



Costa Brava Girona  
Convention Bureau

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# COSTA BRAVA GIRONA PYRENEES CONFERENCE DESTINATION

The perfect destination for  
generating the best ideas



Costa Brava  
Pirineu de Girona



CATALUNYA

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# The Costa Brava and Girona Pyrenees: meetings and conferences to remember

“We remember things that have an emotional impact”

The Costa Brava and Girona Pyrenees have everything you need to create experiences that bring people together and have a high emotional impact.

The province of Girona is home to multipurpose conference centres, hotels, unique venues and tourist companies that offer every service imaginable for organising corporate events, conventions and scientific conferences.

Visitors to the province can also take advantage of the nearby Costa Brava and Girona Pyrenees (less than an hour's journey away) where the sea and mountains merge to provide exceptionally stunning natural scenery. A region renowned for its innovative and traditional cuisine and its historical and cultural heritage. In short, an entire range of authentic experiences that provide excellent incentives.

The Costa Brava Girona Convention Bureau (CBGCB) is the Business Tourism Club of the Costa Brava Girona Tourist Board. The CBGCB is supported by and works together with local convention offices and businesses, as well as with over 140 of the region's meeting and event tourism companies.

This guide presents the network of seven Girona towns that feature all the infrastructure and services required for hosting a range of events and conferences. This edition includes: Girona, Lloret de Mar, Roses, Olot, Torroella de Montgrí, Palamós and Castell-Platja d'Aro

## The CBGCB provides conference organisers the following services:

- 1 Impartial and free advice on choosing the best location for the conference, professional seminar or event.
- 2 Help with finding the perfect venue for the event, along with complementary activities and other services
- 3 Organisation and help with inspection visits.
- 4 Suggestions on organising social programmes for conference delegates and their travel companions.
- 5 Support in drawing up and presenting candidatures for holding conferences and events.
- 6 Liaising with associated companies and with local bodies and institutions.
- 7 Distribution of sightseeing material among delegates.
- 8 Discounts and special rates on transport and other services.

# COSTA BRAVA AND GIRONA PYRENEES

## AN AUTHENTIC REGION, A WEALTH OF EXPERIENCES, WHERE YOUR IDEAS WILL FLOW

FROM THE MOUNTAINS TO THE MEDITERRANEAN SEA IN THE BLINK OF AN EYE



## HIGH-SPEED TRAIN (AVE) GIRONA AND FIGUERES STATIONS



## NATURE IN YOUR HANDS

## 8 NATURAL PARKS



OVER **300,000** VACANCIES ACCOMMODATION



LEGACY OF SALVADOR DALÍ  
 1,4 MILLION VISITS TO THE DALÍ TRIANGLE

EXCEPTIONAL CASTLES, MONASTERIES, GARDENS  
 UNBEATABLE VENUES FOR CELEBRATING YOUR EVENTS



15 CONVENTION CENTRES

EXCELLENT VALUE FOR MONEY

30 UNIQUE WINERIES  
 D.O. EMPORDÀ WINE ROUTE



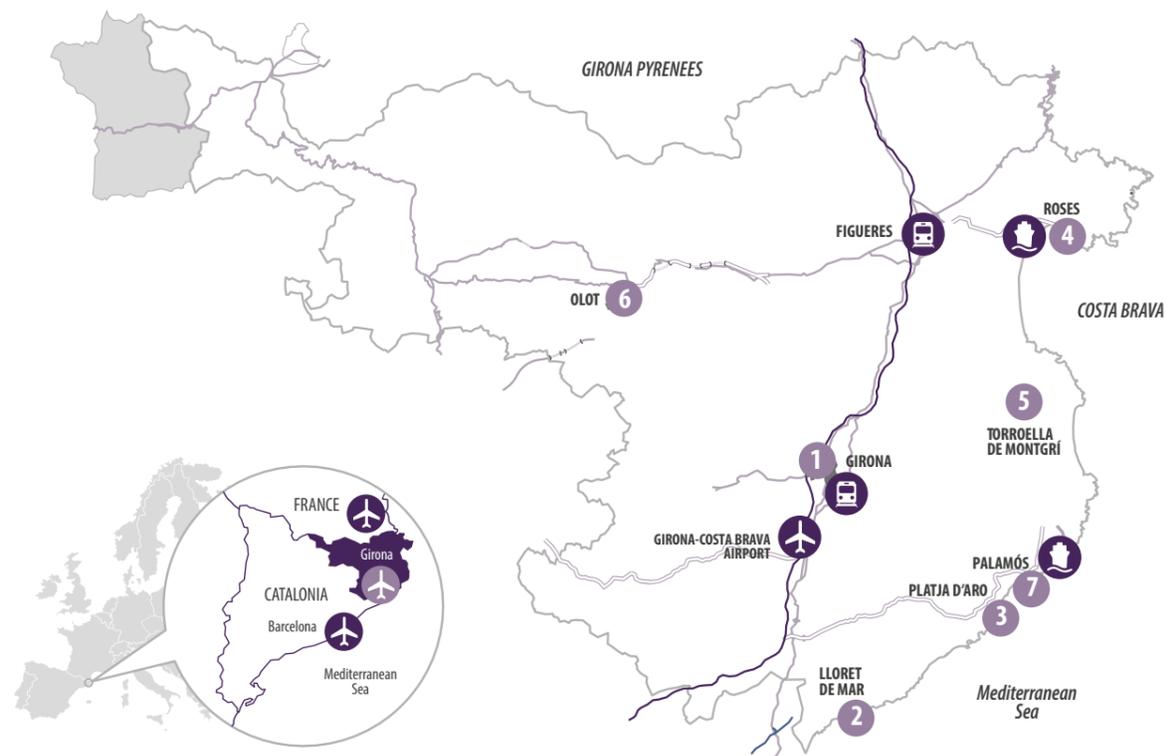
THE BEST GOLF COURSES AND RESORTS

PGA CATALUNYA RESORT VOTED THE EUROPEAN GOLF RESORT OF THE YEAR 2015 BY IAGTO  
 13 GOLF COURSES & 10 PITCH AND PUTT COURSES

YOU DECIDE!



# Map



### Airports

- ▶ Girona Costa Brava
- ▶ Barcelona El Prat



### Ports

- ▶ Roses
- ▶ Palamós
- ▶ Barcelona

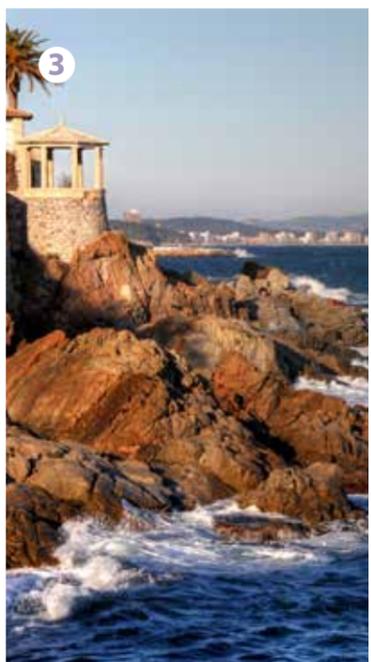


### Trains

- ▶ Barcelona - Girona: 38 minutes
- ▶ Barcelona - Figueres: 52 minutes
- ▶ Madrid - Girona: 3 hours 30 minutes
- ▶ Madrid - Figueres: 3 hours 44 minutes
- ▶ París - Girona: 5 hours
- ▶ París - Figueres: 4 hours 46 minutes

### Distance between cities/towns and airports and TGV/AVE stations

	Girona Costa Brava Airport	Barcelona El Prat	Girona (TAV-TGV station)	Figueres (TAV-TGV station)
<b>1 Girona</b>	12 km	100 km	0 km	40 km
<b>2 Lloret de Mar</b>	27 km	92 km	36 km	78 km
<b>3 Platja d'Aro</b>	32 km	120 km	35 km	65 km
<b>4 Roses</b>	70 km	169 km	60 km	20 km
<b>5 Torroella de Montgrí</b>	45 km	140 km	30 km	35 km
<b>6 Olot</b>	65 km	137 km	48 km	39 km
<b>7 Palamós</b>	44 km	129 km	48 km	62 km





## 7 destinations guaranteed to generate the best ideas

- 15 Conference centres
- 19 Unique venues
- 20 Social programmes
- 27 Benefits for conference delegates

01

## Girona

The city of Girona has a history stretching back thousands of years and a wealth of gourmet attractions. It is the province's main congress destination, boasting an unbeatable location with excellent communications, and Barcelona just 37 minutes away by high-speed train.

It is the congress destination par excellence thanks to a first-class range of hotels, a state-of-the-art conference centre and numerous unique emblematic event venues.

**; ) girona**  
city convention bureau

+34 872 080 709

info@gironacongressos.org

www.gironacongressos.org

## Hotel capacity

Category	Number of establishments	Number of rooms	Guest capacity
5 *	2	84	190
4 *	10	641	1.229
3 *	4	234	441
2 *	5	361	730
1 * i altres	29	338	584
<b>TOTAL</b>	<b>50</b>	<b>1.668</b>	<b>3.174</b>



## Conference centres

### Girona Conference Centre

Hall name	m <sup>2</sup>	Theatre	Classroom	Banquet	Cocktail
Sala Simfònica (Auditori)	1.088	1.236	-	-	-
Sala Cambra (Auditori)	445	362	-	-	-
Sala Petita (Auditori)	148	178	-	-	-
Sala d'assaig	148	140	100	100	148
Sala de Premsa	78	60	45	-	78
Sala 1	89	90	70	60	90
Sales de 2 a 11	42	36	27	30	40
Sala d'exposicions	450	418	250	500	700
Terrassa	402	-	-	300	400
Vestíbul-Foyer	1.005	-	-	850	1.000

**Fira de Girona** 12

Hall name	m <sup>2</sup>	Theatre
Nivell I	5.121	-
Nivell II	2.690	-
Sala d'actes	265	200

**La Merce Cultural Centre**

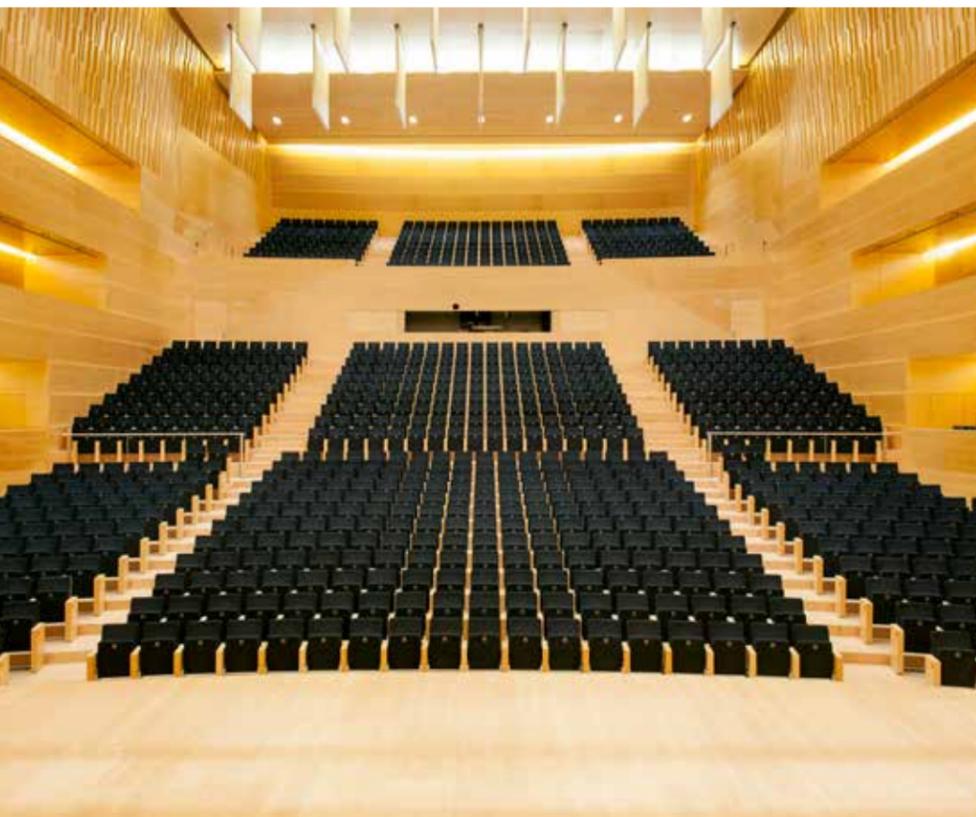
Hall name	m <sup>2</sup>	Theatre	Banquet	Cocktail
Auditori	300	252	250	290
Sala de Conferències	150	75	-	150
Sala polivalent	191	200	-	-
Claustre	400	-	-	200

**Unique venues** 13

Name of unique venue	m <sup>2</sup>	Theatre	Banquet	Cocktail
Casa Masó	-	-	12	25
Saló de descans del Teatre Municipal	196	150	150	180
Museu del Cinema	75	60	40	70
Pati Museu d'Història dels Jueus	300	100	70	150

**Monastery of St. Pere de Galligants**

	m <sup>2</sup>	Theatre	Banquet	Classroom	Cocktail
Nau	702	120	-	100	200
Transsepte	90	75	50	80	100
Claustre	200	100	25	-	100
Sala Polivalent	54	50	35	-	70



## Activities

1

### Girona iPad Quest

This is a tour/competition that takes participants around the city of Girona with the help of iPads. The goal is to reach the maximum number of points by passing the tests that challenge participants as they visit sites in the city's Barri Vell (Old Quarter).



2

### Running through the Barri Vell (Old Quarter)

Guided running activity through Girona's Barri Vell (Old Quarter). This activity is the perfect way for participants to discover the true essence of this centuries-old region and its food, history and nature. Runners will take a route that winds through the city's Barri Vell (Old Quarter) as well as the surrounding roads and mountains, led by an experienced guide who is on hand to help participants with anything they need.



3

### Girona Cooking Experience

Discover Catalan cuisine first-hand. Girona Show Cooking is a space designed to offer a full range of activities related to the region's cuisine, from its traditional "pa amb tomàquet" (bread with tomato) to a more sophisticated Michelin star event. A professional chef is on hand to demonstrate the best techniques in Catalan cuisine and each participant will have the opportunity to learn how to cook (and eat!) a number of different dishes. This is a mouth-watering workshop that focuses on Girona's culinary culture.



## Benefits for conference delegates

- ▶ 35% discount on TAV train tickets
- ▶ 50% discount on tickets to all Girona museums
- ▶ 10% to 20% discount at 'Eix Comercial stores in Girona
- ▶ Guided inspection and management visits of the city and its unique venues
- ▶ Wi-Fi in the Conference Centre
- ▶ Sightseeing material for attendees

## Leading conferences and events

- ▶ The AEPPCC 30th Congress of Cervical Pathology and Colposcopy (2018)
- ▶ Girona Gastronomic Forum (2009-2018)
- ▶ Impulsa Forum (2009-2016)
- ▶ VI Espondilartritis - SER Symposium (2015)
- ▶ XXXV ANAPORC Conference (2015)
- ▶ IX International ICA Cultural Archives and Industries Conference (2014)
- ▶ XIII Electrophysiology and Arrhythmia Section of the SEC Conference (2014)



# 02

## Lloret de Mar

In addition to being a cosmopolitan, innovative city that has managed to preserve its cultural identity and its time-honoured traditions, Lloret de Mar is the Costa Brava's leading business meetings tourism destination.



+34 972 365 788  
 lloretcb@lloret.org  
 www.lloretcb.org



### Hotel capacity

Category	Number of establishments	Number of rooms	Guest capacity
1*	13	574	1.148
2*	9	938	1.931
3*	26	3.459	6.872
4*	46	8.707	17.837
5*	4	483	785
<b>TOTAL</b>	<b>100</b>	<b>14.161</b>	<b>28.573</b>



### Conference Centres

#### Costa Brava Conference Centre

Hall name	m <sup>2</sup>	Theatre	Classroom	Banquet	Cocktail
Auditori	980	1.000	750	850	1.200
Terrassa	715	840	630	510	800
Sala privada	120	60	40	60	80

### Lloret Theatre

Hall name	m <sup>2</sup>	Theatre	Classroom	Banquet	Cocktail
Sala gran	-	370	370	180	300
Sala 1	120	110	50	60	100
Sala 2	62	55	30	30	60
Sala 3	63	55	30	30	60

### Olympic Conference Centre

Hall name	m <sup>2</sup>	Theatre	Classroom	Banquet	Cocktail
Imperial Park	448	500	200	250	500
Imperial Suites	833	805	600	430	805
Saló Royal	202	200	150	130	200
Saló Palace	228	230	150	170	230
Saló Majestic	184	185	150	130	185
Pèrgola	529	510	210	260	510
Còrsega	35,4	-	-	-	-
Costa Brava	36,75	-	-	-	-
Montecarlo	76	-	60	30	65
Mònaco	76	-	60	30	65

Montmeló	76	-	60	30	65
Auditorium	605	770	770	370	700
Àtrium	100	110	40	70	90
Àgora	100	110	40	70	90
Coliseum	140	130	56	100	115
Fòrum	140	130	56	100	115
Micrum	45	40	16	30	45
Minum	80	75	30	60	80
Tropical(ext.)	4.000	-	-	1.000	1.500

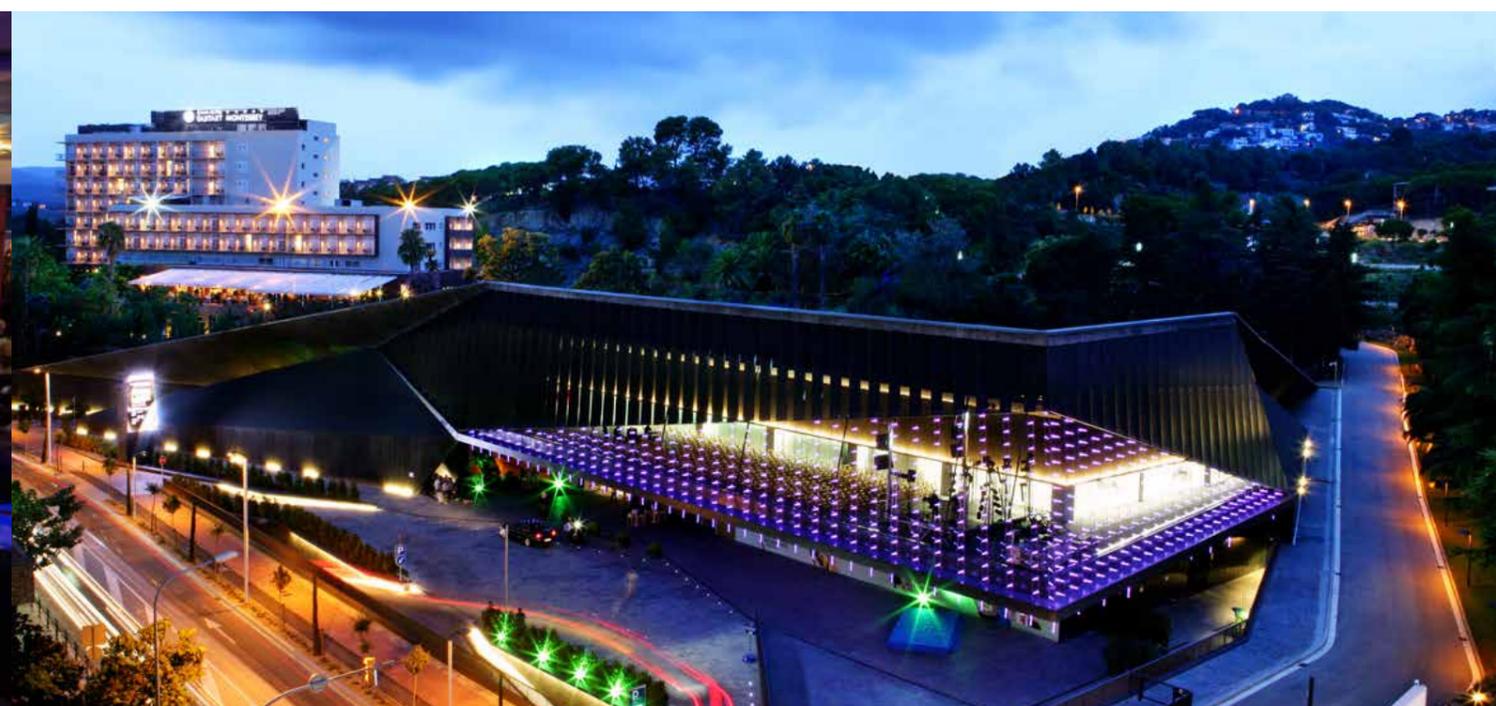
### Unique venues

#### Santa Clotilde Gardens

Theatre	Banquet	Cocktail
200	80	250

#### Chapel of Santa Cristina

Theatre	Banquet	Cocktail
300	200	400



## Activities

1

### Costa Brava Clàssic

This activity combines culture and nature on a walk along the Costa Brava coast. The adventure begins in the Santa Clotilde Gardens, followed by a boat trip along the rocky coastline and cliffs that plunge into the sea in Lloret de Mar, and ends with a lunch or dinner (optional) on one of Lloret de Mar's five main beaches.

2

### Discover the region's cultural heritage on a Nordic walk along the Camí de Ronda (coastal path)

A combination of healthy, cardiovascular exercise with the discovery of such incomparable settings as Lloret de Mar's forests and hiking trails. The route also allows walkers to visit places in Lloret's Open-Air Museum, the MOLL, including the Maritime Museum, the Sant Joan Castle, Casa Font (an "indiano"-style building) or the Santa Clotilde Gardens.

3

### Lloret de Mar's "indiano" past

An introduction to Lloret de Mar's "indiano" past by means of an iPad Quest and a daiquiri workshop, given by one of the town's most famous cocktail bartenders. The workshop combines culture, history and fun, and can be held at any of Lloret's amazing venues.

4

### Masterclass Gran Casino Costa Brava

A poker masterclass and tournament, blackjack or American roulette at the Gran Casino Costa Brava, as motivational activities aimed at developing and improving a set of skills and values that are essential for business, outside the working environment, thus facilitating the achievement of strategic corporate targets.

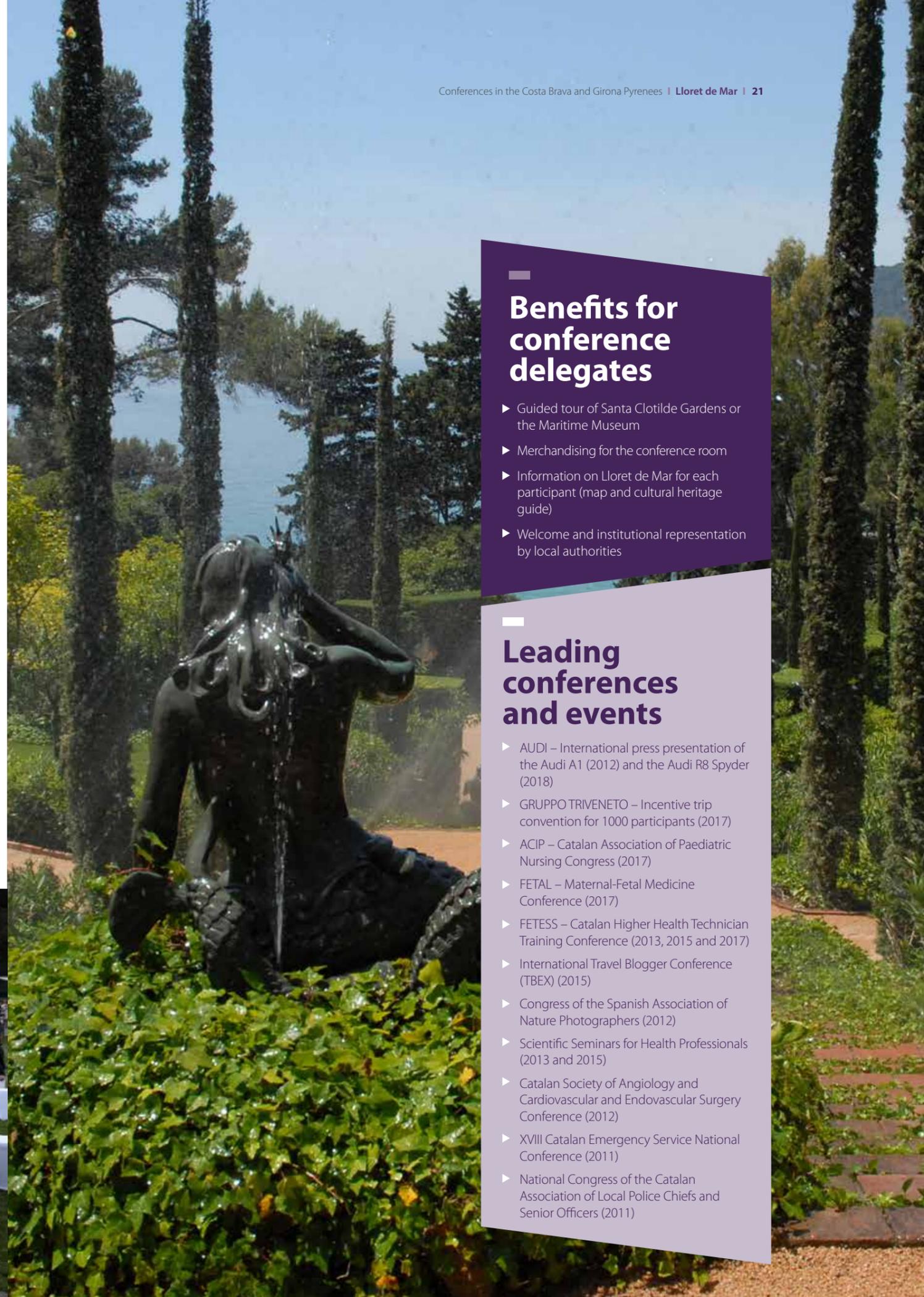


## Benefits for conference delegates

- ▶ Guided tour of Santa Clotilde Gardens or the Maritime Museum
- ▶ Merchandising for the conference room
- ▶ Information on Lloret de Mar for each participant (map and cultural heritage guide)
- ▶ Welcome and institutional representation by local authorities

## Leading conferences and events

- ▶ AUDI – International press presentation of the Audi A1 (2012) and the Audi R8 Spyder (2018)
- ▶ GRUPPO TRIVENETO – Incentive trip convention for 1000 participants (2017)
- ▶ ACIP – Catalan Association of Paediatric Nursing Congress (2017)
- ▶ FETAL – Maternal-Fetal Medicine Conference (2017)
- ▶ FETESS – Catalan Higher Health Technician Training Conference (2013, 2015 and 2017)
- ▶ International Travel Blogger Conference (TBEX) (2015)
- ▶ Congress of the Spanish Association of Nature Photographers (2012)
- ▶ Scientific Seminars for Health Professionals (2013 and 2015)
- ▶ Catalan Society of Angiology and Cardiovascular and Endovascular Surgery Conference (2012)
- ▶ XVIII Catalan Emergency Service National Conference (2011)
- ▶ National Congress of the Catalan Association of Local Police Chiefs and Senior Officers (2011)



03

## Platja d'Aro (Castell d'Aro - S'Agaró)

An unbeatable location on the coast and near the region's major roads and transport -not to mention its wealth of shops, recreational options and tourism services—makes Castell-Platja d'Aro an outstanding destination for conferences and conventions.

 Ajuntament de  
Castell-Platja d'Aro

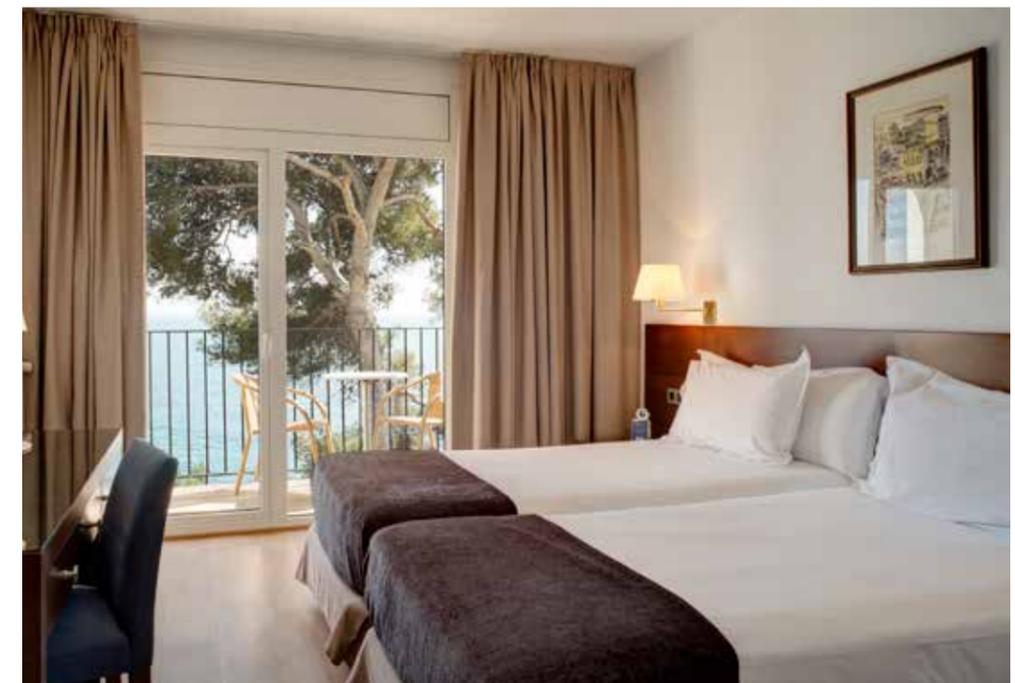
 +34 972 817 179

 turisme@platjadaro.com

[www.platjadaro.com](http://www.platjadaro.com)

### Hotel capacity

Category	Number of establishments	Number of rooms	Guest capacity
5 *	2	126	248
4 *	9	1.138	2.493
3 *	10	601	1.149
2 *	4	146	240
1 * i altres	2	224	447
<b>TOTAL</b>	<b>27</b>	<b>2.235</b>	<b>4.607</b>



## Conference centres

### Platja d'Aro Sports and Conference Centre

Hall name	m²	Theatre	Classroom	Banquet	Cocktail
Central	1.200	1.200	500	600	1.000
A	160	600	150	20	300
B	160	600	150	200	300
C	160	600	150	200	300
1	40	200	100	60	100
2	40	200	100	60	100



## Activities

1

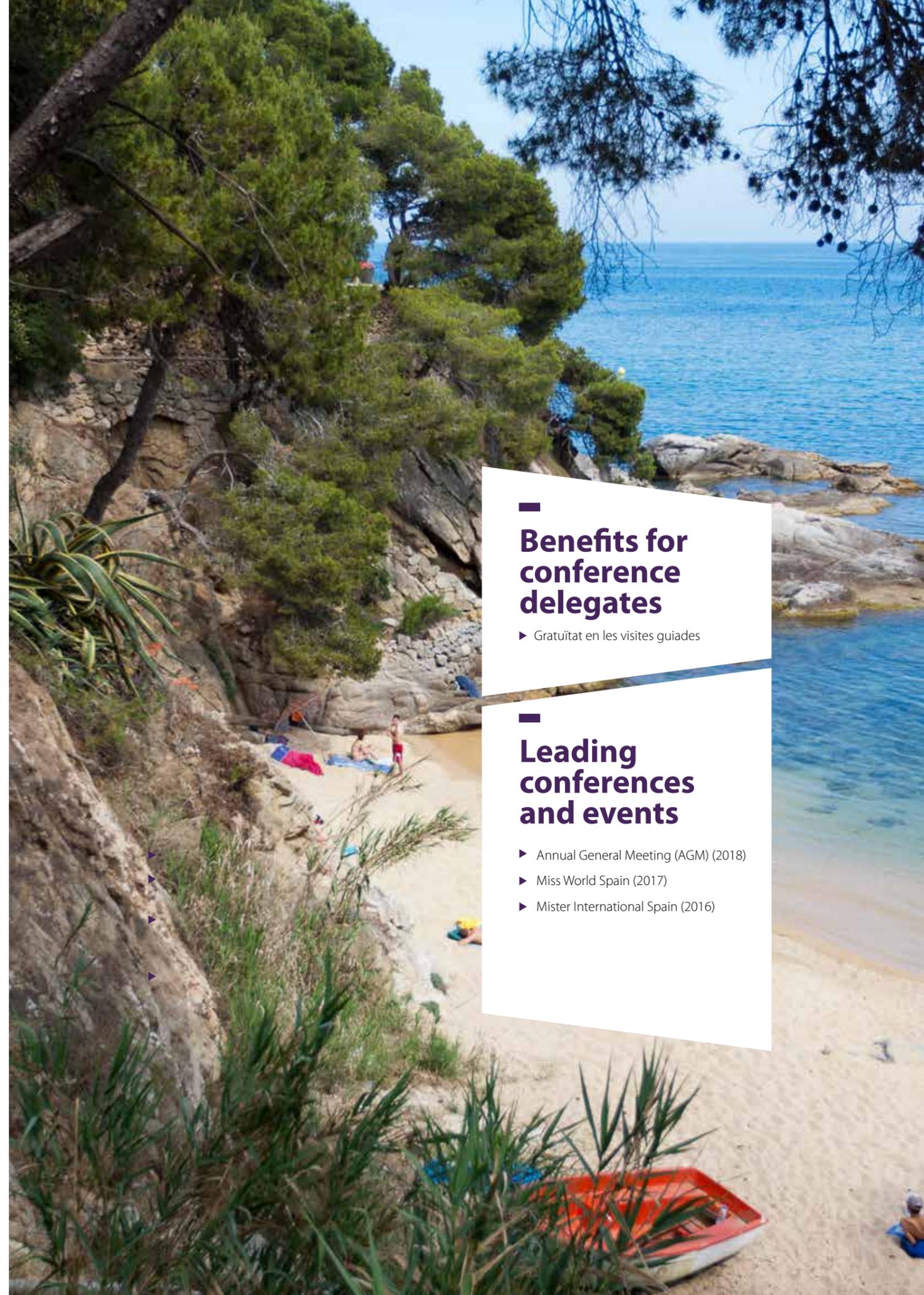
### Guided tour of the Camí de Ronda (coastal path) in S'Agaró

Enjoy a guided tour that gives participants the chance to learn about the beginnings, history and films shot along the Costa Brava's only developed Camí de Ronda, declared a Cultural Heritage Site.

2

### Guided tour of the Camí de Ronda (coastal path) and the Roman villa of Pla de Palol in Platja d'Aro

Participants will discover the beaches of Platja d'Aro along this wild coastal path that leads to the ruins of a Roman village. The perfect opportunity to delve into the region's ancient history.



## Benefits for conference delegates

- ▶ Gratuïtat en les visites guiades

## Leading conferences and events

- ▶ Annual General Meeting (AGM) (2018)
- ▶ Miss World Spain (2017)
- ▶ Mister International Spain (2016)

04

## Roses

Roses, nestled between coves and the Cap de Creus and Aiguamolls Natural Parks, is the perfect city for soaking up the essence of the Mediterranean.



Ajuntament de Roses

+34 972 257 331

turisme@roses.cat

www.visit.roses.cat

## Hotel capacity

Category	Number of establishments	Number of rooms	Guest capacity
5 *	1	29	58
4 *	7	730	1.460
3 *	14	1.728	3.456
2 *	7	339	678
1 * i altres	15	453	906
<b>TOTAL</b>	<b>44</b>	<b>3.279</b>	<b>6.558</b>



## Conference centres

### Roses Conference Centre – Municipal Theatre

Hall name	m <sup>2</sup>	Theatre	Classroom	Banquet	Cocktail
Auditori	383	404	250	300	400
Sala Principal	168	200	100	100	200
Sala de Miralls	114	150	75	100	150
Sala de Vitralls	85	40	20	-	40
Sala Superior	98	150	100	100	150
Sala Taller	57	70	35	-	-



## Unique venues

### La Ciutadella Cultural Space

Name of unique venue	m <sup>2</sup>	Theatre	Classroom	Banquet	Cocktail
Pati d'Armes	6.000	3.000	3.000	2.000	4.000
Església de Santa Maria	200	150	150	100	150
Arsenal	150	100	100	60	100
Esplanada del pou	1.500	600	500	400	800

### Trinitat Castle

Name of unique venue	m <sup>2</sup>	Theatre	Classroom	Banquet	Cocktail
Terrassa principal	200	150	150	100	150

## Activities

1

### A journey back in time

A walk around the inside of the Citadel of Roses and its important archaeological remains. We will visit the Greek colony of Rhode, visualise everyday life in the Roman village and travel back to the days when the Romanesque monastery was the nerve centre of the medieval town of Roses. A true journey into the past.

2

### Sailboat tour

Take a tour of the spectacular beaches of Cap de Creus Natural Park aboard a sailboat; stops can be made for swimming and snorkelling. Participants can also enjoy an on-board meal.

3

### Visit the fishing port of Roses and its fish auction

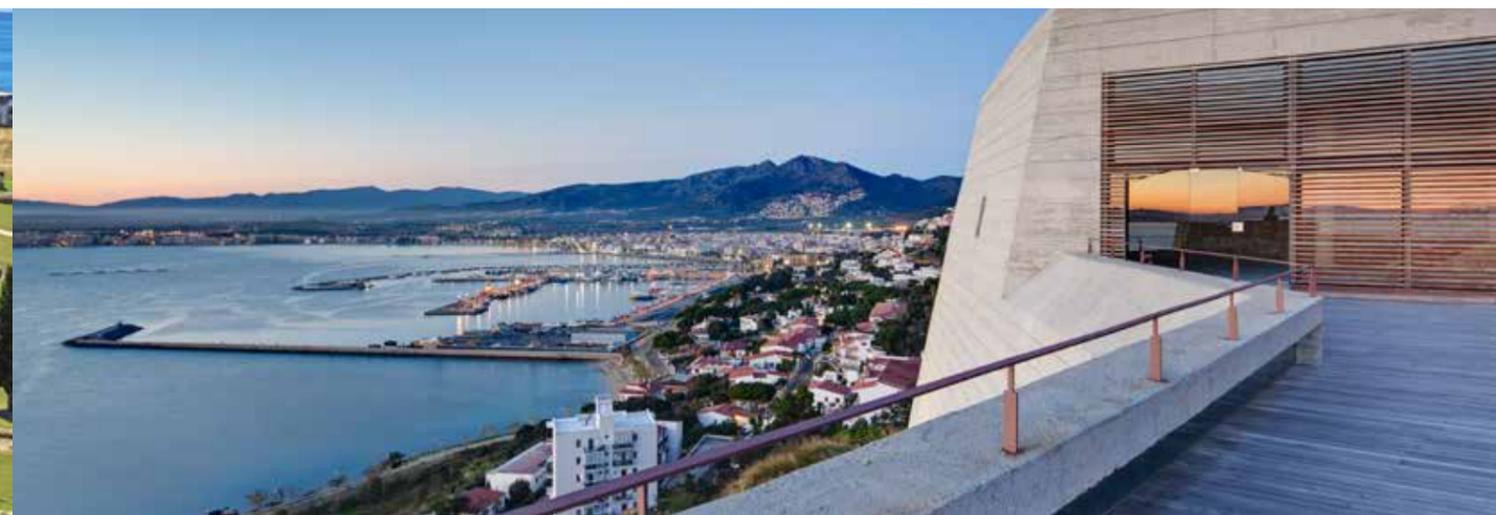
The visit to Roses fishing port involves going to watch the fishing boats arrive from the quayside. You will see the fishermen unload their catch and take it to the fish market for sale. Specialised guides will be there to tell you all about the different fishing methods and you will be privileged spectators at the fresh fish auction.

## Benefits for conference delegates

- ▶ 35% discount on TAV and MD train tickets
- ▶ Sightseeing material for attendees
- ▶ Guided inspection and management visits of the different venues

## Leading conferences and events

- ▶ APEVC Congres (2018)
- ▶ Costa Brava Challenge Week (2017)
- ▶ Moebius Syndrome Medical Congress (2017)
- ▶ CEA-CEM music competition France (2016)



# 05 - Torroella de Montgrí - L'Estartit

Torroella de Montgrí and L'Estartit are bound to win you over with their beautiful peaceful setting and ultra-modern venues, like the Espai Ter. This multi-purpose facility boasts the latest in state-of-the-art technology and comfort, enabling it to cater for everything from congresses, business meetings and events to galas, corporate dinners and trade fairs.

A unique venue to successfully cover all of today's clients' needs.



+34 972 755 003

info@espaiter.cat

www.espaiter.cat

## Hotel capacity

Category	Number of establishments	Number of rooms	Guest capacity
4 *	3	68	117
3 *	5	398	726
2 *	8	323	670
1 * and others	5	80	162
<b>TOTAL</b>	<b>20</b>	<b>869</b>	<b>1.675</b>



## Conference Centres

### Espai Ter Theatre and Auditorium - Conference and Event Space

Hall name	Height	m <sup>2</sup>	Theatre	Classroom	Banquet	Cocktail
Hall/ Vestíbul	7,8	300	400	400	200	500
Sala gran	9,10	700	480	480	500	1.500
Sala petita	4,65	157	150	150	100	150
Camerino gran 1	2,60	35	15	15	15	15
Camerino gran 2	2,60	35	15	15	15	15
Camerino petit (x4)	2,60	17	5	5	5	5
Foyer	2,65	42	30	30	30	30
Terrassa	-	40	30	30	30	30

## Unique venues

### Mediterranean Museum

Name of unique venue	m <sup>2</sup>	Theatre	Cocktail
Auditori	150	100	-
Aula	120	100	-
Pati	800	300	800



## Activities

### 1 Mediterranean Museum

A visit to the Mediterranean Museum is an opportunity to interactively experience everything the region has to offer: savour its aromas and sounds and step into the history of the quintessentially Mediterranean Montgrí, Medes Islands and Baix Ter.

### 2 Torroella de Montgrí, a thousand years of history

This walking tour traces the thousand-year history of this singular town. Visit palaces and unique buildings like the Mediterranean Museum and the fifteenth-century Can Quintana; Solterra Palace, headquarters of the Fundació Vila Casas; Mirador Palace, and colonial-style homes like Casa Galibern, headquarters of the Fundació Mascort.

### 3 Discover the Medes Islands

Take a boat ride from the port of L'Estartit to the Medes Islands, a unique set of islands off the Catalan coast known for its biodiversity and rich underwater life. Glass-bottom boats provide panoramic views of the island's diverse marine life.



## Benefits for conference delegates

- ▶ Free assistance with selection of hotels and requests for estimates for catering, services, etc.
- ▶ Personalised assistance from time of initial contact.
- ▶ Guided visit of the Mediterranean Museum and the Medes Islands.
- ▶ Official reception and assistance provided by the local government and the management of Espai Ter.
- ▶ Provision of local tourist information.
- ▶ The Espai Ter has its own catering service.

## Leading conferences and events

- ▶ Montgrí Medal Gala since 2016
- ▶ Sport Festival Gala since 2015
- ▶ International Congress of Barça Football Supporter Groups in 2015
- ▶ 11 galas and dinners with local firms since 2013
- ▶ G! Awards in 2013
- ▶ Sant Andreu Agricultural and Commercial Show since 2011



# 06 Olot

The Garrotxa region, land of volcanoes, is the ideal place for holding business meetings, conferences or business presentations, whether in the great outdoors or at one of our unique indoor venues.



+ 34 972 271 600  
 info@turismegarrotxa.com  
 www.trade.turismegarrotxa.com

## Hotel capacity

Category	Number of establishments	Number of rooms	Guest capacity
4 *	3	64	136
3 *	5	90	203
2*	4	57	100
1 * and others	78	192	892
<b>TOTAL</b>	<b>90</b>	<b>403</b>	<b>1.331</b>

## Conference centres

### Sala El Torín

m <sup>2</sup>	Theatre	Classroom	Cocktail
500	300	200	729

### Pavelló Firal

m <sup>2</sup>	Theatre	Classroom
3.000	300	200

### Fundació d'Estudis Superiors

Hall name	Theatre	Classroom
Sala 1	60	-
Sala 2	-	40
Sala 3	-	40

### Casal Marià

Theatre
150

### Can Trona (Vall de Bas)

Hall name	m <sup>2</sup>	Theatre	Cocktail
Auditori	170m <sup>2</sup>	150	-
Sala oberta + hall	120m <sup>2</sup>	80	120
Sala pedagògica	110m <sup>2</sup>	60	100
Sala reunions	40m <sup>2</sup>	17	-
Sala reunions petita	15m <sup>2</sup>	10	-



## Unique venues

### Can Trincheria

m <sup>2</sup>	Theatre	Cocktail
64 m <sup>2</sup>	50	80

### Claustre del Carme

m <sup>2</sup>	Theatre	Banquet	Cocktail
785 m <sup>2</sup>	300	250	400

### Pati de l'Hospici

m <sup>2</sup>	Theatre	Banquet	Cocktail
320 m <sup>2</sup>	200	200	280

### Teatre Principal

m <sup>2</sup>	Theatre
225 m <sup>2</sup>	286

## Activities

1

### The Garrotxa from the air, by donkey, by bike and hiking

Outdoor activities in and around the Garrotxa Volcanic Area Natural Park, including hot-air balloon competitions to foster team work, Catalan donkey rides in a beautiful natural setting, or various routes for both hiking and bike rides.

3

### Workshops, food tasting sessions and country life experiences

Develop team work with workshops on making chocolate or cooking with local produce, experience first-hand life in the country for a day, or enjoy sampling a selection of handcrafted cheeses in a superb setting.

### Castell Medieval Estada Juvinyà (Sant Joan les Fonts)

m <sup>2</sup>	Theatre	Classroom
100 m <sup>2</sup>	30	12

### Església vella de Sant Salvador (Castellfollit de la Roca)

m <sup>2</sup>	Theatre	Classroom
310 m <sup>2</sup>	150	80

### Cal Tronc (Besalú)

m <sup>2</sup>	Theatre	Classroom
400 m <sup>2</sup>	300	100

### Cúria Reial (Besalú)

m <sup>2</sup>	Theatre	Classroom
200 m <sup>2</sup>	80	36

2

### Leadership, health and wellness

Team building, outdoor training or coaching sessions in the great outdoors or at an amazing indoor venue to improve key corporate values such as cooperation, cohesion, trust, motivation, communication and leadership. Gentle physical exercise, like Nordic walking and yoga, so as to optimise physical, mental and emotional wellbeing and become more productive.

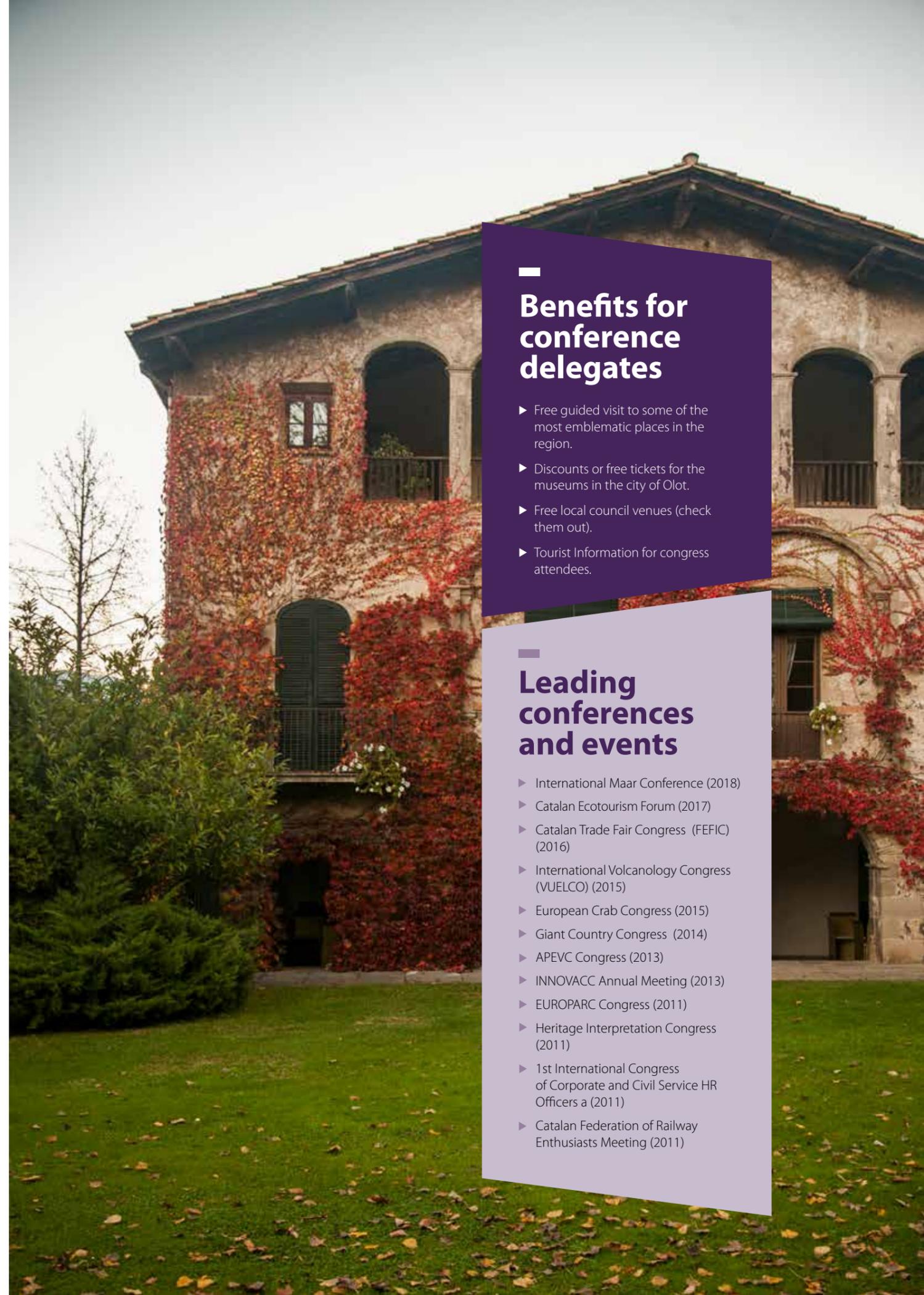


## Benefits for conference delegates

- ▶ Free guided visit to some of the most emblematic places in the region.
- ▶ Discounts or free tickets for the museums in the city of Olot.
- ▶ Free local council venues (check them out).
- ▶ Tourist Information for congress attendees.

## Leading conferences and events

- ▶ International Maar Conference (2018)
- ▶ Catalan Ecotourism Forum (2017)
- ▶ Catalan Trade Fair Congress (FEFIC) (2016)
- ▶ International Volcanology Congress (VUELCO) (2015)
- ▶ European Crab Congress (2015)
- ▶ Giant Country Congress (2014)
- ▶ APEVC Congress (2013)
- ▶ INNOVACC Annual Meeting (2013)
- ▶ EUROPARC Congress (2011)
- ▶ Heritage Interpretation Congress (2011)
- ▶ 1st International Congress of Corporate and Civil Service HR Officers a (2011)
- ▶ Catalan Federation of Railway Enthusiasts Meeting (2011)



# 07

## Palamós

Palamós is a place born of the sea. The Mediterranean has written the town's history, given it meaning, driven its traditional trades and shaped its cuisine, features that are apparent at any business meeting celebrated in this destination.



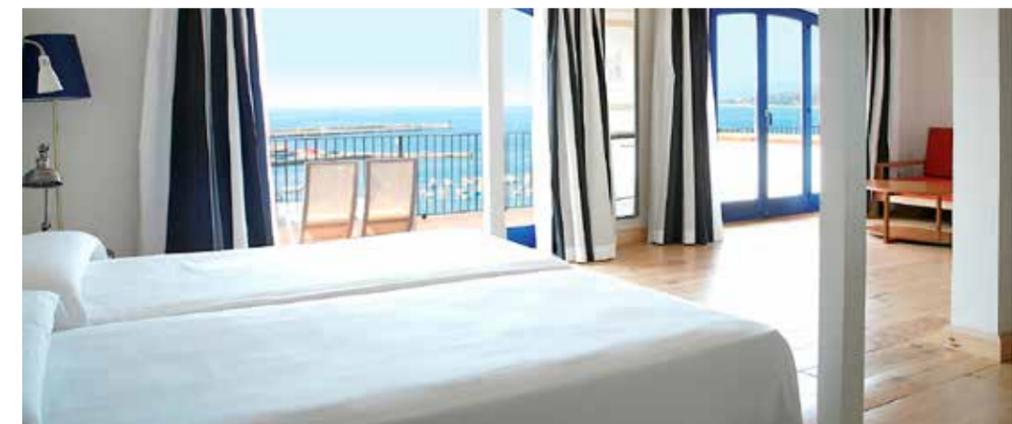
+34 972 601 244

museudelapesca@palamos.cat

www.museudelapesca.org

### Hotel capacity

Category	Number of establishments	Number of rooms	Guest capacity
5 *	1	14	31
3 *	5	339	690
2 *	3	68	150
1 * and others	1	10	24
<b>TOTAL</b>	<b>10</b>	<b>431</b>	<b>895</b>



### Conference centres

#### Carme Chapel

The church, built between 1768 and 1771 by master builder Miquel Basart, is a single nave. It has two side chapels and a rectangular apse and was home to the image of the Mare de Déu del Carme, owned by Father Miquel Costa. Bombing during the Civil War demolished the hospital but left the chapel intact. The chapel became town property in 1999. Renovation of the chapel began in 2008 and today serves as the headquarters of the Ezequiel Torroella Art Space and Local Heritage Interpretation Centre. It can seat seventy people and a stage is available.



m <sup>2</sup>	Theatre
100	70

## Unique venues

### Sant Esteve de la Fosca Castle



m <sup>2</sup>	Theatre
100	246

## Activities

1

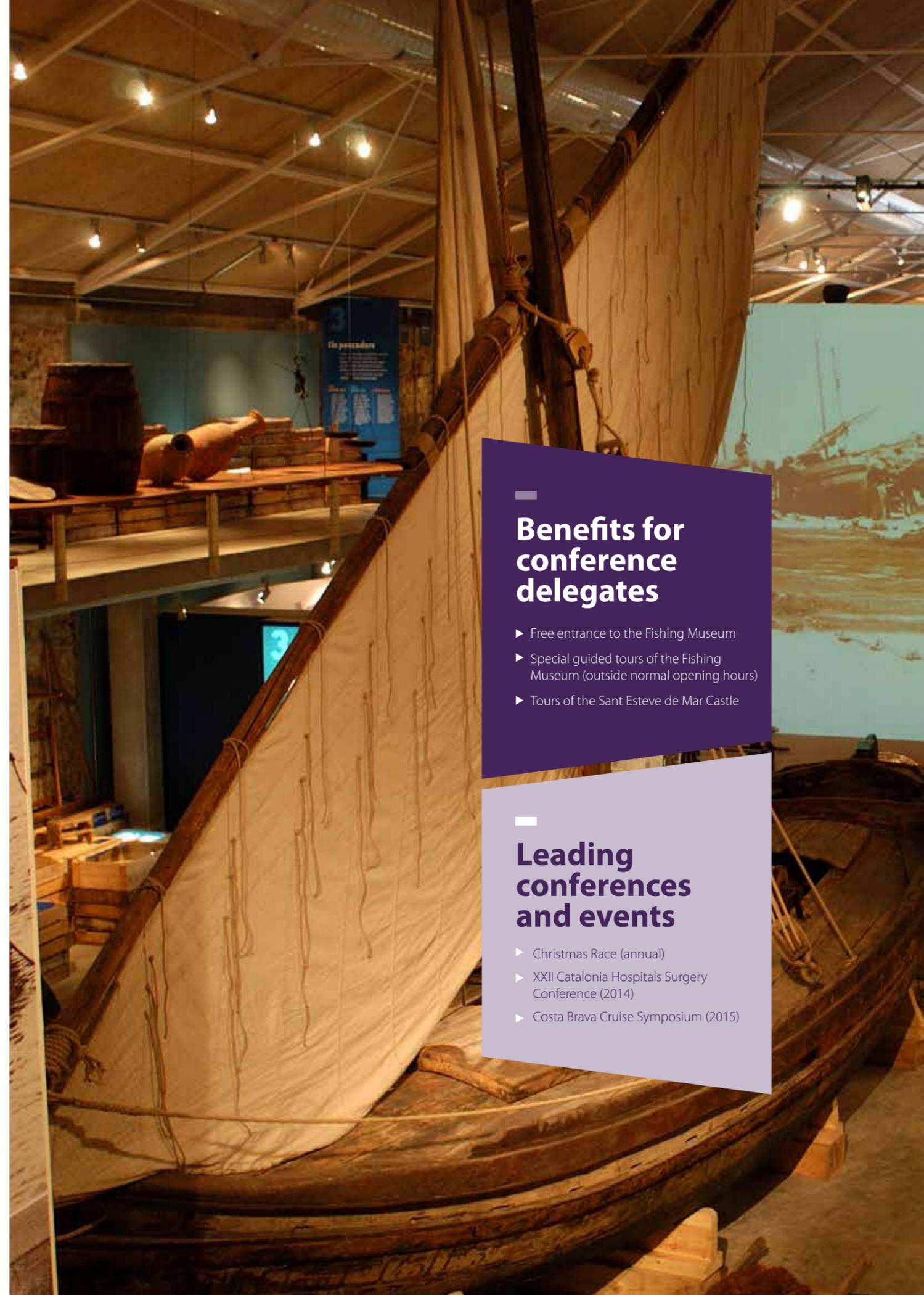
### Seafood show-cooking at the Espai del Peix

Chefs will help participants prepare different traditional seafood dishes and learn about different fish species, how to handle them, traditional products and recipes and their characteristic tastes.

2

### Guided tour of the fish auction

This is a thirty-minute guided tour of the live fish auction. From a reserved space participants can watch the fish wholesalers and retailers make their daily purchases. Together with the guide's explanation about what happens at the auction, the visit also features a four-minute video in four languages that explains the entire process.



## Benefits for conference delegates

- ▶ Free entrance to the Fishing Museum
- ▶ Special guided tours of the Fishing Museum (outside normal opening hours)
- ▶ Tours of the Sant Esteve de Mar Castle

## Leading conferences and events

- ▶ Christmas Race (annual)
- ▶ XXII Catalonia Hospitals Surgery Conference (2014)
- ▶ Costa Brava Cruise Symposium (2015)

## Culture

Culture in the Costa Brava and Girona Pyrenees means going back to the origins of civilization. Visitors can discover, from oldest to most recent, the megalithic monuments on the Albera and Gavarres massifs, prehistoric caves in Serinyà, Iberian, Greek and Roman villages that border sea, particularly Empúries, as well as examples of Romanesque, Gothic, Baroque and Art Nouveau influence that can still be seen across the region today. The Medieval period left an impressive mark on the region, where an air of ancient history can still be felt in towns like Sant Pere de Rodes and Ripoll.

In recent years, the unique approach of artists like Salvador Dalí have introduced a new way to look at our cultural and natural environment, a vision reflected in unparalleled artistic creations. In total, this land of culture and tradition is home to over 55 museums and 550 monuments.

## Gastronomy and the DO Empordà Wine Route

The province of Girona is home to world-renowned cuisine, one of the region's main attractions. Plan your event at a venue surrounded by outstanding natural beauty, undoubtedly one of the main ingredients that make business meetings here a guaranteed success. The region's extensive culinary tradition, known for its excellent seafood and local products, has been shaped by the landscape and an exceptional climate.

Today, Girona cuisine is synonymous with creativity. Just as Dalí amazed the world with his surrealist work, Ferran Adrià, another local genius, has amazed the world with his culinary creations. Adrià's famous El Bulli restaurant in Cap de Creus was one of the world's most important centres of avant-garde cuisine for years.

However, the quantum leap and creative advancement of Girona cuisine was driven by other world-renowned names as well, like El Cellar de Can Roca Restaurant, voted World's Best Restaurant by the prestigious British magazine *Restaurant*. Not to mention the DO Empordà Wine Route, which includes 25 wineries where visitors can discover the secrets to our region's wines.

## Nature and active tourism

The Costa Brava and Girona Pyrenees boast a unique blend of geographic features that makes it possible to enjoy a full range of activities –by land, sea and air– that make the perfect addition to any business meeting or incentive trip.

The possibilities are limitless. Guided Segway, horse riding, quad, bike, walking and snowshoeing tours are available for all levels and offer participants the opportunity to discover the region's exceptional beauty first-hand. Guided kayak or sailboat tours, employee activities at the beach and exclusive lunches at one of the Costa Brava's many hidden coves are also on the menu. Take an airplane ride for a bird's-eye view of the region or soar over unique natural areas in a hot air balloon while tasting local products...and more adventurous participants can even experience the thrill of skydiving.

The region's extensive range of activities also includes a stay at one of its many spas, golf, cooking classes with local product tastings, tours of DO Empordà wineries, markets, museums, botanical gardens, castles, monasteries and much more.

The possibilities are endless and we're always on hand to help you design the perfect, original and unforgettable activity to promote team spirit or to reward your employees for a job well done.

## Golf

Golf enthusiasts will find no better place than the Costa Brava to play their favourite sport.

In an hour visitors can drive from the intense blue of the Mediterranean to practice their swing on greens sheltered by the peaks of the Pyrenees.

The Costa Brava and Girona Pyrenees is home to 13 golf courses and 11 pitch and putt courses.

Five golf courses at three clubs –PGA Catalunya Resort, Empordà Golf Resort and Golf Platja de Pals– are ranked among Europe's top 50 courses, according to the British Top 100 Golf Courses ranking. The region also managed to further secure its spot in the upper echelons of the sport after the PGA Catalunya Resort was named Europe's Top Golf Resort 2016.



# CONFERENCES IN THE COSTA BRAVA GIRONA PYRENEES

THE PERFECT DESTINATION FOR GENERATING THE BEST IDEAS  
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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

