

BESPOKE ITINERARY - LUXURY - SMALL GROUP

Catalonia, Barcelona & The Costa Brava

12 Days / 12 Nights

Uniquely Designed Tours
To See More, Taste More & Experience More

*A Gastronomical
Food, Wine, &
Culture Tour*

CASA BATLLÓ
GAUDÍ
BARCELONA



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BARCELONA

Dominique Rizzo

FOOD, WINE
& CULTURE
TOURS



As a result of Spain's success in being the best in the world, subsequently, we have the BEST gastronomic tour for lovers of exceptionally good food and even better wine. Spain has more than 3,000 miles of coastline, and no fewer than 48 UNESCO World Heritage sites. In addition to the incredible food and wine, you will also have the opportunity to witness and visit some of this region's best architecture and world-class landmarks.

Similarly, we have included Michelin star and private exclusive dining experiences. Experience the lively beach resorts of Costa Brava as well as the Pyrenees Mountains. Bordered by the mountains and the Mediterranean Sea, Catalonia is a traditional region of Spain that is fiercely proud of its unique culture. On this tour, you will love the buzz of Barcelona, one of the most visited destinations. Barcelona has more than 70 top-notch museums and 24 Michelin-starred restaurants. We visit the atmospheric medieval quarter of Barcelona with its surprising modernist architecture, and the awe-inspiring Sagrada Família, the Boqueria Markets and lend a hand in a local kitchen with a hands-on cooking class.

Rivaling Barcelona in historic importance and one of the tour highlights is the town of Girona. We visit the coves of Cadaqués, a famous artists village in the middle of the Cap de Creus peninsula, home to Salvador Dalí, also known as one of the prettiest towns in Costa Brava. Stretching northeast from the coves and beaches of Blanes to Catalonia's border with France, the Costa Brava is Spain's most beautiful coastline. This 1,240-mile coast of rugged cliffs and idyllic beaches is one of Europe's favorite seaside playgrounds, and its pretty little whitewashed towns have lured artists that include Dalí, Picasso, and Marc Chagall.

Catalonia, Barcelona & The Costa Brava

Full Itinerary

Travelling to

Barcelona, Empuries, Olot, Girona, Pals, Roses, Cadaques, Perelada, Figueres, Portlligat, Begur, Torrent, Santa Susana, Vall Llobrega

Day 1 Barcelona

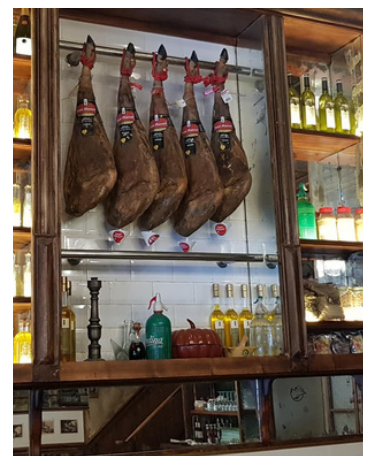
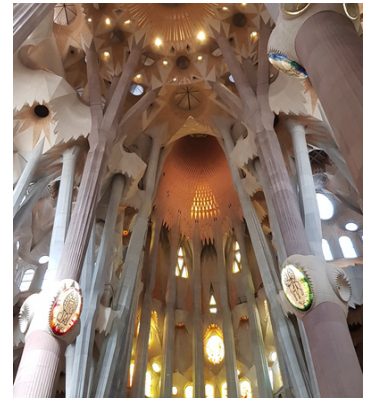
We meet you at 9am in the hotel lobby for an introduction and our walking tour of Barcelona visiting Catalunya Square , Medieval Barcelona , Saint James Square (City Hall and the Catalan President's Palace) , The Old Jewish Quarter, Petritxol street, Santa Maria del Pi basilica (XIV century), Barcelona's Cathedral (XIV century), King's Square, Born District, Santa Maria del Mar Basilica (XIV century) and Montcada street. We wander the famous La Rambla and the narrow streets of the Gothic Quarters stopping at specialty food shops for tastings of cheese, charcuterie, pastries, olives and chocolate for lunch. The rest of the afternoon is free for you to explore this vibrant city. We meet you in the evening of our hotel to head to our Degustation dinner and to welcome you to some of the astonishing cuisine of Spain. B/L/D

Overnight stay in Barcelona.

Day 2 Barcelona/Sagrada Familia

After a relaxed breakfast we start to discover Barcelona with a tour by private bus. We visit inside the Sagrada Familia, one of Gaudí's most famous works in Barcelona. It's a giant Basilica that has been under construction since 1882 and it's not expected to be completed for another 30 to 80 years. After Sagrada Familia, with our personal guide we continue our panoramic tour of Barcelona's iconic architectural creations by the famous "Gaudí". Gaudí used colours and shapes found in marine life as inspiration for his creativity. We visit High-end Elegant Passeig de Gracia Ave. to see the Art Nouveau buildings and the houses of Gaudi: Batllo and Mila / La Pedrera. We drive to the Barcelona Sea Front with Old Harbor and Olympic Port , stopping at Columbus Monument as well as Port Customs Building and Royal Medieval Shipyards. We catch the gorgeous panorama View of the City from the Montjuic Hill Park stopping at the Miro Museum, Olympic Stadium for 1992 Games, Magic Fountain location, Spanish Village, Plaza de Espanya, Old Bull Ring arena, Gran Via Ave. We stop for lunch of Barcelona specialities and let you wander back to the hotel for your free afternoon and evening. B/L

Overnight stay in Barcelona



Day 3 Barcelona Markets/Wine Tasting/Cooking Class

After breakfast we meet our guide and venture a little deeper into the beating heart of Barcelona. We head out to meet our gourmet expert guide who will take us on our first gastronomy adventure visiting the famous Boqueria food market. These markets date back to 1217, when tables were installed near the old door of the city to sell meat. From 1470 to 1794 it was known as Mercat de la Palla (or Straw Market) until it found its home on La Rambla in 1862, where it remains now. This is one of Barcelona's best markets and an amazing opportunity for you to practice some Spanish, heading out on your own and tasting some of Barcelona's fresh local produce. We leave you to roam at your leisure and be part of this iconic Barcelona tradition. Anything from Iberian cured ham, spiced Catalan sausages, tomato bread, mussels with "vinagreta", anchovies, prawns cooked in garlic sauce, and loads more....can be enjoyed as a tapa...just delicious. Here we will enjoy an incredible contrast between colours and activity, ideal to discover why Mediterranean cuisine is internationally known due to its ingredients. Our culinary expert will guide us through the best purveyors of fruit, vegetables, meats, seafood, bread and desserts. For lunch we head to Albet|Noia a boutique exclusive winery located in a unique setting and surrounded by vineyards and nature. Arguably the first organic winery in Spain and a perfect venue for people passionate about wine and vineyards. Here we enjoy a wine tasting and incredible lunch overlooking the vineyards. We give you some time for siesta in the afternoon and then meet again for our evening of cooking, fun, laughter and finish with a banquet dinner. B/L/D

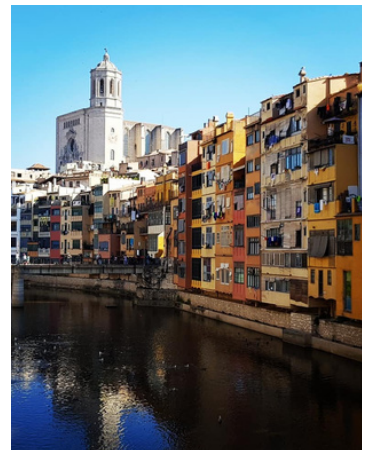
Overnight stay in Barcelona.

Day 4 Girona

Today we transfer to the ancient town of Girona, said to be one of the preferred cities in Spain to live in. Girona was originally built by the Romans as a fortress, and the best way to explore the medieval town is to lose yourself in the alluring labyrinth of narrow streets which still reflect its two centuries of Moorish occupation

Famous for the "Call Jeue", Girona's Jewish Quarter is one of the largest and best-preserved in Europe. It is located just beside the Cathedral and is an area of narrow streets with stone steps and paved cobblestones, resembling a labyrinth. The main street is Calle de laForça and it was the centre of trade during Roman times. You will love the atmosphere of this city. We stop for lunch in a local restaurant then the rest of the afternoon is free for you to enjoy. We meet in the hotel to wander to our Michelin Star restaurant for an incredible tasting menu. B/L/D

Overnight stay in Girona.



Day 5 Olot/Val d'en Bas /Besalú/Girona

After breakfast, we drive to the volcanic area of Garrotxa in Beguda. La Garrotxa Volcanic Zone Natural Park is the most notorious volcanic landscape in the Iberian Peninsula. Filled with craters, volcanic cones and basaltic flows, none of them is still active, of course, but as their structures are still visible, it makes for an undeniably interesting visit. This area of nature also hosts forests made of oak, holm-oak and especially beech, decorating a zone which is moreover rich in legends, old tales and historic buildings and monuments. Here we visit a small artisanal producer sausage-maker at Beguda near Olot, the capital of the volcanic area. We have a brief explanation of the local production and sampling some of the locally-made smallgoods visiting a small artisanal sausage maker in Olot. We then move onto cheese tasting and a demonstration from one of the best local cheese makers in this area.



For lunch we dine in a beautiful restaurant in Peramola known for its gastronomic excellence, focusing on local products and giving them a modern twist. The rest of the afternoon and evening is free for you to wander Girona and explore this magical city. B/L

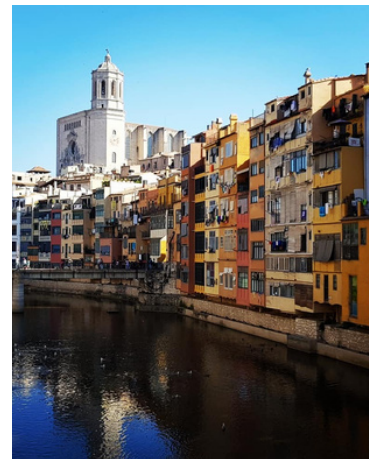
Overnight in Girona

Day 6 Empuries/Cadeques

After breakfast and checking out, we drive to Empuries, described as "one of the most fascinating archaeological sites", and home to picturesque ruins, both Greek and Roman. We visit the Empuries Ruins, the most important Greek archaeological site to be found in Spain. Its origin stems from the settlement of Greek colonists during the 5th century BC. The town was reformed by the Romans, and in the 1st century BC. Caesar founded another town of a square layout, which was populated by army veterans, and featured remains of mosaics and intact wall painting. Excavation has revealed important pieces, most noteworthy being Greek bronze and ceramic sculptures and remains. We then drive to the popular seaside village of Roses. Its location is simply beautiful, situated 50 km from the French-Spanish border with the sometimes-snow-capped Pyrenees in the background. People lived in this pleasant place even in the Stone Age. In ancient times, Greek settlers came here from the Island of Rhodes, and the name of the bay is said to have been given by them. Since then, there have been three roses in the coat of arms of the town. The Visigoths came after the Romans and their ruins are amongst the highlights of the archaeological attractions.

We then head to Cadaqués, Spain's Eastern-most town. Blessed with pristine azure sea waters and an island feel, it is one of the most beautiful seaside towns in Spain. It offers visitors quaint white-washed Mediterranean houses entwined within labyrinth cobbled streets, a deep history and an interesting artistic legacy. We stop for lunch and then onto our hotel where you have the afternoon free until we meet for dinner. B/L/D

Overnight in Cadaques



Food, Wine and Culture Tour

Day 7 Cadaqués/Portlligat/Roses

We visit the famous “House of Dali” in Portlligat. Dali lived here most of his life, creating one of the most well-known artistic galleries in Southern Europe. Portlligat now stands as an ensemble of fishermen’s houses built by the eccentricity and the geniality of the great artist himself.

With Dali making his life here, the area became famous and well-visited by such artists as Pablo Picasso, Walt Disney, André Breton, Federico García Lorca, Miró, Pla, Marcel Duchamp and John Cage, among many others. Now, Cadaqués continues to flourish with art galleries and young painters with big dreams. After a walking guided tour in Cadaques we meet in a local restaurant for lunch, a stunning selection of culinary creations from one of Spain's leading chefs. We spend the afternoon just soaking in the atmosphere of this little piece of paradise with time for you to wander around the town. We head back to the hotel and give you the evening free. B/L

Overnight in Cadaques.

Day 8 Peralada/Figueres/Torrent

Today is art and food, and food as art. After breakfast we check out and visit another one of this region’s acclaimed areas: Mollet de Peralada. The small medieval town of Peralada lies in a rural area amidst the region’s grape cultivation district, which is well-known for its Catalan Cava. The landmark of Peralada is the Castell de Peralada, a manor house with two imposing towers and a beautiful park and garden. This former residence of the Count of Peralada was constructed in the 14th century; at the end of the 16th century, it was converted into a palace for Francesc Jofre de Rocabertí. Along with the residence is the Convent del Carme and the Museo del Castillo de Peralada.

The castle library is one of the most important libraries in Spain and houses 80,000 volumes of mostly ancient books dating back to the 9th century, although there are some 20th century books as well, and an extraordinary collection of about 1000 published copies of the Don Quixote, in over 100 languages.

Our guided tour of the museum begins with the impressive library, the Gothic monastic church, and the very impressive Museo del Vitrio, a dream collection of 2,500 glass works of art, and Spanish ceramics.

We visit the small city of Figueres in Catalonia where you can see its wealth of history spanning many centuries in several museums in the area, as well as in the Old Town. Being the last major town before the Spanish/French border, it serves as a fantastic base to explore the upper Empordà region that is awash with the great food, wines, and beaches that represent the Catalan culture. After the museum visit, we dine in the old restaurant where Dali use to write, paint, sketch and visit during his time in Figures. We then drive to our Stunning Spa hotel in Torrent and enjoy a delicious dinner of local country fair at the hotel. B/L/D

Overnight in Torrent



Day 9 Torrent/Santa Susana/ Vall Llobrega/Begur

We start the day with a visit to an artisanal olive oil producer dedicated to the artisanal production of excellent olive oil and olive oil products, using the world-famous Catalan olive variety known as Arbequina. We tour the olive orchards with the passionate owners, who will give us the story of their farm and why their product is used by some of the best chefs in Spain. We enjoy an olive tasting and explore the variety of flavours this oil has to offer the palate.

We then drive to Finca Bell-lloch Hacienda and one of the most incredible architecturally designed winery where we experience real farm fare served with their own local wine and produce.

We continue our day visiting Begur, a colourful and exuberant town, with narrow streets of Moorish and Spanish architecture topped with a crumbling medieval castle that has views along miles of coastline. The town's most stunning neoclassical mansions were built by local merchants returning from Cuba in the late 19th century, and they sit alongside fishermen's huts, the homes of wealthy families who traded with the West Indies and Americas, and houses rumoured to have hosted pirates. We check into our beautiful old farm house now a Hotel and Spa set in the most beautiful green surroundings. The evening is free for you to enjoy a swim, relax in the spa or sauna or simply catch up on some reading. B/L

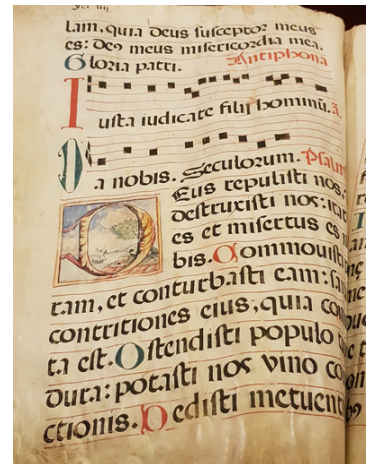
Over night in Torrent.

Day 10 Pals/Palamos/Llafranc/Torrent

With a later start to the day, we head out to visit Pals a romantic, picturesque town and one of the best-preserved medieval villages in all of Spain. As you walk through the narrow village streets next to the city walls, towers and churches, you will feel as though you have stepped back in history. The stone archways, cobblestone streets and wrought-iron balconies adorned with flowers create a welcoming feel in this Romanesque village. Pals is one of Spain's official Slow Cities (related to Slow Food), as it provides an excellent opportunity to see and sample some of the cuisine of Baix Empordà, which brings together products from land and sea. Following the slow food route, we visit an important Fish museum in Palamos. We experience a cooking demonstration with a difference including the showcasing of different type of fish followed by lunch which features any unique seafood varieties not common to our shores. We take a panoramic visit to the coastal towns of Llafranc and Calella then transfer back to the hotel.

We will then meet you in the hotel for our Degustation tasting menu celebrating pristine seasonal ingredients from both sea and mountain, interpreted by chef Ramón Freixa's talented team. Together they create an authentic gastronomic experience that celebrates local flavours and aromas, and the heritage of our surroundings at the heart of the Costa Brava. B/L/D

Overnight in Torrent.



Day 11 Barcelona

Giving you a later start to the day, we enjoy our last country breakfast and check out, ready to head back into the beating heart of Barcelona and to our hotel. We give you the option of heading out on your own if you wish to do some last-minute shopping, see some more sights, or simply just partake in being part of this wonderful city again. You are free to enjoy lunch in any of the local restaurants and we will meet at the hotel in the evening for our last “Ola” with a Flamenco performance and dinner in one of the local rooftop restaurants. B/D

Overnight in Barcelona.

Day 12 Barcelona

We bid you farewell and as tour concludes with a lovely breakfast at the hotel, followed by a private transfer to Barcelona Airport for your departure. We hope enjoyed your Spanish experience with us and we wish you the best for your onward journey for this unforgettable experience! B





PRICE INCLUDES

- Fully escorted tour, 12 days, 12 nights in the beautiful scenic surrounds of Catalonia, Barcelona and The Costa Brava
- Specialised escorted service of Chef Dominique Rizzo, Director and Curator of Pure Food, Wine Culture Tours
- Private Spanish Guide for 12 days
- Air-conditioned spacious private bus with our own private driver
- All accommodation and hotel taxes in 4 & 5 star Hotels/Mas and Spa Resorts selected for their personalised service, amenities, locations and their food (Room upgrades are available upon request, prices to be quoted upon application)
- Maps, travel hints and tips, Spanish language brochure, details of hotels
- All Private, escorted visits and tastings
- Meals – All breakfasts are provided, 10 lunches and 7 dinners are also included, aperitives are provided as stated- where lunches/dinners are not provided, morning activities, tastings and included lunches and dinners are of ample abundance
- Beverages - All beverages with meals including wine, beer, juice, soft drink, tea and coffee are provided
- All guided tours as specified in the tour are included
- Admission to all historical sites, galleries and museums mentioned in the itinerary are included
- Tips for Restaurants and Guides

The fee does not include

- Airfares
- Everything not included in itinerary
- General expenses - phone calls, laundry, room upgrades
- Transfers to an from hotel on arrival and departure, personal transport outside the tour dates, excess baggage, security and government taxes
- Beverages and meals outside of described “Tour Inclusions”
- Room service beverages and meals when not participating in the scheduled meals
- Tourist Taxes where applicable in some hotels
- Travel and medical Insurance

Highlights

- A full 11 Day schedule starting at 9am on the first day
- Guided tour of the Gothic quarter in Barcelona
- Market Tastings
- Degustation Dinners
- Barcelona hands on cooking class
- Visit to Sagrada Familia
- Olive oil tasting and farm visit
- Guided tour of Girona
- Tour of the ruins of Empuries
- Visit to Casa Dali – The house of Salvador Dali
- Degustation lunch in Cadaques
- Guided visit of the Castle of Perelada /Guided Visit to the Dali Museum/
- 2 private wine tasting events at two of the best wineries in this region for their wine, architecture and design, food and hospitality
- Small producer tasting of salumi and cheeses



TRAVEL WITH DOMINIQUE RIZZO TO EXPERIENCE THE BEST

Food, Wine and Culture Tour

The menus, selected restaurants and dining experiences are hand chosen to give you a variety of tastes and flavours allowing you to experience foods from the land, sea, city and mountain. We consciously include zero kilometre venues and restaurants with Slow Food accolades who support sustainability, preservation of tradition and local produce.

Our 4 & 5 star Hotels, Resorts and country style accommodation is also personally selected for not only its quality, but also its location, services, hospitality and the relationships we have built up over the years. We want to ensure you are not only very comfortable and relaxed but you also get to experience all aspects of a regions terrain and lifestyle.

Our guides are personally selected for their knowledge of the regions, their spoken English and their humour. This ensures you enjoy informative, interesting and fun guided tours. We do when necessary use whispers or small group microphones to ensure you can wander at your own pace without missing out on understanding the history and unique aspects of each area we visit.

We are not about racing you around the country. We prefer to stay in each of the accommodation for a minimum of 2 -4 nights giving you an opportunity to unpack and settle in.

Moderate walking is involved on guided tours, we can certainly accommodate people who are a little slower on their feet. Luggage services are available to assist with retrieving luggage off and on our bus and to and from the hotels/rooms if required.

The places we visit do include some of the main tourist sites of a region. Although unique to Dominique Rizzo Tours are the sights and activities that are personally booked for these tours alone. You will not find these on any other Tour.

We include everything! Even days and evenings off from the tour for you to relax on your own or to further explore a destination. There are no hidden costs, add ons or payments that are further required to complete the full itinerary. You are welcome to opt out of any of the activities to do your own thing, although we have selected each of the activities to give you an opportunity to see, do and taste as much of Sicily as possible with siesta time in-between.

Our tours suit couples, singles and people of all ages. Our tours are privately booked with a minimum of 10 and maximum of 14 guests so that you get personalised attention, comfort when travelling and opportunity to visit boutique establishments, restaurants, and unique venues not suitable for large number tours.

We can certainly cater for dietary intolerances and can accommodate coeliac, dairy free and vegetarians. Our cooking classes are for everyone from the novice cook to the budding chef and are fun and informative giving you an opportunity to pick up some new skills and learn about the cuisine.

Chef Dominique Rizzo has been running her Food Tours for over 7 years and is a complete professional with an attention to detail and service. On tour she is on call to assist you anyway she can. This tour is about creating a memorable travel experience of a lifetime for YOU. Our desire is for you to enjoy a relaxing holiday where you can get the most out your time away. We have selected the best so you can completely immerse yourself in the culture, lifestyle, food and wine of a region.