WILDLIFE • 1 H 15

Birds and nature of the Empordà by motorhome

Storks and herons in the Aiguamolls de l'Empordà, underwater life at the Illes Medes and the wild coast of Cap de Creus, an hour from the Vallès.



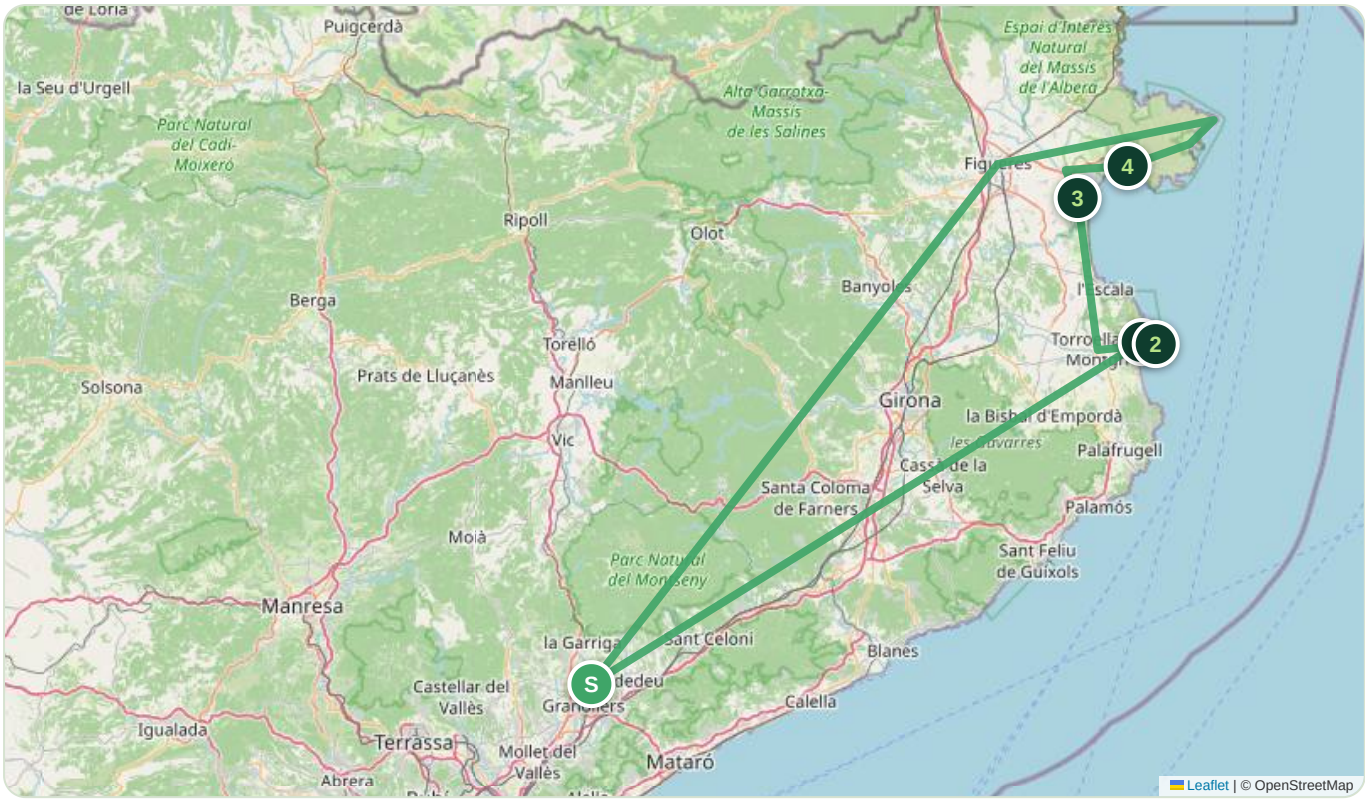
START AND FINISH	DURATION	APPROX. DISTANCE
Les Franqueses del Vallès	4 rental nights	360 km

BEST TIME	MILEAGE	INDICATIVE PRICE
Spring and autumn	1,200 km included (300 km/day) • extra km €0.40	from €500 rental in low season

Just over an hour from our base in Les Franqueses del Vallès, the Empordà brings together three very different natural areas: the marshes of the Aiguamolls, one of Catalonia's most important wetlands; the Illes Medes marine reserve off L'Estartit; and the rocky headland of Cap de Creus, where the Pyrenees drop into the sea. All of it is set around the Golf de Roses.

The route is a four-day rental, four nights: you collect the motorhome on the afternoon of day 1 and return it on the morning of day 5. It fits the 4-day mid-season minimum; in low season, with 3 days, leave Cap de Creus for another time. Spring and autumn are best, with the bird migration; in July and August the minimum is 7 days and the coast is much busier.

Route map (approximate line)



Route plan

Day 1	Pick-up • L'Estartit
Day 2	Illes Medes • Torroella de Montgrí
Day 3	Aiguamolls de l'Empordà • Castelló d'Empúries
Day 4	Golf de Roses • Cadaqués • Cap de Creus

Day-by-day itinerary

Day 1 · Pick-up and arrival in L'Estartit

You collect the motorhome between 16:00 and 19:00 and, after the handover, take the AP-7 north. Without going through Barcelona, you reach L'Estartit in about an hour and a quarter, at the foot of the Montgrí massif and facing the Illes Medes. It is a short, easy stage. Spend the night at a campsite or authorised area and stroll around the harbour at sunset.

Day 2 · Illes Medes and Torroella de Montgrí

The Illes Medes, less than a kilometre offshore, are part of the Montgrí, Illes Medes and Baix Ter Natural Park and one of the best-known marine reserves in the Mediterranean, with groupers and seagrass meadows. In season, glass-bottom boats and snorkelling trips leave from L'Estartit; check times and prices at the harbour. In the afternoon, walk up to Montgrí castle or wander through Torroella's old town.

Day 3 · Aiguamolls de l'Empordà and Castelló d'Empúries

Half an hour north lies the Aiguamolls de l'Empordà Natural Park. From the El Cortalet information centre, flat, waymarked walking trails lead to hides beside the lagoons. You will see white storks, herons, ducks and waders, and sometimes flamingos too. Go early or late in the afternoon, quietly and with binoculars. Finish in Castelló d'Empúries, with its large Gothic basilica of Santa Maria.

Day 4 · Golf de Roses, Cadaqués and Cap de Creus

Skirt the Golf de Roses and take the mountain road to Cadaqués: the centre is narrow, so park at the entrance and walk in. Cap de Creus Natural Park, with its lighthouse at the easternmost point of the peninsula, is a land of rock, wind and seabirds; in summer private vehicle access may be restricted. For more coastline, our Costa Brava route carries on southwards. Spend the night near Roses or Figueres: on the morning of day 5, the AP-7 gets you back to return the motorhome between 9:00 and 12:00 without rushing.

What you will see



White stork · Aiguamolls de l'Empordà



Cadaqués



Cap de Creus

Where to sleep

L'Estartit, the Sant Pere Pescador and Castelló d'Empúries area and the surroundings of Roses have plenty of campsites, and some towns have authorised motorhome areas. In spring and autumn there is usually space, but book ahead for bank holidays and summer. Park4Night or Campercontact help you find areas. There are more ideas in our guide to where to sleep in a motorhome.

You may park wherever any vehicle may park, as long as you are not camping: no awning, chairs or levelling chocks, and no emptying of waste water. Wild camping is not permitted in Catalonia, and the Aiguamolls and Cap de Creus natural parks have stricter rules. Follow the signs and each municipality's by-laws.

Practical tips

- Spring migration (March to May) and autumn migration (August to October) are the best times to see birds in the Aiguamolls.
- Bring binoculars, muted clothing and mosquito repellent from spring to autumn. See what to pack for a motorhome trip.
- The old centres of Cadaqués, Castelló d'Empúries and Torroella are narrow. At 6.66 m long and 2.74 m high, park outside and walk.

- Some beach car parks have height barriers and access to Cap de Creus may be restricted in summer: check the signs before driving in.
- The route covers about 360 km: with the 300 km a day included in Segimon Rental's 3 to 6-day rentals, you have plenty to spare.

Information and bookings

segimonrental.com/en/routes/aiguamolls-emporda-wildlife/

WhatsApp / Tel. +34 616 25 06 33
Camí Antic de Vic, 29 • Les Franqueses del Vallès

Indicative itinerary. Check road conditions, opening times and restrictions before setting off. Up-to-date information on our website.