

Savour the Grand Tour of Catalonia

The highlights:

- Paisaje
- Producto
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- Cocina de temporada
- Colectivos de cocina
- Grandes chefs y Estrellas Michelin
- Hoteles gastronómicos
- Jornadas gastronómicas
- Oleoturismo
- Rutas del vino
- Productos I.G.P. y D.O.P

Savour route: 2100 km - 15 Stages

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- On the banks of the Ebro
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- Barcelona's vineyards



Savour the Grand Tour of Catalonia

Catalonia is a land built on recipes. The products in its pantries reflect the diversity of the region's geography, the hard work of its farmers, livestock breeders, and fisherfolk, and the commitment of its winegrowers to the landscape. On this **gastro road trip through Catalonia**, we will encounter unique products, traditional flavours, avant-garde cuisine, lively markets and food festivals. Wineries, oil mills and olive presses open their doors along the wine and olive oil routes, while orchards and farms invite you to share in their daily work. From world-famous chefs and large producers to small-scale artisans, everyone plays their part in respecting nature, preserving the land and protecting biodiversity. You don't need a map for this grand tour – just follow your senses and savour every minute. **Catalonia is served.**

STAGE 1

BARCELONA'S MODERNISM

Our journey will begin with the greatest works of Gaudí and Domènech i Montaner, iconic examples of European modernist architecture. Swimming in the Mediterranean is the perfect end to a perfect day.

Modernist geniuses

Barcelona is a Mediterranean city, with a wealth of culture, excellent cuisine, local trade and a coast where you can enjoy water sports and the seaside. From the terrace of our hotel, as the sun begins to sparkle over the sea, we'll watch the light gradually illuminating iconic buildings such as the **Sagrada Família**, one of the **great modernist structures of Europe** and a UNESCO World Heritage Site. Barcelona is the city with the most buildings on this exclusive list. The influence of modernist architects leads us to take a guided tour of some of the most well-known works on the Modernist Route by **Gaudí** and **Domènech i Montaner**. We will learn about the history and unique features of the **Sant Pau Recinte Modernista**, the **Casa Batlló**, the **Casa**

Milà and the **Palau de la Música Catalana**, among other buildings.

Cooking workshop

In one of Passeig de Gràcia's modernist buildings, we will participate in a **cooking workshop** and learn to prepare two of Catalonia's traditional dishes: **esqueixada**, a salad featuring cod and tomato among other ingredients, and **crema catalana**, a delicious dessert. We will watch the sunset aboard a catamaran. While aboard you can't help but be tempted to enjoy a relaxing swim in the warm, peaceful Mediterranean waters, with breathtaking views stretching from Barcelona's seafront to the backdrop of the **Collserola mountain**.



STAGE 1

MODERNISME AT ITS SWEETEST

Barcelona is the starting point of this **gastronomic journey through Catalonia**, a day full of childhood memories, fishing stories and **avant-garde cuisine**.

A perfect pairing

Modernisme and chocolate – there’s no better way to start. After departing from a **charming Modernista-style hotel**, we’ll visit two shops: one of a chocolate brand founded at the end of the 19th century, taking us back to childhood with every bite, and another avant-garde shop brimming with imagination in every one of its confections. The tour ends with a cup of hot chocolate among the **great modernista buildings on Passeig de Gràcia**. Since one of the best ways to get a feel for a city is to visit its markets, our next stop will be Santa Caterina, one of the city’s 39 municipal markets, where we’ll select products for a **seafood rice cooking workshop**.

From sea to table

The hunger to learn more about **Mediterranean fish** will lead us on a **tour of the Barceloneta quay, accompanied by a fisherman** who will tell us stories about his trade and take us to the **fish market auction**. We’ll spend the rest of the afternoon on a guided tour of iconic shops, such as traditional grocers, where we’ll buy **typical Catalan delicacies**. For dinner, we’ll book a table at one of **Barcelona’s Michelin-starred restaurants** (there are more than fifty in Catalonia), whose tasting menu is surprisingly affordable and full of fresh, local produce.



STAGE 2

MONASTIC AMBIANCE

A flight over Montserrat, a lesson in nature's bounty and the curious **dry-stone wine vats of the D.O. Pla de Bages** mark the journey from Barcelona to Solsona.

Flying high

Montserrat is even more breathtaking from a **helicopter**. After landing, and still riding high from the experience, we'll sample **artisan mató** (cottage cheese) with a delicious drizzle of honey, paired with a glass of ratafia (a local herbal liqueur). To learn more about the herbs and plants used in this popular drink, we'll visit a **native plant nursery in Sant Llorenç del Munt i l'Obac Natural Park** and take a nature walk around the area.

Monastery delights

The county of El Bages is our next stop: a combination of culture and gastronomy, with a **visit to a medieval monastery** and a fun, family-friendly game in which each team creates two recipes to try to win a Michelin star for their restaurant. As we're on the **D.O. Pla de Bages Wine Route**, we'll take the opportunity to discover the impressive **dry-stone vats**, declared a Cultural Asset of National Interest, where wine was traditionally made. The journey continues northwards. Leaving behind the tracks of the muleteers who transported **salt from the Cardona Mountain**, we'll reach the county of El Solsonès, where we'll taste the **raw sheep's cheese** made in the old kitchen of El Miracle monastery.

STAGE 3

WINE TOURISM IN PENEDÈS

Penedès is home to **D.O. Cava** and **D.O. Penedès**, with internationally renowned labels, as well as small producers and **organic vineyards** that offer wine experiences for all ages.

A sea of vines

Our journey will take us through Penedès, whose vineyards stretch all the way to the sea. To experience the uniqueness of this county, we'll visit two exceptional places: the **Vinseum Museum in Vilafranca del Penedès** and the **Cava Centre in Sant Sadurní d'Anoia**, where we'll learn fascinating details such as how cava bubbles are formed. **Penedès offers countless wine tourism options:** tastings, cycling routes or lunch in a vineyard, to name but a few. We'll **visit a family vineyard in Méhari** and enjoy lunch in the countryside.

Beyond grapes and glasses

After following the **Miravinya Route**, which will take us to five viewpoints, there are several options to choose from, such as exploring the **Xató Route** (centred around the traditional Catalan salad) or tasting the **malvasia wines of Sitges**, on the Costa Barcelona. However, we'll stay on the **Penedès Wine Route** for two activities: a **tasting of extra virgin olive oil (EVOO)** in La Bisbal del Penedès and a tasting in El Vendrell of the vinegars that have been served at the Nobel Prize award ceremonies for more than a decade. The day will end with a ride in a traditional farm cart from the **Modernista-style winery in Nulles**, on the **D.O. Tarragona Wine Route**.



STAGE 4

HISTORY, FARMLAND AND THE SEA

The **counties along the Costa Daurada** have the largest number of wines with a Denomination of Origin, five in all, plus cava. They are also the home of products such as *calçots* (scallions) and hazelnuts, and the birthplace of the vermouth tradition.

Agriculture and heritage

In the morning, the stalls of **Tarragona's Fòrum market**, set amidst the **Roman ruins (a UNESCO World Heritage Site)**, are overflowing with fresh, colourful produce from the **Camp de Tarragona farmlands**. Without leaving the historic centre, we'll take a tour to learn about the history of **D.O. Tarragona wine** and young natural wine producers, and hear about the revival of **L'Embutada**, a festival celebrating the arrival of new wine. We'll stroll to the fishermen's quarter of El Serrallo to discover another of the city's culinary treasures: the fish and seafood used to make **romesco** is not just a sauce but the basis of a dish rooted in boat cuisine.

Tastes of the sea

Next we'll make our way to Reus, where vermouth is practically a religion. The **Vermouth Route** will take us to a museum with a collection of objects used in its production and to an old factory. The visit ends with a tasting of vermouth and **D.O.P. Reus hazelnuts**, with views of Casa Navàs, one of **Catalonia's Modernista gems**. The town is also one of the stops on the **Olive Oil Cycling Route**, which passes through the towns that produce **D.O.P. Siurana EVOO**, made from the Arbequina olive, one of the most prized oils in the world. The afternoon will be spent watching the fishing boats return to the **port of Cambrils**, while the aromas from the kitchens of the nearby restaurants tempt us to sample the seafood cuisine of the **culinary capital of the Costa Daurada**.



STAGE 5

ON THE BANKS OF THE EBRO

El Delta de l'Ebre Natural Park and its surroundings are home to food and drink influenced by the uniqueness of the landscape, as this is one of the **most biodiverse areas in Catalonia**.

Culinary currents

The first stop of the day is in L'Ametlla de Mar, where we'll experience the thrill of swimming with **Mediterranean bluefin tuna**. All the options available – snorkelling, scuba diving or an educational tour – end with a tasting. Every year the town organises special events dedicated to the bluefin tuna. In the **fishing village of L'Ampolla**, we'll sail across **Fangar Bay** and visit mussel and oyster farms, tasting fresh seafood and learning about the fragility of the surrounding ecosystem.

Rice fields, rich flavours

The mosaic of fields, salt flats and lagoons of Ebro Delta is particularly stunning when the rice fields are flooded, creating shimmering mirrors that change colour and intensity with the light. In a family-run farmhouse nestled among the rice fields, we'll come across a unique project: a *sake* brewery. The project, which also produces *miso*, will introduce us to the world of this popular Japanese drink in the only *kura* in the Mediterranean. They offer various experiences, including a tour on electric bicycles. Also noteworthy are the **annual planting and harvesting celebrations**, which honour the region's rice culture. A dinner of **prawns from La Ràpita**, tops off a day steeped in the rich taste of the sea.

STAGE 6

OLIVE OIL AND GRENACHE

Terres de l'Ebre's organic larder is unique in Europe. In addition to quality fish and seafood, it features a wide variety of vegetables, excellent olive oils and renowned wines.

Picasso's olive oil

To start the day, we'll wake up in a **hotel specialising in wine tourism** and enjoy a breakfast of products such as **I.G.P. Terres de l'Ebre clementines** and olive oil from the **millennia-old olive trees of the Sénia Territory**, some of which were planted in Roman times. Next to **Tortosa market**, we'll board one of the three traditional **laüts that sail along the Ebro**, where we'll taste **pastissets**, a pastry of Arabic origin with a variety of sweet fillings. The Ebro counties have two **D.O.P extra virgin olive oils** – **Baix Ebre-Montsià** and **Terra Alta** – so we'll carve out some time to enjoy the olive oil tourism experiences. In Horta de Sant Joan, a town closely tied to Picasso, we'll learn that the artist liked to dip slices of bread directly into freshly pressed olive oil. We'll also visit an old mill and learn how to **prepare clotxa**, an old peasant dish made with round bread, garlic, roasted tomatoes, salted sardines and EVOO. Another activity is a **cooking demonstration in the olive groves**.

Wine cathedrals

We'll continue along the **D.O. Terra Alta Wine Route**. This county boasts the world's largest production of **white Grenache**. To learn more about the rich history of this distinctly Mediterranean grape, we'll visit the "**wine cathedrals**" of **Gandesa and El Pinell de Brai**, the most impressive of **Catalonia's modernista wineries**. As we pass through La Ribera d'Ebre, we'll promise to return during the **flowering season**, between February and April, when the almond, peach, and cherry trees fill the fields with shades of white and pink.

STAGE 7

HEROIC VITICULTURE

You know the saying “good things come in small packages”? Well, in Catalan, we say “al pot petit hi ha la bona confitura”, meaning the best jam comes in the smallest jar. This couldn’t be truer for El Priorat, one of the smallest counties in size, which produces some of the **most famous wines in the world**.

Wine tourism in El Priorat

The county of **El Priorat** offers an infinite number of ways to discover **D.O. Montsant and D.O.C. Priorat** wines, including some quirky options such as a winery tour with riddles or the traditional grape harvest, where the grapes are trodden like in the olden days. We’ll book a dramatised tour at the **Falset cooperative**, where a fictional worker will provide a humorous explanation of the wine-making process. The villages of El Priorat, this small county of heroic viticulture, are linked by some of the **most scenic roads in Catalonia**, lined with terraced vineyards. One of these roads leads to the **Carthusian monastery of Escaladei**, which was inhabited until the mid-19th century. The presence of the monks was key to the rise of vine growing in the area.

Cistercian lands

Crossing the Prades Mountains, home to mushrooms and the excellent **Prades potatoes**, we’ll arrive in Valls to taste one of the **most famous foods in Catalonia: calçots de Valls**. On the last Sunday in January, the town celebrates the popular **Calçotada Festival** in honour of the scallion. We’ll continue to the **walls of Montblanc** to see them from the inside and make our way up the seven floors of one of the towers, finishing with a wine tasting with views over the landscape of the **Trepat Route**, named after the indigenous **D.O. Conca de Barberà** grape variety. The **Terra Museum in L’Espluga de Francolí** tells the story of rural life and agriculture, with a touching tribute to our ancestors. The day will end near **Poblet Abbey**, with a meal and wine pairing featuring **La Conca truffles**.

STAGE 8

ART AND GASTRONOMY

Between Pla de Lleida and the starry skies of El Montsec we'll find a fragrant orchard, delicious turrón nougats and a vast olive grove that produces some of the **best organic oils in the world**.

Organic olive oil

A breakfast of cured meats, **artisan cheeses**, **tomato bread** with EVOO and toasted almonds awaits us at the **Vinya dels Artistes** in La Pobla de Cérvoles, served at a table overlooking sculptures and art installations that blend into the landscape. We are in the land of the **Lleida Wine Route** and the **D.O. Costers del Segre**, where the **oils of the D.O.P. Les Garrigues** are also produced, so we'll visit the **Catalan Oil Museum and Cultural Centre**, located in a 1920s mill in La Granadella.

Dinner under the stars

On a visit to a farm in Lleida, we'll enjoy the best of the fertile **Pla orchard**, picking juicy **Lleida pears** straight from the tree. This orchard is also the source of the vegetables used to make the **coca de recapte pie** in **Balaguer**. For lunch, we'll try one of **Lleida's traditional dishes**: seasoned and cooked **snails a la llauna**. For a sweet finish, we'll visit the **Turrón and Chocolate Museum in Agramunt**, one of the stops on **L'Urgell Gastronomic Route**. The day will end with dinner in an old monastery **under the stars of El Montsec**.

STAGE 9

LAND OF SHEPHERDS

As the landscape rises, the ancient traditions and knowledge of the shepherds and those who know every inch of the woods set the stage for the Romanesque treasures of the Pyrenees.

Vermouth, reimagined

After buying some **El Montsec saffron** in the hotel's farm shop, we'll head for the northernmost part of the **Lleida Wine Route**, where vineyards grow at almost 1,000 metres above sea level. In La Pobla de Segur, we'll stop at a craft brewery that offers unique pairings such as beer and ice cream, as well as *beermut* – a modern take on the classic vermouth, paired with local cheeses and sausages such as *secallona*. We'll also visit a **ratafia factory**, a family business that has been perfecting the maceration and distillation process since 1883.

A walk through the woods

In Senterada, we'll explore the forest with a **botanical guide**. Through legends and traditions, we'll learn how to identify herbs and mushrooms and how to prepare different recipes, such as preserves. The Àssua Valley is the ideal place to discover the work of shepherds, accompanying one with his flock or visiting an eco-museum that shows unique aspects of this profession. The last stop is the Boí Valley, in the **Romanesque mountains that have UNESCO World Heritage designation**, where **organic Pyrenean cattle** graze. Their meat is highly prized in top restaurants.



STAGE 10

AROMAS IN THE AIR

Now in the high mountains, we'll work our way through villages with cuisine that ranges from refined delicacies to hearty dishes, not to mention cheeses that faithfully reflect the breathtaking landscapes.

Aranese caviar

The purity of the snowmelt water provides the best conditions for sturgeon farming, from which **Val d'Aran caviar** is made. After visiting the facilities in Les, we'll head to Vielha to sample this exquisite delicacy. The town is also home to a wide range of restaurants, serving everything from the traditional **olla aranesa** (Aranese stew) to international and market cuisine, all surrounded by stunning natural scenery.

Home remedies

We'll then take the winding roads to Ossera, where we'll follow the **Aromas and Wise-women Route**, centred around the local *trementinaires* – women who used to gather aromatic plants to make medicinal ointments. After learning about their fascinating history, we'll take part in a workshop to make our own turpentine. Another scent, that of cheese, will take us to La Seu d'Urgell, the capital of the **D.O.P. Mantega i Formatge de l'Alt Urgell i la Cerdanya**. Every year in October, the **Sant Ermengol Fair** is held here, showcasing the **best artisan cheeses from the Pyrenees**.

STAGE 11

A BETTER WORLD

Sustainability and organic food have been key themes on our journey so far. In this stage we'll take a closer look at some projects and do our own healthy cooking.

Past and future

Breakfast at the hotel includes **yoghurt and kefir made from organic milk** from a farm that practices **regenerative agriculture**. Our interest in this practice, which is so closely linked to soil health, will encourage us to take part in an **activity centred on permaculture**, a philosophy linked to sustainability that seeks harmony with nature. After buying **biscuits from Camprodon** and **traditional sausages from La Cerdanya**, including *bull*, *bisbe* and *pa de fetge*, we'll make a final stop before heading to La Garrotxa. The **Ripoll Ethnographic Museum** is dedicated to preserving the memory of trades and traditions, reminding us that knowing the past is essential to understanding who we are.

Farmers for a day

In La Vall d'en Bas we'll **visit a farm**, an excellent activity for families. After feeding the cows, observing the milking process and meeting the newborn calves, we'll taste the freshest milk. A similar experience can be had in the **Fageda d'en Jordà** beech forest, at a cooperative with an important social purpose. We'll stop by to taste their homemade yogurts before making our way to the nearby town of Santa Pau to buy a bag of fine, tasty **D.O.P. Fesols Santa Pau** beans. We'll then cook our own dinner at a quaint, charming hotel in Alta Garrotxa, taking part in a **creative healthy cooking workshop** using seasonal, organic and plant-based ingredients.

STAGE 12

ESSENCE OF EMPORDÀ

The legacy of Dalí will follow us on our visit to Figueres, where we'll discover the **wines of the D.O. Empordà**. Avant-garde architecture, honey and a unique gin complete the package.

Dining with Dalí

Our gastronomic route through Figueres will take us to **places that meant something to Dalí**: we'll stroll under Galatea Tower and through the Ca la Teta cellar, tasting wines caressed by the *tramuntana* north wind, accompanied by dishes such as *mar i muntanya* (surf 'n' turf). In Peralada we'll visit an avant-garde **winery designed by RCR**, the Pritzker Prize-winning architects from Olot. The **Peralada Castle Museum** houses a collection of objects related to the world of wine. For our next stop, in Garriguella, we'll don beekeeper's suits to learn about the **L'Albera honey-making process**.

Sunset toast

We'll first meet Ms Maria, a local resident, who will let us in on more than a few secrets during a **dramatised tour of the Espolla cooperative**. The **D.O. Empordà Wine Route** offers another interesting activity in Colera, a **vertical tasting** to compare different vintages. As the sun sets and the rocks of Cap de Creus turn red, we'll take a motorboat out on the water and toast with **gin made on the Costa Brava**.

STAGE 13

TALES OF THE SEA

Ferran Adrià's legacy lives on in the same corner of Empordà where he made so many people happy, now in the form of a museum. The history of the *esquenapelats* and excellent fish make for a great day out.

ElBulli lives on

Through a series of installations, designed like a tasting menu, **elBulli1846** invites us to discover the **history of elBulli**, with views of Cap de Creus Natural Park, and to reflect on the themes of food and innovation. In the **Aiguamolls de l'Empordà** we'll go on an **electric bike tour** of the marshes, where we'll see numerous birds and taste products such as **D.O. Empordà olive oil**. In L'Escala we'll learn about the life of the *esquenapelats*, the local fishermen who are honoured during the **Salt Festival**. At the **Anchovy and Salt Museum**, we'll get to explore the rooms and tools of the old factories.

Perfectly cooked rice

After buying a few jars of L'Escala's famous **anchovies**, we'll go to a cider house for dessert, where we'll taste delicious **Girona apples** and some of the products made from them, such as cider, juice, compote and vinegar. At the **Espai del Peix** fish kitchen in **Palamós**, we'll don our aprons and take part in a **seafood cooking workshop**, where we'll learn how to prepare several dishes, some of which include **rice from Pals**. There is also an optional trip on one of the boats that fish for **prawns in the fishing village of Palamós**.

STAGE 14

SWEET TREATS

In Girona, we'll indulge in one of the most classic desserts. The savoury side comes from the **traditional Vic sausages and pairings in the heart of nature.**

Finger-licking good

Girona's xuixo, a pastry made with milk from the Empordà, eggs from El Pla de l'Estany and flour from the city itself, is a good place to start our journey through the sweet side of Girona. The classic version is filled with custard, but there are also varieties with dark chocolate, apple, ratafia and turrón, among others. We'll continue with a visit to a **chocolate factory**, where we'll be able to taste different types of cocoa and some delicious chocolates. The route will then take us to Vic, a town with a lively market located in the tourist area of Paisatges Barcelona. As well as buying **Vic's traditional dry-cured pork sausage**, known as

llonganissa, we'll take part in a **workshop to make our own artisanal fuet**, another type of sausage.

Nature on your plate

Around El Montseny, there are several activities that combine **gastronomy and nature**, such as a walk through a forest of **centuries-old chestnut trees**, especially recommended in autumn, or a **tasting of beers** made with the waters of this natural park. Nearby, in the Guillerics Massif, we'll sample local products such as cheeses, nuts and berries to the sound of water and birdsong. The **Farming Museum in Fogars de la Selva** offers a further insight into the days when agriculture dominated the region.



STAGE 15

BARCELONA'S VINEYARDS

Back on the coast, the delicate products of El Maresme and **D.O. Alella wines** set the stage for our return to Barcelona, where we'll visit an urban vineyard and enjoy a dinner based on local produce.

Delights of El Maresme

The day begins in El Maresme with **yoga among the vines**. We'll follow the **D.O. Alella Wine Route**, known for its wines caressed by the sea breeze. As well as being one of the counties where **D.O.P. Mongetes del Ganxet** beans are produced, it is also home to haute cuisine delicacies such as **El Maresme peas** and strawberries, which visitors can help pick in season. In Mataró we'll stop to buy boxes of **neules**, **traditional Christmas wafers** made according to age-old recipes.

Baking bread

Along the way we'll come across artisan breads, such as those with the **I.G.P. Pa de Pagès Català** label. Determined to find out how they're made, we'll sign up for a workshop in Cardedeu, where we'll learn to bake bread using different types of **locally produced organic cereals**. We'll return to the capital through the Collserola mountain range to visit **Barcelona's vineyards**, a project with a meaningful social mission, where **organic wines and oils** are produced. The journey will end with a dinner prepared with products from the Barcelona area, such as white meat from the **I.G.P. Pollastre i Capó del Prat** in El Baix Llobregat, paired with **D.O. Catalunya wine**, which represents a winemaking tradition that dates back to the Phoenicians and the Romans.

FIND OUT +

BENVINGUTS A PAGÈS, ALL YEAR ROUND

This initiative aims to highlight the work of the primary sector by giving people an up-close look at where their food comes from. In this way, it bridges the gap between urban and rural areas and makes Catalonia and its cuisine more accessible to everyone. The 15 routes showcase the work of farmers, livestock breeders, fisherfolk and producers, who arrange experiences such as farm visits, product-making workshops, school activities, role-plays and tastings. The goal is to encourage responsible consumption of seasonal, indigenous and local products, promote buying direct from producers and reduce our carbon footprint. These producers are often the best advocates of local produce and can recommend nearby restaurants. The *Benvinguts a Pagès* (Welcome to Catalan Agriculture) initiative has been instrumental in Catalonia becoming the World Region of Gastronomy in 2025. These experiences, available all year round, culminate in *Benvinguts a Pagès – La Festa* at the beginning of June.

WINE ROUTES

Welcome to the land of wine. Greek and Roman ruins, centuries-old monasteries, iconic wineries and wine museums bear witness to a long history of cultivation and deep-rooted traditions, complemented by the efforts of small-scale winemakers who are reviving indigenous varieties with minimal intervention in the production process to authentically represent the terroir. The result is quality wine tourism. The wine routes Alella, Empordà, Lleida, Montsant, Penedès, Pla de Bages, Priorat, Tarragona, Terra Alta and Trepat correspond to nine of the country's Designations of Origin and offer a range of enjoyable activities. Visitors can take part in a grape harvest, enjoy poetry recitals, pair wine with raw milk cheeses, cook in a vineyard and dine in a traditional dry-stone house, or spend the night among the vines. These routes will take you from the traditional Grenache of L'Albera to the freshness of the reclaimed vineyards of the Pyrenees; from the warmth of the wines of Tarragona to the salinity of the Pansa Blanca of Alella; from the terraced wines of El Priorat to the silkiness of the Corb Valley whites; from the sincerity of the Grenache of La Terra Alta to the boldness of the wines of El Bages. More than 300 wineries are open to visitors, creating experiences around wines that are full of stories and emotions in every bottle. They are gateways to centuries-old lines, modernista temples, traditional and avant-garde cuisine, intimate landscapes and epic tales of perseverance and courage. Catalonia is a vast vineyard waiting to be discovered.

OLIVE OIL TOURISM

Olive oil has always been the essence of Catalan cuisine, and some of the region's oil-producing olive trees are over a thousand years old. In recent years, olive growing has followed in the footsteps of the world of wine, with a clear commitment to high quality and more environmentally friendly processes. The excellence of the five Protected Designations of Origin for extra virgin olive oil in Catalonia – Baix Ebre - Montsià, Empordà, Les Garrigues, Siurana and Terra Alta – no longer depends solely on the Arbequina variety. Varieties such as Becaruda, Vera, Palomar, Morruda and Farga have helped to revitalise the sector, providing a map to explore the geography of Catalonia, from the high mountains to the olive groves that overlook the sea; from the ruggedness of El Baix Ebre, El Montsià and La Terra Alta to the lushness of Les Garrigues and the beauty of L'Urgell; from El Montseny's reclaimed terraces to the epic landscape of the Cardener valley; from the rural stronghold of El Vallès to the slopes of Collserola and the borders of El Priorat. This renewed enthusiasm has led to a wide range of olive oil tourism experiences, where visitors can not only learn about the symbolism of the olive tree in the classical world, but also distinguish the unique qualities of each variety, visit medieval castles surrounded by olive groves, cycle through the fields, relax with an olive oil therapy session or stargaze beneath these majestic trees.

MICHELIN STARS

Catalonia is a renowned gastronomic destination with a culinary tradition spanning over twenty centuries. Although it has never outgrown its roots, it has elevated haute cuisine to its highest expression, especially after the culinary revolution that astonished the world and set new trends at the beginning of the century. The legacy of Ferran and Albert Adrià, the Roca brothers, Carme Rusalleda and Santi Santamaria remains strong, and a new generation of chefs that includes Oriol Castro, Eduard Xatruch, Mateu Casañas and the Torres brothers continues to push the boundaries of creative and avant-garde cuisine. This is reflected in the prominence of Catalan chefs in major food and drink guides, with many restaurants topping the lists of the world's best and more than fifty establishments awarded Michelin stars, including five with three stars. What's more, the average price in these restaurants is much lower than in other countries. From conceptual proposals, reinvented popular cuisine, pure products from traditional grocers, minimalism and local terroir to a commitment to traditional flavours and cooking techniques, everything has its place in the hands of these culinary masters.



CULINARY COLLECTIVES

An honest cuisine that reflects the landscape and the farmers, fishers and livestock breeders who bring the products to our tables is the driving force behind the many culinary collectives that can be found in the counties of Catalonia. Their mission is to recover local products, preserve old recipes while embracing innovation, revitalise rural areas and promote Catalan gastronomic culture. This commitment makes it possible to discover all of Catalonia through its cuisine, not only in terms of food, but also landscapes, social and cultural insights, rich traditions and time-tested trades.

The Slow Food network, comprising over 50 restaurants, also promotes Catalonia's rich food and wine heritage, with initiatives that draw attention to local products, rural culture and ethical consumption. This work is reflected in numerous gourmet events dedicated to the finest products the land has to offer. Visiting these restaurants is a journey to the roots of Catalan cuisine.

FOOD FESTIVALS

In Catalonia, food and drink are not just for sustenance – they have become an integral part of the culture. The result is a year-round calendar packed with gourmet events: fairs, festivals and themed celebrations that add a playful dimension to the world of food and wine, where gastronomy becomes a great reason to celebrate life. The weekly markets that dot the region are excellent places to get a feel for the towns and villages, many of which have stalls where farmers sell their produce directly to consumers. Celebrations, festivals and fairs centred around food often combine music, art, theatre or literature with the culinary experience. Wine also has its own events, from new-wine festivals to long-established fairs, where visitors can discover the unique characteristics of each wine region and witness the thriving state of the Catalan wine sector.