



sport and leisure

The rich variety of landscapes in our territory offers visitors a wide range of sport and leisure activities. The network of hiking, cycling and ATB trails is now one of the star attractions of our tourist amenities; pleasant walks and guided visits are other ways to discover the beauty spots in the area.



shopping accommodation and gastronomy

Good meals, home cooking, creative cuisine, enthusiastic restaurants serving a wide range of homemade dishes to suit all tastes.

Our local fare has found its place on the Catalan Gastronomic Calendar with "Shellfish: 'L'Estartit sand eels' in May and "Cooking with Apples" in October.



weekly markets: Mondays in Torroella and Thursdays in l'Estartit



Art music and culture

Our municipality boasts a rich and varied cultural life, with music as the most present of all the arts. Our musical heritage comes from way back and we can be truly proud of this rich tradition. The town has a comprehensive annual programme of musical recitals, concerts and sardana dancing, as well as the prestigious summer Festival Torroella de Montgrí.

Calendar of fairs and festivals:

January
Parade of the Three Wise Men

February
Carnival

April
«Sant Jordi's Day (roses and books day)»

May
Fair Empordà, food and health
"L'Estartit sand eels" (Gastronomic calendar)

June
FIMAG, Magic Festival - TdM
Saint John's Eve
Itaca Sant Joan Festival - L'E

July
Carme's Day - L'E
Santa Anna's Day - L'E
Beattles Weekend - L'E
International Music Festival - TdM

August
International Music Festival - TdM
Sant Genís' Day - TdM

September
National Day of Catalunya
Medes Islands Pirates and Corsairs - L'E

October:
Cooking with Apples (Gastronomic calendar)

November
Santa Caterina's Day - TdM
Saint Andreu's Fair - TdM

December
Saint Lucia's Day - L'E
Christmas Market - TdM

El municipi està acreditat com a destinació turística i turística, per la qual cosa els seus serveis turístics són de qualitat i són de primera categoria.

Quality certificates for our beaches:



"Q" | Quality Tourism Certificate



ISO 9001 | Quality Management System



ISO 14001 | Environmental Management System



EMAS | Environmental Management System



Blue Flag

Quality certificates for our destination:



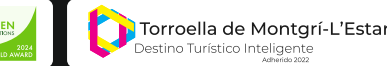
EUROPARC
Turisme Sostenible en Espais Protegits



SICTED | Quality System for Tourist Destinations



GREEN
Certificat de qualitat



Torroella de Montgrí-L'Estartit
Destino Turístico Inteligente

To obtain more information and the details of the companies and services offering activities in l'Estartit and Torroella, please contact:

L'Estartit Tourism Office

Passeig Marítim, s/n - 17258 l'Estartit
Tel. +34 972 75 19 10
info@visitestartit.com
www.visitestartit.com

Torroella de Montgrí Tourism Office

Plaça de la Vila, 6 - 17257 Torroella de Montgrí
Tel. +34 972 75 92 50
www.visittorroella.com



Ajuntament de
Torroella de Montgrí



Entitat Municipal
Descentralitzada de l'Estartit

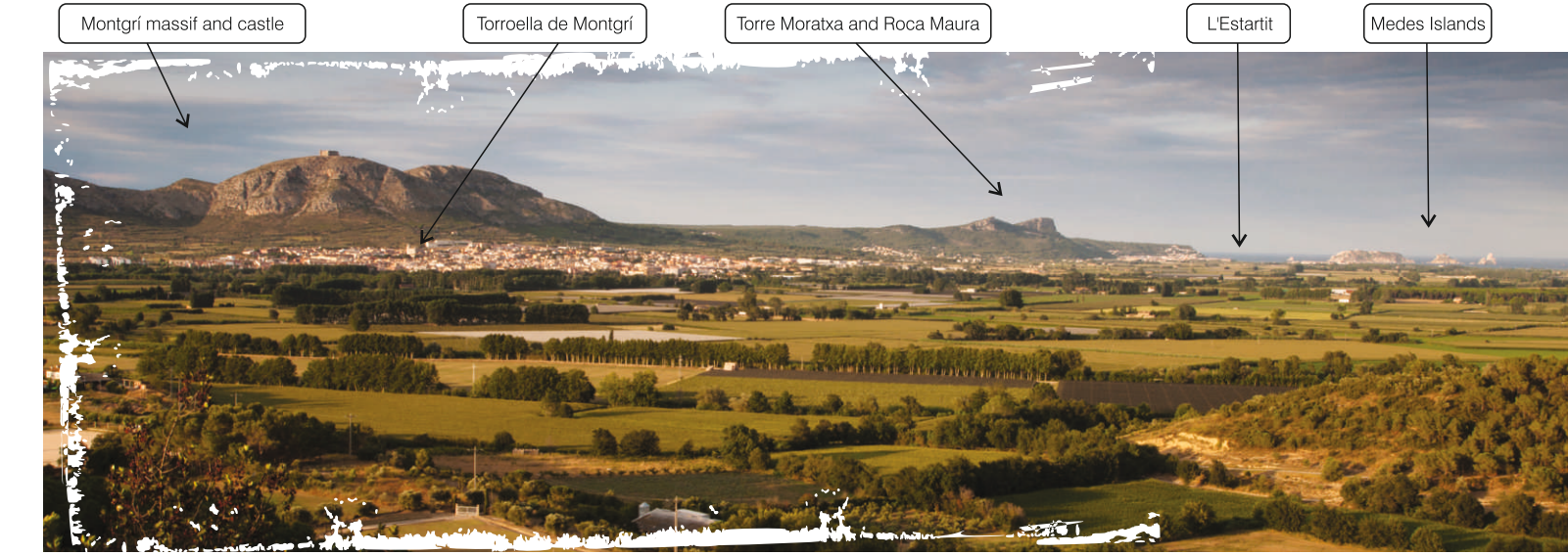


Actiu i Aventura
Ecoturisme
Platja en Família
Viles Marineres

Discover and **enjoy** Torroella de Montgrí and l'Estartit



Torroella · l'Estartit
illes Medes



Torroella de Montgrí - l'Estartit, embodies the very essence of its county, the Baix Empordà.

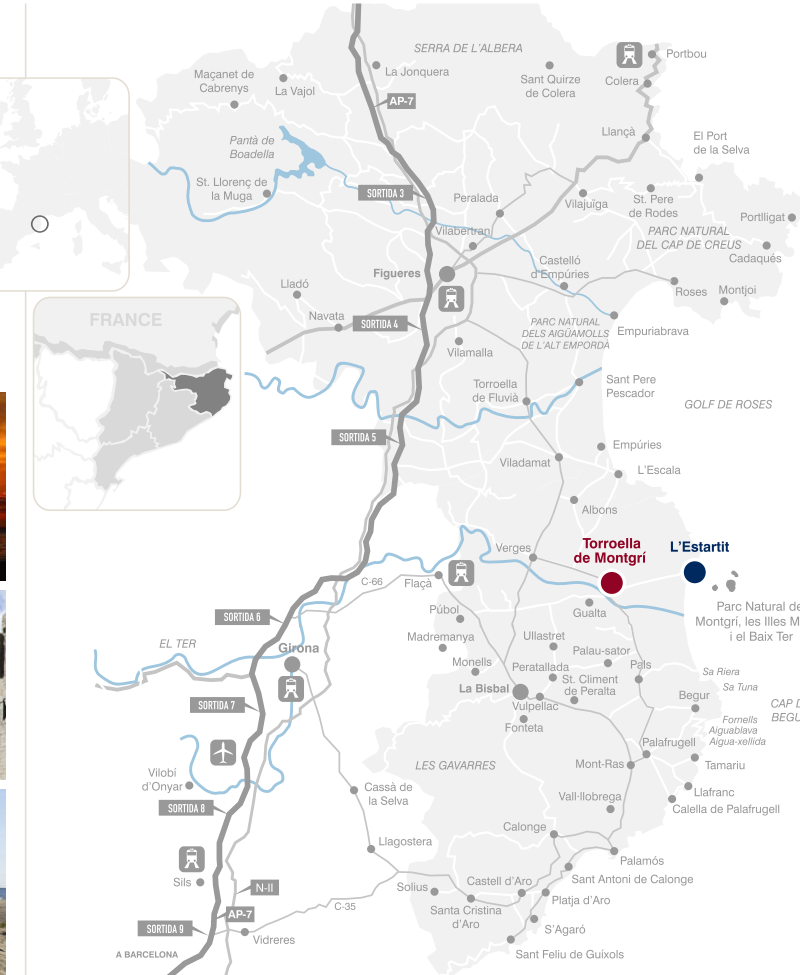
Torroella de Montgrí is a former royal town located at the foot of the calcareous Montgrí Massif, surrounded by crop fields and vegetable gardens irrigated by the final stretches of the River Ter.

L'Estartit, on the coast, is one of the best tourist resorts on the Costa Brava, with the Mediterranean Sea and the Medes Islands as a backdrop to its unbeatable setting.

Blue sea meets nature's green in this privileged environment



Situation





Plaça de la Vila

Montgrí Castle is today the symbol of Torroella de Montgrí. The uncompleted fortress was built between 1294 and 1301 to flaunt the superiority of King Jaume II over the local Counts of Empúries, and affords excellent views of the spectacular surrounding landscape.

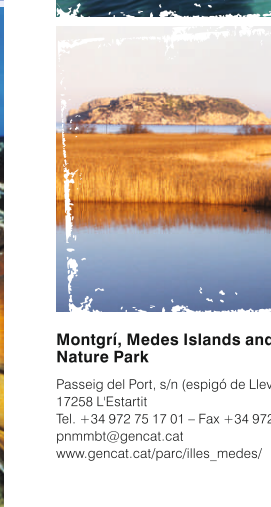
From the top of one of its towers there is a 360° panoramic view of the whole Empordà area. By looking northwards and turning slowly in an anti-clockwise direction you will see the Bay of Roses, Empúries, Canigó Massif, the Pyrenees, Montseny Massif, the Gavarres Mountains, the Baix Ter and l'Estartit Bay with the Medes Islands.



Montgrí castle is the symbol of Torroella



Coves and beaches
Fine sandy beaches, peaceful coves and spectacular cliffs.



Montgrí, Medes Islands and Baix Ter Nature Park
Passeig del Port, s/n (espigó de Llevant)
17258 L'Estartit
Tel. +34 972 75 17 01 - Fax +34 972 75 20 04
prmmib@gencat.cat
www.gencat.cat/parc/illes_medes/



Museu de la Mediterrània
can Quintana
ESPAI MEDES
Port de l'Estartit

We recommend you to visit the Museum of the Mediterranean and Espai Medes in order to discover the historic legacy of the Montgrí Massif, the Baix Ter and Medes Islands.

Torroella

old town

Travel back through time in the blink of an eye.

Torroella de Montgrí is a town with personality, and is an ideal place to spend an enjoyable stay at any time of the year. Visitors can picture the different periods of history that have left their mark on the town from architectural vestiges that make us travel back through time in the blink of an eye.

The main streets of Torroella all converge on Plaça de la Vila, the lively Monday morning marketplace, the departure point for street parades announcing forthcoming entertainment, and an ideal stage for traditional sardana dancing. Its excellent acoustics make this the perfect open-air venue for summer concerts during the prestigious annual International Music Festival. The Plaça de la Vila is a porticoed square with irregularly shaped arches combining to form a pleasing whole. By standing under each of the arches in turn, the visitor will perceive curiously different aspects of the square.

l'Estartit

A seafaring town

Discover the history of l'Estartit

L'Estartit is a privileged place. The variety of different landscapes, the long beach, and the tourism, shopping and leisure opportunities make this Costa Brava area an ideal spot for enjoying pleasant, comfortable holidays at any time of the year.

Strolling through the narrow streets or along lively Carrer de Santa Anna, visitors can imagine the pace of life in former times, the seafaring traditions, the old sailors' taverns and the picturesque processions on religious feast days that can still be seen today.

Medes islands

The Medes archipelago, with seven islets and a surface area of about 23 hectares, is located just a mile off the coast in front of l'Estartit beach. The Medes Islands are today one of the most important marine flora and fauna reserves in the western Mediterranean, as well as being a popular scuba diving destination. Twenty years of protection have brought about a spectacular recovery of the wealth of the seabed, the marine environment and the islands themselves.

Several companies offer water sports, underwater diving activities and boat trips for your enjoyment of the beauty of the Medes Islands and the Montgrí coast.

Major flora and fauna reserve

Montgrí, Medes Islands and Baix Ter Nature Park

Our municipality's quality brand is Nature, whose ageless generosity can be seen in mountain, valley, river, orchards, wetlands, beaches, coves, dunes and islands. With the passing of time, the equilibrium between man and the land has become fragile, and we have had to provide the means to restore this precious balance. The newly created Montgrí, Medes Islands and Baix Ter Nature Park is now making this possible.

17 itineraries through the park and a wide variety of natural and cultural landscapes