpine meadows. Lunch at the popular Zur Wacht restaurant, then head down to beautiful Lake Nussen - a hidden gem.

## DAY 07 CYCLE/WALK TO LAKE SCHWARZEN 22KM/14MI (CYCLE) OR 14KM/9MI (WALK)

Choose walking or cycling today: cross the valley and head up through the forest towards Lake Schwarzen. Have lunch basking in sunshine beneath the snow-capped mountains, before a delightful descent back to Strobl.

## DAY 08 LEAVE STROBL

- ★★★★☆ customer rating
- Exclusive Headwater Rep Service
- Luxury \*\*\*\* hotel: secluded gardens, exquisite cuisine and wellness centre
- Postcard-pretty villages, lovely lakeside beaches, spectacular mountain views
- Fairytale city of Salzburg: Baroque palaces, Renaissance gardens, elegant coffee houses

*"A perfect mix of activities based in the most welcoming family hotel within an exquisite setting of water, woodland, pastures and mountains."*

Mrs Edwards, Cheshire

## PRICES FROM

£1099 per person

With departures every Saturday from 19th May to 22nd September 2018

## YOUR HOLIDAY INCLUDES

- 7 nights single-centre accommodation in a \*\*\*\* hotel
- All breakfasts and evening meals
- Services of your local Headwater Representative
- High quality bikes
- GPS route directions and maps
- RideWithGPS navigation app
- Luggage transfers between hotels

## OPTIONAL UPGRADES

- Standard flights (including local transfers) from Gatwick to Salzburg with British Airways, flight inclusive prices from £1269 per person
- Other flights, including regional departures, available on request
- Sole occupancy of a double room £31 per person per night
- Electric bikes available
- Extra nights in Strobl
- City break add-ons in Salzburg

## WHERE YOU STAY



\*\*\*\* Hotel Bergrose



# SWITZERLAND

## — BERNESE OBERLAND —

Looking down on Oeschinensee

### ...A MAGICAL ALPINE PLAYGROUND WAITING TO BE EXPLORED

A magnitude of natural beauty is bequeathed by the Bernese Oberland. Awe-inspiring and dramatic, yet exuding an overwhelming serenity, this wonderful walking destination will have you captivated the moment you arrive. Spectacular Alpine scenery creates a backdrop dominated by snow-capped peaks, carpeted lowland slopes, fragrant meadows awash with wild flowers, and more than 800 glassy lakes that bestow incredible reflections.

*“Beautiful region, lovely hotel with great food and superb walking.”*

Mr Lulham, Swindon

The Bernese Oberland’s captivating soul lies in peaceful Kandersteg, in the heart of the region, where the great arc of the Alps culminates in some of its highest and most remarkable glacier-clad peaks - the Eiger, Mönch, Jungfrau and Matterhorn dominate the skyline. The thousands of kilometres of wonderful walking trails allow you to experience the astonishing scenery from all angles.

In Kandersteg, ‘chocolate box’ Alpine villages nestle into verdant valleys that are criss-crossed with undulating and weaving footpaths. One moment you will be spellbound by the glacial legacy that created the crashing waterfalls in the Gasterntal ‘hidden valley’, whilst in another it will be the sheer cobalt blue of the Oeschinensee Lake that will take your breath away. Woods and

open meadows are decorated with lady slippers, fire lilies and more than 25 varieties of scented orchid, where you’ll hear the distant clinking of cowbells.

Indulge in the 360° panoramic vistas from the Allmenalp to the Valais Alps, enjoy a breathtaking ridge walk along the Uschinengrat and trace the footsteps of intrepid travellers who first crossed the Alps centuries ago when you reach the Gemmi Pass. You might fancy lunch at the renowned Schwarenbach Hotel, where Lenin and Picasso have signed the visitors’ book. With only the company of the occasional swooping eagle, it is easy to feel on top of the world.

# CLASSIC SWISS ALPS WALK

WALKING ACTIVITY LEVEL  
1 1+ 2 2+ 3



Pretty little Alpine villages



## YOUR HOLIDAY DAY-BY-DAY

### DAY 01 ARRIVE IN KANDERSTEG

Arrive at the \*\*\* Hotel Alfa Soleil and perhaps enjoy an *aperitif* before dinner (included all week, along with picnic lunches). Below is our suggested itinerary for the week but you are free to pick and choose when and where you walk each day.

### DAY 02 BLAUSEE 10KM/6.5MI/3HR

This varied and peaceful route takes you along the bottom of the upper Kandertal Valley to the world-famous Blausee (Blue Lake).

### DAY 03 THE GASTERNTAL AND KANDERFIRN GLACIER 13KM/8MI/6HR

Take an exciting 20-minute minibus ride (included) along a narrow road carved out of the rock wall. The Gasterntal is Kandersteg's 'hidden valley'. From this romantic nature reserve, with the mighty rock walls of the Tatlishorn and Atels towering on the right, meander through woods and meadows.

### DAY 04 OESCHINENSEE 15KM/9.5MI/5HR

Oeschinensee is widely regarded as the jewel in the crown of the Bernese Oberland. After a short ride up on the gondola (included), you climb to the viewpoint at Heuberg. Admire the cobalt blue of the water surrounded by the peaks of the Doldenhorn (3,638m), towering 2,000m above it.

### DAY 05 ALLMENALP 11KM/7MI/3.5HR OR 16KM/10MI/5HR

Enjoy a cable car ride (included) to ascend to the Allmenalp (1,725m), from where there are stunning views across the valley to Oeschinensee.

### DAY 06 DAUBENSEE AND GEMMI PASS 15KM/9.5MI/4.5HR OR 20KM/12.5MI/6HR

The Sunnbuel cable car (included) whisks you up to nearly 2,000m, from where you climb to a fantastic ridge walk along the Uschinengrat (2,200m). It's then on past the Daubensee to the famous Gemmi Pass (2,322m). Views to the south include the Matterhorn and Monte Rosa.

### DAY 07 THE SUDRAMPE 10KM/6.5MI/4HR OR 16KM/10MI/5.5HR

Take a 25-minute rail ride (payable locally) through the mountains up to the village of Hochtenn, where your route takes you high above the Rhone Valley.

### DAY 08 LEAVE KANDERSTEG

- ★★★★★☆ customer rating
- Breathtaking natural beauty: snow-capped peaks, emerald-green slopes, amazing turquoise lakes
- Spectacular views of the region: Eiger, Jungfrau, Matterhorn, Monch
- Thousands of kilometres of well-marked trails, stunning Alpine flowers and rare birds of prey

*“Outstandingly beautiful area with plenty of fantastic walks.”*

Mrs Elliott, Dorchester

## PRICES FROM

**£899** *per person*

With departures every Saturday from 26th May to 22nd September 2018

## YOUR HOLIDAY INCLUDES

- 7 nights single-centre accommodation in a \*\*\* hotel
- All breakfasts, picnic lunches and evening meals
- Management by local hotelier
- Route directions and maps
- Kandersteg guest card and travel pass
- Blausee (Blue Lake) excursion discount (with guest card)

## OPTIONAL UPGRADES

- Standard flights (including onward rail and station transfers) from Heathrow to Zurich with British Airways, flight inclusive prices from £1229 per person
- Other flights, including regional departures, available on request
- First Class rail available
- Single room £14 per person per night
- Room upgrades available
- Extra nights in Kandersteg

## WHERE YOU STAY



\*\*\* Hotel Alfa Soleil

# AUSTRIA/GERMANY/ SWITZERLAND

## — LAKE CONSTANCE —



Lindau am Bodensee on the shore of Lake Constance

### ...A THREE-IN-ONE LAKESIDE CYCLE

Flanked by the majestic Alpine peaks of Austria, Germany and Switzerland, the turquoise shoreline and pebbly beaches of Lake Constance are shared between three countries.

Hosting a huge 270 kilometres lakeside cycling path, it's a beautifully flat journey from one country to the next, where you'll take in the sights and scents of cherry orchards, wildflower fields and daisy-strewn meadows.

Cross the mighty Rhine Delta that straddles the border between Austria and Switzerland and encounter wonderful wildlife, including kingfishers hidden in the reeds. Take a refreshing dip in the turquoise waters during stop-offs, visit half-timbered frescoed towns for lunch - *kretzer* (perch)

and *zander* (pike-perch) are Konstanz specialities, and then admire the plethora of Baroque churches and Gothic cathedrals.

Brimming with historical and cultural highlights, jump off your bike in Meersburg, boasting two castles, steep streets and vine-covered hillsides. Get a true taste of Germany with a spot of wine-tasting in the Bavarian vineyards – local Müller-Thurgau wines come from Riesling and Silvaner grapes for which Lake Constance is famous.

For chocolate-lovers, mediaeval Stein am Rhein boasts an array of lovely chocolate shops, and you can visit the C11 monastery whilst you're there.

**One to watch:** The C8 Benedictine abbey's UNESCO library in historic St Gallen.

### YOUR HOLIDAY, YOUR WAY

If you'd prefer a shorter trip then try our 7-night 'Highlights of Lake Constance' holiday.

You follow the same lakeside routes, but spend just one night instead of two at Arbon, Stein am Rhein and Friedrichshafen.

Longer itineraries, room upgrades and tailor-made travel options are available too - please call for details.

## LAKE CONSTANCE CYCLING

CYCLING ACTIVITY LEVEL

1 1+ 2 2+ 3



Sunset over the lake

## YOUR HOLIDAY DAY-BY-DAY

## DAY 01 ARRIVE IN BREGENZ

You arrive at the **Hotel Weisses Kreuz**, an historic coaching inn, in the centre of Bregenz, where dinner is included.

## DAY 02 BREGENZ TO ARBON

24KM/15MI OR 41KM/26MI

Cycle along Lake Constance's southern shore to cross the mighty Rhine delta, an area of great natural beauty and a refuge for wildlife. Arbon awaits with its pretty half-timbered houses and C16 castle. You stay at the **Hotel Seegarten** for two nights, with evening meals included.

## DAY 03 AT ARBON

Explore Arbon's historic old town with its well-preserved buildings, then, after lunch on the lakeside, hop on the bus to historic St Gallen to visit the Benedictine abbey's UNESCO library.

## DAY 04 ARBON TO STEIN AM RHEIN

42KM/26.5MI OR 59KM/37MI

Pedal clockwise around the lake today, passing numerous waterfront villages and their panoramic sun terraces. In the afternoon, coast effortlessly between sleepy harbours to Stein am Rhein and the **Hotel Rheinfels** for two nights, where your evening meals are included.

## DAY 05 AT STEIN AM RHEIN

Explore mediaeval Stein am Rhein or take a riverside cycle path to Schloss Laufen.

## DAY 06 STEIN AM RHEIN TO KONSTANZ

45KM/28.5MI

Cross the German border to the Hornstaad Nature Reserve and UNESCO-listed Klosterinsel Reichenau. Arrive at the **Hotel Halm** and take a gentle stroll before dinner (payable locally).

## DAY 07 AT KONSTANZ

Enjoy the narrow streets in the centre of Konstanz with visits to the Altstadt and Münster, or hop on a boat (payable locally) to visit Mainau Island's delightful palace and landscaped rose gardens.

## DAY 08 KONSTANZ TO FRIEDRICHSHAFEN

25KM/16MI

It's a short ride to catch the ferry (included) to Meersburg with its twin castles and hillsides of vines. You stay at the **Hotel Buchhorner Hof** where your evening meals are included.

## DAY 09 AT FRIEDRICHSHAFEN

Explore Friedrichshafen's amazing Zeppelin Museum or enjoy superb wine-tasting.

## DAY 10 FRIEDRICHSHAFEN TO BREGENZ

33KM/21MI

Pedal past pretty villages and peaceful vineyards to the gorgeous island village of Lindau. Head on, lakeside, to Bregenz with its cable car up Pfänder Mountain, for a fantastic vista of your entire route! You return to the **Hotel Weisses Kreuz** in time for dinner (included).

## DAY 11 LEAVE BREGENZ



- ★★★★★☆ customer rating
- Beautifully flat, flexible cycling along dedicated lakeside paths
- Interest-packed routes; Baroque churches, Gothic cathedrals, fairytale palaces, romantic castles
- Postcard-pretty villages, half-timbered, frescoed towns, cafe-lined waterfronts and stunning mountain views

*"A good balance of cycling and rest days creating a relaxing holiday."*

Mrs Wainwright, Newhaven

## PRICES FROM

£1249 per person

With departures every two days from 9th April to 20th October 2018

## YOUR HOLIDAY INCLUDES

- 10 nights hotel-to-hotel accommodation in a mix of \*\*\* and \*\*\*\* hotels
- All buffet breakfasts and 8 evening meals
- Services of your local Headwater-appointed agent
- High quality bikes
- Route directions and maps
- Ferry ticket from Staad to Meersburg
- Luggage transfers between hotels

## OPTIONAL UPGRADES

- Standard flights (including onward rail and station transfers) from Heathrow to Zurich with British Airways, flight inclusive prices from £1529 per person
- Other flights, including regional departures, available on request
- First Class rail available
- Single room £37 per person per night
- Extra nights in Bregenz or Konstanz

## WHERE YOU STAY





© Rudy Balasko | shutterstock.com

Passau at sunset

# GERMANY/AUSTRIA

## PASSAU

### ...HILLTOP CASTLES AND MONASTERIES STAND WATCH OVER THE DANUBE

Carving its way through a thousand years of history, the Danube weaves peacefully from Germany towards beautiful Vienna, in between steep-sided valleys and lush riverside woods.

The route from Passau, on Germany's eastern border, to Vienna is one of the most popular cycle paths in Europe – possibly due to the flat riverside routes and the outstanding green backdrop dotted with ornate architecture, including 60 hilltop castles and Baroque palaces.

Following the curves and bends of the Danube, you'll find tiny wonders awaiting you – bright sunflower fields, sweet-smelling orchards, art museums and ancient monasteries.

During your cycle through the enchanting river landscape, pop into an art gallery, admire a 23,000-year-old sculpture and chat to locals selling apples, peaches and plums. Highlights of the trip include the ornate Baroque architecture in the bustling mediaeval centre of Linz and the UNESCO

*“Schloggen was quite lovely  
on a meander of the Danube,  
we watched the light change  
on the water and cargo boats  
go up and down river.”*

Mrs Gorton, Tunbridge Wells

Wachau Valley – a necklace of villages and vineyards anchored by pretty churches along the north bank.

Stop off for picnics en route and admire the views of picturesque villages, and perch your bike for a drink in one of the Austrian *winstubs* to relax. As the river meanders down to the Viennese woods you'll be met by Vienna, rising like a vision from the plain. It's a vibrant city, boasting imperial architecture, soul-stirring music and fine food and wine. Time for a visit to the lively centre – which is breathtakingly floodlit at night – to enjoy dinner!

**One to watch:** Krems is one of the most beautiful historic centres in Europe.

## PASSAU TO VIENNA CYCLING

CYCLING ACTIVITY LEVEL

1 1+ 2 2+ 3



Aggstein Castle and the Wachau Valley



## YOUR HOLIDAY DAY-BY-DAY

## DAY 01 ARRIVE IN PASSAU

Arrive at the **Hotel Residenz** and enjoy dinner (included) in the heart of the old town.

## DAY 02 PASSAU TO SCHLÖGEN

23KM/14.5MI OR 47KM/29.5MI

East to Oberzell, famous for pottery, before crossing into Austria and on towards Schlägen where you stay in the **Hotel Donauschlinge**, with dinner included on the terrace.

## DAY 03 SCHLÖGEN TO ASCHACH (LINZ)

27KM/17MI OR 46KM/29MI

Spot kingfishers in the Donauschlinge Nature Reserve, enjoy a waterfront picnic, then catch the Linz ferry, or follow the towpath, to Ottensheim beach. Hop on the train to Linz to the **Hotel Wolfinger**, where you'll spend two nights. Pay locally for evening meals here.

## DAY 04 AT LINZ

Explore Linz's Baroque architecture, boutique shops and the Schlossmuseum. Catch the train to tiny C12 Enns, Austria's oldest city, or visit the WW2 concentration camp memorial at Mauthausen.

## DAY 05 LINZ TO MELK

29KM/18.5MI OR 48KM/30MI

After a transfer to Grein, cycle through the fertile Danube Valley for a lunch stop in Ybbs, home to a quirky collection of penny-farthings. Pass the twin towers of Maria Taferl before arriving at the **Hotel Zur Post**, where dinner is included for two nights.

## DAY 06 AT MELK

Explore Melk's Benedictine monastery or visit the castle and gardens at Schloss Schallaburg.

## DAY 07 MELK TO KREMS

39KM/24.5MI

Follow the UNESCO Wachau Valley, through Durnstein, where Richard the Lionheart was held captive. Stay at the **Steigenberger Hotel & Spa**, for two nights, with dinner included.

## DAY 08 AT KREMS

Explore the beautiful historic centre – visit the Wine Museum and the C13 abbey or cycle to Schloss Grafenegg, a gargyle-encrusted Gothic castle, set in 85 acres of parkland.

## DAY 09 KREMS TO TULLN

41KM/26MI

Freewheel down-river to Tulln, known as the 'Town of Roses'. Pop into the Roman museum, then dine out (payable locally) amid the fountains, statues and ornate buildings in the pretty centre. Stay at the **Hotel Nibelungenhof**.

## DAY 10 TULLN TO VIENNA

22KM/13.5MI OR 41KM/26MI

Coast along the last stretch and relax over lunch in imperial Klosterneuburg. Hop on the train for the last stretch to the **Hotel Austria**. Enjoy dinner out (payable locally) in Vienna.

## DAY 11 LEAVE VIENNA

- ★★★★★ customer rating
- Gentle cycling on dedicated cycle paths alongside the Danube, one of the most beautiful rivers in Europe
- Hilltop castles, Baroque palaces, historic abbeys, ornate monasteries
- Sunflower fields, vineyards, peach and apricot orchards

*"We were sorry when we had to hand back the bikes as we enjoyed the cycling so much. Everything was well organised and supported."*

Mrs Steele, Edinburgh

## PRICES FROM

£1619 per person

With departures every two days from 9th May to 20th September 2018

## YOUR HOLIDAY INCLUDES

- 10 nights hotel-to-hotel accommodation in a mix of \*\*\* and \*\*\*\* hotels
- All buffet breakfasts and 6 evening meals
- Services of your local Headwater-appointed agent
- High quality bikes
- Route directions and maps
- Luggage transfers between hotels

## OPTIONAL UPGRADES

- Standard flights (including onward rail and station transfers) from Heathrow to Munich with British Airways, flight inclusive prices from £1839 per person.
- Other flights, including regional departures, available on request
- First Class rail available
- Single room (with 4 nights sole occupancy of a double room) £22 per person per night
- Room upgrades at selected hotels
- Electric bikes available
- Extra nights in Passau
- City break add-ons in Vienna

## WHERE YOU STAY



Hotel Residenz  
\*\*\*\*



Hotel Donauschlinge  
\*\*\*\*



Hotel Wolfinger  
\*\*\*



Hotel Zur Post  
\*\*\*\*



Steigenberger Hotel & Spa  
\*\*\*\*



Hotel Nibelungenhof  
\*\*\*\*



Hotel Austria  
\*\*\*



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Hohenschwangau Castle

# GERMANY

## SOUTHERN BAVARIA

### ...FAIRYTALE CASTLES, IMPRESSIVE SCENERY AND MEDIAEVAL HISTORY

Very much the archetypical Germany, bratwurst, beer and Lederhosen are still the mode of fashion in Bavaria. However, it is also interesting, historical and magical, and every moment you enjoy here will be filled with the feel-good air of *Gemütlichkeit* (friendliness) that is synonymous with Germany.

Southern Bavaria is simply stunning – clear blue lakes contrast dark Alpine forest, pretty towns and villages are home to quaint traditional *gasthofs* and *kneipes*; and onion-domed church towers peep above lush green meadows.

The quaint 'chocolate box' village of Oberammergau is impossibly picturesque: the houses are decorated with elaborate mural-type paintings known as *Lüftmalerei*

and prettily-carved wooden balconies overflowing with geraniums. Here, the locals embrace their rich history, so you'll see traditional Bavarian dress – and the custom of *Kaffee und Kuchen* (coffee and a large portion of cake) is still an afternoon ritual that you can get involved in.

Enjoy panoramic views from the top of Germany's highest mountain, the Zugspitze, and the Austrian Alps beyond. Walk along Staffell lake and stop off for lunch in the nearby village, taking time to reflect and relax, whilst enjoying some local Bavarian fayre.

One of Bavaria's castles inspired Walt Disney's Sleeping Beauty castle – appearing through the mountains like a mirage, Neuschwanstein's dreamy turrets and its

dramatic location was the model for the famous fairytale. Set on an idyllic rocky outcrop, it's simply stunning inside and out, and is definitely worth visiting.

Stroll through lush green valleys and wetland nature reserves, spotting many species of birds including corncrake and snipe, and meander through farming villages, boasting splendid Baroque architecture such as a former Benedictine monastery and Rococo church.

**One to watch:** The seven islands surrounding Staffelsee – one even has its own tiny chapel!

## WALKING IN SOUTHERN BAVARIA

WALKING ACTIVITY LEVEL

1 1+ 2 2+ 3



Mad King Ludwig's fairytale castle of Neuschwanstein



- ★★★★★☆ customer rating
- Wonderfully picturesque region: rolling hills, snow-capped peaks, turquoise lakes, flower-filled meadows and sparkling waterfalls
- Impressive monasteries, regal palaces, onion-domed churches and frescoed houses
- Well-signed paths and trails with a choice of walking levels every day

*“We found the Bavarian countryside quite fascinating. Everything was good, the scenery, the walks, the accommodation and food.”*

Mr Andrews, Burgess Hill

## YOUR HOLIDAY DAY-BY-DAY

## DAY 01 ARRIVE IN OBERAMMERGAU

Arrive at your hotel in Oberammergau, the traditional, family-run \*\*\* Hotel Feldmeier, with steam bath, sauna and Jacuzzi. Evening meals are included throughout your stay.

## DAY 02 VILLAGES OF THE AMMER VALLEY 9KM/6MI/2.5HR OR 16KM/10MI/4HR

Take a short (15min) ride on the little red train to Bad Kohlgrub. From here, you walk through the Ammer Valley's string of sleepy farming villages, then head across the Pulvermoos - a wildlife sanctuary and habitat for 60 bird species.

## DAY 03 MOUNTAINS AND MONASTERY WALK 12KM/7.5MI/4HR OR 14KM/9MI/4.5HR

Start with a cable car ride to the top of the Laber (1,685m) for panoramic views of Germany's highest mountain, the Zugspitze (2,962m), and the Austrian Alps. Wind your way down to the village of Ettal and visit the C14 former Benedictine monastery, then pass the Bärenhöhle cave.

## DAY 04 STAFFELSEE 12KM/7.5MI/3.5HR OR 18KM/11.5MI/5HR OR 22KM/14MI/6HR

Enjoy leisurely walking along the picturesque shoreline of Staffelsee. Stop off in the riverside village of Uffing for lunch and in the afternoon, either relax on the panorama deck of the little lake cruiser (payable locally) or return on foot along the quiet side of the lake.

## DAY 05 FREE DAY

Take the local bus to Mad King Ludwig's fairytale Neuschwanstein Castle or the funicular to the top of the Zugspitze, to discover a breathtaking 360° panorama.

## DAY 06 SONNENBERG RIDGE WALK 13KM/8MI/4HR OR 17KM/11MI/6HR

The Kolben chairlift whisks you up to 1,270m, from where there's a choice of routes up to the Sonnenberg ridge. Your route down passes a succession of crashing waterfalls and the reconstructed C19 whetstone mill at Schleifmühle.

## DAY 07 LINDERHOF PALACE 6KM/4MI/1.5HR OR 13KM/8MI/3.5HR

An unmissable visit to Schlöss Linderhof, the Rococo palace built by Mad King Ludwig in 1878, inspired by Louis XIV's château in Versailles.

## DAY 08 LEAVE OBERAMMERGAU

## WHERE YOU STAY



\*\*\* Hotel Feldmeier

## PRICES FROM

£879 per person

With departures every Saturday from 26th May to 22nd September 2018

## YOUR HOLIDAY INCLUDES

- 7 nights single-centre accommodation in a \*\*\* hotel
- All breakfasts and evening meals
- Management by local hotelier
- Route directions and maps

## OPTIONAL UPGRADES

- Standard flights (including local transfers) from Heathrow to Munich with British Airways, flight inclusive prices from £1059 per person
- Other flights, including regional departures, available on request
- Single room £8 per person per night
- Room upgrades
- Extra nights in Oberammergau
- City break add-ons in Munich



Nuremberg

## ...MEANDERING RIVERS, MEDIAEVAL WALLED TOWNS AND MESMERISING CASTLES

Much more than the chocolate-box idyll, Bavaria encompasses all the charms of archetypical Germany infused with a wealth of culture, ancient yet vibrant cities, mediaeval walled towns and, not forgetting, plenty of *gasthofs* en route.

The proverbially laid-back Bavarian attitude to life makes exploring on foot or by bike sublime; red-roofed buildings cluster in pretty hamlets surrounding flowing rivers and their glorious walking and cycling paths, whilst a magnificent mountain backdrop completes the image.

Beautifully preserved or immaculately rebuilt historical cities, ranging from UNESCO Regensburg and the 'most German of all German cities' Nuremberg to exquisite small towns like Beilngries, are strung out around the region. Stocked full of

fun and interesting museums, popular swimming spots and beautiful castles, each one you visit along the way will also reward you with mesmerising river and valley views.

Crossing the impressive 'winged dragon', the Tatzlwurm wooden bridge spanning more than 600m across the Altmühl River, is a highlight. As is the spa town of Bad Abbach, a place of miracles, known for its healing waters. As well as relaxing and rejuvenating in the sulphur springs, you can visit the oldest brewery in Europe, the picturesque monasteries and museums, take a leisurely cycle or walk along the Danube or simply spark up a friendly conversation with the local residents in one of the beer gardens.

Whether you're cycling along the Funf-Flusse-Radweg long-distance route, pedalling on the Danube Cycle Way, or strolling on the Jurasteig trail, beautiful unspoilt landscapes await anxiously around every bend. Look out for herons and speedy kingfishers fishing in the waters along the way, majestic eagles and hawks swooping overhead, and stately deer and wild boar roaming the neighbouring forests.

Bavaria isn't just about the famous sausage (although the spicy Nuremberger is especially good!), or the equally famous beer, the natural waterways and verdant forests make for the ideal cultural and rural retreat. Just imagine the gently rippling scent of heady pine forests along with apple, cherry and pear orchards, accompanying you on your exploration, whilst bright red poppies beautify the greenery of endless meadows.

# BAVARIAN RIVERS AND VALLEYS WALK

 WALKING ACTIVITY LEVEL  
 1 1+ 2 2+ 3


Regensburg



## YOUR HOLIDAY DAY-BY-DAY



### DAY 01 ARRIVE IN REGENSBURG

Arrive in mediaeval UNESCO World Heritage Regensburg and the **Hotel Jakob**. Maybe head to a local beer garden for dinner (payable locally).

### DAY 02 REGENSBURG (DEISING) TO RIEDENBURG 18KM/11.5MI/5HR

Enjoy a gorgeous view of Eggersberg Castle and the Altmühl valley before descending to Altmühlmünster. Continue past Schloss Eggersberg then follow the natural backwaters of the Altmühl to Gundelfingen. A climb rewards with fantastic views before you descend to reach Riedenburg where you stay at the **Hotel Zur Post** (dinner included) for the next two nights.

### DAY 03 AT RIEDENBURG

Stroll along the river promenade and have lunch or visit the C12 Rosenberg Castle, with its Romanesque courtyard, for glorious views over the town and river.

### DAY 04 RIEDENBURG TO KELHEIM 19KM/12MI/5.5HR OR 22KM/14MI/6.5HR

Over the slopes at the side of the Altmühl to the rocky Klamm nature reserve. Cross the bridge to visit the Castle of Prunn and cross it again on one of the longest wooden bridges in Europe, the *Tatzlwurm* (winged dragon), before heading over *Keltenwall* (Celts' rampart) and down into the valley of the Danube. Spend two nights in Kelheim at the **Hotel Dormero**.

### DAY 05 AT KELHEIM

Kelheim sits in the confluence of the Danube and Altmühl rivers. Wander around the pleasant town or take a boat trip along the Danube to the C7 Benedictine abbey Kloster Weltenburg.

### DAY 06 KELHEIM TO BAD ABBACH 22KM/14MI/6HR

Follow the Jurasteig trail up to the Goldberg for views over the Danube valley and the Devil's Rock (*Teufelsfelsen*) near Bad Abbach. Cross the river then follow a scenic pathway directly into the spa park where Emperor Charles V bathed in the waters of Bad Abbach. Stay at the **Parkresidenz Bad Abbach** for the next two nights.

### DAY 07 AT BAD ABBACH

Maybe take a spa or relax in the lovely park. There are many well-marked circular trails you can follow, including an easy path along the Danube. You can also take the local bus to Regensburg.

### DAY 08 BAD ABBACH TO REGENSBURG (EILSBRUNN) 17KM/11MI/5HR

Follow the Danube then ascend to Kalkofenring for views over the valley. After crossing the river on a cable ferry, you may see peregrine falcons as you pass the slopes of Mattinger Hange. Onwards to Alling in the valley of the Schwarze Laber before reaching Eilsbrunn. Enjoy a beer before catching the bus back to Regensburg for your last night at the **Hotel Jakob**.

### DAY 09 LEAVE REGENSBURG

- ★★★★★ customer rating
- Exclusive Headwater Rep Service
- Scenic walks following the Altmühl and Danube rivers
- Fascinating flora and fauna: eagles, hawks, deer, wild boar, flowers
- Stunning fairytale castles peeping from green woodland

## YOUR HOLIDAY, YOUR WAY

This trip is also available as a 6-night tour starting the walk at Riedenburg.

## PRICES FROM

£799 *per person*

With departures every two days from 13th May to 14th October 2018

## YOUR HOLIDAY INCLUDES

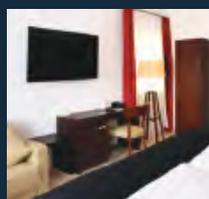
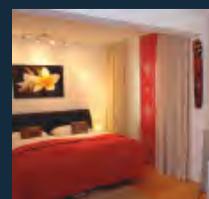
- 8 nights hotel-to-hotel accommodation in a mix of \*\*\* and \*\*\*\* hotels
- All breakfasts and 2 evening meals
- Services of your local Headwater Representative
- Route directions and maps
- Luggage transfers between hotels
- Headwater Beer Collection Service

## OPTIONAL UPGRADES

- Standard flights (including onward rail and station transfers) from Heathrow to Munich with British Airways, flight inclusive prices from £1029 per person
- Other flights, including regional departures, available on request
- First Class rail available
- Sole occupancy of a single room £23 per person per night
- Room upgrades at selected hotels
- Extra nights in Regensburg
- City break add-ons in Munich

## WHERE YOU STAY


 Hotel Jakob  
 \*\*\*

 Hotel Zur Post  
 \*\*\*

 Hotel Dormero  
 \*\*\*\*

 Parkresidenz Bad Abbach  
 \*\*\*

# BAVARIAN CASTLES AND RIVERS CYCLING

 CYCLING ACTIVITY LEVEL  
 1 1+ 2 2+ 3


Regensburg



## YOUR HOLIDAY DAY-BY-DAY



### DAY 01 ARRIVE IN REGENSBURG

Arrive in charming Regensburg and the **Hotel Jakob**. Maybe head to a local beer garden for dinner (payable locally).

### DAY 02 REGENSBURG TO KELHEIM 38KM/24MI

Follow the Danube Cycle Way through wide verdant valleys and pedal through the spa town of Bad Abbach, with its relaxing gardens and lively cafes before reaching pretty Kelheim. Spend two nights here at the **Hotel Dormero** (pay locally for evening meals).

### DAY 03 AT KELHEIM

Kelheim sits in the confluence of the Danube and Altmühl rivers. Wander around the pleasant town or take a boat trip along the Danube to the C7 Benedictine abbey Kloster Weltenburg.

### DAY 04 KELHEIM TO BEILNGRIES 46KM/29MI

Meander through the stunning Altmühl valley with its high peaks on either side. Look out for fishing herons and speedy kingfishers, and for the *Tatzelwurm* - a waved wooden bridge spanning over 600m. You stay at the **Hotel Fuchsbräu** in bustling Beilngries for the next two nights, where evening meals are included.

### DAY 05 AT BEILNGRIES

The pretty town of Beilngries is a nice place to relax; there's a small toy museum or you can walk up to the Schloss Hirschberg. Alternatively, take a boat ride along the canal to pretty Berching, or follow the Altmühl river to the *Pfraundorfer See*, a popular local swimming spot.

### DAY 06 BEILNGRIES TO PARSBERG 41.5KM/26MI

Follow the Sulz river to the stunning village of Berching before climbing through pine forests, high meadows and small farming communities. Descend through Dasswang and continue to Parsberg. Stay at the **Romantik Hotel Hirschen** (dinner included) for the next two nights.

### DAY 07 AT PARSBERG

Today you can visit this quaint town's beautiful castle. Alternatively, take the train to Nuremberg, where you can walk along the completely walled old town. Admire the stunning Schloss that looms over the town and sample the Nuremberger sausage and the local beer halls.

### DAY 08 PARSBERG TO REGENSBURG 55KM/34MI

Follow the Schwarze Leber, as it flows into the Danube, passing through forests, beautiful villages and along lovely meadows. Look out for the popular climbing rocks and lunch at one of the *gasthofs* en route. Follow the majestic Danube back to Regensburg and the **Hotel Jakob**.

### DAY 09 LEAVE REGENSBURG

- ★★★★☆ customer rating
- Exclusive Headwater Rep Service
- Beautiful, unspoilt landscapes of archetypical Germany: four rivers, fairytale castles, pretty towns and villages
- Stunning German Jura Mountains backdrop
- A great mix of hotels, including a converted brewery

## PRICES FROM

# £1139

*per person*

With departures every two days from 13th May to 14th October 2018

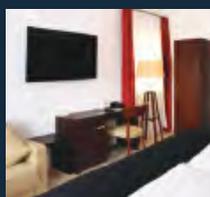
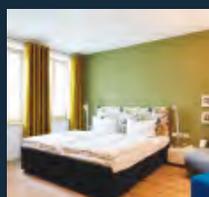
## YOUR HOLIDAY INCLUDES

- 8 nights hotel-to-hotel accommodation in a mix of \*\*\* and \*\*\*\* hotels
- All breakfasts and 3 evening meals
- Services of your local Headwater Representative
- High quality bikes
- GPS route directions and maps
- RideWithGPS* navigation app
- Luggage transfers between hotels
- Headwater Beer Collection Service

## OPTIONAL UPGRADES

- Standard flights (including onward rail and station transfers) from Heathrow to Munich with British Airways, flight inclusive prices from £1369 per person
- Other flights, including regional departures, available on request
- First Class rail available
- Sole occupancy of a single room £40 per person per night
- Room upgrades at selected hotels
- Electric bikes available
- Extra nights in Regensburg
- City break add-ons in Munich

## WHERE YOU STAY


 Hotel Jakob  
 \*\*\*

 Hotel Dormero  
 \*\*\*\*

 Hotel Fuchsbräu  
 \*\*\*\*

 Romantik Hotel Hirschen  
 \*\*\*\*

## FIVE WATERWAYS OF BAVARIA CYCLING

CYCLING ACTIVITY LEVEL  
1 1+ 2 2+ 3

Amberg



## YOUR HOLIDAY DAY-BY-DAY

## DAY 01 ARRIVE IN REGENSBURG

Arrive in mediaeval UNESCO World Heritage Regensburg and the **Hotel Jakob**. Maybe head to a local beer garden for dinner (payable locally).

## DAY 02 REGENSBURG TO BEILNGRIES

84KM/52MI

Follow the Danube valley to the spa town of Bad Abbach with its relaxing gardens and lively cafes. You leave the Danube at Kelheim to follow the Altmühl river with high peaks on either side. Stay at the **Hotel Fuchsbräu** (with meals included) for the next two nights.

## DAY 03 BEILNGRIES

Relax in the pretty town of Beilngries - there's a small toy museum to visit - or walk up to the Schloss Hirschberg, where you'll find the rock cellar brewery museum.

## DAY 04 BEILNGRIES TO NEUMARKT

44KM/27.5MI

Follow the Ludwig-Danube-Main Canal to the beautiful walled town of Berching then head through pretty villages and small farming communities to Freystad with its pretty walled old town. After lunch it's a short climb to Neumarkt for two nights at the **Hotel Lehmeier**.

## DAY 05 AT NEUMARKT

Follow a walk around the Weinberg to the ruined castle. Alternatively, take a train to Regensburg to spend more time in this city.

## DAY 06 NEUMARKT TO NUREMBERG

48KM/30MI

Follow the Ludwig-Main-Donau Canal through wonderful scenery today. En route you'll pass many quaint locks and a good choice of *gasthofs* to stop and enjoy a *radler*. The cycle track takes you to the centre of Nuremberg and the **Hotel Prinzregent** for two nights.

## DAY 07 AT NUREMBERG

Admire the town's huge castle and old city walls, or visit one of the many museums.

## DAY 08 NUREMBERG TO AMBERG 77KM/47MI

A beautiful ride along the Pegnitz river today, passing a series of pretty towns, including Lauf and Sulzbach. A long freewheel then takes you to Amberg and your prison cell in the **Hotel Fronfeste** for the next two nights.

## DAY 09 AT AMBERG

Enjoy the sights of this walled town today such as the C15 New Palace, the Gothic Town Hall and market square, the world's smallest hotel, 'Little Wedding House', and the town museum.

## DAY 10 AMBERG TO REGENSBURG 63KM/40MI

Follow an old railway track along the Pegnitz and enjoy wonderful views as you make your way to Kallmunz, at the confluence of the Pegnitz and Naab rivers. Continue along the Naab to the monastery at Pielenhofen before following the Danube back to the **Hotel Jakob** in Regensburg.

## DAY 11 LEAVE REGENSBURG



- ★★★★★ customer rating
- Exclusive Headwater Rep Service
- Scenic cycling along the five waterways of Bavaria - perfect for those looking for longer cycling days
- An abundance of flora and fauna, deer, boar, hawks and kingfishers
- Beautiful towns and hamlets, including Kallmunz with its fairytale castle

## PRICES FROM

£1299 per person

With departures every two days from 13th May to 14th October 2018

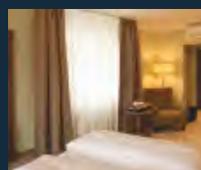
## YOUR HOLIDAY INCLUDES

- 10 nights hotel-to-hotel accommodation in a mix of \*\*\* and \*\*\*\* hotels
- All breakfasts and 2 evening meals
- Services of your local Headwater Representative
- High quality bikes
- GPS route directions and maps
- RideWithGPS navigation app
- Luggage transfers between hotels
- Headwater Beer Collection Service

## OPTIONAL UPGRADES

- Standard flights (including onward rail and stration transfers) from Heathrow to Munich with British Airways, flight inclusive prices from £1529 per person
- Other flights, including regional departures, available on request
- First Class rail available
- Sole occupancy of a single room £22 per person per night
- Room upgrades at selected hotels
- Electric bikes available
- Extra nights in Regensburg
- City break add-ons in Munich

## WHERE YOU STAY

Hotel Jakob  
\*\*\*Hotel Fuchsbräu  
\*\*\*\*Hotel Lehmeier  
\*\*\*Hotel Prinzregent  
\*\*\*Hotel Fronfeste  
\*\*\*



© SophySweden / AdobeStock

Village on the Oslofjord

# NORWAY

## OSLOFJORD

## ...WHERE THE SENSATION OF PEACE AND BEAUTY SURROUNDS YOU

With its gentle coastline, hilly little roads through forests, tranquil beaches and charming coastal towns, the Oslofjord region is a cyclist's paradise. Stretching for 120km from Oslo in the north to Langesund in the south, 40% of Norwegians live close to the Oslofjord, and it's an important leisure attraction.

Quaint harbour towns and villages stretch along the coast – each with its own unique history and attractions. And tranquil country lanes meander around the fjord, leading up to Oslo. Cycling from one beautiful destination to the next, you'll pedal back in time to a more simple life – where the locals embrace a stress-free culture and the astonishing nature that surrounds them.

Many coastal towns nestle below the steep fjord edge, where the ports were one used as

important trading points, for anything from timber to shrimp. Crossing over the fjord by ferry to the east from Sandefjord, once the Norwegian whaling capital, to Stromstad in Sweden, you can visit the harbour, famed for its shrimp fishing and dine in one of the pavement cafes or restaurants.

Passing lush green fields and pedalling through woods you can enjoy a pleasant dip in one of the swimming spots en route. Riding through Borre National Park, near Horten, there is a large Viking burial ground. Whilst Norway's only surviving fortified town, Fredrikstad, is home to many historical buildings. Founded in 1567, this historic gem, complete with an immaculately preserved fortress and moats, gives an impression of life in this former garrison town. It also boasts pretty boutiques, inviting coffee bars and art galleries.

One of your best memories will be made in the little town of Asgardsstrand. Since the C19 its quality light has attracted painters such as Munch who set up their easels and interpret the idyllic landscapes. Admire the dazzling wooden houses and for an interesting twist, visit cosy Munch's Cafe in the town centre, owned by Norway's "most successful" bank robber from the 1970s. Thankfully he's since retrained in baking and Norwegian home cooking, and his cafe is renowned for its delicious cakes and shrimp sandwiches.

The young Roald Dahl, who spent his summer holidays here from 1920 to 1932, wrote: "Unless you have sailed down the Oslofjord...on a tranquil summer's day, you cannot imagine the sensation of absolute peace and beauty that surrounds you."

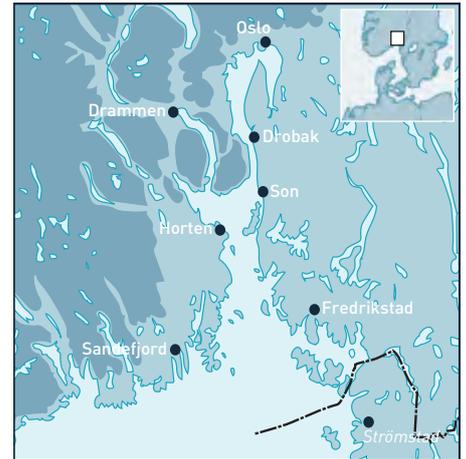
# CYCLING THE OSLOFJORD

CYCLING ACTIVITY LEVEL

1 1+ 2 2+ 3



Østre Vikene



## YOUR HOLIDAY DAY-BY-DAY

### DAY 01 ARRIVE IN DRAMMEN

Enjoy dinner (payable locally), visit one of the welcoming coffee shops or wander along the river. Your hotel is the **Comfort Hotel Union Brygge** in Drammen.

### DAY 02 DRAMMEN TO HORTEN

54KM/34MI

Enjoy stunning views of the Drammenfjord then pass through green meadows to lively Holmestrand, which nestles just below the steep fjord edge and has a lovely harbour. Make a long descent into Horten, before arriving at the **Best Western Horten Hotell**, where dinner (included) is taken at the restaurant across the road overlooking the fjord.

### DAY 03 HORTEN TO SANDEFJORD

54KM/34MI

Pass through cute Asgårdsstrand, with its streets of wooden houses, to where Edvard Munch was born. Admire pretty bays and small farms then arrive in Tonsberg, "the Viking town" and Sandefjord, formerly the capital of Norway's whaling industry. Your hotel is the **Scandic Park Sandefjord**. There are plenty of shoreline restaurants for dinner (payable locally).

### DAY 04 SANDEFJORD / STRÖMSTAD / FREDRIKSTAD BOAT TRIP

An early ferry takes you across the opening of the Oslofjord to Strömstad, where you can cycle through the forest and around the bays. Back for lunch then a boat ride into Fredrikstad. Visit the impressive old town then head to the **Quality Hotel Fredrikstad** (pay locally for dinner).

### DAY 05 FREDRIKSTAD TO SON 63KM/39.5MI

Pedal through countryside, pretty villages and beautiful fjord-side towns to Moss, with its beautifully-restored Old Quarter. Follow a forest track to Son and the **Son Spa** resort (dinner included).

### DAY 06 SON TO DROBAK

26KM/16.5MI

Cycle to the pretty port of Drobak, leave your bike and jump on a boat back to Oslo and your hotel in the centre, the **Grand Hotel Oslo** (pay locally for dinner).

### DAY 07 LEAVE OSLO

## WHERE YOU STAY



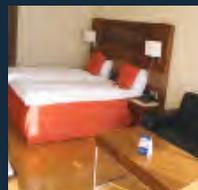
Comfort Hotel Union Brygge



Best Western Horten Hotell



Scandic Park Sandefjord



Quality Hotel Fredrikstad



Son Spa



Grand Hotel Oslo

- A cyclist's paradise: a gentle coastline, small forest paths, peaceful beaches, charming coastal towns
- Historical towns including Fredrikstad, founded in 1567
- Asgårdsstrand, inspiration for artists and home to a very interesting cafe!
- Roald Dahl's favourite childhood summer holiday destination

## PRICES FROM

£1289 *per person*

With departures every Monday from 4th June to 10th September 2018

## YOUR HOLIDAY INCLUDES

- 6 nights hotel-to-hotel accommodation in a mix of and hotels
- All breakfasts and 2 evening meals
- Services of your local Headwater-appointed agent
- High quality bikes
- Route directions and maps
- Luggage transfers between hotels
- Tickets for 3 boat trips on Oslofjord

## OPTIONAL UPGRADES

- Standard flights (including onward rail) from Heathrow to Oslo with Scandinavian Airlines, flight inclusive prices from £1499 per person
- Other flights, including regional departures, available on request
- Sole occupancy of a double room £58 per person per night
- Room upgrades at selected hotels
- Electric bikes available
- City break add-ons in Oslo



© 40ornersImages

Bermuda's stunning coastline

## ...THE QUINTESSENTIAL ISLAND PARADISE IN A LEAGUE OF ITS OWN

Situated 850 miles from the nearest speck of land, the lures of Bermuda's idyllic isolation are manifold. Coupled with the fact that this particular paradise is fringed by 75 miles of sun-bleached white sand beaches, it makes for one gloriously tempting country.

The beauty to Bermuda's coastline lies far beyond its physical appearance. The depth of variety to the 34 beaches is staggering – nowhere else will you find such a wealth of unique ecosystems in such a compacted space.

There are stunningly white beaches, sugary pink beaches, beaches perfect for snorkelling, surfing, fishing, birdwatching, swimming and diving. There are popular beaches, hidden beaches and beaches steeped in history.

It is one of the last active examples of British colonialism and evidence of its 400 years under British rule can be seen in its well-preserved forts and fantastic colonial architecture. The pastel-coloured roofs and utterly unblemished, vibrant building façades of Hamilton, Warwick and Somerset echo the myriad colours of their neighbouring coral reefs; all of Bermuda's 138 islands shimmering in a garish harmony.

While charm can certainly be found in the sparsely populated towns, the main draw of Bermuda lies in its nature. Along the tidy coastal paths that link the gorgeous beaches are an equally gorgeous chain of flowers; ones that thrive in the country's unique sub-tropical climate and frame, quite perfectly, the trails as they bask in the dancing shade cast by the swaying palms above.

The colourful flowers, including prickly poppies, perfectly complement the vivid hues of the cities and the sea, while a medley of their scents are whisked into an aromatic cocktail by the light sea breeze.

Watch friendly locals casting nets into the azure expanse of lakes littered with sea grottoes, and lose yourself in the green of the landscapes, before the noisy chatter of birdlife brings you back to life – and look out for humpback whales basking in the warm Atlantic waters.

**One to watch:** The secluded pink sands of Warwick Long Bay Beach.

## ISLANDS OF BERMUDA WALK

WALKING ACTIVITY LEVEL

1 1+ 2 2+ 3



South Shore



- ★★★★★ customer rating
- Unspoilt pocket-sized paradise; perfect for independent discovery
- Sugary pink sands, secret turquoise bays, sea grottos and pastel villages
- Gentle traffic-free trails, spectacular coastal paths, lush woodland tracks

## YOUR HOLIDAY DAY-BY-DAY

## DAY 01 ARRIVE IN BERMUDA

Arrive at your hotel, the  **Coco Reef Hotel**, in time for dinner (included all week). It's located on the edge of a stunning beach and has views over the azure waters. Below is our suggested itinerary for the week but you are free to pick and choose when and where you walk each day.

## DAY 02 SOMERSET TO THE DOCKYARD 7KM/4.5MI/2HR OR 8KM/5MI/3HR

Starting at the world's smallest drawbridge, you'll take in your first stunning views of Hamilton from C19 Fort Scaur. Enjoy lunch by pretty Mangrove Bay, then head to the Royal Naval Dockyard.

## DAY 03 EXPLORING THE EAST END 11KM/7MI/4.5HR

Leisurely roam around the colourful streets and pretty harbour of St George then head to the C17 forts and Corsican tower at Ferry Reach.

## DAY 04 ST DAVID'S AND COOPER'S ISLAND 4KM/2.5MI/2HR OR 5KM/3MI/2.5HR

From St David's and Red Hole Bay, head to St David's Battery to admire cliff views, before heading to Cooper's Island Nature Reserve, a truly isolated and unspoilt area.

## DAY 05 SIGHTS OF THE SOUTH SHORE 13KM/8MI/3.5HR

Gaze at the white sailboats of Great Sound from Gibbs Hill Lighthouse, then head down to the sugary pink sands of the South Shore Trail - a string of nine gorgeous bays.

## DAY 06 COAST AND CAVES 12KM/7.5MI/4.5HR

Colourful prickly poppies dot the sparkling coastal route towards Flatts Village, a hive of fishing activity. From here, walk to Blue Hole Park to admire the fascinating caves.

## DAY 07 BOTANICAL GARDENS AND SPITTAL POND 5KM/3MI/1.5HR OR 4KM/2.5MI/2.5HR

Follow a trail to Paget Marsh, a wetland oasis that's home to a variety of birdlife. Then it's on to the stately Botanical Gardens before arriving at Spittal Pond. Your route concludes along a coastal path from where you may spot humpback whales basking.

## DAY 08 LEAVE BERMUDA

*"A delightful destination, with friendly and helpful people, and a comfortable hotel in an attractive beach-side setting."*

Mr Beck, Norwich

## PRICES FROM

**£1779** per person

With departures on selected Sundays from 2nd January 2018 to 2nd June 2019

## YOUR HOLIDAY INCLUDES

- 7 nights single-centre accommodation in a  hotel
- All breakfasts and evening meals
- Services of your local Headwater-appointed agent
- Route directions and maps
- 7-day travel pass

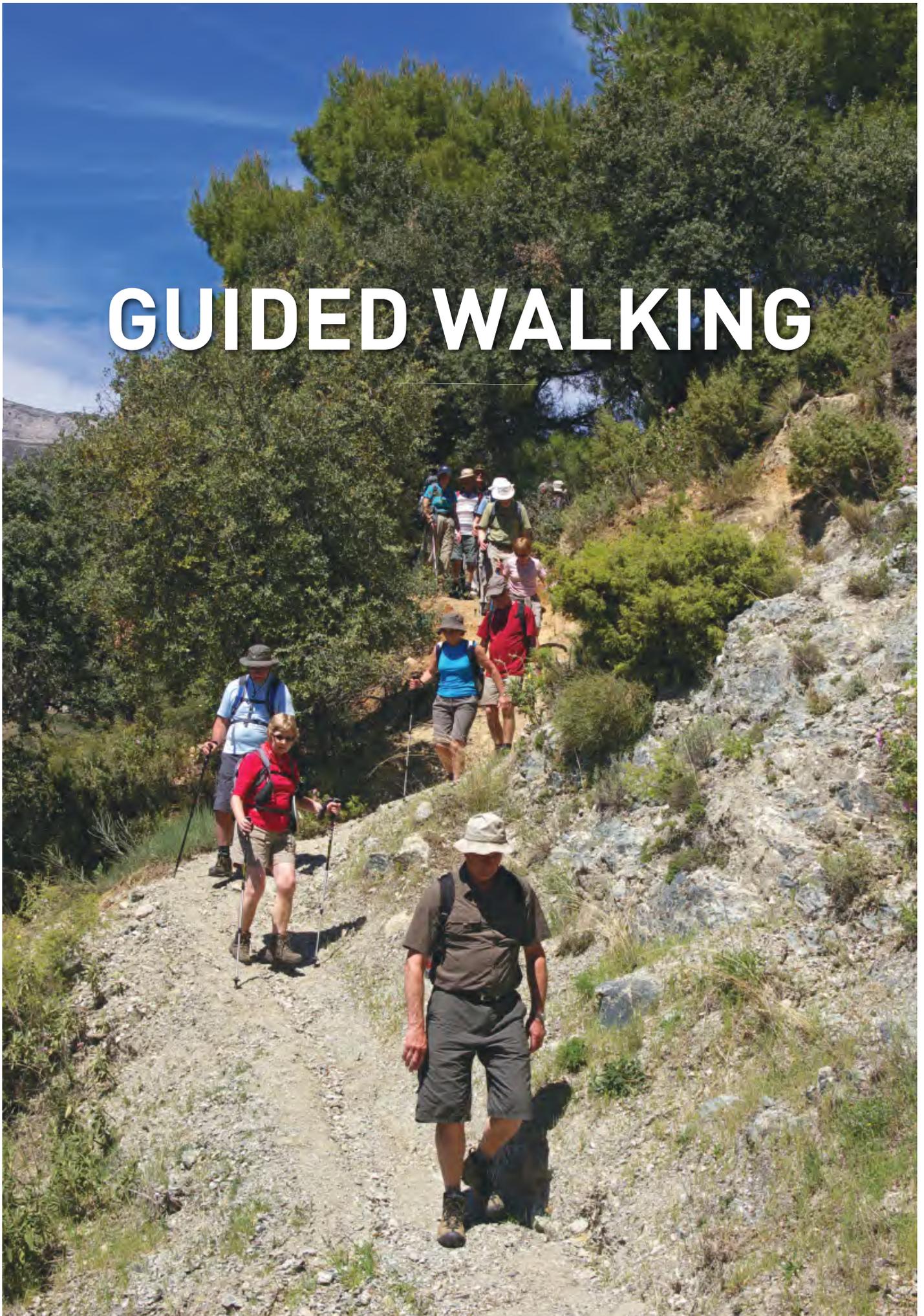
## OPTIONAL UPGRADES

- Standard flights (including local transfers) from Gatwick to Bermuda with British Airways, flight inclusive prices from £2479 per person
- Other flights, including regional departures, available on request
- Single room from £71 per person per night
- Room upgrades available
- Extra nights available

## WHERE YOU STAY


 Coco Reef Hotel

# GUIDED WALKING



Hiking through Andalucía's mountain routes



Our Vistas of Valencia tour



Views on our White Villages of Andalucía trip



*“Very friendly, knowledgeable guides whose command of the English language was superb. Lots of joking and fun!”*

*Mrs Knight, Bath  
Highlights of Montenegro*

On a guided holiday you have the opportunity to mingle with other walkers – perfect if you’re travelling alone or as a couple – and the trips are full of camaraderie. Share a moment with some new friends, enjoy a glass of wine over dinner and stroll through the landscapes together admiring your surroundings. Your experienced local guide will lead the way and share their knowledge with you en route.

*“The experience was enhanced by Sasha, our guide, who was enthusiastic, knowledgeable, eager to help and always had a smile.”*

*Mr Strause, California  
Delights of the Dalmatian Coast*

## WHY CHOOSE GUIDED?

### Small groups of like-minded people

Each group is typically made up of 4 to 16 people, allowing for a more personalised and better quality of service from your guide. This also allows us to use smaller, hand-picked guest houses, which is not possible with larger groups.

### Passionate local guides

Our guides are based locally in the region, so are knowledgeable about their homelands and committed to sharing their experiences with you.

### Travel alone, as a couple or with friends

Everyone is welcome and there are opportunities to socialise with group members and your guide.

### Your stay, your way

Choose between a hotel-to-hotel trip or stay put on a single-centre holiday, where an interesting week’s walking is within easy reach.

*Please note that children under 12 (or under 16 on selected holidays) cannot travel on our guided walking holidays.*

Enjoying a meal on our Dalmatian Coast trip



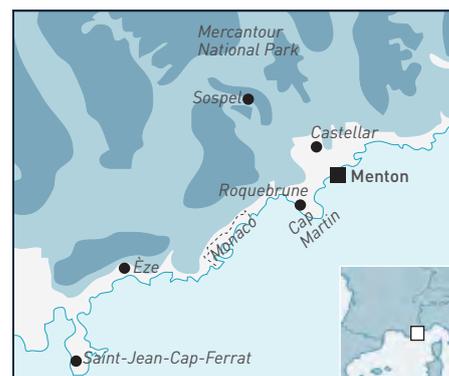
## UNDISCOVERED FRENCH RIVIERA WALK

WALKING ACTIVITY LEVEL

1 1+ 2 2+ 3



The Riviera Coast



## GLITZ AND GLAMOUR IT MAY BE, BUT THE NATURAL BEAUTY ECLIPSES ALL ELSE...

It is thanks to the influence of a few aristocratic Englishmen that the French Riviera has become the glamorous destination it is today. Inhabited through the centuries by the Romans, Moors and the House of Savoy, the area brims with history. Tourism is booming, yet a world of untouched beauty spots, ideal for exploring on foot, lay hidden.

Trails lead to peaceful villages along the edge of the Mercantour National Park and along the breathtaking coastline of Cap Martin and Saint-Jean-Cap-Ferrat. Fabulous landscapes embrace well-tended

gardens and historical gems, such as the incredible C16 citadel in Villefranche-sur-Mer. With the heady scent of orange blossom punctuating the sea air, you can wander the cobbles of mediaeval Roquebrune, absorb the gentle rhythm of Castellar and engage with history in the pretty town of Èze.

Beautiful Menton, the 'Pearl of France', famed for its rainbow-coloured floral displays, lies in total contrast with the glitzy town of Monaco, frequented by the celebrity set and awash with stylish hang-outs.

- ★★★★★☆ customer rating
- Picturesque coastal mountain walks revealing the undiscovered French Riviera
- Mediaeval mountain villages overlooking the Mediterranean
- Fine architecture: Belle Époque and Baroque; luscious gardens in Menton

## WHERE YOU STAY

Throughout the week you'll be staying at the \*\*\* Hôtel Balmoral. This charming hotel, with its well-appointed rooms, is just a five-minute walk from Menton town centre, where there is a wide choice of restaurants to choose from for your evening meals.



\*\*\* Hôtel Balmoral

## YOUR HOLIDAY DAY-BY-DAY

## 01 ARRIVE IN MENTON

Our base for the week is ideally located, just a short stroll from the beach and shops.

## 02 CAP MARTIN TO ROQUEBRUNE 12KM/7.5MI/5HR

We walk around the beautiful Cap Martin Peninsula and its dramatic cliff-front backdrop. Then we discover the village of Roquebrune with its C10 château-fort and breathtaking Mediterranean vistas.

## 03 SOSPEL TO MERCANTOUR NATIONAL PARK 9KM/6MI/6HR

We begin in Sospel, a peaceful village close to the Italian border and the starting point for the walk to the Mercantour National Park.

## 04 MONACO TO ÈZE 9KM/6MI/6HR

This morning we head to Monaco, then on to La Turbie. We enjoy views over Monaco and a balcony walk to the pretty C14 village of Èze, at 400m above sea level, with magnificent coastal views.

## 05 FREE DAY

Explore the elegant public gardens and architectural styles in Menton's old town: the Belle Époque market and the Baroque Basilica of Saint-Michel-Archange are well worth a visit. Alternatively, relax on the beach, visit Monaco or cross the border into Italy.

## 06 CASTELLAR TO MENTON 13KM/8MI/6HR

We take the public bus to the perched C15 village of Castellar with its winding cobbled streets and quaint shops. Then we walk up to the Italian border; those with the energy can walk back to Menton.

## 07 SAINT-JEAN-CAP-FERRAT 11KM/7MI/5HR

Explore the stunning Saint-Jean-Cap-Ferrat. There's time to visit Villefranche-sur-Mer with its C16 citadel and the Saint-Pierre Chapel decorated by the French writer and filmmaker, Jean Cocteau.

## 08 LEAVE MENTON

## PRICES FROM

£1069 per person

With departures on selected Saturdays from 14th April to 29th September 2018

## YOUR HOLIDAY INCLUDES

- 7 nights single-centre accommodation in a \*\*\* hotel
- All breakfasts
- Management by our sister company, Exodus
- Walking map
- Walking transfers

Price including return flights (from Heathrow to Nice with British Airways) and local transfers from £1219 per person. Other flights, including regional departures, available on request.

# WHITE VILLAGES OF ANDALUCÍA WALK

WALKING ACTIVITY LEVEL  
1 1+ 2 2+ 3



© iStockphoto.com

View over Cómpeta



- ★★★★★ customer rating
- Stay in a beautiful 200-year-old olive mill
- Malaga old town, Nerja Caves and the Balcon de Europa
- Superb hosts and walking leader
- Exceptional food and drink

## INSPIRATIONAL, CULTURAL AND IMPRESSIVE...

Flamenco melodies, whitewashed villages, olive-planted hillsides and a fabulous gastronomy are the essence of Andalucía, and along this journey you'll have the opportunity to experience a truly authentic part of southern Spain.

Stroll through striking white hilltop villages, meander lush meadows, wander ancient forests, olive groves and vineyards, pass locals farming the Roman terraces in Sedella and discover local wine-making techniques. Egyptian vultures and Bonelli's eagles soar the clear blue skies above and golden orioles startle with their spectacular colour.

From the C8 - C15, the Moors ruled, leaving their legacy in the guise of magnificent architecture. Visit a Moorish fortress and palace in Málaga. The prehistoric Nerja Caves, with a 32m high central column, fascinate, whilst the peaks of the Sierra de Alhama Natural Park offer unbeatable vistas.

*“Excellent hotel, great walks with an excellent local guide, and super company.”*

Ms Goddard, Ipswich

## WHERE YOU STAY

The **★★★★** Finca el Cerrillo is a gem of a place. There are 13 individually styled en-suite rooms. The living areas include a wonderfully atmospheric beamed lounge, dining room, small library and 'honesty' bar. The terraced gardens, with 100-year-old carob and palm trees, surround both sunny and shaded patios with comfy seating areas. The pool affords stunning views of the valley below and the pretty Moorish village of Archez with its C13 tower.



★★★★ Finca el Cerrillo

## YOUR HOLIDAY DAY-BY-DAY

### 01 ARRIVE IN CANILLAS DE ALBAIDA

Arrive at your hotel in Canillas de Albaida.

### 02 CÓMPETA WALK 6KM/4MI/3HR

We head to the church of Santa Ana in Canillas de Albaida then stop at the Bodegas Almijara for a wine-tasting. On to Cómpeta for a tapas lunch in the lively main square and then back to the hotel.

### 03 SEDELLA WALK 6KM/4MI/3HR

Visit the white village of Sedella then up to the Molino de Montosa where there are regular sightings of griffon vultures and other birds of prey.

### 04 FREE DAY

Spend the day relaxing at the Finca or visit the beautiful city of Málaga to explore the old town, the Alcazaba and the Picasso museum (payable locally).

### 05 SALARES WALK 6KM/4MI/2HR

We head through countryside today for 360° views of the Mediterranean, the Sierra Tejeda and Almijara, before arriving in Salares with its Arabic bridge, and the church of Santa Ana with its old Moorish minaret.

### 06 NERJA CAVES AND GORGE 7KM/4.5MI/2.5HR

A 45-minute transfer to the spectacular Cuevas de Nerja. We follow the Barranco de Maro then, after lunch, explore Nerja town, its beach and museum.

### 07 LOMA DEL DAIRE 8KM/5MI/4HR

A 4x4 drive into the Sierra de Alhama Natural Park offers stunning vistas. The walk gently climbs to meet the historic silk trail that heads to Granada Province.

### 08 LEAVE CANILLAS DE ALBAIDA

## PRICES FROM

**£1049** per person

With departures on selected Saturdays from 10th March 2018 to 26th October 2019

## YOUR HOLIDAY INCLUDES

- 7 nights single-centre accommodation in a **★★★★** hotel
- All meals (including wine at dinner)
- Management by local hotelier
- Services of an experienced walking guide
- Walking map
- Walking transfers

Price including return flights (from Gatwick to Malaga with British Airways) and local transfers from £1229 per person. Other flights, including regional departures, available on request.

# VISTAS OF VALENCIA WALK

WALKING ACTIVITY LEVEL



Coll de Rates



- ★★★★★ customer rating
- Excellent contrasting walking with majestic mountain and coastal scenery, panoramic views at every turn
- Spectacular peaks, dramatic gorges, tumbling waterfalls, ancient Arabic trails
- Traditional white villages, stunning turquoise bays, citrus groves, olives, almond blossom

## BEAUTIFUL AND UNSPOILT WITH PANORAMIC VIEWS...

Valencia is known for its cosmopolitan vibe and architectural prowess, but head south to the majestic mountains of the Marina Alta and nature abounds.

Citrus valleys are lined with vineyards and ancient mule tracks link traditional villages, deserted farmsteads and illicit coastal storage coves. Walking in the footsteps of bygone Arab traders, head up to the Caballo Verde Ridge, the location of the last 'Moors vs Christians' battle on mainland Spain. As crouching, peregrine falcons and Bonelli's eagles soar overhead, you'll walk through magnificent inland gorges, over exposed

ridges and along camomile-scented trails, many of which offer wonderful views of the spectacular Spanish coastline.

The route around the Bernia Ridge takes you through a photogenic natural cave and on to a breathtaking vantage point, where, with only the chirp of the resident cicadas as company, you can enjoy a picnic lunch.

Historic Valencia boasts architectural gems, such as the cathedral, the Plaza de Mercado and the Museo de Bellas Artes, as well as the more modern City of Arts and Sciences.

## YOUR HOLIDAY DAY-BY-DAY

### 01 ARRIVE IN PARCENT

Arrive in Parcent where a light lunch is provided. Enjoy a stroll around the village before dinner.

### 02 EL SOMO CIRCUIT 12KM/7.5MI/5HR

We wind our way between three spectacular inland gorges enjoying expansive views of the coast then picnic below a castle on a ragged vertical peak.

### 03 CABALLO VERDE 15KM/9.5MI/5.5HR

We follow a steady, stepped trail cut centuries ago by Arab traders to this ancient battlefield. After a picnic we descend to Benichembla for a drink in the bar.

### 04 COLL DE RATES 10KM/6.5MI/4.5HR

We walk up the Barranco Negro, through orange groves, into the Carrascal range. Discover the amazing flora and fauna as we climb to the summit for fantastic views over several sierras.

### 05 INDEPENDENT EXPLORING IN VALENCIA

Catch the train to Valencia to visit the Plaza de Mercado, the cathedral, the Museo de Bellas Artes (with works by Goya and El Greco), the UNESCO Silk Market and the City of Arts and Sciences.

### 06 SMUGGLERS' COVE WALK 7KM/4.5MI/4HR

We wind down a rocky, narrow gorge to a stunning turquoise bay, where the cliffs were once home to the illicit storage caves of smugglers. We then climb to a seaside trail beneath the soaring cliffs.

### 07 BERNIA RIDGE 12KM/7.5MI/4.5HR

Few walks offer as many high impact views as today's route. There is an amazing natural cave, a picnic spot at a ruined C16 Moorish fortress and Echo Gorge.

### 08 LEAVE PARCENT

## WHERE YOU STAY

A warm welcome is always waiting at the  **Casa Carrascal**, an exquisitely restored, traditionally decorated C17 hotel. There are just six en suite bedrooms, each lovingly adorned with antiques and a comfy lounge/library area where you can enjoy an *aperitivo* from the honesty bar. David presides in the kitchen and his mouth-watering menus are served either on the terrace or in the rustic dining room.



Casa Carrascal

## PRICES FROM

**£969** per person

With departures on selected Saturdays from 10th February 2018 to 4th May 2019

## YOUR HOLIDAY INCLUDES

- 7 nights single-centre accommodation in a  hotel
- All breakfasts, 6 lunches and all evening meals, with wine
- Management by local hotelier
- Services of an experienced walking guide
- Walking map
- Walking transfers

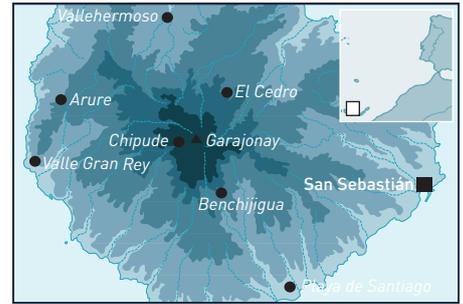
Price including return flights (from Gatwick to Alicante with Thomson Airways) and local transfers from £1219 per person. Other flights, including regional departures, available on request.

# WALKING ON LA GOMERA

WALKING ACTIVITY LEVEL  
1 1+ 2 2+ 3



Valle Gran Rey



## AN ISLAND WITH MANY BREATHTAKING LAYERS...

A quiet hideaway offering a complete contrast to the bustling vivacity of the other Canary Islands, sub-tropical La Gomera boasts some refreshing criss-crossing walking trails.

Revealing a mountainous backdrop continuously bathed in a plethora of regal hues, La Gomera features a serene landscape punctuated only by ancient rainforests, striking ravines and rocky beaches. Home to several rare and endemic species, the magnificently mystical Garajonay National Park is a veritable highlight. Ancient paths meander the fertile interior, whilst tiny farmsteads and pretty hamlets, such as Benchijigua and Iqualero, cling to precipitous ridges.

Spot the UNESCO World Heritage monument to Silbo Gomero and gaze over the majestic Valle Gran Rey, before enjoying the sweet, heady aromas of avocado, mango and bananas, grown in abundance in La Calera. Exploring both verdant gorges and the awe-inspiring coastline from Vallehermoso, stunning panoramas are plentiful; the view of Roque Cano is unbeatable.

The relaxed vibe here means there is plenty of opportunity to enjoy the delectable cuisine and a local tippie or two, and listen out for the island's unique whistling language.

### YOUR HOLIDAY DAY-BY-DAY

#### 01 ARRIVE IN SAN SEBASTIÁN

Arrive at your hotel on La Gomera in time for dinner.

#### 02 EL ROQUE AGANDO 8KM/5MI/4HR

We start in the impressive surroundings of Los Roques with gigantic lava plugs all around. Descend to the pretty cottages of Benchijigua before a short climb rewards us with views of the Santiago ravine.

#### 03 GARAJONAY NATIONAL PARK 8KM/5MI/4HR

We descend gently through the high-humidity forest of the UNESCO World Heritage Garajonay National Park. We stop for lunch in the hamlet of El Cedro before continuing through the forest.

#### 04 LA MERICA RIDGE WALK 7KM/4.5MI/3HR

Starting in Arure there are spectacular views over the most emblematic valley on the island - Valle Gran Rey. We walk down to La Calera where there's time for a refreshing swim in the ocean and a drink.

#### 05 FREE DAY

Today you could explore the pretty harbour and old quarter of San Sebastián, where you can see Columbus' house, the Church of the Incarnation and Columbus' well. It's also market day.

#### 06 VALLEHERMOSO WALK 9KM/6MI/4HR

From Vallehermoso in the fertile north-west, we ascend a ravine to the Santa Clara chapel for lunch. A coastal walk and a beautiful descent with a view of lofty Roque Cano, returns us to Vallehermoso.

#### 07 THE 1000M VILLAGES WALK 11KM/7MI/5HR

Climb to the Garajonay peak for breathtaking views of La Palma, El Hierro, Tenerife and Gran Canaria. Descend through some of the most iconic villages on the island and pass the Fortress of Chipude where we stop for a Canarian lunch.

#### 08 LEAVE SAN SEBASTIÁN

- ★★★★★☆ customer rating
- Spectacular gorge and coastal walks with breathtaking views of La Palma, El Hierro, Tenerife and Gran Canaria
- Sun-drenched villages, colourful fishing harbours and sub-tropical forests
- UNESCO World Heritage Garajonay National Park

### WHERE YOU STAY

Your base is the stunning and tranquil \*\*\*\* Parador in San Sebastián. Perched high on the cliff top and surrounded by exotic gardens planted with hibiscus, bougainvillea and palms, the hotel's pool is spectacularly positioned overlooking the sea and the colourful harbour below. Excellent evening meals are served in the hotel, and expect to sample some typical Gomeran specialities.



Parador de La Gomera

### PRICES FROM

£1519 per person

With departures on selected Tuesday from 16th January 2018 to 9th April 2019

### YOUR HOLIDAY INCLUDES

- 7 nights single-centre accommodation in a \*\*\*\* hotel
- All breakfasts, lunches and evening meals
- Management by local hotelier
- Services of an experienced walking guide
- Transfers in an air-conditioned vehicle

Price including return flights (from Gatwick to Tenerife South with Thomson Airways), ferry crossing and local transfers from £1719 per person. Other flights, including regional departures, available on request.

# SECRETS OF TENERIFE WALK

WALKING ACTIVITY LEVEL  
1 1+ 2 2+ 3



© cristianbalate | AdobeStock

Masca village



- ★★★★★☆ customer rating
- Elegant boutique hotel with heated pool and spa facilities
- Innovative cuisine and superb wine included with dinner
- Soaring volcanic cliffs, snow-capped Mount Teide, stunning ocean views

## FROM VOLCANIC FEATURES TO EXPLOSIONS OF WILDFLOWERS, THIS HAS IT ALL...

Tenerife, the 'Island of Eternal Spring' is a harmony of picturesque and often dramatic scenery. Perfect temperatures, endless sunshine, and lingering wildflowers make Tenerife ideal for lovers of exploring on foot.

The magnificent 'laurisilva forest' in the Anaga Rural Park contrasts with the charming cottages and terraced vineyards nestled into protective rock faces. Against a backdrop of hills dotted with pink pericallis, poppy-lined paths lead to charming hidden away fishermen's houses that have sheltered for decades under the lighthouse on the very northern tip of the island.

More energetic walking in the rugged south offers the chance to explore the moonscape-like scenery of the Masca Gorge and the UNESCO World Heritage Site of Mount Teide, with Berthelot's pipits flitting above the indigenous broom.

Majestic Monte Guajara, towering above ancient lava streaks, is spellbinding, whilst the remote and wild Teno Rural Park, dominated by unforgiving ridges and dramatic valleys, boasts wonderful coastline views.

Laid-back island life is easy to embrace and there is plenty of opportunity to soak up the local culture and enjoy the wonderful food and drink on offer.

### WHERE YOU STAY

A listed building, the elegantly restored \*\*\*\* San Roque Hotel is located just a stone's throw from the old port and the beautifully preserved cobbled streets of Garachico. It boasts just 20 beautifully appointed air-conditioned rooms and suites. Perfect for relaxing after a day's walking, each room has a Jacuzzi bath, and customers can enjoy the heated swimming pool and sauna. In the stylish dining room there's a fusion of Canarian and Mediterranean cuisine using first-class organic ingredients, complemented by a superb wine list.



San Roque Hotel

### YOUR HOLIDAY DAY-BY-DAY

#### 01 ARRIVE IN GARACHICO

Arrive at your hotel in time for dinner.

#### 02 HISTORICAL VOLCANOES 10KM/6.5MI/5HR

Today's walk takes us to the Chinyero Reserve to view the dramatic volcanic landscapes of the black Montaña de Chinyero volcano. Passing through the Arenas Negras (black sands), giant flows of solid lava offer perfect views of Mount Teide.

#### 03 TEIDE NATIONAL PARK 9KM/6MI/4HR

We walk through the UNESCO Teide National Park – look out for lava flows in vividly contrasting colours – before a drive back through the Teide caldera.

#### 04 TENO RURAL PARK WALK 10KM/6.5MI/5HR

Walk through the Teno Rural Park with its abandoned terraces, stone circles and spectacular views. Visit the hamlet of Teno Alto for lunch, then descend on the Callejon de Teno trail, passing a unique volcanic cone.

#### 05 FREE DAY

In the morning perhaps explore the lava rock pools and narrow streets of Garachico, with its C16 churches. Lunch in the pretty square then back to the hotel to laze by the pool.

#### 06 ANAGA RURAL PARK 11KM/7MI/5HR

We start at the Cruz del Carmen visitors' centre then follow the paths through the sub-tropical laurisilva that colonises northern Tenerife. Visit Laguna market to choose your picnic lunch.

#### 07 CUMBRE DE BOLICO RIDGE 10KM/6.5MI/5HR

Walk through the Teno Rural Park, along old shepherds' routes to the Cumbre de Bolico Ridge, for views out across the Atlantic towards La Gomera.

#### 08 LEAVE GARACHICO

### PRICES FROM

£1479 per person

With departures on selected Tuesdays from 9th January 2018 to 2nd April 2019

### YOUR HOLIDAY INCLUDES

- 7 nights single-centre accommodation in a \*\*\*\* hotel
- All breakfasts, evening meals and 5 lunches
- Management by local hotelier
- Services of an experienced walking guide
- Transfers in an air-conditioned vehicle

Price including return flights (from Gatwick to Tenerife South with Thomson Airways) and local transfers from £1699 per person. Other flights, including regional departures, available on request.

## DELIGHTS OF THE DALMATIAN COAST WALK

WALKING ACTIVITY LEVEL

1 1+ 2 2+ 3



Dubrovnik



- ★★★★★ customer rating
- World Heritage sites in Dubrovnik, Split and Trogir
- Stunning coastal paths, valley trails, lakes and waterfalls
- Beautiful islands; spectacular Krka National Park

## STUNNING NATURAL BEAUTY AND MAGNIFICENT HISTORICAL HIGHLIGHTS...

Croatia's Dalmatia is a fantasy destination. A rugged coastline boasts sandy beaches and striking emerald waters, whilst interesting geology has bequeathed an abundance of impressive features; crags, caverns and waterfalls complement the more serene landscape of the interior perfectly.

Undulating coastal paths and forest trails equal gentle walking, and clear skies enhance the colours of the often crocus-dusted valleys. Stroll through Krka National Park, stumble upon the yellow water lilies shimmering below the thundering Skradinski waterfall, and amble along

valleys lined with towering peaks such as Mount Sniježnica and Mount Straziste.

Famous for its many offshore islands, such as tiny Koločep, Dalmatia is also home to a vibrant fishing community, Napoleonic fort and photogenic floral-clad village houses.

Enjoy tranquil picnics, indulge in fabulous local cuisine and visit the sublime regional capital of Dubrovnik. Renaissance churches amass in the old town, whilst cobbled streets and narrow alleys lead to the magnificent cathedral, stunning palaces and excellent museums that cover the gamut of historical legacies that have touched this city.

## YOUR HOLIDAY DAY-BY-DAY

## 01 ARRIVE IN DUBROVNIK

Arrive at your hotel in time for dinner.

## 02 JASENICE AND VELJI DO 5KM/3MI/2.5HR

We head to the ancient Epidaurum in Cavtat then continue to Jasenice, with Mount Sniježnica to our right. After a traditional lunch, we enjoy a guided tour of Dubrovnik and dinner.

## 03 KOLOCEP ISLAND 8KM/5MI/3.5HR

We visit Gornje Celo harbour with its painted fishing boats and a ruined Napoleonic fort. This afternoon, visit Dubrovnik's mediaeval ramparts, Renaissance churches and Doge's Palace.

## 04 MAKARSKA AND BRAC ISLAND

We head to Brac Island via Ston, famous for its oysters. We continue to Makarska for lunch, followed by a stroll on the peninsula of St Peter before boarding the ferry to Brac Island. After the ferry we drive to Bol, our home for the next two days.

## 05 BLACA MONASTERY 5KM/3MI/2.5HR

We visit Blaca Bay where we'll learn how monks once exported 70,000 litres of wine a year to Venice, and stop for a picnic in the coastal coves. We can enjoy a swim on Bol's beach before dinner in the old town.

## 06 BOL TO TROGIR VIA SPLIT

A 40-minute transfer to Skrip, the oldest village on the island, to visit a folk museum, housed in a C17 tower. We then stroll to Splitska to board the ferry to Split for lunch and a guided tour. Visit the Diocletian's Palace and Romanesque cathedral before continuing to Trogir.

## 07 KRKA NATIONAL PARK 8KM/5MI/3HR

We drive to Krka National Park to observe a myriad of lakes and waterfalls. After a picnic, we'll explore the ponds bright with yellow water lilies below the mighty Skradinski waterfall. Then we head back to Trogir to explore the old town before our final dinner.

## 08 LEAVE TROGIR

## WHERE YOU STAY

In Dubrovnik, we stay in the **Dubrovnik Palace**. Its spectacular cliffside position offers superb views. On Brac, the **Hotel Kastil** is a pretty honey-coloured stone mansion on the harbour front. The **Hotel Paske** is situated in the centre of Trogir, amongst a labyrinth of charming streets. Evening meals and some lunches are taken in local restaurants.



★★★★ Dubrovnik Palace



★★ Hotel Kastil



★★★★ Hotel Paske

## PRICES FROM

£1499 per person

With departures on selected Sundays from 20th May to 7th October 2018

## YOUR HOLIDAY INCLUDES

- 7 nights hotel-to-hotel accommodation in a mix of ★★, ★★★★ and ★★★★★ hotels
- All meals
- Management by local hotelier
- Services of an experienced walking guide
- City guides in Dubrovnik and Split
- Walking map
- Transfers in an air-conditioned vehicle
- All excursions, tourist taxes and ferries

*Price including return flights (from Heathrow to Dubrovnik with Lufthansa) and local transfers from £1749 per person. Other flights, including regional departures, available on request.*

## HIGHLIGHTS OF MONTENEGRO WALK

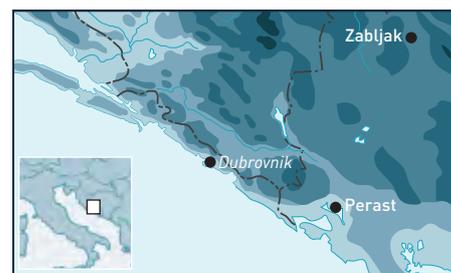
WALKING ACTIVITY LEVEL

1 1+ 2 2+ 3



© shutterstock.com

Perast



- ★★★★★☆ customer rating
- Contrasting walks: alpine hamlets, lakeside villages, the beauty of the Adriatic Coast
- UNESCO-protected Tara Canyon: Europe's deepest and most scenic
- Thundering waterfalls, glacial lakes, emerald rock pools, fjord-like bays

## THE DRAMATIC, UNTOUCHED DIAMOND FORGED IN THE ADRIATIC...

For such a tiny place, the Baltic state of Montenegro offers a bountiful history and an incredibly diverse natural beauty that lies right at its heart. Despite its size, it radiates passion and drama that rivals its Adriatic neighbour, Italy.

Discover the spellbinding charcoal mountain range in Durmitor National Park (from which the country gets its name: Monte – mountain, Negro – black), gaze over the black lake of Crno Jezero and admire the towering spire of Bobotov Kuk, which stands as proud and defiant as the Montenegrin people.

You'll find the thunderous Tara River Canyon streaming below to be no less fierce – marvel

at the crystal-clear waters winding through foreboding limestone gorges towards Bosnia.

Enveloped by the satisfying aroma of honey in mountainous Njeguši, you can taste the local cheeses and dried smoked hams whilst black capercaillies, golden eagles and peregrine falcons circle enviously above.

Further south, a more serene landscape unfolds with meandering rivers and sparkling lakes bordered by picture-perfect mediaeval towns. Cobbled alleyways are overshadowed by bright red overhanging roofs, which themselves are overlooked by giant rocky spines that evoke the jutting crests of the north.

### YOUR HOLIDAY DAY-BY-DAY

#### 01 ARRIVE IN ZABLJAK

Arrive at your hotel in Zabljak at the foot of the Durmitor National Park.

#### 02 TARA RIVER CANYON 14KM/9MI/4.5HR

We walk up and around the tempestuous UNESCO-recognised Tara River Canyon, with its cascading waterfalls and traversable caves.

#### 03 DURMITOR NATIONAL PARK 14KM/9MI/4HR

We take a swim in Crno Jezero followed by a picnic in the shadows of some of Montenegro's most astounding peaks.

#### 04 BAY OF KOTOR

A short drive south leads us to Perast, considered Montenegro's prettiest village and our home for the next four nights. Take lunch and head out onto the calm ripples of Kotor's magnificent bay.

#### 05 LOVCEN NATIONAL PARK 10KM/6.5MI/3HR

We marvel at some of the most intoxicating flora in the country then climb the 461 steps to visit Montenegro's most revered ruler, Petar II Petrovic Njegoš, in his mountaintop tomb, the Njegoš Mausoleum.

#### 06 CITY OF KOTOR 5KM/3MI/2.5HR

Get lost amongst the sandstone in labyrinthine Kotor. Find the proud clock tower and the hidden piazzas, then view it all from above with a rewarding climb up the town's ramparts.

#### 07 LAKE SKADAR AND GODINJE 6KM/4MI/2HR

We take a boat trip on Lake Skadar, the biggest lake in the Balkans. You are flanked by tiny towns with sprawling vineyards, and verdant hills that overlook the abandoned C14 monastery on an island of its own.

#### 08 LEAVE PERAST

### WHERE YOU STAY

For the first three nights of the tour you stay at the **Hotel Soa** in Zabljak before moving on to the **Hotel Conte** in Perast. Evening meals are included on all but the last night, where we've left you free to enjoy dinner at leisure at a restaurant of your choice.



\*\*\*\* Hotel Soa



\*\*\*\* Hotel Conte

### PRICES FROM

£1259 per person

With departures on selected Sundays from 20th May to 30th September 2018

### YOUR HOLIDAY INCLUDES

- 7 nights twin-centre accommodation in two \*\*\*\* hotels
- All breakfasts, 6 evening meals and 4 lunches
- Management by your local Headwater-appointed agent
- Services of an experienced walking guide
- Transfers in an air-conditioned vehicle
- Prosciutto tasting

Price including return flights (from Gatwick to Dubrovnik with British Airways) and local transfers from £1519 per person. Other flights, including regional departures, available on request.

## TRANSYLVANIA &amp; THE CARPATHIAN MOUNTAINS

WALKING ACTIVITY LEVEL  
1 1+ 2 2+ 3

Bran Castle

## TRADITIONAL, MYSTERIOUS AND IDYLIC...

Creepy castles, howling wolves and spooky vampires are synonymous with Bram Stoker's Transylvania, but dig deeper and this central Romanian region is warm and welcoming.

Bordered by the Carpathian Mountains, the region's landscape is both diverse and intriguing. Time appears to stand still and, as you pass through mediaeval villages and across meadows, you'll encounter locals travelling by horse-drawn cart and shepherds tending to their flocks in nearby fields.

Stop off at Bran Castle, a Gothic fortress associated with the legend of Dracula, chat to friendly locals, and enjoy a slug of *paninca*, a fiery brandy traditionally made from plums. Discover isolated farmsteads and admire beautiful wildflower-covered pastures, whilst looking for rare birds and butterflies. Charming historic towns show off Gothic, Renaissance and Baroque buildings, and you can even visit the house where Vlad Dracula was born.

Black chamois, wolf, lynx and brown bears roam the high cliffs of the Piatra Craiului Mountains and if you're lucky, you might even catch a glimpse.



- Beautiful fairytale castles and traditional churches set amongst spectacular Carpathian mountain scenery
- Gothic, Baroque and Patrician buildings and the UNESCO-listed Viscri Saxon village
- The High Bucegi Plateau and the stunning Prapastiile Zarnestilor gorge

## WHERE YOU STAY



\*\*\*\*\* Villa Oblique



\*\*\*\* Nobillis Carpathian



\*\*\* Transylvanian Inn



\*\*\*\*\* Fronius Residence



\*\*\*\* Hotel Belvedere

## YOUR HOLIDAY DAY-BY-DAY

## 01 ARRIVE IN SINAIA

A transfer from Bucharest airport to **Villa Oblique** in the Bucegi range of the Carpathian Mountains.

02 PELES AND THE BUCEGI PLATEAU  
15KM/9.5MI/4.5HR

We visit two fairytale castles, Peles and Pelisor, then take the cable car up to the Bucegi Plateau (2,100m) and walk to the Piatra Arsa Chalet and Babele Chalet.

## 03 PIATRA CRAIULUI MOUNTAINS 13KM/8MI/4HR

We visit Bran Castle before walking to the mountain village of Pestera where we stay at the **Nobillis Carpathian Residence**.

## 04 PESTERA TO ZARNESTI 16KM/10MI/5.5HR

We walk through the beautiful Prapastiile Zarnestilor gorge, home to the elusive three-toed woodpecker, up to the rustic Curmatura mountain hut, before descending into Zarnesti. We stay at the **Transylvanian Inn**, in Predelut.

## 05 VISCRI AND SIGHISOARA

We visit the UNESCO-listed Saxon village of Viscri with its impressive church castle. We discover the biggest lived-in castle in Europe then head to the **Fronius Residence** where we spend the next two nights.

## 06 CRIS TO MALANCRAV 11KM/7MI/3HR

A short transfer to the village of Cris, where we'll admire the ruins of C14 Bethlen Castle. Then a wonderful walk to Malancrav, where we visit the C15 church, with its Gothic altar and original frescos.

## 07 BRASOV / TAMPA MOUNTAIN 5KM/3MI/2.5HR

We drive to Brasov to admire the Gothic, Renaissance and Baroque Patrician buildings. Then we climb the Tampa Mountain (960m), looking out for rare animal species and vegetation. We stay at the **Hotel Belvedere**.

## 08 LEAVE BRASOV

## PRICES FROM

£1299 *per person*

With departures on selected Saturdays from 19th May to 22nd September 2018

## YOUR HOLIDAY INCLUDES

- 7 nights hotel-to-hotel accommodation in a mix of \*\*\*\*, \*\*\*\*\* and \*\*\*\*\* hotels
- All meals
- Services of your local Headwater-appointed agent
- Services of an experienced walking guide
- Transfers in an air-conditioned vehicle
- Entrance to listed sights and cable car rides

*Price including return flights (from Heathrow to Bucharest with British Airways) and local transfers from £1529 per person. Other flights, including regional departures, available on request.*

# NORWEGIAN FJORDS WALK

WALKING ACTIVITY LEVEL



© Andrey Artyagov | AdobeStock

Geiranger Fjord



## STRIKING SCENERY AND UNTOUCHED NATURE...

One of the most beautiful places on Earth, Norway boasts some of the finest natural wonders, from serene fjords and glistening glaciers to jagged mountains and dreamy lakes.

As of 2017, it's also officially the world's happiest country. Invigorating walks through UNESCO-protected landscapes are rewarded by awe-inspiring scenery around every turn: waterfalls, mountains, crystal-clear lakes and Europe's largest glacier. Dramatic fjords result from a succession of Ice Ages, and beautiful glacial valleys lie silent, except for thundering waterfalls that cast veils of mist into the cold air.

Amidst jaw-dropping nature lie picturesque cities and villages: the Art Nouveau style fishing port of Ålesund and the village of Sæbø beside the Hjørundfjord are charming. Stunning Geiranger Fjord features abandoned farms clinging to the cliffs, whilst ice-cold torrents tumble to the waters below.

A hike up to the Haugsvarden summit affords views overlooking the Nordfjord and Gloppefjord (great spot for a picnic) and a drive over the Utvik mountain pass leads to Kjendal, where you can see the tsunami site and hike up to the Bødalsbreen Glacier, an arm of the Jostedalbreen Glacier - Europe's largest ice sheet.

## YOUR HOLIDAY DAY-BY-DAY

### 01 ARRIVE IN NORWAY

Transfer to Ålesund for a briefing before dinner.

### 02 MELSHORNET 7KM/4.5HR/4HR

We walk up Melshornet, overlooking the Ørsta fjord and town, through birch forest for exceptional views extending towards the North Sea.

### 03 MOLLADALEN 7KM/4.5MI/4HR

Up past sheer rocks and waterfalls to mountain lakes nestled beneath the peaks of the 'Mighty' Molladalen. We enjoy a picnic lunch at the top admiring the views.

### 04 HOLMØYANE 7KM/4.5MI/3.5HR

Climb to the summer farm at Utigard, overlooking the deepest lake in Europe, then descend to walk along the shore and enjoy lunch by the cove of Holmøyane.

### 05 HAUGSVARDEN 12KM/7.5MI/6HR

Today we make the climb to Haugsvarden summit to

admire a 360° panorama of high, rugged peaks and the blue waters of the Nordfjord and Gloppefjord.

### 06 SEGESTAD 5KM/3MI/3HR

From the lakeside town of Hjelle we follow a beautiful trail up to the pretty C17 Segestad Farm, with great views of Hjelledalen and Erdalen, then finish in Sætra.

### 07 HAMSEVIK AND BILLINGEN 11KM/7MI/4.5HR

Two walks today: Hamsevik leads off across sweeping valleys and the Billingen waterfalls impress with their dramatic drops, volume and engineered bridges.

### 08 GEIRANGER 6KM/4MI/2.5HR

We visit Dalsnibb, high above the UNESCO-listed Geiranger Fjord, and visit the little lake of Møllsvatnet. We then take a scenic ferry across the fjord and a drive along the picturesque Norangs valley.

### 09 LEAVE NORWAY

- Striking, untouched scenery and incredible natural wonders - from the idyllic Hjørundfjord to the jagged beauty of Molladalen
- A walker's paradise with breathtaking views
- UNESCO Geiranger Fjord

## WHERE YOU STAY



Hotel Brosundet



Sagafjord Hotel



Hotel Sandane



Visnes Hotel



Union Hotel

## PRICES FROM

£2439 per person

With departures on selected Thursdays from 21st June to 4th October 2018

## YOUR HOLIDAY INCLUDES

- 8 nights hotel-to-hotel accommodation in mix of 3 and 4 star hotels
- All breakfasts, lunches and evening meals
- Services of your local Headwater-appointed agent
- Services of an experienced walking guide
- Walking map
- Walking transfers
- Luggage transfers between hotels

Price including return flights (from Heathrow to Ålesund with Scandinavian Airlines) and local transfers from £2699 per person. Other flights, including regional departures, available on request.

For those new to Headwater, our brochures are great for discovering exactly what we do. If you have travelled with us before, you can find out about our new trips and any changes to our holiday portfolio. After you've flicked through the pages at your leisure, head to our website for much more detail about individual trips, including in-depth day-to-day itineraries, hotel information and customer reviews

## SOCIAL MEDIA

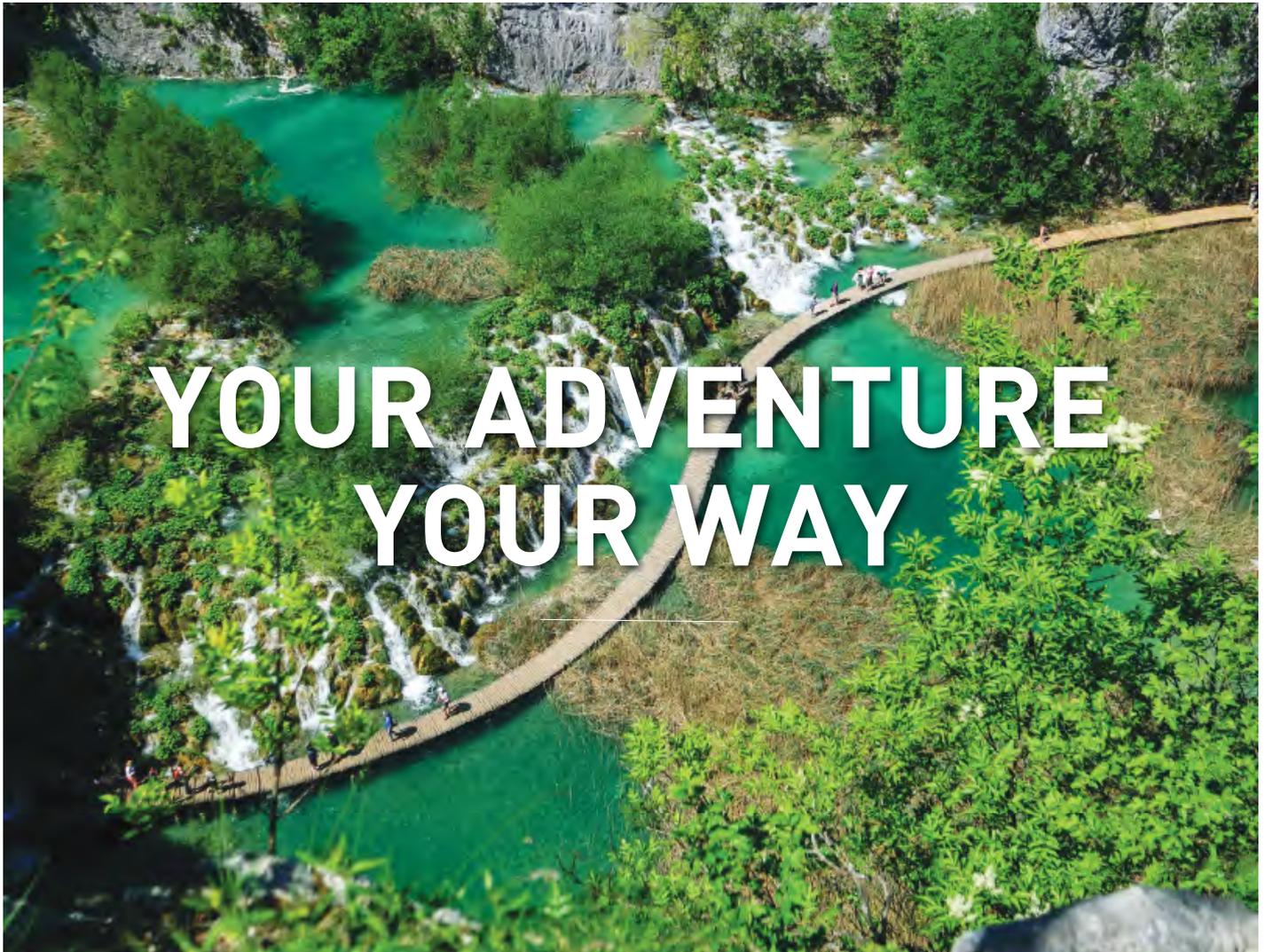
Enjoy daily posts on our Facebook and Twitter pages, where we update you on what we're up to, share interesting destination-specific news and images, and let you know what's happening in various regions. Our Headwater Reps regularly share images and weather updates too, so you'll know what to expect before you travel, and if there are any upcoming events in the local areas.

-  Like us on Facebook  
facebook.com/headwater
-  Follow us on Twitter  
@headwaterhols
-  See us on Instagram  
instagram.com/headwaterhols

### WHAT ARE YOUR FAVOURITE HOLIDAY MOMENTS?

We love it when customers send us their holiday snaps and tell us the parts they enjoyed most about their trips, and we encourage sharing on social media too. If you consider yourself a budding photographer and think you have some great photographs taken on your Headwater holiday, we'd love to see them! Plus, if you enter our **Moment of the Month competition**, you could win a £50 Amazon voucher if your photo is judged by award-winning travel photographer Matt Parry to be the winner. Send your images to [moments@headwater.com](mailto:moments@headwater.com) by the end of each month.

Terms and conditions apply, see [headwater.com/moments-of-the-month](http://headwater.com/moments-of-the-month)



Plitvice Lakes National Park, Croatia

## ENJOY ADVENTURE TRAVEL WITH EXODUS

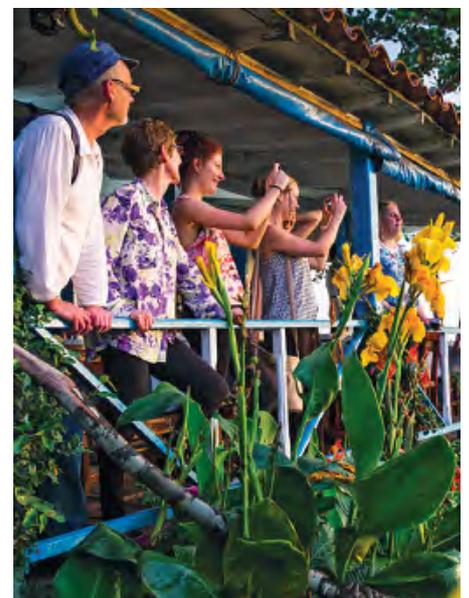
We'd like to introduce you to our sister company, Exodus Travels. With more than 500 itineraries to over 100 countries, Exodus is the expert when it comes to organising guided group and tailor-made adventures. Just as no two people are the same no two holidays need to be either. With so much of the world to explore, Exodus offer a plethora of adventures from walking and cycling holidays, to winter and family adventures, and cultural and wildlife trips too. Exodus has been carefully crafting unforgettable holidays since 1974, so you can rest assured that you're in safe hands, whether you prefer guided group exploration or your very own tailor-made itinerary.

## GUIDED GROUPS

Guided group trips are Exodus' most popular type of holiday. Their groups are normally between 8-16 people, meaning their trips aren't disruptive to the places they visit, and having a smaller number of guests also creates a good group dynamic. You'll get to know a range of people who come from different backgrounds but have a shared interest in travel. It also works

out better value for money as the costs of the trip are spread across the group.

And with a local expert on every adventure, you'll experience the true nature of your chosen destination. Their passionate and knowledgeable guides are famous for going the extra mile to make sure your holiday is the best it can possibly be!



# TAILORMADE ADVENTURE

The idea is simple: have your adventure tailored to suit you. Exodus can offer most of their holidays as Tailormade Adventures, just tell them where you want to go – and when – and their specialist team will carefully create a bespoke adventure suited to your travel needs.

And if you choose to go tailormade, you'll benefit from the relationships they've

built with local partners and their knowledgeable local guides. They know how to make your holiday the adventure of a lifetime.

To find out more, or to arrange your own Tailormade Adventure on a date to suit you, call Exodus on 0203 811 3299, email [specialistales@exodus.co.uk](mailto:specialistales@exodus.co.uk) or visit their website at [exodus.co.uk](http://exodus.co.uk).

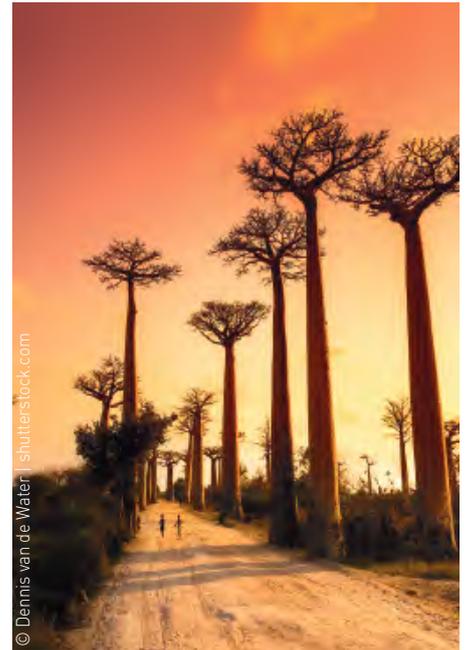


Atacama Desert, Chile

## LOYALTY REWARDS

Travelling with Headwater or Exodus previously means you automatically qualify to receive your loyalty discounts at either company. So your Headwater trips can count towards the Exodus loyalty offer, and vice versa. Just another hassle-free reason to travel with us.

For more information visit: [headwater.com/loyalty](http://headwater.com/loyalty)



© Dennis van de Water | shutterstock.com

The Avenue of the Baobabs in Madagascar

## GOING BESPOKE

Exodus customer Pat Astill talks about her many tailormade adventures.



Pat Astill

“For quite a few years I'd been travelling solo on my holidays and met some fantastic people who share my love for exploring faraway places. We thought it would be fun to travel together again so I contacted the Tailormade team,” says customer Pat Astill. “It was just so easy, that now we've done several, including Madagascar, Indonesia, Chile, Patagonia and Easter Island. Paula from the Tailormade team is helping us

organise a special trip for 2018 with options where people can choose to join at different stages.

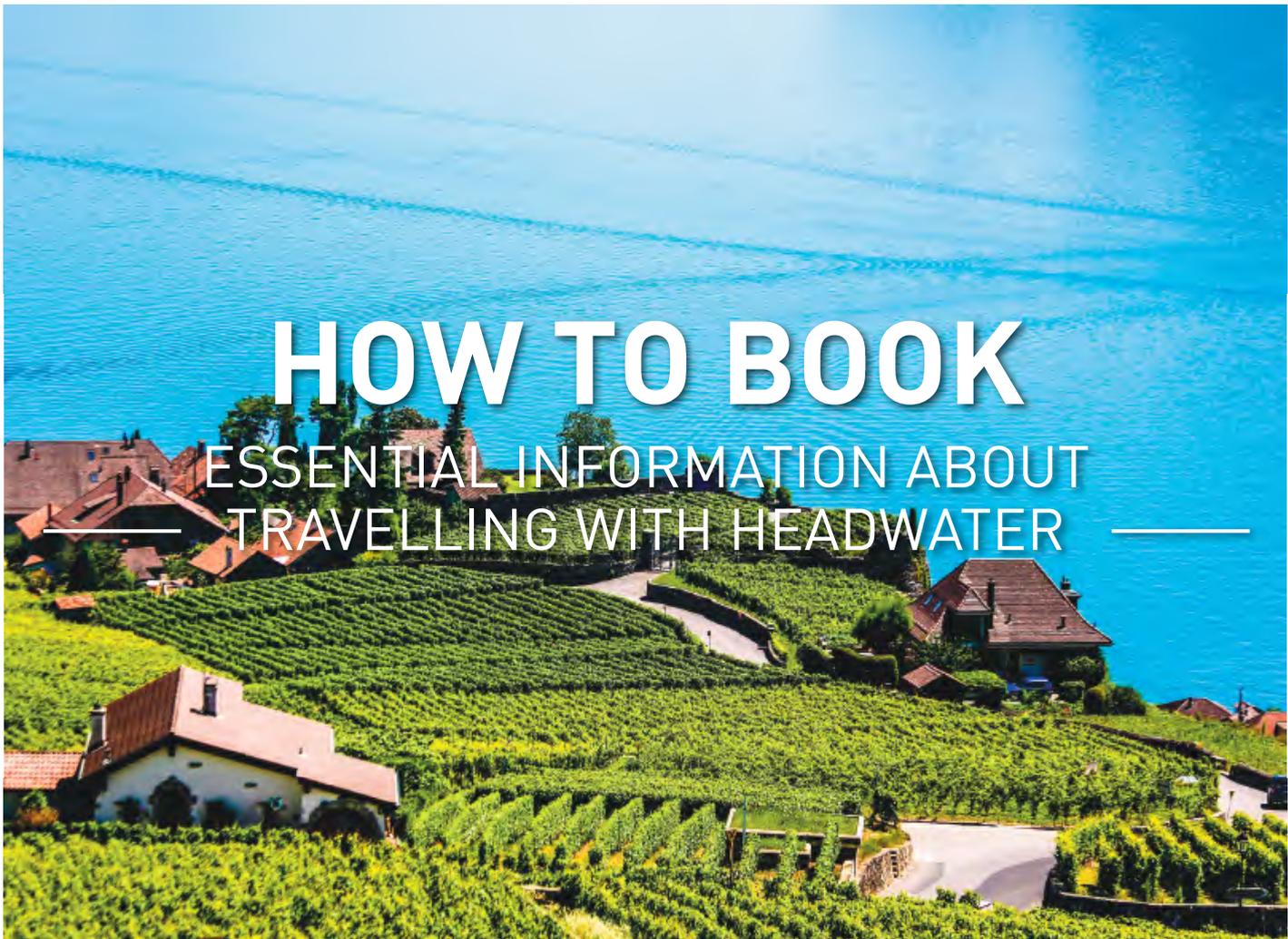
“Each trip is ‘tweaked’ to suit our requests. Last year we flew to Chile where we trekked through fine desert sand in San Pedro de Atacama to look at the changing landscapes of the Valley of the Moon. At the end of the trip we added an extension, so most of the group headed to Easter Island where we were welcomed by grass-skirted locals who placed flower garlands around our necks. Our first sight of the monolithic Moai was magnificent, and our local guide told us stories about her island. It was captivating.”



© Grafissimo | Shutterstock.com

Ahu Tahai on Easter Island

Visit [exodus.co.uk](http://exodus.co.uk) to find out more



# HOW TO BOOK

## ESSENTIAL INFORMATION ABOUT TRAVELLING WITH HEADWATER

Our aim is to provide holidays that are unbeatable for choice and flexibility. On the holiday pages we suggest the most popular routes, usually from a London airport. However, you aren't limited to these... we can tailor-make virtually any holiday to suit.

### IMPORTANT INFORMATION

#### Accommodation

All accommodation detailed in this brochure has been inspected and classified by the authorities of the relevant countries. As there is no direct British equivalent of many classifications, the broad expression 'hotels' refers to all the different types of accommodation we use, from friendly family-run B&B and country inns to luxury \*\*\*\*\* hotels (where \* is the country's official hotel rating).

The  symbol indicates the level of comfort for all accommodation not falling within the country's official rating system and has been assessed by us in a similar way to the Rosette system used by the AA within the UK. These accommodations are usually officially licensed, extremely popular with customers and very much part of the country way of life.

Our prices include accommodation based on two adults sharing a twin or double room with en-suite facilities for the number of nights detailed on the individual holiday pages.

#### Please note:

- In Europe when requesting a room for three people either a double or twin room with an extra bed is often provided, which may be cramped.
- Single rooms (even if you've paid a supplement) sometimes just offer privacy, and are often of a lower standard than doubles or twins.
- When requesting a room with twin beds in Austria, Germany or Switzerland a double bed frame with two single mattresses and separate bedding are the norm.
- Some facilities, including swimming pools may not be available for early and late season holidays and the reduced prices shown on our website reflect this.
- Any special children's facilities are generally only available during school holidays.

Please see holiday pages (and our website) for full details of the accommodation on each trip.

## Bike hire

Should you require a Headwater bike for any extra nights booked in your holiday region (either before, after or in the middle of your holiday) then an additional charge of £25 per day, per adult and £18 per day, per child will be payable at time of booking.

## Children's prices

We can often offer prices for children, including infants (over 1 and under 12 on the date of the outward travel) when sharing a double/twin room with two adults or two full fare paying passengers. Please contact us for details and prices.

## Customer satisfaction ratings

Customer satisfaction ratings shown on the individual holiday pages relate to holidays taken in the period October 2015–September 2016.

## Cycle helmets

The latest requirements for the wearing of cycling helmets in the European countries stated are:

France: Mandatory for all children under 12 years  
Spain: Mandatory for all cyclists  
Portugal: Mandatory for all cyclists using an e-bike  
Austria: Mandatory for all children under 12 years  
Slovenia: Mandatory for all children under 15 years  
Croatia: Mandatory for all children under 16 years

In countries where wearing a cycling helmet is mandatory (see above) you are expected to bring your own helmet as we cannot guarantee the availability of helmets for hire or purchase at your destination. If you decide to hire or purchase a helmet at your destination the choice of helmet and its suitability are at your discretion and Headwater will not be responsible for any issues or problems with helmets or other protective headwear. Note that if you do not have a helmet in countries where it is mandatory you will not be allowed to take part in any cycling element which may mean that you are not able to continue with the tour and Headwater will not be responsible for any costs you incur as a result.

Even in countries where cycling helmets are not a legal requirement, we strongly recommend that all customers wear helmets while on one of our cycling tours. You are expected to bring your own helmet as we cannot guarantee the availability of helmets for hire or purchase at your destination. If you do decide to hire or purchase a helmet at your destination the choice of helmet and its suitability are at your discretion and Headwater will not be responsible for any issues or problems with helmets or other protective headwear. If you choose to ignore our advice to wear a helmet or other protective headwear you understand that you do so at your own risk and that such action may affect the validity of your travel insurance. Cycling of all kinds has its dangers and accidents can happen from time to time. Please ensure that you are properly prepared for the riding you are going to undertake.

## Extra nights/city breaks

These include accommodation (and meals where specified on our website), but not the cost of travel between airport/station and hotel.

## Foreign Office travel advice

Our holidays are run in adherence with the travel advice provided by the UK Foreign and Commonwealth Office (FCO). For up to date travel advice please visit [www.gov.uk/foreign-travel-advice](http://www.gov.uk/foreign-travel-advice), call 0207 008 1500 or email [TravelAdvicePublicEnquiries@fco.gov.uk](mailto:TravelAdvicePublicEnquiries@fco.gov.uk).

## Group sizes

We may from time to time, operate holidays with lower or higher numbers than the group sizes.

## Holiday itineraries

Please note that the itineraries shown on the holiday pages are for general guidance only, and we reserve the right to change these subject to local weather conditions etc.

## Images

The images shown in this brochure and on our website are for illustrative purposes only.

## Meal plans

Details are clearly stated in the 'What's included' box on the individual holiday pages.

## Pricing

All prices quoted in the brochure are in GBP.

## Rep/local agent services

In some areas, the hoteliers or local agents also act as our representatives. Their contact details will be provided to you before travel.

## Travel arrangements & car hire

Our air and air-rail inclusive arrangements are detailed on the individual holiday pages or on our website; here you will find the most up to date timings and routes along with all UK regional airport information.

Should you prefer to travel to your destination by Eurostar and onward rail or take one of the various channel crossings you can find all the details relating to these options on our website along with prices and what's included.

For holidays where car hire is not included in the standard package we can, of course, arrange car hire for you, please visit our website for details and prices.

## Taxes

Departure/arrival taxes and visa charges which are payable locally in cash are not included in the holiday price. Neither are local tourist taxes like the French *taxe de sejour* and Italian *tassa di soggiorno* (if charged), which are payable directly to your hotelier at the end of your stay.

## What your holiday price includes

The individual holiday pages provide information of inclusions however where we refer to:

High quality bikes - we will provide a fully equipped hybrid bike with panniers and bike lock or a child's all-terrain bike.

Canadian canoes or sit-on-top kayaks – we will provide paddles, helmets, buoyancy aids, 25 litre waterproof container, boat lock and chain. Please see our website for age limitations and swimming requirements for canoeing holidays.

Further detailed information relating to the holidays can be found on the individual holiday pages or on our website.

# HOW TO CONTACT US



**01606 828566\***

Call us to discuss your holiday requirements with our friendly, knowledgeable sales team.

*\* Calls to our 01606 number from UK landlines cost the standard rate, but calls from mobiles may be higher. Please check with your network provider.*



**headwater.com**

Visit our website for further information about our holidays. You can contact us via the website, check holiday availability and 'chat' with our sales team (during office hours) using our 'live chat' facility.



**sales@headwater.com**

Email us with your queries or use the contact form on our website at [headwater.com/contactus](http://headwater.com/contactus)

Our offices are open:

9am-8pm Mon-Wed, 9:30am-8pm Thur,  
9am-7pm Fri, 9am-4pm Sat.



The Foreign & Commonwealth Office and the NHS have up-to-date advice on staying safe and healthy abroad.

For more on security, local laws, plus passport and visa information, see [travelaware.campaign.gov.uk](http://travelaware.campaign.gov.uk)

Keep informed of current travel health news by visiting [www.fitfortravel.nhs.uk](http://www.fitfortravel.nhs.uk)

For further information, please visit us at [headwater.com/travelaware](http://headwater.com/travelaware)

The advice can change so check regularly for updates.

## TRAVEL INSURANCE

Travel Insurance is an important part of any booking. At Headwater it is a condition of booking with us that everyone has travel insurance that includes cover for all activities featured as part of the trip. Please note we will require confirmation of your valid policy number together with the 24 hour medical emergency contact number for all bookings.

**To arrange Headwater's travel specialist insurance or obtain a quotation please contact Headwater on 01606 828566.**

### PREMIUMS per person (adults under 66 years)

UK Single Trip	
Up to 4 days	£15
Up to 9 days	£19
European Single Trip (including all countries bordering the Mediterranean)	
Up to 4 days	£25
Up to 9 days	£29
Up to 17 days	£35
Worldwide Single Trip (excluding North America and Mexico)	
Up to 9 days	£60
Up to 17 days	£70

Please contact Headwater for details of all additional charges which apply for persons aged 66 years or more.

All premiums shown are inclusive of Insurance premium tax and are valid for policies issued up to 31/12/2017. For the most up to date prices, please see our website [www.headwater.com](http://www.headwater.com)

### IMPORTANT

This is only a summary of cover, full details of the cover provided are shown on your policy document which will be sent to you at time of booking, please read it carefully to ensure you understand the cover provided as this insurance is being offered on a Non-Advised basis from a single insurer. A copy of the policy document is available upon request or on our website [www.headwater.com](http://www.headwater.com) In addition, this policy includes certain terms conditions, exclusions and excesses. Cover excludes any defined Pre-existing Medical Condition. If in doubt or if you wish to disclose Pre-existing Medical Condition(s), please call the medical screening helpline, in confidence, on 01702 427 237. Any optional additional premium quoted to cover a pre-existing medical condition must be paid directly to the medical screening helpline. The policy document contains a 21 day Cooling Off Period and details of how to claim and who to contact in the event of a medical emergency.

Headwater Holidays Ltd is an Appointed Representative of Campbell Irvine Ltd who are authorised and regulated by the Financial Conduct Authority. This can be checked on the FCA's Register by visiting [www.fca.org.uk](http://www.fca.org.uk) or by contacting them on 0800 111 6787.

### Travel Insurance Summary of Cover (Sums Insured are per insured person)

		Per person up to	Excess
A	Medical Expenses	£10,000,000	£75
	Diagnostic Testing	£10,000	£75
	In Patient Benefit	£300	Nil
	Criminal injuries	£5,000	Nil
	Additional Mountain Rescue	£2,000	£75
B	Personal Liability	£2,000,000	£250
C	Personal Accident	£25,000	Nil
D	Cancellation or Curtailment	£3,000	£75
E	Delayed Departure or Arrival	£100	Nil
	Cancellation due to Delay	£2,000	Nil
	Hi-jack of Aircraft	£3,000	Nil
	Interruption of Transport	£300	Nil
F	Personal Effects	£2,000	£75
	Money	£500	
	Tickets	£1,000	
	Passport and Visas	£250	
	Temporary Loss of Baggage	£100	Nil
G	Legal Expenses	£25,000	£250
H	Winter Sports Extension	Optional	£75

# BOOKING CONDITIONS

Please read these booking conditions carefully, they form an important part of the contract for your holiday.

All holidays advertised in our brochures and on our website are operated by Headwater Holidays Limited registered number 4484400 (hereinafter called 'the Company', 'we', 'us' or 'our'), a member of the Travelopia Group of Companies. Registered Office: Origin One, 108 High Street, Crawley, West Sussex, RH10 1BD, and are sold subject to the following conditions:

## INSURANCE

Please Note: Adequate and valid travel insurance is compulsory for all Headwater Holidays Limited travellers and it is a condition of accepting your booking that you agree you will have obtained adequate and valid travel insurance. We recommend you take out insurance as soon as your booking is confirmed.

## 1 YOUR FINANCIAL PROTECTION

1.1 The Package Travel, Package Holidays and Package Tours Regulations 1992 require us to provide security for the monies that you pay for the package holidays booked from us and for your repatriation in the event of our insolvency.

1.2 We will provide you with financial protection for any ATOL protected flight or flight inclusive holiday that you buy from us by way of our Air Travel Organiser's Licence number 9957, administered by the Civil Aviation Authority ('CAA'). When you buy an ATOL protected flight or flight inclusive holiday from us you will receive an ATOL Certificate. This lists what is financially protected, where you can get information on what this means for you and who to contact if things go wrong.

1.3 We, or the suppliers identified on your ATOL Certificate, will provide you with the services listed on the ATOL Certificate (or a suitable alternative). In some cases, where neither we nor the supplier are able to do so for reasons of insolvency, an alternative ATOL holder may provide you with the services you have bought or a suitable alternative (at no extra cost to you). You agree to accept that in those circumstances the alternative ATOL holder will perform those obligations and you agree to pay any money outstanding to be paid by you under your contract to that alternative ATOL holder. However, you also agree that in some cases it will not be possible to appoint an alternative ATOL holder, in which case you will be entitled to make a claim under the ATOL scheme (or your credit card issuer where applicable).

1.4 If we, or the suppliers identified on your ATOL Certificate, are unable to provide the services listed (or a suitable alternative, through an alternative ATOL holder or otherwise) for reasons of insolvency, the Trustees of the Air Travel Trust may make a payment to (or confer a benefit on) you under the ATOL scheme. You agree that in return for such a payment or benefit you assign absolutely to those Trustees any claim which you have or may have arising out of or relating to the non-provision of the services, including any claim against us, the travel agent (or your credit card issuer where applicable). You also agree that any such claims may be re-assigned to another body, if that other body has paid sums you have claimed under the ATOL scheme.

1.5 The price of your holiday includes the amount of £2.50 per person as part of the ATOL Protection Contribution (APC) we pay to the CAA. This charge is included in our advertised prices.

1.6 When you buy an ATOL protected flight or flight inclusive holiday, all money accepted from you by a travel agent acting as our agent is held by that agent on behalf of and for the benefit of the Trustees of the Air Travel Trust at all times, but subject to the agent's obligation to pay it to us for so long as we do not fail. If we do fail, any money held at that time by the agent, or subsequently accepted from you by the agent, is and continues to be held by that agent on behalf of and for the benefit of the Trustees of the Air Travel Trust without any obligation to pay that money to us.

1.7 When you buy arrangements other than an ATOL protected flight or flight inclusive holiday, all money accepted from you by a travel agent acting as our agent is held by that agent on our behalf at all times.

1.8 We will provide you with financial protection for any package holidays you buy from us that do not include travel by air by way of a bond held by ABTA. For further information, visit the ABTA website at [www.abta.com](http://www.abta.com).

If you book arrangements other than an ATOL protected flight or a package holiday, the financial protection referred to above does not apply.

We are a Member of ABTA, membership number W1593. We are obliged to maintain a high standard of service to you by ABTA's Code of Conduct.

## 2 HOW TO BOOK

2.1 To make a booking you can contact us in several ways; directly over the telephone, via our website at [www.headwater.com](http://www.headwater.com) ('Website') or through an approved Travel Agent. The person making the booking (the 'lead name') must be 18 years old or over and possess the legal capacity and authority to make the booking and accepts these booking conditions on behalf of everyone in their party. Whether you book alone or as a group, we will only deal with the lead name in all subsequent correspondence, including changes, amendments and cancellations. The lead name is responsible for ensuring the accuracy of the personal details or any other information supplied in

respect of yourself and any other person travelling on the booking and for passing on any information regarding the booking or any changes made in relation thereto, to all persons travelling on such booking, including but not limited to information on schedule changes or copies of booking confirmations.

You will need to pay a deposit to us at the time of booking of at least £150 per person. You will be advised of your deposit at the time your booking is made and/or confirmed. You may also be required to pay for any non-transferable and non-refundable items such as National Park entrance fees and permits. We will then invoice you for the remainder of the cost due before you travel, which you must pay not later than 56 days before departure. If you book less than 56 days before departure, full payment (less any payment which must be paid locally) must be made on booking. If you do not pay the balance by the due date your booking will be cancelled and you will forfeit your deposit. If you do not pay the local payment on the due date your booking will be cancelled (and we shall have no further liability to you) and cancellation charges will be levied as appropriate.

If we accept your booking, we will issue a Confirmation Invoice. A contract will exist between us from the date we issue the Confirmation Invoice or if you book within 7 days of departure the contract will exist when we accept your deposit payment. When you receive the Confirmation Invoice please check the details carefully and inform us immediately if anything is incorrect. Names on travel documents must exactly match those in your passports. Unless we are responsible for the mistake, we will not accept liability if an airline or other supplier refuses boarding because the name(s) shown in your passport differ from those on your ticket. Travel documents will be sent or emailed to you approximately 2 weeks before the departure of your tour, and will not be issued unless payment of the due balance has been received and any cheques have cleared. We cannot accept any liability for tickets lost in the post. If you live outside the UK we will normally email any trip information documents. If requested in the trip information documents you must reconfirm the reservations, timings and check-in details of your flight with the airline concerned at least 72 hours before departure. This applies to your outward flight and to your return flight. If you miss a flight or suffer any disruption as a result of not following our instructions as to reconfirmation we will have no liability to you.

2.2 For those tours where an additional local payment is required the additional amount is displayed in the price panel and then in your Confirmation Invoice. A local payment is a portion of the tour cost which must be paid directly to the tour leader or our representative at the start of your tour. If the price of your holiday includes a local payment this must be paid in the currency specified in the brochure or trip notes. Please note that your tour price will not be considered to have been paid in full until the local payment has been made.

2.3 Your personal safety is of paramount importance to us and therefore it is imperative that you advise us at the time of booking of any condition, medical or otherwise, that might affect your or other people's enjoyment of the trip.

It is a condition of your booking that you and all members of your party provide certain information that may be sent to governmental authorities and border control and security agencies for the purpose of security and counter terrorism. This is known as Passenger Name Records (PNR) data and/or Advanced Passenger Information, sometimes known as APIS. For the United Kingdom, it may be referred to as 'E-Borders'. The information you must provide will include, but not be limited to, full name – as shown in your passport or travel document, gender, date of birth, travel document type, number, country of issue and expiry date, and for travel to the US, your country of residence and the address for your first night's stay. You must provide this information to the airline between 6 months and 24 hours before departure. For Thomson Airways flights you can do this by accessing [flightextras.thomson.co.uk](http://flightextras.thomson.co.uk) or by calling 0844 871 1597. You will need your booking reference number, lead name's surname and date of departure to access the website.

We may transfer your booking to another company within our group, but this will have no effect on your holiday arrangements.

## 3 PRICES, SURCHARGING & AIR PASSENGER DUTY

3.1 All prices we advertise are accurate at the date published, but we reserve the right to change any of those prices from time to time. Prices include a cost for fuel that was estimated at the date of this publication. Prices on our website are updated regularly. Before you make a booking we will give you the up-to-date price of your chosen holiday including the cost of any peak-season supplements, upgrades or additional facilities which you have requested. Prices quoted in this brochure are based on exchange rates published by OANDA on 4th September 2017.

3.2 Changes in transportation costs, including the cost of fuel, dues, taxes or fees chargeable for services such as landing taxes or embarkation or disembarkation fees at ports and airports and exchange rates mean that the price of your travel arrangements may change after you have booked. However, there will be no change within 30 days of your departure. Any changes in taxes, entry fees and/or charges that we collect at net cost on behalf of local and government bodies will be passed on to you in full or refunded to you in full (Net Cost Charges). We will absorb and you will not be charged for any increase equivalent to 2% of the price of your travel arrangements, which excludes insurance premiums, Net Cost Charges and any amendment charges. You will be charged for the amount over and above that, plus an administration charge of £1.00 per person together

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with an amount to cover agents' commission. If this means that you have to pay an increase of more than 10% of the price of your travel arrangements, you may either accept a replacement holiday from us of equivalent or similar standard and price (at the date of the change) if we are able to offer you one or you may cancel your holiday booking and receive a full refund, except for any amendment charges. Should you decide to cancel for this reason, you must exercise your right to do so within 14 days from the issue date printed on your final invoice. If any change in our costs would cause a reduction in your holiday price, we will not make refunds of amounts less than 2% of the price of your travel arrangements, which excludes insurance premiums, Net Cost Charges and any amendment charges, but we will refund in full amounts exceeding such 2%, after deducting an administration charge of £1.00 per person. However, please note that travel arrangements are not always purchased in local currency and some apparent changes have no impact on the price of your travel due to contractual and other protection in place.

In all cases, we will only consider an appropriate refund of insurance premiums paid if you can show that you are unable to transfer or reuse your policy.

Dates and itineraries shown for tours departing after 1st Jan 2017 are indicative only and subject to change.

3.3 If you have booked through us then Air Passenger Duty "APD", which is payable by all passengers departing from UK airports, is included in the price of your holiday/flight ticket. The price of your holiday will include APD for an economy seat. If you upgrade to a premium cabin this will be included in the upgrade cost. In view of the current volatility of world oil prices, a fuel supplement may be added to the price of your holiday at the time of booking.

#### 4 IF YOU CHANGE OR CANCEL YOUR BOOKING

4.1 If, after our confirmation has been issued, you (i) make a change to your existing booking, we will charge an amendment fee of £50 per booking for each change or (ii) wish to change to another of our tours or change departure date, we will try to make the changes subject to availability, provided that notification is received in writing at our offices from the lead name at least 56 days before departure and you pay £50 per person to cover our administration costs.

4.2 In addition to the fee we charge, any alteration, whether a change to an existing booking or a change to another tour or departure date, will also be subject to payment by you of any costs imposed by any of the suppliers providing the component parts of the tour. If the holiday to which you transfer is more expensive than the one you originally booked, a further deposit will also be payable. Any alteration by you within 56 days of departure will be treated as a cancellation of the original booking and will be subject to cancellation charges.

4.3 Subject to section 4.4, where you are unable to travel you can transfer your booking to another person, providing the following conditions are met:

(a) you notify us in writing at least 56 days before departure and give us authority to make the transfer; and

(b) your request is accompanied by all original travel documents which you have received and the full name and address of the person to whom you wish to transfer your holiday booking ("transferee"); and

(c) the transferee accepts the transfer and these booking conditions, and fulfils any conditions that apply to the booking; and

(d) the transferee shows us evidence of their holiday insurance, as your policy cannot be transferred, and the premium cannot be refunded; and

(e) payment is made by you of an administrative charge of a minimum of £50 per person plus payment of all costs charged or levied by those supplying your travel arrangements.

Both the transferor and transferee will be jointly and severally liable for payment of the holiday price and other associated expenses.

4.4 Some airline carriers and other transport providers treat name and departure changes, such as date and time changes, as a cancellation. Accordingly you may have to pay for the cancelled ticket and be required to pay for the full cost of a new ticket.

4.5 You, or any member of your party, may cancel your tour at any time providing that the cancellation is made by the lead name in writing. Notice of cancellation will be effective upon receipt of your written communication. As we start to incur costs from the time the contract is confirmed we will retain your deposit and in addition will apply other cancellation charges as shown below. These charges are based on how many days before your booked departure we received your cancellation notice. These charges are a percentage of the total cost of your booking, not including your insurance premium. If you want to cancel one or more passengers on the booking you will have to pay a proportion of the applicable cancellation charge based on the number of passengers you wish to cancel from the booking:

Period before a departure when notice of cancellation is received	Percentage of total booking price payable on cancellation
More than 56 days before departure	Loss of deposit
Between 56 and 42 days before departure (inclusive)	50% of holiday cost
Between 41 and 28 days before departure (inclusive)	75% of holiday cost
27 days or less before departure (or failure to join the holiday or failure to pay any local payment due)	100% of holiday cost

4.6 Please note that for certain travel arrangements e.g. many scheduled transport providers, the cancellation charge may be higher than those shown. In certain cases a 100% cancellation fee applies as soon as the booking is made and the ticket is issued. Please ask for full details of cancellation charges at time of booking. We strongly recommend you to take out insurance that includes cover against irrecoverable

cancellation costs. Additionally, you will remain responsible for the full amount of your insurance premium and this will not be refunded in the event of your cancellation. You may however be able to transfer this cover to another holiday. If you are travelling on a scheduled flight, we cannot give you any refund until we have received your old travel documents, including tickets.

4.7 All communications relating to this contract (in particular any requests to cancel or amend your holiday arrangements) must be from the Lead Name in writing and in English and delivered by hand, fax, email or sent by recorded delivery post to Headwater Holidays Limited, The Old School House, Chester Road, Northwich, Cheshire CW8 1LE.

#### 5 IF WE CHANGE OR CANCEL YOUR BOOKING

5.1 We reserve the right to cancel your booking or change any of the facilities, services or prices described in our brochures or on our website(s). We will endeavour to advise you of any changes known at the time of booking.

5.2 We plan the arrangements for your tour many months in advance and may occasionally have to make changes, most of which are minor. Flight timings and carriers shown in the brochure or on our website(s) are subject to change. Your Confirmation Invoice will show the latest planned timings. Your actual flight timings will be shown on your ticket (including any e-ticket itinerary), which you should check carefully as soon as you receive it. A change of carrier will not be considered a major change. If a major change becomes necessary, we will advise you of the change as soon as possible. Whether a change is 'major' depends on the nature of the tour and may include: a significant change of destination; a change in accommodation to that of a lower category; a change in time of your scheduled departure or return flight by more than 12 hours (but not a flight delay); or a change of UK departure airport (excluding changes between London airports, London, Ebbsfleet and Ashford stations and between Dover/Folkestone ports). A delay to your flight that we need to make within 24 hours before you are due to depart will not be considered a major change unless the change is for more than 24 hours. These changes are only examples and there may be other significant changes which constitute major changes. When a major change occurs, you will have the choice of either:

(a) accepting the change; or

(b) accepting a replacement tour from us of equivalent or similar standard and price (at the date of the change), if we are able to offer you one; or

(c) cancelling your tour, in which case you shall receive a full refund of all monies paid.

In the event that we notify you of a major change to your holiday, you must notify us of which option you accept as soon as possible.

5.3 We may also have to cancel your holiday arrangements. Operation of all tours is dependent on a minimum number of persons booking the tour. If that number is not achieved, we reserve the right to cancel the tour. However we will not cancel your tour less than 4 weeks before the scheduled departure date except for reasons of force majeure (as defined below) or failure on your part to pay the deposit and/or final balance, or any other reason beyond our control. If we are forced to cancel your holiday after departure we will, wherever possible, make suitable alternative arrangements. If we are unable to make such alternative arrangements, or you reject these for good reason then we will return you to your point of departure and refund you for any unused services, if appropriate.

5.4 Where we make a major change to or cancel your holiday, except where a major change or cancellation arises from circumstances amounting to force majeure, consolidation due to minimum numbers not being attained, failure on your part to pay the deposit and/or final balance, or for any other reason beyond our control, we will pay you, as a minimum, compensation as detailed below. Any compensation payable will be on these scales, based on how many days before your booked holiday departure we tell you of a major change:

Period before a departure when we notify you of a major change	Compensation per person
Before balance due date	Nil
Between balance due date and 14 days before travel	£20
Between 13 days before travel and the date of travel	£30

This standard compensation payment will not affect your statutory or other legal rights. We will only make one compensation payment for each full-fare-paying adult in the holiday booking. Any children not paying the full adult fare will receive 50% of these amounts. Children using a free child place will not receive any standard compensation payment.

5.5 We strongly recommend that you make no travel arrangements to your point of departure, make any connecting travel that is non-refundable or non-changeable or incurs penalties or incur any costs in respect of visas or vaccinations until such time as your travel itinerary has been confirmed. If you make such arrangements which you are then unable to use due to a change in your itinerary we shall not be liable to you for the cost of those arrangements.

5.6 Circumstances amounting to "force majeure" include any event which we or the supplier of the service(s) in question could not even with all due care, foresee or forestall such as (by way of example and not by way of limitation) war, threat of war, riots, civil disturbances, industrial disputes, actual or threatened terrorist activity and its consequences, natural or nuclear disaster, fire, epidemics, health risks and pandemics, acts of God, unavoidable and unforeseeable technical problems with transport for reasons beyond our control or that of our suppliers, closed or congested airports or ports, hurricanes and other actual or potential adverse weather conditions, and any other similar events.

5.7 Under European law (European Community Regulation (EC) No. 261/2004), you have rights in some circumstances to refunds and/or compensation from your airline in cases of denied boarding, cancellation of and delays to flights. Full details of these rights are publicised at EU airports and are also available from affected airlines. However, you

should note that reimbursement of the cost of a flight that forms part of your holiday is the responsibility of your holiday airline and will not automatically entitle you to reimbursement of the cost of your holiday from us. Your right to a refund and/or compensation from us is set out in this section 5. If any payments to you are due from us, any payment made to you by the airline will be deducted. If your airline does not comply with these rules you should complain to the Aviation Consumer Advocacy Panel on 0207 453 6888 or at [www.caa.co.uk](http://www.caa.co.uk).

## 6 OUR LIABILITY, CONDITIONS OF CARRIAGE & LIMITATIONS

6.1 Our obligations, and those of our suppliers providing any service or facility included in your holiday, are to take reasonable skill and care to arrange for the provision of such services and facilities. You must show that reasonable skill and care has not been used if you wish to make any claim. Standards of, for example, safety, hygiene and quality vary throughout the transport and destinations that your holiday may involve. Sometimes these standards will be lower than those which would be expected in the UK. The suppliers of the services and facilities included in your holiday should comply with local standards where they are provided.

6.2 Our liability, except in cases involving death, injury or illness, shall be limited to a maximum of 3 times the cost of your travel arrangements. Our liability in all cases will be limited in accordance with and/or in an identical manner to the contractual terms of the companies that provide the transportation for your travel arrangements. These terms are incorporated into this contract; and any relevant international convention as detailed below. We are to be regarded as having all benefit of any limitation of compensation contained in these or any conventions. You can ask for copies of the transport companies' contractual terms, or the international conventions, from our offices: Headwater Holidays Limited, The Old School House, Chester Road, Northwich, Cheshire, CW8 1LE.

6.3 We shall have no liability where the cause of the failure to provide, or failure in, your holiday or any death or personal injury you may suffer is not due to any fault on our part or that of our agents or suppliers, because it is either attributable to you, or attributable to someone unconnected with your holiday and is unforeseeable or unavoidable, or is due to unusual or unforeseeable circumstances beyond our control, the consequences of which could not have been avoided even if all due care had been exercised, or an event which neither we, nor our agents or suppliers could have foreseen or forestalled.

6.4 If any international convention applies to, or governs, any of the services or facilities included in your holiday arranged or provided by us, or provided by any of our suppliers, and you make a claim against us of any nature arising out of death, injury, loss or damage suffered during or as a result of the provision of those services or facilities, our liability to pay you compensation and/or the amount (if any) of compensation payable to you by us will be limited in accordance with and/or in an identical manner to that provided for by the international convention concerned (in each case including in respect of the conditions of liability, the time for bringing any claim and the type and amount of any damages that can be awarded). International Conventions which may apply include, without limitation: in respect of international air travel, the Warsaw Convention 1929 (as amended) or the Montreal Convention 1999; in respect of rail travel, the Berne Convention 1961; in respect of carriage by sea, the Athens Convention 1974; in respect of carriage by road, the Geneva Convention 1973; and, in respect of hotels, the Paris Convention 1962. For the avoidance of doubt, this means that we are to be regarded as having all benefit of any limitations of compensation contained in any of these Conventions or any other international conventions applicable to your holiday. Other than as set out above, and as is detailed elsewhere in these booking conditions, we shall have no legal liability whatsoever to you for any loss or damage.

6.5 If you purchase any optional activities that are not part of your pre-booked itinerary, the contract for the provision of that activity will be between you and the activity provider. The decision to partake in any such activity is entirely at your own discretion and risk. If you do have any complaint about, or problem with, any optional activity purchased in resort your claim should be directed to the activity provider and not to us. However, should you or any member of your party by misadventure suffer illness, injury or death during the period of your holiday from an activity which does not form part of the arrangements made by us or an excursion purchased through us, we shall, where appropriate and subject to our absolute discretion, try to help if we can. We may help everyone on your holiday booking up to a total cost to us of £5,000 as long as the following conditions are met:

- you must ask us for such assistance within 90 days of the misadventure;
- you must make a claim under your insurance policy's legal expenses or other appropriate section. You must show us proof that your insurance company has received your claim; and
- in the event of there being a successful claim for costs against a third party or a suitable insurance policy or policies being in force, you must repay us the costs actually incurred by us in giving this assistance.

6.6 If you are joining the holiday locally (i.e. not starting with the group from the UK) our responsibility does not commence until the appointed time, we shall not be responsible for any additional expenses incurred by you to meet up with the group. If the group arrival is delayed to the local joining point we will provide you with the same room and board basis as will be provided to the group. If the delay is for more than 24 hours we will provide you with the same services and itinerary that were detailed on your confirmation to enable you to continue with your holiday, although you may, at your discretion, remain at the local joining point for the arrival of the group.

6.7 We may operate trips in regions where standards of accommodation, transport, safety, hygiene, medical facilities and other infrastructure may, at times, be lower than those you normally expect. The suppliers of the services and facilities included in your holiday should comply with local standards where they are provided. All Company holidays, but especially those in remote regions, or regions with dangerous wildlife, involve a risk of injury, loss or damage to property, inconvenience and discomfort. Your booking is accepted on the understanding that you realise the hazards involved in this kind of holiday, including injury, disease, loss or damage to property, inconvenience and discomfort. The whole

philosophy of this type of travel is one that allows alternatives and a substantial degree of on-trip flexibility. The outline itineraries given for each holiday must therefore be taken as an indication of what each group should accomplish, and not as a contractual obligation on our part. Changes in itinerary may be caused by local political conditions, flight cancellations, mechanical breakdown, weather, border restrictions, sickness, or other unforeseeable circumstances. It is a fundamental condition of joining any of the holidays described in this brochure that you accept this flexibility, and acknowledge that delays and alterations and their results, such as inconvenience, discomfort, or disappointment, are possible. If we are unable to complete the proposed itinerary owing to the reasons stated above, we will either transport you to the end point of the itinerary, or return you to the starting point, or provide an agreed alternative itinerary. Pro rata refunds will be given for services not utilised in such circumstances wherever possible. If a passenger is unable, or does not choose, to complete an itinerary outlined for a holiday, the Company is not liable to supply alternative itineraries, excursions, accommodations, services or staff for the period when the passenger is not present with the group.

6.8 Please be assured that our service providers will always do the utmost to ensure your safety and well-being when on tour. On certain tours in Africa, which travel through areas with dangerous wildlife, our local service providers will on day 1 of the tour ask you to sign an 'Acceptance of Risk' form prior to accepting your participation on the tour. The purpose of the form is to make you aware of the risks and dangers involved with travelling in these areas, and for you to agree that the service provider and the Company shall not be responsible for any claims made by you for incidents arising due to circumstances outside the service provider's and the Company's reasonable control. You may request a copy of the applicable form by contacting us, or visiting our website.

6.9 Please note that the timings of air, sea, road or rail departures are estimates only. These timings may be affected by operational difficulties, weather conditions or failure of passengers to check in on time.

6.10 Flight Notice, Flight Information and EU Blacklist.

This is a notice required by European Community Regulation [EC] No.889/2002. This notice cannot be used as a basis for a claim for compensation, nor to interpret the provisions of the European Community Regulation [EC] No.889/2002 or the Montreal Convention, and it does not form part of the contract between the carrier(s), us and you, nor part of a claim. No representation is made by the air carrier(s) or us as to the accuracy of the contents of this notice.

Air carrier liability for passengers and their baggage: This information notice summarises the liability rules applied by Community air carriers as required by Community legislation and the Montreal Convention.

Compensation in the case of death or injury: There are no financial limits to the liability for passenger injury or death. For damages up to 100,000SDRs the air carrier cannot contest claims for compensation. Above that amount, the air carrier can defend itself against a claim by proving that it was not negligent or otherwise at fault.

Advance payments: If a passenger is killed or injured, the air carrier must make an advance payment, to cover immediate economic needs, within 15 days from the identification of the person entitled to compensation. In the event of death, this advance payment shall not be less than 16000 SDRs.

Passenger delays: In case of passenger delay, the air carrier is liable for damage unless it took all reasonable measures to avoid the damage or it was impossible to take such measures. The liability for passenger delay is limited to 4150 SDRs.

Baggage delays: In case of baggage delay, the air carrier is liable for damage unless it took all reasonable measures to avoid the damage or it was impossible to take such measures. The liability for baggage delay is limited to 1,000 SDRs.

Destruction, loss or damage to baggage: The air carrier is liable for destruction, loss or damage to baggage up to 1,000 SDRs. In the case of checked baggage, it is liable even if not at fault, unless the baggage was defective. In the case of unchecked baggage, the carrier is liable only if at fault.

Higher limits for baggage: A passenger can benefit from a higher liability limit by making a special declaration at the latest at check-in and by paying a supplementary fee.

Complaints on baggage: If the baggage is damaged, delayed, lost or destroyed, the passenger must write and complain to the air carrier as soon as possible. In the case of damage to checked baggage, the passenger must write and complain within seven days, and in the case of delay within 21 days, in both cases from the date on which the baggage was placed at the passenger's disposal.

Liability of contracting and actual carriers: If the air carrier actually performing the flight is not the same as the contracting air carrier, the passenger has the right to address a complaint or to make a claim for damages against either. If the name or code of an air carrier is indicated on the ticket, that air carrier is the contracting air carrier.

Time limit for action: Any action in court to claim damages must be brought within two years from the date of arrival of the aircraft, or from the date on which the aircraft ought to have arrived.

Basis for the information: The basis for the rules described above is the Montreal Convention of 28 May 1999, which is implemented in the European Community by European Community Regulation [EC] No. 2027/97 (as amended by European Community Regulation [EC] No. 889/2002) and national legislation of the Member States.

In accordance with European Community Regulation [EC] no. 2111/2005, Article 9, we are required to bring to your attention the existence of a 'Community list' which contains details of air carriers that are subject to an operating ban within the European Community. The Community list is available for inspection at [www.air-ban.europa.eu](http://www.air-ban.europa.eu).

In accordance with European Community Regulation [EC] 2111/2005 we are required to advise you of the actual carrier operating your flight/connecting flight/transfer. We do this by listing carriers to be used or likely to be used on the brochure holiday page and on our website(s). The airline may use wide and narrow-body jets. Any changes to the actual airline after you have received your tickets will be notified to you as soon as possible and in all cases at check-in or at the boarding gate. Such a change is deemed to be a minor

change. Other examples of minor changes include alteration of your outward/return flights by less than 12 hours, changes to aircraft type, change of accommodation to another of the same standard. Some flights may need to stop en route. If we know about this in advance we will tell you. Flight times shown in the brochure, on the website(s) and on your booking confirmation are not guaranteed. Actual flight times are shown on your tickets. Flight times are local times based on the 24-hr system.

Please check with the airline regarding luggage allowance limits and the maximum allowable single item baggage weight. If you have a medical condition, serious illness, recently undergone surgery, or have suffered a recent accident, you must advise us and your airline and you may need to be cleared for travel by the airline which will involve obtaining a Fitness to Fly Certificate from your GP.

## 7 COMPLAINTS

If you have a complaint about your arrangements whilst away, you must immediately notify our local representative or your Group Leader and the relevant supplier of the service. If you are not happy with their action in response please follow this up within 35 days of your return home by writing to us at: Headwater Holidays Limited, The Old School House, Chester Road, Northwich, Cheshire, CW8 1LE, giving your booking reference and all relevant information. We will acknowledge your written notification within 7 days and aim to provide a full response within 28 days. We can usually sort out any complaints you may have. We can also offer you ABTA's scheme for the resolution of disputes which is approved by the Chartered Trading Standards Institute. If we can't resolve your complaint, go to [www.abta.com](http://www.abta.com) to use ABTA's simple procedure. Further information on the code and ABTA's assistance in resolving disputes can be found on [www.abta.com](http://www.abta.com). You can also access the European Commission Online Dispute (ODR) Resolution platform at [ec.europa.eu/consumers/odr](http://ec.europa.eu/consumers/odr). This ODR platform is a means of registering your complaint with us; it will not determine how your complaint should be resolved. If you prefer, you can take your complaint to the County Court or another suitable court. Information regarding complaints may be shared with other tour operators.

## 8 DETAILS OF INSURANCE

8.1 Adequate and valid travel insurance is mandatory for all clients while on one of our tours. You are strongly advised to insure yourself against any possible risk that may occur and in particular to ensure that you have sufficient insurance in respect of dependent relatives. You are required to carry proof of insurance with you and produce it if reasonably requested by Company employees or suppliers.

8.2 The insurance scheme we offer is designed to cover all activities included in our itineraries and the featured optional extras. Please note, however, that this policy may not cover you for any activities you purchase that are not pre-booked nor featured in official Company literature. If you choose not to take our insurance you are responsible for ensuring that you are in possession of travel insurance for the entire duration of the tour in respect of at least medical expenses, injury, death, repatriation (including, without limitation, by helicopter and air ambulance), cancellation and curtailment, with cover/benefits equal to/greater than the insurance we offer. If you make your own insurance arrangements you must ensure that there are no exclusion clauses which limit cover for the type of activities included, or the altitudes attained, in your tour.

## 9 VISA, HEALTH, PASSPORT, TRAVEL DOCUMENTATION

9.1 Whilst we are able to provide basic advice to clients regarding passports and visa requirements, you should check with the appropriate Embassy, Consulate or British Foreign Office for the exact requirements for your chosen tour and date of travel. It is your responsibility to ensure that you have the correct passport and visas to gain access to any country/region included in the travel arrangements which you purchase from us. If you fail to do so, we have no liability to you for any cost, loss or damage which you suffer, nor will we refund you the cost of any unused portion of your travel arrangements. In some cases, countries will refuse entry to clients who have criminal records. Should you be concerned about this, please check with the Embassy or Consulate of the countries to which you are travelling. The lead name is entirely responsible for ensuring that all members of the group have the correct and valid documentation for travel. We cannot accept responsibility for any failure to comply resulting in any costs or fines being incurred and we advise you to check with your passport office or the Consulate in question if you have any queries. Clients travelling overland to certain destinations may need to also pass through controls of other countries en-route so this should be allowed for with any passport/visa applications.

9.2 When travelling to the US you must have the correct passport to travel on the Visa Waiver Programme or have obtained the correct visa, valid for your stay. Each person wishing to visit the US must have either; i) an e-passport (if your passport is issued after 26 October 2006), or a machine readable passport (containing a digital photograph) if your passport is issued after the 26 October 2005 and a Visa Waiver Form or ii) a valid passport and a valid visa which must be obtained before travel from the US authorities. The US authorities require passengers travelling to the US under the Visa Waiver Programme to register on the Electronic System for Travel Authorisation (ESTA). If you have not applied for and received travel authorisation via ESTA prior to travel you may be denied boarding, experience delayed processing, or be denied admission at the US port of entry. However, neither possession of a visa nor meeting the basic requirements for travelling visa-free on the Visa Waiver Programme guarantees admission to the US. As with most countries, the final decision is made by immigration officials at the port of entry. You can apply online by completing the application form at <https://esta.cbp.dhs.gov> and paying a fee. If you are refused boarding or denied admission at the US port of entry, you will still be subject to our cancellation charges in accordance with the terms of our contract with you. For additional specifics about the Visa Waiver Programme please consult the Visa Waiver Programme information on the US Embassy London website [www.usembassy.org.uk](http://www.usembassy.org.uk). We recommend that you carry your ESTA approval with you when you travel and recommend you register at least 72 hours before departure. Please Note: when you register for ESTA you must have a valid passport at the time of registration and for any travel to the USA your passport must be an e-Passport that contains the microchip and the e-passport symbol. If you have applied for a post dated

passport (for example to reflect a change in name) this passport will not be valid until the effective date noted in the passport. Children and minors wanting to travel with a Visa Waiver Form must hold their own Machine Readable Passport or e-passport.

Please note that the nationals of some countries can only travel to the US if they have a valid visa as they are not eligible for the Visa Waiver Programme. There is a \$14 fee per person charge which is payable by credit or debit card when applying. As announced by the US Customs and Border Protection, this fee will recover the costs incurred by US Customs and Border Protection of providing and administering the ESTA system and is in addition to the mandatory \$10 travel promotion fee established by the Travel Promotion Act of 2009. This is subject to change.

9.3 The Cuban authorities will require proof of valid medical insurance before allowing visitors to gain entry to the country. It is essential that you have a copy of a valid travel insurance policy, insurance certificate or other suitable evidence in your possession on arrival at the Cuban airport, port or marina. Please ensure that you keep the policy documents easily to hand upon arrival. US residents visiting Cuba must ensure that any medical insurance policy that they purchase covers them for travel to Cuba.

9.4 Please note that for some trips we need to request special permits, and as such we will require your passport details prior to accepting your booking. Furthermore, if you renew your passport after you have booked, you may be required to take your old passport with you to maintain the validity of the permit.

9.5 We are able to advise on mandatory health requirements; however, we are not medical experts. It is your responsibility to ensure that you obtain proper and detailed medical advice at least two months prior to travel for the latest health requirements, recommendations for your destination and any costs. Where you do not do so and either are not allowed to enter any country, or suffer personal injury or death as a result, we have no liability to you for any cost, loss or damage which you suffer nor will we refund you the cost of any unused portion of your travel arrangements. Clients who have recently visited other countries should check requirements with their general practitioner.

9.6 When assessing whether tours or expeditions will operate we use information from our local offices in conjunction with advice from the British Foreign Office and other relevant government bodies. It is your responsibility to acquaint yourself with the travel advice provided by these government bodies. For more information please visit our Travel Aware page [headwater.com/travelaware](http://headwater.com/travelaware) and the government websites [gov.uk/foreign-travel-advice](http://gov.uk/foreign-travel-advice) and [travelaware.campaign.gov.uk](http://travelaware.campaign.gov.uk) for your destination countries.

## 10 PRIVACY POLICY

Headwater Holidays Limited Privacy Policy sets out what information we collect, how we collect it, and what we do with it. Our Privacy Policy applies to you and is available on our website(s) and through other channels. In all your dealings with us you must ensure that others you represent are aware of the content of our Privacy Policy and consent to your acting on their behalf.

10.1 Any likeness or image of you secured or taken on any of our holidays may be used by the Company without charge in all media (whether now existing or in the future invented) for bona fide promotional or marketing purposes, including without limitation promotional materials of any kind, such as brochures, slides, video shows and the internet.

### INFORMATION ABOUT YOU

#### Your Information

This refers to a combination of information such as your name, contact details, travel preferences and special needs/disabilities/dietary requirements that you supply us or is supplied to us, including your social preferences, interests and activities and any information about other persons you represent (such as those on your booking). Your information is collected when you request information from us, contact us (and vice versa), make a booking, use our website(s)/apps, link to or from our website(s)/apps, connect with us via social media and any other engagement we or our business partners have with you.

We will update your information whenever we can to keep it current, accurate and complete.

#### Our Use of Your Information

(1) For the purpose of providing you with our services, including your flight, holiday, security, incident/accident management or insurance, etc., we may disclose and process your information outside the UK/EEA. In order for you to travel abroad, it may be mandatory (as required by government authorities at the point(s) of departure and/or destination) to disclose and process your information for immigration, border control, security and anti-terrorism purposes, or any other purposes which they determine appropriate. Some countries will only permit travel if you provide your advance passenger data (for example Caricom API and US secure flight data). These requirements may differ depending on your destination and you are advised to check. Even if not mandatory, we may exercise our discretion to assist where appropriate.

(2) We may collect and process your information for the purposes set out below and in our registration with the Office of the Information Commissioner, and disclose the same to our group companies for business purposes and also to companies and our service providers who act as "data processors" on our behalf, or to credit and fraud agencies (some of whom are located outside the UK/EEA). These purposes include administration, service, quality and improvement-related activities, customer care, product innovation and choice, business management, operation and efficiencies, re-organisation/structuring/sale of our business (or group companies), risk assessment/management, security, fraud and crime prevention/detection, monitoring, research and analysis, social media, reviews, advertising and marketing, loyalty programmes, profiling customer purchasing preferences, activities and trends, dispute resolution/litigation, credit checking and debt collection.

(3) Information (such as health or religion) may be considered "sensitive personal data" under the Data Protection Act 1998. We collect it to provide you with our services, cater to your needs or act in your interest, and we are only prepared to accept sensitive personal

data on the condition that we have your positive consent. By booking with us you also agree for your insurers, their agents and medical staff to exchange relevant information and sensitive personal data with us in circumstances where we/they need to act on your behalf or in the interest of passengers or in an emergency.

If you do not agree to Our Use of Your Information above, we cannot engage/do business with you or accept your booking.

#### Marketing Material

(1) Using your information, we may from time to time contact you with or make available to you (directly or indirectly) information on offers of goods and services, brochures, new products, forthcoming events or competitions from our holiday divisions and our group companies. We will tailor the information you receive or see; this will enable us to make available to you more personalised and relevant communications. We may use innovative technologies and work with business partners to achieve this.

(2) We will assume you agree to email when you make an e-booking or provide us with your email in other situations such as in-store, competitions, promotions, prize draws and social media.

(3) If you do not wish to receive such information or would like to change your preference, please refer to point (2) of "Your Rights" below.

#### Your Rights

(1) On completing our Data Subject Access Request form, you are entitled to a copy of the information we hold about you (for a £10 fee) and to correct any inaccuracies.

(2) You have the right to ask in writing not to receive direct marketing material from us. If available, you can amend your previous preference on our website(s), use our "unsubscribe email", opt-out of personalised emails or refer to our literature containing instructions. Once properly notified by you, we will take steps to stop using your information in this way.

(3) For a list of relevant brands, please send us your request.

Please write to Headwater Holidays Limited, Legal Department, Origin One, 108 High Street, Crawley, West Sussex, RH10 1BD.

#### Foreign Controls

Outside the European Economic Area (EEA), data protection controls may not be as strong as the legal requirements in this country.

#### USE OF TOOLS/"COOKIES" AND LINKS TO OTHER WEBSITES

If our contact and dealing with you is via our website(s) or other e-platforms where our advertising is displayed, cookies may be used. To find out more about the types of cookies on our website(s), how we use cookies, to disable them or to change your preference and more, please refer to our statement on cookies. Other e-platforms may have different options and instructions. By using our website(s), you consent to our use of cookies.

Our website(s) may contain links to third party websites or micro-sites not controlled or owned by us. For example, reference sites or ancillary products and services sites or websites owned by our sister companies. It is your responsibility to check the status of these sites before using them. Please read their applicable terms and conditions, etc. carefully.

#### MONITORING

To ensure that we carry out your instructions accurately, improve our service and for security and fraud, we may review, monitor and/or record: (1) telephone calls; (2) activities using CCTV in and around our premises; (3) transactions and activities at all points of contact; and (4) web, social media and app traffic, activities, etc. All recordings and derivative materials are and shall remain our sole property.

#### SECURITY STATEMENT

We have taken all reasonable steps and have in place appropriate security measures to protect your information.

#### CHANGES TO THIS POLICY

Any changes to this Policy will be either posted on our website(s), brochure and/or made available on request.

### 11 LEADER AUTHORITY & BEHAVIOUR

11.1 On an active group holiday it is necessary that you abide by the authority of the tour leader, who represents the Company. The tour leader is not an employee of the Company, however they are appointed by the Company to guide your holiday. If you commit any illegal act when on the holiday or if in the reasonable opinion of the tour leader or another person in authority your behaviour is disruptive, threatening or abusive, causes unnecessary inconvenience or is causing or likely to cause damage to property, danger, distress or upset, disturbance or annoyance to others or puts any traveller or our staff or agents in the UK or resort in any risk or danger, on the telephone, in writing or in person, we may terminate your travel arrangements without any liability on our part.

11.2 If the Captain of your flight or ferry or our overseas staff or agents believes that you could be disruptive or that you are suffering from a contagious disease, they can also refuse to let you proceed with your travel arrangements, restrict your movements on board, disembark you from the ferry or aircraft, or remove you from your accommodation or excursion. If this means you are not allowed to board the flight outbound from the UK, we will treat your booking as cancelled by you from that moment, and you will have to pay full cancellation charges. If this occurs overseas then you will become responsible for your own return home and any other members of your group who cannot or will not travel without you. In any of these circumstances no refunds or compensation will be paid to you and we will not be liable for any costs or expenses you incur.

11.3 If you are refused carriage because of your behaviour, or you are under the influence of alcohol or drugs, your airline may pass on your details and date of refusal of carriage to other airlines for their information. This in turn may make it difficult for you to book other airline tickets. In any of these circumstances, no refunds or compensation will be paid to you and we may make a claim against you for any damages, costs and expenses (including

legal expenses) incurred as a result of your behaviour including but not limited to (i) repairing or replacing property lost, damaged or destroyed by you, (ii) compensating any passenger, crew, staff or agent affected by your actions and (iii) diverting the aircraft or ferry to remove you. Criminal proceedings may also be instigated. If you are affected by any condition, medical or otherwise, that might affect your or other people's enjoyment of the holiday, you must advise us of this at the time of booking.

11.4 In the U.S., the legal drinking age is 21. The Company does not condone the use of alcohol by those under the legal drinking age and in no way condones or encourages intoxication or the use of illegal drugs. If you are over the legal drinking age and you choose to drink, we urge you to do so responsibly and ask that you remember that the excessive use of alcohol or any use of illegal drugs can result in severely impaired judgment, injury and/or death. You should also know that the underage use of alcohol or any use of illegal drugs can result in imprisonment.

11.5 Your participation in this holiday is an acknowledgement by you that you will act as a mature adult and will be responsible for your own decisions.

For the purpose of this section, reference to "you" or "your" includes any person in your party.

### 12 YOUR ACCOMMODATION

12.1 Any accommodation we arrange for you must only be used by those people named on your Confirmation Invoice (or on any Amendment Invoice issued). You are not allowed to share the accommodation or let anyone else stay there. You are responsible for the cost of any damage caused to your accommodation or its contents during your stay. These charges must be met by you and may have to be paid locally.

### 13 LOCAL LAWS & CUSTOMS

13.1 Laws and customs of the country/ies you visit can be very different to those in the UK. Be aware of your actions to ensure that they do not offend, especially if you intend to visit religious areas. There may be serious penalties for doing something that might not be illegal in the UK. You are strongly advised to check with the appropriate Embassy, Consulate or British Foreign and Commonwealth Office or [www.gov.uk/foreign-travel-advice](http://www.gov.uk/foreign-travel-advice) for further information regarding local laws and customs of the country/ies you plan to visit. It is your responsibility to familiarise yourself with, and respect local laws and customs. If you fail to do so, we will have no liability to you for any cost, loss or damage which you suffer nor will we refund you the cost of any unused portion of your travel arrangements.

### 14 TRIP NOTES

If we issue detailed trip notes for your booking these trip notes and all the information contained therein will be deemed to be part of the contract. Trip notes available from our website, by post or email from Headwater Holidays Limited, The Old School House, Chester Road, Northwich, Cheshire, CW8 1LE, contain up-to-date definitive information about the itinerary and travel arrangements. Should there be a discrepancy between the information in the brochure or website and the trip notes, the information in the trip notes supersedes that in the brochure or on the website(s) and will be considered the most up-to-date and accurate.

### 15 SPECIAL REQUESTS

We will consider special requests such as vegetarian meals, high or low floor preferences in the accommodation, when you book. We will tell you whether there is a charge for the request. We can only guarantee requests for which there is a charge, or those that are confirmed in writing.

### 16 PARTICIPATION REQUIREMENTS

16.1 All clients are expected to satisfy themselves prior to booking that they are fit and able to complete the itinerary of their chosen holiday as described in the brochure and on our website(s). No unaccompanied minors (those under 18 years of age) can be accepted however (a) minors aged between 2-17 years may accompany their parents on any tours provided that it is the responsibility of their parent or guardian to ensure that they have checked that the tour is suitable for their child and, in particular, checked the price panel to see whether it stipulates such tour may be suitable for a child and (b) older teenagers may be allowed to join group tours provided they are accompanied by a parent or guardian who accepts full responsibility for them.

16.2 Anyone suffering from mobility impairment, illness or disability or undergoing treatment for any physical or medical condition must declare the true nature of such condition at the time of booking and make arrangements for the provision of any medication or other treatment which may be required during the holiday. Failure to make such disclosure will constitute a breach of these booking conditions and result in such persons being excluded from the holiday in which case all monies paid will be forfeit.

16.3 Under European law, if you are disabled or have difficulty moving around, you can receive assistance when you fly. This free service is available to anyone with mobility problems, for example, because of their disability, age or a temporary injury. To take full advantage of the service you need to pre-book 48 hours in advance of your flight.

### 17 LAW & JURISDICTION

If you booked your holiday in any jurisdiction other than in Scotland or Northern Ireland (including any booking via the Internet), this contract, and any other claim or dispute arising from or related to this contract, will be governed by English law and the courts of England and Wales shall have exclusive jurisdiction over any claim arising out of it. If you booked your holiday in Scotland, this contract, and any claim or dispute arising from or related to this contract, will be governed by Scottish law and the courts of Scotland shall have exclusive jurisdiction over any claim arising out of it. If you booked your holiday in Northern Ireland, this contract, and any claim or dispute arising from or related to this contract, will be governed by Northern Irish law and the courts of Northern Ireland shall have exclusive jurisdiction over any claim arising out of it.

# HEADWATER

— SPECIALISTS IN SELF-GUIDED HOLIDAYS SINCE 1985 —



If you have any queries, to get a tailor-made quote, or to customise your holiday experience feel free to get in touch, we'd love to hear from you.

**01606 828566**

**INFO@HEADWATER.COM**

HEADWATER,  
THE OLD SCHOOL HOUSE,  
CHESTER ROAD, NORTHWICH,  
CHESHIRE, CW8 1LE

**WWW.HEADWATER.COM**

