



Cities, towns and villages

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ESCAPE, IMMERSE YOURSELF AND FALL IN LOVE

Cities you've never been to are waiting to show you their personalities. Escape for a few days and enjoy them. On the shores of the Mediterranean, the marine districts and villages have everything they need to seduce you. You will immerse yourself in their attractions and hesitate between returning once more or launching yourself into discovering another hidden beauty. The towns that we present in the following pages will enchant you, and you will want to let yourself fall in love with them. Don't think twice: the places you've imagined exist, you just have to choose which one to start with.

CITIES AND TOWNS WITH CHARACTER

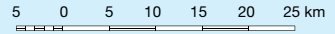
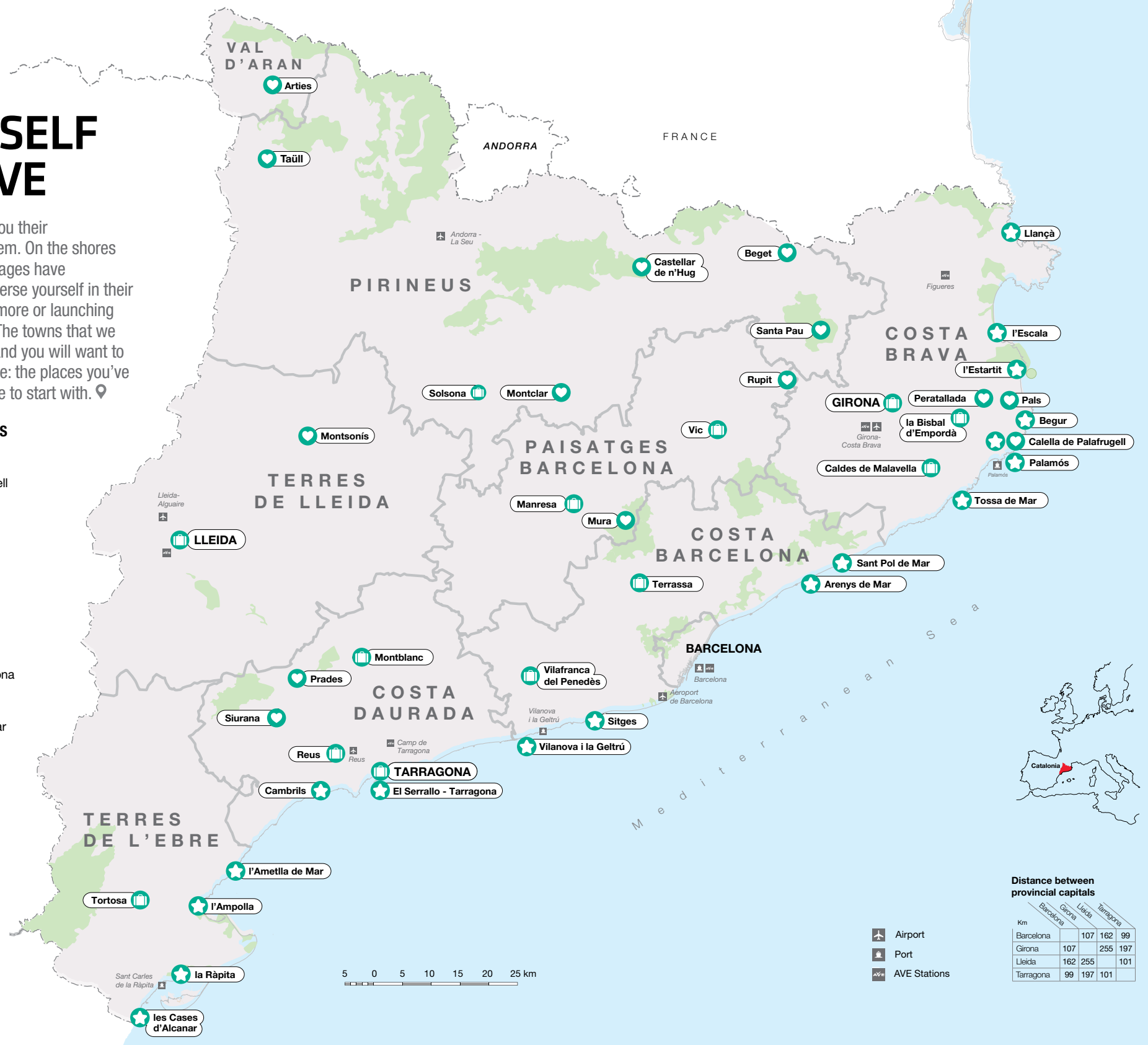
Solsona
La Bisbal d'Empordà
Girona
Caldes de Malavella
Manresa
Vic
Terrassa
Vilafranca del Penedès
Montblanc
Reus
Tarragona
Tortosa
Lleida

CHARMING TOWNS

Arties
Beget
Castellar de n'Hug
Montclar
Santa Pau
Taüll
Calella de Palafrugell
Pals
Peratallada
Mura
Rupit
Prades
Siurana
Montsonís

MARINE DISTRICTS AND VILLAGES

Begur
Calella de Palafrugell
L'Escala
L'Estartit
Llançà
Palamós
Tossa de Mar
Arenys de Mar
Sant Pol de Mar
Sitges
Vilanova i la Geltrú
Cambrils
El Serrallo - Tarragona
L'Ametlla de Mar
L'Ampolla
Les Cases d'Alcanar
La Ràpita



- Airport
- Port
- AVE Stations

Distance between provincial capitals

Km	Barcelona	Girona	Lleida	Tarragona
Barcelona		107	162	99
Girona	107		255	197
Lleida	162	255		101
Tarragona	99	197	101	



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CATALONIA, WAITING TO BE DISCOVERED

Getting to know Catalonia seems easy. It is a region that can be crossed from north to south by car in less than four hours, but the recommendations contained in these pages go beyond a whirlwind trip.

We invite you to discover the character, charm and sea air of our cities, towns and villages. You will get to know medium sized cities and even small towns that have their own personality. Most of them have been home to different cultures and have had various moments of splendour, embodied in their architecture and also in the character that makes them unique. We are talking about traditions, culinary delights or relatively modern hobbies, such as jazz music or circus shows, which flourish almost magically in a particular city.

You will arrive at small villages where the road goes no further because it has already completed its quest to lead you to a charming place. Towns in which the few inhabitants are very aware of the value of their paradise and show it with pride and a desire to share. In some, you will believe that you have travelled through time when traversing their medieval defensive walls. In others, you will feel like the protagonist in an age-old story, such as those experienced by Hemingway or Dalí. You will be able to eat products fresh from the land or a winery, which taste like the landscape in which they have grown.

In the marine districts and villages, you will see the sun rise from the sea and be overcome by the feeling that with the day that is just beginning, anything is possible. You will share in the fishing traditions and enjoy the freshly-caught fruits of the sea. You will be able to discover the stories that are told in the ports, guilds and fish markets, and immerse yourself in the adventure of joining in the activities that celebrate the values of a seafaring life.

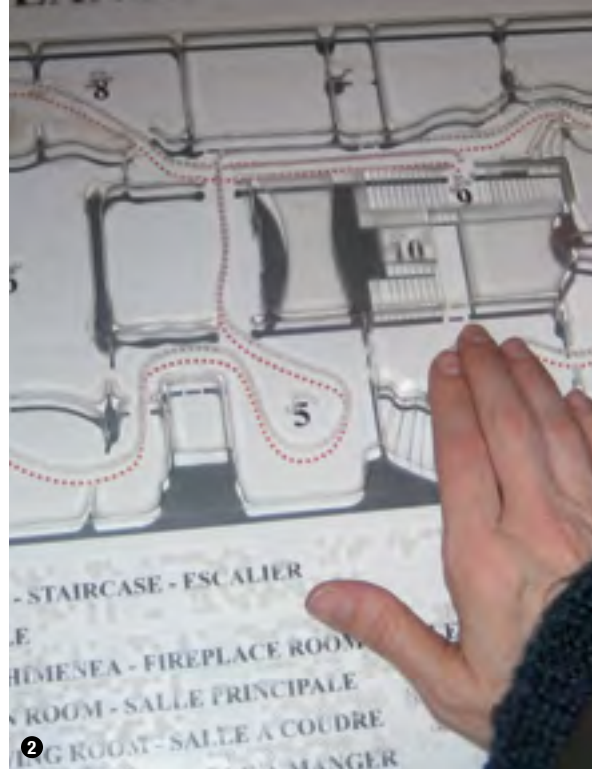
All the towns featured in this publication have obtained the corresponding seal of quality from the Catalan Tourist Board. These seals guarantee that the experiences lived in the accredited places will be of a certain standard.

Don't hesitate to embark on the trip, there's always something wonderful to discover.





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© DIEGO J. GONZÁLEZ VELASCO



© DIEGO J. GONZÁLEZ VELASCO



© DIEGO J. GONZÁLEZ VELASCO

AN ACCESSIBLE DESTINATION CITIES, TOWNS AND VILLAGES FOR EVERYONE

Administrations and companies work continuously to improve accessibility so that everyone can enjoy the tourist experiences in Catalonia.

In Tarragona, the visit to the defensive walls has an information service in Braille. The route through the historic centre of Vic offers a specific route for people with reduced mobility. The magnificent Seu Vella in Lleida has made an effort to remove the barriers for its visitors, and this effort is also visible at the Gaudí Centre Reus and the cathedral in Solsona, just as it is at the medieval route in Manresa. The character of Catalan cities is evident in their commitment to make tourist experiences available to everyone.

Catalonia is one of the most accessible tourist destinations in Europe, and pays special attention to people with specific needs. The charming towns and marine villages also want to enchant all tourists wi-

1. WALKWAYS IN HISTORIC CENTRES.
2. INFORMATION PANELS IN BRAILLE.
3. SIGN LANGUAGE GUIDES.
4. SELF-GUIDED VISITS IN SIGN LANGUAGE.

thout exception, such as in the case of Peratallada, which has adapted itineraries so all visitors can discover its medieval streets, even those who are in wheelchairs. L'Escala, which offers sailing outings for people with reduced mobility. Plus, enjoy all the information offered by the Interpretation Centre of the Muntanyes de Prades in Braille and admire the main tourist landmarks in Rupit with sign language guides. The beaches at Palamós and Arenys offer swimming assistance services such as amphibious chairs, as does Sant Pol de Mar, which has also adapted an urban route to suit everyone.

For more information on each piece of equipment and/or destination, visit <http://turismeperatothom.catalunya.com>



ESCAPE

to cities and towns
with character

CITIES AND TOWNS WITH CHARACTER

Catalonia is a small territory and, with the exception of Barcelona, its cities are small in terms of size and number of residents. Yet its history, monuments and cultural life are great focal points of attraction. We are about to discover medium-sized cities, some of which had held the historic title of 'villa', in recognition of the importance of their market, the religious power of their monastery or church, and other cultural qualities that stand out throughout their history. ♡

TOURIST BRANDS

The Catalan region is divided into nine tourist brands that are then spread over the land as shown on the map. The following cities have been sorted starting from the northern part of the map and moving in a clockwise direction. ♡





ESCAPE TO

SOLSONA



AN EXPERIENCE AMONG GIANTS

Solsona is a town that remains loyal to its heritage. It is, after all, the Catalan city with the greatest number of giants and elements of popular bestiary per square metre, which results in celebrations such as its carnival, Corpus Christi or the Festa Major (Annual Festival), dedicated to the Mare de Déu del Claustre (Virgin of the Cloister).

Located in the Pyrenean foothills, very close to the geographical centre of Catalonia, Solsona boasts an enviable natural environment, where you can enjoy an endless number of routes on foot, on horseback or by bicycle, such as the Mare de la Font Park, as well as countless ecotourism and adventure guided tours and experiences, from kayaking to canyoning without forgetting skiing or wine tourism. 📍

MORE INFORMATION

Solsona Tourism

<http://solsonaturisme.com/en>

Facebook

www.facebook.com/solsonaturisme

Twitter

<https://twitter.com/solsonaturisme>

Instagram

www.instagram.com/solsonaturisme

Pinterest

<https://pinterest.es/solsonaturisme>

© OSCAR RIBERA. AJUNTAMENT DE SOLSONA

PLAÇA DE PALAU.

The colourful robes of the figures, the gegants bojos (crazy giants), and the sàtira del sermó (satire of the sermon) are the most original elements of the Solsona carnival, an unmissable celebration.



© O. PREJUS. GZ

⌘ How much time do you have?

A whole day

- ▶ Begin the day in the emblematic **Portal del Pont**, main entrance to the walled city.
- ▶ Discover the cathedral, the chapel of the **Virgen del Claustre** (Virgin of the Cloister) and the **Episcopal Palace**.
- ▶ Taste the *trumfos* (potatoes) and the truffles from the area, when in season, in a restaurant in the historic centre.
- ▶ Visit the **Museu de Solsona Diocesà i Comarcal** (Diocesan and Regional Museum of Solsona). <http://museusolsona.cat>
- ▶ Discover the city's wood sentinels on the "Ruta dels caps de biga".

Two days

- ▶ Roam through the historic centre, its Plaça Major and Sant Joan squares, and the Carrer del Castell.
- ▶ Visit the **Pou de Gel** (Ice Well).
- ▶ Enjoy a selection plate of Solsonès cold meats in any of the taverns found in the historic centre.
- ▶ Visit **LoCal Boig** and get an idea of how people celebrate Carnival here.
- ▶ Taste local products in the most emblematic establishments in the city with the "**Tasta Solsona**" guided visit.
- ▶ Spend the night in accommodation in the town.
- ▶ Take a walk through the **Mare de la Font** park until you reach the **Castellvell** vantage point.
- ▶ Have a picnic lunch in the park.

- ▶ Cool off in the **city's Gothic springs**, such as those of the Church, Sant Joan or the Castle.
- ▶ Get to know the **monumental Solsona** from the portal del Pont, passing through the most emblematic streets and squares.

Three days

- ▶ Visit the **Solsonès Interpretation Centre**.
- ▶ Enjoy the Solsonès mushrooms (only when in season) in a restaurant in the medieval city.
- ▶ Visit the **Miracle sanctuary**, a great Baroque work, and visit the cheese factory and winery <https://cellerdelmiracle.cat>
- ▶ Spend the night in accommodation in the centre.
- ▶ Escape to the neighbouring **Olius**, where you can visit the Romanesque crypt of Sant Esteve and its modernist cemetery.
- ▶ Try local grilled meat at one of the establishments belonging to the Solsonès Gremi d'Hostaleria.
- ▶ Walk along Carrer Sant Llorenç, where you can enter the **Quarto dels Gegants** (Giants' Room) or the museumised remains of a house from the 14th century.
- ▶ Sleep in a modernist monument.



DISTANCE FROM SOLSONA TO

Barcelona 106 km
Girona 160 km
Lleida 100 km
Tarragona 127 km
Manresa 47 km
Vic 88 km

HOW TO GET THERE

By public transport:
ALSA Bus
alsa.com/en/web/bus/home
By road
www.google.com/maps/place/Solsona
Parking
Free in any of the city's streets.
Time limit only in the most central and commercial areas.



© AJUNTAMENT DE SOLSONA

- ▶ Walk through the **Solsona of the Llobera family**, stopping off at a 15th-century Gothic building that was once a hospital.
- ▶ Escape to the **Vall de Lord** and visit the Valette cheese factory. <http://valette.cat>
- ▶ Take a short walk from Coll de Jou to the **Codó vantage point**.
- ▶ Try the artisan pastries in the historic centre.

To discover the city in more detail

- ▶ Make sure that your visit coincides with the carnival, declared of tourist interest, or the Festa Major, a heritage festival of national interest.
- ▶ Take the guided tour "**Solsona monumental**" + **Ice Well** if you're visiting over a weekend, or lose yourself in the old quarter in order to submerge yourself in the character of Solsona.

1. DANCE OF THE GIANTS.
2. VIEW FROM CASTELLVELL.
3. PROCESSIONS OF THE ANNUAL FESTIVAL.



© ANTONIO CHAPARRO. AJUNTAMENT DE SOLSONA

Shall we go out?

- Els tres tombs (January)
- Carnival (February-March)
- Trumfo and truffle fair (March)
- Caramelles (March-April)
- Fair of Sant Isidre (May)
- Corpus Christi (June)
- AIMS Festival (August)
- Festa Major (September)
- SolsoTerra Fair (October)
- Fira del Tió (December)

Shall we go shopping?

The commercial area is focussed around the avenue that crosses the historic centre, through the streets of Castell and Sant Miquel and the Plaça Major, and has several emblematic establishments, such as bakeries, pastry shops and local craft shops where you can buy wicker baskets, esparto espadrilles and the famous Pallarès knives and penknives.

Weekly markets: Fridays and Tuesdays (reduced version), on the promenade, the Plaça Major and the adjacent squares and streets.

Shall we go out as a family?

The **Museu de Solsona** offers a paper guide so that children can also enjoy discovering history. The **Trobada de Gegantons** takes place on the last Saturday in July. At LoCal Boig, all year round, you can see the wacky Carnival giants. Complementary visit to the **Quarto dels Gegants**.

Where to eat?

Find the full list of restaurants at the link
<http://solsonaturisme.com/es/donde-comer>

Where to sleep?

Find the full list of accommodation at the link
<http://solsonaturisme.com/es/donde-dormir>



Solsona
is a modern city that has kept its traditions intact.



Don't miss it!

A visit to Solsona can't be considered complete travelling through the region. In the winter, you can escape to Port del Comte in just 35 minutes where, in addition to skiing, you can follow routes wearing snowshoes along signposted paths.

In the summer, head out to one of its rivers and, after a spot of kayaking, jump into the Cambrils saltwater swimming pool, the "Dead Sea of the Pyrenees". If you like adventure, you can jump, with an elastic cord, from the third highest platform in the world into a reservoir, hire a guide to take on the *via ferrata* (protected climbing route), descend a gorge or go paragliding or on a hot air balloon ride.

1. THE BRIDGE AND CATHEDRAL OF SOLSONA.
2. CAP DE BIGA, ON A BALCONY.
3. GOTHIC FOUNTAIN IN THE PLAÇA DE SANT JOAN.
4. FOUNTAIN IN THE PLAÇA DE LA CATEDRAL.



ESCAPE TO

LA BISBAL D'EMPORDÀ



© RICARD CORBI, AJUNTAMENT DE LA BISBAL D'EMPORDÀ

THE CAPITAL OF CERAMICS

The history of La Bisbal d'Empordà is intimately linked to ceramics, a craft tradition that dates back to the 16th century and which has been maintained in the area, adapting to modern times and different artistic styles to forge a population with a great creative spirit. This is a spirit that is also reflected in other craft activities and, above all, in a love of antique pieces, as there are many establishments dedicated to their dissemination and restoration.

The historic centre of the city is rich in history and heritage. Renowned monuments such as the Castell Palau are worth a visit. Plus, don't forget to enjoy the natural environment, with the gentle topography that characterises L'Empordà and invites you to discover its best-kept secrets. 📍

MORE INFORMATION

La Bisbal d'Empordà Tourism
www.visitlabisbal.cat/en
 Facebook
www.facebook.com/visitlabisbal
 Instagram
www.instagram.com/visitlabisbal

PANORAMIC VIEW OF
LA BISBAL D'EMPORDÀ.

The urban landscape of La Bisbal is characterised by the ceramic shops that display their colourful merchandise in the street.



© ESTUDI VADUÉ. AJUNTAMENT DE LA BISBAL D'EMPORDÀ

⌘ How much time do you have?

A whole day

- ▶ Take a guided tour of the **Castell Palau**, dating back to the 11TH-12TH centuries, and go up to the tower.
- ▶ Walk through the medieval centre and admire its architectural and patrimonial richness.
- ▶ Take a break under the *Voltes*, the neoclassical arches.
- ▶ Visit a pottery studio and enjoy an open workshop.

Two days

- ▶ Visit the **Terracotta Museum**, located in an old ceramics factory.
- ▶ Taste the **botifarra dolça** (sweet sausage) or any other gastronomic delight from L'Empordà.
- ▶ Let yourself be tempted by the ceramics and antiques offered by the city.
- ▶ Stay in one of the hotels in the centre.
- ▶ Drive to the **Castell d'Empordà** and admire the impressive castle with Romanesque and Gothic remains and a tower from the 16TH century. Enjoy the breathtaking views.
- ▶ Take a stroll along the romantic **Marimon Asprer promenade**, which runs along the river Daró.

Three days

- ▶ Experience the atmosphere of the La Bisbal market, on Fridays, in the historic centre, either to buy or to admire the frenzy of activity.

- ▶ Take a break in one of the city's restaurants and don't forget to try **typical desserts** such as the *càntir*, the *rus* or the *bisbalenc*.
 - ▶ While away the hours in the **antique shops** and art restoration workshops on the city's most commercial streets.
 - ▶ Sleep in one of La Bisbal's hotels.
 - ▶ Visit the nearby medieval villages of Peratallada and Monells.
 - ▶ Eat at one of the restaurants in these towns.
 - ▶ Take a guided tour of the **Iberian village of Ullastret**, one of the most important settlements of the Indiketa tribe.
 - ▶ Cycle through the beautiful undulating landscapes of L'Empordà.
 - ▶ Enjoy a picnic with cured sausages, cheeses and wine from the DO Empordà.
 - ▶ Visit the protected natural area of Les Gavarres and discover the **snow cellars of Sant Pol**.
 - ▶ After sleeping in Les Gavarres, enjoy a hot-air balloon ride to admire the beauty of L'Empordà from the air.
 - ▶ Take part in the activities and experiences offered by Visitempordanet, a way to discover the landscape, gastronomy and craftwork.
- www.visitempordanet.cat



La Bisbal d'Empordà

DISTANCE FROM LA BISBAL D'EMPORDÀ TO

- Barcelona 135 km
- Girona 33 km
- Lleida 285 km
- Tarragona 223 km
- Figueres 41 km
- Palamós 20 km

HOW TO GET THERE

- By public transport
- Bus from Barcelona
- www.sarfa.es
- By road
- www.google.com/maps/place/La+Bisbal



© RUBEN GARCIA. AJUNTAMENT DE LA BISBAL D'EMPORDÀ

To discover the city in more detail

- ▶ Don't miss the **La Bisbal's Fira de Circ al Carrer** if you visit the city in mid-July. With over 25 editions under its belt, it is an event that fills the streets with theatre and circus for all audiences. It is a gathering of artists, companies, producers and the public.
- ▶ Also in summer, from 14th to 18th August, Festa Major is celebrated in La Bisbal d'Empordà. Of particular note is the *correfoc* (fire run), which takes place on 16th August every year and offers a great fire show in which all visitors can participate.



© LLUIS DE MIGUEL. AJUNTAMENT DE LA BISBAL D'EMPORDÀ



© NIEL. AJUNTAMENT DE LA BISBAL D'EMPORDÀ

1. A CERAMICS WORKSHOP.
2. CERAMIC PIECES ON SHOW.
3. THE HISTORIC CENTRE AND CASTELL PALAU.
4. THE PONT VELL.

Shall we go out?

Fira Antic&Design Empordà (Easter)
 Fira del Circ al Carrer (July)
 Festa Major (August)

Shall we go shopping?

Carrer de l'Aiguïeta is the shopping hub for **ceramics**. The main avenue of the city hosts a large number of shops selling ceramics and decorative products. Plus, don't forget that La Bisbal is an important centre for antique shops.

Weekly market. Daily life in La Bisbal has a weekly event in the calendar: the traditional **Friday market**, which has been held continuously since it was granted to the town in 1322 by Jaime II. Currently, it is made up of about 100 stalls selling food, clothing, household items and accessories.

Shall we go out as a family?

Throughout the year, the different potters in La Bisbal d'Empordà organise guided visits to their workshops and activities for the whole family where you can feel like an artist for the day. On the first Saturday of every month, guided tours are organised to explore the **Vila Episcopalis**, taking a tour of the **Castle Palace** and the most representative elements of the old town.

Where to eat?

Find the full list of restaurants at [the link](http://www.visitlabisbal.cat/es/donde-y-que-comer)
www.visitlabisbal.cat/es/donde-y-que-comer

Where to sleep?

Find the full list of accommodation at [the link](http://www.visitlabisbal.cat/es/donde-dormir)
www.visitlabisbal.cat/es/donde-dormir



1. A PERFORMANCE AT THE FIRA DE CIRC AL CARRER.



2. CYCLING AROUND THE WELCOMING LANDSCAPE OF L'EMPORDÀ.

La Bisbal d'Empordà

can show off about its traditional sweet treats.



3. RUS, A SWEET SPECIALITY FROM LA BISBAL.

Don't miss it!

Fira Antic&Design Empordà is a fair with a select and varied sample of furniture, paintings, sculptures and decorative arts objects on show. It is an essential appointment with the best antique dealers and decorators in Catalonia and the south of France. Designers in the decoration and interior design sectors also attend. It takes place at Easter, every two years.

- 1. A PERFORMANCE AT THE FIRA DE CIRC AL CARRER.
- 2. CYCLING AROUND THE WELCOMING LANDSCAPE OF L'EMPORDÀ.
- 3. RUS, A SWEET SPECIALITY FROM LA BISBAL.



ESCAPE TO

GIRONA



DIVERSITY IN EVERY RESPECT

Nestled between the Costa Brava and the Pyrenees, Girona is just 65 kilometres from the French border and 100 from Barcelona. Therefore, as well as its strategic importance in terms of commercial purposes, the city is an excellent starting point for getting to know the richness and variety of its landscapes.

Beyond the remains from the Roman and Medieval era, its Jewish quarter and its rich heritage of Romanesque and Modernist buildings, the Gironan capital is a diverse city with a vast offering of events aimed at all types of audiences, unique experiences such as Girona, Temps de Flors, and gastronomy that is recognised worldwide thanks to the work of the chefs and local restaurateurs. 📍

MORE INFORMATION

Girona Tourism

www.girona.cat/turisme/eng/index.php

Facebook

www.facebook.com/Turismegi

Twitter

www.twitter.com/turisme_gi

Instagram

www.instagram.com/turisme_gi

THE RIVER ONYAR AND
THE COLOURFUL FAÇADES.

The city's gastronomic offer is not limited to the *Celler de Can Roca*; discover and taste products by *Girona Excel·lent* and the *DO Empordà* wines in the city's restaurants.



DISTANCE FROM GIRONA TO

- Barcelona 104 km
- Lleida 231 km
- Tarragona 190 km
- Vic 69 km
- Manresa 122 km
- Figueres 43 km

HOW TO GET THERE

- By public transport**
- High-Speed Train
www.renfe.com
- R11 Renfe Suburban line
http://rodalies.gencat.cat
- ALSA Bus
www.alsa.com
- Plane
www.aena.es/en/girona-costa-brava-airport/index.html
- By road**
www.google.com/maps/place/Girona
- Parking**
37 car parks
(18 public and 19 private)
in the centre of the city.

⌘ How much time do you have?

A whole day

- ▶ Visit the emblematic *lleona*, the **Basilica of Sant Feliu**, the cathedral and the Museu d'Art. You can get the joint ticket at <https://gironaepiscopal.cat>.
- ▶ Stop off at el Call and the Jewish History Museum. girona.cat/call/eng
- ▶ Taste products such as *Xuixo* pastries and the **Girona apple** in one of the restaurants in the Barri Vell.
- ▶ Cross the Pont d'en Gómez and take in the **Onyar houses**.
- ▶ Spend an afternoon shopping in the establishments of the shopping area in the city centre and the Eixample district.

Two days

- ▶ Have a hearty breakfast in the establishments of **L'Associació d'Hostaleria, Turisme i Restauració Girona**.
- ▶ Take a break in the *Jardí de l'Àngel*.
- ▶ Follow in the footsteps of the Modernist architect **Rafael Masó** and get to know his work all over the city.
- ▶ Eat tapas in the **Plaça de la Independència**.
- ▶ Take a break at the **Turkish baths**.
- ▶ Sleep in one of the small hotels in the Old Quarter.
- ▶ Follow the Lannister's steps through the streets of Girona at the **Game of Thrones Experience**.
- ▶ Relish the market and signature cuisine of **Girona Bons Fogons**.
- ▶ Visit the **Cinema Museum**.

- ▶ Check the schedule at **Cines Truffaut** and enjoy a good film.
- ▶ Round off the day with a **nocturnal guided tour** with Girona beer tasting.

Three days

- ▶ Experience the atmosphere of the **Mercat del Lleó** and discover the products with the agri-food quality seal **Girona Excel·lent**.
- ▶ Cross the Pont de Pedra bridge, visit the **Plaça del Vi** and walk back along the **Rambla de la Llibertat**.
- ▶ Immerse yourself in Girona gastronomy and wash it down with some **DO Empordà** wine.
- ▶ Get to know the city with a visit to the **Museu d'Història de Girona (Girona History Museum)**.
- ▶ Admire the streets and squares of the Mercadal area and return via the **Pont de Les Peixateries Velles bridge**.
- ▶ Get to know authentic Catalan gastronomy with a show cooking workshop.
- ▶ Go up and visit the **Sant Domènec Convent** and the Les Àligues building.
- ▶ Walk through the fortified enclosures of the **Força Vella** and the **medieval expanse**.
- ▶ Check the schedule at the **Auditorium** and the **Municipal Theatre** and enjoy a show.
- ▶ Sleep in one of the city's hotels.
- ▶ Follow the route through Romanesque



- Girona from the **monastery of Sant Pere de Galligants** and the **Sant Nicolau chapel**, and visit the Archaeology Museum and the exhibition hall.
- ▶ Continue along the city's green ring until you reach **the valley and the monastery of Sant Daniel**.
- ▶ Spend an afternoon browsing the small shops in the shopping area of the historic centre.

To discover the city in more detail

- ▶ Discover the city through the orienteering circuits.
- ▶ Buy the **M6 ticket**, which provides you with discounts to visit the six museums in the city.
- ▶ See the numerous Civil War elements, such as the bomb shelter of the **Jardí de Infància**, preserved by the city.
- ▶ Train in Girona, that has the certification of **Destination for Sports Tourism**, and take part in specialities such as running, cycling, swimming, athletics and tennis. www.girona.cat/turisme/eng/dte_marca.php

1. JOSEP, JOAN AND JORDI, OWNERS OF CELLER DE CAN ROCA.
2. COURTYARD OF THE BONASTRUÇ ÇA PORTA, HOME OF THE JEWISH HISTORY MUSEUM.
3. STAIRCASE TO THE CHURCH OF SANT MARTÍ.
4. FESTIVALOT, THE FAMILY MUSIC FESTIVAL.

COSTA BRAVA

Shall we go out?

International Circus Festival - Elefant d'Or (February)
Black Music Festival (March)
Strenes (Spring)
Gastronomic Week (April)
Easter Week
Girona, Temps de Flors (May)
Girona Jazz Festival (June)
Nits de Clàssica (June-July)
Tempo Sota les Estrelles (July-August)
International Amateur Theatre Festival FITAG (August-September)
Cinema Festival (September)
Monar'T Festival (September)
Sant Narcís Fairs (October)
Festival Temporada Alta (Autumn)

Shall we go shopping?

Girona has always played a key role when it comes to commercial appeal, which is reflected in the dynamism of Girona Centre and the activity of the Mercat del Lleó. Likewise, it hosts a wide range of street markets, such as Can Gibert del Pla (Thursday), Les Ribes del Ter (Tuesday and Saturday) or El Mercat de les Flors (Saturday).

Shall we go out as a family?

As well as guided tours, Girona offers a programme of free **orienteering circuits**, designed so that you can get to know the city in an entertaining and original way using a map with a set of clues. The Cinema Museum and the Fluvial Ribes del Ter Park are ideal for visiting with your family. Also, every July the city hosts the family music festival **Festivalot**.

Where to eat?

Find the full list of restaurants at the links

www.girona.cat/turisme/esp/restaurants.php
www.gironabonsfogons.cat
www.gironahostaleria.com

Where to sleep?

Find the full list of accommodation at the links

www.girona.cat/turisme/esp/alojamientos.php
www.gironahostaleria.com



In Girona

you must kiss the bottom of the lleona in order to return to the city.



Don't miss it!

There's an endless amount of proposals in the surroundings of Girona: from the Gavarres massif to the Banyoles lake and the Volcanic Area of La Garrotxa, heading through, of course, the coves along the Costa Brava and the Cap de Creus Natural Park. Sports lovers have prime destinations for practising scuba diving (the Medes Islands), kitesurfing (Sant Pere Pescador), trekking and mountain biking, and the winter sports at the Pyrenees ski resorts. Discover villages taken straight off a postcard along the coast, such as Tamariu or Cadaqués, and inland, such as Peratallada, Besalú or Castellfollit de la Roca. Plus, get to know the lands and landscapes that inspired universal artists like Salvador Dalí and Josep Pla.

1. THE MARRECS DE SALT CASTELLERS ON THE CATHEDRAL STAIRS.
2. THE LAKE AT BANYOLES.
3. THE LLEONA OF GIRONA.



ESCAPE TO

CALDES DE MALAVELLA



THERMALISM AND MUCH MORE

Caldes de Malavella has been developing, over the centuries, with thermal water as one of its main symbols of identity. Its streets, squares and gardens are full of heritage elements that reflect a historical legacy, forged through the close link between these waters and their neighbours: the Roman baths, the spas, the modernist houses, the walking areas...

With over 2,000 years of tourist tradition, Caldes is a town open to visitors who, as well as thermalism, can also enjoy knowledge tourism with the Espai Aqueae museum centre, the Camp dels Ninots palaeontological site and urban routes. Caldes is a place to relax and be taken care of, inside and out. 📍

MORE INFORMATION

Caldes turisme

www.visitcaldes.cat

Facebook

www.facebook.com/turismecaldes

Twitter

https://twitter.com/Turisme_Caldes

Instagram

www.instagram.com/visit_caldes/

HOTEL BALNEARIO VICHY CATALÁN

*Do you dream of another life?
Live it in a bathrobe! Approach well-being
as one of life's objectives, a justification
for rest and personal growth.*



© ARRUUD I'IMATGES AJUNTAMENT DE CALDES DE MALAVELLA



© ARRUUD I'IMATGES AJUNTAMENT DE CALDES DE MALAVELLA

⌘ How much time do you have?

One day

► Take a stroll through the town centre following the different signposted routes: modernist buildings, spas, fountains, historical sites, the defensive wall and medieval towers...

► Discover the Roman city **Aquae Calidae** and its Roman baths.

► Try a thermal cuisine menu with its beneficial health properties.

► For good digestion and a unique experience, try the hot water from the thermal springs (at the tourist office we'll offer you a glass as a souvenir).

► Visit the museum centre **Espai aquae** www.espaiaquae.cat.

► Feel like you're from another era with a dinner at one of the spas.

Two days

► Visit the surroundings of **sant maurici**: the hermitage, the Malavella castle and the spectacular basalt outcrops of an ancient volcanic chimney.

► Recharge your batteries with an aperitif, a glass of vermouth or a local craft beer to accompany some battered squid made with thermal water.

► Relax enjoying thermalism with a circuit or an outdoor thermal pool.

► In the middle of the afternoon, have a local ratafia liquor with the artisan cookies from 1912 made with Vichy water.

► Take a stroll to the **Camp dels Ninots** palaeontological site, the only one in Europe, and enjoy a magnificent sunset behind the Montseny mountain with a "Tasta Caldes" picnic.

Three days

► Stand at the point called "km0", starting point for over 150 km of signposted rural routes such as The Way of Saint James / Via Augusta (which goes from north to south) or the greenway thermal route (from east to west).

► Visit the hop plantation of the **bdegust** craft beer and combine it with a degustation of their other products.

► Practice your green tee on the best golf course in Spain (PGA Catalunya resort) or on the pitch & putt in Franciac.

► Enjoy a forest bath in the therapeutic forest of Can Fornaca with the Selvans association.

► Book a package of personalised thermal treatments at the spas.

► Experience the **PGA Wellness Center**: a place that combines relaxation, nutrition and state-of-the-art technology.



DISTANCE FROM CALDES DE MALAVELLA TO

Barcelona 89 km
Girona 20 km
Tarragona 179 km
Lleida 222 km
Figueres 45 km
Palamós 35 km
Lloret de Mar 27 km

HOW TO GET THERE

By public transport

Train with the R11 line
www.rodaliesdecatalunya.cat
Buses www.teisa-bus.com,
www.moventis.es

By road

www.google.com/maps/place/caldes+malavella



© ARRUUD I'IMATGES AJUNTAMENT DE CALDES DE MALAVELLA

To discover the city in more detail

► Go on one of the guided tours that take place every week: in the **Catalan Vichy** bottling plants, in the **espai aquae** museum, along urban heritage routes...

► Discover how the whole phenomenon of balneotherapy came about and what happened to the town in the 30-40s by immersing yourself in the book *El hijo del italiano*, based on a true story about when over 1,000 Italian sailors arrived in Caldes.

► Plan your getaway to coincide with the **Malavella Annual Festival**, the last weekend of April, a festival included in the inventory of the Festive heritage of Catalonia, based on the legend that gives its name to the town about an evil feudal woman who terrorised everybody. Dances with giants, night-time witches' show, visits to Malavella Castle... unmissable!

1. SPA TREATMENT.
2. PRATS SPA POOL.
3. ESPAI AQUAE MUSEUM CENTRE.

Shall we go out?

- Carnival (February-March)
- Earth fair (March)
- Malavella Annual Festival (April)
- Aplec de la sardana (May)
- Glopets d'estiu (July-August)
- Annual Festival (July-August)
- Aplec de Sant Maurici (September)
- Water and well-being festival (October)
- Theatre festival (November)
- El gust de la paraula (November)
- Christmas Market (December)

Shall we go shopping?

Some of the most typical products from the town are the torta de la malavella, the vichy biscuits from 1912, ratafias from sant maurici or bessons, the bdegust craft beer. The artisan km0 sausages or the semi-sparkling soft wine made with Vichy water. In the spas and in some other shops you can also find bottled thermal water and a pack of beauty products made with thermal water. **Weekly markets:** On Tuesdays in Plaza de la Selva and on Sundays (in a reduced version) in the Plaza del Ayuntamiento.

Shall we go out as a family?

We offer a very fun and original treasure hunt that allows you to enjoy and discover Caldes de Malavella in a fun way with the family: the **gymkhana of "els esquitxons"**, the superheroes of Caldes. Discover their superpower! You don't need a guide and you can do it on any day and at any time.

Where to eat?

Find the full list of restaurants at the link www.visitcaldes.cat/es/donde-comer

Where to sleep?

Find the full list of accommodation at the link www.visitcaldes.cat/es/donde-dormir



1

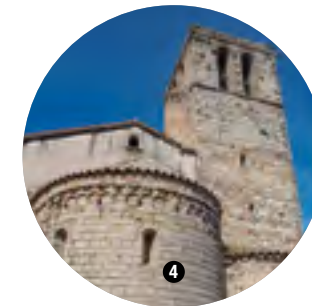


2



3

Caldes offers balneotherapy, forest bathing, gastronomy, culture and heritage, nature routes...



4

Don't miss it!

In the Costa Brava, Girona and the La Selva region, you'll find kilometres of beaches, mountains, delicious gastronomy, local products and rich heritage. You can swim in Tossa de Mar, snorkel in Sant Feliu de Guixols, attend the fish auction in Palamós, walk through the forests of Sant Hilari or Arbúcies looking for chestnuts or wild mushrooms, discover the Jewish heritage of Besalú, admire the backdrop to Game of Thrones in Girona or Lloret de Mar or discover the Dalinian triangle starting in Figueres. In the capital of the region, Santa Coloma de Farners, you can visit the Magma Centro Lúdico Termal and the Trias biscuit factory.

- 1. ROMAN BATHS OF AQUAE CALIDAE.
- 2. CAMP DELS NINOTS PALAEOANTHROLOGICAL SITE.
- 3. PGA CATALUNYA RESORT GOLF COURSE.
- 4. PARISH CHURCH OF SANT ESTEVE, IN THE TOWN CENTRE.

© ARRU D'IMATGES AJUNTAMENT DE CALDES DE MALAVELLA

© ALEX TREMP ARRU D'IMATGES PTBB

© ARRU D'IMATGES AJUNTAMENT DE CALDES DE MALAVELLA

© ARRU D'IMATGES AJUNTAMENT DE CALDES DE MALAVELLA



ESCAPE TO

MANRESA



THE CITY THAT INSPIRED SAN IGNACIO DE LOYOLA

This city, located in the heart of Catalonia, has a marked spiritual character combined with a rich and diverse cultural and commercial life. Manresa is also the final destination on The Ignatian Way, which retraces the footsteps of Saint Ignacio de Loyola, who discovered his vocation right here after a profound personal transformation that led him to find the Company of Jesus, present today throughout the world.

With remains of the Medieval and Gothic city, such as la Seu and calle del Balç, Manresa is also home to important historical heritage of baroque style, linked to the track left by San Ignacio and of a rich Modernist and industrial past with a set of buildings, museums and elements associated with this period. 📍

MORE INFORMATION

Manresa Tourism

www.manresaturisme.cat/ang

Facebook

www.facebook.com/ManresaTurisme

Twitter

www.twitter.com/manresaturisme

Instagram

www.instagram.com/manresaturisme

© TONI GALERA, TURISME MANRESA

THE OLD BRIDGE ACROSS
THE RIVER CARDENER.

Manresa enlightens visitors with its patrimonial richness: lose yourself in the streets of the medieval city, discover its background in Baroque art and wander curiously through its Modernist shopping area.



© IMAGEN M.A.S.



DISTANCE FROM MANRESA TO

Barcelona 62 km
Girona 120 km
Lleida 116 km
Tarragona 109 km
Terrassa 32 km
Vic 51 km

HOW TO GET THERE

By public transport
R4 Renfe Suburban line
<http://rodalies.gencat.cat>
FGC R5 www.fgc.cat/en
Hispano Igualadina Bus
www.igualadina.com
Teisa - Eix Bus
www.teisa-bus.com/es/eix-bus

By road
www.google.com/maps/place/manresa

Parking
Over 40 car parks, across public and private ones.
On the website www.manresa.cat car park availability is shown in real time.

⌘ How much time do you have?

A whole day

- ▶ Follow in the footsteps of San Ignacio de Loyola through **La Seu**, **La Cova** and **Carrer del Balç**.
- ▶ Discover Modernist Manresa in the surroundings of the **Passeig de Pere III**.
- ▶ Savour the local specialities washed down with beer and wine from the DO Pla de Bages.
- ▶ Take a stroll through the **La Sèquia** and **L'Agulla** parks, with their beautiful views over Montserrat.
- ▶ Visit the **Oller de Mas** winery, located in a castle from the 10th century.

Two days

- ▶ See in the day with a coffee and a quick walk through the labyrinth of streets and squares in the city's historical centre.
- ▶ Take the guided tour: "**Manresa, heart of Catalonia**" for the most emblematic places in the City.
- ▶ Try the wines of the **DO Pla de Bages** and the seasonal products in some of the establishments of the **Gremi d'Hoteleria i Turisme del Bages**.
- ▶ Spend an afternoon shopping in the **Passeig de Pere III** shopping area.
- ▶ Check the schedule at the **Kursaal Theatre** and enjoy one of its shows.
- ▶ Sleep in one of the city's hotels, in a unique building, such as the Casa Padró.

- ▶ Follow one of the routes through the **El Flequer Valley** and discover its centenary barrels for wine-making, made from stone.
- ▶ Visit the **Abadal** winery and enjoy a picnic among the vineyards.

Three days

- ▶ Lose yourself in the streets of the historical centre and discover the oldest shops in the city on the streets of **Sant Miquel and Sobreroca**.
- ▶ Try market cuisine in one of the restaurants of the **4 Gastronomic Seasons of Bages**.
- ▶ Enjoy a wellness activity in the surroundings of **La Sèquia**, with a mindful walk ending with a sunset in **l'Agulla park**.
- ▶ Sleep in one of the hotels in the centre.
- ▶ Discover industrial Manresa at the **Museum of Water and Textile**.
- ▶ Gather strength at one of the city's pastry shops and try local specialities such as the *dolç del Pelegrí*.
- ▶ Visit the sanctuary of **La Cova** and the **Museu de Manresa**, future Museum of the Baroque of Catalonia.
- ▶ Enjoy cod from Manresa, with potatoes and quince garlic mayonnaise.
- ▶ Travel to **Cardona** and spend the night in the National Parador (state-owned hotel).



© ORIOL CLAVERA

- ▶ Wake up in **Cardona** and visit the Muntanya de Sal (Salt Mountain) and the castle.
- ▶ Go craft beer tasting, with pairing, with one of the makers.
- ▶ Say farewell to the area by following the road that links Manresa to the picturesque towns of **Mura** and **Rocafort**.

To discover the city in more detail

- ▶ Visit the space: "Manresa 1522, the city of Ignacio", which shows what the Gothic city was like when the saint first encountered it.
- ▶ Soak up the city's medieval history at the **Interpretation Centre on Carrer del Balç**.
- ▶ Take in the city's heritage from the heights with the views offered by the Puigterrà Park.

1. MANRESA COD.
2. VINEYARDS AND WINERY OF THE DO PLA DE BAGES.
3. THE KURSAAL THEATRE.



© SIBANA SEZ, GZ

Shall we go out?

Festival of Light and Fira de l'Aixada (February)
Gastronomy Events of the Ignatian Way (March)
ViBa Fair (June)
Tomato Festival (July)
San Ignacio Festivals (July)
Festa Major (August)
Mediterranean Fair (October)

Shall we go shopping?

The main shopping area is in the surroundings of the Passeig de Pere III, Carrer Àngel Guimerà, the Plaça de Sant Domènec square, Carrer Nou and Carrer del Born. Manresa's star products and dishes are La Llum almonds and Manresa cod, as well as different specialities from Ignatian cuisine such as the sweets and *mossec del pelegrí*, not forgetting the wines from the DO Pla de Bages.

Tuesday Market, in the Font dels Capellans district.
Puigmercadal Market, at the Muralla del Carme.
Sagrada Família Market, in the district that shares the same name.

Shall we go out as a family?

Every afternoon in the summer, children's activities are organised on the terraces of the establishments that are involved in the concept "Quin Passeig", in the Passeig Pere III. During the rest of the year, you can go to Carrer del Balç and take part in a family tour, which includes a treasure hunt and activities to discover the medieval period inside the interpretation centre. And for the bravest, "The mystery of calle Balç", an inspirational escape room game that will keep you on your toes. Also, La Sèquia Park hosts different family workshops.

Where to eat?

Find the full list of restaurants at the links
<https://bagesturisme.cat/es/restauracio>
www.bagesimpuls.org/4-temporades-gastronomiques-del-bages/

Where to sleep?

Find the full list of accommodation at the link
<https://bagesturisme.cat/es/allotjament>



1

© OSCAR RODBAG, AJUNTAMENT DE MANRESA



2

© TOM GALEA, AJUNTAMENT DE MANRESA



3

© OSCAR RODBAG, TURISME MANRESA

*In **Manresa** you'll enjoy an exceptional and inspiring environment.*



4

© ORIOL ALAMANY

Don't miss it!

Some 25 kilometres from the centre of Manresa is the iconic mountain of Montserrat, hands down the most visited and photographed destination in the area. To visit it, you can walk along the last stage of the Ignatian Way in the opposite direction or, if you prefer, go to Monistrol de Montserrat by car or railway and, from there, catch the rack train. After visiting its famous basilica, the park offers uncountable hiking routes and scheduled outings with specialised guides. If, on the other hand, you're an adventure lover, Montserrat offers a dozen equipped *via ferrata* climbing routes and paths of different levels of difficulty.

- 1. BALÇ INTERPRETATION CENTRE.
- 2. SAN IGNACIO DE LOYOLA CAVE.
- 3. COLLEGIATE OF SANTA MARIA DE MANRESA, KNOWN AS 'LA SEU'.
- 4. THE UNIQUE SHAPES OF THE MONTSERRAT MOUNTAIN.



ESCAPE TO VIC



ART AND HERITAGE IN A CITY ON A HUMAN SCALE

Throughout its two-thousand-year history, Vic has been a Roman city (Ausó), capital of the medieval county of Osona, and home to an extensive and powerful diocese. It is also a university city and a shopping and services centre, which exerts its influence on a large area of Central Catalonia.

Vic is a small, calm and comfortable city that has preserved important historical and artistic heritage. The historical centre, which is of medieval layout, is home to masterpieces of all architectural styles: a Romanesque temple from the 1st century, the cathedral's Romanesque bell tower, its Gothic cloister and the medieval defensive walls, as well as the numerous Baroque buildings and outstanding examples of Modernism. The Episcopal Museum of Vic, declared of national interest, has an exceptional collection of medieval art on display. 📍

MORE INFORMATION

Vic Tourism

www.victurisme.cat/?set_language=en

Facebook

www.facebook.com/vic.turismefires

Twitter

www.twitter.com/vic_turisme

Instagram

www.instagram.com/vic_turisme

© MIGUEL MASSALEBA, AJUNTAMENT DE VIC

VIC PLAÇA MAJOR.

Vic invites you to discover its commercial past in districts like Las Curtidurías and squares like that of Mercado, which turned it into one of the most influential centres in medieval Catalonia.



© KM CASTELLS



2

© JUAN JOSÉ PASCUAL

⌘ How much time do you have?

A whole day

- ▶ Follow the tourist route on foot through the centre of the city beginning in the Plaça Major or Mercado squares.
- ▶ Stop off in the **Museum of Medieval Art (MEV)** to enjoy its collection of Romanesque and Gothic art.
- ▶ Take the guided tour at the Vicpuntzero space on weekends and public holidays www.vicpuntzero.cat/en/
- ▶ Spend an afternoon shopping in the shopping area Vic Centre.

Two days

- ▶ Book the special visit to the Romanesque bell tower of the **cathedral of Sant Pere Apòstol**.
- ▶ Find out the secrets of cold meats, with prior booking, in the “**Botifarres de Mil Sabors**” workshop.
- ▶ Immerse yourself in **Vic gastronomy** and its products.
- ▶ Visit the **historic centre** of the city with an audio guide.
- ▶ Check the schedule at the Performing Arts Centre of the **Teatre L'Atlàntida** and enjoy its shows.
- ▶ Sleep in accommodation in the centre.
- ▶ Enjoy a bicycle ride along the PR C-40 footpath until you reach the monastery of **Sant Pere de Casserres**.
- ▶ Recharge your batteries with a *somalla* sandwich, the most tender variety of *llonganissa*.
- ▶ Stroll around the district of Las Curtidurías and the Queralt bridge.

- ▶ Continue your outing by walking around the ancient **Muralla de Pere III** and the **old Jewish quarter**.

Three days

- ▶ Experience the atmosphere of the **Market in the Plaça Major** on Tuesday or Saturdays.
- ▶ Visit the **Museu de l'Art de la Pell (MAP)**, which gathers leather pieces from different eras and countries.
- ▶ Try regional products.
- ▶ Visit the **Roman temple** from the 1st century and the remains of the Montcada Castle.
- ▶ Follow the course of the River Mèder to **La Guixa** and make your way back to the centre via the Gothic Remei bridge.
- ▶ Spend the night in one of the city's hotels.
- ▶ Enjoy a hearty breakfast.
- ▶ Visit the Balmes Museum (prior booking at the tourist office).
- ▶ Follow in the footsteps of **Josep Maria Sert** and his work in the central nave of the Cathedral and in the town hall.
- ▶ Gather energy in a pastry shop and don't miss the typical *pa de pessic*.
- ▶ Check the programme at the ACVic, the city's contemporary art centre.
- ▶ Sleep in rural accommodation.



DISTANCE FROM VIC TO

Barcelona 72 km
Girona 73 km
Lleida 160 km
Tarragona 160 km
Berga 52 km
Ripoll 37 km

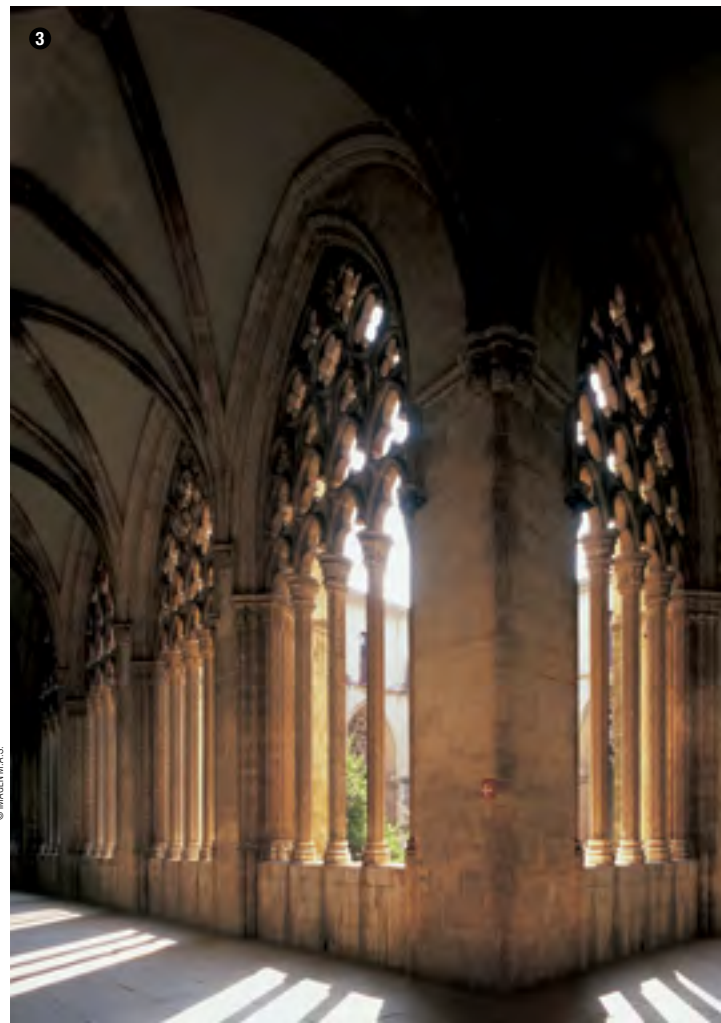
HOW TO GET THERE

By public transport:
R3 Renfe Suburban line
<http://rodalies.gencat.cat>
Sagalés Bus
www.sagales.com/en
Teisa - Eixbus
www.teisa-bus.com
By road
<https://google.com/maps>
Parking
13 free public car parks.

- ▶ Venture out on foot, following the course of the River Gurri until you reach the bridge of en Bruguer.
- ▶ Eat at one of the area's Michelin Star Restaurants.
- ▶ Before leaving the city, book a visit to the **Museu Claretia**.

To discover the city in more detail

- ▶ See the heritage through your mobile phone with “**Vic invisible**”.
- ▶ Discover Vic through the work of the writers Maria Àngels Anglada, Jaume Balmes, Miquel Llor and Jacint Verdaguer.
- ▶ Buy the combined ticket that offers you three experiences: the MEV, the MAP and the Vicpuntzero space.



3

© IMAGENIA.S

1. LLONGANISSA MAKER IN THE CURING ROOM.
2. MONASTERY OF SANT PERE DE CASSERRES.
3. CLOISTER OF THE VIC CATHEDRAL.



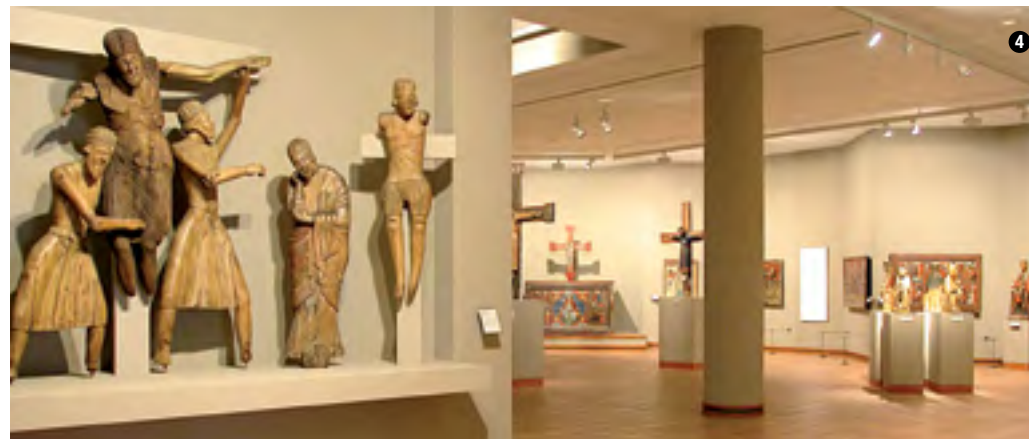
1



2



3



4



5

Shall we go out?

- Mercat del Ram (March)
- Easter Week and Religious Music Festival
- Jazz Festival (May)
- Lactium, the Catalan Cheeses Exhibition (May)
- El So de les Cases (June)
- Festa Major de Sant Miquel dels Sants (July)
- Live Music Market (September)
- Fira de la Muntanya (November)

Shall we go shopping?

Vic has two shopping areas: Vic Centre and Vic Sud. The **star products** are the Vic llonganissa and the pa de pessic as a sweet dish, as well as the Vic onion, the black truffle and the bufet potato. **Weekly markets:** on Tuesdays and Saturdays, in the Plaça Major; and on Sundays, in the districts of Remei-Estadi. The one on Saturday is the most well-known and popular.

Shall we go out as a family?

Book a **balloon ride** with one of the three companies that offer the possibility of taking in the city and the region from the sky and enjoy the horse riding activities offered by the two riding centres in the city as well as the over 200 signposted kilometres for practising mountain biking. In the city, discover the historical centre with your family taking part in the Bishop Oliba's **treasure hunt** (Bishop Oliba and the lost manuscript), or learn to make your own fuet at **Ca La Teresona**.

Where to eat?

Find the full list of **restaurants at the link** www.victurisme.cat/es/gastronomia-allotjament/restaurants

Where to sleep?

Find the full list of **accommodation at the link** www.victurisme.cat/es/gastronomia-allotjament/allotjament

*In **Vic** the Museum of Medieval Art has an exceptional collection of medieval art on display.*

Don't miss it!

The area of Vic has natural heritage that is rich in contrasts, with landscapes of great beauty, among which you can find three natural areas of great scenic, ecological and cultural value: that of Guillerics-Savassona, the Castell de Montesquiú Park and the Montseny Natural Park, Biosphere Reserve, which has been awarded the European Charter for Sustainable Tourism (CETS). Accessible via Seva, El Brull and Viladrau, where you can find its Interpretation Centre, its leafy forests were the backdrop for the stories of legendary characters such as the bandit Serrallonga and mythical inhabitants such as the women of the water or the witches of Viladrau.

1. TABLE FULL OF CHEESES DURING THE FERIA LACTIUM.
2. LIVE MUSIC MARKET FESTIVAL.
3. THE VIC WEEKLY MARKET.
4. MUSEU EPISCOPAL DE VIC.
5. ROMAN TEMPLE.



ESCAPE TO TERRASSA



THE MOST UNIQUE INDUSTRIAL MODERNISM

Terrassa is an unmissable destination for lovers of architecture and culture. Among its wealth of heritage, it's worth highlighting the Modernist masterpieces such as Vapor Aymerich, Amat i Jover —home to the National Museum of Science and Technical of Catalonia—, the Masia Freixa and the Casa Alegre de Sagrera. The city also has one of the exceptional elements of Catalonia's historical and artistic heritage: the ensemble of Visigoth churches of Sant Pere, Sant Miquel and Santa Maria - Seu d'Ègara.

The city of Terrassa also has a rich schedule of events, such as the Jazz Festival, the most innovative theatre festival, Terrassa Noves Tendències, and the Fira Modernista, which has been declared of tourist interest and relives the days of splendour of Modernism, when Terrassa became a motor for the Catalan economy. It's also known as the cradle of field *hockey*. 📍

MORE INFORMATION

Terrassa Tourism

www.visitaterrassa.cat/en

Facebook

www.facebook.com/terrassa.turisme

Twitter

www.twitter.com/visitaterrassa

Instagram

www.instagram.com/terrassa_turisme

© AJUNTAMENT DE TERRASSA. BODA CASANOVA

THE MASIA FREIXA.

The city has a rich gastronomic offer: discover the local products in the establishments that have the *Terrassa Gastronòmica* seal and the restaurants in the *Col·lectiu Cuina Vallès*.



© BODIA CASANOVA

1

⌘ How much time do you have?

A whole day

- ▶ Visit the Masia Freixa and the **National Museum of Science and Technical of Catalonia**, in the Vapor Aymerich, Amat i Jover.
- ▶ Have lunch in the restaurants that belong to the *Terrassa Gastronòmica* brand.
- ▶ Visit the **Seu d'Ègara**, a complex with more than 1,500 years of history.
- ▶ Walk through the **Vallparadís Park**, stopping off at the **Castell Cartoixa**, headquarters of the Museum of Terrassa.

Two days

- ▶ Follow the Modernist trail on your own with an audio guide, don't miss the impressive stained-glass windows of the **Alegre de Sagrera House** Museum.
- ▶ Try the local gastronomy in the restaurants located in the centre of the city and relax by spending the afternoon shopping.
- ▶ Experience a concert at the **Nova Jazz Cava**.
- ▶ Stay in the city.
- ▶ Discover the Sant Llorenç del Munt i l'Obac Natural Park, climb up to La Mola and eat at the old monastery.
- ▶ Spend a day watching Castellers (human towers) with the **Minyons de Terrassa Experience activity**.
- ▶ Follow "**The Muncunill Mystery**" trail with the Digital Tourism Gymkhana, an adventure to enjoy with the whole family.

Three days

- ▶ Sign up to one of the guided tours to find out more about the heritage.
- ▶ Photograph the city from a bird's eye view from the heights of the Torre del Palau on the "Views from the heights" tour.
- ▶ Check the schedule at the Centre d'Arts Escèniques and enjoy the Principal and Alegria theatres.
- ▶ Make the most of the night and follow the Tapas Route through the historical centre.
- ▶ Sleep in Terrassa.
- ▶ Discover the history of fashion at the Textile Museum.
- ▶ Visit the Can Morral del Molí winery, in Ullastrell and learn how Martialis wine and l'Oblit oil are made.
- ▶ Have a Pitch & Putt experience in the **Real Club de Golf "El Prat"**.
- ▶ Follow the "**Ruta del Cine**" (Cinema Route) and get to know the Parc Audiovisual de Catalunya.
- ▶ Eat close to the municipal markets, Mercat de la Independència and Mercat de Sant Pere, and take a souvenir with you in the form of some of the locally-sourced products that you can find there.
- ▶ Go on a bicycle tour or on foot through "L'Anella Verda".



DISTANCE FROM TERRASSA TO

- Barcelona 36 km
- Girona 105 km
- Lleida 149 km
- Tarragona 108 km
- Manresa 34 km
- Vic 77 km

HOW TO GET THERE

By public transport:

- FCG Train - Vallès Metro www.fgc.cat/en
- R4 Renfe Suburban line <http://rodalies.gencat.cat>
- Moventis Bus www.moventis.es

By road

- <https://google.com/maps>

Parking

- 50 car parks (publicly or privately managed) that have a total of 14,028 spaces.



2

© ARXIU TERRASSA TURISME



3

© BODIA CASANOVA - AJUNTAMENT DE TERRASSA



4

© ARXIU TERRASSA TURISME

- ▶ Check the schedule at the Cultural Centre and enjoy its shows and activities.
- ▶ Take a guided tour through the Sant Llorenç del Munt i l'Obac Natural Park.

To discover the city in more detail

- ▶ Visit the city in May and you'll coincide with the **Fira Modernista of Terrassa**.
- ▶ Don't miss the Jazz Festival, in March.
- ▶ Find out about the Olympic history of the city, world hockey capital, at the facilities of its four clubs (Atlètic, Ègara, CD Terrassa and Línia 22).
- ▶ Find more information at the Tourist Office, located in the Masia Freixa. You can buy objects made by the city's craftspeople and artists. www.visitaterrassa.cat/botiga

1. CATALAN STYLE BEANS.
2. VIEW OF THE MNACTEC.
3. DIADA DEL PATRIMONI IN LA SEU D'ÈGARA, A MONUMENTAL ENSEMBLE OF THE CHURCHES OF SANT PERE.
4. CASA ALEGRE DE SAGRERA.

Shall we go out?

Terrassa Jazz Festival / Jazz Picnic (March)
Fira Modernista (May)
Terrassa Festa Major (June-July)

Terrassa Noves Tendències/ TNT (September)

Diades Castelleres de les colles (Human tower days): Castellars de Terrassa and Minyons de Terrassa. (November)

Shall we go shopping?

Terrassa has five shopping areas and markets such as the Independència and Sant Pere markets in the Plaça del Triomf.

Wednesday market

(www.terrassa.cat/comerc): every Wednesday in Avinguda de Béjar. Consult seasonal and Terrassa Gastronòmica products at <https://visitaterrassa.cat/>

Shall we go out as a family?

Terrassa has an endless amount of activities that you can enjoy with the smallest members of the family, as is the case with the Science and Technical Museum of Catalonia (MNACTEC) where, along with many other activities, they will have to resolve the “enigma del ordenador” (the enigma of the computer). Jump on the miniature train in the Vallparadís park, take a boat ride on the lake and get the kids used to science with the games and activities on offer at the Park of Sensations.

Where to eat?

Find the full list of restaurants at the link <https://visitaterrassa.cat/es/terrassa-gastronomica>

Where to sleep?

Find the full list of accommodation at the link <https://visitaterrassa.cat/es/donde-dormirallotjament>



1



2



3

Terrassa is in a privileged setting at the foot of La Mola.

Don't miss it!

As well as its important industrial and Modernist legacy, Terrassa has a rich medieval heritage that stretches from the pre-Romanesque to the Gothic period. Founded in the 5th century, La Seu d'Egara is an exceptional monumental ensemble that has preserved outstanding architectural and artistic elements: Iberian and Roman remains, the churches of Sant Pere, Santa Maria and Sant Miquel with its funerary temple, its mural paintings (which aspire to be recognised by UNESCO in the catalogue of World Heritage) and their altarpieces, as well as the Torre del Palau and the Castell Cartoixa de Vallparadís.

- 1. FIRA MODERNISTA.
- 2. TERRASSA JAZZ FESTIVAL.
- 3. THE ROMANESQUE MONASTERY OF SANT LLORENÇ DEL MUNT, ON THE LA MOLA MOUNTAIN.



ESCAPE TO

VILAFRANCA DEL PENEDÈS



THE CAPITAL OF WINE

Vilafraanca del Penedès was born as a link between the Christian and Muslim areas at the beginning of the 12th century and still retains that inclusive and welcoming character today. From the second half of the 20th century, it consolidated itself as the display window into the wine-growing region of El Penedès, the largest in Catalonia and one of the most important on the Iberian Peninsula. A territory where the vineyard is the protagonist and wine is the product to discover or learn everything about.

Wine tourism in a city that breathes culture. Where the country's "plaza más castellera" (square of the human towers) is found, where both the material and immaterial heritage stands out, complementing its natural surroundings. And which, as well as all of the above, enjoys a strategic geographical location. 📍

MORE INFORMATION

Vilafraanca Tourism

www.turismevilafraanca.com/en

Facebook

www.facebook.com/turismevilafraanca

Twitter

www.twitter.com/vilafraancatur

Instagram

www.instagram.com/turismevilafraanca

© AJUNTAMENT DE VILAFRANCA, CÀRLES FORTINY

PHOTOGRAPHING THE BASILICA OF SANTA MARIA AT SUNSET.

Download the mobile application *Inventrip* to tailor your visit and prepare your trip before you leave home with the website: www.inventrip.com/vilafranca.



© CARLES FORTINY, AJUNTAMENT DE VILAFRANCA



© MARIA ROSA FERRÉ



DISTANCE FROM VILAFRANCA DEL PENEDÈS TO

- Barcelona 50 km
- Girona 136 km
- Lleida 119 km
- Tarragona 50 km
- Sant Sadurní d'Anoia 14 km
- Sitges 22 km

HOW TO GET THERE

By public transport
R4 Renfe Suburban line
www.renfe.com
Hispano Igualadina Bus
www.igualadina.com
Empresa Plana
www.empresaplana.cat

By road
www.google.com/maps/place/Vilafranca+del+Penedès

Parking
Car park in the centre, with over 900 spaces.

⌘ How much time do you have?

A whole day

- ▶ Enjoy a **dramatised tour** of Modernist Vilafranca.
- ▶ Follow Vilafranca's nature trail to the Font del Cuscó and the one on the Camino del Vino.
- ▶ Try some lunch in Vilafranca with regional wine.
- ▶ Visit the **Vinseum** and its tavern.
- ▶ Relax while you watch the sunset in the bell tower of the Basilica of Santa Maria.

Two days

- ▶ Visit the Neogothic and Modernist monuments in the patrimonial cemetery.
- ▶ Have an vermouth made in El Penedès or a glass of wine and some tapas at the Wine Bar.
- ▶ Eat in a restaurant that offers the traditional *xató*.
- ▶ Check the schedule: the **Most Festival's** programme runs throughout the year.
- ▶ Enjoy a breakfast-lunch-picnic between the vines.
- ▶ Sleep at a winery, in the heart of nature.
- ▶ Make a reservation at a restaurant and enjoy local ingredients and wines.
- ▶ Go on a trip to the **Mountain of Sant Pau** and climb up to the Miravinya, with the best views of the city.

Three days

- ▶ Discover **Medieval Vilafranca** with a journey through time with the help of virtual reality.
- ▶ Book a food-wine pairing session at one of the wineries with a catering service.
- ▶ Feel like a quiet afternoon? Visit the cloister of the Sant Francesc Church or enjoy a wine therapy treatment.
- ▶ Have dinner at a restaurant in Vilafranca, with a menu of fish caught on the coast nearby.
- ▶ Drive along the wine route and stop off at one of the 13 wineries to take a tour and go wine tasting.
- ▶ Watch any of the three *colles de castells* (human tower teams) rehearsing. www.turismevilafranca.com/ca/mon-casteller
- ▶ Check the programme to enjoy the cultural proposals that the city has to offer.
- ▶ Sleep in Vilafranca.
- ▶ Follow the **Penedès 360°** by bike.
- ▶ Visit one of the city's wine shops to choose the wines that you'll be taking home with you.
- ▶ Buy Penedès cheese and cold meats and have lunch in the countryside surrounded by vines. Don't forget *catànies* (typical chocolate sweets) and fruit for dessert.

- ▶ Before leaving the area, stop off at one of the viewpoints on the **Miravinya route** (search with the App) to take magnificent photos.

To discover the city in more detail

- ▶ Consult the possibility of attending a rehearsal of one of the town's human tower teams.
- ▶ Visit Carrer del Comerç, which grew alongside the railway, with historic wine-making buildings.
- ▶ If your visit coincides with the first few days of July, enjoy the activities of the **Vijazz Festival**.
- ▶ Does your interest in wine go beyond simply drinking a glass? You'll find workshops for harvesting, pruning, disgorging cava and so much more at turismevilafranca.com/en.

1. THE PENEDÈS ROOSTER, PGI PRODUCT, RAISED ON GRAPE SEEDS.
2. PENEDÈS VINEYARDS.
3. CASTELLERS (HUMAN TOWER PARTICIPANTS) IN VILAFRANCA.



© AJUNTAMENT DE VILAFRANCA, CARLES FORTINY

Shall we go out?

- Xató Festival (March)
- May Festivals (May)
- EVA. Festival En Veu Alta (June)
- Vijazz (July)
- Festa Major (August)
- All Saints' Day with the Castellars de Vilafranca (November)
- MOST. International Wine & Cava Film Festival (November)
- Fira del Gall (Rooster Fair) (December)

Shall we go shopping?

The centre has several blocks of shops that are exclusively for pedestrians.

The star product of Vilafranca is undoubtedly its wine. Take your time deciding which of the thousands of possibilities you'll be taking home with you.

Weekly market: every Saturday, over two hundred stalls selling gastronomic items and other products set up in the centre.

Shall we go out as a family?

The dramatised visits are essential for finding out more about the historical heritage and the activities surrounding environmental knowledge and experimentation in the region. Don't forget the visits to the vineyards tours on foot or by bicycle, and the wine tours. Immerse yourself in the universe of wine and gastronomy with visits to the Vinseum, the Torner barrel factory, the Xerigots cheese factory and workshop, and to different workshops and wine tasting spaces in the wineries of the Penedès.



© MARIA RISA FERRE

1



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2



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4



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5



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6

*In Vilafranca
experience the wine
culture with your
five senses.*

Don't miss it!

From the city, you can reach either Barcelona or Tarragona in half an hour, travelling by road. Nature lovers can choose between visiting the Montserrat Natural Park, the Foix Park, with its reservoir, or the Garraf Park, which are all close to Vilafranca. Sitges is a stone's throw away and, as well as the beach, it offers a wide range of cultural activities. Fans of wine tourism can set up their operational hub in the town and visit different designations of origin from there, as well as enjoying an endless wine tourism offering.

1. VINEYARDS AND MONTSERRAT IN THE BACKGROUND.
2. HIKING TRAILS IN THE PENEDÈS.
3. A DISH WITH ROOSTER FROM EL PENEDÈS.
4. DRAMATISED VISIT ALONG THE MODERNIST TRAIL.
5. DRAMATISED VISIT TO THE CEMETERY.
6. GLASS OF WINE IN THE WINE CAPITAL.




ESCAPE TO

MONTBLA NC



THE MEDIEVAL TOWN WHERE SANT JORDI SLAYED THE DRAGON

Unchanged by the passage of time, Montblanc has retained all the charms that attracted kings and courtesans to what became the seventh largest town biggest in Catalonia.

Its monumental and artistic elements, some of the most well preserved in Catalonia, were the backdrop to the golden legend of Sant Jordi and the dragon, which is commemorated yearly during Medieval Week and is popular with tourists. The town has a complete festival and events listing to add to its interesting museum offering. All of this in superb surroundings in the middle of the Cistercian Route and just a few minutes away from the nearest beaches. 

MORE INFORMATION

Montblanc Tourist Office

www.montblancmedieval.cat/?set_language=en

Facebook

www.facebook.com/TurMontblanc

Twitter

www.twitter.com/TurMontblanc

Instagram

www.instagram.com/montblanc_medieval

DEFENSIVE WALLS OF MONTBLANC.

© KIMCASTELLS

A trip to Montblanc guarantees you a journey back in time: discover its prehistoric past, admire its medieval city wall and stroll through its cobbled streets.



© DROU LLANBRADÓ

⌘ How much time do you have?

A whole day

- ▶ Visit the **medieval defensive walls**: climb up to the towers, enjoy the parapet walk and enjoy the panoramic view.
- ▶ Stroll down the calle dels Jueus and admire its medieval arch.
- ▶ Enjoy a typical *calçotada* (seasonal chargrilled green onions) in one of the restaurants of the historic quarter.
- ▶ Visit the **Conca de Barberà Regional Museum**.
- ▶ Have a look around the shops and businesses in the shopping part of the main street, the Carrer Major.

Two days

- ▶ Let yourself be tempted by the typical pastries, known as *coques*, in the Andreu y Viñas cake shops.
- ▶ Discover the architectural heritage of **Montblanc within the walls**.
- ▶ Have lunch while admiring the views from one of the restaurants located around the defensive walls.
- ▶ Stay in accommodation located in one of the town's historic buildings.
- ▶ Enjoy a **wine-pairing lunch** with a view of the Mas Foraster wineries.
- ▶ Explore the ancient **hospital of Santa Magdalena**.
- ▶ Visit the **Nativity Museum** of Catalonia.

Three days

- ▶ Settle into the town with an easy walk along the **Francolí river** to Font de la Ceba.
- ▶ Enjoy the area's best cuisine.
- ▶ Visit the **Frederic Marès Museum of Art**.
- ▶ Spend the night in accommodation in the town.
- ▶ Head out to the **Museum of Rural Life** and the Font Major cave-museum in L'Espluga de Francolí (the daring can follow the underground river back up through the cave tunnels).
- ▶ Enjoy some wine tasting and locally-sourced products at the **modernist winery of Cèsar Martinell**.
- ▶ Take a guided tour around the Templar Castle of Barberà de La Conca.
- ▶ Visit the Prades Mountains Cave Painting Interpretation Centre (CIAR).
- ▶ Escape to Rojals to see the cave paintings with the Rebolí Cooperative.
- ▶ Enjoy a picnic lunch of locally-sourced cured meat and wine.
- ▶ Visit the monastery of Santa Maria de Poblet.
- ▶ End your trip with a memorable walk around Poblet Natural Landscape of National Interest.



DISTANCE FROM MONTBLANC TO

- Barcelona 121 km
- Girona 197 km
- Lleida 64 km
- Tarragona 36 km
- Reus 30 km
- Tortosa 115 km

HOW TO GET THERE

By public transport
 Renfe Medium Distance Trains R13 and R14
<http://rodalies.gencat.cat>
 Hispano Igualadina Bus
www.igualadina.com
 Empresa Plana
www.empresaplana.cat

By road
<https://www.google.com/maps/place/Montblanc+Tarragona>

Parking
 8 white zones (free parking), 5-10 minutes from the historical centre.



© JOAN PUIG, GZ



© ANGELE RABURCH

To discover the city in more detail

- ▶ Make sure that your visit coincides with **Medieval Week**, popular with tourists.
- ▶ If you are nostalgic about toys, remember that Montblanc hosts Clickània y Brickània, festivals dedicated to Playmobil® and LEGO®.
- ▶ Enjoy #Safrània365 all year-round, the programme of events related to local products such as **saffron**, whose traditional cultivation in this area has recently been reinvigorated.

1. A TOURNAMENT DURING MEDIEVAL WEEK.
2. VIEW OF THE WALLED QUARTER AND THE CONVENT DE LA SERRA.
3. MONTBLANC FROM THE SANTA MARIA BELL TOWER.

Shall we go out?

- Medieval Week (April)
- Easter Week (March)
- Festival Respira Montblanc (May)
- Sant Maties Festivities (May)
- Brickània: LEGO® Construction Festival (June)
- Corpus Christi (June)
- Dimecres Tapa (Tapas Wednesdays) (July and August)
- Essències, festival of music and gastronomy (August)
- Festa Major de la Mare de Déu de la Serra (September)
- Terrània, International Ceramic Festival (September)
- Clickània, Playmobil® Festival (October)

Shall we go shopping?

Stroll through the main streets and squares of Montblanc, where you will find its shopping district. Here you can buy craft work, ceramics and paintings by local artists. You mustn't leave Montblanc without buying some saffron or trying some of its traditional sweets (for example the almond merlets and montblanquins), the cakes known as *coques de sucre* and also its cured meats (*llonganisses*). And, of course, don't forget the wines and cavas produced in the local wineries of the DO Conca de Barberà.

Weekly market: every Friday, between two parts of the historical centre: the Main Square and Catalonia Square.

Shall we go out as a family?

In addition to events such as Brickània and Clickània, the smallest members of the family will enjoy Medieval Week, with the recreations of the daily life of our ancestors. You can also take part in the "Explore Montblanc" family guided tour or the "Explore Montblanc at your leisure" and "Find the impostor" self-guided tours.

Where to eat?

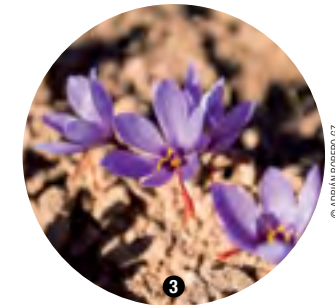
Find the full list of restaurants at the link www.montblancmedieval.cat/donde-dormirrestaurants

Where to sleep?

Find the full list of accommodation at the link www.montblancmedieval.cat/donde-comer



Montblanc
and its surrounding district are traditional producers of saffron.



Don't miss it!

Situated at the centre of the triangle formed by the monasteries of Poblet, Santes Creus and Vallbona de les Monges, Montblanc is the perfect starting and finishing point for the Cistercian Route, the circular trail that is more than 100 kilometres long and links the three most emblematic abbeys of this order in Catalonia. As well as completing all or part of the GR-175 path, you can enjoy spectacular natural spots such as those in Poblet and in the mountains of Prades, and many other suggestions for the general public: from horse-riding to vineyard tours and tastings in wineries, where you can try *trepat*, the wine made with the native grape from Conca de Barberà.

- 1. VINEYARDS AND WINERY OF DO CONCA DE BARBERÀ.
- 2. CHURCH OF SANTA MARIA.
- 3. SAFFRON FLOWER.



ESCAPE TO REUS



THE START OF THE ROUTE TOWARDS PARIS AND LONDON

“Fortuny, the painter, is a genius. So am I. Gaudí is a genius. So am I. Fortuny, General Prim and Gaudí are from Reus. So am I. So am I because, as the great philosopher, Francesc Pujols, wrote: in our country there are many people who, without actually being from Reus, seem to be.”

That’s how Salvador Dalí described everything that Reus has contributed to humanity. A city of geniuses, with an entrepreneurial spirit and a commercial tradition that not only resulted in it becoming the second city in Catalonia (placing above Tarragona, its neighbour and rival) but also an international benchmark. That’s where the saying: “Reus, Paris and London” comes from, referring to the fame and quality of its spirits, the origin of a new industry in which it is now considered the world capital of vermouth. 📍

MORE INFORMATION

Reus Tourism

www.reusturisme.cat

Facebook

www.facebook.com/ReusPromocio

Twitter

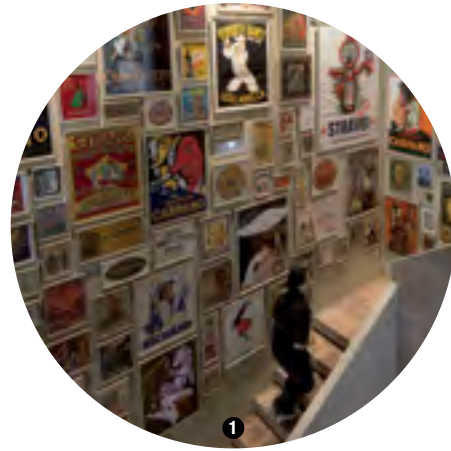
www.twitter.com/ReusPromocio

Instagram

www.instagram.com/reuspromocio

THE REUS BELFRY.

Get hooked on the creativity of geniuses like Antoni Gaudí and enjoy Reus' commercial tradition and cosmopolitan character.



© AJUNTAMENT DE REUS

⌘ How much time do you have?

A whole day

- ▶ Walk around Prim Square, Mercadal Square and the **historic centre**.
- ▶ Try some Reus vermouth and the traditional aperitifs of the **Rofes wineries**, in their old factory.
- ▶ Follow the **Modernist Route "Reus 1900"** and discover the magnificent work of the architects Domènech i Montaner and Pere Caselles.

Two days

- ▶ Find out more about Antoni Gaudí with the route that begins in his family home.
- ▶ Understand the genius at the interpretation centre **Gaudí Centre**.
- ▶ Try some tapas with regional wine.
- ▶ Check the programme at the **Fortuny Theatre** and enjoy one of the shows at this historic building that dates from 1882.
- ▶ Sleep in one of the hotels in the centre.
- ▶ Breathe in the atmosphere at the **Mercat Central (Central Market)** and discover the products that are typical of the area.
- ▶ Visit the **Museu del Vermut (Vermouth Museum)** to thoroughly get to know this drink.
- ▶ Try a dish made with the delicious local hazelnuts.
- ▶ Enjoy good views from the bell tower of the **Prioral de Sant Pere**.

Three days

- ▶ Give in to the charm of the Modernist **Casa Navàs** and its impressive stained-glass windows.
- ▶ Visit the **Oenological Station**, a modernist space where you can discover the origins of the famous "Vermut de Reus" and the brands that are part of it, and taste them as well.
- ▶ Visit the exhibitions at the **Palau Bofarull** and get to know the noble hall of an old 18th century palace.
- ▶ Sleep in one of the hotels in the centre.
- ▶ Follow the guided tour to the Institut Pere Mata and its **Pavelló dels Distingits**.
- ▶ Visit the **Museu de Reus (Museum of Reus)** with its art collection and the **Museu d'Arqueologia (Archaeology Museum)**.
- ▶ Explore Reus' signature cuisine in depth and let yourself be conquered by the closest local DO wines.
- ▶ Spend an afternoon shopping at **El Tomb de Reus**, the historic centre's shopping area and its pedestrian zone.
- ▶ Taste Siurana PDO olive oil with modern and market cuisine in one of the restaurants in the city centre.
- ▶ Spend the night in rural accommodation.



DISTANCE FROM REUS TO

Barcelona 113 km
Girona 202 km
Lleida 96 km
Tarragona 15 km
Montblanc 33 km
Tortosa 79 km

HOW TO GET THERE

By public transport
High-Speed Train
R15 Renfe Suburban line
<http://rodalies.gencat.cat>
Hispano Igualadina Bus
www.igualadina.com
Plane: Reus Airport
www.aena.es

By road
www.google.com/maps/place/reus
Parking
Reus Movilidad y Servicios S.A. manages 2,330 spaces.
www.reusmobilitat.cat



© AGENCIA REUS PROMOCIO



© AJUNTAMENT DE REUS



© CARLES FARGAS/ARR. GZ

- ▶ Follow the **Ruta de los Genios (Route of Geniuses)** with visits to the Miró Centre in Mont-roig, the Pau Casals Museum in El Vendrell and the Picasso Centre in Horta de Sant Joan.

To discover the city in more detail

- ▶ Buy the Visit Reus bracelet, which will enable you to visit the Gaudí Centre, the Pabellón de los Distingidos, the Museu d'Arqueologia, the Museu de Reus and the bell tower of the Prioral de Sant Pere Church, as well as benefitting from discounts in cultural visits and the degustation at the Oenological Station.

1. THE VERMOUTH MUSEUM.
2. HALL AT THE PABELLÓ DELS DISTINGITS, AT THE INSTITUT PERE MATA.
3. FIRA TRAPEZI.
4. CASA RULL.



Shall we go out?

Short Film Festival FEC (April)
 Trapezi, Fira del Circ (Circus Fair) (May)
 Reus Viu el Vi (June)
 Festa Major de Sant Pere (June)
 Annual Festival of La Misericòrdia (September)
 COS, International Festival of Movement and Gestural Theatre (October)
 Siurana PDO Oil Fair (November)
 Christmas Market (December)

Shall we go shopping?

As well as its shopping area around the Central market and its Unió de Botigues (Shop Union) —the oldest in Catalonia— the commercial tradition of Reus is complemented by the Carrilet market, along with its weekly markets where you can buy the famous Reus hazelnut: the one on Mondays (which has been active since the 14th century) and Saturdays, in the streets adjacent to the Central market, and the one on Wednesdays, next to the Carrilet market. Also, the Antique Market takes place on Saturday mornings.

Shall we go out as a family?

Discover Reus in a fun way through the game (<https://jocdigital.reusturisme.cat>). A tool that allows you to delve into the city's history and discover its treasures. The Family Visit to the Gaudí Centre allows the smallest members of the family to get closer to the architect in a didactic and participatory manner through audiovisual aids, interactive models and personal objects. At the Museu de Reus, the youngest visitors will enjoy the exhibition "Ara toca festa!" (Now it's time for the party!), which will help them to experience and understand the Festa Major with the most valuable parts of this festive heritage: the Gegants (18th and 19th centuries) the Mulassa (from the 18th century), and the

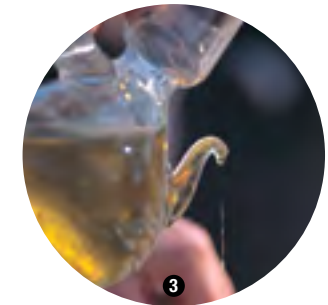
clothing of the bicentennial demons and other equipment.

Where to eat?

Find the full list of restaurants at the link www.reusturisme.cat/organitzat/restaurants

Where to sleep?

Find the full list of accommodation at the link www.reusturisme.cat/organitzat/allotjaments



*In **Reus** soak up the culture of the best vermouth, wine and oil.*

Don't miss it!

Just over 20 kilometres away is El Priorat, an area that is known worldwide for its wines. In fact, this part of Tarragona, which has just 10,000 inhabitants, is one of the most sought-after destinations for lovers of wine tourism thanks to its two designations of origin: the DO Montsant and the Priorat PDO, the only Catalan designation of origin awarded this qualification. Visit its small charming towns and landscapes, full of grapevines and centenary olive trees. And don't forget the Siurana PDO oils, produced by hand in the area's mills from arbequina olives, and which turn a simple slice of bread into a feast.

- 1. GAUDÍ CENTRE.
- 2. DIGITAL GAME WITH CASA NAVÀS AS THE BACKDROP.
- 3. SIURANA PDO OIL.



ESCAPE TO

TARRAGONA



FIND IMPERIAL HAPPINESS

Inheriting a glorious past has enabled Tarragona to be the only city in Catalonia that is included on the UNESCO list of World Heritage Sites and it has subsequently become a great recreational, festive and cultural outdoor space.

Its privileged setting in the heart of the Costa Daurada, the beaches, its climate and marine character are the perfect complement for an unbeatable offering of recreational historical events such as Tarraco Viva and the Events dedicated to the historical dissemination of the Tarragona from 1800, which will provide us with the keys for understanding its transformation from imperial Tarraco to the current city. Because nowhere else does history come to life like it does in Tarragona. 📍

MORE INFORMATION

Tarragona Tourism

www.tarragonaturisme.cat/en

Facebook

www.facebook.com/TarragonaTurisme

Twitter

www.twitter.com/TGNturisme

Instagram

www.instagram.com/tarragonaturisme

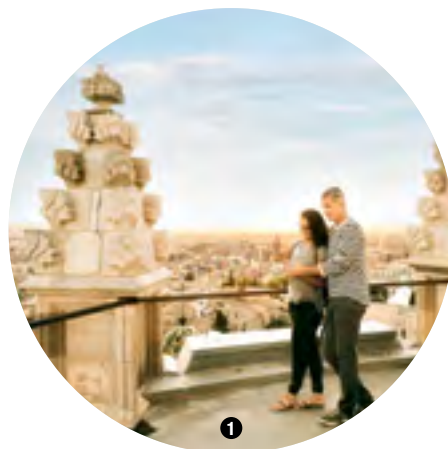
YouTube

www.youtube.com/user/TGNturisme

© LLUIS CARRO

LES FERRERES AQUEDUCT.

An extensive local custom is that of *tocar ferro* (touching iron) on the railings of the Balcony overlooking the Mediterranean Sea, which brings luck, so they say.



© MOUTIR



DISTANCE FROM TARRAGONA TO

- Barcelona 97 km
- Girona 188 km
- Lleida 101 km
- Tortosa 87 km
- Reus 16 km
- Montblanc 39 km

HOW TO GET THERE

- By public transport
- High-Speed Train
- www.renfe.com
- R14, R15, R16
- Renfe Suburban line
- <http://rodalies.gencat.cat>
- Bus Plana
- www.empresaplana.cat
- Monbus
- www.monbus.es
- Plane:
- www.aena.es/en/reus-airport/index.html
- Boat:
- www.tarragonacruiseport.com
- www.porttarragona.cat
- By road
- www.google.com/maps/place/Tarragona
- Parking
- www.tarragonaturisme.cat/es/como-desplazarse

⌘ How much time do you have?

A whole day

- ▶ Follow the steps of “**Petjades de Tarraco**” (Traces of Tarraco).
- ▶ Visit the cathedral dedicated to **Santa Tecla** and the **Diocesan Museum**.
- ▶ Get to know the special taste of the cuisine at one of the restaurants in the Tarragona expansion.
- ▶ Enjoy the views from the **Mediterranean Balcony**.
- ▶ Stroll along the **Rambla Nova** and through its shopping area, which has over 150 years of history.

Two days

- ▶ Follow the guided tour to the Museo del Puerto (Port Museum), travel through the fishermen’s neighbourhood of El Serrallo and take a ride on a tour boat.
- ▶ Taste Tarragona at its most marine in the restaurants in **Serrallo**.
- ▶ Walk through the old **Provincial Forum**: the defensive walls and the squares of la Font, the Fòrum and the Rei.
- ▶ Enjoy an afternoon-night stroll and gastronomy through the city centre
- ▶ Sleep in one of the hotels with a sea view.
- ▶ Combine heritage with nature at the **Pont del Diable** eco-history park.
- ▶ Try romesco a typical dish of Tarragona, at any time of the year

- ▶ Enter the world of Castellers (human towers), get excited at a rehearsal and if you dare, participate!
- ▶ Enjoy the **Roman Amphitheatre** on summer nights.

Three days

- ▶ Experience the atmosphere of the **Central Market**, located in a Modernist building.
- ▶ Try local cuisine in one of the restaurants with the **Km0** certification.
- ▶ Discover **Modernist Tarragona**.
- ▶ Get to know the province’s **eight wine designations of origin** by going wine-tasting at a winery.
- ▶ Spend the night on the seafront at a charming campsite.
- ▶ Enjoy a hearty breakfast in one of the taverns in the city centre.
- ▶ Visit the exhibition **Tarraco/MNAT**.
- ▶ Discover the city’s **medieval heritage** from the defensive wall, the Pla de la Seu and the castle of El Rei.
- ▶ Get your strength back with Maginet biscuits, a local delicacy.
- ▶ Round off the day with a stroll along the **Miracle beach** until you reach the **Fort of Sant Jordi**.
- ▶ Choose one of the high-quality hotels on offer to sleep in the city.



© RAFAEL LÓPEZ-MONNÉ / TARRAGONA TURISME



© RAFAEL LÓPEZ-MONNÉ / TARRAGONA TURISME

- ▶ Visit the DO Tarragona Wine Fair, in May-June, and the Siurana PDO Oil Fair, in autumn.
- ▶ Try specialities such as *espineta amb caragolins* (tuna with snails) if you visit the city during the Annual Festival of Santa Tecla.
- ▶ Bid farewell to the city following in the footsteps of the **early Christians of Tarraco**.

To discover the city in more detail

- ▶ Browse the shops in the historic centre, which behold the relics of imperial Tarraco.
- ▶ Between July and October, enjoy **Tarragona, City of “Castells”** (Tarragona, city of human towers), which offers exhibitions and human castle events www.tarragonaturisme.cat/en/tarragona-city-human-towers

1. THE ROOF OF THE TARRAGONA CATHEDRAL.
2. EL SERRALLO, TARRAGONA’S MARITIME DISTRICT.
3. ROMAN AMPHITHEATRE.
4. TARRAGONA CASTELLS COMPETITION (HUMAN TOWERS).



© DANIEL ANTOLÍ / TARRAGONA TURISME

Shall we go out?

- Carnival (February-March)
- Easter Week (March-April)
- Dixieland Tarragona Jazz Festival (April-May)
- Tarraco a Taula (May)
- Tarraco Viva (May)
- Sant Pere (June)
- DO Tarragona Wine Fair (June)
- International Fireworks Competition (July)
- Festivities of the Mare de Déu del Carme (July)
- Sant Magí (August)
- Tarragona International Theatre Festival (August-September)
- Santa Tecla (September)
- Heritage Night (September)
- Tarragona Romesco Gastronomic Events (autumn)
- L'Embutada (autumn)
- Concurs de Castells (Human Tower Competition) (October, biennial)
- SCAN International Photography Festival (October-December)
- REC, International Film Festival (December)

Shall we go shopping?

The great advantage of Tarragona is that you can go shopping on foot. Also, Tarragona has the Central market, located in an impressive Modernist building; the antiques market around the Cathedral, as well as a dozen street markets, such as the one in the Plaça del Fòrum (Wednesdays and Saturdays) or the textile one in Plaça Corsini (Tuesdays and Thursdays).

Shall we go out as a family?

Enjoy the tourist train; discover the coast aboard the Tarragona Blau or with Tarragona Family Kayak; visit the Sinia garden, an ecological farmland space next to the mouth of the River Gaià; and, of course, travel to Vila-seca to spend an unforgettable day at PortAventura World. The Tarragona Archeological Museum, the Port Museum or the Tarragona Provincial Museum of Modern Art organises several activities to enjoy with the family.

Where to eat?

Find the full list of restaurants at the link www.tarragonaturisme.cat/es/restaurants

Where to sleep?

Find the full list of accommodation at the link www.tarragonaturisme.cat/es/alojamientos



1

© MONTSÈ RIERA



2

© MIGUEL ÀNGEL ALVAREZ

Tarragona

flaunts its status of "City of Human Towers".



3

© IMAGEN M.A.S.

Don't miss it!

Along its 15 kilometres of coast, the city of Tarragona has a dozen beaches and protected areas, such as the Red Natura 2000, which stretches from the tip of La Mora to Tamarit and which you can discover by kayak or in a sailboat or catamaran. A network of almost 100 km of signposted trails connects the city to the countryside and the coast, as well as with the neighbouring municipalities. Paths, some of Roman origin, unveil wonderful corners. Roman quarries next to the sea, medieval defence towers, fortified villages high up on the cliffs, far away from pirates... the path that follows the coast to Altafulla is full of things that will inspire you.

- 1. GLADIATORS AT THE TARRACO VIVA FESTIVAL.
- 2. LA MORA BEACH.
- 3. STATUE OF AUGUSTO AND THE ARCHBISHOP'S TOWER IN THE ROMAN DEFENSIVE WALLS.



ESCAPE TO

TORTOSA



A LIFETIME TO VISIT, BUT JUST A SECOND TO FALL IN LOVE

Located in the heart of the Biosphere Reserve of the Terres de l'Ebre, between the natural parks of the Delta de l'Ebre and Els Ports, Tortosa is a paradise for those who love culture, and its immeasurable heritage has earned it the title of Catalan Capital of Culture 2021.

The capital of the Terres de l'Ebre boasts the castle of La Zuda, the Santa Maria Cathedral and elegant Modernist buildings. Thanks to its geostrategic importance, it enjoyed its golden age during the Renaissance, a period that it commemorates each year with a festival of historical recreation, which has been declared of national interest. Follow in the footsteps of Hemingway, who lived in the city in 1938 covering the Civil War as a journalist, and discover Tortosa. 📍

MORE INFORMATION

Tortosa Turisme

www.tortosaturisme.cat/es

Facebook

www.facebook.com/tortosaturisme

Twitter

<https://twitter.com/tortosaturisme>

Instagram

www.instagram.com/tortosaturisme

THE SANTA MARIA CATHEDRAL
ON TORTOSA'S FLUVIAL FAÇADE.

The Renaissance Festival, with more than 60 shows and 3,000 people dressed in period costume, is one of the main historical re-enactments in southern Europe.



© IMAGEN M.A.S.

⌘ How much time do you have?

A whole day

- ▶ Stroll through the historical centre and walk down **Carrer de la Rosa**, through **Plaça de la Cinta** and **Portal del Romeu**.
- ▶ Visit the **Santa Maria Cathedral**, the permanent exhibition and the museum.
- ▶ Taste local cuisine made with products from the Terres de l'Ebre and in the city's restaurants.
- ▶ Spend an afternoon shopping in the shopping area on **Carrer de Sant Blai** and the **Avinguda de la Generalitat**.

Two days

- ▶ Discover Tortosa from the Ebro with a guided trip on a llagut, the classical boat. <https://losirgador.com/en>
- ▶ Try a rice dish from the Delta washed down with wine from the **DO Terra Alta**.
- ▶ Enjoy the visit to the Castle of La Zuda (10th century) and the only Arab cemetery in Catalonia.
- ▶ Go back over 15 centuries of history with a visit to **Level 0**, the archaeological excavation site in Plaza de la Cathedral.
- ▶ Experience an afternoon-evening of tapas on the route "**Sabors del Nucli Antic**" (**Flavours from the Historical Centre**).
- ▶ Sleep at the National Parador (state-owned hotel).
- ▶ Let yourself be captivated by the Royal Schools, the jewel of the Catalan Renaissance.
- ▶ Discover the Episcopal Palace and the palaces of the former nobility.
- ▶ Walk through and have a vermouth in the **Teodor González Municipal Park**.

- ▶ Try the oysters, the eels and the mussels of the Delta.
- ▶ Enjoy the views from the Pont Roig and continue through Ferreries until you reach the **Estado bridge**.

Three days

- ▶ Follow in the footsteps of **Hemingway** along the **route of the Civil War**.
- ▶ Take in the atmosphere of the Municipal Market and recharge your batteries with its hearty breakfasts.
- ▶ Visit the **Museu de Tortosa**, located in the old modernist abbatoir, and discover more than 2,000 years of history.
- ▶ Relax with the visit to the **Jardins del Príncep (Prince's Gardens)** and the outdoor sculpture museum, discover the ancient **spa** and walk around the **old defensive wall** and enjoy the view.
- ▶ Check out the fortified complex with its solid defensive walls and imposing bastions.
- ▶ Stay in the centre.
- ▶ Enjoy a bicycle ride along the the **Val de Zafán greenway**.
- ▶ Gather strength with a **aldana** (black pudding with rice) sandwich.
- ▶ Discover Modernist Tortosa and its most representative buildings, such as the **Casa Bau** and the **Casa Grego**.
- ▶ Surrender yourself to the products from the sea and the mountains: red prawns



© OSCAR LANAU. AJUNTAMENT DE TORTOSA



DISTANCE FROM TORTOSA TO

Barcelona 181 km
Girona 272 km
Lleida 123 km
Tarragona 87 km
Reus 77 km
Montblanc 113 km

HOW TO GET THERE

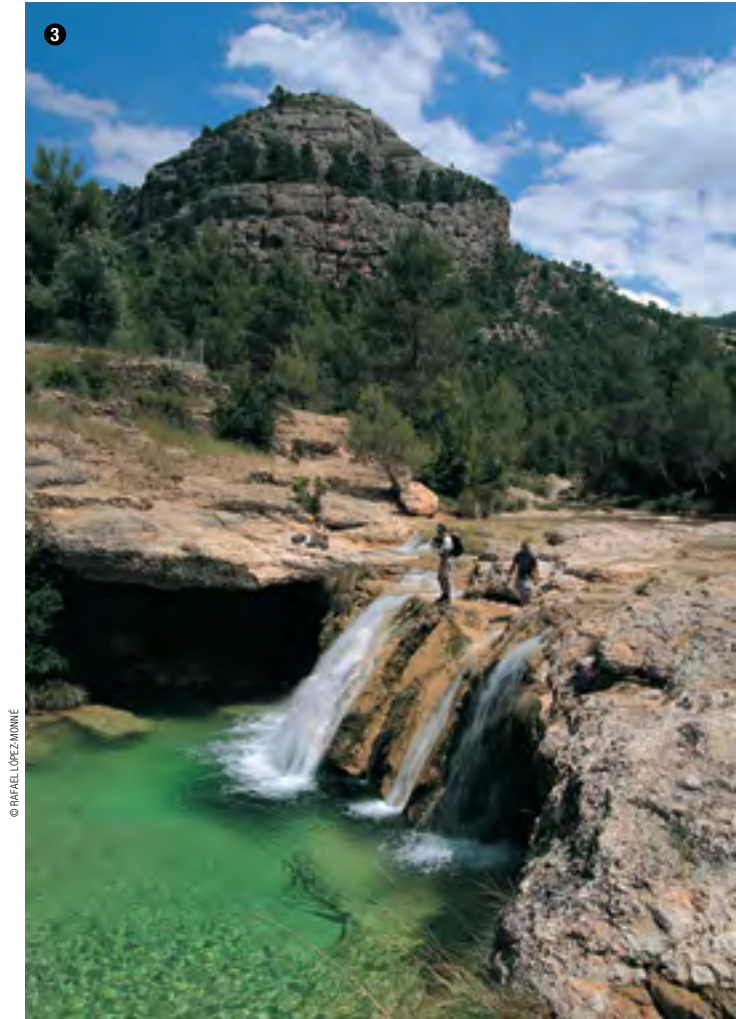
By public transport:
R16 Renfe Regional line
<http://rodalies.gencat.cat>
(Euromed and long distance from L'Aldea)
www.renfe.com
HIFE Bus
www.hife.es
By road:
www.google.com/maps/place/Tortosa
Parking:
Three public car parks and four park-and-rides.

- from Sant Carles, haddock, *garrofetes del Papa*, artichokes, tangerines...
- ▶ Spend the night in a rural house, and become immersed in its natural surroundings.
- ▶ Escape to the **Els Ports Natural Park** and take in places such as Font Nova, the straits of Arnes, the gorge of La Vall and the Caro mount.
- ▶ Visit the **Picasso Centre** in Horta de Sant Joan.
- ▶ Stop off at the Modernist winery of **Pinell de Brai**.
- ▶ Enjoy some **corder (lamb)** from the **Terra Alta** cooked on the grill.

To discover the city in more detail

- ▶ The **Cucafera** is the most characteristic and beloved figure of bestiar in the city. Originating from medieval Corpus Christi, it is present at all important festivals and is accompanied by drums and dulzainas. Its existence goes back to the 15th century.

1. CHAPEL OF THE MARE DE DÉU DE LA CINTA IN THE CATHEDRAL.
2. PATIO OF THE COLLEGE OF SANT JAUME AND SANT MATTIES.
3. THE TOLL DEL VIDRE IN THE ELS PORTS NATURAL PARK.



© RAFAEL LÓPEZ JARDINE

Shall we go out?

- Olive Oil Fair (February)
- Tortosa Easter Week and Religious Music Festival (April)
- Toca'm (June)
- Jazz Festival / Cajun cuisine events (July)
- Renaissance Festival / Mengu de Festa (July)
- Festes de La Cinta (September)
- Artèria (October)
- Cel Obert Festival (October)
- Setge de Tortosa (October)
- Tangerine Fair (October)
- Fira del Rovelló (November)
- Tortosa de Tapes (November)

Shall we go shopping?

The municipal market is the focal point and is surrounded by shops and establishments where you can complete your visit. It's an ideal place for finding a range of local produce of guaranteed quality. The star products are the sweet dishes, such as *menjar blanc* (blancmange), the pastissets with angel hair pumpkin jam, the *coquetes* from Sagí and the *sopa de la reina* (the queen's soup). Tortosa has two weekly markets: on Mondays in the Temple district and Saturdays in the Ferreries district.

Where to eat?

Find the full list of restaurants at the link www.tortosaturisme.cat/es/restaurantes or www.tortosaturisme.cat/es/jornadas-gastronomicas

Shall we go out as a family?

Nestled between the sea and the mountains, its nature makes Tortosa an ideal space for enjoying a trip with your family: discover the art of palm weaving, identify minerals and animal tracks; go on a dramatised tour of the Jewish quarter or with a Templar knight to get to know the castle; travel down the Ebro in a felucca, a kayak or a canoe; trek through Els Ports Natural Park on horseback; and visit the CREO chocolate factory, which makes the most delicious treats.

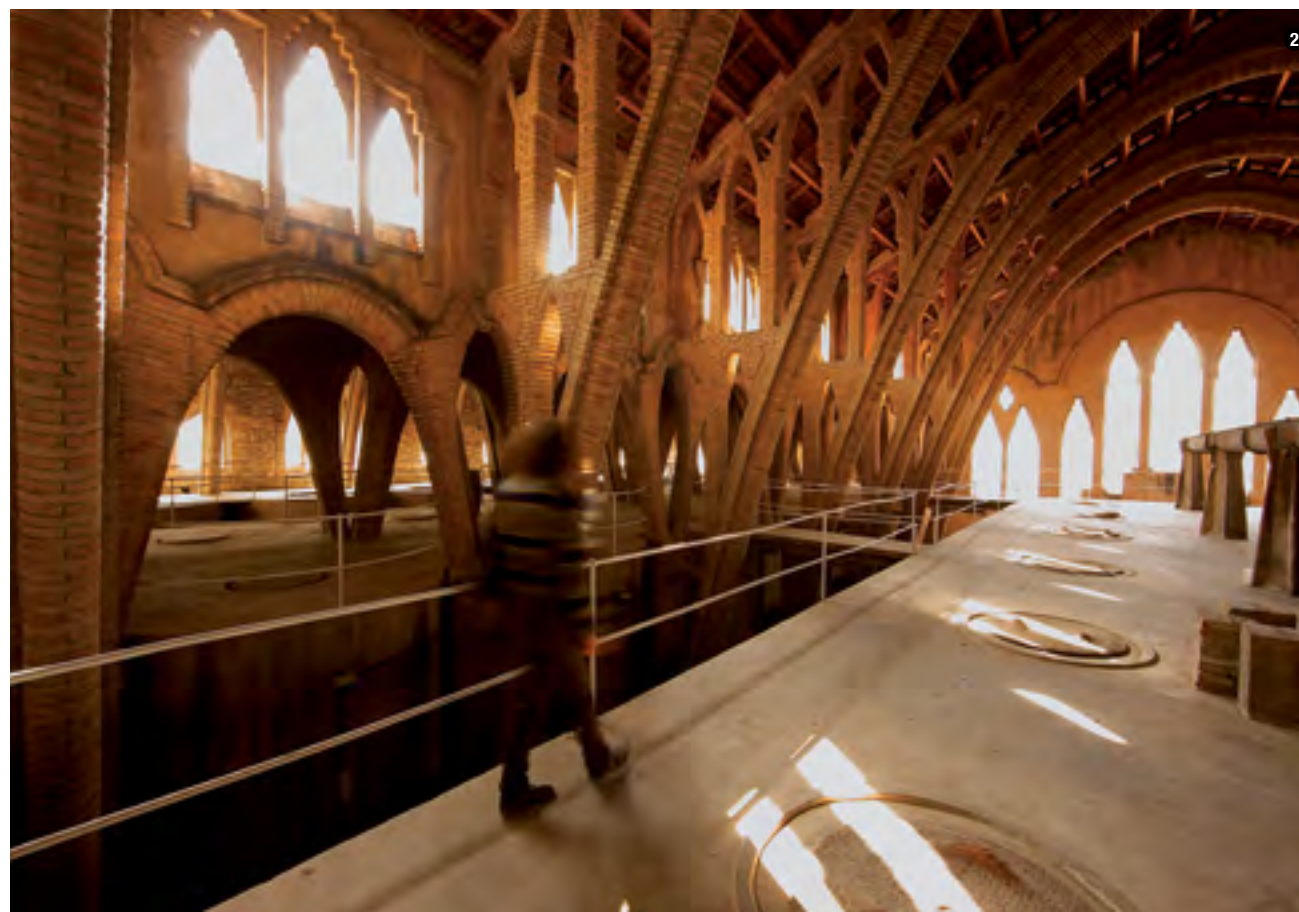
Where to sleep?

Find the full list of accommodation at the link www.tortosaturisme.cat/es/alojamientos



1

© FERRAN AZULAR



2

© LLUIS CASERO

In Tortosa, treat yourself to its pastissets made with angel hair pumpkin jam.



3

© AJUNTAMENT DE TORTOSA

Don't miss it!

Only a few kilometres from Tortosa is the Ebro Delta, a perfect cohabitation space between man and nature. It is a unique, remarkable and incomparable setting, product of the erosion, transport and sedimentation processes of the River Ebro, which have prevailed over coastal erosion. As well as its unmistakable landscapes and rice fields, you can enjoy its ornithological richness and go bird watching, travel along the delta by bicycle and practise kitesurfing and water activities such as kayaking and scuba diving.

- 1. FLAMINGOS IN THE EBRO DELTA.
- 2. COOPERATIVE WINERY, THE CATEDRAL DEL VI, IN PINELL DE BRAI.
- 3. PASTISSETS FILLED WITH ANGEL HAIR PUMPKIN JAM.



ESCAPE TO LLEIDA



THE CITY YOU CAN'T HELP BUT LOVE

Located at the foot of the two hills upon which you can find the Seu Vella and the Templar Castle of Gardeny, Lleida has welcomed the Ilergetes, the Romans, the Visigoths, the Jews, the Arabs and the Christians since the 6th century BC. These civilisations have contributed to the sustainable and exemplary growth of the city, hugged tightly by its “vegetable garden” —the green belt that surrounds it and supplies the whole of Catalonia with fruit and vegetables—, and natural areas such as La Mitjana Park, the River Segre or the Camps Elisis.

Also, Lleida stands out due to its geostrategic importance as an access door to Europe and a connecting link between the Mediterranean and the plateau that, together with its rich historical, cultural and patrimonial legacy, have turned it into the capital of inland Catalonia. 

MORE INFORMATION

Turisme de Lleida

www.turismedelleida.cat/?set_language=en

Facebook

www.facebook.com/turismedelleida

Twitter

www.twitter.com/turismedelleida

Instagram

www.instagram.com/turismedelleida

© SANTIBLESAS

THE SEU VELLA IN LLEIDA.

The centre of Lleida has an animated commercial life in one of the largest commercial hubs in Europe. As well as the offering in the Zona Alta, there are three market squares and four weekly and monthly markets.



© MISSATIES



© NÚRIA RAURET



© RAMON GABRIEL_GZ



© XÀNER CANTONS_GZ

⌘ How much time do you have?

A whole day

- ▶ Visit the monumental ensemble of the **Seu Vella** and **La Suda**.
- ▶ Enjoy the marvellous views from the **Baluard de la Reina**.
- ▶ Go shopping in the commercial centre.
- ▶ Try the traditional **caracoles (snails)** and other seasonal products from the Lleida fruit and vegetable garden washed down with **Les Garrigues PDO oil**.
- ▶ Visit the **Castle of the Templars of Gardeny**.
- ▶ Walk along the bank and through the park of the **River Segre**.

Two days

- ▶ **Discover the hidden corners** of the commercial stretch between the la Sang Church and the Portal de la Magdalena.
- ▶ Immerse yourself in Lleida gastronomy and the wines of the **DO Costers del Segre**.
- ▶ Visit the **Diocesan and Regional Museum of Lleida**.
- ▶ Take in the afternoon-evening in the Zona Alta and have something to eat in one of the establishments.
- ▶ Sleep in one of the hotels in the centre.
- ▶ Follow the monumental archaeological route "**La Lleida Secreta**" (**Secret Lleida**) through the Roman and Medieval remains.

- ▶ Discover the **submerged cathedral** of the Pla de l'Aigua reservoir.
- ▶ Taste the meats and the products from Lleida's agricultural region.
- ▶ Visit the **Museu de l'Automoció Roda Roda (Automotive Museum)** and its classic vehicles.

Three days

- ▶ Visit the historical centre, the Sant Llorenç Church and the reservoir.
- ▶ Take in the atmosphere of its **municipal markets** (Cap Pont, Fleming and Balàfia).
- ▶ Enjoy a hearty breakfast in the historical centre.
- ▶ Visit the site of **Las Curtidurías**.
- ▶ Check the programme at the **La Llotja** theatre and take in one of its shows.
- ▶ Round off the day with a stroll through the **Camps Elisis park**.
- ▶ Sleep in one of the city's hotels.
- ▶ Go for a bike ride around **La Mitjana park** or discover Raimat Natura www.raimat.com
- ▶ Taste the typical dish of snails in the city's restaurants.
- ▶ Visit **Modernist Lleida** on foot, from the Escorxador Theatre to La Vinícola.
- ▶ Sleep at the Parador de Turismo (state-owned hotel).

▶ Experience the **Lleida-Costers del Segre wine route**.

- ▶ Enjoy a typical dish from Lleida cuisine, such as **caracoles a la llauna (snails cooked in a tin)**.

To discover the city in more detail

- ▶ Did you know that, traditionally, the Lleida town hall is known as **La Paeria** or **Casa del paer** ('man of peace', in Latin)? The historical roots are under the privilege granted by King James I of Aragon in 1264 to the consuls of the city.
- ▶ Don't forget to buy a typical souvenir from the city at the Tourist Office.

1. THE EXQUISITE CARACOLES A LA LLAUNA.
2. PLA DE L'AIGUA RESERVOIR.
3. STORKS ON THE ROOF OF THE CATHEDRAL.
4. MOORS AND CHRISTIANS FESTIVAL.



DISTANCE FROM LLEIDA TO

Barcelona 159 km
Girona 227 km
Tarragona 108 km
Montblanc 63 km
Tortosa 122 km
Vic 156 km

HOW TO GET THERE

By public transport
High-Speed Train
www.renfe.com/viajeros/larga_distancia
R4 Renfe Suburban line
<http://rodalies.gencat.cat>
ALSA Bus
www.alsa.com
Plane
www.aeroportlleida.cat/en
By road
www.google.com/maps/place/lleida
Parking
16 public car parks and blue zones.

Shall we go out?

Animac Catalonia International Cartoon Film Festival (February)
 Easter Week in Lleida
 Festa Major de Sant Anastasi (May)
 International Fair of Puppet Theatre (May)
 Moors and Christians Festival (May)
 Aplec del Caragol (May)
 Sant Jaume Procession (July)
 Festes de Tardor (September)

Shall we go shopping?

The quintessential areas are the pedestrian shopping area and the Zona Alta. The **star products** are the snails, the fruit and vegetables, the Les Garrigues PDO oil, the DO Costers del Segre wine; the coques de recapte (a kind of local pizza), etc. On Thursdays, the market is next to the Camp d'Esports. The one on Saturdays, in Barris Nord, includes fruit and vegetables and focusses on stalls dedicated to personal and household products. The first Sunday of the month, the Rambla Market is an antiques market. Equally, on the first Saturday of the month, "De l'Hort a Taula" (from the vegetable patch to the table) offers agro-food products straight from the ground in the Plaça de Sant Joan.

Shall we go out as a family?

Lleida has a wide variety of things to enjoy with the youngest members of the family. Book your activity and visit the Arboretum botanical garden, find out about the legend of Lo Marraco at the Casa dels Gegants (the House of the Giants), enjoy an agrocultrual experience at the Pifarre farm and discover the medieval history of the city with activities such as Templar for a day, on the second sunday of each month, at the Gardeny Castle. Other interesting activities to enjoy with children are the vintage cars at the Museu Roda or the String Puppet Festival in May.

Where to eat?

Find the full list of **restaurants at the link**
<https://www.turismedelleida.cat/es/comer/restaurants>

Where to sleep?

Find the full list of **accommodation at the link**
<https://www.turismedelleida.cat/es/dormir/hotels>



*The Templar Castle of Gardeny as a viewpoint over the city and the Orchard of **Lleida**.*



Don't miss it!

Breathtaking views if you climb up to the Templar Castle, because as well as discovering the history of the powerful Templar order of warrior friars, you'll also enjoy spectacular views over the city and the orchard from the Castle Terrace, the great viewpoint of Lleida.

1. "TEMPLAR FOR A DAY" GAME, IN THE CASTLE OF GARDENY.
2. WINE TOURISM ON THE LLEIDA WINE ROUTE.
3. DIOCESAN AND REGIONAL MUSEUM OF LLEIDA.
4. GARDENY CASTLE.



IMMERSE YOURSELF

in the marine districts and villages

MARINE DISTRICTS AND VILLAGES

On the coast of Catalonia, you'll hear the lively fish auction and be able to take home freshly-caught seafood. You'll be able to visit lighthouses that continue to guide ships and relive the adventures of pirates and buccaneers. Depending on what takes your fancy, you'll walk across golden sands or breathtaking cliffs to reach beaches where time stood still years ago. The sea will flood your senses twenty-four hours a day and you will get to know people and customs that will fill you with joy. ♡

TOURIST BRANDS

Catalonia is divided into nine tourist brands, which are spread over the land as shown on the map. The towns are arranged according to this territorial grouping and starting from the northern area of the map. ♡





IMMERSE YOURSELF IN **BEGUR**



BEGUR IS AUTHENTIC

With its rugged coastline, dotted with cliffs, pines and coves of crystal-clear water, Begur embodies the essence of the Costa Brava to the full. It has a coastline of impressive landscapes that you can explore along the mythical *camins de ronda* (coast paths). People from Begur have become one with the landscape since ancient times, and their relationship with the sea has left its mark on their territory, as evidenced by the Roman ships sunk on the coast, the Romanesque remains of Esclanya or the reconstruction of the castle of Begur in the 15TH century. In the historic centre of the town, you can admire the beautiful houses of 'indianos', that is, the inhabitants of Begur who emigrated to Cuba for economic reasons in the 19TH century and who, when they returned, built ostentatious buildings to demonstrate their social ascent. 📍

MORE INFORMATION

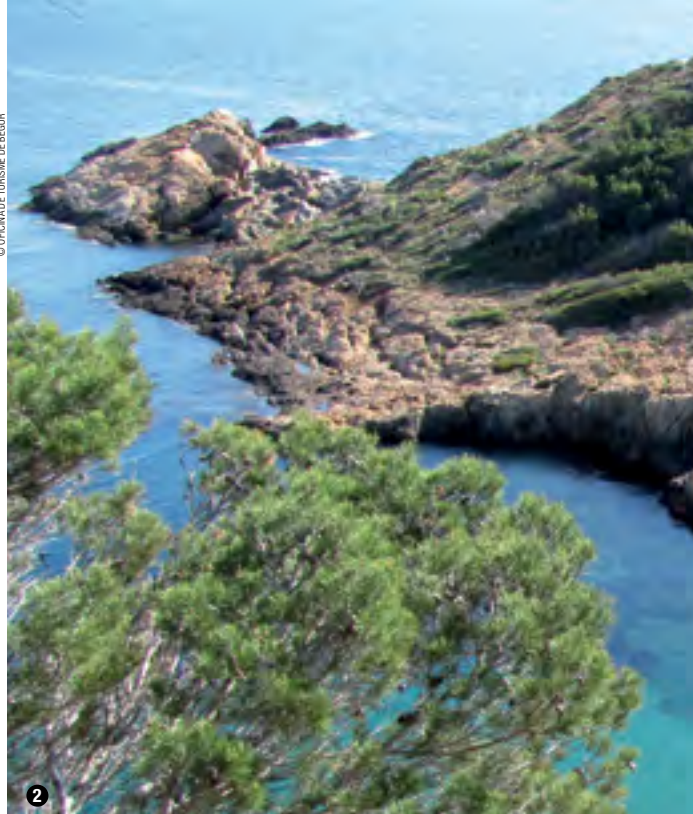
Begur Tourism
www.visitbegur.cat/en
Costa Brava Tourism
www.en.costabrava.org
Twitter
<https://twitter.com/beguresautentic>
Facebook
www.facebook.com/TurismeBegur
Instagram
[@beguresautentic](https://www.instagram.com/beguresautentic)

HISTORICAL CENTRE OF BEGUR.



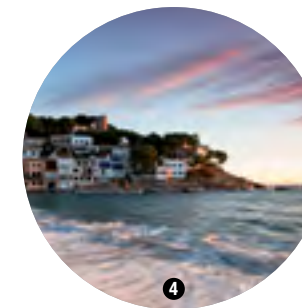
© OFICINA DE TURISME DE BEGUR

© OFICINA DE TURISME DE BEGUR



© OFICINA DE TURISME DE BEGUR

In **Begur**,
the Tramontane, Garbí
and Levant winds draw
magical skies.



© PÈRE FONTJULI, ACT

Where to eat?

Find the full list of restaurants
at the link
<https://visitbegur.cat/on-dormir>

Where to sleep?

Find the full list of
accommodation at the link
<https://visitbegur.cat/on-menjar>



**DISTANCE FROM
BEGUR TO**
Barcelona 129 km
Girona 51 km
Lleida 284 km
Tarragona 221 km

HOW TO GET THERE
By public transport
Bus from Barcelona
www.moventis.es
By road
www.google.com/maps

*Begur has a close
relationship with
cinema: in 1959,
it was the setting
for Suddenly,
Last Summer,
starring Liz Taylor.*

⌚ How much time do you have?

Half a day

- ▶ Discover the old town and the colonial heritage.
- ▶ Climb up to the ancient castle and enjoy the spectacular views.

A whole day

- ▶ Take a guided tour of the **Espai Mas d'en Pinc**, where the flamenco dancer Carmen Amaya lived.
- ▶ Taste a dish made with rockfish, a gastronomic jewel.
- ▶ Walk to the spectacular **coves of Fornells**, where it is said that the "Costa Brava" name was born.
- ▶ Don't miss **monuments** such as the 16th century defence towers, the Gothic church, the Cultural Casino or the Escolles Velles.

Shall we go out?

Rockfish Gastronomic Campaign (spring)
Begur Music Festival (July-August)
Fira d'Indians de Begur (September)

Shall we go shopping?

In addition to the weekly market every Wednesday in the centre of the village, there are summer markets in the Sa Riera cove and El Racó beach.

Two days

- ▶ Enjoy the coast of Begur from the sea in a boat.
- ▶ Follow the self-guided route dedicated to the **poet Joan Vinyoli**. www.espaisescrits.cat
- ▶ Enjoy a meal based on *tastets*, typical dishes in small portions.
- ▶ Visit the **Romanesque centre of Esclanyà**, with the church of Sant Esteve and its castle.
- ▶ Sleep in one of the unique hotels.
- ▶ Admire the small fishing houses that are still preserved in the coves of **Sa Riera** and **Sa Tuna**, and eat in one of the restaurants next to the beach.
- ▶ Walk along a stretch close to the coves along the Begur *camí de ronda* (coast path), one of the most spectacular on the Costa Brava.
- ▶ Before returning, go snorkelling to discover the seabed.

1. CASA PERE ROGER, AN EXAMPLE OF 'INDIANO' ARCHITECTURE.
2. SA PUNTA D'ES PLOM, IN SA TUNA COVE.
3. DRY DOCK IN SA RIERA.
4. SA TUNA COVE.



IMMERSE YOURSELF IN
CALELLA DE

PALAFRUGELL



THE TOWN OF SHANTIES AND 'CREMAT' (FLAMING RUM COCKTAIL)

The seafaring past of Calella de Palafrugell still exudes today in its streets and coves, which preserve the charm of typical fishing villages. The arches next to the beaches of Port Bo and Calau, known as Les Voltes, served as shelter for fishermen and have become one of the symbols of Calella, as has the cove of Port Bo, scene of the traditional Havaneres shanty singing which has been held since 1966.

Walking along the coastal path, you can reach Llafranc, just one kilometre away, or, heading south, to Cala del Golfet, at the foot of the majestic Cap Roig Castle and botanical garden, which hosts an important music festival in the summer. 📍

MORE INFORMATION

Turisme Palafrugell

www.visitpalafrugell.cat

Facebook

www.facebook.com/turisme.palafrugell

Twitter

<https://twitter.com/ipeppalafrugell>

Instagram

[@visitpalafrugell](https://www.instagram.com/visitpalafrugell)

PORT BO AND PORT DE MALAESPINA BEACHES.

© PEP - JOAN GUITART

On the first Saturday in July, for over 50 years, the popular *Havaneres* shanty singing event has taken place on the beach of Port Bo.

⌘ How much time do you have?

Half a day

- ▶ Go down to the Plaza del Port Bo, go under Les Voltes and keep walking along the sea until you reach the neighbouring town of Llafranc (1 km).
- ▶ Visit the Sa Perola building, the place where the fishermen's guild dyed their nets for fishing and which is now home to the tourist office.

One day

- ▶ Walk along the coastal path to the wild cove of Golfet.
- ▶ Visit the **Cap Roig botanical garden**, with over 500 species, and enjoy the excellent views over the sea.
- ▶ Enjoy the typical rice casserole in one of the small seaside restaurants.
- ▶ Visit the coves of Calella in a kayak to see them from another perspective.
- ▶ Discover the defence tower, from the end of the 16th century, next to the coastal path.

Two days

- ▶ Explore the interesting seabed in front of the Calella coves while snorkelling or scuba diving.
- ▶ Take the tour of writer Josep Pla to learn more about his work and history.
- ▶ Stay in one of the hotels or family campsites in Calella, all less than a 5-minute walk from the beach.
- ▶ Enjoy a *rom cremat* (flamed rum) to the sound of habaneras.
- ▶ If you're there in summer, go to one of the Cap Roig Festival concerts.
- ▶ Swim along the Via Brava that joins Calella and Llafranc wearing diving goggles.



DISTANCE FROM CALELLA DE PALAFRUGELL TO

- Barcelona 128 km
- Terrassa 129 km
- Figueres 56 km
- Lloret de Mar 60 km
- Girona 55 km
- Lleida 265 km
- Tarragona 215 km

HOW TO GET THERE

- By public transport
From Barcelona www.sarfa.com
- By road
www.google.com/maps/place/Calella+Palafrugell



1

© IPEP - P. PALAU



2

© IPEP

The *Calella de Palafrugell* tourist office is in Sa Perola, the old fishermen's guild building.



3

© IPEP

Where to sleep?

Find the full list of accommodation at the link <https://visitpalafrugell.cat/es/calella/alojamiento>

Where to eat?

Find the full list of restaurants at the link <https://visitpalafrugell.cat/es/gastronomia>

- 1. LES VOLTES.
- 2. GOLFET BEACH.
- 3. SA PEROLA.



IMMERSE YOURSELF IN L'ESCALA



© AJUNTAMENT DE L'ESCALA

THE DOOR TO THE MEDITERRANEAN

Nestled in a spectacular bay, the beaches of L'Escalade have attracted travellers since ancient times. It was the place that welcomed the Greek and Roman civilizations when they arrived on the Iberian Peninsula via the sea, leaving the impressive ruins of the archaeological site of Empúries behind as a testimony of their exchange with these lands.

The sea here, full of history and culture, is also a source of leisure, fun and relaxation for the spirit of the old fishing village that still inhabits L'Escalade. From this town have emerged the most famous anchovies on the Costa Brava, an emblem of the rich seafood offering that can be found in this town. 📍

MORE INFORMATION

L'Escalade Tourism

www.visitlescala.com/en

Costa Brava Tourism

www.en.costabrava.org

Twitter

<https://twitter.com/visitlescala>

Facebook

www.facebook.com/visitlescala

SEA FRONT.

The Greco-Roman ruins of Empúries are one of the most impressive spots on the Costa Brava.

⌘ How much time do you have?

Half a day

- ▶ Walk around the old quarter of L'Escala.
- ▶ Taste the typical **anchovies from L'Escala** in a restaurant in the historic centre.
- ▶ Cycle along the **coastal path** that leads from Sant Martí d'Empúries to Port de la Clota.

A whole day

- ▶ Walk along the Passeig d'Empúries with its spectacular dunes, in front of the **archaeological site**, which is part of the GR-92.
- ▶ Immerse yourself in history with a theatrical visit to the **ruins of Empúries**.
- ▶ Book a table in one of the restaurants in the Sant Martí d'Empúries Plaça Major.
- ▶ Enter the narrow streets of **Sant Martí d'Empúries** and admire its medieval heritage.
- ▶ Snorkel alongside the ancient Greek dock, one of the town's historic jewels.

Two days

- ▶ Discover the culture of l'Escala, <https://www.visitlescala.com/ca/decaleg-sostenible/cultura-escalenca>
- ▶ Enjoy the extensive gastronomic offering in the centre of this marine village.
- ▶ Visit the **Anchovy and Salt Museum**, located in the old slaughterhouse.
- ▶ Sleep in Hostal Empúries, one of the first hotels on the Costa Brava that housed the pioneering archaeologists of the Empúries excavations.
- ▶ Visit **Cala Montgó**, a fine sandy cove located to the south of the centre, and the Torre de Montgó.
- ▶ Enjoy a paella in one of the establishments next to the cove.
- ▶ Discover the **natural area of Les Planasses**, surrounded by a magical landscape of cliffs, fixed dunes and pines, where you'll find remains of the defensive architecture along the coast.



DISTANCE FROM L'ESCALA TO

Barcelona 135 km
Girona 42 km
Tarragona 230 km
Lleida 250 km
Figueres 20 km

HOW TO GET THERE

By public transport
Bus from Barcelona
www.sarfa.com
By road
www.google.com/maps/place/L'Escala



1

© AJUNTAMENT DE L'ESCALA

Shall we go out?

Fira Grecorromana del Triumvirat Mediterrani (May)
Festa de la Sal (Salt Festival) (September)
Festa de l'Anxova and Route of the Anchovy Tapa (Anchovy Festival) (first Sunday in October)

Shall we go shopping?

The product par excellence of L'Escala is the **anchovy**. There are five workshops and all of them offer a shop and tasting. There is a fruit and vegetable market every Thursday and Sunday in Plaça Víctor Català. The town's wide commercial and gastronomic offer is concentrated in the centre. Don't miss the chance to try the best "chucho" in the world!



2

© AJUNTAMENT DE L'ESCALA

L'Escala offers foodie visitors its excellent anchovies.



3

© AJUNTAMENT DE L'ESCALA

Where to eat?

Find the full list of restaurants at the link www.visitlescala.com/es/alojamientos

Where to sleep?

Find the full list of accommodation at the link www.visitlescala.com/es/gastronomia

1. ANCHOVIES FRESH FROM THE SEA.
2. BEACH OF LES MUSCLERES-EMPÚRIES.
3. CAMÍ DE RONDA (COAST PATH).



IMMERSE YOURSELF IN

L'ESTARTIT IT



© AJUNTAMENT DE TORRELLA DE MONTGRÍ

A TOWN CONNECTED TO THE SEA

L'Estartit is located in the Baix Empordà region, in a very diverse geographical environment and with great environmental value.

It's framed in an incomparable environment within the Montgrí Natural Park, the Medes Islands and the Baix Ter. The Montgrí massif, with its steep cliffs, mysterious caves and small coves perfect for getting lost in, the Medes islands, with an ecosystem that's unique in Catalonia and the Ter Vell and la Pletera wetlands and marshes.

Strolling through the narrow streets of l'estartit or through the lively calle de santa anna we can sense, even today, the pulse of life from another time, the seafaring traditions, the liveliness of the taverns and the processions of the festivals that have survived to this day. 📍

MORE INFORMATION

Turisme L'Estartit

www.visitestartit.com

Turisme Costa Brava

<https://es.costabrava.org>

Twitter

@visitestartit

Facebook

www.facebook.com/Visitestartit

Instagram

@torroellaestartitillesmedes

PORT OF L'ESTARTIT.

L'estartit offers beaches with fine sand and shallow waters, calm coves and spectacular cliffs.

⌘ How much time do you have?

Half a day

- ▶ Take a leisurely stroll through l'estartit and discover the history of a traditional fishing village and its coastal landscapes.
- ▶ Visit the medes islands and the montgrí coast aboard any of the boats in the port of l'Estartit.

One day

- ▶ Climb to the top of the empordà on a trip to the montgrí castle.
- ▶ Take a stroll through the historic centre of Torroella de Montgrí, where remains of the old wall are preserved, such as the Torre de las Bruixes or the Portal de Santa Caterina.
- ▶ Discover coves and sea beds. The Montgrí coast has many small coves that can be accessed on foot, by boat or by kayak.

Two days

- ▶ Explore the montgrí natural park on foot, by bicycle or by mountain bike, along clearly marked paths with different levels of difficulty.
- ▶ Glide over the sea, be it sailing, paddle surfing, windsurfing or kitesurfing.
- ▶ Immerse yourself in underwater landscapes at one of the 11 immersion centres that offer you the chance to admire the **Medes Islands** and the Montgrí coast.
- ▶ Listen, touch and savour the Mediterranean. At the **Mediterranean Museum**, in Torroella, you'll find out about Mediterranean history, nature and music.



DISTANCE FROM L'ESTARTIT TO

- Figueres 37 km
- La Bisbal d'Empordà 16 km
- Vic 107 km
- Girona 40 km
- Barcelona 137 km
- Lleida 262 km
- Tarragona 228 km

HOW TO GET THERE

By public transport
Buses from Barcelona and Girona www.moventis.es, www.ampsa.org
Girona railway station (40 km) and Figueres (37 km)
By road
www.google.com/maps/place/L'Estartit



Shall we go out?

- Festival of San Juan (June)
- Jazz festival l'estartit (July)
- Gastronomic events "sepia i la clova" (June)
- Festival of Our Lady of Mount Carmel (July)
- Torroella Festival (August)
- Pirates and corsairs in the Medes Islands (September)
- Agricultural and trade fair From Sant Andreu (November)

Shall we go shopping?

There's a varied commercial offer in the historic centre and the main streets of Torroella, and also in l'Estartit, in the surroundings of the Santa Anna Street, the promenade and Avenida de Grècia. The weekly market days, an event with a long tradition, are Monday in Torroella and Thursday in l'Estartit.

*The **Medes Islands** are one of the most important marine flora and fauna reserves in the Mediterranean.*

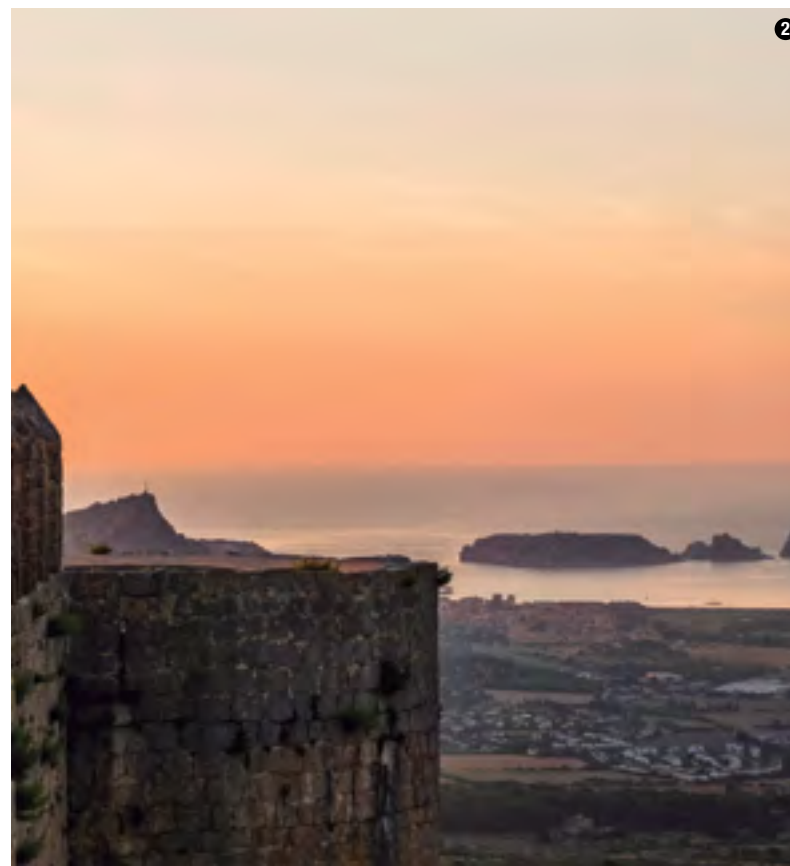


Where to sleep?

Find the full list of accommodation at the link www.visitestartit.com/es/categoria-item/alojamientos/

Where to eat?

Find the full list of restaurants at the link www.visitestartit.com/es/categoria-item/restaurantes



1. THE MEDES ISLANDS FROM CAP DE LA BARRA.
2. VIEWS FROM THE MONTGRÍ TOWER.
3. PIRATES AND CORSAIRS IN THE MEDES ISLANDS.



IMMERSE YOURSELF IN LLANÇÀ



© SÒNIA OLIVAS DE CASTRO

HAPPINESS BETWEEN THE SEA AND THE MOUNTAINS

Llançà is the perfect symbiosis between the sea and the mountains. It is a town with a great fishing tradition that is obvious in different activities to discover the fishermen's trade: the fish market, the arrivals of the fishing boats or the gastronomy, in which rice and seafood dishes stand out. Llançà is crossed by the GR92 footpath, a seven-kilometre route along the coastline that allows you to enjoy its fabulous coves and beaches and this marine village itself, which is located between two protected natural spaces: the Cap de Creus Natural Park and the Serra de l'Albera Natural Landscape of National Interest, to the north of the Costa Brava. If you want to deepen your knowledge of nature in Llançà, your only dilemma will be choosing where to begin. 📍

MORE INFORMATION

Turisme Llançà

www.visitllanca.cat

Facebook

www.facebook.com/llancaturisme

Instagram

www.instagram.com/visitllanca

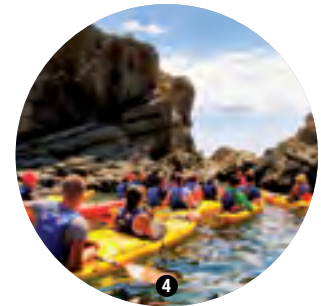
EL CASTELLAR AND
LA GOLA BEACH.



© AJUNTAMENT DE LLANÇÀ



© AJUNTAMENT DE LLANÇÀ



© AJUNTAMENT DE LLANÇÀ

Llançà

offers imaginative activities to discover its coastline.

Where to eat?

Find the full list of restaurants at the link

www.visitllanca.cat/es/planifica/donde-dormir/todos/

Where to sleep?

Find the full list of accommodation at the link

www.visitllanca.cat/es/planifica/donde-comer/todos/



Llançà

DISTANCE FROM LLANÇÀ TO

Barcelona 158 km
Girona 62 km
Figueres 22 km
Lleida 289 km
Tarragona 252 km

HOW TO GET THERE

By public transport
Train line Barcelona-Portbou
www.renfe.com
Bus from Barcelona
www.moventis.es (summer only)
From Figueres, Roses and Portbou
www.moventis.es
By road
www.google.com/maps/place/Llançà

The islet of Castellar, which had great historical importance as a strategic location, offers spectacular views of the coast.

⌚ How much time do you have?

Half a day

- ▶ Enjoy the views from the islet of Castellar, a viewpoint located at the end of the port from which you can enjoy a magnificent view of the coastline and the **Mar d'Amunt**, the part of the Costa Brava above Cap de Creus.
- ▶ Walk along the port and the promenade.

A whole day

- ▶ Walk the beach route and follow the interpretation panels to learn more about fishing techniques.
- ▶ Discover **coves and beaches** of great beauty, such as Port, Grifeu, La Farella and Cau del Llop.
- ▶ Taste **Llançà Norway lobster**, one of its gastronomic stars, in the renowned restaurants in the port area.
- ▶ Enter the historic centre to discover surprises such as the **Romanesque tower** (12TH-14TH centuries), the symbol of the municipality's identity.

Shall we go out?

Festival of Sant Vicenç and Carnival of Llançà (January and February)
Street Food (February and June)
Festival of Our Lady of Mount Carmel (July)
Village Summer Festival and Ballet Festival (August)

Shall we go shopping?

The star is undoubtedly seafood. In Llançà, you can buy high-quality fish and seafood, both fresh and preserved. The wines of the DO Empordà, with some nearby wineries in the municipality, are highly recommended.

Two days

- ▶ In the summer, take a guided tour of the port and enjoy an explanation of traditional fishing techniques and a visit to the fish market.
- ▶ Discover the **Llançà seabed** with the itineraries organised by visitllanca.cat, on the beaches of Canyelles and La Farella.
- ▶ Taste a rice dish in one of the restaurants in the port of Llançà.
- ▶ Visit the **bunkers of Cap de Ras and Argilera**, built during the Franco regime as a defence in the Second World War.
- ▶ Stay in one of the accommodation options in the historic centre of Llançà.
- ▶ Visit the **Museum of Watercolour**, located in the Plaça Major next to the Romanesque tower.
- ▶ Stroll through the **Plaça Major**, visit the church and the streets of the historic centre and recharge your batteries in one of the restaurants in the surrounding area.
- ▶ Escape to the **Cap Creus Natural Park**, an area of great ecological and geological value.

1. FISHING BOATS IN THE PORT.
2. PLAÇA MAJOR AND ROMANESQUE TOWER.
3. SCUBA DIVING ON THE COAST.
4. KAYAK TRIP.



IMMERSE YOURSELF IN PALAMÓS



FLAVOUR OF THE SEA

At Cala S'Alguer, the old fishermen's huts look like a photo from a postcard. Platja Castell is one of the few untouched beaches that still remain on the Costa Brava and, on one end, you can find the remains of an Iberian village like a small treasure trove. This was the settlement of the Indiketis tribe, who occupied this isthmus between the 6th century BC and the 1st century AD. The elevation of the terrain allowed control of both the coast and the dangers that could come from the interior, and the ceramic remains that have been found in the site are especially noteworthy. On La Fosca beach, the castle of Sant Esteve stands out, a spectacular medieval construction next to the sea. At the end of the day, all the human groups that have left their mark in Palamós fell in surrender before the greatness of its sea. 📍

MORE INFORMATION

Palamós Tourism

www.visitpalamos.cat/en/

Facebook

www.facebook.com/turisme.palamos

Twitter

<https://twitter.com/visitpalamos>

Instagram

www.instagram.com/p/qWvB_PisMV?hl=es

CALA S'ALGUER.

© AJUNTAMENT DE PALAMÓS.

Platja Castell is an untouched paradise, with a small wetland surrounded by forests.

⌘ How much time do you have?

Half a day

- ▶ Walk along the promenade that runs parallel to the **Platja Gran**.
- ▶ Taste the authentic **Palamós prawn**.
- ▶ Admire the views of the bay from the lighthouse area at sunset.

A whole day

- ▶ Visit the **Fishing Museum** and also the boats converted into a floating museum.
- ▶ Watch traditional Show Cooking in **Espai del Peix**, a gastronomic space in the port.
- ▶ Take a guided tour of the fish auction to learn about the fishing traditions of Palamós.
- ▶ Enter the urban fabric of Palamós to get to know its old town.

Two days

- ▶ Go from the promenade to the **pine forest of Gori** along the *camí de ronda* (coast path), from where you will see **Cala S'Alguer**.
- ▶ Eat some anchovy toasts in some of the restaurants in the bay of Palamós.
- ▶ Sleep in Hotel Trías, where famous people like Ava Gardner and Truman Capote stayed.
- ▶ Visit the **district of Pedró**, which is crowned with the remains of the Convent dels Agustins, the only point in Palamós where you can see the coast to the east and to the west.
- ▶ Stroll through the old town of Palamós and taste the tapas, accompanied by wine from the DO Empordà.
- ▶ Take a guided tour of the **castle of Sant Esteve** on La Fosca beach to learn about the origins and history of this imposing medieval construction.



DISTANCE FROM PALAMÓS TO

Barcelona 116 km
Girona 47 km
Lleida 270 km
Tarragona 207 km

HOW TO GET THERE

By public transport
Bus from Barcelona and Girona
www.moventis.es
From Girona-Costa Brava airport
www.sagales.com/en
By road
www.google.com/maps/place/Palamos



- ▶ Visit one of the two Palamós wineries and try the DO Empordà wines:
www.brugarol.com, <https://elcellerdenmarc.com>

Shall we go out?

Terra de Mar Marine Festival (May)
Palamós Prawn Fair (June)
Festa Major (23rd-26th June)
Festivity of Our Lady of Mount Carmel (July)

Shall we go shopping?

In Palamós, fish, and **prawns** in particular, are the star products when it comes to buying a souvenir. The weekly market is held on Tuesdays.



Palamós
has its prawn as an excellent ambassador.



Where to eat?

Find the full list of restaurants at the link
<https://visitpalamos.cat/es/on-dormir>

Where to sleep?

Find the full list of accommodation at the link
<https://visitpalamos.cat/es/on-menjar>

1. THE FISHING INDUSTRY LIVES ON IN PALAMÓS.
2. TERRA DE MAR SEA FESTIVAL.
3. PALAMÓS PRAWN.



IMMERSE YOURSELF IN

TOSSA DE MAR



© OFICINA DE TURISME DE TOSSA DE MAR

THE BLUE PARADISE

The Belarusian painter Marc Chagall enjoyed the summer of 1934 in Tossa de Mar. Later, he described the marine village as "the blue paradise", and recommended it as a holiday spot for the intellectuals in his inner circle. Later, film star Ava Gardner glowed on the beaches of Tossa while filming the film *Pandora and the Flying Dutchman*. All these famous faces, together with countless other visitors, admired one of the most iconic images of Tossa: the walled enclosure of the Vila Vella, the only example of a fortified medieval town left on the Catalan coast. Seafaring culture still lives on today in the old fishermen's district of Sa Roqueta, in the gastronomy and in the fishermen's boats of the Es Racó area at the Platja Gran. 📍

MORE INFORMATION

Tossa de Mar Tourism

www.infotossa.com/en

Facebook

www.facebook.com/tossademarturisme

Twitter

<https://twitter.com/tossaturisme>

Instagram

www.instagram.com/tossaturisme

VIEW OF THE CAP DE TOSSA
AND THE VILA VELLA.

Tossa became an international tourist destination after the filming of Pandora and the Flying Dutchman in 1951, starring Ava Gardner.

⌘ How much time do you have?

Half a day

- ▶ Discover the narrow streets in the Vila Vella walled quarter and go up to the lighthouse.
- ▶ Walk along the promenade until you reach the **Mar Menuda** beach, and admire the panoramic view over the Cap de Tossa.
- ▶ Cool off in “la banyera de ses dones” (the women’s bath), a shallow cove with calm waters.

A whole day

- ▶ Visit the **Els Ametllers Roman villa**, which preserves spectacular mosaics.
- ▶ Lose yourself in the streets of the old fishermen’s district of **Sa Roqueta**.
- ▶ Try **Cim i tomba**, a dish of fish, potato and *allíoli*.
- ▶ Discover Can Ganga, a 16th century fortified farmhouse, converted into the **Women’s Museum**.

Two days

- ▶ Visit the **Municipal Museum**, which houses works by Marc Chagall and other internationally renowned artists.
- ▶ Take a look at the old fish market of **Ses Peixateries**, and taste seafood dishes in one of the nearby restaurants.
- ▶ Sail along the coast to discover **Cala Giverola** in glass-bottomed boats.
- ▶ Walk or cycle on the signposted trails in the **massif of Cadiretes**.
- ▶ Take in the scenery by walking along the coastal path.
- ▶ Experience an afternoon of shopping in Tossa’s lively shopping area.



DISTANCE FROM TOSSA DE MAR TO

Barcelona 98 km
Girona 38 km
Tarragona 193 km
Lleida 256 km

HOW TO GET THERE

By public transport
SARFA from
Barcelona and Girona
compras.momentis.es/en-GB
By road
www.google.com/maps/place/Tossa



1

© OFICINA DE TURISME DE TOSSA DE MAR

Shall we go out?

Festa Major d’Estiu (June)
Fisherman’s Day (June)
Gastronomic campaigns:
fideus a la cassola (meat
stew with noodles) (June)
and cooking *Cim i tomba*
(September)

Shall we go shopping?

The most extensive commercial offering is found in the pedestrian area in the centre of the town and every Thursday there’s a weekly market on the Rambla Pau Casals.
In the pastry shops of Tossa de Mar you can buy local specialities. We recommend the wonderful honey from Tossa, a natural, ecological and Km.0 food.



2

© OFICINA DE TURISME DE TOSSA DE MAR

The dish par excellence of **Tossa de Mar** is the *Cim i tomba*, a fish stew.



3

© OFICINA DE TURISME DE TOSSA DE MAR

Where to eat?

Find the full list of restaurants at the link
<https://visittossa.com/es/donde-alojarse/>

Where to sleep?

Find the full list of accommodation at the link
<https://visittossa.com/es/donde-comer/>

1. ES CODOLAR AND THE VILA VELLA WALLED QUARTER
2. CALA FUTADERA.
3. CIM I TOMBA.



IMMERSE YOURSELF IN

ARENYS DE MAR



© AJUNTAMENT D'ARENYS DE MAR

THE SOUL OF A POET

Located 30 minutes from Barcelona, this town has one of the most important fishing and leisure ports on the Catalan coast. Its origins date back to the 16th century, when more than a dozen defence towers were built to prevent pirate and military attacks from the sea, transforming Arenys into a safe and prosperous area. It had one of the most prestigious nautical schools in Catalonia and permission to trade directly with the colonies. Its strategic location can be admired from its impressive cemetery, which was immortalised by one of the great names of Catalan literature, the poet Salvador Espriu. Today, the port is the greatest of its riches, followed by tourism, perhaps because it has managed to preserve its personality as an authentic marine village. 📍

MORE INFORMATION

Turisme Arenys

www.visitarenys.com

Facebook

www.facebook.com/turismearenydemar

Twitter

https://twitter.com/turisme_arenys

Instagram

www.instagram.com/turismearenydemar

ARENYS WITH THE SEA IN THE BACKGROUND.

Sinera is the anagram of Arenys that Salvador Espriu used to create a literary myth in his poetic works.

⌚ How much time do you have?

Half a day

- ▶ Climb aboard the **La Marinada** tour boat to enjoy Arenys from the sea.
- ▶ Watch the fishing boats arrive in the afternoon and enjoy the most lively seafaring tradition.

A whole day

- ▶ Go up to the **Arenys cemetery** and admire the work of great Catalan sculptors.
- ▶ Enjoy seafood dishes in the town's restaurants.
- ▶ Visit the church of **Santa Maria d'Arenys** and its spectacular Baroque altarpiece, the work of sculptor Pau Costa.
- ▶ Walk to the **port's old dyeing hut**, and enjoy the murals.

Two days

- ▶ Follow the circuit at the fish market and enjoy the auctions.
- ▶ Visit the **Marès de la Punta Museum** and take a tour through the history of lace.
- ▶ Let yourself be captivated by the beautiful 'indianos' houses.
www.municipisindians.cat/ca/arenys-de-mar
- ▶ Taste the **squid from Arenys** in one of the town's establishments.
- ▶ Immerse yourself in the **Museu Mollfulleda de Mineralogia**.
- ▶ Stay in one of the accommodation options in the town.
- ▶ Walk or ride a bicycle through the **Rials of Arenys** (sandy roads that drain excess water to the sea when it rains).
- ▶ Gather strength with typical *coquetes* from Arenys.
- ▶ Savour the excellent seafood cuisine and products grown in El Maresme.
- ▶ Say goodbye to Arenys with a thermal treatment circuit at the **Titus Spa**, just 50 metres from the beach.



DISTANCE FROM ARENYS DE MAR TO

Barcelona 40 km
Girona 60 km
Lleida 196 km
Tarragona 148 km

HOW TO GET THERE

By public transport

By train with Renfe line R1
www.renfe.com/EN/viajeros/index.html

By road

www.google.com/maps/place/Arenys+Mar



1

© JUANJO FERRARÓ



2

© CARLOS PINO ANDUJAR, WMC

***Arenys de Mar** still has an identity strongly marked by fishing.*



© AJUNTAMENT D'ARENYS DE MAR

Where to sleep?

Find the full list of accommodation at the link
www.visitarenys.com/es

Where to eat?

Find the full list of restaurants at the link
www.visitarenys.com/es

1. PUNTA CANYADELL.
2. WORK BY SCULPTOR JOSEP LLIMONA IN THE ARENYS CEMETERY.
3. A FISHERMAN MENDING THE NET.



IMMERSE YOURSELF IN

SANT POL DE MAR



WHITE HOUSES AND CLEAN BEACHES

It's been an established summer destination since the early 20th century. This old fishing village has managed to preserve the identity of its narrow streets with white houses and steps that trace the shape of the mountains. The town is crowned by the Romanesque hermitage of Sant Pau, which offers an excellent view of the entire coast of El Maresme. The orography of its beaches is reminiscent of that of the nearby Costa Brava, although with a milder climate, as the pre-coastal mountain range protects them from the north winds. Its streets are home to magnificent buildings of different architectural styles that evoke the town's past, which was linked to trade with America and bourgeois tourism that saw visitors, attracted by the landscape and proximity to Barcelona, arriving via the coastal train line. 📍

MORE INFORMATION

Sant Pol de Mar Tourism

www.santpol.cat/turisme

Facebook

www.facebook.com/ajsantpol

Twitter

<https://twitter.com/ajsantpol>

Instagram

www.instagram.com/ajsantpol

FROM THE CHURCH OF SANT JAUME.

The town's modernist jewels include the Public Schools and the colourful Can Planiol, with the façade covered in white, blue and red ceramics.

⌘ How much time do you have?

Half a day

- ▶ Go up to the Romanesque hermitage of Sant Pau to enjoy the panoramic views.
- ▶ Follow one of the **guided routes** offered by the Tourist Office, such as "El Sant Pol dels Pescadors", "Sant Pol Autèntic" or "Sant Pol Natural".

A whole day

- ▶ Walk along the Avinguda Doctor Furest, known as "La Punta" by the people of Sant Pol.
- ▶ Enjoy a relaxing dip at one of the town's eight beaches.
- ▶ Treat yourself to the gastronomy of Sant Pol, birthplace of the University College of Hospitality and Tourism.
- ▶ In the afternoon, enjoy the tranquillity in the shade of **Parc del Litoral**.

Two days

- ▶ Lose yourself in the streets of the historic centre and discover the rich architectural heritage.
- ▶ Enjoy fresh fish at one of the beach bars.
- ▶ Discover **Caseta del Motor**.
- ▶ Stay in one of the town's accommodation options.
- ▶ Sail on a traditional fishing boat, the *Sant Pau* sardinal. atotdrap@gmail.com
- ▶ Try the **strawberries from Sant Pol** and **El Maresme peas** in local restaurants.
- ▶ Enter the Sauleda pastry shop and taste its specialities. In January, don't miss *torró* (nougat) from Babaia.
- ▶ Visit the **Municipal Painting Museum** to see its collection of 20th century Catalan paintings, with works by Guinovart and Perejaume. Check opening times at www.museusantpol.cat.



DISTANCE FROM SANT POL DE MAR TO

- Barcelona 49 km
- Girona 56 km
- Tarragona 155 km
- Lleida 218 km
- Mataró 20 km

HOW TO GET THERE

By public transport

By train with Renfe line R1
www.renfe.com

Bus

From Barcelona
www.sagales.com/en

By road

www.google.com/maps/place/Sant+Pol



1

© AJUNTAMENT DE SANT POL DE MAR



2

© ALBERTO G. REVIL WVIC

Sant Pol de Mar celebrates its Festa Major in July.



3

© AJUNTAMENT DE SANT POL DE MAR

Where to sleep?

Find the full list of accommodation at the link
www.santpol.cat/dormir

Where to eat?

Find the full list of restaurants at the link
www.santpol.cat/menjar

1. LES BARQUES BEACH FROM THE BREAKWATER.
2. CAN PLANIOL, A MODERNIST JEWEL.
3. FIREWORKS.



IMMERSE YOURSELF IN **SITGES**



ARTISTS' REFUGE BY THE SEA

The Catalan character it is said to swing between *seny* and *rauxa*, that is, between good sense and fits of madness. We can say exactly the same about the personality of the marine district in Sitges. It is a seemingly quiet town by the sea with white houses, a sanctuary of votive offerings from the sea with a gastronomy that gives fish a starring role. However, it was also capable of being the birthplace of Catalan modernism thanks to Santiago Rusiñol and Cau Ferrat, the house-museum where he kept his collection of paintings and wrought iron. What's more, Sitges was able to restore the celebration of Carnival in the middle of the 19^e century and organise an International Fantastic Film Festival that has already exceeded 50 editions. It is Sitges' calling to be an international star, all without abandoning its privileged position as a marine village. 📍

MORE INFORMATION

Sitges Tourism

www.sitgesanytime.com/en

Facebook

www.facebook.com/turismedesitges

Twitter

<https://twitter.com/turismedesitges>

Instagram

www.instagram.com/sitgesturisme

THE CHURCH OF SAINT BARTOMEU I SANTA TECLA, ONE OF THE MOST ICONIC IMAGES OF SITGES.

The Palau Maricel, with extraordinary views over the sea, and the Museu Cau Ferrat sum up the modernist essence of Sitges and its seafaring character.

⌘ How much time do you have?

Half a day

- ▶ Begin your route in the **Baluard square**, which is also the gateway to the old town.
- ▶ Try **arròs a la sitgetana**, a rice dish combining sea and mountain products with sweet malvasia from Sitges.

A whole day

- ▶ Take a guided tour of the **Fishermen's Guild**. There are five thematic visits for all types of audiences.
- ▶ Try **xató**, an endive salad with cod, tuna, anchovies and a special sauce.
- ▶ Visit the **Palau de Maricel, Maricel Museum and Cau Ferrat**. Located in the Racó de la Calma, they are must-sees to discover Sitges.

Two days

- ▶ On the other side of the church, to the north, is the **beach of Sant Sebastià**, where you can taste seafood dishes.
- ▶ Return to the old town through its narrow streets and descend to the promenade.
- ▶ Visit the **Fundació Stämpfli - Art Contemporani**.
- ▶ Have dinner at the **Sitges - Aiguadolç port**, an exceptional location.
- ▶ Enjoy the nightlife of **Carrer del Pecat** (Street of Sin).
- ▶ Sleep in one of the unique hotels.
- ▶ Explore the noucentist gardens of Terramar, designed in the 1920s by Miquel Utrillo.
- ▶ Visit the **Malvasia Interpretation Centre**, opened in 2019, and discover the history of this wine that arrived in Sitges by sea.
- ▶ End your stay in Sitges with a visit to the **Casetes de Garraf** (beach huts).



DISTANCE FROM SITGES TO

- Barcelona 42 km
- Tarragona 63 km
- Girona 138 km
- Lleida 142 km
- Vilafranca del Penedès 30 km
- Vilanova i la Geltrú 13 km

HOW TO GET THERE

- By public transport**
- By train with the line R2 Sud
www.renfe.com
- Bus**
- From Barcelona
www.monbus.cat/en
- By road**
- www.google.com/maps/place/Sitges



© AJUNTAMENT DE SITGES



© AJUNTAMENT DE SITGES



© AJUNTAMENT DE SITGES

Sitges remains true to its traditional roots.

Where to sleep?

Find the full list of accommodation at the link www.sitgesanytime.com/es/planifica-el-teu-viatge/onde-dormir.htm

Where to eat?

Find the full list of restaurants at the link <https://www.sitgesanytime.com/es/que-hacer/gastronomia.htm>

1. THE BEACH OF SANT SEBASTIÀ.
2. THE STREETS OF THE OLD TOWN.
3. PROCESSION OF BOATS ON THE DAY OF OUR LADY OF MOUNT CARMEL.



IMMERSE YOURSELF IN

VILANOVA I LA GELTRÚ



© AJUNTAMENT DE VILANOVA I LA GELTRÚ

CULTURE, TRADITION AND HISTORY BY THE SEA

In the 19TH century, Vilanova i la Geltrú was known as La Habana Chica (Little Havana), due to its close relationship with Cuba and the architectural, aesthetic and cultural models reproduced by the Indians. You can see some of them by walking along the boulevard and the splendid promenade, where colonial-style buildings stand out. Strategically located between Barcelona and Tarragona, it's a fascinating town with an incredibly wide cultural offer and an extensive festive calendar in which its authentic carnival is a highlight.

In terms of gastronomy, it's a benchmark in Catalonia. You simply must try the traditional fish and seafood dishes, as well as the essential xató, with a sauce that causes heated arguments among experts.

Vilanova i la Geltrú is a town that's full of life all year round. 📍

MORE INFORMATION

Vilanova i la Geltrú Tourism

www.vilanovaturisme.cat/en

Facebook

www.facebook.com/vilanovaturisme

Twitter

<https://twitter.com/vilanovaturisme>

Instagram

www.instagram.com/vilanovaturisme

PLAÇA DE LA VILA.

In Vilanova, you can enjoy the sea at its nautical port and its more than seven kilometres of coastline and beaches.

⌚ How much time do you have?

Half a day

- ▶ Visit the **Espai Far**, where the municipality's maritime heritage is on show.
- ▶ Enjoy the Els Colls *camí de ronda* (coast path), between Vilanova i la Geltrú and Sitges.
- ▶ Walk along the Vilanova sea front and admire the Passeig del Carme, the park and the **Ribes Roges beach**.

A whole day

- ▶ Watch the arrival of the fishing boats from Monday to Friday, at 8 AM and 3 PM.
- ▶ Admire the **Casa del Mar** and the **Fishermen's Guild**.
- ▶ Taste **xató**, a salad with endive, cod, tuna, anchovies and the special sauce that gives this dish its name.
- ▶ Discover the **Víctor Balaguer Museum Library**, one of the oldest museums in Catalonia, located in a splendid 19th century building.

Two days

- ▶ Enjoy the activities at the **Vilanova i la Geltrú Water Sports Centre**: paddle surfing, kayaking, snorkelling or sailing.
- ▶ Swim at one of the eight wide beaches with fine sand and gentle slopes.
- ▶ Taste the classic **sípia a la bruta** (cuttlefish stew) and **Vilanova prawns**.
- ▶ Take a guided tour of the **Museum of Railways in Catalonia** and you will see the most important collection of steam locomotives in Europe.
- ▶ Experience the great atmosphere of terraces and bars on La Rambla and in Plaça de la Vila.
- ▶ Enjoy the sunset from Ribes Roges beach and the Moll de Ponent dock.
- ▶ Visit the **Torre Blava**, converted by the painter Josep Guinovart into a space paying homage to the Mediterranean.



© AJUNTAMENT DE VILANOVA I LA GELTRÚ



DISTANCE FROM VILANOVA I LA GELTRÚ TO

Barcelona 49 km
Tarragona 50 km
Lleida 129 km
Reus 60 km
Vilafranca del Penedès 18 km
Sitges 8 km

HOW TO GET THERE

By public transport

By train with Renfe's R2 line and long distance
www.renfe.es
rodalies.gencat.cat

Bus

From Barcelona
www.monbus.cat/en

By road

www.google.com/maps/place/Vilanova+Geltru

Shall we go out?

Carnival (February)
Temps de Vi (June)
Festes de Sant Pere (June-July)
Festa Major (July-August)
Xató Festival (November)

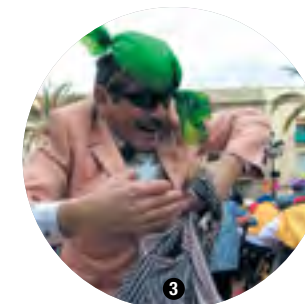
Shall we go shopping?

In the nerve centre of the city and in the heart of the commercial area is the **Mercat del Centre**, which offers the best products from vegetable gardens and the fish market. The **Mercat del Mar** also stands out for its fresh and high quality products. Alongside these, there are lively flea markets on Fridays (Mercat del Mar) and Saturdays (Mercat del Centre).



© AJUNTAMENT DE VILANOVA I LA GELTRÚ

Vilanova i la Geltrú celebrates its carnival that goes back more than 250 years.



© SERVICIOS EDITORIALES GECRANA, ACT

Where to sleep?

Find the full list of accommodation at the link
www.vilanovaturisme.cat/dormir

Where to eat?

Find the full list of restaurants at the link
www.vilanovaturisme.cat/gastronomia/on_menjar

1. BEACHES OF VILANOVA I LA GELTRÚ.
2. ESPAI FAR.
3. BATTLE FOR SWEETS AT THE VILANOVA I LA GELTRÚ CARNIVAL.



IMMERSE YOURSELF IN CAMBRILS



© PATRIMONI DE TURISME DE CAMBRILS

TO GOOD PORT

Cambrils is an adorable fishing village with a cosy, familiar and calm character, with maritime and agricultural roots. By strolling through the old quarter and visiting its fishing port, you discover the essence of this town, which keeps culture linked to the sea alive and offers us beautiful images of fishing boats arriving in the port.

Fresh fish, organically farmed fruit and vegetables are the basis of an excellent gastronomy. The beautiful and well-equipped beaches highlight Cambrils as an excellent family destination. The mild climate allows you to practice nautical activities and outdoor sports all year round, such as cycling, thanks to the endless number of routes that lead to trails and unique spots along the entire Costa Daurada. 📍

MORE INFORMATION

Turisme de Cambrils
www.cambrils-turisme.com
Facebook
www.facebook.com/CambrilsTurisme
Twitter
<https://twitter.com/CambrilsTurisme>
Instagram
[@cambrilsturisme](https://www.instagram.com/cambrilsturisme)

VIEW OF THE TOWN
FROM THE SEA

The Fishermen's Guild is one of the oldest in Catalonia and one of the few that exclusively uses traditional fishing gear.

⌘ How much time do you have?

Half a day

- ▶ Stroll through the **old town** and discover cosy squares, flower-filled balconies, unique buildings, tapas bars and authentic shops.
- ▶ Try "rossos" noodles, black rice or romesco sauce in one of the local restaurants.
- ▶ Delight your senses in the fishing port watching the boats arrive, the fish being unloaded or learning how to mend the nets by hand.

One day

- ▶ Visit the **Samà park** at sunset, with its exuberant vegetation and unique architecture.
- ▶ Climb the **port tower**, an excellent observation point, to see the fishermen arriving in the port.
- ▶ Eat in the classroom of the pedagogical restaurant at the **School of Hospitality and Tourism** of Cambrils.

Two days

- ▶ Find the **stolen treasure**, a puzzle game in digital gymkhana format.
- ▶ Sign up for the guided and dramatized tours organised by the Fishermen's Guild, Cambrils tourism and the history museum.
- ▶ Learn about the history of the port, the fishing activity and the effects of waste in the sea with the panels on the **educational circuit**.
- ▶ Buy fresh fish at the fishmongers in the maritime district.
- ▶ Get inspired and give water sports a go in the port of Cambrils.
- ▶ Jump on the **tourist train**, a fun tour for the whole family.
- ▶ Get on a bike and follow one of the many routes that start in the town.

Shall we go out?

San Antonio Festivities

(January)

San Juan Festival and reception of the Canigó flame (June)

Ormeig Festival (June)

Sant Pere Annual Festival (June)

International music festival (summer)

la mare de déu del camí Annual Festival (September)

Fire Night (September)

Spoken dance of "vileros y mariners" (September)

Sand castle competition on the beach (September)

Wine and Gastronomy Festival (October)

International exhibition of jazz & blues concerts (October)

Annual Festival of the Immaculate Conception (December)

Shall we go shopping?

The old quarter and the maritime district offer a local, varied and unique trade experience. **Local commerce**, from the smallest and most traditional to the most modern, which each season offers you the leading brands in fashion, jewellery, gifts, decoration... You simply must visit the many fishmongers and gourmet shops selling local products or wines, cavas and vermouths from the 7 DOs in our province.



1

© PATRONAT DE TURISME DE CAMBRILS



2

© PATRONAT DE TURISME DE CAMBRILS

Cambrils, in the centre of the Costa Daurada, has nine excellent, perfectly equipped beaches.



3

© PATRONAT DE TURISME DE CAMBRILS

Where to sleep?

Find the full list of accommodation at the link <https://cambrils-turisme.com/es/allotjament>

Where to eat?

Find the full list of restaurants at the link <https://cambrils-turisme.com/ca/gastronomia>

1. FISHERMEN IN THE PORT OF CAMBRILS.
2. RESTAURANT ON THE SEAFRONT.
3. FISHERMAN CHECKING THE NET.



DISTANCE FROM CAMBRILS TO

Reus 12 km
Montblanc 40 km
Tarragona 18 km
Barcelona 115 km
Lleida 107 km
Girona 210 km

HOW TO GET THERE

By public transport

Buses
www.hife.es, www.alsa.es,
www.monbus.es,
www.empresaplana.cat
Train with the R16 line
www.renfe.com

By road

www.google.com/maps/place/Cambrils



IMMERSE YOURSELF IN EL SERRALLO

- TARRAGONA



© RAFAEL LÓPEZ ZAMONJE / TARRAGONA TURISME

THE HEARTBEAT OF THE SEA

Tarragona hides a jewel, the seaside neighbourhood of El Serrallo. From its docks, the fishing boats set sail every day, returning to the port at the end of the day with the best and freshest catches. El Serrallo has become a landmark thanks to its privileged location, next to the sea. The on-board cuisine is inherited by restaurateurs and can later be enjoyed in most of the restaurants in the neighbourhood. Following the coastline, we're invited to discover the essentially Mediterranean history, tradition, trades and other cultural aspects of the neighbourhood. 📍

MORE INFORMATION

Turisme Tarragona

www.tarragonaturisme.cat/es/el-serrallo

Facebook

www.facebook.com/TarragonaTurisme

Twitter

@TGNturisme

Instagram

@tarragonaturisme

BOATS MOORED IN THE PORT
OF SERRALLO

The fish and seafood that is transferred from the boats to the Guild arrives fresh in the restaurants' kitchens ready to surprise you with authentic dishes.

⌘ How much time do you have?

Half a day

- ▶ Stroll along the **fishermen's wharf**, where the light boats are still moored.
- ▶ Try a portion of sardines or anchovies on a terrace in front of the pier.

One day

- ▶ Walk along the urban mural painting route known as **mar-mur**, which shows trades, traditions and relevant figures from the history of El Serrallo.
- ▶ Visit the fishermen's wharf around 4:00 p.m. to watch the fishing boats arrive, announced by the cry of seagulls.
- ▶ Visit the **port museum**, which offers a journey back through the history of the port right from when the Romans landed to the present day.

Two days

- ▶ Discover, either on foot or by bicycle, the **heritage route of the Tarragona Port** following the display panels.
- ▶ Savour the most genuine dish from El Serrallo, romesco.
- ▶ Attend one of the many family cultural activities organised at the **Teatret** del Serrallo.
- ▶ Walk to the monumental site of **Roman Tarragona**, declared a World Heritage Site by unesco.
- ▶ Carry out activities in Tarragona as a family to discover, in an educational and fun way, the heritage sites of El Serrallo.
- ▶ Visit the **blue observatory**, a multisensory and immersive space, to discover the sea bed of the Mediterranean.
- ▶ Enjoy the best sunset at the foot of the Banya lighthouse.



DISTANCE FROM SERRALLO TO

Barcelona 95 km
Girona 190 km
Lleida 95 km
Cambrils 21 km
Reus 14 km
Tortosa 86 km

HOW TO GET THERE

By public transport

By train, lines R2 Sud, R4, R13, R14, R15, R16, R17, RT1, RT2 i RT17, and Camp de Tarragona high-speed station.

By bus www.hife.es/en-GB, www.alsa.com/en/web/bus/home, www.monbus.es and www.empresaplana.cat/en among others

By road

www.google.com/maps/place/Serrallo+Tarragona



1

© RAFAEL LOPEZ-MONNE / TARRAGONA TURISME



2

© RAFAEL LOPEZ-MONNE / TARRAGONA TURISME

Romesco is the most typical dish from Tarragona. Legend has it that this seafood stew was born in the boats of **Serrallo**.



3

© RAFAEL LOPEZ-MONNE / TARRAGONA TURISME

Where to sleep?

Find the full list of accommodation at the link www.tarragonaturisme.cat/es/alojamientos

Where to eat?

Find the full list of restaurants at the link www.tarragonaturisme.cat/es/restaurantes

1. CHURCH OF SAINT PÈRE IN EL SERRALLO.
2. ROMESCO CASSEROLE.
3. TARRAGONA RED PRAWN.



IMMERSE YOURSELF IN

L'AMETLLA DE MAR



© RAFAEL LÓPEZ ZAMONIC, AJUNTAMENT DE L'AMETLLA DE MAR

DISCOVERING THE MEDITERRANEAN

Along its almost 15 kilometres of coastline, L'Ametlla de Mar offers a succession of beaches and steep coves, many of them unspoilt, with crystal-clear waters that form a unique landscape on the Catalan coast. This town, known as La Cala, stands out for its essence as a seafaring village and for its gastronomic offering. Although tourism has become the municipality's primary activity, its fishing tradition lives on in the fish market and the Fishing Interpretation Centre, while its past as a strategic geographical point is revealed in the castle of Sant Jordi d'Alfama, an imposing medieval fortification by the sea, and in the Civil War bunkers. 📍

MORE INFORMATION

L'Ametlla de Mar Tourism
www.ametllamar.cat/turisme/en
Facebook
www.facebook.com/turismeametllademar
Twitter
<https://twitter.com/ametllademartur>
Instagram
www.instagram.com/turismeametllademar

L'AMETLLA DE MAR SEA FRONT.

Between Calafat cove and Àliga beach, you can enjoy an almost untouched reserve with spectacular cliffs.

⌘ How much time do you have?

Half a day

- ▶ Walk through the **port of L'Ametlla** to discover the fishing activities.
- ▶ Taste some of the typical dishes of its seafood cuisine like the **suquet de peix calero** (fish stew), the **arrossejat** rice or **Mediterranean bluefin tuna**.

A whole day

- ▶ Take a guided tour through the streets of the centre to discover its legends.
- ▶ Participate in the **gastronomic days** that are held throughout the year: the Mantis prawn, bluefin tuna, oily fish, fish from the fish market, noodles *rossejats* or *arrossejat* rice.
- ▶ Go to the **beach of Sant Jordi d'Alfama** and enjoy a swim.
- ▶ Visit the exhibitions on seafaring life at the **Fishing Interpretation Centre**.

Two days

- ▶ Follow the **camí de ronda** (coast path) that goes south to admire some of the most spectacular coves of the Catalan coast, almost unspoilt and with crystal-clear waters.
- ▶ Immerse yourself in the water and discover the underwater meadows of **Neptune grass**.
- ▶ Eat in one of the restaurants along the way and enjoy the spectacular views.
- ▶ Visit the nearby **L'Estany Natural Port**, a stretch of sea that enters up into the landscape.
- ▶ Sleep at one of the campsites set up at the edge of coves of great beauty.
- ▶ In summer, swim amongst giant tuna with the **Tuna Tour** of the Grup Balfegó, in front of the port of L'Ametlla.
- ▶ Taste the **pastissets** and **corassons**, two of the sweet local delicacies.
- ▶ Enjoy some of the adventures organised by the companies that make up L'Ametlla de Mar Experience.



DISTANCE FROM L'AMETLLA DE MAR TO

Barcelona 149 km
Tarragona 55 km
Lleida 144 km
Girona 239 km
Reus 47 km
Tortosa 37 km

HOW TO GET THERE

By public transport
Train line Barcelona-Valencia
www.renfe.com
HIFE Bus
www.hife.es/en-GB
By road
www.google.com/maps/place/L'Ametlla



1

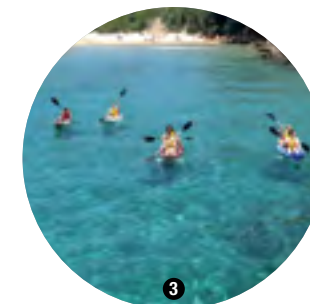
© AJUNTAMENT DE L'AMETLLA DE MAR



2

© AJUNTAMENT DE L'AMETLLA DE MAR

In **L'Ametlla de Mar**, venture into its crystal-clear waters.



3

© AJUNTAMENT DE L'AMETLLA DE MAR

Where to sleep?

Find the full list of accommodation at the link www.visitametllademar.com/lametlla/where-to-sleep

Where to eat?

Find the full list of restaurants at the link www.visitametllademar.com/lametlla/where-to-eat

1. CALA PEPO, A SHORT DISTANCE FROM THE CENTRE.
2. A FISHERMAN IN THE PORT.
3. KAYAKING IN THE CALAFATÓ COVE.



IMMERSE YOURSELF IN L'AMPOLLA



THE DOOR OF THE DELTA

This fishing village, located in the Gulf of Sant Jordi, is rich in natural heritage where Mediterranean and Delta culture merge. Its coast is highly appreciated for its shallow beaches and calm waters in the southern area and the beautiful reddish cliffs and coves in the northern area.

Active and natural tourism options are abundant here, such as boat or sailboat trips, birdwatching, walking or cycling routes around the Les Olles lagoon, kayak excursions around the bay or horseback riding inland. As for gastronomy, the excellent rice dishes and seafood stand out, which can be purchased from the various tanks. L'Ampolla is an excellent gateway to everything that the Ebro Delta Natural Park has to offer. 📍

MORE INFORMATION

Turisme de l'Ampolla
www.ampollaturisme.com
Facebook
www.facebook.com/ampollaturisme
Twitter
<https://twitter.com/lampollaturisme>
Instagram
[@ampollaturisme](https://www.instagram.com/ampollaturisme)

© ARRU ALIMENTARI L'AMPOLLA

FLAMINGOS
IN THE FANGAR BAY



In **L'Ampolla** you can immerse yourself in the beauty of its beaches and discover its excellent natural routes.



Where to sleep?

Find the full list of accommodation at the link <https://ampollaturisme.com/es/dormir-ampolla>

Where to eat?

Find the full list of restaurants at the link <https://ampollaturisme.com/es/restaurantes-ampolla>



DISTANCE FROM L'AMPOLLA TO

Tortosa 23 km
Tarragona 67 km
Barcelona 158 km
Lleida 151 km
Girona 250 km

HOW TO GET THERE

By public transport
L'ampolla railway station - El perelló-deltaebre.
www.rodalies.gencat.cat
By road
www.google.com/maps/place/L'Ampolla

The Ecoherbes Park botanical garden is a wonderful natural space where you can reconnect with nature and discover over 400 species of aromatic and medicinal plants.

⌚ How much time do you have?

Half a day

- ▶ Visit the Les Olles Lagoon on foot or by bicycle, in the Delta del Ebre Natural Park.
- ▶ Discover the botanical garden.

One day

- ▶ Jump on a bike and follow the route of the natural ponds.
- ▶ Savour the town's gastronomy on one of its terraces.
- ▶ Visit the fish auction.
- ▶ Learn about the history of L'Ampolla and the Ebro Delta at the José Celma Prieto Interpretive Centre.
- ▶ Try the traditional confectionary in pastry shops or bakeries.
- ▶ Enjoy a spectacular sunset on a sailboat with a gastronomic degustation included.

Shall we go out?

- Oyster and Ironcat day (May)
- Sant Joan Annual Festival (June)
- Festivities of Our Lady of Mount Carmel (July)
- Magic night (August)
- Harvest Festival (September)

Shall we go shopping?

The product par excellence from L'Ampolla is fish and shellfish, especially the oyster. The Ebro Delta rice, organic infusions, gin, sake and traditional sweets are remarkable. On Wednesday mornings there's a market on Calle Vista Alegre.

Two days

- ▶ Admire the north coast following the route along the cliffs, which coincides with the GR-92.
- ▶ Cool off by taking a dip in the town's small coves.
- ▶ Enjoy typical seafood and delta cuisine in one of the restaurants.
- ▶ Sign up for a boat trip to the mussel and oyster beds to learn about their cultivation and try them.
- ▶ Have dinner in a restaurant overlooking the sea.
- ▶ Visit the sake winery and try their products.
- ▶ Explore the inland of the municipality on horseback.
- ▶ Row through the Fangar Bay on a kayak.
- ▶ Go birdwatching in the Les Olles Lagoon.
- ▶ Stroll through the port and surrounding streets, visiting the small shops in the town and getting to know the local produce.

1. CALA MARÍA ON THE CLIFFS ROUTE.
2. FISHERMEN ARRIVING IN THE PORT OF L'AMPOLLA.
3. EL LECTOR, SCULPTURE BY PACO MORALES.



IMMERSE YOURSELF IN
LES CASES

D'ALCANAR



© AJUNTAMENT D'ALCANAR

A GIFT FROM THE SEA IN TERRES DE L'EBRE

The origins of Les Cases d'Alcanar go back to the small fishing village built around an old watchtower against pirate raids on the Ebro coast. Destroyed by the British during the Napoleonic invasion, the church of Sant Pere Pescador, the heart of the marine district, was built on the same site. Today, Les Cases d'Alcanar enjoys a calm seafaring spirit and stands out for its untouched and uncrowded beaches, which, together with a mild climate all year round and a delicious traditional seafood cuisine based on fresh fish and seafood with DO Ebro Delta rice, are attractions that will not leave any traveller indifferent. 📍

MORE INFORMATION

Les Cases d'Alcanar Tourism

www.alcanarturisme.com/en

Facebook

www.facebook.com/alcanarturisme

Twitter

<https://twitter.com/alcanarturisme>

VIEW OF LES CASES D'ALCANAR.

The Sant Pere Confraria de Pescadors (Fishermen's Guild) has a permanent exhibition of old photos of Les Cases d'Alcanar.

⌘ How much time do you have?

Half a day

- ▶ Walk around the Plaça del Barranc and you will discover the *Rodrigo* boat, a 1930's barge, which was dedicated to fishing.
- ▶ Enjoy *peix fresc torrat* (fried fish) in a restaurant in the port.

A whole day

- ▶ Follow the coastal **route by bicycle**. To the south, you'll discover machine gun nests and Civil War bunkers.
- ▶ Try seafood specialties such as **king prawns** and **Mantis prawns** in a restaurant in the centre.
- ▶ Experience the spectacle of a fish auction at the fish market early in the afternoon.

Two days

- ▶ Go as far as the mouth of the river Sénia, an area of natural and scenic interest that is appreciated for its great diversity of fauna and flora.
- ▶ Enjoy a picnic with of savoury *cocs* (a type of pizza) and the tasty **PGI tangerines**.
- ▶ Go and collect shells and enjoy the wild **urban beach of Marjal**.
- ▶ Stay the night on the beachfront in a hotel, bungalow or hostel, according to your tastes.
- ▶ Visit the historic centre of Alcanar and walk through its narrow, steep streets.
- ▶ Enjoy a specialty such as **arròs a la mesqueta** (*arròs rossejat*).
- ▶ Visit the Iberian village of La Moleta de Remei and the **Interpretation Centre for Iberian Culture** at the Museu Casa O'Connor.
- ▶ Escape to visit the **cave paintings** in neighbouring Ulldecona, declared a World Heritage Site by UNESCO in 1998.



DISTANCE FROM LES CASES D'ALCANAR TO

Barcelona 186 km
Tarragona 93 km
Lleida 147 km
Girona 278 km
Tortosa 37 km

HOW TO GET THERE

By public transport
From Barcelona HIFE Bus
www.hife.es/en-GB
By road
www.google.com/maps/place/Cases+Alcanar



1

© AJUNTAMENT D'ALCANAR



2

© AJUNTAMENT D'ALCANAR

In **Les Cases d'Alcanar** enjoy the seafood cuisine.



3

© AJUNTAMENT D'ALCANAR

Where to sleep?

Find the full list of accommodation at the link
www.alcanarturisme.es/es/destinations-category/donde-dormir/

Where to eat?

Find the full list of restaurants at the link
www.alcanarturisme.es/destinations/restaurants/

1. PRAWNS CAUGHT WITH THE DRIFT NET TECHNIQUE.
2. CHURCH OF SANT PERE PESCADOR.
3. POPULAR "FIDEUADA" - DIADA TOURISM.



IMMERSE YOURSELF IN LA RÀPITA



WHERE THE LAND EMBRACES THE SEA

Located in one of the most important natural ports of the Western Mediterranean, La Ràpita is a town that preserves the authenticity of a fishing and agricultural town due to its proximity to the fertile lands of the Ebro Delta. It is a natural paradise in which you will discover empty beaches and natural places of great beauty, and where you will be able to enjoy an excellent ecotourism offering throughout the year. La Ràpita is a gastronomic sanctuary for lovers of authentic cuisine, where you can taste the freshest possible products, dishes based on excellent local fish and seafood, and a sublime cuisine of the best rice grown in the delta. 📍

MORE INFORMATION

La Ràpita Tourism

<http://turisme.larapita.cat/en>

www.enlarapita.com/en

Facebook

www.facebook.com/turismelarapita.deltadelebre

Twitter

<https://twitter.com/TurismeLaRapita>

Instagram

www.instagram.com/turismelarapita

© TURISME DE LA RÀPITA

THE CENTRE OF LA RÀPITA
FROM THE SEA.

The spectacular Alfacs Bay, with the Punta de la Banyà Nature Reserve, shelters a busy fishing port.

⌚ How much time do you have?

Half a day

- ▶ Stroll through the natural port of La Ràpita.
- ▶ Enter the **Xicago neighborhood** to see its fishermen's houses, reaching the Plaça de Carles III, an astonishing neoclassical space that is full of life.

A whole day

- ▶ Visit the **Ebro Sea Museum** to discover life between the river and the sea.
- ▶ Enjoy the **king prawns of La Ràpita**.
- ▶ Stroll along the quiet waterfront and tour the town's various urban beaches.

Two days

- ▶ Book an activity at the La Ràpita-Ebro Delta **Water Sports Centre**: paddle surfing, kayaking, sailing, etc.
- ▶ Enjoy an unforgettable day at a **mussel-farm** and taste this mollusk accompanied by local wine.
- ▶ Take a dip in one of the wide and comfortable blue flag beaches or opt for the wildest and **most rugged beach: Trabucador**.
- ▶ Treat yourself to a Delta oyster dinner.
- ▶ Sleep in one of the town's hotels.
- ▶ Go up to the **Mirador de la Guardiola**, an old watchtower located at the top of the Torreta, and you will be able to observe the Ebro Delta, Alfacs Bay and La Ràpita.
- ▶ Have a seafood rice dish at one of the town's restaurants.
- ▶ Follow the GR92 coastal path that leads to Les Cases d'Alcanar.



DISTANCE FROM LA RÀPITA TO

Barcelona 186 km
Tarragona 93 km
Lleida 147 km
Girona 278 km
Tortosa 30 km

HOW TO GET THERE

Bus
HIFE Bus
www.hife.es/en-GB
By road
www.google.com/maps/place/Sant+Carles+de+la+Rapita



1

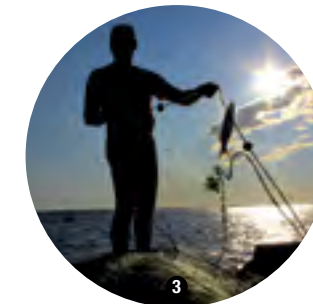
© TURISME DE LA RÀPITA



2

© TURISME DE LA RÀPITA

***La Ràpita**
offers the Pescaturisme
experience.*



© TURISME DE LA RÀPITA

Where to sleep?

Find the full list of accommodation at the link
<https://turismelarapita.cat/es/donde-alojarse>

Where to eat?

Find the full list of restaurants at the link
<https://turismelarapita.cat/es/gastronomia>

1. MUSSEL BEDS.
2. PLAÇA DE CARLES III.
3. THE PESCATURISME ACTIVITY.



FALL IN LOVE

with charming
towns

Ripoll

Olot

LA VALL
D'EN BAS

Els Hostalets
d'en Bas

Santa

PAI

LA

CHARMING TOWNS

There are villages in Catalonia that look like they were created by the imagination of a story writer. You will find villages with medieval castles crowning the highest point. In some, the church groups together the white houses around the seashore. In others, the different cultures that have passed through the territory have left diverse traces that have shaped their personality, and there are people who have even pierced the rock to make it their home. ♡

TOURIST BRANDS

Catalonia is divided into nine tourist brands, which are spread over the land as shown on the map. The towns are arranged according to this territorial grouping and starting from the northern area of the map. ♡





FALL IN LOVE WITH ARTIES



IN THE HEART OF THE ARAN VALLEY

This small and charming mountain village, located between Vielha and Vaquèira, is located in an expansion of the Arán Valley, at over a thousand metres above sea level and at the point where the Valarties River joins the Garona. The Montardo peak, standing at 2,833 metres, rises imposingly at the head of the Valarties river.

In the old town, houses with sloping slate roofs surround the beautiful Romanesque church of Santa Maria de Arties with its elegant ashlar belfry. Strolling through the streets, we'll come across the beautiful houses of Portolá, with its 16th-century tower, or that of Cò de Paulet. The Church of Sant Joan is on the outskirts of the town, which hosts temporary exhibitions, and the Chapel of Sant Pelegrí.

Its beauty, attractions and facilities make Arties an excellent base port for discovering the natural beauty that surrounds it, especially the Aigüestortes i Estany de Sant Maurici National Park. 📍

MORE INFORMATION

Naut Aran Town Hall
www.nautaran.org/es/naut-aran/arties
Tourist office
www.visitarties.es
Val d'Aran tourism
www.visitvaldaran.com

THE TOWN OF ARTIES WITH
THE MONTARDO PEAK IN THE BACKGROUND

The Valarties riverside leads us to one of the entrances to the Aigüestortes i Estany de Sant Maurici National Park.

⌘ How much time do you have?

Half a day

- ▶ Visit the **Santa Maria** Church and discover the altar and the impressive mural paintings that decorate its interior.
- ▶ Stroll through the streets of the town, visit its shops that sell local products and admire the Paulet and Portolà houses.

One day

- ▶ Immerse yourself in the sulphurous waters of the Arties Baths, a relaxing experience in the middle of nature.
- ▶ Walk to the Hermitage of Sant Pelegrí or that of Sant Jaume, both surrounded by nature.
- ▶ Visit the Gothic Church of **Sant Joan** and discover some of the temporary exhibitions that are on show there.

Two days

- ▶ Take a trip to the emblematic **Montado Mountain** accompanied by a local guide which, depending on the season, can be combined with a high-altitude bath in one of the lakes that you'll come across along the way.
- ▶ Explore the sea lake, one of the most representative lakes in the valley.
- ▶ If you're going with children, visit the recreational space with a sports area.
- ▶ Hop on a bike or skateboard and have some fun at the pumptrack and skatepark.
- ▶ Learn how lime was made in the old Arties kiln.
- ▶ Go hiking and cover the 16 km to Montgarri following the Camin Reiau.
- ▶ Don't miss the **Aigüestortes i Estany de Sant Maurici National Park**.



DISTANCE FROM ARTIES TO

Barcelona 284 km
Lleida 177 km
Tarragona 268 km
Girona 292 km
Puigcerdà 165 km
Toulouse 170 km

HOW TO GET THERE

By public transport
Buses from Barcelona and Lleida

www.alsa.es

By road

www.google.com/maps/place/arties



1

© VALDARANPHOTOS



2

© VALDARANPHOTOS

In **Arties** there's a hot springs centre where you can immerse yourself in sulphurous waters with two sources, one at 43° and the other at 29°.



3

© VALDARANPHOTOS

Where to sleep?

Find the full list of accommodation at the link www.visitarties.es/alojamientos-en-arties

Where to eat?

Find the full list of restaurants at the link www.visitarties.es/restaurantes-en-arties

1. THE MONTARDO PEAK.
2. SANTA MARIA CHURCH.
3. HOUSE IN THE OLD QUARTER.

FALL IN LOVE WITH **BEGET**



© ARTHUR FEDERICH SELBACH

TRADITION AND NATURE IN THE PYRENEAN FOOTHILLS

With its bridge, sturdy stone houses and wooden balconies, the tiny village of Beget, with only 20 inhabitants, has the eternal air of a nativity scene. As a result of its geographical isolation, Beget is one of those villages that, even in the 21st century, has managed to retain its authenticity and all of its rural charm.

Although there are two Romanesque bridges, the first thing that will catch your eye is the slender, four-storey Lombard bell tower of the Sant Cristòfol church, the most visible architectural structure in the whole area. Once inside the church, you will find some very interesting carvings and a variety of Baroque and Gothic altarpieces.

It has belonged to the Camprodon municipality since the mid-20th century and both places, along with the villages in neighbouring valleys, are picture-postcard pretty. 📍

MORE INFORMATION

Camprodon Town Hall
www.camprodon.cat
www.visitcamprodon.cat
 Inter-Municipal Association
 of Vall de Camprodon
www.valldecamprodon.org

CHURCH OF SANT CRISTÒFOL IN BEGET.

In the spectacular Romanesque church of Sant Cristòfol, don't miss the Majesty of Beget: a polychrome wooden carving that has Byzantine origins and measures almost two metres in height.

⌘ How much time do you have?

Half a day

- ▶ Walk through the village streets and cross the two bridges.
- ▶ Don't miss the church of **Sant Cristòfol**, a wonderful example of Lombard Romanesque art, or the **Majesty of Beget** inside.

A whole day

- ▶ Explore the **Capçaleres del Ter i del Freser Natural Park** <http://parcsnaturals.gencat.cat/es/ter-freser>
- ▶ Have lunch in one of the welcoming traditional restaurants in Beget.
- ▶ Follow the Beget-Rocabruna trail, which starts behind the Forn restaurant and, in just a few minutes, you'll get to a lookout point with some great views.

Two days

- ▶ **Vallter 2000** is a ski resort just a few minutes away by car. In winter you can enjoy the snow, and in summer they organise various activities.
- ▶ Enjoy some real mountain food.
- ▶ Go to Camprodon and admire its medieval bridge, visit the Sant Pere monastery, and have a snack in one of its patisseries.
- ▶ Stay in one of the accommodation options in the valley.
- ▶ If you are travelling as a family, you will love **Molló Parc**. It is a big, open-air animal park where you can see almost all of the native fauna of the Pyrenees: bears, marmots, chamois, foxes, fallow deer, stags, wolves, wild goats, birds of prey, etc. www.molloparc.com/en/
- ▶ Enjoy a picnic lunch and don't forget to pack some local cured sausages.



DISTANCE FROM BEGET TO

Barcelona 148 km
Lleida 232 km
Girona 77 Km
Tarragona 235 km
Manresa 125 km
Vic 80 km
Berga 86 km

HOW TO GET THERE

By public transport
by train to Ripoll
www.renfe.com
to Camprodon
<http://www.teisa-bus.com>
By road
www.google.com/maps/place/Beget



© MÓNICA CASTELLA



© MÓNICA CASTELLA

*In **Beget** two stone bridges have protected the village from traffic.*



© MÓNICA CASTELLA

Where to sleep?

Find the full list of accommodation at the link <https://visitcamprodon.cat/es/donde-dormir/hostales-y-hoteles/>

Where to eat?

Find the full list of restaurants at the link <https://visitcamprodon.cat/es/donde-comer/>

1. BEGET STREET.
2. VIEW OF THE CHURCH OF SANT CRISTÒFOL.
3. THE MAJESTY OF BEGET.



FALL IN LOVE WITH

CASTELLAR DE N'HUG



A UNIQUE NATURAL ENVIRONMENT

Perched at 1450 metres above sea level, the labyrinth of steep narrow stone streets in Castellar de n'Hug presides over a mosaic of classic high-mountain landscapes.

Because of its location in the Cadí-Moixeró Natural Park, Castellar de n'Hug enjoys a state of preservation and natural surroundings that make it perfect to visit at any time of the year. It is one of the highest inhabited villages in Catalonia and offers an array of options in terms of active leisure, cultural, historical and industrial tourism, high-mountain cuisine, and more. Surrounded by very beautiful natural spaces, such as the source of the Llobregat river, it is also hosts unique shows involving ancient trades, such as its annual traditional sheepdog competition. Is this not reason enough to come and fall in love with this unique village and its surroundings? 📍

MORE INFORMATION

Castellar de n'Hug Town Hall

www.ajcastellardenhug.cat

Tourist Board

www.turismecastellardenhug.cat/site

VIEW OF THE MEDIEVAL QUARTER.

The International Sheepdog Competition started in 1962 and has its origins in the era when shepherds would meet up in this area and compete to see which dog was the best. Nowadays it attracts thousands of tourists.

⌘ How much time do you have?

Half a day

- ▶ Get to Castellar de n'Hug first thing in the morning and admire how the sun lights up the **Pedraforca** massif (so named because of its fork-like shape).
- ▶ Walk around the historic centre.
- ▶ Visit the **Shepherd's Museum**.

A whole day

- ▶ Spend the morning on the theatrical guided tour of the old **Asland cement factory**, which was designed by Rafael Gaustavino, in Clot del Moro.
- ▶ Taste the local gastronomy in one of the village restaurants.
- ▶ Visit the local cluster of **Romanesque churches**: Sant Vicenç de Rus, Santa Maria de n'Hug and Sant Joan de Cornudell.

Two days

- ▶ Take a hike up to the **Montgrony Sanctuary** along 9 kilometres of unchallenging pathway. The views from the sanctuary are spectacular and along the way you will come across some little Romanesque gems.
- ▶ Enjoy a picnic while you are up there, with local cured meats, or have lunch in the restaurant at the sanctuary (seasonal).
- ▶ Enjoy a relaxing guided tour that will reveal the secrets of the village.
- ▶ Have a great dining experience with cuisine based on game and local **wild mushrooms** (seasonal).
- ▶ Stay in one of the accommodation options in the village.
- ▶ Have a giant croissant for breakfast, a star product from Castellar de n'Hug.
- ▶ Take the old Tren del Ciment train and visit the **Artigas Gardens**, designed by Antoni Gaudí.
- ▶ Head up to the **Fonts del Llobregat** natural beauty spot; some abundant and fast-flowing waterfalls that are stunning all year round.



DISTANCE FROM CASTELLAR DE N'HUG TO

- Barcelona 130 km
- Lleida 194 km
- Girona 108 Km
- Tarragona 198 km
- Manresa 88 km
- Vic 60 km
- Berga 38 km

HOW TO GET THERE

By public transport
From Barcelona and Berga, Alsina Graells. From Ripoll, Autocars Mir.
By road
www.google.com/maps/place/Castellar+de+n'Hug

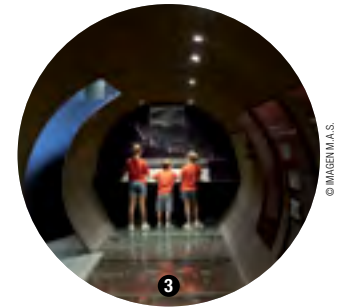


1



2

The museum
in the Asland Cement Works offers theatrical guided tours.



3

Where to sleep?

Find the full list of accommodation at the link www.turismecastellardenhug.cat/site/index/es-comer-dormir-comprar/es-alojamiento/es-hostales-y-fondas.html

Where to eat?

Find the full list of restaurants at the link www.turismecastellardenhug.cat/site/index/es-comer-dormir-comprar/es-restaurantes.html

1. SHEEPDOG CHAMPIONSHIP.
2. THE LLOBREGAT WATERFALLS.
3. VISIT TO THE ASLAND FACTORY.



FALL IN LOVE WITH

MONTCLAR



A RURAL PARADISE REBUILT STONE BY STONE

Restored by a group of hikers during the 1960s, Montclar is a small pre-Pyrenean village that has managed to preserve all its rural and traditional character in a natural environment of great beauty. Erected at the top of a hill at 729 metres above sea level, the centre of Montclar is made up of some twenty stone houses from the 17TH and 18TH centuries, arranged around a square, at one end of which is the parish church and, in front of it, a stately home known as the *Castell*. Enjoying a few days in Montclar is perfect for experiencing the tranquillity of rural life, going on excursions in the surrounding area and tasting Catalan mountain cuisine. 📍

© AJUNTAMENT DE MONTCLAR

MORE INFORMATION

Montclar Town Hall
www.montclar.cat
 Tourist Board
www.elbergueda.cat/en

PANORAMIC VIEW OF MONTCLAR.

One of the most outstanding buildings in the beautiful Montclar square is the Rectory, an 18TH century farmhouse that stands out for its large wooden balcony.

⌘ How much time do you have?

Half a day

- ▶ Discover the charm of the centre of Montclar.
- ▶ Taste the **pèsol negre** (black pea), typical of El Berguedà.

A whole day

- ▶ Walk or cycle through the **Firal dels Reis**, an impressive plain of hundred-year-old holm oaks.
- ▶ Try a dish of El Berguedà cuisine, like **patata emmascarada** (mashed potatoes with sausage meat).
- ▶ Enjoy the great esplanade of Montclar square, where you can find the church of Sant Martí, the stately house known as the Castell, the fountain and the pond.

Two days

- ▶ Treat yourself to an *esmorzar de forquilla* (hearty breakfast to eat with a fork) with typical local products.
- ▶ Venture on foot or by bicycle along the route that links Montclar with the small churches of Santa Creu and Sant Quintí.
- ▶ Make a picnic with the typical cured sausages and cheeses of the area.
- ▶ Stay in one of the village's rural houses and enjoy its tranquillity.
- ▶ Visit the Montmajor Mushroom Art Museum, and, in season, make the most of the visit to fill up a basket in the area's forests, where edible mushrooms are in abundance.
- ▶ Eat in one of the villages less than ten kilometres from Montclar: Casserres, L'Espunyola or Viver i Serrateix.
- ▶ Visit the natural environment of the area and discover bucolic places such as the **Salt de la Talaia**, especially spectacular in the rainy season.



DISTANCE FROM MONTCLAR TO

Barcelona 113 km
Girona 130 km
Tarragona 164 km
Lleida 161 km
Manresa 51 km
Solsona 32 km
Berga 15 km

HOW TO GET THERE

By public transport from Barcelona to Gironella, (and transport on request to Montclar) www.alsa.es/en
By road www.google.com/maps/place/Montclar



1

© AJUNTAMENT DE MONTCLAR



2

© FITXOUIN, WWC



3

© FITXOUIN, WWC

In **Montclar**, discover authentic mountain gastronomy.

Where to sleep?

Find the full list of accommodation at the link www.montclar.cat/turisme/turisme-rural-i-gastronomia/on-dormir/

Where to eat?

Find the full list of restaurants at the link www.montclar.cat/turisme/turisme-rural-i-gastronomia/que-i-on-menjar/

1. THE CHURCH OF SANT MARTÍ DE MONTCLAR.
2. A CORNER OF THE VILLAGE.
3. THE ROAD THAT LEADS TO THE CHURCH.



FALL IN LOVE WITH

SANTA PAU



A STONE JEWEL AMONGST VOLCANOES

Santa Pau, in La Garrotxa Volcanic Area, awaits your visit to reveal the secrets that lie in its defensive walls and cobblestoned streets. Let yourself be seduced by one of the most well-preserved Gothic porticoed squares in Catalonia, where you can also taste the famous *fesols* (white beans), distinguished with the Santa Pau protected designation of origin, the only PDO in the La Garrotxa region.

To travel to Santa Pau is to immerse yourself in a unique landscape of remarkable woodland and craters. You will enjoy beautiful panoramic views in which the infinite green blends with the black of the basalt and the copper tones of the lava, which millions of years ago moulded this part of inland Catalonia. 📍

MORE INFORMATION

Visit Santa Pau
www.visitsantapau.com/en
 Santa Pau Town Hall
www.santapau.cat
 La Garrotxa Tourism
www.turismegarrotxa.com

GENERAL VIEW OF SANTA PAU.

The Croscat volcano is one of the most spectacular in the area. It is the youngest and the last one to erupt, creating a single horseshoe-shaped crater on one of its slopes.

⌘ How much time do you have?

Half a day

- ▶ Lose yourself in the historical quarter, presided over by the Baronia castle, from the 13th century, and wander through the village's narrow streets until you get to the main square, or **Firal dels Bous** (Cattle Market), whose name comes from the cattle fairs held here. It is a very well-preserved example of a Gothic porticoed square.
- ▶ Go into the **Santa Maria Church**, located in the same square, which is worth a visit.
- ▶ Have a gentle walk to the **Portal del Mar**, a vantage point with some spectacular views over the Ser Valley surrounding Santa Pau.

A whole day

- ▶ Take a walk along the path that leads to the **Jordà beech forest** and delight in the impressive beech trees there.
- ▶ Enjoy a **typical dish** with the famous PDO **Fesols** white beans from Santa Pau.

Two days

- ▶ Ride on a reproduction of the **old train** that went from Olot to Girona and enjoy a panoramic view of four volcanoes: Martinyà, Pomareda, Torn and Croscat.
- ▶ Enjoy a picnic made with cured meats from Santa Pau.
- ▶ Book a visit to the La Fageda farm.
- ▶ Sleep in one of the accommodation options in the village.
- ▶ Walk along the natural pools trail: Caga-rates, Gorg Blau, Gorg Sagolla... It is an easy walk covering 8 km and lasting around two hours.
- ▶ Enjoy a set menu in one of the restaurants in the village.
- ▶ Dare to take part in the Santa Pau escape village activity.



1

© AJUNTAMENT DE SANTA PAU



DISTANCE FROM SANTA PAU TO
 Barcelona 118 km
 Lleida 201 km
 Girona 45 km
 Tarragona 203 km
 Manresa 96 km
 Vic 51 km
 Berga 96 km

HOW TO GET THERE

By public transport
 by train to Girona
www.renfe.com and bus
 to Olot www.teisa-bus.com
By road
www.google.com/maps/place/Santa+Pau

Shall we go out?

Fesolada (bean festival)
 Coincides with the festivities of Sant Antoni Abat (third week in January)
Festa Major
 (14th-18th August)
Living Nativity Scene
 (6th and 7th of December)

Shall we go shopping?

There is no doubt that the star local product is the tasty white bean that bears the village's name. It has protected designation of origin.



2

© AJUNTAMENT DE SANTA PAU

Santa Pau
 has 13 volcanoes
 in its municipal
 district.



3

© AJUNTAMENT DE SANTA PAU

Where to sleep?

Find the full list of accommodation at the link
<https://visitsantapau.com/on-dormir-santa-pau-la-garrotxa>

Where to eat?

Find the full list of restaurants at the link
<https://visitsantapau.com/restaurants-santa-pau/>

1. VIEW OF THE CENTRE OF SANTA PAU.
2. JORDÀ BEECH FOREST, A MUST-SEE.
3. CRATER OF THE CROSCAT VOLCANO.

FALL IN LOVE WITH TAÜLL



© PATRIMONI VALLE DE BOI

WHERE ROMANESQUE ART TOUCHES THE SKY

Taüll is a small village, but it holds an important place in the history of world art and architecture.

The reason? It is home to two of the Vall de Boí Romanesque churches, which were declared UNESCO World Heritage Sites in the year 2000. Santa Maria and Sant Climent de Taüll are two gems which stand as testament to the human creative genius of the Middle Ages. They are pure examples, a matching set if you will, of primordial Romanesque art set in a rural Pyrenean landscape that is largely unchanged. And in every town in this valley (Coll, Cardet, Barruera, Durro, Erill la Vall and Boí) contains a church that belongs to this Romanesque cluster, and a trip around them interweaves art, nature, landscape and history. The village of Taüll, in the Vall de Boí municipality, awaits your visit to share with you its treasure. 📍

MORE INFORMATION

Tourist Board
www.vallboi.cat/en
 Vall de Boí Romanesque Centre
www.centreromanic.com

SANT CLIMENT DE TAÜLL.

The descent of the *Faies* (rustic torches) is an unforgettable experience: at night-time, a serpent-like torch-lit procession descends from the highest point of the mountain and wends its way through the village streets.

⌘ How much time do you have?

Half a day

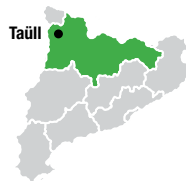
- ▶ You absolutely must see the video-mapping projection onto the remains of the original paintings in the **Sant Climent de Taüll** church.
- ▶ Have a wander around the village streets to the La Saneta viewpoint, just behind the church of Santa Maria.
- ▶ Visit the **Taüll dairy** and taste some of its delicious products.
- ▶ Visit the arnica fields of Taüll Orgànics.

A whole day

- ▶ Admire the church of Sant Climent.
- ▶ Also visit the Romanesque church of **Santa Maria de Taüll**.
- ▶ Have lunch in the village and stroll around its labyrinth of narrow medieval streets.
- ▶ Walk along the trail that leads to the Cuirilles viewpoint (1 hour and not difficult).

Two days

- ▶ Go and explore the **Aigüestortes i Estany de Sant Maurici National Park**. Don't forget a picnic basket packed with local products.
- ▶ Visit the Erill la Vall **Romanesque Centre**.
- ▶ Sleep in one of the village's accommodations.
- ▶ In wintertime, go on a snowshoe expedition at the Boí Taüll ski station.
- ▶ Taste some typical mountain gastronomy and, from May to October, relax in the **spa** at Caldes de Boí.



DISTANCE FROM TAÜLL TO

Barcelona 300 km
Lleida 146 km
Girona 400 Km
Tarragona 240 km
Manresa 201 km
Vic 245 km
Berga 215 km

HOW TO GET THERE

By public transport

Buses: from El Pont de Suert,
www.alsa.com/en/web/bus/home

By road

www.google.com/maps/place/Taull



© JOSE LUIS RODRIGUEZ

Shall we go out?

Les Falles

(third weekend in July)

Festa Major with traditional dancing of Sant Isidre and La Pila

(third weekend in July)

Shepherd's Cheese Fair

(August)

Festival of Early Pyrenean Music

(August)

Shall we go shopping?

The most typical product is the artisan cheese made at the Formatgeria Taüll dairy (+34 677 596 093). They have organically-reared herds, in summer, they organise guided tours and have won various awards for their excellent products.



© XIM CASTELLS

In Taüll

a video-mapping projection brings you closer to the meaning of the paintings.



© PARDONAT VALL DE BOI

Where to sleep?

Find the full list of accommodation at the link
www.vallboi.cat/es/alojamientos

Where to eat?

Find the full list of restaurants at the link
www.vallboi.cat/es/restaurants
www.vallboi.cat/es/bars-cafeteries

1. LLEBRETA LAKE, IN THE AIGÜESTORTES I ESTANY DE SANT MAURICI NATIONAL PARK.
2. BOÍ TAÜLL SKI RESORT.
3. VIDEO-MAPPING OF THE ICONIC ROMANESQUE MURAL IN THE SANT CLIMENT DE TAÜLL CHURCH.




FALL IN LOVE WITH

CALELLA DE PALAFRUGELL



SEASIDE CHARM ON THE COSTA BRAVA

With its luminous white houses, narrow streets and pebbly coves, the ancient fishing village of Calella de Palafrugell has retained the charm that the coastal communities of L'Empordà had before the arrival of tourism.

These days, Calella has around 700 inhabitants, a figure that doubles in the summer and, in particular, during the shanty singing festival (Cantada d'Havaneres). This has taken place on the first Saturday of July for over 50 years on the central beach of Port Bo, where boats are still landed on the beach and its seaside district has been declared an Asset of National Cultural Interest. Culture, especially in connection with music, is one of the distinguishing traits of this village. 

MORE INFORMATION

Palafrugell Town Hall

www.palafrugell.cat

Palafrugell Tourist Office

www.visitpalafrugell.cat/en/

Costa Brava Tourism Board

www.en.costabrava.org

Singing of Havaneres Shanties

in Calella de Palafrugell

www.havanerescalella.cat

GENERAL VIEW OF
CALELLA DE PALAFRUGELL.

© MARC CASTELLET

The Cap Roig Botanical Garden, which hosts the Cap Roig Festival of music and dance in the summer months, is considered to be one of the best in the Mediterranean.

⌘ How much time do you have?

Half a day

- ▶ Explore the village: from the Sa Perola building head down to Port Bo Square and carry on beside the sea until you get to **Canadell beach**.
- ▶ Contemplate Calella from the sea in a kayak.
- ▶ Walk the Camí de Ronda (Coast Path) and, when you get back, taste some local specialities.

A whole day

- ▶ Explore the Cap Roig Botanical Garden.
- ▶ Enjoy the magnificent views of Calella from the Sant Roc neighbourhood.
- ▶ Have lunch on Carrer de les Voltes: there are numerous very **pleasant restaurants**.
- ▶ In the afternoon, walk along the seashore to Llafranc and climb up to the cape of Sant Sebastià to visit the lighthouse, the hermitage, the watch tower and the ancient Iberian village.

Two days

- ▶ Hire a bicycle and go for a ride along the network of cycle tourism paths.
- ▶ Do some snorkelling and study the sea bed in any of the coves.
- ▶ Try some *garoines* (sea urchins), if they are in season, with wine from the DO Empordà.
- ▶ Sleep in a hotel in Calella: family accommodation with few rooms and responsive service.
- ▶ Discover the **PalafrugellPlus**, which offers a wide variety of local culture and nature activities: the Cap Roig botanical garden, the San Sebastián de la Guarda monumental complex, the Palafrugell Cork Museum, the Can Mario contemporary sculpture museum of the Vila Casas Foundation, the old Can Mario modernist water tank and the Foundation of the writer Josep Pla. www.palafrugellplus.com/en/



DISTANCE FROM CALELLA DE PALAFRUGELL TO

Barcelona 128 km
Terrassa 129 km
Figueres 56 km
Lloret de Mar 60 km
Girona 55 km
Lleida 265 km
Tarragona 215 km

HOW TO GET THERE

By public transport

From Barcelona
www.sarfa.com

By road

www.google.com/maps/place/Calella+Palafrugell



1

Shall we go out?

Sant Pere, Festa Major in Calella (June)
Singing of Havaneres Shanties in Calella de Palafrugell (July)
Cap Roig Garden Festival (July and August)
Young Musicians Series of Concerts (July and August)

Shall we go shopping?

Don't leave Calella without trying *rom cremat* (flaming rum cocktail) and *garoines* (sea urchins). You will find these and other gastronomic specialities in Palafrugell market (open from Tuesday to Sunday).



2

In **Calella de Palafrugell**, the traditional Havaneres Shanty Singing is a must-see event.



3

Where to sleep?

Find the full list of accommodation at the link
<https://visitpalafrugell.cat/es/calella/alojamiento>

Where to eat?

Find the full list of restaurants at the link
<https://visitpalafrugell.cat/es/gastronomia>

1. STREETS OF CALELLA DE PALAFRUGELL.
2. CAP ROIG GARDENS.
3. HAVANERES SHANTY SINGING.



FALL IN LOVE WITH PALS



A WALLED FORTRESS ON THE COSTA BRAVA

Few towns offer such a wealth of attractions as Pals. One of them is the fortification of the very well-conserved historical quarter and another is its enviable location atop a big hill with great views of the sea, the neighbouring Medes Islands and the plains of L'Empordà, which these days are wetlands dedicated to the farming of high-quality rice.

But Pals is much more than archways and narrow medieval cobbled streets. Here you will also find an interesting array of mansions, some of which are fortified. Of these, the most noteworthy are Mas Roig, Torre Pedrissa, Cap dels Anyells, Mas Tafurer (Molí de Pals), Mas Gelabert, Mas Jofre, Can Pou de ses Garites, and Torre Mora, from the 15th century. 📍

MORE INFORMATION

Pals Town Hall

www.pals.cat

Tourist Office

www.visitpals.com/en

Baix Empordà Regional Council

www.visitemporda.com/en

Costa Brava Tourism Board

www.en.costabrava.org

GENERAL VIEW OF PALS,
WITH THE CLOCK TOWER.

The beach at Pals is a large sandy expanse covering 3.5 kilometres. You can get to the shoreline along the old beach path through dunes and white pine trees.

⌘ How much time do you have?

Half a day

- ▶ Explore the town: walk through its walled section and admire the harmonious combination of buildings from the Romanesque, Gothic and Baroque periods.
- ▶ Climb the **Les Hores Tower**, a Romanesque tower with a circular layout that is one of the few remaining vestiges of the castle, and enjoy the wonderful views.

A whole day

- ▶ Go to the **beach at Pals** and from the southern end of the beach get onto the coastal pathway and head to the Begur coves, with their impressive sea bed.
- ▶ Taste a typical Pals rice dish paired with wine from **DO Empordà**.
- ▶ Take a look at the golf course, the oldest on the Costa Brava.

Two days

- ▶ Lose yourself around the Basses d'en Coll ponds where you can cycle or walk on the many pathways that line the **rice paddies**.
- ▶ Enjoy an authentic seaside meal.
- ▶ Head up to the highest point on the **Quermany massif** and enjoy the great panoramic view.
- ▶ Sleep in one of the town's accommodation options.
- ▶ Go to the **Baix Ter Natural Park** walking through the nature of the fantastic dune system and the flora and fauna in danger of extinction.
- ▶ Have lunch in one of the restaurants on the outskirts of the town.
- ▶ Visit the **Iberian settlement of Ullastret** and book a dramatised tour.
- ▶ Go sailing on the wide beach or take part in other active tourism activities.



DISTANCE FROM PALS TO

Barcelona 145 km
Tarragona 219 km
Lleida 207 km
Girona 46 km
Sabadell 124 km
Figueres 45 km
Lloret de Mar 63 km

HOW TO GET THERE

By public transport

From Barcelona and Girona
www.sarfa.com

By road

www.google.com/maps/place/Pals



© JOAN CEBRIA

Shall we go out?

Pals gastronomic festival of rice (spring)
Traditional planting of the rice (June)
Candlelit evening (last weekend in July)
Wine Festival (August)
Harvesting the rice (October)
Living Nativity Scene (December)

Shall we go shopping?

Don't leave Pals without tasting its rice or discovering the traditional ceramics from the neighbouring town La Bisbal d'Empordà. Every Tuesday there is a produce market (fruit, olive oil, cheese...).



© FONDO FOTOGRAFICO ARCHIVO MUNICIPAL

Pals

offers lovely views of the rice fields.



© FONDO FOTOGRAFICO ARCHIVO MUNICIPAL

Where to sleep?

Find the full list of accommodation at the link
www.visitpals.com/es/guia/alojamientos/hoteles

Where to eat?

Find the full list of restaurants at the link
www.visitpals.com/es/guia/restaurantes

1. PALS BEACH WITH THE MEDES ISLANDS IN THE BACKGROUND.
2. GOTHIC QUARTER WITH THE CLOCK TOWER TO THE RIGHT.
3. AN EAR OF RICE.



FALL IN LOVE WITH

PERATAL LADA



A JEWEL BETWEEN THE SEA AND THE MOUNTAINS

More than just a geographical location, Peratallada is where to go to travel back in time. To visit the town is to enter into the feudal domains of one of the most important lineages in L'Empordà since the 10th century. However, archaeological findings suggest that the origins of the Petra taliata (carved stone) settlement could date back to pre-Roman times. The town shares a municipality with Vulpellac, Fonteta and other small villages in the exceptional natural environment of L'Empordà.

In addition to the wealth of medieval architecture, another of its undeniable attractions is the local version of L'Empordà gastronomy, in which the finest ingredients from the land and the sea, along with mountain meats and cheeses, create a variety of contrasts and flavours which are traditionally served in the artisan ceramic tableware from neighbouring La Bisbal d'Empordà. 📍

MORE INFORMATION

Peratallada Tourist Office
www.visitperatallada.cat/en/
 Tourist Board
www.en.costabrava.org
www.trade.costabrava.org/en

MEDIEVAL CENTRE OF PERATAL LADA.



1

© AJUNTAMENT DE FORALLAC



2

© AJUNTAMENT DE FORALLAC



3

© AJUNTAMENT DE FORALLAC

Peratallada
is the perfect rural
base for discovering
L'Empordà.

Where to sleep?

Find the full list of accommodation at the link www.visitperatallada.cat/es/pueblos/alojamientos-35.html

Where to eat?

Find the full list of restaurants at the link www.visitperatallada.cat/es/pueblos/restaurantes-34.html



Peratallada

DISTANCE FROM PERATALLADA TO

Barcelona 130 km
Lleida 280 km
Tarragona 220 km
Girona 40 km
La Bisbal d'Empordà 5 km
Figueres 50 km

HOW TO GET THERE

By public transport
Bus (www.moventis.es)
and train (www.renfe.com)
By road
www.google.com/maps/place/Peratallada

Berenguer de Cruilles, the first president of Catalonia's government, in 1359, was born in Peratallada.

⌚ How much time do you have?

Half a day

- ▶ Have a drink in **Bar del Poble**, which shares a building with the tourist office. You are guaranteed to get a good flavour of village life.
- ▶ Enjoy a walk through the historical quarter and tag your photos on Facebook (@visitperatallada) or on Instagram (@visita_peratallada).
- ▶ Taste some cuisine from L'Empordà in one of the restaurants with outdoor seating.

A whole day

- ▶ Visit the eight villages that make up the municipality of Forallac, including Peratallada, and tag your photos @ajuntament_forallac and @visita_peratallada on Instagram.
- ▶ Discover the fusion of sea and mountain in the restaurants of Peratallada.
- ▶ Admire the defensive **walls** carved out of rock.
- ▶ Snack on one of the **home-made ice-creams**, both sweet and savoury, which are a speciality of the town.

Two days

- ▶ If you come in October, enjoy the **wood charcoal** making experience in Sant Climent de Peralta.
- ▶ Also in October is the **Fira Medieval**, the Medieval Fair. Get stuck in and enjoy a feudal lunchtime feast.
- ▶ To aid digestion, follow one of the walking or cycling trails, which can be downloaded at www.visitperatallada.cat/en/.
- ▶ Enjoy the starlit night sky before spending the night in one of Peratallada's places to stay.
- ▶ Head to the sea. The nearest beach is 20 minutes away by car.
- ▶ Treat yourself to a seafood meal.
- ▶ Don't miss the **Montgrí, Illes Medes i el Baix Ter Natural Park**.

Shall we go out?

Herb Fair (April)
Festa Major (August)
Medieval Fair (October)

Shall we go shopping?

Buying some artisan ice-cream from Peratallada is obligatory, as are the Cal Tuset madeleine cakes. The cloth-wrapped fresh cheese from Fonteta, the neighbouring village, is legendary as it is made with both cow's and sheep's milk. In Bisbal d'Empordà, the little craft shops are worth a visit, especially those related to ceramics, the town's oldest tradition.

1. VIEW OF THE BACK OF THE CHURCH OF SANTA ESTEVE.
2. COUPLE WALKING THROUGH THE WALLED QUARTER.
3. VIEWS OF THE KEEP FROM THE CLOCK TOWER.

FALL IN LOVE WITH MURA



EXPLORE A NATURAL PARK FROM THE INSIDE

Mura is a little village with a medieval feel, and fewer than 250 inhabitants, which has always managed to preserve the charm of its narrow cobbled streets. It is located in the centre of the Sant Llorenç del Munt i l'Obac Natural Park, 57 km away from Barcelona along predominantly picturesque roads.

In Mura, the landscape is overwhelmingly natural. The human constructions are so old and were built so well that they completely blend into the surroundings. A must-see is the Romanesque architectural heritage. Since the end of the 20th century, tourism has been one of Mura's main industries, but it has never lost its special character. 📍

MORE INFORMATION

Mura Town Hall

www.mura.cat

Information Centre, Sant Llorenç del
Munt i l'Obac Natural Park

<https://parcs.diba.cat/web/SantLlorenç>

Tourist Board

www.bagesturisme.cat/en

EL PUIG DE LA BALMA.

© AJUNTAMENT DE MURA

Are you coming in April? Celebrate the Festival of Sant Marc with us and help to protect the town from storms by eating a delicious panellet sweet treat.

⌘ How much time do you have?

Half a day

- Follow the self-guided tour “**Balmes, masies i molins**” (Lakes, mansions and mills), which starts at the interpretation centre. In under two hours you will have covered the whole of the town.
- Eat in one of the town’s restaurants and try some **cigronets de Mura** (chickpeas) and wine from the DO Pla de Bages.
- Enjoy an introduction to the natural park: head up to La Mola, the top of the Sant Lorenç massif, or relax in the municipal pool.

A whole day

- Walk the park trail, which takes you to discover the **ancient stone tinas** (wine vats) and enjoy a wine tasting and oils at www.elmolidelmig.com
- Explore the town: walk around the town centre following the instructions on es.wikiloc.com/wikiloc/view.do?id=6940108. Have lunch in the town. Have lunch in the town.
- Visit the **Mura Caves**: a 5 km circular walk from the interpretation centre (contact the guide on tel. 629 822 714).
- Have a picnic at the river pool known as Gorja del Pare, with cake from the Cal Muntada bakery.

Two days

- Do some shopping in the town: visit La Torneria, El Celler, Mura and La Botiga Sausages, while you choose a place to sleep.
- Head off into the park: follow the **Pedra Seca trail**, which lasts three hours and includes some ancient buildings.
- Have lunch in Mura and enjoy some pink tomatoes.
- An excursion to Terrassa to visit the **Masia Freixa** mansion, a modernist treasure, and the **Science and Technical Museum of Catalonia**.
- Enjoy dinner and sleep in Mura. Fit in some stargazing in the park.
- Take a guided nature watch tour and eat a picnic in the park.
- Enjoy a honey collecting workshop in the **Llonch mansion**, within the park grounds.



DISTANCE FROM MURA TO

Barcelona 58 km
 Terrassa 26 km
 Sabadell 33 km
 Manresa 21 km
 Girona 126 km
 Lleida 135 km
 Tarragona 130 km

HOW TO GET THERE

By public transport
 From Navarcles
www.transbagesbus.com/en
 From Terrassa www.tgo.net
 By road
www.google.com/maps/place/Mura



© AJUNTAMENT DE MURA



© AJUNTAMENT DE MURA



© AJUNTAMENT DE MURA

In **Mura**
 you will discover ten
 centuries of harmony
 with nature.

Where to sleep?

Find the full list of accommodation at the link <https://www.mura.cat/turisme/on-dormir>

Where to eat?

Find the full list of restaurants at the link www.mura.cat/turisme/on-menjar

1. GENERAL VIEW OF MURA.
 2. CHURCH OF SANT MARTÍ.
 3. HERMITAGE OF SANT ANTONI.

FALL IN LOVE WITH RUPIT



A RURAL BAROQUE JEWEL IN AN IMPRESSIVE LANDSCAPE

Rupit is a small village with 285 inhabitants in the centre of Catalonia, set into the steep slopes of the Collscabra massif. This immense geological treasure conceals a labyrinth of streets and houses whose thresholds bear witness to their Baroque splendour.

In addition to its rich cuisine, this village boasts attractive stone houses with coloured wooden balconies, traditional gabled roofs and cobbled streets. But there is more: under five kilometres away you will find another natural marvel. The Sallent waterfall, an abundant cascade of water of over 115 metres in height, is the largest in the region. 📍

MORE INFORMATION

Rupit i Pruit Town Hall
www.rupitpruit.cat
 Consell Comarcal d'Osona
www.osonaturisme.cat

GENERAL VIEW OF THE VILLAGE.



© KIM CASTELLS



© ORIOL CLAVERA



© AJUNTAMENT DE RUPIT PRUIT



© JOSEPH RIC LÓPEZ, WVIC

Rupit

had its heyday in the 17th century, hence its splendid Baroque heritage.

Where to sleep?

Find the full list of accommodation at the link <https://www.rupitpruit.cat/turisme/on-dormir/>

Where to eat?

Find the full list of restaurants at the link <https://www.rupitpruit.cat/turisme/on-menjar/>



DISTANCE FROM RUPIT TO

Barcelona 106 km
Lleida 189 km
Girona 97 km
Tarragona 193 km
Manresa 82 km
Olot 26 km
Vic 28 km

HOW TO GET THERE

By public transport
Buses from Barcelona via Vic
www.sagales.com/en
By road
www.google.com/maps/place/Rupit

Two must-sees: the church of Sant Joan de Fàbregues, the most spectacular Romanesque building in the area, and the nearby Sallent waterfall, the tallest in Catalonia.

⌘ How much time do you have?

Half a day

- ▶ Take a calm stroll through its very well-preserved streets, and admire the Baroque altarpiece in **Sant Miquel** church.
- ▶ If you go with children, enjoy a fun game for exploring the historic district with treasures and surprises (from the tourist office).
- ▶ Go across the original **Pont Penjat**, a wooden suspension bridge.

A whole day

- ▶ Head into the countryside and explore the **massif of Collsacabra** with a local guide.
- ▶ Visit the Santa Magdalena hermitage.
- ▶ Enjoy traditional Catalan cuisine in Rupit.
- ▶ Go on one of the guided tours of the historic area.

Shall we go out?

Festa Major
(29th of September)
Living Nativity Scene
(end of December)

Shall we go shopping?

In Rupit you can buy a variety of locally-made gourmet food products (bread, cakes, cured meats, wafers, and more) and also hand-crafted fabrics. Some local craftspeople offer you the chance to visit their workshops to watch them making their products right in front of you.

- ▶ Buy a foodie souvenir of bread and *coques* (traditional pastries).

Two days

- ▶ Admire the view of Collsacabra from one of the viewpoints around Rupit.
- ▶ Go exploring the surrounding area to really get to know the landscape.
- ▶ Taste some local cured meats at one of the picnic spots.
- ▶ Follow the **GR2 pathway** to Tavertet, a 7.5 km circular walk through impressive scenery.
- ▶ Sleep in one of the town's accommodations.
- ▶ Enjoy a ride on a mountain bike or a horse around the outskirts of the village.
- ▶ Eat in one of the restaurants with views of the village.
- ▶ Bid farewell to Rupit with a visit to a craft workshop.

1. THE STEEP COLLSACABRA LANDSCAPE.
2. PICTURESQUE STREETS OF RUPIT.
3. THE WOODEN SUSPENSION BRIDGE.
4. BAROQUE FAÇADE OF THE CHURCH OF SANT MIQUEL.




FALL IN LOVE WITH PRADES



AN IMPRESSIVE NATURAL SPACE

Located on a high plateau 950 metres above sea level, Prades is in the heart of mountains that bear the same name. The town fits harmoniously into its stunning natural surroundings, which are ideal for all manner of sporting, cultural and fun activities.

The Atlantic climate here makes it an ideal summer destination and also a perfect place for enjoying the snow in winter. Its narrow, winding streets house many places of interest (churches, hermitages, squares, fountains, the castle remains...) making it somewhere that is really worth a good wander around. 

MORE INFORMATION

Prades Town Hall and Prades
Mountains Interpretation Centre
www.prades.cat/en
Costa Daurada Tourist Board
www.costadaurada.info
www.muntanyescostadaurada.cat

OLD QUARTER OF PRADES.



In **Prades**
see a Renaissance fountain in the shape of the world globe.

Where to sleep?

Find the full list of accommodation at the link <https://prades.cat/turisme/allotjaments>

Where to eat?

Find the full list of restaurants at the link <https://prades.cat/turisme/on-menjar>

⌚ How much time do you have?

Half a day

- ▶ Go on a guided tour around the town to see the church, the castle and the Prades Mountains Interpretation Centre (ask in the Tourist Office).
- ▶ If you are visiting with children, don't miss a visit to the **Roca Foradada**.

A whole day

- ▶ Just 2 km outside of Prades you can visit the **hermitage of Abellera**, which was constructed on top of a cave located at an altitude of 1,020 metres (ask in the Tourist Office).
- ▶ Hire a bicycle and follow one of the mountain biking trails on offer or take part in an activity at Prades Aventura Park (www.pradesaventura.cat).
- ▶ Discover the local gastronomic products: potatoes, honey, beer and chestnuts.
- ▶ After dessert, visit the church of **Santa Maria** and walk through the streets of the old quarter.
- ▶ Marvel at the views from the top of the church's belfry and find out about the clock mechanism.

Shall we go out?

- Thyme Festival (May)
- International Sheepdog Competition (August)
- Potato Festival (September)
- Prades Bosc (November)

Shall we go shopping?

Typical products from Prades are honey, potatoes (with Protected Geographical Indication - PGI), mountain apples, hazelnuts, chestnuts, mushrooms and thyme. Every Friday there is a market in the main square. Nearby businesses sell excellent local-sourced products.

Two days

- ▶ Explore the surrounding countryside: sign up for a tour around the more than 30 natural water sources that exist in the town.
- ▶ Enjoy a picnic in the designated areas made with excellent local products.
- ▶ Dare to sign up for some canyoning action in the **Prades Mountains**. www.gorgaventura.com/en
- ▶ Don't miss out on a spot of **stargazing**. The sky above Prades is top notch. www.parcasronomicprades.cat
- ▶ Admire the Prades river lake.
- ▶ Try a potato dish with PGI (Protected Geographical Indication) in one of the restaurants.
- ▶ Climb up to the **Tossal de la Baltasana**, the top of the Muntanyes de Prades, winding your way through one of Catalonia's unique oak groves.
- ▶ Before leaving, look into the history of Queen Margaret of Prades.



DISTANCE FROM PRADES TO

- Barcelona 150 km
- Girona 230 km
- Lleida 65 km
- Tarragona 58 km
- Reus 46 km
- Montblanc 35 km

HOW TO GET THERE

By public transport
From Barcelona
www.empresaplana.cat
By road
www.google.com/maps/place/Prades

It is known as the Red Town because of the reddish colour of the sandstone used in the construction of a large number of the buildings and the medieval town wall.

1. THE HERMITAGE OF ABELLERA.
2. PLAZA MAYOR AND SANTA MARIA CHURCH.
3. THE RENAISSANCE FOUNTAIN IN PRADES.

FALL IN LOVE WITH **SIURANA**



LAND OF PRINCESSES AND WARRIORS

Siurana, at 737 metres above sea level, presides over the marshes and the river of the same name in the Montsant and Prades Mountains.

Its strategic location meant that for centuries it was first line defence against the Moors. Losing yourself in its narrow streets and discovering the vestiges of the Muslim occupation and subsequent history is highly recommended. Sit atop a crag of limestone rock, Siurana has become one of the best places in the world to do sport climbing. It has hundreds of equipped routes for this adventure activity.

Siurana is part of the municipality of Cornudella de Montsant, an area of impressive scenery. 📍

MORE INFORMATION

Siurana Tourist Office
www.turismesiurana.org/en

GENERAL PANORAMA OF SIURANA.

Siurana Castle was the last Muslim bastion, conquered by the Christians in Catalonia in 1153. The conquest was epic and gave rise to numerous legends.

⌘ How much time do you have?

Half a day

- ▶ Take part in a guided theatrical tour or explore the historical quarter under your own steam.
- ▶ Get close to the **Reina Mora** (Moorish Queen) cliff face. Legend has it that Abdelazia, the daughter of the Muslim governor of Siurana, jumped off this cliff when the Christian soldiers arrived. The views are spectacular.

A whole day

- ▶ Admire the Romanesque church of Santa Maria.
- ▶ Have an adventure on one of the mountain biking trails around Montsant.
- ▶ Visit one of the **Priorat** wineries where they offer tastings with wine pairing.
- ▶ In summer, enjoy the water activities in the marshes.

Two days

- ▶ Explore the remains of the **Arab castle**, a military building from the 9th century.
- ▶ Have a go at some **climbing** on the cliffs with established routes.
- ▶ Have lunch at one of the restaurants in Siurana.
- ▶ Take a trip around the villages of the **Serra del Montsant Natural Park** along its panoramic roads.
- ▶ Enjoy the sunset with a glass of wine while being told a legend.
- ▶ Stay in one of the rural accommodation options in the village.
- ▶ Follow the trail named “**Records de princesses i guerrers**” (Memories of princesses and warriors), which has some spectacular views.
- ▶ Enjoy a dish that has been drizzled in olive oil from the Siurana PDO.
- ▶ Go on an invigorating trip around the landscape of the last stronghold of al-Ándalus in Catalonia.



DISTANCE FROM SIURANA TO

- Barcelona 104 km
- Girona 177 km
- Lleida 48 km
- Tarragona 30 km
- Reus 18 km
- Valls 27 km
- Montblanc 24 km

HOW TO GET THERE

By public transport
From Barcelona
www.empresaplana.cat
By road
www.google.com/maps/place/Siurana



1

© PATRIMAT DE TURISME DE CORNUDELLA DE MONTSANT



2

© TINA BAGUE

In **Siurana**
the sunsets are
spectacular.



3

© NURIA TORRES GZ

Where to sleep?

Find the full list of accommodation at the link www.turismesiurana.org/es/alojamientos

Where to eat?

Find the full list of restaurants at the link www.turismesiurana.org/es/restaurantes

1. TRAIL MEMORIES OF PRINCESSES AND WARRIORS.
2. A CORNER OF SIURANA.
3. ARBEQUINA OLIVES FROM THE SIURANA PDO.

FALL IN LOVE WITH MONTSONÍS



DISCOVER THE CATALONIA OF THE BORDERLANDS

The tiny mountain village of Montsonís was a place of great importance during the Middle Ages because of its location on the border of the Arab world. It is crowned by a castle, which used to take in the numerous pilgrims who walked the Way of Saint James. In the present day, the flag is still flying from the keep indicating that this fortress, which has been very well preserved, is inhabited and in use. By visiting the castle and the historical quarter of Montsonís, you can imagine the day-to-day life of the inhabitants of the area in medieval times and be transported back centuries.

Montsonís is one of the villages in the municipality of Foradada and it has the information point for the Montsec area. 📍

MORE INFORMATION

Foradada Town Hall
www.foradada.cat
 The Patronat de Turisme
 (Regional Tourist Board)
 of the Diputació de Lleida.
www.diputaciolleida.cat/fem-turisme
www.aralleida.cat/en

MONTSONÍS, WITH THE CASTLE.

The municipality of Foradada, in which Montsonís is a village, has been declared a Starlight Tourist Destination because of the excellent conditions it offers for contemplating the night sky.

⌘ How much time do you have?

Half a day

- ▶ Sign up for a **theatrical tour** of Montsonís castle, which dates back to the 15th century, and which continues to be the residence of the Baron of Albi.
- ▶ Follow the trail **Land Art-Art Natura**, where works of art are integrated into the surroundings.

A whole day

- ▶ Visit the **Mare de Déu de Salgar** monastery and the vestiges of the Iberian settlement of Antona or Malagastre.
- ▶ Taste the local gastronomy in one of the village restaurants.
- ▶ Spend the afternoon in the vineyards of a local winery in the **DO Costers del Segre** area.

Two days

- ▶ Enjoy a workshop at the castle. There are various options, including medieval cookery and juggling.
- ▶ Visit the **Munt bunker** with views over Rubió de Baix and eat a picnic of *coques de recapte* (a kind of local pizza), cured meats and local wine.
- ▶ Go up to the viewpoint and the **hermitage of Sant Urbà**.
- ▶ You must reserve a night for some guided stargazing.
- ▶ Stay in one of the accommodation options in the village.
- ▶ Explore the **Montsec mountain range site of natural interest**; you can obtain information in La Botiga de Montsonís.
- ▶ To really get to know the local gastronomy, walk to Artesa de Segre, which is three kilometres from Montsonís. In its cobbled streets you will find numerous restaurants.



© ENRIC WIMIC



DISTANCE FROM MONTSONÍS TO

Barcelona 110 km
Girona 149 km
Tarragona 87 km
Lleida 45 km
Tremp 33 km
Montblanc 71 km

HOW TO GET THERE

By public transport
From Barcelona to Artesa de Segre
www.alsa.com/en/web/bus/home
By road
www.google.com/maps/place/Montsonis

Shall we go out?

Foradada Cultural Week and Land Art Competition (May)
Trail Lo Búnker Race (June)
Summer Concert in the Mare de Déu de Salgar Monastery (July)
Festa Major de Montsonís (August)

Shall we go shopping?

The Rubió de Sòls winery makes its own highly-recommended wine. The vegetables and cured meats of this area are excellent.



© FERRER COSTA



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Montsonís

and its castle are ideal for understanding medieval rural life.

Where to sleep?

Find the full list of accommodation at the link www.foradada.cat/turisme/menjar-dormir-i-serveis

Where to eat?

Find the full list of restaurants at the link www.foradada.cat/turisme/menjar-dormir-i-serveis

1. A TRADITIONAL HOUSE.
2. MONASTERY OF LA MARE DE DÉU DE SALGAR.
3. MONTSONÍS CASTLE.



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More information

Tourism promotion organisations

Tarragona Provincial Authority Tourist Board
www.costadaurada.info
www.terresdelebre.travel

The Patronat de Turisme Costa Brava Girona
www.en.costabrava.org

The Patronat de Turisme (Regional Tourist Board) of the Diputació de Lleida
www.aralleida.cat

The Barcelona Provincial Council
www.barcelonaesmoltmes.cat

The Turisme de Barcelona Consortium
www.barcelonaturisme.com

Foment Torisme Val d'Aran
www.visitvaldaran.com

Catalan Tourist Board
www.catalunya.com

 www.facebook.com/catalunyaexperience
@catalunyaexperience

 www.twitter.com/catexperience
@catexperience

 www.instagram.com/catalunyaexperience

 www.youtube.com/user/CatalunyaExperience

Palau Robert
(Centre for Tourist Information on Catalonia)
Passeig de Gràcia, 107. 08008 Barcelona
+ 34 93 238 80 91 / 92 / 93
www.gencat.cat/palaurobert

Opening hours:
from Mondays to Saturdays: 10 AM to 8 PM
Sundays and public holidays: 10 AM to 2:30 PM

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Bookings

Experience Catalunya
<https://experience.catalunya.com>

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