

A list of resolutions, dreams and wishes that you can make come true in family in the Costa Brava and Girona Pyrenees



Costa Brava
Pirineu de Girona



01



Study the life of a tree

Watch a tree through the seasons. Identify what tree it is and see how the leaves, flowers, bark change ... and record all the changes in a field notebook. If you ask it politely, I'm sure it'll tell you its secrets.



02



Discover the largest breeding colony in Catalonia of long-eared bats

Become researchers for a day and wander through the cloisters of Sant Pere de Rodes in Port de la Selva.

Count how many figures are carved around the entrance to the Monastery of Saint Mary in Ripoll

Once you have counted them, find the hidden lion and take a photo of it.

03



04



Try and identify a bird song

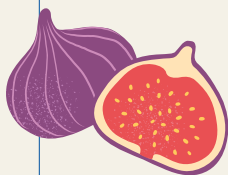
There are 8 natural parks with interpretation spaces and material to help you get it right.



Visit a fruit and vegetables market and taste a fruit you've never eaten before

Discovering new flavours is a very pleasant and surprising experience. Look around, ask at the stalls and when you've found the fruit that has surprised you most, dig your teeth into it!

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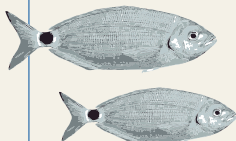
Look for an Albera cow

You can find them when you walk in the Albera region as they live semi-wild. Take a photo from a distance, without disturbing them. Take a good look as it is a unique breed that is well suited to where they live!

Look for fish in the sea or river

and see if you can find out what they're called with the help of a book. Write down in a notebook the fish you've seen and what they look like.

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08



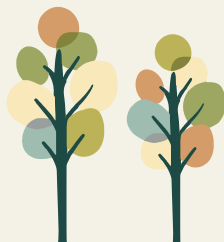
Make yourself a headband with flowers

You'll need patience and nimble fingers but when it's done, you'll be the best dressed in the group!

Hug the beech trees at La Grevolosa in Vidrà

See how many people must join hands to embrace the full circumference of these giants!

09



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Find out what a 'Bisbalenc' is!

as the name indicates, you'll have to go to La Bisbal d'Empordà. Maybe it's a clay pot? Maybe it's a tool for kneading the clay? I'm sure anyone with a sweet tooth will like the answer!

Count how many steps you must climb to reach the entrance to Girona cathedral

You can also time how long you take to climb them and come back down.

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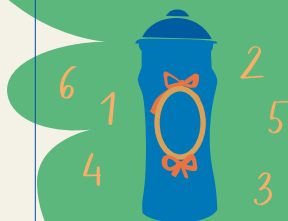
Find out what plants are grown in the Ratafia Garden in Santa Coloma de Farners

Make a field diary to write down the plants you discover and look up their medicinal uses.

Count how many albarellos or blue medicine jars

there are in the Farmàcia Esteve in Llívia, Cerdanya. It is one of the oldest pharmacies in Europe. Ask what was kept in each jar and imagine the “potions” that must have been made with these ingredients.

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Make something artistic with mud

Taking mud from a puddle after it has rained and making something artistic from it is a very fulfilling experience. Before collecting the mud, you can also jump about in the puddle for a while with some wellies.



15



When it's night, photograph an animal from a Naturaprop hide

in Pla de l'Estany. At night, everything is more mysterious and you will be able to see how the animals move around and feed without disturbing them!

Roll down a hillock

Rolling down a slope is perhaps the best way ever invented to go from top to bottom, and definitely the most fun. Go out, find a nice grassy slope and down you go!

16



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Try Olot potatoes

and guess what the ingredients are. When you come back home, you can try and cook this delicious recipe yourselves.



Have a picnic in the countryside

Whether by the sea or in the mountains, preparing a healthy meal and eating it outdoors is an experience you will remember.

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Build an insect house

All animals have somewhere to live, either built by themselves or using a suitable space they have found. If you want to build an insect house, you must first think what their homes are like and then try to imitate them.

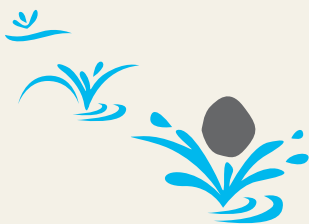
Fly a kite

Whether on the beach or in a meadow or even in the main square of a village, flying a kite is an entertaining challenge; all you need is practice and a bit of wind. And a kite, of course.

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Make a stone skim on the water

Have you ever stopped on the bank of a river or lake and thrown a stone so that it skimmed on the surface? See who can throw it furthest or make it bounce most times. Here's a tip: choose a stone that is flat and disc-shaped!

Look for shapes in the clouds

On a warm summer day, find a patch of grass and lie down on it to watch the clouds pass by. With a little imagination, you can create whole worlds from the shapes you see.

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Go for a ride on wheels

On a bike, a scooter or roller skates, you will feel the wind on your face and you can chase your shadow along the streets or paths. A good place for little ones to start pedalling is along an easy stretch of the greenways.



Prepare a snail race

After it has rained, go out for a walk and look for a snail for each participant, put them on a start line and draw the finish line. Let's see who wins! Try not to harm them and let them go when the race is over so they can peacefully go about their business again.



Make a mandala

on the ground or on a piece of cardboard that you can then hang up at home. Simply collect natural objects you find in the woods or on the beach, such as leaves, shells, twigs, pebbles... Then let your imagination fly to make a work of art!

