



12th International Conference on One Carbon Metabolism, B Vitamins and Homocysteine

SOCIAL PROGRAMME EXCURSIONS 11/06

The proposals contained within are for minimum groups of 20 people.
In the case of smaller groups, the budget will be recalculated

COSTA DAURADA (GOLD COAST).

Price/ person: 39 €

Including coach transport to and from the route and picnic (Pasta salad, sandwich, water, fruit and biscuits), and local emergency medical insurance for hiker.

The *camins de ronda* (coastal paths) were originally used by fishermen, to connect the fishing villages that dot the coast. During the war their role was different, they were used to watch out for smugglers. Nowadays these paths are enjoyed by walkers and for freetime activities.

The coastal route (GR-92) that takes in *l'Ametlla de Mar*, *El Perelló* and *l'Ampolla* is one of the best protected and preserved areas of *Catalunya*. Hiking this route allows us to recharge and to enjoy the scenery, nature and the solitary *caletes* (little "bays") along the Southern Catalunya coast where the combination of land and sea colours are really beautiful. The route is ideal for refreshing dips along the way! The level is moderate, easy for habitual walkers, and the unspoilt route consists of paved paths, stoney trails and some rocks.

The distance between *l'Ametlla de Mar* and *l'Ampolla* is approximately 16 km (approx. 4-5 hour hike). Our in house local veteran hiker, Joan Fernández-Ballart, who knows every inch of Southern Catalonia will lead the hike. Avid hikers may want to trek the 16 km but shorter alternatives are also possible! The coach will meet hikers about half way along the route to top up water supplies and to collect anyone that wants to do a shorter hike and wait for the others in a seafront bar before on the outskirts of *l'Ampolla*.

The coach will bring everyone back from *l'Ampolla* to Hotel Termes Montbrió.



Essential: Sunscreen, hats, protective clothing and comfortable walking/ hiking shoes. Proper hiking shoes (and sea socks/shoes for those that want to swim) are a must. Smoking is strictly prohibited along the trail.

Water bottles can be refilled or water bought (sporadically) along the route. Expect **a day in the sun!**



ROMAN TARRAGONA (“TARRACO”)

Price/ person: 51 €

Including coach transport, 3 course lunch and guided tour (in English!).



The route through Roman Tarragona from start to finish lasts about two hours on foot, taking in the monumental remains of the Roman legacy declared a World Heritage Site by UNESCO in 2000. It begins at the city walls, which are seen from the outside, as the oldest preserved monument of ancient Tarraco, and continues with a walk through the old town with the facade of the cathedral in view. It enters the pretorium and the circus where the inner and underground second Century AD vaults can be admired. The visit ends up sitting on the steps of the amphitheatre where the gladiatorial shows that took place there are described.



Starters (Shared, “tapas” style on table)
Melon and prawn salad with mustard
vinagrete

Calamars a la romana
Steamed Mussels
Patates braves.

Main: *Fideus rossos*
(*typical Tarragona fishermen’s dish*)

Dessert: *Crema catalana*

Drinks: Water, house wine and coffee

Vegetarian options to choose from:
Gaspatxo

Vegetables cooked on the hot plate
Torrada Mediterrània
Salad
Vegetable paella



Recommended: Sunscreen, hats, protective clothing and comfortable walking/ hiking shoes. Expect intermittent exposure to the sun .

PRIORAT

Price/ person: 67 €

Including coach transport, visit to family wine cellar and vineyard, lunch and wine tasting at the vineyard and a guided tour of Siurana.

CELLER CINGLES BLAUS.

Wine making tradition in the beautiful heart of *El Priorat*.



Visit to the cellar with lunch/wine tasting at *finca del Mas de les Moreres*, in *Cornudella de Montsant*.

Welcome and appetiser (crisps, olives) with *Octubre* white wine in the *plaça del Molí* (Mill Square), *Mas de les Moreres*

Lunch

Selection of local cold meats, *pa amb tomàquet*, *coca amb recapte* and *coca d'espínacs* with *Octubre* rosé and red wines

Barbequed filet steak accompanied with *Moreres* red wine

Dessert: local hazlenuts and almonds with sweet wine

Coffee




cingles blaus
mon+ sant
DENOMINACIÓ D'ORIGEN



After lunch, guided visit to Siurana, one of the most beautiful villages in Catalunya!

Legend and history in the mountains.

Recommended: Sunscreen, hats, protective clothing and comfortable walking/ hiking shoes. Expect exposure to the sun in Siurana.