Get away with your family
## SUMMARY

### Catalonia with your family

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### Activity locator map

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### What do the pictograms for each activity mean?

- Age
- Time of year
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- Accessibility features
Fancy having a good time together? This is a destination where you can enjoy a ton of activities for visitors of all ages. Do you like the mountains? Both in the winter and the summer, adventures are planned that allow you to have fun in nature and find out some more about the animals, the plants, the stars, the snow sports or life in the countryside. Water addicts? There are plenty of underwater proposals awaiting you: rafting, calm journeys by kayak or sailing and windsurfing courses. Prefer to discover places, museums and monuments? You’re in luck, because the historical recreations allow you to get to know towns and cities as if you had travelled back in time. Travelling with babies? There are also activities planned for them which are specially adapted to their way of exploring the world. In need of a thrill? Lucky you: in the theme parks of Catalonia you can get your adrenaline rush by slipping down water slides, driving go-karts and enjoying the most daring and original attractions. At the end of the day, and to relax, there’s a network of accommodation which has the certified Family Tourism stamp of approval which guarantees the quality of the associated companies.

Catalonia is a place to enjoy with your family. Visit all year round. You will definitely find a suggestion to meet the expectations of each and every member of your group, from the young to the old, from the most active to those who love peace and quiet.

Visit the website for more information and specific proposals:
Venture into nature

Cross a river by jumping from stone to stone, watch the stars and the planets, enjoy the trees by moving from one to another with the help of a creeper, pedal on mountain bikes, go horse riding, climb a rock with the sea at your feet, take a ride in a carriage, gaze at the animals or find out who makes honey... all of these suggestions for activities to do with your family are waiting for you on the following pages.
1. Discover the Serra de Queralt

6-11 years  🦊  🌈  🍃  🌲  🐦  0

Turisme de Berga
www.turismeberga.cat

A guide specialised in the area will lead you to the places where you can enjoy the countryside and the most spectacular views of the Serra de Queralt. The route follows a coastal path and focuses on discovering the natural heritage. You will find springs and picnic areas along the way. 🌞

2. Fun in the high mountains

3-11 years  🍃  🏔️  🍃  🌲  🐰  €10-20

Portainé
www.portaine.cat

Nature lovers can enjoy Port Ainé Leisure and Adventure Park at a height of 2,000 metres. The park has two proposals: one for the winter, which includes an ice rink and sledges, and another for the summer, with activities such as all-round skates. 🌞

3. Native animals of the Pyrenees

+3 years  🐻  🐮  🐮  🐷  🐬  €5

Zoo del Pirineu
www.zoopirineu.com

Zoo of the Pyrenees allows you to get a close look at some of the animals which are local to the area. Stroke them, feed them and hold them. The specialists at the zoo will accompany you at all times and will lead this activity during which you will not only learn about the animals’ habits, but also find out some of their secrets. 🌞

4. Exhibition of flying birds of prey

+5 years  🦦  🦦  🦦  0-99 years  🐦  🦦  🎯  €12

Zoo del Pirineu
www.zoopirineu.com

Have you ever seen an owl up close? At the Zoo of the Pyrenees you can enjoy an exhibition of flying birds of prey and get a close look at them. You will also discover other animals during a guided tour which will allow you to get to know different species and even stroke a fox. 🌞

5. Adventure in the vertical forest

+3 years  🌲  🍂  🍀  🌳  🧠  €13

Pyrenees Adventure Park
www.pirineusparcaventura.com

Over 90 activities divided between 5 different circuits with 500 m of zip wires, jumps into the void, creepers, bridges, tunnels, Tarzan jumps, swings... The Pyrenees Adventure Park is located in the heart of Vall d’Àneu, near to La Torrassa reservoir. It’s a fun place for the whole family. 🌞

6. Wildlife of the Pyrenees

0-99 years  🦌  🐭  🦌  🌲  🌱  0-99 years  🦌  🐭  🦌  🌲  🌱  €16

Mòn natura Pirineus
www.monnaturapirineus.com

Ready to encounter some of the most representative wildlife species of the Pyrenees? In the landscape around Valls d’Àneu you can enjoy a unique experience. Accompanied by a technician, you will discover the main biological features and the behaviour of these species. 🌞
7. Nature and Mountain Biking

Fancy getting to know the brown bear’s natural habitat? This mountain biking route for families with children from 8 years old passes through the Alt Pirineu Natural Park. By bike, following the course of the Noguera Pallaresa River, you will get closer to the brown bear’s habitat and discover a natural world with fantastic heritage.

8. On the trail of the brown bear

The Casa de l’Ós Bru dels Pirineus (House of the Pyrenean Brown Bear), an interpretation centre where you can get to know this beautiful animal, is located in the town of Isil. After the visit, a circular tour takes place during which you will find traces that will help you to increase your knowledge on Pyrenean wildlife.

9. A trip through the galaxies

A visit to the planetarium to discover the constellations and the celestial objects which are visible from the northern hemisphere, followed by a marvellous show: looking at the Pyrenean sky with optical devices so that the whole family can enjoy a very special (and spatial!) night.

10. Welcome to the farm

Mas La Coromina offers an experiential and educational visit for the whole family. You will learn about the tasks that livestock farming entails, you will stroke the soft skin of the cattle and you will feed the animals. Through games and workshops, you will learn about the cows’ daily lives.

11. Can Trona, cultural and natural centre

This interpretation centre will bring you closer, in a virtual way, to Vall d’en Bas. Using audiovisual techniques, touch-screens and information panels, you will discover its culture and nature. In the Eco-museum, you will find information and curiosities about the territory: geological formation, history, fauna and flora.

12. Vall d’en Bas, mobile in hand

With the help of an app, you can visit all of the nooks and crannies of Vall d’en Bas, get to know its traditions and enjoy its artisanal products and its gastronomy. Simply download the AdventurIQ app and discover, with the help of its magical characters, 7 routes, 7 towns, lots of surprises and even prizes.
VENTURE INTO NATURE

13. A day in the countryside

If you want to explore, feel and experience, first hand, what living in the countryside is like, you can do just that at Mas la Coromina and visit its farm. With them, you will roam the land, feed the cattle, be there when they are milked, you’ll taste the milk and its by-products and you will learn about the work that is carried out in a country house.

Mas la Coromina
www.maslacoromina.cat

16. Horse riding through vineyards

You will be sure to have a good time riding ponies and horses through the vineyards, between olives and fruit trees in the area of Les Gavarres. The outings are adapted for children from 3 years old and beginners. A guide will accompany you on foot throughout the trek in order to give you tips and tell you some equine curiosities.

© HÍPICA UNICORN

17. Pony Mounted Games

An activity aimed at children from 3 years old and teenagers. It involves a series of games which will give the jockey the opportunity to develop any equestrian discipline. A sport where jockeys and ponies collaborate in order to win in terms of skill and speed. The smallest jockeys are accompanied by a guide.

© HÍPICA UNICORN

18. Els Estanys Park

A signposted route through Els Estanys Park, a 150,000 m² urban park where you can see birds and discover open-air art exhibitions which include big sculptures. The park organises nature trails and dramatised visits depicting magical tales so that the whole family can enjoy the stories surrounded by nature.

© NANO CAÑAS

14. Tales and legends of Boí and Taüll

Walks through the small towns of the Vall de Boí, listening to old legends about the fantastic and mythological creatures of the Pyrenees. You will discover the magic hidden behind the landscapes, accompanied by guides from Boí Taüll, who will narrate stories which have been passed down from generation to generation.

Boí Taüll
www.boitaullresort.com

© BOÍ TAÜLL RESORT

15. A ride in a chairlift

This summer activity invites you to access the birth of the Ter in a very unique way. Get into a chairlift and begin to climb upwards in an exciting and extremely visual manner. Once you have reached the summit, you can hike with your family and take in beautiful views of the Costa Brava from the vantage point.

Valter 2.000
www.valter2000.cat

© NANDO CAÑAS

© JOSEP GELI

© CASTELL-PLATJA D’ARO
+8 years
0-99 years

A bicycle ride during which you will be able to see the birds that live in the natural park while you border along farmland and canals. As an alternative, they also offer routes which are self-guided using a GPS through medieval towns of the Alt Empordà, such as Castelló d’Empúries and Peralada — inland — or Roses, Empuriabrava and Cadaqués — on the coast.

20. Vía ferrata (climbing route) over the sea
+12 years
0-99 years

Parc Aventura Sant Feliu de Guíxols organises the outing and equipment rental necessary in order to experience the only via ferrata in Europe over the sea. The Cala del Moli climbing route starts on the coastal path and has two low-difficulty sections which you can enjoy with your family with children over 12 years old.

21. Carriage excursions
0-99 years

In the daylight, and also under the light of the stars, Mas Paguina Riding Centre organises outings in horse-drawn carriages with a capacity for 8 or 9 people so that you can enjoy a pleasant excursion through the Montgrí Natural Park, in the natural surroundings of the mouth of the River Ter.

22. Welcome to the world of tree climbing
+8 years
0-99 years

Several stretches of zip wires between trees, connected by bridges, nets, cables and zip wires which allow you to move from tree to tree without touching the ground with maximum safety in order to care for both the participants and the trees themselves. Tree climbing sets into motion new skills, movements, decisions and emotions along with respect for nature.
24. From the olive tree to the table

- 0-99 years
- €8
- Museu de la Vida Rural
  www.museuvidarural.cat
- MUNTANYES DE PRADES
  www.concaturisme.cat

A family-friendly route to get to know the world of oil a little better. The visit begins in the olive groves where, through activities and games, you will learn more about the fruits of this tree. You will also carry out farming tasks, visit the Centre d’Interpretació dels Fruits del Paisatge, be offered something to taste and climb a bell tower.

25. The world of bees

- +6 years
- €10-15
- Drac Actiu
  www.dracactiu.com
- MUNTANYES DE PRADES
  www.concaturisme.cat

Get to know the bees thanks to a workshop and increase your affection for these important pollinators. This is what Drac Actiu has to offer. You will discover what they are like, where they live, their ecological importance and the properties of the products that they make and what they are used for.

26. La Conca de Barberà on horseback

- 3-10 years
- €12
- Villa Engracia
  www.villaengracia.com
- MUNTANYES DE PRADES
  www.concaturisme.cat

Guided horseback excursion to enjoy the natural surroundings of Poblet with your family. The trek, which lasts for one hour, is suitable for the whole family and passes through picturesque landscape. A gentle horseback ride will allow you to discover some of the territory’s transformations and you will also meet the people there.

27. The hermitage and Foradada rock

- +6 years
- €12
- Ajuntament de Prades
  www.prades.cat
- MUNTANYES DE PRADES
  www.muntanyescostadaurada.cat

Guided visit lead by a biological expert in the territory who will help you to venture into and connect with nature. You will follow routes which will allow you to discover the essence of Prades. To gather strength and get to know local products, before finishing the visit you will be offered a tasting.

28. My first pony ride

- 3-10 years
- €7
- Villa Engracia
  www.villaengracia.com
- MUNTANYES DE PRADES
  www.concaturisme.cat

First contact with the fascinating world of horses. Children from 3 years of age will enjoy a 15-minute trek in order to feel how the pony moves and increase confidence. Also, during the excursion, the children will discover some curiosities about the equestrian world.

29. A natural maze and a cave of legends

- 6-16 years
- €10
- Ajuntament de Vilanova de Prades
  www.vprades.altanet.org
- MUNTANYES DE PRADES
  www.muntanyescostadaurada.cat

A route in which explorers will be introduced to the legend of the Home Fe. An excursion which begins in Vilanova de Prades and heads towards the cave of Calaixos de l’Ereldo and Punta del Curull, winding through rocks which form a natural maze. Views of Montsant, Les Garrigues, the Conca de Barberà and the Prades mountains.
VENTURE INTO NATURE

30. A visit to Prades

0-99 years ☄️ €5

Ajuntament de Prades
www.prades.cat

MUNTANYES DE PRADES
www.muntanyescostadaurada.cat

From the Santa Maria Church to the castle remains, a route which will allow you to experience and get to know the most emblematic parts of Prades. Also, in the Interpretation Centre of the Prades mountains you can learn more about the surroundings and round it all off by tasting local products.

31. Salou Adventure Wood

+3 years ☄️ €13-30

Bosc Aventura
www.boscoaventurasalou.com

SALOU
www.visitsalou.eu

In this multi-adventure park you will find different activities such as circuits with bridges and zip wires which can be used by boys and girls from 3 years old. Turn up the action by playing soft paintball or regular paintball. You can also become unstoppable archers or practise your swing on the 14 minigolf courses.

32. 4x4 Adventure in Els Ports

0-99 years ☄️ €35

Gubiana
www.gubiana.com

ELS PORTS
elsportsenfamilia.cat

Enjoy an excursion in 8-seater 4x4 vehicles. You will climb to the summit of Mont Caro and Mola de Catí. After breakfast in the mountains, it’ll be time to explore the caves and, as you’ll already find yourself in the woods, investigate the wildlife. With the help of some practical field cards, you will identify plants and animal tracks.

33. Let’s help Bigotis the otter

+4 years ☄️ €80 per group

Arabogues
www.facebook.com/arabogues.delasenia

ELS PORTS
elsportsenfamilia.cat

Bigotis the otter would like to move to the Sénia river, but is still not entirely convinced. Therefore, you and your whole family can help her to discover the treasures of the river and encourage her to stay. The activity begins with a short excursion to the La Vella Mill, where you will carry out an observation.

34. Canyoning in the Els Ports Natural Park

9-16 years ☄️ €32

Montserrat
www.montsport.es

ELS PORTS
elsportsenfamilia.cat

Wrapped up in a wetsuit, you can experience a unique adventure. At the Els Ports Natural Park you can jump into pools of water, slip down stone slides, swim, dive and abseil during a family activity which will give you a real adrenaline rush.

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IS THE NUMBER OF SQUARE KILOMETRES COVERED BY THE EXPANSE OF THE PRADES MOUNTAINS.
35. Explorers of Els Ports

+4 years  ⛹️‍♂️  ⛹️‍♀️  ⛹️   €80 per group

Arabogues
www.facebook.com/arabogues.delsenia

Would you like to discover the wildlife that lives in the surroundings of the mountains of Els Ports Natural Park? During this activity you will follow the trail of the wild goat, birds of prey, bats and all of the animals that live in this great natural area. You can also familiarise yourself with the massif’s most curious vegetation.

36. The house of the fish in Els Ports

0-99 years  ⛹️  ⛹️   €1-10

Gubiana
www.gubiana.com

Guided tour along the trail of Panxampla, who was the last Catalan bandit. A route which will lead you through the gorge of Conca to Toscar in order to see the ruins of the Carles Castle and the Gothic hermitage of Sant Julià. To finish up, go fishing for organically farmed fish.

37. Legends and family hiking

0-99 years  ⛹️‍♂️  ⛹️‍♀️   €1-10

Gubiana
www.gubiana.com

Are you ready to discover the magic of the forest? Different itineraries will lead you to places which hide folk legends such as Lo faixó de la serp, La cara de la reina (The queen’s face) or Cuento de la madre ardilla (The tale of the mother squirrel). A general explanation of the traditional mythology of Els Ports and a magical charm serve as a starting point.

38. A bike ride through Val de Zafán

0-99 years  ⛹️‍♂️  ⛹️‍♀️   €20

Esgambi
www.esgambi.com

Would you like to travel through the tunnels of an old railway line? The whole family can take on this cycling challenge which consists in following a section of the Val de Zafán greenway. The steep descent of the section will mean that you hardly feel tired while you enjoy the unbeatable views of Els Ports.
The cold doesn’t scare the brave. You just have to wrap up well and be in the mood for a good time to have non-stop fun at Catalonia’s ski stations, where there is an endless number of proposals for making the most of the snow. Want to become a snowboarder, wear snowshoes or go skiing with the whole family in the middle of the night?
39. Night skiing

+6 years  ⛷️  €20-30

Masella
www.masella.com

If you love skiing, at the Masella station you can do it after nightfall. How? Thanks to the network of lights that light up the 13 slopes of the lower and medium levels of the skiing area. The option of night skiing is available during the winter months, on Thursday and Saturday nights.

40. Snowboarding and so much more

+3 years  ⛷️  €30+

Masella
www.masella.com

Beginner skiers and the little ones can enjoy a snow garden and green slopes. The most adventurous will surely want to discover the forest routes on higher ground and experience great thrills in an alpine landscape where they can ski and snowboard.

41. Valls d’Àneu wearing snowshoes

+8 years  ⛷️  €30+

Alta Ruta Aventura
www.altaruta.com

VALLS D’ÀNEU
www.vallsdaneu.org

Pass through beautiful snowscapes while, alongside you, you see the paw prints left by the animals in the snow. Excursions wearing snowshoes to discover the great natural beauty hidden in the different valleys with your family.

42. Naturalists wearing snowshoes

0-99 years  ⛷️  €10-20

Mònnatura Pirineus
www.monnaturapirineus.com

VALLS D’ÀNEU
www.vallsdaneu.org

Naturalist interpretation route in snowshoes around the centre’s surroundings. The objective, as well as having fun, is to get to know the natural environment and enjoy the calmness of the snowy mountain while you look at the differences between the shady and sunny areas, the characteristic wildlife and its tracks.

7 IS THE NUMBER OF SKI STATIONS THAT HAVE THE FAMILY TOURISM STAMP OF THE REGIONAL GOVERNMENT OF CATALONIA.

700 IS THE NUMBER OF KILOMETRES OF SKI SLOPES WHICH AWAIT YOU AT THE SKI STATIONS IN CATALONIA.
Discover the environment

The mysteries of the Romanesque churches, built a thousand years ago, will be revealed to visitors. As will all of the secrets kept by the monuments and equipment dedicated to the dissemination of culture and history. You don’t need a time machine to experience unique experiences, just the suggestions that you will find here. 📍
43. A trip around Berga

6-11 years  🏙️  🏙️  🏙️  🏙️  🏙️  €0

Tourisme de Berga
www.turismeberga.cat

Berga

This proposal invites you to take a trip at your leisure through the streets of the old quarter of Berga. With your family and following the directions on the brochure “Un tomb per Berga”, which you can find at the tourist office, you can get to know its streets and discover the city through its physiognomy.

44. Casa Gassia dramatised visit

+4 years  🏙️  🏙️  🏙️  🏙️  🏙️  €7

Ecomuseu Valls d’Àneu
www.ecomuseu.com

Valls d’Àneu

This typical house in Vall d’Àneu, from the end of the 17th century, is an impenetrable stronghold of the Pallars identity and idiosyncrasy. During the visit you will be able to see its rooms, in a very special way, accompanied by Esperanceta, a character who is sure to leave an impression on you.

45. Get closer to the Romanesque churches

0-99 years  🏙️  🏙️  🏙️  🏙️  🏙️  €2

Romanesque centre
Vall de Boi
www.centreromanic.com

Vall de Boi

A dynamic and interactive visit so that the whole family can enjoy learning about the architecture of the churches in Vall de Boi. You will discover the churches which have been declared UNESCO World Heritage Sites and you will no doubt be left surprised by the video projection mapping on the apse of Sant Climent de Taüll.

46. Romanesque, falles and stars

+7 years  🏙️  🏙️  🏙️  🏙️  🏙️  €10+

Boi Taüll Resort
www.boitaullresort.com

Vall de Boi
www.valledeboi.cat

A guided tour of the town of Taüll to enjoy a visit to the Christ Pantocrator, discover the churches and delve deeper into the Romanesque. You will be introduced to the pagan falles festival of the Pyrenees and you will see the stars in the sky. To finish, a legend about three of the churches in the valley.

47. Discovering Blanes

0-99 years  🏙️  🏙️  🏙️  🏙️  🏙️  €0

Blanes
www.visitblanes.net

Blanes
www.visitblanes.net

An opportunity to get to know the hermitages, the legacy of the Cabrera viscounts, the one of the “Americans” and the literary influence throughout the history of Blanes. The Town Hall organises guided tours so that the whole family can enjoy the city.

48. A tiny bit of the city

+4 years  🏙️  🏙️  🏙️  🏙️  🏙️  €0

Blanes
www.visitblanes.net

Blanes
www.visitblanes.net

The Blanes Town Hall offers a treasure hunt which has been created so that the whole family can participate and have fun together while getting to know the city’s corners and the environment’s flora and fauna.
49. Active space

Over 500 weekly exceptional activities aimed at tourists and residents of Calonge and Sant Antoni. From a sandcastle building competition to open-air cinema or an afternoon eating sardines, taking guided tours through the wineries, markets and fairs. A great variety of activities for the whole family.

50. Grape harvest and family

An afternoon’s visit to a winery, where you can press the freshly harvested grapes, do a wine tasting and enjoy a concert, at this festival where local wine is just as important as signature wine. The little ones can also take pony rides through the vines and, all together, you can enjoy an afternoon of yoga with the family.

51. The little trains of Vall d’Aro

A circuit of miniature trains which has been constructed in the surroundings of the park which encloses the old station of Castell d’Aro. It has a 700 m circuit, with two passenger loading and unloading platforms. It’s one of the few model circuits that exists in Catalonia, so that the whole family can make the most of the railway experience.

52. The Iberians are already here

Enjoy the dramatised tours which will help you to discover points of interest in the surroundings of Lloret de Mar. In the one that showcases the Iberian town of Turó Rodó, you will be able to discover an interesting historical era accompanied by some very unique characters.

53. The backpack of Milfulles

The biggest tree in the Citadel of Roses is called Milfulles. It’s a very unique and wise tree which will help you to discover how the Greek and Roman children, monks and soldiers used to live and play. A family activity which will allow you to travel in time.
54. The fishermen of Roses

Every Friday at five o’clock in the afternoon, you can watch the boats as they arrive into the Roses harbour and see what they have caught after a day’s work. You will get to know some of the species that live in the Mediterranean and also how a traditional fish auction works.

55. Roses Exprés Train

Train excursions through Cap de Creus, from where you will take in some fantastic views of the natural park. A visit to the Punta Falconera, passing by the lighthouse, the beaches of Canyelles and la Almadrava or Puig Ait, the highest mountain in the park, from where you can make out the Roses harbour and the Port of La Selva.

56. In search of pirate treasure

The Marine in Sagaró proposes a very fun activity. You will leave the beach on a small boat, you will pass by the most beautiful coves and corners in the area until you reach the Cabo de Mort (The Death Cove), a rock in the shape of a skull. You will disembark onto a small beach and there... you will look for hidden treasure in a cave!

57. Horror at the museum

Are you brave enough to go into the Horror Room? If you like mummies, cemeteries and being a little scared, you can’t miss the Horror Room at the Toy Museum. During the visit, both young and old can enjoy the collection of old toys, as well as having a terrifyingly exciting time.

58. Nature trail along the banks of the Fluvià

Enjoy being in a place of great natural beauty, where fields of fruit trees and areas of native vegetation roll out before you. The whole area is part of the Aiguamolls de l’Empordà Natural Park, in which a great variety of migratory birds can be seen.

59. The Montgrí massif and its castle

The Mediterranean Museum organises a family outing to the Montgrí Castle to discover the hidden secrets and the history of this fascinating medieval fortress and the massif where it is located. The castle was built between 1294 and 1304, and offers incredible views over the whole of Empordà.
60. The water mine in Torroella

The water mine is a unique medieval infrastructure which covers the underground depths of Torroella. An immersion in the history of Torroella, through one of its most unique and unknown architectural elements. A visit organised by The Mediterranean Museum.

61. The Tourism Museum

Here, the adventurers and explorers will find a museum proposal which will attract the whole family. The visit offers you a journey throughout the history of tourism, in the footsteps of the first tourists and explorers until you reach the current day.

62. Castelldefels Castle

The most emblematic building in Castelldefels opens its doors from Thursday to Sunday so that you can visit its gardens, the institutional hall and the lower floor. If you fancy finding out about the curiosities and the history of this building in detail, you can take a guided tour on Saturdays and Sundays.

63. The centre of Pineda de Mar

The Pineda de Mar Tourist Office invites you to discover the centre of the city and find out about its history and historic heritage in a very entertaining way. A guided tour during which the whole family will visit the streets of the animated touristic centre, discovering all of its charms.

64. Tharrats Foundation

A proposal which will allow you to get to know the work of one of the country’s main avant-garde artists, Joan-Josep Tharrats. His creation has a tight connection with the town of Pineda de Mar, therefore discovering his graphic work through over 550 pieces of art will help you to see the world through his eyes.

550
IS THE NUMBER OF PIECES OF ART BY THE ARTIST JOAN JOSEP THARRATS HOUSED IN THE FOUNDATION IN PINEDA DE MAR.
Discover the environment

65. Victor Balaguer Library Museum

A museum which was founded over 100 years ago, which preserves unique spaces such as the historic library, painting and sculpture collections from the 19th and 20th centuries, and singular rooms such as the one which houses the Egyptian collection. It also has pieces from Japan, China and the Philippines.

66. Espai Far

If you like lighthouses, you can’t miss the Sant Cristòfol Lighthouse where you will find the Espai Far, a museum centre which displays the rich marine heritage of Vilanova. The museum is located in the old lighthouse keeper’s house and has a display of objects which are related to the world of fishing and maritime tradition.

67. A poet’s country house

The Masia d’en Cabanyes is a house-museum where the Romantic poet, Manuel de Cabanyes, lived and which currently houses the Romanticism Interpretation Centre. Inside, you can discover the family legacy and the original rooms from the 19th century, their objects and decoration.

68. Can Papiol Romantic Museum

Fancy a trip back in time? This is the feeling that you’ll have when you set foot in this museum which transports visitors back to the everyday life of a wealthy family from the 19th century. You will discover its rooms, proof of the wealth and power of the Papiol family, in contrast with the service rooms.

69. A ticket for L’Ou

What were trains like before? Visit the Catalonia Railway Museum and not only will you find out about the history of the trains, you’ll also take a guided tour around a luxury saloon coach from 1928 in order to experience travelling like a prince from another era.
71. The exciting Iberian world

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-99 years</td>
<td>€4</td>
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Calafell Històric
www.calafehistoric.org

Use a game to get a better understanding of the past and to help you understand how the Iberians lived. An educational visit to the citadel of Calafell will allow you to enter reconstructed houses where objects from the material culture of the Iberians are on display and, also, climb the reproduction of a Roman siege tower.

72. Biking and tapas

<table>
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<tr>
<th>Age Group</th>
<th>Price</th>
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<tbody>
<tr>
<td>0-99 years</td>
<td>€30+</td>
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Roda Bike Cambrils
rodabikecambrils.com

On wheels and with very human stories which will add some cheer to the journey, the route will show you the town of Cambrils, with its museums, its parks and its refuges. Heading towards the sea, you will visit the fishing port. To gather strength and take in a taste of the Mediterranean, you will stop off to try some of the best tapas.

73. Stories of wars and farmers

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<tr>
<th>Age Group</th>
<th>Price</th>
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<tbody>
<tr>
<td>0-99 years</td>
<td>€-3</td>
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</table>

CAMBRILS
www.cambrils-turisme.com

Let the show begin! This dramatised tour is set in the 18th century and has two main characters who will tell the story. They will explain the science at the time, the farmers’ life and war stories. You’ll be intrigued right up to the last second.

74. All aboard!

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>0-99 years</td>
<td>€1</td>
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</table>

CAMBRILS
www.cambrils-turisme.com

Three itineraries to choose from in order to enjoy a pleasant journey around the town of Cambrils on its tourist train. Line 1 will take you to the old town, line 2 will transport you to the residential areas of Ponent and line 3 will drop you off at the market that takes place on Wednesdays.

75. A trip to colonial Cuba

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<thead>
<tr>
<th>Age Group</th>
<th>Price</th>
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<tbody>
<tr>
<td>0-99 years</td>
<td>€6-8</td>
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</tbody>
</table>

Parc Samà
www.parquesama.com

Samà Park is an area of 14 hectares, a declared Asset of National Cultural Interest, which will transport you back to colonial Cuba. During the visit you will discover the history of the Indians, their collections of exotic animals, the lush tropical vegetation and all of the park’s architectural elements.

76. Pau Casals Museum

<table>
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<tr>
<th>Age Group</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>6-16 years</td>
<td>€4-7</td>
</tr>
</tbody>
</table>

EP VENDRELL
www.elvendrelturistic.com

An opportunity to find out more about the great cellist. Through music and audiovisual aids, you will discover the different areas of his summer house, its gardens, the sculpture gallery and the vantage point with views over the Mediterranean Sea. The museum has a fixed programme of activities aimed at the family audience.
77. The prehistoric
Esplugà de Francolí caves

Discover the environment

The natural caves of Esplugà de Francolí will turn you into the protagonists of a story in which it will be very difficult to distinguish between reality and fiction. You will live with the cave dwellers, which will help you to better understand how our ancestors lived.

78. Monastery of Poblet

Discover the history and the monuments of Prades.

Do you want to discover the Monastery of Poblet in a fun way? It’s easy thanks to a gymkhana created for accompanied children, during which the whole family will have to look for the answers in the different areas inside the monastery. There’s a prize for the winning team!

79. The red town of Prades

Discover the history and the monuments of Prades on a guided tour. Each family will form a team and will participate in a gymkhana through the streets of the town. Have you been there before? It’s time to prove it! For the final reward, a sampling of local products for everybody.

80. Museum of Rural Life

Organic vegetables, KM 0 products... Every day we invent new names to refer to precisely what our ancestors used to do. To better understand where agriculture is headed, the best thing to do is to take a look at the past and see how effort and patience have been key to the growth of a crunchy lettuce.

81. Small great geniuses... like Gaudi

This activity is aimed at getting to know the main elements of Antoni Gaudi’s architecture in an entertaining and educational way. The objectives of the experience is to familiarise oneself with his work and discover the appearance of Reus and Barcelona. In order to feel like great geniuses, you can also take part in an artistic workshop.

307

IS THE NUMBER OF SQUARE KILOMETRES COVERED BY THE PRADES MOUNTAINS.
82. Salou on the tourist train

- 0-99 years
- SALOU
- www.visitsalou.eu

A fun and relaxed way to get to know Salou is by taking a trip on the tourist train. A journey with no stops so that you can get to know the town’s past and discover the monument to Jaume I, the ornamental fountains, the captaincy... Meanwhile, you will enjoy outstanding views of the coast.

83. La Cella archaeological site

- 0-18 years
- SALOU
- www.visitsalou.eu

A visit to the site will help you to find out what the inhabitants of this town in the 4th-3rd centuries B.C. were like and how they lived. Located alongside the coast, its defence system is very interesting and the houses and streets are complex. You will relive their economic and everyday activities on an exciting adventure.

84. La Sénia Airfield

- 0-99 years
- www.visitsalou.eu

If you like to fly over history, at the la Sénia Airfield you can take a guided tour of its museum, the refuge and also the CAHS (Historical Aviation Centre of la Sénia). You will discover the history of this military camp, who built it and who used it during the Spanish Civil War.

85. Get to know Terra Alta

- 0-99 years
- Montsport
- www.montsport.es

At Horta de Sant Joan, you will see the places that fascinated Picasso the most. At Batea, you will visit a winery and be shown the wine process. The trip will end at the spectacular remains of the old town of Corbera d’Ebre, which was bombed during the Civil War. During the route, there will be games, stories and crafts.

86. Discover Tortosa on foot

- 0-99 years
- Conficon Turisme
- www.conficon-turisme.com

A walk which begins with the visit to the paintings of Anton van den Wyngaerde, who painted Tortosa in the 16th century, followed by the giant model of the Santa Maria Cathedral. Then, a trip through the streets of the old town, where you will discover the city’s charisma, and a final visit to the cathedral.

87. The Templars’ seal

- 0-99 years
- Conficon Turisme
- www.conficon-turisme.com

Accompanied by a Templar knight, the whole family will discover the most mysterious corners of the city of Tortosa, its districts, the streets that remain, the towers, the convents, the documents that tell us about them and all of the secrets that surround Suda Castle.
88. Interpret the Renaissance Festival

You will travel to the Renaissance era and find out what life was like back then and the customs from that time. A great story is told in the courtyard of the Interpretation Centre. Do you want to hear it? The building that you will visit is a testimony to Tortosa in the 16th century and its cultural and humanist effervescence.

89. Artistic gardens

You will enjoy a stroll around the botanical garden “dels Prínceps” where over 24 series of sculptures tell the story of man and humanity. The visit allows access to the springs of the ancient spa and a section of the defensive wall from the 14th century, with spectacular panoramic views over Tortosa’s medieval Jewish quarter.

90. The history of Tortosa and Terres de l’Ebre

The whole family can find out about the history of Tortosa and its territory, from Prehistory to the 21st century, on a visit that covers six areas in colourful Modernist buildings. You can also participate in an extremely fun gymkhana which is based on folklore typical of Tortosa.

91. Millenary olive trees

There are some olive trees in the Sénia landscape whose roots have been there for many centuries. Some of them are even millenaries. To admire the beauty of these trees which have defied the passing of time, families take part in games which recreate working the land.

92. Tour of the mussel-beds

An excursion which will immerse you into the enormous mussel and oyster beds of the Badia dels Alfacs. There, you will have the opportunity visit a mussel farm and taste some of its fruit. A unique place where you can learn how molluscs are farmed in the middle of the sea.
Catalonia has an enormous coastline, as well as an uncountable number of rivers, streams, lakes and ponds where you can carry out water activities any time of the year. From rafting descents for the most adventurous, to gentle outings in boats of all types to admire the landscape or discover the marine wildlife.
93. Canoeing in calm waters

© DOFÍ JET BOATS
© AJUNTAMENT DE LLORET DE MAR

In a one, two or three person canoe you can descend a section of the Segre canal where its waters are placid and calm. This activity allows you to enjoy this sport with your family, as the descent is only driven by the oars. An experience where each group decides their own pace.

94. Rafting in the Segre Olympic canal

© DOFÍ JET BOATS
© AJUNTAMENT DE LLORET DE MAR

If you like thrills, try descending the rough waters of the Segre canal in an inflatable dinghy. You will test your rafting skills and the importance of team work in an activity where rowing in the right direction will avoid a good soaking.

95. Environment, marine flora and fauna

© DOFÍ JET BOATS
© BLANES TURISME

Ready to sail from Lloret to Tossa following the rugged outline of the Costa Brava? A route to discover caves, islands, projections... on a glass-bottomed boat which will allow you to admire the local flora and fauna in detail.

96. Snorkel in turquoise waters

© SE GEORAMA

Do you fancy discovering the underwater flora and fauna of the Costa Brava? This activity allows you to dive with a snorkel in places which hide great beauty below their waters. This gentle dive is guided to that everybody catches every last detail.

97. A trip to Cap Norfeu

© ELS BLAUS DE ROSES

A boat trip around the coves of Cap de Creus, passing through Punta Falconera and enjoying a beautiful underwater view at Cala Murtra. The route continues until Cala Montjoi, where the chef Ferran Adrià’s El Bulli Foundation is located, and then arrives at Cap Norfeu to admire the enormous El Gat rock.
98. Sailing excursion to Cadaqués

A beautiful boat trip which departs from Roses, following the coast of the Cap de Creus Natural Park until reaching the picturesque seaside town of Cadaqués. Once there, you can stroll through its streets, admire its modernist buildings and the places frequented by Salvador Dali which inspired his work.

99. Aquatic experiences

Ready to sail or swim along the beaches of Roses Bay and Cap de Creus? You simply need to choose between water activities, or maybe try several. You can pick between kayaking, sailing, snorkelling, sea cruises or even get an adrenaline rush on the monster, the banana or by parasailing.

100. Underwater observation in Cala Murtra

Would you like to see the seabed of one of the untouched areas of the Mediterranean? This excursion will allow you to admire Roses Bay while you weave through the beautiful coves of the Natural Park of Cap de Creus, until you reach Cala Murtra. There, you can see fascinating fauna and flora.

101. Classes and material for everybody

You will be provided with all of the material necessary for sailing, windsurfing, paddle boarding and kayaking on the coast of Sant Feliu. Also, you’ll be able to contract classes, courses or forfaits, in order to perfect your sailing level. There are classes and material adapted to all ages.

102. Excursion on a sailboat

A sailing experience on a sailboat where you’ll be the leading characters of the adventure. You’ll take the boat to the place that you like most on the coast of Sant Feliu to swim, dive or have an aperitif. You will sail in small boats so that you can reach any beach that you want.

103. Nautical experiences

In the bay of Sant Feliu you can learn to windsurf by taking an introductory course with the material that suits your sailing level or learn to handle the sail on a small cruiser so that, together with your instructor, you can sail while you get to know the basic techniques.
PLUNGING INTO THE WATER

104. A morning’s kayaking

© BRAVAMAR

Experience a great awakening on this route, during which you will discover the magical light, the colours and the shapes of the natural life on the Costa Brava. You will kayak through calm waters while you discover enchanting corners of coast with corals. You will see birds and shoals of fish swimming alongside you.

105. Windsurfing, kite surfing, paddle surfing and kayaking

© AJUNTAMENT SANT PERE PESCADOR

The large beach at Sant Pere Pescador is a perfect setting for windsurfing, kitesurfing and paddlesurfing, and the Fluvià River is an ideal place for enjoying some kayaking. Different centres offer these water activities which go hand in hand with learning more about the natural environment or with themed outings such as the ornitokayak.

106. Aboard the Nemo

© ESTACIÓ NÀUTICA L’ESTARTIT

An unforgettable experience with the excitement of a trip aboard a speedboat. Ideal for exploring the caves and rocky places along the Montgrí coast. An all-round speedy adventure with the fun of swimming or snorkelling off the coast.

107. A thousand water activities

© ESTACIÓ NÀUTICA L’ESTARTIT

Classes to learn how to paddle surf, a combination of surfing and canoeing. Outings in a kayak to freely discover corners of the coast which are inaccessible by other means. Outings for beginners are done in two-person kayaks. The usual route passes through the Illes Medes.
108. Diving baptism

Have you ever breathed underwater? The baptism is a first dive, completely supervised and individually guided for people who have no previous experience. It takes place in a sheltered cove, which is not very deep, located some 20 minutes by boat from the port of Estartit.

109. The Corsario Negro

A voyage aboard the Corsario Negro, a fantastic artisanal boat, which leaves from the port of Estartit, a small fishing village which is located opposite the Illes Medes Nature Reserve, one of the most important underwater reserves in the Mediterranean Sea.

110. The Ter, a river to discover

An outing on electric bicycles from Estartit, to travel through and discover the natural area which surrounds the banks of the last section of the River Ter, before reaching its mouth at the beach. There, you will swap your bike for a kayak and take a small trip along the river.

111. The adventure of the Nautilus

A glass-bottomed cruiser which allows you to discover the mysteries and the beauty of the Illes Medes Nature Reserve. In underwater cabins, you can see a marine world which is full of life. The sea crossing follows the Montgrí coast, passing through the Punta de la Barra, Cap d’Utrera, Cala Pedrosa and the Foradada Rock.

112. Robinson’s adventure

The whole family can take part in this adventure with a boat outing from Estartit and travel along the Montgrí coast with its impressive cliffs. You will arrive at Cala Pedrosa and disembark in dinghies. After a swim, you will return through the massif on foot.
The Associació Turística de Calella (Calella Tourist Association) organises, from the end of June to the middle of September, at the Garbí beach and in the Manuel Puigvert promenade, foam parties so that the smallest members of the family continue to have fun throughout the summer. Fancy being soaked with soap bubbles? 

With a length of 1,250 m, a width of 130 m and 4 m in depth, the Castelldefels Olympic Canal is a space which is suited to carrying out different water activities such as rowing, kayaking or wakeboarding. Also, the smallest members of the family can enjoy themselves in an inflatable water park.

With children from 4 to 12 years old can take part in educational workshops at the beach. Activities related with the sea and the summer which will awaken the creativity of the smallest among us, encouraging them to interact in a playful way. Water games and different activities.

A family-friendly experience that you simply can’t miss. You will learn basic manoeuvres in order to steer the boat and, if sea conditions allow, you can take a swim. If the water is cold, you will be provided with a wetsuit and afterwards you can try out the crazy octopus, the aquarocket or have a go at bodyboarding.

Discover the Catalan coast along the seafaring town of Vilanova i la Geltrú. You can get to know the beaches from a different point of view, rowing in a kayak or from a pedalo. These boats are easy to manoeuvre and are ideal for sailing with your family.

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119. Sailing with your family

+6 years | €110 per group

Costa Daurada Water Sports Centre
www.estacionautica.com

The Costa Daurada Water Sports Centre offers a family pack so that you can enjoy all of the sailing disciplines along the coast between Cambrils and Salou. The activity includes a sea baptism in a catamaran, a paddle surf or kayaking class, a soft drink in a beach bar and a trip on a skibus.

120. Explorers Soul Salou

+6 years | €115

Costa Daurada Water Sports Centre
www.estacionautica.com

If you like calm and engine-less experiences, the Explorers Soul Salou combination is sure to leave you satisfied. Depending on the method that you choose, you can enjoy an outing by kayak or paddle surf and a mini-cruiser with lunch included at the club’s restaurant.

121. Children’s beach club

4-12 years | €3.20

SALOU
www.visitsalou.eu

The whole family will play at the mini club at Salou beach. They prepare crafts, painting workshops, games, a swimming pool... and many other activities so that you can have fun on the seafront. All of the games and activities are thought up for children of between 4 and 12 years old.

122. Alfacs bay

0-99 years | €25-30

Sant Carles de la Ràpita
www.enlarapita.com

Have you ever sailed a dinghy? In Alfacs bay you can do so in a simple and safe way, as you will use the strength of the area’s wind in calm seas with hardly any waves. Dinghy sailing is an ecological activity which provides guaranteed fun.
So that the whole family can enjoy the leisure time and the fresh air, some destinations set up facilities especially for the smallest members of the family, for children between 0 and 3 years old. They offer material such as baby changers and suitable toys. They also have special areas for breastfeeding where both mothers and babies are comfortable.
Talks, yoga, activities... In this area at Calonge i Sant Antoni, which is especially for babies, the smallest members of the household will find a lot of things to do. They will discover activities that help them both to have fun and to relax. The location has unbeatable views, right on the beach.

Need a break? The smallest members of the household can enjoy, with the whole family, the benefits provided by yoga, physical well-being and relaxation for both adults and babies. The sessions take place in the mini club at Gran beach, a nice natural environment which invites you to feel peaceful.

The beaches of Lloret and Fenals have an added charm to their natural beauty: two mini clubs so that you can enjoy incredibly fun activities. Both the young and the old can take part in workshops and games. There is also a space for babies which has a microwave, baby changer and fridge.

Children from 1 to 6 years old have a play-date at the Pescadors beach. There is a children’s area with baby changers, fridges to store food, cots, breastfeeding sofas and other services to guarantee the comfort of babies and children while they take part in craft workshops and listen to storytellers in different languages.
Have fun at theme parks

Throw yourself down water sides at top speed, bounce on trampolines, play with friendly dolphins, have adventures in the trees like Tarzan, hold paint fights, drive go-karts, try new sports, dream with sharks... all of these proposals become reality with these facilities that have been devised so that you can have a good time with the whole family.
127. Aquadiver

![Image](https://via.placeholder.com/150)

The whole family can cool down in a very original way playing in the children’s areas, speeding down aquatic rollercoasters, descending the river rapids and the slides and having fun in the multi-tracks and kamikazes of this water park in Platja d’Aro. To finish, a dip in the large wave pool.

**128. Soft Paintball for kids**

![Image](https://via.placeholder.com/150)

Children of between 8 and 14 years old can have fun, along with the grown-ups, playing paintball in Gnomo Park. This activity is lead by monitors. The markers work with springs, not with compressed air, which reduces the shooting power to make it safer for the children.

**129. A mountain full of games**

![Image](https://via.placeholder.com/150)

Gnomo Park is an activity park which has a ball pool, inflatables, a mini-disco and an outdoor park so that the whole family can spend the day playing games and having fun. This children’s playground includes water areas where you can enjoy yourself and cool down.

**130. Water World**

![Image](https://via.placeholder.com/150)

In Lloret de Mar, a set of attractions await you which are aimed at all ages. At Waterworld, you can enjoy different fun activities such as aquatic roller coasters, black holes, a wave pool, river rapids, slides, kamikazes, soft tracks, multi-tracks and children’s areas.

**131. Adventure and paintball**

![Image](https://via.placeholder.com/150)

You can have fun playing paintball in the natural and unbeatable surroundings of the Sant Feliu de Guixols Adventure Park. An activity which complements the tree circuits with zip wires, rope bridges, slides… You will find different routes with different levels of difficulty so that you can have fun with your whole family.
132. Paintball fight

- 14 years
- €20
- Paintball Far West
  www.paintballfarwest.com
- Sant Pere de la Creu
  visitsantpere.com

Three playing fields, with different themes and several obstacles to hide behind. A new feature, and to increase adrenaline levels, are the games at night with special lighting in the playing area. The paint used is made with vegetable oils and is water-soluble.

133. Football 7

- 3 years
- €30
- Paintball Far West
  www.paintballfarwest.com
- Sant Pere de la Creu
  visitsantpere.com

Children from 3 years old can take part in the sport with the most followers in the whole world: football. Four playing fields with natural grass, where the young and the old can play the game in tournaments, championships, leagues or watch as fans and cheer on their team. Who will score the most goals at Football 7?

134. The Barcelona aquarium

- 0-99 years
- €7-20
- L’Aquarium BCN
  www.aquariumbcn.com

The aquarium is the most important recreational and educational centre in the world devoted to the Mediterranean, a place where you can get to know the sea bed and all of its inhabitants. In 66 Mediterranean and tropical aquariums you will find 11,000 examples of 450 different species.

135. Dive among the sharks

- 0-99 years
- €30
- L’Aquarium BCN
  www.aquariumbcn.com
- Barcelona

If you like thrills, you’ll love this activity at the Barcelona Aquarium. You’ll become divers for a day and will descend, inside a cage, into the waters of the enormous pool at the Oceanarium. Keep your eyes peeled because you’ll have the sharks and thousands of fish swimming all around you.

136. El Poble Espanyol

- 0-99 years
- €5-15
- El Poble Espanyol
  www.poble-espanyol.com
- Barcelona

Every Sunday morning, the Poble Espanyol in Barcelona offers family-friendly activities such as dance, theatre, magic, craft workshops and music. Entry to these events allows you to visit the site and enjoy all of its areas, such as the giant slides or the craft shops.

137. Multimedia party area

- 0-99 years
- €5-15
- El Poble Espanyol
  www.poble-espanyol.com
- Barcelona

The Poble Espanyol has a large multimedia space where the biggest festivals in the popular culture of the whole country are represented. An impressive assembly of screens, 7 metres high, where you can admire the Patum in Berga and the towers of the castellers (human towers) among other festivals.
138. Catalonia in miniature

+3 years  €9.50

Catalunya en Miniatura  Torrelles de Llobregat
www.catalunyaenminiatura.com

At the Miniature Catalonia Park you will find an exhibition of models which have been declared to be of National Tourist Interest. It’s a good opportunity to get to know, comfortably and in a record time, with the whole family, the most representative monuments and buildings in the land of Catalonia.

139. Adventure circuit against the Catalonia skyline

+4 years  €15

Catalunya en Miniatura  Torrelles de Llobregat
www.catalunyaenminiatura.com

An adventure park, for all ages, where you can lose yourself among the trees, climb trunks and slide down zip wires. Over 86 activities divided into 4 circuits with different levels of difficulty. The backdrop, which you can also visit, is the model exhibition of Catalunya in Miniature.

140. Aquatic fun

0-99 years  €15.50

Illa Fantasia  Vilassar de Dalt
www.illafantasia.com

The Illa Fantasia water park has 22 extremely fun attractions which are adapted to different ages so that the whole family can have fun cooling down in the water. There is a large picnic area where you can gather strength and three large pools where you’ll feel like a fish in water.

141. Water park with dolphins

0-99 years  €15.50

Marineland Catalonia  Palafrugell
www.marineland.es

Visiting Marineland Catalonia is a trip to the animal world, where you can also cool down and have fun with your family. A journey among dolphins, sea lions, birds from the most exotic places on the planet... and also an adrenalin-packed trip where you can zoom down spectacular water slides.

142. Discover the Francesc Macià Park

6-12 years  €0

Malgrat Tourist Office  Malgrat de Mar
www.turismemalgrat.com

This park occupies 50,000 square metres on the bank of the Riera de Palafolls. It’s an enclosed space which guarantees the safety of children and gives peace of mind to those accompanying them. There’s a skating area, sensory games, picnic areas and giant figures which create a magical and unique atmosphere.
143. Ingenuity and skill playing footgolf

- Age: +4 years
- Duration: 1 hour
- Place: Adventure Park Activ Natura
- Location: Santa Susanna
- Price: €10

It’s a game which is similar to golf, but with a football that is launched by your foot. On an official course with 18 holes, you will need to show your ball skills in order to win the tournament with the least number of touches possible. Footgolf has many supporters in Sweden, Norway and France.

144. Green Fee 18 holes

- Age: +16 years
- Duration: 1 hour
- Place: Pitch&Putt Portal del Roc
- Location: Vilanova i la Geltrú
- Price: €17

This Green Fee proposes an outing into the countryside to play 18 holes and make the most of all of the Pitch&Putt facilities. Discover the world of golf and relax with your family while overlooking unbeatable views of Vilanova i la Geltrú, with the Mediterranean Sea in the background.

145. Introduction to Pitch&Putt

- Age: +12 years
- Duration: 1 hour
- Place: Pitch&Putt Portal del Roc
- Location: Vilanova i la Geltrú
- Price: €30+

Individually and in groups of up to 4 people, you can learn the concepts of the game of golf. During a one-hour class, a supervisor will show you everything there is to know about this sport so that you can begin to play it.

146. Water park in the heart of nature

- Age: 0-99 years
- Duration: All day
- Place: Aqualéon
- Location: Albinyana
- Price: €15-30

Aqualéon is a water park that combines nature and fun. You can throw yourselves down the Toboloko at full speed or spend some time relaxing in a wave pool measuring over 1,300 m². The Children Paradise area, which has recently been extended, is especially designed for the smallest members of the family.

147. A rush of adrenaline

- Age: +5 years
- Duration: 1 hour
- Place: Karting Club Vendrell
- Location: El Vendrell
- Price: €8-23

Children from 4 years old can get into a two-seater go-kart, accompanied by an adult, and enjoy an unforgettable morning spent driving around the circuit. Children’s go-karts can be driven by those aged 6 years old and above and junior go-karts, 9 years old and above. Adults can drive a superkart.

148. A battle with laser guns

- Age: +7 years
- Duration: 1 hour
- Place: Karting Club Vendrell
- Location: El Vendrell
- Price: €19

Fancy having a fun and different time with your family? Yes, by playing paintball laser-tag. The new laser system allows even the youngest members of the family to join in the game because there are no projectile shots. Simply go out onto one of the four battlefields and decide which side you’re playing on.
149. Caribe Aquatic Park

A big island dedicated to a refreshing adventure. The water park has 14 attractions among which you will find slides, paradisical swimming pools, the fun Sesame Beach and its pirate galleon ship, or the exciting Bermuda Triangle, where the waves offer non-stop fun for the whole family.

150. Ferrari Land

The new theme park is a tribute to the great designer Enzo Ferrari and his passion for speed and innovation, recognisable in the park’s 11 attractions. You will be immersed in technology and adrenaline. The attractions are aimed at families and those passionate about this legendary car brand.

151. PortAventura Park

Enjoy a marvellous journey around the beautiful Polynesian Islands, through colourful and animated Mexico, exotic China or the fascinating Far West. Don’t miss this place which is specially designed for the smallest members of the family: Sesame Adventure. 40 attractions await you to put your nerve to the test and burn off some adrenaline.

152. Slides and dolphins

You can enjoy a refreshing dip at Aquopolis as you slip down water slides and take in a very special children’s area: the dolphinarium. There, from the stand, you can watch the dolphin shows, meet the sea lions of Patagonia and find out all about their habits.

153. Turn things up a gear with your family

How do you celebrate a family party differently? One very original way is to organise a competition at Karting Terres de l’Ebre, as they provide a go-karting circuit, bouncy castles, table football... The winner will celebrate their victory on the podium and, before the experience is over, it’ll be time for something to eat.

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www.antaiga.info
ACTIVITY LOCATOR MAP

The proposals explained on the previous pages can be located on this map by following the number that precedes the title of each activity.
More information

Tourism promotion organisations

Tarragona Provincial Authority Tourist Board

The Patronat de Turisme Costa Brava Girona
www.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

For more information on Catalonia
www.catalunya.com

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https://www.youtube.com/CatalunyaExperience
https://www.pinterest.com/catexperience/

Palau Robert - Information Point for Tourism in Catalonia
Passeig de Gràcia, 107. 08008 Barcelona
+ 34 93 238 80 91 / 92 / 93
Fax + 34 93 292 12 70 / +34 93 238 40 10
www.gencat.cat/palaurobert
Timetable: From Monday to Saturday, from 10am to 8pm;
Sunday and public holidays, from 10am to 2:30pm
Tourist Information
012 from Catalonia
902 400 012 from outside Catalonia
+34 902 400 012 from outside Spain

For further information about Heritage

Culture Department of the Regional Government of Catalonia
patrimoni.gencat.cat/es

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