

## Tarragona Experiences

### 1 The Cathedral

The most visited landmark. Discover the gothic architecture, art, gardens, history & secrets of this must-see monument

**Cathedral + Museum €12**  
Audioguide available



### 2 Museu del Port

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

**Free entrance**  
Closed on Monday



### 3 Aerojump Tarraco

Trampoline Park with fun for kids & adults

95 trampolines · Climbing wall · Zip lines

Kids area, bar, terrace & parking  
Open every day. From €8/30min



### 4 Itinere Guided Tours

Nº 1 of guided routes in Tarragona

Roman Tarraco · Local History · Experiences

Daily tours available from €12 with an official & local guide



### 5 Tarraco Karting

Pure adrenaline with the first indoor circuit of Catalonia

Indoor & outdoor circuit · Competitions · Events

Karts for all ages  
From €20/10min



### 6 Ceramic Workshop

Join the ceramics workshop with local artists

Clay · Ceramics · Painting · Crafts

Explicar els tallers: explicar el lloc



### 7 Casino Tarragona

Music, shows, gastronomy & fun

A 2,500m2 world of entertainment, unique on the Costa Daurada

Free admission for over 18s  
Open every day from 3pm to 3am



### 8 Get Unreal VR Centre

Spectacular, 100% immersive & totally fun!

Virtual Reality Escape Rooms & Games

More than 12 thrilling & fun experiences  
Ideal for all ages & groups 2 to 8 players

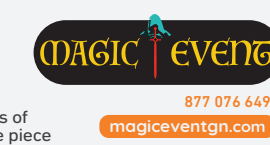


### 9 Magic Event Games

Cafeteria for playing cards & events

Board & Role Games · Tournaments

Shop: Play and buy the latest board games & cards of Magic the gathering, Dragon Ball, Pokemon & One piece



## Water Activities Tarragona

### 1 Subko Diving Centre

Diving experiences from boat & beach

Sea Baptism · Fun Dives · Diving Courses

Kösting: Hiking & snorkeling routes along the coast of Cap Salou & Ametlla de Mar

**Tuna Tour Experience:** Diving among wild tunas in L'Ametlla de Mar with them



### 2 TGN Surf School

Enjoy the Mediterranean Waves

Surf · Surfskate · Courses · Rental

Activities & classes for all ages & levels individual, small and big groups



### 3 See the Sea Jet Ski

Discover the coast with Jet Ski excursions

Mora Bay · Tamarit Castle · Torredembarra Lighthouse

Rental from €65 / Excursions from €95

Price per jet with gas included



### 4 Boat 4 Rent

Sail a boat from Tarragona Port

Boat · Kayak · Paddle Surf · Rental

1h: €75 / 2h: €105 / 4h: €165

Price per boat with gas included



### 5 Mar de Hielo Dive

Snorkeling & diving excursions from Tarragona Port

Try Dive · Open Water Course · Fun Dive · Rental

Explore the Dragonera Pecho and other sites of Tarragona & the Costa Daurada



### 6 Water Activities

Fun water experiences available all year

Kayak · Banana Boat · Wing-foil · Big Paddle Surf

More activities & courses: wakeboard, windsurf, body-board & water-ski



## Experiences near Tarragona

### PortAventura World

The best theme park in Europe

PortAventura Park · Caribe Aquatic Park · Ferrari Land

Fun for everyone with 70 rides & 40 shows

Buy discounted tickets at your hotel or online



### Infinitum Golf / La Pineda

Espai disponible per una experiència del voltant de Tarragona

### Tennis H2O / Salou

Sports club in a natural area for locals & visitors

Tennis · Paddle · Gym · Indoor & Outdoor Pool

Just 10 min. away from Tarragona by car

Book your time online at [playtomic.io](http://playtomic.io)



### Jungle Trek / Altafulla

The largest adventure park on the Costa Daurada

Zipline Circuits · Coaster · Gym · Paintball · High Nets

13 circuits and 150 challenges in 2km of fun among the trees



### Karting Altafulla

The best outdoor kart go in the area

Circuit for Adults & Juniors

Feel the adrenaline in a unique circuit, Karts available for all ages



### Horseback Riding Routes / El Catllar

Modern equestrian ranch with activities all year

Riding Excursions · Classes · Initiation · Restaurant

Routes through the natural surroundings and along the beach for all skill levels



## Costa Daurada

### 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

Combine the activities you want: Catamaran + Swim + Dive + Gastro

An educational adventure for all ages  
Ideal for groups & families with kids



### Parc Samà / Cambrils

Historical botanical garden

Over 1,500 species of flora & fauna

Free parking, bus connections, pet friendly, picnic areas & vermouth bar



### House of Illusion / Salou

Salou's nº1 entertainment venue

Mystery theatre shows & musicals

Daily shows, live music, world-class performances for all the family



### Casa Navàs / Reus

The 'modernist' jewel of the Costa Daurada

Unique in Europe: The only Art Nouveau building with a preserved original interior



### Wine Experiences

Trek & wine in Southern Catalonia cellars

Forget driving & enjoy customised wine & olive oil tours or walks in the mountains



### Prehistoric Caves / L'Espluga de Francolí

Explore the first Paleolithic Sanctuary in Catalonia

Family visit: Easy 600m guided walking tour through the caves



### Mas Miró / Mont-roig del Camp

Awarded one of the best museums in Europe

Visit the farmhouse & surrounding landscape which inspired the artist Joan Miró to create his work

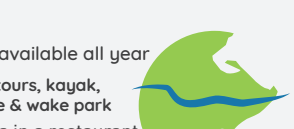


### The Delta Ebre Experiences

Discover this Natural Park with activities available all year

Cultural cruises, bike routes, guided tours, kayak, kite surf, sculpture park, & adventure & wake park

Accompany the day at the Delta in a restaurant for a paella rices, the best gastro experience!



### The Greenway / Terres de l'Ebre

The longest greenway of Catalonia

Starts in Horta de Sant Joan to Tortosa

Montsport organizes everything: transport, rental, bicycles & e-bikes



## Tarragona Nightlife

### Alquimista TGN

Pub Quality drinks & cocktails with in a nice atmosphere with music & DJs  
New terrace space (explicar el concepte de la nova terrassa) · @AlquimistaTGN

### La Sala

Pool Bar Popular local pub with pool billiard tables, dartboards, arcade & selection of beers & cocktails all served until late · @lasala\_tgn

### Highland

Irish Pub & disco Great atmosphere, music & a wide selection of drinks & beers, & transforms into a disco at night · @Highland Tarragona

### Sala Zero

Music & Concert Hall The premier venue for independent music & local DJs in Southern Catalonia · @salazero\_tgn

### Totem

Disco Club The city's top club for classics & commercial music and late-night partying · @DiscotecaTotem

## Restaurants near Tarragona

### Dorado

Historical restaurant in a modern fishermen's building

### Mirall d'Estiu

Historical restaurant in a modern fishermen's building

### El Marítim

Historical restaurant in a modern fishermen's building

### Wisler

Historical restaurant in a modern fishermen's building

### Bar Paraiso

Historical restaurant in a modern fishermen's building

### Sport

The best seafood & local tapas in town

### Pepe's & Lugano

TGN / Platja Arrabassada  
Explicar el concepte del lloc

### Bandida

TGN / Platja Savinosa  
Explicar el concepte del lloc

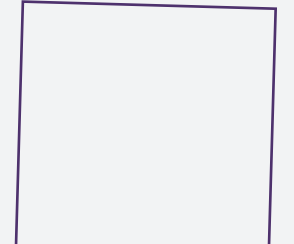
### Arena & Miramar

La Pineda Platja  
Explicar el concepte del lloc i el que ofereix. 0 les xarxes...

### Beach Clubs

### TOP TAPAS

explicar guia global  
MAPILIFE COSTA DAURADA  
50 MILLORS EXPERIENCIES  
+ RESTAURANTS  
+ DESTINACIONS  
+ QR



FREE MAP & VISUAL GUIDE

AUTHENTIC EXPERIENCES

# TARRAGONA

& COSTA DAURADA

A selection of restaurants, terraces, shops & experiences

mapilife.com

## PARC CENTRAL

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Your favorite brands very close to you!

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McDonald's CASA CARMEN ESCLAT supermercat

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