

# Tourism Information Dossier

# Torroella de Montgrí i l'Estartit





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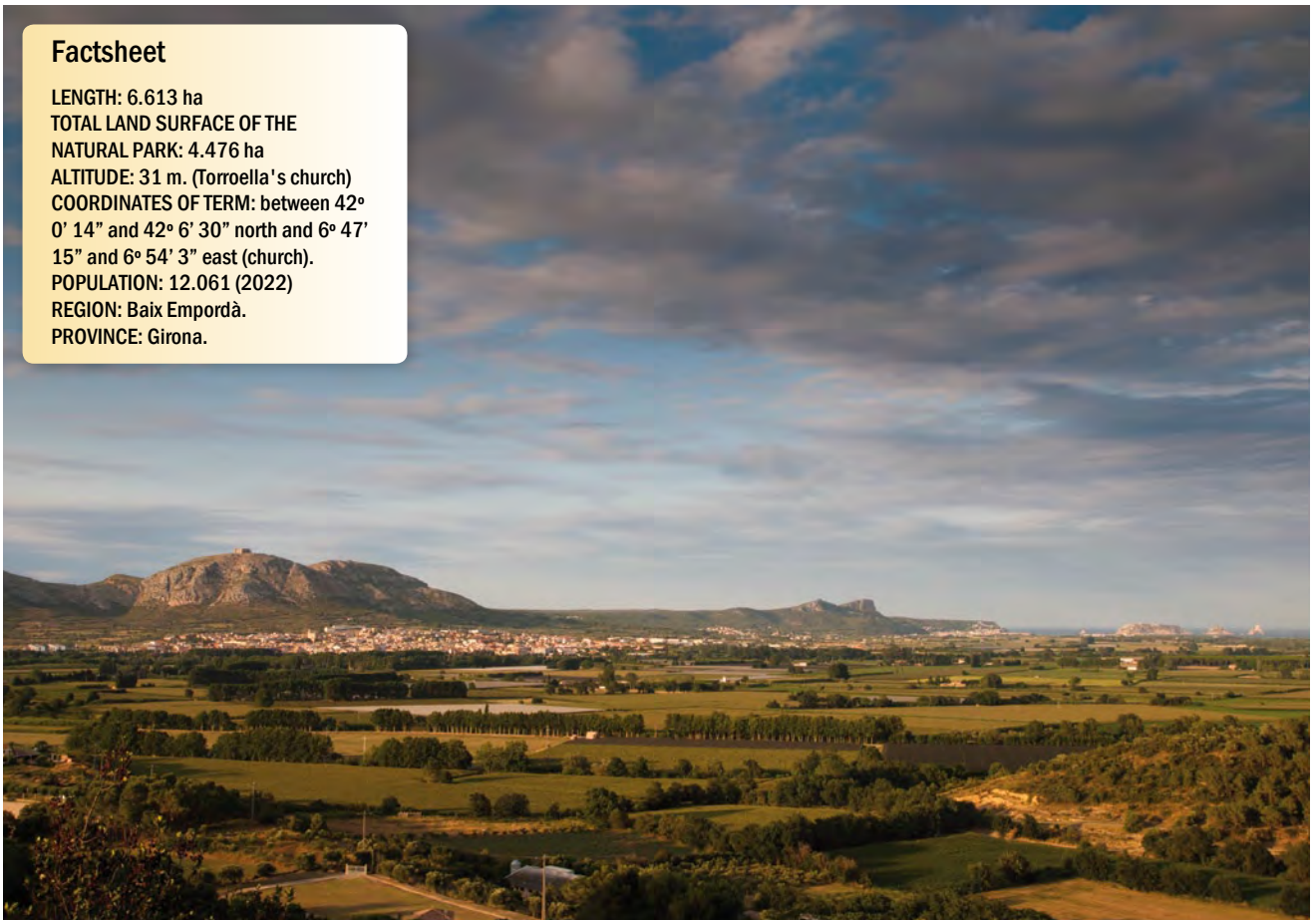
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Presentation  
**The land**

### Factsheet

LENGTH: 6.613 ha  
 TOTAL LAND SURFACE OF THE  
 NATURAL PARK: 4.476 ha  
 ALTITUDE: 31 m. (Torroella's church)  
 COORDINATES OF TERM: between 42°  
 0' 14" and 42° 6' 30" north and 6° 47'  
 15" and 6° 54' 3" east (church).  
 POPULATION: 12.061 (2022)  
 REGION: Baix Empordà.  
 PROVINCE: Girona.

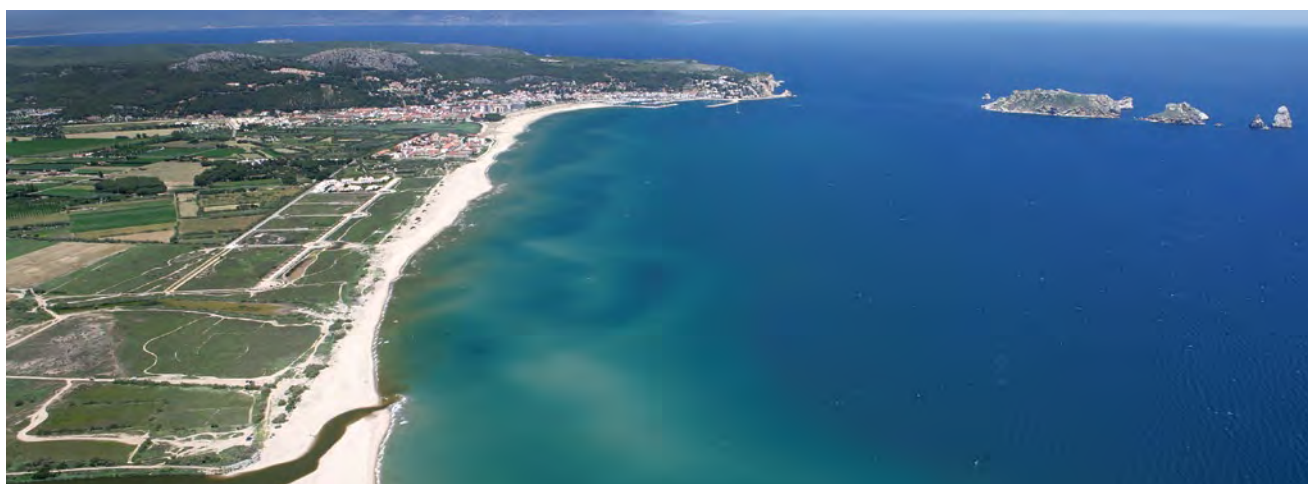


***Torroella and L'Estartit located in Baix Empordà, are the essence of the region. Known for its outstanding beauty and contrast, the area divides the Alt and Baix Empordà with the Montgrí massif. This mountain range is commonly known as "the dead Bishop" for its geographical features which lead to the unfinished thirteenth century castle. The Montgrí mountain, an island in the middle of a fertile plain, offers impressive panoramic views that lead out to the River Ter and beyond. Josep Pla often said, "my life on this earth, has consisted of nothing more than going around this castle." For him, "the mountain of Santa Caterina of Montgrí is like the cog on the cartwheel that is Empordà."***

The landscape not only consists of the Montgrí castle but also a rugged coast, beautiful hidden coves, and the Medes Islands, all of which leave an unforgettable impression on the visitor. Those who have known this sea with these islands could not imagine the landscape any other way.

The Medes Islands, solid and strong, surrounded by intense, deep blue seas swept along by the northern Tramuntana wind are symbols of the past and present. Once an ancient spiritual refuge for military and pirates, it is now a protected nesting place for many protected species of birds seeking shelter and plant species in the Natural Park of Montgrí, Medes Islands and Baix Ter.

*"Torroella and L'Estartit are outstanding leaders in sustainable, cultural, family-friendly tourism."*



The town of Torroella at the foot of the limestone Montgrí massifs surrounded by a rich agricultural plain which for centuries was the main source of economy evokes history through its network of streets with the old town, full of palaces and mansions of the time. Equally impressive is the seventeenth century church, known by many as the cathedral of Empordà for its beauty and magnitude, and like many other churches it is without roof on the bell tower.

The town, which has changed and modernized over time, has not lost its original rural charm. The commercial fabric of the village is alive and well and shops do a booming trade. The village also boasts a varied and emerging cultural scene making it one of the most outstanding in the local area.

Estartit is the maritime extension of a municipality that has everything to offer. Economic development has grown considerably over recent years whilst preserving the environmental value. Nowadays, this privileged land of the Natural Park is shared amongst traditional fishing, tourism and the marine harbour and port. As a result of the great variety of nautical, sports and subaquatic activities on offer, L'Estartit is ranked as one of the best destinations for tourism on the Costa Brava.

**Torroella de Montgrí and L'Estartit are leaders in sustainable, cultural, family-friendly tourism. With so many unlimited possibilities on offer, there is something for everyone, whether your tastes are culinary, cultural, architectural, scenery or sports. And as famously quoted by Pla ' this land is the cog on the cartwheel that is Empordà'.**

Town of history and personality

# Torroella de Montgrí

## Geographical factsheet

The municipality of Torroella has 6376 hectares of agricultural, forest, moorland, permanent rocks mountain and coastal areas. The centres of Torroella and L'Estàrit, hamlet of Sobrestany, La Bolleria and part of the Montgó beach has a total of 66 km<sup>2</sup>.

Bordering with Pals, Fontanilles Gualta, Ulla, Bellcaire d'Empordà, L'Escala and the Mediterranean Sea. The main geographical features of the municipality are the Montgrí massif, Montgrí coast, the Medes Islands and the river Ter.

The coastline is comprised of 9 km of beaches and coves, including L'Estàrit's main beach, Mas Pinell, Montgo's coves, Pedrosa, Ferriol and Calella.

Part of the municipality has some protection because it is integrated within the Natural Park of Montgrí, the Illes Medes and Baix Ter. With a total land surface of 8,192.19 hectares, more than half, 68%, corresponds to Torroella de Montgrí.



***Torroella's strong identity and history are deeply imbedded in this traditional farming town. The first documented news dates back to 888 D.C, although it wasn't until the eleventh and twelfth centuries that it was known for its iconic defence walls. In recent times the population has grown around the walls, and still standing strong today are many important architectural buildings of national heritage, immortalising the old town with their presence.***

Those who take a moment to wander through these elegantly structured streets, are instantly transported back to another time in history in the blink of an eye. Torroella de Montgrí became a royal town in the middle ages, it was then that the original nucleus expanded and several unique and important buildings were built. These include; Montgrí Castle, a symbol of royal power against the Counts of Empúries, the Gothic church of San Ginés, which began in 1305 on the ruins of the ancient Roman temple, and Palau Lo Mirador, where royal kings stayed including Jaume the Conquerer, Jaume II el Just and Joan I the Hunter.

*"Torroella, a town of farming traditions that mark its strong character and history"*



During the Modern Ages other significant architectural constructions were built, such as: small palaces, mansions and fortified farmhouses. This happened at a time when the town was plagued by insecurity after a period of piracy and armed conflicts. Later, in the eighteenth century, the town was reborn and vibrant again due to its economic vitality, impressive town houses were built on the main streets, many of which can still be admired today.

The main streets of Torroella meet at a central point in the town square, Plaça de la Vila. The local market takes place every Monday in the town square. This lively centre is a focal point for town fetes and festivals, concerts, parades and traditional Sardana dances. Torroella respects its rich medieval and cultural past by using important and unique town houses as art galleries or bases for charity foundations. Furthermore, the town is well-known as an important place for music festivals of international acclaim, such as the the Torroella International Music Festival. Rich and dynamic commerce, open and friendly traders, compliment Torroella further giving the town a lively and inviting spirit.

## Seafaring village **L'Estartit**



***L'Estartit is located six kilometres from Torroella at the foot of the Roca Maura mountain and the Cap de la Barra, a natural mountainous construction that protects the village from northern winds. The name of the village was mentioned for the first time in 1517, according to local historian Miquel Graells, when the blessing of the first chapel took place.***

At the beginning of the sixteenth century the first fishermen settled here. However, because of the uncertainty that existed at the time with piracy, harassing the coastline, issues of flood waters caused by rising sea levels and the river, meant that very few fishermen lived there at that time.

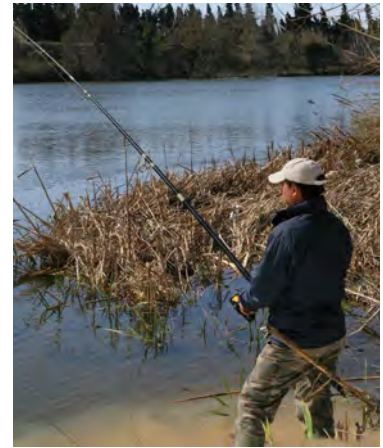
During this time wetlands were formed between L'Estartit and Pals beach as a result of currents from the

river and the sea, they changed constantly and brought water closer to Torroella.

Until the mid-twentieth century, Estartit was a town of only a few people with a single main street, fishermen's houses reaching the shore's edge and a long and rich history connected to fishing traditions and the sea. Artisanal fishing techniques such as the Bou and the Sardinal, were done with a small Llagut fishing boats and nets which were dragged from the open sea to shore with the help and combined force of local men and women. These artisanal activities were joined with the agriculture of olives, vines, cereals and vegetables which is still practiced in the mountains of Montgrí today.



*"Until the mid-twentieth century, this town of only a few people, with a single main street, fishermen's homes reaching the shore's edge and a long and rich history connected to fishing traditions and the sea."*

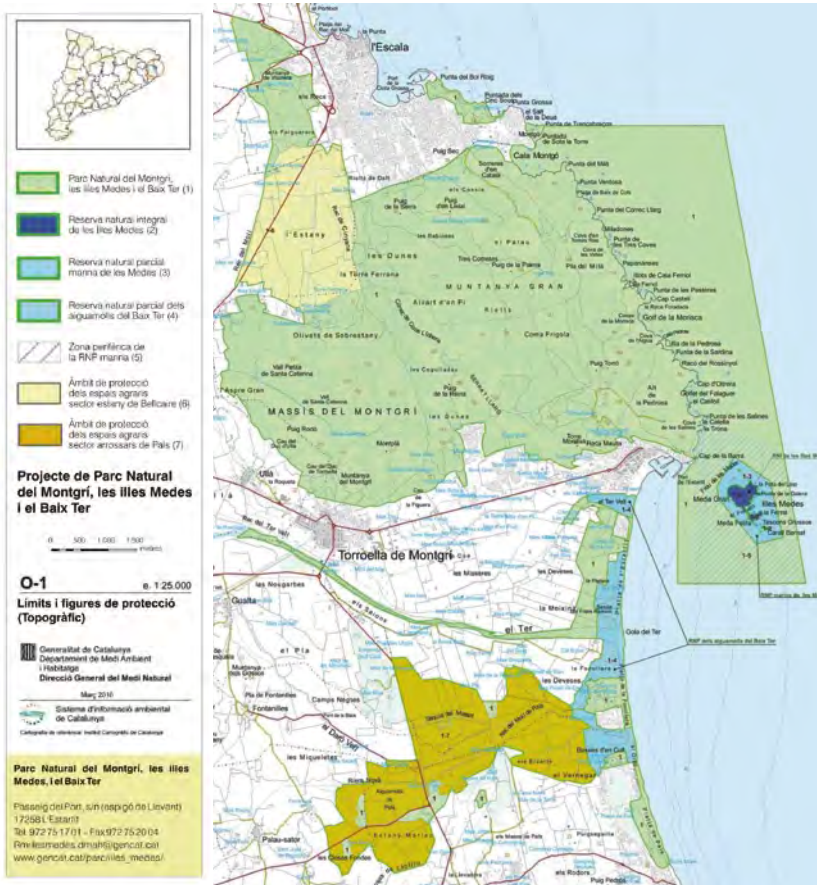


Until the late thirties in the twentieth century, L'Estartit enjoyed a fruitful period for fishing. During this decade up to 140 fishermen were recorded in Estartit, when at the same time there were only 49 Palamós. However, from that moment on began a phase of stagnation resulting from the introduction of industrial fishing began, which required heavy investment, the like of which did not occur in Estartit.

While fishing lost its prominence, the arrival of tourism boosted the economy of L'Estartit. The main street became the shopping centre of the village, along with the promenade, which came alive with the construction

of residential blocks, hotels, restaurants and businesses that revolved around tourism. An impressive marina was built, finally giving a place for fishing boats and nautical sports to take place together. Diving has since become one of the main economic activities in the village. The main beach, the church of Santa Ana, built in the XX century on the remains of the old chapel, along with all the other places in the village have created a nerve centre closely connected to its seafaring past. A village of taverns and traditional festivals processions celebrating the sea which, even today, are held with great enthusiasm and dedication.

# Montgrí, Medes Islands and Baix Ter The Natural Park

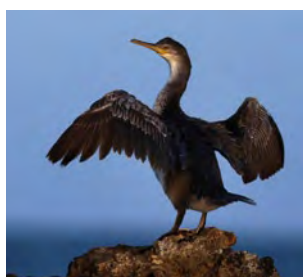
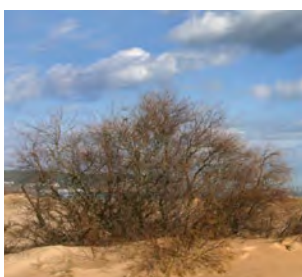
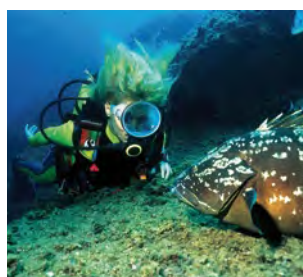


**Nature has been generous and abundant with the richness of the land and territory. Mountains, valleys, gardens, rivers, wetlands, beaches, dunes, and islands converge in a single space. Landscapes are beautiful and natural, offering cultural diversity that allow their discovery by land, sea and air. However, it is this diversity that has attracted and eventually caused a strong human effect and pressure. In the eighties tourism came in full force and the importance of preserving this valuable heritage began. An incentive was born with a desire to protect the land and nature and find a balance between economic development of the municipality and the conservation of its natural heritage.**

The Project Plan for Areas of Natural Interest (PEIN), approved in 1992, the Department of Environment and Housing (DMAH) in late 2005 presented the avant-garde project of laws encompassing the Montgrí Natural Park, the Medes Islands and Baix Ter were later newly approved in May 2010 and came into force, effectively, in June 2010 with a total of 8,192 hectares of territory, 6,155 hectares of land (77%) and 2,037 hectares of marine area (23%). Torroella provides more than half of this territory, with 68% of its total area, while the rest is divided between the towns of Pals (7%), Bellcaire (6%), L'Escala (4%), Palau Sator (1%), Ullà (1%) and Gualta (0.1%).

*"Natural Park maintains a perpetual relationship between man and land"*

The fact that Torroella has the largest area, confirms the beauty of its surroundings and the growing interest of the municipality to protect a beloved and unique landscape. Respect for the natural environment and the land is the result from the people who have built close ties through their interaction with the environment, but also interpreted through stories and anecdotes told by past generations. The figure of nature is the instrument that guarantees the perpetual maintenance of the relationship between man and land.



**Protected area**

Currently the countryside has different degrees of protection that are regulated by different bodies.

## Protected areas

### Nature Reserves

With the creation of the Natural Park came the extended protection of the Medes Islands, recognised as an integral natural reserve. With this new protection, access and exploration can only be done with authorisation, which basically permits to perform scientific research, protection activities, area management and management and maintenance of the lighthouse.

### Marine natural reserves

This area is strictly protected because of marine environment of the islands. The increasing pressure and human interest to this area has made it necessary to increase efforts to improve protection and management.

### Natural reserves of Baix Ter wetlands

This area consists of lakes and wetlands, sectors of Ter Vell and La Pletera and the Brother Ramon Coll pond. In the Natural Park the wetlands play a key role as a result of their great ecological wealth.

### Agricultural areas

Explicitly recognized is the important environmental and economic role of rice fields and farming in general. The preferred use for this land is agricultural. The actions and measures carried out in these areas are to ensure the promotion of farming and that is compatible with the conservation of natural heritage.

# 01 The land > The Natural Park



## Items of interest in the Natural Park

Protection ensures the preservation of an area that provides good representation of Mediterranean landscapes. Its heterogeneity, its uniqueness and the set of geological factors, weather and human contact have shaped its physical and natural plant and animal characteristics. Within the park, which has a relatively small area, there are up to 38 natural habitats, 17 of European interest and 4 considered as a priority for conservation.

### Fauna

The Natural Park is home to a great variety of protected species of birds that find shelter in the diversity of the park. Between Montgrí and the Medes Islands 189 bird species have been recorded, these species include seabirds, some birds of prey, as well as tanagers or other types of rock birds. The coastal fringes of the massif and the islands are shelter to several species of birds of prey like the peregrine falcon (*Falco peregrinus*), the common kestrel (*Falco tinnunculus*), the owl (*Bubo bubo*) and the jackdaw (*Corvus monedula*). Montgrí's large expanse of thicket Montgrí has made it an ideal breeding ground for the Montagu's harrier (*Circus pygargus*) and the Bonelli's eagle (*Hieraetus fasciatus*).

The massif is also home to the cave bat (*Miniopterus schreibersii*). These bat caves and holes in the cliffs are also an ideal habitat for breeding seabirds such as cormorants (*Phalacrocorax aristotelis*). Half the Catalan population of this species lives in these cliffs.

However, the most abundant seabird is the yellow leg Herring (*Larus michaella*). The colony on the islands is one of the most numerous of the Mediterranean. Moreover, there are important breeding colonies of herons and egrets (*Bubulcus ibis*), egret (*Egretta garzetta*) and the night heron (*Nycticorax nycticorax*).

### Cultural Landscapes

The territory covered by the natural park offers a unique cultural landscape in Catalonia where you can see the interaction between man and the environment from the Palaeolithic period to the present day. The discovery of this magnificent land shows how varied the needs of human beings are in the environment that surrounds them. On the mountain there are remains of prehistoric caves, traces of lime kilns, dry stone walls, shacks, troughs and stone chapels ... Elements that tell you about the history of the people of the past and create a picture of the landscape of the Baix Empordà.

### Flora and vegetation

The singularity of karst morphology, thin and stony soil and climate, markedly Mediterranean, determine the specific Montgrí flora. The harsh weather conditions due to wind, salinity and seabird manure strongly influence the vegetation of the islands. The coastal cliffs offer an ideal habitat for interesting plants, some of which are unique to their location in Catalonia.

### Marine Fauna

The great diversity of underwater fauna found in the Medes forms a complex ecosystem, due to the heterogeneity of types of materials and environments that generate a variety of ecological niches that are occupied by different species. The prohibition of any kind of resource extraction in the strictly protected area has made it common to see large densities of species, mostly fish, which are rare elsewhere. For this reason, the islands have become a 'must-see' for divers from around the world.

The mountain, the sea and the river Ter

# One Natural Park, three landscapes



## || The Montgrí mountain.

The Montgrí range is composed of three mountains that give character to the town of Torroella and could be considered the epicentre of the two Empordans: **Mount Ullà** (mount Anill), 309 m **Mount Montgrí** 303 m home to the thirteenth-century castle, perpetual sentry Empordà and **Mount Pla**, which slightly exceeds 300 m.

Today, covered with pine trees and wasteland, erosion has not changed their original appearance. Over 300,000 years ago, groups of hominids of the species homo erectus settled there because it was a privileged land rich in animal and plant resources. In addition to food and shelter Montgrí offered natural homes. However, it was as recent as the nineteenth century, when the mountain range was repopulated with mountain pine, that the Montgrí Mountain was intensely worked by a large number of farmers.

Today the evidence of dry stone terraces, built to retain the lands, can still be seen. These walls were very useful in the cultivation of the mountain side in rain fed crops such as olives, vines and cereals, which later with the mechanisation of agriculture were abandoned. At the lowest part of the massif, near the flat plain, lands with a gentle slope, well watered, were in existence until the eighteenth century. These terrains were highly valued and sought after and it is here where many of the large farmhouses were built. The whole area covers over 2,300 hectares, about 8 km in length of different elements of cultural interest. The points of which reach L'Estartit, where the protruding rocks, Roca Maura and Torre Moratxa, both reach heights of 200 meters.

Throughout these cliffs and ranges, there are several items of cultural interest.

# 01 The land > One Natural Park, three landscapes> Montgrí Mountain



## Montgrí castle

Built between 1294-1301 by order of King James II, against the Count of Empúries, the castle, which only had the walls and towers built in a detached shaped square, stands as a strong identity symbol to the local municipality.

From this viewpoint, which is one of the highest in Empordà, it offers a panoramic 360 degree view. North-west you can see the bay of Roses and Empúries, Canigou, the Pyrenees, Montseny, Gavarres and Baix Ter, the bay of Estartit, with the Medes Islands in the background.

It can be reached on foot from Torroella de Montgrí.



## St. Catherine's chapel

Located in the valley of Santa Caterina, in the middle of Montgrí, and founded in 1392 by three monks from the Benedictine monastery of Montserrat.

Although the church today is quite different to the original, as it has undergone several renovations, it is still open to the public. The chapel is on the lower floor and on the upper floor there are rooms that were once occupied by the hermitage family. In the courtyard there is a well. This site celebrates an annual pilgrimage on November 25th in honour of Saint Catherine, who attributed to the salvation of the people of Torroella in the year of plague and famine, according to tradition this began in the seventeenth century.



### The chapels

The road up to the castle has three chapels, two on the right and one to the left. Here devotees to Saint Catherine can rest and they serve as a refuge for shepherds. The chapels are made of stone with vaulted ceilings.



### The fall of the Duke

Known as the largest cave in the mountains, located on the southern side, 200 metres above sea level. Its formation is as a result of seepage water into dissolving limestone. The name comes from a bird of prey, the Duke, who nestled in the Montgrí years ago. The strategic location sheltered from the wind and opened out to the north west. The area was inhabited during the Palaeolithic period, about 300,000 years ago. In fact, it was the main habited territory as access to hunting and gathering was easy on the solid, flat land.



### Chapel of Santa Maria de Palau

The remains of the thirteenth century, Romanesque chapel are located on the slope of the mountain of Sobrestany.

### Dunes

A sandy path to the summit of the Muntanya Gran with grasses and pine trees, planted in the early twentieth century, to stop sands from being dragged from the north of the Gulf of Roses, and threatening vineyards and orchards in the surrounding areas.



### Caves and Eixharts

There are known to be over fifty caves and natural holes (eixharts) that are scattered throughout the mountains, including the 'cau dels Ossos', the 'cau de l'Olivar d'en Margall', the 'cau d'en Calvet' and the 'cau de les Dents' where remains of Neolithic burial were found. Besides dens, fountains and holes, there are also some lime kilns, and closed dry stone huts used by sheep and their shepherds as a refuges. The best preserved is the eixhart of Vidal.

# 01 The land > One Natural Park, three landscapes

## || The sea. Medes islands, coves and beaches



***Within the municipality there is a significant and varied coastline with a total length of 15 km, distributed between 5.4 km and 9.7 km of beach and rocky coastline.***

Visitors can choose a beautiful beach with over 5 km of fine sand and shallow waters, ideal for the whole

family, with a wide range of services, or opt for adventure discovering small coves at the end of an energetic hike or a breath-taking boat trip along the Montgrí coast, where you can enjoy calm and relaxation, diving and other water activities that can be topped off with a visit to the Medes Islands.





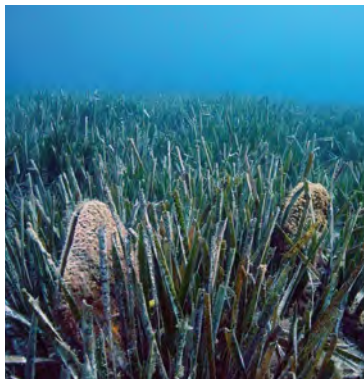
## Medes islands

***This unique archipelago on the Catalan coast is situated only a mile from Estartit's extensive beach. This enclave made up by seven islets, with a total extension of 23 hectares is, from an environmental perspective, without doubt the most attractive and notable place to visit in the local municipality. Forming the tail end of the Massif de Montgrí, leading out to sea, the Illes Medes are an interesting and popular place to visit as much as for the islands themselves as the parts submerged deep underwater.***

Medes Islands, are formed by two main islands, Meda Gran and Meda Petita and five rocky islets, of no land mass. Throughout history the islands have been invaded and occupied. Evidence from shipwrecks, discovered deep under the sea, suggests that the earliest settlers disembarked from Greek and Roman ships. In reality it is in the period of the Middle Ages when the islands became more notorious as a result of piracy at the time. Their strategic position caused the king Martí Humà to build strong defenses in 1413 in an attempt to primarily protect monks who worked in the hospitals.

In the Modern Ages the islands were occupied by Muslim Corsairs. Between 1655 and 1670 garrisons of French soldiers were installed on the islands. Later, in the Contemporary age, during the war against Napoleon, the Medes Islands were the only place on the peninsula that were not occupied by French troops. From this point in time through to the twenties in the XX century a military garrison would reside on the islands. However, later inhabitants were lighthouse keepers. The first lighthouse on the island was in 1886. Later, in 1930, when inhabitants left the islands, an automatic lighthouse were installed the same as today. Since then, the islands have become one of the most important flora and fauna nature reserves of the Mediterranean. Furthermore, the islands are notably one of the most desirable and valued destinations for subaquatic diving. In the last twenty years efforts in preservation and protection have resulted in a spectacular recuperation of the rich seabed and terrestrial environment. This has played a consequential role in marking the islands as a marine reserve and a paradise for subaquatic sports.

# 01 The land > One Natural Park, three landscapes > The sea



## A diver's paradise

Varying sea depths allow for different types of diving from beginners to experts, who can enjoy sea fans, coral, starfish, octopus, lobsters ... from a distance of less than 10 metres. Underwater meadows and coralline landscapes are waiting to be discovered just 20 meters below the surface.

There is a rich marine life with all types of crustaceans and a significant density of commercially valuable fish species such as sea bream, snapper, croakers, sea bass and the grouper. These species at the same time attract predators like Mediterranean barracudas, rays, or the bluefin tuna.

Sometimes tuna, sunfish and cetaceans such as the bottlenose dolphin can be seen as they make their crossing past these abundant and fruitful islands.

Numerous caves and tunnels indicate that this archipelago of limestone rock, connected to the mountain ranges of Montgrí, could be more than ten thousand years old. The Medes Islands and the coastline offer a surprisingly exciting diving experience for expert divers, it is possible to visit caves such as La Cova de la Vaca, La Sardina, Dofi Nord, the Tunnel of Pedrosa and many more.. Near the islands, the shipwreck, Reggio Messina, can be found. Sunken in 1991, it is the largest wreck of its kind on the Costa Brava and very popular amongst divers. In front of the bay Cala Montgó, another sunken shipwreck, Avenire, also known as the Marmoler sits at the bottom of the sea inviting discovery. Sunken in 1971 it was originally used in the cargo of marble. Furthermore, it is the only shipwreck on the coast that has stayed fully preserved.

## The coves



*The rocky Montgrí with its maritime coast hides beautiful coves, among these are some which can only be reached on foot over the mountain, or by boat following the coastline on the sea.*

### Cala Montgó

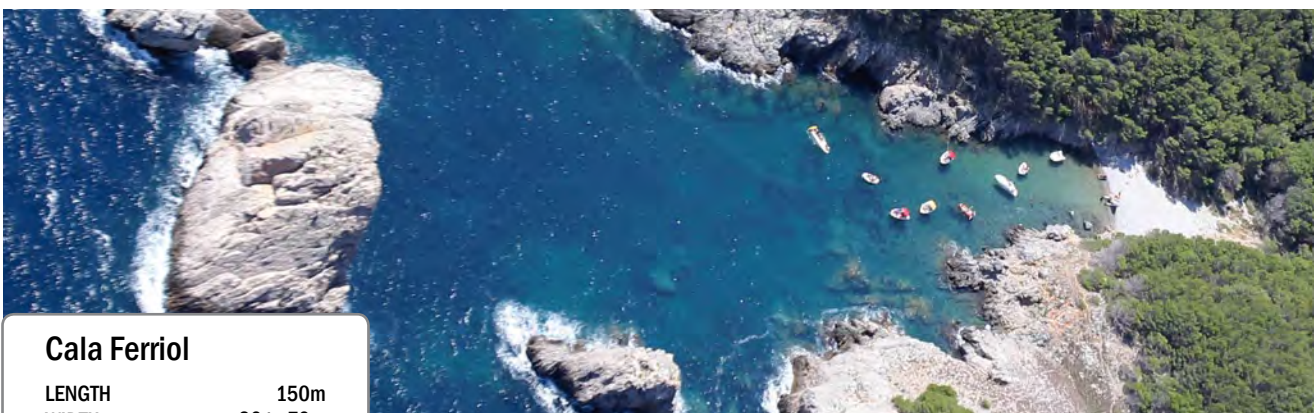


LENGTH	430m
WIDTH	200m
SAND TYPE	fine
ENVIRONMENT	urban
NEAREST TOWN	1 km
ACCESS	on foot or by car
FACILITIES	none

The most important geographical feature of the entire façade of the Montgrí coast is this large bay, Cala Montgó. Because of its rounded form it is believed that a possible hypothesis could be an ancient collapsed sinkhole, flooded and then enlarged by the action of seawater. In Roman times it was used as a landing place, as evidenced by the remains found there.

Access can be made on foot over the mountain (12 km) or by car (20 km) from Estartit. It is also possible to reach there by bicycle or boat.

Water sports and swimming areas are clearly marked by buoys.



### Cala Ferriol

LENGTH	150m
WIDTH	30 to 70m
SAND TYPE	pebbled
ENVIRONMENT	natural
NEAREST TOWN	6 km
ACCESS	on foot
FACILITIES	none

The second largest cove on the coast after Cala Montgó is Cala Ferriol. Only accessible on foot or by boat. The complete route on foot from the main walk-paths over the mountain takes approximately 1hour 30 minutes.

# 01 The land > One Natural Park, three landscapes > The sea



## Cala Pedrosa

LENGTH	100m
WIDTH	10 to 50m
SAND TYPE	pebbled
ENVIRONMENT	natural
NEAREST TOWN	4 km
ACCESS	on foot
SERVICES	none

This small sheltered cove in a paradisiacal setting, amongst pine trees and rocks is the ideal hideaway for a swim in the summer and often a quick dip in the winter too! Directly in front of the cove you can see the Illa Pedrosa which adds the finishing touch to the setting.

The complete route there and back takes approximately one hour. An idyllic spot to do some snorkelling and observe the marine life.



## Cala Calella

LENGTH	80m
WIDTH	10 to 30 m
SAND TYPE	rocky
ENVIRONMENT	natural
NEAREST TOWN	4 km
ACCESS	on foot or by car
SERVICES	none

This small rocky cove is found 30 minutes on foot from L'Estartit's harbour. Before you arrive at the cove there is an extraordinary viewing point from which Els Arquets Medes Islands can be seen in the background. Along the coastal path there is a geological well, known as La Calella, the vertical opening supposedly reaches down to the sea. It is the most impressive crevasses of the mountain range with its solid well-structured hole.

## The main beach of l'Estartit - La Platja Gran

**This long and extensive beach is divided into three areas, which are: The main beach (1km x 100 m), the beach of Els Griells (5 km x 50 m) and the beach of the Pletera (18 km x 70 m). Swimming areas and water-sport zones are clearly marked with buoys.**

### The main beach

LENGTH	1km
WIDTH	100m
SAND TYPE	fine
DEPTH	low
ENVIRONMENT	urban
NEAREST TOWN	0 km
ACCESS	on foot or by car
SERVICES	fully equipped



Situated directly in front of the residential area of the town, it is where the large majority of swimmers go.

### Griells' beach

LENGTH	0,5km
WIDTH	50m
SAND TYPE	fine
DEPTH	low
ENVIRONMENT	urban
NEAREST TOWN	0 km
ACCESS	on foot or by car
SERVICES	fully equipped



Situated between the Ter Vell nature reserve and the village, which gives the beach its name 'Els Griells'. In this area there are less visitors and beach goers than the main beach and it is where the large majority of nautical and water sports concessions are based.

Ter Vell nature reserve at the far end of the beach provides a lovely environmental setting.

# 01 The land > One Natural Park, three landscapes > The sea

## Pletera beach

**LENGTH** 1,8km  
**WIDTH** 70m  
**SAND TYPE** fine  
**DEPTH** normal  
**ENVIRONMENT** natural  
**NEAREST TOWN** 2 km  
**ACCESS** on foot or by car  
**SERVICES**  
 parking, lifeguard, beach bar, sail rental, windsurfing concession and rental.



Pletera beach is the least used area of the beaches, there are practically no buildings or neighbourhoods in the surrounding area. Together with the Ter Vell nature reserve this area is part of a restoration program of coastal dunes and wetlands of the Baix Emporda region, which is supported by the LIFE European Union. The environment and reduced access have converted the terrain into a place of peaceful natural beauty. There is an area adapted to practise kite surfing. It is possible to take dogs on this part of the beach.

## Mas Pinell Beach

**LENGTH** 1,3km  
**WIDTH** 80m  
**SAND TYPE** fine  
**DEPTH** normal  
**ENVIRONMENT** Natural  
**NEAREST TOWN** 5 km  
**ACCESS** on foot or by car  
**SERVICES**  
 Parking, lifeguards, toilets, showers, bar, sail/boat hire and sun-bed hire.



Mas Pinell beach, continuing La Pletera beach, borders the Ter river and is opposite to Pals beach, Platja de Pals. The area can be accessed by car from the Torroella - Palafrugell main road by taking the exit to the urbanisation Mas Pinell.

## || The river Ter, the Ter Vell wetlands and the Pletera



***The River Ter is the most important river in the Girona region. Starting off in the Pyrenees and flowing out to the sea, three kilometers away from Estartit, between the cap de la Barra and the Cap de Begur.***

The river is channelled in an almost straight line from the bridge in Torroella de Montgrí to the terrain of La Gola, where the river flows out to sea. The River Ter in its final course, waters many important tracts of land where fruit trees, rice fields and excellent horticultural products are grown.

### **Horticultural landscapes**

The horticultural landscape orders the territory and characterises the ecosystems of the land. The native vegetation on the banks of the Ter River and the canals that drain, coexist with ancient cereal crops, fodder and fruit trees, which determine the landscape with a plot-like structure on the estuary that forms a beautiful mosaic of colours.

Today the ecological and economic viability of farming has made it possible to ensure a quality product and to have a unique land that can be enjoyed through walking, cycling or horse riding.

### **The Ter Vell wetlands and La Pletera**

The Ter Vell is a coastal lagoon with freshwater pockets situated near to the river's mouth, forming part of the Baix Ter wetlands together with the humid zones of La Pletera, Les Basses d'en Coll and La Gola del Ter.

In the early nineteen nineties methods were taken to ensure the condition of the lagoon and to improve its ecological state.

The total submerged area of the lagoon occupies 23 hectares, 3 hectares of which are free flowing and without vegetation.

Actions taken to protect the area of La Pletera have contributed to the conservation of the dunes and the species under threat of extinction in coastal lagoons of the Mediterranean such as the fartet, a freshwater fish. This area has an abundance of coastal vegetation found in few maritime places on the Catalan coastline, sailcornars and concurs live here as well as numerous aquatic birds.

Throughout this area you can take walks, bicycle routes or go horse-riding to appreciate the natural beauty of the protected wildlife and environment.

*The unspoilt natural landscape, cultural and historical heritage are so rich and diverse that Estartit and Torroella can cater for all types of public. The many different ways to enjoy and explore the town and surrounding areas provide a truly unique experience for the visitor.*

## Destination of many possibilities

# Tourism



### Family Travel Destination (DTF)

Since 2007, Torroella de Montgrí - L'Estartit have been awarded the prestigious title of Family Travel Destination (DTF), created by the Catalan Tourism Agency and the Catalanian government.

**The certification guarantees that the town and local area has:**

- .... Special services for families.
- .... Specific health and safety procedures.
- .... A wide range of events, entertainment and activities for children.
- .... Adapted facilities for children in public areas, accommodation and other services.
- .... Easy access to event and activity programming and information in order to best plan your stay.
- .... Family-friendly accommodation and services.
- .... Identity bracelets for children.
- .... Beach kid's club and beach library.
- .... Bicycle and walking paths.

### Family-friendly tourism

***The climate and geographical location of the town, in the heart of the Costa Brava, in the Nature Park of Montgrí, Medes Islands and Baix Ter offers an idyllic place to enjoy a family holiday.***

#### Sun and beach

The municipality has a wide strip of coastline 15.1 km long, 5.4 km distributed between 9.7 km of beach and rocky coast.

The beaches of fine sand and shallow waters are ideal for the whole family. Not including the beach of Pletera, which attracts more for its natural beauty and rugged settings, the whole coastline provides the visitor with all basic services required. Water-sport zones are clearly marked with visible buoys. At the end of the maritime promenade, which runs alongside the beach, there are various playgrounds and communal areas to rest.



*"The fine-sand beaches with shallow seas, ideal for the whole family."*

More information:  
[www.visitestartit.com](http://www.visitestartit.com)  
Download a brochure of the beaches:  
[www.visitestartit.com](http://www.visitestartit.com)



### Mini Beach Club

The kid's club can be found in the wooded area (Pineda) of the main beach, near the entrance to the beach from the Avinguda de Grècia. In this out-door play area children can participate in a wide range of activities such as: water games, fun sports, workshops and much more.. Children can have a great time whilst being carefully looked after by a team of professional monitors. Public: free activity for children aged 4 to 10 years old. Timetable: during the months of July and August: 10:30 to 13:30 hrs and 15 to 18 hrs.

### Beach Library

The beach library situated next to the Mini Beach Club, enables families to enjoy reading on the beach, suitable for everyone.

### Excursions to the coves

The Montgrí coast has small coves which can be visited by taking an enjoyable excursion on foot, by boat or kayak. Places of peaceful, natural beauty where the visitor can enjoy snorkelling and scuba-diving.

### Maritime Excursions

From the harbour of Estartit you can take a trip on a glass bottom boat to the Medes Islands or sail along the coast enjoying the richness of the seabed and observing hundreds of species of fish, corals, algae and invertebrates that inhabit the area.

### Playgrounds

In various parts of the town, in the centre and on the beach, you can find children's playgrounds catering for children of different ages.

### More fun for little ones

All festivals and fairs programmed in the local area are organised with families and children in mind. For this reason throughout the year in all local festivals and events there are children's entertainment groups, workshops, shows and activities aimed at children and families.

## || Active tourism discovering the Natural Park

The richness of the landscape, integrated into the Natural Park of Montgrí, Medes Islands and Baix Ter offers the visitor a wide range of active, sport and leisure activities. Managed by specialised companies a network of hiking, cycling and mountain biking has

been consolidated into the tourism package, along with other sports activities.

The visitor can go horse-riding, micro-gliding, practise tennis, take part in activities in different sports clubs and gym centres

There is something for everyone!



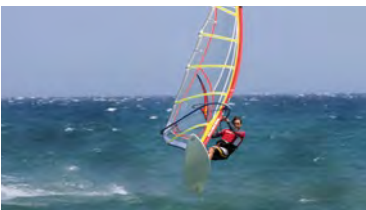
### Hyking, cycling and BTT

**The Nature Park offers 17 itinerary routes so that visitors can discover the territory. Areas for running and cycling, on flat ground or over the mountain with clearly indicated routes offering various levels of difficulty and length.**

Torroella de Montgrí - L'Estartit has a network of nature trails that connect with neighbouring towns and villages all of great cultural and natural interest. Scenic routes can even be taken from the Pyrenees to the sea travelling through some of the most

charming and beautiful villages of the Costa Brava and Girona. Amongst these are the great network of trails which follow the Pirinexus Ter Route, the GR-92 and the routes on foot, bicycle and car promoting the Consells Comarcals Alt and Baix Empordà regions.

Tourist information panels serve as starting reference points for the entire framework of routes that are located opposite the tourist offices of L'Estartit and Torroella and other points of interest such as parking areas, camping, etc.



## Water sports

**The marina, situated in front of the urbanised area of L'Estartit, is a modern and well-equipped facility, where sailing enthusiasts can stop and enjoy the services provided.** In addition to local fishing boats, sports and recreational boats, the harbour is also the departure point for boat trips, scuba-diving and many other water sports that are practiced in the village. Throughout the year the marina is host to competitions and sailing races of international prestige and interest.

### Scuba Diving

The Costa Brava has over 40 diving centres, 11 of which are situated in L'Estartit. L'Estartit is considered to be the most important diving centre amongst enthusiasts and the Medes Islands are the best example of marine reserves in the Mediterranean. The diving centres offer services of the highest quality and standard so that the experience for the visitor is unique.

### Snorkelling

Many businesses also offer the opportunity to go snorkelling. Equipped with swimming mask, flippers and snorkel tube you can enjoy the delights of the sea, marine life and rich seabed from the water's surface. The snorkel trips follow a designated route orientated by a professional guide who will explain the flora and fauna of the coast.

### Kayak

Another enjoyable option is to follow the Montgrí coastline and Medes Islands by kayak. An energetic dose of exercise enables you to visit the coves, caves and places that you will fall in love with at first sight.

### Sailing

The nautical sport of sailing and the sea go hand in hand, both

convey the indomitable strength of the wind. Estartit's Nautical Yacht Club offers training courses, they also organise races.

### Windsurfing

Windsurfing has been practiced for years on the beaches of the Costa Brava. The sport is done by moving through the water on a board similar to surfing, but equipped with a sail.

### Kitesurf

This new and exciting sport has been recently installed on the beaches of the Costa Brava. Kite surfers can travel on a surf board attached to large kite and body harness which allows them to skate over the water at high speeds. The sport is fast, energetic and a real adrenaline booster.

### Paddle surf

This new and exciting sport has been recently installed on the beaches of the Costa Brava. Kite surfers can travel on a surf board attached to large kite and body harness which allows them to skate over the water at high speeds. The sport is fast, energetic and a real adrenaline booster.

### Boat hire

Boat hire, with or without a captain is available for everyone. Discovering the area by boat gives you an intense and unforgettable experience.

For more information:  
[www.visitestartit.com](http://www.visitestartit.com)  
or directly at the Tourist  
Information Offices.

## ||| Cultural tourism

*Noted as one of the most important cultural destinations of Catalonia, Torroella de Montgrí and L'Estartit have a rhythmic and varied art and music culture scene. Music being the most noted and highlighted.*



## Music

The musical origins of the town date back to the Middle Ages when the town became popular for royal court musicians and troubadours who went about entertaining in noble houses, local fairs and festivals. The whole town breathed music; it was then that the Chaplain of Torroella, formed a band of musicians who later created traditional and historical songs. The musical tradition was never lost and during the XX century the 'Joventuts Musicals de Torroella' (Young Musicians of Torroella) was born. The local music school has since created a programme of auditions, concerts and songs that accompany traditional dances such as Sardanes. Due to this, the concerts are renowned for their prestigious Catalan music worldwide.



### The Festival of Torroella

This prestigious International Music Festival started in 1981 and is now known as the Festival of Torroella. During the summer months of July and August it brings together some of the world's best soloists, chamber ensembles and choirs from outstanding international musical scenes.

More information: [www.festivaldetorroella.cat](http://www.festivaldetorroella.cat)

### Jazz Festival l'Estartit

This festival started in 2014 as a result of the great success of the Off Festival in Torroella, and proposes to be one of the largest jazz repercussion scenes in the country and on the Costa Brava during July and August.

More information: [www.festivaldetorroella.cat](http://www.festivaldetorroella.cat)

### Festival Í-taca

The festival collects the essence of the jazz from the Festival JazzPera and takes it to villages such as Torroella, La Bisbal and Monells. Concerts, workshops, presentations and meetings are organised under the slogan 'action and culture' with an important aim of social and cultural awareness through music.

More information: [www.itacacultura.cat](http://www.itacacultura.cat)

### Festival Torroella Scene

This series of small concerts take place in the town during the spring, from March to May, and gives young and emerging Catalan bands and opportunity to be recognized.

More information: [www.festivaldetorroella.cat](http://www.festivaldetorroella.cat)

### Festival Harmonies

Festival of music and performing arts that takes place each year from September to December in Espai Ter.

More information: [www.espaiter.cat](http://www.espaiter.cat)

## Local art

Land of artists, sculptors, writers and photographers many of whom have bought their private foundations and art galleries to the village, together with private exhibitions and general public galleries at the Mediterranean Museum.



### The Vila Casas foundation - Palau Solterra Museum

The headquarters of the Vila Casas Foundation is found in one of the most emblematic buildings of architectural heritage in Torroella, built in the XV century it boasts a collection of national and international contemporary photography.

More information: [www.fundaciovilacasas.com](http://www.fundaciovilacasas.com)

### Local exhibitions

Temporary exhibitions are on show to the general public throughout the year both in the Capella de Sant Antoni in Torroella and the Town Council's exhibition hall in L'Estartit.

More information: [www.visitestartit.com](http://www.visitestartit.com)

### Mascort Foundation

Located in the Galibern house, built in the nineteenth century influenced by memories of the American country where Ramon Galibern, the owner, lived. This house which has been carefully preserved and restored by its successors and converted into the Mascort Foundation. The exhibitions and books on history have supported the education of knowledge and comprehension of art and given support to nature.

More information: [www.fundaciomascort.com](http://www.fundaciomascort.com)

### Traç d'Art

Specialising in contemporary figurative painting, the gallery located at the end of the maritime promenade of L'Estartit, presents works by established artists and emerging young talents and stands as a cultural meeting point in the seaside town.

More information: [www.tracdart.com](http://www.tracdart.com)

### Atrium Roca Sans

The Quintana - Badia house, located in the historical part of Torroella, is home to the art gallery ATRIUM, an exhibition of decorated spaces around the Gothic courtyard, with the work of the artist visual Joan Carles Roca Sans.

More information: [www.rocasans.com](http://www.rocasans.com)

## Mediterranean Museum

The museum located in Can Quintana, is one of the most historical buildings of the town. The museum opens its doors to the discovery and understanding of human habitation of the Mediterranean territory of Montgrí, the flat lands of Baix Ter and the Medes Islands.

It is a participatory museum for both children and adults, offering extensive cultural activities throughout the year in the form of exhibitions, cultural, social and musical events and guided tours of the town and local area.

More information: [www.museudelamediterrania.cat](http://www.museudelamediterrania.cat)

## Guided Tours

So that the visitor can experience first hand the town with its history and legends, the Mediterranean Museum offers guided tours, some of which are dramatised and set to music, which bring the streets of Torroella and L'Estartit to life.

More information:  
[www.museudelamediterrania.cat](http://www.museudelamediterrania.cat)

## ||| Accessible tourism

*Since 2008 great efforts have been made to make the destination more accessible for tourism. A great area of urban landscape has been remodelled to facilitate the circulation and access for all people regardless of their physical limitations, disabilities or age. Beach services have been adapted with ramps and paths suitable for wheelchairs and adapted beach showers are available.*

The tourist Office has a specially adapted bicycle, which allows people of reduced mobility the opportunity to explore the Nature Park. Also, many local businesses have adapted their premises to cater for all types of public.



## Beaches

The main beach is specially adapted to cater for people with physical limitations, disabilities and reduced mobility. Disabled parking spaces, toilets with specially adapted access for wheelchairs and ramps that reach three metres from the shore's edge.

Mas Pinell and Cala Montgó beaches also offer the same facilities and services for disabled people.

During the months of August and July a specially adapted wheelchair is available for use from the lifeguards.

### Tourist Information Offices

All tourist information offices have specially adapted access and ramps for wheelchairs and adapted toilets. The Tourist Office has a specially adapted bicycle available for hire.

#### Tourist Office l'Estartit

Tel. 972 75 19 10

#### Tourist Office Torroella

Can Quintana  
Tel. 972 75 51 80

### Accommodation and services

A total of six hotels in Estartit, three hotels in Torroella, three camp-sites and two housing agencies offer accommodation with fully equipped and adapted bedrooms and facilities for the disabled and physically limited.

Furthermore, some scuba-diving businesses have specially adapted vehicles and elevated platforms.

### Transport

Local transport companies AMPSA and Sarfa have specially adapted buses; these have to be ordered two days prior to the date that you require to travel.

Ampsa. Tel. 972 75 82 33  
Sarfa. Tel. 902 302 025

### Parking

Blue zone - free with pass.

## || Cuisine and shopping



***Torroella and L'Estartit, located in the heart of the Empordà, provide a classic example of culinary culture and traditions of the region. As a result of the many civilisations that have lived here and passed through since the arrival of the Greeks in neighbouring Empúries.***

The rich locally grown produce and the wide variety of fresh fish available directly from the coast, provide the raw materials necessary to buy and taste products

grown and farmed in the immediate area: apples, peaches, rice, vegetables, lambs, chickens, ducks, fish...

**The essence of the municipality lies in the ability to adapt to changing times without losing the charm of tradition. The locally-grown products, booming trade, the cordial environment, traditional dishes, creative cooking are the elements that mark the character of the people who live here and impress the many visitors year after year.**

## Local products and produce

*The large variety of products that identify the cuisine and commerce of the town are determined by the territory and its history. Many of them have quality trademarks of local origin and organic certification.*

### Farming

Farming traditions that started in the Neolithic period; over 7,000 years ago, when the first inhabitants settled in Baix Ter, this continued dedication has since then become a mainstay of the main sources of the economy of the towns and local areas.

### Fruit

Peaches, nectarines, pears, cherries and apples are the most commonly grown fruit crops. However, the most internationally recognised fruit is the apple with great prestigious value on the international exporting market.

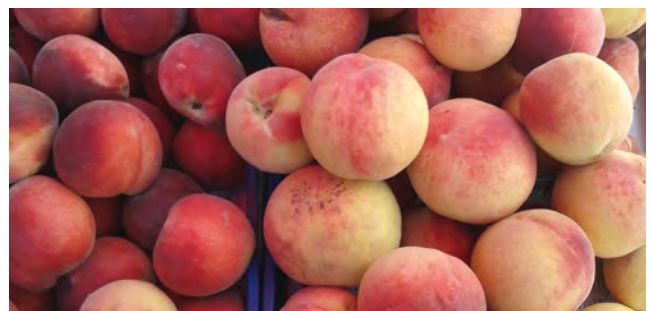
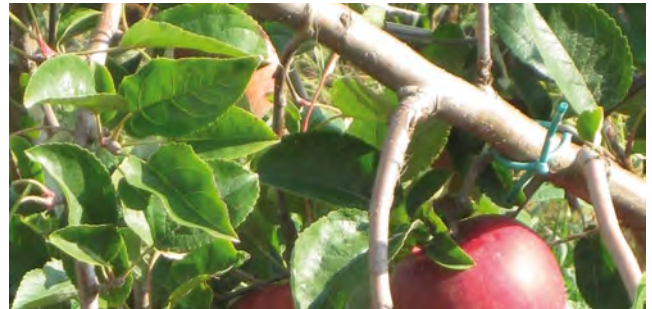
The gastronomical qualities of the apple grown in the region are also well recognised with the distinctive quality trademark IGP (Protected by Geographical Indication) through the Girona Apple group (Poma de Girona). The most well-known varieties are; Golden, Red Delicious, Royal Gala, Granny Smith and Pink Lady, there are also some local varieties too. Integrated farming techniques mean that there is minimal use of pesticides and processes used that favour the diversity of the agricultural eco-system.

### Rice

Rice cultivation is another outstanding area of farming in the region, both for the economic activity that it generates and the prestigious gastronomical quality it attains. Under the brand name Arròs de Pals (Pals rice) there are quality rice varieties such as Bahia, the Bomb, the Senia, and new varieties such as; Carnaroli and Nembo.

### Horticulture

Horticultural production has held a long and established tradition in the villages of the local area. The irrigation of the land has always been good and every farmhouse has always had their own orchard and vegetable plot. Now this fresh produce can be bought from the local market or eaten in the villages' restaurants. Seasonal produce such as; tomatoes, peppers, courgettes, aubergines, peas, beans, lettuces and many more.



### Wine and Oil

The foot of the Montgrí mountain is surrounded by vineyards and olive groves traditionally used for self cultivation, usually made with olive varieties from the area such as; Argudell, Corivell, Verdàl and some olives from other areas like Arbequina. Nowadays, the production is listed in the Protected Oil Production of Empordà (Denominació d'Origen Protegida Oli de l'Empordà), which assures production and olive quality of the highest standard. The olive oil can be bought in local shops.

### Agriculture

In the farming fields around Montgrí local sheep herders raise their cattle. Not only do the cattle provide excellent meat but they also form an important role in the environment by clearing under growth which helps to reduce the risk of fire.





## Sea

Fishing is another historical legacy of the town. The geographical position in the Nature Park, protected coastline, Medes Islands and the river Ter provide a territory rich in varieties of fish and seafood.

## Seafood

In the sea and on the coast of Estartit there are more than 60 species of fish fit for consumption. The most common sea bass, monkfish, hake, scorpion fish, sole beach, sardine, bream, grouper, snapper, croakers, mullet, red pandora or whitebait. Many varieties of seafood include lobster, clawed lobster, molluscs, clams, muscles and sea snails.



## Eel

Eels are among the most valued and appreciated local delicacies taken directly from the Ter River. Local restaurants are noted throughout the Costa Brava for their dishes which have eels.

## Anchovy

Also noted highly noted in gastronomical and culinary circles are the anchovies of Escala. The anchovies are renowned internationally for their methods of artisan conservation used by specialised businesses in Escala. As a result of their quality the anchovies of Escala are the most appreciated and valued product of Catalonia.



## Artisans

In addition to these many products that emerge almost directly from the sea and the land, there are many that come from the tradition of craftsmanship in the area.

Products from local delicatessen's and butcher's such as; pork sausages, cold meats, cured hams or local baker's like traditional sweet pastries, Empordà doughnuts, flaones, montgrins, Medes and Ter biscuits.

The area boasts a great tradition of artisan bread, the majority of which is made with flour from the Empordà region. Varieties include the legendary farmer's bread, tramontana bread, flat breads, sweet and savoury flat breads.

For more information:  
[www.visitestartit.com](http://www.visitestartit.com)  
or directly at the Tourist  
Information Offices.

## Cuisine

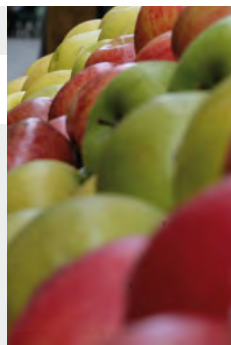
**Local cuisine combines the sea and mountain, as is usual in the region. The gastronomy is varied and wide, including traditional and homemade dishes, related to the land and centuries of tradition to more sophisticated and creative cuisine.**

A good way to taste local cuisine is during two separate **gastro events** that are organised yearly and in which local restaurants participate. The events have become very popular and are included in the culinary routes of Catalonia with a seal of quality for local homegrown produce.



### Gastronomical events - "Sonso" of l'Estartit

Organised in June with "sonsos" as the main ingredient.



### Gastronomical events - The Apple in the Kitchen

Celebrated in October the event focuses on recipes which contain apples, the fruit of the local area.



## Fairs and festivals

Tradition and culture play a fundamental part in the identity and roots of the village both of which are celebrated together with innovative and new activities like the Comic Festival, Beatles Weekend, Empordá Fair, Cuisine and Health Fair, Pirates and Corsairs at the Medes Island and much more...



## Commerce and markets



### Weekly markets

Weekly markets have always taken place in the streets of Torroella de Montgrí on Mondays and L'Estartit every Thursday. Fruit and vegetable stalls, organic products, clothes and general household items fill the streets and convert the village into a lively, bustling centre from early morning to midday.

### Eco Market

Every fourth Saturday (or fifth on longer months) Torroella holds an organic market under the name 'Eco Market Món Empordà'. The market has food local grown or items produced in the vicinity.

### The Fishermen's Association

The Fishermen's Association of L'Estartit has 18 active fishermen as members, the majority still use traditional fishing methods. Their catches are sold to the fish markets in Palamós and L'Escala. Recently caught fish can also be bought there by anyone at the local cooperative Empesca't.

### Local shops and stores

Apart from the weekly markets, the local area has a wide variety of shops and stores where a large selection of products can be bought. In Torroella the shops can be found in the old part of the village and L'Estartit in and around the centre on Santa Anna Street, opposite the maritime promenade and on the Grècia Avenue (Avinguda de Grècia). Local commerce is lively and active, not only does it offer a variety of products but participates by organising events throughout the year. These programmed activities are suitable for everyone, visitors and residents of the area and of all ages.

## Adapting to the times

# Tourist Offer



***The municipal of Torroella de Montgrí and Estartit has a total of 12,061 residents (8,843 in Torroella and 3,218 in Estartit), the area has continuously grown and adapted with the changing times, modelling its tourism package on the necessities and experiences of the visitors. Catering for everyone with a wide choice and variety.***

***The scenic beauty, cultural heritage makes it a pleasant destination throughout the year, to disconnect and relax on a long family holiday, taking small trips and doing sports of all kinds.***

With the objective of satisfying the needs and wants of the tourist that visit during the year places that offer accommodation have adapted their facilities to ensure maximum comfort. The majority of establishments have paid special attention to the varying needs of families, transport, security, sports enthusiasts, divers, cyclists and disabled people.

Some campsites have been awarded quality certificates for the high standards of their services and facilities.

*"It is a desirable destination all year round, perfect to disconnect, relax and practise any one of the large variety of sports available."*

## || Accommodation

Torroella de Montgrí and Estarlit have a total capacity for 31.783 places for accommodation comprised of 1.801 hotel beds, 14.901 campsite places, 322 tourist apartments places, 74 rural home places, and 14.685 holiday homes places. All with the clear objective that the visitor should feel at home.

More information: [www.visitestartit.com](http://www.visitestartit.com)

### Campsites



Qualitat turística



ISO 9001



ISO 14001



Distintiu de Garantia de Qualitat Mediambiental



Reglament europeu EMAS



Etiqueta ecològica de la Unió Europea

The municipal has four first category and six second category campsites. Some campsites have been awarded the prestigious quality certificate 'Best Camping' by inspectors from the German automobile club ADAC and the Dutch ANWB club (2014 edition). In the same way, the prestigious ACSI Awards 2023 have also awarded one of the town's campsites and two others have received honorable mentions.

### Apartments

Apartment rental agencies offer a wide range of accommodation, ranging from detached houses, bungalows and apartments with various facilities and services.



### Hotels

There are all categories of hotels in the area. Five 4 stars, eight 3 stars, three 2 stars and three 1 star. There are also many hostels, B&Bs of varying categories.



### Rural Tourism

There are six rural style houses distributed in the area surrounding the villages far from the hustle and bustle of the village but close enough to be near all conveniences.



## || Restaurants

There are over 80 restaurants and bars in the area, all offering cuisine based on the local market, full of fresh, delicious, seasonal produce. In a desire to satisfy the most sophisticated palettes traditional dishes of rice and casseroles, offering sea and mountain delicacies together with horticultural products are served. Accompanied by rich olive oil and excellent wines of the Empordà region.

More information: [www.visitestartit.com](http://www.visitestartit.com)

## || Local Businesses

One of the strong points of the municipal area is its ability to adapt and cater for the needs of the visitor. Tourism has changed and so too have the villages in order to keep up with demand.

Today there are about sixty businesses dedicated to the service sector, 38 for nautical activities and 22 for leisure and sport. In the nautical sector, the most represented are those which specialize in scuba-diving, boat trips, boat and kayak hire. With regard to leisure and sports, tennis, guided visits and activities offered by sports centres complete the tourist package of the local area so that there are many activities and things to do for everyone.

More information: [www.visitestartit.com](http://www.visitestartit.com)

# Promoting resources and services

## Department of Tourism

### ||| Duties of the Tourist Department



***The tourism industry is the main source of economic resource in Torroella de Montgrí and Estartit since its boom in the fifties and sixties. However, tourism throughout the Mediterranean coast has experienced considerable change over the last twentieth century. At the start of the twenty-first century, as a result of the decline in the number of visitors and the length of their stays, made some municipalities reevaluate their tourism model and adapt to the new demands of the sector.***

Torroella de Montgrí and Estartit successfully did this in collaboration with the Dept. of Tourism and Estartit's nautical station, Estació Nàutica L'Estartit - Illes Medes. They continue to work for tourism with the clear objective of dynamically changing the sector and the services offered in order to meet with the needs and requirements of the visitor. Using the areas privileged location and making the most of the Montgrí, Medes Islands and Baix Ter protected natural park, great value has been given to the resources of nature, culture and land. Without forgetting the appeal of an easily accessible sun, sea and sand holiday. This has allowed the tourist sector in the area to be active throughout the year, creating new businesses and offering new services, thus promoting the tourism in the municipally.

#### Welcome and inform visitors

Give information and assist the visitors that go to the information offices, answer queries over the phone, by email or by WhatsApp, update local businesses and tourist operators, elaborate statistics relating to the visitors who come to the local area and manage the information that is given on websites, social networking sites, leaflets, guides, publications and information boards in the villages.

#### Promote tourism

Assist journalists, travel agents, critics, generate news pieces related to the tourist package, attend travel fairs, organise and give support in open days, campaigns, festivals and local fetes, collaborate with other travel and tourism institutions both European, Catalan and regional in the promotion of tourism.

#### Destination quality control and management

Give support to quality assessment plans, realise surveys, manage and respond to complaints and suggestions, generate reports and propose improvements to infrastructure and public services, realise projects and follow progress, for example land management and beach services.

#### Tourist entertainment

Plan summer activities, organise events in local village fetes, create guided visits and pedagogical programs, give support to associations and businesses that organise activities and work to lengthen the tourist season.

#### Creation of new products and support local development

Facilitate information to local town council regarding the evolution of markets, define strategic lines in regard to local development, new opportunities in the growth of the tourism sector and improve the destination's quality, assist businesses and entrepreneurs and manage heritage programs of support in order to restore the historical parts of towns.

*"Our aim is to give cultural and natural value to resources and the land without forgetting easily accessible tourism of sun, sea and sand."*

## || Tourist Information Centres

### Tourist Information Office l'Estartit - *Central office*

This office situated on the maritime promenade, Passeig Marítim, in Estartit, is the central headquarters for the Tourism Dept. of the municipality. An excellent visitor service is provided with many available resources. It also acts as a nerve centre for organising and coordinating all tourism activities and economic promotion sometimes with the joint collaboration of the nautical station, Estació Nàutica. The office also acts as a point of reference for all information related to the Natural Park. Here the visitor can find activities and maps with 17 different routes for the Park.

Passeig Marítim, s/n - 17258 L'Estartit  
Tel. +34 972 751 910 - WhatsApp +34 649 43 58 05  
info@visitestartit.com  
www.visitestartit.com

#### OPENING HOURS:

##### **November to March:**

Monday to Friday: 10-17 h

Weekends and public holidays: 10-14 h

##### **April, May and October:**

Monday to Friday: 10 h-18 h

Weekends and public holidays: 10-14 h

##### **June and September:**

Monday to Friday: 9-20 h

Weekends and public holidays: 10-20 h

##### **July and August:**

Daily: 9-21 h

### Tourist Information Office Torroella de Montgrí *Museu de la Mediterrània*

This Tourist Office is situated in the Museu de la Mediterrània (Mediterranean Museum) in the centre of the village. The museum receives many visitors and is an ideal place to find information, maps and get resources on the surrounding areas. Its central location makes it an ideal meeting point for cultural and historical guided visits of the village. The museum is a Heritage Interpretation Centre for the Montgrí Nature Park, Medes Islands and Baix Ter.

Carrer d'Ullà, 31 - 17257 Torroella de Montgrí  
Tel. +34 972 75 51 80  
info@museudelamediterrania.cat  
www.museudelamediterrania.cat

#### OPENING HOURS:

##### **September to June:**

Monday to Friday: 10-13:30 h/17-20 h

Sundays and public holidays: 10-13:30 h

Tuesdays: closed

##### **July and August:**

Monday to Saturday: 10-14 h/17:30-21 h

Sundays and public holidays: closed

# 04 Department of Tourism

## Tourist Office online, social networking and media

**The latest information on news and events can be accessed via social networking sites and the Tourist Office's website [www.visitestartit.com](http://www.visitestartit.com) The website is instantly updated reporting events as they happen.**

With the idea of making information easily accessible for everyone the Tourist Information Office can be found on all social-networking sites under the name "visitestartit".



## || Dedication to quality assurance

The municipality endeavours to offer tourism services with quality assurance and management through external assessment by independent bodies that award certificates of international acclaim and reference.

### Quality certificates for our beaches



“Q” for Quality Tourism



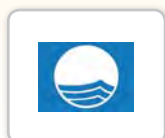
ISO 9001 –  
System for Quality Management



ISO 14001 –  
System for Environmental Management



EMAS –  
System for Environmental Management



Blue Flag - European Environmental  
Education Foundation

### Destination Quality Certificates



Family Friendly Destination

Active Tourism Destination

Ecotourism Destination

Marine Village



SICTED – Integrated system of Quality  
in Tourist Destinations





## L'Estació Nàutica *l'Estartit - Illes Medes*



This organisation brings together many local businesses that offer nautical and sport activities, accommodation, restaurants and commerce. The joint and clear objective is to provide a destination full of leisure activities that complement the natural environment and make the visitor's stay as enjoyable as possible. From leisure activities that bring the visitor closer to the Montgrí, Medes Islands and Baix Ter Nature Park, nautical and land activities suitable for all ages to accommodation offers, cuisine and shopping.

**Estació Nàutica l'Estartit-Illes Medes**  
C. de la Platja, 10-12 - 17258 l'Estartit  
Tel. 972 750 699  
info@enestartit.com  
www.enestartit.com

## Mediterranean Museum *Natural Park Interpretation Centre*



This interactive museum, works hard in the discovery of the Mediterranean, from the Montgrí mountains to the flatlands of Baix Ter and the Medes Islands. It is also an Interpretation Centre offering a doorway through which the visitor can discover the Nature Park through a range activities, maps and 17 organised routes.

**Museu de la Mediterrània**  
Carrer d'Ullà, 31 - 17257 Torroella de Montgrí  
Tel. +34 972 75 51 80  
info@museudelamediterrania.cat  
www.museudelamediterrania.cat

## Material published by the Department of Tourism

### Image archive

The Department of Tourism has an important photographic archive of the local area and the most important places of interest

**A collection of photographs** of the main resources, elements of interest and related activities in Torroella de Montgrí - L'Estartit.

**A collection of underwater photographs** of the sea environment and landscapes of the Medes Islands and Montgrí coastline.

**A collection of two minute videos** that present the main, most interesting elements of Torroella de Montgrí and L'Estartit

### Maps and information leaflets

Available on the website, [www.visitestartit.com](http://www.visitestartit.com), there is a section of all of the publications done by the Tourist Information Office. The majority can be downloaded in PDF format from the following link, for your convenience.

The event calendar may be subject to changes.  
Find most recent listings here:  
[www.agendatorroella.com](http://www.agendatorroella.com)

## Activities Calendar

The main village fetes and local traditions are:

**The Kings Parade and festival** > 5th & 6th January (Torroella de Montgrí and L'Estartit)

**Carnival** > February  
Torroella de Montgrí and L'Estartit

**Saint George's Day** > 23rd April  
Torroella de Montgrí and L'Estartit

**Empordà Fair, health and cuisine** > May  
Torroella de Montgrí and L'Estartit

An initiative that started with the aim of promoting the benefits associated to following a healthy diet and lifestyle. By means of recuperating the Mediterranean diet and using locally grown produce, 0 km, 'the slow food' method as a daily, healthy lifestyle. The fair has many exhibitors, workshops, free-tasting, projections and children's entertainment.

**The Montgrí, Medes islands and Baix Ter Nature Park Festival** > May  
L'Estartit

**FIMAG, Street Magic Fair** > June  
Torroella de Montgrí

FIMAG - Street Magic Fair in Torroella de Montgrí was created in 2012 as a result of a local initiative which has since made a place on the official festival calendar of the village. The fair has shows, exhibitions, products related to magic, street magic displays and highly professional shows of national impact.

**Saint John's Eve** > 23rd June  
L'Estartit



**Beatles Weekend** > July  
L'Estartit

Organised every year since 2005, activities related to the 'famous four' of Liverpool and their music at the time of their fame is recognised and celebrated during a four day festival. Exhibitions, projections, workshops, decoration of streets and shops, live music, with special performances from groups covering The Beatles classics.

**Carmel Festival** > 16th  
July L'Estartit

**Saint Anna's Day** > 26th July  
L'Estartit

**Torroella de Montgrí Music Festival** > July and August  
Torroella de Montgrí

**L'Estartit Jazz Festival** > July and August  
L'Estartit

**Saint Genesiu's Day** > 25th August  
Torroella de Montgrí

**Saint Catherine's Day** > 25th  
November Torroella de Montgrí

**Saint Andrew's Fair** > last weekend in  
November Torroella de Montgrí

One of the oldest and most traditional fairs of the municipality is this multi-sector fair with numerous additional events, commercial, agricultural, farming, presented in a fun and cultural way. The fair is highly valued in the local area for its real importance locally and culturally in bringing the community together and forming a community network.

**National Day of Catalonia** > 11th  
September Torroella de Montgrí and L'Estartit

**Medes Islands Pirates and Corsairs** >  
September L'Estartit

Every September the pirates return to L'Estartit to reenact a small part of L'Estartit's history. During this festival the whole village takes part in the pirate festival, parades, havenera songs, dances, guided visits, workshops, and many more activities related to these terrifying characters of the seas.

**Saint Lucia's Day** > 13th December  
L'Estartit



## The municipality in a click

# Information



### Distances from Torroella

Barcelona	135 Km
Aeroport Prat (Barcelona)	150 Km
Girona	35 Km
Aeroport Girona - Costa Brava	51 Km
Figueres	35 Km
Banyoles	40 Km
Pals	8 Km
Begur	17 Km
Palafrugell	15 Km
La Bisbal d'Empordà	15 Km
Cadaqués	60 Km
Olot	80 Km

## Location and access

### By vehicle

Torroella de Montgrí and L'Estartit are in the centre of the Costa Brava and well communicated with neighbouring Empordà villages, and cities such as Girona, Figueres, Barcelona and the French border by the A-7. The most direct motorway exits are number 5 and 6.

### By train

Just 16 km from Torroella de Montgrí is the train station Flaça, all major trains circulating from Barcelona to France stop here. There are also high speed trains that only stop at Girona or Figueres, at 45km and 39 km, respectively. More information: [www.renfe.com](http://www.renfe.com)

### By plane

The nearest and easily accessible airports from Torroella de Montgrí and L'Estartit are Girona- Costa Brava and Aeroport del Prat in Barcelona. Girona airport is 51km from Torroella and Barcelona airport 150km.

### By bus

The bus and coach companies SARFA and AMPSA have regular, reliable bus services from Girona and Barcelona to the main towns on the Costa Brava.

### By boat

The marina and fishing harbour is a place of transit for cruise ships that sail the France-Barcelona- Balearic Islands- south of Spain route.

Club Nautic Estartit, founded in 1961, has the capacity<sup>3</sup> or 668 moorings suitable for yachts and boats from 4 to 25 metres, winter service, sail school, sports facilities and restaurant are provided for members and clients.

## || Climate

The Empordà climate is Mediterranean, the north Tramontana wind blows cold and dry often with considerable force during the winter months. The west Levante wind is humid and warm and is present during the summer months. The rain season comes in the autumn and the spring. The driest season is summer.

With an **average annual rainfall** of nearly 600 mm (l / m<sup>2</sup>), slightly higher in Torroella than Estartit, you could say that on average, there are 84 rainy days a year.

The **average annual temperature** is about 15'5°C, with an average temperature of 8°C in January and 23°C in July and August. The water on the sea's surface is between 12,5°C in February and 22,8°C in August.

For most of the year, the winds are light, except when the **north wind blows** - wind NNO- that can have episodes lasting for several days and reaching speeds of over 100 km / h. This wind normally occurs from October to May and, more rarely, on some summer days.

The **average annual hours of sunlight** are approximately 2,500 hours; July is usually the sunniest, with an average of 289 hours.

**Costal sea storms**, with waves over three meters high, happen on average three times a year and apart from exceptional occasions occur between October and April.



### Weather and climate information for L'Estartit

Month	Sun and daylight hours	Air temperature		Sea temperature		Sea temperature (-20 metres)		Rainfall (mm)
		°C	°F	°C	°F	°C	°F	
January	140	8,9	48,1	12,9	55,2	13,0	55,4	48,1
February	167	9,4	49,0	12,5	54,5	12,6	54,6	40,2
March	205	11,4	52,5	12,6	54,7	12,5	54,5	49,7
April	225	13,4	56,2	13,5	56,4	13,1	55,6	54,0
May	264	16,7	62,0	15,8	60,4	14,8	58,7	54,2
June	256	20,4	68,7	19,1	66,4	17,4	63,4	32,5
July	289	23,2	73,7	21,8	71,2	19,7	67,5	22,7
August	275	23,2	73,8	22,8	73,1	20,8	69,4	34,7
September	215	20,4	68,7	21,2	70,2	20,2	68,4	54,2
October	180	16,9	62,4	18,6	65,5	18,3	65,0	98,5
November	137	12,5	54,6	16,4	61,4	16,4	61,4	63,2
December	134	10,0	49,9	14,1	57,3	14,2	57,6	42,9
<b>Annual average</b>	<b>2488</b>	<b>15,5</b>	<b>60,0</b>	<b>16,8</b>	<b>62,2</b>	<b>16,1</b>	<b>61,0</b>	<b>594,9</b>

Data compiled from statistics recorded between 2002 and 2013 (daylight hours), 1971 to 2013 (air temperature), 1973 to 2013 (sea temperature) and 1966 to 2013 (rainfall).

# 05 Information

## || Map of Torroella de Montgrí



## Map of l'Estartit







## || Addresses and general information

Go to the download section of the website [www.visitestartit.com](http://www.visitestartit.com) to access a full list of addresses and general information of the local area. Click on this link to access

## || Publications

### Bibliography:

- AUDIVERT, Marcel·lí. *Torroella de Montgrí, una vila singular*. Barcelona: Ed. Marcel·lí Audivert, 1983.
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- MUNTANER, J.; FERRER, X.; MARTÍNEZ-VILALTA, A. *Atles dels ocells nidificants de Catalunya i Andorra*. Barcelona: Ketres Editora, 1983.
- PALACIOS, L. *Minerals i roques dels països catalans*. Barcelona: Ed. Pòrtic, 2003.
- RUIZ, J.; AGUILAR, A. *Els grans mamífers de Catalunya i Andorra*. Barcelona: Lynx Edicions, 1995.
- SCHUMAMM, W. *Pequeña guía de los minerales y rocas*. Ed. Omega.
- TARRÚS, J. *Poblats, dòlmens i menhirs*. Girona: Diputació de Girona, 2002.
- VIGO, O. *Flora. Manual dels Països Catalans*. Barcelona: Ed. Pòrtic, 2005.

### Recommended websites:

- [www.visitestartit.com](http://www.visitestartit.com) Torroella de Montgrí and l'Estartit Tourist Information website
- [www.torroella-estartit.cat](http://www.torroella-estartit.cat) / [www.emdlestartit.cat](http://www.emdlestartit.cat) Torroella de Montgrí and L'Estartit Town Hall
- [www.parcsnaturals.gencat.cat](http://www.parcsnaturals.gencat.cat) Catalanian Parks - Environment and Housing
- [www.baixemporda.cat](http://www.baixemporda.cat) Baix Empordà District Council
- [www.visitemporda.com](http://www.visitemporda.com) Empordà Costa Brava
- [www.empordaturisme.com](http://www.empordaturisme.com) Alt Empordà Tourism Association
- [www.ddgi.cat](http://www.ddgi.cat) Diputació de Girona
- [www.costabrava.org](http://www.costabrava.org) Patronat Costa Brava Pirineu de Girona
- [www.gencat.cat](http://www.gencat.cat) Generalitat de Catalunya
- [www.empresa.gencat.cat](http://www.empresa.gencat.cat) Generalitat de Catalunya. Department for Business and Labor.
- [www.catalunya.com](http://www.catalunya.com) Catalanian Tourism
- [www.spain.info](http://www.spain.info) Spanish Tourism
- [www.tourspain.es](http://www.tourspain.es) Ministry of Industry, Tourism and Commerce

Privileged land

# Costa Brava



## ||| Costa Brava, a reference for tourism

*The coast was named Costa Brava by Ferran Agulló, a Catalan poet and writer, in 1908. It refers to the rugged landscape of the Mediterranean coast which runs from Blanes to Portbou. This term was officially recognised and promoted in the 1960s as it was deemed suitable to promote tourism in the region.*

The Costa Brava's outstanding beaches, coves, cliffs, the three Natural Parks of diverse and great biological value, the history of the medieval villages, ancient Greek and Roman ruins, interesting places to visit, the great variety of cultural and musical traditions and superb gastronomy are the key elements that make Torroella de Montgrí and L'Estartit a privileged environment and an attractive tourism location.

## || Recommended places to visit

### Art and culture

#### Triangle dalinià

The Dalinià triangle is an area of the Empordà that highlights the places of greatest importance to the surrealist artist Salvador Dalí. The Dalí foundation runs three museums by the late artist that form the following route: the Dalí Theatre-Museum in Figueres, the House-Museum in Portlligat and the Gala Dalí Castle-Museum. More information: [www.salvador-dali.org](http://www.salvador-dali.org)

#### Museum of Art, Girona

Installed in the Episcopal Palace, the Girona Museum of Art contains important artistic pieces related to the region dating from the Romanesque period to the twentieth century. The collections come from the old Provincial Museum of Antiques and Fine Arts, the Diocesan Museum and others from the Generalitat of Catalonia. More information: [www.museumart.cat](http://www.museumart.cat)

#### Cinema Museum, Girona

The Cinema Museum takes the visitor on a journey of the efforts made by humanity to get moving images and comes with the acquisition of the collection by Tomas Malloí's film and pre-film equipment. The museum is the first of its kind in Spain, and with regard to the quality of the collection and exhibitions it is comparable with major film museums in Europe. More information: [www.museudelcinema.cat](http://www.museudelcinema.cat)

#### City History Museum

A journey through time in the city of Girona from prehistory to the present day. More information: [www.web2.girona.cat](http://www.web2.girona.cat)

#### Salt and Anchovy Museum L'Escala

This new creation is noted as an important reference to the recuperation and publicity of the cultural heritage and fishing traditions and salting methods in L'Escala. More information: [www.museudelescala.cat](http://www.museudelescala.cat)

#### Cork Museum of Palafrugell

Offers the visitor a look at the industry, ecology and cork culture of the area. More information: [www.museudelsuro.org](http://www.museudelsuro.org)

#### Josep Pla Foundation

The Josep Pla foundation is situated in the village of Palafrugell, established in 1973 to promote, motivate and make the works by the great writer and journalist Josep Pla easily available. The foundation holds permanent and temporary exhibitions, workshops, presentations and itinerary routes. More information: [www.fundaciojoseppla.cat](http://www.fundaciojoseppla.cat)

#### Vila Casas Foundation - Can Mario Museum, Palafrugell

The Vila Casas foundation as well as owning the Palau Solterra in Torroella also has the Can Mario Museum in Palafrugell. The museum has a permanent collection of contemporary sculpture and also holds some temporary exhibitions. More information: [www.fundaciovilacasas.com](http://www.fundaciovilacasas.com)

#### Toy Museum, Figueres

Situated in Figueres, this museum displays about 4000 pieces. It is one of the best toy museums in Europe. Here you can find pieces by the Dalí brothers, Federico Garcia Lorca, Joan Miró, Joan Brossa, Quim Monzo, and many more. It takes you on a journey of toy evolution through the past, present and future. More information: [www.mjc.cat](http://www.mjc.cat)

#### Empordà Museum

Created in Figueres in 1947 it offers the visitor a chronological look at the history of art of the region. More information: [www.museuemporda.org](http://www.museuemporda.org)

#### Rural Museum of Palau Sator

Created from the recuperation of antique tools and farming equipment representing farming life in the region. The visit is enhanced with the use of audiovisuals about artisans and farming the fields. More information: [www.maspou.com](http://www.maspou.com)

#### Fishing Museum of Palamós

A unique museum due to its speciality, it offers an educational and visual experience of the history of the village and the lives of the people of the coast and sea. More information: [www.museudelapesca.org](http://www.museudelapesca.org)

## Patrimony and monuments

### Benedictine Monastery of Sant Pere de Rodes

This monument forms part of the National Museum of Catalanian History, even though it is located in the Natural Park of Cap de Creus, in the Port de la Selva. It is the one of the most impressive and interesting monuments to visit to find out about medieval life and see a classic example of romanic architecture.

More information: [www.patrimoni.gencat.cat](http://www.patrimoni.gencat.cat)

### Monastery of Sant Miquel de Cruïlles

This ancient benedictine monastery, of romanic character, is located in Sant Miquel de Cruïlles, from the Cruïlles, Moneys and Sant Sadurní de l'Hera municipal.

More information: [www.gavarres.cat](http://www.gavarres.cat)

### Ruins of Empúries in l'Escala

L'Escala's old harbour was once the entrance to which Greek (Emporion) and Roman (Emporiae) cities were established on the Iberian peninsula. The archaeological remains found here are a proud testament of life of the inhabitants. This site is part of the Network of Museums and Archaeological Sites of Catalonia forming part of the Archaeology Museum of Catalonia (MAC).

More information: [www.macempuries.cat](http://www.macempuries.cat)

### Iberian ruins of Ullastret

Located on top of a small hill is another important site of the Archaeology Museum of Catalonia. More than 2500 years ago this ancient Iberian city was once one of the most inhabited and important in Catalonia.

More information: [www.macullastret.cat](http://www.macullastret.cat)

### Medieval Towns such as :

Besalú, Pals, Peratallada, Cruïlles, Monells.

### Traditional villages such as :

Cadaqués, el Port de la Selva, l'Escala, Begur, Calella de Palafrugell.

### Ceramics of La Bisbal d'Empordà

La Bisbal is one of the most advanced centres of ceramics in Catalonia.

#### Terracotta Museum

This ancient industry dedicated to the elaboration of ceramics is today the place of the Ceramic Museum in one of the most outstanding buildings of industrial architecture. More information: [www.terraccottamuseu.cat](http://www.terraccottamuseu.cat)

### Sant Sebastià Lighthouse

Today the lighthouse of Sant Sebastian has been converted into a spectacular hotel and restaurant placed on the edge of a cliff 170 metres above the Costa Brava sea. It takes its name from the nearby lighthouse in Llafranc and the eighteenth century hermitage in San Sebastian. From this impressive viewpoint, the sea is the protagonist, the terrace offers the same views that the hermits saw when keeping a look out for piracy raids on the Catalan coast.

More information: [www.wikipedia.org](http://www.wikipedia.org)

### Figueres

La Rambla surrounded by buildings of baroque, neoclassic, modernist, noucentisme, eclectic, and rationalist architecture is one of the most emblematic parts of Figueres. This lively city of squares, churches, Jewish quarter, busy centre full of shops, the Dalí Theatre-Museum, the Sant Ferran Castle make up a definitive list of 'must see' places to visit in the capital of Alt Empordà.

More information: [www.visitfigueres.cat](http://www.visitfigueres.cat)

#### Sant Ferran Castle

This fortress in Figueres was built in 1753 and due to its significant size was the second largest fort in Europe.

More information: [www.castillosanfernando.org](http://www.castillosanfernando.org)

### Barcelona

Highly recommended is a trip to the Catalan capital city of Barcelona. This modern, mediterranean and leading city of great historical and cultural importance is a must see. Proposals for the visitor include themed visits to discover the historical, cultural, commercial, artistic, maritime and nature parts of the city. Without forgetting Camp Nou and the Barça Football Club Museum, another highly recommended visit.

More information: [www.barcelonaturisme.com](http://www.barcelonaturisme.com)

### Girona Cathedral and Barri Vell (old quarter)

The old town part of Girona, with its narrow streets, churches, monasteries, Cathedral and Jewish quarter are a historical reminder of how the city once was.

More information: [www.girona.cat](http://www.girona.cat)

#### Girona Cathedral

The cathedral is the combined result of romanesque and gothic styles. The façade is considered to be the most impressive work of baroque Catalan architecture.

More information: [www.catedraldegirona.cat](http://www.catedraldegirona.cat)

#### Sant Feliu Church (s. XII-XVII)

Dating back to the XII-XVI centuries it incorporates different architectural styles such as; romanesque, gothic and baroque.

#### Arabic Baths (s. XII-XIII)

Built in the XII century it is very similar to the Roman spas and baths.

Monday to Saturday from 10 to 18 h

Sundays and public holidays from 10 to 14 h

More information: [www.banysarabs.cat](http://www.banysarabs.cat)

#### Sant Pere de Galligants Monastery (s. XII)

The Benedictine Monastery of Sant Pere de Galligants is one of the centres of research for the Archaeology Museum of Catalonia. Here the most ancient history of the regions of Girona can be discovered from prehistory to the medieval period.

More information: [www.macgirona.cat](http://www.macgirona.cat)

#### El Call Jueu (Jewish quarter) and the Jewish History Museum of Girona

The museum, located on the site previously occupied by the synagogue in the XV century shows the historical development of the Jewish communities in Catalonia.

More information: [www.girona.cat](http://www.girona.cat)

#### Rafael Masó Fountadion

Created in 2006 with the transfer of Casa Masó from the Town Council of Girona the foundation manages the conservation of Casa Masó. It offers guided visits, promotes study, preservation and publicity of works by Rafael Masó and the Noucentisme Catalan movement. Furthermore, the foundation organises exhibitions, publications and educational activities for the general public.

More information: [www.rafaelmaso.girona.cat](http://www.rafaelmaso.girona.cat)

## Nature

### Beaches and coves of Begur, Palafrugell and Palamós

#### Camins de ronda - Coastal walking routes.

These coastal walking paths bordering the beaches of the Costa Brava, that in the past were used by smugglers and look-outs, have been recovered as pleasant hiking trails, offering beautiful views of the bays and for the most part through pine forests bordering the coastal cliffs. Now and then along the route are look-out towers that provide breath-taking views. The path from Ronda de Llafranc to Calella de Palafrugell is notably impressive.

## Natural areas

### Lake of Banyoles

The natural lake of Banyoles is a unique landscape of great geological, ecological and cultural relevance. It is ideal to do any one of many sporting activities either on or around the lake.

More information: [www.turisme.banyoles.cat](http://www.turisme.banyoles.cat)

### Massís de les Gavarres

The Massís de les Gavarres is a mountain massif that together with Begur form the northern end of the Catalan coastal mountain range. After having been heavily populated the Gavarres mountains are now virtually uninhabitable. They are the green lungs of the Empordà region, with great scientific, ecological, scenic, cultural and social value.

More information: [www.gavarres.cat](http://www.gavarres.cat)

### Serra de l'Albera

The Albera Massif is a mountain range in the north of Catalonia, between France and Spain. It is the main easternmost prolongation of the Pyrenees. Its highest peak is the Puig Neulós, with an elevation of 1,256 metres. The land it covers has areas of great difference. The western sector of Requesens-Bausitges has central European vegetation such as beech and oak. The eastern sector of San Quirze de Colera, has more mediterranean vegetation and scrub oaks. The Albera massif separates the great plains of the Empordà.

More information: [www.catalunya.com](http://www.catalunya.com)

## Natural Parks

Catalonia is a country with an exceptional natural heritage and biodiversity. The Natural Parks are territories that represent the values regarding the qualified protection of nature. Clear conservation projects aim to make the parks available for everyone and for their controlled use to be enjoyed so as not to endanger the natural resources and life of the habitants in the parks.

More information: [www.parcsnaturals.gencat.cat](http://www.parcsnaturals.gencat.cat)

- Montgrí, Medes Island and Baix Ter Natural Park
- Empordà wetlands
- Cap de Creus Natural Park
- La Garrotxa Volcanic zone

## Botanic Gardens

### Cap Roig Botanic Gardens

Located between the towns of Palafrugell and Mont-ras, in the Baix Empordà (Girona), the Cap Roig Botanical gardens are unique. They consist of 17 acres with over a thousand plant species from around the world. It is considered one of the most important botanic gardens of the Mediterranean and in the summer is converted into the popular scene of the most prestigious music festivals in the region, the Cap Roig Garden Festival.

More information: [www.lacaixafoundation.org](http://www.lacaixafoundation.org)

### Mar i Murtra Botanic Garden

Declared as a place of national and cultural interest by the Generalitat of Catalonia, the Mar i Murtra Botanic Gardens are considered to be one of the most important and beautiful in Europe. Apart from appreciating their outstanding natural beauty, the museum and great variety of plant species, the gardens invite you to take a pleasurable stroll along the cliffs of the Mediterranean coast.

More information: [www.marimurtra.cat](http://www.marimurtra.cat)

## DO Empordà wine route

The DO Empordà wine route takes you through the vineyards between the mountain ranges and the sea, close to the Natural Park of Cap de Creus. These vineyards are resilient enough to withstand the northern Tramontana wind. Visitors can taste wines from delicious full-bodied reds, fresh, vibrant whites, naturally sweet wines such as the Empordà Garnatxa and rosé wines.

Més informació a: [www.doemporda.cat](http://www.doemporda.cat)

## Leisure

### Water Parks

#### Aquadiver (Platja d'Aro)

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

#### Aquabrava (Roses)

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

#### Waterworld (Lloret de Mar)

[www.waterworld.es](http://www.waterworld.es)

#### Marineland

[www.marineland.es](http://www.marineland.es)

### Shopping centres

#### Espai Gironès de Salt

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

#### Girona

[www.girona.cat](http://www.girona.cat)

#### Figueres

[visitfigueres.cat](http://visitfigueres.cat)

#### Platja d'Aro

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

### Leisure activities

#### Adventure Park

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

#### Pitch and Putt Gualta

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

#### Empordà Golf

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

#### Golf Platja de Pals

[golfplatjadepals.com](http://golfplatjadepals.com)



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# “El botó de roda de l’Empordà”

Josep Pla, *“Obra completa, El meu país”*



**To obtain more information and details of companies and services that provide activities in l'Estartit and Torroella:**

**Tourist Information Office l'Estartit**

Passeig Marítim, s/n · 17258 l'Estartit  
Tel. 972 75 19 10 · Fax 972 75 17 49  
[info@visitestartit.com](mailto:info@visitestartit.com)  
[www.visitestartit.com](http://www.visitestartit.com)

**Tourist Information Office Torroella de Montgrí**

Carrer d'Ullà, 31 · 17257 Torroella de Montgrí  
Tel. 972 75 51 80 · Fax 972 75 51 82  
[info@museudelamediterrania.cat](mailto:info@museudelamediterrania.cat)  
[www.museudelamediterrania.cat](http://www.museudelamediterrania.cat)



Ajuntament de  
Torroella de Montgrí



Consell Municipal de l'Estartit



Costa Brava  
Pirineu de Girona

