

*The Gourmet Trail*

# COSTA BRAVA



An Adventure by  
NOMA TRAILS

# Spain (Costa Brava)

The Original Gourmet Running Adventure



**NOMA**  
TRAILS

# The Vibe & The Promise

This is the trip that started it all. We launched our company in 2010 with this very adventure, we called running Costa Brava, and over the last 15 years, we've guided more than 80 groups through our home region.

Featured in numerous magazines, this tour is the culmination of over a decade of exploration and an intoxicating blend of challenging coastal running and world-class gastronomy.

Our journey winds its way through ancient forests, perfectly preserved medieval villages, and along some of the most spectacular coastal trails in Europe. We will swim in hidden coves, explore the landscapes that inspired Salvador Dalí, and sleep in charming boutique hotels run by local families.

This is our land, we are Catalans, and this trip is the best way to get to know our life, our culture and our people.

*"Nomatrails is a fabulous group of people who deliver incredible adventures. Behind the scenes is Cristina, who handles the logistics and communication... The other half... is Pablo, who is equal parts historian, entertainer, story-teller, tour guide, and amazing runner – often barefoot! By the week's end you know you have made life-long friends, and experienced a country in a way few people ever will."*

— Kristene Jordan, USA





# Meet your guides

## Pablo & Cristina



### Cristina

Welcome to our home! As a native of Catalonia, the Costa Brava holds a special place in my heart, it is where I have grown up. For over a decade, we have poured our passion into perfecting this journey. My role is to ensure every detail is seamless—from the charming hotels we've discovered over the years to the incredible dinner reservations that await you after a long day on the trail. We want you to feel the warmth of Catalan hospitality from the moment you arrive.

### Pablo

This is the adventure that defines us. It combines everything I love: technical trail running, fascinating history, incredible food, and sharing it all with a great group of people. We've run these trails hundreds of times, and they still take my breath away. Each day is a story, from the ancient walls of Girona to the wild cliffs of Cap de Creus. Cristina and I, along with our five children, live and breathe this life, and we are so excited to share our corner of the world with you.

# The NOMA Philosophy: Why We Run Here

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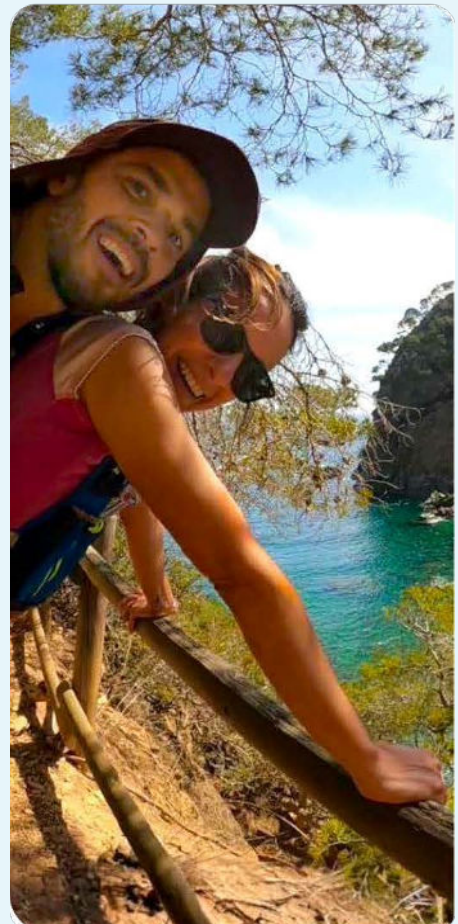
**We welcome you not as a client, but as a friend in our home.**

We run in Costa Brava because Costa Brava is home.

This is where the idea of creating running vacations was born, the idea of showing the beauty of our land to those who wanted to discover it with their feet and legs as their means of transport.

Fifteen years ago, with our children still young, we decided that Pablo should make his dream come true. Between his work in IT and the energy needed to take care of a large family, he began exploring mountains and trails until he managed to link a route from Girona to Cadaqués.

Then it was Cristina's turn taking care of hotels, restaurants and all the logistics. Once everything was ready, we launched ourselves into this adventure that we've lived together with all our children, now five grown boys and excellent runners, involving them from a very young age in our tours.



A Day-by-Day Itinerary

# The journey

## Day 1: Girona

Our adventure begins with a running tour of Girona's ancient heart, a maze of narrow alleyways and historic churches. We'll run atop the medieval city wall before heading into the Gavarres forest. We return to Girona for a special reason: a celebratory welcome dinner at a fantastic gourmet restaurant.

## Day 2: The Empordanet

From where we left off, we travel through the "Empordanet," a beautiful agricultural landscape. The trails are mostly level and non-technical as we run between seven stunningly preserved medieval villages and past two ancient castles. We'll have a light lunch in the fairytale town of Peratallada before continuing to our destination.

## Day 3: Getting to the Sea

A short drive takes us into the mountains for a classic traverse to the coast. We ascend to Fitor Church before descending on technical singletrack to the Mediterranean. The rest of the day is spent following the spectacular coastal path, passing fisherman huts and unspoiled beaches, finishing in the beautiful village of Calella de Palafrugell, where our seafront hotel awaits.

## Day 4: Paella

From Calella, we ascend to the Sant Sebastià lighthouse for breathtaking views. We then run a stunning coastal track to Tamariu for a refreshing swim before heading inland to the hilltop town of Begur. We cross more mountains to reach Pals, a medieval village where a traditional, delicious Paella dinner will be our reward.

This is our classic point-to-point journey from the Girona to the sea, with a new destination and a new culinary experience awaiting you each night.

## Day 5: Short Day – Getting to Cadaques

A shorter run today allows us to soak in a completely new landscape as we enter the Cap de Creus natural park. We arrive in Cadaques, a remote, whitewashed village famous as a haven for artists like Salvador Dalí and Picasso. Its small stone lanes and artistic vibe are unforgettable.

## Day 6: Cap de Creus & Wine Tasting

There's a reason we spend two nights in Cadaqués is art, wine, food, probably the most beautiful real Mediterranean village that still has real inhabitants.

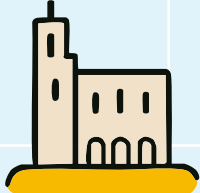
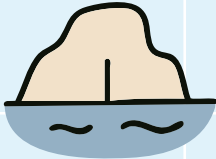
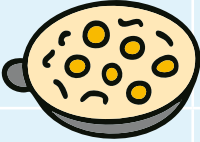
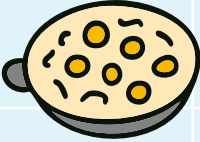
We'll run toward the Cap de Creus lighthouse, a place that feels like the end of the world.

## Day 7: Perafita Winery to Sant Pere de Rodes

The final day. After so many hours of running, all the way from Girona, we make it to the sea and ran North by the Mediterranean almost all the way to France.

This is a day of triumph and celebration. The final miles are savored, ending in the Monastery of Sant Pere de Rodes.

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>Girona</b><br>                     | 13 km    | +340m / -340m  | Run Girona's ancient city walls and through Gavarres forest. Gourmet dinner in the city.                      | <br><b>Girona</b>                           |
| Day 2 | <b>The Empordanet</b><br>             | 24 km    | +90m / -100m   | Traverse a landscape of seven medieval villages and two castles on flat, fast trails.                         | <br><b>Peratallada Area</b>                 |
| Day 3 | <b>Getting to the Sea</b><br>        | 23 km    | +150m / -300m  | Descend from the mountains on technical trails to the Mediterranean coast.                                    | <br><b>Calella de Palafrugell</b>           |
| Day 4 | <b>Paella</b><br>                   | 20 km    | +250m / - 180m | Coastal cliffs, a swim at Tamariu, and a run to the medieval village of Pals for a traditional Paella dinner. | <br><b>Begur (Castle/Indian Building)</b> |
| Day 5 | <b>Getting to Cadaqués</b><br>      | 12 km    | +354m / -354m  | A shorter run into the unique landscape of Cap de Creus, arriving in the artistic village of Cadaqués.        | <br><b>Cadaqués</b>                       |
| Day 6 | <b>Cap de Creus &amp; Wine</b><br>  | 22 km    | + 290m / -290m | A challenging loop to the easternmost point of Spain, through Dalí's landscapes, finishing at a winery.       | <br><b>Cadaqués</b>                       |
| Day 7 | <b>Monastery &amp; Farewell</b><br> | 15 km    | +590m / -120m  | Final run from a vineyard to the coast and up to the stunning 12th-century Sant Pere de Rodes Monastery.      | <b>Adventure Concludes</b>                                                                                                     |

## The Logistics

# Plan your adventure

### At-a-Glance

**Price:** 1890 euros

**Dates:** Spring & Autumn

**Group Size:** Our groups are intimate, ranging from 4 to 12 like-minded runners.

### What's Included

- ✓ All accommodation for 6 nights
- ✓ All breakfasts and all dinners
- ✓ All transfers during the trip
- ✓ Daily luggage transportation
- ✓ Expert guiding by RTWA founders Pablo & Cristina
- ✓ GPS and tracking devices for safety

### What's Not Included

- ✗ Lunches
- ✗ 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 stay in "little places run by locals" that make you feel at home, combined with unique, character-filled properties. These are often small, historic buildings and may not have elevators. A single supplement of 60 €/night is available for solo runners.

# The Running Experience: Pace, Terrain, and Vibe

This is a running adventure with some technical terrain and significant daily mileage. To enjoy it fully, you should be a regular runner, comfortable with half marathon distances and running 2-3 times per week. While challenging, this is not a race, and we support all paces within the group. The trails are about 98% of the route, featuring technical coastal paths, ancient forest tracks, and paths connecting medieval villages. The vibe is social, celebratory, and focused on enjoying both the physical challenge and the cultural rewards.



*A Taste of the Region*

# The culinary journey

The Costa Brava is a world-renowned culinary destination, and this trip reflects that. Dinners are a highlight, ranging from gourmet restaurant experiences in Girona to traditional, home-style Catalan cooking, including a classic Paella. Breakfast is provided daily. For on-trail fuel, please bring your own preferred energy bars and snacks.



Know before you go

# Essential travel info

## Currency:

Euro (€).

## Language:

Spanish and Catalan are the official languages, we speak Catalan.

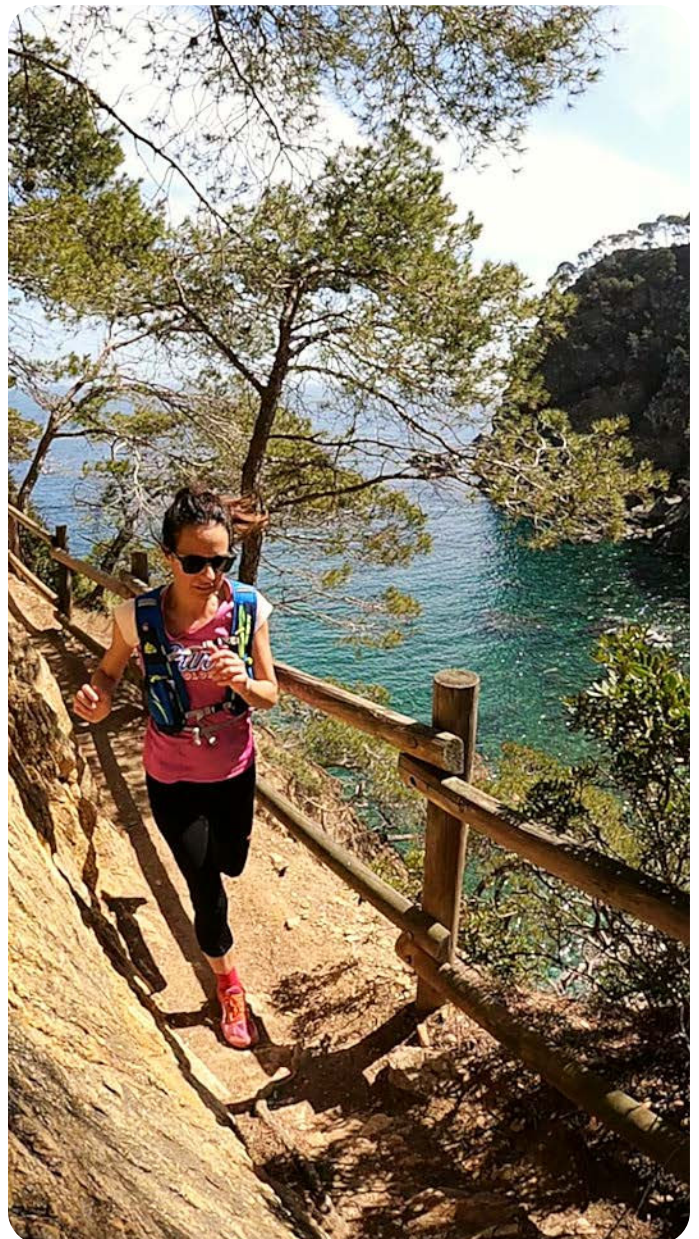
- Good morning: Bon dia
- Thank you: Gràcies
- Bye: Adeú

## Safety:

Coastal trails can be technical. Pay attention to your footing and the guidance from your guides.

## Insurance:

Comprehensive travel and medical insurance is compulsory for this trip.



# Essential Gear & Packing List

## On the trail

### Footwear:

Trail running shoes are essential for the technical coastal paths.

### Pack:

A running vest or pack to carry water, snacks, and a light jacket.

### Clothing:

Technical running gear for warm weather, but include a light jacket for evenings or cooler days.

### Sun Protection:

Sunscreen, sunglasses, and a hat or visor.

## off the trail

### Luggage:

One primary piece of luggage per person due to limited van space.

### Clothing:

Pack casual clothes for our gourmet dinners and a swimsuit for the Mediterranean coves.

### Personal:

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

### Electronics:

Phone, camera, and a portable power bank.



# Voices from the Trail

*"We ran the Costa Brava... and had an incredible time. We ran from tiny Mediterranean town to tiny town, across the rural countryside – popping down occasionally to swim in the azure blue sea. It was an amazing way to experience the rural Spanish countryside that would otherwise be impossible to find on our own. The accommodations were simple and clean; the food tasted wonderful; the trail running was purifying; and the people of the Costa Brava welcomed us warmly."*

— Dan Kearns, USA

*"We ran the Costa Brava this June and what an incredible experience! Running 7 days through the most beautiful countryside, dramatic coastlines and staying in fabulous hotels situated in picturesque villages, experiencing local cuisine – sublime. Pablo is an amazing guide & easily adapted routes to suit our strengths & weaknesses. Would highly recommend this adventure!"* — Nicky Eckstein, UK

*"Loved every minute with Pablo and Cristina. Running places not possible by car, staying in castles, eating amazing food and learning so much about the beautiful Costa Brava history and culture. Highly recommend it!"*

— J'ne Day-Lucore, USA





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

*Ready to run the wild coast and taste the  
best of Catalonia on our original gourmet  
adventure?*

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)