



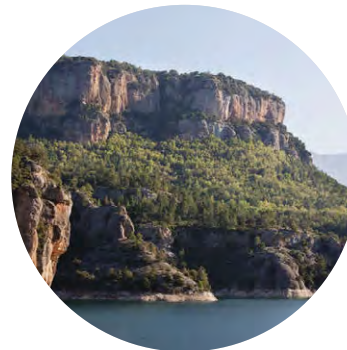
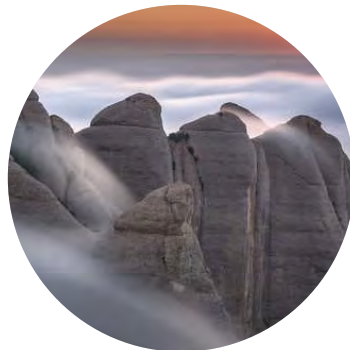
Experiences and activities of the Grand Tour of Catalonia

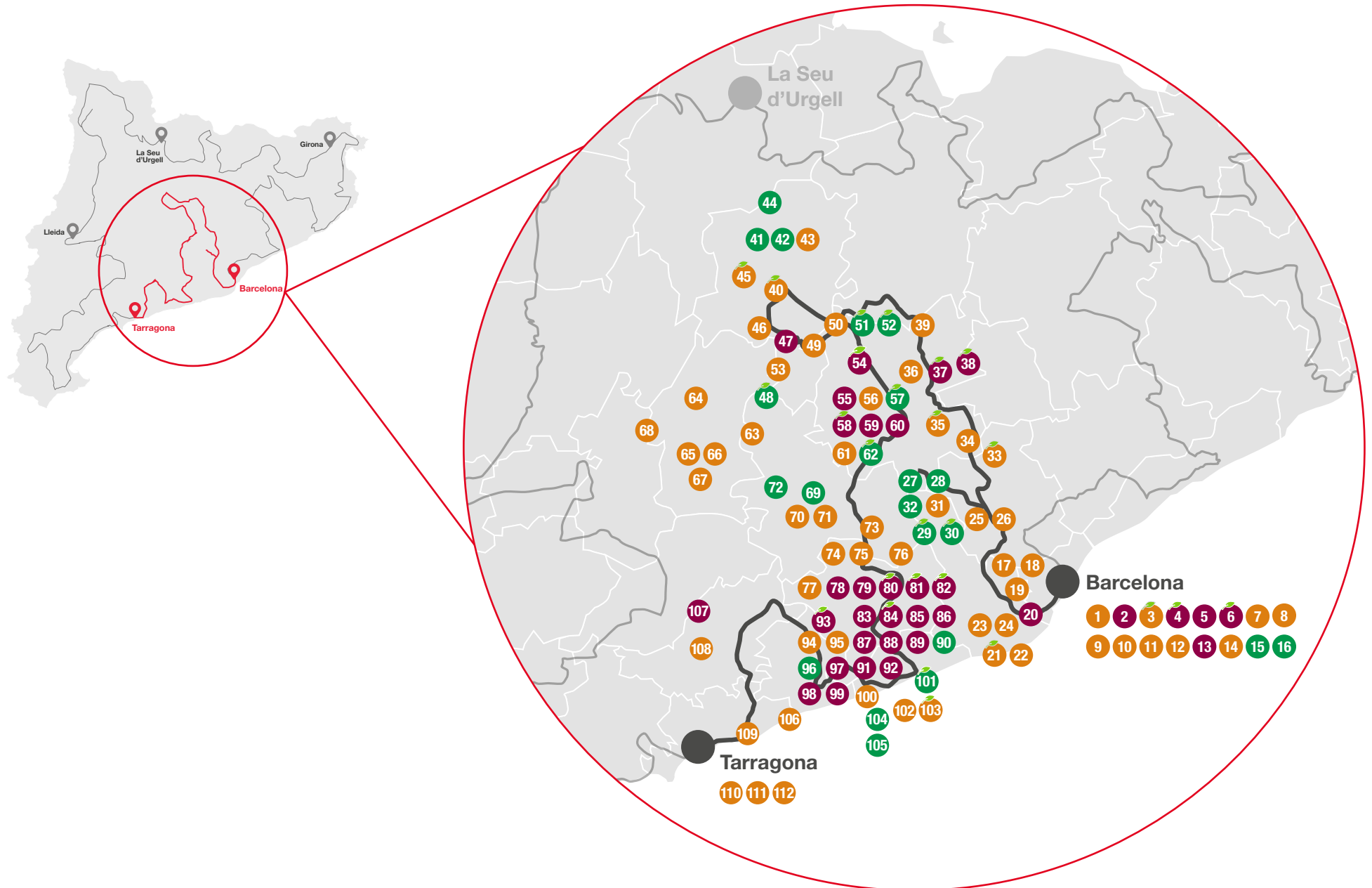
Section: Barcelona – Tarragona: Vineyards with a taste of the sea



462 km – 6 stages:

- **Barcelona**
- **Montserrat**
- **El Penedès**
- **Costa Barcelona i Sitges**
- **Ruta del Cister (Monestir de Santes Creus)**
- **Tarragona**





Section 1: Barcelona - Tarragona

- 1 **Walking Tour Picasso**
visitbarcelona.com
- 2 **Born to Eat**
wanderbeak.com
- 3 **"Tencadís" and mosaic workshop: creating mosaics like Gaudí**
mosaiccos.com
- 4 **Visit to the Can Calopa - L'Olivera Cooperativa Winery and tasting**
olivera.org
- 5 **Paella Experience**
thepaellaclub.com
- 6 **Following the truffle trail**
aborigensbarcelona.com
- 7 **Walking Tour Gòtic**
visitbarcelona.com
- 8 **Casa Batlló 10D Experience**
casabatllo.es
- 9 **Self-guided visit to the Sant Pau modernist complex**
santpau.barcelona
- 10 **Literary tour The Shadow of the Wind**
iconoserveis.com
- 11 **Connect with Archaeology**
mac.cat
- 12 **Visit to the museum and Blues Concert at the MEAM**
meam.es
- 13 **Market Visit + Paella Cooking Experience**
bcnkitchen.com
- 14 **Tour of the Moll del Rellotge**
capamarbcn.com
- 15 **Barcelona Port Tour, sailboat ride**
escolaportbarcelona.com
- 16 **Sailing with Chill-Out jazz**
barcelona-orsom.com
- 17 **Modernism in Sant Joan Despí (Jujol - Can Negre) and Esplugues with La Rajoleta and Can Tinturé**
museus.esplugues.cat
- 18 **Modernist ceramic at your fingertips**
museus.esplugues.cat
- 19 **Jujol's Modernism at Can Negre in 360°**
centrejujolcannegre.cat
- 20 **Enjoy the natural landscapes on Llobregat River and its surroundings**
deltallobregat.cat
- 21 **Archaeological Park of the Gavà Mines**
patrimonigava.cat
- 22 **Castelldefels castle: visit with audiguide**
adleisure.com
- 23 **Visit the Gaudí Crypt at Colònia Güell**
gaudicoloniaguell.org
- 24 **Catalonia in Miniature**
catalunyaenminiatura.com
- 25 **Visit Masia Freixa and Seu d'Egàra**
visitaterrassa.cat
- 26 **Visit the National Museum on Cience and Technology of Catalonia**
mnactec.cat
- 27 **Cremallera de Montserrat**
cremallerademontserrat.cat
- 28 **Montserrat Aerial Ride**
aeridemontserrat.com
- 29 **Montserrat and the Ignatian Cave in Manresa – Walking or Mountain Biking Route**
rutessilviarovira.es
- 30 **Rock Climbing on One of Montserrat's Iconic Spires**
guiesamadablam.com
- 31 **Visit Montserrat**
montserratvisita.com
- 32 **Explore the Caves of Montserrat and Medieval Collbató**
covesdemontserrat.org
- 33 **Neanderthals in the Simanya Cave: Interpretive Itinerary**
visitvalles.com/ca
- 34 **Guided tour of Mura**
instagram.com/laiademura
- 35 **Medieval experience at the St Benet Monastery (Món St. Benet)**
monstbenet.com
- 36 **Visit to the Iberian Settlement of El Cogulló**
sallentturisme.cat
- 37 **Immersion through the Wines of the DO Pla de Bages**
masdelasala.com
- 38 **Gourmet Visit: Wine, Olive Oil, and Honey**
abadal.net
- 39 **Guided and Theatrical Tours at Balsareny Castle**
castelldebalsareny.com
- 40 **Solsona Monumental Tour**
solsonaexperience.com
- 41 **Canic-Kayak (Kayak Rental with your dog)**
kayakk1.com

Section 1: Barcelona - Tarragona

- | | | | | | |
|----|---|----|--|----|--|
| 42 | Trail at the Sanctuary of Lord
<i>lavalldelord.com</i> | 55 | Enotrekking
<i>ollerdelmas.com</i> | 69 | Discover Catalonia by Hot Air Balloon
<i>globuskontiki.com</i> |
| 43 | Visit to Sant Llorenç de Morunys
<i>lavalldelord.com</i> | 56 | Manresa, heart of Catalonia
<i>manresaturisme.cat</i> | 70 | Visit to the Igualada Leather Museum and the Cal Granotes Tannery
<i>museupelligualada.cat</i> |
| 44 | Skii at Port del Comte
<i>portdelcomte.net</i> | 57 | Paths of the Séquia
<i>parcdelasequia.cat</i> | 71 | Fantastic Journey into the World of Trains
<i>railhome.com</i> |
| 45 | A Night Under the Stars at Lladurs Castle
<i>astrosolsons.com</i> | 58 | The route of the wine tinas with wine tasting
<i>bagesterradevins.cat</i> | 72 | Hot Air Balloon Ride Over Anoia
<i>anoiaballoon.com</i> |
| 46 | Visit to the Baroque of El Miracle
<i>elmiracle.cat</i> | 59 | Winery visit with wine tasting
<i>ollerdelmas.com</i> | 73 | Visit to Claramunt Castle
<i>patrimoni.gencat.cat/ca/monuments</i> |
| 47 | Visit Miracle's Sanctuary Winery, wine tasting and local products
<i>cellerdelmiracle.cat</i> | 60 | visit to Fargas-Fargas Winery with Wine Tasting and Winefulness Workshop among the vines
<i>bagesterradevins.cat</i> | 74 | Abric Romani - NEAN Prehistoric Park of Capellades
<i>neancapellades.cat</i> |
| 48 | The Journey of the Senses. Live your experience with the horses of El Solà in Torà.
<i>davidjorba.com</i> | 61 | Interpretation Center of Balç Street
<i>manresaturisme.cat</i> | 75 | Capellades Paper Mill Museum
<i>mmp-capellades.net</i> |
| 49 | Cardona Salt Mountain - A Unique Place in the World
<i>cardonaturisme.cat</i> | 62 | Two-seater or Tandem Paragliding Flight
<i>alioth.cat</i> | 76 | Discovering Amphibians, Reptiles, Biology and Conservation
<i>crarc-comam.net</i> |
| 50 | Cardona's Castle
<i>cardonaturisme.cat</i> | 63 | Astronomical Observation at the Pujalt Astronomical Park
<i>observatoridepujalt.cat</i> | 77 | Discover Torrelavit's Water Interpretation Center
<i>torrelavit.cat</i> |
| 51 | Salaria Way
<i>rutessilviarovira.es</i> | 64 | Ileso, the Roman Legacy
<i>museudeguissona.cat</i> | 78 | Visit to Celler Pargas
<i>cellerpardas.com</i> |
| 52 | Cardona and the Treasures of Solsonès, on foot or by bike
<i>rutessilviarovira.es</i> | 65 | Cervera's University
<i>turismecervera.cat</i> | 79 | Wine pairing visit: Secret Gran Reservas
<i>freixenet.es</i> |
| 53 | Guided Tour of the Museum home Les Cases de Maramargó
<i>lescacas.com</i> | 66 | Guided tours in Cervera
<i>turismecervera.cat</i> | 80 | The Iconic Tour
<i>codorniu.com</i> |
| 54 | Land of Bacchus by MTB
<i>guiesbtt.cat</i> | 67 | Route of Sió's Castles
<i>lasegarra.org</i>
<i>ccsegarra.cat</i> | 81 | Journey through the origins of Recaredo
<i>recaredo.com</i> |
| | | 68 | Guided Tours of Pallargues Castle
<i>castelldepallargues.com</i> | 82 | Discover the World of Cava and Lunch
<i>canalsimunne.com</i> |

Section 1: Barcelona - Tarragona

- | | | | | | |
|----|---|-----|---|-----|---|
| 83 | Cava and chocolate
<i>turismesantsadurni.cat</i> | 97 | E-Bike Tour amongs the vines visiting two wineries
<i>penedesecotours.com</i> | 111 | National Archaeological Museum of Tarragona
<i>mnat.cat</i> |
| 84 | Cavatren H0, a Model Train Layout in the Cavas
<i>cellervell.cat</i> | 98 | Penedès: Wine, Bike & Culture
<i>viemocions.com</i> | 112 | Self-guided visit to the museum and early Christian necropolises of Tarragona
<i>mnat.cat</i> |
| 85 | Among the vines: Wineries and Country-Style Lunch
<i>nomadicwinelover.com</i> | 99 | Miravinya: explore the Penedès
<i>miravinya.cat</i> | | |
| 86 | Vineyard & Brunch
<i>agustitorellomata.com</i> | 100 | Orèdola, 4000 years of history
<i>macolerdola.cat</i> | | |
| 87 | Seasonal tasting
<i>eshop.castelodepedregosa.com</i> | 101 | A day among free-roaming horses
<i>fundaciomiranda.org</i> | | |
| 88 | Nature visit with breakfast at Segura Viudas
<i>seguraviudas.com</i> | 102 | Visit to the Palau de Maricel
<i>museusdesitges.cat</i> | | |
| 89 | Yoga and tasting in the vineyards
<i>vinselep.com</i> | 103 | Escape The Town - Sitges
<i>escapethetown.app</i> | | |
| 90 | Buggy tour through Alt Penedès
<i>stressadrenalina.com</i> | 104 | Pitch & Putt Portal del Roc
<i>portaldelrocpitchandputt.com</i> | | |
| 91 | Visit and tasting at Sabaté i Coca
<i>sabateicoca.com</i> | 105 | Discover the Garraf Coast by Scuba Diving
<i>saphiradive.com</i> | | |
| 92 | Bike & Tase
<i>bikemotions.es</i> | 106 | Visit the Pau Casals Museum
<i>paukasals.org</i> | | |
| 93 | Visit with wine and tapas pairing
<i>torres.es</i> | 107 | Walk & Wine at your own pace
<i>masvicens.com</i> | | |
| 94 | Discovering medieval Vilafranca and the Bell Tower of Santa Maria
<i>descobrirpenedes.com</i> | 108 | Casteller de Catalunya Museum
<i>museucasteller.cat</i> | | |
| 95 | Visit to Vinesum and the Festa Major of Vilafrana del Penedès
<i>vinseum.cat</i> | 109 | Self-guided visit to the Roman Villa of Els Munts
<i>mnat.cat</i> | | |
| 96 | Bike Tour
<i>letsvelo.com</i> | 110 | Guided tour of Roman Tarraco
<i>turismedetarragona.com</i> | | |

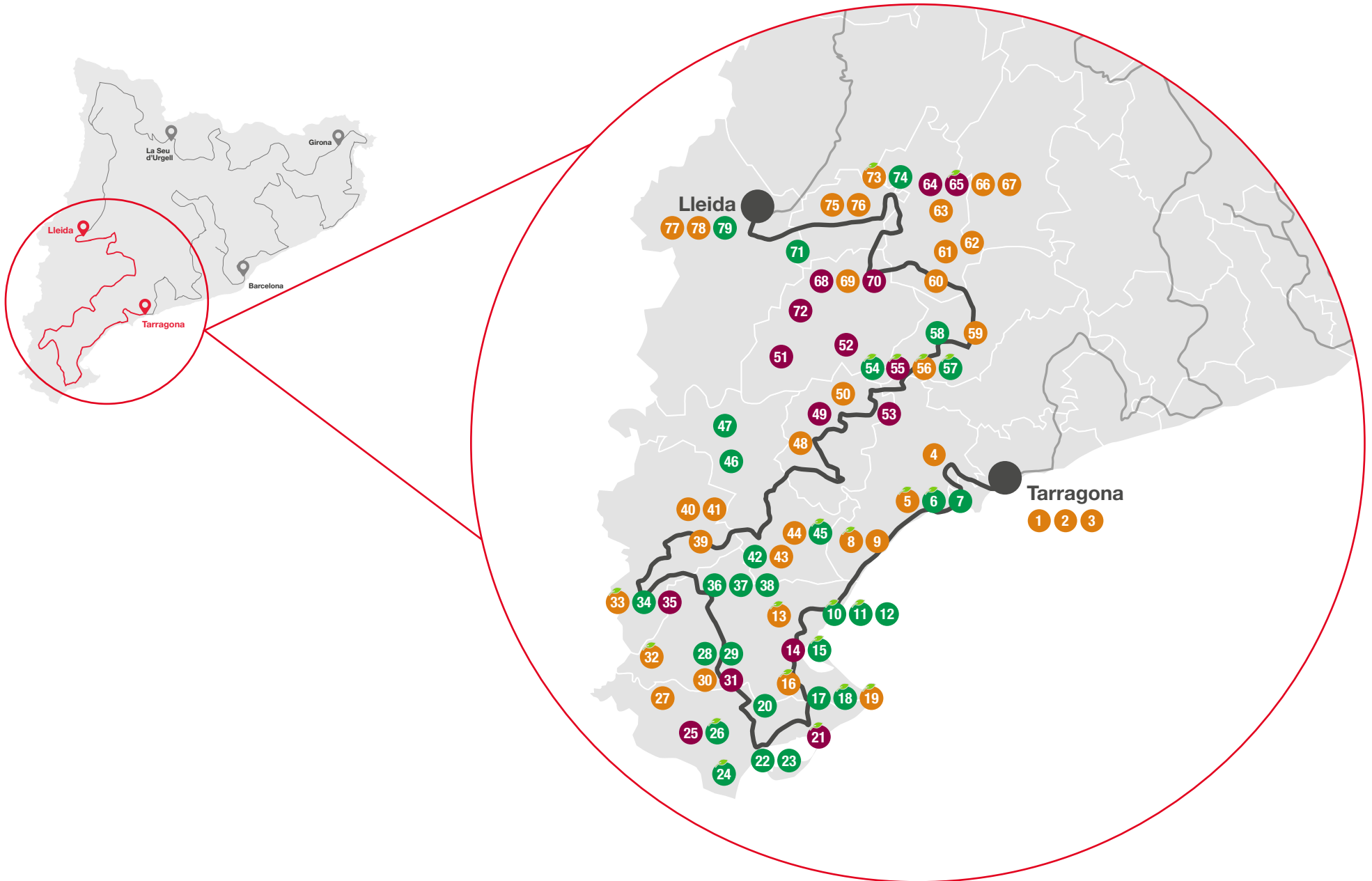
Section 2: Tarragona – Lleida: At the meeting of history



462 km – 6 stages:

- Tarragona Romana
- Reus
- Parque Natural del Delta de l'Ebre
- Cellers modernistes
- El Priorat
- Ruta del Cister
(Monestir de Poblet i Vallbona de les Monges)
- Lleida





Section 2: Tarragona - Lleida

- | | | | | | |
|----|--|----|---|----|--|
| 1 | Guided tour of Roman Tarraco
<i>turismedetarragona.com</i> | 14 | Gastronomic boat tours through the mussel farms
<i>miradorbadia.com</i> | 27 | Visit the Pauma Museum and traditional craft demonstration
<i>cdrmuseudelapauma.cat</i> |
| 2 | National Archaeological Museum of Tarragona
<i>mnat.cat</i> | 15 | Guided Visit to Ecoherbes Park, the Medicinal Botanic Garden
<i>ecoherbes.com</i> | 28 | Forest Bathing
<i>portsexperience.com</i> |
| 3 | Self-guided visit to the museum and early Christian necropolises of Tarragona
<i>mnat.cat</i> | 16 | Bonsai Tour & Experience
<i>mistralbonsai.com</i> | 29 | The Crossing of Els Ports
<i>cat.gubiana.com</i> |
| 4 | Vermouth and historic shops in Reus
<i>latevaruta.com</i> | 17 | Bike and Kayak Tour through the Delta
<i>riualebre.com</i> | 30 | Guided Walking tour of Tortosa
<i>conficon-turisme.com</i> |
| 5 | Self-guided visit to PortAventura World
<i>portaventuraworld.com</i> | 18 | Electric and Traditional Bike Tours through Ebre Delta Natual Park
<i>deltacleta.cat</i> | 31 | Visit to the C.R.E.O. Chocolate Factory
<i>xococreo.com</i> |
| 6 | Sunset experience in Costa Daurada
<i>nauticparc.com</i> | 19 | Safari EcoCultural
<i>deltapolet.com</i> | 32 | The Wiches' Route of Arnes
<i>lesbruixesdarnes.com</i> |
| 7 | Salou Costal Path
<i>visitsalou.eu</i> | 20 | Admission to MónNatura Delta
<i>monnaturadelta.com</i> | 33 | Ecomuseu dels Ports
<i>elsports.cat</i> |
| 8 | Visit Mas Miró
<i>masmiro.com</i> | 21 | Ebro Delta Rice Cooking Workshop
<i>hotelalgadirdelta.com</i> | 34 | Canyoning in Els Ports
<i>montsport.es</i> |
| 9 | Self-guided visit to the hermitage of Mare de Déu de la Roca
<i>mont-roigmiami.cat</i> | 22 | Sant Carles de la Ràpita Nautical Station: Water and Delta Adventures
<i>enlarapita.com</i> | 35 | Visit to the mill/olive trees and tasting or workshop to prepare a clocha
<i>identitatoliveoil.com</i> |
| 10 | Tuna Tour
<i>tuna-tour.com</i> | 23 | Guided Sailing Tour around Els Alfacs Bay
<i>mar.eco</i> | 36 | Guided visit to Coves Meravelles
<i>benifallet.cat</i> |
| 11 | Trail through hidden coves and wild unspoils areas along de GR92 Costal Path in L'Ametlla de Mar
<i>visitametllademar.com</i> | 24 | Alcanar, Secrets of a Seafaring Village
<i>turismovivencial.com</i> | 37 | Ride on the Llagut of Benifallet
<i>benifallet.cat</i> |
| 12 | Do you want to know what it feels like to breathe underwater? Do you want us to tell you which fish you'll see? Try a scuba diving tasting
<i>planctondiving.cat</i> | 25 | Tour of Ulldecona's ancient olive trees and cave paintings
<i>conficon-turisme.com</i> | 38 | Kayaking trip from Miravet to Benifallent
<i>beniemocions.cat</i> |
| 13 | Beekeeper for a Day
<i>mielmuria.com</i> | 26 | Creative getaway
<i>arenasposibles.com</i> | 39 | Visit to Terra Alta's wine cathedrals
<i>coopgandesa.com</i> |
| | | | | 40 | Visit to the 115 Days of Battle of the Ebro Interpretation Centre
<i>batallaebre.org</i> |

Section 2:

Tarragona - Lleida

- | | | | | | |
|----|--|----|---|----|--|
| 41 | Visit to the Old Village of Corbera d'Ebre
<i>poblevell.cat</i> | 54 | A day as a shepherd
<i>elbrogit.com</i> | 68 | Visit Els Vilars vineyards
<i>vinyaelsvilars.cat</i> |
| 42 | Boat crossing in Miravet
<i>turismemiravet.cat</i> | 55 | Tresc&Wine - Trekalçotada
<i>elbrogit.com</i> | 69 | Visits to the Vilars Fortress of Arbeca
<i>arbecaturisme.cat</i> |
| 43 | The Potter's Quarter of Miravet
<i>avacoartideco.com</i> | 56 | Scape Room in Nature
<i>elbrogit.com</i> | 70 | Olive oil experiences
<i>arbequina.coop</i> |
| 44 | Visit to Castellet de Banyoles and the Iberian Interpretation Centre
<i>turismetivissa.com</i> | 57 | The Filigree Path
<i>elbrogit.com</i> | 71 | La Manreana Park
<i>lamanreana.com</i> |
| 45 | Experience a day with our firefighter donkey brigade
<i>tivissadonkeys.cat</i> | 58 | Adventure tour in Coves de l'Espluga
<i>esplugaturisme.cat</i> | 72 | Visit Clos Pons winery
<i>ponshome.es</i> |
| 46 | River route on the Ebro abroad the laúd Lo Roget
<i>ascoturisme.cat</i> | 59 | Guided monumental tour in Montblanc
<i>montblancmedieval.cat</i> | 73 | Mural Encyclopedia
<i>enciclopediamural.cat</i> |
| 47 | Visit to the Sebes Nature Reserve
<i>sebes.cat</i> | 60 | Royal monastery of Santa Maria de Vallbona
<i>monestirvallbona.cat</i> | 74 | Guided tour of the Ivars and Vila-Sana Lake
<i>estanyivarsvilasana.cat</i> |
| 48 | Guided tour of the Bellmunt del Priorat Mining Museum
<i>minesbellmunt.com</i> | 61 | Guided tour to Ciutadilla Castle
<i>ciutadilla.cat</i> | 75 | Visit to the Paper Dress Museum
<i>museuvestitspaper.cat</i> |
| 49 | The Essence of Priorat in Perinet
<i>perinetwinery.com</i> | 62 | Guided tour of the medieval core of Guimerà
<i>guimera.info</i> | 76 | Visit to l'Espai Cultural dels Canals d'Urgell
<i>canalsurgell.cat</i> |
| 50 | Visit the Cartxoia d'Escaledi
<i>patrimoni.gencat.cat</i> | 63 | Visit Verdú Castle
<i>verdu.cat</i> | 77 | Visit Lleida (city tour)
<i>turismedelleida.cat</i> |
| 51 | Tasting among ancient olive trees
<i>olicatessen.com</i> | 64 | Borges Exerience
<i>masdecolum.com</i> | 78 | Visit to the Gardeny Templar Castle
<i>turismedelleida.cat</i> |
| 52 | Breakfast with wine tasting at an artistic, family-run winery
<i>masblanchijove.com</i> | 65 | Tractor ride through vineyards and centuries-old olive trees with a traditional tasting
<i>ecosetrill.com</i> | 79 | Lakes Train
<i>trendellsllacs.cat</i> |
| 53 | Through the vineyards by 4x4 to the Wine Cathedral of Cornudella
<i>siuranatours.com</i> | 66 | Visit the Trepà de Tàrraga old factory
<i>museutrepà.cat</i> | | |
| | | 67 | Route: El Tarròs. Beyond Companys
<i>espaicompanyes.cat</i> | | |

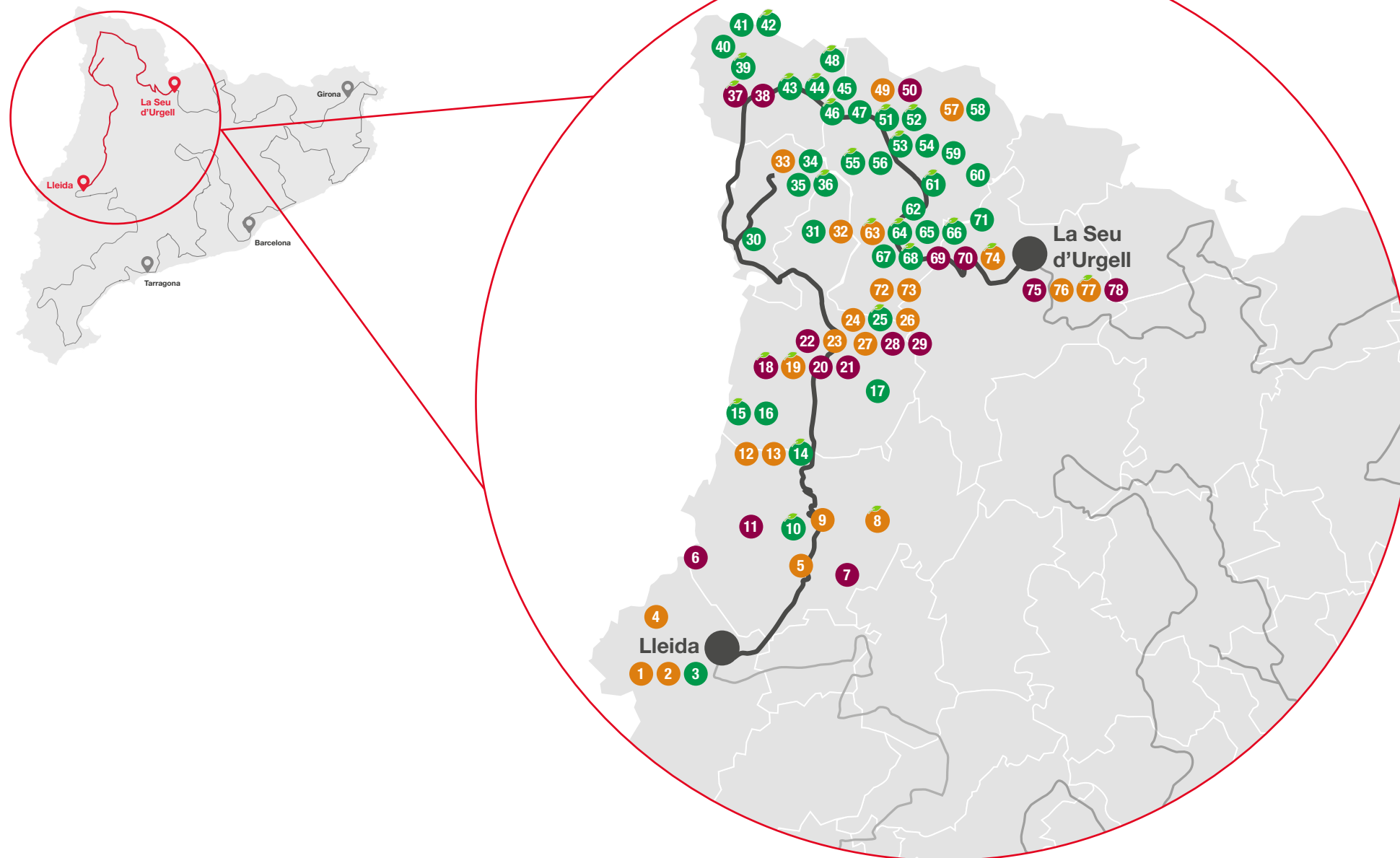
Section 3: Lleida – La Seu d’Urgell: Very close to heaven



357 km – 5 stages

- **Lleida**
- Congost de Mont-rebei
- Parc Nacional d’Aigüestortes
- & Estany de Sant Maurici
- El Romànic de la Vall de Boí
- Val d’Aran
- **La Seu d’Urgell**





Section 3:

Lleida - La Seu d'Urgell

- 1 **Visit Lleida (city tour)**
turismedelleida.cat
- 2 **Visit to the Gardeny Templar Castle**
turismedelleida.cat
- 3 **Lakes Train**
trendelsllacs.cat
- 4 **Experience in Raimat**
raimat.com
- 5 **Segre's gold. In search of Mariam's Dream**
balaguer.cat
- 6 **Picnic in the vineyards**
lagravera.com
- 7 **Guided visit with wine tasting**
castelldelreimei.com
- 8 **Guided visit to the Montsonís Castle**
castellsdelleida.com
- 9 **Visit and activities in Espai Orígens**
espaorigens.es
- 10 **Kayaking and Paddle Surfing in the Sant Llorenç de Montgai Nature Reserve.**
campinglanoguera.com
- 11 **Self-guided visit and astonomic meal in Monastery of les Avellanes**
monestirdelesavellanes.com
- 12 **Guided visit to the village of Àger and the històric monumental complex of the Collegiate Church of Sant Pere d'Àger**
ager.cat
- 13 **Visit Montsec's Astronomic Park**
parcastronomic.cat
- 14 **Paragliding Flight over Montsec – The Passenger of the Sky.**
entrenuvols.com
- 15 **Mont-rebei gorge kayak&trek**
intrepidkayaks.com
- 16 **Mot-rebei gorge**
congostdemontrebei.cat
- 17 **Palentology museum and guided tours of the dinosaur sites**
parc-cretaci.com
dinosauresdelspirineus.cat
- 18 **Beekeeping experience in Mont Rebei**
apiferro.cat
- 19 **Guided paleontological tours to various sites in Pallars Jussà**
pallarsjussa.net
- 20 **From Rock to Glass**
eurekasgn.com
- 21 **Visit the vineyards and winery of Vila Corona**
vilacorona.cat
- 22 **Delight your senses with the great wines of Castell d'Encús**
castelldecus.com
- 23 **Guided Tour of the Salàs Shop-Museum**
botiguesmuseusalas.cat
- 24 **Castell de Mur. Reviving the most hidden romanesque heritage**
peperepepcultural.cat
- 25 **Wildlife watching excursion in boumort**
thebestpyrenees.com
- 26 **Meet the Raiers!**
elsraiars.cat
- 27 **Guided tour of the Modernist complex of Casa Mauri and Sant Josep Oil Mill**
lapobladesegur.cat
- 28 **Visit a craft beer factory**
ctretze.cat
- 29 **Discover ratafia by visiting the historic Licors Portet 1883 distillery**
licorsportet.cat
- 30 **Canyoning in Viu de Llevata Canyon**
guiasvalldeboi.com
- 31 **Vall Fosca Cable Car**
vallfosca.net
- 32 **Capellada Hydroelectric Museum**
museuhidroelectricdecapdella.cat
- 33 **Discover the Romanesque complex of the Vall de Boí, a UNESCO World Heritage Site**
centreromanic.com
- 34 **Discover Boí Taüll!**
boitaull.cat
- 35 **Experience in Caldes de Boí thermal Spa**
caldesdeboi.com
- 36 **Interpretatives itineraries in Aigüestortes i Estany de Sant Maurici National Park**
parcsnaturals.gencat.cat
- 37 **On a Pintxo Pote Route**
visitvaldaran.com
- 38 **Caviar Tasting**
caviarnacarii.com
- 39 **Tour: Els Uells deth Joèu – From the Aneto Peak to the Atlantic Ocean**
visitvaldaran.com

Section 3:

Lleida - La Seu d'Urgell

- 40** **Wildlife park**
aran-park.es
- 41** **Rafting on the Garonne River**
deportur.com
- 42** **Mineral-medicinal spring spa**
termasbaroniadeles.com
- 43** **E-MTB Route Connecting the Villages of Arties and Salardú via the Collat de Pruedo**
visitvaldaran.com
- 44** **Guided Mountain Routes on Electric Motorbikes**
electricriders.net
- 45** **Baqueira Beret Safaris**
baqueira.es
- 46** **Snowshoeing walk from Pla de Beret to Montgarri**
visitvaldaran.com
- 47** **Dog sledding and snowmobiles in Baqueira**
montgarri.com
- 48** **The 7 lakes route of Colomers**
visitvaldaran.com
- 49** **Visit Casa Cassia in Esterri d'Àneu to discover the unique aspects of doemstic life in early 20th-century Pallars**
ecomuseu.com
- 50** **Astronomy with telescope and liquor tasting**
obagaactivitats.cat
- 51** **Travel Through the Galaxies**
monnaturapirineus.com
- 52** **The wildcat's path**
monnaturapirineus.com
- 53** **Calm water activities at the lake of La Guingueta d'Àneu**
rocroi.com
- 54** **Zipling, adventure and kayaking at Pirineus Parc Aventura**
pirineusparcaventura.com
- 55** **Enviromental education and interpretation trails in Aigüestortes i Estany de Sant Maurici National Park**
parcsnaturals.gencat.cat
- 56** **Discover Spot!**
espotesqui.cat
- 57** **Visit to the Tavascan hydroelectric power station**
lladorre.ddl.net
- 58** **New experiences in Tavascan: try Nordic skiing and go on snowshoein excursions**
totnordic.com
- 59** **Visit to the buterfly museum**
papallones.cat
- 60** **Practice cross-country skiing or enjoy snowshoeing excursions in the Virós Forest**
totnordic.com
- 61** **Rafting trip down the Noguera Pallaresa River**
rocroi.com
- 62** **Discover Port Ainé!**
portaine.cat
- 63** **Discover the exile routes of World War II at the prison-museum "Way of Freedom"**
camidelalibertat.sort.cat
- 64** **Canyoning in Pallars Sobirà**
laraftingcompany.com
- 65** **Horseback riding excursion**
hipicapeufort.com
- 66** **Rafting descent on the Noguera Pallaresa River**
outdooradventour.com
- 67** **Rafting in la Noguera Pallaresa**
rubber-river.com
- 68** **Rafting in la Noguera Pallaresa**
raftingpallarsturisnat.com
- 69** **Discover high-mountain vineyards and wines**
batlliudesort.cat
- 70** **Biu un tros de Sort**
trosdesort.cat
- 71** **Practice cross-country skiing or enjoy snowshoeing excursions at the Sant Joan de l'Erm Nordic Ski Resort**
totnordic.com
- 72** **Visit the Gerri saltworks aand the sanctuary of Arboló**
baixpallars.ddl.net
- 73** **Visit the Gerri de la Sal museum**
baixpallars.ddl.net
- 74** **Visit the highest Iberian Settlement in Catalonia**
soriguera.ddl.net
- 75** **Tour in Alt Urgell**
menjatalturgell.cat
- 76** **Self-guided visit to la Seu Medieval**
turismeseu.com
- 77** **Rafting- guided group descent in a inflatable raft on the whitewater Olympic Canal**
raftingparc.cat
- 78** **Cheese route**
espaiermengol.cat

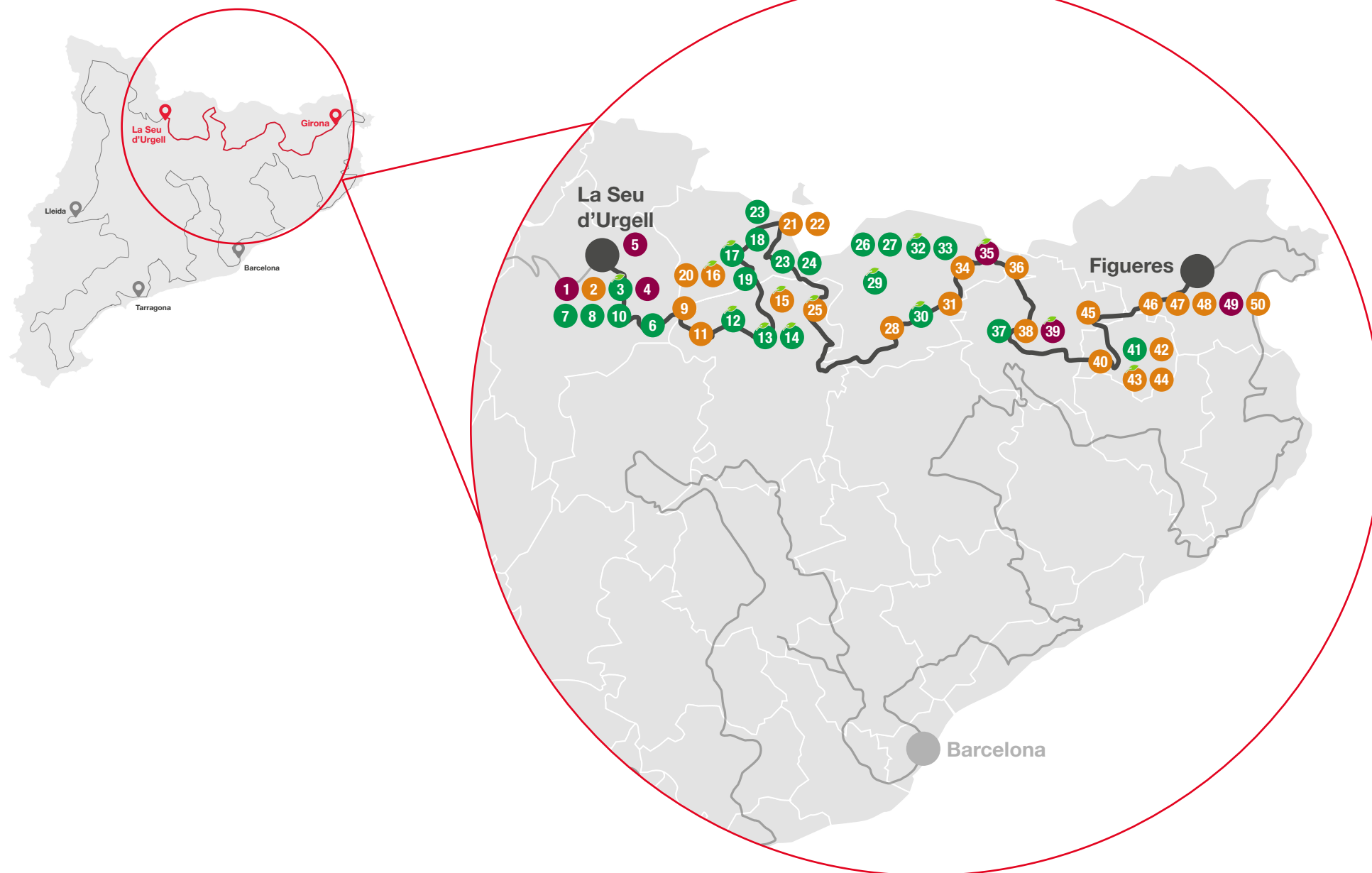
Section 4: La Seu d'Urgell – Figueres: Oda a la natura



357 km - 5 stages

- La Seu d'Urgell
- Pedraforca
- Picturesque villages of the Pyrenees
- Garrotxa Volcanic Zone
- Besalú
- Figueres





Section 4:

La Seu d'Urgell - Figueres

- | | | | | | |
|----|---|----|--|----|--|
| 1 | Tour in Alt Urgell
<i>menjatalturgell.cat</i> | 13 | Forat Negre Canyon
<i>guiesamadablam.com</i> | 27 | Winter's experience
<i>valldenuria.cat</i> |
| 2 | Self-guided visit to la Seu Medieval
<i>turismeseu.com</i> | 14 | Via Ferrada Roques d'Empalomar
<i>guiesamadablam.com</i> | 28 | Ripoll: visit the portal, cloister and ethnographic museum
<i>visit.ripoll.cat</i> |
| 3 | Rafting- guided group descent in a inflatable raft on the whitewater Olympic Canal
<i>raftingparc.cat</i> | 15 | Scape the Town - Bagà
<i>escapethetown.app</i> | 29 | Canyoning in the heart of the pyrenees
<i>guiesamadablam.com</i> |
| 4 | Cheese route
<i>espaiermengol.cat</i> | 16 | Scape the Town - Bellver de Cerdanya
<i>escapethetown.app</i> | 30 | Iron and coal route
<i>viesverdes.cat</i> |
| 5 | Visit Cal Serni
<i>calserni.com</i> | 17 | Visit the Verger Cerdà (premaculture gardens) and stay overnight at Cerdanay Ecoresort
<i>cerdanyaecoresort.com</i> | 31 | Visit the Monastery of Sant Joan de les Abadesses and the Vila Vella
<i>santjoandedesabadesses.cat</i> |
| 6 | Exclusive 7-stage thermal water circuit
<i>balnearisantvicenc.com</i> | 18 | Hot air ballon flight over la Cerdanya
<i>caminsdevent.com</i> | 32 | Climbing Gra de Fajol via the northeast ridge
<i>guiesamadablam.com</i> |
| 7 | Practice cross country skiing or enjoy snowshoeing excursions at the Nordic ski center of Lles de Cerdanya
<i>totnordic.com</i> | 19 | Caving into the depths of La Cerdanya
<i>cancana-natura.com</i> | 33 | Discover Vallter 2000!
<i>vallter2000.cat</i> |
| 8 | Practice cross country skiing or enjoy snowshoeing excursions at the Nordic ski center of Aransa
<i>totnordic.com</i> | 20 | Guided visit to Cabiscol bunkers
<i>bunquersmartinet.net</i> | 34 | Guided visit to Camprodon
<i>visitcamprodon.cat</i> |
| 9 | Discover who the Trementinares were and learn from their wisdom
<i>trementinares.org</i> | 21 | The keys to the churches of La Cerdanya
<i>cerdanya.org</i> | 35 | Visit to the pastures and km 0 lunch
<i>canpastoret.com</i> |
| 10 | Practice cross country skiing or enjoy snowshoeing excursions at the Nordic ski center of Tuixet- la Vansa
<i>totnordic.com</i> | 22 | Culural footprints Puigcerdà
<i>puigcerdaturisme.cat</i> | 36 | Guided visit to Beget
<i>visitcamprodon.cat</i> |
| 11 | Gósol Picasso Center
<i>gosol.ddl.net</i> | 23 | Practice cross country skiing or enjoy snowshoeing excursions at the Nordic ski center of Guils Fontanera
<i>totnordic.com</i> | 37 | Walking on lava
<i>trescalia.com</i> |
| 12 | Pedraforca's summit
<i>guiesamadablam.com</i> | 24 | Discover La Molina!
<i>lamolina.cat</i> | 38 | Visit de Cràter space
<i>espaicrater.com</i> |
| | | 25 | Tren del Cement
<i>trendelcement.cat</i> | 39 | Volcanic Cuisine tasting workshop at the market
<i>laquintajusta.cat</i> |
| | | 26 | Vall de Núria
<i>valldenuria.cat</i> | 40 | Visit to the studio workshop of Carles Fontserè
<i>porqueres.cat</i> |

Section 4:

La Seu d'Urgell - Figueres

- 41

Circular hiking or mountain biking route around the Banyoles Lake

turisme.banyoles.cat
- 42

Banyoles museum, nature and history

museusdebanyoles.cat
- 43

Handmade paper-making workshop

sastrespaperers.com
- 44

Visit to the prehistòric caves of Serinyà

plaestany.cat
- 45

Tour of the medieval complex of Besalú and its Jewish heritage

educart.cat
- 46

Dalí's birthplace

casanataldali.cat
- 47

Visit to the Dalí Theatre-Museum in Figueres

salvador-dali.org
- 48

Visit to the Sant Ferran Fortress (Castell de Sant Ferran) in Figueres

castellsantferran.com
- 49

Figueres food and wine tour

lauramasramon.com
- 50

Visit the Toy Museum of Catalonia

mjc.cat

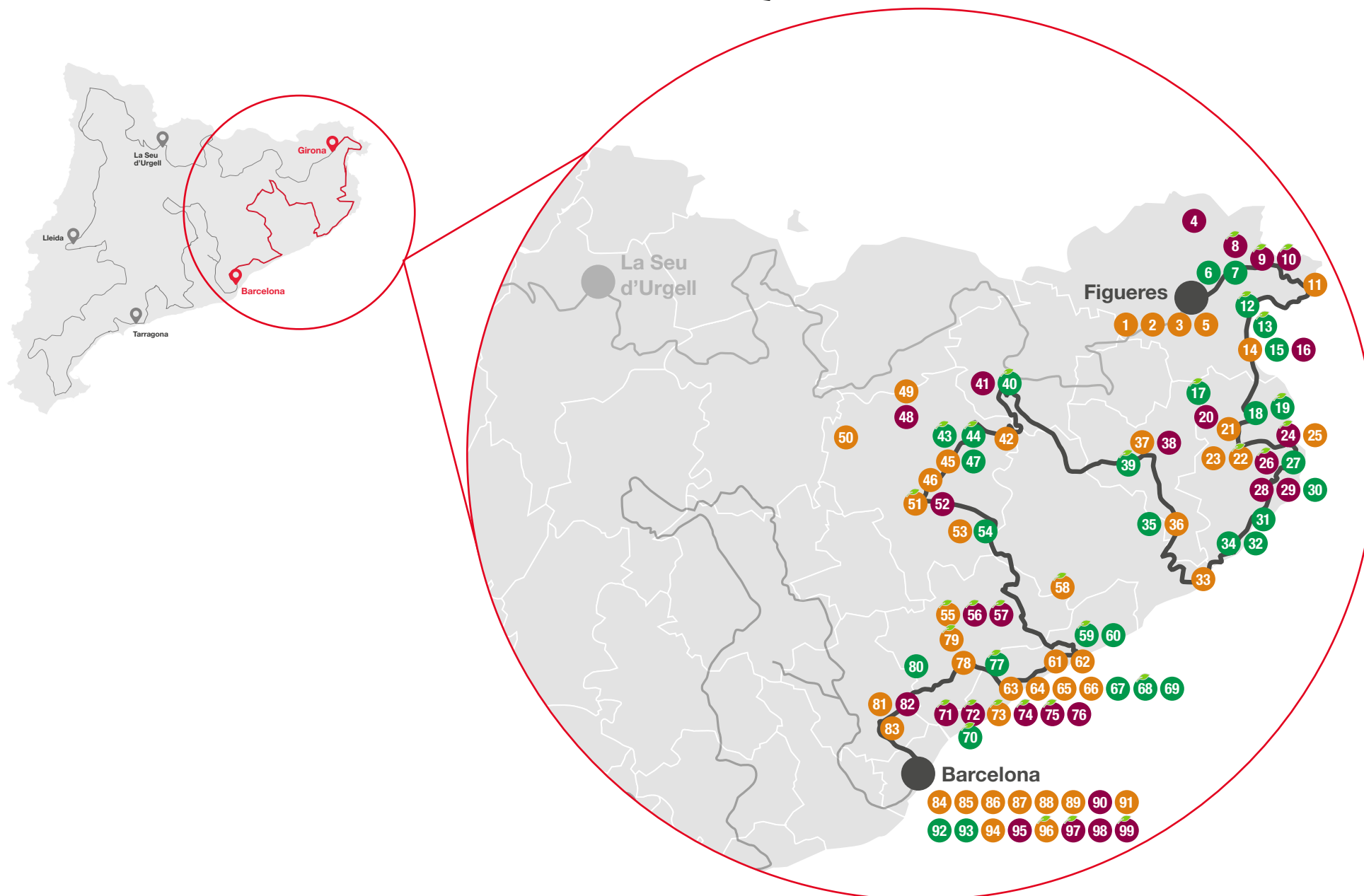
Section 5: Figueres – Barcelona: From surrealism to modernism



525km – 7 stages

- Figueres
- Parc Natural del Cap de Creus, Cadaqués & Portlligat
- Medieval towns of the interior
- Girona
- Vic
- Parc Natural del Montseny
- Costa de Barcelona: modernism
- Barcelona





Section 5:

Figueres - Barcelona

- 1** **Dalí's birthplace**
casanataldali.cat
- 2** **Visit to the Dalí Theatre-Museum in Figueres**
salvador-dali.org
- 3** **Visit to the Sant Ferran Fortress (Castell de Sant Ferran) in Figueres**
castellsantferran.com
- 4** **Figueres food and wine tour**
lauramasramon.com
- 5** **Visit the Toy Museum of Catalonia**
mjc.cat
- 6** **Golf Lovers - A unique experience**
golferalada.com
- 7** **"The Dream": new and surprising sensations**
hotelperalada.com
- 8** **Accommodation amongst vineyards**
lavinyeta.es
- 9** **Beekeeper for a day**
abellaires.com
- 10** **Wine tasting in a boat**
empordalia.com
- 11** **Visit Salvador Dalí's house in Portlligat**
salvador-dali.org
- 12** **Tandem Skydive Experience**
thelandofthesky.eu
- 13** **Orintokayak in the wetlands**
kayakcostabrava.com
- 14** **Virtual Empúries**
macempuries.cat
- 15** **Guided sailing tour**
nauticescala.com
- 16** **Visit the Achovy and Salt Museum and the achovies factories**
visitlescala.cat
- 17** **Ter's hidden treasure: kayaking on the river**
kayakdelter.com
- 18** **Burricleta tour through the històric villages of Empordà**
ocitania.cat
- 19** **Self-guided tour Burricleta**
burricleta.com
- 20** **Natural beer and casual dishes**
doskiwisbrewing.com
- 21** **Discover the Iberian city of Ullastret**
macullastret.cat
- 22** **Immersion in the ceramics of La Bisbal d'Empordà**
visitlabisbal.cat
visitempordanet.cat
- 23** **Unique experiences to discover the territory**
visitempordanet.cat
- 24** **Guided tour of the vineyard with a tasting of 4 Mas Geli wines**
masgelipals.cat
- 25** **Indiano Interpretation Center - Begur**
begur.cat
- 26** **Graoinada in Palafurgall**
visitpalafrugell.cat
- 27** **Wine routes by e-bike**
ebikesarea.com
- 28** **Espai del Peix**
espaidelpeix.org
- 29** **Visit to the winery, wine tasting, cheeses and food at Celler Brugarol**
brugarol.com
- 30** **Little train route**
viesverdes.cat
- 31** **Cami de Ronda: the hiking journey along the Costa Brava**
camideronda.com
- 32** **Of rock, stone and sea: the via ferrata of Cala del Molí**
aventuragirona.com
- 33** **Cultural visit: Essence and Secrets of Tossa de Mar**
atri.cat
- 34** **Coastering in La Costa Brava**
aventuragirona.com
- 35** **Day in Balneari Vichy Catalan**
balneari.cat
- 36** **Visit Espai Aqueae**
visitcaldes.cat
- 37** **Museum of Archaeology of Catalonia - Girona**
macgirona.cat
- 38** **Gastronomic tour of Girona**
gironafoodtours.com
- 39** **Immerse yourself in nature**
aromesalbosc.net
- 40** **Family canyoning in Vall d'En Bas**
guiesamadablam.com
- 41** **Put your boots on**
maslacoromina.cat

Section 5:

Figueres - Barcelona

- | | | |
|---|--|--|
| <p>42 Guided visit to Rupit's historical center
<i>rupitpruit.cat</i></p> <p>43 Immersion in Collsacabra forests
<i>anigami.cat</i>
<i>guiesdelcollsacabra.loriun.com</i></p> <p>44 Complimentary route along the cliffs of Collsacabra
<i>anigami.cat</i>
<i>anigamiparc.cat</i></p> <p>45 Visit to the Monastery of Sant Pere de Casserres
<i>santperedecasserres.cat</i></p> <p>46 L'Esquerda, the fortress of the Ter: discover an archaeological site with 2,500 years of occupation.
<i>lesquerda.cat</i></p> <p>47 Kayaking on the Sau reservoir
<i>aquaterraclub.es</i></p> <p>48 Ratafia Bosch, a historic liqueur factory
<i>ratafiabosch.cat</i></p> <p>49 A thousand years of stories at the Castle of Montsesquiú
<i>parcs.diba.cat</i></p> <p>50 Visit to the Monastery of Lluçà
<i>monestirluça.cat</i></p> <p>51 Discover Vic
<i>victurisme.cat</i></p> <p>52 Make your own Fuet de Vic
<i>grupcalateresona.com</i></p> <p>53 Espai Montseny
<i>viladrauturisme.cat</i></p> <p>54 Guided visit to the ancient chestnut trees
<i>castanyadeviladrau.cat</i></p> | <p>55 Bandid stories in Montseny Natural Park
<i>viladraueducacio.com</i></p> <p>56 Ratafia, the land's liquor
<i>ademc-montseny.cat</i></p> <p>57 Path of flavors
<i>viladraueducacio.com</i></p> <p>58 Visit with the key to the town
<i>turismehostalric.cat</i></p> <p>59 Guilla Route
<i>calellabarcelona.com</i></p> <p>60 The route to Les Torretes
<i>santpol.cat</i></p> <p>61 Modernism by the sea
<i>turismecanet.cat</i></p> <p>62 Visit to the collections of the Marès Museum at Punta de Arenys de Mar
<i>arenysdemar.cat</i></p> <p>63 Fundació Palau: a poet's collection
<i>fundaciopalau.cat</i></p> <p>64 Self-guided tourist and cultural itinerary
<i>caldetes.cat</i></p> <p>65 Visit and/or activities in Mataró
<i>visitmataro.cat</i></p> <p>66 Coll i Regàs house
<i>casacolliregas.cat</i></p> <p>67 Adventure park in the trees
<i>boscvertical.com</i></p> <p>68 Enjoy and learn. Boat trip with swimming or diving
<i>blaumar.cat</i></p> | <p>69 Sailing trip
<i>caraalvent.com</i></p> <p>70 Catalonia, surf destination
<i>maresmewaves.com</i></p> <p>71 Breakfast in the vineyards
<i>bouquetdalella.com</i></p> <p>72 Picnic in the vineyards
<i>bouquetdalella.com</i></p> <p>73 Scape the Town - Alella
<i>escapethetown.app</i></p> <p>74 Visit and pairing with Iberian ham and cheese
<i>altaalella.wine</i></p> <p>75 Walk & Brunch
<i>trekandride.com</i></p> <p>76 Discover the wine tourism experiences of the DO Alella
<i>alella.cat</i></p> <p>77 Visit to the pastures
<i>rukimon.com</i></p> <p>78 Immersive visit to La Tèrica. Energy: today's greatest challenge
<i>latermica.cat</i></p> <p>79 La Garriga in bloom, where modernism meets dryland fields
<i>apren.cat</i></p> <p>80 Espai CEL, thermal spa with seven pools
<i>espaicel.cat</i></p> <p>81 Self-guided visit to the Monastery of Sant Cugat
<i>visitsancugat.cat</i></p> <p>82 Mercantic: Sant Cugat Vintage Village
<i>mercantic.com</i></p> |
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Section 5:

Figueres - Barcelona

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|---|---|
| <p>83 Visit the Comic Museum
<i>museudelcomic.org</i></p> <p>84 Walking Tour Gòtic
<i>visitbarcelona.com</i></p> <p>85 Casa Batlló 10D Experience
<i>casabatllo.es</i></p> <p>86 Self-guided visit to the Sant Pau modernist complex
<i>santpau.barcelona</i></p> <p>87 Literary tour The Shadow of the Wind
<i>iconoserveis.com</i></p> <p>88 Connect with Archaeology
<i>mac.cat</i></p> <p>89 Visit to the museum and Blues Concert at the MEAM
<i>meam.es</i></p> <p>90 Market Visit + Paella Cooking Experience
<i>bcnkitchen.com</i></p> <p>91 Tour of the Moll del Rellotge
<i>capamarbcn.com</i></p> <p>92 Barcelona Port Tour, sailboat ride
<i>escolaportbarcelona.com</i></p> <p>93 Sailing with Chill-Out jazz
<i>barcelona-orsom.com</i></p> <p>94 Walking Tour Picasso
<i>visitbarcelona.com</i></p> <p>95 Born to Eat
<i>wanderbeak.com</i></p> <p>96 "Tencadís" and mosaic workshop: creating mosaics like Gaudí
<i>mosaiccos.com</i></p> | <p>97 Visit to the Can Calopa - L'Olivera Cooperativa Winery and tasting
<i>olivera.org</i></p> <p>98 Paella Experience
<i>thepaellaclub.com</i></p> <p>99 Following the truffle trail
<i>aborigensbarcelona.com</i></p> |
|---|---|



grandtour.catalunya.com