

Catalonia is

What it is like

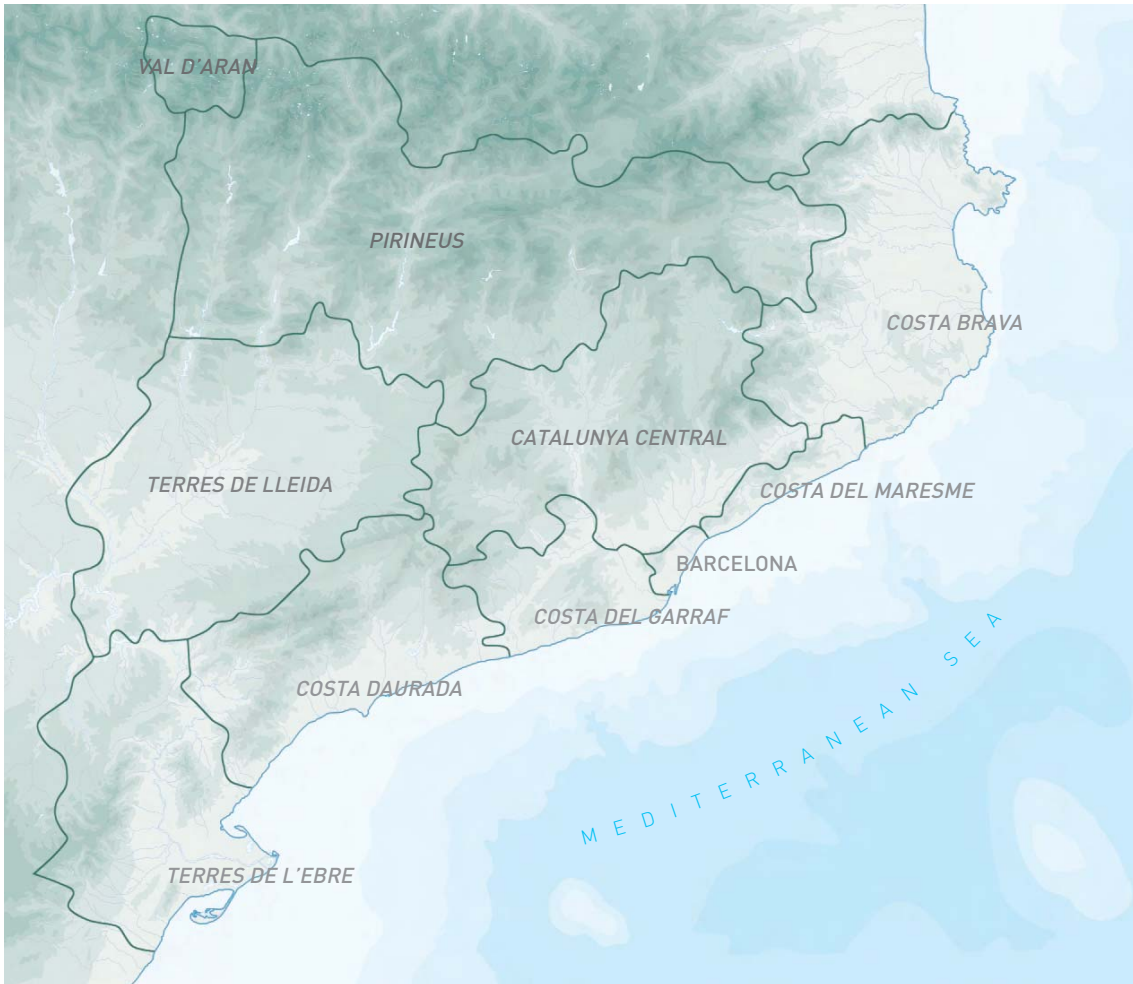
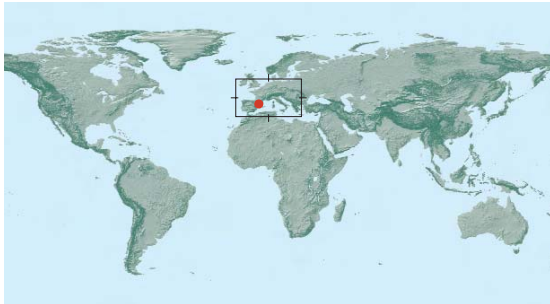
When we try to describe Catalonia to those who know nothing about us, we tell them we are home to the sea and the mountain, a land that is ancient and avant-garde, a place of adventure and tranquillity, rural and cosmopolitan, modern and old, active and calm, sweet and bitter, serious and joyful. What other place on earth presents people with such a positive, quality offering of so many different things?

Catalonia

is

home to the high

mountains and recalls the ancient history of the *Val d'Aran*. It is the land of the inland strength of *Terres de Lleida*. The vivid colours of *Costa del Garraf*. The magical landscapes of the *Pirineus*. The water horizons of *Terres de l'Ebre*. The appealing nature of *Costa del Maresme*. The cosmopolitan energy of Barcelona. The shimmering beaches of *Costa Daurada*. The *Costa Brava*, where the mountain meets the sea. The historical heritage of *Catalunya Central*.







is sea and mountains



In Catalonia, the mountains and the sea are cheek by jowl. The Cap de Creus and the whole of the Costa Brava

form the bright, pleasant meeting point between the sea and the mountains,

a land of rugged cliffs and idyllic coves, inviting hidden beaches and pinewoods that run all the way to the water.

The whole of Catalonia is shrouded in this spirit. It is where the mountains are a stone's throw from the sea. The sea is close to the highest peaks. The snow close to the beaches.

The Mediterranean by the high mountains.

Green alongside blue.





Catalonia is a **Mediterranean land** and its history has been shaped by the sea. The coast is 580 kilometres long and runs from Cap de Creus in northern Catalonia to Terres de l'Ebre to the south. The imprint of the sea is one of the major traits of Catalonia's character and sailing activities are a great way to discover it. All along the Catalan coast there are many natural places that are essential for Southern Europe's fauna, including the Delta de l'Ebre Nature Park and the Empordà Marshes – two of the largest bird habitats on the Mediterranean; or the Illes Medes Marine Reserve, a spot that is vitally important owing to its seabed, and which constitutes one of the foremost places in Europe for controlled **scuba diving**.

Catalonia has built up a major network which today has **46 marinas** and provision for almost 15,000 moorings. There are also **five yachting resorts** and many certified recreational and tourist areas that are ideal for many varieties of **water sports tourism** and which likewise offer a whole host of amenities such as accommodation, restaurants, nearby tourist attractions and services for the maintenance of boats.

This infrastructure and **seafaring tradition** has led to Catalonia's water sports calendar being full of competitions for all levels and types of boat. Moreover, with over a million cruise passengers every year the port of Barcelona has built a reputation as the foremost port in Europe and on the Mediterranean and it currently has seven terminals which have capacity for 10 vessels at any time.

Other ports such as Tarragona and Palamós, which also receive vessels all year round, are also earning an increasing share in this sector.

With the **coves dotted** along the Costa Brava and the Costa del Garraf and the **long sandy beaches** of Costa del Maresme and Costa Daurada, the Catalan coast is ideal for relaxing on the Mediterranean sand or practising all kinds of water sports. Furthermore, there are many attractive coastal towns and villages, some of which have been designated World Heritage sites such as Empúries, the first Greek colony on the Iberian Peninsula, or Tarragona, formerly Tarraco, where one can find one of the largest ensembles of Roman remains on the Mediterranean.





Sitges, Tossa de Mar and Cadaqués are examples of the many **charming towns** along the Catalan coast which offer inviting coves and golden beaches kissed by the sun, as well as a rich historical heritage and intense cultural life.

From the tallest peaks which are over 3000 metres high in the Val d’Aran to the cliffs looming over the sea in the mythical Cap de Creus, the Pyrenees make up a major part of the land in the north of Catalonia in a 230 kilometre stretch of **beautiful nature**. To help conserve its environmental quality this mountain area is home to over **60 areas of natural interest and 10 reserves that are specially protected**, and they all form part of the 331,661 hectares of protected areas to be found in Catalonia. Particularly noteworthy are the Aigüestortes National Park and Sant Maurici lake area which, with **over 200 mountains lakes**, comprises the largest lacustrine area in the mountain range.



Hikers, mountain bikers and equestrian activity enthusiasts will be in heaven in the Pyrenees as they are home to a large part of Catalonia’s **15 Mountain Bike centres** and 4100 kilometres of signposted cycle routes. Additionally, there are almost 9000 kilometres of trails such as the GR11, crossing the whole mountain range, the GR107 or Camí dels Bons Homes (Route of the Cathars), and the GR211, a circular trail that winds its way through the Val d’Aran. In winter the Catalan Pyrenees are a popular ski area with over 425 km of slopes distributed over the **10 Nordic and Alpine skiing resorts** which are some of the leading spots in Spain for snow sports. They are especially popular on account of the mild climate that makes it possible to glide through the **snow under a radiant sun**.



is rural and cosmopolitan

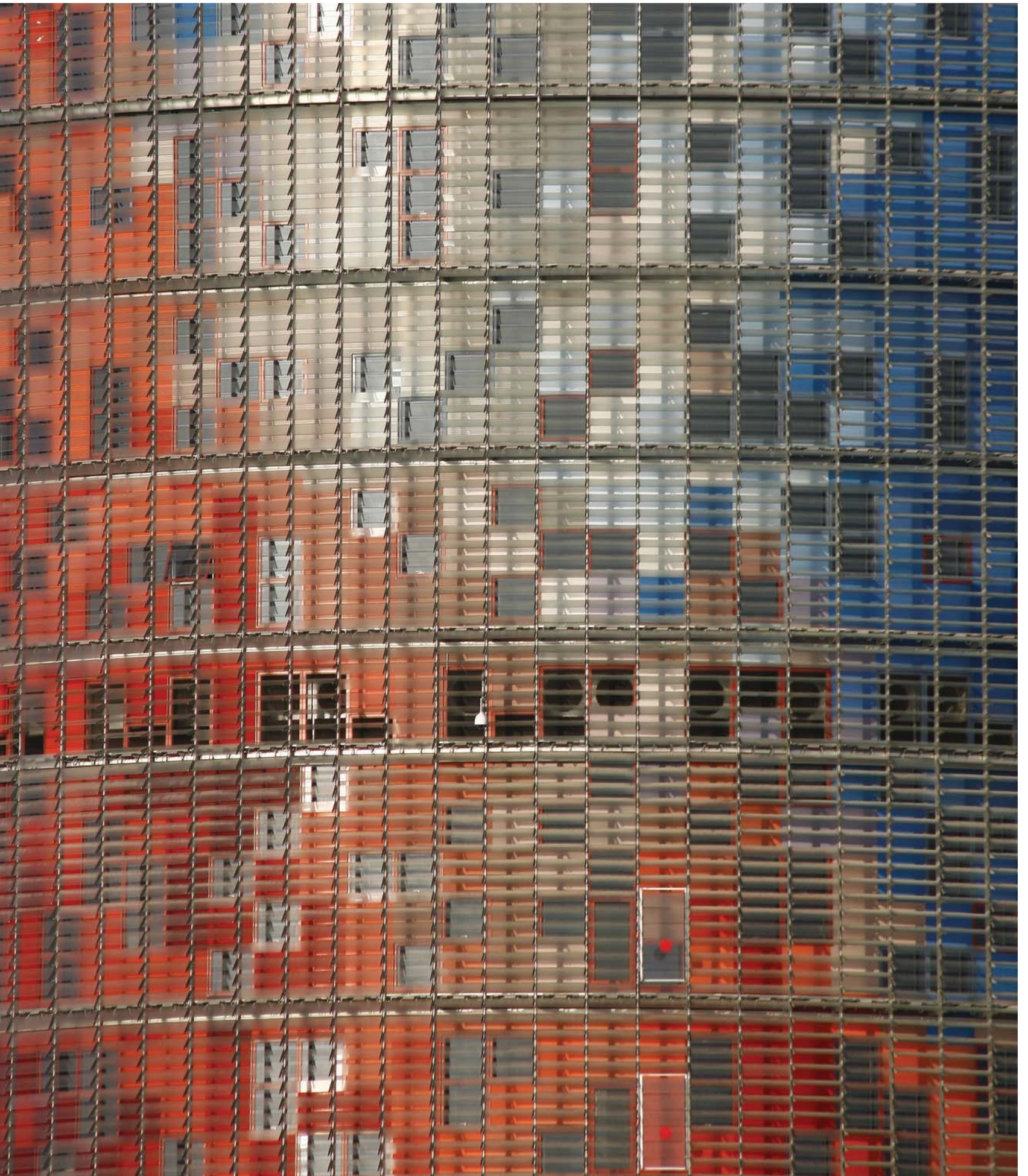




From an electronic music festival to a conversation by a lit fireplace in a Catalan farmhouse. From a contemporary art museum open to some of the most innovative proposals to the pace of the old cart being dragged along the fields. These are all typical aspects of Catalonia

A land where people lead widely diverse lifestyles

From Barcelona's cosmopolitanism, with its many attractions, its dynamic economic growth and its major cultural facilities, to the characteristic aromas and flavours





Over the last twenty years Catalonia has developed a considerable offering with respect to **rural tourism** which is highly successful with local people and is becoming increasingly popular with visitors from elsewhere. Rural tourism in Catalonia owes its success to **the variety of landscapes**, rural heritage that has been lent a new lease of life, villages that have preserved their **traditions** and honest and welcoming people. This type of accommodation in **farmhouses** or country guest houses, **the traditional houses** of the Catalan countryside, first emerged in the 80s in Catalonia.

The development of rural tourism in Catalonia means there are currently over **1200 establishments** and 10000 places available, an offering that the authorities have been regulating in order to ensure their quality and maintain the original concept. There is a huge variety of establishments of various types from **village houses** to **rural farmhouses**.

This offering is available all over Catalonia and this is especially significant considering that Catalonia is the land in Europe that has the greatest variety of landscapes. Between the long stretch of coast and the Pyrenees there are almost **all the various types of bioclimatic surroundings** to be found in Europe, making it possible to enjoy rural tourism by the coast, on the inland plains, in wooded areas and also in valleys in the Pyrenees.



The Mediterranean climate and the **lively nature** of the cities make Catalonia an ideal destination to get away from it all for a weekend **at any time of the year**. In a day one can enjoy a stroll in **Barcelona's** Gothic Quarter, have lunch on the seafront, see an exhibition in the Museum of Contemporary Art and, in the evening, finish the day off by watching a concert in the Art Nouveau Palau de la Música Catalana. **Girona** is another ideal spot when it comes to city breaks, with medieval walls, the Romanesque and Gothic churches and one of the largest Jewish quarters in Europe, all this at a distance of merely a few kilometres from some of the finest beaches on the Costa Brava. **Lleida**, home to the Seu Vella cathedral which towers over the city and just a stone's throw away from the Pyrenees; and Imperial **Tarragona**, the capital of the Costa Daurada that has kept its Roman tradition alive even today, add to the many possibilities Catalonia offers for spending a **memorable weekend**.



Art Nouveau, with Gaudí as the leading figure, had a significant influence on **architecture** and decorative arts, and it paved the way for new trends in terms of design to become well-established all over the land. Barcelona became a major commercial showcase and a Mediterranean capital of **design**. The Catalan capital is currently part of the international **fashion** calendar and it hosts many major **events**. Likewise, institutions such as the Decorate Arts Promotion Association and internationally renowned designers such as André Ricard, Miquel Milà, J. A. Coderch, Òscar Tusquets and Xavier Mariscal, among others, go to show that Catalonia is one of the **main hubs in Europe for creativity and design**.





is leisure and work



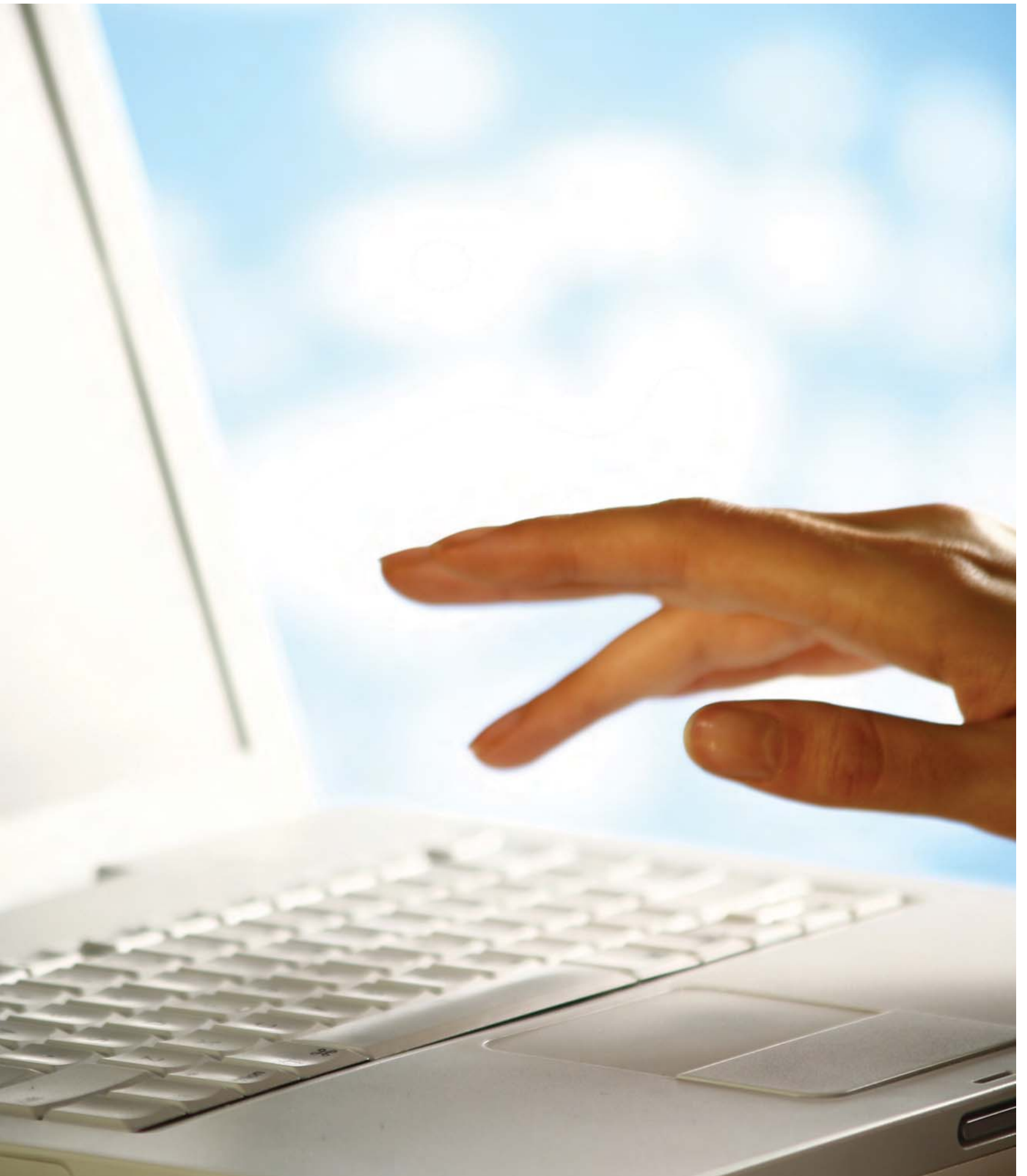


You will be able to get a signal for your mobile all over Catalonia. And yet, wherever you are, you'll be overcome by a desire to just ignore your phone altogether! Catalonia is a great place to **work,** and it is also an ideal place to take a **well-earned rest.**

It is a great place to concentrate on your job, on a meeting or conference, and likewise offers an ideal environment for spending time with your family, with your partner,

or even by yourself.







Catalonia is a quality **sports tourism destination** where **over 40 international championships** are held every year. In addition to the Olympic Games in 1992, the 2003 World Swimming Championships, the Basketball Euroleague Final Four 2003, the 2004 World Rowing Championships, and also the Spanish Grand Prix, the Formula One Grand Prix and the Catalan Motorcycling Grand Prix, which are held each year at the Circuit de Catalunya, are just some of the major championships that have been held in Catalonia during the last few years.

In Catalonia over **300 different types of sports** are practised, there are about 12000 organisations and clubs and **over 31,000 registered sports venues**. Barcelona Football Club is one of the foremost organisations of Europe in the professional sphere with internationally renowned football, basketball, handball and hockey sports sections. As well as elite sportsmen, many tourists who are sports enthusiasts also choose Catalonia for their **activity-based holidays** so they can practise sports such as windsurfing, golf, scuba diving, tennis, mountain biking, hiking, canoeing, etc. in which recreation and leisure form major aspects, more so than the competitive element.



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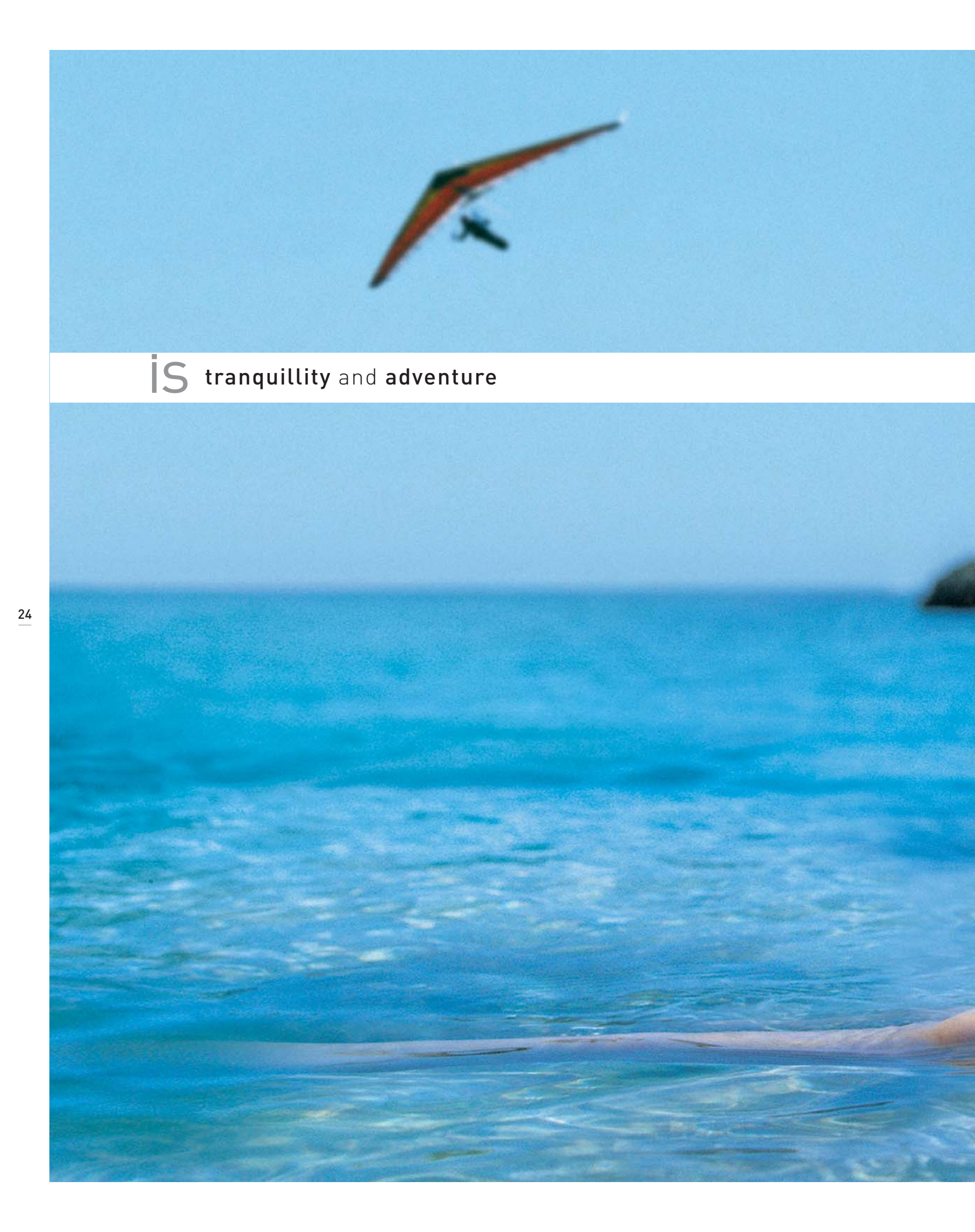
Both professional and amateur sports enthusiasts have an array of **destinations that have been awarded** with the Sports Tourism Destination seal by Catalonia's Tourism Board. This **seal** acknowledges those tourist destinations that stand out due to the high quality resources and services they provide for those wishing to practise sporting activities. Destinations that have received the certificate include Banyoles - Pla de l'Estany (a 1992 Olympic venue) for **rowing and canoeing** in calm, smooth water, **cycling**, mountain biking, swimming, running and the triathlon; Castelló d'Empúries - Empuriabrava for **parascending** (it is home to the largest parascending centre in Europe) and football; and the Val d'Aran for **high-mountain hiking and football**. Moreover, this certification has also been awarded to Seu d'Urgell for white water canoeing, mountain biking, football, and **group sports**; to Sort for white water canoeing, football and group sports; and to Lloret de Mar for **athletics**, football, cycling and group sports. In addition to this certification, each area offers its own sports such as **skiing** in the Val d'Aran at the Baqueira Beret ski resort which is acknowledged as one of the best in Europe.

There are many places on the Catalan coast with a long tourist tradition such as Costa Brava, Costa Daurada and Costa del Maresme, where some towns have been designated **Family Tourism Destinations**. This seal is also awarded by Turisme de Catalunya and can only be achieved once the towns fulfill the highly strict assessment criteria in terms of safety, transport and the suitability of the **amenities for families** and, particularly, for children. Towns such as Salou, Santa Susanna, Calella, Pineda de Mar and Calafell have already received the certificate and others such as Cambrils, Malgrat de Mar, Tossa de Mar, Blanes, Palamós and Calonge are in the process of being awarded this recognition.

Catalonia has a long tradition for family tourism and countless places for families. The Vall de Boí in the Pyrenees is home to the first mountain tourist complex for families in Spain, since 95% of its customers are families. The same could be said of La Molina and Vall de Núria ski resorts, which are traditional places for skiing in winter and for children’s activities in the summer.



Catalonia is an ideal destination for **business and work meetings** thanks to its tourist tradition and the fact that it is highly enterprising and active in industrial terms. Barcelona has an excellent track record for organising **fairs and conferences** and offers a vast number of venues such as the Congress Hall at the Trade Fair Centre, the Congress Hall of Catalonia and the International Convention Centre of Barcelona at the Forum venue. This is merely the basis of an offering that opens its doors to the whole of Catalonia. Moreover, business tourism and leisure go hand in hand and there is a substantial number of attractions for visitors to enjoy those moments of rest between one business deal and the next one.



is tranquillity and adventure



The 1st century AD saw the creation by the Romans of good life in the land we know today as Catalonia. Thermal waters, great food and a climate that's ideal for relaxation were all discovered.

And alongside these historical spas was the adventure offered by the mountains, the wind,

the rivers and the sea. Why not enjoy the **white waters**

of high mountain rivers and then try the

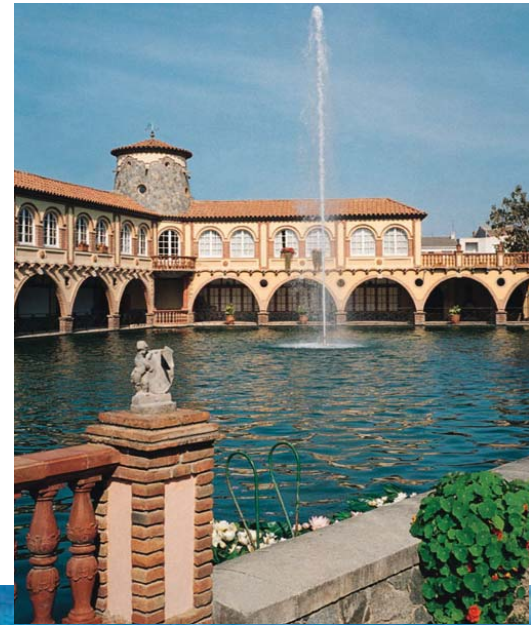
relaxing water of a spa? Why not do both at the

same time? As well as some of the most advanced facilities in terms of well-being, Catalonia offers countless possibilities for adventure





Balneology in Catalonia goes back over 2000 years. The Romans were the first to make use of the richness of our **mineral and thermal waters**. Caldes de Montbui, a town 30 kilometres from Barcelona, is home to some of the best preserved Roman baths on the Iberian Peninsula, with a thermal swimming pool that dates from the 1st century BC. Another place name *Caldes* (from the Latin *calidae* referring to warm waters) certifies the richness of the waters of Caldes de Malavella, at the foot of the ancient Via Augusta, which preserves the remains of **major Roman baths** that are listed as a Historical Monument of National Interest. In the 19th century, following European trends of new hygienism, Catalonia discovered the **curative virtues** of its waters and started to build **spas**. This occurred at the time when the Art Nouveau movement, led by Antoni Gaudí, was in its splendour, which led to many spas being built in this style, hence they are currently of major architectural significance, a fact which has been maintained in subsequent restorations.

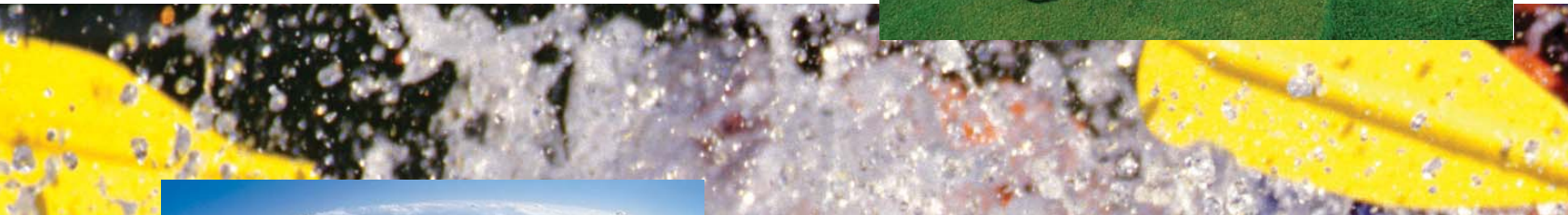


There are currently 16 traditional spas in Catalonia with over 2000 places. They all make use of mineral and thermal waters, which are of public use and to be found in **surroundings of particular natural interest**, often very near to the coast of Costa Brava and Costa Daurada, but also in the Pyrenees and central Catalonia. The **latest trends** in this sector are the hydrotherapy and thalassotherapy centres, the spa-hotels and the thermal recreational centres, **new types of establishment** that enhance the possibilities in terms of health and well-being tourism.

Geographic location, natural attractions, a mild Mediterranean climate with average annual temperatures between 15 and 20°C make Catalonia an ideal destination for playing **golf all year round**. For golf enthusiasts in Catalonia there are **36 golf courses** and **32 pitch and putt** courses which, with their short easy fairways, have helped to promote the sport of golf in Catalonia.

Many of these courses are to be found in privileged spots on Costa Brava, Costa Daurada, in the area surrounding Barcelona city and in the Pyrenees thereby offering the added advantage of being able to play the sport in a variety of landscapes with **additional attractions** in terms of culture, cuisine, health and well-being.

Catalonia has been acknowledged by the International Association of Golf Tour Operators who voted Costa Brava as the “Best Emerging Golf Destination” in 2000. Today, Catalonia is already considered one of the main golfing destinations in Southern Europe and golf here receives the support of the **Golf Tourism Club**, an organisation created by Catalonia’s Tourism Board made up of specialised professionals and companies (golf courses, accommodation, travel agents, etc.) aiming to meet the needs of those who play golf and presenting Catalonia’s offering in a more structured and standardised manner. Many golfing championships are held in Catalonia each year, including the **Catalonia Ladies’ Masters** which is one of main competitions for ladies in Europe. Moreover, Catalonia has a prestigious PGA Golf Course in Caldes de Malavella, one of main sites of the European PGA.



The varied landscape makes Catalonia an ideal place for enthusiasts of **activity-based tourism**, a type of recreation carried out in natural environments with **emotions**, a release of adrenaline and **controlled risk** as part of the activity. These activities include **rafting, canyoneering, kayaking, climbing,** equipped climbing routes, hang gliding or paragliding, all of which are entirely regulated in Catalonia. They are backed by the **Activity-based Tourism Club**, a foundation of companies, associations, accommodation and public organisations that organise these kinds of activities. In the last few years the increased popularity of **adventure sports**, along with the development of rural tourism, has generated huge interest in the traditional tourist spots on the coast as well as in spots in inland regions where this sector has found the ideal settings and infrastructure to be able to develop.





iS tradition and innovation





Gaudí, and all the innovative figures of the Art Nouveau movement, found their source of inspiration in the medieval past.

The finest modern cuisine remains faithful to the ingredients of Mediterranean tradition.

The most intrepid designs also arose from the artisan flair for doing things properly. This atmosphere of constant innovation and respect for tradition really characterises Catalonia's modern cultural offering. Here nothing would have been possible if its roots didn't go a long way back.

The originality in the way food is prepared and the basic yet quality combination of fruits of the land and the sea, have made **Catalan cuisine** a **first-rate product** that lends added value to Catalonia's natural and cultural heritage. Our cuisine has made a name for itself in the last few years and has become **exemplary the world over**. Chefs such as Ferran Adrià, Santi Santamaria, Carme Ruscalleda, Joan Roca and Sergi Arola, to mention just a few, have become the ambassadors of Catalan culture and their endeavours have contributed to Catalonia being awarded 41 stars by the Michelin guide (2006 ed.).



Cuisine is an integral part of **Catalonia's cultural heritage** as it is the fruit of **wisdom** and popular tradition. The link between cuisine and the land is particularly firm in Catalonia and it epitomizes the way Catalan people are. The international success of Catalan cuisine is the result of a group effort and many centuries of **tradition**, as well as a genuine willingness to embrace the avant-garde and a **mix of cultures**.



This spirit of progress is shown by the variety of **research projects** currently underway, such as the Sent Soví Department at the Universitat de Barcelona, where research is being carried out to trace the history of Catalan cuisine and its **unique products**; the **Cuisine Laboratory** in El Prat de Llobregat, a meeting point for professionals of cuisine and university and business groups; and the International Centre of Gastronomic Research and Food Culture (known as ALICIA), a project chaired by Ferran Adrià which seeks to be a **world reference in terms of food** and which has a food culture, a social and a scientific department, as well as a documentation centre, a design area and a training area.

Throughout the year on **300 fairs and shows** concerning **indigenous products** are held in Catalonia. The International Food and Drink Show is considered the second largest show of its kind in the world. In order to achieve such feats it is necessary to have first class products such as the distinguished **8 products which have a Protected Denomination of Origin**, and a local stock of food and markets. There are many markets in Catalonia. Barcelona is the European city with the largest network of markets as it has a total of 40 establishments, the Boqueria being probably the most noteworthy. Located on the Ramblas, it has become a must-see for visitors to Barcelona.

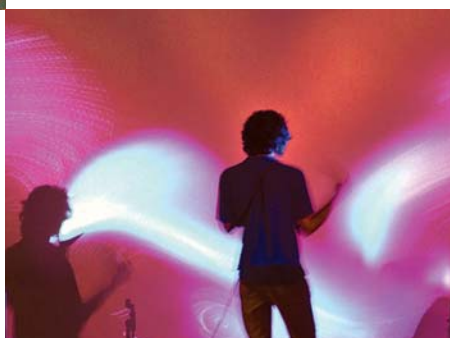
Furthermore, Catalonia offers a huge array of **food and wine itineraries** to draw people closer to the land's products, and likewise has a substantial number of museums relating to cuisine such as the Sausage Museum in Castellfollit de la Roca; the Chocolate Museum in Barcelona; the Ecomuseum-La Farinera or flour mill, in Castelló d'Empúries; the Oil and Rural World Museum in Castellans; the Thematic Park on Oil Production in Les Borges Blanques-Juneda; and the wine museums of Vilafranca del Penedès and Espluga de Francolí.

Catalonia offers visitors a wide variety of **cultural products** and is exemplary in the sphere of the performing arts with remarkable infrastructure combining the grandeur of the past with the latest technologies. From the animated and traditional Mediterranean **theatre** of the Comediants to the daring and revolutionary La Fura dels Baus, Catalan theatre groups have transformed the stage and have managed to captivate audiences the world over. As far as **shows** are concerned, **festivals** such as the **Theatre Fair** in Tàrraga and the Grec Festival in Barcelona, which have been running for over 20 years, **are essential dates in the calendar.**



For classical music enthusiasts Barcelona is an exceptional capital. Catalonia's opera tradition finds its roots in the famous Liceu Theatre, which has hosted some of the best productions of the classical repertoire and some of the latest offerings. Classical and modern music sound even better in the Palau de la Música Catalana and also in the Auditori de Barcelona, which is one of the most state-of-the-art venues in Europe. During the summer, many towns and villages organize music festivals in monumental surroundings and in areas of artistic interest such as Perelada Castle, the church of Sant Genís in Torroella de Montgrí or the town of Cadaqués on the Costa Brava.

In the last few years **avant-garde music** styles have been gaining increased popularity: fusion, electronic, the so-called world music, techno, hip hop and other modern trends have come to be known as **musical experimentation**. A whole network of establishments have been created along with a host of events in relation to Sònar – a festival of the latest music and multimedia art which has become a reference in Europe – placing **Catalonia at the forefront of contemporary creation.**



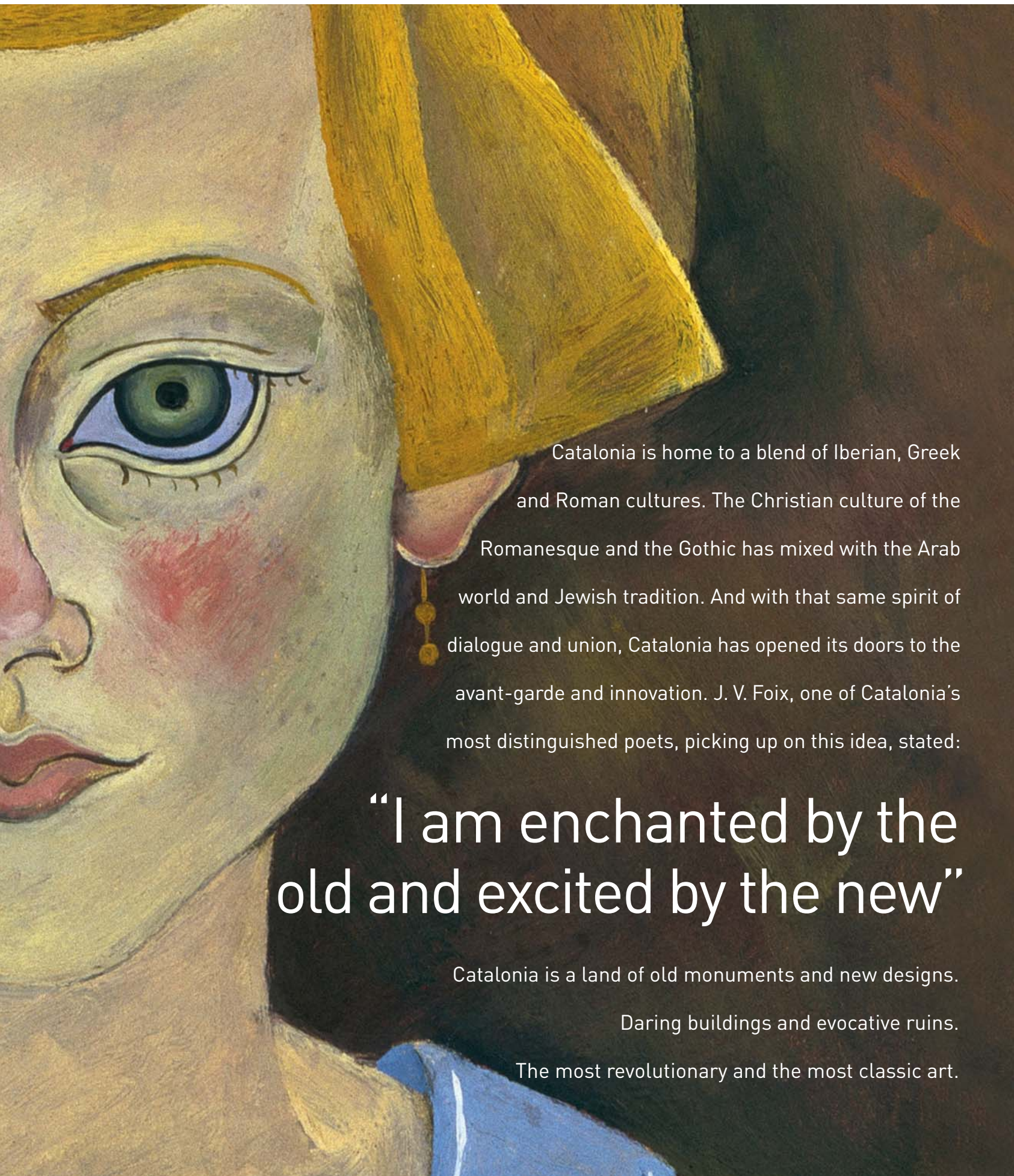


is tradition and innovation









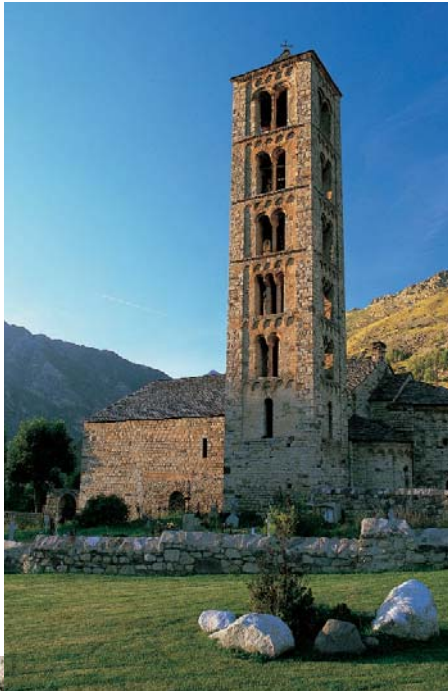
Catalonia is home to a blend of Iberian, Greek and Roman cultures. The Christian culture of the Romanesque and the Gothic has mixed with the Arab world and Jewish tradition. And with that same spirit of dialogue and union, Catalonia has opened its doors to the avant-garde and innovation. J. V. Foix, one of Catalonia's most distinguished poets, picking up on this idea, stated:

“I am enchanted by the old and excited by the new”

Catalonia is a land of old monuments and new designs.

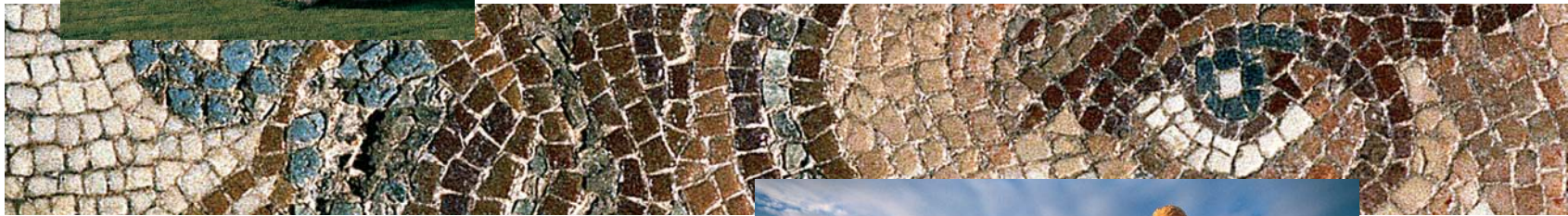
Daring buildings and evocative ruins.

The most revolutionary and the most classic art.



Everything began when the **Iberian people**, with their own culture, assimilated the influences of the Phoenicians and the Greeks before being taken over by the Roman Empire. **Roman Catalonia** dates back to the 3rd century BC when these people settled in the former Greek colony of Emporion (today Empúries). From there they spread out over all the land we today know as Catalonia and this led to the establishment of some of the main cities such as Gerunda (Girona), Barcino (Barcelona) and particularly Tarraco (Tarragona). The latter is the capital of one of the biggest provinces of the Empire where even today one can still see an archaeological ensemble that has been designated a World Heritage Site by **UNESCO**. In addition to the Roman remains of Tarraco (from the 2nd century BC to the 2nd century AD), a total of **fourteen places in Catalonia have been designated World Heritage Sites**. Near Tarragona there is the Monastery of Santa Maria de Poblet (12th century). In Barcelona there is the Palau de la Música Catalana (1908) and Sant Pau Hospital (1901-1930), which are works by the architect Lluís Domènech i Montaner; and Parc Güell (1914), Güell Palace (1888), Casa Milà (1907), Casa Vicens (1885), the nativity façade and the crypt of the Sagrada Família (1884-1926), Casa Batlló (1906) and the crypt of the Colònia Güell (1905), all works by Antoni Gaudí. The Patum of Berga is a popular festival that has been designated a Masterpiece of the Oral and Intangible Heritage of Humanity. In Lleida there are the **Romanesque churches** of the Vall de Boí (11th, 12th and 13th centuries); and there is also the rupestrian art of the Mediterranean Arch of the Iberian Peninsula which includes 757 **archaeological sites** in six autonomous communities, 60 of which are situated in various regions of Catalonia.

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The language, institutions, art, architecture and all the traits giving Catalan people unique character all go back to the Middle Ages. Catalonia was formed at the time when **Romanesque art** was flourishing. There are over 2000 buildings in this style in Catalonia today including the Romanesque churches of the Vall de Boí, the monastery of Sant Pere de Rodes and the monastery of Santa Maria de Ripoll. The National Art Museum of Catalonia in Barcelona still houses a legacy of paintings and sculpture which constitutes one of the largest collections of **Romanesque and Gothic art** in the world.



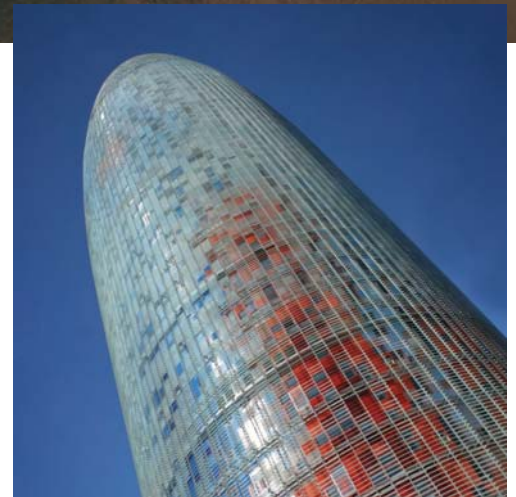
From the 10th century until they were kicked out in 1492, the Jewish community played a major role in Catalan society and their synagogues, rabbinical schools, courts and cemeteries all formed an integral part of life in Catalonia. The recovery of this historic heritage is best exemplified in the Call of Girona, **one of the most interesting and best kept Jewish neighbourhoods in Europe**. Another of the best kept civil religious legacies is what is known as the **"Ruta del Temple"**, which includes fortresses such as the castle of Gardeny in Lleida, and strategic cities such as Tortosa and Miravet, the purpose of which was to protect travellers on their pilgrimage to Terra Santa.



Feudal Catalonia was structured around powerful dioceses, their main symbol of power being the **Gothic cathedrals**. The **Catalan Gothic** was characterised for its purity and formal austerity and was later established as an **urban art**. Some of the best examples of this style include the Gothic Quarter in Barcelona with the cathedral and the Plaça del Rei, the cathedrals of Girona, Lleida, Tarragona and Tortosa, and the church of Santa Maria del Mar in Barcelona. The Cistercian monasteries of Santa Creus, Poblet and Vallbona de les Monges are also Gothic and alongside the **medieval settlements** in the surroundings they comprise one of the most spectacular routes in Catalonia, known as **the Ruta del Císter**.



Catalan Art Nouveau is a vast cultural movement that developed between the end of the 19th and the start of the 20th centuries, **Antoni Gaudí** being the most noteworthy figure. He created a fascinating world and not only erected some of the most emblematic buildings to be found in Barcelona, he was also the creator of a school that adapted his style in hospitals, theatres, monasteries, cellars and even for industrial use. The legacy of the Art Nouveau movement includes works by such artists as Dalí, Miró **and other modern artistic creators**, among whom **Antoni Tàpies** is worthy of particular mention. Catalonia's **creativity** has lately been demonstrated in **town planning** and **design**, especially by the works of Olympic Barcelona and the imprint left in the city by architects such as Ludwig **Mies Van der Rohe** who designed the German pavilion for the Universal Exhibition of 1929, Frank Gehry and his sculpture of a fish in the Olympic Village area, **Arata Isozaki** with the Palau Sant Jordi and the entrances to the CaixaForum culture centre, **Richard Meier** with the Contemporary Art Museum of Barcelona (MACBA) or the Frenchman **Jean Nouvel** and his innovative Torre Agbar.



Catalonia **is**

a fertile place for

imagination, a language of imagery that

pervades the **soul.** Catalonia is a mosaic

of Gaudí and a jewel as iridescent as a

dragonfly. It is home to the Lady Bird statue by

Miró, crystal clear waters, Dalí's legendary

moustache, the vitality of Antoni Tàpies' work,

the architecture **of dreams,**

delicious fruits of the sea, it is a place with a

remarkable landscape and friendly people,

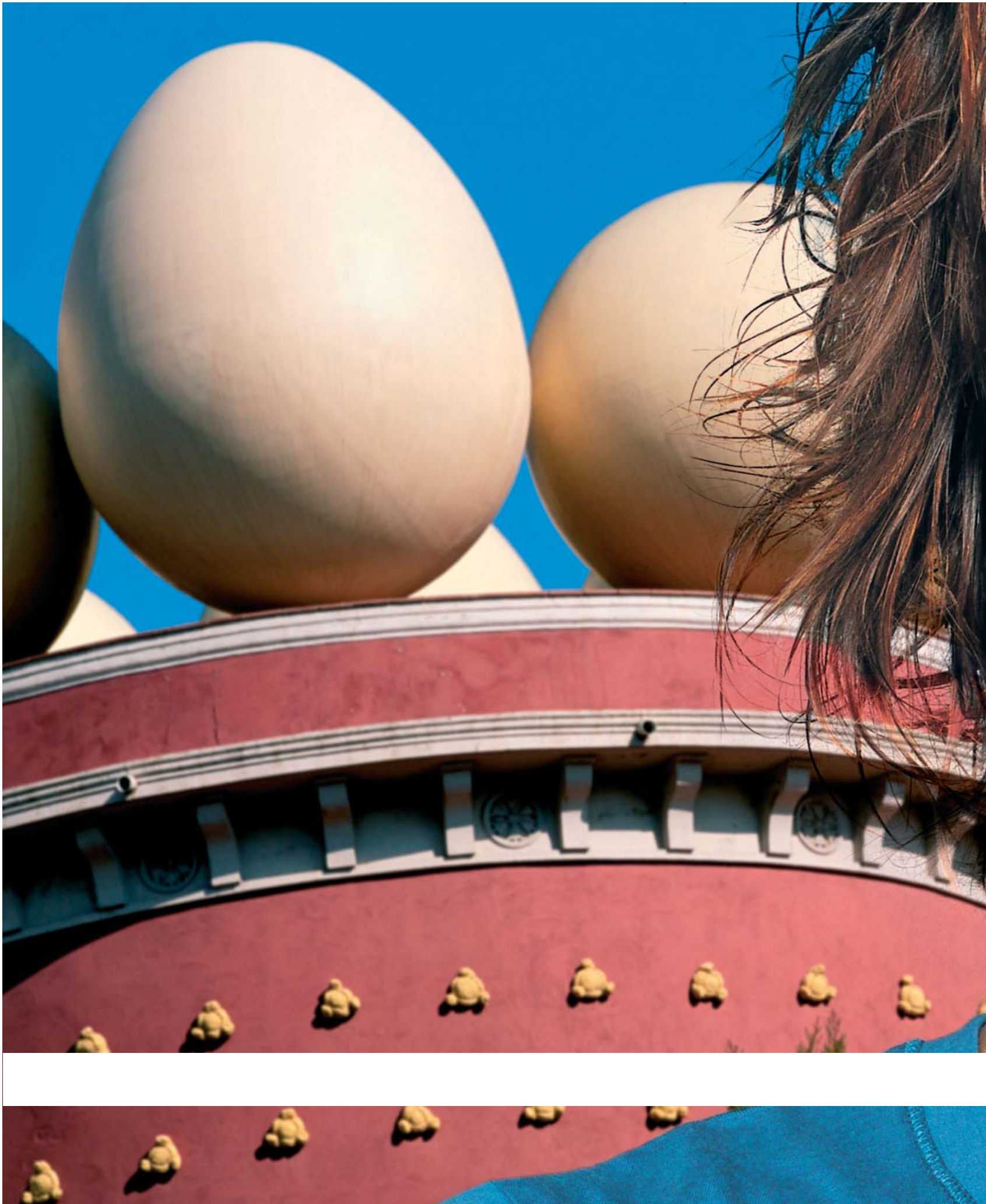
an energetic dynamic land. Catalonia is an

exhilarating

place; it is

where the

heart is...





...and also, **it's** great!

Catalonia is

Land of **SEA** and **MOUNTAINS**

ACTIVITY-BASED TOURISM

The Catalan Pyrenees

www.visitpirineus.com

Mountain bike centres of Catalonia

www.gencat.net/turisme/btt

Parks of Catalonia: protected natural areas

www.parcsdecatalunya.net

The Catalan federation of excursion organisations

www.feec.org

The Catalan cycling federation

www.fedecat.com

Vias Verdes: Spain's green routes

www.viasverdes.com

The Catalan triathlon federation

www.triatlo.org

SNOW TOURISM

The Catalan association of mountain sports

www.catski.net

Pirena sled dog racing challenge

www.pirena.com

The Catalan mountain sports federation

www.fceh.org

NAUTICAL TOURISM

The Catalan association of nautical sports resorts

www.encatalunya.info

The Catalan sailing federation

www.fcv.es

The Catalan association of yachting harbours

www.acpet.es

both **RURAL** and **COSMOPOLITAN**

RURAL AND INLAND TOURISM

The inner Catalonia rural tourism regions federation

www.faciagroturisme.com

Turisverd: rural houses in Catalonia

www.turisverd.com

Girona rural tourism

www.gironarural.org

The Catalan confederation of rural tourism

www.ecoturismecatalunya.com

URBAN TOURISM

Barcelona

www.barcelonaturisme.com

Tarragona

www.tarragonaturisme.com

Lleida

www.turismedelleida.com

Girona

www.ajuntament.gi

LEISURE and WORK

SPORTS TOURISM DESTINATIONS

Banyoles, Pla de l'Estany

www.turismeisport.org

Val d'Aran

www.aran.org

Castelló d'Empúries / Empuriabrava

www.empuriabrava.com

Sort

www.sort.ddl.net

La Seu d'Urgell

www.laseu.org

Lloret de Mar

www.lloret.org

General Secretariat of sport

www.gencat.net/presidencia/esport

FAMILY DESTINATIONS

Salou

www.isalou.info

Santa Susanna

www.stasusanna.org

Calella

www.turismedecalella.com

Pineda de Mar

www.pinedademar.org

Calafell

www.calafell.org

Destinations in the process of receiving recognition as family tourism destinations:

www.cambrils.org

www.ajmalgrat.es

www.tossa.com

www.blanes.net

www.palamós.org

www.ajcalonge.org

CONFERENCE TOURISM

Convention Bureau Girona

www.gironacb.com

Convention Bureau Barcelona

www.barcelonaturisme.com

Convention Bureau Tarragona

www.tarragonacb.org

Convention Bureau Lleida

<http://turisme.paeria.es/lcb>

Costa Daurada Convention Bureau

<http://cdcb.costadaurada.org>

Sitges Convention Bureau

www.sitgestour.com

TRANQUILLITY and ADVENTURE

HEALTH AND WELL-BEING TOURISM

The association of spas of Catalonia

www.balneario.org

Barcelona sanitary services centre

www.bcm.es

Bath towns

www.villastermales.com

GOLF TOURISM

The Catalan golf federation

www.catgolf.com

The Catalan pitch & putt federation

www.pitchandputtcat.com

Catalonia is

TRADITION and INNOVATION

GASTRONOMIC TOURISM

Gastronomy club

www.catalunyaturisme.com

The Vic gastronomic forum

www.forumgastronomic.com

Ministry of Agriculture, Livestock and Fishing

www.gencat.net/darp/

CULTURAL TOURISM

The tourist agenda:

- festivals and facilities
- the performing arts
- traditional and popular festivals

www.catalunyaturisme.com

ANCIENT and AVANT-GARDE

CULTURAL TOURISM

The archaeology museum of Catalonia - Empúries

www.mac.es

Tarragona municipal tourist board

www.tarragonaturisme.com

National art museum of Catalonia

www.mnac.es

The rupestrian art route / The Ruta dels Íbers /

The archaeology museums of Catalonia

www.mac.es

Roman Tarragona

www.tarragonaturisme.com

Vall de Boí, World Heritage Romanesque churches

www.vallboi.com

The national art museum of Catalonia (Romanesque paintings)

www.mnac.es

The Camí dels Bons Homes (Route of the Cathars)

www.camidelsbonshomes.com

Jewish Catalonia

www.redjuderias.org

The Ruta del Cister

www.larutadelcister.info

The Ruta del Temple

www.lleida.org/domustempli

Castles and forts: Monumenta

www.monumenta.info

The cultural castles of Catalonia foundation

www.castellscatalunya.com

Culture and spirituality: Montserrat

www.abadiamontserrat.net

Monuments of Catalonia

www.catalunyaturisme.com

Museums and culture centres

www.catalunyaturisme.com

GREAT!

Picasso Museum of Barcelona

www.museupicasso.bcn.es

Joan Miró foundation

www.bcn.fjmiro.es

Gala-Salvador Dalí foundation

www.salvador-dali.org

Antoni Tàpies foundation

www.fundaciotapias.org

Gaudí:

Caixa Catalunya foundation (La Pedrera)

www.caixacatalunya.es/obrasocial

Centre of modernism

www.rutamodernisme.com

The Sagrada Família temple

www.sagradafamilia.org

Casa Batlló

www.casabatllo.es

Colonia Güell

www.elbaixllobregat.net/coloniaguell

Centre of modernism

www.rutadelmodernisme.com

www.reus.net/turisme

Villa Casals - Museo Pau Casals

www.paucasals.org

www.elvendrellturistic.com

TOURIST INSTITUTIONS

Catalonia Tourism

Tel: +34 93 484 99 00

www.catalunyaturisme.com

Costa Brava Tourist Board - Girona Pyrenees

Tel: +34 972 20 84 01

www.costabrava.org

Costa Daurada Tourist Board

Tel: +34 977 230 312

www.costadaurada.org

Barcelona Tourism

Tel: +34 93 368 97 42

www.barcelonaturisme.com

IDECE - Terres de l'Ebre

Tel: +34 977 510 546

www.terresdelebre.org

Lleida Tourist Board

Tel: +34 973 245 408

www.lleidatur.com

Val D'Aran Tourism

Tel: +34 973 640 688

www.aran.org

The Costa del Maresme Tourist

Development Consortium

Tel: +34 93 741 11 61

www.costadelmaresme.es

Barcelona Provincial Council - Turisme Total

Tel: +34 93 402 29 66

www.turismetotal.org

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info@catalunya-turisme.org

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catalonia@catalantouristboard.co.uk

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Tel.: (+33) 1 4046 9892 (Paris)

media@tourismedelacatalogne.fr

Tel.: (+33) 0 468 35 1714 (Perpignà)

Media.perpignan@tourismedelacatalogne.fr

China

Tel : +86 106 2 27 08 43

info@hispachina.com

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Italy

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