

EN



Costa Brava Girona
Convention Bureau

Genuine Corporate Experience

*A world of
experiences
and emotions*



Costa Brava
Pirineu de Girona





Costa Brava Girona
Convention Bureau

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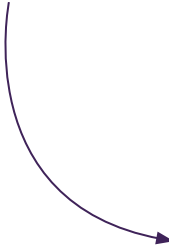
Costa Brava and Girona Pyrenees

Away from the bustling crowds of the big cities and just one hour away from Barcelona, the Costa Brava and Girona Pyrenees have positioned themselves as one of the most attractive destinations for business meetings and events in Catalonia.

The Girona province is made up of contrasting landscapes, from the Pyrenees mountains to the beaches and coastline of the Costa Brava, with a rich mosaic of scenery in between. The result is an extraordinary region that offers a wide range of options for organising all kinds of meetings, travel incentives and events.

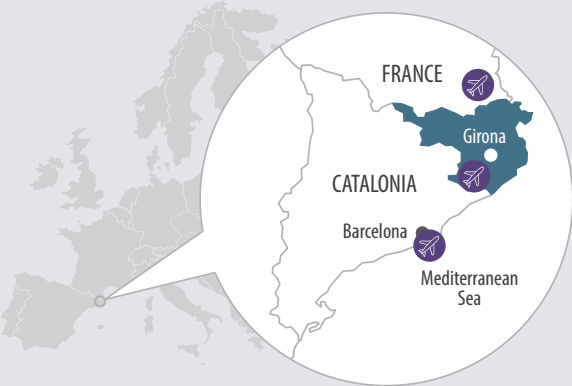
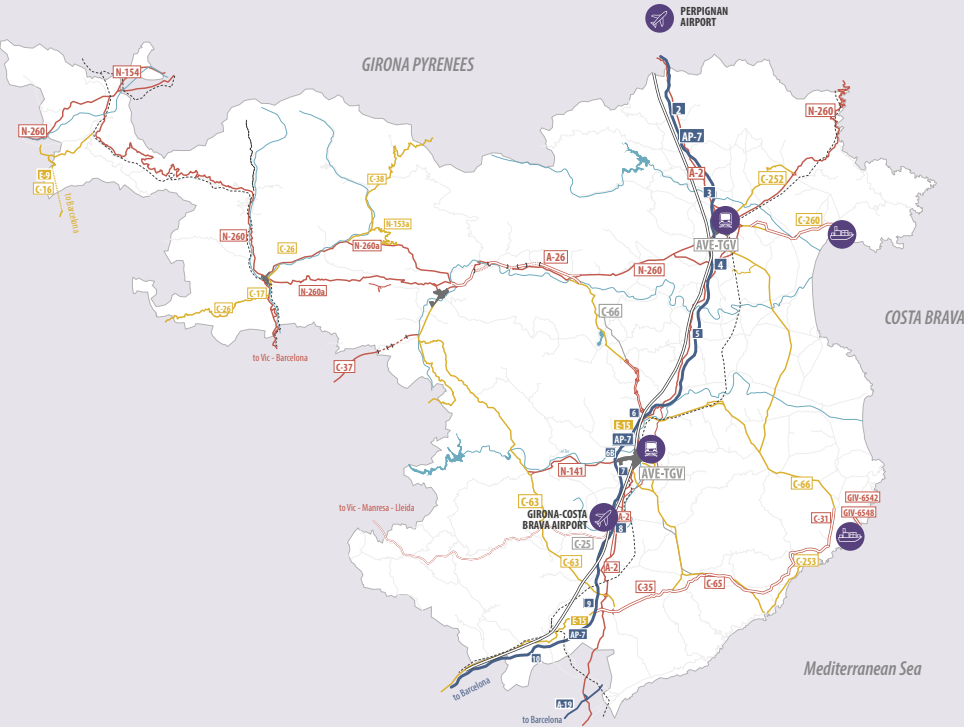
Exclusive and unique events can be made reality thanks to the modern and versatile conference centres, remarkable accommodation and unique spaces available in the Costa Brava and Girona Pyrenees.

Our diverse region enjoys an ideal climate, an exceptional cultural and artistic heritage and a broad variety of local cuisine, from traditional dishes to the most creative and innovative haute cuisine.



*An attractive destination
thanks to the climate,
natural landscapes,
culture, cuisine and local
hospitality*





Getting around



AIRPORTS

- » Girona-Costa Brava
- » Josep Tarradellas Barcelona-El Prat
- » Perpignan



PORTS

- » Roses
- » Palamós
- » Barcelona



TRAINS

- » Barcelona - Girona: 38 min
- » Barcelona - Figueres: 52 min
- » Madrid - Girona: 3 h 30 min
- » Madrid - Figueres: 3 h 44 min
- » Paris - Girona: 5 h
- » Paris - Figueres: 4 h 46 min

The distance from towns and cities to airports and high-speed railway stations

	Girona-Costa Brava Airport	Josep Tarradellas Barcelona-El Prat	Girona (TAV-AVE station)	Figueres (TAV-AVE station)
Girona	12 km	100 km	0 km	40 km
Lloret de Mar	27 km	92 km	36 km	78 km
Platja d'Aro	32 km	118 km	35 km	65 km
Roses	70 km	169 km	60 km	20 km
Torroella de Montgrí	45 km	140 km	30 km	35 km
Sant Feliu de Guíxols	35 km	110 km	35 km	76 km
Olot	65 km	137 km	48 km	39 km
Palamós	44 km	129 km	48 km	62 km

Unique ideas for travel incentives and team building

The unique geographical features of the Costa Brava and the Girona Pyrenees make it possible to enjoy a wide range of activities here. This great potential has led to the presence of a large number of companies that attract visitors thanks to the genuine character of the area.

Aware that the business tourism sector is increasingly seeking differentiation, exclusivity and emotional connection when choosing activities to include in incentive programmes, we wanted to capture the authentic nature of the Costa Brava and the Girona Pyrenees in this selection of experiences.

*Experiences that stand out
for their connection with
the landscape, culture,
gastronomy, history and
social responsibility.*

What's more, knowing that small actions can make a big difference, we also present Corporate Social Responsibility (CSR) experiences linked with socially responsible local projects and organisations that adhere to the Sustainable Development Goals of the 2030 Agenda.



DISCOVER

CHALLENGE

TASTE

CSR



DISCOVER



1. Arrossicleta
2. Costa Brava Cruise
3. Cremat & Havaneres
4. Dalí Code
5. Ecodiversity Tour
6. Game of Thrones
7. Gourmet Food Paired with Literature
8. Hot-air balloon flight in Empordà
9. Medes Islands Eco Kayak
10. Medes Islands Eco Snorkel
11. Scenic Trail

*Discover
and encourage creativity*

Arrossicleta.

Sensations among the rice paddies of Pals

OCITÀNIA – BURRICLETA



6 hours



Year-round



Min. 10 / Max. 50



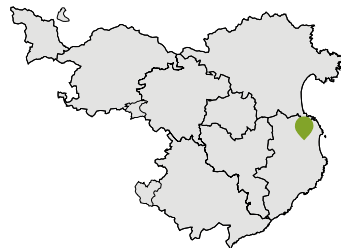
Starting from €80 / pers.

Learning to grow, savour and taste rice is one of the experiences and sensations you will enjoy with the Arrossicleta. A day during which rice is the common thread. Cycle on the glamorous Burricleta through the extensive and peaceful rice paddies of Pals before learning first-hand all about this product, its origins and cultivation system. You will cook it with a rice master, taste it, enjoy it and be in charge of preparing it perfectly.

Includes:

- » Welcome and presentation
- » Guided route on Burricleta, the rural electric bicycle
- » Visit to Pals rice mill
- » Tasting of rice beer.
- » Rice cooking workshop.
- » Lunch: rice casserole!

● Gualta



CONTACT



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Costa Brava Cruise.

Natural parks seabeds

CREUERS MARE NOSTRUM



2-5 hours



Year-round



Min. 14 / Max. 250



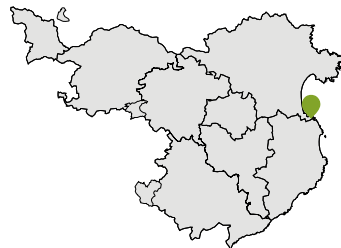
Starting from €12 / pers.

Enjoy an underwater view of the Medes Islands or Cap de Creus natural parks, visit their stunning coves and swim in the transparent waters from the boat Atlàntida III.

Includes:

- » Boat trip
- » Underwater view
- » Audioguide

● l'Escala



CONTACT



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Cremat & Havaneres

Various cremats and a havanera to bring everyone together

HUMANSIDE EXPERIENCES



1 h 30 min



Year-round



Min. 12 / Max. 200



Starting from €40 / pers.

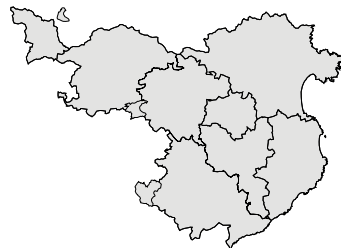
We propose enjoying an ancestral Catalan tradition: drinking cremat (rum) and singing havaneres sea shanties. The activity begins by sharing out the material and ingredients to make the cremat drink and once they are all in the pans, the fire is lit. As the rum simmers, the participants have around twenty minutes to change the lyrics to a well-known havanera sea shanty. The words to this new version of the song should be linked with the goals of the meeting. And, just after tasting their cremats, the teams take turns singing their havaneres accompanied by musicians.

A fantastic evening to learn more about the local traditions in this region.

Includes:

- » Sound equipment and live musicians
- » Ingredients to make the cremat

● Everywhere



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Dali Code

The life and work of a genius in a very surreal scavenger hunt

HUMANSIDE EXPERIENCES



2-3 hours



Year-round



Min. 12 / Max. 200



Starting from €45 / pers.

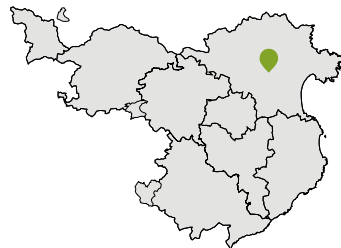
Discover the enigma hidden behind the life and work of the surrealist painter from the Empordà region in this scavenger hunt around the most significant spots in the city where he grew up (optionally, the activity can be extended to include Púbol and Portlligat). The team uses an iPad with a geolocation app to follow the clues and complete the different challenges they are set.

An extraordinary way to get to know the most important elements linked with the artist from Empordà in the pedestrian area around the Dalí Museum in Figueres.

Includes:

- » iPad per team
- » Actor playing Dalí

Figueres



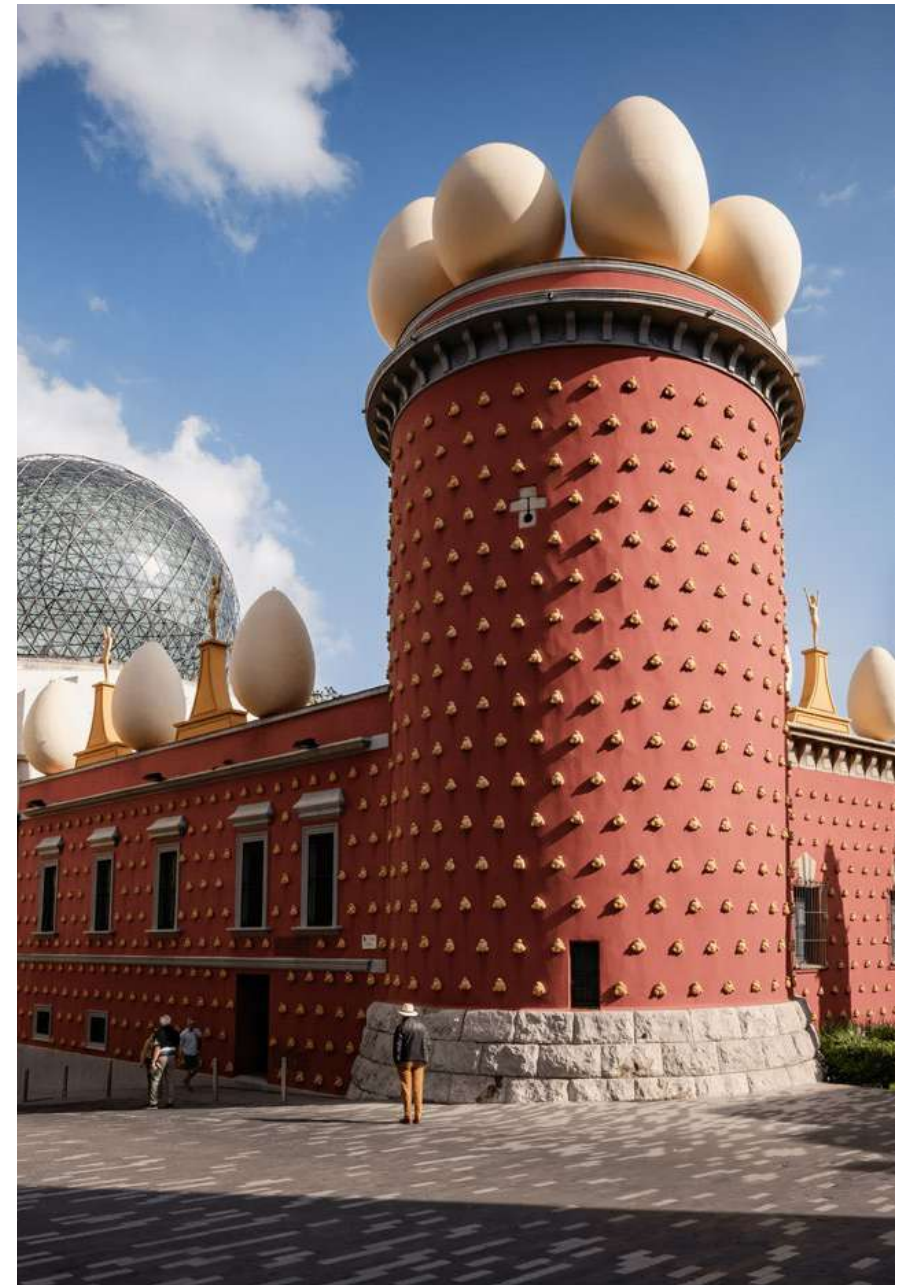
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Ecodiversity Tour

CAMIRAL GOLF & WELLNESS



1 h 30 min



Year-round



Min. 8 / Max. 20



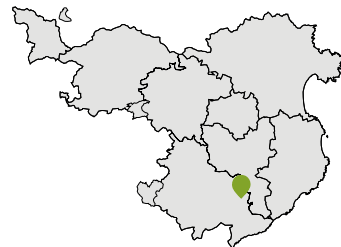
Starting from €35 / pers.

The maintenance of the resort is practically the same as that of a nature reserve, with a resident biologist supervising the native flora and fauna at all times. In this activity you will explore the surroundings at Camiral Golf & Wellness accompanied by our in-house biologist Oriol Dalmau, and learn all about the flora and fauna, see and touch some animals, taste some medicinal plants while enjoying a walk of less than 1.5 kilometres.

Includes:

- » Visit
- » Option of adding breakfast in the vegetable garden (not included in price)

● Caldes de Malavella



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Game of Thrones Relive the serie

TURISMON



3 hours



Year-round



Min. 6 / Max. 20



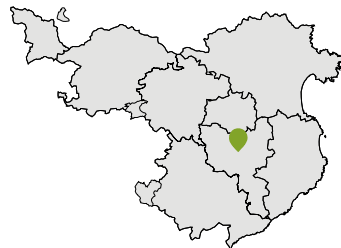
Starting from €30 / pers.

The TV series *Game of Thrones* has been broadcast in 173 countries, with over 20 million viewers in the United States alone... And Girona was the big star of the sixth season! Find out how it all started, where the series was shot, discover fascinating facts and anecdotes, and see all the sets. As you explore the locations in the old town of Girona where the series was filmed, you will discover amazing secrets. Take a leap behind the screen and become part of *Game of Thrones* for three hours!

Includes:

- » A guided tour of the most emblematic places where the series was shot.

● Girona



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Game of Thrones Girona, 2016. Photo by Macall B. Polay - HBO

Gourmet Food Paired with Literature. Josep Pla, cuisine and landscape. A cultural, gourmet experience

RESTAURANT SALA GRAN



5-6 hours



March - December,
Monday - Friday



Min. 10 / Max. 50



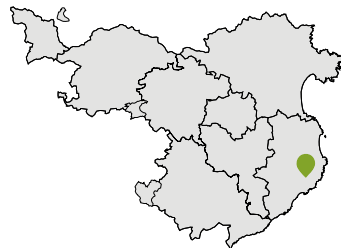
Starting from €49,50
/ pers.

The Josep Pla Route in Calella de Palafrugell and a guided tour of the permanent exhibition at the Josep Pla Foundation, paired with a literary lunch at the restaurant Sala Gran in Llofriu.

Includes:

- » Free entry to the Foundation.
- » Lunch.

● Palafrugell/Llofriu



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Hot-air balloon flight in Empordà

GLOBUS EMPORDÀ



2-3 hours



Year-round



Min. 1 / Max. 22



Starting from €170 /
pers.

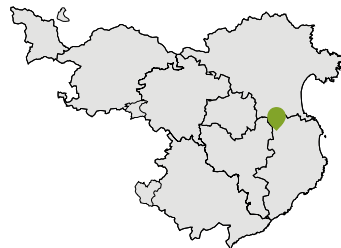
Come and admire a bird's-eye view of the landscapes of the Empordà region while enjoying the magical sensation of a hot-air balloon flight!

Gaze down from an altitude of 1000 metres on the Costa Brava, the bay of Roses, the Medes Islands, the Pyrenees, the Montgrí Massif, medieval towns such as Peratallada, Ullastret, Monells, Palau-sator, Verges, Pals... Come on, let's go!

Includes:

- » 1 hour flight
- » Insurance
- » Cava and almond pastry and juice for children
- » Photo reportage
- » Route recorded in GPS
- » Personalised souvenir photo magnet

Colomers



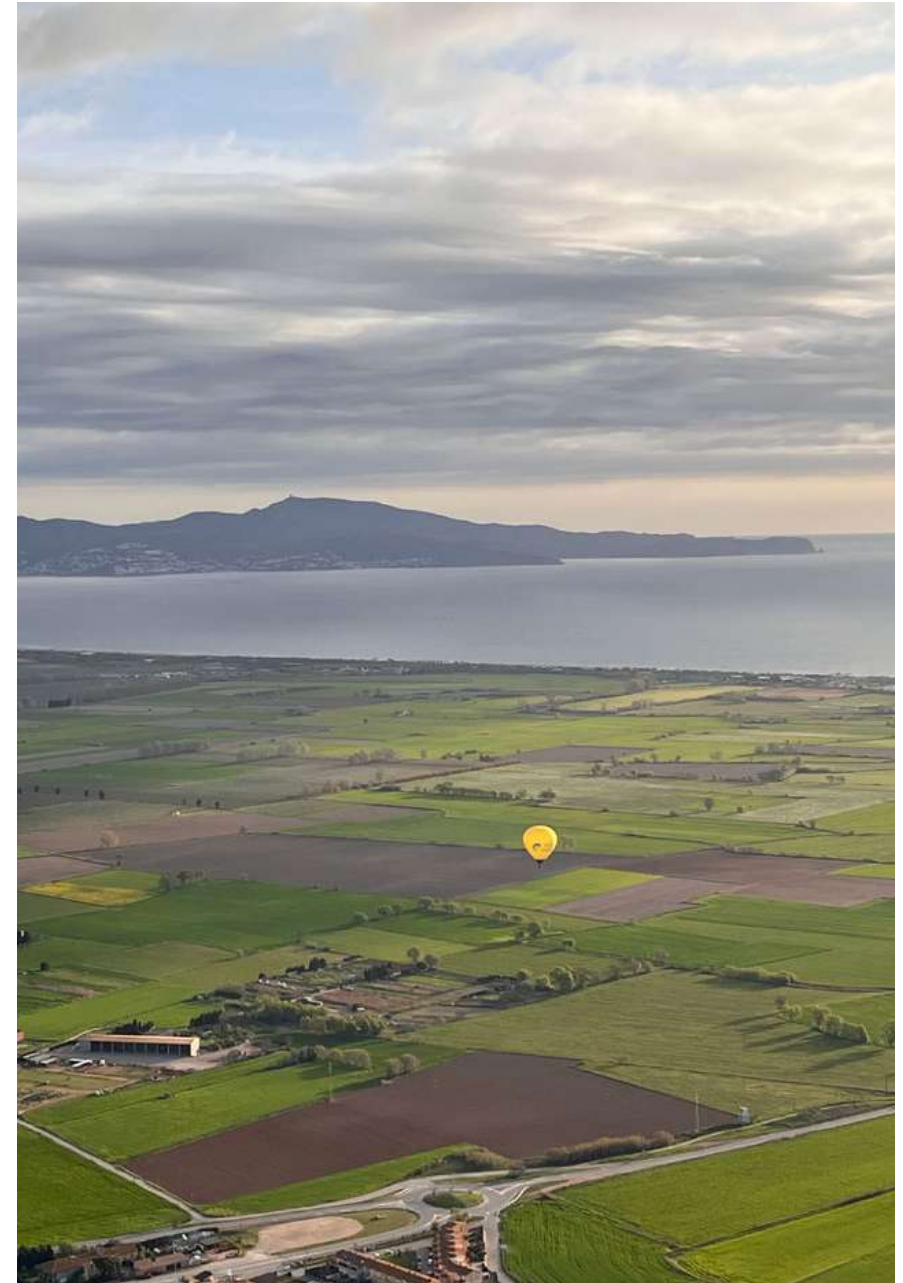
CONTACT



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Medes Islands Eco Kayak

MEDAQUA



2 h 30 min



From 15 March
to 15 October



Min. 1 / Max. 30



Starting from €29 / pers.

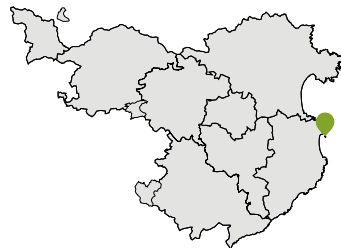
This kayak trip combines sport and adventure as you explore the Medes Islands and their seabed.

You will discover hidden corners of the archipelago where you can swim and regain your strength before returning to port. Before starting, the guide will teach you all the basics you need to know to do this activity in highly stable double kayaks (for those with experience, we have some individual kayaks too). You will be accompanied by a guide at all times and assisted by a support boat.

Includes:

- » Kayak
- » Oar
- » Guide

Medes Islands, L'Estartit



CONTACT



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Medes Islands Eco Snorkel

MEDAQUA



2 h 30 min



From 15 March
to 15 October



Min. 2 / Max. 32



Starting from €35 / pers.

Discover the amazing underwater world hidden in the Medes Islands Marine Reserve. The protection this zone enjoys and the fresh nutrient-rich water flowing in from the river Ter invite a great variety of animals, algae and plants to settle and reproduce here.

The extensive posidonia meadows make this place the perfect safe haven for hundreds of species and their young, which can easily be observed from the surface of the shallow waters.

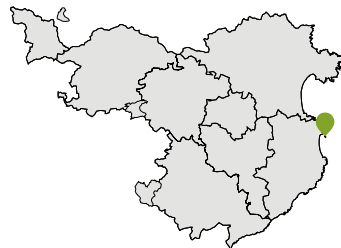
Come and share 50 minutes of snorkelling with your colleagues and the qualified guides who will accompany you, and discover the spectacular underwater habitat.

Enjoy a boat trip around the islets and be captivated by their beauty, both above and below water, in this outstanding natural environment.

Includes:

- » Mask and snorkel
- » Flippers
- » Wetsuit
- » Accompanying guide

Medes Islands, L'Estartit



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Scenic Trail.

The Costa Brava's coastal pathways

AVENTURA GIRONA



3 hours



Year-round



Min. 2 / Max. 100



Starting from €15 / pers.

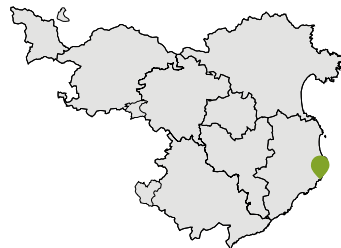
Starting out from the beach of La Fosca in Sant Joan de Palamós, we will walk along the footpaths that link the various beautiful coves to be found in the area. Along with cliffs, fishermen's huts and Mediterranean forests we will discover an amazing Iberian settlement, the castle of Cap Roig and the whimsical charm of Cala Estreta. Continuing along this wonderful trail, we will walk under a natural stone bridge to reach Cala del Crit, and from here we will turn inland through the forests towards Palamós.

Difficulty level: easy.

Includes:

- » Qualified guide.
- » Photographic report.
- » Accident insurance.

Palamós



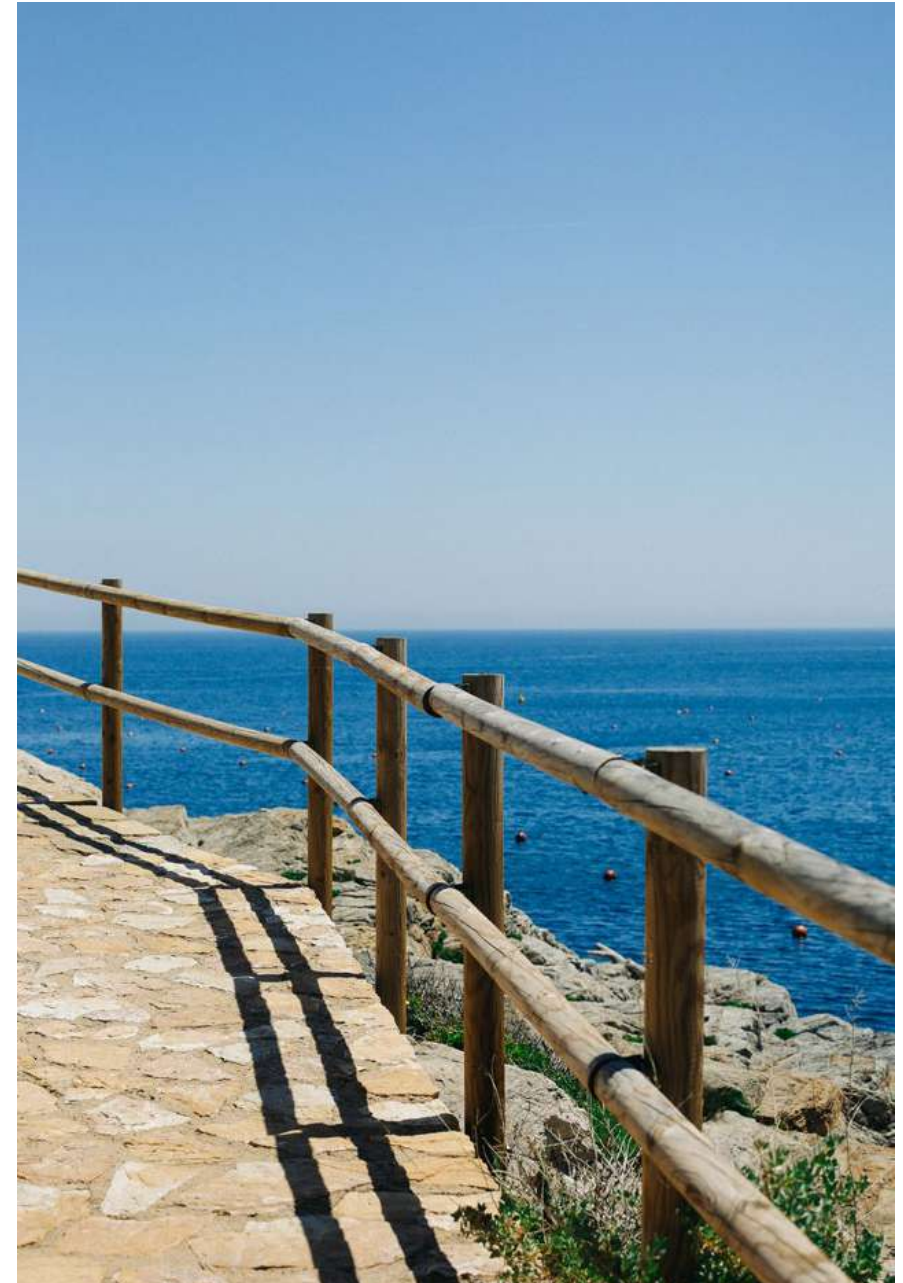
CONTACT



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CHALLENGE



1. An introduction to astronomy
2. Awaken your inner dragon!
3. Costa Brava iPad Duathlon
4. Discovering canyoning
5. Discover skydiving
6. Fishing Tourism on the Costa Brava
7. *Llagut* Rowing Regatta
8. Mediterranean Pirates and Corsairs
9. Photochallenge
10. Pilot for a day
11. Robinson excursion
12. Rocks, Stones and Sea
13. The Amazing Sensation of Flying
14. The hidden treasure of the Ter
15. The *Nautilus* Adventure
16. Vineyards without Raid
17. Volcano Challenge



An introduction to astronomy. Come and Reach Up to Touch the Sky with Us!

OBSERVATORI ASTRONÒMIC ALBANYÀ



1.5 hours



March - December



Min. 5 / Max. 30



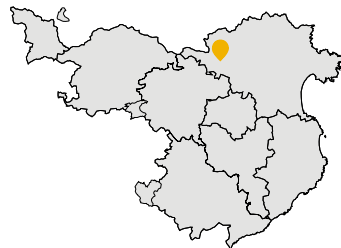
Starting from €18 / pers.

Enjoy a unique sensory experience at the Albanyà Astronomical Observatory. Our team of resident astronomers, led by the prestigious astrophotographer Juan Carlos Casado, will take you on a guided audiovisual tour of the sky, adapting the content of the introduction to astronomy to the weather conditions of each day and time of year so as to make the experience unforgettable.

Includes:

- » Live video astronomy.
- » Narration by astrophotographer Juan Carlos Casado.

Albanyà



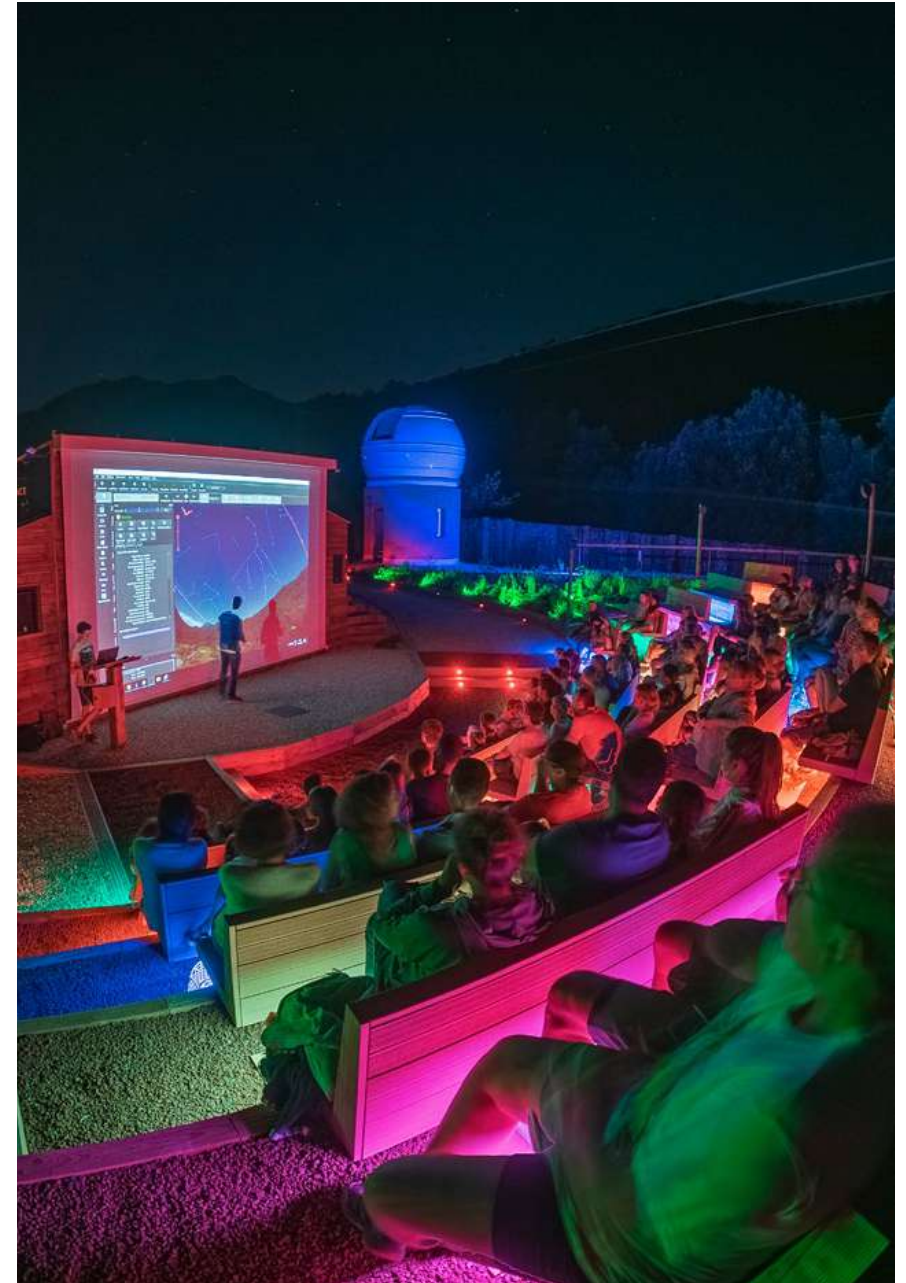
CONTACT



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Awaken your inner dragon!

Dragon Boat day on Banyoles Lake

AGENDA GESTIÓ ESPORTIVA, SL



2-4 hours



Year-round



Min. 10 / Max. 30



Starting from €30 / pers.

Strengthen cohesion among your employees with an outdoor activity that combines nature, sport and values: the Dragon Boat!

Dragon Boat is an ancient canoeing activity of Chinese origin, practised in boats decorated with a dragon's head and tail and crewed by 10 to 20 rowers plus a skipper who marks the team's rhythm (beating a drum) and a helm who steers the boat.

Dragon Boat fosters values such as team communication, coordination, unity and commitment, boosting competitive spirit and shared fun among all the members of the different participating groups of rowers.

We also offer teambuilding activities and collaborative games (on dry land) to round off the day's events, encouraging trust, collaborative

spirit and motivation among the team that will improve the workplace atmosphere, boost creativity and strengthen innovation. We can even organise an entire event (festival type) for your company.

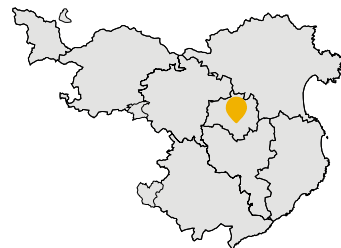
Come and try this unique and exciting experience that unites the participants from the minute they climb aboard the Dragon Boat!

Dare to awaken your inner dragon!

Includes:

- » Material: boat, oar, lifejacket
- » Training: theory session and practice on the Dragon Boat

 Banyoles



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Costa Brava iPad Duathlon

HUMANSIDE EXPERIENCES



2-3 hours



Year-round
(recommended
April - October)



Min. 12 / Max. 60



Starting from €80 / pers.

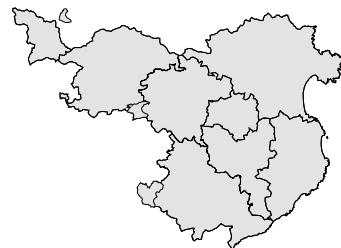
We offer a game to help you explore the Costa Brava's coastline from two different complementary perspectives: the land and the sea. An iPad treasure hunt will enable each team to discover the coastal paths and tracks and, alternatively, they can move on a giant paddle surf or by kayak to find the different tests in places of interest by using geotracking.

The teams will have the chance to enjoy a genuine hiking experience in an area of great natural beauty as well as to gain an unusual, very attractive perspective of the coastline viewed from the sea.

Includes:

- » The equipment required to carry out the activity: iPad, big paddle surf boards or kayaks, life jackets, watertight bags and wetsuits (if required).
- » Visits connected with the area where the activity takes place.
- » Tasting sessions (on request).

📍 Everywhere



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Discovering canyoning

New Sensations in River Osor

AVENTURA GIRONA



3 hours



Year-round



Min. 2 / Max. 50



Starting from €35 / pers.

La riera d'Osor és el corrent d'aigua amb més cabal de les Guillerries, i desemboca al riu Ter passant per Sant Hilari Sacalm, Anglès i Osor.

Es tracta d'un barranc molt entretingut, de poca dificultat, on podreu gaudir d'un entorn salvatge i solitari al bell mig de les Guillerries, saltar Starting from €diferents llocs i practicar la tècnica del ràpel Starting from €diferents alçàries. És una activitat apta per a tothom i ideal per fer amb companys de feina i amics.

Includes:

- » UIAA-approved safety equipment and gear.
- » Qualified guide.
- » Photographic report.
- » Accident insurance.
- » Drinks at the end of the activity.

Osor



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Discover skydiving

SKYDIVE EMPURIABRAVA



3-4 hours



Year-round



Min. 1 / Max. 80



Starting from €290 / pers.

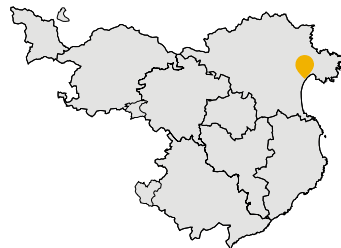
Skydive Empuriabrava is in one of the most sought-after jump zones in the world of skydiving. Known as 'the Land of the Sky', it has accumulated more than two million jumps in its thirty-seven years of existence. You must experience your first jump in tandem to discover skydiving in its purest state. An expert instructor takes care of everything so that all you have to do is fly. Moreover, for every GOLD and PLATINUM jump carried out, Skydive Empuriabrava donates €3 to a charity (which changes periodically). What's more, Skydive Empuriabrava is committed

to fighting climate change and offsets all the CO2 emitted by its flights by participating in green programmes, and all the electricity consumed in its facilities comes from green energy sources.

Includes:

- » Skydiving instruction by an expert
- » Tandem jump
- » Professional reportage of your jump (optional)

Empuriabrava



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Fishing Tourism on the Costa Brava

MUSEU DE LA PESCA



See the description



May - September,
Monday - Friday



Min. 1 / Max. 24



See the description

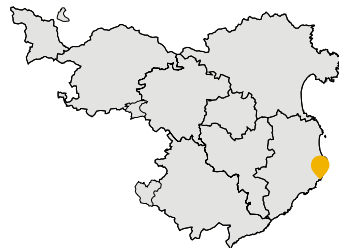
Fishing tourism is not only a unique experience but also a way to encourage the sustainable use of resources, while supporting the fishing industry.

It is a means of working towards increasing diversification, improving the economy and promoting fishing products, which is why fishing is encouraged on a wide scale from various perspectives, including cultural, culinary, technological and social angles.

The fishing tourism experience involves spending the day fishing on board a real fishing vessel, setting off from the fishing port of Palamós.

- » **Large-scale fishing or trawling:** from approx. 7 am to 6 pm; €70 / pers.
- » **Artisanal fishing:** from 6.30 am to 1.30 pm; €66 / pers.
- » **Palamós prawn fishing:** from 6.30 am to 6 pm; €88 / pers.

● Palamós



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Llagut Rowing Regatta

LLORET CONVENTION BUREAU



3 hours



Year-round



Min. 8 / Max. 52



Starting from €50 / pers.

The *llagut*, as it is called in Catalan, is a typical Mediterranean rowing boat. With seats for eight rowers plus a coxswain, it captures an exceptional spirit of teamwork and encourages a strong relationship between the crew. Learning how to row increases different abilities and helps people discover facets of their personality that they would perhaps be unaware of in the office.

While learning the different manoeuvres you will also be put in situations that occur in the working world: decision-making, overcoming difficulties, reacting quickly, leading groups, working as a team, and more. All of this will take place surrounded by the calm of the sea, the soothing sounds of the oars on the water, and the boat gliding forwards with every stroke.

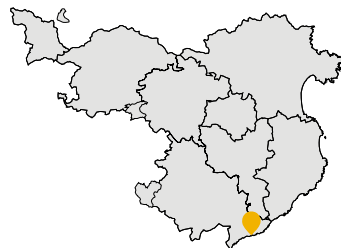
During this activity you will discover the history and different parts of the *llagut*, and you will start to learn the basic principles of rowing techniques. We will visit coves that are difficult to access by land, and whenever you feel like it and the sea allows, you will be able to go for a swim. To finish off, if there are a minimum of two *llaguts* (16 people), you will be able to enjoy the unique experience of a regatta with your workmates.

Once back on land, we will toast the objectives achieved.

Includes:

- » Introduction to basic rowing techniques.
- » Regatta (for a group of at least 16 people).

 Lloret de Mar



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Mediterranean Pirates and Corsairs

MEDAQUA



4 hours



February - November



Min. 8 / Max. 50



Starting from €30 / pers.

You will set off from L'Estartit by boat, heading towards the cliffs. During the boat trip, the pirate captain will provide a brief explanation of the history surrounding corsairs.

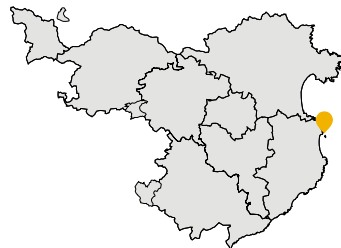
Once you arrive at the untouched coves around the Montgrí massif, you will disembark for a treasure hunt. The treasure hunt will involve following clues to reach the treasure hidden by pirates at L'Estartit.

In order to make things a bit more difficult, each clue will involve a mental or physical challenge you must overcome to continue with the treasure hunt.

Includes:

- » Boat trip.
- » Pirate outfits.

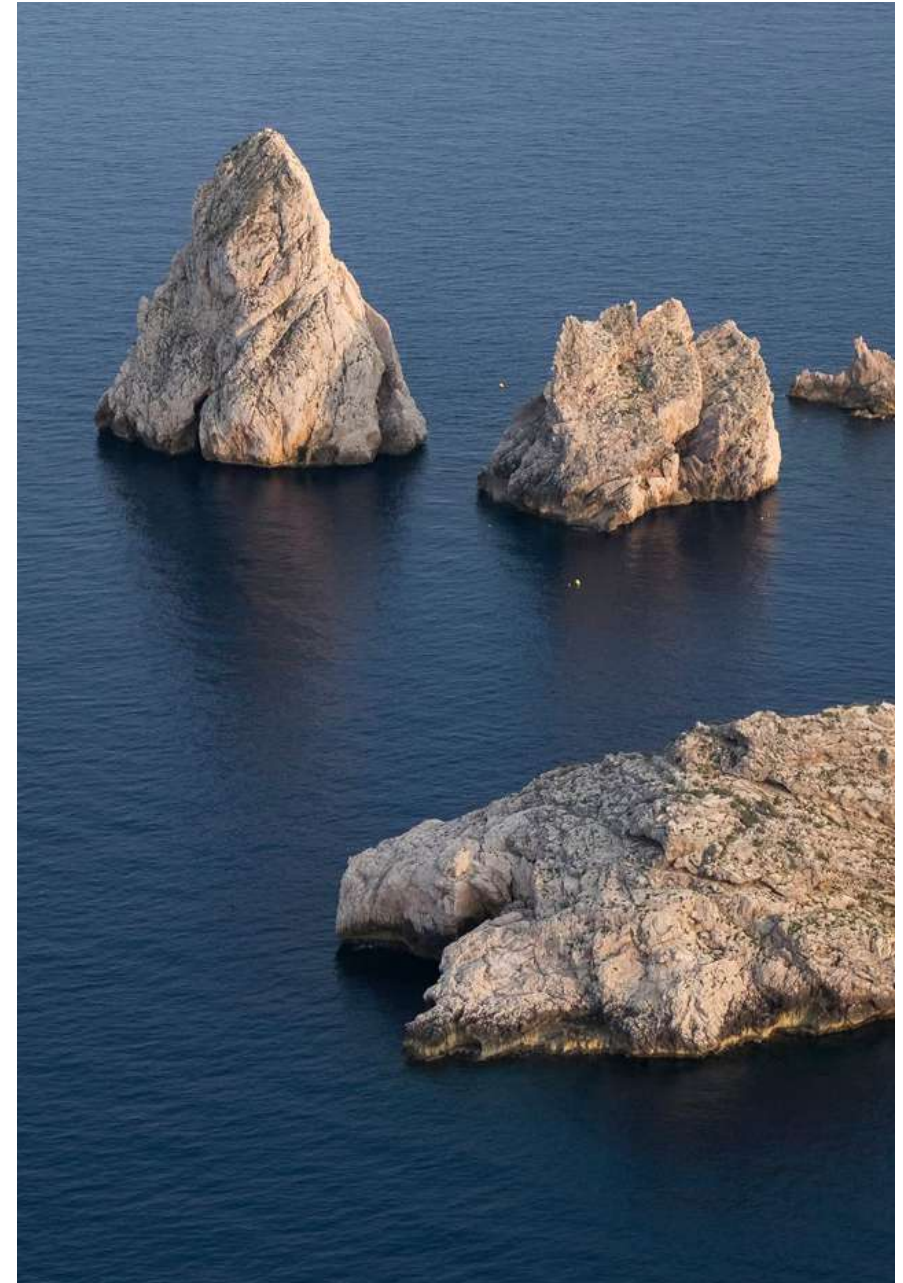
● L'Estartit



CONTACT



Tel.	+34 972 752 043
Email	info@medaqua.com
Website	www.medaqua.com



Photochallenge.

Dive into the Medes islands

MEDAQUA



3 hours



May - September



Min. 8 / Max. 50



Starting from €30 / pers.

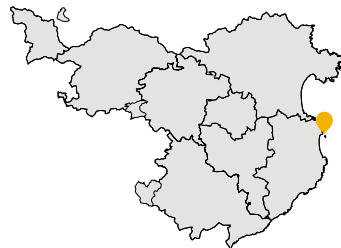
Snorkelling involves swimming underwater with a snorkel and diving goggles. At the same time as having fun snorkelling you'll also take part in an underwater photography competition.

You will have the chance to photograph the Costa Brava's underwater landscapes and wildlife. There are two prizes: one for the best underwater landscape and the other for the best detailed photo. The competition aims to hone your senses and help you discover a different environment where every little detail counts.

Includes:

- » 1 wetsuit per person.
- » Explanatory video about the marine reserve and snorkelling.
- » Short lesson on mobile photography techniques.
- » The prizes for the competition winners (local products on L'Estartit and the natural park).

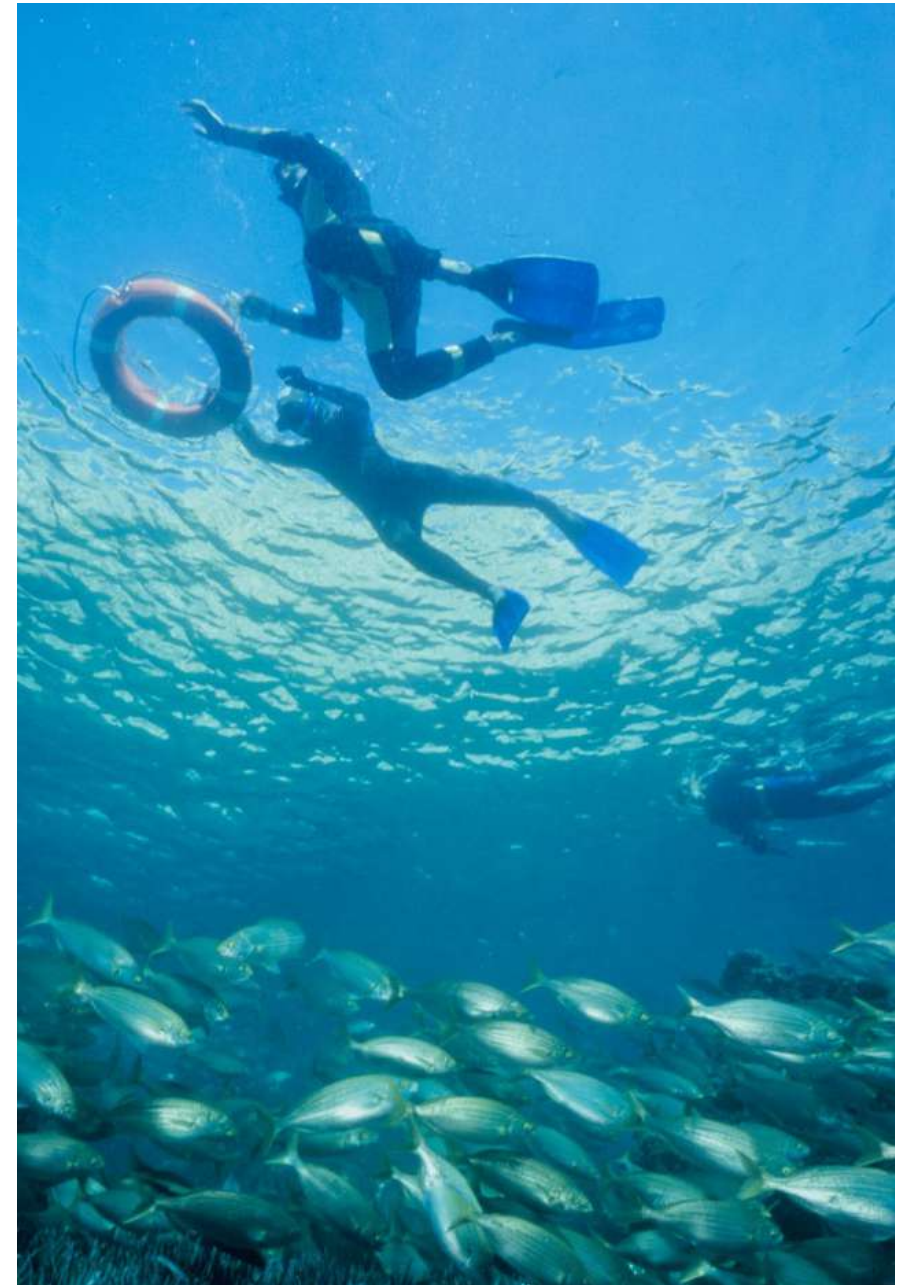
● L'Estartit



CONTACT



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Website	www.medaqua.com



Pilot for a day

SKYDIVE EMPURIABRAVA



From 20 min



Year-round



Min. 1 / Max. 20



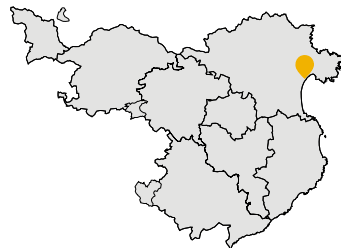
Starting from €207 / pers.

The 'Pilot for a day' experience is an adventure in which you will be able to take the controls of a plane in flight and feel what it is like to be a pilot. After a theory session given by an experienced flying instructor, you will learn the basics of flight and aerodynamics which you can put into practice in the air while carrying out basic flight manoeuvres and flying over spectacular views of the Costa Brava. Skydive Empuriabrava is committed to fighting climate change and offsets all the CO2 emitted by its flights by participating in green programmes, and all the electricity consumed in its facilities comes from green energy sources.

Includes:

- » Piloting theory session given by an expert
- » Assisted flight

Empuriabrava



CONTACT



Tel. +34 872 222 224

Email mice@thelandofthesky.eu

Website www.skydiveempuriabrava.com



Robinson excursion

MEDAQUA



2 h 30 min



From 15 March
to 15 October



Min. 1 / Max. 30



Starting from €25 / pers.

The Robinson Adventure is the best way to discover the coast and flora of the Montgrí, Medes Islands and Baix Ter Natural Park. The activity is divided into two parts:

1. By boat, sail around the dramatic cliffs of the Montgrí to Cala Pedrosa where the boat will stop for a while for you to have a swim.
2. Hiking trail through the natural park starting from Cala Pedrosa and returning along the clifftops, following a safe route with spectacular views.

Includes:

- » Boat trip
- » Guide

CONTACT

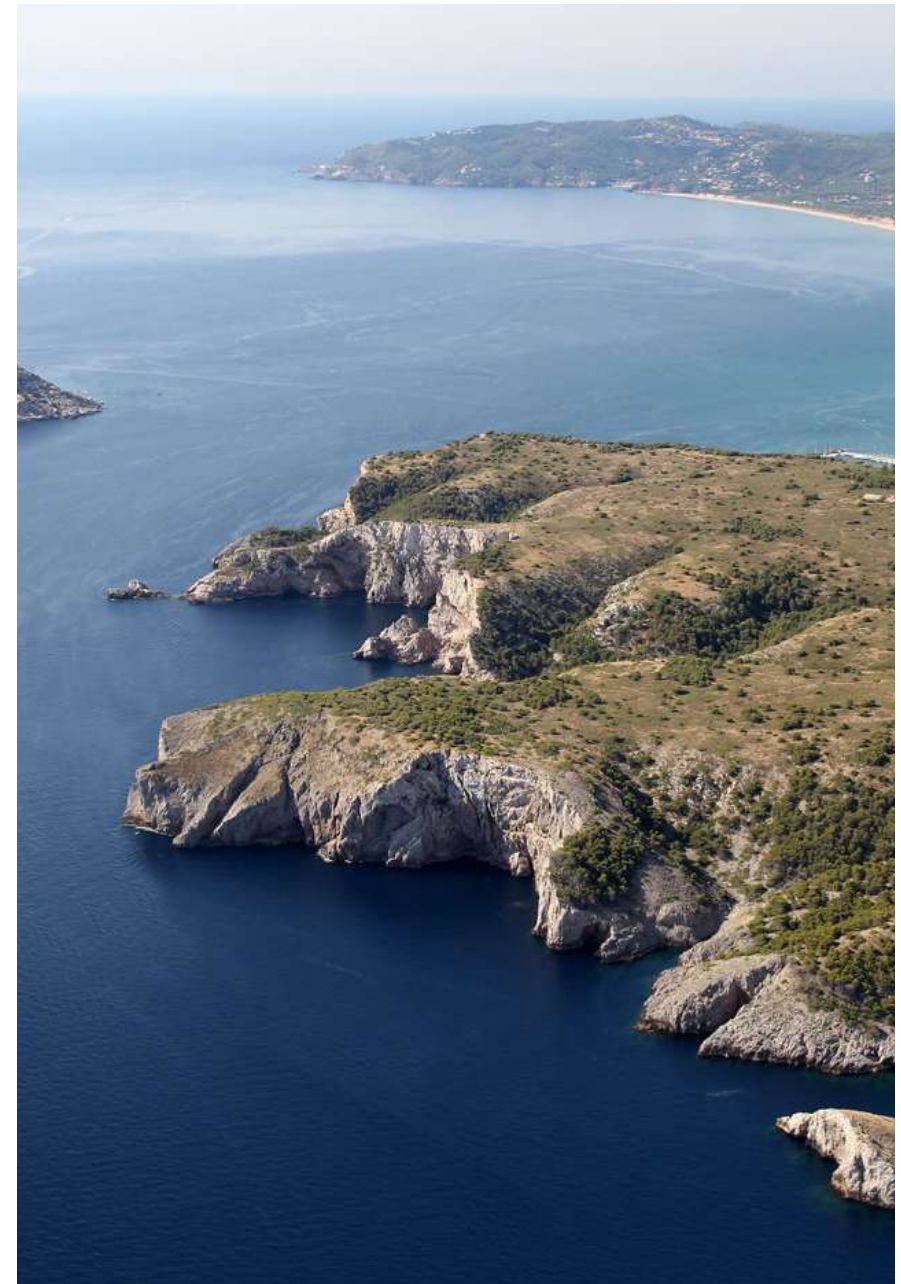
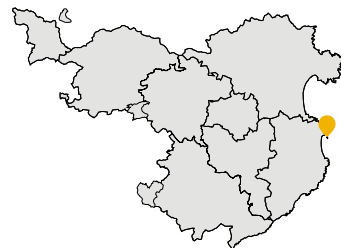


Tel. +34 972 752 043

Email info@medaqua.com

Website www.medaqua.com

Medes Islands, L'Estartit



Rocks, Stones and Sea.

The via ferrata at Cala del Molí

AVENTURA GIRONA



3 hours



Year-round



Min. 2 / Max. 50



Starting from €25 / pers.

Cala del Molí, on the Costa Brava, is the only via ferrata in Europe located literally on the seashore. The setting is also listed under the Plan for Areas of Natural Interest.

We will take you on a climb of the via ferrata: it is a great way to discover part of the Costa Brava from a different angle, surrounded by rocks, sea and seagulls. You'll walk some parts, cross Tibetan bridges and climb cliffs, all with stunning views in sight.

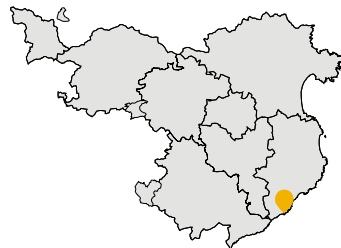
Special requirements:

- » Participants should not be afraid of heights.
- » Participants should be at least 1.55m tall.

Includes:

- » UIAA-approved gear and safety equipment.
- » Qualified guide.
- » Accident insurance.
- » Photographic report.

● Sant Feliu de Guíxols



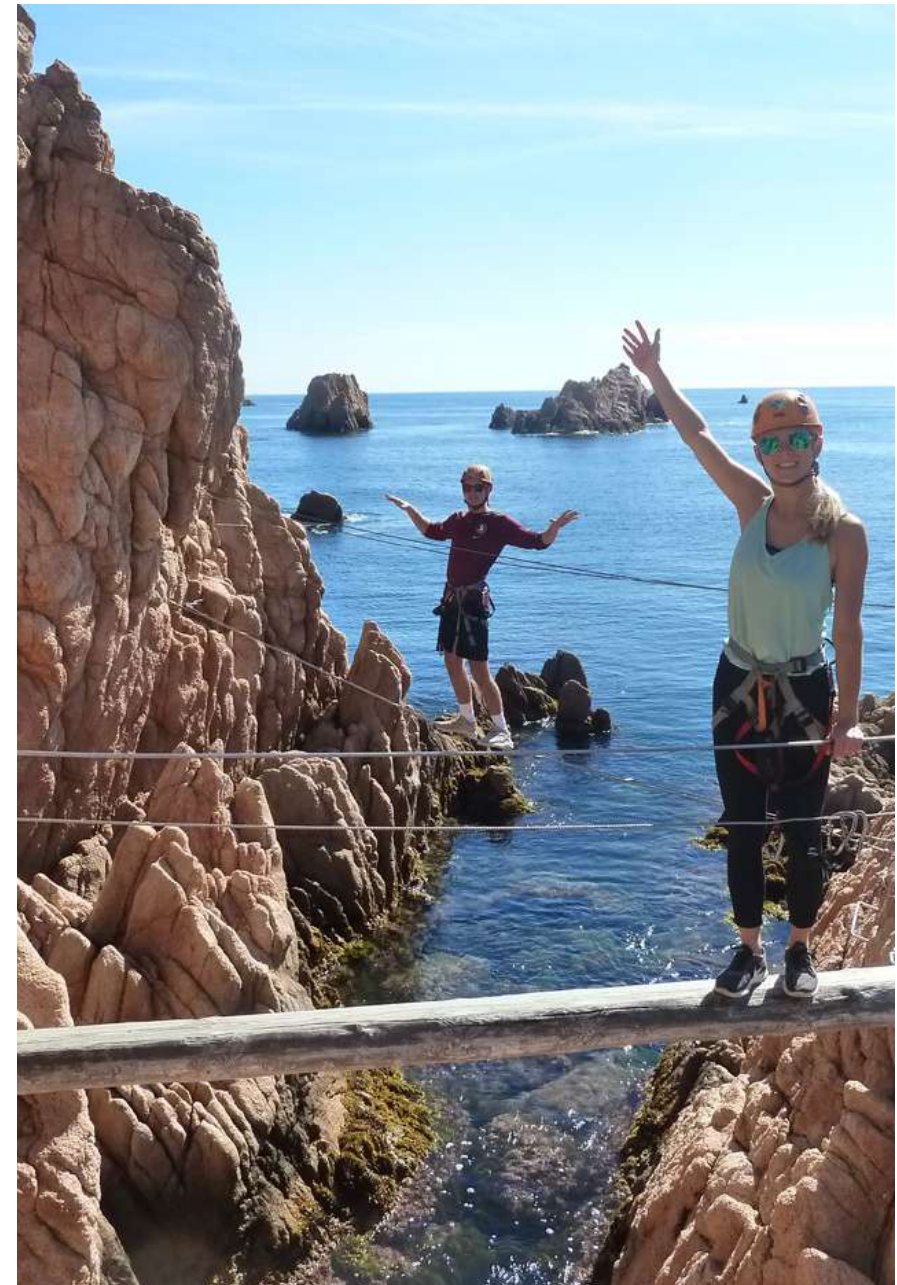
CONTACT



Tel. +34 633 161 679

Email info@aventuragirona.com

Website www.aventuragirona.com



The Amazing Sensation of Flying. Indoor skydiving

WINDOOR REAL FLY



2 hours



Year-round



Min. 10 / Max. 100



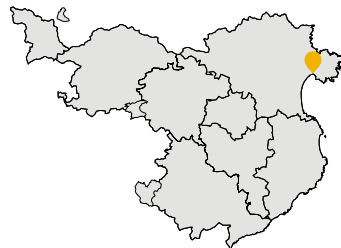
Starting from €39 / pers.

At Windoor, we'll give you the wings to fly. Bring your team to experience the incomparable sensation of risk-free flying in an activity suitable for all ages. Come and fly with us and enjoy the benefit of our facilities that cover all your needs: meeting rooms, catering and restaurant service, free car park. This experience is great for motivating participants, for boosting confidence and developing team spirit, for encouraging communication and integration among departments and members of organisations, for training participants to focus their attention and insight, and for bringing colleagues closer together.

Includes:

- » Activity briefing.
- » All the equipment required for the activity.
- » Flight certificate.

Empuriabrava



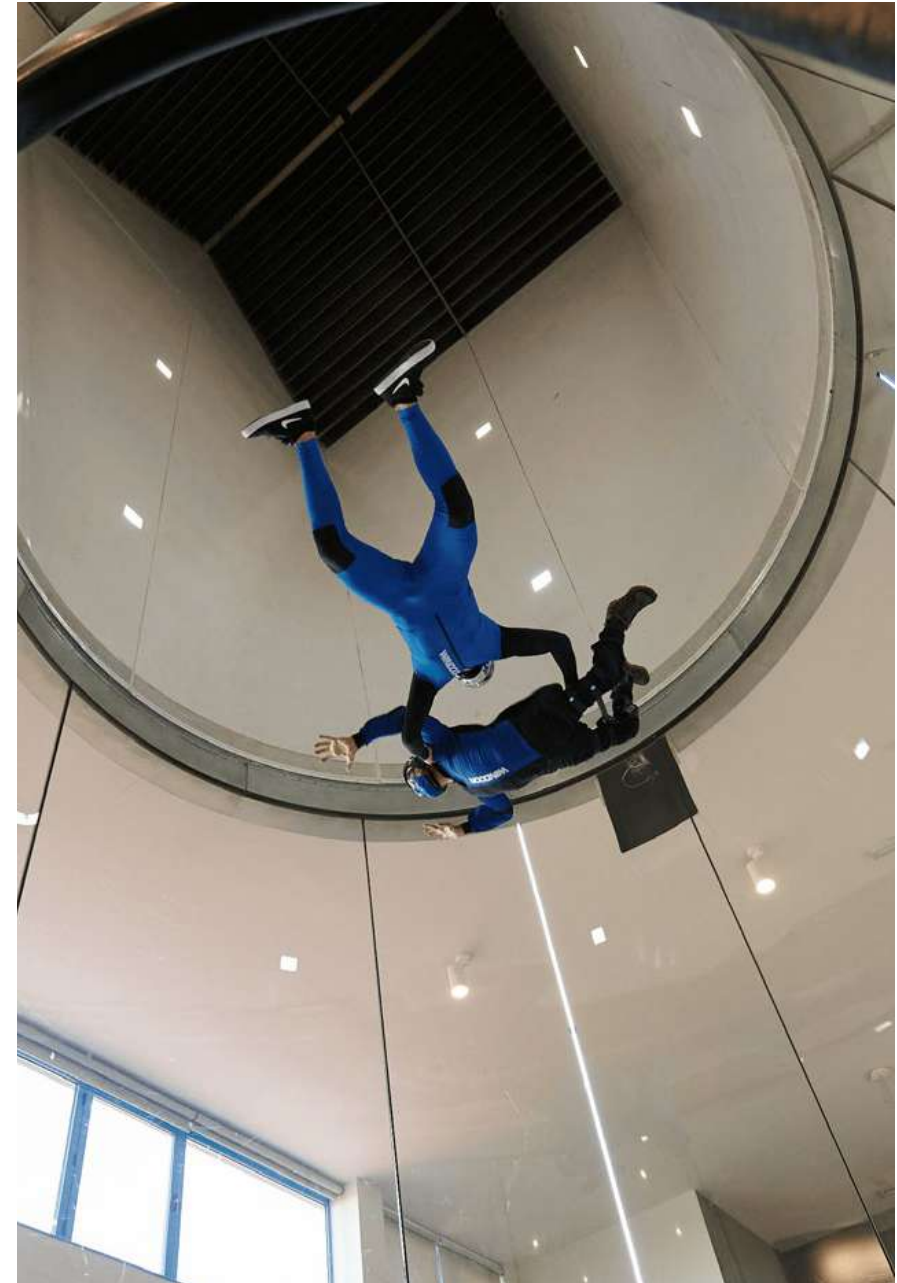
CONTACT



Tel. +34 972 454 040

Email empresa@windoor-realfly.com

Website www.windoor-realfly.com



The hidden treasure of the Ter

River tourism descent by kayak

KAYAK DEL TER



2-3 hours



March to
November



Min. 2 / Max. 80



Starting from €25 / pers.

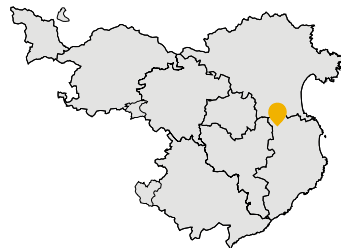
Come and enjoy a unique experience on the river Ter: a river tourism descent by kayak, with different sections through some of the most scenic parts of Gironès and Baix Empordà counties. These sections are part of the Mediterranean biological corridors within the Xarxa Natura 2000 network, with one of the best preserved riverside forests in Catalonia. A way to discover our leisure and active tourism environment, with special respect for the biodiversity that surrounds us. This company adheres to the European Charter for Sustainable Tourism.

It is essential to be able to swim.

Includes:

- » Necessary equipment: kayaks, oars and lifejackets
- » Transfer
- » Introductory class

Colomers



CONTACT



Tel.	+34 662 159 469
Email	info@kayakdelter.com
Website	www.kayakdelter.com



The Nautilus Adventure

SUBAQUATIC VISION



1.5 hours



Year-round



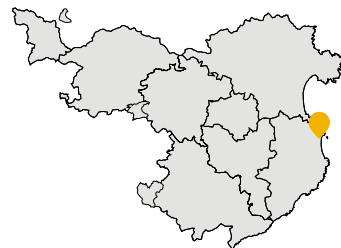
Min. 15 / Max. 150



Starting from €12 / pers.

An underwater cruise in a glass-bottom boat through the Medes Islands Marine Nature Reserve and then along the coast of the Montgrí massif, passing such local beauty spots as Punta de la Barra, Punta de les Salines, Cap d'Oltrera, Cala Pedrosa and Roca Foradada.

📍 L'Estartit

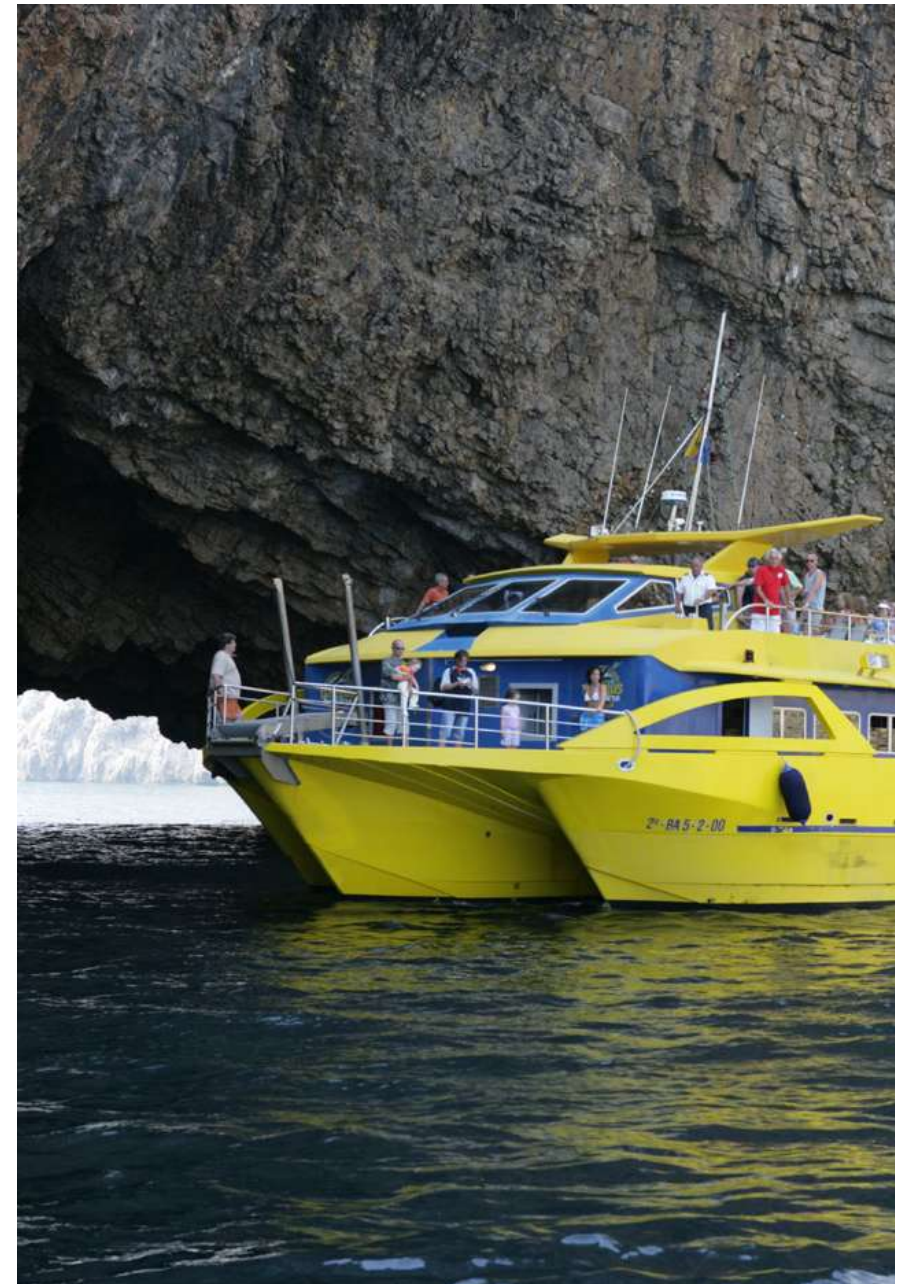


CONTACT

Tel. +34 972 751 489

Email nautilus@nautilus.es

Website www.nautilus.es



Vineyards without Raid

Orienteering race among vineyards and wine tasting

HUMANSIDE EXPERIENCES



2-3 hours



Year-round



Min. 12 / Max. 200



Starting from €40 / pers.

In classic team orienteering race format, hidden markers are placed around a vineyard and participants use a map and compass to find them and mark their control card.

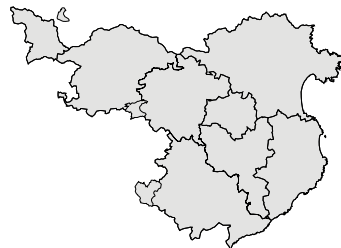
The difference lies in the fact that all the participants carry a wine glass in a neck pouch. And at three of the control points there is a teamworking challenge related to the senses and wine: colour, aroma and taste while they sample two wines at each stop.

An extraordinary opportunity to enjoy nature, discover the world of wine and work as a team at the same time.

Includes:

- » Neck pouch and wine glass
- » Map and compass per team
- » Support staff in the wine challenges

📍 Everywhere



CONTACT

Tel.	+34 632 991 199
Email	marc.ribas@humanside.biz
Website	www.humanside.biz



Volcano Challenge.

A hot air balloon flight over volcanoes

NIT | VOL



5 hours



Year-round



Min. 10 / Max. 60



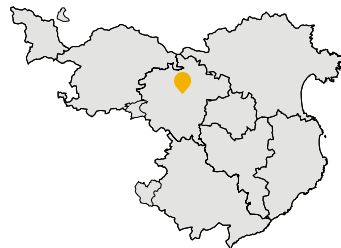
Starting from €195 / pers.

A team competition from the air which involves participants completing a series of tests as they fly over Catalonia's volcanoes. It is a unique, bird's-eye view experience which we will celebrate with a glass of *cava* as we gaze down at the 360° view, with the Pyrenees looming in the background and the volcanoes lying below us. The activity combines decision-taking, leadership and teamwork with the thrills and adventure of a balloon ride in the heart of the countryside, flying over the Garrotxa Volcanic Area Natural Park. It is the ideal incentive and team-building activity.

Includes:

- » Coffee and pastries before the flight.
- » *Cava* and pork scratchings flat cake during the flight.
- » Transport from the landing field to the facilities by 4x4 vehicle.
- » A hearty breakfast.
- » Flight certificate.

● Santa Pau



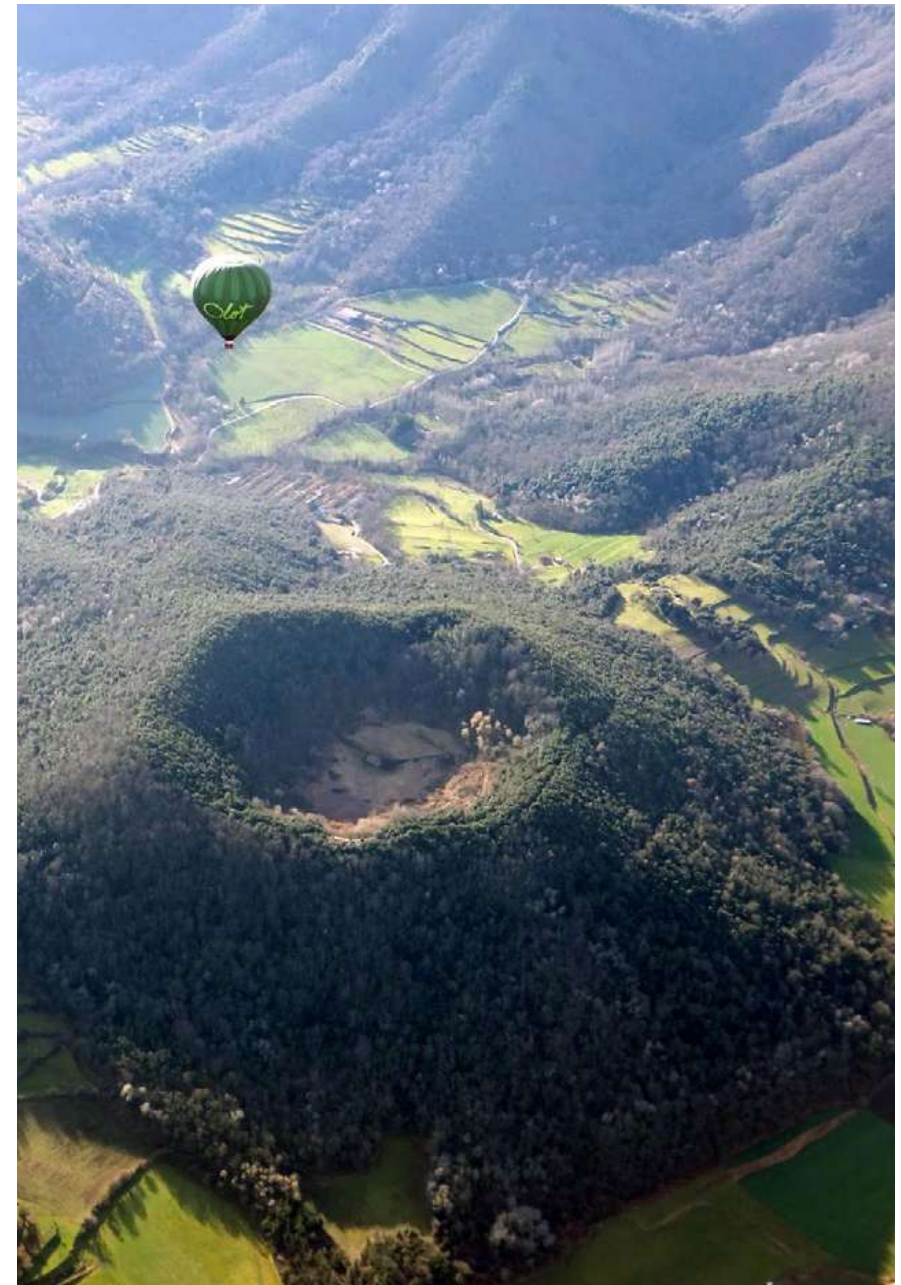
CONTACT



Tel. +34 972 680 225 / +34 689 471 872

Email comercial@voldecoloms.com

Website www.voldecoloms.cat



TASTE



1. Architecture and wine
2. A sea of wines
3. Cork-Makers' Tapas
4. Girona for Foodies
5. Gastrovolcans
6. Golden nose
7. Gourmet Food and Wine in the Heart of the Empordà
8. Olive oil tourism experience
9. Rice Casserole Challenge
10. Seafood Cookery Workshop
11. Seafood Tasting Session on a Sailing Boat
12. The Grape Harvest Festival
13. Vivivi
14. Wine Creation
15. Winefulness

*Taste
Stimulate your senses*

Architecture and wine

BRUGAROL GROUP



2 hours



Year-round (except
November)



Min. 4 / Max. 20



Starting from €24,50
/ pers.

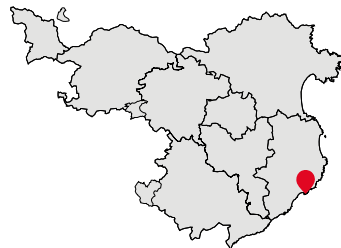
Visit the winery and enjoy a guided tour with a tasting of wines, olive oils and Brugarol products. Located on the Bell-Iloc estate, the Brugarol winery was built by the award-winning firm from Olot RCR Arquitectes and is an underground space hidden beneath the soil of the vineyards. The winery is well worth a visit just to admire its spectacular architecture.

In addition, our wines have won various awards and distinctions for their quality and craftsmanship. Come and taste them!

Includes:

- » Equipment
- » Tastings
- » Visits

Palamós



CONTACT



Tel. +34 972 601 071

Email reservas@brugarol.com

Website www.brugarol.com



A sea of wines

Stories of vineyards and the sea

CREUERS MARE NOSTRUM AND GLOPS D'HISTÒRIA



2 hours



July - August,
every Thursday



Min. 15 / Max. 28



Starting from €35 / pers.

Spectacular combination not to be missed by those who love WINE, the SEA and HISTORY. Guided by Romina, historian, archaeologist and sommelier, take a journey around the Mediterranean with outstanding wine tastings.

Includes:

- » Equipment
- » Tasting
- » Boat trip
- » Guide

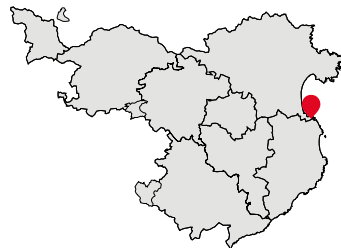
CONTACT

Tel. +34 972 773 797

Email creuers@creuers-marenostrum.com

Website www.creuers-marenostrum.com

♥ l'Escala



Cork-Makers' Tapas

Would you like to discover the cuisine of the times of the cork-making industry?

RESTAURANT SALA GRAN



5 hours



March - December,
Monday - Friday



Min. 15 / Max. 150



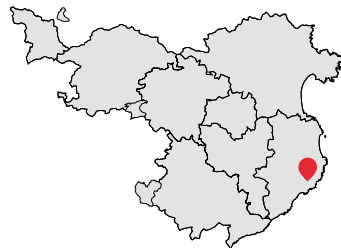
Starting from €32 / pers.

This is a pairing of gourmet food with heritage and culture. You'll have the chance to discover for yourself the ancient cork-making profession and to visit the leading cork museum in Europe, where one of the most important elements is the museum building itself. During the guided tour you'll learn about the important influence of gastronomy on the cork industry workers' way of life. Afterwards, at Sala Gran in Llofriu, you'll enjoy a culinary experience provided by chef Isaac Sabrià, with the chance to sample a selection of dishes that were normally eaten by people in the area: the cork-makers' *tapas*, a trip down memory lane.

Includes:

- » A guided tour of the Cork Museum.
- » Lunch.

● Palafrugell/Llofriu



CONTACT



Tel.	+34 972 301 638
Email	info@salagran.com
Website	www.salagran.com



Girona for Foodies

GIRONA FOOD TOURS



4 hours



Year-round



Min. 2 / Max. 12



Starting from €69 / pers.

Discover the secrets of Girona, its history, local culture and, of course, its culinary tradition with our highly comprehensive guided tour. You'll have the chance to taste traditional dishes, tapas, wines, cavas, cold meats, cakes and pastries and a long list of other delicious things, all in the region's most emblematic settings. This is a unique experience! We also provide bespoke services: a workshop to learn how to carve and appreciate Iberian ham; visits to the local food market; gourmet tours throughout the area; gastro-cultural treasure hunts; picnics; wine tasting sessions; visits to wineries and cheese farms; traditional cookery classes, etc.

Large groups and tailor-made tours catered for on request.

Includes:

- » Transport (for activities outside Girona).
- » Drinks and food.
- » Guide.

● Girona



CONTACT

Tel.	+34 972 664 649
Email	info@gironafoodtours.com
Website	www.gironafoodtours.com



Gastrovolcans

TURISME GARROTXA



6 hours



Year-round



Min. 8 / Max. 30



Starting from €50 / pers.

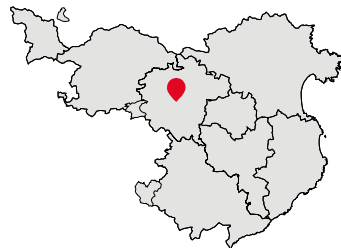
Gastrovolcans is the ideal way to discover the products and producers of the Garrotxa, an area brimming with Michelin-starred chefs and restaurants serving Cuina Volcànica, or Volcanic Cuisine. This specially-tailored experience will take you to Olot town centre and Plaça Mercat, which is packed with shops and stalls selling locally-produced charcuterie, meat, vegetables and ratafia, to name just a few items. Then, in Plaça Mercat itself, you have the choice of two options.

Option A: take part in a workshop to learn how to prepare the products and have the chance to taste them as you listen to a local chef's explanations. **Option B:** have lunch at the market's restaurant, which solely uses produce from the market stalls.

Includes:

- » **Option A:** a visit to Olot's Plaça Mercat; A workshop-lunch with a tasting session of products sold at the Plaça Mercat.
- » **Option B:** a visit to the most emblematic local produce shops in the centre of the city of Olot; a visit to Olot's Plaça Mercat; a lunch based on local produce at the Plaça Mercat restaurant.

♥ Olot



CONTACT

Tel. +34 972 271 600

Email info@turismegarrotxa.com

Website www.trade.turismegarrotxa.com



Golden nose

Sensory team building

LA GASTRONÒMICA



1-2 hours



Year-round



Min. 15 / Max. 100



Starting from €60 / pers.

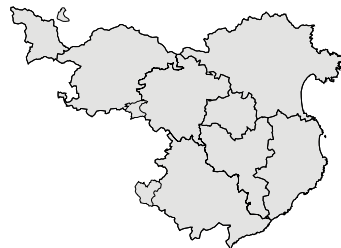
In this sommelier-led activity we invite you to smell more than 20 fresh products to achieve a common goal: guess the main characteristics of the wines you will sample in a blind tasting. The activity is divided into two parts:

1. Aromatic game with fresh products
2. Wine-tasting competition to test the participants' senses. A thoroughly entertaining activity in which you can develop your sensory abilities while you enjoy the company of your colleagues outside the office.

Includes:

- » Material for the activity.
- » Professional staff.
- » vPrize for the winning team.

It can be done in accommodations or other charming spaces



CONTACT

Tel. +34 649 765 697 / +34 685 195 519

Email info@lagastronomica.cat

Website lagastronomica.cat



Gourmet Food and Wine in the Heart of the Empordà

RESTAURANT SALA GRAN



5 hours



March - December,
Monday - Friday



Min. 15



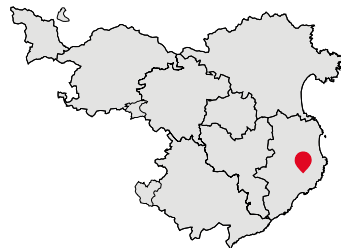
Starting from €49 / pers.

A guided visit of Mas Oller, with a tour of the winery and the vineyards and a wine tasting session. Afterwards, we will go to the restaurant Sala Gran for a lunch cooked by chef Isaac Sabrià using local produce and paired with wines from Mas Oller.

Includes:

- » Wine tasting session.
- » Free entry to Mas Oller.
- » Lunch at Sala Gran.

• Torrent/Llofriu



CONTACT



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Email info@salagran.com

Website www.salagran.com



Olive oil tourism experience

BRUGAROL GROUP



2 hours



Year-round (except
November)



Min. 4 / Max. 20



Starting from €24 / pers.

Ready to enjoy an exclusive and different experience?

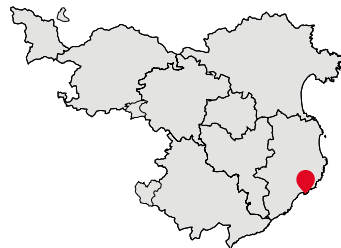
Culture, tradition and nature come together in an olive oil tourism experience. Currently, we produce four varieties of olive oil: Picual, Arbequina, Argudell and Manzanilla. Tasting of four 'B' olive oils with Brugarol's master miller Patricio Sánchez.

In this activity you will expand your knowledge of olive tree treatment, the production of olive oil and its properties.

Includes:

- » Equipment
- » Tastings
- » Visits

● Palamós



CONTACT



Tel.	+34 972 601 071
Email	reservas@brugarol.com
Website	www.brugarol.com



Rice Casserole Challenge

HUMANSIDE EXPERIENCES



2-3 hours



Year-round



Min. 12 / Max. 150



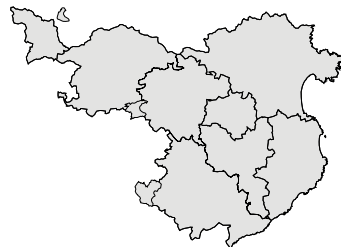
Starting from €55 / pers.

This experience aims to introduce visitors to the world of Girona's local everyday cuisine through one of its most traditional and varied dishes, rice dishes. The culture of throwing together the ingredients on hand, including fresh produce from the vegetable garden, meat from the animals raised in the back yard and the odd bit of fish or seafood gave rise to the "Sea and Turf" style of dishes. Participants are divided into teams and, with the aid of our chefs, will take part in a competition to make the superlative rice casserole, the province of Girona's most typical rice dish. This will give them the chance to try out their flair for combining different ingredients creatively.

Includes:

- » All the ingredients for making the rice dish (vegetables, farm-raised meat and different types of fish and seafood).
- » Cooking equipment, cooking utensils, a professional chef to supervise and facilitate the activity.
- » Visits connected with the area where the activity takes place (on request).
- » Starters, dessert and drinks (on request, so as to replace a meal).

♥ Everywhere



CONTACT

Tel. +34 630 991 199

Email experiences@humanside.biz

Website www.humanside.biz



Seafood Cookery Workshop

ESPai DEL PEIX



2,5-3 hours



Year-round



Min. 14 / Max. 30



Starting from €30 / pers.

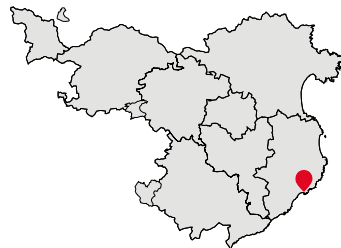
The seafood cookery workshop is carried out in two teams. Each team chooses a head chef, who will divide the team into three stations so as to cook a three-course meal: one station for starters, one for mains and one for desserts. All the dishes will be cooked using fish and seafood from the port of Palamós and local produce. The recipes will be given to the head chef, who will allocate them to each station and will be in charge of organising everything. When the dishes are ready, they will be plated and served. Each team will taste the dishes prepared

by the opposing team, which should motivate them to cook as well as possible. The final decision as to the winning team will be made by the chefs from Espai del Peix.

Includes:

- » Cookery workshop.
- » A tasting session of the dishes prepared.

♥ Palamós



CONTACT



Tel. +34 972 600 424

Email infomuseu@palamos.cat

Website www.espaidelpeix.org



Seafood Tasting Session on a Sailing Boat

TELA MARINERA



4 hours



Prawns, year-round;
sea urchins, October -
March



Min. 6 / Max. 36



Starting from €35 / pers.

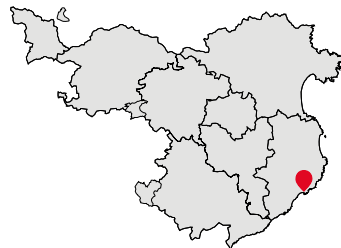
Based in the port of Palamós, we specialise in classic boats and sharing local maritime traditions. We offer an active sailing experience: our passengers all take part in the on-board manoeuvres as they discover a new way of sailing along one of the most emblematic stretches of the Costa Brava. Aboard the boat *Rafael*, built in 1915, and the schooner *Jolie Biche*, we will sail to the Formigues Islands and anchor off Castell beach to taste traditionally prepared sea urchins: freshly caught, with bread, *botifarra* Catalan sausage and a good bottle of Empordà wine. If they are in season, we suggest trying some famous freshly-caught Palamós prawns. First, we'll take our passengers on a visit to the fish market; then we'll set sail and, after anchoring, we'll have a swim

(depending on the time of year). Then we'll grill some big prawns on a bed of salt (150 gr per person) and wash them down with a white Empordà wine. Tela Marinera offers a relaxed, unhurried sailing experience on classic, traditional boats, where the history of the men that once sailed in them complements a landscape and culture that never fail to inspire.

Includes:

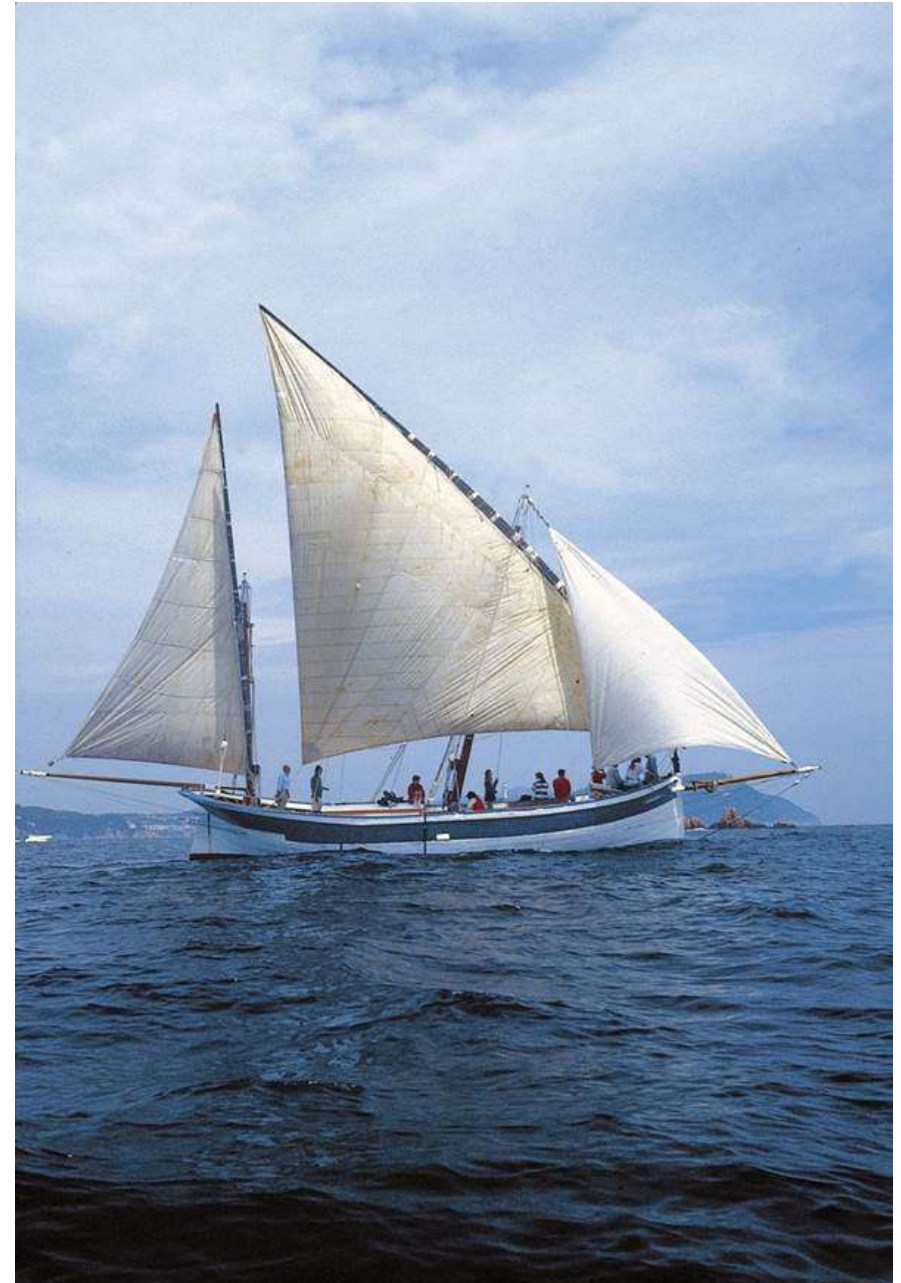
- » A typical Catalan breakfast.
- » Tasting session of sea urchins and/or prawns.

● Palamós



CONTACT

Tel.	+34 609 307 623
Email	joan@telamarinera.es
Website	www.telamarinera.es



The Grape Harvest Festival

LA VINYETA



2 hours



20 d'agost -
10 d'octubre



Min. 15 / Max. 50



Starting from €45 / pers.

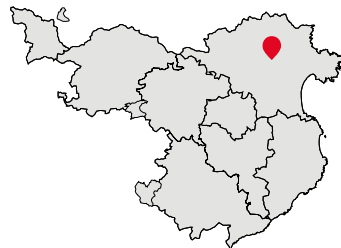
The fascinating world of wine has always been surrounded by an aura of magic. At La Vinyeta winery we'd like to offer you the chance to take part in the wine-making process through two activities: the Grape Harvest Festival and the activity "Wine Expert for a Day". After the long, painstaking months of lovingly tending the vines, it is time to pick the grapes at last. It is a joyful occasion. The grapes are ripe and there is no time to lose: we must get cracking with the harvest. We'll pick the grapes by hand, surrounded by the aromas given off by the vines. Then we will transport them carefully to the winery,

where we will tread them barefoot just as has been done since ancient times. All this work will be amply rewarded by a hearty breakfast in the vineyard. To finish off the process, we'll use a traditional wine press to obtain the must that the gods will then turn into delicious wine.

Includes:

- » Traditional grape harvest.
- » Tasting of must.
- » A guided tour of the winery.
- » A wine and oil tasting session.

● Mollet de Peralada



CONTACT



Tel.	+34 647 748 809
Email	celler@lavinyeta.es
Website	www.lavinyeta.es



Vivivi

Strings and wine show

LA GASTRONÒMICA



1 hour



Year-round



Min. 2 / Max. 100



Starting from €60 / pers.

A sommelier will intoxicate you with the stories behind some wines with soul, while a violin and a cello take you on a journey through the history of music. A dance with wines and melodies that will touch your soul. To make the experience even more captivating, we seek out magic locations where the energy of the space surrounds us.

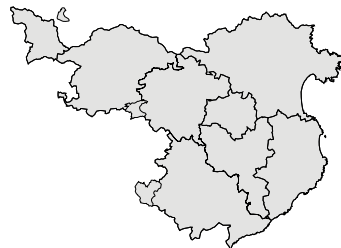
Authentic, vibrant, tasty!

This experience can be arranged to complement working sessions, as a personalised motivational session for business teams and groups or as a way to discover the region.

Includes:

- » Wine-tasting with musical show.

- ♥ It can be done in accommodations or other charming spaces



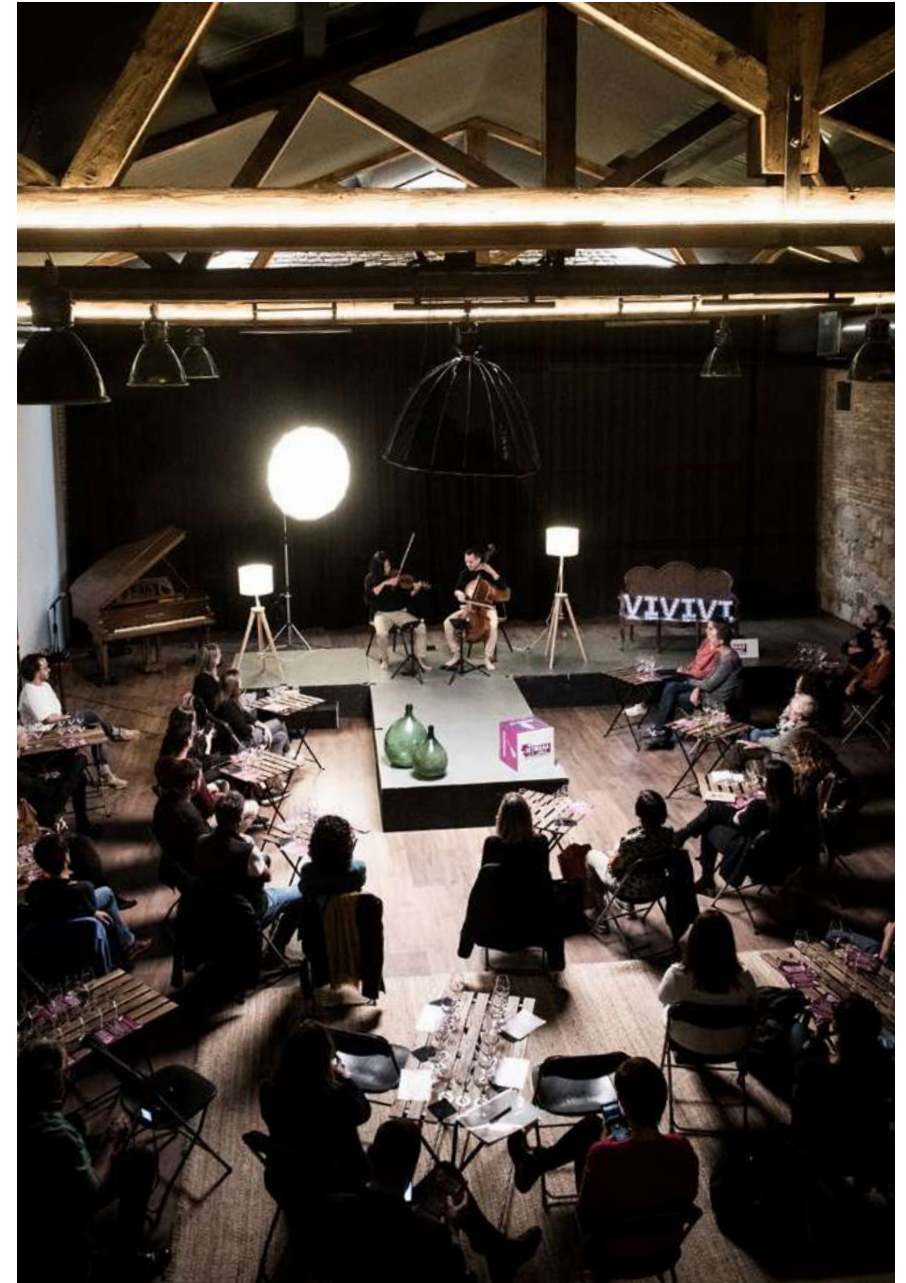
CONTACT



Tel. +34 649 765 697 / +34 685 195 519

Email info@lagastronomica.cat

Website lagastronomica.cat



Wine Creation

Create your own wine

HUMANSIDE EXPERIENCES



2 hours



Year-round



Min. 12 / Max. 150



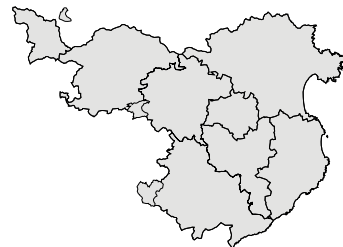
Starting from €45 / pers.

Working on content specific to a corporate meeting with the language of wine is possible with Wine Creation. Using varietal wines that we have given a new extra dimension, the conceptual tasting, the teams create a blend that represents one element of the meeting. And, once they have decided on the proportion of each varietal it contains, they must reproduce their blend in a bottle for each member of the team, corking it and designing a label with the name they have chosen. Becoming a winemaker for a day is possible!

Includes:

- » Varietal wines, tasting glasses, test tubes, funnels...
- » Corking machine and thermoelectric encapsulator.
- » Supporting sommelier.

♥ Everywhere



CONTACT



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Winefulness

CAMIRAL GOLF & WELLNESS



2 h 30 min



April - October



Min. 10 / Max. 30



Starting from €35 / pers.

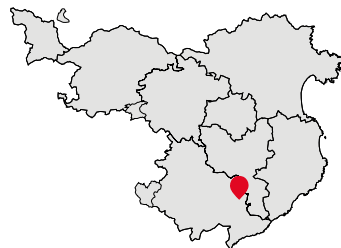
Can you imagine a wine tasting that awakens all your senses? Winefulness is a multisensory wellness experience among vineyards to enjoy wine in a different way and strengthen your health.

We use mindfulness techniques involving sounds in nature to open the senses and enjoy the health benefits of the elements and fruits of the earth, in a new, creative and fun way.

Includes:

- » Mindfulness session among the vineyards with an expert.
- » Camí Ral wine tasting.

● Caldes de Malavella



CONTACT



Tel. +34 973 181 020

Email activities@camiral.com

Website www.camiral.com



CORPORATE SOCIAL RESPONSABILITY (CSR)

|||||

1. Dive into nature!
2. Eco-orienteering
3. Finca Can Moragues Restoration
4. Emotion wool
5. European pond turtle (*Emys orbicularis*) population monitoring
6. Help small land stewardship producers
7. Hi-Bird
8. Let's build a better world
9. Let's clean up the Ter river by kayak
10. Restoration of natural spaces and wetlands
11. Sand traps
12. Solidarity bikes
13. Sustainable challenge



Dive into nature!

Removing invasive exotic plants from the Ter river by kayak.

KAYAK DEL TER



3-4 hours



May - June and
September - October



Min. 20 / Max. 80



Starting from €25 / pers.

This activity combines kayaking down the Ter river while removing invasive exotic plants, such as *Ludwigia peploides*.

An experience in nature and for nature, to reduce the impact of these plant species as you enjoy kayaking down the river. This company adheres to the European Charter for Sustainable Tourism.

It is essential to be able to swim.

Organisations that receive the social benefit of this activity:



Generalitat
de Catalunya

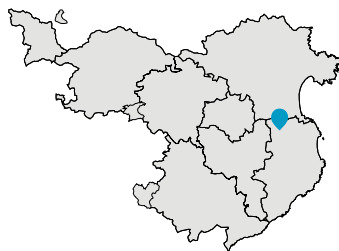


Parc Natural
del Montgrí, les Illes Medes
i el Baix Ter

To which SDGs does it contribute:



Colomers



CONTACT



Tel.	+34 662 159 469
Email	info@kayakdelter.com
Website	www.kayakdelter.com



Eco-orienteering

CONCEP-T



2-2.5 hours



Year-round



Min. 10 / Max. 500



Starting from €32 / pers.

A type of orienteering race in which participants answer questions about the environment and complete sustainability tests as they enjoy the setting. At each point, the teams will find a question about the environment and the SDG.

The aim of the activity is to mark the maximum number of points on the map, answer the questions correctly and complete the tests that have been set.

You can also choose the more sustainable version that includes planting trees at the beacons. In this way, in addition to enjoying a fun team day you can help reforest Catalonia and offset CO2 emissions.

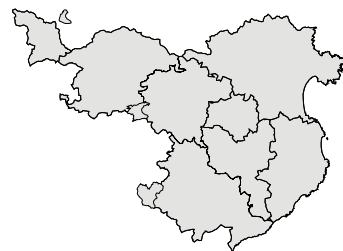
Organisations that receive the social benefit of this activity:



To which SDGs does it contribute:



📍 Everywhere



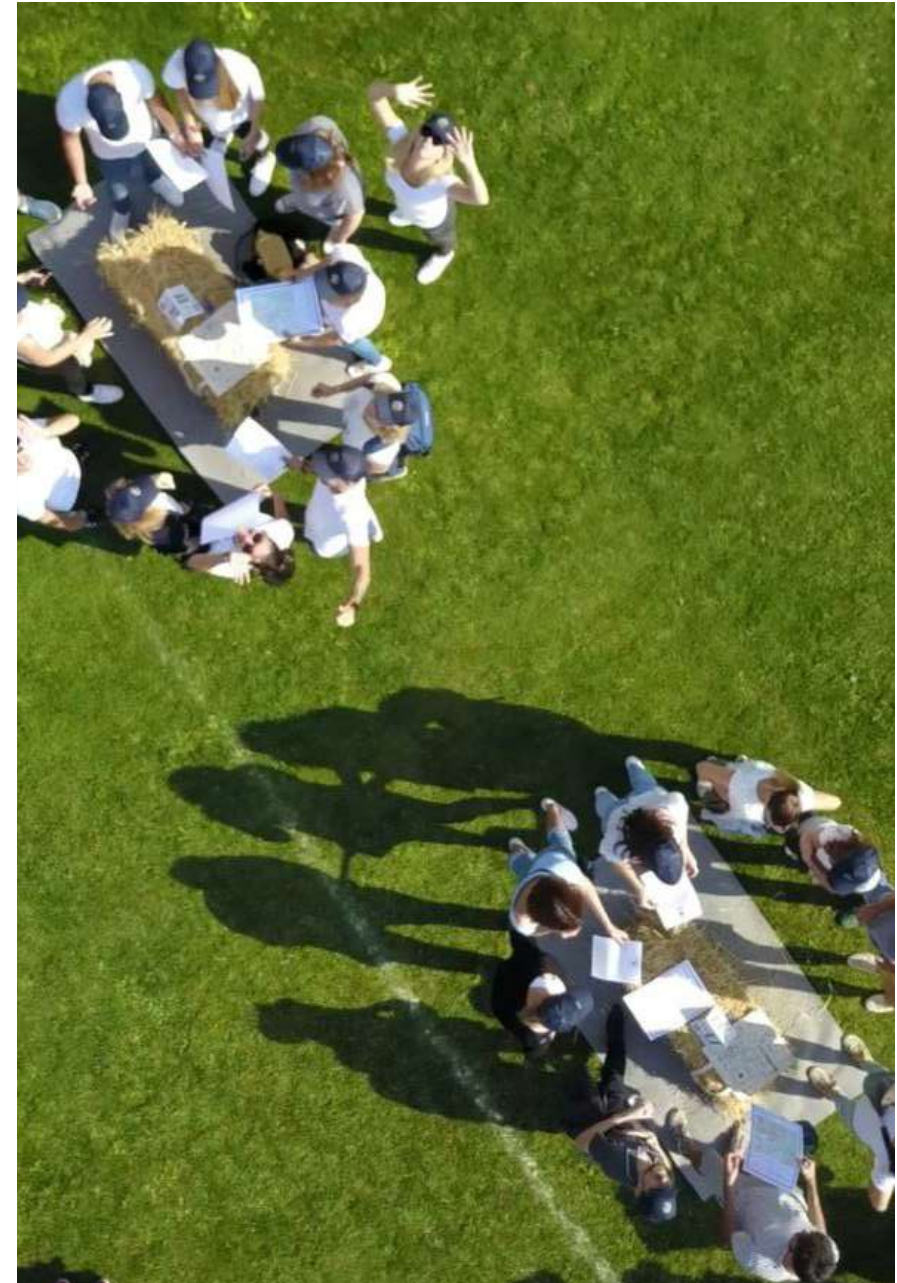
CONTACT



Tel. +34 615 566 593

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Website www.teambuildingconcept.com



Finca Can Moragues Restoration

EMYS FOUNDATION



2-4 hours



Year-round



Min. 5 / Max. 75



Starting from €55 / pers.

Can Moragues is a rural property located in Riudarenes that the Emys Foundation has restored to turn it into our headquarters.

The Can Moragues space is also a fine example of the green economy, sustainable development and ecological agriculture, and it seeks to encourage others to generate another type of economy that has more respect for the environment and the people who live here.

We propose actions to restore the property and expand the demonstrative spaces by creating infrastructure and an organic vegetable garden.

Organisations that receive the social benefit of this activity:

fundació *emys*
recerca i conservació del patrimoni natural



To which SDGs does it contribute:



CONTACT



Tel. +34 972 164 957

Email ivette@fundacioemys.org

Website www.fundacioemys.org

● Riudarenes



Emotion wool

Create a tapestry for charity

CONCEP-T



1.5-2 hours



Year-round



Min. 10 / Max. 200



Starting from €62 / pers.

"Emotion Wool" is a workshop in which participants work together to achieve a common goal: join forces and creativity to weave a handmade tapestry from felt. Each participant contributes their imagination and creativity joining and interweaving coloured yarns to make a large tapestry. The result can be framed and displayed in the office as a reminder of the activity. In addition to being spectacular!

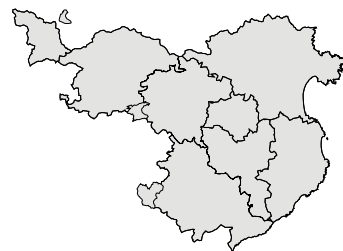
Organisations that receive the social benefit of this activity:



To which SDGs does it contribute:



📍 Everywhere



CONTACT



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Website www.teambuildingconcept.com



European pond turtle (*Emys orbicularis*) population monitoring

EMYS FOUNDATION



2-4 hours



Spring (April-May)
and autumn (October-
November)



Min. 5 / Max. 25



Starting from €75 / pers.

The Emys Foundation was created under the name ADEPAR in 1987 to protect the European pond turtle and its wetland habitat. Since then, we have been monitoring the European pond turtle population, making this the longest continuous monitoring programme on the Iberian Peninsula, with a duration of 35 years and counting. Although this is one of our fundamental projects and a pillar of our organisation, we do not receive any funding for it and every year we rely on financial assistance to be able to continue our work with the utmost guarantees. We offer an activity that allows participants to gain first-hand experience of pond turtle monitoring, together with the purchase and construction of material to be able to carry out this task.

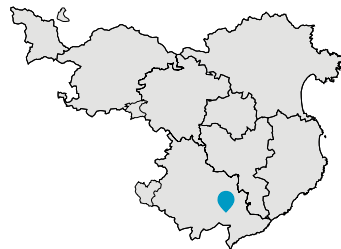
Organisations that receive the social benefit of this activity:



To which SDGs does it contribute:



● Riudarenes



CONTACT



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Email ivette@fundacioemys.org

Website www.fundacioemys.org



Help small land stewardship producers

EMYS FOUNDATION



3 hours



Spring (April-May)
and autumn (October-
November)



Min. 20 / Max. 40



Starting from €55 / pers.

The Emys Foundation has signed a dozen land stewardship agreements with local organic crop and livestock farmers. Our main goal is to work with them to implement ecological farming and livestock practices with high nature value (HNV) that are capable of sustaining high levels of biodiversity, which in turn aids conservation. The organisation has been working for many years with a programme to foster land stewardship. However, many small farmers who want to apply ecological and HNV practices have very few resources available to make the necessary investments and changes on their properties. We aim to support the Emys Foundation's land stewardship producers so that they can adapt their properties and carry out possible actions to promote ecological farming in Selva county.

Organisations that receive the social benefit of this activity:

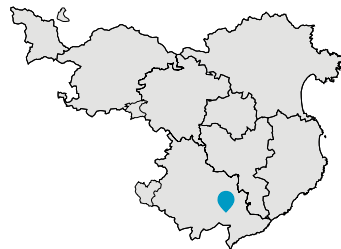
fundació *emys*
recerca i conservació del patrimoni natural



To which SDGs does it contribute:



◆ Properties owned by land stewardship producers

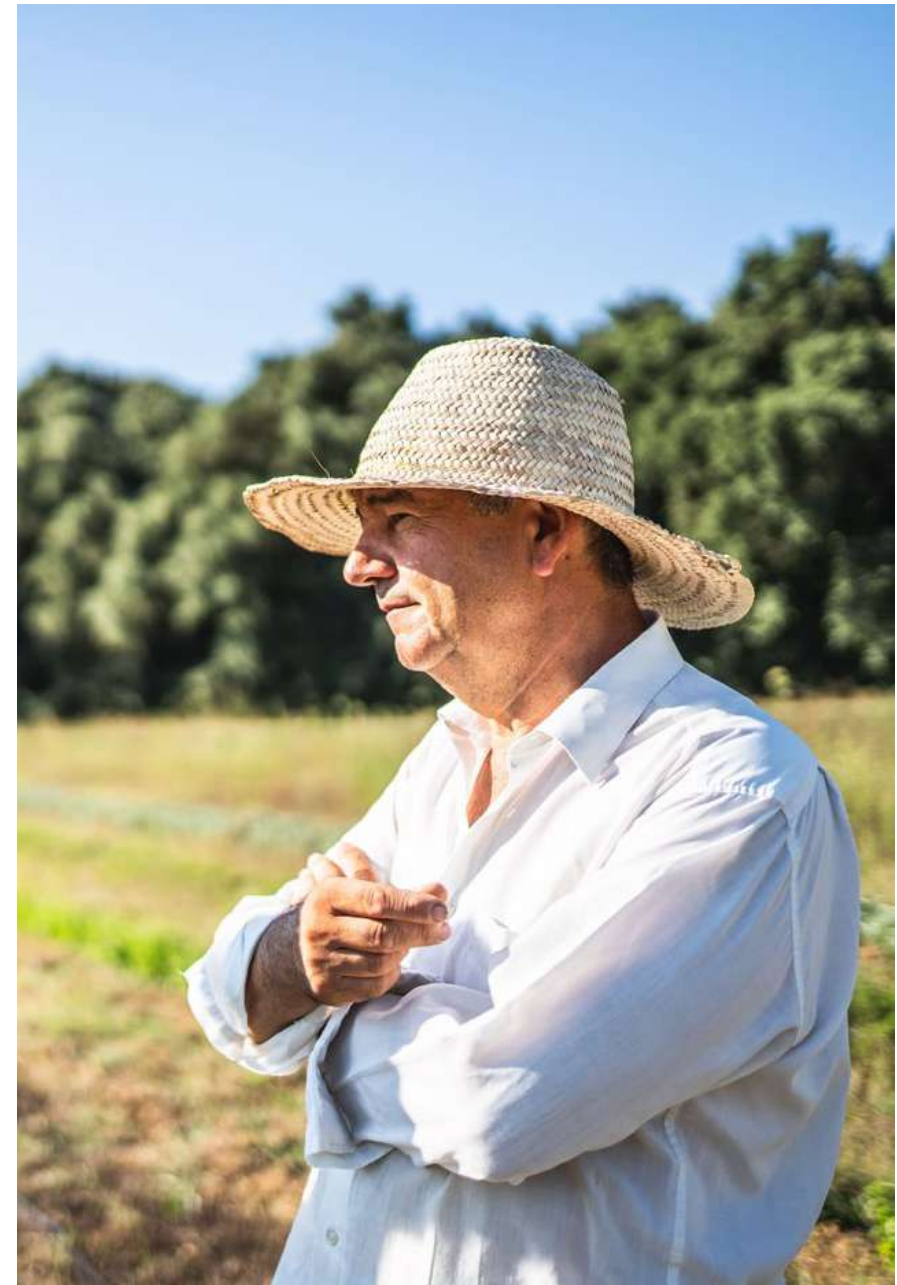


CONTACT

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Website www.fundacioemys.org



Hi-Bird

Building nest boxes for birds

HUMANSIDE EXPERIENCES



2-3 hours



Year-round



Min. 12 / Max. 100



Starting from €30 / pers.

As there are increasingly less farmers working in this region we have lost many natural bird habitats over the years which are very important within our ecosystem. We propose building refuges and nest boxes for birds to help regain each species in the specific zones recommended by experts. The system of work is in teams, reusing a plank of treated wood. Following very simple instructions the team will measure, cut, drill and screw together the pieces of wood to construct the different parts of these new bird boxes in different sizes for insectivores or raptors, mainly.

If there is enough time, a second event can be added to distribute and instal the nest boxes in a specific area following the expert's instructions regarding location, orientation and height.

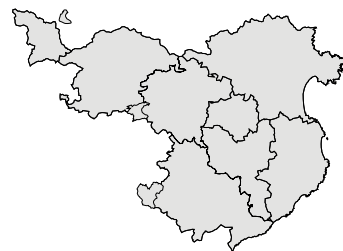
Organisations that receive the social benefit of this activity:

- » Natural parks.
- » Environmental protection consortiums.
- » Ecosystem management organisations.

To which SDGs does it contribute:



📍 Everywhere



CONTACT



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Website www.humanside.biz



Let's build a better world

CONCEP-T



2-3 hours



Year-round



Min. 10 / Max. 300



Starting from €65 / pers.

"Let's build a better world" is a sustainable activity that involves creating, designing and building games and toys for children, with the aim of fostering play among children at risk of social exclusion or at schools with minimal resources.

The elements that can be built are theatres, musical instruments, assembled toys, puppets and/or bicycles.

These can also be adapted using environmental elements.

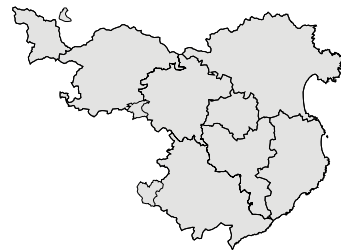
Organisations that receive the social benefit of this activity:



To which SDGs does it contribute:



Everywhere



CONTACT



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Email info@concep-t.com

Website www.teambuildingconcept.com



Let's clean up the Ter river by kayak. Kayaking down the Ter river, collecting rubbish floating in the water.

KAYAK DEL TER



3-4 hours



April - June



Min. 20 / Max. 80



Starting from €25 / pers.

For all nature lovers who want to enjoy a fun activity while caring for the environment.

Participants kayak down the Ter river collecting harmful plastic and waste deposited in the river by heavy rain or human activity to prevent it reaching the sea and ensure that fewer microplastics enter the food chain. This company adheres to the European Charter for Sustainable Tourism.

It is essential to be able to swim.

Organisations that receive the social benefit of this activity:



Generalitat de Catalunya

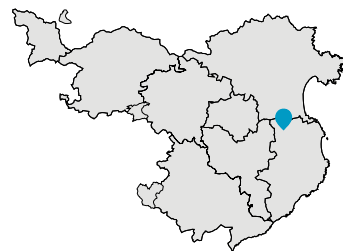


Parc Natural del Montgrí, les Illes Medes i el Baix Ter

To which SDGs does it contribute:



Colomers



CONTACT



Tel. +34 662 159 469

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Website www.kayakdelter.com



Restoration of natural spaces and wetlands

EMYS FOUNDATION



2-4 hours



Spring (April-May)
and autumn (October-
November)



Min. 15 / Max. 100



Starting from €55 / pers.

One of the Emys Foundation's main tasks involves managing natural spaces to maintain and improve their habitats and ecological conditions. This work is particularly important for restoring natural spaces that have become degraded or poorly preserved over time, and creating new natural spaces of interest. Some examples of this work are the restoration of the riverside forest in areas where it is in poor condition, the creation of new ponds for amphibians, and the maintenance of the ponds under land stewardship inhabited by populations of *Emys orbicularis* (European pond turtle). We propose activities to restore natural spaces, particularly in wetland areas, to promote their ecological potential and improve their habitats.

Organisations that receive the social benefit of this activity:



To which SDGs does it contribute:



● Riudarenes



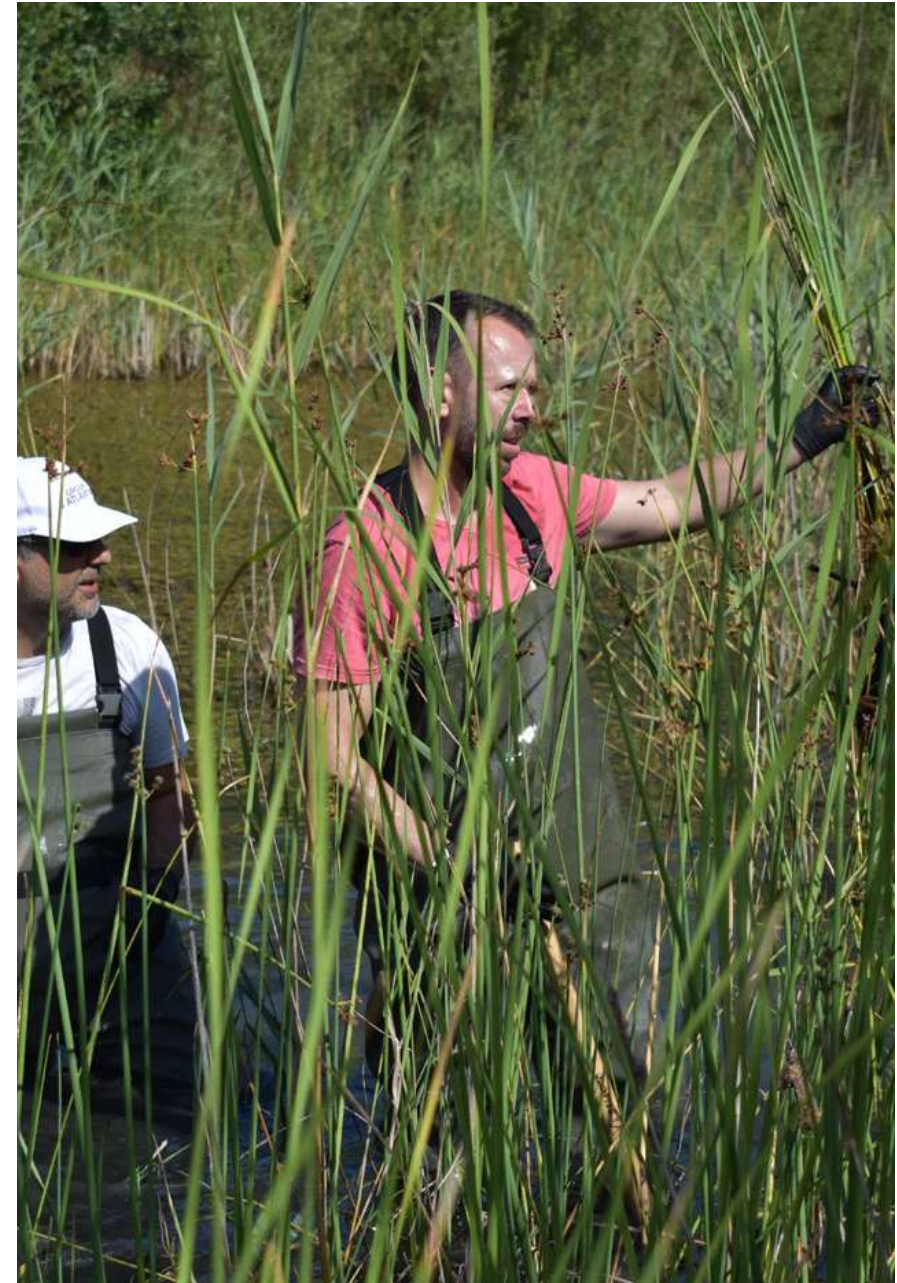
CONTACT



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Website www.fundacioemys.org



Sand traps. Restoring the dune system in the bay of L'Estartit-Pals

HUMANSIDE EXPERIENCES



2-3 hours



Year-round



Min. 12 / Max. 80



Starting from €35 / pers.

Project to restore the dune ridge in the bay of L'Estartit-Pals to recover a protected habitat that is home to endemic species. The aim is to restore the ecosystem functionality following the loss of sand outside the beach-dune system and, by doing so, protect the natural beaches as a fundamental asset of the Baix Ter – Montgrí Natural Park.

Together with the natural park's rangers, this activity mainly involves creating sand traps that need to be rebuilt in different zones of the Ter river gorge. Participants dig 70cm deep trenches in 5 metre sections, hammer in fixing stakes and attach the cane fencing to this structure before filling in the rest of the trench. Thanks to these structures, during storms sand is blown into the traps, but cannot drift out again, thereby establishing the dune system.

Organisations that receive the social benefit of this activity:



Generalitat
de Catalunya

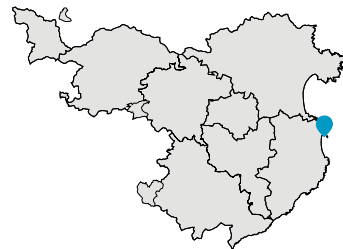


Parc Natural
del Montgrí, les Illes Medes
i el Baix Ter

To which SDGs does it contribute:



📍 L'Estartit - Pals beach



CONTACT



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Website www.humanside.biz



Solidarity bikes

CONCEP-T



2-2.5 hours



Year-round



Min. 10 / Max. 200



Starting from €45 / pers.

In this activity you will assemble bicycles for child support centres.

First you will face various challenges as a team in a type of treasure-hunt to find the pieces of the bicycle. Then you will put the bikes together with the help of our experts. To check the function and safety of your bicycles, we have prepared a test as the final step: a relay race on the bicycles. Are you ready for this charity challenge?

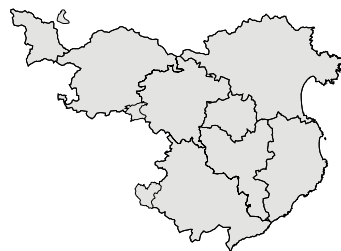
Organisations that receive the social benefit of this activity:



To which SDGs does it contribute:



Everywhere



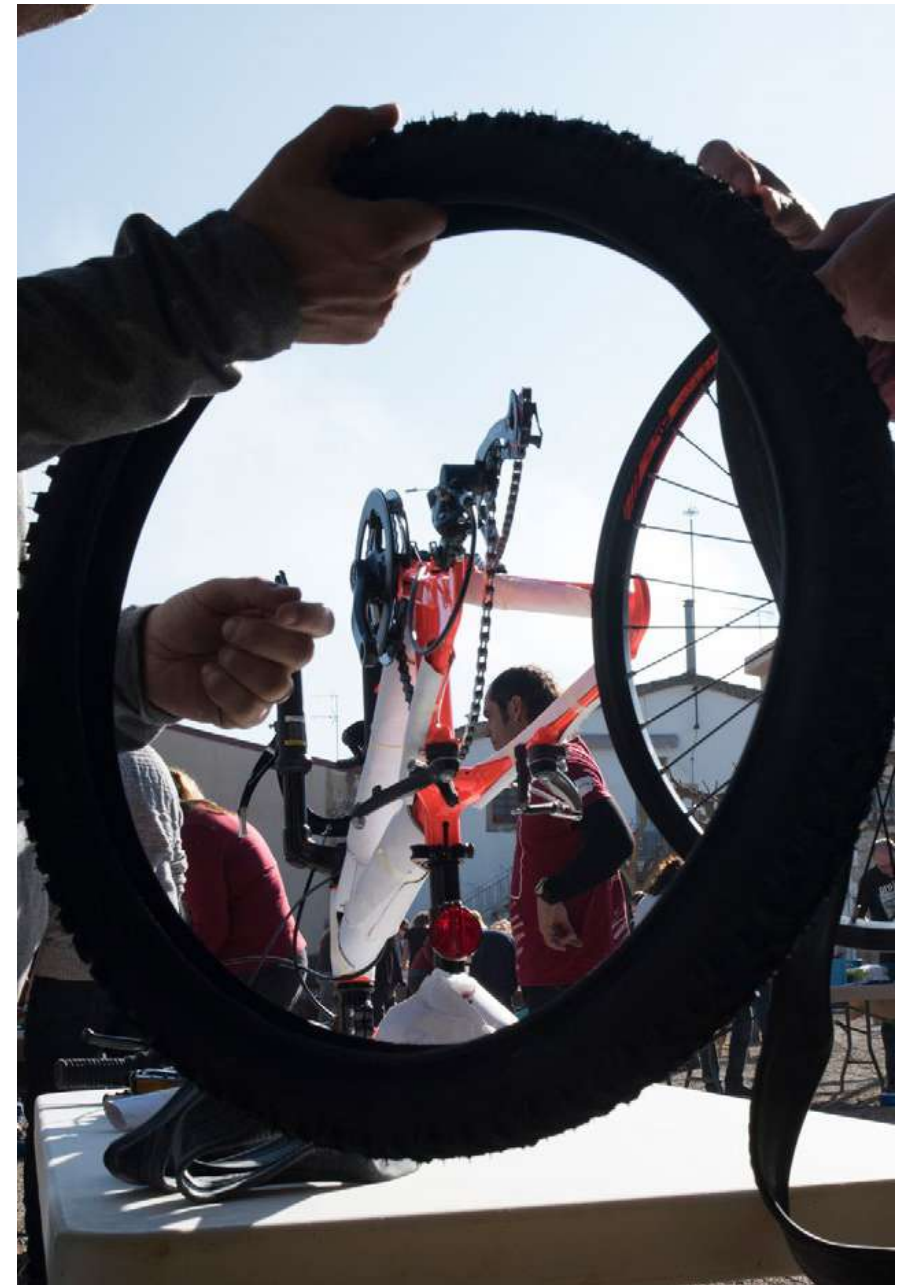
CONTACT



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Website www.teambuildingconcep.com



Sustainable challenge

A charity fair

CONCEP-T



2-3 hours



Year-round



Min. 30 / Max. 250



Starting from €85 / pers.

We propose a series of themed charity activities in which the participants, in addition to having fun, can also collaborate with different NGOs, associations and foundations.

We transform the outdoor space of wherever the action is held into a charity fair. Each stall in this fair corresponds to an organisation that will carry out a sustainable action, which may be a game, a workshop, an activity... Fun activities that encourage teamwork, cooperation and social commitment.

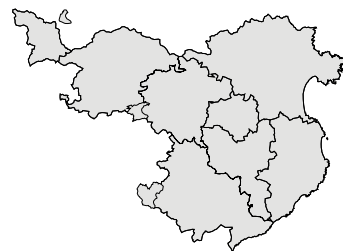
Organisations that receive the social benefit of this activity:



To which SDGs does it contribute:



📍 Everywhere



CONTACT



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Culture

When talking about the culture in the Costa Brava and the Girona Pyrenees, you are taken back to the dawn of civilization. By order of antiquity, you can discover megalithic monuments in the Albera and Gavarres massifs; prehistoric caves in Serinyà; Iberian, Greek and Roman villages along the coast, especially in Empúries; and Romanesque, Gothic, Baroque and Art Deco architecture on display throughout the area.

From the Middle Ages onwards the region has preserved such impressive locations as Sant Pere de Rodes and Ripoll, where the legacy of a thousand-year-old history can still be felt.

In recent years, artists –including the genius Salvador Dalí in particular– have interpreted our cultural and scenic environment in a very different way, capturing it in incomparable artistic creations. Altogether, over 55 museums and 550 monuments fill this region with culture and tradition.



The Dalinian Triangle offers visitors an almost metaphysical journey through a contrasting world of tormented nature and idyllic and unique locations.

Cuisine

Local cuisine is one of the biggest attractions in the province of Girona. It certainly matches the beauty of the landscape, and is an important factor for successful business meetings.

The region's proud culinary tradition has a rich history, and is based on a geography and climate that provide delicious ingredients from both the land and sea: Mediterranean fish, prime meat and sausages, a wide variety of vegetables, mushrooms, and olive oil. Not to mention the delicious D.O. Empordà wines.

Today, Girona's cuisine is also synonymous with creativity. In the same way that Salvador Dalí surprised the world with his surrealist art, another genius, Ferran Adrià, has astonished the public with his recipes at the restaurant El Bulli.

Girona's cuisine is currently among the best in the world, and includes such top chefs as the Roca brothers, international pioneers in their work at the restaurant El Celler de Can Roca, which boasts three Michelin stars.

*In the province of Girona
people have always
cooked well. thanks to
tradition and the best
raw ingredients.*





Nature

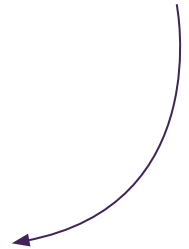
The unique geographical features of the Costa Brava and the Girona Pyrenees allow visitors to choose from a range of activities on land, at sea and even in the air, as a complement to any business meeting or incentive trip.

There are unlimited experiences on offer. Such activities as guided tours by Segway, horse riding, quad biking, cycling, walking and snowshoeing are all adapted to the abilities of the participants, and help you make the most of the beautiful surroundings. Kayaking or sailing on a yacht, orienteering on the beach, and exclusive meals in secluded coves along the Costa Brava. Light aircraft flights with incredible views, hot air balloon flights over

unique landscapes while tasting local products, and skydiving for more adventurous visitors.

The activities on offer also include options such as stays at spas, playing golf, cookery lessons to taste local products, visits to wineries selling D.O. Empordà wine, trips to markets, museums, botanical gardens, castles, monasteries, and numerous other attractions. The possibilities are endless, and we propose designing an activity tailored to your goals, encouraging team building or rewarding hard work in an original and unforgettable way.

Over 30% of the total
province is a protected
natural area



Golf

The Costa Brava offers the ideal setting for golf lovers who want to play their favourite sport.

The golf options available include thirteen golf courses and eleven pitch and putt courses throughout the Costa Brava and Girona Pyrenees.

There are five golf courses at three golf clubs –the Camiral Golf & Wellness, Empordà Golf Resort and Golf Platja de Pals– that are among the top 50 courses in Europe, according to the official British ranking of 'Top 100 Golf Courses'.

The icing on the cake is the Camiral Golf & Wellness, which received an award for best golf resort in Europe in 2016.

*Thirteen golf courses,
thirteen routes through
an incomparable
landscape.*





Costa Brava Girona Convention Bureau

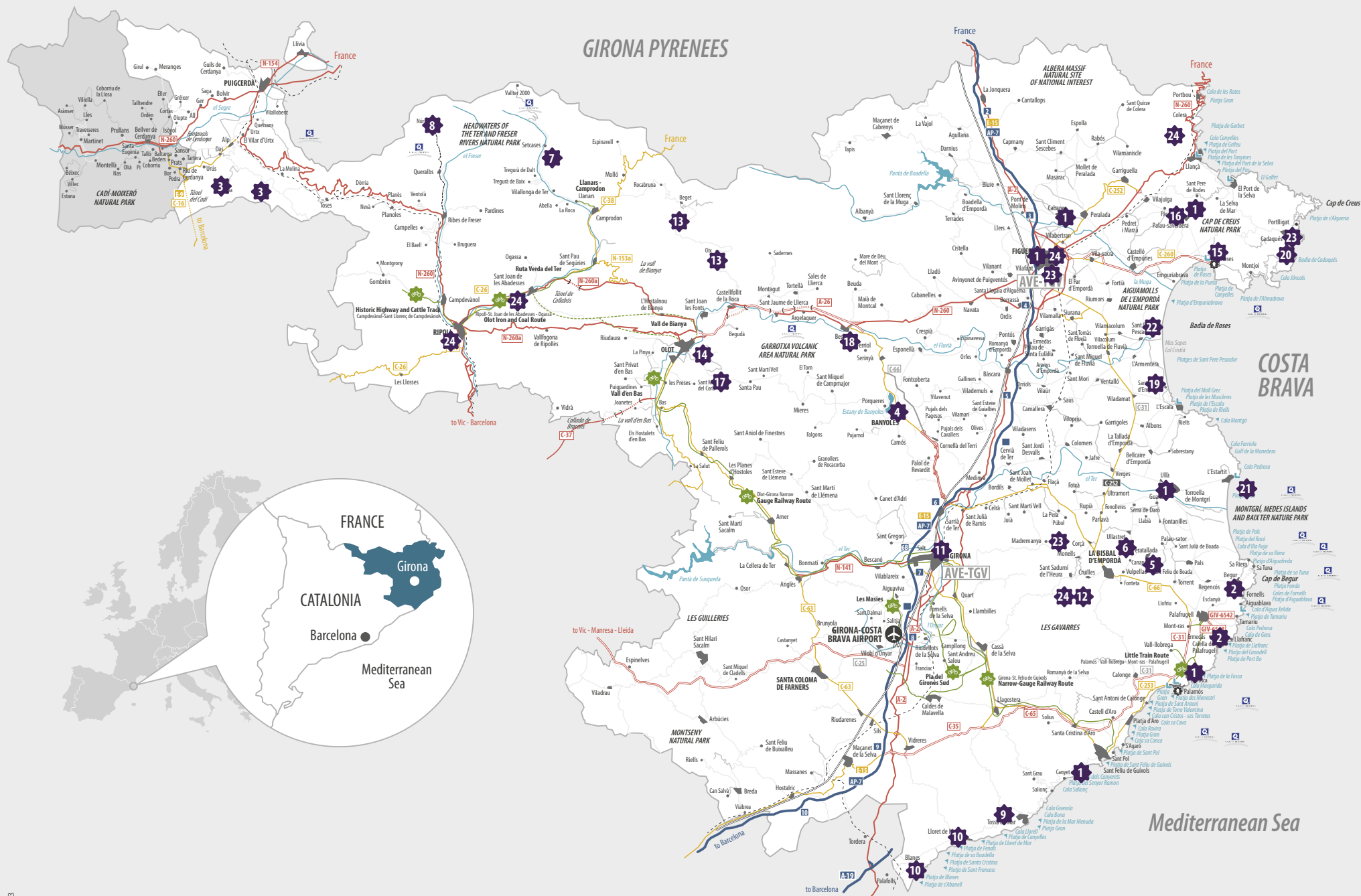
The Girona Provincial Council, the Costa Brava Girona Tourist Board and the Girona, Palamós and Sant Feliu de Guíxols chambers of commerce work together to promote business tourism in the Girona region under the brand "Costa Brava Girona Convention Bureau".

They receive support from 140 associated companies and organisations specialising in event organisation.

The Costa Brava Girona Convention Bureau offers the following services:

- » Free and impartial advice for organisers on the choice of venue, accommodation, complementary activities and other services.
- » Collaboration in inspection visits for event organizers.

- » Advice on drawing up programmes for incentive trips, and for cultural and entertainment programmes for delegates and accompanying persons.
- » Support when presenting candidacies for congresses and events.
- » Publishing and distributing publications for business tourism.
- » Links with partner companies and local agencies and institutions.
- » Coordination when providing tourist material for event attendees.



Map key

	Toll motorway
	National main road
	Dual carriageway
	Major road
	County road
	Local road
	Under construction
	Other roads
	River
	Rack railway
	Motorway symbol
	Motorway exit
	National main road symbol
	County road symbol
	Major county road symbol
	New code system
	High-speed rail station
	County boundary
	Railway
	AVE (High-speed train)
	Greenway
	Tunnel



Blue Flag Beaches 2023

Award granted by the European Union that recognises the quality of the waters and the services provided to users on the beaches.



Blue Flag Port



Cruise Port



EMAS Eco-Management and Audit Scheme 2023

Begur: Club Nàutic Aiguablava · **Blanes:** Club Vela Blanes and Blanes Port · **Calonge:** Can Cristos - Ses Torretes cove, Torre Valentina Beach, Sant Antoni Beach, Es Monestri Beach and the town seafront promenade · **Castelló d'Empúries:** Empuriabrava Beach · **El Port de la Selva:** Club Nàutic Port de la Selva and El Port de la Selva Port · **L'Escala:** L'Escala Port and Club Nàutic l'Escala · **Llançà:** Club Nàutic Llançà and Llançà Port · **Palafrugell:** Port Bo, Canadell, Llafranc, Tamariu and Calella de Palafrugell Beaches · **Palamós:** beaches, coves, Port Esportiu Marina Palamós, Club Nàutic Costa Brava, Palamós Port, seafront promenade and urban parks · **Platja d'Aro:** Club Nàutic Port d'Aro · **Roses:** Santa Margarida, El Salatar, El Rastrell, Nova, La Punta, Els Palangrers, Canyelles-Bonifaci and L'Almadrava Beaches; Murtra, Rostella, Calís, Montjoi, Calitjàs, Pelosa, Canadell and Jòncols natural coves; Roses Cruise Port, Roses Marina, Roses Fishing Port and seafront promenade · **Sant Feliu de Guíxols:** Sant Feliu de Guíxols Port · **Torroella de Montgrí-L'Estartit:** L'Estartit Port, L'Estartit Main Beach, Club Nàutic Estartit and L'Estartit seafront promenade



"Q" for Tourism Quality Certificate - ICTE (Institute for Spanish Tourism Quality) 2023

Begur: Racó Beach, Sa Riera Beach, Sa Tuna Beach, Aiguablava Beach · **Castell-Platja d'Aro:** Platja d'Aro Main Beach and Sa Conca Beach · **Castelló d'Empúries:** Empuriabrava Beach · **Torroella de Montgrí:** L'Estartit Main Beach · **Cerdanya:** La Molina Ski and Mountain Resort · **Garrotxa:** Garrotxa Volcanic Area Natural Park · **Ripollès:** Vall de Núria Ski Resort, Vallter 2000 Ski Resort

- 1 Music Festivals of the Costa Brava and Girona Pyrenees
Peralada, Cap Roig, Torroella de Montgrí, Porta Ferrada (Sant Feliu de Guíxols), Sant Pere de Rodes, Schubertiada
- 2 Coves of Begur and Palafrugell and Sant Sebastià Lighthouse
- 3 La Molina-Masella
- 4 Banyoles Lake
- 5 Mediaeval towns of Pals and Peratallada
- 6 Iberian Settlement of Ullastret
- 7 Camprodon Valley
- 8 Valley and Sanctuary of Núria
- 9 Vila Vella or Old Town of Tossa de Mar
- 10 Gardens of the Costa Brava (Santa Clotilde, Pinya de Rosa and Marimurtra)
- 11 Old Town of Girona
- 12 Pottery of La Bisbal
- 13 Alta Garrotxa (Oix and Beget)
- 14 Garrotxa Volcanic Area Natural Park
- 15 Cap de Creus Natural Park
- 16 Sant Pere de Rodes
- 17 Santa Pau
- 18 Besalú
- 19 Ruins of Empúries
- 20 Cadaqués
- 21 Montgrí, Medes Islands and Baix Ter Natural Park
- 22 Aiguamolls de l'Empordà Natural Park
- 23 Dalí Triangle (Museums of Figueres, Portlligat and Púbol)
- 24 Romanesque architecture
Santa Maria de Ripoll, Sant Joan de les Abadesses, Sant Quirze de Colera, Santa Maria de Vilabertran, Sant Miquel de Cruïlles
- 25 «Surf and Turf» cuisine (throughout the region)

Symbol key



Duration of
the activity



Season
of the year



Minimum and
maximum number
of persons



Price

Sustainable Development Goals





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Costa Brava Girona
Convention Bureau

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