



## PRESS RELEASE COSTA DAURADA





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[Tourist Board of the Tarragona Provincial Council](#)

[www.turisme.tarragona.cat](#) This pdf is interactive, the underlined words are links.



## The Costa Daurada, a welcoming land



The Costa Daurada has always been a welcoming land. Its excellent climate and its privileged location, with more than eighty kilometres of coastline, also with mountains rich in natural and heritage resources make this area, made up of six counties located in the southern area of Catalonia, one of the leading tourist destinations in the Mediterranean.

Sheltered from the coast, with endless fine sand beaches and crystal-clear waters are the main destinations with beaches provided with all kind of facilities and quality certifications that are renewed every year.

The heritage built over the centuries also has special characteristics. From the Roman Tarraco, the headquarters of the resistance of Emperor Caesar Augustus and the capital of Hispania Citerior during the Roman empire, to the Cistercian and Carthusian monasteries built during the Middle Ages. Not to forget the rich natural landscapes of areas such as the Montsant mountain range and the mountains of Prades, as well as the areas of spectacular natural beauty such as the Priorat and Conca de Barberà.

The Costa Daurada also offers a significant leisure and quality offer. Because although PortAventura World is the main attraction, which every season makes important investments to extend its offer, the Costa Daurada counties have, on the coast and inland, interesting offers to enjoy leisure with the family, in a group or at your own pace.

The excellent climate, with warm summers and mild winters with little rain, also make the Costa Daurada the ideal location to practice and programme sports activities all year round. In fact, many towns offer an important selection of sport facilities. In this regard, the offering of quality golf courses meets the standards of the most demanding players.

The Costa Daurada also has a rich gastronomic offer, with typical ingredients of the Mediterranean diet: such as oil, cereals, fruit and vegetables, as well as fish and high-quality meats. Not forgetting the wines and cavas, made in singular territories grouped by the different designations of origin.

## How to get here

Less than one hundred kilometres away from Barcelona, the Costa Daurada has an excellent infrastructures network

**By car:**

The Costa Daurada is connected to Europe and also to the Iberian peninsula through the main road infrastructures. thus, the connection between the North and the South is via the AP-7 motorway. From the counties of Lleida, the AP-2 motorway is the road that directly connects with the Costa Daurada.

There are also other roads such as the national roads N-240 and N-340 or the C-14 and also the C-44 that enables easy and fast access to the destination.

**By train:**

The Camp de Tarragona train station is the station of reference for High-Speed transport.

The rail connections are supplied by the company Renfe, which is in charge of the rail transport on the stations network throughout the Costa Daurada.

**By plane:**

Reus Airport is the airport of reference of the Costa Daurada counties. In the high season, the airport offers important international connections.

Barcelona airport is located only one hundred away kilometres from the Costa Daurada.

### By Bus:

Many transport companies daily connect by bús the main destinations with the Costa Daurada.

# Climate

The Costa Daurada has a typical Mediterranean climate. Average temperatures range from approximately 14°C in winter to between 21° and 29°C in summer. However, it is worth noting the contrast between the coastal and mountain areas, where the average temperatures are generally 2° to 4°C lower.

The rainfall is concentrated in autumn and mainly in spring, although short and heavy showers are common in summer.





#### [The Vermouth House](#)

The Vermouth and Wine House is a multi-purpose area located in Reus's Estación Enológica (Oenology Station), which has a double function: to offer information about the city's attractions and the activities related to vermouth. This is a good place to get to know about Reus's popular vermouth, currently eight brands, and the "Reus Vermouth Route", as well as discovering the origin of the quote "Reus, Paris, London", which dates back to the XVIII century.

## A destination in constant renewal

The Costa Daurada is a lively and very dynamic destination. Year after year, both the public and private initiatives make great efforts to implement effective improvements and present new proposals in order to offer visitors a more attractive destination.



#### [New visitors' centre in Poblet Monastery](#)

Poblet Monastery has just opened two new areas that complement the visits to the monument and offer a renewed way of looking at monastic life in the XXI century: the new visitors' centre and the expansion of the Museum's exhibition area. An experience that fuses the most contemporary elements, like audio-visuals and interactive screens, with the religious tradition of the Cistercian abbey.



#### [Caminos KM. 0 \(KM.0 Trails\)](#)

Caminos KM. 0 is a new project for experiences and tourist visits about the heritage, history and value of agricultural areas that comes from the undertaking to promote sustainable tourism in the Alt Camp region. A proposal that has created synergies with local producers, which means we can sample local products at the end of the trails.



#### [More sports facilities](#)

The Salou Football Sports Complex has taken a leap towards professionalising its offer through the incorporation of a stadium with capacity for 1.000 people and 2 beach-football pitches that meet international standards. This complex also has 1 multi-purpose rugby pitch and another 11 football pitches. All of this is within 175.000 square metres of sports facilities.



#### [The Casteller Museum \(Human Tower\)](#)

The Human Tower Museum of Catalonia, in Valls, is a place that stirs up the visitors' feelings, feelings that have touched the hearts of so many people for over 200 years. The Museum visit begins with reason and ends with the most intense emotions that human towers provoke. An innovative and technological visit showcasing the essence of this tradition.



# Coastal Tourism



## A large port

The Costa Daurada has always been a port open to the people of the Mediterranean. The main common element on the coast are the long golden sand beaches, hence the name of the tourist destination, with calm and crystal clear waters. Nevertheless, we will also find rugged coasts, with pine trees that almost reach and enter the sea and that become a natural privileged paradise for bathers.

## 60 beaches in 81 kilometres

The 81 kilometres stretch of Costa Daurada's coastline has up to sixty beaches. Most of them have in common their fine golden sand and clear shallows, making your stay on the beach very tranquil and pleasant to enjoy with the family.

60  
beaches in 81  
kilometres

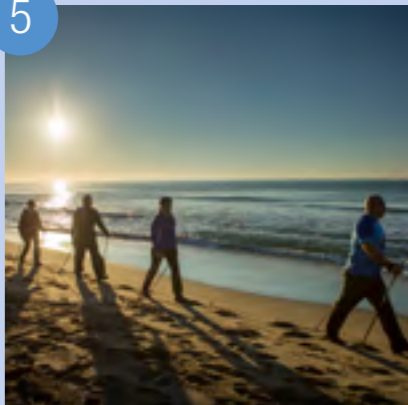
## Quality certifications

Altafulla, Calafell, Cambrils, Creixell, Cunit, El Vendrell, l'Hospitalet de l'Infant, Mont-roig del Camp, Roda de Berà, Salou, Tarragona, Torredembarra and Vila-seca are municipalities with beaches that have been awarded the blue flag; an ecolabel that guarantees the quality standards of the water, the cleanness of the sand, accessibility for people with reduced mobility as well as the availability of services such as, toilets, rescue and lifesaving and first aid.

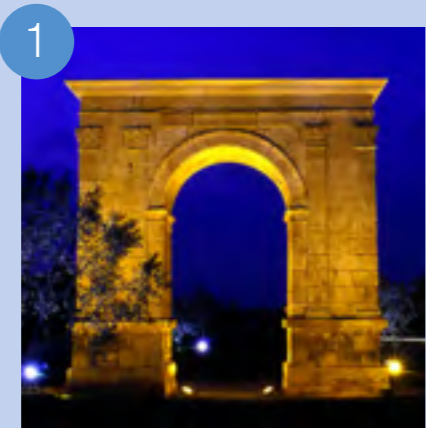
Furthermore, some of the destinations are also certified with ISO 14001:2004, that guarantees the environmental management of the beaches.



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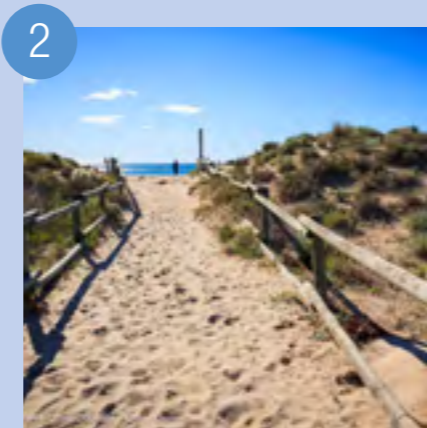
Our proposal:  
5 routes to discover the coastline



Seaside track to Roda de Berà

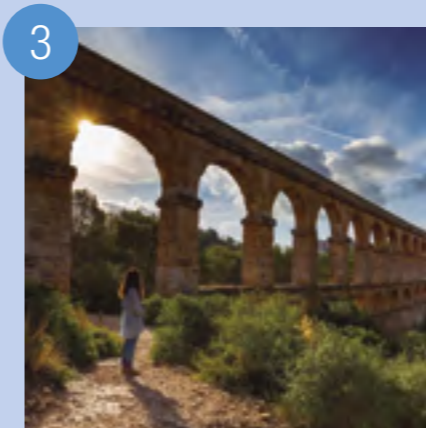
Roda de Berà preserves one of the most important heritage features of the presence of the Romans on the Costa Daurada; this is the arch from which the town takes its name and is where the seaside track ends that starts at the town's Plaça de la Sardana square.

The route allows, along its nine kilometres, the possibility of knowing the traditional landscapes of the Costa Daurada, with crops like olive trees, as well as discovering the coast and the urbanisation Roc de Sant Gaietà, until reaching the Arch of Berà.



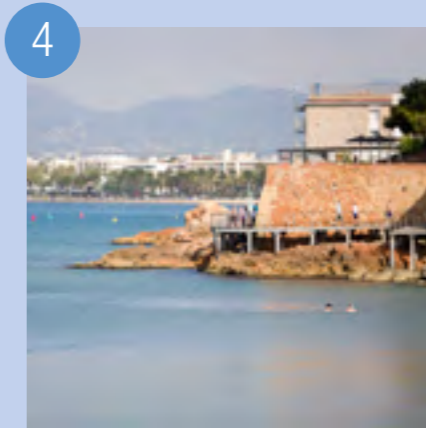
Natural area of Els Muntanyans in Torredembarra

The Natural area of Els Muntanyans located between the municipalities of Torredembarra and Creixell is considered one of the best preserved natural ecosystems of the Costa Daurada. The route, of 5,300 meters, will allow you to enjoy the natural dunes on the beach while walking along the seafront of Torredembarra. Furthermore, if you plan to visit in summer, you can also complement it by taking a dip in the sea.



Visit to the Roman heritage

The legacy of the Roman empire is spectacular on the Costa Daurada. We recommend you discover it by starting the route at the Roman village of Els Munts, in Altafulla, which in summer, is also the scenario for dramatised visits. In Tarragona, a must-see is the walls, the Archaeological walk, amphitheatre and the head of the circus, without forgetting the Praetorium tower, from where the political strategy of Hispania was governed. The monumental complex of Tarraco is a Unesco World Heritage site. In Salou, if you visit Barenys you will discover how the amphorae were built during the Roman Empire.



Discover the Costa Daurada sheltered from the sea

For centuries on the Costa Daurada, the seaside trails have bordered the coast in a landscape of outstanding beauty. In Salou you will find the seaside track, a singular route to enjoy by foot. You can continue your route following the GR92, popularly known as the coastal path, from Cambrils until reaching the town of l'Hospitalet de l'Infant, where you will discover the Costa Daurada coastline. Some sections are urbanised, yet other parts of this route of just over fifteen kilometres, are solitary.

Marine reserve in El Vendrell and Nordic walking in Calafell

The beaches of El Vendrell, located 3.5 kilometres away from the town centre, excel for their quality. In front of the beaches is the marine reserve Masia Blanca, at a depth of between 4 and 16 meters and a great richness of animal and plant species.

A nature workshop is managed by the Tourist Board that enables discovering the natural richness of the reserve with activities such as snorkelling.

The outing can be complemented with a visit to the neighbouring town of Calafell, a leader in the promotion and dissemination of Nordic walking on the Costa Daurada. Calafell promotes, throughout the year, interesting proposals to discover the destination by day and also by night practising this form of active tourism.

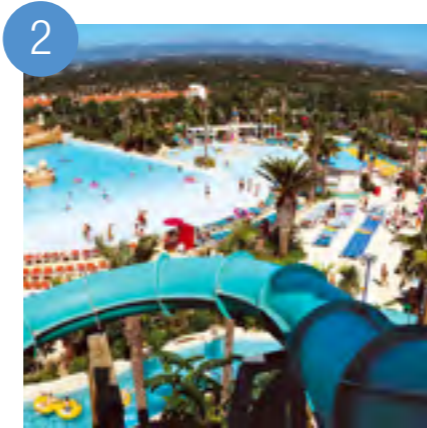
# Main leisure attractions in the Costa Daurada



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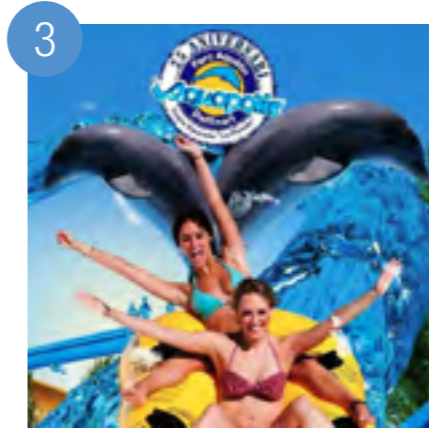
PortAventura World is, since its opening in 1995, a spectacular resort with more than thirty rides, including the Dragon Khan, Stampida, Hurakan Condor, Furius Baco and Shambala. Furthermore, with the aim of growing, innovating and re-inventing itself to always surprise the visitor, PortAventura World invests and improves the park every year.

In 2017, the resort added to its attractions with the opening of Ferrari Land, the only theme park in Europe devoted to the *cavallino rampante*.



PortAventura Caribe Aquatic Park

PortAventura Caribe Aquatic Park is one of the best water parks in Europe. Located next to PortAventura World, the park has 50,000 m2 and offers a wide array of rides for all the family.



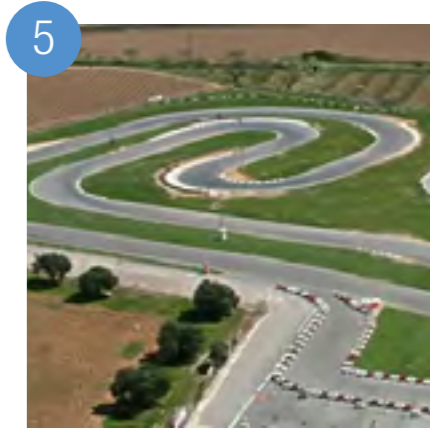
Aquopolis

Aquopolis is a theme park with an array of water rides. The park, which is located in Pineda Platja, also has a dolphinarium that offers shows and activities with dolphins and sea lions



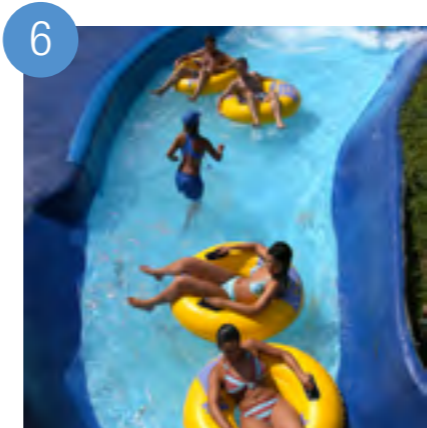
Electric Karting Salou

Electric Karting Salou is a modern and adapted facility for a true adrenalin rush with the maximum safety.



Karting Club Vendrell

Karting Club Vendrell, located in the capital of the county of Baix Penedès, offers excitement and speed on its two circuits. The first one, for adults, has an approved racing track, the second, with a 425 meters track, is for children.



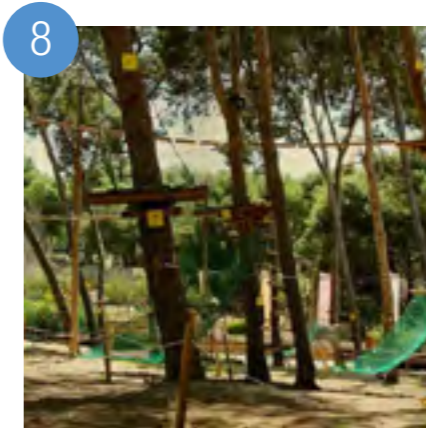
Aqualeon

At Aqualeon, a thematic park located in the municipality of Albinyana, in the county of Baix Penedès you will be able to enjoy the water attractions and also be in contact with nature.



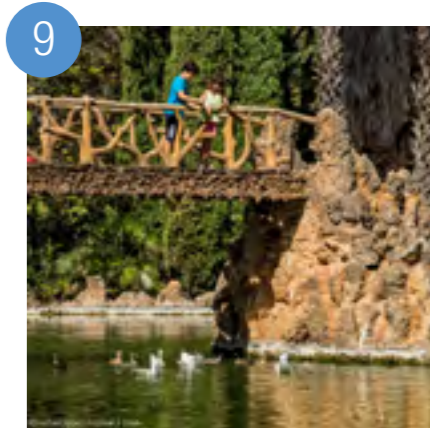
Karting Salou

Karting Salou is one of the best karting complexes in Europe, with a race track of 1,200 m2. The facilities have karts for adults, children and two-seater karts.



Bosc Aventura

Bosc Aventura, in the centre of Salou, has more than 8,000 m2 of green area with zip wires, paintball and much more for family fun.



Cambrils

The history of Parc Samà is closely linked to the connections its founder, Salvador Samà i Torrents, established with Cuba. He commissioned the architect Josep Fontseré to create a unique space with an extraordinary natural environment, exotic birds, labyrinths, and much more.



# Costa Daurada, for all the family

The Costa Daurada is a leading family destination. Both the coastal towns and the interior municipalities offer visitors a wide array of activities for them to enjoy their family holidays or breaks. The richness of the territory allows tasting the heritage, practising sport in the sea or inland, and has numerous routes designed for the enjoyment of a diverse public.

The municipalities that make up the Costa Daurada are rich in popular and traditional culture. Hence, you will be able to get to know century-old traditions such as human castles, traditional religious events such as the spoken dances or become passionate with the celebrations that are deeply-rooted in the territory such as the feast days, with the devils and giants,

protagonists of the parades. In fact, some of the festivals that you can enjoy in the Costa Daurada have been declared “Festival of National Tourist Interest”. This is the case of the Setmana Medieval de Montblanc, which for fifteen days allows travelling in time and knowing how the people from Montblanc lived in the Middle Ages, when the Ducal village was the country’s seventh most important town, or the Santa Tecla Festival of Tarragona, with the outstanding elements of its rich and well-attended popular Retinue.

The calendar of festivals of the Costa Daurada is completed with the events that have been declared traditional festivals of national interest, which are: Festa Major de l’Arboç, the Processó del Sant Enterrament de Tarragona, the Festa Major de Reus, the Encamissada de Falset (Feast of Saint Anthony), Els Tres Tombs de Valls (Feast of Saint Anthony), the Ball del Sant Crist de Salomó, the Festa de la Mare de Déu del Carme in the coastal towns, the Cos de Sant Antoni (horse racing) in Vila-seca and the Festes Decennals de la Mare de Déu de la Candela (festival every ten years in honour of the Mother of God of the Candela) in Valls, the next edition of which will be in 2021.

## Features of the Family Destination

The Costa Daurada has been a pioneering territory in Catalonia in becoming a complete family destination. You can discover it by strolling along the long beaches where one can enjoy the tranquillity and disconnect from routine, or practice water sports. Or getting lost inland, with magical areas offering cycling routes, MTB outings, climbing or excursions to get to know the rich architectonic and artistic heritage.

Moreover, the hotels have also adapted in a constant process of improvement, offering facilities ready to comfortably welcome all the family members.



Family Tourism  
Certifications

In 2003, the town of Salou became the first destination of the Costa Daurada to obtain the Family Tourism certification, certified by the Generalitat de Catalunya. Currently, the towns of Cambrils, Vila-seca, La Pineda Platja, Calafell, Salou, El Vendrell and Les Muntanyes de Prades also have this certification.

The Family Tourist Destination certificate granted by the Catalan Tourist Agency of the Generalitat de Catalunya ensures families that the town chosen for their holidays is sensitive and works to ensure that the facilities and services are adapted for families, especially those travelling with children.



Sports Tourism  
Certifications

In the Costa Daurada, the towns of Salou and Cambrils also provide the Sports Tourism certificate granted by the Generalitat de Catalunya. This rating distinguishes the destinations for the quality of their sports facilities.



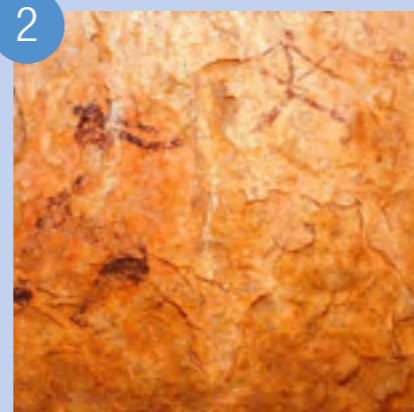
Our proposal:

## 5 Family Tourism Routes



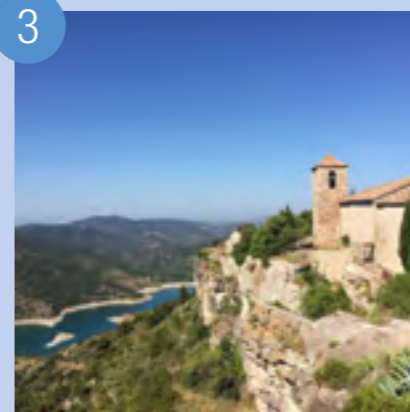
Capona route in Pla de Santa Maria

Pla de Santa Maria, in the county of Alt Camp, has a rich heritage in dry stone, that evidences its agricultural past. We recommend this two-kilometre route, a flat stretch full of huts, arneros, margins and singular hideouts. Outstanding of the Capone route, which can be enjoyed by foot or bicycle, is the Cossiòl de la Soleta, which was built to store water.



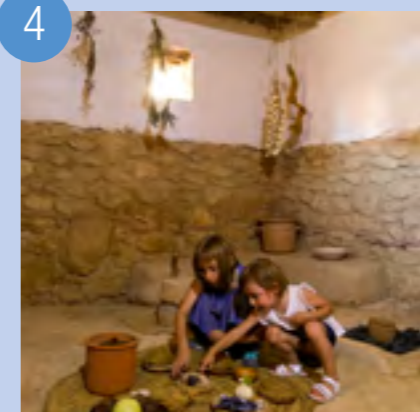
Capçanes

Capçanes preserves a rich prehistoric heritage. In its rock shelters and caves you can find depictions of a magnificent 54-centimetre-high bull among many other prehistoric humans and animals. The guided tours are a unique opportunity to see some twenty groups of rock art created around 10,000 years ago.



Guided visit of Siurana: Legends of princesses and warriors

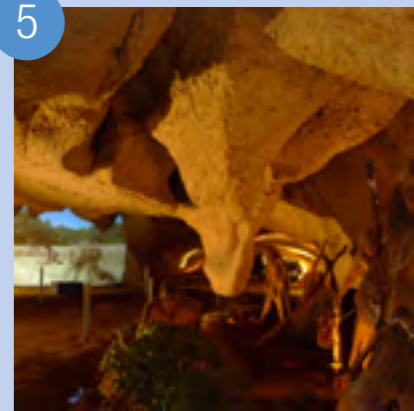
The route is an excellent opportunity to get to know the historic centre of Siurana, located in a strategic area, which was also the last strongholds of the recapture of Catalonia. Siurana, also has a castle that was a bastion of the Muslim resistance. Guided visits are organised at weekends.



Tourist train and Iberian Village of Calafell

North of the Costa Daurada, we propose that you discover the town of Calafell. The route can start with the tourist train that has two itineraries and is an excellent way to discover the destination. The outing can be completed with a visit to the Iberian village, one of the country's most singular sites to learn how the Iberian people used to live. Furthermore, in summer, the Terra Ibérica Festival is held.

5



The Caves of l'Espluga, the Rural Life Museum and Clicklània

The Caves of l'Espluga de Francolí were inhabited from the Middle Palaeolithic, and the visit of the cave is a discovery for the history of humanity. For the more adventurous, we recommend the adventure route, of 900 meters. The stay at l'Espluga must be complemented with a visit to the Rural Life Museum, to learn more about the traditional and rural life in Catalonia.

Furthermore, twice a week in the month of October the town of Conca de Barberà is the venue of Clicklània, a festival that for many years now enables transforming the old church of Sant Francesc de Montblanc into a world dedicated to Playmobil figures. Throughout the year, we suggest discovering the enclosed walls at bird's-eye view, by taking part in the guided visits organised by the Tourist Office.



© Ferran Aguilar | Monestir de Poblet

# The Costa Daurada, a universal heritage

In 1991, the monastery of Santa María de Poblet, in Vimbodí and Poblet, became the first monument on the Costa Daurada to be catalogued as World Heritage by the UNESCO. The declaration arrived after years of reforms to recover the former splendour of a unique monastery: with a blend of styles: from Romanesque to Gothic and a monastic community that continues with a communal lifestyle.

The discovery of Tarraco is also synonymous with a trip back in time that will let you enjoy a piece of the Roman Empire's history. The light, excellent temperatures, the port ... were factors in its favour in the romance between the Romans and a city that even became, for two years between 29 and 27 B.C., the residence of emperor Augustus Caesar.

Roman Tarragona is also World Heritage: we suggest you discover the amphitheatre, the walls, the circus ... But don't forget to stroll along the streets of the Old Town where you can still feel and discover its rich history.



In the mountains of Prades you will find the cultural and religious impact left by homo sapiens. These are the cave paintings that are shown in Rojals, a district of Montblanc, proudly and with a guided visit to get to know the history, through the cave paintings of the Prades Mountains Visitors'



Centre and savour the artistic expressions with a visit to Mas de Carlos, one of the gems of cave painting on the Costa Daurada.

There is also a high concentration of prehistoric painting to be seen in the Priorat region. The collection, located in Capçanes, is made up of some twenty pictorial groups that represent over 150 figures of humans and animals including a large, 54-centimetre bull, one of the largest documented to date.

The "Castells", Human Towers, are culture and one of the most deep-rooted traditions on the Costa Daurada. With over two centuries of history, this tradition, which was born in Valls, has continuously expanded, firstly throughout Catalonia and nowadays, even beyond this territory's borders. Strength, balance, bravery and common sense are the values associated with these human towers, which have deservedly been catalogued as Intangible Heritage by the UNESCO.

Another Intangible Heritage that can be discovered on the Costa Daurada is dry stone art. This is a type of architecture that is always blended into its surroundings and, in some areas, is has been so widely carried out that it has conclusively contributed to the configuration of the local landscape. There are thousands of elements with these types of features all along the Costa Daurada: ranges, hamlets, ice wells, lime ovens, etc...

The art of good eating, the Mediterranean Diet, is the other intangible heritage that, in this case, can be savoured on the Costa Daurada. You will find gastronomic creations here, from the most innovative to proposals that arise thanks to the invaluable cultural inheritance from centuries past. Heritage that has one basic ingredient, which is clearly seen on the Mediterranean: the sociability of its peoples.

## Costa Daurada, land with history, land with heritage

The Costa Daurada has always been a land which welcomes the stranger, and good proof of this is the rich heritage legacy that is still today preserved in most of the six counties that make up the destination.

From the footprint that the Homo Sapiens left in the mountains of Prades, to the Roman Tarraco, the capital of the Roman Empire's Hispania, and also the Cistercian monasteries of the Cistercian Route, outstanding among which is the monastery of Poblet, with the largest Cistercian monastery in Europe. Nearby, in Montblanc, you can discover a town with enclosed walls in an excellent state of preservation after an important restoration process to recover the medieval village.

The Costa Daurada is also a land that has captivated the interest of great geniuses of art. In Reus, you will find an important footprint of the country's modernist legacy, built between the 19th and 20th centuries. Yet we also propose you discover the landscape and enjoy it, we are sure you will fall in love with it as did Joan Miró, Pau Casals and Antoni Gaudí, among many others.



# Routes to make great discoveries

## Cistercian route



The counts of Barcelona donated the land located in Conca de Barberà where the Cistercian monks from France were to build a monastery. This was the first step to guaranteeing the construction of a monastery

that still today preserves the monastic tradition.

The Cistercian route becomes a discovery of the inland area between the counties of Alt Camp –Monastery of Santes Creus-, Conca de Barberà –Monastery of Poblet- and also the Urgell –Monastery of Vallbona de les Monges, this one already outside the Costa Daurada-. We suggest this architectural route, full of spirituality as well as exceptional landscape and gastronomic discoveries.

## Modernist Route in Reus



The bourgeoisie of Reus promoted the construction of new buildings in the historic centre of the capital of Baix Camp which at the end of the 19th century became their manor houses and are now authentic architectural

gems that you will be able to discover when strolling through the centre of Reus. The icing on the cake of this architecture is the Pere Mata Institute, designed by Lluís Domènech i Montaner, and that was built following the pavilions model of the Sant Pau Hospital in Barcelona. It is currently possible to visit the pavilion “of the distinguished”, which is of great architectural beauty. At the Gaudi Centre, you will be able to learn the secrets of this talented architect.

## The Landscape of the Geniuses



Gaudí, Miró, Pau Casals and Pablo Picasso are names linked to our territory. They all left their footprint and, at the same time, got inspired thanks to their close relationship with the Costa Daurada. Therefore, in Reus,

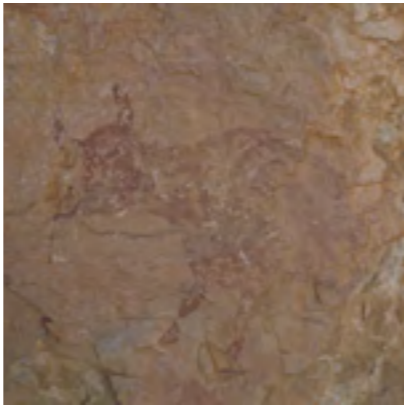
you will find the Gaudi centre and an important testimonial of modernism at Casa Navàs and the Pere Mata Institute. Miró and Mont-roig del Camp had a close relationship through La Masia, yet you will also be able to discover other places that exude Miró’s art such as the Mare de Déu de la Roca, the huts of dry stone, you can also discover the area by MTB. At El Vendrell, next to the beach of Sant Salvador we recommend you visit the Pau Casals Villa Museum. While at Horta de Sant Joan –in Terres de l’Ebre-, Picasso stayed there twice, and the centre with the name of the genius painter is a good place to start this route of the landscape of the geniuses.

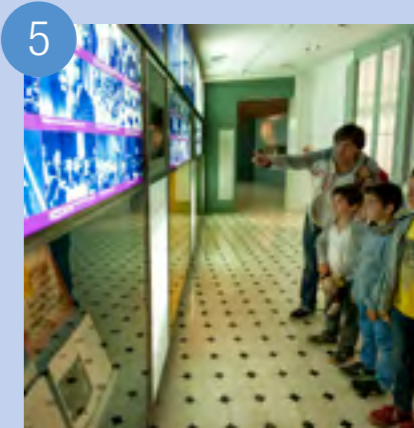
## The Wine Route



In el Priorat, the land smells of wine. It is not surprising. Wine has been linked to the economy of a county that preserves, with extraordinary care, little more than 3,800 hectares of vineyards distributed among the two

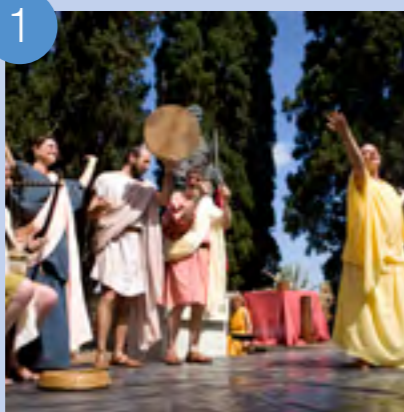
designations: the Quality Designation Priorat and the Designation of Origin Montsant. The route will allow you to discover the wineries that make extraordinary wines. The route will also allow you to enjoy a unique territory, which presents its candidature to become World Heritage by the Unesco.





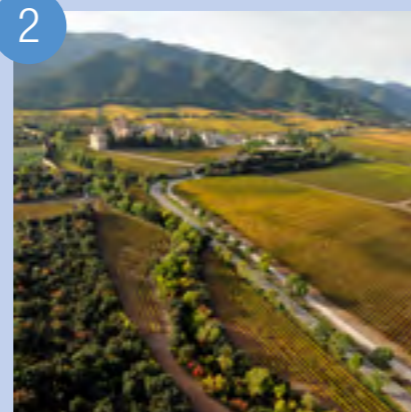
Our proposal:

## 5 routes to discover the cultural heritage



**Tarragona, more than 2000 years history and the Tarraco Viva festival**  
After years of a meticulous restoration, the Roman Tarraco is a true gem to discover. We propose a route that starts at the Roman amphitheatre, continues through the circus and Praetorium tower and ends with a visit to the cathedral that now also includes the possibility of going up to the roof, an excellent watchtower.

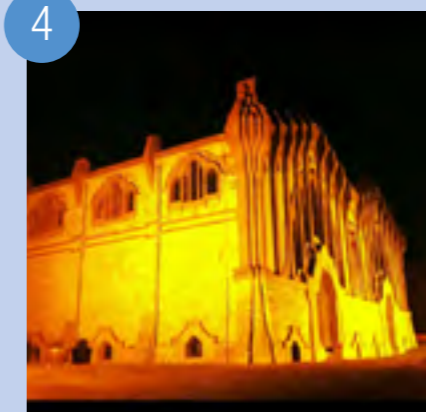
Furthermore, in the month of May, Tarragona celebrates the Tarraco Viva Festival, which becomes a true adventure to get to know all the details about the life of the Romans in the city. In summer, you can not miss the historical reconstructions of Tarragona Historia Viva.



**Monastery of Santa Maria de Poblet**  
Founded in 1098, the monastery of Santa Maria de Poblet Poblet is one of the architectural gems of the world's religious heritage. The monastery is an example of the evolution of art in Catalonia, as it has all the architectonic styles that have passed through the country from the 12th Century. We recommend you visit the church, where the royal tombs rest, but also the refectory, the cloister and the walls, and to finish, the discovery of the Cistercian legacy with a visit to Santes Creus, the only monastery of the Cistercian Route that has not been inhabited by the monastic community. We propose a route through the monastery and its surrounding area with a guiding thread: the medieval legends with Santes Creus as the scenario.



**Mines of Bellmunt del Priorat**  
The Eugènia Mine was the most important lead mine in Catalonia. In operation from 1870 until 1972, the mine forms part of the museum complex of the Mines of Bellmunt del Priorat, an interpretation centre that enables learning how was the lead mining world in Catalonia. While you are there, we suggest you also visit the Cooperative Cellar of Falçet-Marçà, which organises dramatised guided tours, and the wine Interpretation Centre in Falset.



**Wine Cathedrals**  
At the end of the 19th and beginning of the 20th-century, different peasant cooperatives of Camp de Tarragona commissioned the construction of cellars, equipped to prepare wine and produce oils. These are impressive constructions, such as the cellars of Nulles, l'Espluga de Francolí o Rocafort de Queralt among many more, which are an excellent testimony of this period. Moreover, we also propose discovering other constructions such as the hermitage of Mare de Déu de Montferri, designed by the architect from Tarragona Jujol or the church of Vistabella as well as the Hermitage del Roser de Vallmoll, to mention an example.

**The musical universe of Pau Casals**  
Pau Casals was linked to the world of music from at a very young age. When he was nine years old he started playing the town's Baroque organ and then when he was an adult, Casals continued his relationship with the capital of the Baix Penedès through the summer residence. You can discover Pau Casal's universe through the array of guided visits offered to students but also to adults, thanks to the dynamic and commented visits with expert guides. And, in the months of July and August, the International Pau Casals Music Festival is held which since 1981 involves the best performers and groups of the country and from around the world with the violoncello as a guiding thread.



# Inland Tourism

The Costa Daurada also has an extraordinary nature inland. From the singularity of the Serra del Montsant mountain range, declared Natural Park for the important value of the natural and plant species that inhabit it, to the mountains of Prades or the Forest of Poblet. All without forgetting the singularity of the medieval complex of Montblanc or the municipalities of a spectacular and special beauty such as Prades or Falset, the capital of a territory with a rich production of excellent wines.

## Serra de Montsant mountain range

The Serra del Montsant –of 1,163 meters high-, in the county of Priorat is one of the landscape gems of Camp de Tarragona, declared Natural Park. With limestone conglomerates, dated between 38 and 24.6 million years, the park is a compendium of diverse climatic regions with wild forests, ravines and the valleys of the rivers Montsant and Siurana.

The office that manages the park, organises a wide array of activities to discover the aspects of the fauna and flora of this territory that, since 2002, is declared Natural Park.

## Mountains of Prades

Of a unique landscape and heritage singularity, the mountains of Prades will be your ideal destination to enjoy a holiday in which to unwind and where you will also be able to take part in walking or MTB routes, that will take you to discover beautiful corners such as the red town of Prades.

The mountain range of Prades, with 260 kilometres between the counties of Baix and Alt Cam, Conca de Barberà and the Priorat are a clear example of the Mediterranean ecosystem, with a diverse flora and fauna.

The Mountains of Prades have been granted the Family Tourism distinction awarded by the Generalitat de Catalunya.

## Forest of Poblet

The Poblet Forest is one of the best-preserved forests of the Prades mountains. The forest, which since the 12th century is part of the lands of the monastery of Poblet, boasts an extensive network of trails.

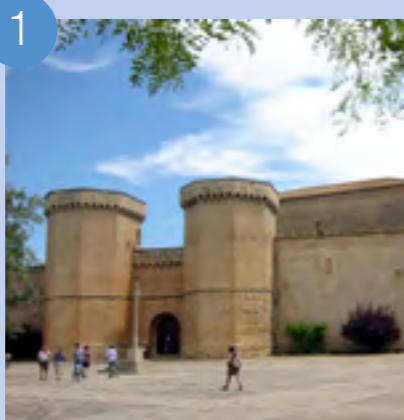
The Forest of Poblet which includes in its lands the ancient forest houses of La Pena, Castellfollit and El Tillar, is of a high geological and vegetation interest, where of particular note are the Holm oaks forests, pine tree forests, yew groves, oak forest, as well as shore forests.

The Forest of Poblet, which has been declared Natural Area of Natural Interest, offers many tourist activities organised by the Nature Reserve Management Office.



Our proposal:

## 5 Routes to discover by foot the inland of the Costa Daurada

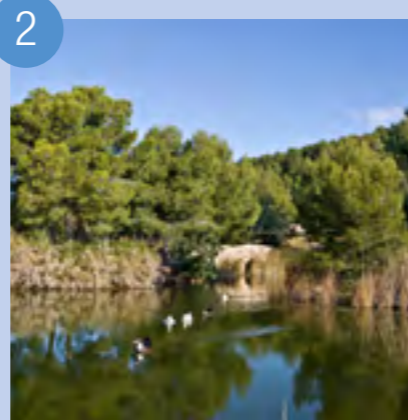


The Cistercian Route (GR 175)

The GR 175 is the only trail that allows us seeing in detail the entire monastery complex of the Cistercian Route. For those who go by foot, the route is 105 kilometres long, although if you go by MTB, it is three kilometres longer.

The GR 175 can be walked both ways: That is, departing from Vallbona (in the county of Urgell) or either starting at the monastery of Santes Creus (in Alt Camp). The route is an interesting itinerary to discover and get to know the natural richness inland of the Costa Daurada.

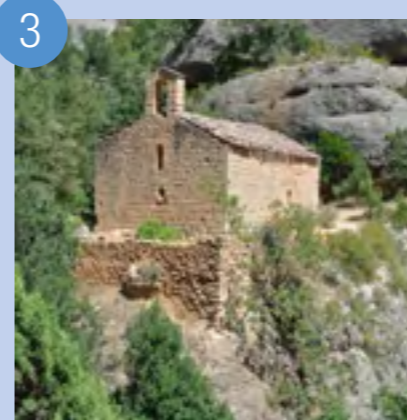
The 6T card provides discounts and advantages throughout the route.



Fondo del Mata in El Vendrell

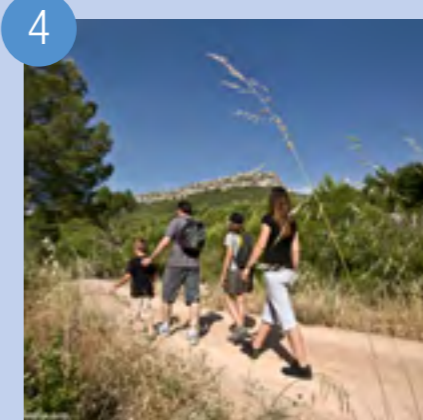
Fondo del Mata is a natural area in the municipality of El Vendrell with fountains, ponds and forests to enjoy nature. It also has a picnic area, by prior booking at the Town Hall of the capital of the Baix Penedès county.

You can access from El Vendrell through the TV-2048 until reaching the traffic lights in Sant Vicenç, and carry straight on through the Costa Roja track that will take you straight to the area.



Route through the Fraguerau Gorge

In the county of Priorat, discovering the hermitage of Sanit Bartholomew is also a great experience to get to know the landscape richness of the Montsant mountain range. The route, which will get your legs strong, starts beside the road C-242 between the kilometres 34 and 35, where the path departs towards the hermitages. The trail is full of hills and slopes and from where you will also be able to see the Montsant river, the habitat of trout and other fish species. You can complete the stay at the recreational area of Sant Antoni, a space equipped to enjoy with all the family.



Route through the Llors Valley

This route is 8.39 kilometres long and will allow you to know the town of Castelló, which is uninhabited yet every year at Christmas, holds the Nativity of the Stars. From Masboquera, the route must start in the direction of the schools, towards Castelló. When you reach the town, you can start descending the PR-92 to the fountain with the same name. In summer, don't miss the Rustic Festa, with traditional music to enjoy a unique natural area, star-gazing sessions are also organised as well as popular culture events.

5



Route through the mountain ranges of Llaberia and Coldejou

The mountain ranges of Llaberia and Coldejou has a special light. You can discover it on the route that we propose from the town of Llaberia to the Fontaubella Tower. It is 7 kilometres long, and the track passes through 21 paved turns that were historically made by the neighbours of the area and also by the legendary Carrasclet, who studied up to Philip V.

Enjoy the walk, which starts at the washers of the Fontaubella Tower, and will take you to singular landscapes such as Portell de Llaberia, Mola de Coldejou and Vall de Massons.



# Gastronomic Tourism

Placed in a strategic location and with an excellent climate, the Costa Daurada provides a rich array of products from the sea and the land, which are the basic ingredients to prepare the best cuisine of the Mediterranean diet, declared by the Unesco as Intangible Cultural Heritage of Humanity.

On the coast, outstanding is the oily fish but also the whitefish and seafood used to make delicious romescos, seafood rice dishes, noodles, rice paellas and all kinds of dishes that you will be able to taste in the restaurants close to the sea.

Inland, we have products such as the calçotada, but also the olla barrejada, pig’s trotters with snails, rice with rabbit, partridge stews and trout with juice.

We also suggest you enjoy products such as olive oil, which on the Costa Daurada is marketed with the Protected Designation of Origin Siurana.

Products with Protected Designation of Origin (DOP)

DOP Hazelnut from Reus

DOP Oil from Siurana

Products with Protected Geographical Indication (IGP)

IGP Calçots from Valls

IGP Potatoes from Prades

Quality Label Oily fish products

Sardine

Anchovy

Mackerel

Chub mackerel

Bogue

Horse mackerel

## Calendar of gastronomic festivals

ALT CAMP  
Calçotada Festival, last Sunday in January

BAIX Penedès  
El Vendrell, popular *xatonada* the first Sunday in February.  
Calafell, popular *xatonada* the first Sunday in March.

BAIX CAMP  
Cambrils, mantis shrimp gastronomic days during the month of February  
L’Hospitalet de l’Infant, Tuna gastronomic days in the months of April and May.

CONCA DE BARBERÀ  
L’Espluga de Francolí, fair-show of cracknels the first weekend in May.

PRIORAT  
Ulldemolins, trout with juice festival the second Sunday in March.

TARRAGONÈS  
Altafulla,  *festa de l’olla* festival the third Sunday in March.  
Salou, Squid festival during the month of November.  
Tarragona, gastronomic days of Roman cuisine coinciding with the celebration of Tarraco Viva the second and third week in May.  
Torredembarra, gastronomic days *Ranxets de mar*, during the months of May.



### Main Gastronomic days

All over the Costa Daurada many towns hold gastronomic festivals to make known their values and traditional dishes.

In Baix Penedès, Calafell, Cunit and El Vendrell they prepare *xató* and they also have festivals centred on this dish.

In Alt Camp, Valls celebrates the festival of the *calçotada* that on the last Sunday in January is the official start of the season of *calçots*.

In Tarragona, coinciding with the Tarraco Viva Festival, festivities are organised centred on Roman cuisine.

In Altafulla, the typical local dish is called *l’Olla*, (the pot) and the town also holds a festival to make it known.

In Cambrils, the promotion of the local gastronomy revolves around the mantis shrimps, which are also the protagonists of some gastronomic days. Whilst at Espluga de Francolí the consumption of cracknels is promoted, a candy made with nuts, among other ingredients. Tuna is the centre of the gastronomic festival held at Hospitalet de l’Infant, while in Salou, the local gastronomic festival revolves around squids. Torredembarra also has some gastronomic days to promote the “*ranxets de mar*”, typical stews made by the fishermen, and in Ulldemolins, they celebrate two festivals dedicated to trout with juice.

# Quality local products



The Costa Daurada is a rich agricultural land that produces and elaborates singular products, some of which are protected with the qualification of Designation of Origin, Protected Geographical Indication or Quality Label.

Furthermore, the Costa Daurada has many typical products. These are some of them: romesco sauce, cherries from Bràfim, coca bread with egg on top, White food from Reus, Muscat wine from Montbrió del Camp, tomatoes from Benach, cava, xató, bufats from Vendrell, resoli from Vendrell, cracknels from l'Espluga de Francolí, orelletes from Solivella, coca from Montblanc, merlets from Montblanc or Montbanquins, rosé cava from Sarra, garlic from Belltall, chestnuts from Vilanova de Prades, Maginet biscuits or vanos from Tarragona, coca from Perafort, pepper from Riera de Gaià, bread from Tinyol, trout with juice from Ulldemolins, honey or butifarra sausage from Montblanc.

COSTA DAURADA

## Protected Designation of Origin (DOP)

The qualification enables to designate a product that comes from a specific geographical area with characteristics that are due to the area where they are produced.



### Hazelnuts from Reus:

The cultivation of hazelnuts was introduced in Camp de Tarragona at the end of the 19th century, as a substitute of the vines, after the destruction caused by the phylloxera. The hazelnuts cultivated in the counties of Baix and Alt Camp, Tarragonès, Conca de Barberà and Priorat currently have the DOP Hazelnut from Reus.



### Oil from Siurana:

The cultivation of olive trees has been rooted for centuries in Camp de Tarragona where the varieties of *Arbequina*, *Rojal* and *Morruda* are grown. They are all used to prepare oil under the umbrella of the DOP Oil from Siurana.

## Protected Geographical Indication (IGP)

Allows protecting products of a specific quality, reputation or characteristic that can be attributed to a specific geographical origin.



### Calçots from Valls:

This is a sweet white onion that, due to the characteristics of its cultivation, has a long shape. Today, the IGP brings together a total of thirty hectares of crops in the counties of Alt and Baix Camp, Baix Penedès and also in Tarragonès.



### Potatoes from Prades

The geographic characteristics of the mountains of Prades make the subsoil unique and therefore, so are the potatoes grown in Prades, Capafonts, La Febró and also l'Arbolí.

## Quality Label

The food products that meet some specific quality requirements above those of the standard are awarded this label.



### Oily fish:

Sardine, anchovies, mackerel, chub mackerel, bogue and horse mackerel are oily fishes with this Quality Label. These are also fish captured with encircling gears.

# Wine tourism

The Costa Daurada is a territory of excellent wines. Since the Romans arrived, vineyards are grown in the counties in the south, although the greatest expansion took place with the arrival of the Cistercian and Carthusian monks. The production of grapes and wine making has been deeply rooted in the monastic tradition and since the middle ages, it has also been adopted in this territory.

Although, in addition to the history, the geographic and climate conditions of these counties produces wines of a great quality and of a special singularity. In fact, in the Costa Daurada, there are five designations of origin, some of which are even made with autochthonous grapes, as well as the Designation of Origin Cava.

To be able to enjoy the wine culture, the wine tourism offer increases day by day, with cellars that offer routes to discover the territory, the vineyards and at the same time taste the wines and cavas that are made there.

In this context, we also propose the discovery of the architecture linked to the wine culture. We are referring to the modernism cooperative building built at the ends of the 19th and beginning of the 20th century, as a result of the zenith of the cooperative culture.



## Qualified Designation of Origin Priorat (DOQ Priorat)

The Carthusian Monastery of Scala Dei is the beginning of the wine growing culture in Priorat. Since the 12th century- with the arrival of the Carthusian monks – the domains of the Carthusian monastery were associated with the production of wines with high-alcohol-content, with a body and a very well defined character.

The sun, the climate and also the singular unique relief of the Priorat make this area a privilege and unique location to elaborate supreme wines. Despite its small size, the DOQ Priorat is made up of 99 cellars, where wines coming from family-run vineyards, cooperatives and companies are made.

The DOQ Priorat has twelve wine production areas and around twenty village wines.

## Designation of Origin Montsant (DO Montsant)

The DO Montsant is the youngest of the Costa Daurada, with a history of ten years. Hence, the wines made here are of a one-hundred-year-old tradition with varieties rooted to the territory such as the garnatxa or carinyena, and others fruit of later incorporations such as cabernet, syrah or merlot.

The DO Montsant, also geographically located in the Priorat county, includes a total of 1,900 hectares, and the wines produced there are of great prestige.

The Priorat received the acknowledgement from the Swedish wine club Munkskänkarna as a wine producing region 2016 for the quality of its wines and the attractiveness of the territory.

## Designation of Origin Conca de Barberà (DO Conca de Barberà)

At an altitude of more than 350 meters above sea level, the cellars and cooperatives that produce under the umbrella of Conca de Barberà have been cultivating vines for centuries.

The autochthonous variety of reference is the trepat, a pink grape used to elaborate rosé wines and cavas. At the DO Conca de Barberà white and red wines of a great quality are also produced.

## Designation of Origin Tarragona (DO Tarragona)

The DO Tarragona boasts with pride of a two-thousand-year-old tradition in cultivating vines, which began with the arrival of the Romans. This is the DO with the largest production of the Costa Daurada, where white and red wines are made, distributed among 73 municipalities. Every year, new cellars with DO Tarragona are opened, whilst the valuation of the wines produced there also grows.

## Designation of Origin Penedès (DO Penedès)

The DO Penedès includes a large area from the sea to the mountains, between Barcelona and Tarragona. In the Costa Daurada some towns of the county of Alt Camp and all the counties of Baix Penedès elaborate white and red wines, for a DO rich in differentiated products, with different aromas and body, fruit of the differences in the climate, landscape and soils that conform it.

# Oil tourism



## Oil DOP Siurana

The oils produced in the Protected Designation of Origin Siurana are cultivated in Conca de Barberà, Baix Penedès, Alt Camp, Tarragonès, Priorat, Baix Camp and Ribera d'Ebre.

## WINE FAIRS

Wine fairs are held throughout the counties of the Costa Daurada where the producers make known their productions.

Wine fair of Falset First weekend in May.

Salou, wine fair with DO Montsant and DOQ Priorat. The second weekend in May.

Tarragona, the first weekend in June.

Fair of the DO of the demarcation in Reus. The first weekend in June.

Harvest festival of l'Espluga de Francolí. The last weekend of August.

Cambrils, the entry point to the wine country. The second weekend of October.

## OIL FAIRS IN THE COSTA DAURADA

In the Costa Daurada, we propose you make a discovery, the cooperatives of Cabacés, Cambrils, Masroig, Gratallops, La Bisbal de Falset, La Selva del Camp, Mont-roig del Camp and Riudecanyes offer tastings and guided visits to get to know the oils that they make.



# Active-sport tourism

Sport is one of the best ways to disconnect from stress and the daily routines. In the Costa Daurada, the excellent climate makes this area an ideal location to practice sport all year round and, in fact, there is a rich and varied offer that adapts to all the demands. From golf to nautical sports, walking, hiking, cycling, Nordic walking and even motor sports, with the Catalunya-Costa Daurada rally.

Furthermore, Salou and Cambrils have the Sports Tourism Destination certificate issued by the Catalan Tourism Agency and that certifies the quality of the sport facilities available at the destinations.



## RallyRACC Catalunya-Costa Daurada

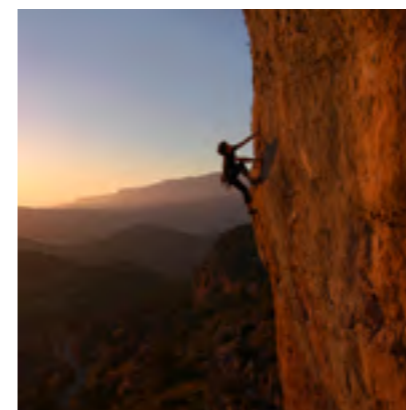
With more than fifty years tradition, the roar of the cars runs every autumn through the roads of the Costa Daurada during the RallyRACC Catalunya-Costa Daurada, a great event for lovers of this sport. The race, which scores for the FIA World Rally Championship and the FIA Junior Rally Championship, is an event not to be missed.



## Nautical sports

The Costa Daurada coastline offers many possibilities to enjoy water sports. Yet, if you prefer participating in training or leisure activities, the Estació Nàutica offers a significant array in most of the marinas on the Costa Daurada.

Moreover, from north to south, up to eight marinas – in Segur de Calafell, Coma-ruga, Roda de Berà, Torredembarra, Tarragona, Salou, Cambrils and l'Hospitalet de l'Infant- offer the possibility of enjoying the coast and the sea.



## Climbing

Siurana, the mountain range of Montsant and the municipalities of Montblanc, La Riba, Vilanova de Prades and l'Hospitalet de l'Infant, among others, are areas for climbers, with impressive landscapes.

From the most experienced to beginners, all climbers find their level and can face their particular challenge that enables them enjoying the different type of mountains (rock, sandstone, calcareous and conglomerate).

## Golf

The destination currently provides a rich and varied array of golf courses where to enjoy this sport all year round. All the courses are also located close to the main towns of the Costa Daurada and have very easy access. Moreover, these are high-quality courses as they have been designed by world experts such as Robert Trent Jones Jr and Greg Norman.

To complete the offer, there are also four Pitch&Put courses.

Golf and Pitch&Put courses in the Costa Daurada

Club de Golf Aigüesverds

Club de Golf Residencial Bonmont

Club de Golf Costa Dorada Tarragona

Golf La Graiera

Lumine Mediterrànea Beach and Golf Community

Centre de Golf El Vendrell

Golf Cambrils Pitch and Putt

## Walking

The Mountains of Prades and the mountain range of Montsant are areas with an array of paths and tracks for all the family. You can also walk and discover the Cistercian Route by foot through the GR175 linking monasteries and architectural gems such as the cooperative cellars. In addition, the Costa Daurada also has several active tourism companies that will help you choose your activities during your stay.

In the last years, Calafell and El Vendrell have made a strong commitment to Nordic walking, with the possibility of participating in evening routes.

## Cycling

Paths or roads? MTB or conventional bikes? The Costa Daurada provides an attractive offer that is renewed every year to adapt to the requirements of cycling enthusiasts, either road or mountain cyclists.

Cambrils also offers the possibility of discovering the town through the routes by road designed and adapted to be enjoyed by bike in an unhurried and tranquil way with an array of facilities specially equipped and certified for professional cyclists.

Mont-roig del Camp has an MTB centre where you can hire bikes to carry out 10 routes along 140 kilometres of tracks. The town has also started 7 routes to enjoy 656 kilometres of roads, throughout the year.

Salou, which offers cycling routes around the resort and the region, has this year been awarded the Cycle Tourism Certification by the Catalan Tourism Agency.



# Health and wellness Tourism

During the last years, the counties of the Costa Daurada have provided themselves with facilities evolving around water and the benefits it provides. From spa resorts to thalassotherapy centres and city spas. From inland, with Vallfogona de Riucorb until reaching the coastline, like for example at El Vendrell, you can enjoy a rich thermal offer.

Water and its benefits have been linked to our culture since the Roman civilisation. On the Costa Daurada, you will find a vast array of centres that work with water to heal your body and also your spirit. These are treatments applied in spas – some of which have an ancient tradition- although with very modern facilities, and others are more recent, adapted to the current needs.





## Cruise Tourism

The Tourist Board of the Tarragona Provincial Council, the Port of Tarragona and the Municipal Tourist Board of Tarragona are working with the aim of ensuring that the Costa Daurada also becomes a cruise tourism destination. The importance of the Port of Tarragona and the attractiveness of the destination are some of the assets on the rise to guarantee that, the lines of work already started, can succeed.



# Business Tourism

[The Costa Daurada, the ideal scenario for business tourism](#)

The Costa Daurada has an important amount of infrastructures to hold business tourism events, such as the [Congress Centre of Tarragona](#), the [Fira de Reus](#) and [PortAventura Convention Centre](#), as well as companies offering different services to the business tourism sector. In addition to these assets and the destination's natural and heritage resources, the organisers have available the services of the Costa Daurada Convention Bureau, which will support and assess them in all the processed to organise their events.

The Costa Daurada Convention Bureau is also a body specialised in promoting business tourism in the Costa Daurada, under the authority of the Tourist Board of the Tarragona Provincial Council and has associations that offer a wide range of services to this sector.

The Tourist Board of the Tarragona Provincial Council is an autonomous body of the Tarragona Provincial Council that manages and projects an image of the tourist destinations of the Costa Daurada and Terres de l'Ebre, providing support to its commercialisation. The aim is to contribute to the infrastructure and qualification of the tourist offer, as well as favouring the development of the sector in collaboration with the area's public and private agents.



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 Patronat de Turisme

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