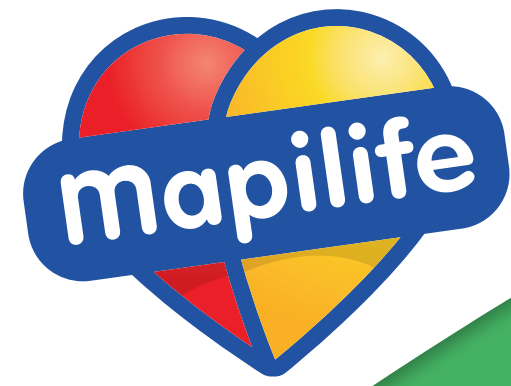


TOP 50 EXPERIENCES in Southern Catalonia

Costa Daurada & Terres de l'Ebre



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THE BEST TOWNS OF SOUTHERN CATALUNYA

Where to go & what to visit

TARRAGONA

Explore the city with the ultimate Mapilife guide

- 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 for €11
- Roman Tarraco:** Explore the main monuments - amphitheatre, forum, circus & walls for €15

977 250 795 - tarragonaturisme.cat

SALOU

- Camí de Costa:** 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

Discover the best Salou experiences, restaurants & shops with Mapilife

L'Hospitalet & la Vall de Llores

- Gothic Hospital:** Visit the Medieval Castle & family activities available by culturalabast.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 to discover the bunkers
- Natural Beaches:** Swim & dive into the natural paradise of crystal clear waters

977 823 328 - hospitalet-valldehors.cat

Torredembarra

- The Lighthouse:** Visit the tallest in Catalonia. Must book online €3
- Old Quarter:** Family friendly cultural walk around the historic centre full of interesting buildings & 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

reus

- Visit Reus:** Discover the main cultural attractions: Gaudi Centre, Pere Mata, Campanar & museums for €20/€15
- Cultural Tours:** Regular guided tours to discover the secrets of Reus, historical shops & local vermouth by latevaruta.com - 638 027 366

977 010 670 - reusturisme.cat

L'Espluga de Francolí

- Prehistoric Caves:** Family walk in the most famous paleolithic sanctuary in Catalonia €8,50
- Templar:** Guided audio visual tour to discover the medieval templars & hospitaliers with VR glasses €12
- Vida Rural:** Farm life museum & sustainable interpretation centre €6
- Fassina Balanya:** Visit an old brandy distillery complete with a tasting

977 871 220 - esplugaturisme.cat

Muntanyes de la Costa Daurada

- Ermita Santa Anna viewpoint:** Walk up from Boca de la Mina to Castellvell del Camp (3km) to enjoy the best views of Reus
- 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
- Escornalbou Castle:** Visit this historic monastery restored by Eduard Toda with stunning mountain views from €4
- Day trips:** Hiking & bike routes for all levels to the beautiful zones of Prades, Llaberia & Mussara mountains

muntanyescostadaurada.cat

LA RUTA DEL CISTER

- The Cisterian Route:** Top medieval monasteries of Catalonia: Poblet, Santes Creus & Vallbona de les Monges. Visit all for €15

977 813 247 - larutadelcister.info

MAP KEYS

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

mapilife.com

All the information available online IN ENGLISH / EN CATALÀ / EN ESPAÑOL

TUNA TOUR

L'AMETLLA 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 cruises aboard a traditional wooden boat
Cultural Cruises - Vermouth & Sunset Tours
♥ Drinks & snacks included
♥ Audio guide available
⌚ 60min: €13 / €7,50 / €3
90min: €18 / €8,50 / €5
i More experiences: Private cruises, cultural tours & bike rental to explore the Greenway from €15/day
652 398 288
losirgador.com

Enblau Kayak / Móra d'Ebre
Discover the Ebre by Kayak or on foot
Kayak Memory · Canoe Birdwatching · Hiking Routes
Personalised eco-trips for families & small groups
♥ Adapted tours by local guides
⌚ Kayak: 1H to 6H
Hiking: 1H to 7H
665 320 828
enblau.cat

Catalan Adventure / Móra d'Ebre
Explore beautiful rural Catalonia on two wheels
Motorbike Rental · Guided Trail & Road Rides
♥ Ride through stunning landscapes on 250cc Hondas
Equipment & fuel included. Motorcycle licence required
i Half, 1-day or multi-day trips with expert local guide & gear
+34 669 556 089
trailridingspain.com

Montsport / Horta de Sant Joan 977 435 074 · montsport.es
Bike route along an old train line with amazing views
Greenway · Canyoning & Hiking · Picasso Tour
i Bike rental service + transfers
⌚ Choose your own bike & track
2-4H Route from €18
Via Verda de la Vall de Zafraán
0 Km Horta de Sant Joan
20 Km Pinell de Brai
32 Km Benifallet
34 Km Xerta
43 Km Aldover
45 Km Tortosa
All types of bicycles & e-bikes available

Vinomi Experiences / Gandesa
Customised tours & activities in Terra Alta
Wine & Olive Oil Tasting · Cultural Tours
♥ Discover local cellars & products with an expert local sommelier
659 740 551
vinomi.es

Vol de Flamencs / L'Ampolla
Paramotor flights over the Delta de l'Ebre
♥ Aerial view of the river, rice fields, mussel farms, lagoons & all the wonders of the Ebre Natural Park
⌚ 30min. & 25km flights for €200
Safe, relaxing & eco-friendly
+34 621 125 053
@voldeflamencs

Bicis Delta Natura / Poble Nou
The most authentic bike trips on the Delta
Trabucador Beach · The Lagoons · Towns Tandem & Tricycle Bikes · Mussel Tours
i Guided tours by bike, transport by van available or rent without a guide to go at your own pace
⌚ Bike rental (4h / more than 4h) €11/15 & e-bikes €22/30
♥ E-Bike premium for 4h €35 & full day €50
bicisdeltanatura.com
977 742 421 · 620 298 226

Deltaventur / Deltebre & Amposta
Adventure park & river activities around the Delta
Kayak Routes & Rental · Canoe · Boat Trips Adventure Circuit · Paintball
♥ Over 25 activities from the natural park in Deltebre & from Amposta by the river
i Mountain activities available: Canyoning, hiking, bikes & 4x4 tours
977 706 730
610 448 800
parcdeltaventur.com

Les Moles ULLEDECONA Award-winning fine dining with signature tasting menus & excellent Catalan wines 977 573 224
Hostal la Creu MÓRA D'EBRE **Gastronomic hotel** combining tradition & creativity with top local produce 977 400 707
Molí de Xim MIRAVET Traditional Ribera d'Ebre food made with organic **local ingredients** in a historic mill 635 111 025
H. Miralles / HORTA ST. JOAN Quality homemade food in the 'Els Ports' mountains 977 435 555
Botànic / TORTOSA Trendy interior & terrace with a **variety of menus** 977 445 256
Mel Muria / EL PERELLÓ Visit the honey capital with a unique museum & shop with the best artisan products 977 490 034 · mielmuria.com
Creo Xoco / TORTOSA 2H guided factory tour & artisan chocolate tasting for only €12/€7 977 501 995 · xococreao.com

Badia Alfacs Boats / La Ràpita
Rent a boat from a unique bay
Boat Trip loop along the bay, ideal for families & friends. Guided routes every day from €18
Rent a Boat with or without license & explore the bay from €65 / 1H to 8H or full day
Sailboat rental with license For €200 half day / €380 full day
646 920 531 · 649 221 892
alquilerembarcacionesenlarapita.com

Fishing Trips / Delta & Ametlla Mar
Fishing experiences with a local guide
Spinning · Coastal Trolling · Bottom Fishing Private Boat Trips · Fishing with Natural Bait
♥ Professional sport fishing captain
i All-inclusive guided trips, drinks & equipment
651 664 643
davidnizafishing.com

La Perla Creuers / Amposta
Relaxing & eco river tours on the Ebre
Solar-Powered Cruise · Bar · Chilled Vibes
♥ Daily routes: From Amposta riverside to Sapinya Island
i Tickets: €10/€6
694 252 312
laperlacreuers.com

Ocean Dreams / L'Ametlla de Mar
Water sports & outdoor fun for everyone
Kayak · Snorkel · Paddle Surf · Bikes
♥ Special prices for families
Discounts for groups up to 6 people
i Information point at L'Alguer Beach
Bike delivery to your accommodation
Ocean Dreams
632 789 285
632 595 729
marnatura.net

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 + Snorkel + Gastro
An educational adventure for all ages
Ideal for groups & families with kids
♥ **Tuna Tour Diving** experience available by Subkro with all material included
Taste the bluefin tuna a top foodie experience
977 047 707
tuna-tour.com

+Mar Water Activities
Water sports at 5 nautical locations
Windsurf · Paddle Surf · Water Bike Sailing · Boats · Kayak · Charter Rentals
i Located at Les Cases Alcanar, La Ràpita, L'Ampolla, Calafat Port & Trabucador Beach
♥ Experiences, routes, courses & renting
609 83 21 71 · mar.eco

Ohana Diving / Miami Platja
Explore the underwater wonders of Tarragona
Discover Scuba Diving · Snorkel · Courses · Rental
♥ Located at **Camping La Torre del Sol**
Official PADI courses & guided trips
605 837 952
ohanadiving.es

Salou Water Experiences
Discover why Salou is the water activities capital of the Costa Daurada
Parasailing · Jet Ski Tours · Kayak Salou Rent a Boat · Paddle Surf Banana Boat · Jetboard Charter Private Trips
Jet Ski · Diving · Surf Kayak · Boat Rental Banana · Wingfoil Big Paddle Surf
Explore Tarragona aquatic activities

Costa Daurada

PortAventura World
One of the best theme parks in the world
♥ Fun for everyone with over 70 rides & 40 shows
PortAventura Park
Caribe Aquatic Park
Ferrari Land
Buy discounted tickets at your hotel or online: portaventuraworld.com
Made to Remember

The Cathedral / Tarragona
The most visited landmark of the Costa Daurada
♥ Discover the gothic architecture, art, history & secrets of this must-see monument
i Explore the **Cathedral + Museum** at your own pace for €11
977 226 935
catedraldetarragona.com

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
Free entrance Closed on Monday
977 259 434
porttarragona.cat

Time Port / Tarragona
Travel back to the Roman Empire like never before with virtual reality
VR session, games & tours from €10
Up to 12 people, ideal for families & groups
699 000 268
timeports.eu

Tarragona Waking Tours
Itinere, the n° 1 guided routes in Tarragona
Roman Tarraco · Local History · Experiences
i Daily tours with an official & local guide
Special tours for families with kids
Book your tour here

House of Illusion / Salou
Salou's n°1 entertainment venue
Mystery Theatre · Comedy · Magic · Music
♥ Daily shows & performances for all the family with dinner & all inclusive drinks
977 380 940
houseofillusion.com

Parc Central
The biggest shopping centre on the Costa Daurada, in Tarragona
Top Brands Restaurants Cinema
ccparcentral.com

Bosc Aventura / Salou
Adventure park with games & group activities
Ziplines · Paintball · Trampolines · Crazy Golf
♥ Games for kids & adults in a natural oasis in Salou
682 848 784
boscaventurasalou.com

Karting Electric Salou
Pure adrenaline with the ultimate e-karts
♥ Race around a modern 800m circuit & track Sports bar with terrace & arcade games
i Open every day until late & all year Special prices for groups & families
686 190 635 · 977 269 405
electrickartingsalou.com

Aerojump Tarraco / Tarragona
Trampoline park with fun for kids & adults
95 Trampolines · Climbing Wall · Ziplines
i Kids area, bar, terrace & parking Open every day. From €8/30min.
977 209 768
aerojump.es

CAMBRILS CULINARY CAPITAL This fisherman town hosts the most Michelin Stars in the Costa Daurada
Dorado LA PINEDA Historic family restaurant serving **top quality paellas**, famous on the Costa Daurada 977 370 947
Carbonic / SALOU Elegant **steakhouse** for excellent meat & fish 977 075 961
A la Vora de l'Ebre / TGN Savour the best of the Delta from the capital 977 251 645
Passadis / TARRAGONA **Catalan recipes** in a traditional masia in the city centre 977 232 455
El Terrat / TARRAGONA Signature cuisine for a foodie experience 977 248 485
Ca l'Eulàlia / TARRAGONA Savour the freshest catch from the port 977 215 075
La Tortosina / ALTAFULLA Delicious paella in a lovely coastal town 640 083 093
VEGAN GUIDE Costa Daurada Plant-based restaurants, veggie, vegan & eco-shops
FOOD KEYS
A-Z Restaurants Tapas Paella
Average price p/p ≈€15 ≈€30 ≈€50
Quality bluefin tuna Balfegó

Casa Navàs / Reus
The 'modernist' jewel of the Costa Daurada
Daily Guided Tours · Vermouth Visit · Events
♥ Unique in Europe: The only Art Nouveau building with a preserved original interior
⌚ 1H Guided tour for small groups
i Open every day Ticket: €16/€13
977 010 670
casanavas.cat

Laser Tag Salting Reus
The largest laser tag centre & trampoline park
130 Trampolines · Ziplines · Extreme Walls Parkour · Climbing · Circuits · Arcade Games
Laser Tag: 30min. games for 4-16 players from €15
♥ Activities for kids & adults
699 300 900
saltingreus.com

Adventure Bike Rental / Reus
Cycle around the Costa Daurada mountains
♥ Rental of high quality bikes with delivery to your place: everything organised for you
i Guided tours for groups, families & all levels
644 824 697
adventure-bikerental.com

Bingo Enracha / Reus
Feel the excitement in the heart of Reus
Bingo · Slot Machines · Roulette · Sport Betting
i Free Entrance: food, drinks & free parking Open every day: 9am to 4am · Adults only
977 310 655
enracha.es/salas

Cooperativa Cambrils
Buy the best products of the region
Extra Virgin Olive Oil · Wines · Fine Food
i Shop for Km0 products direct from farmers Olive oil tasting & experience available
697 369 511
mestralcambrils.com
Ctra. Montbrí Km2 · 977 369 511

Parc Samà / Cambrils
Costa Daurada's botanical garden
Over 1,500 species of flora & fauna
♥ 14,000m2 of natural beauty with lakes, architecture, greenhouse & lookout tower
i Free parking, bus connections picnic areas & vermouth bar
⌚ Open at 10am Tickets: €12 / €10
977 826 514
parcsama.es

Saltapark / Cambrils
Family & group activities for all ages
Circuits · Junior Karting · Bubble-Soccer Inflatables · Arcade Zone · Bar & BBQ
♥ The longest inflatable circuit for kids with slides, climbing, jumping & more fun challenges
620 168 175 · saltapark.com

Jungle Trek / Altafulla
The largest adventure park on the Costa Daurada
Ziplines · Coaster · MiniGolf · Soft Paintball High Nets · Virtual Reality Games · Tennis & Paddle
i 13 circuits & 150 challenges over 2km of fun among the trees
692 690 334
jungle-trek.com

Karting Altafulla / Altafulla
Historic outdoor track in Catalonia
Outdoor Circuit · Junior Karts · Races
♥ Feel the adrenaline on a unique track Karts available for all ages & levels
722 756 843 · kartingaltafulla.com

Gothic Castle / L'Hospitalet de l'Infant
Monumental medieval fort founded in 1344
Coll de Balaguer · Museum · Tower View
⌚ Visit this old medieval hospital 1H Castle tour for €3 / Kids free
977 823 328
culturaalabast.cat
hospitalet-valldellors.cat

Sanromà CASTELLVELL A tribute to Catalan cuisine serving a delicate tasting menu with the best seasonal products 977 855 212
Ferran Cerro REUS / Signature 977 945 142
La Terrassa Gaudí REUS / Gastro rooftop 977 494 204
L'Alkimista REUS / Creative 977 209 766
Més que Tapes REUS / Gourmet tapas 977 340 224
Casa Guri LA MASÓ Modern Catalan cuisine for a good value menu made with **seasonal & Km0** products 977 637 346
Ca l'Amadeu by G.Romero VILANOVA D'ESCORNALBOU Delicious paella for a **seafood & meat** menu 977 838 230
Cuina de l'Ermite MONT-ROIG DEL CAMP Homemade menu at the top of the **red mountain** 977 837 760
Museu del Vermut / REUS Mediterranean **restaurant** for menu, tapas & a unique vermouth terrace 977 342 312 · museudelvermut.com
La Licorera / VALLS Old anise distillery converted into a modern & **Km0 restaurant** 977 612 045 · lalicorera.cat

The Mountains

The Caves / L'Espluga de Francolí
Explore the first Paleolithic Sanctuary in Catalonia
Family Visit: Easy 600m guided walking tour through the caves for 8 years & up 1:15H tour for €8,50 / Special prices for kids
♥ **Adventure Route:** Caving & speleology 900m track across the underground river for groups 3H experience for €42/p. by **Gorg Aventura**
977 871 220
covesdelespluga.info

Xalet de Prades / Prades
Treehouses & family activities surrounded by nature
Excursions · Rural Food · SPA · Igloos · Astronomy
♥ Visit Prades: A Starlight Tourist Destination & the perfect place for hiking, cycling or just relaxing
i Romantic getaway in the Prades Mountains - family & pet friendly 661 718 093
xaletdeprades.com

Gorg Aventura / Prades Mountains
Adventure sports & mountain activities
Canyoning · Via Ferrata · Speleology
i Passionate local guides offering activities for all ages & skill levels 606 827 378
gorgaventura.com

Quad Excursions by Drac Beach
Drive a quad bike around the Costa Daurada mountains
♥ Route from **Mont-Roig to Escornalbou Castle**
Top panoramic views from Ermita de la Roca
⌚ 3h experience for €100/p.
i Drac Beach mobility rent available in Salou & Cambrils 977 352 424
dracbeach.com

GR7 Outdoor / Reus Adventure Shop
30 years experience in mountain sports
Mountain Shop in Reus · Rental Services
i Rental equipment service for climbing, via ferrata & hiking 977 038 496
gr7outdoor.com

El Brogit Trek & Wine
Discover Southern Catalonia with guided & self-guided experiences & gastro routes
Walking & Family Activities · Wine Tours
♥ Local agents working in sustainable tourism
i Check all the tours online 689 006 199 · elbrogit.com

Southern Catalonia Wine Experiences Visit iconic cellars & savour the best wines of the mountains
Les Vinyes del Convent HORTA DE SANT JOAN DO Terra Alta A tasting surrounded by vineyards at a modern templar cellar 977 435 412 · lesvinyesdelconvent.wine
Visit + Tasting from €15
Cooperativa Falset Marcà FALSET DO Montsant Tasting, guided tours & experiences in the wine Cathedral of Priorat 977 830 105 · etim.cat
Visits + Tasting from €10
La Caseta del Priorat PORRERA DOQQ Priorat Jeep tour around Porrera & the vineyards & prized wine tasting 660 841 709 · @lacasetadelpriorat @
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Adernats Vins i Caves NULLES DO Tarragona Visit the wine Cathedral, wine & cava tasting & buy local products 977 602 622 · adernats.cat
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El Brogit Wine Tours SOUTHERN CATALONIA DO'S Forget about driving & enjoy customised wine & olive tours in Priorat, Montsant Terra Alta, Tarragona & Conca de Barberà 689 006 199 · elbrogit.com

Quatre Molins CORNUDELLA DE MONTSANT The Michelin Star of the Costa Daurada mountains 977 821 004
Cal Magret / MONTBLANC Local & seasonal cuisine in the **medieval walls** 623 154 700
La Llosa / PRADES The best **grilled meat** in a unique wooden house 661 718 093
Ca La Peirona / VILAPLANA Traditional & homemade by the **Mussara mountain** 977 815 171
Siurana / SIURANA **Homemade & eco-meat** in a picture-postcard town 977 821 027
La Cuina d'en Carlos PRATDIP / Sta. Marina Church Homemade & rural menu for **grilled meats** 619 390 468
Molí de l'Oli / VANDELLÒS Museum at the historic olive mill with guided tours & tasting / €3 977 823 328 · culturaalabast.cat
Masia de Fontscaldes Catalan farmhouse, famous for their **'calçots'** & traditional recipes 977 612 836 · masiafontscaldes.com