Ecotourism in Catalonia
Ecotourism in Catalonia
can connect with nature

Catalonia has an enormously diverse natural heritage in a relatively small territory. In a few hours, you can travel from the High Pyrenees to the sea and enjoy a great wealth of ecotourism resources, in any season of the year.

Catalonia has 30% protected territory. It has a national park (Aigüestortes i Sant Maurici), 17 parks and natural sites and a total of 184 protected natural areas. In this privileged natural environment, you can enjoy one of the most diverse areas for flora on the European continent and observe wild fauna in its own habitat.

Catalonia is also extraordinary from a geological point of view, with gorges, caves, steep walls, volcanoes and deltas. An ideal environment to enjoy all kinds of experiences. Welcome to the ecotourism paradise!
Where to enjoy ecotourism

Catalonia has exceptional natural heritage and biodiversity. Enjoy its natural parks and many other protected natural spaces, from the high mountains to the seabed, from the unique forests to the coastal plains. This map highlights a selection of 30 ecotourism areas of interest that include all the facilities and services needed to enjoy them. Discover them!
Are you a good ecotourist?

1. Get to know the natural environment well. Find out in advance about nature attractions, restrictions, itineraries, etc.
2. Make sure you have the right equipment. Wear good footwear, comfortable clothes and discreet colours. A pair of binoculars, a map, a GPS and a field guide are also very useful.
3. Go well accompanied. An experienced guide will help you to enjoy a safe and unforgettable experience.
4. Be respectful. Silence is a great ally. Respect the regulations of the natural space, do not disturb the fauna or take flowers or rocks with you.
5. Choose certified companies. Book accommodation with an Environmental Quality Stamp, or certified with the European Charter for Sustainable Tourism.
7. Move around without leaving evidence of your presence. Whenever you can, use public or shared transport.
8. Visit tourist information centres. Many protected natural areas have tourist centres that have information about activities, guides and tours.
9. Take rubbish away. Take all rubbish away with you and inquire about non-profit entities that help conserve the natural area you have visited.
10. Help to conserve. Ask the guides about projects or non-profit entities that help conserve the natural space.


TRANSFORMING THE WORLD

Ecotourism is an essential element in the process of transformation towards a sustainable world that is more respectful of nature. The experiences and activities offered to visitors promote sustainability and responsibility in accessing and conserving natural spaces and the local economy. Ecotourism is universal, inclusive and promotes health and the wellness of people. The ecotourism guides are soul of it all, trained professionals who give added value to a sector that aspires to achieve the perfect symbiosis between tourism and nature conservation.
Certifications

Catalonia is committed to tourism that respects the environment and its inhabitants. These certifications therefore ensure that you travel more responsibly.

WHERE DO YOU TRAVEL? FIND OUT MORE

Find out how biodiversity is conserved throughout our territory so that those who live in Catalonia or who visit it can enjoy its rich natural heritage in the best possible way.

Protected Natural Area
They are unique, therefore, your collaboration is essential to their great biodiversity and the sustainable development of their communities. This ensures the identity and authenticity of these rural areas and their traditions are preserved.

Geoparks
Geological landscapes that reveal the evolution of humanity and the planet over more than 4600 million years are conserved.

Starry skies
Exploring them means supporting communities committed to reducing light pollution and promoting sky quality.

HOW DO YOU TRAVEL? FIND OUT MORE

You will strengthen your commitment if you choose companies that have environmental guarantee and sustainable mobility certificates.

Accommodation
You’ll sleep more soundly if you know that your accommodation minimises its environmental impact. Give value to sustainable management, prioritising issues as vital as waste management and energy saving.

Local service companies
Opting to use these companies contributes to sustainable development, job creation and wealth redistribution within the territory.

Sustainable tourism seeks a balance between the environmental, economic and socio-cultural aspects of the tourism sector. Travelling sustainably means minimising the footprint in the territory. Tourism must involve quality job creation, the conservation of local cultural heritage and biodiversity.

Regenerative tourism goes one step further. The objective is to obtain a positive impact in the territory. Visitors must contribute to improving the place they have visited. It’s not about minimising the footprint of our travels, it’s about leaving a positive mark and improving local communities and economies.

How do we put it into practice? With a proactive attitude. Improving the community or the local environment requires involvement. Some ways to do this are, for example, spending time cleaning and recovering the natural environment, consuming in local establishments and companies and participating in local charity projects.

THE FUTURE IS SUSTAINABLE AND REGENERATIVE

© KIM CASTELLS / ACT
LANDSCAPES TO CONTEMPLATE

THE CINQUÉ LLAC HIKING ROUTE THROUGH THE PRE-PYRENEES.

© MARQUES DE PASTOR / ACT
THE BICYCLE: AN IDEAL, SUSTAINABLE TRANSPORT METHOD TO DISCOVER THE ENVIRONMENT.

© MARIANO CEBOLLA / ACT

NATURE TO DISCOVER
Hear the bellowing of the deer in the Pyrenees, enjoy ornithological tourism in the Ebro delta, dive on the Costa Brava, spot cetaceans in the Cap de Creus Natural Park, observe the stars in the Montsec Astronomical Park or walk among volcanoes in La Garrotxa are just some of the ecotourism activities that you can practice in Catalonia. Ready to discover them all?
What kind of ecotourist are you?
Discover your profile

Ecotourism is responsible travel that is respectful of the natural environment, but there are many ways to enjoy it. Find out what your ecotourist profile is.

PASSIONATE ECOTOURIST
- Flora and Fauna Observation
- Interested in bird watching
- Nature photography
- Conservation of protected areas
- Passion for nature
- High degree of specialisation in the activity

CURIOUS ECOTOURIST
- Activity in the natural environment
- Go hiking
- Explore the seafords
- Pedal calmly
- Seek to be in contact with nature

INTREPID ECOTOURIST
- Activity in the natural environment
- Tour interpretive itineraries
- Interest in cultural heritage
- Stargazing
- Gastronomic sensitivity
- Discover the most emblematic corners

FAMILY ECOTOURIST
- Family activities
- Underdemanding itineraries and routes
- Diversified experiences
- Activity in the natural environment
Flora and fauna observation
Wildlife in its natural habitat

01. Nature and culture in Moianès

The route to discover the natural environment and the history of Moianès and the Sant Llorenç Natural Park goes through unique landscapes where you can observe birds and discover the traces of mammals that inhabit the region. You can also discover the spectacular cultural heritage in Romanesque hermitages, castles, Medieval bridges, prehistoric caves and dolmens.

www.gaiamoia.com/web

02. The path of the marmots

Discover all the secrets of the marmots with local guides in a privileged environment, the Aigüestortes i Estany de Sant Maurici National Park. Marmots are rodent animals that inhabit high mountain areas. They live hidden in galleries or between rocks and by the great communication between the different members of the same species.

www.outdooradventour.com

03. Fauna in its natural

MónNatura Pirineus offers the opportunity to get to know a large group of species that inhabit this territory on a guided tour of the Son forest. During the "Fauna of the Pyrenees" activity, you will learn directly from environmental educators about the characteristics of emblematic species such as lynx, martens, roe-deer, chamois, wildcats and the Eurasian eagle-owl.

www.monnaturapirineus.com

04. Dive into an underwater paradise

The Tarragona coast, in L’Ametlla de Mar, is home to an authentic underwater paradise. Snorkelling and scuba diving are two of the best ways to get to know the seabed. Plancton Diving offers routes adapted to all levels to discover the fauna and flora of this unique ecosystem. An ideal activity to enjoy with the family or with a group of friends.

www.planctondiving.cat
The marine landscapes of the Medes islands and the Montgrí coast are unique. And there are many ways to discover them. You go for a tour on a boat with underwater viewing, snorkel, scuba dive or kayak. The immersion centres in the area offer the opportunity to discover one of the best marine reserves on the Mediterranean.

www.visitestartit.com

Taking place over two days and one night, this is a fantastic mid-mountain crossing in pursuit of the sound of the bellowing of the stag, a unique experience that takes place between September and October. During their rutting season, males fight each other to win over the females. You can also admire the wild flora and fauna on this guided outing.

www.rutespirineus.cat

Just one mile away from the port of L’Estartit, the Medes Islands Nature Reserve is thought to be the best in Europe. Together with a guide, with the “Ecokayak in the Medes” activity, you will be able to easily observe, at a shallow depth, the fauna and flora of this important protected natural reserve; you will enjoy a rowing tour of the islets and discover their spectacular seabeds.

www.medaqua.com

Cerdanya Ecoresort offers a visit to its Verger Cerdà orchard to discover an ecosystem based on permaculture. Learn the difference between the different forms of agriculture, the symbiosis between plants and microorganisms and the sovereignty of seeds. A transforming experience for the whole family.

www.cerdanyaecoresort.com

Do you know the names of the butterflies? How many days do they live? What do they eat? What happens if we touch their wings? These and other questions are answered in an activity designed to enjoy nature and to become aware of the importance of these animals. Learn about aspects of their life and behaviour and learn to distinguish some species that live in La Garrotxa.

www.trescalia.com

“Artisan Honey Tasting” is an excursion on which you can discover the melliferous (honey bee-attracting) flora of the area around the Juncosa Bee Sanctuary, located in mixed agroforest lands in the mountains of Montmell. The beekeeper guides the tour, which includes the beehive-museum where you will dive into their world and learn their language and characteristics before finishing off with a home-made honey tasting, which also includes other honey-derived products, such as quince cheese and beer.

www.elbrogit.com
The "Núria" is an old fishing boat that has organised outings since the 1960s along the Montgrí coast and the Medes Islands, one of the most important sea beds in Europe. On this tour, you will see the cliffs, the coves and you will pass under the rocks. The birds will also delight those who love bird watching.

www.barcanuria.com

Birdwatching
The best environments for birdwatching

11. Botany and bird watching

First thing in the morning, at the mouth of the Tordera river, in Malgrat de Mar, the life of the birds can be observed with a telescope and binoculars. Visit the dunes of Pomerada Beach to observe the characteristic fauna of the area and the aquatic animals that live there. The experience includes a Mediterranean meal.

www.barcanuria.com

12. Birdwatching by boat

The "Núria" is an old fishing boat that has organised outings since the 1960s along the Montgrí coast and the Medes Islands, one of the most important sea beds in Europe. On this tour, you will see the cliffs, the coves and you will pass under the rocks. The birds will also delight those who love bird watching.

www.barcanuria.com

13. Flamingo reproduction

"Discover the birds of the Delta" is a guided and accessible walk around MonNatura Delta de l’Ebre with which you will learn to identify the most common birds in the natural park, such as the various species of ducks, the royal heron and the flamingo. Flamingos are one of the most representative species of the Ebro delta, the only place in Catalonia where these birds reproduce successfully.

www.monnaturadelta.com

Did you know?
Catalonia has 73 special protection zones for birds?

The 73 special protection zones for birds (SEP) are authentic paradises for birds and for those who love ornithology. Most of the species are native, but there are also many migratory birds that nest in Catalonia only at certain times of the year. Among all these spaces, the Aiguamolls de l’Empordà, the Llobregat delta and the Ebro delta must be highlighted.
L’Empordà is almost completely flat and ideal for easy cycling trips. And this is the activity that Hotel URH Molí del Mig proposes to its guests. On an outing with bicycles rented from the hotel, you can tour this district that is so characteristic of northern Catalonia, with an extraordinary population of native and migratory birds. All this with the profile of the Medes Islands always on the horizon.

www.molidelmig.com

14. L’Empordà by bike

COSTA BRAVA

15. Sightings from the water

“Ornitocaiac” is a unique experience on the Costa Brava that combines bird watching and kayaking. This adapted activity is open to all members of the public. It takes place at the mouth of the Fluvià River, visiting interesting places such as Caramany Island. There, you can enter the habitat of the aquatic birds of the Aiguamolls de l’Empordà Natural Park.

Bird watching with a kayak on the Ebro river, forest bathing in the Els Ports Nature Park and conscious snorkelling off the coast of L’Ametlla de Mar. Three days of ecotourism to discover one of the biosphere reserves with the greatest diversity of fauna and flora in Europe. For ecotourism lovers who want to experience a deep connection with nature.

www.kayakcostabrava.com
www.skkayak.com

16. Three experiences in one!

COSTA BRAVA

17. Experience the biodiversity of the Ebro Delta

How are the birds captured? How are they handled and what information is collected? These are some of the questions that will be answered in this activity organised by the Plegadís Foundation. You will also be able to observe birds and learn about the incredible biodiversity of a unique environment that will amaze you, a natural space that you can also discover on the different bike routes.

www.ornis.cat

18. Another way to discover the Ebro Delta

TERRES DE L’EBRE

“Discover MoNatura Delta de l’Ebre” is a self-guided visit to this museum centre. As you explore this modern set up, you will find out about the ecological and natural importance of this vast expanse, as well as the wealth of flora and fauna that live there. Salt, birds, the landscape and traditional fishing are the four focal points on this activity that explores the old salt flats of La Tancada.

www.monnaturadelta.com

19. Delta Birding Festival

TERRES DE L’EBRE

During the penultimate weekend of September, the MoNatura Delta de l’Ebre facilities host the only ornithological contest of its kind in Catalonia. The Delta Birding Festival offers a complete programme of contests, workshops, courses, exhibitions and field trips. Ticket proceeds go to the conservation of threatened habitats and species.

www.monnaturadelta.com
Geotourism
Discover the geological jewels of Catalonia

20. The unique geology of Olesa de Montserrat
Your geologist and host Isaac will guide you on a geological tour of Olesa de Montserrat. In the incomparable setting of the Ríbes Blaves and Sant Jaume stream, Isaac will explain the history and characteristics of the formation and the different materials found in the area. It is an enriching activity that will bring us closer to the town’s past. Includes a meal of local products.

www.turismovivencial.com

COSTA BARCELONA

21. Hiking and gastronomy among volcanoes
This activity offers a guided tour of the La Garrotxa Volcanic Zone Natural Park and a cooking workshop. Visit the Croscat Volcano (one of the youngest on the peninsula and which you can go into to see what a volcano looks like from the inside) and the Fageda d’en Jordà. In the afternoon, enjoy a cooking workshop with local produce and then sit down to enjoy the dishes you created.

www.enrutagirona.cat

PYRENEES OF CATALONIA

22. Unique ecotourism
The Pyrenees of Catalonia are synonymous with ecotourism. The Aigüestortes i Estany de Sant Maurici National Park and the Alt Pirineu and Cadí-Moixeró natural parks make the territory a preferred destination for nature lovers. Ornithological tourism and fauna observation, archaeological, geological and astronomical tourism offer unique experiences.

www.aralleida.cat

PYRENEES OF CATALONIA

Did you know?
LA GARROTXA HAS 40 VOLCANIC CONES?
La Garrotxa Volcanic Zone Natural Park is the best example of a volcanic landscape on the Iberian Peninsula. The forty volcanic cones and more than 20 basaltic lava flows include Croscat, the largest volcano and the youngest, since its last eruption took place “only” 11,000 years ago.

www.lagarrotxa.cat

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© RICARD CUGAT / ACT
© ORIOL CLAVERA
© EN RUTA GIRONA
© CAMPRUBI JAUME MORERA
**Photography in nature**

**The best snapshots of unique landscapes**

**23. The silence of the wild fauna**

The Val d’Aran has areas of incomparable beauty with abundant trees and clearings to observe the animals. Montgarri, Varradós and Artiga de Lin are unique ecosystems for observing the wild fauna and flora of the territory. This unique experience offers the opportunity to observe and listen to the animals in silence so as not to scare them away, in a respectful way and without interrupting their tranquility.

www.aranexperience.com

**24. An animal shelter in the Pyrenees**

Located in the Solsonès district, the Pyrenees Zoo is an atypical zoo. It is an animal shelter open to the public. They rescue injured and mistreated animals, help them to recover and look after their welfare. The activities they organise include raising awareness about the importance of maintaining the native fauna and learning from it.

www.zoodelpirineu.com

**25. The flower of Casa Leonardo**

“**The flower of Casa Leonardo**” is a highly original activity. It includes four circular routes that trace the drawing of a flower on a map. Each route is one of its petals. They are self-guided tours, but you will be provided with a GPS with which you can follow the routes on foot or by bicycle. The best way to discover a spectacular environment, at the gates of the Aigüestortes i Estany de Sant Maurici National Park.

www.casaleonardo.net

**26. Panoramic views from the Vallcebre Cliffs**

The Vallcebre Cliffs route is one of the most mythical in Alt Berguedà. Walk on top of the calcareous wall that surrounds the town of Vallcebre and enjoy spectacular panoramic views of the Sierras del Cadí, the Moixeró, the Callarás, Ensija, the Baells reservoir and impressive views of Catalonia’s most emblematic mountain: the Pedraforca.

www.pendolguies.com
On the “GPStoria del Molí de la Torre” (GPS story of the Tower Mill) activity, you’ll discover a good part of the natural and cultural heritage of Bigues i Riells del Fai. On the banks of the river, between fields, forests and rural houses, discover the famous legends of the area. During the tour, there are some clues to find a hidden treasure. An ideal activity for the whole family.

www.molidelatorre.cat

SIGNAGE FOR THE L’ARBREDA CAVES AND THE PREHISTORIC CAVE PARK IN SERINYÀ
© JUAN JOSE PASCUAL / ACT

Ramat de Camins is a trekking trail that follows in the footsteps of the writers Camillo José Cela and Josep Maria Espínàs, who walked Pallars Jussà, Pallars Sobirà, Val d’Aran and Alta Ribagorça in 1956. For a couple of weeks, you will walk the traditional paths that connect some towns with others until you reach a mountain pass. A unique experience that mixes nature and literature.

www.ramatdecamins.cat

The itinerary through the Sèquia de Manresa, the canal built in the 19th century, explains the natural landscape, the history and the society of the Bages. This route, which runs between Saltent and the capital of the district, will enable you to discover the history of the construction of the canal and learn about the evolution of the natural and agricultural landscape of the area over the last seven centuries.

www.caminsdelasequia.cat

This complete activity will allow you to enjoy four days of hiking in four completely different habitats within the Terres de l’Ebre Biosphere Reserve. Routes from sea level to the highest peak in the province of Tarragona. An experience that will change your perception of a unique and exceptional territory. Each day is designed to discover a part of the territory and also its gastronomy.

www.portsexperience.com

TERRES DE L’EBRE

27. Sea and mountain hiking

PYRENEES OF CATALONIA / VAL D’ARAN

28. A trekking literary

COSTA BARCELONA

29. Local legends and a hidden treasure

PARATGES BARCELONA

30. A walk through the history of the Sèquia

Show more
The Solsonès heritage is rich and varied, with natural spaces of great interest for fauna and flora. Many of these resources are stars of the proposed activities, which can be enjoyed throughout the year. This is the case of “Get to know Solsonès with all your senses”: a tribute to the past and to local produce such as mushrooms, salt, truffles and honey. www.turismesolsones.com

The Collsacabra waterfalls are magical places, especially in autumn and spring. The incessant thunder of the water give the landscape a unique beauty and energy. Some are high and eternal, others only last for an instant after the rains. An authentic spectacle to ensnare the senses. The guided tour is carried out in all-terrain vehicles and also on foot. www.guiesdelcollsacabra.loriun.com

On this high-mountain crossing, a qualified guide will introduce you to “The Magic of El Pallars”, a region with a huge contrast of landscapes: from riverside woodland to alpine meadows and huge peaks. You will see oak groves and red and black pine forests where the capercaillie lives. You will visit villages in the Siarb valley and you will stay in two hostels. www.rutespirineus.cat

The old network of paths that connected the small towns of Pallars Sobirà currently offers the opportunity to get into nature and travel to a not-so-distant past. More than a hundred paths run throughout all corners of the district. Many of them are part of emblematic routes in stages such as Carros de Foc, Els Gegants de les 3 Nacions and the Porta del Cel. https://turisme.pallarssobira.cat

In this activity, called “La Vall d’en Bas Orienteering Circuit”, we will learn how to use a compass and interpret a map in a complete orienteering circuit around La Vall d’en Bas, in La Garrotxa. An all-round experience for walkers, who will be transported back to times when humans only came to this area when in transit. www.guiesamadablam.com
Active experiences
Physical activity in the most privileged environments

37. The heartbeat of the Ebro Delta

The Hotel Rull offers a self-guided kayak and bicycle tour through the Ebro Delta. To begin, you will cycle along the Sirga trail to Sapinya Island. There, you will begin the kayak descent to Gràcia Island. Back at the hotel, you’ll enjoy dinner in the restaurant to conclude a day of activity, nature and unique landscapes.

www.hotelrull.com

38. Introduction to diving

The Introduction to Eco Diving is an activity to discover the seabed of the Montgrí, Illes Medes and Baix Ter Natural Park. First of all, there is a pool session to practice the basic rules of diving. Next, take a boat to the Montgrí Coast and dive with an instructor who will explain the habitats and species that can be observed.

www.elreidelmar.com

39. The hidden treasure of the River Ter

The tourist descent in kayak, Canadian canoe or SUP down the River Ter is an experience for all the senses. The tour passes through completely uninhabited areas. An immersive activity in nature that will amaze you. It is a simple descent through different sections that run through the Gironès and Baix Empordà regions.

www.kayakdelter.com

40. Hiking among volcanoes

On a seven-day walking tour around Garrotxa, you’ll discover the vast richness and diversity of the area: from the Mediterranean to the Pyrenees. Medieval towns and ancient roads are the human landscape. With this route we will be able to visit all the corners and landscapes of the district of La Garrotxa.

www.trescala.com
41. Living with the Montsant donkeys

This activity invites you to get into contact with nature and the rural world through the eyes and sensitivity of three donkeys, “rucs” in Catalan: Truski, Mosquit and Estel. Walk with them to see the Montsant mountain range and the kids will be able to get on the “xauma” (traditional chair), give them their favourite sweets, brush them and capture their special sensitivity.

www.ruscademontsant.wordpress.com

42. A thousand ways to discover Montgrí

Guided tours are a good way to discover the magnificent surroundings of the Montgrí, Illles Medes and Baix Ter Natural Park. Guided by professional experts in fauna, flora, heritage and culture, you’ll enjoy the best produce of the land and its diverse landscape, on bicycle, kayak or on foot.

www.visitestartit.com/pels-actius

43. Introduction to snowshoeing

This snowshoe initiation outing is a discovery tour. Enjoy a very nice two-hour outing around the Vallter 2000 ski station, in Ripollès, and visit its fantastic black pine forests. An ideal activity to enjoy with family or friends and discover a privileged environment.

www.guiesamadablam.com

44. By bike and kayak through the Ebro Delta

The combined route of the Budilha trails starts with a bicycle and ends with a kayak. Go along the old Sirga path to the “Barcassa de Buda” and we row down the Migjorn river to the beach. The route is designed to be enjoyed accompanied by guides. Don’t miss this magnificent opportunity to delve into the wildest Delta.

www.riualebre.com

45. Cycle touring through the Ebro Delta

Amposta offers a variety of nature routes with different levels of difficulty. Cycling is one of the best ways to fully enjoy the Ebro Delta in a fun and sustainable way. Enjoy the different routes in the area to discover unique natural landscapes, such as the route of the lagoons or the Sirga trail.

www.turismeamposta.cat

46. On an electric bicycle through the Ebro Delta

Deltacleta is a cycling centre that offers a unique cycling experience through the Delta de l’Ebre Natural Park. All of the routes are circular and are designed to enjoy the diversity of ecosystems that coexist in the natural landscape: river, sea, bays, beaches, dunes, salt marshes, lagoons and large extensions of rice paddies. In short, the essence of the Ebro Delta.

www.deltacleta.cat
Sky watching
Closer to the stars

TERRES DE LLEIDA

47. A passion for heaven and earth

Enjoy the stars at the Àger Observatory, the only one in Europe, on this weekend tour package in the Montsec mountain range. Discover places of cultural and historical interest and you will go hiking through the Mont-rebei or Mu gorge. Discover La Noguera in a different and exciting way!

www.lleidaitu.com

COSTA DAURADA

48. Sleep under the stars

See the stars before you sleep or sleep under the stars. Silence is absolute, there are only the sounds of nature surrounding you and transporting you to another dimension. The Xalet de Prades offers this unique experience in a rural complex with completely environmentally-friendly accommodation located in the Prades mountains.

www.xaletdeprades.com

PYRENEES OF CATALONIA

49. A gateway to the Universe

If you are passionate about astronomy, visit the internationally recognised observatory at MonNatura Pirineus. On the guided “Travel through the galaxies” experience, you’ll observe various elements of the deep sky in detail, take astrophotographs of the night and day sky and admire the chromosphere. The visit includes a session at the planetarium to enjoy a show about age-old stars.

www.monnaturapirineus.com

PYRENEES OF CATALONIA

50. Dinner with the stars

Do you like the stars? Would you like to know more about the fascinating world of astronomy? Enjoy an astronomical dinner with Vinpertour. Discover the secrets of the universe with dinner in our restaurant and with an astronomy workshop that includes observation of the moon, planets and galaxies with a high-end telescope.

www.cabanyesentrevalls.com

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51. Reconnect with nature

Walking peacefully and in silence to absorb the atmosphere of the forest and reconnect with nature is one of the activities offered by the Masia Spa Can Pascol. Located on the outskirts of Pontons, it is an ideal place to spend a few days with the family or as a couple. Massages in the middle of nature and a heated pool are some of the options to relax in a privileged environment.

https://masiacanpascol.com

52. Forest bathing in Collsacabra

Connecting deeply with the forest atmosphere is a revealing experience. Through the senses, silence, calm and the dynamics that the therapist guide will facilitate, you will reconnect with an ancestral gaze that will forever transform your relationship with yourself and with the natural environment.

www.silenciosament.cat

53. All the energy of the forest

Conscious walk through the forest with all five senses. In natural spaces of great environmental quality you will be in contact with the volatile particles of trees and plants to strengthen your health. The main benefit is an improved immune system, relaxation and harmony. Forest bathing is an experience of deep connection with nature.

www.portsexperience.com

54. A relaxing and sustainable getaway

The experience offered by Can Buch includes one night in the establishment with dinner based on healthy, creative cuisine and with produce grown and made on the farm. The experience includes a tour of the farm with explanations about permaculture and different sustainable agricultural production methods.

www.canbuch.com
Cultural ecotourism
Traditions and heritage tour

Keeping a travel journal is a great way to travel more calmly and also more intensely. It helps you to observe everything around you in detail: landscapes, special corners, people, sounds, conversations, smells... and you can incorporate them into your creation. A proposal for those who love slow travel, to fully experience and relive all of your trips.

www.creativerural.com

55. The art of travel

The “Horticulture Workshop” at Mas Garganta, located in the heart of La Garrotxa, is a fun and educational activity for the whole family, for a group of friends or to enjoy on your own. If you’d like to learn about aromatic plants, how to differentiate chard from spinach or simply enjoy a unique experience in a natural environment, this is your workshop.

www.masgarganta.com

56. Passion for horticulture

A boat ride on the “Núria” will take you to see the small traditional fishing boats. Your guides will explain all about the unique fishing methods in L’Estartit. How many fishermen are there today? Does working in a nature reserve like the Medes Islands help them? Where do they sell the fish? How do they fish and what are their boats like? You’ll also learn about the unique “Sèpia Project.”

www.barcanuria.com

57. Traditional fishing in l’Estartit

If you stay at Mas Rubió in Vall d’en Bas, as the cattle tradition dictates, you will get up early, have breakfast and go to the Mas la Cornimia organic farm to discover rural life and experience milking the cows. Back at Mas Rubió, you will make “mató” (fresh cheese) with the milk that has just been milked, accompanied with home-made jams.

www.masrubio.com

58. Life on a farm
59. The olive harvest

The day begins with the olive harvest. Then you’ll go to the cooperative to weigh the olives and visit the new and the old mill, with the original machinery from 1920. The activity, organised by the Catalunya Cultura de l’Olí Centre, includes a good breakfast and a gift for the adult participants.

www.culturadeloli.cat

60. By the rice route

On the “Rice Route” experience, visitors will learn about the rice cycle and observe its natural environment from a tourist train. The train will make a stop at the old Pals Mill to discover its history, learn about the process of whitening rice and even taste an artisan rice beer. The train returns through the rice fields to the Medieval town of Pals, in the Baix Empordà district.

www.elxiuletdepals.com

61. The hazelnut cycle

Can Burgués is an organic hazelnut farm located in Santa Eulàlia de Ronçana. The experience begins at the farmhouse with a visual explanation of the farm’s history and activity. Next, there is a walking tour through the hazelnut fields. Back at the farmhouses, you’ll sample some different produce made with hazelnuts collected from the fields.

www.canburgues.cat

62. The flavours of Terres de l’Ebre

This activity begins with a bike ride to the small Deltaic orchard facing the Ebro river. There, the guide will talk about organic and regenerative agriculture and its importance for health and for the fight against climate change. Back at the Deltaic facilities, you’ll enjoy a set menu of artisan dishes and drinks with produce from Terres de l’Ebre.

www.deltaic.eco

63. Cheese gastronomy experience

The Hotel Mas la Ferreria, in collaboration with Càrnisseria Planagumà and Cases Aleadors, organise this fantastic gastronomic experience to discover and taste the best products from La Garrotxa, such as a dozen Catalan cheeses accompanied by excellent wine pairing.

www.hotelmasilaferreria.com

64. A very special tasting in the Ebro delta

The “Tast Clandestí” at Hostal Cling 43 B&B in Deltebre is an adventurous and cultural experience. Two hours before the activity starts, you’ll receive a location and directions. Upon arrival at the meeting point, you will go by bike, boat or kayak, or walk, to the final destination. There, you’ll sample three local wines while you wait for the sunset.

www.hostalcling43.com
65. Cheese and whiskey pairing

Spending the night in the Sant Miquel de Pineda rectory, in the La Garrotxa district, is quite an experience in itself, although the establishment also offers a great variety of activities linked to the territory. One of the most unique activities is Scottish whiskey pairing with local cheeses. A unique experience in an environment like no other.

www.larectoriadesantmiquel.com

66. By bike through the Penedès wineries

Discover all the secrets of cava and wine making on this unique and friendly bike tour. Stroll among the Penedès vineyards, discover two authentic family wineries and taste exquisite cava and wines. The tour focuses on organic and biodynamic wines, as well as on the more traditional production processes.

www.penedesecotours.com

67. Cultural hiking through Montgrí

The “Bird’s eye view” is a circular route of about three hours with a local guide accredited by the Montgrí Natural Park. You will visit dry stone heritage elements on the way to the Moratxa Tower lookout. Throughout the entire tour, the guide informs about the main characteristics of the park and the territory.

www.masramades.com

68. Montseny is synonymous with culture

On itineraries guided by local professionals, a tour of the beautiful landscapes of Montseny is suggested to discover the tangible and intangible heritage of this beautiful natural park. Be seduced by this legacy and discover that Montseny is synonymous with culture! Enjoy a wide range of activities with family or friends.

www.turisme-montseny.com

69. On safari through the Ebro Delta

The EcoCultural Safari is a product designed by DeltaPolet. It is an invitation to discover the Ebro Delta in a different way. It is a journey back in time through a genuine space: the Ebro Delta marshes and rice fields. They have a unique history and culture deeply rooted in its people that is worth finding out about in a leisurely way.

www.deltapolet.com

70. The importance of food

This activity highlights what we eat, how we eat it and the seasons of the produce. You will observe the flora of the local environment and the ecosystem to be aware of the importance of maintaining and recovering the traditional and local varieties of each food. Can Gual, in L’Ametlla del Vallès, offers this and many other activities to all its guests.

www.cangual.net
Catalonia has great natural wealth and spectacular biodiversity. It is a pioneering territory in promoting tourism that is respectful of the environment and sustainability. A tourist activity model that provides visitors with added value proposals such as the eco routes that are presented below. Twelve experiences that showcase some of the territory’s lesser-known treasures.
**VILAFRANCA DEL PENEDÈS (COSTA BARCELONA)**

By bicycle through the Penedès

Cycling tours among vineyards

There are many routes to cycle through the vineyards of El Penedès, a region famous for its cava, Catalonia’s most emblematic drink. The goal is to enjoy the landscape of vineyards and fields and to admire the dry stone constructions, country houses in the area and other buildings such as castles, hermitages, the region’s villages and, of course, wineries. In addition, you can visit wineries where the whole process of cava and wine elaboration is explained, and taste the different varieties. Some of these routes also take us to small wineries that produce ecological wines.

www.turismevilafranca.com

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**VILA-SANA (TERRES DE LLEIDA)**

An oasis of biodiversity

The biggest lagoon

Estany d'Ivars i Vila-sana (Terres de Lleida) is the largest surface area lagoon in inland Catalonia. More than 126 hectares cover an area of great biological diversity, especially when it comes to birds, of which more than 200 species can be observed throughout the year. The different itineraries can be enjoyed on foot, by bicycle and even on horseback. Along the route you can find viewpoints, observatories, jetties, interpretation panels, picnic areas and information points. Numerous ecotourism activities are organised throughout the year, from night walks to bird watching.

www.estanyivarsvilasana.cat

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**SANT LLORENÇ DEL MUNT I L’OBLAC (COSTA BARCELONA)**

Two unknown valleys

Great landscape and cultural interest

A profile of reddish cliffs and monoliths that contrast with the intense green of the forests make up the landscape of the Sant Llorenç del Munt i l’Obac Natural Park (Costa Barcelona), one of the most unique in Catalonia. Of great ecological and cultural values, on this route you’ll discover two of the park’s valleys, Horta and Mur, both located at the headwaters of the river Ripoll and at the foot of the majestic La Mola massif. La Vall d’Horta surprises with its special beauty and tranquility. From the Vall de Mur it is especially worth seeing the El Dalmau estate, of great ecological, historical, landscape and heritage value, also renowned for its monumental pine trees.

https://parcs.diba.cat/web/santllorencc

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**LA CROSA VOLCANO (COSTA BRAVA)**

The largest crater

Tour of a natural jewel

La Crosa volcano is located in the region of La Selva and El Gironés. With a diameter of 1,250 metres, La Crosa is thought to be one of the largest volcanos on the Iberian Peninsula. You can take several routes ranging from 2.7 km with flat stretches to others with hills, or you can also opt to walk around the entire crater, covering about 6 km across forests, meadows and very relaxing landscapes.

In both cases, there will be an educational talk about the geology and remarkable variety of fauna.

www.turismegirones.cat

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**BCN to 55 km**

© ESTANY D’IVARS – CC PLA D’URGELL

© SEBASTIAN BEDAUXX

© MARC CASTELLET / ACT

© JOSEP MARIA VIÑOLAS ESTEVA

BCN to 130 km

BCN to 40 km

BCN to 95 km

BCN to 55 km

© ESTANY D’IVARS I VILA-SANA (TERRES DE LLEIDA)

BCN to 10 km

© TURISME VIOLA FRANCA

BCN to 10 km

© TURISME VIOLA FRANCA
Snorkelling allows you to discover the marvellous seabed of the L’Ametlla Coast, made up of large Neptune grass meadows that are home to a rich variety of fauna from fish to invertebrates. Alongside an expert who will guide us through the best diving areas in an activity designed for all audiences, we will discover the best places to dive whilst taking advantage of this area’s clear Mediterranean waters. An activity that can also be combined with kayaking to go to the most remote coves.

www.ametllamar.cat/turisme

Snorkelling in L’Ametlla de Mar (Terres de l’Ebre) A marine paradise Underwater wealth

L’ESPLUGA DE FRANÇOLÍ CAVES (COSTA DAURADA)

Initiation to speleology One of the longest caves

In L’Esplugues de Francolí, in the Conca de Barberà district (Tarragona), there is one of the longest caves that can be visited in the world. The Font Major Cave Museum, which covers a significant area of the town centre, is 3,650 metres long and conceals a whole world of underground rocks, conglomerates and cavities that were inhabited by humans in different eras. For the bravest visitors, the L’Esplugues caves offer an additional activity: going on the underground river with a wetsuit, helmet and light alongside specialised guides.

www.covesdelesplugua.info

SNORKELLING IN L’AMETLLA DE MAR (TERRES DE L’EBRE)

The natural environment of the Pyrenees of Catalonia and Terres de Lleida is an exceptional setting for forest bathing. Immerse yourself in the essence of nature. Absorb the benefits of the forest atmosphere with a calm and contemplative walk that awakens your five senses. This ancient practice of Japanese origin reduces stress and provides great physiological and psychological well-being. The thirteen routes designed for this activity, one per district in the province of Lleida, are easily accessible, with routes of a maximum of 10 kilometres, perfectly signposted, and, if possible, with a circular route.

www.aralleida.cat/banysdebosc

IN THE CATALONIA PYRENEES AND TERRES DE LLEIDA

Thirteen essential spaces Nature baths

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www.aralleida.cat/banysdebosc

A majestic massif

The Sierra del Cadí is an impressive mountain formation at the gates of the Catalan Pyrenees. In addition to a great biodiversity, with more than a thousand classified botanical species, it is home to a rich diversity of fauna and places of great beauty such as the majestic Pedraforca Massif. This is a particularly striking mountain due to its U-shaped profile and is one of the symbols of hiking in Catalonia. In the Mola Valley, you can walk some of the trails that over the 19th and 20th centuries were used by the trementinaires, women who collected herbs and plants with healing properties that they later sold from town to town.

https://parcsnaturals.gencat.cat/ca/xarxa-de-parcs/cadi/inici/

© MIGUEL RAURICH / ACT

CADÍ-MOIXERÓ NATURE PARK (PYRENEES OF CATALONIA)

The route of the trementinaires
A labyrinth of wooden footbridges delves into the riverside woodland in Flix (Tarragona), until reaching the observatories where we can wait for birds such as the kingfisher to appear, as this reserve is one of the best places in Catalonia to admire this bird. Among the diversity of species that can be found, the otter, the Spanish pond turtle, the grey heron and, since 2001, the stork, are particularly noteworthy.

The best time to visit the Sebes Nature Reserve is in autumn and spring, when the birds come to breed or are in full migration.

An ornithological treasure
Unique ecosystem

An interactive rice paddy
Iconic rice fields

Today, rice is harvested mechanically. But not so long ago, farmers had to sink their feet into waterlogged plantations to plant and harvest rice. For some years now, the Sant Jaume d’Enveja City Council has offered an interactive rice field to meet the growing demand to learn about this typical work of Ebro Delta residents. This space is especially relevant during the lively Planting Festival.

This activity takes visitors on a small route in Aigüestortes i Estany de Sant Maurici National Park to observe a colony of marmots in their natural habitat. With help and explanations from a guide, you can see marmots amongst large blocks of stone, identify exactly where they are usually located and recognise their alarm whistles.

In addition to the spectacular nature of the typical high-mountain landscapes, visitors on this excursion also enjoy lakes, stony outcrops, pastures and peaks of more than 3,000 metres.

Thanks to the weather conditions and low levels of light pollution, the Montsec mountain range and its Astronomy Park have been recognised by the Starlight Foundation as one of the best destinations in the world for astronomical observations. The park is located in the Montsec mountain range, between the regions of La Noguera and El Pallars Jussà (Lleida). It has two facilities: the Observatory, the scientific area with a large telescope for researchers to complete observations, and the Universe Observation Centre, which has been converted into a fun multi-space.

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Ecotourism calendar

The time of year largely determines the activities that can be carried out. All natural processes have their seasons and sensitivity that have to take into account when planning any experience in nature. This natural resources calendar will help you choose the best experiences based on the best time of year to enjoy them. Look for the ones that best fit your profile, pay attention to the seasons and start enjoying ecotourism in Catalonia.

**Temporary resources (depending on the time of year)**

<table>
<thead>
<tr>
<th>Season of the year</th>
<th>Experience number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bellowing of the stag</td>
<td>5</td>
</tr>
<tr>
<td>Butterflies</td>
<td>9</td>
</tr>
<tr>
<td>Marmots</td>
<td>2</td>
</tr>
<tr>
<td>Migratory birds</td>
<td>11, 12</td>
</tr>
<tr>
<td>Migratory birds in wetlands</td>
<td>13, 15</td>
</tr>
<tr>
<td>Snow</td>
<td>43</td>
</tr>
</tbody>
</table>

**Permanent resources (throughout the year)**

- Bees: 10
- Coastal and delta landscape: 17, 18, 27, 37, 44, 46, 50
- Culture: 26
- Emblematic mountains and geology: 25, 22, 29
- Farming landscape: 35, 58
- Folk traditions: 41, 69
- Gastronomy: 21, 33, 50, 63, 64, 65, 66, 70
- High-mountain landscapes: 47, 48, 49, 50
- Landscape coast: 12, 14, 42, 57, 67
- Local products: 58, 59, 61, 62, 63
- Night sky: 47, 48, 49, 50
- Rivers and waterfalls: 32, 39
- Summits: 26, 31
- Underwater fauna: 4, 6, 7, 8, 38
- Unique forests: 1, 42, 55, 60, 68
- Volcanoes: 21, 40
- Wellbeing: 91, 52, 53, 54, 70

**Resources throughout the year**

<table>
<thead>
<tr>
<th>Season of the year</th>
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<tbody>
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<td>Winter</td>
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<tr>
<td>Spring</td>
<td>17, 18, 27, 37, 44, 46, 50</td>
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<tr>
<td>Summer</td>
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<tr>
<td>Autumn</td>
<td>25, 22, 29</td>
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<tr>
<td>Landscape coast</td>
<td>12, 14, 42, 57, 67</td>
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