



Tour:

SUMMIT & SUN THE MEDITERRANEAN EXPERIENCE

Destination:

L'Escala, Montserrat & Barcelona, Spain

Itinerary:

10-days / 9-nights total trip

SUMMIT & SUN: THE MEDITERRANEAN EXPERIENCE L'Escala, Montserrat & Barcelona, Spain

Day	Meals	Morning	Afternoon	Evening
1		Overnight travel to Barcelona, Spain		
2	D	Arrive Barcelona, Spain and transfer to L'Escala, Girona on the Costa Brava; hotel check-in and Orientation		Welcome Dinner, Gear Check & Guides Briefing: Goals, Grades, Safety Systems, Movement Coaching
3	B, L	Costa Brava Crag Day 1: Intro to Mediterranean Limestone		Cava & Sunset at Cala Montgó
4	B, L, D	Costa Brava Crag Day 2: Techniques & Classic Routes		Spanish Paella Cooking Class & Local Wine Tasting
5	B, L	Culture Day: Guided Walking Tour of Empúries Archaeological Site & Visit to the Medieval Village of Pals or Peratallada		Free Time / On Own
6	B, L, D	Costa Brava Crag Day 3: Multi-Pitch Prep + Movement Flow		Group Dinner & Sunset Photography Hour
7	B, L, D	Multi-Pitch Climb: Signature Experience at Montserrat		Celebration Dinner, Olive Oil Tasting & Spanish Guitar Terrace Social
8	B	Transfer to Barcelona; Hotel Check-in	Barcelona Hop-On/Off Sightseeing	Choose-Your-Own Adventure Evening
9	B, D	Los Ramblas & Port Vell Walking Exploration	Poble Espanyol with Private Cultural Tour	Farewell Tapas & Flamenco Show at Tablao de Carmen + Fonts de Montjuic Fountains
10		Travel to Barcelona International Airport; return flight home		



As with all sample itineraries, please be advised that this is an 'example' of a schedule and that the activities and hotels shown may be variable dependent upon dates, weather, special requests and other factors. Itineraries will be confirmed prior to travel.



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A Message From Our Team

At Hammock Expeditions, we believe adventure should wake you up - mind, body, and spirit. Every journey we design is crafted with purpose, built to push your limits, spark connection, and immerse you in the wild beauty of a place. Our trips blend challenge with culture, skill with story, and the kind of moments that stay with you long after you're home.

Whether you're climbing limestone towers, crossing mountain passes, or exploring a new corner of the world, we're here to create experiences that feel intentional, exhilarating, and deeply human.

— Michele & the Hammock Expeditions Team

Why Travel With Hammock Expeditions

Adventure travelers choose us because we design programs that are **expertly organized, authentic, and crafted for real exploration**. We obsess over the details - logistics, safety, pacing, local partnerships - so you can focus on the climb, the trail, the moment, and the joy of being fully present.

Our guides are seasoned professionals, our itineraries are built with intention, and our support is constant. You get the freedom to adventure boldly, knowing the foundation beneath you is solid.

What Sets Us Apart

- ❖ **Purpose-Built Adventures** — Every itinerary is designed to challenge, inspire, and connect you with the landscape and its people.
- ❖ **Safety, Structure & Professionalism** — Vetted guides, clear communication, and 24-hour support mean you can push your limits with confidence.
- ❖ **Hands-On, High-Impact Experiences** — Climbing, canyoning, trekking, skill-building, cultural immersion - we create moments that feel alive and unforgettable.
- ❖ **Traveler-Centered Design** — We balance intensity with rest, structure with flexibility, and challenge with comfort. You get adventure without chaos.
- ❖ **A Team That Lives Adventure** — We're climbers, trekkers, planners, and explorers who care deeply about meaningful travel. Your goals become our goals.

Our Commitment to You

When you travel with Hammock Expeditions, you gain a partner who understands the rhythm of adventure - the preparation, the anticipation, the challenge, and the reward. We're here to support your journey, elevate your experience, and deliver a trip you'll talk about for years.

We can't wait to adventure with you.

Michele, Christina, Izzy, Dana, Taylor, and the Team



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Summit & Sun: The Mediterranean Experience

L'Escala, Montserrat & Barcelona, Spain

Climb where sea breeze meets stone, along Spain's radiant Costa Brava and the sacred spires of Montserrat. This immersive journey blends technical limestone mastery with Mediterranean soul - from coastal crags and multi-pitch ascents to cava sunsets and paella nights beneath the Catalan sky. Designed for passionate explorers, *Summit & Sun* celebrates balance, vitality, and connection - a true ascent through movement, culture, and the luminous spirit of the sea.

Day 1 – Launch Into Your Mediterranean Adventure

Meals in flight

Your journey begins as you board your international flight to Spain, settling in for an overnight crossing toward the Mediterranean. As the cabin lights dim, anticipation rises - a week of sun-lit cliffs, coastal air, and Catalan culture awaits. Rest, recharge, and let the rhythm of travel carry you toward Barcelona, where your Summit & Sun experience officially begins.

Day 2 – Touch Down in Spain's Sunlit Playground

Dinner included

Arrive in Barcelona, where Mediterranean light and Catalan energy welcome you to the coast. Meet your local team and journey north toward the Costa Brava, watching the city give way to turquoise water, cliff-lined coves, and the relaxed rhythm of seaside life. Settle into your coastal base — a peaceful haven designed for rest,



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connection, and the climbing days ahead. Enjoy the afternoon at leisure before gathering tonight for a casual welcome dinner, sharing stories as the sun dips into the sea.

This evening, meet your professional climbing guides for a friendly orientation session covering goals, grades, safety systems, and the movement coaching that will shape your week. Review gear, ask questions, and get to know the team who will support your progression on Spain's iconic stone. It's a relaxed, confidence-building start to your Summit & Sun adventure.

Spain: The Limestone Soul of Mediterranean Climbing

Rising in sun-washed cliffs above the Costa Brava and in the sacred, sculpted towers of Montserrat, Spain holds a special place in the story of European climbing - a landscape shaped by sea, stone, and the creative spirit of generations of climbers. Its expressive limestone, honey-colored conglomerate, and iconic formations like Montserrat's needles have inspired pioneers such as Ramón Julián Puigblanque and Edu Marín, whose bold ascents helped define modern sport climbing. Spain's rock is textured, warm, and deeply inviting, rewarding balance, precision, and flow. Every crag carries a lineage, every route a story, making Catalonia not just a destination, but a living canvas of climbing culture and Mediterranean adventure.

Why Spain Is a World-Class Climbing Destination

Spain is considered one of the premier climbing regions in the world because it offers a rare blend of variety, beauty, and technical excellence. Climbers can move from coastal limestone crags to elegant multi-pitch routes, steep sport lines, and Montserrat's iconic towers - all within a short drive. The rock is vibrant and character-rich, turning each climb into a conversation with the stone, shaped by centuries of wind, water, and sun. Add in Spain's breathtaking Mediterranean scenery, rich climbing heritage, and the sheer concentration of world-renowned routes, and you have a place where adventure feels both elevated and effortless. For climbers seeking progression, culture, and unforgettable landscapes, Spain stands among the world's best.



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Day 3 – Costa Brava Crag Day 1: Intro to Mediterranean Limestone

Sport Grades: 5a–5c | 6–7 hours

Breakfast & packed lunch included; dinner on own

Wake to the sound of the Mediterranean and step into your first full day on Spain's iconic limestone. This morning, head to one of the Costa Brava's sun-lit coastal crags - a stunning blend of sea breeze, textured stone, and approachable routes perfect for warming up your movement. Your guides introduce foundational techniques for limestone climbing, including footwork precision, balance, and flow on featured rock. Spend the day progressing through routes suited to your level, building confidence as you move higher above the turquoise water below.

After climbing, enjoy a relaxed break at your seaside base before gathering for a casual sunset social. Sip cava, share stories from the day, and soak in the golden light as it reflects off the cliffs - a perfect Mediterranean close to your first day on the stone.

Day 4 – Costa Brava Crag Day 2: Techniques & Classic Routes

Sport Grades: 5b–6a | 6–7 hours

Breakfast, packed lunch & dinner included

Build on yesterday's foundations as you step into a day focused on refining technique and exploring some of the Costa Brava's classic limestone lines. This morning, your guides introduce movement skills tailored to Mediterranean rock - precise foot placements, efficient clipping, body positioning on featured stone, and flow on vertical and slightly overhanging terrain. With supportive coaching, you'll progress through routes that challenge balance, rhythm, and confidence while still feeling accessible and rewarding.

Spend the afternoon linking these skills on longer, more iconic climbs, experiencing the unique character of Spain's coastal limestone. The combination of textured rock, sea breeze, and thoughtful movement creates a day that feels both technical and deeply enjoyable - a perfect step forward in your Summit & Sun progression.

Tonight, dive into Spain's culinary traditions with a hands-on **paella cooking class led by local chefs**. Learn the techniques behind this iconic dish - from building flavor to mastering the perfect rice - before enjoying your creation together. Complement the experience with a **tasting of regional wines**, discovering the bright, coastal profiles that define Catalonia's vineyards. It's a warm, social evening that blends culture, connection, and Mediterranean flavor.

Day 5 – Culture Day: Empúries Archaeological Site & Medieval Village Exploration

Full Day Cultural Immersion | 6–7 hours

Breakfast & lunch included; dinner on own

Shift gears today and dive into the deep history and heritage of the Costa Brava. Begin with a guided walking tour of the **Empúries Archaeological Site**, where ancient Greek and Roman ruins sit dramatically along the Mediterranean shoreline. Your local historian brings the site to life with stories of trade, mythology, daily life, and the civilizations that shaped this coast thousands of years ago. Wander seaside pathways, explore mosaics and temples, and take in sweeping views that blend archaeology with ocean air.

Continue inland to the **medieval village of Pals or Peratallada**, two of Catalonia's most beautifully preserved stone towns. Stroll cobblestone streets, browse artisan shops, and enjoy time in local cafés. The pace is relaxed, immersive, and designed to give you a deeper sense of place between climbing days.



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Tonight is yours to enjoy at your own pace. Explore nearby restaurants, walk the waterfront, or simply unwind at your seaside base as the Mediterranean settles into its warm evening glow.

Day 6 – Costa Brava Crag Day 3: Multi-Pitch Prep + Movement Flow

Sport Grades: 5b–6a | 6–7 hours

Breakfast, lunch & dinner included

Today focuses on building the technical systems and movement confidence needed for tomorrow's signature multi-pitch climb. Your guides introduce essential multi-pitch skills on approachable single-pitch terrain - anchor building, efficient belay transitions, rope management, communication systems, and exposure readiness. You'll practice these techniques repeatedly, linking them with smooth movement flow on classic limestone routes. The day is hands-on, progression-oriented, and designed to leave you feeling prepared, confident, and excited for the ascent ahead.

Tonight, gather for a relaxed group dinner followed by a **golden-hour photography** session along the coast. Capture the warm Mediterranean light, the sea cliffs you've been climbing, and the camaraderie built throughout the week. It's a beautiful, reflective evening before tomorrow's big climb.

Day 7 – Multi-Pitch Climb: Signature Experience at Montserrat

Multi-Pitch Grades: 5b–6a+ | 6–8 hours

Breakfast, lunch & dinner included

Today is your signature ascent - a multi-pitch climb on the iconic towers of Montserrat. Rise early and travel inland to the mountain's surreal conglomerate formations, where sweeping views and airy exposure define the experience. Your guides lead you through thoughtful transitions, efficient systems, and steady movement as you climb higher across sculpted stone. Each pitch blends flow, confidence, and the unique texture of Montserrat's rock, culminating in panoramic summit views over Catalonia.

It's a day defined by achievement, exposure, and the surreal beauty of Montserrat's towers - a climb that blends technical flow with unforgettable mountain atmosphere. Standing high above Catalonia, you'll feel the full arc of your progression, the confidence you've built, and the quiet magic of moving through this iconic landscape. It's the signature moment of your Summit & Sun week.

Celebration Dinner, Olive Oil Tasting & Spanish Guitar Terrace Social - Return to your coastal base for a warm, celebratory evening marking the close of your climbing journey. Begin with a Catalan olive oil & salt tasting flight, discovering the bright, coastal flavors of the region. Enjoy a festive Celebration Dinner featuring local dishes, then gather on the terrace for a softly lit social accompanied by live Spanish guitar - a beautiful, atmospheric finale to your signature climb and a perfect final night together.

Day 8 – Barcelona Discovery Day & City Exploration

Breakfast included; lunch & dinner on own

After checking out of your L'Escala hotel, begin the day with a morning transfer from the Costa Brava to Barcelona, arriving at your hotel for check-in and a relaxed reset before heading out to explore the city. In the afternoon, enjoy a **Hop On/Off Barcelona Sightseeing Tour**, offering a flexible overview of the city's most iconic landmarks. Highlights along the route include **La Sagrada Família**, Gaudí's world-famous basilica; **Casa Batlló**



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and **La Pedrera**, two of his most imaginative modernist masterpieces; the sweeping waterfront of **Port Vell**; the tree-lined **Passeig de Gràcia**; and the historic avenues surrounding **Plaça Catalunya**. It's an easy, panoramic way to experience Barcelona's architecture, culture, and vibrant neighborhoods at your own pace.

After sightseeing, the evening is yours to explore Barcelona at your own pace. Many guests choose to wander the **Gothic Quarter**, where narrow medieval streets open into lively plazas filled with tapas bars, wine taverns, and atmospheric cafés. If you venture beyond the hotel area, please note that transport is on your own - taxis and metro are easy, safe, and readily available.

Enjoy dinner wherever inspiration strikes, whether it's a cozy Gothic Quarter bodega, a modern Catalan restaurant, or a casual spot near the hotel. It's a relaxed, choose-your-own-adventure evening in one of Europe's most vibrant cities.

Day 9 – Barcelona Culture Finale: Las Ramblas, Port Vell & Poble Espanyol

Breakfast & dinner included; lunch on own

Begin your final full day in Barcelona with a guided walking exploration of **Las Ramblas**, the city's most iconic boulevard. Wander past flower stalls, street performers, historic cafés, and the vibrant energy that defines this famous promenade. Continue toward **Port Vell**, where the waterfront opens into breezy marina views, palm-lined walkways, and a relaxed coastal atmosphere. It's a gentle, scenic way to experience Barcelona's blend of history, culture, and Mediterranean charm.

In the afternoon, head to **Poble Espanyol** for a **Private Cultural Tour**. This open-air architectural museum showcases Spain's diverse regional styles - from Andalusian courtyards to Castilian plazas and Catalan artisan workshops. Your private guide leads you through its winding streets, sharing stories of craftsmanship, tradition, and the cultural tapestry that makes Spain so unique.

Celebrate your final night with a lively tapas dinner and flamenco performance at **Tablao de Carmen**, one of Barcelona's most atmospheric venues. Enjoy an evening of music, rhythm, and artistry as dancers and musicians bring the spirit of Andalusia to life. After the show, walk to the nearby **Fonts de Montjuïc** to catch the illuminated fountain display - a beautiful, colorful finale if the fountains are running during your visit.

It's a warm, vibrant close to your Spain journey, blending culture, celebration, and the magic of Barcelona at night.

Day 10 – Final Sunrise & Homeward Journey

Meals on your own

Begin your homeward journey with an early start as you check out of your Barcelona hotel and meet your group transfer to Barcelona–El Prat International Airport. Whether your flight departs at dawn or later in the morning, this is a smooth travel day - a moment to carry forward the week's memories as you transition from the Mediterranean back home. Reflect on the limestone cliffs of the Costa Brava, the surreal towers of Montserrat, and the color and culture of Barcelona, along with the movement, confidence, and connection you've built throughout your Summit & Sun Spain experience.

Travel home with new skills, new stories, and the warm energy of your journey still with you. We look forward to welcoming you on your next adventure.



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Adiós, España!

Thank you for adventuring with us! We can't wait to welcome you on your next Summit journey.



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SUMMIT & SUN

THE MEDITERRANEAN EXPERIENCE

Minimum Booking Numbers: 20 paying passengers

What's Included:

- ✓ Roundtrip international flights to Barcelona
- ✓ 8-nights' accommodation in Spain: 6-nights in Costa Brava, 2-nights Barcelona
- ✓ Spain airport transfers and local transfers via coach/shuttle
- ✓ Group meals as shown in the itinerary: 7 breakfasts, 5 lunches & 5 dinners
- ✓ Climb inclusions: 3-days Crag (days 3, 4 & 6) & 1-day Multi-Pitch
- ✓ All equipment
- ✓ Local Mountain Guide team
- ✓ Culture Day with Walking Tour of Empúries Archaeological Site & Medieval Village Visit
- ✓ Evening Activities:
 - Cava & Sunset at Cala Montgó (or similar)
 - Spanish Paella Cooking Class & Local Wine Tasting
 - Sunset Photography Hour
 - Catalan Olive Oil & Salt Tasting with Spanish Guitar Terrace Social
- ✓ Barcelona Hop-On/Off Bus Tour
- ✓ Los Ramblas & Port Vell Walking Exploration
- ✓ Poble Espanyol with a Private Guide
- ✓ Farewell Tapas & Flamenco Show
- ✓ Fonts de Montjuïc Fountains (if available)
- ✓ Personal Tour Director
- ✓ 24-hour emergency cover

What's Not Included:

- ⊗ Fully comprehensive insurance (**mandatory**; available during registration)
- ⊗ Baggage costs, pay directly to airline if required (one bag meeting specified dimensions/weight is generally included on international journeys)
- ⊗ Baggage handling - everyone should be able to pull / load their own bag
- ⊗ Transfers to/from home airport
- ⊗ Any meals, snacks or beverages other than the ones states as "included" on the itinerary
- ⊗ Meal selections other than ones provided for the entire group (we are generally able to cater for allergy conditions, vegetarians, halal and in some cases vegan)
- ⊗ Alcoholic beverages (pay on own)
- ⊗ Cost of personal passports, visas or visa waiver fees
- ⊗ Cost of inoculations or medication required for travel
- ⊗ Sightseeing / Entertainment / Transport not shown in Itinerary
- ⊗ Hotel incidental deposits & bills – mini-bar, movies, etc.
- ⊗ Gratuities – drivers, hotel services, local guides, tour director
- ⊗ Credit card fees if individuals wish to pay via credit card instead of ACH
- ⊗ Additional taxes, fuel surcharges or fees levied by governments / suppliers

As always, our staff are always available to you to answer any questions you may have regarding programming. If we may serve you in any way, please do not hesitate to contact us.



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