

24, 48 and 72 hours
at Costa Daurada

SALOU



COSTA DAURADA



The interior of the cloister of the monastery of Santes Creus

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● 24 hours ● 48 hours ● 72 hours

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Texts and Project coordination: Vilaniu Comunicació

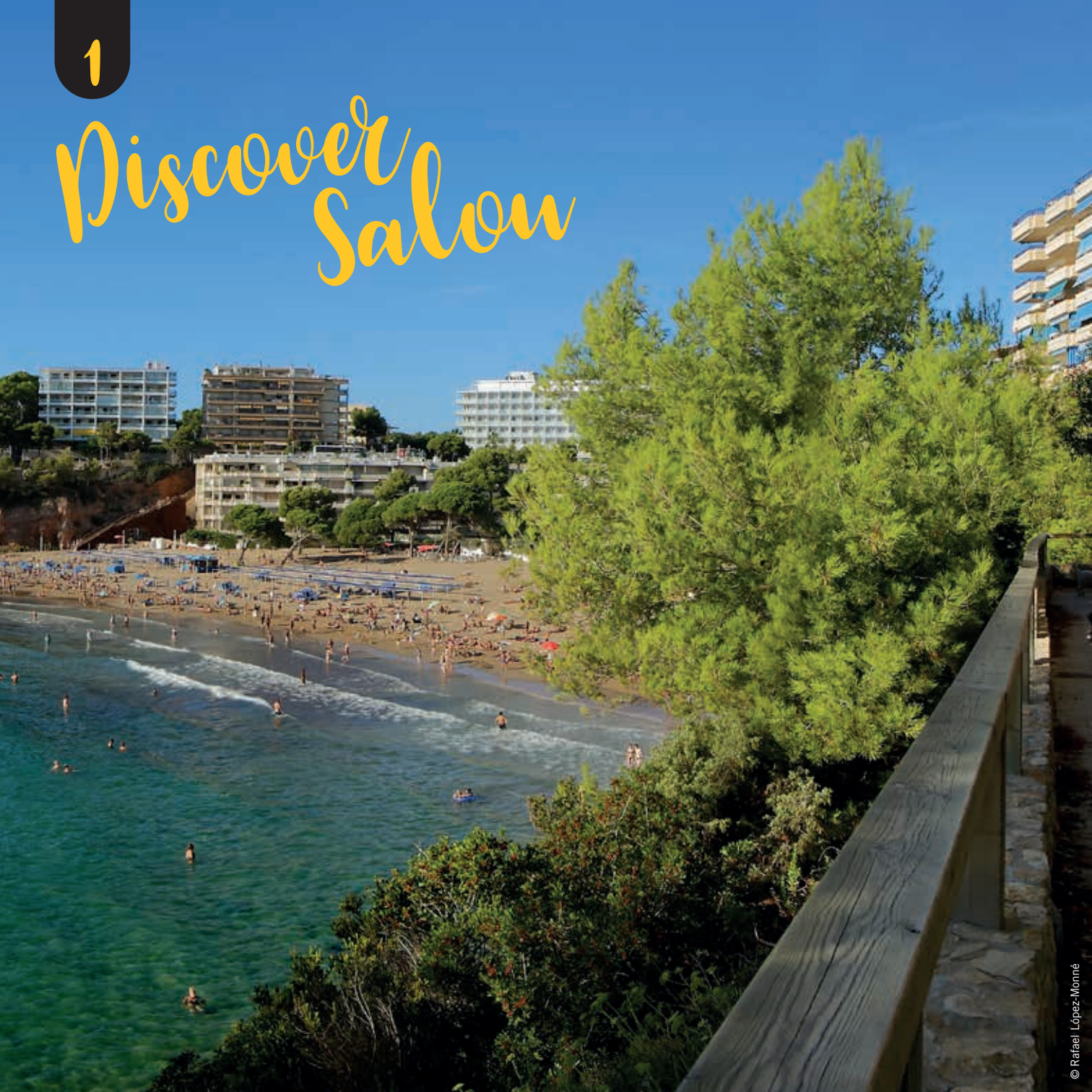
Photographs: Patronat de Turisme de Salou, PortAventura World, Joan Capdevila/PTCD, Kàrting Vendrell, Museu de la Ràdio, Masia Castelló, Patronat de Turisme de Mont-roig Miami, Patronat de Turisme de Vila-seca La Pineda Platja, FEHT, Lydia Plana Valls, Ajuntament de Valls/Pere Toda, Adernats

Printing: Anfigraf, S.A.

Legal deposit: DL T 829-2019

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Discover Salou



© Rafael López-Monné

© Rafael López-Monné



Be sure to visit Torre Vella, a fortified tower dating from 1530 which used to protect the townsfolk from the pirate attacks of those times.

© Rafael López-Monné



On the breakwater jutting out to sea from the beach you'll find the Monument to the Fisherman which commemorates the town's seafaring past.

24
hours48
hours

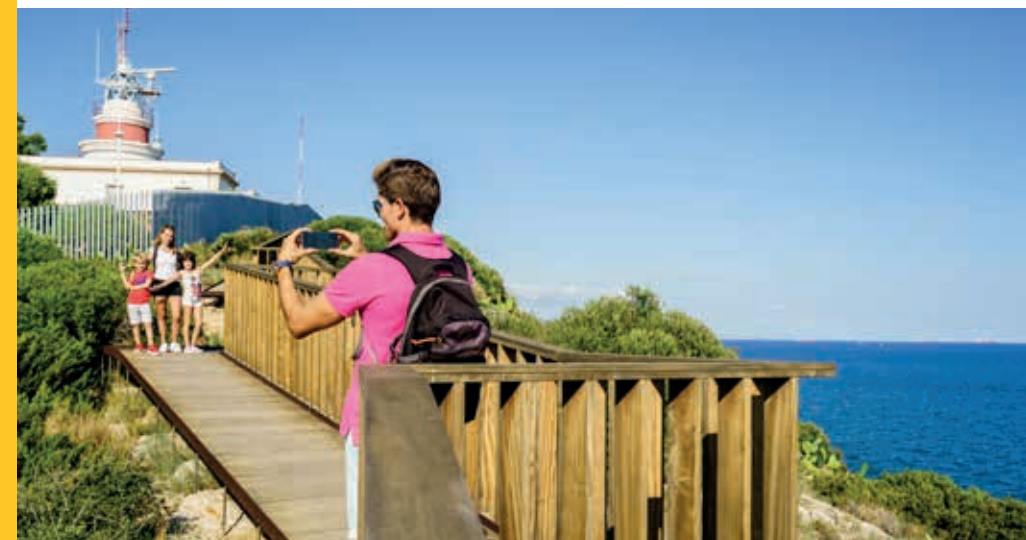
We propose a walk around Salou to discover all its must-see places and enjoy a fabulous combination of beaches, architecture, history and memorable scenery.

The Jaume I promenade is a very special place, lined with palm trees and Modernist mansions dating from the early twentieth century.

Make sure you visit the church of Santa Maria del Mar, a relic of the guild system, with its beautiful murals; the Catalan Farmhouse, which recreates the traditional rural farmhouses of Catalonia; and the old Carrilet Railway Station, the mode of transport used by the very first bathers in Salou.

If you enjoy peace and quiet and being surrounded by nature, we suggest a stroll through the City Park and along the coastal footpath as far as Salou's lighthouse for some truly picture-postcard scenery.

Fall in love with the magic of the best locations in the capital of the Costa Daurada, and don't forget to take a selfie with Salou's giant letters, which you'll find on the avenue of Jaume I and at Pílons.



Did you know? ↗

The Salou lighthouse has been showing vessels the way since 1858.



Multicolour fountains

Salou has had its impressive Ornamental Fountains since 2007

© Jose Carlos León



If there's a magical place in Salou, this is Pils. From here, the twilights are magical and multicolour. Get a good position a little before the sun sets and immortalise the best sunsets.



And to cool you off, how about some ice cream? In Salou, Cambrils, Tarragona, Roda de Berà... you can choose the best handmade ice cream parlours that make products following the traditional recipes with local ingredients. They're finger-licking!

24
hours

48
hours



Have you ever tried bathing in a pool of sand and salt water? In Lumine Mediterránea Beach & Golf Community, very close to Llarga beach in Salou, you can do this by dipping in pools where the different blues of the Mediterranean mix on the horizon as if it were an infinite water line.

In Salou, we invite you to discover the Coastal Path where you can see multiple colours bordering a spectacular coastline. The path will also take you to the lighthouse of Cap Salou, which has been giving light to sailors since 1858. Here there is a spectacular viewpoint, nestled by birds, from which you can see and capture breath-taking twilights. Don't forget to share the photos! 😊

And if you are looking for the magical moment to finish off your day, visit Salou's Ornamentals Fountains, which give you a unique water and light show in the evenings (depending on the season). They include the Illuminated Fountain, the oldest one; the Cybernetic Fountain, with a thousand nozzles and geysers and an amazing light-and-music show; and the Labyrinth Fountain, where children will adore getting wet!



Salou has modernist villas along the city's
maritime facade ↗



Get out
into the sea!

24
hours

48
hours



Do you love the sun, sea and sand? Salou offers no fewer than nine beaches and coves of fine golden sand sloping gently into crystal-clear waters, ideal for enjoying an unforgettable summer holiday with the family, friends, or your partner. Our beaches range from the broad stretches of sand lining the promenade to the tiny, exquisitely beautiful coves of the Salou headland.

If you're a lover of adrenaline-filled water sports, in Salou you'll find all kinds of activities organized by the Costa Daurada Nautical Centre, such as stand-up paddle boarding, kayaking, jet skis and more.

And to round off your stay, be sure to sample our local cuisine in the restaurants and beach bars, which will delight you with their Mediterranean creations. And don't miss the main gastronomic events held in Salou all year round: the Sabor Salou Fair, the Gastrotour tapas route, the Nomad Festival food trucks, the Tapas Rally, and the Squid Gastronomic Festival.

Romantic
moments



Salou offers all kinds of playgrounds and parks, and you'll find some of the most fun ones on Ponent and Llevant beaches; in summer, you'll also find the Children's Beach Club here.



Discover the history of Salou and its most iconic locations on a tour in the Tourist Train. Fancy joining us on the trip?



Feel the urge to shop? Salou boasts a wide and varied range of retail establishments. You'll find all kinds of stores in the town's different shopping areas: Ponent, Jaume I Promenade and Llevant.

Dive into the Costa Daurada



More than 60 beaches await you on the Costa Daurada

© Jose Carlos León

24
hours

48
hours



Sixty beaches await you on the Costa Daurada so you can enjoy a unique summer. Let the finest sand slip through your fingers and enjoy the sea breeze while the sun caresses you as long as you want. And don't forget to take a dip, because the waters of the Costa Daurada are warm, transparent and become the best proposal for you to enjoy a fabulous summer. 😊

In the heart of the Costa Daurada we suggest a stroll through the interior of Parc Samà, a paradise next to Cambrils that reminds us of the tropics. The extensive garden, with a forest, a lake and a mansion, presents an extraordinary botanical collection with many exotic species. In addition, the entire architectural complex is a mixture of modernism and romanticism.

Finally, we suggest that you visit the maritime façade of Cambrils. Stroll along its promenade, whet your appetite and take advantage of the fact that you are in the gastronomic capital of the Costa Daurada. You have a great opportunity to discover its great culinary offer, from the innovation of Michelin Star restaurants to the traditional seafood cuisine where oil and fish are truly local.

Discover
Parc Samà



In the Parc Samà of Cambrils and also in some beaches of the Costa Daurada it is allowed for you to take your dog



From North to South and from East to West or the other way around. Whatever your route, in Cambrils, the little train will take you all around the village. Follow the yellow silhouette of the little train and discover the most beautiful corners of the city.



Kayak, scuba diving, sport fishing with the family. The warm and calm waters of the Mediterranean allow you to enjoy a great variety of nautical activities. La Estació Nàutica makes it easy for you and offers different proposals for you to give free rein to all your maritime passions.



The Romans also settled in Cambrils. Their Roman villa of La Llosa preserves a site that you can now visit through the dramatised guided tours - you're sure to like them!

Live PortAventura World!



Up to eight loopings on the Dragon Kahn!

© PortAventura World



If you're a motor enthusiast, all you have to do is choose between an electric motor or a combustion motor. Release adrenaline by driving a go-kart that you will find in the two go-karts circuits in Salou.



Want to freshen up? You can choose between the long, fine sandy beaches of the Costa Daurada or unwind in a quieter cove, where the pines seem to want to penetrate the warm waters of the Mediterranean. You can also enjoy a refreshing and fun summer at PortAventura Caribe Aquatic Park.

24 hours

48 hours

72 hours

Are you ready? Let's go! One, two, three and even eight loopings in a Dragon Kahn car at 110 kilometres per hour! Can you imagine, or don't you know PortAventura World yet?

Do you want to discover a fantasy world? We invite you to get on the train at SésamoAventura station for a unique experience at PortAventura World. The little ones will have a great time in the fun Waikiki chairs that swirl sinuously in the blue sky of the Costa Daurada.

If you are passionate about speed and your heart speeds up as soon as you hear an engine roar, at Ferrari Land you'll find your natural habitat and you'll enjoy your enthusiasm for an engine's cylinders to the fullest. Visit the Red Force, which propels you at 180 kilometres per hour in... five seconds! Impressive, isn't it? But if you really want to run out of breath, we challenge you to overcome the freefall from the Thrill Towers.



Sésamo Aventura for the little ones

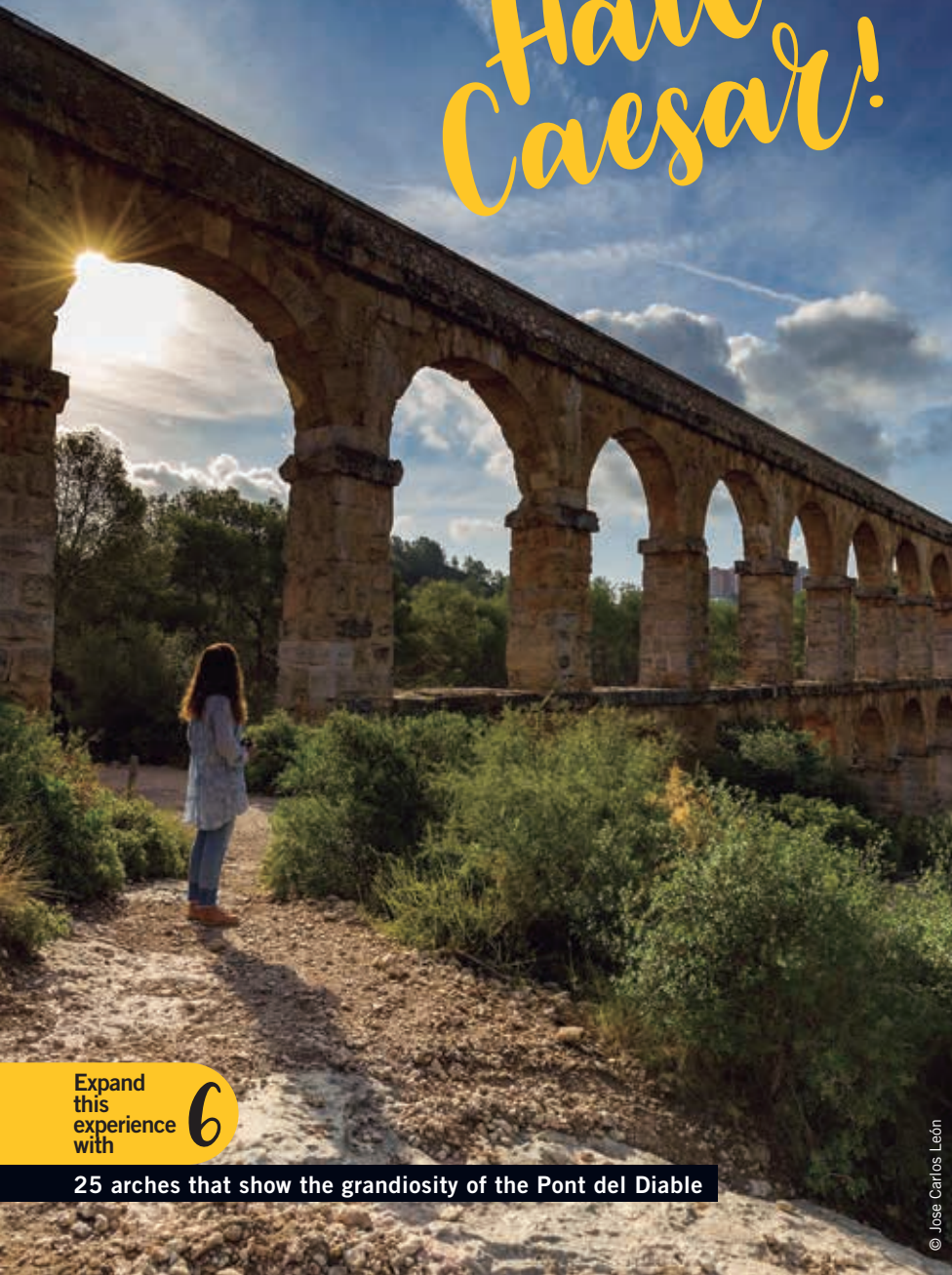


Maximum speed, rampant passions

PortAventura World is the ideal setting for a great family vacation



Hail Caesar!



Expand
this
experience
with

6

25 arches that show the grandiosity of the Pont del Diable

© Jose Carlos León



GR-92: Leaving Miracle beach we invite you to discover the maritime façade of Tarraco along the “camí de ronda”, a path that borders the coast and enters the “Bosc de la Marquesa” to introduce you, one by one, to the different beaches and coves that Tarragona has. If you like the sea, follow the coast in a kayak.



In the Part Alta you will find many restaurants, bars and other places integrated in buildings full of stories. Locals that have taken advantage of the vaults and other elements of the Roman circus of Tarraco, but also Gothic arches or other traces of the history of the city. Here you will discover squares and piazzas with a heart of their own that beats in every corner. Choose the menu you like best!

48
hours

From the Ferreres aqueduct, popularly known as the Pont del Diable (Devil's Bridge), you can get an idea of the immensity of the Roman Empire. The infrastructure, made up of 25 arches, allowed the water to reach the capital, Tarraco.

In the upper part of the city, where the historic centre is located, you can follow in the footsteps of the Roman sentries along the ancient wall, which has more than two thousand years of history. You can also visit the amphitheatre where the blue of the Mediterranean gives colour to the space that hosted the fights between gladiators. If you pay attention, you might hear the crowd crying out, “vita! or “morte! On the other hand, if you descend into the insides of the Roman circus and go through its majestic arches, the echo that is still retained on its walls is that of the aurigas (slaves) that led the bigas and chariots at full speed towards victory.

And from the underground to the heights. On the terrace of the Torre de Pilats, in the Roman Praetorium, you will enjoy a unique view of the city, practically from a bird's eye view.

Tradition has it that touching wood serves to chase away bad luck. In Tarragona, the expression “tocar ferro”, to touch the iron of the railing of the Balçó del Mediterrani, means your express desire to return another day to our city.

Tarraco. World Heritage Site



↑
Come to
“tocar ferro”



Els Munts



Amphitheatre



Circus



Vaults of the circus and
praetorium

5

Follow the footsteps of the Iberians



Expand
this
experience
with

8

In Ciutadella Ibérica you can see the old constructions of the Iberians

24
hours48
hours

Plini, Polibi or Titus Livi were the Greek and Roman writers and historians who spoke of the Iberians who inhabited the Costa Daurada between the 6th and 1st centuries AD. If you are interested in knowing how they lived and what they did, we suggest you visit Ciutadella Ibérica of Calafell, the town overlooking the sea where the Iberians lived, protected by a great fortification. The Ciutadella (citadel) has been rebuilt in recent years and now allows you to see and understand what the Iberians' houses were like, their defence towers or the tools they used to work or cook.

Near Calafell you will find El Vendrell, a city where music is the main protagonist. Here, on the seafront, on the beach of Sant Salvador, is the summer house built by the musician Pau Casals. To visit it is to travel through the memory of the genius and master.

Don't forget to taste the wines and vinegars offered by Avgustus wineries. Train your sense of smell and enjoy the grapes that, once vinified, have captured all the essence of the Mediterranean. Try them and they will captivate you.



Enjoy with
the little ones!



By the sea, all year round, you will be able to practice 'Nordic walking', a sport that arrived on the Costa Daurada to stay and that in the Baix Penedès has a very varied offer.



Pau Casals' father was an organist and pianist in El Vendrell. Inside the church of this town the baroque organ played by the master's father is preserved. Discover the Paisatge dels Genis, with the legacy of Pau Casals, in El Vendrell; Antoni Gaudí, in Reus; Joan Miró, in Mont-roig del Camp; and Pablo Picasso, in Horta de Sant Joan - the latter in Terres de l'Ebre.



The 'riueta' (stream) has always been a precious place for recovering one's health. The thermal waters that emanate in this area, on the sea shores, are ideal to treat joint pains, rheumatism and skin pathologies such as psoriasis.

Mediterranean Architectures

CELESTINI

Expand
this
experience
with

3

Walk inside the Roc de Sant Gaietà and discover different architectural elements

© Jose Carlos León



Escape to the Vendrell, get adrenaline in the Vendrell Karting and enjoy a unique experience with your friends. By the sea, you will find the Masia Blanca marine reserve, an ideal setting to discover the Mediterranean ecosystem.



Did you know that the Radio Museum in Roda de Berà has more than 400 transmitters, from the end of the 19th century to the present day? This is the private collection of the journalist Luis del Olmo, which you can visit at the Centre Cívic La Roca Foradada, in Roda de Berà.

24
hours

The beaches of Calafell, Segur de Calafell and Estany-Mas Mel make up the magical space of Calafell's maritime façade... up to five kilometres long! So, we propose you to start the day enjoying a unique natural environment with multiple benefits for your health. Because the water in this area of the Mediterranean contains up to five times more iodine than normal. In addition, here in Calafell you will find the Biberó beach, which owes its name to the tranquillity of its waters and the softness of the slopes when you enter the sea.

At lunch time, in Passeig Marítim of Calafell you will find tasty proposals with restaurants that prepare authentic feasts overlooking the sea. If you like rice, in Calafell you must taste its famous "arrossejat", a fisherman's dish. The freshly caught fish matches perfectly with the best rice of the Delta.

Before dusk, escape to Roc de Sant Gaietà, a small fishing village created between 1964 and 1972 in Roda de Berà, where you will find an architectural mix with allegorical elements of Romanesque, Gothic and also Mudejar.



Via Augusta



The old Via Augusta passes through the Baix Penedès, the main Roman road connecting Cadiz with the Pyrenees... and Rome. Today, some of the sections of the N-340 road run above the Via Augusta. In Roda de Berà you have to visit the arch that receives the name of the town.



Six kilometres from Tarragona, and next to the Via Augusta, you will find the Torre dels Escipions. You can also visit the Roman villa of Els Munts, the amphitheatre or Centcelles. All of them form part of the architectural ensemble of the Roman Tarraco, declared a World Heritage Site by UNESCO.

Sea lions and pirates



© Jose Carlos León

The interior of the Llop Marí cave is a real gem

24
hours

48
hours



In Hospitalet de l'Infant and Vall de Llors you don't have to choose between sea and mountain because you have everything. If you are looking for authentic emotions, we suggest the underwater route that will take you to the Llop Marí (sea lion) cave. You can access it by paddle surf, kayak, surf, rowing or, if you are ready, swimming. It is said that a sea lion lived inside the cave, although now you can visit it in complete tranquillity. At the back of the room there is a small cove, which is beautiful.

Hospitalet also has five population centres: Vandellòs, Masboquera and Masriudoms, in the interior, and Hospitalet de l'Infant and Almadrava, by the sea. The promenade is spectacular, with its white houses that turn this place into a beautiful postcard.

Oh! And you have to go up to the viewpoint of the Turó del Castell and discover the Centre d'Interpretació de l'Oli, where you can see how the old mill worked and how it was used by the farmers.

An oil
tasting?



The Torn beach is an authentic wonder situated in a natural setting of extraordinary beauty. The beach, 1,600 meters long, is naturist and among the natural values that you can find, the sea lily stands out. If you're lucky, you might see the golden eagle fly.



Escape to Masia Castelló, a group of abandoned houses that has been recovered thanks to the help of a group of members of an association. During the Christmas festivities, in Masia Castelló a crib is set up showing old trades such as charcoal-making. And the last weekend of August, come to the festival Rustik.



If you're a good sailor and a better gourmet, you're sure to like tuna. In Hospitalet de l'Infant and Vall de Llors, every year between May and June, the Tuna Gastronomic Days are held. The best proposal to taste a thousand and one dishes of this excellent blue fish.

Miró's Corner



Expand
this
experience
with

5

To visit Mas Miró is to discover Joan Miró

© Jose Carlos León

24
hours



It is said that Joan Miró arrived in Mont-roig del Camp to be cured of an illness. And it really was like that. As a result of this, the artist created a special bond that he later transferred to all his works. Miró's emotional landscape is the Mas d'en Ferratges, a house built by the Marquises of Mont-roig del Camp and passed into the hands of the Miró family. Now you can visit it and stroll through its garden, where the eucalyptus trees are majestic. Or go into the workshop or studio where Miró created some of his great works.

In addition, you can complete your discovery of the artist's universe with the landscape that most impressed him, with an excursion to the hermitage of La Verge de la Roca, which presides over a large rock of eroded and reddish sandstone located almost three hundred metres above sea level. When you see it, it will surely impress you, as it did with Joan Miró.

The Costa Daurada also preserves the footprints of other famous artists: in El Vendrell you will find the legacy of Pau Casals; in Reus, that of Antoni Gaudí; and in Horta de San Joan -in Terres de l'Ebre-, that of Pablo Picasso. You can discover everything by following the route of the Landscape of the Geniuses.



A place
to walk!

The hermitage of La Verge de la Roca you will also find the hospederia -with five rooms- and a restaurant.



Mont-roig del Camp and Miami Platja have 12 kilometres of seafront spread over four beaches and nine coves. Would you like a dip?



Robert Trent Jones Jr. designed the Mont-roig del Camp golf course, which tests players with 18 holes along the six-kilometre course, with spectacular views of the Mediterranean. If you accept the challenge, Club Bonmont Terres Noves also has a restaurant that delights the most demanding gourmets.



Mont-roig del Camp celebrates the gastronomic days of octopus every June. In the bakeries of the village you will find the famous Mont-Rogetes, tasty biscuits made with carob flour.

Roads that talk about wine



In Priorat, the wineries offer you the chance to taste their wines. You will love them!

© Jose Carlos León



Near Falset is El Masroig, a village that preserves the archaeological site of Puig Roig, situated on top of a hill with extraordinary views of the Siurana River and the Montsant Natural Park. The site, which is at a crossroads, is one of the oldest in Catalonia and also one of the best preserved.



In Bellmunt del Priorat, for its part, you will find the Museu de les Mines. You can go down to the old galleries that were used to extract lead and contemplate the old colony where the miners who came from different parts of the geography lived.

24 hours

48 hours



In the Priorat, most roads smell of wine. A wine that is the fruit of a unique land, which for more than a thousand years has been cultivating vines that produce, in spite of the harsh weather and geological conditions, excellent grapes. On foot or by car, discovering the Priorat is a unique experience, with winding mountains where the vines struggle to remain standing and produce grapes of high alcohol content and unique characteristics.

Gratallops, Bellmunt, Escala Dei, el Lloar, la Morera de Montsant, Poboleda, Porrera, Torroja del Priorat, La Vilella Baixa and Vilella Alta, los Masos de Falset or las Solanes del Molar are the wine villages of the DOQ Priorat, with cellars open to the public where you can taste intense black and spectacular white wines.

Book a visit to discover the Carthusian Monastery of Scala Dei, located at the foot of the Montsant mountain range, the only Natural Park on the Costa Daurada that offers paths full of symbolism, with hermitages to be discovered, breath-taking cliffs, ravines and spectacular gorges. Are you coming to discover them?



The Priorat has the European charter for sustainable tourism

Don't say goodbye to the Priorat without following the route of the Porrera sundials. Here you will find up to fourteen sundials, most of them from the 19th century.

Disconnect in Costa Paurada



© Jose Carlos León

From August to February, when the birds do not nest, you can visit the Sèquia Major



At Christmas, one of the great attractions of Vila-seca La Pineda Playa is the Belén de Arena (sand nativity), which every year since 1999, is performed by international guest artists. And for San Antonio, don't miss the horse races, an exciting experience within the framework of the Sant Antoni Cós festivities, which have been held since 1876.



The marinade, the sun and the terroir of the vineyards of Vila-seca La Pineda Platja give their wines a very special, very Mediterranean touch. Taste them at Vinyes del Terrer and Clos Barenys.

24
hours

Do you want to disconnect and get rid of stress? Look no further. One of the best proposals we can offer you is to relax while the pressurised water wins the battle against stress. Close your eyes and leave your mind blank.

In Vila-seca La Pineda Platja, water is synonymous with relaxation. Here you will find two spaces, the Aquum Spa & Wellnes and the Spalas Spa and Wellness, that have been designed to make you enjoy in contact with water: from the steam of saunas to beds or jets at different temperatures. What are you waiting for?

And to round off a full day of health, we suggest you visit the Sèquia Major. For this reason, from August to February, when birds do not nest, the guided visit to this space, built from the 17th century onwards, becomes a unique experience to see the different birds that make a stop along the way looking for wet meadows and ponds. Pay attention, but don't make a noise. 😊

A bath?

Would you like to sunbathe on the beach of La Pineda? The pines designed by Javier Mariscal are... Spectacular! In Vila-seca La Pineda Platja you will also find Aquopolis, a water park that offers you many proposals to refresh and have fun.



Visits to the Sèquia Major are by appointment. You have to book them by calling +34 977390362





From the orchard
to the market

Every Saturday the Plaza del Fòrum becomes a big market

© Jose Carlos León

24
hours

The Plaça del Fòrum, in Tarragona, wakes up every Saturday around six o'clock in the morning. At that time the farmers from Camp de Tarragona arrive to set up their stalls with the best of each season. The heart of the Upper Part of the city - the historic centre - is an anthill of people who come and go, pulling their shopping carts. Here, local citizens and tourists share scenes in a unique space, loaded with heritage and culture.

If you like markets, sign up to visit on Sunday the esplanade that joins the districts of Bonavista and Campclar. You will find everything: clothes, footwear, leather goods, costume jewellery, household goods, food, flowers and much more. We recommend you to take advantage of your stay in Bonavista to make an incursion to some of the best tapas bars in the city: bravas, croquets, anchovies, octopus, cuttlefish ... Do we whet your appetite?

Don't leave Tarragona without visiting its cathedral. During the tour, keep your eyes open. Did you know that this gothic jewel has up to three thousand inscriptions of the letter Tau on its walls? It belongs to the Greek alphabet and the letter is associated with Santa Tecla, patron saint of the people of Tarragona. In the subsoil of the temple are preserved the remains of the ancient temple dedicated to Caesar Augustus. You can also climb the bell tower, get to know some details of the nineteen bells and admire "La Capona", the bell that stands out and that has a special protagonism. Since 1509 it gives the hours to the people from Tarragona.



Did you
know?

In the cathedral of Tarragona, bells have been placed from 1250 to 1867.



From the upper part of the city, to the lower part. Come to Serrallo, the fishing district of Tarragona, and savour the best proposals of the fishermen's cuisine.



Following the market route, don't miss Tarragona's Central Market, a modernist jewel where you can eat and buy the best ingredients of the Mediterranean cuisine.



In the Costa Daurada you will always find a moment to stop and enjoy good tapas paired with artisan beers. We recommend it!

12

The charm of a haunted villa



© Jose Carlos León

Visit Altafulla and discover its secrets



If you like to follow in the footsteps of history, follow the route of the Gaià castles that were built following the course of the river. In the Catllar there is an interpretation centre where you will be able to discover stories that were the protagonists of nobles and knights.



Natural therapies to heal the body and mind. In Hort de la Sínia they offer you healthy treatments. The space is also ideal for spending the day in a unique natural environment.

24 hours

48 hours

They say that the historic centre of Altafulla is a magical, haunted place. It has also been perfectly preserved since the 18th century. Visit it! Inside you will discover stately homes with Renaissance and Baroque façades and its castle.

The Torredembarra Lighthouse opens its doors for you to enjoy a very different perspective of the Costa Daurada and capture magical snapshots. It rises 58 metres above sea level and its light can be seen from 20 miles away.

If you like nature in its pure state, we recommend the beach of Els Muntanyans, a unique paradise of two kilometres. It is a haven of peace for birds and many protected plant species. In Torredembarra you will also find a historic centre of great beauty, with unique monuments such as the current Town Hall, which is a jewel of the Renaissance.



The Roman villa of Els Munts, in Altafulla, preserves some of the treasures built by its residents. Follow the remains of the fountain and cistern that were built by order of Caius Valerius Avitus and his wife Faustina. There are theatrical visits.

On the banks of the Muntanyans beach you can enjoy a unique natural environment, and at the top of the Torredembarra lighthouse you can see postcard sunsets.



Ora et labora

Expand
this
experience
with

17

A wall still preserves part of the monastic complex

© Jose Carlos León

24
hours48
hours

The monasteries of the Cistercian Route are full of stories of kings and queens, but also of abbots and monks who during the Middle Ages took on a special role in the history of the country. Their influence and the royal support they received led to the construction of monasteries, with large rooms that are true jewels of Romanesque and Gothic architecture.

The Monastery of Santa María de Poblet, which is inhabited by some thirty monks, stands majestically at the foot of the Prades mountains. It is a UNESCO World Heritage Site and preserves the same structure as when it was built. Inside the church, the royal tombs of the Catalan monarchs are preserved. The dormitories of the monks or the cloister will surely amaze you. Next to the monastery, you will find the Bosc de Poblet, a natural jewel historically guarded by the monks and that now invites you to discover it through its trails and paths.

Santes Creus is also a unique monastery. Of all its monastic complex, the most exceptional place is the Gothic cloister, the work of Reinard des Fonoll. Here you will find sculpted birds, mermaids, warriors and even musicians. The set preserves inside the church the tomb of Pere the Great.



In Poblet thirty monks live together according to the rule of Saint Benedict

Did you know?

Escape to Montferri and discover the sanctuary that Josep Maria Jujol built in homage to the Virgin of Montserrat. It is a modernist jewel in the shape of a boat, oriented towards the Catalan sacred mountain.



Valls is the starting point of the human castles. Visit the Plaça del Blat and discover the place where this unique tradition was born. And next to this magical place, you will find Món Casteller, the museum of the 'castellers' (human towers), who are also Intangible World Heritage.

In Montblanc, the wall closes off a villa that is an architectural jewel of the Middle Ages. Churches and palaces are hidden among narrow streets full of history that you can admire, from a bird's eye view, as you walk along the wall's patrol path.

Santes Creus is one of the crown jewels. The monastery has two cloisters, the church, which is a royal pantheon, and a monastic complex that, since the confiscation, has been inhabited by the villagers.

Viticulture heritage of the Priorat region



Discover the interior of the modernist cooperative of Falset

© Jose Carlos León



Between Falset and Móra d'Ebre the landscape of wine is transformed to give you a sea of olive trees. The Molí de Margalef offers tastings and guided tours that must be booked one day in advance.



The mountains of the Parc Natural del Montserrat, give you a thousand and one climbing routes. Enjoy a unique territory! And in Capçanes, visit the cave paintings declared a World Heritage Site.

24
hours

48
hours



In Priorat, the history of the vineyard is a thousand years old, and in Falset the cooperative opened its doors a little over a hundred years ago. Therefore, when you discover its past and the way they work, you will be able to do so following in the footsteps left by the modernist architect Cèsar Martinell.

In addition to wine, the Falset cooperative also produces vermouths, sweet wines and rancid wines. But Blai, an employee of the cooperative who is in charge of accompanying you during the theatrical visit to the winery, will explain this to you better. When you say goodbye, stop by the agro-shop where you will find a large selection of wines, oils and other products grown in Priorat.

And if your appetite has been whetted, in Falset you can taste the 'truita amb suc' (omelette in juice), one of the jewels of the traditional local and regional cuisine.



Did you know?

The typical Priorat grape varieties are Grenache and Cariñena



Discover and enjoy!



The richness of the soil and the climate of the Costa Daurada make it one of the territories with the most designations of origin (DO). Discover and enjoy its unique wines and cavas.

The footprint of Prehistory



© Jose Carlos León

Visits to the cave paintings can only be made with the guides of the Montblanc Tourist Office

24
hours

48
hours

72
hours



In Rojals, the highest village on the Costa Daurada, caves and shelters hide prehistoric cave jewels. They are animals and human representations painted some 10,000 years ago. Just getting to them is quite a discovery. The Montblanc Tourist Office offers guided routes to one of the most unique places in the Muntanyes de Prades.

The mountains of the Costa Daurada are a paradise to discover. We invite you to follow the trails and paths that link original villages such as Prades, known as the red city and which preserves unique walls from its medieval past. Escape also to Capafonts where the roads are rich in water, as this is where the springs of the river Brugent are born.

And don't forget to stop by Riudecanyes and visit Escornalbou Castle. Promoted by Alfonso I between the 12th and 13th centuries, throughout its history it has been inhabited by Augustinian and Franciscan monks, as well as by private individuals. From this place, which preserves the house of its last owner, Eduard Toda, you will enjoy an excellent viewpoint of the Costa Daurada.

Another recommended excursion is to the Riudecanyes reservoir. With more than a century of history, it is ideal for long walks.



Enjoy the experience!



Do you want to know how people lived in the Espluga de Francolí, a century ago? What tools did farmers use or what colour did a bride wear? Don't miss a visit to the Museu de la Vida Rural, an open door to life in the countryside. It will surprise you!

Walking along trails and paths that have been used for centuries. Stop at a winery to taste its wine. Experiencing a romantic getaway or savouring the most authentic indoor cuisine are some of the experiences we offer you in the Muntanyes de la Costa Daurada, an ideal destination to be enjoyed with the whole family.

The Coves de l'Espluga de Francolí served as a shelter for the first inhabitants of this territory. Your visit today is a walk through history, discovering the tools and archaeological finds that have taken place over the years.

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Nature and modernism



Expand this experience with 5 and 8

Discover the inside of the Institut Pere Mata. It's fascinating!

© Jose Carlos León



Monterols and Llovera streets or the alleys inside the Tomb of Ravals in Reus are a great commercial showcase, with shops located in historic modernist buildings. Shopping in Reus is a real pleasure!



If you want to follow the modernist legacy of the Costa Daurada, we suggest a getaway to L'Arboç. Only in Major Street can you delight and admire numerous properties with an impressive legacy.

24 hours

48 hours



"Originality consists in going back to the origin," Gaudí said. For this reason, his passion for nature made the return to the origin go through the design of spectacular modernist jewels, where the natural essence was present in almost all his works.

In Reus, modernism is the DNA of the city. We invite you to take the modernist route and discover the façades of up to 29 buildings that preserve this artistic seal. The route will also take you to know a vital city, with a great commercial activity. If you want to complete the route, don't forget to visit the Institut Pere Mata, an open psychiatric hospital so that you can get to know the Pavelló dels Distingits, which the architect Lluís Domènech i Muntaner designed for the sick who belonged to the more affluent classes.

The Gaudí Centre, in Plaça Mercadal, is the best proposal to learn about the origins of modernism and understand what fascinated architects who wanted to create buildings as beautiful as nature itself.



Reus - Paris - London

The phrase Reus - Paris - London reminds us of the economic bonanza of Reus in the 18th and 19th centuries, when the powerful brandy industry meant that, as was the case in London and Paris, the fluctuation of the price of these drinks was also decided in Reus.

The Cistercian footprint



The cloister of Santes Creus is one of the jewels of the monastery

© Jose Carlos León



During the month of August, the sweet white onion is planted. This is the beginning of the second cycle of the crop that will give us the typical 'calçots' from November to April. Valls is the city where this gastronomic tradition was born which, year after year, gives you spectacular feasts.



It is said that in Valls the years go by ten by ten. The city's festive calendar is marked by the Decennals de la Mare de Déu de la Candela festivities, which are celebrated in years ending in 1. Here the 'castells' (human castles) were born, more than two centuries ago. Visit Valls and you will discover the essence of a genuine tradition. In the Plaça del Blat, epicentre of the great 'castelleres' days, you will also find the entrance door to the Castellor Museum.

24 hours

48 hours



The monastery of Santes Creus was founded more than 850 years ago. It was first located in Valldaura, near Barcelona, and then in Aiguamúrcia, a few metres from the river Gaià, in the interior of the Costa Daurada. The final space chosen was a magical place, which captivated kings, abbots and also the nobles of the Middle Ages.

Santes Creus is a jewel. Its cloister was the first of Gothic style in the Crown of Aragon and for centuries it was inhabited by the Cistercian monks. Since the confiscation in 1835, the houses surrounding the monastery, in the Plaza Bernat Calbó, have been occupied by the residents of Aiguamúrcia and now you will find artisans who offer you souvenirs of a unique site. Don't forget to visit the temple, where the remains of monarchs such as Pere el Gran, Jaume II or Blanca d'Anjou rest.

And if you want to follow in the footsteps of the Cistercian monks, you can also go down to the *alameda*, which for centuries was a place of rest and meditation. Now it is a unique and protected natural space, with a large grove in which elms, poplars, chestnut trees, almond or banana trees share the same space. Some of them are up to thirty metres high!

And closer to the coast, we suggest an escape to Nulles, where you will find a beautiful modernist winery. The visit commemorates the exploits of the villagers, who came together a little over a century ago to turn the project of the architect César Martinell into a reality.

Since then it has rained a lot, but in Nulles they have continued to work with a lot of tenacity and care to produce some of the best cavas of the Costa Daurada as well as extraordinary white and red wines. You will be able to taste them while you discover this jewel of modernism, which was designed so that the aesthetics would be functional as well.



Have you tried the "calçot" bread?

Jordi Gasque is the baker of Nulles. During the 'calçotades' period, he makes a calçot bread that is simply... spectacular! Also try their organic breads or chocolate bread with orange. They're delicious!





World Heritage UNESCO



Family Tourism Destination



Urban beach



Natural beach



Nudism



Nautical activities



Heritage



Modernism



The landscape of the geniuses



Route of the Cister



Singular parties



Castellers



Nature



Climbing



Landscape for photographing



Golf



Gastronomy



Wine tourism



Modernist cellars



Wellness





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