



Catalonia **is** gastronomy



«A country's cuisine
is its landscape in a pot»

Josep Pla

GASTRONOMIA

Catalonia is a country with traditions going back more than a thousand years, a land with its own culture and language that enjoys a mild Mediterranean climate and an unrivalled natural diversity. It is a country built on a wealth of contrasts that make the customs, traditions and people of Catalonia absolutely unique.

To enter Catalan territory is to immerse oneself in an unimaginable sea of possibilities: to discover charming villages; to commune with nature; to discover the country's architectural heritage, music and deeply rooted traditions; to do business; or, simply, to relax by the sea.

The features that differentiate Catalonia, making our country stand out from the rest, are also evident in the region's culinary culture: sea and mountain; tradition and innovation; and a wealth of quality local products. On the following pages you will find information about **food and drink in Catalonia** as well as the Catalan Tourist Board's **Gastronomic Tourism Club**. The members of this club are outstanding chefs and a network of businesses that promote Catalan cuisine in general by organising cookery classes, brunches, wine tastings, wine and food routes and a host of other activities guaranteed to both enrich your culture and stimulate all your senses.

To sample Catalonia's gastronomic delights is such an extraordinary experience that it will leave you speechless. Give it a try!



Catala



l'onia

is gastronomy

contents

Food and drink tourism: something for all tastes	6
Catalan cuisine: traditional fare that both surprises and delights the palate	10
The fruits of the earth. Landscapes to eat	14
Wine tourism: wine routes	18
Gastronomic Tourism Club	
Gastronomic Tourism Club: directory of members	24



Food and drink tourism: something for all tastes

Cuisine is geography, history and culture.

To taste and enjoy a country's culinary products is to explore all its traditions at once.

We warmly invite you to enjoy food and drink tourism in Catalonia.

Discovering a country's food and drink; browsing its market stalls; purchasing, tasting and chatting to culinary experts, exploring **wine routes**... all this is food and wine tourism. Catalonia boasts a host of gastronomic activities, many of them offered by the country's over nineteen **food clubs**, which bring together local restaurants and other establishments engaged in the culinary world to enable visitors to discover the cuisine of each different region first hand.

The culinary and catering industries are always coming up with ways of enabling visitors to enjoy gastronomic pleasures, and this innovative approach has been adopted by a number of restaurants in Catalonia. A good example is the so-called "**dark dining**", a sensory food experience that heightens all diners' senses except for one: sight. However, for those who prefer to see and note down everything, many **restaurants** and **cooking schools** also offer courses where professional chefs reveal some of their secrets. Alternatively, visitors can go on gastronomic-literary journeys, for example by taking the **Carvalho Route** in Barcelona, which pays homage to the writer Manuel Vázquez Montalbán, or the **Pla "Dish**

by Dish" route, established in Empordà county in honour of another great Catalan author: Josep Pla.

Food fairs

Amongst the most outstanding and internationally acclaimed culinary events is the **Alimentària Barcelona Food Fair**, which takes place every two years. Drawing over 150,000 visitors, Alimentària has become acknowledged as an international benchmark aimed particularly at industry professionals. The Catalan capital also hosts **Barcelona Degusta**, the first food show in Spain that offers the general public a unique opportunity to taste, purchase and learn all about food, cuisine and gastronomy. Another leading event, particularly for the high standard of participants and its innovative approach, is **Girona Gastronomic Forum**. The participants at the forum include around 200 exhibitors and some 250 accredited journalists, and activities include talks, live cooking demonstrations offered by the world's finest chefs, and product tastings. Another essential event is the **Sea Forum** in Cambrils, an international meeting point for culinary experts.



SUGGESTION

Make sure you don't miss a thing!

For years now, Turisme de Catalunya has published its *Gastronomic Calendar*, providing information on more than 300 food and wine activities and shows that take place all over Catalonia. Download this calendar of events from the Catalan Tourist Board's devoted food and wine tourism website.

Further information

www.gastronomia.catalunya.com



Delicious dishes for every season of the year

In autumn, mushrooms arrive; in winter, it is time for *calçotades* and *xatonades*; spring awakens with tasty fruit, and summer explodes with festivals by the sea.

The four culinary seasons

The imagination of restaurateurs and the most deeply-rooted traditions find expression in the culinary shows and popular food festivals that take place all over Catalonia. It would be difficult to explore this country without stumbling upon one of the culinary events that are held throughout the year and whose primary goal is to delight the senses.

The arrival of **autumn** brings with it most of the country's edible mushroom types, and, in turn, **mushroom shows and competitions**. Examples include the *Llenega* (Knight-cap) Mushroom Fair in Cardona (Bages county); the many mushroom festivals in Berguedà county, such as the famous mushroom competition in Puigventós; and the mushroom festival in Setcases (Ripollès).

Winter is similarly rich in culinary events, boasting such festivals as the **calçotada** (*calçots* are long, sweet onions that are grilled over red-hot embers) in **Valls**, steeped in a century-old tradition; **olive oil** festivals and shows in the Terres de l'Ebre region and Lleida; **xatonades** (*xató* is the traditional local salad, made from escarole, tuna and cod salad) on the Costa del Garraf and in the Penedès region; the unusual **Àpats dels Pobres** (traditionally, meals served to the poor by the feudal lords) featuring **rice** dishes; and, early in spring, Carnival **ranxó** casseroles, with white *botifarra* sausage and omelettes; as well as countless **cod** dishes.

The explosion of **spring** brings with it the most luscious fruits; **strawberries** from Maresme county, the first to ripen, and **cherries**, as summer approaches, plentiful not only in Baix

Llobregat county, where they dye the fields red, but also in Ribera d'Ebre, Segrià, Terra Alta, Alt Camp and Empordà. Spring is also a season rich in celebrations related to Catalan cuisine. These include the **Snail Festival** in Lleida and the **fish casserole** (*suquet*) season in Empordà county.

Finally, **summer** arrives, and villages and towns all over Catalonia begin to celebrate traditional **reaping and threshing festivals**, such as those in Fuliola (Urgell), Avià and Gósol (Berguedà), Sant Climent de Peralta (Baix Empordà) and Sudanel (Segrià). These celebrations generally combine work in the fields with culinary events. They also provide an excellent op-

portunity to drink wine from the traditional glass pitcher, or **porró**, which has a long, narrow spout for drinking from and a thick neck for filling the recipient. Such events also give us the chance to sample some of the finest charcuterie in the different Catalan regions. For instance, the **llonganissa** dry-cured sausage competition in Belver de Cerdanya. Nor should we forget the outstanding festivals that take place by the sea in summer. Holiday-makers on the coast can savour delicious *suquet* (casserole), **rice paella** or assorted seafood platters (*mariscada*) at one of Catalonia's fishing ports, such as Vilanova i la Geltrú and Sant Carles de la Ràpita, or in the Barceloneta neighbourhood of Barcelona.



Sea and Mountain

Visitors will enjoy the delights of the sea and the gastronomic products. Examples of this combination are the **garoinades** (sea urchin festivals) on the Costa Brava, the **Festa de la Galera** (mantis shrimp day) in Sant Carles de la Ràpita and Cambrils, and the king prawns, oysters and mussels eaten in the Ebro Delta. Meanwhile, the mountains offer festivals celebrating **trinxat** (savoury potato and cabbage cake) in Val d'Aran and Vall de Camprodon.

Learning how to cook Catalonia's finest traditional dishes; soaking in wine in a soothing bath; and strolling amongst vineyards; these are just some of the food and wine activities that visitors can enjoy in Catalonia.

Mushrooms and snails, two traditional ingredients in Catalan cuisine





Catalan cuisine: traditional fare that both surprises and delights the palate

From time immemorial, Catalan cuisine has constantly absorbed influences that have helped to shape the country's rich and diverse culinary traditions.

Catalonia's culinary heritage is rooted in Greek and Roman traditions. These two cultures are at the origin of the three key ingredients in the Mediterranean diet: **olive oil, wheat and wine**. This triumvirate formed the basis for the refined cuisine in which the affluent classes began to lay the foundations for structured meals. But Catalan cuisine also owes a debt to the Moors, who introduced new farming methods, as well as new products, such as **rice, sugar and aubergines**. The medieval period saw the appearance of cookery books and culinary treatises, such as the **Book of Sent Soví**, one of the oldest surviving texts published in Catalonia and in a Romance language. The evolution of Catalan cuisine over the centuries was also marked by the discovery of America and the introduction of such products as the **tomato**, which has been used in almost every dish ever since. Above all, tomatoes are the key ingredient in *sofregit*, a sauce containing a mixture of peppers, garlic, onions and tomatoes slowly simmered over a low flame, and which forms the basis of countless Catalan dishes.

All these historic influences have given our cuisine a distinctive **Mediterranean character**, whilst also providing us with new ingredients which we have included in our blends and mixtures: **meat with fish, poultry with fruit, chocolate with picada** (a garnish made by crushing garlic, parsley, toasted bread and toasted hazelnuts and almonds together with pestle and mortar), **garlic mayonnaise with fruit**, and so on. All this, not forgetting the influences left by the migratory flows of other Iberian peoples on the Peninsula, nor the contribution made by Italian cuisine and French haute cuisine. Many French and Italian products and dishes have taken root in our country, including, particularly, **cannelloni**, now frequently found on Christmas menus throughout Catalonia.

Fusion cuisine, which has existed from time immemorial in Catalonia, has shaped a repertoire of recipes that is as rich and varied as the landscape it mirrors. The land yields produce that forms the basis for this cuisine. And so the circle is complete, because our cuisine also reflects our landscape: diverse, rich, daring and always eager to evolve.

SUGGESTION



The Book of Sent Soví

This anonymous recipe book is the oldest to be written in Catalan. Dating from the mid-14th century, the book contains two hundred and twenty recipes from the period. The dishes described include several that have been great favourites since the Middle Ages, including roast turkey, served with the head and tail feathers intact. Updated versions of the Book of Sent Soví have been published in both Spanish and English.

Culinary wisdom

From different places all over Catalonia, a host of chefs invite visitors to enjoy the finest gastronomic delights. Many of these masters of culinary arts have joined forces in local initiatives such as the **Food Clubs of Catalonia**, groups of



SUGGESTION

Food Clubs of Catalonia

There are more than 19 food clubs in Catalonia. All members base their vision on regional cuisine, advocating the use of quality local ingredients. For further information and to download the **Food Clubs of Catalonia Guide**, visit:

www.gastronomia.catalunya.com

restaurants and, occasionally, eminently local producers. All members base their vision of food and drink on local and regional cuisine, advocating the use of quality local ingredients. Here, we should also mention the excellent work that is performed by **catering guilds** in all the Catalan counties, aimed at enhancing the quality of the country's restaurants and *fondas*; and the **Fundació Alcía**, an organisation established in Bages county, sixty kilometres from Barcelona. The foundation, which runs an applied research centre devoted to fostering culinary excellence, is a reference institution that also seeks to raise awareness about the importance of food and drink in culture and education. Housed in the **Món Sant Benet complex**, standing beside the thousand-year-old monastery, the Alcía Foundation offers visitors a varied programme of workshops and sensory experiences.

The wizards of the kitchen

Innovation, excellence and surprise are amongst the ingredients that have

elevated Catalan cuisine to the forefront in international gastronomy. This universal acclaim has been achieved thanks to the imagination found all over our country, led by the chef that many consider the best in the world: Ferran Adrià, at the helm of his renowned El Bulli restaurant in Roses. Techniques and concepts such as *spherification*, deconstruction, foams and airs, and dishes concocted using liquid nitrogen have all found a place in our vocabulary and our culture thanks to this culinary alchemist. The most avant-garde creativity is what has elevated Catalonia and its cuisine to the most prestigious international position, attracting visitors from all corners of the globe just to sample the finest Catalan cuisine. Names such as: Carme Ruscalleda, with her Restaurant Sant Pau in Sant Pol de Mar; Santi Santamaria, at the Racó de Can Fabes in Sant Celoni; Joan Roca, with El Celler de Can Roca; and many more famed chefs, awarded Michelin stars and other accolades by other prestigious guides, and who are undoubtedly the foremost exponents of contemporary Catalan cuisine, renowned the world over.

The most avant-garde creativity is what has elevated Catalonia and its cuisine to the most prestigious international position, attracting visitors from the four corners of the globe just to sample the finest Catalan cuisine.

From left to right: Ferran Adrià, Carme Ruscalleda, Santi Santamaria and Joan Roca





Tapas (appetisers) and platillos (snacks) offer an original way of dining out

Tapas, snacks and aperitifs

In Catalonia, visitors will find a unique map of **restaurants and eateries** that enables them to enjoy both traditional and contemporary cuisine, from the most creative and imaginative dishes to wholesome home cooking. We can often find excellent restaurants housed in the finest hotels, sometimes run by renowned chefs. Then there are the **fondas**, which are found all over the tourist areas of Catalonia. These modest establishments offer both accommodation and restaurant services, and boast their own personal cuisine, developed through constant contact with the natural and cultural environment. Also closely linked to traditional cuisine, and offering visitors enriching gastro-

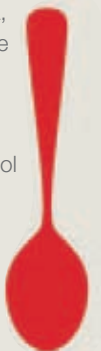
nomie experiences, are Catalonia's **historic markets**, such as the Boqueria, Sant Caterina and Barceloneta markets in Barcelona and the central markets in Sabadell and Granollers. These are all ideal places to enjoy a good **esmorzar de forquilla** (brunch).

We should also mention the many bar-restaurants serving **tapas (appetisers) and platillos (snacks)**. Visiting such establishments is a funny, relaxed and original form of dining. Neither should we miss the chance to discover the many sidewalk cafés and bars that serve **aperitifs and vermouth**, an aromatic wine. This is a deeply-rooted custom in Catalonia, with regulars frequently dropping in for a **vermouth** and a *tapa* or two before lunch.

SUGGESTION

The Cuina Catalana brand

The Culinary Institute of Catalonia, whose mission is to help conserve and enhance the country's rich gastronomic heritage, recently launched the Cuina Catalana brand. This initiative provides a tool to help preserve Catalan cuisine and promote the use of quality produce. Moreover, the Institute has also made an inventory of the country's culinary heritage in the book *Corpus de la cuina catalana*, which contains a rich compendium of traditional recipes.



Further information
www.cuinacatalana.eu



The fruits of the earth. Landscapes to eat

Tracking down the products that help to define Catalan cuisine is a good excuse for exploring the land and discovering the secrets that enrich this country's food and drink.

Thanks to the excellence of Catalan products, many have been awarded two official seals of quality: the **Protected Designation of Origin (DOP)** and the **Protected Geographical Indication (IGP)**. Both labels are reserved for typical products from specific regions, with their own distinctive character and unique flavour, qualities fostered by the close connection between produce, environment and human skills.

PDO products include: rice from the Ebro Delta; hazelnuts from Reus; cheese from Alt Urgell and Cerdanya; olive oil from Les Garrigues, Empordà,

Terra Alta and Baix Ebre-Montsià; butter from Alt Urgell and Cerdanya; *ganxet* beans from Vallès and Maresme; pears from Lleida; and olive oil from Siurana. Those granted the IGP seal of approval include: *calçots* from Valls; clementines from Terres de l'Ebre; *llonganissa* dry-cured sausage from Vic; potatoes from Prades; chicken and capon from El Prat; apples from Girona; *torró* (nougat) from Agramunt; and veal from the Catalan Pyrenees. Touring Catalonia in search of these and other ingredients enables the visitor to discover the diversity of landscapes that yield such magnificent products.

SUGGESTION

Gastronomic heritage online

Gastroteca.cat is a website set up to promote and support sales of local food and wine. The site provides updated information about such produce: who makes it, where to buy it, how to cook it, restaurants, food and wine routes, fairs and markets, news... A whole world devoted to the best from our land. Gastroteca.cat is a dynamic, interactive website at the service of farmers, producers, distributors, cooks, gourmets, food and drink tourism organisers, experts and consumers.

www.gastroteca.cat

SUGGESTION

Catalan arts and crafts: Artesania Catalunya

Catalonia is renowned worldwide for its arts and crafts traditions. Artisanal food and drinks form part of this heritage and of our country's identity. Cooking utensils and other goods connected to Catalan culinary culture are sold at fairs and market that take place all over the country throughout the year. **Artesania Catalunya** is a body set up to safeguard this heritage, ensuring that it is kept alive and becomes ever more widely known and recognised. To this end, this body organises activities and workshops and produces a series of publications.

Further information

www.artesania-catalunya.com



A smattering of Catalan products

Catalonia produces high quality **rice** in the **Ebro Delta**, which is also a setting of unrivalled beauty. This rice, enjoyed in paellas, *rossejat* (baked until golden brown) or a *banda* (cooked in fish broth), is a veritable gift to the imagination of chefs who can prepare it in a myriad ways, all of them equally delicious. The fruits of the earth include **sweet onions** from **Camp de Tarragona** region (the *calçots* from Valls), **potatoes from Prades** and **ganxet beans from the Vallès** region, perfect whether eaten alone or as an accompaniment to the finest dishes. Fruit trees also lend their produce to Catalan cuisine, whether to round off a fine meal or as an ingredient in tasty traditional dishes: **pears from Lleida**, **apples from Girona** or vitamin-packed **clementines from Terres de l'Ebre**, whose trees imbue the southern landscape with their fragrance and colour; **hazelnuts**

from **Reus**, ideal for making *picada* garnishes, as well as delicate desserts; and **torró** (nougat) from **Agramunt**, whose main ingredients are hazelnuts and almonds.

The fine cheeses from the Pyrenees are rich in the aromas of the mountain pastures where the local Friesian cows graze to produce the main ingredient for the process. The finest produce obtained by Catalan livestock farmers and poultry breeders also includes chicken and capon from El Prat, *llonganissa* dry-cured sausage from Vic and succulent veal from the Catalan Pyrenees. This high-quality veal is ideally accompanied in dishes featuring the excellent and varied mushrooms of Catalonia, or snails, both exquisite, traditional products. Visitors can relish all these delicacies and more at the many restaurants and eateries all over Catalonia, or by purchasing them from farm shops around the country.





Sweets and desserts, such as bunyols, are regular favourites at traditional festive meals.

The calendar has played a decisive role in the development of Catalonia's culinary traditions. Around a well-laden table, dinner parties savour the different delicacies that mark the passing of the seasons.

Desserts delicious enough to crown any meal

Generally speaking, **desserts** are the crowning glory of all festive meals. Over time, certain Catalan sweetmeats have become considered veritable culinary jewels. The best known are **crema catalana** (caramel custard) and **mel i mató** (fresh curd cheese and honey with a sprinkling of walnuts), but we should also mention **bunyols** (deep fried doughnuts), **pa de pessic** (sponge cake), **galetes** (biscuits), **coca** (flat oval-shaped cake), **carquinyolis** (almond biscuits) and traditional **panellets** (cakes made from marzipan and dried fruits), which are eaten at All Saints'.

Most Catalan towns have their own typical sweet or dessert. This is the case with **coques and dolços (sweets) from Terres de l'Ebre**, **pastissets (pastries) from Rasquera and Tortosa** and **orelleta and galleta biscuits from Vall de**

Camprodon and Vilada, to name but a few. Those visiting Catalonia in Easter, will discover mouth-watering **traditional mones**. These cakes, once decorated with eggs, have been now replaced by chocolate eggs and figures representing the current idols of the younger members of the household. At Christmas, the choice of sweetmeats includes **neules** (sweet tubular wafers), **tortell de Reis** (a ring of brioche-like cake filled with frangipane and topped with candied fruit) and **torrons** (nougat). **Torró**, the quintessential Christmas treat, is made from almonds and hazelnuts, soft or hard according to taste. Over the years, more variants have been added to the repertoire, thanks to the restless creativity of Catalonia's nougat-makers, though the traditional formulae and flavours have also been maintained. Many food and drink fairs and shows at which **torrons** are the star product take place all over Catalonia during the Christmas period.

SUGGESTION

The pleasure of eating good, clean, fair food

To live and eat without slowly, unhurriedly. That is the philosophy behind Slow Food, an organisation founded in 1986 by Carlo Petrini which was originally a wine and food club. Slow Food promotes the pleasure that we can obtain from wine and food, and champions quality cuisine, diversity of recipes and flavours, harmony with the rhythm of the seasons and care for the environment. This philosophy is put into practice in activities aimed at preserving quality foods and farming methods based on sustainable, traditional methods. Moreover, the organisation also seeks to foster biodiversity, as well as cultural, geographic and regional differences, defending gastronomic heritage and promoting local and regional products.

www.slowfood.es





Wine tourism: wine routes

The history of Catalonia –past, present and, undoubtedly, future– is steeped in the aroma and flavour of wine. Wine tourism allows visitors to learn more first hand about this magical transformation of the grape.

To roam the vineyard, enjoying its fragrances and noting how the colours change with the seasons and how the grape ripens, and to visit the “temples” where this venerable liquid is produced and stored. And, the height of pleasure, to enjoy a **tasting** at the winery itself. This is **wine tourism**, and the possibilities for such holidays in Catalonia are increasing almost daily. Many wineries and caves already offer **guided tours** and **associated activities**. The only difficulty, if time is limited, will be to choose the route amongst all the different possibilities.

Our own route here starts with the thirteen wineries in the **Montsant DO** Designation of Origin and the **Priorat QDO** Qualified Designation of Origin, where visitors can discover why the quality of wines from these regions is famed around the world. Here are 1,500 hectares of vineyards whose history goes back as far as 1162, when the Carthusian monks and the Scala Dei foundation at

the foot of Montsant began to produce wines that soon acquired great fame and recognition. The wine route through these two regions gives the tourist the chance to visit and taste the produce of 46 wineries in all.

We continue our journey with one of the oldest wine appellations, **Penedès**. This region is the setting for *Bodega*, a recent novel by the well-known writer Noah Gordon, who discovered the glories of a good wine here. In Gordon’s own words, the book is a love letter to Spain. Here, also, the Alt Penedès Tourist Board has launched **PENEDÈS**, a wine tourism initiative that offers visitors a wide range of possibilities, combining visits to wineries with walks through vineyards, tasting courses, visits to cultural heritage, charming accommodation and a visit to the **VINSEUM** (Catalan Museum of Wine Cultures) in Vilafranca del Penedès, where they can learn more about wine culture in general.

SUGGESTION



An enthralling journey

INCAVI, the Catalan Institute of the Vine and Wine, pursues the mission of promoting wine culture and quality wines produced in Catalonia. The INCAVI website invites visitors to discover the past and present of wine-making in our country and to learn to distinguish the eleven Catalan DO designations of origin. The “DO” label not only identifies the area where the wine was made, but also guarantees its quality and informs about the methods used to produce it. The website also provides information about fairs and shows, as well as training and tasting courses for Catalan wine and cava.

www.incavi.cat

From the oldest wine appellations to one of the newest: **Pla de Bages DO**, which, in a short space of time, has already begun to garner international awards. A number of vineyards and wineries in the region offer guided tours and organise tastings and wine-tasting courses, amongst other activities. If Pla de Bages is among the newest, despite its long history, then the smallest is the **Alella** Designation of Origin on the Maresme coast. Here, too, visitors will be enraptured by wine culture as they explore the Wine Museum in the traditional **Can Magarola farmhouse**, which also houses the administrative headquarters of this wine appellation. To discover the wines of Terres de Ponent in western Catalonia, we need to go to the **Costers del Segre** Designation

of Origin, which brings together a wide diversity of wines and landscapes, and is divided into seven large subzones, each with different geographic conditions. Two highly recommended events here are, the annual Wine Harvesting Festival in Verdú; and the Wine Festival in Lleida. Those interested can also visit wineries on the Lleida Wine Route, a journey in which traditional and modern wines shape a landscape that at once embodies past, present and future.

Green vineyards near the sea, whose praises the poet Josep Maria de Sagarra sings, are to be found in the **Empordà DO** region. Here is a landscape of contrasts in which the land meets the sea, infusing the local vintages with character, from fine whites to dessert wines such as *mistela*.

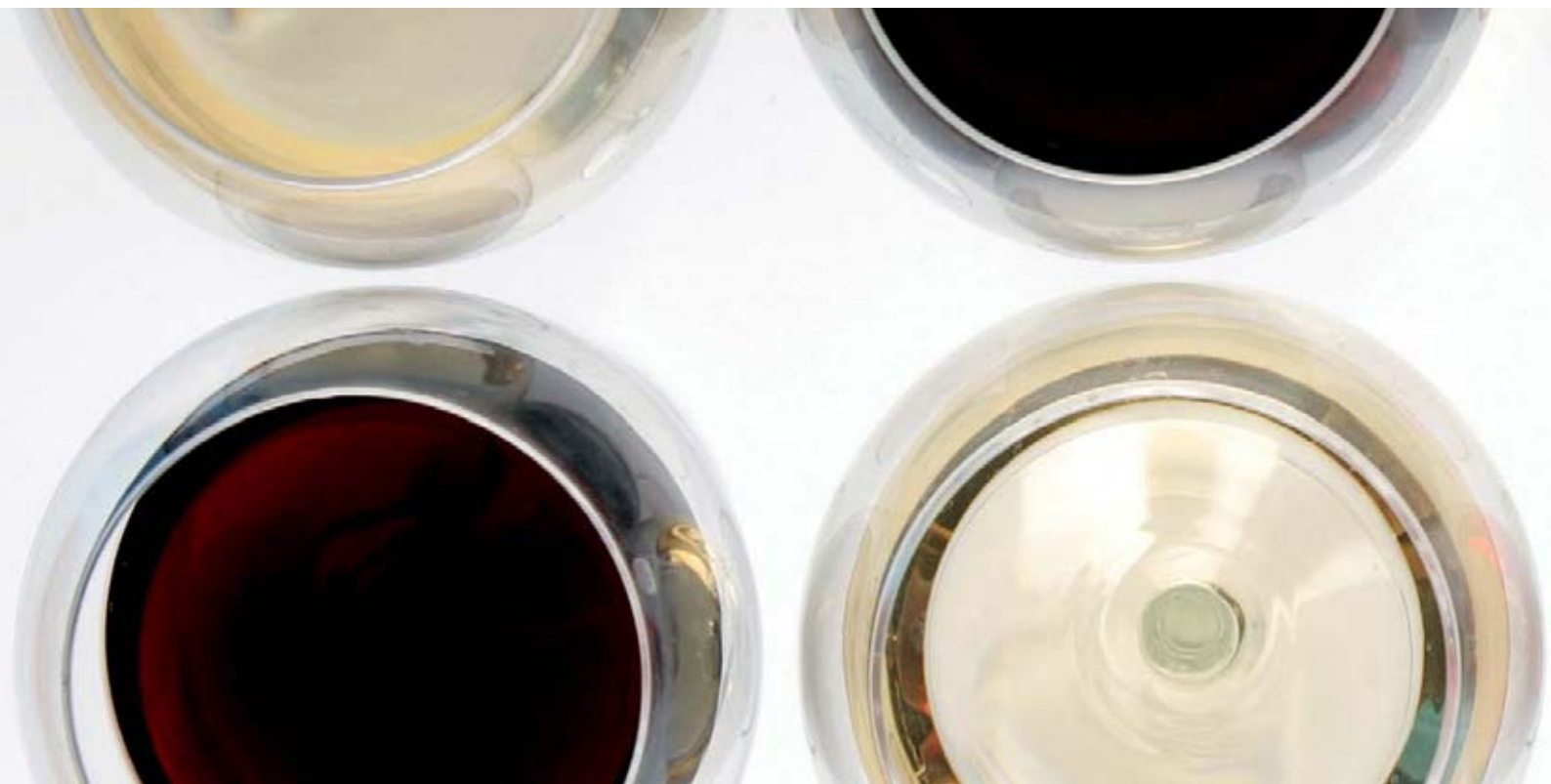
A number of companies take visitors on routes all over the country to discover the secrets of cava. The attractions include carefully selected wineries, restaurants, accommodation, specialist shops and tourist services.

SUGGESTION

Monuments to wine

A visit not to be missed is to the so-called "Wine Cathedral", the Cooperative Cellar and Wine Museum in L'Espluga de Francolí, in southern Catalonia. Here, visitors can also discover all the other wine appellations in the Tarragona province, namely Priorat, Montsant, Conca de Barberà and Tarragona. Through these wines, we can trace the history of wine-making back to the times of the Romans, who first began to sing its praises. Even today, we can still visit the Art Nouveau wineries in the

region, in Alt Camp and Conca de Barberà counties. The architectural heritage houses some of the larger agricultural cooperatives in Catalonia, and includes works by such renowned architects as Pere Domènech i Roura and Cèsar Martinell i Brunet, who built what have become known as "wine cathedrals". However, none of these routes would be complete unless we complemented our passion for the wines of a region by pairing it with the dishes served by local restaurants...





Catalonia invites visitors to stroll amid the vineyards, to engage in pleasant conversation over a glass of wine and, even, to discover the therapeutic properties of this rich liquid at a wine spa.

Vineyards and wineries; examples of Catalan wine culture are found all over the country



SUGGESTION



Wine culture

If you wish to learn more about wine culture, we recommend that you take one of the wine routes organised in Catalonia by different wineries and specialist shops. Other possibilities for knowing about the activities at a winery are dramatised visits, walks through the vineyards and tours using such modern means of transport as the Segway.

The triumph of cava, Catalan sparkling wine

Bubbles of happiness, whether served to round off a great celebration or to whet the appetite before a good meal... Once again, the Catalan hunger for innovation has yielded a new product, **cava**, a quality sparkling wine with a distinct character that has won over countless fans. The origins of this distinctive sparkling wine are to be found in the mid-19th century, when the Catalan wine-making industry was enjoying a particularly flourishing period. This was when several families in the town of **Sant Sadurní d'Anoia** launched a long-term research project, in close co-operation with the **Sant Isidre Catalan Institute of Agriculture**. The result was the birth of cava.

Annual cava production has since risen from the first 3,000 bottles that **Joan Raventós**, founder of Codorniu, placed on the market in 1872, to the 200 million bottles that are now exported worldwide every year, the fruit of a process that takes place in the darkness and silence of the ancient cellars in Sant Sadurní d'Anoia. Over this period, the town has become firmly established as the nerve centre of cava, a superb Catalan wine that both begins and rounds off the annual celebration organised by the **Brotherhood of Cava** in Sant Sadurní. This celebration of cava is the most important in Spain and is second in the world only to the festival that takes place in Champagne.

The principal white grape varieties used to make *cava* are: Macabeu, which gives sweetness and fragrance; Xarel·lo, which ensures body and structure; and Parellada, which bestows delicacy, freshness and aroma.

There are eighty cave-producing wineries in the Penedès region alone





Wine-tasting for everyone – connoisseurs and novices alike

In the tiny corner of Catalonia that is the Penedès region there are 80 cava-producing wineries, most of which offer facilities for visitors. Over the years, *cava* production has also spread to other points in Catalonia, such as the Alt Penedès, Bages, Anoia, Empordà, La Selva and Tarragonès counties, amongst others. Several companies offer activities that enable visitors to discover the secrets of *cava*-making all over the country, their programmes including a careful selection of wineries to visit, as well as restaurants, accommo-

dation, specialised shops, wine bars and activities organised by tourist service companies. All to enable the visitor to discover a world, a tradition and a lifestyle that evolve around wine culture.

Not only that but grapes and, more specifically, wine, are culinary products that can act as excellent relaxants. There are now many businesses that offer attractive services aimed at those seeking new experiences, including the delight of plunging into a wine-filled bath. We refer, of course, to **wine spas**.



SUGGESTION

Health and Wellness tourism

Catalonia's tradition as a centre for health and wellness goes back over a thousand years. Besides modern wine spas, visitors can also discover Catalan spa towns, spa hotels, wellness centres, health and medical centres... All top-quality facilities where they can also enjoy excellent, healthy food and drink. For more information, and to download the Health and Wellness catalogue, visit:

www.salutibenestar.catalunya.com



Gastronomic Tourism Club

Directory

In the **Gastronomic Tourism Club**, the Catalan Tourist Board has brought together most of the companies, bodies and associations which enable visitors to “get a taste” of Catalonia. This catalogue introduces all the members of this Club, which embrace a wide spectrum of gastronomic possibilities, from **accommodation and restaurants** to **producers** and **cookery schools**, not forgetting **service companies, catering associations, guilds and other players** in the tourism industry. All these enable visitors to discover Catalonia and its heritage through **culinary experiences**. We invite the reader to learn about all these possibilities and more on the following pages. We hope you enjoy it...

Directory Contents Gastronomic Tourism Club



▶ SERVICE COMPANIES AND SUPPLIERS

- 28 Arròs Molí de Rafelet
- 28 Associació d'Amics de la Gastronomia del Montserrat
- 28 Associació d'Empresaris del Montseny
- 29 Associació de Comerciants Mercat de la Boqueria
- 29 Aula Gastronòmica de l'Empordà
- 29 Buil & Giné
- 30 Catacurian
- 30 Catalunya Bus Turístic
- 30 Cuina de l'Horta del Baix Llobregat
- 31 Empordàlia de Vins i Olis
- 31 Freixenet
- 31 Grup Gavina
- 32 Hostaleria i Turisme del Berguedà
- 32 La Boella
- 32 La Llabor dels Orígens
- 33 La Ruta del Xató
- 33 Miguel Torres, S. A.
- 33 Món Sant Benet
- 34 Restaurant ABaC Barcelona
- 34 Restaurant Botiga Matamala
- 34 Restaurant Cal Sastre
- 35 Restaurant El Cingle
- 35 Restaurant Terrabacus
- 35 Segura Viudas
- 36 Vallformosa Winery Convention Center

Food clubs

- 37 Club de Tast del Gremi d'Hostaleria de Sitges
- 37 Col·lectiu de Cuina la Ràpita – Delta de l'Ebre
- 37 Cuina de l'Empordanet
- 38 Cuina del Vent
- 38 Cuina Pirinenca de Cerdanya
- 38 Cuina Vallès
- 39 Cuina Volcànica
- 39 Cuines del Vendrell
- 39 Fogons de la Vall de Ribes
- 40 Grup Gastronòmic del Pla de l'Estany
- 40 Joves Cuiners
- 40 La Xicoia
- 41 Noguera Cuina
- 41 Osona Cuina
- 41 Penedès Fogons

Accommodation

- 42 Associació de Cases Fonda de Catalunya
- 42 Derby Hotels Collection
- 42 Grup Soteras Hotels & Restaurants
- 43 Hostal de la Gavina*****
- 43 Hostal del Senglar**
- 43 Hostal Sport****
- 44 Hotel Class Valls***
- 44 Hotel Estela Barcelona****
- 44 Hotel Termes Montbrí****
- 45 Hotel Riberies****
- 45 Hotel SixtyTwo
- 45 Hotel Xalet La Coromina – Rest. Salvador Casaseca***
- 46 Mas de Torrent Hotel & Spa*****

Tour operators and other services

- 47 CostaVision Incoming Services
- 47 Food Wine Tours – Ocio Vital
- 47 Gourmand Breaks Culinary Tours
- 48 Grup Natura
- 48 Pep Palau, von Arend & Associats
- 48 The Wine Colours
- 49 Winebreak

▶ TOURIST PROMOTION BODIES

Local

- 50 Agència de Promoció Turisme de Sitges
- 50 Ajuntament d'Alcanar
- 50 Ajuntament d'Alp
- 51 Ajuntament d'Empuriabrava - Castelló d'Empúries
- 51 Ajuntament de Vilanova i la Geltrú
- 51 Consell Comarcal del Baix Empordà
- 52 Consell Comarcal del Pallars Jussà
- 52 Enoturisme Penedès
- 52 Oficina de Turisme de Vic
- 53 Patronat Municipal de Turisme de Calafell
- 53 Patronat Municipal de Turisme de Salou
- 53 Patronat Municipal de Turisme de Tarragona
- 54 Patronat Municipal de Turisme del Vendrell
- 54 Regidoria de Turisme i Comerç de Deltebre
- 54 Thermalia. Museu i oficina de Turisme de Caldes de Montbui
- 55 Turisme de Cambrils
- 55 Turisme de la comarca del Priorat
- 55 Turisme de Lleida
- 56 Turisme de Roses

Zonal

- 57 Patronat de Turisme Costa Brava Girona
- 57 Patronat de Turisme Diputació de Barcelona
- 57 Patronat de Turisme Diputació de Lleida
- 58 Patronat de Turisme Diputació de Tarragona Terres de l'Ebre
- 58 Torisme Val d'Aran
- 58 Turisme de Barcelona

▶ PARTNERS

- 60 Gastroteca
- 61 Marca Cuina Catalana
- 61 Palau Robert
- 61 Universitat Oberta de Catalunya, UOC



Arròs Molí de Rafelet

Arròs Molí de Rafelet is rice produced using traditional methods in the Ebro Delta at the family mill, built in 1935. The old wooden mill is the only one of its kind still working in Catalonia.

Our experience in using traditional methods to produce our rice, along with our careful selection of the most suitable varieties for each different dish, combine to give maximum flavour, satisfying the most demanding palates and enhancing quality at the most prestigious restaurants.

- Varieties of brown and white traditional rice: *bomba*, *marisma*, *carnaroli*, *Gran Reserva Molí de Rafelet* and ecological.
- Guided tours.
- Introduction to traditional rice production methods.

—
Museu de l'Arròs Molí de Rafelet
Av. Goles de l'Ebre, 309
43580 Deltebre (la Cava)
Tel. + 34 977 480 055
+ 34 977 482 642
Fax +34 977 480 055
Molins 606 790 454
679 629 547
Info@moliderafelet.com
teremargalef@hotmail.com
www.moliderafelet.com

Molí de

Rafelet



Associació d'Amics de la Gastronomia del Montserrat

If all your senses are awake when you visit Montserrat and its surrounding area, then you will discover the mountain's best-kept secret: the textures, colours and flavours that await here to delight your taste buds. These "Friends of Montserrat Gastronomy" are a group of professional restaurateurs who have turned their trade into an art form at their customers' service. For them, friendship also means commitment to the land, nature and its products.

- The cuisine of Els Portals.
- Cuisine based on knight-cap mushrooms (November, in Marganell).
- *Coca* and *Mató* Fair (October, in Monistrol de Montserrat).

Member restaurants: La Barca, Braseria El Racó, Hostal Guilleumes, Hostal Abat Cisneros i Montserrat, El Casot and El Cingle.

—
Seu (Restaurant La Barca)
Ctra. Abrera-Manresa, km. 13
08691 Monistrol de Montserrat
Tel. +34 938 350 259
info@gastronomiadelmontserrat.cat
www.gastronomiadelmontserrat.cat



Associació d'Empresaris del Montseny

This business association seeks to offer visitors to the Montseny Natural Park a welcoming and eco-friendly stay that will provide them with an insight into the natural, cultural and human heritage of this mountainous area. The association's members include many restaurants and hotels that serve richly varied cuisine, from traditional dishes to the most innovative fare. Moreover, traditional local farmers and producers supply these establishments with the finest ingredients, including chestnuts from Viladrau and charcuterie and wines from Montseny, amongst many other products made in the area using traditional methods. All these attractions are completed by excellent accommodation facilities in small hotels, rural tourism establishments, apartments and campsites. The association's members also include companies that organise activities, such as hiking, horse-riding and multi-adventure programmes.

- Summer food and wine tasting in Sant Celoni.
- Food and Wine Fair at Sant Esteve de Palautordera.

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





Associació de Comerciants Mercat de la Boqueria

La Boqueria is amongst Europe's finest markets, a veritable paradise for the senses. Here, a vast range of fine foods regales us with aroma and colour, awakening all our senses. There are more than 300 stands in La Boqueria, all offering a huge range of products for both individual shoppers and restaurants and other establishments. As well as selling all the foodstuffs imaginable, La Boqueria is also a popular attraction with tourists, who wander around the market-place, enjoying the rich sensations and watching the people as they go about the rewarding task of buying and selling the finest produce.

- Cookery classes at the *Aula Gastronòmica* catering school (adults and children).
- Guided tours, including tastings of products on sale at the market.

—
Rambles, 91. Edifici, 2a planta
08001 Barcelona
Tel. +34 933 040 270
Fax +34 934 121 315
oscar@boqueria.info
www.boqueria.info



Aula Gastronòmica de l'Empordà

This catering school is an innovative, pioneering initiative in Spain, focused on research and providing lifelong training of the highest standard to professionals in the industry. Moreover, the school also offers activities for amateur chefs and those interested in the cuisine of the Empordà area. The facilities at the centre include a kitchen area, fully equipped with all the latest technology and appliances.

- Continued training for chefs and maîtres.
- Signature cuisine: leading chefs give master classes to head chefs and caterers.
- 12+1: twelve gourmands come together to prepare and enjoy a meal with the assistance and supervision of a guest chef.
- Today... I'm cooking! For anyone who wants to learn to cook. Cookery workshops for children from 7 to 14 years of age.
- Holiday and Cuisine: cookery classes to introduce participants to Empordà cuisine.

—
Ctra. Palamós-Palafrugell, km. 328
17253 Vall-llobrega
Tel. +34 972 312 091
Fax +34 972 312 092
aula@grupcostabravacentre.com
www.aulagastronomicadelemporda.com

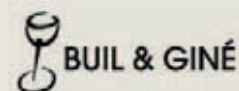


Buil & Giné

Buil & Giné is the only winery in the entire Priorat region whose doors are open to the public from Monday to Sunday, (except January 1 and 6 and December 25 and 26). The site was designed and built to combine the wine-making process with tours, as well as to allow visitors to take part in the various activities organised there. Our facilities, adapted for people with reduced mobility, offer visitors a host of possibilities, all with the highest comfort and safety and in a superb, unique setting amid the Priorat landscape.

- Tour of the winery and wine tasting.
- Tour of the vineyard, visit to the winery and wine tasting.
- Tour, wine tasting and lunch at the establishment.
- Wine Adventure (a game for the whole family).

—
Ctra. Gratallops – la Vilella Baixa, km. 11,5
43736 Gratallops
Tel. +34 977 839 810
Fax +34 977 839 811
info@builgine.com
www.builgine.com





Catacurian

Holidays for gourmands with accommodation at our boutique hotel in the Priorat region, which sleeps six. Guests can take classes in Catalan home cooking and enjoy tastings of wine and olive oil from the Priorat, Montsant and Siurana DO Designations of Origin. Other activities organised around our 1, 3 and 6-day stays include: private tours of the leading wineries in the county; cava tasting in Penedès county; and visits to rice producers in the Ebro Delta. Catacurian has been awarded the Tourism Diploma of Catalonia. Open throughout the year except August.

- Cookery classes.
- Wine tasting.
- Cava tasting.
- Olive oil tasting.
- Cultural tours.
- Food and wine tours.

—
C. Progrés, 2
43736 el Masroig
Tel. + 34 977 825 341
+34 938 022 660
Fax +34 977 270 561
info@catacurian.com
www.catacurian.com
www.catacurian.net



Catalunya Bus Turístic

Catalunya Bus Turístic (the Catalonia Tourist Bus) offers visitors several routes over a day and a half. These include the Wine and Cave Route, featuring a guided tour and tasting at the Jean Leon winery; guided tour and Catalan wine and cheese tasting at Bodegues Torres; and guided tour and cava tasting with snacks at Caves Freixenet. The company also offers the possibility of customised private tours and group packages. Departure guaranteed, with advance booking, on Wednesdays, Thursdays, Fridays and Sundays from March.

- Departures from Barcelona:
Plaça Catalunya, at 8.30 am.
- Return to Barcelona:
Plaça Catalunya, 4 pm.

—
Tel. + 34 932 853 832
Fax + 34 932 853 831
info@barcelonaturisme.cat
turisme@barcelonaturisme.cat
www.barcelonaturisme.cat/cbt
www.barcelonabusturistic.cat



Cuina de l'Horta del Baix Llobregat

Even today, a vast range of locally-grown produce is available in Baix Llobregat, a county that preserves its agricultural origins. Such products include: artichokes, chard, marrow, leeks and tomatoes; superb Prat chickens, which bear the IGP Protected Designation of Origin label; and wine and cava, marketed under the Penedès DO Designation of Origin. The excellent local chefs transform these ingredients into dishes that will surely delight even the most demanding palates.

- Food and drink promotional campaigns: "The Flavours of the Market Garden" and "Pota Blava (Prat Chicken) À la Carte".
- Baix Llobregat Food and Wine Guide.
- Tastings of products, activities at food fairs...
- La Candelera Fair in Molins de Rei.
- Sant Boi Artichoke Festival.
- Asparagus Fair and Food Show, Gavà.
- Sant Isidre Fair in Viladecans.
- Cherry festivals in Sant Climent, Santa Coloma de Cervelló, El Papiol and Torrelles.
- Castelldefels Food Show.
- La Puríssima Fair in Sant Boi.
- El Prat Poultry Show.

—
CN-340, Parc Torreblanca
08980 Sant Feliu de Llobregat
Tel. +34 936 852 400
Fax +34 936 851 868
turisme@elbaixllobregat.cat
www.turisme Baix Llobregat.com





Empordàlia de Vins i Olis

Empordàlia is the Empordà region turned into wine and olive oil! The Empordà is a Catalan county which boasts rich natural, cultural and historic heritage, fusing past and present in the finest produce: the fruits of the vine and the olive tree. We are heirs to this great tradition, which goes back hundreds of years but still looks to the future in the union of the old cooperative wineries of Pau, Roses and Vilajuïga, three charming villages. Here and in the surrounding area, the rich, generous earth produces the finest, most exclusive harvest.

- Guided tour of the vineyards and olive fields, winery and oil mill.
- Wine and olive oil tasting.
- Tastings of different products from Empordà county.
- Must-making (September) and the Feast of Saint Martin (November).
- Tours seven days a week, throughout the year.

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Ctra. de Roses, s/n
17494 Pau (Alt Empordà)
Tel. +34 972 530 140
Fax +34 972 530 528
info@empordalia.com
www.empordalia.com



Freixenet

The Freixent cava wineries are just 45 minutes from Barcelona. The place offers guided away tours for the whole family, where visitors can find out how cava was first made and how it is produced today, using the latest technology. A land train then takes visitors around the company's modern new facilities. At the end of the tour, visitors are invited to try different specialties from the Freixenet cava range. Tours are offered in several languages (Catalan, Spanish, English, French, German and Italian) throughout the week (Monday to Thursday, mornings and afternoons, Saturday and Sunday, mornings only).

- Guided tours of the caves.
- Must tasting for visitors under 18 years.
- Special individual and group tours by arrangement, with possibility of customised private visits.
- Special tours for schools.
- Specialist shop.
- Rooms and facilities for rental.
- Parking lot.

—
Joan Sala, 2
08770 Sant Sadurní d'Anoia
Tel. +34 938 917 096
Fax +34 938 917 077
www.freixenet.es



Grup Gavina

Grup Gavina has been devoted to the catering business since 1930. The group's restaurants in Barcelona's Port Vell docklands serve up the finest specialities in fish, seafood and rice dishes, the top-quality ingredients matched only by the superb, friendly service. Range of special set menus for groups. Open from 12 am to 11.30 pm.

Restaurant La Gavina

- Specialising in fish and seafood.
- Seats up to 400 on terrace.
- Inside dining room.
- Perfectly equipped for meetings, presentations and events.

Restaurant L'Arròs

- Specialising in more than 25 types of rice dish.
- Modern establishment housed in the traditional old "Merendero" open-air restaurants in the Barceloneta district.

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Paredes, 6
08003 Barcelona
Tel. +34 933 104 095
Fax +34 933 103 288
info@grupgavina.es
www.grupgavina.es





Hostaleria i Turisme del Berguedà

Hostaleria i Turisme del Berguedà is an association of companies that provide accommodation and catering services and activities. In terms of food and drink, the association promotes particularly local cuisine and produce. Over the years, the cuisine of the Berguedà county has successfully fused tradition and modernity, always using products of the highest quality and preserving such authentic local dishes as *escudella de blat de moro escairat* (a thick broth with sweetcorn), *patates em-mascarades* (potatoes with black sausage) and *pèsols negres amb cansalada* (black peas with bacon). Moreover, the Berguedà county is renowned for its mushrooms and game, and these fine local products are promoted particularly in the mushroom and game cuisine campaigns. During these seasons, the local restaurants display all their creative skills by serving up the most exquisite dishes using the aforementioned ingredients.

- Mushroom-based cuisine.
- Game dishes.
- Berguedà cuisine.

Passatge Arquitecte Porta, 2 bis
08600 Berga
Tel. +34 938 222 495
berguedaturisme@berguedaturisme.com
www.berguedaturisme.com



La Boella

La Boella, which is housed in an exquisitely restored 12th-century *masia* (traditional farmhouse), set amid 150 hectares of gardens and olive groves, is a complex formed by a gourmet restaurant, a small, charming hotel and a winery. Other attractions include a specialist store selling wine and olive oil produced on the estate, as well as a selection of vintages from the leading wine-making regions in the world, an olive mill and a large convention centre. In short, La Boella offers a diverse range of facilities designed to satisfy the most demanding guest and the most discriminating palate. All services facilities are adapted for people with reduced mobility.

- Wine and olive oil tasting.
- Wine pairing and gourmet menus.
- Wine-tasting courses.
- Guided tours of the estate (vineyards, olive groves, olive mill, wine cellar, etc.).
- Wine and/or gourmet product presentations.

Autovia Reus-Tarragona T-11, km. 12
43110 la Canonja
Tel. +34 977 771 515
Fax +34 977 774 993
info@laboella.com
www.laboella.com



La Llabor dels Orígens

La Llabor dels Orígens (“The Seed of the Origins”) is a chain of establishments devoted to Catalan food and drink, each comprising a restaurant and a shop. La Llabor dels Orígens also publishes a magazine/menu with cuisine and tourism suggestions. The branches in Carrer Ramon y Cajal and Carrer Enric Granados are adapted for people with reduced mobility, serve daily set menus and accept reservations. All branches serve set menus for groups.

Restaurants in Barcelona:

- C. Ramón y Cajal, 12. Tel. +34 932 136 031
- C. Enric Granados, 9. Tel. +34 934 531 120
- Pg. del Born, 4. Tel. +34 932 956 690
- C. Vidreria, 6-8. Tel. +34 933 107 531

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





La Ruta del Xató

The *Xató* Route is a culinary season (from November to April) during which, for more than a decade now, the Alt Penedès, Baix Penedès and Garraf counties have given pride of place to a local speciality: *xató* (a traditional salad made with cod and other tasty ingredients).

During the *Xató* season, visitors can sample this delicacy along with other dishes made from typical local ingredients at more than one hundred restaurants that together form the route. Moreover, visitors can also explore countless magnificent cultural, architectural, scenic, leisure and wine tourism attractions.

- Popular *xatonades* (*xató* festivals) in the towns of Vilanova i la Geltrú, Vilafranca del Penedès, El Vendrell, Cubelles, Calafell, Canyelles and Cunit (starting in November).
- *Xató* competitions.
- Food and wine festivals and fairs.

Gremi d'Hoteleria i Restauració de Vilanova
C. Manuel Tomàs, 26, baixos
08800 Vilanova i la Geltrú
Tel. +34 938 148 686
ghrvng@telefonica.net
Parenthesis
Tel. +34 938 172 762
info@rutadelxato.com
www.rutadelxato.com



Miguel Torres, S. A.

The surname Torres has been linked to the world of wine for more than three centuries. Thanks to this family tradition, the Torres winery enjoys enormous international prestige. Moreover, the firm has always reserved a place for wine enthusiasts, thus helping to promote and disseminate wine culture.

In 2000, with these goals in mind, the company opened a Visitor Centre and a Wine Tourism and Events Department. Torres has recently received the following accolades: European Winery of the Year from the American magazine *Wine Enthusiast* (2006); and the Medal of Honour for Tourism, the highest award granted by the Government of Catalonia (2003).

- Guided tours of the winery.
- Wine tasting.
- Practical courses.
- Meals in the private restaurant.
- Hire of rooms.

C. Miquel Torres, 6
08720 Vilafranca del Penedès
Tel. +34 938 177 487
Fax +34 938 177 567
visitatorres@torres.es
www.torres.es
Centre de Visites
Finca el Maset, s/n
08796 Pacs del Penedès
Dades GPS: N 41, 20 51° i E 01, 39 58°



Món Sant Benet

Món Sant Benet is a cultural, tourist and leisure resort that harmoniously integrates a range of different uses and purposes, all amid incomparably beautiful natural surroundings. The complex, built around the magnificent Monastery of Sant Benet de Bages, combines rich history and tradition with a ground-breaking new culinary project: the *Alícia* Foundation, a technology research centre led by world-famous chef Ferran Adrià, devoted to cuisine and promoting healthy eating habits. Moreover, the kitchen garden enables visitors to know the ecological fruits and vegetables grown here.

The services and amenities include, amongst others, three restaurants, including *L'Angle*, run by the well-known chef Jordi Cruz (one Michelin star), the Hotel Món**** and a conference centre.

- Visit to the *Alícia* Foundation: "Making Sense of the Senses".
- Guided tours of the kitchen garden.
- Culinary and family workshops.
- Guided tours of the monastery.

Món Sant Benet
Camí de Sant Benet, s/n
08272 Sant Fruitós de Bages
Tel. +34 902 875 353
info@monstbenet.com
www.monstbenet.com





Restaurant ABaC Barcelona

The ABaC Restaurant & Hotel, Monument 5GL, stands at the top of Avinguda Tibidabo, just minutes from the most important points in central Barcelona. The hotel's luxury guest rooms are all fully soundproofed, decorated in minimalist style and equipped with the latest technology to ensure maximum comfort. However, this unique establishment really revolves around the cuisine of chef Jordi Cruz, whose restaurant has been awarded two Michelin stars. The spacious, 200-square-metre kitchen is open to visitors, as is the wine cellar, which is stocked with more than 900 of the finest vintages. Music, light and colour are constantly changing in the superb Lounge Bar, whilst the services also include events and meeting rooms and a spa centre with two treatment booths.

- 15 rooms.
- Spa centre.
- Tours of the kitchen and wine cellar.

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Av. Tibidabo, 1
08022 Barcelona
Tel. +34 933 196 600
info@abacbarcelona.com
www.restaurantabac.com

ABaC
Restaurant

“Un pueblo que no bebe su vino
tiene un grave problema de identidad”

Mmanuel Vázquez Montalbán



Restaurant Botiga Matamala

Matamala revives the age-old flavours of Catalan cuisine in dishes made using the highest-quality ingredients. Here, the spotlight is very much on the fruits of the earth, as Matamala is committed to sustainable food and wine. Other services include:

- Bar snacks (*tapas*).
- Catering.
- Leisure activities (workshops, guided tastings, etc).
- Rooms for groups.
- A qualified, professional team at your service.

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Rambla Catalunya, 13
08007 Barcelona
Tel. +34 933 026 631
Fax +34 933 186 948
reserves@sensusgrup.net
www.matamalarestaurant.com

ma
ta
ma
la



Restaurant Cal Sastre

Set amid a scenery of unrivalled beauty, the Restaurant Cal Sastre in Santa Pau is a place that retains the essence of the town's old guesthouses and uses exclusively natural products, making it ideal for enjoying all the pleasures of the finest cuisine. Here, the star dish is *fesols de Santa Pau*, local white beans grown in the fields around the volcanoes. However, all fare is made from locally grown produce, prepared to perfection. The result: absolutely unforgettable meals.

The Restaurant Cal Sastre is recommended by the *Michelin Guide*, *Gourmetour*, *España parada y fonda* and the *Guía de la buena vida*, published by *El País*, and is a member of the Turisme de Garrotxa tourist board.

- Dinner with live music (*havanera* sea shanties, classical music, etc.) in summer.
- Dinners with food and wine pairing.
- Dinner-debates featuring leading personalities (politicians, athletes, etc.).
- Tasting menus (all year).

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Placeta dels Valls, 6
17800 Santa Pau
Tel. +34 972 680 421
Fax +34 972 680 481a
calsastre@calsastre.com
www.calsastre.com





Restaurant El Cingle

The menu at El Cingle restaurant is rich in subtle nuances that reflect respect for ingredients, which are masterfully transformed and elevated to the realm of the sublime, bringing out all their inner beauty. The restaurant also offers a number of set menus and suggested dishes, with something for all types of event. Whatever the occasion – private celebrations (parties, anniversaries, etc.), public events (companies, organisations, official bodies, etc.), small family gatherings or a meal for the entire staff of your company – Restaurant El Cingle has the perfect, made-to-measure solution to your needs.

- Participation at Masters of Food & Wine South America for the last three years (Mendoza, Buenos Aires, São Paulo and Punta del Este).
- Presence at the Barcelona Degusta, Alimentaria and Madrid Fusión fairs.
- Cocktail receptions, tastings, aperitifs, official openings, dinners, etc.
- Around the world: teaching cooking classes at Santiago (Chile), Mexico and Brazil.
- Gastronomic events in Brazil, Mexico, Tyrol, Switzerland, Austria, Greece and Italy.

—
Pl. Major, s/n
08233 Vacarisses
Tel. +34 938 280 233
Fax +34 938 359 642
montse@elcingle.com
www.elcingle.com



Restaurant Terrabacus

This restaurant is the ideal meeting-place to enjoy both good wine and the finest food, with a programme of complementary activities that is as fresh, innovative and dynamic as the culinary delights served there. All this is further enriched by strong ties with the local territory, with the Mediterranean and its people, with the city and with all the latest trends. The restaurant is located in the Eixample Esquerra neighbourhood, just below Avinguda Diagonal. This is one of the most dynamic and attractive areas of Barcelona, in the heart of the city's financial centre by day, which becomes a pulsing centre of nightlife in the evening. Diners at the Restaurant Terrabacus enjoy the finest cuisine, reasonably priced and with something for all tastes, in a friendly yet sophisticated atmosphere.

- Select wine and cava list, with more than 350 vintages. Sommelier service.
- Room for small events, presentations and celebrations. Special services for companies.
- Space free from architectural barriers.
- Tasting menu and set menus for groups.
- Programme of culinary activities (food and wine tasting, team building, incentives, etc.).
- Cultural activity programme.

—
C. Muntaner, 185
08036 Barcelona
Tel. +34 934 108 633
+34 666 536 819
Fax +34 934 108 157
muntaner185.bcn@terrabacus.com
www.terrabacus.com



Segura Viudas

Segura Viudas is a winery that is firmly committed to interpreting the essence of autochthonous Catalan grapes and to achieving quality through innovation and the latest technology. Since 1954, the label on each and every Segura Viudas bottle contains notes on the nature and identity of the soil and the grapes used. Those visiting the winery, just five kilometres from Sant Sadurn d'Anoia, can see how the cava is made and taste two different varieties at the end of the tour, in the main room of the *masia*, a traditional farmhouse built in the 12th century.

- Wine tourism visits (Monday to Thursday, mornings and afternoons; Friday, mornings only; weekends and holidays, closed).
- *À la carte* customised tours with aperitif, tasting and gift.
- By prior arrangement. Please enquire about prices. Languages: Catalan, Spanish, English and French.
- Shop selling wine, cava and advertising material.

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Ctra. Sant Pere de Riudebitlles, km.12.5
(BP-2151 road)
08777 Torrelavit
Tel. +34 938 917 070
Fax +34 938 917 064
relaciones.publicas@seguraviudas.es
www.seguraviudas.com
GPS: N 41, 43608°, E 01, 74218°

Segura Viudas



Vallformosa Winery Convention Center

Vallformosa offers visitors a guided tour of its cellars, where they can learn more about wine culture, offering them insight into the wine- and cava-making process, as well as the chance to taste its products. In addition, the centre's facilities include banquet, meeting and convention rooms and programmes of leisure and teambuilding activities.

The Vallformosa Winery Convention Centre is a socially responsible enterprise which cooperates in actions to fight cancer through an agreement with the Catalan Institute of Oncology.

- Guided tours of the cellar to discover the wine- and cava-making process.
- Gourmet and structured wine tasting.
- Talks, workshops and teambuilding activities focusing on wine and cuisine.

Masia Vallformosa
La Sala, 45
08735 Vilobí del Penedès
Tel. +34 938 978 286
Fax +34 938 978 355
wcc@vallformosa.es
www.vallformosa.com





Club de Tast del Gremi d'Hostaleria de Sitges

This tasting club was formed 25 years ago by a number of restaurants in the holiday resort town of Sitges that got together to offer the best in local cuisine. Thanks to their commitment to quality products and to the professionalism of club members and their partners, fine cuisine is no longer a luxury, but the norm.

The tasting club member restaurants are: Hidalgo, El Cau del Vinyet, El Mascarón, El Veleró, Esmarris, Iris Gallery, La Masia, La Nansa, Los Vikingos, Mare Nostrum, Maricel, Noray, Pic Nic and Pizzeria Cap de la Vila.

- 23rd "Menjar de Tast" Food Tasting.
- Wine Harvest Festival Menu.
- Xató menu.
- "Flavours of Autumn" schools campaign.
- Sitges-style rice casserole (*cassola d'arròs a la sitgetana*) competition.

—
Centre Comercial Oasis
C. Salvador Olivella, local 73
08870 Sitges
Tel. +34 938 941 290
Fax +34 938 947 331
info@clubdetast-sitges.com
www.clubdetast-sitges.com



Col·lectiu de Cuina la Ràpita – Delta de l'Ebre

The goal of La Ràpita - Delta de l'Ebre Food Club is to help transform the economy of the area by improving services through creativity and innovation and by highlighting the important role that tourism and cuisine play in communicating local history, culture and the region as a whole to the rest of the world. With this goal firmly in mind, the club is a founding member of the "Col·lectius de Cuina de Catalunya" ("Food Clubs of Catalonia"), a platform embracing 15 restaurants in Sant Carles de la Ràpita and 15 agri-food producers, mainly from the Terres de l'Ebre region, as well as other global food and wine networks.

- Shrimp Festival (February).
- *Tastamar* Festival (June).
- Festival of Flavours (June).
- Prawn Festival (November).

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Pl. Carles III, 13
46540 Sant Carles de la Ràpita
Tel. +34 977 744 624
Fax +34 977 744 624
turisme@stcrapita.altanet.org
www.turismelarapita.net



Cuina de l'Empordanet

La Cuina de l'Empordanet ("Empordanet Cuisine") is the name adopted by a group of catering professionals who work to promote the cuisine of Baix Empordà county. The food club members are 18 restaurants committed to promoting the local culinary culture, products and quality amongst consumers, the media and international tour operators, and raising the profile of the Empordà region as a top-class food and drink tourist destination. All the member restaurants endorse the Baix Empordà Quality Tourist Destination Plan, and five have been awarded the Tourism Quality seal of approval.

- Organisation of the Costa Brava Tournament – Catalonia Cuisine and Golf Tournament.
- Campaigns to promote healthy and Mediterranean diets, such as "Bread with Tomato and Anchovies – Healthy and Mediterranean".
- "Art and Gastronomy" (tribute to Salvador Dalí) and "Pla, Dish by Dish" (tribute to Josep Pla) routes.
- "Empordà Garden" campaign, promoting locally-grown produce.

—
Ctra. de Palamós, km. 328
17253 Vall-llobrega
Tel. +34 972 600 069
Fax +34 972 600 112
empordanet@grupcostabravacentre.com
www.cuinadelempordanet.net





Cuina del Vent

Cuina del Vent is an offshoot of the Alt Empordà Hotel and Catering Association. This “Wind Cuisine” food club was born out of the interest of a group of professionals who champion culinary culture as a vehicle of expression and a repository of popular wisdom built up through a shared history, climate and landscape. Indeed, Alt Empordà cuisine faithfully reflects the generosity of a land of contrasts, with one coastline that is wild and rough, whilst the other is mild and gentle, offering us fish and shellfish. Here, too are vast, fertile plains, with fields and vegetable gardens; and lush, luxuriant, deep green mountains, also richly fertile, juxtaposed against others, arid and rugged, whose peaks abound in game and wild fruit.

- Organisation of food and wine fairs, talks and seminars.

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Pol. Empordà Internacional, s/n
17469 Vilamallà
Tel. +34 972 525 103
info@cuinadelvent.com
www.cuinadelvent.com



Cuina Pirinenca de Cerdanya

The Cuina Pirinenca de la Cerdanya (Cerdanya county Pyrenean cuisine) is a food club set up by a group of restaurateurs to bring together establishments that are wholly committed to quality local produce and food and wine tourism in a region like La Cerdanya, which boasts rich traditions in terms of both cuisine and tourism. Nestling in a Pyrenean valley, La Cerdanya county offers visitors a vast range of attractions: restaurants, history, monuments and natural beauty.

- Spring Culinary Festival: chicory and spring mushrooms (May-June).
- Golf Championship and Pyrenean Cuisine.
- Autumn Culinary Festival. The Cuisine of La Cerdanya in Autumn (September-October).
- Catering for events.
- Food and wine tourism.

—
Cruïlla N-152 amb N-260
17520 Puigcerdà
Tel. +34 972 141 100
cuinapirinenca@gmail.com
www.cuinapirinenca.org



Cuina Vallès

Cuina Vallès is a club formed by twelve outstanding chefs in Vallès Occidental, who joined forces to promote this county through its food and wine. Focusing particularly on the *ganxet* bean, a mainstay of Vallès cuisine which grows in Vallès Occidental, these twelve restaurateurs combine locally grown produce typical of traditional Catalan cooking with the most innovative cuisine. A delight for the senses.

- Vallès Culinary Week (January).
- Cooking with the *ganxet* bean.
- Cooking with other products from local artisan food.
- Food and wine tourism.
- Catering for events.

—
Ctra. N-150, km. 15
08227 Terrassa
Tel. +34 937 273 534
Fax +34 937 271 969
info@cuinavalles.cat
www.cuinavalles.cat



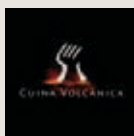


Cuina Volcànica

Cuina Volcànica ("Volcanic Cuisine") is a food club formed by fifteen restaurants wholeheartedly committed to conserving and employing in their cuisine produce from such a splendid, blessed county as La Garrotxa, land of volcanoes: peas, *mora* potatoes, buckwheat, white corn, truffles, emmer wheat (*farro*), *piumoc* (dry-cured sausage made from pork ribs), *serrat d'ovella* sheep's milk cheese and the tasty local meat, to mention but a few. Using these and other ingredients, the Cuina Volcànica member restaurants create dishes sure to delight locals and visitors alike. This is quality cuisine, deeply-rooted in the local area, rich in character, diversity and creativity.

- La Garrotxa Food and Drink Show (Olot, November-December).
- *Farro* (Emmer Wheat) Fair (Vall de Bianya, February).
- Buckwheat Fair (Batet de la Serra, February).
- Charcuterie Show (Olot, February-March).
- Potato Festival (Vall d'en Bas, October).
- Sant Lluc Fair (Olot, October).
- Christmas Crib Show (Olot, December).
- Food and wine festivals all year, focusing on La Garrotxa haricot beans and wild herbs (coinciding with the Herbesalú fair in Besalú), amongst others.

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Av. Onze de Setembre, 22, 2a planta
17800 Olot
Tel. +34 607 401 947 (Tècnica)
Tel. +34 618 495 183 (Gerent)
info@cuinavolcanica.cat
www.cuinavolcanica.com



Cuines del Vendrell

Established in 2001, the Cuines del Vendrell food club faithfully reflects the diversity to be found in a municipality formed by Coma-ruga, Sant Salvador and El Francàs. Moreover, the club motto, "Sea, Vine and Olive", stresses the vital, gratifying and fruitful harmony that exists here between those who work the earth and those who toil over the oven and serve at table. The outstanding local delicacies include *pastís de garrofa* (carob cake) and the *tastarrofes* recently introduced, as well as wine, *cava*, vinegar (forvm) and olive oil (mil-liari) produced by club members. Activities include presence at fairs and the promotion of local initiatives, whilst the food club was also present at the Gastronomy Forum in Santiago de Compostela.

Member restaurants:

Casa Victor, Joila, Molí de Cal Tof, Xalocuell, La Cuina de la Marga, Marmaris, Seifer, Escola de Turisme del Baix Penedès and La Taberna del Passeig.

Member wineries:

Licors Jané – Expo Licor, Mil-liari Selecció and Avgvstvs – Forvm.

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Av. Brisamar, 1
43880 Coma-ruga (el Vendrell)
Tel. +34 977 680 010
Fax +34 977 683 654
lescuinesdelvendrell@elvendrellturistic.com
www.elvendrellturistic.com



Fogons de la Vall de Ribes

This food club researches into and promote the bases, origins and characteristics that define traditional Pyrenean cuisine, gathering traditional recipes and methods for preparing dishes and, particularly, reviving utensils and products traditionally used in this cuisine. The superb Vall de Ribes cuisine was forged from a fine historic legacy coupled with age-old traditions: country life, the cultivation of the land, livestock farming, excellent water, pig slaughter (which still takes place today), countless natural local products, craftsmanship and the preservation of ingredients native to the region.

- Food and wine promotion campaigns.
- Promotional and loyalty-building actions.
- Themed set menus during craft fairs.
- Tastings of locally-grown produce.

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Pl. Ajuntament, 3, baixos
17534 Ribes de Freser
Tel. / Fax +34 972 727 728
turisme@vallderibes.cat
www.vallderibes.cat





Grup Gastronòmic del Pla de l'Estany

This “Pla de l'Estany Food Club” was founded in February 2004 by a group of restaurant owners to ensure that they could obtain top-quality produce in order to create a unique cuisine that could be identified with the region. The group’s philosophy is based, firstly, on offering clients a range of dishes made from ingredients of the highest quality, ecological, traditional and subject to extraordinary quality and control criteria and, secondly, on reviving ingredients that had fallen in disuse or had been almost forgotten.

- Cod x Easter.
- *Pla (tillo) de l'Estany* culinary festival (June).
- Marrow and Garlic Festival (June).
- Honey Fair (February).

—
 CCPE - Banyoles
 Tel. +34 972 583 258
 turisme@plaestany.org
www.plaestany.cat/grupgastronomic



Joves Cuiners

Joves Cuiners (Young Chefs) is a pioneering association that brings together a new generation of chefs, the children of restaurateurs, mostly from the Gironès county. The group members, many of whom have been awarded Michelin stars, combine tradition with innovation based on the use of local ingredients. These young chefs are united by their culinary concept and the way they work and create dishes. Their aim is to modernise and elevate Catalan cuisine to its rightful place. All of them restaurant owners, these culinary masters get together to share their expertise, enriching themselves both individually and as a group.

- National and international culinary competitions and event.

—
info@jovescuiners.com
www.jovescuiners.com



La Xicoia

La Xicoia (“Chicory”) is a food club established in 2003 by its young members, all of them keen to promote both Pallarès cuisine and the county’s excellent produce. The club’s ultimate goal is to turn the cuisine of the Pallars Sobirà county into a synonymous with quality, to help revive local culinary traditions and to act as a driving force for the local tourism industry. *La Xicoia* made its public bow in May 2003 with a gourmet dinner prepared by members and presented by chef Sergi Arola and the actor Carles Canut.

- Pallars Sobirà Gastronomic Rally (April 15 to 30).
- Annual award ceremony of the Golden *Xicoia* (May).
- Fat Thursday (feast of pork and lamb) and *xolís* (traditional pork sausage) competition.

—
 Av. Comtes del Pallars, 29
 25560 Sort
 Tel. +34 669 905 266
 Fax +34 973 62 08 19
laxicoia@hotmail.com
www.laxicoia.com





Noguera Cuina

Since 1994, when the Noguera county hosted the Market Garden Cuisine section at the Second Catalan Culinary Congress, a number of restaurants in the area have been organising different culinary festivals. The Noguera Cuina food club was established in summer 2007 in response to the need to ensure the continuity of such initiatives. This “Noguera Cuisine” food club works to consolidate the fame that local cuisine has built up over the years and to revive, nurture and promote the use of local products, championing quality food and drink in all its different facets.

- Promotion Campaign: “From the Landscape to the Kitchen” (Spring).
- Balaguer Fair: presentation of a video with recipes, followed by tasting (May).

Member restaurants

Cal Farré, Cal Pepito, Cal Xirricló, Casa Mercé, Del Monasteri de les Avellanes, Els Cellers de l’Arnau, El Dien, Espígol, La Solana, Lo Ponts, Rialb, Roma and Santuari del Sant Crist.

—
C. Àngel Guimerà, 28
25600 Balaguer (Lleida)
Tel. + 34 973 400 709
restaurants@nogueracuina.com
www.nogueraacuina.com



Osona Cuina

Osona Cuina is an association of chefs in the Osona county. The members are twelve restaurants that share the use of local products in their dishes. The club organises various food seasons, including one to promote truffles. Besides the initiatives that each individual restaurant launches, this “Osona Cuisine” food club also takes part in a number of culinary and tourist activities in the county.

- Fat Thursday Festival.
- Hot-air balloon rides and gastronomy.
- Culinary activities: demonstrations, workshops and tastings.

—
C. de Gurb, 17, entl. 2a
08500 Vic
Tel. +34 938 814 314
Fax +34 938 814 358
info@osonacuina.com
www.osonacuina.com



Penedès Fogons

The Penedès Fogons food club was established in June 2006 with the mission of promoting the wine and culinary traditions of the Penedès region. This “Penedès Ovens” is an association of five restaurants located within the Penedès DO Designation of Origin which all share the determination to serve the highest-quality cuisine and to promote locally-grown and -made produce. Moves to launch such a club began in summer 2005, driven by the Penedès Business Union (UEP) and the shared desire of a group of restaurateurs to establish a quality food club in the Penedès region.

- *Penedès Fogons* Nights (throughout the year).
- Wine- and culinary-related promotional activities (all year).
- Cuisine at the Markets (throughout the year).

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Av. de Barcelona, 89, 3a
08270 Vilafranca del Penedès
Tel. +34 938 925 405
Fax +34 938 925 405
penedesfogons@uepenedes.com
www.uepenedes.com





Associació de Cases Fonda de Catalunya

Cases fonda (guesthouses) are unique establishments with their own distinct character. Besides providing accommodation and restaurant services, these guesthouses also establish close links with their natural and cultural environment. Guesthouse owners combine high standards of professionalism with the commitment that comes from a vocation to provide their guests with top-quality, personal services. Moreover, each *casa fonda* has its own culinary style, whether modern or traditional, based on Catalan cuisine and the use of local produce. *Cases fonda* are found all over Catalonia, in each of the different regions: Catalunya Central (8), Costa Brava (11), Costa Daurada (2), Costa del Garraf (1), Costa del Maresme (1), Pirineus-Prepirineus (13), Terres de l'Ebre (1) and Terres de Lleida (1).

- Accommodation and restaurant services all over Catalonia.
- Information about the surrounding area: services, fairs, markets, festivals, etc.
- Promotion of authentic Catalan cuisine.
- High quality cuisine.
- Gourmet menus and activities related to the local environment.

—
C. Ramon Turró, 63-65, local 2
08005 Barcelona
Tel. +34 933 001 626
Fax +34 933 001 658
info@casafonda.com
www.casafonda.com



Derby Hotels Collection

Derby Hotels Collection presents a chain of unique hotels, each with its own strong personality. A particularly outstanding feature of all these establishments are the important art collections on display, creating a truly special atmosphere at each. Located in the heart of Barcelona, Madrid, London and Paris, in the architectural, cultural and business centres of these cities, Derby Hotels provide the ideal setting for a break, whether for business or pleasure. The restaurants at the six Barcelona hotels that are part of the Derby Collection all serve the most interesting and exciting culinary fare. The six are: La Terrassa del Claris and the East 47 cocktail bar in the Hotel Claris; "3" Restaurant at Hotel Granados 83; and the Astoria and Balmes restaurants in the hotels of the same name. In short, Derby Hotels Collection brings you cuisine and art.

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Hotel Claris. Tel. +34 934 876 262
Hotel Granados 83. Tel. +34 934 929 670
Hotel Gran Derby. Tel. +34 934 452 544
Hotel Derby. Tel. +34 933 223 215
Hotel Astoria. Tel. +34 932 098 311
Hotel Balmes. Tel. +34 934 511 914
www.derbyhotels.com

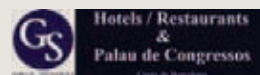


Grup Soterias Hotels & Restaurants

Grup Soterias restaurants have everything you need for perfect celebratory meals: lunches, dinners, banquets, family reunions, weddings...

Enjoy all the pleasure of a traditional Catalan restaurant, such as the Diagonal Can Soterias, founded in 1917, or take in the magnificent views over Barcelona and the Mediterranean from La Nostra Masia Tibidabo on the top of Mount Tibidabo. Similar in elegance and tradition is our establishment in Esplugues de Llobregat, the Restaurant Tres Molinos. Seating up to 400 diners, the Tres Molinos specialises in business meals and banquets. In Castelldefels are the Gran Hotel Rey Don Jaime and the Congress Palace. Here you will find the Restaurant Torre Barona, which stands beside a hundred-year-old watchtower and offers superb views over the Mediterranean. Or, if you prefer signature cuisine by the sea, try the Restaurant Dom at the Hotel Bel Air. Whatever your taste, whatever the moment, our restaurants are always ready to please.

—
Platja Ribera Sant Pere, 1-9
08860 Castelldefels
Tel. +34 936 350 247
Fax +34 936 641 001
comercial@grup-soterias.com
www.grup-soterias.com





Hostal de la Gavina*****

Light and the sea are amongst the essences of Mediterranean culture. This healthy culture, with its seafaring traditions, is a basic element in Catalan cuisine and a source of top-quality fresh produce. Our chef selects his ingredients carefully to create an imaginative bill of fare based very much on local flavours. The result: a truly different, even unique culinary experience that invites you to enjoy the very essence of the sea. Moreover, all our restaurants offer rich and varied wine lists featuring a careful selection of vintages from all over the world. We provide a host of different proposals so that you can choose what is best for you, according to the moment, according to the occasion.

—
Plaça del Roser, s/n
17248 s'Agaró
Tel. +34 972 321 100
Fax +34 972 321 573
reservas@lagavina.com
restaurant@lagavina.com
www.lagavina.com



Hostal del Senglar**

The Hostal del Senglar is an establishment with very much its own personality, located in the heart of the Cistercian Route in a splendid setting surrounded by lush Mediterranean gardens. Here, guests have enjoyed the richest, most rewarding culinary experiences for three generations. The distinguishing features of the hotel restaurant are, undoubtedly, the cuisine, the service and the surroundings, all equally magnificent. The *hostal* is located just 2 km. away from the Poblet Monastery, a World Heritage site.

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



Hostal Sport****

The Hostal Sport is a hotel that has remained open without interruption since Christmas Day 1923. Passed down from generation to generation, this small family establishment, located in the heart of El Priorat, one of the least-known but most fascinating counties in Catalonia, has always worked, above all, to ensure its guests' perfect comfort, peace and quiet.

- 28 guest rooms and 3 meeting rooms.
- Superb traditional cuisine, including Priorat specialties.
- 2nd prize for best wine list in Catalonia.

—
Miquel Barceló, 4-6
43730 Falset
Tel. +34 977 830 078
Fax +34 977 830 063
marta@hostalsport.com
info@hostalsport.com
www.hostalsport.com





Hotel Class Valls***

This hotel is located in one of the most important and active business parks in the Camp de Tarragona area. Moreover, the Hotel Class Valls has the additional attraction of standing right on the Cistercian Route and in an outstanding wine-making region that includes two well-known appellations: DO Tarragona and DO Conca de Barberà.

The hotel restaurant, El Tast de l'Àngel, a quiet establishment that oozes charm, has reworked traditional concepts and personalised its menus to the maximum to enable diners to enjoy the finest Mediterranean cuisine with an international touch.

Easy access from main road networks, including the N-240 trunk road and the AP-2 and AP-7 motorways.

Good connections, too, with the Camp de Tarragona AVE high-speed train station and Reus International Airport.

—
Passeig President Tarradellas (cantonada C. Eladi Homs, s/n)
43800 Valls
Tel. +34 977 608 090
Fax +34 977 608 009
info@hotelclassvalls.com
www.hotelclassvalls.com



Hotel Estela Barcelona****

Guests at the Hotel Estela enjoy top-quality accommodation and restaurant facilities, as well as the chance to admire contemporary artworks – paintings and sculptures – by well-known artists. Besides the permanent exhibition, the establishment also stages regular temporary shows, and the works are all on sale. Hotel facilities include 64 guest rooms, as well as meeting rooms, a gourmet restaurant and two swimming-pools.

—
Av. Port d'Aiguadolç, 8
08870 Sitges
Tel. +34 938 114 545
Fax +34 938 114 546
info@hotelestela.com
www.hotelestela.com



Hotel Termes Montbrío****

This Hotel Termes Montbrío, voted the Best Resort and Spa in Europe, has also been awarded the ISO 9001/2000 certificate.

The hotel, which is set amidst 10 acres of botanic gardens, has a spa centre that offers a full programme of beauty and wellness services. Here, the facilities include: the Aquatonic spa leisure area, where guests can enjoy natural thermal waters to the full (falls, streams, jets, grottoes...); two restaurants, La Sequoia and El Grill Miró (in summer only); twelve function rooms seating from 10 to 400 people; and outdoor and indoor parking lots.

- Wine tasting.
- *Calçotades* (set menus featuring *calçots*, long, sweet onions).
- Olive oil tasting.
- *Xató* Route.

—
C. Nou, 38
43340 Montbrío del Camp
Tel. +34 977 814 000
Fax +34 977 826 969
hoteltermes@rocblanchhotels.com
www.rocblanchhotels.com





Hotel Riberies****

This modern yet cozy mountain hotel is located in Pallars Sobirà county, twenty minutes from the Aigüestortes National Park and the ski resorts of Port-Ainé, Espot Esquí and Tavascan and thirty minutes from Baqueira Beret. The area, guaranteed to delight lovers of nature in general and unspoilt high mountains landscapes in particular, provides the ideal setting for the region's magnificent Romanesque architectural sites. The hotel services include: spa centre with jacuzzi, sauna, steam bath, contrast showers and heated loungers; a wellness (beauty and health) centre with relaxation and wellness facilities, massage, body and facial treatments and solarium; an eco-friendly fishing area; and a horseback riding centre.

- À la carte menu featuring dishes made from seasonal local produce.
- Gourmet menu.
- Food and wine pairing courses.
- Wide selection of caves and wines.
- Special menus: diets, vegetarians, celiacs, etc.

—
 Camí de Riberies, s/n
 25595 Llavorsí
 Tel. +34 973 622 051
 Fax +34 973 622 231
 booking@riberies.com
 www.riberies.com



Hotel SixtyTwo

Located in Passeig de Gràcia, Barcelona's most elegant and fashionable avenue, a veritable paradise for shoppers, a stone's throw from Gaudí's Casa Batlló and La Pedrera houses, this is a boutique hotel designed for all those who love the exclusiveness and privacy offered by a small establishment that provides customised services. All guest rooms are equipped with Etro amenities, Nespresso coffee maker, Bang & Olufsen TV, sound system for iPod and iPhone, smart systems and Wi-Fi. Executive and Privilege rooms with private terrace are also available. Free Internet connection in the Business Centre. Other services include Wi-Fi, meeting rooms and Honesty Bar, open from 7.30 pm to 1 am.

- Wine tasting (Fridays), free for hotel guests.

—
 Passeig de Gràcia, 62
 08007 Barcelona
 Tel. +34 932 724 180
 Fax +34 932 724 181
 hotel@sixtytwohotel.com
 www.sixtytwohotel.com



Hotel Xalet La Coromina – Rest. Salvador Casaseca***

The Hotel Xalet La Coromina and the Salvador Casaseca restaurant form an inseparable pair. Located in Montseny, the hotel-restaurant complex enables guests to enjoy exceptional cuisine in a superb setting. Here, the maxim is to treat one's guests as one would like to be treated. The establishment, which has been awarded the Commitment to Tourism Quality seal of approval, also offers guests the chance to enjoy exclusive GPS routes.

- Cuisine: dishes feature such ingredients as chestnuts, mushrooms and truffles.
- Dishes made using ingredients from Viladrau, the surrounding county, and organic produce.
- Customised tasting menus for vegetarians and celiacs. Themed menus (calçots, mushrooms, liver pâté, pulses, etc.).
- Business meetings with wine- and culinary-related activities.
- Packages: relaxation, hiking, etc.

—
 Carretera de Vic, 4
 17406 Viladrau
 Tel. +34 938 849 264
 Fax +34 938 848 160
 xaletcoromina@xaletcoromina.com
 www.xaletcoromina.com





Mas de Torrent Hotel & Spa*****

Right in the heart of the Empordà region is one of Catalonia's most outstanding hotels: Mas de Torrent Hotel & Spa. The features at this five-star hotel and spa, a member of the world-famous Relais & Châteaux chain, include a magnificent setting, spectacular views and charming gardens, as well as the finest service. The main building is housed in a traditional 18th-century Catalan farmhouse, or *masia*, which has been carefully restored whilst also conserving its age-old charm. Inside are 10 of the 39 hotel suites, as well as the Restaurant Mas de Torrent, one of the finest gourmet establishments in the area. In the superbly-landscaped grounds are 22 Garden Suites, 7 Taronger ("Orange Tree") Suites with private pool, the modern Mas Spa and the Poolside Restaurant (Restaurant de La Piscina), a relaxed eatery where, nevertheless, the service is impeccable and the attention to detail impressive.

- Mas Gastronomic Experience.
- Cookery classes with our chef.
- Wine tasting and visits to wineries.
- Open view of kitchen (Poolside Restaurant).

Mas de Torrent Hotel & Spa
Afores, s/n
17123 Torrent
Tel. +34 902 550 321
Fax +34 972 303 293
infohotel@mastorrent.com
www.mastorrent.com



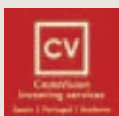


CostaVision Incoming Services

Catalonia is one of the tourist destinations with the greatest diversity of quality local food products, found at markets, specialist shops and a vast network of restaurants all over the country. Moreover, Catalonia has long wine-making traditions, and boasts an impressive list of appellations of origin. Over the years, the country has won countless accolades in recognition of its merits as a quality destination. Costavision is an incoming tour operator that is familiar with all this natural wealth, and is devoted to providing services in Spain, Portugal and Andorra. We organise specialist food and wine activities for groups and individual gourmets.

- Accommodation at hotels and winery hotels at all the main food and wine tourist destinations.
- Customised, specialised tours and routes all over the Peninsula.
- Quality wine- and olive-oil-tasting activities and catering services.
- Company incentives linked to gourmet food and wine experiences.

—
C. Pau Claris, 99-101
08009 Barcelona
Tel. +34 933 197 072
Fax +34 933 101 042
resco@costavision.es
www.costavision.es



Food Wine Tours - Ocio Vital

Ocio Vital is a recent tour operator, a market leader specialising in “wine and food tourism experiences”. In offering its services, the company carefully selects the finest destinations, the most exciting wineries, the most spirited producers and the most appropriate professionals.

The experiences that Food Wine Tours - Ocio Vital proposes are aimed at individual travellers, groups and companies. Activities are adapted for people with disabilities or reduced mobility, and are available in several languages: Catalan, Spanish, English, French, German, Italian, Japanese and Swedish.

- Food and wine weekends and routes.
- Cookery classes and workshops.
- Tastings: wine, beer, cheese, chocolate, flowers, etc.
- City breaks: tapas tours.
- Corporate events: team building, wine and food competitions, gourmet casino, competitive tasting...

—
Ronda Universitat, 12, 4t, 7B
08007 Barcelona
Tel. +34 933 171 909
info@ociovital.com
www.foodwinetours.com
www.ociovital.com



Gourmand Breaks Culinary Tours

Gourmand Breaks is a recent tour operator specialising in wine, culinary and cultural tours in Catalonia and the rest of Spain. The company organises such activities as: private cookery classes; visits to the finest wineries; tastings of local produce, such as cheese, olive oil, charcuterie and chocolate; and guided cultural sightseeing tours focusing on Gaudí, Dalí and Picasso. Gourmand Breaks tours include: accommodation at select four- and five-star hotels and/or small, charming farmhouses; expert guides; and transport. Customised tours are also available, adapted to the client's particular interests and preferences, as are special tours during the harvest season.

- Guided tours of the finest wineries in the area.
- Cookery classes and workshops
- Tastings of local produce: olive oil, charcuterie and cheese, amongst others.
- Guided tours of the finest wineries in the area.
- Visits to markets and fish markets.
- Wine and food events for companies.

—
C. Osca, 4
17003 Girona
Tel. +34 972 219 640
+34 629 290 749
info@gourmandbreaks.com
www.gourmandbreaks.com





Grup Natura

Grup Natura is the only organiser/wholesaler in Spain with a specific wine and food tourist catalogue under the company's own name and brand: Baccus Wine Hotels & Tours. The experienced Grup Natura staff specialise in organising individual and group trips, both domestic and international, offering thirty destinations and a further thirty food and wine routes, along with fully customised services. Selection of charming four- and five-star hotels.

Grup Natura products combine wine tourism and gastronomy with wellness at spa hotels and spa and thalassotherapy centres. The company also organises packages, including accommodation at centres that specialise in wine therapy treatments. Wine routes in DO appellation regions: Costers del Segre, Empordà, Pla de Bages, Conca de Barberà, Penedès, Cava, Priorat and Montsant.

—
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



Pep Palau, von Arend & Associats

Pep Palau, von Arend & Associats is a company devoted to such activities as: creating and launching food and wine brands; conceptualising and producing promotional campaigns and initiatives; organising trade fairs and conferences; staging culinary events, special meals, awards and competitions; and providing culinary advice to institutions, companies and associations, amongst others.

Integral communication services, including: press office, promotion and public relations, marketing and advertising, communication campaigns, consultancy, website maintenance, etc.

Other services include designing, managing, coordinating and implementing local wine and food tourism and development projects.

—
Pol. Ind. El Dolcet.
Ctra. Sant Hipòlit - Manlleu, s/n
Apartat de correus 64
08560 Manlleu
Tel. + 34 938 833 045
Fax + 34 938 894 304
info@forumgastronomic.com
www.forumgastronomic.com



The Wine Colours

The Wine Colours is a recent tour operator specialised in wine and food tourism for visitors from all over the world who wish to savour Catalan wines and cuisine. We organise custom-made tours and exclusive activities throughout Spain, with routes combining various activities: wine tasting; workshops on local cuisine; introductions to food and wine tasting; and active and cultural tourism activities, including accommodation at outstanding establishments. We strive to create unique holiday experiences that enable visitors to discover the destination, the land, the traditions, and the local wine and cuisine at a leisurely pace.

- Customised wine routes all over Spain.
- One-day trips from major cities.
- Wine and food tourism weekend breaks.
- Wine, cheese and olive oil tasting and cookery workshops.
- Corporate events linked to the world of food and wine.

—
C. Rosselló, 346-348, entl. 2a
08025 Barcelona
Tel. +34 934 576 278
info@thewinecolours.com
www.thewinecolours.com





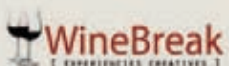
Winebreak

Winebreak designs creative wine experiences. The world of wine provides the common thread that enables us to meet all corporate needs, combining leisure and company development. Many and varied select wine, sommeliers and speakers at outstanding sites, all in superb settings.

“Creative” activities:

- Creating a united group: teambuilding and incentives.
- Generating added value: networking and cocktails.
- Developing skills: leadership and storytelling.
- Wine tasting: outstanding professionals introduce the finest wines.
- Wine and food pairing dinners and events link to wine culture.

—
 Carrer Ram3n Turr3, 100-104, 1r-8a
 08005 Barcelona
 Tel. +34 932 215 974
 Fax +34 932 215 973
 events@winebreak.es
 www.winebreak.es





Agència de Promoció Turisme de Sitges

This “Sitges Tourist Board” has now launched a trade and food club under the name “Best Sitges”. The club now plays a leading role in the campaign to develop these two sectors in the resort and in external promotion of Sitges as a holiday resort.

“Best Sitges” is a seal of approval and quality awarded in recognition of establishments that are part of the club. All partner establishments display the “Best Sitges” seal in their windows, making them easy to identify. In order to promote members’ services a guide has been published. Entitled “Best Sitges”, *menjar i comprar a Sitges* (“Best Sitges”, Eating and Shopping in Sitges), this publication is available, free of charge, from member establishments and the Tourist Information Office.

- Sitges Summer Stock Fair (September).
- Tasting Menu (September).
- Wine Fair (September).
- Christmas Campaign (December-January).
- Sitges Winter Stock Fair (March).

—
Sinya Morera, 1
08870 Sitges
Tel. +34 938 109 340
+34 902 103 428
Fax +34 938 944 305
info@sitgestour.com
info@bestsitges.cat
www.sitgestour.com
www.bestsitges.cat

turisme@sitges
AGÈNCIA PROMOCIÓ



Ajuntament d’Alcanar

Visitors to the town of Alcanar will find a range of fresh produce, the fruits of both the earth (dry farming products, olive oil and a full range of vegetables from the market garden) and the sea (fish and seafood). All these typically Mediterranean ingredients are masterfully brought together in the superb local cuisine, which is both tasty and original. Particularly recommended are the fish dishes, including the famous local prawns and delicious *suquet de peix*, a fish stew typical of Les Cases d’Alcanar. Moreover, local restaurants are starting to introduce oranges —Alcanar is Catalonia’s leading producer of citrus fruit— into their desserts and into the local cuisine in general, creating delicious and exciting new dishes that visitors to the Citrus Fruit and Shrimp Show can try for themselves. The restaurants here are enthusiastic in their promotion of the local cuisine, placing these establishments amongst Alcanar’s main tourist attractions throughout the year.

- XVII Citrus Fruit and Shrimp Show (organised by Alcanar-Apehtma Restaurant and Catering Association from December 1-12, around the bank holiday weekend celebrating the Constitution).
- Ebro Delta Mussel Festival (organised by Cademar, last Saturday in July).

—
C. Lepanto, s/n (Passeig Marítim)
45569 les Cases d’Alcanar
Tel. / Fax: +34 977 737 639
turisme@alcanar.cat
www.alcanar.cat



Ajuntament d’Alp

During the “Alpalplat” Culinary Festival, restaurateurs in the town taking part in the campaign offer free tastings to visitors. These dishes are made from local produce, including cabbage, game, mushrooms, duck and turnips in autumn and other seasonal produce in spring, as the event is held twice a year, with events lasting nearly a month on each occasion. Having tasted the local delicacies, visitors are invited to give their opinions and ratings on www.alpalplat.com. This website also contains information about the restaurants taking part in the festival, the dishes on offer, the most popular recipes, the programme of activities, etc.

- Alpalplat Culinary Festival.
- Rice cooking contest (September 11).
- Escudella Stew Festival (Carnival).

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Av. Tossa d’Alp, 6
17538 Alp
Tel. / Fax: +34 972 890 385
turisme@alp2500.cat
www.alpalplat.com





Ajuntament d'Empuriabrava - Castelló d'Empúries

The Empuriabrava – Castelló d'Empúries local authority promotes the local cuisine, products and ingredients from the cuisine of the Aiguamolls de l'Empordà wetlands and establishes criteria for restaurant menus. Moreover, the council organises season gourmet menus to enable diners to try local culinary specialities.

For its part, Castelló d'Empúries Eco-Museum and Flour Mill, established in 1998, organises the Bread, Flour and Wheat Fair to raise public interest in wheat-growing and the production of flour and other products (mainly bread).

- Bread, Flour and Wheat Fair.
- Seasonal tasting menus.

—
Av. Pompeu Fabra. Edif. Centre Cívic
17487 Empuriabrava
Tel. +34 972 450 802
Fax +34 972 450 600
mjofre@castello.cat
www.castello.cat
www.cuinadelsaiguamolls.cat
www.ecomuseu-farinera.org

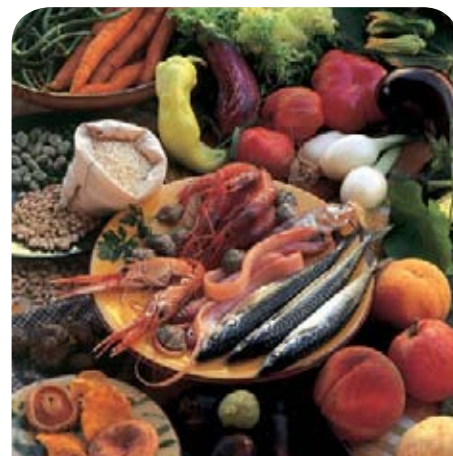


Ajuntament de Vilanova i la Geltrú

The Vilanova i la Geltrú city council promotes the local cuisine and the characteristic products and dishes in this seaside resort, as well as managing and promoting municipal markets, shows and fairs.

- XXXVIII *All Cremat* competition (June 19).
- Demonstration and Tasting of *Ranxos Mariners* (June 20).
- Festival of *Xató* and Winter Cuisine (November 28).
- 19th-Century Market (Sunday after the Feast of Sant Isidore, May 2011).

—
Plaça de la Vila, 11, 2n
08800 Vilanova i la Geltrú
Tel. +34 938 141 818
Fax +34 938 140 702
desenvolupament.local@vilanova.cat
www.vilanovaturisme.cat
www.vilanova.cat



Consell Comarcal del Baix Empordà

The Baix Empordà County Council is the public authority responsible for promoting and disseminating the cuisine of the Baix Empordà county, particularly in promotional campaigns and culinary events launched by local authorities and private tourist associations. The Baix Empordà cuisine is rich and varied, making this county a leading food and wine tourist destination. Moreover, many local establishments have been awarded the "Q" seal of approval for tourist quality, as well as ISO and EMAS certificates, among other distinctions.

- 11 food and wine promotional campaigns.
- 3 food and wine festivals.
- Catalan and Empordà cuisine cookery classes.
- Craft producers.
- Markets and food and wine fairs and shows.

—
Tarongers, 12 (Can Salamó)
17100 la Bisbal d'Empordà
Tel. +34 972 642 310
Fax +34 972 645 575
turisme@baixemporda.cat
www.visitemporda.com





Consell Comarcal del Pallars Jussà

Through its Department for Economic Development and Tourism, the Pallars Jussà County Council promotes a complete range of activities related to local quality culinary products. The department participates in promotional fairs and fosters initiatives aimed at disseminating the rich culinary heritage of Pallars Jussà.

- Pallars Food and Wine Fair: Spring Fair in Tremp.
- Pallars Jussà Food and Wine Festival (Autumn).
- Quince Fair (Autumn).
- Medicinal Herb Fair (Spring).

—
C. Soldevila, 18
25620 Tremp
Tel. +34 973 652 103
Fax +34 973 653 210
turisme@pallarsjussa.net
www.pallarsjussa.net

PALLARS
JUSSÀ



Enoturisme Penedès

Enoturisme Penedès offers a range of carefully-selected caves and wineries, museums, wine bars, tourist service companies, comfortable accommodation and superb restaurants where visitors can enjoy the finest Penedès cuisine, perfectly paired with the renowned local cava and wine.

Discover the Penedès region through endless range of proposals that combine visits to wineries, walks amidst vineyards, tasting courses, cultural heritage and charming accommodation.

Enoturisme Penedès is an initiative launched by the Alt Penedès Tourist Board to promote, manage, inform and advise about wine tourism facilities in the region.

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C. Hermenegild Clascar, 1-3
08720 Vilafranca del Penedès
Tel. +34 938 170 160
Fax +34 938 199 365
info@enoturismepenedes.cat
www.enoturismepenedes.cat
http://altpenedes.synctur.com


enoturismePENEDÈS
l'onomia d'una terra



Oficina de Turisme de Vic

Opened more than twenty years ago, Vic Tourist Information Office has since become the tourist hub in the Osona county. The office coordinates the many and varied attractions in the city as regards leisure, culture and food and wine.

Services: guided tours, "Saturday in Vic", every Saturday from March to December, at 5 pm; guided tours for groups, adapted to their interests; audioguide hire for visits to the old town (in Catalan, Spanish, French and English), adapted for people with visual impairment; Segway route through the old town, with monitor and audioguide (advance reservation required). The Plana de Vic BTT mountain bike centre suggests eleven routes around Vic, Manlleu and the Montseny mountain passes, a total of over 200 km of signposted paths with different levels of difficulty. The Vic Tourist Information Office has been awarded the Sicted seal of integral tourist quality.

- *Dijous Llarder* ("Fat Thursday").
- *Lactium* (cheese industry fair, first weekend in May).
- Weekly market in Vic (Saturdays, Sundays and Tuesdays, all year round).

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C. Ciutat, 4
08500 Vic
Tel. +34 938 862 091
info@vic.cat
www.victurisme.cat


Oficina de Turisme de Vic
Ajuntament de Vic



Patronat Municipal de Turisme de Calafell

The fruits of the sea and the earth, wisely combined, form the base of the gastronomic delights of Calafell, and the star dish on the local menu is *arrossejat*, a rice and seafood casserole simmered in fish stock. No visit to the town is complete without tasting this authentic, traditional home-made dish, with its unique, refined flavour. Moreover, the many different restaurants in Calafell, some renowned internationally, also offer a varied menu of tasty dishes.

- Popular *xatonada* (*xató* salad festival; Calafell forms part of the Xató Route).
- Festival of the Sea (May).
- Popular *arrossejat* rice dish festival (first Saturday in June).
- Popular food and wine fairs in summer.
- *Castanyada* chestnut fair.

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



Patronat Municipal de Turisme de Salou

The Salou Tourist Board is an open, active organisation that promotes and supports tourist initiatives in the town and brings together all those involved in the tourism sector to work to make this resort a leading tourist destination. All the beaches in Salou are adapted for people with reduced mobility and offer free beach wheelchair services. Salou was awarded the Family Destination Certification seal of approval in 2003, and all the local beaches and coves have been awarded the ISO 14001 certificate.

- Dance Olympiad (May 1-4).
- International Women's Cup (May 16-18).
- *Anada a l'Antiga* period costume festival (July 6).
- "Golden Nights" (August 10-15).
- RACC Catalunya – Costa Daurada Rally (October 2-5).
- Ballroom dancing: 10th Spanish Open (December 6-8).

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Passeig Jaume I, 4 – Xalet Torremar
43840 Salou
Tel. +34 977 350 102
+34 977 351 986
pmtsalou@salou.org
www.salou.org



Patronat Municipal de Turisme de Tarragona

Through the Tarragona Essència food club, the city of Tarragona promotes local food and wine by training catering professionals and raising awareness amongst restaurant clients. The club launches both local initiatives and outside promotional campaigns that focus on Tarragona's star products: oily fish, prawns, romesco sauce, etc. By this and other means, the aim is to make Tarragona a reference in the culinary world and to strengthen the appeal of local restaurants by ensuring the finest service and promoting quality local products (identified by the PLQ label).

- "Tàrraco a Taula", festival reconstructing Roman food and drink.
- DO Tarragona Wine Fair.
- *Romesco* Sauce Master Chef Competition (Tourist Information Office: [+34] 977 226 408).

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C. Major, 39
43003 Tarragona
Tel. +34 977 250 795
Fax +34 977 245 507
turisme@tarragona.cat
www.tarragonaturisme.cat
www.tarragonaessencia.cat
www.diputaciodetarragona.cat
www.tarracoviva.com
www.dotgn.cat





Patronat Municipal de Turisme del Vendrell

El Vendrell Tourist Board has the utmost respect for local food and produce, the fruits of the earth and the sea, which form the basis for the cuisine here. No visit to El Vendrell is complete without a taste of the typical *xató*, a superb and nutritional combination of escarole, shredded salt tuna and cod, anchovies, black and arbequina olives, all seasoned with delicious, spicy *romesco* sauce. In February, the Popular *Xatonada* (*xató* salad festival) takes place, as does the *Xató* Master Chef Competition. Another traditional dish in El Vendrell is *coca enramada*, savoury bread topped with oil, spinach, beans, red pepper and onion and accompanied by sausages and herrings. Visitors to El Vendrell will find this delicacy at the local bakers' and cake and pastry shops all year round. Other popular local sweetmeats you might like to try include *rostes*, *orelletes* and *bufats*.

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Av. Brisamar, 1
43880 Coma-ruga (el Vendrell)
Tel. +34 977 680 010
Fax +34 977 683 654
informacio@elvendrellturistic.com
www.elvendrellturistic.com



Regidoria de Turisme i Comerç de Deltebre

The Deltebre Tourism and Trade Office promotes tourist attractions in the area: natural heritage, traditions and any initiatives launched in the area. For this reason, and remembering that food and drink comprise one of the main tourist attractions in the Ebro Delta region, a number of events are organised here throughout the year to enable visitors to discover the quality of the local products and the unique nature of Deltebre cuisine.

- Rice-planting Festival (second Sunday in June).
- *Delta Gourmet* Gastronomic Conference (some weekends over the year).
- Rice Harvest Festival (third Sunday in September).
- *Ebre Gourmet* (Terres de l'Ebre Food and Wine Fair) (October 2, 3 and 4).
- Ebro Delta Winter Culinary Fair (throughout November).

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Plaça 20 de Maig, 1
43580 Deltebre
Tel. +34 977 489 309
Fax +34 977 489 515
turisme@deltebre.cat
www.deltebre.net



Thermalia. Museu i oficina de Turisme de Caldes de Montbui

Caldes de Montbui is a spa town that enjoys unique physical and climatic conditions thanks to the local medicinal mineral springs, which make it possible for a huge variety of garden produce to grow here. The restaurants, bakers' and pastry shops of Caldes all make and sell such typical local dishes and sweets as *carquinyolis* and *mató*, milk curd, both covered by the county appellation for food and wine products, and both excellent with honey – and the local honey is amongst the best in the country! Other outstanding local products include: *pastes de sopa*, made here traditionally since the 19th century; cherries, famed for their delicious flavour; charcuterie products such as *llonganissa* sausages; and *Les Flors del Remei*, perhaps the most typical liqueur in Caldes, made from aromatic herbs.

- *Fem Bullir l'Olla* food and craft market (third weekend in March).
- Cherry Food Festival (May-July).
- Seasonal gourmet menus.

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Pl. de la Font del Lleó, 20
08140 Caldes de Montbui
Tel. +34 938 654 140
Fax +34 938 653 400
thermalia@caldesdemontbui.cat
www.visiteucaldes.cat





Turisme de Cambrils

Cambrils is considered by many the culinary capital of the Costa Daurada, an authentic school for quality cooking. The exquisite and original local fish and seafood dishes, made from fresh, quality ingredients and the magnificent DO Siurana olive oil, combined with a long-standing tradition, imbue these dishes with a truly unique character. Cambrils has two one-star Michelin restaurants, Can Bosch and Rincón de Diego, as well as one awarded two "suns" by the Campsa Guide: Can Gatell.

- Forum of the Sea (congress on food and wine and leisure activities, October).
- Shrimp Fair (February).
- "Mechanical Fish" Festival (tasting of *fideus rossos*, sautéed noodles, every two years in October).
- Gastronomic workshop at some restaurants on the village.
- Popular Sardine Festivals (Feast of Saint Peter and Feast of Our Lady of Carmel).
- Cambrils Farm Produce Fair, with popular tasting activities (first fortnight in August).

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Passeig de les Palmeres, 1
43850 Cambrils
Tel. +34 977 792 307
Fax +34 977 792 625
tur@cambrils.org
www.cambrils-turisme.com



Turisme de la comarca del Priorat

El Priorat is a truly exceptional county, boasting spectacular landscapes and high-quality wine. There are two wine Designations of Origin here: the DOQ Priorat qualified designation of origin and DO Montsant. The local tourist information office has designed a number of wine routes that take in both wine appellations, enabling visitors to discover the local wine culture: visits to wineries, guided wine tasting sessions, introductory tasting courses, etc. Visitors can also stroll through wine-growing soil along the so-called Wine Trails, routes that are part of the network of paths established by the tourist information office.

- Visits to wineries on the DO Montsant Wine Route.
- Visits to wineries on the DOQ Priorat Wine Route.
- Walks amidst the grapevines on the Wine Trails.
- Tasting sessions with commentary.
- Introductory wine tasting courses.

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



Turisme de Lleida

Turisme de Lleida is an autonomous organisation set up by the Lleida City Council to promote the city amongst visitors from around the world. The main attractions in the city revolve around quality and cultural tourism. The range of possibilities includes weekend packages, guided tours of the city, heritage revival activities and food and wine tourism. Finally, the initiatives launched to project the city abroad include the "Indible" Reservation Centre and the Congress Office.

- Information and Visitors' Centre.
- Customised advice.
- *Aplec del Cargol* snail festival (May).
- *Ruta del vi de Lleida* (wine tourism).
- Lleida Wine Festival (October).

—
C. Major, 31 bis
25007 Lleida
Tel. +34 902 250 050
Fax +34 973 700 480
infoturisme@paeria.es
www.turismedelleida.cat





Turisme de Roses

Turisme de Roses was set up to promote local tourism with a particular emphasis on the excellence of the cuisine in the resort, including dishes made from the fresh fish which is delivered to the market every day. The outstanding celebrations in the resort also include, first and foremost, a meal that takes place every year on the seafront promenade to close the exuberant local four-day Carnival on a high, friendly note. Visitors should also be sure to try Roses *suquet de peix* fish casserole, a traditional dish once prepared on boats and in the nearby coves, and which can now be savoured in the town's restaurants. Finally, mention should be made of *ranxó* stew, cooked and served by the fishermen of Roses at their annual feast.

- Popular rice feast during Carnival (Monday of Carnival).
- Roses *suquet de peix* fish casserole festival (throughout June).
- Popular *ranxó* festival (Feast of Saint Peter).

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Av. de Rhode, 77-79
17480 Roses
Tel. +34 972 257 331
Fax +34 972 151 150
turisme@roses.cat
www.roses.cat

ROSES®





Patronat de Turisme Costa Brava Girona

This “Costa Brava-Girona Tourist Board” was set up to promote and manage tourist attractions in the Girona province. Today, as we enter the new millennium, the cuisine and all related activities in this region make Girona an outstanding destination for food and wine tourism. The secrets behind the excellence of the cuisine here include: the raw materials used, the ingredients, which are a gift of nature; and the magnificent fruits of the sea and the earth, both mountain and plain.

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



Patronat de Turisme Diputació de Barcelona

Barcelona Provincial Council supports initiatives to promote the rich and varied local cuisine through projects like *Productes de la Terra* (Products of the Earth) and *El Parc a Taula* (The Park at the Table). The provincial authority also seeks to advertise Barcelona’s culinary delights by providing guidance and information for both public and private stakeholders who organise fairs, tastings, festivals and routes that combine tourism, cuisine and wine. From the forest to the sea, from the farm to the market garden, from traditional produce to the most innovative initiatives, all this, plus four wine and cava DO appellations; the food and wine of Barcelona province has something for everyone, and will satisfy even the most demanding palate.

—
 Recinte Maternitat, Pavelló Mestral
 Travessera de les Corts, 131-159
 08028 Barcelona
 Tel. +34 934 022 966
 Fax +34 934 022 968
 www.diba.cat/turisme



Patronat de Turisme Diputació de Lleida

Terres de Lleida is a region that boasts a rich and varied cuisine, one particularly marked by contrast. Here, the recent emergence of a generation of excellent young chefs combines with traditions that go back a thousand years or more. The cuisine of the Pyrenees and the inland counties, each different and unique, are a compelling reason to come and enjoy Lleida’s rich culinary landscapes. Traditional Lleida fare fuses with modern new cuisine, using quality locally produce... here are traditional aromas seasoned with a touch of modernity.

- Food and wine fairs and shows.
- Popular food and wine festivals.
- Product fairs.
- Food and wine routes.

—
 Rambla Ferran, 18, 3r
 25007 Lleida
 Tel. +34 973 245 408
 Fax +34 973 245 558
 SMS +34 973 900 900
 lleidatur@lleidatur.com
 www.lleidatur.com





Patronat de Turisme Diputació de Tarragona Terres de l'Ebre

The cuisine of the Costa Daurada and the Terres de l'Ebre regions is varied and of the highest quality. On the coast, we find freshly-cooked fish and seafood, whilst locally grown produce forms the basis of the rich, elaborate dishes found in the inland cuisine. Particularly outstanding amongst the many quality delicacies in the region are *calçots*, long, sweet onions, from the Costa Daurada, and the typical rice dishes from the Terres de l'Ebre area.

- Many food and wine festivals, fairs and popular tastings in towns all over the region.
- Wine and cava tasting at wineries from the six Designations of Origin: Priorat, Terra Alta, Montsant, Tarragona, Conca de Barberà and Penedès.
- Annual Mediterranean Gastronomic Congress in Cambrils, organised by the local Gastronomic Observatory.

Costa Daurada
Tel. +34 977 230 312
www.costadaurada.info
Terres de l'Ebre
Tel. +34 977 444 447
www.terresdelebre.travel



Torisme Val d'Aran

Val d'Aran Food and Wine Festival: restaurants in Val d'Aran offer sample menus, with the emphasis particularly on duck dishes. Occitan Mountain Cuisine Week: local restaurants in the valley offer gourmet menus featuring dishes made from Catalan and Occitan ingredients.

First Sturgeon Gastronomy Festival: restaurants in the town of Les offer gourmet menus in which the star ingredient is sturgeon.

- Food and Wine Show: Autumn Cuisine in the Val d'Aran.
- Occitan Mountain Cuisine Week.

—
C. Sarrulèra, 10
25530 Vielha
Tel. +34 973 640 110
Fax +34 973 640 372
o.torisme@aran.org
www.torismearan.org
www.visitvaldaran.com



Turisme de Barcelona

This "Barcelona Tourist Board", a public body set up to promote the city of Barcelona, showcases the attractions of the local restaurants in a programme called Barcelona Gastronomy. This initiative embraces a broad spectrum of culinary suggestions, including a selection of 165 member restaurants, offering foodies the chance to discover and enjoy the most superb cuisine.

- Promoting Barcelona Gastronomy Programme member restaurants.
- Promotions with chefs.
- Restaurant reservation platform at www.barcelonaturisme.cat.
- Markets of Barcelona Route.
- Barcelona Gourmet Walks.

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Rambla de Catalunya, 123, entresòl
08008 Barcelona
Tel. +34 933 689 700
gastronomia@barcelonaturisme.cat
www.barcelonaturisme.cat







Gastroteca

Gastroteca.cat is a website created to support the marketing of local produce and to promote both Catalan cuisine and food and wine tourism in Catalonia. This dynamic, interactive portal, created for the general public, cooperates closely with professionals in the sector. The gastroteca.cat site contains full information about Catalan products, where to purchase them, where to taste them, how to cook them, etc. Fairs, routes, news... gastroteca.cat is the gateway to all that is best in Catalonia.

- Christmas campaign: "A Taste of Catalonia this Christmas".
- Meetings bringing together the different sectors involved to generate cooperative initiatives.
- Presence at fairs and presentations of gastroteca.cat all over Catalonia.
- Promotion of quality Catalan agro-food products.
- *Compra a pagès* guide to purchasing from farmers who sell their produce directly to consumers.
- Catering campaign to promote the finest Catalan products: *CATERING amb el bo i millor de la nostra terra*.

Provença, 339, 1a planta
08037 Barcelona
Tel. +34 935 515 457
Fax +34 935 515 464
info@gastroteca.cat
www.gastroteca.cat

gastroteca.cat




Marca Cuina Catalana

The Culinary Institute of Catalonia Foundation (Fundació Institut Català de la Cuina, FICC) is a private, non-profit association set up to research, promote and disseminate the Catalan food and wine heritage. Thanks to support from the foundation, the “Cuina Catalana” brand has been established with the aim of preserving traditional Catalan cuisine and promoting the use of quality produce from Catalonia. The FICC’s goals are to:

- Work to conserve Catalan cuisine.
- Promote Catalan food and restaurants by means of a seal of quality.
- Establish a network of restaurateurs, pastry-makers, gourmet establishments, food and wine producers and farmers. Under the “Cuina Catalana” label, these will defend and promote the Catalan gastronomic cultural heritage.
- Preserve food biodiversity, and promote and defend the rural environment and the activities that take place there.

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Fundació Institut Català de Cuina
C. Muntaner, 179, pral, 1a
08036 Barcelona
Tel. +34 934 053 334
Fax +34 934 442 820
ficc@mediterrani.org
www.cuinacatalana.eu

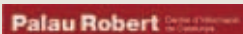


Palau Robert

The Palau Robert informs the public about more than 800 itineraries throughout Catalonia, free of charge. The main points of interest on most of these routes are nature and the Catalan architectural heritage. The information provided begins with an introduction explaining the particular interest of each route, followed by a detailed description of the route. Constant efforts are also made to ensure that the information provided is up-to-date. For example, the fieldwork has been used to georeference most of the routes so that they can be downloaded to GPS devices.

- Description of more than 800 routes throughout Catalonia (in Catalan, Spanish and English).
- Free downloads of routes to GPS devices.

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Passeig de Gràcia, 107
08008 Barcelona
Tel. +34 932 388 091
www.gencat.cat/palaurobert



Universitat Oberta de Catalunya, UOC

The UOC (Open University of Catalonia) Department of Food Systems, Culture and Society offers post-graduate and MA courses in food and culture, with particular emphasis on application in the tourist industry.

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Rambla del Poble Nou, 156
08018 Barcelona
Tel. +34 933 263 600
Fax +34 933 568 822
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www.uoc.edu



USEFUL INFORMATION

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+34 93 484 99 00

www.catalunya.com

CENTRES OF TOURISTIC PROMOTION OF CATALONIA (CPT)

CPT Madrid

turisme.blanquerna@gencat.cat

CPT Germany, Frankfurt

info@katalonien-tourismus.de

CPT Italy, Milan

info@catalogna-turismo.it

CPT China, Beijing

ct.li@gencat.cat

CPT Belgium, Brussels

info@catalunya-turisme.org

CPT United Kingdom and Ireland, London

catalonia@catalantouristboard.co.uk

CPT France, Paris

media@tourismedelacatalogne.fr

promotion@tourismedelacatalogne.fr

p-casaperpinya@gencat.net (Perpinyà)

CPT Northern Countries, Helsinki

ctb@wtc.fi

CPT Eastern Countries

jose@rosmail.ru

OTHER BODIES OF TOURISTIC PROMOTION

Consorci Costa de Barcelona Maresme

www.costadelmaresme.es

Diputació de Barcelona

Oficina de Promoció Turística

www.diba.cat/turisme

Patronat de Turisme

Costa Brava Girona

www.costabrava.org

Patronat de Turisme de la Diputació de Tarragona - Terres de l'Ebre

www.costadaurada.org

www.terresdelebre.org

Turisme de Barcelona

www.barcelonaturisme.com

Patronat de Turisme de la Diputació de Lleida

www.lleidatur.com

Turisme Val d'Aran

www.aran.org

OTHER INTERESTING ASSOCIATIONS

La Gastroteca

www.gastroteca.cat

Artesania Catalunya

www.artesania-catalunya.com

Slow Food

www.slowfood.es

DAR (Departament d'Agricultura, Alimentació i Acció Rural)

www20.gencat.cat/portal/site/DAR

PRODECA (Promotora d'Exportacions Catalanes)

www.prodeca.cat

INCAVI

www.incavi.cat



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www.barcelonaturisme.cat



www.costabrava.org



www.costadaurada.info



www.lleidatur.com



www.terresdelebre.travel



www.torismearan.org