

Catalonia **is** tourism for seniors





Wine, the coast, the Mediterranean. Three attractions of Catalonia in a single image © Jordi Oliver

10 reasons for visiting Catalonia

A country for seniors living an active life

- 1 It offers a large number of very varied tourist attractions: health and wellness, culture, gastronomy, sports, nature, etc.
- 2 Throughout the year it enjoys a mild, typically Mediterranean climate.
- 3 It has a varied landscape, sea and mountains in equal parts along 580 kilometres of coastline.
- 4 Its international fame in gastronomy, with star chefs like the Roca brothers, Carme Ruscalleda and Ferran Adrià, stems from a long culinary tradition and is reflected in the wide range of restaurants.
- 5 All the seaside resorts, on the Costa Brava and Costa Daurada, are well communicated by public transport.
- 6 Not far from the coast there are very interesting tourist attractions like the cities of Barcelona, Tarragona and Girona, or the Montserrat mountain.
- 7 It offers a wide range of accommodation to suit all needs and tastes: hotels, campsites, tourist apartments and rural tourism.
- 8 It possesses a great architectural heritage as has been recognised by the UNESCO.
- 9 It offers a wide variety of high quality health and wellness options.
- 10 The resorts are perfectly adapted to the needs of the senior visitor and ensure the maximum comfort.



- Municipalities taking part
- Airport
- Port
- AVE station (High Speed Rail)

Programme for Senior Tourism

The Catalan Tourist Board, in cooperation with eleven Catalan municipalities, has prepared a tailor made programme for the senior tourist to discover the great attractions that Catalonia offers all along its coasts. The programme, unique in its kind, is aimed at over 55 year-olds, who can choose stays of from 1 to 3 weeks in spring and autumn with accommodation, meals, flights, transfers and local guide included.

- The Tourism Programme for Seniors in Catalonia includes:**
- Stays of 8 days (7 nights), 15 days (14 nights) and 22 days (21 nights).
 - Accommodation in 3 or 4 star hotels.
 - Return flights from the country of origin (airport taxes included).
 - Transfers (airport-hotel-airport) accompanied by a guide.
 - On a full board basis (including wine and water).
 - A full day excursion to Barcelona or other destinations in Catalonia with accompanying guide.
 - The services of a guide who is a native of the customer's country of origin for the entire stay.
 - Travel insurance for the entire stay.

- Availability of the Programme**
- Spring: 14 February - 31 May (not including Easter).
 - Autumn: 1 October - 30 November.
- To take part in the programme you must fulfil the following conditions:**
- Be over 55 years old.
 - Live outside Spain.
 - Live in Europe or one of the countries in Eastern Europe.
- Each person taking part in the programme may be accompanied by one other person.**

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 Front cover photograph: Jordi Oliver.

Destinations in the programme

Costa Barcelona

The countryside around Barcelona is surprising for its diversity, a coastline where beaches alternate with vineyards under the shelter of a mountain range of extraordinary beauty.

If Barcelona is already in itself a first rate international tourist destination, its coastline also offers visitors numerous attractions, from long beaches along 50 kilometres of coastline, where the modernist city of Sitges is especially notable, to farm land in the Penedès and Alella DO, where you can visit wine cellars and enjoy wine culture. A series of natural parks of great natural interest, such as those of Montnegre i el Corredor, the

Trade fair for "puntaires", people making lace work © Miquel Raurich ▶

Serralada Litoral and the Serralada de Marina, run parallel to the coastline.

Cultural and music festivals, craftwork fairs, local festivals and numerous gastronomic events, are some of the many attractions very near to the city of Barcelona and well within the reach of visitors.

www.diba.cat



Costa Daurada

Located in southern Catalonia, the Costa de Tarragona is noted for its good climate, beaches, Roman and Medieval remains and also for its excellent wines.

Costa Daurada combines a stunning Roman and Medieval legacy in the city of Tarragona, a World Heritage Site, with the Modernism of Reus, a city with a long-standing commercial tradition and the ideal destination for a day's shopping.

All along its almost one hundred kilometres of coastline, in towns like Calafell, Altafulla, Torredembarra, Salou and Cambrils, visitors will discover its great beaches with fine sand and shallow water. In the interior, you can visit

Tamarit Castle, in Altafulla, near Tarragona © Servicios Editoriales Georama ▶

the natural parks of la Serra de Montsant, Prades and la Mussara, all offering a relaxed rural landscape.

In this southern land, with the benefit of a year-round warm and pleasant climate, the vineyards share the sun and the land with typical Mediterranean trees like the olive, almond and hazelnut. Six Designations of Origin accredit the quality of the local wines, one of which, DOQ Priorat, enjoys great international renown.

www.costadaurada.info



Costa Brava

The amazing Costa Brava, home to Salvador Dalí, runs from Portbou, on the border with France, to the tourist resort of Blanes, and has endless attractions along its 200 km coastline.

Located in northern Catalonia, the Costa Brava starts with surreal formations and charming villages, where Cadaquès and el Port de la Selva stand out in their own right, and ends on broad sandy beaches in towns of great tourist attraction like Tossa de Mar and Lloret de Mar.

One of the attractions of the area are the so-called 'seaside paths', a magnificent way to discover small coves, dizzy cliffs, delightful beaches and other features of the Girona coastline that visitors really should not miss,

Access to small coves along seaside paths © Jordi Oliver ▶

like the natural parks of Cap de Creus and Aiguamolls del Empordà (Empordà Wetlands).

Art lovers are spoilt for choice with the chance to visit the Teatre-Museu Dalí in Figueres, the Sant Pere de Rodes monastery and the old town in Girona and its Jewish quarter. The passage of history is also present in megalithic and Iberian remains, such as the Greco-Roman city of Empúries.

And lovers of good cuisine can enjoy the gastronomy of the Costa Brava and its restaurants, with some of the world's most renowned chefs.

www.costabrava.org



The most notable places to visit

Barcelona

The Catalan capital is a compendium of attractions which have made Catalonia a first class tourist destination.

A medium sized city with a gentle climate and lying between the sea and the mountains; witness to 2,000 years of history, with Roman and medieval remains mostly in the Gothic district; home to the major works of the modernist architect, Antoni Gaudí, with six buildings declared World Heritage Sites by UNESCO, including the Sagrada Família, Park Güell and La Pedrera; a

cosmopolitan and commercial city attracting leading trade fairs and the finest brands in fashion and design... Barcelona is this and much, much more.

It is also known for its colourful Ramblas; its markets, like the Boquería and Santa Caterina, open for shopping or just for browsing, its other masterpieces (the Joan Miró Foundation, the Picasso museum, the Tàpies Foundation), FC Barcelona and a huge range of cultural, leisure and gastronomic possibilities.

www.barcelonaismuchmore.com

Detail of Casa Milà, La Pedrera, by Antoni Gaudí © Imagen M.A.S. ▶



Tarragona

What was once the capital of the Roman region of Tarracona is now home to an archaeological complex declared a World Heritage Site by the UNESCO.

The city of Tarragona, very Roman as can be seen by the amphitheatre, the defensive walls, or the aqueduct on the outskirts, is ideal for immersing yourself in classical history, whether by dining under the arches of the Roman circus or strolling through streets that preserve the essence of a great medieval past.

If your schedule permits, you really shouldn't miss out on the extraordinary "castells", constructions of human towers which originated in the Tarragona region and are, at the same time, a symbol of Catalonia.

This is a city open to the sea, an added value which can be enjoyed by walking along the Balcón del Mediterráneo, a splendid viewpoint above the beach, or by enjoying the best fish and shellfish in the restaurants in the picturesque fishing quarter.

www.tarragonaturisme.cat

Banya Lighthouse, in the Port of Tarragona © M. Ángel Álvarez ▶



Montserrat

This is the magic mountain for the Catalan people, the site of the Benedictine sanctuary which is home to the patron saint of the country, the Virgen de Montserrat, called 'la Moreneta' because of her dark skin.

The magic of Montserrat is not only on a spiritual level, it also has a lot to do with the irregularly-shaped mountains, with towers, spires, valleys, and caves, all resulting from water erosion over millions of years, and which now provide visitors with walking routes of great natural interest.

Back at the sanctuary, home to a large community of Benedictine monks with great cultural prestige, the Montserrat experience can be completed with a visit to the art museum, attending a performance by the boys choir and the chance to buy traditional products, from sweets and liqueurs made from herbs gathered in the mountains, to traditionally made food products like honey, cottage cheese and fig bread.

www.montserratvisita.com

Natural Park of la Muntanya de Montserrat © Pascual Juan José ▶



Girona

Crossed by the River Onyar, with its recognisable coloured houses on each bank, the capital city of Girona is much livelier nowadays and better connected with the world than ever.

Even nearer to Europe thanks to its recently inaugurated high-speed railway connection, Girona is the ideal city for strolling amongst history and modernity, whether by strolling along the footpath right round the defensive walls, or by delving into the historic centre and the Jewish quarter, called 'el Call'.

The cultural life of this city is intense, it includes a regular programme of events and festivals related to the theatre and music which are the spearhead for entertainment programmes throughout the country.

With its 40 hectares, La Devesa, the largest urban park in Catalonia, offers visitors long walks in the shade of its hundred-year-old plane trees.

www.girona.cat

The river Onyar, passing through Girona © Jordi Oliver ▶



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