

# The Costa Brava's coves and marinas









**acpet**

Associació Catalana  
de Ports Esportius i Turístics



**Costa Brava  
Pirineu de Girona**



**Ports**  
de la Generalitat



**Generalitat  
de Catalunya**







# A coast to discover

The Costa Brava's long coastline, with its wide variety of landscapes and ecosystems, rewards mariners that sail its waters with magnificent scenery, natural parks, long golden sandy beaches and secluded, practically unspoilt coves to anchor in for a quiet swim in crystalline waters or spend the night soaking up the peace and quiet of spots sometimes unknown even to many mariners, and some of which can only be reached from the sea.

But besides this, for more inquisitive mariners the Costa Brava is not just a place to pass through on the way somewhere else, but rather a complete universe to discover at a leisurely pace, enjoying every minute. Here, the Mediterranean finds its full expression through culture, art and a gastronomy that combines ingredients from the sea and mountains with superb wines.

Thus, in this guide published by the Costa Brava Girona Tourist Board and the Catalan Association of Tourist Marinas (ACPET), we set out to reflect this complexity and show visitors just how much the province of Girona's coastline has to offer boats and their crews during their stays, particularly in terms of technical service, but without forgetting leisure, pleasure and discovery activities, as well as the comprehensive facilities provided by the 18 sailing clubs and marinas dotted along the coast.

This guide is not a nautical handbook and it is not designed to replace the sailing charts and the well-known pilot books, nor can it be used as such. It is intended to give anyone that looks through it or reads one of its sections enough reasons to stay at any one of the marinas described in detail and to begin a holiday that they will remember for ever.

## SUMMARY

**6 THE COSTA BRAVA AS A TOURIST DESTINATION**

**21 A MEDITERRANEAN PARADISE**

**22 SUSTAINABLE BOATING ON THE COSTA BRAVA**

**24 NORTH ZONE: FROM PORTBOU TO L'ESCALA**

**30** Cap de Creus Natural Park.

**37** Cadaqués, Dalí, Portlligat.

**44** The bay of Roses.

**46** Aiguamolls de l'Empordà Natural Park.

**50** The ruins of Empúries.

**53 CENTRAL ZONE: FROM L'ESTARTIT TO PALAMÓS**

**58** Montgrí, Medes Islands and Baix Ter Natural Park.

**67** Formigues Islands.

**72** Medieval and fishing villages.

**74** Coastal paths.

**75** The Costa Brava's lighthouses.

**76 SOUTH ZONE: FROM PLATJA D'ARO TO BLANES**

**92** Botanical gardens

**97 TABLE OF DISTANCES BETWEEN MARINAS**



# The Costa Brava as a tourist destination

Few places rival the number of incentives found here for visitors to enjoy one of the most pleasant and enriching experiences imaginable.

Girona's coastline is as wild as it is welcoming and always majestic, stretching over 200 kilometres from Cap Falcó, in Portbou, to Sa Palomera rock in Blanes. The name Costa Brava was coined in 1908 by the journalist Ferran Agulló, who was impressed by the view of its rugged scenery as he gazed down at it from the chapel of Sant Elm, in Sant Feliu de Guíxols.

Its profile etches a coastline of varied landscape with stunning contrasts made up of imposing cliffs topped with Mediterranean woodland growing down to the sea, rocky coves with deep crystalline waters, wetlands, natural parks, dunes and long fine sandy beaches, while the inland area is characterised by a diverse carefully-farmed rural landscape bearing witness to all the different cultures that have left their mark on the region through history.

The north is dominated by the *tramuntana* wind, at times gentle and at others very strong, and here the imposing Cap de Creus defines the coast's personality, while in the centre and the south the coast becomes less hostile.

But whatever your destination, whether you come by land or by sea to any one of the Costa Brava's 18 marinas, you will always find a bright, cordial land, a place to stay, discover and enjoy, where cuisine, wine tourism, culture, art, music, nature and sport are its main assets and best ambassadors.





---

## LANDSCAPE, CULTURE AND CUISINE

Natural protected areas, with gems like Cap de Creus, the wetlands of the Aiguamolls de l'Empordà Natural Park or the Medes Islands, the bay of Roses, little fishing villages, Iberian, Greek and Roman ruins, medieval churches, remote secluded coves, long sandy beaches where you can soak up the sun and the sea breeze, botanical gardens, endless musical, cultural, or sports proposals, art, tradition and the chance to enjoy some of the best cuisine in the world. The Costa Brava's coastline is full of surprises wherever you care to look.





# Wining and dining

---

Land and sea merge in the Costa Brava's landscape to produce excellent wines and a cuisine closely linked with the land and seasonal local produce.

The province of Girona's cuisine is incredibly varied and tasty, inherited from a long tradition of Mediterranean cultures combined with the latest, exquisite, revolutionary formulation of a new cuisine, which creates the most innovative culinary proposals today.

Seasonal produce has pride of place in the top restaurants, along with the most delicious everyday popular food. All sorts of fish and seafood are the protagonists of superb *suquets* and traditional rice dishes, while meat and game are combined not only with ingredients from the sea, but also with a wide array of mushrooms and fruit in true symphonies of flavours.

A whole host of charcuterie, oils made with local varieties of olives from ancient trees, a fine range of artisan cheeses and a comprehensive selection of sophisticated desserts round off gourmet meals based on freshly-fished and freshly-picked local produce from the sea and the land which restaurant and hotel kitchens combine to provide an unforgettable gourmet experience. Of course, food here is always paired with DO Empordà wines, many of which have gained international accolades in their own right.



Wine-growing is at the heart of the Costa Brava's gastronomic identity.



### THE DO EMPORDÀ WINE ROUTE

The Empordà is a wine-growing region, with a long tradition in such grape varieties as White, Red and Grey Grenache and White and Red Carignan, which are used to make top-quality wines that express the Mediterranean's essence under the DO Empordà label.

Over the last few decades a new generation of young, excellently-trained winemakers has emerged and they have succeeded in combining their grandparents' winemaking know-how with their parents' hotel and restaurant expertise and turn the Empordà region into a wine tourism paradise.

Thirty wineries open their doors to visitors and, in conjunction with restaurants, hotels and other companies, provide a creative, innovative and sustainable range of wine tourism options: the DO Empordà.

## Cuisine with a strong identity

### THE MAGIC OF COMBINING TRADITIONAL COOKING WITH SIGNATURE CUISINE

Girona is one of Catalonia's top food & wine tourism destinations, and has enshrined names like El Celler de Can Roca, or the defunct El Bulli, both of which have been awarded the distinction of being the world's best restaurant on several occasions. With 14 restaurants sharing a total of 18 Michelin stars and dozens of others acclaimed by the top gourmet food guides, the province of Girona, and the Costa Brava in particular, are at the forefront of the art of cooking.

Visitors can enjoy the most creative food & wine experiences through innovative gourmet activities and events organised with seasonal local produce as the basis. Oil tourism, visits to farms and local artisan producers or to food and fish markets, gourmet routes or going on boat trips with local fishermen are just a few of the hundreds of proposals that will make a pleasurable lasting impression on you.



The combination of ingredients from the sea and land creates an exceptional cuisine.



# Music by the sea

The Costa Brava offers a wide variety of festivals covering all types of music in the most suggestive settings.

Whether in botanical gardens overlooking the sea, public squares, beaches, monasteries, cloisters or historic sites, during the summer months the whole province is invaded by theatre, dance, opera, ballet and rock events of such quality that they have become world famous. These include the Cap Roig Gardens Festival in Palafrugell, the Castell de Peralada Festival, the Porta Ferrada Festival in Sant Feliu de Guíxols and the Torroella de Montgrí Festival, another leading European event for classical and lyrical music.

Classical music is also the focus of the festival held at the impressive Benedictine monastery of Sant Pere de Rodes, with stunning views of Cap de Creus, where piano and chamber music concerts are programmed in the church, with its exceptional acoustics.

Without forgetting the Schubertiada, a festival dedicated entirely to Franz Schubert, held in the medieval monastery of Santa Maria de Vilabertran.

There are plenty of other festivals, including Sons del Món, Vi & Música in Roses-Castelló d'Empúries, Nits de Clàssica in Girona, Festival Portalblau in L'Escala, the Jazz Festival in L'Estartit-Torroella de Montgrí, the Begur Music Festival and Nits de Marimurtra, in the botanical garden of the same name in Blanes.



## UP-TO-DATE PROGRAMME

- **Festival Castell de Peralada**  
[www.festivalperalada.com](http://www.festivalperalada.com)
- **Festival del Cap Roig**  
[www.caproigfestival.com](http://www.caproigfestival.com)
- **Festival de la Porta Ferrada**  
[www.festivalportaferrada.cat](http://www.festivalportaferrada.cat)
- **Festival de Sant Pere de Rodes**  
[www.festivalsantpere.com](http://www.festivalsantpere.com)
- **Festival de Torroella de Montgrí**  
[www.festivaldetorroella.cat](http://www.festivaldetorroella.cat)
- **Schubertiada**  
[www.schubertiada.cat](http://www.schubertiada.cat)
- **Nits de Marimurtra**  
[www.marimurtra.cat](http://www.marimurtra.cat)



# Discover and learn

The rich historical, archaeological and cultural heritage forged over thousands of years by the different civilisations and cultures that have settled in Girona and the Costa Brava is displayed in a broad range of museums.

Ethnology, history, archaeology, art..., but also fishing, crafts and industrial legacy are featured in museums in the towns up and down the coast. For example, L'Escala houses the Archaeology Museum of Catalonia-Empúries, on the archaeological site of a Greco-Roman city. Nearby, in Palamós, the Fishing Museum offers a tour through the history of this activity which is such an intrinsic part of the Costa Brava's village life. The Cork Museum, in Palafrugell, and the Farinera Flour Mill and Ecomuseum, in Castelló d'Empúries, are two magnificent examples of museums that focus on industrial heritage.

But if it's modern art that interests you, then the Dalí Museum in Figueres will take you on a tour of the Empordà genius Salvador Dalí's surrealism, while the temporary exhibitions of works from the Carmen Thyssen private collection in Sant Feliu de Guíxols are another attractive artistic option.

Neither is the magical world of toys neglected by the Costa Brava's museums, as you'll be able to see for yourself if you visit the Catalan Toy Museum, in Figueres.



## Romanesque itineraries

Romanesque churches, convents, cloisters and monasteries are dotted all over the geography of the Costa Brava & Girona Pyrenees and the arches and carved stones featured by this style of architecture bear witness to the region's history which dates back thousands of years.

The Benedictine monastery of Sant Pere de Rodes affords breathtaking views of Cap de Creus and its majestic bell tower crowning the church and its cloister make it a superb example of Romanesque architecture, as are the monastery of Sant Quirze de Colera, in the heart of the Albera mountains, and the collegiate church of Santa Maria de Vilabertran. Further inland, visits not to miss include Begut and the monasteries of Santa Maria de Ripoll and Sant Joan de les Abadesses.





# On foot or on two wheels

The province of Girona stretches from the Pyrenees to the sea, making it an exceptional setting for all kinds of outdoor sports.

The whole province, with a special mention of the Costa Brava, boasts a network of signposted routes for exploring the region on foot or by bike and discovering the nature, landscape, culture and the inland area's entire wealth in terms of culture, architecture and gastronomy at your own pace.

The destination also enjoys an international reputation for being a great place for road cycling. Numerous cyclists from all over the world come to Girona to train, not only because of its orography, which includes plains, mountain passes and hills, but also because of its extensive network of quiet, safe secondary roads and the quality of life and services available.

There is plenty for families to do, too, with several hundred kilometres of cycle paths suitable for all ages. Particularly appealing tracks include the 140 kilometres of Greenways,

which are mostly flat as they are built on disused railway lines, and the Pirinexus circular loop which links eight counties on either side of the border with France and combines Greenways with cycling routes such as farm tracks or quiet roads.

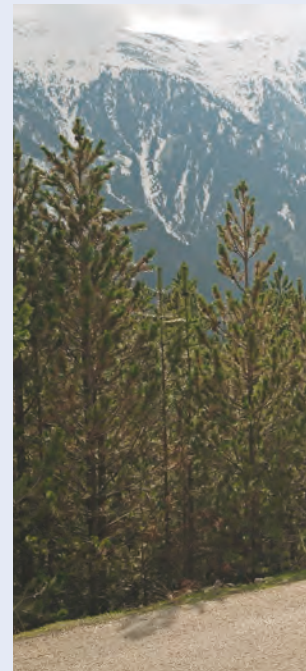
Those who prefer walking are spoiled for choice, with seven long-distance GR routes over 50 kilometres long, but which can be walked in stages, following old pathways from one village to another.

Shorter options are the short-distance PR routes and the local SL paths, parts of the Saint James Way, the footpath network in La Selva and the Baix Empordà regions, and the Itinerànnia network, which goes through the Ripollès, Garrotxa and Alt Empordà, linking up the three regions.



## THE GR 92: GIRONA'S MOST HIDDEN SCENERY

The long-distance GR 92 route runs along 200 kilometres of the Costa Brava's coastline, at times along coastal paths and at others going inland, so hikers get the best of both worlds with the best panoramic views of the Mediterranean and the chance to visit coves and beaches that can only be reached on foot or by sea. You can do the route in stages the length of your choice, at any time of year. The GR 92 goes through the Cap de Creus, Aiguamolls de l'Empordà and Montgrí, Medes Islands and Baix Ter Natural Parks, which is an added attraction for those interested in discovering the region's vast wealth of plants and wildlife.







An extensive network of perfectly signposted routes means that you can walk through the region in absolute safety all year round.



# Water sports for everybody

Few places can rival Girona's coastline in providing so many different ways to enjoy the wind, the waves or the plants and wildlife living on its spectacular seabed.

Whichever sport you decide to try, perfect or simply have fun doing, you'll find that all the Costa Brava's marinas and towns offer a wide range of water sports under the guidance of expert instructors that will turn your holiday into an unforgettable sports experience.

From Portbou to the mouth of the Tordera river in Blanes, there are plenty of places to experience all the thrills of the different types of water sports. Whether you opt for windsurfing, kitesurfing, sailing in one of the different types of sailing dinghies, hiring a jet ski or a sailing or motor boat, water skiing, rowing, kayaking, exploring the seabed by scuba diving or snorkelling, the list of places to discover is endless.

Because, in fact, there are few places in the world that can match the Costa Brava's wind regime dominated by the northerly *tramuntana* in winter and the mostly gentle south-westerly *garbí*, in summer. Thanks to them, the bays of Roses, L'Estartit and Palamós, for instance, have become international dinghy sailing regatta centres all year round and a privileged place for sailing with friends and family in summer.





---

### DISCOVER THE DEPTHS OF THE SEA

The rugged coast of Cap de Creus, the Medes Islands, the Formigues Islands and the steep cliffs that trace the coastline, with their rocky seabed and underwater meadows of *Posidonia oceanica* seaweed are the ideal setting for diving.

Diving fans will find over 35 scuba diving centres dotted along Girona's coast. Most of them are members of the Costa Brava Underwater Tourism Centres Association, with a range of courses that includes first dives for beginners, shipwreck and wildlife discovery dives and, for more experienced divers, exploration dives in caves and tunnels or deep diving down fathomless vertical cliff faces.

The marinas' facilities provide all sorts of water sports.





# Where the challenge begins

Nature and active tourism activities are the best way to discover the region, to gain an insight into it and to enjoy it.

Girona's privileged position between the Pyrenees and the sea and its gentle orography result in a wide array of options for enjoying the great outdoors along with activities designed for adventurous spirits. If you fancy gazing down at the region from the silence high up in the air, various companies organise hot-air balloon rides. But if you prefer adrenalin to the peace and quiet of a balloon ride, at the Empuriabrava aerodrome you can go skydiving with an instructor over the bay of Roses or have a go at free fall in the controlled environment of the Windoor Realfly wind tunnel. Every year thousands of skydives are carried out from their facilities, making it one of the top parachuting venues for skydiving fans.

Rowing on the calm waters of Banyoles lake, kayaking down the Ter river or along the coast, or exploring the remote coves and caves dotted along it are other nature options available in the province of Girona, along with going on an off-road Segway route to discover nature on tracks and paths that will lead us effortlessly to spots that can only be reached otherwise on foot or by bike.

Horse riding, cycle tourism on e-bikes, canyoning, climbing and via ferrata routes, both inland and on the Costa Brava's cliffs complete the numerous adventure tourism options available for all ages, escorted by local guides and in total safety.



Both in the air and on the ground,  
there are adventure activities for everybody throughout  
the province of Girona and the Costa Brava.



Few experiences can beat exploring the region with an expert guide.



#### WITH EAGLE EYES

Spending a day gazing down at the land with a bird's eye view is one of the best ways of enjoying the region's vast and varied wealth of landscape.

Several companies specialising in hot-air balloon flights offer different proposals ranging from flying over the steep inland mountains and soaking up views of rural countryside to contemplating the majestic Pyrenees, the little medieval villages or being amazed by the craters of the volcanoes in Olot, in the inland Garrotxa region. Nearer the coast, floating gently over the coastline up in the air, you can't help but be captivated by the waterlogged beauty of the marshes of the Aiguamolls de l'Empordà Natural Park as it unfurls below you.





# Caring for body and mind

Whether it's just for a few hours or a longer getaway, spending time on yourself and unwinding from your everyday routine is essential for achieving integral wellbeing.

Having time to yourself to care for both your body and mind is not just a luxury but a necessity if you want to regain the inner balance disturbed by the hectic demands of everyday life.

Girona and the Costa Brava are the ideal place to get away from it all and spend some time resting, relaxing and looking after yourself or to take a break with a pleasurable wellness experience.

Both inland and on the coast, Girona has historic thermal and mineralo-medicinal water spas, urban spas, luxury hotels and spas that offer personalised therapeutic, beauty and relaxation treatments to regain energy and restore vitality or simply to give you the chance to unwind for a couple of hours and recover after an adventure or active tourism experience.

You can also try your hand at yoga by the sea or in natural settings, go forest bathing, begin mindfulness lessons with expert professionals, set aside a few hours for a relaxing or therapeutic massage, pamper your skin with natural beauty treatments, or have a steam bath or a sauna in the numerous hotels that include activities designed to improve physical wellbeing and reduce stress and mental fatigue in comprehensive wellness facilities.



Girona has numerous places for unwinding from the stress of everyday life.





### BUSINESS TOURISM

The province of Girona and the Costa Brava boast a comprehensive range of conference centres and unique venues, from hotels to medieval castles and large remote country farmhouses, all of which are fully equipped to meet businessmen's and professionals' needs for business trips, conventions, company meetings and incentive trips.

### COMBINING GOLF AND WELLBEING

Girona is home to eight of the best golf courses in Catalonia and to the Par3 pitch & putt in Gualta, all of which are equipped to host top international competitions and to welcome all sorts of players, whatever their level. Amid the aroma of pine trees from the Mediterranean woodland or facing the sea, numerous hotels and holiday resorts also offer the chance to combine playing golf all year round with the luxury and pleasure of using their comprehensive wellness facilities providing endless options: from treatments with grape products to sensory routes in thermal swimming pools, saunas, Jacuzzis, footbaths, massages and treatments based on oils and natural active ingredients.

On the Costa Brava and throughout the Girona Pyrenees, besides a comprehensive range of health and wellbeing options, you'll also find all sorts of facilities for taking part in any sports activity that you care to think of.

# Girona is exciting

### AN INVITING CITY

Walk across the bridges over the Onyar river to enjoy the bright colours of the houses lining its banks, wander around the Jewish quarter, admire the treasures in the cathedral or look up at the high ribbed vaults of the imposing church of Sant Feliu, gaze down on the city from the top of the old city walls or just stroll in the shade of the thousands of century-old plane trees in the Devesa park. These are all experiences that you are bound to find enthralling.

Girona city is the capital of the province and offers not only an unforgettable aesthetic experience but also a wide variety of cultural and artistic options all year round, with museums, permanent and temporary art exhibitions, all sorts of music festivals, and international theatre festivals attracting top European companies. If you then add first-rate hotels and the promise of great restaurants serving superb cuisine, then there can be no doubt that it is worth spending as much time in the city as you can.







France

La Jonquera

Port de Portbou  
C.N. Sant Miquel de Colera  
C.N. Llançà  
C.N. Port de la Selva

CAP DE CREUS NATURAL PARK  
Cap de Creus

Figueres

AIGUAMOLLS DE L'EMPORDÀ NATURAL PARK

Port de Roses

Marina Empuriabrava

C.N. Sant Pere Pescador

C.N. l'Escala

MONTGRÍ, MEDES ISLANDS AND BAIX TER NATURAL PARK  
C.N. Estartit

Banyoles

La Bisbal d'Empordà

C.N. Aiguablava

Lleida

Girona

C.N. Llafranc

Santa Coloma de Farners

Marina Palamós  
C.N. Costa Brava - Vela Palamós

Barcelona

C.N. Port d'Aro

C.N. Sant Feliu de Guíxols Nàutic Vell

C.N. Cala Canyelles

Club de Vela Blanes







---

CALA CULIP



---

CALA BONA

# A Mediterranean paradise

---

With hundreds of creeks and coves to anchor in, the Costa Brava is a destination with everything that a mariner or water sports fan could wish for as far as leisure, restaurants and specialised services are concerned.

The coastline stretches 200 km from the town of Portbou in the north to Blanes in the south, and is characterised by rugged scenery and a highly varied coastline, which is almost always steep, with high slate, granite and calcareous cliffs and deep coves with a seabed of rock, sand and seaweed, most of which can be reached by boat and you can anchor and spend the night in them. There are also bays along the coastline, including the bays of Roses and Palamós, with long sandy beaches that are an absolute paradise for sailing and water sports fans.

The prevailing wind in winter is the characteristic *tramuntana* in the north and central areas,

which can blow hard for several days at a time, marking the character of this coast, and, in summer, due to the south-westerly thermal wind, it is the pleasant, refreshing *garbí*, which picks up in the afternoon much to sailors' delight.

In addition to good road and railway connections and the Girona-Costa Brava Airport, Girona's coastline boasts 18 marinas, all with modern facilities and every service that any mariner mooring in them could ever want, whether for a long stay or passing through on the way to the Balearic Islands or other parts of the Mediterranean.



# Sustainable boating on the Costa Brava

Protecting the marine environment

## Responsible anchoring

When we talk about anchoring in this guidebook, we mean anchoring responsibly, never in meadows of *Posidonia oceanica* or other species that also need protecting. Always remember that a change in weather conditions can cause boats to swing at anchor, so keep a prudent safety distance to allow for this circumstance.

You should also bear this in mind if you anchor near the edge of a bathing area, because a change in wind or current conditions could mean the boat swinging into the area, usually marked with buoys. And, lastly, when you weigh anchor, you should never drag it along the seabed. You should situate the boat perpendicular to the anchor and, then, weigh anchor without harming anything.

## Consideration for other boats and bathers

When you go cruising you aren't the only one at sea. Just as it's important to protect the marine environment, it's also important to respect others, starting by helping others whenever asked to do so. You never know what's going to happen at sea and help can be needed at the most unexpected times. If your boat is medium or large, respect smaller boats and pay careful attention to floating objects and bathers. Avoid unnecessary noise, as it's bound to bother other people and cause them to turn against the boating sector. You should always observe the speed limit, particularly when approaching the entrance to coves and when motoring inside ports. Please note that in these cases the maximum speed is 3 knots. And, as always, be prudent and make sure you check the day's weather forecast before you go out in your boat.





Always allow a large enough swinging circle.



Never anchor on *Posidonia oceanica* meadows.

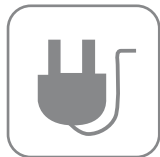
### Keep up the good work!

On board, use water carefully and try to save energy whenever you can, by making the most of natural light and unplugging electrical and electronic devices when not in use. And, of course, don't throw any kind of waste into the sea. When you get back on land, put it in the designated waste disposal bins provided at the marinas.

The Costa Brava is a privileged environment and by conserving it now we'll ensure that we and future generations can enjoy it. Being aware of its fragility is key to helping to preserve it.



Save water



Save energy



Recycle



Keep noise to a minimum at all times



Use marina toilets and showers



Don't throw any waste overboard



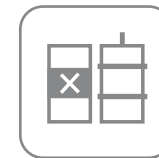
The speed limit in harbours and coves



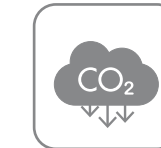
Observe a 50-metre distance from an A flag (diver-down)



Observe recommendations made by the marina staff



Don't transfer any type of fuel, oil or bilge water outside the fuel station pump-out facilities



Reduction of greenhouse gas



Self-produced renewable energy



Use of green electric energy



Installation of electric vehicle charge points



Energy efficiency certification for marina buildings



Participation in biodiversity preservation and conservation projects

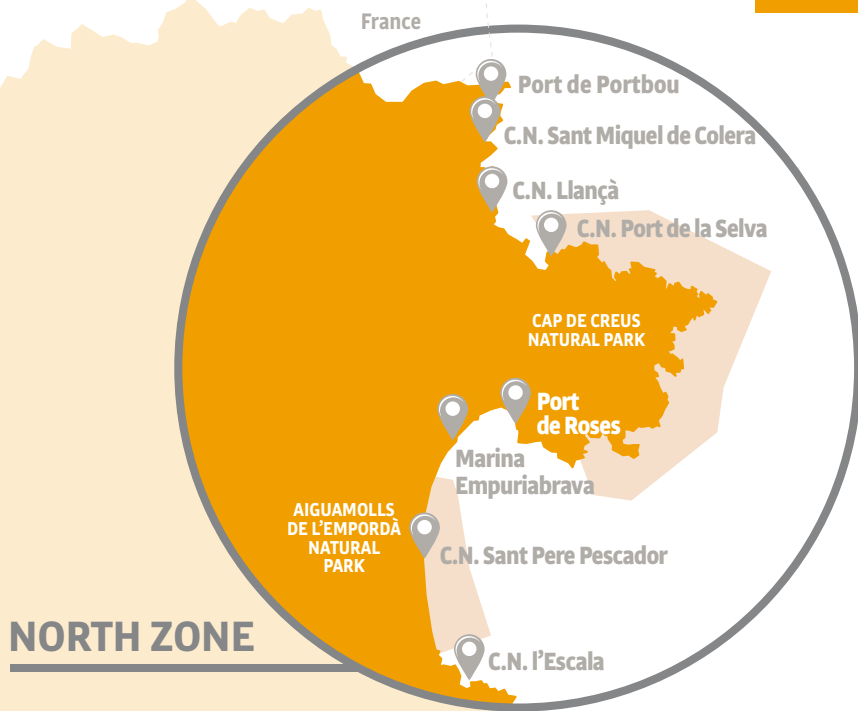


Actions in the area of climate change



Alliances to meet the goals





# From Portbou to L'Escola

A wild and captivating coast

This part of the coastline is dominated by the mythical, rugged Cap de Creus although it evens out after Cap Norfeu and opens into the bay of Roses, where the water flowing out of the Muga and Fluvià rivers creates a vast, 15-kilometre beach of fine, golden sand, which has become an international meeting point for windsurfing and kitesurfing fans.

Here, of course, you can explore the dozens of hidden rocky creeks and coves with amazingly clear water in the Cap de Creus Natural Park, but also stroll through one of the most important wetlands in southern Europe, the Aiguamolls de l'Empordà Natural Park, and the ruins of the Greco-Roman city of Empúries.

## CALA PORTIXÓ







# Port de Portbou

Portbou is the first harbour that boats arriving from France come to, after rounding Cap Cerbère. Surrounded by sparsely vegetated mountains, the marina is sheltered from the *tramuntana* and has a very relaxed, family atmosphere.

The marina is just a few metres from the town, where there are plenty of bars, restaurants and supermarkets. The harbour entrance is 9 metres deep and faces north-west. The marina has berths for boats up to 20 metres long, and inside it there is a maximum depth of 8 metres. The bay of Portbou, with its crystalline waters, is flanked to the north by Cala de les Tres Platgetes and Cala del Pi.

## Portbou

📍 42° 25.0' N - 3° 10.0' E 🏠 297

### Consorci Port de Portbou

Passeig de la Sardana, s/n  
17497 PORTBOU (Girona)  
Tel. +34 972 39 07 12  
info@portdeportbou.cat  
www.portdeportbou.cat





Marina website













### DON'T MISS

## WALTER BENJAMIN MEMORIAL



The monument and an itinerary help you trace the footsteps of the German philosopher, who died in Portbou fleeing from the Nazi persecution in 1940.

















































# Colera

42° 24.2' N - 3° 9.6' E 145

## Club Nàutic Sant Miquel de Colera

Passeig Marítim, s/n  
17496 COLERA (Girona)  
Tel. +34 972 38 90 95  
info@portcolera.cat  
www.portcolera.cat

Marina website

Icons: 24h, VHF 9, METEO, CREDIT, 12 Tm, 50 Tm, and various nautical symbols.

Icons: Tennis, Golf, Swimming, Fishing, Canoeing, Kayaking, Rowing, Sailing, Windsurfing, Surfing, Water skiing, Jet skiing, Snorkeling, Diving, Beach, Campsite, Bank, Car rental, Bicycle rental, Train, Bus, Music, and Presentation.



# Club Nàutic Sant Miquel de Colera

With berthing for a hundred small and medium boats, the Colera marina offers shelter for up to 15-metre boats, with a maximum depth of 5 metres at the entrance and 3 metres at the end of its two jetties. Like Port de Portbou, it is well protected from the *tramuntana*, although when the wind picks up it makes its presence felt. Opposite the entrance to the marina, to the west, you can anchor in the centre of Colera's basin in very calm situations, on 6 metres of rock and sand, although the depth soon decreases towards the end. The town centre is nearby making it easy to stock up on provisions.

## GROSSA ISLAND







CALA DEL BORRÓ



Cala Garbet is a particularly popular cove to anchor in, thanks to its beach, its spaciousness and its superb views of the Pyrenees.

CALA BRAMANT

### The gems between Colera and El Port de la Selva

Leaving Colera and sailing south, past Punta del Frare and Grossa Island, you'll come to the broad cove of Garbet, with a beach of grey sand, shady pine trees and few buildings. It is one of the most popular anchorages with mariners due to its spaciousness and to being sheltered from all the winds except from levanter. You can anchor on 4 or 5 metres of sand, but be careful to give a wide berth to the shallows which emerge in the north part.

To the south of Garbet, before Punta del Borró and with depths of 2-4 metres, lie the Borró, or Assutzenes, and Cap Ras coves, both typical places to anchor with southerly winds, since they are exposed to the *tramuntana*.

Once past Cap Ras, to the south lies the singular, isolated Cala Bramant, with its surprising cauldron shape and surrounded by rocky cliffs that enclose a small beach. Then, sheltered from the north winds, you'll come to the 380-metre long, coarse sandy Canyelles beach, followed by Grifeu beach, the port beach, and Cau del Llop beach, to the south of Llançà.



CAP RAS AND CALA GARBET



# Llançà

42°22.4' N - 3° 9.7' E 490

## Club Nàutic Llançà

Port de Llançà - Moll Jordi Canal, s/n  
17490 LLANÇÀ (Girona)  
Tel. +34 972 38 07 10  
club@cnllanca.cat  
www.cnllanca.cat



ISO 9001 GESTIÓ DE LA QUALITAT  
ISO 14001 GESTIÓ AMBIENTAL  
EMAS GESTIÓ AMBIENTAL VERIFICADA E-CAR-000181

VHF 9 METEO  
CREDIT +  
12,5 Tm 50 Tm

Marina website



## Club Nàutic Llançà

The Llançà marina's fully reformed facilities are run by Club Nàutic Llançà, founded over 50 years ago. With 30,000 m<sup>2</sup> of protected waters and 12,000 m<sup>2</sup> of facilities on land, it has all the services you could wish for and is totally integrated in the town's harbour district. It offers a wide range of water sports and its good railway connections make it the ideal base for visiting the neighbouring city of Figueres, where the Dalí Museum is.

The marina has an entrance depth of 7 metres, and has berths for up to 18-metre boats, with drafts up to 5 metres. The harbour provides effective shelter for boats in all weather conditions, especially from the prevailing north wind.

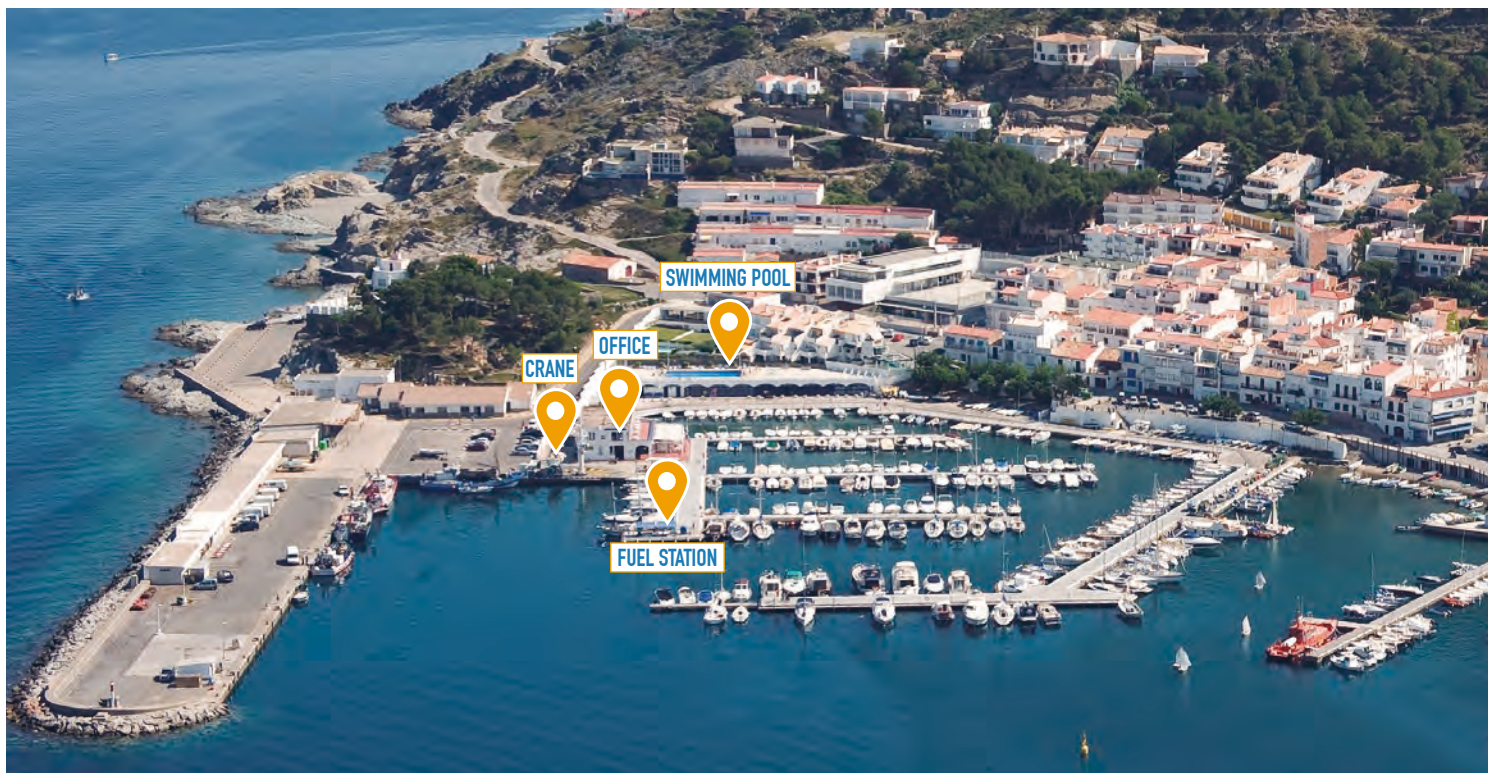
DON'T MISS

### CHURCH OF SANT VICENÇ



The church was built between 1690 and 1730 and the thirteenth-century keep tower of the Abbott's palace castle still stands next to it.





# Club Nàutic Port de la Selva

Club Nàutic Port de la Selva lies on the northern edge of the Cap de Creus Natural Park, in the heart of the traditional little fishing village of El Port de la Selva, of great interest in terms of tourism, monuments, heritage, cuisine and culture.

The approach and access are easy, between Punta de la Creu to the east and Punta de s'Arenella to the west, and it is sheltered from all winds. It has berths for up to 20-metre boats, with drafts up to 6 metres.

The club has modern, functional facilities, with all the leisure services and water sports you could ever want, including dinghy sailing, kayaking, open-water and pool swimming and scuba diving.

DON'T MISS

## SANT PERE DE RODES



A beautifully restored Benedictine monastery dating back to the eleventh-twelfth centuries, with stunning views of the surrounding region.

## El Port de la Selva

42° 20.28' N - 3° 12.05' E 304

### Club Nàutic Port de la Selva

La Lloia, s/n  
17489 EL PORT DE LA SELVA (Girona)  
Tel. +34 972 38 70 00  
nautic@cns.cat - www.cns.cat



ISO 9001  
GESTIÓ DE LA QUALITAT

ISO 14001  
GESTIÓ AMBIENTAL

EMAS  
GESTIÓ AMBIENTAL VERIFICADA  
EGAT-000161

24 h.

CO<sub>2</sub>

VHF 9

METEO

Marina website

CREDIT

12 Tm

50 Tm





# Cap de Creus Natural Park

Where the Pyrenees plunge into the sea

Wild and rugged, Cap de Creus is a paradise.





CALA TAMARIUA

Cap de Creus is the last of the Pyrenees foothills and the easternmost tip of the Iberian Peninsula. It is an area of great beauty, endowed with a singular geological setting, with rocky structures and outcrops that make up an absolutely unique landscape. The effect of the *tramuntana* has worn away the rocks to create stunning fanciful eroded shapes and transformed the landscape in a very special way, both inland and on the coast, where its deep rocky creeks and coves with crystalline waters make excellent havens and captivating scenery.

The Natural Park was created in 1998 and is Catalonia's first marine-terrestrial natural park. It covers 13,886 hectares, of which 10,813 are on land and 3,073 in the sea.



CALA GALERA

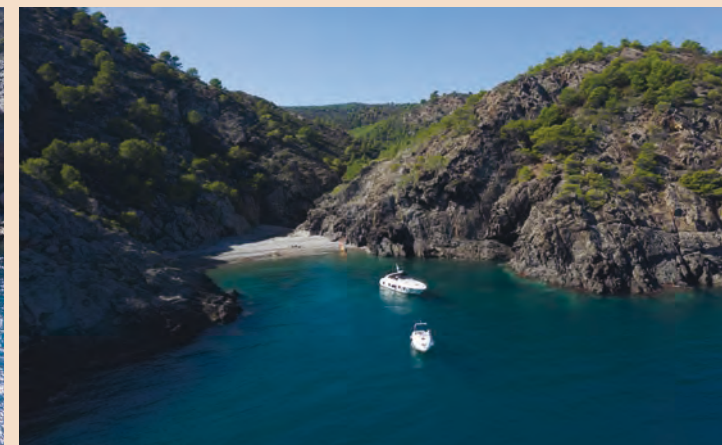
There are numerous inland itineraries through the park, to walk or cycle, and they are all extremely interesting from a botanical, geological and scenic point of view. Visitors should always observe the strict regulations that protect them, particularly in the areas classified as Integral Natural Reserve.



CALA TABALLERA



CALA PORTIXÓ



CALA TALABRE





---

CALA CULIP

For boats visiting the park and anchoring in its numerous creeks and coves there are specific regulations for both the areas classified as Marine Natural Park and for those designated Partial Marine Natural Reserve. Angling is the only type of fishing allowed and anchoring, cruising and diving are all regulated. Mariners should be particularly careful not to damage the meadows of *Posidonia oceanica*. It is also worth noting the only Marine Integral Natural Reserve on the north side of S'Encalladora Island, where access is forbidden so as to preserve its natural wealth.

Visitors can solve any queries or concerns that they may have at the Cap de Creus Natural Park Visitors' Centre, located at the area's



CALA PORTALÓ



CALA PRONA

most important historic monument: the monastery of Sant Pere de Rodes.

### Heavenly coves

In the north, after El Port de la Selva, there are numerous coves where you can anchor and spend the night in good weather, as long as you watch out for the north wind picking up, in which case you will have to seek shelter in El Port de la Selva.

Cala Tamariua is the first cove with a good depth of 3 - 10 metres and it is big enough for three or four boats to anchor with land-lines. Less than half a mile from Cala Tamariua lies Cala Fornells,





---

CALA GALLADERA

The dozens of creeks and coves scattered around Cap de Creus, with its rugged rocky cliffs sloping down to the sea, provide safe shelter.





#### CALA GUILLOLA

Most of the creeks and coves in Cap de Creus can only be reached by sea or on foot, since traffic is restricted in the natural park.

where you can anchor in a depth of 4 or 5 metres of water off its small beach.

Heading east, you'll come to one of the best spots to spend the day, the little bay known as El Golfet, with pretty coves like La Galera, Cala Talabre, Cala Taballera (the deepest) and Cala Prona (the most sheltered, even from northerlies), where there is a small fishermen's hut.

When visiting Cala Galladera, it is important to bear in mind the presence of a native Australian alga, detected in 2019, which causes havoc in the underwater environment: *Caulerpa cylindracea*. This seaweed grows on the seabed and can spread uncontrollably to end up killing off any of the coasts' native species in its path, such





---

CALA FREDOSA



---

CALA JUGADORA

as *Posidonia oceanica*, coral and Gorgonian coral. It is impossible to eliminate as it breaks easily and the remains can take root on the seabed again. This also means that it is easy to spread with anchors and fishing tackle, so the natural park authorities have buoyed off the affected site and anchoring and fishing are not allowed there in order to avoid its dispersion.

The section of parkland between Cala Taballera and Cala Guillola has the highest grade of protection: Integral Natural Reserve. This is due to the importance of its rich geological heritage, visited by geologists from all over Europe and from the rest of the world as well. It is for this reason that you can only visit the area by using the signposted itineraries and you must not go beyond its beaches or tie up to the rocks with landlines or small anchors.

Cala Culip is the splendid last cove that you come to before the tip of the headland. It is deep and wide, but only practicable in good weather, although at the far end of the cove, where the small quay is, anchorage is sheltered from the north winds. The quay is only for emergencies and authorisation is required to disembark there.

Rounding the end of the headland in the direction of Cadaqués, the first place you come to is Cala Fredosa, an old fishermen's shelter, with a wild beauty and high rocky cliffs. You can anchor there in fine weather but it is exposed to *garbí* and to the *tramuntana* wind but not to its swell. The next cove going south, Cala Jugadora, is very similar and you can anchor on 2-3 metres of sand in its small bay. In Cala Bona, the neighbouring cove, you can also anchor on sand, but it is very narrow and you should avoid swinging at anchor at the far end. It is sheltered from light *tramuntana* breeze but is very exposed to *garbí*.

The last cove before reaching Portlligat is Guillola. This is the widest cove south of the headland and here the coastline becomes less hostile, with vegetation sloping gently down to the sea, a good depth at the entrance and a sandy beach at the far end where you only need to watch out not to run aground in Cala des Jonquet, which is only accessible for shallow-draft boats.

Whichever cove you choose to anchor and spend one or several days in, weather permitting —and always strictly observing the





---

CALA BONA

regulations regarding waste disposal by which boats are not allowed to pump out bilge or black and grey water tanks— all the coves to the north and south of the tip of Cap de Creus are bound to leave you with the unforgettable memory of having been in one of the most fantastic places in the Mediterranean.

### **Rounding the cape**

When the *tramuntana* picks up, both yachts and motor boats have to wait to round Cap de Creus, in Cadaqués, Roses or El Port de la Selva. It is by far the trickiest cape on the Costa Brava. By strong

north-westerly and north-easterly winds, the waves can be enormous quite far out to sea.

If you arrive from the north and have no choice but to round the cape by *tramuntana*, it is advisable to give it a very wide berth so as to avoid the waves breaking against the north coast and then, once past the cape, to seek shelter from the swell by keeping close to the coastline.

The tip of the cape is marked by the lighthouse which, with flashes visible up to 20 miles away, is the best navigation mark in the area.



# Cadaqués, Dalí and Portlligat

A singular triangle

CADAQUÉS

The Salvador Dalí House-Museum in Portlligat, with the characteristic concrete eggs adorning its rooftops, was bought by the surrealist painter in the thirties when he returned from New York. He lived there with his wife Gala until her death in 1982, making the pretty little bay famous throughout the world. It is well sheltered on all sides except from north-easterly winds, and access should be made with great care to avoid the shoals, keeping to the buoyed channel that leads to the little quay at the far end of the cove.

Salvador Dalí's house in Portlligat can be visited with advance booking at the Dalí Foundation. Former guests to the house included Lorca and Picasso, along with numerous writers, poets, musicians, artists and well-known figures from the world of culture, theatre, art and politics.

It is surely one of the prettiest spots on the Costa Brava and it is well worth stopping off at. It is also the last cove where you can anchor before reaching the bay of Cadaqués, a superb setting which is perfectly sheltered from the swell created by the *tramuntana* and from the wind itself, although it is exposed to easterly winds and *garbí*.

Cadaqués was once an isolated fishing village but, with its dark sandy, pebble beach and whitewashed houses clinging to steep narrow streets leading up to the church of Santa Maria which presides over the village, it has now become one of the most attractive, picturesque places on the Costa Brava. Besides being a leading tourist attraction, its beauty and singularity have attracted numerous artists and writers, who have made it their home.

As you see, it is well worth anchoring in the village before continuing the route southwards, for a leisurely stroll along its seafront, even though the proliferation of small boats means that you can only anchor at some distance from the beach in depths of 15 to 20 metres.

SALVADOR DALÍ'S HOUSE







To the south of Cap de Creus the coastline slopes gently down to the sea creating wide coves with sandy and pebble beaches.

---

## CALA NANS

### The coves south of Cadaqués

Continuing southwards, before leaving the bay of Cadaqués, just below the cliffs of Punta de Cala Nans, with its lighthouse which is the navigation mark and entrance alignment, lies the cove of the same name. Cala Nans is surrounded by high cliffs and is sheltered from *garbí's* swell and wind. You can anchor there but should avoid doing so by northerly winds.

Once you pass the lighthouse, the only cove before Cap Norfeu, which is the northern end of the gulf of Roses, is Cala Jóncols. This is a magnificent place to shelter, except by easterly winds. It has no dangerous shallows and is very deep. This means that the areas around the

two beaches at the far end of the cove are the best option for mooring on one of the buoys installed for this purpose.

Cap Norfeu is clearly visible due to its height, and it is followed by a string of singular coves with names like Pelosa, Calitjàs, Montjoi, Rostella and Murtra which are worth stopping in. However, Cala Montjoi —well-known as the former site of Ferran Adrià's famous restaurant, El Bulli— is the biggest and most suitable for anchoring, despite being open to southerly winds. Cala Rostella and Cala Murtra have small beaches where you can anchor in the centre, but at a distance from the buoys belonging to the beaches and from those installed in the summer.





CALA JÓNCOLS



CALA PELOSA



CALA MONTJOI

CALA ROSTELLA



CALA MURTRA

WHERE TO GET INFORMATION

- **Cap de Creus Natural Park website**

<http://parcsnaturals.gencat.cat/es/cap-creus/>

- **Cap de Creus Natural Park office**

Palau de l'Abat-Monastery of Sant Pere de Rodes  
17489 El Port de la Selva  
Tel. +34 972 19 31 91  
[pncapcreus@gencat.cat](mailto:pncapcreus@gencat.cat)





**CANYELLES  
PETITES BEACH**

To the south of Cap Norfeu the coast becomes less hostile and makes way for the splendid beaches of northern Roses and, further south, the extensive sandbanks that the bay is so well-known for.

### **From wild cliffs to beaches**

After Punta Falconera and as far as Punta de la Bateria, where the Roses lighthouse is, Canyelles Grosses beach, better known as L'Almadrava, and Canyelles Petites beach offer a sharp contrast with the wild coves to the north, in terms of both their soft sand and the services that they provide. This makes them another good alternative for a swim and the chance to do water sports for both those arriving from Cadaqués and the coves of Cap de Creus and for those coming from the nearby marina in Roses. The change is so notable that you could easily say that, once you pass Cap Norfeu, another Costa Brava begins, with very different scenery from the north, though it is equally attractive.

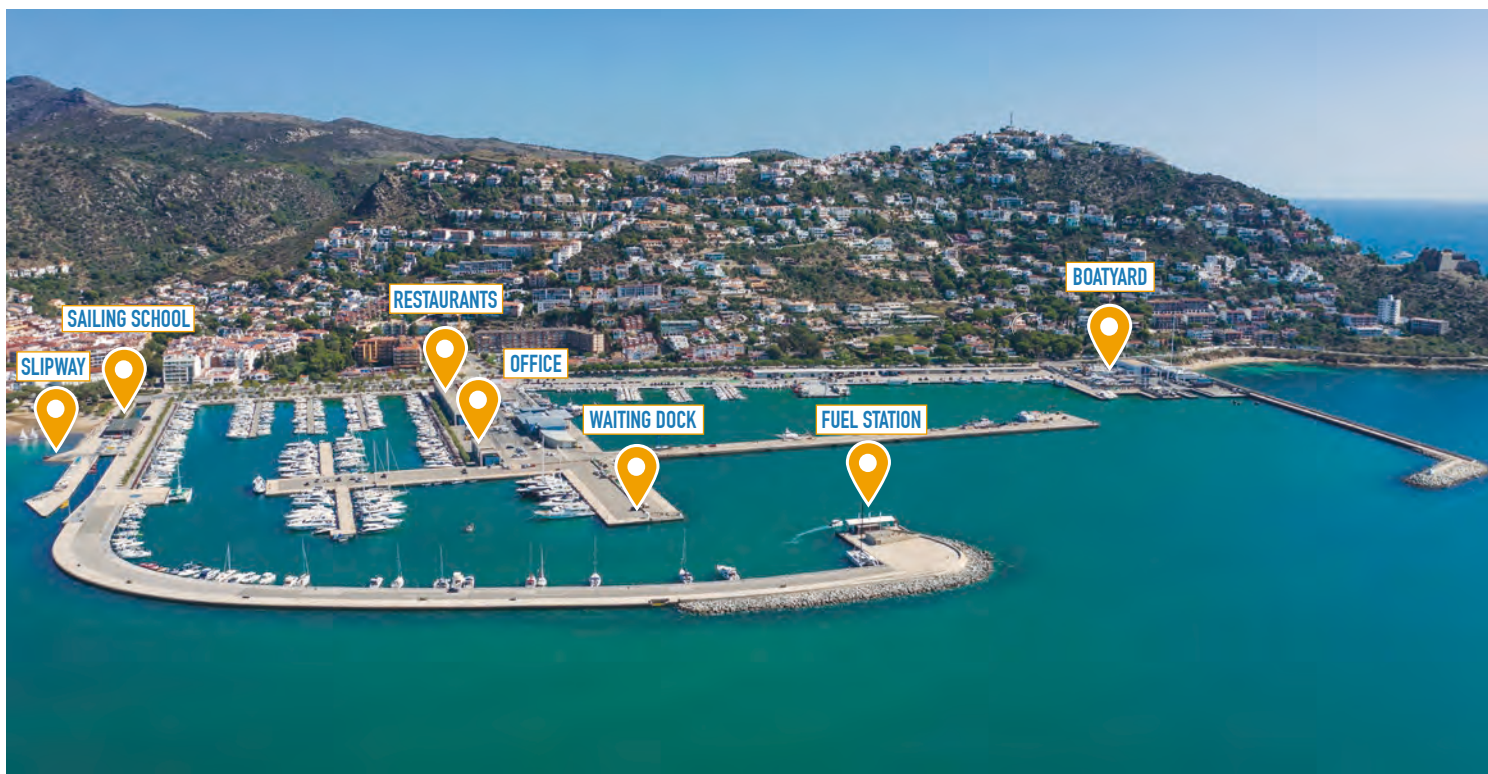
In summer you can anchor in the buoy fields in L'Almadrava and Canyelles Petites. You'll only need to watch out for Els Brancs rocks in Canyelles Petites, which are clearly visible and there is a deep enough channel between them and the land to pass easily.

Although this part of the bay is well protected to the north, by levanter the waves break heavily because the sea bed drops away quickly on the beaches between Roses and L'Escala. This means that the Roses marina, located in the centre of the bay, sheltered by Punta de la Bateria and the breakwater to the north of Roses' fishing and commercial port, is the ideal place to moor, rest and enjoy all the services available in the town.

**L'ALMADRAVA BEACH**







# Port de Roses

Just 100 metres from the town shopping centre, Port de Roses is one of Catalonia's main fishing ports and its modern adjoining marina, with 486 berths, accommodates up to 45-metre boats with drafts of up to 6 metres.

The northern part of the bay, sheltered by Punta de la Bateria, has a 500-metre dike and a basin sheltered from the prevailing winds. Its services include marine staff providing mooring assistance with tenders, 24-hour fuel service, a sailing school, a summer camp, restaurants, ship chandlers, regattas all year round...

Roses is the capital of what is reputed internationally to be one of the most beautiful bays in the world and its marina is a leisure centre and a safe place to shelter. In the surrounding area, also managed by the marina, L'Almadrava, Bonifaci and Canyelles beaches and Cala Montjoi, Cala Calitjäs, Cala Pelosa and Cala Jóncols provide safe and easy mooring in buoy fields.

## Roses

42° 12.2' N - 3° 10.5' E 486

### Ajuntament de Roses

Port de Roses, S.A.  
 Av. de Rhode, s/n  
 Port Esportiu · 17480 ROSES (Girona)  
 Tel. +34 972 15 44 12  
 info@portroses.com · www.portroses.com



Marina website

### DON'T MISS

## THE CITADEL



The Citadel is a renaissance fort which encloses an archaeological site with Greek, Visigoth, Roman and modern remains.



# Empuriabrava

📍 42° 14.26' N - 3° 8.0' E 🏠 5.000

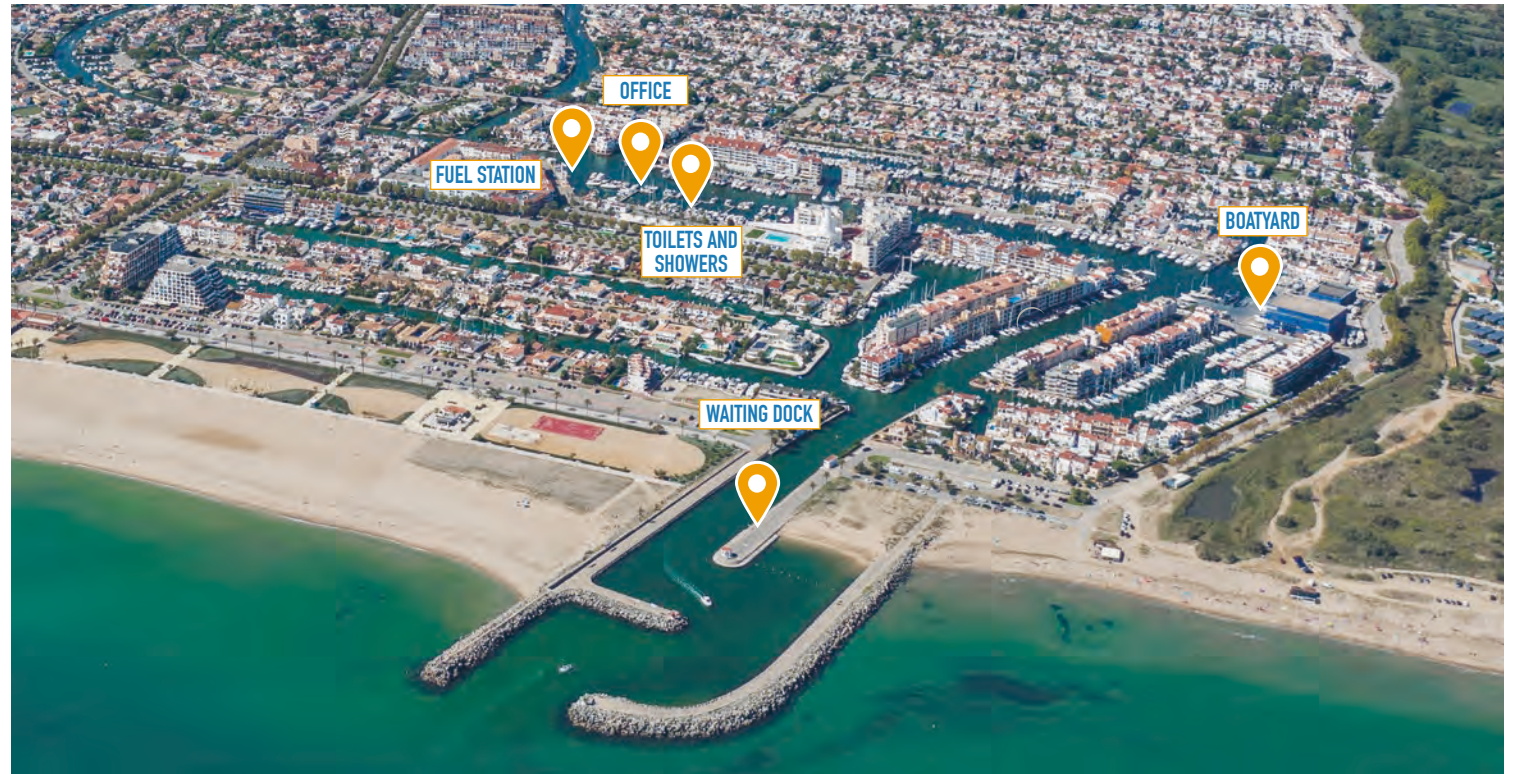
## EMPURIAPORT S.L.

Sector Club Nàutic, Edifici Capitanía, s/n  
17487 EMPURIABRAVA (Girona)  
Tel. +34 972 45 12 39  
empuriaport@empuriaport.com  
www.empuriaport.com



Marina website

- 24 h.
- VHF 9
- METEO
- CREDIT
- 8-12 Tm
- 50 Tm



## Marina Empuriabrava

Marina Empuriabrava is located in the heart of the internationally famous bay of Roses, on the north coast of the Costa Brava. It has a network of 23 km of navigable canals and just a few miles away cruisers can find the marvellous coves of Cadaqués and anchor in the crystalline waters of the Cap de Creus Natural Park and the Medes Islands Marine Reserve, among the world's top scuba diving sites.

This inland marina has berths in the main port and also at the bottom of the gardens of the houses on the canals. It provides all the services you could ever need for your boat all year round. Up to 25-metre sailing and motor boats are welcome in Empuriabrava. It's a genuine destination with a great range of leisure, sports, cultural and gourmet options to help you have a great stay.

DON'T MISS

### WIND TUNNEL



For those not brave enough to go parachuting with Skydive Empuriabrava, the wind tunnel at Windoor Reallyfly is the next best thing. This free-fall simulator allows you to experience the sensation that you would have if you jumped into the void from 4,000 metres up in the air.



---

## BOATYARD



---

## INLAND CANALS

---

## MAIN CANAL



Empuriabrava's central location makes the marina ideal for use as both a holiday base or for stopping off for one or several days on your way somewhere else.

### **A marina on a grand scale**

Whether you walk, drive, cycle or cruise, it is quite an experience to visit the 600 hectares that make up Empuriabrava residential marina, with its countless canals that run along the bottom of the houses' gardens. Each house has its own mooring and viewed as a whole the canals make up an orderly labyrinth of calm water that is the only one of its kind in the world.

Of the 5,000 moorings, 4,300 are private properties next to the canal, with their own mooring place, and the other 700 are for public use. The privately-run marina, in the centre

of Empuriabrava, accommodates up to 26-metre boats. Empuriabrava's sheltered location, in the centre of the bay of Roses and just a short boat trip from the stunning scenery of Cap de Creus, makes it ideal for discovering both the surprising rural inland landscapes and the remote creeks and coves to the north and south within easy reach of it.

Empuriabrava's residential area forms part of Castelló d'Empúries, a medieval town whose impressive gothic church of Santa Maria is considered to be the cathedral of the Empordà region.



# The bay of Roses

## A paradise for boating

The bay of Roses, endorsed by UNESCO as one of the most beautiful bays in the world in recognition of its tourist, scenic and cultural assets, is a unique setting, with fine sandy beaches stretching over 15 kilometres that are reputed for their shallow water, and ideal for families and for sailing sports. The bay borders to the north with the Cap de Creus Natural Park, to the south with the Montgrí, Medes Islands and Baix Ter Natural Park, and in the centre with the Aiguamolls de l'Empordà Natural Park. There are plenty of remote peaceful beaches with sand dunes, and perfectly equipped urban beaches with quality tourist services, flying the Blue Flag and certified as environmentally friendly. In addition to a wide range of leisure activities, particularly the first-class boating facilities, there are numerous nature-watching activities in the Aiguamolls de l'Empordà Natural Park, hiking and cycle tourism. Besides the marinas in Roses (to the north) and L'Escala (to the south) it also includes Marina Empuriabrava, considered to be the largest residential marina in Europe, and the river sports port in Sant Pere Pescador. The orography, climate and favourable wind regime also contribute to making it one of the best places for skydiving in the world. In this respect, the bay has the Empuriabrava aerodrome, where every year amateurs and professional skydivers alike from all over Europe make thousands of jumps in one of the most magical experiences that the Costa Brava has to offer.

The area also has many interesting cultural attractions, with historical, architectural and archaeological itineraries, particularly the Romanesque routes, with visits to religious and civil buildings, to small medieval villages or to the archaeological remains of the Greco-Roman city of Empúries. The northern end of the bay is formed by the Albera massif, where you can visit the most complete and impressive megalithic monuments in the Costa Brava region, bearing stony witness to the area's early inhabitants.

The bay of Roses opens its arms to the sea with 15 kilometres of fine sandy beaches and dunes.



### **BAY OF ROSES**

The extensive plain of the Empordà region breaks up the rugged silhouette of Cap de Creus and the Albera massif.





## ACTIVITIES FOR EVERYBODY

### BY LAND, SEA AND AIR

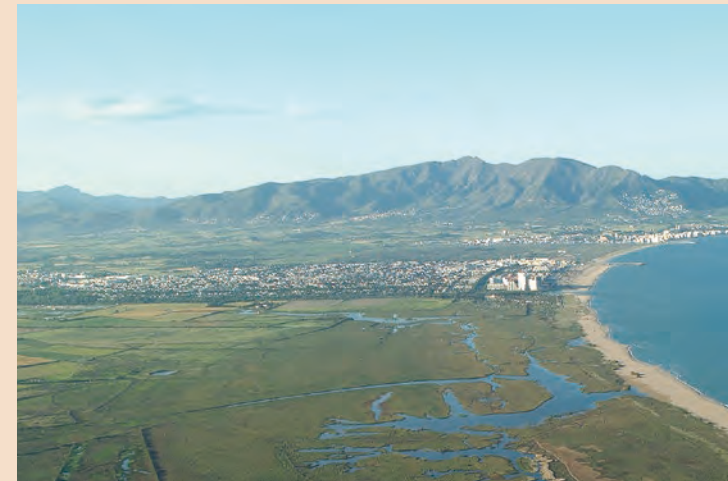
There are plenty of sports and leisure activities available in the bay of Roses. Besides skydiving and the wind tunnel, the region's wind regime, dominated by the *tramuntana* and *garbí* winds, makes it a great place for water sports, particularly windsurfing and kitesurfing, for which the bay's long beaches are one of the favourite sites in southern Europe and the venue for international championships, including the Catalonia-Costa Brava Windsurfing Grand Prix since 1999, which scores for the worldwide professional circuit.

Hiking, cycling and wildlife watching in the Aiguamolls de l'Empordà Natural Park complete the leisure and tourism options suitable for all tastes and ages.



# Aiguamolls de l'Empordà Natural Park

Birds, the big protagonists





Aiguamolls de l'Empordà Natural Park is one of Catalonia's main wetland areas.

The park lies between the mouths of the Fluvià and Muga rivers.

The wetlands include 824 hectares of integral natural reserve (Els Estanys, Les Llaunes and Caramany Island).

More than 300 species of birds have been spotted, over 80 of which nest regularly in the park.

The wetlands are on the northern Costa Brava, between the villages of Castelló d'Empúries, Empuriabrava and Sant Pere Pescador, and once covered almost the entire plain of the bay of Roses. This extensive area decreased in size particularly owing to agricultural expansion, in the form of rice fields, and to livestock farming, with enclosures for cattle.

Aiguamolls de l'Empordà Natural Park is an area of great biological interest, but it also has an enormous scenic, cultural and economic value. It offers various services including the information centre,



Aiguamolls de l'Empordà Natural Park is of enormous biological and scenic interest and is the ideal place for family and nature tourism.

the documentation centre and a wetlands natural history museum. The area is mainly characterised by the presence of alluvial materials that become marine after passing through a transition area.

It is an extensive area of interesting plants and wildlife which attracts numerous migratory birds that feed there as it is a resting place on the migratory path of a large number of species from Central Europe and the African continent in search of better environmental conditions during the periods of harsh weather and scarce food.

## VISIT THE PARK

### • Documentation Centre

Aiguamolls de l'Empordà Natural Park's Documentation Centre is housed in El Cortalet (in the Castelló d'Empúries municipal district).

### • El Cortalet

GIV-6216 (ctra. de Sant Pere Pescador a Castelló d'Empúries) km 4,2  
17486 Castelló d'Empúries  
Tel. +34 972 45 42 22  
Fax +34 972 45 44 74  
[parcsnaturals.gencat.cat/ca/aiguamolls-emporda](http://parcsnaturals.gencat.cat/ca/aiguamolls-emporda)



---

Several open-access hides allow visitors to watch the birds in their habitat.



---

The park is one of Catalonia's natural areas with the most diverse wildlife.

The area is great for pleasant walks to discover the great variety of animal species and the wealth of vegetation, thanks to the contrasts created by the proximity of the sea.

There is a wide array of options and routes available to help you spend an unforgettable day there.

The park has almost 5,000 hectares and numerous pools and marshes and it is the permanent home and resting place for hundreds of species of migratory birds.



The best times for birdwatching are first thing in the morning and at nightfall, in March, May and August, during the migration period.

The park is a perfect spot for family and nature tourism. The 40 kilometres of signposted routes running through it, like the Ponds Route or the River Muga Natural Path, are ideal for hiking, cycle tourism and birdwatching, from specially designed hides.

El Cortalet is the park's information and documentation centre. It is the starting point for various itineraries suitable for all ages and it's the place to go to sign up for activities and guided visits.





# Club Nàutic Sant Pere Pescador

Club Nàutic Sant Pere Pescador is located in the beautiful setting of the Aiguamolls de l'Empordà Natural Park, a kilometre from the mouth of the river Fluvià, and its facilities are right on the river bank. Although access to the sea is difficult and dependent on sand bar dredging, the river has a special charm, and as you cruise along the riverside you'll find that it is a magnificent place for watching the birds that nest on its banks. The marina also has a restaurant and basic services for small boats and it is the ideal starting point for kayaking on the river.

## Sant Pere Pescador

42° 18.0' N - 3° 8.0' E 150

**C.N. Sant Pere Pescador**  
 Ctra. de Sant Pere Pescador a l'Armentera, s/n  
 17470 SANT PERE PESCADOR (Girona)  
 Tel. +34 972 52 07 17  
 info@clubnauticsantpere.com  
 www.clubnauticsantpere.com



Marina website

- 
- 
- 
- 
- 

- 
- 
- 
-

DON'T MISS

## KAYAKING ON THE RIVER FLUVIÀ



The mouth of the river Fluvià is a great place for kayaking to the sea or upstream a couple of kilometres to watch the wildlife on its banks.





---

The group of archaeological sites in Empúries is one of the most important in Europe and enables visitors to gain an insight into Greek and Roman urban development.





Empúries is the only archaeological site in the Iberian Peninsula where remains of both a Greek and a Roman city can be found.

# Empúries

The ruins of the Roman Emporiae, dating back to the first century BC, reveal what the city was like, how people lived and what the houses, streets, squares, markets and temples were like.

## Remains of Greece and Rome

The bay of Roses was once the entrance to the Iberian Peninsula for the Greek and Roman civilisations, and contains first-class archaeological sites, once known as Emporion. Empúries is the only archaeological site in the Iberian Peninsula with remains of both the Greek city of Emporion and of a Roman city (called Emporiae), founded at the beginning of the first century BC, on the site of a Roman military camp built a century earlier. Emporion, which means “market”, was founded by Greek merchants from Focea and later colonised by Romans, and is situated in the centre of the bay. It was also the gateway to Catalonia for classical culture, a commercial, political and cultural phenomenon that transformed the old Iberian peoples that lived there. The Catalonia Archaeology Museum-Empúries plays an important part in disseminating and maintaining this archaeological site’s constant restoration.

All in all, it is a privileged place for tracing the evolution of Greek town planning in the western part of the Mediterranean, and also for gaining an insight into urban development in the last period of the Roman Republic.

### USEFUL INFORMATION

#### A VISIT TO THE MUSEUM

The monographic museum of the excavations of Empúries conserves some of the objects discovered during the excavations and houses the room dedicated to the Empúries statue of Asclepius.

The most important elements are marked on an itinerary.

- Booking is essential: [reservesempuries@gencat.cat](mailto:reservesempuries@gencat.cat)
- [www.macempuries.cat](http://www.macempuries.cat)



# L'Escala

42° 7.0' N - 3° 8.6' E 944

**C.N. l'Escala**  
 Port de la Clota, s/n  
 17130 L'ESCALA (Girona)  
 Tel. +34 972 77 00 16  
 club@nauticescala.com  
 www.nauticescala.com



ISO 9001  
GESTIÓ DE LA QUALITAT

ISO 14001  
GESTIÓ AMBIENTAL

EMAS  
GESTIÓ AMBIENTAL VERIFICADA  
E-CAT-000101

24 h.

VHF 9

METEO

CREDIT

6 Tm

60 Tm

Marina website



## Club Nàutic l'Escala

Club Nàutic l'Escala is a pleasant, modern marina in the south of the bay of Roses, in the heart of the Costa Brava. It is located in the fishing town of L'Escala, near the ruins of Empúries, and gives access to the Montgrí Natural Park.

The marina is sheltered from southerly winds, has a depth of 5 metres at the entrance and 3.5 metres at the fuel station and can accommodate up to 22-metre boats. It features a wide range of water sports, with special emphasis on sailing due to the excellent sailing conditions within the bay.

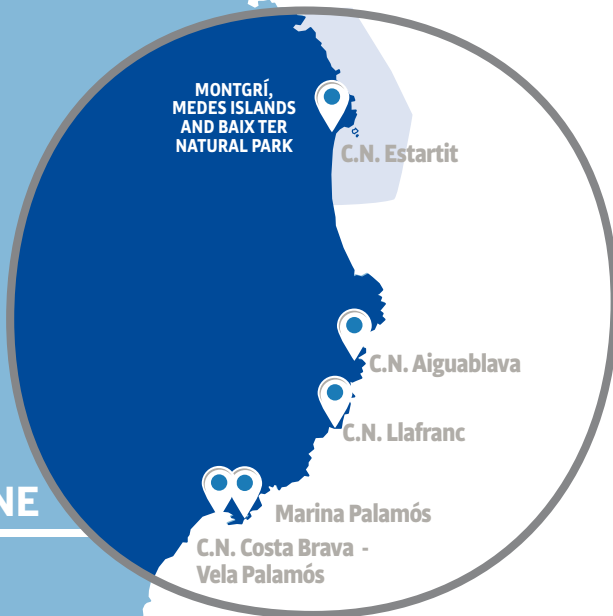
DON'T MISS

### ANCHOVY AND SALT MUSEUM

The museum displays the history of catching and salting fish in L'Escala since the sixteenth century, focussing particularly on anchovies, an industry which is still very much alive in the town today and for which it enjoys widespread fame.







# From L’Estartit to Palamós

The realm of small coves

Setting sail southwards, we leave behind the long sandy beaches of the bay of Roses and, with the exception of the gulf of Pals, the coastline is now dominated by high calcareous rock cliffs crowned with pine forests growing down to the sea, shading the beaches at the far end of the solitary coves where you can stop off on the way.

This part of the coast is the site of the Montgrí, Medes Islands and Baix Ter Natural Park, with the stunning Medes Islands off L’Estartit, which is a paradise for divers from all over the world, as well as the group of 16 small islets that make up the Formigues Islands, a mile from Punta de Castell, between Palamós and Calella de Palafrugell.

The imposing mass of Cap de Begur and the Sant Sebastià lighthouse preside the coast and are the main navigation mark for boats.





**LA FORADADA**



**CALA PEDROSA**





---

**CALA MONTGÓ**

---

**CALA FERRIOLA**



The calm, sheltered coves on this part of the coast are ideal for anchoring in.

Soon after leaving L'Escala's marina, the first large cove after rounding the Trencabraços promontory and Punta de Montgó is Cala Montgó, an excellent wide cove sheltered from both the *tramuntana* and *garbí* winds, with buoys for up to 12-metre boats and the option to anchor outside them at a depth of 10 metres on sand.

Continuing southwards, the narrow cove of Cala Ferriola is surrounded by lush vegetation with an entrance protected by two islets and a small beach at the far end. It is very exposed to northerly winds but is big enough for several boats to anchor in.

Don't miss the chance, weather permitting, to make a visit in the tender or on a paddle

board to the Foradada rock. This little gem has a spectacular seabed and a hole big enough for small boats to go through and come out on the other side of the promontory.

The entrance to the next cove, Cala Pedrosa, is partially sheltered by a rocky islet, making for calm anchorage among rocks crowned by pine trees, when there isn't much of a swell outside.

In Cala Ferriola and Cala Pedrosa ecological buoys have been installed to protect the underwater meadows of *Posidonia oceanica*.





The imposing looming rock formations of the Medes Islands and the Montgrí massif enclose the broad basin of beaches and dunes where the Ter river flows into the sea creating an area of marshland.



**CRUISE  
SAILING  
REGATTA IN  
THE BAY**

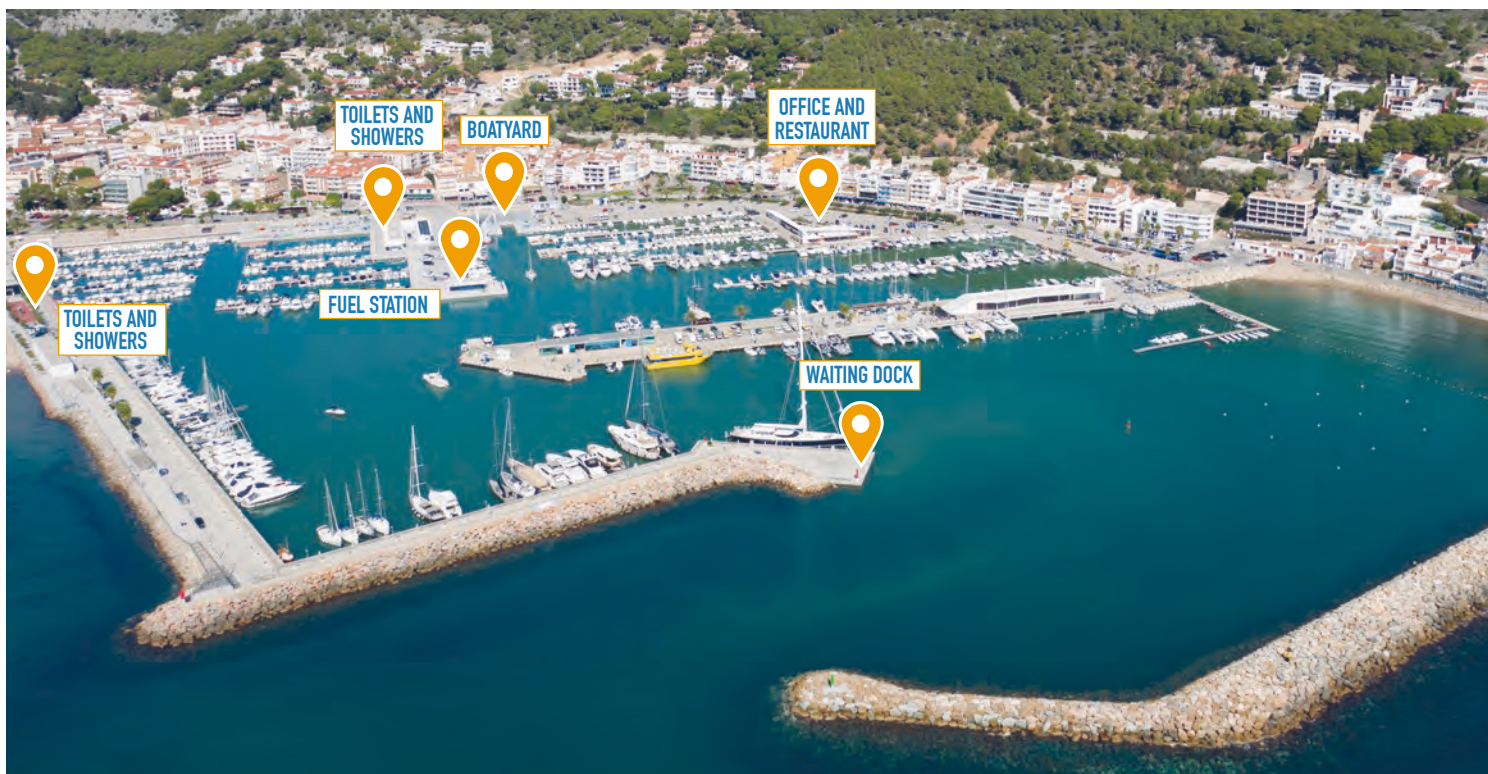
### **Cruising through the Medes Islands**

The channel between the Medes Islands and the coast is safe. It is wide and deep enough to get through even in bad weather, although you can expect a swell with northerly winds.

You can pass close to the east face of Meda Gran, the largest island, with its lighthouse, but you should give the rest a wide berth. The channel between Meda Gran and the smaller Meda Petita can be passed, despite being very narrow, because it is deep enough, but only if you keep very close to the wall of Meda Gran. To the southwest lie the Tascons groups of rocks, with very deep cliffs that are popular with divers from all over the world who come to admire the spectacular sheer cliff faces that disappear into the depths and the abundant wildlife.

As the Medes Islands are part of the natural park they are surrounded by buoys at a perimeter of 200 and 600 metres to indicate that fishing and anchoring are not allowed. Anchoring is only allowed on the buoys specifically designated for this purpose, but overnight stays are not permitted.





# Club Nàutic Estartit

Club Nàutic Estartit's privileged geographical location in the centre of the Costa Brava, facing the Medes Islands and inside the Montgrí Natural Park, make it the ideal marina for enjoying boating all year round.

Its stunning natural setting, 650 moorings for single-hulled and multi-hulled boats of up to 45 metres, its completely renovated facilities, quality services and personalised attention all go to provide a unique experience for mariners. Boat services are complemented with a wide array of water sports, including sailing, snorkelling, jet skiing, kayaking, diving and paddle boarding, from the marina itself.

## L'Estartit

42° 4.0' N - 3° 11.0' E 668

**C.N. Estartit**  
 Passeig Marítim, s/n  
 17258 L'ESTARTIT (Girona)  
 Tel. +34 972 75 14 02  
 info@cnestartit.com · www.cnestartit.com



ISO 9001 GESTIÓ DE LA QUALITAT	ISO 14001 GESTIÓ AMBIENTAL	EMAS GESTIÓ AMBIENTAL VERIFICADA ES-CAR-000161	24 h.
OHSAS 18001 SEGURETAT I SALUT AL TREBALL	VHF 9	METEO	
QR Code	CREDIT	+	
Marina website	7Tm	60 Tm	

DON'T MISS

## MONTGRÍ CASTLE



Montgrí castle is a military fort built in 1294 - 1304 by King James II, with magnificent views over the whole Empordà region.







---

**MEDES ISLANDS**



The coastal setting, the wetlands and the Montgrí massif merge to create a beautiful landscape of unique contrasts, integrated in a singular marine-terrestrial ecosystem.



## Montgrí, Medes Islands and Baix Ter Natural Park

One park, three ecosystems

The Montgrí, Medes Islands and Baix Ter Natural Park, which straddles the regions of Alt Empordà and Baix Empordà, is a specially protected area because of its environmental, scenic, historical and cultural value, and it covers an extensive area of great ecological value.

Although the park as such was not officially created until 2010, the area, particularly the Medes Islands, had already received recogni-

tion much earlier from the scientific community and from the administration itself.

The area's diversity of scenery becomes patent as we go southwards down the coast from L'Escala, first passing the high cliffs, headlands, coves, islets and sea caves of Muntanya Gran and Puig Torró, until, once past the Medes Islands, the coast opens into the

### **MOUTH OF THE TER RIVER**

The mouth of the Ter river is a protected riverside area of great environmental value. The flat land and a large network of tracks and paths make it easy for visitors to discover on foot or by bicycle.



large basin formed by the beaches of L'Estartit, Fonollera, El Grau and Pals.

In the background, presiding over the land's horizon, the Montgrí massif, crowned with its medieval castle, towers 300 metres above the plain and marshes created by the river mouth, and the sandy dunes formed by the *tramuntana* and levanter winds between the beach and the wetlands.

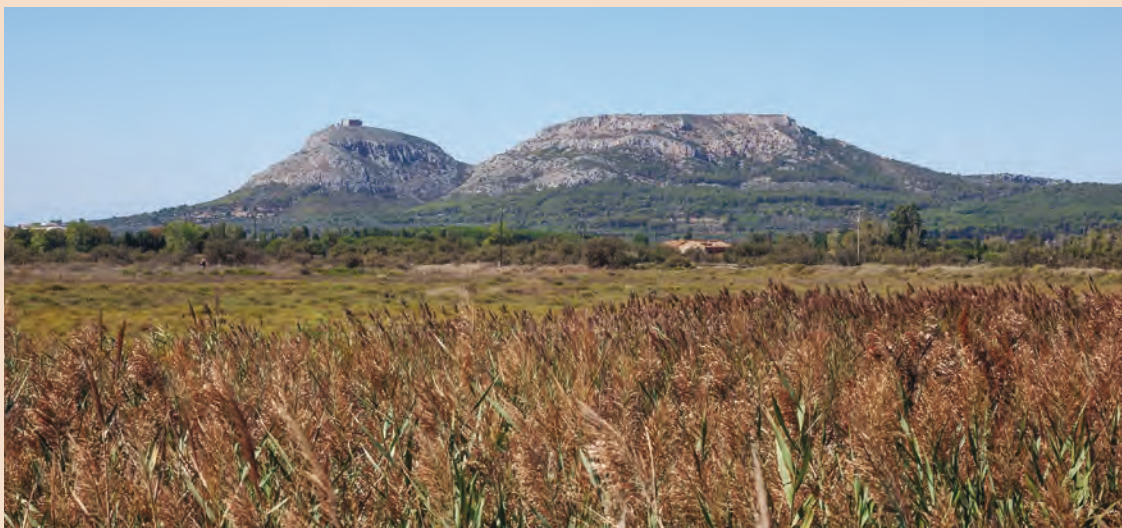
All this beautiful scenery, which visitors can view from the extensive network of country roads, is complemented by the historical and cultural assets of this peculiar region, which has an impressive heritage to its name.

The park is outstanding for its plant life adapted to the saline conditions and, very particularly, for its wildlife since it is an important resting and nesting area for wetland birds, sea and shore birds and birds of prey.

There are records dating back to the Middle Ages of the importance of rice farming in the area, especially on the land surrounding Pals, and this activity has now been revived, after falling into neglect in the nineteenth and twentieth centuries, to become the area's most important crop.

---

#### MONTGRÍ MASSIF







# Scuba diving in the Medes Islands

## A diving destination

The Medes Islands are a paradise that attracts divers from all over the world. They have been a protected marine reserve for over 20 years now, making them a leading diving destination that is at the top of every diver's wish list.

Several diving centres organise dives at the spectacular vertical cliffs that plunge down to the depths where participants can admire the var-

ied wildlife that finds refuge in their rocks and the wealth of underwater vegetation growing there.

Professional diving instructors with expert knowledge of the islands, their caves and seabed are available to take beginners on an introductory dive, snorkelling or free-diving while the more experienced can go on dives at such emblematic sites as La Vaca, El Cavall Bernat and La Pota de Llop.

### WHERE TO GO

#### DIVING ON THE COSTA BRAVA

There are numerous authorised diving centres and schools practically all over the Costa Brava which organise dives in total safety under the guidance of expert instructors.

Most of these centres have joined the Association of Costa Brava Underwater Tourism Centres which has over 36 members, from Blanes to Portbou, offering all the different types of diving and activities.

They also have more than 40 well-equipped boats, equipment-hire service and dozens of specialised shops, along with two decompression chambers.

Altogether they organise dives at over 60 diving sites, including two natural parks and several protected areas.

• **Association of Costa Brava Underwater Tourism Centres**  
[www.submarinismocostabrava.com](http://www.submarinismocostabrava.com)  
[www.parcsnaturals.gencat.cat/es/illes-medes](http://www.parcsnaturals.gencat.cat/es/illes-medes)

• **Montgrí, Medes Islands and Baix Ter Natural Park customer service and administration office**  
Passeig del port, s/n.  
17258 l'Estartit  
Tel. +34 972 75 17 01  
[pnmmbt@gencat.cat](mailto:pnmmbt@gencat.cat)

• **Cap de Creus Natural Park**  
Palau de l'Abat. Monastery of Sant Pere de Rodes  
17489 El Port de la Selva  
Tel. +34 972 19 31 91  
[parcsnaturals.gencat.cat/ca/cap-creus](http://parcsnaturals.gencat.cat/ca/cap-creus)



## A string of coves

After the 4.5-mile beach that makes up the mouth of the Ter river, which should be given a wide berth as the depth can decrease quickly due to the currents and rains, you'll reach the beginning of a rocky coast, with reddish cliffs crowned with pine and holm oak forests which in many places grow down to the edge of the little coves with turquoise waters nestling among them, which mostly end in coarse, golden sand beaches.

On this part of the coast, the most visible navigation landmarks are Cap de Begur and the Sant Sebastià lighthouse. Before reaching Palamós, there are four sheltered harbours for small boats and a handful of towns that conserve the architecture of traditional fishing villages, like Llafranc or Calella de Palafrugell, and small built-up areas surrounding the coves, which have managed to retain a special charm.

You can anchor without difficulty in almost all these little coves, as long as you watch out for the shallows that crop up here and there, and they are well sheltered from the prevailing winds. The seabed is generally deep, covered in rock, sand or seaweed, so buoys are installed in many of them in summer.

The first cove that you come to going south is Sa Riera, with a large sandy beach where the little fishing boats are pulled up and where you can anchor in the centre.

Between Cap Sa Sal, on which from a distance you can make out a large hotel building, and Punta des Plom, at the far end of the same inlet there are two more pretty, sheltered coves: Aiguafreda, with a small quay for going ashore, and the deeper of the two coves, Sa Tuna, with a beach at the far end, where you can anchor in eight metres outside the buoys. Both are well sheltered from *tramuntana* and *garbí* winds.

---

## SA TUNA







---

**AIGUAFREDA**



---

**PLATJA FONDA**

The thick pine forests covering the hillsides grow right down to the coves.

### **Fornells, Begur and Calella de Palafrugell**

Cap de Begur's rocky headland is about a hundred metres high and easily distinguished from a distance because of the communications mast that crowns it. It marks a change in course, and leads to Cala Fornells after leaving behind Platja Fonda's small beach.

Fornells is a sheltered anchoring spot with a small marina on its northern side and Cala Aiguablava in the south. There are buoy fields so you should drop anchor to the south of the marina or else on sand in a depth of eight metres sheltered from southerly winds on the leeward of the high Punta d'es Mut.



---

**AIGUABLAVA**



# Aiguablava

41° 56.0' N - 3° 13.0' E 61

## Club Nàutic Aiguablava

Platja de Fornells, s/n  
17255 BEGUR (Girona)  
Tel. +34 972 62 31 61  
info@cnaiguablava.com  
www.clubnauticaiguablava.cat

24 h.

ISO 9001 GESTIÓ DE LA QUALITAT

ISO 14001 GESTIÓ AMBIENTAL

EMAS GESTIÓ AMBIENTAL VERIFICADA (E-CAT-000181)

VHF 9 METEO

CREDIT

5Tm 50Tm

Marina website



RENT

RENT

RENT

RENT

RENT

RENT

RENT

RENT

BANK

RENT

RENT

## Club Nàutic Aiguablava

Club Nàutic Aiguablava is a small marina for low-draft boats, since its maximum depth is 1.5 metres and it can accommodate up to 6.5-metre boats. Access is easy and the only thing to watch out for is the rocky outcrops of Furió d'Aigua Gelida to the south and Furió de Fitó to the north of the marina.

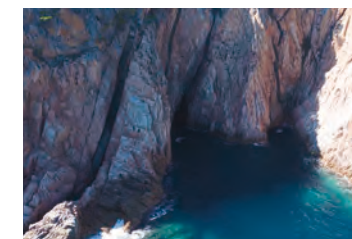
The marina provides basic services for small boats, including a five-tonne crane and fuel, as well as boat repair services.

Nearby you'll find the Cala Aigua Gelida, set back from the *garbí* wind, Platja Fonda, which is also sheltered from the *tramuntana*, and Cala Sa Tuna.

The marina has a centre for underwater sports and dinghy sailing.

DON'T MISS

## EN GISPERS CAVE



En Gispert Cave is 150 metres long and is the Costa Brava's longest cave. It is located between the coves of Aiguablava and Aigua Gelida, and the best way to visit it is by kayak.





AIGUA GELIDA

TAMARIU

Scuba diving, snorkelling and kayaking among the rocks are three of the most popular water sports with visitors to this part of the coast.

Aigua Gelida, the little inlet of Tamariu and Cala Pedrosa are three of the most visited coves before reaching Cap de Sant Sebastià, which shelters Llafranc's marina.

Although Aigua Gelida is merely a cleft between rocky cliffs, only accessible by sea and only explorable by tender, Tamariu's beach is surrounded by houses, has buoys for local boats and is sheltered from the *tramuntana* if you anchor on the leeward of the high northern shore.

After La Musclera's three points, nestles the unspoilt Cala Pedrosa, with a beach at the far end and a rocky seabed, where you can anchor in 10 metres, sheltered from *garbí*.

To the south of Llafranc's marina, after passing the easily recognisable medieval tower,

the little town of Calella de Palafrugell retains the special traditional charm of the Costa Brava's old fishing villages, with its colourful fishing boats pulled up on the beach in front of the porticoed whitewashed houses and its church bell tower dominating the old red-tiled rooftops.

Watch out when going ashore, even by tender, because of the numerous rocks and shoals, and anchorage is only possible a long way from the beach and from the large buoy field.

The Cap Roig Gardens, the venue for the annual musical festival of the same name, are just a kilometre down the coast.



# Llafranc

📍 41° 53.5' N - 3° 11.6' E 📶 140

## Club Nàutic Llafranc

Port Esportiu, s/n  
17211 LLAFRANC (Girona)  
Tel. +34 972 30 07 54  
info@nauticllafranc.net  
www.nauticllafranc.net



Marina website

Icons include: 24h service, VHF 9, METEO, CREDIT, 6 Tm, 50 Tm, and various nautical symbols.



# Club Nàutic Llafranc

Llafranc nestles just below the Sant Sebastià lighthouse and is both a quiet marina and a family cove in a unique setting, integrated with its white sandy beach, amidst pine groves and stunning granite cliffs. The entrance channel is 5 metres deep and the marina can accommodate up to 14-metre boats, with up to 2.4-metre drafts. The cove and the marina are both sheltered from the *tramuntana* and you can anchor outside the marina's breakwater although buoys are installed there in summer. By strong levanter it is not advisable to go into the marina because of the entrance channel's shallowness. The marina offers most services but not a repair workshop, which is three kilometres from the beach.

In the summer months, dinghy sailing is very popular and there are three diving centres in the same cove.



Icons include: water sports (kayaking, windsurfing, sailing, swimming, diving), rental services (sailboat, motorboat, dinghy, wheelchair), and other services (shopping, restaurant, bank, car, bicycle, bus, music, presentation).

DON'T MISS

## SANT SEBASTIÀ LIGHTHOUSE AND CHAPEL



Sant Sebastià lighthouse has breathtaking views and forms part of a group of monuments that includes a small Iberian settlement, a chapel, a picturesque little hotel and two restaurants.



# Formigues Islands

## A haven for sea birds

The Costa Brava's underwater orography does not feature many islands, although there are plenty of islets that emerge a short distance from the shore all along the coastline.

Just under a mile out to sea between the coasts of Palamós and Palafrugell, off Punta de Castell and Cap de Planes, lies the Costa Brava's smallest archipelago, the Formigues, made up of four small islets and 12 calcareous rock reefs.

The whole area covers some 3,000 square metres and its most outstanding feature is the largest island, Formiga Gran, whose lighthouse has a white flashing light with a 6-mile range, indicating its situation to mariners. In fair weather you can cruise between Cap de Planes and Formiga Gran, although this is totally unadvisable with a swell, since the Formigues disappear under the white spray from the waves. These islands are now considered a valuable ecological area. They are a safe haven for birds like seagulls and cormorants, and they are in the process of becoming a marine reserve. Their seabed, with depths of up to 45 metres, is an attraction for underwater activities and until just a few years ago, red coral was collected here. In contrast, the areas above water have hardly any vegetation.

Besides the rocks' interest in terms of nature, there are also numerous legends of shipwrecks and their singular history. The islets made a name for themselves in history for being the scene of the battle that bore their name, the Battle of the Formigues, which led to the Crown of Aragón becoming the Mediterranean's dominant sea power in medieval times. On the orders of King Peter II, Admiral Roger of Lauria stopped the sea invasion by the allied fleet from Genoa and France under the command of the French King Philip III, by attacking at night and lighting bonfires on the islets to make the enemy believe that they were outnumbered.

Although the Formigues Islands have no vegetation above water, they have a great underwater value.



**FORMIGUES ISLANDS**





CALA BONA



EL GOLFET

Further south of Calella there are more magnificent coves.

---

CALA ESTRETA

### Little coves in a rocky environment

Leaving behind the town of Calella, Cala del Golfet offers magnificent anchorage sheltered from *garbí* on sand, just below Cap Roig, and this will be the last practicable place before reaching the group of islets that make up the Formigues Islands, which are ideal for snorkelling. The Formigues should be passed on the outside with a swell or strong wind, or on the inside with a calm sea, between Cap de Planes and Formiga Gran, which you must keep close to get through the *freu*, or channel.

After passing the Formigues, there are still a few more little coves along the stretch of cliffs to Punta de Castell, where you can see the remains of an Iberian settlement. These small, rocky coves are only suitable for the small boats that come from Palamós to anchor and







**LA FOSCA BEACH**

**S'ALGUER**



**CALA CASTELL**

The little fishermen's huts in Cala s'Alguer make it one of the coast's most picturesque coves.

have a swim in summer. The first cove where you can anchor is Cala Corbs, in the middle, with a rocky seabed. After Punta de Castell, as far as Cap Gros, a wide basin contains the three most popular beaches with the local population: Cala Castell, Cala s'Alguer and La Fosca.

The contrast with the coast further north is complete, since the coastline evens out, the cliffs come to an end and the pine forests come right down to the sand. In Cala Castell you can anchor outside the buoyed-off bathing area below Punta de Castell. At Cala s'Alguer you can only drop anchor outside the cove as access to its three rocky beaches is tricky even for tenders. At the last of the three beaches, La Fosca, you can anchor on sand by fair weather at a depth of 5 -10 metres.



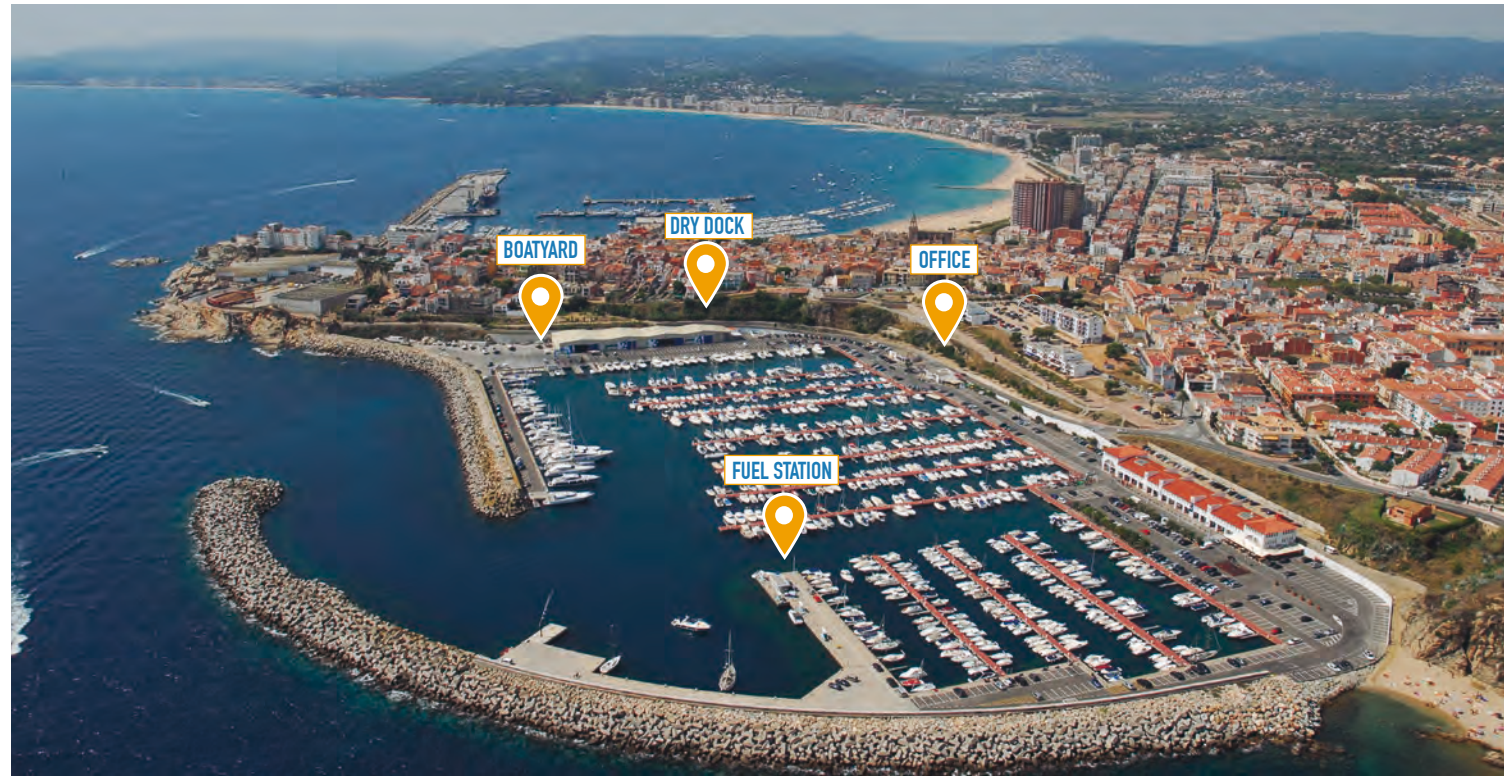
# Palamós

41° 50.4' N - 3° 8.1' E 862

## Nàutic Palamós, S.A.

C/ Salvador Albert i Pey, s/n  
17230 PALAMÓS (Girona)  
Tel. +34 972 60 10 00  
info@marinapalamos.com  
www.marinapalamos.com

24 h. service, ISO 9001, ISO 14001, EMAS, VHF 9, METEO, CREDIT, 4 Tm, 30 Tm, Marina website QR code



## Marina Palamós

Marina Palamós has a 9-metre deep entrance channel and is a modern pleasure marina providing all the essential services for boats up to 30 metres long. The entrance faces south so you should proceed cautiously by *garbí* wind and swell. In the marina there are three diving centres offering day-time and night-time dives every day of the year, in addition to a wide range of boats for hire, including sailing and motor boats, small speedboats, traditional *llagut catboats*, inflatables and RIBs. There are also boat trips and kayaking lessons for beginners. The marina also has a service dock for jet skis, where you can also hire an electrical bicycle to discover the area. In the surroundings there are numerous attractions, including the Castell-Cap Roig natural area.

DON'T MISS

### CASTELL-CAP ROIG COASTAL PATH



The coastal path from Castell to Cap Roig passes through beautiful scenery, with picturesque coves surrounded by pine trees and rocks.





# Palamós

41° 50.5' N - 3° 7.2' E 223

**Club Nàutic Costa Brava - Vela Palamós**  
 Ctra. del Club Nàutic, s/n  
 17230 PALAMÓS (Girona)  
 Tel. +34 972 31 43 24 · Sailing School: +34 972 31 58 71  
 cncb@cncostabrava.com  
 www.cncostabrava.com

A dark blue rectangular panel containing a QR code labeled 'Marina website' and a grid of 16 white icons on a dark blue background. The icons represent various services: 24h service, wheelchair access, VHF 9, METEO, CREDIT, a medical cross, a power plug, a shower, a toilet, a person with a cane, a person with a wheelchair, a person with a stroller, a person with a bicycle, a person with a wheelchair, a person with a stroller, a person with a wheelchair, a person with a stroller, a person with a wheelchair, a person with a stroller, a person with a wheelchair, a person with a stroller.

## Club Nàutic Costa Brava - Vela Palamós

The marina blends in with the town, and has an internationally reputed sailing school. It can accommodate boats up to 25 metres long and it has a maximum depth of 8 metres. Watch out for the isolated danger of the Llosa de Palamós promontory, 0.5 miles south of the dike lighthouse and clearly signalled.

The characteristics and weather conditions of the bay of Palamós make it an ideal place for sailing and it's not surprising that the club organises different Catalan and Spanish championships in its waters throughout the year, in addition to highly prestigious regattas like the Palamós Christmas Race and the International Vila de Palamós Optimist Trophy.

DON'T MISS

### FISHING MUSEUM



With a broad programme of activities of all sorts, the museum displays and disseminates the Costa Brava's fishing and maritime heritage.

A grid of 24 icons representing various activities and services. The top row includes icons for a person with a cane, a person with a wheelchair, a person with a stroller, a person with a bicycle, a person with a wheelchair, a person with a stroller, a person with a wheelchair, a person with a stroller. The middle row includes icons for a person with a wheelchair, a person with a stroller, a person with a wheelchair, a person with a stroller, a person with a wheelchair, a person with a stroller. The bottom row includes icons for a shopping cart, a fork and knife, a wine glass, a person with a wheelchair, a person with a stroller, a person with a wheelchair, a person with a stroller, a person with a wheelchair, a person with a stroller, a person with a wheelchair, a person with a stroller.



# Medieval and fishing villages

## The forging of an urban landscape

Fishing is an intrinsic part of the Costa Brava and over the centuries it has forged the character and culture of the villages up and down its coastline. This close relationship between man and the sea has also influenced the architecture of the towns and villages as you can clearly see in all of them, but also in the little coves which have always been used by the local fishermen to shelter, especially from the *tramuntana*, of which they are on the leeward, or for storing their fishing tackle. To this day, mariners cruising along the coast will still come across these typical fishermen's huts or sheds, although nowadays they are no longer used so much for fishing and have been converted for private use, as in Cala s'Alguer, in Palamós.

Yet, undoubtedly, it is in urban areas that this relationship is most obvious. Villages like Cadaqués, with its traditional whitewashed houses built right on the water front, L'Escala and Calella de Palafrugell, with the little boats pulled up in front of the porticoed houses on the edge of the sandy beach, all bear witness to this past.

The charm of the coastal houses' dazzling white façades contrasts sharply, a few kilometres inland, with the rough stone and majestic buildings that reveal a thriving medieval past.

Whether in the form of ramparts, watch towers, monasteries, cloisters, stately mansions, bridges or churches, there isn't a single town on the Costa Brava or inland from it that does not conserve traces of this past.

Castelló d'Empúries with its majestic basilica of Santa Maria, the capital of the old county of Empúries, but also smaller villages like Peratallada, Pals or, further inland, Forallac and Besalú, with its Jewish quarter and medieval bridge, are all good reasons for mariners cruising along the coast to leave it momentarily and visit them.





---

## FORALLAC



---

## PERATALLADA



---

## PALS

---

### CALELLA DE PALAFRUGELL



---

### BESALÚ'S MEDIEVAL BRIDGE

The fishing tradition and a rich medieval past have influenced the way the Costa Brava's villages look today.

DON'T MISS



## CASTELLÓ D'EMPÚRIES' BASILICA

The magnificent basilica of Santa Maria, known popularly as 'the cathedral of the Empordà', is an exceptional example of Catalan Gothic style, as can be seen from the pointed arches, pillars, buttresses and splendid stained-glass windows. It was built on the site of a former Romanesque church of which some vestiges still remain today, including the lower floors of the bell tower and the baptismal font. The inside features a flamboyant Gothic-style Renaissance alabaster altarpiece. After the cathedral of Girona, it is surely the most important religious building in this area due to its monumental character and architectural and historical interest.



# Coastal paths

A different way to explore the Costa Brava

A different way to discover the Costa Brava is by walking along its coastal paths, itineraries that trace the coastline between the sea and mountains, enabling walkers to discover the region from a very special point of view. Perhaps it is the most direct way to explore and gain an insight into the Costa Brava.

The coastal paths are suitable for all sorts of walkers and can be walked 365 days of the year. They are the result of a respectful reconstruction and signposting of the historical paths which were created between the villages and the different coves from the beginning of the nineteenth century.

Nowadays they are suitable for walking from one village to another, often along narrow paths with differing levels of steepness and at other times walking along seafronts, beaches and completely flat stretches.

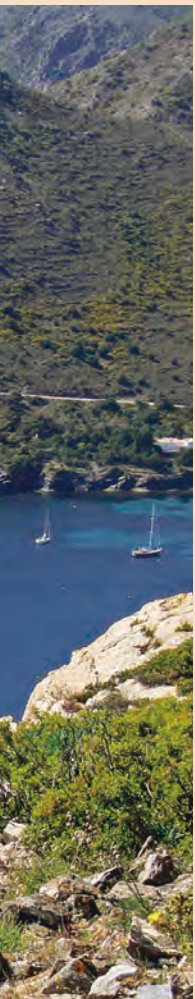
The routes that are signposted, with instructions at the start and maps, overlap in some cases with parts of the GR 92, the long-distance footpath that goes from Blanes to Portbou. They are not difficult and they enable you to enjoy a unique spectacle, with vegetation growing right down to the seashore, pine trees clinging to the rocky cliffs by their roots and coves that can only be reached by sea or on foot where you can stop off and enjoy a refreshing dip in the crystalline waters.

**The best way to explore the Costa Brava's coastline by land is by following the trails and narrow footpaths that trace its entire length.**

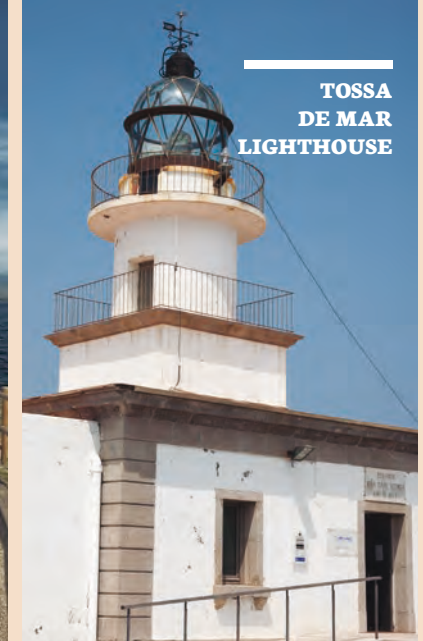
At times the coastal paths are unspoilt and at others they go through urban areas, but they always take you to places that you wouldn't be able to reach otherwise.







**S'ARENELLA LIGHTHOUSE.  
EL PORT DE LA SELVA**



**TOSSA  
DE MAR  
LIGHTHOUSE**

# The Costa Brava's lighthouses

## The guardians of the sea

Lighthouses are situated in unique places, and with their powerful lamps they enable mariners to safely navigate along the coast or approach land from the open sea. They are also excellent viewpoints when visited by land. Each tower has its own peculiarities due to its location, which makes them unrivalled tourist attractions.

From north to south, the first lighthouse that you come to is at Punta de s'Arenella, in El Port de la Selva, the design of which served as a model for the construction of the one in Tossa.

The next one is at Cap de Creus, the most easterly lighthouse in the Iberian Peninsula, which towers majestically over a rugged, isolated landscape, 500 metres from the tip of the headland. Further south is Cala Nans lighthouse, in Cadaqués, the destination of a pleasant walk from the village.

One of the best views of the coast is from Roses lighthouse, which dominates the whole bay. And a few miles on, the Medes Islands also have their own lighthouse, playing a vitally important part in boats' safety. The superb Sant Sebastià lighthouse in Llafranc is more touristic and has breathtaking views. It is the most powerful one in Spain, with a 50-mile range.

In Palamós the lighthouse is known as Punta del Molí, or Mill Point, because originally it was in an isolated area with a windmill, which is now integrated into the town.

Tossa de Mar's emblematic and permanently visited lighthouse is the site for the Interpretation Centre of Mediterranean Lighthouses, just a short walk from the town.

**DON'T MISS**

### **TOSSA DE MAR LIGHTHOUSE**

**Interpretation Centre of Mediterranean Lighthouses**

Tossa de Mar lighthouse has a double purpose, since besides its normal signalling functions it is also the site of the Interpretation Centre of Mediterranean Lighthouses.

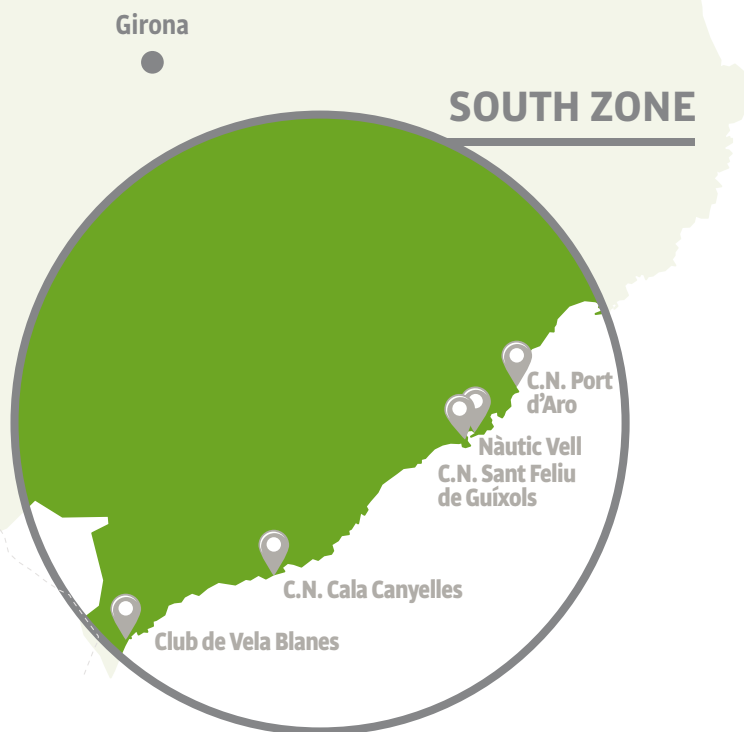
The centre was created to provide an instructive, sensory explanation of the role played by lighthouses nowadays and throughout history, and it is one of the Costa Brava's most interesting cultural and leisure centres.

Pg. del Camí del Far, 14  
17320 Tossa de Mar  
Tel. +34 972 34 33 59  
patrimonicultural@tossademar.org  
www.tossademar.cat





CALA CANYET



# From Platja d'Aro to Blanes

The coast of contrasts

In its last stretch, the coast truly lives up to its name of “wild coast”, the very quality that has made it so famous and loved all over the world. You only have to look south from the chapel of Sant Elm, on the top of Punta de Garbí in Sant Feliu de Guixols on a day when a strong *garbí* or levanter is blowing, when the spray from the waves crashes deafeningly against the cliff face, to realise this.

The reddish rock outcrops stretch as far as the eye can see, hiding beneath their high walls topped with thick pine forests magnificent peaceful beaches, sheltered from the prevailing winds, and deep creeks cleaved in the rock, a few of which are only just big enough for a few boats.

It is the coast of contrasts. Mariners can choose between the peace and quiet of the smallest, remotest coves and wide sandy beaches, or combine both.







---

## CALA SA CONCA

The southern Costa Brava is characterised by its coves, beaches and pine forests with steep cliffs.



---

## CALA DE CAP DE MORT

Going south from Palamós to Sant Feliu de Guíxols the coast is made up of large beaches, only interrupted by short stretches of rocky coastline.

Punta de Roques Blanques and Torre Valentina —a sixteenth-century watchtower built as an early warning system for pirate attacks, which is clearly visible from the sea— mark the end of the beach and bay of Palamós, which are sheltered from the swell caused by the *tramuntana* but not from the wind, which makes it a great place for sailing sports even when the wind is strong.

The sandy beaches of Sant Antoni de Calonge and Torre Valentina stretch 1.5 kilometres along the end of the bay to the islet in the Cap Roig cove, a characteristic red rock crowned with pine trees which is an excellent viewpoint. To the south you can see the 2.1-kilometre-long beach belonging to the dynamic town of Platja d'Aro, with Port d'Aro marina at the end of it.





CALA DE SANT POL

After Sant Feliu de Guíxols the coast is sheltered from the *tramuntana* by the cliffs.

From Port d'Aro to Sant Feliu de Guíxols the little coves making shallow inlets in the rocks are only accessible to small boats, although larger vessels can anchor off the other two large beaches in this area: the deep Cala Sa Conca, surrounded by pine trees and split in two by a rocky island, and the majestic 700-metre-long Sant Pol beach, with its coarse sand.

At one end you can see a characteristic art nouveau house and at the other end the colourful bathing huts. In summer, at the north end of this beach anchoring is only allowed outside the large field of mooring buoys.

### The realm of the *garbí* wind

The town of Sant Feliu de Guíxols and its marina mark an inflection in the meteorology. This is because once past Punta de Garbí, the site of the chapel of Sant Elm, which is the viewpoint where the Costa Brava is said to have been christened last century, you enter the realm of this thermal south-westerly wind, whereas the *tramuntana* loses its intensity.

It is a high and sometimes wild coastline of red cliffs covered in pine and holm oak forests that drop vertically into the sea.



# Sant Feliu de Guíxols

41° 46.5' N - 3° 1.9' E  98

## Nàutic Vell, S.L.

Av. del Fortim, s/n  
17220 SANT FELIU DE GUÍXOLS  
Tel. +34 972 82 07 88 / 628 01 56 91  
info@nauticvell.com · www.nauticvell.com





Marina website

  
24 h.

  
VHF 9

  
METEO

  
CREDIT

  
+

  
12 Tm

  
50 Tm



## Nàutic Vell

Nàutic Vell is the town's old marina and is at the end of the seafront promenade below the emblematic Salvament building, next to the fishing port and the fish market.

It is a pleasant, sheltered corner at the end of the beach where the small fishing boats are pulled up. It has three jetties with a 5-metre depth at the end but this gets shallower fast, and at the land end there is a restaurant with a terrace and the clubhouse.

Nearby there are plenty of leisure options, including the coastal path, or the greenway cycling path to Girona, the chapel of Sant Elm, the monastery, the Espai Carmen Thyssen, La Constància casino with its neo-Mudejar façade and the excellent municipal market.



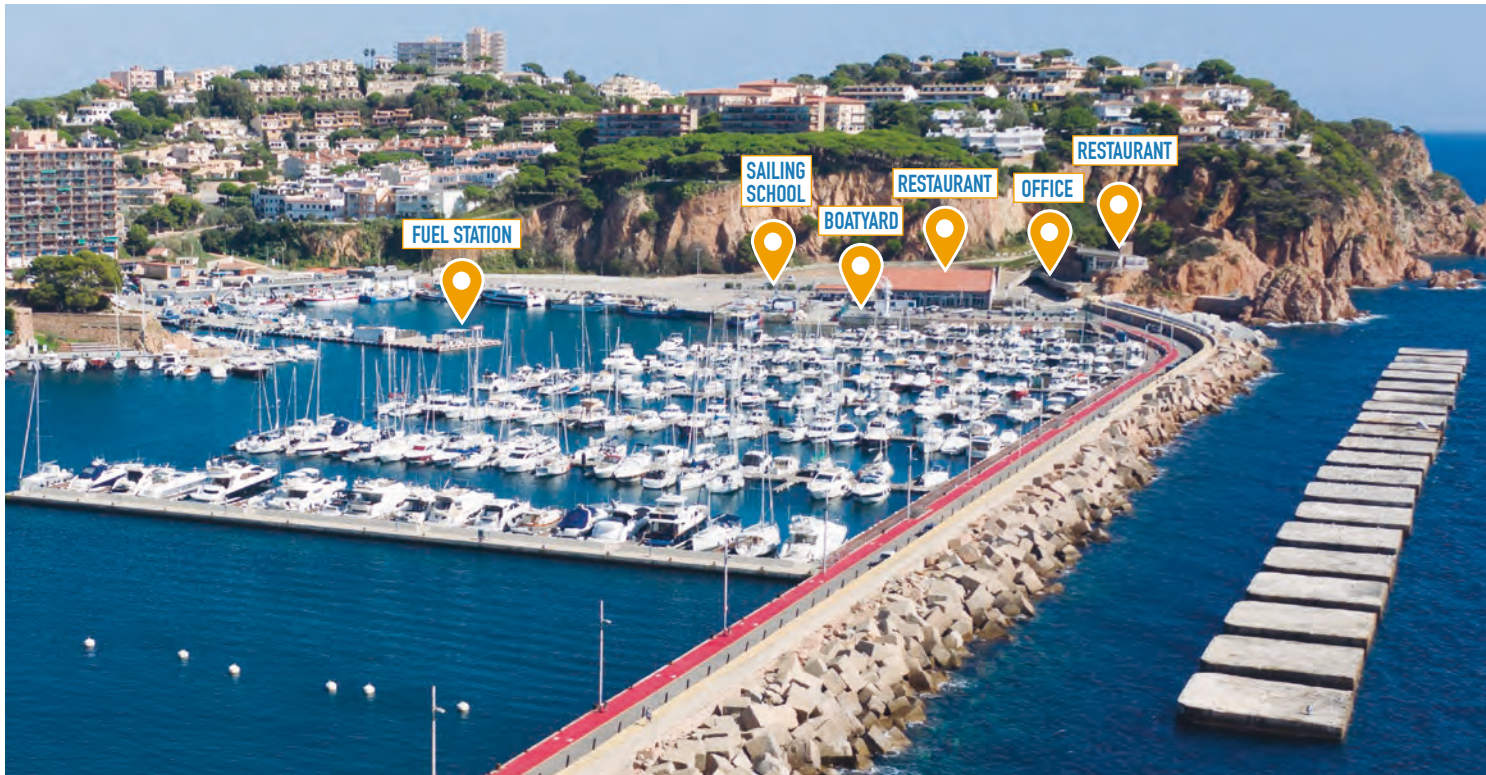
DON'T MISS

## SALVAMENT BUILDING



The Salvament building is an old nineteenth-century lifeboat station, the town's maritime history museum's secondary venue.





## C.N. Sant Feliu de Guíxols

Sant Feliu de Guíxols marina is one of the most sheltered harbours on the Costa Brava. The sailing club offers a wide variety of berthing options: daily fee, weekly, monthly or long-term rates. There is also a jetty that caters for superyachts up to 80 metres long, with drafts up to 12 metres. The marina is a few metres from Sant Feliu de Guíxols, which is a quiet town with a sailing tradition. It's worth visiting the fruit and vegetable market and museums, going for a stroll through the old part and along the seafront promenade and enjoying the wide range of great food available.

The club stands out for its excellent professional team, unbeatable location and setting, well-kept dock with first-class facilities for over 400 vessels and modern clubhouse integrated in the landscape. Additional services include a sailing school and boat, kayak, paddle board and bike hire.

DON'T MISS

### ESPAI CARMEN THYSSEN



The Espai Carmen Thyssen is a temporary art exhibition gallery set in the town's old Benedictine monastery.

## Sant Feliu de Guíxols

41° 46.5' N - 3° 1.9' E 430

**C.N. Sant Feliu de Guíxols**  
 Escullera del Port, s/n  
 17220 SANT FELIU DE GUÍXOLS  
 Tel. +34 972 32 17 00  
 info@cnsfg.cat · www.cnsfg.cat



Marina website







**CALA DEL VIGATÀ**



**PUNTA D'EN BOSC**



**CALA CANYET**





**CALA FUTADERA**

**CALA DEL SENYOR  
RAMON**

Between Cala Giverola and the town of Tossa de Mar there are a number of underwater caves.

The seabed of its coves is at times pebbles and rock and at others coarse sand. Many are difficult to reach by land, making them ideal for those looking for uncrowded coves. In any case, they are all safely sheltered from the *tramuntana* and most from *garbí*, as well.

After passing Punta de Garbí you'll come to Cala del Vigatà, which by land can only be reached on foot and is recommended for mooring on ecological buoys. The first cove where you can stop off sailing south is Cala Canyet. Although it isn't very deep, you can drop anchor in 4-5 metres of sand and it is sheltered from the *tramuntana* and north-easterly winds.

The so-called Cala del Senyor Ramon, further south, is a beach with a magnificent seabed rather than an anchoring place, although some small local boats go there to spend the day.

Cala de Salionç, with its clearly visible white tower and its chapel of Sant Grau, is only suitable for anchoring if the wind is coming off the land, so if you want to drop anchor it's better to head for Cala Futadera, just under two miles from Cap de Tossa if the wind is *garbí*. It should be avoided by northerlies and in this case it's advisable to head for nearby Cala Giverola, which is only separated from the former cove by a small spur. This cove is sheltered from the *tramuntana* and provides anchorage in depths of five metres.





CALA GIVEROLA

Small, quiet and empty off-season, Cala Pola and Cala Bona are two of the most popular coves with boaters.

Before reaching Tossa there are two anchorages not to be missed: Cala Pola and Cala Bona, both very close to one another. Although they only have room for a few boats and are exposed to levanter, they are empty off-season. Cala Pola is more open and, like Cala Giverola, has a campsite behind it, but Cala Bona is wilder, cutting deep into the cliffs and providing safe anchorage with landlines.

On this stretch of coastline, between Cala Giverola and the bay of Tossa, there are a number of caves which are a diver's paradise.

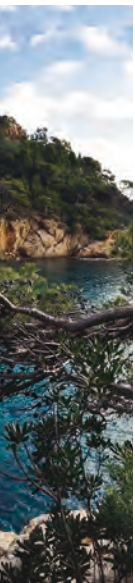
### The bay of Tossa de Mar

Tossa de Mar has no marina and nor is it a recommended anchorage, although it is a superb spot to stop momentarily. You can anchor in the bay by *tramuntana*, off the beach in some 9 metres of sand, or under Punta de Morro de Porc, though the best place is south of Sa Palma Island, even though in summer it's packed with small local boats and you should watch out for shoals. The channel between the island and mainland is not advisable.



CALA POLA





CALA BONA





---

## BAY OF TOSSA

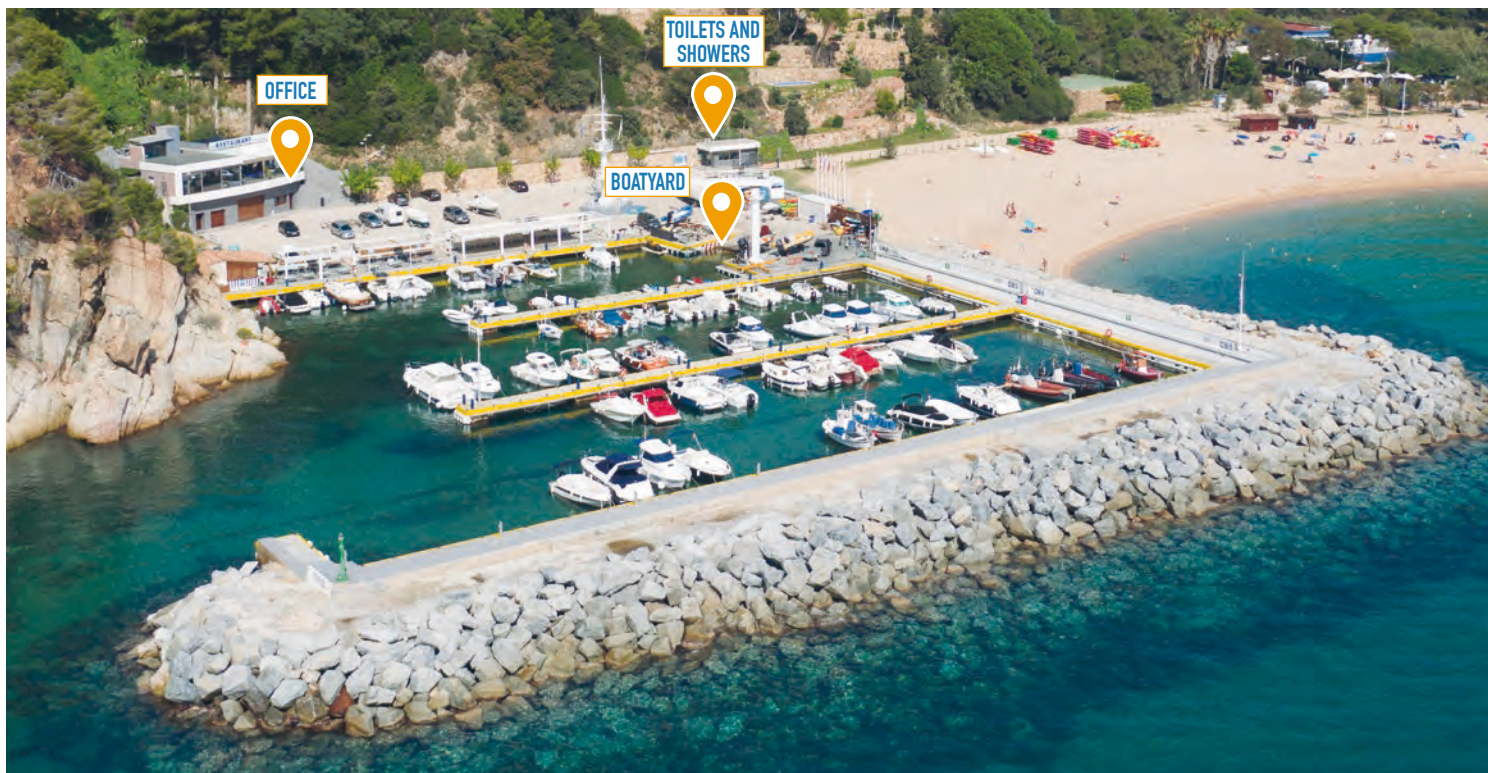
It's well worth going ashore as Tossa is an old enclave, occupied since pre-Roman times. The Roman Turissa became a town which was first mentioned in the ninth century with the name of Tursam in a donation to the counts of Barcelona, who in turn handed it over to the Benedictine monastery of the city of Ripoll, in the Girona Pyrenees, in the tenth century.

### **From cove to cove**

Going south from Tossa de Mar, before reaching the cove and beach of Canyelles, with its pretty harbour where the little fishing boats still tie up, there are several coves, like Morell and Llevador, which are a great place to spend some time, before seeking shelter in Canyelles marina itself.

The bay of Tossa, with its walled old town, is one of the most attractive bays on the Costa Brava.





# Club Nàutic Cala Canyelles

Canyelles' pretty little marina provides safe shelter from the *tramuntana* and *garbí* winds. It is important to keep a safe distance from the point at the end of the beach because of the shallow rocks known as *Els Bullents*. Surrounded by vegetation and with high cliffs nearby, the marina provides basic services for smaller boats and water sports like paddle boarding, kayaking with an instructor and water skiing. It has a depth of 3 metres and can accommodate boats up to 8 metres long. Please note that the marina has no onsite fuel station or technical services.

In the surroundings it is worth visiting the Santa Clotilde Gardens, the Gothic church of Sant Romà and the Sant Joan castle.

DON'T MISS

## SANTA CLOTILDE GARDENS



These gardens are set on an impressive cliff-top and sculpture plays an important role in them. They are an example of Catalonia's Noucentisme movement.

## Cala Canyelles

41° 42.0' N - 2° 52.0' E 134

### C.N. Cala Canyelles

Av. de Canyelles, s/n  
17310 LLORET DE MAR (Girona)  
Tel. +34 972 36 88 18  
club@cncanyelles.com  
www.cncanyelles.com





24 h.

VHF 9 METEO

CREDIT

10 Tm 50 Tm

Marina website







---

**CANYELLES BEACH**



---

**FENALS BEACH**



Sa Boadella, Santa Cristina and Canyelles beaches are very popular because of their turquoise waters and sandy seabed.

In Canyelles, you can only anchor outside the buoy field and it is very exposed, making it recommendable to find a mooring in the marina if you want to visit the surrounding area.

The bay of Lloret de Mar has a long beach in front of the town which is very busy, but not suitable for anchoring except on the northern tip, where there is a small cove below the Castell d'en Plaja and the Iberian settlement of Turó Rodó, a very popular spot in summer and highly recommendable in fine weather. You will have to go on to Blanes to find the first stopping place, Fenals beach, even though you will need to exercise precaution due to the shallow sandy seabed and to the fact that there is no shelter from winds here.





---

**SANTA CRISTINA BEACH**

You have to go on towards Blanes to find the first place to stop, Fenals beach, although you should watch out for the shallow sandy seabed and the cove is very exposed.

As far as Blanes you'll only find very well-equipped beaches which, although you can anchor in them, are very exposed to levanter and south wind. By north wind, as they are in an area of low hills, they do not provide shelter from strong *tramuntana*, although again in this zone it is not as frequent or as strong as in the centre and north.



---

**CALA DE SA BOADELLA**



---

**CALA DE SANT FRANCESC**





---

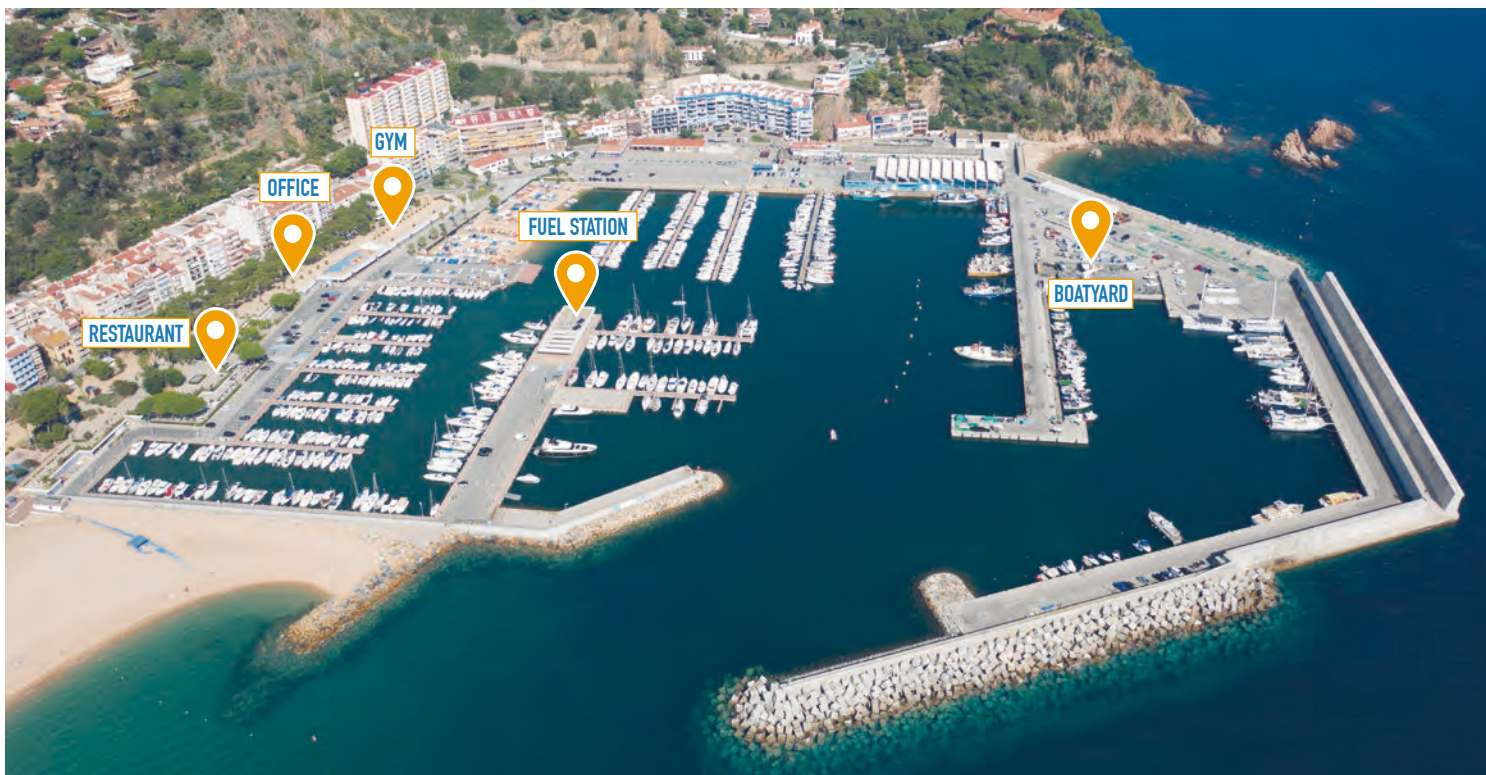
#### SA PALOMERA

These beaches are Sa Boadella, Santa Cristina and Treumal, Cala de Sant Francesc where you can anchor on sand off the beach, and the small, secluded Cala de Sa Forcanera, beneath the Marimurtra Gardens and the Linné temple, which you can only reach by sea, since on land you have to cross private property.

Blanes marina is the beginning and the end of the Costa Brava, and the imposing Sa Palomera rock, connected to the land by an isthmus of sand and earth, is the point that marks the line where everything begins and ends for boaters who have spent their holidays in its destination or who are passing through this impressive coastline.

The imposing Sa Palomera rock marks the southern end of the Costa Brava.





# Club de Vela Blanes

Club de Vela Blanes was founded in 1943 and lies to the east of Sa Palomera rock. It is the gateway from the south to an exceptional coastline, making it both the beginning and the end of the Costa Brava.

The marina has a maximum depth of 8 metres in the entrance channel and 6 metres inside, and can accommodate boats up to 24 metres long. With over 300 berths, Club de Vela Blanes is an environmentally-friendly, sustainable club and registered Sports Tourism Destination (STD) following the renewal of its concession and the opening of its new facilities in 2015. It is totally integrated in the Costa Brava's unique setting and provides a wide range of services including its modern Fitness Centre & Spa and a variety of water sports and activities.

DON'T MISS

## BLANES FIREWORKS FESTIVAL

The Santa Anna International Fireworks Festival held every summer in Blanes attracts over half a million people.



## Blanes

41° 40' N - 2° 47' E 309

**Club de Vela Blanes**  
 Esplanada del Port, s/n  
 17300 BLANES (Girona)  
 Tel. +34 972 33 05 52  
 club@cvblanes.cat  
 www.cvblanes.cat



24 h.

VHF 9

METEO

CREDIT

3 Tm

50 Tm

Marina website





# Botanical gardens

## Nature made orderly

There are four main botanical gardens not to be missed on the Costa Brava. They display plants of great value, a unique explosion of unparalleled aromas and colours, with breathtaking views of the sea. Each one is an oasis of pure nature inviting visitors to take a peaceful stroll.

The Cap Roig Gardens in Calella de Palafrugell, created by Nicolai Woevodsky and his wife Dorothy Webster in 1927, are home to over 1,000 species of plants. One of its symbols is the castle built of local ferruginous stone and it is one of the gardens with most varieties in Catalonia. There are five guided visits to the gardens and in summer there are exhibitions, the international festival of music which bears their name and numerous cultural events.

The Santa Clotilde Gardens are situated in a very beautiful setting, on a cliff on Lloret de Mar's coastline. They were designed in 1919 by the architect and landscape gardener Nicolau Maria Rubió i Tudurí and are an example of the spirit of the Noucentisme movement in Catalonia. They stand out for their clear Italian influence, in line with the architectonic setting. The gardens feature several marble sculptures that contrast with the wide variety of plants.

The Marimurtra Botanical Garden is a balcony over the Mediterranean for Blanes. It was created in 1921 by the German scientist Karl Faust, and years later it was to become one of the most important gardens in Europe. It houses over 4,000 plant species from all over the world, most of which are exotic, including examples like the Chilean wine palm, bamboos and African trees.

Ferran Rivière de Caralt was the creator of the Pinya de Rosa Botanical Garden in 1954. Its 50 hectares of garden contain almost 7,000 species of different genera brought from their natural habitat, plant nurseries and private collections. Of particular interest are the collections of aloes, agaves, yuccas and opuntias, many of which are considered to be the best in the world.

### **MARIMURTRA GARDENS. BLANES.**

Marimurtra is a balcony over the Mediterranean for Blanes, housing everything from spectacular species to artistic African trees.







**PINYA DE ROSA GARDENS. BLANES.**

These gardens feature tropical and Mediterranean plants, particularly cacti.

The botanical gardens are breathtaking clifftop viewpoints that dominate the horizon.



**SANTA CLOTILDE GARDENS. LLORET DE MAR**

The clearly Italian style, in line with the architectonic setting, determines the beauty of this place.

**CAP ROIG GARDENS. CALELLA DE PALAFRUGELL**

Cap Roig Gardens are a top venue for cultural occasions, the international music festival and other events.























**INFORMATION AND BOOKINGS**

- **Cap Roig Gardens**  
Camí del Rus, s/n  
17210 Calella de Palafrugell  
icaproig@magmacultura.net  
www.obrasociallacaixa.org/ca/centros/jardines-de-cap-roig/  
Tel. +34 972 61 45 82
- **Santa Clotilde Gardens**  
Santa Clotilde site  
17310 Lloret de Mar  
central-turisme@lloret.cat  
www.lloretdemar.org  
Tel. +34 972 37 04 71
- **Marimurtra Gardens**  
Pg. de Carles Faust, 9  
17300 Blanes  
marimurtra@marimurtra.cat  
www.marimurtra.cat  
Tel. +34 972 33 08 26
- **Pinya de Rosa Gardens**  
Camí de Santa Cristina s/n  
17300 Blanes  
reservas@pinya-de-rosa.es  
www.pinya-de-rosa.es  
Tel. +34 972 35 06 89







-  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
-  Greenway
-  Tunnel

## Main attractions

- 1** Music Festivals of the Costa Brava and Pirineu de Girona  
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** Medieval Towns of Pals and Peratallada
- 6** Iberian Settlement of Ullastret
- 7** Camprodon Valley
- 8** Valley and Sanctuary of Núria
- 9** *Vila Vella* of Tossa de Mar
- 10** Costa Brava Botanical Gardens (Santa Clotilde, Pinya de Rosa and Marimurtra)
- 11** Old Town of Girona
- 12** La Bisbal Pottery
- 13** Alta Garrotxa (Oix and Beget)
- 14** Garrotxa Volcanic Area Nature 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 Nature 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)



### Blue Flag Beaches 2020

Award granted by the European Union that recognises the quality of the waters and the services provided to users on the beaches.



### Blue Flag Port



### Cruise Port



### EMAS Eco-Management and Audit Scheme

**Begur:** Club Nàutic Aiguablava · **Bianes:** Club Vela Blanes and Blanes Port  
**Calonge:** Coves of Can Cristos - Ses Torretes, Torre Valentina Beach, Sant Antoni Beach, Es Monestri Beach and the town seafront promenade · **Castelló d'Empúries:** Empuriabrava Beach · **El Port de la Selva:** Club Nàutic Port de la Selva and El Port de la Selva Port · **L'Escalà:** L'Escalà Port and Club Nàutic L'Escalà · **Llançà:** Club Nàutic Llançà and Llançà Port · **Palafrugell:** Port Bo, Canadell, Llafranc, Tamariu and Calella de Palafrugell Beaches · **Palamós:** beaches, coves, Port Esportiu Marina Palamós, Palamós Port, seafront promenade and urban parks · **Platja d'Aro:** Club Nàutic Port d'Aro · **Roses:** Santa Margarida, El Salatar, El Rastrell, Nova, La Punta, Els Palangrers, Canyelles-Bonifaci and L'Almadrava Beaches; Murtra, Rostella, Calís, Montjoi, Calitjàs, Pelosa, Canadell and Jóncols natural coves; Roses Cruise Port, Roses Marina, Roses Fishing Port and seafront promenade · **Sant Feliu de Guíxols:** Sant Feliu de Guíxols Port · **Torroella de Montgrí-L'Estartit:** L'Estartit Port, L'Estartit Main Beach, Club Nàutic Estartit and L'Estartit seafront promenade



### "Q" for Tourism Quality Certificate - ICTE (Institute for Spanish Tourism Quality) 2020

**Calonge:** Sant Antoni Beach  
**Castell-Platja d'Aro:** Platja d'Aro Main Beach and Sa Conca Beach  
**Castelló d'Empúries:** Empuriabrava Beach  
**Torroella de Montgrí:** L'Estartit Main Beach  
**Cerdanya:** La Molina Ski and Mountain Resort  
**Garrotxa:** Garrotxa Volcanic Area Natural Park  
**Ripollès:** Vall de Núria Ski Resort







## Distances between marinas

	Port de Portbou	C.N. Sant Miquel de Colera	C.N. Llançà	C.N. Port de la Selva	Port de Roses	Marina Empuriabrava	C.N. Sant Pere Pescador	C.N. l'Escala	C.N. Estarlit	C.N. Aiguablava	C.N. Llafranc	Marina Palamós	C.N. Costa Brava - Vela Palamós	C.N. Port d'Aro	Nàutic Vell/C.N. Sant Feliu de Guíxols	C.N. Cala Canyelles	Club de Vela Blanes
Port de Portbou		2.1	3.9	6	20.8	22.5	23.4	25	27.3	33.9	37.1	41	42.4	45.2	47.6	55.7	59.8
C.N. Sant Miquel de Colera	2.1		2.4	4.8	19	20.2	22.1	24.4	26.7	33.3	36.5	40.7	41.8	44.7	47	55.1	58.5
C.N. Llançà	3.9	2.4		3.2	19.3	21.1	21.8	23.5	25.4	32.4	35.6	32	39.2	43.5	46.2	54.2	58.4
C.N. Port de la Selva	6	4.8	3.2		17.7	19.5	20.5	21.9	24.3	30.9	34.1	37.9	39.3	42.2	44.6	52.6	56.8
Port de Roses	20.8	19	19.3	17.7		2.9	5	8.6	12.8	20	23.2	27.4	28.5	31.4	33.8	41.8	45.9
Marina Empuriabrava	22.5	20.2	21.1	19.5	2.9		3.7	8.5	13.25	20.5	23.7	27.9	29	31.8	34.3	42.3	46.5
C.N. Sant Pere Pescador	23.4	22.1	21.8	20.5	5	3.7		5.8	11.2	18.4	21.7	25.9	26.9	29.8	32.1	40.3	44.5
C.N. l'Escala	25	24.4	23.5	21.9	8.6	8.5	5.8		6.4	13.8	16.9	21.1	22.2	25	27.5	35.5	39.7
C.N. Estarlit	27.3	26.7	25.4	24.3	12.8	13.2	11.2	6.4		7.4	10.5	14.5	15.9	18.8	21.1	29.2	33.3
C.N. Aiguablava	33.9	33.3	32.4	30.9	20	20.5	18.4	13.8	7.4		3.7	7.8	8.9	11.7	14.1	22.1	26.3
C.N. Llafranc	37.1	36.5	35.6	34.1	23.2	23.7	21.7	16.9	10.5	3.7		4.5	5.9	8.8	11.1	19.2	23.3
Marina Palamós	41	40.7	32	37.9	27.4	27.9	25.9	21.1	14.5	7.8	4.5		1.5	4.5	6.9	15	19.1
C.N. Costa Brava - Vela Palamós	42.4	41.8	40.9	39.3	28.5	29	26.9	22.2	15.9	8.9	5.9	1.5		3.9	6.4	14.4	18.6
C.N. Port d'Aro	45.2	44.7	43.5	42.2	31.4	31.8	29.8	25	18.8	11.7	8.8	4.5	3.9		2.6	10.8	15
Nàutic Vell/C.N. Sant Feliu de Guíxols	47.6	47	46.2	44.6	33.8	34.3	32.1	27.5	21.1	14.1	11.1	6.9	6.4	2.6		8.8	12.9
C.N. Cala Canyelles	55.7	55.1	54.2	52.6	41.8	42.3	40.3	35.5	29.2	22.1	19.2	15	14.4	10.8	8.8		4.5
Club de Vela Blanes	48	46.6	45	44	46	38	44.5	30	29	26.3	23.4	20	18.6	16	13.5	4.5	

The distances are based on the most direct course and are not designed for navigational purposes.

## Coves and marinas on the Costa Brava

**Published by:** Patronat de Turisme Costa Brava Girona – Associació Catalana de Ports Esportius i Turístics (ACPET) — **Coordination:** Germán de Soler — **Production:** La Factoria Nàutica — **Texts:** Luis Bosch, Germán de Soler, Panxo Pi Sunyer, Magalí D.S. Pinart — **Ports infographic:** Estudi Pàmies — **Design and layout:** Cèlia Mínguez

**Photography:** Ajuntament de Castelló d'Empúries, Ajuntament de l'Escala, Ajuntament de Sant Pere Pescador, Ajuntament de Santa Cristina d'Aro, Ajuntament del Port de la Selva, Albert Duch, Alex Tremps, Alfred Farré, Antonio Garrido, Arxiu Imatges Patronat de Turisme Costa Brava Girona, Brazo de Hierro, Carles Reig, Celler Espelt, Dani Salvà, David Carbó, El Cellar de Can Roca, Espelt Viticultors, Esther Torrent, Francesc Tur, Fundació Carl Faust, Fundació Gala Salvador Dalí Figueres, Grand Recosind, Hecktic Travels, Itinerànnia, Jaume Campderros, Javi Cabrera, Joan Guitart, John Carter, Jordi Chias, Jordi Gallego, Jordi Mas, Jordi Renart, Josep M. García Batlle, Josep Miquel Guasch, Julián Guisado, Kris Ubach, Laurence Norah, Lloret Turisme, Lola Akinmade, Manel Arpa - De Aerial Productions, Maria Espinàs, Maria Geli - Pilar Planagumà, Martí Artalejo, Mike Burdon, Museu de l'Anxova, Oficina de Turisme d'Empúries, Oficina de Turisme de Sant Feliu de Guíxols, Panorama Trails, Patitucci Photo, Pep Botey, Pere Carreres, Pere Duran, Ports de Catalunya, PWA Costa Brava, Rafa Pérez Rita Andreu, Sherry Ott, Steve Carr, The Col Collective, Toni Leon, Toti Ferrer, Vol de Coloms, Windoor Realfly, Xavi Arnau, Xevi F. Güell.

**Published by:** Alzamora Gràfiques





# The Costa Brava's coves and marinas

[www.costabrava.org](http://www.costabrava.org) • [www.acpet.es](http://www.acpet.es) • [www.ports.gencat.cat](http://www.ports.gencat.cat)



PORT ROSES

