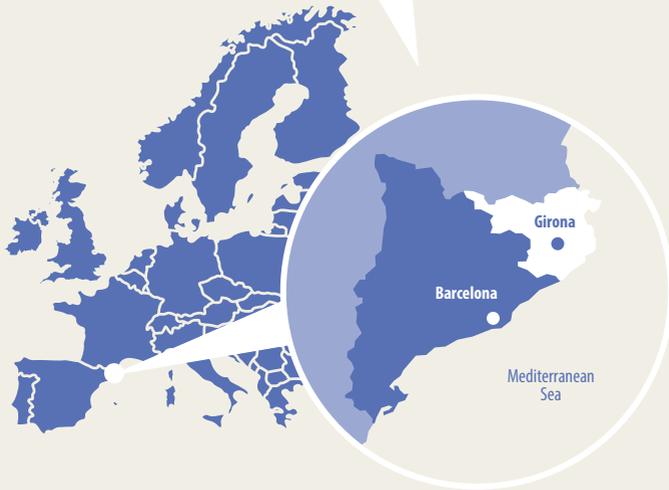


# ENJOY THE COSTA BRAVA AND GIRONA PYRENEES TO THE FULLEST

Experiences for everybody





# Experiences

<b>Enogastronomic experiences</b>	<b>6</b>
<b>Nature experiences</b>	<b>19</b>
<b>Cultural experiences</b>	<b>32</b>
<b>Wellness experiences</b>	<b>50</b>



Wheelchair user



Persona amb discapacitat visual



Person with hearing impairment



Person with cognitive disability

Confirm accessibility with the organizing companies

# Costa Brava and Girona Pyrenees, a destination for everybody

Experiences for everybody! The activity never stops at the Costa Brava and Girona Pyrenees. There are no stories without main characters at the Costa Brava and Girona Pyrenees: everyone can become the main character of a story full of discovery, adventure and fun. It will all depend on personal interest, because there is a wide range of options available for all at any time of year.

At sea or on a river, you can spend the day in a kayak or sailboat, go scuba diving or snorkelling in the Medes Islands or in any of the accessible beaches and coves along the Costa Brava. On land, there are a thousand proposals such as going on a handbike route from the sea to the mountains following the Greenway, hiking along a stretch of the coastal *camí de ronda*, visiting cellars and vineyards, or getting lost wandering through the streets of medieval villages and centuries-old towns.

Culture is accessible to everyone. Many museums, exhibition spaces and guided tours include tactile materials, audiovisual resources and sign language services.

Mother Nature, which has always played a prominent role in our region, invites you to venture into the natural parks with the help of a Joëlette chair, stroll through botanical gardens by the Mediterranean or, for those seeking more action, go skiing. If you prefer a gentler, more amenable pace, we recommend forest bathing and other wellness activities.

You can also change your perspective: a hot-air balloon flight allows you to see the volcanoes up close, and if you're looking for an adrenaline rush, wind tunnel experiences, paragliding or tandem flights are unforgettable experiences.

Whether you visit us with your family, significant other, friends, or on your own, there are a thousand ways to enjoy the destination. It is our privilege to welcome you.





# ENOGASTRONOMIC EXPERIENCES



## A treat for the senses in Brugarol

### BRUGAROL EXPERIENCES

Baix Empordà

[bell-lloc@brugarol.com](mailto:bell-lloc@brugarol.com)

**(+34) 972 31 62 03**

[brugarol.com](http://brugarol.com)



A treat for the senses. The Brugarol winery's spectacular architectural project is well worth a visit. Designed by the RCR Aranda Pigem Vilalta architecture studio, this stunning space set among vines and forest exists in perfect harmony with nature. The workshop leads to a labyrinth of dark, isolated, cool, underground

corridors fitted with a climate control system. The winery tour is topped off with a tasting session led by our guides, who will help you fully appreciate the qualities and characteristics of our wines. Tours are available any day of the week, by reservation only.



## Gastronomic tour in Girona

### GIRONA FOOD TOURS

Gironès

[info@gironafoodtours.com](mailto:info@gironafoodtours.com)

**(+34) 629 850 709**

[gironafoodtours.com](http://gironafoodtours.com)



Discover the secrets of Girona, its history, local culture and, above all, culinary tradition on a guided tour that has it all! Enjoy traditional dishes, tapas, wines, cavas, charcuterie, cheeses, desserts and

much more, all combined with our region's most emblematic places, which will make the tour a unique gastronomic experience. A guided tour has never been so delicious!



## Taste Empordà at Vulpilius

**VULPILIUS**

Baix Empordà

[vulpilius22@gmail.com](mailto:vulpilius22@gmail.com)

**(+34) 872 01 21 31**



Discover the landscape of Empordà through its cheeses and wines in an idyllic environment: the Medieval village of Vulpellac. In Vulpilius you will also find a store with products of 100 percent



and 100 percent Empordà with a large selection of wines, sparkling, distilled, craft beers, oils, cheeses, anchovy, sausages, honey, ice cream...



## D.O Empordà Dégustation de vins à miraGe

**MIRAGE / MAS GUSÓ**

Alt Empordà

[mirage@masguso.com](mailto:mirage@masguso.com)

**(+34) 972 52 03 79**

[masguso.com](http://masguso.com)



À Mirage, La « dégustation Emporda » est une expérience œnotouristique, d'une heure et demie, où vous pourrez goûter une variété de vins d'origine contrôlée Empordà (AOC). Venez en profiter en

famille ou entre amis et devenez un véritable expert ! De plus, pour compléter cette expérience, nous vous proposons un éventail d'options gastronomiques toute la journée et jusqu'à 23h.



## Gourmet tasting

### MASIA SERRA

Alt Penedès

[visit@masiaserra.com](mailto:visit@masiaserra.com)

**(+34) 689 604 905**

[masiaserra.com](http://masiaserra.com)

The experience consists of an oil and 4 wine tasting accompanied by tapas of cold cuts and artisan cheeses, and we end with a walk among the vineyards where we explain our project. It is the ideal visit to get to know the Masia Serra project, the process of making and aging our wines, and the Empordà landscape.





## Main Wines

### BODEGAS CLOS D'AGON

Baix Empordà

[visitas@closdagon.com](mailto:visitas@closdagon.com)

**(+34) 972 66 14 86**

[closdagon.com](http://closdagon.com)



An exclusive experience for you to enjoy in a small committee a tasting of the most representative wines of the winery, served in a privileged space. Starting with a walk through the vineyard, a guided tour of the winery, followed by a wine tasting with an aperitif of a selection of Catalan and cheeses and grissines.



## Gastronomic Vermouth

### VINYES D'OLIVARDOTS

Alt Empordà

[info@olivardots.com](mailto:info@olivardots.com)

**(+34) 679 877 752**

[olivardots.com](http://olivardots.com)



Discover the autochthonous grape varieties and the different terroirs in Empordà region walking around Paratge Olivardots vineyards, visiting the cellar and tasting 4 of our wines paired with 4 typical vermouth

products of Girona Excellent and km0. Tour details: 2.30h duration approximately. Any day of the year with previous reservation. Vineyard and cellar tour. Vermouth pairing with wines.



## Classic Cocktail Workshop

**HOTEL GRAN ULTONIA**

Gironès

[comercial@hotelsultoniagairona.com](mailto:comercial@hotelsultoniagairona.com)

**(+34) 972 20 38 50**

[hotelsultoniagairona.com](http://hotelsultoniagairona.com)



The views of the old town are the ideal setting to enjoy the cocktail bar with the Ultonia Identity. The signature recipes, are specially selected to accompany a day of

teambuilding or a get-together with friends any of the 365 days of the year. Elaborate 3 classic cocktails: Mojito, Piña Colada and Dry Martini.



## Picnic between vineyards in La Vinyeta

**LA VINYETA**

Alt Empordà

[celler@lavinyeta.es](mailto:celler@lavinyeta.es)

**(+34) 647 74 88 09**

[lavinyeta.es](http://lavinyeta.es)



Baskets in hand and towards the vineyard! You just have to find a good place, where the view is memorable and where the marinated air pampers us. Tablecloth, a couple of glasses of wine and a good assortment of meats and

cheeses, salad and dessert. Like a good vinedresser after the day, it is necessary to recover strength with a good bite. The picnic is a meal and includes the visit and the commented wine tasting.



## Cheese and wine tasting

COOPERATIVA AGRÍCOLA  
DE GARRIGUELLA

Alt Empordà

[enoturisme@cooperativagarriguella.com](mailto:enoturisme@cooperativagarriguella.com)

**(+34) 972 53 00 02**

[cooperativagarriguella.com](http://cooperativagarriguella.com)



After a tour guided by our cooperative, you will try 4 of our wines with 8 of

the best cheeses in the area. Let us be surprised!



## Sea Road

LA GASTRONÒMICA

Gironès

[info@lagastronomica.cat](mailto:info@lagastronomica.cat)

**(+34) 685 195 519**

[lagastronomica.cat](http://lagastronomica.cat)



We walk through one of the best coastal paths of the Costa Brava, with a guide and tasting of local products. We leave the beach of La Fosca in Palamós and continue walking towards the beach of Castell, one of the Empordà's virgin beaches. Along the way we find some spaces with a remarkable singularity and beauty (Castell de Sant Esteve, Pineda d'en Gori, S'alguer...) We explain all the legends that are hidden behind each space.

On the way back we stop at a magical and exclusive point for a tasting of Empordà wines and to eat some snacks from local products. A moment to rest, a moment to admire the landscape, a moment to remember... Duration between two and three hours. Minimum groups of 10 people. The activity can be customized and it is possible to include group dynamics if the client requires it.



## Wine tasting workshop

**LAURA MASRAMON**

Alt Empordà

[sommelier@lauramasramon.com](mailto:sommelier@lauramasramon.com)

**(+34) 609 199 086**

[lauramasramon.com](http://lauramasramon.com)



Learning to identify the aromas and tastes that come out of a glass of wine is interesting and fun. Wines speak of the landscape, of the hands that see them grow and of the wineries where they are made. Artisan products that hide stories. For private groups we recommend the blind wine tasting game if you want to know and taste all the Empordà, or all Catalonia,



by the hand of the wine educator Laura Masramon. Her Tasting Room is an ideal space surrounded by vineyards and olive trees (maximum 24 people indoors / 40 outdoors) but also moves to other spaces. Premium option that includes a selection of high-end wines and different glasses depending on the type of wine. Consult them for rates.



## New Winery Perelada visit

**PERELADA**

Alt Empordà

[enoturisme@perelada.com](mailto:enoturisme@perelada.com)

**(+34) 646 056 709**

[perelada.com](http://perelada.com)



We open the doors of our winery and invite you to discover everything that is behind our wines: architecture, sustainability, excellence. Designed by

RCR Architects, winners of the 2017 Pritzker Prize, it is the first in Europe with LEED Gold certification, the highest sustainability certification in the world.



## Olive oil tasting

**LAURA MASRAMON**

Alt Empordà

[sommelier@lauramasramon.com](mailto:sommelier@lauramasramon.com)

**(+34) 609 199 086**

**[lauramasramon.com](http://lauramasramon.com)**



Extra Virgin Olive Oils are the pillar of the Mediterranean diet based on the trilogy of bread, wine and oil. The olive tree is a

tree that symbolises peace and longevity. Do you know its history? We will taste oils from the Empordà which, through their aromas and flavours, will reveal the qualities, maturity and varieties of the olives. Learning how to use olive oils in the kitchen is key to enjoying all their benefits. On the website you will find the dates when we will do this gastronomic and educational workshop on EVOO. We also organise the workshop for private groups, either in our space in the Empordà, which can accommodate a maximum of 24 people inside and 40 outside, or in your space. Contact us to find out the prices.



## Wine tasting at the Mas Pòlit winery

**CELLER MAS PÒLIT**

Alt Empordà

[info@cellermaspolit.com](mailto:info@cellermaspolit.com)

**(+34) 636 482 472**

[cellermaspolit.com](http://cellermaspolit.com)



Visit our mountain vineyards, from where we'll explain the landscape, history and details of mountain vineyard cultivation. We'll visit the new winery,

where we'll taste our organic wines, enjoying a wonderful view of the vineyards of L'Albera.



## Guided tour and wine tasting in Mas Geli with the sunset

**MAS GELI**

Baix Empordà

[info@masgelpals.cat](mailto:info@masgelpals.cat)

**(+34) 629 694 428**

[masgelpals.cat](http://masgelpals.cat)



The visit consists of a tour of the vineyard while the different grape varieties and Mas

Geli peculiarities, and ends with a tasting of 4 wines paired with some catalan cheese.



## Guided tour with wine tasting

**MAS OLLER**

Baix Empordà

[info@masoller.es](mailto:info@masoller.es)

**(+34) 972 30 00 01**

[masoller.cat](http://masoller.cat)



"Learn about all the details involved in the winemaking process: from the vineyard to the ageing room. Enjoy the wonderful countryside, with views of the Medieval village of Pals and the Medes Islands; let your senses guide you through this visit and wine tasting at Mas Oller. It consists of a short walk through the vineyards, later we will visit the winery, followed by the

tasting of three of our wines accompanied by an aperitif on the outdoor terraces while contemplating the vineyards. Guided tour duration: 45 min. (approx.) total 2h. Includes: Tasting of three wines, artisan cheeses (organic from Km 0), guided tour of the vineyards and the cellar. Tours with reservation only."



## Discover the Art of making Cocktails!

**HOTEL SA PUNTA**

Baix Empordà

[sapunta@hotelsapunta.com](mailto:sapunta@hotelsapunta.com)

**(+34) 972 63 64 10**

[hotelsapunta.com](http://hotelsapunta.com)



In an exclusive hotel, enjoying a beach house atmosphere while you learn the art of mixology. In our specialized bar, you will not only taste exceptional cocktails but also create your own unique cocktail!

With the help of our master mixologists, you can choose your favorite ingredients, experiment with flavors, and craft your own masterpiece.



## Vermouth in the sea

### CUSTOM SAILING COSTA BRAVA

Baix Empordà

[hello@customsailingcb.com](mailto:hello@customsailingcb.com)

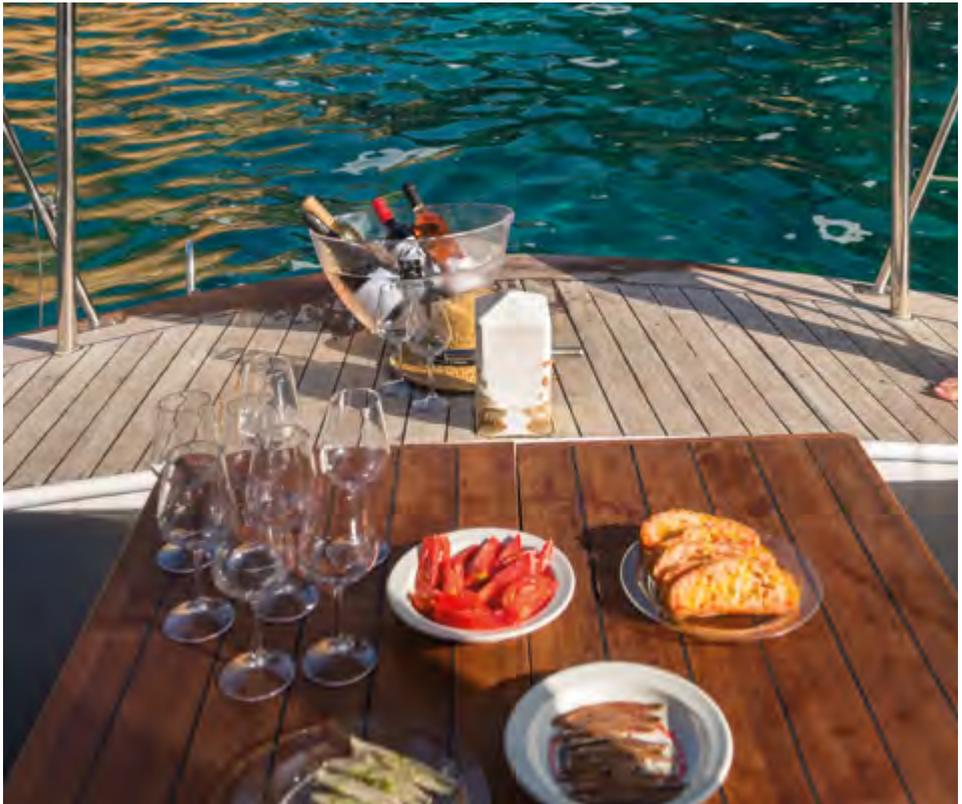
**(+34) 625 391 401**

**[customsailingcb.com](http://customsailingcb.com)**



4-hour boat trip on a Menorquin-type boat from Port Marina (Palamós) with a skipper-guide who is very knowledgeable about this part of the Costa Brava.

Navigation heading north, along the coast, to visit the most spectacular caves and beaches in the area: s'Alguer, El Castell, Cala Foradada, Cala Senià, Cala Estreta, Cap de Planes, El Crit, El Vedell, La Banyera de La Russa, El Golfet, etc. until reaching Calella de Palafrugell. During the itinerary, 2-3 stops are made to take a dip, snorkel to learn about the local fauna and flora, and enjoy a snack on board. Return to the port of origin with a stop at the Illes Formigues.





# NATURE EXPERIENCES



# Hot Air Balloon flight

## VOL DE COLOMS

Garrotxa

[info@voldecoloms.cat](mailto:info@voldecoloms.cat)

**+34 972 68 02 55**

**[voldecoloms.cat](http://voldecoloms.cat)**



"Vol de Coloms brings you a hot air balloon trip over one of Europe's most fascinating dormant volcanic areas, Garrotxa Volcanic Zone Natural Park. On clear days, you can see Montserrat, the Mediterranean, Pedraforca, Canigó, Montseny... With the Pyrenees as a permanent backdrop and the volcanoes below your feet. The activity requires an early start to make the most of the cooler and more stable atmospheric conditions and gentle winds. We meet at the Vol de

Coloms facilities by the Croscat volcano, where the launch site is located. Enjoy a pre-flight coffee and pastry, while you take in the scenery, snap some photos or get involved with preparing the balloon. All the baskets are fitted with a door making this activity accessible to everyone. Our flight path is determined by the wind but we will be airborne for 60 to 90 minutes. During the trip, you will be able to enjoy a glass of rosé cava, which symbolises the colour of the volcanic land, and sample a delicious slice of coca de llardons, a typical sweet treat. On landing, you and your crew will head off for a wonderful hearty breakfast of bread with tomato and cured meats, sausage and Santa Pau beans, Cooperativa la Fageda yoghurts, wine, ratafia and coffee. To finish the adventure, you will be given a flight certificate signed by the pilot!"





## Take a Trip on the Núria Rack Railway

VALL DE NÚRIA  
FERROCARRILES DE LA  
GENERALITAT DE CATALUNYA

Ripollès

[valldenuria@valldenuria.cat](mailto:valldenuria@valldenuria.cat)

+34 972 73 20 20

[valldenuria.cat](http://valldenuria.cat)



"View the spectacular landscape the Núria rack railway crosses along its route, with a possible stop in Fontalba (check the timetables for this option). Discover little-known stories and facts about the trains and the area from the onboard audio

guide. Enjoy a bird's eye view of the Vall de Núria from the Coma del Clot cable car. Be sure to visit the shrine of Núria, as well as the valley's various exhibition spaces. Learn about the local history with the Vall de Núria Historic Bridges Route."



## Travel with the Cadí-Moixeró cable car

LA MOLINA

Cerdanya

[receptiu@lamolina.cat](mailto:receptiu@lamolina.cat)

(+34) 972 89 20 31

[lamolina.cat](http://lamolina.cat)



"The Cadí-Moixeró cable car takes you to the Niu de l'Àliga refuge, at an altitude of 2,537 metres, where you can enjoy the magnificent views of Cerdanya, Berguedà and Ripollès. Don't leave La Molina

without completing the Nature circuit and the Mine circuit, two circular hiking trails which take you on a journey to discover La Molina's fauna or explore its past as a former mining area (at no additional cost)."



## Kayaking down the Ter

### KAYAK DEL TER

Baix Empordà

[info@kayakdelter.com](mailto:info@kayakdelter.com)

**(+34) 662 159 469**

[kayakdelter.com](http://kayakdelter.com)



"Come and enjoy a unique experience on the River Ter. A recreational kayaking trip down various stretches of river running through areas of natural beauty in the Gironès and the Baix Empordà regions. These stretches form part of the Mediterranean biological corridors included in the Natura 2000 Network

programme, including one of the best-preserved riverside forests in Catalonia. This is a fun, active way to discover our natural environment, with an attitude of respect and commitment to protect local biodiversity. Suitable for the whole family. A European Charter for Sustainable Tourism (ECST) affiliated company."



## Guided Kayaking Trip

### KAYAKING COSTA BRAVA

Alt i Baix Empordà i La Selva

[info@kayakingcostabrava.com](mailto:info@kayakingcostabrava.com)

**(+34) 972 77 38 06**

[kayakingcostabrava.com](http://kayakingcostabrava.com)



Guided kayaking trips to from different points along the Costa Brava to discover

stunningly beautiful hidden corners, inaccessible coves and caves.



## The Fageda on wheels

### CENTRO LOGÍSTICO DE BICICLETAS D'OLOT

Garrotxa

[garrotxambici@gmail.com](mailto:garrotxambici@gmail.com)

**(+34) 972 69 20 23**

**[garrotxambici.com](http://garrotxambici.com)**



Pedal along the greenway to the plan de les Preses and the Vall d'en Bas, then follow the Corb valley and enter the beech forest of Jordà, where you can breathe fresh air while listening to the quiet silence. On the way back to Olot discover volcanic landscapes, the Moixina wetlands and the Malagrida area.





## Route of the historical Bridges of Vall de Núria

**VALL DE NÚRIA**  
**FERROCARRILES DE LA**  
**GENERALITAT DE CATALUNYA**

Ripollès

[valldenuria@valldenuria.cat](mailto:valldenuria@valldenuria.cat)  
**(+34) 972 73 20 20**  
[valldenuria.cat](http://valldenuria.cat)



"The bridges are part of Núria's current landscape and also of its history. This route forms a small itinerary of four ancient bridges that were already in use

many years ago. We invite you to go through the itinerary and take a selfie in each one of them! In addition, the routes can also be done with snowshoes. On each bridge there is a comparison with old photos, a historical note so that you can get to know them better and a small set of clues to be able to do as a family. If you read the information and observe the environment, you will be able to answer the final riddle and thus, they will make the route more interesting."





## Ecovies de Girona

### CONSORCIO DE LAS VÍAS VERDES DE GIRONA

Gironès

[info@viesverdes.org](mailto:info@viesverdes.org)

**(+34) 972 48 69 50**

[viesverdes.cat](http://viesverdes.cat)



"Life looks different from a bicycle:  
everything comes at the right speed and  
becomes part of a landscape in motion.  
More than 200 kilometres of routes await  
you on the Costa Brava and in Girona

Pyrenees, ideal for riding with your family  
or friends safely, where you can savour  
every single part of the territory and  
discover it with new eyes. You set the pace  
with your bike, and the countless options  
you'll find are perfectly suited to your  
needs. The network of greenways and  
cycling routes is so extensive that on the  
same trip you can discover small coves on  
the Costa Brava, visit medieval villages and  
cycle along Pyrenean trails."





## Enjoy a fun and ski day in La Molina

**LA MOLINA**  
Cerdanya

[lamolina@lamolina.cat](mailto:lamolina@lamolina.cat)  
**(+34) 972 89 20 31**  
[lamolina.cat](http://lamolina.cat)



Discover La Molina, the oldest winter sports resort in Spain with the first commercial chairlift built in 1943. Throughout its history, it has been a hub of sports and entertainment suitable for all audiences. Most of its ski area is located in the Cerdanya region and boasts 71 kilometers of skiable terrain with 68 slopes for all levels, a large snowpark, and the biggest superpipe in the Pyrenees. La Molina stands out for being one of the most advanced winter centers in terms of resources for athletes with reduced mobility.



## Surfing the waves of Roses

**GRUPO DE DEPORTES  
NÁUTICOS DE ROSES**

Alt Empordà

[info@genroses.cat](mailto:info@genroses.cat)  
**(+34) 972 25 70 03**  
[genroses.cat](http://genroses.cat)



Live an adventure in the sea at the hands of Gen Roses. Enjoy the Mediterranean Sea sailing it on a sailboat, windsurfing the waves or discovering unforgettable places in Cap de Creus with a kayak. Enjoy the sea as much as the land with Gen Roses.



## Dinghy sailing guided route in L'Escala

**CLUB NÀUTIC L'ESCALA**

Alt Empordà

[esport@nauticscala.com](mailto:esport@nauticscala.com)

**(+34) 972 776 949**

[nauticscala.com](http://nauticscala.com)



"Learn to sail on a dinghy boat while discovering the secrets of the natural and cultural environment of L'Escala on a route guided by a qualified instructor with knowledge of the area. Activity available for disabled people. Enjoy the nautical activities pleasure: feel the sensation of

sailing in a sustainable activity. We put at your disposal everything you need to enjoy the sea as well as some of the most spectacular spots of the Costa Brava. We will leave L'Escala's port and sail around its maritime environment, discovering its coast from the sea."



## Guided route with kayak or SUP in L'Escala

**CLUB NÀUTIC L'ESCALA**

Alt Empordà

[esport@nauticscala.com](mailto:esport@nauticscala.com)

**(+34) 972 776 949**

[nauticscala.com](http://nauticscala.com)



"Learn to sail on a kayak or a SUP while discovering the secrets of the natural and cultural environment of L'Escala on a route guided by a qualified instructor with knowledge of the area. Enjoy the nautical activities pleasure: feel the sensation of sailing in a sustainable activity. We put

at your disposal everything you need to enjoy the sea as well as some of the most spectacular spots of the Costa Brava. We will leave L'Escala's port and sail around its maritime environment, discovering its coast from the sea."



## Discover paddle surfing and kayaking

**GRUP D'ESPORTS NÀUTICS DE ROSES**  
Alt Empordà

info@genroses.cat  
(+34) 972 25 70 03  
genroses.cat



With this experience you will discover and learn how to paddle in a double kayak or stand-up paddleboard. We recommend this

activity both for those who have never been in a kayak or on a stand-up paddleboard and for those who are already initiated.



## Kayak and Paddle Surf rental

**CLUB NÀUTIC ESTARTIT**  
Baix Empordà

activitats@cnestartit.com  
(+34) 654 128 628  
cnestartit.com



"Enjoy the Medes Islands in a unique way, explore this Costa Brava treasure with our kayak and paddle surf rentals. These activities, suitable for all levels, will allow you to navigate through crystal clear waters and admire the breathtaking beauty of the region, offering you an

exciting way to create unforgettable memories. Whether you're paddling a kayak or paddle surfing, enjoy the tranquillity and spectacular views that this Mediterranean paradise has to offer. Rent a kayak or paddle surf and experience the Medes Islands!"



## Try dive in the Natural Park

**UNISUB**

Baix Empordà

[info@unisub.es](mailto:info@unisub.es)

**(+34) 972 75 17 68**

**unisub.es**



Are you up for trying diving? This is your opportunity to discover the underwater world in one day, where you will experience the first feelings of a diver. Meeting point will be at the diving center, 1 hour before the boat departure. First we will give you all the diving equipment, and after we will give you a short explanation about the basics of scuba



diving (aprox 10 minutes). Then we will go to the sea by boat to do the dive in the coastal part of the natural Park Montgrí Medes baix Ter, 1 Instructor per person, to a maximum depth of around 10 meters. The duration of the dive will be around 20 minutes. This dive will be easy and comfortable, and you'll be able to concentrate on fish, starfish, octopus,



Discover the most fascinating places in the municipality of Palamós while walking the Walking Trail with our complete audio guide, a tool that will reveal the best-kept secrets of local history. This experience is ideal for all ages and is perfect to be enjoyed at any time of the year. Using our app, you'll be guided through the most prominent points of interest along the Walking Trail, offering a brief but



## Palamós, Sea Round

**AJUNTAMENT DE PALAMÓS**

Baix Empordà

[oficinadeturisme@palamos.cat](mailto:oficinadeturisme@palamos.cat)

**(+34) 972 60 05 50**

**palamos.cat**



informative description of each point the moment you arrive at its location. Whoever you are and regardless of your hearing abilities, explanations are adapted for people with hearing impairments, available in both audio and text formats. Easily download the app for Android and Apple devices and get ready for a total immersion in the history and culture of Palamós through the Walking Trail.



## Beaches and fishing arts itinerary

**OFICINA DE TURISME DE LLANÇÀ**  
Alt Empordà

turisme@llanca.cat  
**(+34) 972 38 08 55**  
visitllanca.cat



Through different interpretative panels placed in the most important beaches (Cap de Ras, Grifeu, El Castellar, La Farella, Les Tonyines and Cau del Llop), we will discover the fishing arts practised over

the years. Llançà has always been a fishing town, and the fishing grounds to the north of Cap de Creus have probably been worked, over good years and bad years, from time immemorial.



## Live the indoor flying experience

**WINDOOR EMPURIABRAVA**  
Alt Empordà

reserve@windoor-realfly.com  
**(+34) 972 45 40 40**  
empuriabrava.windoor-realfly.com



Come to Windoor Empuriabrava wind tunnel and discover the incredible sensation of flying with our instructors! This is a unique and unforgettable experience to enjoy with your family or friends. Each flight in the wind tunnel is equivalent to an

airplane jump from 4.000 meters high. You don't need to be a professional, the only rule is that you must be over four years old and eager to have fun, do you dare? The experience includes a short training session, equipment and flying experience.



## Burricleta, small villages of the Empordà

**BURRICLETA**  
Baix Empordà

[baixemporda@burricleta.com](mailto:baixemporda@burricleta.com)  
**(+34) 972 75 50 82**  
[burricleta.com](http://burricleta.com)



Burricleta, the easy and friendly electric rural bike, she will help you to discover our country effortlessly and with a smile. The small medieval towns are an indissolubly part of the Catalan landscape. Little villages located on top of small hills that make up the silhouette of this area that reveals itself to the curious viewer.



## Stargazing

**CAMPING BASSEGODA**  
Garrotxa

[info@bassegodapark.com](mailto:info@bassegodapark.com)  
**(+34) 972 54 20 20**  
[bassegodapark.com](http://bassegodapark.com)



Enjoy a unique sensory experience: an audiovisual tour of the firmament adapting the content of the astronomical baptism

to the current weather conditions and the time of year to make it an unforgettable experience.



CULTURAL  
EXPERIENCES



## Visit and secrets of the medieval town

**TURISME HOSTALRIC**  
La Selva

turisme@hostalric.cat  
(+34) 972 87 41 65  
turismehostalric.cat



Become the mistress or master of the medieval town of Hostalric with the keys to the town that will give you access to two medieval towers, the patrol route on its walls and a cave!



## The Medieval Peralada

**CENTRO DE TURISMO  
CULTURAL SANT DOMÈNEC -  
AYUNTAMIENTO DE PERALADA**

Alt Empordà

[oficina.turisme@peralada.cat](mailto:oficina.turisme@peralada.cat)

**(+34) 972 53 88 40**

**[visitperalada.cat](http://visitperalada.cat)**



Peralada is one of the most important mediaeval towns in L'Empordà. Its historical and cultural legacy is present in the charming streets of the town. Through a tour of the most emblematic places of the village, we will learn what life was like in medieval times as well as the legacy of its most illustrious son: Ramon Muntaner. This visit to the historical centre includes the entrance

to the Sant Domènec Cultural Tourism Centre (Museum of the village) where we will discover, among many things, the Romanesque cloister (from the 11th-12th centuries) and the remains of the Iberian oppidum. We will also enter the church of Sant Martí, where we will learn about the architectural evolution of this ancient parish church, and we will stroll through the most important streets and squares.



## Panoramic tour of Girona

**ASSOCIACIÓ DE GUIES DE GIRONA**  
Gironès

**(+34) 972 211678**

**(+34) 657 521 445**

**[gironawalks.com](http://gironawalks.com)**

This is a visit of approximately 1,5 hours without any entrances into sites that will allow us to discover the old town of Girona. We will see the exterior of the monastery of Sant Pere de Galligants and the Arabic

Baths; we will learn about the Cathedral and the old Jewish quarter; at the end of the visit we will walk in some of the streets used by the guilds back in time.



## The Romanesque paintings of Santa Eulalia

**CENTRO DE TURISMO  
CULTURAL SANT DOMÈNEC -  
AYUNTAMIENTO DE PERALADA**

Alt Empordà

[oficina.turisme@peralada.cat](mailto:oficina.turisme@peralada.cat)

**(+34) 972 53 88 40**

[visitperalada.cat](http://visitperalada.cat)



We propose a tourist route through the rich archaeological, historical and artistic heritage of the Church of Santa Eulàlia in Vilanova de la Muga to discover what is hidden behind this monumental complex. Inside, the Romanesque wall paintings of the central nave will be revealed, with the Pantocrator and the images of the tetramorph and two scenes from the life of Jesus. In recent years (2018-2019)



restoration work has been carried out which has made it possible to find wall paintings, probably from the 17th century, of which there was no record, highlighting the discovery of the image of Santa Eulàlia. We will then carry out a guided itinerary to discover the main medieval remains of the town, among which we highlight the medieval lock, point of origin of the old water mill.



A museum which encourages you to learn about the impressive flour production system, hydraulic energy and the mill's Francis turbine, the importance of wheat



## Ecomuseu Farinera

**ECOMUSEO FARINERA**

Alt Empordà

[informacio@ecomuseu-farinera.org](mailto:informacio@ecomuseu-farinera.org)

**(+34) 972 25 05 12**

[ecomuseu-farinera.org](http://ecomuseu-farinera.org)



and flour in making the bread that we eat, and how humans have transformed wheat over the 10,000 years we have eaten it. Mills, water, flour and bread.



## Guided route through the town of Sant Hilari

**OFICINA DE TURISMO  
DE SANT HILARI SACALM**

La Selva

[oficinaturisme@santhilari.cat](mailto:oficinaturisme@santhilari.cat)  
**(+34) 972 86 96 86**  
**[lesguillerieskm0.cat](http://lesguillerieskm0.cat)**



Alleys full of stories, houses where important people were born, pleasant squares, relevant buildings, natural landscapes, fountains

that pour water everywhere and promise you a refreshing summer. You will marvel at everything that the capital of Les Guilleries offers you. Simply follow the local guide who will accompany you and let yourself go. The visit to the town of Sant Hilari Sacalm proposes exploring its past in an itinerary of approximately one and a half hours where you will discover its architectural, artistic and intangible heritage and curious facts about it.



## Guided visit to the Fishing Museum

MUSEO DE LA PESCA  
ESPACIO DEL PESCADO

Baix Empordà

[infomuseu@palamos.cat](mailto:infomuseu@palamos.cat)

(+34) 972 60 04 24

[museudelapesca.org](http://museudelapesca.org)



Through an initial audiovisual prologue and 5 thematic areas, the visitor will discover the world of maritime fishing in our territory. The key to the permanent exhibition of the Fishing Museum is to find the origins of an active and lively world, as it can be seen in the fishing pier in the port

of Palamós. The design of the museum was the responsibility of the architectural firm Dani Freixes-Varis Arquitectes, a company that has great international recognition in the conduct of museums and exhibitions. Dani Freixes has been awarded the 2001 National Design Award.



## Citadel of Roses

CIUTADELLA DE ROSES

Alt Empordà

[patrimoni@roses.cat](mailto:patrimoni@roses.cat)

(+34) 972 15 14 66

[shopibotiga.com](http://shopibotiga.com)



A "history walk" that will take you back to the Greek, Roman and Medieval times of ancient Roses. You will discover why these civilisations settled in such a privileged place and what their lives were like.



## Visit to the Espai Cràter

### ESPAI CRÀTER

Garrotxa

[sau.crater@olot.cat](mailto:sau.crater@olot.cat)

**(+34) 972 27 91 32**

[tickets.espaicrater.com](https://tickets.espaicrater.com)



Come and discover a benchmark exhibition about the world of volcanoes, on your own or with a guided tour. A fully interactive show, with audiovisual displays, immersive experiences, augmented and virtual reality, gaming and video mapping. Espai Cràter lets you learn about volcanoes from inside a real volcano: a unique experience designed for all ages.





## Empuries Premium

### MUSEU D'ARQUEOLOGIA DE CATALUNYA-EMPÚRIES

Alt Empordà

[reservesempuries@gencat.cat](mailto:reservesempuries@gencat.cat)

**(+34) 972 77 59 76**

**macempuries**



Enjoy a private and exclusive visit accompanied by an expert guide at the Empúries archaeological site, located in a

beautiful spot near the sea, on the Costa Brava. Empúries is the only Greek city on the Iberian Peninsula, making it a unique destination. During the tour, the guide will take you through the history of this ancient city and reveal its secrets. You will explore the Greek city, the Roman city, and the museum. You will have the opportunity to use virtual reality glasses to travel to the past and explore the agora, the ancient port, and the forum of the city. At the end, you can relax and enjoy a glass of wine and a small snack in the gardens of the site.



## Live a 100% agrotourism experience

**GRANJA MAS BES**  
Gironès

info@masbes.com  
(+34) 639 014 269  
masbes.com



Mas Bes is a dairy farm with over 100 years of history. During the guided tour, the youngest members of the group will be able to get to know different animals, including sheep, goats, rabbits, chickens and donkeys. Visitors can also learn what

daily life on a farm is like and relive the farming past in the rural museum. You can also taste some of our local products in our shop. Duration of the visit 1h 30 min. (Every weekend at 11:30).



## Discover Episcopal Girona

**MUSEU D'ART DE GIRONA**  
Gironès

museuart\_girona.cultura@gencat.cat  
(+34) 972 20 38 34  
gencat.cat



Visit Girona's three emblematic buildings – the Basilica of Sant Feliu, the Cathedral and the former Palau Episcopal, now

housing the Girona Art Museum – with just one ticket. Discover a unique historical and artistic complex in Catalonia.



## Dalí's childhood home

**CASA NATAL SALVADOR DALÍ**  
Alt Empordà

[visita@casanataldali.cat](mailto:visita@casanataldali.cat)  
**(+34) 658 107 154**  
[casanataldali.cat](http://casanataldali.cat)



Here, where it all began, the house where Salvador Dalí was born, a voyage of

discovery awaits you, a visual and auditory journey through the different aspects of this universal and multifaceted figure. A guided tour in which images, spaces and objects communicate, with holograms and talking windows, video mappings and visual effects, giant kaleidoscopes and immersive landscapes. A unique space in which the thousand faces of Salvador Dalí unfold. Get to know the artist to understand his work, dialogue with Dalí's most intimate side to access his genius. From childhood to international acclaim, from Figueres to the world...



## elBulli1846. Museum of a gastronomic revolution

**ELBULLI1846**

Alt Empordà

[info@elbulli1846.com](mailto:info@elbulli1846.com)

**(+34)638001846**

**[elbullifoundation.com](http://elbullifoundation.com)**



"A unique space to share the legacy of elBulli, to reflect on gastronomy, knowledge and innovation. The tour of elBulli1846 takes in several distinct areas:

- The outdoor space, where: Reflections on cooking and innovation are shared. We pay tribute to our Bullinianos. Sapiens methodology is presented.
- The space formerly occupied by the restaurant, to learn about the history of elBullirestaurante and how it brought about a gastronomic revolution.
- The space dedicated to the interdisciplinary relationships that enriched elBulli's capacity for innovation.
- And a space dedicated to elBulliDNA, where all the projects carried out since the creation of elBullifoundation are displayed."



## The Bretons of the Town

### TURISMO DE PUIGCERDÀ

Cerdanya

[turisme@puigcerda.cat](mailto:turisme@puigcerda.cat)

**(+34) 972 88 05 42**

**[puigcerda.cat](http://puigcerda.cat)**



Puigcerdà is an exceptional tourist destination that captivates visitors with its rich gastronomy, historic architecture and exciting cultural experiences. Not only will

you find places of interest, but we invite you to explore our town through the innovative “Ruta de Petjades Culturals” and to participate in the unforgettable “Els Bretons de la Vila” treasure hunt. We want you to discover Puigcerdà in a funny way. This treasure hunt invites you to explore, highlighting our resources as dynamizers of family tourism. This is an unique opportunity to interact with the local community and enjoy fun-filled moments while discovering the town’s best-kept secrets. Puigcerdà awaits you with its doors open.





## Indian Heritage, The interpretative center

### TURISMO BEGUR

Baix Empordà

turisme@begur.cat  
(+34) 972 62 45 20  
begur.cat



"Discover at your own pace the main heritage elements of Begur center: colonial houses, the Interpretive Center of the Indians, defence towers, castle.... The Indian heritage together with the Interpretation center reflect the lives of many Begur residents who emigrated to the Americas in the 19th century, fleeing the economic crisis of the era, and subsequently returned from the colonies with a considerable fortune. The visit to the interpretation center is complemented by the heritage route through an audio guide system. Entry to the CIIC-Begur and the visit to the Heritage Route with audio guide are free."



## Family game to discover the Old Neighborhood

**TURISME BANYOLES**

Pla de l'Estany

[turisme@ajbanyoles.org](mailto:turisme@ajbanyoles.org)

**(+34) 972 58 34 70**

[ajbanyoles.org](http://ajbanyoles.org)



"Do you want to know what solution the inhabitants of Banyoles found to avoid disputes over water? You will find out by playing the self-guided game "Between the rock and the water". You will go around the old quarter and you will have to look for hidden things, observe, count, imagine, answer questions, take measurements, discover... in

short, test your ingenuity and your ability to play as a family. Come to the tourist office to pick up the self-guided game or you can download it from our website. Family activity to spend a good time while discovering the city through the game. If you manage to solve the riddle, come to the tourist office and we will give you a small gift."





## Visit the Botanical Garden Marimurtra

**JARDÍ BOTÀNIC MARIMURTRA**  
La Selva

[marimurtra@marimurtra.cat](mailto:marimurtra@marimurtra.cat)  
**(+34) 972 33 08 26**  
[marimurtra.cat](http://marimurtra.cat)



"The Marimurtra Botanical Garden is located on the first cove of the Costa Brava. It is a privileged place where you can enjoy the richness of its botanical, architectural, landscape and human heritage. A paradise of the plant world that, thanks to its geographical context, has a close relationship with the Mediterranean Sea. Marimurtra welcomes families, schools and visitors from all over the world with the aim of making known the botany, science and wonderful landscapes of the Costa Brava, as well as the history of Carl Faust, the founder of Marimurtra"



# Sant Climent of Tallorta

## AYUNTAMIENTO DE BOLVIR

Cerdanya

[museu@bolvir.cat](mailto:museu@bolvir.cat)  
**(+34) 972 89 50 01**  
[bolvir.cat](http://bolvir.cat)



The Ceretana Sistine Chapel is a jewel of Cerdanya's Baroque art, featuring almost all the original Baroque mural paintings from 1718. Documented since 1667, it has undergone archaeological excavations and restorations that revealed a Romanesque

temple buried beneath the current church. Historians have identified two possible lost churches: Santa Fe de Tallorta, which disappeared in the 17th century, or Sant Climent del Soler. Additionally, an immersive and innovative experience at the rectory offers a deep insight into these Baroque murals through the priest who commissioned them, providing a detailed and enriching view of the church's art and history.





# WELLNESS EXPERIENCES



## Mindful Sunrise

**EDGAR TARRÉS FALCÓ**

Alt Empordà

[go@edgatarres.com](mailto:go@edgatarres.com)

**(+34) 606 579 826**

[edgatarres.com](http://edgatarres.com)



Contemplating the change in light... Of the colors... Watching the sunrise on the Costa Brava is quite a spectacle. Moreover, if this is accompanied by a mindfulness session with harmonic sounds, the experience is doubly rewarding for your senses and your soul. A creative way to start the day with harmony and balance that will bring you

high doses of well-being. Infinite sensations of peace, in Punta Falconera, Roses. Feeling that you take care of yourself. Knowing that you gift yourself moments of great beauty. A life of quality consists of moments like these... Come and see them with a Mindful Sunrise.



## Mindful Hiking

**EDGAR TARRÉS FALCÓ**

Alt Empordà

[go@edgatarres.com](mailto:go@edgatarres.com)

**(+34) 606 579 826**

[edgatarres.com](http://edgatarres.com)



"Focusing on the details is a gift for the senses. The sea breeze... its sounds... the different intensities of blue, of green... the scents of rosemary, thyme, pine trees... and of course, the beauty of Silence. Walking slowly, with a mindfulness session to deeply immerse oneself in the landscape,

is a revolution for our health and well-being. This experience can be done in natural places of one's choosing, but I propose Punta Falconera, within the Cap de Creus Natural Park, in Roses. A very special and healthy place, where you can enjoy these moments of calm and peace so necessary."



## Qi Gong facing the sea

**VALÉRIE ESPINASSE Y MBOOTAA Y**

Alt Empordà

[val@valespi.com](mailto:val@valespi.com)

**(+34) 679 017 285**

**valespi.com**



How do you think your face will look after starting the day breathing and smiling by the sea? By the sea, in the woods or in a vineyard Your feet in the sand or on the ground. Your head in the sky and the stars

Your eyes looking to the horizon. Your body, fluid like water. With an inner smile- The well-being you feel after the session. The peacefulness. The calm energy.



## Family Mindfulness

**VALÉRIE ESPINASSE Y MBOOTAA Y**

Alt Empordà

[val@valespi.com](mailto:val@valespi.com)

**(+34) 679 017 285**

**valespi.com**

Make the ground tremble. Like a herd of elephants. Create a circle, feel like a tribe. Relax your knees, arms, shoulders, back,

head, jaw... Free your voice. Move your entire body. Laugh. Breathe. Then, silence. We look at each other. Locks of hair stuck to our foreheads. Breathing quickly. Feeling your heart beat. And the first smile. Big, Sincere, Contagious. Your mind is silent. Quiet. Present. Welcome to a family Mindfulness session!



## Save time together in La Cova d'Aigua

### PALAU FUGIT

Baix Empordà

[wellness@palaufugit.com](mailto:wellness@palaufugit.com)

**(+34) 872 98 73 62**

[palaufugit.com](http://palaufugit.com)



Relaxation with all senses combined with a sparkling wine or a healthy cocktail.

This experience includes:

- One hour in La Cova d'Aigua.
- A relaxing body massage of 60 minutes per person (feet, legs, arms, abdomen, back and head), is a massage with organic oils and essential oils from Scens, with soothing, relaxing and moisturizing effects,

and is specially formulated to calm and relax body and mind, taking you to a deep relaxation with the hands of our expert therapist.

- Swimming costume is obligatory for the use of La Cova d'Aigua.
  - Bathrobe, slippers and towels are provided by the hotel.
- Prior reservation is required.



## Spa Day at Mas de Torrent Hotel & Spa

### MAS DE TORRENT HOTEL & SPA

Baix Empordà

[spa@mastorrent.com](mailto:spa@mastorrent.com)

**(+34) 972 30 32 92**

[mastorrent.com](http://mastorrent.com)



A day of relaxation and disconnection at Mas de Torrent Hotel & Spa, without needing to be at the hotel. Gaudi offers a 60-minute body massage, access to the

hotel's Spa, outdoor pool and solarium. In addition, you can taste our daily menu at Restaurant Mes de Torrent directed by the Michelin star chef Ramón Freixa.



## 100% Relax experience

### SALLÉS HOTELES CALA DEL PI BEACH RETREAT

Baix Empordà

hotelcpi@salleshotels.com

(+34) 972 82 84 29

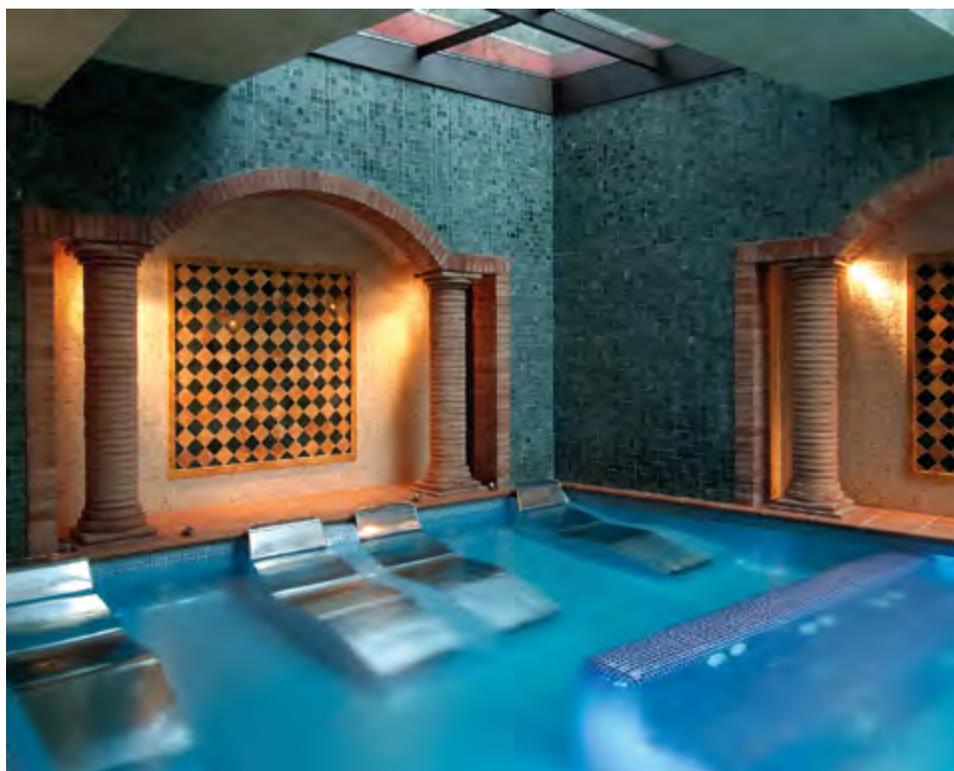
salleshotels.com



In Hotel Cala del Pi we care about your well-being that's why we have designed an unique experience just for you. Relax in the hands of our therapists and enjoy a

guaranteed disconnection. We help you to enjoy an unique, exclusive and personalized moment. Includes:

- Accommodation in a double room
- Breakfast buffet
- A 45 minutes massage per person to choose between: relax massage or a personalized aromatic massage (lavender, coconut, citric)
- Admission to the SPA: heated pool, water seats, water cascades, hammam with chromotherapy, hot tub, Finnish sauna...





## Yoga with views

### SALLÉS HOTELES MAS TAPIOLAS COUNTRY LODGE

Baix Empordà

[hotelmt@salleshotels.com](mailto:hotelmt@salleshotels.com)

**(+34) 972 83 70 17**

**[salleshotels.com](https://www.salleshotels.com)**



Yoga provides us with many benefits; it is the balance between body and mind that helps us achieve greater well-being and be the best version of ourselves.

Be aware and live happily with what we have at the present time, thanks to yoga's breathing techniques and poses. Moments that repair, connect, strengthen and fill you with energy. The calm, peace and tranquillity of the Solius Valley is ideal for relaxation. Give it a try!

Includes:

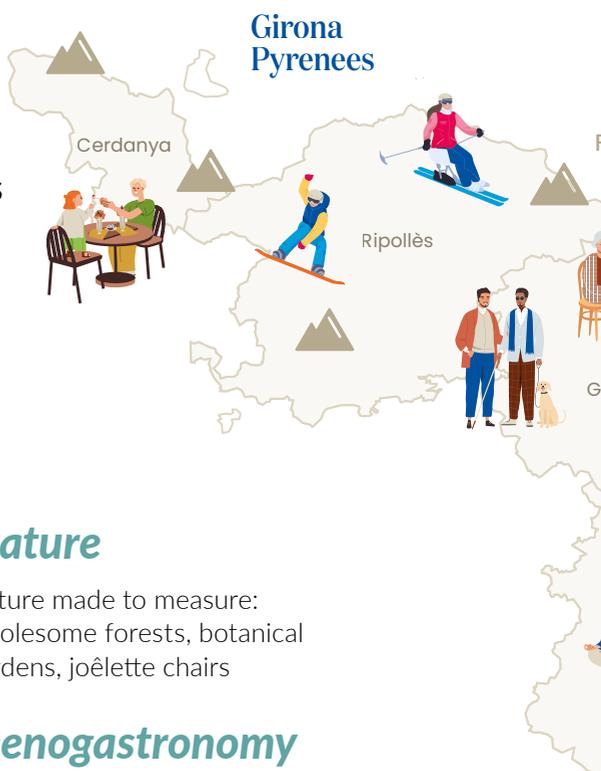
- Accommodation in a Double room
- Buffet breakfast
- 80-minute yoga class in a setting surrounded by greenery and tranquillity becoming aware of breathing
- Access to the Spa

# Endless choices for enjoyment!

Why choose the Costa Brava and Girona Pyrenees?

## Experiences for everybody

More than **60 experiences** for everyone, including kayaking, balloon flights, equine therapy...



## Accessibility

No language barriers: QR routes, audio guides, scale models, sign language...

## Nature

Nature made to measure: wholesome forests, botanical gardens, joëlette chairs

## Cultura

Accessible museums and heritage: ramps, guided tours and circuits

## Oenogastronomy

Taste the traditional local cuisine everywhere around the territory and the DO Empordà wine in the 18 .accessible

## Health & Wellness

A paradise where the sea and the mountains embrace, creating magnificent settings to care for the body, soul, and mind. Surround yourself with earth, air, water, and fire, and you will experience sensations that are as pleasant as they are unforgettable.

6

campsites with Wheelchair Friendly seals and a wide range of adapted accommodations

22

municipalities with accessible beaches: ramps, amphibious chairs and personal assistance services

220

km of coastline, with the most Mediterranean Pyrenees less than 1 hour away



## SERVICES

BARRIER-FREE DESTINATION



**3 JOËLETTE CHAIRS**

**ADAPTED SKIING**



**ACCESSIBLE BEACHES**

**HANDBIKES**



## PROXIMITY

FAST AND ACCESSIBLE TRANSPORT



**HIGH-SPEED TRAIN**

From Girona to

Madrid - 3h, 24 min

Barcelona - 38 min

Paris - 5h, 44 min



**AIRPORT  
GIRONA - COSTA BRAVA**

and Barcelona airport  
1 h by car or train

More information at  
[costabrava.org](http://costabrava.org)





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## Costa Brava and the Girona Pyrenees

[costabrava.org](http://costabrava.org)  
[@costabrapirineu](https://twitter.com/costabrapirineu)

