MAMMA LOVES CATALONIA

The Mammaproof guide for Family tourism in Catalonia

Experiences of families who have visited and enjoyed Catalonia’s most family-friendly spots.

EDITED BY: IN COLLABORATION WITH:

#MAMMALOVESCAT #CATALUNYAEEXPERIENCE

*ENGLISH VERSION*
MAMMA LOVES CATALONIA
Mammaproof is so much more than a media outlet – it is a community of urban mothers and fathers that face logistical challenges head-on, and go out into the street to discover the world through their children’s eyes. And this guide is so much more than a means of promoting Catalonia – it is the real testimony of families who have visited, enjoyed and captured the more family-friendly side of Catalonia.

In this third edition, we have once again done what we do best: involve real families in a campaign to showcase places with a special, proven family friendliness. The places that feature in this guide are the places that we enjoyed most. Other places that we did not enjoy so much we then contacted with feedback to help them improve their services for families. With our experiences and our opinions, we hope to contribute to improving family-friendly tourism in Catalonia.

We are presenting you with an updated guide to new destinations, and we are once again sharing some of the reasons why #mammalovescat.

Come in, and make yourself at home in Catalonia.
Catalonia is a unique destination for family holidays due to its large cultural and natural attractions as well as the numerous leisure activities on offer. The Catalan coastline possesses numerous beaches equipped with services that cater for children. Plus, inland Catalonia is abundant with many protected natural spaces and areas of great interest famous for their unique flora and fauna.

The Platja en Família (Family-friendly beach holidays) and Natura i Muntanya en Família (Family Nature and Mountain) labels created by the Catalan Tourist Board (ACT). Family-friendly active holidays distinguish towns offering attractions and infrastructures that are appropriate for the needs of families. The towns have a range of certified establishments appropriate for family tourism, including accommodation, restaurants, leisure services and activities and/or cultural facilities that have been validated and verified by the ACT as being appropriate for children.

More information [here](#).

Catalan Tourist Board (ACT)
it’s what you see.
IT’S WHAT YOU FEEL.

Discover “The route of fate” at catalunya.com
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The place where we enjoyed an unforgettable family experience is set in a breath-taking natural environment of charming villages surrounded by vineyards and olive groves: the Natural Reserve of Tierras del Ebro (Terres de l’Ebre).

This area in the South of Catalonia is composed of four different regions: Montsià, Baix Ebre, Terra Alta and Ribera de l’Ebre. Here you will find a selection of the favourite plans we came up with during our trip. We hope you enjoy them!

1. Centro de interpretación de la miel
2. A hotel-village for families: the Hotel Vilar Rural in Arnes
3. Arnes village
4. A bike ride along the Vía Verde
5. A unique place to recover! The Bot train
6. A picnic and a bath in La Fontcalda
7. Culture fusion in Tortosa
8. Hiking in El Rincón de Marc

You can read all about the experience at mammaproof.org
1. **CENTRO DE INTERPRETACIÓN DE LA MIEL**

It is said that Arnes owes its name to the hives that once surrounded the village. Whether that is true or not, the “Centro de Interpretación de la Miel” has been created to strengthen and preserve the Arnes identity linked to this centuries-old tradition. It consists of different didactic and interesting spaces which, using the latest technologies, show us everything there is to know about the world of honey and bees in a dynamic and fun way. The centre helps us appreciate the important and necessary role that bees play in balancing our ecosystem.

2. **A HOTEL-VILLAGE FOR FAMILIES: THE HOTEL VILAR RURAL IN ARNES**

The Hotel Vilars Rurals is surrounded by olive groves and vineyards and is very close to the centre of Arnes. This small village is ideal for families with kids and there are lots of activities and services for the little ones: a farm, vegetable garden, kids play area, cinema or a heated swimming pool among others.

3. **ARNES VILLAGE**

Arnes has been declared a village of cultural interest* due to its unique architecture: it maintains the original structure of its medieval city and there are archaeological remains of the fortress and castle. Its palace is also a landmark building from the Catalan Renaissance which is used today as the Town Hall. The baroque church of Santa Magdalena cannot be missed either.

(A category of the Cultural Heritage System in Spain)

4. **A BIKE RIDE ALONG THE VÍA VERDE**

Cycling the 24 kilometres that separate Horta de Sant Joan from Benifallet is an authentic delight. The path follows an old railway line and is slightly downhill which makes the ride much easier. It is an excellent way to discover this spectacular natural environment and all its overwhelming beauty!
Here the kids - and indeed the not so young - will definitely want to take a break. The owner explained to us that when he saw this old railway car up for sale, her husband had the great idea of turning it into a cafeteria. A railway car turned into a charming bar and cafeteria for everybody who’s out walking or cycling the Via Verde. It is a very charming place and its coffee is not be missed!

A PICNIC AND A BATH IN LA FONTCALDA

The natural pools in La Fontcalda are located along the route of the Via Verde, surrounded by a spectacular landscape. It is a fantastic place for a picnic and to cool off in the waters of the natural hot springs. If you visit it on a hot day, you’ll not be able to resist the temptation of having a splash in the water!

CULTURE FUSION IN TORTOSA

It has been said that Tortosa is one of the few places where the three great cultures coexist in the Peninsula: Christians, Muslims and Jews. Moreover, the Greeks, Romans, Phoenicians and Visigoths also left their footprint on the city. This rich cultural legacy makes Tortosa a must-see if you are close to Las Tierras del Ebro.

HIKING IN EL RINCÓN DE MARC

The Natural Park dels Ports (between Catalonia, Valencia and Aragon) offers many routes of different levels. El Rincón de Marc is a route that lets you admire the beauty and natural wealth of this marvellous Natural Park. Be attentive and quiet, if you are lucky you’ll even see the authentic Hispanic Pyrenean Goat!
The Noguera Pallaresa area was a great discovery for all of us. Getting to know the interior of Catalonia let us see some really impressive landscapes. There are lots of activities for families, all year round. Snow sports, strolling through medieval villages, picking mushrooms in the woods, a visit to the Natural Park of Alto Pirineo. There’s no doubt about it, it’s a fantastic tourist choice, for family and friends! We especially loved being in contact with nature and getting to know a bit more about shepherding. We’re looking forward to visiting Sort and Llavorsí again!

1. Hotel Riberies
2. Llavorsí
3. Eco museum of la Vall d’Ássua
4. Museum of salt
5. Jardín de rocas
6. 4X4 excursion
7. Comes de Rubió mountain shelter
8. Visit The La Borda de Macià Farm

You can read all about the experience at mammaproof.org

2019 NEW DESTINATION

PIRINEUS
NOGUERA PALLARESA
1

**HOTEL RIBERIES**

A family hotel surrounded by nature. Here you can really get away from the madding crowd! It has cozy rooms, nice food and it has a fantastic location. A perfect starting point for visiting lots of places in the region or enjoying activities such as horse riding, rafting or hiking.

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2

**LLAVORSÍ**

A small town set amid three large valleys: Valla d’Àneu, Vall de Cardós and la Valfarrera. It is well worth walking through its narrow streets and enjoying the beautiful stone houses, typical of this area. You will feel you’re in the middle of a fairy tale!

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3

**ECO MUSEUM OF THE SHEPHERDS OF LA VALL D’ÁSSUA**

An extremely complete visit to better know the work of shepherds, the school of shepherding and the unique “xisqueta” sheep. This museum has a “Family Tourism” certificate and we were able to take part in a workshop with wool. The kids enjoyed it so much!

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4

**MUSEUM OF SALT**

What a surprise! Did you know there are indoor salt mines? In this great experience we learned all about how they produce salt from the salt mines of Gerri. In addition, the museum is located in a building that has been a salt warehouse since the Middle Ages. It also is the largest civic building in the Pallars.
In the Natural Park of the Alto Pirineo (High Pyrenees) you will find the Jardín de Rocas. This is an open-air museum where you can learn all about the geological heritage of this area. It is in the Valle de Siarb where the highest inhabited village of Catalonia is located (so just imagine the breath-taking views you get from up there).

**JARDÍN DE ROCAS**

Without a doubt the best way to explore the region! We got on a 4x4 with somebody who knows every single inch of the Natural Park of Alto Pirineo. Furthermore, the guide taught us how to identify animal tracks and we picked mushrooms in the forest. What a great plan for a family! Once we left Sort we were able to enjoy astonishing views of the valleys and the mountains.

**4X4 EXCURSION**

A place with special charm and a starting point for lots of activities in the area: hiking, snowshoeing, horse riding tours, mountain bike... The perfect place to stop to warm up and enjoy some traditional mountain food. Up to 50 people can sleep here!

**COMES DE RUBIÓ MOUNTAIN SHELTER**

The activities organized by Casa Macià are perfect if you like to be in contact with farm animals: goats, sheep, horses... They also have a small observatory that lets you admire the most timid animals at night, such as roe deer or foxes. Another activity they offer is using GPS to go in search of wild animals.

**VISIT THE LA BORDA DE MACIÀ FARM**

**VISIT SORT**

**CASA MACIA**
Very close to Barcelona, the towns of Vilanova i la Geltrú, El Vendrell and Castelldefels have a great deal to offer family tourists, with the beach as their main attraction. Museums for everyone, cultural visits brimming with history, leisurely walks along their long beaches. You’ll find a wealth of plans that are perfect for enjoying with your tribe.

1. Sail along the Mediterranean coast
2. Visit Catalonia Railway Museum
3. Discover the world of animals
4. Family visit to Pau Casals Museum
5. Year-round fun at the beach
6. Castelldefels Castle
7. Activities for everyone on the Olympic Canal

You can read all about the experience at mammaproof.org
1. **SAIL ALONG THE MEDITERRANEAN COAST**

Go out to sea, close your eyes and feel the wind on your back. Take a sail boat with a skipper at the helm, skirting the coast of Vilanova i la Geltrú until you get to Sitges – or head to a destination of your choice! It’s a wonderful, unique way of enjoying the sea and breathing in the fresh, salty air.

2. **VISIT CATALONIA RAILWAY MUSEUM**

Experience a journey back in time, where you will discover more than fifty vehicles of all kinds (passenger carriages, electric locomotives and more). Located in the city’s former steam locomotive depot, the Railway Museum captivates kids and parents alike.

3. **DISCOVER THE WORLD OF ANIMALS**

Explore this home for animals located in an area classified as a refuge for wild animals and agricultural protection. Private tours, children’s visits, solidarity days and parties and anniversaries – anything and everything can happen at La Bassa.

4. **FAMILY VISIT TO PAU CASALS MUSEUM**

The home of Pau Casals is the perfect place to introduce your kids to a bit of music and culture. Accessible and easy to visit, you can see Casals’ instruments, breathe in the atmosphere of the still-intact rooms, and hear about his artistic legacy. It’s a real treat for the senses.
5

YEAR-ROUND FUN AT THE BEACH

Castelldefels has almost 5 km of beach, making it the ideal spot for activities all year round, and not just in the summer! There is a wealth of beach bars, a children’s library, water sports, kids’ activities, parks and walkways to the sand.

6

CASTELLDEFELS CASTLE

Relive the history of Castelldefels through its wonderful castle. Easily accessible and not too large, the castle is just the right size to visit with kids. It is surrounded by extensive gardens that often provide the backdrop for concerts, parties, shows and period plays.

7

ACTIVITIES FOR EVERYONE ON THE OLYMPIC CANAL

Castelldefels Olympic Canal is 1250 m long, and is great for all kinds of family activities, from bike circuits or skating through the canal ring to white water slalom or kayaking on the canal itself. They even have an inflatable water park!

All of the information you need to design your own adventure here:
www.vilanovaturisme.cat
www.elvendrellturistic.com
www.castelldefelsturisme.com

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La Vall d’en Bas is located in the Garrotxa region. A little over one hour away from Barcelona, it is a great place to visit with children and get in touch with nature, walk and breathe in the fresh country air. Surrounded by hills and rocky peaks such as Cabrera dels Llancers, Freixeneda and Puigsacalm, La Vall d’en Bas stands out as a plateau, and boasts one of Catalonia’s most fertile soils. A valley with exceptional natural and social wealth, filled with culture, history, agriculture and farming, it’s got something for everyone!

1. A masia with a playroom
2. Visit a dairy farm
3. A walk through Pedra Tosca Park
4. Artisanal cheesemaking and tasting
5. Cycle along the Carrilet greenway
6. Explore a picture-postcard village
7. Verntallat Children’s Park
1. **A MASIA WITH A PLAYROOM**

Mas Rubió is a rural masia (Catalan farmhouse) dating from the 17th Century, located in the town of Joanetes. It has great transport connections, stunning views, a very friendly service, and food to die for. You’ll feel right at home, and kids will be fascinated by the old stables, which have been converted into a delightful playroom.

2. **VISIT A DAIRY FARM**

Mas Coromina dairy farm offers just the ticket if your kids fancy the idea of feeding cows, petting the newborn calves, watching the cows being milked and enjoying a delicious selection of their dairy produce. It’s a great activity that always goes down a treat with children.

3. **A WALK THROUGH PEDRA TOSCA PARK**

Pedra Tosca Park, winner of the Rosa Barba European Landscape Award for its beauty, is a unique rural environment created with the aim of recovering, restoring and consolidating the work of our forefathers, 150 years after the land was farmed and then abandoned. Enjoy walking, cycling or riding a ruc català (Catalan donkey)!

+ Info

www.vallbas.cat/turisme
If you choose to stay at the wonderful country house of La Xiquella, you’ll be able to learn about artisanal cheesemaking processes, as well as being lucky enough to taste them, make out their distinguishing features, and most importantly, pair them with a good wine!

For lovers of family cycling, there is nothing that beats having a via verde or greenway on the doorstep of your accommodation. Don’t miss the chance to go on the Carrilet Route from Olot to Girona, which passes right in front of La Xiquella country house.

The centre of this picturesque village has been declared a Historic-Artistic Monument, and its main street leads you through houses adorned with flowers on their wooden balconies – an image reproduced by countless painters and photographers.

Verntallat is the agricultural cooperative of the Vall d’en Bas area, located in the very centre of the valley, where the region’s agricultural and farming activities are concentrated. It has a great children’s park, a bar, a restaurant and an organic and eco shop. On all its premises, you will be served local produce.
Located 2,000 metres above sea level, La Vall de Núria is a Pyrenean valley in the province of Girona, accessible via a rack railway. It is the perfect destination in any season, attractive for both winter sports lovers and anyone who enjoys hiking in the mountains.

1. Reach an altitude of 2,000 metres by rack railway
2. Stay at a 3-star hotel at the foot of the slope
3. Learn to ski as a family
4. Enjoy the snow without the skiing
5. Night-time snow-grooming tours
6. The history of a mythical shrine
7. Hiking for everyone
8. Visit “La Geperuda”

You can read all about the experience at mammaproof.org
1. **Reach an Altitude of 2,000 Metres by Rack Railway**

Grab your bags and leave your car behind, along with the stress and the pollution. To reach Núria, especially in the winter, you can only go by rack railway. The journey is 12.5 kilometres long and the climb totals 1,059 metres. The first 5.5 kilometres operate as a traditional rail system, whilst the rest operates as a rack railway, overcoming a maximum incline of 15%. Ready for the climb? It’s a treat to watch the landscape change, from the villages of Hostalets d’en Bas and Queralbs to the valley covered in Pyrenean vegetation.

2. **Stay at a 3-Star Hotel at the Foot of the Slope**

Few hotels can boast a ski slope with a direct, pedestrian access from their facilities. For lovers of the sport, if you come as a family, this accommodation gets bonus points for ease and comfort. If you also want to spend some time with your partner, your kids can enjoy activities in the Cau de la Marmota play area with a great instructor.

3. **Learn to Ski as a Family**

The ski slopes of the Vall de Núria ski resort might not be all that attractive to skiing pros or expert aficionados. However, if you are looking to learn, fall over and get back up again (and again, and again!), you’ll find no better ski slope in Catalonia! Why? Because it is easy to access, has excellent facilities and great ski instructors, who make your enjoyment an absolute priority. If you are starting out in the snow, your best bet is to take some family classes.

4. **Enjoy the Snow Without the Skiing**

For families who are not all that bothered about skiing, the Vall de Núria resort offers a fun play park. It’s perfect for enjoying a whole range of activities in the snow: tubing, balance games, ziplining and wall climbing are just some of the activities on offer.
To understand the difficult task of creating and maintaining the snow in a ski resort, there is nothing better than going on a snow-grooming tour with a guide on the closed slope. Just before dinner, the guide will propose a toast with cava atop the Pic de l’Àliga peak. As you go down, night falls and you will see wild mountain animals crossing your path.

The History of a Mythical Shrine

They say that Sant Gil (Saint Giles) lived in the valley, converting local shepherds to Catholicism. Legend has it that the saint sculpted a figure of the Virgin Mary and hid it in a cave, fleeing the Arab invasion. Next to the Virgin, he also hid the pot he used to cook in, the cross that presided over his prayers, and the bell he used to call shepherds in to eat. You can now visit the shrine with the relics and the cave where the saint is said to have stayed. Some believe the relics are miraculous, and they are said to help women with fertility problems.

Hiking for Everyone

Spring and summer are the perfect seasons for a spot of mountain hiking. La Vall de Núria offers routes for all levels and difficulties, perfect for kids just starting out as well as more experienced hikers who are looking to conquer a peak or two. In the spring, with the colourful burst of flowers and greenery, families can play the game of trying to find the symbol of the Valley: the yellow Turk’s cap lily.

Visit “La Geperuda”

For those who are passionate about railways and all things train-related, we recommend a free visit to the rack rail exhibition at the Ribes Vila station. The period wagons include one called “La Geperuda” (the hunchback), which worked by pushing the carriages from behind.
The Muntanyes de Prades or Prades Mountains are full of contrasts – a protected forest, an imposing monastery, vast vineyards, and a prehistoric cave can all be found side by side in this area. That’s why it is perfect for visiting with kids, because there will always be something to surprise them. Some 120 km from Barcelona, the Conca de Barberà region provides a heady mix of culture, tradition and nature in equal parts. It seems incredible that we have such a great family destination within reach, one that has managed to remain uncrowded, and offers such a varied choice of activities.

1. The mushroom routes in Poblet Forest
2. Watch a live demonstration of glass-blowing techniques
3. Magic, History and Tradition at Poblet Monastery
4. Gourmet Menu and games at the Hostatgeria de Poblet
5. Discover hidden natural treasures in an off-road vehicle
6. A walk through the rural past of the area
7. A journey to the prehistory of the L’Espluga Caves
8. Tuck in at the Simó de Palau Restaurant

You can read all about the experience at mammaproof.org
1. **THE MUSHROOM ROUTES IN POBLET FOREST**

Poblet offers four fungi hunting routes, which feature mushrooms painted over groups of tree-trunks – just look at them from the right angle, and you’ll see the picture of the mushroom come together, telling you which local species grow in that specific spot. You’ll pass century-old trees as you fill your basket with pinecones and chestnuts.

2. **WATCH A LIVE DEMONSTRATION OF GLASS-BLOWING TECHNIQUES**

At the Vimbodi-Poblet Museum and Furnace you can watch a live demonstration of glass-blowing by a master glassmaker. It’s a real art form! The pieces can be purchased in the museum, which also hosts an exhibition explaining the history of the local industry through glass objects.

3. **MAGIC, HISTORY AND TRADITION AT POBLET MONASTERY**

The Reial Monestir de Santa Maria de Poblet, declared a World Heritage, is a monument exuding magic, history and tradition, which will captivate children and adults. The kings and queens buried here, the kitchen and the outdoor patio are always favourites with the children.
**4 GOURMET MENU AND GAMES AT THE HOSTATGERIA DE POBLET**

They offer a gourmet menu and a kids’ menu. We recommend going for the admission ticket and menu package – the food is tasty and it works out cheaper that way. The games corner is perfect for the young and also the not so young. If the weather is nice, kids can also play freely in the patio at the back.

![Image](image1)

**5 DISCOVER HIDDEN NATURAL TREASURES IN AN OFF-ROAD VEHICLE**

They say that in Poblet every corner has a story and every story has a corner. Discover them all in a guided tour in an off-road vehicle: vineyards, grain fields, olive trees, hazelnut trees, aromatic plants, forests and mountains all fit into an hour and a half. Be sure to check out the view from the Mirador de la Pena lookout.

![Image](image2)

**6 A WALK THROUGH THE RURAL PAST OF THE AREA**

The Museum of Rural Life is a huge site, covering some 4,000 m². It is an old ancestral home – a casa pairal – housing tools, furniture, clothing and other objects from the area’s rural past. Through these objects, aided by audio-visual support, kids can learn and observe traditional trades.

![Image](image3)

**7 A JOURNEY TO THE PREHISTORY OF THE OF L’ESPLUGA CAVES**

In these natural caves, you can tread on the same floor as our prehistoric ancestors. Audio-visual projections, replicas of objects and real-life figures explain the history of these caves – the site of settlements from Palaeolithic times to the Iberians of Pre-Roman times. Children aged 8 and over can also enjoy their ‘Adventure tour’ through the caves.

![Image](image4)

**8 TUCK IN AT THE SIMÓ DE PALAU RESTAURANT**

If you are also looking for a restaurant in L’Espluga de Francoli, you can do no better than the Simó de Palau Restaurant. It is a spacious spot, fantastic for families with children. The food is local and of excellent quality. They offer one-plate meals for kids, but they adapt their menu according to needs and seasonal produce.

![Image](image5)
Located in the centre of the Gulf of Roses, the town of Sant Pere Pescador offers visitors a whole range of options for family leisure. The beach, the river and the Aiguamolls de l’Empordà Natural Park provide perfect settings for fantastic sports activities, perfect for adventure-seeking families.

1. Bird watching while kayaking along the Fluvià River
2. Much more than a campsite
3. A visit to the Natural Park
4. Spectacular beach
5. Sail along the river
6. Discover the ruins
7. Sant Pere Pescador by bike

You can read all about the experience at mammaproof.org
Kayaking is also a great adventure for kids, and in this case the plan also includes bird watching. You’re sure to see a family of ducks swimming along the river with ducklings.

Staying at La Ballena Alegre campsite will change your idea of what camping can be. Its fully equipped bungalows and fantastic common areas and pools make this campsite the perfect choice for family accommodation.

Els Aiguamolls de l’Empordà Natural Park is a protected area that includes wetlands where several species of birds nest and breed. One of the routes is accessible to people with reduced mobility and visitors with pushchairs.
Sant Pere Pescador has the only beach on the Costa Brava with 6 km of pristine sand dunes. Here, in addition to enjoying the lovely water, you also can rent sail boats and skates, and have a drink at one of the bars.

A really pleasant, easy bike route that starts near the Fluvià River, takes you up to the beach, and continues through the extensive fruit orchards.

Sant Pere is bordered by the Fluvià River, a great spot for family sports and activities such as sailing, catamaranning, windsurfing and paddleboarding.

Visit the Ruins of Empúries, located just a few steps away from the beach and discover the remains of Greek and Roman civilisations that came through here. This is an incredible, unmissable experience for families holidaying in Sant Pere Pescador and beyond. They have audio guides available, which will enlighten you on every little detail.

A really pleasant, easy bike route that starts near the Fluvià River, takes you up to the beach, and continues through the extensive fruit orchards.
You don’t have to go far to enjoy coves with white sand, turquoise water and Mediterranean vegetation. On this occasion, we are taking you to a series of coastal spots which boast the The Platja en Familia (Family-friendly beach holidays) seal, thanks to the range of infrastructures and services on offer adapted to the needs of families. Blanes, Sant Feliu de Guíxols, Castell-Platja d’Aro and Lloret de Mar are the first towns along this rural, seafaring coast so wonderfully described by the poet Ferran Agulló.

1. Climb to the top of Sa Palomera
2. Family gymkhana in Blanes
3. Learn about botany at the Marimurtra Botanical Gardens
4. Twilight at the gardens of Santa Clotilde
5. Strip off at Sa Boadella
6. A walk down the Camí de Ronda footpath
7. Catamarans for newbie sailors
8. Zig-zagging through the winding streets of a medieval village
9. Miniature steam locomotive
10. Cycle along a via verda to the sea

You can read all about the experience at mammaproof.org
1. **CLIMB TO THE TOP OF SA PALOMERA**
This promontory is considered to be the starting point of the Costa Brava. If you are visiting Blanes, you must climb it or go up the stairs. Many couples have sworn each other eternal love at the lookout, if the huge number of locks decorating the rusty railing is anything to go by!

2. **FAMILY GYMKHANA IN BLANES**
Starting at the Tourist Information Office, this family gymkhana activity will bring you closer to the interesting facts about Blanes, its architecture, its history, its fauna and flora. A game of clues conceived for children aged 8 to 12.

3. **LEARN ABOUT BOTANY AT THE MARIMURTRA BOTANICAL GARDENS**
Get the train at Blanes promenade to reach this marvellous botanical garden created thanks to the passion for plants of a German humanist entrepreneur by the name of Karl Faust. We recommend a guided tour with one of the instructors to fully appreciate the variety and richness of this natural landscape.

4. **TWILIGHT AT THE GARDENS OF SANTA CLOTILDE**
A romantic garden with sublime statues, lookouts to the typical Costa Brava cliffs and hundreds of paths where your kids can run around and/or play at being botanists, guessing fragrances and flowers.

5. **STRIP OFF AT SA BOADELLA**
A picture-perfect naturist beach with stunning rocks that protect it from the Mediterranean Sea when it gets rough. Easy to access from the car park at the Santa Clotilde Gardens, this beach also has a chiringuito or beach bar where families will find something to eat and drink.

6. **A WALK DOWN THE CAMÍ DE RONDA FOOTPATH**
We recommend starting off with a refreshing plunge in the waters of Sant Pol Beach and then start a walk with the kids that lasts approximately two hours, stopping off at little coves along the way, full of passageways, lookouts and magnificent houses to admire.
Between Girona and Sant Feliu de Guíxols there is a via verda, or greenway, known as ‘El Carrilet’, which was also the name of the old narrow-track train that was the preferred means of transport for Girona locals looking to get to the beaches of Sant Feliu. Nowadays, families can enjoy cycling along all of its 54 km, with minimal difficulty.

Beachfront facilities with hammocks, trampolines, buckets and spades in a chill-out atmosphere that will make the kids feel right at home. This school organises summer camps, rents out kit and also hires out catamarans for newbie sailors, accompanied by an instructor.

Take a walk through the stone-built streets of this gorgeous medieval village, which will lead you past lanes, castles and an old dolls museum. If it’s Christmas time, you will be treated to one of Catalonia’s most beautiful living Nativity scenes.

Before tourism arrived here, there was a train that brought coastal towns fresh produce from inland areas. The station of Castell-Platja d’Aro has been maintained as the home of a miniature replica of the steam locomotive that used to go to Sant Feliu de Guixols. On Saturday, an aficionado starts it up to the great delight of the little ones.

Between Girona and Sant Feliu de Guixols there is a via verda, or greenway, known as ‘El Carrilet’, which was also the name of the old narrow-track train that was the preferred means of transport for Girona locals looking to get to the beaches of Sant Feliu. Nowadays, families can enjoy cycling along all of its 54 km, with minimal difficulty.
The green vegetation and the intense blue of the sea make for a stunning combination of different, rich habitats, both coastal and inland. In addition to this wonderful landscape, visitors can enjoy an architectural heritage that boasts an impressive group of medieval buildings. Its paradisiacal beaches have everything to make them welcoming, with plenty of services and activities specially conceived for children. The northern Costa Brava is, without a doubt, a great family destination.

1. Cultivating vineyards and fruit trees respecting the rhythms of nature
2. Play ‘Pony Games’
3. Wow, just look at the bottom of the sea!
4. Enjoy history and nature
5. Discover oases for kids
6. Breath-taking panoramic views
CULVATING VINEYARDS AND FRUIT TREES RESPECTING THE RHYTHMS OF NATURE

Learn with farmers that safeguard a family-based, traditional approach to agriculture, focused on home-grown crops and direct, producer-to-consumer sales. Family hiking among vineyards looking out to the sea, fruit trees and vegetable gardens. Agritourism in its purest state, to the rhythm of the tramuntana, or northerly, wind.

PLAY ‘PONY GAMES’

Discovering the Les Gavarres Area of Natural Interest on horseback is an unforgettable experience. For aspiring horse riders, the Hipica Unicorn equestrian centre offers you the chance to test your skills by playing the ‘Pony Games’. It may be the start of a great friendship!

WOW, JUST LOOK AT THE BOTTOM OF THE SEA!

An outing in a glass-bottom boat is just the thing to make the marvels living at the bottom of the sea more accessible to kids. And what better place to do it than the Medes Islands, with their wonderful natural heritage bursting with biological and ecological richness— it’s a real sight for sore eyes!
4

**ENJOY HISTORY AND NATURE**

An archaeological park of great historical and cultural value, the Ciutadella de Roses, with its wonderful natural setting, is perfect for a history lesson that proves fun and pleasurable for people of all ages.

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5

**DISCOVER OASES FOR KIDS**

The Roses promenade features kids’ play areas located just a few steps away from the sea – real life-saving oases for kids, just the ticket for taking a small and well-needed break from your tourist schedule. Any kids’ play park, however simple, acquires a special character in such an idyllic spot.

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6

**BREATHTAKING PANORAMIC VIEWS**

Extraordinary views that will truly take your breath away. The Roses Express allows all of the tribe to enjoy a beautiful combination of lush greens and different hues of blue. A very comfortable way of enjoying the incomparable beauty of Roses and Cape Creus. Top it off by having a picnic on the highest mountain of Cape Creus. Enjoy!
The Prades Mountains are a site of great natural beauty, perfect for cycling among green mountains, passing through charming villages and discovering fountains, waterfalls, valleys and mountains with a great variety of habitats and landscapes. Located very near an area famous for its beaches, the Costa Daurada, this impressive nature spot offers visitors the chance to explore forests and waterfalls only a few kilometres from their favourite beach.

1. Go deep into a fairy forest
2. Visit an enchanted village
3. Learn about the history and monuments of Prades through a gymkhana competition
4. Cycle through the villa roja and its mountains
5. Non-stop climbing
6. Plunge into a swimming pool in the forest
7. Explore Sesame Street with Bert and Ernie

You can read all about the experience at mammaproof.org
**1. Go deep into a fairy forest**

From Capafonts you can go on a trip to explore the wildest Mediterranean mountains. The signs guide you towards the heart of the forest and lead you to rivers and landscapes straight out of fairy tale books. The lush greens of the route provide our lungs with a much-needed breath of fresh air, and the crystalline waters never fail to captivate visitors. We recommend going at least as far as Les Tosques via the ‘Camí de la Llúdriga’, or Otter Trail.

**2. Visit an enchanted village**

Those who visit La Mussara will be greeted by mist and curves. Abandoned since 1959 and located at an altitude of 990 metres in the heart of the Prades Mountains, this place brimming with legends offers wonderful, enchanted views of El Camp de Tarragona.

**3. Learn about the history and monuments of Prades through a gymkhana competition**

Why is Prades known as the villa roja, or red town? What is special about the fountain in the centre of the Plaça Major, the town square? What happened to its castle? Grown-ups and kids will form teams or groups that will investigate and show their knowledge in this fun family competition.

**4. Cycle through the villa roja and its mountains**

The landscape is a blend of red hues and lush greens. A warning to city cyclists – if you are using kids’ seats, you’ll be putting your legs to the test! Perfect for active families who are fans of cycle paths that run through lush forests and lead to lovely picnic areas.

+ **Info:**
  - www.muntanyescostadaurada.cat
  - www.portaventuraworld.com
5 NON-STOP CLIMBING
Mas Fortet offers a whole range of sports options. There is no danger of boredom in this restored 18th-century country house converted into a summer camp venue. You can choose to go on day trips around the surrounding area, or practise archery or the highly addictive sport of climbing. Kids always get a new burst of energy when they are having such a great time.

6 PLUNGE INTO A SWIMMING POOL IN THE FOREST
The River Brugent has a hidden treasure: the Toll de l’Olla, a kind of basin or ‘pot’ (olla) formed by the erosion of the river waters. A natural swimming pool in the middle of the forest – the perfect place to cool off just a few kilometres away from Farena, a charming stone-built village.

7 EXPLORE SESAME STREET WITH BERT AND ERNIE
Tribes who love Sesame Street can make the most of the proximity of the Prades Mountains to the PortAventura theme park. Here they will find SésamoAventura, a theme area devoted to Bert, Ernie and their friends – for fans all ages and sizes!
Located in the Pyrenees in Lleida, Valls d’Àneu provides active families with a real natural paradise that includes charming traditional villages, valleys, rivers, pine forests and a landscape which is forty per cent alpine. An ideal break for active families who love nature and sports all year round, because when the winter sports season finishes, water sports and trout fishing take over. This family-oriented, multifaceted destination will please everyone!

1. Learning to ski as a family
2. Snow-tube races
3. Fill your boots tucking into wild boar like Asterix and Obelix!
4. Walk to a glacial lake
5. Caring for wild animals
6. Visit the home of the brown bear
7. Imagine life in a traditional mountain house
8. Trout fishing in the Noguera Pallaresa
9. Water sports on Lake Torrassa

You can read all about the experience at mammaproof.org
1. **LEARNING TO SKI AS A FAMILY**

Choose your boots, carry your kit to the piste, go up in the ski lift and down snowplough turning – you’ll learn about this and a great deal more with an instructor in a small group. The green ski slope beside the ski lift exit is perfect for learning to ski with your family.

2. **SNOW-TUBE RACES**

If you want to enjoy the pleasure of sliding on the snow but don’t feel like skiing, just hop on a ski lift to the Amusement Area at the Espot Esqui ski resort, where you will find sleds and snow-tubes for sliding down the snow and have a blast with the kids. Useful tip: don’t forget to use your feet to brake!

3. **FILL YOUR BOOTS TUCKING INTO WILD BOAR LIKE ASTERIX AND OBELEX!**

If you have little foodies in your family, they are bound to fill their boots with the excellent game served here in the mountains. For those after more traditional dishes, you’re always safe choosing a tasty escudella stew, served at your discretion in an earthenware dish perfect for keeping in the warmth and aromas.

4. **WALK TO A GLACIAL LAKE**

The lake of Sant Maurici is at an altitude of 1,910 m, at the bottom of a cirque glacier. The walk from the car park to the lake takes about 2 hours with kids, so if they are not used to walking, you can hire a 4x4 taxi service that leaves you at the lake for €4.35 per leg. Taxis go out every hour on the hour.

5. **CARING FOR WILD ANIMALS**

In small groups, accompanied by a carer, you can help prepare food for the different wild animals living in this centre. You may see bearded vultures, lynxes, wild roosters, badgers, roe deer and genets. All of the animals you will see here are in their natural (although enclosed) habitat, to favour the mating and protection of the species.
VISIT THE HOME OF THE BROWN BEAR

Casa Sastrès, in Isil (Pallars Sobirà), as the first interpretation centre about this species in Catalonia, has become the home of the Pyrenees bear. Visiting this centre is an invitation to find out more about the brown bear and learn about its territory. We recommend going on one of the hikes suggested, which start at the Museum House.

IMAGINE LIFE IN A TRADITIONAL MOUNTAIN HOUSE

The Valls d’Àneu Ecomuseum is located in Casa Gassia, a traditional house in the old village of Esterri d’Àneu. The site has been restored so that visitors can get a glimpse into family life in mountain villages, without electricity, running water or toilets. The visit is an excellent chance to reflect on our own way of life, which is easy and abundant and often makes it easy to forget the value of natural resources.

TROUT FISHING IN THE NOGUERA PALLARESA

At the start of the season, the banks of the Noguera Pallaresa fill up with families itching to practise their favourite sport, fishing. Equipped with rods, hooks, bait and casting techniques, they compete to get their hands on the king of the river – the trout.

WATER SPORTS ON LAKE TORRASSA

When the weather is good, Lake Torrassa is perfect for family water sports: kayaks, canoes and pedal boats are just some of the refreshing options we recommend for families who love mountains and water.
The ruins and monuments along the Costa Daurada testify to the importance of the area at different points in time. It also boasts castles brimming with history, leafy pine forests with views of the sea and Camí de Ronda coastal paths that lead to stunning coves. The sea is warm, with crystalline, calm waters that invite us to dip in again and again. In the horizon you can catch a glimpse of the gleaming metal sculptures of its theme parks. Welcome to the Costa Daurada!

1. A wooden walkway floating on the sea
2. The fountains beckon you to play
3. A walk among the olive groves
4. Cambrils by train
5. Admire the Costa Daurada from the Mediterranean
6. Visit the city of the Iberians
7. Cool down sailing, kayaking or bodyboarding
8. Visit Hawaii on the Costa Daurada
9. Open-air spa
10. Boat ride at Port de la Drassana

You can read all about the experience at mammaproof.org
A wooden walkway allows you to ‘float on the sea’, along a path that unveils the hidden beaches and coves of the beautiful area of Cape Salou. Take a walk along the Camí de Ronda in Salou, when the light at the end of the afternoon reminds us why the area is known as the ‘golden coast’!

Salou is the town of fountains – lit fountains, ornamental fountains, cybernetic and maze-shaped fountains. Water, light and sound play is part of dusk in Salou. Who could resist taking a walk through a water maze?

This is a very different adventure park, located among hundreds of olive trees, which, with its organic vegetable garden, bridges and zip-lines, makes for a sustainable leisure option that is a hit with people of all ages.
6 VISIT THE CITY OF THE IBERIANS

Experience the life of the Iberians thanks to a careful on-site reconstruction of the sites at the Iberian Citadel of Calafell. Among stones, shields and earthenware bowls, the entire tribe will enjoy a fun history lesson.

7 COOL DOWN SAILING, KAYAKING OR BODYBOARDING

A typical postcard from Calafell might feature fine sand, transparent waters and colorful sails. On the beachfront you will find all of the services you need to make the most of that very appealing sea.

8 VISIT HAWAII ON THE COSTA DAURADA

At Aquapolis, located at La Pineda Platja, you’ll find the perfect beach for the entire tribe. Aloha Beach is a beautiful beach that recalls Hawaii, with its palm trees, fine sand and thatched tiki umbrellas, transporting you to a distant, exotic coast.

9 OPEN-AIR SPA

In a theme park perfect for those who love relaxing in water as well experiencing thrills, you can also choose to enjoy an open-air spa. Geysers, hot tubs, benches and hammocks for grown-ups and kids to enjoy and relax.

10 BOAT RIDE AT PORT DE LA DRASSANA

PortAventura is brimming with attractions, stimulation and activities for all ages. If you are visiting with young kids, we recommend resting your legs a little by going for a boat ride at the pleasant Port de la Drassana (in the Mediterranean theme area).
COSTA BARCELONA

Try a route around the towns of Calella, Pineda de Mar, Santa Susanna and Malgrat de Mar, which proudly boast The Platja en Família (Family-friendly beach holidays) label – four towns with top-quality beaches, a wide variety of sports on offer, and great connections with Barcelona.

TESTED BY
ANA
De Mammaproof
Barcelona

You can read all about the experience at mammaproof.org

1. Stay at a beachfront hotel with a pool and a kids club
2. A ride in a horse-drawn cart
3. Views from Calella lighthouse
4. A guided tour around El Montnegre i el Corredor Park
5. Dip in the sea and climb at Cala Rocapins
6. Visit an air-raid shelter
7. A play session at Francesc Macià Park
8. Foam party at a mini club for kids
You don’t need to get on an airplane to find a beachfront hotel with a pool, a kids club, and an all-inclusive board option. You’ll find great hotels that take into account all the needs of families without leaving the coast of Barcelona.

**Can Mestres** is an 18th-century country house located in the area immediately surrounding El Montnegre i el Corredor Park, which offers families rides on a horse-drawn cart along Santa Susanna, the lakes of El Montnegre and the Chapel of Sant Rafael. Kids will enjoy the option of hooking a carriage onto the cart, and riding Wild West-style!

**Located on a promontory 50 metres above sea level, the walk on foot to this lighthouse is well worth it if you want to appreciate the views of the whole coast of Barcelona.** The light of this lighthouse is still used for navigation by sailors, who know it for its flashes, 3 and 2, every 30 seconds.

**A guided tour around El Montnegre i el Corredor Park**

A route through pine forests that go all the way down to the sea, led by an expert in local nature trained at the ENC, the El Corredor Nature School. The tour lasts 3–4 hours and we recommend taking appropriate footwear, plenty of water and all of your enthusiasm for discovering and enjoying the Park’s landscapes and most beautiful spots.
DIP IN THE SEA AND CLIMB AT CALA ROCAPINS

This forms part of the Platja de les Roques group of coves. From the lighthouse car park you can follow a track that will take you to the cove, which is famous for its climbing wall. So, as well as improving their climbing skills, children can cool off by plunging into the crystalline waters of the Mediterranean.

VISIT AN AIR-RAID SHELTER

The Dalmau Park air-raid shelter forms part of Catalonia’s network of historical memory sites. The site has been converted into a museum, complemented by explanatory panels and a series of audiovisual war testimonies, in which different people from Calella share their experiences from the Civil War and the post-war period. Very moving.

FOAM PARTY AT A MINI CLUB FOR KIDS

During the months of July and August, families can enjoy the fun Astillero Beach in the town of Malgrat de Mar, with chiringuitos (beach bars), activities and a kids’ mini club within the pine grove. The area is right in front of the Sant Roc shopping centre, and has games and workshops for kids with supervisors. It is open to the public from Monday to Sunday, from 11 am to 2 pm and from 4 pm to 6 pm. The foam party held every Friday morning provides the icing on the cake.

Build your own adventure using the information you will find here:
www.turismemalgrat.com
www.stasusanna-barcelona.com
www.pinedademarturisme.com
www.calellabarcelona.com
VALL DE BOÍ

An exceptional Romanesque site declared a UNESCO World Heritage site; a nature park comparable to paradise on earth; the highest ski resort in the Pyrenees; and a large number of pure thermal fountains are just a few of the reasons why you should visit the Vall de Boí. Here, where the Pyrenees touch the sky, you’ll be charmed by the genius of human creativity and by nature in its purest state, whatever the season.

1. Explore sky-scraping churches
2. Discover the Romanesque through interactive play with screens and objects
3. Enjoy a delicious escudella stew and jaw-dropping views
4. Bathe among jets and bubbles
5. Touch and feed the trout
6. Be dazzled at El Planell d’Aigüestortes

You can read all about the experience at mammaproof.org
The Romans were already well acquainted with the therapeutic effects of these thermal waters, which emerge at an altitude of 1,500 meters. There are thirty-seven medicinal mineral water fountains with different compositions and temperatures (ranging from 4°C to 56°C). And let’s not forget the swimming pools, the gardens, and of course, the jets and the bubbles.

**Kids will love the experience of walking among trout pools and going up and down slides while watching playful otters. The El Pont de Suert Wildlife Centre helps to conserve and breed protected and certain endangered species, and it is the perfect place to learn about looking after and enjoying nature.**

**Technology at the service of history. Inside a World Heritage building, colours and sounds capture the attention of grown-ups and kids alike, and bring visitors to the Vall de Boí closer to the history of Catalonia and its architecture.**

**Gastronomy is an essential component of a people’s culture. The natural isolation of Vall de Boí has led, over time, to the creation of a genuine mountain cuisine, made with local natural resources and using old traditional recipes. Here, the escudella stew, a big favourite with kids, becomes a great feast for the senses.**

**The Romans were already well acquainted with the therapeutic effects of these thermal waters, which emerge at an altitude of 1,500 meters. There are thirty-seven medicinal mineral water fountains with different compositions and temperatures (ranging from 4°C to 56°C). And let’s not forget the swimming pools, the gardens, and of course, the jets and the bubbles.**

**The Vall de Boí is considered a World Heritage Site thanks to the large number of churches built in the same architectural style concentrated in such a small space. Here, with this backdrop of exuberant nature, the human genius materialises in stone and invites us to reach for the sky.**

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**Catalonia’s only national park dazzles its visitors at any time of the year. Hundreds of ponds of different shapes and colours, rivers, gullies and waterfalls shine under the imposing peaks of an altitude of more than 3,000 metres. At El Planell de Aigüestortes there is a completely flat circular route, ideal for enjoying this landscape with kids.**
BERGA + LA MOLINA

Two mountain destinations separated by the long Cadí tunnel. You can visit them together or separately. Come with us and you will have experiences filled with tradition, nature, popular festivities and winter sports. A perfect option for those looking to avoid summer crowds and spoil themselves in winter.

**1. Enjoy the dramatized fight between good and evil**
**2. A tour of the town of Berga**
**3. A pony ride with views of the mountain**
**4. Visit to the Shrine of Queralt**
**5. Spa session at the hotel**
**6. Visit a shelter by cable car**
**7. Winter and summer sports**
**8. The beach at La Molina**

You can read all about the experience at mammaproof.org
1 | ENJOY THE DRAMATIZED FIGHT BETWEEN GOOD AND EVIL

This small museum tells a great story repeated through times and cultures. Kids will enjoy seeing La Patum figures, and grown-ups can delight in the history of a festival declared a Masterpiece of the Oral and Intangible Heritage of Humanity by UNESCO.

2 | A TOUR OF THE TOWN OF BERGA

The Tourist Information Office will recommend you do the Un tomb per Berga tour of the town, as it is a great way for kids to learn a little of the history of Berga while they walk. Marked with plaques with children’s illustrations, kids will enjoy following the clues while they learn.

3 | A PONY RIDE WITH VIEWS OF THE MOUNTAIN

This equestrian centre is very near Berga, and offers pony rides for children. If you go with older kids, you may have the option to go riding on horseback as a family, with an instructor. You can also stay at a holiday house right beside it.

4 | VISIT TO THE SHRINE OF QUERALT

Known as the balcony of Catalonia, this shrine is located at the top of the Queralt Mountain Range, at an altitude of 1,200 metres. It is well worth going to the top to enjoy excellent views of the region of El Berguedà. There is a car park to leave the car and a cable car to get up there without knocking yourself out too much :-).

5 | SPA SESSION AT THE HOTEL

No hay mejor manera de acabar una jornada de esquí en la montaña que dejarse cuidar por el calor de las aguas de un spa. Y mejor aún si se encuentra a pocos metros de la habitación del hotel para luego ponerse el pijama y dormir a pierna suelta.
6  VISIT A SHELTER BY CABLE CAR

The highest shelter in the Pyrenees is at an altitude of 2,537 metres, and the route to it can be made shorter by taking a cable car. For kids, it will be a unique feeling to experience being above the trees and seeing everything from above – something to remember for sure!

7  WINTER AND SUMMER SPORTS

La Molina is one of the ski resorts that is best suited to welcoming families, and not just in winter! You’ll find plenty of sports and leisure activities around its lakes.

8  THE BEACH AT LA MOLINA

This is a new area of the lake in La Molina, conceived for families with kids. In the summer, children can enjoy a variety of water activities, while adults sunbathe or play in a beach volleyball tournament.

Toda la info en www.turismeberga.cat
www.lamolina.cat
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L’Esplugador Caves
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www.kayakcostabrava.com

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Queralt Sanctuary
Berga www.turismeberga.cat

El Soves Restaurant
Carretera de Rasos de Peguera, 4 08619 - Espinallet - Castellar del Riu
Tel. 93 821 35 61 www.rouresbergueda.com

La Patum House
Plaça del Doctor Saló, 6 08600 - Berga
Tel. 93 821 13 84 www.turismeberga.cat

La Molina Ski Resort
17537 - La Molina
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COSTA BARCELONA

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www.marimurtra.cat Can Ton Restaurant
Carrer Sant Andreu de Sa Palomera, 8 17300 - Blanes
Tel. 93 33 49 38

Berna II Hotel
Carrer Turisme, 42 08370 - Calella
Tel. 937 66 59 60 hotelbernat@hotelbernat.com
www.hotelbernat.calella.com

La Torreta Restaurant
Parc Francesc Macià Avinguda Costa Brava, 79 Malgrat de Mar
Tel. 937 61 05 46 www.restaurantlatorreta.com

COSTA BRAVA SUD

Blanes Tourist Information Office
Plaça Catalunya, 2 17300 - Blanes
Tel. 972 33 03 48 turisme@blanes.cat
www.visitblanes.net oret de Mar Tourist Information Office
Avinguda Alegries, 3 17310 - Lloret de Mar
Tel. 972 36 57 88 lloret-turisme@lloret.org
www.lloretdemar.org

Sant Feliu de Guixols Tourist Information Office
Plaça del Monestir, s/n 17220 - Sant Feliu de Guixols
Tel. 972 80 08 03 laocalcandadinonaflo.com

L 'Hotel Trainera Restaurant
Carrer Major, 54, 25580 - Estern d'Àneu - Tel. 973 62 61 77 info@hoteltrainera.com
www.hoteltrainera.com

Esport Ski Resort
Carretera Berradé, s/n 25597 - Esport
Tel. 973 62 11 99 www.skippolars.cat

Món Natura Piriües
Fauna Centre Son, Alt Àneu. Tel. 973 62 67 22 www.monnaturapiurines.com/es

Hotel Lo Paller Restaurant
Carrer Major, 1 25587 - Vall d'Àneu
Tel. 973 62 19 23 info@hotellopaller.com
www.hostalvalldaneu.com

Vall d'Àneu Hostel
Carrer Major, 44, 25580 Estern d'Àneu. Tel. 973 62 60 97
info@hostalvalldaneu.com

Poldo Hotel
Carretera de Rasos de Peguera, 4 25597 - La Guingueta d'Àneu
Tel. 973 62 60 80 www.hotelpoldo.com/es info@hotelpoldo.com

MUNTANYES DE PRADES AND PORT AVENTURA

Capafonts Tourist Information Office
Av. del Riu Brugent s/n / 43364 Capafonts
Tel. 977 868 049 www.muntanyescostadaurada.cat

Muntanyes Costa Daurada
Tourist Information Office
Carrer Doctor Ferran, 8 43202 - Reus info@muntanyescostadaurada.cat
www.muntanyescostadaurada.cat
For more information about family-friendly tourism destinations and companies, please refer to the following:

www.catalunya.com/dont-miss-it/recommended/we-take-care-of-your-family

and www.act.gencat.cat/family-holiday-destination
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