



EN*

MAMMA LOVES CATALONIA

The Mammaproof guide for
Family tourism in Catalonia



Experiences of families who have visited and enjoyed
Catalonia's most family-friendly spots.

EDITED BY:



IN COLLABORATION WITH:




#MAMMALOVESCAT
#CATALUNYAEXPERIENCE

MAMMA LOVES CATALONIA

FAMILY
WELCOME





Mammaproof is so much more than a media outlet – it is a community of urban mothers and fathers that face logistical challenges head-on, and go out into the street to discover the world through their children’s eyes. And this guide is so much more than a means of promoting Catalonia – it is the real testimony of families who have visited, enjoyed and captured the more family-friendly side of Catalonia.

In this third edition, we have once again done what we do best: involve real families in a campaign to showcase places with a special, proven family friendliness. The places that feature in this guide are the places that we enjoyed most. Other places that we did not enjoy so much we then contacted with feedback to help them improve their services for families. With our experiences and our opinions, we hope to contribute to improving family-friendly tourism in Catalonia.

We are presenting you with an updated guide to new destinations, and we are once again sharing some of the reasons why #mammalovescat.

Come in, and make yourself at home in Catalonia.

*mamma
proof*.ORG







Catalonia is a unique destination for family holidays due to its large cultural and natural attractions as well as the numerous leisure activities on offer. The Catalan coastline possesses numerous beaches equipped with services that cater for children. Plus, inland Catalonia is abundant with many protected natural spaces and areas of great interest famous for their unique flora and fauna.

The Platja en Família (Family-friendly beach holidays) and Natura i Muntanya en Família (Family Nature and Mountain) labels created by the Catalan Tourist Board (ACT). Family-friendly active holidays distinguish towns offering attractions and infrastructures that are appropriate for the needs of families. The towns have a range of certified establishments appropriate for family tourism, including accommodation, restaurants, leisure services and activities and/or cultural facilities that have been validated and verified by the ACT as being appropriate for children.

More information [here](#).

Catalan Tourist Board (ACT)



it's what you see.
IT'S WHAT YOU FEEL.



Discover
"The route of fate" at
catalunya.com



**Generalitat
de Catalunya**

GETAWAYS

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Go deep into a fairy forest. Visit an enchanted village. Learn about the history and monuments of Prades through a gymkhana competition. Cycle through the villa roja and its mountains. Nonstop climbing. Plunge into a swimming pool in the forest. Explore Sesame Street with Bert and Ernie.

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+ ADDRESSES

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1

2019 NEW DESTINATION

ELS PORTS



TESTED BY

ITZIAR

De Tomillo Limón

The place where we enjoyed an unforgettable family experience is set in a breath-taking natural environment of charming villages surrounded by vineyards and olive groves: the Natural Reserve of Tierras del Ebro (Terres de l'Ebre).

This area in the South of Catalonia is composed of four different regions: Montsià, Baix Ebre, Terra Alta and Ribera de l'Ebre. Here you will find a selection of the favourite plans we came up with during our trip. We hope you enjoy them!

You can read all about the experience at mammaproof.org



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2. A hotel-village for families: the Hotel Vilar Rural in Arnes
3. Arnes village
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5. A unique place to recover! The Bot train
6. A picnic and a bath in La Fontcalda
7. Culture fusion in Tortosa
8. Hiking in El Rincón de Marc



1

CENTRO DE INTERPRETACIÓN DE LA MIEL

It is said that Arnes owes its name to the hives that once surrounded the village. Whether that is true or not, the "Centro de Interpretación de la Miel" has been created to strengthen and preserve the Arnes identity linked to this centuries-old tradition. It consists of different didactic and interesting spaces which, using the latest technologies, show us everything there is to know about the world of honey and bees in a dynamic and fun way. The centre helps us appreciate the important and necessary role that bees play in balancing our ecosystem.

+INFO
CENTRO DE INTERPRETACIÓN DE LA MIEL



2

A HOTEL-VILLAGE FOR FAMILIES: THE HOTEL VILAR RURAL IN ARNES

The Hotel Vilars Rurals is surrounded by olive groves and vineyards and is very close to the centre of Arnes. This small village is ideal for families with kids and there are lots of activities and services for the little ones: a farm, vegetable garden, kids play area, cinema or a heated swimming pool among others.



+INFO
HOTEL VILAR RURAL



3

ARNES VILLAGE

Arnes has been declared a village of cultural interest* due to its unique architecture: it maintains the original structure of its medieval city and there are archaeological remains of the fortress and castle. Its palace is also a landmark building from the Catalan Renaissance which is used today as the Town Hall. The baroque church of Santa Magdalena cannot be missed either.

(A category of the Cultural Heritage System in Spain)

+INFO
ARNES



4

A BIKE RIDE ALONG THE VÍA VERDE

Cycling the 24 kilometres that separate Horta de Sant Joan from Benifallet is an authentic delight. The path follows an old railway line and is slightly downhill which makes the ride much easier. It is an excellent way to discover this spectacular natural environment and all its overwhelming beauty!

+INFO
VÍA VERDE DE BOT





5

A UNIQUE PLACE TO RECOVER! THE BOT TRAIN

Here the kids – and indeed the not so young – will definitely want to take a break. The owner explained to us that when he saw this old railway car up for sale, her husband had the great idea of turning it into a cafeteria. A railway car turned into a charming bar and cafeteria for everybody who's out walking or cycling the Via Verde. It is a very charming place and its coffee is not be missed!

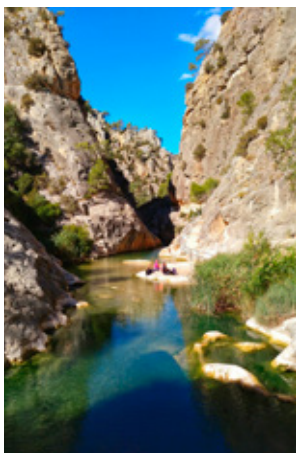
•INFO
THE BOT TRAIN



6

A PICNIC AND A BATH IN LA FONTCALDA

The natural pools in La Fontcalda are located along the route of the Via Verde, surrounded by a spectacular landscape. It is a fantastic place for a picnic and to cool off in the waters of the natural hot springs. If you visit it on a hot day, you'll not be able to resist the temptation of having a splash in the water!



•INFO
FONTCALDA SANCTUARY



7

CULTURE FUSION IN TORTOSA

It has been said that Tortosa is one of the few places where the three great cultures coexist in the Peninsula: Christians, Muslims and Jews. Moreover, the Greeks, Romans, Phoenicians and Visigoths also left their footprint on the city. This rich cultural legacy makes Tortosa a must-see if you are close to Las Tierras del Ebro.



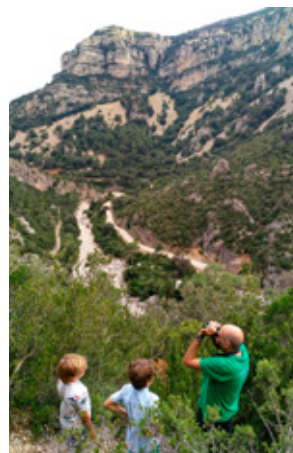
•INFO
TORTOSA



8

HIKING IN EL RINCÓN DE MARC

The Natural Park dels Ports (between Catalonia, Valencia and Aragon) offers many routes of different levels. El Rincón de Marc is a route that lets you admire the beauty and natural wealth of this marvellous Natural Park. Be attentive and quiet, if you are lucky you'll even see the authentic Hispanic Pyrenean Goat!



•INFO
NATURAL PARK DELS PORTS



2

2019 NEW DESTINATION

PIRINEUS NOGUERA PALLARESA



TESTED BY

BELÉN

De Oh My Mum

The Noguera Pallaresa area was a great discovery for all of us. Getting to know the interior of Catalonia let us see some really impressive landscapes. There are lots of activities for families, all year round. Snow sports, strolling through medieval villages, picking mushrooms in the woods, a visit to the Natural Park of Alto Pirineo. There's no doubt about it, it's a fantastic tourist choice, for family and friends! We especially loved being in contact with nature and getting to know a bit more about shepherding. We're looking forward to visiting Sort and Llavorsí again!

You can read all about the experience at mammaproof.org



1. Hotel Riberies
2. Llavorsí
3. Eco museum of la Vall d'Àssua
4. Museum of salt
5. Jardín de rocas
6. 4X4 excursion
7. Comes de Rubió mountain shelter
8. Visit The La Borda de Macià Farm

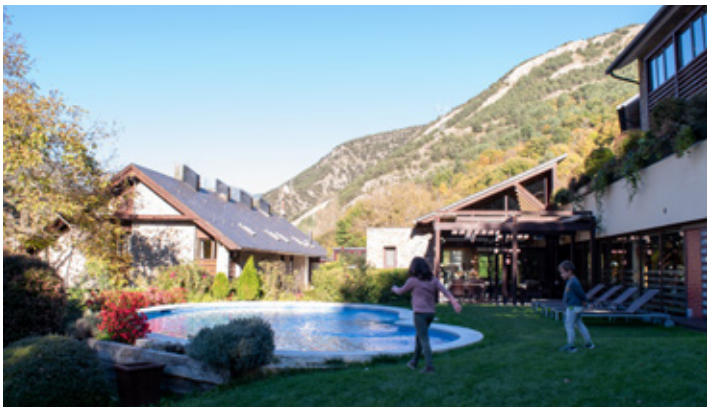


1

HOTEL RIBERIES

A family hotel surrounded by nature. Here you can really get away from the madding crowd! It has cosy rooms, nice food and it has a fantastic location. A perfect starting point for visiting lots of places in the region or enjoying activities such as horse riding, rafting or hiking.

+INFO
HOTEL RIBERIES



2

LLAVORSÍ

A small town set amid three large valleys: Vall d'Aneu, Vall de Cardós and la Valferrera. It is well worth walking through its narrow streets and enjoying the beautiful stone houses, typical of this area. You will feel you're in the middle of a fairy tale!

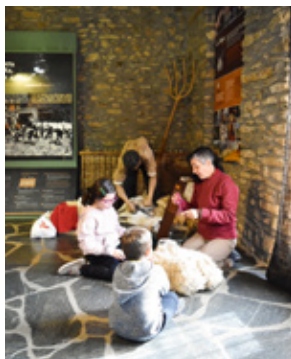


+INFO
LLAVORSÍ

3

ECO MUSEUM OF THE SHEPHERDS OF LA VALL D'ÀSSUA

An extremely complete visit to better know the work of shepherds, the school of shepherding and the unique "xisqueta" sheep. This museum has A "Family Tourism" certificate and we were able to take part in a workshop with wool. The kids enjoyed it so much!

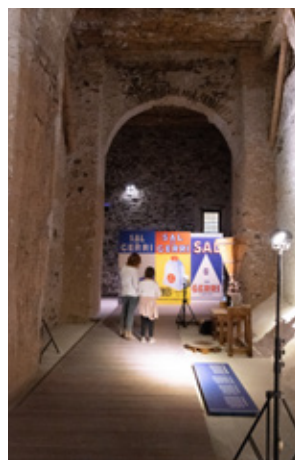


+INFO
ARA LLEIDA

4

MUSEUM OF SALT

What a surprise! Did you know there are indoor salt mines? In this great experience we learned all about how they produce salt from the salt mines of Gerri. In addition, the museum is located in a building that has been a salt warehouse since the Middle Ages. It also is the largest civic building in the Pallars.



+INFO
LLEIDA

5

JARDÍN DE ROCAS

In the Natural Park of the Alto Pirineo (High Pyrenees) you will find the Jardín de Rocas. This is an open-air museum where you can learn all about the geological heritage of this area. It is in the Valle de Siarb where the highest inhabited village of Catalonia is located (so just imagine the breath-taking views you get from up there).

+INFO

NATURAL PARK OF THE ALTO PIRINEO



6

4X4 EXCURSION

Without a doubt the best way to explore the region! We got on a 4x4 with somebody who knows every single inch of the Natural Park of Alto Pirineo. Furthermore, the guide taught us how to identify animal tracks and we picked mushrooms in the forest. What a great plan for a family! Once we left Sort we were able to enjoy astonishing views of the valleys and the mountains.



+INFO

VISIT SORT



7

COMES DE RUBIÓ MOUNTAIN SHELTER

A place with special charm and a starting point for lots of activities in the area: hiking, snowshoeing, horse riding tours, mountain bike ... The perfect place to stop to warm up and enjoy some traditional mountain food. Up to 50 people can sleep here!

+INFO

COMES DE RUBIÓ MOUNTAIN SHELTER



8

VISIT THE LA BORDA DE MACIÀ FARM

The activities organized by Casa Macià are perfect if you like to be in contact with farm animals: goats, sheep, horses ... They also have a small observatory that lets you admire the most timid animals at night, such as roe deer or foxes. Another activity they offer is using GPS to go in search of wild animals.

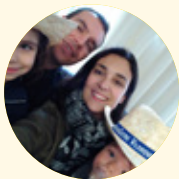
+INFO

CASA MACIÀ



3

VILANOVA I LA GELTRÚ, EL VENDRELL AND CASTELLDEFELS

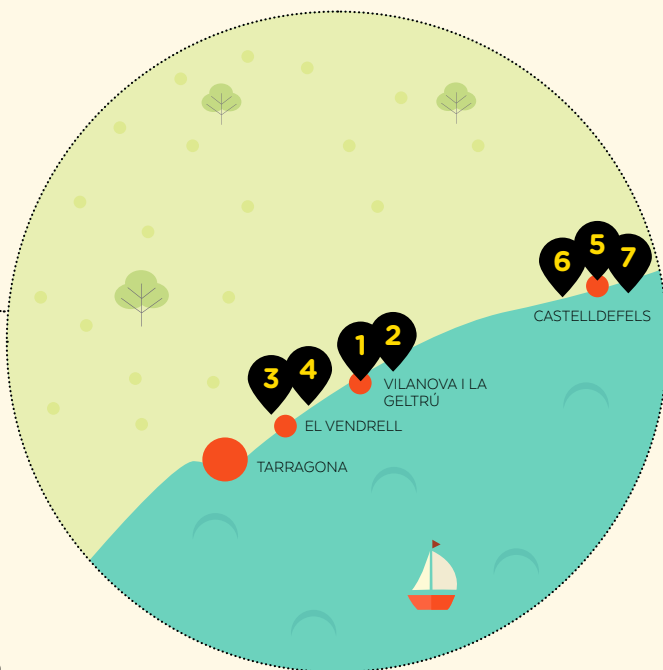


TESTED BY

JÈSSICA

De Sweet Pin

You can read all about the
experience at mammaproof.org



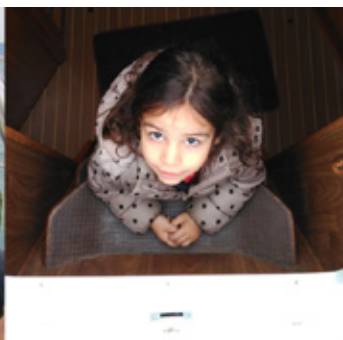
1. Sail along the Mediterranean coast
2. Visit Catalonia Railway Museum
3. Discover the world of animals
4. Family visit to Pau Casals Museum
5. Year-round fun at the beach
6. Castelldefels Castle
7. Activities for everyone on the Olympic Canal

1

SAIL ALONG THE MEDITERRANEAN COAST

Go out to sea, close your eyes and feel the wind on your back. Take a sail boat with a skipper at the helm, skirting the coast of Vilanova i la Geltrú until you get to Sitges – or head to a destination of your choice! It's a wonderful, unique way of enjoying the sea and breathing in the fresh, salty air.

•INFO
NAUTICA SPIRIT



2

VISIT CATALONIA RAILWAY MUSEUM

Experience a journey back in time, where you will discover more than fifty vehicles of all kinds (passenger carriages, electric locomotives and more). Located in the city's former steam locomotive depot, the Railway Museum captivates kids and parents alike.



•INFO
CATALONIA RAILWAY MUSEUM



3

DISCOVER THE WORLD OF ANIMALS

Explore this home for animals located in an area classified as a refuge for wild animals and agricultural protection. Private tours, children's visits, solidarity days and parties and anniversaries – anything and everything can happen at La Bassa.

•INFO
LA BASSA FARMHOUSE



4

FAMILY VISIT TO PAU CASALS MUSEUM

The home of Pau Casals is the perfect place to introduce your kids to a bit of music and culture. Accessible and easy to visit, you can see Casals' instruments, breathe in the atmosphere of the still-intact rooms, and hear about his artistic legacy. It's a real treat for the senses.

•INFO
VIL·LA CASALS MUSEUM



5

YEAR-ROUND FUN AT THE BEACH

Castelldefels has almost 5 km of beach, making it the ideal spot for activities all year round, and not just in the summer! There is a wealth of beach bars, a children's library, water sports, kids' activities, parks and walkways to the sand.

•INFO
CASTELLDEFELS BEACH



6

CASTELLDEFELS CASTLE

Relive the history of Castelldefels through its wonderful castle. Easily accessible and not too large, the castle is just the right size to visit with kids. It is surrounded by extensive gardens that often provide the backdrop for concerts, parties, shows and period plays.



•INFO
CASTELLDEFELS CASTLE



7

ACTIVITIES FOR EVERYONE ON THE OLYMPIC CANAL

Castelldefels Olympic Canal is 1250 m long, and is great for all kinds of family activities, from bike circuits or skating through the canal ring to white water slalom or kayaking on the canal itself. They even have an inflatable water park!

•INFO
CANAL OLIMPIC

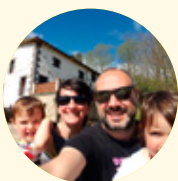


All of the information you need
to design your own adventure here:
www.vilanovaturisme.cat
www.elvendrellturistic.com
www.castelldefelsturisme.com



4

LA VALL D'EN BAS



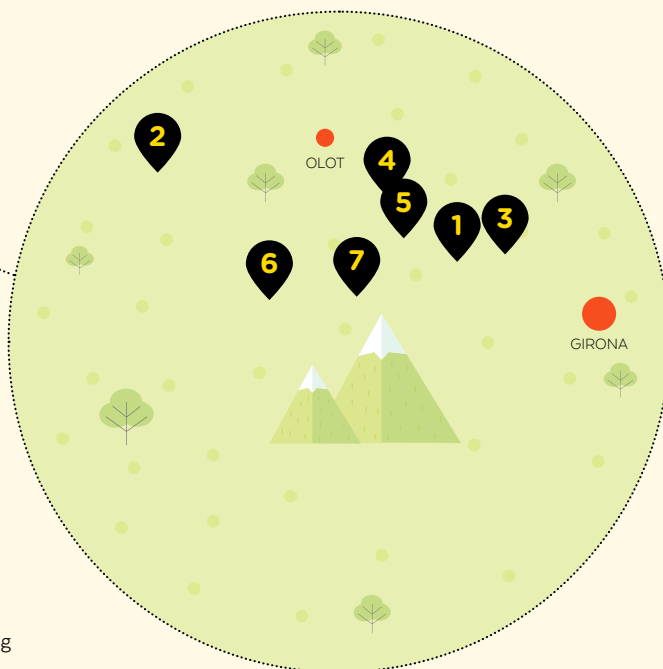
PROBADA POR

ANA

De Mammaproof

La Vall d'en Bas is located in the Garrotxa region. A little over one hour away from Barcelona, it is a great place to visit with children and get in touch with nature, walk and breathe in the fresh country air. Surrounded by hills and rocky peaks such as Cabrera dels Llancers, Freixeneda and Puigsacalm, La Vall d'en Bas stands out as a plateau, and boasts one of Catalonia's most fertile soils. A valley with exceptional natural and social wealth, filled with culture, history, agriculture and farming, it's got something for everyone!

You can read all about the experience at mammaproof.org



1. A masia with a playroom
2. Visit a dairy farm
3. A walk through Pedra Tosca Park
4. Artisanal cheesemaking and tasting
5. Cycle along the Carrilet greenway
6. Explore a picture-postcard village
7. Verntallat Children's Park



1

A MASIA WITH A PLAYROOM

Mas Rubió is a rural masia (Catalan farmhouse) dating from the 17th Century, located in the town of Joanetes. It has great transport connections, stunning views, a very friendly service, and food to die for. You'll feel right at home, and kids will be fascinated by the old stables, which have been converted into a delightful playroom.

+INFO

MAS RUBIO FARMHOUSE



2

VISIT A DAIRY FARM

Mas Coromina dairy farm of is just the ticket if your kids fancy the idea of feeding cows, petting the newborn calves, watching the cows being milked and enjoying a delicious selection of their dairy produce. It's a great activity that always goes down a treat with children.



+INFO

MAS LA COROMINA FARMHOUSE

3

A WALK THROUGH PEDRA TOSCA PARK

Pedra Tosca Park, winner of the Rosa Barba European Landscape Award for its beauty, is a unique rural environment created with the aim of recovering, restoring and consolidating the work of our forefathers, 150 years after the land was farmed and then abandoned. Enjoy walking, cycling or riding a ruc català (Catalan donkey)!

+INFO

RUCS I SOMERES



4

ARTISANAL CHEESEMAKING AND TASTING

If you choose to stay at the wonderful country house of La Xiquella, you'll be able to learn about artisanal cheesemaking processes, as well as being lucky enough to taste them, make out their distinguishing features, and most importantly, pair them with a good wine!

+INFO
LA XIQUELLA



5

CYCLE ALONG THE CARRILET GREENWAY

For lovers of family cycling, there is nothing that beats having a via verde or greenway on the doorstep of your accommodation. Don't miss the chance to go on the Carrilet Route from Olot to Girona, which passes right in front of La Xiquella country house.



+INFO
CARRILET GREENWAY



6

EXPLORE A PICTURE-POSTCARD VILLAGE

The centre of this picturesque village has been declared a Historic-Artistic Monument, and its main street leads you through houses adorned with flowers on their wooden balconies – an image reproduced by countless painters and photographers.

+INFO
HOSTALETS D'EN BAS



7

VERTALLAT CHILDREN'S PARK

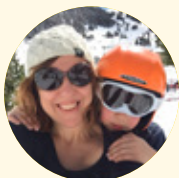
Vertallat is the agricultural cooperative of the Vall d'en Bas area, located in the very centre of the valley, where the region's agricultural and farming activities are concentrated. It has a great children's park, a bar, a restaurant and an organic and eco shop. On all its premises, you will be served local produce.

+INFO
VERTALLAT



5

VALL DE NÚRIA

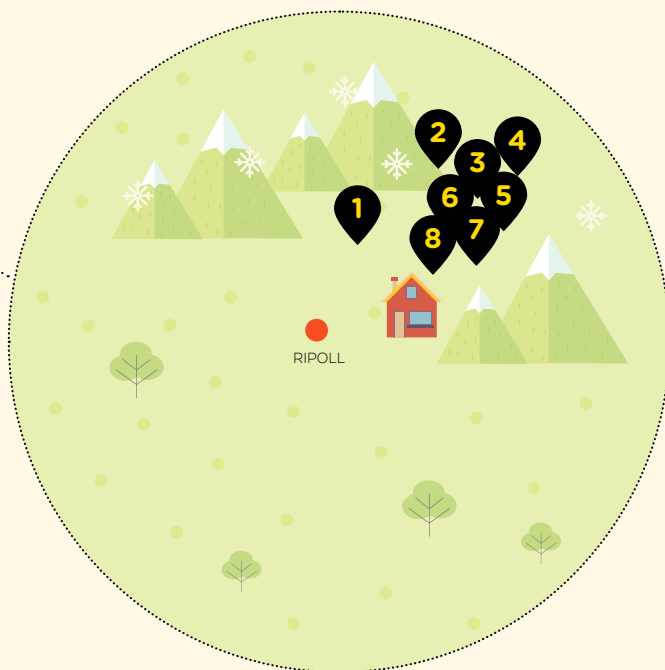


TESTED BY

MAVI

De Mammaproof

You can read all about the experience at mammaproof.org



1. Reach an altitude of 2,000 metres by rack railway
2. Stay at a 3-star hotel at the foot of the slope
3. Learn to ski as a family
4. Enjoy the snow without the skiing
5. Night-time snow-grooming tours
6. The history of a mythical shrine
7. Hiking for everyone
8. Visit "La Geperuda"

1

REACH AN ALTITUDE OF 2,000 METRES BY RACK RAILWAY

Grab your bags and leave your car behind, along with the stress and the pollution. To reach Núria, especially in the winter, you can only go by rack railway. The journey is 12.5 kilometres long and the climb totals 1,059 metres. The first 5.5 kilometres operate as a traditional rail system, whilst the rest operates as a rack railway, overcoming a maximum incline of 15%. Ready for the climb? It's a treat to watch the landscape change, from the villages of Hostalets d'en Bas and Queralbs to the valley covered in Pyrenean vegetation.



+INFO

VALL DE NÚRIA RACK RAILWAY



2

STAY AT A 3-STAR HOTEL AT THE FOOT OF THE SLOPE

Few hotels can boast a ski slope with a direct, pedestrian access from their facilities. For lovers of the sport, if you come as a family, this accommodation gets bonus points for ease and comfort. If you also want to spend some time with your partner, your kids can enjoy activities in the Cau de la Marmota play area with a great instructor.

+INFO

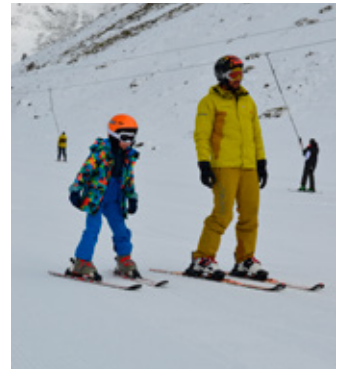
VALL DE NÚRIA HOTEL



3

LEARN TO SKI AS A FAMILY

The ski slopes of the Vall de Núria ski resort might not be all that attractive to skiing pros or expert aficionados. However, if you are looking to learn, fall over and get back up again (and again, and again!), you'll find no better ski slope in Catalonia! Why? Because it is easy to access, has excellent facilities and great ski instructors, who make your enjoyment an absolute priority. If you are starting out in the snow, your best bet is to take some family classes.



+INFO

OXINEU



4

ENJOY THE SNOW WITHOUT THE SKIING

For families who are not all that bothered about skiing, the Vall de Núria resort offers a fun play park. It's perfect for enjoying a whole range of activities in the snow: tubing, balance games, ziplining and wall climbing are just some of the activities on offer.

+INFO

VALL DE NÚRIA LEISURE PARK





5

NIGHT-TIME SNOWGROOMING TOURS

To understand the difficult task of creating and maintaining the snow in a ski resort, there is nothing better than going on a snow-grooming tour with a guide on the closed slope. Just before dinner, the guide will propose a toast with cava atop the Pic de l'Aliga peak. As you go down, night falls and you will see wild mountain animals crossing your path.

+INFO

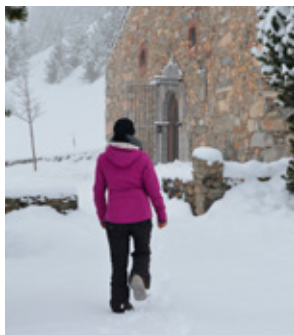
VALL DE NÚRIA RACK RAILWAY



6

THE HISTORY OF A MYTHICAL SHRINE

They say that Sant Gil (Saint Giles) lived in the valley, converting local shepherds to Catholicism. Legend has it that the saint sculpted a figure of the Virgin Mary and hid it in a cave, fleeing the Arab invasion. Next to the Virgin, he also hid the pot he used to cook in, the cross that presided over his prayers, and the bell he used to call shepherds in to eat. You can now visit the shrine with the relics and the cave where the saint is said to have stayed. Some believe the relics are miraculous, and they are said to help women with fertility problems.



+INFO

VALL DE NÚRIA SANCTUARY - BASILICA



7

HIKING FOR EVERYONE

Spring and summer are the perfect seasons for a spot of mountain hiking. La Vall de Núria offers routes for all levels and difficulties, perfect for kids just starting out as well as more experienced hikers who are looking to conquer a peak or two. In the spring, with the colourful burst of flowers and greenery, families can play the game of trying to find the symbol of the Valley: the yellow Turk's cap lily.

+INFO

VALL DE NÚRIA



8

VISIT "LA GEPERUDA"

For those who are passionate about railways and all things train-related, we recommend a free visit to the rack rail exhibition at the Ribes Vila station. The period wagons include one called 'La Geperuda' (the hunchback), which worked by pushing the carriages from behind.

+INFO

VALL DE NÚRIA RACK RAILWAY



6

MUNTANYES DE PRADES



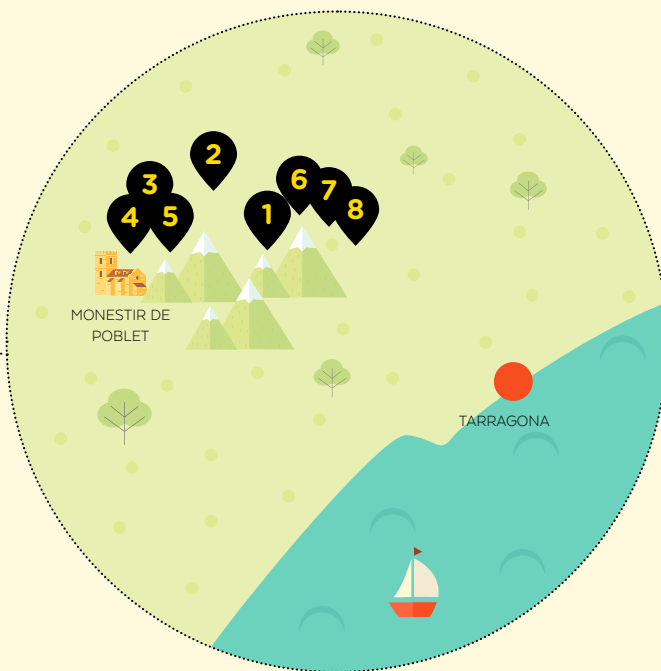
PROBADA POR

MARTA

De Una Mamá
Diseñadora

The Muntanyes de Prades or Prades Mountains are full of contrasts – a protected forest, an imposing monastery, vast vineyards, and a prehistoric cave can all be found side by side in this area. That's why it is perfect for visiting with kids, because there will always be something to surprise them. Some 120 km from Barcelona, the Conca de Barberà region provides a heady mix of culture, tradition and nature in equal parts. It seems incredible that we have such a great family destination within reach, one that has managed to remain uncrowded, and offers such a varied choice of activities.

You can read all about the
experience at mammaproof.org



1. The mushroom routes in Poblet Forest
2. Watch a live demonstration of glass-blowing techniques
3. Magic, History and Tradition at Poblet Monastery
4. Gourmet Menu and games at the Hostatgeria de Poblet
5. Discover hidden natural treasures in an off-road vehicle
6. A walk through the rural past of the area
7. A journey to the prehistory of the of L'Espluga Caves
8. Tuck in at the Simó de Palau Restaurant



1

THE MUSHROOM ROUTES IN POBLET FOREST

Poblet offers four fungi hunting routes, which feature mushrooms painted over groups of tree-trunks - just look at them from the right angle, and you'll see the picture of the mushroom come together, telling you which local species grow in that specific spot. You'll pass century-old trees as you fill your basket with pinecones and chestnuts.

+INFO

POBLET FOREST



2

WATCH A LIVE DEMONSTRATION OF GLASS-BLOWING TECHNIQUES

At the Vimbodí-Poblet Museum and Furnace you can watch a live demonstration of glass-blowing by a master glassmaker. It's a real art form! The pieces can be purchased in the museum, which also hosts an exhibition explaining the history of the local industry through glass objects.



+INFO

VIMBODÍ-POBLET MUSEUM

3

MAGIC, HISTORY AND TRADITION AT POBLET MONASTERY

The Reial Monestir de Santa Maria de Poblet, declared a World Heritage, is a monument exuding magic, history and tradition, which will captivate children and adults. The kings and queens buried here, the kitchen and the outdoor patio are always favourites with the children.

+INFO

THE REIAL MONESTIR DE SANTA MARIA DE POBLET





4

GOURMET MENU AND GAMES AT THE HOSTATGE- RIA DE POBLET

They offer a gourmet menu and a kids' menu. We recommend going for the admission ticket and menu package - the food is tasty and it works out cheaper that way. The games corner is perfect for the young and also the not so young. If the weather is nice, kids can also play freely in the patio at the back.



•INFO
HOSPEDERÍA DE POBLET



8

TUCK IN AT THE SIMÓ DE PALAU RESTAURANT

If you are also looking for a restaurant in L'Espluga de Francolí, you can do no better than the Simó de Palau Restaurant. It is a spacious spot, fantastic for families with children. The food is local and of excellent quality. They offer one-plate meals for kids, but they adapt their menu according to needs and seasonal produce.

•INFO
SIMÓ DE PALAU RESTAURANT



5

DISCOVER HIDDEN NATURAL TREASURES IN AN OFF-ROAD VEHICLE

They say that in Poblet every corner has a story and every story has a corner. Discover them all in a guided tour in an off-road vehicle: vineyards, grain fields, olive trees, hazelnut trees, aromatic plants, forests and mountains all fit into an hour and a half. Be sure to check out the view from the Mirador de la Pena lookout.

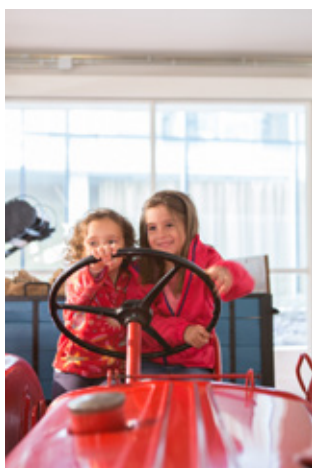
•INFO
DRAC ACTIU



6

A WALK THROUGH THE RURAL PAST OF THE AREA

The Museum of Rural Life is a huge site, covering some 4,000 m2. It is an old ancestral home - a casa pairal - housing tools, furniture, clothing and other objects from the area's rural past. Through these objects, aided by audio-visual support, kids can learn and observe traditional trades.



•INFO
MUSEUM OF RURAL LIFE



7

A JOURNEY TO THE PREHISTORY OF THE OF L'ESPLUGA CAVES

In these natural caves, you can tread on the same floor as our prehistoric ancestors. Audio-visual projections, replicas of objects and real-life figures explain the history of these caves - the site of settlements from Palaeolithic times to the Iberians of Pre-Roman times. Children aged 8 and over can also enjoy their 'Adventure tour' through the caves.



•INFO
L'ESPLUGA CAVES



7

SANT PERE PESCADOR

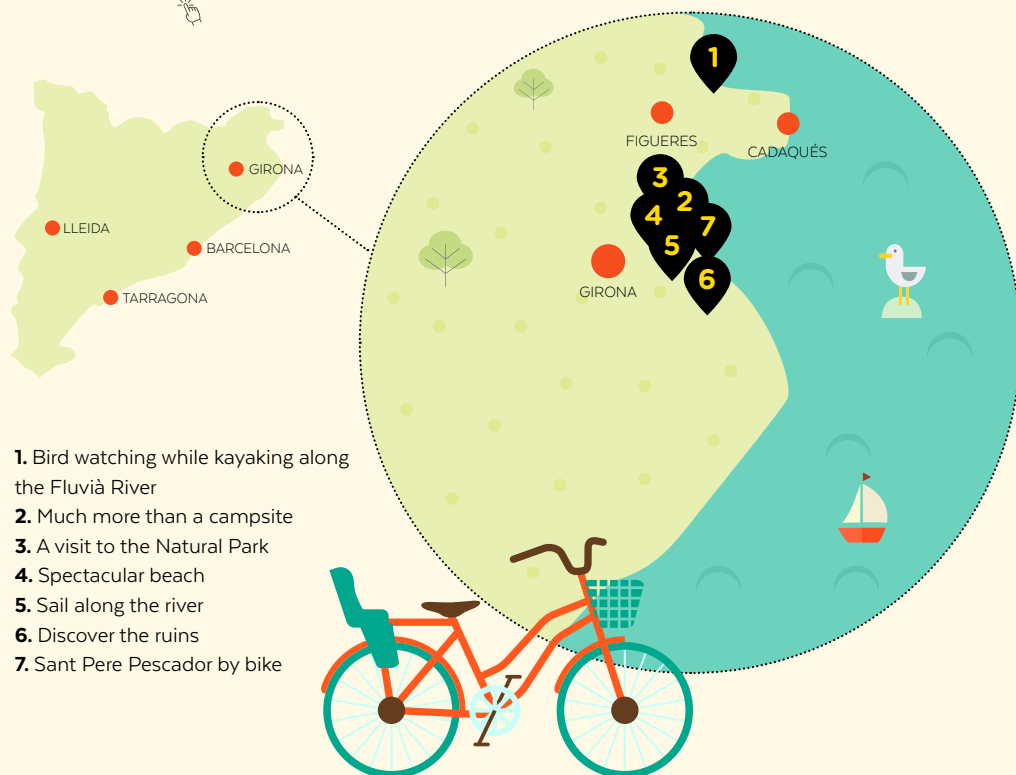


TESTED BY

BEA

De Mammaproof
Madrid

You can read all about the
experience at mammaproof.org



1. Bird watching while kayaking along the Fluvià River
2. Much more than a campsite
3. A visit to the Natural Park
4. Spectacular beach
5. Sail along the river
6. Discover the ruins
7. Sant Pere Pescador by bike

1

BIRD WATCHING WHILE KAYAKING ALONG THE FLUVIÀ RIVER

Kayaking is also a great adventure for kids, and in this case the plan also includes bird watching. You're sure to see a family of ducks swimming along the river with ducklings.



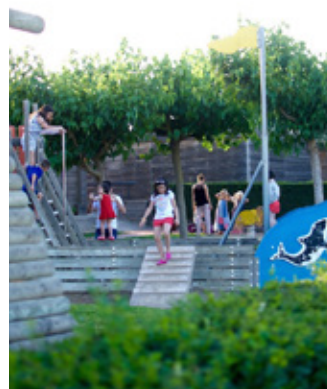
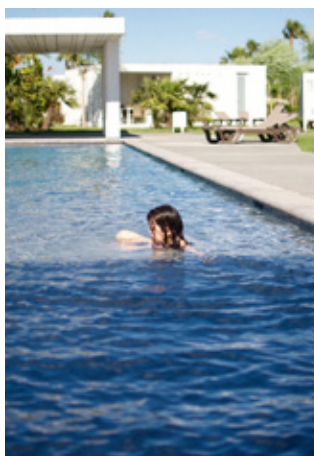
+INFO
SK KAYAK



2

MUCH MORE THAN A CAMPSITE

Staying at La Ballena Alegre campsite will change your idea of what camping can be. Its fully equipped bungalows and fantastic common areas and pools make this campsite the perfect choice for family accommodation.



+INFO
LA BALENA ALEGRE



3

A VISIT TO THE NATURAL PARK

Els Aiguamolls de l'Empordà Natural Park is a protected area that includes wetlands where several species of birds nest and breed. One of the routes is accessible to people with reduced mobility and visitors with pushchairs.



+INFO
AIGUAMOLLS DE L'EMPORDÀ NATURAL PARK

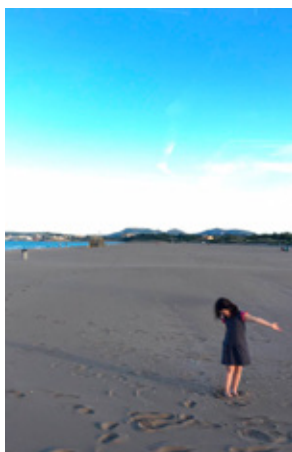




4

SPECTACULAR BEACH

Sant Pere Pescador has the only beach on the Costa Brava with 6 km of pristine sand dunes. Here, in addition to enjoying the lovely water, you also can rent sail boats and skates, and have a drink at one of the bars.



+INFO

SANT PERE PESCADOR BEACH

5

SAIL ALONG THE RIVER

Sant Pere is bordered by the Fluvià River, a great spot for family sports and activities such as sailing, catamaranning, windsurfing and paddleboarding.

+INFO

FLUVIÀ GOLÀ



6

DISCOVER THE RUINS

Visit the Ruins of Empúries, located just a few steps away from the beach and discover the remains of Greek and Roman civilisations that came through here. This is an incredible, unmissable experience for families holidaying in Sant Pere Pescador and beyond. They have audio guides available, which will enlighten you on every little detail.

+INFO

RUINS OF SANT MARTÍ D'EMPÚRIES



7

SANT PERE PESCADOR BY BIKE

A really pleasant, easy bike route that starts near the Fluvià River, takes you up to the beach, and continues through the extensive fruit orchards.

+INFO

SANT PERE PESCADOR CYCLE PATH



8

COSTA BRAVA SUD



TESTED BY

MAVI

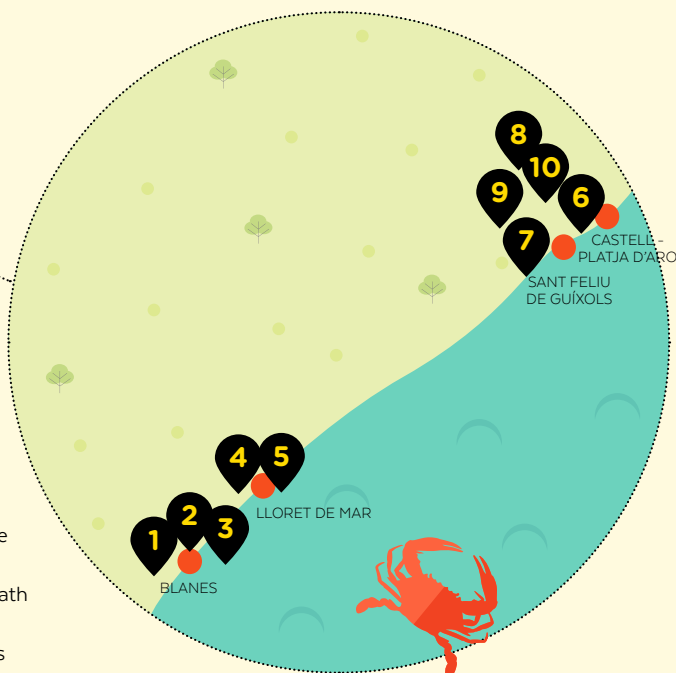
De Mammaproof

You don't have to go far to enjoy coves with white sand, turquoise water and Mediterranean vegetation. On this occasion, we are taking you to a series of coastal spots which boast the The Platja en Família (Family-friendly beach holidays) seal, thanks to the range of infrastructures and services on offer adapted to the needs of families. Blanes, Sant Feliu de Guíxols, Castell-Platja d'Aro and Lloret de Mar are the first towns along this rural, seafaring coast so wonderfully described by the poet Ferran Agulló.

You can read all about the experience at mammaproof.org



1. Climb to the top of Sa Palomera
2. Family gymkhana in Blanes
3. Learn about botany at the Marimurtra Botanical Gardens
4. Twilight at the gardens of Santa Clotilde
5. Strip off at Sa Boadella
6. A walk down the Camí de Ronda footpath
7. Catamarans for newbie sailors
8. Zig-zagging through the winding streets of a medieval village
9. Miniature steam locomotive
10. Cycle along a via verda to the sea





Build your own adventure using the information you will find here:

www.platjadaró.com
www.blanescostabrava.cat
www.visitguixols.com
www.lloretdemar.org



1

CLIMB TO THE TOP OF SA PALOMERA

This promontory is considered to be the starting point of the Costa Brava. If you are visiting Blanes, you must climb it or go up the stairs. Many couples have sworn each other eternal love at the lookout, if the huge number of locks decorating the rusty railing is anything to go by!



+INFO

BLANES TOURIST INFORMATION OFFICE



2

FAMILY GYMKHANA IN BLANES

Starting at the Tourist Information Office, this family gymkhana activity will bring you closer to the interesting facts about Blanes, its architecture, its history, its fauna and flora. A game of clues conceived for children aged 8 to 12.

+INFO

BLANES TOURIST INFORMATION OFFICE



3

LEARN ABOUT BOTANY AT THE MARIMURTRA BOTANICAL GARDENS

Get the train at Blanes promenade to reach this marvellous botanical garden created thanks to the passion for plants of a German humanist entrepreneur by the name of Karl Faust. We recommend a guided tour with one of the instructors to fully appreciate the variety and richness of this natural landscape.



+INFO

MARIMURTRA BOTANICAL GARDENS



4

TWILIGHT AT THE GARDENS OF SANTA CLOTILDE

A romantic garden with sublime statues, lookouts to the typical Costa Brava cliffs and hundreds of paths where your kids can run around and/or play at being botanists, guessing fragrances and flowers.

+INFO

SANTA CLOTILDE GARDENS

5

STRIP OFF AT SA BOADELLA

A picture-perfect naturist beach with stunning rocks that protect it from the Mediterranean Sea when it gets rough. Easy to access from the car park at the Santa Clotilde Gardens, this beach also has a chiringuito or beach bar where families will find something to eat and drink.



+INFO

LLORET TOURIST INFORMATION OFFICE



6

A WALK DOWN THE CAMÍ DE RONDA FOOTPATH

We recommend starting off with a refreshing plunge in the waters of Sant Pol Beach and then start a walk with the kids that lasts approximately two hours, stopping off at little coves along the way, full of passageways, lookouts and magnificent houses to admire.



+INFO

SANT FELIU DE GUÍXOLS TOURIST
INFORMATION OFFICE



7

CATAMARANS FOR NEWBIE SAILORS



Beachfront facilities with hammocks, trampolines, buckets and spades in a chill-out atmosphere that will make the kids feel right at home. This school organises summer camps, rents out kit and also hires out catamarans for newbie sailors, accompanied by an instructor.



+INFO
FORÇA 3 SAILING SCHOOL



8

ZIG-ZAGGING THROUGH THE WINDING STREETS OF A MEDIEVAL VILLAGE

Take a walk through the stone-built streets of this gorgeous medieval village, which will lead you past lanes, castles and an old dolls museum. If it's Christmas time, you will be treated to one of Catalonia's most beautiful living Nativity scenes.



+INFO
CASTELL-PLATJA D'ARO



9

MINIATURE STEAM LOCOMOTIVE

Before tourism arrived here, there was a train that brought coastal towns fresh produce from inland areas. The station of Castell-Platja d'Aro has been maintained as the home of a miniature replica of the steam locomotive that used to go to Sant Feliu de Guíxols. On Saturday, an aficionado starts it up to the great delight of the little ones.



+INFO
PLATJA D'ARO TOURIST INFORMATION OFFICE



10

CYCLE ALONG A VIA VERDA TO THE SEA

Between Girona and Sant Feliu de Guíxols there is a via verda, or greenway, known as 'El Carrilet', which was also the name of the old narrow-track train that was the preferred means of transport for Girona locals looking to get to the beaches of Sant Feliu. Nowadays, families can enjoy cycling along all of its 54 km, with minimal difficulty.



+INFO
EL CARRILET GREENWAY



9

COSTA BRAVA NORTE



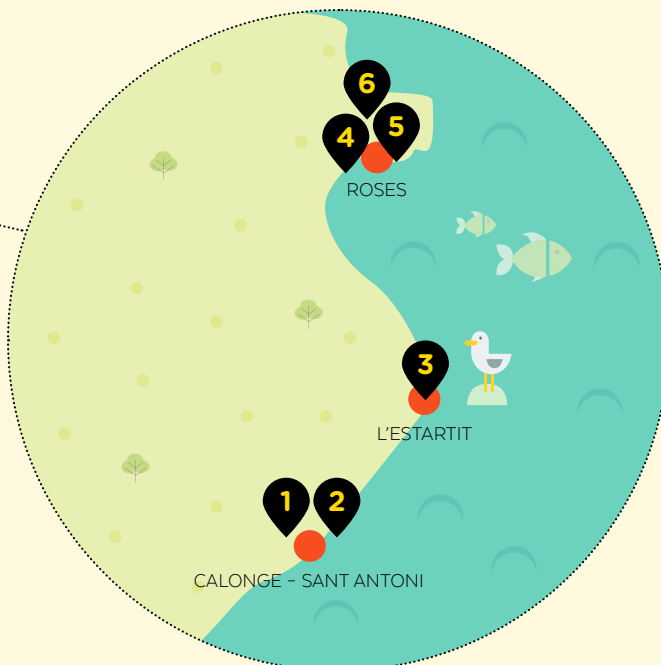
TESTED BY

DIANA

De Jan Petit

The green vegetation and the intense blue of the sea make for a stunning combination of different, rich habitats, both coastal and inland. In addition to this wonderful landscape, visitors can enjoy an architectural heritage that boasts an impressive group of medieval buildings. Its paradisiacal beaches have everything to make them welcoming, with plenty of services and activities specially conceived for children. The northern Costa Brava is, without a doubt, a great family destination.

You can read all about the experience at mammaproof.org



1. Cultivating vineyards and fruit trees respecting the rhythms of nature
2. Play 'Pony Games'
3. Wow, just look at the bottom of the sea!
4. Enjoy history and nature
5. Discover oases for kids
6. Breath-taking panoramic views

1

CULTIVATING VINEYARDS AND FRUIT TREES RESPECTING THE RHYTHMS OF NATURE

Learn with farmers that safeguard a family-based, traditional approach to agriculture, focused on home-grown crops and direct, producer-to-consumer sales. Family hiking among vineyards looking out to the sea, fruit trees and vegetable gardens. Agritourism in its purest state, to the rhythm of the tramuntana, or northerly, wind.

+INFO
MAS MOLLA



2

PLAY 'PONY GAMES'

Discovering the Les Gavarres Area of Natural Interest on horseback is an unforgettable experience. For aspiring horse riders, the Hipica Unicorn equestrian centre offers you the chance to test your skills by playing the 'Pony Games'. It may be the start of a great friendship!



+INFO
UNICORN EQUESTRIAN CENTRE



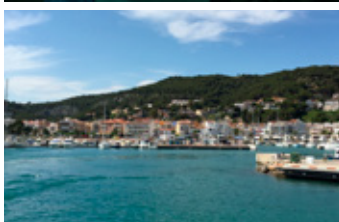
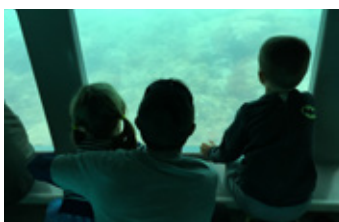
3

WOW, JUST LOOK AT THE BOTTOM OF THE SEA!

An outing in a glass-bottom boat is just the thing to make the marvels living at the bottom of the sea more accessible to kids. And what better place to do it than the Medes Islands, with their wonderful natural heritage bursting with biological and ecological richness- it's a real sight for sore eyes!



+INFO
TORROELLA DE MONTGRÍ I L'ESTARIT
TOURIST INFORMATION OFFICE



4

ENJOY HISTORY AND NATURE

An archaeological park of great historical and cultural value, the Ciutadella de Roses, with its wonderful natural setting, is perfect for a history lesson that proves fun and pleasurable for people of all ages.

+INFO

ROSES TOURIST INFORMATION OFFICE



5

DISCOVER OASES FOR KIDS

The Roses promenade features kids' play areas located just a few steps away from the sea - real life-saving oases for kids, just the ticket for taking a small and well-needed break from your tourist schedule. Any kids' play park, however simple, acquires a special character in such an idyllic spot.



+INFO

ROSES TOURIST INFORMATION OFFICE



6

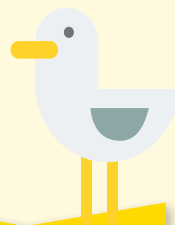
BREATH-TAKING PANORAMIC VIEWS



Extraordinary views that will truly take your breath away. The Roses Express allows all of the tribe to enjoy a beautiful combination of lush greens and different hues of blue. A very comfortable way of enjoying the incomparable beauty of Roses and Cape Creus. Top it off by having a picnic on the highest mountain of Cape Creus. Enjoy!

+INFO

ROSES AND CAP DE CREUS EXPRESS
CULTURAL TOURIST TRAIN



+ info

www.visitstartit.com/es

www.calonge-santantoni.com

www.visit.roses.cat

10


MUNTANYES DE PRADES + PORT AVENTURA

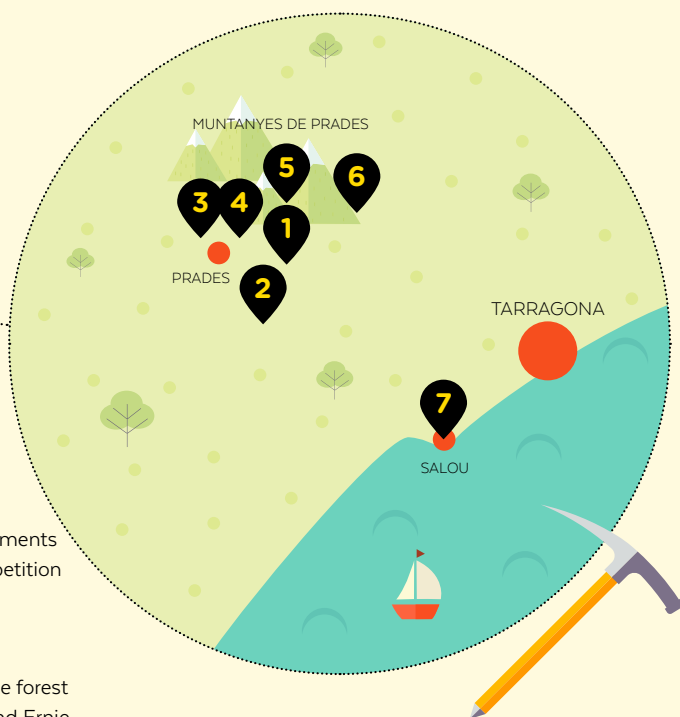


TESTED BY

MARIA JOSÉ
De Familias
Activas

The Prades Mountains are a site of great natural beauty, perfect for cycling among green mountains, passing through charming villages and discovering fountains, waterfalls, valleys and mountains with a great variety of habitats and landscapes. Located very near an area famous for its beaches, the Costa Daurada, this impressive nature spot offers visitors the chance to explore forests and waterfalls only a few kilometres from their favourite beach.

You can read all about the
experience at mammaproof.org 



1. Go deep into a fairy forest
2. Visit an enchanted village
3. Learn about the history and monuments of Prades through a gymkhana competition
4. Cycle through the villa roja and its mountains
5. Non-stop climbing
6. Plunge into a swimming pool in the forest
7. Explore Sesame Street with Bert and Ernie



+ Info:

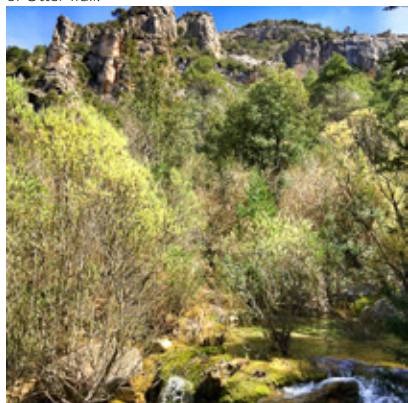
www.muntanyescostadaurada.cat
www.portaventuraworld.com



1

GO DEEP INTO A FAIRY FOREST

From Capafonts you can go on a trip to explore the wildest Mediterranean mountains. The signs guide you towards the heart of the forest and lead you to rivers and landscapes straight out of fairy tale books. The lush greens of the route provide our lungs with a much needed breath of fresh air, and the crystalline waters never fail to captivate visitors. We recommend going at least as far as Les Tosques via the 'Camí de la Llúdriga', or Otter Trail.



+INFO

CAPAFONTS TOURIST INFORMATION

2

VISIT AN ENCHANTED VILLAGE

Those who visit La Mussara will be greeted by mist and curves. Abandoned since 1959 and located at an altitude of 990 metres in the heart of the Prades Mountains, this place brimming with legends offers wonderful, enchanted views of El Camp de Tarragona.



+INFO

LA TEVA RUTA

3

LEARN ABOUT THE HISTORY AND MONUMENTS OF PRADES THROUGH A GYMKHANA COMPETITION

Why is Prades known as the villa roja, or red town? What is special about the fountain in the centre of the Plaça Major, the town square? What happened to its castle? Grown-ups and kids will form teams or groups that will investigate and show their knowledge in this fun family competition.

+INFO

LA TEVA RUTA

4

CYCLE THROUGH THE VILLA ROJA AND ITS MOUNTAINS



The landscape is a blend of red hues and lush greens. A warning to city cyclists – if you are using kids' seats, you'll be putting your legs to the test! Perfect for active families who are fans of cycle paths that run through lush forests and lead to lovely picnic areas.

+INFO

SOBRERODES



5

NON-STOP CLIMBING

Mas Fortet offers a whole range of sports options. There is no danger of boredom in this restored 18th-century country house converted into a summer camp venue. You can choose to go on day trips around the surrounding area, or practise archery or the highly addictive sport of climbing. Kids always get a new burst of energy when they are having such a great time.



+INFO

CAPAFONT'S TOURIST INFORMATION

6

PLUNGE INTO A SWIMMING POOL IN THE FOREST



The River Brugent has a hidden treasure: the Toll de l'Olla, a kind of basin or 'pot' (olla) formed by the erosion of the river waters. A natural swimming pool in the middle of the forest – the perfect place to cool off just a few kilometres away from Farena, a charming stone-built village.

+INFO

PRADES



7

EXPLORE SESAME STREET WITH BERT AND ERNIE

Tribes who love Sesame Street can make the most of the proximity of the Prades Mountains to the PortAventura theme park. Here they will find SésamoAventura, a theme area devoted to Bert, Ernie and their friends – for fans all ages and sizes!



+INFO

SÉSAMOAVENTURA STATION



11

VALLS D'ANEU



TESTED BY

MAVI

De Mammaproof

Located in the Pyrenees in Lleida, Valls d'Àneu provides active families with a real natural paradise that includes charming traditional villages, valleys, rivers, pine forests and a landscape which is forty per cent alpine. An ideal break for active families who love nature and sports all year round, because when the winter sports season finishes, water sports and trout fishing take over.

This family-oriented, multifaceted destination will please everyone!

You can read all about the experience at mammaproof.org



1. Learning to ski as a family
2. Snow-tube races
3. Fill your boots tucking into wild boar like Asterix and Obelix!
4. Walk to a glacial lake
5. Caring for wild animals
6. Visit the home of the brown bear
7. Imagine life in a traditional mountain house
8. Trout fishing in the Noguera Pallaresa
9. Water sports on Lake Torrasa

1

LEARNING TO SKI AS A FAMILY

Choose your boots, carry your kit to the piste, go up in the ski lift and down snowplough turning – you'll learn about this and a great deal more with an instructor in a small group. The green ski slope beside the ski lift exit is perfect for learning to ski with your family.



+INFO
SKIPALLARS



3

FILL YOUR BOOTS TUCKING INTO WILD BOAR LIKE ASTERIX AND OBELIX!

If you have little foodies in your family, they are bound to fill their boots with the excellent game served here in the mountains. For those after more traditional dishes, you're always safe choosing a tasty escudella stew, served at your discretion in an earthenware dish perfect for keeping in the warmth and aromas.



+INFO
VALLS D'ANEU



4

WALK TO A GLACIAL LAKE



The lake of Sant Maurici is at an altitude of 1,910 m, at the bottom of a cirque glacier. The walk from the car park to the lake takes about 2 hours with kids, so if they are not used to walking, you can hire a 4x4 taxi service that leaves you at the lake for €4.35 per leg. Taxis go out every hour on the hour.

+INFO

AIGÜESTORTES I ESTANY DE SANT MAURICI
NATIONAL PARK OFFICIAL WEBSITE



2

SNOW-TUBE RACES

If you want to enjoy the pleasure of sliding on the snow but don't feel like skiing, just hop on a ski lift to the Amusement Area at the Esport Esquí ski resort, where you will find sleds and snow-tubes for sliding down the snow and have a blast with the kids. Useful tip: don't forget to use your feet to brake!

+INFO
SKIPALLARS



5

CARING FOR WILD ANIMALS

In small groups, accompanied by a carer, you can help prepare food for the different wild animals living in this centre. You may see bearded vultures, lynxes, wild roosters, badgers, roe deer and genets. All of the animals you will see here are in their natural (although enclosed) habitat, to favour the mating and protection of the species.



+INFO
MONNATURA PIRINEUS WILDLIFE CENTRE





6

VISIT THE HOME OF THE BROWN BEAR

Casa Sastrès, in Isil (Pallars Sobirà), as the first interpretation centre about this species in Catalonia, has become the home of the Pyrenees bear. Visiting this centre is an invitation to find out more about the brown bear and learn about its territory. We recommend going on one of the hikes suggested, which start at the Museum House.

+INFO

VALLS D'ÀNEU TOURIST INFORMATION OFFICE



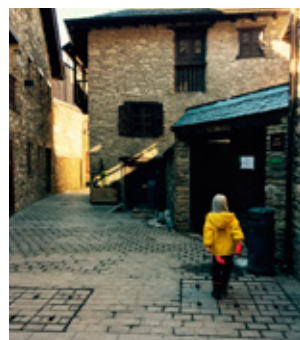
7

IMAGINE LIFE IN A TRADITIONAL MOUNTAIN HOUSE

The Valls d'Àneu Ecomuseum is located in Casa Gassia, a traditional house in the old village of Esterri d'Àneu. The site has been restored so that visitors can get a glimpse into family life in mountain villages, without electricity, running water or toilets. The visit is an excellent chance to reflect on our own way of life, which is easy and abundant and often makes it easy to forget the value of natural resources.

+INFO

VALLS D'ÀNEU ECOMUSEUM



8

TROUT FISHING IN THE NOGUERA PALLARESA



At the start of the season, the banks of the Noguera Pallaresa fill up with families itching to practise their favourite sport, fishing. Equipped with rods, hooks, bait and casting techniques, they compete to get their hands on the king of the river – the trout.



+INFO

VALLS D'ÀNEU TOURIST INFORMATION OFFICE



9

WATER SPORTS ON LAKE TORRASSA

When the weather is good, Lake Torrassa is perfect for family water sports: kayaks, canoes and pedal boats are just some of the refreshing options we recommend for families who love mountains and water.

+INFO

ROC ROI



12

COSTA DAURADA



TESTED BY

SARAH

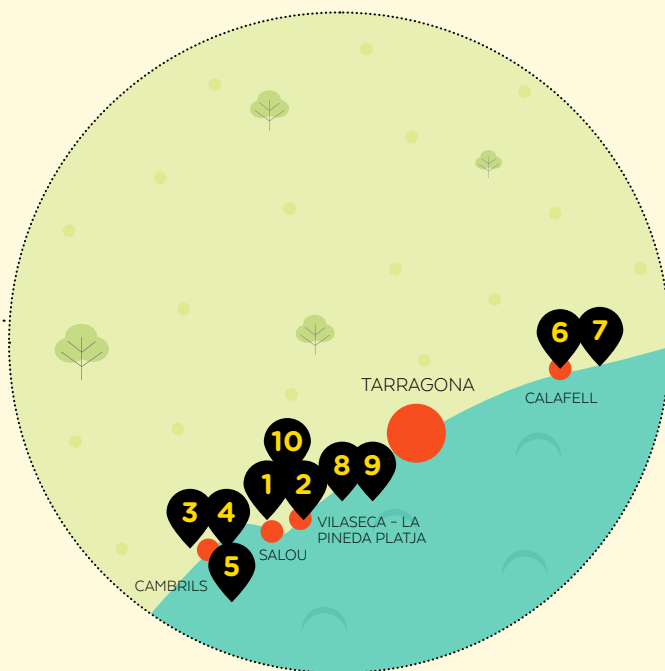
De Mammaproof

The ruins and monuments along the Costa Daurada testify to the importance of the area at different points in time. It also boasts castles brimming with history, leafy pine forests with views of the sea and Camí de Ronda coastal paths that lead to stunning coves. The sea is warm, with crystalline, calm waters that invite us to dip in again and again. In the horizon you can catch a glimpse of the gleaming metal sculptures of its theme parks. Welcome to the Costa Daurada!

You can read all about the experience at mammaproof.org



1. A wooden walkway floating on the sea
2. The fountains beckon you to play
3. A walk among the olive groves
4. Cambrils by train
5. Admire the Costa Daurada from the Mediterranean
6. Visit the city of the Iberians
7. Cool down sailing, kayaking or bodyboarding
8. Visit Hawaii on the Costa Daurada
9. Open-air spa
10. Boat ride at Port de la Drassana





+ info

www.visitsalou.eu

www.cambrils.cat

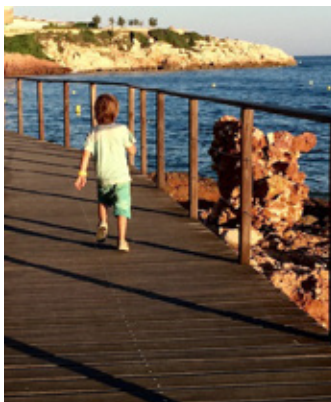
www.lapinedaplatja.info

www.turisme.calafell.cat

1

A WOODEN WALKWAY FLOATING ON THE SEA

A wooden walkway allows you to 'float on the sea', along a path that unveils the hidden beaches and coves of the beautiful area of Cape Salou. Take a walk along the Camí de Ronda in Salou, when the light at the end of the afternoon reminds us why the area is known as the 'golden coast'!



+INFO

SALOU TOURIST INFORMATION OFFICE



2

THE FOUNTAINS BECKON YOU TO PLAY

Salou is the town of fountains - lit fountains, ornamental fountains, cybernetic and maze-shaped fountains. Water, light and sound play is part of dusk in Salou. Who could resist taking a walk through a water maze?

+INFO

SALOU TOURIST INFORMATION OFFICE



3

A WALK AMONG THE OLIVE GROVES

This is a very different adventure park, located among hundreds of olive trees, which, with its organic vegetable garden, bridges and zip-lines, makes for a sustainable leisure option that is a hit with people of all ages.

+INFO

JUMPLAND AVENTURA



4

CAMBRILS BY TRAIN

A pleasant, leisurely way of exploring the town of Cambrils and finding out more about its key sites. Taking the tourist train in a town where the sea is the main focus proves to be a very relaxing experience.



+INFO

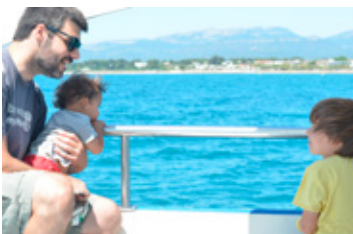
CAMBRILS TOURIST INFORMATION OFFICE



5

ADMIRE THE COSTA DAURADA FROM THE MEDITERRANEAN

A boat outing is perfect for appreciating the beauty of the Costa Daurada from the sea. Stop off at neighbouring ports to explore the villages and beaches, while you leave your car behind for a few days.



+INFO

CREUERS COSTA DAURADA





6

VISIT THE CITY OF THE IBERIANS

Experience the life of the Iberians thanks to a careful on-site reconstruction of the sites at the Iberian Citadel of Calafell. Among stones, shields and earthenware bowls, the entire tribe will enjoy a fun history lesson.



•INFO

CALAFELL HISTORIC



9

OPEN-AIR SPA

In a theme park perfect for those who love relaxing in water as well experiencing thrills, you can also choose to enjoy an open-air spa. Geysers, hot tubs, benches and hammocks for grown-ups and kids to enjoy and relax.



•INFO

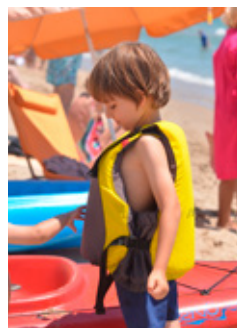
AQUOPOLIS



7

COOL DOWN SAILING, KAYAKING OR BODYBOARDING

A typical postcard from Calafell might feature fine sand, transparent waters and colourful sails. On the beachfront you will find all of the services you need to make the most of that very appealing sea.



•INFO

CALAFELL TOURIST
INFORMATION OFFICE



8

VISIT HAWAII ON THE COSTA DAURADA

At Aquopolis, located at La Pineda Platja, you'll find the perfect beach for the entire tribe. Aloha Beach is a beautiful beach that recalls Hawaii, with its palm trees, fine sand and thatched tiki umbrellas, transporting you to a distant, exotic coast.



•INFO

AQUOPOLIS



10

BOAT RIDE AT PORT DE LA DRASSANA

PortAventura is brimming with attractions, stimulation and activities for all ages. If you are visiting with young kids, we recommend resting your legs a little by going for a boat ride at the pleasant Port de la Drassana (in the Mediterranean theme area).

•INFO

PORT AVENTURA



13

COSTA BARCELONA



TESTED BY

ANA

De Mammaproof
Barcelona

You can read all about the
experience at mammaproof.org



1. Stay at a beachfront hotel with a pool and a kids club
2. A ride in a horse-drawn cart
3. Views from Calella lighthouse
4. A guided tour around El Montnegre i el Corredor Park
5. Dip in the sea and climb at Cala Roca Pins
6. Visit an air-raid shelter
7. A play session at Francesc Macià Park
8. Foam party at a mini club for kids

1

STAY AT A BEACHFRONT HOTEL WITH A POOL AND A KIDS CLUB

You don't need to get on an airplane to find a beachfront hotel with a pool, a kids club, and an all-inclusive board option. You'll find great hotels that take into account all the needs of families without leaving the coast of Barcelona.

•INFO
SANTA SUSANNA



3

VIEWS FROM CALELLA LIGHTHOUSE

Located on a promontory 50 metres above sea level, the walk on foot to this lighthouse is well worth it if you want to appreciate the views of the whole coast of Barcelona. The light of this lighthouse is still used for navigation by sailors, who know it for its flashes, 3 and 2, every 30 seconds.



•INFO

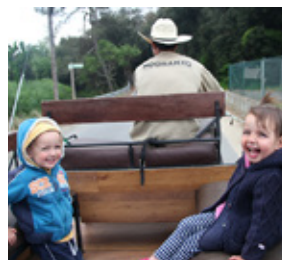
CALELLA TOURIST INFORMATION OFFICE



2

A RIDE IN A HORSE-DRAWN CART

Can Mestres is an 18th-century country house located in the area immediately surrounding El Montnegre i el Corredor Park, which offers families rides on a horse-drawn cart along Santa Susanna, the lakes of El Montnegre and the Chapel of Sant Rafael. Kids will enjoy the option of hooking a carriage onto the cart, and riding Wild West-style!



•INFO
NOU RANXO



4

A GUIDED TOUR AROUND EL MONTNEGRE I EL CORREDOR PARK

A route through pine forests that go all the way down to the sea, led by an expert in local nature trained at the ENC, the El Corredor Nature School. The tour lasts 3-4 hours and we recommend taking appropriate footwear, plenty of water and all of your enthusiasm for discovering and enjoying the Park's landscapes and most beautiful spots.

•INFO

GUIDED TOURS



5

DIP IN THE SEA AND CLIMB AT CALA ROCAPINS

This forms part of the Platja de les Roques group of coves. From the lighthouse car park you can follow a track that will take you to the cove, which is famous for its climbing wall. So, as well as improving their climbing skills, children can cool off by plunging into the crystalline waters of the Mediterranean.

•INFO

CALELLA TOURIST INFORMATION OFFICE



6

VISIT AN AIR-RAID SHELTER

The Dalmau Park air-raid shelter forms part of Catalonia's network of historical memory sites. The site has been converted into a museum, complemented by explanatory panels and a series of audiovisual war testimonies, in which different people from Calella share their experiences from the Civil War and the post-war period. Very moving.



•INFO

CALELLA



7

A PLAY SESSION AT FRANCESC MACIÀ PARK

A huge play area for all ages, with sand pits, zip-lines and giant objects that seem to have been plucked straight from kids' stories, which are bound to stimulate everyone's imagination. The Park is an excellent option for spending hours of fun with the kids – take your picnic basket, a blanket and enjoy its refreshing green areas to sneak in a nap.



•INFO

MALGRAT DE MAR TOURIST
INFORMATION OFFICE



8

FOAM PARTY AT A MINI CLUB FOR KIDS

During the months of July and August, families can enjoy the fun Astillero Beach in the town of Malgrat de Mar, with chiringuitos (beach bars), activities and a kids' mini club within the pine grove. The area is right in front of the Sant Roc shopping centre, and has games and workshops for kids with supervisors. It is open to the public from Monday to Sunday, from 11 am to 2 pm and from 4 pm to 6 pm. The foam party held every Friday morning provides the icing on the cake.

•INFO

MALGRAT TOURIST OFFICE

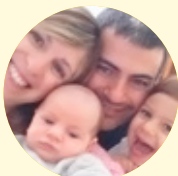


Build your own adventure using the information you will find here:

www.turismemalgrat.com
www.statusanna-barcelona.com
www.pinedademarturisme.com
www.calellabarcelona.com

14

VALL DE BOÍ



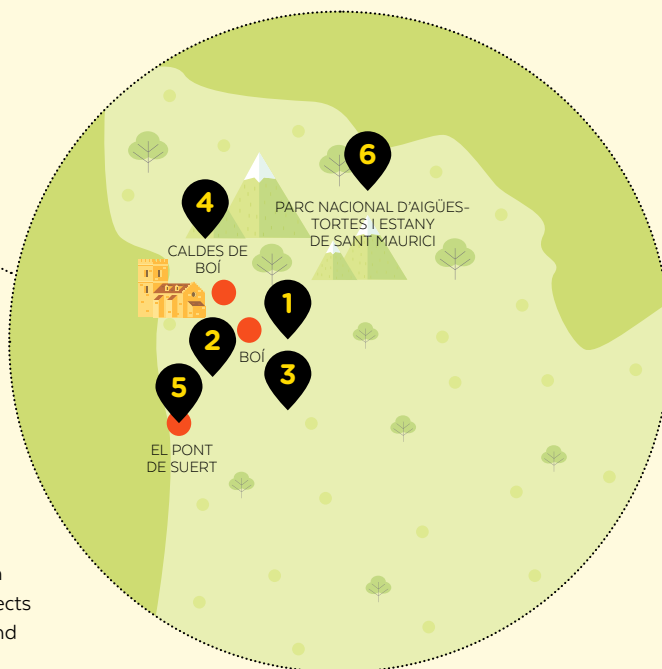
TESTED BY

MARIA

De Hansel y Greta

An exceptional Romanesque site declared a UNESCO World Heritage site; a nature park comparable to paradise on earth; the highest ski resort in the Pyrenees; and a large number of pure thermal fountains are just a few of the reasons why you should visit the Vall de Boí. Here, where the Pyrenees touch the sky, you'll be charmed by the genius of human creativity and by nature in its purest state, whatever the season.

You can read all about the experience at mammaproof.org



1. Explore sky-scraping churches
2. Discover the Romanesque through interactive play with screens and objects
3. Enjoy a delicious escudella stew and jaw-dropping views
4. Bathe among jets and bubbles
5. Touch and feed the trout
6. Be dazzled at El Planell d'Aigüestortes

1

EXPLORE SKY-SCRAPING CHURCHES

The Vall de Boi is considered a World Heritage Site thanks to the large number of churches built in the same architectural style concentrated in such a small space. Here, with this backdrop of exuberant nature, the human genius materialises in stone and invites us to reach for the sky.

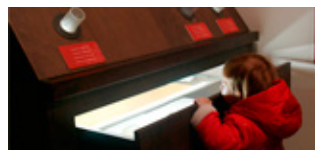


+INFO
VALL DE BOI TOURIST INFORMATION
OFFICE

2

DISCOVER THE ROMANESQUE THROUGH INTERACTIVE PLAY WITH SCREENS AND OBJECTS

Technology at the service of history. Inside a World Heritage building, colours and sounds capture the attention of grown-ups and kids alike, and bring visitors to the Vall de Boi closer to the history of Catalonia and its architecture.



+INFO
VALL DE BOI ROMANESQUE CENTRE

3

ENJOY A DELICIOUS ESCUDELLA STEW AND JAW-DROPPING VIEWS

Gastronomy is an essential component of a people's culture. The natural isolation of Vall de Boi has led, over time, to the creation of a genuine mountain cuisine, made with local natural resources and using old traditional recipes. Here, the escudella stew, a big favourite with kids, becomes a great feast for the senses.

+INFO
EL CALIU TAÜLL

4

BATHE AMONG JETS AND BUBBLES

The Romans were already well acquainted with the therapeutic effects of these thermal waters, which emerge at an altitude of 1,500 meters. There are thirty-seven medicinal mineral water fountains with different compositions and temperatures (ranging from 4° to 56°C). And let's not forget the swimming pools, the gardens, and of course, the jets and the bubbles.

+INFO
CALDES DE BOI

5

TOUCH AND FEED THE TROUT

Kids will love the experience of walking among trout pools and going up and down slides while watching playful otters. The El Pont de Suert Wildlife Centre helps to conserve and breed protected and certain endangered species, and it is the perfect place to learn about looking after and enjoying nature.

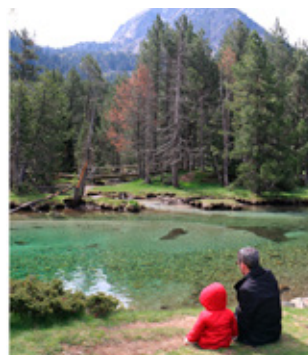
+INFO
VALL DE BOI TOURIST INFORMATION
OFFICE

6

BE DAZZLED AT EL PLANELL D'AIGÜESTORTES

Catalonia's only national park dazzles its visitors at any time of the year. Hundreds of ponds of different shapes and colours, rivers, gullies and waterfalls shine under the imposing peaks of an altitude of more than 3,000 metres. At El Planell de Aigüestortes there is a completely flat circular route, ideal for enjoying this landscape with kids.

+INFO
AIGÜESTORTES I ESTANY DE SANT
MAURICI NATIONAL PARK



15

BERGA + LA MOLINA

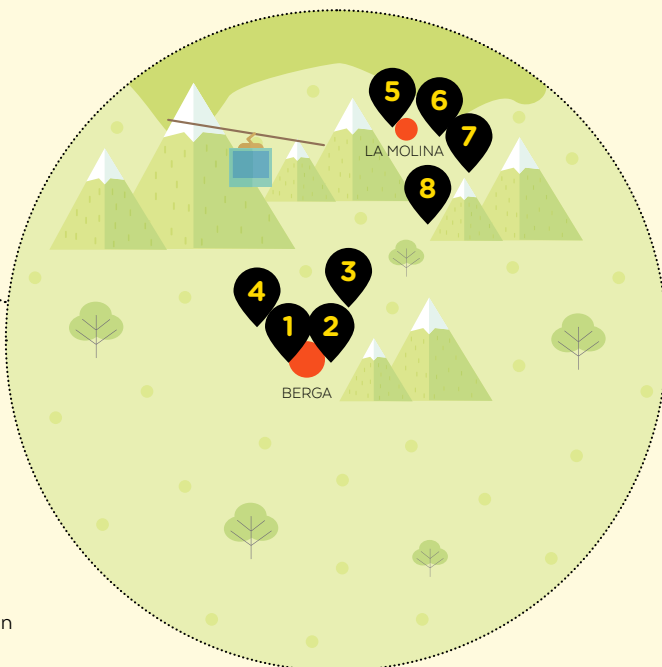


TESTED BY

LAIA

De Mammaproof
Barcelona

You can read all about the
experience at mammaproof.org



1. Enjoy the dramatized fight between good and evil
2. A tour of the town of Berga
3. A pony ride with views of the mountain
4. Visit to the Shrine of Queralt
5. Spa session at the hotel
6. Visit a shelter by cable car
7. Winter and summer sports
8. The beach at La Molina



1

ENJOY THE DRAMATIZED FIGHT BETWEEN GOOD AND EVIL

This small museum tells a great story repeated through times and cultures. Kids will enjoy seeing La Patum figures, and grown-ups can delight in the history of a festival declared a Masterpiece of the Oral and Intangible Heritage of Humanity by UNESCO.

•INFO

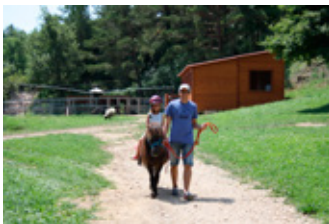
BERGA TOURIST INFORMATION OFFICE



3

A PONY RIDE WITH VIEWS OF THE MOUNTAIN

This equestrian centre is very near Berga, and offers pony rides for children. If you go with older kids, you may have the option to go riding on horseback as a family, with an instructor. You can also stay at a holiday house right beside it.



•INFO

VILAFORMIU EQUESTRIAN CENTRE



4

VISIT TO THE SHRINE OF QUERALT



Known as the balcony of Catalonia, this shrine is located at the top of the Queralt Mountain Range, at an altitude of 1,200 metres. It is well worth going to the top to enjoy excellent views of the region of El Berguedà. There is a car park to leave the car and a cable car to get up there without knocking yourself out too much :-)

•INFO

BERGA TOURIST INFORMATION OFFICE



2

A TOUR OF THE TOWN OF BERGA

The Tourist Information Office will recommend you do the Un tomb per Berga tour of the town, as it is a great way for kids to learn a little of the history of Berga while they walk. Marked with plaques with children's illustrations, kids will enjoy following the clues while they learn.



•INFO

BERGA TOURIST INFORMATION OFFICE



5

SPA SESSION AT THE HOTEL

No hay mejor manera de acabar una jornada de esquí en la montaña que dejarse cuidar por el calor de las aguas de un spa. Y mejor aún si se encuentra a pocos metros de la habitación del hotel para luego ponerse el pijama y dormir a pierna suelta.

•INFO

HOTEL SOLINEU

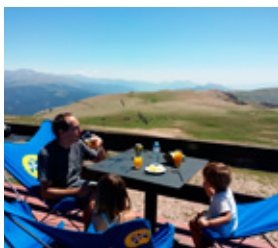




6

VISIT A SHELTER BY CABLE CAR

The highest shelter in the Pyrenees is at an altitude of 2,537 metres, and the route to it can be made shorter by taking a cable car. For kids, it will be a unique feeling to experience being above the trees and seeing everything from above – something to remember for sure!



•INFO

NIU DE L'ÀLIGA SHELTER



7

WINTER AND SUMMER SPORTS

La Molina is one of the ski resorts that is best suited to welcoming families, and not just in winter! You'll find plenty of sports and leisure activities around its lakes.



•INFO

LA MOLINA



8

THE BEACH AT LA MOLINA

This is a new area of the lake in La Molina, conceived for families with kids. In the summer, children can enjoy a variety of water activities, while adults sunbathe or play in a beach volleyball tournament.

•INFO

LA Cerdanya's BEACH



ADDRESSES

PIRINEUS – NOGUERA PALLARESA

Riberies Hotel****

Camí de Riberies, s/n, 25595
Llavorsí (Lleida) - 973 622 051
booking@riberies.com
www.riberies.cat

Natural Park of the Alto Piri- neo (High Pyrenees)

C/de la Riba, 1, 25595
Llavorsí (Lleida) - 973 62 23 35
[www.parcsnaturals.gencat.cat/
ca/alt-pirineu](http://www.parcsnaturals.gencat.cat/ca/alt-pirineu)

Ecomuseum of the shepherds of la Vall d'Assua

Escoles de Llesui, s/n, 25567
Llesui (Pallars Sobirà)
973 62 17 98 - info.aiguestortes@oapn.mma.es
[www.parcsnaturals.gencat.cat/
ca/aiguestortes](http://www.parcsnaturals.gencat.cat/ca/aiguestortes)

Roch Hotel

La Font, 4, 25567
Altron (Lleida) - 973 62 17 59
info@rochhotel.com
www.rochhotel.com

Pessets & Spa Hotel***

Av. Diputació 3, 25560
Sort (Lleida) - 973 620 000
info@hotelpessets.com
www.hotelpessets.com

Museum of Salt

Plaça Àngel Esteve, s/n, 25590
Gerri de la Sal (Lleida)
630 056 138
[www.lleida.com/museu-de-
gerri-de-la-sal/qui-som](http://www.lleida.com/museu-de-gerri-de-la-sal/qui-som)

Som Riu, 4x4 excursion.

Dr. Muxí i Monroset 6, Bx-Sort.
608806251
somriusort@gmail.com
www.visitsort.com

La Borda/Casa Macià

C/Únic, s/n, 25594
Roni (Lleida) - 610278617
info@casamacia.com
www.casamacia.com

Albus Restaurant

Carrer Rentadores, 6, 25594
Riaupí (Lleida) - 973 620 542
albus-restaurant.negocio.site/

ELS PORTS

Vilar Rural Arnes

Camí Port, s/n, 43597
Arnes (Tarragona) - 977 435 737
infoarnes@vilarsrurals.com
www.vilarsrurals.com

Centre d'Interpretació de la Mel

Carrer d'Antoni Gaudí, 8 baixos, 43597 Arnes (Tarragona)
977 435 134
aj.arnes@altanet.org
[www.arnes.altanet.org/museum/
index.php](http://www.arnes.altanet.org/museum/index.php)

Botànic Restaurant

Carrer de Teodor González,
38, 43500 Tortosa (Tarragona)

Esgambí

Carrer de Sant Miquel, 19, 43596
Horta de Sant Joan (Tarragona)
689 293 766
info@esgambi.com
www.esgambi.com

Casal Municipal d'Arnes

Carrer Pau Casals, 15, 43597
Arnes (Tarragona) - 650249 804
www.arnes.altanet.org

Arabogues

Carrer de Sant Joan, 20, 43560
La Sènia (Tarragona)
647 909 047
correu@arabogues.com
www.arabogues.com

Natural Park dels Ports

Av. Val de Zafán, s/n., Apartat
de correus 70, 43520
Roquetes - 977 504 012
pnldelsports@gencat.cat
parcsnaturals.gencat.cat/ca/ports

VILANOVA I LA GELTRÚ, EL VENDRELL AND CASTELLDEFELS

Vilanova i la Geltrú Tourist Information Office

Passeig del Carme, s/n
Parc de Ribes Roges
08800 - Vilanova i la Geltrú
Tel. 938 15 45 17
www.vilanovaturisme.cat

El Vendrell Tourist Information Office

Avinguda Brissamar, 1 43880 -
El Vendrell Tel. 977 68 00 10
www.elvendrellturistic.com

Castelldefels Tourist Information Office

Carrer Pintor Serrasanta, 4,
08860 - Castelldefels
Tel. 936 35 27 27
www.castelldefelsturisme.com

Atenea Park Apartaments

Carrer Juan Sebastián Elcano, 4
08800 - Vilanova i la Geltrú
Tel. 938 15 06 38
reservas@ateneapark.com
www.hotelateneapark.com

La Burguette Restaurant

Rambla de la Pau, 2
08800 - Vilanova i la Geltrú
Tel. 930 10 89 17
www.laburguette.com

Nàutica Spirit

Dins de l'Estació Nàutica
Vilanova i la Geltrú,
Tel. 622 186 313
info@nauticaspirit.com
www.nauticaspirit.com

El Rossegall Restaurant

Passeig Marítim, 72
08800 - Vilanova i la Geltrú
Tel. 938 15 70 63
www.elrossegall.com

Catalonia Railway Museum

Plaça Eduard Maristany, s/n
Vilanova i la Geltrú
(Al costat de l'estació
de Renfe Rodalies)
Tel. 93 815 84 91
[www.museudelferrocarril.org/
comunicacio@ffe.es](http://www.museudelferrocarril.org/comunicacio@ffe.es)

Àncora 2 Restaurant

Avinguda Sanatori, 5-7
43700 - El Vendrell
Tel. 977 69 55 63
ancora2@gmail.com
www.ancora2.com

Vendrell Platja Camping

Avinguda Sanatori s/n
43880 - El Vendrell
Tel. 977 69 40 09
[vendrell@camping-vendrell-
platja.com](mailto:vendrell@camping-vendrell-platja.com)
<https://vendrellplatja.es/>

Món La Bassa

Tel. 637 21 67 70
laia@granjalabassa.com
www.monlabassa.org

Casa Pepe Restaurant

Passeig Marítim de Coma-ruga, 26
43880 - Barri Marítim
Coma-ruga, El Vendrell
Tel. 977 68 36 74
www.grupocasapepe.com

Vil-la Casals Museum

Avinguda Palfuriana, 67
43880 - Sant Salvador,
El Vendrell - Tel. 977 684 276
www.paucasals.org

Marfina Aparthotel

Passeig Marítim, 165
08860 - Castelldefels
Tel. 936 65 23 62
www.wp.marfina.com

Castelldefels Castle

Avinguda Manuel Girona, s/n
Castelldefels - Tel. 936 65 11 50

Tiburón Beach Club Restaurant

Carrer Ribera de Sant Pere, 15
08860 - Castelldefels
Tel. 93 180 39 60
www.beachclub.tibu-ron.com

Tibu-ron Restaurant

C/Masteler s/n 08860 -
Castelldefels Tel. 672 490 510
www.tibu-ron.com

Canal Olímpic

Avinguda Canal Olímpic, 2-16
(Barri Zona Universitària)
08860 - Castelldefels
Tel. 93 636 28 96
www.canalolimpic.cat

VALL DE'N BAS

Vall d'en Bas Tourist Information Office

Passatge de Ca Trona, 26
Joanetes
Tel. 972 692 177
www.vallbas.cat/turisme

Mas Rubió (Joanetes)

17176 - Joanetes
Tel. Gemma 650.620.103
www.masrubio.com
maserubio@gmail.com

Mas La Coromina Farmhouse

Mas La Coromina s/n
17176 - Joanetes
Tel. 699 74 67 52
info@maslacoromina.com
www.maslacoromina.com

Fonda Barris Restaurant

Carretera Torelló, s/n 17176 -
Joanetes - Tel. 972 69 00 64
info@fondabarris.com
www.fondabarris.com

"Rucs i Someres" at Pedra Tosca Park

Carretera d'Olot a Les Preses,
18, km 47, Can Massot
17178 - Les Preses
Tel. 609 304 994
www.rucsisomeres.com

La Xiquella

Veinat Vilallonga Mas El Xiquillo
17176 - Sant Esteve d'en Bas
Girona. Tel. 667 718 004
www.laxiquella.cat

The Carrilet Greenway

Punt d'inici a Olot
Oficina de Turisme d'Olot
Carrer Francesc Fàbregas, 6
17800 - Olot. Tel. 972 26 01 41

I'Hostalet Restaurant

Carrer Vic, 18
17177 - Els Hostalets d'en Bas
Tel. 972 69 00 06
www.restaurantihostalet.com

Verntallat Agricultural Shop

Prat de Can Gronxa, s/n
17178 - Puigardines
Tel. 972 69 01 19
info@verntallat.cat
www.verntallat.cat

VALL DE NÚRIA

Vall de Ribes Tourist Information Office

Carretera de Bruguera, 2
17534 - Ribes de Freser
Tel. 972727728
turisme@vallderibes.cat
www.vallderibes.cat/es

Vall de Núria Tourist Information Office - Núria's Rack Railway

Plaça de l'Estació, 3,
17534 - Ribes de Freser, Girona

Tel. 972 73 20 20
www.valldenuria.cat/es
valldenuria@valldenuria.cat

Vall de Núria Hotel

Estació de Muntanya Vall de
Núria, 17534 - Queralbs
Tel. 972 73 20 20
www.valldenuria.cat/es
valldenuria@valldenuria.cat

Vall de Núria Leisure Park

Estació de Muntanya Vall de
Núria, 17534 - Queralbs
Tel. 972 73 20 20
www.valldenuria.cat/es
valldenuria@valldenuria.cat

Vall de Núria Ski Resort

Estació de Muntanya Vall de
Núria, 17534 - Queralbs
Tel. 972 73 20 20
www.valldenuria.cat/es
valldenuria@valldenuria.cat

MUNTANYES DE PRADES

Conca de Barberà Tourist Information Office

Pg.de l'Abat Conill, 6 43448
Poblet (Vimbodí i Poblet)
Tel. 977871247
www.concatourisme.cat

Poblet Area

Oficina Comarcal de Turisme
Passeig Abat Conill, 6
43448 - Poblet (Vimbodí i
Poblet) Tel. 977 87 12 47
[www.parcsnaturals.gencat.cat/
es/poblet](http://www.parcsnaturals.gencat.cat/es/poblet)

Vimbodí-Poblet Museum

Carrer de Joan Grinyó, 11
43430 - Vimbodí (Vimbodí i
Poblet) Tel. 977 87 83 25
museudelvidre@vimbodipoblet.cat
www.museudelvidre.cat

El Grèvol Restaurant

Avinguda Amics Vimbodí, 23
43430 - Vimbodí
(Vimbodí i Poblet)
Tel. 977 87 81 01
rtgrevol@hotmail.com

Ca l'Estruch Apartments

Raval de Vimbodí, 8
43439 - Vallclara
Tel. 616 23 68 07

info@calestruch.com
www.calestruch.com

Poblet Monastery

Plaça Corona de Aragó, 11
43448 - Poblet
Tel. 977 870 089, ext. 275
visita@poblet.cat
www.poblet.cat

Hostatgeria de Poblet

Plaça de la Corona D'Aragó, 11
43448 - Vimbodí, Poblet
Tel. 977 87 12 01
hostatgeria@poblet.cat
www.hostatgeriadepoblet.cat/es

Drac actiu

Partida del Gorg, s/n
43440 - L'Espluga de Francolí
Tel. 629 21 32 63 - 660 75 05 31
info@dracactiu.com
www.dracactiu.com/

Vida Rural Museum

Carretera de Montblanc, 35
43440 - L'Espluga de Francolí
Tel. 977 87 05 76
info@museuvidarural.cat
www.museuvidarural.com

L'Espluga Caves

Avinguda Catalunya, s/n
43440 - L'Espluga de Francolí
Tel. 977 87 12 20
fontmajor@covesdelespluga.info
www.covesdelespluga.info

Simó de Palau Restaurant

Carretera Masies, 5
Ctra. N-240 39.5
43440 - L'Espluga de Francolí
Tel. 977 862 599
restaurant@simodepalau.com

SANT PERE PESCADOR

Sant Pere Pescador Tourist Information Office

Carretera de la Platja, s/n
17470 - Sant Pere Pescador
Tel. 972 52 05 35
oficinaturisme@santpere.cat
www.visitsantpere.com

SK Kayak

Club Nàutic de Sant Pere
Pescador
Passig Marítim 4 Llança
Tel. 972 12 11 12

reserves@skkayak.com
www.kayakcostabrava.com

La Ballena Alegre Camping

Carretera Sant Martí
d'Empúries, s/n
17470 - Sant Pere Pescador
Tel. 972520302
info@ballena-alegre.com
www.ballena-alegre.com

Aiguamolls de l'Empordà Natural Park

El Cortalet, Carretera de Sant
Pere Pescador, km. 13.6
17486 - Castelló d'Empúries
Tel. 972 454 222
pnaiguamolls.dmah@gencat.cat
[www.parcsnaturals.gencat.cat/
es/aiguamolls-emporda](http://www.parcsnaturals.gencat.cat/es/aiguamolls-emporda)

Can Trona Restaurant

Plaça Major, 7
17470 - Sant Pere Pescador
Tel. 972 52 00 34
info@cantrona.net
www.cantrona.net/es

Mas Gusó Restaurant

Carretera Sant Pere Pescador
St. Martí d'Empúries
Tel. 972 550 610
info@masguso.com
www.masguso.com/es/home

Sant Pere Center Restaurant

Avinguda Tarradellas, 3
17470 - Sant Pere Pescador
Tel. 972 550 171
info@restaurantsantperecenter.cat
www.restaurantsantperecenter.cat

BERGA LA MOLINA

Berga Tourist Information Office

Carrer de la Mare de Déu dels
Àngels, 7 - 08600 - Berga
Tel. 93 821 13 84
www.turismeberga.cat/es
aj022.ofturisme@ajberga.cat

Frankfurt Berga Restaurant

Passeig de la Indústria, 18
08600 - Berga Tel. 93 821
00 10
info@frankfurtberga.com
www.frankfurtberga.com

Mikado Restaurant

Calle Pere III, 3
Tel. 93 821 21 06

Queralt Sanctuary

Berga www.turismeberga.cat

Els Roures Restaurant

Carretera de Rasos de Peguera, 4
08619 - Espinallbet - Castellar
del Riu
Tel. 93 821 35 61
www.rouresbergueda.com

La Patum House

Plaça del Doctor Saló, 6
08600 - Berga
Tel. 93 821 13 84
www.turismeberga.cat

La Molina Ski Resort

17537 - La Molina
Tel. 972892031
www.lamolina.cat

El Bosc Restaurant

A la estació d'esquí La Molina.
17537 - La Molina
Tel. 972 892 912

COSTA BARCELONA

Santa Susanna Tourist Information Office

Av. del Mar s/n - Mercuri Villa-
ge, 08398 Santa Susanna
Tel. 937 67 92 50
info@stasusanna-barcelona.com
www.stasusanna-barcelona.es

Malgrat de Mar Tourist Information Office

Carrer Bellaire 2
08380 - Malgrat de Mar
Tel. 93 765 56 42
www.turismemalgrat.com
info@turismemalgrat.com

Pineda de Mar Tourist Information Office

Plaça Catalunya, 3
08397 - Pineda de Mar
Tel. 93 762 50 38
info@pinedademarturisme.com
www.pinedademarturisme.com

Calella Tourist

Information Office

Sant Jaume 231
08370 - Calella
Tel. 937 69 05 59
info@calellabarcelona.com
www.calellabarcelona.com

Tahiti Playa Hotel

Passeig Marítim, s/n
08398 - Santa Susanna
Tel. 937 03 22 00
reservas2@tahitiplaya.com
www.tahitiplaya.com

Hotel Stella & Spa Restaurant

Carrer de les Puntaïres, 1

08397 - Pineda de Mar

Tel. 937671452
comercial@hotelstellapineda.com
www.hotelstellapineda.com

La Gàbia Restaurant

Passeig de Manuel Puigvert, s/n
08370 - Calella
Tel. 93 769 51 85

Bernat II Hotel

Carrer Turisme, 42
08370 - Calella
Tel. 937 66 59 60
hotelbernat@hotelbernat.com
www.hotelbernatcalella.com

La Torreta Restaurant

Parc Francesc Macià
Avinguda Costa Brava, 79
Malgrat de Mar
Tel. 937 61 05 46
www.restaurantlatorreta.com

COSTA BRAVA SUD

Blanes Tourist Information Office

Plaça Catalunya, 2 17300 -
Blanes Tel. 972 33 03 48
turisme@blanes.cat
www.visitblanes.net

oret de Mar Tourist Information Office

Avinguda Alegries, 3
17310 - Lloret de Marr
Tel. 972 36 57 88
lloret-turisme@lloret.org
www.lloretdemar.org/es

Sant Feliu de Guíxols Tourist Information Office

Plaça del Monestir, s/n
17220 - Sant Feliu de Guíxols
Tel. 972 82 00 51
turisme@guixols.cat
www.visitguixols.com

Castell - Platja d'Aro

Tourist Information Office

Carrer Mossén Cinto Verdagué, 4
17250 - Platja d'Aro (Caste-
ll-Platja d'Aro). Tel. 972 817 179
turisme@platiadaro.com
www.platiadaro.com

Sa Malica Hostel

Carrer St. Andreu de la Palomera, 2
17300 - Blanes
Tel. 94 972 355 093
<http://www.samalica.com/>

Botanical Garden Marimurtra

Passeig Carles Faust, 9 17300-
Blanes Tel. 972 33 08 26
marimurtra@marimurtra.cat

www.marimurtra.cat

Can Ton Restaurant

Carrer Sant Andreu de
Sa Palomera, 8. 17300 - Blanes
Tel. 972 33 49 38

Sant Pol Camping

Carrer Doctor Fleming, 118-134
17220 - Sant Feliu de Guíxols
Tel. 682 62 79 00
info@campingsantpol.cat
www.campingsantpol.cat

Santa Clotilde

Botanical Garden

Paratge de Santa Clotilde
17310 - Lloret de Mar
Tel. 972 370 471
central-turisme@lloret.org
www.lloretdemar.org

Força 3 Sailing School

Centre d'activitats de vela
Jardins Juli Garreta, s/n
Platja de Sant Feliu de Guíxols
Tel. 617 870 074
www.forca3.net
forca3.net@gmail.com

Marabú Restaurant

Passeig del Mar, 35
17220 - Sant Feliu de Guíxols
Tel. 972 32 10 23
restaurantmarabu.wordpress.com
restaurantmarabu@gmail.com

Locanda di Nonna

Flo Restaurant

Plaça Sant Pere, 1
Sant Feliu de Guíxols
Tel. 972 82 08 03
www.lalocandadinonnaflo.com

Valldaro Campings

& Bungalows

Carrer del Camí Vell, 63 - Apart.
57 - 17250 - Platja d'Aro
Tel. 972 817 515
info@valldaro.com
www.valldaro.com

VALLS D'ÀNEU

Valls d'Àneu Tourist

Information Office

Carrer Major, 6 25580 - Esterri
d'Àneu 973.62.65.68
www.vallsdaneu.org

La Posada d'Àneu B&B**

Carrer València, 5
25580 - Esterri d'Àneu
Tel. 973 626 401
www.posadadaneu.com
reserves@posadadaneu.com

L'Hotel Trainera Restaurant

Carrer Major, 54, 25580 - Esterri
d'Àneu - Tel. 973 62 61 77
info@hoteltrainera.com
www.hoteltrainera.com

Espot Ski Resort

Carretera Berradé, s/n
25597 - Espot
Tel. 973 62 11 99
www.skipallars.cat

Juquim Restaurant

Plaça Martí, 1 25597 - Espot
Tel. 973 624 009

Món Natura Pirineus

Fauna Centre

Son, Alt Àneu. Tel. 973 62 67 22
www.monnaturapirineus.com/es
monnaturapirineus@fcatalun-
yalapedrera.com
L'Os Bru Isil House
Carrer del Pont, 7
25586 Isil - Alt Àneu
Tel. 973 08 30 44
www.casaosbru.org
info@casaosbru.org

Hotel Lo Paller Restaurant

Carrer Major, 1 25587 - València
d'Àneu Tel. 973 62 61 29
www.lopaller.com
info@lopaller.com

Vall d'Àneu Hostel

Carrer Major, 44, 25580 Esterri
d'Àneu. Tel. 973 62 60 97
hostal@hostalvalldaneu.com
www.hostalvalldaneu.com

Poldo Hotel

Carrer Carretera, s/n
25597 - La Guingueta d'Àneu
Tel. 973 62 60 80
www.hotelpoldo.com/es
info@hotelpoldo.com

MUNTANYES DE PRADES AND PORT AVENTURA

Capafonts Tourist

Information Office

Av. del Riu Brugent s/n /
43364 Capafonts
Tel. 977 868 204 - 977 868 049
www.muntanyescostadaurada.cat

Muntanyes Costa Daurada

Tourist Information Office

Carrer Doctor Ferran, 8 43202
- Reus
info@muntanyescostadaurada.cat
www.muntanyescostadaurada.cat

Somianatura Hostel

Travessera de les eres 2, 43364
Capafonts - Tel. 977 868 227
info@somianatura.com
www.somianatura.net

La Teva Ruta Activities

Tel. 638 027 366
www.latevaruta.com
info@latevaruta.com

Ca la Teresa Restaurant

Carrer Major, 12,
43364 - Capafonts
Tel. 977 86 83 41 - 680 63 29 56
www.facebook.com/calateresa

La Botiga Habitacions Restaurant

Plaça Major, 14 - Prades
Tel. 977 86 83 21

El Grevol Restaurant

Carrer Fonts, 11
43364 - Capafonts
Tel. 97786 60 45

Brugent Restaurant

Comte De Prades, 2
43459 - Farena
Tel. 977 26 91 70 - 649 476 196

Port Aventura Park

Avinguda de l'Alcalde Pere Mo-
las, km 2 - 43840 - Vila-seca
Tel. 977 779 000
www.portaventuraworld.com/portaventura

COSTA BRAVA NORTE

Calonge - Sant Antoni

Tourist Information Office
Avinguda Catalunya, 26
17252 - Sant Antoni de Calonge
Tel. 972 661 714
turisme@calonge.cat
www.calonge-santantoni.com

Estartit Tourist

Information Office
Passeig Marítim, s/n
17258 - L'Estartit
Tel. 972 75 19 10
www.visitestartit.com

Roses Tourist

Information Office
Avinguda de Rhode, 77-79
17480 - Roses
Tel. 902 10 36 36 - 972 25 73 31
turisme@roses.cat
www.visitroses.cat

Calonge Intercontinental Camping

Avinguda de Andorra, s/n
(Ctra - 253 km 47) 17251
Calonge - Tel. 972 651 233

info@intercalonge.com
www.intercalonge.com

Mas Molla

Carrer Mollà, s/n 17251 - Calonge
Tel. 972 65 01 36
info@masmolla.com
www.masmolla.com

Unicorn Equestrian Centre

Mas Muni, s/n 17251 - Calonge
Tel. 679 10 72 22
info@hipicaunicorn.com
www.hipicaunicorn.com

Serrano Restaurant

Passeig Josep Mundet 17
17252 - Sant Antoni de Calonge
Tel. 972 65 21 82

Mediterranean Museum

Carrer d'Ullà, 31 - 17257 -
Torroella de Montgrí - Tel. 972
75 51 80
www.museudelamediterrania.cat

Espai Ter

Carrer Riu Ter, 29. 17257 -Torro-
ella de Montgrí. Tel. 972755003
info@espaiter.cat
www.espaiter.cat

Panorama Hotel

Avinguda de Grècia, 5 - 17258
L'Estartit - Tel. 972 75 10 92
info@hotelpanoramaestartit.cat
www.hotelpanoramaestartit.cat

L'Estrop Restaurant

Avinguda Rhode, 147
17480 - Roses - Tel. 972 256 007
www.estrop.es

SK Kayak

Passeig Marítim, 4,
17490 - Llançà
Tel. 972121112 - 627433332
info@skkayak.com
www.kayakcostabrava.com/es

VALL DE BOÍ

Vall de Boí Tourist

Information Office
Passeig de Sant Feliu, 43 25527
- Barruera Tel. 973 69 40 00
vallboi@vallboi.com
www.vallboi.cat/es

Vall de Boí

Romanesque Centre
Carrer del Batalló, 5
25528 - Erill del Vall
Tel. 973696715
info@centreromanic.com
www.centreromanic.com/es

Aigüestortes National Park

Carrer Graieres, 2 - 25528 - Boí
Tel. 973696189
parcsnaturals.gencat.cat/es/aiguestortes

Manantial Hotel

Carrer Afueras s/n
25528 - Caldes de Boí
Tel. 973 69 62 10
reservas@caldesdeboi.com
www.caldesdeboi.com

El Caliu Restaurant

Carrer Feixanes, 11
25528 - Taüll - Tel. 973696212
margarita@elcaliutaull.com
www.elcaliutaull.com

Higinio Restaurant

Carretera de Taüll, 20
25528 - Boí - Tel. 677419673
info@arenysboi.com
www.arenysboi.com

COSTA DAURADA

Salou Tourist Information Office

Passeig Jaume I, 4 Xalet
Torremar - 43840 - Salou
Tel. 977 350 102
prmts@salou.cat
www.visitsalou.eu

Cambrils Tourist Information Office

Passeig de les Palmeres, 1
43850 - Cambrils
Tel. 977 792 307
tur@cambrils.org
www.cambrils.cat/turisme

La Pineda Tourist Information Office

Passeig Pau Casals 65
43481 - La Pineda Platja
Tel. 977 390 362
turisme@lapinedaplatja.info
www.lapinedaplatja.info

Calafell Tourist

Informatin Office
Carrer Sant Pere, 29-31
43620 - La Platja de Calafell
Tel. 977699141
informacio@calafell.org
www.turisme.calafell.cat

Les Barques Restaurant

Carrer Colón, 19
43840 - Salou
Tel. 977 351 566
www.lesbarques.es

Joan de Cambrils Camping

Urbanització La Dorada
Passeig Marítim, 88
43850 - Cambrils
Tel. 977 364 604

info@campingjoan.com
www.campingjoan.com/es

Jumpland Adventure

Encreuament Camí de Sant Joan
amb Carrer Francesc Català Roca
(43850 Cambrils) - Urb. Molí de
la Torre. Tel. 977 442 222
info@jumplandaventura.com
www.jumplandaventura.com

Acuamar Restaurant

Carrer Consolat de Mar, 66
43850 - Cambrils
Tel. 977 36 00 59
www.acuamar.com

Costa Daurada Cruises

Avinguda Diputació 15 - 43850
Cambrils - Tel. 977 363 090
info@creuerscostadaurada.com
www.creuerscostadaurada.com

El Pósito Restaurant

Plaça Mossèn Joan Batalla, 3
43850 - Cambrils
Tel. 977 896 386
elpositdecambrils@elposito.com
www.elposito.com

Calafell Iberian Citadele

Carretera C-31 km. 141 - 43820
Calafell - Tel. 977694683
calafellhistoric@calafell.org
www.calafellhistoric.org

Calafell Sailing School

Sant Pere (davant de la Cofra-
dia de Pescadors)
Tel. 629213697
info@escolavelacalafell.com
www.escoladevelacalafell.com

La Barca de Ca l'Ardet Restaurant

Carrer Marinada, 2 - Urb Mas
Mel 43820 - Calafell
Tel. 977 69 15 59
info@labarcadecalardet.com
www.labarcadecalardet.com
L'Espurna de Cambrils
Carrer Pau Casals 39
43850 - Cambrils
Tel. 977 363 127
espurnacambrils@gmail.com

Aquopolis

Passeig Pau Casals, 65
43481 - La Pineda (Vila-seca)
www.costa-dorada.aquopolis.es

Port Aventura Park

Avinguda del Alcalde Pere Mo-
las, km 2 - 43840 - Vila-seca
Tel. 977 779 000
www.portaventuraworld.com/portaventura



**For more information about family-friendly tourism destinations
and companies, please refer to the following:**

**www.catalunya.com/dont-miss-it/recommended/
we-take-care-of-your-family
and www.act.gencat.cat/family-holiday-destination**





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