



Genuine Corporate Experience

*A world of
experiences
and emotions*





Costa Brava Girona
Convention Bureau

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Costa Brava and Girona Pyrenees

Away from the bustling crowds of the big cities and just one hour away from Barcelona, the Costa Brava and Girona Pyrenees have positioned themselves as one of the most attractive destinations for business meetings and events in Catalonia.

The Girona province is made up of contrasting landscapes, from the Pyrenees mountains to the beaches and coastline of the Costa Brava, with a rich mosaic of scenery in between. The result is an extraordinary region that offers a wide range of options for organising all kinds of meetings, travel incentives and events.

Exclusive and unique events can be made reality thanks to the modern and versatile conference centres, remarkable accommodation and unique spaces available in the Costa Brava and Girona Pyrenees.

Our diverse region enjoys an ideal climate, an exceptional cultural and artistic heritage and a broad variety of local cuisine, from traditional dishes to the most creative and innovative haute cuisine.



An attractive destination
thanks to the climate,
natural landscapes,
culture, cuisine and local
hospitality

Getting around



AIRPORTS

- » Girona-Costa Brava
- » Barcelona-El Prat
- » Perpignan



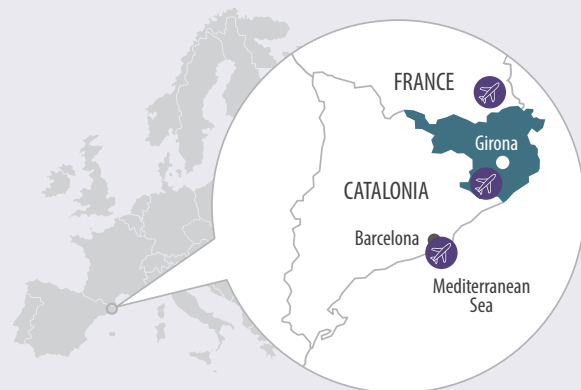
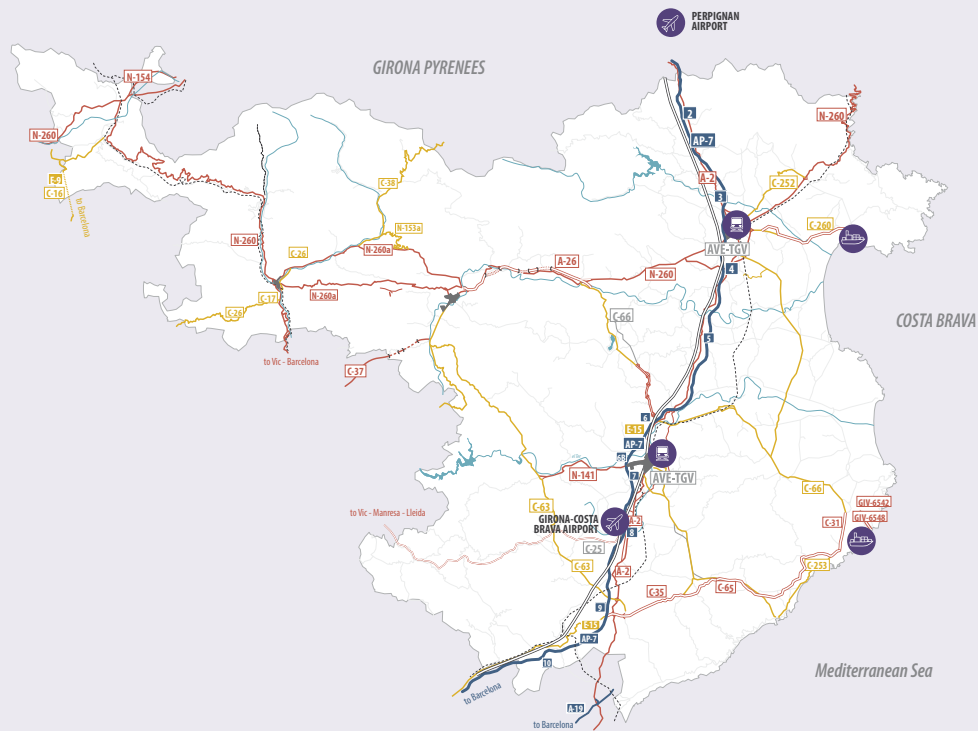
PORTS

- » Roses
- » Palamós
- » Barcelona



TRAINS

- » Barcelona - Girona: 38 min
- » Barcelona - Figueres: 52 min
- » Madrid - Girona: 3 h 30 min
- » Madrid - Figueres: 3 h 44 min
- » Paris - Girona: 5 h
- » Paris - Figueres: 4 h 46 min



The distance from towns and cities to airports and high-speed railway stations

	Girona-Costa Brava Airport	Barcelona-El Prat Airport	Girona (TAV-AVE station)	Figueres (TAV-AVE station)
Girona	12 km	100 km	0 km	40 km
Lloret de Mar	27 km	92 km	36 km	78 km
Platja d'Aro	32 km	118 km	35 km	82 km
Roses	70 km	169 km	60 km	20 km
Torroella de Montgrí	45 km	140 km	30 km	35 km
Sant Feliu de Guíxols	35 km	110 km	35 km	76 km
Olot	65 km	137 km	48 km	39 km
Palamós	44 km	129 km	48 km	62 km

Unique ideas for travel incentives and team building

The unique characteristics of the Costa Brava and Girona Pyrenees offer a wide range of potential activities. These options have led to a large number of companies establishing themselves in the area, attracting visitors thanks to the region's unique features.

Conscious that trends in the business tourism industry are moving towards offering originality, exclusivity and excitement in the activities featured on incentive programmes, we wanted to

Experiences that are
linked to the
surrounding landscape,
culture, culinary tradition
and history

capture the authentic side of the Costa Brava and Girona Pyrenees in this collection of experiences, which are all linked to the surrounding landscape, culture, culinary tradition and history.



DISCOVER

|||||

1. The 'Ricycle'
2. Scenic Trails
3. Costa Brava Sunset Cruise
4. The Inner Dalí
5. *Game of Thrones*
6. The Empordà from the Air
7. A Bird's-Eye View of the Costa Brava
8. Gourmet Food Paired with Literature
9. Shepherd for a Day
10. Pritzker Prize Winner amidst Volcanoes
11. Volcanic Team Xperience



Discover
and encourage creativity

The 'Ricycle', riding through the Pals rice paddies

ATELIER D'OCITÀNIA – BURRICLETA



5 hours



Year-round



Min. 8 / Max. 50



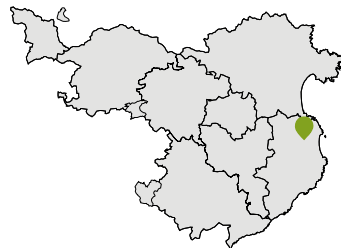
Starting from €40 / pers.

Learn how to grow, taste and savour rice. These are just some of the experiences that you will enjoy on your Ricycle trip. Rice is the central theme of the whole day. We'll ride charming Burricleta electric bikes through the vast, peaceful Pals rice paddies and then go on to learn first-hand all about rice, its history and how it is grown. Then we'll have the chance to cook a rice dish under the guidance of an expert rice chef and, of course, to taste it to make sure it is cooked to perfection.

Includes:

- » Welcome and presentation.
- » Route guide.
- » Visit to the Rice Museum and Pals Mill.
- » Cookery workshop.
- » Lunch.
- » Complimentary gift: a kilo bag of rice.

● Gualta



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Scenic Trails, the Costa Brava's coastal pathways

AVENTURA GIRONA



3 hours



Year-round



Min. 2



*

Starting out from the beach of La Fosca in Sant Joan de Palamós, we will walk along the footpaths that link the various beautiful coves to be found in the area. Along with cliffs, fishermen's huts and Mediterranean forests we will discover an amazing Iberian settlement, the castle of Cap Roig and the whimsical charm of Cala Estreta. Continuing along this wonderful trail, we will walk under a natural stone bridge to reach Cala del Crit, and from here we will turn inland through the forests towards Palamós.

Difficulty level: easy

Includes:

- » Qualified guide.
- » Photographic report.
- » Accident insurance.

*

Group of 2 - 3: €45 / pers.

Group of 4 - 10: €25 / pers.

Group of 11 - 20: €20 / pers.

Group of 20+: €15 / pers.

CONTACT

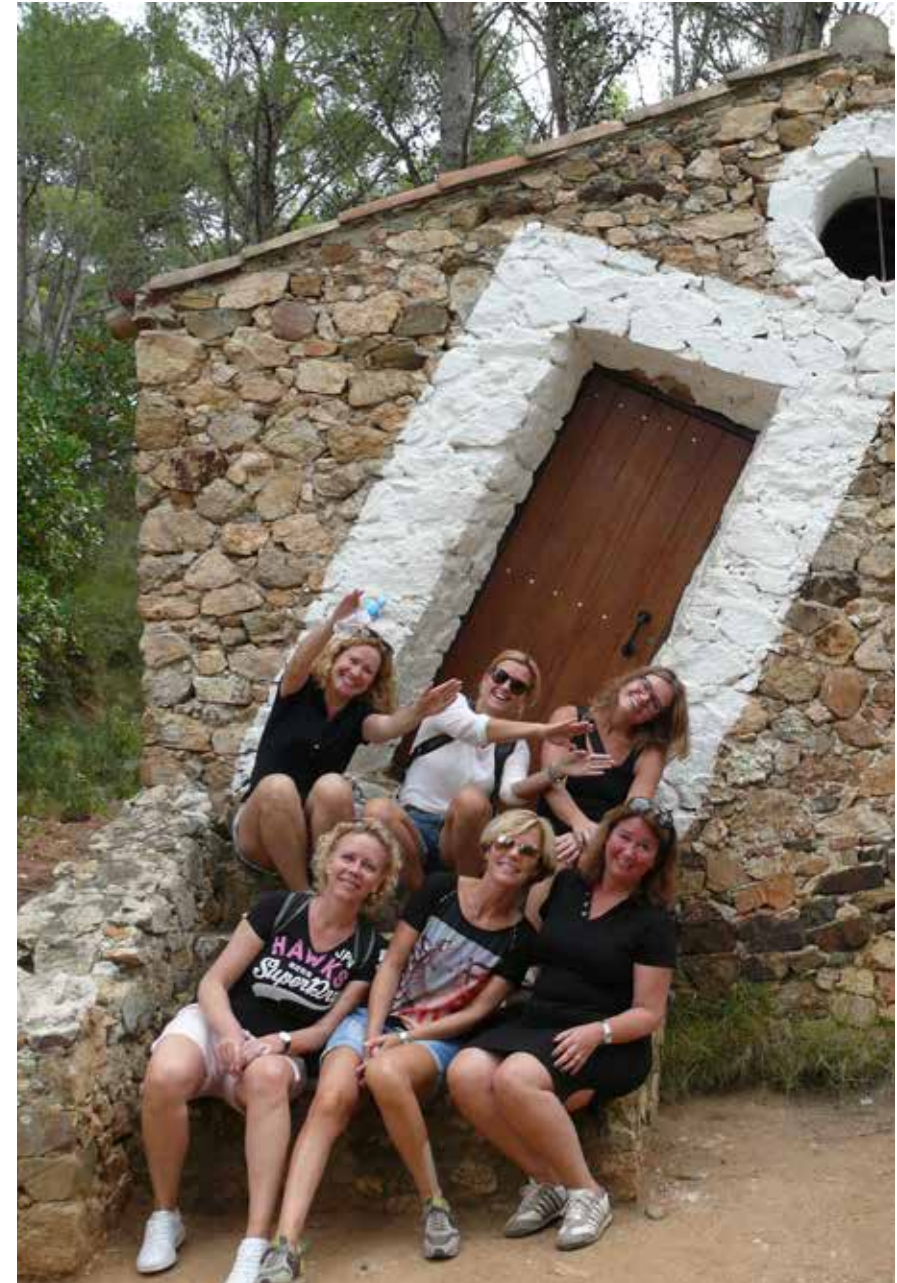
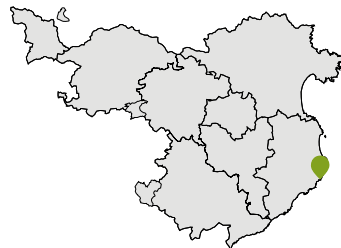


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● Palamós



Costa Brava Sunset Cruise

MARE NOSTRUM



3 - 5 hours



Year-round



Min. 30 / Max. 250



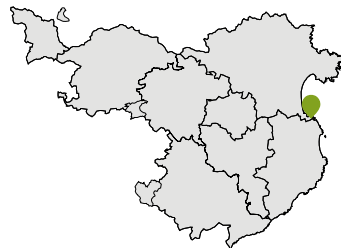
Starting from €26 / pers.

Finish the day by sailing at a leisurely pace around the coves of the Costa Brava and soaking up the sunset, with live music and a glass of *cava* to round off this experience aboard the *Atlàntida III*.

Includes:

- » Boat trip.
- » Glass of *cava*.
- » Live music.

◆ Departure from L'Escala



CONTACT



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The Inner Dali

FIL MEDITERRANEAN TRAVEL DESIGNERS



7 hours



Year-round



Min. 10 / Max. 60



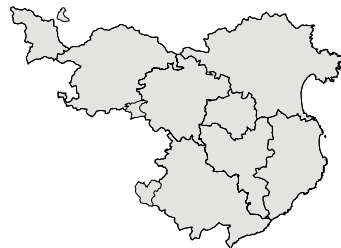
Starting from
€107 / pers.

A tour through the plain of the Empordà, where Dalí's mystic paradise begins. A local ambassador will take you on an electric bike ride to explore the landscape and villages that inspired the artist: an authentic way of getting to know the region and its inhabitants. After a hearty lunch at a local restaurant, the tour continues with a visit to the Gala Dalí Castle at Púbol, the museum in the Dalí Triangle that gives the most intimate and personal vision of the artist.

Includes:

- » Guided tour of the Empordà plain on electric bikes.
- » Lunch at a local restaurant.
- » Guided visit to the Gala Dalí Castle-Museum at Púbol.
- » Personalised attention.

Empordà



CONTACT



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Game of Thrones. Relive the serie

GIRONA BOOKING



3 hours



Year-round



Max. 6 / Max. 20



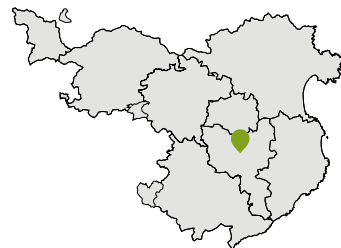
Starting from €30 / pers.

The TV series *Game of Thrones* has been broadcast in 173 countries, with over 20 million viewers in the United States alone... And Girona was the big star of the sixth season! Find out how it all started, where the series was shot, discover fascinating facts and anecdotes, and see all the sets. As you explore the locations in the old town of Girona where the series was filmed, you will discover amazing secrets. Take a leap behind the screen and become part of *Game of Thrones* for three hours!

Includes:

- » A guided tour of the most emblematic places where the series was shot.

● Girona



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Game of Thrones Girona, 2016. Photo by Macall B. Polay - HBO

The Empordà from the Air

SKYDIVE EMPURIABRAVA



From 1 hour



Year-round



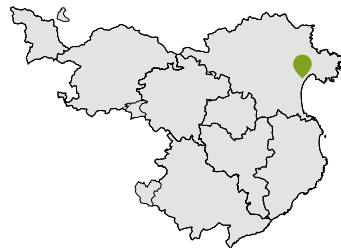
Min. 1 / Max. 100



Starting from €173 / pers.

Take to the sky over the Empordà and gaze down at a bird's-eye view of the area. Fly over the Mediterranean and even get to pilot the light aircraft over the stunning setting of Cadaqués, Cap de Creus, the Medes islands and the gulf of Roses.

Empuriabrava



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A Bird's-Eye View of the Costa Brava

GLOBUS EMPORDÀ



From 3 hours



Year-round



Min. 2 / Max. 40



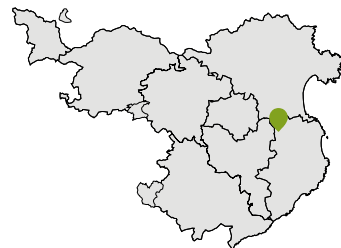
Starting from €150 / pers.

Come and discover the beautiful landscape of the Empordà from the air, as you experience the magical sensation of floating in a hot-air balloon. From an altitude of 1000 m, gaze down at the Costa Brava, the gulf of Roses, the Medes islands, the Pyrenees, the Montgrí massif, medieval villages like Peratallada, Ullastret, Monells, Palau-sator, Verges, Pals... Go on, dare to have a go!

Includes:

- » Full breakfast at a local restaurant after the flight.
- » A glass of *cava*.
- » A photographic report.
- » A recording of the GPS track.
- » A souvenir photo-magnet.
- » Follow-up in a 4x4 vehicle.

Colomers



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Gourmet Food Paired with Literature. Josep Pla, cuisine and landscape. A cultural, gourmet experience

RESTAURANT SALA GRAN



5 - 6 hours



March - December,
Monday - Friday



Min. 10 / Max. 50



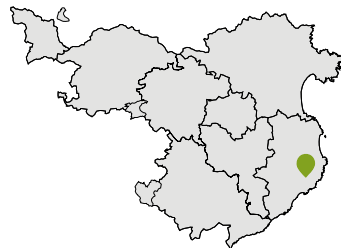
Starting from
€49.50 / pers.

The Josep Pla Route in Calella de Palafrugell and a guided tour of the permanent exhibition at the Josep Pla Foundation, paired with a literary lunch at the restaurant Sala Gran in Llofriu.

Includes:

- » Free entry to the Foundation.
- » Lunch.

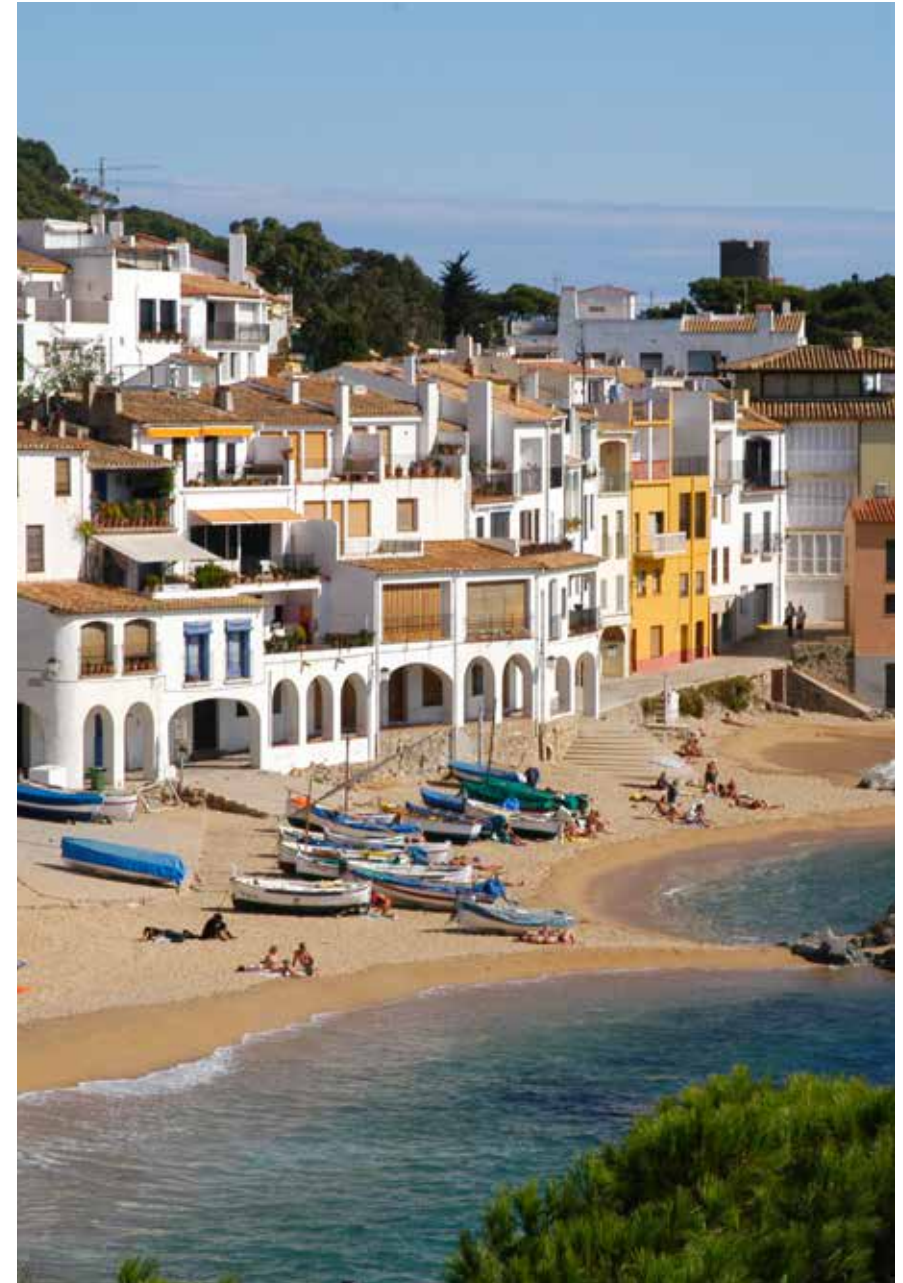
Palafugell/Llofriu



CONTACT



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Shepherd for a Day

NIT | VOL



2 hours



Year-round



Min. 2 / Max. 15



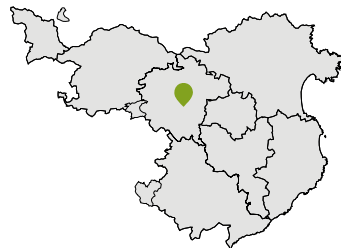
Starting from €15 / pers.

This activity brings you into direct contact with our livestock and their habitat, in the farmyard and the pastures. You'll learn the skills and secrets involved in the time-honoured profession of shepherding. You'll have experiences such as milking goats and you'll learn how to make cheese. The visit ends up with an exclusive chance to sample the cheese, with an accordion playing in the background and to wash it down with a young wine made on the farm itself, 800 m above sea level, with views over the Riudaura valley.

Includes:

- » Visit to the livestock and the setting.
- » Going with the shepherd on all their duties.
- » Tasting cheese made on the farm paired with homemade wine.

● Riudaura



CONTACT



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Pritzker Prize Winner amidst Volcanoes

FIL MEDITERRANEAN TRAVEL DESIGNERS



3 - 4 hours



Year-round



Min. 10 / Max. 25



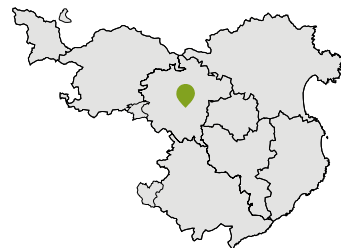
Starting from
€109 / pers.

Girona's inland regions are brimming with genius and innovation in terms not only of gastronomy but also of art and architecture. In 2017, RCR Arquitectes, Pigem, Aranda and Vilalta's studio was awarded the Pritzker Prize, considered the Nobel Prize of architecture. Fil Mediterranean has created experiences to enable visitors to enter their "Universe of Shared Creativity", in the midst of a volcanic landscape, through a visit to the studio, a natural wine tasting session in the Pavilion of Dreams and lunch at one of their works in the heart of the countryside: a two Michelin-starred restaurant serving local cuisine.

Includes:

- » A visit to the architects' studio.
- » Natural wine tasting session in the Pavilion of Dreams.
- » A typical picnic lunch in a natural space designed by RCR.

● Garrotxa



CONTACT

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Volcanic Team Xperience, the power of the volcano

COACHING ALTITUDE



From 4 hours



Year-round



Min. 22 / Max. 40



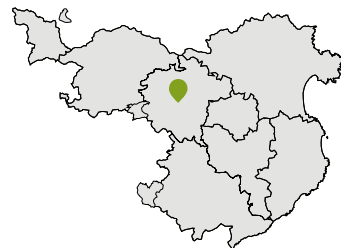
Starting from €99 / pers.

Unity creates strength, and we can also draw on volcanic strength. The Volcanic Team Xperience' was designed by adapting different types of outdoor activities aimed at building up cooperation, trust, coordination and leadership in the privileged setting of the Garrotxa Volcanic Area Natural Park. It is a complete, fun activity, with a team-building component to encourage participants to work together as a group.

Includes:

- » Equipment required for the different activities.
- » Senior Guidance Coaches.
- » Breakfast.
- » Lunch (a choice of different options).

Montsacopa Volcano



CONTACT



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DARE

|||||

1. Banyoles, the Power of the Dragon
2. Llagut Rowing Regatta
3. Castellers
4. Rocks, Stones and Sea
5. Discover Skydiving
6. The Hidden Treasure of the Ter
7. Costa Brava iPad Duathlon
8. The *Nautilus* Adventure
9. The Amazing Sensation of Flying
10. Mindfulness
11. New Sensations in River Osor
12. Fishing Tourism on the Costa Brava
13. Photochallenge
14. Mediterranean Pirates and Corsairs
15. Sports Training Course on the Costa Brava
16. Come and Reach Up to Touch the Sky with Us
17. Volcano Challenge



Dare
Bring together talent

Banyoles, the Power of the Dragon

AGENDA GESTIÓ ESPORTIVA



2 hours



Year-round



Min. 9 / Unlimited



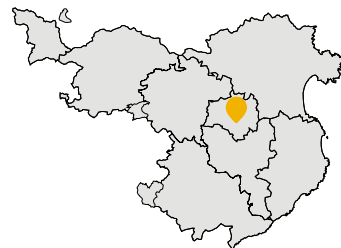
Starting from €30 / pers.

Dragon Boat is the fastest-growing form of canoeing worldwide. It consists of a canoe decked out with a dragon's head and tail in which 10 paddlers row in unison to the rhythm of the drummer's beat. The crew is at the orders of a steersperson, supplied by the organisers, who steers the boat.

Includes:

- » Introduction to the history of the sport.
- » Equipment required to carry out the activity: life jackets, Kangoo Jumps rebound shoes.
- » Prizes for the winners.

● Banyoles



CONTACT



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Llagut Rowing Regatta

LLoret CONVENTION BUREAU



3 hours



Year-round



Min. 8 / Max. 52



Starting from €50 / pers.

The *llagut*, as it is called in Catalan, is a typical Mediterranean rowing boat. With seats for eight rowers plus a coxswain, it captures an exceptional spirit of teamwork and encourages a strong relationship between the crew. Learning how to row increases different abilities and helps people discover facets of their personality that they would perhaps be unaware of in the office.

While learning the different manoeuvres you will also be put in situations that occur in the working world: decision-making, overcoming difficulties, reacting quickly, leading groups, working as a team, and more. All of this will take place surrounded by the calm of the sea, the soothing sounds of the oars on the water, and the boat gliding forwards with every stroke.

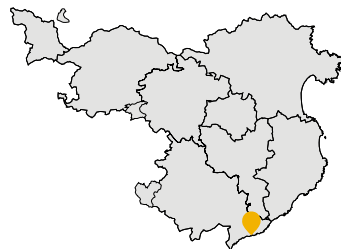
During this activity you will discover the history and different parts of the *llagut*, and you will start to learn the basic principles of rowing techniques. We will visit coves that are difficult to access by land, and whenever you feel like it and the sea allows, you will be able to go for a swim. To finish off, if there are a minimum of two *llaguts* (16 people), you will be able to enjoy the unique experience of a regatta with your workmates.

Once back on land, we will toast the objectives achieved.

Includes:

- » Introduction to basic rowing techniques.
- » Regatta (for a group of at least 16 people).

 Lloret de Mar



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Castellers. Human towers

HUMANSIDE EXPERIENCES



1.5 - 3 hours



Year-round



Min. 15 / Max. 100



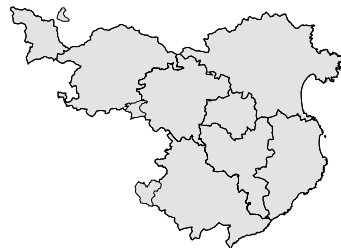
Starting from €50 / pers.

After an introduction into the world of Catalan human towers, or *castellers*, to give the activity some context, we will move onto the main event: putting on the traditional sash, or *faixa*, and deciding on a leader for the group, or *colla*. From this moment onwards, explanations will be given to the group on the different structures and positions needed to build the tower, choosing the best people for each role. After some trial runs for each different position, the group will be ready to build a human tower. Start climbing once the music starts playing!

Includes:

- » Introduction to the world of human towers and how to build a *castell* with help from experts.

📍 Everywhere



CONTACT



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Rocks, Stones and Sea, the via ferrata at Cala del Molí

AVENTURA GIRONA



3 hours



Year-round



Min. 2



*

Cala del Molí, on the Costa Brava, is the only via ferrata in Europe located literally on the seashore. The setting is also listed under the Plan for Areas of Natural Interest.

We will take you on a climb of the via ferrata: it is a great way to discover part of the Costa Brava from a different angle, surrounded by rocks, sea and seagulls. You'll walk some parts, cross Tibetan bridges and climb cliffs, all with stunning views in sight.

Special requirements:

- » Participants should not be afraid of heights.
- » Participants should be at least 1.55m tall.

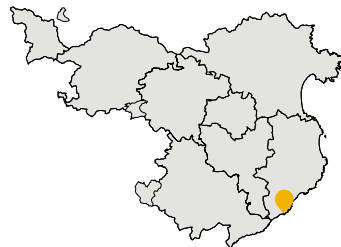
Includes:

- » UIAA-approved gear and safety equipment.
- » Qualified guide.
- » Accident insurance.
- » Photographic report.

*

Group of 2 - 3: €45 / pers.
Group of 4 - 10: €35 / pers.
Group of 11 - 20: €30 / pers.
Group of 20+: €25 / pers.

● Sant Feliu de Guíxols



CONTACT



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Discover Skydiving

SKYDIVE EMPURIABRAVA



3 - 4 hours



Year-round



Min. 1 / Max. 120



Starting from €273 / pers.

Skydive Empuriabrava is one of the best areas in the world for skydiving. It is known as the "Land of the Sky", and has a track record of over two million skydives over the last thirty years. Your first skydive is a tandem jump: a pure skydiving experience. An expert instructor will take care of everything, so all you have to do is fly.

Includes:

- » Skydiving instruction by a qualified instructor.
- » A tandem skydive.
- » A professional photographic report of your jump (optional).

CONTACT

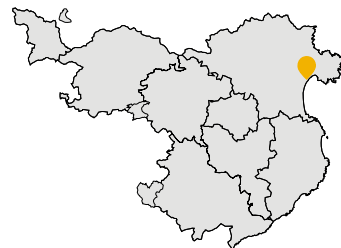


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Website www.skydiveempuriabrava.com

Empuriabrava



The Hidden Treasure of the Ter. A kayak tour on the River Ter

KAYAK DEL TER



2 - 3 hours



March - November



Min. 2



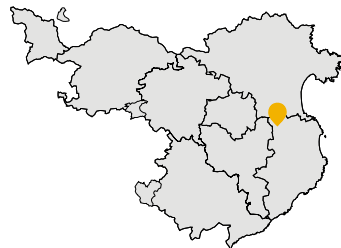
Starting from €25 / pers.

Come and enjoy a unique experience on the River Ter. This kayak tour takes visitors through different areas of unspoilt countryside in the Gironès and the Baix Empordà regions. These stretches of water form part of the Mediterranean ecological corridors included in the Natura 2000 Network programme, with one of the best conserved riverside woodlands in Catalonia. This is an enjoyable, active way of exploring the environment, with a special focus on respecting and protecting the biodiversity that surrounds us. Participants must know how to swim.

Includes:

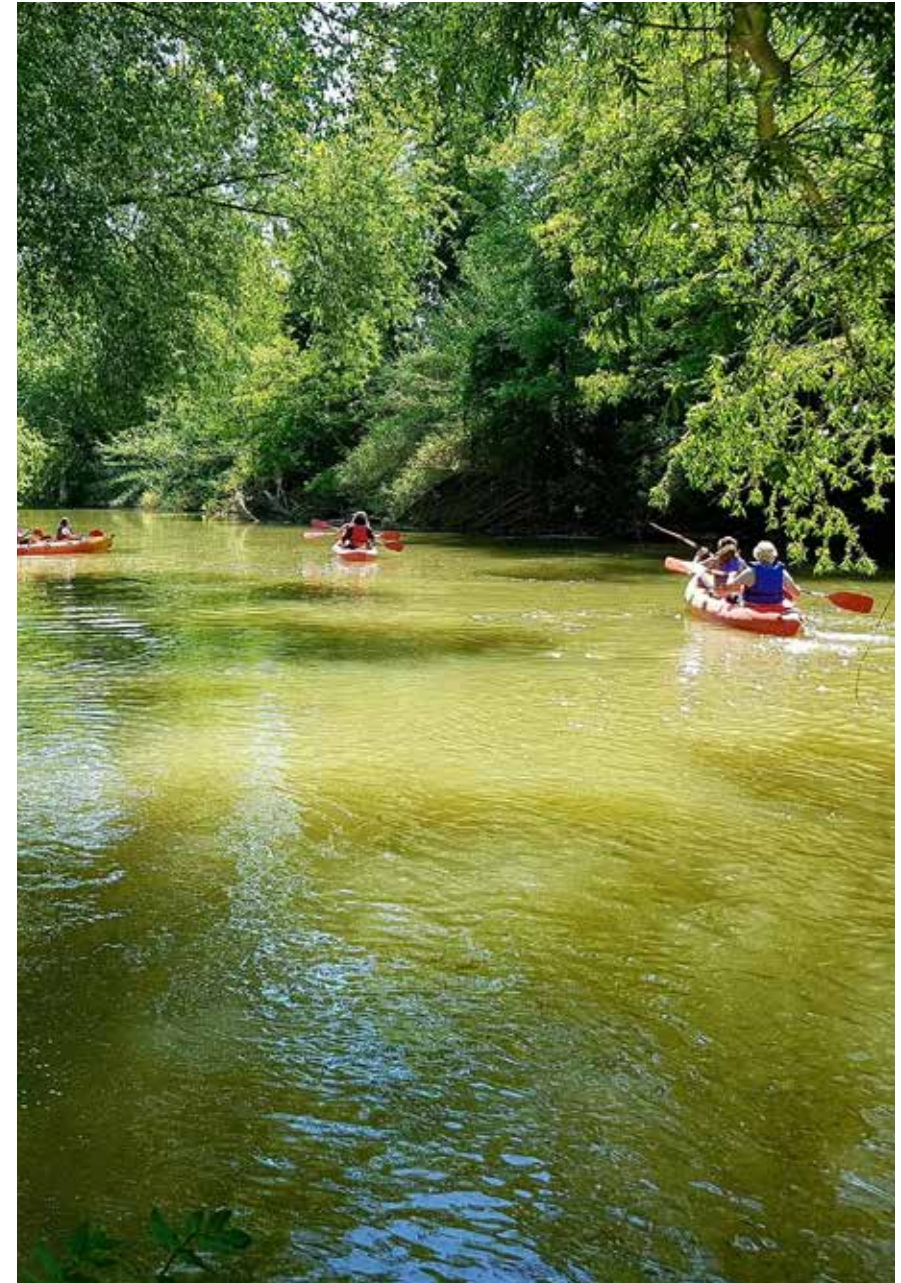
- » All the necessary equipment: kayaks, paddles, life jackets.
- » Transfer.
- » Introductory class.

Colomers



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Costa Brava iPad Duathlon

HUMANSIDE EXPERIENCES



2 - 3 hours



Year-round
(recommended
April - October)



Min. 12 / Max. 60



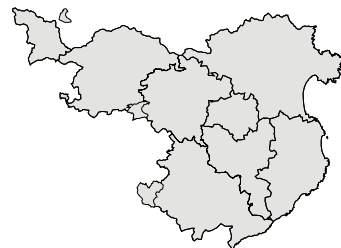
Starting from €80 / pers.

We offer a game to help you explore the Costa Brava's coastline from two different complementary perspectives: the land and the sea. An iPad treasure hunt will enable each team to discover the coastal paths and tracks and, alternatively, they can move on a giant paddle surf or by kayak to find the different tests in places of interest by using geotracking. The teams will have the chance to enjoy a genuine hiking experience in an area of great natural beauty as well as to gain an unusual, very attractive perspective of the coastline viewed from the sea.

Includes:

- » The equipment required to carry out the activity: iPad, big paddle surf boards or kayaks, life jackets, watertight bags and wetsuits (if required).
- » Visits connected with the area where the activity takes place.
- » Tasting sessions (on request).

📍 Everywhere



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The Nautilus Adventure

SUBAQUATIC VISION



1.5 hours



Year-round



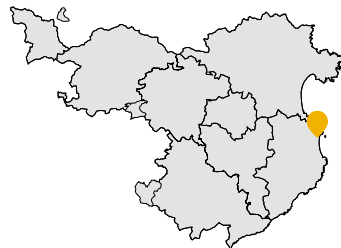
Min. 15 / Max. 150



Starting from €12 / pers.

An underwater cruise in a glass-bottom boat through the Medes Islands Marine Nature Reserve and then along the coast of the Montgrí massif, passing such local beauty spots as Punta de la Barra, Punta de les Salines, Cap d'Oltrera, Cala Pedrosa and Roca Foradada.

📍 L'Estartit



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The Amazing Sensation of Flying. Indoor skydiving

WINDOOR REAL FLY



2 hours



Year-round



Min. 10 / Max. 100



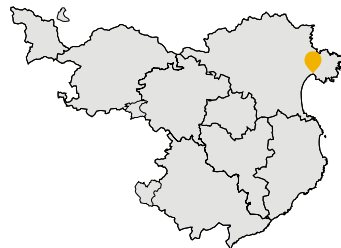
Starting from €39 / pers.

At Windoor, we'll give you the wings to fly. Bring your team to experience the incomparable sensation of risk-free flying in an activity suitable for all ages. Come and fly with us and enjoy the benefit of our facilities that cover all your needs: meeting rooms, catering and restaurant service, free car park. This experience is great for motivating participants, for boosting confidence and developing team spirit, for encouraging communication and integration among departments and members of organisations, for training participants to focus their attention and insight, and for bringing colleagues closer together.

Includes:

- » Activity briefing.
- » All the equipment required for the activity.
- » Flight certificate.

Empuriabrava



CONTACT



Tel. +34 972 454 040

Email empresa@windoor-realfly.com

Website www.windoor-realfly.com



Mindfulness. Let nature help you connect with your wellbeing

MINDFULKIT



2.5 hours



Year-round



Min. 8 / Max. 50



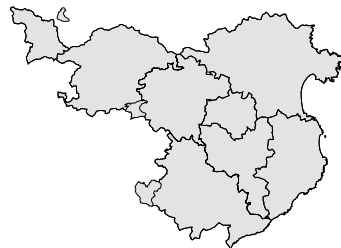
Starting from €300 for
groups of up to 25 pers.

Do you love the feeling of nature awakening your senses and bringing you the peace and quiet that you so need? Mindful Nature is a pleasurable wellness activity that combines mindfulness techniques with harmonious sounds from nature. This is an experience to help you feel and enjoy yourself beyond the limits of your senses, to boost your concentration and intuition, to reduce stress, to regulate your heart beat and to increase your creativity. You'll enjoy yourself, you'll surprise yourself and you'll look after yourself, all at the same time!

Includes:

- » Tea sampling (on request and according to availability).

📍 Everywhere



CONTACT



Tel.	+34 606 579 826
Email	edgar@mindfulkit.com
Website	www.mindfulkit.com



New Sensations in River Osor, discovering canoeing

AVENTURA GIRONA



3 hours



Year-round



Min. 2



*

The River Osor is the widest watercourse in Les Guilleries, flowing through the towns of Sant Hilari Sacalm, Anglès and Osor before ending up in the River Ter.

This canyon is great fun and not very difficult. You'll enjoy the remote, unspoilt setting in the heart of Les Guilleries massif, as you jump from different heights and have a go at abseiling. This activity is suitable for all ages and is ideal for groups of colleagues or friends.

*

Group of 2 - 3: €60 / pers.

Group of 4 - 10: €45 / pers.

Group of 11 - 20: €40 / pers.

Group of 20+: €35 / pers.

Includes:

- » UIAA-approved safety equipment and gear.
- » Qualified guide.
- » Photographic report.
- » Accident insurance.
- » Drinks at the end of the activity.

Osor



CONTACT

Tel.	+34 633 161 679
Email	info@aventuragirona.com
Website	www.aventuragirona.com



Fishing Tourism on the Costa Brava

FISHING MUSEUM



See the description



May - September,
Monday - Friday



Min. 1 / Max. 24



See the description

Fishing tourism is not only a unique experience but also a way to encourage the sustainable use of resources, while supporting the fishing industry.

It is a means of working towards increasing diversification, improving the economy and promoting fishing products, which is why fishing is encouraged on a wide scale from various perspectives, including cultural, culinary, technological and social angles.

The fishing tourism experience involves spending the day fishing on board a real fishing vessel, setting off from the fishing port of Palamós.

- » **Large-scale fishing or trawling:** from approx. 7 am to 6 pm; €70 / pers.
- » **Artisanal fishing:** from 6.30 am to 1.30 pm; €66 / pers.
- » **Palamós prawn fishing:** from 6.30 am to 6 pm; €88 / pers.

CONTACT

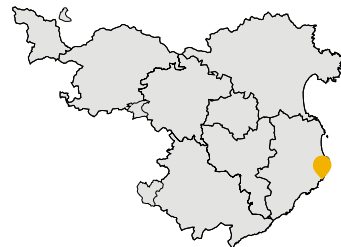


Tel. +34 972 600 424

Email infomuseu@palamos.cat

Website www.pescaturismepalamos.org

Palamós



Photochallenge. Dive into the Medes islands

MEDAQUA



3 hours



May - September



Min. 8 / Max. 50



Starting from €30 / pers.

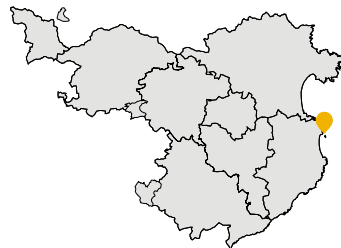
Snorkelling involves swimming underwater with a snorkel and diving goggles. At the same time as having fun snorkelling you'll also take part in an underwater photography competition.

You will have the chance to photograph the Costa Brava's underwater landscapes and wildlife. There are two prizes: one for the best underwater landscape and the other for the best detailed photo. The competition aims to hone your senses and help you discover a different environment where every little detail counts.

Includes:

- » 1 wetsuit per person.
- » Explanatory video about the marine reserve and snorkelling.
- » Short lesson on mobile photography techniques.
- » The prizes for the competition winners (local products on L'Estartit and the natural park).

● L'Estartit



CONTACT



Tel.	+34 972 752 043
Email	info@medaqua.com
Website	www.medaqua.com



Mediterranean Pirates and Corsairs

MEDAQUA



4 hours



February - November



Min. 8 / Max. 50



Starting from €30 / pers.

You will set off from L'Estartit by boat, heading towards the cliffs.

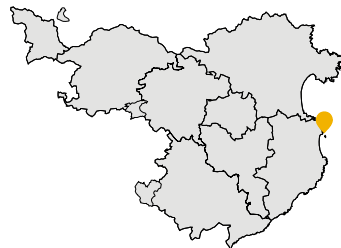
During the boat trip, the pirate captain will provide a brief explanation of the history surrounding corsairs. Once you arrive at the untouched coves around the Montgrí massif, you will disembark for a treasure hunt. The treasure hunt will involve following clues to reach the treasure hidden by pirates at L'Estartit.

In order to make things a bit more difficult, each clue will involve a mental or physical challenge you must overcome to continue with the treasure hunt.

Includes:

- » Boat trip.
- » Pirate outfits.

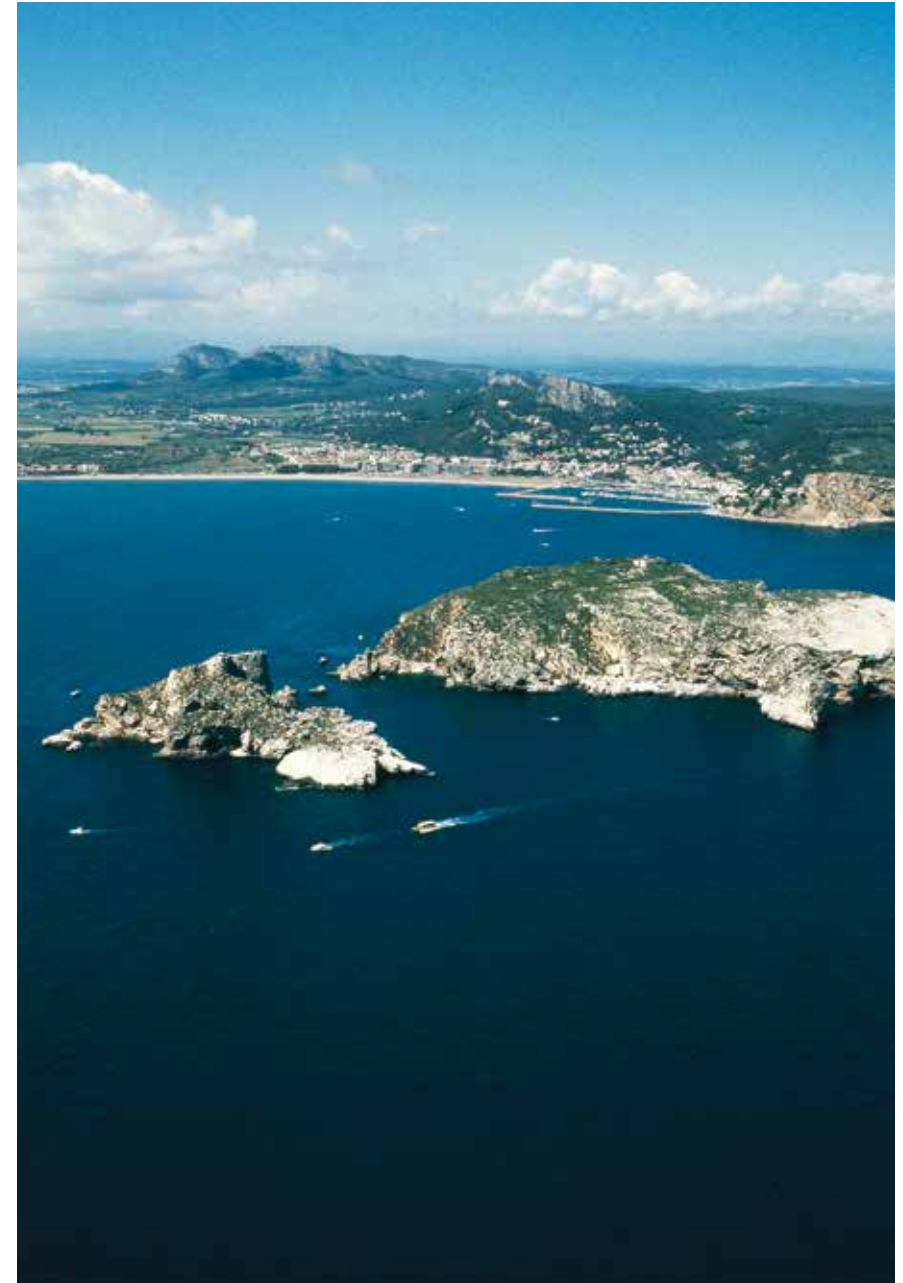
● L'Estartit



CONTACT



Tel.	+34 972 752 043
Email	info@medaqua.com
Website	www.medaqua.com



Sports Training Course on the Costa Brava

STAGEWEEK



From 6 hours



September - June



Min. 12 / Max. 30



Starting from €120 / pers.

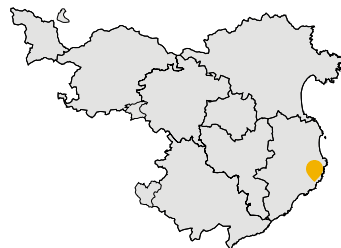
Stageweek is a tennis, paddle tennis and golf training course for adults held at the Llafranc Tennis Club and the Gualta Golf Club installations, on the Costa Brava. The activity lasts between one and five days, with accommodation at hotels in the area. For tennis and paddle tennis, players are grouped according to their level and work with professional coaches and video recordings to improve their performance. There is a daily training session and league-style match. The golf option takes the form of a beginner's course at the Gualta Pitch and Putt installations, with the aim of mastering the basic skills so as to be able to start playing golf by the end of the week. We have arranged a

set of complementary adventure activities to choose from: cycling, diving, hiking, triathlon, kayaking, fishing, paella workshop, yoga, beach games...

Includes:

- » An electric bike to get around and for the excursions.
- » Meals.
- » Visits.
- » Accommodation (on request).

● Llafranc (Palafrugell)



CONTACT



Tel. +34 609 038 409

Email se@stageweek.com

Website www.stageweek.com



Come and Reach Up to Touch the Sky with Us! An introduction to astronomy

ALBANYÀ ASTRONOMICAL OBSERVATORY



1.5 hours



March - December



Min. 5 / Max. 130



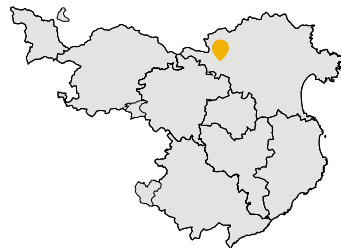
Starting from
€18 / pers.

Enjoy a unique sensory experience at the Albanyà Astronomical Observatory. Our team of resident astronomers, led by the prestigious astrophotographer Juan Carlos Casado, will take you on a guided audiovisual tour of the sky, adapting the content of the introduction to astronomy to the weather conditions of each day and time of year so as to make the experience unforgettable.

Includes:

- » Live video astronomy.
- » Narration by astrophotographer Juan Carlos Casado.

Albanyà



CONTACT



Tel. +34 972 542 020

Email info@observatorialbanya.com

Website www.observatorialbanya.com



Volcano Challenge. A hot air balloon flight over volcanoes

NIT | VOL



5 hours



Year-round



Min. 10 / Max. 60



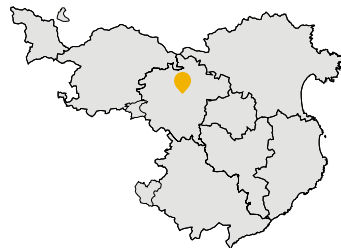
Starting from €170 / pers.

A team competition from the air which involves participants completing a series of tests as they fly over Catalonia's volcanoes. It is a unique, bird's-eye view experience which we will celebrate with a glass of *cava* as we gaze down at the 360° view, with the Pyrenees looming in the background and the volcanoes lying below us. The activity combines decision-taking, leadership and teamwork with the thrills and adventure of a balloon ride in the heart of the countryside, flying over the Garrotxa Volcanic Area Natural Park. It is the ideal incentive and team-building activity.

Includes:

- » Coffee and pastries before the flight.
- » *Cava* and pork scratchings flat cake during the flight.
- » Transport from the landing field to the facilities by 4x4 vehicle.
- » A hearty breakfast.
- » Flight certificate.

📍 Santa Pau



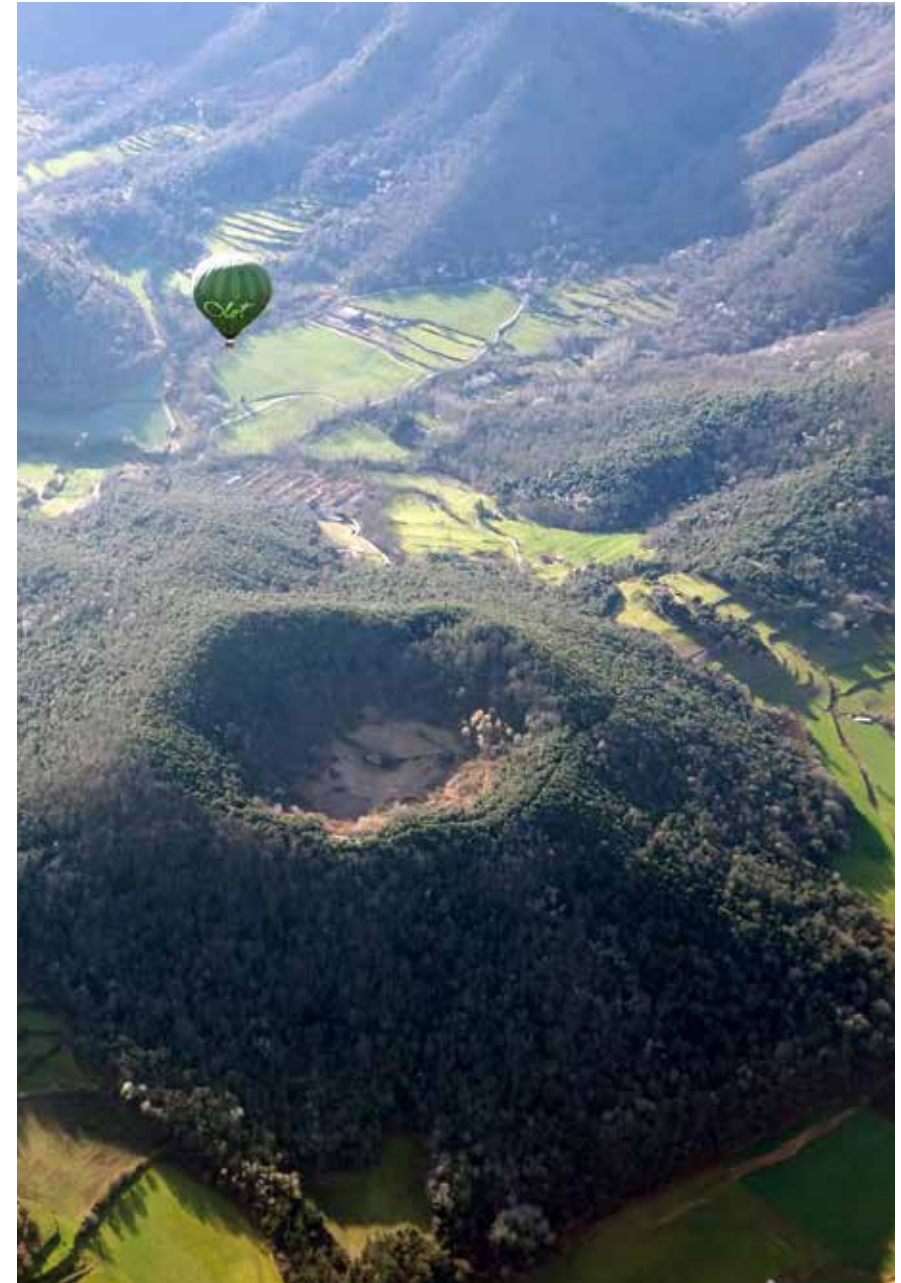
CONTACT



Tel. +34 972 680 225 / +34 689 471 872

Email comercial@voldecoloms.com

Website www.voldecoloms.cat



TASTE



1. Gastrovolcans
2. Gourmet Food and Wine in the Heart of the Empordà
3. The World of *Ratafia*
4. Seafood Cookery Workshop
5. The Grape Harvest Festival
6. Girona for Foodies
7. Cork-Makers' *Tapas*
8. Master Chef
9. Molecular Appetizers
10. Salting Anchovies on the Costa Brava
11. Seafood Tasting Session on a Sailing Boat



Gastrovolcans

TURISME GARROTXA



6 hours



Year-round



Min. 8 / Max. 30



Starting from €50 / pers.

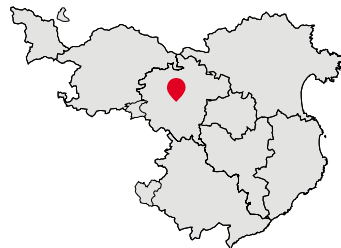
Gastrovolcans is the ideal way to discover the products and producers of the Garrotxa, an area brimming with Michelin-starred chefs and restaurants serving Cuina Volcànica, or Volcanic Cuisine. This specially-tailored experience will take you to Olot town centre and Plaça Mercat, which is packed with shops and stalls selling locally-produced charcuterie, meat, vegetables and *ratafia*, to name just a few items. Then, in Plaça Mercat itself, you have the choice of two options.

Option A: take part in a workshop to learn how to prepare the products and have the chance to taste them as you listen to a local chef's explanations. **Option B:** have lunch at the market's restaurant, which solely uses produce from the market stalls.

Includes:

- » **Option A:** a visit to Olot's Plaça Mercat; A workshop-lunch with a tasting session of products sold at the Plaça Mercat.
- » **Option B:** a visit to the most emblematic local produce shops in the centre of the city of Olot; a visit to Olot's Plaça Mercat; a lunch based on local produce at the Plaça Mercat restaurant.

♥ Olot



CONTACT

Tel. +34 972 271 600

Email info@turismegarrotxa.com

Website www.trade.turismegarrotxa.com



Gourmet Food and Wine in the Heart of the Empordà

RESTAURANT SALA GRAN



5 hours



March - December,
Monday - Friday



Min. 15



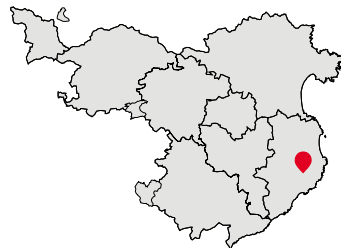
Starting from €49 / pers.

A guided visit of Mas Oller, with a tour of the winery and the vineyards and a wine tasting session. Afterwards, we will go to the restaurant Sala Gran for a lunch cooked by chef Isaac Sabrià using local produce and paired with wines from Mas Oller.

Includes:

- » Wine tasting session.
- » Free entry to Mas Oller.
- » Lunch at Sala Gran.

● Torrent/Llofriu



CONTACT



Tel. +34 972 301 638

Email info@salagran.com

Website www.salagran.com



The World of Ratafia

DOMUS SENT SOVÍ



7 hours



Year-round



Min. 8 / Max. 20



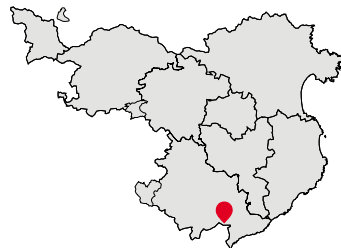
Starting from €50 / pers.

Go on a stroll in the countryside with Evarist March, our expert culinary and botanical guide, to learn all about the local herbs and plants used to make the traditional Catalan liqueur *ratafia*. When you get back, the members of the Confraria de la Ratafia (an association that promotes the liqueur) will give you the chance to taste different types of *ratafia*. To finish off, you'll take part in a cookery workshop with local chefs who specialise in recipes based on *ratafia*, and at the end of it all the participants will taste the dishes that have been prepared.

Includes:

- » An introduction to the herbs and plants used to make *ratafia*.
- » A tasting session of different types of *ratafia*.
- » A cookery workshop.

Hostalric



CONTACT



Tel. +34 972 874 165

Email centre@domussentsovi.cat

Website www.domussentsovi.cat



Seafood Cookery Workshop

ESPÀI DEL PEIX



2.5 - 3 hours



Year-round



Min. 14 / Max. 30



Starting from €30 / pers.

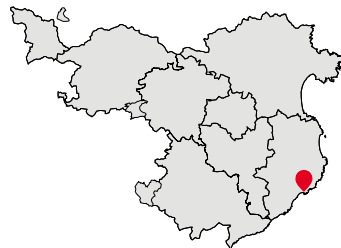
The seafood cookery workshop is carried out in two teams. Each team chooses a head chef, who will divide the team into three stations so as to cook a three-course meal: one station for starters, one for mains and one for desserts. All the dishes will be cooked using fish and seafood from the port of Palamós and local produce. The recipes will be given to the head chef, who will allocate them to each station and will be in charge of organising everything. When the dishes are ready, they will be plated and served. Each team will taste the dishes prepared by

the opposing team, which should motivate them to cook as well as possible. The final decision as to the winning team will be made by the chefs from Espai del Peix.

Includes:

- » Cookery workshop.
- » A tasting session of the dishes prepared.

● Palamós



CONTACT



Tel. +34 972 600 424

Email infomuseu@palamos.cat

Website www.espaidelpeix.org



The Grape Harvest Festival

LA VINYETA



2 hours



20 August -
10 October



Min. 15 / Max. 50



Starting from €45 / pers.

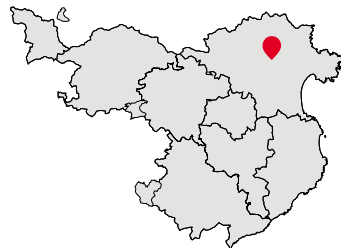
The fascinating world of wine has always been surrounded by an aura of magic. At La Vinyeta winery we'd like to offer you the chance to take part in the wine-making process through two activities: the Grape Harvest Festival and the activity "Wine Expert for a Day". After the long, painstaking months of lovingly tending the vines, it is time to pick the grapes at last. It is a joyful occasion. The grapes are ripe and there is no time to lose: we must get cracking with the harvest. We'll pick the grapes by hand, surrounded by the aromas given off by the vines. Then we will transport them carefully to the winery, where

we will tread them barefoot just as has been done since ancient times. All this work will be amply rewarded by a hearty breakfast in the vineyard. To finish off the process, we'll use a traditional wine press to obtain the must that the gods will then turn into delicious wine.

Includes:

- » Traditional grape harvest.
- » Tasting of must.
- » A guided tour of the winery.
- » A wine and oil tasting session.

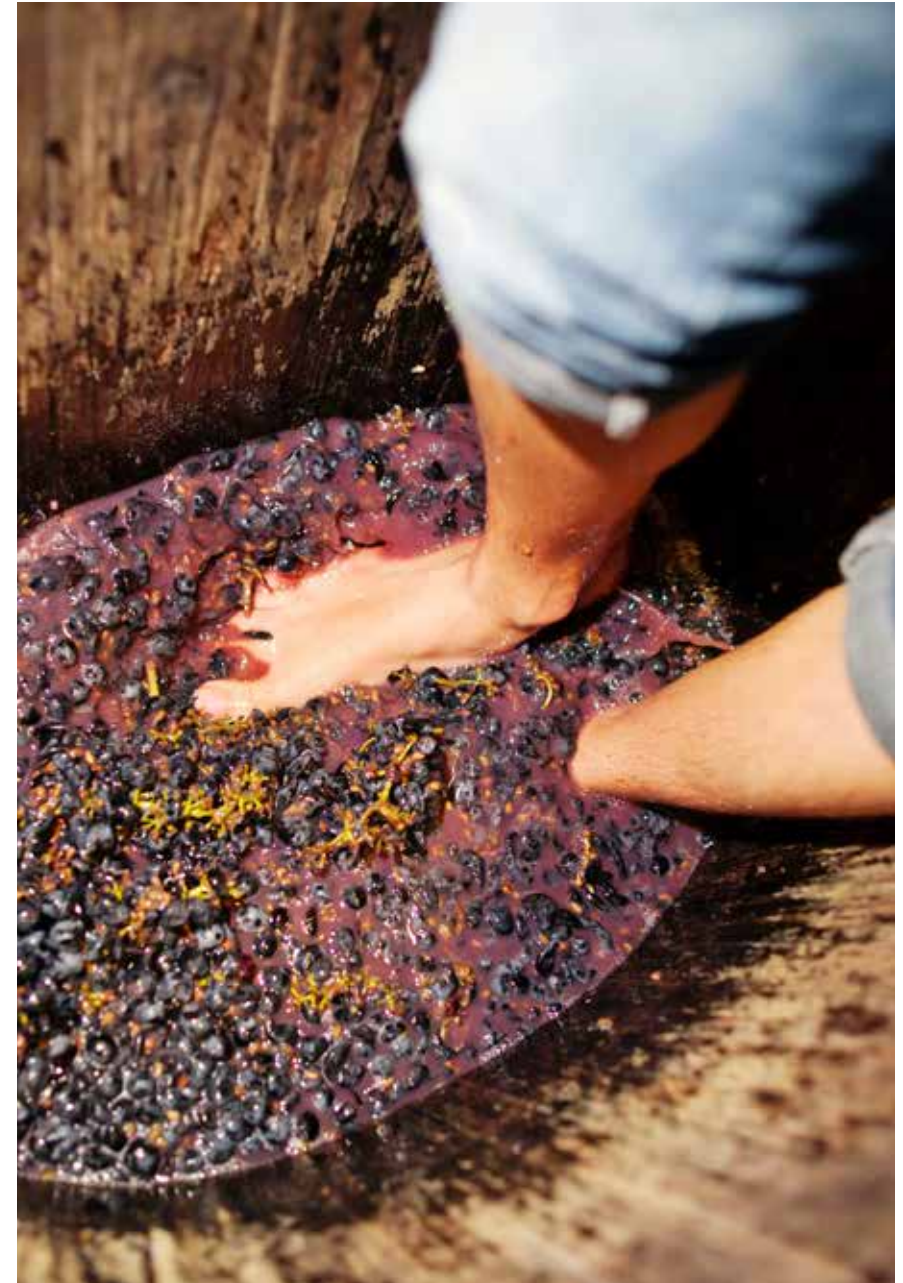
● Mollet de Peralada



CONTACT



Tel.	+34 647 748 809
Email	celler@lavinyeta.es
Website	www.lavinyeta.es



Girona for Foodies

GIRONA FOOD TOURS



4 hours



Year-round, Monday - Saturday (except bank holidays)



Min. 2 / Max. 12



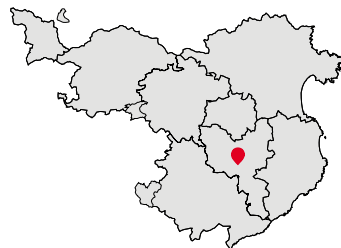
Starting from €69 / pers.

Discover the secrets of Girona, its history, local culture and, of course, its culinary tradition with our highly comprehensive guided tour. You'll have the chance to taste traditional dishes, *tapas*, wines, *cavas*, cold meats, cakes and pastries and a long list of other delicious things, all in the region's most emblematic settings. This is a unique experience! We also provide bespoke services: a workshop to learn how to carve and appreciate Iberian ham; visits to the local food market; gourmet tours throughout the area; gastro-cultural treasure hunts; picnics; wine tasting sessions; visits to wineries and cheese farms; traditional cookery classes, etc. Large groups and tailor-made tours catered for on request.

Includes:

- » Transport (for activities outside Girona).
- » Drinks and food.
- » Guide.

♥ Girona



CONTACT

Tel. +34 972 664 649

Email info@gironafoodtours.com

Website www.gironafoodtours.com



Cork-Makers' Tapas

Would you like to discover the cuisine of the times of the cork-making industry?

RESTAURANT SALA GRAN



5 hours



March - December,
Monday - Friday



Min. 15



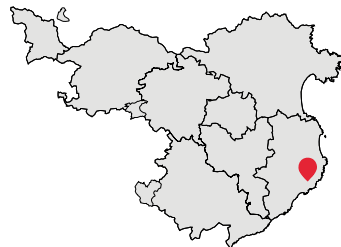
Starting from €32 / pers.

This is a pairing of gourmet food with heritage and culture. You'll have the chance to discover for yourself the ancient cork-making profession and to visit the leading cork museum in Europe, where one of the most important elements is the museum building itself. During the guided tour you'll learn about the important influence of gastronomy on the cork industry workers' way of life. Afterwards, at Sala Gran in Llofriu, you'll enjoy a culinary experience provided by chef Isaac Sabrià, with the chance to sample a selection of dishes that were normally eaten by people in the area: the cork-makers' *tapas*, a trip down memory lane.

Includes:

- » A guided tour of the Cork Museum.
- » Lunch.

Palafrugell/Llofriu



CONTACT

Tel.	+34 972 301 638
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Master Chef - Rice Casserole Challenge

HUMANSIDE EXPERIENCES



2 - 3 hours



Year-round



Min. 12 / Max. 150



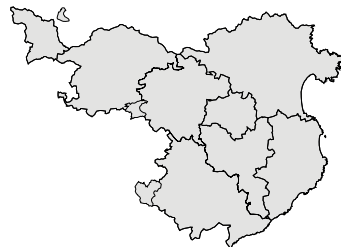
Starting from €55 / pers.

This experience aims to introduce visitors to the world of Girona's local everyday cuisine through one of its most traditional and varied dishes, rice dishes. The culture of throwing together the ingredients on hand, including fresh produce from the vegetable garden, meat from the animals raised in the back yard and the odd bit of fish or seafood gave rise to the "Sea and Turf" style of dishes. Participants are divided into teams and, with the aid of our chefs, will take part in a competition to make the superlative rice casserole, the province of Girona's most typical rice dish. This will give them the chance to try out their flair for combining different ingredients creatively.

Includes:

- » All the ingredients for making the rice dish (vegetables, farm-raised meat and different types of fish and seafood).
- » Cooking equipment, cooking utensils, a professional chef to supervise and facilitate the activity.
- » Visits connected with the area where the activity takes place (on request).
- » Starters, dessert and drinks (on request, so as to replace a meal).

♥ Everywhere



CONTACT

Tel. +34 630 991 199

Email experiences@humanside.biz

Website www.humanside.biz



Molecular Appetizers. Spherified local gastronomy

HUMANSIDE EXPERIENCES



2 - 3 hours



Year-round



Min. 12 / Max. 60



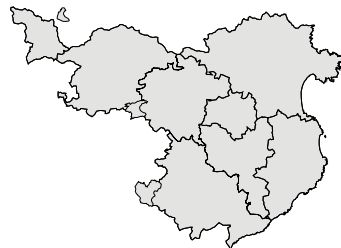
Starting from €45 / pers.

This is an extraordinary opportunity to take part in a team-building experience involving one of the latest techniques in gastronomy, which enables the chef to transform liquids into jellied spheres so as to give guests new textural sensations. The group is divided up into small teams and each one creates spherifications of a typical local appetiser for all the participants to taste at the end of the activity. Proposals for spherified appetisers include: watermelon gazpacho with goat's cheese; green olives with anchovies from L'Escala; homemade vermouth with orange; Catalan tomato bread; melon with ham; cod brandade with black olives.

Includes:

- » All the ingredients to prepare the appetisers.
- » Spherification kit.
- » A professional chef to supervise/facilitate the activity.
- » Visits connected with the area where the activity takes place (on request).

♥ Everywhere



CONTACT

Tel. +34 630 991 199

Email experiences@humanside.biz

Website www.humanside.biz



Salting Anchovies on the Costa Brava

FIL MEDITERRANEAN TRAVEL DESIGNERS



3 hours



Year-round



Min. 10 / Max. 50



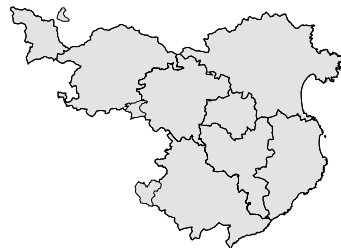
Starting from
€96 / pers.

The fish-salting tradition on the Costa Brava dates back to ancient times and is still very much a local practice today. Several villages up and down the coast continue to salt and preserve fish just as their ancestors did. And if there is one fish that is famous for its tradition and method of conservation it must be the Mediterranean anchovy. We offer a unique, local experience, bursting with the flavour of the sea.

Includes:

- » Visit to the fishing port to learn all about the boats and methods of fishing.
- » On the quay, a workshop on how to preserve anchovies in olive oil and other traditional methods.
- » A fish lunch at the fish market.
- » Personalised attention.

Costa Brava



CONTACT



Tel. +34 654 424 338

Email hola@filtraveldesigners.com

Website www.filtraveldesigners.com



Seafood Tasting Session on a Sailing Boat

TELA MARINERA



4 hours



Prawns, year-round;
sea urchins, October -
March



Min. 6 / Max. 36



Starting from €35 / pers.

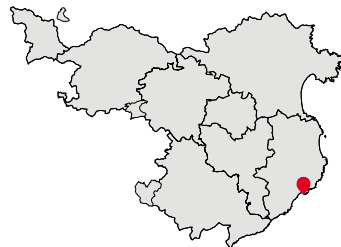
Based in the port of Palamós, we specialise in classic boats and sharing local maritime traditions. We offer an active sailing experience: our passengers all take part in the on-board manoeuvres as they discover a new way of sailing along one of the most emblematic stretches of the Costa Brava. Aboard the boat *Rafael*, built in 1915, and the schooner *Jolie Biche*, we will sail to the Formigues Islands and anchor off Castell beach to taste traditionally prepared sea urchins: freshly caught, with bread, *botifarra* Catalan sausage and a good bottle of Empordà wine. If they are in season, we suggest trying some famous freshly-caught Palamós prawns. First, we'll take our

passengers on a visit to the fish market; then we'll set sail and, after anchoring, we'll have a swim (depending on the time of year). Then we'll grill some big prawns on a bed of salt (150 gr per person) and wash them down with a white Empordà wine. Tela Marinera offers a relaxed, unhurried sailing experience on classic, traditional boats, where the history of the men that once sailed in them complements a landscape and culture that never fail to inspire.

Includes:

- » A typical Catalan breakfast.
- » Tasting session of sea urchins and/or prawns.

♥ Palamós



CONTACT



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Email	joan@telamarinera.es
Website	www.telamarinera.es



Culture

When talking about the culture in the Costa Brava and the Girona Pyrenees, you are taken back to the dawn of civilization. By order of antiquity, you can discover megalithic monuments in the Albera and Gavarres massifs; prehistoric caves in Serinyà; Iberian, Greek and Roman villages along the coast, especially in Empúries; and Romanesque, Gothic, Baroque and Art Deco architecture on display throughout the area.

From the Middle Ages onwards the region has preserved such impressive locations as Sant Pere de Rodes and Ripoll, where the legacy of a thousand-year-old history can still be felt.

In recent years, artists –including the genius Salvador Dalí in particular– have interpreted our cultural and scenic environment in a very different way, capturing it in incomparable artistic creations. Altogether, over 55 museums and 550 monuments fill this region with culture and tradition.



The Dalinian Triangle offers visitors an almost metaphysical journey through a contrasting world of tormented nature and idyllic and unique locations.



Cuisine

Local cuisine is one of the biggest attractions in the province of Girona. It certainly matches the beauty of the landscape, and is an important factor for successful business meetings.

The region's proud culinary tradition has a rich history, and is based on a geography and climate that provide delicious ingredients from both the land and sea: Mediterranean fish, prime meat and sausages, a wide variety of vegetables, mushrooms, and olive oil. Not to mention the delicious D.O. Empordà wines.

Today, Girona's cuisine is also synonymous with creativity. In the same way that Salvador Dalí surprised the world with his surrealist art,

another genius, Ferran Adrià, has astonished the public with his recipes at the restaurant El Bulli.

Girona's cuisine is currently among the best in the world, and includes such top chefs as the Roca brothers, international pioneers in their work at the restaurant El Celler de Can Roca, which boasts three Michelin stars.

*In the province of Girona
people have always
cooked well, thanks to
tradition and the best
raw ingredients.*



Nature

The unique geographical features of the Costa Brava and the Girona Pyrenees allow visitors to choose from a range of activities on land, at sea and even in the air, as a complement to any business meeting or incentive trip.

There are unlimited experiences on offer. Such activities as guided tours by Segway, horse riding, quad biking, cycling, walking and snowshoeing are all adapted to the abilities of the participants, and help you make the most of the beautiful surroundings. Kayaking or sailing on a yacht, orienteering on the beach, and exclusive meals in secluded coves along the Costa Brava. Light aircraft flights with incredible views, hot air balloon flights over

unique landscapes while tasting local products, and skydiving for more adventurous visitors.

The activities on offer also include options such as stays at spas, playing golf, cookery lessons to taste local products, visits to wineries selling D.O. Empordà wine, trips to markets, museums, botanical gardens, castles, monasteries, and numerous other attractions. The possibilities are endless, and we propose designing an activity tailored to your goals, encouraging team building or rewarding hard work in an original and unforgettable way.

*Over 30% of the total
province is a protected
natural area*





Golf

The Costa Brava offers the ideal setting for golf lovers who want to play their favourite sport.

The golf options available include thirteen golf courses and eleven pitch and putt courses throughout the Costa Brava and Girona Pyrenees.

There are five golf courses at three golf clubs –the PGA Catalunya Resort, Empordà Golf Resort and Golf Platja de Pals– that are among the top 50 courses in Europe, according to the official British ranking of 'Top 100 Golf Courses'.

The icing on the cake is the PGA Catalunya Resort, which received an award for best golf resort in Europe in 2016.

*Thirteen golf courses,
thirteen routes through
an incomparable
landscape.*





Costa Brava Girona Convention Bureau

The Girona Provincial Council, the Costa Brava Girona Tourist Board and the Girona, Palamós and Sant Feliu de Guíxols chambers of commerce work together to promote business tourism in the Girona region under the brand "Costa Brava Girona Convention Bureau".

They receive support from 140 associated companies and organisations specialising in event organisation.

The Costa Brava Girona Convention Bureau offers the following services:

- » Free and impartial advice for organisers on the choice of venue, accommodation, complementary activities and other services.
- » Collaboration in inspection visits for event organizers.

- » Advice on drawing up programmes for incentive trips, and for cultural and entertainment programmes for delegates and accompanying persons.

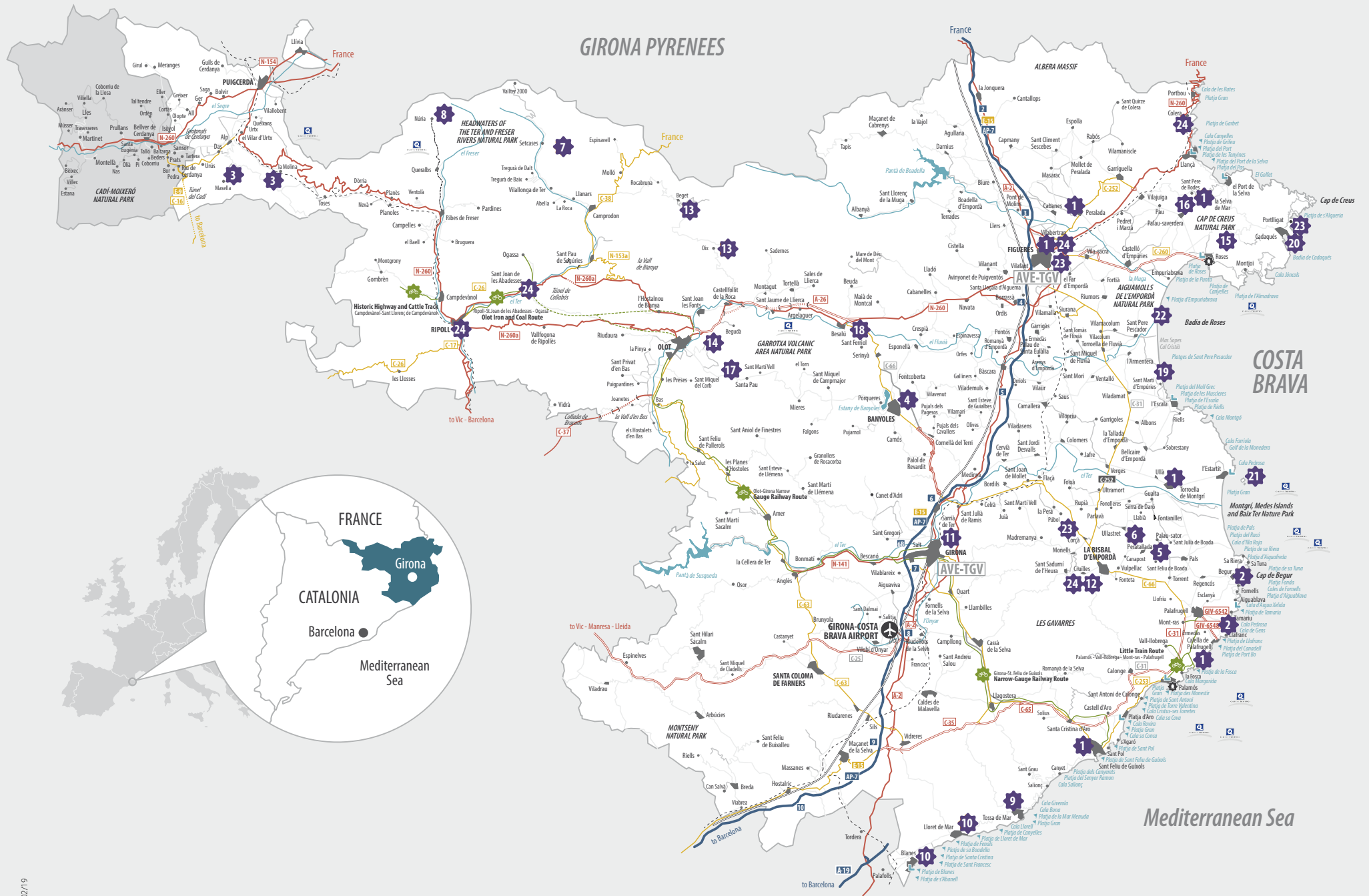
- » Support when presenting candidacies for congresses and events.

- » Publishing and distributing publications for business tourism.























- » Links with partner companies and local agencies and institutions.

- » Coordination when providing tourist material for event attendees.

GIRONA PYRENEES



Map key

	Toll motorway
	National main road
	Dual carriageway
	Major road
	County road
	Local road
	Under construction
	Other roads
	River
	Rack railway
	Motorway symbol
	Motorway exit
	National main road symbol
	County road symbol
	Major county road symbol
	New code system
	High-speed rail station
	County boundary
	Railway
	AVE (High-speed train)
	Greenway
	Tunnel



Blue Flag Beaches 2018

Award granted by the European Union that recognises the quality of the waters and the services provided to users on the beaches.



Blue Flag Port



EMAS Eco-Management and Audit Scheme 2018

Begur: Club Nàutic Aiguablava · **Blanes:** Club Vela Blanes and Blanes Port · **Calonge:** Can Cristos - Ses Torretes cove, Torre Valentina Beach, Sant Antoni Beach, Es Monestri Beach and the town seafront promenade · **Castelló d'Empúries:** Empuriabrava Beach · **El Port de la Selva:** Club Nàutic Port de la Selva and El Port de la Selva Port · **L'Escala:** L'Escala Port and Club Nàutic l'Escala · **Llançà:** Club Nàutic Llançà and Llançà Port · **Palafrugell:** Port Bo, Canadell, Llafranc, Tamariu and Calella de Palafrugell Beaches · **Palamós:** beaches, coves, Port Esportiu Marina Palamós, Palamós Port, seafront promenade and urban parks · **Platja d'Aro:** Club Nàutic Port d'Aro · **Roses:** Santa Margarida, El Salatar, El Rastrell, Nova, La Punta, Els Palangrers, Canyelles-Bonifaci and L'Almadrava Beaches; Murtra, Rostella, Calis, Montjoi, Calitjàs, Pelosa, Canadell and Jóncols natural coves; Roses Cruise Port, Roses Marina, Roses Fishing Port and seafront promenade · **Sant Feliu de Guíxols:** Sant Feliu de Guíxols Port · **Torroella de Montgrí-L'Estartit:** L'Estartit Port, L'Estartit Main Beach, Club Nàutic Estartit and L'Estartit seafront promenade



"Q" for Tourism Quality Certificate - ICTE (Institute for Spanish Tourism Quality) 2018

Calonge: Sant Antoni Beach
Castell-Platja d'Aro: Platja d'Aro Main Beach and Sa Conca Beach
Castelló d'Empúries: Empuriabrava Beach
Torroella de Montgrí: L'Estartit Main Beach
Cerdanya: La Molina Ski and Mountain Resort
Garrotxa: Garrotxa Volcanic Area Natural Park
Ripollès: Vall de Núria Ski Resort



Music Festivals of the Costa Brava and Girona Pyrenees

Peralada, Cap Roig, Torroella de Montgrí, Porta Ferrada (Sant Feliu de Guíxols), Sant Pere de Rodes, Schubertiada



Coves of Begur and Palafrugell and Sant Sebastià Lighthouse



La Molina-Masella



Banyoles Lake



Mediaeval towns of Pals and Peratallada



Iberian Settlement of Ullastret



Camprodon Valley



Valley and Sanctuary of Núria



Vila Vella or Old Town of Tossa de Mar



Gardens of the Costa Brava (Santa Clotilde, Pinya de Rosa and Marimurtra)



Old Town of Girona



Pottery of La Bisbal



Alta Garrotxa (Oix and Beget)



Garrotxa Volcanic Area Natural Park



Cap de Creus Natural Park



Sant Pere de Rodes



Santa Pau



Besalú



Ruins of Empúries



Cadaqués



Montgrí, Medes Islands and Baix Ter Natural Park



Aiguamolls de l'Empordà Natural Park



Dalí Triangle (Museums of Figueres, Portlligat and Púbol)



Romanesque architecture

Santa Maria de Ripoll, Sant Joan de les Abadesses, Sant Quirze de Colera, Santa Maria de Vilabertran, Sant Miquel de Cruïlles



«Surf and Turf» cuisine (throughout the region)

Symbol key



Duration of
the activity



Season
of the year



Minimum and
maximum number
of persons



Price

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COSTA BRAVA AND GIRONA PYRENEES

GENUINE CORPORATE EXPERIENCE


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 Costa Brava Girona Convention Bureau



Diputació de Girona

Girona Patronat de Turisme
Costa Brava Girona



Costa Brava Girona
Convention Bureau



Costa Brava
Pirineu de Girona

