



Costa Brava Girona
Convention Bureau

COSTA BRAVA GIRONA PYRENEES CONFERENCE DESTINATION

**The perfect destination for
generating the best ideas**



Costa Brava
Pirineu de Girona



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The Costa Brava and Girona Pyrenees: meetings and conferences to remember

“We remember things that have an emotional impact”

The Costa Brava and Girona Pyrenees have everything you need to create experiences that bring people together and have a high emotional impact.

The province of Girona is home to multipurpose conference centres, hotels, unique venues and tourist companies that offer every service imaginable for organising corporate events, conventions and scientific conferences.

Visitors to the province can also take advantage of the nearby Costa Brava and Girona Pyrenees (less than an hour's journey away) where the sea and mountains merge to provide exceptionally stunning natural scenery. A region renowned for its innovative and traditional cuisine and its historical and cultural heritage. In short, an entire range of authentic experiences that provide excellent incentives.

The Costa Brava Girona Convention Bureau (CBGCB) is the Business Tourism Club of the Costa Brava Girona Tourist Board. The CBGCB is supported by and works together with local convention offices and businesses, as well as with over 140 of the region's meeting and event tourism companies.

This guide presents the network of six Girona towns that feature all the infrastructure and services required for hosting a range of events and conferences. This edition includes: Girona, Figueres, Lloret de Mar, Roses, Olot and Palamós.

The CBGCB provides conference organisers the following services:

- 1 Impartial and free advice on choosing the best location for the conference, professional seminar or event.
- 2 Help with finding the perfect venue for the event, along with complementary activities and other services
- 3 Organisation and help with inspection visits.
- 4 Suggestions on organising social programmes for conference delegates and their travel companions.
- 5 Support in drawing up and presenting candidatures for holding conferences and events.
- 6 Liaising with associated companies and with local bodies and institutions.
- 7 Distribution of sightseeing material among delegates.
- 8 Discounts and special rates on transport and other services.

COSTA BRAVA AND GIRONA PYRENEES

AN AUTHENTIC REGION, A WEALTH OF EXPERIENCES, WHERE YOUR IDEAS WILL FLOW

FROM THE
MOUNTAINS
TO THE
MEDITERRANEAN
SEA IN THE BLINK
OF AN EYE



HIGH-SPEED TRAIN (AVE) GIRONA AND FIGUERES STATIONS

GIRONA - MADRID

3 hr 24 min

GIRONA - BARCELONA

38 min

GIRONA - PARÍS

5 hr 44 min



GIRONA
AIRPORT

1 h



BARCELONA
AIRPORT



NATURE IN YOUR HANDS

8 NATURAL PARKS



OVER
300,000
VACANCIES
ACCOMMODATION



LEGACY OF
SALVADOR
DALÍ

1,4 MILLION

VISITS TO
THE DALÍ
TRIANGLE

EXCEPTIONAL CASTLES, MONASTERIES, GARDENS

UNBEATABLE VENUES FOR
CELEBRATING YOUR EVENTS



16 CONVENTION
CENTRES



EXCELLENT VALUE
FOR MONEY

30 UNIQUE
WINERIES



D.O. EMPORDÀ WINE ROUTE

EL
CELLER DE
CAN ROCA
3RD WORLD'S BEST RESTAURANT
ACCORDING TO RESTAURANT MAGAZINE

13 RESTAU-
RANTS
16 MICHELIN
STARS

THE BEST GOLF COURSES AND RESORTS

PGA CATALUNYA
RESORT

VOTED THE
EUROPEAN GOLF
RESORT OF THE
YEAR 2015 BY IAGTO



13 GOLF
COURSES & 10

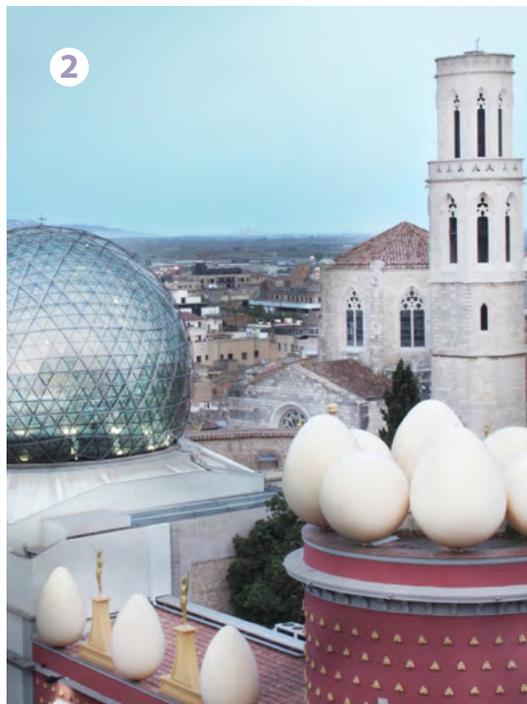
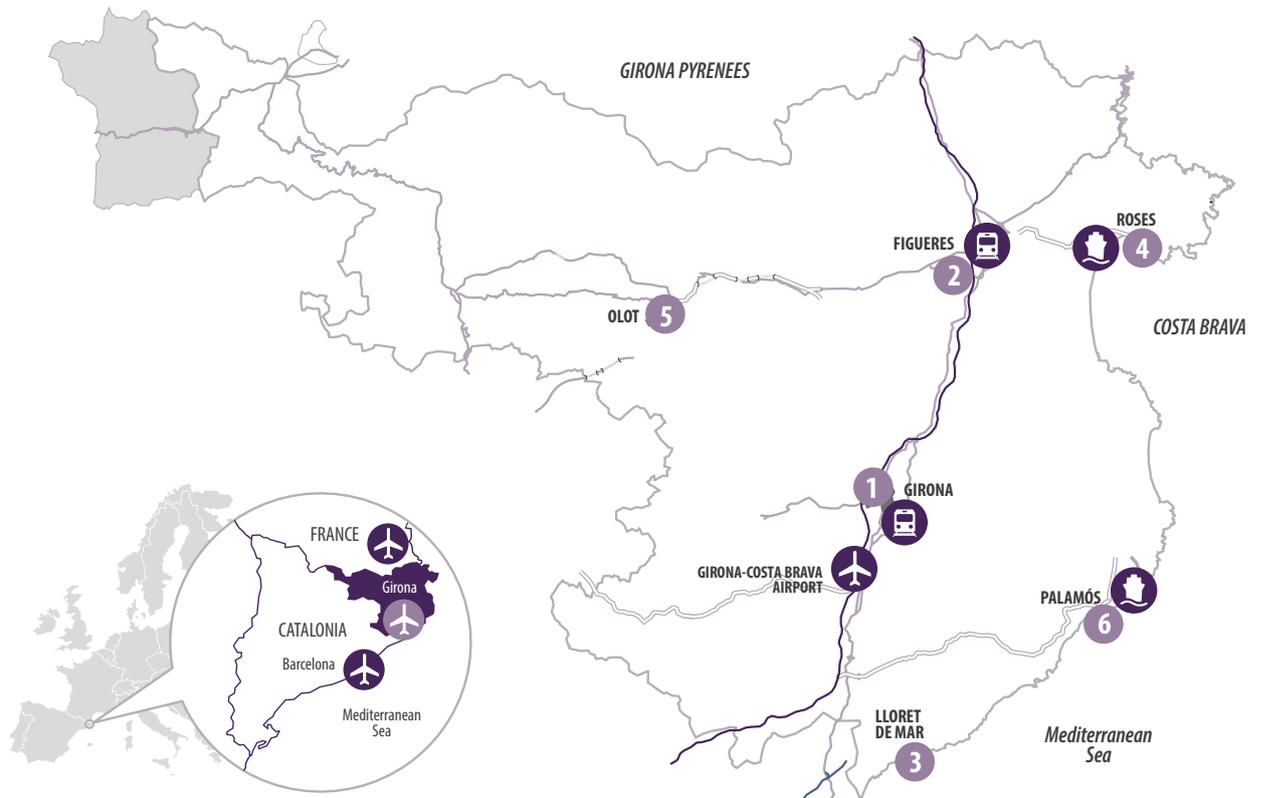
PITCH
AND PUTT
COURSES



YOU DECIDE!



Map





Airports

- ▶ Girona Costa Brava
- ▶ Barcelona El Prat



Ports

- ▶ Roses
- ▶ Palamós
- ▶ Barcelona



Trains

- ▶ Barcelona - Girona: 38 minutes
- ▶ Barcelona - Figueres: 52 minutes
- ▶ Madrid - Girona: 3 hours 30 minutes
- ▶ Madrid - Figueres: 3 hours 44 minutes
- ▶ París - Girona: 5 hours
- ▶ París - Figueres: 4 hours 46 minutes

Distance between cities/towns and airports and TGV/AVE stations

	Girona Costa Brava Airport	Barcelona El Prat	Girona (TAV-TGV station)	Figueres (TAV-TGV station)
1 Girona	12 km	113 km	0 km	40 km
2 Figueres	57 km	156 km	48km	1,8km
3 Lloret de Mar	27 km	92 km	36 km	78 km
4 Roses	70 km	169 km	60 km	20 km
5 Olot	65 km	137 km	48 km	39 km
6 Palamós	44 km	129 km	48 km	62 km





Enstruïda, Quants en complex

Prestatari territorial
Diputació de Girona

KPMG

V. Jornada
Empresa i
Comproment

Reinventat
Innova per competir

Reinventat. Innova per competir

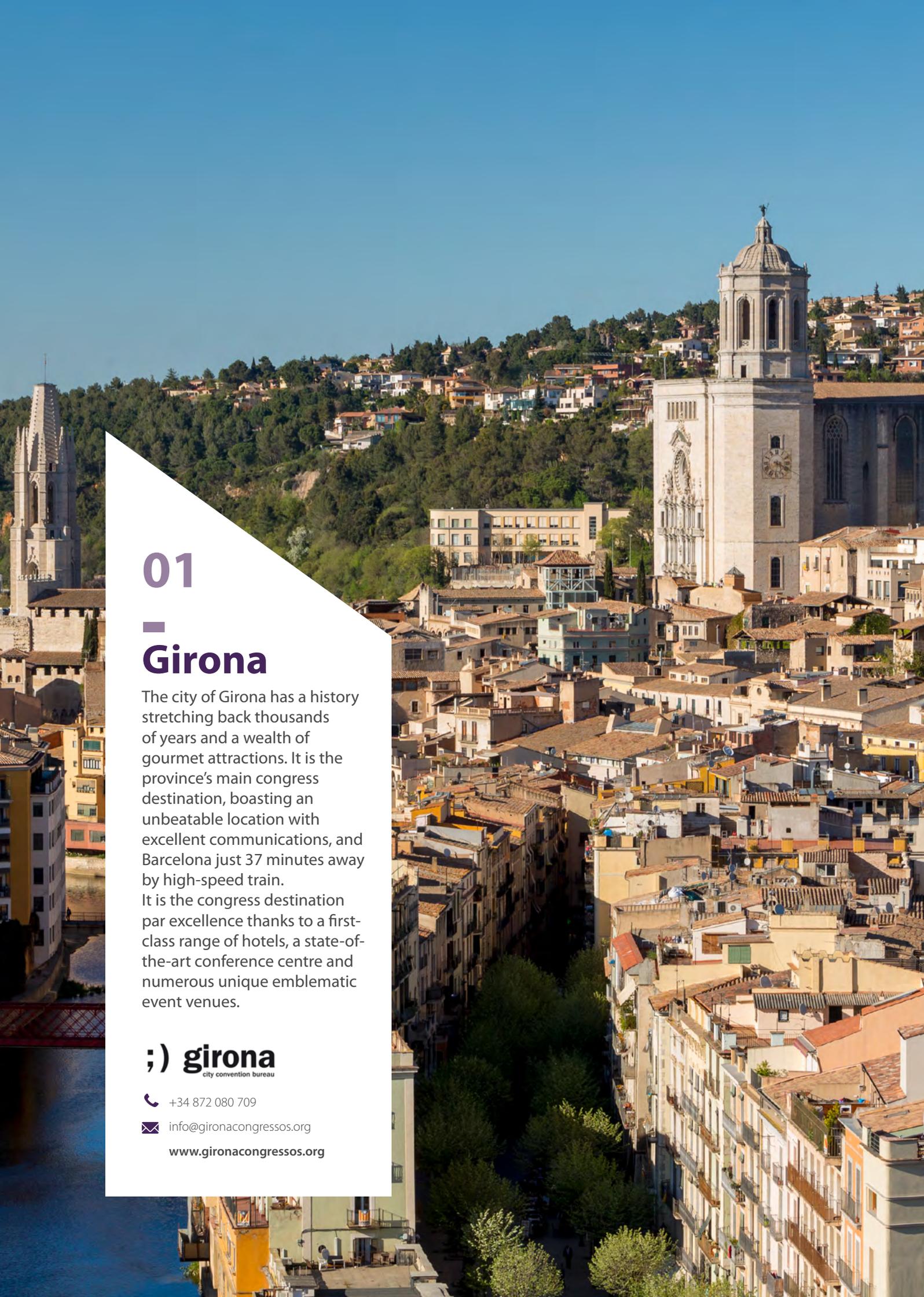
— **6 destinations** guaranteed to generate the best ideas

15 Conference centres

16 Unique venues

18 Social programmes

25 Benefits for conference delegates



01

Girona

The city of Girona has a history stretching back thousands of years and a wealth of gourmet attractions. It is the province's main congress destination, boasting an unbeatable location with excellent communications, and Barcelona just 37 minutes away by high-speed train. It is the congress destination par excellence thanks to a first-class range of hotels, a state-of-the-art conference centre and numerous unique emblematic event venues.

;) girona
city convention bureau

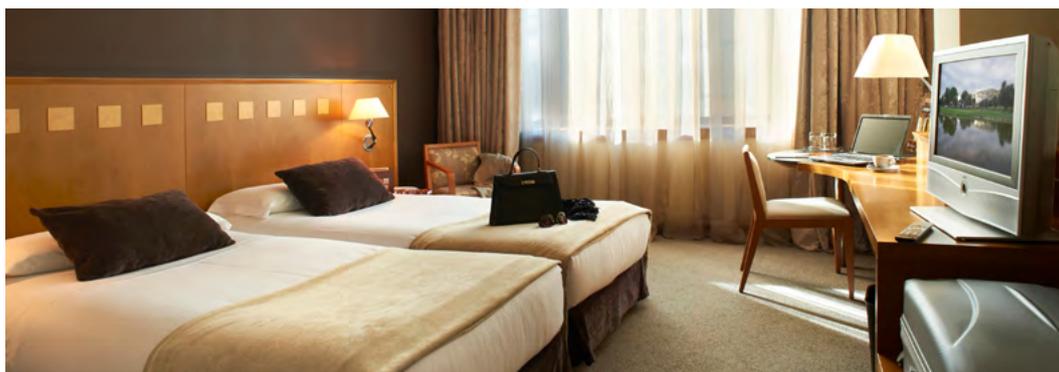
+34 872 080 709

info@gironacongressos.org

www.gironacongressos.org

Hotel capacity

Category	Number of establishments	Number of rooms	Guest capacity
4 * S	3	121	226
4 *	8	477	1.106
3 *	4	234	441
2 *	5	361	730
1 * and others	32	400	635
TOTAL	52	1.593	3.138



Conference centres

Girona Conference Centre

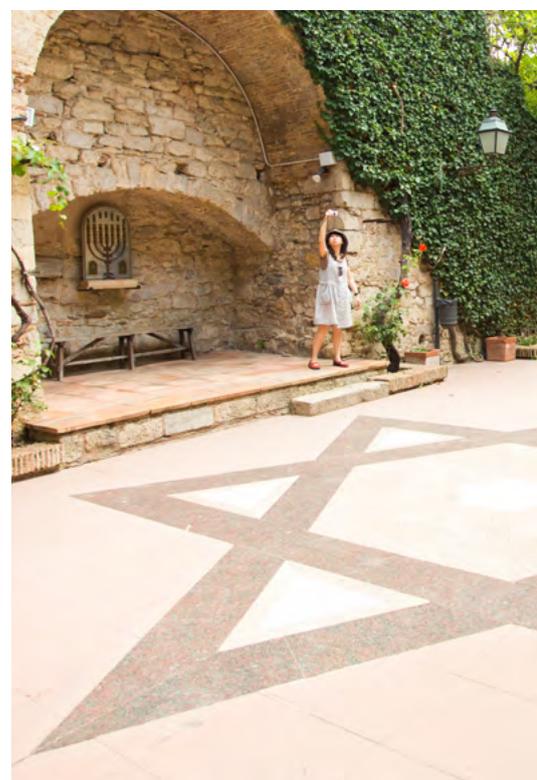
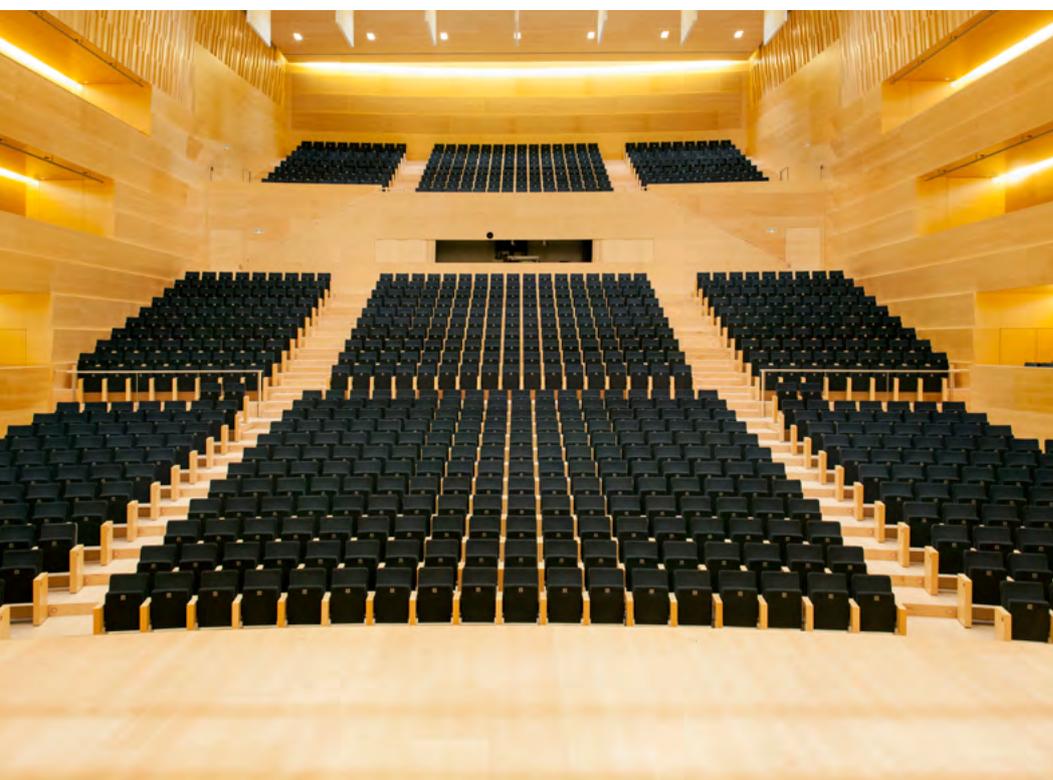
Hall name	m ²	Theatre	Classroom	Banquet	Cocktail
Sala Simfònica (Auditori)	1.088	1.236	-	-	-
Sala Cambra (Auditori)	445	362	-	-	-
Sala Petita (Auditori)	148	178	-	-	-
Sala d'assaig	148	140	100	100	148
Sala de Premsa	78	60	45	-	78
Sala 1	89	90	70	60	90
Sales de 2 a 11	42	36	27	30	40
Sala d'exposicions	450	418	250	500	700
Terrassa	402	-	-	300	400
Vestíbul-Foyer	1.005	-	-	850	1.000

Fira de Girona

Hall name	m ²	Theatre
Nivell I	5.121	-
Nivell II	2.690	-
Sala d'actes	265	200

La Merce Cultural Centre

Hall name	m ²	Theatre	Banquet	Cocktail
Auditori	300	252	250	290
Sala de Conferències	150	75	-	150
Sala polivalent	191	200	-	-
Claustre	400	-	-	200



Unique venues

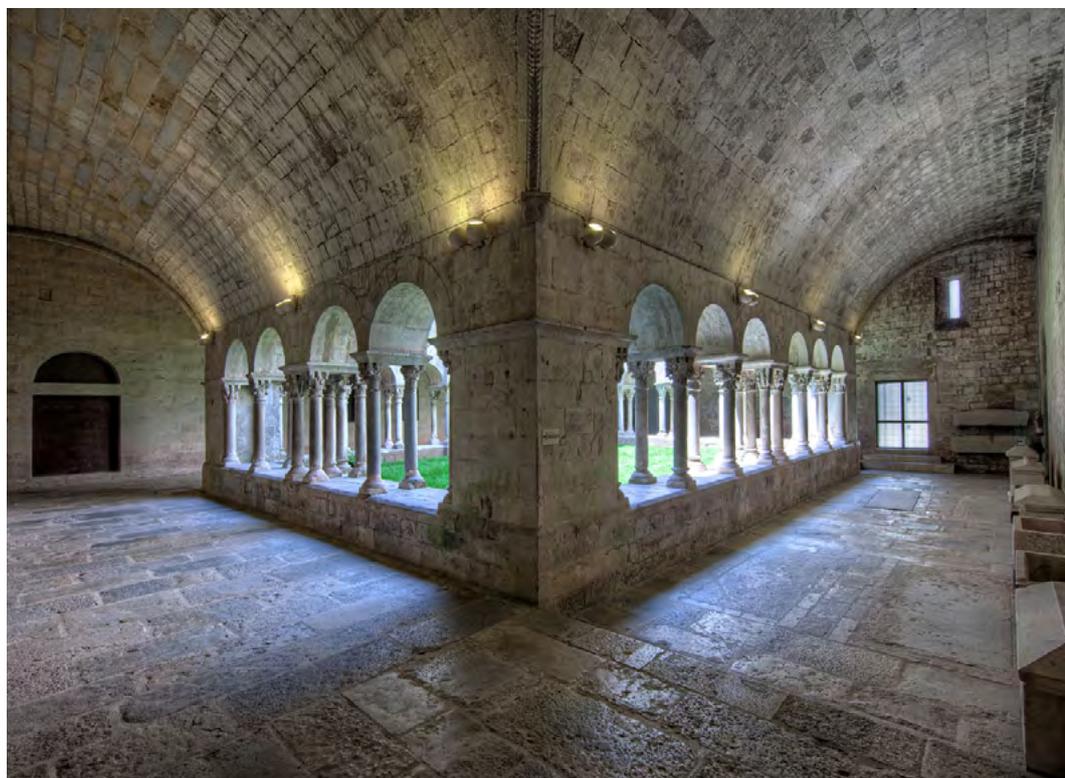
Name of unique venue	m ²	Theatre	Banquet	Cocktail
Casa Masó	-	-	12	25
Saló de descans del Teatre Municipal	196	150	150	180
Museu del Cinema	75	60	40	70
Pati Museu d'Història dels Jueus	300	100	70	150

Monastery of St. Pere de Galligants

	m ²	Theatre	Banquet	Classroom	Cocktail
Nau	702	120	-	100	200
Transsepte	90	75	50	80	100
Claustre	200	100	25	-	100
Sala Polivalent	54	50	35	-	70

Espai Roca Mas Marroch

	m ²	Theatre	Banquet	Cocktail
Espai	940	300	800	1.000



Activities

1

Girona iPad Quest

This is a tour/competition that takes participants around the city of Girona with the help of iPads. The goal is to reach the maximum number of points by passing the tests that challenge participants as they visit sites in the city's Barri Vell (Old Quarter).



2

Girona Guided Services

Activities involving discovery, contact with nature, cultural heritage and art. From Nordic walking in Sant Daniel valley to visiting the Hortes de Santa Eugènia vegetable gardens on a Burricleta and discovering the flora and fauna of Ter Island. Guided tours based on sustainability and the UN Sustainable Development Goals (SDG).



3

Girona Cooking Experience

Discover Catalan cuisine first-hand. Girona Show Cooking is a space designed to offer a full range of activities related to the region's cuisine, from its traditional "pa amb tomàquet" (bread with tomato) to a more sophisticated Michelin star event. A professional chef is on hand to demonstrate the best techniques in Catalan cuisine and each participant will have the opportunity to learn how to cook (and eat!) a number of different dishes. This is a mouth-watering workshop that focuses on Girona's culinary culture.





Benefits for conference delegates

- ▶ 10% discount on TAV train tickets
- ▶ 50% discount on tickets to all Girona museums
- ▶ 10% to 20% discount at 'Eix Comercial stores in Girona
- ▶ Guided inspection and management visits of the city and its unique venues
- ▶ Wi-Fi in the Conference Centre
- ▶ Sightseeing material for attendees

Leading conferences and events

- ▶ 3rd World Ayahuasca Conference (2019)
- ▶ 31st SEMES National Congress (2019)
- ▶ 41st SENEP Annual Meeting (2018)
- ▶ 5th SEFM-SEPR Congress
- ▶ Impulsa Forum (2009-2016)
- ▶ 35th Anaporc National Congress (2015)
- ▶ 9th ICA International Congress on Archives and Cultural Industries (2014)



02

Figueres

Figueres is the city of the Empordà region, as well as its economic epicentre and a service-oriented town. Moreover, it also offers culture, gastronomy and landscape as its main attractions. Figueres is a very well-connected city which, along with its exceptional geographic situation, makes it an ideal place to hold a convention or a meeting: it is just 50 minutes away from Barcelona, and 20 minutes away from France and the Mediterranean sea.

Figueres  Turismo

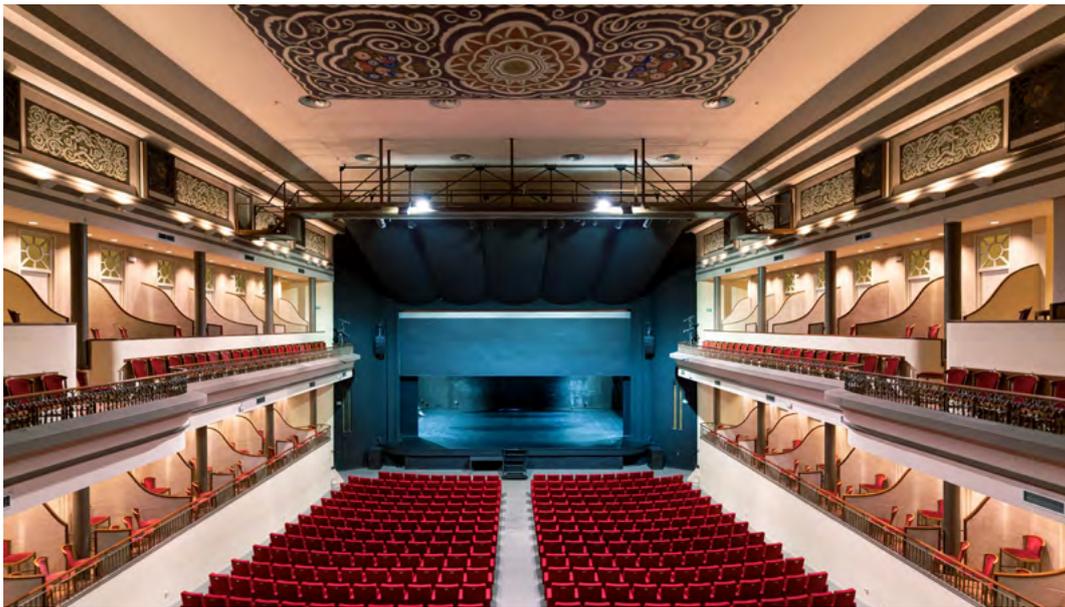
 +34 972 503 155

 turisme@figueres.org

www.turismefigueres.com

Hotel capacity

Category	Number of establishments	Number of rooms	Guest capacity
4*	4	238	476
3*	4	212	424
2*	4	88	176
1*	7	187	363
TOTAL	19	725	1.439



Conference centres

Teatre El Jardí

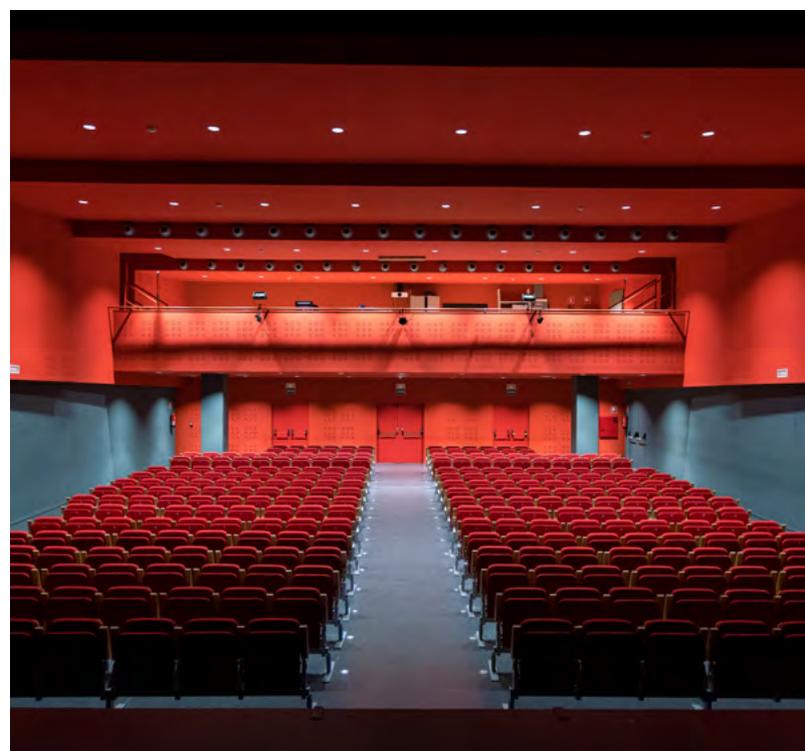
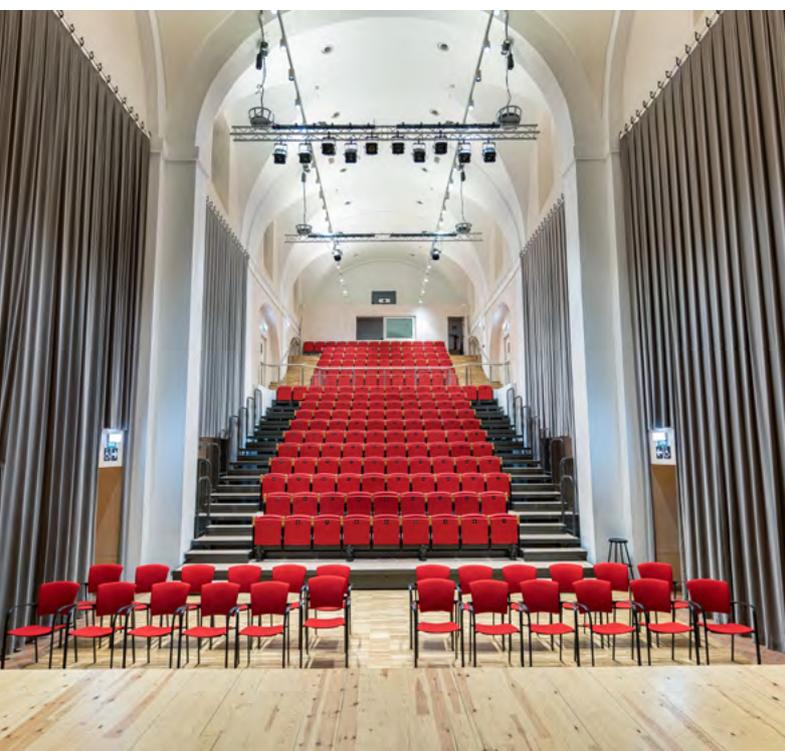
Hall name	m ²	Theatre	Classroom	Banquet	Cocktail
Auditori	690	906	-	-	-
Saló de descans	99	70	50	40	80

Auditori Caputxins

Hall name	m ²	Theatre	Classroom	Banquet	Cocktail
Auditori	180	202	120	80	150
Hall	56	-	-	-	40

Sala La Cate

Hall name	m ²	Theatre	Banquet	Classroom	Cocktail
Auditori	270	288	-	-	-



Unique venues

Castell de Sant Ferran

Nom sala	m ²	Theatre	Banquet	Classroom	Cocktail
Sala Martín Cermeño	768	450	400	200	600
Sala Marqués de la Ensenada	768	450	400	200	600
Sala Marqués de la Mina	300	120	80	50	170
Pati d'armes	11.200	2500	-	-	4000
Església	120	80	-	-	100



Activities

1

Guided cultural visits

Discover the heritage and most emblematic places in Figueres with a local guide: tours of the historic quarter, inside the Dalí Theatre-Museum or beneath Sant Ferran Castle.



2

Empordà landscapes by bicycle

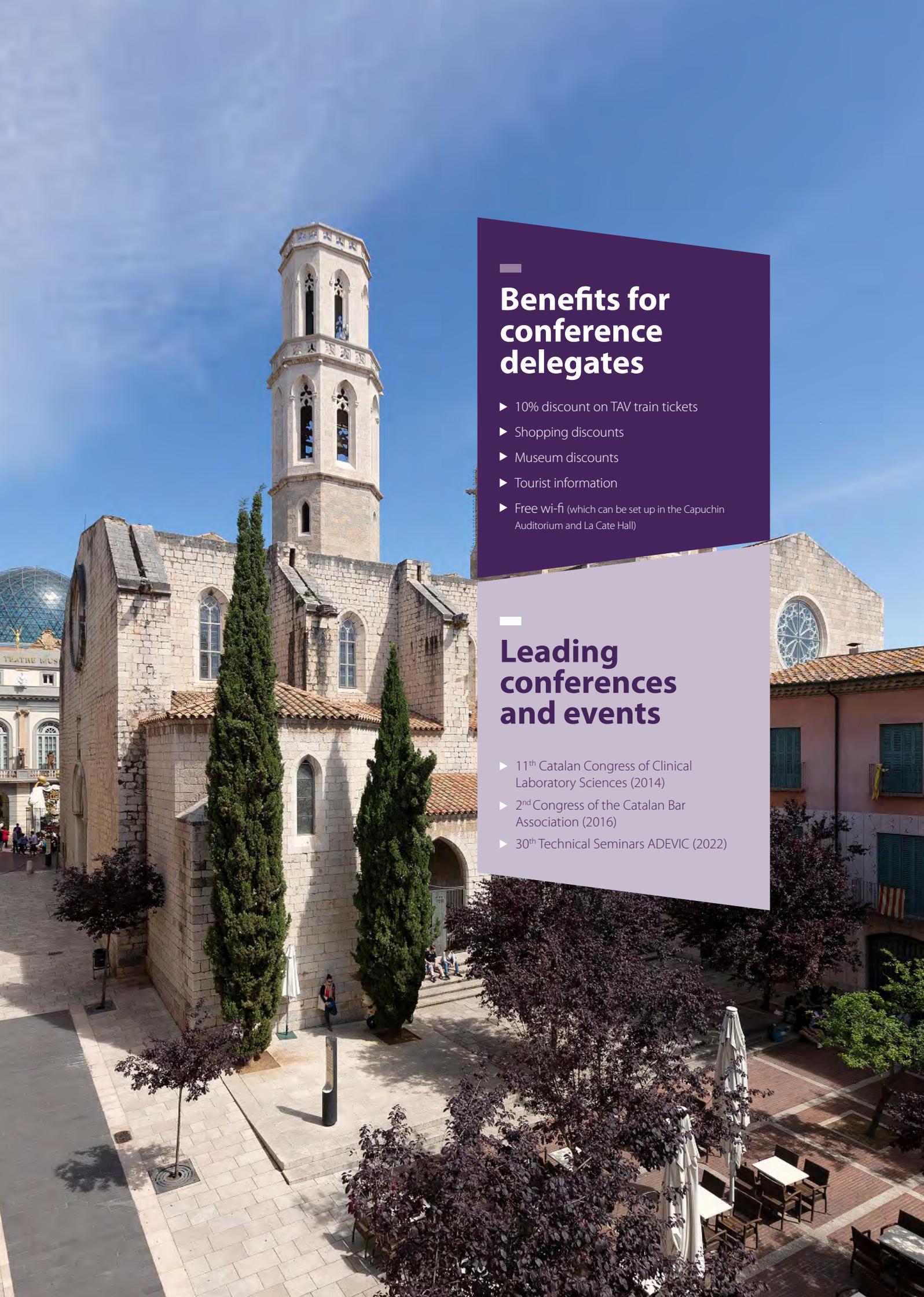
Explore the area around Figueres, from the Pyrenees to the coast, with cycle-tourism routes through spectacular landscapes, charming little towns and one of the region's three natural parks.

3

Flavours of the Empordà region

Let the flavours of this region surprise and delight you with wine and gastronomy routes around Figueres. Enjoy the contrast of local produce from the land and sea and the combination of traditional and avant-garde cuisine, all paired with DO Empordà wines.





Benefits for conference delegates

- ▶ 10% discount on TAV train tickets
- ▶ Shopping discounts
- ▶ Museum discounts
- ▶ Tourist information
- ▶ Free wi-fi (which can be set up in the Capuchin Auditorium and La Cate Hall)

Leading conferences and events

- ▶ 11th Catalan Congress of Clinical Laboratory Sciences (2014)
- ▶ 2nd Congress of the Catalan Bar Association (2016)
- ▶ 30th Technical Seminars ADEVIC (2022)



03

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Lloret de Mar

In addition to being a cosmopolitan, innovative city that has managed to preserve its cultural identity and its time-honoured traditions, Lloret de Mar is the Costa Brava's leading business meetings tourism destination.

lloret
de mar
Convention Bureau

+34 972 365 788

lloretcb@lloret.cat

www.lloretcb.org

Hotel capacity

Category	Number of establishments	Guest capacity
5 *	4	785
4* S	10	2.921
4*	41	15.862
3*	24	6.350
2*	8	1.667
1*	13	1.155
TOTAL	100	28.740



Conference Centres

Costa Brava Conference Centre

Hall name	m ²	Theatre	Classroom	Banquet	Cocktail
Auditori	980	1.000	750	850	1.200
Terrassa	715	840	630	510	800
Sala privada	120	60	40	60	80

Lloret Theatre

Hall name	m ²	Theatre	Classroom	Banquet	Cocktail
Sala gran	-	405	405	180	300
Sala 1	120	110	50	60	100
Sala 2	62	55	30	30	60
Sala 3	63	55	30	30	60

Olympic Conference Centre

Hall name	m ²	Theatre	Classroom	Banquet	Cocktail
Imperial Park	448	500	200	250	500
Imperial Suites	833	805	600	430	805
Saló Royal	202	200	150	130	200
Saló Palace	228	230	150	170	230
Saló Majestic	184	185	150	130	185
Pèrgola	529	510	210	260	510
Còrsega	35,4	-	-	-	-
Costa Brava	36,75	-	-	-	-
Montecarlo	76	-	60	30	65
Mònaco	76	-	60	30	65



Montmeló	76	-	60	30	65
Auditorium	605	770	770	370	700
Àtrium	100	110	40	70	90
Àgora	100	110	40	70	90
Coliseum	140	130	56	100	115
Fòrum	140	130	56	100	115
Micrum	45	40	16	30	45
Minum	80	75	30	60	80
Tropical(ext.)	4.000	-	-	1.000	1.500



Unique venues

Santa Clotilde Gardens

Theatre	Banquet	Cocktail
200	80	250

Chapel of Santa Cristina

Theatre	Banquet	Cocktail
300	200	400



Activities

1

Enjoy Lloret de Mar: feel it, get inspired, taste it!

Discover Lloret de Mar and its culture through mini challenges and experiences for all five senses: a fun team challenge in which local gastronomy, music and art take centre stage.

Divided into teams, you follow a route through the picturesque old quarter of Lloret de Mar and along its seafront. Set out on a paper map, the route also displays the checkpoints where you will have the chance to enjoy and complete four challenges and experiences, choosing between a daiquiri workshop (a cocktail with roots in Lloret), a blind tasting of tapas in one of the town's legendary cellars, a paper boat race at beautiful Sa Caleta Beach, a workshop devoted to the *trencadís* (broken pottery) technique in a Catalan modernist venue, or a traditional human tower-building workshop. The winning team will be the one that shows the most skill, talent and creativity on the route. Welcome to Lloret!

Customisable and led by actors, Lloret Experience gives participants the chance to visit some of the town's most famous spots and to have some authentic local experiences.

2

The traditional Mediterranean rowing

Are you ready to take on a challenge aboard a traditional Catalan rowing boat? The *llagut* is one of the most legendary boats in the Mediterranean. After a brief description of the origins of the boat and the basic principles of operating one, the group is divided into teams of eight participants, who will row their respective *llaguts* under the supervision and instructions of a helmsman. The teams are given some time to practice their rowing technique at sea, after which the eagerly awaited competition gets underway: the winning team will be the one that most successfully manages to coordinate itself and to follow the helmsman's instructions most efficiently. Communication, discipline and perseverance: the Lloret de Mar *llagut* regatta is the ultimate Costa Brava teambuilding experience. All aboard!

3

Wellbeing by the Mediterranean Sea

The following activities are aimed at helping us to hit the pause button and gain more self-awareness. Looking after our health, beauty and balance, striving to improve our wellbeing through the effectiveness of treatments and personalised assistance. A set of integrated health activities to enjoy right next to the beach.

4

Cook and taste the typical cuisine of Lloret de Mar

Discover the Americano cuisine of Lloret de Mar, the roots of the town's present-day cuisine. The *Indians*, known in Lloret as *Americanos*, were Lloret townfolk who returned home after making their fortune in the Americas. This cuisine is a compendium of traditional seafaring cuisine and dishes that have arrived from all over the world (ship cuisine, chocolate cuisine...). Participants in the activity are split into teams and learn how to make some of the 21 dishes in our *Indiano* recipe book, combined with new signature cuisine recipes. This journey takes you back to Lloret's past, to a time when its shipyards worked nonstop to build ships destined for the Americas, and then whisks you off into a cosmopolitan future of signature cuisine, giving you the chance to enjoy a unique, original and top-quality activity.



Benefits for conference delegates

- ▶ Guided tour of Santa Clotilde Gardens or the Maritime Museum
- ▶ Merchandising for the conference room
- ▶ Information on Lloret de Mar for each participant (map and cultural heritage guide)
- ▶ Welcome and institutional representation by local authorities

Leading conferences and events

- ▶ AUDI – International press presentation of the Audi A1 (2012) and the Audi R8 Spyder (2018)
- ▶ ACIP – Catalan Association of Paediatric Nursing Congress (2017)
- ▶ FETAL – Maternal-Fetal Medicine Conference (2017 – 2018 – 2019)
- ▶ FETESS – Catalan Higher Health Technician Training Conference (2013, 2015, 2017 and 2019)
- ▶ International Travel Blogger Conference (TBEX) (2015)
- ▶ 1st World Sports Tourism Congress (UNWTO + ACT 2021)
- ▶ 1st Sustainable Fishing Congress (2021)



04

Roses

Roses, nestled between coves and the Cap de Creus and Aiguamolls Natural Parks, is the perfect city for soaking up the essence of the Mediterranean.



Ajuntament de Roses

+34 972 257 331

turisme@roses.cat

www.visit.roses.cat

Hotel capacity

Category	Number of establishments	Number of rooms	Guest capacity
5 *	1	29	58
4 *	7	730	1.460
3 *	14	1.728	3.456
2 *	7	339	678
1 * i altres	15	453	906
TOTAL	44	3.279	6.558



Conference centres

Roses Conference Centre – Municipal Theatre

Hall name	m ²	Theatre	Classroom	Banquet	Cocktail
Auditori	383	404	250	300	400
Sala Principal	168	200	100	100	200
Sala de Miralls	114	150	75	100	150
Sala de Vitralls	85	40	20	-	40
Sala Superior	98	150	100	100	150
Sala Taller	57	70	35	-	-



Unique venues

La Ciutadella Cultural Space

Name of unique venue	m ²	Theatre	Classroom	Banquet	Cocktail
Pati d'Armes	6.000	3.000	3.000	2.000	4.000
Església de Santa Maria	200	150	150	100	150
Arsenal	150	100	100	60	100
Esplanada del pou	1.500	600	500	400	800

Trinitat Castle

Name of unique venue	m ²	Theatre	Classroom	Banquet	Cocktail
Terrassa principal	200	150	150	100	150



Activities

1

A journey back in time

A walk around the inside of the Citadel of Roses and its important archaeological remains. We will visit the Greek colony of Rhode, visualise everyday life in the Roman village and travel back to the days when the Romanesque monastery was the nerve centre of the medieval town of Roses. A true journey into the past.

2

Sailboat tour

Take a tour of the spectacular beaches of Cap de Creus Natural Park aboard a sailboat; stops can be made for swimming and snorkelling. Participants can also enjoy an on-board meal.

3

Visit the fishing port of Roses and its fish auction

The visit to Roses fishing port involves going to watch the fishing boats arrive from the quayside. You will see the fishermen unload their catch and take it to the fish market for sale. Specialised guides will be there to tell you all about the different fishing methods and you will be privileged spectators at the fresh fish auction.

Benefits for conference delegates

- ▶ 10% discount on TAV train tickets
- ▶ Sightseeing material for attendees
- ▶ Guided inspection and management visits of the different venues

Leading conferences and events

- ▶ APEVC Congres (2018)
- ▶ Costa Brava Challenge Week (2017)
- ▶ Moebius Syndrome Medical Congress (2017)
- ▶ CEA-CEM music competition France (2016)





06

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Olot

The Garrotxa region, land of volcanoes, is the ideal place for holding business meetings, conferences or business presentations, whether in the great outdoors or at one of our unique indoor venues.

LA GARROTXA
meetings
among volcanoes 

 + 34 972 271 600

 info@turismegarrotxa.com

www.trade.turismegarrotxa.com

Hotel capacity

Category	Number of establishments	Number of rooms	Guest capacity
4 *	3	64	136
3 *	5	90	203
2*	4	57	100
1 * and others	78	192	892
TOTAL	90	403	1.331

Conference centres

Sala El Torín

m ²	Theatre	Classroom	Cocktail
500	300	200	729

Casal Marià

Theatre
150

Pavelló Firal

m ²	Theatre	Classroom
3.000	300	200

Fundació d'Estudis Superiors

Hall name	Theatre	Classroom
Sala 1	60	-
Sala 2	-	40
Sala 3	-	40



Can Trona (Vall de Bas)

Hall name	m ²	Theatre	Cocktail
Auditori	170	150	-
Sala oberta + hall	120	80	120
Sala pedagògica	110	60	100
Sala reunions	40	17	-
Sala reunions petita	15	10	-

Espai Cràter

Nom sala	m ²	Teatre	Escola	Còctel
Aula Bufador	88	50	30	-
Sala Magma	144	110	-	-
Vestíbul	121,32	-	-	100



Unique venues

Can Trincheria

m ²	Theatre	Cocktail
64 m ²	50	80

Castell Medieval Estada Juvinyà (Sant Joan les Fonts)

m ²	Theatre	Classroom
100 m ²	30	12

Claustre del Carme

m ²	Theatre	Banquet	Cocktail
785 m ²	300	250	400

Església vella de Sant Salvador (Castellfollit de la Roca)

m ²	Theatre	Classroom
310 m ²	150	80

Pati de l'Hospici

m ²	Theatre	Banquet	Cocktail
320 m ²	200	200	280

Cal Tronc (Besalú)

m ²	Theatre	Classroom
400 m ²	300	100

Teatre Principal

m ²	Theatre
225 m ²	286

Cúria Reial (Besalú)

m ²	Theatre	Classroom
200 m ²	80	36



Activities

1

The Garrotxa from the air, by donkey, by bike and hiking

Outdoor activities in and around the Garrotxa Volcanic Area Natural Park, including hot-air balloon competitions to foster team work, Catalan donkey rides in a beautiful natural setting, or various routes for both hiking and bike rides.

3

Workshops, food tasting sessions and country life experiences

Develop team work with workshops on making chocolate or cooking with local produce, experience first-hand life in the country for a day, or enjoy sampling a selection of handcrafted cheeses in a superb setting.

2

Leadership, health and wellness

Team building, outdoor training or coaching sessions in the great outdoors or at an amazing indoor venue to improve key corporate values such as cooperation, cohesion, trust, motivation, communication and leadership. Gentle physical exercise, like Nordic walking and yoga, so as to optimise physical, mental and emotional wellbeing and become more productive.





Benefits for conference delegates

- ▶ Free guided visit to some of the most emblematic places in the region.
- ▶ Free local council venues (check them out).
- ▶ Tourist Information for congress attendees.

Leading conferences and events

- ▶ International Maar Conference (2018)
- ▶ Catalan Ecotourism Forum (2017)
- ▶ Catalan Trade Fair Congress (FEFIC) (2016)
- ▶ International Volcanology Congress (VUELCO) (2015)
- ▶ European Crab Congress (2015)
- ▶ Giant Country Congress (2014)
- ▶ APEVC Congress (2013)
- ▶ INNOVACC Annual Meeting (2013)
- ▶ EUROPARC Congress (2011)
- ▶ Heritage Interpretation Congress (2011)
- ▶ 1st International Congress of Corporate and Civil Service HR Officers a (2011)
- ▶ Catalan Federation of Railway Enthusiasts Meeting (2011)



07

Palamós

Palamós is a place born of the sea. The Mediterranean has written the town's history, given it meaning, driven its traditional trades and shaped its cuisine, features that are apparent at any business meeting celebrated in this destination.



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Hotel capacity

Category	Number of establishments	Number of rooms	Guest capacity
5 *	1	14	31
3 *	5	339	690
2 *	3	68	150
1 * and others	1	10	24
TOTAL	10	431	895



Conference centres

Carme Chapel

The church, built between 1768 and 1771 by master builder Miquel Basart, is a single nave. It has two side chapels and a rectangular apse and was home to the image of the Mare de Déu del Carme, owned by Father Miquel Costa. Bombing during the Civil War demolished the hospital but left the chapel intact. The chapel became town property in 1999. Renovation of the chapel began in 2008 and today serves as the headquarters of the Ezequiel Torroella Art Space and Local Heritage Interpretation Centre. It can seat seventy people and a stage is available.



m ²	Theatre
100	70

Unique venues

Sant Esteve de la Fosca Castle



m ²	Theatre
100	246

Activities

1

Seafood show-cooking at the Espai del Peix

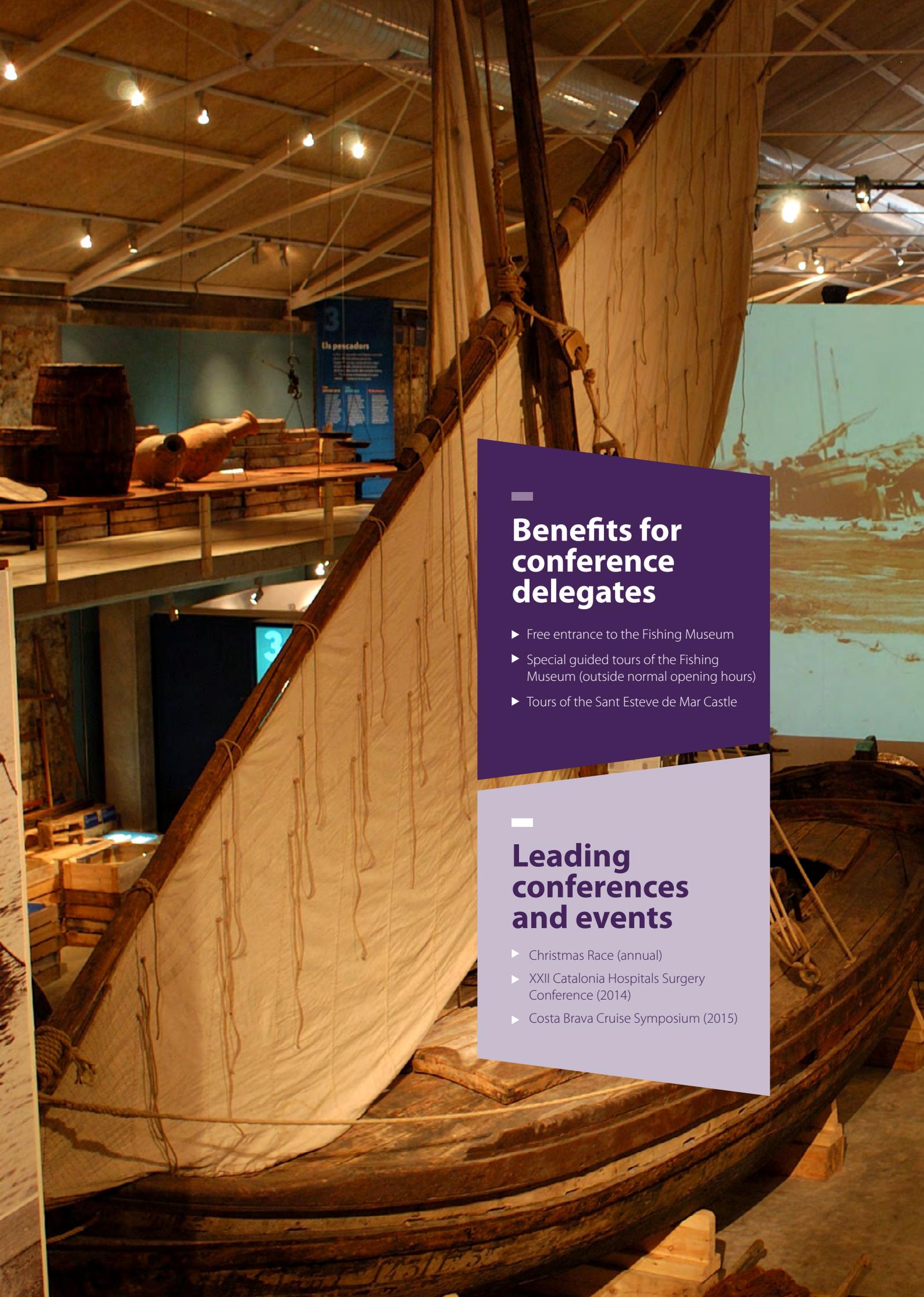
Chefs will help participants prepare different traditional seafood dishes and learn about different fish species, how to handle them, traditional products and recipes and their characteristic tastes.

2

Guided tour of the fish auction

This is a thirty-minute guided tour of the live fish auction. From a reserved space participants can watch the fish wholesalers and retailers make their daily purchases. Together with the guide's explanation about what happens at the auction, the visit also features a four-minute video in four languages that explains the entire process.





Benefits for conference delegates

- ▶ Free entrance to the Fishing Museum
- ▶ Special guided tours of the Fishing Museum (outside normal opening hours)
- ▶ Tours of the Sant Esteve de Mar Castle

Leading conferences and events

- ▶ Christmas Race (annual)
- ▶ XXII Catalonia Hospitals Surgery Conference (2014)
- ▶ Costa Brava Cruise Symposium (2015)

Culture

Culture in the Costa Brava and Girona Pyrenees means going back to the origins of civilization. Visitors can discover, from oldest to most recent, the megalithic monuments on the Albera and Gavarres massifs, prehistoric caves in Serinyà, Iberian, Greek and Roman villages that border sea, particularly Empúries, as well as examples of Romanesque, Gothic, Baroque and Art Nouveau influence that can still be seen across the region today. The Medieval period left an impressive mark on the region, where an air of ancient history can still be felt in towns like Sant Pere de Rodes and Ripoll.

In recent years, the unique approach of artists like Salvador Dalí have introduced a new way to look at our cultural and natural environment, a vision reflected in unparalleled artistic creations. In total, this land of culture and tradition is home to over 55 museums and 550 monuments.

Gastronomy and the DO Empordà Wine Route

The province of Girona is home to world-renowned cuisine, one of the region's main attractions. Plan your event at a venue surrounded by outstanding natural beauty, undoubtedly one of the main ingredients that make business meetings here a guaranteed success. The region's extensive culinary tradition, known for its excellent seafood and local products, has been shaped by the landscape and an exceptional climate.

Today, Girona cuisine is synonymous with creativity. Just as Dalí amazed the world with his surrealist work, Ferran Adrià, another local genius, has amazed the world with his culinary creations. Adrià's famous El Bulli restaurant in Cap de Creus was one of the world's most important centres of avant-garde cuisine for years.

However, the quantum leap and creative advancement of Girona cuisine was driven by other world-renowned names as well, like El Celler de Can Roca Restaurant, voted World's Best Restaurant by the prestigious British magazine *Restaurant*. Not to mention the DO Empordà Wine Route, which includes 25 wineries where visitors can discover the secrets to our region's wines.



Nature and active tourism

The Costa Brava and Girona Pyrenees boast a unique blend of geographic features that makes it possible to enjoy a full range of activities –by land, sea and air– that make the perfect addition to any business meeting or incentive trip.

The possibilities are limitless. Guided Segway, horse riding, quad, bike, walking and snowshoeing tours are available for all levels and offer participants the opportunity to discover the region's exceptional beauty first-hand. Guided kayak or sailboat tours, employee activities at the beach and exclusive lunches at one of the Costa Brava's many hidden coves are also on the menu. Take an airplane ride for a bird's-eye view of the region or soar over unique natural areas in a hot air balloon while tasting local products...and more adventurous participants can even experience the thrill of skydiving.

The region's extensive range of activities also includes a stay at one of its many spas, golf, cooking classes with local product tastings, tours of DO Empordà wineries, markets, museums, botanical gardens, castles, monasteries and much more.

The possibilities are endless and we're always on hand to help you design the perfect, original and unforgettable activity to promote team spirit or to reward your employees for a job well done.

Golf

Golf enthusiasts will find no better place than the Costa Brava to play their favourite sport.

In an hour visitors can drive from the intense blue of the Mediterranean to practice their swing on greens sheltered by the peaks of the Pyrenees.

The Costa Brava and Girona Pyrenees is home to 13 golf courses and 11 pitch and putt courses.

Five golf courses at three clubs –PGA Catalunya Resort, Empordà Golf Resort and Golf Platja de Pals– are ranked among Europe's top 50 courses, according to the British Top 100 Golf Courses ranking. The region also managed to further secure its spot in the upper echelons of the sport after the PGA Catalunya Resort was named Europe's Top Golf Resort 2016.



CONFERENCES IN THE COSTA BRAVA GIRONA PYRENEES

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Costa Brava Girona Convention Bureau



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Diputació de Girona

Girona

Patronat de Turisme
Costa Brava Girona



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Costa Brava
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