



ATTRACTIONS, INVENTORY AND MAPPING  
FOR ADVENTURE TOURISM

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# CATALONIA





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The European Union is made up of 28 Member States who have decided to gradually link together their know-how, resources and destinies. Together, during a period of enlargement of 50 years, they have built a zone of stability, democracy and sustainable development whilst maintaining cultural diversity, tolerance and individual freedoms. The European Union is committed to sharing its achievements and its values with countries and peoples beyond its borders.

The 2014–2020 ENI CBC Mediterranean Sea Basin Programme is a multilateral Cross-Border Cooperation (CBC) initiative funded by the European Neighbourhood Instrument (ENI). The Programme objective is to foster fair, equitable and sustainable economic, social and territorial development, which may advance cross-border integration and valorise participating countries' territories and values. The following 13 countries participate in the Programme: Cyprus, Egypt, France, Greece, Israel, Italy, Jordan, Lebanon, Malta, Palestine, Portugal, Spain, Tunisia. The Managing Authority (JMA) is the Autonomous Region of Sardinia (Italy). Official Programme languages are Arabic, English and French. For more information, please visit: [www.enicbcmed.eu](http://www.enicbcmed.eu)

MEDUSA project has a budget of 3.3 million euros, being 2.9 million euros the European Union contribution (90%).

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# CONTENTS

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<b>1. EXECUTIVE SUMMARY. INTRODUCTION TO PILOT AREAS .....</b>	<b>3</b>
<b>2. ATTRACTION INVENTORY FOR ADVENTURE .....</b>	<b>6</b>
<b>2.1. ATTRACTION LIST AND MAPPING.....</b>	<b>7</b>
2.1.1. NATURE RESOURCES .....	7
2.1.2. CULTURAL RESOURCES.....	15
2.1.3 ADVENTURE ACTIVITIES.....	34
<b>2.2 ATTRACTION ASSESSMENT IN PILOT AREAS .....</b>	<b>71</b>
2.2.1 ALT EMPORDÀ.....	71
2.2.2 ALT PENEDÈS.....	83
2.2.3 BAIX EBRE.....	92
2.2.4 BERGUEDÀ.....	102
<b>3.ADVENTURE TOURISM ECOSYSTEM IN PILOT AREAS .....</b>	<b>114</b>
3.1 INFRASTRUCTURE AND MOBILITY.....	115
3.2 SERVICES OFFERED TO VISITORS.....	124
3.3 DMO AND PROMOTION ENTITIES.....	126
3.4 STAKEHOLDERS AND AGENTS INVOLVED IN ADVENTURE TOURISM .....	128
<b>4. CONCLUSION.....</b>	<b>134</b>
<b>5. RESOURCES.....</b>	<b>138</b>
<b>6. APPENDIX.....</b>	<b>139</b>
ACRONYMS.....	141





# **1. EXECUTIVE SUMMARY. INTRODUCTION TO PILOT AREAS**





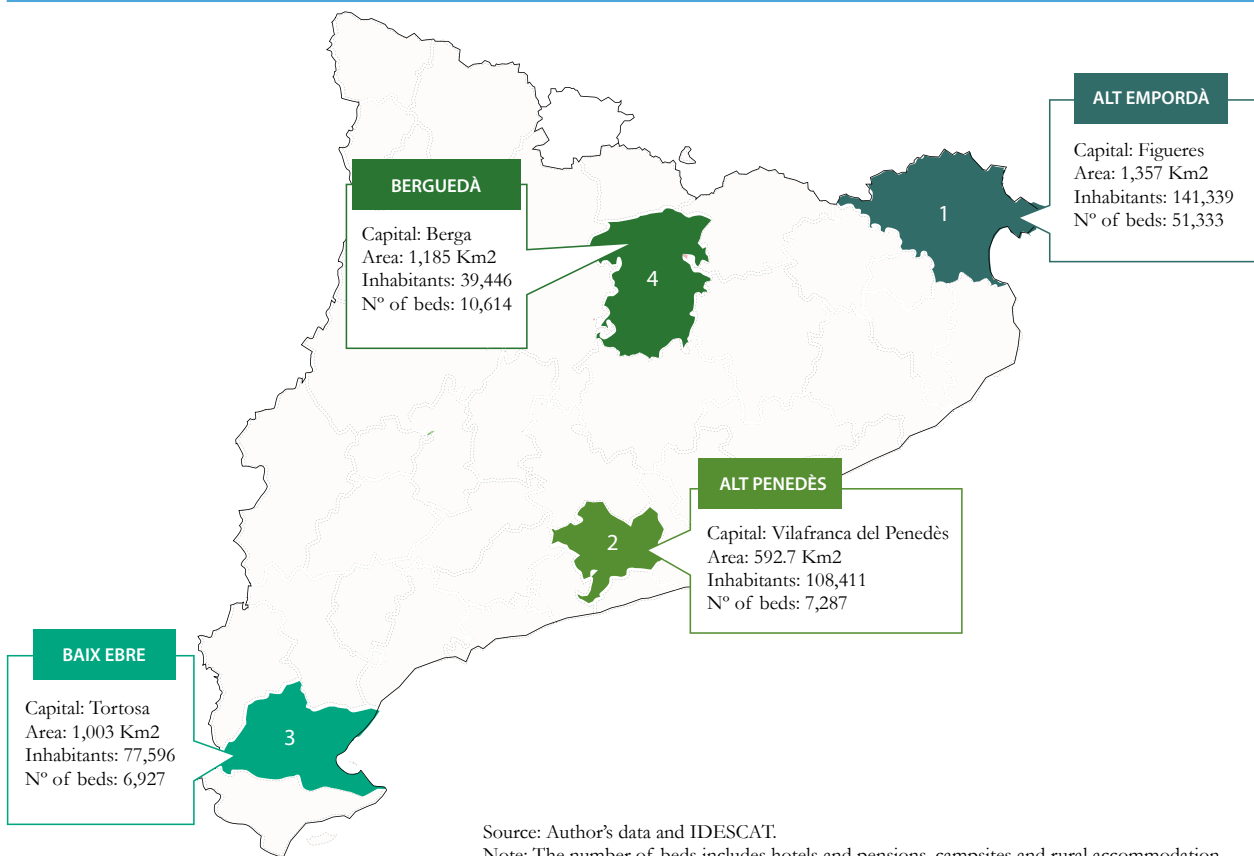
Catalonia is a prime tourist destination. Its wide range of attractions for all sorts of visitors place it among Europe's top tourist regions. Catalonia also has a lot to offer in terms of adventure tourism.

In order to be able to carry out an accurate analysis and mapping and with the main objective of obtaining a useful, operational, applicable output, four pilot areas have been selected. Those are: Alt Empordà, Alt Penedès, Baix Ebre and Berguedà.

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## PILOT AREAS

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## ALT EMPORDÀ

Located in the north of Catalonia, Alt Empordà forms a border with France. It nestles between the Mediterranean Sea and the Pyrenees and is a unique place, boasting both sea and mountains. It possesses a great wealth of culture, gastronomy and landscapes: from the tilled plains with enclosures and wetlands covering the rugged northern coast with its small coves and magnificent marine life to the steepest peaks of the Pyrenees in the region's inland area. It is an extraordinary territory in terms of natural heritage, being the only region in Catalonia with three classified natural areas in just 100 km<sup>2</sup>. Its tourist provision is amazing.

## ALT PENEDÈS

The Mediterranean environment created by the combination of sun and sea makes the Penedès a privileged territory for winemaking. Never-ending vineyards are the Alt Penedès's most distinctive landmark. Situated at the core of the Denomination of Origin Penedès area, it is scattered with farmhouses and small rural towns and it showcases a surprising architectural and archaeological heritage. The region's strong tradition of viticulture supports an impressively wide range of wine-related tourist activities: from horse-riding routes, mountain biking and walking trails and 4x4 itineraries that stop off at the different cellars and wineries, to wine-tasting activities and guided visits offered by wine experts, etc.

## BAIX EBRE

The Baix Ebre region is part of a wider territory known as the Terres de l'Ebre, an area that encompasses the four counties along the river Ebre's nearly 130-kilometre stretch through Catalonia. The Baix Ebre has singular characteristics which define the region and differentiate it from other parts of Catalonia. It's a virtual kaleidoscope made up of three natural elements: the river Ebre (a lively and partially navigable river that plays a role of the utmost importance), the sea and the mountains. Most of the Terres de l'Ebre were awarded Biosphere Reserve status in 2013 and it has been recognised as one of the world's top 100 sustainable destinations.

## BERGUEDÀ

The Berguedà region is made up of the upper valley of the river Llobregat, located between the Central Depression and the Pyrenees. The northern half of the county has altitudes of over 2,000m, while the southern half has rivers running through gentle valleys, where one of the largest groups of old industrial colonies in Europe is located. In 2019 and 2020, the Berguedà region was awarded the Top 100 Sustainable Destinations Award by Green Destinations and it came third in the Best Communities & Culture awards. It encompasses one of the biggest natural parks in Catalonia, the Cadí-Moixeró Natural Park.





## **2. ATTRACTION INVENTORY FOR ADVENTURE**





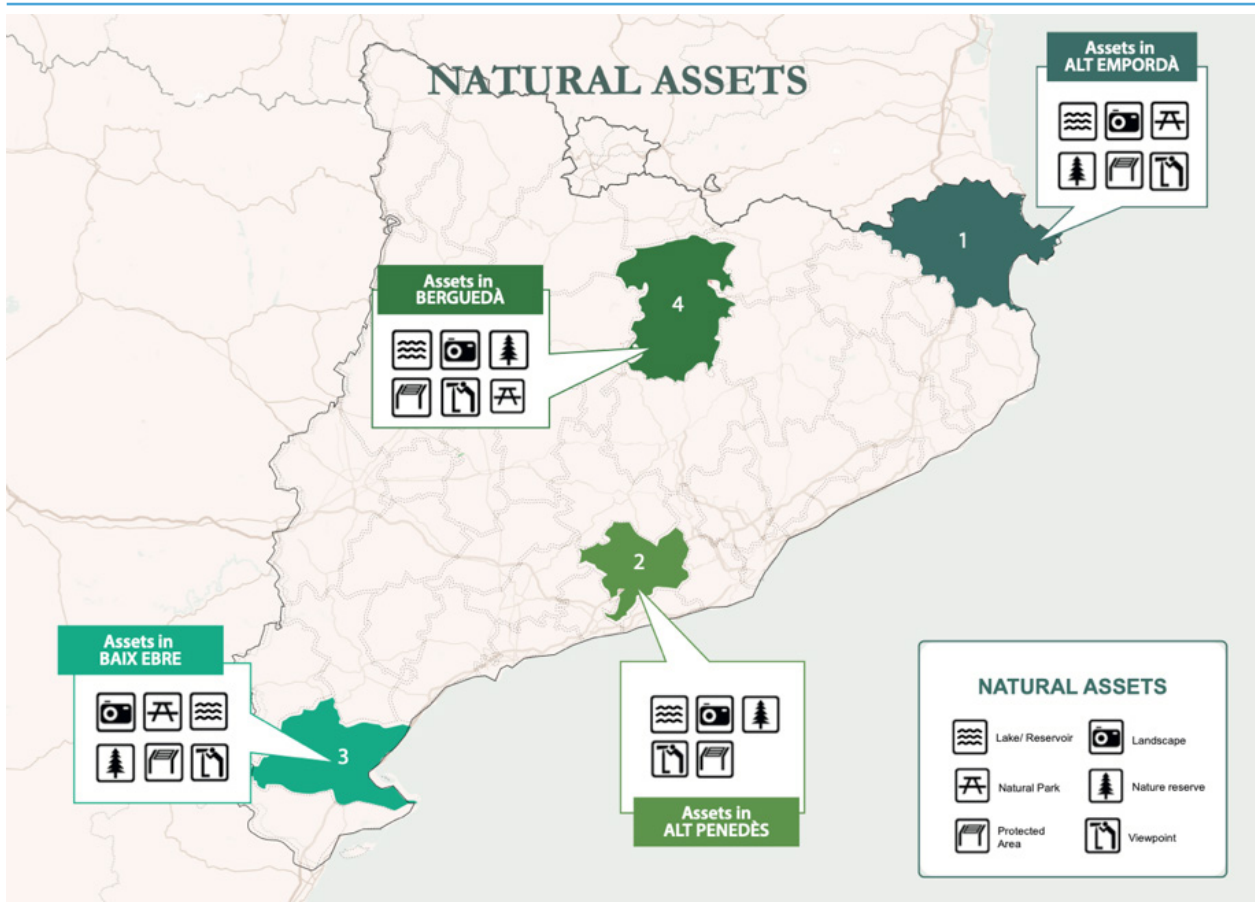
## 2.1. attraction list and mapping

### 2.1.1. Nature Resources

More than 30% of the Catalan territory enjoys some degree of special protection. One national park, 14 natural parks, marine and nature reserves, natural sites of national interest and a dozen protected natural areas managed by the Barcelona Provincial Council define the nature profile of Catalonia. Also noteworthy is the Montseny Natural Park and the territories of the Terres de l'Ebre, declared a Biosphere Reserve by UNESCO.

Natural resources in Catalonia are living areas, where nature can be enjoyed at first hand. A wide range of activities for all sorts of visitors, special facilities for observing the flora and fauna, along with a network of specialised companies with expert knowledge of their environments, etc. allow the visitor to be directly in touch with local nature and to have an incredible experience. It does, of course, have to be taken into consideration that due to the protection level of these areas, some kinds of activities and behaviours are totally forbidden by law. Each area will inform the visitor about what is allowed and what is not.

### SUMMARY MAP



Source: Author's data





Cadí Moixeró Natural Park.. Rafael López-Monné. ADB

### Catalonia. General Overview

Catalonia has one National Park and 14 Natural Parks. Aigüestortes i Estany de Sant Maurici National Park is the only National Park in Catalonia. It is a high-mountain landscape with an impressive relief and peaks over 3,000m high, some 200 lakes, and a rich variety of flora and fauna. In 2018, it was certified as a Reserve and Starlight Tourist Destination.

Each of the Catalan natural parks has its own characteristics. An example is Alt Pirineu Natural Park, which is the largest protected area in Catalonia. Garrotxa Volcanic Area Natural Park, with 40 inactive volcanoes and over 20 basalt lava flows, is the best example of a volcanic landscape in the Iberian Peninsula, and Montserrat Mountain Natural Park encompasses a surprising landscape that has become a symbol of Catalonia.

Montserrat and Montgrí, les Illes Medes i el Baix Ter, Montseny, Sant Llorenç del Munt

i l'Obac, Zona Volcànica de la Garrotxa, Delta de l'Ebre Natural Parks, as well as Foix, Olèrdola and Garraf Protected Areas, boast the European Charter for Sustainable Tourism from the EUROPARC Federation.

### Natural Parks in Alt Empordà

The Alt Empordà region has two natural parks. Aiguamolls de l'Empordà Natural Park is the second largest wetland area in Catalonia, made up of a network of ponds and meadows. It is a bird-lovers' paradise, with several hides and observatories. Cap de Creus Natural Park, located between land and sea, has an exceptional geological configuration and rocky structures and outcrops that make it a very special and unique area worldwide. It is considered one of the most remarkable places in the Iberian Peninsula.

A small part of Montgrí, Illes Medes i Baix Ter Natural Park also belongs to Alt Empordà region. It encompasses the Montgrí massif, the Illes Medes chain of islands and the wetlands of the river

Ter. It also boasts the European Charter for Sustainable Tourism awarded by the EUROPARC Federation.

Natural Park	Information Sources
Aiguamolls de l'Empordà	<a href="http://parcsnaturals.gencat.cat/ca/aiguamolls-emporda">http://parcsnaturals.gencat.cat/ca/aiguamolls-emporda</a>
Cap de Creus	<a href="http://parcsnaturals.gencat.cat/ca/cap-creus">http://parcsnaturals.gencat.cat/ca/cap-creus</a>
Montgrí, Illes Medes i Baix Ter	<a href="http://parcsnaturals.gencat.cat/ca/illes-medes">http://parcsnaturals.gencat.cat/ca/illes-medes</a>

### Natural Parks in Alt Penedès

Although the Alt Penedès region has several protected natural areas, it does not have any natural parks managed by the Catalan government.

### Natural Parks in Baix Ebre

Two natural parks create the nature profile of Baix Ebre. Delta de l'Ebre Natural Park is the largest protected wetland in Catalonia. Rice fields give it a unique personality. With more than 800 different species of flora and fauna and between 50,000 and 100,000 specimens of 343 species of birds, it attracts birdwatchers from all over the world. This park boasts the European Charter for Sustainable Tourism awarded by the EUROPARC

Federation and has been declared a Biosphere Reserve by UNESCO.

Els Ports Natural Park goes beyond the limits of Catalonia into the provinces of Aragon and Valencia. It is home to a very rich array of fauna and flora. Among these, the presence of the Hispanic Goat has to be highlighted. In this area there is an abundance of caves, eddies and chasms.

Natural Park	Information Sources
Delta de l'Ebre	<a href="http://parcsnaturals.gencat.cat/ca/delta-ebre">http://parcsnaturals.gencat.cat/ca/delta-ebre</a>
Els Ports	<a href="http://parcsnaturals.gencat.cat/ca/ports/">http://parcsnaturals.gencat.cat/ca/ports/</a>



## Natural Parks in Berguedà

Cadí-Moixeró Natural Park is the only park in the Berguedà region. It is one of the biggest natural areas in Catalonia. The combination of high altitude, low temperatures and damp climate account for the presence of vegetal species more

commonly found in northern Europe than in the Mediterranean area. The park has over 400km of marked trails and its geography offers a great variety of landscapes, making it a perfect area for nature lovers.

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Natural Park

Information Sources

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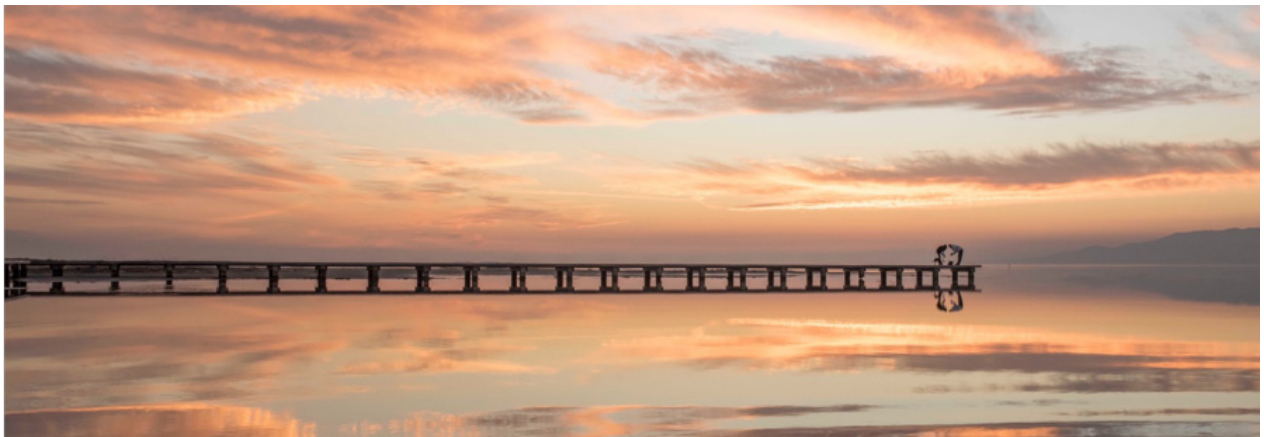
Cadí-Moixeró

<http://parcsnaturals.gencat.cat/ca/cadi/>

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## NATURE RESERVES AND PROTECTED AREAS



Trabucador, Sant Carles de la Ràpita. Terres de l'Ebre Tourist Board

## Catalonia. General Overview

Catalonia is formed by a vast network of nature spots with different degrees of protection, dependent on their characteristics. The Catalan Plan for Spaces of Natural Interest includes

almost 190 natural areas distributed around Catalonia. Each one of them is representative of the landscapes and biologically diverse richness of Catalonia.

## Nature Reserves and Protected Natural Areas in Alt Empordà

Apart from the above-mentioned natural parks, this territory has also several protected natural areas. Two should be highlighted: Albera Natural Area of National Interest and Salines-Bassegoda.

The Albera Mountains are the easternmost stretch of the Pyrenees. The area presents two very different zones: the more humid western end, with beech and oak woods, and the drier Mediterranean end with brushwood and cork oaks, home to the last-remaining populations of Hermann's tortoise. It encompasses the greatest

number of megalithic monuments in Catalonia, with numerous dolmens and standing stones.

Salines-Bassegoda is an area of land with a wide variety of landscapes and a rich natural and cultural heritage. Perhaps the most unknown area of Alt Empordà, this inland region offers a perfect arena for active tourism lovers. It encompasses several protected natural areas such as Alta Garrotxa, Massís de Salines and Penya-segats de la Muga, among others.

Nature Reserves and Protected Natural Areas	Information Sources
Albera Natural Area of National Interest	<a href="http://www.catalunya.com">www.catalunya.com</a> <a href="http://www.empordaturisme.com">www.empordaturisme.com</a> <a href="http://www.mediambient.gencat.cat">www.mediambient.gencat.cat</a>
Alta Garrotxa Natural Area	<a href="http://www.catalunya.com">www.catalunya.com</a> <a href="http://www.empordaturisme.com">www.empordaturisme.com</a> <a href="http://www.mediambient.gencat.cat">www.mediambient.gencat.cat</a>
La Garriga d'Empordà Protected Natural Area	<a href="http://www.catalunya.com">www.catalunya.com</a> <a href="http://www.empordaturisme.com">www.empordaturisme.com</a> <a href="http://www.mediambient.gencat.cat">www.mediambient.gencat.cat</a>
Llobregat d'Empordà river Protected Natural Area	<a href="http://www.catalunya.com">www.catalunya.com</a> <a href="http://www.empordaturisme.com">www.empordaturisme.com</a>
Massís de les Salines Nature Interest Area	<a href="http://www.catalunya.com">www.catalunya.com</a> <a href="http://www.empordaturisme.com">www.empordaturisme.com</a> <a href="http://www.mediambient.gencat.cat">www.mediambient.gencat.cat</a>
Penya-segats de la Muga Nature Interest Area	<a href="http://www.catalunya.com">www.catalunya.com</a> <a href="http://www.empordaturisme.com">www.empordaturisme.com</a> <a href="http://www.mediambient.gencat.cat">www.mediambient.gencat.cat</a>



## Nature Reserves and Protected Natural Areas in Alt Penedès

The Alt Penedès region offers a land full of different natural areas and special landscapes. The Foix Park is the most important wetland area of this region. It encompasses the Foix reservoir and a wide variety of ecological environments. Regarding flora and fauna, the aquatic animals are the most typical. There is also Olèrdola Regional Park, with its wealth of nature and history located in the foothills of the Garraf range of hills.

Parc dels Talls is also a unique, remarkable landscape, resulting from the mining carried out in the area for many years. It has specific environmental features and is made up of four small lakes, traditionally called pèlags, each with its own particular characteristics. The visitor can stroll, hike, run or cycle along the different routes, or learn about the geology and biology of this area by taking a guided tour.

Nature Reserves and Protected Natural Areas	Information Sources
El Foix Protected Natural Area	<a href="http://www.catalunya.com">www.catalunya.com</a> <a href="http://www.penedesturisme.cat">www.penedesturisme.cat</a> <a href="http://www.parcs.diba.cat">www.parcs.diba.cat</a>
Capçaleres del Foix Protected Natural Area	<a href="http://www.catalunya.com">www.catalunya.com</a> <a href="http://www.mediambient.gencat.cat">www.mediambient.gencat.cat</a>
Massís del Garraf Protected Natural Area	<a href="http://www.catalunya.com">www.catalunya.com</a> <a href="http://www.penedesturisme.cat">www.penedesturisme.cat</a> <a href="http://www.parcs.diba.cat">www.parcs.diba.cat</a>
Muntanyes de l'Ordal Protected Natural Area	<a href="http://www.catalunya.com">www.catalunya.com</a> <a href="http://www.mediambient.gencat.cat">www.mediambient.gencat.cat</a>
Olèrdola Regional Park	<a href="http://www.penedesturisme.cat">www.penedesturisme.cat</a> <a href="http://www.parcs.diba.cat">www.parcs.diba.cat</a>
Parc dels Talls	<a href="http://www.parcdelstalls.cat">www.parcdelstalls.cat</a> <a href="http://www.penedesturisme.cat">www.penedesturisme.cat</a>

## Nature Reserves and Protected Natural Areas in Baix Ebre

Baix Ebre is a network of protected natural areas, both maritime and mountainous. From all these existing natural treasures, some located within Delta de l'Ebre Natural Park, La Punta del Fangar Wildlife Nature Reserve stands out. El Fangar is a

sea peninsula about 6 km long and 3 km wide, down to its tip, which is called Punta del Fangar (Fangar Tip). Coinciding with the nesting season, the area hosts a large number of seabird colonies that can be easily observed from the observatories

and has become a paradise for birdwatchers.

When talking about inland areas, Serra de Cardó is a must. Cardó and Boix mountain ranges form one of the most

charismatic regions in the Terres de l'Ebre. The historical and cultural heritage throughout the area is very rich and it is a perfect spot for hiking and mountain-biking activities.

Nature Reserves and Protected Natural Areas	Information Sources
Aligars-Serra Fulletera Protected Natural Area	<a href="http://www.catalunya.com">www.catalunya.com</a>
Cap de Santes Creus Protected Natural Area	<a href="http://www.catalunya.com">www.catalunya.com</a> <a href="http://www.mediambient.gencat.cat">www.mediambient.gencat.cat</a>
La Plana de Sant Jordi Protected Natural Area	<a href="http://www.catalunya.com">www.catalunya.com</a>
La Punta del Fangar Wildlife Nature Reserve	<a href="http://www.terresdelebre.travel">www.terresdelebre.travel</a>
Serra de Cardó	<a href="http://www.catalunya.com">www.catalunya.com</a> <a href="http://www.terresdelebre.travel">www.terresdelebre.travel</a>
Tossal de Montagut Protected Natural Area	<a href="http://www.catalunya.com">www.catalunya.com</a>

## Nature Reserves and Protected Natural Areas in Berguedà

The most iconic landscape in Berguedà is Pedraforca Natural Area of National Interest. Located within Cadí-Moixeró Natural Park, Pedraforca Massif is a very popular mountain, considered the home of alpine sports in Catalonia. All routes along its walls, edges, needle-shaped mountains and streams have been well explored by climbers from around the world. Its peculiar shape gives it a magical quality, and is a good source of popular legends.

There are several other protected natural areas throughout the area. Noteworthy is the Riera de Merlès natural area. Located around the river Merlès its waters boast a high ecological quality and the course of this waterway in the Pyrenean foothills has created some strange shapes, gorges and pools, with several areas suitable for bathing. In summer, different restrictions are implemented as overuse has become a problem.

Nature Reserves and Protected Natural Areas	Information Sources
Pedraforca Natural Area of National Interest	<a href="http://www.catalunya.com">www.catalunya.com</a> <a href="http://www.barcelonaesmoltmes.cat">www.barcelonaesmoltmes.cat</a> <a href="http://www.parcsnaturals.gencat.cat">www.parcsnaturals.gencat.cat</a>
Rasos de Tubau Protected Natural Area	<a href="http://www.catalunya.com">www.catalunya.com</a> <a href="http://www.mediambient.gencat.cat">www.mediambient.gencat.cat</a>
Riera de Merlès Protected Natural Area	<a href="http://www.catalunya.com">www.catalunya.com</a>
Riera de Navel Protected Natural Area	<a href="http://www.catalunya.com">www.catalunya.com</a>
Serra d'Ensija–els Rasos de Peguera Protected Natural Area	<a href="http://www.catalunya.com">www.catalunya.com</a> <a href="http://www.mediambient.gencat.cat">www.mediambient.gencat.cat</a>
Serra de Montgrony Protected Natural Area	<a href="http://www.catalunya.com">www.catalunya.com</a>
Serra de Picancel Protected Natural Area	<a href="http://www.catalunya.com">www.catalunya.com</a>
Serra del Catllaràs	<a href="http://www.catalunya.com">www.catalunya.com</a>
Serra del Verd Protected Natural Area	<a href="http://www.catalunya.com">www.catalunya.com</a>
Tres Hereus Protected Natural Area	<a href="http://www.catalunya.com">www.catalunya.com</a>

Apart from Natural Parks and other Natural Protected Areas, the above summary map also includes the most representative landscapes and viewpoints of the selected pilot areas.

In some cases, although the location is not included in any nature protection category, it has been considered an asset in terms of tourism for that specific region.

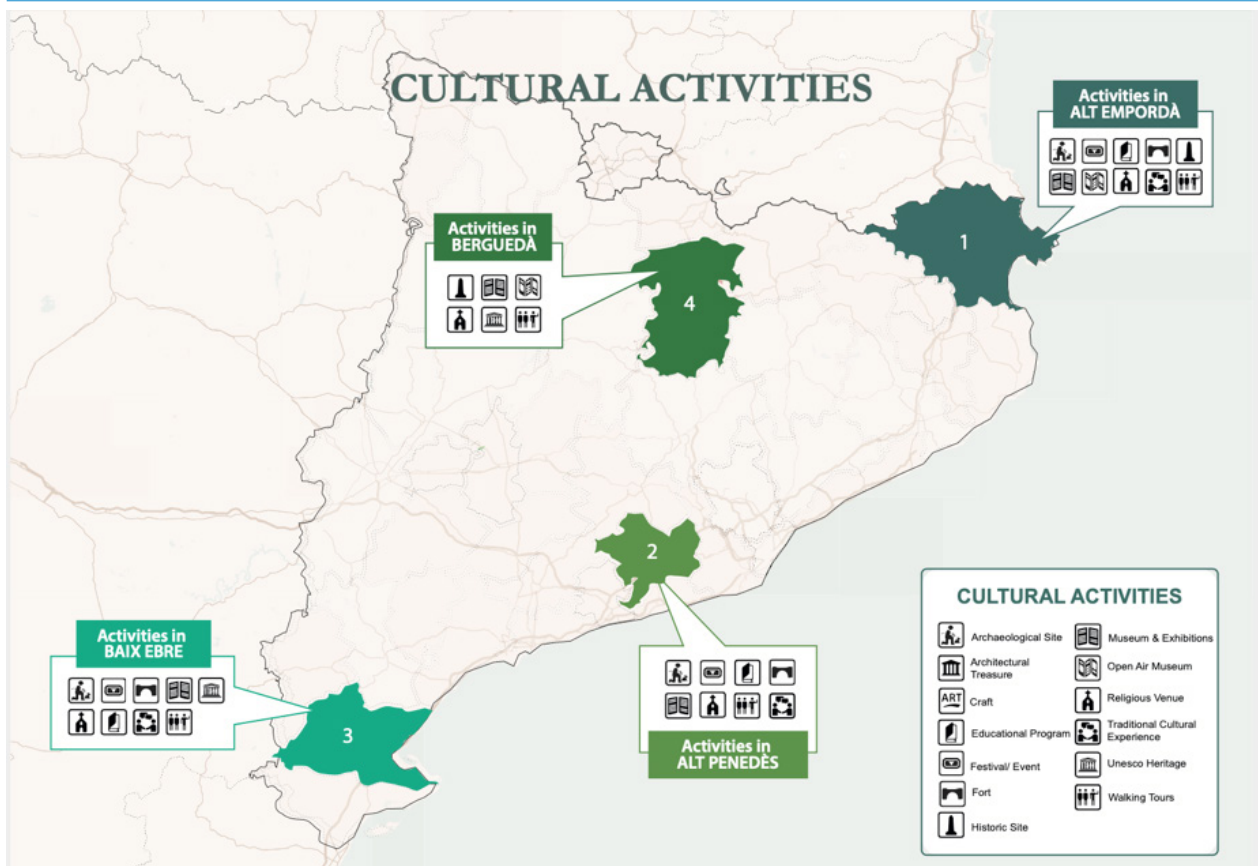


## 2.1.2. Cultural Resources

Culture is Catalonia's flagship. With more than 1,000 years of history, Catalonia has an outstanding artistic and monumental heritage, and is a perfect destination for culture tourism lovers. Visitors can enjoy different architectural styles from Romanesque, Gothic and Art Nouveau to those of the present day, works of

Art Nouveau architects like Gaudí and Domènech i Montaner or, renowned writers, contemporary artists such as Dalí, Picasso and Miró, as well as deeply rooted popular traditions, all of which constitute some of the main treasures this region has to offer and through which Catalan society can be understood.

### SUMMARY MAP



Source: Author's data



## ARCHAEOLOGICAL SITES



Empúries. Pilar Planagumà. PTCBG Images Archive

### Catalonia. General Overview

Thanks to its 1,000 years of history, Catalonia has a significant number of interesting archaeological sites throughout the territory, some of which have been declared World Heritage by UNESCO. Empúries, Tarragona, Barcelona, Ullastret,

Olèrdola are some of the most important areas when talking about archaeology in Catalonia. The Archaeological Museum of Catalonia (MAC) preserves and exhibits the most important archaeological collection in Catalonia.

### Archaeological Sites in Alt Empordà

Empúries, the most important Greco-Roman archaeological site in Catalonia, is located in Alt Empordà. The only archaeological settlement on the Iberian Peninsula that contains remains of both a Greek city and a Roman one, it is a must when visiting this area. Currently, it hosts a

branch of the Archaeological Museum of Catalonia. Alt Empordà is also home to one of the most comprehensive collections of megaliths in Catalonia. Although it is not a popular tourist attraction for the area, there are already some itineraries that link these resources.

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#### Archaeological Sites

#### Information Sources

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Empúries – Archaeological Museum of Catalonia

[www.macempuries.cat](http://www.macempuries.cat)

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Sant Llorenç de Sous Monastery

[www.empordaturisme.com](http://www.empordaturisme.com)

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## Archaeological Sites in Alt Penedès

In Alt Penedès, Olèrdola is a must in terms of archaeology. The mountain of Olèrdola has been a strategic enclave with settlements from the Bronze Age until the beginning of the 20th century. Currently, it hosts a branch of the Archaeological Museum of Catalonia. Other interesting

sites are the Font de la Canya Iberian Archaeological Site and the Segarulls Cave, with cave paintings protected as a UNESCO World Heritage site as part of the Rock Art of the Mediterranean Basin on the Iberian Peninsula.

Archaeological Sites	Information Sources
Font de la Canya Iberian Archeological Site	<a href="http://www.penedesturisme.cat">www.penedesturisme.cat</a>
Olèrdola Castle Historical Heritage Site	<a href="http://www.penedesturisme.cat">www.penedesturisme.cat</a>
Segarulls Cave	<a href="https://whc.unesco.org/en/list/874/">https://whc.unesco.org/en/list/874/</a>

## Archaeological Sites in Baix Ebre

There are two archaeological hotspots that should be highlighted in Baix Ebre. Firstly, El Castellot de la Roca Roja, one of the best-preserved Iberian villages in Catalonia. And, secondly, the group consisting of

the La Mallada prehistoric caves and the Cabra-Feixet rock art paintings, the latter declared World Heritage by UNESCO. Also, the Protohistoric site of Aldovesta is noteworthy in this region.

Archaeological Sites	Information Sources
El Castellot de la Roca Roja	<a href="http://www.terresdelebre.travel">www.terresdelebre.travel</a>
La Mallada Cave and Cabra-Feixet Rock Art paintings	<a href="http://www.terresdelebre.travel/covadelamallada">www.terresdelebre.travel/covadelamallada</a> <a href="http://www.terresdelebre.travel.lespinturesdecabrafreixet">www.terresdelebre.travel.lespinturesdecabrafreixet</a>
Protohistoric site of Aldovesta	<a href="http://www.baixebre.cat/la-comarca/municipis/benifallet">www.baixebre.cat/la-comarca/municipis/benifallet</a>

## Archaeological Sites in Berguedà

Although there is quite a wide range of megalithic assets throughout the area as well as several small archaeological

settlements, some in better states of preservation than others, there is no structured tourism around this area.





## CULINARY EXPERIENCES



Mas Vida. Joan Divi Figueras. PTCBG Images Archive

### Catalonia. General Overview

Catalonia's gastronomic provision provides a great wealth of options for experiencing Catalan cuisine in multiple ways. Visitors can enjoy the cultivation and elaboration of quality products, from different sources and labelled according to, for example, their denominations of origin or Protected Geographical Indications.

At an international level, Catalonia plays a key role in gastronomy, as its recognition as European Region of Gastronomy 2016 shows. Catalonia has 65 stars in the 2020 Michelin Guide and a total of 44 restaurants awarded the Km 0 label by the Slow Food association. Gastronomy has become a perfect basis for many experiences, meetings, trips, etc. which allow the visitor to discover the different Catalan regions. More than 300 wine/gastronomy events and shows take place every year.

### Culinary Experiences in Alt Empordà

Alt Empordà is a top culinary destination. Thanks to its climate and location, it features a wide and assorted repertoire of gastronomic products, some awarded with a protected denomination of origin label. Noteworthy are the [Denomination of Origin Empordà wines](#) and [the Protected Denomination of Origin Empordà oil](#).

Wine tourism is important in Alt Empordà and provides a broad range of tourist activities, centred on the ["DO Empordà Route"](#), which compiles activities such as visits to wineries, meals in vineyards, accommodation in wineries located in beautiful natural landscapes, wine therapy treatments, blind tastings, bicycle tours around the wineries, kayaking with wine-tasting sessions included, etc.

Other local products which can be highlighted are [Poma de Girona](#) (Girona Apples) Protected Geographical Indication and [Anchovies from Roses and L'Escala](#).

## Culinary Experiences in Alt Penedès

Penedès and, by extension, Alt Penedès are synonymous with wine and its [Denomination of Origin Penedès](#). The area's remarkable landscape, characterised by endless vineyards (the biggest continuous area of vineyards in Catalonia), dotted with country houses, unique historical sites and a host of wineries, has made this region internationally famous. Wine represents the main tourist attraction in this region, providing a wealth of tourism experiences: gastronomic wine-pairings, visits to specialised museums and cellars, tasting courses, wine shops, adventure activities related to wine and vineyards, etc. Cava, a sparkling wine produced in Catalonia, also originates in Alt Penedès under the [Denomination of Origin Cava](#). It is a highly prized product in Catalonia and amongst tourists and visitors to the area.

Along with the wines and cavas of the Alt Penedès, there is also room for some [tasty local cuisine](#), especially the popular poultry dishes. The "Gall del Penedès" (Penedès rooster) is a singular and unique product, awarded the quality label Protected Geographical Indication by the European Union.

## Culinary Experiences in Baix Ebre

Rice is one of the most traditional crops in this region, as it grows well in the land near the river. The varieties with [Protected Denomination of Origin Rice from Delta](#) are exclusively marketed in the extra category. As in other territories, an interesting tourist programme related to this has been developed.

In addition, [other typical local products](#) include eels, oysters and mussels and other seafood like the highly sought-after red tuna. A boat-trip from l'Ampolla or Deltebre to the mussel-beds followed by mussel-tasting is a popular activity in the area. Also, olive oil, citrus fruits, honey, sweet pastries and vegetables.

## Culinary Experiences in Berguedà

[The Berguedà region has three very typical products](#), which should be highlighted. These are: pèsols negres (black peas), a traditional crop in mountain regions dating back three centuries, and especially popular in this area; blat de moro escairat, a type of local corn; and mountain potatoes, cultivated at an altitude of 1,000 metres.



## FESTIVALS AND CELEBRATIONS



Sant Jordi, Barcelona. Antonio Lajustica Bueno

### Catalonia. General Overview

As part of its fundamental culture, Catalonia organises and hosts all manner of festivals and events: music, gastronomy, street-theatre, literature, cinema, dance, historic re-enactments, popular traditions, etc. Almost every village has its own festivals and events, big or small, which define a way of life for Catalan society.

### Festivals & Celebrations in Alt Empordà

The Costa Brava, including Alt Empordà, hosts many important festivals, especially during summer months. Several towns organise summer music festivals in heritage sites and areas of special artistic interest, such as the [Castell de Peralada International Festival](#), the [Schubertiada in Vilabertran](#) or the [Music Festival in Sant Pere de Rodes](#), among others. [Summer Festivals](#) have become an important attraction for visitors, and some of them are known internationally.

The region also hosts events linked to winemaking and wine tourism, such as [VÍVID Wine Festival](#), [Sons del Món Music Festival](#), [Wine Roots Festival](#), among many others.

### Festivals & Celebrations in Alt Penedès

Wine and cava are the driving force for events, festivals and shows that take place in Alt Penedès. The programme is wide, covering the varied interests of the region's visitors. Most noteworthy are the Vijazz Penedès, the Cavatast and Cava week, and the Wine and Cava International Film Festival.

Apart from wine-related shows, the Vilafranca del Penedès Town Festival deserves to be mentioned as it has been declared of National interest, due the preservation of its folklore and cultural richness.

More information about [events and festivals in the Penedès region](#).



Festivals & Celebrations	Information Sources
Cavatast	<a href="http://www.cavatast.cat">www.cavatast.cat</a>
Vijazz Penedès	<a href="http://vijazzpenedes.com/">http://vijazzpenedes.com/</a>

### Festivals & Celebrations in Baix Ebre

The Renaissance Festival in the city of Tortosa is one of the main events in Baix Ebre region. It consists of a historic re-enactment in which the village revives the splendour of the city in the 16th century. More than 3,000 citizens wearing historical clothes and 60 daily shows

turn this festival into an unmissable attraction. Also noteworthy is the Deltebre Dansa Festival that, after 15 years in the scene, has become an international point of reference for dance, circus and performing arts.

### Festivals & Celebrations in Berguedà

Most festivals and events hosted in the Berguedà area have a direct relationship with mountain life, such as the Harvesting and Threshing Festival in Avià and the

International Sheepdog Contest in the village of Castellar de n'Hug. The majority have no tourist element.



## HISTORIC SITES AND FORTS



Seu Vella, Lleida. Oriol Clavera. PTDLL Images Archive

### Catalonia. General Overview

Historic sites, forts, castles, sanctuaries and monasteries of all shapes, sizes and architectural styles can be found everywhere in Catalonia. Some have

been restored; some are in ruins; but, as a whole, they give Catalonia its great cultural richness.

### Historic Sites & Forts in Alt Empordà

It is difficult to single out any one historic site in Alt Empordà. The significant role that most have played in this area's history makes this task quite complicated. However, due to its characteristics and its importance among the tourist attractions of this area, there are two that can be highlighted: Sant Pere de Rodes and Sant Ferran Castle. Sant Pere de Rodes is a former Benedictine monastery and one of the most famous in Catalonia because

of its prized architectural construction and privileged location overlooking the Cap de Creus peninsula. The Castell de Sant Ferran is considered to be the largest bastioned fortress in Europe. Other interesting sites are the Roses Citadel, the Sant Quirze de Colera monastery and the Castell de la Trinitat has been restored; some are in ruins; but, as a whole, they give Catalonia its great cultural richness.

Historic sites & Forts	Information Sources
Roses Citadel	<a href="http://www.patrimoni.gencat.cat">www.patrimoni.gencat.cat</a>
Castell de Sant Ferran	<a href="http://www.patrimoni.gencat.cat">www.patrimoni.gencat.cat</a>
Sant Pere de Rodes	<a href="http://www.patrimoni.gencat.cat">www.patrimoni.gencat.cat</a>
Sant Quirze de Colera monastery and Santa Maria de Colera church	<a href="http://www.patrimoni.gencat.cat">www.patrimoni.gencat.cat</a>
Castell de la Trinitat	<a href="http://www.en.visit.roses.cat">www.en.visit.roses.cat</a>

## Historic Sites & Forts in Alt Penedès

Monasteries, hospitals, remains of mediaeval settlements, churches, hermitages and, above all, castles still stand today as testimony to the histories and legends of this territory. It is almost impossible to select just one of so many but, due to its unique character and

because it houses the Abertis Foundation and UNESCO's International Centre for Mediterranean Biosphere Reserves, Castellet Castle is particularly noteworthy. Other historic sites and forts are Sa Roca Monumental Complex and the Castles of Gelida, Mediona, Penyafort and Subirats.

Historic sites & Forts	Information Sources
Castell de Castellet	<a href="http://www.penedesturisme.cat">www.penedesturisme.cat</a> <a href="http://www.unescomedcenter.org">www.unescomedcenter.org</a>
Castell de Gelida	<a href="http://www.castellgelida.org">www.castellgelida.org</a>
Castell de Mediona	<a href="http://www.castelldemediona.cat">www.castelldemediona.cat</a>
Castell de Penyafort	<a href="http://www.penedesturisme.cat">www.penedesturisme.cat</a>
Sa Roca, Monumental Complex	<a href="http://www.penedesturisme.cat">www.penedesturisme.cat</a>
Castell de Subirats	<a href="http://www.penedesturisme.cat">www.penedesturisme.cat</a>

## Historic Sites & Forts in Baix Ebre

The most relevant fortifications and historic sites in Baix Ebre correspond to very different periods. The origin of the fortress of Sant Jordi d'Alfama was in the 13th century while the so-called Les Fortificacions (The Fortifications), are part of the coastal fortresses erected during

the Spanish Civil War (1936–1939). An honourable mention has to be given to the Castle of La Suda, a fortress of Muslim origin and one of the main historical monuments of Tortosa, as well as its walls, bastions and fortifications.



Les Fortificacions

[www.terresdelebre.travel](http://www.terresdelebre.travel)

Sant Jordi d'Alfama Castle

[www.terresdelebre.travel](http://www.terresdelebre.travel)

The Castle of La Suda

[www.tortosaturisme.cat](http://www.tortosaturisme.cat)

## Historic Sites & Forts in Baix Ebre

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Civil War (1936-1939). An honourable mention has to be given to the Castle of La Suda, a fortress of Muslim origin and one of the main historical monuments of Tortosa, as well as its walls, bastions and fortifications.



## MUSEUMS AND EXHIBITIONS



Barcelona, MNAC.AL PHT Air Picture TAVISA

## Catalonia. General Overview

Catalonia has more than 400 museums, devoted to different periods and styles. Three are worth highlighting: The National Art Museum of Catalonia (MNAC), the

Barcelona Museum of Contemporary Art (MACBA) and the National Museum of Science and Industry of Catalonia (mNACTEC).

## Museums & Exhibitions in Alt Empordà

The Alt Empordà region hosts what is considered to be the largest surrealist “object” in the world: the Salvador Dalí Theatre–Museum in Figueres. Together with Salvador Dalí’s House in Portlligat and the Gala Dalí Castle in Púbol (Baix Empordà) they form the so-called “Daliesque Triangle”. Other museums

that are worth mentioning are the Exile Memorial Museums, an interpretation centre aimed at explaining the exiles that that Spanish Civil War caused, and Peralada’s Castle Museum, a historical building encompassing several exhibitions and special venues.

Museums & Exhibitions	Information Sources
Dalí Theatre–Museum	<a href="http://www.salvador-dali.org">www.salvador-dali.org</a>
Empordà Museum	<a href="http://www.empordaturisme.com">www.empordaturisme.com</a> <a href="http://www.museuemporda.org">www.museuemporda.org</a>
Exile Memorial Museum	<a href="http://www.museuexili.cat">www.museuexili.cat</a>
Farinera – Ecomuseum	<a href="http://www.ecomuseu-farinera.org">www.ecomuseu-farinera.org</a>
L’Escala’s Anchovy and Salt Museum	<a href="http://www.visitlescala.com">www.visitlescala.com</a>
MARAM	<a href="http://www.maram.cat">www.maram.cat</a>
Mediaeval History Museum Cúria–Presó	<a href="http://www.empordaturisme.com">www.empordaturisme.com</a>
Peralada’s Castle Museum	<a href="http://www.museucastellperalada.com">www.museucastellperalada.com</a>
Salvador Dalí’s House	<a href="http://www.salvador-dali.org">www.salvador-dali.org</a>
Sant Domènec Centre of Cultural Tourism	<a href="http://www.empordaturisme.com">www.empordaturisme.com</a>
The Barrel Tap Museum	
Toy Museum of Catalonia	<a href="http://www.mjc.cat">www.mjc.cat</a>
Walter Benjamin Memorial and Gravesite	<a href="http://www.en.costabrava.org">www.en.costabrava.org</a>

## Museums & Exhibitions in Alt Penedès

Wine and Cava lovers will find two museums and exhibitions here that will allow them to better understand their passion. The CIC Fassina Cava Interpretation Centre, located in a distillery built in 1814, has a mix of high-tech and traditional resources to provide guests with an introduction to the world of cava, its

history, its production process and grape varieties, via entertaining and interactive digital information tools. Alternatively, there is the VINSEUM – the Museum of the Wine Cultures of Catalonia – the first wine museum in Spain (since 1945), with more than 70 years’ experience of talking about Catalan wine culture.

Museums & Exhibitions	Information Sources
Casa de la Festa Major	
CIARGA •Republican Air Force and Air Warfare Information Centre	<a href="http://ciarga.cat/">http://ciarga.cat/</a>
CIC Fassina - Cava Interpretation Centre	<a href="http://www.penedesturisme.cat">www.penedesturisme.cat</a>
CIUDEB, Interpretation Centre of the last defense of Barcelona	<a href="http://www.penedesturisme.cat">www.penedesturisme.cat</a>
D.O Vinífera • Font de la Canya Iberian Site Interpretation Centre	<a href="http://www.penedesturisme.cat">www.penedesturisme.cat</a>
Esperanto Museum of Subirats	<a href="http://www.penedesturisme.cat">www.penedesturisme.cat</a>
Gelida Castle Interpretation Centre	<a href="http://www.penedesturisme.cat">www.penedesturisme.cat</a>
Gelida's cable car Interpretation Centre	<a href="http://www.penedesturisme.cat">www.penedesturisme.cat</a>
Molí del Foix (Foix Mill)	<a href="http://www.penedesturisme.cat">www.penedesturisme.cat</a> <a href="http://www.molidelfoix.cat">www.molidelfoix.cat</a>
Museu del Batre	<a href="http://www.turismeavinyonet.cat">www.turismeavinyonet.cat</a>
VINSEUM - Museum of the Wine Cultures of Catalonia	<a href="http://www.vinseum.cat">www.vinseum.cat</a>
Water Interpretation Centre	<a href="http://aiguadetorrelavit.cat/">http://aiguadetorrelavit.cat/</a>

## Museums & Exhibitions in Baix Ebre

The Delta de l'Ebre Ecomuseum is a good starting point to explore the Baix Ebre region. This centre introduces the visitor to everything related to this area. The itinerary introduces typical local natural environments, shows the human activities developed over time, and allows

the visitor to enjoy observing the main species of fish and amphibians found in this area in the centre's aquarium. There are many other centres where the visitor will be able to better understand this area and its history, traditions and culture.

Museums & Exhibitions	Information Sources
Delta de l'Ebre Ecomuseum	<a href="http://www.terresdelebre.travel">www.terresdelebre.travel</a>
Easter Week Interpretation Centre	<a href="http://www.tortosaturisme.cat">www.tortosaturisme.cat</a>
EbreTerra Tourist Inspirational Centre	<a href="http://www.turismeamposta.cat">www.turismeamposta.cat</a>
Fisheries Interpretation Centre	<a href="http://www.ametllamar.cat">www.ametllamar.cat</a>
Molí de Rafelet Rice Museum	<a href="https://moliderafelet.com/ca/">https://moliderafelet.com/ca/</a>
Muria. Beekeeping Interpretation Centre	<a href="http://www.melmuria.com">www.melmuria.com</a>



Museums & Exhibitions	Information Sources
Renaissance Feast Interpretation Centre	<a href="http://www.festadelrenaixement.org">www.festadelrenaixement.org</a>
La Torra Rice Interpretation Centre	<a href="http://www.terresdelebre.travel">www.terresdelebre.travel</a>
Santa Maria de Tortosa Cathedral Museum	<a href="http://www.tortosaturisme.cat">www.tortosaturisme.cat</a>
Tortosa Historic and Archaeological Museum of the Terres de l'Ebre	<a href="http://www.museudetortosa.cat">www.museudetortosa.cat</a>

## Museums & Exhibitions in Berguedà

When talking about the museums and exhibitions in the Berguedà region, the most worthy of note are the Jardins Artigas (Artigas Gardens), designed by Antoni Gaudí in the early 20th century, the Colònia Vidal Museu and the Cercs

Mining Museum, all giving the visitor a better understanding of the industrial past of this region through two of the most important sectors that existed here: mining and textiles.

Museums & Exhibitions	Information Sources
Asland Cement Museum	<a href="http://www.museuciment.cat">www.museuciment.cat</a>
Berga Nature Museum	<a href="http://www.elbergueda.cat">www.elbergueda.cat</a>
Berga Regional Museum	<a href="http://www.turismeberga.cat">www.turismeberga.cat</a>
Cadí-Moixeró Natural Park Centre	<a href="http://www.parcsnaturas.gencat.cat">www.parcsnaturas.gencat.cat</a>
Cercs Mining Museum	<a href="http://www.mmcercs.cat/en">www.mmcercs.cat/en</a>
Colònia de Cal Pons Church Interpretation Centre	
Colònia Vidal Museum	<a href="http://www.museucoloniavidal.org">www.museucoloniavidal.org</a>
Fumanya Dinosaurs	<a href="http://www.dinosauresfumanya.com/en/">www.dinosauresfumanya.com/en/</a>
La Baells Reservoir Interpretation Centre	<a href="http://www.elbergueda.cat">www.elbergueda.cat</a>
La Patum Museum	<a href="http://www.lapatum.cat/en">www.lapatum.cat/en</a>
Bagà Mediaeval and Cathar Centre	<a href="http://www.turismebaga.cat">www.turismebaga.cat</a>
Montmajor Mushroom Art Museum	<a href="http://museudelbolet.cat/en/">http://museudelbolet.cat/en/</a>
Pedraforca Massif and Saldes Mining Interpretation Centre	<a href="http://www.elbergueda.cat">www.elbergueda.cat</a>

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## Museums & Exhibitions

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## Information Sources

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Picasso Centre

[www.elbergueda.cat](http://www.elbergueda.cat)

Shepherd Museum

[www.turismecastellardenhug.cat](http://www.turismecastellardenhug.cat)

Teixidor Bassacs House

Jardins Artigas

[www.trendelciment.cat/en/activities/jardins-artigas/](http://www.trendelciment.cat/en/activities/jardins-artigas/)

Tren del Ciment

[www.trendelciment.cat](http://www.trendelciment.cat)

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## RELIGIOUS SITES



Siurana. PTDT Tourist Board

### Catalonia General Overview

Nowadays, the line between religious and historic sites is sometimes slightly blurred. Among the innumerable religious sites throughout this territory, some are open for religious worship while others have become no more than a cultural site in the area where they are located. From magnificent cathedrals in big cities to small rural churches at the top of mountains, Catalonia is absolutely filled with this kind of buildings. In fact, for some years, the Catalan Tourist Board has been working to create a religious tourism programme.

Catalonia is a land of sacred places. Among them, the most popular is the Virgin of Montserrat Sanctuary, which is the main spiritual reference point in Catalonia. There is also that of Virgin of Núria, as well as a number of interesting monasteries, such as those found along the Cistercian Route: Poblet, Vallbona de les Monges and Santes Creus.

**Note: It is almost impossible to list all the religious sites located in each of the pilot areas. For this reason, this document mentions only the most important or those considered particularly interesting from a tourist point of view.**

## Religious Sites in Alt Empordà

Sanctuaries, monasteries, basilicas and clergy houses are among the interesting religious sites to be found throughout the Alt Empordà region. The Basilica of Santa

Maria in Castelló d'Empúries and the Monastery of Santa Maria in Vilabertran are just two examples of the important religious panorama of this area.

Religious Sites	Information Sources
Basilica of Santa Maria of Castelló d'Empúries	<a href="http://www.empordaturisme.com">www.empordaturisme.com</a>
Mare de Déu del Mont Sanctuary	<a href="http://www.marededeudelmont.com">www.marededeudelmont.com</a>
Sant Miquel de Fluvià Monastery	<a href="http://www.empordaturisme.com">www.empordaturisme.com</a>
Santa Maria de Vilabertran Monastery	<a href="http://www.patrimoni.gencat.cat">www.patrimoni.gencat.cat</a>

## Religious Sites in Alt Penedès

The capital of Alt Penedès, Vilafranca del Penedès, houses the Basilica of Santa Maria, considered the first example of Gothic architecture in Catalonia. A guided visit through the building teaches

the visitor a little more about its history and characteristics. Other interesting religious sites are the Mare de Déu del Foix Sanctuary and Sant Sebastià dels Gorgs monastery.

Religious Sites	Information Sources
Basílica de Santa Maria de Vilafranca	<a href="http://www.penedesturisme.cat">www.penedesturisme.cat</a>
Mare de Déu de Foix Sanctuary	<a href="http://www.penedesturisme.cat">www.penedesturisme.cat</a>
Sant Francesc Cloister	<a href="http://www.penedesturisme.cat">www.penedesturisme.cat</a>
Sant Sebastià dels Gorgs Monastery	<a href="http://www.penedesturisme.cat">www.penedesturisme.cat</a>

## Religious Sites in Baix Ebre

The most impressive religious site in Baix Ebre is the [Cathedral of Santa Maria de Tortosa](#), a Gothic church on the banks of the river Ebre. Together with the Castle of

La Suda and the Royal Colleges, it forms the most notable architectural complex in the charming city of Tortosa.

## Religious Sites in Berguedà

The most characteristic religious sites in Berguedà are small Romanesque churches, located in landscapes surrounded by nature. In some of them, because of their artistic and historic interest, the visitor can go on a guided

visit. Among all the existing religious sites, noteworthy are Sant Quirze de Pedret thanks to its mural paintings and Sant Llorenç Monastery, one of the most magnificent religious buildings in this area.

Religious Sites	Information Sources
Church of Sant Andreu de Sagàs	<a href="http://www.elbergueda.cat">www.elbergueda.cat</a>
Church of Sant Jaume de Frontanyà	<a href="http://www.elbergueda.cat">www.elbergueda.cat</a>
Church of Sant Martí de Puig-reig	<a href="http://www.elbergueda.cat">www.elbergueda.cat</a>
Church of Sant Quirze de Pedret	<a href="http://www.elbergueda.cat">www.elbergueda.cat</a>
Church of Sant Sadurní de Rotgers	<a href="http://www.elbergueda.cat">www.elbergueda.cat</a>
Church of Sant Vicenç d'Obiols	<a href="http://www.elbergueda.cat">www.elbergueda.cat</a>
Church of Sant Vicenç de Rus	<a href="http://www.elbergueda.cat">www.elbergueda.cat</a>
Church of Santa Maria d'Avià	<a href="http://www.elbergueda.cat">www.elbergueda.cat</a>
Sant Llorenç Monastery	<a href="http://www.elbergueda.cat">www.elbergueda.cat</a>
Santa Maria de Lillet Monastery	<a href="http://www.elbergueda.cat">www.elbergueda.cat</a>
Santa Maria de Serrateix Monastery	<a href="http://www.elbergueda.cat">www.elbergueda.cat</a>





La Patum de Berga. Rafael López-Monné. ADB

### Catalonia. General Overview

As a result of the historical and cultural legacy of Catalonia, UNESCO has declared a total of:

- Six World Heritage monument sites: Palau de la Música Catalana and Hospital de la Santa Creu i Sant Pau, Poblet Monastery, Roman Tarraco, Mediterranean cave art in the Iberian Peninsula, Romanesque churches in Vall de Boí, the work of Antoni Gaudí.
- Three masterpieces of Intangible Cultural Heritage: La Patum, els Castellers (Human Towers) and the summer and winter solstice fire festivals in the Pyrenees.
- One Intangible Cultural Heritage: dry-stone walling, a type of construction practised since prehistoric times and a typical feature of the area's rural ethnological heritage. It is widespread throughout the Mediterranean countries and there are more than 19,000 listed constructions in Catalonia.

### UNESCO Heritage in Alt Empordà

Small dry-stone constructions (cabins, walls between fields, terraces, etc.) are one of the supporting elements of the Alt Empordà landscape. Although they can be seen throughout the territory, these types of constructions are mainly concentrated in the areas of La Garriga, l'Albera and Cap de Creus. <https://www.empordaturisme.com/en/gp/dry-stone-constructions/>

The region does not have any sites or tangible resources declared World Heritage by UNESCO.

## UNESCO Heritage in Alt Penedès

Castells, or human towers, are the most prominent example of UNESCO Heritage in Alt Penedès. Castells are a cultural phenomenon peculiar to Catalonia, consisting of constructing human towers. It is a tradition found throughout Catalonia but Alt Penedès is one of its best exponents. The UNESCO statement said: *“Human towers are recognised by Catalan people as an integral part of their cultural identity, transmitted from generation to generation and providing community*

*members [with] a sense of continuity, social cohesion and solidarity.”* Visitors are invited to experience this deeply rooted tradition thanks to several tourist initiatives, for example, participating in a rehearsal.

In addition, Alt Penedès also has three caves included in the “Mediterranean cave art in the Iberian Peninsula” UNESCO World Heritage.

UNESCO Heritage	Information Sources
Castells	<a href="http://www.cccc.cat">www.cccc.cat</a> <a href="http://www.penedesturisme.cat">www.penedesturisme.cat</a>
Mediterranean cave art in the Iberian Peninsula	<a href="http://www.whc.unesco.org">www.whc.unesco.org</a>

## UNESCO Heritage in Baix Ebre

As previously mentioned, Baix Ebre is part of a broader territory known as the Terres de l'Ebre. In 2013 UNESCO declared all the Terres de l'Ebre a Biosphere Reserve because of their rich landscapes, the exemplary quality of their Mediterranean ecosystems and their model of biodiversity conservation.

Baix Ebre is also home to three sites included in the “Mediterranean cave art in the Iberian Peninsula” UNESCO World Heritage, the Cabra Feixet Paintings being the most famous.

UNESCO Heritage	Information Sources
Mediterranean cave art in the Iberian Peninsula	<a href="http://www.whc.unesco.org">www.whc.unesco.org</a>
Terres de l'Ebre Biosphere Reserve	<a href="http://www.ebrebiosfera.org">www.ebrebiosfera.org</a>

## UNESCO Heritage in Berguedà

Although Berguedà has a significant number of dry-stone constructions, the region is popular for two cultural masterpieces declared Intangible Cultural Heritage by UNESCO: La Patum and the Fia-faia.

La Patum is a traditional festival that has been celebrated in Berga at Corpus

Christi since the 14th century. And the Fia-faia is held on the evening of 24th December in the villages of Bagà and Sant Julià de Cerdanyola and consists of burning torches called faies. The Fia-faia was included in the “Summer and winter solstice fire festival in the Pyrenees” category.

UNESCO Heritage	Information Sources
La Fia-faia	<a href="http://www.elbergueda.cat">www.elbergueda.cat</a> <a href="http://www.patrimoni.gencat.cat">www.patrimoni.gencat.cat</a>
La Patum	<a href="http://www.lapatum.cat">www.lapatum.cat</a>

## 2.1.3 Adventure Activities

Catalonia is geographically diverse, and thanks to its wide range of different landscapes, nature spots, fields, etc., it is an ideal adventure playground.

Its extraordinary biodiversity allows visitors to go rafting and riverboarding on rivers such as Noguera Pallaresa (Pyrenees), a top international destination, as well as river and sea kayaking, canyoning, hang gliding, paragliding, hot-air ballooning, flying light aircraft, parachuting, horse riding and rock climbing in such distinctive

places as Montserrat and Siurana (Costa Daurada). The coast boasts a great diversity of aquatic pursuits: to the north, there is the Costa Brava with over thirty scuba diving centres and two marine reserves (Cap de Creus Natural Park and Illes Medes) plus Illes Formigues which will soon be joining; further south are Costa Barcelona, Costa Daurada<sup>1</sup> and Terres de l'Ebre, with plenty of possibilities in adventure activities.

### SUMMARY MAP



Source: Author's data

1. Source: Press Pack Catalan Tourist Board, 2020





## BIRDWATCHING



Estany d'Ivars. Pla d'Urgell. Roc Llimargas. PTDLL Images Archive

### Catalonia General Overview

Catalonia is a prime birdwatching destination. Short distances between different ecosystems allow the birdwatcher to see many bird species in one single day (up to 200 on a spring day). Delta de l'Ebre is considered to be Catalonia's birdwatching paradise but there are other places of interest such as Aiguamolls de l'Empordà, the Llobregat

delta, Lake Ivars, Els Ports, Montserrat, Montsec. Many existing birdwatching facilities in Catalonia are accessible for people with reduced mobility.

For more information about all birdwatching possibilities in Catalonia: [a guide to birdwatching holidays](#)

### Birdwatching in Alt Empordà

Aiguamolls de l'Empordà Natural Park is the perfect place to go birdwatching in Alt Empordà. During their migratory periods, thousands of different species

use this spot along their routes. Other ornithologically interesting areas are Cap de Creus Natural Park and Albera Natural Area of National Interest.

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#### Birdwatching

#### Information Sources

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Aiguamolls de l'Empordà Natural Park

[www.catalunya.com](http://www.catalunya.com)  
[www.natura.costabrava.org](http://www.natura.costabrava.org)  
[www.parcsnaturals.gencat.cat](http://www.parcsnaturals.gencat.cat)  
[www.empordaturisme.com](http://www.empordaturisme.com)

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Albera Natural Area of National Interest

[www.catalunya.com](http://www.catalunya.com)  
[www.parcsnaturals.gencat.cat](http://www.parcsnaturals.gencat.cat)

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Cap de Creus Natural Park

[www.catalunya.com](http://www.catalunya.com)  
[www.parcsnaturals.gencat.cat](http://www.parcsnaturals.gencat.cat)

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Mouth of the River Fluvià

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Massís del Montgrí, Illes Medes i Baix Ter Natural Park

[www.parcsnaturals.gencat.cat](http://www.parcsnaturals.gencat.cat)  
[www.fundaciocatalunya-lapedrera.com](http://www.fundaciocatalunya-lapedrera.com)

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## Birdwatching in Alt Penedès

Although the special characteristics of this region and the different natural areas show potential, it has not developed any

significant bird-watching activities for tourists.

## Birdwatching in Baix Ebre

Birds are a very important component of the Terres de l'Ebre landscape and, by extension, also of Baix Ebre. In recent years, birdwatching in this region has been gaining more and more visibility and, nowadays, Delta de l'Ebre has become an international ornithological nexus for the southern Mediterranean. Thus, there

is well-structured tourist provision with [special itineraries](#). The main natural areas for birdwatching are mentioned below.

For more information. <https://terresdelebre.travel/en/que-fer/birdwatching>

Birdwatching	Information Sources
Delta de l'Ebre Natural Park	<a href="http://www.catalunya.com">www.catalunya.com</a> <a href="http://www.turismeamposta.cat">www.turismeamposta.cat</a>
Els Ports Natural Park	<a href="http://www.parcsnaturals.gencat.cat">www.parcsnaturals.gencat.cat</a> <a href="http://www.parcnaturaldelsports.wordpress.com">www.parcnaturaldelsports.wordpress.com</a>
Serra de Cardó	<a href="http://www.catalunya.com">www.catalunya.com</a> <a href="http://www.mediambient.gencat.cat">www.mediambient.gencat.cat</a>

## Birdwatching in Berguedà

Cadí-Moixeró Natural Park is the area that bird lovers visit when in the Berguedà region. The Park offers specific itineraries and guided visits to learn about the local birds.



## CANOEING AND KAYAKING



The Pyrenees. Raphael Thiebaut. PTDLL Images Archive

### Catalonia. General overview

Both the inland and the coastline of Catalonia provide the perfect conditions required for canoeing and kayaking. However, an honourable mention has to be given to the river Noguera Pallaresa, the home of whitewater sports in Catalonia and, currently, considered one of the best rivers in Europe for them. Other favourable rivers for canoeing and kayaking are the Noguera Ribargorçana, the Garona, the Segre and the Ebre. In terms of facilities, the [Segre Olympic Park](#) allows wildwater canoeing all year round.

Lake Banyoles is the perfect spot for flatwater kayaking, as well as the [Olympic Canal of Catalonia](#). Segre Olympic Park also has a flatwater canal.

Kayaking or canoeing along the coast is the easiest way to access isolated coves, which is one of the reasons these are such popular sports on the Mediterranean coast of Catalonia.

### Canoeing & Kayaking in Alt Empordà

In Alt Empordà, there is kayaking and canoeing both in the Mediterranean Sea and inland. In terms of sea kayaking, there are many opportunities all along the coast. Full-day excursions, educational programmes combining sport with observing flora and fauna, half-day excursions combined with wine tastings, etc. Inland, meanwhile, the Darnius-Boadella reservoir is the perfect location. Visitors should, however, bear in mind that there are some restrictions in this area.

Apart from canoeing and kayaking, there is an extremely wide and diverse range of water sports available in Alt Empordà.

More information about [Water Sports on the Costa Brava](#).

### Canoeing & Kayaking in Alt Penedès

There is no structured kayaking and canoeing provision for tourists in this region.

## Canoeing & Kayaking in Baix Ebre

The river Ebre is a perfect playground for those who want to go both canoeing or kayaking. Paddling downriver is a unique experience that allows the kayaker to discover amazing places, only accessible by water. Arriving at the Mediterranean Sea through the Delta de l'Ebre is absolutely breath-taking. The Baix Ebre coast also has perfect spots for this kind of sports.

The main areas for kayaking and canoeing are l'Ametlla de Mar, l'Ampolla, Deltebre, Tortosa, La Punta del Fangar, Benifallet and river routes such as those from Miravet to

Benifallet or from Benifallet to Xerta, Les Cinc Illes, and Lo Pont del Llaguter.

More information about [Canoeing and Kayaking in Baix Ebre](#).

## Canoeing & Kayaking in Berguedà

This inland territory has La Baells reservoir as the main place to go canoeing and kayaking and to do other water sports such as wakeboarding, water skiing, and stand-up paddleboarding.

More information about [water sports in Berguedà](#).





## CANYONING



Canyoning in the Pyrenees. PTCBG Images Archive

### Catalonia. General overview

Canyoning is quite a popular activity in the adventure tourism sector in Catalonia. From the north, in the Pyrenees, to the south, there are multiple places to go canyoning. This wide provision covers the very basic levels, aimed at beginners, school parties, etc. right up to the most advanced ones.

#### Canyoning in Alt Empordà

Most of the canyoning opportunities take place in the Salines Bassegoda area of Alt Empordà. The La Muga river in Albanyà is the ideal place.

#### Canyoning in Alt Penedès

There is no structure canyoning provision for tourists in Alt Penedès as the possibilities to participate in this sport are quite limited.

### Canyoning in Baix Ebre

The river Canaletes and the canyons of Vall Figuera and the Racó de la Gralla are ideal places to go canyoning in this region. However, it must be taken into account that the regulations of the Els Ports Natural Park limit the number of descents and prohibit canyoning in areas of special natural interest. In addition, it is mandatory to submit an application before carrying out the activity. As always, the best option is to contact a local tour company.

#### Canyoning in Berguedà

Although canyoning is possible in several places in Berguedà, it is not a top tourist attraction in the region and is concentrated in the north part of the county, with El Forat Negre, Pont Cabradís or Els Empedrats being the most popular areas. Canyoning in Cadí-Moixeró Natural Park is regulated.



## CAVING



Caving in Costa Daurada. Joan Capdevila. PTDT Images Archive

### Catalonia General Overview

In Catalonia, there are many different types of caves of varying degrees of difficulty. Some can be accessed on foot without needing any complex equipment, while others require technical knowledge, appropriate equipment and familiarity

with the area. It is, therefore, strongly recommended to always participate in this activity with a professional guide.

For more information: [Catalan Caving Association](#)

### Caving in Alt Empordà

Despite the geographic diversity of Alt Empordà, there is no significant caving provision for tourists.

### Caving in Alt Penedès

Caving is not a top tourist incentive in Alt Penedès. However, it has some areas suitable for this activity.

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#### Birdwatching

#### Information Sources

Avenc de l'Esquerrà

[www.parcs.diba.cat](http://www.parcs.diba.cat)

Coves dels Bous

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## Caving in Baix Ebre

Els Ports Natural Park has several caving systems where caving lovers will be able to discover the undersoil of this region. It has to be taken into account that permissions are needed for caving in

this protected natural area. In Benifallet, Coves Meravelles have to be highlighted. The “Meravelles” are the most impressive of the set of caves called “La Aumidiella”. A small part of it is intended for tourists.

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Birdwatching	Information Sources
Coves Meravelles	<a href="http://www.terresdelebre.travel">www.terresdelebre.travel</a> <a href="http://www.benifallet.altanet.org">www.benifallet.altanet.org</a>
Els Ports Natural Park	<a href="http://www.barrancs.uectortosa.cat">www.barrancs.uectortosa.cat</a>

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## CLIMBING



Climbing in Siurana. Joan Capdevila. PTDT Images Archive

### Catalonia. General Overview

Thanks to its rugged terrain, Catalonia has many equipped climbing areas. Among these, there are three which have become internationally recognised: Siurana, with more than 1,700 routes, Margalef with 1,500 and Oliana (Peramola), a hotspot for expert climbers. This area is considered home to the most demanding climbing routes worldwide. Apart from these, there are others such as Montserrat, Congost de Terradets, Pedraforca, the Merolla pass, Gombrèn, Montgrony, Pardinella, Clot de l'Espasa, the Roja de Corones rock and the Ribes valley.

Catalonia has also quite a wide range of Vías Ferratas, routes with steel cables rail fixed to the rock, metal steps, ladders, suspension bridges and zip wires.

### Climbing in Alt Empordà

Climbing is not a top tourist attraction in Alt Empordà. However, inland, especially in the [Salines-Bassegoda area](#), devotees have more climbing possibilities.

### Climbing in Alt Penedès

There are several climbing areas in Alt Penedès but, as in the other pilot areas, there is no well-structured tourist provision and, although there are climbing routes, they are not used for tourist purposes. The most popular areas are L'Avellà, Can Figuera, Castell de Subirats, Coll de la Barraca, El Castellot, Gelida, Mediona, Pontons, Torrelletes and Xan Ximet (Vall d'Olèrdola).<sup>2</sup>

2. Source: <https://grupmuntanyasantsadurni.wordpress.com/>; <https://xavidiez.blogspot.com/2009/03/escalar-en-el-alt-penedes.html>



## Climbing in Baix Ebre

In Baix Ebre, climbing routes are concentrated inland, in Els Ports Natural Park. It is quite a popular area for climbers and it offers a wide range of routes of different difficulties. This sport is [regulated in this natural area](#).

## Climbing in Berguedà

The limestone mountains of the Berguedà are excellent for climbing lovers. A multitude of schools, sectors and routes can be found throughout the central and northern part of Berguedà, mainly

for limestone climbing but also some conglomerates. With almost 2,000 equipped routes, climbers of all levels will be able to find something to suit them in this region. The most popular climbing areas are located in Bagà, Berga, Capolat, Guardiola de Berguedà and La Nou/Malanyeu.

For more information: [Climbing in El Berguedà](#).

Berguedà also boasts an equipped Via Ferrata, with easy routes suitable for beginners to more demanding ones. For more information: [Espai Actiu Vallcebre](#).



## CRUISING AND SAILING



Joan Capdevila. PTDT Images Archive

## Catalonia General overview

Along with the other activities analysed, cruising and sailing are available on the coast and also inland, taking advantage of rivers and reservoirs. River cruises are a perfect option to discover areas such as the Terres de l'Ebre, where this activity is very popular. There are a total

of 42 marinas in the Catalan network comprising 50 harbours, all equipped with suitable facilities for sailors, plus six nautical resorts.

## Cruising & Sailing in Alt Empordà

The Alt Empordà coast provides an opportunity to participate in every imaginable sea water sport, as well as cruising and sailing. Several local companies offer their services to those who want to get to know isolated spots and see the coast from a different perspective.

## Cruising & Sailing in Baix Ebre

Baix Ebre offers a vast array of river cruises and sailing options for tourists. Apart from the sea coast, the river Ebre can

be navigated in different types of boats, traditional, motorised or otherwise, and it gives the visitor the opportunity to get to know the area from a very different viewpoint. These kinds of activities are usually combined with, for example, birdwatching or observing flora and fauna.

More information about [River Cruises in Terres de l'Ebre](#).

Alt Penedès and Berguedà have no sailing or cruising activities.



## CULINARY ACTIVITIES



Aula de Cuina de Girona. Òscar Vall. PTCBG Images Archive

## Catalonia. General Overview

Catalonia's gastronomy can be savoured in multiple ways: strolling between market stalls, enjoying a day out with professional fishermen or shepherds, cooking typical dishes, visiting artisan cheesemakers, sausages makers or beer makers, going on tours of oil mills, etc.

Wine tourism stands out. Catalonia is a prime destination for wine tourism. With twelve denominations of origin, the region has year-round appeal and includes visits to almost 300 wine cellars, strolls through vineyards, wine and food pairings, among many other related activities.

More information about [CATALONIA, GASTRONOMIC EXPERIENCES](#)

More information about [WINE TOURISM IN CATALONIA](#)

### Culinary activities in Alt Empordà

Culinary activities in Alt Empordà are mainly related to wine and its Denomination of Origin Empordà. The Costa Brava Tourist Board has created the so-called DO Empordà Route to cover a broader area than only Alt Empordà, and it is an ideal means of promoting wine-related activities in this region. Cellars offering different events in their facilities and vineyards create an enticing range of culinary attractions. Some of the most

popular experiences are: wine tastings, hiking and biking through the vineyards, picnics in the vineyards, wine therapy treatments, wine-kayaking routes. The following companies are wineries and cellars from the DO Empordà Wine Route offering wine-related tourist activities.

More information about [DO Empordà Wine Route – DO Empordà Route Brochure](#)

Culinary Activities	Information Sources
Arché Pagès winery	<a href="http://ca.cellerarchepages.com/">http://ca.cellerarchepages.com/</a>
Castell de Peralada	<a href="http://www.perelada.com">www.perelada.com</a>
Celler Cooperatiu d’Espolla	<a href="http://www.cellerespolla.com">www.cellerespolla.com</a>
Celler d’en Guilla	<a href="http://www.cellersdenguilla.com">www.cellersdenguilla.com</a>
Cooperativa Agrícola de Garriguella	<a href="http://www.cooperativagarriguella.com">www.cooperativagarriguella.com</a>
Empordàlia	<a href="http://www.empordalia.com">www.empordalia.com</a>
Espelt Viticultors	<a href="https://espeltviticultors.com/ca/home">https://espeltviticultors.com/ca/home</a>
Grand Recosind	
Grup Oliveda	<a href="http://www.grupoliveda.com">www.grupoliveda.com</a>
Hugas de Batlle winery	<a href="https://cellerhugasdebatlle.cat/">https://cellerhugasdebatlle.cat/</a>
La Vinyeta	<a href="http://www.lavinyeta.es">www.lavinyeta.es</a>
Martí Fabra winery	<a href="http://www.cellermartifabra.com">www.cellermartifabra.com</a>
Martin Faixó Winery	<a href="http://martinfaixo.com/ca/celler-mf.html">http://martinfaixo.com/ca/celler-mf.html</a>
Mas Estela	<a href="http://www.masestela.com">www.masestela.com</a>
Mas Llunes	<a href="http://masllunes.es/">http://masllunes.es/</a>

Culinary Activities	Information Sources
Mas Vida	<a href="http://www.bodegasmasvida.com">www.bodegasmasvida.com</a>
Masetplana	<a href="http://www.masetplana.com">www.masetplana.com</a>
Masia Serra	<a href="http://masiaserra.com/">http://masiaserra.com/</a>
Pere Guardiola winery	<a href="http://pereguardiola.com/ca">http://pereguardiola.com/ca</a>
Terra Remota	<a href="http://www.terraremota.com">www.terraremota.com</a>
Vinyes d'Olivardots	<a href="https://olivardots.com/">https://olivardots.com/</a>
Vinyes dels Aspres	<a href="http://www.vinyesdelsaspres.cat">www.vinyesdelsaspres.cat</a>

### Other Interesting Culinary Activities, Not Wine-related:

Mas Marcè. Learn how to produce dairy products from sheep's milk.	<a href="http://www.masmarce.com">www.masmarce.com</a>
Molí d'Oli de Ventalló. Olive oil-based activities (tastings, workshops, etc.).	<a href="http://www.oliventallo.com">www.oliventallo.com</a>

### Culinary Activities in Alt Penedès

Wine tourism is the cornerstone of the whole tourist system in Alt Penedès. Thus, by extension, with around 70 cellars concentrated in 592 Km<sup>2</sup>, almost all the culinary activities that this region offers are related to wine: hot-air ballooning over the vineyards, e-biking through the vineyards, 4x4 excursions across

hectares of vineyards, discovering hundred-year-old olive trees, Segway tours, touring among vineyards by Mehari utility roadster, combined wine tastings and painting classes, helping during the harvest season, among many, many others.

Culinary Activities	Information Sources
1+1=3 Sensacions	<a href="https://umesufantres.com/ca/inici/">https://umesufantres.com/ca/inici/</a>
Albet i Noya	<a href="http://www.albetinoya.cat">www.albetinoya.cat</a>
Antonio Mascaró	<a href="http://www.mascaros.es">www.mascaros.es</a>
Artcava - Can Batlle Winery	<a href="https://artcava.com/">https://artcava.com/</a>
Avinyó viticultors	<a href="http://avinyo.com/">http://avinyo.com/</a>
Blancher Caves i Vins	<a href="http://www.blancher.es">www.blancher.es</a>



Culinary Activities	Information Sources
Bodegues Sumarroca	<a href="https://sumarroca.es/">https://sumarroca.es/</a>
Bolet wines and cava	<a href="http://www.cavasbolet.com">www.cavasbolet.com</a>
Can Descregut	<a href="http://www.descregut.com">www.descregut.com</a>
Can Ràfols dels Caus	<a href="http://www.canrafolsdelscaus.com">www.canrafolsdelscaus.com</a>
Can Suriol	<a href="http://suriol.com/">http://suriol.com/</a>
Can-Bas Domini Vinícola	<a href="http://can-bas.com/">http://can-bas.com/</a>
Canals i Munné	<a href="http://www.canalsimunne.com">www.canalsimunne.com</a>
Carol Vallès Wineries	<a href="https://cellerscarol.com/">https://cellerscarol.com/</a>
Castell d'Age	<a href="http://castelldage.com/">http://castelldage.com/</a>
Castell de Peralada	<a href="http://www.perelada.com">www.perelada.com</a>
Castellroig	<a href="http://www.castellroig.com">www.castellroig.com</a>
Cava Agustí Torelló Mata	<a href="http://agustitorellomata.com/">http://agustitorellomata.com/</a>
Cava Berdié	<a href="https://cavaberdie.com/es/">https://cavaberdie.com/es/</a>
Cava Guilera	<a href="https://cavaguilera.com/">https://cavaguilera.com/</a>
Cava Josep M <sup>a</sup> Ferret Guasch	<a href="http://www.ferretguasch.com">www.ferretguasch.com</a>
Caves Codorniu	<a href="http://www.visitascodorniu.com">www.visitascodorniu.com</a>
Caves Giró Ribot	<a href="http://www.giroribot.es">www.giroribot.es</a>
Caves Mestres	<a href="http://www.mestres.es">www.mestres.es</a>
Caves Nadal	<a href="https://nadal.com/">https://nadal.com/</a>
Caves Naveran	<a href="http://www.naveran.com">www.naveran.com</a>
Caves Olivé Batllori	<a href="http://www.olivebatllori.com">www.olivebatllori.com</a>
Caves Rovellats	<a href="http://www.cavasrovellats.com/es">www.cavasrovellats.com/es</a>
Caves Torre-Blanca	<a href="http://www.llagrimador.com">www.llagrimador.com</a>
Caves Vilarnau	<a href="http://www.vilarnau.es/es">www.vilarnau.es/es</a>
Celler Heretat Mastinell	<a href="https://mastinell.com/ca/">https://mastinell.com/ca/</a>
Celler Ludens	<a href="http://www.cavaludens.cat">www.cavaludens.cat</a>
Celler Terra de Marca	<a href="http://terrademarca.com/">http://terrademarca.com/</a>
Celler Vell Cava	<a href="http://www.cellervell.com">www.cellervell.com</a>
Cellers Alsina & Sardà	<a href="http://www.alsinasarda.com">www.alsinasarda.com</a>
Conde de Valicourt	<a href="http://condedevalicourt.com/">http://condedevalicourt.com/</a>

Culinary Activities	Information Sources
Eudald Massana Noya	<a href="http://www.massananoya.com">www.massananoya.com</a>
Ferré i Catusus	<a href="http://www.ferreicatusus.com">www.ferreicatusus.com</a>
Finca Viladellops	<a href="http://www.fincaviladellops.com">www.fincaviladellops.com</a>
Freixenet	<a href="http://www.freixenet.es">www.freixenet.es</a>
Giró del Gorner	<a href="http://www.girodelgorner.com">www.girodelgorner.com</a>
Gramona	<a href="http://www.gramona.com">www.gramona.com</a>
Jane Santacana	<a href="https://janesantacana.com/">https://janesantacana.com/</a>
Jaume Giró i Giró	<a href="http://cavagiro.com/ca/">http://cavagiro.com/ca/</a>
Jaume Llopart Alemany	<a href="http://www.jaumellopartalemany.com">www.jaumellopartalemany.com</a>
Jean Leon	<a href="http://www.jeanleon.com">www.jeanleon.com</a>
Juvé & Camps	<a href="http://www.juveycamps.com">www.juveycamps.com</a>
Llopart	<a href="http://www.llopart.com">www.llopart.com</a>
Maria Rigol Ordi	<a href="http://www.mariarigolordi.com">www.mariarigolordi.com</a>
Mas Comtal	<a href="http://www.mascomtal.com">www.mascomtal.com</a>
Mas Pujadó	<a href="http://www.maspujado.com">www.maspujado.com</a>
Mas Rodó	<a href="http://www.masrodo.com">www.masrodo.com</a>
Miquel Jané	<a href="http://www.miqueljane.com">www.miqueljane.com</a>
Montesquis	<a href="https://montesquius.com/">https://montesquius.com/</a>
MontRubí	<a href="http://www.montrubi.com">www.montrubi.com</a>
Olivella Galimany	<a href="http://olivellagalimany.com/">http://olivellagalimany.com/</a>
Oriol Rossell	<a href="http://www.oriolrossell.com">www.oriolrossell.com</a>
Parató	<a href="http://www.parato.es">www.parato.es</a>
Pardas Winery	
Parés Baltà	<a href="https://paresbalta.com/">https://paresbalta.com/</a>
Pere Ventura	<a href="http://pereventuragroup.com/">http://pereventuragroup.com/</a>
Pinord wineries	<a href="http://www.pinord.cat">www.pinord.cat</a>
Recaredo	<a href="http://www.recaredo.com">www.recaredo.com</a>
Segura Viudas	<a href="https://seguraviudas.com/">https://seguraviudas.com/</a>
St Joannes Winery	<a href="http://web.stjoannes.com/">http://web.stjoannes.com/</a>
Torelló	<a href="http://www.torello.com">www.torello.com</a>

Culinary Activities	Information Sources
Torres Winery	<a href="http://www.torres.es">www.torres.es</a>
Vallformosa	<a href="http://www.vallformosa.es">www.vallformosa.es</a>
Vins de Taller	<a href="http://www.vinsdetaller.com">www.vinsdetaller.com</a>
Vins El Cep	<a href="http://www.vinselcep.com">www.vinselcep.com</a>
Vins i Caves Cusco Berga	<a href="http://cuscoberga.com">http://cuscoberga.com</a>
Vins Joc	<a href="http://vinojoc.com/">http://vinojoc.com/</a>

### Culinary Activities in Baix Ebre

A boat-trip to the Deltebre mussel-bed before having lunch based on this local product or swimming among red tuna are examples of the several culinary activities that can be experienced in the Baix Ebre region. Others involve rice: for example, seeing how it is planted and harvested, as well as learning how to cook local dishes in a traditional way.

### Culinary Activities in Berguedà

The culinary activities offered in Berguedà are basically visits to local producers. Most of them open their workshops, small factories or farms to let visitors see how they work and tell them about the production processes they follow. Unlike other pilot areas, agrotourism in Berguedà is relatively new and does not have a well-structured tourist programme.

Culinary Activities	Information Sources
Cal Gris. Get to know a milk farm.	<a href="http://www.lalleteriadecalgris.com">www.lalleteriadecalgris.com</a>
Cal Pauet. How does an ecologic farm work? Get to know Cal Pauet's flock of sheep.	<a href="http://www.calpauet.cat">www.calpauet.cat</a>
Cal Roio. Chickens, calves, eggs... Get in touch with the inhabitants of an ecological farm.	<a href="http://www.calroiocatllaras.cat">www.calroiocatllaras.cat</a>
Cervesera del Pedraforca. Taste local beer, and visit the factory where it is brewed.	<a href="http://www.lacerveseradelpedraforca.cat">www.lacerveseradelpedraforca.cat</a>
Cuirols. Find out how cheese is produced in this area and buy a piece.	<a href="http://www.formatgescuirols.com">www.formatgescuirols.com</a>
L'Escairador. The only producer of the local type of corn.	<a href="http://www.escairador.com">www.escairador.com</a>
La Bauma de les Deveses. Explore a mountain vineyard and round off your visit by tasting local products.	<a href="http://www.baumadelesdeveses.com">www.baumadelesdeveses.com</a>
Salt del Colom. An ecological farm and a chocolate factory. How do they fit together?	<a href="http://www.saltdelcolom.com">www.saltdelcolom.com</a>
Xai de Ferreres. How do sheep live on an ecological farm?	<a href="http://xaideferreres.com/">http://xaideferreres.com/</a>



## CYCLING



Cycling in Els Ports. Terres de l'Ebre Images Archive

### Catalonia. General overview

Over recent years, Catalonia has been promoting “bike tourism” as one of its major potential tourist products. Different initiatives have been launched and, the Girona region especially is already known internationally for its cycling provisions.

An important network of paved and rural roads for road cycling together with a varied but accessible terrain, a collection of services designed for road cycle tourism, a collection of cyclist-friendly lodgings that offer a service tailored to cycle tourists and a mild climate all year-round make Catalonia a perfect destination for cycle lovers.

More information about [CYCLE TOURISM BY ROAD IN CATALONIA](#)

**Note.** Catalonia has hundreds of signposted cycling routes. Pilot areas also offer significant cycling opportunities, which makes it very difficult to map all of them, together with the other adventure activities. For this reason, a representative selection has been made, aimed at showing that the area can successfully offer this kind of activity.

### Cycling in Alt Empordà

Alt Empordà’s geography offers a perfect playground for all types of cycle tourism. The flat terrain surrounded by mountains is an ideal destination for cycle tourists of all levels. There are signposted routes throughout the region, combining unique roads next to the sea with mountain roads, with a totally different landscape.

More information: [Made for cycling](#) (Costa Brava Tourist Board)

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#### Cycle Routes/Areas

Pirinexus

#### Information Sources

<https://www.viesverdes.cat/en/routes/pirinexus/>

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## Cycling in Alt Penedès

Roads and cycling routes through vineyards are characteristic tourist activities in Alt Penedès. Combining two-wheel excursions with food and wine

pairings or visits to cellars in the middle of the excursion is what makes this area a particularly attractive spot for cyclists.

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### Cycle Routes/Areas

### Information Sources

Enobicing Penedès

<https://bikemotions.es/en/enobicingpenedes/>

Penedès 360 by Slow Bike

[www.penedes360.cat](http://www.penedes360.cat)

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## Cycling in Baix Ebre

This area is ideal for cycle tourism, thanks to the quantity, quality and tranquillity of its roads, which run alongside the river, the sea and the mountains. The mild weather all year-round and the unique landscape while pedalling past stretch after stretch of rice fields in a Biosphere Reserve turns this region into a paradise for cyclists. Bikes, even electric ones, can be rented at different points along the routes.

The Mont Caro is a famously demanding mountain pass, only accessible to expert cyclists and one of the top routes in Catalonia.

Also noteworthy is the Green Way, a path running along the old Zafán Valley railway line that linked Aragon with the Mediterranean Sea. Following this route in the Baix Ebre region, the cyclist will be able to visit spectacular sites such as the old railway station in Benifallet or Tortosa, the area's capital city.

More information about [Family cycling – Wikiloc Cycling Routes](#)– [Other cycling routes in Terres de l'Ebre](#) – [Sports cycling](#)

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### Cycle Routes/Areas

### Information Sources

Delta de l'Ebre Natural Park

[www.ebrebiosfa.org](http://www.ebrebiosfa.org)

Els Ports Natural Park

[www.ebrebiosfera.org](http://www.ebrebiosfera.org)

Carrilet de la Cava

EuroVelo 8

[www.eurovelo.com](http://www.eurovelo.com)

Vall de Zafán Green Way

[www.terresdelebre.travel](http://www.terresdelebre.travel)

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## Cycling in Berguedà

The geographical characteristics of the Berguedà area make this an interesting area for cycle tourism. In the south, there are flat routes and a friendly cycling space; in the north, a totally different landscape

with very demanding mountain passes. More information about [cycling routes in Berguedà](#).

Cycle Routes/Areas	Information Sources
Coll de la Creueta mountain pass	
Coll de la Mina mountain pass	
Coll de la Trapa mountain pass	
Coll de Pal mountain pass	
Coll de Pradell mountain pass (from Coll de la Trapa)	
Coll de Pradell mountain pass (from Vallcebre)	
Collada de Sobirana mountain pass	<a href="http://www.elbergueda.cat">www.elbergueda.cat</a>
Creu de Fumanya mountain pass	
Mal Pas de Capolat mountain pass	
Rasos de Peguera mountain pass	
Santuari de Falgars mountain pass	
Santuari de Queralt mountain pass	



## FISHING



Sa Riera, Begur. Francesc Tur. PTCBG Images Archive

### Catalonia. General overview

Recreational fishing is an activity with a long tradition and is deeply rooted in the coastal areas of the Mediterranean. Fishing is also quite a popular activity inland along the different important rivers crossing Catalonia. As this pastime may potentially generate a series of biological and ecological impacts, it is highly regulated throughout Catalonia.

#### Fishing in Alt Empordà

Apart from the coast as a popular place for recreational fishing, other fishing tourism activities are available, such as spending the day fishing on board a real fishing vessel, or the Darnius Boadella reservoir can be used as a fishing spot (permission needed).

#### Fishing in Alt Penedès

There are no significant fishing provisions for tourists in the Alt Penedès region.

### Fishing in Baix Ebre

As a coastal region, recreational fishing is a popular activity and a well-rooted tradition. Fishing lovers can enjoy the experience in Delta de l'Ebre Natural Park and in other places along the coast such as the Riumar beach, for example.

#### Fishing in Berguedà

In the Berguedà region fishing activities are concentrated in two locations: the La Baells reservoir and all along the river Llobregat. Although other places allow fishing, these are the most popular areas in this county.



## HIKING, TREKKING AND WALKING



Val d'Aran. Rafael López-Monné

### Catalonia General overview

Catalonia has almost 9,000 kilometres of signposted ways, more than half of which are part of the long-distance footpaths (GR) and the rest being short distance (PR) and local ones (SL). The Catalan footpath network is linked to the European and Peninsular ones.

Hiking and trekking possibilities are extensive and well-structured, with routes in stages, paths to be followed in a single day and accessible hiking trails, all covering different distances and levels of difficulty.

Catalonia is leading the Hiking Europe project created to foster rural development by creating a tourist product focusing on hiking routes.

More information about [HIKING IN CATALONIA](#)

### Hiking in Alt Empordà

By hiking in Alt Empordà the visitor will be able to go from the mountain to the sea in one single day. In this respect, this land offers a vast network of paths crossing very different landscapes, natural parks, protected natural areas and covering all levels of difficulty. Out of all the existing trails and routes, there are some that must be highlighted.

Itinerànnia is a network of perfectly signposted hiking trails that stretches over 2,500 kilometres, joining the regions of Alt Empordà, Garrotxa and Ripollès. This network covers the ancient paths between the villages in this region. Its main objective is to allow the hiker to enjoy the area while walking.

Also Camins de Ronda constitute a significant hiking attraction for the region. These coastal footpaths are a perfect way to discover small coves, cliffs, charming beaches and several other beauty spots not only in Alt Empordà but in the whole Costa Brava area.

The Catalan stage of Camino de Santiago starts in the Alt Empordà region and passes several historic monuments of the utmost importance such as the Sant Pere de Rodes Monastery.

Apart from these, the region offers plenty of possibilities for all types of hikers,

walkers and trekkers. The most significant hiking areas are mentioned below.

More information about [Hiking Trails in Alt Empordà](#).

More information about [Hiking in Costa Brava](#).

Hiking Routes	Information Sources
GR1	<a href="http://senders.feec.cat/gr-1">http://senders.feec.cat/gr-1</a>
GR2	<a href="http://senders.feec.cat/gr-2">http://senders.feec.cat/gr-2</a>
GR11	<a href="http://senders.feec.cat/gr-11">http://senders.feec.cat/gr-11</a>
GR92 (The Mediterranean Path)	<a href="http://senders.feec.cat/gr-99">http://senders.feec.cat/gr-99</a>
Aiguamolls de l'Empordà Natural Park	
Albera Natural Area of National Interest	
Alta Garrotxa Natural Area	
Cap de Creus Natural Park	
Massís del Montgrí, illes Medes i Baix Ter Natural Park	
Salines-Bassegoda	<a href="http://ca.salines-bassegoda.org/">http://ca.salines-bassegoda.org/</a>
Camí de Sant Jaume (Camino de Santiago)	<a href="http://www.catalunya.com">www.catalunya.com</a>

## Hiking in Alt Penedès

A vast network of trails crosses Alt Penedès. As mentioned before, vineyards characterise the landscape of this territory, linking hiking and wine. Some interesting hiking attractions in the region include the Via Augusta Penedès, organised into seven stages and two alternative, relatively easy routes that can be done on foot or by bike. This route is a good way to discover the region: a landscape full of paths, cattle crossings, and byways that make up a mosaic of vineyards that change colour

with the seasons. Then there is the Wine Walk, a path that invites hikers to stroll from Vilafranca del Penedès to the countryside. A simple route that, thanks to the different seasons along the way, gives walkers a sensory experience of the world of vine and wine. El Camí del Riu (The River Path) is a 43-kilometre-route along the rivers Mediona-Bitlles and Lavernó i Anoia, and finally Castells de Marca is a circular walk full of historic sites, nature and scenery in the heart of Penedès.

Hiking Routes	Information Sources
GR5	<a href="http://senders.feec.cat/gr-5">http://senders.feec.cat/gr-5</a>
GR172	<a href="http://senders.feec.cat/gr-172">http://senders.feec.cat/gr-172</a>
Castells de Marca	<a href="http://www.penedesturisme.cat">www.penedesturisme.cat</a>
El Foix Protected Natural Area	<a href="https://view.gooltracking.com/dibaparcs/pages/filter/itineraris-1">https://view.gooltracking.com/dibaparcs/pages/filter/itineraris-1</a>
Massís del Garraf Protected Natural Area	<a href="https://view.gooltracking.com/dibaparcs/pages/filter/itineraris-2">https://view.gooltracking.com/dibaparcs/pages/filter/itineraris-2</a>
Olèrdola Regional Park	<a href="https://view.gooltracking.com/dibaparcs/pages/filter/itineraris-9">https://view.gooltracking.com/dibaparcs/pages/filter/itineraris-9</a>
Parc dels Talls	<a href="http://www.parcdelstalls.cat/?pag=inici&amp;idioma=eng">http://www.parcdelstalls.cat/?pag=inici&amp;idioma=eng</a>
Routes and paths in Sant Martí Sarroca	
The River Trail (El Camí del Riu)	<a href="http://www.elcamidelriu.cat">www.elcamidelriu.cat</a>
Trekking Penedès 360	<a href="https://www.penedes360.cat/en/route/trekking-route">https://www.penedes360.cat/en/route/trekking-route</a>
Via Augusta Penedès	<a href="http://www.viaaugustapenedes.cat/en">http://www.viaaugustapenedes.cat/en</a>
Wine Walk	<a href="http://www.penedesturisme.cat">www.penedesturisme.cat</a>

## Hiking in Baix Ebre

Routes along the Delta de l'Ebre are a good option to get to know this area on foot. [The Green Trail](#), running along the old Zafan Valley railway line, is also a fantastic option. It can be crossed on foot or by bike. As in Alt Empordà, Baix Ebre offers the Camins de Ronda, following the GR92. These coastal trails allow the hiker to gaze at amazing landscapes while walking next

to the Mediterranean Sea. The Ebre river path (GR99) is one of the longest trails approved in the Catalan network of trails and it accompanies the river Ebre for 1,200 kilometres.

More information about [Hiking Routes in Terres de l'Ebre](#)



Hiking Routes	Information Sources
GR7	<a href="http://senders.feec.cat/gr-7">http://senders.feec.cat/gr-7</a>
GR92 (The Mediterranean path)	<a href="http://senders.feec.cat/gr-92">http://senders.feec.cat/gr-92</a>
GR99 (The Ebre river path)	<a href="http://senders.feec.cat/gr-99">http://senders.feec.cat/gr-99</a>
GR171	<a href="http://senders.feec.cat/gr-171">http://senders.feec.cat/gr-171</a>
GR192 (The Wind path)	<a href="http://senders.feec.cat/gr-192">http://senders.feec.cat/gr-192</a>
Delta de l'Ebre Natural Park	<a href="http://www.terresdelebre.travel">www.terresdelebre.travel</a> <a href="http://www.ebrebiosfera.org">www.ebrebiosfera.org</a> <a href="http://www.wikiloc.com">www.wikiloc.com</a>
Els Ports Natural Park	<a href="http://www.ebrebiosfera.org">www.ebrebiosfera.org</a>
Estels del Sud	<a href="https://estelsdelsud.com/en/">https://estelsdelsud.com/en/</a>
Serra de Cardó	<a href="http://www.ebrebiosfera.org">www.ebrebiosfera.org</a>

## Hiking in Berguedà

Hiking is one of the top tourist activities in Berguedà. The area's vast network of trails and routes provides a well-structured proposal. Noteworthy is the network of signposted routes, a historic road network covering about 2,000 kilometres and which unites the various villages in this territory. There are also family and nature-related routes, which aim to help the youngest hikers to learn about the local flora, fauna and landscape in an

enjoyable way. Another important hiking opportunity is the routes in stages, multi-day hiking experiences, sponsored by local companies, which allow the visitor to walk long distances over several days. Apart from these, the thousands of kilometres of signposted trails will let the visitor get to know the area on foot.

More information about [Hiking and Trekking in Berguedà](#).

Hiking Routes	Information Sources
GR1	<a href="http://senders.feec.cat/gr-1">http://senders.feec.cat/gr-1</a>
GR4	<a href="http://senders.feec.cat/gr-4">http://senders.feec.cat/gr-4</a>
GR150	<a href="http://senders.feec.cat/gr-150">http://senders.feec.cat/gr-150</a>
GR176	<a href="http://senders.feec.cat/gr-176">http://senders.feec.cat/gr-176</a>
GR179	<a href="http://senders.feec.cat/gr-179">http://senders.feec.cat/gr-179</a>

Hiking Routes	Information Sources
GR241	<a href="http://senders.feec.cat/gr-241">http://senders.feec.cat/gr-241</a>
Cavalls del Vent	<a href="https://trekking.cavallsdelvent.com/en/">https://trekking.cavallsdelvent.com/en/</a>
Greenway from Cal Rosal to Pedret	<a href="http://www.elbergueda.cat">www.elbergueda.cat</a>
Picasso Trail	<a href="http://www.elbergueda.cat">www.elbergueda.cat</a>
Route through the textile colonies of the Llobregat river	<a href="http://www.elbergueda.cat">www.elbergueda.cat</a>
Ruta de l'Ermità	<a href="https://rutadelermita.wixsite.com/rutaermita">https://rutadelermita.wixsite.com/rutaermita</a>
Ruta del Caracremada	<a href="http://www.catalonia-trekking.com">www.catalonia-trekking.com</a>
The Route of the Cathars/ The Good Men Trail	<a href="http://www.camidelsbonshomes.com">www.camidelsbonshomes.com</a>



## MOUNTAIN BIKING



Val d'Aran. Mikael Helsing.

### Catalonia General overview

Catalonia has been working on mountain-biking tourist products for many years and is currently providing a well-structured programme based on a wide range of trails and routes.

Catalonia has an extensive network of MTB Centres, which are free-access sites for mountain biking with at least 100

kilometres of marked circuits, classified according to their level of difficulty. There is also a route linking all these points, the TransCatalunya: a long-distance route, comprising different itineraries that join up to enable the cyclist to travel all over Catalonia via the MTB Catalunya Mountain Bike Centres. The whole route totals more than 1,200 kilometres.

More information about [MOUNTAIN BIKING IN CATALONIA](#)

More information about [TRANSCATALUNYA ROUTE](#)

### Mountain Biking in Alt Empordà

Different trails allow the cyclist to pedal from the mountains to the sea in a single day. However, when talking about MTB in this area, the [Salines-Bassegoda MTB Centre](#) has to be highlighted. Its more than 30 signposted routes invite the cyclist to explore the region. Other interesting routes are Raids al Vent, a four-stage MTB schedule that traces the whole county, or

the La Muga Nature Trail, that can be also followed on foot.

More information about [pedalling in Alt Empordà](#).

More information: [Made for cycling](#) (Costa Brava Tourist Board)

Mountain-biking Routes	Information Sources
MTB Routes in Salines-Bassegoda	<a href="http://ca.salines-bassegoda.org/">http://ca.salines-bassegoda.org/</a>
Raids al Vent	<a href="http://www.raidsalvent.com">www.raidsalvent.com</a>
La Muga Nature Trail	<a href="http://en.salines-bassegoda.org/">http://en.salines-bassegoda.org/</a>

### Mountain Biking in Alt Penedès

Like most areas in Catalonia, Alt Penedès also has a network of trails that are perfect for MTB lovers. However, it is the link between biking and enjoying wine and cava produced in this land that makes this territory a unique area.

Different trails pass through natural areas, allowing the cyclist to enjoy several

landscapes while riding. Noteworthy is the Penedès 360° by MTB proposal, a 5-day technical route through the hills surrounding the Penedès plain, which links several territories in the Alt Penedès county.

Mountain-biking Routes	Information Sources
El Foix Protected Natural Area	
Els Tres Circuits de Les Gunyoles	
Massís del Garraf Protected Natural Area	
Olèrdola Regional Park	
Parc dels Talls	<a href="http://www.parcdelstalls.cat">www.parcdelstalls.cat</a>
Penedès 360 by MTB	<a href="http://www.penedes360.cat">www.penedes360.cat</a>

## Mountain Biking in Baix Ebre

Baix Ebre has quite an interesting range of activities related to mountain-bike routes. Apart from some paths that cross the Delta de l'Ebre, mountain-bikers will find their way through Els Ports Natural Park, a

mountainous area with very demanding routes.

More information about [MTB in Terres de l'Ebre](#).

Mountain-biking Routes	Information Sources
Bassa de les Olles	<a href="http://www.ebrebiosfera.org">www.ebrebiosfera.org</a>
Desembocadura de l'Ebre - Garxal - Riumar	<a href="http://www.ebrebiosfera.org">www.ebrebiosfera.org</a>
Ecomuseu - Badia del Fangar	<a href="http://www.ebrebiosfera.org">www.ebrebiosfera.org</a>
Ecomuseu - Desembocadura de l'Ebre	<a href="http://www.ebrebiosfera.org">www.ebrebiosfera.org</a>
Els Ports Natural Park	<a href="http://www.ebrebiosfera.org">www.ebrebiosfera.org</a>
Façana Fluvial de Deltebre	<a href="http://www.ebrebiosfera.org">www.ebrebiosfera.org</a>

## Mountain Biking in Berguedà

The geography of this area offers routes for adventurous mountain-bikers as well as for families. It features numerous routes in stages, sponsored by local companies. There are also more than 40

circular routes, all perfectly signposted, to make the day of any mountain-biker.

More information: [MTB in Berguedà](#).

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## Mountain-biking Routes

## Information Sources

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Pedals de Ferro	<a href="https://pedratour.com/en/tour/pedals-de-ferro/">https://pedratour.com/en/tour/pedals-de-ferro/</a>
Pedals del Pedraforca	<a href="http://pedalsdelpedraforca.com/ca/">http://pedalsdelpedraforca.com/ca/</a>
Ruta de l'Ermità	<a href="https://rutadelermita.wixsite.com/rutaermita">https://rutadelermita.wixsite.com/rutaermita</a>
The Route of the Cathars/The Good Men Trail	<a href="http://www.camidelsbonshomes.com">www.camidelsbonshomes.com</a>
Transcatllaras route	
Volta al Cadí-Moixeró	

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## PARAGLIDING



El Pedraforca, el Berguedà. Volem

### Catalonia General overview

Once more, the geographical diversity of Catalonia is the main reason why paragliding as well as other air sports can be enjoyed in many different places in the region. Near the coast or in the foothills of the Pyrenees, paragliding is always a good way of seeing the area from a totally different angle.

### Paragliding in Alt Empordà

Alt Empordà is known worldwide thanks not to paragliding, but to [skydiving](#). Empuriabrava is home to one of the world's top skydiving centres and famous internationally. The [Windoor Realfly wind tunnel](#) is a perfect complement, placing Alt Empordà at the forefront in terms of parachuting.



### Paragliding in Alt Penedès

There is no relevant tourist provision in Alt Penedès related to paragliding or other air sports.

### Paragliding in Baix Ebre

There is no relevant tourist provision in Baix Ebre related to paragliding or other air sports.

### Paragliding in Berguedà

Experts around the world agree that Berguedà is an exceptional area for both free-flight and powered paragliding. Both are available throughout the area, especially in the centre-north, but the most popular area is in the outskirts of the small town of Avià.



## RUNNING & ORIENTEERING



Cap de Creus. Honza Zak. PTCBG Images Archive

### Catalonia. General overview

Trail running is a relatively new discipline in Catalonia. It uses the same infrastructures that were created for hiking and trekking (signposted paths, routes, etc.) but it has to be taken into account that participants (hikers and runners) are quite different. It can be done throughout the region, although some areas have been working hard to get some degree of specialisation to satisfy trail runners' specific needs. Orienteering is very much related to running disciplines. With a vast number of national and international events related

to both trail running and orienteering, Catalonia has enjoyed a boom in these sports over recent years.

### Running and Orienteering in Alt Empordà

Running is also a good way to discover Alt Empordà. With sea and mountain landscapes, its several protected natural areas are full of trails that are used for runners to test their good shape. Currently, different trail running competitions take place in this region. The most popular

one is [Trail Cap de Creus](#). Since 2018, Alt Empordà has the first permanent swimrun circuit in Catalonia, enabling the user to combine running and swimming.

### Running and Orienteering in Berguedà

Berguedà is a territory with a very high level of specialisation in trail running. The existence of the [Trail Station](#), as well as

numerous races such as the [UltraPirineu](#), shows that this sport is one of the region's main potential tourist attractions. Orienteering circuits complement the existing trail-running services.



## SCUBA DIVING AND SNORKELING



Terres de l'Ebre Tourist Board

### Catalonia General overview

Catalonia is one of the top diving destinations in Spain. There is a wide range of wrecks, underwater mountains and corals in a warm and safe environment. The Costa Brava is the most popular dive destination in Catalonia, with over thirty scuba diving centres and two marine reserves (Cap de Creus Natural Park and Illes Medes) plus Illes Formigues joining soon. Generally speaking, most diving takes place from a boat, although in certain areas a limited number of shore dives are possible.

**Note.** The scuba diving and snorkelling provision is concentrated in coastal areas. For this reason, only two of the four pilot areas are mentioned.

### Scuba Diving & Snorkelling in Alt Empordà

Alt Empordà's coast boasts a great diversity in its seabed. This fact, together with the vast number of local companies offering professional services to promote these interests, has made this area into a top diving destination, not only at national but also at international level.

More information about [Diving on the Costa Brava](#).

## Scuba Diving & Snorkelling in Baix Ebre

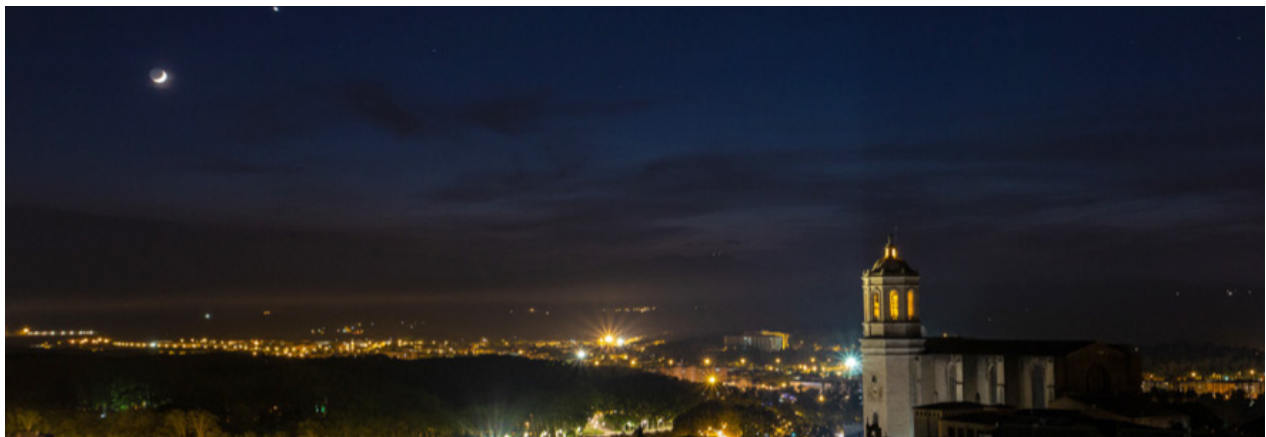
L'Ametlla de Mar, home of the most extensive Posidonia meadow in Catalonia, has been recognised by the Catalan Tourist Board as a Sports Tourism Destination specialising in sailing and diving. This certification means that the destination guarantees that the visitor can participate in these sports at the highest level, with a network of tourist services perfectly adapted to visitors' and athletes' needs. The possibility of finding up to 12 sunken ships in the waters of the

Gulf de Sant Jordi is one of the reasons why diving in this region is so special. Advanced and technical divers will love El Cavour, a steamboat sunk in 1917 that today rests at a depth of 52 metres. Cala Vidre is also a very popular place for snorkelling. Its seabed is ideal for exploring in this way.

More information about [diving in the Terres de l'Ebre](#).



## STARGAZING



Girona. Laurence Norah. PTCBG Images Archive

## Catalonia General Overview

Inland Catalonia offers a particularly high-quality night sky, with very low levels of light pollution and ideal darkness conditions. Evidence of this is the Starlight Reserves by the UNESCO-endorsed Starlight Foundation, in el Montsec and [Aigüestortes i Estany de Sant Maurici](#)

[National Park](#). The [Montsec Astronomy Park](#) is considered to be the best place in Catalonia from which to observe the stars. Throughout the region, there are other astronomical parks that also have very interesting activities on offer. Some link, for example, gastronomy and stargazing.

## Stargazing in Alt Empordà

Aiguamolls de l'Empordà and Cap de Creus Natural Parks are good for those interested in stargazing in Alt Empordà. However, noteworthy is the Albanyà Astronomical Observatory, equipped with

the newest generation of astronomical equipment and with a wide choice of activities focusing on astronomical-related issues, both for beginners and professionals.

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Mountain-biking Routes	Information Sources
Aiguamolls de l'Empordà Natural Park	<a href="http://www.catalunya.com">www.catalunya.com</a> <a href="http://www.natura.costabrava.org">www.natura.costabrava.org</a>
Albanyà Astronomical Observatory	<a href="http://www.observatorialbanya.com">www.observatorialbanya.com</a>
Cap de Creus Natural Park	<a href="http://www.catalunya.com">www.catalunya.com</a> <a href="http://www.parcsnaturals.gencat.cat">www.parcsnaturals.gencat.cat</a>

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## Stargazing in Alt Penedès

There are different places from where the sky can be observed in quite good conditions in the Alt Penedès region. However, there is no identifiable stargazing provision for tourists

## Stargazing in Baix Ebre

Located in the Baix Ebre county there is the [Ebre Observatory](#). This centre is dedicated to observing different natural phenomena, not only to stargazing. Currently, despite the existence of this facility, there is no structured astronomy-related provision for tourists.

## Stargazing in Berguedà

Like the other pilot areas of this project, Berguedà mostly has an environment with very low levels of light pollution. The visitor can observe the sky with the naked eye, especially in the village of Saldes, which was awarded the Space with a Quality Night Sky label. It is, however, precisely in this small town that the [Pedraforca Astronomy Centre](#) is located. This astronomical centre has a powerful telescope to observe the sky both day and night and it regularly organizes activities related to stargazing, among other activities.





## WINTER/SNOW ACTIVITIES



Val d'Aran, Baqueira Beret

### Catalonia. General Overview

The Pyrenees, in the north of Catalonia, are home to most of the snow-sports aimed at the tourist market. There are 16 ski resorts, providing a varied range of activities, the largest in Spain. The overall skiing area encompasses 600 kilometres of slopes. Each year, skiing in Catalonia attracts two million visitors.

Apart from skiing, visitors can take part in other snow-related activities in the Catalan Pyrenees such as snowshoe walks, snow biking, snowshoeing, snowsurfing, Telemark skiing, dog-sled riding, ice climbing, heliskiing, ice diving, etc.

More information about [SNOW ACTIVITIES IN CATALONIA](#).

### Snow Activities in Berguedà

The only pilot area offering a programme of snow activities is Berguedà. Although there is no ski resort in this region, the snow-covered mountains of the northern part of this area during winter months allow different companies to commercialise several activities such as snowshoeing, ski touring or cross-country skiing.

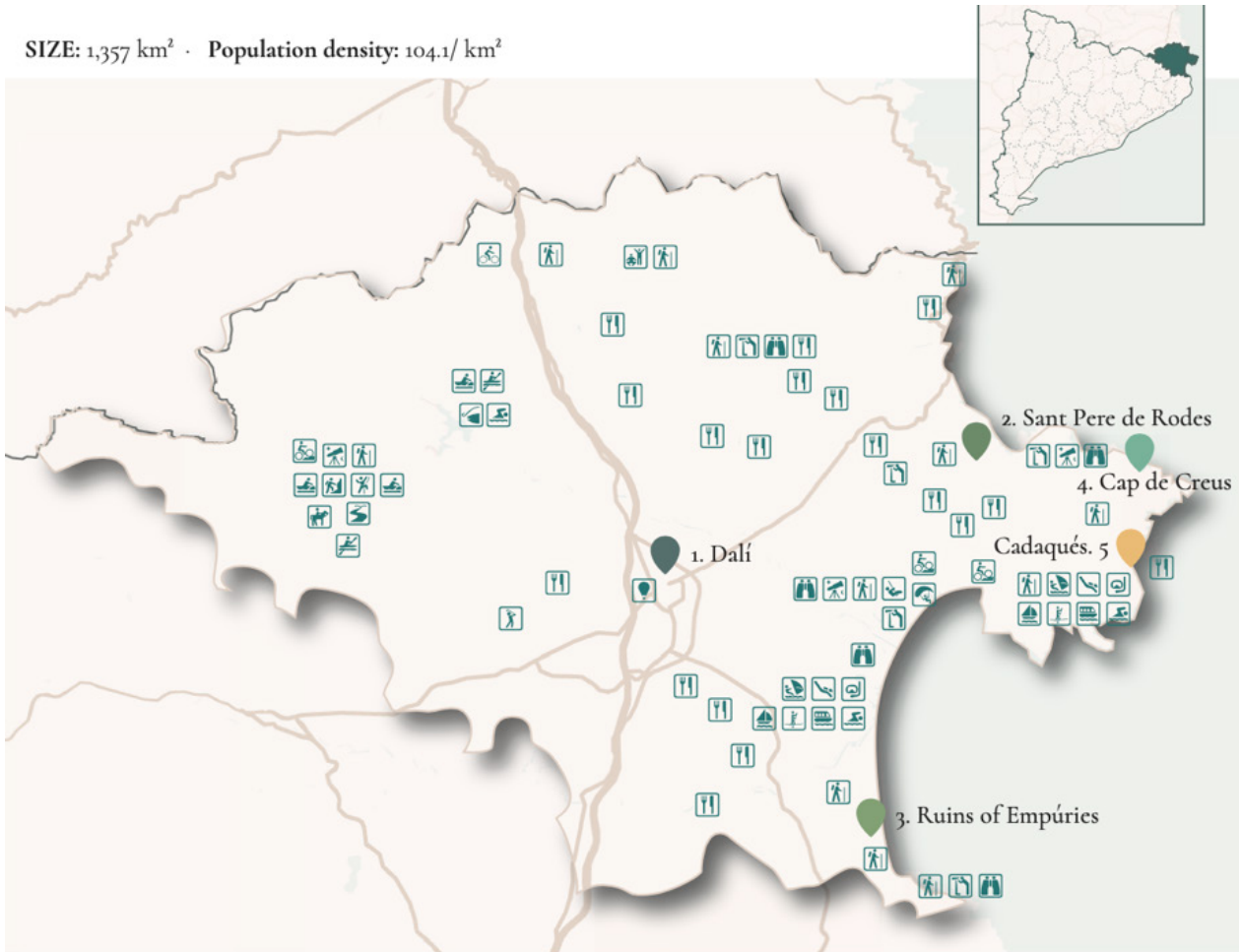
**Finally, there are several activities that can be performed anywhere in Catalonia, regardless of the region or pilot area, and that do not have a specific relationship with the territory where they take place. Hot-air ballooning, horse riding, wellness-focused activities and some water sports such as swimming/bathing are clear examples.**

In order to better show the information explained above, next there is a map for each pilot area with its main adventure tourism activities.



# ADVENTURE ACTIVITIES ALT EMPORDÀ

SIZE: 1,357 km<sup>2</sup> · Population density: 104.1/ km<sup>2</sup>



## TOP 5 TOURIST ATTRACTIONS

- 1. Dalí (Figueras and Portlligat)
- 2. Sant Pere de Rodes
- 3. Ruins of Empúries
- 4. Cap de Creus
- 5. Cadaqués

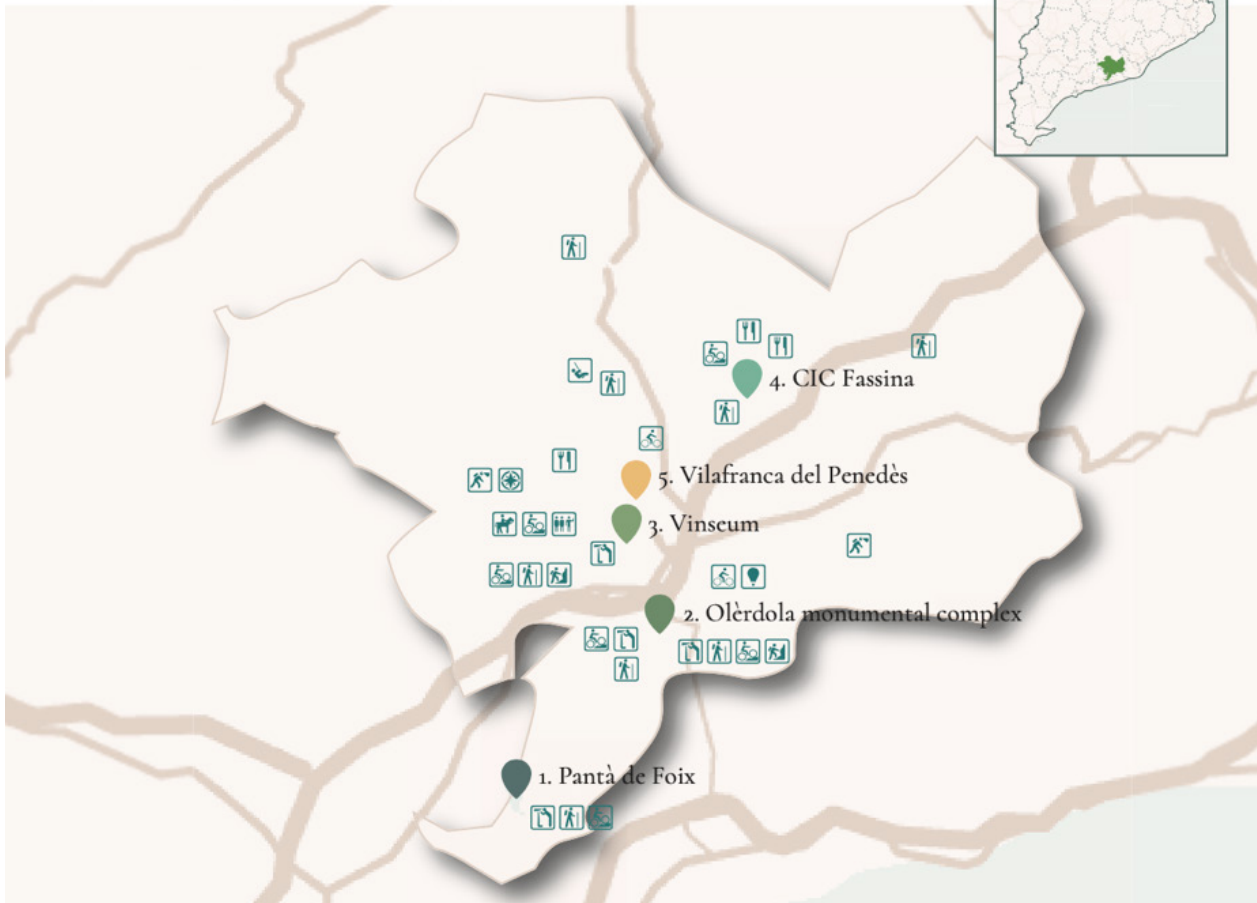
## ADVENTURE ACTIVITIES

- |                             |                       |                                   |                           |
|-----------------------------|-----------------------|-----------------------------------|---------------------------|
| Abseiling                   | Culinary              | Horseback riding                  | Scuba diving              |
| Astrology/<br>star gazing   | Cycling               | Kayaking/sea/<br>whitewater       | Snorkeling                |
| Birdwatching                | Eco-adventure<br>park | Kitesurfing                       | SUP                       |
| Canoeing                    | Fishing               | Mountain biking                   | Swimming/<br>bathing      |
| Canyoning                   | Golf                  | Observation of<br>flora and fauna | Walking                   |
| Climbing<br>(mountain/rock) | Hiking                | Paragliding                       | Wet Trails                |
| Cruise                      | Hot air balloon       | Sailing                           | Wellness<br>& Mindfulness |



## ADVENTURE ACTIVITIES ALT PENEDEÈS

SIZE: 592.7 km<sup>2</sup> · Population density: 182.9/ km<sup>2</sup>



### TOP 5 TOURIST ATTRACTIONS

1. Pantà de Foix
2. Olèrdola monumental complex
3. Vinseum
4. CIC Fassina · Cava Interpretation Center
5. Vilafranca del Panadès

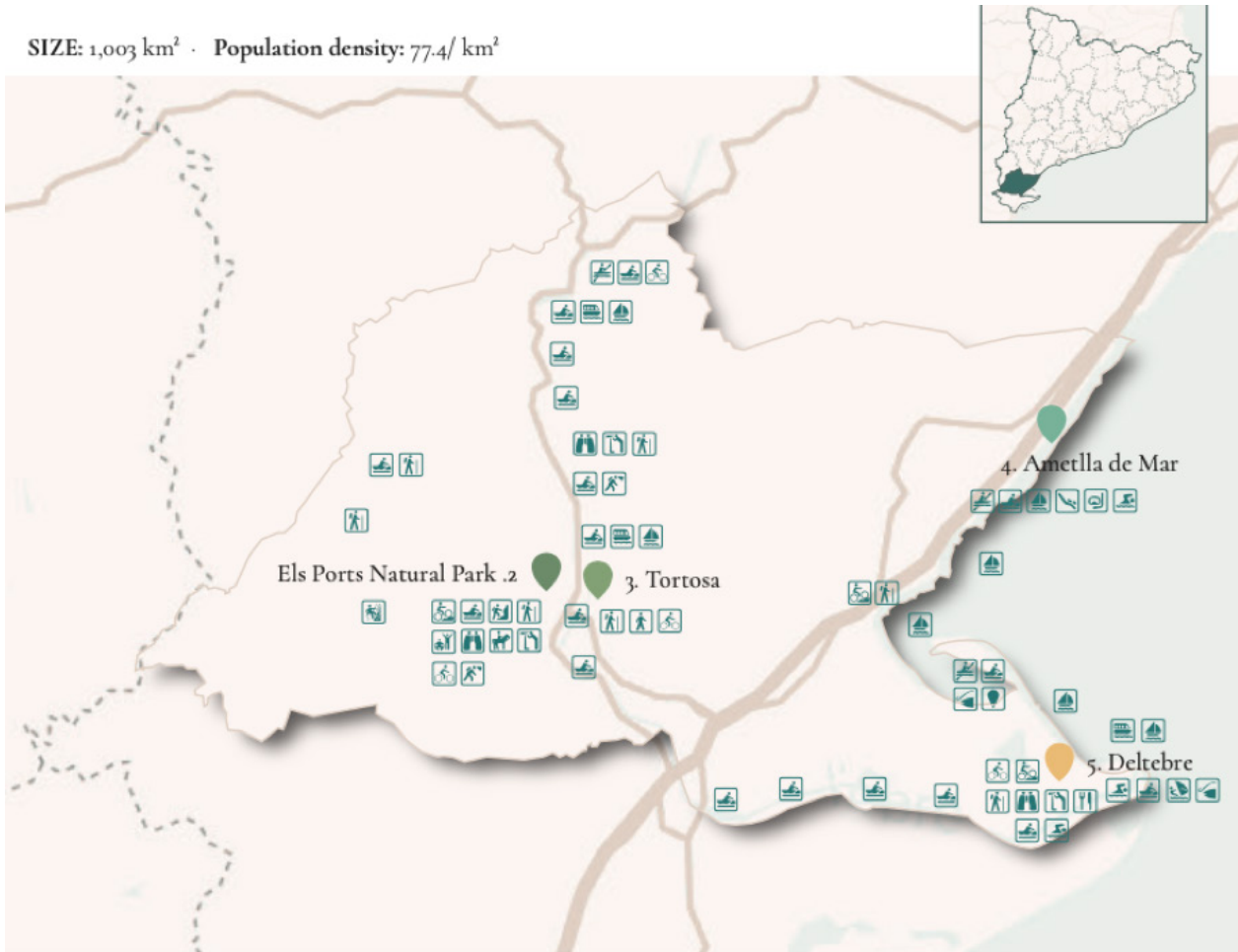
### ADVENTURE ACTIVITIES

- |                          |                                |               |
|--------------------------|--------------------------------|---------------|
| Caving                   | Hiking                         | Orienteering  |
| Climbing (mountain/rock) | Horseback riding               | Walking Tours |
| Culinary                 | Hot air balloon                |               |
| Cycling                  | Mountain biking                |               |
| Eco-adventure park       | Observation of flora and fauna |               |



## ADVENTURE ACTIVITIES BAIX EBRE

SIZE: 1,003 km<sup>2</sup> · Population density: 77.4/ km<sup>2</sup>

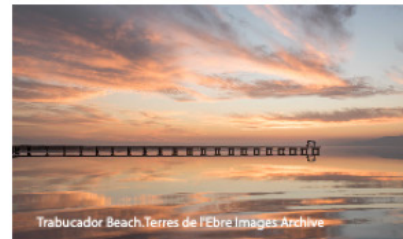
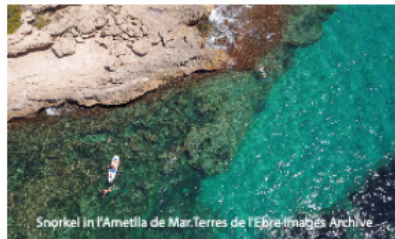


### TOP 5 TOURIST ATTRACTIONS

1. Delta de l'Ebre Natural Park
2. Els Ports Natural Park
3. Tortosa
4. Ametlla de Mar
5. Deltebre

### ADVENTURE ACTIVITIES

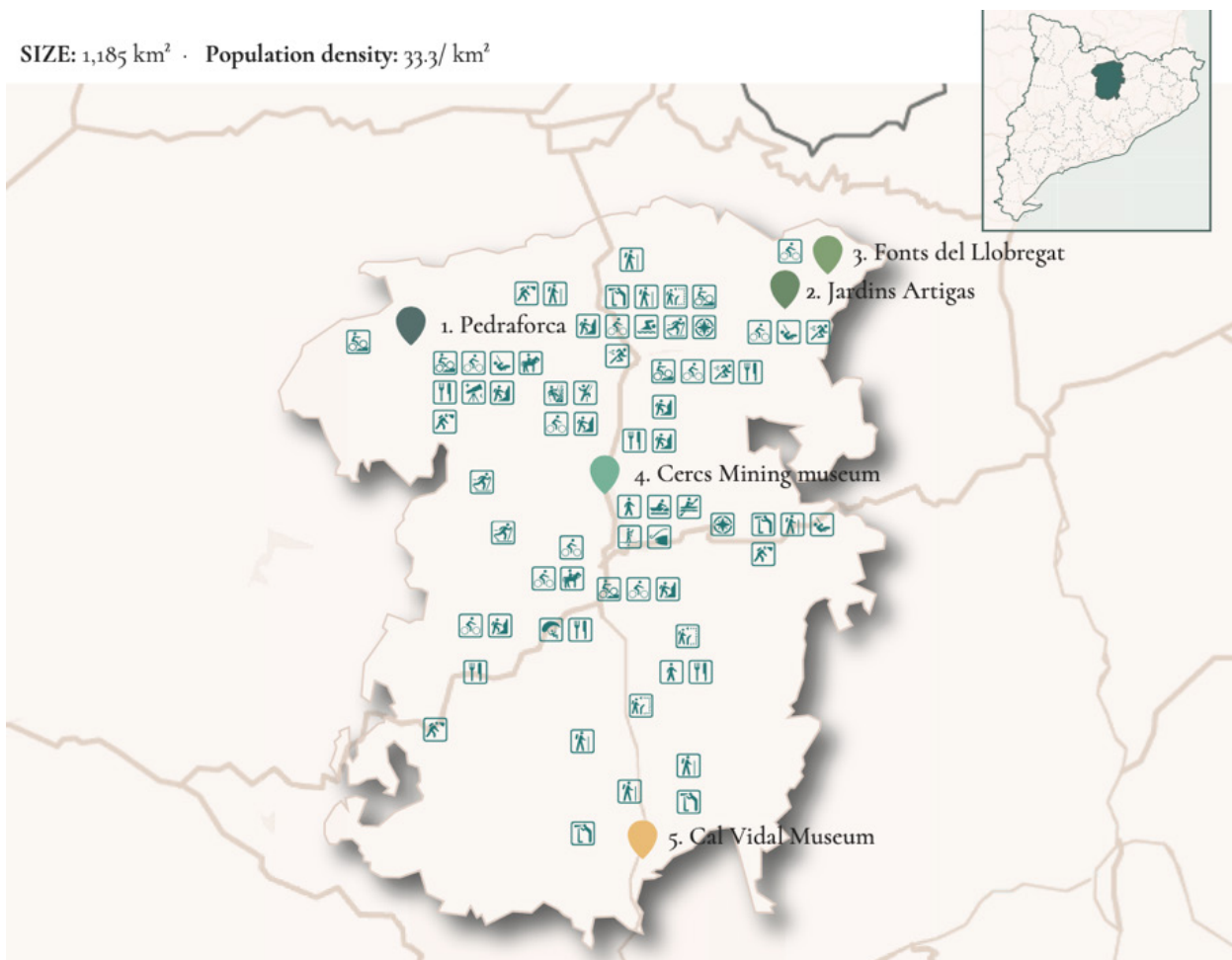
- |                          |          |                                |                        |
|--------------------------|----------|--------------------------------|------------------------|
| Birdwatching             | Cruise   | Hot air balloon                | Sailing                |
| Canoeing                 | Culinary | Horseback riding               | Scuba diving           |
| Canyoning                | Cycling  | Kayaking/sea/whitewater        | Snorkeling             |
| Caving                   | Fishing  | Kitesurfing                    | Swimming/bathing       |
| Climbing (mountain/rock) | Hiking   | Mountain biking                | Walking                |
|                          |          | Observation of flora and fauna | Wellness & Mindfulness |





## ADVENTURE ACTIVITIES BERGUEDA

SIZE: 1,185 km<sup>2</sup> · Population density: 33,3/ km<sup>2</sup>

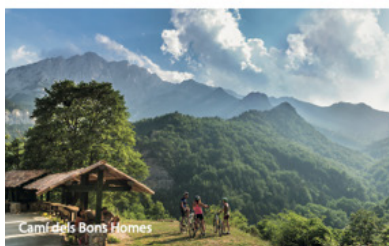


### TOP 5 TOURIST ATTRACTIONS

- 1. Pedraforca
- 2. Jardins Artigas
- 3. Fonts del Llobregat
- 4. Ceres Mining museum
- 5. Cal Vidal Museum

### ADVENTURE ACTIVITIES

- |                          |                    |                                |                   |
|--------------------------|--------------------|--------------------------------|-------------------|
| Abseiling                | Culinary           | Kayaking/sea/whitewater        | Scuba diving      |
| Astrology/star gazing    | Cycling            | Mountain biking                | SUP               |
| Canoeing                 | Eco-adventure park | Observation of flora and fauna | Swimming/bathing  |
| Canyoning                | Fishing            | Orienteering                   | Trekking          |
| Caving                   | Hiking             | Paragliding                    | Walking           |
| Climbing (mountain/rock) | Horseback riding   | Running / cross country        | Wet Trails        |
|                          |                    |                                | Winter activities |



## 2.2 Attraction assessment in pilot areas

Catalonia is the ultimate tourist destination. Some areas, such as Barcelona city, are renowned worldwide, while others remain totally unknown. Some have a great influx of international visitors; yet more are mainly popular among domestic travellers. These are the features that have been taken into consideration when deciding which pilot areas to analyse.

The main elements that led to the selection of Alt Empordà, Alt Penedès, Baix Ebre and Berguedà as pilot areas are:

- Geographical diversity. Regions are located throughout Catalonia and not concentrated in a single area.
- Inland/coastal profiles. Pilot areas include both inland and coastal areas, all representative of Catalonia as a tourist destination.
- Tourist development level. Selected regions have different tourism maturity levels.
- Adventure Tourism potential. Each pilot area has different characteristics, so adventure tourism is, currently, differently developed in each and its potential development is also different.

In terms of attraction and adventure activities assessment, the evaluation is based on three criteria: current level of use, current value of the touristic area

(considering its biodiversity, environment, cultural and historical heritage, etc.) and the potential touristic value for adventure tourism activities.

The assessment analyses the most significant natural and cultural attractions of each pilot area. Cultural attractions include resources such as historic sites, forts, castles, museums and exhibitions, religious and archaeological sites, traditional and cultural experiences and UNESCO heritage sites.

The range of adventure activities in each of the pilot areas analysed is wide and meets the needs of an extensive variety of visitors. In many cases, it turns out to be extremely difficult to mention absolutely all the activities offered. For this reason, the analysis focuses only the main adventure experiences for each pilot area and gives an explanation, detailing the main characteristics, locations, routes, etc. related to these activities.

### 2.2.1 alt empordà

The Costa Brava is one of the main tourist destinations in Catalonia. Alt Empordà, as part of it, also has a significant influence on the overall Catalan tourist sector and, vice versa, tourism has a major effect on the area. Data published recently shows that the tourist sector accounts for 20% of the Costa Brava's GDP (including Alt Empordà, Baix Empordà and La Selva counties).<sup>3</sup>

Alt Empordà is a mature tourist destination in Catalonia, with extremely wide and well-

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3. Source. Diari de Girona. <https://www.diaridegirona.cat/comarques/2019/11/16/noves-dades-quantifiquen-20-pes/1014052.html>



structured tourist provisions, catering for all manner of products and visitors.

Adventure tourism is no exception. Adventure sports are available both inland and all along the coast, giving this area a kaleidoscopic range of activities. The Mediterranean coast provides the visitor with an immense choice of water sports, as well as hiking (GR92), cycling and skydiving (for which Alt Empordà is known

worldwide). Inland, the more mountainous terrain is ideal for mountain biking, horse riding and trekking. In general terms, the most important adventure activities are cycling, hiking, kayaking, wind sports such as skydiving, windsurfing, kitesurfing, etc., as well as diving and observing flora and fauna.

## NATURAL ATTRACTIONS

The most important natural attractions in Alt Empordà are:

NATURE 1		Cap de Creus Natural Park	
Level of use: 5	Current touristic area: 5	Potential touristic value for AT: 5	
<p>Nestled between land and sea, this is an amazing location. Its landscapes, characterised by their unusual geology, are unique. It is the first maritime-terrestrial park in Catalonia and includes three natural areas of national interest. The park has various facilities aimed at improving the visitor experience and it organises activities such as day-excursions, thematic guided visits, etc. Over recent years, the park has uncovered ancient paths and created new ones in order to build a network of trails for all manner of visitors who want to discover its natural heritage.</p>			

NATURE 2		Cap de Creus Natural Park	
Level of use: 4	Current touristic area: 5	Potential touristic value for AT: 5	
<p>With a complex pattern of different ecosystems (rivers, sea, lakes, wetlands, beaches, etc.), this is one of the main wet areas in Catalonia and one of the natural areas with the greatest variety of animal species. There are observation points distributed all through the park and a programme of activities is offered throughout the year. It has more than 300 bird species, several of them protected. This is why it is a top destination for birdwatchers in Catalonia. Different signposted routes also let the visitor get to know the park and its particular flora and fauna.</p>			

NATURE 3		Cap de Creus Natural Park	
Level of use: 5	Current touristic area: 5	Potential touristic value for AT: 5	
<p>Only a small part of the park belongs to Alt Empordà. It is considered a unique area of the Mediterranean thanks to its littoral, characterised by spectacular cliffs, caves and beaches with a seabed of incalculable value. There is a wide range of tourist services. Scuba diving is one of the most popular activities, along with other nautical and water sports. Hiking and cycling are also a good means of crossing some parts of this park.</p>			

NATURE 4	Albera Natural Area of National Interest	
Level of use: 4	Current touristic area: 4	Potential touristic value for AT: 4
<p>Its heritage is exceptional. In a relatively small stretch of land, there coexists a great variety of environments, with the Mediterranean turtle and the Albera cow being the most emblematic animal species. The historical Sant Quirze de Colera Monastery and Requesens Castle are the most interesting cultural spots. In terms of nature, Albera Tortoise Breeding Centre or Els Estanys de la Jonquera are also popular. The area is equipped with different facilities to improve the visitor experience.</p>		

NATURE 5	Alta Garrotxa Natural Area	
Level of use: 3	Current touristic area: 4	Potential touristic value for AT: 4
<p>Only part of the Alta Garrotxa area belongs to Alt Empordà. It has a typical mountain landscape, with deep valleys and a significant amount of forest cover. It also has an important cultural heritage, with sites, hermitages and old country houses. The most popular activities in this area are hiking, mountain biking, climbing and canyoning. Some of these activities, as in natural parks, have specific restrictions in order to preserve the area's natural heritage.</p>		

NATURE 6	Massís de les Salines Nature Interest Area	
Level of use: 3	Current touristic area: 3	Potential touristic value for AT: 4
<p>This inland territory is a cross-border mountain, full of villages with an amazing historical and cultural heritage. Its natural richness is spectacular. Age-old trees, historical paths, castles, viewpoints, cultural routes are only part of its tourist appeal. The visitor can discover this area by mountain bike, hiking, trekking, etc.</p>		

Pla de Tudela, Cap de Creus. Josep Miquel Guasch. PTCBG Images Archive.



## CULTURAL ATTRACTIONS

The most important cultural attractions in Alt Empordà are:

CULTURE 1	Cap de Creus Natural Park	
Level of use: 5	Current touristic area: 5	Potential touristic value for AT: 5
<p>Described as “the largest surrealist object in the world”, it is located in the former Municipal Theatre of Figueres, a 19th-century building destroyed during the Spanish Civil War. On its ruins, Salvador Dalí decided to build his museum. Internationally renowned, in 2019 it received 819,000 visitors. The museum is fully equipped with all manner of services and facilities for its visitors and it is one of the main cultural resources on the whole of the Costa Brava. The Dalí Theatre–Museum is part of the so-called Dalinian Triangle, which includes two other places: the Salvador Dalí House in Portlligat and the Gala Dalí Castle in Púbol (Baix Empordà).</p>		

CULTURE 2	Salvador Dalí’s House	
Level of use: 4	Current touristic area: 5	Potential touristic value for AT: 1
<p>Although this cultural resource, by itself, may not be the second most important attraction in Alt Empordà, it is included here because of its connection with Salvador Dalí and its position in the Dalinian Triangle. The Portlligat House–Museum was where Dalí habitually lived and worked from 1930 until 1982. Its location on the Mediterranean Sea front gives it an exceptional environment. Group visits are restricted in size. The facility is equipped with all services needed for visitors (educational visits, left-luggage, shop, etc.).</p>		

CULTURE 3	Sant Pere de Rodes	
Level of use: 5	Current touristic area: 5	Potential touristic value for AT: 3
<p>This is a former Romanesque Benedictine monastery, perfectly restored, both historically and architecturally, with amazing views over Cap de Creus. Its excellent conservation and unusual features make it an outstanding heritage complex. It offers a complete range of services for visitors: guided and self-guided visits, a restaurant, a shop, etc. Apart from visiting the buildings, the visitor can enjoy adventure sports such as hiking, cycling and mountain biking amid the fabulous natural surroundings.</p>		

CULTURE 4	Empúries – Archaeological Museum of Catalonia	
Level of use: 5	Current touristic area: 5	Potential touristic value for AT: 2
<p>The Ruins of Empúries are the most important Greco–Roman archaeological site in Catalonia and it currently hosts a branch of the Archaeological Museum of Catalonia. Located by the sea, it is a place of exceptional beauty. Its facilities are fully equipped and include permanent and temporary exhibitions, audiovisual rooms, and shops. It also offers a wide range of educational activities aimed at allowing the visitor to discover this unique place. It also has spaces for workshops, meetings, summer classes, etc.</p>		

CULTURE 5	Roses Citadel	
Level of use: 5	Current touristic area: 4	Potential touristic value for AT: 1
<p>Considered a Cultural Asset of National Interest, this Renaissance fort encompasses an important archaeological site in its interior. Thanks to signposted routes and guided visits, the visitor will be able to take a trip back through the last 13 centuries. Its 17-ha surface includes different facilities and places of interest, such as the museum itself and the exhibitions rooms, and also military buildings and a Roman village. It is fully equipped with all manner of services for visitors.</p>		

CULTURE 6	Sant Ferran Castle	
Level of use: 3	Current touristic area: 4	Potential touristic value for AT: 2
<p>This is the greatest monument in terms of size in Catalonia and the largest bastion fort in Europe. Due to its dimensions, visits are structured in two blocks: indoors and outdoors-underground. Some of the visits are made by jeep and inflatable boats (for outdoors-underground). Indoor visits can be guided or self-guided, thanks to a signposted itinerary. There are also special programmes for schoolchildren.</p>		

CULTURE 7	Peralada Castle Museum	
Level of use: 4	Current touristic area: 4	Potential touristic value for AT: 1
<p>The Peralada Castle complex encompasses several facilities: the church and cloister, the wine museum, the museum of glass and ceramics and the library, apart from the outdoor gardens. In addition to guided visits to these different facilities, cultural experiences are also held here: conferences, cultural debates, etc.</p> <p>During the summer months, it hosts one of the most popular and internationally renowned music festivals on the whole of the Costa Brava.</p>		

CULTURE 8	Santa Maria de Vilabertran Canonica	
Level of use: 3	Current touristic area: 3	Potential touristic value for AT: 1
<p>This magnificent group of monuments began as an Augustine clergy house. Currently composed of several buildings, this historical and architectural complex can be visited all year round. It offers guided tours, family activities and educational programmes for schoolchildren. Walking routes have been designed to show visitors the surroundings of the complex. It also hosts a popular summer classical music festival, exclusively devoted to Schubert.</p>		





Dalí Theatre-Museum, Figueres. Imma Parada. Fundació Gala Salvador Dalí / Port de la Selva. Jordi Renart. PTCBG Images Archive

## ADVENTURE ACTIVITIES

The most important adventure activities in Alt Empordà are:

ADVENTURE 1		Cycling
Level of use: 5	Current touristic area: 5	Potential touristic value for AT: 4
<p>Among the extremely wide variety of tourist provisions currently available in Alt Empordà, cycling has a dominant position. In fact, the whole province of Girona is a leading destination for this market segment, not only at national but also at international level, and Alt Empordà is no exception.</p> <p>Its weather as well as its roads, together with the wide range of facilities and services exclusively designed for cyclists, makes this area a paradise for cyclists (especially road cyclists). These tourist services include specialised local incoming travel agencies, rental companies, accommodation, transfers, tour-guiding services, etc.</p> <p>Alt Empordà has a significant network of roads and routes for cycling, offering the cyclist plenty of options to choose from: coastal routes, inland mountain passes and itineraries linking the Mediterranean Sea with the Pyrenees. Almost any road can be used for cycling. Among all the possibilities in the area, Pirinexus stands out.</p>		

<b>PIRINEXUS</b> <a href="http://WWW.VIESVERDES.CAT">WWW.VIESVERDES.CAT</a>	Length: 353 km	Total ascent: -
	Signposts: Its own signs	Area: Northern part of Girona province – Southern France
	Link to the route map: <a href="#">Route Map</a>	
<p>Circular cross-border itinerary linking Catalonia and France. It connects 53 towns and uses three types of routes: greenways, secondary roads and some sections of mountain roads. It allows the cyclist to enjoy local landscapes, gastronomy and history. It is commercialised by local incoming agencies and promoted by the Vies Verdes Consortium as well as the local DMO.</p>		



ADVENTURE 2		Hiking	
Level of use: 4	Current touristic area: 5	Potential touristic value for AT: 4	
<p>The network of paths in Alt Empordà is endless. Extending all through the area, along the coast and in the inland mountain area, the hiking provision is very well structured and already commercialised as a tourist product in this area. Initiatives such as Itinerànnia – a network of paths linking different regions within the province of Girona and the GR92, and one of the best-selling itineraries among central European tour operators – are clear examples of the maturity level of hiking as a tourist activity in Alt Empordà.</p> <p>As it is totally impossible to describe all the existing paths and trails, only the most significant hiking areas and long-distance trails in the region are mentioned and briefly explained.</p>			

Natural Protected Area	Brief description	Route map
Aiguamolls de l'Empordà Natural Park	There are many different ways to discover this natural park. Hiking and walking are two. There is a network of signposted paths that will enable the visitor to enjoy the area and its flora and fauna (especially birds).	<a href="#">Route map</a>
Albera Natural Area of National Interest	Four signposted routes will help the visitor get to know the Albera Natural Area. Each is based on a different element: local history, age-old trees, etc.	<a href="#">Route map</a>
Alta Garrotxa Protected Natural Area	Only a piece of this protected natural area belongs to Alt Empordà. Typical inland mountain territory, it is full of routes across the area.	<a href="#">Route map</a>
Cap de Creus Natural Park	Cap de Creus and all the municipalities belonging to the park have well-defined hiking provision. With a wide range of signposted trails, the hiker will be able to visit both maritime and inland landscapes.	<a href="#">Route map</a>
Massís del Montgrí, illes Medes i Baix Ter Natural Park	Only part of this natural park belongs to Alt Empordà. Like other natural areas, it also offers hiking routes (combined with maritime activities).	=

Generally speaking, long-distance trails (GR) are not exclusively concentrated in one single region. They cross several counties, creating some very interesting hiking and trekking possibilities. Existing trails in the Alt Empordà are:

Long-distance trail	Km (in total)	Brief description	Route map
<b>GR1</b>	400	Also known as the “historical trail”, GR1 links the Mediterranean Sea and the Atlantic Ocean via the Pyrenees and the southern facade of the Cantabrian Mountain Range. It begins in Sant Martí d’Empúries, and ends in Cape Fisterra, Galicia.	GR1 Route Map
<b>GR2</b>	219.99	This route starts in La Jonquera and finishes in Sant Adrià del Besòs, next to Barcelona, after having passed through La Garrotxa Volcanic Area, Tavertet and Les Guilleries.	GR2 Route Map
<b>GR11 (Transpirinenca)</b>	419.94	A route that crosses all the Pyrenean mountain range, from the Cantabrian Sea to the Mediterranean.	GR11 Route Map
<b>GR92 (The Mediterranean Path)</b>	561.9	This route follows the Catalan coastline, showing its great diversity of coves, beaches, Mediterranean landscapes and coastal mountain ranges.	GR92 Route Map

<b>CAMINO DE SANTIAGO (EL CAMÍ DE SANT JAUME)</b>	Length: 470 km	Total ascent: -
	Signposts: blue banner with scallop shell	Area: Catalonia
	Link to route map:	
Declared World Heritage by UNESCO, the Catalan stage of the Camino de Santiago starts in Alt Empordà and crosses all Catalonia, passing through Girona, Manresa, the legendary Montserrat mountain and Lleida, before leaving Catalonia for Aragon. It ends up in Santiago de Compostela.		

Despite not being a specific route, Itinerànnia stands out as a powerful hiking product in Alt Empordà and must be highlighted.

<b>ITINERÀNNIA</b> <a href="http://WWW.ITINERANNIA.NET">WWW.ITINERANNIA.NET</a>	Length: 2,500 km	Total ascent: -
	Signposts: Yellow horizontal (painted on the path)	Area: Alt Empordà, Ripollès, Garrotxa
	Link to route map: <a href="#">Route map</a>	
Network of hiking trails that stretches over 2,500 km and links different counties in the province of Girona: Ripollès, Garrotxa and Alt Empordà. The hiker can plan the entire route or individual stages of the route according to their needs.		

ADVENTURE 3	Hiking	
Level of use: 4	Current touristic area: 5	Potential touristic value for AT: 4
<p>Wind is one of the most popular natural elements which defines the Alt Empordà region. Although sometimes it complicates some adventure experiences, it has allowed a very interesting range of related adventure tourism sports to be developed.</p> <p>Firstly, there are water activities that depend on wind, such as windsurfing, kitesurfing and kiteboarding. Over recent years, Alt Empordà has hosted several international competitions such as the Windsurfing World Championship or the Kiteboarding Junior World Championship, both on the beaches of Sant Pere Pescador. Several local companies offer their guiding services and teach people how to do these sports.</p> <p>Secondly, Alt Empordà is one of the leading skydiving destinations worldwide. Empuriabrava is the international hotspot for this market segment and has a well-structured and defined tourist programme. Every conceivable service is offered to guests to ensure that they have a first-rate experience.</p>		

ADVENTURE 4	Sea kayaking	
Level of use: 4	Current touristic area: 5	Potential touristic value for AT: 4
<p>Generally speaking, in Alt Empordà kayaking can be done both on the coast and inland (in the Darnius–Boadella reservoir, for example). Also in the Fluvià river, especially in its last section. However, sea kayaking is most popular in the region. In fact, it is considered one of the main adventure sports here.</p> <p>It can be done along almost all the coast and the guest will be able to find plenty of facilities and local companies offering the sport as an adventure experience. Local companies have a wide portfolio of tourist products related to sea kayaking: kayak rental, family experiences, full-day excursions or one-hour activities, for beginners and for professionals and, also, combined products such as wine–kayaking, for example.</p> <p>It is a very well-structured, quite mature, adventure activity and there is a significant network of companies and facilities related to nautical sports all along the coast.</p>		

ADVENTURE 5	Diving	
Level of use: 4	Current touristic area: 5	Potential touristic value for AT: 3
<p>The Costa Brava is considered to be one of the best diving destinations in the Mediterranean. Among all the possibilities, Alt Empordà plays a key role. Its amazing seabeds, professional scuba diving centres and extensive tourist infrastructure have made this region a leading destination for this activity (also for snorkelling, although diving is more popular).</p> <p>Cap de Creus, Illes Medes, Roses, Llançà, l'Escala and Sant Pere Pescador are only some of the excellent places to go diving in this area. The network of scuba diving centres offers all types of adventure experiences related to diving: courses for beginners and for professionals, free-diving activities, diving holidays, etc.</p>		

ADVENTURE 6	Other sea-sports	
Level of use: 3	Current touristic area: 4	Potential touristic value for AT: 3
<p>As mentioned before, the coast of Alt Empordà is full of adventure tourism activities, related to the mediterranean Sea. Apart from the most popular, explained and highlighted above, the other nautical possibilities are innumerable. Sailing, canoeing, fishing, cruising, stand-up paddleboarding, surfing, among many others, exemplify the rich portfolio of activities available in Alt Empordà.</p> <p>This portfolio is well-structured and supported by a very wide network of local companies organised to provide visitors with high-quality services. All manner of nautical experiences are structured and commercialised for every possible type of client.</p> <p>In terms of facilities, the several marines act as a powerful force to boost these attractions among domestic and foreign visitors.</p>		

ADVENTURE 7	Birdwatching and observing flora and fauna	
Level of use: 3	Current touristic area: 4	Potential touristic value for AT: 3
<p>As mentioned before, most of the natural protected areas in this region have interpretative routes which allow the guest to get to know and understand the local flora and fauna. The visitor can find more information in the several welcome centres in each park. However, birdwatching activities stand out, specifically, in Aiguamolls de l'Empordà Natural Park.</p> <p>Aiguamolls de l'Empordà is one of the most popular places for birdwatching, not only in this region, but also in the whole of Catalonia. The provision related to this activity is wide-ranging and well-structured and it relies on a network of local companies to give high-quality experiences to guests. The Natural Park regularly organises activities, excursions and schools' programmes related to birdwatching in this area. In terms of facilities, there are observation spots, explanatory boards along the park, etc.</p> <p>Other ways of observing the flora and fauna in Alt Empordà are a visit to the Albera Tortoise Breeding Centre or the Butterfly Park in Castelló d'Empúries.</p> <p>Other places to birdwatch and observe local flora and fauna are Cap de Creus and Massís del Montgrí, Illes Medes and Baix Ter Natural Parks as well as in Albera and even in the mouth of river Fluvià.</p>		

ADVENTURE 8	Wine-related culinary activities/Visits to local producers	
Level of use: 4	Current touristic area: 4	Potential touristic value for AT: 2
<p>Culinary experiences in Alt Empordà are linked to its Wine Denomination of Origin. More than 25 local wineries offer wine-related activities for guests. These experiences include wine tastings, tastings beside the sea, meals among vineyards, guided visits to cellars, jeep excursions through vineyards, dramatised visits, wine-based courses and wellness treatments, among many others. There are also different museums and interpretations centres as well as specialised events related to wine.</p> <p>Wine-tourism in Alt Empordà is a very well-structured product. The network of local wineries, jointly promoted under the DO Empordà Wine Route, is a strong tourist product that has been established not only as a complementary activity but as a gastronomic and tourist attraction in its own right.</p>		

ADVENTURE 9	Mountain biking	
Level of use: 3	Current touristic area: 2	Potential touristic value for AT: 2
<p>Although it is not as popular as road cycling, mountain biking also has potential within in this area's adventure tourism provision. Especially in inland areas such as Salines–Bassegoda (which has its own MTB Centre), there are a significant number of signposted trails.</p> <p>This area also features a substantial tourist service programme, which may help this sport increase its position in Alt Empordà's portfolio of adventure tourism activities.</p>		

<b>RAIDS AL VENT</b> <a href="http://WWW.RAIDSALVENT.COM">WWW.RAIDSALVENT.COM</a>	Length: 274 km	Total ascent: ±5,000 m
	Signposts: -	Area: Alt Empordà
	Link to the route map: -	
<p>Raids al Vent is a four-day circular route, starting and finishing in the town of Roses, with 95% of the route running along tracks, paths, and forest trails. It can be followed all year round thanks to the mild weather in the region. It is promoted and commercialised by a local company.</p>		

<b>LA MUGA NATURAL WAY</b> <a href="http://WWW.EMPORDATURISME.COM">WWW.EMPORDATURISME.COM</a>	Length: 40 km	Total ascent: ±660 m
	Signposts: -	Area: Alt Empordà
	Link to the route map: <a href="#">Route Map</a>	
<p>A 40-km path linking the Mediterranean Sea with the Pyrenees. It follows the course of the river Muga and connects different natural areas. It can be undertaken by bike, on foot or on horseback.</p>		

ADVENTURE 10	Multi-adventure activities in Salines–Bassegoda	
Level of use: 2	Current touristic area: 2	Potential touristic value for AT: 3
<p>As mentioned before, Salines–Bassegoda is an inland territory, part of which belongs to Alt Empordà. It is a mountain landscape that offers a perfect playground for several adventure activities that would be more difficult in other areas of the region. For example, canyoning in the river Muga, and water courses and mountain rock climbing in the village of Albanyà.</p> <p>The range of adventure tourism experiences on offer is completed with some more widespread sports within the region such as mountain biking, hiking, the possibility to observe the local flora and fauna, horse riding and even golf.</p> <p>The current activity provision is supported by a network of local companies as well as a wide range of other tourist services such as accommodation, restaurants, etc.</p> <p>All these attractions are promoted by a local organisation, Salines–Bassegoda Consortium, whose main objectives are to preserve and promote the value of the cultural and environmental heritage of this area as well as to stimulate the sustainable development of this stretch of land.</p>		



ADVENTURE 11		Mountain biking
Level of use: 2	Current touristic area: 2	Potential touristic value for AT: 2
<p>Located in the Salines–Bassegoda area, in the La Muga river basin, the Darnius–Boadella reservoir is an inland area particularly recommended for water sports. Although the volume of users and its popularity are significantly lower than for nautical water sports, it has very interesting adventure tourism potential for the inland part of Alt Empordà. Some of the adventure activities that are offered by local companies in this reservoir are canoeing, kayaking, fishing and swimming/bathing. It has to be taken into account that permissions are needed for most of these sports. It is advisable to contact a local company that organises these activities. Facilities and tourist services are the same as already mentioned in the Salines–Bassegoda area.</p>		

ADVENTURE 12		Stargazing
Level of use: 2	Current touristic area: 2	Potential touristic value for AT: 2
<p>Stargazing is not a top tourist activity in Alt Empordà. Although the visitor can do it in some natural areas such as Cap de Creus and the Aiguamolls de l'Empordà Natural Park, the opportunity is centred on the Albanyà Astronomic Observatory.</p> <p>This centre has the biggest telescope in the whole Girona region and several educational activities are organised by the facility's management team.</p>		

Despite not having specifically mentioned them, to a lesser extent Alt Empordà also hosts other adventure tourism activities. For example, hot air ballooning or some wellness-focused activities such as shinrin-yoku (forest bathing) can also

be done in this area. However, there is no significant infrastructure around these events and they are not currently considered top tourist products for the region.

Skydive Empuriabrava. Bruno Brokken. PTCBG Images Archive



## 2.2.2 alt penedès

Alt Penedès is a totally inland territory. Although it is a relatively small county, it – together with the other regions included in the Penedès Denomination of Origin – is commercialised and promoted to the tourist market under the brand name “Penedès Turisme”. This joint promotion helps these territories gain visibility in the global tourist market.

The tourist provision in Alt Penedès is structured around wine and cava. Most of what is available is linked to wine tourism, something which has made the area a leading destination for this market segment, not only nationally but also internationally.

Adventure tourism is not a highly developed tourist product in this area and Alt Penedès makes no claims to being an adventure/active tourism destination. Currently a significant number of adventure activities are related to wine tourism, combining wine and cava with activities aimed at discovering local landscapes, visits and activities in tourist resources such as castles, museums, etc. and outdoor experiences (e-biking through vineyards, hot-air ballooning over vineyards, hiking, etc.). Apart from these, other significant activities are mountain biking, hiking/walking and cycling.

## NATURAL ATTRACTIONS

The most important natural attractions in Alt Penedès are:

NATURE 1	Olèrdola Regional Park	
Level of use: 3	Current touristic area: 3	Potential touristic value for AT: 4
<p>Its unique, exotic landscape fascinates all its visitors. It is an arid area, characterised by low reliefs, rounded peaks and deep, steeply sloping valleys. The park offers a network of facilities and activity programmes aimed at improving the visitor experience. Different routes through the park as well as the Olèrdola Monument Complex are good ways of getting to know this area. There are also different visitor centres where information to plan the visit can be obtained.</p>		

NATURE 2	El Foix Protected Natural Area	
Level of use: 3	Current touristic area: 4	Potential touristic value for AT: 3
<p>The Parc del Foix is the most important wetland area of the Alt Penedès. It has a wide variety of ecological environments. Within this area there are some areas that should be highlighted: the Foix reservoir and the castles of Castellet and Penyafort. The park features numerous tourist services and different activities are available. A number of long-distance trails (GR) cross this natural area and several local paths have been signposted.</p>		

NATURE 3	Parc dels Talls	
Level of use: 3	Current touristic area: 2	Potential touristic value for AT: 2
<p>The area has specific environmental features and is made up of four small lakes, each with its own particular characteristics. This remarkable, unique landscape is the result of the mining carried out for many years in the area of Vilobí. In this area the visitor can stroll, hike, run or cycle along the different routes. Additionally, expert guides offer guided visits to throw light on the geology, biology and history of this beautiful place.</p>		

NATURE 4	Massís del Garraf Protected Natural Area	
Level of use: 4	Current touristic area: 3	Potential touristic value for AT: 3
<p>Only part of this protected natural area belongs to Alt Penedès. The area has a very individual geography that combines the white of the limestone with low areas of vineyards and dry-stone walls. It offers a varied sample of Mediterranean fauna and flora. As in the other natural areas, the visitor can learn about this area in a variety of ways, thanks to the routes and activities that are already programmed and signposted.</p>		

#### Enoturisme Penedès





## CULTURAL ATTRACTIONS

The most important cultural attractions in Alt Penedès are:

CULTURE 1		Olèrdola Castle Historical Heritage Site	
Level of use: 4	Current touristic area: 4	Potential touristic value for AT: 2	
<p>This complex currently hosts a branch of the Archaeological Museum of Catalonia. Thanks to its importance at archaeological, historical and monumental levels, it was declared a Cultural Asset of National Interest in 1931. The visitor can follow a route through the history of this region, from prehistoric times to the Middle Ages. Apart from the cultural aspects, there is a circular path surrounding the castle, which is a good way of getting to know the area on foot, as well as different guided visits and activities in the natural area next to the site. It is fully equipped with all the services needed to guarantee a high-quality visit: interpretation centre, exhibitions, audio guides, etc.</p>			

CULTURE 2		VINSEUM • Museum of the Wine Cultures of Catalonia	
Level of use: 4	Current touristic area: 4	Potential touristic value for AT: 1	
<p>Vilafranca del Penedès hosts the VINSEUM, the very first wine museum in Spain and one of the first in Europe. Situated in a former mediaeval palace, it is designed to allow the visitor to experience wine culture and all its related topics. The visitor learns how wine has influenced the history and way of life in this region. The visit ends with wine tasting, also adapted for minors. The centre offers all manner of services and facilities for the public: guided visits, shops, wine bar, cultural activities, etc.</p>			

CULTURE 3		CIC Fassina • Cava Interpretation Centre	
Level of use: 4	Current touristic area: 3	Potential touristic value for AT: 1	
<p>As well as wine, cava has an interpretation centre in Sant Sadurní d'Anoia. Located in an old distillery built at the beginning of the 19th century, CIC Fassina combines hi-tech and traditional resources to introduce guests to the world of cava from the origins of this sparkling wine to its production process and grape varieties. Some of the services offered by this centre include guided visits, 3D projections, a large format audiovisual and cava-tasting paired with a snack produced in Sant Sadurní d'Anoia itself.</p>			

CULTURE 4		Castellet Castle	
Level of use: 3	Current touristic area: 3	Potential touristic value for AT: 3	
<p>Built on the remains of fortifications dating back more than 2,500 years, Castellet Castle has been declared a Cultural Asset of National Interest. This majestic castle is of great archaeological value. It currently houses the Abertis Foundation and UNESCO's International Centre for Mediterranean Biosphere Reserves. It has a museum space where several exhibitions related to the building and its history are on display. Tours are held free of charge once a month and should be booked in advanced.</p>			

CULTURE 5		Basilica of Santa Maria de Vilafranca	
Level of use: 3	Current touristic area: 2	Potential touristic value for AT: 1	
<p>The Basilica of Santa Maria de Vilafranca is the earliest example of Gothic architecture in Catalonia. It is currently used for religious purposes but visits are organised so people can better understand this amazing building. The visit includes a tour of the different spaces that comprise the basilica as well as an explanation of its interior and exterior features. In fact, the itinerary covers all of its 725 years of history.</p>			

Despite its intangibility, one of the top cultural resources when talking about Alt Penedès is the world of Human Towers (Castells, in Catalan).

CULTURE 6		The world of Human Towers	
Level of use: 5	Current touristic area: 4	Potential touristic value for AT: 1	
<p>Although human towers are a tradition throughout Catalonia, Alt Penedès and its capital, Vilafranca del Penedès, are where they are most intensely concentrated. This is considered the "Human Towers territory" par excellence. Declared Oral and Intangible Heritage of Humanity by UNESCO in 2010, this breathtaking tradition involves people standing on the shoulders of others, several "storeys" high, as they create human towers.</p> <p>Generally speaking, there is no specific tourist activity linked to the human towers although, in Alt Penedès, there are some tourist products combining dinner in a local restaurant with participating in a "human tower rehearsal" afterwards.</p>			

#### Enoturisme Penedès





## ADVENTURE ACTIVITIES

The most important adventure activities in Alt Penedès are:

ADVENTURE 1	Culinary activities	
Level of use: 5	Current touristic area: 5	Potential touristic value for AT: 3
<p>As mentioned before, the top tourist activities in Alt Penedès are directly related to wine and cava. These include every conceivable activity that can be combined with these two products. The region and its cellars have been able to develop a plethora of experiences which link adventure tourism with gastronomy: hiking ending with wine tasting, hot-air ballooning over the vineyards, e-biking through the vineyards, wellness-focused activities among vineyards, walking tours linking several cellars, among many others.</p> <p>Almost all the 70 cellars located in the Alt Penedès region offer some sort of tourist activities, some related to adventure or active tourism. The competitive advantage of this territory, with such amazing possibilities in terms of wine tourism, creates a varied adventure experience portfolio.</p>		

ADVENTURE 2	Hiking/ Walking	
Level of use: 5	Current touristic area: 5	Potential touristic value for AT: 3
<p>This region has interesting hiking provisions, with itineraries and routes for a variety of hikers and walkers. The different protected natural areas have a wide range of signposted routes which let the guest get to know the area's different landscapes as well as its other features such as the flora, fauna and local history and culture. Regular guided visits and other educational activities are programmed in the different natural areas throughout the year.</p> <p>Below is a list of the most important hiking areas and a brief description of the most characteristic routes</p>		

Natural Protected Area	Brief description	Route map
<b>El Foix Protected Natural Area</b>	Also known as the "historical trail", GRI links the Mediterranean Sea and the Atlantic Ocean via the Pyrenees and the southern facade of the Cantabrian Mountain Range. It begins in Sant Martí d'Empúries, and ends in Cape Fisterra, Galicia.	<a href="#">Route Map</a>
<b>Massís del Garraf Protected Natural Area</b>	This route starts in La Jonquera and finishes in Sant Adrià del Besós, next to Barcelona, after having passed through La Garrotxa Volcanic Area, Tavertet and Les Guilleries.	<a href="#">Route Map</a>
<b>Olèrdola Regional Park</b>	A route that crosses all the Pyrenean mountain range, from the Cantabrian Sea to the Mediterranean.	<a href="#">Route Map</a>
<b>Parc dels Talls</b>	This route follows the Catalan coastline, showing its great diversity of coves, beaches, Mediterranean landscapes and coastal mountain ranges.	<a href="http://www.parcdestalls.cat">www.parcdestalls.cat</a>

### THE RIVER TRAIL CAMÍ DEL RIU)

[WWW.ELCAMIDELRIU.CAT](http://WWW.ELCAMIDELRIU.CAT)

(EL

Length: 43 km

Total ascent: -

Signposts: -

Area: Alt Penedès

Link to the route map: [Route Map](#)

A 43-kilometre route between the rivers Mediona–Bitlles, Lavernó and Anoia. It allows the guest to discover the area's wide diversity of landscapes.

### TREKKING PENEDES 360

[WWW.PENEDES360.COM](http://WWW.PENEDES360.COM)

Length: 151 km

Total ascent: +4,000 m

Signposts: -

Area: Alt and Baix Penedès

Link to the route map: [Route Map](#)

Hiking route in the heart of Penedès area, surrounded by vineyards and forests full of history. The Penedès 360 project (composed by hiking, MTB and slow bike routes) has the direct involvement of the local tourist resources as well as local companies and accommodations.

### VIA AUGUSTA

[WWW.VIAAUGUSTAPENEDES.CAT](http://WWW.VIAAUGUSTAPENEDES.CAT)

Length: 51.25 km

Total ascent: +1,063 m

Signposts: Yellow circles

Area: Alt and Baix Penedès

Link to the route map: [Route Map](#)

A seven-stage walk with over 2,000 years of history. It crosses the Penedès region, enabling the guest to discover the region: landscapes full of paths, cattle crossings, and a mosaic of vineyards. It can be done on foot or by bike. This route is sponsored by the local DMO.

### WINE WALK

[WWW.PENEDESTURISME.CAT](http://WWW.PENEDESTURISME.CAT)

Length: 3.5 km

Total ascent: -

Signposts: -

Area: Vilafranca del Penedès

Link to the route map: [Route Map](#)

A seven-stage walk with over 2,000 years of history. It crosses the Penedès region, enabling the guest to discover the region: landscapes full of paths, cattle crossings, and a mosaic of vineyards. It can be done on foot or by bike. This route is sponsored by the local DMO.

Generally speaking, long-distance trails (GR) are not exclusively located in one single region. They cross several counties, creating some very interesting hiking and trekking possibilities. Trails in the Alt Penedès are:

Long-distance trail	Km (in total)	Brief description	Route map
<b>GR5</b>	202.45	The route starts in Sitges and ends in Canet de Mar, another coastal village, after having passed through different natural parks and protected natural areas. Although it links two coastal villages, it is mainly an inland trail.	<a href="#">GR5 Route Map</a>
<b>GR92 (The Mediterranean Path)</b>	561.90	This trail follows the Catalan coastline, showcasing its great diversity of coves, beaches, Mediterranean landscapes and coastal mountain ranges. In the Alt Penedès region the visitor can take several detours from the main GR92 route.	<a href="#">GR92 Route Map</a>
<b>GR172</b>	198.02	This trail lets the hiker discover the main cities of the Tarragona area.	<a href="#">GR172 Route Map</a>

ADVENTURE 3	Mountain biking	
Level of use: 4	Current touristic area: 4	Potential touristic value for AT: 3
<p>Alt Penedès has plenty of trails suitable for mountain bikers. Different signposted routes let the visitor pedal through vineyards while getting to know the landscapes and history of this area.</p> <p>As well as dedicated hiking routes, there is also provision for mountain biking in the protected natural areas in Alt Penedès. There does not currently exist a website where these trails can be checked out, but there are local guiding companies offering their services in these natural locations.</p> <p>As in other regions, many of the signposted trails can be undertaken on foot and also by bike. For example, the Via Augusta and the Camí del Riu (The River Trail). Dedicated mountain-biking routes are briefly explained below.</p>		

<b>PENEDÈS 360 BY MTB</b> <a href="http://WWW.PENEDES360.COM">WWW.PENEDES360.COM</a>	Length: 281 km	Total ascent: +7,000 m
	Signposts: -	Area: Alt and Baix Penedès
Link to the route map: <a href="#">Route Map</a>		
<p>A demanding technical MTB route in the Penedès area, going from the hills to the Mediterranean, through quiet trails and small rural villages. Mountain bikers can see some of the castles that were involved in the Hispanic March, the former frontier between the Christian and Muslim territories in the province of Barcelona. The mountain biker will be able to pedal along fun trails through forests and vineyards.</p>		

ADVENTURE 4	Cycling	
Level of use: 3	Current touristic area: 4	Potential touristic value for AT: 3
<p>The low level of traffic on the inland roads of the Alt Penedès lets the cyclist use this territory as a perfect location for this sport. The small roads crossing the amazing landscapes of this area constitute a good starting point to develop road cycling as a tourist product in the region. Currently, most of the existing activities are linked to vineyards and cellars.</p>		

<b>ENOBICING Penedès</b> <a href="http://WWW.BIKEMOTIONS.ES">WWW.BIKEMOTIONS.ES</a>	Length: - km	Total ascent: -
	Signposts: -	Area: Subirats
	Link to the route map: -	
<p>This is not exactly a route but an initiative aiming to promote the use of bike and train. Visitors arriving in the village of Subirats by train can hire a bike at the train station. They get a discount for the “Bike &amp; Taste” promotion and receive information on how to get to the different wineries, restaurants and other cultural and recreational centres of interest by bicycle.</p>		

<b>Penedès 360 BY SLOW BIKE</b> <a href="http://WWW.PENEDES360.CAT">WWW.PENEDES360.CAT</a>	Length: 162 km	Total ascent: +2,000 m
	Signposts: -	Area: Alt and Baix Penedès
	Link to the route map: <a href="#">Route Map</a>	
<p>This laid-back, relaxed bike ride around the vineyard-covered Penedès plain takes the cyclist along paths, past castles and ancient stone huts, through charming towns and sprawling vineyards and even to a Romanesque monastery.</p>		

<b>ADVENTURE 5</b>	<b>Observation of flora and fauna</b>	
Level of use: 3	Current touristic area: 2	Potential touristic value for AT: 3
<p>Observing flora and fauna in the Alt Penedès region is concentrated in the area’s several protected natural areas. In fact, almost all offer special activities, educational programmes, etc. to help visitors understand the flora and fauna of the area. El Foix, Olèrdola and Massís del Garraf Natural Areas have a wealth of information on the subject and an interesting programme of activities. Visitors interested in this topic can find more information both online and in the welcome centres in each natural area.</p> <p>In addition, the Parc dels Talls is working to develop a programme of activities related to flora and fauna in order to turn this area into a tourist attraction. Its characteristics, with its interesting geological heritage, can help the local DMO to succeed. There is already quite a wide range of these activities here, also with special programmes for schools, etc.</p>		

<b>ADVENTURE 6</b>	<b>Climbing</b>	
Level of use: 2	Current touristic area: 2	Potential touristic value for AT: 3
<p>Climbing is not a popular draw for tourists in Alt Penedès. Although it is available in different locations, this is not recognised as a climbing destination in Catalonia. Currently, the climbing programme is not adequately structured to be developed into a tourist attraction and it is not actively promoted.</p> <p>Nevertheless, there are some relatively popular climbing areas in Alt Penedès, such as L’Avellà, Can Figuera, Castell de Subirats, Coll de la Barraca, El Castellot, Gelida, Mediona, Pontons, Torrelletes and Xan Ximet (Vall d’Olèrdola).</p>		

ADVENTURE 7	Eco-adventure park (Les Deus)	
Level of use: 2	Current touristic area: 2	Potential touristic value for AT: 2
<p>Alt Penedès has one eco-adventure park (Les Deus Aventura), consisting of acrobatic circuits with high zip lines, a via ferrata and spectacular games. The visitor is always accompanied by a monitor. This multi-adventure area offers several different adventure tourism activities. A private company provides these services but as a whole they do not constitute a significant tourist product among the whole tourist provision in the region.</p>		

ADVENTURE 8	Hot-air ballooning	
Level of use: 2	Current touristic area: 1	Potential touristic value for AT: 2
<p>Alt Penedès does not have a significant range of activities related to hot-air ballooning. However, one winery company does offer it as a premium activity (hot-air ballooning over vineyards). It is not offered by any local company and there are only a few companies in the whole of Catalonia specialising in this entertainment. Although hot-air ballooning is available in this region, it is not considered a top tourist product.</p>		

ADVENTURE 9	Orienteering	
Level of use: 1	Current touristic area: 1	Potential touristic value for AT: 3
<p>Some years ago, geocaching became very popular in Catalonia. This involved finding hidden “treasure” (geocaches) using a GPS system. Currently, although its popularity has decreased a lot, there are hundreds of geocaches hidden around the territory, creating an extensive network of orienteering activities. In Alt Penedès, orienteering activities are linked to these geocaches. Although it is not a strong adventure tourist product and it is not widely promoted by the local DMO, some villages, such as Sant Martí Sarroca, use this intangible infrastructure to offer an additional activity in their areas.</p>		

ADVENTURE 10	Caving	
Level of use: 1	Current touristic area: 1	Potential touristic value for AT: 3
<p>Like climbing, caving is not a popular tourist product. There are some caves and chasms where this sport can be done but it is not widely marketed as an adventure experience in Alt Penedès. Unless the caves are spectacular or special in some way, it is difficult to promote a destination as a top caving area. In this region, the most popular areas for caving are the Avenc de l'Esquerrà and the Coves dels Bous.</p>		





Enoturisme Penedès

### 2.2.3 Baix Ebre

Baix Ebre is, like Alt Empordà, a coastal and inland playground. And, like Alt Penedès, it is promoted and commercialised touristically under the wider umbrella of the Terres de l'Ebre. It has a powerful nature profile as it is part of the UNESCO award-winning Terres de l'Ebre Biosphere Reserve. It encompasses two important natural parks and the Ebre river mouth makes this area one of the most representative of Catalonia.

Adventure tourism possibilities are represented by maritime and mountain activities, and also river sports, thanks to the river Ebre. In fact, river experiences are among the most popular outdoor activities in this area. The most typical adventure tourism activities in Baix Ebre are related to birdwatching, cycling, hiking/walking, snorkelling/diving and kayaking. Kitesurfing and competitive fishing are also popular.

## NATURAL ATTRACTIONS

The most important natural attractions in Baix Ebre are:

NATURE 1	Delta de l'Ebre Natural Park	
Level of use: 5	Current touristic area: 5	Potential touristic value for AT: 5
<p>It is the largest wetland in Catalonia and the second largest aquatic habitat of the Western Mediterranean. It possesses an amazing wealth of environments: river, sea, beaches, dunes, river islands, etc. Some of the areas in the park are protected areas of natural interest because of their special characteristics. The fauna and flora in the park are very rich, and it hosts some of the most important seabird breeding colonies in the Mediterranean region as well as being one of the leading birdwatching destinations at national and international level. Tourist provision is developed and structured around this location. Viewpoints, facilities for observing fauna, several visitor centres and museums, itineraries to be followed on foot, by bike, on horseback, by canoe, etc. An important number of local companies offer their services within the limits of Delta de l'Ebre Natural Park.</p>		

NATURE 2	Els Ports Natural Park	
Level of use: 4	Current touristic area: 3	Potential touristic value for AT: 4
<p>Els Ports Natural Park, an inland territory in Baix Ebre, is a massif that goes beyond the limits of the Terres de l'Ebre region into Aragon and Valencia. As a protected natural area, its natural richness is very important. Some of the adventure activities available in this park include hiking, long-distance trails, greenways and cycling, and observing wild fauna. In the different visitor centres located around the park, the visitor will find detailed information about programmed activities, signposted paths, etc.</p>		

NATURE 3	La Punta del Fangar Wildlife Nature Reserve	
Level of use: 4	Current touristic area: 4	Potential touristic value for AT: 3
<p>This area is of utmost importance as a refuge and feeding area for migratory aquatic birds. The different observatories located to the left of the access tracks facilitate the observation of seabird colonies, especially during the spring season. The Nature Reserve is managed by the Delta de l'Ebre Natural Park.</p>		

NATURE 4	Serra de Cardó	
Level of use: 3	Current touristic area: 3	Potential touristic value for AT: 4
<p>This inland territory is one of the most charismatic regions in the Terres de l'Ebre and a popular landscape for the inhabitants of Baix Ebre and, more specifically, for the city of Tortosa. It encompasses an important cultural and historical heritage, together with dry-stone constructions and cave paintings. Adventure activities available here are hiking, mountain biking and climbing, among others.</p>		



Enoturisme Penedès

## CULTURAL ATTRACTIONS

The most important cultural attractions in Baix Ebre are:

CULTURE 1	The Castle of La Suda	
Level of use: 3	Current touristic area: 3	Potential touristic value for AT: 1
<p>It is considered one of the main historical monuments of Tortosa, together with the Cathedral and the Royal Colleges. It is a key witness to the Andalusian past of this city and it preserves the only open-air Islamic necropolis in Catalonia. It is an incredible viewpoint over the city of Tortosa and it currently hosts a "Parador Nacional" hotel.</p>		

CULTURE 2	Santa Maria de Tortosa Cathedral + Museum	
Level of use: 3	Current touristic area: 3	Potential touristic value for AT: 1
<p>Tortosa, the capital of Baix Ebre region, is a city with charm. Full of amazing buildings, traditions and beautiful spaces, its monumental cathedral is no exception. Santa Maria Cathedral is currently a religious site, declared a Cultural Asset of National Interest. It is located in the old quarter, next to the river Ebre. It encompasses a museum, where the visitor can enjoy the 200 pieces of religious art accumulated over nine centuries.</p>		

CULTURE 3	Tortosa Renaissance Festival	
Level of use: 3	Current touristic area: 3	Potential touristic value for AT: 1
<p>The annual Renaissance Festival takes place in Tortosa over four days in July. Its main objective is to show the splendour of a 16th-century city and transport the guests to the Tortosa of 500 years ago. More than 3,000 inhabitants take part, wearing period costumes, and there are 60 shows a day, involving more than 500 actors. Although it does not have international projection, it is an important tourist attraction for the city.</p>		



CULTURE 4		Delta de l'Ebre Ecomuseum
Level of use: 4	Current touristic area: 4	Potential touristic value for AT: 1
<p>This centre introduces the visitor to all the topics related to the Delta de l'Ebre: the local natural environments (river, lagoons, rice paddies, etc.), the typical human activities that have been carried out here for centuries, and also the flora and fauna. It features an aquarium, where the main species of fish and amphibious animals of this area can be seen. It is a very good way of getting to know the region and makes an excellent starting point for a visit to the area. It offers all the services needed to guarantee a high-quality visit.</p>		

CULTURE 5		Cabra Freixet Paintings – UNESCO Heritage
Level of use: 2	Current touristic area: 2	Potential touristic value for AT: 1
<p>The Rock Paintings of Cabra Freixet were declared a World Heritage Site by UNESCO in 1998. These paintings have religious and magical value, since they are a clear reflection of how our more primitive ancestors lived, and also of the animals that surrounded them. They are easily accessible via a well signposted route. Although it is a UNESCO Heritage site, it is not a particularly popular tourist resource.</p>		

Terres de l'Ebre Tourist Board. Tortosa – Tortosa Tourism



## ADVENTURE ACTIVITIES

The most important adventure activities in Baix Ebre are:

ADVENTURE 1	Birdwatching	
Level of use: 5	Current touristic area: 5	Potential touristic value for AT: 4
<p>Delta de l'Ebre Natural Park is the leading destination for birdwatching in Catalonia. Nationally and internationally renowned, it is such a privileged place for this activity that it has become one of the top tourist attractions in Baix Ebre.</p> <p>Birdwatching in this area is a top mature product. With a wide network of facilities and local companies offering the activity in their portfolio, it boasts a very well-structured programme of events. Delta de l'Ebre Natural Park has plenty of visitor facilities for birdwatching: strategically located viewpoints, interpretation centres, signposted hiking and cycling routes and itineraries, etc.</p> <p>There are also activities for families, for amateur and expert birdwatchers, for groups, for schools, for individuals, self-guided or guided by a professional, etc. It can be visited all year and it is currently a driving force for tourism in this region.</p>		

ADVENTURE 2	Cycling	
Level of use: 5	Current touristic area: 5	Potential touristic value for AT: 3
<p>Cycling has great potential in the whole of the Terres de l'Ebre region and specifically in Baix Ebre. A wide network of roads with very low levels of traffic is perfect for cyclists who visit and want to ride around the area and also for expert cyclists who want to train in demanding mountain passes. One of the attractions is that the network of trails and cycleways links the two natural areas, Els Ports and Delta de l'Ebre, as well as the most interesting agricultural areas in this territory.</p> <p>In Baix Ebre, cycling can be combined with other activities such as visits to local cultural attractions, guided tours to learn about local history, gastronomical activities, etc.</p> <p>It currently has a network of local companies offering top-quality services in terms of cycling as well as specialised facilities for cyclists.</p> <p>Some of the best-known cycleways in Baix Ebre are briefly explained below.</p>		

Natural Protected Area	Brief description	Route map
<b>Delta de l'Ebre Natural Park</b>	There is a vast network of signposted routes indicating the most interesting areas of the park. It covers more than 200 km and explores the most important wetlands in the Mediterranean.	<a href="#">Route map</a>
<b>Els Ports Natural Park</b>	Inland territory with cyclist icons such as Mont Caro, with demanding mountain passes for expert riders.	=



<b>EUROVELO 8</b> <a href="http://WWW.EN.EUROVELO.COM">WWW.EN.EUROVELO.COM</a>	Length: 7,500 km	Total ascent: -
	Signposts: blue square	Area: 10 countries
	Link to the route map: <a href="#">Route map</a>	
<p>Also known as the Mediterranean Route, Eurovelo 8 will link Greece and Spain following the curve of the Mediterranean and going through some of its main tourist resorts. When the route passes through Catalonia and the Terres de l'Ebre, it follows the old Roman road, the Via Augusta, a section that is likely to become one of the most popular in the network.</p>		

<b>VAL DE ZAFÁN GREENWAY</b> <a href="http://WWW.TERRESDELEBRE.TRAVEL">WWW.TERRESDELEBRE.TRAVEL</a>	Length: 170 km (22 km in Baix Ebre)	Total ascent: -
	Signposts: -	Area: Aragon and Terres de l'Ebre
	Link to the route map: <a href="#">Route map</a>	
<p>This tourist route uses the old train track of Val de Zafán, which linked Tortosa with the counties of Matarranya and Aragon. The track passes through tunnels, and takes in bridges, aqueducts and former railway stations. Some stations have been restored and offer bike rental services, accommodation and restaurant facilities.</p>		

<b>ADVENTURE 3</b>	<b>Hiking/Trekking/Walking</b>	
Level of use: 5	Current touristic area: 5	Potential touristic value for AT: 3
<p>Hiking, trekking and simply walking are also active activities of the utmost importance in Baix Ebre. Itineraries following the coast or along inland mountain routes give the visitor the possibility of choosing from a wide range of signposted trails.</p> <p>There is currently a vast network of local guiding companies offering high-quality services to visitors and it is considered a mature product for this area.</p> <p>Some of the most important hiking areas and the most representative trails are mentioned below.</p>		

<b>Natural Protected Area</b>	<b>Brief description</b>	<b>Route map</b>
<b>Delta de l'Ebre Natural Park</b>	There is a vast network of signposted routes indicating the most interesting areas of the park. A significant number of these routes are related to local flora and fauna.	<a href="#">Route map</a>
<b>Els Ports Natural Park</b>	The park has a wide range of facilities and itineraries aimed at helping the public enjoy the visit and offering high quality services and a satisfactory tourist experience.	<a href="#">Route map</a>
<b>Serra de Cardó</b>	Inland mountain area with an interesting range of hiking trails and paths.	

<b>ESTELS DEL SUD</b> <a href="http://WWW.ESTELSDELSUD.COM">WWW.ESTELSDELSUD.COM</a>	Length: 103.8 km	Total ascent: +3,781 m
	Sign posts: White circle with a blue star	Area: Els Ports Natural Park
	Link to the route map: <a href="#">Route map</a>	

A five-stage route that lets the hiker discover Els Ports Natural Park, with all its landscape and cultural variety. It is commercialised by a local company. It offers services such as luggage transport, guiding, etc.

Generally speaking, long-distance trails (GR) are not exclusively located in one single region. They cross several counties,

creating some very interesting hiking and trekking possibilities. Trails in the Baix Ebre region are described below:

Long-distance trail	Km (in total)	Brief description	Route map
<b>GR7</b>	381.97	European trail crossing the Iberian Peninsula from Andorra to Tarifa (Cádiz).	<a href="#">GR7 Route Map</a>
<b>GR92 (The Mediterranean Path)</b>	561.90	This trail follows the Catalan coastline, showcasing its great diversity of coves, beaches, Mediterranean landscapes and coastal mountain ranges.	<a href="#">GR92 Route Map</a>
<b>GR99 (The Ebre river path)</b>	164.78	The entire 1,200-kilometre route follows historic roads running alongside the river Ebre from its source in Cantabria to its mouth at the Delta.	<a href="#">GR99 Route Map</a>
<b>GR171</b>	276.10	A route that crosses the centre and south of Catalonia, passing towns and monuments of great interest.	<a href="#">GR171 Route Map</a>
<b>GR192 (The Wind path)</b>	96.09	A route that passes through the province of Tarragona, starting in Cambrils, on the Costa Daurada, and finishing in Amposta.	<a href="#">GR192 Route Map</a>

<b>ADVENTURE 4</b>	<b>Diving</b>	
Level of use: 4	Current touristic area: 5	Potential touristic value for AT: 3
<p>Although diving can be done all along the coast, l’Ametlla de Mar is the top diving destination in the Terres de l’Ebre and one of the leading ones in the whole of Catalonia. It is a specialised destination, awarded by the Catalan Tourist Board. Its seabed is unique and it has the attraction of sunken boats a relatively short distance away from the coast.</p> <p>There is also a vast network of both local companies and diving centres that act as a driving force in the promotion and commercialisation of diving products, giving a very high-quality service.</p> <p>The activities portfolio is extensive. There are experiences for experts, for beginners, full-day activities, diving combined with other tourist products, etc.</p>		

ADVENTURE 5	Canoeing & Kayaking	
Level of use: 4	Current touristic area: 5	Potential touristic value for AT: 3
<p>In Baix Ebre, canoeing (and also kayaking) can be done both in the river and in the sea. It is a popular adventure sport and one of the most accessible for all audiences.</p> <p>Inland, different routes along the river Ebre allow the guest to understand the geography of the area; on its way to the sea, the Ebre river mouth offers a totally different experience, with fields full of rice at both sides; and, once at the sea, l'Ametlla de Mar is a splendid place for canoeing as the visitor will be able to reach areas that are inaccessible on foot.</p> <p>Currently there is a significant number of local companies covering the area as well as facilities such as marinas and nautical centres that facilitate the promotion and commercialisation of these kinds of experiences, as well as being a powerful driving force in terms of nautical sports.</p>		

ADVENTURE 6	Kitesurfing	
Level of use: 4	Current touristic area: 4	Potential touristic value for AT: 2
<p>Kitesurfing is a relatively new tourist attraction but one that has been gaining importance in Baix Ebre. Alfacs Bay in particular, but also the Riumar beach in Deltebre, bring together the ideal conditions for this activity and are becoming more and more popular among this market segment.</p> <p>There are several companies that include kitesurfing among the other nautical sports they offer. Activities are arranged for both experts and beginners, and equipment can be rented by the day.</p>		

ADVENTURE 7	Competitive fishing	
Level of use: 3	Current touristic area: 4	Potential touristic value for AT: 2
<p>Deltebre is considered the best fishing destination in the Terres de l'Ebre and, based on expert opinions, in the Mediterranean as a whole. It boasts a large number of species of aquatic life and both freshwater and sea fishing are available thanks to its location beside both the river and the coast.</p> <p>The best time of year to enjoy these activities is from May to December, although they are available all year. It should be highlighted that permissions are needed.</p> <p>Fishing is quite a well-structured tourist product, with a programme including fishing with local fishermen, nightfishing experiences, fishing competitions, boat and fishing-equipment rental, with or without a guide, among other activities.</p>		

ADVENTURE 8	Other nautical sports	
Level of use: 3	Current touristic area: 3	Potential touristic value for AT: 3
<p>Apart from the above-mentioned nautical sports, the range of adventure activities available on the Baix Ebre coast is wide and includes other active sea experiences: SUP, sailing, kayaking, surfing, etc.</p> <p>The network of local companies and marinas and nautical centres are key players in the promotion and commercialisation of these experiences.</p>		

ADVENTURE 9	Mountain biking	
Level of use: 3	Current touristic area: 4	Potential touristic value for AT: 2
<p>Although road cycling is one of the global top tourist products in Baix Ebre, mountain biking plays a significant role. There are some routes next to the coast, in Delta de l'Ebre Natural Park, but Els Ports Natural Park is the main mountain-biking playground.</p> <p>This area is ideal for mountain biking: with trails for the most adventurous, it certainly lives up to all the expectations of expert bikers.</p> <p>Local tourist information offices as well as the local DMO website can provide the visitor with information about tracks, possible trails, etc. Local companies also offer their guiding services and give a high standard of services.</p>		

Natural Protected Area	Brief description	Route map
<b>Delta de l'Ebre Natural Park</b>	There is a network of signposted routes indicating the most interesting areas of the park to see while mountain biking.	<a href="#">Route map</a>
<b>Els Ports Natural Park</b>	Inland territory full of trails for mountain-bike lovers. There are several signposted routes around El Caro mountain refuge.	<a href="#">Route map</a>

ADVENTURE 10	River experiences	
Level of use: 3	Current touristic area: 4	Potential touristic value for AT: 2
<p>One of the competitive advantages in terms of adventure tourism for Baix Ebre is the river Ebre. It is navigable and has the potential to be used for active sports, which make it a unique resource. The combination of sea coast and river is one of the main features of Baix Ebre that makes adventure tourism here stand out from the rest. Canoeing, kayaking, cruising, sailing and fishing are some of the activities that can be done in this riverside environment. These activities are supported by facilities such as quays along the river and a significant network of local companies offering services such as sailing in traditional boats, river excursions to get to know the flora and fauna, canoe and kayak rentals and guided excursions, etc. There are already some popular routes along the river, with sections running between villages located beside the river Ebre, that have consistent demand during the year. For example, Miravet-Benifallet, Benifallet-Xerta or Les Cinc Illes River Route, Lo Pont del Llaguter River Route, etc.</p>		

ADVENTURE 11	Multi-adventure activities in Els Ports Natural Park	
Level of use: 2	Current touristic area: 3	Potential touristic value for AT: 4
<p>As an inland territory, Els Ports Natural Park offers ideal conditions for several adventure sports such as rock climbing and canyoning, which would be difficult to do in the flatter coastal terrains. Popular areas for canyoning are Vall Figuera and Racó de la Gralla Canyons. It has to be taken into account that the regulations of this natural area limit the number of descents and prohibit canyoning in, for example, areas of special natural interest. In addition, it is mandatory to submit an application before carrying out these activities.</p> <p>Local companies help the visitor enjoy these sports and, once again, visitors are advised to contact them when planning a trip to this area with a view to doing adventure sports. This is not an overall top tourist product in Baix Ebre but it could have an interesting potential for the region.</p>		

ADVENTURE 12	Culinary experiences	
Level of use: 3	Current touristic area: 3	Potential touristic value for AT: 4
<p>Gastronomic experiences in Baix Ebre are aimed at explaining local history to visitors as well as promoting the many high-quality local products. Activities related to rice and shellfish are the most popular. For example, learning how to plant and harvest rice, taking a boat ride over the mussel-beds and tasting the product afterwards, and swimming with immense red tuna are only some examples of the culinary activities that are currently being commercialised by local companies in this area.</p> <p>This is seen as a tourist product with interesting potential.</p>		

Despite not having specifically mentioned them, other adventure tourism activities are also to be found in Baix Ebre. For example, caving, hot-air ballooning, horse riding and some wellness-focused activities such as forest bathing can be

also undertaken in this area. However, the infrastructure around them is not significant and they are not currently considered top tourist products for the region.

Birdwatching in Delta de l'Ebre Natural Park. Terres de l'Ebre Tourist Board.





## 2.2.4 berguedà

Berguedà is an inland territory with a very diverse geography, virtually transforming this single area into two different destinations. It also defines the tourist provisions that exist in the two areas: more active pursuits in the north and quieter ones in the south. Although the river Llobregat crosses the region from north to south, its characteristics do not lend themselves to tourist activities.

Most adventure tourism provision is concentrated in the north of the region, where the mountain landscape is predominant. Berguedà has very well structured and developed hiking/trekking/walking possibilities and it is a popular destination for this market segment. Other significant adventure sports are mountain biking, climbing, paragliding and cycling.

## NATURAL ATTRACTIONS

The most important natural attractions in Berguedà are:

NATURE 1	Pedraforca Natural Area	
Level of use: 5	Current touristic area: 5	Potential touristic value for AT: 4
<p>Within the Cadí–Moixeró Natural Park there is the Pedraforca Natural Area. Pedraforca is one of the most emblematic mountains in Catalonia. Its shape, the legends around it and its extremely long climbing and hiking tradition have made it a landmark in mountaineering and popular culture. Its forked shape and the fact that it stands alone and is not part of a range mean that it is also a photographic attraction. Adventure tourism activities are the most popular in this area: climbing, hiking, mountain biking and caving are only a few examples of the wide range of outdoor experiences that can be had here. It is always advisable to take advantage of one of the many local guiding companies offering their services in this area.</p>		

NATURE 2	Cadí–Moixeró Natural Park	
Level of use: 4	Current touristic area: 4	Potential touristic value for AT: 4
<p>This is one of the largest nature reserves in Catalonia, exceeding the limits of the Berguedà region. It is a mountain barrier with an impressive array of fauna, flora and landscapes. Several activities related to nature, gastronomy, culture, visiting villages, etc. are organised within the limits of this protected area. A wide range of adventure activities are on offer here, although certain restrictions must be taken into consideration. Visitors can plan their entire visit in advance or stay in the natural park and stop off at the different information centres located in the entrances to the area.</p>		

NATURE 3	Riera de Merlès Protected Natural Area	
Level of use: 5	Current touristic area: 5	Potential touristic value for AT: 2
<p>This protected natural area around the Merlès brook has natural pools that are suitable for bathing and which have made this area very popular, especially during the summer months. In fact, over recent years, some restrictions have had to be implemented in high season as overuse started to put the natural heritage of the area in danger.</p>		

NATURE 4	Serra d'Ensija–Els Rasos de Peguera Protected Natural Area	
Level of use: 4	Current touristic area: 4	Potential touristic value for AT: 3
<p>This area has a typical high mountain landscape, with a rugged terrain. It constitutes Catalonia's southern boundaries of Alpine and sub-Alpine vegetation. It is a great place for hiking as its geology offers options for all sorts of visitors. In winter it is also quite a popular area for activities like ski mountaineering. Despite all this, visitors do not conceive of it as a protected natural area. Different local companies offer their services all through this stretch of land.</p>		

NATURE 5	Serra del Verd Protected Natural Area	
Level of use: 3	Current touristic area: 3	Potential touristic value for AT: 3
<p>This natural area is located to the south of the Cadí mountains. It is an ideal playground for hikers and mountain sports lovers. It is surrounded by numerous tourist facilities, including ski resorts (which do not form part of the Berguedà region). As in the previous natural area, visitors come to this territory for adventure activities and frequently have no clear idea about its level of natural protection.</p>		

Pedraforca, el Berguedà. Rafael López-Monné



## CULTURAL ATTRACTIONS

The most important cultural attractions in Berguedà are:

CULTURE 1	Tren del Ciment/Jardins Artigas/Asland Cement Museum	
Level of use: 5	Current touristic area: 5	Potential touristic value for AT: 1
<p>The Tren del Ciment (Cement Train) currently runs from La Pobla de Lillet to Asland Cement Museum. The route is approximately 20 minutes long and covers a distance of 3.5 km, stopping at four stations on the way. It is one of the most popular cultural attractions in Berguedà, along with the different resources linked to it such as the Jardins Artigas and the Asland Cement Museum.</p> <p>The Jardins Artigas (Artigas Gardens) were designed by Antoni Gaudí in the early 20th century and are situated in a natural area where they take full advantage of elements such as water, stone and vegetation. Visitors can take a quiet stroll through this area.</p> <p>The Asland Cement Museum, another stop on the Tren del Ciment route, is located in a spectacular former modernist cement factory. The Centre explains the role of Portland cement in the region. The museum is equipped with all the services required to guarantee a high-quality visit. It also has educational programmes for schoolchildren.</p> <p>These resources, as a whole, constitute the most popular cultural attraction in the Berguedà region.</p>		

CULTURE 2	Cercs Mining Museum	
Level of use: 5	Current touristic area: 5	Potential touristic value for AT: 1
<p>This museum lets the visitor relive a day in the life of a miner who worked in this region in the 20th century. The centre houses a collection of exhibitions and audiovisual material dedicated exclusively to coal mining (Berguedà was one of the most important mining areas in Catalonia). The museum is equipped with all services needed by the public: guided tours, group visits, special visits for schoolchildren, shops, etc. It is located in a former mining colony.</p>		

CULTURE 3	Colònia Vidal Museum	
Level of use: 5	Current touristic area: 5	Potential touristic value for AT: 1
<p>A visit to the Colònia Vidal Museum shows the visitor how people lived and worked in an industrial colony in the early 20th century. Located beside the river Llobregat in one of the industrial colonies, this centre offers guided tours to different places in the colony: the school, the factory, the house where the owner lived, etc. This is a good way of getting to know the industrial past of this area and being completely immersed in the scenario. The museum has special educational programmes and activities for schoolchildren. It is equipped with all the services needed to guarantee a high-quality experience.</p>		

CULTURE 4	Fumanya Dinosaurs	
Level of use: 3	Current touristic area: 4	Potential touristic value for AT: 1
<p>The open-pit coal mines of Fumanya are a place of unquestionable geological and palaeontological interest. Mining activity carried out in this area uncovered a wall with an impressive set of dinosaur footprints from 65 million years ago. The interpretation centre, located just in front of this amazing wall, helps the visitor to better understand the world of dinosaurs and how it relates to the area. Its surroundings are an ideal place for adventure sports, especially road cycling. All services required for a high-quality visit are guaranteed.</p>		

CULTURE 5	Romanesque church ensemble	
Level of use: 2	Current touristic area: 3	Potential touristic value for AT: 1
<p>The Berguedà region has a number of interesting, small Romanesque churches, creating a cultural asset with great potential. Some have painted murals (not all original) and the most representative offer guided visits at weekends and during holidays. They are also the settings for cultural events such as exhibitions and music concerts.</p> <p>Although they do not individually create a powerful cultural draw, as a whole they become an interesting tourist attraction for the region. Most are not equipped with any audiovisual material, exhibition spaces, etc.</p>		

Berguedà also has two important UNESCO Intangible Heritage assets.

CULTURE 6	La Patum de Berga	
Level of use: 5	Current touristic area: 5	Potential touristic value for AT: 1
<p>The Patum is a traditional festival related to Corpus Christi and it has been celebrated in Berga since the 14th century. In 2005, it was declared Oral and Intangible Heritage of Humanity by UNESCO. It is one of the most popular festivals in Catalonia and, during its five days, the city triples its population. Although it attracts a lot of visitors, it does not currently have a related tourist programme.</p>		

CULTURE 7	La Fia-faia	
Level of use: 3	Current touristic area: 3	Potential touristic value for AT: 1
<p>This event, held on the evening of 24th December, consists of burning torches called faies. The festival originated in pre-Christian times as a winter solstice celebration or ritualised prayer for the days to lengthen. It was declared Oral and Intangible Heritage of Humanity by UNESCO in 2010 as part of the Summer Solstice Fire Festivals in the Pyrenees even though, in the villages of Bagà and Sant Julià de Ceranyola, the only two places where this festival takes place in Berguedà, it is celebrated in winter. It attracts mainly local visitors and it does not currently have a related tourist programme.</p>		





Jardins Artigas. ADB

## ADVENTURE ACTIVITIES

The most important adventure activities in Berguedà are:

ADVENTURE 1	Hiking/ Trekking/ Walking	
Level of use: 5	Current touristic area: 5	Potential touristic value for AT: 4
<p>Hiking is the most important adventure tourist activity in this region. It is highly developed and very well structured, with maps and support material produced by the local DMO. There is an option for every type of hiker or trekker and the trail network is perfectly signposted. A large number of local guiding companies also offer their services in this area.</p> <p>As it would be totally impossible to detail all the trails, which cover more than 2,000 km of land, this section includes only those routes in stages that are commercialised and promoted by local companies and long-distance trails across the area.</p>		

<b>CAVALLS DEL VENT</b> <a href="http://WWW.CAVALLSDELVENT.COM">WWW.CAVALLSDELVENT.COM</a>	Length: 84.2 km	Total ascent: +5,600 m
	Signposts: Orange circles	Area: Cadí–Moixeró NP
	Link to the route map: <a href="#">Route map</a>	
<p>Circular mountain route crossing the entire Cadí Moixeró Natural Park, linking the eight park shelters. Hikers can adapt the duration of their stay, depending on their physical condition. It can be done on foot, by mountain bike or on horseback.</p>		



### PICASSO TRAIL

[WWW.ELBERGUEDA.CAT](http://WWW.ELBERGUEDA.CAT)

Length: 58.5 km

Total ascent: ±2,370 m

Signposts: Yellow, along the network of paths

Area: Guardiola de Berguedà – Bellver de Cerdanya

Link to the route map: [Route map](#)

A straight route with a recommended four-day completion time. It covers a significant part of the upper Berguedà, now included in the Cadí–Moixeró Natural Park, and ends in Bellver de Cerdanya. It follows the same route the famous painter Pablo Picasso and his companion took when they left for Paris in 1906.

### RUTA DEL CARACREMADA

[WWW.CATALONIA-TREKKING.COM](http://WWW.CATALONIA-TREKKING.COM)

Length: - km

Total ascent:

Signposts: -

Area: Berguedà and Solsonès

Link to the route map: [Route map](#)

Circular trekking route three to six days in length, linking the main mountain ranges of the Catalan Pyrenean foothills. It can be completed on foot, by mountain bike, on horseback or by snowshoes in winter.

### RUTA DE L'ERMITÀ

[WWW.RUTADELERMITA.COM](http://WWW.RUTADELERMITA.COM)

Length: 110 km

Total ascent: +6,270 m

Signposts: -

Area: Cadí–Moixeró, Catllaràs, Montgrony mountain range

Link to the route map: [Route map](#)

Signposted circular route, suitable for hiking and mountain biking. It runs mainly through Cadí–Moixeró Natural Park and it takes in over twenty Romanesque buildings along the way. It can be guided or self-guided.

### THE GOOD MEN TRAIL

[WWW.CAMIDELSBONSHOMES.COM](http://WWW.CAMIDELSBONSHOMES.COM)

Length: 220 km

Total ascent: ±9,259 m

Signposts: Red & white

Area: Catalan Pyrenees– South France

Link to the route map: [Route map](#)

This itinerary recalls the exile of the Occitan Cathars (the Good Men), who promoted pure and simple Christianity. Apart from spectacular landscapes, it evokes for the visitor the mediaeval world that existed at both the Catalan and the French sides of the Pyrenees. Now a long-distance trail (GR107), it can be done on foot, by mountain bike or on horseback.

Generally speaking, long-distance trails (GR) are not exclusively located in one single region. They cross several counties,

creating some very interesting hiking and trekking possibilities. Trails in the Berguedà are listed below:

Long-distance trail	Km (in total)	Brief description	Route map
<b>GR1</b>	400	Also known as the "historical trail", the GR1 links the Mediterranean Sea and the Atlantic Ocean via the Pyrenees and the southern facade of the Cantabrian Mountain Range. It begins in Sant Martí d'Empúries, and ends in Cape Fisterra, Galicia.	<a href="#">GR1 Route Map</a>
<b>GR4</b>	171	European trail entering Catalonia in Puigcerdà and ending in Montserrat, crossing the Berguedà region from north to south.	<a href="#">GR4 Route Map</a>
<b>GR150</b>	151	A peripheral route around the Cadí-Moixeró Natural Park.	<a href="#">GR150 Route Map</a>
<b>GR176</b>	82	A circular route in the south of the Berguedà region, passing more than twenty churches and small hermitages along the way.	<a href="#">GR176 Route Map</a>
<b>GR179</b>	62	The so-called "Ruta dels maquis", this route crosses the south part of the Berguedà region. It follows the paths used by the maquis, opponents of Franco's dictatorship after the Spanish Civil War.	<a href="#">GR179 Route Map</a>
<b>GR241</b>	60	Circular route offering spectacular views of this territory and its hidden churches and hermitages.	<a href="#">GR241 Route Map</a>

There is a final itinerary that should be highlighted, despite not being commercialised by any local companies

or being a long-distance trail. It is a route that links the different former industrial textile colonies along the river Llobregat.

<b>ROUTE THROUGH THE TEXTILE COLONIES OF THE RIVER LLOBREGAT</b> <a href="http://WWW.ELBERGUEDA.CAT">WWW.ELBERGUEDA.CAT</a>	Length: 32 km	Total ascent: ±450 m
	Signposts: Yellow and white	Area: South Berguedà
	Link to the route map: -	
Short-distance trail that follows the river Llobregat where visitors can enjoy the riverside scenery either on foot or by mountain bike, and discover all the industrial colonies of the Llobregat. It is promoted by the local DMO.		

ADVENTURE 2	Mountain biking	
Level of use: 5	Current touristic area: 5	Potential touristic value for AT: 4
<p>The geology of this region offers a vast range of possibilities for all kinds of mountain bikers. Generally speaking, more adventurous routes are found in the north and quieter ones in the south. Over recent years, mountain biking has become a very popular activity in this area and different routes have been created, mostly targeting expert bikers. Berguedà has more than 40 mountain-biking routes for all visitors and covering all levels. Some of these routes are promoted and commercialised by local companies which are also responsible for the area's hiking activities.</p> <p>Some typical hiking routes such as The Good Men Trail, the Ruta de l'Ermità and the Route through the textile colonies of the Llobregat can also be done by mountain bike. Other interesting MTB routes are briefly explained below.</p>		

<b>PEDALS DE FERRO (IRON PEDALS)</b> <a href="http://WWW.PEDRATOUR.COM">WWW.PEDRATOUR.COM</a>	Length: 260 km	Total ascent: ±8,350 m
	Signposts: -	Area: North and South Berguedà
	Link to the route map: NA	
<p>Demanding route that covers all the Berguedà region, from north to south. It typically takes up to five days although expert mountain bikers can complete it in a weekend. Participants can book their accommodation in advance and also contract the services of professional luggage transportation companies, professional guides, etc.</p>		

<b>PEDALS DEL PERAFORCA</b> <a href="http://WWW.PEDALSDELPEDRAFORCA.COM">WWW.PEDALSDELPEDRAFORCA.COM</a>	Length: 110 km	Total ascent: ±3,410 m
	Signposts: -	Area: Berguedà, Solsonès, Alt Urgell
	Link to the route map: <a href="#">Route Map</a>	
<p>This self-guided circular route is part of the Pedales del Mundo network. It covers three different counties (Berguedà, Solsonès and Alt Urgell) but starts and finishes in Gósol. The tour can be adapted to the riders' skill level but it is intended to be completed in two days. Cyclists are given all the equipment necessary to complete the route, as well as pre-booked accommodation and luggage transportation, if required.</p>		

<b>TRANSCATLLARÀS</b> <a href="http://WWW.ELBERGUEDA.CAT">WWW.ELBERGUEDA.CAT</a>	Length: 150 km	Total ascent: ±5,500 m
	Signposts: -	Area: Catllaràs mountain range
	Link to the route map: NA	
<p>This demanding route crosses the Catllaràs mountain range. It is unmarked and it is not feasible during winter months. It is intended to be completed in two to four days.</p>		

<b>VOLTA AL CADÍ-MOIXERÓ</b> <a href="http://WWW.ELBERGUEDA.CAT">WWW.ELBERGUEDA.CAT</a>	Length: 222 km	Total ascent: ±6,744 m
	Signposts: -	Area: Cadí-Moixeró NP
	Link to the route map: <a href="#">Route Map</a>	
<p>MTB route following the GRI50 around the Cadí-Moixeró Natural Park. Although the starting and finishing point is not in the Berguedà region, the route covers a good part of this territory.</p>		

Despite not being commercialised by any local companies, the local DMO promotes the following route which has proved to be quite popular.

<b>GREENWAY FROM CAL ROSAL TO PEDRET</b> <a href="http://WWW.ELBERGUEDA.CAT">WWW.ELBERGUEDA.CAT</a>	Length: 12 km	Total ascent: ±105 m
	Signposts: White and red	Area: Olvan
	Link to the route map: <a href="#">Route Map</a>	
<p>Greenways are old disused railway lines that have been renovated and restored for use by walkers and cyclists. This is an extraordinarily easy route (an ascent of just 70 m over 6 km (a little over 1%)) with tunnels, forests, and the extraordinary Pedret bridge. It can be done on foot or by bike.</p>		

<b>ADVENTURE 3</b>	<b>Climbing/Via ferrata</b>	
Level of use: 4	Current touristic area: 4	Potential touristic value for AT: 4
<p>Climbing has typically been a popular sport in the Berguedà region, mainly among local people, although over recent years it has started to attract visitors from the rest of Catalonia. Currently there is a tremendous range of specialised schools, sectors and roads, especially in the centre and north Berguedà. Numerous experts and guiding companies offer climbing as one of their adventure tourism products. Climbing can be done in many different locations but Pedraforca is one of the most popular rock-climbing walls in Catalonia.</p> <p>Berguedà also has four via ferratas, all but one located in the Espai Actiu Vallcebre which is in La Clusa. The same local companies guiding the climber can also help the visitor with these via ferratas.</p>		

<b>ADVENTURE 4</b>	<b>Paragliding</b>	
Level of use: 3	Current touristic area: 3	Potential touristic value for AT: 4
<p>Based on the opinions of experts around the world, the Berguedà region is an exceptional area for paragliding. The region has all the necessary characteristics: proper guidance, geographical diversity, suitable aerological conditions, nearby villages, a good network of tourist services, etc. In addition, Berguedà hosts a round of the Spanish National Gliding Championships and other competitions. The most popular areas for paragliding are the areas around Berga and Avià. Three companies offer paragliding services.</p> <p>Paragliding is one of the adventure sports with potential for development and promotion in the region, as it can be combined with other activities to create new products such as “hike and fly” or “climb and fly”, etc.</p>		

ADVENTURE 5	Cycling	
Level of use: 3	Current touristic area: 3	Potential touristic value for AT: 3
<p>As with mountain biking, there is a vast range of possibilities for cycling (and especially for road cycling) thanks to the geographical characteristics of this area. A friendly, flat terrain in the south, ideal for quieter rides, and some extremely demanding routes in the north. Over recent years, the local DMO has been working to develop this sport and, for example, has signposted certain routes, especially mountain passes. This region hosts some popular cycling competitions that attract a lot of cyclists.</p> <p>The most popular road-cycling routes include the roads to Rasos de Peguera, Coll de Pal and Coll de Pradell, Mal Pas de Capolat, Collada de Falgars and Collada de Sobirana.</p>		

ADVENTURE 6	Canyoning	
Level of use: 3	Current touristic area: 2	Potential touristic value for AT: 3
<p>As a mountain region, Berguedà has about 20 canyons and streams, mostly located in the north. Among them, two stand out: Olla de la Mel, a deep, vertical slit, and Forat Negre, more accessible and suitable for families, a good way of testing the water. Local adventure tourism companies offer this experience in their portfolio.</p> <p>Currently this region is not promoted as a canyoning destination. However, it is an activity that is becoming more and more popular among visitors and, therefore, has great potential for the development of new adventure tourism experiences in this area.</p>		

ADVENTURE 7	Water activities in La Baells reservoir	
Level of use: 2	Current touristic area: 2	Potential touristic value for AT: 4
<p>La Baells reservoir is a perfect playground for all kinds of water sports. The current provision includes kayaking, canoeing, wakeboarding, water skiing, SUP and swimming. La Baells also has the first inland swimming route in Catalonia (Via Brava), an area of 1,000 metres, precisely marked out for open-water swimming training, especially favoured by triathletes.</p> <p>All around La Baells reservoir, there are places to hire water sports equipment, including canoes, kayaks, motor boats, pedal boats, floating platforms, etc. Different local guiding companies offer their services, helping the guests discover this special place.</p> <p>Like canyoning, water sports in La Baells are gaining popularity among visitors and have recently developed into an important tourist asset with great potential for improvement (in terms of both the number and the quality of the facilities on offer).</p> <p>Fishing is also included in La Baells' water-activity portfolio. Although it can be done all along the Llobregat river, La Baells is a particularly popular spot for it.</p>		



ADVENTURE 8	Observation of flora and fauna	
Level of use: 2	Current touristic area: 3	Potential touristic value for AT: 3
<p>Flora and fauna can be observed in different ways in this area.</p> <ul style="list-style-type: none"> <li>• In nature. Cadí–Moixeró Natural Park and its surroundings comprise the most popular area for observing flora and fauna. The park has its own interpretation centre in its welcome office and some local companies also offer these services.</li> <li>• At wildlife interpretation centres. There are two locations ideal for getting to know the wildlife of this area: Camadoca and Fuïves. They offer guided visits around their facilities, special programmes for schoolchildren, etc.</li> <li>• In smellscape. Open-air gardens with local plants and herbs. There are three in this area, offering guided visits around their facilities: El Molí del Casó, Jardí de la Bauma and Cal Forner.</li> <li>• At museums dedicated to local flora and fauna. There are different cultural facilities focusing on different aspects of nature such as mushrooms, interpretation centres relating to specific mountains, etc.</li> </ul>		

ADVENTURE 9	Trail running/Orienteering	
Level of use: 3	Current touristic area: 2	Potential touristic value for AT: 2
<p>Berguedà is one of the leading trail-running destinations in Catalonia. Although it is quite a new activity here, this area has worked very hard to structure significant tourist provision around it. It was the first “trail station” to be created in Catalonia and the second in Spain, and includes more than 475 km of trails, special parking spaces for motorhomes, showers and locker rooms for the trail runners, etc. These facilities have welcome centres in four villages in the northern part of Berguedà, specifically Bagà, Sant Julià de Cerdanyola, Guardiola de Berguedà and La Pobla de Lillet. Berguedà also hosts several trail-running competitions, with the UltraPirineu being the best known nationally and internationally. This is a popular sport among visitors to the region.</p> <p>Linked to trail running it is another related experience: orienteering. This is a good way of exploring specific areas while running. There are orientation circuits signposted in the villages of Bagà and Vilada. Orienteering does not have widespread tourist appeal, but it is of significant importance at local level.</p>		

ADVENTURE 10	Eco-adventure parks	
Level of use: 2	Current touristic area: 3	Potential touristic value for AT: 2
<p>There are three adventure parks in this area, Catllaràs, Pedraforca and Borredà. These provide an attractive complementary experience for families, but they do not constitute a strong adventure tourist attraction in their own right.</p>		

ADVENTURE 11	Winter Sport	
Level of use: 2	Current touristic area: 2	Potential touristic value for AT: 3
<p>Berguedà does not have any open ski resorts. However, during the winter months, the northern parts of the region are able to offer ski touring, snowshoeing and, to a lesser extent, cross-country skiing.</p> <p>In terms of tourist activities, local companies focus their services on snowshoeing, a very accessible sport, and also on ski touring, which is also not very physically demanding</p> <p>Berguedà does not rank highly as a winter destination and the fact that most adventure sports can only be done for a few months in a small part of the region do not make them significant tourist experiences for this area.</p>		

ADVENTURE 12	Caving	
Level of use: 2	Current touristic area: 2	Potential touristic value for AT: 3
<p>The whole of Berguedà features numerous caves, chasms and caverns, with the majority to be found in the north. This wide range of caving possibilities caters for all levels of difficulty. Although it does not have widespread tourist appeal, there are a few local companies that offer their services as underground guides. The most popular caving areas are situated in and around Rotgers, Coll de la Bauma, Pedraforca and l'Espunyola. Currently caving is not a top tourist product for the Berguedà region but could have some potential if structured correctly.</p>		

ADVENTURE 13	Culinary activities	
Level of use: 2	Current touristic area: 2	Potential touristic value for AT: 1
<p>Some ten local producers open their factories and farms to show visitors their work. Most of this is related to ecological livestock, cheese-making and other products such as beer, wine or local corn. There are no local DMC or guiding companies commercialising these activities and visits to these facilities are organised and conducted by the owners themselves. Currently, the demand for this kind of experience remains relatively low.</p>		

ADVENTURE 14	Stargazing	
Level of use: 1	Current touristic area: 2	Potential touristic value for AT: 2
<p>The Pedraforca Astronomy Centre aims to call attention to the beauty and importance of the sky. It is equipped with a powerful telescope to observe the sky both day and night and it regularly organises activities for individual visitors, groups, families, etc. Apart from this, there is no other relevant initiative related to stargazing. It is not a top tourist product for this region.</p>		

Pedraforca, el Berguedà. Rafael López-Monné





### **3. ADVENTURE TOURISM ECOSYSTEM IN PILOT AREAS**





Catalonia has a highly-developed tourist infrastructure. Irrespective of the area, the visitor will find accommodation units, restaurants, shops, transport services, local guiding companies, etc. This section

briefly explains the main services the tourist will find when visiting the selected pilot areas in terms of infrastructure, mobility and the main services on offer.

### 3.1 Infrastructure and mobility

#### Airports



#### Ports



#### Main roads which communicate Barcelona with the inland



#### Main railway lines in Catalonia



As mentioned before, Catalonia has a complete transport infrastructure system. Airports, roads, train lines, public transport, etc. and the wide range of so-called “soft infrastructures” enable citizens and visitors to move around in a more sustainable way and are key for

the competitiveness of Catalonia as a leading tourist destination.

The pilot areas are easily accessible and there are plenty of options to travel around once there.

## ALT EMPORDÀ

### HOW TO GET THERE.

#### BY CAR.

From Barcelona and Girona and even when crossing the French border from Europe, the main roads to Alt Empordà are the AP-7 motorway (which connects La Jonquera with southern Spain, bordering the Mediterranean coast) and the N-II national road.

#### BY BUS.

Several bus companies operate in Alt Empordà: [Teisa-bus](#), [Ampurdanbus](#), [Sarfa](#) and [Sagalés](#).

The central bus station is located in Figueres and connects the city with all the other bus stations in the region.

#### BY TRAIN.

Train is a very comfortable way of reaching the Alt Empordà region. The visitor can get there from Barcelona but also from France. Regional train stops are: Portbou, Colera, Llançà, Vilajuïga, Figueres, Vilamalla, Sant Miquel de Fluvià and Camallera: [www.renfe.es](http://www.renfe.es).

Several daily high-speed trains connect Alt Empordà with Paris and other European cities, including Madrid and Barcelona. The high-speed train station is located in Figueres and there are many buses linking the city centre with the train station: [www.renfe.es](http://www.renfe.es).

Alt Empordà has no airport. The nearest are Girona–Costa Brava (50 km from Figueres), Josep Terradellas Barcelona–El Prat (152 km from Figueres) and Perpignan, in France (76 km from Figueres). The bus company Sagalés provides direct routes from Barcelona and Girona airports to Alt Empordà.

Although Alt Empordà has several ports, they are not considered a popular means of reaching the area.



## HOW TO GET AROUND.

Once in Alt Empordà, there are several options to get around the region. In fact, the same means of transport used to get to the area can be used to travel around it.

Apart from the regional bus lines and train stations that enable the user to travel between municipalities, there are a significant number of local taxi companies. Other than these, car rental is also a good way to travel around Alt Empordà.

The best routes to get around the whole of Catalonia by public transport can be found here: [www.mou-te.gencat.cat](http://www.mou-te.gencat.cat)

Adventure tourism infrastructures are also a possibility. Visitors can take advantage of the many signposted trails and paths that can be done on foot, by bike or even on horseback. These trails allow hikers and cyclists to travel all along the coastline and inland, and connect the coast with the mountainous area of Alt Empordà.

## ACCOMMODATION

Based on data published by the Statistical Institute of Catalonia, in 2019 Alt Empordà had 410 accommodation units<sup>4</sup>. These were distributed as follows:

Type of accommodation	Units
Hotels/ Hostels/ Guest houses	229
Campsites	33
Rural accommodation units	148
<b>TOTAL</b>	<b>410</b>

In 2019 Alt Empordà had a total of 51,333 beds. Its distribution per typology of accommodation was:

								TOTAL
								2,479
	1*	2*	3*	4*	4* sup	5*	GL	TOTAL
Hotels	1,663	1,687	6,081	2,728	53	174	0	12,386
		3rd category	2nd category	1st category	Luxury			TOTAL
Campsites	465	12,600	22,119	0				35,184
								TOTAL
Rural accommodation units								1,284
<b>TOTAL</b>								<b>51,333</b>

Were other types of accommodation such as apartments and houses for tourist use to be taken into consideration, the number of available beds would be much higher.

4. Accommodation units include hotels and pensions, campsites and rural accommodation.

## ALT PENEDÈS

### HOW TO GET THERE.

Alt Penedès is an hour away from Barcelona and 40 minutes from Tarragona. Its location in Catalonia and its excellent transport network make this region an easily accessible destination.

#### BY CAR.

The main roads to the Alt Penedès region are the AP-7 motorway and the N-340 national road.

#### BY BUS.

There are several bus companies that take the visitor to Alt Penedès from different places in Catalonia. [Hispano-Igualadina](#), [Autocars del Penedès](#) and [Moventis](#) are only some examples. To plan the best route to Alt Penedès, visit [www.mou-te.gencat.cat](http://www.mou-te.gencat.cat).

#### BY TRAIN.

The regional train network (Renfe Rodalies) enables the visitor to reach the Alt Penedès region by train. There are two lines that go directly to the area: R2 and R4. The train stations in Alt Penedès are Els Monjos, Gelida, La Granada, Lavern-Subirats, Sant Sadurní d'Anoia and Vilafranca del Penedès. More information about train routes can be found here: [Renfe regional train map](#).

Alt Penedès does not have an airport. The nearest are Josep Terradellas Barcelona-El Prat (50 km) and Tarragona-Reus (60 km). From the airport, the visitor needs to combine different bus and/or train lines to reach Alt Penedès.

### HOW TO GET AROUND.

Once again, the same means of transport used to get to the area can be used to travel around it. Car, bus, train and local taxi operators are possible methods. To rent a shared electric vehicle is also a very interesting option. Depending on the needs of the visitor, one means or another will be more suitable. Information about the best routes can be found online at [www.mou-te.gencat.cat](http://www.mou-te.gencat.cat).

All the trails and secondary roads that cross the Alt Penedès area can also be undertaken on foot, by bike, by Segway, by jeep, on horseback, by e-bike, etc. These are active ways for the visitor to travel around and get to know the region.

## ACCOMMODATION

Based on data published by the Statistical Institute of Catalonia, in 2019 Alt Penedès had 115 accommodation units<sup>5</sup>. These were distributed as follows:

Type of accommodation	Units
Hotels/ Hostels/ Guest houses	22
Campsites	0
Rural accommodation units	93
<b>TOTAL</b>	<b>115</b>

In 2019 Alt Penedès had a total of 1,465 beds. Its distribution per typology of accommodation was:

								TOTAL
Hostels and Guest houses								180
	1*	2*	3*	4*	4* sup	5*	GL	TOTAL
Hotels	18	159	207	122	0	21	0	527
	3rd category		2nd category	1st category	Luxury		TOTAL	
Campsites	0		0	0	0		0	
								TOTAL
Rural accommodation units								758
<b>TOTAL</b>								<b>1,465</b>

Were other types of accommodation such as apartments and houses for tourist use to be taken into consideration, the number of available beds would be much higher.

<sup>5</sup> Accommodation units include hotels and pensions, campsites and rural accommodation.

## BAIX EBRE

### HOW TO GET THERE.

#### BY CAR.

The main roads to get to Baix Ebre are, once more, the AP-7 motorway and the N-340 national road. Depending where the visitor starts from, these may need to be combined with other regional or local roads.

#### BY BUS.

The [Hife](#) bus service is the best way of reaching the area when travelling from Barcelona and Josep Terradellas Barcelona–El Prat airport. It connects Barcelona with cities like Tortosa and Deltebre.

#### BY TRAIN.

The train is a very comfortable way to get to Baix Ebre and there are currently several options:

- L'Aldea–Amposta–Tortosa railway station, located in what is known as the Mediterranean Corridor, has daily connections with Barcelona and Valencia. This station is located outside the town centre, so it is necessary to take a bus or a taxi to reach the destination.
- The Regional R16 medium range line also stops at other coastal centres such as l'Ametlla de Mar and L'Ampolla, and Tortosa, located inland.
- Since November 2016, a Euromed train connects l'Aldea train station with Barcelona.

For more information, visit [www.renfe.es](http://www.renfe.es)

Baix Ebre does not have an airport. The nearest are Tarragona Reus (80 km) and Josep Terradellas Barcelona–El Prat (150 km). As mentioned above, the Hife bus company offers a direct route from Barcelona airport.

Although Baix Ebre has several ports, these are not considered a popular means of reaching the area.

### HOW TO GET AROUND.

There is a complete network of secondary roads that ease mobility between the different towns and villages in the area. The local C-12 road is an important transport corridor as it crosses the Terres de l'Ebre from south to north and connects with the Lleida region.

Bus, train and local taxi services are possible ways of travelling around the area. Car rentals are also another possibility, when travelling from Barcelona (for example).

In terms of adventure-tourism mobility, apart from signposted trails and paths that can be followed on foot or by bike, the river Ebre also provides a means of getting around both the Baix Ebre region and its neighbouring territories. Kayaks, canoes and typical river boats are popular for this.

## ACCOMMODATION

Based on data published by the Statistical Institute of Catalonia, in 2019 Baix Ebre had 90 accommodation units<sup>6</sup>. These were distributed as follows:

Type of accommodation	Units
Hotels/ Hostels/ Guest houses	35
Campsites	4
Rural accommodation units	51
<b>TOTAL</b>	<b>90</b>

In 2019 Baix Ebre had a total of 7,287 beds. Its distribution per typology of accommodation was:

								TOTAL
Hostels and Guest houses								157
	1*	2*	3*	4*	4* sup	5*	GL	TOTAL
Hotels	46	363	963	1,282	0	36	0	2,690
	3rd category		2nd category	1st category	Luxury		TOTAL	
Campsites	0		1,509	2,610	0		4,119	
								TOTAL
Rural accommodation units								321
<b>TOTAL</b>								<b>7,287</b>

Were other types of accommodation such as apartments and houses for tourist use to be taken into consideration, the total number of available beds could be somewhat higher.

<sup>6</sup> Accommodation units include hotels and pensions, campsites and rural accommodation.



## BERGUEDÀ

Berguedà is located in the north of the Barcelona province, 100 kilometres away from Barcelona and 50 kilometres from French border. There are several ways of getting to the region.

### HOW TO GET THERE.

#### BY CAR.

From Barcelona, take the C-16 (motorway Barcelona–Terrassa–Manresa) to Berga. From there, you can easily travel around the region. Alternatively, take the N-II to Abrera, the C-55 to Manresa and the C-16 to Berga.

When travelling from Lleida and Girona, the C-25 (Eix Transversal) is the best way of reaching the area.

From the north, travelling from France, the main roads are the E-9 (from the north and west of France) and the N-116 (from the East).

#### BY BUS.

Alsa is the main bus company. It links Barcelona, Manresa, Berga, Llívia and Andorra: [www.alsa.es](http://www.alsa.es)

MIR and Eix-Bus also operate services but no direct lines are offered.

#### BY TRAIN.

Berguedà has no train service. To reach the region by train, the visitor can travel to nearby cities such as Manresa or Puigcerdà and then take the bus to Berguedà. [www.renfe.com](http://www.renfe.com)

### HOW TO GET AROUND.

Once in Berguedà, there are several means of transport that enable visitors to enjoy the area according to their needs. Apart from by private car, motorbike, bike or any other means of transport, there is a public transport network.

The main public transport is the bus. There are different bus routes that enable the tourist to travel around the area. To find out which the best option is in each case, consult [www.mou-te.gencat.cat](http://www.mou-te.gencat.cat). However, in general terms, the main bus company in the area is Alsa, which runs services linking almost all the towns in this region. For details of routes and timetables, visit [www.alsa.es](http://www.alsa.es). Sagalés, another bus company, also covers some routes: [www.sagales.com](http://www.sagales.com).

In order to connect villages with a bus stop with those with no regular public transport provision, a new service called “Transport a demanda” (Transport on demand) has been created. It is offered by local taxi operators and has to be booked in advance. For more information, visit [www.bergueda.cat](http://www.bergueda.cat)

Different local companies offer taxi services all around the region. Car rental is not a popular option and suppliers are very limited.

Adventure-tourism infrastructures can also be used to travel around the area. The aforementioned network of 2,000 kilometres of signposted paths connecting the various towns and villages of Berguedà is particularly important. Walking and cycling along these trails and paths are the most popular ways for sport-oriented visitors to see the region.

## ACCOMMODATION

Based on data published by the Statistical Institute of Catalonia, in 2019 Baix Ebre had 90 accommodation units<sup>7</sup>. These were distributed as follows:

Type of accommodation	Units
Hotels/ Hostels/ Guest houses	48
Campsites	19
Rural accommodation units	157
<b>TOTAL</b>	<b>224</b>

In 2019 Baix Ebre had a total of 7,287 beds. Its distribution per typology of accommodation was:

								TOTAL
Hostels and Guest houses								472
	1*	2*	3*	4*	4* sup	5*	GL	TOTAL
Hotels	144	162	297	0	0	0	0	603
	3rd category		2nd category	1st category		Luxury		TOTAL
Campsites	1,908		2,775	3,363		0		8,046
								TOTAL
Rural accommodation units								1,493
<b>TOTAL</b>								<b>10,614</b>

Were other types of accommodation such as mountain refuges, summer camps and houses for tourist use to be taken into consideration, the number of beds would be slightly higher, adding up to 13,590.

<sup>7</sup> Accommodation units include hotels and pensions, campsites and rural accommodation.

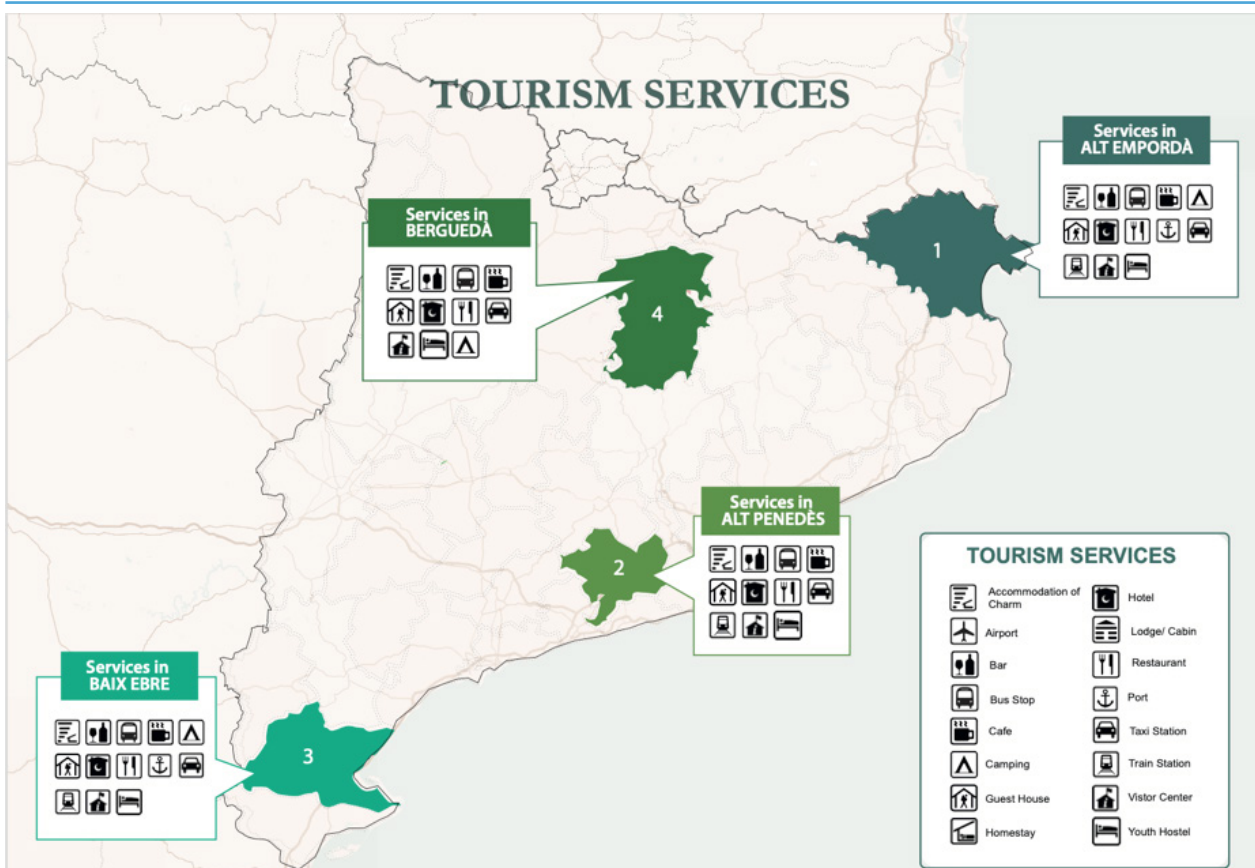
## 3.2 Services offered to visitors

Catalonia is a prime tourist destination and offers a vast range of services to its visitors. These cover all the stages of the customer journey, from the planning phase until the tourist returns home after visiting the area.

ensuring visitors' expectations are met and there are no significant differences between them. For this reason, this section briefly mentions the main services that the visitor will find without differentiating by pilot area.

The four pilot areas analysed have a considerable range of services aimed at

### TOURISM SERVICES



Source: Author's data

Before travelling to Catalonia or to any of the selected pilot areas, the visitor will easily find online information about the destinations: what to do, where to sleep, where to sample local gastronomy, which activities to do in a specific area, etc.

Once in the destination, there are plenty of services to help them enjoy their stay. It is easy to find local restaurants throughout Catalonia; visitors can easily travel around the region by public transport or by renting a car; a wide choice of accommodation is freely available; there is a wide range of tourist offices all over the territory (in our pilot areas: 13 in Alt Empordà, 4 in Alt Penedès, 7 in Baix Ebre and 9 in Berguedà), where lots of information about the services available in the area can be found.

In terms of adventure tourism operators, there is plenty of information on the websites of the specific destinations and in tourist offices or even at the place where the visitor is staying. Other generic online platforms (online travel agencies and other online activity websites) also ensure that the visitor is able to find all the information they need.

With regard to the health system, which has gained importance for the tourist sector due to the COVID-19 pandemic, Catalonia and the selected pilot areas have a robust public healthcare infrastructure.

And once back home, visitors can use all the many available social networks to share and describe their experiences in Catalonia. The destination as a whole, including the pilot areas, has an active social media presence.

### 3.3 dmo and promotion entities

The Catalan Tourist Board is the organisation in charge of promoting Catalonia as a whole, as both a national and international tourist destination.

However, there are other entities, especially at provincial and local level, aimed at promoting tourism in specific areas. Each pilot area has its own promotional bodies.

#### ALT EMPORDÀ

The main entities in charge of the promotion of Alt Empordà as a tourist destination are:

Organisation	Description	Website
Costa Brava Girona Tourist Board	Responsible for the promotion of the Costa Brava and Girona Pyrenees worldwide.	<a href="https://trade.costabrava.org/en/">https://trade.costabrava.org/en/</a> <a href="https://en.costabrava.org/">https://en.costabrava.org/</a>
Empordà Turisme	Government-subsidised association in charge of the promotion of Alt Empordà as a tourist destination.	<a href="http://www.empordaturisme.com">www.empordaturisme.com</a>

#### ALT PENEDÈS

The main entities in charge of the promotion of Alt Penedès as a tourist destination are:

Organisation	Description	Website
<a href="#">Barcelona Provincial Council</a>	The general aim of this body is to promote the social and economic development of tourism in the towns and villages in the province of Barcelona through its "Barcelona is much more" brand.	<a href="http://www.barcelonaesmoltmes.cat">www.barcelonaesmoltmes.cat</a>
<a href="#">Enoturisme Penedès</a>	Its main objective is to promote the Penedès region (not only Alt Penedès) as a tourist destination.	<a href="http://www.penedesturisme.cat">www.penedesturisme.cat</a>



## BAIX EBRE

The main entities in charge of the promotion of Alt Penedès as a tourist destination are:

Organisation	Description	Website
<a href="#">Tarragona Province Tourist Board</a>	Body in charge of the promotion of tourism in the two destinations included in the province of Tarragona: Costa Daurada and Terres de l'Ebre.	<a href="http://www.dipta.cat">www.dipta.cat</a>
<a href="#">Terres de l'Ebre Tourist Board</a>	Part of the Tarragona Province Tourist Board, it specifically aims to promote the whole of the Terres de l'Ebre (not only Baix Ebre) worldwide.	<a href="http://www.terresdelebre.travel">www.terresdelebre.travel</a>

## BERGUEDA

The main entities in charge of the promotion of Alt Penedès as a tourist destination are:

Organisation	Description	Website
<a href="#">Barcelona Provincial Council</a>	The general aim of this body is to promote social and economic development of tourism in the towns and villages in the province of Barcelona through its "Barcelona is much more" brand.	<a href="http://www.barcelonaesmoltmes.cat">www.barcelonaesmoltmes.cat</a>
<a href="#">Berguedà Development Agency</a>	This entity is in charge of specifically promoting the Berguedà region as a tourist destination. Its actions are mainly focused on domestic markets.	<a href="http://www.elbergueda.cat">www.elbergueda.cat</a>

## 3.4 Stakeholders and agents involved in adventure tourism

As mentioned above, all the pilot areas analysed have a significant network of local companies that offer services related to the adventure-tourism segment. All these professionals work hard to give high-quality services and original and unforgettable experiences and activities for their guests, helping the destination to

promote this sector as a powerful tourist attraction.

This section includes a list of the main stakeholders and agents involved in adventure tourism sector for each pilot area.

### ALT EMPORDÀ

The local stakeholders working in the adventure tourism sector in the Alt Empordà region are listed below. The list includes enterprises that are members of Empordà Turisme and the Active Tourism–Nature Marketing Club of the Costa Brava Girona Tourist Board.

Company	Website
Air activities	
Skydive Empuriabrava	<a href="http://www.skydiveempuriabrava.com">www.skydiveempuriabrava.com</a>
Túnel del Vent–Windoor Realfly	<a href="http://www.windoor-realfly.com">www.windoor-realfly.com</a>
Cruising	
Creuers Mare-nostrum	<a href="http://www.creuers-marenostrum.com">www.creuers-marenostrum.com</a>
Eco-boats	<a href="http://www.ecoboats.es">www.ecoboats.es</a>
Cultural activities	
Associació Passatges Cultura Contemporània	<a href="http://www.passatgescultura.org">www.passatgescultura.org</a>
Cycling	
Bicicletes i Rutes	<a href="http://www.bicicletasyrutas.com">www.bicicletasyrutas.com</a>
EasyBikes	<a href="http://www.easybikes.es">www.easybikes.es</a>
Mountain biking	
Centre BTT Salines–Bassegoda	<a href="http://www.salines-bassegoda.org/centrebtt">www.salines-bassegoda.org/centrebtt</a>
Empordà Lovers	<a href="http://www.empordalovers.cat">www.empordalovers.cat</a>
Nature interpretation	
Gisfera	<a href="http://www.gisfera.com">www.gisfera.com</a>
Nature & Culture	
Empordabrava	<a href="http://www.empordabrava.net">www.empordabrava.net</a>
TerraMar, Natura i Cultura	<a href="http://www.terramar.org">www.terramar.org</a>
Multi-ecotourism experiences	
Costa Brava Experience	<a href="http://www.costabravaexperience.cat">www.costabravaexperience.cat</a>

Company	Website
Multi-adventure outdoor activities	
Rutac SL	=
Vertical Emotions	<a href="http://www.verticalemotions.com">www.verticalemotions.com</a>
Water sports/Maritime experiences	
Associació d'Empresaris Roses–Cap de Creus	<a href="http://www.empresarisrosescapdecreus.cat">www.empresarisrosescapdecreus.cat</a>
Cala Joncols–Euro–Divers	<a href="http://www.euro-divers.com">www.euro-divers.com</a>
Cala Montjoi	<a href="http://www.montjoi.com">www.montjoi.com</a>
Carpe Diem Cadaqués	<a href="http://www.carpediemcadaques.com">www.carpediemcadaques.com</a>
Centre Immersió Roses	<a href="http://www.cir-roses.com">www.cir-roses.com</a>
C.I. Cap de Creus	<a href="http://www.cicapcreus.com">www.cicapcreus.com</a>
Club Nàutic Llançà	<a href="http://www.cnllanca.cat">www.cnllanca.cat</a>
Club Nàutic l'Escala	<a href="http://www.nauticescala.com">www.nauticescala.com</a>
Club Nàutic Sant Miquel de Colera	=
Club Nàutic Sant Pere Pescador	<a href="http://www.clubnauticsantpere.com">www.clubnauticsantpere.com</a>
Dive Paradise	<a href="http://www.diveparadis.com">www.diveparadis.com</a>
Diving Center Colera	<a href="http://www.divingcentercolera.com">www.divingcentercolera.com</a>
Empuriabrava Sailing	<a href="http://www.empuriabravasailing.com">www.empuriabravasailing.com</a>
Kayaking Costa Brava	<a href="http://www.kayakingcostabrava.com">www.kayakingcostabrava.com</a>
Marina Empuriabrava	<a href="http://www.empuriaport.com">www.empuriaport.com</a>
Mateua Dive	<a href="http://www.mateuadive.com">www.mateuadive.com</a>
Orca Diving Center	<a href="http://www.ordadivint.net">www.ordadivint.net</a>
Port de Portbou	<a href="http://www.portdeportbou.cat">www.portdeportbou.cat</a>
Port de Roses	<a href="http://www.portroses.com">www.portroses.com</a>
Roses Sub	<a href="http://www.rosesub.com">www.rosesub.com</a>
SK Kayak	<a href="http://www.kayakcostabrava.com">www.kayakcostabrava.com</a>
Sotamar Diving Center	<a href="http://www.sotamar.com">www.sotamar.com</a>

(\*) The list does not include all the cellars and wineries offering culinary activities. In order to work with them, it would be advisable to contact the Wine and Gastronomy Marketing Club of the Costa Brava Girona Tourist Board.

## ALT PENEDÈS

The local stakeholders working in the adventure tourism sector in the Alt Penedès region are listed below.

Company	Website
Cycling	
Bikemotions	<a href="http://www.bikemotions.es">www.bikemotions.es</a>
Letsvelo	<a href="http://www.letsvelo.com">www.letsvelo.com</a>
Penedès Ecotours	<a href="http://www.penedesecotours.com">www.penedesecotours.com</a>
Revolts Penedès e-bike experiences	<a href="http://www.revolts.cat">www.revolts.cat</a>
Burricleta Penedès-Tripibikes	<a href="http://www.burricleta.com">www.burricleta.com</a>
Hiking/Walking	
Marxem Nordic Walking Penedès	<a href="http://www.marxem.cat">www.marxem.cat</a>
Motoring activities	
Cityzoom Mehari Escapes	<a href="http://www.cityzoom.barcelona">www.cityzoom.barcelona</a>
Multi-adventure outdoor activities	
Esportec	<a href="http://www.esportec.cat">www.esportec.cat</a>
Les Deus Aventura	<a href="http://www.lesdeusaventura.cat">www.lesdeusaventura.cat</a>
Stress & Adrenalina	<a href="http://www.stressadrenalina.com">www.stressadrenalina.com</a>

## BAIX EBRE

The local stakeholders working in the adventure tourism sector in the Baix Ebre region are listed below.

Company	Website
Birdwatching	
<a href="#">Birdwatching activities</a>	
Deltacleta	<a href="http://www.deltacleta.cat">www.deltacleta.cat</a>
Delta Polet	<a href="http://www.deltapolet.com">www.deltapolet.com</a>
En Blau	<a href="http://www.enblau.cat">www.enblau.cat</a>
Fernweh Delta de l'Ebre	<a href="http://www.fernwehdeltadelebre.com">www.fernwehdeltadelebre.com</a>
Gubiana dels Ports	<a href="http://www.gubiana.com">www.gubiana.com</a>
Xàrter Nàutic Eli	<a href="http://www.xarternauticeli.com">www.xarternauticeli.com</a>
<a href="#">Incoming agencies</a>	
Audouin Birding Tours	<a href="http://www.audouinbirdingtours.com">www.audouinbirdingtours.com</a>
Ebro Delta Birding	<a href="http://www.ebrodeltabirding.com">www.ebrodeltabirding.com</a>
Nòmada viatges	<a href="http://www.nomadaviatges.com">www.nomadaviatges.com</a>
Photo Logistics	<a href="http://www.photo-logistics.com">www.photo-logistics.com</a>
Cruising	
Creuers Delta de l'Ebre	<a href="http://www.creuersdeltaebre.com">www.creuersdeltaebre.com</a>

Company	Website
Creuer Llaüt Benifallet	<a href="http://www.benifallet.cat">www.benifallet.cat</a>
Creuers Olmos, SL	<a href="http://www.cruerosdeltadelebro.es">www.cruerosdeltadelebro.es</a>
Culinary/Gastronomic experiences	
Arrosseria Delta	
Centre d'Interpretació Apícola Mel Múria	<a href="http://www.mielmúria.com">www.mielmúria.com</a>
Molí de Rafelet	<a href="http://www.moliderafelet.com">www.moliderafelet.com</a>
Tuna Tour	<a href="http://www.tuna-tour.com">www.tuna-tour.com</a>
Cultural activities	
La Jueva de Tortosa/Produccions Cultura Viva	<a href="http://www.lajuevadetortosa.es">www.lajuevadetortosa.es</a>
Terra Enllà	<a href="http://www.terraenlla.com">www.terraenlla.com</a>
Cycling/Guiding services	
Alberg l'Assut	<a href="http://www.albergxerta.cat">www.albergxerta.cat</a>
Deltacleta	<a href="http://www.deltacleta.cat">www.deltacleta.cat</a>
Esplai Ciclista	<a href="http://www.esplaiciclista.com">www.esplaiciclista.com</a>
Lloguer de bicis restaurant Nuri	<a href="http://www.restaurantnuri.com">www.restaurantnuri.com</a>
Ruta 10	<a href="http://www.ruta10.es">www.ruta10.es</a>
Sanvart	
Guided visits	
Conficon	<a href="http://www.conficon-turisme.com">www.conficon-turisme.com</a>
Viatges Calyper	
Visitur	<a href="http://www.visitur.es">www.visitur.es</a>
Hiking/Walking	
Club Marxa Nòrdica Baix Ebre	=
Horse riding	
Equitor	<a href="http://www.equitor.es">www.equitor.es</a>
Hípica de La Cruz	<a href="http://www.frisonedelacruz.com">www.frisonedelacruz.com</a>
Hípica Lo Mas de Nuri	<a href="http://www.lomasdenuri.com">www.lomasdenuri.com</a>
Multi-ecotourism activities	
DeltaPolet Natura i Sabers	<a href="http://www.deltapolet.com">www.deltapolet.com</a>
Nòmada Viatges	<a href="http://www.nomadaviatges.com">www.nomadaviatges.com</a>
Multi-adventure outdoor activities	
Beniemocions	<a href="http://www.beniemocions.cat">www.beniemocions.cat</a>
Delta Touristic & Rent, SL	<a href="http://www.deltaturistic.com">www.deltaturistic.com</a>
Deltagem	<a href="http://www.hostalcling43.com">www.hostalcling43.com</a>
Deltaventur	<a href="http://www.parcdeltaventur.com">www.parcdeltaventur.com</a>
Ebreoci	<a href="http://www.ebreoci.com">www.ebreoci.com</a>
Deltanatur4x4	<a href="http://www.deltanatur4x4.com">www.deltanatur4x4.com</a>
Estació de Benifallet	<a href="http://www.estaciodebenifallet.com">www.estaciodebenifallet.com</a>
Estació de Xerta	<a href="http://www.estaciodeperta.cat">www.estaciodeperta.cat</a>
Fernweh Experiències	<a href="http://www.fernwehdeltadelebre.com">www.fernwehdeltadelebre.com</a>
Gubiana dels Ports, SL	<a href="http://www.gubiana.com">www.gubiana.com</a>
Housing & Fishing	<a href="http://www.housingandfishingjb.com">www.housingandfishingjb.com</a>



Company	Website
Portsexperience	<a href="http://www.portsexperience.com">www.portsexperience.com</a>
Riu a l'Ebre	<a href="http://www.riualebre.com">www.riualebre.com</a>
Via Verda Esports	<a href="http://www.viaverdaesports.cat">www.viaverdaesports.cat</a>
Water sports/Maritime activities	
Ametlla diving	<a href="http://www.ametlladiving.com">www.ametlladiving.com</a>
Centre de Submarinisme Subkro	<a href="http://www.subkro.com">www.subkro.com</a>
Club Vela Riumar	<a href="http://www.deltanatur4x4.com">www.deltanatur4x4.com</a>
Delta Game Fishing	<a href="http://www.deltagamefishing.com">www.deltagamefishing.com</a>
Goleta Alania	<a href="http://www.ecocharterbarcelona.com">www.ecocharterbarcelona.com</a>
Green Flake Tackle	<a href="http://www.greenflaketackle.com">www.greenflaketackle.com</a>
Liberty Wings	<a href="http://www.libertywingswatersports.business.site">www.libertywingswatersports.business.site</a>
Mirador de la Badia	<a href="http://www.miradorbadia.com">www.miradorbadia.com</a>
Pesca Ebro	<a href="http://www.pescaebro.com">www.pescaebro.com</a>
Pescabahia Pujol	<a href="http://www.pescabahia.com">www.pescabahia.com</a>
Radical Surfex	<a href="http://www.radicalsurfex.xom">www.radicalsurfex.xom</a>
Top Fisher	<a href="http://www.topfisher.com">www.topfisher.com</a>
Plàncton Divulgació i Serveis Marins	<a href="http://www.planctondiving.cat">www.planctondiving.cat</a>

## BERGUEDÀ

The local stakeholders working in the adventure tourism sector in the Berguedà region are listed below.

Company	Website
Air activities	
Volem	<a href="http://www.parapentebiplaza.es">www.parapentebiplaza.es</a>
Xtrem	<a href="http://www.xtrem.cat">www.xtrem.cat</a>
Cultural activities	
Civitas Cultura	<a href="http://www.civitascultura.org">www.civitascultura.org</a>
Cycling/Guiding services	
Berga Enduro	<a href="http://www.bergaenduro.com">www.bergaenduro.com</a>
Guies BTT	<a href="http://www.guiesbtt.cat">www.guiesbtt.cat</a>
Horse riding	
Centre Eqüestre Vilaformiu	<a href="http://www.hipicavilaformiu.com">www.hipicavilaformiu.com</a>
Projecte Miranda	<a href="http://www.fundacionmiranda.org">www.fundacionmiranda.org</a>
Nature interpretation	
Cuiol Nature	<a href="http://www.cuiolnature.com">www.cuiolnature.com</a>
Multi-adventure outdoor activities	
Altitud Extrem	<a href="http://www.altitudextrem.com">www.altitudextrem.com</a>
Arakatu Experiences	<a href="http://www.arakatu-experiences.com">www.arakatu-experiences.com</a>
Bonviure	<a href="http://www.bonviure.com">www.bonviure.com</a>

Company	Website
Camps de Vilarrasa	<a href="http://www.calcandi.simdif.com">www.calcandi.simdif.com</a>
Cingles	<a href="http://www.guiescingles.cat">www.guiescingles.cat</a>
Ember	<a href="http://www.ember.cat">www.ember.cat</a>
Guies d'Arrel (100% Inclusive Mountain)	<a href="http://www.guiesdarrel.com">www.guiesdarrel.com</a>
Indòmit	<a href="http://www.indomit.net">www.indomit.net</a>
Marxants de muntanyes	<a href="http://www.marxantsdemuntanyes.cat">www.marxantsdemuntanyes.cat</a>
Paintball Berguedà	<a href="http://www.paintballbarcelona.cat">www.paintballbarcelona.cat</a>
Pèndol Guies de Muntanya	<a href="http://www.pendolguies.com">www.pendolguies.com</a>
Quads de Pagès	<a href="http://www.quadsdepages.cat">www.quadsdepages.cat</a>
Relleus Gent de Muntanya	<a href="http://www.relleus.cat">www.relleus.cat</a>
Roc and Floç	<a href="http://www.rocandfloc.com">www.rocandfloc.com</a>
Rumb Pirineus	<a href="http://www.rumbpirineus.com">www.rumbpirineus.com</a>
Taxi Trail	<a href="http://www.taxitrail.com">www.taxitrail.com</a>
Vivak's Guies de Muntanya	<a href="http://www.vivaksguies.com">www.vivaksguies.com</a>
Wellness-focused activities	
Rural Salut	<a href="http://www.ruralsalut.com">www.ruralsalut.com</a>



## 4. CONCLUSION



Catalonia is a prime tourist destination. A Mediterranean region with more than a thousand years of history as well as its own culture and language and a rich historical and natural heritage, Catalonia offers great scenic variety and a wide range of attractions and tourist services for all manner of visitors, which makes it one of Europe's top tourist regions.

However, Catalonia still has significant room for improvement in terms of adventure tourism. Perhaps not so much on a domestic level, as local visitors make good use of the active, nature and adventure activities in the area, but on an international level, where Catalonia remains in a weak position as an adventure tourism destination.

The COVID-19 pandemic has wreaked havoc on the global tourism sector, to the point of forcing an international rethinking of the model used so far. Nevertheless, despite the chaos, it can represent an opportunity for the adventure tourism sector, as well as for hitherto little-known destinations. The tendency to want to be closer to nature, the search for sparsely populated places where social distancing isn't a problem, and the desire to take part in active outdoor pursuits after spending months in isolation at home gives adventure tourism the ideal opportunity to meet these new requirements and demands.

This unexpected opening for the adventure tourism sector needs to be set in context. The current uncertainty caused by COVID-19, fear, restrictions on mobility, increased regulations, and newly imposed hygiene measures and

protocols all combine to make travel a complex process. Together with the anticipated economic recession, this creates a scenario in which resilience will be key.

Catalonia is not unique in its position in the worldwide tourism crisis. Before the pandemic, tourism accounted for roughly 12% of Catalonia's GDP and was one of the area's main sources of wealth and, accordingly, one of its strategic priorities. The importance of tourism in the global Catalan economy has made the pandemic's impact on the sector particularly serious.

However, there is hope, and adventure tourism, in spite of everything, is in good health in Catalonia. Its richness of protected natural spaces and the diversity of landscapes and terrain lend themselves to a wide range of adventure activities all within a very short and accessible distance. Whether 3000 metres above sea level or in the waters of the Mediterranean Sea, there is a wide and varied choice of activities distributed throughout the territory.

Many highly specialised small companies make up the Catalan tourism sector. On the one hand, the size of these companies makes them more resilient to change, in times of crisis like the current one; however, on the other, it can also make them weaker and less able to survive the limitations imposed on what they can offer. The sector has already undergone a certain degree of structuring through different associations and organisations, which gives them the potential and strength to continue.

On a promotional level, the Catalan Tourism Agency has a specific strategy and action plan for active and nature tourism in Catalonia: it takes part in different international projects and collaborates with specialist tourism bodies such as the ATTA in order to establish the destination's place in the market.

In order to be stronger and more competitive, however, two specific areas need more work. First, in the regulatory

framework, there is a general lack of regulation regarding the nature activity sector. And, second, the lack of specialised incoming agencies means that more attention needs to be paid to marketing the activities currently on offer.

Catalonia has the potential and is working in the right direction to become a leading destination in adventure tourism.



## INTERNAL FACTORS

DETRIMENTAL TO ACHIEVING THE GOAL	STRENGTHS	<ul style="list-style-type: none"> <li>• Natural assets and diversity of landscapes.</li> <li>• Maturity of Catalonia as a tourist destination with a wide range of accommodation and services.</li> <li>• Existence of a specific tourist strategy for adventure tourism as well as a specialised promotional action plan devised by the Catalan Tourist Board.</li> <li>• Existence of a certain order and organisation within the system as a whole.</li> <li>• Existence of a wide and diverse range of adventure tourism activities, distributed throughout the area.</li> <li>• Existence of a significant number of companies that create an important tourist network. These very small or micro-companies are highly specialised and are responsible for shaping the adventure tourism sector in Catalonia. Their size makes them very resilient to change.</li> <li>• Existence of internationally renowned resources and facilities for certain adventure pursuits.</li> <li>• Ability to deseasonalise and deconcentrate (attract visitors away from Barcelona and coastal areas).</li> <li>• Catalonia, through the Catalan Tourist Board, is connected to international bodies specialising in Adventure Tourism such as ATTA.</li> </ul>
	WEAKNESSES	<ul style="list-style-type: none"> <li>• Catalonia has no international fame as an adventure tourism destination.</li> <li>• Lack of regulation of the nature activity sector.</li> <li>• No regulatory framework categorising companies working in adventure activities (similar to the hotel star system).</li> <li>• No specialist incoming agencies.</li> <li>• The extremely small size of most adventure tourism companies makes them more vulnerable, especially in situations like the one we are currently facing.</li> </ul>

## EXTERNAL FACTORS

DETRIMENTAL TO ACHIEVING THE GOAL	OPPORTUNITIES	<ul style="list-style-type: none"> <li>• People want more nature-based activities after several months of isolation.</li> <li>• Potential of adventure tourism to develop products that meet the characteristic of “non-massification”.</li> <li>• Possibility of exploiting areas with no current tourism focus and thus reducing the number of crowded areas and over-subscribed activities.</li> <li>• Increased interest in sustainable tourism.</li> <li>• Collaboration with international projects like MEDUSA.</li> </ul>
	THREATS	<ul style="list-style-type: none"> <li>• Current uncertain climate.</li> <li>• Lack of tourism movement, mobility restrictions, etc.</li> <li>• Post-COVID-19 economic crisis (demand will be more price conscious).</li> <li>• Massification of natural spaces stemming from the desire for more contact with nature. As a result, there is a potential increase in regulations and a reduction in the opportunities to engage in adventure activities.</li> <li>• Obligation to implement strict health protocols, restrictions on types of activity, etc., which can halt demand.</li> </ul>

## 5. RESOURCES

Apart from the sources already mentioned in this document (especially in section 1. Attraction list and mapping), the following information sources should be highlighted:

Archaeological Museum of Catalonia.  
Seu Empúries.  
[www.macempuries.cat](http://www.macempuries.cat)

Barcelona Provincial Council. Barcelona és molt més.  
[www.barcelonaesmolmes.cat](http://www.barcelonaesmolmes.cat)

Barcelona Provincial Council. Xarxa de Parcs Naturals.  
<https://parcs.diba.cat/ca>

Catalan Tourist Board. Press pack 2020.  
[www.act.gencat.cat](http://www.act.gencat.cat)

Catalunya tourist website.  
[www.catalunya.com](http://www.catalunya.com)

Coordinadora de Colles Castelleres de Catalunya.  
<http://www.cccc.cat/the-castells>

Costa Brava Tourist Board.  
<https://en.costabrava.org>

DO Empordà Wine Route.  
<https://en.costabrava.org>

Empordà Turisme.  
[www.empordaturisme.com](http://www.empordaturisme.com)

Enoturisme Penedès.  
[www.penedesturisme.cat](http://www.penedesturisme.cat)

FEEC–Federació d'Entitats Excursionistes de Catalunya.  
[www.senders.feec.cat](http://www.senders.feec.cat)

Generalitat de Catalunya. Patrimoni Cultural.  
[www.patrimoni.gencat.cat](http://www.patrimoni.gencat.cat)

Generalitat de Catalunya. Xarxa de Parcs Naturals de Catalunya.  
[www.parcsnaturals.gencat.cat](http://www.parcsnaturals.gencat.cat)

Institut d'Estadística de Catalunya (IDESCAT–Statistical Institute of Catalonia).  
[www.idescat.cat](http://www.idescat.cat)

Penedès Denomination of Origin.  
[www.dopenedes.cat](http://www.dopenedes.cat)

Pirineus de Catalunya. Visit Pirineus.  
[www.visitpirineus.com](http://www.visitpirineus.com)

Salines–Bassegoda Consortium.  
<http://en.salines-bassegoda.org/>

Terres de l'Ebre Biosphere Reserve.  
[www.ebrebiosfera.org](http://www.ebrebiosfera.org)

Terres de l'Ebre Tourist Board.  
[www.terresdelebre.travel](http://www.terresdelebre.travel)

Turisme del Berguedà.  
<http://www.elbergueda.cat/>

UNESCO World Heritage Convention. Rock Art of the Mediterranean Basin on the Iberian Peninsula.  
<https://whc.unesco.org/en/list/874/>

Vies Verdes.  
[www.viesverdes.cat](http://www.viesverdes.cat)

## 6. APPENDIX

The impact of COVID-19 in the Catalan tourist sector

The Catalan tourist sector is suffering greatly from the negative impact of COVID-19 and, consequently, so is the whole Catalan economy. The tourist sector, it should be remembered, accounts for roughly 12% of the region's GDP and is one of Catalonia's main sources of wealth, representing 14% of the Catalan labour market.

Figures published by the Catalan Tourist Board at the end of June 2020 show the magnitude of this pandemic:

- From 1 January to 21 June, international arrivals in Catalan airports decreased by 73.3%.
- From 22 June to 2 August, flight bookings for international arrivals in Catalan airports decreased by 92.6%.
- Hotel bookings have witnessed a global cancellation rate of 48.97% (+145.9% compared with 2019).

Apart from these negative figures, it has to be taken into account that the particular characteristics of the tourist sector in Catalonia render it a delicate market. 95% of companies operating in the Catalan tourist sector have fewer than 10 employees and are very sensitive to fluctuations in activity.

Given these circumstances, the main objective of the Catalan Government has been to guarantee the survival of companies, activities and employment.

With this as a principal goal, some of the main measures applied by the Generalitat

de Catalunya to alleviate the effects of COVID-19 specifically in the Catalan tourist sector are:

- Launch of economic helplines to the tune of €13.5 million for self-employed and micro-companies economically affected by the pandemic.
- Postponement of tax-rate modifications for tourist accommodation until January 2021.
- Reduced water rates for hotels, campsites and other short-stay accommodation from 1 April until 31 December 2020.

In terms of tourist promotion, the Catalan Tourist Board has activated a global marketing campaign, coordinated with local DMOs and with a total budget of €7.5 million aimed at promoting Catalonia for domestic and international travellers. More information about the campaign can be found here: [There are a thousand reasons to discover Catalonia](#).

Local DMOs have also undertaken several actions to help their tourist companies: free online courses, conferences, publication of useful information related to COVID-19 and to the existing helplines, information about data forecasts, forgiveness of membership dues, launch of promotional campaigns (coordinated with the Catalan Tourist Board), etc.

Tourism is also a key strategic sector for Spain. Among all the different measures launched by the Spanish government to mitigate the impact of COVID-19 on the Spanish economy, there is a package specifically designed for the tourist sector.

The so-called “Plan de Impulso para el sector turístico: hacia un turismo seguro y sostenible” (Promotion plan for the tourist sector: towards a safe and sustainable tourism) puts forward 28 measures, distributed in five categories, with a total budget of €4,262 million, which aim to:

- Recover the confidence in the destination: towards a 360° safety destination (€200,000).
- Re-activate the tourist sector (€3,362,353,840), mainly in terms of liquidity and business solvency.
- Improve the competitiveness of the Spanish tourist sector (€859,000,000).
- Improve knowledge and the tourist intelligence system (€3,100,000).
- Marketing and promotion (€38,100,000).

All these measures are aimed at revitalising the Catalan and the Spanish tourist sectors, so much affected by the global health emergency caused by the COVID-19 pandemic, but still one of the main economic sectors for both economies.

Although it is still too early to imagine the world after COVID-19 and how tourism will change in the future, there are already some indications of new global tourist trends reflecting tourist needs and behaviours. For example, based on IATA data:

- Important changes have been detected in holiday booking patterns: a significant increase in last-minute flights and trips of less than 20 days.
- It will take time to recover passengers’ confidence. Once the pandemic is over,

more than 50% of passengers will wait six months or more before travelling by plane.

Some other global trends that have been identified in terms of tourism include:

- Domestic travel will be the priority in the short term. Travellers will choose destinations that are near their usual residences.
- The existence of a good sanitary system in the destination will be highly appreciated.
- Non-crowded destinations and activities will be preferred by tourists.
- Nature will be a key decision-making factor.
- Outdoor activities will become more and more important.
- Activities combining health and nature will become more popular.

And it is precisely in this new scenario where adventure tourism has its great opportunity. It gathers most of the features that will be required by these “new tourists” and is very attractive to groups that might not have previously been interested in this type of tourism. But, at the same time, this opportunity also brings challenges: the challenge of being able to correctly read travellers’ needs and wants and the challenge to being able to offer them what they expect.

If the adventure tourism sector is able to read the reality, interpret it and foresee imminent trends, COVID-19 will have been a turning point in the evolution of this sector.

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## ACRONYMS

AT	Adventure Tourism
ATDI	Adventure Tourism Development Index
ATTA	Adventure Travel Trade Association Tourism
CAGR	Compound Annual Growth Rate
DAV	Deutscher Alpen Verein (German Alpine Federation)
GSTC	Global Sustainable Tourism Council
MEDUSA	Development and Promotion of Mediterranean Sustainable Adventure Tourism
ST	Sustainable Tourism
UNWTO	World Tourism Organisation
USP	Unique Selling Point
WWF	Worldwide Fund for Nature