

**Torroella de
Montgrí
i L'Estartit**

Sample of themes breaks and activities





Welcome

The municipality of Torroella de Montgrí-L'Estartit is situated in the county of Baix Empordà and in the middle of the Costa Brava, in an area of great environmental interest marked by a wide variety of geographical features.

The municipality of Torroella de Montgrí-L'Estartit, which has an area of 66 square kilometres, includes a wide variety of ecosystems and landscapes, ranging from the mountainous terrain of the Montgrí Massif to the Baix Ter Plain and the coastal strip, flanked by the Medes Islands as an outstanding feature.

The area covered by the Baix Ter Plain, the Medes Islands and the Montgrí Massif was made into a Natural Park in 2010. The municipal area of Torroella de Montgrí-L'Estartit includes 68% of the total area of the Park.

Everybody is welcome

Adapting to the times

The municipal of Torroella de Montgrí and Estartit 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 holiday, taking small trips and doing sports of all kinds.



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.

Sustainability

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.

Proof of our constant effort are the official recognitions obtained





Location

Torroella de Montgrí and L'Estartit are situated in the heart of the Costa Brava, with easy access from other coastal resorts and also from Girona, Barcelona and the French border.



◦ How to get there:



GR92/E12, Mediterranean path, Ter Route.



Eurovelo 8 Mediterranean Route, Pirinexus, Ter Route.



SARFA and AMPSA companies run regular from Barcelona, Girona and the main towns on the Costa Brava.



AVE/TGV to Girona (45km), to Figueres (a 39km).



Girona-Costa Brava (50km) and Barcelona (150 km).

Information on walking and cycling routes at visitestartit.com

A Natural Park with three types of landscapes

The quantity and variety of both marine and terrestrial habitats, combined with the landscapes fashioned by man in the Montgrí Massif, the Medes Islands and the Baix Ter marshlands, were the factors that led to the area being granted the status of a Natural Park in 2010. Three different types of natural terrain cohabit within an area of 8,192 hectares.

The Park include a range of landscapes and habitats, with a rich heritage that bears witness to the historical development of the area from the Palaeolithic era to the present day. The protective measures combine perfectly with the continuation of traditional activities in the areas concerned, whether they be agricultural or relate to active or exploration-based forms of tourism such as hiking, scuba diving and cycling.

In late 2016 the Montgrí, Medes Islands and Baix Ter Natural Park obtained the prestigious European Charter for Sustainable Tourism, awarded by the EUROPARC Federation.



Jorj Renart



Nautical activities

The pleasure port in L'Estartit allows for the practising of numerous nautical activities, of which the most popular is scuba diving. Thanks to the preservation of the rich biodiversity of the marine environment, L'Estartit has become one of the main diving centres in the Mediterranean.

Snorkelling, Sailing, windsurfing, kitesurfing and paddle-surfing are among the other water sports practised in L'Estartit, together with the possibility of observing marine life in suitably adapted boats.



Discovery paths

The Natural Park is criss-crossed by some twenty or so paths designed to explore the area and discover its heritage. These are paths that may be followed on foot or by bicycle, through the mountainous areas, across the plain or beside the sea, with different levels of difficulty and duration.

Many of these paths lead into neighbouring municipalities or join up with long-distance footpaths such as the Pirinexus network of cycle routes, the River Ter Route, the GR-92, or the networks provided by the two county councils in the Empordà.



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 everyone.

The main beach of l'Estartit and Cala Montgó 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 beaches of Ter Vell, La Pletera and Mas Pi-nell are also part of the Natural Park and attracts more for its natural beauty and rugged settings.



Roger Salanova





Jordi Renart

Tourism proposals

Thanks to the great diversity of landscapes, services and equipment that we have in our municipality, we can offer a great range of touristic possibilities to enjoy your stay and have lots of fun by doing many activities.

These proposals will allow you to discover nature, the sea, live new adventures, learn and try new things, as well as to participate in our festivities, traditions and cultural activities.

• Certifications

Torroella de Montgrí i l'Estartit is committed to tourism that respects the environment and its inhabitants. These certifications therefore ensure that you travel more responsibly.



Companies accredited with European **Charter for Sustainable Tourism**



Catalan Tourist Board membership companies



Tourism for everyone accredited companies



Flora and fauna observation. Wildlife in its natural habitat

01.

An incomparable seabed

Just one mile away from the port of L'Estartit, the Medes Islands Nature Reserve is thought to be the best in Europe. Together with a guide, with "Eco kayak" and "Snorkeling" activities, you will be able to easily observe, at a shallow depth, the fauna and flora of this important protected natural reserve; you will enjoy a tour of the islets and discover their spectacular seabeds.

L'ESTARTIT, COSTA BRAVA

+info: medaqua.com



02.

Cruise on the bottom of the sea

Can you imagine walking among corals, Posidonia meadows and fish from the Medes Islands?

It is possible from the submerged cabins of the Nautilus.

L'ESTARTIT, COSTA BRAVA

+info: nautilus.es



03.

Birdwatching by boat

The "Núria" is an old fishing boat that has organised outings since the 1960s along the Montgrí coast and the Medes Islands, one of the most important sea beds in Europe. On this tour, you will see the cliffs, the coves and you will pass under the rocks. The birds will also delight those who love bird watching.

L'ESTARTIT, COSTA BRAVA

+info: barcanuria.com



04.

L'Empordà by bike

L'Empordà is almost completely flat and ideal for easy cycling trips. And this is the activity that Hotel URH Molí del Mig proposes to its guests. On an outing with bicycles rented from the hotel, you can tour this district that is so characteristic of northern Catalonia, with an extraordinary population of native and migratory birds. All this with the profile of the Medes Islands always on the horizon.

TORROELLA DE MONTGRÍ,
COSTA BRAVA

+info: molidelmig.com



Cultural ecotourism. Traditions and heritage tour

01. Traditional fishing in l'Estartit

A boat ride on the “Núria” will take you to see the small traditional fishing boats. Your guides will explain all about the unique of fishing methods in L'Estartit. How many fishermen are there today? Does working in a nature reserve like the Medes Islands help them? Where do they sell the fish? How do they fish and what are their boats like? You'll also learn about the unique “Sèpia Project”.

L'ESTARTIT, COSTA BRAVA

+info: barcanuria.com



02. Cultural hiking through Montgrí

The “Bird's eye view” is a circular route of about three hours with a local guide accredited by the Montgrí Natural Park. You will visit dry stone heritage elements on the way to the Moratxa Tower lookout. Throughout the entire tour, the guide informs about the main characteristics of the park and the territory.

L'ESTARTIT, COSTA BRAVA

+info: masramades.com



03. Route through l'Estartit's historical centre

L'Estartit was originally a fishing village. Explore the old streets and discover its seafaring past before the arrival of tourism. Visit the front and back streets, the runoff channels, the Perola, the Salietti house and the houses of the ‘Americanos’.

L'ESTARTIT, COSTA BRAVA

+info: visitestartit.com



04. The Pletera itinerary

This route passes through the Montgrí Nature Park, the Medes Islands and the Lower Ter. It was formed by eliminating built-up areas and restoring the coastal marshes to their natural state. Wander along the seafront among lagoons, marshes and dunes and observe the rich diversity of bird species from the adapted lookouts.

L'ESTARTIT, COSTA BRAVA

+info: parcsnaturals.gencat.cat/ca/xarxa-de-parcs/illes-medes



Josep Pascual



Roger Salanova



Active experiences. Physical activity in the most privileged environments

01. A thousand ways to discover the Natural Park

Guided tours are a good way to discover the magnificent surroundings of the Montgrí, Illes Medes and Baix Ter Natural Park. Guided by professional experts in fauna, flora, heritage and culture, you'll enjoy the best produce of the land and its diverse landscape, on bicycle, kayak or on foot.

TORROELLA DE MONTGRÍ,
COSTA BRAVA

+info: museudelamediterranea.cat



02. Enjoy the Medes Islands experience!

Enjoy the Medes Islands in a unique way, explore this treasure of the Costa Brava with our kayak and paddle surf rental. Activities suitable for all levels, whether rowing in a kayak or sliding on a paddle surfboard, to enjoy the tranquility and spectacular views that this Mediterranean paradise has to offer.

L'ESTARTIT, COSTA BRAVA

+info: cnestartit.com



03. Introduction to diving

The Introduction to Eco Diving is an activity to discover the seabed of the Montgrí, Illes Medes and Baix Ter Natural Park. First of all, there is a pool session to practice the basic rules of diving. Next, take a boat to the Montgrí Coast and dive with an instructor who will explain the habitats and species that can be observed.

L'ESTARTIT, COSTA BRAVA

+info: elreidelmar.com



04. Discover l'Estartit with Estar and Tit games

Enjoy a pleasant stroll around el Molinet, passeig Marítim and the marshes of la Pletera to find about the great diversity of seascapes in l'Estartit: The cliffs of Montgrí, the Medes Islands and their seabed. Natural beaches and the function of coastal dunes. The Baix Ter wetlands and the marshes of la Pletera. Estar and Tit will join you through the information panels you will find along your route.

L'ESTARTIT, COSTA BRAVA

+info: visitestartit.com



Active experiences. Physical activity in the most privileged environments

01. A thousand water activities

Classes to learn how to paddle surf, a combination of surfing and canoeing. Outings in a kayak to freely discover corners of the coast which are inaccessible by other means. Outings for beginners are done in twoperson kayaks. The usual route passes through the Illes Medes

L'ESTARTIT, COSTA BRAVA

+info: enestartit.com



03. Nature kayak

Guided excursion: Half-day excursion with kayaks that can be single or double. Excursion departing from Cala Montgó to the Foradada natural tunnel. We sail along the entire coast of the Montgrí Natural Park, Medes and Baix Ter islands, which is characterized by its imposing limestone cliffs, small coves and caves of great beauty.

L'ESTARTIT, COSTA BRAVA

+info: kayakingcostabrava.com



02. Baptism and guided diving

Come to discover for the first time the wonderful seabed of the Montgrí Natural Park or, if you have certification, to enjoy a spectacular guided dive in the marine reserve of the Medes Islands.

L'ESTARTIT, COSTA BRAVA

+info: hotellesilles.com



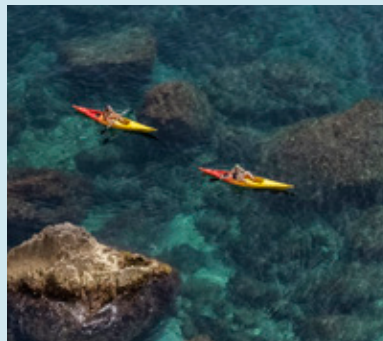
04. Marine Ecology course

The Marine Ecology course is a general marine biology course, but in our dives we dedicate them especially to our environment: the Costa del Montgrí area and the Medes Islands Marine Reserve.

Mandatory to have diving certification and mandatory diving insurance.

L'ESTARTIT, COSTA BRAVA

+info: visitestartit.com



Certified accommodation

CAMPSITES

▶ **CÀMPING MEDES 1a**

Paratge Camp de l'Arbre. L'Estartit

972 75 18 05 | campinglesmedes.com



▶ **CÀMPING RIFORT 2a**

Camí Vell, 2. L'Estartit

972 75 04 06 | campingrifort.com



RURAL TOURISM

▶ **MAS PAGUINA**

L'Estartit | maspaguina.com



▶ **MAS RAMADES**

L'Estartit | masramades.com



▶ **B&B MAS DEL LLOP BLANC**

Barri de Sobrestany | masdellopblanc.com



HOTELS

▶ **HOTEL MOLÍ DEL MIG ******

Torroella de Montgrí | molidelmig.com



▶ **HOTEL EVENIA CORAL BOUTIQUE ******

L'Estartit | eveniahotels.com



▶ **HOTEL PANORAMA ******

L'Estartit | hotelpanoramaestartit.cat



▶ **HOTEL CAN MIQUEL *****

Cala Montgó, TdM | canmiquel.com



▶ **HOTEL LA MASIA *****

L'Estartit | masia.com



▶ **HOTEL LES ILLES *****

L'Estartit | hotellesilles.com



▶ **HOTEL MEDES II *****

L'Estartit | hotelmedes.com



▶ **HOTEL NEREIDA *****

L'Estartit | hotelnereida.com



▶ **MALVA HOSTEL**

L'Estartit | malvahostel.com



Certified Restaurants

► **CAMÍ DE L'AIGUA.**

Torroella de Montgrí
molidelmig.com



► **CAN MIQUEL**

Cala Montgó, Torroella de Montgrí
canmiquelrestaurant.com



► **CLUB NÀUTIC ESTARTIT**

L'Estartit
cnestartit.es



► **HOTEL LES ILLES**

L'Estartit
hotellesilles.com



► **HOTEL MEDES II**

L'Estartit
hotelmedes.com



► **HOTEL NEREIDA**

L'Estartit
hotelnereida.com



► **HOTEL PANORAMA**

L'Estartit
hotelpanoramaestartit.com



► **LES CORONES**

L'Estartit
www.lescorones.cat



We wait for you!

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

Tourist Information Office l'Estartit

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

Tourist Information Office Torroella de Montgrí

Plaça de la Vila, 6 • 17257 Torroella de Montgrí. Tel. 972 75 92 50
visittorroella.com

visitestartit.com
visittorroella.com



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