



Walk scenic coastal paths with stunning sea views, visit Roman ruins and enjoy the laid back vibes of this beautiful area on the north east of the Iberian Peninsular

Exclusively Regent

- ◇ Fully escorted by a Regent Tour Manager (subject to minimum numbers)
- ◇ Return Economy flights - Manchester airport to Reus, S. Barcelona
- ◇ 7 nights' Half Board stay at 4* H10 Hotel Cambrils Playa
- ◇ 2 Full and 2 half day walks with an expert local guide.
- ◇ Visit the historical city of Tarragona for a guided walking tour with its charming old town and the stunning Roman amphitheatre.
- ◇ Optional Excursion - Guided City Tour of Barcelona, with its many famous sites including Gaudi architecture and the Sagrada Familia (details to be advised nearer date of departure)
- ◇ Walk with winery visit and wine tasting in the Priorat region
- ◇ Free day to relax or explore further at your own pace
- ◇ Optional Executive return coach transfers to Manchester airport with local departure points, £80pp

Supplements:

*Single Supplement £89pp

*Pool View Supplement £29pp

Tour Itinerary

Tuesday 12th May 2026

From Manchester airport we take our morning flight to Reus. Upon arrival we take our 20 minute transfer to our hotel with the rest of the day at leisure. Enjoy the hotel's beach location and its grounds before we dine together in the evening. (D)

Wednesday 13th May 2026

We begin our week with a relaxed half day coastal walk along the popular promenade and adjoining coastal paths of Cambrils. With uninterrupted sea views, sandy beaches and the charm of the Mediterranean seafront we enjoy our first day in this beautiful region with a gentle sea breeze and the local atmosphere of this coastal gem. Find a local restaurant for lunch with a view (at own expense) before returning to the hotel mid-afternoon. (B,D). Walk 6-7km approx.

Thursday 14th May 2026

Today we visit the port city of Tarragona, twinned with our own city of Stafford, to see its Roman legacy. See two millennia of history on this full day cultural experience. We walk with a local guide on a tour of Tarragona's historical centre visiting the key Roman monuments, the cathedral and other heritage sites. Its magnificent amphitheatre looks out across the mediterranean, built in 2nd century AD and witness to gladiatorial combat, races and executions. The historical area of the city, the Parte Alta is a maze of narrow streets and squares lined with tapas bars, al fresco cafes, and traditional Spanish and Catalan restaurants where you can take lunch (at own expense). (B,D)

Friday 15th May 2026

We head slightly inland today for a walk in the countryside in the Castell Monestir d'Escornalbou area. Enjoy a walk on forested paths with scenic viewpoints, making time for a guided visit of the castle ruins and learn about the medieval history and 20th century refurbishments. Panoramic views of the mountains and the coast await before we find a shady spot for a picnic lunch (at own expense) completing our circular walk. (B,D) Walk 10km approx.

Continued Overleaf ...

A deposit of £300pp is required to reserve your place on this tour



Itinerary Continued...

Saturday 16th May 2026

A day at leisure or fill your senses with an optional excursion to the Catalan capital of Barcelona. (at additional expense). With an official Barcelona guide this culturally rich tour will include Gaudi's masterpieces, the Gothic quarter and other key sites to give you a flavour of this vibrant and bustling coastal city (B,D)

Sunday 17th May 2026

Today, a half day walk in the wine region of Priorat, set inland in the hills to the northwest of Cambrils. We travel to the tiny, pretty village of El Lloar and set off on our easy-level trail through the rugged terrain of Priorat offering breathtaking views of the surrounding vineyards and rocky landscapes. The area is characterised by steep, rugged hills and valleys, with vineyards clinging to the hillsides producing some of Spain's most prestigious wines. We will have a guided visit to a winery, including walking through the vineyards, a wine tasting of premium wines and an introduction to the history and winemaking traditions. Returning to our coastal hotel mid afternoon, the rest of the day at leisure. (B,D) Walk 6km approx.

Monday 18th May 2026

Relax on our last day with a day at leisure, maybe with a stroll along the coast. You might like to take a sunset catamaran trip, hire a kayak or even take a buggy dune ride or just find your perfect café or restaurant spot: a few of the activities on offer around Cambrils (at own expense) (B,D).

Tuesday 19th May 2026

After breakfast we will board the short transfer coach back to Reus airport for our flight back to Manchester. (B)

4* H10 Cambrils Playa

The hotel H10 Cambrils Playa is located in Cambrils, a charming seafaring and fishing village that has 9 km of beaches and is the ideal setting for enjoying the excellent climate of the Costa Daurada. It has a pleasant seafront promenade, a marina, and a wide range of traditional restaurants specializing in seasonal seafood. Cambrils is also the Gastronomic Capital of the Costa Daurada and has two one-star Michelin restaurants.

Bedrooms: TV, free wi-fi, air-conditioning, hairdryer and room safe. Furnished balcony

Facilities: Complimentary Wi-Fi throughout the hotel, adults only swimming pool, with sunbeds and parasols, buffet restaurant and show cooking. Lobby Bar and Pool Bar. Leisure area with three tennis courts and multi-sports court

Regent Walking & Mobility: Guided walks on this tour consist of 3 to 5 hours of easy to moderate walking over varied and undulating terrain with some easier sections. Although the pathways are easily navigable, some trails will be more strenuous. We will however make regular rest stops, to enjoy the scenery. The itinerary may be subject to change.

Walking distances range between 6kms and 10kms per day. This tour is suitable for people with a good level of fitness and stamina.

All walks will be escorted by a Regent Tour Manager and an expert local guide. Our local guide will give information on all points of interest during the walking programme.

All special requests such as health and dietary requirements must be given at time of booking and are not guaranteed. Our walking tours are not suitable for those with walking difficulties, and Regent must be informed if health declines over the booking period.

Credit: Litoral Costa Dorada from Pixabay



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