



# Catalonia **is** Activity & Nature Holidays





# ACTIU-NATURA

ACTIVITY&NATURE HOLIDAYS



Bathed by the Mediterranean, Catalonia lies in southern Europe, in the northeast of the Iberian Peninsula. The attractions for visitors to this tiny country, with a surface area of less than 32,000 square kilometres and a population of just seven million, but with a history and culture going back a thousand years or more and its own language – factors which have helped to shape its distinctive personality – are many and varied. These attractions include splendid natural heritage, excellent communications, superb climate and top-quality active and nature holiday facilities, all combined with a huge and varied range of outstanding restaurants and accommodation, and much more.

Catalonia offers a great number of ideal active and nature tourism spaces for people who will enjoy the diversity of its landscape, which stretch from the highest peaks of the Pyrenees to the most tucked-away coves of the Mediterranean, embracing the hinterland plains of Catalonia, the natural spaces of the River Ebro Delta and the lands of the province of Lleida.

This catalogue brings together an inventory of proposals that have been selected on the basis of the offer of companies and institutions that are members of Catalan Tourist Board Activity & Nature Holidays. Whether they are companies and enterprises providing services, or tourism promotion bodies, the members of the Club work together to promote and market leisure activities that may be enjoyed in a way that respects the natural environment.



# Catala



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**is** Activity & Nature Holidays

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# Hiking

## Nature's trails

Catalonia is a country that offers all the necessary conditions for enjoyable hiking, with a network of some five thousand kilometres of long-distance tracks and some four thousand kilometres in short walks and local paths.

Most of the paths you will be covering have been opened up and marked with signs since time immemorial by shepherds, military men and traders. The task of signposting these tracks has been continued in recent decades by hiking clubs and public bodies that have popularised the network of Catalan walking tracks that cross, among other areas of Catalonia, twelve natural parks and 144 protected natural spaces, all of them with special biological features or remarkable landscapes.

## The Natural Parks of the Pyrenees

At the edge of the Catalan Pyrenees and bordering France and Aragon, Val d'Aran is a high mountain region surrounded by very high peaks and major cirques. Between this region and those of Pallars Sobirà and Alta Ribagorça lies Catalonia's only national park, *Aigüestortes i Estany de Sant Maurici*, with its impressive topography and great richness of fauna and vegetation, as well as its concentration of over two hundred lakes where we can organise different routes along which there are surprises in the form of waterfalls and the sources of different streams.

The western Pyrenees is home to the routes of two long-distance paths, the GR-211, which runs through the interior of Val d'Aran, and the GR-11, which crosses the whole country from west to east until finally reaching the Mediterranean by way of Cap de Creus. The section passing through Boí Valley in Alta Ribagorça, offers a visit to the monumental set of nine Romanesque churches that have been included in the UNESCO World Heritage Site list. One very popular route in Aigüestortes National Park is that known as *Carros de Foc* (Chariots of Fire), which includes nine refuges in the park and their natural settings.

Another walk that gives the hiker close knowledge of different parts of the western Pyrenees is the *Porta del Cel* (Gate of Heaven) route, which includes a climb to the peak known as the Pica d'Estats (3,143 m), the highest in Catalonia, and also the Certascan peak (2,853 m). The path runs through Alt Pirineu Natural Park, the largest in Catalonia, lying between Pallars Sobirà and Alt Urgell, with departure and arrival points in the village of Tavascan. Further to the south, in the uninhabited village of El Pont d'Orrit, in the Pallars Jussà region, is the start of the *Vulture Valley (Vall dels Voltors) Route*, which crosses the richly endowed landscape of La Terreta Valley and is notable for the presence of the vultures that have given their name to the walk. Again, in the same area of the Pyrenees, that of the Alt Urgell region and the zone of Boí, are the starting points of routes that combine hiking and thermal springs.

Cadí-Moixeró Natural Park, one of the spaces of richest biological diversity in Catalonia and located between the Berguedà, Cerdanya and Alt Urgell regions, offers a wide

## The Way of Saint James in Catalonia

Since the Middle Ages, the Way of Saint James has led pilgrims from all over Europe to the tomb of the apostle in Santiago de Compostela in Galicia. On its way through Catalonia, it constitutes a network of trails that may be covered on foot, by bicycle or on horseback, affording its many walkers the opportunity to set out on their pilgrimage from Catalonia, which acts as the point of access for pilgrims in the Mediterranean basin. Catalonia's stretch of the Way of Saint James runs across the inland until it reaches Alfarràs, Alcarràs and Batea, where it joins up with the corresponding routes in Aragon that bring the French Way through Montsó and Jaca, to Saragossa through Fraga or along the Ebro Way, respectively. Noteworthy landmarks along the Catalan Way include the Monastery of Sant Pere de Rodes, the Monastery of Montserrat and the Seu Vella (Old Cathedral) in Lleida, as well as sites and monuments of great interest such as the historic centres of the towns of Igualada, Tortosa, Tarragona and Cervera. It also passes alongside a number of Romanesque churches, among other sites featuring notable monuments, such as the monasteries of Poblet, Santes Creus and Vallbona de les Monges, not to mention spots rich in flora and fauna such as Ivars Lake, which has an interesting bird observatory. The signposting along this route is characterised by a blue pennant featuring the scallop shell as its emblem. Some of these sections are accessible and the Way of Saint James passes through various accessible tourist destinations.

### Further information:

[www.camidesantjaume.cat](http://www.camidesantjaume.cat)

[www.camidesantjaumeperatothom.cat](http://www.camidesantjaumeperatothom.cat)

[www.gencat.cat/diue/ambits/turisme/rutes/camidesantjaume](http://www.gencat.cat/diue/ambits/turisme/rutes/camidesantjaume)

The Directorate General for Tourism has published a collection of guides on the Catalan Way of Saint James dedicated to various sections, which may be purchased at bookstores of the Generalitat Government of Catalonia or downloaded free of charge from the website:

[www.gencat.cat/diue/serveis/publicacions/turisme](http://www.gencat.cat/diue/serveis/publicacions/turisme)



The different types of paths – long distance (GR), short distance (PR) and local paths (SL) – make it possible to organise hikes with family and friends.

Above left: Walking in Matagalls, Montseny (Catalunya Central). Right: Port de la Bonaigua (Pirineus)

## Suggestions

**Excursions to the Pallars region and the Aigüestortes i Estany de Sant Maurici National Park**

Map A1/A2. Directory 20, 26, 27, 41, 63, 75, 83, 93, 103

**Way of the Good Men**

Map A3, B3. Directory 12

**Hiking routes in the Berguedà region**

Map B2/B3. Directory 95

**Discovering the network of paths of Priorat and the Montsant range**

Map C2. Directory 94

**Hiking routes through the natural park of Montseny**

Map B3. Directory 03, 50, 60

**Els 3 Monts: Hiking routes through the natural parks of Montseny, Sant Llorenç del Munt i l'Obac and Montserrat**

Map B3, C3. Directory 14

**Hiking routes through Cerdanya**

Map A3. Directory 23, 40, 76, 81, 104

**Costa Brava shoreline trails**

Map A4/B4. Directory 59, 65

**Cavalls del Vent (Horses of Wind)**

Map A2/A3. Directory 4

**On foot among the volcanoes**

Map A3/B3. Directory 45, 107

**Hiking in Val d'Aran and the Pyrenees**

Map A1, A2. Directory 17, 53, 67, 82, 89

**Routes in Camprodon Valley**

Map A3. Directory 55, 57, 62, 100

**Walks in Osona and along the River Ter. The River Ter Route**

Map B3/B4. Directory 22, 25, 37, 70

range of different types of excursions, amongst which is climbing **Pedraforca**, one of the iconic places of Catalan rambling.

One of the most popular crossings in Cadí-Moixeró Natural Park, and one that is suitable for everyone, is the **Way of the Good Men**, which runs from the Queralt sanctuary through to Montségur castle, in the Ariège region of France. This covers the migratory routes taken by the Cathars (the “Good Men”) as they fled the persecution of the Catholic Church in the Middle Ages. The itinerary, marked as **GR-107**, has several variants, but the best-known among them is the route that connects Queralt, Gósol, Bagà, Belver de Cerdanya and the French border, at which point one may finish the itinerary or continue through to Montségur castle. The Way of the Good Men can also be covered on horseback and, in many sections, by bicycle.

In recent years, the *Cavalls del Vent* (Horses of Wind) trail has also become very popular, this being a circular route that links eight alpine refuges between Berguedà and Cerdanya.

## Between Volcanoes and the Costa Brava

Always bearing in mind the walker's interest in the natural environment, the eastern Catalan Pyrenees and the Costa Brava offer different kinds of routes. Hence, one might discover the **Girona Pyrenees** or walk the **Romanesque Route** in **Vall de Ribes** in a beautiful setting with a rich architectural and artistic heritage.

Other routes combine the attractions of Romanesque art with those of the natural spaces of Ripollès or **Camprodon Valley**, with more than 900 kilometres of marked paths. The zone of Garrotxa offers a number of paths going from one volcano to another. There are more than forty volcanoes to see as well as twenty basaltic lava outflows over which have appeared places such as the **Fageda d'en Jordà**, a beechwood in the extensive **Zona Volcànica de la Garrotxa Natural Park**, of which is the best example of volcanic landscape in the Iberian Peninsula. At this point, it is possible to set out on a route of some 72 kilometres running between escarpments and volcanoes to cross the region of Garrotxa until entering **Aiguamolls de l'Empordà Natural Park**, a wetlands zone and start of the **Blunderbuss Route**, which is associated with muleteers and bandits (*trabucaires*), the ancestral users of these tracks. After the publication of Javier Cercas' novel *Soldiers of Salamis*, it is now possible to take the **Salamis Route** that goes through different historic sites of the Spanish Civil War in the Pla d'Estany region. We also suggest a walk along the **Costa Brava** on the **GR-92**, which runs the whole length of the Mediterranean coastline of Catalonia.

Using **Itinerànnia**, a network of more than 2,500 kilometres of marked paths, it is possible to walk the Ripollès, la Garrotxa and Alt Empordà regions and thereby cover the distance from the Pyrenees through to the Mediterranean.



Hikers on the Estany del Diabre path (Pirineus)

## Cistercians, Els Ports and Montsant

In the south of Catalonia, the GR-175, the **Cistercian Route**, traces a circular route that links the monasteries of Santes Creus, Vallbona and Poblet. The Monastery of Poblet, founded in the 12<sup>th</sup> century, is notable for its royal pantheon in which are entombed the remains of a considerable number of members of the royal families of Catalonia and Aragon, for example King James I (1208–1276). Poblet is a monumental set of buildings that has been designated a UNESCO World Heritage Site, which makes this a very appealing route for history lovers, while the natural setting is also of unquestionable appeal thanks to its landscape, which has been declared a **Natural Site of National Interest**.

In the southernmost end of the country, bordering Aragon and the Valencia Region, **Els Ports Natural Park**, located to the south of the lower course of the River Ebro, offers routes of particular interest to observers of flora and fauna, for example the **Stars of the South (*Estels del Sud*) Route**, a walk around the foot of the mountains linking five refuges in the natural park. The route can be done in five days for the complete crossing or less than one day as a set walk.

Still in the south of Catalonia, in the Ebro region (Terres de l'Ebre), one may also enjoy a number of routes in **Serra del Montsant Natural Park** and the protected space of the **Serra de Llaberia**, or opt for tracks around the Priorat zone, taking old bridle paths or, if preferred the route through the cellars of the top-quality Designation of Origin (DO) wines of Montsant and Priorat (Qualified Designation of Origin – DOQ).

## The Three Mountains, Montserrat and the Ter

The **Three Mountains Route** is a good way to discover the pre-littoral country. The route links the natural parks of Montseny, Sant Llorenç del Munt i Serra de l'Obac, and Montserrat with a path of one hundred and six kilometres divided into six stages. Montserrat is at once a natural park unlike any other in the world, one of the country's most important museums and also sanctuary of the patroness of Catalonia, the Black Virgin of Montserrat. The abruptly rising **Montserrat** massif, one of the highest groups of mountains in Catalonia's pre-littoral range, is crowned by a Benedictine monastery at a height of 725 metres above sea level, while the summit of Sant Jeroni is 1,236 metres above sea level. The course of the one-day Matagalls-Montserrat race, which boasts the highest number of participants in Catalonia, covers this zone.

Still in central Catalonia, but now in the Osona region, we recommend the GR-210 path, the **River Ter Route (*Camí Vora el Ter*)**, which runs from Castell de Montesquiu Park to the Sau reservoir, and also a network of complementary tracks such as the GR-151 **Paths of the Bishop and Abbot Oliba**, which enable the walker to select the most suitable combinations from the peaks of the Milany and Bellmunt ranges down to the tail end of the Sau reservoir.

### The Cistercian Route

Map C2. Directory 24, 52

### Routes through the Empordà region and the Aiguamolls de l'Empordà Natural Park

Map A4/B4. Directory 30, 74, 91, 92

### Routes in the Ripollès region

Map A3/B3. Directory 97

### No-luggage walking in the Costa Brava

Map B4. Directory 49

### Vulture Valley Route (Vall dels Voltors)

Map B1. Directory 102

### From the Pyrenees to the Mediterranean

Map A3/B3/B4. Directory 38

### Guided walks in the Gironès region

Map B4. Directory 98

### Walks and urban discovery games in Barcelona

Map C3. Directory 29

### Hiking in the Àneu and Cardós valleys

Map A2. Directory 58, 96

### Hiking in the River Ebro Delta or Terres de l'Ebre region

Map D1. Directory 61, 69, 78

### Routes in Montsec

Map B1. Directory 68

### Excursions through Núria Valley

Map A3. Directory 84

### Hiking and Nordic walking in the regions of Tarragona

Map C1/C2/D1. Directory 88

### Further information:

[www.turismedecatalunya.com/senderisme](http://www.turismedecatalunya.com/senderisme)



# Cycle tourism and mountain biking (BTT)

## Enjoying the country on two wheels

The variety of landscapes and the mild climate of Catalonia are an enticement to enjoy cycle tourism and mountain biking the whole year round.

### Cycle tourism

Catalonia has five greenways built over former railway tracks, which foster sustainable, non-motorised mobility for cyclists and walkers. These trails, which are generally not steep, have markers and are suitable for people with reduced mobility or young children. In the eastern zone of the Pre-Pyrenees, there is a track of 135 kilometres that takes in the **Iron and Coal Route**, which begins in Ripoll and ends in Ogassa after passing through Sant Joan de les Abadesses; and the **Little Railway Route**, following the old railway line, which offers two possible variants, one from Olot to Girona (54 km) and the other from Girona to Sant Feliu de Guíxols (40 km). In the south of Catalonia, the greenways through the Baix Ebre and Terra Alta regions, each one of 27 kilometres, offer magnificent natural settings. The former runs through the **Ebro Delta**, a natural space of abundant bird life and gentle orography close to the sea. The latter runs through **mountain passes and the Pàndols and Cavalls ranges**, where it is still possible to find trenches and other relics of the Spanish Civil War.

From the interior through to the tucked-away coves of the **Costa Brava**, the Empordà region invites the visitor to discover its territory in a gradual and relaxed manner. The best way of doing so is by means of cycle tourism, a well-established pastime in Catalonia and a good way of organising holidays with family and friends. The **Baix Empordà Cycle Tourism Network** covers a zone with 370 kilometres of bicycle tracks. It is also possible to cross the Pla de l'Estany region, cycling along the **Salamis Route**.

In the **Terres de Lleida region**, there is a track in the Segre River basin that takes in asphalted country roads and other local tracks with very little traffic. Hence, on the western plain one can stop and find food and lodging in cities and towns like Lleida, Cervera, Agramunt and Balaguer and admire the architectural and cultural heritage of these municipalities. Along the way, there is a good network of hotels, rural guesthouses, refuges and restaurants where the cyclist can rest and recoup his or her energy.

In the south of Catalonia, in the **Terres de l'Ebre region**, the cyclist may go from Montblanc to the River Ebro, covering a zone that is very rich in terms of its culture and natural beauty and in which one can stop to contemplate and photograph the botanical and ornithological diversity of the area, or visit the Cistercian monasteries.

With most of the cycle tourism routes that we propose, it is possible to combine sporting activity with all kinds of other gastronomic (wineries, restaurants, etc.) and cultural (visiting museums, archaeological remains, monasteries, etc.) pleasures, which the whole family may enjoy. Catalonia has at least **800 kilometres of asphalted roads** with very low levels of vehicular traffic, which are therefore ideal for cycling. **Barcelona**, for example, has a number of signposted tracks in the **Collserola range**, while different parts of the city has lanes for the exclusive use of cyclists.

### Cycle tourism suggestions

**Cycle tourism and road cycling in the Empordà region**

Map A4/B4. Directory 15, 16, 65, 74, 92

**Cycle tourism from the Pyrenees to the Mediterranean**

Map A3/B3/B4. Directory 86

**The River Ter Route**

Map A3/B3/B4. Directory 25, 37

**The Cistercian Route. Cycle tourism and mountain biking**

Map C2. Directory 24

**Routes through the Aiguamolls de l'Empordà region**

Map A4. Directory 91

**Cycling through Camprodon Valley**

Map A3. Directory 55

**Cycle tourism in La Garrotxa Volcanic Zone, Girona and Vic**

Map B3/B4. Directory 07, 98, 107

**The Mediterranean coast on wheels**

Map B4. Directory 49

**Cycle tourism in the Costa Daurada**

Map C2/C3/D2. Directory 106

**Cycle tourism routes in the Ripollès region**

Map A3/B3. Directory 97

**Bicycle tracks in the River Ebro Delta, the Terra Alta greenway and Cambrils**

Map D1. Directory 61, 69, 78, 88

**Excursions in Val d'Aran**

Map A1. Directory 53, 82

**Cycle tourism in Montseny**

Map B3. Directory 50, 60

**Cycle tourism in the Pallars region**

Map A1/A2. Directory 75, 93

Further information:

[www.turismedecatalunya.com/cicloturisme](http://www.turismedecatalunya.com/cicloturisme)

## BTT suggestions

### BTT along the Way of the Good Men

Map A2/B2. Directory 12

### BTT routes through the Pyrenees

Map A1/A2/A3. Directory 37, 103

### BTT excursions on the Costa Brava

Map A4/B4. Directory 46, 99

### BTT Centre of Berguedà

Map B2/B3. Directory 95

### BTT Centre of La Seu d'Urgell.

#### BTT of Alt Urgell

Map A2. Directory 32, 56

### BTT routes through Camprodon Valley

Map A3. Directory 57, 62, 100

### BTT Centres in the Lluçanès- Sau-Collsabra

Map B3

### BTT routes through the Terres de Lleida and Montsec region

Map B1/B2/C1/C2. Directory 68, 87

### BTT routes through Cerdanya

Map A2/A3. Directory 23, 40, 47, 54, 78, 104

### BTT Centre of Baix Empordà

Map B4. Directory 94

### Itineraries through Val d'Aran

Map A1. Directory 17, 82, 89

### BTT routes in the Ripollès region

Map A3/B3. Directory 97

### From the Pyrenees to the Mediterranean

Map A3/B3/B4. Directory 38

### BTT Centre of Mont-roig del Camp

Map D2. Directory 88

### BTT Centre of Àneu Valleys-Pallars Sobirà

Map A2. Directory 96

Cycle tourism through the Monells zone (Costa Brava)

## Mountain biking (BTT)

The network of Mountain Bike Centres in Catalonia, the first in Spain, offers over 6.400 kilometres of signposted itineraries that are classified according to the degree of difficulty so that everybody, from the beginner to the expert, can enjoy mountain biking in a relaxed fashion with the help of any one of the eighteen Mountain Bike Centres of the network. The Mountain Bike Centres are spaces of free access that begin at a reception point where the tourist is offered information, panels with clearly presented details of the itineraries and the services the Centre offers for both bicycle and tourist, for example sanitary facilities, showers and bicycle renting, etc. The Mountain Bike Centre routes are usually circular and they avoid sections with vehicular traffic, and keep asphalted surfaces and two-way roads to a minimum.

By mountain biking one can discover the beauty of Val d'Aran's landscape, do the Cadí-Moixeró ring route along the impressive escarpments of the Cadí range, cover a section of the Way of the Good Men in the Berguedà region or go deep into central Catalonia, into the Sau-Collsabra Valley where, in May, the popular Cabrerès-BTT event is held, this being one of the major European mountain bike events. In the Terres de Lleida region, in Montsec, there are a number of routes through the largest extension of flatwater resources of Catalonia, the Noguera reservoirs.

Closer to the sea, one can go from the Pyrenees to the Costa Brava by mountain bike, covering the last kilometres with the Mediterranean at one's feet; on the Costa del Maresme, not far from Barcelona, there is a route through the hermitages and tracks of the Montnegre range; while in the Costa Daurada there are several mountain bike tracks, some in the mountain zones and others along the beaches.

Further information on Mountain Bike Centres in Catalonia and the Transcatalunya Route:  
[www.btt.catalunya.com](http://www.btt.catalunya.com) and [www.transcatalunya.catalunya.com](http://www.transcatalunya.catalunya.com)



The Catalan Tourist Board has launched a long-distance circular mountain bike itinerary known as the Transcatalunya. It covers the entire land by means of linking up the different sections joining the Mountain Bike Centres of the network.



Mountain biking in Banyoles (Costa Brava)



**Centres BTT**



Mountain Bike (BTT) Centres of Catalonia	Levels of difficulty				Total routes	Total km	Reception point
	Easy	Medium	Difficult	Very difficult			
<b>Catalunya Central</b>							
Lluçanès	2	2	3	1	8	219.7	Prats de Lluçanès
Plana de Vic	2	5	3	2	12	299.3	Vic
Vall de Sau - Collsacabra	6	4	3	4	17	258.1	Tàrradellas
<b>Costa Brava</b>							
Baix Empordà - Costa Brava	3	2	8	8	21	358.6	Castell-Platja d'Aro
El Gironès	2	7	2	4	15	228.9	Quart
La Selva	2	7	11	5	25	411.1	Amer
Pla de l'Estany - Banyoles	2	3	5	3	13	284.2	Porqueres
Salines - Bassegoda	8	11	8	6	33	597.1	Maçanet de Cabrenys
<b>Costa de Barcelona-Maresme</b>							
Santa Susanna - Montnegre	3	1	2	2	8	110	Santa Susanna
<b>Costa Daurada</b>							
Mont-roig del Camp - Miami Platja	4	3	2	1	10	144.5	Mont-roig del Camp
<b>Pirineus</b>							
El Berguedà	3	0	5	3	11	226	Avià
El Ripollès	1	2	9	12	24	541.3	St. Joan de les Abadesses
La Seu - Alt Urgell	3	11	6	15	35	1,227.4	La Seu d'Urgell
Pallars Jussà	1	2	3	3	9	265.1	La Pobla de Segur
Solsonès - Vall de Lord	3	2	3	1	9	148.6	Sant Llorenç de Morunys
Valls d'Àneu	3	3	2	3	11	214	Esterrí d'Àneu
<b>Terres de Lleida</b>							
Montsec - La Noguera	4	5	10	7	26	506.6	Àger and Os de Balaguer
<b>Val d'Aran</b>							
Val d'Aran	7	4	7	7	25	419	Betren / Vielha

For further information see: [www.btt.catalunya.com](http://www.btt.catalunya.com)

Easy
  Medium
  Difficult
  Very difficult



## Sports Tourism Destinations (DTE)

Sports Tourism Destination (DTE) is a rating of specialisation that has been created by the Catalan Tourist Board. It is awarded to destinations that are notable for the high-quality resources and services they offer to top-ranking sportspeople, professionals, amateurs and tourists who wish to engage in such sporting activities as **mountain biking**. They provide installations that meet the needs of every kind of sport, giving special attention to sanitary facilities, sports medicine, along with an appealing tourism (natural parks, beaches, culture, gastronomy, etc.) and commercial offer and an ideal climate for sporting activities all year round. At present, the DTE sites of La Seu d'Urgell, Banyoles and Santa Susanna are mountain bike certified.





# White waters

## The appeal of the turbulent river

With the coming of the spring thaw, the Noguera Ribagorçana, Noguera Pallaresa, Garonne and Segre rivers become ideal places to experience waters with undercurrents and whirlpools.

### The Two Noguera

Travelling down the wild waters of the **Noguera Pallaresa** is an activity that has its origins in the river transport of timber by means of rafts, vessels constructed with oak cross trunks, bound together with birch shoots and with a rudder at either end. Since 1979, each first Sunday of July, La Pobla de Segur celebrates its long-established rafting festival. This begins on the Saturday with the traditional construction of rafts and the next day the rafters, dressed as they did in olden times, cover a six-kilometre stretch of the river after which the great festivities begin. In the professional domain of white water sports, the **International Noguera Pallaresa Rally** is held every summer in Sort.

The Noguera Pallaresa River offers forty kilometres of navigable waters in both winter and summer as its flow can be adjusted. The towns of Sort and Llavorsí are reference points for the activities of **rafting** and “**bus-bob**” – an inflatable, sausage-shaped craft for four or five people seated one behind another – as well as other sports with the **hydro sled, canoe, open (sit-on-top) kayaks** and **standard kayaks**.

**Canyoning** in the Noguera Ribagorçana and Pallars zone offers a combination of the techniques of mountain climbing and potholing with water rides and also some swimming. The activity consists in climbing down the walls of ravines and crossing small waterfalls through narrow gullies. In the Pallars zone the Berrós, Sant Pere, Estaron, Viu de Llevata, Gulp and the Infern ravines are particularly well known, these being located in La Pobla de Segur. Canyoning is a very widespread sport in Catalonia and the Costa Brava has especially interesting offers as well.

### The Segre and Garonne rivers

Inaugurated for the 1992 Olympic Games, **Segre Olympic Park** is a first-rate facility for the sports of **rafting, canoe-kayak** and **canoeing**. The installation, which is five hundred metres long and of adjustable flow, offers group rides in inflatable boats, or hydro sled and the hiring of rowing boats. Canoeing courses are also offered in the park, a discipline in which visitors can also be initiated in the Ponts and Camarasa reservoirs, halfway along the **River Segre**.

The **Garonne River**, with its source in the Pla de Beret, in the middle of Val d’Aran, from whence it flows towards France, offers several white water stretches that are a perfect setting for **canyoning**. **Rafting** is concentrated in white water reaches such as El Caos, L’Era Lòssa and L’Era Tortuga.

In the **Vall de Rialb** zone, rapids passing through steep rocks also offer thrilling **canyoning** in the **gorges** formed by the Rialb River.

### Suggestions

**River descent by kayak or Canadian canoe on the River Ter**

Map B4. Directory 22, 25

**Rafting and canoeing in Segre Olympic Park**

Map A2. Directory 32, 56

**Rafting and river activities (kayak, canoe-raft, etc.) on the River Noguera Pallaresa**

Map A2/B2. Directory 33, 34, 41, 58, 63, 96

**Rafting, bus-bob, hydro sled, and inflatable canoes in the rivers of the Terres de Lleida region**

Map A2/B2. Directory 36, 56, 87

**Riding the rapids of the Garonne River**

Map A1. Directory 89

**Aquatic trekking**

Directory 29

**Rafting, canoeing and hydrospeed in Val d’Aran**

Map A1. Directory 53, 82, 89



# Rowing and sailing

## A host of sea and river activities

The history of Catalonia is very much linked with its rivers and the sea. This relationship has given rise to its own kinds of boats and first-rate port facilities all along the coast, not to mention a wide range of activities for the whole family to enjoy.

Nowadays, the Catalan coastline attracts visitors from all around the world who come to partake of the many offers the Mediterranean holds out, whether it is taking a **cruise on a skippered vessel** or using the **Costa Brava** port facilities, for example the **L'Estartit-Medes Islands Nautical Resort**, with its fascinating marine-life showcase constituted by the **Medes Islands** and the **Montgrí coast**. Just when it seems that the mountain range is about to die on reaching the shore, it branches out and rises again in the form of an island a few miles off the coast, forming an internationally renowned protected marine reserve.

**Nautical resorts** are spaces for tourist and recreational activities that foster nautical tourism in the sense of active holidays in contact with the sea, with the opportunity of engaging in all kinds of leisure-time activities related with its waters, this being complemented with a range of types of accommodation, along with enjoying nature and other tourist attractions and leisure activities in the environs. Here it is possible to learn how to water ski, or windsurf and discover the different kinds of rowing sports.

Not far from **Barcelona**, one can enjoy the romantic, ancestral activity of sailing on board a **skippered yacht** while contemplating the shoreline stretching out from the city. Particularly notable are the **Costa del Maresme**, which boast a major concentration of marinas and a nautical resort, or the **Costa del Garraf** with beautiful towns such as Vilanova i la Geltrú and Sitges, the latter of which is home to a very significant heritage of *Modernista* (Catalan Art Nouveau) art.

One of the country's traditional vessels is the Catalan *llagut*, a lateen-rigged skiff, aboard which one may row out to sea from the port of **Tarragona**, an old Roman city with an abundant Roman heritage to discover and admire. The **Costa Daurada** offer consists of a great array of possibilities of things to do in relation with the sea, with many activities organised by the nautical resorts, which have ideal facilities for the practice of any kind of nautical sport in a sea of long beaches, shallow waters, gently rolling landscapes and fine, clean sand.

In the domain of freshwater sports, the **Pre-Pyrenees reservoirs** often represent a quieter and more relaxed alternative for lovers of rowing and kayaking. The peaceful waters of Lake Banyoles, along with the reservoirs of the **River Segre** in the **Terres de Lleida** region, or the **Sau** reservoir in the **Osona** region (Catalunya Central) are very good options. In the south of the country, in the **River Ebro** environment, one can engage in water sports on the **Flix** and **Riba-roja reservoirs**, with a variety of boats with oars or paddles, such as different kinds of canoe and the kayak, landing on the shore, penetrating river reaches, drawing in close to a forest on the bank, and contemplating the diversity of fauna, especially birds, of the delta. It is also possible to go on cruises along the Ebro and to hire **boats for the whole family**. In this regard, the companies that offer guides and canoes for hire also suggest river routes tailored to the preferences of their clients.

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### International Competitions

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Various international competitions are held in Catalonia throughout the year such as the international canoe half marathon in March/April in Lake Banyoles. The Catalan coast has also played host to prestigious events such as the World Championship of Freestyle Windsurfing in Empuriabrava, and the World Cup-Grand Catalonia Prize windsurfing competition in Sant Pere Pescador.

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### Suggestions

#### Sailing excursions in the bay of Pals

Map B4. Directory 27

#### Sailing and kayaking in the Medes Islands and Costa Brava

Map B4. Directory 16, 99

#### Boating and canoeing in Núria Valley

Map A3. Directory 84

#### Canoeing-kayaking in Segre Olympic Park

Map A2. Directory 32

#### Canoeing-kayaking in the rivers of the Terres de Lleida region

Map A1/A2/B1/B2. Directory 87

#### Rowing club in Empuriabrava

Map A4. Directory 91

#### Windsurfing and nautical activities in Alt Empordà and Baix Empordà

Map A4/B4. Directory 74, 92

#### River tourism in the northern zone of the Pyrenees

Map A2/A3. Directory 79

#### Nautical resorts on the Costa Daurada

Map C2/D2. Directory 88, 106

#### Canoeing on the River Ter

Map B4. Directory 98

#### Kayaking along the cliffs of Montgrí

Map B4. Directory 27

#### Canoeing, kayaking and boat trips on the River Ebro Delta

Map D1. Directory 78

#### Rowing and water sports in the Sau reservoir

Map B3. Directory 70

#### Windsurfing and kitesurfing in Sant Pere Pescador

Map A4. Directory 66

#### Sailing on the River Ebro

Map D4. Directory 69

#### Kayaking in the Sau and Camarasa reservoirs

Map B3, B1. Directory 44



# Underwater activities

## Beauty beneath the water's surface

Whether you are an experienced diver, or you'd like to be initiated into exploring the sea's flora and fauna, you will find several points along the Catalan coastline where you can discover a whole underwater world.

In the **Medes Islands Marine Reserve**, on the **Costa Brava**, a place of steep crags and crystalline waters, you can make your first dive off the town of L'Estartit and, assisted by experienced monitors, you will learn the basic rules of undersea diving. Just under a kilometre from the L'Estartit coast, this archipelago of seven small islands is a place where you can also do **snorkelling**, and enjoy viewing a range of protected marine flora and fauna. The depth is generally around ten of fifteen metres but it drops to fifty at some points where there are some very beautiful caves.

The fish are not afraid to approach the divers in these warm clear waters so that diving here is a very fine opportunity for lovers of underwater photography. Hence, with the coming of summer each year, the MIMA (Medes, Image and Environment) International Festival is held and it includes an internationally prestigious underwater photography competition. Here, and in other places along the Catalan coast, associations engaged in underwater activities organise group outings to clean the seabed.

### Costa del Garraf and Barcelona

Since 1952, when Catalonia's first diving club was founded, the country has been moving ahead in this sport, which is widely enjoyed today. In the centre of the Catalan coastline, the **Costa del Garraf** offer a large number of underwater activities. The numerous beaches and exceptional climate, along with four marinas in Vilanova i la Geltrú, Sitges and Cubelles, are excellent starting points for all kinds of water sports and activities throughout the year. In Barcelona, several sports associations offer diving courses and new underwater habitats are being upgraded in order to favour the natural process of regeneration. These are to be found off the Parc d'Escull (Reef Park), which runs from the Mar Bella beach through to the new entrance of the port.

### Costa Daurada and the Terres de l'Ebre

The diversity of the Costa Daurada and the Terres de l'Ebre, with their kilometres-long beaches, offers a wide range of opportunities for underwater activities. Under the waters of the **Ebro coast** is a seabed with rock formations full of cavities in which you can admire the Mediterranean's most significant colonies of **posidonia**. With a view to revealing the secrets of the seabed, several companies and entities offer underwater activities ranging from beginners' courses through to routes for more experienced divers.

### Suggestions

#### Diving and snorkelling in the Medes Islands

Map B4. Directory 16, 27

#### Underwater activities off the Costa Brava

Map B4. Directory 65, 86, 91, 92, 99

#### Underwater activities off the Costa Daurada

Map D1/C1/C2. Directory 106

#### Underwater activities in the nautical resorts of Catalonia

Directory 06, 88, 106



# Nature

## In touch with the natural environment

In the space of a few kilometres, the geography of the Catalan territory presents a great variety of landscapes, vegetation and fauna.

Catalonia enjoys exceptional geological diversity, with sediment materials such as slate in the northern zone; calcareous rock near the coast in the Pre-Pyrenees area and sand and clay that is used as potters' clay in the hinterland zones. It also has great geographical variety. Catalonia has **five hundred and eighty kilometres of coast**, extending from Cap de Creus to the Costa Brava and through to the Ebro region. This coast is home to natural spaces that are vital for the fauna of southern Europe, for example Ebro Delta Natural Park and Aiguamolls de l'Empordà, or the Medes Islands Marine Reserve, a place of extraordinary natural value owing to its marine resources. This is also a **mountainous land**, from the highest peaks of above three thousand metres in Val d'Aran, through to the cliffs of Cap de Creus. The Catalan Pyrenees constitute an outstanding nature strip of two hundred and thirty kilometres, with **sixty points notable for their qualities as natural spaces and ten reserves designated for special protection**, forming part of the total of 331,661 hectares of protected spaces in the country as a whole.

In the areas of the country's geography where there is intense aquatic activity, special care is taken in maintaining the seabed and the flora and fauna that inhabit it. We suggest you go diving to explore the depths of the sea off the Catalan coast in the **Medes Islands** where, accompanied by biologists, you will be able to see one of the western Mediterranean's major reserves of marine flora and fauna. In the sandy seabed, you will find a great number of caves and see the growth of **red coral** and other endangered species. Also in the Costa Brava, in the waters of the Alt Empordà region, **cetacean-sighting** cruises are offered.

In the interior, in the Berguedà zone, you can participate in organised activities to observe the Pre-Pyrenees flora and fauna while, in Val d'Aran, photographic events are held with a view to immortalising the **autochthonous flowers** of the region, as well as birdwatching and wild animal-spotting excursions.

## Birdwatching tourism

Thanks to its geographical situation, Catalonia is a particularly special and attractive destination for **birdwatchers** from all over Europe. In a radius of two hundred kilometres around the city of Barcelona alone, there are several zones of great ornithological interest and exceptional for their biological richness.

One of the country's remarkable birdwatching zones is the delta formed by the River Ebro as it flows into the sea, forming the most extensive of Catalonia's wetlands. This is the habitat of some fifty of the Mediterranean's most important bird species. Other excellent birdwatching areas are Aiguamolls de l'Empordà and Ivars Lake; the Mediterranean landscapes of Els Ports, Cap de Creus and Montserrat; the Llobregat River Delta and four different Pyrenees and Pre-Pyrenees zones: Aigüestortes i Estany de Sant Maurici National Park, Cadí-Moixeró, Mont-rebei and La Terreta, and Núria Valley.

All of these zones have itineraries with good infrastructure in the form of **observation and lookout points** that offer fine views of the birds, signposted walks, information and interpretation centres, guides for cultural visits as well as hotel and country guesthouse accommodation and restaurants.

## The Ornithological Tourist Guide of Catalonia

The Catalan Tourist Board has published a guide detailing the ornithological diversity of the Catalan territory by means of eleven itineraries structured into four groups: wetlands, Pyrenees and Pre-Pyrenees, Mediterranean lands and metropolitan environs. It also contains information about other natural spaces and zones, a birdwatcher's code of ethics and information of interest about entities related with ornithology in Catalonia as well as companies providing services for birdwatching tourism. Furthermore, there is a compendium of all the existing infrastructure to facilitate birdwatching: observation points, hides, signposted itineraries, information and interpretation centres, etc. The guide also indicates the areas that are accessible for people with reduced mobility.

The complete guide may be consulted at the web site: [www.ornitologia.catalunya.com](http://www.ornitologia.catalunya.com)

## Suggestions

**Wildlife and nature workshops in Núria Valley**

Map A3. Directory 84

**Guided ornithological circuit on the River Ter**

Map B3/B4. Directory 22

**Ornithological guide to the Garraf massif and the Aiguamolls Remolar-Filipines**

Map C3. Directory 28

**Ornithological guide to the plains of Lleida and the Boumort mountains**

Map b1. Directory 28

**Birdwatching in the Aiguamolls de l'Empordà-Cap de Creus**

Map A4. Directory 28,

**Ornithological guide to the Cadí range**

Map A2/A3. Directory 28

**Birdwatching and nature activities in the River Ebro Delta**

Map D1. Directory 28, 61, 78, 88

**Flora photography in Val d'Aran**

Map A1. Directory 89

**Natural space of the mouth of the River Foix**

Map C2. Directory 90

**Visits to Aigüestortes i Estany de Sant Maurici National Park and Val d'Aran**

Map A1/A2. Directory 82, 87, 89

**Orientation treasure hunts in Empordà and Montnegre**

Map A4/B4. Directory 30

**Observation of high-mountain flora and fauna**

Map A3. Directory 62

**Observation of flora and fauna in Tortosa**

Map D1. Directory 69





# Rock climbing

## Hugging mountains

Catalonia is one of the major international rock climbing destinations. Whether you are a seasoned rock climber or a beginner, you will enjoy the sensation of being body-to-body with the mountain.

The work done over the years by Catalan excursionists has been decisive in opening up many of the now-existing rock-climbing sites in the mountains. In Catalonia, rock climbers can enjoy scaling the highest peaks or rock faces of a multitude of cliffs and other places that are still little-known. In a single day, you can do danger-free guided climbs and learn different rock-scaling techniques.

The mountain of Montserrat is one of Catalonia's most emblematic places. Symbolic wellspring of many sociocultural, religious and political initiatives, it is also one of the country's most ideal places for rock climbing of all levels, thanks to the two hundred rock spires that crown it. Among the most symbolic high points are the Cavall Bernat which, every autumn, gives its name to an uninterrupted twenty-four-hour festival of rock climbing and exchange of experiences among mountain lovers.

## The Pre-Pyrenees zone

From east to west, the Pre-Pyrenees zone offers a huge number of rock faces to scale. In the Pallars Jussà region is the narrow **Collegats passage**, which is formed by the erosion caused by the Noguera River, which also cuts through a number of ranges in the interior of the country, for example the Peracalç range to the west and the Cuberes and Boumort ranges to the east. The Collegats defile has five rock-climbing sectors: the Moles del Pessó, the Roca del Pessó, the Agulla del Gos, the Paret de la Figuereta and the Argenteria where, in winter, the waterfall becomes a cascade of ice dropping down over the rugged rocks and shining like silver (*argent*) in the sun – hence its name.

In the Montsec range, the rock climber will enjoy scaling the exceptional faces of Montrebei, Terradets and Vilanova de Meià. In the north-east of the country, Camprodon Valley is also home to places that are ideal for rock climbing, for example Rocabruna and Ulldeter, source of the River Ter, the main river of the Costa Brava.

## Prades and Montsant and Els Ports

The south of the country has rugged landscapes that are greatly appreciated by rock climbers from all over the world. The **Prades** and **Montsant** ranges offer first-class rock faces, notable amongst which are those in the zones of La Mussara and La Riba, in particular Siurana, with hundreds of places for climbing now opened up in the rocks. Located between Catalonia, Aragon and the Valencia region, the massif of **Els Ports** offers climbs in some of the highest points of the hinterland. Outstanding here are the zones of rock channels, valleys and the Benet rocks, with some twenty climbs now open.

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## Vie Ferrate

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These are vertical climbs with gear such as pitons, holds, rails and chains, making them suitable for non-expert climbers. A steel cable is installed to cover the whole climb for safety in case of falls. There are several places in Catalonia where these climbs are offered, for example ranges like Montserrat, Montsant, Oliana, Sant Martí de Sarroca, etc.

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## Suggestions

**Rock climbing and canyoning in the Terres de Lleida region**

Map A1/A2/B1/B2. Directory 87

**Rock climbing in Montserrat and Pedraforca**

Map A2/B2. Directory 85

**Rock climbing in the Els Ports de Tortosa-Beseit Natural Park, the Prades range and the Montsant range**

Map C1/D1. Directory 88

**Speleology in Cerdanya**

Map A2/A3. Directory 64

**Rock climbing in Alt Berguedà**

Map A2. Directory 95

**Canyoning in the Àneu Valleys**

Map A1/A2. Directory 96

**Rock climbing in the environs of the Cavallers Dam**

Map A1. Directory 103



# Snow

## The splendour of the Catalan winter

With the coming of winter, a good proportion of tourism in Catalonia is concentrated in the zones of snow. The whole Pyrenees area offers a variety of activities and marvellous, spectacular white landscapes.

The network of ski resorts in the north of the country is extensive and a wide variety of activities is arranged through them for all kinds of visitors. In winter, snow activities flourish in places like **Núria Valley**, where many hikers set out on excursions to explore the environs of **Puigmal peak**, either **ski mountaineering** or walking with **snowshoes**. The same activities are also possible in **Camprodon Valley**, which is surrounded by peaks of almost three thousand metres high, for example **Gra de Fajol**, **Puig de Bastiments**, **Geganta pass** and **La Dona peak**.

In the region of **Cerdanya**, the paths used by hikers in the summer can also be taken in winter with snowshoes, or ski mountaineering, or by skimobile. This area also offers a great variety of tracks for Nordic skiing in the different ski resorts located among forests of mountain pine with splendid panoramic views of the **Cadí range**. In **Pallars Sobirà**, overlooked by the peak of **Orri**, in the **Port-Ainé** resort, visitors may enjoy **skiercross** and **boardercross** (a kind of snowboard).

The zone of **Aigüestortes i l'Estany de Sant Maurici National Park**, where everything is white in winter, is a first-class setting for snowshoe excursions. Meteorological effects cause the two hundred lakes of the area to freeze over, and these may be crossed if the temperature is low enough. Other winter snowshoe routes are the **Carros de Foc** (Chariots of Fire) track, with stops and shelter in different mountain refuges, or a weekend route in the environs of the **Espot** ski resort, which is particularly attractive for children. Other activities are also possible, for example going down the mountain by skimobile at night along well-marked tracks, or sleeping in a tepee in the **Espot** campsite, two thousand metres above sea level.

Outdoor snow activities include **snowshoe excursions**, **horseback rides through the snow**, **constructing igloos** and **orientation courses** in high mountain survival and in the use of **ARVA** (apparatus for rescuing avalanche victims) technology. Finally, the month of January is when the **Pirena** is held. One of the main and most newsworthy mushing competitions in the European calendar, it is notable both for the number of spectators and the tourist agencies and businesses involved. Over a period of a fortnight, people and dogs join forces to cross the whole Pyrenees in a competition that counts towards the **International Federation Sled Dog Sports (IFSS)** contest. Moreover, it has been declared an official competition by the Catalan and Spanish winter sports federations.

## Suggestions

### Snowshoes in Alt Berguedà

Map B3. Directory 95

### Snow sports in the Lleida Pyrenees

Map A2. Directory 41

### Snowshoes, skiing and snowboarding in Cerdanya

Map A3. Directory 40, 47, 54, 76, 81, 104

### Snowshoes, igloo construction, orientation, dog mushing, snowmobiles and horseback rides in the snow in the Pallars region

Map A1/A2. Directory 33, 34, 63

### Alpine skiing and snowboarding in Gran Pallars

Map A1/A2. Directory 20

### Snowmobiles, dog sled rides, snowshoes or cross-country skiing to discover the path leading to the Montgarri sanctuary

Map A1. Directory 17

### Alpine skiing, snowboarding, snowshoes, dog sled rides... in La Molina

Map A3. Directory 23

### Snow-based activities in Camprodon Valley

Map A3. Directory 55, 57, 100

### Cross-country, alpine, Nordic skiing and snowboarding in Tavascan

Map A2. Directory 58

### Snow activities in Vaqueïra-Beret and Val d'Aran

Map A1. Directory 67, 82

### Ski resort, igloo construction, mountain skiing, snowshoes... in Núria Valley

Map A3. Directory 84

### Ice-skating in Val d'Aran

Map A1. Directory 89

### Skiing in the Ripollès region

Map A3. Directory 97



# Horseback tourism

## Discover the country full rein

One good option for being in direct contact with nature, crossing valleys, and taking tracks along rivers, cliffs and beaches is discovering Catalonia on horseback.

Very near Barcelona, the **Costa del Garraf** offers a wide variety of tracks through the so-called lunar landscapes of the Garraf massif. Other interesting routes are the different itineraries through **Montseny Natural Park** or the paths in the interior such as those of the **Castellatallat range** in the Bages region, and **Sau-Collsabra Valley** and the **Lluçanès zone**, in Osona. Again, the Maresme region offers several itineraries in contact with nature that may be covered riding a horse or donkey. Further to the north, the old Cathars' route the **Way of the Good Men**, which is marked as GR-107, offers a long itinerary through the mountains, from Berga through to Montségur (Ariège, France). This route of almost two hundred kilometres, crosses Cadí-Moixeró Natural Park, entering the high Pyrenees before crossing the border.

## On horseback through the Pyrenees and the Terres de Ponent

In general, the whole Pyrenees zone has a very good offer for tourism on horseback. **Val d'Aran** has a great number of tracks and paths to be discovered on horseback, or with buggies and ponies for children in the company of a monitor, who will guide you through the region, starting from Vielha. One recommended stop is that of the Vilac lookout, from which you can observe the mountain scenery.

In the Ripollès region, there are **wild horses** and a number of equestrian facilities in **Camprodon Valley** and **Ribes Valley**, which have been joined since time immemorial by the **Collada Verda** pass. This zone combines idyllic scenery and a very significant heritage of Romanesque architecture. In Garrotxa, horse and rider may discover beautiful volcanic settings such as the Rocacorba mountain crest, the highest point of the route after which the **volcanoes** are left behind and the descent to the sea begins, passing through settings like Banyoles Lake and the medieval villages of the Pla de l'Estany plain. Following the River Ter, the route ends on the Mediterranean shore, on the Pals beach in the Costa Brava.

## The Cistercian Route

Horseback riding in the **Alt Urgell** region makes it possible to enjoy the scenic variety of every valley, each one different from the rest. Further to the south, on the **Vulture Valley (Vall dels Voltors)** Route, the excursion on horseback goes through the natural environment of La Terreta Valley, where one can observe the local birdlife.

In the natural setting of the Cistercian Monastery of **Poblet**, which has been listed as a UNESCO World Heritage Site, one can discover one of the major gems of Catalan religious art. This monastery, along with those of **Santes Creus** in the Costa Daurada, and **Vallbona de les Monges** in the Terres de Lleida region, constitute the **Cistercian Route**, one that is overflowing with culture, tradition and Catalan heritage and that can be covered on horseback through a territory abounding in forests, vineyards and mountains.

## Suggestions

### Horseback routes along the Way of the Good Men

Map A2/A3. Directory 12

### Horse rides in the Pallars region

Map A2. Directory 63

### Horseback routes through Camprodon Valley

Map A3. Directory 55, 57, 100

### Horseback tourism in Les Gavarres

Map B4. Directory 98

### Horseback and buggy rides in the Fageda d'en Jordà (beechwood forest)

Map B4. Directory 39, 45

### Horse riding in Prullans

Map A2/A3. Directory 51, 64

### Horseback routes through Cerdanya

Map A2/A3. Directory 54, 81, 104

### Equestrian circuit through Les Venedes Valley

Map A2. Directory 41

### Horse riding in La Garrotxa Volcanic Zone

Map A3/B3. Directory 107

### Horseback tourism in Les Gavarres

Map B4. Directory 86

### Itineraries on horses and ponies in Núria Valley

Map A3. Directory 84

### Horseback excursions in Montseny

Map B3. Directory 03, 50, 60

### Horseback tourism in the Pallars Jussà region

Map B1. Directory 93

### Horse riding in the Àneu Valleys

Map A1. Directory 96



# Air

## Bird's-eye Catalonia

Discovering Catalonia from the air is a fascinating journey in which you can admire both the peaks of the Pyrenees and idyllic seaside scenes, crossing plains, valleys and areas of dense vegetation.

One of the most spectacular sensations a human being can experience is that of the free fall. In Catalonia, you can enjoy **parachuting** and **skydiving** in the Castelló d'Empúries-Empuriabrava zone of the Costa Brava, one of Europe's most prestigious venues for these activities. In July the Beach Swoop Challenge parachuting contest is held here. For newcomers to the sport, professional monitors are on hand to help with the first jump from a height of four thousand metres, guiding the two-minute descent. This is a very powerful, unforgettable charge of adrenalin. Back in Empuriabrava – which, one should recall, is a **Sports Tourism Destination (DTE)** – there is a parachuting centre in which you can experience the sensation of the parachute jump without needing to go up in a plane. This is achieved by means of a modern wind tunnel, the world's biggest skydive simulator, with a vertical air current of 180-250 kilometres per hour to give the sensation of free falling.

### Enjoying the landscape

If you prefer calmer sensations and having a bird's-eye view of the landscape, you can start your itinerary of the interior of Catalonia by **crossing reservoirs** by aerostat balloon, starting from the Sau reservoir in the Osona region and following the course of the River Ter to its mouth in the Costa Brava.

Flights in Zona Volcànica de la Garrotxa Natural Park offer views of volcano territory that is worth covering from one end to the other in order to enjoy an incalculable number of natural and scenic mutations on the ground.

Cerdanya, one of Catalonia's biggest valleys, has a climate that favours **balloon** and **ultralight** flights and **paragliding**. Borne aloft by the wind, travelling from the mountain to the wide valleys, you can take daylight photos or fly on full-moon nights.

Further to the south, in the Berguedà region, you can also enjoy **balloon** flights over **Cadí Natural Park** or view Pedraforca, Collsacabra, or Sau Valley in the neighbouring Osona region.

The natural and climatic conditions of **Àger Valley** have made it one of Europe's major **paragliding** and **delta wing** venues. There are also several companies that offer flights by helicopter or twin-engined aircraft in which you can make your air debut at the side of a specialist monitor knowing that the companies that offer these courses guarantee all aspects of security. Located at the foot of Montsec, a range oriented from east to west, thereby facilitating the formation of the thermal currents that are essential for skydiving, this valley is a virgin zone far from the urban setting and ideal for many adventure sports and activities in contact with nature.

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### Flights by helicopter or twin-engined aircraft

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Apart from the range of balloon flights, paragliding and delta wing flights, there are also several companies that offer helicopter or twin-engined aircraft flights to discover some of the country's tourist attractions. You can also fly over Barcelona and go to Montserrat, while other flights offer a tour of discovery of the Costa Brava, with the added attraction of being able to take extraordinary photographs.

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### Suggestions

#### Helicopter flights

Directory 10, 21

#### Paragliding in the Alt Berguedà region

Map A2/A3. Directory 95

#### Delta wing, paragliding, aerostat balloons and helicopter flights in the Terres de Lleida region

Map B1/B2/C1. Directory 87

#### Balloon flights in Cerdanya

Map A3. Directory 54

#### Paragliding in Montsec

Map B1. Directory 68

#### Balloon flights over La Garrotxa Volcanic Zone

Map A3/B3. Directory 107

#### Balloon flights for tourists

Directory 08, 09, 18, 19, 92, 93

#### Parachuting in the Bay of Roses

Map A4. Directory 86

#### Paragliding flights in Vall de Boi

Map A1. Directory 103





# Accessible multi-activity tourism

Fun for everyone

The rising popularity of adventure sports has revealed a clear preference for a series of activities that combine contact with nature and a spirit of endurance. There are many Catalan companies and destinations that have tailored their products and services so that everyone can enjoy them.

The Catalan tourist sector has worked to improve the accessibility of its services so that disabled people can enjoy their cultural, leisure and sports offer in equal conditions. This kind of **accessible tourism** is a key factor in any pluralistic, respectful and caring society.

To begin with, are the **greenways**, the former railway tracks that have been adapted for walkers and cycle tourism so that they are accessible to everyone. They may be found, among other places, in the Garrotxa region, a volcanic zone where it is also possible to take **balloon flights with adapted baskets**. In the Costa Brava, between mountains and sea, there is a section of the greenway that runs along a number of **accessible beaches** and this is suitable for **adapted bicycles**. In Camprodon, it is also possible to find routes for adapted bicycles, while in Garraf Natural Park and also in Cambrils there are **natural itineraries** that are especially **adapted** for people with limited vision.

If aquatic activities are preferred, Segre Olympic Park incorporates the most advanced technology for **adapted canoeing** in flatwater. In the Costa Brava-Alt Empordà region, some companies have adapted **kayaking** facilities, while the sailing school in the L'Escala Yacht Club has adapted its sailing facilities for disabled people. Besides courses for beginners and in technical aspects of sailing, this entity also organises the **L'Escala Open Regatta of Accessible Sailing**, which was held for the first time in 2009. For those who prefer the depths of the sea, especially **adapted diving** is offered in the Medes Islands.

For **snow sport lovers**, the majority of the Pyrenees resorts have adapted their installations so that everyone can enjoy his or her favourite sport in the ski season. Among these resorts are those of Boí Taüll, in the Terres de Lleida Pyrenees near Aigüestortes National Park; Vaquèira Beret, in Val d'Aran, and La Molina, in Cerdanya, where the International Paralympic Committee's (IPC) World Cup was held in 2009 with the participation with the best disabled skiers from around the world.

Horseback riding, too, is becoming an especially prominent activity, thanks to the efforts of centres that have made it accessible for everyone. For birdwatchers, Ebro Delta Natural Park has **accessible observation points**.

Further information about accessible active tourism and downloadable catalogue:  
[www.turismeperatohom.com](http://www.turismeperatohom.com)

## Suggestions

**High-up adventure circuits, quad excursions, strategy games and orientation**

Map B4. Directory 31

**La Molina Parc Aventura**

Map A3. Directory 01

**Leisure centre in Collsacabra**

Map B3. Directory 02

**Adventure sports, 4x4 and quad excursions in Montseny**

Map B3. Directory 03, 50, 60

**El Bosc Animat de Catalunya en Miniatura (treetop forest park). Zip-line 150 metres long**

Map C3. Directory 13

## Rural Tourism and Agrotourism

Rural tourism and agrotourism establishments are the ideal option for enjoying nature-based activities. The sector offers a broad spectrum of activities distributed across the length and breadth of Catalonia and which cater for every budget. The new star-type classification system for these establishments facilitates their selection based on their features and the services offered.



Further information:  
[www.gencat.cat/diue/allotjaments](http://www.gencat.cat/diue/allotjaments)

Adventure and discovery activities in Barcelona: Fòrum, Montjuïc, etc.

Map C3. Directory 29

Segway routes, buggies, mini zip wire, orientation courses... in Empordà

Map A4. Directory 30

Paintball, quads and adventure activities in the Albera Range and Cap de Creus

Map A4. Directory 35

Paintball and adventure in the Pre-Pyrenees and the Terres de Lleida region

Map B1/B2. Directory 36, 56, 87

Quad excursions in Cerdanya

Map A3. Directory 54

Adventure activities in Empordà

Map A4/B4. Directory 16

Adventure journeys by car, motorbike or jeep through the Pyrenees and the South of France

Map A1/A2/A3. Directory 80

Thrilling walks through the Llémena Valley

Map B4. Directory 98

Borredà Parc Aventura and La Molina Parc Aventura

Map A3/B3. Directory 01

Adventure activities in the River Ebro Delta and the Montsant range

Map D1. Directory 88

Orientation circuit and recreational park in Núria Valley

Map A3. Directory 84

La Selva Adventure Park

Map B3. Directory 26

Paintball and adventure circuits in the region of Girona

Map A4/B3/B4. Directory 101

Nordic walking in Cerdanya

Map A2/A3. Directory 54, 64

Nordic walking in Lloret

Map B4. Directory 99

Nordic walking and Nordic fitness in Calafell

Map C2. Directory 105

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## Nordic walking

Nordic walking, or ski walking, which originated in Finland, is the exercise of walking with poles that are especially designed for this sporting and leisure activity. Among other advantages, it offers the body improved physical fitness in a mild but effective way by stimulating the cardiovascular system and enhancing coordination and mobility. It is beneficial for everyone who wishes to improve his or her fitness regardless of age.

---

## Enjoying lakes and rivers

In the natural setting of Poblet, one can have fun with the flying fox, or zip-line, climbing in a rockodrome or learning the meticulous techniques of archery. In the Costa Brava, one can engage in **adventure activities** such as rappelling or abseiling, crossing Tibetan-style bridges and rope climbing. In a setting located in Sant Miquel de Campmajor, there are thousands of square kilometres for fun activities such as paintball or raiding a 18<sup>th</sup>-century fortress.

In the environs of **Banyoles Lake**, the adventure offer is complete, with the chance of doing archery or a course in mountain orientation. In **Cerdanya** you can enjoy potholing and different activities high in the air. The **Collegats** zone offers a large number of outdoor or open-air activities for groups and people of all ages so that everyone can enjoy themselves and discover what pure-state adventure is.

The Noguera Pallaresa zone offers canyoning, while Boí Valley concentrates a number of exceptional river spaces for canoeing and hydrospeed.

## Tree walking

Catalonia has trees that are high enough to engage in activities that simulate the experience of an adventure film in some remote part of the world. For example, the offer includes the flying fox or zip-line, Tibetan bridges, lianas and other activities provided by a range of adventure parks scattered throughout the country. Based on age-old methods that have been used in many parts of the world to cross abysses and flooded rivers, all these activities offer the sensation of flying among trees, or they test balancing skills with walks on cables and ropes at some height above the ground. These circuits are suitable for everyone, and are monitored by professional guides who observe all the legally-required security measures.

Another Pyrenees reference point is the Port-Ainé ski resort, from which one can set out on numerous excursions with 4x4 quads, or go rafting on the Noguera River, or enjoy the maximum pleasures of canyoning in the Sant Pere ravine. The centre also offers archery facilities and a rockodrome for climbers.

Núria Valley in the Ripollès region is located in a zone that is ideal for multi-adventure activities, sailing and canoeing, and also horseback riding for small children. Another possibility is to plan your activities to go from the **Pyrenees to the Mediterranean**, or from the high mountain down to the sea. This offer includes several aquatic sports such as **canyoning**, flatwater canoeing, kayaking in the sea and, after an orientation course, taking routes from the interior to the shore on horseback or mountain bike.

At Pals beach, on the Costa Brava, you can hire a **catamaran** or **sea kayak** and explore the Girona coastline.

Moreover, at different points of the country there are spaces that are planned for fun, being together and, of course, respect for the environment, with a wide choice of activities, for example touchball (war game in the forest), in which participants practice and experience skills, movements, decisions and excitement that do not come along very often.

Catalonia offers a number of itineraries in all the zones around the country for Nordic walking, an exercise with poles similar to ski poles, which can be enjoyed on the beaches of Calafell and others in the Costa Daurada, or forests in the Lleida region and central Catalonia, as well as in sea and mountain settings of the Costa Brava and La Garrotxa Volcanic Zone.



Sports, nature and adventure test the endurance and skills of participants while also offering a wide range of options for groups of friends and schoolchildren, as well as family and company groups.





A  
R  
A  
G  
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C

D

F R A N C E

ANDORRA

10 VAL D'ARAN

7 PIRINEUS

9 TERRES DE LLEIDA

2 CATALUNYA CENTRAL

1 BARCELONA

5 COSTA DEL GARRAF

8 TERRES DE L'EBRE

4 COSTA DAURADA

MEDITERRANEAN SEA

Centre BTT Val d'Arán

Centre BTT Valls d'Aneu

Centre BTT Pallars Jussà

Centre BTT Montsec-La Noguera

Lleida

Gandesa

Tortosa

Centre BTT la Seu d'Urgell

Centre BTT Solsonès-Val de Lord

Centre BTT Montserrat

Tarrega

Montblanc

Centre BTT Mont-roig del Camp

L'Ampolla

Centre BTT Berguedà

Centre BTT Berguedà

Centre BTT Solsonès-Val de Lord

Tarrega

Tarragona

Centre BTT Mont-roig del Camp

L'Ampolla

Centre BTT Ripollès

Centre BTT Prats de Lluçanès

Centre BTT Vall de Sant Jordi

Centre BTT Collserola

Terrassa

Vilanova i la Geltrú

Silges

Centre BTT Ripollès

Centre BTT Prats de Lluçanès

Centre BTT Vall de Sant Jordi

Centre BTT Collserola

Terrassa

Vilanova i la Geltrú

Silges

Centre BTT Ripollès

Centre BTT Prats de Lluçanès

Centre BTT Vall de Sant Jordi

Centre BTT Collserola

Terrassa

Vilanova i la Geltrú

Silges

Centre BTT Val d'Arán

Centre BTT Valls d'Aneu

Centre BTT Pallars Jussà

Centre BTT Montsec-La Noguera

Lleida

Gandesa

Tortosa

Centre BTT la Seu d'Urgell

Centre BTT Solsonès-Val de Lord

Centre BTT Montserrat

Tarrega

Montblanc

Centre BTT Mont-roig del Camp

L'Ampolla

Centre BTT Berguedà

Centre BTT Berguedà

Centre BTT Solsonès-Val de Lord

Tarrega

Tarragona

Centre BTT Mont-roig del Camp

L'Ampolla

Centre BTT Ripollès

Centre BTT Prats de Lluçanès

Centre BTT Vall de Sant Jordi

Centre BTT Collserola

Terrassa

Vilanova i la Geltrú

Silges

Centre BTT Ripollès

Centre BTT Prats de Lluçanès

Centre BTT Vall de Sant Jordi

Centre BTT Collserola

Terrassa

Vilanova i la Geltrú

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Centre BTT Val d'Arán

Centre BTT Valls d'Aneu

Centre BTT Pallars Jussà

Centre BTT Montsec-La Noguera

Lleida

Gandesa

Tortosa

Centre BTT la Seu d'Urgell

Centre BTT Solsonès-Val de Lord

Centre BTT Montserrat

Tarrega

Montblanc

Centre BTT Mont-roig del Camp

L'Ampolla

Centre BTT Berguedà

Centre BTT Berguedà

Centre BTT Solsonès-Val de Lord

Tarrega

Tarragona

Centre BTT Mont-roig del Camp

L'Ampolla

Centre BTT Ripollès

Centre BTT Prats de Lluçanès

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Centre BTT Prats de Lluçanès

Centre BTT Vall de Sant Jordi

Centre BTT Collserola

Terrassa

Vilanova i la Geltrú

Silges

Centre BTT Ripollès

Centre BTT Prats de Lluçanès

Centre BTT Vall de Sant Jordi

Centre BTT Collserola

Terrassa

Vilanova i la Geltrú

Silges



Proposed Hiking Routes

- 1 Carros de foc (Chariots of Fire)
- 2 La Porta del Cel (Gate of Heaven)
- 3 Camí dels Bons Homes (Way of the Good Men)
- 4 Cavalls del Vent (Horses of Wind)
- 5 From Sant Pau de Segúries to Lladó
- 6 Estels del Sud (Stars of the South)
- 7 Ruta del Ter (River Ter Route)
- 8 Els 3 Monts (Three Mountains Route)

Proposed Cycle Tourism Routes

- 1 From Montblanc to the River Ebro by bicycle
- 2 A trip around the Plana de Ponent
- 3 From the Catalan Pyrenees to the sea by bicycle
- 4 The River Ter Route

The Way of Saint James

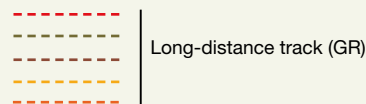


TransCatalunya

- Central Catalonia – Pyrenees Itinerary
- Mediterranean Itinerary
- Ponent Itinerary (West)

Symbol legend

- |  |   |  |   |
|--|---|--|---|
|  | Hiking                                      |  | Multi-activity tourism                  |
|  | Cycle tourism and mountain biking           |  | Mountain bike (BTT) Centre of Catalonia |
|  | White water activities                      |  | Rock climbing                           |
|  | Rowing and sailing                          |  | Snow                                    |
|  | Underwater activities                       |  | Horseback tourism                       |
|  | Nature                                      |  | Air                                     |
|  | Birdwatching itinerary                      |  | Peak                                    |
|  | Boundary of autonomously-governed community |  | Town                                    |
|  | River, torrent                              |  | Monastery                               |
|  | Reservoir                                   |  | Airport                                 |
|  | Greenway                                    |  | Aerodrome                               |



Tourist brands

- 1 Barcelona
- 2 Catalunya Central
- 3 Costa Brava
- 4 Costa Daurada
- 5 Costa del Garraf
- 6 Costa de Barcelona-Maresme
- 7 Pirineus
- 8 Terres de l'Ebre
- 9 Terres de Lleida
- 10 Val d'Aran

# Activity & Nature Holidays Club Directory

Established in 1996, the Activity & Nature Holidays Club now consists of a hundred and nine companies working to offer activities to tourist agents and visitors who can enjoy being in permanent contact with nature and the landscapes of the country.

The offer is extensive and varied: the following directory presents the enterprises that are Club members so that you can choose what to do, where to sleep and where to find information during your stay in Catalonia.



SANTA PAU



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Left, sea activities in Sitges (Costa del Garraf). Above, on horseback in the old centre of Forallac (Costa Brava)

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Windsurfing, El Bogatell beach (Barcelona)

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## 01. ALTITUD EXTREM SL



Altitud Extrem suggests a range of activities for families, groups, friends, gatherings, etc., in parks located in Borredà (Berguedà) and La Molina (Cerdanya), Borredà Parc Aventura and La Molina Parc Aventura. Canyoning, snowshoe excursions, and vie ferrate are available for anyone from eight years of age and upwards, and at different levels. The facilities/activities are adapted for the disabled and there are specialist and professional guides and monitors.

Borredà Parc Aventura (open weekends and holidays all year round and throughout the summer season).

La Molina Parc Aventura (open weekends and holidays all year round and throughout the summer season).

Canyoning (from spring to autumn).

Snowshoes (in the winter season, weather permitting).

Vie ferrate (all year round, weather permitting).

## Contact

C. Pau Casals, 2  
08695 Bagà  
Tel. +34 616 554 039  
Fax +34 938 244 777  
oficina@altitudextrem.com  
www.altitudextrem.com



## 02. ANIGAMI EXPERIÈNCIES



Anigami Aventura SL is a twenty-first-century services company, a pioneering project concerned with the interconnectedness between people, nature, leisure and emotions: human experiences in a natural setting. With its Leisure Centre headquarters in Collsacabra, the company offers the widest range of services and activities for all kinds of public: installations and organisation of adventures throughout Catalonia, active tourism and experiences in Osona, specialist and vertical work (for example, rappelling, abseiling), production of fairs and shows, and accommodation management for groups, etc.

Guided 4x4 routes through Collsacabra and Les Guilleries Adventure circuits, with zip lines, high-wire forest adventure circuits, archery with 3D animals, orientation courses, football golf, and 4x4 excursions.

Programmes designed for groups and agencies.

Treasure hunts for stag/hen parties.

Discovering the territory on foot, by canoe, 4x4, balloon, helicopter, horseback, Segway, quads and mountain bike.

## Contact

Mas Les Comes, Ctra c-153 km 18,7  
08511 - L'Esquirol (Santa Maria de Corcó) Barcelona  
Tel. +34 937 447 295  
info@anigami.cat  
www.anigami.cat



## 03. ASSOCIACIÓ D'EMPRESARIS TURÍSTICS MONTSENY



The aim of the association is to offer visitors to the Montseny Natural Park a comfortable stay that, always respecting the environment, will introduce them to the great wealth of natural, cultural and human resources of Montseny. Among the members are many hotels and restaurants working with the producers and artisans of the zone to provide a wide range of cuisine, from the most traditional to the most innovative. The offer is completed with accommodation in small hotels, camp sites, rural tourism houses and apartments for tourists. Moreover, there are several companies that organise hiking, horseback-riding, and multi-adventure activities.

Hiking.

Horse riding.

Adventure sports.

Circ-Oric (circus).

Visit to local producers.

## Contact

Ctra. de Montseny, s/n  
08461 Sant Esteve de Palautordera  
Tel. +34 938 482 008  
Fax +34 938 482 008  
info@turisme-montseny.com  
www.turisme-montseny.com



Associació  
d'Empresaris  
Turístics  
Montseny



## 04. ASSOCIACIÓ D'AMICS DE CAVALLS DEL VENT



Cavalls del Vent offers a circular mountain crossing that includes eight monitored mountain refuges in Cadí-Moixeró Natural Park, between the Berguedà and Cerdanya regions. The accommodation is communal rooms and it is necessary to bring sheets or a sleeping bag. We also recommend that you bring a hand lamp or head lamp since most of the refuges have solar plaques and at night there is no light. The Cavalls del Vent activities are offered from June to September and are suitable for all kinds of public, except for children younger than ten years of age.

---

Hiking.

---

Nature.

---

Contact

C. La Vinya, 1,  
08695 Bagà  
info@cavallsdelvent.com  
www.cavallsdelvent.com



## 05. ASSOCIACIÓ CATALANA D'EMPRESSES DE SENDERISME



This is an association of different companies providing services to hikers throughout Catalonia, with a wide range of products designed for hiking, trekking, nature, observation of flora and fauna, among others.

---

Hiking.

---

Trekking.

---

Observation of flora and fauna.

---

Nature.

---

Contact

Av. Pas d'Arro, 5, baixos  
25530 Vielha  
Tel. +34 973 642 444  
+34 620816184  
Fax +34 973 642 497  
secretaria@empresesdesenderisme.com  
www.empresesdesenderisme.com



## 06. ASSOCIACIÓ D'ESTACIONS NÀUTIQUES DE CATALUNYA



A nautical resort is a recreational space suitable for tourism by the sea, this being understood as active holidays in contact with the water and with the opportunity to engage in all kinds of aquatic activities in leisure time, and with different types of accommodation also on offer. Nautical resorts specialise in organising proposals for activities and also programmes made to measure for schools, universities and companies. Catalonia's seven nautical resorts are: Sant Carles de la Ràpita in the Ebro Delta; Costa Daurada; Roses; L'Estartit-Medes Islands; Bay of Palamós; Santa Susanna; and Vilanova i la Geltrú.

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Aquatic activities (kayak, dinghy sailing, skin diving, windsurfing, kitesurfing).

---

Activities on land (hiking, mountain bike, rock climbing, tourism on horseback).

---

Accommodation, tourist services, gastronomy.

---

Contact

Tel.+34 972 750 699  
info@encatalunya.cat  
www.encatalunya.cat



## 07. ATMA. AGÈNCIA DE TURISME MEDIAMBIENTAL



Since 1992, ATMA has been working in the field of tourism and the environment. One of the main branches of this work is cycle tourism, a different, coherent way of planning holidays with a view to discovering the country's geography or enjoying a weekend away. Located in the Les Preses zone, at the foot of the Greenway consisting of the Olot-Girona Little Railway Route, the area covered extends throughout the La Garrotxa region, the Volcanic Zone Natural Park, and the Greenways of Girona, Vic, the Empordà, the Costa Brava, the Province of Girona, and Barcelona.

---

Hiring of bicycles and complementary material.

---

Transport of luggage and bicycles.

---

Logistics, advice and accompaniment.

---

Publications.

---

Creation of routes and organisation of visits or travel.

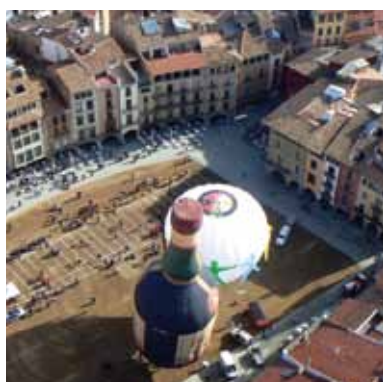


### Contact

Antiga Estació  
17178 Les Preses  
Tel. +34 972 692 023  
Fax +34 972 692 020  
atma@garrotxa.net  
www.atma.cat



## 08. BALÓ TOUR, SL



Baló Tour offers aerostat balloon flights for individuals and groups. We invite you to share with us the adventure of flying with a balloon. You will discover the whole process from the point of blowing up the balloon to the moment we come to collect you after landing. We cater for all kinds of public, families, individuals, and company and incentive training groups. This is a whole world of sensations and visual pleasures aloft in the winds. We also offer flights for the blind, for handicapped people and naturalists.

---

Balloon flights for tourists.

---

Balloon outdoor events, balloon outdoor training events, balloon outdoor and corporate training events.

---

Events for companies, incentive training, motivation and general training activities.

---

Balloon crossings.



### Contact

Bisbe Morgades, 49 entl 2a  
08500 Vic  
Tel. +34 938 894 443  
+34 934 144 774  
+34 607 856 969  
+34 607 848 443  
Fax + 34 938 894 311  
balo@balotour.com  
www.balotour.com  
www.balotourevents.com



## 09. CAMINS DE VENT



Balloon flights are an activity to be enjoyed with family and friends, for people of all ages. They offer unique sensations, extraordinary views and the delight of being in an environment different from our own. A dream for many people and one that is easy to make come true.

Balloon flights can be made all over Catalonia. We generally fly over the Anoia, Segarra, Urgell, Pla d'Urgell and the Bages regions. A 4x4 vehicle picks you up when you land. We then drink a toast and have a sit-down breakfast, after which we give you a report of the flight in photos and a flight certificate. We are well equipped to offer accessible tourism.

This activity is not recommended for pregnant women.

---

Balloon flights everywhere in Catalonia.



### Contact

C. Major, 17  
08282 Pujalt  
Tel. +34 629 385 757  
info@caminsdevent.com  
www.caminsdevent.com



## 10. CATHELICÒPTERS



Cathelicopters is a helicopter company which has Spain's first permanent urban heliport. From the heliport located in the Barcelona port area it offers a unique flight over the city and all the way to Montserrat. Its facilities are adapted for people with reduced mobility.

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BCNCostatour.

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BCNSkytour.

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BCNSkytour + Montserrat.

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À la carte flights.

### Contact

Passeig de l'Escullera  
Moll adossat, s/n  
08039 Barcelona  
Tel. +34 977 314 297  
Fax +34 932 218 271  
info@cathelicopters.com  
www.cathelicopters.com



## 11. CINGLES, GUIES DE MUNTANYA



Cingles is a company of mountain guides and environmental educators who, since 1993, have been working on and offering mountain activities addressed to all kinds of participants: groups, families with children, couples, company groups, primary schools, secondary schools and universities. The profile of the guides working in Cingles is varied and wide-ranging, covering areas including mid-altitude mountain excursions, mountain biking and horse riding. There are also instructors for rock climbing and canyoning, as well as snow skiing and snow surfing instructors, environmental educators, *inter alia*. All the guides are qualified and can work in Catalan, Spanish, English and French.

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Journeys, routes and crossings.

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Canyoning.

---

Vie ferrate.

---

Skiing and surfing.

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Snowshoe excursions.

### Contact

Alberg LA CLOSA  
08696 Castellar de n'Hug  
Tel. +34 938 257 016  
Fax +34 938 257 057  
coordinacio@cingles.org  
www.guiescingles.cat



## 12. CONSELL REGULADOR DEL CAMÍ DELS BONS HOMES



The Way of the Good Men is an itinerary running from the Queralt sanctuary (Berga) to the Montségur Castle (Ariège, France), which covers the migratory routes of the Cathars, the "good men", from the 12<sup>th</sup> to the 14<sup>th</sup> centuries. The route can be done on foot or horseback (nine days) or with a mountain bike (six days) and a wide range of facilities are offered along the way: accommodation, restaurants, guides, taxis, information, etc. The route is designed for the general public, people who wish to discover culture and nature, on foot, by bicycle or on horseback.

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Hiking.

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Mountain biking.

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Horseback routes along the Way of the Good Men.

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Cultural proposals by car and/or shorter walking routes.

### Contact

C. Pujada a Palau, 7  
08695 Bagà  
Tel. +34 938 244 861  
info@camidelsbonshomes.com  
www.camidelsbonshomes.com



## 13. EL BOSC ANIMAT DE CATALUNYA EN MINIATURA



El Bosc Animat is a treetop forest park in the scale-model theme park Catalunya en Miniatura. It offers four treetop adventure circuits, of differing levels of difficulty and suitable for all ages. It caters to a public of four years of age and upwards (schools, recreation centres, families, etc.). It is open all year round and has free-of-charge picnic and parking areas.

Gnomes Children's Circuit.

Fairies Circuit.

Elves Circuit.

Trolls Circuit.

Zip-line 150 metres long.

### Contact

Can Balasch de Baix, s/n  
08629 Torrelles de Llobregat  
Tel. + 34 936 890 960  
Fax + 34 936 891 326  
www.elboscanimat.com  
info@elboscanimat.com



## 14. ELS 3 MONTS (CONSORCI TURISME VALLÈS ORIENTAL)



Els 3 Monts is a hiking route that links the natural parks of the Barcelona region – El Montseny, Sant Llorenç del Munt and Serra de l'Obac and Montserrat – by means of a sign-posted itinerary divided into six stages. Along its 106 kilometres, the walker will discover the changing forms of nature in easy progression. Montseny appears slow and eternal, Sant Llorenç i l'Obac is wild and rugged while, closer to the cluster of prominent peaks of Montserrat, the landscape becomes magical and capricious. This is mid-altitude mountain terrain presenting little technical difficulty. However, the route does present some steep climbs and minimal physical form is essential to complete it. One must bear in mind that each stage requires an average time of between four and six hours per day.

Hiking.

### Contact

Ctra N. 150 Km 15  
08227 Terrassa  
Tel. +34 937 273 534  
www.els3monts.cat  
info@els3monts.cat



## 15. EMPORDÀ BIKE RESORT



The Empordà Bike Resort offers cyclists itineraries for all kinds of GPS-guided road cycling, mountain biking, and cycle tourism. It also provides accommodation in a sixteenth-century farmhouse on the outskirts of La Bisbal, with rural apartments for two to five people. The maximum capacity is seventeen people. A large range of services are available: full breakfast for cyclists, a locked, well-equipped garage along with a washing and drying zone exclusively for bicycles, and hire of top-range and medium-range bicycles plus complements. This is a privileged rural setting only ten minutes' walk away from the centre of the town.

Mountain biking.

Road cycling / cycle tourism (sport).

Cycle tourism.

Hiking.

### Contact

Camí Afores de La Bisbal, 30  
17100 La Bisbal d'Empordà  
Tel. +34 972 641 820  
+34 607 863 738  
info@empordabikeresort.com  
www.empordabikeresort.com  
www.maspetit.net





## 16. ESTACIÓ NÀUTICA L'ESTARTIT - ILLES MEDES



The L'Estartit-Medes Islands Nautical Resort offers a wide range of activities adapted for all levels and ages. Nautical activities include snorkelling, sailing, skin diving, water skiing, banana boat, glass-bottomed boats giving underwater views, boat hire, and sea and river kayaks. These may all be complemented with activities such as mountain biking, Segway, golf, adventure park and balloon flights and, as a further complement to this active holiday in L'Estartit, we have the best offers for hotel, camp site or apartment accommodation.

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Skin diving.

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Sailing / tourist boats.

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Kayak.

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Water skiing.

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Activities on land: mountain biking, Segway, adventure park, etc.



### Contact

C. de la Platja, 10-12  
17258 l'Estartit  
Tel. +34 972 750 699  
Fax +34 972 750 985  
info@enestartit.com  
www.enestartit.com



## 17. ÉVALIA



Évalia is a company based in the Val d'Aran, set up to organise and carry out all kinds of events, at both institutional and company level and for private and sporting occasions. The company tailors its programme to the needs of each client, designing, organising and producing each event at a high professional level, with exclusivity and efficiency, bearing in mind all the elements needed to ensure success. Évalia's activities are usually focused in the Val d'Aran, although its sphere of work also extends to other areas of the Pyrenees and different mountain zones.

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Hiking, mountain excursions and mountain biking.

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Guided visit to the Colomers Cirque.

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Excursions in 4x4 or hiking through small Aranese villages.

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Snowmobiles, dog sled rides, snowshoes or cross-country skiing to discover the path leading to the Montgarri sanctuary.



### Contact

C/ Major, 4  
25598 Salardú - Val d'Aran  
Tels. +34 671 541 545  
+34 973 644 457  
info@evalia.biz  
www.evalia.biz



## 18. GLOBUBOLG



Balloon flights are safe, enjoyable and environmentally friendly. Globubolg offers the chance to enjoy this unique adventure almost a thousand metres high, with the wind as your rudder and in total harmony with nature. This is an activity that is suitable for all kinds of public and ages. We offer flights through all the regions of the geography of Catalonia, for example Cerdanya, Empordà, Osona, Solsonès and Vallès Oriental.

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Discovery flight (all year)

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Crossing flight (from November to March)

### Contact

C. Torres i Bages, 68 1r  
08400 Granollers  
Tel. +34 609 760 005  
globubolg@globubolg.com  
www.globubolg.com



## 19. GLOBUS KONTIKI



Balloon flights over different parts of Catalonia. A whole morning of adventure, from the preparations of blowing up the balloon early in the morning, an hour and a half of real flying time, the follow-up with 4x4 vehicles and celebrating the flight with a hearty country breakfast, a champagne toast, through to the flight certificate and a CD of images of the experience. We have twenty years' experience of flying, with pilots who speak English, French and Italian. Our activities are suitable for all kinds of public and we offer a child-minding service for small children for the duration of the flight. We also provide a connection service from any hotel to the flight zone.

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Barcelona environs flight.

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Partial-crossing flight.

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Pyrenees crossing.

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Flight over the Cerdanya region.

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Flight over the Empordà region.

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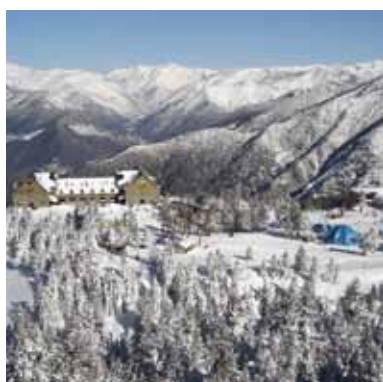


### Contact

Aeròdrom Igualada-Òdena  
Oficina hangar Kon-Tiki  
A-2, sortida 557  
08711 Òdena  
Tel. +34 935 156 060  
info@globuskontiki.com  
www.globuskontiki.com



## 20. GRAN PALLARS



Gran Pallars, with its reservation centre, brings together the tourist and leisure offer of the Pallars Sobirà zone (accommodation, ski and mountain resorts) along with a wide range of services, adventure sports, nature, culture and gastronomy. We offer ski and accommodation tourist packages in winter; and in winter and spring-summer, we have a package that includes Aigüestortes i Estany de Sant Maurici National Park, culture, adventure sports and gastronomy.

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Alpine skiing and snowboard.

---

Adventure sports.

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Mountain sports.

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### Contact

Tel. +34 902 190 192  
info@granpallars.com  
www.granpallars.com



## 21. HELIPISTAS, SL



Barcelona Helicopters – Heliastas, SL is a helicopter company, which was founded in 1997 and licensed by the Department of Civil Aviation. This is a flying school and pioneer company in passenger transport for tourist flights and heli-taxi services, transport to restaurants, wedding flights, etc. In the sphere of aerial work, it specialises in photography and filming with gyro-stabilised cameras, aerial banner advertising, and aerial inspections and patrols. It has a fleet of eight helicopters and its own base.

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Tourist helicopter flights.

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Heli-taxi services, transport to restaurants.

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Wedding flights.

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Photography and filming, aerial advertising banners.

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### Contact

Heliport Teresa Vilà  
08231 Ullastrell  
Tel. +34 937 304 911  
Fax +34 937 304 912  
info@barcelonahelicopters.com  
info@helistas.com  
www.barcelonahelicopters.com  
www.helistas.com



## 22. KAYAK DEL TER



This company offers a tourist trip along the River Ter in three sections, two of which are covered in kayak and one in Canadian canoe. The riverbank landscapes lining the route and the way they change from one season to another are the most surprising part of the trip. Travelling along a river that is part of the Xarxa Natura 2000 (Nature Network 2000), coming under the auspices of the European LIFE project, makes it possible to discover a setting that is rich in birdlife, botany and fauna. The river trips can also be combined with walking and bicycle excursions, while an ornithological circuit is also offered with sighting points at several places on the plain (bird watching).

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River trip in kayak.

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River trip in Canadian canoe.

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Combination with hiking.

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Combination with cycle tourism.

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Combination with bird watching.



### Contact

C. Costa Brava s/n  
17144 Colomers  
Tel. + 34 662 159 469  
info@kayakdelter.com  
www.kayakdelter.com



## 23. LA MOLINA



La Molina is Spain's premier ski station. A leading resort with a modern sporting spirit it also caters to families and offers activities for all ages. It has kilometres of slopes for all levels, good snow and top-quality services. The station is constantly being renovated with a view to its remaining at the head of the ski sector, and it also offers new services, further enhancing its prestige. These include *après-ski* activities (tubing, a fitness centre, Segway, adventure park among the trees, etc.) and many more activities for all tastes within its zone of influence.

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61 km slopes for alpine skiing and 16 ski lifts.

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Slopes for sledding, snowshoe excursions, snow park, children's play centre, etc.

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Tubing, fitness centre, Segway, adventure park.

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Many activities within the zone of influence (golf, horse riding, trekking, excursions, mountain climbing, etc.)



### Contact

Edifici Telecabina, s/n  
17537 La Molina, Girona  
Tel. Reserves, Informació  
+ 34 972 892 031  
Tel. Blanc (Comunicat de neu)  
+ 34 972 892 164  
Fax + 34 972 145 048  
lamolina@lamolina.cat  
reserves@lamolina.cat  
www.lamolina.cat



## 24. LA RUTA DEL CISTER



The Cistercian Route takes in three regions: Alt Camp, Conca de Barberà and Urgell and it links up the three most emblematic monasteries of Catalunya Nova (Catalonia after the twelfth-century conquest of Ramon Berenguer IV): Santes Creus, Poblet and Vallbona de les Monges. The office managing the route promotes the three Cistercian monasteries, the tourist resources of the 65 towns of the zone (agriculture and food products, arts and crafts, museums, landscape, festivities, etc.), the GR-175 Cistercian Route (which is included in the extensive network of signposted paths of Europe), Trek Orientation on the Cistercian Route, and the summer Concert Cycle of the Cistercian Route.

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GR-175 Cistercian Route.

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Trek Orientation on the Cistercian Route.



### Contact

Oficina de gestió de La Ruta el Cister  
C. Sant Josep, 18  
43400 Montblanc  
Tel. +34 977 861 232  
+34 977 871 247  
Fax +34 977 86 24 24  
info@larutadelcister.info  
www.larutadelcister.info



## 25. LA RUTA DEL TER



The River Ter Route of some 200 kilometres follows the course of the river from its source in Setcases to its mouth at Torroella de Montgrí-L'Estartit. The itinerary invites you to enjoy the river with all five senses, discovering a territory that is rich in its historic and cultural heritage, its fauna and flora and its landscapes. The route also aspires to render due homage to one of Catalonia's most "hard-working" rivers.

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Hiking.

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Cycle tourism and mountain bike.

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Tourist activities on the river (kayak, etc.).



### Contact

Factoria Cultural Coma Cros  
C/ Sant Antoni, 1  
17190 Salt  
Tel. + 34 972 405 091  
turisme@albater.org  
www.rutadelter.com



## 26. LA SELVA DE L'AVENTURA



We invite you to taste the freedoms offered on high while engaging in sport, enjoying nature and fleeing from places where perils lurk... This is a new kind of fun; this is La Selva de l'Aventura Park!

We have two circuits with over fifty activities, for example rope climbing, monkey bridges, meshes, lianas and zip lines of up to a hundred and forty metres long.

For more daring adventurers there is the Extreme Centre with bungee jumping and the special thrill of rap jumping from twenty-five metres high. We dare you to try it!

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Multi-adventure activities for all kinds of public.

---

Bungee jumping.

---

Rap jumping.



### Contact

Coll de Ravell, s/n  
17401 Arbúcies  
Tel. +34 626 799 335  
Fax +34 938 849 813  
info@selvaaventura.com  
www.selvaaventura.com  
www.centretrem.com



## 27. MEDAQUA



This company offers a range of activities on and in the sea, and specialises in diving, snorkelling and sea kayaking, with most of the offer being located in the Medes Islands Marine Reserve. There is also a diving school. Complete packages are offered and there are departments specialising in tourism for young people and company tourism. The activities always include a guide and full equipment is provided. Capacity for up to fifty people and alternative proposals in case of bad weather.

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Snorkelling at the Medes Islands

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Kayaking along the cliffs of Montgrí

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Sailing excursions in the bay of Pals

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Skin diving in the Medes Islands-Montgrí-Baix Ter Natural Park

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Hiking on the Montgrí massif



### Contact

Passeig marítim, 13,  
17258, L'Estartit  
Tel. + 34 972 752 043  
Fax + 34 972 751 381  
info@medaqua.com  
www.medaqua.com



## 28. NATURA &amp; OCELLS



This company, specialising in birding and ornithology guides, takes ornithologists and nature lovers to the best zones for observing the greatest diversity of birds and the most interesting and hardest-to-find species. A series of itineraries are offered and these can be combined according to preferences or adapted to new proposals. Bird watching enables one to engage deeply with nature. The birds find their own ecological niche and hence it is important to have close knowledge of their habits. Once they have been discovered, they are surprising in their range of sizes, forms, colours and habits.

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Ornithological guide to the Garraf massif and the Aiguamolls Remolar-Filipines.

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Ornithological guide to the plains of Lleida and the Boumort mountains.

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Ornithological guide to the Aiguamolls de l'Empordà-Cap de Creus.

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Ornithological guide to the Cadí range and to the River Ebro Delta.

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## Contact

C. Mandri 38,5è  
08022 Barcelona  
C. Dr Callis 13  
17488 Cadaqués  
Tel. +34 600539995  
Fax +34 931 853 581  
alex@naturaocells.com  
www.naturaocells.com

## 29. OBRINT VIA, SL



Since 1998, Obrint Via has been working in the sector of adventure activities for tourists as well as top quality cultural discovery programmes, all of which is designed and adapted for all kinds of public and groups. They are led by well trained and qualified specialist staff members who organise activities in natural and urban settings (Parc del Fòrum, Castell de Montjuïc and Barcelona's most suggestive corners, as well as other parts of the country). This is a different and interactive way to discover Catalan culture, entering deeply into our most outstanding natural landscape in order to experience new sensations.

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Canyoning and aquatic trekking.

---

Vie ferrate.

---

Orientation circuits and archery.

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Trips on foot, by bicycle, on horseback and sea kayak.

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Urban discovery games.

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## Contact

Mallorca 217, Local 2  
08008 Barcelona  
Tel. +34 933 190 895  
info@obrintvia.cat  
www.obrintvia.cat



## 30. OCITÀNIA



Ocitània is the product of a spirit of adventure and love for the environment. Located in Gualta, in the heart of the Empordà region, it organises a range of activities designed for enjoyment in and admiration of our most universal heritage: the landscapes of the Empordà. Ocitània offers activities for families and groups of friends: routes on the surprising Segway x2, inoffensive battles with laser games, relaxing buggy routes, a mini zip wire, orientation courses, games of golf, and more.

---

Segway routes.

---

Buggy routes.

---

Laser games.

---

Orientation treasure hunts.

---

Pitch and putt.

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## Contact

Carretera de Torroella de Montgrí a  
Parlavà, Km 0,5  
17257 Gualta  
Tel. +34 972 755 082  
Fax + 34 972 758 798  
info@ocitania.cat  
www.ocitania.cat



## 31. PARC D'AVENTURA ACTIV NATURA



Located at the entrance to the Montnegre Park, this company offers a wide range of leisure and open-air activities. It is an ideal place for celebrations, gatherings of friends and families, as well as for company groups. There are several treetop adventure routes, "Laser Combat" – the latest addition to the strategy games – archery, permanent circuits for orientation training, guided excursions with quads, horses or donkeys in the Montnegre Park, etc. Also on offer are special programmes for teamwork and open-air training for companies.

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Treetop adventure circuits.

---

Quad excursions.

---

Strategy games.

---

Orientation training.

### Contact

Cruilla Camí Riera amb Camí d'Hortsavinya  
08398 Santa Susanna  
Tel. +34 679 443 095  
inform@activ-natura.com  
www.activ-natura.com



## 32. PARC OLÍMPIC DEL SEGRE



This internationally recognised centre of adventure sports offers rafting, canoeing, hydro sled and a wide-ranging programme of activities adapted of people of all levels, whether they are members of school or company groups. Constructed in 1992 with water from the River Segre, the Olympic Park has high-technology facilities that guarantee security and the quality of services. The Mountain Bike Centre of La Seu-Alt Urgell is the starting point of most of the thousand and one kilometres of signposted routes.

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Mountain Bike Centre of La Seu-Alt Urgell.

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Rafting and canoe-kayak in Segre Olympic Park.

### Contact

Circumval·lació, s/n  
25700 La Seu d'Urgell  
Tel. +34 973 360 092  
Fax +34 973 360 192  
parcolimpic@parcolimpic.com  
www.parcolimpic.com



## 33. RÀFTING LLAVORSÍ



If you haven't tried Rafting Llavorsí, you still don't know what adventure is! Rafting Llavorsí, is the undisputed leader in adventure sports, offering the widest range of nature activities as well as programmes with all kinds of accommodation. The village of Llavorsí, which is located in the strategic centre of the Pallars Sobirà region, is the starting point for any kind of excursion.

---

Nature activities for everyone in Pallars Sobirà.

### Contact

Camí de Riberies, s/n  
25595 Llavorsí  
Tel. +34 973 622 158  
Fax +34 973 622 134  
aventura@raftingllavorsi.com  
www.raftingllavorsi.com



## 34. ROC ROI



Roc Roi is a company that has been offering adventure sports since 1996. It specialises in white water sports and outdoor activities lasting several days, with linked proposals (rafting, kayak courses, canyoning, etc.) and without ever leaving the natural environment. We have an activities centre at the La Torrassa reservoir, where you can enjoy canoeing excursions on the lake, climbing in the rockodrome, playing paintball or simply having a good time in the open air. The centre has organised several international kayak competitions, for example the 2001 Kayak Rodeo World Championship and the Extreme Kayak World Championship. New seaside centre: sailing, windsurfing, catamaran, sea kayak, etc.

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Specialists in courses of white water kayaking.

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Rafting, canoe-raft, open kayak and standard kayak in the Noguera Pallaresa River.

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Reservoirs in the Pre-Pyrenees with multi-activity.

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Outdoor snow: snowshoes, igloo construction, skimobil outings, dog sled rides, etc.



## Contact

Plaça Nostra Sra. de Biuse,8  
25595 Llavorsí  
Tel. +34 973 622 035  
Fax +34 973 622 108  
rocroi@rocroi.com  
aventura@rocroi.com  
www.rocroi.com



## 35. RUTAC RUTES TURÍSTIQUES I D'AVENTURA CATALUNYA



For more than ten years Rutac has been introducing visitors to the magnificent area taking in the Albera Range, the cape of Cap de Creus and the Les Salines massif with quads, buggies, 4x4 and mountain bikes. You can play paintball in the midst of nature and enjoy a host of other activities such as trips in inflatable boats, clay pigeon shooting, a rockodrome, an adventure circuit, etc. We hire out these facilities and move them anywhere in Catalonia, any day of the year, so that everyone, big and small, individuals and company groups can enjoy completely personalised activities, tailor-made to the tastes of clients (company stays, stags'/hens' parties, festivals, school festivities, birthday parties, etc.).

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Excursions in quads and buggies.

---

Mountain bike hire.

---

Paintball.

---

Excursions in 4x4.

---

Adventure circuits.



## Contact

C/ Icària, 5  
17751 Sant Climent Sescebes  
Tel. +34 972 545 029  
rutacsl@telefonica.net



## 36. SEGRE MITJÀ, SL



Since 1993, Segre Mitjà has been offering an attractive and exciting alternative way of enjoying the natural environment while also learning and improving skills in a wide range of sports activities (rafting, canoeing, canyoning, climbing, mountain biking, orientation, horse-riding, snowshoes, *raids blancs* [white raids]...) and, most important of all, is the great care and personal attention that is put into looking after clients. Segre Mitjà manages three different accommodation options: L'Era (Oliola), Mas Fortet (Capafonts) and Solana del Segre (Bellver de Cerdanya).

---

Cross-country skiing.

---

Canyoning.

---

Rafting.

---

Canoeing.

---

Paintball.



## Contact

C. Rafael Battle, 17  
08017 Barcelona  
Tel. +34 932 053 667  
Fax +34 935 510 759  
segremitja@segremitja.com  
www.segremitja.com



## 37. TERRA DIVERSIONS



This Barcelona-based agency specialises in cycling and hiking activities. It offers a wide range of routes for cycle tourism, mountain biking, and road riding at all levels in Spain, France and Italy. The company's logistics enable it to offer a great number of personalised activities, always with qualified guides who pay special attention to the client's comfort and security. Activities are organised for the public in general, families, and school and company groups. Open all year round except January.

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Greenways of Girona and Tarragona.

---

River Ter Route.

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Mountain bike crossings and road riding in the Pyrenees, Alps and Dolomites.

---

Bicycle hire with self-guided routes in Catalonia.

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Canal du Midi.

### Contact

Santa Tecla, 1bis  
08012 Barcelona  
Tel./Fax +34 934 160 805  
info@terradiversions.com  
www.terradiversions.com



## 38. TORNASOL AVENTURA



Created in 1991, Tornasol Aventura is one of Catalonia's pioneering companies in the sector of active and adventure tourism. Complete programmes of activities are offered for groups of six or more people with all the complementary services of accommodation and transport, specialised equipment and professional guides. Programmes for company groups: conventions, incentives, meetings, outdoor training and team building.

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From the Pyrenees to the Mediterranean: hiking, canyoning, orientation training, horse-back route, mountain biking, flat-water canoeing and sea kayak.

### Contact

Progrés, 14  
17500 Ripoll  
Tel. +34 972 702 747  
Fax +34 972 700 431  
tornasol@tornasol.com  
www.tornasol.com

**Tornasol Aventura**



## 39. TOUR TURÍSTIC



Horse and cart route through the Fageda d'en Jordà, a magical beechwood forest in the centre of Catalonia. We offer a route on an old railway track through the volcanic zone where you can discover the dormant volcanoes of the region. Our activities are accessible for people with reduced mobility, although they are not especially adapted, and they take place in the heart of Zona Volcànica de la Garrotxa Natural Park. Open all year round.

---

Horse and cart rides.

---

Old railway track.

---

Horseback riding.

### Contact

Ctra. d'Olot a Santa Pau, km 7  
17811 Santa Pau  
Tel. +34 972 680 358  
Fax +34 972 680 315  
vacances@i-santapau.com  
www.i-santapau.com





## 40. TRAÇA, SKI I ESPORTS DE MUNTANYA, SL



This company specialises in designing ski/snowboard programmes, activities in natural settings and adventure sports in the Cerdanya region. More than fifteen years' experience in creating and putting into practice our mountain products guarantee our offer. Each and every one of our teams produces tailor-made programmes in design and coordination to ensure the successful outcome of each activity, which gives a personal touch as well as optimal control of the end product.

Skiing/snowboarding.  
Snowshoes.  
Trekking.  
Multi-activity, outdoor training.  
Mountain biking.

## Contact

Av. Supermolina, edifici Pla del Roc,  
s/n  
17537 la Molina (Girona)  
Tel. +34 972 881 960  
Fax. +34 972 881 960  
info@esquimuntanya.com  
www.esquimuntanya.com



## 41. TURISNAT PIRINEUS RESORT



Turisnat Pirineus Resort is the only resort of its kind and it is located in Sort, in the Lleida Pyrenees. From this setting in the marvellous Vernedes Valley, in a property of over 30,000 m<sup>2</sup>, we offer the traveller a singular place with family comforts, peace and calm, a feeling of coexistence and all the possibilities this offers. The activities are for all kinds of public and we specialise in family holidays, outdoor and incentive activities for companies, organising trips and school camps.

Rafting.  
River activities.  
Mountain activities.  
Winter sports.  
Horseback and quad circuits.

## Contact

Passeig de les Vernedes, s/n  
25560 Sort  
Tel. +34 973 621 008  
Fax +34 973 621 394  
info@turisnatpirineus.com  
www.turisnatpirineus.com  
www.casaruralsort.com



## 42. ASSOC. CÀMPINGS DE MUNTANYA I DEL PIRINEU CATALÀ



This offer of campsites and bungalows is of the highest possible quality for enjoying nature, the mountains and the Pyrenees. At our facilities you can benefit from the harmonious balance of the environment and the pace of country life, participate in sports and leisure activities and cultural events, experience local folklore and art and discover our gastronomy. We invite you to learn about our attractive offer, and to share and enjoy this genuine way of life.

## Contact

Pg. de la Indústria, 25 4t  
08600 Berga  
Tel. +34 938 221 188  
Fax +34 938 210 380  
info@ocipirineu.com  
www.ocipirineu.com



## 43. ASS. CÀMPINGS I CV DE LA PROVÍNCIA DE BARCELONA



The campsites of this Barcelona-based association offer enjoyable stays, either camping or in bungalows, in exceptional settings: in a long coast of suggestive beaches or an enchanting interior area with green landscapes and leafy forests and the added advantage of being close to the cosmopolitan city of Barcelona, where you can admire the architecture, from Gaudí's *Modernisme* (Catalan Art Nouveau) through to the most innovative and newest constructions.

The camper will enjoy the best possible offer in terms of quality, service and attentive treatment, in campsites with modern, comfortable facilities, which are adapted for disabled people.

---

Mountaineering activities.

---

Sea activities.

## Contact

Gran Via de les Corts Catalanes,  
608 3r A

08007 Barcelona

Tel. +34 934 125 955

Fax +34 933 021 336

info@campingsbarcelona.es

www.barcelonacampings.es



Associació de Càmpings i C.V.  
de la Província de Barcelona



## 44. ASSOCIACIÓ CATALANA DE CASES DE COLÒNIES



The Associació Catalana de Cases de Colònies (Catalan Summer Camp Association) is a member entity of the Fundació Catalana de l'Esplai (Catalan Leisure Foundation) which manages summer camp houses, mountain refuges and camp sites. One of its goals is to foster a major task of environmental education designed for all kinds of groups, bringing people closer to nature, and helping them to understand and love the natural world and to encourage initiatives for its conservation and protection.

---

Nature stays.

---

Environmental education activities with guides and observation of wildlife.

---

Kayaking in the Sau and Camarasa reservoirs.

---

Mountain bike and Segway.

---

Routes through Les Guilleries, Pyrenees and Montseny.

## Contact

Riu Anoia, 42-54

08820 El Prat de Llobregat

Tel. +34 934 744 678

Fax. +34 933 777 344

acco@esplai.org

www.esplai.org



## 45. CÀMPING ECOLÒGIC LAVA



This campsite is in the heart of the volcanic zone, a quiet place, set among trees in a green landscape with a swimming pool. There is a section of camping plots, a zone of bungalows and a recreation area. The campsite is a pioneer in the EMAS certification of environmentally friendly enterprises. It has a biological purifying plant.

---

Bicycle hire.

---

Horseback riding.

---

Carriages.

---

Old railway walking route.

---

Routes for walkers and hikers.

## Contact

Ctra. Olot a Santa Pau, km 7

17811 Santa Pau

Tel. +34 972 680 358

Fax +34 972 680 315

vacances@i-santapau.com

www.i-santapau.com



## 46. CÀMPING LA SIESTA



La Siesta is a family-run camp site in the heart of the Costa Brava, with wooden bungalows that ensure that visitors will have an agreeable stay in Calella de Palafrugell. Free-of-charge mountain bike excursions for all levels are offered along with other activities. Bike boxes are provided for storage and there is a workshop, also free of charge.

---

Organisation of children's activities.

---

Aquagym and aquadisco.

---

Spinning.

---

Mountain bike excursions for all levels.

### Contact

C/ Chopitea 110-120  
17210 Calella de Palafrugell  
Tel. +34 972 615 116  
info@campinglasiesta.com  
www.campinglasiesta.com

La Siesta  Calella de Palafrugell



## 47. CAMPUS CERDANYA



Campus Cerdanya is a complex designed for active people and sports lovers. Located in a setting of incomparable natural beauty, our accommodation offer in Puigcerdà consists of fifty-three comfortable rooms, multiple-function communal zones and cutting-edge sports facilities that permit guests to enjoy all the comforts of a modern hotel in the middle of the Pyrenees along with their favourite sports in a friendly, relaxed atmosphere. The installations are adapted for people with limited mobility.

---

Courses, stays and packages for alpine skiing, Nordic skiing, Telemark skiing and ski touring.

---

Courses, excursions and alpinism packages.

---

Trekking and mountain bike excursions.

---

Sports camps for families.

---

Active weekend packages.

### Contact

Av. Ramon Condomines, 14  
17520 Puigcerdà  
Tel. +34 972 883 530  
Fax +34 972 880 810  
info@campus-cerdanya.com  
www.campus-cerdanya.com



## 48. CONF. CATALANA D'AGROTURISME I TURISME RURAL



The Catalan Confederation of Agrotourism and Rural Tourism (Concatur) develops and promotes rural and agrotourism by fostering improved quality of rural guesthouse management. The confederation presently includes almost six hundred houses and offers more than five thousand tourist beds in Catalonia. Thanks to their exceptional settings (coast, interior, Pyrenees) they offer all kinds of activities and attractions. It is possible to rent houses or rooms. Concatur is part of Asetur and also of Eurogîtes, which brings together rural tourism associations from all over Europe.

---

Hiking.

---

Cycle tourism and mountain biking.

---

Tourism on horseback.

---

Snow.

---

Multi-activity.

### Contact

concatu@ecoturismecatalunya.com  
www.ecoturismecatalunya.com



## 49. COSTA BRAVA VERD HOTELS



Costa Brava Verd Hotels is a hotel group with eighty establishments of all categories in the province of Girona. Distributed into three types, Costa Brava, Blau Verd and Petits Grans Hotels, they are located both in the coastal zone with its magnificent beaches and in the interior. This exceptional situation enables us to offer you a wide range of activities and a great variety of packages that include hiking and cycle tourism as well as an infinite number of open-air activities. Some hotels have the Q for Quality designation and are adapted for disabled people.

---

Hiking in the Costa Brava and zones of the interior.

---

Cycle tourism in the Garrotxa region.

---

Luggage-free walking.

---

The coast on wheels.

---

The volcanoes on foot.

---

### Contact

Carretera de Palamós, km 328  
17253 Vall-Llobrega  
(Costa Brava – Girona)  
Tel. +34 972 600 034/35  
Fax +34 972 600 112  
www.reservashoteles.net  
www.petitsgranshotelsdecatalunya.com



## 50. EL MONTANYÀ RESORT & SPA\*\*\*\*



Located in the exceptional setting of Montseny Natural Park, El Montanyà Resort & Spa is the perfect place for an active break, with all kinds of activities, in the midst of nature. Within the complex there are several different leisure spaces and installations, with three tennis courts, an outdoor swimming pool and the Montanyà activities centre with specialised zones for quads, paintball, hiking, Nordic walking, cycle tourism and archery.

---

Hiking.

---

Quads.

---

Horses.

---

Archery.

---

Paintball.

---

### Contact

Av. Montseny, s/n  
08553 Seva  
Tel. +34 938 840 606  
Fax +34 938 840 558  
reservas@elmontanya.com  
www.elmontanya.com



## 51. GOURMET HOTEL- SENDER HOTEL



Family hotels. The visitor is greeted upon arrival with all the tradition and refined treatment that have been acquired over generations of experience in the field.

Gastronomy of the land. Based on the ingredients of the zone, the gastronomic offer has become a singular attraction of each hotel.

Relaxation and right balance in a natural setting. Time has wrought a splendid array of mountains, ranges, lakes and rivers.

Quality and attention. Attention to and treatment of the client are part of a whole way of understanding what quality hotel service is about.

---

Hiking.

---

Horseback riding.

---

Birdwatching.

---

Mountain biking.

---

Skiing.

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### Contact

C. Sant Antoni, 4  
25610 Os de Balaguer  
Tel. +34 973 438 232  
Fax +34 639 772 265  
mkt@cimhotels.com  
www.gourmethotel.org



## 52. HOSTAL DEL SENGLAR\*\*



With more than three decades of experience, the Hostal del Senclar is an establishment with its own distinctive personality located in the heart of the Cistercian Route in a privileged setting surrounded by luxuriant Mediterranean gardens. It offers 39 fully-equipped rooms.

---

Hiking.

---

Natural landscape of Poblet.

---

Mountain bike routes.

---

A host of activities in a natural setting.

---

Horseback routes.

---

Speleology and the Font Major cave-museum.

## Contact

Plaça Montserrat Canals, 1  
43440 L'Espluga de Francolí  
Tel. +34 977 870 121  
Fax +34 977 870 127  
recepcio@hostaldelsenglar.com  
www.hostaldelsenglar.com



## 53. HOTEL BATALLA\*



Located in Bossòst, a small village in Val d'Aran, the Batalla Hotel is a small, agreeable family establishment with sixteen well-equipped rooms offering every service. This is the perfect place to enjoy a relaxing stay and a great number of active tourism activities: rafting, canoes, horseback riding, hiking and more.

---

Hiking.

---

Cycle tourism.

---

Rafting and canoes.

---

Horseback riding.

## Contact

Urb. Sol del Valle, s/n  
25550 Bossòst  
Tel. +34 973 648 199  
Fax +34 973 647 000  
hotelsbatalla@hotelsbatalla.net



## 54. HOTEL BERNAT DE SO\*\*\*



This three-star hotel is situated in Llívia, a Catalan enclave in France. It combines the traditional Ceretan architecture of the zone on the outside and up-to-date design inside. It has twenty-one rooms with balcony and/or terrace.

Llívia and Cerdanya offer a wide range of activities both in the snow and in summer with all the pleasures of a natural setting: alpine and Nordic skiing, snow-parks, snowshoes, mountain biking, Nordic walking, trekking, quads, horseback routes, balloon flights and sulphur hot springs.

---

Nordic walking.

---

Mountain biking.

---

Balloon flights.

---

Quad routes.

---

Alpine skiing, snowboarding and Nordic skiing.

## Contact

C. Cereja, 5  
17527 Llívia  
Tel. +34 972 146 206  
Fax +34 972 146 354  
info@hotelbernatdeso.com  
www.hotelbernatdeso.com



## 55. HOTEL CALITXÓ\*\*\*



The Hotel Calitxó is a high-mountain, rustic-style hotel at the entrance to Molló, in the heart of Camprodon Valley, only a few kilometres from France. This is a region that is rich in history, generously endowed by nature, with lovely views and abundant tradition. In this ideal place nature is the crowning point of your time of relaxation. The unsurpassable location of the establishment offers active tourism and a great number of sporting activities, from the most traditional to the most modern, all kinds of leisure activities, routes, cultural activities and more.

---

Hiking.

---

Cycle tourism.

---

Horseback riding.

---

Skiing.



## Contact

El Serrat s/n  
17868 Molló (Girona)  
Tel. +34 972 740 386  
Fax +34 972 740 746  
info@hotelcalitxo.com  
www.hotelcalitxo.com

## 56. HOTEL CAN BOIX DE PERAMOLA\*\*\*\*



Can Boix de Peramola is a small family-run hotel of unquestionable charm in the middle of a zone that is notable for its natural attractions, a unique Pre-Pyrenees setting. The hotel is remarkable for its full range of facilities, its excellent cuisine and the wide variety of activities the establishment offers. Open all year round except for forty-five days between January and February and two weeks between November and December.

---

Hiking.

---

Rafting and other water sports in Segre Olympic Park.

---

4x4 activities (available at the hotel).

---

Mountain biking in La Seu d'Urgell.

---

Horseback riding in Alt Urgell, golf, paintball, canyoning, balloon flights, cultural visits to Romanesque architectural sites and more.



## Contact

Can Boix, s/n  
25790 Peramola  
Tel. +34 973 470 266  
Fax +34 973 470 281  
hotel@canboix.cat  
www.canboix.cat



## 57. HOTEL EL GRÈVOL SPA\*\*\*\*



The Grèvol hotel is located in beautiful Camprodon Valley, in the eastern Pyrenees zone of the province of Girona. This is an excellent combination of an exceptional setting and beauty of the architecture of the building, which is in the style of mountain chalets. It is an ideal place for both holiday and weekend stays, and celebrations and conventions. The hotel offers a heated swimming pool, jacuzzi, sauna and spa centre. The hotel is closed the first fortnights of May and November.

---

Hiking.

---

Mountain biking.

---

Horseback tourism.

---

Snow (alpine skiing, mountain skiing, snowshoes).

---

Multi-activity, incentive training, outdoor training, archery, quads, canyoning and more.

## Contact

Av. Les Saletes, 7  
17869 Llanars  
Tel. +34 972 741 013  
Fax +34 972 741 087  
info@hotelgrevol.com  
www.hotelgrevol.com



## 58. HOTEL ESTANYNS BLAUS\*\*\*



This very comfortable rustic-style hotel is located in the quiet village of Tavascan in the north-western Pyrenees, one of Catalonia's major glacial lake zones, which also has forests such as that of the Pla de Bohavi zone. The hotel has fully equipped rooms with bathrooms, suites, a spa zone with a jacuzzi swimming pool, a sauna and a gymnasium. It is ideal for families with children, nature and mountain lovers with a spirit of adventure, skiers, lovers of culture and tradition, elderly people wishing to relax, people who love fishing, companies and incentive training trips.

---

Hiking and guided excursions.

---

Recreational fishing.

---

Rafting and white water sports.

---

Tavascan subterranean water complex and other cultural visits.

---

Cross-country, alpine, Nordic skiing and snow sports.

---



## Contact

C. Únic, s/n  
25577 Tavascan  
Tel. +34 973 623 178  
+34 973 623 179  
Fax +34 973 623 126  
info@llacscardos.com  
www.llacscardos.com

*Llacs de Cardos  
Estanyns Blaus\*\*\**

## 59. HOTEL GARBI\*\*\*



The hotel has thirty standard rooms, which were renovated two years ago, with fully-equipped bathroom, hair dryer, telephone and satellite television, and twenty-two new four-star rooms with sea views, hydro-massage bath, air conditioning and television. Notable among the hotel's facilities are its garden and swimming pool. The restaurant offers Mediterranean cuisine.

---

Calella walk (coastal path).

---

Castle Route.

---

Garden Route.

---

Cove Route.

---

Culture Route.

---



## Contact

Av. Baldomer Gili i Roig, 20  
17210 Calella de Palafrugell  
Tel. +34 972 614 040  
Fax +34 972 615 803  
Info@hotelgarbi.com  
www.hotelgarbi.com



**HOTEL GARBI**  
\*\*\*

## 60. HOTEL HUSA SANT BERNAT\*\*\*



This rustic-style establishment with twenty-three double rooms is located in the heart of Montseny Natural Park, at an altitude of 850 metres and seventy kilometres from Barcelona. This is an indispensable destination for anyone who is seeking a break enveloped in peace and quiet, and with exceptional views amidst centuries-old forests and romantic gardens. On the southern slope of Mount Matagalls, in a carefully tended setting with leafy forests of ancient holm oak trees and next to the small hermitage of Saint Bernat, this is an ideal place for relaxing.

---

Hiking.

---

Horseback riding.

---

Cycling.

---

4x4.

---

Quads

---



## Contact

Ctra. de Santa Maria de Palautordera  
a Seva (BV-5301), km 20,8  
08460 Montseny  
Tel. +34 938 473 011  
Fax +34 938 473 220  
hsantbernat@husa.es  
www.hotelhusasantbernat.com



## 61. HOTEL L'ALGADIR DEL DELTA\*\*\*



The L'Algadir del Delta Hotel, which is located in Ebro Delta Natural Park, was opened at the end of the summer of 2007. It has eleven modern, well-equipped rooms and a reading room with books about the flora and fauna of the Ebro Delta as well as novels by authors from the zone. The hotel specialises in offering visitors all kinds of facilities for hiring clothing and equipment recommended for the different physical activities offered by the Delta zone, for example, birdwatching, cycle tourism and kiteboarding. These are activities designed for families, companies, and small groups. Open all year round.

---

Special services for birdwatchers (preparation of take-away meals, equipment hire, etc.).

---

Cycle tourism.

---

Kiteboarding.

---

## Contact

Ronda dels Pins, 27-29  
43549 Poble Nou del Delta  
(Amposta)  
Tel. / fax +34 977 744 559  
gerencia@hotelalgadirdelta.com  
www.hotelalgadirdelta.com



## 62. HOTEL LA COMA



The La Coma hotel is an ideal place from which to set out on a wide range of active tourism possibilities in the zone: hiking, mountain biking, horse riding, skiing, etc. The garden offers games, a swimming pool, a body centre with heated pool, Jacuzzi, sauna and gymnasium, while the living room has an open fireplace and visitors can enjoy billiards and table games. It also has a terrace and cosy dining rooms for enjoying delicious relaxing meals as the perfect complement to your activities. In brief it is the place to enjoy some well-deserved days to take it easy and relax.

---

Skiing in Vallter 2000 ski station.

---

Horse riding (in Abella and Llanars).

---

Hiking.

---

Mountain bike.

---

Observation of nature - flora and fauna of the high mountain zone.

---

## Contact

Prat de la Coma, s/n  
17869 Setcases  
Tel +34 972 136 074 / 073  
Fax +34 972 136 073  
info@hotellacoma.com  
www.hotellacoma.com



## 63. HOTEL MARVEL CONDES DEL PALLARS\*\*\*



Located in Rialp (Pallars Sobirà), the Hotel Marvel Condes del Pallars is ideal for repose, leisure and adventure in the heart of the Pyrenees and is designed for families, groups and couples. The establishment offers its guests a bar, restaurant, discotheque, cafeteria, games room, tennis court, a pelota court, minigolf, a gymnasium, heated swimming pool, outside pools, installations for congresses and all kinds of events, celebrations, banquets and business meetings, a children's club, laundry service and parking places.

---

Rafting on the Noguera Pallaresa River (12-km section from Llavorsí to Rialp).

---

Horseback riding.

---

Multi-activities in Pallars Sobirà.

---

Winter packages: skimobile excursions, snowshoe crossings and more.

---

## Contact

Av. Flora Cadena, 2  
25594 Rialp  
Tel. +34 973 620 350  
Fax +34 973 621 232  
reserves@marvelcondesdelpallars.com  
www.marvelhotels.com





## 64. HOTEL MUNTANYA PRULLANS\*\*\*



This is a family-run resort in a charming village with the Cadí-Moixeró Natural Park as its backdrop. We specialise in providing for families, hiking and mountain biking and offer a new wellness centre (with a spa circuit, treatment, and pools), a sports area, extensive gardens, a mini-club with child-minding service, a baby club and a junior club. We offer guided excursions free of charge. Guests can enjoy Catalan Pyrenees cuisine in our restaurant.

---

Hiking and Nordic walking.

---

Horse riding.

---

Night-time hikes to see the stars.

---

GPS routes and videos with characters that invite viewers to discover the legendary heritage of the prehistoric Pyrenees and the Pyrenean Counties.

---

Speleology.



## Contact

Carrer Puig 4  
25727 Prullans de Cerdanya  
Tel. +34 973 510 260  
Fax +34 973 510 606  
info@prullans.net  
www.prullans.net



## 65. HOTEL TERRAMAR\*\*\*



On the seafront of the Llafranc cove in the Baix Empordà region, the hotel and its rooms offer an exceptional window on to the Mediterranean. In the terrace-restaurant, guests can enjoy the marvellous views as well as our cuisine. It is ideal for business meetings in an incomparable setting and we also offer an extensive variety of cultural and leisure activities.

---

Hiking.

---

Cycle tourism.

---

Wine tourism.

---

Aquatic activities.



## Contact

Passeig Cipsela, 1  
17211 Llafranc  
Tel. +34 972 300 200  
Fax + 34 972 300 626  
info@hterramar.com  
www.hterramar.com



## 66. LA BALLENA ALEGRE



We are in Sant Pere Pescador, next to Aiguamolls de l'Empordà Natural Park and the ruins of Empúries, on a beach of fine sand with a seafront of one thousand eight hundred metres. We have a fantastic programme of organised activities, an open-air gymnasium next to the beach and, from the specialist centre of Club Mistral, we offer courses in windsurfing and kiteboarding with a team of professionals to assist you. As part of the Sports Club programme, you can play football, basketball, tennis, beach volleyball, water polo, table tennis and a myriad of other possibilities.

---

Sea sports such as windsurfing and kiteboarding.

---

Beach volleyball tournaments and beach soccer.

---

A range of fitness programmes.

---

A beach one thousand eight hundred metres long, six swimming pools and a jacuzzi.



## Contact

Ctra. de Sant Martí d'Empúries, s/n  
17470 Sant Pere Pescador  
Tel. +34 902 510 520  
Fax +34 902 510 521  
info@ballena-alegre.com  
www.ballena-alegre.com



## 67. LA PLETA BY RAFAEL HOTELS\*\*\*\*\*



This luxury hotel, ideal for relaxing, is located in the heart of the Pyrenees in the picturesque resort of Vaqueïra-Beret. It has sixty-seven rooms that have been designed with total comfort in mind, the decoration of each one attentively overseen down to the last detail, and all the technological amenities to ensure a restful stay that is complete in every way.

---

Snow activities in Vaqueïra-Beret.

---

## Contact

Ctra. Beret s/n  
25598 Baqueira  
Tel. +34 973 645 550  
Fax + 34 973 645 555  
reservas.lapleta@rafaelhotels.com  
www.lapleta.com



## 68. MONESTIR DE LES AVELLANES\*\*\*



Located in the Noguera region, a place of spectacular natural beauty surrounded by lakes and the mountains of the Montsec range, the monastery offers 37 rooms with wonderful views and fully-equipped bathroom. In the El Claustre restaurant you will find a very varied gastronomic offer of traditional local cuisine. WI-FI is available throughout this Eco Resort. This is the perfect place to relax and listen to the silence, or enjoy activities in the surrounding area.

---

Mountain bike and hiking routes.

---

Horse riding.

---

Kayaking.

---

Paragliding.

---

Ornithology.

---

## Contact

Ctra. de Balaguer a Àger (C-12), km 181  
25612 Os de Balaguer  
Tel. +34 973 438 006  
Fax +34 973 438 038  
avellanes@maristes.org  
www.monestirdelesavellanes.com



## 69. PARADOR DE TURISME DE TORTOSA\*\*\*\*



In the tenth-century Arab castle of La Suda, which was built by Abderraman III on a promontory offering views of the Beseit mountains and the Ebro Valley, the Castell de la Suda parador looks over the old quarter of Tortosa, which is replete with historic and artistic richness. The parador has 72 rooms with fully-equipped bathrooms, TV, minibar, terrace and other amenities, while the restaurant offers the typical cuisine of the zone and there is also a cafeteria-bar and outside swimming pool for seasonal use.

---

Boat trips along the River Ebro.

---

Hiking.

---

Cycle tourism.

---

Horse riding.

---

Observation of flora and fauna.

---

## Contact

Castell de la Suda, s/n  
43500 Tortosa.  
Tel. +34 977 444 450  
Fax. 977 444 458  
tortosa@parador.es  
www.parador.es



## 70. PARADOR DE TURISME DE VIC-SAU\*\*\*



Paradors constitute an instrument of tourist policy that projects abroad an image of the modernity and high quality of Catalan tourism while also contributing towards territorial integration and the recovery and maintenance of the country's historical and artistic heritage, as well as working for the conservation of natural spaces. Moreover, it is the driving force of a set of actions aimed at dynamising the sector in zones of limited tourist and economic activity. The Vic-Sau parador is located in one of the most beautiful settings of the Osona region, with the massif of Les Guilleries as its backdrop and the Sau reservoir below it, only fifteen kilometres from the city of Vic.

---

Hiking.

---

Cultural visits.

---

Flights with an aerostat balloon.

---

Horse riding.

---

Water sports on the Sau reservoir.



## Contact

Paratge El Bac de Sau. Carretera de Tavèrnoles (BV-5213) Km. 10 08500 Vic  
Tel. +34 938 122 323  
Fax +34 938 122 368  
vic@parador.es  
www.parador.es



## 71. XANASCAT



The National Network of Social Hostels of Catalonia (Xanascat) offers accommodation in forty-six refuges and hostels distributed all around Catalonia (coast, interior, mountains and plains): these are places of great natural and cultural interest, demonstrating the grandeur of what Catalonia has to offer the visitor. The hostel accommodation offered is an ideal option for discovering the environs and engaging in a wide range of activities for young people, school groups, families and entities. All the Xanascat hostels are adapted for people with reduced mobility and disabled people.

---

Bicycle and walking routes, rafting, kayaks, paragliding, quads, etc.

---

Snow activities: ski-(e)scapes at the weekend.

---

The summer is yours: language stays, musical stays, sports stays, multi-sports stays, IT stays, etc.

---

Family holidays.

---

School stays: nature, culture, history, etc.



## Contact

C. Calàbria, 147  
08015 Barcelona  
Tel. +34 934 838 363  
Fax +34 934 838 350  
reserves.xanascat@gencat.cat  
www.xanascat.cat



## 72. A PEU



This travel agency specialises in comfortable, relaxing discovery tours, on foot or by bicycle, of the nature, history and gastronomy of Catalonia. Routes are designed, excursions are organised, and stays are tailor-made for private groups. All the transport, accommodation, meals, guides and necessary logistic support are also provided.

---

Guided and self-guided hiking.

---

Guided and self-guided cycle tourism.

---

Discovering nature on foot or by bicycle.

---

Itineraries of gastronomic hiking.

---

Itineraries for wine-lovers' hikes.



## Contact

Mas Collelldemunt  
Ctra. d'Olot, km 7  
17811 Santa Pau  
Tel. +34 972 680 473  
Fax +34 972 982 666  
info@apeu.com.es  
www.apeu.com.es



## 73. AGENDA SPORTS &amp; ELEMENTS



Agenda Sports & Elements is an incoming travel agency specialising in training stays and sporting activities, with almost fifteen years' experience in the sector. We offer sports and recreational stays for groups, outdoor and incentive training activities for companies, and we organise sports competitions. Our aim is to create and coordinate activities and offers in the sports and leisure domains and we work with clubs, sports federations, the general public and companies. Our main sphere of operation is Catalonia but we also offer activities elsewhere in Spain.

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Sports training camps (rowing, swimming, canoeing, football, indoor sports, triathlon).

---

Cycle tourism and mountain biking.

---

Hiking and Nordic walking.

---

Incentives and outdoor training.

---

Horseback tourism.



## Contact

Passeig de la Generalitat, 21  
17820 Banyoles  
Tel. +34 972 580 639  
Fax +34 972 582 535  
info@sportsandelements.com  
www.sportsandelements.com



## 74. ASSOCIACIÓ ALT EMPORDÀ TURISME



Alt Empordà Turisme is an association of tourist entrepreneurs from the region which promotes its tourist offer, both public and private, while also offering many possibilities and services: nautical and land activities, natural parks, culture, accommodation, gastronomy, all in the form of combined tourist products. The aim of Alt Empordà Turisme is to provide the best possible products and services with the maximum guarantee of quality. The activities are designed for the general public, except for parachuting which requires certain requisites for its practice.

---

Nautical activities (windsurf, skin diving, snorkelling, sailing, etc.).

---

Hiking (organised excursions with specialist guides).

---

Cycle tourism (bicycles can be hired).

---

Parachuting (parachute jumps with especially trained monitors).

---

Guided tours around the natural parks.



## Contact

C/ Nou, 48  
17600 Figueres  
Tel. + 34 972 514 431  
info@empordaturisme.com  
www.empordaturisme.com



## 75. BOÍ TAÜLL RESORT



Boí Taüll Resort is a mountain complex with six hotels of different categories, a ski resort, a children's club, a recreational zone, sports and cultural activities, swimming pools, mountain activities and programmes for day and night, organised on a daily basis, for both adults and children. Guided visits are offered to the Romanesque churches, which have been included on the UNESCO World Heritage list. Accommodation is adapted for disabled people. Open all year round.

---

Hiking.

---

Cycle tourism.

---

Archery.

---

Romanesque architecture tours.

---

Excursions to Aigüestortes National Park.

## Contact

C. Amigó, 14-16  
08021 Barcelona  
Tel. +34 934 146 660  
+34 902 406 640  
Fax +34 932 094 610  
reservas@boitauillresort.es  
www.boitauillresort.com



## 76. CERDANYAVENTURA (GRANS ESPAIS ESQUÍ AVENTURA)



This wholesale-retail, incoming-outgoing travel agency specialises in designing ski and snowboard activities in the natural sports and adventure setting of Cerdanya. More than fifteen years' experience in producing and working with mountain products guarantee our expertise. Each and every one of the teams specialises in the design, coordination and procedures of our different activities, which gives a personal touch to, and optimal control of, the final product.

---

Skiing/snowboarding.

---

Snowshoes.

---

Trekking.

---

Multi-activities, outdoor training.

---

Mountain biking.

---

## Contact

C. Comte d'Urgell, 99  
08011 Barcelona  
Tel. +34 902 333 135  
+34 972 881 960  
Fax. +34 934 520 177  
info@cerdanyaventura.com  
www.cerdanyaventura.com



## 77. CICLOTURISME I MEDI AMBIENT



This travel agency specialises in bicycle holidays and routes with activities geared to people of all ages, including families with children, groups and company gatherings. Transport from one lodging place or activity space to another is offered, along with specialist guides. Material for children and bicycles adapted for disabled people may be hired. The routes are in the Alt Empordà, Baix Empordà, Gironès, Pla de l'Estany, Garrotxa and Ripollès regions.

---

Complete bicycle holidays and routes with every comfort, for groups and individuals, with or without a guide, and luggage-free.

---

Guided mountain bike routes.

---

Individual or guided routes by road bike.

---

Walking routes.

---

Hire of top-quality material.

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## Contact

C. Impressors Oliva, 4 A  
17005 Girona  
Tel. +34 972 221 047  
Fax +34 972 206 115  
info@cicloturisme.com  
www.cicloturisme.com



## 78. DELTA TURÍSTIC &amp; RENT



This centre specialises in reservations for the River Ebro Delta and organises accommodation, activities, excursions and hiring of equipment. It also offers possibilities for guided excursions, adventure sports and other options that are specifically geared for families, schools, companies and other kinds of groups.

---

Guided excursions.

---

Kayaks / canoes.

---

Gastronomic visits.

---

Cycle tourism.

---

Boat trips.

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## Contact

Barceloneta, 28 Baixos  
43895 L'Ampolla  
Tel. 977 460 839  
Fax 977 460 950  
info@deltaturistic.com  
www.deltaturistic.com



## 79. GRUPO NATURA – BACCUS WINE HOTELS &amp; TOURS



This wholesale travel agency exclusively specialises in natural destinations. Our team is expert in organising experiences in which you can enjoy nature and culture all year round, along with wine-and-gastronomy, cultural and sporting experiences. You can discover the country's flora and fauna, and enjoy bird watching and photographic tours. We have a department that specialises in organising all kinds of trips for groups and company events and that also offers outdoor training and team-building activities as a training complement for companies. We produce the special elements required for every need and have been providing innovative tourist experiences since 1989.

---

Crossings and extraordinary experiences in the Pyrenees with our people carriers.

---

River tourism on the northern slopes of the Pyrenees.

---

All kinds of events for all kinds of groups, made to measure.

---

Routes (self-drive) and all-terrain vehicles.

---



## Contact

Av. València, 14-16 3r  
08750 Molins de Rei  
Tel. +34 936 801 600  
Fax +34 936 800 944  
naturabcn@grupo-natura.com  
www.grupo-natura.com



## 80. KOKOPELI ADVENTURE



This company offers a whole range of adventure journeys in Catalonia, the Pyrenees and the South of France, by car, motorbike or jeep. Tours are organised for 4x4 all-terrain vehicles, or motorbike and are especially designed for the general public, small groups or families. It also organises cultural visits to Barcelona and all around Catalonia, incentive trips aimed at teamwork for companies, and more. Self-driven 4x4 vehicles are offered along with other options and activities such as Segway, rafting, hiking, balloon flights ... a whole world of possibilities.

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All terrain Segway.

---

Rafting.

---

Kayak.

---

Canyoning.

---

Hiking.

---



## Contact

Comtessa de Sobradiel, 5  
08002 Barcelona  
Tel. +34 932 955 877  
+34 600 261 616  
Fax +34 933 028 755  
info@kokopeli.es  
www.kokopeli.es



## 81. MOLINEU VIATGES



Accommodation in apartments and hotels in La Molina and all kinds of activities throughout the year.

---

Skiing.

---

Hiking.

---

Mountain biking.

---

Horseback tourism.

---



## Contact

Av. Supermolina, 7  
17537 La Molina  
Tel. +34 972 892 033  
Fax +34 972 892 150  
info@lamolina.es  
www.lamolina.es



## 82. NAUT VIAJES SL



This incoming travel agency, which specialises in the Val d'Aran zone, offers a wide range of services: transport management and travel from places of origin, stations or airports; accommodation in hotels of any category including small hotels and rural guesthouses; guided sporting activities suitable for every season of the year (snow, mountains, rivers, adventure park, etc.); cultural visits and excursions to natural parks, national parks, Romanesque routes, etc.; banquets, company meetings, parties and organisation of competitions.

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Winter sports.

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White water activities (rafting, canoeing, hydrospeed, etc.).

---

Hiking, horseback, bicycle and 4x4 excursions.

---

Visits to Aigüestortes i Estany de Sant Maurici National Park.

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Organisation of events.

## Contact

Avd. Pas d'Arro, 11 – 1º  
25530 Vielha  
Tel. +34 973 640 087  
reservas@nautviajes.com  
www.nautviajes.com



## 83. TU I LLEIDA



Company providing tourist information, cultural and sporting activities and holiday itineraries, specialising in Lleida. Also coordinated are company meetings, special activities and accommodation and restaurant bookings. Examples of the directly organised activities include kayaking, tours of caves and rock paintings, the Tren dels Llacs (Lakeland Train), horse riding, museums, visits to charming villages, astronomy lunches or dinners with visits to the Universe Observation Centre (COU), visits to the castles of Lleida, etc.

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Tren dels Llacs (Lakeland Train)

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A day in Montsec

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Visit to the Energy Interpretative Centre in the Canyelles reservoir

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Els Vilars cave (28 cave paintings)

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Visit to the castle of Os de Balaguer

## Contact

Tu i Lleida S.L.  
C/ Sant Antoni, 4  
Os de Balaguer  
25610 Lleida  
Tel. +34 973 438 232  
jleon@lleidaitu.com  
www.lleidaitu.com



## 84. VALL DE NÚRIA



We suggest you enjoy this spectacular alpine landscape with a singular means of transport: the rack railway ("zipper" train). This ride of twelve and half kilometres covers a vertical distance of more than one thousand metres. In Núria Valley we offer activities for all ages and all kinds of public, and all the installations are adapted for disabled people. The Núria Valley Mountain Resort observes an environmental management system in keeping with the regulation ISO 14001, while the ski resort has obtained the Q for Quality classification.

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Winter: ski resort, igloo construction, ski touring and snowshoes, archery, games park, etc.

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Summer: boating, canoeing, mini-golf, archery, orientation circuit, games park, hiking, horses and ponies, etc.

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Workshops for schoolchildren: environment, astronomy, nature, etc.

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Children's parties, games, kite-flying, skittles, etc.

## Contact

Estació de Muntanya de la Vall de Núria  
17534 Queralbs (Ripollès)  
Tel. +34 972 732 020  
Fax +34 972 732 024  
valldenuria@valldenuria.cat  
www.valldenuria.cat



## 85. OF. DE PROMOCIÓ TURÍSTICA DIPUTACIÓ BARCELONA



The Barcelona Provincial Council gives its support to promotion of the province's rich offers for tourism, which include many possibilities for enjoying active tourism in the form of sport or leisure. Less than an hour out of Barcelona, you will discover in its surrounds a quality offer that is respectful of the natural, social and cultural environment: coasts and beaches; mountains, forests and reservoirs in protected natural spaces; art and history; hydrotherapy; culture and festivals. The province offers a great variety of installations and services in the midst of nature, by the sea, in the landscapes of the interior, all accompanied by provision of excellent accommodation and delicious gastronomic and wine-tasting proposals, so that you can enjoy active tourism.

---

Fifteen protected natural spaces.

---

Aquatic activities along the coasts and in the interior.

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Rock climbing at Pedraforca, Montserrat and other places.

---

Hundreds of kilometres of signposted paths and tracks.

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Mountain bike, balloon flights, vie ferrate and horse riding.



## Contact

Travessera de les Corts, 131-159  
Recinte Maternitat, Pavelló Mestral  
08028 Barcelona  
Tel. 934 022 966  
Fax 934 022 968  
turisme@diba.cat  
www.diba.cat/turisme



## 86. PATRONAT DE TURISME COSTA BRAVA GIRONA



The Costa Brava Girona Tourist Board manages the tourist brands of Costa Brava and Pirineu de Girona, as well as all the active tourism products offered in the Girona region. It also manages the Costa Brava Watersports Tourism Club, which brings together more than fifty enterprises engaged in water-related activities. It offers six Mountain Bike Centres, three greenways that connect the Pyrenees with the Mediterranean and an extensive network of signposted paths, along with the Empuriabrava and natural spaces that are ideal for engaging in a great number of activities related with nature.

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Underwater and other watersports activities on the Costa Brava.

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Cycle tourism along the Pyrenees-Mediterranean greenway.

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Hiking throughout the territory of Girona.

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Skiing in the five resorts of the Girona Pyrenees.

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Parachuting in the Bay of Roses.



## Contact

Av. Sant Francesc, 19 4t  
17001 Girona  
Tel. +34 972 208 401  
Fax +34 972 221 570  
costabrava@costabrava.org  
www.costabrava.org



## 87. PATRONAT DE TURISME DIPUTACIÓ DE LLEIDA



Lleida, an exceptional land for the pleasures of sport, is deemed a European leader in adventure sports, with over a hundred and fifty specialist companies and the holding of a number of world championships (kayaking, paragliding, delta wing, canoeing, etc.). It is a zone of great beauty for lovers of white water activities, hiking, mountain biking, horseback tourism and birdwatching with a wide variety of natural spaces, including Aigüestortes i Estany de Sant Maurici National Park.

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Water sports: rafting, canoe-kayak, hydrobob, hydro sled, inflatable canoes, jet skis, etc.

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Aerial sports: hang gliding, paragliding, aerostat balloons, helicopters, etc.

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Land sports: hiking, rock climbing, canyoning, horse-back and 4x4 excursions, paintball, etc.

---

11 ski stations (6 alpine skiing and 5 cross-country skiing).

---

5 Mountain Bike Centres.



## Contact

Rbla. Ferran, 18 3r  
Edifici President  
25007 Lleida  
Tel. +34 902 101 110  
+34 973 245 408  
+34 973 900 900 (sms)  
Fax +34 973 245 558  
lleidatur@lleidatur.com  
www.lleidatur.com





## 88. PATR. TURISME DIPUT. TARRAGONA - TERRES DE L'EBRE



The natural abundance of the Ebro region and the Costa Daurada embraces the sea and Ebro Delta Natural Park, Els Ports de Tortosa-Beseit Natural Park and Serra del Montsant Natural Park. A large number of expert guides are available for the visitor to this richly endowed setting where all kinds of adventure sports can be enjoyed.

Visits and adventure activities in Ebro Delta Natural Park and Serra del Montsant Natural Park.

Rock climbing in the Els Ports de Tortosa-Beseit Natural Park, the Prades range and the Montsant range.

Underwater and other aquatic activities: Salou-Cambrils-Mont-roig/Miami Platja-Vandellòs/Hospitalet de l'Infant Nautical Resort, and Sant Carles de la Ràpita-Delta de l'Ebre Nautical Resort.

Hiking and Nordic walking in protected zones.

Mont-roig del Camp Mountain Bike Centre, the Terra Alta greenway and cycle tourism in Cambrils.



## Contact

Costa Daurada  
Passeig Torroja s/n - 43007 Tarragona  
Tel. +34 977 23 03 12 /  
costadaurada@dipta.cat  
www.costadaurada.info

Terres de l'Ebre  
C. de l'Àngel 6, 3a planta - 43500 Tortosa  
Tel. +34 977 44 44 47  
terresdelebre@dipta.cat  
www.terresdelebre.travel



## 89. TORISME VAL D'ARAN



Reasons for coming, reasons for returning... Val d'Aran, a paradise of endless mountain bike routes. Play golf and enjoy Val d'Aran. White water thrills of the thaw season in the Garonne River. Travel by quad along forest trails. Everything the fishing season offers. Ice skating arena. Val d'Aran views from horseback. Try your archery skills. The pleasure of photographing some of Val d'Aran's autochthonous floral species.

Nature and family.

Sports and leisure.

Heritage and culture.

Water and health.

Gastronomy and business.



## Contact

Oficina Informacion Toristica dera  
Val d'Aran  
C. Sarriulèra, 10  
25530 Vielha  
Tel. +34 973 640 110  
Fax +34 973 640 372  
o.torisme@aran.org  
www.torismearan.org



## 90. AJUNTAMENT DE CUBELLES



In the Cubelles Municipal Tourist Office you will find tourist information about the town and the surrounding regions, with particular emphasis on cultural and gastronomic aspects, festivals and natural spaces. We invite you to stroll through the old centre of the town and visit the permanent exhibition on the famous clown Charlie Rivel. We urge you to enjoy a long walk by the sea next to excellent beaches with fine sand.

Guided visits to the permanent exhibition on the famous clown Charlie Rivel and through the old centre of town.

New proposal of four itineraries around Cubelles.

Natural space of the mouth of the River Foix.

Hiking and mountain bike routes.

Sports and water activities.



## Contact

Pl. del Castell, 1  
08880 Cubelles  
Tel. +34 938 952 500  
Fax +34 938 953 250  
turisme@cubelles.org  
www.cubelles.cat



## 91. AJ. EMPURIABRAVA – CASTELLÓ D'EMPÚRIES, OT



The Department of Tourism of Castelló d'Empúries City Council manages the promotion of active and sports tourism. Notable are the Parachuting Centre where courses are given and tandem jumps can be done, the pilot school and aerial excursions ([www.skydiveempuriabrava.com](http://www.skydiveempuriabrava.com)). Also worthy of mention is Aiguamolls de l'Empordà Natural Park, with different routes and guided visits ([www.parcscatalunya.net](http://www.parcscatalunya.net)).

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Tourist destination for sporting activities, especially football and parachuting.

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Empuriabrava rowing club.

---

Kiteboarding, windsurfing and diving.

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Walking and bicycle routes through Aiguamolls de l'Empordà Natural Park.

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Birdwatching tourism through Aiguamolls de l'Empordà Natural Park.

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### Contact

C. Pompeu Fabra. Edif. Centre Cívic  
17487 Castelló d'Empúries-  
Empuriabrava  
Tel. +34 972 450 802  
Fax +34 972 450 600  
[turisme@empuriabrava.cat](mailto:turisme@empuriabrava.cat)  
[www.castello.cat](http://www.castello.cat)  
[www.aiguamolls.org](http://www.aiguamolls.org)



## 92. CONSELL COMARCAL DEL BAIX EMPORDÀ



Baix Empordà District Council is a public body that coordinates, along with municipal tourist offices and private tourist associations, the three basic active tourism products of the zone: hiking, cycle tourism and mountain biking. The zone has an extensive offer, establishing Baix Empordà as a top-ranking international active tourism destination.

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Network of hiking routes and facilities in the Baix Empordà region.

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Baix Empordà Mountain Bike Centre.

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Network of cycle tourism routes and facilities in Baix Empordà.

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Underwater, rowing and sailing activities.

---

Leisure activities: balloon flights, horseback riding, etc.

---

### Contact

C. Tarongers, 12 (Can Salamó)  
17100 la Bisbal d'Empordà  
Tel. +34 972 642 310  
Fax +34 972 645 575  
[turisme@baixemporda.cat](mailto:turisme@baixemporda.cat)  
[www.visitemporda.com](http://www.visitemporda.com)



## 93. CONSELL COMARCAL DEL PALLARS JUSSÀ



Pallars Jussà District Council promotes tourism as part of a programme to foster economic activities in this region located in the north of the country. It also coordinates activities related with attending fairs of different sectors, publishes leaflets and plans events to promote tourism in this Pre-Pyrenean region of Catalonia.

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Hiking.

---

Cycle tourism and mountain biking.

---

Balloon flights.

---

Rock climbing.

---

Horseback riding.

---

### Contact

C. Soldevila, 18  
25620 Tremp  
Tel. +34 973 650 187  
Fax +34 973 652 831  
[turisme@pallarsjussa.cat](mailto:turisme@pallarsjussa.cat)  
[www.pallarsjussa.net](http://www.pallarsjussa.net)



## 94. CONSELL COMARCAL DEL PRIORAT



Priorat is a region that is exceptional for its spectacular landscape and the well-known quality of its wines. The local tourist office is engaged in a project of recovering historic and traditional tracks for hikers who can go on excursions through a network of paths that lead into the region's most out-of-the-way corners, revealing its extraordinary winegrowing landscape, Serra del Montsant Natural Park and the protected space of the Llaberia range.

Discover the network of paths of the Priorat region through: Wine Paths, Olive Oil Paths and itineraries to discover Serra del Montsant Natural Park and the Llaberia range, with visits to wineries and vineyards.

### Contact

C. Sant Marcel, 2  
43730 Falset  
Tel. +34 977 831 023  
Fax +34 977 831 150  
oit@priorat.cat  
www.turismepriorat.org



## 95. CONSORCI DE TURISME DE L'ALT BERGUEDÀ



The northern part of the Berguedà region is a territory of stunning, intricate mountains that jealously guard their secrets, an ancient legendary territory with transhumant shepherds and intrepid miners. You will discover its most recondite spaces by land, water and air through all the different activities on offer: hiking, mountain biking, rock climbing, speleology, canyoning, paragliding, snowshoes, two forest adventure (acrobatic) parks, etc. The activities are adapted for all kinds of public, with specialist guides and monitors.

Hiking.

Rock climbing.

Mountain biking.

Paragliding.

Snowshoes.

### Contact

C. Barcelona, 49 3r  
08600 Berga  
Tel. +34 938 222 112  
Fax +34 938 212 857  
info@altbergueda.com  
www.altbergueda.cat



## 96. CONSORCI DE TURISME VALLS D'ÀNEU



The Àneu Valleys, which are located in the north of the Pallars Sobirà region, offer a wide range of possibilities for enjoying the landscape: adventure sports; white water and flatwater sports; the ski resorts Espot Esquí and Baqueira Beret giving access to the Bonaigua zone; a Mountain Bike Centre with 211 km of signposted routes; and hiking in the Aigüestortes i Estany de Sant Maurici Natural Park. The Romanesque architecture and local gastronomy, along with accommodation in which you will feel very much at home, complement our tourist offer.

Mountain biking and cycle tourism (Valls d'Àneu-Pallars Sobirà Mountain Bike Centre).

Hiking.

Skiing and snowshoes.

White water and flatwater activities.

Canyoning.

Horse riding and bungee jumping.

### Contact

Av. Valls d'Àneu, s/n  
25597 La Guingueta d'Àneu  
Tel/fax: + 34 973 626 568  
consorci.aneu@gmail.com  
www.vallsdaneu.org



## 97. CONSORCI RIPOLLÈS DESENVOLUPAMENT



This consortium works in the sphere of economically and environmentally sustainable initiatives that generate employment and prosperity in the Ripollès region, and is also engaged in business and tourist policy making. It is the entity of economic promotion that engages in stimulating tourism among the public and private bodies in the region. The aims are to promote the Ripollès region as a tourist destination and to further and consolidate it as such by means of creating and bringing together different tourist products.

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Mountain biking and cycle tourism.

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Hiking.

---

Skiing.

---

Horseback riding.

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Adventure, archery, orientation circuits, etc.

---

Horse-drawn carriage rides.



### Contact

C. Joan Miró, 2-4

Pol. Ind. Els Pintors

17500 Ripoll

Tel. +34 972 704 499

consorci@ripollesdesenvolupament.com

www.ripollesdesenvolupament.com



## 98. GIRONÈS, TERRA DE PASSEIG



Gironès District Council is a public entity that brings together twenty-seven municipalities under a tourism umbrella with the heading "Girona, A Land to Explore". This is a corridor space situated in close proximity to the sea and mountains, embracing delightful little villages and idyllic corners, all very close to the splendid city of Girona. This destination in the interior of Catalonia offers a combination of cultural and natural attractions with a large number of interesting proposals, always accompanied with fine traditional cuisine made with products of the land. Discover the Gironès region.

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Guided hiking: 36 signposted routes

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Organised cycle tourism / Canoeing and kayak on the River Ter

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Horse and horse-and-cart rides in Les Gavarres / Discover the territory from a balloon

---

Thrilling walks through the Llémena Valley

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Gironès Visitors Centre (open March 2011)



### Contact

C. de la Riera de Mus, 1-A

17003 Girona

Tel. +34 972 213 262

Fax +34 972 213 573

turisme@girones.cat

www.girones.cat/turisme



## 99. LLORET TURISME



Lloret Natura is the project with which Lloret Turisme aims to publicise the natural wealth of Lloret de Mar, highlighting the zone's resources while working with a concept of sustainable and vocational tourism. This includes such notable factors as nature, sports, heritage, health, with open-air activities like Nordic walking, hiking, mountain biking, kayaking, skin diving, adventure activities, 4x4 excursions and other possibilities.

---

Nordic walking.

---

Hiking.

---

Mountain biking.

---

Kayak.

---

Skin diving.



### Contact

Av. de les Alegries, 3

17310 Lloret de Mar

Tel. +34 972 365 788

Fax +34 972 367 750

lloret-turisme@lloret.org

www.lloretdemar.org



## 100. MANCOMUNITAT DE LA VALL DE CAMPRODON



The Community of Municipalities of Camprodon Valley promotes this region and its six municipalities. It has a tourist office which is open six days a week all year round. It also engages in other activities such as regional tourist promotion and environmental protection.

---

Hiking.

---

Mountain bike routes.

---

Cultural routes.

---

Gastronomic events.

---

Horseback routes.

### Contact

Pl. Espanya, 1  
17867 Camprodon  
Tel. +34 972 740 936  
Fax +34 972 130 359  
turisme@valldecamprodon.org  
www.valldecamprodon.org



## 101. OCIGIRONA



The whole range of leisure activities within your reach in a territory full of contrasts! In the sea and on the beach, across fields and hills, up rivers and mountains and in the snow of the Pyrenees, Ocigirona offers the widest variety of activities: hiking, cycle tours, horseback riding, quads, karts, golf, diving, kayaks, sailing, balloons, Segway, ultralight flights, adventure circuits, paintball, tourist trains, excursions, the hire of all kinds of boats, intelligent recreation, gastronomic activities, water skiing, windsurfing, snorkelling and snowshoes.

---

Multi-activity in the whole province of Girona.

### Contact

Ctra. Palamós, km 3,28  
17253 Vall-llobrega  
Tel. / fax +34 972 312 056  
info@ocigirona.net  
www.ocigirona.net



## 102. OFICINA DE TURISME DE TREMP



The Tourist Office of Tremp City Council offers complete tourist information for the Pallars Jussà region. The charm of the zone, the variety of its landscapes and the appeal of its different active tourism products make this the perfect place to spend a few days. We also provide information at Casal dels Voltors, where you will find all the information you need on the life of the vultures in the region. We invite you to visit us. Timetable: Monday to Saturday, from 10 am to 2 pm.

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Visit to the historic centre.

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Visit to the Basilica de la Mare de Déu de Valldeflors.

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Visit to the family home of Father Manyanet.

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Route through the Vulture Valley (Vall dels Voltors).

### Contact

Pl. de la Creu, 1  
25620 Tremp  
Tel. +34 973 650 005/ 973 650 009  
turisme@ajuntamentdetremp.cat  
www.ajuntamentdetremp.cat



## 103. PATRONAT DE LA VALL DE BOÍ



Boí Valley is a small municipality with a big active tourism and nature offer. Hiking in the Aigüestortes i Estany de Sant Maurici Natural Park is possible all year round. The Boí-Taüll ski resort offers a great number of activities in the snow.

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All-year hiking in the Aigüestortes i Estany de Sant Maurici Natural Park.

---

Alpine skiing resort.

---

Paragliding flights.

---

Rock climbing in the environs of the Cavallers Dam.

---

Mountain bike routes.

---

### Contact

Passeig de Sant Feliu, 43  
25527 Barruera  
Tel. +34 973 694 000  
Fax +34 973 694 121  
vallboi@vallboi.com  
www.vallboi.com



## 104. PATRONAT COMARCAL DE TURISME DE LA CERDANYA



La Cerdanya is an incomparable natural region surrounded by mountains almost 3,000 metres high and occupying a good part of the Cadí-Moixeró Natural Park. Its geographical location and good climate provide a perfect setting for adventure activities, discovering nature and all sorts of sports in general: alpine and cross-country skiing, golf, hiking, mountain biking, adventure sports, quads, balloon flights, ultralight flights, hunting and fishing, 4x4, Segway, buggies and more.

---

Skiing.

---

Hiking.

---

Mountain biking.

---

Horse riding.

---

Golf.

---

### Contact

Cruïlla N-152 amb N-260.  
17520 Puigcerdà  
Tel. +34 972 140 665  
Fax +34 972 140 592  
info@cerdanya.org  
www.cerdanya.org



## 105. PATRONAT MUNICIPAL DE TURISME DE CALAFELL



The Calafell Municipal Tourist Board promotes and organises Nordic walking, hiking and mountain biking activities. All activities can be done with a qualified guide and are free of charge. The Nordic walking poles are made available by the Calafell Municipal Tourist Board for the duration of the activity (identity document must be left). Night-time excursions: Nordic walking in the fresh air, all Wednesdays in August at 9 pm.

---

Nordic walking.

---

Nordic fitness initiation course.

---

Mountain biking.

---

Hiking.

---

### Contact

C. Sant Pere, 29-31  
43820 Calafell  
Tel. +34 977 699 141  
Fax +34 977 692 981  
erobustillo@calafell.org  
www.calafell.org



## 106. PATRONAT MUNICIPAL DE TURISME DE CAMBRILS



Cambrils is a town with nine kilometres of coastline, of gentle orography and mild climate suitable for sporting activities all year round. The nautical resort, the range of eco-tourism routes, a seafront promenade with a bicycle lane and the proximity of the inland mountain ranges make Cambrils an ideal destination for sporting activities. Its beaches have obtained four blue flags awarded by the European Union. Cambrils also has the Family Holidays Destination Certificate awarded by the Government of Catalonia and offers many facilities and services adapted for disabled people.

---

Watersports activities (Salou nautical resort, Cambrils, Mont-roig - Miami Platja, Hospitalet de l'Infant).

---

Beginning and end of cycle tourist routes through the Costa Daurada.

---

Sports stadium with a newly installed athletics track.

---

## Contact

Passeig de les Palmeres, 1  
43850 Cambrils  
Tel. 977 792 307  
Fax 977 792 625  
tur@cambrils.org  
www.cambrils-turisme.com



## 107. TURISME GARROTXA



The Garrotxa Tourist Office (Turisme Garrotxa) is an association consisting of organisms and entities working in the tourist sector in the Garrotxa region. With the resources contributed by its members, this has given shape to an ambitious, stimulating and consistent project that aims to enrich the region on the basis of high-quality sustainable tourism. Garrotxa has over forty information points, a network of more than seven hundred kilometres of totally signposted historic paths and the Olot-Girona greenway. Zona Volcànica de la Garrotxa Natural Park has been awarded the ISO 9002 classification for its quality management system, and several companies apply the Garrotxa and Collsacabra Sustainable Management Code.

---

Hiking.

---

Cycle tourism.

---

Horseback riding.

---

Balloon flights and guided visits to natural and cultural heritage sites.

---

## Contact

Av. Onze de Setembre, 22 2a  
17800 Olot  
Tel. +34 972 271 600  
Fax +34 972 271 666  
info@turismegarrotxa.com  
www.turismegarrotxa.com  
Tel. info. turística: 902 119 337



## PARTNERSHIPS

## 108. CONSELL ASSESSOR PER AL DESENVOLUPAMENT



Since 2010 CADS has been working on the EcoturCAT network and website, an initiative aimed at dynamising ecotourism in Catalonia and giving support to companies and entities that promote this sector, helping them to improve their competitiveness. The EcoturCAT website, the main instrument organising and in the service of EcoturCAT network, offers tools to support networking, innovation in the sector and the consolidation of ecotourism.

---

Observatory of the current situation.

---

Resources centre.

---

Tools for promoting and publicising the sector.

---

Network of reflection and collaboration.

---

## Contact

Av. Sarrià, 30 1r 3a  
08029 Barcelona  
Tel. +34 933 633 867  
Fax. +34 934 100 939  
xcazorla@gencat.cat  
www.ecoturcat.cat



## 109. FEDERACIÓ ENTITATS EXCURSIONISTES DE CATALUNYA



The Ramblers' Association of Catalonia (FEEC), founded in 1920, brings together more than 380 hiking clubs and organisations in Catalonia, amounting to 65,000 members of whom 35,000 have a federation license. The FEEC seeks to provide services to its member organisations and, by extension, to all federation members involved in sporting disciplines linked to hiking, rock climbing, mountaineering, and sports and mountain-based activities on the whole.

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Coordination and regulation of official competitions

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Organisation and regulation of training activities: improvement courses, issuance of federal certificates and sports technician certificates, etc.

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Organisation of activities promoting mountain-based activities and sports: trips, technical training centres, etc.

---

Management of the mountain refuge network

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Certification and maintenance of the network of long- and short-distance trails

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## Contact

Rambla 41, pral.  
08002 Barcelona  
Tel. +34 934 120 777  
Fax +34 934 126 353  
feec@feec.cat  
www.feec.cat



Birdwatching in the Ebro Delta (Terres de l'Ebre)







Paragliding in the Berguedà region (Pirineus)

## PRACTICAL INFORMATION

### CATALAN TOURIST BOARD

Pg. de Gràcia, 105 3r  
08008 Barcelona  
Tel. +34 934 849 900  
clubsdeproducte@act.cat  
www.catalunya.com

### CATALAN TOURISM PROMOTION CENTRES (CPT)

**CPT Germany, Frankfurt**  
katalonien.de@act.cat

**CPT Benelux, Belgium**  
info.bnl@act.cat

**CPT France, Paris**  
media.fr@act.cat  
promotion.fr@act.cat  
www.enviedecatalogne.fr  
Perpignan: p-casaperpinya@gencat.cat

**CPT Italy, Milan**  
info.it@act.cat

**CPT Countries of the East, Moscow**  
jose@rosmail.ru

**CPT Nordic Countries, Helsinki**  
ecabana@act.cat

**CPT United Kingdom and Ireland,  
London**  
info.uk@act.cat

**CPT China, Beijing**  
promotion.asia@act.cat

**PIT Madrid**  
turisme.blanquerna@act.cat

### LINKS

#### Meteorological Service of Catalonia

www.meteocat.com  
**Mobility and transport facilities**  
www.gencat.cat/mobilitat

**Parks of Catalonia**  
www.parcscatalunya.net

**Active Holidays and Nature  
in Catalonia**  
www.actiunatura.catalunya.com

**Mountain Bike (BTT) Centres of Catalonia**  
www.btt.catalunya.com

**TransCatalunya (Trans-Catalonia)**  
www.transcatalunya.catalunya.com

**Ski resorts**  
www.neu.catalunya.com

**Birdwatching tourism**  
www.ornitologia.catalunya.com

**Hiking**  
www.feec.cat

**Accessible Tourism**  
www.turismeperatohom.com

**Pyrenees**  
www.visitpirineus.com

### Emergency hotline: 112\*

\*Free of charge, this permanent telephone service is available 24 hours per day for health emergencies, fire fighting services, rescues, citizen security and public protection.

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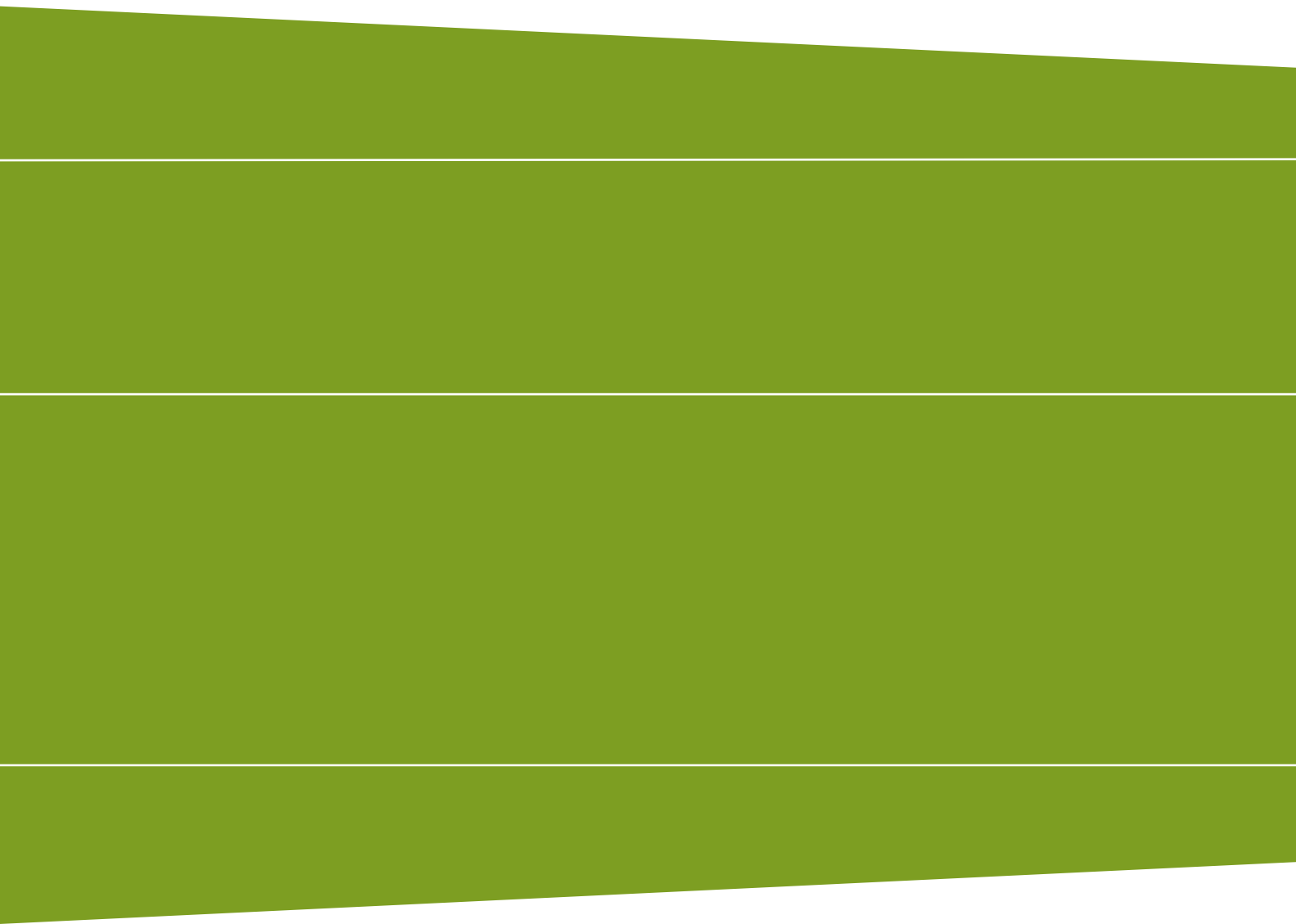
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