Catalonia is nature
Proposals
This catalogue contains proposals for tourism in contact with nature. The prices quoted in the catalogue are per person with VAT included. The Catalan Tourist Board accepts no responsibility for variations in the published prices.
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Catalonia is nature

Thanks to its contrasting landscapes and benign climate, Catalonia is the ideal destination for lovers of all kinds of active tourism pursuits. The Pyrenees provide the perfect settings for hiking and cycle tourism, skiing, adventure sports and family outings. And only a few kilometres away from our most celebrated peaks, the long beaches in the south or the hidden coves in the north, with their crystalline waters, are ideal for water-sport enthusiasts.
Enjoying nature

Nature makes Catalonia an attractive destination for all those who wish to make first-hand acquaintance, from all viewpoints—water, land and air—, with a territory and its millenial history. While trekking along paths, letting yourself be carried along by rivers and flying through the sky, you can admire the imposing summits of the Pyrenees, the coves on the Mediterranean coast and the plains of inland Catalonia.

Hiking

An interesting way to discover Catalonia is to do so on foot on the over 9,000-kilometre network of long- and short-distance trails and local paths. In the natural parks of the Pyrenees you can walk through exceptional landscapes, such as the Alpine scenery of the Parc Nacional d’Aigüestortes i Estany de Sant Maurici, along three long-distance trails: the GR-211, the GR-11 and the Carros de Foc passage. The first runs through the Val d’Aran, while the second crosses the entire Pyrenean range from west to east, from the Cantabrian to the Mediterranean at Cap de Creus. The Carros de Foc is a hiking trail that takes between five and seven days which connects the Pallars, the Alta Ribagorça and the Val d’Aran. In the western Pyrenees, the Porta del Cel is a route that will lead you up to the summit of the Pica d’Estats, the highest peak in Catalonia. And in the Vall de Boí you will enjoy the experience of walking through history along mountain itineraries or traditional paths that allow you to explore the Romanesque heritage. Also in the western Pyrenees, the Cinquè Llac circuit will lead you to discover the lake of Montcortès, while that of Porta del Cel will lead you up to the summit of the Pica d’Estats. If you visit the Parc Natural del Cadi-Moixeró, we recommend that you climb Pedraforca, one of the icons of Catalan hiking, and you may also make your way along one of the most popular trails in these lands: the Camí dels Bons Homes, which links the Santuari de Queralt, in the Berguedà region, with Montsegur Castle in the French Ariège.

Further inland, one of our most emblematic itineraries is the GR-175, otherwise known as the Cistercian Triangle, whose circular layout links the Cistercian monasteries of Santes Creus, Vallbona and Poblet. And if you visit the Catalan pre-littoral, you cannot miss the Ruta dels 3 Monts, which joins three natural parks: the Montseny, Sant Llorenç del Munt and the Serra de l’Obac i Montser-
There are countless itineraries throughout Catalan territory, of varying degrees of difficulty, from which we may explore Catalonia.

Catalonia also has routes of the Camí de Sant Jaume (St James’ Way), which takes pilgrims to Santiago de Compostela. Either on foot or by bicycle, following these routes allows you to explore history and take advantage of the opportunity to visit emblematic sites such as the monasteries of Sant Pere de Rodes and Montserrat or the Seu Vella in Lleida; it is also a good opportunity to discover the traditions, cuisine and landscapes of cities like Igualada, Tortosa, Tarragona and Cervera.

Cycle tourism

Discovering Catalonia on two wheels is possible thanks to the many cycle tourism and mountain bike trails. The variety of landscapes and the benign climate allow you to engage in this sport all year round.

Throughout the territory you will find a host of cycle tourism networks, including the Ruta del Baix Empordà, and in the Terres de Lleida you may travel the Segre basin and the Plana de Ponent. In the Terres de l’Ebre you may pedal from Montblanc to the river Ebre, while around Barcelona you can enjoy the trails that run through the Parc Natural de la Serra de Collserola.

Catalonia abounds in green routes that follow former railway lines: the Ruta del Ferro i del Carbó, from Ripoll to Ogassa; the Ruta del Carrilet i de la Via del Tren, with two possible itineraries, one from Olot to Girona and the other from Girona to Sant Feliu de Guixols; and the Ruta del Baix Ebre, which runs along the river and links with the Ruta de la Terra Alta, the Ports and the mountains of Pàndols and Cavalls. There are also two unpaved green routes, namely the Ruta del Llobregat — between the Colònia Cal Rosal and the Baells reservoir —, and the Ruta de la Vall Fosca — from Espui to the Gento reservoir.

Cycle tourism opportunities are further enhanced by the network of eighteen mountain bike centres (Centres BTT), with over 6,400 km of signposted itineraries, all of which depart from a reception point where you will find tourist information, panels describing the itineraries and services. Thanks to the Centres BTT network you will be able to discover areas as varied as the interior of Catalonia, the Costa Brava, Costa Barcelona, the Costa Daurada, the Pyrenees, Terres de Lleida and the Val d’Aran.

There are countless itineraries throughout Catalan territory, of varying degrees of difficulty, from which we may explore Catalonia.

Thanks to the benign Mediterranean climate, you can engage in cycle tourism throughout the year.
Water, land and airborne activities

Braving the rapids, rafting, rowing or paddling kayaks; mountain activities like climbing and snow sports, and routes on foot or horseback will allow you to discover the most closely-guarded secrets of Catalonia on water, on land or in the air.

Catalonia is adventure

The personality of the rivers Noguera Ribagorçana, Noguera Pallaresa, Garonne and Segre changes radically with the coming of spring, when the snows melt. This wonder of nature transforms these watercourses and provides you with the opportunity to brave the rapids, descend the rivers through ravines and gorges and engage in rafting, kayaking and canoeing. The river Noguera Pallaresa is navigable along 40 kilometres while the Noguera Ribagorçana, which is 130 kilometres long, flows through a rugged landscape with majestic canyons and four dams. The Parc Olímpic del Segre is a first-class 500 m long Olympic facility with adjustable flow, magnificent characteristics which enable it to host international competitions. The river Garonne, in the Val d’Aran, has rafting stretches such as the Caos, the Era Lòssa and the Era Tortuga.

Opportunities to engage in water sports in Catalonia are also available in the Mediterranean, on rivers and reservoirs. Each year the Catalan littoral attracts thousands of visitors from all over the world who come with their own craft or engage in activities at water resorts, like those of Roses-Cap de Creus, L’Estartit-Illes Medes, Sant Feliu de Guíxols, Santa Susanna, Vilanova i la Geltrú, Costa Daurada and Sant Carles de la Ràpita. Freshwater alternatives include lakes and reservoirs, an attractive alternative for rowing and kayak enthusiasts. You will find these in the Pyrenees, in the Terres de Lleida and in the interior of Catalonia. Engaging in water sports is a good way to discover the most adventurous side of Catalonia.

Great views with your feet on the ground

Every year, more and more people choose Catalonia as an international destination for climbing, given the great variety of mountains and degrees of difficulty. Catalonia has many vias ferratas and one of the most ideal destinations is the mountain of Montserrat, crowned by over two hundred needles and with the Cavall Bernat as its most emblematic outcrop. In the Pyrenees, climbing enthusiasts may choose between the summits of the Pallars Jussà, the Montsec range or the Vall de Camprodon. Further inland, the Serra de Prades and the Els Ports massif offer privileged views of Catalonia, which you can enjoy without lifting your feet from the ground. An international reference point is Siurana, in the foothills of the Parc Natural del Montsant.
With the coming of winter, the Pyrenees become decked out in white to welcome snow sport enthusiasts. While you can do excursions all year round, the snow allows you to Rediscover trails with racquets, Nordic skiing, snow scooters and the different forms of snowboard. The Vall de Núria, the Vall de Camprodon, the Cerdanya, the Pallars and the Val d’Aran are perfect settings for this.

But you can also explore Catalonia on horseback, in direct contact with nature as you discover valleys, rivers, cliffs and beaches. And to experience the thrill of exploration, nothing could be better than to let yourself be seduced by adventure circuits among trees, adventure parks, 4 × 4 or quad routes and the increasingly popular Segways.

Catalonia in a single flight

The changing landscapes of Catalonia may also be admired from the air, thanks to activities prepared to let you observe any corner from a balloon, parapent or helicopter.

Having the summits of the Pyrenees almost close enough to touch, flying over forests or plains and following the outline of the coast will allow you to discover Catalonia in a single flight.

Nature activities

A good way to discover the landscapes, the flora and the fauna of Catalonia is to explore its natural areas, eighteen nature parks and bird-watching routes on which you may observe the different species of wildfowl.
Discover the wildlife of the Pyrenees
Nature with the family

We propose an irresistible offer to bring your family to the Val d’Aran: a weekend package to enjoy a small walking route to see some fascinating animals, butterflies, and to visit the wildlife park Aran Park, where you can complete a circuit and see all the animals in the area - wolves, deer, bears and up to 20 species. This package includes two nights’ accommodation and breakfast in a hotel/aparthotel with 3 or 4 stars.

From 79 €

Watching wild animals in Aran Park
© Naut Viajes

Location of the firm and site of the activity

Price, conditions and period when the activity is available

Contact and further information details

Inscription number in the Tourism Register of Catalonia

Languages
Catalan, Spanish, English, German and French

Contact
Tel.: +34 973 640 087
E-mail: reservas@nautviajes.com
Website: www.nautviajes.es
RTC: GC-003435 Naut Aran
The offers of *Catalonia is nature*, by the Catalan Tourist Board, come from a group of firms and institutions devoted to providing operators and visitors with activities that give you the opportunity to be in constant contact with nature and the landscape. The range of activities is wide and varied: the following directory provides you with a list of the Club’s member firms and entities, so that you can decide what to do, where to sleep and where to seek information during your stay in Catalonia.
Tot Catalunya

Catalonia is blessed with an exceptional natural heritage and extraordinary biodiversity, a treasure that must be preserved for the sake of present and future environmental sustainability. Its network of natural sites ranges from high mountains to coastal plains and from Euro-Siberian forests to semi-desert scrubland and maritime areas. Don suitable footwear and come and discover all this wealth, on foot, by bicycle, on horseback, by boat or by parachute; you have a host of options to choose from. Catalonia, a land open to active, responsible tourism!
Holidays in the midst of nature
Family holidays

Disconnecting from daily stress is easy thanks to programmes devised by the Associació Catalana Cases de Colònies: weekends, long weekends and family holidays in facilities located in enchanting settings. Our getaways allow you to engage in activities in the midst of nature, such as environmental education, guided tours and fauna observation, kayaks on the reservoirs of Sau and Camarasa, mountain bike and Segway, trekking... Now, the Sau complex has a new vertical forest installation for children!

**Offer price**

| From | 33 € |

All year round. Full board at weekends. Consult reduced rates for children.

**Where in Catalonia?**

Associació Catalana Cases de Colònies

The Associació Catalana Cases de Colònies is the entity belonging to the Fundació Catalana de l’Esplai that manages its outdoor pursuits centres, lodges and campsites. The Associació is very active in the field of environmental education with the purpose of imbuing people with a love of nature and fostering protection and conservation measures. All facilities and activities are adapted for persons with limited mobility.

**Contact**

Tel.: +34 934 744 678
E-mail: accc@fundesplai.org
Website: www.fundesplai.org

**Languages**

Catalan, Spanish and French
Sailing in a kayak
Nature from the water

The kayak is probably the best kind of craft from which to discover nature from rivers and seas. Its slow speed allows us to contemplate the environment at our leisure. At the Estacions Nàutiques you can hire kayaks for one, two or four occupants, designed either for the open sea or for fishing. This is the ideal form of transport with which to visit places of great ecological value and beauty, which would otherwise often be inaccessible.

Associació d’Estacions Nàutiques de Catalunya

The Estacions Nàutiques are conceived for the practice of nautical tourism, understood as a variant of active aquatic holidays combined with the opportunity to discover the local culture and recreational possibilities. In Catalonia we find, from north to south, the nautical resorts of Roses-Cap de Creus, L’Estartit-Illles Medes, Sant Feliu de Guíxols, Santa Susanna, Vilanova i la Geltrú, Costa Daurada and Sant Carles de la Ràpita-Delta de l’Ebre.

Languages
Catalan, Spanish, English, German and French

Contact
Tel.: +34 930 011 611
E-mail: info@encatalunya.cat
Website: www.encatalunya.cat

Where in Catalonia?

Offer price
From 10 €
All year round. Contact us for the different activities available.
Flying by balloon
Catalonia from the air

«Flying by balloon is floating in the air, feeling a sensation of calm and silence, Letting yourself be carried away by the wind.» These are words from the Camins de Vent team, experts in ballooning over all Catalonia, who offer an exceptional package: a balloon flight, accommodation in the take-off area, a photo album, a flight certificate and transport by 4 × 4. Guaranteed adventure and an unforgettable experience.

Offer price
138€
All year round.
Check different flight times.

Where in Catalonia?

Camins de Vent
Specialists in ballooning in Catalonia, Camins de Vent invite us to relive the sensations of the first adventurers who took to the air in an aerostatic balloon. The firm’s main activity is tourist flights, although they also offer romantic flights, group flights, sunset flights and flights for the elderly. They have baskets prepared for clients with limited mobility.

Contact
Tel.: +34 629 385 757
E-mail: info@caminsdevent.com
Website: www.caminsdevent.com

Languages
Catalan, Spanish and English
CIM experiences
Family tourism, nature and haute cuisine

Whether they be urban, historical, mountain or resort, the establishments grouped together under the CIM Hotels trade mark are a guarantee of comfort and wellbeing. It is for this reason that their weekend programmes are unforgettable experiences for families or couples all over Catalonia. Family tourism, tourism with pets, hiking, cycling, gastronomy... All this and lots more in a setting crammed with attractions.

CIM Hotels (Gourmet and Sender Hotels)
For this chain of charming family hotels located in settings of great beauty, respect for nature and the environment are the pillars of their philosophy and work. Gastronomy, cultural and sporting experiences, hiking and mountain trails are some of the activities coordinated by CIM Hotels.
The Ter Route
Landscapes and cultures united by the river

The Ter Route is an itinerary of over 200 km that follows the course of the river Ter and links the Pyrenees with the Costa Brava. The route, which begins at Ulldeter (Setcases) and ends at Gola del Ter (Torroella de Montgrí-l’Estartit), crosses 5 Catalan regions, which allows you to observe the diversity of landscapes, cultural elements and traditions. Whether you travel on foot or by bicycle, the route invites you to discover one of Catalonia’s major rivers and provides you with the opportunity to design a made-to-measure package (accommodation + activities) at the establishments in the area.

Offer price
Prices depend on the services hired
All year round. Contact us for different rates.

Where in Catalonia?

Consorci del Ter
Formed by 58 municipal councils and 5 regional councils in the Conca del Ter, the Consorci del Ter fosters measures of cohesion, preservation, sustainability and dynamization of the territory through 4 spheres of action: natural heritage, cultural heritage, communication and awareness raising and economic and tourist promotion. The Ruta del Ter belongs to this latter sphere.

Contact
Tel.: +34 972 405 091
E-mail: rutadelter@consorcidelter.cat
Website: www.rutadelter.cat

Languages
Catalan, Spanish, English and French
Discover Girona by bicycle
From the Pyrenees to the Costa Brava at your own pace!

The vies verdes constitute a network of four routes to discover the regions of Girona by bicycle. These circuits allow you to go from the Girona Pyrenees to the Costa Brava taking you to landscapes of great interest. Some of the routes cross protected natural areas such as the Zona Volcànica de la Garrotxa Natural Park and the Les Gavarres massif, while others pass through cities like Girona and Olot. The Girona regions now have a network of 353 kilometres of cycle routes, Pirinexus, that connect to the South of France.

Consorci de les Vies Verdes de Girona
Reserved exclusively for hikers and cyclists, except on a number of urban stretches or in shared areas, the Vies Verdes are safe, pleasant, accessible circuits, far from vehicle traffic and suitable for people of all ages and all degrees of physical fitness. The Consorci is the organism responsible for managing, promoting, maintaining and extending these routes.

Languages
Catalan, Spanish, English and French

Contact
Tel.: +34 972 486 950
E-mail: info@viesverdes.org
Website: www.viesverdes.cat www.pirinexus.cat
A break on the Via Verda
A proposal for cycling to get away from it all

Èxode Bike offers a guided route with luggage transported from Olot to Sant Feliu de Guíxols. Four days and three nights with breakfast and luggage transported from hotel to hotel, detailed maps of the route and telephone assistance in case of emergency. The route starts at Olot and goes through villages and towns like Les Planes d’Hostes and Amor, Girona itself, Cassà de la Selva and Llagostera, among others, before reaching Sant Feliu de Guíxols. An ideal break for families, friends and couples.
Globus Kon-Tiki
Leaders in services

Ballooning over Barcelona
The city seen from the air

Admiring the Montserrat massif, the Parc Natural del Montseny, the plain of Vic or the Pyrenees from the air is possible thanks to a package designed by the leading balloon flight firm not only in Catalonia but also in Spain: a flight lasting one to one and a half hours –with takeoff first thing in the morning–, and a personalised flight diploma. Furthermore, Globus Kon-Tiki will give you digital photographs of the adventure as a keepsake. A cooked breakfast in a farmhouse and a glass of cava are available for an extra 12 €.

Globus Kon-Tiki
A benchmark firm in the field of ballooning, Kon Tiki organises flights over all Catalonia, in particular over Barcelona (Montserrat, Montseny), the Pyrenees (La Cerdanya) and the Costa Brava (Empordà). Created in 1988, and having worked in all fields of adventure sport, the company decided to specialise in services using aerostatic balloons.

Where in Catalonia?

Offer price
140 €
All year round.
80 € children under ten. Reduced rates for families.

Languages
Catalan, Spanish, English, French and Italian

Contact
Tel.: +34 935 156 060
E-mail: info@globuskontiki.com
Website: www.globuskontiki.com
A family safari in the mountains
Adventure on the peak

Three days’ adventure for all the family in the Pyrenees behind the wheel of a 4 × 4 is the proposal of Kokopeli Experience, an invitation to experience wild nature, the culture and history of the region in an all-terrain vehicle, the only means of transport that will take you to the most hidden, practically inaccessible places. Hikes through the mountains, adventure sports, excursions to lakes and waterfalls, visits to places of cultural interest, good food and lots of fun, the weekend package guarantees all this and much more.

**Offer price**

370 €

The price includes transport, accommodation, food and activities. Minimum 12 persons.

**Where in Catalonia?**

Kokopeli Experience

An agency specialising in adventure breaks of one or more days on motorbike, bicycle or in jeeps in the Pyrenees of Catalonia, Aragon, Andorra and South of France, Kokopeli Experience organises trips in 4 × 4s, tailor-made itineraries for individuals or small groups, cultural visits, wine tourism, gastronomy... Rafting, canyoning, kayak, Segway, mountain bike, horse riding and snow activities are also included in their wide-ranging and attractive programmes.

**Contact**

Tel.: +34 932 955 877
E-mail: info@kokopeli.es
Website: www.kokopeli.es
RTC: GC-001787 Kokopeli Netivim in Spain

**Languages**

Catalan, Spanish, English, German, French, Italian, Russian and Hebrew
Adventure in quad or buggy
The Serra de l’Albera seen through different eyes

RUTAC offers a series of quad or buggy routes through the Serra de l’Albera and its immediate vicinity to discover this natural beauty spot from a different perspective. What’s more, it provides the opportunity to follow adventure circuits or thematic routes to discover the wines or the megalithic sculptures of the area, among other local attractions. Every excursion is invariably accompanied by a monitor who acts as your guide. Each quad is for a single person and the firm supplies you with the regulation helmet, gloves and overalls.

Rutes Turístiques i Aventura Catalunya (RUTAC)

This firm has over 10 years’ experience under its belt in the organisation of excursions in quads, buggies and 4 x 4s. It also runs paintball contests in the open air and hires out equipment for leisure and adventure activities such as inflatables, clay-pigeon shooting, rockodromes and adventure circuits. These activities can be enjoyed every day of the year and are adapted to the interests and needs of each individual client.

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<tr>
<th>Languages</th>
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<tr>
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<td>Tel.: +34 972 545 029</td>
</tr>
<tr>
<td>English and French</td>
<td>E-mail: <a href="mailto:rutacsi@telefonica.net">rutacsi@telefonica.net</a></td>
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</table>
Active Seniors
Sport without risk for older persons

Reaching a certain age does not mean that you have to give up adventure sports. Tornasol Aventura has designed a programme for elderly people, pensioners who remain young at heart: Active Seniors takes adventurers to the Costa Brava Pyrenees to engage in hiking and mountaineering, horse riding or cycling and river or sea kayak in groups. A 6-day, 5-night programme that includes discovering Girona and its Jewish quarter.

Offer price

€ 695

Price per person in groups of 6. Flexible dates from March to November and from Monday to Saturday.

Where in Catalonia?

Tornasol Aventura

Since 1991, Tornasol Aventura has been offering active and adventure tourism combining city and mountains, coast and inland areas, activity and leisure, relaxation, haute cuisine and culture. The firm has devised programmes adapted for all age groups, for small and medium-sized groups, with a combination of city tour and nature discovery (Costa Brava, Pyrenees) of between 2 and 10 days, including an complete transport and accommodation service.

Contact

Tel.: +34 972 702 747
E-mail: tornasol@tornasol.com
Website: www.tornasolaventura.eu
RTC: GC137 Viatges Felip Tour

Languages

Catalan, Spanish, English, French and German
Catalonia at the wheel of a 4 x 4
You are the driver

With its own fleet of a dozen vehicles, Travel Nexus offers range from one-day breaks to a whole week in a 4 x 4. Our vehicles let you get to the most impressive spectacular spots in Catalonia. We have packages that start in Barcelona and include authorized routes on selected forest tracks, charming accommodation, adventure sports of all kind, cultural visits, gourmet food and many more things.

Offer price
All year round. Check for availability.
From 80 €

Where in Catalonia?

Languages
Catalan, Spanish, English, French, Portuguese, Russian and Hebrew

Contact
Tel.: +34 934 875 738
E-mail: info@nexus4x4.com
Web: www.nexus4x4.com
RTC: GCMD-000226
Take part in the Barcelona Marathon
Run and discover the city

Turisme i Esport KM42 has prepared a VIP package which includes inscription in the Barcelona Marathon (15th March 2015), three nights in a 4-star hotel 50 metres from the starting line and finish of the race, preparatory training in a part of the circuit and a physiotherapy session, as well as a ticket for the Bus Turístic to see the sights of the city. The package also has tickets for Expo Sports, the Breakfast Run and the Pasta Party.

Offer price

455 €
Price per person in double room. Price for companion 325 €.

Where in Catalonia?

Turisme i Esport KM42
This services company specialises in sport tourism. Together with their collaborators, this team of professionals creates activities and experiences that foster a healthy lifestyle, respect for nature and exploration of the territory. With Turisme i Esport KM42 you can take part in a number of sporting activities and watch national and international events in any discipline.

Contact

Tel.: +34 617 039 292
E-mail: bdn@turismekm42.com
Website: www.turismekm42.com

Languages

Catalan, Spanish and English
¢ XANASCAT

Xarxa Nacional d’Albergs Socials de Catalunya (XANASCAT)
Affordable accommodation throughout Catalonia

Mountain bike route with the sea in the background © XANASCAT

+ q ALBERGS
Routes and trails through Catalonia

True to its philosophy, the aim of which is to facilitate mobility and social relations among young Catalans, XANASCAT has designed the +q ALBERGS programme: over 60 routes on foot and by bicycle that link the network’s lodges. The routes present varying degrees of difficulty and lead to the most hidden corners of Catalonia at any time of the year. A wide range of itineraries that guarantees unforgettable experiences.

Agència Catalana de la Joventut – Xarxa Nacional d’Albergs Socials de Catalunya (XANASCAT)

XANASCAT has around fifty lodges scattered throughout Catalonia, ideal bases from which to engage in nature activities in the company of friends or family, to share experiences and to make new acquaintances. Whether they be cultural, gastronomic, sporting, traditional or adventure, the XANASCAT proposals for stays in lodges are many and varied.

Where in Catalonia?

Offer price
From
20.50 €

All year round depending on the route and time of year. Price for half-board accommodation.

Languages
Catalan, Spanish, English, French and Russian

Contact
Tel.: +34 934 838 363
E-mail: reserves.xanascat@gencat.cat
Website: www.xanascat.cat
Barcelona

With a population of over one and a half million, Barcelona is a cosmopolitan city and a byword for modernity in all Europe. At the same time, it preserves its own identity based on aspects such as Modernism, its olympic spirit, pacifist culture and social progress. Barcelona has secret places that you must actively seek, and that will make you fall in love with the city. Visit them one by one and discover how nature fits into this urban setting open to the Mediterranean and the world.
Barcelona from the air
Bird’s-eye views of the city

They say that unless we have seen Barcelona from the air, we really do not know the city. From above, the buildings and streets of Barcelona can be admired from an unusual, privileged viewpoint that Cathelicòpters invites us to enjoy: the Costa Tour covers the port as far as the Columbus statue, Barceloneta, Maremàgnum, the beaches and the Fòrum; the Sky Tour takes us as far as the Torre Agbar, the Eixample and the Olympic Ring, Camp Nou, Collserola, the Llobregat and Montserrat.

Barcelona

Languages
Catalan, Spanish, English and French

Contact
Tel.: +34 932 240 710
E-mail: info@cathelicopters.com
Website: www.cathelicopters.com

Where in Catalonia?

Offer price
From 50 €

All year round. Costa Tour price. Check prices depending on the chosen route.

Cathelicòpters
A commercial helicopter firm founded in 2000, Cathelicòpters is dedicated to passenger transport, filming and à la carte sightseeing flights over Barcelona. Cathelicòpters has the only urban heliport on the entire peninsula as well as a versatile fleet that offers clients quality personalised service.
Paisatges Barcelona

The centre of Catalonia is in many ways its heart. Comprising L’Anoia, El Bages and Osona, it preserves its own identity traits in the shadow of the Montserrat massif, Catalonia’s spiritual centre par excellence. The region’s industrial and agricultural past has left a mark that now provides scope for many tourist activities. Its natural environment, of great beauty, invites visitors to explore it to the full. Come to Paisatges Barcelona, where you will discover opportunities to engage in active tourism that will leave you speechless!
Nature and adventure in Paisatges Barcelona
A number of ways to enjoy nature

The exceptional places of this region, such as the Nature Reserve of Guilleries-Savassona, for walking or mountain bike, or the reservoir of Sau, where kayaks allow visitors to discover the hidden spaces between the cliffs, the Park of the Castle of Montesquiu, the massif of Sant Llorenç del Munt, the Nature Park of Montserrat and the massif of Montseny, declared a Nature Park and a Biosphere Reserve, mean that there is a lot to do here.
The **Takeshi’s Castle** gymkhana
Laugh ‘til you cry

It could be just a group of friends, a birthday or a stag/hen party. Any excuse will do for a laugh. The *Takeshi’s Castle* gymkhana has 10 wacky games inspired by the mythical Japanese television show, and is a pioneering activity where mud and water are the protagonists. A chance to laugh with friends, let off steam and do stuff that you would never, ever have thought of. The activity is held in the Adventure Park of Collsacabra, just 10 minutes from Vic.

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**Anigami Experiències**
Awarded prizes by the Generalitat de Catalunya and the Diputació de Barcelona for its innovative character and respect for the environment, Anigami Experiències defines itself as a 21st century services firm, a groundbreaking project that cultivates the symbiosis between people and nature, between leisure and the emotions. Anigami organises tailor-made activities and accommodation for groups in Collsacabra.

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**Where in Catalonia?**

Paisatgues
Barcelona
L’Esquirol

**Offer price**

40 €

All year round. Contact us for different activities and availability.

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**Languages**

Catalan, Spanish, English, French, Arabic and Dutch

**Contact**

Tel.: +34 937 447 295  
E-mail: info@anigami.cat  
Website: www.humoramarillo.cat
A balloon flight
Unforgettable sensations

This is an attractive, fun and fascinating proposal that will let you see the landscape from a new angle: a balloon flight. From the moment that the globe starts to fill until you are picked up after landing, a flight in a balloon is an experience to treasure all your life. Come and discover a new world of wind-borne sensations and observations!

Offer price
160 €
All year round.

Where in Catalonia?
Baló Tour was created in 1990 as a firm devoted to organising balloon flights for tourists. Its aim is to provide clients with the opportunity to thoroughly enjoy leisure, culture and nature activities, a total tourism offer - accommodation, relaxation, cuisine and sport - based on quality products, personalised services and welcoming family atmospheres.

Contact
Tel.: +34 607 856 969
E-mail: balo@balotour.com
Website: www.balotour.com

Languages
Catalan, Spanish, English and French
Tourist flight to Montserrat
Bird’s-eye views of the mountain range

Nature, culture and spectacular views are the attractions of a flight that takes you over Catalonia’s most important landscape and cultural symbol: the mountain range of Montserrat. Aboard a helicopter, we can contemplate from above the incomparable outlines of Les Agulles, El Cavall Bernat and Sant Jeroni, the majesty of Montserrat Abbey and the peace of the hermitages that surround it. An opportunity to admire an emblematic icon from the sky.
A break in Lluçanes
Genuine nature

Get away for two days to discover the countryside around Lluçanès, its farmland and its Romanesque masterpiece: the church of Santa Maria de Lluçà. The package includes a trip on a burricleta and one night in a guest house of Lluçà, in front of the cloister, and meals consisting of local specialities. With a moderate to low level of difficulty, the route covers 50 kilometres guided by the exclusive Burricleta GPS, with cultural commentary in several languages.

Offer price
From 167 €
All year round. Consult different itineraries.

Where in Catalonia? Burricleta
Barcelona

A firm that sells and hires electric bicycles, specialised in natural, rural and cultural cycle routes. Burricleta organises a wide variety of routes through Catalonia that allow you to enjoy nature in comfort while exploring the territory in an original way. The offer is ideal for families, friends and couples. The activities can be for a day, a half day, or up to six days with an electric bicycle.

Contact
Tel.: +34 680 451156
E-mail: hola@burricleta.com
Website: www.burricleta.com
RTC: GCMD-000507

Languages
Catalan, Spanish, English and French
A family hotel
The ideal place to discover Cardona

With nineteen comfortable rooms that conserve the charm of their history, the hotel Bremón invites us to slow down and enjoy the calm serenity and hospitality of its old walls with a family deal of one night’s accommodation and breakfast. The offer can be complemented with the tourist activities offered in the city, such as the mountain bike tours led by Silvia Rovira, the guided tour of the castle, the salt mountain or the historic town centre.

Hotel Bremon ***
The building of the hotel Bremón dates from the 19th century and used to be the school of the Carmelite Vedrunes. It is an example of how history and memory can be handled with respect. The current owners, the Guals sisters, were pupils of the school and have overseen its transformation into a hotel with the utmost care to ensure that the magic of the past has its place in the comforts of today.

Where in Catalonia?

Offer price
130 €

Sunday to Friday, where available. Includes accommodation and breakfast for one or two adults and one or two children.

Languages
Catalan, Spanish, English and French

Contact
Tel.: +34 938 684 902
E-mail: info@hotelbremon.com
Website: www.hotelbremon.com
RTC: HCC-004221
Visit Montseny with St Bernards!
Enjoying nature in good company

This package has been designed to allow Husa Sant Bernat guests to enjoy a 2 nights’ bed and breakfast and engage in an activity in the Parc Natural del Montseny. The proposal consists of an excursion with St Bernard dogs and a guide from the hotel. This experience takes you into the very heart of the Montseny in the company of a breed of dogs originally from the Swiss Alps and famous for their mountain rescue prowess.

Offer price

200 €
From January 1 to March 15 and from October 15 to December 15.

Where in Catalonia?

Hotel Husa Sant Bernat ***
The 3-star Hotel Husa Sant Bernat stands at a height of 850 m in the heart of the Montseny massif. 70 km from Barcelona, it is located on a site surrounded by woods and gardens designed for guests’ to relax in. The hotel is totally refurbished and has 32 heated rooms with en-suite bathrooms and free Wi-Fi connection. The restaurant, specialising in mountain and international cuisine, is open every day.

Contact

Tel.: +34 938 473 011
E-mail: hsantbernat@husa.es
Website: www.hotelhusasantbernat.com
RTC: HB-000222

Languages

Catalan, Spanish, English and French
The **via ferrata** of Baumes Corcades

*Bird’s-eye views of Montseny and Centelles*

The **via ferrata** of Baumes Corcades reaches to the peak of the Turó del Puigsagordi, rising up rock faces in the midst of a superb landscape that changes as the route takes a new direction. During the ascent you enjoy the view of the Vic plain, watched over by Tona Castle. The word *bauma* reflects the local pronunciation of the word *balma* (cave). Its use as a pen for livestock or as a dwelling has led to it being adopted as a surname for those who lived in one.

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**Obrint Via**

This firm specialises in organising adventure, sporting or leisure activities for individuals, schools and firms. It offers a range of possibilities for discovering the territory, such as rock climbing, **vias ferratas**, canyoning, river trekking, mountaineering, hiking, Nordic walking, archery, potholing and snow shoes. The technical team adapts each activity to suit individual participants.

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**Where in Catalonia?**

Offer price

45 €

All year round. 50% discount for one companion.

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**Languages**

Catalan, Spanish, English, French and German

**Contact**

Tel.: +34 932 080 926
E-mail: info@obrintvia.cat
Website: www.obrintvia.cat
Costa Barcelona

The coastal areas of the Barcelona region has natural exuberance, irresistible culinary delights and cultural gems of great artistic value. The coastal strip abounds in family beaches while the interior is a crossroads of ancient traditions. We propose that you visit the magnificent natural spaces in the area and take advantage of the many opportunities to engage in active tourism near the big city.
Discover nature on Costa Barcelona
A place with activities for all

Costa Barcelona is home to a network of Nature Parks with a wide range of activities, installations, products and services to combine urban tourism with life in the country. Protected spaces where you can walk, cycle or ride a horse, walk among vines or through the ports, play a round of golf or simply enjoy the peace and the landscapes.
Adventures à la carte
Unlimited thrills

Activ Natura Parc Aventura invites you to play the role of genuine adventurers. All you have to do is choose 2 of the activities it organises: Laser Combat with unlimited ammunition, Adventure Circuit in the trees, Human Table Football + Orienteering, Human Table Football + Archery, Orienteering + Archery, Teambuilding – team games—Quad excursion for 1 person (45 minutes) or for 2 (90 minutes), and let yourself be carried away.

Offer price
From 50 €

All year round. Check in advance for availability.

Where in Catalonia?
Activ Natura Parc Aventura

At the gates of the Parc del Montnegre, Activ Natura has the widest available range of open-air leisure activities in the Maresme. It is the ideal place for celebrations and family or business reunions. Adventure circuits in the woods, Laser Combat fields, archery ranges, excursions by quad, on horseback or on donkeys through the Montnegre... These are just a few of the programmes designed by the firm.

Contact
Tel.: +34 683 372 554
E-mail: info@activ-natura.com
Website: www.activ-natura.com

Languages
Catalan, Spanish, English, French, German and Italian
Route through Caldes de Montbui
Becoming immersed in History

An urban orienteering route with geo-location on which you will discover the most enchanting corners of Caldes de Montbui, a quiet spa town imbued with history. The programme, ideal for families, is completed with 1 nights’ accommodation for 4 people in a timber bungalow with kitchen, dining room and private bathroom and lunch or supper at the campsite restaurant El Pasqualet, which specialises in traditional Catalan cuisine.
Montseny, with all the senses
Attractions all year round

The Parc Natural del Montseny is home to a host of genuine natural treasures. A number of guided activities, such as nature rambles, horse riding or orientation courses, distilling workshops or visits to a livestock farm are your invitations to discover them. The activities change with the season, in harmony with the landscapes, the produce of the land and the local cuisine, and are complemented with lunch and accommodation. Kitchen gardens, mushrooms, animals, plants, chestnut trees and their fruit are just some of the natural resources of Montseny.

Where in Catalonia?

The Association’s aim is to ensure that visitors to the Parc Natural del Montseny will enjoy a welcoming, environmentally respectful stay during which they will discover the natural, cultural and human wealth of this Biosphere Reserve. Accommodation, restaurants, leisure services and craft manufacturers are associated establishments that reinforce the attractions of the Montseny.

Offer price
From: 65 €
All year round. Check the association website for the different tour package.

Contact
Tel.: +34 938 482 008
E-mail: info@turisme-montseny.com
Website: www.turisme-montseny.com
RTC: GC1446 Viatges Tocasons

Languages
Catalan, Spanish, English and French
The Vallès Occidental, on foot and on horseback
A natural heritage waiting to be discovered

The Vallès Occidental has a network of over 300 km of signposted trails for active tourism in the natural environment. The parks of Sant Llorenç del Munt i l’Obac, Collserola and the Serra de Marina offer routes for all levels, from simple discovery itineraries, suitable for kids, to more demanding treks, such as the Els 3 Monts hiking circuit or the Equustur horse-riding route. They are all geo-referenced and have their own route book.

Consorci de Turisme del Vallès Occidental

The Consorci de Turisme del Vallès Occidental is a public, associative, voluntary body comprising 23 of the region’s municipal councils. Its aim is to promote the active presence of the Vallès Occidental region in the catalogue of preferential destinations in the different tourist markets. It also seeks to coordinate tourist options with private firms.

Where in Catalonia?

Offer price
Consult prices by activity
All year round. Contact us for different activities and levels.

Languages
Catalan, Spanish, English and French

Contact
Tel.: +34 937 273 534
E-mail: info@visitvalles.cat
Website: www.visitvalles.cat
Part of nature
Step into the fantastic world of Bosc Animat

Enjoy the pleasures of the forest from a completely new angle, in a play area for all ages where you can lose yourself among the trees, climb a pine tree or scoot down a 150m zip line. More than sixty-six different adventures await you among the trees, grouped into four circuits with different levels of difficulty. Afterwards, you can visit the scaled-down models of the Catalunya en Miniatura theme park.

Offer price
From 14 €
Consult opening times. Bookings must be made in advance. 20% discount, promotions for online purchase.

Where in Catalonia?

El Bosc Animat de Catalunya en Miniatura
Part of the Catalunya en Miniatura theme park, the animated forest is an aerial park offering more than 66 activities divided among 4 adventure circuits –gnomes, fairies, elves and trolls– with different degrees of difficulty. This experience is suitable for adventurers of all age groups, who will explore the forest under the supervision of expert instructors.

Contact
Tel.: +34 936 890 960
E-mail: info@catalunyaenminiatura.com
Website: www.catalunyaenminiatura.com

Languages
Catalan, Spanish and English
Thrills and speed on the zip-line descent © Bosc Vertical

El Bosc Vertical
Adventures in the treetops

Adventure above all
Four itineraries with numerous activities

The Bosc Vertical (Vertical Forest) has four circuits of varying degrees of difficulty, all conceived for you to enjoy adventure in direct contact with nature. The simplest are the Corredor (for children) and the Montnegre (for families). The Canopy circuit is noted for its height, which at some points reaches 20 metres and allows you to enjoy fine views. The fourth itinerary is Els Encantats, the most technical, which requires greater physical effort and features the park’s longest zip-line, the snowboard and the trapezium.

El Bosc Vertical
This adventure park is located in the privileged natural setting of the inland Maresme. Lianas, bridges, zip-lines, nets, snowboards and other elements provide scope for over ninety activities among the tree branches. It is open to everyone who wants to engage in adventures several metres above ground. We also organise birthday parties, stag and hen parties and business activities.

Where in Catalonia?

Languages
Catalan, Spanish, English and French

Contact
Tel.: +34 666 591 988
E-mail: info@boscvertical.com
Website: www.boscvertical.com

Offer price
From 10€
From February to December. Prices vary according to the circuit: from 10 to 27€.
Costa Brava

The beaches of the Costa Brava have attracted world-famous celebrities, lured by their transparent waters and by the natural charm of a setting that has managed to preserve much of its original Mediterranean appearance intact. The charm of its coastal towns is an irresistible attraction. They are both oases of tranquillity and, at the same time, departure points from which to visit the inland regions of Girona. Make the most of the opportunities for activity tourism that the Costa Brava offers you!
Nature and active tourism
When the landscape becomes emotion

The Costa Brava and the Girona Pyrenees together constitute an ideal destination for the practice of nature sports. 7 natural parks and a wide variety of landscapes allow you to engage in all kinds of activities, ranging from scuba diving, with over 30 centres, and a host of nautical sports on the coastal strip, as well as hiking, cycling, adventure sports and parachuting to skiing and other snow and mountain activities in the Girona Pyrenees.
**Via Ferrata (Beginner’s level)**
**For new adventurers**

A *via ferrata* is a vertical or horizontal itinerary prepared with crampons, clamp irons, rails, chains, rappel devices, suspended bridges and zip lines that help you reach your destination safely in areas of difficult access. As an activity it is not only entertaining but also a way to discover landscapes of great beauty. Aventura Girona, a firm specialising in nature activities, presents a *via ferrata* offer with equipment, qualified guide-instructor, photograph album and insurance.

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**Ajuntament de Girona**

Girona is blessed with a rich natural environment, much of which is protected (PEIN, Natura 2000 Network). Supplement your visit to historical Girona by discovering the rich natural heritage that surrounds the city and taking advantage of the wide range of activities that allow you to enjoy Girona in a different way: hiking routes and activities, running and cycling; kayaking, horse riding, Segway, ballooning and a host of others.

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**Where in Catalonia?**

Costa Brava

**Offer price**

45 €

All year round. Price per person (minimum 3 people).

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**Languages**

Catalan, Spanish and English

**Contact**

Tel.: +34 633 161 679
E-mail: info@aventuragirona.com
Website: www.aventuragirona.com
Maritime Empordà
Discovering the coast on the Itinerànnia trail network

Itinerànnia is a trail network of over 2,500 km that recovers the old roads between the towns and villages in the Ripollès, Garrotxa and Alt Empordà. The network is made up of many natural and cultural features and leads you from the Pyrenees to the sea, and back to the mountains again. A practical application for mobiles makes it possible to publish and manage the routes proposed.

Offer price
Consult prices per activity
All year round.

Where in Catalonia?

Associació Empordà Turisme
Empordà Turisme offers everything you need to plan your holiday in the region: information on towns and villages, beaches, natural attractions, accommodation, companies offering complementary activities, travel agencies and events schedules. It also has a direct link to the Itinerànnia website where you can find route indicators, or make your own routes to share.

Contact
Tel.: +34 972 514 431
E-mail: info@empordaturisme.com
Website: www.empordaturisme.com

Languages
Catalan, Spanish, English, and French
Discovering the little Costa Brava
Relaxation, sport and fun for all age groups

The family campsite Calella de Palafrugell - La Siesta family campsite offers sports such as mountain bike, Nordic Walking and hiking in privileged surroundings, in the midst of spectacular landscapes. The campsite organises free guided excursions so that people of all ages can discover the delights of the region, from the most secluded coves to the peace of the mountains.

Càmping Calella de Palafrugell – La Siesta
In the heart of the Costa Brava, the La Siesta family campsite provides comfortable timber bungalows and all the services you need for a pleasant camping experience in Calella de Palafrugell. Services include kids’ play areas, animation, a gym, a football pitch, Tennis court and Internet area.

Languages
Catalan, Spanish, English, French and Dutch

Contact
Tel.: +34 972 615 116
E-mail: info@campinglasiesta.com
Website: www.campinglasiesta.com
RTC: KG-000007

Where in Catalonia?

Offer price
Free
For clients staying at the campsite. From March 27 until September 29.
Càmping La Ballena Alegre Costa Brava
Tent, caravan, motor-home and bungalow

A 7-day stay for the price of 5
Save by renting a bungalow

The La Ballena Alegre Costa Brava campsite gives you 2 nights free if you rent a bungalow for a week. Taking advantage of this offer means only paying for 5 nights when you book for 7. The offer is valid between May 17 and 27 and between August 29 and September 20. What’s more, the campsite has facilities for extra activities such as windsurfing, kitesurfing and scuba diving courses.

Where in Catalonia?
Càmping La Ballena Alegre Costa Brava
A camping and bungalow site right behind a 1,800-metre beach in Sant Pere Pescador, next to the Aiguamolls de l’Empordà natural park and the ruins of Empúries. It has plots for tents, caravans or motorised homes with running water and drains, and 266 fully equipped bungalows. It also organises an entertainment programme to ensure that clients have fun and relax.

Offer price
465 € - 580 €
From May 16 to 25 and from September 4 to 20. For more information, check our website.

Contact
Tel.: +34 972 520 302
E-mail: info@ballena-alegre.com
Website: www.ballena-alegre.com
RTC: KG-000097

Languages
Catalan, Spanish, English, French, German, Italian and Dutch
Experiences in the Gironès
A land of walks and haute cuisine

At the Centre d’Interpretació del Territori, discovering the Gironès region is a multimedia experience thanks to the intelligent card, a digital card that allows you to select the most interesting contents, store them and take them home with you. The visit is completed with a tasting menu at the Espai de Gastronomia, where you can sample the local cuisine. The activity is for all age groups, and for individuals or groups.

Centre de Visitants del Gironès
A tourist facility run by the Consell Comarcal del Gironès, the Centre de Visitants del Gironès houses 5 major facilities: the Oficina Comarcal de Turisme, the Centre d’Interpretació del Territori, the Espai de Gastronomia, the Espai Botiga, the Espai de Tallers i Activitats and the Espai d’exposicions temporals. The centre allows you to discover the region through culture, craft work or gastronomy.

Where in Catalonia?

Offer price
From 14 €

Languages
Catalan, Spanish, English and French

Contact
Tel.: +34 972 011 669
E-mail: centredevisitants@girones.cat
Website: www.turismegirones.cat/centredevisitants
The wine route of L’Empordà
Two cellars and a taste of Empordà wines

The wines of the Denomination of Origin Empordà are produced in areas of great natural beauty. Cicloturisme offers you a healthy fun way to enjoy this area, by bicycle! The route starts and ends at Figueres, passing through towns with a long tradition of wine making such as Peralada, Vilajuïga or Capmany. All along this route you will be pedalling alongside vines and olives planted generations ago. The offer includes one night’s accommodation, visits to two cellars and wine tasting, guide books, maps and transport of luggage.

Offer price
From 135 €
Price per person. From March to October. Bicycle rental is optional.

Where in Catalonia?

Cicloturisme i Medi Ambient
Cicloturisme i Medi Ambient is a travel agency, specialising in cycle-tourism and walking holidays. Based in Girona, it organizes routes in the region of Girona and routes in other parts of Spain and Europe. The packages include accommodation, transport of luggage between hotels, a guide book and maps, as well as the culture and general information of the area visited. It also offers bike rentals.

Contact
Tel.: +34 972 221 047
E-mail: info@cicloturisme.com
Website: www.cicloturisme.com
RTC: GCMD-000507

Languages
Catalan, Spanish, English, German and French
An active weekend in l’Estartit
Between the sea and the mountains

At the Estació Nàutica L’Estartit-Illes Medes you will find the best opportunities to enjoy a nature reserve of high ecological value. The weekend package includes 1 night’s bed and breakfast at a 2-star hotel, bicycle hire (one half day) and a boat trip for 2 to the Illes Medes. This deal, which is available most of the year, allows you to discover the Costa Brava from both terra firma and the sea.

Offer price
154 €

From February 1 to May 8 and from September 11 to November 7, except Easter Week and Halloween weekend.

Languages
Catalan, Spanish, English and French

Contact
Tel.: +34 972 750 699
E-mail: info@enestarlt.com
Website: www.enestarlt.com
RTC: GC-003707 Torrent API
An active getaway
Experience the Costa Brava

Whether you want to relax, have fun or train, the activities organised by the Giverola Resort meet the needs of all its clients. The hotel complex proposes an active getaway package which includes 1 night’s stay with breakfast in a Type A studio, access to the spa area and a daily activity of your choice: hiking, an excursion by bicycle, scuba diving, tennis or skating. A tempting offer for tourism in a setting crammed with natural, cultural and culinary attractions.

Offer price

180 €

From March 10 to June 17 and from August 25 to October 18.

Where in Catalonia? Giverola Resort

The Club-Hotel Giverola is a 170,000 m² complex located around the cala Giverola cove, only 5 km away from Tossa de Mar. A landscape of small valleys with extraordinary views over the sea surrounds this major facility conceived for families and sportspeople, a synonym for pleasant, relaxing holidays. It has 205 apartments and studios as well as a Mini-Club for kids as from the age of 4.

Contact

Tel.: +34 972 340 000
E-mail: reservas@giverola.es
Website: www.giverola.es
RTC: HG-002138

Languages

Catalan, Spanish, English, German, French and Russian
**The Terramar hiking route**
Discover the area hiking along coastal paths

The Hotel Terramar *** offers clients a minimum stay of 2 nights for 2 people in a double room, including upgrade and buffet breakfast. What’s more, the hotel also provides you with the opportunity to explore the coastal paths near Llafranc. The Costa Brava has several of these, all you have to do is choose one in accordance with the degree of difficulty you feel up to facing. Finally, you have the option of a delicious supper for 2 at the Restaurant Terramar.

**Hotel Terramar ***

The Hotel Terramar stands right on the seafront on the Costa Brava. It is an establishment noted for its Mediterranean charm that invites you to take a holiday with the family. Make the most of your stay by doing activities in the natural setting of the town, such as hiking, cycling, nautical sports, as well as enjoying the local cuisine and wines.

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**Where in Catalonia?**

**Offer price**

54,50 €

From March 28 to June 5 and from September 13 to October 11.
Price per person and night. Consult prices for the mid-season.

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**Languages**

Catalan, Spanish, English and French

**Contact**

Tel.: +34 972 300 200
E-mail: comercial@hterramar.com
Website: www.hterramar.com
RTC: HG-000081
Downriver on the Ter
Catalonia, seen through other eyes

When you take a kayak or Canadian canoe on the river Ter you see the Gironès region and the Baix Empordà through different eyes. Kayak del Ter proposes a downriver itinerary in three stretches –from Colomers to Verges, from Sobrànigues to Colomers and from Sant Julià de Ramis to Flaçà, via Celrà– lasting between ninety minutes and six hours, to admire the beauty of the setting and have fun with the family or friends. You will be sure to disconnect.

Offer price

25 €

No booking required.
From June 15 to September 15. Three rates: adults, young people and children. Special rates for groups.

Where in Catalonia?

Kayak del Ter

This firm is devoted to active tourism and adventure activities on the Ter, the only Mediterranean river with more water in summer than in winter and with a uniquely regular flow. Kayak del Ter organises descents along different stretches of the river, depending on the kind of craft –Kayak or Canadian canoe–, some of which are included in the European LIFE project Xarxa Natura 2000 for Mediterranean biological corridors.

Contact

Tel.: +34 662 159 469
E-mail: info@kayakdelter.com
Website: www.kayakdelter.com

Languages

Catalan, Spanish, English and French
Venture to the Illes Medes
A complete experience in a unique environment

By spending one whole day in the Parc Natural de les Illes Medes, you discover everything the islands conceal both above and beneath the waters. The package includes 2 activities: in the morning you go snorkelling to discover the islands’ undersea life, a veritable aquarium with a great number and variety of marine fauna and flora. In the afternoon you take a sailing boat trip to experience the magic of wind power.

Medaqua Sport designs sports programmes on the Costa Brava, conceived to generate new sensations. You need no prior experience or special physical preparation to engage in these activities. The firm, which is thoroughly familiar with the area, provides the equipment, the monitors and the instructors.

Where in Catalonia?

Offer price
36 €

From April 1 to June 16. Check in advance for availability.

Languages
Catalan, Spanish, English and French

Contact
Tel.: +34 972 752 043
E-mail: info@medaqua.com
Website: www.medaqua.com
Ocitània
Adventure and respect for friends and all the family

A Romanesque church in the background © Ocitània

Segway X2 through the Empordà
Excursions on a unique vehicle

Environmentally friendly, easy to steer and great fun, the Segway X2 is an electric vehicle that climbs mountains with the same ease as it moves over beaches, along paths through the wetlands or on the streets of a town. Suitable for drivers of all ages, the Segway X2 allows us to admire the landscape as we drive. This programme by Ocitània –guided routes to the Mirador de Gualta, Llabià and Cau del Duc, among others– is a new original way to discover the Empordà.

Offer price

32 €
All year round.
Price for 1 person.

Where in Catalonia?

Ocitània
Adventure and respect for the environment, these are the 2 pillars of Ocitània, a firm that organises activities for families, groups of friends and firms in the heart of the Empordà: routes on Segway X2, laser combat battles, buggy and mini-4 x 4 excursions, zip lines, orienteering, golf... Innovative fun for all age groups.

Contact

Tel.: +34 972 755 082
E-mail: info@ocitania.cat
Website: www.ocitania.cat

Languages
Catalan, Spanish, English and French
Discover Catalonia on a bicycle!
Cycle tourism from the Pyrenees to the Mediterranean

A 6-day bicycle trip to discover Catalonia with pedal power. The departure point is the Monastery of Santa Maria in Ripoll. The second stage is through the volcanic lands of La Garrotxa. The third takes you to Girona, on the banks of the Ter. At the end of the fourth stage you reach the Mediterranean. The Costa Brava is the setting for the fifth, on which you discover historical towns like Peratallada and Ullastret. Finally, on the sixth stretch you explore the Empordà before arriving at your destination, Figueres.

Terra Diversions

Terra Diversions is a Barcelona-based travel and active tourism agency. Founded in 2005, it organises guided and semi-guided bicycle and hiking routes throughout Catalonia. The agency strives to design new itineraries and uses state-of-the-art technology to do so. All the guides are professional and genuine sports enthusiasts who share their knowledge of local culture while taking care of every detail.

Languages

Catalan, Spanish, English, French and German

Contact

Tel.: +34 934 160 805
E-mail: info@terradiversions.com
Website: www.terradiversions.com
RTC: GC-1932

Where in Catalonia?

Offer price

From 435 €

From March to November. Total price per person in double room. Check prices for additional services.
Tandem skydive and wind tunnel
The sensation of flying

Who has never dreamed of flying using nothing more than your? You can now make this dream come true in Empuriabrava. Skydive Empuriabrava and the Túnel del Vent Widoor provide you with the sensation of flying like a bird. You can dive in tandem with a professional instructor by parachute from a height of 4,000 metres or, alternatively, in the wind tunnel you may experience the same sensation without having to jump from a light aircraft. Are you bold enough?

Offer price
Enquire about different prices
All year round. Check availability of places.

Where in Catalonia?

Turisme Castelló d’Empúries – Empuriabrava

Castelló d’Empúries promotes the town’s natural and cultural attractions: the Empuriabrava marina, in the heart of the Bay of Roses, one of the most beautiful in the world; the culture and history of the ancient capital of the Comtat d’Empúries; and Castelló d’Empúries, its Jewish quarter and the natural environment of the Aiguamolls (wetlands) of the Empordà make it a place to explore.

Contact
Tel.: +34 972 450 802
E-mail: turisme@empuriabrava.cat
Website: www.castelloempuriabrava.com

Languages
Catalan, Spanish, English, French, German and Russian
A rural getaway to Girona
Leaving stress behind

There is nothing like a getaway to the country to escape from the stress of city life. With a wide choice of rural guest houses in La Garrotxa, Cerdanya, Pla de l’Estany, Gironès, La Selva and Alt and Baix Empordà, Turisme Rural Girona offers a package of 2 nights in a rural guest house plus the gift of an activity to discover the surrounding countryside. The package is subject to room availability.

Offer price
From
175 €

All year round depending on availability, 2-night stay for a minimum of 2 people. Accommodation + discovery activity.

Languages
Catalan, Spanish, English, French and German

Contact
Tel.: +34 972 226 015
E-mail: info@gironarural.org
Website: www.gironarural.org
Costa Daurada

The Costa Daurada offers a variety of tourist attractions ranging from the vineyards of El Priorat, the Roman heritage of ancient Tarraco, the calçot fields of the Alt Camp, the beaches of the Baix Penedès, the medieval legacy of Montblanc and the golf courses on the coast to the major cities of Tarragona and Reus. An area acknowledged worldwide for its benign year-round climate and natural beauty, wide open to the Mediterranean. Explore the natural wealth of the Costa Daurada, an area fully prepared for active discovery tourism!
Sport on the Costa Daurada
A year-round training camp

The mountain ranges of the Parc Natural de la Serra del Montsant, the mountains of Prades and other protected areas on the Costa Daurada are noted for the biodiversity they contain the ideal destination for open-air sport all year round: canyoning, kayaks, excursions, climbing, potholing, archery... Nautical sports and cycling too: the Estació Nàutica Costa Daurada booking centre and the Centre BTT de Mont-roig del Camp—with over 143 km of circuits—organise fitness programmes on the Costa Daurada.
A paradise to discover
Muntanyes de la Costa Daurada

Costa Daurada Mountains
Away from the sea

Paths trodden by legendary warriors, the lands of medieval barons, plains, hazel groves, mountain spurs and the sea: all are landscapes typical of the Camp de Tarragona. A hike through the hills and valleys that form the Muntanyes de la Costa Daurada is a unique experience: that of discovering, for example, the shepherds’ huts and walls built of dry stone or the woodland that provides the habitat for a wide variety of animal and plant species.

Muntanyes de la Costa Daurada
The mountains of the Costa Daurada are a paradise waiting to be discovered, an area of practically unspoilt nature and small mountain villages steeped in tradition. An opportunity to engage in hiking, discover tales and legends and savour the best Mediterranean products right by the sea.

Languages
Catalan, Spanish and English

Contact
Tel.: +34 977 327 155
E-mail: info@muntanyescostadaurada.cat
Website: www.muntanyescostadaurada.cat

Where in Catalonia?

Offer price
Free

All year round. Contact us for the different activities that take place throughout the year.
Cycling among vineyards
Active tourism for all

A cycling holiday through the most important wine-producing areas of Catalonia. Six days of cycling in the Penedès and Priorat, in the Nature Parks of Poblet and Montsant, riding through charming villages such as Sant Martí Sarroca, Prades, Escaladei or Cambrils. The package includes accommodation, transfers and transport of luggage, maps and a digital roadbook, insurance and roadside assistance. If necessary, we can lend you the bike!

Preu de l’oferta

From 825 €

All year round. 7 days half board accommodation. Discounts for groups. Minimum 6.

Where in Catalonia?

Natura Esport Costa Daurada

A travel agency specialised in cycling holidays and other activities for enjoying nature. Founded in the heart of the Costa Daurada, our services include tours of varying length and difficulty on mountain bike, road bikes, cycling holidays and handbikes (for persons with a physical handicap). We also have an innovative environmental course in the countryside for families and kids. Our values are: responsibility, commitment, sustainability and cooperation.

Contact

Tel.: +34 686 419 261
E-mail: info@natura-esport.com
Web: www.natura-esport.com
RTC: GC-002868

Languages

Catalan, Spanish, English and French
The 6T card
La Ruta del Cister on foot or on mountain bike

The GR-175, the Ruta del Cister (Cistercian Trail), is the route linking the Cistercian monasteries of Les Santes Creus, Poblet and Vallbona, a circular itinerary of some 105 km with two-way signposting. It may be completed in a variable number of stages—although visiting the 3 monasteries is always included—by hiring a mountain bike or a guide. For only 1€, the Carnet 6T entitles you to discounts and other advantages at the establishments you find on the way.

La Ruta del Cister

The Ruta del Cister is the name that identifies the territory comprising the Alt Camp, the Conca de Barberà and L’Urgell, three regions with a rich artistic and cultural heritage in which the Cistercian monasteries of Santes Creus, Poblet and Vallbona de les Monges are located. Visitors discover not only the monasteries, however, but regions with their own spectacular landscapes and traditions.

Where in Catalonia?

Offer price

1 €

All year round. Check the advantages provided by the Carnet 6T.

Languages
Catalan, Spanish, English and French

Contact
Tel.: +34 977 861 232
E-mail: info@larutadelcister.info
Website: www.larutadelcister.info
Calafell, all year round
Try Nordic walking

We propose that you discover Calafell and its hinterland by practising sport. The Patronat Municipal de Turisme promotes all-year-round Nordic walking itineraries, free of charge, with qualified monitors and free sticks for engaging in the activity. This activity takes mankind’s oldest form of exercise, walking, and adds special sticks similar to those used in cross-country skiing. A simple, complete sport.

Offer price
Free

From March to November. Contact us for different itineraries.

Where in Catalonia?

Patronat Municipal de Turisme de Calafell
The Calafell tourist office provides you with information on accommodation, places to eat, cultural visits to the town, gastronomy, festivities, guided Nordic walking excursions and mountain bike routes. The Patronat is also responsible for managing and coordinating Calafell as a Family Tourism Destination and organises other acts and events.

Contact
Tel.: +34 977 699 141
E-mail: informacio@calafell.org
Website: www.turisme.calafell.cat

Languages
Catalan, Spanish, English, French and German
Catalonia, inch by inch
Catalonia tour and Barcelona

A week long Cycle trail which takes you from Barcelona along the Catalan section of the pilgrimage route to Santiago and back to Barcelona. Crossing beautiful landscapes, forests, vineyards and nature parks, you can visit Romanesque churches, medieval towns, rural and industrial heritage sites and the most important Romanesque monastery in Catalonia, Montserrat. The trail ends in Barcelona, with spectacular views of the coast. Throughout the trip, you will have the opportunity to enjoy the rich gastronomy of Spain, with its traditional regional cuisine and excellent wines.

Trek & Ride
Trek & Ride is a firm that specialises in tourism in Catalonia, oriented towards leisure activities in sea, mountain and other natural settings: treks by bicycle or on horseback, hiking, stays at hotels that offer recreational or sporting activities and gastronomic experiences are just a few of the propositions in its varied catalogue.

Where in Catalonia?

Offer price

€ 605

All year round. Bed and breakfast. We recommend from March to November. Consult services included in the price.

Languages
Catalan, Spanish, English and French

Contact
Tel.: +34 937 350 267
E-mail: info@trekandride.com
Web: www.trekandride.com
RTC: GC 002159
Indoor and outdoor sport
On land and sea

A simple, cordial fishing town, Cambrils is an ideal place to enjoy the sun and the beach, but also culture, cuisine, traditions and sport. Its location in the heart of the Costa Daurada, only a short distance away from Roman Tarragona, modernist Reus and the Priorat, make it an attractive tourist destination. A resort for sports tourism, Cambrils specialises in sailing, football, athletics and cycling, with a number of different cycle routes of varying difficulty. A city for active people.

Offer price
Prices vary depending on the activity
All year round. Contact us for the different activities that take place throughout the year.

Where in Catalonia? Turisme de Cambrils
Cambrils is a town with 9 km of coast, gentle relief and a benign climate suitable for engaging in sport all year round. The sea, the sports marina, the bicycle lane, the sports facilities and the establishments adapted to groups of sportspeople, together with the proximity of the inland mountains, make Cambrils the ideal destination for practicing sport.

Contact
Tel.: +34 977 792 307
E-mail: tur@cambrils.org
Website: www.cambrils-turisme.com

Languages
Catalan, Spanish, English and French
Walking routes in the Priorat
Discovering the region on foot

Old ‘royal’ roads, horse trails, paths and cart tracks together constitute the Xarxa de Camins del Priorat, a network that links the towns and villages of the region and allow us to admire its landscapes of vineyards and olive groves. They are paths and trails that, in many cases, had been abandoned and overgrown and cross the Parc Natural de la Serra de Montsant and the Llaberia Park, two of the local beauty spots.
Terres de l’Ebre

Located in the far south of the Principality, the Terres de l’Ebre are closely identified with the course of the river after which they are named. The Ebro is a major communications artery, uniting its two banks and the people who live on them. The delta at its mouth is one of the most important wetlands in the western Mediterranean. Thanks to this, the practice of active tourism in the Terres de l’Ebre is a unique, enriching experience, since the region’s fauna, flora and flat delta landscape are full of possibilities.
Get active in the Terres de l’Ebre!
Adventure in a unique setting

The unique natural qualities of Terres de l’Ebre are the result of the convergence of the Mediterranean Sea, the river Ebre and the Els Ports mountains in the same space. The high mountain peaks, majestic beechtrees and isolation of the delta invite you to try a wide variety of active and adventure tourism practices such as hiking, cycling, sailing in kayaks, climbing or horse riding.
Hotel l’Algadir del Delta ***
Feeling entirely at home

Cycle tourism in the Delta de l’Ebre
Get close to the treasures of a natural park

With a surface area of over 300 km², the Parc Natural del Delta de l’Ebre is one of the most important aquatic habitats in the Mediterranean. A place of extraordinary natural resources which, thanks to a package designed by the Hotel l’Algadir, can be enjoyed in the best conditions. The package includes 2 nights, bed and breakfast at the hotel, in the heart of the Delta, and bicycles and road maps to explore the natural park and discover its flora and fauna.

Hotel L’Algadir del Delta ***
Opened in October 2007, the Algadir is a small family-atmosphere hotel with 11 double rooms in Poble Nou del Delta, a quiet town in the heart of the Delta de l’Ebre, where the natural setting is highly conducive to relaxation. The Hotel l’Algadir is the first establishment of its kind in Catalonia to have been awarded the European Eco-label.

Where in Catalonia?

Offer price
From 180 €
Low-season rate for standard double room. Consult us for mid-season and high-season rates.

Languages
Catalan, Spanish and English

Contact
Tel.: +34 977 744 559
E-mail: gerencia@hotelalgadirdelta.com
Website: www.hotelalgadirdelta.com
RTC: HTE-000835
Swimming among hundreds of tuna
Catamaran, swimming and gourmet tasting session

In the Grup Balfegó tuna pens, located 2.5 nautical miles from the coast off L’Ametlla de Mar, you can enjoy thrilling underwater adventures: swimming among hundreds of specimens of the giant bluefin. Tuna Tour is an experience suitable for all age groups. The complete Balfegó Catamaran Tour, which lasts two hours, includes the outward and return journeys, snorkelling equipment, sampling a Balfegó bluefin tuna delicatessen and one beverage. Also available are the Tuna Tour Gourmet, Tuna Tour Educa and Tuna Tour Diving.

Offer price
From 32 €
Swimming season from June 21 to October 31. Special prices for groups.

Where in Catalonia?
Tuna Tour (Grup Balfegó)

Balfegó Tour is a vessel with a capacity for seventy passengers which provides an unforgettable experience. The adventure begins in the port of L’Ametlla de Mar on board this state-of-the-art catamaran. With a maritime excursion, a swim and audio-visuals, we introduce you to the world of the bluefin tuna: the history, fishing methods and culinary value of this species.

Contact
Tel.: +34 977 047 700
E-mail: reservas@tuna-tour.com
Website: www.tuna-tour.com

Languages
Catalan, Spanish, English, French and Russian
Introduction to scuba diving
Discovering a marine environment of great beauty

Ametlla de Mar has seventeen kilometres of coastline, and is one of the areas which is richest in marine flora and fauna due to its bed of rock and sand. Turisme de l’Ametlla de Mar has prepared the Discover Scuba Diving activity, a 30-minute immersion in shallow waters guided by a PADI instructor, ideal for those with no experience of diving. You will discover the feeling of weightlessness, breathing underwater and observing the fauna underwater.

Turisme de l’Ametlla de Mar

Turisme de l’Ametlla de Mar is the entity responsible for promoting this former fishing town and the sporting activities available on its coast. The local natural environment of coves, cliffs and protected areas provides scope for trekking, scuba diving, kayaking, fishing, sailing and Tuna Tour (swimming among tuna), among other activities.

Where in Catalonia?

Offer price

50 €

From June 1 to October 31. Insurance and equipment included

Languages

Catalan, Spanish, English and French

Contact

Tel.: +34 677 669 132
E-mail: ametlladiving@gmail.com
Web: www.ametlladiving.com
The regions grouped together under the designation Terres de Lleida stretch over the western sector of the central depression. Their centre is the city of Lleida, a prime nucleus of economic activity, and the lower stretch of the river Segre, which supplies water to irrigate the local crops. They create a natural landscape of inland agricultural fields, a geographical element that fosters active tourism closely linked to the environment. Come and explore the natural heritage of the Terres de Lleida, it will astonish you!
Let yourself be carried away... and feel!
Walking, looking, breathing, skiing, pedalling

In the Pyrenees and the Terres de Lleida there are more than 200 companies specialized in activity tourism to enable you to experience nature in their purest state. Come and try the wide range of tourist attractions, including the 4,000 hectares of ski slopes, the Parc Nacional d’Aigüestortes i Estany de Sant Maurici and the Cadí-Moixeró and Alt Pirineu natural parks. Observe the sky at the Montsec Astronomy Park, recognised as a Starlight Reservation and Tourist Destination.

www.aralleida.cat
Hostatgeria Monestir de les Avellanes ***
Hospitality in a historic complex

The reservoir experience
Admiring the Congost de Santa Linya

The charm of some of Catalonia’s natural sites lies in the fact that they cannot be reached by road or forest track. This is the case of the Congost de Santa Linya canyon, which can be reached only from the river. With its departure and return points at the Adrià jetty, 25 km from the Monastery of Les Avellanes, the 12-km guided tour takes you through the canyon, with its landscapes visible only from the kayak. The excursion includes a paddling and safety class (2-3 hours and of average difficulty). The tour is also available for the Congost de Mont-rebei.

Offer price
102.50 €

Where in Catalonia?

Hostatgeria Monestir de les Avellanes ***
Housed in a 12th century building, declared part of the national historical and artistic heritage, the hotel has 37 rooms with views and complete bathrooms. The El Claustre restaurant serves dishes based on the traditional cuisine of the Noguera region. The establishment offers free Wi-Fi connection visits to the COU, Congost Mont-Rebei and Camarasa, bird-watching routes, fishing, wine cellars, mountain biking, hiking, kayak boating, horse riding and parapent.

Contact
Tel.: +34 973 438 006
E-mail: avellanes@maristes.org
Website: www.monestirdelesavellanes.com
RTC: GC-000040-60878 Trans Global

Languages
Catalan, Spanish, English, French and Croatian
Sports in the Rialb Reservoir
All kinds of activity tourism on the Rialb reservoir

Segre Mitjà offers a weekend sporting programme in the Noguera region so that we can enjoy all the opportunities provided by the Rialb Reservoir. The programme consists of full board at the La Torra lodge, on the shore of the reservoir, and 3 open-air activities of your choice from the options provided by Segre Mitjà: windsurfing, canyoning, canoeing, archery, orienteering, banana boating and exploring the reservoir in a motor launch.

Languages
Catalan, Spanish, English and French

Contact
Tel.: +34 932 053 667
E-mail: info@lapicatrips.com
Website: www.lapicatrips.com
RTC: GCMD-262
Mediterranean bird watching
Pre-Pyrenean and steppe wildfowl

Natural & Ocells organises a birdwatching excursion in 2 natural Catalan environments. First we visit the Pre-Pyrenees, where large birds of prey abound, particularly vultures and characteristic species such as the lammergeyer and highland birds. Then we go to the Lleida steppes, the home of species like the roller, the stone curlew and steppe birds, which are rarely seen because their habitats are few and far between in Europe.

Offer price
200 €
All year round. Bookings must be made fifteen days in advance. Price per person for 2 days (Saturday and Sunday).

Where in Catalonia?

Natura & Ocells
This firm imparts courses and lectures on nature and fauna in environments of natural interest as well as developing ecology and nature tourism projects. It organises guided fauna observation tours throughout Catalonia, concentrating above all on birds because they are easy to observe. These take place in areas of great biodiversity that provide the habitat for rare or emblematic species.

Contact
Tel.: +34 600 539 995
E-mail: alex@naturaocells.info
Website: www.naturaocells.info

Languages
Catalan, Spanish and English
An astronomical Montsec experience
A weekend beneath the stars

Tu i Lleida proposes a complete weekend in the Montsec, in a package that combines science, gastronomy and history. The offer includes visits to the Centre d’Observació de l’Univers, a landmark astronomical institution in Catalonia, the Os Malignum Castrum, a magnificent 11th century castle, and the Museu de Campanes de Catalunya, plus accommodation, an ‘astronomical’ lunch or supper, a tourist dossier and a gift for each client.

Tu i Lleida
A travel agency and tourist information centre, Tu i Lleida organises activities mainly in the Montsec area. Its philosophy is to orient clients, offering them excursions and other activities that will allow them to discover the charms of the territory: kayak boating and visits to castles or the medieval town of Os de Balaguer are just some of its exclusive active and cultural tourism programmes.
The mountains that form the Pyrenees constitute a privileged natural environment where we can observe Catalonia from the heights. The valleys, on the other hand, harbour an astonishing human heritage, fruit of the perseverance of men and women who developed a lifestyle intrinsically linked to the relief. Today, the Pyrenees are a dynamic area that provides a host of opportunities to engage in activities, particularly in the natural environment. Come and explore the vibrant nature of the Pyrenees, it is unique!
The Carrilet green trail
From the Pyrenees to the Costa Brava by bicycle

Following the green trails that lead from Olot to Sant Feliu de Guíxols, we shall undertake a 2-day trip through landscapes of extraordinary beauty and of great cultural and ecological value: valleys, towns, villages and crop fields of La Garrotxa, the Gironès and the Baix Empordà. The activity is an ideal one for travelling with the family or friends or for doing so alone. It includes bicycle hire, accessories –saddlebags, baby chairs, helmets–, the Green Trails Guide and pick-up at the end of the trip.

Offer price
From 50 €
From March 1 to November 30. Consult reduced rates for children.

Where in Catalonia?
Agència de Turisme Mediambiental (ATMA)
This firm, which has been working for 20 years in La Garrotxa, specialises in the logistics of cycle tourism. Based at kilometre 0 on the Carrilet green trail, it offers all kinds of services related with cycle tourism and road cycling - accessories such as maps, GPS, child seats, etc and different models of bicycle for trekking, sightseeing, electric, tandem, road bikes, children and junior models, etc.

Contact
Tel.: +34 972 692 023
E-mail: info@atma.cat
Website: www.atma.cat

Languages
Catalan, Spanish and English
Adventure in the Pyrenees
High-altitude thrills

Experiencing thrills in the high mountains: this is what Altitud Extrem-TS Aventura offers in its adventure package, which consists of 2 nights in the mountains with bungalow accommodation and 2 adventure activities, one of which to be chosen from among adventure park, Segway (1 hour), bungee jumping or snow racquets, and the other from via ferrata, canyoning or trekking in Pedraforca. Fun is guaranteed!

Altitud Extrem-TS Aventura

A technical team who organise mountain and adventure activities with the aim of fostering knowledge of, respect for and protection of natural mountain sites, Altitud Extrem-TS Aventura manage several adventure parks, such as those of La Molina, Borredà and Pedraforca. Prominent in their extensive activities catalogue are canyoning, trekking, Segway and quad routes, bridge jumping and paintball.

Where in Catalonia?

Offer price
From
110 €

All year round, weekdays. 32 € supplement for weekends. Check for accommodation.

Languages
Catalan, Spanish, English and French

Contact
Tel.: +34 616 554 039
E-mail: info@altitudextrem.com
Website: www.tsaventura.com

Segway route in the Pyrenees © Altitud Extrem
Lodging and activities in nature
A wide catalogue of offers each year

The Association’s website lists all the offers of the 26 associated campsites, which put forward different proposals each season. They are attractive offers that invite you to enjoy a genuine lifestyle characterised by direct contact with nature. All the campsites give you a warm welcome and a set of services, particularly suitable for families and kids.

Where in Catalonia?

Campsites are a good option when it comes to enjoying nature, since they provide scope for engaging in sporting, recreational and cultural activities in a simple way as well as for discovering the local cuisine. What’s more, they offer comfortable services in different types of accommodation, such as fully equipped tents, caravans or bungalows, suited to the needs of each group.

Contact

Tel.: +34 938 221 188
E-mail: info@ocipirineu.com
Website: www.ocipirineu.com

Languages

Catalan, Spanish, English, French and Dutch
Boí Taüll Resort
Devoted to the practice of skiing

Snow awaits you at the Boí Taüll Resort
A complete skiing programme for all age groups

The resort proposes a 2-day skiing getaway in the Vall de Boí. The package includes 2 nights’ bed and breakfast at the Boí Taüll Resort (free accommodation for children aged up to 5), 2 days’ forfeit, free transport from the resort to the slopes and back, an entertainment programme for kids and adults, and finally free admission to the afternoon Club Infantil for kids aged between 2 and 6 staying at the resort.

Boí Taüll Resort

Boí Taüll Resort is a complex of 6 hotel establishments of different categories that offer a variety of services. It stands at an altitude of 1,600 m in the Vall de Boí, in the Alta Ribagorça. It is the access point to the highest ski facility in the Pyrenees, which peaks at 2,751 m. Its situation, facing north, is a guarantee of excellent quality snow throughout the season.

Where in Catalonia?

Offer price

From
80 €

Until April 6.
Rates may vary depending on the season and category.

Languages

Catalan, Spanish, English and French

Contact

Tel.: +34 902 406 640
E-mail: reservas@boitaullresort.com
Website: www.boitaullresort.com
RTC: HL-000683
Eco-tourism in Solsona
The Environment of the Pyrenees closer than ever

2 km from Solsona, Camping El Solsonès offers an ecological and sustainable alternative for your free time and holidays. Located in a privileged spot, you can enjoy a number of activities in the open, such as the Zoo of the Pyrenees, close to the ski resort of Port del Comte, and get to know the local fauna first hand. Finally, you can taste a range of organic seasonal ingredients in the Restaurant of the Camping El Solsonès, specialised in locally sourced food.

Offer price

50 €

All year round. The price includes half board and entry to the zoo. Free entrance for visitors under three, and over eighty-five.

Where in Catalonia?

Camping El Solsonès

A top-class ecological campsite, holder of the EMAS environmental certificate, Camping El Solsonès is ideal for cultural, culinary and nature tourism. It offers fully equipped timber bungalows as well as plots for caravans and mobile homes. It also has a supermarket where ecological craft products are sold, a restaurant, a summer terrace, a swimming pool, sports area, and a mini-club with shows for kids.

Contact

Tel.: +34 973 482 861
E-mail: info@campingsolsones.com
Website: www.campingsolsones.com
RTC: KCC-000043

Languages

Catalan, Spanish, English and French
Adventure and sport in La Cerdanya
A high-performance resort

The Vall de la Cerdanya has a resort equipped with modern facilities that contribute to improving sportspeople’s performance. The package includes bed and breakfast with free admittance to the spa and the gym, and an entrance ticket to the padel and tennis courts, the ice-skating rink, and the indoor and outdoor heated pools. The team at the centre also suggests routes for trekking, running, mountain bike and road cycling.

Campus Cerdanya

Campus Cerdanya is a resort conceived for active people and sports enthusiasts. Located in Puigcerdà, it has 53 rooms, many common areas and access to state-of-the-art sports facilities. Besides enjoying the comforts of a modern hotel in the midst of nature, clients may engage in swimming, trekking or seasonal sports like skiing and snowboard. It is also the ideal place for school trips and camps.

Languages
Catalan, Spanish, English and French

Contact
Tel.: +34 972 880 810
E-mail: comercial@campus-cerdanya.com
Website: www.campus-cerdanya.com
RTC: DGJ 240

Where in Catalonia?

Offer price
50 €

Until December 22 (except July). Price per person and night.
Climbing Pedraforca
An imposing massif

A Site of National Interest, the Massís del Pedraforca is one of the symbols of hillwalking in Catalonia. Its height of 2,406 metres, however, is no impediment to reaching the summit: if you are reasonably fit and hire a mountain guide, there is no reason why you should not get to the top. CINGLES will make it more accessible with a proposition that consists of a guided ascent of Pedraforca. There is also the opportunity to spend a night in the La Closa lodge.

**Offer price**

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From April to November. Check for available places for optional accommodation.

### Where in Catalonia?

CINGLES (Companyia de Guies de Muntanya del Berguedà)

CINGLES is a firm of mountain guides and environmental educators which since 1993 has been organising mountain activities addressed to groups, families, companies, primary schools, secondary schools and universities. The activities take place throughout the year and the firm attends to mountaineers in several languages.

### Contact

- Tel.: +34 938 257 016
- E-mail: info@guiescingles.cat
- Website: www.guiescingles.cat
- RTC: DGJ 240 S.E.T. Berguedà SL

### Languages

Catalan, Spanish, English and French
Come to Pallars, Experience Jussà
Guided hillwalking in the Pyrenees of Lleida

The campaign «Come to Pallars, Experience Jussà» has prepared guided walks in the Pallars Jussà region. Each path is unique and will immerse you in the landscape and the essential features of its resources: geology, biodiversity and the traces of human activity throughout history. Visits include places as striking as the gorge at Mont-rebei, the tracks of the Vall Fosca, the castles of Mur and Guàrdia and the Vall de Manyanet.

Consell Comarcal del Pallars Jussà
With its headquarters in Tremp, the Consell Comarcal del Pallars Jussà is the entity that governs the region, with responsibility for sectors such as Youth, Consumption, Economic Development and Tourism. In this latter field, the Consell is responsible for promoting the Pallars Jussà as a destination for nature and sport -hiking, mountain bike, 4 × 4- and culture -museums, border castles, civic and religious architecture, etc.

Where in Catalonia?

Offer price
From
5 €
All year round. Consult room availability. Activities are free for persons staying in affiliated accommodation.

Languages
Catalan, Spanish, English and French

Contact
Tel.: +34 620 96 83 06
E-mail: viujussa@gmail.com
Website: www.vinealpallars.com
**In the steps of the Cathars**

An itinerary that reveals the history of the Pyrenees

Camí dels Bons Homes is a cross-frontier hiking experience that crosses the Pyrenees from the shrine of Queralt, in Catalonia, to the Castle of Montsegur, in France. The route may be covered on foot, on horseback in 9 days and on mountain bike in 6 days. By following in the footsteps of the Cathars you discover the cultural and historical heritage of this mountain area. Among the services at your disposal are accommodation, restaurants, mountain guides, luggage transport and equestrian centres.

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**Consult prices depending on activities**

All year round. Packages available for completing the route on foot, horseback or BTT. From guide companies affiliated with CR-CBH.

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**Where in Catalonia?**

**Contact**

Tel.: +34 93 822 1500  
E-mail: info@camidelsbonshomes.com  
Website: www.camidelsbonshomes.com

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**Languages**

Catalan, Spanish, English and French
Magic in the Valls d’Àneu
Parc Nacional d’Aigüestortes i Estany de Sant Maurici

Over 200 lakes and countless streams furrow Aigüestortes i Estany de Sant Maurici, the only national park in Catalonia, a high-mountain landscape characterised by imposing relief. The package consists of bed and breakfast in a camping bungalow for 4-6 people, a taxi per that takes you up to the Estany de Sant Maurici and descent by raft, canoe or kayak in calm waters, horse riding and descent by mountain bike, the perfect way to discover this idyllic setting.

Consorci Turisme Valls d’Àneu

The Valls d’Àneu, located in the Lleida Pyrenees, are the ideal place in which to enjoy nature and adventure sports. The departure point for numerous excursions to the Parc Nacional d’Aigüestortes i Estany de Sant Maurici, they offer scope for sports such as rafting, kayak or horse riding and riding mountain bikes along the 211 km specially prepared for this activity. The Romanesque tour, the local cuisine and a substantial number of hotels to choose from make the valleys a tempting destination.

Languages
Catalan, Spanish, English and French

Contact
Tel.: +34 973 626 568
E-mail: info@vallsdaneu.org
Website: www.vallsdaneu.org
RTC: GC-002529 La Clau Serveis SCP

Languages Contact

Offer price
195 €

Where in Catalonia?

All year round. Check in advance for availability.
Activity tourism in Ripollès
100 ways to enjoy the mountains

The Ripollès region is ideal for activity holidays of all kinds, including cycling, walking or horse riding. There are areas of great beauty hidden in the folds of the land, such as the Vall de Núria, Coma de Vaca or Circ d’Uldeter. In winter alpine skiing is available at Vall de Núria and Vallter 2000, or you can use snow shoes or go cross-country skiing. For daredevils there is white water rafting, rock and mountain climbing, caving and acrobatic routes.
Hiking in the Ripollès
Discovering the Girona Pyrenees

The extraordinary landscapes between the valleys of Ribes and Camprodon provide the setting for the Costa Brava Verd Hotels, 4 family establishments, one each in Ribes de Freser, Llanars, Setcases and Molló. From here we may go hiking in the Girona Pyrenees (one week) thanks to a package that includes 7-nights half-board accommodation, luggage transport, maps and 3 picnics to enjoy in the midst of nature.

Costa Brava Verd Hotels

Costa Brava Verd Hotels is a chain of independent family hotels in the Girona regions and grouped together under two brands: Costa Brava Hotels – on the coast– and Blau Verd Hotels –in the inland regions and the Pyrenees. The establishments have magnificent facilities to make your stay as comfortable as possible.

Where in Catalonia?

Offer price

From
590 €

All year round except from August 1 to September 11.
Price per person.

Languages
Catalan, Spanish, English and French

Contact
Tel.: +34 972 600 034
E-mail: info@costabravaverdhotels.com
Website: www.costabravaverdhotels.com
Vall de Núria
A range of activities in the valley

The Vall de Núria mountain resort dominates one of the highest points in the Vall de Ribes, surrounded by peaks almost 3,000 m high where numerous springs and torrents emerge. The Vall has a skiing package that includes two nights half-board, unlimited travel on the cog-railway and cable car, and a ski pass for each day of your stay.

Offer price
From €163
From December 5 to April 5.

Where in Catalonia?

Estació de muntanya Vall de Núria

In the very heart of the Pyrenees and at an altitude of 2,000 m, the Vall de Núria is more than a ski resort: it is a world of great natural wealth. Run by Turisme i Muntanya de Ferrocarrils de la Generalitat, it has always striven to preserve the natural heritage through a system of environmental management applied to all activities. The Vall de Núria invites you, all year round, to sample the recreational and sporting possibilities of the high mountain.

Contact
Tel.: +34 932 041 041 (booking office)
E-mail: reserves@valldenuria.cat
Website: www.valldenuria.cat
RTC: HG-000038

Languages
Catalan, Spanish, English, French and German
Pack Debutant
Initiation into skiing

You don’t have to be an expert skier to enjoy a run down the snow-covered mountains of the Catalan Pyrenees. Baptism by snow is a fun experience for anyone, whatever your age, and for this reason Gran Pallars recommends that you take advantage of their Pack Debutant, a pleasant initiation into skiing for everybody. The package includes a 1-day forfeit, 1 day’s equipment hire and 2 hours of practical group instruction. Learning to ski has never been so easy!

Offer price

60 €


Après-ski activities
A programme without room for minute’s boredom

La Molina offers a wide range of opportunities to enjoy nature once the skiing session is over. The activities it places at its clients’ disposal include scuba diving under the ice, driving 4 x 4 vehicles, sleighs drawn by dogs, snow shoes and scooters, nighttime descents, excursions on snow-treaders, rescue training, spa circuits, fitness and tubing sessions, routes on self-balancing electric skates, super zip-line and skittles.

Where in Catalonia?
Estació d’esquí de la Molina
This ski resort combines passion for mountain sports with family appeal, with activities here suitable for all age groups. Its facilities include kilometres of runs for all levels and top-quality services. The joint forfeit with the Masella resort provides skiers with the longest slopes in Catalonia.

Offer price
41 €
For the 2014-15 ski season. Forfeit per adult, one day. Consult the web for other rates and services.

Contact
Tel.: +34 932 041 041 (booking office)
E-mail: lamolina@lamolina.cat
Website: www.lamolina.cat

Languages
Catalan, Spanish, English, German and Russian
A stay for the senses
A privileged setting near the Pyrenees

Thanks to its location in the foothills of the Pyrenees, the Hotel Can Boix de Peramola **** is a haven of tranquillity. Spending the night in one of its double-comfort rooms equipped with hydromassage and all mod cons is the best way to disconnect from everyday problems and be carried away by the peace of the setting. This is what Can Boix proposes: a package consisting of one night for 2 people in a Double-Comfort room with breakfast and supper from the Seasonal Menu in which the aromas, flavours and colours of the local produce are the essence of the dishes..

Hotel Can Boix de Peramola ****
Can Boix de Peramola is a charming small hotel run by the Pallarès family and located in an area noted for its natural attractions, a spot in the foothills of the Lleida Pyrenees that invites you to discover, feel and experience the peace of nature. The hotel has 41 rooms, a complete set of facilities –swimming pool, tennis court, lounge with hearth, gardens...– and its cuisine has been awarded prizes at several competitions.

Where in Catalonia?

Offer price

<table>
<thead>
<tr>
<th>Price</th>
<th>209.70 €</th>
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<tr>
<td>All year round. Check in advance for room availability.</td>
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</table>

Languages

Catalan, Spanish, English and French

Contact

Tel.: +34 973 470 266
E-mail: hotel@canboix.cat
Website: www.canboix.cat
RTC: HL-000110
Health in the mountains
Disconnecting is a wise choice

The package the hotel proposes consists of one night’s accommodation in one of its superior rooms, including a buffet breakfast and supper in the establishment restaurant. During your stay, the hotel staff will give you personal advice on invigorating walks in the vicinity to get you oxygenated and toned. After your physical exercise you have three hours’ admission into the thermal facilities as well as a 25-minute muscle-relaxing massage.

Offer price
152 €
All year except for high season.
Price per person, tourist tax not included.

Where in Catalonia?

Hotel Grèvol Spa ****
A haven of peace in the form of a mountain chalet in the midst of natural surroundings that offer many sporting and leisure opportunities. The hotel’s warm atmosphere, its cuisine and personal service make it an attractive proposition for relaxation and wellness. A philosophy that takes practical form in the spa, where you will be given expert advice on your physical health needs.

Contact
Tel.: +34 972 741 013
E-mail: info@hotelgrevol.com
Website: www.hotelgrevol.com
RTC: HG-002180

Languages
Catalan, Spanish, English and French
Hotel HG La Molina ****
Relaxing in the high mountains

Spa x 2
A getaway for couples

Hard by the La Molina ski slopes, with excellent views over the Vall de la Cerdanya and the ski resort, the Hotel HG La Molina offers an irresistible package for clients who seek relaxation in the high mountains: a getaway for couples that consists of 2 nights’ accommodation with buffet breakfast and a dinner menu, along with one relaxing session in our exclusive spa circuit.

Hotel HG La Molina ****
This 4-star hotel at the La Molina ski resort has 65 double, triple and quadruple rooms with microwave oven and dining table, and family duplex rooms for 6 people with eat-in kitchen and two bathrooms. The facilities include a spa, storage space for skis and skiing boots, a conference room, games room, outdoor pool (in the summer), mini-club for children and free Wi-Fi connection in the lounges.

Where in Catalonia?

Offer price
From
198 €

From December 5 to April 5, and from July 5 to October 12.

Languages
Catalan, Spanish, English and French

Contact
Tel.: +34 972 892 975
E-mail: hglmolina@grupohg.com
Website: www.hghoteles.com
RTC: HG-002363
Hotel Muntanya & Spa ***
A special vantage point

Rambling and wellbeing in Cerdanya
A corner waiting to be discovered

An exceptional weekend with two nights, all included, that lets you enjoy Cerdanya and feel at one with nature. The hotel’s own guides will take you on unforgettable activities and experiences, all at a fixed price. There are many options to choose from. Besides breakfast, lunch, tea and dinner with all drinks included, you can choose between guided excursions and activities, roadbooks, Fantashistory, a panoramic spa circuit and many others.

Where in Catalonia?

The Hotel Muntanya & Spa stands in the small town of Prullans de Cerdanya, near the Vall del Cadí. Fruit of a long family tradition, the establishment has comfortable, well-equipped rooms and a buffet serving regional dishes, as well as a heated pool with a retractable roof, a wellness centre, a spa circuit, gym, padel court, rockodrome, mini-club for kids aged between 2 and 12, gardens and a car park. It has also earned the Gourmet Speciality distinction.

Hotel Muntanya & Spa ***

Offer price
149,50 €
All year round except long weekends and school holidays. Price per person in double room. Mention this offer when booking.

Contact
Tel.: +34 973 510 260
E-mail: info@prullans.net
Website: www.prullans.net
RTC: GC-002695 Super Cerdanya

Languages
Catalan, Spanish, English, German, French and Dutch
Hotel Solineu ***
As close as you can get to the La Molina ski runs

Come horse-riding in La Molina!
Experience La Cerdanya from a different perspective

The offer consists, on the one hand, of one night’s bed and breakfast for 2 or more people at the Hotel Solineu and, on the other, of one hour’s horse riding in the middle of the Vall de la Cerdanya. This is one of Europe’s broadest valleys, notable for its minimum height of around 1,000 m, its east-west orientation and 3,000 hours of sun per year. This package also provides you with admission to the hotel’s spa and fitness facilities at no extra cost.

Hotel Solineu ***
This establishment is next to La Molina ski resort, just 150 metres from the chairlifts. A 3-star hotel, in 2010 it was totally refurbished to offer maximum comfort for the family tourism sector. It has fully en-suite rooms, television with DVD, films at clients’ disposal, a safe, free Wi-Fi connection, a Wii room, a mini-club and spa facilities.

Where in Catalonia?

Languages
Catalan, Spanish, English and French

Contact
Tel.: +34 972 892 033
E-mail: info@lamolina.es
Website: www.lamolina.es
RTC: GCMD-000122 Viatges Molineu

Offer price
85 €
Until April 30. Price per person. 65 € between May 1 and October 30.
A dream getaway to El Pallars
A weekend of haute cuisine, nature and stars

Discovering the attractions of El Pallars and the Montsec, this is the aim of the package designed by the Hotel Terradets: three days and two nights’ accommodation for 2 people, breakfast included, at the hotel complex, 1 Menú Gourmet (beverages not included) beside the lake. The location makes a visit to the Astronomy Centre at Montsec and other places of interest in Pallars easier, as well as rambling in the Terradets gorge. There is yet another attraction: Geocaching, a treasure hunting game.

Offer price

199.90 €

From February 20 to December 22. Except August and long weekends.

Where in Catalonia?

Hotel Terradets ***

This family hotel complex comprising the Hotel Terradets and the Restaurant del Llac is located in the Pallars Jussà, on the shores of Lake Terradets and only a short distance away from the Montsec mountain range. Ideal for a getaway with the family, friends or as a couple to enjoy a wide range of activities in contact with nature, and the best traditional cuisine with a few touches of innovation.

Contact

Tel.: +34 973 651 120
E-mail: info@hotelterradets.com
Website: www.hotelterradets.com
RTC: HL-000105

Languages

Catalan, Spanish, English, French, Romanian and Dutch
Landscapes of the valley
The expansion of the forests

The trails that lead you into the landscape take you to hidden villages, history and traditions that form the natural and cultural heritage of this highland valley. There are as many routes to choose from, as there are landscapes, from birch groves on the way to Grell, to the beech forests of Capsacosta, the oaks of Salarça and the ash groves of Riberal de Catllar; from the volta al Carboner to the plains of Espinalba. The valley of camprodon awaits!
Activities in the Natural Park
Oficina de Turisme del Berguedà

From March 15 to October 15. Consult the website for the different programmed activities.

+34 938 221 500
turisme@elbergueda.cat
www.elbergueda.cat

To the north of Barcelona Province, in the foothills of the Pyrenees, El Berguedà offers a wide range of nature activities in the Parc Natural del Cadí Moixeró and its immediate vicinity. The most prominent of these activities is hiking on the region’s trail network designed to offer a set of thematic attractions to lovers of this sport.

Picasso’s Way
Cultural rambling

Picasso’s Way retraces Picasso’s steps from Guardiola to Gósol in the spring of 1906, and the route he followed when he left the Berguedà region. The itinerary covers much of the Alt Berguedà, contained within the Cadi Moixeró Natural Park, as far as Bellver de Cerdanya, a tour the brilliant painter and his companion, Fernande Olivier, made in the company of a mule driver and his mule. This 4-day route provides fascinating scope for cultural hiking.

Offer price
From 385 €

From March 15 to October 15. Consult the website for the different programmed activities.

Where in Catalonia?

Oficina de Turisme del Berguedà

To the north of Barcelona Province, in the foothills of the Pyrenees, El Berguedà offers a wide range of nature activities in the Parc Natural del Cadí Moixeró and its immediate vicinity. The most prominent of these activities is hiking on the region’s trail network designed to offer a set of thematic attractions to lovers of this sport.

Contact
Tel.: +34 938 221 500
E-mail: turisme@elbergueda.cat
Website: www.elbergueda.cat

Languages
Catalan, Spanish, English and French
Olympic adventure
High-mountain challenges

At the Parc Olímpic del Segre, both adults and kids (aged from 9 upwards) can enjoy water and mountain sports like genuine champions. This Pyrenean recreational centre has designed a comprehensive activities programme consisting of 1 hour’s canoeing on a calm-water canal plus lunch at the Restaurant del Parc plus one hour’s rafting on the Olympic white-water canal. A team of expert monitors make sure that participants take home an indelible memory of the experience.

Parc Olímpic del Segre
The Parc Olímpic del Segre, in La Seu d’Urgell, provides the opportunity to engage in river sports like rafting, canoeing, open kayak and watersleigh, under conditions of absolute safety in an incomparable setting. The mechanical lifts and mini hydroelectric pumping station are state-of-the-art technological elements of the park facilities that contribute to furthering people’s enjoyment of sporting activities.

Languages
Catalan, Spanish, English and French

Contact
Tel.: +34 973 360 092
E-mail: parcolimpic@parcolimpic.cat
Website: www.parcolimpic.cat

Where in Catalonia?

Offer price
60 €
From March to September. Price per person.
A relaxing break in Cerdanya
The attractions of nature

We offer you a comfortable stay in a double room with views of the valley. The offer includes a buffet breakfast with traditional products of Cerdanya and a visit with electric bikes to discover Puigcerdà and its area. On returning you can relax in the hotel spa with its sauna, jacuzzi, steam baths, etc. To round it off, we’ll give you a free bottle of cava to drink in our lounges.

Preu de l’oferta
110 €
All year. Price of a double room. Except New Year and August.

Where in Catalonia?

Park Hotel Puigcerdà
Our facilities and services are designed to satisfy the most demanding clients. There is a pool, garden, play area, disco, spa, two padel courts and football pitch. The rooms are comfortable with views of the landscape, full bathrooms, plasma TV, piped music, mini bar, WiFi and a strongbox. There are a number of spaces to enjoy in the hotel, such as the bridge room. The local tourist office is on site.

Contact
Tel.: +34 972 88 07 50
E-mail: info@hotelparkpuigcerda.com
Web: www.hotelparkpuigcerda.com
RTC: HG-001278

Languages
Catalan, Spanish, English and French
Hiking in La Cerdanya
An extensive network of trails to discover

There is a wide choice of hiking routes in the La Cerdanya region, a total of 19 signposted trails of varying difficulty throughout the valley, suitable for mountain bike, horse riding and trekking on foot. There are east-west paths, including the Camí de Sant Jaume and thematic routes such as the camí dels Bons Homes. There are also several north-south paths that allow you to discover hidden spots and natural landscapes of great beauty.

Patronat Comarcal de Turisme de la Cerdanya

La Cerdanya is blessed with a great natural heritage combined with a wide choice of sporting activities, ranging from mountain bike routes to short-distance and long-distance paths, nordic walking and alpine skiing in La Molina, Masella, Lyles, Aranasas and Gulles Fontanne. You make also try golf, horse-riding, fishing, mountaineering, climbing or snow walking.

Where in Catalonia?

Offer price

Prices vary depending on each activity

All year round. Consult the website for activities throughout the year.

Languages
Catalan, Spanish, English, French and German

Contact
Tel.: +34 972 140 665
E-mail: info@cerdanya.org
Website: www.cerdanya.org
Live the Parc Nacional d’Aigüestortes Sensations throughout the year in the heart of the Pyrenees

The park offers a programme of varied activities throughout the year (itineraries with guide services, hiking with snow shoes...) with the objective of providing you with the opportunity to discover the protected area that constitutes Catalonia’s main high-mountain ecosystem. It encompasses peaks of over 3,000 m in height, rivers, canyons, waterfalls, wetlands, over 200 lakes of a variety of forms and colours and a great diversity of animal and plant species. All in all, a unique protected natural area in the south of Europe.

Where in Catalonia?
Patronat de la Vall de Boí

The Vall de Boí offers a wide range of quality tourist attractions, including the Romanesque complex, recently declared a World Heritage Site, and traditions such as the baixades de falles. Prominent natural assets include the Parc Nacional d’Aigüestortes i Estany de Sant Maurici, the trail network, the highest ski resort in Catalonia, abundant thermal springs and quality cuisine.

Offer price
Check prices for each activity
All year round. Different activities throughout the year.

Contact
Tel.: +34 973 694 000
E-mail: vallboi@vallboi.com
Website: www.vallboi.com

Languages
Catalan, Spanish, English and French
Adventure in the Lleida Pyrenees
Braving the rapids and excursions on horseback

Located between 3 major valleys –Àneu, Cardós and Valfarrera–, Llavorsí is a small municipality in the Pallars Sobirà, in the midst of nature and high mountains. The perfect setting for relaxing with the family and also for adventure. Ràfting Llavorsí has designed two thrilling activities for your stay with us: rafting on one day and either river sledging, canyoning or horse riding on the second.

Ràfting Llavorsí
Ràfting Llavorsí has amassed 26 years’ experience in organising adventure and nature sports, either aquatic –rafting, canyoning or river sledging– or on terra firma –horse riding, trekking–, and provides clients with the opportunity to discover the local traditions and culture. A full package experience of the rivers, mountains and lakes of the Pallars Sobirà.

Where in Catalonia?

Languages
Catalan, Spanish, English and French

Contact
Tel.: +34 973 622 158
E-mail: aventura@raftingllavorsi.com
Website: www.raftingllavorsi.com

Offer price
70 €

From March 1 to October 15.
An adventure break in Sort
In the river with no fear!

The adventure break consists of one night in a standard room at the Florido Hotel, with a glass of cava on arrival, a buffet breakfast and rafting between Llavorsí and Sort: 18 kilometres on the Noguera Pallaresa river. We offer free access to the hotel facilities, its pool, gardens, solarium terrace, bar and car park. It’s an ideal charming place for those who love nature and adventure sports.

Preu de l’oferta
75 €

From March 15 to October 15. Accommodation with breakfast only. Consult for Easter and August.

Where in Catalonia?

Rafting Sort - Rubber River

Rafting Sort Rubber-River is the oldest activity tourism company in this sector, with over twenty years’ experience in white water adventure sports. It offers rafting, canyoning, river sledging, canoes... in combination packages that offer accommodation at the Florido mountain hotel in Sort, with all comforts and services required when preparing for and recovering from the activity.

Contact
Tel.: +34 973 620 220
E-mail: rafting@rubber-river.com
Web: www.rubber-river.com
RTC: GC: 997 Tossa Tours

Languages
Catalan, Spanish, English and French
GPS, Garrotxa plans and emotions
Activities all year round

Travelling on foot, small-gauge train, or on a donkey, visits to producers, gymkhanas, cycle routes, excursions and activities with guides or without... These are some of the propositions that allow you to discover the most magical corners in La Garrotxa, the volcanic region of Catalonia. Trails that follow the lava flows, the Roman road of Capsacosta and the Jewish quarter of Besalú are just some of the places to visit, itineraries suitable for the entire family, with facilities to ensure that kids enjoy a pleasant day out.

Turisme Garrotxa

Turisme Garrotxa is a private association that promotes a sustainable tourism model closely linked to the land. Its office guides visitors and offers them unique, personalised experiences, facilitating contact with local establishments and placing leisure activities, resources and facilities at their disposal.

Where in Catalonia?

Offer price

1 € - 30 €

All year round. Prices and rates vary depending on the activity. Check for free activities. Advanced booking required.

Languages
Catalan, Spanish, English and French

Contact
Tel.: +34 972 271 600
E-mail: info@turismegarrotxa.com
Website: www.turismegarrotxa.com
Pack Ràfting Deluxe
For daredevils

The regions of Lleida were pioneers in promoting adventure sports for tourism. Over 25 Years’ experience are the guarantee of Turisnat, in the Pallars Sobirà, one of the sector’s benchmark tourist complexes that now offers the Pack Ràfting Deluxe, which consists of 1 night at the Borda de Ritort rural guest house, in Sort, including a farmhouse breakfast, and the best and most complete rafting on the Noguera Pallaresa: one half day of rafting, digital photographs of the activity, a taste of local cured meats and the traditional pork sausage roast, the botifarrada pallaresa.

Offer price
75 €
From March to October. Price per person. Check in advance for availability.

Where in Catalonia? Turisnat Sort - Ràfting Pallars
Located in Sort, in the Pallars Sobirà, Turisnat Pirineus is the most modern family rural tourism complex in the Lleida Pyrenees. Over 30,000 m² at the service of clients with quality rural accommodation, a sports area with pool, a barbecue area, events area and adventure activities base from which to discover an exclusive product: Ràfting Deluxe.

Contact
Tel.: +34 973 621 008
E-mail: info@turisnat.com
Website: www.turisnatsort.com
Languages
Catalan, Spanish, English and French
Ballooninig in La Garrotxa
The volcanos of Catalonia from the air

Enjoy the experience of flying over the Nature Park of the Volcanic Area of La Garrotxa, one of the most fascinating in Europe, in a balloon. A different form of travel that gives you a sense of complete freedom. There will be cava and pastries during the hour and a half duration of the flight, followed by a hearty country breakfast of pa amb tomàquet and cured meats, peas of Santa Pau, botifarra and desserts from La Fageda. A flight certificate is included.

Offer price
170 €
Weekdays all year round. Accommodation in double room included. Weekends flights only.

Languages
Catalan, Spanish, English, French

Contact
Tel.: +34 972 680 255
E-mail: info@voldecoloms.com
Website: www.voldecoloms.cat
RTC: GC-001461 Nit i Vol
Val d’Aran

If there is a part of Catalonia with differences that make it unique, then this is undoubtedly the Val d’Aran. It is a region with Provençal roots located on the northern slopes of the Pyrenees, with an Atlantic climate, its own official language, Aranese, and its own identity. The Val d’Aran is highly competitive in the tourist sector and the repository of a rich natural heritage that offers a host of different possibilities, some unique in all Catalonia. Come and enjoy active tourism in this unrivalled Pyrenean region!
Nature and adventure deep inland
Pure nature in a valley without limits

The best ski resort in the Pyrenees: Baqueira-Beret, the National Park d’Aigüestortes i Estany de Sant Maurici, peaks reaching 3,000 metres, spectacular lakes and waterfalls, signposted walks for all abilities, walking and cycling routes and a wide range of leisure activities related with nature means that there is always something to do here. For the most dynamic visitors there is horse riding, two vias ferratas, rafting, an adventure park in the trees, excursions in dog sleds or snowmobiles that will make your stay in the Val d’Aran memorable.
Discover the wildlife of the Pyrenees
Nature with the family

We propose an irresistible offer to bring your family to the Val d’Aran: a weekend package to enjoy a small walking route to see some fascinating animals, butterflies, and to visit the wildlife park Aran Park, where you can complete a circuit and see all the animals in the area - wolves, deer, bears and up to 20 species. The package includes two nights’ accommodation and breakfast in a hotel/aparthotel with 3 or 4 stars.

Naut Viajes
A Travel Agency - Booking Office that operates in the Central Pyrenees, above all in the Val d’Aran. Naut Viajes works to offer the best options for tourism in the mountains: 3, 4 and 5 star hotels, skiing in Baqueira-Beret, excursions in dog-sleds, snowmobiles, rafting, canyoning, horse riding and cultural visits. It has services and facilities to be enjoyed in the area at any time of year.

Languages
Catalan, Spanish, English, German and French

Contact
Tel.: +34 973 640 087
E-mail: reservas@nautviajes.com
Website: www.nautviajes.es
RTC: GC-003435 Naut Aran

Where in Catalonia?

Offer price
From
79 €

From April to October. Price per person in double room.

Watching wild animals in Aran Park © Naut Viajes
Associated entities

Below you will find information about the entities affiliated to the Catalan Tourist Board. These entities contribute knowledge or other values to environmental tourism.

Federació d’Entitats Excursionistes de Catalunya (FEEC)
Rambling and mountain activities

The Federació d’Entitats Excursionistes de Catalunya is a private organization of public utility and civic and social interest. It groups together rambling associations and sports clubs that carry out activities and sports in the mountains. It currently represents 423 organizations and more than 69,000 members, 36,000 of whom are federated. It provides a service for the improvement and upkeep of a network of footpaths in Catalonia of more than 9,000 km, keeping them clean and clearly signposted, and around twenty manned and unmanned refuges in the mountains of Catalonia.
# List of entities

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