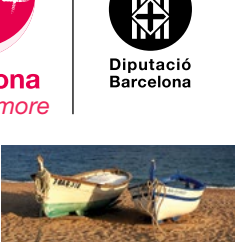
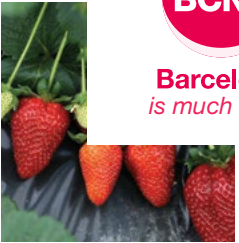
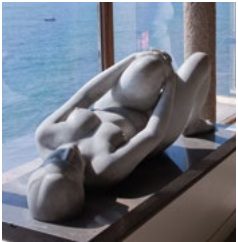
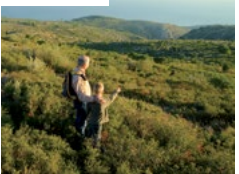
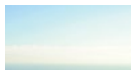




TRAVEL NOTEBOOK

The Regions of Barcelona

Original ideas and unforgettable experiences



Barcelona
is much more



Diputació
Barcelona



Photographs: Josep Cano, Mingo Nogués, Iñaki Relanzón, Andoni Canela, Antonio Guillén, Txema Salvans, Gonzalo Sanguinetti, Jordi Tarrés, Joan Ribot, Dymon / iStockphoto / Getty Images, Quickimage, Vilanova i la Geltrú City Council Archive and Barcelona Provincial Council Archive

Illustrations: Creatica.biz



Barcelona
is much more

Welcome

In the area around Barcelona you'll find a thousand different ways to enjoy a well-deserved break from your everyday routine. Enjoy the excitement of traditional festivals like La Patum in Berga or the Diada Castellera de Sant Fèlix, a human tower competition in Vilafranca del Penedès. Lay your towel on one of the many beaches covering over a hundred kilometres of coastline and create lasting memories while building sandcastles with the kids, splashing around in the waves with friends or enjoying a stroll along the beach with your partner. Visit museums, dine in Michelin-starred restaurants, play your favourite sports, attend a wine tasting, visit a shrine, or grab your rucksack and hike through forests and over mountains in one of sixteen natural parks and protected natural areas not far from the city of Barcelona. What more could you ask for?

The beaches and fishing villages of the coastal areas; the vineyards and wineries of El Penedès, Alella and Pla de Bages; the mountains of El Berguedà, and the plains of Osona and L'Anoia. The sea and its beaches, art and cultural heritage, culinary delights featuring local products from both the land and the sea, the rich legacy of the industrial age and health-giving thermal springs... All this and much more is included in the three tourism brands of Barcelona and its regions: Costa Barcelona (Barcelona Coast), Paisatges Barcelona (Barcelona Landscapes) and Pirineus de Barcelona (Barcelona Pyrenees). Choose from the wide range of holiday-making options offered by the towns and cities of the regions of Barcelona to suit your tastes and you'll soon see that you have everything you need for the perfect getaway!

www.barcelonaismuchmore.com

Contents



Towns and cities page 8

Strolling through the historic centre of a medieval town, taking a selfie against the backdrop of a fishing village or discovering incredible industrial heritage... There's so much to see and do in the towns and cities of the regions of Barcelona, you simply won't have time for it all!



Amazing architecture page 10

Not far from Barcelona, you'll find many truly amazing works of architecture, such as Gaudí's Colònia Güell crypt in Santa Coloma de Cervelló, numerous Romanesque chapels in El Berguedà and the majestic Cardona Castle.



Beaches page 12

The regions of Barcelona boast over a hundred kilometres of coastline with beaches to suit all tastes and water activities all year round. Go with family, friends or your partner. The choice is yours!



Get active in the great outdoors! page 14

Barcelona's coastline, mountains and forests offer a whole host of fun outdoor activities in beautiful natural surroundings.



Amongst the vineyards page 16

Visit the five DOs (designations of origin) of the wines and cavas of the regions of Barcelona: Penedès, Pla de Bages, Alella, Catalunya and Cava. They offer a range of activities for you to discover the exciting world of wine and cava.

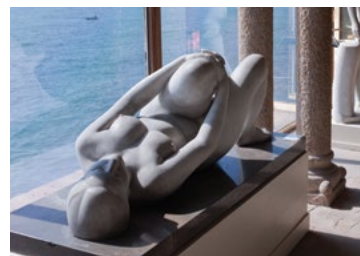
page 18 Flavours

There's a whole world of cuisine on offer, from Michelin-starred restaurants to small traditional eateries, and let's not forget about the coastal fish markets, open-air food markets and fine local products.



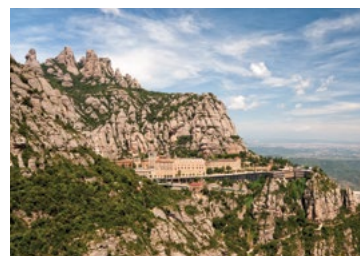
page 20 Art and culture

Cities, towns and villages with spectacular heritage. You can discover the spectacular artistic and cultural heritage of Barcelona's cities, towns and villages by visiting their monuments and museums or by simply wandering their streets.



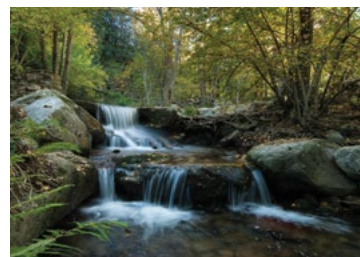
page 22 Monasteries and shrines

A great way to recharge your batteries and get in touch with your inner self is to visit the monasteries, shrines and other religious sites of the regions of Barcelona.



page 24 Natural parks and protected areas

The mountains, forests and rivers of Barcelona's 16 natural parks are the perfect setting for hiking, mountain biking and other open-air activities. You can also learn about local flora and fauna at their visitor centres.

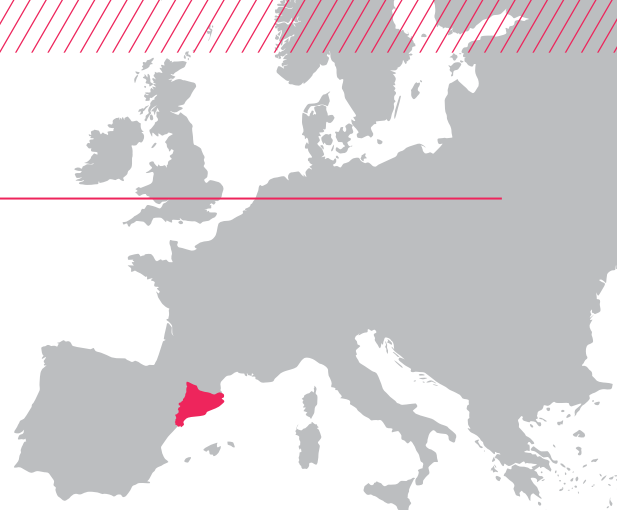


page 26 Feasts, festivals and fairs

There's always something going on in the towns and cities of the regions of Barcelona. Their annual feasts, festivals, fairs and sporting events are the perfect excuse to take a break from your everyday routine and really get to know the territory.



Europe

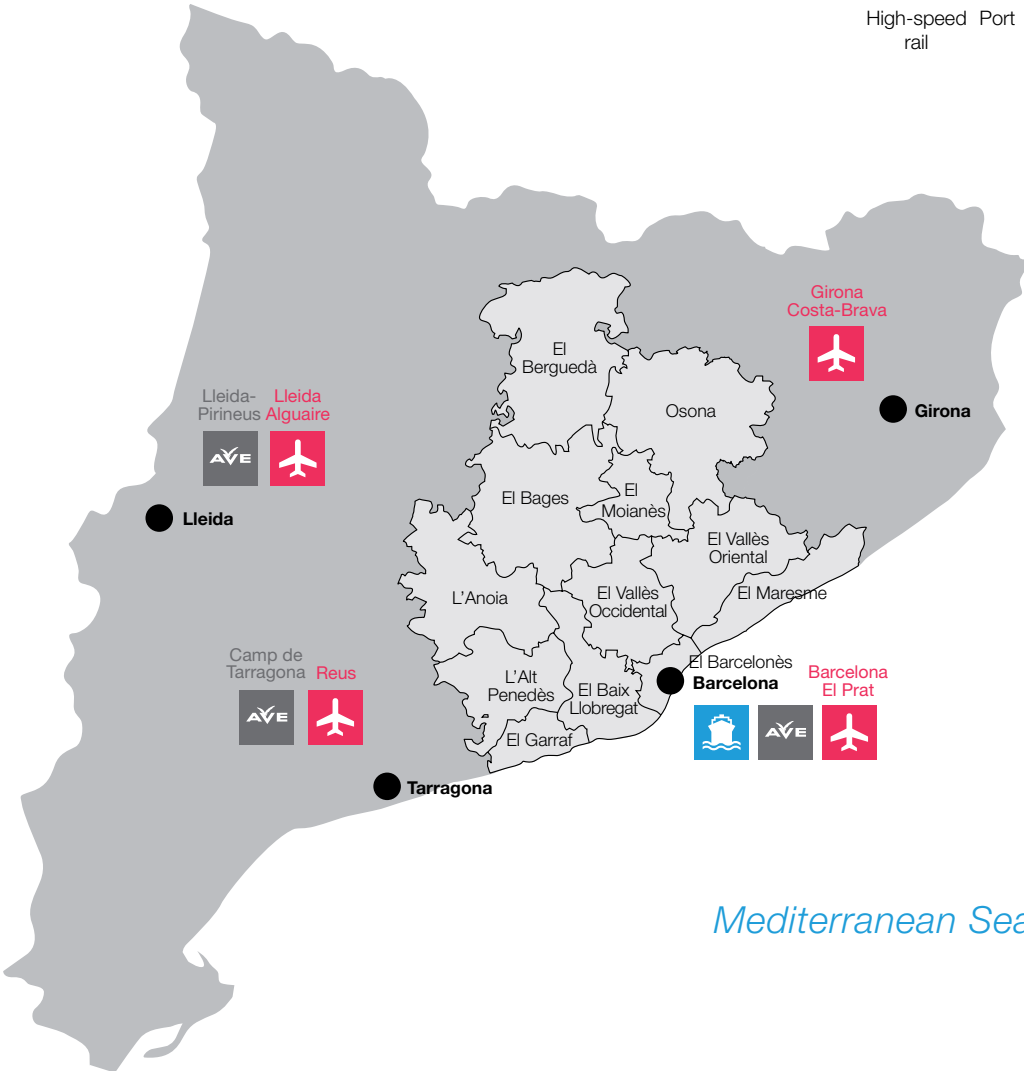


Catalonia



High-speed
Port
rail

Airport
rail



Mediterranean Sea

Map of the province of Barcelona

- | | | |
|------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|
|  Natural park |  Port |  Pirineus Barcelona |
|  Information Centre |  Beaches |  Barcelona landscapes |
|  Airport |  High-speed rail |  Costa Barcelona |



Towns and cities

Strolling through the historic centre of a medieval town, taking a selfie against the backdrop of a fishing village, and discovering incredible industrial heritage are just some of the activities available in the towns and cities of the regions of Barcelona. There is so much to see and do, you simply won't have time for it all! Come on! What are you waiting for?



Calella lighthouse

Don't miss...

Destinations that never disappoint, whether you're visiting with friends or family or with your partner. Here are four failsafe plans for a perfect getaway!

Plan A: Go to **Cardona**, stroll through the historic Old Town, visit its imposing castle and the Church of Sant Vicenç, go for a walk in the surrounding area and make sure you take in Salt Mountain Cultural Park.

> www.cardonaturisme.cat

Plan B: Go to **Vic!** Visit the cathedral and make sure you see its Josep M. Sert paintings, enjoy stunning examples of Romanesque and Gothic art in the cutting-edge Episcopal Museum, or stroll through the delightful Old Town, presided over by Plaça Mercadal, the square that plays host to the renowned open-air market held on Tuesdays and Saturdays. Afterwards, why not pass by the Sau Reservoir to visit the charming villages of **Rupit and Pruit?**

> www.victurisme.cat // www.rupitpruit.cat

Plan C: Enjoy the sea breeze in **Sitges**, where you can stroll through its romantic narrow streets or along the seafront promenade. Visit its museums and enjoy its bohemian atmosphere, restaurants and nightspots until the wee hours of the morning. Don't forget to visit the neighbouring town of **Vilanova i la Geltrú** and its exhibitions on display at the Catalonia Railway Museum, the Romanticism Interpretation Centre and the Víctor Balaguer Museum and Library.

> www.sitgestur.cat // www.vilanovaturisme.cat

Plan D: There is tons to discover in **Terrassa**. To start off, you can visit the National Museum of Science and Technology of Catalonia (mNACTEC), the old Modernista factories, and the stunning monumental church complex of Sant Pere. You can also enjoy a day shopping or special events such as the Modernista Fair and the Jazz Festival.

> <http://visitaterrassa.cat>



Sitges



Bagà

Trips inland

In **Granollers**: visit the market and the arcaded square. It'll take your breath away!

In **Igualada**: don't miss the Leather Museum!

In **Vilafranca del Penedès**: enjoy its wines, the Old Town, the Basilica of Santa Maria and the Vinseum (Catalan Wine Cultures Museum). Whilst there, why not take the opportunity to visit Sant Martí Sarroca or Olèrdola Park?

In **El Bruc**: stroll around the Old Town and visit the Santa Maria de Montserrat Abbey and the monument to the Drummer of El Bruc, under the shadow of Montserrat mountain.

In **Bagà**: the historic capital of L'Alt Berguedà region is a picturesque village in the Pyrenees foothills. Enjoy its delicious traditional cuisine.

In **Cardedeu**: a museum with over 100 years of history. The Tomàs Balvey Museum-Archive hosts exhibitions, workshops and a wide range of activities.

Picture-perfect villages

True open-air museums, with squares and streets where time seems to have stood still. There is something charming at every turn: medieval bridges, Romanesque chapels and much more. Be sure to take in **Manresa's** Old Town, where you can discover its medieval past. You really must also see the Cave of Saint Ignatius, the collegiate church and the museum, home to Catalonia's largest collection of Baroque art.

You're also sure to love the villages of **Mura** and **Talamanca**, in El Bages. And in L'Anoia, you will be stunned by the landscape of **La Llacuna**, while at **Pujalt** you can visit the Church of Sant Andreu and the Memorial to the People's Republican Army.

- > www.manresaturisme.cat/ang
- > www.mura.cat

Anti-stress villages

Spend a quiet, relaxing day in **Caldes de Montbui**. You might simply want to spend time at one of its spas, but it is also worth going to see the remains of the ancient Roman thermal baths as well as El Lleó spring, where hot water emerges at a temperature of 74°C, and the impressive Thermalia Museum, devoted to the culture of thermal baths. Other spa towns in the regions of Barcelona include **Caldes d'Estrac**, **La Garriga**, **Tona** and **Arenys de Mar**. Come and discover them for yourself!

- > www.caldesdemontbui.cat
- > www.caldetes.cat/termalismo
- > www.visitlagarriga.cat/en

A sea view!

It's always nice to spend a few days by the sea. Feeling bored or a bit stressed out? Visit Santa Susanna, Calella, Malgrat de Mar, Pineda de Mar, Castelldefels, Badalona or one of the other coastal towns in the regions of Barcelona and you will leave feeling happy and relaxed.

Find out more about these and other coastal towns at www.barcelonaesmoltmes.cat/en/web/territori/costa-barcelona

Will it rain?

Will I be able to swim in the sea? Is there enough wind for me to go sailing? Before setting off, check the weather forecast for your destination at <http://en.metecat.gencat.cat>



Sant Celoni



Castellar de n'Hug

Amazing architecture

Did you know that Colònia Güell (Güell industrial company town) in Santa Coloma de Cervelló features one of Gaudí's most impressive works in Catalonia? Or that El Berguedà has preserved numerous Romanesque chapels and that Capellades is home to one of the oldest prehistoric rock shelters in the territory? The area around Barcelona is full of amazing architectural gems like these. Why not discover their secrets?



Masia Freixa, Terrassa

Gaudí... and much more!

The regions of Barcelona allow fans of the Modernisme movement to contemplate works by the architectural genius **Gaudí** (crypt of the Colònia Güell, the Artigas Gardens and the factory building in Mataró known as the Nau Gaudí), as well as summer homes (in El Maresme, El Garraf, El Vallès Occidental and El Vallès Oriental), romantic gardens, industrial facilities and urban buildings.

There are several routes to discover this architectural style:

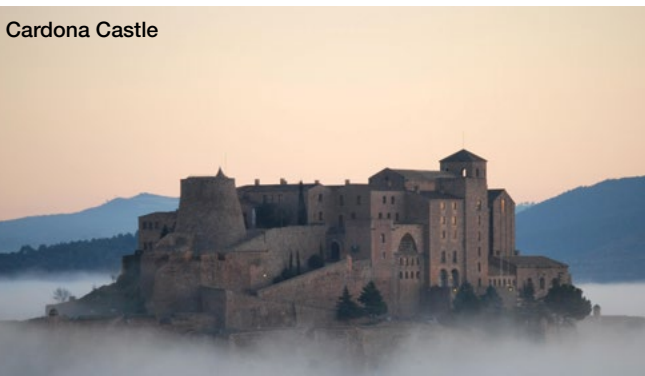
- **Sitges** in the Modernisme era
- **Terrassa**, an industrial and Modernista city
- Modernista summer homes in **El Vallès Oriental**

- Modernisme in **L'Alt Penedès**
- Modernisme in **El Maresme**—the legacy of Domènech i Montaner and Puig i Cadafalch
- **L'Alt Berguedà**: Modernisme in the natural environment
- **El Baix Llobregat**: from Gaudí to popular Modernisme
- **Manresa**: Modernisme and Art Deco
- The routes of the *indianos* (rich returnees from the New World) in **El Maresme**, **El Baix Llobregat** and **El Garraf**
- Romanticism: **Vilanova i la Geltrú** and **Sitges**

> www.barcelonaesmoltmes.cat/en/web/descobreix/culture
> www.elbaixllobregat.net/coloniaguell/english/historia.asp



Gaudí's crypt, Colònia Güell,
Santa Coloma de Cervelló



Cardona Castle

How are things made?

What was it like to live in an industrial company town in the 19th century? Was life very hard in the salt mines? How did textile mills work? You can find the answers to these and many other questions by visiting the numerous sites that bear witness to the province of Barcelona's industrial and technological revolution.

Mines, steam-powered factories, canals, wineries, museums, etc. The regions of Barcelona form a huge open-air museum on the history of Catalonia, from archaeological sites to water mills and from foundries and brick works to textile company towns along the Ter and Llobregat rivers. To find out more about industrial heritage and architecture near Barcelona visit the cultural tourism section on the Barcelona Provincial Council website.

> www.barcelonaesmoltmes.cat/en/web/descobreix/culture

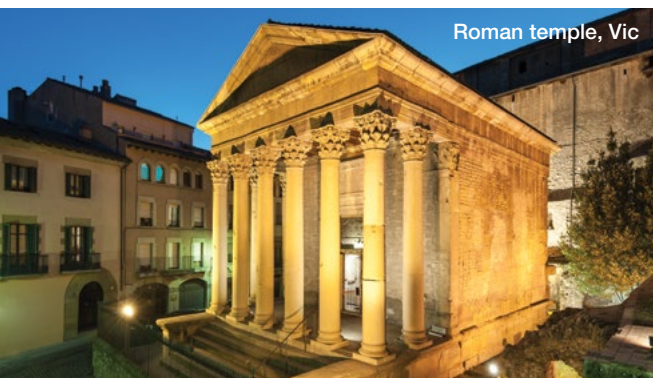
From ancient to modern

Travel into the past by visiting the **Capellades Romaní Rock Shelter Prehistoric Park** in L'Anoia or the Iberian and Roman settlement remains in **Olèrdola Park** in L'Alt Penedès. Discover how the Romans lived in the **ancient Roman city of Baetulo (present-day Badalona)** or see the ancient **wine vats in the valleys of Montcau mountain** (in Sant Llorenç del Munt i l'Obac Natural Park). Marvel at the **Gothic cathedrals in Manresa** and **Vic** and the contemporary buildings in El Barcelonès.

Throughout the regions of Barcelona you will find rich architectural heritage spanning every period and embracing every style.

Where can you find out more?

> www.neancapellades.cat/Presentation-c10.html
> <http://parcs.diba.cat/web/olerdola/>
> www.museudebadalona.cat/en



Roman temple, Vic

Stay...

At a medieval castle

Parador de Cardona

www.parador.es/en/paradores/parador-de-cardona

At Montserrat Abbey

Montserrat Abbey's Abat Marcet cells

www.montserratvisita.com/en/index.html

In a Modernista house

Casa Torner i Güell, Vilafranca del Penedès

www.casatorneriguell.com/en

Josep Maria Jujol route

The town of Sant Joan Despí is home to part of the work of this major Modernista architect, who collaborated with Gaudí on numerous projects.

You can learn all about the ceramic tiles that feature so prominently in Modernisme architecture at the **Pujol i Bausis factory** in Esplugues de Llobregat, where renowned architects like Gaudí, Domènech i Montaner and Puig i Cadafalch commissioned their pieces.

www.barcelonaesmoltmes.cat/en/web/descobreix/culture

<http://turisme.elbaixllobregat.cat/en>

And don't miss the **prehistoric mines at Gavà** or the **Catalunya en miniatura** miniature park.

www.patrimonigava.cat

www.catalunyaenminiatura.com/en

Torre de la Creu, Sant Joan Despí



Beaches

With over a hundred kilometres of coast, the regions of Barcelona offer beaches with something for everyone! Build sandcastles with your children, splash in the waves with your friends, or enjoy a romantic stroll along the beach with your partner at sunset. And not just in the summer... The coastal towns offer activities all year round. A delicious rice dish with fresh fish straight from the market? A hike along the coastal path? Watch the sun go down from a yacht? **Costa Barcelona** offers all these things and so much more.



Catamaran tour

Paradise under the sun

25 beach towns. On the Barcelona coast it's easy to **find exactly the kind of beach you're looking for**. What are you after? A family beach offering all kinds of facilities or a small, secluded cove where you can enjoy the sound of the waves? On the **Costa Barcelona** beaches there is always lots to do: skate hire, beach libraries, beach cafés, beach volleyball, table tennis, water sports companies, etc. You can get there by car, bus or train.

> www.barcelonaesmoltmes.cat/en/web/territori/costa-barcelona

> www.diba.cat/en/web/platges

Paths beside the sea

Much of the Barcelona coastline is made up of beaches where old farm roads have become coastal footpaths that are perfect for hiking, strolling, cycling and many other activities. They are found mostly along the beaches between **Malgrat de Mar** and **Castelldefels**. Costa Barcelona's few rocky or steep stretches also have their own coastal path from **Sitges** to **Cubelles**. The only exception is the El Garraf massif, which is too sheer for a coastal path, so from Castelldefels to Sitges the paths are further inland and offer spectacular and breathtaking views and landscapes.

> www.feec.cat

> www.barcelonaesmoltmes.cat/en/web/descobreix/tourist-routes



Sitges



Castelldefels

Fun in and on the water

How about a windsurfing lesson or a kayak trip first thing in the morning? And, in the afternoon, why not go water skiing or sailing and then watch the sun set over the sea that evening? The following day, learn how to dive in **Premià de Mar** or **Mataró**, or go for a ride on a jet ski or quad bike. There's more to the beach than sunbathing!

Water sports centres offer special package deals that include water sports, accommodation and other complementary services. In the regions of Barcelona, there is one in **Santa Susanna** and another in **Vilanova i la Geltrú**. And in **Pineda de Mar** there is a sailing school with a full range of options for children and adults.

- > <https://envilanova.com/?lang=en>
- > www.stasusanna-barcelona.uk
- > www.nauticapinedademar.com

If you want to combine your holiday with outdoor sports, then the best option is a Sports Tourism Destination, as they offer high-quality resources and services for elite sportspeople, professionals, amateurs and anyone wishing to practice sports. The three in Barcelona—in Calella, Castelldefels and Santa Susanna—are all located next to the sea!

- > www.calellabarcelona.com/en
- > www.castelldefelsturismo.com/en
- > www.stasusanna-barcelona.uk



On the beach with the kids!

Restaurants with children's menus, accommodation that provides cots, children's play areas, childminding services, clean and safe paddling areas, companies that organise family activities and many other advantages can be found at Family Tourism Destinations. On Costa Barcelona there are four of these destinations: **Calella**, **Malgrat de Mar**, **Pineda de Mar** and **Santa Susanna**.

- > www.turismemalgrat.com/en
- > www.pinedademar.org
- > <https://experience.catalunya.com/en>

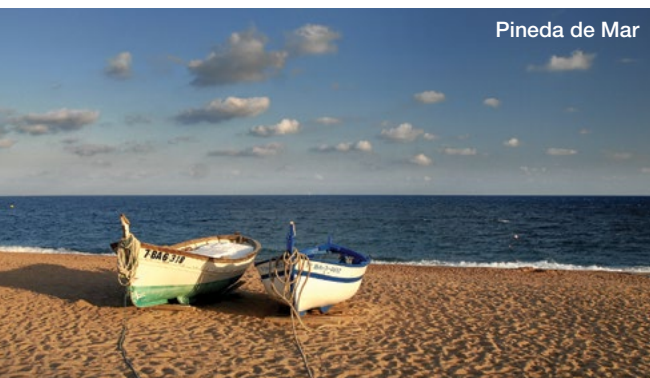
And at night...

The shortest night of the year: Saint John's Eve, 23 June, is also the most magical night of the year and is celebrated in many coastal towns with fireworks and bonfires.

- > www.barcelonaesmoltmes.cat/en/web/agenda



Here you can find much more information about our coast.



Pineda de Mar



Calella

Get active in the great outdoors!

Hiking, horse riding, mountain biking, golf, and water sports are just some of the outdoor activities you can enjoy close to the city of Barcelona. There's a wide variety of different locations to choose from: the coastline of **Costa Barcelona**, the landscapes and forests of **Paisatges Barcelona** or the mountains of **Pirineus Barcelona**. Whether with your partner, friends or family, there are countless ways of having fun!



Sant Joan Golf Course

Far more than just sun, sea and sand!

In addition to sunbathing and swimming in the sea, Costa Barcelona offers a wide range of leisure activities. Its beaches and marinas offer sports such as kayaking, windsurfing and sailing. And not far away there are natural areas where you can hike, cycle or go horse riding. In **El Garraf Park** there are a large number of routes along which you can discover magical spots such as the remains of an old castle at Olivella, the ghost town of Jafrà, La Trinitat Chapel and the rocky coastal path. Worthy of note in **El Maresme** are the El Montnegre i el Corredor and Serralada Litoral natural parks and the Sant Pol de Mar coastal path. And in **El Penedès** you can hike, cycle or segway through the vineyards.

The secrets of the landscapes

Nature lovers can enjoy a whole host of activities in the regions of Barcelona, including cycling and mountain biking, water sports at reservoirs, **hiking trails**, horse riding, hot air balloon rides and many others. You can find them all at www.barcelonaesmoltmes.cat/en/web/descobreix/active-tourism

The sea or the mountains?

The landscape varies greatly as you travel down from the heights of the Serra del Cadí range to the Mediterranean coast. Beaches in El Maresme, El Baix Llobregat and El Garraf; plains in El Vallès Oriental, El Penedès, Osona and L'Anoia, and mountains in the Pre-Pyrenees are all just a stone's throw away from the city of Barcelona!

Serralada de Marina Park



Water sports



El Cadí-Moixeró Natural Park



You can enjoy the beauty of all the parks in the regions of Barcelona by following the waymarked trails, whether you are a seasoned hiker or just a nature lover looking to discover the area with your family, partner or friends. Consult the routes of each one of the natural areas.

> <http://parcs.diba.cat>

Nature holidays with...

Children: camping in the mountains or near the beach! The regions of Barcelona boast a large number of family-friendly campsites. Find the one that best suits your needs at:

> www.barcelonaesmolmes.cat/en/web/planifica/on-dormir

Your partner: who doesn't deserve to spend a day being pampered at a spa?

> www.barcelonaesmolmes.cat/en/web/descobreix/health-and-wellbeing

Your friends: play a round on one of the many golf courses in the regions of Barcelona and hike or bike along their trails.

Pirineus Barcelona

L'Alt Berguedà offers a wide variety of activities for those who want to enjoy nature away from the crowds. Climb the emblematic Pedraforca, visit the Romanesque paintings at Sant Quirze de Pedret or stay at a mountain retreat in Cadí-Moixeró Natural Park.

> www.barcelonaesmolmes.cat/en/web/territori/pirineus-barcelona

> <http://parcsnaturals.gencat.cat/ca/pedraforcal>

> www.altbergueda.cat/en/LAlt_Bergueda.html

To discover other routes, visit:

> www.barcelonaesmolmes.cat/en/web/descobreix/tourist-routes

Enjoy the parks

Plays, shows for children, classical music, jazz and blues concerts, processions with giants and clowns, dances, art workshops, photography competitions, craft fairs, stargazing and many other activities are provided by Barcelona Provincial Council within its 'Viu el Parc' (Experience the Park) programme. Consult the activities calendar at:

www.viuelparc.org

Camí dels Bons Homes

The Camí dels Bons Homes (Cather Road) is a trail that runs from the Shine of Queralt in Berga to the Château de Montségur in Ariège (France), following the routes used by the Cathars in the 13th and 14th centuries. It is perfect for hiking, mountain biking or horse riding.

www.camidelsbonshomes.com

Thematic trails

The Way of Saint James

www.camidesantjaume.cat/en

The Route of Oliba

www.camioliba.cat/en

Els 3 Monts

www.els3monts.cat

El Garraf Park

<http://parcs.diba.cat/web/garraf>

El Maresme

www.costadebarcelonamaresme.cat/en

El Penedès

www.enoturismepenedes.cat/enat



iOS

Download our tourist routes app.



Android

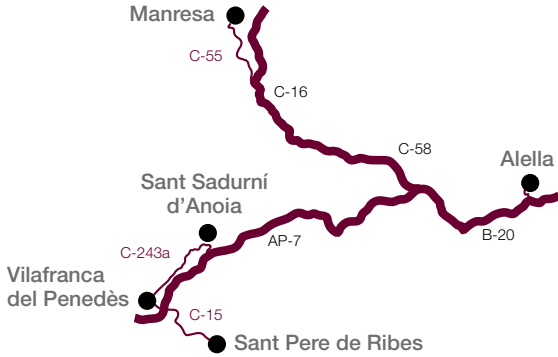
Centelles



Sau Reservoir



Amongst the vineyards



Look no further: you can meet all your wine tourism needs with the five **designations of origin** for wine and cava of the regions of Barcelona. Learn to tell the difference between a young wine and an aged wine, take part in the everyday work of a winery, discover different grape varieties or stay the night at a wine estate. Can you think of a better way to spend the weekend?

From winery to winery

Know-how has been passed down from generation to generation at every winery. Estate owners and oenologists organise wine tastings, workshops, tours of their vineyards and other wine tourism events to teach you all about their products. Whether you visit a major winery or a small family concern, you will discover the secrets of the five denominations of origin of the regions of Barcelona. Don't miss the guided tours of the Codorniu, Freixenet and Torres wineries.

In **Sant Sadurn d'Anoia**, the cava capital, alone there are over 80 wineries! And many of them can be visited.

> www.enoturismepenedes.cat/en

Vineyard postcards

In L'Alt Penedès, **The Wine and Cava Trails** are waymarked routes that help you find out more about the different varieties of grape and at the same time discover the various places of interest this area has to offer. Near the towns of Alella and Tiana, you can contemplate breathtaking Mediterranean landscapes that bring to mind the poem **Vinyes verdes vora el mar** (Green vines near the sea) by the renowned Catalan poet Josep Maria de Sagarra. And in the heart of El Bages, in Les Valls del Flequer, there is a fascinating waymarked route that shows you an impressive collection of **huge dry-stone vats** that were formerly used to make wine from the grapes grown in vineyards located far from the surrounding villages.



Grapes from El Penedès



Dry-stone vats, Les Valls del Flequer



Vineyard tour

The first taste

It's easy to enjoy the infinite flavours and subtleties of wine and cava. There are countless **establishments specialising** in wine and cava throughout the territory, where you can have a glass of red, white, rosé or cava with an appetiser or take part in a special wine tasting session led by a sommelier or oenologist.

Our DOs

DO Pla del Bages,

in the region of El Bages.

> www.dopladebages.com/index

DO Alella,

in the region of El Maresme.

> www.enoturismoalella.com/en

DO Penedès,

in L'Alt Penedès and El Garraf.

> www.dopenedes.cat/en

DO Cava,

in various areas of Spain, especially El Penedès.

> www.docava.es/en

DO Catalunya,

which includes various wine-producing areas in the regions of Barcelona.

> www.docat.cat/en

Carefree

By bicycle, on horseback, riding a Segway, in a vehicle with four-wheel drive, by day or by night... There are many ways of touring the vineyards and discovering wine country. Wine tourism companies organise a range of activities and routes to suit your needs: visits to cava wineries, hot-air balloon rides over vineyards, wine appreciation courses, culinary workshops, and even participation in the harvest.

> www.barcelonaesmoltmes.cat/en/web/descobreix/enoturism



Sant Sadurn d'Anoia



Grape harvest

Accommodation

You can stay overnight at many wine estates in traditional wine-producing towns, especially in rural tourism accommodation. In addition to high-quality service, activities representative of the local area are often provided.

You can see what is available at:

www.barcelonaesmoltmes.cat/en/web/planifica/on-dormir

You will find family activities, such as bread-making workshops, sporting activities, excursions, green routes, and cultural activities with visits to architectural sites or museums, among others. In El Penedès you can also participate in the harvest, enjoy a wine tasting or take a relaxing stroll through the vineyards.

Did you know that Picapoll is a variety of white grape that is only found in Pla de Bages?

Intoxicating experiences

Sant Pere Molanta is home to the Aula de la Vinya i el Vi wine tourism centre, where you can tour the vineyards, see how wine is made in the winery and attend a wine tasting.

www.enoturismepenedes.cat/ca/propostes/descobreix-el-mon-del-vi

The Wine and Cava Trails

www.enoturismepenedes.cat/en

'Green vines near the sea'

www.alella.cat

Dry-stone vats

www.coordinadorapedraseca.org

Vinseum. Don't miss the Catalan Wine Cultures Museum, in Vilafranca del Penedès. www.vinseum.cat/?eng/Vinseum/Home

Vinseum/Home

Vallmora Wine Tourism and Archaeological

Centre. Here you can visit an ancient Roman winery and an extensive exhibition on the wine-growing traditions of both the Alella DO and the rest of the eleven wine DOs in Catalonia.

www.alella.cat

Cavatast de Sant Sadurn d'Anoia. The industry's largest cava festival is held at Sant Sadurn d'Anoia in the second week of October. www.cavatast.cat

Fassina. Cava Interpretation Centre. The place to discover the origins and secrets of Catalonia's sparkling wine.

www.turismesantsadurni.com

Vi Jazz (Wine Jazz). For many it is the perfect pairing: wine and music. During the month of July in Vilafranca del Penedès!

www.vijazzpenedes.com

Festa de la Verema (Grape Harvest Festival). On the second weekend of September Alella plays host to a major wine festival. www.alella.cat/verema



Here you can find much more information about wine tourism near Barcelona.

Flavours

How about getting dressed up to the nines to go out for dinner in a Michelin-starred restaurant? Or enjoying a hearty breakfast in a little mountain eatery? Or buying sausages from an artisanal butcher's shop in an Osona village? Or visiting a fish market on the coast? Or trying local products and specialities? In the regions of Barcelona a culinary world is waiting to be savoured!



Mushrooms from El Berguedà and a chicken from El Prat

Local products

You can taste a wide variety of different local products as you travel through the regions of Barcelona. **Mongeta del ganxet** (a type of white hook-shaped bean) has been awarded Protected Designation of Origin (PDO) status, and **llonganissa de Vic** (a long pork sausage produced in Vic) boasts Protected Geographical Indication (PGI) status. Other star products include prawns from Vilanova, peaches from El Ordal, strawberries from El Maresme, cherries from En Roca and Sant Climent de Llobregat, artichokes from El Prat, mushrooms from El Berguedà, chestnuts from El Montseny, chicken from El Penedès, and mató (a fresh cheese made with cow's or goat's milk) from Montserrat.

> <http://xarxaproductesdelaterra.diba.cat/>



Visit a market

Vic Market: Tuesdays and Saturdays in the Plaça Major (the city's main square).

Montserrat Market: famous for its cheeses, especially mató.

Granollers Market: every Thursday, you can buy products from the region's farmers here.

Vilafranca Market: held on Saturdays in the centre of Vilafranca del Penedès.

> www.barcelonaesmoltmes.cat/en/web/descobreix/gastronomy

Culinary stars

The regions of Barcelona are starting to set the standard for the rest of the world, given that they are the home of more than 30 Michelin-starred restaurants.

> www.viamichelin.co.uk/web/Restaurants



Chicken with scampi



Strawberries from El Maresme

Finger-licking good!

Discover Barcelona's cuisine by tasting its star dishes! Consult the **Corpus del Patrimoni culinari català** (Catalan Culinary Heritage Corpus) to find all the traditional Catalan recipes. But, just to whet your appetite... Here is a small selection of some of the dishes on offer:

Starters: empedrat (salad of salt cod and beans), escalivada (roasted aubergines and peppers), esqueixada de bacallà (salt cod salad), arròs caldós (rice soup), fideuada (noodles with fish or meat), paella, Vilanova prawns, xató (a sauce served with an endive salad), mushrooms, etc.

Main courses: escudella (a hearty stew), botifarra amb mongetes (Catalan sausage and beans), chicken with scampi, meatballs with cuttlefish and peas, all cremat (fish or seafood with roasted garlic), etc.

Desserts: in addition to crema catalana (Catalan cream), panellets de tots sants (All Saints' Day marzipan balls) and tortell de reis (Three Kings' cake), you mustn't leave without tasting delights like catànies (roasted, caramelised almonds covered in chocolate) from Vilafranca del Penedès, carquinyolis (almond biscuits) from Caldes de Montbui, or pa de pessic (sponge cake) from Vic. Yummy!

> www.cuinacatalana.eu

Gourmet experiences

The Xató Route: this salad of endives with anchovies, tuna and salt cod served with a nyora pepper sauce is celebrated from January to March in xatonades (xató festivals) in various towns and cities. The ones held in Vilanova i la Geltrú and Sitges are the most popular. The Xató Route not only allows you to try all the different varieties, but also to explore their home towns. Find out for yourself which restaurant makes the tastiest version!

> www.rutadelxato.com/en

Alícia Foundation: very close to Manresa, in Sant Fruitós de Bages, is Món Sant Benet, a cultural and tourism project made up of different spaces in and around the mediaeval Monastery of Sant Benet. One of its leading components, the Alícia Foundation, is a major culinary research area and is well worth a visit!

> www.monstbenet.com/en

Mató cheese from Montserrat



Llonganissa de Vic

When in Vic or anywhere else in the Osona region you must try their traditional llonganissa (long pork sausage) and other types of sausages, such as somaia (semi-cured pork sausage), fuet (dry-cured pork sausage), xoriço (pork sausage seasoned with paprika and garlic), catalana (Catalan sausage) and bull (blood sausage). And don't even think about leaving El Berguedà without sampling its delicious cold meats!

Mongeta del ganxet

In many towns in El Vallès and El Maresme you can see fields full of this delicious hook-shaped bean. You can buy them at the Agrobotiga de l'Espai Rural de Gallecs farm shop.

www.espairuralgallecs.cat

Markets

Visit the website www.gastroteca.cat/en.

It provides all kinds of information on markets, specialist shops, products, recipes, gastronomic routes, a calendar of feasts, festivals and fairs, etc.

Michelin-starred restaurants

In Sant Pol de Mar: **Sant Pau**

*

In Calldetenes: **Can Jubany**

In Cercs: **Estany Clar**

In El Masnou: **Tresmacarrons**

In Olost: **Fonda Sala**

In Sagàs: **Els Casals**

In Santa Coloma de Gramenet: **Lluerna**

In Sant Fruitós de Bages: **L'Ó (Sant Benet Monastery)**

El Maresme Gastronomic Workshops

www.costadebarcelonamaresme.cat/en

Vic Market





Can Negre, Sant Joan Despi

Art and culture

Some journeys inspire you. Not far from Barcelona are towns and villages whose rich cultural and artistic heritage you can discover by visiting their monuments and museums, but also by strolling through their streets and squares, dining in their restaurants and participating in their festivals. It was from such places that Picasso, Miquel Martí i Pol and Jacint Verdaguer drew the inspiration for their paintings and poems.

The villages of...

Picasso. Did you know that the artist, Pablo Ruiz Picasso, spent one spring in Gósol, in El Berguedà? Discover some of Picasso's lesser-known works in the museum of this village, and also at the Palau Foundation in Caldes d'Estrac and the Mas Manolo Museum in Caldes de Montbui.

Miquel Martí i Pol. Follow the literary route of Miquel Martí i Pol through Roda de Ter in Osona.

Jacint Verdaguer. A suitcase and an umbrella are the two simple objects that Jacint Verdaguer took with him to the least-known parts of Catalonia to describe them in great detail. You can visit these places on the Verdaguer Route. You'll discover places like Folgueroles (where he was born), the famous shrine at La Gleva, and the Vil·la Joana country house museum in Vallvidrera (where he died).

Open-air culture

In the parks and protected areas of the regions of Barcelona you can enjoy their natural beauty and also

appreciate their cultural heritage. Discover museums, Modernista buildings, churches, dolmens, castles, archaeological sites and much more.

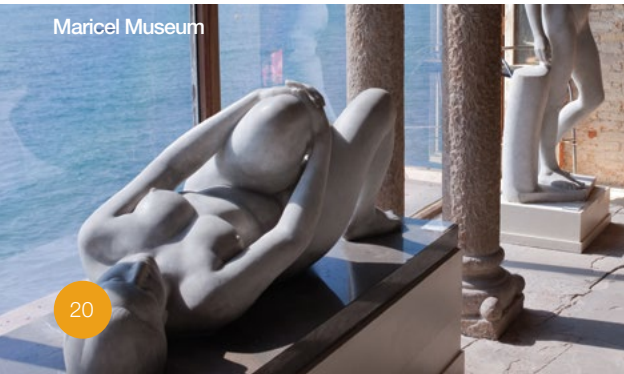
The spirit of Romanticism

In the 1800s a group of painters defined Sitges as a 'town with artistic sensitivity'. Towards the end of that century, a number of other artists were also drawn to the town, largely due to the presence of Santiago Rusiñol, who lived there for many years. Today, you can visit various **museums** related to this period, such as the Cau Ferrat Museum, the Romantic Museum and the Maricel Museum. Less than 10 kilometres from Sitges, in Vilanova i la Geltrú, you can also visit the Manuel de Cabanyes Romanticism Interpretation Centre, the Víctor Balaguer Museum Library and the Can Papiol Museum.

> www.museusdesitges.cat/en

> www.victorbalaguer.cat

Maricel Museum



El Montnegre i el Corredor Park



Museums for everyone!

The museums in the regions of Barcelona are for all tastes and age groups, catering to the needs of families, couples and school parties: the **Agbar Water Museum** in Cornellà de Llobregat, the **Argentona Pitcher Museum**, the **Sabadell Gas Museum**, the **Cercs Mining Museum**, the **Museum of Science and Technology of Catalonia** in Terrassa, the **Catalonia Railway Museum** in Vilanova i la Geltrú, the **Vinseum** in Vilafranca del Penedès, **Granollers Museum**, **Badalona Museum**, the **Tomàs Balvey Museum-Archive** in Cardedeu and the **Domènech i Montaner House-Museum** in Canet de Mar.

- > www.museumagbar.com/landing_eng.php
- > www.museucantir.org/en
- > www.fundaciongasnaturalfenosa.org
- > www.mmcercs.cat/en
- > www.mnactec.cat/en
- > www.museudelferrocarril.org/en
- > www.vinseum.cat/?eng/Vinseum/Home
- > www.museugranollers.org
- > www.museudebadalona.cat/en
- > www.museudecardedeu.cat/english
- > <http://casamuseu.canetdemar.org/4.english/index.html>

And you can find more at:

- > <http://museuslocals.diba.cat>

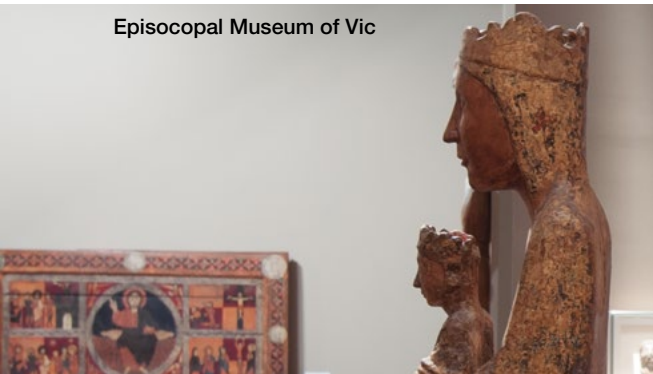
Must-sees

Don't leave Vic without visiting its Episcopal Museum. The majority of the more than 20,000 items on display are from the age-old Diocese of Vic. Its chief attraction is an incredible exhibition of medieval paintings and sculptures featuring impressive wood carvings and Romanesque murals, which is considered to be one of the best collections in Europe.

Sant Joan Despí is home to a number of architectural works by Josep Maria Jujol, such as Can Negre and the Torre de la Creu.

- > www.museuepiscopalvic.com/en

Episcopal Museum of Vic



Literary landscapes

Discover the literary landscapes of the regions of Barcelona at www.espaisescrits.cat

Heritage routes

Consult the *heritage routes of the natural parks* guide on at www.diba.cat/parcs/itineraris

Religious art

To see collections of religious art, you can visit Montserrat Museum at www.museudemontserrat.com/en/index.html

Agbar Water Museum



Monasteries and shrines



Far from the cities' hustle and bustle, the monasteries, shrines and other religious and mystical sites of the regions of Barcelona provide a great opportunity to relieve your stresses and strains, recharge your batteries and get in touch with your inner self. These places' architecture, religious art, and mountain views will astound you, above all because they allow you to find true peace and quiet.

Peace and quiet

The regions of Barcelona are full of monasteries, shrines and basilicas. The most popular and best-known are in the towns listed in the column on the right, but there are many more.

You can find them all at www.monestirs.cat!

A shrine with a view

Shrines are generally found in privileged locations, featuring lush plant life and spectacular views. The El Corredor (in El Montnegre i el Corredor Natural Park), Queralt (in Berga) and Bellmunt (in Sant Pere de Torelló, Osona) shrines are

some of the most popular, but there are many others. Come and discover them for yourself!

Holy places

Have you heard of the **Cave of Saint Ignatius of Loyola** in Manresa, where the saint wrote his famous Spiritual Exercises?

Sinera Cemetery, in Arenys de Mar, is a classic example of a Mediterranean marine cemetery. To visit the resting place of the prominent Catalan-language writer Salvador Espriu, look for tomb number 381.

> www.anyespriu.cat



Santa Maria de Montserrat Abbey



Monastery of Sant Cugat

Hiking the **Camí dels Monjos** (Monks' Path) from Sant Cugat del Vallès to Sant Llorenç del Munt takes about four hours. The 25 km route crosses passes through Sant Cugat del Vallès, Sant Quirze del Vallès, Terrassa and Matadepera and links the monasteries of Sant Cugat and Sant Llorenç del Munt.

Sleep in a monastery

You can stay overnight at a number of monasteries and shrines throughout Catalonia, including Montserrat, Sant Jeroni de la Murtra (in Badalona) and Sant Benet de Bages (in Sant Fruitós de Bages).

Religious experiences

Walking the Way of Saint James in Catalonia. It passes through Montserrat, Igualada, Cervera, Tàrraga and Lleida on the way to Aragón, continuing on to Zaragoza and Logroño before joining the traditional French route.

> www.camidesantjaume.cat/en

The Ignatian Way. A unique, contemporary experience. This route retraces the path followed by Ignatius of Loyola in 1522 from his home town to Montserrat and finally to Manresa. It offers you the chance to experience a pilgrimage by following the spiritual process of the saint. The path starts at the house where he was born in Azpeitia (Gipuzkoa) and ends in the Cave of Saint Ignatius in Manresa.

> www.barcelonaesmoltmes.cat/en/web/descobreix/way-of-sant-ignatius

> <http://caminoignaciano.org/ca>

Religious feasts. The regions of Barcelona offer a full calendar of religious events: Passion Plays in Olesa de Montserrat and Esparreguera; Corpus Christi feasts, such as La Patum in Berga and the floral carpets in Sitges and La Garriga; Holy Week processions; live nativity scenes and plays... Don't miss them!

> www.barcelonaesmoltmes.cat/en/web/agenda

Shrines in Catalonia

El Bages

Church of Sant Vicenç de Cardona
Monastery of Santa Maria de l'Estany
Basilica of Santa Maria de Manresa
Santa Maria de Montserrat Abbey
Monastery of Sant Benet de Bages

El Barcelonès

Monastery of Sant Jeroni de la Murtra
Monastery of Sant Pau del Camp
Barcelona Cathedral
Monastery of Pedralbes

El Berguedà

Church of Sant Jaume de Frontanyà
Monastery of Sant Llorenç prop Bagà
Church of Sant Quirze de Pedret
Church of Sant Sadurní de Rotgers

El Maresme

Basilica of Santa Maria de Mataró
Shrine of La Mare de Déu de la Cisa de Premià de Dalt
Carthusian Monastery of Montalegre
Shrine of La Misericòrdia de Canet de Mar

Osona

Monastery of Sant Pere de Casserres
Vic Cathedral
Church of Santa Maria de Lluçà

El Vallès Occidental

Monastery of Sant Llorenç del Munt
Monastery of Sant Cugat del Vallès
Churches of Sant Pere de Terrassa
Carthusian Monastery of Vallparadis

Monastery of monasteries

Montserrat Abbey is the most visited monastery in Catalonia for many reasons: the magnificence of its natural environment (with numerous waymarked routes and excursions), the image of La Moreneta (Black Madonna), the basilica, the library and the famous Escolania boys' choir. Everything you need to take full advantage of a stay on the mountain can be found on www.montserratvisita.com/en/index.html.



Carthusian Monastery of Montalegre



Sant Llorenç del Munt i l'Obac Monastery

Natural parks and protected areas

Peregrine falcon



Forget about work. Leave the daily grind behind. Breathe! Here we have just what you need: no fewer than 16 natural parks and areas, all within close reach of the city of Barcelona. Their mountains, forests and rivers provide the perfect setting for hiking, mountain biking and other outdoor activities, and their visitor centres allow you to learn all about the local fauna and flora. Come and discover them for yourself!

Let's go hiking!

All the natural areas in the regions of Barcelona have waymarked routes to allow visitors to plan their hikes according to degree of difficulty and time available. These are routes that make you want to spend hours in contact with nature, appreciating the silence and disconnecting from the stresses of everyday life. If you follow the **waymarks along the network of trails**, you simply can't get lost!

Biosphere Reserve

El Montseny Natural Park offers incredible mountain landscapes where you can find peace and tranquillity. It has been designated a Biosphere Reserve by UNESCO.

There you can find lush forests, springs, villages, museums, castles and Romanesque chapels. The highest peak in the park is Turó de l'Home, some 1,706 m above sea level!

> <http://parcs.diba.cat/web/montseny>

Animal rescue centres

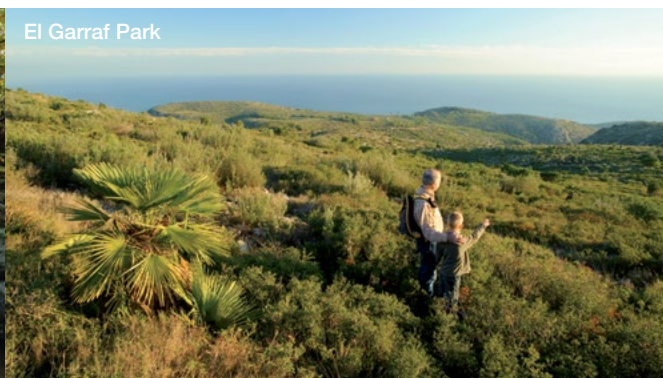
Animal rescue centres look after injured animals before releasing them back into their natural habitats. Your kids will love them!

CRARC. Amphibian and Reptile Rescue Centre at Masquefa. www.crac-comam.net

CRAM. Marine Animal Rescue Centre at El Prat del Llobregat and at Premià de Mar. www.cram.org



El Montseny Natural Park



El Garraf Park

Nature for everyone!

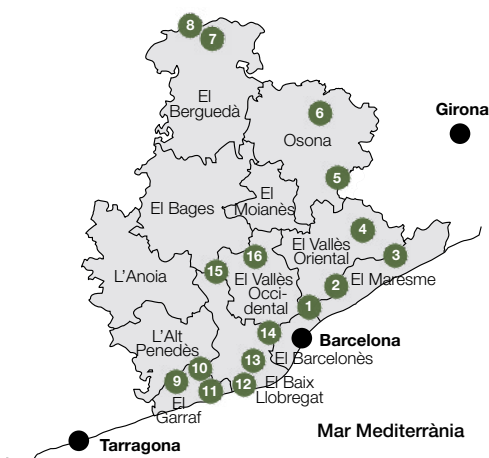
Barcelona's natural spaces offer a wide variety of adapted and accessible routes.

El Montseny Natural Park: Vall de Santa Fe, between the Can Casades Information Centre and El Frare spring (route adapted for wheelchair users).

El Garraf Park: La Pleta Botanical Route (route adapted for wheelchair users) and the Can Grau Sensory Route (route adapted for the visually impaired).

Sant Llorenç del Munt i l'Obac Natural Park: La Portella spring (part of the route is adapted for wheelchair users).

You can find information about all the parks and natural areas at <http://parcs.diba.cat>.



1. Serralada de Marina Park
2. Serralada Litoral Park
3. El Montnegre i el Corredor Park
4. El Montseny Natural Park
5. Les Guilleries-Savassona Natural Area
6. Castell de Montesquiú Park
7. El Massís del Pedraforca Site of National Interest
8. El Cadí-Moixeró Natural Park
9. El Foix Park
10. Olèrdola Park
11. El Garraf Park
12. Llobregat Delta Nature Reserve
13. El Baix Llobregat Agrarian Park
14. La Serra de Collserola Natural Park
15. La Muntanya de Montserrat Natural Park
16. Sant Llorenç del Munt i l'Obac Natural Park

And, as well as hiking, you can also go **horse riding** or **mountain biking**. The parks offer a large number of waymarked routes. Ready? Consult the website:

www.diba.cat/parcs/itineraris

Els 3 Monts route

A waymarked route through El Montseny, Sant Llorenç del Munt i l'Obac and La Muntanya de Montserrat natural parks.

www.els3monts.cat

Cavalls del Vent

This route runs from mountain retreat to mountain retreat in Cadí-Moixeró Natural Park.

www.cavallsdelvent.com/en

Accommodation

Accommodation for all tastes at:

www.barcelonaesmoltmes.cat/en/web/planificacon-dormir

Rural tourism. Close to Barcelona you can stay in farmhouses and rural accommodation, either in small villages or in the middle of the countryside. There are more than 250 to choose from!

Campsites. There are campsites located on the coast, inland and in the mountains, where you can stay in caravans, motorhomes, tents or chalets.

Hotels. In the regions of Barcelona you can find hotels for all occasions: romantic weekends, family holidays, business meetings, etc.

Spas. The spas and wellness centres in the regions of Barcelona are the ideal choice if you want to escape from everyday stresses and pamper yourself. Enjoy them!

Areas for...

Birdwatching. Llobregat Delta Nature Reserve
www.deltallobregat.cat

Mountaineering. El Cadí-Moixeró Natural Park
<http://parcsnaturals.gencat.cat/en/cadi/index.html>

Rock climbing. Montserrat Natural Park
www.montserratvisita.com/en/index.html
(Take the rack railway!)

An outing with the kids. The Tren del Ciment (Cement Train) and the springs of the Llobregat river
www.trendelciment.cat/en



Here you can find much more information about our parks.

Pedraforca

Feasts, festivals and fairs

There's always lots to do in the regions of Barcelona! Discover their unique events and festivals. Throughout the year, the cultural calendars of the towns and cities are packed with feasts, festivals, fairs and sporting events. They are the perfect excuse to take a break from your everyday routine and really get to know the territory.



Vilanova International World Music Festival (FIMPT) in Vilanova i la Geltrú

Night festivals and much more!

The night of 23 June is the shortest of the year. And also the noisiest and the most magical. The **Revetlla de Sant Joan** (Saint John's Eve) is celebrated with bonfires, fireworks, coca cakes and music until the early hours of the morning. In summer, many towns and cities in the regions of Barcelona, especially those on the coast, celebrate their **Festa Major** or annual festival. However, there are also plenty of festivals at other times of the year. Consult the calendar of events that take place near Barcelona.

> www.barcelonaesmoltmes.cat/en/web/agenda

Celebrating tradition

For centuries, Holy Week has been marked in numerous locations by Passion Plays depicting the life of Jesus Christ.

The theatres of **Olesa de Montserrat**, **Esparreguera** and **Mataró** are filled to bursting during these plays, which are performed by local amateur thespians. And from Holy Week, we move on to Christmas time, whose festivities include the Fira de l'Avet (Christmas Tree Fair) in **Espinelles** and the living nativity scene at **Corbera de Llobregat**. Don't miss the floral carpets for the Feast of Corpus Christi in **La Garriga** and **Sitges**.

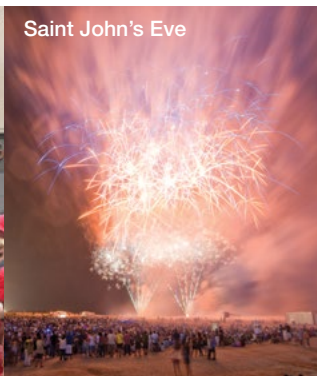
Anything goes at carnival time!

During carnival, the inhabitants of various towns choose a 'king' to rule over them for a week. He is known as Carnestoltes and is the living personification of debauchery. Dress up and have fun at the most exciting carnivals in the regions of Barcelona, such as those at **Torelló**, **Sitges** and **Vilanova i la Geltrú**, where on Carnival Sunday they hold processions featuring the famous 'sweet battles'.

La Patum



Saint John's Eve



Circuit de Barcelona-Catalunya



Live sports

The regions of Barcelona offer numerous sporting events for spectators and athletes alike. You can go to the **Circuit de Barcelona-Catalunya** in Montmeló to watch a Formula 1 or MotoGP race, take part in a **Half Marathon Challenge** in Granollers or El Maresme, or watch basketball in Badalona or Manresa, handball in Granollers, hockey in Terrassa, or roller hockey in Vic or Vilanova i la Geltrú. There is an event for everyone.

> www.circuitcat.com/en

Move your body!

Spring, summer, autumn or winter: it's always **festival** time in the regions of Barcelona. Enjoy the best local and international music!



Did you know that human towers have been designated an Intangible Cultural Heritage of Humanity by UNESCO?

Diada de Sant Fèlix

To experience the thrilling spectacle of human towers for yourself, go to Plaça de la Vila in Vilafranca del Penedès on 30 August and watch the competition unfold in the festival of the Diada de Sant Fèlix.

www.festamajorvilafranca.cat

You can also see human towers at other locations. Consult the calendar on the website of the activity's coordinating body.

www.cccc.cat

La Patum in Berga

Tradition has it that, wherever you are, if during Corpus Christi you put your ear to the ground and listen carefully, you will hear the booming of the drums of Berga, to which demons and beasts dance. The festival has been designated Intangible Cultural Heritage of Humanity by UNESCO.

www.lapatum.cat/en

Half Marathons Challenge

This is a series of half marathons approved by the Catalan Athletics Federation, which are run in various places in the province of Barcelona.

www.diba.cat/en/web/esports

Music festivals

Fira Mediterrània. Manresa.
www.firamediterrania.cat/en

FIMPT. Vilanova i la Geltrú.
An international festival of popular and traditional music.
www.vilanova.cat/fimpt

Vida. Vilanova i la Geltrú International Festival.
www.en.vidafestival.com

Vic Live Music Market.
www.mmvv.cat/en

Altaveu. Sant Boi de Llobregat.
www.festivalaltaveu.cat

International Jazz Festival. Terrassa.
www.jazzterrassa.org/en

These are just some of the many music festivals held in the regions of Barcelona.

And film festivals too!

Don't miss the **Sitges Film Festival.**
www.sitgesfilmfestival.com



Towns and cities

Amazing architecture

Beaches

Get active in the great outdoors!

Amongst the vineyards

Flavours

Art and culture

Monasteries and shrines

Natural parks and protected areas

Feasts, festivals and fairs



Barcelona
is much more



**Diputació
Barcelona**



If you would like first-hand information, go to our social media pages and learn all about the Barcelona regions.

www.barcelonasmuchmore.com



#BarcelonaMuchMore

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format:

