Introduction of the Catalonia Senior Tourism Plan destinations

Costa Barcelona
Between the sea and mountain ranges is Costa de Barcelona-Maresme, an area that has over 50 km of coastline with long sun beaches, and conserves a surprising mountain landscape, with outstanding parks - El Montseny, el Corredor de la Serralada Litoral - next to the Mediterranean Sea, where Adaòf 32 sea is produced. The region has some of the most significant Catalan Art Nouveau buildings, product of the genius of various architects, Lluís Domènech i Montaner and Josep Puig i Cadafalch.

Costa Brava
The Costa Brava stretches for about 206 km from Portbou up at the French border right down to the seaside town of Blanes. The rugged, jagged shoreline starts in the north with the Albera mountains and Cap de Creus, where the Pyrenees crash down to the sea, and ends with long, sandy beaches in the south. Along nearly a hundred kilometres, it features from small secluded coves between cliffs to large beaches with fine sand edges, over a rough landscape that lives up to the name of Costa Brava.

Costa Daurada
Costa Daurada is characterized by a highly varied, top range tourist offer with rich and diverse cultural heritage, clear specialisation in families and a specific focus on wine tourism and gastronomy. The coastline is one of main attractions. Along nearly a hundred kilometres, it features from small secluded coves between cliffs to large beaches with fine sand and shallow waters, ideal for family holidays. The offer is completed by cultural centres and leisure facilities.

The Costa Brava has a great wine tradition and numerous gastronomy events are just some of the many other attractions of the region. www.diba.cat

Montserrat
Montserrat is an area of breathtaking natural beauty, featuring a whole host of visitor attractions: a unique natural park, one of the country’s most important museums, and the site of the Holy Shroud dedicated to the Virgin of Montserrat, the Black Madonna, the patron saint of Catalonia. www.montserratcatavina.com

Barcelona
Barcelona is both a cosmopolitan city and a great centre for tourist attraction. Situated right next to the coast, it has a Gothic Quarter full of history, the Ramblas with its unique atmosphere and an immense cultural heritage (Picasso Museum, Sagrada Familia and Gaudi’s architecture), plus the Modernista Centre Cuartel Monje.

Tarragona
Tarragona has the basic conditions to be a stopover for cruises, with an adequate port, high-quality facilities and an attractive hinterland. It hosts one of the world’s largest Roman sites, declared World Heritage by UNESCO. Present-day Tarragona used to be Roman Tarraco, the capital of the three provinces into which the Iberian Peninsula was divided under the Roman Empire. www.tarragonaturisme.cat

Girona
Girona offers a very extensive range of things to do. The city, a great example of historic city, is captured in spectacular monuments, invites you to lose yourself in a walk around the Old Town. It also has an intense cultural life, with strongly characteristic events taking place each month. In addition, Girona is a base of a region of cultural production with regular, critically acclaimed seasons of theatre and music. www.giron.cat

Mediterranean Capital of Culture 2017

Highlights

The program will be valid during the following dates :
March 1st. to 22 June
September 11th. to November 10th.
Christmas and New Year’s Eve

Who can participate in this program:
Participants must fulfil the following requirements:
• Age over 55 years
• Citizens living outside Spain
• Full board basis (three meals per day)
• Accommodation in 4-star or 3-star superior hotels
• IN / OUT transfers (airport - hotel - airport) with travel assistant
• Airport taxes, including one piece of checked luggage
• Travel insurance
• Daily activities adapted to the senior costumer

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Key points of the Senior Tourism Plan destinations

The Catalonia Senior Tourism package includes:
• Round-trip flights from the main European airports
• Airport bus, including one piece of checked baggage
• IN / OUT transfers (airport - hotel - airport) with travel assistant
• Accommodation in 4- or 3-star superior hotels
• Full board basis (three meals per day)
• ½ bottle of wine and ½ bottle of beer included for lunch and dinner
• 6-day (7 nights) or 15-day (14-night) stays
• Guide who can speak the native language of the client
• Day excursions in the area (Barcelona)
• Assistance in the client's language

The Catalonia Senior Tourism package includes:
• Assistance in the client's language
• Travel insurance
• Daily activities adapted to the senior costumer
• Travel insurance
• Assistance in the client's language
1. Catalonia offers many attractions: culture, health and wellness, golf, nature, sports, business, families...
2. A Mediterranean mild climate the whole year round.
3. The Catalan landscape is a sum of mountains and 580 kilometres of coastline.
5. All coastline destinations well connected by transport.
6. Daytrips to the main attractions in Catalonia: Barcelona, Figueres, Montserrat...
7. Catalonia has several types of accommodations such as hotels, camp sites, tourist apartments and rural tourism accommodation.
8. Catalonia is playing an international leading role in gastronomy with the ambassadors of this culture like Ferran Adrià, Carme Ruscalleda, Joan Roca, etc.
9. There is a highly varied top-quality health and wellness offer.
10. 24 accessible proposals and destinations for the needs of disabled tourists or persons with reduced mobility.

www.catalunya.com