



The Way of Saint James through Montserrat. Catalunya Central.



Mountain bike (BTT) Centre of Mont-roig del Camp. Costa Daurada.



## The Way of Saint James in Catalonia

Ever since the Middle Ages, the Way of Saint James has led European pilgrims to the tomb of Saint James the Apostle in Santiago de Compostela, in Galicia. As it crosses Catalonia, it constitutes a tourist route that can be covered **on foot, bicycle or horseback**, while offering its many walkers the opportunity to set out on the pilgrimage from Catalonia. From the town of **Pertús** (Le Perthus) and the monastery of **Sant Pere de Rodès** de Girona, **Montserrat** and **Leida**, the paths of the Way of Saint James cross the whole of Catalonia in different branches until they reach Aragon and the old French Way leading to Jaca and Logroño. These paths represent not only a spiritual journey and personal introspection but also the privilege of being able to enjoy the great natural, scenic and cultural richness offered by this **"Way of ways"** as it crosses the different regions of Catalonia.

Signposting along the Way of Saint James.

The TransCatalunya Route through the Ripollès Region. Pirineus.



## Directory of Activities

Member Companies and entities of the Active Holidays and Nature Club	Hiking	Cycle tourism and mountain biking	White waters	Rowing and sailing	Underwater activities	Nature	Rock climbing	Snow	Horseback tourism	Multi-activity tourism
01 Altitud Extrem SL	•	•	•	•	•	•	•	•	•	•
02 Anigami Experiències	•	•	•	•	•	•	•	•	•	•
03 Associació d'Empresaris Turístics Montseny	•	•	•	•	•	•	•	•	•	•
04 Associació d'Amics de Cavalls del Vent	•	•	•	•	•	•	•	•	•	•
05 Associació Catalana d'Empresaris de Senderisme	•	•	•	•	•	•	•	•	•	•
06 Associació d'Estacions Nàutiques de Catalunya	•	•	•	•	•	•	•	•	•	•
07 ATMA Agència Turisme Mediamiental	•	•	•	•	•	•	•	•	•	•
08 Baló Tour, SL	•	•	•	•	•	•	•	•	•	•
09 Camins de Vent	•	•	•	•	•	•	•	•	•	•
10 Cathelicopters	•	•	•	•	•	•	•	•	•	•
11 Cinglès, Guies de Muntanya	•	•	•	•	•	•	•	•	•	•
12 Consell Regulador del Camí dels Bons Homes	•	•	•	•	•	•	•	•	•	•
13 El Bosc Animat de Catalunya en Miniatura	•	•	•	•	•	•	•	•	•	•
14 Els 3 Monts (Consorci Turisme Vallès Oriental)	•	•	•	•	•	•	•	•	•	•
15 Empordà Bike Resort	•	•	•	•	•	•	•	•	•	•
16 Estació Nàutica L'Estarrit-Illes Medes	•	•	•	•	•	•	•	•	•	•
17 Eviàlia	•	•	•	•	•	•	•	•	•	•
18 Globubolg	•	•	•	•	•	•	•	•	•	•
19 Globus Kontiki	•	•	•	•	•	•	•	•	•	•
20 Gran Pallars	•	•	•	•	•	•	•	•	•	•
21 Heliptistas, SL	•	•	•	•	•	•	•	•	•	•
22 Kayak del Ter	•	•	•	•	•	•	•	•	•	•
23 La Molina	•	•	•	•	•	•	•	•	•	•
24 La Ruta del Cister	•	•	•	•	•	•	•	•	•	•
25 La Ruta del Ter	•	•	•	•	•	•	•	•	•	•
26 La Selva de l'Aventura	•	•	•	•	•	•	•	•	•	•
27 Medaqua	•	•	•	•	•	•	•	•	•	•
28 Natura & Ocells	•	•	•	•	•	•	•	•	•	•
29 Obrint Via, SL	•	•	•	•	•	•	•	•	•	•
30 Octània	•	•	•	•	•	•	•	•	•	•
31 Parc d'Aventura Activ Natura	•	•	•	•	•	•	•	•	•	•
32 Parc Olímpic del Segre	•	•	•	•	•	•	•	•	•	•
33 Rafting Llavorsí	•	•	•	•	•	•	•	•	•	•
34 Roc Roi	•	•	•	•	•	•	•	•	•	•
35 RUTAC Rutes Turístiques i d'Aventura Catalunya	•	•	•	•	•	•	•	•	•	•
36 Segre Mitjà, SL	•	•	•	•	•	•	•	•	•	•
37 Terra Diversions	•	•	•	•	•	•	•	•	•	•
38 Tormasol Aventura	•	•	•	•	•	•	•	•	•	•
39 Tour Turístic	•	•	•	•	•	•	•	•	•	•
40 Traça Esquí i Esports de Muntanya, SL	•	•	•	•	•	•	•	•	•	•
41 Turinat Pirineus Resort	•	•	•	•	•	•	•	•	•	•
42 Associació de Càmpings de Muntanya i del Pirineu Català	•	•	•	•	•	•	•	•	•	•
43 Associació de Càmpings i CV de la Província de Barcelona	•	•	•	•	•	•	•	•	•	•
44 Associació Catalana de Cases de Colònies	•	•	•	•	•	•	•	•	•	•
45 Càmping Ecològic Lava	•	•	•	•	•	•	•	•	•	•
46 Càmping La Siesta	•	•	•	•	•	•	•	•	•	•
47 Campus Cerdanya	•	•	•	•	•	•	•	•	•	•
48 Confederació Catalana d'Agroturisme i Turisme Rural (CONCATUR)	•	•	•	•	•	•	•	•	•	•
49 Costa Brava Verd Hotels	•	•	•	•	•	•	•	•	•	•
50 El Montanyà Resort & Spa	•	•	•	•	•	•	•	•	•	•
51 Gourmet Hotel - Sender Hotel	•	•	•	•	•	•	•	•	•	•
52 Hostal del Senglar	•	•	•	•	•	•	•	•	•	•
53 Hotel Batalla	•	•	•	•	•	•	•	•	•	•
54 Hotel Bernet de So	•	•	•	•	•	•	•	•	•	•

Member Companies and entities of the Active Holidays and Nature Club	Hiking	Cycle tourism and mountain biking	White waters	Rowing and sailing	Underwater activities	Nature	Rock climbing	Snow	Horseback tourism	Multi-activity tourism
55 Hotel Calitxó	•	•	•	•	•	•	•	•	•	•
56 Hotel Can Boix de Perarnola	•	•	•	•	•	•	•	•	•	•
57 Hotel El Grèvol SL	•	•	•	•	•	•	•	•	•	•
58 Hotel Estanyes Blaus	•	•	•	•	•	•	•	•	•	•
59 Hotel Garbí	•	•	•	•	•	•	•	•	•	•
60 Hotel Husa Sant Bernat	•	•	•	•	•	•	•	•	•	•
61 Hotel l'Algadir del Delta	•	•	•	•	•	•	•	•	•	•
62 Hotel La Coma	•	•	•	•	•	•	•	•	•	•
63 Hotel Marvel Condes del Pallars	•	•	•	•	•	•	•	•	•	•
64 Hotel Muntanya Prullans	•	•	•	•	•	•	•	•	•	•
65 Hotel Terramar	•	•	•	•	•	•	•	•	•	•
66 La Ballena Alegre	•	•	•	•	•	•	•	•	•	•
67 La Pleia by Rafael Hotels	•	•	•	•	•	•	•	•	•	•
68 Monestir de les Avel·lanes	•	•	•	•	•	•	•	•	•	•
69 Parador de Turisme de Tortosa	•	•	•	•	•	•	•	•	•	•
70 Parador de Turisme de Sic-Sau	•	•	•	•	•	•	•	•	•	•
71 Xarxa Nacional Albergos Socials de Catalunya (XANASCAT)	•	•	•	•	•	•	•	•	•	•
72 A Peu	•	•	•	•	•	•	•	•	•	•
73 Agenda Sports & Elements	•	•	•	•	•	•	•	•	•	•
74 Associació Alt Empordà Turisme	•	•	•	•	•	•	•	•	•	•
75 Bol Taüll Resort	•	•	•	•	•	•	•	•	•	•
76 Cerdanyaventura (Grans Espais Esquí Aventura)	•	•	•	•	•	•	•	•	•	•
77 Cicloturisme i Medi Ambient	•	•	•	•	•	•	•	•	•	•
78 Delta Turístic & Rent	•	•	•	•	•	•	•	•	•	•
79 Grup Natura - Baccus Wine Hotels & Tours	•	•	•	•	•	•	•	•	•	•
80 Kokopeli Adventure	•	•	•	•	•	•	•	•	•	•
81 Molinue Viatges	•	•	•	•	•	•	•	•	•	•
82 Naut Viages SL	•	•	•	•	•	•	•	•	•	•
83 Tu i Lleida	•	•	•	•	•	•	•	•	•	•
84 Vall de Núria	•	•	•	•	•	•	•	•	•	•
85 Oficina de Promoció Turística Diputació de Barcelona	•	•	•	•	•	•	•	•	•	•
86 Patronat de Turisme Costa Brava Girona	•	•	•	•	•	•	•	•	•	•
87 Patronat de Turisme Diputació de Lleida	•	•	•	•	•	•	•	•	•	•
88 Patronat de Turisme Diputació de Tarragona - Terres de l'Ebre	•	•	•	•	•	•	•	•	•	•
89 Torisme Val d'Aran	•	•	•	•	•	•	•	•	•	•
90 Ajuntament de Cubelles	•	•	•	•	•	•	•	•	•	•
91 Ajuntament Empuriabrava-Castelló d'Empúries, OT	•	•	•	•	•	•	•	•	•	•
92 Consell Comarcal del Baix Empordà	•	•	•	•	•	•	•	•	•	•
93 Consell Comarcal del Pallars Jussà	•	•	•	•	•	•	•	•	•	•
94 Consell Comarcal del Priorat	•	•	•	•	•	•	•	•	•	•
95 Consorci de Turisme de l'Alt Berguedà	•	•	•	•	•	•	•	•	•	•
96 Consorci Turisme Valls d'Aneu	•	•	•	•	•	•	•	•	•	•
97 Consorci Ripollès Desenvolupament	•	•	•	•	•	•	•	•	•	•
98 Gironès, Terra de Passeig	•	•	•	•	•	•	•	•	•	•
99 Lloret Turisme	•	•	•	•	•	•	•	•	•	•
100 Mancomunitat de la Vall de Camprodon	•	•	•	•	•	•	•	•	•	•
101 OciGirona	•	•	•	•	•	•	•	•	•	•
102 Oficina de Turisme de Tremp	•	•	•	•	•	•	•	•	•	•
103 Patronat de la Vall de Boi	•	•	•	•	•	•	•	•	•	•
104 Patronat Comarcal de Turisme de la Cerdanya	•	•	•	•	•	•	•	•	•	•
105 Patronat Municipal de Turisme de Calafell	•	•	•	•	•	•	•	•	•	•
106 Patronat de Turisme de Cambrils	•	•	•	•	•	•	•	•	•	•
107 Turisme Garrotxa	•	•	•	•	•	•	•	•	•	•
108 CADS - Consell Assessor per al Desenvolupament	•	•	•	•	•	•	•	•	•	•
109 Federació d'Entitats d'Excursionistes de Catalunya	•	•	•	•	•	•	•	•	•	•



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# Catalonia is Activity & Nature Holidays

Catalonia offers a great number of spaces that are ideal for active holidays and enjoying nature and the diversity of the landscape, from the highest peaks of the Pyrenees to the most tucked-away coves of the Mediterranean, embracing the hinterland plains of Catalonia, the natural spaces of the River Ebro Delta and the lands of the province of Lleida.

**Hiking**  
Catalonia is a country that offers all the necessary conditions for walkers with a network of some 5,000 kilometres of long-distance tracks and about 4,000 kilometres of shorter routes and local paths. In the Val d'Aran, the national park of Aiguèstortes i Estany de Sant Maurici has several different tracks complete with waterfalls and the sources of several streams, notable amongst which is the route named **Carros de Foc** (Chariots of Fire). One of the most popular paths through the Cadí-Moixeró Park is the **Camí dels Bons Homes** (The Way of the Good Men) which traces the route of the Cathar migration. The **Cavalls del Vent** (Horses of Wind) trail, linking Berguedà and La Cerdanya, has also become very popular in recent years. In the Costa Brava and Girona region is the **Ruta del Ter**, following the River Ter. Running from the Empordà area to La Garrotxa is the path from **Sant Pau de Segúries to Lladó**. In the south of Catalonia, in the zone of Els Ports, you can walk the **Estels del Sud** (Stars of the South) trail, while in the central regions, the **Ruta dels 3 Monts** (Three Mountains Route) links the Montseny and Sant Llorenç del Munt i Serra de l'Obac national parks.



Hiking in Matagalls (Montseny), Catalunya Central.

**Birdwatching Tourism**  
Thanks to its privileged geographical situation, Catalonia is particularly attractive for **birdwatchers** from all over Europe. In a radius of just 200 kilometres around Barcelona there are zones of great biological richness and exceptional ornithological interest. One of these areas is the River **Ebro Delta**, which is home to some fifty species of Mediterranean birds. Other excellent birdwatching areas are the **wetlands of the Empordà** region and around the **Ivars Lake**; the Mediterranean landscapes of **Els Ports**, the **Cap de Creus** peninsula and **Montserrat**; the **Llobregat Delta**; and the four Pyrenees and Pre-Pyrenees zones of the **Aiguèstortes i Estany de Sant Maurici** national park, **Cadí-Moixeró**, **Mont-rebei** and **La Terreta**, and the **Núria Valley**. All these areas of ornithological interest have observation and lookout points that offer excellent views of the birds, as well as signposted walks, information and interpretation centres, guides for cultural visits, together with hotel and country guesthouse accommodation and restaurants.

Birdwatching in the River Ebro Delta. Terres de l'Ebre.



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



**Tourist brands**

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

**Cycle Tourism**  
From the interior of the country through to the hidden coves of the Costa Brava, the Empordà landscapes invite you to take your time and discover the territory in an unhurried, relaxed fashion. The best way of doing so is to take a cycling break with family or friends. The **Baix Empordà Cycle Tourism Network** covers an area with 370 kilometres of bicycle tracks. You can also explore the Pla de l'Estany zone by bicycle or enjoy the **Ruta del Ter**, which follows the River Ter in the Girona region. In the Terres de Lleida region there is a route around the Segre River basin using asphalted country roads and local tracks with very little traffic. In the south of Catalonia, in the Costa Daurada area, you can cycle from **Montblanc to the River Ebro**, covering a zone that is rich in landscape and culture and where you can stop to visit the Cistercian monasteries. Again, the flat ground of the Delta Natural Park in the Terres de l'Ebre region is ideal for cycle tourism, offering several itineraries through this wetlands country in which you can contemplate and photograph the botanical diversity and the birds that are typical of the area.

Catalonia has six greenways which are ideal for cycle tourism. These have been constructed on former railway tracks and promote sustainable, non-motorised mobility for cyclists. Generally of easy transit, they are signposted and have been adapted for people with reduced mobility and children.

Cycle tourism in Els Ports Natural Park. Terres de l'Ebre.



**Mountain Bike (BTT) Centres in Catalonia**  
The network of Mountain Bike Centres (Centres BTT Catalunya) offers more than 6,400 kilometres of signposted itineraries that are classified according to level of difficulty so that everybody, from beginner to expert, can enjoy mountain biking in a relaxed fashion with the support of any of the 18 BTT Centres of the network. These mountain bike centres are spaces of free access that begin at a reception point where the visitor is offered tourist information, panels supplying details about the routes and other services for both cyclist and bicycle supplied by the centre, for example bathroom facilities, showers, bicycle renting, et cetera. The BTT routes are usually circular and avoid sections with vehicular traffic, while keeping asphalted surfaces and two-way tracks to a minimum.

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

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

Signposting of the BTT Centres of Catalonia.

