

*The Cross-Border Classic*

# PYRENEES



An Adventure by  
NOMA TRAILS

# PYRENEES TO MED

A Runner's Journey Across France & Spain

**NOMA**  
TRAILS

# The Vibe & The Promise

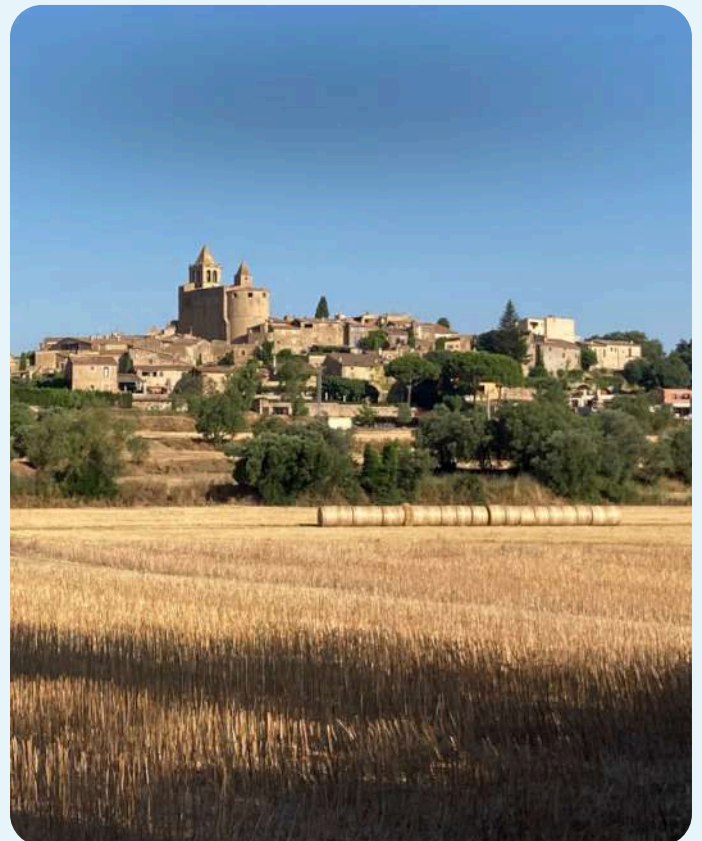
This Pyrenees adventure It is not a route we found on a map; it is the result of 15 years of family life, of exploring our own backyard, and of a love for the Catalan culture that transcends modern borders..

It begins in the rolling vineyards of French Catalonia and climbs to the mythical summit of Canigó. We run the high ridges—the very “roof of the Pyrenees”—before descending into the vibrant heart of Spanish Catalonia. The final act is a triumphant run to the crystal-clear waters of the Mediterranean Sea. This is more than a run; it is a pilgrimage for the senses, a story told in every footstep, from mountain peak to sun-drenched shore.

*Incredible journey running with Pablo and the tribe from the Pyrenees to the Mediterranean Sea! Had a blast and highly recommend RTWA for your future running adventures. Great views and breathtaking sunsets.”*

— Don Sims, USA





# Meet your guides

## Pablo & Jordi



### Jordi

Welcome to my backyard! As a local Catalan and a world-class trail running specialist, these mountains are where I feel most at home. As a UIAGM-certified High Mountain Guide and founder of Vertical Emotions, I've spent years exploring every trail, ridge, and valley. It is my passion to share the hidden paths and the deep culture of this unique cross-border region with you. Together, we'll ensure you experience the true heart of the Pyrenees.

### Pablo

The Pyrenees are more than mountains; they are a bridge between cultures, a living history book written in stone and trail. I traded my native Costa Rica for Catalonia years ago, and this specific path, from the French peaks to the Spanish sea, is one that holds a special magic for me. It's a route that showcases the very essence of what we believe at Noma Trails: that running is the most human way to travel, to truly connect with a place and its people.

# The NOMA Philosophy: Why We Run Here

This journey was born from my deep, and personal connection to the mountains. For over 15 years, these trails have been the backdrop for our family hikes and runs. Living in Girona, with the Pyrenees as our backyard, we developed a profound love for this cross-border region where both sides share a deep Catalan identity. This trip is the culmination of that love, inspired by the epic medieval poem "El Canigó," which tells the story of these sacred mountains.

“ This journey is personal. ”



A Day-by-Day Itinerary

# The journey

## Day 1. The Vineyards

Our journey begins on the French side of the Pyrenees. We start running towards Prades, the town nestled at the foot of the mighty Canigó mountain. The trails wind through picturesque vineyards and beautiful medieval villages, offering a gentle introduction to the region's charm. In the evening, we'll find time to sample the local wine, a perfect toast to the adventure ahead.

## Day 2. The Canigó

This is our longest and most challenging day, a true mountaineer's stage. From Prades, the Canigó looks gigantic, and our goal is its summit. The climb is significant, but the rewards are immense. We'll be sustained by lunch at a mountain refuge on our way to the top. Depending on the season, we may encounter snow on the final ascent. After submitting the peak, we descend into the Cadi Valley to spend the night in the authentic Marialles mountain refuge.

## Day 3: The Roof of the Pyrenees

The joy of high-altitude running! We continue south to the beautiful Pla Guillem, a vast, flat plateau at the top of the Pyrenees where the running is pure pleasure. The final part of the day sees us descending into the Tec Valley and arriving in Prats de Molló, a town renowned for its gourmet French cuisine.

## Day 4: The Border

Today we cross from France into Spain, though both sides of the border share a deep Catalan identity. The day starts with a strong ascent, followed by a glorious, pleasant descent through meadows of wildflowers, passing ancient mountain villages on our way to the charming town of Camprodon.

Our seven-day adventure is a carefully crafted narrative that takes you across a country border and through dramatically changing landscapes. Each day offers a new challenge, a new flavor, and a new perspective on this unique corner of the world.

## Day 5: The Medieval Villages







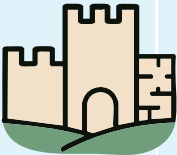



We've made it deep into South Catalonia, and now it's time for a special highlight. This is the point in the journey where the adventure evolves with the magic of each group. In all our years guiding this route, we have never run the exact same itinerary on this day; we tailor it to the unique energy and spirit of the runners sharing the trail with us. We'll travel by van for about an hour to a surprise location for a truly memorable run. We keep the exact details under wraps, but trust us—it's always a highlight. We will spend the night in our home city of Girona, a jewel of Catalan culture.

## Day 6: Getting to the Sea

Can you feel it getting closer? To reach the Mediterranean, we first traverse the Empordanet, a stunning valley filled with perfectly preserved medieval villages. The landscape softens, the air changes, and the sea beckons as we run towards the coast, ending our day in a charming coastal village.

## Day 7: The Mediterranean Sea

The final day. After so many hours of running, all the way from the north side of the Pyrenees, we make it to the sea. This is a day of triumph and celebration. The final miles are savored, ending with a well-earned swim in the blue waters of the Mediterranean. Please don't lose the opportunity to tell locals where you've come from—they will be impressed.

	Run title / Focus	Distance	Elevation	Key Highlights & Experiences	Overnight Location
Day 1	<b>The Vineyards</b> 	21 km	+ 450 m	Run through French vineyards & medieval villages. Evening local wine tasting.	 <b>Prades, France</b>
Day 2	<b>The Canigó</b>	26 km	+ 1900m	The "Queen Stage" ascent of the mythical Canigó. Lunch at a mountain refuge.	 <b>Marialles Mountain Refuge</b>
Day 3	<b>The Roof of the Pyrenees</b> 	18 km	+ 1900m	Run the high, flat plateau of Pla Guillem. Enjoy gourmet French cuisine.	 <b>Prats de Molló, France</b>
Day 4	<b>The Border</b>	20 km	+592m / -707m	Cross into Spanish Catalonia. Descend through	 <b>Camprodon, Spain</b>
Day 5	<b>The Medieval Villages</b> 	20 km	-350m	A curated surprise run through a stunning, lesser-known part of South Catalonia.	 <b>Girona, Spain</b>
Day 6	<b>Getting to the Sea</b>	26 km	-350m	Traverse the Empordanet valley, with the first views of the Mediterranean.	 <b>Coastal Village, Spain</b>
Day 7	<b>The Mediterranean Sea</b> 	16 km	+380m	The final, triumphant run to the coast. A celebratory swim in the sea.	<b>Adventure Concludes</b>

The Logistics

# Plan your adventure

## At-a-Glance

**Price:** 1900€

**Dates:** June and September

**Group Size:** Our groups are intimate, ranging from 4 to 16 like-minded runners.

### What's Included

- ✓ All accommodation for 6 nights
- ✓ All breakfasts and all dinners
- ✓ All transfers during the trip (excluding airport transfers)
- ✓ Daily luggage transportation between accommodations
- ✓ Expert guiding by local, professional runners
- ✓ GPS and tracking devices for safety

### What's Not Included

- ✗ Lunches (This allows you flexibility. We recommend bringing on-trail snacks.)
- ✗ Personal travel and medical insurance (compulsory)
- ✗ Tips for your guides
- ✗ Entrance fees to any optional sites or attractions
- ✗ Flights or travel to the meeting point in Girona

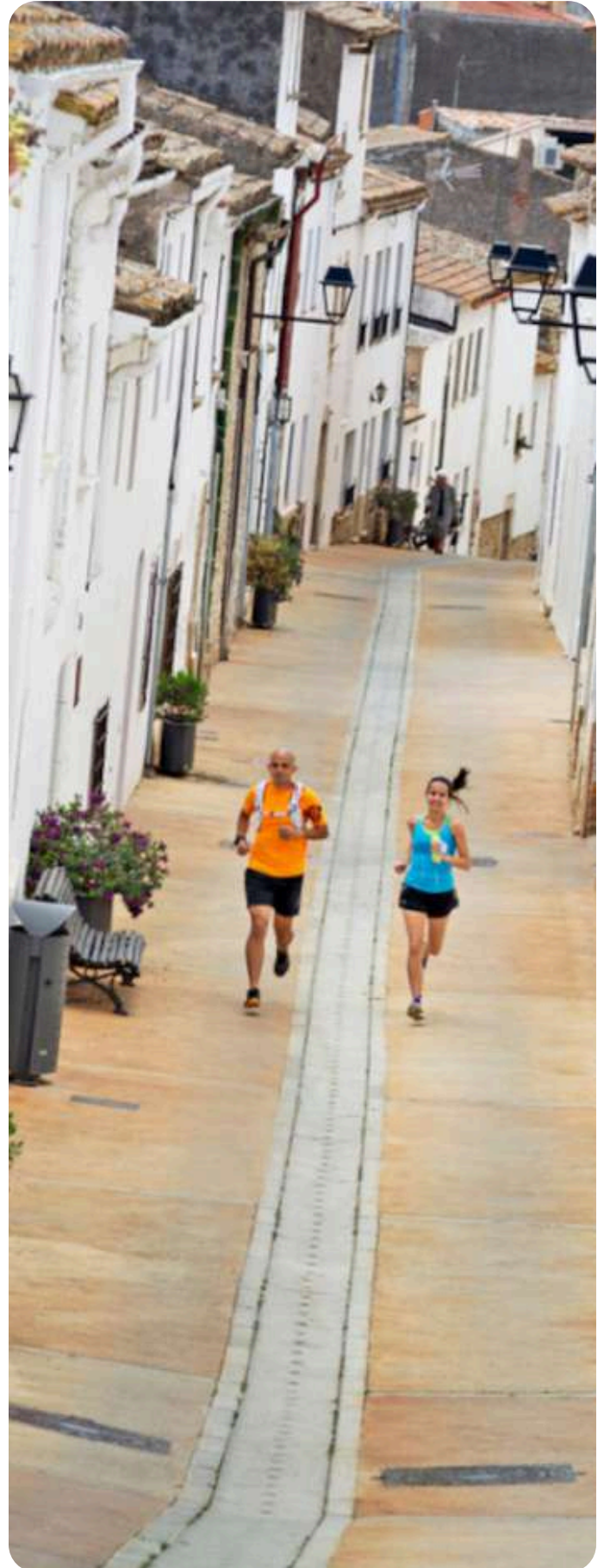
### Accommodation: The Real Experience

We believe in authentic experiences. Our accommodations are a mix of small, locally-run inns, a traditional mountain refuge (dormitory style), and comfortable city hotels. These places are chosen for their character, hospitality, and amazing homemade food. Please note that these charming, older buildings often do not have elevators, so you will need to carry your luggage

Our rates are based on double or triple occupancy; a single supplement of 60 €/night is available for solo runners wanting a private room where possible.

# The Running Experience: Pace, Terrain, and Vibe

This is a challenging running adventure, not a race. To fully enjoy the experience, you should be a regular runner, comfortable with distances up to a half marathon and running two to three times per week. The terrain is varied and includes significant elevation gain. We encourage everyone to run at their own pace. Our guides are there to support all levels within the group. The vibe is one of camaraderie and shared discovery, where the journey itself is the destination.



*A Taste of the Region*

# The culinary journey

This trip is a culinary journey across two countries. You will experience the shift from hearty, gourmet French Catalan cuisine—think rich sauces and mountain cheeses—to the fresh, vibrant Mediterranean flavors of Spain, with its emphasis on fresh fish, olive oil, and local produce. We provide delicious breakfasts to start the day and celebratory dinners each evening, often featuring local wines. For on-trail fuel, we recommend you bring your own preferred energy bars, gels, or snacks, as we run between meals.



Know before you go

# Essential travel info

## Currency:

Euro (€). Credit cards are widely accepted in towns, but it's wise to have cash for smaller purchases, especially in mountain refuges.

## Language:

We will be in both French and Spanish Catalonia. Learning a few basic phrases will be appreciated:

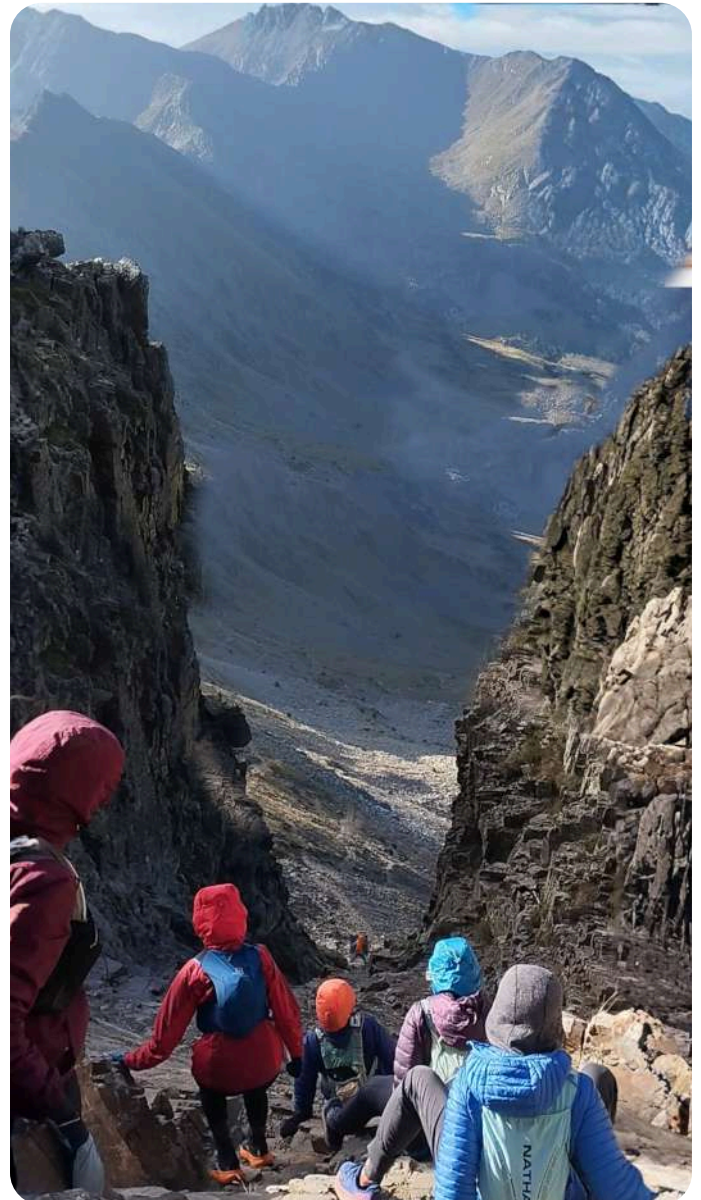
- **Hello: Bonjour (French) / Bon dia (Catalan)**
- **Thank you: Merci (French) / Gràcies (Catalan)**

## Safety:

The Pyrenees are wild mountains. While we take every precaution, you are responsible for your own safety. Always follow the guide's instructions.

## Insurance:

Comprehensive travel and medical insurance is compulsory for this trip.



# Essential Gear & Packing List

## On the trail

### Footwear:

Well-worn-in trail running shoes are essential.

### Pack:

A small running vest or pack (camelback) of 10-15L to carry water, snacks, phone, and a light jacket. A water bladder or flasks with a capacity of at least 1.5 liters.

### Layers:

Be prepared for all conditions. Pack technical running gear, including a warm mid-layer (fleece), a waterproof/windproof jacket, hat, and gloves. Snow is possible on Canigó even in June.

### Sun Protection:

High-factor sunscreen, sunglasses, and a running cap or visor.



## off the trail

### Luggage:

One primary piece of luggage per person, as van space is limited. We will transport this for you each day.

### Clothing:

Casual clothes for the evenings, including a warmer jacket for mountain nights. Don't forget a swimsuit for the Mediterranean!

### Personal:

Any personal medications, blister plasters, and a small first-aid kit. Please note, there is no laundry service available during the trip.

### Electronics:

Phone, camera, and a portable power bank.



# Voices from the Trail

*"My husband and I loved our trip. Running along the Mediterranean was magical. The daily landscape was different each hour. Running into a small town and grabbing a cold beer was amazing. The food, people, and accommodations were great. Make sure you bring your trail shoes and a large water pack with snacks. I highly recommend this adventure trip."*

— Jane-Ellen Wiens, Canada

*"We have done two Run The World Adventures – Pyrenees to Med and Running Costa Brava. They were the 2 best vacations we've ever had! Running is the best way to see the world and Pablo & Cristina work hard to make your experience incredible!"*

— Betsey Goering, USA

*"Incredible journey running with Pablo and the tribe from the Pyrenees to the Mediterranean Sea! We had a blast, and would totally recommend RTWA for your next running adventure!"*

— Don Sims, USA





# Your next step: **JOIN THE TRIBE**

*Ready for an unforgettable journey from the peaks of the Pyrenees to the shores of the Mediterranean?*

Spaces are strictly limited for this expedition.  
Secure your spot today.

## **Have questions?**

Visit our website for FAQs or email us directly at  
[info@nomatrails.com](mailto:info@nomatrails.com)

Follow our adventures on Instagram:  
[@nomatrails](https://www.instagram.com/nomatrails)