



Catalonia iSSEA

NÛUTIC
WATERSPORTS

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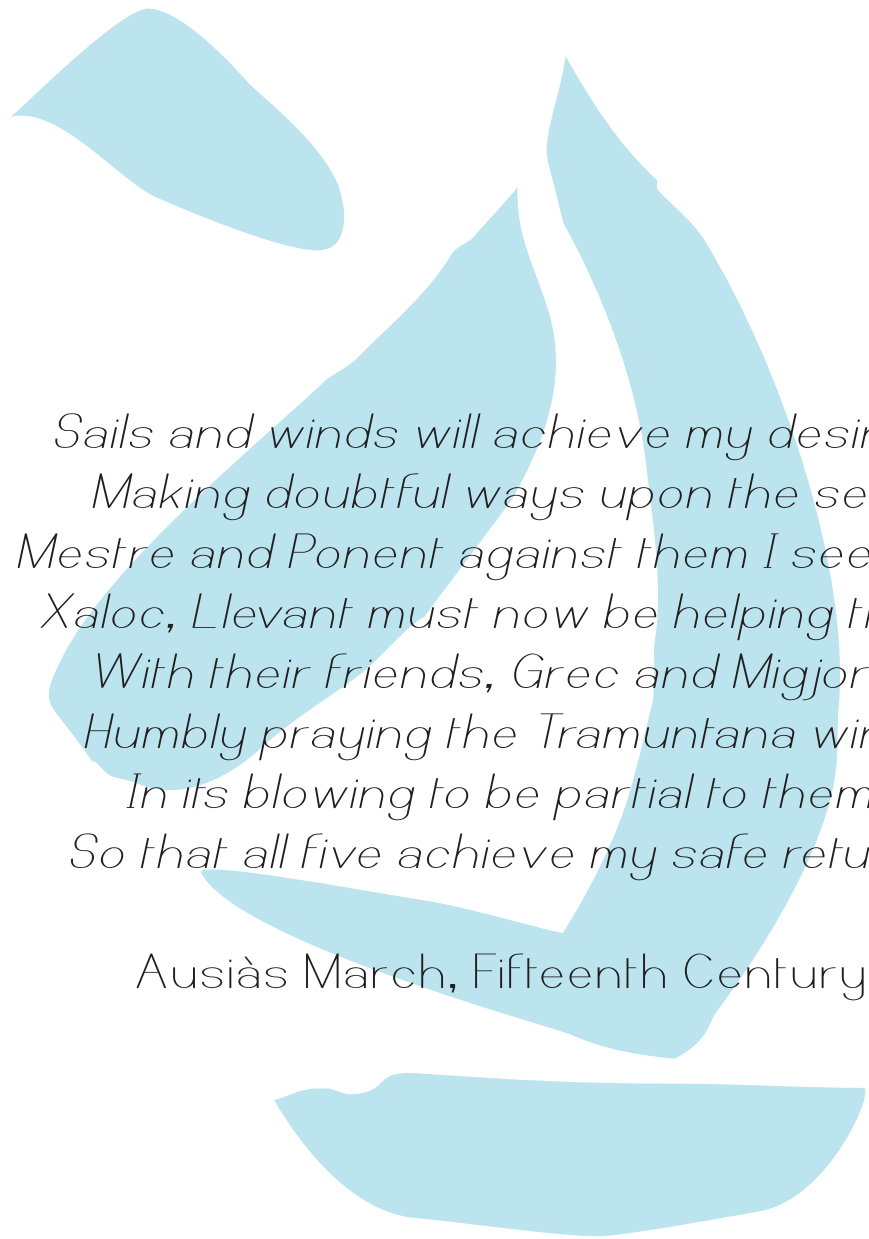
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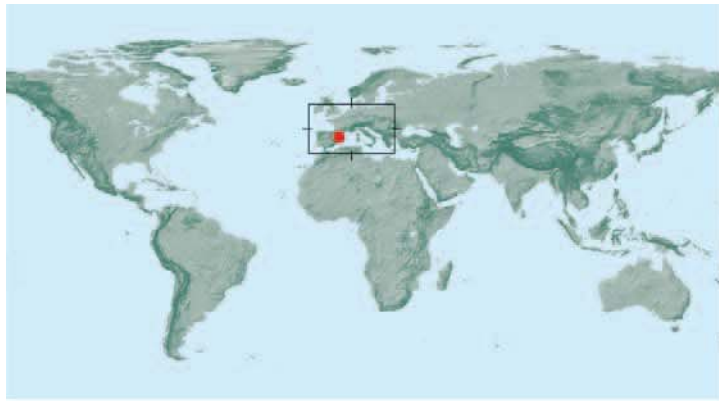
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*Sails and winds will achieve my desires,
Making doubtful ways upon the sea.
Mestre and Ponent against them I see rise,
Xaloc, Llevant must now be helping them
With their friends, Grec and Migjorn,
Humbly praying the Tramuntana wind
In its blowing to be partial to them
So that all five achieve my safe return.*

Ausiàs March, Fifteenth Century



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A country that
looks out to sea





A Paradise for Family Holidays

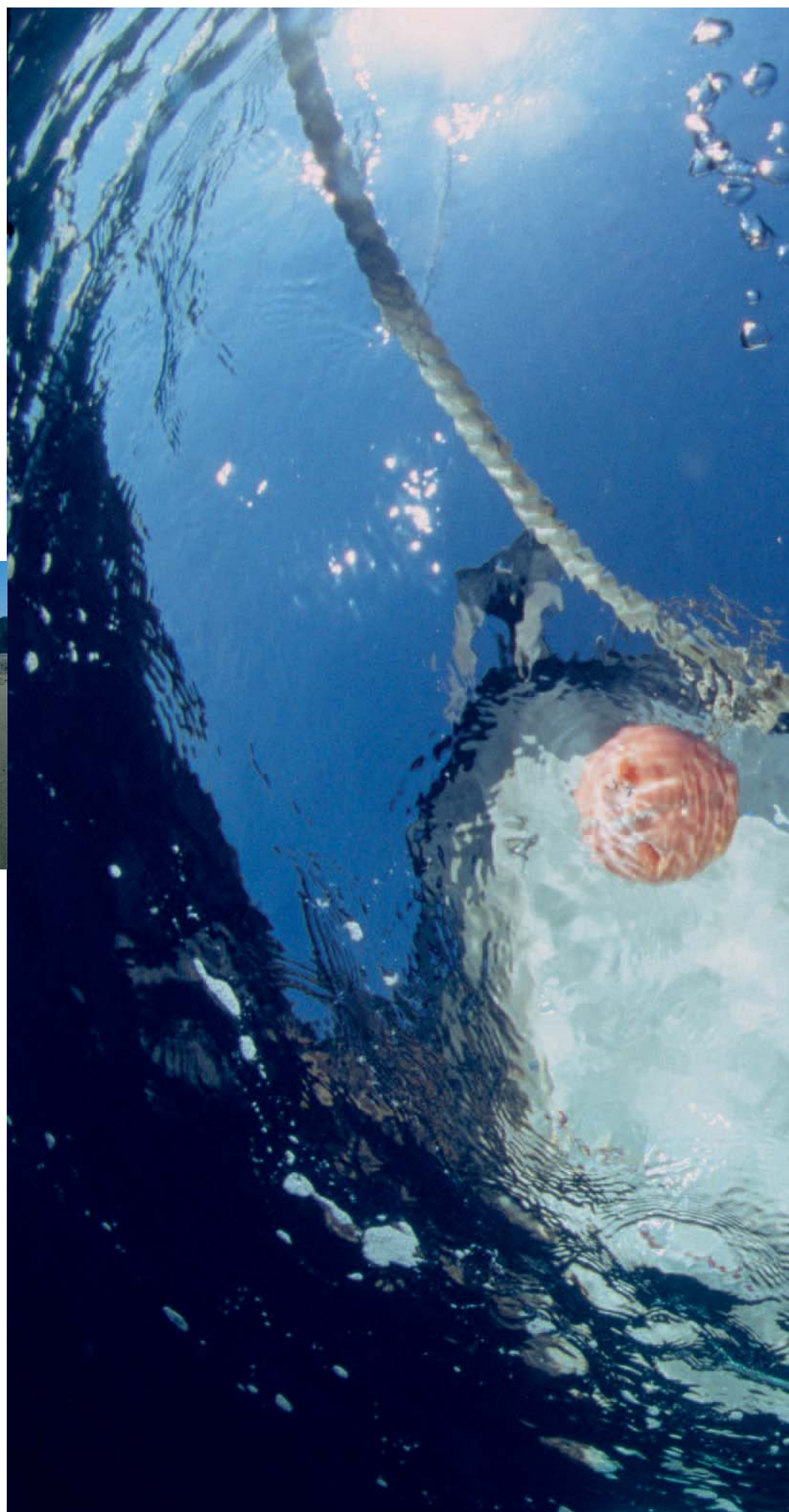


The great added value of water sports holidays in Catalonia is, without doubt, the nature, the singularity and the diversity of the coast, which offers a thousand and one possibilities for leisure and relaxation.

On the Catalan coastline there are areas with a long holidaymaking tradition, like the Costa Brava, the Costa Daurada or the Costa del Maresme, with towns certified as '**Family Holiday Destinations**'. This seal of specialisation is awarded by the government of Catalonia and is only achieved after fulfilling strict evaluation criteria related to safety, communication and the adaptation of services to families, especially children.

Catalonia has a great **tradition in sun and beach** and family holidays. Towns like Salou, Santa Susanna, Calella de la Costa, Pineda de Mar, Calafell and Blanes are already certified, while others like Cambrils, Malgrat de Mar, Tossa de Mar, Palamós and Calonge are well on their way to being so.

Welcome to Catalonia!



From the wildest spots to the most urban beaches

In Catalonia there are beaches and small coves that are virtually unspoilt, which you can only reach on foot, and urban beaches, like those in Barcelona, where you can go to the beach on the underground. In between, there is a huge range of possibilities in a country open to the sea that has been wise enough to preserve its surroundings.



Blue Flags: a good sign

In Catalonia, **nearly 70 beaches** have been **awarded the Blue Flag**, an internationally approved acknowledgement of the quality of the water, safety and environmental management. It is very significant that even the main beaches of the city of Barcelona have this acknowledgement.

The sea: a place
for sailors





Putting out to sea



Thanks to the surroundings, the wind patterns and the climate, sailing in the Mediterranean is an unforgettable experience. In Catalonia, moreover, it has the added value of a coast full of interesting places, with some of the best-preserved coastal spots in the continent of Europe.

Stretching almost 600 km, the coastline of Catalonia has a complete infrastructure, among which are **46 marinas** that make it easy to do all kinds of water sport activities.

Hiring and chartering boats

In the harbours of Catalonia you will find it easy to hire and charter yachts and motorboats, the most comfortable way to enjoy your sailing holidays.



From the lateen sail to the *patí de vela*



In the 1920s, with the popularity of water sports, Catalonia made its own contribution: the invention of the *patí de vela* or Patí Català, an ingenious, light craft that is steered without a rudder.

For lovers of tradition, in Catalonia the old technique of sailing with the lateen sail, typical of fishing boats all over the Mediterranean, is still alive, and taught in many sailing schools.

Catalonia offers you, moreover, all the facilities for the different kinds of yachting, from the small Optimists to the 49er class yachts, not forgetting catamarans, the 420s, 470s and the Tornados.

Barcelona, the Mediterranean cruise ship capital

Over the last few years, the capital of Catalonia has consolidated itself as the **number one port in Europe** and the Mediterranean as a whole as regards the number of passengers arriving by sea. The historical, Art Nouveau, dynamic and fun city of Barcelona is an excellent starting point for getting to know the Catalan coastline too.

Roses and Palamós, in the north, and Tarragona, the gateway to the fantastic beaches of the south, and a city with a magnificent Roman and mediaeval heritage, are also excellent ports for cruise ships to put into.



The sea with a good wind

The Mediterranean lends its name to a climate of long, hot, dry summers, mild winters with moderate rainfall, and over 300 days of sunshine per year. But for sailors the winds pattern is just as important as a good climate.

The main northerly winds that blow onto the Catalan coast are the *mestral* (NW), the *tramuntana* (N) and the *gregal* (NE). The *mestral* is channelled through the Western Pyrenees and the Ebre Valley. It is the prevailing wind between the Cape of Salou and the Ebre Delta, in the south. The *tramuntana* is a strong cold dry wind that blows down the coast of L'Empordà from the north very strongly from November to March. The Cap de Creus area registers some of the strongest gusts, which may surpass 40 knots. The *gregal* is the wind that often arrives after the *tramuntana*, and may bring rain if it blows from the east, or be dry and stronger if it comes from the north.

As the name indicates, the *ponent* is the west wind, dry by the time it reaches the coast of Catalonia and more frequent in winter. The southwesterly wind, the *garbí*, is thermal in origin and produces the breezes on the central and south coast of Catalonia. It is a regular constant wind, which drops at sunset, when the contramarinades begin. The *migjorn* (S), the *xaloc* (SE) and the *llevant* (E) are wet winds normally associated with warm fronts.

During summer the most common weather condition in the Catalan Mediterranean is the prevalence of high pressures, which cause a pattern of constant breezes near the coast. Out to sea, on the other hand, the wind changes according to the position of the sun: at daybreak the *gregal*, the *migjorn* at midday, and the *garbí* when the sun goes down.






COSTA BRAVA

COSTA DEL MARESME

BARCELONA

MEDITERRANEAN SEA

Marinas

The sea of excellent facilities

Sailing along the Catalan coast is an unforgettable experience. For lovers of water sports, Catalonia has 46 marinas with modern installations and good services and equipment. At the back of the book you will find the list of the websites with specific information on the characteristics, location and services of all the marinas and jetties.



Repairing and refitting super-yachts

Catalonia is also a country known the world over for the docking, refitting and improvement of large yachts. **Marina Barcelona 92**, in the port of Barcelona, has installations that are unique in the Mediterranean, with a large painting dock and over 35,000 m² of dry dock equipped with a 2,000-ton Syncrolift.

The sea: a place
for adventure

A photograph of a yellow boat on a blue sea under a clear sky. The boat is on the right side of the image, and the sea is a deep blue. The sky is a lighter blue with a few small clouds. The text 'The sea: a place for adventure' is overlaid on the image, with 'The sea: a place' in a light blue font and 'for adventure' in a white font.



From the *llagut* to the Olympic yacht

At the beginning of the Middle Ages, with the lateen sail, set lengthwise down the middle of the boat, true yachting was born, as it made it possible to sail with the wind side-on to the boat. The *llagut*, a traditional Catalan rowing boat, with two oars and a lateen sail, was the boat of fishermen until the nineteenth century, and, with a motor attached, until well into the twentieth, when it also became a boat highly appreciated for recreational sailing.

The wind in our sails

In Catalonia, the sea and the wind are always within reach. For this reason, it is a great place for **windsurfing** and **flysurfing**. The big beaches of Pals, on the Costa Brava; Castelldefels, next door to Barcelona; the Ebre Delta, and especially the Bay of Roses, which every year plays host to one of the most important events in the **world windsurfing championships (PWA)**, are some of the places that are most suitable for the various types of windsurfing, due to the setting and their generous winds.

The Bay of Roses has the only Club Mistral in Catalonia, installations that are only found in exceptional places for windsurfing and kitesurfing.

Catalonia is also a paradise for those who go **water-skiing**, for the climate and for the characteristics of the sea, and for those who go **kayaking** in places as full of natural caves, cliffs and exceptional places as the Costa Brava, the Medes Isles or the Costa del Montgrí.



Water sports resorts: endless holidays

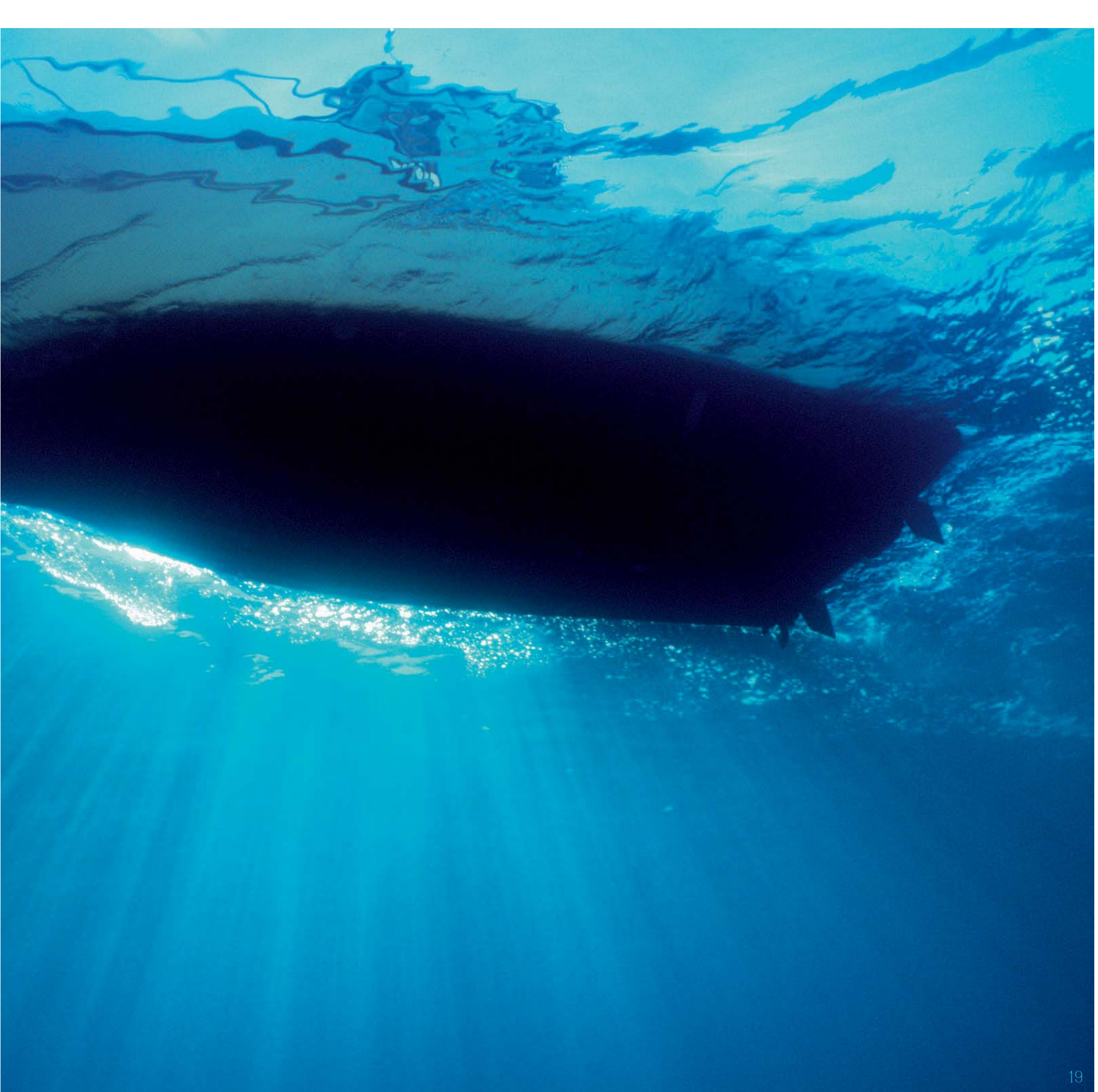


If you like the sea, you won't stop. Many clubs and many high-level sportspeople choose our country for their pre-season preparation. But a lot of visitors also combine their beach holidays with sporting activities related to the sea. They go yachting, surfing, windsurfing, canoeing, water-skiing, scuba diving, or a bit of everything.

The five main water sports resorts in Catalonia are the ideal places for active holidays. They have certified installations and all kinds of quality services. They offer the possibility of doing any water sport at all levels—from yachting for beginners to scuba diving—and they complement them with different kinds of accommodation, with interesting gastronomic offerings and innovate ideas that take visitors close to the environment, the cultural milieu or the traditional life of the country.

An underwater photograph showing the hull of a boat in the upper right corner, with light rays filtering through the water. The rest of the image is a solid blue background.

The sea: a place
of silence



Among congers and coral

Diving in the coves and rocks of the Mediterranean coast, in a blue silence broken only by your own breathing, is one of the most intense and unusual experiences offered by the Catalan coast, with world-renowned dive sites.

In Catalonia there are **115 diving centres**, in an extraordinarily varied undersea environment.

With a privileged climate, making it easy to dive at any time of year, and a long tradition that began to gather momentum in 1952, with the founding of the first diving club, Catalonia offers undersea landscapes as famous as the Cap de Creus (between Roses and El Port de la Selva), those of the Montgrí massif (the rocks between L'Estartit and L'Escala), the Medes Isles or the undersea posidonia meadows of the southern coast.

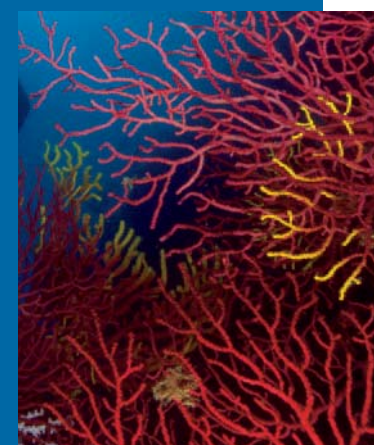
There are two exceptional seascapes: the **Parc Subaquàtic de Tarragona** (Costa Daurada), a protected seabed, free of sea traffic, which includes the attraction of six large sunken ships, and the **Reserva Marina de les Illes Medes** (Costa Brava), one of the most renowned undersea paradises in the Mediterranean.



The Medes Isles: The undersea cathedral

The Medes Isles poke their heads above water as a natural extension of the Montgrí massif. They are formed by six islets that emerge less than a mile from the seaside town of L'Estartit: **Medellot, Meda Gran, Meda Petita, Ferrelles, Tascó Gros, Tascó Petit** and **Carall Bernat**.

The unusual geomorphology of these islets has created a surprising undersea landscape: there are so many cavities perforating the Meda Gran, and they are so deep, that you could almost say the whole islet is supported by stone pillars, like a cathedral of the deep. Added to the spectacular nature of this seabed, and the biodiversity contained therein, is the fact that since 1990 the Medes and their surroundings have been a protected area and are one of the most important reserves of marine flora and fauna in the Western Mediterranean. This area has a specialised website: www.enestartit.com



Biodiversity

Observing the large groupers or the mysterious morays, or discovering large formations of red coral—which is strictly protected—are some of the great joys for divers in this country.

In 1955 the Calypso dropped anchor off the Medes, and the team led by Commander Jacques Cousteau made an exhaustive study of their flora and fauna. He pointed out the abundance and variety of the coral fields. Since then, studies have recorded a total of **1,345 undersea plant and animal species**, plus the more than 60 species of seabird that live on the rocks or visit them.

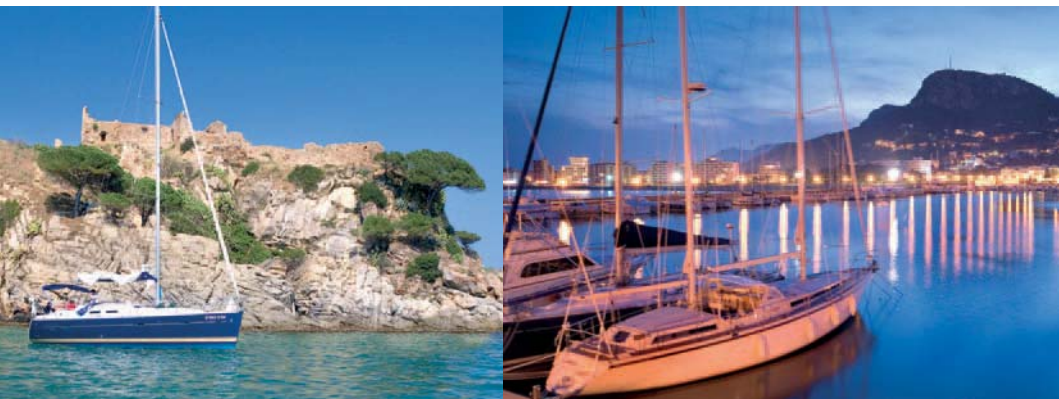


The sea: a place
for tranquility





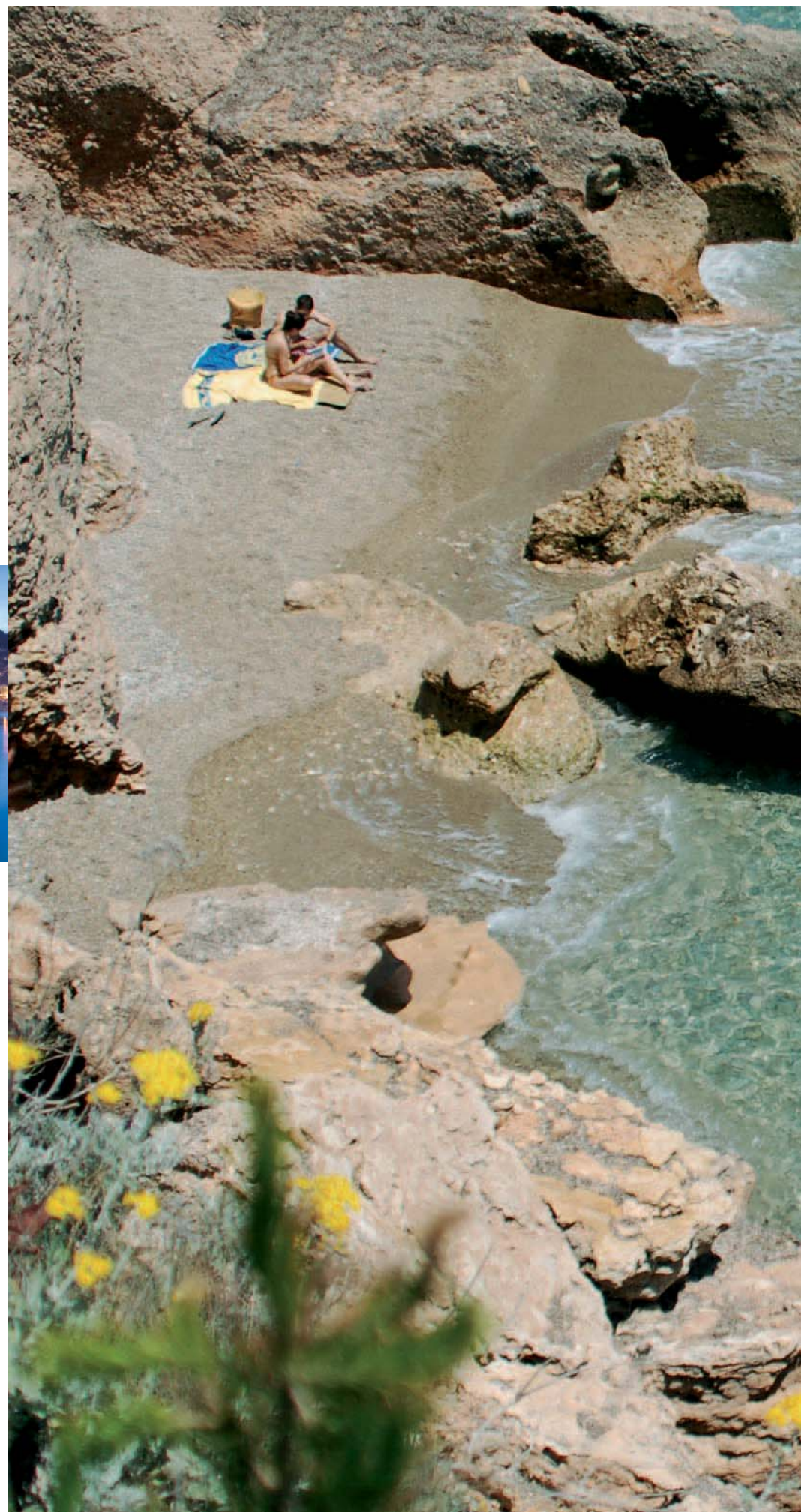
Sailing from cove to cove



A lot of sailors let themselves be carried along by the gentle sea breezes and sail calmly from cove to cove enjoying the sunset, taking their nap in the shade, diving in crystal clear waters and the unique landscape that the coast offers from the sea, a privilege reserved for seagulls and sailors.

With all the hues of green and blue, between walls of rock and vegetation, the coves of the Catalan coastline make a host of small oases to anchor the boat and enjoy surroundings of great natural beauty.

Although the majority of coves, large and small, are concentrated on the Costa Brava from Colera to Blanes, and most especially at the Cap de Creus and around the Cap de Begur, with spots as picturesque as Sa Riera, Aiguafreda, Sa Tuna and Aiguablava, there are also small, as yet unspoilt coves in the south of the country, where the big beaches of golden sand predominate, nestling among pine trees and gullies, such as Cala Fonda, Cala Moros or Cala Forn.



Blue and white villages

The sea and the light are yet another quality of the seaside villages of Catalonia. Walls plastered white and bright blue doors and windows rub shoulders with the burst of blue and white of the Mediterranean. Sheltering in coves, and concentrated in a maze of narrow streets around the church, **El Port de la Selva, Cadaqués, L'Escala, Calella de Palafrugell, Tossa, Sitges and so many others** have adapted to the new needs of tourism without losing their essence and to a large extent conserving their way of life.

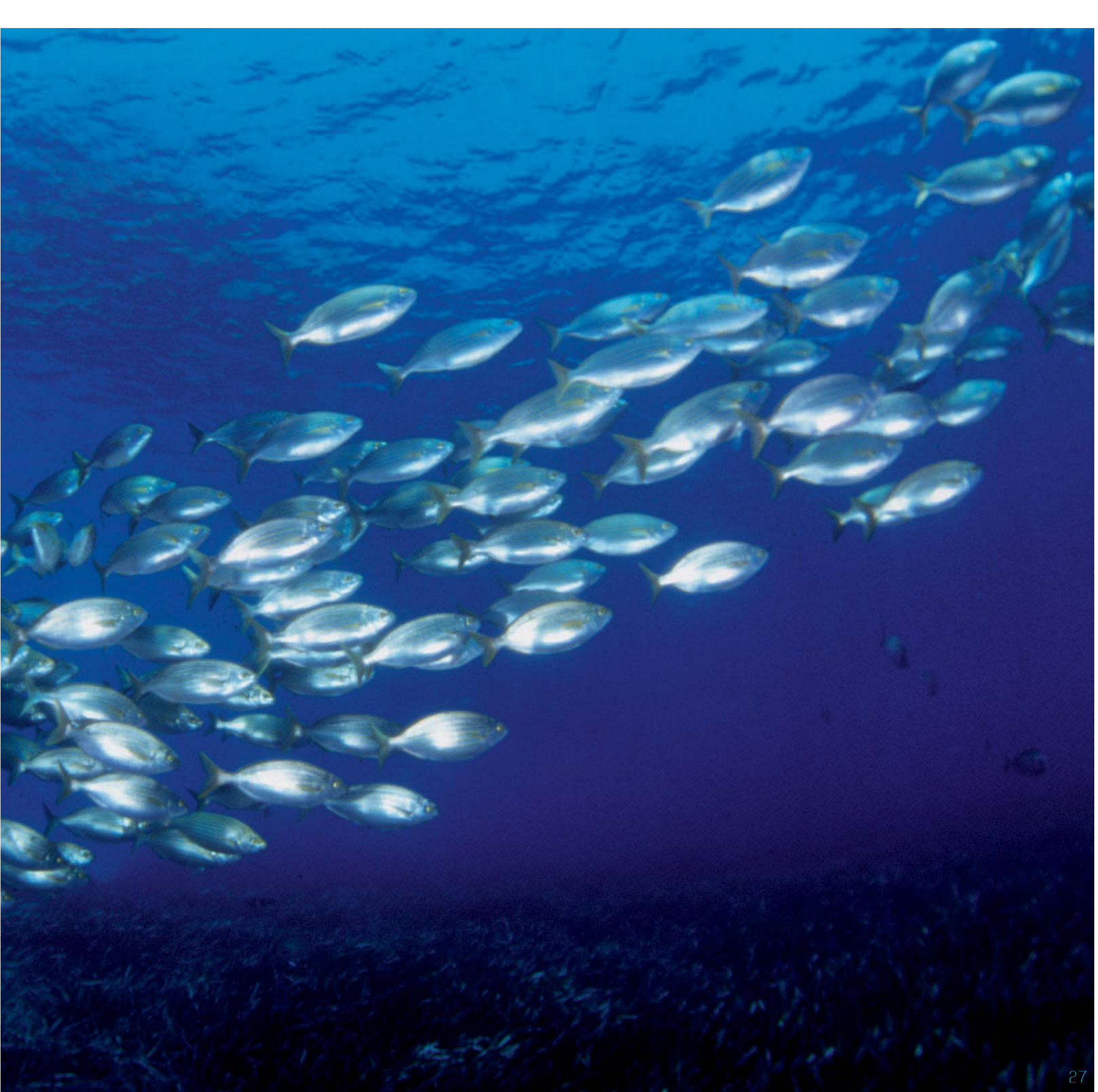


Windows open onto the sea

In these villages, in the midst of the tangle of streets, visitors will find a **great variety of accommodation**, from comfortable hotels by the sea to the best-equipped campsites that are well sited in natural surroundings, as well as a wide range of water sports.

The sea: a place
for fishing





A sport with a history

The Mediterranean is a sea with great biological wealth, and fishing goes back thousands of years, when the sea was still, rather than a route, a frontier. In Catalonia there is archaeological evidence of fishing in the period of the Iberians, between the sixth and first centuries BC. The Romans created large fish-salting factories, and distribution centres of salted preserves that were shipped in amphorae all over the empire.

Then Mediterranean fishing was short-distance fishing, and the traditional tackle, such as *nanses* (baskets), *palangres* (lines with hooks) or nets, has always been laid near the coast, in places close by and well known, where the richest marine habitats are.



When the old craft turned into a sport, it found on our shores a kind territory and an enviable climate in addition to a wide range of habitats and species: a whole sea to fish in.



A country of fishermen



Sport fishing began to develop along with tourism, until it became one of the most popular nautical activities in Catalonia, with over 30,000 license holders, representing 30 percent of the sport fishing licenses in Spain.

The fishing clubs and associations create a well-consolidated network, which, added to the infrastructure, the facilities and the large number of places suitable for fishing, make it very easy to do this sport.

Some of the harbours with the most established tradition, and the best equipped for fishing, are Roses, Palamós, Arenys de Mar, Sant Feliu de Guíxols, Barcelona, Vilanova i la Geltrú, Tarragona and Sant Carles de la Ràpita.

Every year the Catalan coastline plays host to nearly 1,000 sea fishing contests, from **spinning** to **anchored boat fishing**, including **big game trolling**, **drifting** or **inshore trolling**.

Respect the environment

Remember that this is an activity that is regulated and planned by the government of the autonomous community of Catalonia, the Generalitat, and that the fishing federations or associations are responsible for the sustainability of the resources and the equilibrium of the ecosystems.

Anybody sea fishing must have a license and observe the laws, paying attention to the very clear specifications for each season. You are only allowed to catch fish, molluscs, cephalopods and sea urchins. The most highly prized catches include big fish like tuna, some species of shark and swordfish, as well as sea bass, conger eel, bonito and gilthead bream.



The sea: a place
of history

The Mediterranean is a sea with a long history, the scene of trading and cultural exchanges for over eight thousand years. This history has left its mark on the coastline of Catalonia.

In the sixth century BC the Greeks founded the colony of Emporion (Empúries). Around 200 BC the process of Romanization began, which shaped the personality of the future Catalonia. The archaeological remains of **Tarraco**, present-day Tarragona, have been declared a **World Heritage** site by **UNESCO**.

A great Mediterranean country

In the thirteenth and early fourteenth centuries, apart from expanding into Valencia and Majorca, the kings of Catalonia extended their domains to Sicily, Sardinia and the Kingdom of Naples.

At the end of the fourteenth century, the legal norms that regulated Catalan maritime law were compiled in the **Llibre del Consolat de Mar**, which spread to other countries and was used as a **model for mercantile law all over Europe**.



Seafaring traditions

Experiencing the sea means, also, letting yourself be captivated by the traditions of this seafaring country. On the Costa Brava, in summer, you will almost certainly have occasion to be present at a **cantada d'havaneres** [*havaneres* singing]. These songs were introduced by the Catalan sailors working the route to Cuba in the nineteenth century, and together with cremat, a drink made of flaming rum aromatised with cinnamon and lemon, they have taken root in popular culture, becoming an essential feature of summer nights on the Catalan coast. If you can, ask for the words to be translated: they talk of love, longing, times of war, the loneliness of life on board ship, and so on.

Don't miss, either, the maritime festivals and processions that are celebrated in many villages on the coast on June **29th**, Saint Peter's Day, patron saint of fishermen, or July **16th**, the Virgin of El Carmen's Day, patron saint of seafarers.



From watchtowers to lighthouses

From the sixteenth century onwards, watchtowers were essential to defend the shoreline from the attacks of pirates and corsairs. Set strategically on hilltops overlooking the sea, they were joined by *camins de ronda* [coastal footpaths], many of which are today set in beautiful surroundings and have been recovered as footpaths to stroll along.

The lighthouses are another characteristic feature of the Catalan coast, now being converted into small hotels for rural tourism, many of them located in places as wild as they are privileged.



The museums of the sea

Catalonia offers you a magnificent addition to your nautical activities: visiting some of the most interesting maritime museums and centres of information, documentation or education on the sea in Europe.



Museum of Fishing. Palamós, Costa Brava

Through an audiovisual introduction and five sections, visitors will discover the world of fishing in Catalonia. Presented in five languages.

The museum also has ethnographical material from indigenous South American tribes, collected by local travellers.

Moll pesquer, s/n
17230 Palamós
T 972 600 424
www.museudelapesca.org
museudelapesca@palamos.org



Barcelona Maritime Museum

Located in the Drassanes Reials [Royal Dockyards], an architectural site in the Catalan civil Gothic style that is more than 700 years old, it presents collections of model ships, figureheads, maps and the replica of John of Austria's Royal Galley, which help to explain the relationship between man and the sea down through the years, concentrating on the Mediterranean.

The Museum has an extension in the water, the 'Santa Eulàlia', a three-masted pailebot built in 1928, which can be visited on the Moll de la Fusta, except when it is at sea.

Av. de les Drassanes s/n
08001 Barcelona
T 933 429 920
www.museumaritimbarcelona.com
m.maritim@diba.es



Observatori del Litoral. Consorci El Far. Barcelona

A documentary resource centre for professionals and public and private bodies working in the field of the economic, social and cultural promotion of the coastline of Catalonia.

The centre has the first Traditional Navigation School in the country.

Escar, 6-8
08039 Barcelona
T 93 221 74 57
www.elfar.diba.es
www.entfarbarcelona.org
info@entfarbarcelona.org





Barcelona Aquarium

Besides the accurate reproduction of the marine habitats of the Mediterranean and other seas around the world, you can visit the spectacular Oceanarium, which is unique in Europe. A transparent tunnel, 80 metres long, goes underneath it and allows you to see gilthead bream, morays, ocean sunfish, rays and two kinds of shark, the sandbar shark and the sand tiger shark.

If you have a valid diving qualification, you can dive with sharks, a unique and unforgettable experience.

Moll d'Espanya del Port Vell, s/n
08039 B
T 93 221 74 74
www.aquariumbcn.com
info@aquariumbcn.com



Maritime Museum of Vilassar

A local museum presenting the various types of fishing, navigation instruments, codes of signals at sea, and so on.

One of the topics forming part of the museum's exhibition and lines of investigation is the slave trade.

Av. Eduard Ferrés i Puig, 31
08340 Vilassar de Mar
T 93 750 21 21
www.vilassardemar.org
museumarina@vilassardemar.org



Nautical Municipal Museum of el Masnou

An interesting look at the seafaring life of El Masnou, with sections devoted to fishing, trade with the Americas and boatbuilding in the local boatyards.

The Museum has a Model Ship Building School.

Edifici Centre, 3a planta
08320 El Masnou
T 93 540 50 02
www.elmasnou.net/museu
museu.nautica@elmasnou.net



Museum of the Port of Tarragona

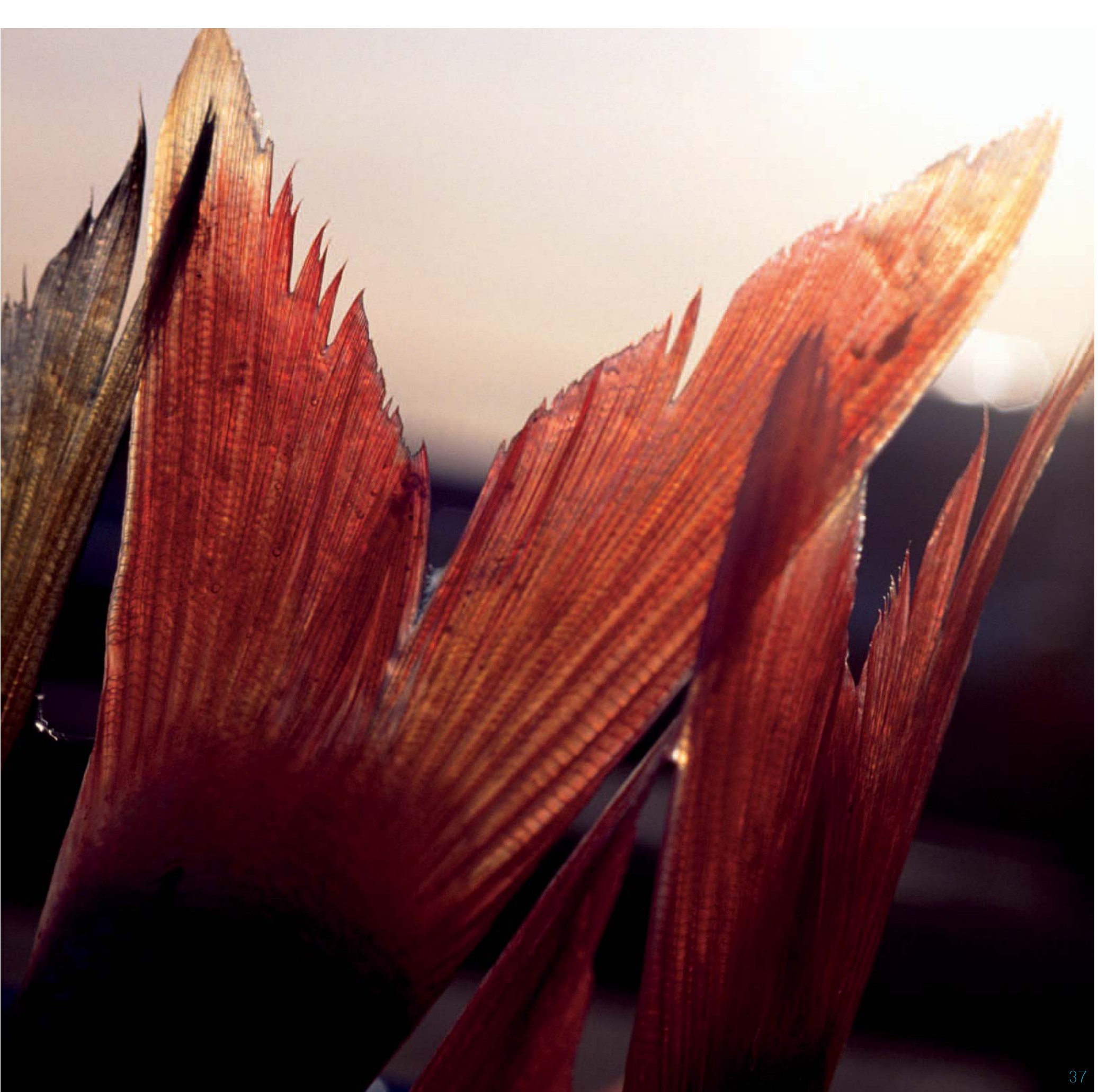
The history of the port of Tarragona from Roman times to the present day.

As an extension of the Museum, you can visit the Far de la Banya, a nineteenth-century lighthouse that shows the lighthouse keeper's former living quarters and various objects related to the world of maritime signals.

Refugi 2, Moll de Costa
43004 Tarragona
T 977 259 442
www.porttarragona.es
museuport@porttarragona.es

The sea: a place
of gastronomy





Fish that are still moving

Catalonia has a great tradition as a country that catches and eats fish, with an inshore fleet formed mostly of small boats.

When the sun begins to set, the boats return to harbour and the quays begin to come alive.

Buyers, intermediaries, tourists and sailors go to meet the boxes of hake, red mullet, squid, octopus, sardines, red pandora, prawns, langoustines, mackerel, gilthead bream, scorpion fish, dentex bream, anchovies and all sorts of fish that are still moving.

On the Catalan coast there are **19 fish markets** where fishermen sell the day's catch, as they have done for centuries, to supply the country's kitchens and restaurants with the finest fresh fish.

In the fish markets, the auction begins. In some places they still shout the asking price for each box at a prodigious speed. The buyer gestures, shouts, pulls a face, and the auctioneer stops counting and announces the purchase.



Time past and time present

Many villages on the coast are known for the quality of their sea produce: the anchovies of L'Escaleta, the prawns of Palamós, the langoustines of Sant Carles de la Ràpita or the oysters of L'Am-polla. There are also dishes representative of a *comarca* [county] or a specific town, such as the *xató* [raw cod salad] of El Garraf and El Penedès, the blue fish *ganxó* of Baix Empordà, or the *ros-sejats* and the *xapadillo* [dishes based on rice and eels] of the Ebre Delta.

Suquet de peix [Catalan fish stew]

Catalan cuisine combines its roots and signs of identity with the new ideas of contemporary chefs and cooks, who have made our cuisine one of the most prestigious in the world.

Traditional cooking differs according to the area. On the Costa Brava fish and seafood predominate, with the fish *suquets* and stews as the outstanding dishes, whereas in many inland villages of L'Empordà the produce of the sea and the mountains begins to mix. This mixture is quite generalized in Catalonia. Two of our star dishes are chicken with langoustines and meatballs with cuttlefish. Towards the south, a land of good vegetables, it is more usual to add the produce of the fields to the fish. And it goes without saying that the Ebre Delta, an area of rice cultivation, has excellent seafood and rice dishes.

Basing themselves on this tradition, the new generation of chefs has also constructed and deconstructed extraordinary dishes.



A recipe from the sea

Suquet is a traditional dish, created by fishermen, a simple way of preparing fish on board the boat. Recipes are therefore very varied, and this is just one of many.

For 4 people

4 cloves of garlic and an onion. Almonds. Olive oil and salt. Parsley and a bay leaf. A monkfish tail or any other kind of white fish. 4 prawns. Rockfish. 4 medium sized potatoes.

In a pot, lightly fry half a kilo of rockfish in a little oil. Then cover the fish with water, add salt, an onion and a bay leaf, and boil for half an hour or more.

In another pot, with a little oil, lightly fry 4 prawns and then remove them from the pot. In the same oil, fry a picada of

almonds and 4 cloves of garlic, all well crushed in the mortar. Add a glass of white wine.

Strain the fish broth and pour it into the pot. Let it reduce. Add salt and taste, adding more salt if necessary. Now you can put in the potatoes, cut into slices. There has to be just enough broth to cover the potatoes, not too much. Add water if necessary. Let them cook for about 15 minutes. When they are almost cooked, add the pieces of monkfish. The fish will be cooked in about 15 minutes. Add the prawns at the end, but don't let them boil.

International sailing events in Catalonia

Due to its great passion for sailing, Catalonia participates a lot in international regattas. In the Olympic Games, yachting is the event at which Spain has won the most gold medals.

March

Setmana Olímpica de Vela de Barcelona (ISAF) Small yacht regatta. www.bosw.org

May

Zegna Trophy. Cruiser regatta: www.zegna.cyberland.es

Freixenet Regatta. Cruiser regatta: www.regatafreixenet.com

Conde Godó Trophy. Cruiser regatta: www.trofeogodo.rcnb.com

June

Windsurf. Costa Brava (SWA), Super-X. www.pwaworldtour.com

December

Christmas race. Small yacht regatta. www.christmasrace.org

Useful addresses

Water Sports Organizations

Catalan Diving Federation
T +34 93 330 44 72
www.fecdas.org

Catalan Water Skiing Federation
T +34 93 330 47 24
www.esquinautic.org

Catalan Motorized Water Sports Federation
T +34 93 330 47 57
www.motonautica.org

Catalan Sport Fishing Federation
T +34 93 289 33 00
www.fcpeic.cat

Catalan Canoeing Federation
T 973 23 03 14
www.fcpiraguisme.com

Catalan Rowing Federation
T +34 972 572 690
www.remcatlunya.org

Catalan Yachting Federation
T +34 93 224 39 00
www.fcv.cat

Catalan Association of Marinas
T +34 93 415 33 01
www.acpet.es

Catalan Association of Water Sports Resorts
T +34 972 750 699
www.encatalunya.info

Touristical Institutions

Turisme de Catalunya
T +34 93 484 99 00
www.catalunyaturisme.com

Patronat Turisme Costa Brava Pirineu de Girona
T +34 972 20 84 01
www.costabrava.org

Patronat Turisme Costa Daurada
T +34 977 23 03 12
www.costadaurada.org

Turisme de Barcelona
T +34 93 368 97 42
www.barcelonaturisme.com

Diputació de Barcelona
T +34 93 402 29 66
www.turismetotal.org

Terres de l'Ebre
T +34 977 44 44 47
terresdelebre@altanet.org

Patronat de Turisme de Lleida
T +34 973 24 54 08
www.lleidatur.es

Turisme Val D'Aran
T +34 973 64 06 88
www.aran.org

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