



# Genuine Corporate Experience

*A world of  
experiences  
and emotions*





**Costa Brava Girona**  
Convention Bureau

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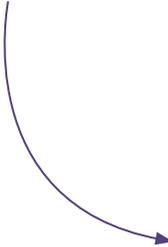
# Costa Brava and Girona Pyrenees

Away from the bustling crowds of the big cities and just one hour away from Barcelona, the Costa Brava and Girona Pyrenees have positioned themselves as one of the most attractive destinations for business meetings and events in Catalonia.

The Girona province is made up of contrasting landscapes, from the Pyrenees mountains to the beaches and coastline of the Costa Brava, with a rich mosaic of scenery in between. The result is an extraordinary region that offers a wide range of options for organising all kinds of meetings, travel incentives and events.

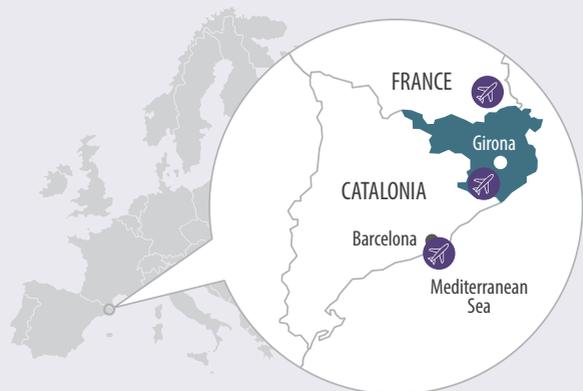
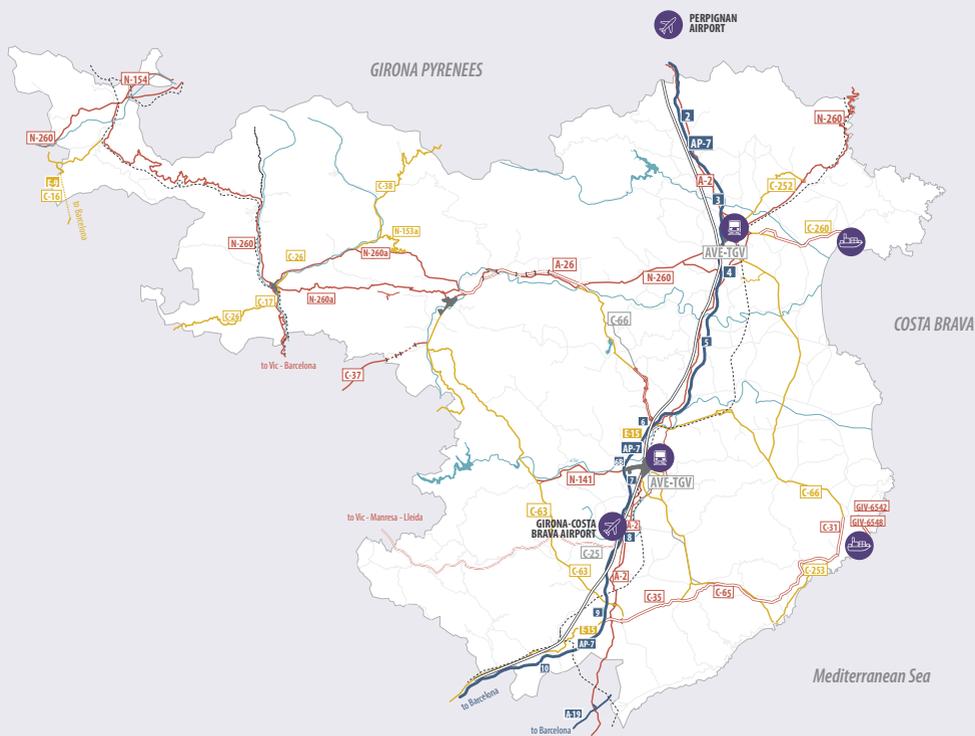
Exclusive and unique events can be made reality thanks to the modern and versatile conference centres, remarkable accommodation and unique spaces available in the Costa Brava and Girona Pyrenees.

Our diverse region enjoys an ideal climate, an exceptional cultural and artistic heritage and a broad variety of local cuisine, from traditional dishes to the most creative and innovative haute cuisine.



*An attractive destination thanks to the climate, natural landscapes, culture, cuisine and local hospitality*





## Getting Around



### AIRPORTS

- » Girona-Costa Brava
- » Barcelona El Prat
- » Perpignan



### TRAINS

- » Barcelona - Girona: 38 min
- » Barcelona - Figueres: 52 min
- » Madrid - Girona: 3 h 30 min
- » Madrid - Figueres: 3 h 44 min
- » París - Girona: 5 h
- » París - Figueres: 4 h 46 min



### PORTS

- » Roses
- » Palamós
- » Barcelona

### The distance from towns and cities to airports and high-speed railway stations

	Airport Girona-Costa Brava	Airport Barcelona El Prat	Girona (station TAV-AVE)	Figueres (station TAV-AVE)
Girona	12 km	100 km	0 km	40 km
Lloret de Mar	27 km	92 km	36 km	78 km
Platja d'Aro	32 km	118 km	35 km	82 km
Roses	70 km	169 km	60 km	20 km
Torroella de Montgrí	45 km	140 km	30 km	35 km
Sant Feliu de Guíxols	35 km	110 km	35 km	76 km
Olot	65 km	137 km	48 km	39 km
Palamós	44 km	129 km	48 km	62 km

# Unique ideas for travel incentives and team-building

The unique characteristics of the Costa Brava and Girona Pyrenees offer a wide range of potential activities. These options have led to a large number of companies establishing themselves in the area, attracting visitors thanks to the region's unique features.

Conscious that trends in the business tourism industry are moving towards offering originality, exclusivity and excitement in the activities featured on incentive programmes, we wanted

to capture the authentic side of the Costa Brava and Girona Pyrenees in this collection of experiences, which are all linked to the surrounding landscape, culture, culinary tradition and history.

*Experiences that are linked to the surrounding landscape, culture, culinary tradition and history*



## DISCOVER



1. The 'Ricycle': an experience through the Pals rice paddies
2. Banyoles, the power of the dragon
3. The Dalí Code, seduced by genius
4. Costa Brava Sunset Cruise
5. Discover skydiving
6. Gerunda Fuga Experience
7. Girona Medieval Landscapes
8. The *Game of Thrones* experience
9. Empordà from the air
10. Shepherd for a day
11. Fishing tourism on the Costa Brava



Discover  
and encourage creativity



# The 'Ricycle', an experience through the Pals rice paddies

ATELIER D'OCITÀNIA – BURRICLETA



5 h



Year-round



Min. 8/ Max.50



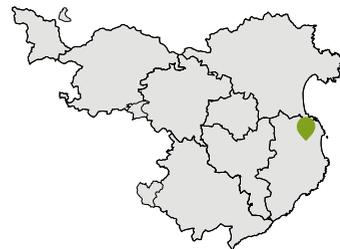
Starting from €114

Learn how to grow, taste and savour rice. Some of the experiences you will enjoy on your Ricycle trip. A day in which rice is the main protagonist. You will cycle on an elegant electric bike (Burricleta) through the vast and unique Pals rice paddies, to find out more about this product first-hand, along with the history of rice and how it is grown. You will then cook some rice dishes with the help of a rice expert, tasting it and making sure it is cooked to perfection.

#### Includes:

- » Welcome and introduction talk on the Burricleta bicycle
- » Guided tour on electric bikes to the Pals Mill
- » Visit to the Pals Mill and the Rice Museum
- » Guided tour of the rice fields, returning to Ocitània
- » Rice-cooking workshop
- » Cooking a typical rice dish
- » Enjoying a rice-based lunch
- » Gift: 1 kg bag of rice from Pals

 Gualta

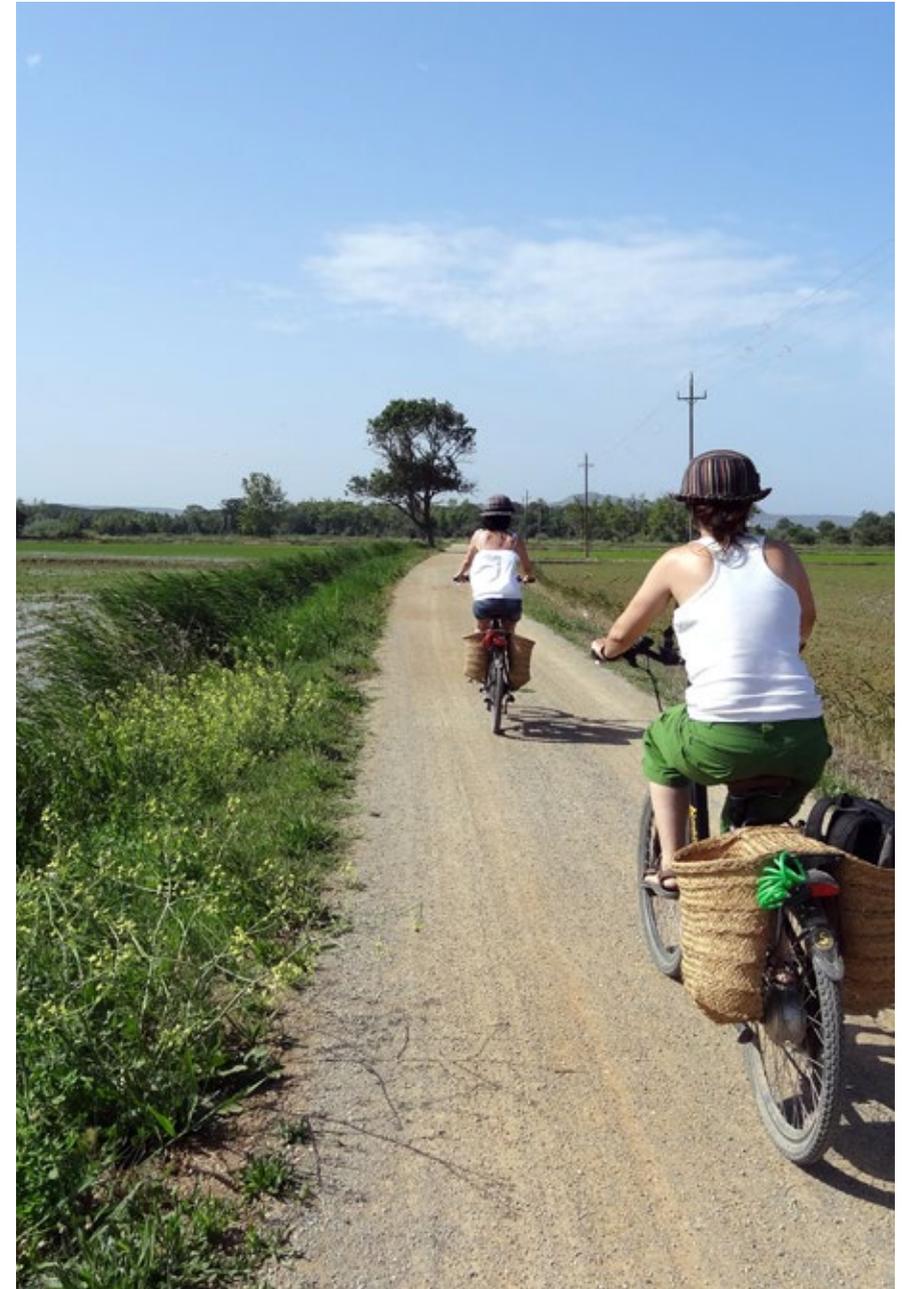


#### CONTACT

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# Banyoles, the power of the dragon

## DRAGON BOAT



Half day, 2 hours  
Full day, 6 hours



Year-round



Min. 11 / Max. 300



Starting from €60

It is incredible to believe, but more and more people from Banyoles are certain they have seen the Banyoles dragon once more. Can it really be true?

The first activity is a small tour around the edge of the lake (visiting the neolithic village, Draga park and lake system) while trying to spot the mythical beast. The tour will be carried out in Kangoo Jumps boots, which are an exceptional and highly-recommended experience in themselves.

If you decide to go for the full-day option, then after lunch in the afternoon we will go to Club Natació Banyoles, where we will

finally find the Banyoles dragons. In fact, the dragons will be waiting for us to accompany us on the Dragon Boat activity, ending with a competition between teams.

### Includes:

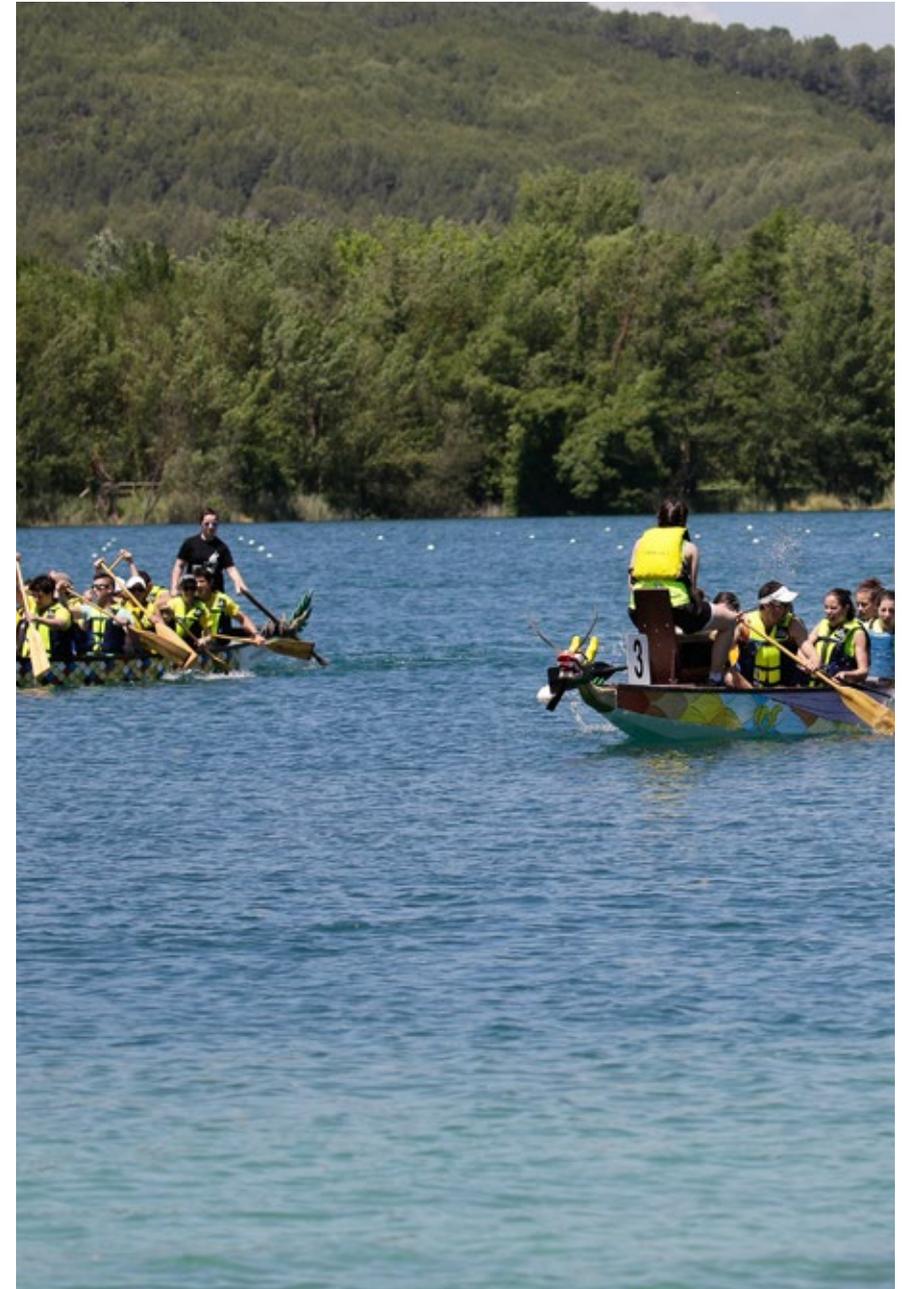
- » All the materials necessary so that the activities run smoothly: Kangoo Jumps boots, life jackets, changing rooms and showers, and t-shirts for the winners.
- » Lunch: different options to choose from

● Banyoles



### CONTACT

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# The Dalí Code, seduced by genius

## HUMANSIDE EXPERIENCES



2-3 hours



Year-round



Min. 12 / Max. 300



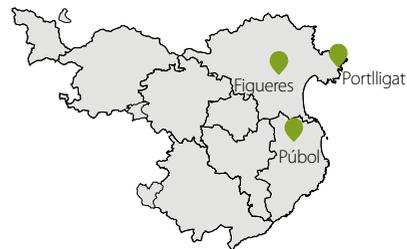
Starting from €45

Discover the mysteries hidden in the life and work of the surrealist artist from Figueres on a tour of the most important places in the city where he grew up (with the option of including Púbol and Portlligat). Using an iPad and Moove technology, teams will follow a series of clues and complete a number of different challenges. This is a unique way of discovering the most important aspects of the life of the Empordà artist.

### Includes:

- » Treasure trail through the most iconic spots in Dalí's town of birth.
- » iPad to follow the clues and get through the different challenges.
- » Actor dressed as Dalí

◆ Figueres, Púbol and/or Portlligat



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# Costa Brava Sunset Cruise

## MARE NOSTRUM CRUISES



3 - 5 hours



Year-round



Min. 30 / Max. 250



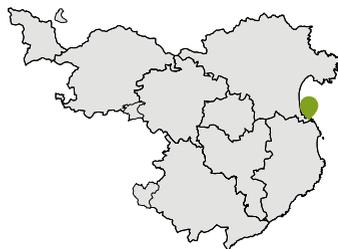
Starting from €26

Finish off the day by sailing round the coves of the Costa Brava at sunset, accompanied by live music and a glass of cava aboard the *Atlàntida III*.

**Includes:**

- » Boat trip
- » Glass of cava
- » Live music

◆ The trip sets off from L'Escala



CONTACT



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# Discover skydiving

## THE LAND OF THE SKY – SKYDIVE EMPURIABRAVA



3 hours



Year-round



Min. 1/ Max. 120



Starting from €260

Skydive Empuriabrava is one of the best areas in the world for skydiving. It is known as the "Land of the Sky", and has a track record of over two million skydives over the last thirty years.

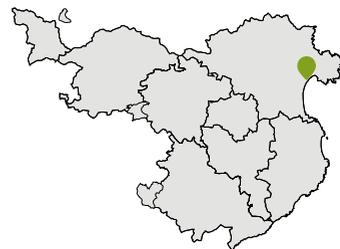
Your first skydive. Tandem skydive. A pure skydiving experience. An expert instructor will take care of everything, so all you have to do is fly.

In addition, you can take away a professional video of your jump, so you will always have a souvenir of this special moment.

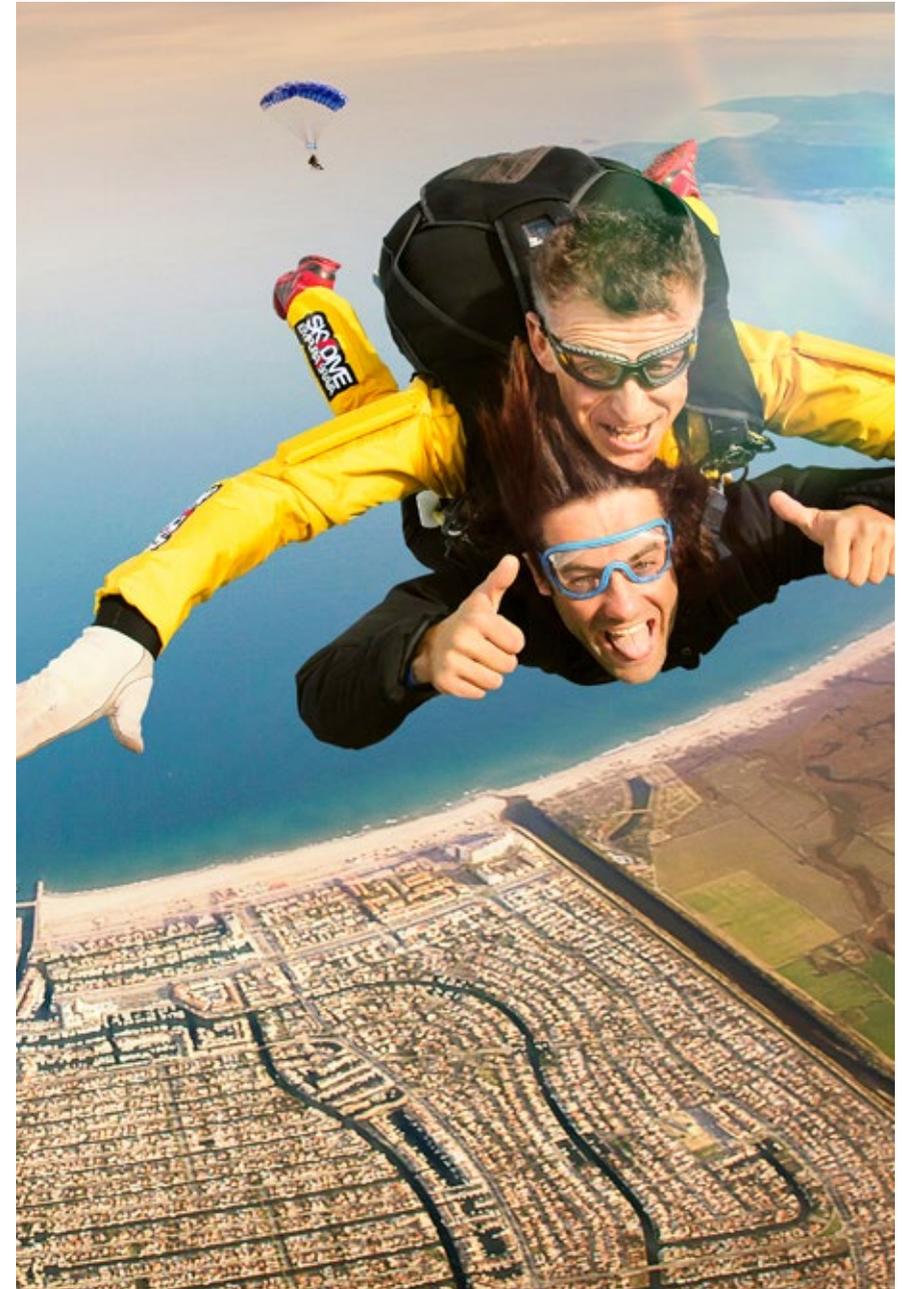
**Includes:**

- » Skydiving instruction from an expert
- » Tandem skydive
- » Professional video of your jump

◆ Skydive Empuriabrava



<b>CONTACT</b> 	
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# Gerunda Fuga Experience

COSTA BRAVA AND GIRONA PYRENEES HEALTH AND WELLNESS CLUB



1.5 hours



Year-round



Min. 1



Starting from €100

The Gerunda Fuga Experience is a relaxing treatment that helps with stress release and is inspired by the characteristics of the Costa Brava and Girona Pyrenees.

The experience follows the story of the shepherd and the mermaid, from the Ode to the Pyrenees, with mythical fairies and nymphs. The legend includes different mythological characters from traditional Girona culture.

*Gerunda Fuga*, an expression that means "Escape to Girona" is an experience that uses local ingredients such as thermal and sea water, Mediterranean pine, jasmine

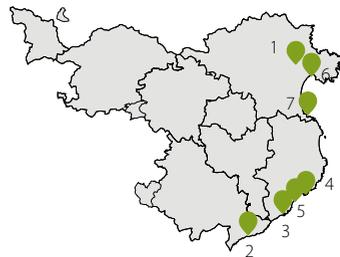
and olive oil, among other materials. This signature massage is accompanied by a soundtrack created specially for the treatment.

#### Includes:

» The full treatment

You can see more details of the programme at <http://gerundafuga.costabrava.org>

- Hotel Peralada Wine Spa & Golf (1), Gran Hotel Monterrey (2), Hipócrates Curhotel (3), Silken Park Hotel San Jorge (4), Hotel & Spa Cala del Pi (5), Hotel & Spa Terraza de Roses (6) and Hostal Spa Empúries de l'Escala (7)

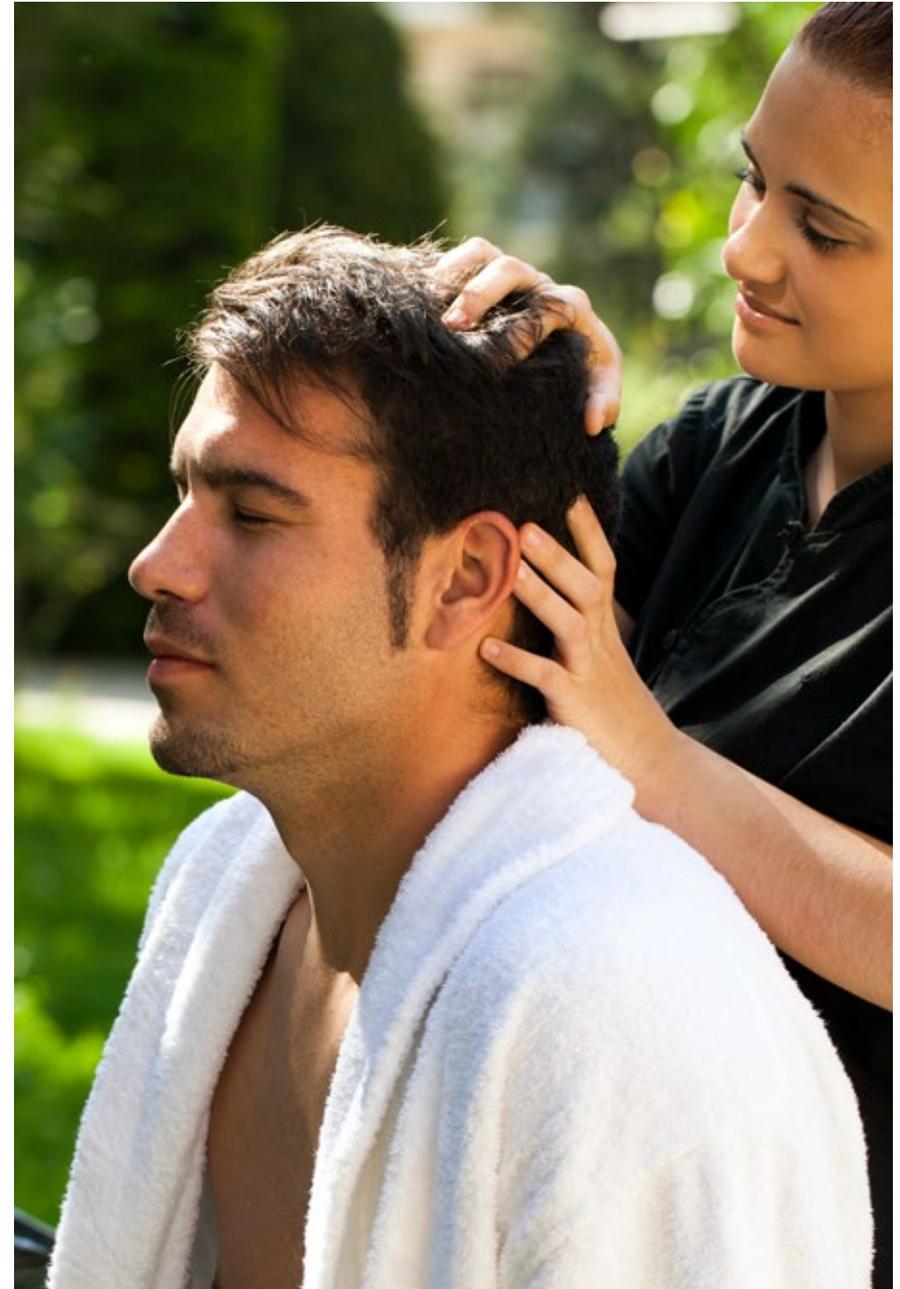


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# Girona Medieval Landscapes

GIRONAWAY



2 hours



Year-round, booking in advance



Min. 2/ Max. 20



Starting from €49

The old town of Girona and the surrounding area can be visited on a Segway tour covering several kilometres. We will go to the Sant Daniel Valley and visit the Montjuïc mountain, enjoying spectacular panoramic views of Sant Feliu, the cathedral and city walls, while discovering the Romanesque monasteries in the area.

**Inclou:**

- » Segway
- » Security Kit

◆ Girona and surrounding area



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# The Game of Thrones, experience

## GIRONA BOOKING



3 hours



365 days



Min. 6/ Max. 20



Starting from €30

The series *Game of Thrones* has been shown in 173 countries, with over 20 million viewers in the United States alone. And Girona was one of the main protagonists in the sixth series!

Find out how everything started, where the series was filmed, discover interesting facts and anecdotes, and see the sets. While exploring the locations in the old town in Girona where the series was filmed, you will discover incredible secrets. Leap into the

other side of the screen and experience *Game of Thrones* for three hours!

**Includes:**

- » A guided tour around the most iconic locations where the series was filmed.

◆ Girona



CONTACT 

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Game of Thrones Girona, 2016. Photo by Macall B. Polay - HBO

# Empordà from the air

## THE LAND OF THE SKY – SKYDIVE EMPURIABRAVA



1 hour



Year-round



Min. 1/ Max. 100



Starting from €160

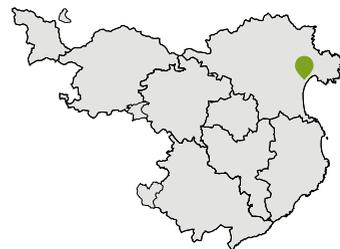
Cadaqués, Cap de Creus, the Medes islands, the Gulf of Roses and more.

Travel through the sky over the Empordà area, fly over the Mediterranean and even take control of the plane yourself, in a spectacular setting.

**Includes:**

- » Flight in a light aircraft

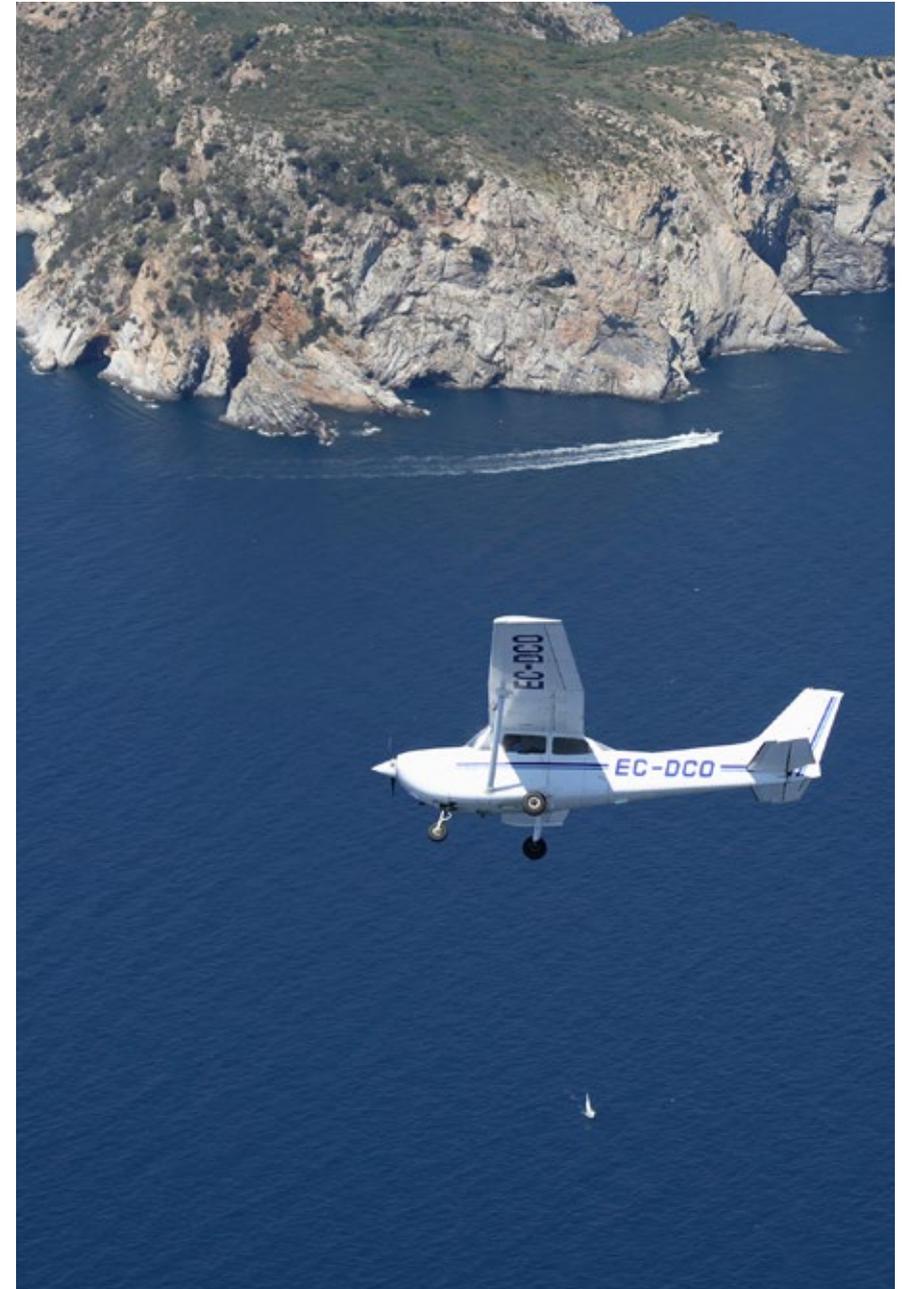
◆ Skydive Empuriabrava



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# Shepherd for a day

NIT | VOL – TRAVEL AGENCY



2 hous



Year-round



MIn. 2 / Max. 15



Starting from €15

An activity in which you will come into contact with animals and livestock and enjoy nature. You will learn the secrets and techniques of shepherding, a skill that dates back for thousands of years. This includes experiences such as milking goats and making cheese, finishing off with an exclusive tasting session accompanied by accordion music and wine made on the smallholding itself, located at 800 m above sea level and with views over the Riudaura valley.

## Includes:

- » Visiting the animals and the local area
- » Accompanying the shepherd in his daily tasks
- » Diatonic accordion music
- » Tasting session for cheese made on the farm, accompanied with wine

◆ Riudaura



## CONTACT



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# Fishing tourism on the Costa Brava

## FISHING MUSEUM



See the description



From May to September, Monday to Friday



Min. 1/ Max. 4-24



See the description.  
Special prices for groups

Fishing tourism is a unique experience and a way to encourage sustainable use of resources, while supporting the fishing industry.

It is an opportunity to work towards ever-broader diversification, to improve the economy and to promote fishing products. Fishing activity is encouraged in society in general from a number of different perspectives: cultural, culinary, technological and social.

The fishing tourism experience involves spending the day fishing on board a real fishing vessel, setting off from one of the fishing ports of Palamós, Llançà or Roses.

**Activities on offer:** different types of fishing, trawling, small-scale and artisanal fishing

**Large-scale fishing and trawling:** from approx. 7 am to 6 pm; €70/pers

**Artisanal fishing activities:** : from 6.30 am to 1.30 pm; €66/pers.

**Prawn fishing in Palamós:** from 6.30 am to 6 pm; €88/pers.

### CONTACT

#### Fishing Museum

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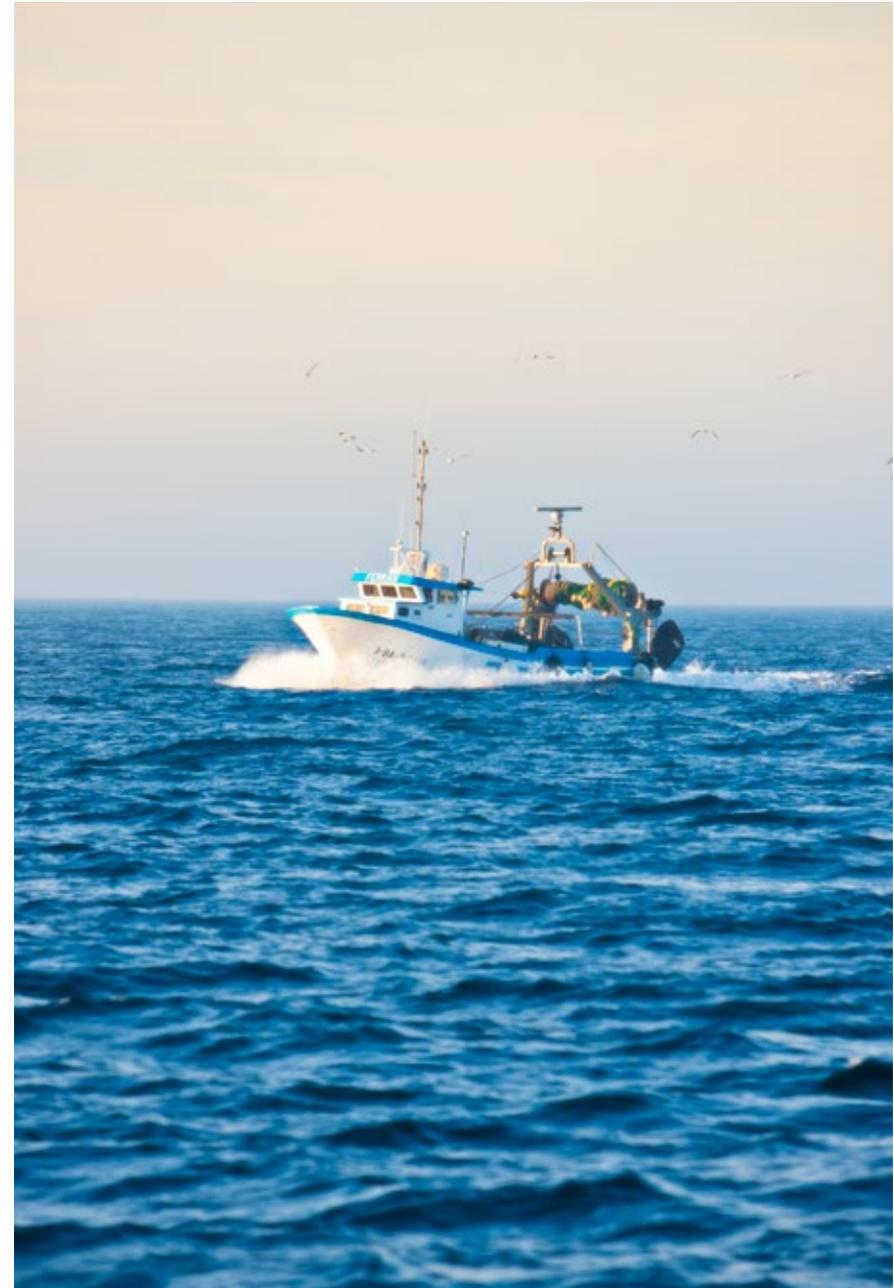
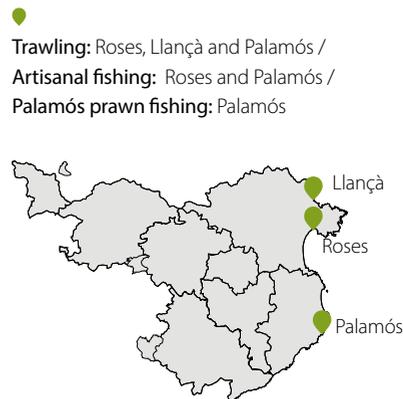
Web [www.pescaturismepalamos.org](http://www.pescaturismepalamos.org)

#### Nautic station of Roses

Tel. +34 972 459 067

Email [info@enroses.com](mailto:info@enroses.com)

Website [www.enroses.com](http://www.enroses.com)



## DARE



1. *Castellers* human towers
2. Release your inner Dalí
3. Girona Film Fest
4. A night of traditions, *havanera* music, and a *cremat* or daiquiri
5. "Dive into the Medes islands" photochallenge
6. Mediterranean pirates and corsairs
7. Medes Islands Regatta
8. Rowing on a *llagut*
9. Hot air balloon flight – Volcano Challenge
10. Indoor Skydiving



*Dare*  
Bring together talent

# Castellers human towers

## HUMANSIDE EXPERIENCES



1,5 - 3 hours



Year-round



Min. 15 / Max. 100



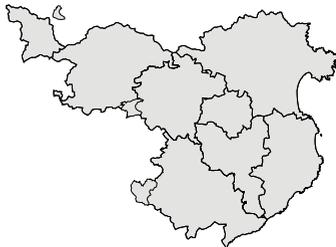
Starting from € 50

After an introduction into the world of Catalan human towers, or *castellers*, to give the activity some context, we will move onto the main event: putting on the traditional sash, or *faixa*, and deciding on a leader for the group, or *colla*. From this moment onwards, explanations will be given to the group on the different structures and positions needed to build the tower, choosing the best people for each role. After some trial runs for each different position, the group will be ready to build a human tower. Start climbing once the music starts playing!

**Includes:**

- » Introduction to the world of human towers and how to build a *castell* with help from experts.

Available everywhere



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# Release your inner Dalí

## GIRONA BOOKING



1 hour



Year-round



Min. 10/ Max. 300

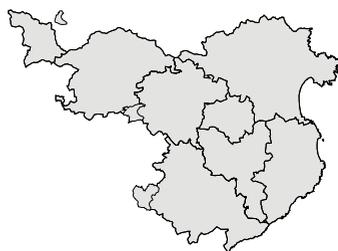


500 €

Dalí was a genius who could create what no one else could. This coaching activity offers you the chance for self-improvement by immersing yourself in the experiences of the Empordà artist. Dalí had another side, different from the one everyone knows, and he learned how to motivate himself, make sacrifices and improve, day after day. The talk can be adapted to the individual needs of each company, with Salvador Dalí as the central reference point.

Once the activity is over we recommend taking a guided tour around the Dalí Museum in Figueres.

Available everywhere



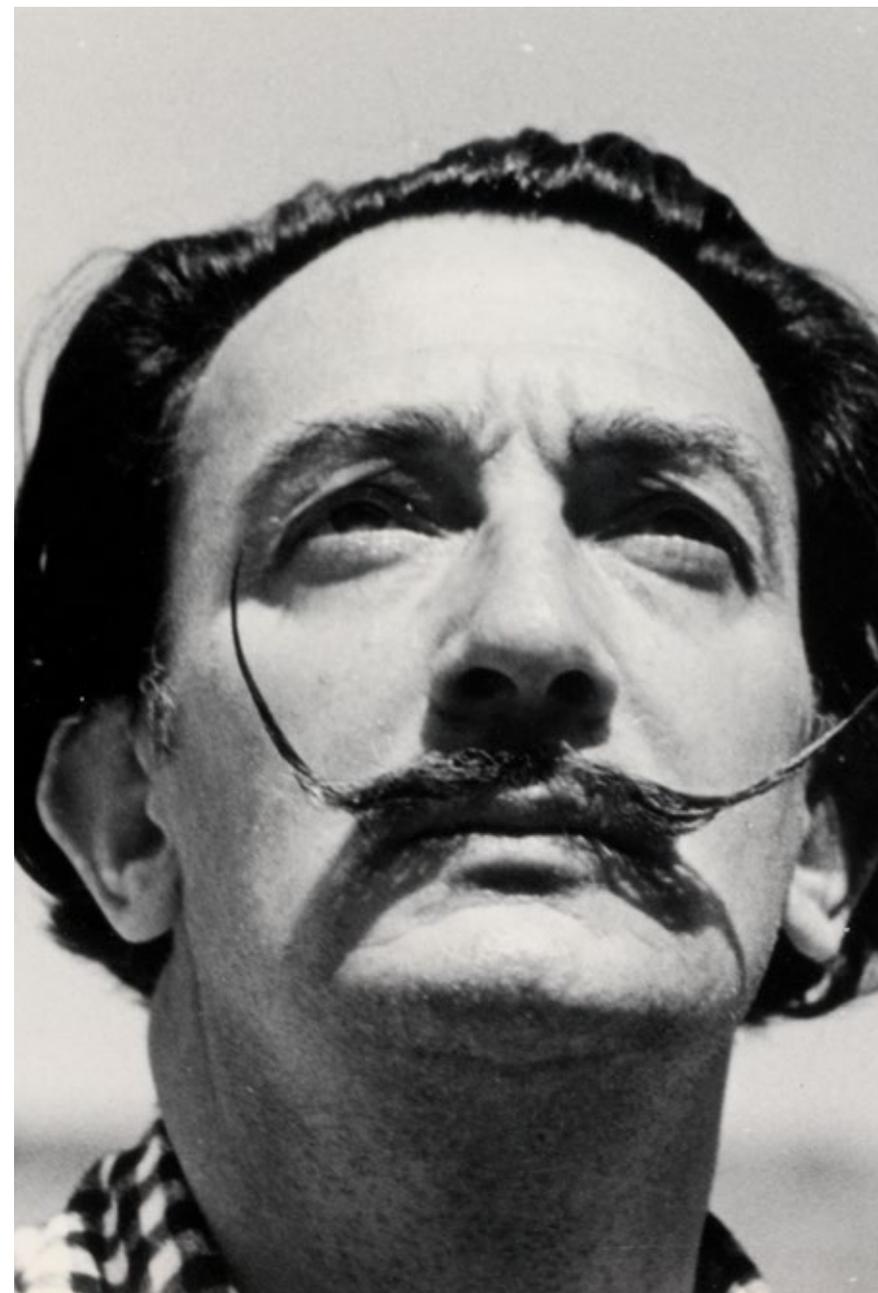
### CONTACT



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# Girona Film Fest

## HUMANSIDE EXPERIENCES



2,5 - 4 hours



Year-round



Min. 12 / Max. 100



Starting from 65 €

Use the city of Girona as the ideal setting for a small film production, using just an iPad (used as a camera and video editor), a tripod, a microphone and an LED flash. After receiving training in different disciplines related to film production (script-writing, art, direction, acting, and so on), each team will be ready to get their creative juices flowing to produce the film, and the videos should be ready to watch by dinner time.

### Includes:

- » One kit per team including 2 iPads (for filming and editing), a tripod, mount, LED flash, and directional microphone.
- » Additional material as required for each project

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♦ Girona



# A night of traditions, havanera music, and a cremat or daiquiri

## HUMANSIDE EXPERIENCES



2 - 3 hours



Year-round



Min. 12/ Max. 80



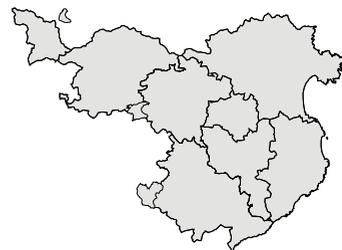
Starting from €35

Learn how to make a *cremat*, a flambéed rum and coffee drink (or a daiquiri if you choose Lloret de Mar). While everyone is preparing their drink, they can change the lyrics to a well-known havanera to link it to one of the meeting objectives. Participants will receive help from our musicians, and while you enjoy a *cremat* or daiquiri each team will show their creation to the other groups.

### Includes:

- » *Cremat* or daiquiri
- » Musicians to accompany the activity

Available everywhere



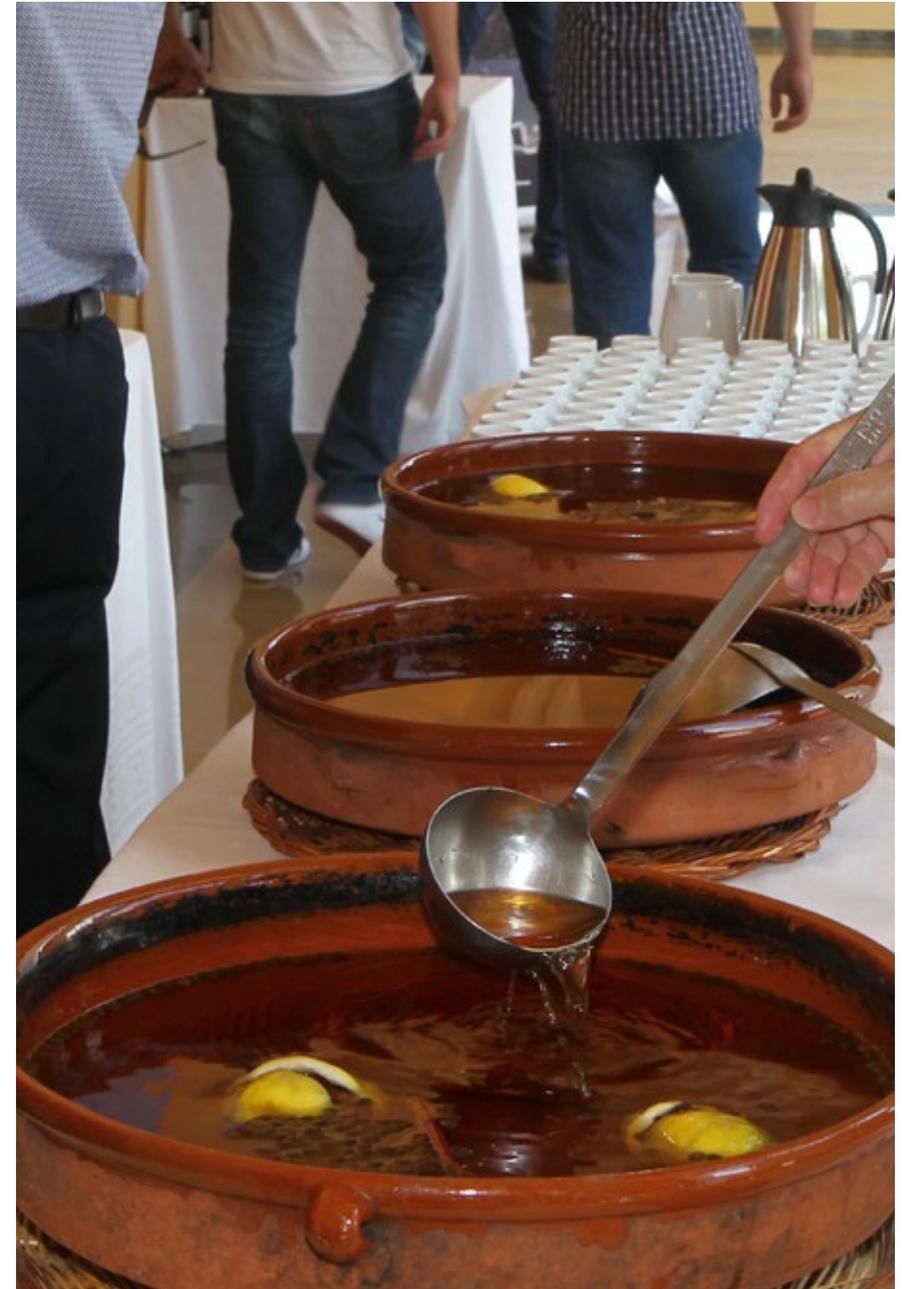
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# "Dive into the Medes islands" Photochallenge

MEDAQUA



3 hours



From May to  
September



Min. 8 / Max. 50



Starting from € 30

Snorkelling involves swimming underwater with the help of a snorkel and diving goggles. While indulging in this fun activity you will also be invited to take part in an underwater photography competition.

The session will start with an explanatory video about the marine reserve and about snorkelling as an activity. Next there will be a short lesson on mobile photography techniques during which we will explain the guidelines for the competition.

You will be invited to photograph the underwater landscapes and wildlife of the Costa Brava. There are two prizes: one for best underwater landscape and the other for best detailed photo (more prizes can be added for larger groups). The competition aims to open up your senses and help you

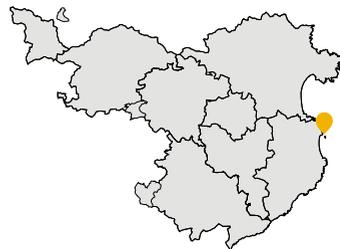
discover that the little details are what is really important.

The prize will vary depending on the season, as it will include local products from surroundings of L'Estartit and the natural park.

#### Includes:

- » 1 wetsuit per person
- » Explanatory video about the marine reserve and snorkelling
- » Mobile photography lesson
- » Prize for the competition winners

📍 L'Estartit (illes Medes)



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# Mediterranean pirates and corsairs

MEDAQUA



4 hours



From February to  
November



Min. 8/ Max. 50



Starting from € 30

You will set off from L'Estartit by boat, heading towards the cliffs.

The surprise is that at the port you will discover a pirate ship and pirate outfits for everyone.

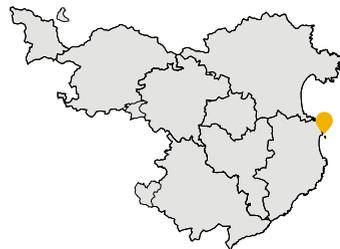
During the boat trip, the pirate captain will provide a brief explanation of the history surrounding corsairs. Once you arrive at the untouched coves around the Montgrí Massif, you will disembark for a treasure hunt. The treasure hunt will involve following clues to reach the treasure hidden by pirates at L'Estartit.

In order to make things a bit more difficult, each clue will involve a mental or physical challenge you must overcome to continue with the treasure hunt.

## Includes:

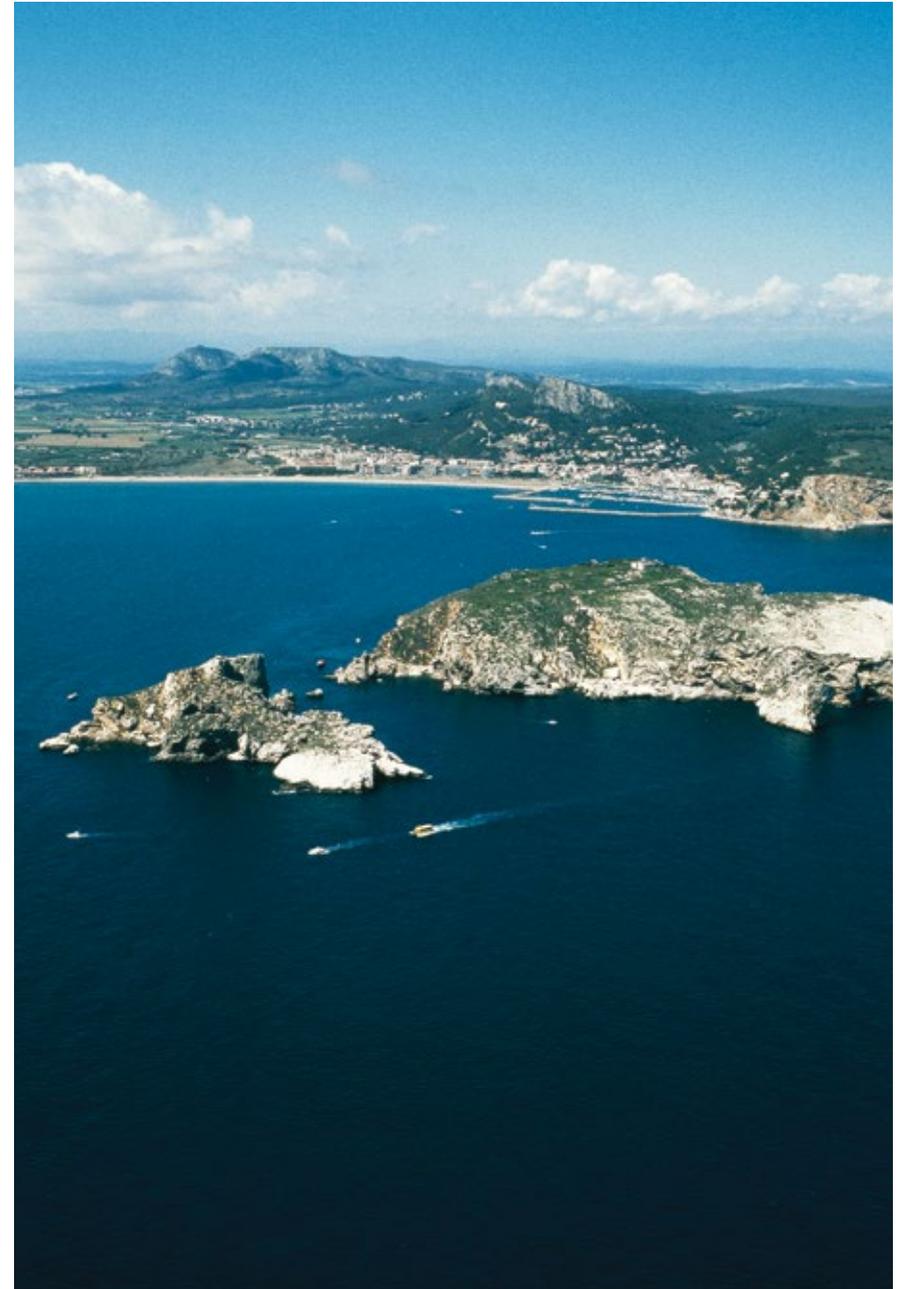
- » Boat trip
- » Pirate outfits
- » Treasure hunt

📍 L'Estartit (Illes Medes)



## CONTACT

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# Medes Islands Regatta

## ESTARTIT SAILING CLUB



3 - 4 hours



From March to June,  
and from September  
to November



Min. 6 / Max. 18



Starting from € 90

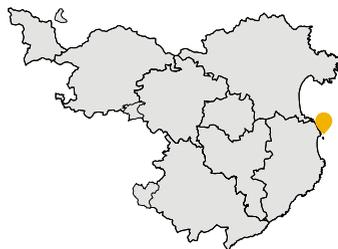
The Estartit Sailing Club organizes regattas in the unique setting of the Montgrí, Medes Islands and Baix Ter Nature Park. The activity consists of a briefing with instructions on land, and the competition at sea.

### Includes:

- » Materials, insurance, use of changing rooms and showers, and optional breakfast



The Estartit bay and the Montgrí, Medes Islands and Baix Ter Nature Park



### CONTACT



Tel.	+34 972 751 402
Email	info@cnestartit.es
Website	www.cnestartit.es



# Rowing on a llagut

LLORET CONVENTION BUREAU



3 hours



Year-round



Min. 8 / Max. 32



Starting from 50 €

The *llagut*, as it is called in Catalan, is a typical Mediterranean rowing boat. With seats for eight rowers plus a coxswain, it captures an exceptional spirit of team-work and encourages a strong relationship between the crew. Learning how to row increases different abilities and helps people discover facets of their personality that they would perhaps be unaware of in the office.

While learning the different manoeuvres you will also be put in situations that occur in the working world: decision-making, overcoming difficulties, reacting quickly, leading groups, working as a team, and more. All of this will take place surrounded by the calm of the sea, the soothing sounds of the oars on the water, and the boat gliding forwards with every stroke.

During this activity you will discover the history and different parts of the llagut, and you will start to learn the basic principles of rowing techniques. We will visit coves that are difficult to access by land, and whenever you feel like it and the sea allows, you will be able to go for a swim. To finish off, if there are a minimum of two *llaguts* (16 people), you will be able to enjoy the unique experience of a regatta with your workmates.

Once back on land, we will toast the objectives achieved.

#### Includes:

- » Introduction to basic rowing techniques
- » Regatta (for a group of at least 16 people)

 Lloret de Mar



#### CONTACT



Tel.	+34 679 162 465
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Website	www.autentikcat.cat



# Hot air balloon flight - Volcano Challenge

NIT | VOL – TRAVEL AGENCY



5 hours



Year-round



Min. 10 / Max. 150



Starting from € 160

Hot air balloon flights are a model for management and personal development. They are a metaphor for life: in the same way that hot air balloons can change their altitude to find better air currents, altering their flight direction, so too can people change their professional and personal lives.

The Volcano Challenge is an experience designed for company employees who want to experience an extraordinary team building adventure.

This team competition is conducted from the air, and participants must complete a series of challenges both before, during and after the flight. Combining a standard hot air balloon flight with competitive hot air ballooning is a great adventure that offers a new and exciting way to encourage teamwork.

The activity combines decision-making, leadership and teamwork with the excitement and adventure of a hot air balloon ride over a stunning landscape, flying over the Garrotxa Volcanic Area Natural Park.

#### Includes:

- » Coffee and pastry before the flight
- » Activity briefing
- » Hot air balloon flight lasting one and a half hours
- » Cava and traditional pork scratching cake during the flight
- » Transport from the landing point to the facilities in 4x4 vehicles
- » Country breakfasts
- » Flight certificate

♦ Santa Pau

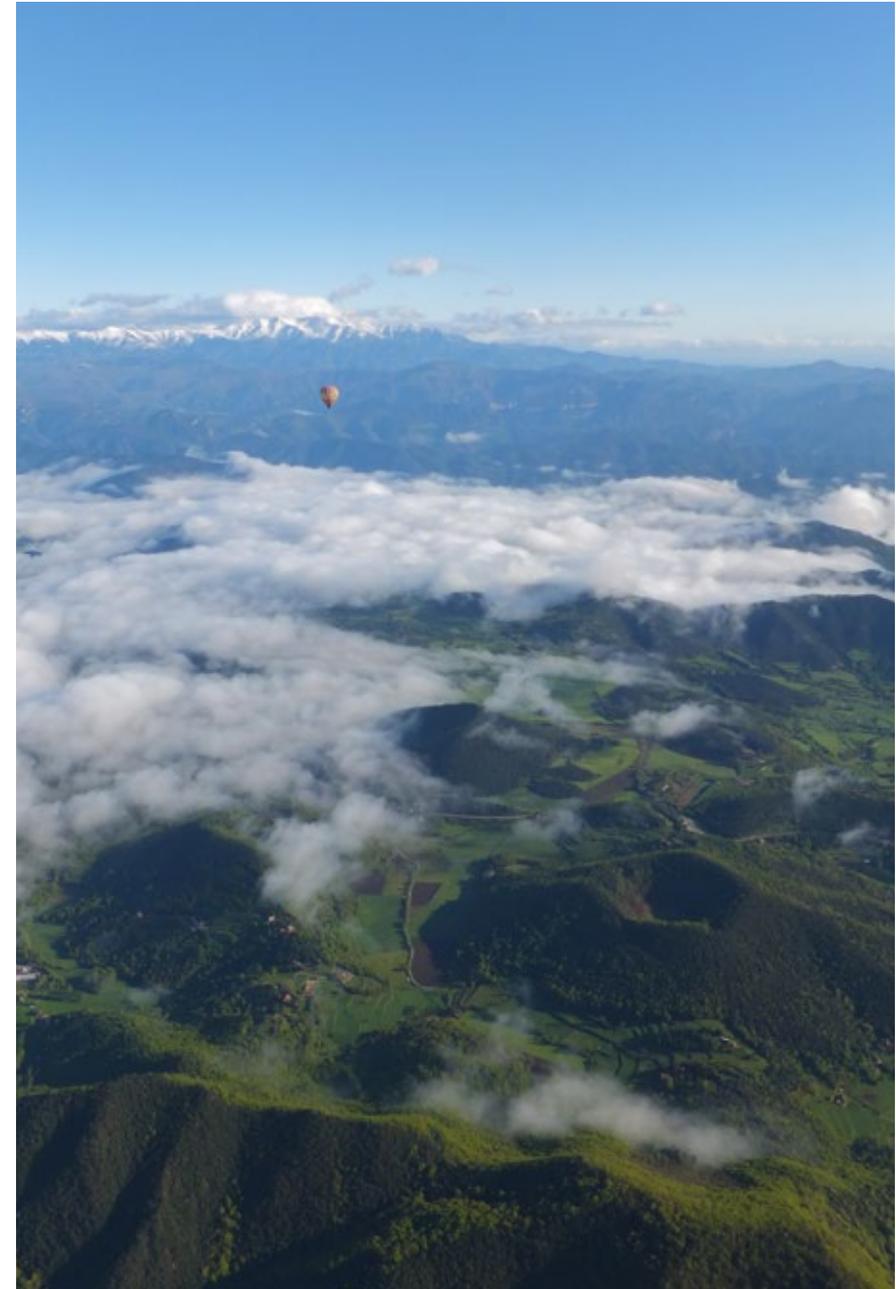


#### CONTACTE

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A/e info@voldecoloms.com

Web www.voldecoloms.cat / www.nitivol.cat



# Indoor Skydiving

## WINDOOR TÚNEL DE VENT AT EMPURIABRAVA



1,5 hours



Year-round



Min. 2 / Max. 100



Starting from € 85

The Windoor Túnel del Vent in Empuriabrava is the first recreational wind tunnel in Spain, and is the only one of its kind in Catalonia.

Located in a popular area for adventure tourism in Empuriabrava (Girona), the Windoor wind tunnel allows you to enjoy the sensation of flying without taking any risks.

The Empuriabrava wind tunnel is 10 metres high, and is a unique opportunity to realise your dream of flying through a once in a lifetime experience.

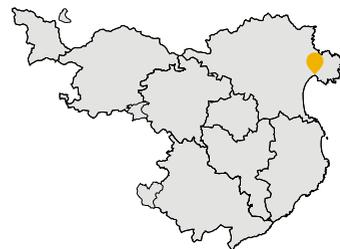
Anyone can fly at Windoor, from children (aged 4 years old and over) to seniors, with no age limit. If you are hesitant to skydive this is a very good option, as there is absolutely no risk when using the wind tunnel.

There is also the option of trying out 'Twister', an acrobatic activity that involves rising and falling from the highest parts of the wind tunnel at a high speed, while accompanied by an instructor. You can take a video as a souvenir, along with digital or printed photographs.

### Includes:

- » Technical instruction before the flight
- » Instructor
- » Flight equipment
- » Flight time
- » Certificate for the experience

Empuriabrava



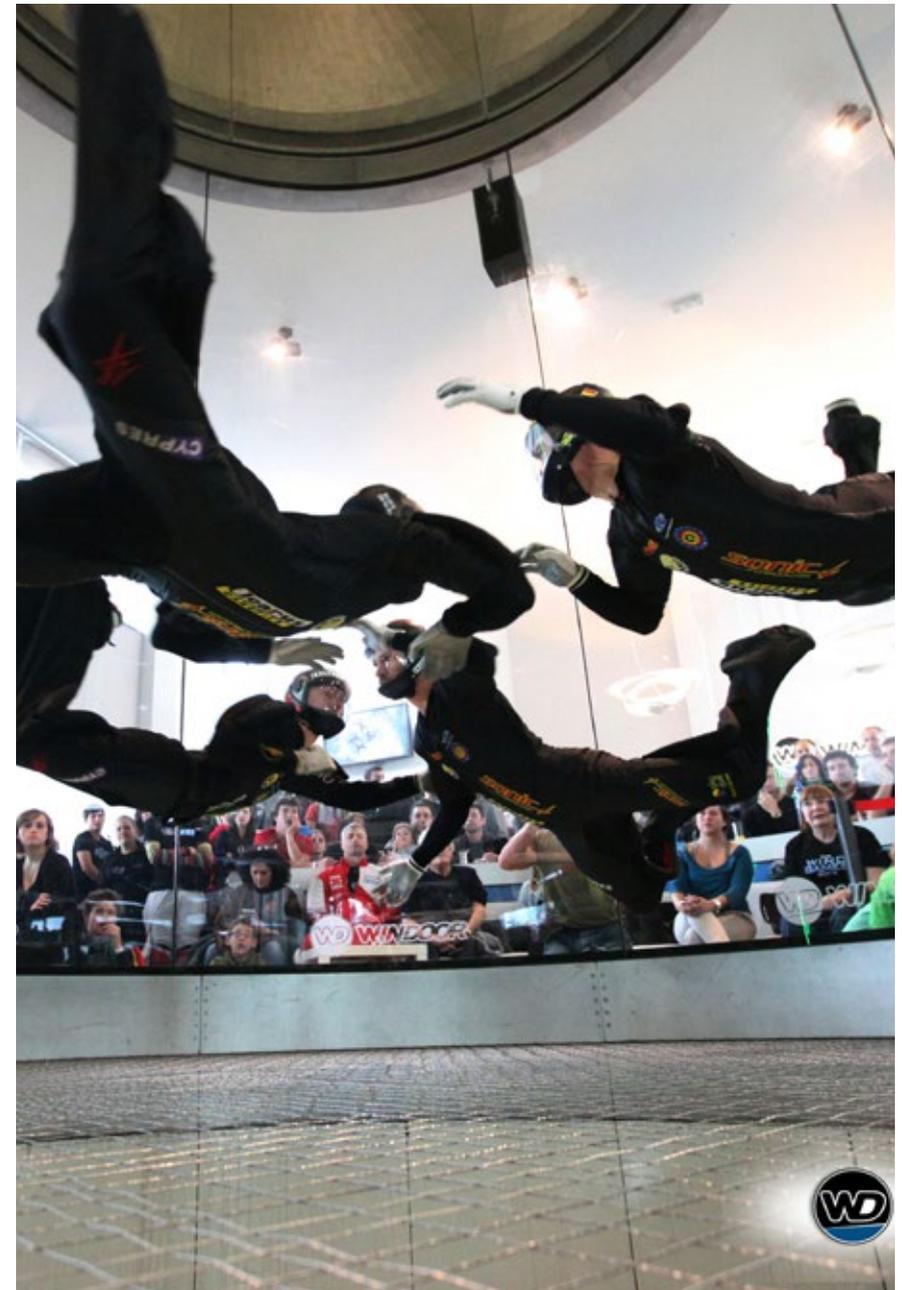
### CONTACT



Tel. +34 972 454 040

Email [reserve@windoor-realfly.com](mailto:reserve@windoor-realfly.com)

Website [www.windoor-realfly.com](http://www.windoor-realfly.com)



## TASTE



1. Create your own wine
2. From the field to the table
3. Gastrovolcans
4. Girona Food Tours: discover Girona cuisine
5. Mediterranean cuisine
6. The world of *ratafia*
7. The Grape Harvest Festival
8. Seafood tasting session on a yacht



*Taste*  
*Stimulate your senses*

# Create your own wine

## HUMANSIDE EXPERIENCES



2 - 2,5 hours



Year-round



Min. 12 / Max. 100



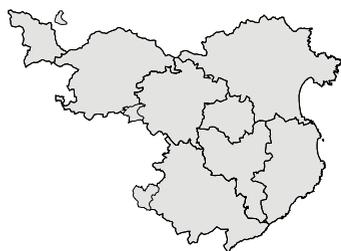
Starting from 50 €

As a team you will become wine experts for the day, producing your own wine according to your group objective. The activity consists of creating a wine using three single-varietal wines, christening the wine with a name that befits the occasion, designing a label and filling a bottle for each member of the team. This is an extraordinary opportunity for teamwork from a very original perspective.

### Includes:

- » All the necessary equipment: glasses, wine-tasting tubes, funnels, etc.
- » Each participant will produce a bottle of wine to take home

Available everywhere



### CONTACT



Tel. +34 630 991 199

Email [experiences@humanside.biz](mailto:experiences@humanside.biz)

Website [www.humanside.biz](http://www.humanside.biz)



# From the field to the table

## FINCA BELL-LLOC



4 hours



Year-round



Min. 5 / Max. 30



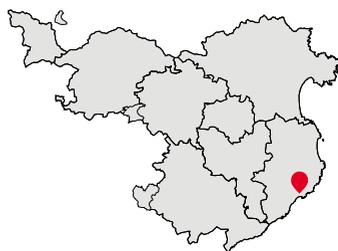
65 €

The road that leads to Bell-Iloc Farm gradually takes you to another world. A peaceful, quiet world tucked away in the unique surroundings of Les Gavarres protected natural area on the Costa Brava. The name Bell-Iloc literally means "beautiful place", and it certainly is a place where architecture and nature merge together in harmony. The dirt road that leads to the farm winds through fields, vineyards and forests of pine, oak and olive trees, with the sea providing a stunning backdrop.

### Includes:

- » Walk through the vineyards
- » Guided tour through the winery
- » Tasting session with wines and olive oils produced on the farm
- » Picnic with organic products from the farm

📍 Bell-Iloc Farm in Palamós



### CONTACT



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Website [www.fincabell-lloc.com](http://www.fincabell-lloc.com)



# Gastrovolcans

## TURISME GARROTXA



6 hours



Year-round



Min. 10 / Max. 30



Starting from 50 €

Gastrovolcans is the perfect activity to discover the products and producers in the Garrotxa county, an area with renowned Michelin star chefs and restaurants with volcanic cuisine, known as *Cuina Volcànica*.

This specially-tailored experience will take you to Olot town centre and market square, which is filled with shops and stalls selling locally-produced charcuterie, meat, vegetables, *ratafia* and more. Then, in the market square itself, you will take part in a workshop teaching you how to prepare the products, while tasting them, all while taking in the expert knowledge of a chef from the *Cuina Volcànica* group. You will finish up with a meal in the market restaurant, which only cooks using products sold on the market stalls.

### Includes:

- » A visit to the most iconic stores selling local products in Olot town centre
- » A food tasting workshop in the market square
- » Lunch cooked using local products in the market square restaurant

♥ Olot



### CONTACT

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Website [www.turismegarrotxa.com](http://www.turismegarrotxa.com)



# Girona Food Tours: discover Girona cuisine

## GIRONA FOOD TOURS



4 hours



Year-round, from  
Tuesday to Saturday



min. 4 / Max. 12



Starting from 69 €

Girona Food Tours is a company that specialises in tourism experiences and local food and drink. We want to share the charms of Girona and the history of the Catalan culinary tradition to everyone who visits. And, above all, we want to share the cuisine on offer: wine, cava, traditional recipes, sausages, sweets and many other delicacies from the region.

We offer services tailored to your group:

- » Special activities
- » Restaurants, themed breakfasts, picnics and gala dinners
- » Customised travel programmes

- » Itineraries and travel brochures for visitors
- » Special touches, surprises and gifts

### Includes:

- » Guided tour
- » Tasting menu
- » Informative brochures

♥ Girona



### CONTACT



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Website [www.gironafoodtours.com](http://www.gironafoodtours.com)



# Mediterranean cuisine

## ESPAI DEL PEIX



2,5-3 hours



Year-round



Min. 14 / Max. 30



Starting from 30 €

The mediterranean cuisine workshop will be carried out in two teams (if there are 30 people in the group, they will be split into two). Each team will then choose a head chef. The head chef will then divide their team into three stations to cook a three-course meal: one station for starters, one for mains and one for desserts. Everything will be cooked using fishing products from the port of Palamós and the surrounding area.

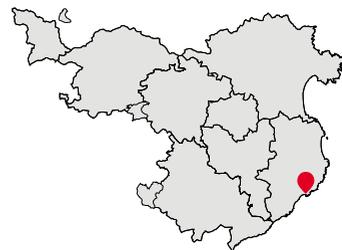
The recipes will be given to the head chef, who will allocate them to each station and will be in charge of organising everything.

When the dishes are ready, they will be plated and served. Each team will try the dishes prepared by the opposing team, so they will be motivated to cook as well as possible. The final decision on the winning team will be made by chefs from the Espai del Peix.

### Includes:

- » Mediterranean cuisine workshop and tasting

● Palamós



### CONTACT



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# The world of ratafia

## DOMUS SENT SOVÍ GASTRONOMIC CENTRE



7 hours



Year-round



Min. 8 / Max. 20



Starting from 50 €

You will set out into the countryside with Evarist March, an expert culinary and botanical guide, who will teach you about the local herbs and plants used to make the traditional Catalan liqueur, *ratafia*. You will then be given the chance to taste different *ratafia* liqueurs, together with members of the *Confraria de la Ratafia* (an association that promotes the drink). To finish off, you will take part in a cooking workshop with local chefs who specialise in recipes based on *ratafia*. The participants will taste the dishes cooked during the workshop.

### Includes:

- » Introduction to the herbs and plants used to prepare *ratafia*, by Evarist March.
- » Tasting session for different *ratafia* liqueurs, with members of the *Confraria de la Ratafia*.
- » Workshop with local chefs who specialise in cooking with *ratafia*
- » Lunch will be served with dishes cooked during the workshop

Hostalric



### CONTACT



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Website [www.domussentsovi.cat](http://www.domussentsovi.cat)



# The Grape Harvest Festival

## LA VINYETA WINERY



2 hours



From 20 August  
to 10 October



Min. 15 / Max. 50



Starting from 45 €

The fascinating world of wine has always been surrounded by magic. At La Vinyeta winery we offer you the chance to be part of the wine-making process through two activities: the Grape Harvest Festival and the activity "Oenologist for a day".

After many long, arduous months caring lovingly for the vineyard, the long-awaited moment of the harvest arrives.

It is a joyful occasion. The grape is ripe and there is no time to lose: the harvest must begin. Now you too have the opportunity to experience the Grape Harvest Festival with the team at the Vinyeta winery.

You will harvest the grapes by hand, in the midst of the sights and smells of the vineyard. You will then transport them carefully to the winery, where you will crush

them underfoot, the traditional method used since time immemorial.

This effort will receive a well-deserved reward with a country breakfast among the grapevines. Finally, you will use a traditional press to release the must that the gods will turn into wine.

### Includes:

- » Traditional grape harvest
- » Grape stomping
- » Tasting the first must
- » Explanation of the artisanal processes
- » Guided tour through the winery
- » Wine and olive oil tasting

● Mollet de Peralada



### CONTACT



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Email [visita@lavinyeta.es](mailto:visita@lavinyeta.es)

Website [www.lavinyeta.es](http://www.lavinyeta.es)



# Seafood tasting session on a yacht

## TELA MARINERA



4 hours



Sea urchins from October to March; prawns available all year round



Min. 6 / Max. 36



Starting from 35 €

Based in the port of Palamós, we specialise in classic boats and sharing local maritime traditions. We offer an active sailing experience: our passengers all take part in the on board manoeuvres, while discovering a new way of sailing around one of the most iconic stretches of the Costa Brava.

On the vessel *Rafael*, built in 1915, and on the schooner *Jolie Biche*, we will sail to the Formigues islands and anchor at Castell beach to taste traditionally prepared sea urchins: freshly caught and enjoyed with bread, *botifarra* Catalan sausage and a good bottle of Empordà wine.

If it is the right time of year, we suggest trying some famous Palamós prawns, freshly-caught of course. First we will accompany passengers to the fish market;

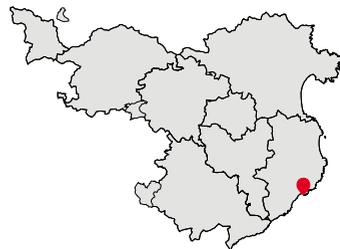
then we will set sail and, after anchoring, we will go for a swim (depending on the time of year). We will grill 150 grams of king prawns per person, on a bed of salt, accompanied by a white wine from the Empordà region.

Tela Marinera offers an unhurried sailing experience on classic, traditional boats, where the history of the sailors on board complements a landscape and culture that never fails to inspire.

### Includes:

- » Typical Catalan breakfast with cured meats and wine
- » Sea urchins or prawns

♥ Palamós



### CONTACT



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# Culture

When talking about the culture in the Costa Brava and the Girona Pyrenees, you are taken back to the dawn of civilization. By order of antiquity, you can discover megalithic monuments in the Albera and Gavarres massifs; prehistoric caves in Serinyà; Iberian, Greek and Roman villages along the coast, especially in Empúries; and Romanesque, Gothic, Baroque and Art Deco architecture on display throughout the area.

From the Middle Ages onwards the region has preserved such impressive locations as Sant Pere de Rodes and Ripoll, where the legacy of a thousand-year-old history can still be felt.

In recent years, the artist's gaze, and particularly the great Salvador Dalí, has opened up a new perspective in the vision of our cultural environment and landscapes, and he has reflected in unique artistic creations. In total, more than 55 museums and 550 monuments fill this land of culture and tradition.

*The Dalinian Triangle offers visitors an almost metaphysical journey through a contrasting world of tormented nature and idyllic and unique locations.*



# Cuisine

The cuisine from the Girona province is one of the area's biggest attractions. It certainly matches the beauty of the landscape, and is one of the factors for successful business meetings.

The proud culinary tradition in the region has a rich history, and is based on a geography and climate that provide delicious ingredients from both the land and sea: Mediterranean fish, prime meat and sausages, a wide variety of vegetables, mushrooms, and olive oil. Not to mention the delicious wine, given the label 'Empordà Designation of Origin'.

Today, Girona cuisine is also synonymous with creativity. In the same way that Salvador Dalí surprised the world with his surrealist art,

another genius, Ferran Adrià, of the restaurant El Bulli, has astonished the public with his recipes.

At present, Girona cuisine is some of the best in the world, and includes chefs such as the Roca brothers, who are international pioneers for their work at the restaurant El Celler de Can Roca, which has three Michelin stars.

*In the province of Girona people have always cooked well, thanks to tradition and the best raw ingredients.*

# Nature

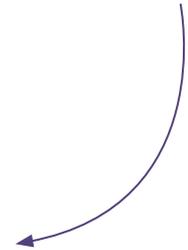
The unique geographical features of the Costa Brava and the Girona Pyrenees allow visitors to choose from a range of activities on land, by sea and by air, as a complement to any business meeting or incentive trip.

There are unlimited experiences on offer. Guided tours by Segway, horse riding, quad biking, cycling, walking and snowshoeing, all adapted to the abilities of the participants, are available to help you make the most of the beautiful surroundings. Kayaking or sailing on board a yacht, orienteering on the beach, and exclusive meals in hidden coves along the Costa Brava. Plane flights with incredible views, hot air balloon flights over unique

landscapes - while tasting local products - and skydiving for more adventurous visitors.

The activities on offer also include options such as stays in spas, playing golf, cooking lessons to taste local products, visits to wineries selling Empordà Designation of Origin wine, trips to markets, museums, botanical gardens, castles, monasteries, and numerous other attractions. The possibilities are endless, and we recommend you design an activity that is tailored to your goals, encouraging team building, or rewarding hard work in an original and unforgettable way.

*Over 30% of the total province is a protected natural area*



# Golf

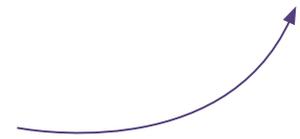
The Costa Brava offers the ideal setting for golf lovers who want to play their favourite sport.

The golf options available include thirteen golf courses and eleven pitch and putt courses throughout the Costa Brava and Girona Pyrenees.

There are five golf courses at three golf clubs - the PGA Catalunya Resort, Empordà Golf Resort and Golf Platja de Pals - that are among the top 50 courses in Europe, according to the official British ranking of 'Top 100 Golf Courses'.

The icing on the cake is the PGA Catalunya Resort, which received an award for best golf resort in Europe in 2016.

*Thirteen golf courses,  
thirteen routes through  
an incomparable  
landscape.*





# Costa Brava Girona Convention Bureau

The Girona Provincial Council, the Costa Brava Girona Tourist Board and the Girona, Palamós and Sant Feliu de Guíxols chambers of commerce work together to promote business tourism in the Girona region under the brand "Costa Brava Girona Convention Bureau".

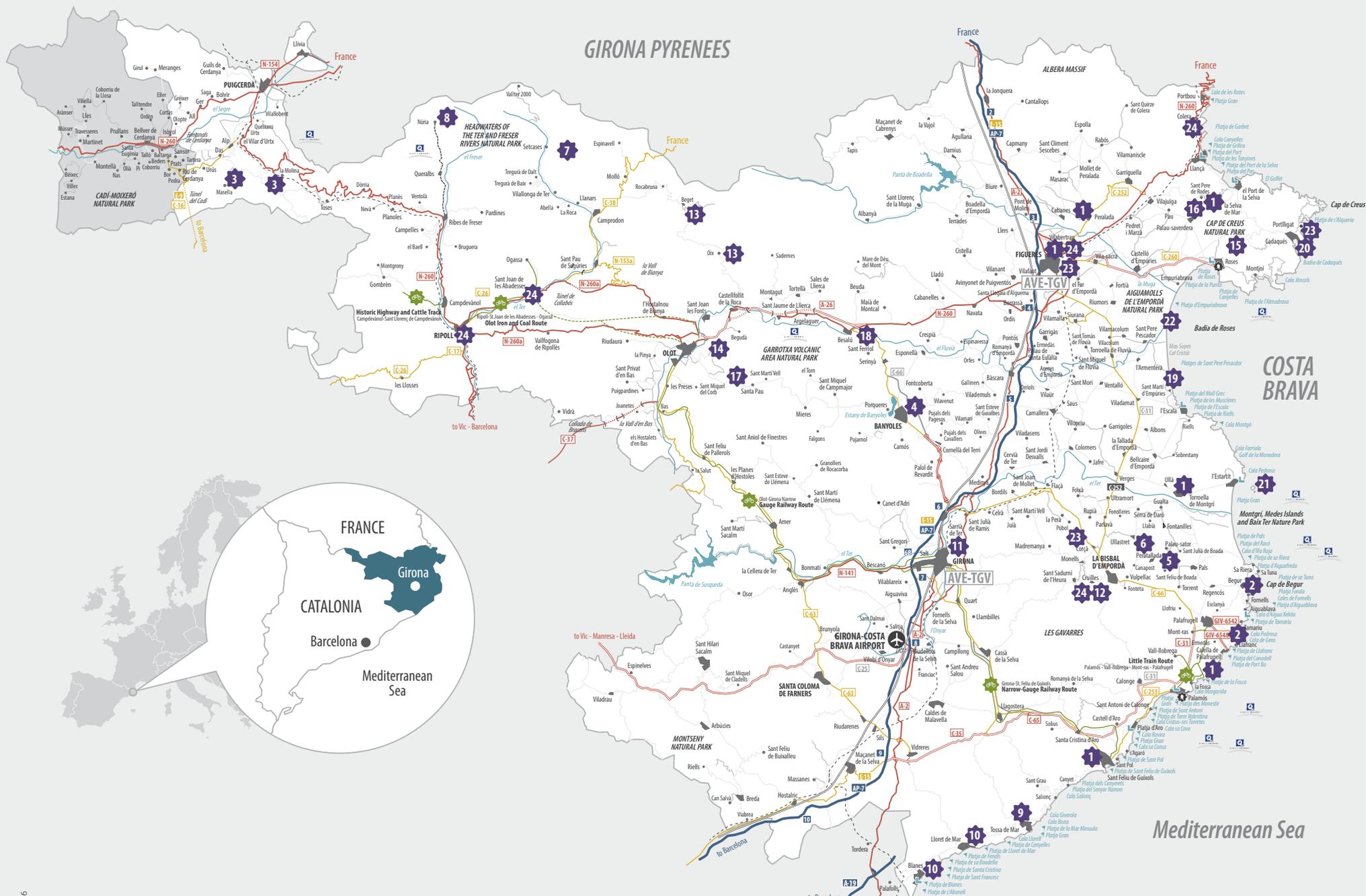
They receive support from 140 associated companies and organisations specialising in event organisation.

The Costa Brava Girona Convention Bureau offers the following services:

- » Free and impartial advice for organisers on the choice of venue, accommodation, complementary activities and other services.
- » Collaboration in inspection visits for event organizers.

- » Advice on drawing up programmes for incentive trips, and for cultural and entertainment programmes for delegates and accompanying persons.
- » Support when presenting candidacies for congresses and events.
- » Publishing and distributing publications for business tourism.
- » Links with partner companies and local agencies and institutions.
- » Coordination when providing tourist material for event attendees.

# GIRONA PYRENEES



## Map key

	Toll motorway
	National main road
	Dual carriageway
	Major road
	County road
	Local road
	Under construction
	Other roads
	River
	Rack railway
	Motorway symbol
	Motorway exit
	National main road symbol
	County road symbol
	Major county road symbol
	New code system
	High-speed rail station
	County boundary
	Railway
	AVE (High-speed train)
	Greenway
	Tunnel



### Blue flag beaches 2016

Awarded by the European Union to beaches for the quality of their water and services



### Blue flag harbour/marina



### Cruise port



### Eco-Management and Audit Scheme - EMAS 2016

**Begur:** Aiguablava Sailing Club · **Blanes:** Blanes Sailing Club, Blanes Marina · **Calonge:** Cala Cristus - Ses Torretes, Platja Torre Valentina, Platja Sant Antoni, Platja Es Monestri and seafront promenade of the town · **Castelló d'Empúries:** Platja d'Empuriabrava · **El Port de la Selva:** El Port de la Selva Sailing Club, El Port de la Selva Harbour · **L'Escala:** L'Escala Marina, L'Escala Sailing Club · **L'Estartit:** L'Estartit Marina · **Llançà:** Llançà Marina, Llançà Sailing Club · **Palafrugell:** beaches of Port Bo, El Canadell, Llafranc, Tamariu and Calella de Palafrugell · **Palamós:** beaches, coves, Palamós Marina, Palamós Harbour, seafront promenade and urban parks · **Platja d'Aro:** Port d'Aro Sailing Club · **Roses:** beaches of Santa Margarida, Salatar, el Rastrell, la Nova, la Punta, Palangrers, Canyelles-Bonifaci and L'Almadrava, coves of Murtra, Rustella, Calís, Montjoi, Calitjàs, Pelosa, Canadell, Jóncols, Roses Marina, Fishing Port of Roses and seafront promenade · **Sant Feliu de Guíxols:** Sant Feliu de Guíxols Marina · **Torroella de Montgrí:** Platja Gran, Estartit Sailing Club and seafront promenade of L'Estartit



### Certificat "Q" de qualitat turística - ICTE 2016

**Calonge:** Platja de Sant Antoni  
**Castell-Platja d'Aro:** Platja Gran of Platja d'Aro and Platja de sa Conca  
**Castelló d'Empúries:** Platja d'Empuriabrava  
**Torroella de Montgrí:** Platja Gran of L'Estartit  
**Cerdanya:** La Molina ski and mountain resort  
**Garrotxa:** Garrotxa Volcanic Zone Natural Park  
**Ripollès:** Vall de Núria ski and mountain resort

- 1 Music Festivals of the Costa Brava and Girona Pyrenees  
Peralada, Cap Roig, Torroella de Montgrí, Porta Ferrada (Sant Feliu de Guíxols), Sant Pere de Rodes, Schubertiada
- 2 Coves of Begur and Palafrugell and Sant Sebastià Lighthouse
- 3 La Molina-Masella
- 4 Banyoles Lake
- 5 Mediaeval towns of Pals and Peratallada
- 6 Iberian Settlement of Ullastret
- 7 Camprodon Valley
- 8 Valley and Sanctuary of Núria
- 9 Vila Vella or Old Town of Tossa de Mar
- 10 Botanical Gardens of La Selva Coast (Santa Clotilde, Pinya de Rosa and Marimurtra)
- 11 Old Town of Girona
- 12 Pottery of La Bisbal
- 13 Alta Garrotxa (Oix and Beget)
- 14 Garrotxa Volcanic Zone Natural Park
- 15 Cap de Creus Natural Park
- 16 Sant Pere de Rodes
- 17 Santa Pau
- 18 Besalú
- 19 Ruins of Empúries
- 20 Cadaqués
- 21 Montgrí, Medes Islands and Baix Ter Natural Park
- 22 Aiguamolls de l'Empordà Natural Park
- 23 Dalí Triangle (Museums of Figueres, Portlligat and Púbol)
- 24 Romanesque architecture  
Santa Maria de Ripoll, Sant Joan de les Abadesses, Sant Quirze de Colera, Santa Maria de Vilabertran, Sant Miquel de Cruïlles
- 25 «Surf and Turf» cuisine (throughout the region)

## Symbol key



Duration of the activity



Season of the year



Minimum and maximum number of persons



Price

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# Costa Brava and Girona Pyrenees

[www.costabrava.org](http://www.costabrava.org)  
[www.pirineugirona.org](http://www.pirineugirona.org)

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