

# TOP 50 EXPERIENCES in Southern Catalonia

Costa Daurada & Terres de l'Ebre



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The Best Experiences

## COSTA DAURADA TERRES DE L'EBRE & MOUNTAINS

A selection of towns,  
activities & restaurants  
in Southern Catalonia

mapilife.com

**THE BEST TOWNS  
OF SOUTHERN CATALUNYA**  
Where to go & what to visit

### Tarragona Living History

- The Capital:** Declared World Heritage City by UNESCO & recommended destination of the year by the National Geographic
- The Cathedral:** Visit the famous temple, gardens & museum €5/€3
- Roman Tarraco:** Explore the main monuments - amphitheatre, forum, circus & walls for €15  
977 250 795 · tarragonaturisme.cat

### SALOU

- Touristic Train:** Bus route with unlimited stops around Salou €6/€4
- Camí de Ronda:** Walk along the 6km coastal path to Cap Salou & continue 1,5km to La Pineda Beach
- Europe's Beach:** Choose from a variety of natural & urban beaches for relaxing & water activities
- Shopping:** Local quality shops for all the family [shoppingsalou.com](http://shoppingsalou.com)  
977 350 102 · visitsalou.com

### reus

- Visit Reus:** Discover the 5 main cultural attractions: Gaudi Centre, Pere Mata, Campanar & museums €15
- Cultural Tours:** Guided tours every week to discover the secrets of Reus, historical shops & local vermouth by [latevaruta.com](http://latevaruta.com) 638 027 366
- Shopping:** City centre full of local shops & Shopping Mall [elpallol.cat](http://elpallol.cat)
- Santa Anna:** Walk up to Castellvell (3km) to enjoy the best views of Reus  
977 010 670 · reusturisme.cat

### L'Espluga de Francolí

- Prehistoric Caves:** Family walk in the most famous paleolithic sanctuary in Catalonia €7,40
- Templar:** Guided audio visual tour to discover the medieval templars & hospitaliers with VR glasses €12
- Ruta del Cister:** Walking routes along the Cistercian GR with Poblet Monastery 2,5 km away
- Vida Rural:** Farm life museum & sustainable interpretation centre €6
- Fassina Balanya:** Visit an old brandy distillery complete with a tasting €3,20  
977 871 220 · esplugaturisme.cat

### Muntanyes de la Costa Daurada

- Mas Miró:** Visit the farmhouse & landscape which inspired the artist Joan Miró to create his work €10
- Ermita de la Roca:** Unique chapel with amazing views of the Costa Daurada with a traditional restaurant
- Day trips:** Hiking & bike routes for all levels to the beautiful zones of Prades, Llaberia & Mussara mountains
- Parc Samà:** Botanical garden with 1,500 species of flora & fauna €12/€10  
[muntanyescostadaurada.cat](http://muntanyescostadaurada.cat)

### Miravet

- Castell de Miravet:** This Templar castle is a great historical monument of the Terres de l'Ebre €5/€3
- Routes:** Hiking excursions around the castle, guided tours with Tarvitur 691 561 868 & kayak on the Ebre  
977 407 134 · turismemiravet.cat

### L'Ametlla de Mar

- Cultural Walks:** Historical walking tours to discover the essence of this fishing village around the town & port
- GR 92:** Walk along the stunning coastal path north to Almadrava (12km) or south to L'Ampolla (17km) & return by train
- Water Activities:** Practice fun activities & water sports at natural beaches  
977 456 477 · visitametllademar.com

### L'Hospitalet & la Vall de Llors

- Gothic Hospital:** Visit the Medieval Castle & family activities available by [culturaalabast.cat](http://culturaalabast.cat) 977 822 122
- Touristic Train:** Circular route on the tourist bus from Plaça Catalunya €2 / €1
- Hiking:** Walk along paths between the sea & mountains & discover the bunkers
- Natural Beaches:** Swim & dive into the natural paradise of crystal clear waters  
977 823 328 · hospitalet-valldepllors.cat

### Torredembarra

- The Lighthouse:** Visit the highest in Catalonia. Must book online €3
- Old Quarter:** Family friendly cultural walk around the historic centre full of interesting buildings like the Castle. Free
- Nature:** Discover one of the many routes from town by bike or on foot
- Beach:** Natural & urban beaches to relax, do water sports or have a 'paella'  
977 644 580 · turismetorredembarra.cat

**mapilife.com**  
All the information available online  
IN ENGLISH / EN CATALÀ / EN ESPAÑOL

### TORTOSA

- Renaissance:** Discover the splendor of 16th century Tortosa, visit Royal Academies, museums & gardens
- Cathedral:** Visit this impressive Gothic temple & art collection
- 'Cota Zero':** New archaeological discovery of the Roman walls & early Christian Basilica
- Castell de Suda:** Enjoy unbeatable views of the river & the city from the castle with free access
- Cultural Tours:** Historical tours [conficon-turisme.com](http://conficon-turisme.com) 977 443 174  
[visitortosa.com](http://visitortosa.com) 977 446 110 & river tour by [losirgador.com](http://losirgador.com) 652 398 288
- Tortosa Card:** Visit 6 main monuments & museums for €7  
977 449 648 · tortosaturisme.cat

### GANDESA

- Cellars:** Tasting at the modernist Celler Cooperatiu or a local winery
- Battle of the Ebre:** Visit the Memorial-Museum & guided tours to the war scenes 977 420 910

### CIRCUIT CALAFAT

- Karting Circuit Calafat**
- Enjoy Calafat**
- Plàncton Diving**
- OnBoats**

### L'Ampolla

- Enjoy Calafat**
- OnBoats**
- Tuna Tour**

### Deltebre

- Culture & History:** Visit a range of museums about Terres de l'Ebre: La Casa de Fusta 977 261 029 & Eco-museum 977 489 679 for €2,50 or EbreTerra 977 480 627 for free
- Family Excursions:** Discover the Delta on your own by bike, kayak, car, cruise or on foot from Deltebre
- Delta Passport:** Visit over 10 cultural attractions with discounts of up to 50%  
977 489 309 · atraccionatural.cat

**MAP KEYS**

- Restaurant
- Top Paella
- Tapas Bar
- Escape Room
- VIA VERDA Greenway
- RUTA DEL CISTER Cistercian Route
- CAMI DE RONDA Coastal Path
- MERAVELLA Must-see
- TOP TURISTIC Sightseeing
- MUSEUMS History
- MEDIAVAL Templar
- RUTA GUIADA Guided tour
- EXCURSIÓ Walking
- PLATGES Beaches
- COMERC Shopping
- PROMOCIÓ Discounts

## TUNA TOUR

LAMETLLA DE MAR

Possibly, one of the best adventures of your life

Book the best experience of the summer



977 047 707  
reservas@tuna-tour.com  
L'Ametlla de Mar

Terres de l'Ebre

Lo Sirgador / Tortosa
Relaxing tours aboard a wooden boat
Guided trips from Tortosa to Bous & Xiquita islands

Némon Guided Tours / Ebre
Local guide to discover the Ebre area
Cultural, nature & gastronomic tours

Enblau Kayak / Móra d'Ebre
Discover the Ebre by Kayak or on foot
Personalised eco-trips for families & small groups

Montsport / Horta de Sant Joan
Family bike route along an old train line with nature views
Greenway - Canyoning & hiking - Picasso tour

Lo Racó de l'Esquirol / Horta de Sant Joan
Adventure park for a fun day out in the woods
Circuits with ziplines, tree walkways & Tibetan bridges for €15

Les Roques Natura / Arnes
Mountain activities in the Ports natural park
Canyoning - Via ferrata - Climbing - Courses

Arte-Contemporary / La Ràpita
An oasis of art & sculpture in the heart of the Delta
Sculpture park - Art gallery - Exhibitions

Bicis Delta Natura / Poble Nou
Bike excursions around the wonders of the Delta
Guided or unguided bike routes to the lagoons,

Riu a l'Ebre Kayak / Deltebre
Kayak routes along the river at your own pace
Top experience in the area for families,

Deltaventur / Deltebre
The largest adventure park in the area
Over 25 activities in this huge park by the river

Hostal la Creu MORA D'EBRE
Gastronomic hotel, traditional & creative cuisine with the best local products
Molí de Xim MIRAVET
Traditional Ribera d'Ebre food made with eco-products in a historic mill house

Creuers Delta de l'Ebre
Top cruise boat trips along the river & the Delta
Ideal for families. Every day / 45 minutes

+Mar Water Activities
Water sports at 5 nautical locations
Windsurf - Paddle Surf - Light Sailing - Boats

La Cabaña Wake Park / La Ràpita
Fun water activities in an idyllic Delta bay
Wakeboard - eFoil - Paddle Surf - XXL Paddle

Kite & Wing Surf / Delta
The best place to fly over the water
EZ-FLY: The oldest kite surf school in the Delta, 20 years teaching their successful method

Tuna Tour / L'Ametlla de Mar
Unforgettable Mediterranean experience
Sail by modern catamaran, swim with hundreds of bluefin tuna & feed them in the open sea

Karting Circuit Calafat
Historic motorsports track & go kart
Feel the adrenaline with a brand new karting circuit

Enjoy Calafat / Ametlla Port
Sail the Costa Daurada & Terres de l'Ebre coast
Boat rental - Jet ski rental - Fishing - Kayak

Plàncton Diving / L'Ametlla de Mar
Diving centre for snorkel lovers
Experience snorkeling & diving with oceanographers

OnBoats Rental / L'Ametlla de Mar
Nautical experiences along the coast & Delta
Fishing tours - Sea excursions - Boats for rent\*

TOP Delta Paella
Llansola 1921 LA RÀPITA
100 years of tradition & innovation with the best products of the Ebre

Lo Patí d'Agustí POBLE NOU
Paella cooked with firewood in the picturesque white town of the Delta
Can Machino
Local family restaurant for for tasty rices in a picturesque little town

Costa Daurada

PortAventura World
One of the best theme parks in the world
Fun for everyone with over 70 rides & 40 shows

The Cathedral / Tarragona
The most visited landmark of the city
Cathedral + Museum: Discover the gothic architecture, art, garden, history & secrets of this must-see monument

Museu del Port / Port Tarragona
Must-visit museum to discover maritime heritage
Award-winning for its architecture & design, explaining the port's history since the Romans

Get Unreal VR Centre / Tarragona
Spectacular, 100% immersive & totally fun!
Virtual Reality Escape Rooms & Games

Rooftop & Casino / Tarragona
Enjoy the sunset & have an exciting evening
Bar Caelum: Food & drinks with the best views of the city from Imperial H10 Tarraco Hotel rooftop

Salou Experiences
Enjoy the Costa Daurada capital
House of Illusion / Shows
Salou's n°1 entertainment venue since 2010

Electric Karting Salou / Eco-kart
Race around a modern track & feel the adrenaline with the first eco-karting in Spain. Open every day

Bosc Aventura / Adventure park
Ziplines & group activities for kids & adults
Ziplines - Paintball - Trampolines - Minigolf

Water Activities / Salou Beach
Parasailing Reprise Motomar
Paddle Surf Stand Up Salou

Creuers Costa Daurada
Relax aboard a catamaran
5h boat trip from €42

Deliranto / SALOU
Michelin star
Carbònic / SALOU
Elegant steak house
Arcs TARRAGONA
Traditional & seasonal Catalan cuisine located in 14th-century Gothic arches next to the Cathedral

REUS

Casa Navàs / Reus
The modernist jewel of Southern Catalonia
Unique in Europe: The only modernist building with a preserved original interior

Salting Reus / Reus
The largest trampoline park in Europe
130 Trampolines - Ziplines - NERF Zone - Parkour

Slab Climbing / Reus
Over 650m2 scalable walls for all levels
Rocodrome - Boulder - Rope Area

Adventure Bike Rental / Reus
Cycle around the Costa Daurada mountains
Rental of high quality bikes with delivery to your place: everything organised for you

El Rancho Wake Park / Riudoms
Water sports for all ages & skills with 170m cableski
Wakeboarding - Waterskiing - Waterskiing

TOP Escape Rooms
Costa Daurada selection
Get Unreal / TARRAGONA
Virtual reality escape rooms

Parc Samà / Cambrils
Botanical garden with 1,500 species of flora & fauna
14,000m2 of natural beauty with modernist architecture, lakes, greenhouse, lookout tower & summer labyrinth

Gothic Castle L'Hospitalet de l'Infant
Monumental fort founded in 1344
Coll de Balaguer: Visit this old medieval hospital & host location

Olive Oil Experiences
Molí de l'Oli / VANDELLÒS
Interpretation museum at the historic olive mill with guided tours & tasting / 1h for €3

Centre Horus / Pratdip
Ideal visit for nature & animals lovers
Visit this ecological NGO that rescues & cares for animals in the beautiful Serra de Llaberia

Ferran Cerro REUS / Signature
REUS / Gastro rooftop
L'Alkimista REUS / Creative
Més que Tapes REUS / Gourmet tapes

The Mountains

Cisterian Route
Top medieval monasteries of Catalonia
Poblet - Santes Creus - Vallbona

The Caves / L'Espluga de Francolí
Explore the first Paleolithic Sanctuary in Catalonia & discover how prehistoric people lived

Prades Aventura / Prades
Multi activity natural park for a fun day outdoors
Escape Rooms - Ziplines - Paintball - Minigolf - Archery

Climbing Siurana / Cornudella Montsant
Climber's paradise: over 2,000 routes for all levels
Initiation courses - Family climbing - Guide - Via ferrata

GR7 Outdoor / Reus adventure shop
30 years experience in mountain sports
Rental equipment service for climbing, via ferrata & hiking

El Brogit EcoTourism
Trek & wine in the Costa Daurada mountains
Walking & family activities - Food & wine tours

Wine Experiences / Southern Catalonia
Visit iconic cellars & savour the best wines of the mountains

Les Vinyes del Convent HORTA DE ST.JOAN
DO Terra Alta A tasting surrounded by vineyards at a modern temple cellar

Celler Vidbertus L'ESPLUGA DE FRANCOLÍ
DO Conca de Barberà Wine cellar visit & jeep tours around the vineyards

La Caseta del Priorat PORRERA
DOQ Priorat Jeep tour around Porrera & the vineyards & prized wine tasting

Quatre Molins CORNUELLA MONTSANT
The Michelin Star of the Costa Daurada mountains
Masia del Cadet ESPLUGA DE FRANCOLÍ
Traditional quality Catalan recipes with grilled meat & fish

Restaurants

