Cities, towns and villages

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ESCAPE, IMMERSE YOURSELF AND FALL IN LOVE

Cities you’ve never been to are waiting to show you their personalities. Escape for a few days and enjoy them.

On the shores of the Mediterranean, the marine districts and villages have everything they need to seduce you. You will immerse yourself in their attractions and hesitate between returning once more or launching yourself into discovering another hidden beauty. The towns that we present in the following pages will enchant you, and you will want to let yourself fall in love with them. Don’t think twice: the places you’ve imagined exist, you just have to choose which one to start with.
CATALONIA, WAITING TO BE DISCOVERED

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

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

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

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

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

Don’t hesitate to embark on the trip, there’s always something wonderful to discover.
In Tarragona, the visit to the defensive walls has an information service in Braille. The route through the historic centre of Vic offers a specific route for people with reduced mobility. The magnificent Seu Vella in Lleida has made an effort to remove the barriers for its visitors, and this effort is also visible at the Gaudi Centre Reus and the cathedral in Solsona, just as it is at the medieval route in Manresa. The character of Catalan cities is evident in their commitment to make tourist experiences available to everyone.

Catalonia is one of the most accessible tourist destinations in Europe, and pays special attention to people with specific needs. The charming towns and marine villages also want to enchant all tourists without exception, such as in the case of Perafollet, which has adapted itineraries so visitors in wheelchairs can discover its medieval streets, or L’Escala, which offers sailing outings for people with reduced mobility. Plus, enjoy all the information offered by the Interpretation Centre of the Montanes de Prades in Braille and admire the main tourist landmarks in Rupit with sign language guides. The beaches at Palamós and Arenys have amphibious wheelchairs, as does Sant Pol de Mar, which has also adapted an urban route to suit everyone.

For more information on each piece of equipment and/or destination, visit http://turismeperatothom.catalunya.com
ESCAPE to cities and towns with character
CITIES AND TOWNS WITH CHARACTER

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

TOURIST BRANDS

The Catalan region is divided into nine tourist brands that are then spread over the land as shown on the map. The following cities have been sorted starting from the northern part of the map and moving in a clockwise direction.
Solsona is a town that remains loyal to its heritage. It is, after all, the Catalan city with the greatest number of giants and elements of popular bestiary per square metre, which results in celebrations such as its carnival, Corpus Christi or the Festa Major (Annual Festival), dedicated to the Mare de Déu del Claustre (Virgin of the Cloister).

Located in the Pyrenean foothills, very close to the geographical centre of Catalonia, Solsona boasts an enviable natural environment, where you can enjoy an endless number of routes on foot, on horseback or by bicycle, such as the Mare de la Font Park, as well as countless ecotourism and adventure guided tours and experiences, from kayaking to canyoning, without forgetting skiing.
The colourful robes of the figures, the gegants bojos (crazy giants), and the sàtira del sermó (satire of the sermon) are the most original elements of the Solsona carnival, an unmissable celebration.

How much time do you have?

A whole day
- Begin the day in the emblematic Portal del Pont, main entrance to the walled city.
- Discover the cathedral, the chapel of the Virgen del Claustre (Virgin of the Cloister) and the Episcopal Palace.
- Taste the brumtos (potatoes) and the truffles from the area, when in season, in a restaurant in the historic centre.
- Visit the Museu de Solsona Diocesà i Comarcal (Diocesan and Regional Museum of Solsona), http://museusolsona.cat
- Take in the medieval museumised remains of the moat and the defensive wall.

Two days
- Roam through the historic centre, its Plaça Major and Sant Joan squares, and the Carrer del Castell.
- Visit the Pou de Gel (Ice Well).
- Enjoy a selection plate of Solsonés cold meats in any of the taverns found in the historic centre.
- Climb the bell tower of the cathedral to enjoy the best views in the city.
- Taste local products in the most emblematic establishments in the city with the “Tasta Solsona” guided visit.
- Have a picnic lunch in the park.
- Cool off in the city’s Gothic springs, such as those of the Church, Sant Joan or the Castle.
- Get to know Modernist Solsona from the Sant Roc Hotel to the house of August Font.

Three days
- Visit the Solsonès Interpretation Centre.
- Discover the city’s wood sentinels on the “Ruta dels caps de biga”.
- Enjoy the Solsonès mushrooms (only when in season) in a restaurant in the medieval city.
- Visit the Miracle sanctuary, a great Baroque work, and visit the cheese factory http://formatgeriaelmiracle.coop
- Spend the night in accommodation in the centre.
- Escape to the Vall de Lord and visit the Valette cheese factory, http://valette.cat
- Go for a short walk through Coll de Jou until you reach the Codó viewpoint.
- Try the artisan pastries in the historic centre.

To discover the city in more detail
- Make sure that your visit coincides with the carnival, declared of tourist interest, or the Festa Major, a heritage festival of national interest.
- Take the guided tour “Solsona monumental” + Ice Well if you’re visiting over a weekend, or lose yourself in the old quarter in order to submerge yourself in the character of Solsona.

DISTANCE FROM SOLSONA TO
Barcelona 106 km
Girona 160 km
Lérida 105 km
Tarragona 132 km
Maó 47 km
València 165 km

HOW TO GET THERE
By public transport: ALSA Bus
alsa.com/en/web/bus/home
By road
www.google.com/maps
Parking
Free in any of the city’s streets.
Time limit only in the most central and commercial areas.
**Shall we go out?**

Els tres tombes (January)  
Carnival (February–March)  
Trumfo and truffle fair (March)  
Caramelles (March–April)  
Fair of Sant Isidre (May)  
Corpus Christi (June)  
AIMS Festival (August)  
Biofira L’Ecológica (July)  
Festa Major (September)  
El Solsonès Mushroom Fair (October)  
Fira del Tió (December)

**Shall we go shopping?**

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

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

**Shall we go out as a family?**

The Museu de Solsona offers a paper guide so that children can also enjoy discovering history. The Trobada de Gegantons takes place on the last Saturday in July, where each child designs their own giant. If you’re not lucky enough to be there on this date, don’t miss the Quarto dels Gegants.

**Where to eat?**

Mare de la Font  
http://maredelafont.cat  
Restaurant Fermín  
http://restaurantfermin.com  
El Solsonès  
www.campingsolsones.com/en/restaurant/escalada  
La Cabana d’en Geli  
http://restaurantlacadabanageli.es/en  
El Castell  
http://castell.cat  
La Tasketa de la Núria  
+34 670 753 270  
Other suggestions  

**Where to sleep?**

Hotel Sant Roc **** HCC000037  
www.hotelsantroc.com/EN/hotel.html  
La Freixera **** HCC000797  
www.hotellafreixera.com  
Gran Sol *** HCC000514  
http://hotelgranosalsolsona.com/en  
Solsona Centre ** HCC000145  
Hostal Crisami ** HCC000628  
http://hostalcrisami.com  
Camping del Solsonès (1st cat.) KCC000043  
www.campingsolsones.com/en  
Other suggestions  
http://solsonaturisme.com/en/sleep

**Don’t miss it!**

A visit to Solsona can’t be considered complete travelling through the region. In the winter, you can escape to Port del Comte in just 35 minutes where, in addition to skiing, you can follow routes wearing snowshoes along signposted paths. In the summer, head out to one of its rivers and, after a spot of kayaking, jump into the Cambrils saltwater swimming pool, the “Dead Sea of the Pyrenees”. If you like adventure, you can jump, with an elastic cord, from the third highest platform in the world into a reservoir, hire a guide to take on the via ferrata (protected climbing route), descend a gorge or go paragliding or on a hot air balloon ride.

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

1. THE BRIDGE AND CATHEDRAL OF SOLSONA  
2. GAP DE BUGA, ON A BALCONY  
3. GOTHIC FOUNTAIN IN THE PLACA DE SANT JOAN  
4. FOUNTAIN IN THE PLACA DE LA CATEDRAL

**PIRINEUS**

© JAVI GARCIA YUTI

**PIRINEUS**

© JAVI GARCIA YUTI

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ESCAPE TO
LA BISBAL D’EMPORDÀ

THE CAPITAL OF CERAMICS

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

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

MORE INFORMATION
La Bisbal d’Empordà Tourism
www.visitlabisbal.cat/en
Facebook
www.facebook.com/visitlabisbal
Twitter
https://twitter.com/baixemporda_tur
Instagram
www.instagram.com/visitlabisbal
The urban landscape of La Bisbal is characterised by the ceramic shops that display their colourful merchandise in the street.

How much time do you have?

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

Two days
- Visit the Terracotta Museum.
- Taste the botifarra dolça (sweet sausage) or any other gastronomic delight from L’Empordà.
- Drive to the Castell d’Empordà and admire the impressive castle with Romanesque and Gothic remains and a tower from the 16th century. Enjoy the breathtaking views.
- Eat on the romantic Marimon Asper promenade, which runs along the river Daró.

Three days
- Experience the atmosphere of the La Bisbal market, on Fridays, in the historic centre, either to buy or to admire the frenzy of activity.
- Take a break in one of the city’s restaurants and don’t forget to try typical desserts such as the càntir, the rus or the bisbalenc.
- While away the hours in the antique shops and art restoration workshops on the city’s most commercial streets.
- Sleep in one of La Bisbal’s hotels.
- Visit the nearby medieval villages of Peratallada and Monells.
- Eat at one of the restaurants in these towns.

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

COSTA BRAVA

DISTANCE FROM LA BISBAL D’EMPORDÀ TO

- Barcelona 135 km
- Girona 33 km
- Lleida 265 km
- Tarragona 223 km
- Figueres 41 km
- Palamós 20 km

HOW TO GET THERE

By public transport
Bus from Barcelona www.carla.es
By road
https://google.com/maps

1. A ceramics workshop.
2. Ceramic pieces on show.
3. The historic centre and Castell Palau.
4. The pont vell.
Where to sleep?
Hotel Mar de Tasmània** HG002417
https://hotelmardetasmania.es/en
Hotel Castell d’Empordà**** HG002282
www.hotelcastellemporda.com/en
Hostal Adarnius HG000593
www.hostaladarnius.net/1.html
Hostal Pilar HG000592
+34 972 640 027

Where to eat?
Tres Margarit -
Hotel Castell d’Empordà
www.hotelcastellemporda.com/en/tres-margarit
La Cantonada
http://lacantonada.cat
El Teatre
+34 972 644 409
L’Escut
http://restaurantcaferialescut.com
Divinum
+34 626 138 828
Mondo
www.facebook.com/mondolabisbal

Shall we go out?
Fira Antic&Design
Empordà (Easter)
Fira del Circ al Carrer (July)
Festa Major (August)

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

Weekly market. Daily life in La Bisbal has a weekly event in the calendar: the traditional Friday market, which has been held continuously since it was granted to the town in 1322 by Jaime II. Currently, it is made up of about 150 stalls selling food, clothing, household items and accessories.

Shall we go out as a family?
Throughout the year, the different potters in La Bisbal d’Empordà organise guided visits to their workshops and activities for the whole family where you can feel like an artist for the day.

Don’t miss it!
Fira Antic&Design Empordà is a fair with a select and varied sample of furniture, paintings, sculptures and decorative arts objects on show. It is an essential appointment with the best antique dealers and decorators in Catalonia and the south of France. Designers in the decoration and interior design sectors also attend. It takes place at Easter, every two years.

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Where to eat?
Tres Margarit -
Hotel Castell d’Empordà
www.hotelcastellemporda.com/en/tres-margarit
La Cantonada
http://lacantonada.cat
El Teatre
+34 972 644 409
L’Escut
http://restaurantcaferialescut.com
Divinum
+34 626 138 828
Mondo
www.facebook.com/mondolabisbal

Where to sleep?
Hotel Mar de Tasmània** HG002417
https://hotelmardetasmania.es/en
Hotel Castell d’Empordà**** HG002282
www.hotelcastellemporda.com/en
Hostal Adarnius HG000593
www.hostaladarnius.net/1.html
Hostal Pilar HG000592
+34 972 640 027
DIVERSITY IN EVERY RESPECT

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

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

MORE INFORMATION
Girona Tourism
www.girona.cat/turisme/eng/index.php
Facebook
www.facebook.com/Turisme_gi
Twitter
www.twitter.com/turisme_gi
Instagram
www.instagram.com/turisme_gi
The city’s gastronomic offer is not limited to the Celler de Can Roca; discover and taste products by Girona Excel·lent and the DO Empordà wines in the Girona Bons Fogons restaurants.

📚 How much time do you have?

A whole day
- Visit the emblematic illera, the Basilica of Sant Feliu and the cathedral.
- Stop off at el Call and the Jewish History Museum, gicerca.cat/call/eng
- Taste products such as Xuxo pastries and the Girona apple in one of the restaurants in the Barri Vell.
- Cross the Gómez Bridge and take in the Oyarz houses.
- Spend an afternoon shopping in the establishments of the shopping area in the more modern part of the city.

Two days
- Have a hearty breakfast in the establishments of L’Associació d’Hostaleria, Turisme i Restauració Girona.
- Walk through the Jardi de l’Àngel.
- Follow in the footsteps of the Modernist architect Rafael Masó and get to know his work all over the city.
- Eat tapas in the Plaça de la Independència.
- Take a break at the Turkish baths.
- Sleep in one of the small hotels in the old quarter.
- Follow the Lannister’s steps through the streets of Girona at the Game of Thrones Experience.
- Relish the market and signature cuisine of Girona Bons Fogons.
- Visit the Cinema Museum.
- Check the schedule at Cines Truffaut and enjoy a good film.
- Round off the day with a nocturnal guided tour with Girona beer tasting.

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

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

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

The city has a great range of activities on offer, such as running, cycling, swimming, orienteering circuits.

① JOSÉ, JANA AND JORDI, OWNERS OF CELLER DE CAN ROCA.
② COURTYARD OF THE BONAVENTURA CA PORTA, HOME OF THE JEWISH HISTORY MUSEUM.
③ STAIRCASE TO THE CHURCH OF SANT MARTÍ.
④ FESTIVAL OT, THE FAMILY MUSIC FESTIVAL.

1. JOSP, JANA AND JORDI, OWNERS OF CELLER DE CAN ROCA.
2. COURTYARD OF THE BONAVENTURA CA PORTA, HOME OF THE JEWISH HISTORY MUSEUM.
3. STAIRCASE TO THE CHURCH OF SANT MARTÍ.
4. FESTIVALOT, THE FAMILY MUSIC FESTIVAL.
COSTA BRAVA

Shall we go out?
International Circus Festival - Elefant d’Or (February)
Black Music Festival (March)
Strenes (Spring)
Gastronomic Week (April)
Easter Week
Girona, Temps de Flors (May)
Girona Jazz Festival (June)
Nits de Clàsica (June-July)
Tempo Sota les Estrelles (July-August)
International Amateur Theatre Festival FITAG (August-September)
Cinema Festival (September)
Milestone Project (September)
Sant Narcís Fairs (October)
Festival Temporada Alta (Autumn)

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

Shall we go out as a family?
Students from the Domeny School have put together a guide with elements of the city aimed at boys and girls. As well as guided tours and trips on the tourist train, Girona offers a programme of free orienteering circuits, designed so that you can get to know the city in an entertaining and original way using a map with a set of clues. Also, every July the city hosts the family music festival Festivalot.

Where to eat?
El Celler de Can Roca
https://cellercanroca.com/menu/_menu_a.html
Massana
www.restaurantmassana.com/eng
Casa Marieta
www.casamarieeta.com/
Presentacion/ situacion.
asp?id=231&l=0
Occi
www.restaurantocci.com
Can Marqués
https://canmarques.com/?lang=en
Llevataps
http://llevataps.weebly.com
Can Xifra
www.canxifra.com
Köng
www.koenig.cat/es/
Other suggestions
www.girona.cat/turisme/eng/restaurantes.php
www.gironadestagonigs.cat

Where to sleep?
AC Palau de Bellavista ****
HGU00404
https://a/hotels.marriott.com/es/hotels/ac-hotel-palau-de-bellavista
Hotel Carlemany **** HG002191
www.hotelcarlemany.girona.com
Hotel Llegendes de Girona **** HG002194
www.legendeshotel.com/es/
Hotels Ultònia ****/****
HGU002901 / HGU002902
www.hotelsultonia.girona.com
B&B **/*** HG004976
www.hotel-bb.es/en
Other suggestions
www.girona.cat/turisme/eng/allotjaments.php

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

Don’t miss it!
There’s an endless amount of proposals in the surroundings of Girona: from the Gavarrers massif to the Banyoles lake and the Volcanic Area of La Garrotxa, heading through, of course, the coves along the Costa Brava and the Cap de Creus Natural Park. Sports lovers have prime destinations for practising scuba diving (the Medes Islands), kitesurfing (Sant Pere Pescador), trekking and mountain biking, and the winter sports at the Pyrenees ski resorts. Discover villages taken straight off a postcard along the coast, such as Tamariu or Cadaqués, and inland, such as Peratallada, Besalú or Castellfollit de la Roca. Plus, get to know the lands and landscapes that inspired universal artists like Salvador Dalí and Josep Pla.

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

Cities and towns with character
ESCAPE TO
MANRESA

THE CITY THAT INSPIRED SAN IGNACIO DE LOYOLA

This city, located in the heart of Catalonia, has a marked spiritual character. It’s not without reason, and as well as the yearly commemoration of the mystery of the Light which put an end to the city’s excommunication, Manresa is also the final point of the route that follows in the steps of San Ignacio de Loyola, who discovered his vocation right here after a divine revelation on the banks of the River Cardener.

With remains of the Medieval and Gothic city, such as la Seu, Manresa also boasts historic heritage of a Baroque style, linked to the track left by San Ignacio, founder of the Jesuit community and of a rich Modernist and industrial past with a set of buildings, museums and elements associated with this period.

MORE INFORMATION
Manresa Tourism
www.manresaturisme.cat/ang

Facebook
www.facebook.com/ManresaTurisme

Twitter
www.twitter.com/manresaturisme

Instagram
www.instagram.com/manresaturisme

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

How much time do you have?

A whole day
▶ Follow in the footsteps of San Ignacio de Loyola through La Seu, La Cova and Carrer del Balç.
▶ Discover Modernist Manresa in the surroundings of the Passeig de Pere III.
▶ Savour the local specialities washed down with beer and wine from the area.
▶ Take a stroll through the La Sequia and L‘Aguila parks, with their beautiful views over Montserrat.
▶ Visit the Oller de Mas winery, located in a castle from the 10th century.
▶ Follow one of the routes through the El Flequer Valley and discover its centenary barrels for wine-making, made from stone.
▶ Visit the Abadal winery and enjoy a picnic among the vineyards.

Three days
▶ Lose yourself in the streets of the historical centre and discover the oldest shops in the city on the streets of Sant Miquel and Sobrerroca.
▶ Try market cuisine at one of the restaurants belonging to the association Fogons del Bages.
▶ Enjoy a rustic dinner while you gaze at the sunset from the park.
▶ Sleep in one of the hotels in the centre.

Two days
▶ See in the day with a coffee and a quick walk through the labyrinth of streets and squares in the city’s historical centre.
▶ Take the guided tour: “Manresa universal: la ciudad de San Ignacio de Loyola” (Universal Manresa: the city of San Ignacio de Loyola).
▶ Try the wines of the DO Pla de Bages and the seasonal products in some of the establishments of the Gremi d’Hoteleria i Turisme del Bages.
▶ Spend an afternoon shopping in the Passeig de Pere III shopping area.
▶ Check the schedule at the Kursaal Theatre and enjoy one of its shows.
▶ Sleep in one of the city’s hotels, in a unique building, such as the Casa Padró.
▶ Follow one of the routes through the El Flequer Valley and discover its centenary barrels for wine-making, made from stone.
▶ Visit the Abadal winery and enjoy a picnic among the vineyards.

To discover the city in more detail
▶ Visit the space: “Manresa 1522, the city of Ignacio”, which shows what the Gothic city was like when the saint first encountered it.
▶ Soak up the city’s medieval history at the Interpretation Centre on Carrer del Balç.
▶ Take in the city’s heritage from the heights with the views offered by the Puigterrà Park.
▶ Wake up in Cardona and visit the Muntanya de Sal (Salt Mountain) and the castle.
▶ Go craft beer tasting, with pairing, with one of the makers.
▶ Say farewell to the area by following the road that links Manresa to the picturesque towns of Mura and Rocafor.

Distance from Manresa to
Barcelona 62 km
Girona 120 km
Lleida 116 km
Tarragona 109 km
Terrassa 32 km
Vic 51 km

How to get there
By public transport
Rte Rentle Suburban line
http://modals.gencat.cat
FGC RS www.fgc.cat/en
Hipanet Igualadina Bus
www.igualadina.com
Talsa - Eix Bus
By road
https://google.com/maps
Parking
Over 40 car parks, across public and private areas.

1. MANRESA-COD.
2. VINEYARDS AND WINERY OF THE DO PLA DE BAGES.
3. THE KURSAAL THEATRE.
Where to sleep?
L’Hotelet Casa Padró - Manresa 1914 ** HCC004470 www.hoteletmanresa.com/en
Hotel 1948 *** HCC004332 www.1948hotel.com/en
Els Noguers ** HCC004064 www.hotelelsnoguers.cat/en.html
Apartamentos La Farola HUTCC000212 - HUTCC000223 www.lafarola.net/en/
Parador de Cardona **** HCC009902 https://www.parador.es/en/paradores/parador-de-cardona

Don’t miss it!
Some 25 kilometres from the centre of Manresa is the iconic mountain of Montserrat, hands down the most visited and photographed destination in the area. To visit it, you can walk along the last stage of the Ignatian Way in the opposite direction or, if you prefer, go to Monistrol de Montserrat by car or railway and, from there, catch the rack train. After visiting its famous basilica, the park offers uncountable hiking routes and scheduled outings with specialised guides. If, on the other hand, you’re an adventure lover, Montserrat offers a dozen equipped via ferrata climbing routes and paths of different levels of difficulty.

In Manresa you’ll enjoy an exceptional and inspiring environment.

1. Balç Interpretation centre.
2. San Ignacio de Loyola Cave.
3. Col·legiata de Santa Maria de Manresa, known as ‘la sèu’.
4. The unique shapes of the Montserrat mountain.
ART AND HERITAGE IN A CITY ON A HUMAN SCALE

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

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

MORE INFORMATION
Vic Tourism
www.victurisme.cat/?set_language=en
Facebook
www.facebook.com/vic.turismefires
Twitter
www.twitter.com/vic_turisme
Instagram
www.instagram.com/vic_turisme
Vic invites you to discover its commercial past in districts like Las Curtidurías and squares like that of Mercado, which turned it into one of the most influential centres in medieval Catalonia.

**How much time do you have?**

**A whole day**
- Follow the tourist route on foot through the centre of the city beginning in the Plaça Major or Mercado squares.
- Stop off in the Episcopal Museum (MEV) to enjoy its collection of Romanesque and Gothic art.
- Take the guided tour and taste the Ixbotifarres de Montcada and its pròducts.
- Enjoy a hearty breakfast.
- Visit the Balmes Museum.
- Follow the course of the River Meder until you reach the monastery of Sant Pere de Casserres.
- Recharge your batteries with a somallà sandwich, the most tender variety of llonganissa.
- Stroll around the district of Las Curtidurías and the Queralt bridge.
- Continue your outing by walking around the ancient Muralles de Pere III and the old Jewish quarter.

**Three days**
- Experience the atmosphere of the Municipal Market on Tuesdays or Saturdays.
- Visit the Museu de l’Art de la Pell (MAP), which gathers leather pieces from different eras and countries.
- Try regional products in the establishments belonging to the restaurateur association Osona Cuina.
- Visit the Roman temple from the 1st century and the remains of the Montcada Castle.
- Follow the course of the River Gurrú until you reach the bridge of en Bruguier.
- Eat at one of the area’s Michelin Star Restaurants.
- Before leaving the city, book a visit to the Museu Claretià.

To discover the city in more detail
- See the heritage through your mobile phone with “Vic invisible”.
- Discover Vic through the work of the writers Maria Àngels Anglada, Jaume Balmes, Miquel Llor and Jacint Verdaguer.
- Buy the “Vil de Vic” ticket, which offers seven experiences: the MEV, the cathedral, its bell tower and the Oliassa space, the Roman temple, the MAP, “The Four Seasons” by Sert, and a guided tour of the historic centre.

**DISTANCE FROM VIC TO**
- Barcelona 72 km
- Girona 73 km
- Lleida 160 km
- Tarragona 160 km
- Berga 52 km
- Ripoll 37 km

**HOW TO GET THERE**
By public transport:
- RG Rente Suburban line http://rodalies.gencat.cat
- Segàlies Bus www.segailles.com/en
- Teisa - Edibus www.teisa-bus.com
By road https://google.com/maps
Parking 13 free public car parks.

1. Llonganissa Maker in the curing room.
2. Monastery of Sant Pere de Casserres.
3. Cloister of the Vic Cathedral.
Shall we go out?
Mercat del Ram (March)
Easter Week and Religious Music Festival
Jazz Festival (May)
Lactium, the Catalan Cheeses Exhibition (May)
El So de les Cases (June)
Festa Major de Sant Miquel dels Sants (July)
Live Music Market (September)
Observatorium Gastronòmic (September-October)
Fira de la Muntanya (November)

Shall we go shopping?
Vic has two shopping areas: Vic Centre and Vic Sud. The star products are the Vic Ikonaranissa and the pa de perdut (Bishop Olba and the lost manuscript), or learn to make your own fuet at Ca La Teresona.

Where to eat?
Cal’U
www.restaurantcalu.com
El Jardinet
www.eljardinetdevic.com
Arròs i Peix
www.arrorses.cat/en
El Barroc
+34 663 409 071
Magda Subirana
www.magdasubirana.cat/?idioma=en
La Reciclaria
www.lareciclaria.com
Other suggestions
www.victurisme.cat/en/?set_language=en
www.restaurantcalu.com
www.lareciclaria.com/en
www.uproomsvic.cat/en
www.seminarivic.cat/allotjaments/
www.cooperativaalimentaria.cat/?idioma=en
www.arrosipeix.cat/en
www.eljardinetdevic.com

Where to sleep?
UP Rooms Vic ****
HCC003912
www.uproomsvic.cat/en
Can Pamplona ***
HCC003769
www.canpamplona.cat/en
Balmes Vic ***
HCC004062
www.almesa.com/vic/referencia/almesa-vic-estacion
www.uproomsvic.com/en
HCC004440
www.santjosepmontseny.com/en
Seminari Allotjaments
HCC004440
www.santjosepmontseny.com/en
Estació del Nord ***
HCC004062
www.almesa.com/vic/referencia/almesa-vic-estacion

Shall we go out as a family?
Book a balloon ride with one of the three companies that offer the possibility of taking in the city and the region from the sky and enjoy the horse riding activities offered by the two riding centres in the city as well as the over 200 signposted kilometres for practising mountain biking.
In the city, discover the historical centre with your family on the tren TurisVic or take

part in the treasure hunt of the “Bisbe Olba i el manuscrit perdut” (Bishop Olba and the lost manuscript), or learn to make your own fuet at Ca La Teresona.

Don’t miss it!
The area of Vic has natural heritage that is rich in contrasts, with landscapes of great beauty, among which you can find three natural areas of great scenic, ecological and cultural value: that of Guilerries-Savassona, the Castell de Montesquiu Park and the Montseny Natural Park. Biosphere Reserve, which has been awarded the European Charter for Sustainable Tourism (CEPT), Accessible via Seva, El Brull and Viladrau, where you can find its Interpretation Centre, its leafy forests were the backdrop for the stories of legendary characters such the bandit Serralonga and mythical inhabitants such as the women of the water or the witches of Viladrau.

In Vic
the Episcopal Museum has an exceptional collection of medieval art on display.

1. TABLE FULL OF CHEESES DURING THE FERMA LACTIUM.
2. LICEU Markets MARKET FESTIVAL.
3. THE VIC WEEKLY MARKET.
4. MUSEU DELS ARTS DE LA PEL (LEATHER-ART MUSEUM).
5. ROMAN TEMPLE.
Terrassa is an unmissable destination for lovers of architecture and culture. Among its wealth of heritage, it’s worth highlighting the Modernist masterpieces such as Vapor Aymerich, Amat i Jover — home to the Science and Technical Museum of Catalonia —, the Masia Freixa and the Casa Alegre de Sagrera. The city also has one of the exceptional elements of Catalonia’s historical and artistic heritage: the ensemble of Visigoth churches of Sant Pere, Sant Miquel and Santa Maria.

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

MORE INFORMATION
Terrassa Tourism
www.visitaterrassa.cat/en
Facebook
www.facebook.com/terrassa.turisme
Twitter
www.twitter.com/visitaterrassa
Instagram
www.instagram.com/terrassaturisme

THE MOST INDUSTRIAL AND UNIQUE MODERNISM
The city has a rich gastronomic offer: discover the local products in the establishments that have the Terrassa Gastronómica seal and the restaurants in the Col·lectiu Cuina Vallès.

How much time do you have?

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

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

Three days
- Sign up to one of the guided tours to find out more about the heritage.
- Photograph the city from a bird’s eye view from the heights of the Torre del Palau.
- Try a menu featuring locally-sourced products from Terrassa Gastronómica.
- Check the schedule at the Centre d’Arts Esclèniques and enjoy the Principal and Alegria theatres.
- Make the most of the night and follow the Tapas Route through the historical centre.
- Sleep in Terrassa.
- Discover the history of fashion at the Documentation Centre and Textile Museum.
- Visit the Can Morral del Moli winery, in Ullastrell and you’ll find out how Martials wine and l’Olib oil are made.
- Enjoy a meal in a rural environment.
- Have a Pitch & Putt experience in the Real Club de Golf “El Prat”.
- Sleep in Terrassa or in rural accommodation in the area.
- Follow the “Ruta del Cine” (Cinema Route) and get to know the Parc Audiovisual de Catalunya.
- Eat close to the municipal markets, Mercat de la Independència and Mercat de Sant Pere, and take a souvenir with you in the form of some of the locally-sourced products that you can find there.
- Go on a bicycle tour through “L’Areta Verdita”.
- Check the schedule at the Cultural Centre and enjoy its shows and activities.

To discover the city in more detail
- Visit the city in May and you’ll coincide with the Fira Modernista of Terrassa.
- Don’t miss the Jazz Festival, in March.
- Find out about the Olympic history of the city, world hockey capital, at the facilities of its four clubs (Athletic, Esgarà, CD Terrassa and Llinia 22).
- Find more information at the Tourist Office, located in the Masia Freixa. You can buy objects made by the city’s craftsmen and artists.

www.Visitaterrassa.cat/botiga
Shall we go out?
Terrassa Jazz Festival / Jazz Picnic (March)
Fira Modernista (May)
Terrassa Festa Major (June-July)
Terrassa Noves Tendències / TNT (September)
Diades Castelleres de les colles (Human tower days): Castellers de Terrassa and Minyons de Terrassa (November)

Shall we go shopping?
Terrassa has five shopping areas (Centre, Sant Pere, Terrassa Nord, Ca n’Aureli, Ca n’Anglada) and markets such as the Independència and Sant Pere markets in the Plaça del Triomf.
Wednesday market: every Wednesday in Avinguda de Béjar. Among its typical products, you can find a wide variety of breads, sweet and savoury coques (special flatbreads) and seasonal pastries such as the vitral, legumes, cold meats and cheeses and olive oil of the bequeruda variety.

Shall we go out as a family?
Terrassa has an endless amount of activities that you can enjoy with the smallest members of the family, as is the case with the Science and Technical Museum of Catalonia (MNACTEC) where, along with many other activities, they will have to resolve the “enigma del ordenador” (the enigma of the computer); put them on the miniature train in the Vallparadís Park, go for a boat ride on the lake and let them begin to familiarise themselves with science and physics via the games and activities on offer at the Parc de les Gersacions.

Where to eat?
El Cel de les Oques
www.elceldelesoques.com
El Vapor Gastronomic
www.vaporgastronomic.com
Sara
www.saraterrassa.com
Ristol Viladecavalls
www.ristol.com/es/restaurante-ristol-viladecavalls
La Terrassa del Museu
www.laterrassa.es
Mun Cocina Evocativa
www.hotelordor.php/en/
La Cuina d’en Brichs
www.lacuinaenbrichs.com
Taverna del Ciri
www.latavernadelciri.com
Other suggestions:
http://visitaterrassa.cat/en/restoration

Where to sleep?
Hotel Don Cándido ****
HB003938
www.hoteldoncandido.com/en
Hotel Terrassa Park ***
HB004095
Hostal Roc Blanc **
HB004211
www.hostelterrassapark.com/en/
Hostal del Carmen
HB004148
www.hostalesterrassa.es

Don’t miss it!
As well as its important industrial and Modernist legacy, Terrassa has a rich medieval heritage that stretches from the pre-Romanesque to the gothic period. Founded in the 5th century, La Seu d’Ègara is an exceptional monumental ensemble that has preserved outstanding architectural and artistic elements: ibanic and Roman remains, the churches of Sant Pere, Santa Maria and Sant Miquel with its funerary temple, their walls (which aspire to be recognised by UNESCO in the catalogue of World Heritage) and their altarpieces, as well as the Torre del Pelai and the Castell Caixa of Vallparadís.
ESCAPE TO
VILAFRANCA DEL PENEDÈS

THE BEST ENTRY POINT TO THE WORLD OF WINE

Vilafranca del Penedès was born as a link between the Christian and Muslim areas at the beginning of the 12th century and still retains that inclusive and welcoming character today. From the second half of the 20th century, it consolidated itself as the display window into the wine-growing region of El Penedès, the largest in Catalonia and one of the most important on the Iberian Peninsula. In the capital of El Penedès, discovering the secrets of Catalan wine and cava is a pleasant stroll.

Besides its wine tourism attractions, there are many other reasons to visit the city. As well as being one of the most important Casteller (human tower) squares in the country, its cultural attractions and its natural surroundings are a must, not to mention its strategic geographical location.

MORE INFORMATION
Vilafranca Tourism
www.turisme MLAfranca.com/en
Facebook
www.facebook.com/turisme MLAfranca
Twitter
www.twitter.com/vilafrancatur
Instagram
www.instagram.com/turisme MLAfranca

COSTA BARCELONA
Cities and towns with character
How much time do you have?

A whole day
► Enjoy a dramatised tour of Modernist Vilafranca.
► Follow Vilafranca’s nature trail to the Font del Cusco.
► Try some lunch in Vilafranca with regional wine.
► Visit the Vínoseum and its tavern.
► Relax while you watch the sunset in the bell tower of the Basilica of Santa Maria.

Two days
► Visit the Neogothic and Modernist monuments in the patrimonial cemetery.
► Have an aperitif on a terrace, with vermouth made in El Penedès.
► Eat in a restaurant that offers the traditional xató.
► Check the schedule: the Most Festival’s programme runs throughout the year.
► Enjoy a breakfast-lunch-picnic between the vines.
► Sleep at a winery, in the heart of nature.
► Go for a ride in a 4x4 around the El Penedes landscape.
► Make a reservation at a restaurant and enjoy local ingredients and wines.
► Go on a trip to the Mountain of Sant Pau, the highest point, which boasts the best views of the city.

Three days
► Discover Medieval Vilafranca with a journey through time with the help of virtual reality.
► Book a food-wine pairing session at one of the wineries with a catering service.
► Feel like a quiet afternoon? Visit the cloister of the Sant Francesc Church or enjoy a wine therapy treatment.
► Have dinner at a restaurant in Vilafranca, with a menu of fish caught on the coast nearby.
► Sleep in Vilafranca.
► Drive along the wine route and stop off at one of the 12 wineries to take a tour and go wine tasting.
► Travel to Sitges and take a dip before eating in one of the town’s restaurants.
► Back in Vilafranca, watch a training session of one of the three collaes de castellers (human tower groups).
► Check the programme to enjoy the cultural proposals that the city has to offer.
► Sleep in Vilafranca.
► Follow one of the 3 routes offered by Penedès 360º and its tavern.
► Visit the mountain
► Enjoy a wine therapy treatment.
► Go on a trip to the Mountain of Sant Pau, the highest point, which boasts the best views of the city.

Before leaving the area, stop off at one of the vantage points on Miravinya route (search with the App) to take magnificent photos.

To discover the city in more detail
► Visit Carrer del Comerç, which grew alongside the railway, with historic wine-making buildings.
► If your visit coincides with the first few days of July, enjoy the activities of the Vijazz Festival.
► Does your interest in wine go beyond simply drinking a glass? You’ll find workshops for harvesting, pruning, disgorging cava and so much more at turismeVilafranca.cat/en.

1. THE PENEDÈS ROOSTER, PG I PRODUCT, RAISED ON GRAPE SEEDS.
2. PENEDÈS WHEAT.
3. CASTELLERS (HUMAN TOWER PARTICIPANTS) IN VILAFRANCA.
Shall we go out?
May Festivals (May) EVA. Festival En Veu Alta (June)
Banc Sabadell Vijazz (July) Festa Major (August)
Diada de la colla jove dels Xiquets de Vilafranca (human towers) (October)
Diada dels castellers de Vilafranca (Human Tower Day) (November)
MOST. International Wine & Cava Film Festival (November)
Fira del Gall (Rooster Fair) (December)

Shall we go shopping?
The centre has several blocks of shops that are exclusively for pedestrians.
The star product of Vilafranca is undoubtedly its wine. Take your time deciding which of the thousands of possibilities you’ll be taking home with you.
Weekly market: every Saturday, over two hundred stalls selling gastronomic items and other products set up in the centre.

Shall we go out as a family?
The dramatised visits are essential for finding out more about the historical heritage and the activities surrounding environmental knowledge and experimentation in the region. Don’t forget the visits to the vineyards on bicycles and segways and the wine tours. Immerse yourself in the universe of wine and gastronomy with tours around the Tomer barrel factory, the Xerigots cheese factory and workshop, and to different workshops and tasting areas.

Where to eat?
El gat blau www.elgatblau.com
El cigró d’or www.elcigrodor.com
Cal Ton www.restaurantcalton.com/en
El racó de la calma +34 938 199 299
En rima www.hotelmastinell.com/cuisine
Other suggestions www.turismevilafranca.com/en/restaurants

Where to sleep?
Hotel Air *** HB003526 www.sercotelhotels.co.uk
Hotel Basic ** HB004127 https://en.basichotelpenedes.com
Casa Tomer i Güell **** HB004680 www.casatomeriguell.com/en
Hotel Domo **** HB003913 https://en.domohotel.com
Mas Tinell ***** HB004559 http://mastinell.com/en
Pere III *** HB002964 www.sercotelhotels.co.uk
Cal Negri HUTB014399 - HUTB014400 www.calnegri.com/english
Parellada Casa Fortuny HUTB014399 - HUTB014400 https://apartamentparellada.cat/?lang=en
Cal Pere Pau PB000490 https://calperepau.com/home_eng.php

Don’t miss it!
From the city, you can reach either Barcelona or Tarragona in half an hour, traveling by road. Nature lovers can choose between visiting the Montserrat Natural Park, the Foix Park, with its reservoir, or the Garrap Park, which are all close to Vilafranca. Sitges is a stone’s throw away and, as well as the beach, it offers a wide range of cultural activities. Fans of wine tourism can set up their operational hub in the town and visit different designations of origin from there, as well as enjoying an endless wine tourism offering.

Cities and towns with character

In Vilafranca experience the wine culture with your five senses.

1. Vineyards and Montserrat in the background.
2. Hiking trails in the Penedès.
3. A dish with rooster from El Penedès.
4. Dramatised visit along the modernist trail.
5. Dramatised visit to the cemetery.
6. Barrel and glass at a winery.
ESCAPE TO
MONTBLANC

THE MEDIEVAL TOWN WHERE SANT JORDI SLAYED THE DRAGON

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

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

MORE INFORMATION
Montblanc Tourist Office
www.montblancmedieval.cat/?set_language=en
Facebook
www.facebook.com/TurMontblanc
Twitter
www.twitter.com/turmontblanc
Instagram
www.instagram.com/montblanc_medieval
A trip to Montblanc guarantees you a journey back in time: discover its prehistoric past, admire its medieval quarter, and visit its unique castle.

1. How much time do you have?

A whole day
► Visit the medieval defensive walls: climb up to the towers, walk along the wall-walk and enjoy the panoramic view.
► Meander through the streets and squares of the historic centre and the ancient Jewish quarter.
► Visit the Conca de Barberà Regional Museum.
► Visit the Frederic Marès Museum of Art.
► Spend the night in accommodation in the historic quarter.
► Visit the Conca de Barberà Regional Museum.
► Have a look around the shops and businesses in the shopping part of the main street, the Carrer Major, with an obligatory stop in the Vífas Patisserie.

Two days
► Let yourself be tempted by the typical pastries, known as coques, in Patisserie Andreu.
► Discover the architectural heritage of Montblanc within the walls.
► Have lunch while admiring the views from one of the restaurants located around the defensive walls.
► Explore the work of Picasso’s disciple, Matías Palau Ferré, in his museum-house.
► Stay in accommodation located in one of the town’s historic buildings.
► Enjoy a wine-pairing lunch with a view of the Mas Foraster wineries.
► Explore the ancient hospital of Santa Magdalena and its church.
► Visit the Nativity Museum.

Three days
► Settle into the town with an easy walk along the Francoli river to Font de la Ceba and visit the Molí de la Volta mill, from the 14th century.
► Visit the Frederic Marès Museum of Art.
► Spend the night in accommodation in the historic quarter.
► Head out to the Museum of Rural Life and the Font Major cave-museum in L’Espluga de Francoli (the daring can follow the underground river back up through the cave tunnels).
► Enjoy some wine tasting and locally-sourced products at the modernist winery of Cèsar Martinell.
► Take a guided tour around the Templar Castle of Barberà de la Conca.
► Sleep at the restored oil press Molí Oleari.
► Visit the Prades Mountains Cave Painting Interpretation Centre (CAPP).
► Escape to Rojals to see the cave paintings.
► Enjoy a picnic lunch of locally-sourced cured meat and wine.
► Take a guided tour of the monastery of Santa Maria de Poblet.
► End your trip with a memorable walk around Poblet Natural Park.

To discover the city in more detail
► Make sure that your visit coincides with Medieval Week, the oldest historical festival in the country and popular with tourists.
► If you are nostalgic about toys, remember that Montblanc hosts Clickània y Brickània, festivals dedicated to Playmobil and LEGO.
► Enjoy the year-round programme of events related to local products such as saffron, whose traditional cultivation in this area has recently been reinvigorated with the label #Safalània365.
Where to sleep?

Fonda Cal Blasi ** HT000731
www.fondacalblasi.com

Hotel Viaurèlia ** HT000792
www.hotel-viaurelia.com

Fonda dels Àngels ** HT000055
www.fondadelsangels.com/en

El Nas del Gegant ATT000046
www.elnasdelgegant.cat/index_en.html

El Molí Oleari HUTT005592 - HUTT005593
www.molioleari.com

Camping Montblanc Park
1st cat. KT000130
www.montblancpark.com/?lang=EN

Other suggestions
https://www.montblancmedieval.cat/accommodation?set_language=en

Don’t miss it!
Situated at the centre of the triangle formed by the monasteries of Poblet, Sant Cugat and Vallbona de les Monges, Montblanc is the perfect starting and finishing point for the Cistercian Route, the circular trail that is more than 100 kilometres long and links the three most emblematic abbeys of this religious order in Catalonia. As well as completing all or part of the GR-175 path, you can enjoy spectacular natural spots such as those in Poblet and in the mountains of Prades, and many other suggestions for the general public: from horse-riding to vineyard tours and tastings in wineries, where you can try trepat, the wine made with the native grape from Conca de Barberà.

Shall we go out as a family?
In addition to events such as Brickània and Clickània, the smallest members of the family will enjoy Medieval Week, with the recreations of the daily life of our ancestors.
ESCAPE TO
REUS

THE START OF THE ROUTE TOWARDS PARIS AND LONDON

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

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

MORE INFORMATION
Reus Tourism
www.reuspromocio.cat
Facebook
www.facebook.com/ReusPromocio
Twitter
www.twitter.com/ReusPromocio
Instagram
www.instagram.com/reuspromocio

THE TRADITIONAL BALL DE CAVALLETS DURING THE FESTA MAJOR.
Get hooked on the creativity of geniuses like Antoni Gaudí and enjoy Reus’ commercial tradition and cosmopolitan character.

How much time do you have?

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

Two days
- Find out more about Antoni Gaudí with the route that begins in his family home.
- Understand the genius at the interpretation centre Gaudí Centre.
- Try some tapas with regional wine.
- Check the programme at the Fortuny Theatre and enjoy one of the shows at this historic building that dates from 1882.
- Sleep in one of the hotels in the centre.
- Follow the guided tour to the Institut Pere Mata and its Pabellón de los Distinguidos.
- Visit the exhibitions at the Museu de Reus (Museum of Reus) with its art collection and the Museu d’Arqueologia (Archaeology Museum).
- Explore Reus’ signature cuisine in depth and let yourself be conquered by the closed local DO wines.
- Sleep in one of the hotels in the centre.
- Follow the guided tour to the Museu del Vermut (Vermouth Museum) to thoroughly get to know this drink.
- Try a dish made with the delicious local hazelnuts.
- Enjoy good views from the bell tower of the Prioral de Sant Pere Church, as well as benefitting from discounts in shops and for cultural visits.

Three days
- Give in to the charm of the Modernist Casa Navàs and its impressive stained-glass windows.
- Go on the guided tour “Vermut i botigues amb historia” (Vermouth and historical shops) to find out more about the city’s oldest establishments.
- Visit the exhibitions at the Palau Bofarull and get to know the noble hall of an old 19th century palace.
- Sleep in one of the hotels in the centre.
- Follow the guided tour to the Museu de Reus (Museum of Reus) with its art collection and the Museu d’Arqueologia (Archaeology Museum).
- Explore Reus’ signature cuisine in depth and let yourself be conquered by the closed local DO wines.
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To discover the city in more detail
- Follow the Ruta de los Genios (Route of Geniuses) with visits to the Miró Centre in Mont-roig, the Pau Casals Museum in El Vendrell and the Picasso Centre in Horta de Sant Joan.

1. The Vermouth Museum
2. Billiards in the Pabellón de los Distinguidos, at the Institut Pere Mata
3. Fia Trapes
4. Casa Rull
Shall we go out?

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

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

Shall we go out as a family?
The Family Visit to the Gaudí Centre allows the smallest members of the family to get closer to the architect in a didactic and participatory manner through audiovisual aids, interactive models and personal objects. At the Museu de Reus, the youngest visitors will enjoy the exhibition “Ara toca festa!” (Now it’s time for the party!), which will help them to experience and understand the Festa Major with the most valuable parts of this festive heritage: the Gegants (18th and 19th centuries) the Mulassa (from the 18th century), and the clothing of the bicentennial demons and other equipment.

Where to eat?
La Muela
http://lamuelareus.com
Ferran Cerro
www.tcrestaurant.cat
Museu del Vermut
www.museudelvermut.com/en/restaurant/
Vermuts Rofes
Espai prioral
esquiprioral.com/en/
Xivarri
www.facebook.com/xivarribacarestaurant/
Masia Crusells
www.masiacrusells.com
Other suggestions
www.restaurantem.es/restaurants

Where to sleep?
NH Ciutat de Reus ****
ht005722
www.nh-hotels.com/hotel/nh-ciutat-de-reus
Brea’s Hotel ****
ht003874
www.breaishihotels.es/en/
Hotel Gaudi ****
ht000334
Reus Park ****
+34 977 958 173
Hotel Centre Reus ***
ht006865
www.hotelcentrereus.com

Shall we go out as a family?
In Reus

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

FIND IMPERIAL HAPPINESS

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

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

MORE INFORMATION
Tarragona Tourism
www.tarragonaturisme.cat/en
Facebook
www.facebook.com/TarragonaTurisme
Twitter
www.twitter.com/TGNturisme
Instagram
www.instagram.com/tarragonaturisme
YouTube
www.youtube.com/user/TGNturisme

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

How much time do you have?

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

Two days
- Follow the guided tour to the Museo del Puerto (Port Museum), travel through the fishermen’s neighbourhood of El Serrallo and take a ride on a tour boat.
- Taste Tarragona at its most marine in the restaurants in Serrallo.
- Walk through the old Provincial Forum: the defensive walls and the squares of la Font, el Fòrum and el Rei.
- Enjoy an afternoon-night stroll and gastronomy through the city centre.
- Sleep in one of the hotels with a sea view.
- Combine heritage with nature at the Pont del Diable eco-history park.
- Try romesco a typical dish of Tarragona, at any time of the year.
- Enter the world of Castellers (human towers), get excited at a rehearsal and if you dare, participate!
- Enjoy the Roman Amphitheatre on summer nights and be astonished by Anfiteatrum, a trip back in time.

Three days
- Experience the atmosphere of the Central Market, located in a Modernist building.
- Try local cuisine in one of the restaurants with the Km0 certification.
- Discover Modernist Tarragona.
- Get to know the province’s eight wine designations of origin by going wine-tasting at a winery.
- Spend the night on the seashore at a charming campsite.
- Enjoy a hearty breakfast in one of the restaurants with the certification.
- Choose one of the high-quality hotels on offer to sleep in the city.
- Visit the DO Tarragona Wine Fair, in June, and the Suriana PDO Oil Fair, in winter.
- Try specialities such as espineta amb caragolins (tuna with snails) if you visit the city during its Festa Major.
- Bid farewell to the city following in the footsteps of the early Christians of Tarraco.

To discover the city in more detail
- Browse the shops in the old quarter, which behold the relics of imperial Tarraco.
- Between July and October, enjoy Tarragona, ciutat de castells (Tarragona, city of human towers), which offers exhibitions and activities related to the human towers.
- Choose one of the high-quality hotels on offer to sleep in the city.
- Visit the DO Tarragona Wine Fair, in June, and the Suriana PDO Oil Fair, in winter.
- Try specialities such as espineta amb caragolins (tuna with snails) if you visit the city during its Festa Major.
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[1] THE ROOF OF THE TARRAGONA CATHEDRAL
[2] EL SERRALLO, TARRAGONA’S MARITIME DISTRICT
[3] ROMAN AMPHITHEATRE
[4] TARRAGONA CASTELLS COMPETITION (HUMAN TOWERS)
Shall we go out?
Carnival (February)
Easter Week (April)
Dixieland International Festival (April)
Tarragona a Taula (May)
Tarragona Viva (May)
Bouquet Festival (June-August)
Sant Pere (June)
DO Tarragona Wine Fair (June)
International Fireworks Competition (July)
Sant Magí (August)
Santa Tecla (September)
Concurs de Castells (Human Tower Competition) (October, biennial)
SCAN International Photography Festival (October-December, biennial)
REC, International Film Festival (December)

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

Shall we go out as a family?
Enjoy the tourist train; discover the coast aboard the Tarragona Blau and the beaches with Tarragona Family Kayak; visit the Sínia garden, an ecological farmland space next to the mouth of the River Gala; and, of course, travel to hva-seca to spend an unforgettable day at PortAventura World. Don’t forget Festival Minipop, contemporary music and culture for the whole family.
ESCAPE TO TORTOSA

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

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

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

MORE INFORMATION
Tortosa Turisme
www.tortosaturisme.cat/en
Facebook
www.facebook.com/tortosaturisme
Twitter
https://twitter.com/tortosaturisme
Instagram
www.instagram.com/tortosaturisme

THE SANTA MARIA CATHEDRAL ON TORTOSA’S FLUVIAL FAÇADE.
The Renaissance Festival, with more than 60 shows and 3,000 people dressed in period costume, is one of the main historical re-enactments in southern Europe.

How much time do you have?

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

Two days
- Discover Tortosa from the Ebro with a guided trip on a llagut, the classical boat. https://losirgador.com/en
- Try a rice dish from the Delta washed down with wine from the DO Terra Alta.
- Enjoy the visit to the Castle of La Zuda (10th century) and the only Arab cemetery in Catalonia.
- Experience an afternoon-evening of tapas on the route “Sabors del Nucli Antic” (Flavours from the Historical Centre).
- Sleep at the National Parador (state-owned hotel).
- Let yourself be captivated by the Royal Schools, the jewel of the Catalan Renaissance.
- Discover the Episcopal Palace and the palaces of the former nobility.
- Walk through and have a vermouth in the Teodor González Municipal Park.
- Try the oysters, the eels and the mussels of the Delta.
- Enjoy the views from the Pont Roig and continue through Ferries until you reach the Estadio bridge.

Three days
- Follow in the footsteps of Hemingway along the route of the Civil War.
- Take in the atmosphere of the Municipal Market and recharge your batteries with its hearty breakfasts.
- Visit the Museu de Tortosa, located in the old modernist abbatial, and discover more than 2,000 years of history.
- Relax with the visit to the Jardins del Príncep (Prince’s Gardens) and the outdoor sculpture museum, discover the ancient spa and walk around the old defensive wall and enjoy the view.
- Check out the fortified complex with its solid defensive walls and imposing bastions.
- Stay in the centre.
- Enjoy a bicycle ride along the the Val de Zafán greenway.
- Gather strength with a baldina (black pudding with rice sandwich).
- Discover Modernist Tortosa and its most representative buildings, such as the Casa Bau and the Casa Grego.
- Surrender yourself to the products from the sea and the mountains: red prawns, haddock, garfishes del Pàpas, artichokes, tangerines...
- Spend the night in a rural house, and become immersed in its natural surroundings.
- Escape to the Els Ports Natural Park and take in places such as Font Nova, the straits of Arnes, the gorge of La Vila and the Caro mount.
- Visit the Picasso Centre in Horta de Sant Joan.
- Stop off at the Modernist winery of Pinell de Brai.
- Enjoy some corder (lamb) from the Terra Alta cooked on the grill.

To discover the city in more detail
- The Cucafera is the most characteristic and beloved figure of bestiary in the city. Originating from medieval Corpus Christi, it is present at all important festivals and is accompanied by drums and dulzainas. Its existence goes back to the 15th century.
Shall we go out?
Olive Oil Fair (February)
Tortosa Easter Week and Religious Music Festival (April)
Jazz Festival / Cajun cuisine events (July)
Renaissance Festival / Mengeu de Festa (July)
Festes de La Cinta (September)
Cel Obert Festival (October)
Tortosa de Tapes (October)
Tangerine Fair (October)
Fira del Rovelló (November)

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

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

Where to eat?
La Torreta de Remolins +34 977 441 893
Paiolet
Restaurant Cristal
www.facebook.com/BeverageRestaurantCristal
Restaurant El Parc
www.restaurantelparc.cat/es
Botanic
www.botanic/tortosa.com
Form de la Canonja
www.torredelacanonja.com
Marisc Mediterrani
www.mariscmediterrani.com/es
Other suggestions
www.tortosaturisme.cat/en/
restaurants
www.tortosaturisme.cat/en/la-cuna-de-les-terres-de-ebre
www.tortosaturisme.cat/en/jornades-gastronómiques

Where to sleep?
Parador Nacional Castell de la Suda ****
www.parador.es/en/paradores/parador-de-tortosa
Hotel SB Corona ****
www.hotelsonaortosa.com/en
Hotel Berenguer IV ****
www.hotelberenguer.com/index-en.html
Hotel Tortosa Parc **
www.hoteltortosaparc.com/en
Hotel Virginia **
www.hotelvirginia.net/en
Casa rural Torre del Prior
www.torredepristor.cat/en

Don’t miss it!
Only a few kilometres from Tortosa is the Ebro Delta, a perfect cohabitation space between man and nature. It is a unique, remarkable and incomparable setting, product of the erosion, transport and sedimentation processes of the River Ebro, which have prevailed over coastal erosion. As well as its unmistakable landscapes and rice fields, you can enjoy its ornithological richness and go bird watching, travel along the delta by bicycle and practice kitesurfing and water activities such as kayaking and scuba diving.

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

1. FLAMINGOS IN THE EBRÓ DELTA.
2. COOPERATIVE WINERY, THE CATHEDRAL CELL III, IN MINELL DE BRIA.
3. PASTISSETS FILLED WITH ANGEL HAIR PUMPKIN JAM.
Located at the foot of the two hills upon which you can find the Seu Vella and the Templar Castle of Gardeny, Lleida has welcomed the Ilergetes, the Romans, the Visigoths, the Jews, the Arabs and the Christians since the 6th century BC. These civilisations have contributed to the sustainable and exemplary growth of the city, hugged tightly by its “vegetable garden” — the green belt that surrounds it and supplies the whole of Catalonia with fruit and vegetables —, and natural areas such as La Mitjana Park, the River Segre or the Camps Elisis.

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

**MORE INFORMATION**

Turisme de Lleida  
www.turismedelleida.cat/?set_language=en  
Facebook  
www.facebook.com/turismedelleida  
Twitter  
www.twitter.com/turismedelleida  
Instagram  
www.instagram.com/turismedelleida
The centre of Lleida has an animated commercial life in one of the largest commercial hubs in Europe. As well as the offering in the Zona Alta, there are three market squares and four weekly and monthly markets.

How much time do you have?

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

Two days
- Discover the hidden corners of the commercial stretch between the la Sanga Church and the Portal de la Magdalena.
- Follow the guided tour “Les veus de la Cuirassa” (The voices of la Cuirassa) through the old Jewish quarter.
- Immerse yourself in Lleida gastronomy and the wines of the DO Costers del Segre.
- Visit the Diocesan and Regional Museum of Lleida.
- Take in the afternoon-evening in the Zona Alta and have something to eat in one of the establishments.
- Sleep in one of the hotels in the centre.
- Follow the monumental archaeological route “La Lleida Secreta” (Secret Lleida) through the Roman and Medieval remains.
- Discover the submerged cathedral of the Pla de l’Agua reservoir.
- Taste the meats and the products from Lleida’s agricultural region.
- Visit the Museu de l’Automoció Roda Roda (Automotive Museum) and its classic vehicles.

Three days
- Visit the historical centre, the Sant Llorenç Church and the reservoir.
- Take in the atmosphere of its municipal markets (Cap Pont, Fleming and Balàfia).
- Enjoy a hearty breakfast in the historical centre.
- Visit the site of Las Curtidurías.
- Check the programme at the La Llotja theatre and take in one of its shows.
- Round off the day with a stroll through the Camps Ellis park.
- Sleep in one of the city’s hotels.
- Go for a bike ride around La Miliana park.
- Taste the typical dish of snails in the city’s restaurants.
- Discover the collection at the Jaume Morera Art Museum.
- Visit Modernist Lleida on foot, from the Esconceador Theatre to La Vincola.
- Sleep at the Parador de Turismo (state-owned hotel).
- Experience the Lleida-Costers del Segre wine route.
- Enjoy a typical dish from Lleida cuisine, such as caracoles a la lluna (snails cooked in a tin).

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

1. THE EXQUISITE CARACOLES A LA LLUNA
2. THE CONTEMPORARY ART CENTRE LA PAERIA
3. STORNS ON THE ROOF OF THE CATHEDRAL
4. DIOCESAN AND REGIONAL MUSEUM OF LLEIDA.
Shall we go out?
Animac Catalonia International Cartoon Film Festival (February)
Easter Week in Lleida (March)
Festa Major de Sant Anastasi (May)
International Fair of Puppet Theatre (May)
Moors and Christians Festival (May)
Aplec del Caragol (May)
Sant Jaume Procession (July)
Festes de Tardor (September)
Festa del Vi (Wine Festival) (October)

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

Shall we go out as a family?
Lleida has a wide variety of things to enjoy with the youngest members of the family. Book your activity and visit the Arboretoom, botanical garden, find out about the legend of Lo Marraco at the Casa dels Gegants (the House of the Giants), and discover the city’s medieval history on the Ruta de los Juglares (Minstrels’ Route). Or take part in activities such as “Templer per un dia” (Templar knight for a day) at the Castle of Gardery.

Where to eat?
Ferrenuela
www.ferrenuela.com
La Huerta
www.lahuerta-restaurant.com
Xalet Suis
www.xaletsuis.com
L’Estel de la Mercè
www.lesteldelamerce.com/en/
Restaurant/Turistic/delamerce
Caragols La Dolceta
www.ladolceta.com
Celler del Roser
www.cellerdelroser.cat
Other suggestions

Where to sleep?
Parador de Lleida ****
www.parador.es/en/paradores/parador-de-lleida
Hotel Rambla***
www.hotels-batllellleida.com/en
Hotel Zenit****
https://lleida.zenithoteles.com
Ciudad de Lleida ****
www.a2hotels.com
Hotel Real****
www.hotelsreallleida.com?lang=en
Hotel Ibis Lleida**
www.accorhotels.com

Don’t miss it!
Discover la Cuinaissa, the old Jewish quarter that has recently been museumised. Five hundred years ago, the last Jews from Lleida were forced out of the city. Behind them, they left the district where they had dwelled for centuries and with which they granted Lleida a rich intellectual heritage. The visit “Les veus de la Cuinaissa” (the voices of la Cuinaissa) gives you the opportunity to relive, half a millennium later, the capital’s Hebrew past and even hear the story directly from the mouths of those who lived in the houses and the streets.

In Lleida
Jews, Arabs and Christians lived together in harmony.

© GZ© paeria de lleida

Shall we go out?
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Easter Week in Lleida (March)
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International Fair of Puppet Theatre (May)
Moors and Christians Festival (May)
Aplec del Caragol (May)
Sant Jaume Procession (July)
Festes de Tardor (September)
Festa del Vi (Wine Festival) (October)

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

Shall we go out as a family?
Lleida has a wide variety of things to enjoy with the youngest members of the family. Book your activity and visit the Arboretoom, botanical garden, find out about the legend of Lo Marraco at the Casa dels Gegants (the House of the Giants), and discover the city’s medieval history on the Ruta de los Juglares (Minstrels’ Route). Or take part in activities such as “Templer per un dia” (Templar knight for a day) at the Castle of Gardery.

Where to eat?
Ferrenuela
www.ferrenuela.com
La Huerta
www.lahuerta-restaurant.com
Xalet Suis
www.xaletsuis.com
L’Estel de la Mercè
www.lesteldelamerce.com/en/
Restaurant/Turistic/delamerce
Caragols La Dolceta
www.ladolceta.com
Celler del Roser
www.cellerdelroser.cat
Other suggestions

Where to sleep?
Parador de Lleida ****
www.parador.es/en/paradores/parador-de-lleida
Hotel Rambla***
www.hotels-batllellleida.com/en
Hotel Zenit****
https://lleida.zenithoteles.com
Ciudad de Lleida ****
www.a2hotels.com
Hotel Real****
www.hotelsreallleida.com?lang=en
Hotel Ibis Lleida**
www.accorhotels.com

Don’t miss it!
Discover la Cuinaissa, the old Jewish quarter that has recently been museumised. Five hundred years ago, the last Jews from Lleida were forced out of the city. Behind them, they left the district where they had dwelled for centuries and with which they granted Lleida a rich intellectual heritage. The visit “Les veus de la Cuinaissa” (the voices of la Cuinaissa) gives you the opportunity to relive, half a millennium later, the capital’s Hebrew past and even hear the story directly from the mouths of those who lived in the houses and the streets.
IMMERSE YOURSELF in the marine districts and villages
MARINE DISTRICTS AND VILLAGES

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

TOURIST BRANDS

Catalonia is divided into nine tourist brands, which are spread over the land as shown on the map. The towns are arranged according to this territorial grouping and starting from the northern area of the map.
With its rugged coastline, dotted with cliffs, pines and coves of crystal-clear water, Begur embodies the essence of the Costa Brava to the full. It has a coastline of impressive landscapes that you can explore along the mythical camins de ronda (coast paths). People from Begur have become one with the landscape since ancient times, and their relationship with the sea has left its mark on their territory, as evidenced by the Roman ships sunk on the coast, the Romanesque remains of Esclanyà or the reconstruction of the castle of Begur in the 15th century. In the historic centre of the town, you can admire the beautiful houses of ‘indianos’, that is, the inhabitants of Begur who emigrated to Cuba for economic reasons in the 19th century and who, when they returned, built ostentatious buildings to demonstrate their social ascent.

MORE INFORMATION

Begur Tourism  
www.visitbegur.cat/en  
Costa Brava Tourism  
www.en.costabrava.org  
Twitter  
https://twitter.com/beguresautentic  
Facebook  
www.facebook.com/TurismeBegur  
Instagram  
@beguresautentic
Begur has a close relationship with cinema: in 1959, it was the setting for Suddenly, last summer, starring Liz Taylor.

How much time do you have?

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

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

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

Shall we go out?
Rockfish Gastronomic Campaign (spring)
Begur Music Festival (July-August)
Fira d’Indians de Begur (September)

Shall we go shopping?
In addition to the weekly market every Wednesday in the centre of the village, there are summer markets in the Sa Riera cove and El Racó beach.
IMMERSE YOURSELF IN L’ESCALA

THE DOOR TO THE MEDITERRANEAN

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

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

MORE INFORMATION
L’Escala Tourism
www.visitescala.com/en
Costa Brava Tourism
www.en.costabrava.org
Twitter
https://twitter.com/visitescala
Facebook
www.facebook.com/visitescala
The Greco-Roman ruins of Empúries are one of the most impressive spots on the Costa Brava.

How much time do you have?

Half a day
► Walk around the old quarter of L’Escala.
► Taste the typical anchovies from L’Escala in a restaurant in the historic centre.
► Cycle along the Passeig del Mar, which connects the historic centre of L’Escala with the area of Riells.

A whole day
► Walk along the Passeig d’Empúries with its spectacular dunes, in front of the archaeological site.
► Immerse yourself in history with a theatrical visit to the ruins of Empúries.
► Book a table in one of the restaurants in the Sant Martí d’Empúries Piça Major.
► Enter the narrow streets of Sant Martí d’Empúries and admire its medieval heritage.
► Snorkel alongside the ancient Greek dock, one of the town’s historic jewels.

Two days
► Go on a guided tour of Alföli de la Sal, the birthplace of the writer Víctor Català.
► Visit the Anchovy and Salt Museum, located in the old slaughterhouse.
► Sleep in Hostal Empúries, one of the first hotels on the Costa Brava that housed the pioneering archaeologists of the Empúries excavations.
► Visit Cala Montgó, a fine sandy cove located to the south of the centre, and the Torre de Montgó.

Shall we go out?
Fira Grecorromana del Triumvit Mediterrarí (May)
Festa de la Sal (Salt Festival) (September)
Festa de l’Anxova (Anchovy Festival) (first Sunday in October)

Shall we go shopping?
The product par excellence of L’Escala is the anchovy. There are five workshops and all of them offer a shop and tasting. There is a fruit and vegetable market every Thursday and Sunday in Piça Víctor Català. The town’s wide commercial and gastronomic offer is concentrated in the centre.
IMMERSE YOURSELF IN

LLANÇÀ

HAPPINESS BETWEEN THE SEA AND THE MOUNTAINS

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

MORE INFORMATION

Llançà Tourism
www.visitllanca.cat/en
Facebook
www.facebook.com/llancaturisme
Twitter
https://twitter.com/llancaturisme
Instagram
www.instagram.com/llancaturisme

CALA DE CANELLES
How much time do you have?

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

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

Shall we go out?
Festival of Sant Vicenç and Carnival of Llançà (January and February)
Street Food (February and June)
Abbot’s Fair (June)
Festival of Our Lady of Mount Carmel (July)
Music&Wine (July and August)
Festa d’Estiu de la Vila and Festa de la Ballesta (August)

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

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

Where to sleep?
Hostal La Florida HGO00490 www.visitllanca.cat/en/accomodation
Hotel Carbonell ** HG001545 www.hotelcarbonell.es/en
Camping L’Ombra KG000670 www.camping-l’ombra-lanca.com
Other suggestions www.visitllanca.cat/en/accomodation

Where to eat?
Restaurant Miramar www.restaurantmiramar.com/en/
Restaurant El Vaixell www.elvaixell.com/en
Restaurant Els Pescadors www.restaurantelspescadors.com/en/
Other suggestions www.visitllanca.cat/en/restaurants-1

Llançà offers imaginative activities to discover its coastline.

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

How to get there
By public transport
Train line Barcelona-Portbou www.renfe.com
Bus from Figueres, Roses and Portbou www.moventis.es
By road
www.google.com/maps

Distance from Llançà:
Barcelona 158 km
Girona 62 km
Figueres 22 km
Lleida 295 km
Tarragona 252 km

© ajuntament de llançà.
IMMERSE YOURSELF IN
PALAMÓS

FLAVOUR OF THE SEA

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

MORE INFORMATION
Palamós Tourism
www.visitpalamos.cat/en/
Facebook
www.facebook.com/turisme.palamos
Twitter
https://twitter.com/visitpalamos
Instagram
www.instagram.com/p/qWvB_Pisv6/
Platja Castell is an untouched paradise, with a small wetland surrounded by forests.

How much time do you have?

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

A whole day
- Visit the Fishing Museum and also the boats converted into a floating museum.
- Enjoy a tasting of traditional seafood cuisine in Espai del Peix, a gastronomic space in the port.
- Attend an auction of freshly-caught fish.
- Enter the urban fabric of Palamós to get to know its old town.

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

Shall we go out?
Terra de Mar Sea Festival (May)
Palamós Prawn Fair (June)
Festa Major (23rd-26th June)
Festivity of Our Lady of Mount Carmel (July)

Shall we go shopping?
In Palamós, fish, and prawns in particular, are the star products when it comes to buying a souvenir. There are also small and interesting salted fish workshops. The weekly market is held on Tuesdays.
The Belarusian painter Marc Chagall enjoyed the summer of 1934 in Tossa de Mar. Later, he described the marine village as "the blue paradise", and recommended it as a holiday spot for the intellectuals in his inner circle. Later, film star Ava Gardner glowed on the beaches of Tossa while filming the film *Pandora and the Flying Dutchman*. All these famous faces, together with countless other visitors, admired one of the most iconic images of Tossa: the walled enclosure of the Vila Vella, the only example of a fortified medieval town left on the Catalan coast. Seafaring culture still lives on today in the old fishermen’s district of Sa Roqueta, in the gastronomy and in the fishermen’s boats of the Es Racó area at the Platja Gran.
Tossa became an international tourist destination after the filming of Pandora and the Flying Dutchman in 1951, starring Ava Gardner.

How much time do you have?

Half a day
► Discover the narrow streets of the walled enclosure and go up to the lighthouse.
► Walk along the promenade until you reach the Mar Menuda beach, and admire the panoramic view over the Cap de Tossa.
► Cool off at the “Banyera de Ses Dones” (women’s bathhtub), a shallow cove with calm waters.

A whole day
► Visit the Els Ametllers Roman villa, which preserves spectacular mosaics.
► Lose yourself in the streets of the old fisherman’s district of Sa Roqueta.
► Try Cim i tomba, a dish of fish, potato and alioli.
► Discover Can Gang, a 16th century fortified farmhouse, converted into the Museum of Catalan Coastal Cuisine.

Two days
► Visit the Municipal Museum, which houses works by Marc Chagall.
► Take a look at the old fish market of Ses Peixatgeries, and taste seafood dishes in one of the restaurants on the promenade.
► Sail along the coast to discover Cala Morisca or Cala Pola in glass-bottomed boats.
► Sleep at the Hotel Diana, a modernist building from 1905.
► Walk or cycle on the signposted trails in the Cadiretes mountain. Enjoy a picnic during the excursion.
► Experience an afternoon of shopping in Tossa’s lively shopping area, and try some of the typical pastries, such as Ava Gardner’s “kisses”.

Shall we go out?
Festa Major d’Estiu (June)
Fisherman’s Day (June)
Gastronomic campaigns: cooking with cod (March), fideus a la cassola (meat stew with noodles) (June) and cooking Cim i tomba (September)

Shall we go shopping?
Tossa Doçia is a group of bakeries that promote local sweet treats, such as Pare Peregrín’s hats, Joanús towers, Ava Gardner’s “kisses”, Tossa islands, etc. The main shopping options are in the pedestrian area in the town centre, and every Thursday there is a weekly market on the Rambla Pau Casals.

Where to eat?
La Cuina de Can Simón
www.restaurantcansimon.com
Castell Vell
http://castellvelltossa.es
Tapas del Mar
www.tapasdelmar.cat/en
Can Sophia
www.hotelcasagranados.com/en/restaurant-tossa-de-mar
Other suggestions

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

Where to sleep?
Boutique Hotel Casas Granados **** HG000459
www.hotelcasagranados.com/en
Hotel Diana **** HG000171
www.hotelindiana.com/en
Hotel Golden Mar Menuda **** HG001184
www.goldenhotels.com/en
Hotel Capri ** HG000175
www.hotelcapritossa.com/hotel-an.html

Where to go shopping?
Tossa Dolça is a group of bakeries that promote local sweet treats, such as Pare Peregrín’s hats, Joanús towers, Ava Gardner’s “kisses”, Tossa islands, etc. The main shopping options are in the pedestrian area in the town centre, and every Thursday there is a weekly market on the Rambla Pau Casals.
Located 30 minutes from Barcelona, this town has one of the most important fishing and leisure ports on the Catalan coast. Its origins date back to the 16th century, when more than a dozen defence towers were built to prevent pirate and military attacks from the sea, transforming Arenys into a safe and prosperous area. It had one of the most prestigious nautical schools in Catalonia and permission to trade directly with the colonies. Its strategic location can be admired from its impressive cemetery, which was immortalised by one of the great names of Catalan literature, the poet Salvador Espriu. Today, the port is the greatest of its riches, followed by tourism, perhaps because it has managed to preserve its personality as an authentic marine village.
Sinera is the anagram of Arenys that Salvador Espriu used to create a literary myth in his poetic works.

How much time do you have?

Half a day
► Climb aboard the La Marinada tour boat to enjoy Arenys from the sea. 
► Watch the fishing boats arrive in the afternoon and enjoy the most lively seafaring tradition.

A whole day
► Go up to the Arenys cemetery and admire the work of great Catalan sculptors.
► Visit the church of Santa Maria d’Arenys and its spectacular Baroque altarpiece, the work of sculptor Pau Costa.
► Walk to the port’s old dyeing hut, and enjoy the murals.

Two days
► Follow the circuit at the fish market and enjoy the auctions.
► Visit the Marès de la Punta Museum and take a tour through the history of lace.
► Let yourself be captivated by the beautiful “indianos” houses.
► Taste the squid from Arenys in one of the town’s establishments.
► Immerse yourself in the Museu Mollfulleda de Mineralogia.
► Stay in one of the accommodation options in the town.
► Walk or ride a bicycle through the Rials of Arenys (sandy roads that drain excess water to the sea when it rains).
► Gather strength with typical coquetes from Arenys.
► Say goodbye to Arenys with a thermal treatment circuit at the Titus Spa, just 50 metres from the beach.

Shall we go out?
La Crema de la Bóta (June)
Festa Major (August)
Jazz Festival (July-August)
Sant Roc, Vot de Vila (August)
Festa de la Pesta (August)
Arenys Squid Gastronomy Event (October)

Shall we go shopping?
In addition to squid, prawns, Norway lobsters and scombros (Mediterranean sand eels) from Arenys are unmissable. In the municipal market (a building from the late 1920s), you will find top quality products and a wide variety of fresh fish. Every Saturday morning, there is a market in the Riera del Bisbe Pol.

Where to sleep?
Vila Arenys Hotel **** HB004717 www.vilaarenyshotel.com/en
Sa Voga Hotel **** HB004419 www.savoga.cat/en
Hostal La Lluna HB005319 www.hostallaluna.cat/en
Hostal Portofino HB004186 https://hostalportofinoarenys.com
Other suggestions www.visitarenys.com/en/accommodation

Where to eat?
Hispània www.restauranthispania.com
El Mot del Vila www.hotelvilaarenys.com/en/restaurant-arenys-de-mar
La Marina https://es-es.facebook.com/LaMarinaArenys
La Llotja dels Pescadors http://lallotja.es

1. Patins a Vila (Catalan Canaries) on the Beach.
2. Work by sculptor Josep Lumina in the Arenys Cemetery.
3. A fisherman among the net.
IMMERSE YOURSELF IN SANT POL DE MAR

WHITE HOUSES AND CLEAN BEACHES

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

MORE INFORMATION
Sant Pol de Mar Tourism
www.santpol.cat/turisme
Facebook
www.facebook.com/ajsantpol
Twitter
https://twitter.com/ajsantpol
Instagram
www.instagram.com/ajsantpol

FROM THE CHURCH OF SANT JAUME.
The town’s modernist jewels include the Public Schools and the colourful Can Planiol, with the façade covered in white, blue and red ceramics.

How much time do you have?

Half a day
► Go up to the Romanesque hermitage of Sant Pau to enjoy the panoramic views.
► Follow one of the guided routes offered by the Tourist Office, such as “El Sant Pol dels Pescadors”, “Sant Pol Autèntic” or “Sant Pol Natural”.

A whole day
► Walk along the Avinguda Doctor Prenest, known as “La Punta” by the people of Sant Pol.
► Enjoy a relaxing dip at one of the town’s eight beaches.
► Treat yourself to the gastronomy of Sant Pol, birthplace of the University College of Hospitality and Tourism.
► In the afternoon, enjoy the tranquility in the shade of Parc del Litoral.

Two days
► Lose yourself in the streets of the historic centre and discover the rich architectural heritage.
► Enjoy fresh fish at one of the beach bars.
► Discover Caseta del Motor.
► Stay in one of the town’s accommodation options.
► Sail on a traditional fishing boat, the Sant Pau sardinal.
► Try El Maresme peus in the restaurants of Sant Pol.
► Enter the Sauleda pastry shop and taste its specialities. In January, don’t miss torró (nougat) from Babaia.

Shall we go out?
Sant Pol Gastronomic Exhibition (June)
Sant Jaume Festa Major and Art Fair (July)
Firamar and Havaneres Festival (August)

Shall we go shopping?
One of Sant Pol’s traditional crops is strawberries, which are at their best from March to July. On alternate Saturdays, a fruit and vegetable market is held in Plaça de l’Estatut. The weekly market takes place on Fridays in Plaça Anselm Clavé, with textile products and food stalls.

Where to sleep?
Hotel Gran Sol HB000218
www.hotelgransol.info
Hostal Pancheta HB000605
+34 937 600 661
Camping Kanguru HB000095
http://campingkanguru.com/?lang=en
Camping La Maresma HB000882
www.campingbungalowmaresme.com
B&B Sant Pol HB004902
www.bandbsantpol.cat/home

Where to eat?
L’Ermíta
www.lermirarestaurent.com/eng
Banys Luis
www.banysluis.cat
El Sot del Morer
www.elsotdelmorer.com

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

MORE INFORMATION
Sitges Tourism
www.sitgesanytime.com/en
Facebook
www.facebook.com/turismedesitges
Twitter
https://twitter.com/turismedesitges
Instagram
www.instagram.com/sitgesturisme

IMMERSE YOURSELF IN
SITGES

ARTISTS’ REFUGE BY THE SEA

THE CHURCH OF SANT BARTOMEU || SANTA TEULÀ, ONE OF THE MOST ICONIC IMAGES OF SITGES.
The Palau Maricel, with extraordinary views over the sea, and the Museu Cau Ferrat sum up the modernist essence of Sitges and its seafaring character.

How much time do you have?

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

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

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

Shall we go out?
Carnival (February)
Rally internacional de cotxes d’época Barcelona-Sitges (March)
Corpus Christi (June)
Sitges International Fantastic Film Festival of Catalonia (October)

Shall we go shopping?
Experience shopping in Sitges. More than 500 different establishments await you: small, welcoming, open, modern, etc., with original products and flexible opening hours.

Where to sleep?
El Xalet ** HB003957
www.elxalet.com
Me Sitges Terramar **** HB000081
www.meel.com
Capri *** v000017
www.hotelcapri.es/en
Casa Vilella **** HB004748
https://en.hotelcasavilella.com
Other suggestions

Where to eat?
El Cable
http://elcable.cat/en
Nem
www.nemsitges.com/?lang=en
La Taberna del Puerto
www.latavernadelpuerto.net
La Nansa
www.restaurantlanansa.com/nova/?lang=en
Maricel
www.maricel.es
La Salceta
http://lasalceta.com

1. The Beach of Sant Sebastià
2. The Streets of the Old Town
3. Procession of boats on the Day of our Lady of Mount Carmel.

Sitges remains true to its traditional roots.
In the 19th century, the marine district of Vilanova i la Geltrú was known as La Habana Chica (Small Havana), because of its close relationship with Cuba and the emigrants to the island. Strategically located between Barcelona and Tarragona, it is a fascinating town with an enormous cultural offering including monuments, gastronomy and festivals, with its well-known carnival at the top of the list of events. You must walk along the splendid promenade, where colonial-style buildings stand out, and taste the essential xató, the sauce for which arouses heated discussions among experts. Vilanova i la Geltrú has an extensive calendar of festivities, and is a town that is full of life all year round.

**MORE INFORMATION**

Vilanova i la Geltrú Tourism  
www.vilanovaturisme.cat/en  
Facebook  
www.facebook.com/vilanovaturisme  
Twitter  
https://twitter.com/vilanovaturisme  
Instagram  
www.instagram.com/vilanovaturisme
In Vilanova, you can enjoy the sea at its nautical port and its more than seven kilometres of coastline and beaches.

How much time do you have?

Half a day
- Visit the Espai Far, where the municipality’s maritime heritage is on show.
- Enjoy the Els Colls camí de ronda (coast path), between Vilanova i la Geltrú and Sitges.
- Walk along the Vilanova sea front and admire the Pasaiet del Carme, the park and the Ribes Ruges beach.

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

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

Shall we go out?
Carnival (February)
- Temps de Vi (June)
- Festa Major (July-August)
- Xató Festival (November)

Shall we go shopping?
In the nerve centre of the city and in the heart of the commercial area is the Mercat del Centre, which offers the best products from vegetable gardens and the fish market. The Mercat del Mar also stands out for its fresh and high quality products. Alongside these, there are lively flea markets on Fridays (Mercat del Mar) and Saturdays (Mercat del Centre).
Along its almost 15 kilometres of coastline, L’Ametlla de Mar offers a succession of beaches and steep coves, many of them unspoilt, with crystal-clear waters that form a unique landscape on the Catalan coast. This town, known as La Cala, stands out for its essence as a seafaring village and for its gastronomic offering. Although tourism has become the municipality’s primary activity, its fishing tradition lives on in the fish market and the Fishing Interpretation Centre, while its past as a strategic geographical point is revealed in the castle of Sant Jordi d’Alfama, an imposing medieval fortification by the sea, and in the Civil War bunkers.

IMMERSE YOURSELF IN L’AMETLLA DE MAR

DISCOVERING THE MEDITERRANEAN

MORE INFORMATION
L’Ametlla de Mar Tourism
www.ametllamar.cat/turisme/en
Facebook
www.facebook.com/turismeametllademar
Twitter
https://twitter.com/ametllademartur
Instagram
www.instagram.com/turismeametllademar

TERRES DE L’EBRE

Marine districts and villages / 123
Between Calafat cove and Àliga beach, you can enjoy an almost untouched reserve with spectacular cliffs.

How much time do you have?

Half a day
- Walk through the port of L’Ametlla to discover the fishing activities.
- Taste some of the typical dishes of its seafood cuisine such as suquet de peix, the calero stew, the arrossejat rice or Mediterranean bluefin tuna.

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

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

Shall we go out?
- Festes Majors de la Candelera (February)
- Sant Pere Pescador Summer Festival (June)
- Fira del Mar (June)

Shall we go shopping?
- You can buy typical products from Terres de l’Ebre, such as oil, wine, honey or Delta rice, both in the farm shop and in the Farming Cooperative. There is a fixed market every day from Monday to Saturday, and a weekly market on Mondays and non-working Thursdays.
IMMERSE YOURSELF IN
LES CASES D’ALCANAR

A GIFT FROM
THE SEA IN
TERRES DE L’EBRE

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

MORE INFORMATION
Les Cases d’Alcanar Tourism
www.alcanarturisme.com/en
Facebook
www.facebook.com/alcanarturisme
Twitter
https://twitter.com/alcanarturisme

VIEW OF LES CASES D’ALCANAR.
The Sant Pere Confraria de Pescadors (Fishermen’s Guild) has a permanent exhibition of old photos of Les Cases d’Alcanar.

How much time do you have?

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

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

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

Shall we go out?
Jornades Gastronòmiques del Llagostí (May-June)
Festa Major de Sant Pere Pescador (29th June and Our Lady of Mount Carmel (16th July)
Iberian Tyrrha Festival (September-October)
Five Yearly Festival (October, every five years)

Shall we go shopping?
It is worth trying the delicious tangerine from Alcanar, which has its own gastronomic days from the end of November until almost up to Christmas.
In the farm shop at the Casa de Pescadors Sant Pere, you can buy DO and PGI products from Terres de l’Ebre.

Where to sleep?
Hotel Rural Tancat de Codorniu
PTE000158
www.tancatdecodorniu.com
Camping & Bungalows
Estanyet KTE00054
www.estanyet.com/en
Hotel Carlos III *** HTE000630
www.carlostercero.com/en
Masia Rural Villa Carmen
PTE000069-PTE000064-PTE000236
www.villacarmen.com/en
Other suggestions
www.alcanarturisme.es/destinations-category/hotels-campings-alcanar-ca

Where to eat?
Casa Ramon +34 977 737 027
La Marinada +34 977 735 868
Can Manel +34 977 737 168
Les Palmeres +34 977 737 033
Casa Lupe +34 977 737 075
Other suggestions

Other suggestions
www.alcanarturisme.es/destinations-category/hotels-campings-alcanar-ca

In Les Cases d’Alcanar enjoy the seafood cuisine.
IMMERSE YOURSELF IN
SANT CARLES DE LA RÀPITA

WHERE THE LAND EMBRACES THE SEA

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

MORE INFORMATION
Sant Carles de la Ràpita Tourism
http://turisme.larapita.cat/en
www.enlarapita.com/en
Facebook
www.facebook.com/turismelarapita.deltadelebre
Twitter
https://twitter.com/TurismeLaRapita
Instagram
www.instagram.com/turismelarapita
The spectacular Alfacs Bay, with the Punta de la Banya Nature Reserve, shelters a busy fishing port.

**How much time do you have?**

**Half a day**
- Stroll through the natural port of La Ràpita, as the residents like to call their town.
- Enter the Xicag neighborhood to see its fisherman’s houses, reaching the Plaça de Carles III, an astonishing neoclassical space that is full of life.

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

**Two days**
- Book an activity at the Sant Carles de la Ràpita-Ebro Delta Watersports Centre: paddle surfing, kayaking, sailing, etc. www.enlarapita.com/en
- Enjoy an unforgettable day at a mussel-farm and taste this mollusk accompanied by local wine.
- Take a dip in one of the wide and comfortable blue flag beaches or opt for the wildest and most rugged beach: Trebucador.
- Treat yourself to a Delta oyster dinner.
- Have a seafood rice dish at one of the town’s restaurants.
- Follow the GR92 coastal path that leads to Les Cases d’Alcanar.

**Where to sleep?**
- Hotel Restaurant Miami Can Pons **** HTE0000768 https://miamicanpons.com/en
- Hotel del Port *** HTE0000687 www.hoteldelport.es/home.html
- Hotel Can Batiste *** HTE0000691 www.canbatiste.com/en
- Hotel Juanito Platja * HTE0000331 www.juanitoplata.com/en
- Other suggestions https://terresdelebre.travel/en/where-to-sleep

**Where to eat?**
- Restaurante al bert Guzmán +34 661 102 672
- Restaurant Llansola 1921 http://llansola1921.com/restaurant
- Musclarium http://musclarium.com/en

**Shall we go out?**
- Our Lady of Mount Carmel and Festa Major de Sant Jaume (July)
- Festa Orígens (October)
- Festa i Jornades Gastronòmiques del Llagostí (November)

**Shall we go shopping?**
- Taste the products on offer from the local producers of La Mundana olive oil or fleur de sel from the Salines de la Trinitat. Don’t forget the PDO rice from the Ebro Delta.
- Plus, in the market, you will find fruits and vegetables from local producers, as well as a wide range of fish and seafood.
FALL IN LOVE
with charming towns
CHARMING TOWNS

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

TOURIST BRANDS

Catalonia is divided into nine tourist brands, which are spread over the land as shown on the map. The towns are arranged according to this territorial grouping and starting from the northern area of the map.
With its bridge, sturdy stone houses and wooden balconies, the tiny village of Beget, with only 20 inhabitants, has the eternal air of a nativity scene. As a result of its geographical isolation, Beget is one of those villages that, even in the 21st century, has managed to retain its authenticity and all of its rural charm.

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

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

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

How much time do you have?

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

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

Two days
- Vallter 2000 is a ski resort just a few minutes away by car. In winter you can enjoy the snow, and in summer they organise various activities.
- Enjoy some real mountain food.
- Go to Camprodon and admire its medieval bridge, visit the Sant Pere monastery, and have a snack in one of its patisseries.
- Stay in one of the accommodation options in the valley.
- If you are travelling as a family, you will love Molló Parc. It is a big, open-air animal park where you can see almost all of the native fauna of the Pyrenees: bears, marmots, chamois, foxes, fallow deer, stags, wolves, wild goats, birds of prey, etc. [www.molloparc.com/en/]

Shall we go out?

Shall we go shopping?
Some of the most typical local products are the traditionally-made cured sausages, horse meat and the local potato, known as the Trumfa de la Vall de Campodron. And don’t forget to try some Birba biscuits, from the factory in neighbouring Camprodon.

Where to sleep?

El Roure Vell Rural tourism
PG000719
www.rourevell.com/en

Hostal el Forn ** HG002243
www.elforndebeget.com/en

Hotel Camprodon *** HG000040

Casa Etxalde PG000207
www.etxalde.net

Els Solans Campsite KG000148
www.campingcamprodon.com/en

Where to eat?

Restaurante Can Jeroni
www.canjeroni.net

Restaurante El Forn
www.elforndebeget.com/en

Restaurante Can Po +34 972 741 045

Restaurante el Pont Nou
www.restaurantelpont9.com/en

Restaurante Can Plujà +34 972 741 064

1. BEGET STREET.
2. VIEW OF THE CHURCH OF SANT CRISTÓFOL.
3. THE MAJESTY OF BEGET.
Perched at 1450 metres above sea level, the labyrinth of steep narrow stone streets in Castellar de n’Hug presides over a mosaic of classic high-mountain landscapes.

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

MORE INFORMATION
Castellar de n’Hug Town Hall
www.ajcastellardenhug.cat
Tourist Board
www.turismecastellardenhug.cat/site
The International Sheepdog Competition started in 1962 and has its origins in the era when shepherds would meet up in this area and compete to see which dog was the best. Nowadays it attracts thousands of tourists.

How much time do you have?

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

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

Two days
- Take a hike up to the Montgrony Sanctuary along 9 kilometres of unchallenging pathway. The views from the sanctuary are spectacular and along the way you will come across some little Romanesque gems.
- Enjoy a picnic while you are up there, with local cured meats, or have lunch in the restaurant at the sanctuary (seasonal).
- Enjoy a relaxing guided tour that will reveal the secrets of the village.
- Have a great dining experience with cuisine based on game and local wild mushrooms (seasonal).
- Stay in one of the accommodation options in the village.
- Have a giant croissant for breakfast, a star product from Castellar de n’Hug.

Shall we go out?
- Sant Joan Gathering (24th of June)
- Montgrony Gathering (mid-July)
- Annual Sheepdog Competition (last Sunday in August)
- Festa Major de Sant Miquel (28th and 29th of September).
- Celebrated with the traditional Ball Cerdà (ceremonial-style folk dance)

Shall we go shopping?
- One of the star products here is the giant croissant (it weighs 1 kg and is sold in bakeries like Ca la Quima and Cal Subirà).
- You can also buy cured meat products and craft work.

Where to sleep?
- Hostal La Neu ** HCC003948
  www.hostalaneu.com/indexingl.htm
- Hotel Les Fonts ** HCC000652
  www.hotellesfonts.cat/english.php
- Hostal La Muntanya * HCC002888
  www.hotellamuntanya.cat/english.html
- Hostal Pere Miquel HCC023483
  +34 938 257 064

Where to eat?
- La Muntanya
  www.hotellamuntanya.cat/english.html
- Fonda Fanxicó
  www.fondafanxico.cat
- Restaurant Alt Llobregat
  www.altllobregat.com
- Restaurant El Caliu
  +34 938 257 030
- La Closa
- Restaurant Molí de les Fonts
  +34 938 257 013

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

1. SHARING
2. CASTELLAR DE N’HUG
3. Charming towns

DISTANCE FROM CASTELLAR DE N’HUG TO
- Barcelona 130 km
- Lleida 194 km
- Girona 108 Km
- Tarragona 198 km
- Manresa 88 km
- Vic 60 km
- Berga 38 km

HOW TO GET THERE
By public transport
From Barcelona and Berga, Alguastra, From Ripoll, Autocars Mir.
By road
http://google.com/maps

The museum in the Asland Cement Works offers theatrical guided tours.
FALL IN LOVE WITH MONTCLAR

A RURAL PARADISE REBUILT STONE BY STONE

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

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

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

**How much time do you have?**

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

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

**Two days**
- Treat yourself to an esmorzar de forquilla (hearty breakfast to eat with a fork) with typical local products.
- Venture on foot or by bicycle along the route that links Montclar with the small churches of Santa Creu and Sant Quintí.
- Make a picnic with the typical cured sausages and cheeses of the area.
- Stay in one of the village’s rural houses and enjoy its tranquility.

**Shall we go out?**

**Fira de Reis (January)**
Centennial fair with an unmissable typical breakfast of black pudding and bacon.

**Festa Major (August)**

**Shall we go shopping?**

The village of Montclar has no shops within its small municipality, but in the neighbouring towns of Casserres, L’Espunyola and Montmajor, you can find shops with top quality local products.

**Where to sleep?**

Cal Cases PCC000164
www.lescasesdeicalcasas.com

Cal Seuba PCC000755
www.calseuba.es

Cal Domingues PCC000708
+34 678 459 911

La Tor de Montclar PCC000305
http://latorademontclar.com/en
La Rectoria de Montclar HUTCC000061

Les Forques HUTCC046519
https://turismelesforques.com/en

**Where to eat?**

L’Hostal de Montclar
+34 938 230 330

**Shall we go out?**

Fira de Reis (January)
Centennial fair with an unmissable typical breakfast of black pudding and bacon.

Festa Major (August)

**Shall we go shopping?**

The village of Montclar has no shops within its small municipality, but in the neighbouring towns of Casserres, L’Espunyola and Montmajor, you can find shops with top quality local products.

**Where to eat?**

L’Hostal de Montclar
+34 938 230 330

**Shall we go out?**

Fira de Reis (January)
Centennial fair with an unmissable typical breakfast of black pudding and bacon.

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**Shall we go shopping?**

The village of Montclar has no shops within its small municipality, but in the neighbouring towns of Casserres, L’Espunyola and Montmajor, you can find shops with top quality local products.
FALL IN LOVE WITH SANTA PAU

A STONE JEWEL AMONGST VOLCANOES

Santa Pau, in La Garrotxa Volcanic Area, awaits your visit to reveal the secrets that lie in its defensive walls and cobbled streets. Let yourself be seduced by one of the most well-preserved Gothic porticoed squares in Catalonia, where you can also taste the famous fesols, white beans that have their own protected designation of origin.

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

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

© ROC MIRALLES
GENERAL VIEW OF SANTA PAU.

Charming towns / 151
The Croscat volcano is one of the most spectacular in the area. It is the youngest and the last one to erupt, creating a single horseshoe-shaped crater on one of its slopes.

How much time do you have?

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

A whole day
- Take a walk along the path that leads to the Jordà beech forest and delight in the impressive beech trees there.
- Enjoy a typical dish made with the famous white beans known as fesols.

Two days
- Ride on a reproduction of the old train that went from Olot to Girona and enjoy a panoramic view of four volcanoes: Martinyà, Pomaireda, Tom and Croscat.
- Enjoy a picnic made with cured meats from Santa Pau.
- Book a visit to the La Fageda farm.
- Sleep in one of the accommodation options in the village.
- Dare to take part in the Santa Pau escape village activity.

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

Shall we go shopping?
- There is no doubt that the star local product is the tasty white bean that bears the village’s name. It has protected designation of origin.

Where to sleep?
Mas Can Batlle PG000758
www.mascanbatlle.com
Camping Ecologic Lava KG000125
www.campinglava.com
Mas Pardàs HUTG042406
www.maspardas.com/en/node
Plaça Major Accommodation HUTA00186
www.apartamentsantapau.com
Mas El Carrer PG000697
www.marmuntanya.com/?lang=en

Where to eat?
Restaurante Masnou
www.restaurantmasnou.com
Restaurante Cal Sastre
www.calsastre.com
Restaurante La Francesa
www.lafrancesa.cat
Restaurante Can Rafelic
+34 972 680 202
Can Xel
www.canxel.com/en

Distance from Santa Pau to
Barcelona 118 km
Lleida 201 km
Girona 45 km
Tarragona 203 km
Manresa 96 km
Vic 51 km
Berga 96 km

How to get there
- By public transport
  - By train to Girona
    - By train to Olot www.teisa-bus.com
  - By road
    - http://google.com/maps
- By road to Girona www.renfe.com and bus to Olot www.teisa-bus.com

Charming towns
Taüll is a small village, but it holds an important place in the history of world art and architecture. The reason? It is home to two of the Vall de Boí Romanesque churches, which were declared UNESCO World Heritage Sites in the year 2000. Santa Maria and Sant Climent de Taüll are two gems which stand as testament to the human creative genius of the Middle Ages. They are pure examples, a matching set if you will, of primordial Romanesque art set in a rural Pyrenean landscape that is largely unchanged. Almost every town in this valley (Coll, Cardet, Barruera, Durro, Erill la Vall and Boí) contains a church that belongs to this Romanesque cluster, and a trip around them interweaves art, nature, landscape and history. The village of Taüll, in the Vall de Boí municipality, awaits your visit to share with you its treasure.
The descent of the Faies (rustic torches) is an unforgettable experience: at night-time, a serpent-like torch-lit procession descends from the highest point of the mountain and wends its way through the village streets.

**How much time do you have?**

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

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

**Two days**
- Go and explore the Aigüestortes i Estany de Sant Maurici National Park. Don’t forget a picnic basket packed with products from the Taüll dairy.
- Visit the Enl la Vall Romanesque Centre.
- Sleep in one of the village’s accommodations.
- In wintertime, go on a snowshoe expedition at the Boí Taüll Resort ski station.
- Taste some typical mountain gastronomy and relax in the spa at Cúlides de Boi.

Shall we go out?

**Les Falles**
(Fifth weekend in July)
- Festa Major with traditional dancing of Sant Isidre and La Pla (third weekend in July)
- Cheese Fair (August)
- Festival of Early Pyrenean Music (August)
- Gastronomy Events (October)

Shall we go shopping?

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

**Where to sleep?**

- Hotel Santa Maria Relax ***
  HL000743
  www.taull.com/en/
- Hotel El Rantiner **
  HL000753
  www.hotelelrantiner.com/en/
- Rural Hotel El Xalet de Taüll **
  HL000754
  www.elxaletdetaul.com/en/
- La Bordeta Guesthouse
  www.la-bordeta-guesthouse.com/en/
- Ca de Moneny
  www.ca.de.money.com/index.php?id=eng

**Where to eat?**

- Restaurant El Caliu
  www.elcaliuatal.com
- Restaurant El Fai
  www.restaurantetaul.com/en/
- El Mallador
  www.malladoratal.com/Llesqueria/l’Empriu
  www.valbui.cat/en/restaurants
- Cervecería Tribulosi
  www.valbui.cat/en/restaurants

1. LLIBRETA LAV, IN THE AIGÜESTORTES I ESTANY DE SANT MAURICI NATIONAL PARK.
2. VIEW OF THE CENTRE OF TAÜLL.
3. VIDEO-MAPPING OF THE ROMANESQUE MURAL IN THE SANT CLIMENT DE TAÜLL CHURCH.
With its luminous white houses, narrow streets and pebbly coves, the ancient fishing village of Calella de Palafrugell has retained the charm that the coastal communities of L’Empordà had before the arrival of tourism.

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

Culture, especially in connection with music, is one of the distinguishing traits of this village.

MORE INFORMATION
Palafrugell Town Hall
www.palafrugell.cat
Palafrugell Tourist Office
www.visitafrugell.cat/en/
Costa Brava Tourism Board
www.en.costabrava.org
Singing of Havaneres Shanties in Calella de Palafrugell
www.havanerescalella.cat
Charming towns

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

How much time do you have?

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

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

Two days
► Hire a bicycle and go for a ride along the network of cycle tourism paths.
► Do some snorkelling and study the sea bed in any of the coves.
► Try some garoines (sea urchins), if they are in season, with wine from the DO Empordà.
► Spend the night in the Hotel Mediterrani, overlooking a cove.
► Spend a day exploring the other villages of the Palafrugell municipality: with the Palafrugell+ ticket, you can visit the best spots in the area. These include the Josep Pla Foundation, the various Monuments of Sant Sebastià de la Guarda and the Cork Museum. www.palafrugellplus.com/en/

Shall we go out?
Sant Pere, Festa Major in Calella (June)
Singing of Havaneres Shanties in Calella de Palafrugell (July)
Young Musicians Series of Concerts (July and August)

Shall we go shopping?
Don’t leave Calella without trying rom cremat (flaming rum cocktail) and garoines (sea urchins). You will find these and other gastronomic specialities in Palafrugell market (open from Tuesday to Sunday).
FALL IN LOVE WITH
PALS

A WALLED FORTRESS ON
THE COSTA BRAVA

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

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

MORE INFORMATION
Pals Town Hall
www.pals.cat
Tourist Office
www.visitpals.com/en
Baix Empordà Regional Council
www.visitemporda.com/en
Costa Brava Tourism Board
www.en.costabrava.org

GENERAL VIEW OF PALS, WITH THE CLOCK TOWER.
The beach at Pals is a large sandy expanse covering 3.5 kilometres. You can get to the shoreline along the old beach path through dunes and white pine trees.

How much time do you have?

Half a day
► Explore the town: walk through its walled section and admire the harmonious combination of buildings from the Romanesque, Gothic and Baroque periods.
► Visit the Ca la Pruna Museum / Cultural Centre, an imposing fortified mansion from the 16th century, and the Clock Tower.

A whole day
► Go to the beach at Pals and from the southern end of the beach get onto the coastal pathway and head to the Begur coves, with their impressive sea bed.
► Taste a typical Pals rice dish, cooked as you like, paired with wine from DO Empordà.
► Take a look at the golf course, the oldest on the Costa Brava.

Two days
► Lose yourself around the Basses d’en Coll ponds where you can cycle or walk on the many pathways that line the rice paddies.
► Enjoy an authentic seaside meal.
► Head up to the highest point on the Quermany massif and enjoy the great panoramic view.
► Sleep in one of the town’s accommodation options.
► Go to the Montgrí, Illes Medes i el Baix Ter Natural Park and enjoy a walk through nature.
► Have lunch in one of the restaurants on the outskirts of the town.
► Visit the Iberian settlement of Ullastret and book a dramatised tour.

Shall we go out?
Pals gastronomic festival of rice (March and April)
Traditional planting of the rice (June)
Candlelit evening (last weekend in July)
Wine Festival (August)
Harvesting the rice (October)
Living Nativity Scene (December)

Shall we go shopping?
Don’t leave Pals without tasting its rice or discovering the traditional ceramics from the neighbouring town La Bisbal d’Empordà. Every Tuesday there is a produce market (fruit, olive oil, cheese...).
More than just a geographical location, Peratallada is where to go to travel back in time. To visit the town is to enter into the feudal domains of one of the most important lineages in L’Empordà since the 10th century. However, archaeological findings suggest that the origins of the Petra taliata (carved stone) settlement could date back to pre-Roman times. The town shares a municipality with Vulpellac, Fonteta and other small villages in the exceptional natural environment of L’Empordà.

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

Half a day
► Have a drink in Bar del Poble, which shares a building with the tourist office. You are guaranteed to get a good flavour of village life.
► Enjoy a walk through the historical quarter and tag your photos @visitperatallada on Facebook.
► Taste some cuisine from L’Empordà in one of the restaurants with outdoor seating.

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

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

Shall we go out?
Herb Fair (April)
Festa Major (August)
Medieval Fair (October)

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

Where to sleep?
La Riera HG000236
www.lariera.es/indexgb.htm
Ca l’Anguila PG000176
www.calanguila.com/en/farmhouse.html
Can Soles HG000127
www.cansoles.com
El Cau del Papibou *** HG0002267
www.hotelelcaudelpapibou.com/en.html
Hostal Blau * HG0002264
www.hostalblau.es/en
Ca l’Aliu PG000142
www.calaliu.com/en

Where to eat?
La Roca
www.restaurantlaroca.cat
Can Bonay
www.restaurantbonay.com/en
Can Nau
www.restaurantcannau.blogspot.com
Ca la Nena +34 972 634 803
El Cau del Papibou
www.hotelelcaudelpapibou.com/en.html
La Cort
www.restaurantlacort.com/en

Shall we go out?
Herb Fair (April)
Festa Major (August)
Medieval Fair (October)

Where to eat?
La Roca
www.restaurantlaroca.cat
Can Bonay
www.restaurantbonay.com/en
Can Nau
www.restaurantcannau.blogspot.com
Ca la Nena +34 972 634 803
El Cau del Papibou
www.hotelelcaudelpapibou.com/en.html
La Cort
www.restaurantlacort.com/en

1. View of the back of the Church of Sant Esteve.
2. House in the walled quarter.
3. Clock tower.
Mura is a little village with a medieval feel, and fewer than 250 inhabitants, which has always managed to preserve the charm of its narrow cobbled streets. It is located in the centre of the Sant Llorenç del Munt i l’Obac Natural Park, 57 km away from Barcelona along predominantly picturesque roads.

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

**MORE INFORMATION**

Mura Town Hall
www.mura.cat

Information Centre, Sant Llorenç del Munt i l’Obac Natural Park
https://parcs.diba.cat/web/SantLlorenç

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

How much time do you have?

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

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

Two days
- Do some shopping in the town: visit El Retaule, La Torneria, El Celler and the cured meat delicatessen, while you choose a place to sleep.
- Head off into the park: follow the Pedra Seca trail, which lasts three hours and includes some ancient buildings.
- Have lunch in Mura and enjoy some pink tomatoes.
- Take an excursion to Terrassa to visit the Masia Freixa mansion, a modernist treasure, and the Science and Technical Museum of Catalonia.
- Enjoy dinner and sleep in Mura. Fit in some stargazing in the park.

Shall we go out?

Sant Marc Festival and Craft Fair (April)
Viu el parc! (April-July)
Festa de batre el cigronet (Chickpea Harvest Festival) (September)
Festa Major (November)
Festa del Tió and Christmas Activities (December)

Shall we go shopping?
You can’t leave Mura without buying some cigronets, a local variety of small, skinless chickpeas that are extremely tasty. Buy them from El Celler, a shop in the centre selling gourmet food products.
A RURAL BAROQUE JEWEL IN AN IMPRESSIVE LANDSCAPE

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

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

How much time do you have?

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

A whole day
- Head into the countryside and explore the Collsacabra massif.
- Visit the Santa Magdalena hermitage.
- Enjoy traditional Catalan cuisine in Rupit.
- Go on one of the guided tours of the historic area.

Shall we go out?

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

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

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

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

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

DISTANCE FROM RUPIT TO
Barcelona 106 km
Lleida 169 km
Girona 97 km
Tarragona 193 km
Mataró 82 km
Olot 26 km
Vic 26 km

WHERE TO STAY?
Hostal Estrella ** HCC000574
www.hostalestrella.com/en
La Devesa HCC003326
www.ladevesanrupt.com
Mas la Serra FCC000739
www.maslaserra.com/en

WHERE TO EAT?
Hostal Estrella
www.hostalestrella.com/en
Fonda Marsal
www.fondamarsal.cat
Ca l’Estragués
+34 938 522 006
El Coll
www.masecoll.cat
L’Hort d’en Roca
+34 938 522 029

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

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

Where to sleep?
Fonda Marsal HCC002718
www.fondamarsal.cat
Hostal Estrella ** HCC000574
www.hostalestrella.com/en
La Devesa HCC003326
www.ladevesanrupt.com
Mas la Serra FCC000739
www.maslaserra.com/en/

Where to eat?
Hostal Estrella
www.hostalestrella.com/en
Fonda Marsal
www.fondamarsal.cat
Ca l’Estragués
+34 938 522 006
El Coll
www.masecoll.cat
L’Hort d’en Roca
+34 938 522 029

1. THE STEEP COLLSAÇABA LANDSCAPE
2. PICTURESQUE STREETS OF RUPIT
3. THE WOODEN SUSPENSION BRIDGE
4. BAROQUE INCADE OF THE CHURCH OF SANT MIGUEL

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FALL IN LOVE WITH
PRADES

AN IMPRESSIVE NATURAL SPACE

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

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

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

How much time do you have?

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

A whole day
► Just 2 km outside of Prades you can visit the hermitage of Abellera, which was constructed on top of a cave located at an altitude of 1,020 metres (ask in the Tourist Office).
► Hire a bicycle and follow one of the mountain biking trails on offer. (+34) 627 153 616
► Discover the local gastronomic products: potatoes, honey, beer and chestnuts.
► After dessert, visit the church of Santa Maria and walk through the streets of the old quarter.

Shall we go out?
Thyme Festival (May)
International Sheeptdog Competition (August)
Potato Festival (September)
Prades Bosc (November)

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

Two days
► Explore the surrounding countryside: sign up for a tour around the more than 30 natural water sources that exist in the town.
► Enjoy a picnic made with excellent local products.
► Dare to sign up for some canyoning action in the Prades Mountains. www.gorgaventura.com/en
► Don’t miss out on a spot of stargazing. The sky above Prades is top notch. www.astroprades.cat
► Stay at a campsite surrounded by nature. Admire the Prades river lake.
► Find out about native vegetation from the information panels or go on one of the botanical guided tours.
► Come back to Prades and enjoy a dish involving potatoes with PGI (Protected Geographic Indication) in one of the restaurants.
► Before leaving, look into the history of Queen Margaret of Prades.

Where to sleep?
Hotel La Botiga * HT000858
+34 977 868 321
Camping Prades (1st cat.) KT000114
www.campingprades.com/en/
Aparthotel Xalet de Prades *** HT000848
www.xaletdeprades.com
Casa Cal Crispí PT000193
www.calcrispi.com/english.htm

Where to eat?
Pep Cardona +34 977 868 236 / +34 636 615 144
Tretzepams +34 689 853 921
Restaurant la Taverna +34 977 868 342
Braseria Gran Recorregut 7 +34 977 868 029
DPrades. Gastroteca +34 654 363 997

In Prades
see a Renaissance fountain in the shape of the world globe.
Siurana, at 737 metres above sea level, presides over the marshes and the river of the same name in the Montsant and Prades Mountains.

Its strategic location meant that for centuries it was first line defence against the Moors. Losing yourself in its narrow streets and discovering the vestiges of the Muslim occupation and subsequent history is highly recommended.

Sat atop a crag of limestone rock, Siurana has become one of the best places in the world to do sport climbing. It has hundreds of equipped routes for this adventure activity.

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

MORE INFORMATION
Siurana Tourist Office
www.turismesiurana.org/en

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

How much time do you have?

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

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

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

 Shall we go out? Siurana Jubilee (May)
Festa Major (August)

Shall we go shopping?
The typical products of this area are olive oil and wine. There is no weekly market in Siurana, the closest one takes place on Wednesdays in Cornudella de Montsant. Also in Cornudella, there are various wineries where you can participate in guided tours and buy their products.
The tiny mountain village of Montsonís was a place of great importance during the Middle Ages because of its location on the border of the Arab world. It is crowned by a castle, which used to take in the numerous pilgrims who walked the Way of Saint James. In the present day, the flag is still flying from the keep indicating that this fortress, which has been very well preserved, is inhabited and in use. By visiting the castle and the historical quarter of Montsonís, you can imagine the day-to-day life of the inhabitants of the area in medieval times and be transported back centuries.

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

MORE INFORMATION
Foradada Town Hall
www.foradada.cat
The Patronat de Turisme
(Regional Tourist Board)
of the Diputació de Lleida,
www.diputaciolleida.cat/fem-turisme
www.aralleida.cat/en
The municipality of Foradada, in which Montsonís is a village, has been declared a Starlight Tourist Destination because of the excellent conditions it offers for contemplating the night sky.

How much time do you have?

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

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

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

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

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

Montsonís and its castle are ideal for understanding medieval rural life.
More information

Tourism promotion organisations

- Tarragona Provincial Authority Tourist Board
  www.costadaurada.info
  www.tarragonaotb.travel
- The Patronat de Turisme Costa Brava Girona
  www.en.costabrava.org
- The Patronat de Turisme (Regional Tourist Board) of the Diputació de Lleida
  www.aralleida.cat
- The Barcelona Provincial Council
  www.barcelonaesmoltmes.cat
- The Turisme de Barcelona Consortium
  www.barcelonaturisme.com
- The Patronat de Turisme Costa Brava Girona
  www.en.costabrava.org
- The Patronat de Turisme (Regional Tourist Board) of the Diputació de Lleida
  www.aralleida.cat
- The Barcelona Provincial Council
  www.barcelonaesmoltmes.cat
- The Turisme de Barcelona Consortium
  www.barcelonaturisme.com

Foreign branches of the Catalan Tourist Board

- Benelux
  info.act.bnl@gencat.cat
  +32 26 406 151
- Nordic Countries
  info.act.nordic@gencat.cat
  +358 40 7177 295
- France
  info.act.fr@gencat.cat
  +33 140 468 448
- United Kingdom
  info.act.uk@gencat.cat
  +44 20 7583 8855
- Central Europe
  info.act.de@gencat.cat
  +49 69 7422 4873
- Italy
  info.act.it@gencat.cat
  +39 02 873 935 73
- Spain
  turisme.blaq.mall@gencat.cat
  +34 915 241 000
- Russia
  info.act.ru@gencat.cat
  +7 495 567 1871
- China
  promotion.act.cn@gencat.cat
  +86 10 848 682 84
- Southeast Asia
  info.act.sea@gencat.cat
  +65 622 04 022
- United States of America
  info.act.usa@gencat.cat
  +1 212 782 3332
- South America
  info.act.latam@gencat.cat

Booksings

- Experience Catalunya
  https://experience.catalunya.com

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

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

Tourist information:
012 (Catalonia)
902 400 012 (outside Catalonia)
+34 902 400 012 (outside Spain)