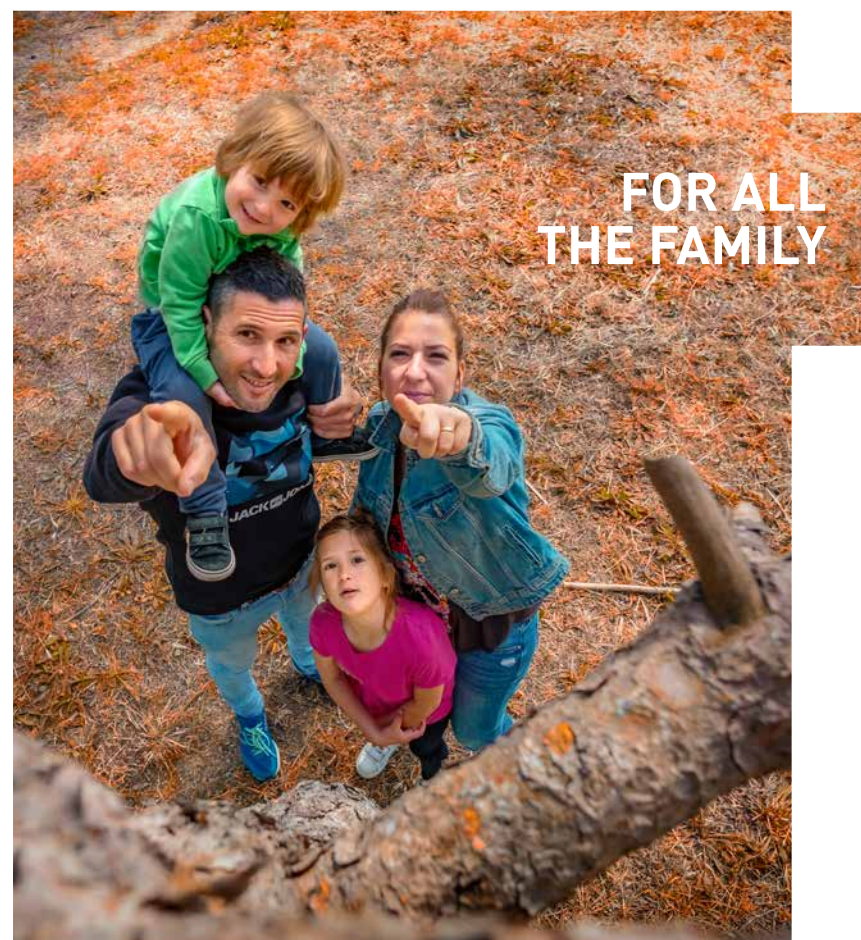


## Enjoy all the benefits of a real Family Holiday Destination

Since 2007, Torroella de Montgrí-L'Estartit has been a certified Family Holiday Destination (DTF), a seal issued by the Catalan Tourist Agency, part of the Catalan Autonomous Government, to distinguish towns that are geared up for great family holidays. This means that they provide special services for families; guaranteed safety; a wide range of child-focused entertainment and activities; special facilities for little ones in public spaces, accommodation and complementary services; easy access to information regarding daily activity programmes so as to plan your stay better; child-friendly accommodation and food options; ID bracelets for little ones; a kids' club on the beach and a beach library, and special paths for walking and cycling.



### Safety advice:

#### - ID bracelets:

- It is advisable for children to wear the bracelets throughout their stay. You can get them at the Tourist Office and business displaying the DTF seal.
- Make sure you write your child's name and a contact phone number on it.
- It is important to show children where to go if they get lost.

#### - Safety on the beach:

- Use parasols, sunhats and sunglasses with UVA protection.
- Drink plenty of water regularly to avoid dehydration.
- Avoid exposing children to the sun during the hottest hours of the day (roughly between noon and 4pm).

#### · Sea conditions

Respecteu les banderes indicatives de l'estat de la mar:

- ▶ **GREEN flag:** it is safe to swim.
- ▶ **YELLOW flag:** be careful when swimming.
- ▶ **RED flag:** danger! No swimming.
- Follow the lifeguards' instructions.
- Keep to the swimming areas marked by buoys.

In case of emergency, loss or theft please dial 112 (Emergencies), 972 752 222 (Lifeguards) or 972 751 910 (Tourist Office).

### FAMILY HOLIDAYS

A destination with a whole lot to offer

Torroella de Montgrí-L'Estartit's climate and setting, in the heart of the Costa Brava and inside the Montgrí, Medes Islands and Baix Ter Natural Park, make it the ideal place for a wonderful holiday doing all sorts of different activities, including diving or snorkelling in the Medes Islands, hiking in the Montgrí Massif, cultural visits in Torroella and birdwatching in Baix Ter. There is something to please everybody and to share with all the family!

Holiday accommodation is varied and comfortable, retaining the friendly atmosphere and charm of its origins, the perfect finishing touch for an unforgettable holiday with us.

Bring the family and enjoy the huge choice of experiences that Torroella de Montgrí-L'Estartit has to offer. Don't think twice about it, just come and visit us. You'll have the time of your life!

## Family-friendly businesses

### HOTELS

HOTEL PANORAMA ***	HG-001115	Av. Grècia, 5	L'ESTARTIT	972 751 092	www.hotelpanoramaestartit.cat
HOTEL NEREIDA ***	HG-001025	Av. Grècia, 61	L'ESTARTIT	972 750 775	www.hotelneraida.com
HOTEL MEDES II ***	HG-001387	Guillem de Montgrí, 38	L'ESTARTIT	972 750 880	www.hotelmedes.com
HOTEL LES ILLES **	HG-000366	Illes, 55	L'ESTARTIT	972 751 239	www.hotellesilles.com
HOTEL PICASSO *	HG-001939	Platja de La Gola	TORROELLA de M.	972 757 572	www.hotelpicasso.net

### CAMPITES

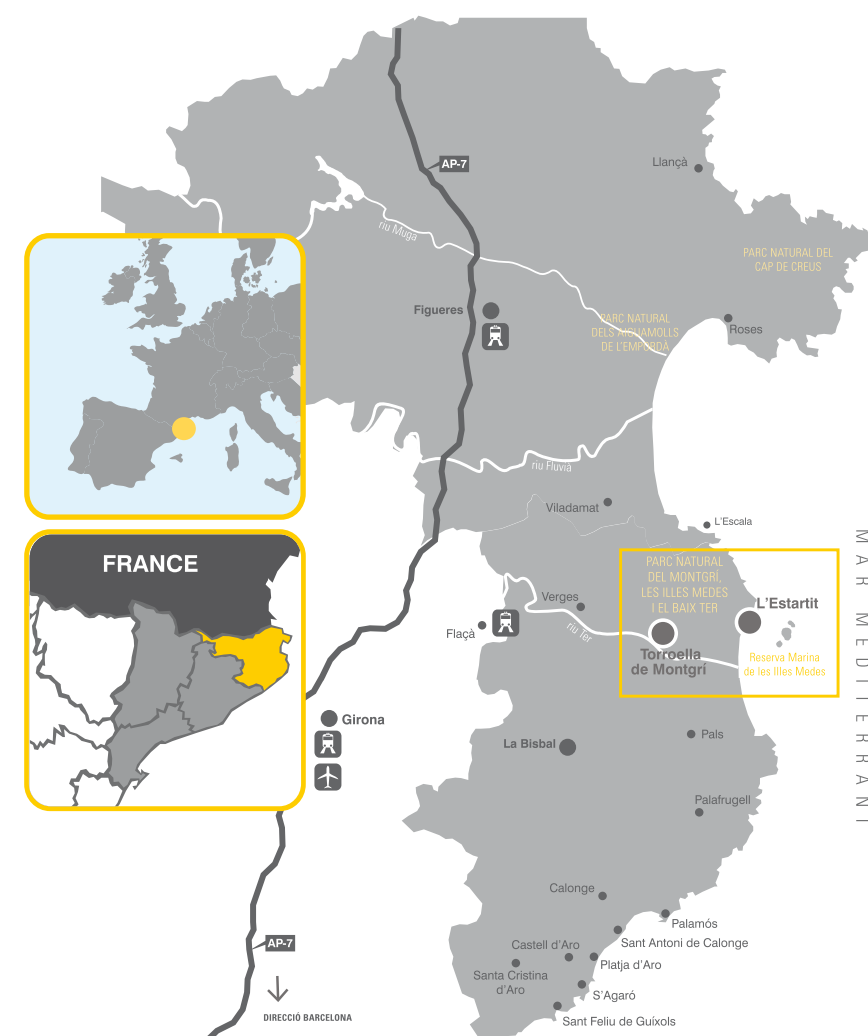
CÀMPING MEDES 1ª	KG-000072	Paratge Camp de l'Arbre	L'ESTARTIT	972 751 805	www.campinglesmedes.com
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### ACTIVITY COMPANIES

CLUB NÀUTIC ESTARTIT		Pg. Marítim - Port Nàutic	L'ESTARTIT	972 751 742	www.cnestartit.es
EL REI DEL MAR		Av. Grècia, 5	L'ESTARTIT	972 751 392	www.elreidelmar.com
FADRÍ (Creuers 2+2)		Moll comercial	L'ESTARTIT	607 840 296	www.creuers2mes2.com
MEDAQUA		Pg. Marítim, 13	L'ESTARTIT	972 752 043	www.medaqua.com
L'AVENTURA DEL NAUTILUS		Passeig Marítim, 23	L'ESTARTIT	972 751 489	www.nautilus.es
HÍPICA MAS PAGUINA		Camí de la Gola, 43	L'ESTARTIT	972 751 472	www.hipicamaspaguina.com
ESTACIÓ NÀUTICA L'ESTARTIT-ILLES MEDES		Platja, 10-12	L'ESTARTIT	972 750 699	www.enestartit.com

### FACILITIES

MUSEU DE LA MEDITERRÀNIA	O-000164	Ullà, 31	TORROELLA de M.	972 755 180	www.museudelamediterrania.cat
OFICINA DE TURISME TdM					
OFICINA DE TURISME L'ESTARTIT	O-000024	Pg. Marítim, s/n	L'ESTARTIT	972 751 910	www.visitestartit.com



# Dive into TORROELLA DE MONTGRÍ I L'ESTARTIT

EMPORDÀ - COSTA BRAVA - CATALUNYA



# Dive into TORROELLA DE MONTGRÍ I L'ESTARTIT

EMPORDÀ - COSTA BRAVA - CATALUNYA

## 1. Listen, touch and taste the Mediterranean

The **Mediterranean Museum**, in Torroella, exhibits elements that enable you to learn about parts of Mediterranean history, nature and music. The museum organises different tours to help you discover first-hand the area and its heritage, including a visit to an old medieval water mine, located in the town itself: 130 metres of underground tunnels, a visit suitable for over sevens. [www.museudelamediterrania.cat](http://www.museudelamediterrania.cat)

## 2. Travel in your imagination back to the time of knights and princesses

You can travel back in your imagination to the time of medieval knights and princesses just by walking through the old part of Torroella de Montgrí, as you'll find the remains of the old ramparts, like the Witches' Tower or Saint Catherine's Gateway. These places hide legends that you can discover by taking part in the guided tours run by the **Mediterranean Museum** and the **Tourist Office**.

## 3. Become an explorer in the Montgrí, Medes Islands and Baix Ter Natural Park

If you want to enjoy activities in the great outdoors, just imagine that you are an explorer and discover every single corner of the Park.

There are lots of different trails to walk or cycle along through the Baix Ter natural wetlands, as well as paths to discover the coastline and the Montgrí Massif.

### Climb to the very top of the Empordà. Visit Montgrí castle

It is just an hour's walk up to a really attractive landmark: a medieval castle, with ramparts, towers and spiral stairways leading up to the top of the fortress, where you can see breath-taking views of the Empordà.

### Have a go at the River Ter Route in Torroella de Montgrí

The path follows the course of the River Ter. Along the way you will discover things connected with the river and you will be surprised by the apple orchards and other interesting sights, too.

### Go for a walk in the natural wetlands and salt marshes. Ter Vell and La Pletera beach in L'Estartit

This is a pleasant walk leading to an area of lagoons and marshes of great ecological interest, where you can observe water birds. You can also go as far as the Gola del Ter, the mouth of one of the most important rivers in the province of Girona.

## 4. Be a pirate! Discover coves and seabeds in L'Estartit

**L'Estartit is a seaside resort** boasting five kilometres of beaches with absolutely stunning views. A mile from the coast lies the archipelago of the Medes Islands, one of the most important marine wildlife nature reserves in the Mediterranean. It is a paradise for marine nature lovers and fans of diving. You can choose other options like kayaking, sailing, paddle surfing and kitesurfing if you prefer. You can also go for a trip on one of the various types of boats that leave from L'Estartit harbour.

Along the Montgrí coastline nestle little coves that you can reach by a pleasant walk, by boat or kayak.

- Montgrí, Medes Islands and Baix Ter Natural Park
- Medes Islands Integral Nature Reserve
- Medes Islands Partial Marine Reserve

Map labels include: l'Escala, Cala Montgó, Punta del Milà, Sorreres d'en Català, Puig de la Serra, Puig d'en Lleial, les Rabioses, el Palau, les Dunes, Tres Cometes, Puig de la Plama, Pla del Milà, La Torre Ferrana, Aixart d'en Pi, MUNTANYA GRAN, Coma Frigola, Puig Torró, les Cogullades, Puig de la Reina, les Dunes, Vall de Santa Caterina, Puig Rodó, Cau del Duc d'Ullà, Santa Caterina, Montplà, Torre Moratxa, Rocamaura, Cap de la Barra, Cova de les Salines, el Ter Vell, el Ter, la Moixina, la Pletera, Bassa del Frare Ramon, la Fonollera, les Deveses.

## 5. Go for a dip in our sea!

The municipality boasts a wide stretch of coastline, over 15 km long, with a mixture of beaches and rocky shores.

The sandy beaches with their shallow water are ideal for all the family. They all provide basic facilities and have different zones for swimming and water sports clearly marked by buoys. La Pletera beach deserves special mention for the appeal of its natural beauty and for the different environmental restoration actions carried out here within the framework of the EU's LIFE programme. All along the seafront there are various children's playparks and rest areas.

## 6. Culture and leisure at the Mini Beach Club and Beach Library

The kids can do loads of different activities in this fenced-off, open-air play area. They can take part in water games, leisure and sports activities, children's workshops... You name it, boys and girls can have a great time here doing whatever they like in complete safety, supervised by trained instructors. This activity is **free of charge** for kids from 4 to 10 years old and **opening times** in July and August are 10.30 am - 1.30 pm and 3 pm - 6 pm.

The Beach Library, next door to the Mini Beach Club, is suitable for all members of the family that want to borrow a good book to read on the beach.

## 7. Have fun at the children's playparks and go for a ride on the tourist train!

You can find playparks for children of all different ages both in the town of Torroella and by the seaside. In summer the tourist train tours different spots in the municipality.

## 8. Other things to keep the little ones out of mischief

All the local festivals and fairs scheduled in the municipality are organised with children very much in mind, so whichever event you choose on the festival calendar you will find all sorts of different activities aimed at kids.

**January:** - Three Kings' Parade and Festivity

**February:** - Carnival

**April:** - Saint George's Day

**May:** - "Empordà, cuisine and health" Fair - Torroella

**June:** - International Magic Fair (FIMAG) - Torroella

- Midsummer Eve Celebrations

**July:** - Carmel Festivity - L'Estartit

- "Giants" Procession - L'Estartit

- Saint Anna's Day - L'Estartit

- Beatles Weekend - L'Estartit

**August:** - Saint Genesius' Day - Torroella

**September:** - Catalonia National Day

- Medes Islands Pirate and Corsair Show - L'Estartit

**November:** - Saint Catherine's Day Gathering - Torroella

- Saint Andrew's Fair - Torroella