



Wellbeing
Costa Brava
Pirineu de Girona

Wellbeing *

* The ideal place to connect with your inner self

DOWNLOAD





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Costa Brava
Pirineu de Girona



Contents

6	LIVE TWICE	57	LOOK AFTER YOURSELF
8	PRESENTATION	65	HEALTHY GETAWAYS
10	THE IDEAL PLACE TO CONNECT WITH YOUR INNER SELF	80	CULTURE
13	REST, UNWIND	82	NATURE AND ACTIVE TOURISM
39	HEALTHY FOOD	84	MAP
45	BODY, MIND AND SOUL	86	MAP LEGEND

Key



Spa



Healthy restaurant



Treatments



Gym



Only adults



Meditation



Bicycles



Yoga



Outdoor pool



Live Twice

We are pleased to present a destination where you can find and combine everything all in one place. A place where you won't have to choose what you need because you'll have it all within reach. We present a region filled with the incredible landscapes of the Mediterranean's most unique beaches and the Pyrenees' most genuine mountains, a region with over 40 volcanos, medieval towns and fishing villages that exude history from every stone, and fantastic trails available to practice any kind of sport on. This region has been making wine for centuries, and offers sensorial and wellness experiences, as well as a spectacular cultural legacy and a cuisine that blends the traditional with the avant-garde, earning its restaurants a total of 21 Michelin stars.

So, why choose when you can have it all? Enjoy culture, gastronomy, beaches, snow, nature, wellness; enjoy the Costa Brava and Girona Pyrenees.

#LiveTwice!

You don't have to give up anything, or make a choice. The Costa Brava and Girona Pyrenees invite you to explore a region where everything is possible; a place that allows you to enjoy double the experiences – something that seems difficult to achieve all in the same destination. But, thanks to the broad diversity and versatility of this region, it is possible to enjoy everything in the same trip.

"Live twice" invites you to discover every corner of it. Here you can dive into turquoise water and ski on sunny slopes. Here, on the Costa Brava and in the Girona Pyrenees, there is time to do it all – absolutely everything. Sport, culture, nature, gastronomy, wellness and leisure kissed by the Mediterranean sun.

We are a destination that is doubly prepared, doubly safe, doubly sustainable and doubly innovative. We love adding to all the natural resources we already have while also working on everything that makes us better and better.

Don't choose, enjoy a region that has it all. Visiting the Costa Brava and Girona Pyrenees is an opportunity to enjoy more, to enjoy the double.

EXPERIENCE WINTER
EXPERIENCE COVES
EXPERIENCE THE COAST
EXPERIENCE WIND
EXPERIENCE FESTIVITIES
EXPERIENCE ART
EXPERIENCE FAMILY
EXPERIENCE TRACKS
EXPERIENCE WINE TOURISM



Costa Brava
Pirineu de Girona

MOUNTAIN



Diputació de Girona

Girona

Patronat de Turisme
Costa Brava Girona

LIVE
TWICE

COSTA BRAVA
PIRINEU DE GIRONA



The Costa Brava and Girona Pyrenees Health and Wellbeing Club

The highly privileged region of Girona combines all the landscapes that you could ever dream of. From the crystalline, turquoise and blue waters of the hidden little coves of the Costa Brava to the green waves that crash against the rugged coastline of Cap de Creus. Mountain lovers can go skiing, Nordic walking, trekking, hiking, rafting or play golf... and take part in all sorts of adventure sports or much more family-friendly pastimes. The Pyrenees, rivers, lakes, reservoirs and the coast make up a land that boasts a wealth of artistic, musical, sports and leisure activities along with a range of therapeutic experiences, with health resorts, thermal baths, spas and all sorts of water therapy facilities where we can laze away our free time on exclusive, healthy pampering.

When we plan a getaway break it is because we want to have a good time, unwind, nurture our sporting or adventurous spirits..., but our plans also reflect a compelling need for rest, relaxation, pleasure and wellbeing. The Costa Brava Girona Tourist Board's

Health and Wellbeing Club has a wide range of collaborators whose main priority is to do everything possible to help you to completely unwind and leave behind the stress and strain of everyday life.

Historical health resorts with medicinal mineral waters, urban baths, and also spa hotels with treatments and medical teams made up of physiotherapists, endocrinologists, hydrologists, naturopaths, beauticians..., with tempting programmes to ensure your wellbeing and to send you home refreshed and full of energy to tackle everyday life again.

Retreats at a health resort or a spa also give you the chance to enjoy state-of-the-art beauty treatments or to try the positive effects of chocolate wrappings, caviar massages and gold face masks, as well as benefitting from many other active ingredients that stimulate the skin's cellular and metabolic functions so

The Costa Brava Girona Tourist Board's Health and Wellbeing Club has a wide range of collaborators whose main priority is to do everything possible to help you to completely unwind and leave behind the stress and strain of everyday life.

A PLACE WHERE YOU CAN FIND YOURSELF

WELL-CONNECTED BY HIGH-SPEED TRAIN



GIRONA - MADRID

3 h 24 min

GIRONA - BARCELONA

38 min

GIRONA - PARIS

5 h 44 min

GIRONA
AIRPORT

49 flight connections

1 h

BARCELONA
AIRPORT

From the
MOUNTAIN
to the
MEDITERRANEAN
in a
moment



220 km of coastline

FORESTS, MONASTERIES, BEACHES, UNIQUE GARDENS

THE BEST PLACES TO
FIND YOURSELF IN



7 **HEALTHY FORESTS**
AND THERAPEUTIC ITINERARIES

300 **DAYS OF SUNSHINE**
PER YEAR



5 **BOTANICAL
GARDENS**

8 **NATURAL
PARKS**

**HEALTH AND
WELLBEING**
since **GREEK
& ROMAN**
times



since **GREEK
& ROMAN**
times



THERMAL WATERS



**COASTAL
PATHS**

**HEALTHY
CUISINE,**  **LOCAL
PRODUCTS**

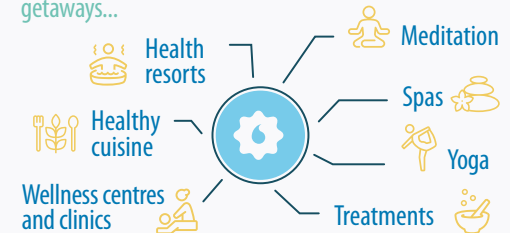


**HEALTH AND
WELLBEING**
MARKETING CLUB

WITH MORE
THAN 30
MEMBERS IN
THE REGION

WIDE RANGE OF OPTIONS FOR FOR PAMPERING AND CARING FOR YOURSELF:

health and wellness centres and clinics, forest bathing, therapeutic hiking, retreats, wellbeing and relaxation getaways...



as to slow down oxidation, repair the stress caused by pollution in big cities, and restore a healthy glow, as well as prevent wrinkles from appearing.

A balanced diet, based on locally-sourced produce, is essential for weight-loss diets, which when combined with exercise, hydrotherapy, alternative medicine and the latest technology in cosmetics and cosmetic medicine will eliminate excess weight, purify the body and help it to regain its balance.

In our relentless hectic daily lives, having time for ourselves is the utmost luxury. Girona's wide range of options means that as well as finding this time we can also enjoy the surroundings as we do so, regardless of our individual priorities. And, above all, we can discover new activities that combine pleasure with therapy, like therapeutic forest bathing, yoga and tai chi lessons and dance therapy. Then there are also sports like scuba diving, paragliding and sailing,

as well as a variety of fun things for children to do, ranging from treatments to relieve study-related tension to, of course, outdoor activities like horse riding, hiking, bike rides and boat trips.

We mustn't forget, either, that Girona is a land of creative geniuses, making it worth paying a cultural visit to the Dalí Museum, the Cinema Museum or the Toy Museum. And gourmet travellers will have the chance to try the distinctive, creative local cuisine, which ranges from traditional seafood recipes to hearty mountain cooking and game dishes, all washed down with delicious regional D.O. wines. It is all just a case of unwinding and spoiling yourself.





Rest, unwind

Peace therapy for integral wellbeing

Sometimes we have to stop so as to make a fresh start. To recover all the energy and strength drained by the fatigue caused by routine and to discover peace, calm, harmony and balance, all so vital to making positive improvement on a daily basis.



Costa Brava
Pirineu de Girona





PGA Catalunya Golf and Wellness

Wellness hotel

Ctra. N-II, km 701, 17455 Caldes de Malavella
Tel. 972 181 020
reservations@pgacatalunya.com · www.hotelcamiral.com

Holidays: obert tot l'any
Rooms: 78

PGA Catalunya Golf and Wellness is located between the spectacular bays of the Costa Brava and at the foot of the breathtaking Pyrenees mountains, one hour from Barcelona and in one of the regions with the greatest natural beauty and a Mediterranean climate. At the heart of the complex is the new Wellness Centre, a place where you can breathe and enjoy your time, regaining essential balance.

It offers the latest therapies, such as those that can be found at the main world-class sports facilities, along with traditional and natural treatments and rituals developed in collaboration with Aromatherapy Associates and Biologique Recherche.

Its holistic approach, which is rare for a resort, allows visitors to take full advantage of all the benefits, taking the time necessary to look after themselves. The high-technology therapies available include cryotherapy at -110 °C, oxygenation, vitamin infusions and photobiomodulation.

The Wellness Centre is located next to the five-star Hotel Camiral, which is part of The Leading Hotels of the World. The building, which expands over 1000 m2, was designed by Lagula Arquitectes.



[f PGACatalunyaResort](#)

[@ PGACatalunyaResort](#)





Sallés Hotel & Spa Cala del Pi Beach Retreat *****

Wellness hotel

Av. del Cavall Bernat, 160, 17250 Platja d'Aro
Tel. 972 828 429
www.salleshotels.com · jreccpi@salleshotels.com

Holidays: Open all year round
Rooms: 41 rooms and 8 suites



Who wouldn't like to get away for a few days to beautiful natural surroundings? Cala del Pi is a veritable balcony over the Mediterranean, the ideal place to rest, unwind and utterly pamper yourself with all its sensory experiences.

The wellness area boasts one of the few salt caves, with a microclimate rich in minerals (iodine, calcium, magnesium, iron and potassium) that boost the body's defences, help replenish positive energy and improve respiration. The spacious spa (600 m²) has a very extensive water circuit with a sauna, hammam, aromatic showers and an ice cave, and if you enjoy trying new sensations its rituals will convey you to such distant lands as Japan, India, Hawaii and Morocco through massages with oils, fragrances and

therapies inspired by exotic worlds. The true gem among Cala del Pi's "ARRELS" treatments, though, draws on the hotel's setting and the pine forest which gives the cove its name, with a unique massage which awakens a whole world of sensations that beckon you to leave your cares behind and totally unwind. Our restaurant, Aurum, under the expert guidance of chef Enric Herce, proposes highly creative healthy menus and an utter explosion of gourmet flavours in its tasting menus, making relaxation also a real pleasure for food lovers.

[f caladelpi](#)

[@ caladelpi](#)





Spa Hotel Santa Marta *****

Wellness hotel

Platja de Santa Cristina, s/n, 17310 Lloret de Mar
Tel. 972 364 904
www.hotelsantamarta.com · info@hotelsantamarta.com

Holidays: From November to February
Rooms: 76

Waking up overlooking the sea, in a beautiful spot surrounded by 7 hectares of woodland and with a virtually private beach below you, is just the sort of luxury that your soul needs to regain its peace and calmness and for you to reconnect with yourself. Taking a short break at Santa Marta Hotel amounts to so much more than just staying at some hotel or other in the heart of the Costa Brava. The entire building is a vast balcony looking out over the Mediterranean and throughout the hotel the sound of the sea soothes even the most restless spirits.

The new spa facilities are minimalistic and highly innovative, perfectly integrated with the landscape,

thanks to being constructed on different levels on a rocky clifftop above the sea. The views from the thermal spa or from the gym could not be more comforting as you unwind in the peaceful atmosphere of the water circuit or with the Thai and Ayurveda treatments, based on natural massage techniques, with no other technology than the sensory experience resulting from hand contact.

Sports activities like kayaking, tennis, swimming and hiking also have their place in everyday life and are ideal for those searching for the purest contact with nature. In addition, guests can go on yoga retreats, designed for all levels, from beginners to advanced practitioners.



Santa Marta's restaurant serves superb local cuisine, featuring freshly-caught fish and shellfish straight from the fish market, locally-sourced meat and vegetable produce, so that you can taste the delicious dishes of our Mediterranean cuisine.

[f hotelsantamartallloret](https://www.hotelsantamartallloret.com)
[@h_santamarta](https://www.instagram.com/h_santamarta)





Elke Spa Hotel **** S

Wellness hotel

Rambla del Portalet, 8, 17220 Sant Feliu de Guíxols
Tel. 872 202 120
www.elkehotel.com · recepcion@elkehotel.com

Holidays: Open all year round
Rooms: 66

A new and elegant luxury four-star boutique hotel, which was opened at the end of June 2019. It is located on the seafront of the picturesque Costa Brava, in the town of Sant Feliu de Guíxols, Catalonia.

It has a contemporary, elegant and intimate atmosphere, with an exquisite design and all the facilities and services that you will need during your stay.

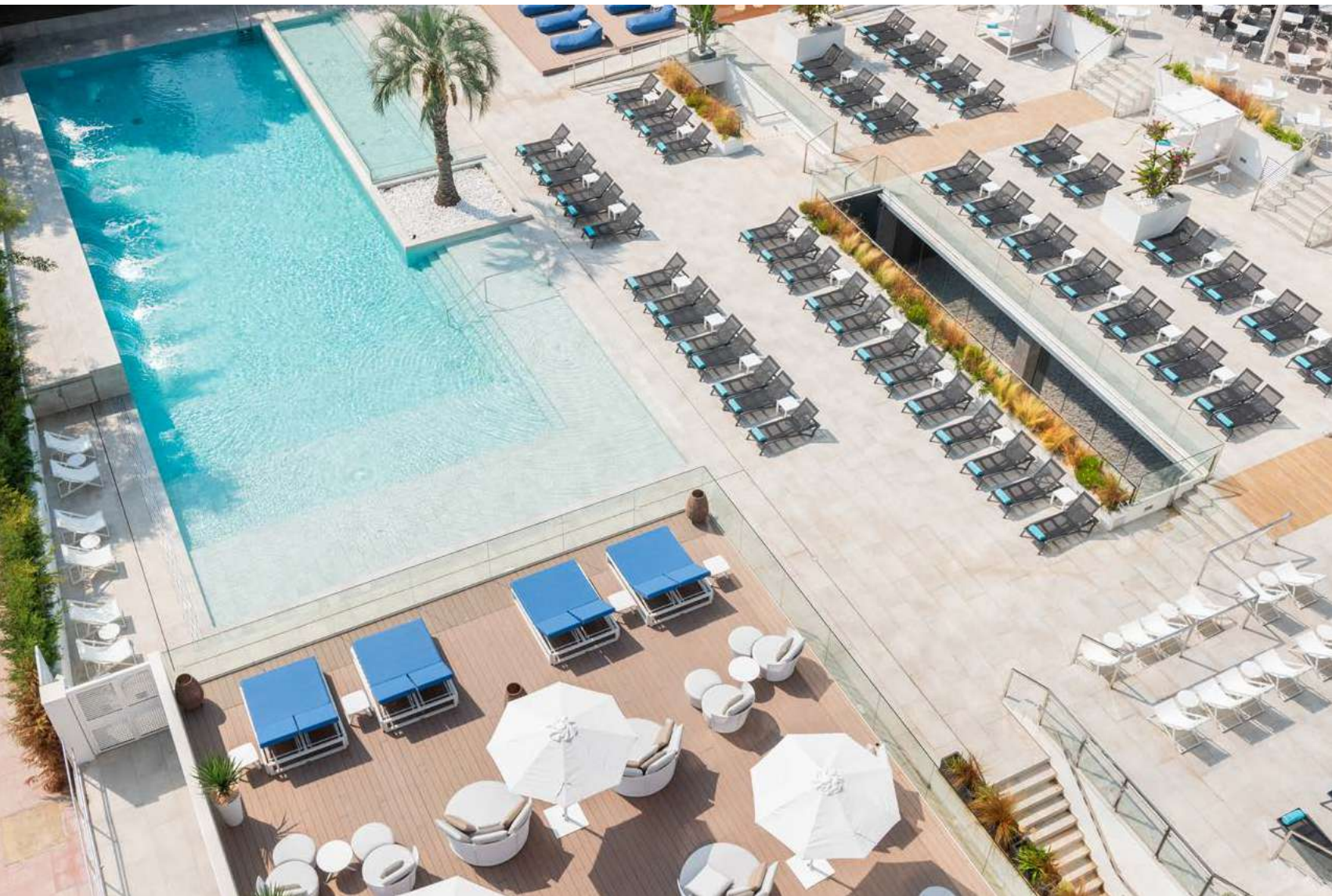
The hotel boasts 66 spacious and welcoming double rooms, of different categories, ranging from Standard to Deluxe Suite. Many of them have impressive side views over the sea that guarantee the rest and relaxation that guests deserve. The hotel complies

with the highest standards of hospitality in the hotel sector. In addition to accommodation, the Elke Spa Hotel offers additional services, such as:

- Authentic spa centre with outdoor pool, jacuzzi, saunas, massage rooms and face and body treatments.
- Les Noies restaurant, with European and Mediterranean signature cuisine, along with the Metronon gastrobar, which serves traditional Catalan cuisine with innovative trends.
- Area designed especially for children.
- Free Internet access.
- Satellite television.
- Laundry service.
- Private underground parking for cars and bikes.



[f elkehotelspa](https://www.facebook.com/elkehotelspa)
[@elkehotel](https://www.instagram.com/elkehotel)





L'Azure Hotel ****S

Wellness hotel

C. Esports, s/n, 17310 Lloret de Mar
Tel. 972 364 658
www.lazure-hotel.com · reservations@lazure-hotel.com

L'Azure is a new hotel, designed for couples and families who want to experience an unforgettable holiday full of good sensations. It boasts all the amenities necessary to rest, enjoy and relax.

The hotel, which opened on 2021, has over 400 rooms, a 600 m² spa with heated wellness pools, saunas, jacuzzis and treatments, different bars and themed restaurants, a gym and an adult-only relaxation area with an infinity pool on the building's roof terrace, in addition to a large pool and Splash Park for children.

Holidays: From December to January
Rooms: 411

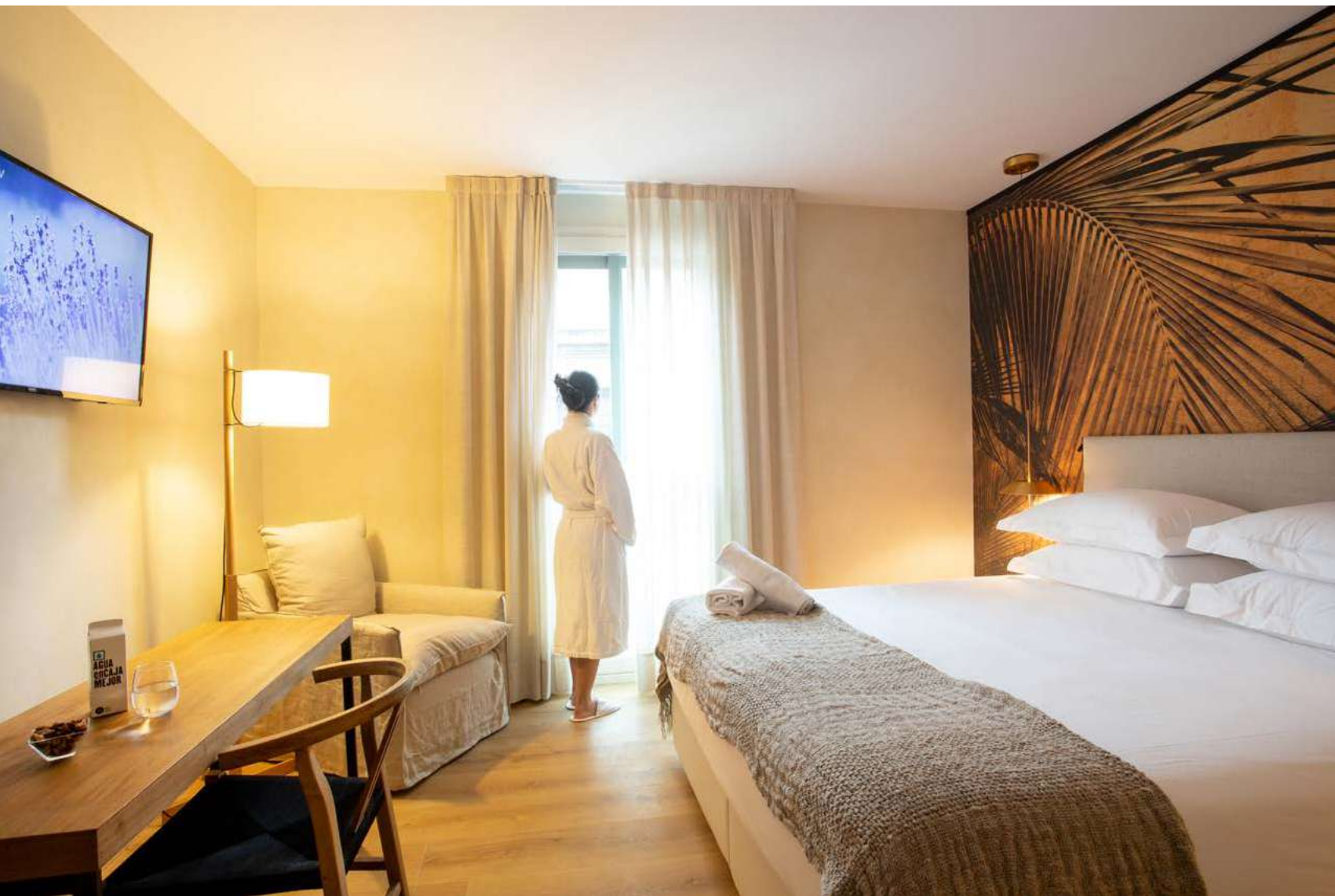
Located in the heart of Lloret de Mar, only a few minutes by foot to the town's sites of interest, L'AZURE promises to be the new focal point for the celebration of any type of meeting, corporate or social event on the Costa Brava.

L'Azure also has a 600 m² room for the organisation of events.



[f lazurehotel](https://www.facebook.com/lazurehotel)

[@lazurehotel](https://www.instagram.com/lazurehotel)





Hotel Ciutat de Girona & Apartments ****

Wellness hotel

C. del Nord, 2, 17001 Girona
Tel. 972 483 038 · Fax 972 483 038
www.hotelciutatdegirona.com · info@hotelciutatdegirona.com

The best thing about travel is experiencing all the different facets of a particular city and this small four-star hotel, tucked away in Girona's medieval quarter, answers even the most restless traveller's dreams by offering an array of *slow* activities that appeal to the senses. The hotel holds *Green Hotel* sustainable tourism certification and proposes *Great Green Experiences*, with a whole range of different activities. More adventurous guests can fly in a balloon over the Garrotxa Volcanic Area Natural Park, mountains like the Canigó, Montserrat or Pedraforca, and even along the Costa Brava's sinuous coastline. Gourmets are recommended to take part in the botanical ecotourism workshops led by Evarist March, the botanist to El Cellar de Can Roca, who proposes an aromatic-gourmet experience

Open: All year round
Rooms: 44 rooms + 8 apartments

based on a stroll through the Jewish Quarter to the gardens by the city walls. Along the way, he points out the aromatic plants used in medieval Girona's traditional cooking and the walk ends up at the hotel's cocktail bar Ms Moon with a wine tasting session, which includes identifying the floral notes discovered during the workshop. Facilities for sporty guests include guided virtual spinning lessons all day, a gym with guided spinning lessons every morning, cycling training sessions and full equipment hire for runners and fans of golf, sailing and swimming. Those that prefer to unwind in the waters of the hotel's spa can choose from a selection of massages and treatment rituals with locally-produced, handmade, sustainable cosmetics made with local ingredients. Besides all this,



the trendiest experience of all is forest bathing, a Japanese therapy which has become a mindfulness tendency and which helps reduce stress and improve the nervous system. And to round off with, there is the option of exploring multi-faceted Girona with a visit to the Jewish History Museum, the Film Museum, the Gala-Dalí Castle of Púbol or the Roca brother's ice cream shop.

[f hotelciutatdegirona](#)
[@ hotelciutatdegirona](#)





Hotel Resguard dels Vents ****

Wellness hotel

Camí de Ventaiola, s/n, 17534 Ribes de Freser
Tel. 972 728 866
www.hotelresguard.com · info@hotelresguard.com

Holidays: November
Rooms: 17

The experience of staying at a typical country house, 1,000 metres above sea level, in the Valley of Ribes de Freser, in the heart of the Pyrenees, becomes so much more than just a pleasant, relaxing break. The hotel's privileged setting, surrounded by woodland, makes it ideal for families with children as it invites you to explore the area by hiking or trekking, mountain-bike, horseback or 4-wheel drive vehicle, as well as to go skiing on the nearby ski slopes during the snow season.

The stone and slate used in the construction of the minimalistic hotel building give it a charm of its own and provide a stunning contrast with its large picture windows, which overlook the breathtaking mountain scenery.

The spa is an innovative space of contemporary design, reflecting the calm silence of the surrounding mountains and the sound of water in their streams. The heated indoor swimming pool overlooks the valley with views of the mountains, a landscape which relaxes the senses and fills the spirit and soul with energy. The spa's treatments include remineralising mud and clay wraps, aromatherapy and relaxing massages, all complemented with marble heated loungers, a Turkish bath, sauna and an essence shower.

The restaurant's traditional Pyrenees food is rich in the volcanic cuisine that defines the Ripollès region, in traditionally crafted and natural products (cheeses, cold meats and jams) as well as ecological, locally-sourced produce such as ecological meat from



animals raised on the property. Hotel Resguard dels Vents is the ideal place to go with your partner or family to enjoy the proximity of nature in all its intensity, at any time of year.

hotelresguard
 hotelresguard





Hotel Spa Terraza ****

Wellness hotel

Av. de Rhode, 32, 17480 Roses
Tel. 972 459 930
www.hotelterraza.com · spa@hotelterraza.com

Holidays: From December to March
Rooms: 83

Located in the Bay of Roses, the hotel sits by the sand, like a large balcony with sea views. The Gulf of Roses offers a rich historical heritage and a wide range of activities organised by the hotel itself, such as walks along the coastal paths, biking excursions and guided tours to Cadaqués and the Dalí Museum. The perfect hosts to discover everything that the region has to offer.

The newly renovated spa is located on the top floor of the hotel. With breathtaking views over one of the most beautiful bays in the world, the recreational water area has a heated pool and outdoor hot tub covered by a glass dome. The Cap de Creus landscapes, the Citadel of Roses and Salvador Dalí's paintings serve as inspiration for the unique

signature treatments on offer, which create a sense of holistic wellbeing and cure both body and soul from everyday stress and fatigue. The use of natural organic products, made from native plants such as rosemary, make the locally-sourced experience complete. There is also a Turkish bath, a Finnish sauna, a bithermal and aromatic shower and a large outdoor terrace on which to enjoy the yoga classes that are offered free of charge, several days a week.

The cuisine of the Norat restaurant, created by the hotel's founder following the culinary tradition of eighty-five years ago, offers and recovers typical Empordà dishes, with fresh products that constitute the great wealth of current market cuisine. The



restaurant's tasting menu gives an air of luxury to any evening. Wellbeing and gastronomy with your feet in the water.

[f hotelspaterraza](#)
[@ hotelterraza](#)



BALNEARI
VICHY CATALAN



Hotel Balneari Vichy Catalan ***

Health resort

Av. del Doctor Furest, 32, 17455 Caldes de Malavella
Tel. 972 470 000
www.hotelbalnearivichycatalan.cat · reserves@vichycatalan.es

Holidays: All year round
Rooms: 83 and 3 suites

The health resort is built on the site of the Vichy Catalan thermal water spring, one of the healthiest and most highly prized waters in the world. Its Neo-Mudejar style building is a fine example of 19th-century Art Nouveau architecture and its gardens are perfect for outdoor sports. Vichy Catalan thermal waters have unique properties, emerging at a temperature of 38 °C and healing the body both internally and externally, since drinking a glass of this water before breakfast has a beneficial detox effect. However, the waters' full properties can be seen in the spa therapy treatments, including the classic Vichy shower massage, inhalations, hydrotherapy, mud wraps and relaxing massages. At the same time, the thermal circuit offers a sauna, Jacuzzi, thermal pool

and bi-thermal showers, in addition to the hammam with wet steam, created by Vichy Catalan's natural streams which run into the cave, resulting in an atmosphere which cleanses the respiratory system and skin and energises the whole body, both inside and out. Drinking the waters improves digestion, kidney function, skin cell tissues, muscles and bones. They are rich in fluoride, sodium, bicarbonate, sulphate, manganese, calcium, lithium and iron and have detox properties that thoroughly cleanse the body. The hotel's restaurant, Delicius, serves seasonal, locally-sourced, healthy food, updating traditional regional dishes and even incorporating Vichy Catalan thermal water into certain recipes. A temple of relaxation, rejuvenation and health.



[f balnearivichycatalan](https://www.facebook.com/balnearivichycatalan)
[@hotelbalnearivichycatalan](https://www.instagram.com/hotelbalnearivichycatalan)





Can Buch Ecoturisme *

Wellness Hotel

Mas Can Buch S/n (Veinat La Barroca), 17154 Sant Aniol de Finestres
Tel. 608 888 480
www.canbuch.com · info@canbuch.com

Holidays: February
Rooms: 7

Can Buch is a rural ecohotel with just seven rooms, restored in 2020 by artisans using eco-friendly materials and traditional techniques.

It blends the essence of country living in the heart of nature with a hotel equipped to offer the utmost comfort and meet all 21st-century needs.

It has a restaurant offering signature cuisine for breakfasts, lunches and dinners. The menus are very varied and incorporate a wide range of gourmet products, all locally-sourced and organic, most of which are produced on the hotel's own farm. The restaurant also offers a vegan menu with dishes adapted to suit any kind of food intolerance or allergy.

The hotel boasts a rain-water Hammam spa that can be booked in advance for private use by the hour. In Can Buch's outdoor spaces you will find a bio-swimming pool that uses plants to naturally balance and filter the water, allowing you to enjoy a unique bathing experience in direct contact with nature and plants.

Near the hotel is the permaculture farm project, designed to balance the ecosystem and supply the hotel with all kinds of natural produce to share with its clients.



@ecoturismecanbuch





Cabanyes Entre Valls

Wellness Hotel

Mas Espunya s/n, 17813 La Vall de Bianya

Tel. 872 204 095

www.cabanyesentrevals.com · info@cabanyesentrevals.com

Holidays: All year round

Rooms: 6



@cabanyesentrevals

In a corner of the Girona Pyrenees that speaks of volcanic lands, little stone villages, hearty cuisine and dense forests that have inspired local painters and poets throughout the ages. Nestled in the highlands of the municipality of La Vall de Bianya we find Cabanyes entre Valls, charming rural accommodation that blends all the very best this region has to offer with the character of Garrotxa.

The forest is the essence of this place. Beech, holm oak and oak trees provide the setting for six cabins built in the canopy with the utmost respect for the natural environment. The trees supporting the cabins are not

only alive and slowly growing, but they also form part of the charm of the rooms in which wood, branches and trunks are the central elements. The rooms have a sustainable design infused with the smell of resin, a bed beside the fireplace and a heated private jacuzzi on the terrace.

This establishment also has a restaurant, located in the farmhouse's former stables, serving locally-sourced produce that bears the name of the organic farmers, cheesemakers and cattle-raisers who live and work in these valleys.





Montjuic Boutique B&B

Wellness Hotel

11 setembre 1 17007 Girona
Tel. 972 427 771
montjuicbb.com

A charming little hotel where you can experience slow living: massages, jacuzzi with views of Girona, forest bathing, yoga, meditation, rental spaces for therapists and wellness activities.

Just a 10-minute walk from Girona's historic quarter, guests can get in touch with nature and enjoy views of the Cathedral and the Pyrenees after a day of sightseeing in the city. They are also invited to relax and unwind in the hotel garden and terraces.

The hotel adheres to the slow philosophy, in which the most important thing is not doing something but being present, and perhaps not doing anything

for a moment, enjoying the silence and what really matters, our time.

This experience is complemented with a commitment to sustainability: with breakfasts made from organic products bought at a local cooperative, rainwater collection for use in the hotel, insulation made from natural cork and lights powered by solar panels.

The interaction between nature, the community and tourism is vital for making our guests feel part of this region.



@montjuicbbgirona / @espaismontjuic



Healthy food

Eating well to be healthier and feel better

Our nutrition reflects our philosophy of life. The right choice of foods and the correct way of preparing them enhance the health not only of our body, but also our skin, hair, nails and our mood and vital energy.



**Costa Brava
Pirineu de Girona**



EspaiCuinarSa

Cooking class

C. de la Universitat de Montpellier, 12, 2n 1a, 17003 Girona
Tel. 605 989 219
www.cuinar-sa.es · espai@cuinar-sa.es

Matthias Hespe trained in healthy cuisine in France with René Lévy and is a macrobiotic chef. He has a thorough knowledge of the culinary trends that globalisation has incorporated into our eating habits. Vegan, vegetarian, Japanese, macrobiotic and therapeutic cuisine are just some of the different ways of cooking healthy foods previously unknown in the traditional Mediterranean diet. His centre gives you experience in cooking healthy food, with show cooking and workshops where you learn much more than just how to make recipes. As Matthias himself says, "healthy eating can change your life," since each body's symptoms are really warning signs. They may

Holidays: All year round

take the form of headaches, feeling heaviness, tired, insomnia, difficulty in concentrating or low energy levels, and they can be treated and healed by certain foods. His cookery master classes are aimed at groups or personalised for individuals.

The healthy cookery workshop teaches you how to transform your life and have more energy and harmony. Therapeutic cookery corrects intolerances, allergies, diabetes, cholesterol or excess weight and improves energy levels for those involved in regular sports training. The antihistamine cookery workshop has a lot of fans and is completely different from the detox cookery workshop, which soothes and



regulates the intestine and its flora. The craze for different international diets has created a boom for cooking exotic dishes and in these experiential workshops students learn to cook with miso, kuzu, umeboshi, seaweed, ginger or turmeric. Attending a healthy cookery workshop is a luxury that enriches the diversity of our diet and teaches us about healing foods.

f EspaiCuinarSa
@ espaiCuinarsa



Marta Romaní Cuina Conscient

Conscious cooking workshops

Tel. 678 312 590
www.martaromani.com
hola@martaromani.Com

Marta Romaní describes herself as being passionate about healthy living and living life with appreciation towards oneself and others (which, ultimately, is the same thing).

She loves to merge with nature; in fact, she is part of nature. She enjoys acquiring and applying all the knowledge that she experiences in relation to health, nutrition and wellbeing, enabling her to transmit such knowledge with total assurance and confidence.

She draws inspiration from fresh foods, flowers, herbs, seeds and fruits to come up with new delicious and inspiring recipes. And then she creates workshops, sessions, plans... to share all the goodness with you.

The experiences that she offers include group workshops and personal sessions on vegetarian and vegan cooking, comprehensive advice for total immersion in conscious nutrition and advisory services for companies.



 marta.romeromas

 martaromaninutricioconscient



Body, mind and soul

A cure for the body and the soul

Cultivating positive thoughts helps us to improve both mentally and physically, as we are what we think. The best experience for meditating and regaining control is to go on a retreat to discover our true selves.



Costa Brava
Pirineu de Girona



Aromes al bosc

Healthy activities

Tel. 627 775 862

www.aromesalbosc.net · experiencies@aromesalbosc.net

Aromes al Bosc offers woodland connection experiences. The activities it organises combine interaction with nature, support, activation of the senses, wild gastronomy and vibrational music.

Its creator, Anaïs, is a woman with a natural ability to combine apparently unconnected elements to create unique and authentic experiences. She works on three levels, sensorial, connective and transformative. Depending on the client, the chosen activity and the moment, the experience can be profound or more focused on pleasure. Nature is her guide, its cycles inspire her and help her to structure the activity and focus on what is most vibrant at that moment and those to come (letting go, stillness, silence, action, sharing, gathering fruit...).

Holidays: Open all year round

Yasmina Drölma is the chef at Aromes al Bosc. Her cooking comes from the land, it is creative and vegetarian. Her dishes always incorporate the medicinal aspect of macrobiotic food and she prepares each recipe with delicacy, love and the intention corresponding to each experience.

Her main experiences are:

- The one-table restaurant: A gastronomy experience in the heart of the forest. It begins in a space of interaction with the holm-oak grove and leads you on to enjoy a meal prepared with soul especially for you.
- Forest bathing: Pause, breathe and feel during a gentle stroll in silence through the forest that will help strengthen your bond with nature and reduce stress.



- Workshop to awaken your senses with wild plants: Discover the wealth of plant flavours through techniques that connect us with our bodies and nature in each season of the year, while savouring a surprising wild food tasting.

Yasmina always captivates those participating in her activities with her ability to create magic and the chance to experience the special features of the seasons in first person.

@aromesalbosc



Bedós Bonaterra

Wellness experience

C/ de Pompeu Fabra, 3, 17490 Llançà
Tel. 655 318 795
www.bedosbonaterra.com - laia@bedosbonaterra.com

Bedós Bonaterra is a sole proprietorship wellness company that teaches and offers experiences of emotion management through painting.

Bedós Bonaterra offers mindfulness and self-knowledge experiences in nature through painting and games, in a simple and respectful way that is sure to help you improve your wellbeing.

Activities are led by Laia Bedós Bonaterra, an artist specialised in emotion expression through painting and trained in emotion and grief therapy.

It is not necessary to know how to paint to take part in these experiences and people of all ages are welcome. There are family workshops, others just for adults, as well as weekend retreats and individual sessions.

Holidays: Activities all year round

Workshops include exercises with music and with closed eyes, exercises to communicate with yourself and with others through drawing, approximation to your surroundings and also through silence and listening.

There are family workshops such as “The kiss monster”, “The hug monster”, “Mindfulness and painting” and “Painting and emotions”.



[f bedosbonaterra](#)
[@ bedosbonaterra_art](#)



Sèlvans Banys de bosc terapèutics

Incoming travel agency

Tel. 629 974 698

www.selvans.es · info@selvans.es

The Japanese therapy *shinrin-yoku*, which means "forest bathing", has been assimilated by the mindfulness trend which has captivated Europe. Sèlvans has now started forest bathing in the province of Girona, with specialised guides who organise therapeutic walks in unpolluted woods, so that their properties can be absorbed by all five senses. Forest bathing takes the form of a two-hour walk during which participants interact with nature, with the benefit of its atmosphere and aerobiology, so as to improve the body and the mind. Not all forests are therapeutic – a wood's quality must be certified and it must be mature, which means that it is not cut down, that it has large trees, that it is not polluted by noise or human intervention and that it has trees in the process of ageing, which causes a natural

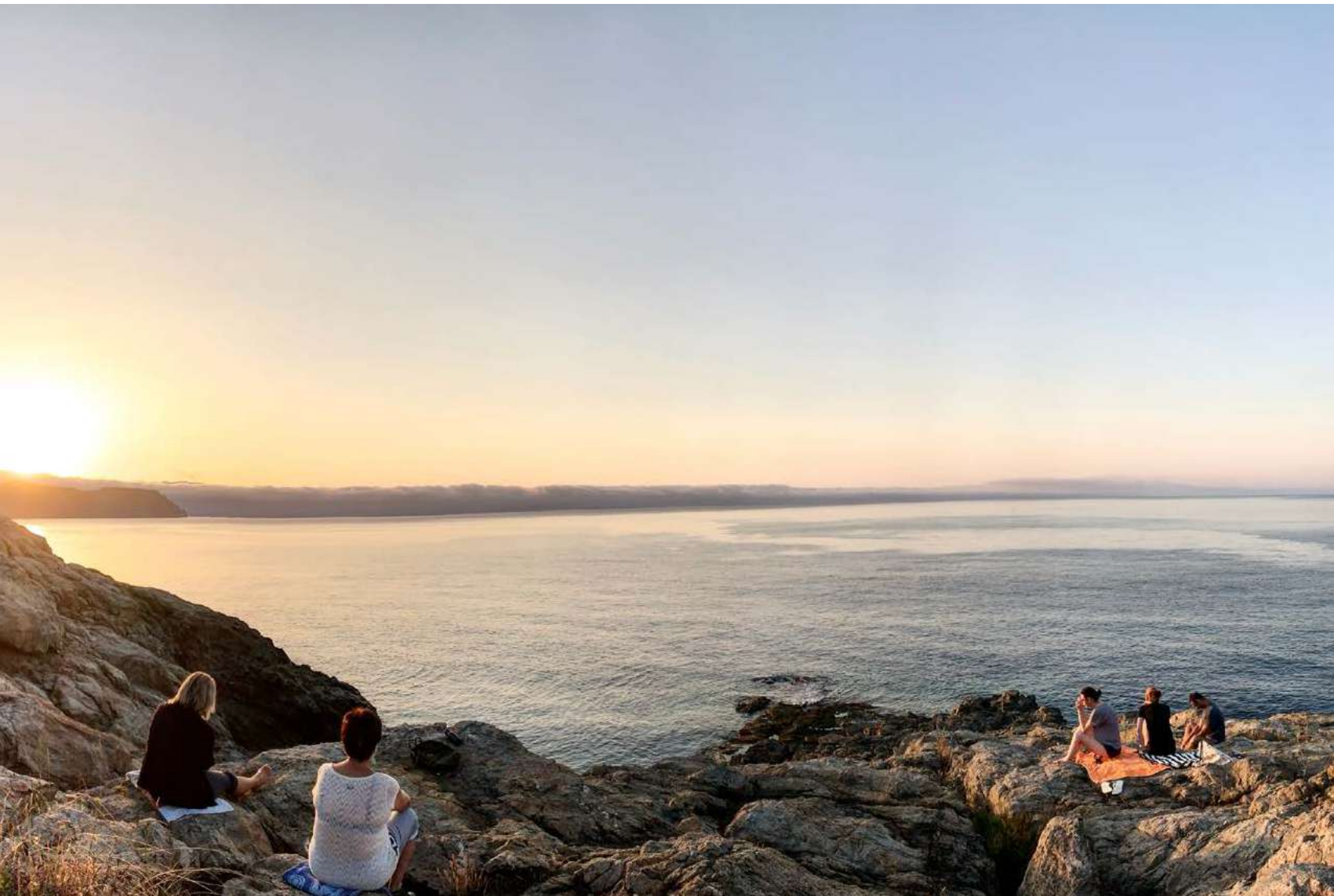
regeneration of the forest, creating biomass with new life from lichens, bark and moss. Fallen trees make cavities which interact with animals, with the microbiota of living organisms and with a multitude of volatile organic compounds; it has been scientifically proved that they boost the immunological system through respiration into the blood and through the pores of the skin. Other positive effects on the body include an improvement in insomnia, stress, fatigue, fibromyalgia and pain. The guides design different forest bathing experiences for groups of 10-12 people, working on breathing, yoga, tai chi and enjoying the harmony of the countryside. Each forest is protected as a refuge for biodiversity so as to carry on an ancient ritual of connection with nature. Therapeutic



forests are approved and certified according to their characteristics (volcanic, spa-style, Mediterranean, Atlantic or Euro-Siberian) and each one provides different properties for the organism. It is a healthy experience suitable for any time of year, which helps us to broaden our minds, to get to know ourselves better and to enhance our health.

 [banysdeboscselvans](https://www.facebook.com/banysdeboscselvans)

 [cooperativaselvans](https://www.instagram.com/cooperativaselvans)



Edgar Tarrés

Healthy activities

Pl. de la Victòria Catalana, 1-3, 2n 2a, 17480 Roses
Tel. 606 579 826
www.edgartarres.com · go@edgartarres.com

Holidays: All year round

Those that like experiencing new sensations of wellbeing have the chance to do so with the coach and founder of Mindfulkit, Edgar Tarrés, thanks to his highly personalised and exclusive range of services which reflect a new way of understanding healthy leisure involving wellness tourism. His trips, health retreats and workshops are all aimed at improving participants' quality of life through musical therapies with zen sounds, which help to reduce stress, increase motivation and make the most of personal qualities, by dealing with emotions and fears more effectively and enhancing creativity and concentration.

Each trip is meticulously designed, with a selection of international destinations, to allow for the discovery of cultures, such as the Hindu culture, and of national and closer, more ecological destinations, such as

Sicily or the Costa Brava, where he arranges sound workshops, forest bathing, sea outings by full moon or zen concerts under the stars. Musical sounds are used to awaken each participant's deep, dormant consciousness so that the workshops and trips ultimately become an enriching journey of inner discovery.

One of the most interesting workshops is the Harmony of the Spheres concert, which takes place under the stars and consists in observing the sky and the constellations and learning the musical notes that identify each planet. This connection was discovered mathematically by Pythagoras 2,500 years ago and modern science has now verified it through planetary energy. The workshop is accompanied with a concert



of Tibetan bowls, hang drums, chimes and gongs so as to enjoy the stars in a healthy way. And in the forest bathing workshops participants work with woodland textures, since they are blindfolded so as to discover new sensations of sounds, smells and sensibilities, boosting their self-confidence and eliminating ancestral fears with the accompaniment of their own breathing and the therapeutic sounds used in the session. A series of very tempting proposals to achieve emotional control and consciously enjoy one's own wellbeing.

f edgartarres

@edgartarresfalco



HappyYoga Girona

Healthy activities

C/ de Sant Agustí, 40, 17003 Girona

Tel. 616 952 314

www.happyyogagirona.com · info@happyyogagirona.com

HappyYoga Girona is a yoga centre specialised in giving regular classes and in teacher training. They organise yoga for all conditions and ages in different disciplines, improving spinal health, flexibility, circulation and the capacity to meditate.

There are yoga poses that involve the legs, aimed at unblocking the blood circulatory system; poses involving the arms, promoting heart function; poses that stimulate and balance the endocrine system, and

many yoga breathing techniques (pranayama) that provide psyche health and clarity of mind.

They also organise different activities outside the centre, such as sadhana on the beach, yoga in nature, SUP yoga and family yoga.



[f happyyogaagirona](#)

[@ happyyogagirona](#)

[happyyogagirona](#)



Look after yourself

Self-care to make you feel good and love yourself more

All forms of health are indispensable and beauty is one of them, the reflection of personal care and attention. The soul needs beauty, just as the body needs air to breathe or water to drink. Beauty through health is today's true luxury.



Costa Brava
Pirineu de Girona



Aqva Banys Romans

Spa

C. de Galligants, 5 B, 17001 Girona
Tel. 972 664 824
www.aqvagerunda.com · info@aqvagerunda.com

A great way to discover an oasis of peace and quiet right in the heart of the city of Girona. This exclusive urban spa enjoys the highly privileged location of being built on the site of an authentic Roman villa dating back 2,000 years. The site was carefully restored in such a way as to convert arches and walls from the 2nd and 3rd centuries into a soothing hydrotherapy experience, with thermal baths and massages. Girona has an ancient tradition going back to the Greco-Roman and Arab baths, and down through the years it adapted the cultural liturgy of the Greek and Roman thermae, Muslim hammams and Jewish mikvahs. Today Aqva conjures up a whole world of sensations

Opening times: From 10 h to 22 h
Holidays: Open everyday except December 25th and January 1st

and experiences based on thermal waters, as a place for meeting, relaxing and rejuvenating the body, since the postures that we routinely adopt tend to create muscle tension and stress. These are released in the thermal bath circuit, following the purest Roman tradition, going from the cold water of the frigidarium to the warm water of the tepidarium and then to the hot water of the caldarium. This initiation wakes up the body and it is followed by different rituals like the wet steam room or hammam and the Himalayan salt sauna, with properties that improve the respiratory system, acne and psoriasis, boost the defences, balance the nervous system and speed



up recovery from sports injuries. The circuit also includes a thermal bath with aromatic essential oils, which is a real pleasure for the senses. And visitors can also experience rituals inspired in Ayurvedic pinda massage, Thai bamboo massage, geothermal hot stone massage or a Mediterranean-inspired massage. The thermal bath circuit provides two hours of utter luxury for both body and soul.

 AQVAGerunda
 aqvabanyssromans



ess-Artistic Well-being by Mónica Traviesa

Health resorts, spas and thermal recreation centres

Paratge de Sant Pere del Bosc, s/n, 17310 Lloret de Mar
Tel. 686 661 894

www.essbymonicatraviesa.com · info@essbymonicatraviesa.com

Holidays: Open all year round

Spa turned art gallery.

I design experiences based on the fusion of spa, art, nature and massage.

The essence of ess is fun and games. A journey of love and passion through surrealistic brushstrokes. In love with authenticity without limits and passionate about nature. The creator of a concept that was born and lives to excite, surprise and colour the soul.

Non-verbal language reaches our senses through brushstrokes of wellbeing, achieving a very special welcome.

Music, design, painting, nature and aromas of organic and vegan oils give our essence a way of being that

is more emotionally aware. Transgression, colourful yoga, elegance and molecular massages start a new stage that gives way to artistic wellbeing.

My treatments are designed to manage stress, improve quality of life and promote emotional awareness.

The most important thing is to make room to stretch the imagination, let yourself be carried away and enjoy the experience.

My values are respect and love; we look after you, we look after the planet.



 [essbymonicatraviesa](#)

essbymonicatraviesa



Salut Empordà Healthcare - Figueres Hospital

Wellness and health centre

C/ de Glòria Compte, s/n, 17600 Figueres
Tel. 972 180 604

www.empordahealthcare.cat · njubinya@empordahealthcare.cat

Holidays: Open all year round

Salut Empordà Healthcare (SEHC) provides private health care and complementary services to the whole population to cover all care that is not offered by the Catalan Health System, within the framework of the Figueres Hospital. This hospital is a district centre accredited by the Ministry of Health of the Regional Government of Catalonia, the first in the State to obtain the Medical Travel Quality Alliance (MTQUA) international certification, which guarantees assistance for tourists during their stay.

SEHC has an International Department, a reference for tourists that guarantees personal service and support for companions and family members. It also takes care of all administrative and repatriation formalities

with insurance companies and health insurance associations. During high season, the team is formed by four members who speak several languages.

Complementary services:

- Emergency service for tourists, 24 hours a day, 365 days a year.
- Traumatology and rehabilitation: formed by highly qualified and specialised professionals.
- Dialysis: enabling patients to continue with their treatment safely and comfortably while they are on holiday. It is necessary to submit a prior request at the centre and obtain acceptance.
- Dentistry: urgent care and individual financing options.



- Sports and occupational health checks (basic and premium).
- Others: acupuncture, speech therapy, psychology and podiatry.



Healthy getaways

Healthy getaways that broaden horizons

There is nothing more stimulating than travelling in search of new experiences, to stretch yourself to the limit even though it means leaving your comfort zone, in order to open up new horizons full of highly tempting challenges.



Costa Brava
Pirineu de Girona



Caldes de Malavella Town Hall

Wellness destination

Pl. de l'U d'Octubre de 2017, s/n, 17455 Caldes de Malavella
Tel. 972 480 103
www.visitcaldes.cat
turisme@caldesdemalavella.cat

Thermal springs are a unique feature of Caldes by which it has been defined since ancient times. Its streets, squares and gardens are full of heritage elements that reflect an historical legacy forged through the close link between these waters and its inhabitants: the Roman baths, the spas, the art-nouveau houses, the spaces for walking, the natural trails, the therapeutic forests...

In Caldes de Malavella there are currently three places with thermal springs at an average temperature of 56-60°C, and the spas offer hydrothermal therapies related to beauty, health and wellbeing.



[f](#) turismecaldes
[@](#) visit_caldes
[t](#) Turisme_Caldes





Casa Santa Elena

Accommodation for wellness retreats

Crta. de Santa Cristina d'Aro - Solius
17246 Santa Cristina d'Aro
Tel. 972 837 021
www.casa-santa-elena.org · casa.solius@irsjg.org

Holidays: Open all year round
Rooms: 82



In the heart of Solius valley, in the Cadiretes massif, a privileged location between the mountains of Ardenya and the Mediterranean coast, lies Casa Santa Elena, a place where peace and quiet accompany any retreat, stay or activity carried out.

With the aim of facilitating rest, we have both double and single rooms, which are newly refurbished, comfortable and fully equipped.

Activities can be held in one of our five pillarless rooms, with natural light, audio-visual equipment, wood flooring, yoga materials, etc., and complemented by the property's garden, expanding over 60,000 m².

We offer simple yet carefully crafted Mediterranean cuisine, with locally-sourced products, offering vegan, vegetarian and mixed options and adapted to allergies and food intolerances.

At Casa Santa Elena you can enjoy all the wellbeing and peace and quiet offered by nature, far from the stress and noise that usually surrounds us. We invite you to come and enjoy with us and share in our commitment to wellbeing and sustainability.

 [casasantaelena](https://www.facebook.com/casasantaelena)

 [casasantaelena](https://www.instagram.com/casasantaelena)



Hotel Can Xiquet & Events Centre ****

Wellbeing break

C. dels Afores, s/n, 17708 Cantallops
Tel. 972 55 45 85
www.hotelcanxiquet.com · info@hotelcanxiquet.com

Spending time in close contact with nature, near the sea or the mountains, is good for us emotionally, physically and for our health in general. And this explains why Hotel Can Xiquet & Events Centre, in Cantallops (Girona), is such a privileged place, set as it is, halfway between the Mediterranean Sea and the eastern tip of the Pyrenees. From this exclusive setting in the lush Albera massif, just 200 metres above sea-level, it affords stunning aerial views, as if it were an enormous balcony overlooking the Mediterranean, embracing the magnificent bay of Roses and Cap de Creus, with its rugged cliffs plunging into the untamed sea. Can Xiquet Events Centre has large open spaces on its outdoor terrace, with all the facilities to cater for workshops, conventions, family

Holidays: January
Rooms: 27

get-togethers and business meetings. The restaurant on the upper floor serves its own unique brand of Mediterranean cuisine and the ground floor is occupied by large, airy rooms with all the fittings to ensure an utterly comfortable, luxurious stay. The surrounding area is ideal for excursions, hiking, cycle touring, horse riding, golf and scuba diving, as well as for discovering the cultural and gourmet food and wine delights of the Alt Empordà region. The indoor and outdoor spaces, the setting and the scenery make for a winning combination for reducing stress and achieving integral wellbeing. In line with the mindfulness trend, the Events Centre holds various getaway breaks based on combining the peaceful setting with different activities, including yoga



retreats, meditation to regain a sense of balance, workshops focussing on dance, photography and healthy cookery, Wellness Evenings with talks given by a psychology coach, forest bathing, Yoga & Brunch and a ladies-only boot camp fitness weekend. The blend of experiences is a relaxing and enriching way of learning new habits, improving our way of life and, of course, enhancing our wellbeing.

[HotelCanXiquet](https://www.facebook.com/HotelCanXiquet)
 [hotelcanxiquet](https://www.instagram.com/hotelcanxiquet)



La Bruguera de Púbol

Wellbeing break

La Bruguera de Púbol, s/n. 17120 Púbol
Tel. 630 802 901
www.labruguera depubol.com · relax@labruguera depubol.com

Nestling in the heart of unspoilt countryside in the Baix Empordà, this beautifully secluded large estate boasts 3 hectares of Mediterranean forest and a spectacular castle-villa, formerly the home of the Catalan artist Casademont and his family. It has recently been converted into a stunning eco-friendly country villa by its new owners as a venue for yoga retreats, with teachers specialised in the different disciplines. An ideal trend for more energetic guests is AcroYoga, a discipline founded in California about 12 years ago, although it originated in India and is a mixture of traditional yoga with acrobatic asanas or postures. There are also writing and dance retreats in different studios with picture windows that allow guests to connect with the outdoor spaces, brimming

Rooms: 8

with lush verdant nature. The retreats also cater for other more energetic activities, including horse riding, golf, hiking, fishing, diving, surfing, water skiing, sailing, paragliding, rafting and climbing. But cycling is another of La Bruguera's specialities, with a cycling coach for integrated training camp packages that include full board, bike hire, routes and guides.

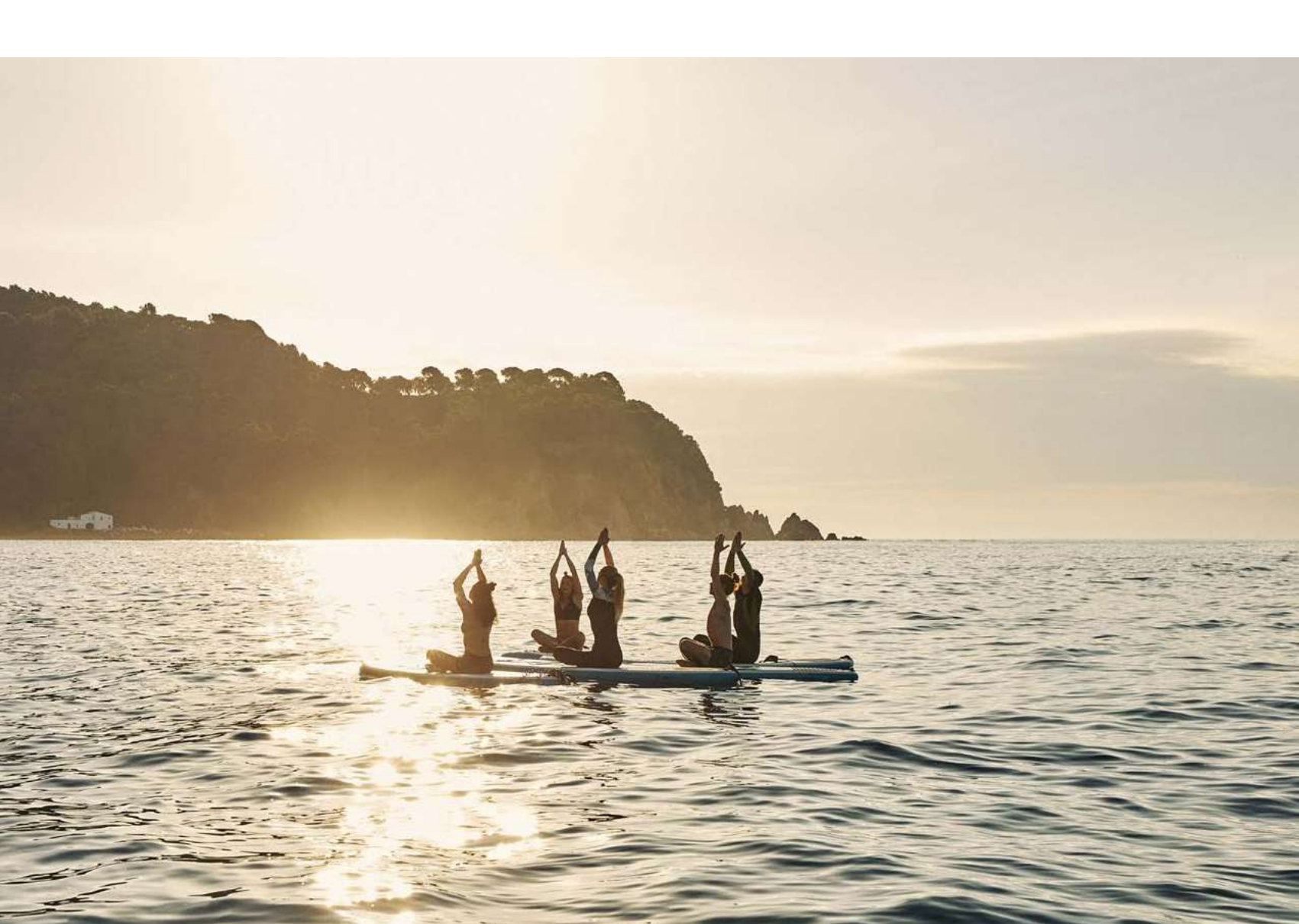
The 7-bedroomed villa sleeps 17 people, and has 5 bathrooms and a kitchen with a larder stocked with vegetarian food straight from the villa's own vegetable garden, which guests can prepare and cook themselves, as well as a barbecue in the outdoor porch. The villa occupies a total of 550 m² and also has an outdoor heated saltwater swimming pool and a small henhouse with animals.



The options available at La Bruguera de Púbol are endless, ranging from family get-togethers, company conventions, sports meetings and races to product-launch presentations and all sorts of other events. Stays are for a minimum of two nights or a weekend so as to fully enjoy this authentic beautiful natural setting within easy reach of the Empordà's most popular tourist areas.

[labruguera depubol](https://www.facebook.com/labruguera depubol)

[labruguera depubol](https://www.instagram.com/labruguera depubol)



Lloret de Mar

Wellness destination

Lloret de Mar Tourist Office
 Av. de les Alegries, 3, 17310 Lloret de Mar
 Tel. 972 365 788
www.lloretdemar.org · central-turisme@lloret.org

Lloret de Mar is the most dynamic and vibrant town on the Costa Brava, an ideal place to enjoy all types of outdoor activities. It offers unique spaces where you can enjoy peace and quiet and connect with nature.

The destination boasts a wide range of establishments with breathtaking sea views, as well as whirlpools and treatment centres that will help you unwind from your daily routine and focus on your health.

As an innovative and pioneering tourist destination, Lloret is committed to promoting healthy eating at its establishments and, in the entire Girona province, it is currently the town with the highest number of restaurants accredited by the Public Health Agency of Catalonia with the AMED Mediterranean diet seal.

Around twenty hotels and restaurants offer a wide range of options where you can enjoy the fresh products characteristic of the region, prepared in a healthy fashion.

Thanks to the agreement with the Coeliac Association of Catalonia, Lloret is also taking steps to become a reference town in the management of allergies and intolerances. It has a series of Gluten-Free certified establishments thanks to which it can offer safe spaces where coeliacs can enjoy the cuisine on offer. In addition to restaurants and hotels, with five thousand certified places, in Lloret you will also be able to visit one of the best water parks in Europe, Water World, certified as a space with a gluten-free offer.



Each year, the Lloret Nature programme gives you the chance to practice different activities, such as Nordic walking, SUP yoga, kayaking and snorkelling, and actively enjoy the natural surroundings of Lloret, while discovering the fauna and flora of the La Selva coastline.

 [Lloretturisme](#)

 [lloretturisme](#)





Mas Garganta

Space for retreats

Ctra. de la Pinya a Ridaura, s/n, 17179 La Vall d'en Bas
Tel. 972 271 289
www.masgarganta.com · masgarganta@gmail.com

The pleasure of sharing and enjoying activities in nature.

Do you know the Garrotxa region and La Vall d'en Bas?

If you want to enjoy this privileged area and unwind, come to the Garganta rural accommodation.

A place where you can find all the ingredients that make up the gastronomy, culture and knowledge of our region.

A space that, since 1992, has welcomed hikers, families, couples and all types of groups (training schools, yoga, cyclists, personal growth, etc.) and that currently offers a wide range of possibilities.

Mas Garganta is a 14th-century rural farmhouse with a privileged location in La Vall d'en Bas, offering features such as peace and quiet, nature and the opportunity to enjoy a unique landscape.

The Garganta rural accommodation also has a Forest Cabin, a 120 m² room built entirely in wood.

It boasts a peaceful and isolated location in the heart of nature, 200 m from Mas Garganta. Equipped with mattresses, pillows, a bathroom, heating and air conditioning.

It is rented out for business meetings, conventions, courses, workshops, yoga, meditation and all types of similar activities.



CasaRuralMasGarganta

masgarganta_





Mas Pineda Oix

Space for retreats

Mas Pineda, s/n, 17855 Oix
Tel. 620 616 087
www.maspineda.cat - laia@maspineda.cat

Discover the Alta Garrotxa from this small corner in the heart of nature, isolated, surrounded by forests, meadows, stars, views of the valley, etc., in the Alta Garrotxa Site of Natural Interest, only one hour from Girona and two from Barcelona. It is Starlight certified.

A space where we promote sustainable and respectful tourism at all levels. Sustainability, history, quality, antiques, comfort, closeness and lots of love.

Mas Pineda dates back to 1243. Since then, it has evolved and grown. When we completed the full renovation in 2015, I commenced this personal life project and wanted to share my values and love for this space and environment with all.

Your hopes and suggestions bring this farmhouse to life. We offer a space where you can reconnect with nature and with yourself through activities, workshops, retreats, company conventions, product presentations, family meetings, events and everything you can dream about. You place the limit.

We offer natural and seasonal cuisine, with local, fresh and organic products. We have several rooms of between 30 m² and 180 m², along with 350 m² of gardens. Ideal spaces for all types of activities, meetings and events.

Cooking workshops, yoga, mindfulness, forest baths, star gazing, hiking, sound journeys, mountain biking...



You can also hire the house's private chef for meals and other events.

 [maspinedaoix](https://www.facebook.com/maspinedaoix)

 [maspinedaoix](https://www.instagram.com/maspinedaoix)

Culture

The Costa Brava and the Girona Pyrenees are brimful with tradition and modernism. Following in the footprints of past civilisations, we can catch glimpses of the area's ancient and more recent history. The Iberian settlement at Ullastret shows us how the first settlers of the Iberian Peninsula lived; the ruins of Empúries bear witness to the grandeur of classical Greece and Rome; the monastery of Sant Pere de Rodes is a monument of Romanesque architecture; the Hebrew tradition lives on in the Jewish Quarters of Girona and Besalú; and the Middle Ages left their mark in villages such as Pals, Peratallada and the *Vila Vella* or Old Town of Tossa de Mar.

The great cultural wealth of the area is not limited to its architectural heritage. From the rugged cliffs along the Costa Brava to the deepest valleys of the Pyrenees, the landscape of Girona has been a source of inspiration for numerous artists: painters such as Salvador Dalí, Joaquim Vayreda and Marc Chagall, among others, found their muses in these lands. Artistic and pictorial expression is represented in the area above all by the figure of Salvador Dalí and the three vertices of the well-known Dalí Triangle: the Dalí Theatre-Museum in Figueres, Portlligat House-Museum and Púbol Castle.

From the rugged cliffs along the Costa Brava to the deepest valleys of the Pyrenees, the landscape of Girona has been a source of inspiration for numerous artists: painters such as Salvador Dalí, Joaquim Vayreda and Marc Chagall, among others, found their muses in these lands.



Nature and active tourism

Outlined by the Pyrenees to the north and bathed by the Mediterranean Sea to the east, the counties of Girona are the perfect setting for enjoying outdoor activities. Thanks to its proximity to the Mediterranean, this end of the Pyrenees boasts a mild climate and a unique landscape. Visitors are immediately struck by the area's nature, with colours that change with the seasons, and by the wide range of sports and cultural activities on offer in the province.

The magnificent sea and mountain setting is ideal for enjoying nature while having fun with adventure sports. Combine state-of-the-art modernity with a journey into the past, exploring the legacy of Romanesque art and the traditions that celebrate the origins of this rich land. All of this can be found in the same destination, with many different facets but one common denominator: a love of adventure.

The magnificent sea and mountain setting is ideal for enjoying nature while having fun with adventure sports.



Map

Main attractions

- 1 Music Festivals of the Costa Brava and the 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 Lake of Banyoles
- 5 Medieval 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 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 Nature Park
- 15 Cap de Creus Nature Park
- 16 Sant Pere de Rodes
- 17 Santa Pau
- 18 Besalú
- 19 Ruins of Empúries
- 20 Cadaqués
- 21 Montgrí, Medes Islands and Baix Ter Nature Park
- 22 Marshes of the Aiguamolls de l'Empordà Nature Park
- 23 Dalí Triangle (Museums of Figueres, Portlligat and Púbol)
- 24 Romanesque 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)

Rest, unwind

- 1 PGA Catalunya Golf and Wellnes *****
- 2 Sallés Hotel & Spa Cala del Pi Beach Retreat *****
- 3 Spa Hotel Santa Marta *****
- 4 Elke Spa Hotel 4*****S
- 5 L'Azure Hotel *****S
- 6 Hotel Ciutat de Girona & Apartments ****
- 7 Hotel Resguard dels Vents ****
- 8 Hotel Spa Terraza ****
- 9 Hotel Balneari Vichy Catalan ***
- 10 Can Buch Ecoturisme *
- 11 Cabanyes entre Valls
- 12 Montjuïc Boutique B&B

Healthy food

- 1 EspaiCuinarSa
- 2 Marta Romaní Cuina Conscient

Body, mind and soul

- 1 Aromes al Bosc
- 2 Bedós Bonaterra
- 3 Cooperativa Sèlvans
- 4 Edgar Tarrés
- 5 Happyyoga Girona

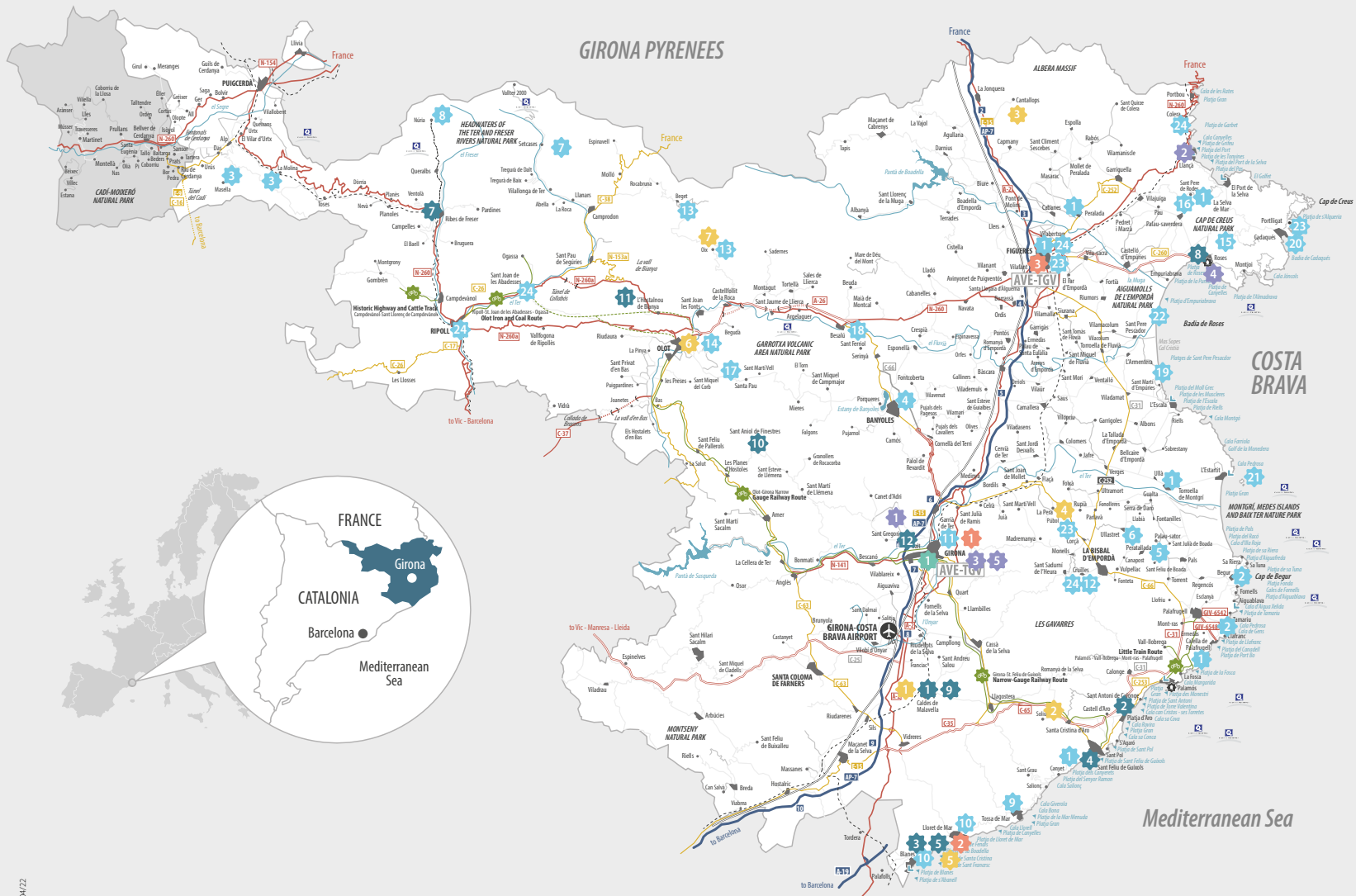
Look after yourself

- 1 Aqva Banys Romans
- 2 ess-Artistic Well-being by Mónica Traviesa
- 3 Salut Empordà Healthcare – Hospital de Figueres

Healthy getaways

- 1 Ajuntament de Caldes de Malavella
- 2 Casa Santa Elena
- 3 Hotel Can Xiquet & Events Centre ****
- 4 La Bruguera de Púbol
- 5 Lloret de Mar
- 6 Mas Garganta
- 7 Mas Pineda Oix

GIRONA PYRENEES



Map legend

	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 2022

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 2022

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'Escalà: L'Escalà Port and Club Nàutic L'Escalà

Llançà: Club Nàutic Llançà and Llançà Port

Palafugell: 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, Calis, Montjoi, Calitjas, Pelosa, Canadell and Jóncols 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) 2022

Begur: Racó Beach, Sa Riera 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







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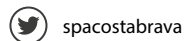
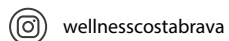
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