Ecotourism
Experiences to connect with nature
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WHAT IS ECOTOURISM?

Getting to know, enjoying, observing, learning, conserving... these are all ecotourism activities that can be carried out in Catalonia’s many and varied natural spaces. Discover the natural heritage and its values in a sustainable way, while contributing to environmental preservation and local communities. Get involved in ecotourism.

Why is it so rewarding?

◆ IT CONSERVES THE NATURE THAT YOU VISIT
Ecotourists contribute economic resources earmarked for the conservation of the natural spaces that they visit.

◆ IT REDUCES ENVIRONMENTAL IMPACT
All tourist activities have an impact on the environment. Through a range of measures, ecotourism aims to reduce this impact and respects local cultures. That is why ecotourism takes place on a smaller scale and adopts regulations governing protected natural areas.

◆ IT RAISES AWARENESS AND EDUCATES
When you participate in ecotourism, in addition to enjoying yourself, you learn about natural spaces and become aware of the need to respect them. Often, specialised guides accompany you to reveal the secrets of nature.

◆ IT HELPS THE LOCAL POPULATION
Ecotourism enhances quality of life in the municipalities and counties where it is practised, as it is an opportunity to create jobs and local businesses.

Where it takes place

◆ IN NATURE
In any natural space or landscape of interest, either because emblematic or protected animals or plants live there, or because landscapes and ecosystems of great beauty and naturalistic interest are found there.

◆ IN PROTECTED SPACES
It takes place mainly in spaces that have been protected by the Administration, such as natural parks. Apart from their natural attractions, they have the facilities (itineraries, viewpoints, etc.) and optimum services for practising ecotourism.

Where it does not take place

◆ IN ENCLOSED SPACES
In places with artificially-created conditions, such as zoos or botanical gardens.

Rules for the good ecotourist

1. Know the natural environment well
Find out in advance about natural attractions, restrictions and itineraries...

2. Be well-equipped
Wear proper footwear, comfortable clothes and discreet colours. A pair of binoculars, a map, a GPS and a field guide are also very useful.

3. Visit in good company
A good guide will help you have a safe and unforgettable experience.

4. Be respectful
Silence is a great ally. Adhere to the regulations of the protected natural space; do not disturb the fauna or take flowers or rocks with you.

5. Prioritise local products
Look for regional products (foods or craftwork).

6. Choose certified companies
Book accommodation with the Catalan Environmental Quality Distinction, or certified with the European Sustainable Tourism Card.

7. Move around without leaving evidence of your presence
Whenever you can, opt for public or shared transport.

8. Visit tourist centres
Many protected natural areas have visitor centres that carry information on activities, guides and itineraries.

9. Take your waste with you
Take all waste away with you and inquire about non-profit entities that help conserve the natural area you have visited.

10. Help conserve
Ask guides or at visitor centres about projects or non-profit organisations that help preserve natural space.
WHERE TO PRACTISE ECOTOURISM

Catalonia boasts an exceptional natural heritage and biodiversity. Without the need to travel long distances, you can enjoy its many natural parks and many other protected natural areas, from the high mountains to the seabed, from the unique forests to the coastal plains. This map highlights a selection of 30 ecotourism areas of interest that include all the equipment and services needed to enjoy them. Discover them all!

30 ECOTOURISM AREAS OF INTEREST IN CATALONIA

1. Coastal Range
2. Guilleries-Savassona
3. Massif and Coast of Garraf
4. Montseny
5. Sant Llorenç del Munt i l’Obac
6.Montserrat Mountain
7. Llobregat Delta
8. Cadi-Moixeró / Pedraforca
9. Collserola
10. Alt Empordà
11. Empordanet
12. Montgri i Illes Medes
13. Garrotxa-Pla de l’Estany
14. Vall de Núria-Valteri
15. Val d’Aran
16. Aigüestortes
17. Valleys of the Alt Pirineu
18. Montsec-Conca de Tremp
19. Colleaguats i Boumort
20. Serres d’Oden-Po del Comte-Alinyà
21. Natural Areas of the West
22. Els Ports
23. Ebro Delta
24. Priorat-Montsant
25. Montagut-Poblet
26. Thousand-year-old olive groves
27. Serra de Llaberia-Tivissa-Vandellos-Cardó
28. Vall de Guària
29. Banks of the Ebro
30. Coastal Areas - South Coast
ECOTOURISM INTEREST IN CATALONIA

Witnessing deer rutting in the Pyrenean mountain ranges, spotting whales in the Cap de Creus Natural Park or birdwatching in the Ebro Delta are just some of the ecotourism activities that you can practise in Catalonia. Below is a list of the various areas featuring their main activities; it will give you a taste of the many experiences that you can enjoy in the land that can be crossed in a single day from north to south. Don’t miss out!

**Areas of ecotourism interest in Catalonia**

1. **Coastal Range**
   - Less than 50 km from Barcelona, this mountain range runs parallel to the coast through the parks of Montnegre and Corredor. It offers views of the sea and the GR 92, a long-distance trail that follows the Catalan coastline from one end to the other.

2. **Guilleries-Savassona**
   - This space overlooks the Sau reservoir and the cliffs of Tavertet i Collsacabra; impressive geological formations full of caves, crags, gorges... A paradise for lovers of nature photography.

3. **Massif and Coast of Garraf**
   - The parks of Garràf, Olèrdola and El Foix, and the Colls-Miralpeix area of natural interest are characterised by an exotic landscape of limestone which has been eroded by water. The Mediterranean dwarf palm, one of Europe’s two native palms, can be found here in abundance.

4. **Montserrat**
   - This natural park is also a UNESCO Biosphere Reserve. It is cluster of Mediterranean and Central European landscapes of extraordinary biodiversity right next to large metropolitan conurbations.

5. **Sant Llorenç del Munt i l’Obac**
   - It features astonishing cliffs and monoliths of reddish stone that contrast with the green pine forests and holm oak groves of its mountain slopes.

6. **Montserrat Mountain**
   - This geological jewel is part of the Central Catalonia Geopark. It emerged from the formation of the Pyrenees and the subsequent retreat of an inland sea 36 million years ago. It can accessed by funicular or cable car, two sustainable modes of transport.

7. **Llobregat Delta**
   - The Llobregat Delta Natural Area can be reached on public transport from Barcelona. It is a strategic point along the migratory route of many birds and marine areas by kayak and canoe. Vessels for exploring the sea and the rivers are also available.

8. **Montceramic**
   - The inland Les Gavarres Area of Natural Interest, true of beech trees: la fageda d’en Jordà. And all this near the lake of Banyoles, the largest in all of Catalonia.

9. **Collserola**
   - The real green lung of Barcelona, the Catalan capital, is accessible by public transport. There are many trails that can be easily hiked or cycled along.

10. **Alt Empordà**
    - Going whale spotting or diving below the surface at the Cap de Creus Natural Park, discovering the habitat of the endangered Mediterranean tortoise in the Albera Area of Natural Interest or that of the birds that populate the Aiguamolls de l’Empordà Natural Park are just some of the many attractions of this area.

11. **Empordanet**
    - The inland Les Gavarres Area of Natural Interest, the Castell-Cap Roig Natural Area and hills of Begur continue to this day.

12. **Alt Empordà**
    - The Alt Empordà is a real jewel of fauna and flora which is always worth a visit.

13. **Garrotxa-pla de l’estany**
    - The source of the Ter and Freser rivers give name to the Capcules del Ter i del Freser Natural Park, near the mythical Vall de Núria valley, with peaks almost 3,000 metres high and which is reached by rack train. It also contains Alpine meadows, hundred-year-old forests and has a history of sustainable use of natural resources which continues to this day.

14. **Vall de Núria - Vallet**
    - With three-quarters of its territory protected by the Natura 2000 network (a European network of biodiversity conservation areas), the Val d’Aran is a real jewel of fauna and flora which is always worth a visit.

15. **Alt Pirineu**
    - The Alt Pirineu Natural Park is the only one in Catalonia. This high-mountain landscape and impressive topography harbours a great wealth of animal and plant life. Water, with almost 200 lakes and innumerable streams, is the star along with deer and chamois.

16. **Valleys of the Alt Pirineu**
    - The Alt Pirineu Natural Park is the largest in Catalonia. It also includes the highest peak, the Pica d’Estats (3,143 m), and the largest lake, Certascán. In this alpine landscape you can see the mythical brown bear and a huge variety of butterflies, among other species.

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**Types of activities**

- Watching the land wildlife
- Whale watching
- Birdwatching
- Spotting insects and butterflies
- Strolling through unique forests and observing the flora
- Areas of geological interest
- Routes through natural areas
- Contemplating scenery in sustainable transport
- Scientific ecotourism
  - Following rivers and marine areas by kayak and canoe
  - Vessels for exploring the sea and the rivers
  - Exploring the seabed: diving and snorkelling
  - Nature photography
  - Watching the night sky and the stars
  - Educational activities in the natural areas

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Ecotourism

THE MEDES ISLANDS, A NATURAL PARADISE ON THE COSTA BRAVA.

SERRES D’ODÉN-PORT DEL COMTE-ALINYÀ
A must for lovers of carrion birds, since here it is possible to easily observe the four species of vulture that live in Europe: the bearded vulture, black vulture, griffon vulture and Egyptian vulture.

NATURAL AREAS OF THE WEST
A wide variety of steppe and wetland birds live, nest and breed here. It is an ideal destination for fans of nature photography.

ELS PORTS
This natural park has one of the southernmost beech forests in Europe and is home to over a thousand botanical species. Another reason to visit is that it is the most important reserve for the ibex in Spain.

EBRO DELTA
A Biosphere Reserve, this huge delta is the most important aquatic habitat in the western Mediterranean. Species as spectacular as the flamingo reproduce here.

PRIORAT-MONTSANT
Cliffs, gorges and crags are evidence of its limestone origins. In addition, the steep relief of the Sierras del Montsant provides the opportunity to travel through a landscape with a thousand years of winemaking tradition.

MOUNTAINS OF PRADES-POBLET
Myological and mediaeval routes converge in this place which is home to the only Pyrenean oak forest in Catalonia. In addition to mushroom lovers, those of Romanesque architecture and history will enjoy the Cistercian jewel that is the monastery of Poblet.

THOUSAND-YEAR-OLD OLIVE GROVES
Between the plain of La Galera and the Sierra de Godall is the Museu Natural Olivos Milenaris de l’Arion. Ideal for seeing on foot, it includes 40 examples of thousand-year-old olive trees and is the oldest and largest collection in the Iberian Peninsula.

PROTECTED NATURAL AREAS

Catalonia boasts an exceptional natural heritage and biodiversity, a treasure to be discovered and preserved. It has a huge network of very valuable natural areas that range from high mountains to the coastal plains, from Eurosiberian forests to semi-arid moorlands and marine areas.

The system of protected areas is based on a network of 184 zones of ecological value that include a national park—Aigüestortes i Estany de Sant Maurici—, areas of environmental interest, landscapes, monuments and nature reserves.

AREAS ACCESSIBLE TO EVERYONE
Many of the activities and experiences on offer in the natural areas of Catalonia are suitable for all visitors, including those with reduced mobility or another form of disability. Many of these areas have signposted itineraries and accessible routes, materials and circuits adapted to these needs.

ACCESSIBLE ROUTES AND ITINERARIES
- Aigüestortes i Estany de Sant Maurici National Park
  - The Salto Path
  - Planell d’Aigüestortes walkway
  - Sant Maurici lake approach walkway
  - Sant Esperit viewpoint walkway
  - La Gorga bridge walkway
  - Canal de Roca Blanca path itinerary
  - Girona Greenway
  - Alguamolls de l’Empordà Nature Park
  - Portalet-Mas del Matà route
  - Mas del Matà-Platja del Matà-Les Llaunes route

- Ebro Delta Natural Park
  - Gardà lagoon itinerary
  - Ebro Delta Natural Park Ecomuseum
  - Ullasts de Bellaterra area itinerary
  - Pond of Encanyissada itinerary
  - The Casa de Fusta and its viewpoint
  - La Tancada - Albert Fuli viewpoint
  - La Tancada - Raimundo viewpoint
  - Garraf Natural Park
  - La Pieta botanical itinerary
  - Can Grau adapted sensory itinerary
  - Terra Alta Greenway
  - Sabes Nature Reserve and Flix river bend
  - Montseny Natural Park
  - Adapted itinerary of Santa Fe (the well of Frare)
  - Sant Llorenç del Munt i l’Obac Natural Park
  - Canesqua de l’Obac adapted itinerary
  - Sierra de Collserola Natural Park
  - Fondal path itinerary
  - Montsquis Castle park
  - Itinerary through the gardens of Montesqui Castle
  - Guilleries-Savassona Natural Area
  - Can Matí itinerary
  - Llobregat Delta Natural Area
  - Remolar - Filipines itinerary
  - Itinerary through the river’s natural areas
  - Alt Pirineu Natural Park
  - Mullers d’Escalear adapted itinerary
  - Sant Joan de l’Erm adapted itinerary
  - Cadi-Moixeró Natural Park
  - Cap de Ras viewpoint itinerary
  - Pedraforca viewpoint
  - Orris viewpoint
  - Route to Salenclar de Lleósp

To find out more:
For more information on the accessibility conditions of these areas visit the website: http://aushores.cat/en/accions/cruixes

- SERRA DE LLABERIA-TIVISSA-VANDELLÓS-CARDÓ
The effects of erosion are clearly visible in this natural landscape featuring limestone crags, chasms and caves. They are ideally covered on foot, by bicycle or on horseback.

- VALL DEL GAİÀ
This unique river area on the banks of the Gaïà River, included in the European Natura 2000 network, stands out for its riverside woodland and countless springs that made it possible to establish the Santes Creus monastery.

- BANKS OF THE EBro
One of the most attractive ways to see this riverside landscape is by kayak, canoe or another similar type of sustainable vessel. It is also worthwhile to extend the visit to the Flx river bend.

- COASTAL AREAS - SOUTH COAST
The coast and the sea depths will captivate us on the section that goes from the beach of Torredembarra to the Cap de Santes Creus, in l’Ametlla de Mar. An unbeatable option is to travel this stretch of coastline aboard a boat.

- MONTSEC-CONCA DE TREMP
This area, which houses the impressive Mont-Rebei gorge, has been declared a Tourist Destination and Starlight Reserve and is supported by UNESCO thanks to its excellent weather conditions.

- COLLEGATS I BOUMORT
Mid-September to mid-October is the perfect time to visit the Boumort National Hunting Reserve and experience the unique natural spectacle of the deer rutting season, in which bucks compete with their bellowing to win over the does.

- THE MOUNTAINS OF PRADES-POBLET
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Ecotourism is not just about having fun but also about enabling you to really learn about and understand the natural areas you visit: what species there are and why they live in that habitat, what their needs are, the features of the landscapes... This will help you become aware of the need to respect this valuable natural heritage. Catalonia boasts many exceptional natural areas which you can visit on your own. However, aside from the richness of the natural resource itself, what makes an ecotourism experience truly exciting is the way in which you approach its sights. This approach and appreciation of the environment will depend to a great extent on how you interpret what you are seeing. The deeper you delve, the more you will enjoy it. Therefore, it is best to go with an expert or an ecotourist or nature guide. They will act as an intermediary between you and the natural surroundings; they will interpret what you see, and you’ll see more with them than you would see alone, since they will help you experience the environment and understand it.

Using clear and entertaining explanations, they will help you understand, become enthusiastic about what you see and get the most out of the experience.

Put yourself in the hands of an expert nature guide, really connect with nature and enjoy a more enriching experience.

A nature guide will help you understand the true meaning of the natural area during your visit. They will convey its true essence and allow you to connect with it. Thanks to their expertise, your ecotourism experience will be unforgettable.

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Apart from nature guides, in the protected natural areas of Catalonia you will find facilities, devices and materials that will help complete your experience. At the visitor centres, interpretation centres and ecomuseums you will be given everything you need, and you will also find the interpretive itineraries and signposting very useful.
Land conservation is a strategy that helps safeguard natural areas of special interest based on the active and responsible participation of everyone (owners, conservation entities, companies, citizens...).

These non-profit entities, both public and private, need the support of everyone, including you. Here is how you can collaborate.

The areas with land conservation agreements, due to the importance of their natural and scenic value, provide good opportunities for ecotourism activities. If you sign up for any of them, you will actively contribute to preserving the areas you visit and, at the same time, you will benefit from three big advantages:

- You will receive information first hand, in a fun and entertaining way, about the resources and values of the area that these entities have a deep understanding of.
- You will contribute directly to the conservation of these areas, since a part of your money will go directly to the conservation project.
- You will interact with local inhabitants and contribute to their sustainable development through the involvement of environmental entities, service companies, accommodation, restaurants...
- You will be able to sample and purchase agro-food and artisanal products from the area.
- You will participate in the application of codes of best practices associated with certain activities, such as nature photography or ornithological tourism.

Become aware and get involved in land conservation. Arrelia and Viu la terra are two of the many conservation entities in Catalonia. On their websites you can easily search for and book spectacular experiences in nature. Enjoy them and do your bit for nature!

To find out more:
www.arrelia.cat / viu-laterra.cat

Catalonia is firmly committed to tourism that respects the environment and its inhabitants. One of the elements that will provide your ecotourism experiences with an extra environmental guarantee are certifications and quality seals.

The Catalan Tourist Board recommends companies that offer high-quality nature tourism services. Check out our essentials list within the Ecotourism label: www.catalunya.com/dont-miss-it/our-essentials-list

Official recognition of natural areas
Protected areas because of their exceptional natural value and their commitment to the preservation of the environment.

STARRY DESTINATIONS
Locations with ideal conditions for observing the stars and where light pollution is controlled. Starlight Reserve certifies protected natural areas which are committed to protecting the quality of the night sky.

BIOSPHERE RESERVES
Areas composed of terrestrial, marine and coastal ecosystems recognised by the UNESCO Man and Biosphere Programme.

ENVIRONMENTAL QUALITY DISTINCTION FROM THE CATALAN GOVERNMENT
Eco-labelling system that recognises products and services in Catalonia.

ECO-MANAGEMENT AND AUDIT SCHEME (EMAS)
The EMAS environmental management records help companies, administrations or non-profit organisations evaluate their environmental behaviour and introduce improvements in their management.

ECOLABEL
Ecolabel of the European Union to promote the commercialisation of products and services that are more respectful with the environment.

BIOSPHERE CERTIFICATION
It is awarded by the Responsible Tourism Institute and its objective is to achieve sustainable behaviour in the international tourism business and promote sustainable tourism activities.
CONNECT WITH NATURE
Watch the flamingos fly over the Ebro Delta, follow the trail of the elusive brown bear in the Pyrenees, walk between volcanoes and lava streams in La Garrotxa, discover one of the most important sea beds in Europe: the Medes Islands, contemplate the incredible starry Montsec sky, be a shepherd for a day...

These are just a sample of our many and varied suggested ecotourism experiences for you to get to know and enjoy Catalonia’s rich biodiversity. The following pages are filled with practical information for organising the activity of your choice. Be inspired; connect with nature and learn from it.
CRAZY ABOUT WINGS

Ornithological tourism (birdwatching or birding as it is more commonly known) is one of the most popular ecotourism activities in the world. In Catalonia you will find up to 400 species of birds. Thanks to this, and to the easy access to observation areas, it is one of the best areas in Europe to see a huge variety of species, some of them rare or protected. An ornithological paradise where you can observe birds of prey and carrion birds such as vultures flying over the valleys of the Pyrenees, or a myriad of waterfowl, including elegant flamingos, that choose to nest and rest in the wetlands of the Empordà and in the Llobregat and Ebro Delta.
CAPTURING THE BEAUTY OF BIRDS

CLOSE-UPS IN THE DELTA

With more than 350 species of birds, the Ebro Delta Natural Park is a must-see destination for birdwatching enthusiasts. If in addition to birds you love photography, at the “Alfacada Birding Hide” you will be able to get the best shots of the birds without disturbing them.

Catalonia is an ornithological paradise that has wetlands with abundant birdlife, such as the Ebro Delta Natural Park, a must-see destination for birdwatching lovers. If you are one of these, and also have knowledge of photography, Fundació Catalunya-La Pedrera offers you, through MonNatura Delta, the possibility of enjoying an exclusive location in the company of a guide: the photographic hiding places (or birding hides) of the Alfacada lagoon. It is a place that until very recently was practically unknown and inaccessible, and from it you can photograph all of the richness of the delta without disturbing the birds.

So, have your camera, zoom lens and binoculars at the ready, avoid wearing bright colours (being discreet is very important) and prepare to spot and immortalise some of the 350 species of birds in the delta, such as glossy ibis, swamphens, Audouin’s gulls, red-crested pochards, common coots or shelducks, among many others.

To find out more:
http://parcsnaturals.gencat.cat/es/delta-ebre
FLAMINGOS IN THE EBRO DELTA

LA VIE EN ROSE

The Ebro Delta Natural Park is one of the most visited in the world by birdwatching enthusiasts. On a pleasant walk, as part of the “Birds of the Delta” experience, you will observe some of the more than 350 species, migratory and native, that populate these wetlands: ducks, herons, egrets and the kings of the area: the flamingos.

The Ebro Delta contains the largest wetlands in Catalonia and one of the most important in Europe. Its peculiar shape has created a unique space of great natural abundance, internationally renowned for its water birds: ducks, waders and seabirds; as well as a myriad of hibernating migratory species, which have the highest priority in terms of protection.

“Birds of the Delta” is a guided and accessible walk for all around MónNatura Delta during which you will learn to identify the most common birds in the natural park, such as the different species of ducks, the grey heron, the egret, the common redshank and the flamingo. The flamingos are perhaps the most representative species of the Ebro Delta, the only place in Catalonia in which these birds manage to reproduce successfully and with a certain stability thanks to the absence of land predators, favourable weather conditions and the absence of low-flying aircraft.

To find out more:
http://parcsnaturals.gencat.cat/es/delta-ebre

FLAMINGOS FLYING OVER THE EBRO DELTA

DELTA BIRDING FESTIVAL

On 20, 21 and 22 September the MónNatura Delta, located in the heart of the Ebro Delta, will host the only birdwatching contest of its kind in Catalonia. The Delta Birding Festival offers a full and attractive programme of activities with talks, competitions, workshops, courses, exhibitions and field trips, accompanied by a large fair of products and services for the naturalist and for those who enjoy nature in general. Ticket proceeds will go towards the conservation of threatened habitats or species.

MónNatura Delta de l’Ebre
(+34) 977 053 801
www.monnaturadelta.com/en

FLAMINGOS IN THE EBRO DELTA

RECORD NUMBER OF FLAMINGOS IN THE DELTA

In 2018 a total of 2,176 flamingo pairs have reproduced in the Ebro Delta Natural Park, higher than the average since the species was established in the area in the early nineties.
Despite their imposing appearance, carrion birds such as vultures perform an essential function: to eliminate the organic remains from the ecosystem. They can be seen in action in the Pyrenean valley of Alinyà, one of the best preserved Natura 2000 sites and the only place in Europe where the four European species of vulture can be easily spotted: the black vulture, the bearded vulture, cinereous vulture and the Egyptian vulture. The experience “Feeding with vultures” offers you a guided excursion in which you can observe how they feed in their habitat. You have the option of accompanying the guards and getting even closer to them. Do not forget your binoculars and if you are passionate about nature photography, sign up to “Feeding with vultures”, a birdwatching and photography experience which will take you to a bird hide so you can capture the moment forever.

To find out more:
www.aralleida.cat/en

Where: Serres d’Odén-Port del Comte
Area of Natural Interest
How to get there: by bus to Coll de Nargó (www.alsa.com)
Duration: 2 h 30 min.
Participants: open to all
When: Spring, Autumn and Winter
Languages: Catalan, Spanish and English
Price: on application

Muntanya d’Alinyà
(+34) 973 058 991
www.alinyamuntanya.cat

VULTURES CLOSE UP
AN IMPOSING BIRD

On the edges of the Aiguamolls de l’Empordà Natural Park you can start out in the world of birdwatching in a simple and educational way while enjoying a kayak trip. Thanks to this adapted activity open to all members of the public, which takes place at the mouth of the Fluvià River, you will visit places such as the island of Caramany. There you can easily make your way into the habitat of the park’s waterfowl and other migratory species, such as the osprey, observing them and recognising them from the water using identification cards and without disturbing their routine.

To find out more:
http://parcsnaturals.gencat.cat/es/aiguamolls-emporda

Where: Aiguamolls de l’Empordà Natural Park
How to get there: by train to Llançà (www.renfe.com) and by bus to Sant Pere Pescador (www.moventis.es)
Duration: 3 h
Participants: minimum two people
When: all year round
Languages: Catalan, Spanish, English, French and German
Price: €30

SK Kayak
(+34) 639 008 684
www.kayakcostabrava.com/en

KAYAKING THROUGH THE WETLANDS
SIGHTINGS FROM THE WATER

© JOSE LUIS RODRIGUEZ

© SK KAYAK
Connect with nature Birdwatching

THE BEARDED VULTURE
THE MOST ICONIC SILHOUETTE

Very few images better represent a mountain landscape than the flight of a bearded vulture. Salvatgines offers you a hide in the mountains of Carreu (Pallars Jussà), from where you can watch and take an unforgettable set of photos to capture one of the most beautiful images in nature. In Catalan, Spanish and English. The same company also offers deer spotting in Boumort.

To find out more:
www.pallarsjussa.net/en/experience-nature/boumort-mountains

BIRDING IN THE LLOBREGAT DELTA
AN ECOSYSTEM
IN THE CITY

Just a few kilometres from Barcelona and next to El Prat airport, the Consortium for the Protection and Management of the Natural Areas of the Llobregat Delta offers a specialised guide service aimed at birdwatching enthusiasts. “Birdwatching in the Delta” (in Catalan, Spanish and English) focuses on the observation of the most significant species of these wetlands, which are difficult to find elsewhere.

To find out more:
http://parcsnaturals.gencat.cat/en

BEST PRACTICE GUIDELINES

1. Do not disturb the birds. Making them fly or getting too close to see them better, photograph them or record them is never justifiable.

2. Observe them from afar. It is always the best option. Simply apply common sense and keep on the paths or tracks.

3. There are designated places for observation or photography, such as lookouts and observation towers.

4. Do not enter cultivated areas. They may seem deserted, but there are species that nest on land.

5. Try not to make unnecessary noise and do not use lures or other means of attraction in protected areas.

6. During the breeding season please take greater precautions. Do not go near nests or breeding colonies.

7. If you are going with a pet, remember that the birds will consider it a predator. Do not let dogs or cats loose.

8. If you come across a protected species which is wounded or observe an infraction, notify the forestry service:
Tel. (+34) 935 617 000
@agentsruralsca

9. Leave the area you visit just as you found it. Even better, if possible.

10. The observational data you collect may be of scientific interest. Share it on cooperative citizen science portals such as http://ornitho.cat
www.ebird.com

Where:
Serra de Boumort
How to get there:
by train to
La Pobla de Segur
(www.renfe.com) and
by bus to Sort
(www.alsa.com)
Duration:
from 9 am to 2 pm
When: Spring,
Autumn and Winter
Price: €330

Salvatgines
(+34) 627 753 205
www.salvatgines.com

Where:
Llobregat Delta
How to get there:
train (www.renfe.com)
or metro (www.tmb.cat).
Optional pickup
Duration: up to 5 or 10 h
When: Spring,
Autumn and Winter
Price: €90-150

Espais Naturals
del Delta del Llobregat
(+34) 934 793 201
www.deltallobregat.cat

1. Do not disturb the birds.
2. Observe them from afar.
3. There are designated places.
4. Do not enter cultivated areas.
5. Try not to make unnecessary noise.
6. During the breeding season please take greater precautions.
7. If you are going with a pet, remember that the birds will consider it a predator. Do not let dogs or cats loose.
8. If you come across a protected species which is wounded or observe an infraction, notify the forestry service:
Tel. (+34) 935 617 000
@agentsruralsca
9. Leave the area you visit just as you found it. Even better, if possible.
10. The observational data you collect may be of scientific interest. Share it on cooperative citizen science portals such as
http://ornitho.cat
www.ebird.com
The power of attraction of wild animals is undeniable and seeing them in their natural habitat is priceless. In Catalonia you can hear the bellowing of rutting Pyrenean stags, watch wild goats climb the massifs of Els Ports and Montserrat, or track the footprints of the elusive brown bear. And don’t miss the aquatic wildlife of the Medes Islands, home to spectacular Neptune grass meadows.

The plant life also offers great diversity, with typically Mediterranean forests, others which are more unusual like the beech forests of La Garrotxa, and the alpine flowers with really emblematic species such as orchids.
EMBLEMATIC PYRENEAN SPECIES

FAUNA IN ITS NATURAL HABITAT

In the heart of the Aneu valleys live some of the most representative species of Pyrenean animals. If you would like to see them in their natural habitat, find out how some endangered native species have been rescued and reintegrated and discover the life habits of others, take part in the “Fauna of the Pyrenees” experience.

The Valles d’Àneu area boasts real diversity, both biological and also in terms of different ecosystems which act as a refuge to a good number of threatened species. Of particular significance amongst them is the bearded vulture, the brown bear and the wood grouse.

The MónNatura Pirineus wildlife centre gives you the chance to see a great number of the species which live in this area through a guided tour of a 6-hectare space in the Son forest.

During the “Fauna of the Pyrenees” activity you will learn directly from environmental educators about the characteristics of species as emblematic as lynx, martens, roe deer, chamois, wildcats and the Eurasian eagle-owl. The centre also participates in the bearded vulture recovery programme.

To find out more:
http://parcsnaturals.gencat.cat/en/aiguestortes
DISCOVER THE CATALAN PYRENEES

THE SECRETS OF THE ECOSYSTEMS

What could be better for getting away from everyday life than being out in a high-mountain environment and discovering the secrets of the ecosystems? With these “Nature Holidays” you will walk along Pyrenean peaks, beside lakes and through woodland and meadows on accessible and adapted pathways.

The Catalan Pyrenees area boasts an enormous diversity of flora and fauna, with mid and high-mountain landscapes and views of the big peaks, such as Aneto and Pica d’Estats, displaying their magnificent mountain meadows and groves of pines, oak and holm oak.

With the “Nature Holidays” experience you will be able to visit the wetland marshes of Montcortès lake, the Riquerna valley and the ponds at Batets. You will also be able to observe the flora and fauna of Conca de Trémp and the National Park of Aigüestortes i Estany de Sant Maurici. What’s more, you will be doing this along spectacular routes and paths which pass through Collegats, la Bonaigua, Esterri and Escalarre.

Casa Leonardo is rural accommodation which also offers you the option of up to six themed outings, led by an expert guide, in order to get to know more about the birds, butterflies, dragonflies and the plant life of the area. These are the secrets of the Pyrenean high-mountain ecosystems.

To find out more:
http://parcsnaturals.gencat.cat/en/aiguestortes

The park reveals its unspoilt landscapes.
MAXIMUM CONNECTION WITH NATURE

ALL THE ENERGY OF THE FOREST

Amidst the centuries-old woodlands of the Els Ports Natural Park you will find the ideal space to sit down in harmony with nature. Submerge yourself with all five senses in the “Forest Bathing” experience. You will be at peace with yourself and with your surroundings, you will be learning how to respect the environment and you will be contributing to its protection.

At the heart of the Terres de l’Ebre Biosphere Reserve is the Els Ports Natural Park, a place with great geological and wildlife treasures such as its renowned and unique forests. Their appeal changes depending on the seasons of the year in which you visit. Their colours, their height, the falling of leaves and the wide spread of the roots will tempt you in to wander and to escape... and, above all, to feel the grandeur of nature. The “Forest Bathing” activity offers you a full experience. Thanks to the ancient Japanese technique of Shinrin Yoku, you will develop a deep and renewing connection with the natural environment, visiting spaces of great environmental value where you can connect with the volatile particles of the trees and plants, capable of reinforcing your natural defences. You will also take walks during which all five of your sense will spring into action, not only fortifying your immune system but also bringing you other valuable physiological, psychological and emotional effects.

To find out more:
http://parcsnaturals.gencat.cat/es/ports

© Ports Experience
MUSHROOMS IN THEIR NATURAL HABITAT

CELEBRATE THE ARRIVAL OF AUTUMN

Walking through the Vall Fosca, at the foot of the Aigüestortes i Estany de Sant Maurici National Park, you will learn how to recognise mushrooms and the places where they grow; how to pick them once you find them without damaging their habitat; how to tell the difference between the edible and the poisonous ones and how to store them, classify them and cook them in traditional recipes from this area.

With the first rains of Autumn, while the leaves are starting to carpet the forest floor, mushrooms pop their heads up. Catalonia enjoys a long and well-known mycological tradition. If the world of fungi appeals to you, don’t miss this “Adventure among the mushrooms and the toadstools”, one of the in-nature experiences offered by Casa Leonardo rural accommodation.

Throughout the whole activity you will be accompanied by a botanical guide who will give you the basic guidelines on how to differentiate between poisonous mushrooms and edible ones. Amongst the latter, and of particular interest, are wood wax mushrooms, milk caps, grey knights, chanterelles and black trumpets. The guide will also explain how to pick them the correct way, always respecting the environment, and how to store and cook them, following their own recipe.

There will also be time to hear the many stories, legends and traditions which surround these little beings.

IN AUTUMN, MUSHROOMS TRANSFORM THE FOREST FLOOR.

To find out more:
http://parcsnaturals.gencat.cat/en/aiguestortes

MYCOLOGY WORKSHOPS IN PALLARS

Every October weekend, various localities in the Pallars Jussà area host the region of Lleida’s Mycology Workshops, an itinerant festival whose aim is to bring the exciting world of mushrooms and fungi closer to the general public. Throughout the month, various planned activities take place, such as conferences, excursions, courses and competitions.

To find out more
www.pallarsjussa.net/en/gastronomy/mycology-workshops-pallars-jussa
Observing flora and fauna

IN THE FOOTSTEPS OF THE SPANISH IBEX

THE CLIMBING QUEEN

The Els Ports Natural Park has become the main Catalan reserve for the Spanish ibex. Watching the movements and climbing skills of this wild species, which is perfectly adapted to the steep, rugged terrain, is really quite a show. The activity “Discover Els Ports and its natural habitats” will take you along the pathways and tracks in this protected natural area, and you will also have the chance to climb Mount Caro and watch these fascinating animals in action. You will also be able to taste some local gastronomic treats. This activity is tailored to suit each group of visitors according to age and physical fitness.

To find out more:
http://parcsnaturals.gencat.cat/es/ports

Gubiana dels Ports
(+34) 977 474 223
http://en.gubiana.com

THE WORLD OF BEES

LIFE IN THE BEEHIVE

Without bees, the world as we know it would disappear. These animals have a very structured social organisation and a very interesting life cycle. In the Poblet Natural Site of National Interest you can visit a beehive and learn about their ecological importance in the “World of Bees” workshop, where you will also learn what they look like and how their inhabitants live, the products that they make and what characteristics, uses and properties these products have. And to round off you can take part in a honey tasting session and make a candle out of natural wax. Another option is to do some “Nordic Walking” while discovering the natural beauty and history of the Ruta del Cistèr walk (www.larutadelcister.info/en) around the Monastery of Poblet.

To find out more:
http://parcsnaturals.gencat.cat/es/poblet

Drac Actiu
(+34) 629 213 263
www.dracactiu.com

connect with nature where:
Tortosa.
Els Ports Natural Park
How to get there: by train (www.renfe.com) and bus (www.hife.es)
Duration: 5 h
Participants: open to all. Minimum group size of 4 people
Where: Spring and Autumn
Languages: Catalan, Spanish, English, French
Price: €35

L’Espluga de Francolí.
Poblet Natural Landscape of National Interest
How to get there: by train (www.renfe.com)
Duration: 2 h 30 min
Participants: open to all (from 6 years of age)
Where: Spring, Summer and Autumn
Languages: Catalan, Spanish, English, French
Price: €15 and €10 for children

local products   unique forests   fauna   local products

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IN THE MEDES ISLANDS

DISCOVERY WITH OARS

Just one mile away from the port of l’Estartit, the Medes Islands Nature Reserve is thought to be the best in Europe. The protection this area receives, along with the nutrients delivered in the fresh water of the Ter River, mean that a great variety of animals, algae and plants make this their home and breeding ground. By taking part in the ‘Eco-kayak in the Medes’ activity, with the help of a guide you will be able to easily observe close up the fauna and flora of this protected nature reserve. Come and enjoy a rowing adventure around the islets and discover this underwater kingdom.

To find out more:
http://parcsnaturals.gencat.cat/es/illes-medes

IN SEARCH OF STAGS AND BEARS

In the Alt Pirineu Natural Park, one of Catalonia’s foremost nature reserves, you can find out how this ecosystem works on some short, guided trails. You can also visit places for “Wildlife Watching” (stags, chamois, small carnivorous animals, birds of prey...) and follow the tracks of brown bears which have been recovered in the Pyrenees (some forty pairs have been counted). Explanation in Catalan, Spanish and English.

To find out more:
www.pallarsjussa.net/en/experience-nature/boumort-mountains

PLANTS FROM THE CAP DE CREUS

In the Cap de Creus Natural Park, and with a guide by your side, you can discover its plants and flowers: their common and scientific names, how they grow and how they are used. The “Medicinal Plant Walk” offers you the chance to connect with botanicals, an activity which awakens curiosity in nature. Look at them, smell them, feel them... Activity in Catalan, Spanish, English and French.

To find out more:
http://parcnatural.gencat.cat/en/cap-creus

PYRENEAN FAUNA

IN SEARCH OF STAGS AND BEARS

In the Alt Pirineu Natural Park, one of Catalonia’s foremost nature reserves, you can find out how this ecosystem works on some short, guided trails. You can also visit places for “Wildlife Watching” (stags, chamois, small carnivorous animals, birds of prey...) and follow the tracks of brown bears which have been recovered in the Pyrenees (some forty pairs have been counted). Explanation in Catalan, Spanish and English.

To find out more:
www.pallarsjussa.net/en/experience-nature/boumort-mountains

To find out more:
http://parcnatural.gencat.cat/en/cap-creus

Where: Cadaqués, Cap de Creus Natural Park
How to get there: by bus (www.sarfa.es)
Duration: 3 h
When: all year round
Price: €150 (groups up to 20 people)
Cadaqués Walks
(+34) 686 492 369
www.rutescadaques.com/en

To find out more:
http://parcsnaturals.gencat.cat/es/cap-creus

To find out more:
http://parcsnaturals.gencat.cat/es/illes-medes
GETAWAY IN MONTSENY
THE SECRETS OF MUSHROOMS

Montseny Natural Park, a Biosphere Reserve area, is a mosaic of Mediterranean and Central European landscapes encompassing a huge amount and variety of animal and plant wildlife. On the “Mushrooming nature excursions” you will learn how to identify different species over two guided visits, you’ll receive practical expert advice on how to get the most out of them and enjoy the home cooking of La Rectoria de Vallcàrquera.

Where: El Figueró, Montseny Natural Park
How to get there: by train (www.fgc.cat/en/) and bus (www.sagales.com)
Duration: a weekend
When: Autumn
Price: €79.50

To find out more: https://parcs.diba.cat/es/web/montseny

FEEL THE NATURAL LANDSCAPE AND INNER PEACE

Connecting with trees through contemplation, taking part in silent workshops and practising mindful hiking are key to experiencing nature and all its elements. This experience will help you feel the landscape using mindfulness techniques, Tibetan singing bowls and the sounds of nature. For groups of six people and above; in Catalan, Spanish, English and French.

Where: all over the province of Girona
Duration: from 2 h
When: all year round
Price: €20

To find out more: http://parcsnaturals.gencat.cat/es/alt-pirineu

SNORKELLING WITH A SCIENTIFIC GUIDE
UNDERWATER TREASURES

Fish, octopus, crustaceans... the living ecosystem of l’Ametlla de Mar offers a different experience every day. During the snorkelling activity “Excursion with a marine scientist guide”, you will be introduced (in Catalan, Spanish, English and French) to submarine flora and fauna and their idiosyncrasies. The excursion starts off with a small lecture on marine biology and all equipment is provided.

Where: l’Ametlla de Mar, Coastal Spaces-South Coast
How to get there: by train (www.renfe.es)
Duration: 2 h (1 h in the water)
When: Spring, Summer and Autumn
Price: €25 and €22 for children under 16

To find out more: (+34) 977 457 741
www.planctondiving.cat/en

Butterflies of the Pyrenees
The Art of Fluttering

Alt Pirineu Natural Park is one of the protected spaces with the largest diversity of Lepidoptera in Europe. “Flowers and Butterflies” is a family activity which introduces you to this world. It involves a walk on which you can identify some of the many species and habitats in the park and the native flowers (carnivorous, healing and culinary). In Catalan, Spanish, English and French.

Where: Isil, Alt Pirineu Natural Park
How to get there: by bus to Estenir d’Aneu (www.alia.com)
Duration: 2 h 30 min
When: Spring
Price: €15 adults, €8 children

To find out more: https://parcnatural-aps.cat/es/alt-pirineu

Obaga Activitats
(+34) 619 938 267
(+34) 695 942 524
www.obagaactivitats.cat/en

Snorkelling with a Scientific Guide
Underwater Treasures

Plàncton Diving
(+34) 606 579 826
(+34) 695 942 524
www.planctondiving.cat/en

To find out more: https://en.costabrava.org

Mindfulkit
(+34) 606 579 826
www.mindfulkit.com

To find out more: http://parcsnaturals.gencat.cat/es/delta-ebre

Connecting with trees through contemplation, taking part in silent workshops and practising mindful hiking are key to experiencing nature and all its elements. This experience will help you feel the landscape using mindfulness techniques, Tibetan singing bowls and the sounds of nature. For groups of six people and above; in Catalan, Spanish, English and French.

Where: all over the province of Girona
Duration: from 2 h
When: all year round
Price: €20

To find out more: http://parcsnaturals.gencat.cat/es/delta-ebre

Mindfulkit
(+34) 606 579 826
www.mindfulkit.com

To find out more: http://parcsnaturals.gencat.cat/es/delta-ebre

Connecting with trees through contemplation, taking part in silent workshops and practising mindful hiking are key to experiencing nature and all its elements. This experience will help you feel the landscape using mindfulness techniques, Tibetan singing bowls and the sounds of nature. For groups of six people and above; in Catalan, Spanish, English and French.

Where: all over the province of Girona
Duration: from 2 h
When: all year round
Price: €20

To find out more: http://parcsnaturals.gencat.cat/es/delta-ebre

Mindfulkit
(+34) 606 579 826
www.mindfulkit.com
SURVIVAL OF THE FITTEST

Between September and October you can enjoy a unique experience in the Pyrenees: the bellowing of the stag. In their rutting season, the males fight each other to win over the females. To watch them in all their splendour while being as inconspicuous as possible at this vital moment, you can sign up for one of our guided excursions. In Catalan, Spanish, English and French.

Where: Isil, Alt Pirineu Natural Park
How to get there: by bus to Esterri d'Aneu (www.alsa.es)
Duration: one morning
Price: €24

To find out more: http://parcsnaturals.gencat.cat/es/alt-pirineu

BEST PRACTICE GUIDELINES

1. The wellbeing of the fauna and flora must always be the priority.
2. Respect the habitats. Don’t leave any waste or damage any plant life or other natural element of the area; don’t pick them up, move them or displace them.
3. Don’t change the behaviour of the animals in any way at all.
4. Don’t disturb the animals, especially in mating season or in bad weather conditions.
5. Avoid being noisy and making loud sounds. Speak in a low voice.
6. Be careful where you tread. Try to stay on the tracks and pathways, and stray as little as possible from them.
7. Don’t cut branches or vegetation to camouflage yourself. Also don’t walk on moss and other delicate plant life.
8. Always respect the current regulations in protected natural areas. They guarantee the protection of the species.
9. Respect the rights of other people in the observation areas.
10. Whenever you notice that your presence or activity might be a disturbance or a problem, stop the activity and move away.

FOLLOW THE TRACKS

IN THE HABITAT OF THE BROWN BEAR

The brown bear is one of the most emblematic species of the Pyrenees. In the 1990s it was on the brink of extinction, but was able to make a recovery. This shy creature is not easy to observe and, generally speaking, its presence is detected from the traces it leaves behind (tracks, hairs, droppings...). “In the land of the brown bear” offers you the chance to do some tracking in the Benabé forest and to use some video monitoring to really penetrate its habitat and follow its footprints. In Catalan, Spanish, English and French.

Where: Alós d'Isil, Alt Pirineu Natural Park
How to get there: by bus to Esterri d’Aneu (www.alsa.es)
Duration: one morning
When: Spring and Autumn
Price: €24

To find out more: http://parcsnaturals.gencat.cat/es/alt-pirineu

Obaga Activitats
(+34) 619 938 267
www.obagaactivitats.cat/en

CHARMING ANIMALS

Observing flora and fauna
Emblematic mountains and geology

When Rocks Talk

Landscapes which were created by lava, like La Garrotxa, where there are some 40 volcanoes; spectacular underground caves like those at Maravelles, in Benifallet; the unique morphology of Montserrat Mountain, the symbol of Catalonia. Find out how the Pyrenees were formed from the time when they were a sea, follow in the footprints of the dinosaurs which lived there, discover two UNESCO Global Geoparks: Central Catalonia and Conca de Tremp-Montsec. In Catalonia, the stones will speak to you. Listen to them.
THE NETWORK OF GEOPARKS

In Catalonia, there are two geoparks which are part of a global UNESCO network: the Conca de Tremp-Montsec Geopark which encompasses Pallars Jussà, Baix Pallars, in Pallars Sobirà; Coll de Nargo, in Alt Urgell; Vilanova de Meià, Camarasa i Àger, in la Noguera, and the Geological and Mineral Park of Central Catalonia, made up of the areas of Bages and Collbató.

In both parks you will find sustainable geotourism activities which aim to publicise these areas while, at the same time, preserving the important geological resources of each one: fossilised remains, caves, chasms, faults, mines, tunnels, basalt and granite rock formations, gorges, rock faces...

In this sense, you will find exceptional singularities in both geoparks, such as the caves of Toll and the Saltpetre caves in the Geological and Mineral Park of Central Catalonia and the spectacular ravines of Mont-Rebei, Terradets and Collegats in Conca de Tremp-Montsec Geopark.

To find out more:
- www.europeangeoparks.org
- www.geoparc.cat/en
- www.projectegeoparctrempmontsec.com/en
Emblematic mountains and geology

TRAVEL BACK IN TIME FOLLOWING...

IN THE FOOTSTEPS OF THE DINOSAURS

The activity called “Earth in the time of the dinosaurs” allows you to visit some sites in search of traces of these animals from... 100 million years ago! A perfect activity for learning how to interpret the geological language of our landscape.

Catalonia is a territory with great geological riches, where you can find a wide range of rocks and fossils representing different geological periods. Amongst this extensive evidence of the long and distant past, in areas such as Alt Urgell (Coll de Nargó), Pallars Jussà (Isona-Conca Dellà) and Berguedà (Fumanya) you will find some of the most important sites of fossil deposits from the Cretaceous era in Europe.

The “Earth in the time of the dinosaurs: walking through the tropics of 100 million years ago!” activity challenges you to travel through time to discover a Catalonia that was practically tropical, bathed in warm waters, with lush vegetation and populated by giant sauria. The activity will take you to some deposits where you will learn about their geological history and the secrets they keep. You will be able to see ichnites, footprints, fossilised bones, nests and other fossils...

To find out more: www.parc-cretaci.com/en

LAST STRONGHOLD

According to palaeontologists, Catalonia was one of the last dinosaur strongholds. The presence of fossilised remains, such as bones, footprints and eggs, is more than noteworthy. You can start the trail in the Pyrenees, more precisely in Sant Romà d’Abella (Isona i Conca Dellà, Pallars Jussà district). From the same period, and with a large amount of quality bony remains, are the sites of Basturs and La Posa. Equally attractive are the fossilised footprints (ichnites) found at the Fumanya site (Figols-Vallcebre, in Berguedà). The Coll de Nargó site (Alt Urgell) is one of the most important in the world.

For further information: www.dinosfera.com

Naturalwalks
(+34) 662 251 059
http://naturalwalks.com/en

© NATURAL WALKS
Volcanic Catalonia

Between fire and water

Magma, fire and water have created a largely unknown rocky landscape that will be revealed in the “Land of fire and water” activity. Guided by a geologist, you will travel from the interior to the coast in search of unusual shapes, lava streams, remains of eruptions...

Igneous, derived from the Latin ignis, fire, is the name given to one of the three groups of rock in existence. When we think about this type of rock, what comes to mind are the volcanoes and giant lava flows which exist nowadays in emblematic places such as Hawaii. However, not so many years ago, Catalonia was a land of active volcanoes... And a large chunk of its coastline is made up of huge lumps of magma.

“Land of fire and water: travelling from the Catalonia of earth and fire to the Catalonia of coast and water” is an experience which aims to get you close to the great magmatic areas. You will discover their volcanic activity and the impressive landscape formations that can be seen all along the Girona coast, which are mainly made up of igneous rock of various compositions and ages. You will enjoy the unique scenery that this type of rock creates and get to know its evolution in the knowledgeable hands of a geologist.

Where: Canet d’Adri, La Garrotxa Volcanic Zone Natural Park
How to get there: by bus (www.teisa-bus.com)
Duration: 4 days
Participants: open to all. Maximum group size of 12 people
When: all year round
Languages: Catalan, Spanish and English
Price: to be confirmed

To find out more:
http://parcsnaturals.gencat.cat/es/garrotxa

The Volcano Museum

The Castanyes de Olot tower houses the Volcano Museum, which will show you the physical environment of La Garrotxa, the best example of volcanic landscape in the Iberian Peninsula: oak groves, beach forests, riverside woodland... Delve into the world of volcanism and also of seismology, including a simulation of seismic movements.

For further information:
https://museus.olo.cat

© Kim Castells

Naturalwalks
(+34) 662 251 059
http://naturalwalks.com/en
CANYONS AND NATURE

WITNESSES TO EROSION

Entering an underground cave is one of the star activities on the “Multi-adventure in Els Ports” package, a fun experience which will show you the great geological wealth of Els Ports, an area with rugged, steep relief full of scenery which is bound to leave you open-mouthed.

Located between Tarragona, Teruel and Castellón, Els Ports is a huge limestone massif, which juts steeply out of the ground and boasts indomitable natural riches and abundant wildlife.

You can have an authentic adventure in this mountainsous area, including a variety of activities which will help you discover and enjoy all it has to offer, and all in the company of a professional nature guide.

With “Multi-adventure in Els Ports” you will delve deep into this land to discover a variety of geological jewels. You will descend gorges, hike through ravines with crystal-clear waters, move from tree to tree on a tree-top circuit with platforms, games and zip wires; kayak on the Ebro River and ride along a Vía Verde (Green Trail) on a bike. An experience in the heart of nature so you can truly discover it and feel immersed in it. What’s more, you’ll visit Valderrobres, a very charming little village.

To find out more: http://parcsnaturals.gencat.cat/es/ports

The Spectacular Meravelles Cave

Discovered half a century ago, this cave on the Ebro river, in the village of Benifallet, lives up to its name (Marvels). It is 500 metres in length (200m are accessible) and it has three chambers. The Llapis chamber displays stalactites and stalagmites; in the amphitheatre chamber, due to the water and minerals they carry, the lakes are circular in shape and look like terraced seating. The musical chamber is the smallest but the only one which displays all formations: stalactites, stalagmites, columns...

Information:
www.benifallet.altanet.org/les-coves-meravelles
TEBES CIRCUIT

THE MAGICAL MOUNTAIN

Montserrat Mountain, in the Sierra Prelitoral, is one of the symbols of Catalonia due to its unique morphology and the spiritual nature of its location. The trail known as “The Circuit of Tebes” (hermitages) follows in the footsteps of hermits and pilgrims who have long considered it to be a sacred place, a magical mountain. This circular walk starts and ends in the monastery. The guide will introduce you to the landscape and how and why the hermitage chapels were inhabited for some thousand years. You will walk along the high part of the mountain, with spectacular views over the final stretch of the Llobregat river until you spy the Mediterranean. The trip starts and ends in the monastery with the Sant Joan cable car.

To find out more:
http://parcsnaturals.gencat.cat/es/visiteu-nos/els_parcs_de_catalunya/montserrat

MONTSESRAT TRAIL

NATURE AND HERMITAGES

Montserrat massif emerged from the bottom of an ancient sea some 10 million years ago. Erosion from the wind, rain and ice have contoured its unique profile, which includes rounded peaks known as “needles”. During this trail, a guide will reveal both the secrets of this unique landscape and the symbols which make Montserrat a natural sacred space. You will also discover the ancient hermitages of Sant Joan, Sant Onofre and Santa Magdalena. The trail is about 2.5km long and includes an ascent of around 200m in total. It starts and ends at the top cable car station.

To find out more:
http://parcsnaturals.gencat.cat/es/visiteu-nos/els_parcs_de_catalunya/montserrat

Guies de Montserrat
(+34) 660 006 610
www.gdm.cat/en

Montserrat visita
(+34) 938 777 701
www.montserratvisita.com/en

Guies de Muntanya
Emblematic mountains and geology
A WEEKEND IN LA GARROTXA

VOLCANOES AND LAVA

“Volcanoes and lava flows” is a trail that you follow independently which takes you around the La Garrotxa Volcanic Zone Natural Park. This park contains the best display of volcanic landscape across the Iberian peninsula, with 40 volcanic cones and more than 20 lava flows. You will visit 14 volcanoes (Croscat, Santa Margarida, Montaucopa,…) and the Jordà Beech Forest, which is spectacular both in Spring and Autumn.

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© Trescàlia

To find out more: http://parcsnaturals.gencat.cat/es/garrotxa/index.html

Where: La Garrotxa Volcanic Zone Natural Park
How to get there: by bus to Olot (www.teisa-bus.com)
Duration: 3 days
When: all year round
Price: from €84

Trescàlia
(+34) 657 861 805
www.trescalia.com/en

LANDSCAPE AND LIVING HISTORY

THE FORMATION OF THE PYRENEES

The “Formation of the Pyrenees” experience invites you to spend a week interpreting the stories recorded in the stones. This comprehensive trail through Lleida, in English, Spanish and Catalan, combines both ecotourism and active tourism. A full itinerary which allows for some geotourism and palaeontology with Km0 (super local) gastronomy, music and traditional trades.

Dear Explorers, what stories do you expect to tell about your time spent in the Pyrenees?

Where: departures from Barcelona airport
Duration: 7 days
When: May
Price: from €1,290

Pyrenees Trips
(+34) 973 650 031
www.pyreneestrips.com/en

DESMOUNTAIN IN THE DEEP

GEOLOGICAL GORGES

In “Geological gorges” a specialist guide and a geologist will take you to experience what it is to follow the course of a river via the rocky formations that the force of the water has shaped over millennia in the Collegats gorge. Waterfalls and chutes will test your skills in this stunning ravine, known as the gorge of Hell. To do this, you will be taught scaling, climbing and speleology techniques and all necessary equipment will be provided. An unprecedented perspective on this landscape.

To find out more: www.lapobladesegur.cat/en/fer_visitar/collegats-boumort-3

Where: Pobla de Segur, Collegats and Boumort
How to get there: By bus from Barcelona (www.alsa.com) and by train from Lleida (www.fgc.cat)
Duration: 7 h approx.
Participants: groups of up to 12 people
When: from July to October
Languages: Catalan, Spanish and English
Price: €96 per person

Explora Guies
(+34) 646 207 436
www.exploraguies.com/en

Connect with nature...
BETWEEN GLACIAL LAKES AND PEAKS

The enormous biodiversity of the Pyrenees makes them an excellent place to observe fauna and flora, featuring iconic species such as the lynx, the capercaillie and the bearded vulture. Valleys like the Cerdanya are stunningly radiant with spectacular scenery, combining alpine meadows and peaks with small towns and glacial lakes. These are especially spectacular in Catalonia’s only National Park of Catalonia: Aigüestortes i Estany de Sant Maurici. In the high mountains of Catalonia you will experience nature and learn from it.

LAKE LLEBRETA, IN AIGÜESTORTES I ESTANY DE SANT MAURICI NATIONAL PARK.
© GONZALO AZUMendi
A ROUTE THROUGH THE HEART OF NATURE

THE REAL PYRENEES

The "Naturalist Route" comprises an itinerary through an exceptional part of the Pyrenees: Planes de Son. There is a nature centre here in which you will learn about the most characteristic species of fauna and flora in the area, as well as the magnificent landscapes of the high mountains.

Where: Son, Aigüestortes i Estany de Sant Maurici National Park
How to get there: by bus to Esterri d’Àneu (www.alsa.com)
Duration: 2 h
Participants: open to all
When: all year round
Languages: Catalan, Spanish, English and French
Price: €16

One of the best places to discover the Pyrenean landscape is MónNatura Pirineus, a nature and sustainable development centre located in a privileged setting: Planes de Son. Located next to the town of Son, this quiet and remote location offers you the option of really immersing yourself in nature. It is inhabited by animals such as genets and foxes, in addition to the undisputed star of the area: the European lynx.

The centre is located in one of the best preserved regions of the Pyrenees, halfway between Aigüestortes i Estany de Sant Maurici National Park and Alt Pirineu Natural Park. The facility focuses on environmental education and raising awareness of sustainable development and the conservation of nature and the landscape.

Here, experts in environmental awareness activities will guide you through this "Naturalist Route" in the surrounding area where you will discover aspects of the natural environment of the Pyrenees, such as the high-mountain vegetation and the fauna typical of this area.

IN AN ECOMUSEUM

If you want to know what life was like in the valleys of Àneu in the 18th century, don’t miss the Ecomuseum of Esterri d’Àneu. It is located in the Casa Gassia, which maintains its original structure and furniture. This facility helps visitors gain a better understanding of the natural and cultural reality of the region, and the visit is not limited to the building, but extends throughout the region in the heritage centres scattered around the towns of Àneu.

For further information:
www.ecomuseu.com
IN THE CERDANYA
LEARNING FROM NATURE

"Living and learning from nature" means a whole day of immersion in the landscapes and lifestyle of the Cerdanya. An educational and fun experience in an attractive ecoresort ideal for groups or families.

Complete respect for the environment, participation in environmental workshops and sampling organic food products are the essence of the Cerdanya Ecoresort, located in the large Pyrenean valley known as the Cerdanya, one of the most biodiverse areas in Europe.

One of the main experiences you can sign up to is "Living and learning from nature", a mostly guided activity that takes place from 8 am to 10 pm. You will savour a breakfast and a lunch made from local and organic products, and you will take part in a guided excursion into nature or in a forest bath that will allow you to immerse yourself in nature. You will also be able to observe native fauna and flora, as well as enjoying a visit to the permaculture vegetable gardens. Plus, you can round it all off with another visit to a farm-park and environmental workshops for children.

The objective is always to gain a better understanding of the natural environment of this exceptional rural area.

To find out more:
http://parcsnaturals.gencat.cat/es/cadi

Cerdanya EcoResort
973 510 260
www.cerdanyaecoresort.com/en

High-mountain landscapes

© cerdaNYa ecoresort
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A LANDSCAPE OF CONTRASTS

THE MAGIC OF THE MOUNTAINS

On this high mountain crossing, a qualified guide will introduce you to “The magic of the Pallars”, a region with a huge contrast of landscapes: from riverside forests to alpine meadows and huge peaks. You will come across oak groves and forests of red and black pine trees inhabited by capercaillies, you will discover the villages of the Siarb valley and you will stay in two shelters: one of them in the high mountains and the other in Llagunes. In total, you will journey 44 km covering a height difference of 1,875 m, so you need to be in decent physical condition.

To find out more:
http://parcsnaturals.gencat.cat/es/alt-pirineu

Rutes Pirineus
(+34) 629 687 867
www.pyreneestrails.com

NATURE IN ITS PUREST FORM

A UNIQUE PATH

The “Route of the Cathars or Good Men” is a unique path that crosses the Pyrenees and was used by the Cathars, known as good men, in their flight from the Inquisition. This is a guided route that starts in Bagà (or Berga) and reaches Montsegur, in France. During the whole journey, which has different levels of difficulty, you will enjoy several days of nature, high mountain landscapes and culture in its purest form.

To find out more:
http://parcsnaturals.gencat.cat/es/cadi

Pedratour
(+34) 838 215 111
www.pedratour.com/en
High-mountain landscapes

IN THREE NATURAL PARKS
PYRENEAN CROSSING

“The 3 park crossing” invites you to spend six days with a mountain guide in the heart of three emblematic areas: Aigüestortes i Estany de Sant Maurici Natural Park and its alpine landscapes, Alt Pirineu Natural Park, and Boumort National Reserve, a wildlife paradise. The route requires some experience and a minimum age (12-14 years).

Where: Aigüestortes i Estany de Sant Maurici National Park
How to get there: by bus (www.alsa.com)
Duration: 6 days
When: all year round
Price: from €945

To find out more: http://parcsnaturals.gencat.cat/en/aiguestortes

SUSTAINABILITY IN THE PYRENEES
A BIOCLIMATIC BUILDING

Self-guided itinerary through the interior and exterior of the MónNatura Pirineus building, where you will learn about the characteristics of this space built using 100% environmental and sustainable criteria. The facility, covering more than 3,000 m², uses renewable energy and comprises a wildlife centre, an astronomical observatory, a weather station and a sewage treatment plant, a medicinal plant garden, an insect hotel... The centre offers naturalistic tours, wildlife observation, astronomy activities and excursions to Aigüestortes i Estany de Sant Maurici, Natural Park, of great scenic value.

Where: Son. Aigüestortes i Estany de Sant Maurici National Park
How to get there: by bus (www.alsa.com)
Duration: 1 h 30 min
Participants: open to all
When: all year round
Languages: Catalan, Spanish, English, French
Price: free activity

To find out more: http://parcsnaturals.gencat.cat/en/aiguestortes

ROUTE WITH SNOWSHOES
GETTING AWAY FROM IT ALL IN THE SNOW

The “Leadership route in snowshoes” offers you the chance to disconnect and enjoy nature while discovering the many and valuable natural resources of the Pyrenees, both flora and fauna. Moreover you will gain emotional intelligence. You will also gain emotional intelligence, and will return home with your batteries recharged and a greater understanding of both nature and yourself.

How to get there: bus to Sort (www.alsa.com)
Duration: 3 days
When: snow season
Price: from €312

To find out more: http://parcsnaturals.gencat.cat/en/alt-pirineu

High-mountain landscapes

OUTDOOR ADVENTOUR
(+34) 973 043 409
www.outdooradventour.com

LIFE Leadership School
(+34) 675 491 993
www.lifeleadershipeSchool.com

© MÓN NATURE PIRINEUS
© DANIEL JULIÁN
© OUTDOOR ADVENTOUR
The Catalonia coastline stretches for 580km. The meeting of land and sea, two very different environments, means that the coastal landscapes here are especially biodiverse, from the rugged Costa Brava in the far north, to the Ebro Delta in the south. The Medes Islands occupy pride of place amongst the examples of valuable natural heritage on the Costa Brava, whereas in the Terres de l’Ebre, a plethora of birds swoop over lagoons and rice paddies. Discover, enjoy and get to know the Mediterranean by walking the Catalan coast.
FIRST HAND

EXPERIENCES OF THE EBRO DELTA

The 320km² of the Ebro Delta create a unique landscape of rice fields and lagoons of great ecological significance. This is one of the most important wetland areas in Western Europe, owing to the great flocks of birds which live here, in particular sea birds. To discover this great biological treasure, “Discover the Ebro Delta with MónNatura” offers you a fully immersive experience.

Where: Amposta.
Ebro Delta Natural Park

How to get there:
- by train to L’Aldea-Amposta (www.renfe.com) and by bus to Amposta (www.hife.es)

Duration: 1 h 30 min

Participants: open to all

When: all year round

Languages: Catalan, Spanish, English, French

Price: €8 (adults)
/ €4 (children)

MónNatura
Delta de l’Ebre
(+34) 977 053 801
www.monnaturadelta.com/en

The “Discover the Ebro Delta with MónNatura” is a self-guided activity offering a fully immersive, informative experience, using all five senses, in the MónNatura Delta de l’Ebre museum centre. As you follow the instructions through this modern set up, you will find out about the ecological and natural importance of this vast expanse, as well as the wealth of flora and fauna which live there.

Salt, birds (waders, ducks, seabirds...), the landscape and traditional fishing are the four focuses of this activity which takes you on a one-and-a-half hour walk around the ancient salt flats of La Tancada. This is a 41.2 hectare space which has been recovered, bringing to light the great environmental value of the lagoons, and includes leisure activities. For example you can have a go at punting, one of the resources associated with the traditional way of life in these immense wetlands.

To find out more:
http://parcsnaturals.gencat.cat/es/delta-ebre

PUNTING BOATS
Punts, or flat-bottomed boats, are traditional in the Ebro Delta because they are perfect for navigating shallow waters, such as marshes, lagoons and canals. These punts are still used nowadays. Their means of propulsion and steering is a spar; a long wooden pole measuring over three metres in length and turked at the bottom end.
SEA, RIVER AND HORTICULTURE

DISCOVERING THE DELTA

Would you like to know how rice is planted and what a mussel farm looks like? Do you fancy eating a freshly-picked tangerine? The “Discovering the Delta” activity offers you a variety of options to find out more about the Ebro Delta Natural Park.

The tourist office in Amposta is housed in a somewhat unusual building: the old local abattoir. It has now been refurbished and converted into a ‘zero mile’ local museum space. Temporary exhibitions here refer to local history and the ancestral people who made these fallow, waterside lands grow crops, to those who cleared the plains and the mountain slopes, and to all those who for generations have been linked to this land.

They are the creators of a landscape and culture which has been recognised as a UNESCO Biosphere Reserve.

To gain a deeper understanding of this coastal scenery, the horticulture, the river and the rain-fed lands, the Amposta tourist office provides information about and recommends the best walks (depending on group type and time available). The most popular are “The lagoon trail” (26km) and “Amposta - Casa de Fusta” (27km). Both can be done on foot or by bike, and give you the opportunity to look out for birds, flora and fauna in the lagoons and the sea.

To find out more:
www.ebrebiosfera.org/en

THE 4 SEASONS
OF THE DELTA

Did you know that in the Ebro Delta the colours of the landscape change ostensibly according to the cultivation phases of the rice? Its natural scenery of rushes, waterside vegetation and sandbanks changes with the season: it is intensely green between spring and summer, crystalline in autumn (the rice has been harvested) and earthy in winter.

One curious thing: you can see this variation from the air thanks to the Copernicus global monitoring system. Between 2016 and 2018, a time-lapse study has been created which shows the changing colours of this landscape. The images were captured by the satellite Sentinel2.

For further information:
https://do-deltadelebre.com/noticies
A TRIPLE EXPERIENCE
CONNECT WITH NATURE

Sea and mountain: the best of both these habitats in one of the least well-known and least built-up parts of Catalonia is what the activity “Natural connection” has to offer. It includes four days of different activities in the Terres de l’Ebre Biosphere Reserve.

The “Natural connection” activity offers a guided collective experience which is truly immersive and introduces you to the natural elements (river, birds, woods and sea) of the Terres de l’Ebre Biosphere Reserve.

Day one is dedicated to birdwatching while you kayak down the leafy last section of the River Ebro, the widest in the Iberian peninsula. On the second day it is the turn of “forest bathing” nature therapy (Shinrin Yoku) in Els Ports Natural Park, topped off with a mindful snorkel in the wild and rugged coves of l’Ametlla de Mar, right in the middle of the Terras de l’Ebre Biosphere Reserve. Accommodation is in a “masia”, or typical rural house from the Delta (Torre Forcheron) so that you can see the surroundings up close and get a feel for rural life in the far south of Catalonia. Ideal for lovers of sustainable tourism who might like to have an active and mindful connection to the area.

To find out more:
www.ebrebiosfera.org/en

ELS PORTS NATURAL PARK, IN FIGURES

Halfway between Catalonia, Valencia and Aragon, this imposing limestone massif stands out because of its steep, rugged form. Even today it is an untamed natural enclave which is full of wildlife. Its highest point is Mount Caro (1,441m). The park is home to 45 species of mammal (23 of which are protected), 124 species of birds and 21 species of amphibian and reptiles. It has 7 information and visitor points (in Roquetes, La Sénia, Prat de Compte, Ames, Horta de Sant Joan, Mas de Barberans and Paüls) and an environmental education centre in Alfara de Carles.

For further information
http://parcsnaturals.gencat.cat/es/ports
Coastal and delta landscapes

NATURE FROM THE SEA

MONTGRÍ AND THE MEDES ISLANDS

The wind will blow you towards the rugged coastline of Montgrí, Illes Medes i el Baix Ter Natural Park. With the experience “Sail around the Natural Park”, a sailing instructor will guide you around these spectacular coves, sailing in the same way and to the same places that pirates would have done 200 years ago.

This experience, run by Medaqua (www.medqua.com/en), allows you to discover and travel around the Montgrí, Illes Medes i el Baix Ter Nature Park from an unconventional, rugged and authentic perspective: that of the sea. “Sail around the Natural Park” is an activity which aims to let you discover this coast whilst at the same time learning the basics of sailing in a 9 metre-long boat. A fun and educational trip on which a qualified instructor will take care of you on your maiden sailing voyage.

You will feel the sea breeze on your skin, have the chance to take a swim in clean and crystal clear water and also have the privilege of sailing around the very special and well-preserved protected environs of the Medes Islands. Pay attention to the Neptune grass meadows, valuable home to molluscs, corals, crustaceans, gorgonia...

To find out more:
http://parcsnaturals.gencat.cat/es/illes-medes

Where: L’Estartit, Montgrí, Illes Medes i el Baix Ter Natural Park
How to get there:
by bus (www.sarfa.es and www.ampsa.org)
Duration: 2 h
Participants:
up to 10 people
When: Spring, Summer and Autumn
Languages: Catalan, Spanish, English, French
Price: €27 adults / €22 children (up to 12 years old)

L’Estartit
Tourist Office
(+34) 972 751 910
www.visitestartit.com/en

BE WELL-EQUIPPED!
You’ll head out from the Estartit harbour and sail around the Medes Islands either to the north or the south, depending on the wind direction. For this nautical experience you will need comfy clothes and footwear, swim gear, sun cream, a hat and a towel. The activity price includes the use of a wetsuit and lifejacket.

DISCOVER THIS LANDSCAPE FROM THE OPEN SEAS.
Connect with nature
Coastal and delta landscapes

IMMERSIVE EXPERIENCE
THE MEDES ISLANDS
DEEP DOWN

Float among fish and dive surrounded by extraordinary flora and fauna in a natural park that has been undergoing reforms for more than 30 years. The experience “Explore the sea bed of the Medes” lets you peacefully explore one of the most important protected areas in the Mediterranean Sea: the Medes Islands.

Be amazed by the underwater jewels hidden around the Medes Islands Marine Reserve, considered to be one of the best in Europe. The fierce protection that this area receives mixed with the fresh water from the Ter River bringing an abundance of nutrients, means that a wide variety of animals, algae and plants choose to live here.

In the activity “Eco-snorkel in the Medes Islands”, you will enjoy a 50 minute snorkelling session with qualified guides. They will help you discover the best spots in this spectacular habitat hidden beneath the surface of the water. Unspoilt nature in a prime location made up of wild and attractive lifeforms such as coral, gorgonias, Neptune grass meadows, crustaceans...

This activity, organised by Medaqua (www.medaqua.com/en), will also give you the chance to enjoy a boat ride around the islets of the archipelago. If there is time, you can take a quick dip without a wetsuit and then back to l’Estartit.

Where: L’Estartit, Montgrí, Illes Medes i el Baix Ter Natural Park
How to get there:
by bus (www.sarfa.es and www.ampsa.es) to l’Estartit
Duration: 2 h 30 min
Participants: groups of up to 32 people
When: from April to October
Languages: Catalan, Spanish, English, French
Price: €32 adults / €27 under 18s

To find out more:
http://parcsnaturals.gencat.cat/es/illes-medes
Coastal and delta landscapes

**WILDLIFE INVESTIGATOR**

**WHALES & DOLPHINS AHOY!**

Would you like to join a whale research team in Cap de Creus? Be a marine biologist for a day and look out for dolphins and whales whilst contributing to their study and conservation. This is one of the activities offered by Wildsea Europe, a network of coastal resorts across Europe promoting responsible seaside tourism, in which you can experience nature and animals at close quarters.

**Where:**
Cadaqués, Cap de Creus Natural Park.

**Duration:** one week

**When:** Summer

**Price:** €200 (includes accommodation)

To find out more:
[www.wildsea.eu](http://www.wildsea.eu)

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**HISTORY AND NATURE**

**HIDDEN COVES**

On “Coastal paths and hidden coves” you will discover the landscape and history of the Montgrí cliffs, with views of the Baix Empordà coastline, the gulf of Roses and the Medes Islands. From here you will walk down to the coves of Pelosa and Ferriol, only accessible on foot or by boat. Along this coast-exploring walk you’ll be able to see the hole in the rock at Roca Foradada, one of the peculiarities of the massif. From the GR92 path you then return to l’Estartit.

**Where:**
l’Estartit, Montgrí, Illles Medes i el Baix Ter Natural Park.

**Duration:** 3-4 hours

**When:** all year round

**Price:** €15 adults / €10 children

To find out more:
[www.wildsea.eu](http://www.wildsea.eu)

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**MUSSEL FARMS**

‘FISH’ OUT ALL ITS SECRETS

The “Mussel Farm” experience is a guided activity for groups of up to 15 people. It involves a bike ride through rice paddies from Deltebre to the port of Illa de Mar, in Fangar bay. From here you will kayak out to the mussel farm to find out about how mussel breeding works and at the end there will be a degustation. Activity in Catalan, Spanish, English, French and Russian.

**Where:**
Fangar Bay, Ebro Delta Natural Park.

**Duration:** 3 h

**When:** Spring and Autumn

**Price:** €30

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**ON THE RUGGED COSTA BRAVA**

**SURREAL GEOLOGY**

The “Surreal Geology” experience (in Catalan, Spanish and English) will take you to discover impossible formations in the rugged landscape of Cap de Creus. On this circular walk, in the company of a specialist guide, you will find out about geological processes and the vegetation, flora and fauna of an environment which captivated Salvador Dalí, amongst others, and whose rock formations are reflected in some of his works of art.

**Where:**
Tudela area, Cap de Creus Natural Park.

**Duration:** 3 h

**When:** all year round

**Price:** €10 adults / €5 children

To find out more:

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**WHALES & DOLPHINS AHOY!**

**Where:**
Cadaqués, Cap de Creus Natural Park.

**Duration:** one week

**When:** Summer

**Price:** €200 (includes accommodation)

To find out more:
[www.wildsea.eu](http://www.wildsea.eu)

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**HIDDEN COVES**

On “Coastal paths and hidden coves” you will discover the landscape and history of the Montgrí cliffs, with views of the Baix Empordà coastline, the gulf of Roses and the Medes Islands. From here you will walk down to the coves of Pelosa and Ferriol, only accessible on foot or by boat. Along this coast-exploring walk you’ll be able to see the hole in the rock at Roca Foradada, one of the peculiarities of the massif. From the GR92 path you then return to l’Estartit.

**Where:**
l’Estartit, Montgrí, Illles Medes i el Baix Ter Natural Park.

**Duration:** 3-4 hours

**When:** all year round

**Price:** €15 adults / €10 children

To find out more:
[https://costabravawalks.com/en](https://costabravawalks.com/en)

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**ON THE RUGGED COSTA BRAVA**

**SURREAL GEOLOGY**

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**Where:**
Tudela area, Cap de Creus Natural Park.

**Duration:** 3 h

**When:** all year round

**Price:** €10 adults / €5 children

To find out more:

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**WHALES & DOLPHINS AHOY!**

**Where:**
Cadaqués, Cap de Creus Natural Park.

**Duration:** one week

**When:** Summer

**Price:** €200 (includes accommodation)

To find out more:
[www.wildsea.eu](http://www.wildsea.eu)

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**HIDDEN COVES**

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**Where:**
l’Estartit, Montgrí, Illles Medes i el Baix Ter Natural Park.

**Duration:** 3-4 hours

**When:** all year round

**Price:** €15 adults / €10 children

To find out more:
[https://costabravawalks.com/en](https://costabravawalks.com/en)
In Catalonia, there are various areas in the Pyrenees from which you can observe the sky in all its splendour, and there are plenty of observatories and spaces for stargazing. Stand-out options include the Montsec mountain range and the Aigüestortes i Estany de Sant Maurici National Park, which have been classified by UNESCO as Tourist Destinations and Starlight Reserves. This certifies them as two of the best areas in the world for astronomic observations thanks to the weather conditions and low levels of light pollution. Discover the sky and the stars too.
INTRODUCTION TO ASTRONOMY

A GATEWAY TO THE UNIVERSE

Enter the cosmos and travel millions of miles without leaving the Pyrenees, visit a bioclimatic building and discover how the state-of-the-art equipment works in order to carry out observations of the sun and the deep sky by day and by night. Sign up for “Travel through the Galaxies”.

If you’re passionate about astronomy, MónNatura Pirineu has an observatory that is internationally-renowned and suitable for all visitors. The guided experience “Travel through the Galaxies” is a journey to learn about the different equipment, including: a professional telescope that can be used to observe different elements of the deep sky in detail; a camera used to take astrophotos of the sky by day or by night; a telescope for solar observation that will enable you to admire the chromosphere; four mobile telescopes designed for everyone to observe the deep sky; five pairs of astronomy binoculars for night-time observations, and autofocus binoculars.

A TRIP THROUGH THE GALAXIES

Nights at MónNatura Pirineu invite you to attend a show about age-old stars. You can discover them while you learn how they are born sheltered by nebulas and how some of them finish their lives in a great explosion.

Where: Son. National Park of Aigüestortes i Estany de Sant Maurici
How to get there: by bus to Esterri d’Àneu (www.alsa.com)
Duration: 2 h
Participants: open to all
When: all year round
Languages: Catalan, Spanish, English, French
Price: €16

MónNatura Pirineu
(+34) 973 626 722
https://monnaturapirineus.com/en

To find out more:
http://parcsnaturals.gencat.cat/en/aiguestortes
STARLIGHT DESTINATION
CLOSE TO THE STARS

Thanks to the weather conditions and low levels of light pollution, the Montsec mountain range and its Astronomy Park have been recognised by the Starlight Foundation, which is linked to UNESCO, as one of the best destinations in the world for astronomical observations. And for good reason: in 2013, 24 of its towns were certified as Starlight Tourist Destinations, and 11 of these have also been classified as Starlight Reserves.

Parc Astronòmic Montsec
(+34) 973 053 022
www.parcastronomic.cat

To find out more:
http://parcsnaturals.gencat.cat/es/serra-montsant

TOURISM TIPS

POPULAR ASTRONOMY
THE TIMELESS UNIVERSE

“Good Night” is an experience where you will familiarise yourself with astronomy. With the help of a laser pointer, you will discover stars and constellations and see them just as the shepherds, farmers and fishermen saw them long ago. You can also participate in an observation of planets and faraway objects, such as nebulas, globular clusters and other galaxies through a telescope.

La Mola Route
TREKKING AT DUSK

Beyond the Pyrenees, La Mola is one of the most emblematic peaks in Catalonia. Located in the Sant Llorenç del Munt i l’Obac Natural Park, with “Hike La Mola”, at dusk you will follow the Camí dels Monjos accompanied by a guide until you reach the Romanesque Sant Llorenç Monastery. As well as watching the sunset, and before heading back, you can recharge your batteries while you enjoy a meal in the La Mola restaurant.

Obaga Activitats
(+34) 619 938 267
www.obagaactivitats.cat/en

To find out more:
http://parcsnaturals.gencat.cat/es/alt-pirineu

LA MOLA ROUTE
TREKKING AT DUSK

To find out more:
http://parcsnaturals.gencat.cat/es/sant-llorencc

To find out more:
Finding out which wild grasses have been used since long ago, learning how to identify typically-Pyrenean flowers, nuts and seeds and taking a trip through the Penedès Vineyards on sustainable transport are just some of the ways to understand the close relationship between nature and humans. Ecotourism contributes to the survival of rural and farming communities, prevents depopulation and is vital for its economy, keeping traditions and trades alive. Taking part in ecotourism also gives you the chance to acquire local products and craftwork.
The south of the Costa Brava is full of pathways which wend between the woodlands and the small sandy, pebbly coves. The “Wild, green ‘tapas’” trail offers you something fun and a bit different, surrounded by typical Mediterranean woodland. Its pathways will lead you to many places, including the area’s ancient cork oak groves which will inform you all about the history of wine and cava.

Along the walk you will come across Salvador Dalí’s surrealist hut, hidden away in the deep local woodlands, and some traditional fishermen’s houses. Whilst walking you will also enjoy discovering and tasting some of the Costa Brava’s most typical aromatic wild plants, which grace both the oldest recipes and the most sophisticated dishes of Catalan haute cuisine.

To find out more:
http://visitempordanet.com

THE CORK MUSEUM
Along with the popular Saca del Corcho (pulling out the cork) festival, which takes place every June in Llofriu, in Palafrugell you will find the Cork Museum (Museu del Suro), located in an old modernist factory. One of its main aims is to show the value of this type of wood as being made up of “landscape, industry, lifestyles and a common identity”. The museum also manages the Interpretation Centre in the Modernist Reservoir at Can Mario and the Sant Sebastià de la Guarda Monumental Complex in Llafranc.
STORIES FROM THE LAND

TRADITIONAL LIFE IN
EL EMPORDÀ

In yesteryear it served as a shelter for nomadic shepherds and their flocks. Now the Empordà plains are full of stories from times long gone which you can relive in person, from witnessing the blossoming of apple trees to visiting fortified country houses. Enjoy some “Rural tourism in the Natural Park” of Montgrí, Illes Medes i el Baix Ter.

Where: Torroella de Montgrí, Montgrí, Illes Medes i el Baix Ter Natural Park
How to get there: by bus (www.moventis.es)
Duration: 1 h 30 min - 3 h
Participants: open to all
When: from April to November
Languages: Catalan, Spanish, English, French
Price: from €45

In the Middle Ages, the Torroella and Montgrí Massif area became an overwintering spot for Pyrenean shepherds and their flocks. Rural tradition and the memories of these nomadic people have inspired the restoration of country houses such as Mas Ramades, on an old 18th century estate. Whilst respecting the structure and many original features, it has been given new life, having been converted into a unique space where you can find and enjoy the relaxation and comfort or the great experiences you desire, all in the natural surroundings of Empordà. The setting, accommodation and friendly service are key elements of the “Rural tourism in the Natural Park” experience which is organised by Mas Ramades (www.masramades.com/en). You will enjoy a rest, the natural scenery and natural, healthy food. It will also be your starting point for discovering the history and culture of the Ter plains in a sustainable, responsible and collaborative way, and with the best guides, through the array of activities on offer with the Montgrí, Illes Medes i el Baix Ter Natural Park as the backdrop.

To find out more:
http://parcsnaturals.gencat.cat/es/illes-medes

RURAL ACCOMMODATION

In Catalonia there are more than 2,000 places offering rural tourism accommodation, 500 of which are renowned for their quality (from 1 to 5 ears of wheat, their classification symbol). Choose the one which best suits your nature-based activity.

www.visitestartit.com/en
TIMELESS BOTANICALS

HERBS WITH A LOT OF HISTORY

Learn how to identify wild plants, their respective uses and their history dating back to the era of the Roman Empire. At the same time enjoy the Tarragona coastline and its exceptional countryside, and take a dip in one of the coves here, weather permitting. This is “A stroll amongst the herbs”.

Mediterranean vegetation encompasses 20% of the world’s vascular plants, some 24,000 species whose history dates back to the origins of contemporary culture. Now you can enjoy “A stroll amongst the herbs”, both aromatic and savoury, along the southern coast of Catalonia. As you walk along the cliffs, beaches, dunes and coastal forests, you can soak up information about the uses of edible and medicinal herbs, especially those linked to the Roman Empire.

This activity can be done in the form of a country walk or an educational course: you decide. Whichever you choose, you will learn all about Mediterranean culture through its plants, discovering their relationship with ancient civilisations while being taught how to identify them and how to distinguish them (especially the poisonous ones) so that you can go out and forage safely and use them in cooking or homemade remedies, not to mention preserve them.

To find out more:
https://costadaurada.info/en

Naturalwalks
(+34) 662 231 059
www.naturalwalks.com/en

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The secrets of shoreline plants.
In the Vall Fosca, one of the best-kept secrets in the Pyrenees, an expert will guide you on a “Holiday amongst the herbs”. He or she will teach you how to identify local herbs, flowers, nuts and seeds and explain how they are used in medicines, food and the manufacture of products such as dyes and soap.

Forests and valleys such as the Vall Fosca are interesting on a botanical level because of their diversity. Their flora merits attention, with plants whose attractions lie in their varied colours, shapes and uses. If you would like to walk around a selection of natural environments in the Pyrenees, accompanied by an expert who will impart knowledge on the landscape, its plants and their uses and local customs, then sign up for a “Holiday amongst the herbs”. You will enjoy pleasant walks through the Vall Fosca and the surrounding area, quiet spots which are accessible to the general public, on the edge of Aigüestortes i Estany de Sant Maurici National Park. You will also enjoy some traditional food in the countryside and end the day making either a traditional medicine, a recipe, a liqueur or soap with the herbs you have gathered.

Almost all mountain plants, flowers, fruits and seeds serve some purpose or other. Some are medicinal, others are used in cooking, as a condiment in certain dishes, to make soups or for creating liqueurs. They can also be used to make soap or creams.

To find out more:
http://parcsnaturals.gencat.cat/en/aiguestortes
BEEHIVES NEAR BARCELONA

NATURE’S PHARMACY AND LARDER

Bees are a species which is fundamental to the conservation of the planet. With “Beyond honey”, alongside gaining knowledge on how they contribute to the ecosystem, you will learn about how a beehive is organised, the wide range of products that they make and how beneficial they are to human beings.

As well as being essential to the ecosystem, bees are also one of the most underestimated animals. In fact, they are one of the species which is most endangered by human activity. If you would like to delve into their world, you can with “Beyond honey”: a guided visit which will help you better understand their world and also lose any fear of them that you might harbour. You will learn how they live, what dangers they face and why they are such an essential element of life on this planet.

On this trip to an apiary you will see them in action from up close, you will learn the secrets of the organisation of the hive and, of course, you will discover all the many products that they provide us with. From wax to honey, not to mention propolis and jelly, you will learn about their properties and how you can use them in your daily life. The activity finishes off with a degustation of organic honey.

To find out more:
www.espairuralgallecs.cat

Naturalwalks
(+34) 662 251 059
www.naturalwalks.com/en

Naturalwalks
© NATURALWALKS
BEEKEEPING FOR EVERYONE

THE SWEETEST OF SECRETS

A simple and refreshing excursion on which you can discover the melliferous (honey bee-attracting) flowers of the area around the Juncosa Bee Sanctuary, located in mixed agroforest lands in the mountains of Montmell. The beekeeper himself will lead the tour, taking in the beehive-museum where you will delve into their world and learn their language and characteristics before finishing off with a home-made honey tasting, which also includes other honey-derived products such as quince cheese and beer.

Where:
Vall del Gaià

How to get there:
by bus
(www.igualadina.com)

Duration:
2 h 30 min

Participants:
open to all

When:
all year round

Languages:
Catalan,
Spanish and English

Price:
from €9

El Brogit
(+34) 689 006 199
www.elbrogit.com

To find out more:
www.concadebarbera.info/en

FAMILY ECOTOURISM

OBSERVING FLORA AND FAUNA

RURAL LANDSCAPE

IN THE LAND OF CAVA

PENEDÈS BY BICYCLE

As well as its big cava wineries, which are renowned internationally, the Penedès region has other smaller and more personal wineries which take care of production right up to the last detail. If wine and cycling are your passions, “Organic vineyards by bicycle” offers you a cycle touring excursion around the vineyards of the Penedès PDO area. It will be a day to remember, on which you will enjoy an initial ride around Vilafranca and then visit two wineries which produce organic, biodynamic natural wines. There will also be a lunch at one of the wineries made with locally-sourced products.

Where:
Vilafranca del Penedès,
Red Natura 2000

How to get there:
by train (www.renfe.com)
by bus (www.igualadina.com)

Duration:
1 day

Participants:
open to all

When:
all year round

Languages:
Catalan,
Spanish, English and Italian

Price:
€99

Venivinum
(+34) 620 126 304
www.venivinum.cat

To find out more:
www.turismevilafranca.com/en

CYCLE TOURING

MEDITERRANEAN FLORA

LOCAL PRODUCTS

VENIVINUM

BEEKEEPING FOR EVERYONE

THE SWEETEST OF SECRETS

IN THE LAND OF CAVA

PENEDÈS BY BICYCLE

Rural world / 105
FLOCKS AND MEADOWS

SECRETSTHE SHELPHERSDS

Would you like to be a “shepherd for a day”? Now you can discover the secrets of shepherding over a weekend in rural accommodation. After a ride on an electric bicycle around Vall d’en Bas, you will learn the shepherd’s trade on a farm, milking goats and accompanying the flock to graze in the meadows of Riudaura valley. Afterwards you will visit a cheese maker where, alongside learning about the cheese-making process, you will enjoy a tasting session. On the last day, after a ride in a hot-air balloon, you will visit a dairy farm to familiarise yourself with the art of milking and round it all off with a degustation of various dairy products.

To find out more:
http://parcsnaturals.gencat.cat/es/garrotxa

Where: Olot. La Garrotxa
Volcanic Zone Natural Park
How to get there: by bus (www.teisa-bus.com)
Duration: 2 days
Participants: minimum 2 people
When: all year round
Languages: Catalan, Spanish, French and English
Price: €455 (double room)

To find out more:
http://parcsnaturals.gencat.cat/es/garrotxa

EBRO DELTA

RICE FARMING

The “EcoCultural Safari” has been conceived to introduce you to the different ecosystems of the Ebro Delta Natural Park: its ornithological riches, rice farming and folk traditions. You can travel around the delta, see first-hand the work that goes into rice farming and learn how they used to work these fields before they had the help of machines.

To find out more:
http://parcsnaturals.gencat.cat/es/delta-ebre

Where: Deltebre. Ebro Delta Natural Park
How to get there: by bus (www.hife.es)
Duration: half day / 1 day
When: all year round
Price: €20 (€10 children)

Delta Polet
(+34) 677 456 224
www.deltapolet.com
BE ACTIVE IN NATURE
Go on treks to get to know the fauna and flora of valuable natural spaces in person, pedal among vineyards as the landscape of the great region of Cava, the Penedès, unfolds before you, take a “slow travel” route by electric bicycle to see the ornithological richness of the Ebro Delta, walk along the Mediterranean coast and discover the most remote coves of the Costa Brava... Consciously practised hiking and cycle touring are excellent tools to get in touch with the natural environment and to get to know and feel it first-hand. Several options are available in Catalonia and below are a few examples. Get moving and immerse yourself in nature.
Interpretive hiking is an excellent way to really get to know the land. It is not only about walking the land, but also about coming into contact with it, understanding it, learning about its orography, its people and history, and above all preserving and respecting it. Catalonia has many natural areas that offer interpretive itineraries and guided excursions, as well as a large network of trails that, with the help of a professional guide, will connect you with nature walks in the area of your choice. Walk with awareness.
Hiking Europe

Discovering the different natural areas of Europe is the main objective of the Hiking Europe project, a transnational network of rural routes organised into various itineraries throughout Europe.

They are ideal for people who want to escape from the large crowds in tourist areas or in large cities. Enjoy these unique routes in Catalonia and enrich your experiences with other European destinations in this network.

To enjoy the different routes offered by Hiking Europe, you only need to put on some mountain boots and be willing to walk unhurriedly among mountains, forests and meadows. The idea is to walk step by step through places that are not part of the most common tourist circuits, beautiful natural areas where you can walk slowly and stress-free to discover nature. For now, the network encompasses routes in four different destinations: Catalonia, Emilia-Romagna (Italy), Dubrovnik-Neretva (Croatia) and Donegal (Ireland). In Catalonia, for the moment, there are two destinations that are part of this initiative: the Priorat region and the Pyrenees area. To discover them, it is best to seek the advice of local companies.

In the case of the Priorat, the “Trek & Wine” experience offers you a combination of hiking and wine tourism along a route that covers some of the most beautiful natural areas in the region and visits to several wineries. In the Pyrenees mountains, meanwhile, you can travel along “The Fifth Lake” route, in the region of Pallars Jussà, a journey that runs through mid-mountain landscapes and small and picturesque villages.

THE FIFTH LAKE ROUTE

AT THE GATEWAY TO THE PYRENEES

The “Tren dels Llacs” train passes four lakes along its route from Lleida to La Pobla de Segur; you’ll come across the fifth, Montcortés, at the end of this circular mid-mountain hiking trail. With a total of 102 km divided into five stages, the Fifth Lake Route is a self-guided and well-marked route. It passes through a stunning area of the Pyrenees, with a gastronomy based on delicious local products and small rural lodgings that share a common respect for the land, nature and heritage.

To find out more:
http://hikingeurope.net/destination/catalonia

Pirineu Emoció
(+34) 973 681 518
www.pirineuemocio.com/en

To find out more:
www.elcinquellac.com/en

OBSERVING FLORA AND FAUNA
CALM WATERS AND RESERVOIRS
PEAKS
VALLEYS
PEAKS

Where: La Pobla de Segur.
Collegats and Boumort
How to get there: by bus (www.alsa.com) and the Tren dels Llacs train (www.trendelsllacs.cat)
Duration: 5 days
Participants: open to all
When: all year round
Languages: Catalan, Spanish, English, French, German and Russian
Price: from €645
THE FIFTH LAKE ROUTE

PATHS OF YESTERYEAR

The history of Casa Leonardo dates back to 1913. It is an old village inn now converted into charming rural accommodation, which respects the environment and is adapted for people with reduced mobility. The family that runs it knows the area very well and organises several nature-based activities. One of these is the Fifth Lake Route, a 102 km circular route. It can be guided or self-guided.

Where: La Pobla de Segur. Collegats and Boumort
How to get there: by bus and train
Duration: from 1 to 8 days
When: all year round
Price: from €90

Casa Leonardo
(+34) 689 00 61 99
www.casaleonardo.net

to find out more:
http://parcsnaturals.gencat.cat/es/serra-montsant

LOSE YOURSELF AMONG THE VINEYARDS

TREK & WINE PAIRING

The Priorat region, cradle of the designations of origin of the DOQ Priorat and DO Montsant wines, is the ideal place for losing yourself among vineyards and olive and almond groves. “Trek & Wine” invites you to explore its landscapes on foot and at your leisure, and to discover Serra de Montsant Natural Park, the Serra de Llaberia, the cliffs of Siurana or the small town of Porrera. And of course, to sample good wine.

Where: Serra de Montsant Natural Park
How to get there: by train to Falset
Duration: from 1 to 8 days
When: all year round
Price: from €90

Casa Leonardo
(+34) 689 00 61 99
www.casaleonardo.net

TREK & WINE PAIRING

THE FIFTH LAKE ROUTE

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Where: La Pobla de Segur. Collegats and Boumort
How to get there: by bus and train
Duration: 7 days
When: all year round
Price: from €97

Casa Leonardo
(+34) 973 661 787
www.casaleonardo.net

to find out more:

IN TERRES DE L’Ebre

BY THE SEA AND THE MOUNTAINS

Walking along paths by the sea, between beaches and cliffs; discovering bird’s-eye views in the Ebro Delta; losing yourself in hundred-year-old forests or climbing to the top of Mont Caro, standing at 1,441 metres above sea-level... The “Sea and mountain hiking” activity offers four intense days of guided routes to discover the coast, the Montsià mountain range and the Els Ports Natural Park, an area in southern Catalonia with a great variety of solitary landscapes, aromatic plants, pine trees, oak trees, yew trees, olive trees, mushrooms... and even wild goats!

Where: Els Ports Natural Park
How to get there: by train: (www.renfe.com) or bus (www.hife.es/) to Tortosa
Duration: 5 days (4 nights)
Participants: groups of 4 to 8 people
When: all year round
Languages: Catalan, Spanish, English, French, German and Dutch
Price: from €550

Ports Experience
(+34) 688 971 020
(+34) 699 371 931
www.portsexperience.com/en

to find out more:
http://parcsnaturals.gencat.cat/es/ports

OBSERVING FLORA AND FAUNA

BIRDWATCHING

WINDS AND WATERFALLS

BIRDS OF PREY AND CARRION BIRDS

HOOFED ANIMALS

COASTAL AND DELTA LANDSCAPES

BIRD WILDLIFE

RIVERS AND WATERFALLS

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WILDFLOWERS

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www.portsexperience.com/en

to find out more:
http://parcsnaturals.gencat.cat/es/ports
Hiking

OBSERVING FLORA AND FAUNA
RIVERS AND WATERFALLS
HIKING ALPINE FLOWERS
HIKING HIGH-MOUNTAIN LANDSCAPES
HIKING VALLEYS
HIKING PEAKS

TOUR "THE FLOWER OF THE PYRENEES"

Senterada is a mountain village in a privileged location in the Pyrenees, with the Flamisell River passing through and surrounded by spectacular landscapes, lakes and alpine massifs. From here, Casa Leonardo proposes “The flower of Casa Leonardo”, an original formula of four circular itineraries that, seen on the map, trace the picture of a flower; each route is one of its petals. They are self-guided, but you will be provided with a GPS tracker which will enable you to follow the routes along the corresponding tracks.

To find out more:
www.vallfosca.net/en

TOUR "THE GREAT ROUTE OF NATURAL PARKS"

The expert naturalist guides of Trescàlia (http://trescalia.com), through the network of paths Itinerànnia, organise “Flora and fauna of the natural parks”, a week-long great route through six outstanding natural areas: La Garrotxa Volcanic Zone Natural Park, Capçaleres del Ter i del Freser Natural Park, the Protected Natural Area of the Puigsacalm and Bellmunt Mountains, Cap de Creus National Park, Aiguamolls de l’Empordà Natural Park and the Alta Garrotxa Area of Natural Interest.

To find out more:
http://parcsnaturals.gencat.cat/es/garrotxa

WHERE: Senterada.
Aigüestortes i Estany de Sant Maurici National Park
How to get there:
by train (www.fgc.cat) and bus (www.alsa.com)
Duration: 5 days
Participants: open to all
When: all year round
Languages: Catalan, Spanish, English, French and German
Price: from €300

Casa Leonardo
(+34) 973 661 787
www.casaleonardo.net/en

Be active in nature

© CASA LEONARDO

© TRESCALLA
**CROSSINGS IN STAGES**

**LOFTY MONASTERIES**

“Sierra de Monasterios” is a 65 km marked route, starting and ending in Ripoll, which goes beyond a typical mountain itinerary. It is a self-guided route with the help of a roadbook and includes luggage transport, food and accommodation in environmentally-friendly establishments. The path takes you to visit the monasteries of Ripoll, Sant Joan de les Abadesses and Camprodon, along the foothills of the Sierra Cavallera.

Where: From Vall de Núria valley to the Canigou mountain. Capçaleres del Ter i del Freser Natural Park
How to get there: by train (www.renfe.com) and bus (www.teisa-bus.com)
Duration: 5 days
Participants: open to all
Languages: Catalan, Spanish, English, French and German
Price: from €200

To find out more:
http://parcsnaturals.gencat.cat/es/ter-freser

**ROUTE OF THE TORB REFUGES**

**BETWEEN THE SKY AND THE EARTH**

Núria and the Canigou are the two emblematic monasteries connected by the route of the “Torb Refuges” route, which will take you, in turn, to their respective peaks: Puigmal (2,910 m) and Canigou (2,784 m). The 73 km route can be done in 5 stages (Torb Standard mode) and will allow you to discover the landscapes of these two slopes of the Pyrenees in depth. This trekking company also manages the bookings in each refuge.

Where: Ripoll, Capçaleres del Ter i del Freser Natural Park
How to get there: by train (www.renfe.com) and bus (www.teisa-bus.com)
Duration: 5 days
Participants: open to all
Languages: Catalan, Spanish, English, French and German
Price: from €200

To find out more:
http://parcsnaturals.gencat.cat/es/ter-freser
THE COSTA BRAVA BY LAND AND SEA

SKIRTING THE COASTLINE

Three experiences in one! Along the “Camí de Ronda®-Secret coves and traditional gastronomy” route you will walk to the remotest coves on the coast between Palamós and Calella de Palafrugell, enjoy a seafood meal on the beach and return to the starting point on a fishing boat, visiting smugglers’ hideouts. The proposal is part of the “1% Nature and Heritage” programme that allocates 1% of its turnover to the protection and conservation of the natural, scenic and cultural heritage of the Costa Brava.

Where: Between Palamós and Calella de Palafrugell (Costa Brava), Empordà
How to get there: by bus to Palamós (www.123bus.cat)
Duration: 1 day
Participants: open to all
When: all year round
Languages: Catalan, Spanish, English, French and German
Price: from €89

To find out more:
www.visitpalamos.cat/en
http://visitpalafrugell.cat/en

ART IN THE HEART OF NATURE
AN OPEN-AIR MUSEUM

The Camí Oliba is a long trail (GR-151) covering almost 300 km that connects some of the most emblematic works of Catalan Romanesque art. It begins in Montserrat and finishes in the Pyrenees, crossing diverse landscapes of great natural value, such as the Montserrat Mountain Natural Park, the Les Guilleries-Savassona Natural Area or the Castell de Montesquiu Park. It can be done in one go or in stages, accompanied by a guide or alone. Some sections are more difficult than others.

Where: Manresa, Sant Llorenç del Munt i l’Obac Natural Park
How to get there: by train (www.renfe.com) and bus (www.monbus.es)
Duration: the route can be done in about 15 days.
There are 1-day stages
Participants: open to all
When: all year round
Languages: Catalan, Spanish, English, French
Price: on application
Camí Oliba
(+34) 938 851 715
www.camioliba.cat/en

To find out more:
https://parcs.diba.cat/es/web/SantLlourenc

THE COSTA BRAVA BY LAND AND SEA

Hiking
THE COUNTRYSIDE ON TWO WHEELS

The secret to exploring nature without contaminating or damaging it is to use non-polluting transport. Choosing a bicycle is a great way to travel around the countryside in silence and with peace of mind, using secondary roads and traditional pathways. The range of cycling routes on offer in Catalonia is enormous. Discover the landscape in a fun, easy and, above all, sustainable way.
THE EBRO DELTA ON AN ELECTRIC BICYCLE

‘SLOW TRAVEL’ ALONG THE RIVERSIDE

The best way to travel round a rich and unique natural space like the Ebro Delta is to do it in a sustainable way. Why not choose an electric bike? The “Discover the Ebro Delta on an electric bicycle” experience allows you to choose from a variety of cycle touring routes; ride along the shores of La Tancada and l’Encanyissada, the two largest lagoons and reserves for waterfowl and waders; discover the mouth of the Ebro and its wild beaches and dunes; have a look at mussel farming...

If you would rather do the route independently, you will be given a self-guiding GPS.

To find out more: http://parcsnaturals.gencat.cat/es/delta-ebre

Where: Deltebre. Ebro Delta Natural Park
How to get there: by bus (www.hife.es). Transfers and bicycles to the doorstep
Duration: 4 h
Participants: open to all
When: all year round
Languages: Catalan, Spanish and English, French, German and Russian (with reservation only)
Price: from €24

Deltacleta
(+34) 648 725 862
(+34) 608 827 457
www.deltacleta.cat/en

ALL THE FLAVOUR OF EL PENEDÈS

COSY TRIP AROUND VINEYARDS

Near to Barcelona, el Penedès is one of the principal wine-growing regions in Spain and is famous for its production of cava, Catalonia’s most emblematic drink. If you would like to discover this unique landscape and its traditional values, sign up for a “Bicycle ride (normal or electric) around the vineyards with a tasting of organic wines and cava”. This trip is closely linked to the land and the winegrower will share knowledge of local culture with you. You will also visit a family-run winery and taste some of the best wines in order to discover the true taste of this area. On top of all that, you will be able to enjoy an impressive view of the Montserrat massif, a geological jewel.

To find out more: www.penedesecotours.com/en

Where: Vilafranca del Penedès. Red Natura 2000
How to get there: collection from the centre of Barcelona
Duration: 7 h
Participants: open to all
When: all year round
Languages: Spanish, English, French
Price: €59

Penedès Ecotours
(+34) 622 619 870
www.penedesecotours.com/en

Where: Deltebre. Ebro Delta Natural Park
How to get there: by bus (www.hife.es). Transfers and bicycles to the doorstep
Duration: 4 h
Participants: open to all
When: all year round
Languages: Catalan, Spanish and English, French, German and Russian (with reservation only)
Price: from €24

Deltacleta
(+34) 648 725 862
(+34) 608 827 457
www.deltacleta.cat/en

To find out more: http://parcsnaturals.gencat.cat/es/delta-ebre
If you would like to discover all the delights of the Ebro Delta Natural Park sustainably and on two wheels, Hotel l’Algadir is a great spot for you. This establishment is committed to the environment and offers a "Cycling getaway" which includes a two-night stay with breakfast and dinner, and they will provide you with a bike so that you can explore whichever part of the delta appeals to you most. You can choose different routes. One of those on offer is the Lagoon Route, on which you will get to know local flora and fauna, in particular birdlife. You will receive a map of your chosen route or you can choose to hire a local guide.

To find out more:
http://parcsnaturals.gencat.cat/es/delta-ebre

Where: Poblenou del Delta, Ebro Delta Natural Park
How to get there: by train to l’Aïda-Amposta-Voròtsc (www.renfe.com) and from there by bus (www.hife.es)
Duration: one day
Participants: for everyone
Where: all year round
Languages: Catalan, Spanish, English and French
Price: from €266

A TRIP AROUND THE LAGOONS
THE DELTA ON TWO WHEELS

Where: Olot, La Garrotxa
Volcanic Zone Natural Park
How to get there: by bus to Olot
(www.teisa-bus.com)
Duration: 2 days / 1 night
Participants: 2 people minimum
Where: from 1st of March to 31st of October
Languages: Catalan, Spanish, English, French and Italian
Price: from €111

The Carrilet Route, which is 100km long and suitable for all, passes through woodlands, farming land and attractive villages. You will start discovering La Garrotxa’s natural resources, such as its volcanic zone. You will also come across locations such as Cellera de Ter and, in the city of Girona, some precious heritage such as the historic Jewish district, one of the most well-conserved in the world. Finally, you will ride through the Riudaura valley until you get to the coastal town of Sant Feliu de Guíxols. You can follow this route with a cycle touring guide or independently, for which you will be provided with a roadbook, map and GPS.

To find out more:
http://parcsnaturals.gencat.cat/es/garrotxa

Where: Olot, La Garrotxa Volcanic Zone Natural Park
How to get there:
by train to Olot
(www.teisa-bus.com)
Duration: 2 days / 1 night
Participants: 2 people minimum
Where: from 1st of March to 31st of October
Languages: Catalan, Spanish, English, French and Italian
Price: from €111
ALONG THE ELS PORTS GREENWAY

ON A RAILWAY LINE

The experience called “Pedalling along the greenway” will introduce you to the Els Ports landscape, the rugged natural frontier of southern Catalonia. On this cycle path, which follows the old Val de Zafán railway line, you can pedal between 20 and 50 km over bridges, through tunnels and past waterfalls... All of this in surroundings which are purely Mediterranean with holm oak and white pine forests, vines, almond, olive and orange trees. The track follows two rivers, Canaletes and Ebro, and you will end up back where you started: Horta de Sant Joan.

To find out more:
http://parcsnaturals.gencat.cat/es/ports

Where: Horta de Sant Joan, Els Ports Natural Park
How to get there: by bus (www.hife.es)
Duration: between 2 and 6 h
Participants: open to all
When: Spring and Autumn
Languages: Catalan, Spanish, English and French
Price: €20 adult bike / €18 children

COSTA BRAVA GREENWAYS

SECRETS TO DISCOVER

Thanks to Trescàlia (http://trescallia.com) you can discover “The secrets of the greenways” of Girona on a bicycle route which starts in Ripoll, in the Capçaleres del Ter i del Freser Natural Park, and finishes in the city of Girona. Along the way you can contemplate the scenery in La Garrotxa Volcanic Zone Natural Park, with its natural treasures: volcanoes such as Croscat, the Moixina wetlands, the Jordà beech forest... And you will be able to sample some volcanic cooking. You will pass through the fertile Bas valley and ride along an old narrow-gauge railway line. Also on the route are the Brugent river waterfalls before you reach the historical city of Girona, following the Ter river.

To find out more:
http://parcsnaturals.gencat.cat/es/ter-freser

Where: Ripoll, Capçaleres del Ter i del Freser Natural Park
How to get there: by train (www.renfe.com) and bus (www.teisa-bus.com)
Duration: 6 days
Participants: min. 2 people
When: all year round
Languages: Catalan, Spanish, English and French
Price: from €775

Consorci Vies Verdes
(+34) 972 486 950
www.viesverdes.cat/en

Montsport
(+34) 977 435 074
www.montsport.es/en

RIVERS AND WATERFALLS
FAMILY ECOTOURISM
BIRDWATCHING
MEDITERRANEAN FLORA
VALLEYS
FARMING LANDSCAPE
VOLCANOES
BEACH FOREST
RIVERS AND WATERFALLS
OBSERVING FLORA AND FAUNA
FAMILY ECOTOURISM
ARTE Y CREATIVIDAD

Desde las pinturas románicas hasta la moda en complementos, pasando por la arquitectura modernista, Cataluña es una tierra propicia para la creatividad. Y no solo en el apartado de las artes plásticas, también en literatura y gastronomía, por citar solo dos ejemplos. Quizás sea la visión del mar, el aire puro de las montañas o los paisajes de interior; la conclusión es que este es un país inspirador tanto para los artistas locales como para los que lo visitan. Todas las opciones son posibles. Hay de venir a Cataluña para expresarse creativamente o bien para admirar a los que ya han compartido su talento con la humanidad.

Going on a relaxing bike ride or on horseback, seeing first-hand how a vegetable garden is cultivated, visiting a natural park... Practising family ecotourism is the perfect alternative to discover nature in a different way together. You will discover different landscapes and habitats, fauna and the flora, while the little ones will learn to care about their surroundings and develop a desire to understand it, respect the environment and be responsible. Catalonia is a great place to practise family ecotourism. The following pages offer some interesting proposals which you can sign up to, but there are lots more. Don’t think twice and find the perfect one for you.
THE EBRO DELTA BY BICYCLE

PEDAL AROUND THE LAGOON

Land and sea come together in the Ebro Delta to create a unique setting where birds roam free. “Pedalling around the lagoon” is a cycle route where you can ride around La Tancada, a 250-hectare lagoon with a rich ecosystem home to different species of birds and fish. This outing is specially designed for families and is run by an expert in the region’s fauna and flora, so that young and old alike can discover all the secrets of the birds that live, nest and feed there: cormorants, flamingos, ducks... During the trip, you will be able to enjoy the ecosystems of the beach, the bay, the lagoon and the rice fields while you learn about each of these settings.

Where: Amposta
Ebro Delta Natural Park
How to get there: by train to l’Aldea-Amposta-Tortosa (www.renfe.com) and bus to Amposta (www.hife.es)
Duration: 2 h 30 min
Participants: open to all
When: all year round
Languages: Catalan, Spanish, English, French
Price: €20

To find out more:
http://parcsnaturals.gencat.cat/es/delta-ebre

A WEEKEND VISITING PRODUCERS
A JOURNEY TO THE ORIGINS

“Benvinguts a pages” redisCOVERS the ORIGINS OF different foods through visits to orchards, wine estates and livestock farms, flocks, ports... and through meeting the people who work there. Over the course of a weekend, estates and country houses across Catalonia invite you to discover, taste and purchase their products. Over 900 producers participate, and you will also find accommodation with discounts and offers for the weekend, as well as restaurants with special menus and also routes on offer to visit different producers.

Where: across Catalonia
Duration: one weekend
When: June
Price: some activities are free and others require payment
Benvinguts a Pages
www.benvingutsapages.cat/en

To find out more:
www.parcanatura.cat/en

MULTI-ACTIVITY IN L’ESTARTIT
NATURE WITHOUT LIMITS

“THE NATURAL PARK BY LAND, SEA AND AIR” multi-experience allows visitors to discover the surroundings of the Montgrí, Illes Medes i el Baix Ter Natural Park with a base camp in Hotel Medes II in l’Estartit. You will begin your stay with a ride on a burricleta (electric bicycle) around the mediaeval villages of El Empordà. Next, you’ll climb aboard a boat to get to know the park and the Medes Islands Marine Reserve. To finish off, enjoy a hot air balloon ride with Globus Empordà (www.globusemporda.com).

Where: l’Estartit. Montgrí, Illes Medes i el Baix Ter Natural Park
How to get there: by bus (www.sarfa.es)
Duration: 2 days
When: April-November
Price: on application

Hotel Medes II
(+34) 972 750 880
www.hotelmedes.com/en

To find out more:
http://parcsnaturals.gencat.cat/en/illes-medes

THE NATURAL PARK BY LAND, SEA AND AIR

A WEEKEND VISITING PRODUCERS
A JOURNEY TO THE ORIGINS

MULTI-ACTIVITY IN L’ESTARTIT
NATURE WITHOUT LIMITS

THE EBRO DELTA BY BICYCLE

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Ebro Delta Natural Park
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Duration: 2 h 30 min
Participants: open to all
When: all year round
Languages: Catalan, Spanish, English, French
Price: €20

To find out more:
http://parcsnaturals.gencat.cat/en/delta-ebre

THE EBRO DELTA BY BICYCLE

PEDAL AROUND THE LAGOON

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Where: Amposta
Ebro Delta Natural Park
How to get there: by train to l’Aldea-Amposta-Tortosa (www.renfe.com) and bus to Amposta (www.hife.es)
Duration: 2 h 30 min
Participants: open to all
When: all year round
Languages: Catalan, Spanish, English, French
Price: €20

To find out more:
http://parcsnaturals.gencat.cat/en/delta-ebre
Cerdanya EcoResort is an ideal base camp for families, hiking enthusiasts or cycle tourists. You can choose between different types of accommodation according to your interests: from family rooms and suites at the Hotel Muntanya & Spa, to the practical bungalows in La Cerdanya camping park or the Can L’Aurèn aparthotel. Among the multiple ecotourism activities, in the Verger Cerdà vegetable garden you will find an ecosystem created using permaculture. It is a completely ecological vegetable garden which also ensures that the surrounding area is sustainable. You will visit the greenhouse, the apple orchard and the vegetable and plant patches, and you’ll learn which flowers and plants can be used in your cooking. You will also get to know the animals that live there.

**Family ecotourism**

**BY CARRIAGE**

**A PEACEFUL ADVENTURE**

The mouth of the River Ter, the marshlands, the beach with its native vegetation, the dunes... these are just some of the idyllic landscapes that form part of the Montgrí, Illles Medes i el Baix Ter Natural Park. From the Mas Paguina Riding Centre, you can trot and gallop with the family or explore the area in a horse-drawn carriage. The range of equestrian activities on offer allows visitors to choose a carriage or take a ride on horseback according to their tastes.

**ON HORSEBACK IN MONTNEGRE**

**TROTTER THROUGH NATURE**

In the area surrounding the Montnegre-Corredor Natural Park, in the heart of nature, the Nou Ranxo riding centre organises guided horse trekking routes and excursions around the woods and mountains in the region. They are suitable for all: beginners and amateurs or experienced riders. The instructors will give you advice and accompany you on a ride either at a gentle pace, at a trot or at a gallop while you behold the forest landscapes or the Sant Rafael hermitage.

**A PERMACULTURE ECOSYSTEM**

**AN ECOLOGICAL ALTERNATIVE**

Cerdanya EcoResort is an ideal base camp for families, hiking enthusiasts or cycle tourists. You can choose between different types of accommodation according to your interests: from family rooms and suites at the Hotel Muntanya & Spa, to the practical bungalows in La Cerdanya camping park or the Can L’Aurèn aparthotel. Among the multiple ecotourism activities, in the Verger Cerdà vegetable garden you will find an ecosystem created using permaculture. It is a completely ecological vegetable garden which also ensures that the surrounding area is sustainable. You will visit the greenhouse, the apple orchard and the vegetable and plant patches, and you’ll learn which flowers and plants can be used in your cooking. You will also get to know the animals that live there.

**WHERE:**

Cadi-Moixeró Natural Park

**How to get there:**

by bus (www.alsa.com)

**Duration:** 2 h 45 min

**Participants:** open to all

**When:** Saturdays from May to October

Languages: Catalan, Spanish, English, French

Price: €7.90 / €5

**To find out more:**

http://parcsnaturals.gencat.cat/es/cadi

**Mas Paguina Riding Centre**

(+34) 972 751 472

http://hipicamaspaguina.com

**WHERE:**

l’Estartit.

Montgrí, Illles Medes i el Baix Ter

Natural Park

**How to get there:**

by bus (www.sarfa.es)

**Duration:** between 1 and 5 hours

**When:** all year round

**Price:** from €27

**To find out more:**

http://parcsnaturals.gencat.cat/es/illes-medes

**WHERE:**

Santa Susanna.

Montnegre-Corredor

Natural Park

**How to get there:**

by train (www.renfe.com)

**Duration:** 1 to 2 h

**When:** all year round

**Price:** from €18

**To find out more:**

https://parcs.diba.cat/es/web/montnegre

Cerdanya EcoResort

(+34) 973 510 260

www.cerdanyaecoresort.com/en
VALL D’EN BAS
IN LA GARROTXA.
This natural resources calendar will help you choose the best experiences based on the best time of year to enjoy them. Look for the ones that best suit your expectations, make sure you have the exact dates and start enjoying ecotourism in Catalonia.

### ECOTOURISM CALENDAR

<table>
<thead>
<tr>
<th>RESOURCE</th>
<th>TIME OF YEAR</th>
<th>Winter</th>
<th>Spring</th>
<th>Summer</th>
<th>Autumn</th>
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THE BIODIVERSITY OF CATALONIA’S NATURAL HERITAGE

Below is a list of the huge diversity of natural heritage that you will find in Catalonia. With ecotourism activities and local guides, you can gain an in-depth understanding of this biodiversity and the communities that live in each area. Learn more about what you are seeing so you can fully enjoy an authentic connection with the environment.

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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

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For further information about Heritage

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

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