



Nature & Activity Holidays
Costa Brava
Pirineu de Girona

Nature and activity holidays*

*When the destination turns into emotion



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Costa Brava
Pirineu de Girona





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Nature and activity holidays

Outlined by the Pyrenees in the north and bathed by the Mediterranean Sea in the east, the Girona counties are the perfect setting for doing outdoor activities. Proximity to the sea graces this end of the Pyrenean range with a mild climate and a unique landscape. Visitors are immediately attracted by nature, with its changing colours in each season of the year, and by the wide range of sports and cultural options on offer in the different counties.

The magnificent sea and mountain surroundings are ideal for enjoying nature while practising adventure sports. Combine modernity in its purest form with a journey into the past and its legacy of Romanesque

art and the traditions that recall the origins of this rich land. Find all this in the same destination, with many different facets but a single common denominator: love of adventure.

Magnificent sea and mountain surroundings, for enjoying nature while practising adventure sports.

Dive along imaginary paths into real worlds

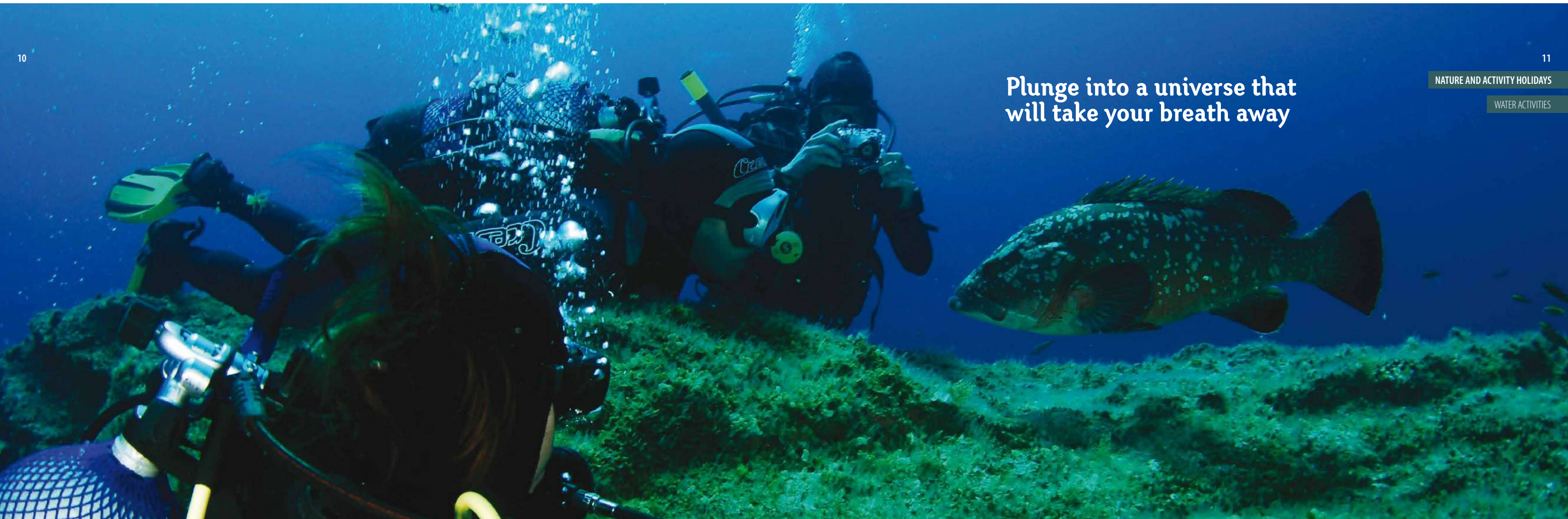


Water activities

The shores of the Costa Brava hold many thrills in store: the wild, rugged profile of the 200-kilometre coastline conceals hidden caves and secluded coves waiting to be discovered. The Costa Brava nature parks and marine reserves help conserve the flora and fauna of our environment and at the same time offer a true paradise for diving lovers.

If you prefer to contemplate the outline of the coast from the sea, you can practise windsurf, hire a boat, go sailing or catamaraning, or take a trip on a tourist boat. The list of options is as long as the coast itself.

The wild, rugged profile of the 200-kilometre coastline conceals hidden caves and secluded coves.



Plunge into a universe that
will take your breath away



Let the wind
blow you along



**Paddle into a
secluded cove**

Have fun with the waves
surfing along the coast



Awakening sensations on calm waters



Old paths hold new secrets

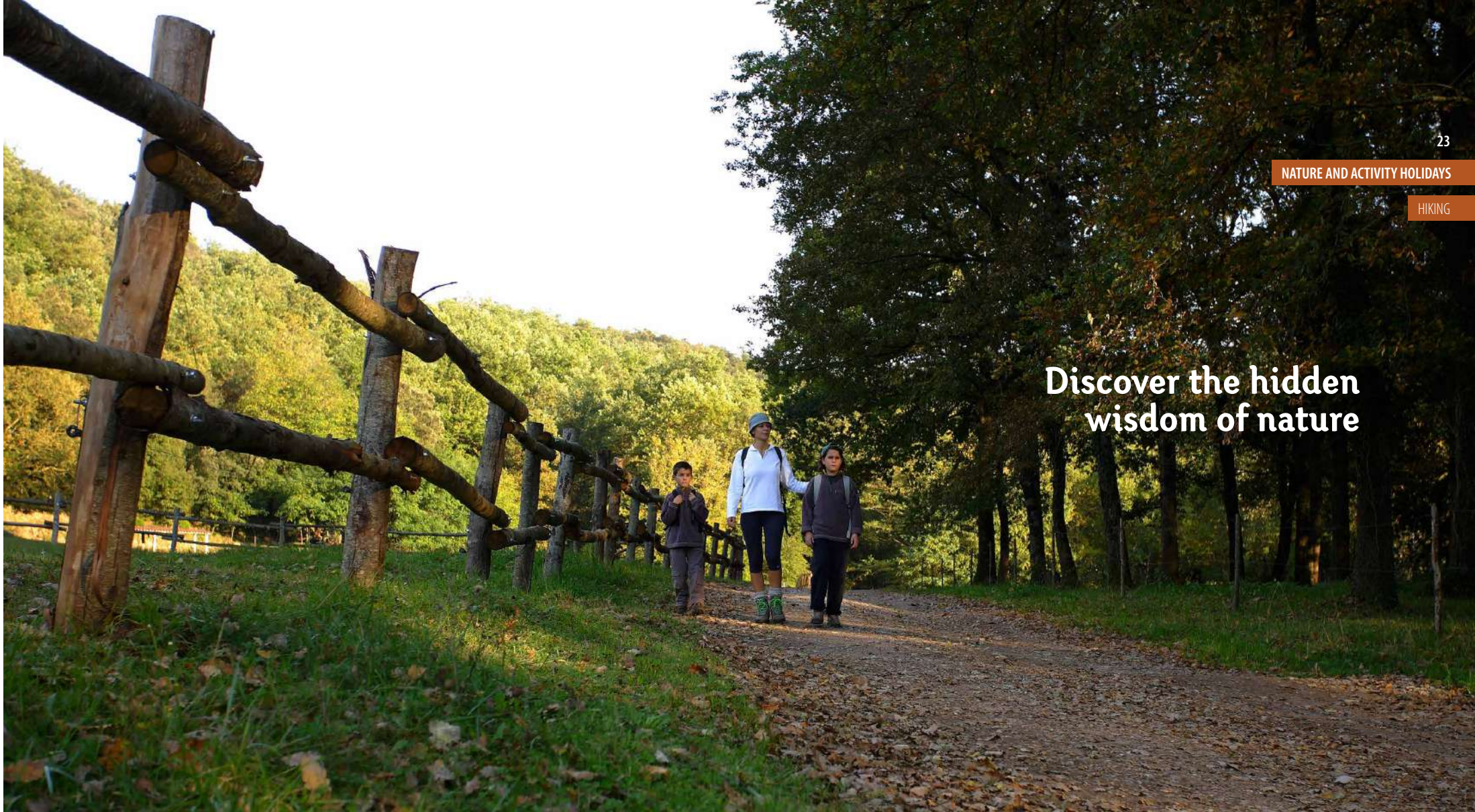


Hiking

Hiking on the coastal paths that wind along the Costa Brava is a pleasure for the eyes. Contemplate the many different hues of the Mediterranean and soak up the warm sea breezes as you walk. In the Pyrenees, you can observe the flora and fauna, cross over rivers, and tramp through the winter snow, as well as enjoying outdoor activities in the warm summer weather.

You no longer have to choose between the sea and the mountains: our geography offers many attractive hiking routes. While you walk through mountain landscapes imbued with the salty tang of the sea, discover the natural and cultural heritage of the Pre-Pyrenean, Pyrenean and Costa Brava counties of Girona.

You no longer have to choose between the sea and the mountains: our geography offers many attractive hiking routes.



Discover the hidden
wisdom of nature

Listen to the beat of the landscape



ATB, greenways and cycle tourism

The renovation and adaptation of the four greenways in our territory allow you to walk or cycle all the way from the Girona Pyrenees down to the warm brightness of the Costa Brava, taking in the great diversity of landscapes, produce and people as you walk or pedal along the route.

One hundred and twenty-five kilometres of greenway run through five of the eight Girona counties —Baix Empordà, Gironès, Selva, Garrotxa and Ripollès— waiting for you to discover their secrets.

For the more daring, there are ATB routes criss-crossing over the whole territory.

The renovation and adaptation of the four greenways allow you to go all the way from the Girona Pyrenees down to the Costa Brava.



New cycle routes,
new settings...
and the same feelings

NATURE AND ACTIVITY HOLIDAYS

ATB, GREENWAYS AND CYCLE TOURISM



Places where nature
reveals its immensity

Feel
the immensity
in silence



Snow

Five ski stations in Pirineu de Girona —four Alpine and one cross-country— provide a magnificent range of options for winter sports enthusiasts.

La Molina, Masella, Vall de Núria, Vallter 2000 and Guils Fontanera offer all types of skiers the opportunity to enjoy the largest network of slopes in the Pyrenees. Over one hundred and thirty-five kilometres of slopes for you to practise your favourite sport in the heart of nature... and in sunny weather!

Five ski stations in Pirineu de Girona —four Alpine and one cross-country— provide a magnificent range of options for winter sports enthusiasts.

Showing children
the way forward





Nature gives great rewards
to those who strive to achieve

Enjoy the
landscape
from a new
perspective



NATURE AND ACTIVITY HOLIDAYS

MULTI ADVENTURE

Multi adventure

The many different types of landscape in Costa Brava and Pirineu de Girona guarantee a range of adventures that is hard to find in other parts of Catalonia.

Skydiving, horse riding, canyoning, rock climbing, Segway, balloon rides, panoramic flights and adventure parks: outdoor activity lovers seeking new experiences will be able to test out their skills on land, air and water.

Outdoor activity lovers will be able to test out their skills on land, air and water.



NATURE AND ACTIVITY HOLIDAYS

MULTI ADVENTURE

Behold the earth
from the air

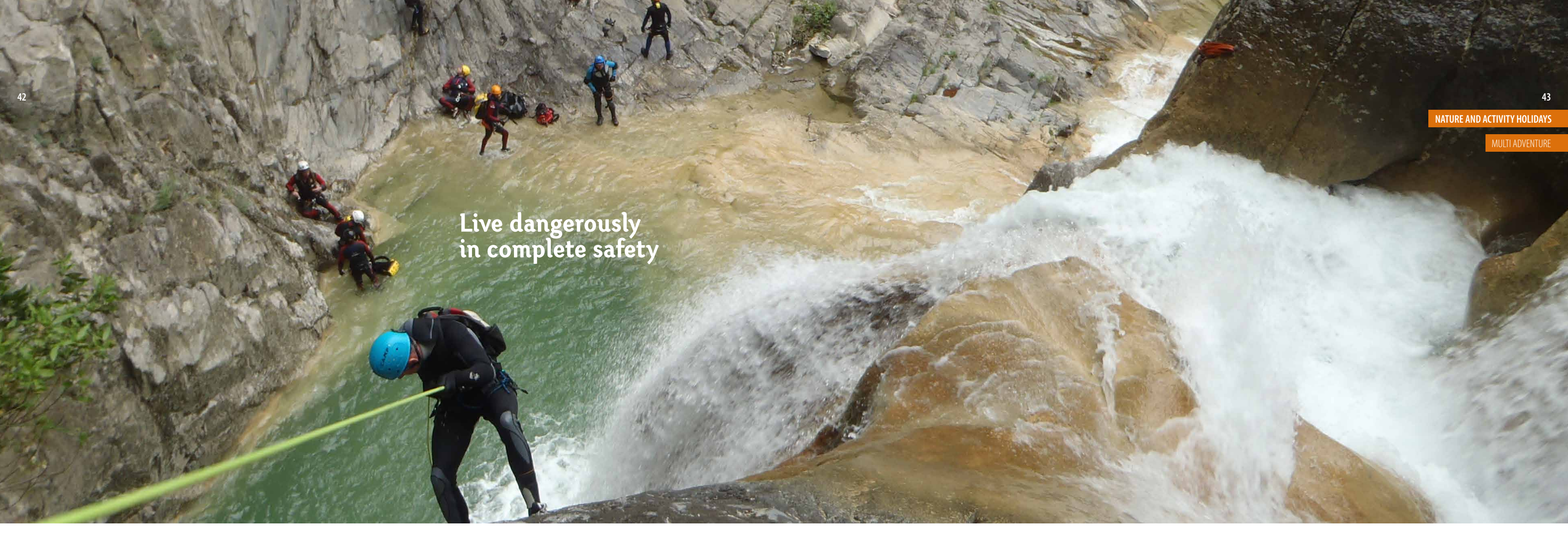


NATURE AND ACTIVITY HOLIDAYS

MULTI ADVENTURE

Be guided
by local experts

Grip nature
with your fingertips



Live dangerously
in complete safety

Conquer the forest and reign over the trees



NATURE AND ACTIVITY HOLIDAYS

MULTI ADVENTURE

Nature parks

The protected natural spaces are the most visible, renowned and visitor-accessible part of a large natural network in the Girona counties stretching from the mountains to the sea, from the Pyrenean forests down to the Mediterranean shoreline.

The nature parks along the coast —Montgrí, Medes Islands and Baix Ter, Aiguamolls de l'Empordà and Cap de Creus—are all well worth visiting.

The protected natural spaces are the most visible, renowned and visitor-accessible part of the Girona counties.





Nature parks

The particular combination of sea, mountains, natural vegetation, and rugged topography in this region makes Costa Brava and Pirineu de Girona a unique place containing many different microclimates.

The protected spaces are privileged areas offering a wide range of services and many different activities, such as hiking, horseback, cycling, and underwater itineraries, with or without a guide.

They enable visitors to observe the beauty of the landscape and the cultural and artistic heritage of each area, perfectly integrated into the natural environment.

The protected spaces make up 30% of the total land area of the destination.

The particular combination of sea, mountains, natural vegetation, and rugged topography in this region makes Costa Brava and Pirineu de Girona a unique place.

Nature park fact sheets

Montgr , Medes Islands and Baix Ter Nature Park

Nature Park since 2010 and Medes Islands Marine Reserve since 1990.

Land area	6155.20 ha
Sea area	2039.99 ha
Towns and villages	Torroella de Montgrí i L'Estartit, Pals, Ullà, Gualta, Palau-sator, Belcaire d'Empordà, L'Escala and Fontanilles
Counties	Baix Empordà and Alt Empordà
Time of year	All year round, but particularly in summer for the sea area
Information centre	Passeig del Port, s/n Espigó de Llevant 17258 L'Estartit Tel. +34 972 751 701 Fax +34 972 752 004 pnmmbt@gencat.cat www.parcsdecatalunya.net
Interpretation and documentation centre	Can Quintana. Museum of the Mediterranean www.museudelamediterrania.cat

Aiguamolls de l' Empord Nature Park

Nature Park subsequently included in Natura 2000 Network, and listed as a Special Protection Area (SPA) for birds and a Ramsar Convention wetland of international importance.

Area	4731 ha of nature park (including 834 ha of nature reserves)
Towns and villages	Castelló d'Empúries, Sant Pere Pescador, Palau-saverdera, Peralada, Pau, Pedret i Marzà, L'Escala, Roses and L'Armentera
Counties	Alt Empordà
Time of year	All year round, but the best times of year are March-June and November-February
Information centre	El Cortalet Ctra. de Sant Pere Pescador a Castelló d'Empúries (GIV-6216), km 13 17486 Castelló d'Empúries Tel. +34 972 454 222 pnaiguamolls@gencat.cat www.gencat.cat/parcs

Cap de Creus Nature Park

Nature Park since 1998. The area includes three Natural Sites of National Interest (PNIN) in the land area, two complete nature reserves, three partial nature reserves in the sea area and one complete marine nature reserve. It is also part of the Plan for Spaces of Natural Interest (PEIN) and included in Natura 2000 Network.

Land area	10,780 ha
Sea area	3064 ha
Towns and villages	Cadaqués, Llançà, Palau-saverdera, Pau, El Port de la Selva, Roses, La Selva de Mar and Vilajuïga
Counties	Alt Empordà
Time of year	The sea area in summer and all year round for the land area (preferably avoiding the warmer months)
Information centre	Palau de l'Abat (Sant Pere de Rodes monastery) 17489 El Port de la Selva Tel. +34 972 193 191 pncapcreus@gencat.cat www.gencat.net/parcs/cap_de_creus

Albera Massif

Listed as a Natural Site of National Interest (PNIN).

Area	3428 ha (including 1275 ha of nature reserves). An area of nearly 10,000 ha of the Albera Massif was recently included in Natura 2000 Network
Towns and villages	Espolla, La Jonquera and Rabós
Counties	Alt Empordà
Time of year	All year round, but the best times are spring and autumn. The Tortoise Breeding Centre (CRT) is only open in spring and summer
Information centre	Rectoria Vella Carrer d'Amadeu Sudrià, 3 17753 Espolla Tel. +34 972 545 079 pninalbera.dmah@gencat.net www.gencat.cat/parcs/albera Can Laporta Carrer Major, 2 - 17700 La Jonquera Tel. +34 972 555 258
Albera Tortoise Breeding Centre (CRT)	www.tortugues.org

Garrotxa Volcanic Area Nature Park

Nature Park and listed in the Plan for Spaces of Natural Interest (PEIN). Also included in Natura 2000 Network.

Area	15,309 ha, including 28 nature reserves (1041 ha)
Towns and villages	Castellfollit de la Roca, Mieres, Montagut, Olot, Les Planes d'Hostoles, Les Preses, Sant Aniol de Finestres, Sant Feliu de Pallderols, Sant Joan les Fonts, Santa Pau and La Vall de Bianya
Counties	Garrotxa
Time of year	All year round
Information centre	Casal dels Volcans Avinguda de Santa Coloma, s/n 17800 Olot Tel. +34 972 268 112 pnzvg@gencat.cat www.gencat.cat/parcs/garrotxa www.turismegarrotxa.com
Documentation centre	Can Jordà Tel. +34 972 264 666 Fax +34 972 265 567 wgrabolo@gencat.cat

Nature park fact sheets

Montseny Nature Park

Nature Park since 1987, but protected since 1977. Listed in the Plan for Spaces of Natural Interest (PEIN) and Biosphere Reserve in UNESCO's Man and the Biosphere (MAB) Programme.

Area	31,063.90 ha
Towns and villages	Aiguafreda, El Brull, Campins, Cànoves i Samalús, Figaró-Montmany, Fogars de Montclús, La Garriga, Gualba, Montseny, Sant Esteve de Palautordera, Sant Pere de Vilamajor, Seva, Tagamanent, Arbúcies, Breda, Riells i Viabrea, Sant Feliu de Buixalleu and Viladrau
Counties	Selva, Osona and Vallès Oriental
Time of year	All year round; occasional snow at higher altitudes in winter
Information centre	Masia Mariona Carretera 5119, km 2,5. Mosqueroles 08479 Fogars de Montclús Tel. +34 938 475 102. Fax +34 938 475 368 p.montseny@diba.cat www.diba.cat/parcs/montseny

Cad -Moixer Nature Park

Nature Park since 1983, subsequently included in Natura 2000 Network and listed as a Special Protection Area (SPA) for birds. The park contains the Pedraforca Massif, listed in 1982 as a Natural Site of National Interest (PNIN). A large part of the territory had already been listed as Cadí National Hunting Reserve in 1966.

Area	40,061 ha
Towns and villages	Alàs i Cerc, Cava, Josa i Tuixén, La Vansa i Fórnols, Bagà, Castellar de n'Hug, Gisclareny, Gósol, Guardiola de Berguedà, Saldes, Vallcebre, Alp, Bellver de Cerdanya, Das, Montellà i Martinet, Riu de Cerdanya and Urús
Counties	Alt Urgell, Berguedà and Cerdanya
Time of year	All year round; snow in many places in winter
Information centre	Nature Park Information Centre Carrer de la Vinya, 1 08695 Bagà Tel. +34 938 244 151 pncadimoixero@gencat.cat www.gencat.cat/parcs/cadi



Meet the challenge of new adventures



Accessible tourism

The territory offers a wide variety of adaptive activities to do during your stay in Costa Brava and Pirineu de Girona.

The greenway network, built along disused railway lines, is an ideal excuse for enjoying adaptive cycle tourism.

The coastal paths are also a good opportunity for taking a relaxing walk beside the sea. As for water activities, adaptive kayaking and sailing are two great options enabling you to experience the waters that lap our coastline.

The territory offers a wide variety of adaptive activities to do during your stay.

Accommodation

Costa Brava and Pirineu de Girona has a wide range of accommodation options of different prices, sizes, types, and classifications: seaside or mountain hotels, apartments in lively tourist towns, farmhouse accommodation in natural settings, magnificent campsites, and internationally renowned spas.

Some of these establishments, listed on the foldout pages of this guidebook, specialise in visitors interested in active and nature-based activities. All you need to feel at home!

Costa Brava and Pirineu de Girona has a wide range of accommodation options.



Observe art through the eyes of a genius



Culture

Talking of culture in Costa Brava and Pirineu de Girona brings us back to the origins of civilization. In order of antiquity, we can see megalithic monuments in the Albera and Gavarres mountain ranges, prehistoric caves at Serinyà, the Iberian settlement at Ullastret, as well as the Romanesque, Gothic, Baroque and Modernist elements found throughout the area.

The ancient Greeks, Carthaginians, and Romans visited and inhabited these coastal areas, mainly for commercial reasons, and all left their mark, with cities such as Empúries that can still be seen today.

The impressive examples of medieval architecture such as Sant Pere de Rodas and Ripoll still resound with the echoes of their thousand-year-old history.

More recently, the gaze of artists, especially the extraordinary Salvador Dalí, opened up a new perspective on our landscape and cultural environment, bequeathing us some priceless works of art. The Dalí Triangle, comprising the Dalí Theatre-Museum in Figueres, the Gala

Dalí Castle House-Museum in Púbol and the Salvador Dalí House-Museum in Portlligat, takes us on a dreamlike journey through the tormented world of the artist, set in unique, idyllic surroundings.

As well as the Dalí spaces, the area contains over 55 museums and 550 other places of interest.

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Gastronomy and DO Empord wine route

The relationship between culture and cuisine is practically indissoluble, so much so that Salvador Dalí proclaimed that «art should be edible, or not at all». The cultural aspect of cuisine is seen in the innovative renaissance now taking place in our province, with important figures such as Ferran Adrià and the Roca brothers, among others.

However, all over the Costa Brava and Pirineu de Girona you will find a wide and varied cuisine, closely linked to the traditional roots of our land.

Our cuisine is a culture to be enjoyed and experienced, with a high professional level that makes each restaurant an excellent gastronomic experience,

endorsed by leading establishments on an international scale.

Wine helps to reinforce the cultural heritage and brings cuisine, landscape and leisure together.»

Josep Roca,
El Celler de Can Roca restaurant, Girona



Map
Main attractions

- 1 Music Festivals of the Costa Brava and Pirineu de Girona
"Peralada, Cap Roig, Torroella de Montgrí, Porta ferrada de Sant Feliu de Guíxols, Sant Pere de Rodas, La 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 Botanical Gardens of La Selva Coast (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 Rodas
- 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 Cuisine «Surf and Turf» (throughout the region)



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
- County boundary
- Railway
- AVE (High-speed train)
- Greenway
- Tunnel
- Pirinexus

Beaches of the highest quality 2012
Accolade awarded by the European Union in recognition of the quality of water and services that beaches offer their users.

Harbour with blue flag

Cruise port



EMAS 2012 Eco-Management & Audit Scheme
Calonge: Cala Cristus - Ses Torretes, Platja des Monestri, Platja de Sant Antoni and Platja de Torre Valentina
El Port de la Selva: Club Nàutic Port de la Selva
L'Escala: Platja del Moll Grec, Platja de les Muscleres, Platja de Riells, La Platja, Cala del Port d'en Perris, Platja del Portitxol and Club Nàutic l'Escala
Llançà: Club Nàutic Llançà
Palafrugell: Platja del Canadell, Platja de Llafranc and Platja del Port Bo
Palamós: Port Esportiu Marina Palamós
Roses: Platja de l'Almadrava, Cala del Bonifaci, Cala Calís, Cala Calitjàs, Cala Canadell, Platja de Canyelles Petites, Cala Jóncols, Cala Montjoi, Cala Murtra, Platja Nova, Platja dels Palangrers / Segon Moll, Cala Pelosa, Platja de la Punta, Platja del Rastrell, Cala Rostella, Platja del Salatar, Platja de Santa Margarida and Roses port
Sant Feliu de Guíxols: Cala Ametller, Platja de Can Dell, Platja dels Canyerets, Cala Jonca, Cala de Maset, Cala del Peix, Platja de Sant Pol, Sa Caleta, Platja de Port Salvi, Platja de Sant Feliu, Cala Urgell, Cala del Vigatà and Club Nàutic Sant Feliu de Guíxols
Torroella de Montgrí: Platja Gran of L'Estartit and Club Nàutic Estartit



ICTE "Q" certificate of tourism quality 2012
Begur: Platja d'Aiguablava, Platja del Racó and Platja de sa Riera
Calonge: Platja de Sant Antoni
Castell-Platja d'Aro: Platja Gran of Platja d'Aro and Platja de sa Conca
Castelló d'Empúries: Platja d'Empuriabrava
Torroella de Montgrí: Platja Gran of L'Estartit
Cerdanya: La Molina ski and mountain resort
Garrotxa: Garrotxa Volcanic Area Nature Park
Ripollès: Vall de Núria ski resort

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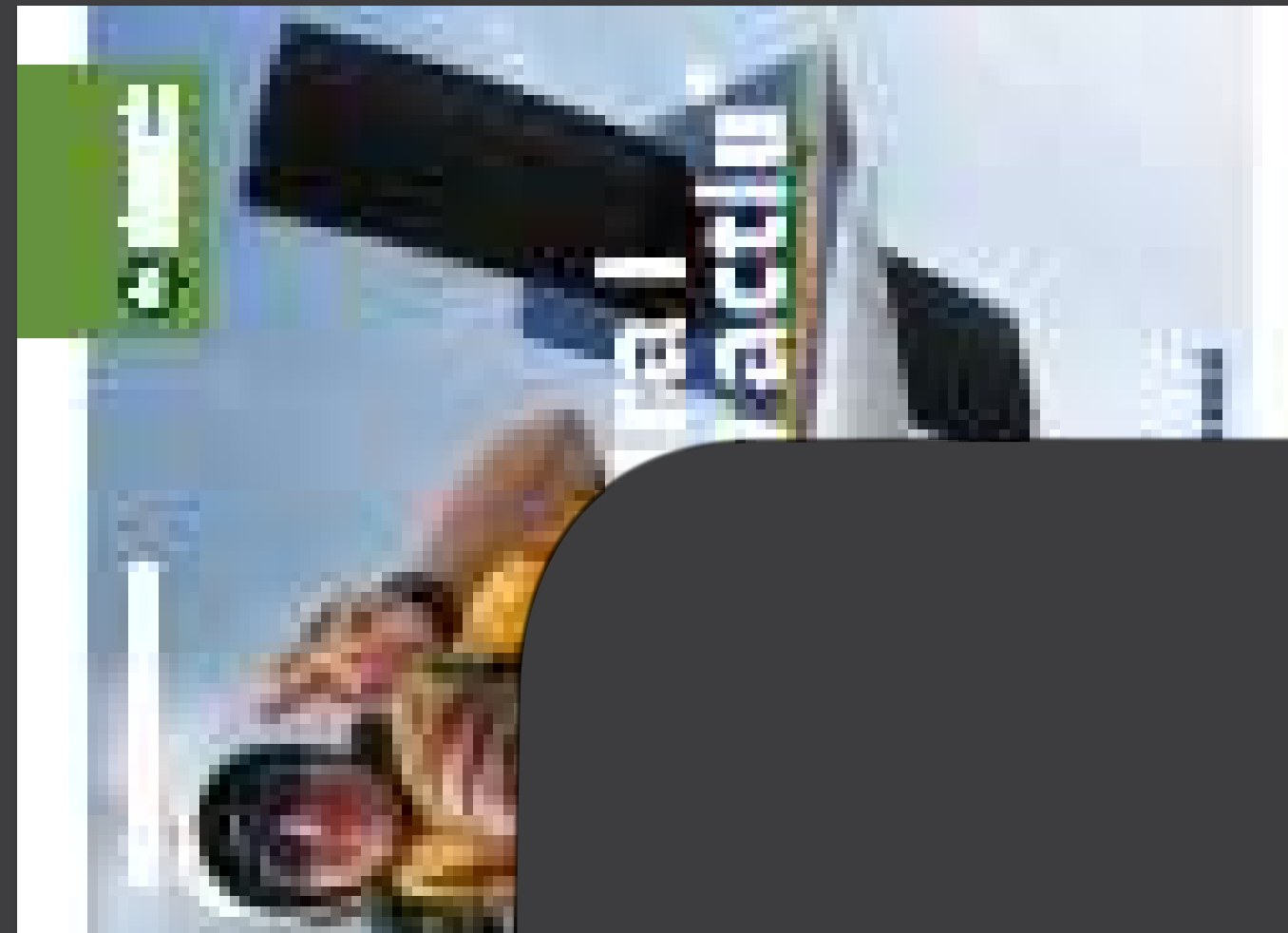
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