

The Casa Nuestra Travel Guide



We're thrilled that you've chosen to spend your holiday here and hope this guide helps you make the most of your time in the area. Please visit our website - www.casanuestrabegur.com – let us know what you think, and we sincerely hope you enjoy your stay.

First things first: HOW TO FIND Casa Nuestra. It's easy when you know how but can be quite tricky on first arrival.



To find us on <http://www.what3words.com> use **braved.staffers.mailings**.

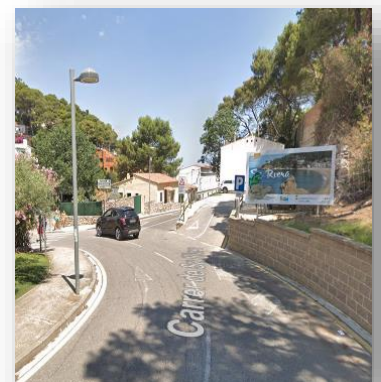
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Google maps link: <https://maps.app.goo.gl/zANoc9xgStEGqqRK8>

From the centre of Begur, follow signs to Sa Riera. You're approximately 7 minutes from Casa Nuestra. You'll find yourself on a downhill drive towards the sea. Beware of two sharp turns on your way down, first to the right and then to the left.

As you approach the village of Sa Riera, turn left, and sharp left again so that you're doubling back on yourself, roughly parallel to the main road.

You'll head uphill and soon reach a junction. Turn left onto Carrer Roca del Mas Mato. You'll find Casa Nuestra, No 13 - with its two open parking bays - on the right.





If you're heading out from Casa Nuestra and Sa Riera, one of your first stops must be **Begur** - definitely one of the treasures of the Costa Brava. Begur, in Girona's Baix Empordà, is around 50 minutes' drive from the city of Girona (50 km) or 90 minutes (approx. 130 km) from either the Spanish city of Barcelona or the French city of Perpignan. The town is stylish, colourful, classy and packed with gastronomic delights, with beaches where you can enjoy unparalleled beauty and protected, crystalline waters. You really don't need to do much in Begur: walk its cobbled streets, shop, stop for a glass of cava and tapas, visit the medieval castle and worry about which restaurant to choose for dinner.

Looking out at the Mediterranean from Sa Riera beach, you can see the **Medes Islands**, which have been protected since 1983 by the



Catalan government. These days, these seven little islands are growing in importance as a marine reserve, with varied marine biodiversity, including underwater caves.

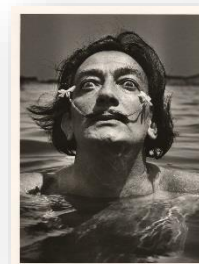


The charm and enveloping sense of history in Begur is overwhelming, with its striking medieval castle, which overlooks the old town, and its seemingly incongruent Cuban architecture. Begur has cultural links to **Cuba**, so you'll immediately feel and see the colonial influence. During the 19th century, many Begurencs (people from Begur) emigrated from Begur to Cuba, which of course meant that those who did well for themselves came back and built these ostentatious, colonial-style homes. Actually this relationship and the culture that surrounds it, is celebrated every September in the three day festival called the **Fira d'Indians**.

The area is great for **diving and snorkelling**, and there are a few dive centres to be found in the area. (see the end of the guide for details)

Cyclists won't be surprised to learn that a number of Tour de France competitors have spent time here, taking advantage of the steep climbs for their training regimes.

For **art lovers**, Begur is situated in the famous **Dali Triangle** <http://www.catalonia-valencia.com/dali-triangle-making-trip.html> - Salvador Gala Dalí Castle House is around 30km away in **Púbol**, and in **Figueres** (58km) you can visit the Dalí Museum. A bit further away in **Céret**, is the Museum of Modern Art (Musée d'Art Moderne) where you can see the works of **Matisse and Picasso**.



Another iconic Costa Brava town, **Palafrugell**, is only 7km away where, apart from seeing the town and its lovely beaches, you can also go to the **colourful Sunday morning market**, or the brilliant **daily fish, meat and fresh produce market**. Palafrugell also has quite a few good deli shops, plus **hypermarkets**, including Jodofi, Lidl and Carrefour, so it's a good place to get stocked up.



And don't miss one of the world's largest **wine superstores**. Vins I Licors Grau <http://www.graonline.eu/> on the way to Palafrugell, places special emphasis on the wines of Spain and the local Empordà region, but is heaven for lovers of wine from every corner of the world.

Beaches



The shoreline of Begur is overlooked by **pine trees and cliffs**, and is one of exceptional beauty. Even in the Costa Brava, where there is no shortage of beautiful coves and beaches, you may be a little overwhelmed. Going from north to south, here are the pretty sandy coves and beaches of Begur:

Platja Del Racó

This beach is right on the border with Pals, and from here you will have great views of the **Medes islands**. It is also within walking distance to Sa Riera Beach, going along a pleasant pretty coastal trail.

Illa Roja

Continuing towards the South East, you will find the Illa Roja Cove, which is not only a **nudist beach**, but one that is **internationally famous**. The beach is named after the red rocky island that dominates its view. Here you can enjoy clear waters, fine sand, and a skinny dip in a cove that normally doesn't get too crowded.

Platja de sa Riera

Our very own! - is one of the **biggest beaches of Begur**, superbly located and sheltered by the cove that lies to its right hand side. You can get to the beach from Casa Nuestra on foot by following the road, **or follow the stream to avoid car and the tar road**. The beach gets its name from the stream, called sa Riera. There's plenty to do and the beach and surrounding area have retained their traditional character.

Aiguafreda Cove

This is a small cove with a little quay for boats, and it has a special feeling of tranquillity. Naturally protected, it has preserved its ancient beauty and has the most remarkable crystalline waters.



Sa Tuna Cove

This cove is especially secluded, and difficult to get to, which means that for those who do manage to get there, it tends to hold some kind of undiscovered and unexpected treat. One of our favourite outings with the kids is to walk to Sa Tuna along the coastal path from Aiguafreda beach. A great place to have lunch or spend the day

Platja Fonda

You'll find this beach just at the foot of Begur Cave, and the name of the beach translates from Catalan into – *deep beach*. This is because it is indeed deep-set, and you need to walk down around 100 steps to access it. So again not one for the fainthearted, but definitely worth the trip. The waters have the most amazing green turquoise shades, and it has the feeling of been untouched and somehow primitive. This is one of the most tranquil places around this area of the coast. Of course the flipside of this is that there are not tourist services here, although sometimes in the height of the summer there is a small stall.

Fornells Coves

Going further south you will reach the area, which it is said was the original spot to be called the Costa Brava. These are three coves which although sand is not so fine, they are good spots for sunbathing. Also a good place for diving, in waters which are really clear.



Platja d'Aiguablava

Going further south again, you will finally come to the last reach of the Begur boundaries. Another privileged place, with beautiful crystalline waters and fine sand – it seems almost virgin, with little around it in terms of civilisation (except, that is, for the remarkable fish restaurant Toc al mar – see Where to Eat.)

And finally, the wild, remote beach at the end of the river Ter - **one of our absolute favourites!**



Gola de Ter, or Fonollera beach, is one of the most tranquil beaches on the Costa Brava - and, also, one of its most exceptional. It's where the River Ter ends, so you can walk through fresh and saltwater at the same time. In fact, as you get nearer to the sea, you can see how the river forms pools in the sand. What makes this spot even more special is the majestic presence of the Medes Isles just off the coast, rising from the waters. But, don't expect to find showers or bars on this beach. Gola de Ter is as remote and secluded as it gets round here. Pack a picnic - it's a real gem.

Where to eat

There is so much wonderful food on offer in this part of the world – and loads of ‘top 10 restaurants’ lists, that it’s hard to put together an exhaustive list. Begur is full of restaurants – try **Carbo** for meat or get a family table under the pines at **La Pizzeta**. **Humo** and **Begurio** are new in town and well reviewed. And, a short stroll away down in Sa Riera, there’s plenty of good eating – try great pizza de fuego at **Madame** or inexpensive seafood (and pizza) at the kid friendly **El Raco de Sa Riera**. Here are some of our favourites:



Closest to Casa Nuestra is **Recer de la Mar**, Sa Riera beach. Here, they cook honest and delicious food, authentic Catalan dishes given a twist of international flair. Tasty and affordable. Book in high season. Ask for a table on the terrace. Martin is your host. +34 972 622384

Try also the restaurant at the newly refurbished **Hostal ses Negres** (also a great and affordable place to put guests, if you have an overflow.) It’s in Sa Riera, with a terrace eating area overlooking the beach. www.hostalsesnegres.com/en/

For brilliant, fresh seafood in a magical location right on the beach of Aiguablava, try **Toc al Mar**. Booking a must! <https://www.tocalmar.cat/en>

In Begur, **El tapas de Begur**, is an outstanding little place with a commanding location in the centre of town beside the church. Sip a cava cocktail, nibble on tapas charged by the toothpick, drink in the vibe.

Here are the Michelin Guide’s recommendations:

<https://www.viamichelin.com/maps/restaurants/spain/catalonia/gerona/begur-17255>



What we love ...



A picnic and wild swim at **Gola de Ter**, where the river meets the sea (right)

An early morning nudey swim at **Illa Roja**, (left) a gorgeous 20 minute walk from the house.



Calella de Palafrugell and Portbou

Spend a day in gorgeous Calella, on El Golfet beach, with Port Bo alongside. It’s one of the Costa Brava’s most charming villages, with pretty beaches, great snorkelling and a good selection of beachside restaurants. In the late afternoon, head for the Cap Roig botanical garden. It’s part of a beautiful palace that was built at the beginning of the 20th century and which is now a UNESCO Cultural Heritage Site of National Interest.



The garden is divided into different terraces that descend gradually from the castle to the sea. The upper terraces are connected by a staircase called the Cyprus Stairs.

Take the Julivia tourist bus for a hop on hop off tour of the area and all its sites, including the beach promenade up to the Sant Sebastià lighthouse with its breathtaking views, and on to Llanfranc – another village not to be missed.



Walking from Aiguafreda to Sa Tuna

Park your car at Aiguafreda and take the stunning coastal walk to Sa Tuna, a pretty fishing village with great restaurants for lunch and ice creams for the kids. Pack your Frisbee, snorkelling gear or a good book. It's a terrific day out for all ages.



Peratallada/Pals

Time spent in one of the medieval villages in the area won't disappoint. Peratallada is one, Pals another. This is real picture postcard stuff. They're ancient, but also full of life. A tad touristy maybe, but you can't hold that against a place that's still standing after 1000 years.

www.visitperatallada.cat/en/venues/l/5-peratallada.html



The kids will love...

Adventure Parc Costa Brava

Our kids love this place: an adventure park where you can spend an amazing day in a pine forest, with more than 80 adventure activities suspended in the trees: zip wires, leaps into the void, ropes, nets, bridges, tunnels, tarzan jumps etc. Parc Aventura Costa Brava has facilities for all ages and even a special playground for 1- to 5-year-olds. There are two - one in Pals and one in Platja d'Aró. The Pals site is closest to Casa Nuestra.

Do book as it gets busy in high season.

www.costabravaparcaventura.com



Aquabrava, Roses

Aquabrava is a well-known water park on the Costa Brava, with up to 19 different attractions, including dizzying slides, swimming pools for relaxing and artificial rivers for downhill rides.

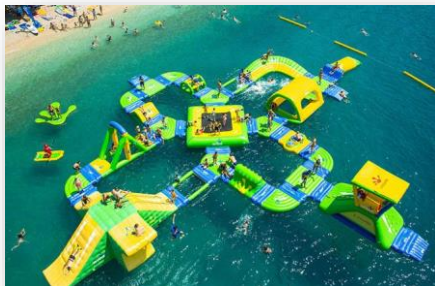
There are also play areas for the little ones, with waterfalls and mini toboggans, among other things. Safety is guaranteed by several lifeguards and the highest quality standards. (<http://www.aquabrava.com/>)



Aquadiver, Platja d'Aro

Aquadiver has facilities for all ages: a wave pool, a hydrotherapy pool, a kids' pool, play areas for children, a picnic area etc., plus services such as sunbed rental, locker rental, showers, shops, restaurants and first aid. It opens in the summer season, from June 9th to September 11th.

Look out for their deals for families, such as the Family Ticket (2 x +1.20m & 2 x -1.20m), which is € 85 for the whole day. Two-day tickets are also better priced. More info on the website (<http://aquadiver.com/>).



Waterpark in the sea, Empuriabrava

The magnificent Platja d'Empuriabrava offers an impressive complex of inflatables in the water during the summer just a short distance from the beach.

Ticket prices vary between € 6 for half an hour and € 25 for a full day.

Try also Everest Climbing in Platja d'Aro, the butterfly park in Empuriabrava, the botanical gardens at Blanes, watersports including scuba diving snorkelling, canoeing, windsurfing, boat trips, karting, minigolf and other adventure and adrenaline activities. For more information: <https://www.spain-holiday.com/Costa-Brava/articles/most-fun-family-activities-costa-brava>

Golf

Important note: it is compulsory in Spain to wear soft spikes, the golf courses will make you change your spikes before you play and charge you. We recommend that you change your spikes before you leave.

The Costa Brava is home to world-class golf courses, including PGA Golf Catalunya Stadium course (Girona) named Spain's No.1 course in 2012, <https://www.pgacatalunya.com/golf/>

Other courses include: Empordà Golf, a 36-hole golf and hotel complex with its European Top 100 ranked Links Course.

Club Golf d'Aro Mas Nou, which offers spectacular vistas from its perch 300m above sea-level.

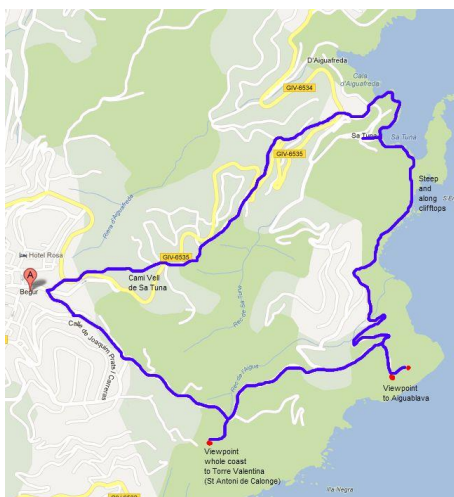
British-designed Golf Platja de Pals, situated on the seafront, minutes from Casa Nuestra.



Walking and Hiking

Another particularly distinctive feature of Begur are its **coastal paths and coves**. The paths skirt the shoreline and have served different functions over the years: providing access to the coves in the event of shipwreck, looking out for pirate attacks, and even for smuggling in the post-war era. They can now be enjoyed for a peaceful walk through the coastal landscape, providing access to hidden coves that in the past were used for everyday activities. Begur has 3 separate coastal paths linking up the different coves and beaches.

<https://visitbegur.cat/en/coastal-paths/>



An example of a long walk is this route taking in Sa Tuna, Cap de Begur, Begur. It's one of the classic senderismes (walking routes) of the Costa Brava around the cliffs and bays of the Cape of Begur.

History and Archaeology



The Costa Brava area was a Greek colony before it was won and treasured by the Romans. As such it is an archaeological treasure, in addition to everything else. Between the sea and the mountains you will find charming medieval villages still standing, occupied and full of life, such as [Pals](#), [Peratallada](#), [Torroella de Montgrí](#) and [Palau-Sator](#). Visit the [Greek archaeological sites at Empúries](#), and the citadels in Begur and Torroella de Montgrí keeping watch against seaborne pirates as well as the numerous ancient masies fortified with towers to guard against hostile armies.

Esclanyà Romanesque Town

Structured around the Church of Sant Esteve d'Esclanya (Saint Stephen of Esclanya), which is mentioned in documents around the year 1280, the Romanesque town of Esclanyà is a very interesting, quiet town that forms part of the municipality of Begur.

It was actually owned by Senyor de Cruilles until sometime during the Middle Ages. The castle dates to the 14th century, and today the economy is mainly based on vine and olive production, with tile manufacturing being the predominant industrial activity.

Begur Castle

Begur Castle is mentioned as early as the 11th century, and Arnust de Begur was the first feudal lord that we know of. However, the remains of Iberian civilisation have also been discovered on this mountain.

Since its existence, the Castle has gone through three distinctive major periods of destruction: the Catalan Civil War in 1468; the raids in 1694 led by the French duke of Noailles; and finally, in 1810 during the War of Independence, the castle underwent its final bout of destruction in the Napoleonic Wars.

In 1607 the castle's owners sold the rights to the town. During the 20th century restoration work was undertaken, and this means that what you see today has had delicate work done to it. This work has also enabled people with limited mobility and wheelchairs to visit the castle.



Markets

Begur Weekly Market

Every Wednesday morning until around lunchtime you can find the weekly market in Begur. This has more stalls in the summer season.

Water Activities

There are a number of companies offering **diving and snorkelling expeditions**. Most offer short training courses. This is a wonderful opportunity to discover the magical world under the sea, off the shores of this privileged location – the waters off Begur are classified as marine reserve and protected. Additionally, you can hire sailing craft in Begur, which is a great way to explore this rugged and majestic coastline.

Dive centres:

Begur Dive

Phone: 609437106

Diving Costa Brava

Phone: 630971370

Gymsub Aiguablava

Phone: 649411696

Boat hire:

Begur Boats

Phone: 678182979