

EL **BAIX EBRE** TOURIST PRODUCTS FOR **PROFESSIONALS**

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BAIX EBRE, PATHWAY TO THE MEDITERRANEAN, ABLAZE WITH LIGHT

The Ebro River is the soul and the backbone of a county like Baix Ebre, to whom it owes its very name, but that doesn't mean that its value as a tourist attraction is derived solely from the charming nature of the river. In fact, if this area pleasantly surprises its visitors, it is because of its contrasting diversity.

Of course it is undeniable that Baix Ebre has a mighty river which provides plenty of leisure and tourist activities but at the same time it has: a mountainous land mass with a summit of 1447m at Mont Caro, a birdwatching paradise, so much to offer to cycling enthusiasts, and a cuisine that has always used the area's excellent local produce.

This **region of Catalonia is a world apart**, a little known cove, an unspoilt beach, cheerful folk holding fairs and festivals, the crossroads of cultures down through the ages, refuge of the last bandit of the XIX century, coast of barbary pirates, coastal and mountain trails, kids cycling with smiles on their faces, the Renaissance right here, the juiciest oranges, the tastiest seafood, round grain rice, the episcopal town of Tortosa, the acclaimed "via verda" cycleway, surfing in the sea, walking in the hills, topped off with History and Culture wherever you look, wherever you go.....



© Nòmada Viatges

The Ebro River is the quintessence of the county of Baix Ebre, omnipresent amidst stunning scenery, extraordinary tourist appeal.

Let's put it like this, Baix Ebre provides a thousand and one possibilities given its geographical vantage point between the second most important wetland in the Mediterranean (el Delta de l'Ebre) and the little known but most wonderful national park in the country (the Ports Nature Reserve).

Needless to say the Ebro is omnipresent, the key player, this watery homeland, stunning scenery, extraordinary tourist appeal. Two nature reserves and a majestic river go some way to explaining why the Catalan Ebro counties have recently been recognised as Biosphere Reserves by UNESCO.

THE EBRO DELTA NATURE RESERVE, where everyone can find their paradise

It is not in question that **the Ebro Delta is one of Catalonia's biggest surprises**. It has been a Nature Reserve since 1983, and after Doñana in south Spain and the Camarga in France, with which it has close historical links, is the third most important wetland in the Mediterranean. Deltas around the planet are a world unto themselves –different, in every sense–, and the Ebro is no exception.

Devotees of birdwatching are certainly in no doubt about the Delta's importance, but you don't have to be an expert in birds to be impressed by the sight of flamingos among more than 340 species that are found here. Especially when you consider that in Europe as a whole there are only 700 catalogued species.

Seeing flamingos (one of the few breeding colonies in the peninsula is here on the Ebro Delta) **or Audouin's gulls** (70% of those found in the world have their home here) **is an inducement not confined to the birdwatchers of the world**. Any visitor, young or old, cannot fail to be fascinated by the white mass of a flock of sandwich terns or the shade of salmon pink seen in a big colony of flamingos, no matter how little they know about birds.



Devotees of birdwatching are certainly in no doubt about the Delta's importance, but you don't have to be an expert in birds to be impressed by the sight of flamingos among more than 300 species found here.

The Ebro Delta's rich array of flora and fauna might be its main attraction (more than 700 recorded species and the largest aquatic habitat in Catalonia), but 75% of the area is still used to cultivate and Man has had a hand in shaping the beauty of the place.

The orderly arrangement of the paddy fields and their metamorphoses according to the season contrasts with the wild beauty of the lagoons, fresh water springs, unspoilt beaches and salt water marshes, lending a hypnotic feel to the Ebro Delta, a fine balance between human endeavour and Nature.

Whoever visits the Ebro Delta wants to return, and that has been made easier by developments over the last 30 years to provide a wide range of services to the visitor: **good accommodation, excellent local cuisine and an huge assortment of activities with something for everyone.**

For those who want to lose themselves in a desert-like beach with dunes on the horizon, for families who want to have a stress-free bike ride together, for those who really want to get away from it all and relax, for fishing enthusiasts, for those whose cameras will not capture anything higher than 4 metres high, for those who love watersports, walking and finding genuine local customs at the end of the track.

In other words, the delta is ideal not only for those who want to be active but also for those who just want to enjoy the view of the vast 360 degree horizon.

THE PORTS NATURE RESERVE the mountain that has no end

Such was the biodiversity of this area, that protecting it was put forward way back in 1932. It was hardly surprising, given land conservation factors present there, that in 2014 it was declared a Special Conservation Zone (ZEC), in recognition of the importance of its habitats at a European level. Today The Ports is the largest conservation area on Catalonia's Mediterranean coast.

The Nature Reserve is part of a massif which extends through Catalonia, Aragon and Valencia before merging with the Iberian Mountain Range. **Its vast 800 square kms is home to more than a thousand species of flora**, the most southerly naturally occurring beech forest in Europe and important species such as the mountain goat or Bonelli's eagle.

Clearly **The Ports open up many opportunities to the visitor, most notably to Nature lovers, walkers, hikers, climbers and cavers.** Among certain groups of Catalan walkers, the area stands out as the range where all the different Mediterranean mountain environments come together. From its highest point at Mont Caro, (1.441 m) you can see both the Pyrenees and Majorca on a clear day.

Eventhough the Ports are largely unknown to the general public, their immense, wild expanses undiscovered, it does not mean that they are only of interest to the most experienced of walkers and mountaineers. While it is true that challenging cycle trails and walks are plentiful here, when the park was declared a Nature Reserve in 2001, easy paths were opened up to the general public so that even families can enjoy getting to know the area.

The visitor that has never set foot in the Ports, will always be very pleasantly surprised to say the least, and very often blown away, by the experience. It isn't an exaggeration because at times one seems to have been transported to woodlands in the north of Europe rather than the Iberian Peninsula. In fact the Ports has the most southerly beech woods of the whole peninsula (a designated area of special interest within the park itself), something very rare in southern Europe.



In amongst all this natural beauty are nestled towns and villages within the Ports, strikingly at one with their surroundings and full of character, amassed over the centuries in their stories and legends of hungry wolves, mythological woodland beings, Panxampla the bandit and the young Picasso in search of inspiration.

TORTOSA, the city that makes history fun

Tortosa has pride of place in any account of the history of Catalonia, so not surprisingly it has been the episcopal see since the IV century or earlier and boasts an impressive gothic cathedral. Tortosa still has its historical centre that was declared of great architectural and historic interest in 1976, and is made up of the most important Renaissance remains in Catalonia.

History makes itself felt at every corner of this city, there are Roman remains (of what was Dertosa), remains of the Moors, (who had their last domains in Catalonia here), the Jewish presence in medieval times, Christian walls and fortresses, Renaissance and barroc palaces, Modernisme in the XIX and XX centuries, the Spanish war of Succession and the Civil War of 1936-1939...

Tortosa is History, but it also knows how to look back and have fun with its heritage in the here and now. Every summer all and sundry take to the streets to deck them out ready for the Renaissance festival, not to be missed, in commemoration of the glory of the XVI century.

This spirit is seen too in the many **reenactments and events that are held throughout the year in the old Jewish quarter of the city**, home to the most sizeable Jewish community in Catalonia between the XII and XV centuries.

Tortosa's historical centre remains intact and distinguishes itself as having the best examples of Renaissance architecture in Catalonia.



“Tortosa, famous city” (as it has often been called) is a place where the visitor walking in the old quarter comes across picturesque nooks and crannies in the streets and squares and sees how the past and present merge into one. Nowadays bars, restaurants and shops occupy the very same spots where, centuries ago, there were taverns, craftsmens’ guilds and merchants.

In Tortosa too, as in Baix Ebre as a whole, the river watches and waits, as it has done down the ages, while floods are remembered in the very walls of the houses and in the “limnògraf” of Xerta church, as are boats wrecked in the river and ships setting sail from the city’s port bound for the Mediterranean.

THE RIVER, flowing through the homeland

The River Ebro is not simply a blue line from a geographer’s pen on a map. For the places along the river, like those of Baix Ebre, the **Ebro is the artery that carries the lifeblood of the territory**.

That’s because the river, more than a geographical fluke, is a watery motherland with its heroes, ghosts and legends, its myths and ancient history. The distinctive feature of this land is that it is moving towards the sea. The poet Josep Pla wrote “ this county is essentially a watery flowing path amidst Mother Earth”.

Put another way, for the people of the Ebro, the river is not just a wide canal of water **to sail down in canoe or kayak**, rather, the Ebro has moulded and shaped in them a particular kind of character.

That identity, noticeably different from the rest of Catalonia, manifests itself in every way; the dialect, the landscape, the festivals, the crops, traditions, architecture, cuisine, music, dance, literature, history... “The river is life”, will often be heard on the lips of the folk from Baix Ebre if you take the time to listen.



Whether it is fishing, kayaks, punts, shallow draft vessels or walking on the river banks, leisure activities in the vicinity of the river are the main tourist attractions.

Apart from the interest the Ebro might have for cultural reasons, the river is, above all, **something borne out of the majestic scenery**, when it is coloured by the orange groves and when its power is harnessed between mountain sides.

A river that is on its way to the delta, winding through orange and olive groves along dry stone borders and beside old watchtowers that conjure up times when the Ebro was the information superhighway for merchants, ideas, concepts, beliefs, songs, controversies and gossip.

The good news is that the Ebro is nageable again these days, **what better vantage point of the villages, crops and the daily doings of men and women than from the river itself**. It is as if you were looking at the Earth from the Moon. Whether it is fishing, kayaks, punts, shallow draft vessels or walking on the river banks, leisure activities in the vicinity of the river are the main tourist attractions of Baix Ebre.

THE COAST, where there are still unspoilt beaches

On a coastline as built up as the Mediterranean, the Baix Ebre shoreline is something of an exception, and not only because of the Delta with its endless expanses of sand and shore.

Along the coast of l'Ampolla, l'Ametlla del Mar and el Perelló, not far from beaches with facilities, it is still possible to find solitary coves and inlets that seem to have never been discovered by anyone, even though barbaric pirates will have stopped off there five centuries ago.



This coastline is best experienced by walking the old coastal paths, through pine woods and along clifftops with magnificent views of the sea.

This coastline **is best experienced by walking the old coastal paths, from town to town, along clifftops and through pine woods with views of the sea**, (walking isn't confined to the hills), or by taking the GR 92, a long coastal path that runs from the north to the south of Catalonia along the seashore.

And at the end of the trail, a welcome prize awaits in the villages, ports and fish markets that breathe the fresh sea air as ever, as if tourism is something alien to them, and where the fish and seafood concentrate all the nutritional goodness of the waters of the sea and River Ebro combined.

FOOTPATHS that you will call you back

Baix Ebre is an **ideal place for walkers**. There are so many possibilities in each and every borough both on the coast and inland to get to know the area and its villages in a relaxed way along paths that have long been used by the local people.

If local footpaths are not enough, a couple of long distance paths top up what is available in the county. They are the GR 92, a path that goes from the north to the south of Catalonia, hugging the coast and providing a wonderful way to get to know the Ebro Delta and adjacent coastlines, under one's own steam and at one's own pace.

As well as this, the GR 99 "Camino Natural del Ebro" follows the course of the river from Fontibre in Cantabria, arriving at the delta after forty two stages and 1.200 kms.

CYCLE TOURISM, pedals for all

Baix Ebre is a **paradise for cycling enthusiasts**, whether you prefer mountain tracks or roads or just a gentle ride with the family. You can choose from the GR 99 or “**Camí Natural de l'Ebre**” or the “**Via Verda de la Val de Zafàn**”.

The latter is a route stretching from Aragon to Tortosa along a disused railway track that was converted into a popular cycleway for the general public. It crosses bridges, goes through tunnels, past valleys and ravines, and invites you to keep pedalling to the mouth of the River Ebro, across paddy fields.

Baix Ebre also has **an extensive network of trails that are suitable or have been adapted for all those who like to see the world from the saddle of a bicycle, a great way indeed, to take in the views**. It doesn't stop there though, and there are plenty who say that the Ebro Delta is the perfect place for some family cycle outings, even with very small children.

Perhaps that is because the delta is so flat that the wheels seem to go round on their own, leaving the rider with nothing to do but enjoy the surroundings and make sure they don't fall off!



GASTRONOMY ON THE LANDSCAPE, the fruits of Nature on a plate

Now that, when talking about good food everyone agrees that the best products are local ones, it is strange to think that in some kitchens **local produce** has never stopped being the one and only option. In “les Terres de l'Ebre” this is the case. Agriculture is still small scale here, and in the space of just a few kilometres, a range of produce is harvested, most of which is DO(protected designation of origin) thanks to its excellent quality. It is as if all the goodness of the Mediterranean is concentrated on this land.

That's why the restaurants use oil from their own groves, some of them centuries old, and the rice is DO (protected designation of origin) Ebro Delta rice, citrus fruits from the GI "Clementines de les Terres de l'Ebre", honey, fish and seafood from local ports, DO Terra Alta wine...

Baix Ebre is a flavourful place, and what can be seen all around you in the countryside ends up being served at tables laid ready in homes and restaurants, whose larders and kitchens remain faithful to their cuisine and baking. Sweets like "coques de panoli", "els pastissets" or the great variety of pastries live on. That doesn't mean that there aren't any restaurants that haven't innovated and experienced things outside the box. Baix Ebre has its Michelin stars too.



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***Baix Ebre is a flavourful place,
and what can be seen all
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FESTIVALS AND EVENTS, a land with a full calendar

There is always something happening in Baix Ebre, because **the local people are open, ready and willing to take advantage of any opportunity to have a celebration.** Customs and traditions are not the same in Terres de l'Ebre as in the rest of Catalonia, Here, everyone belongs to groups and associations that are the lifeblood of street festivals done on a big scale.

The **Renaissance Festival in Tortosa**, for instance, has grown out of this dedication and has become very well known in just a few years. Fairs and cultural events fill the calendar and provide a window on the best of "les Terres de l'Ebre".

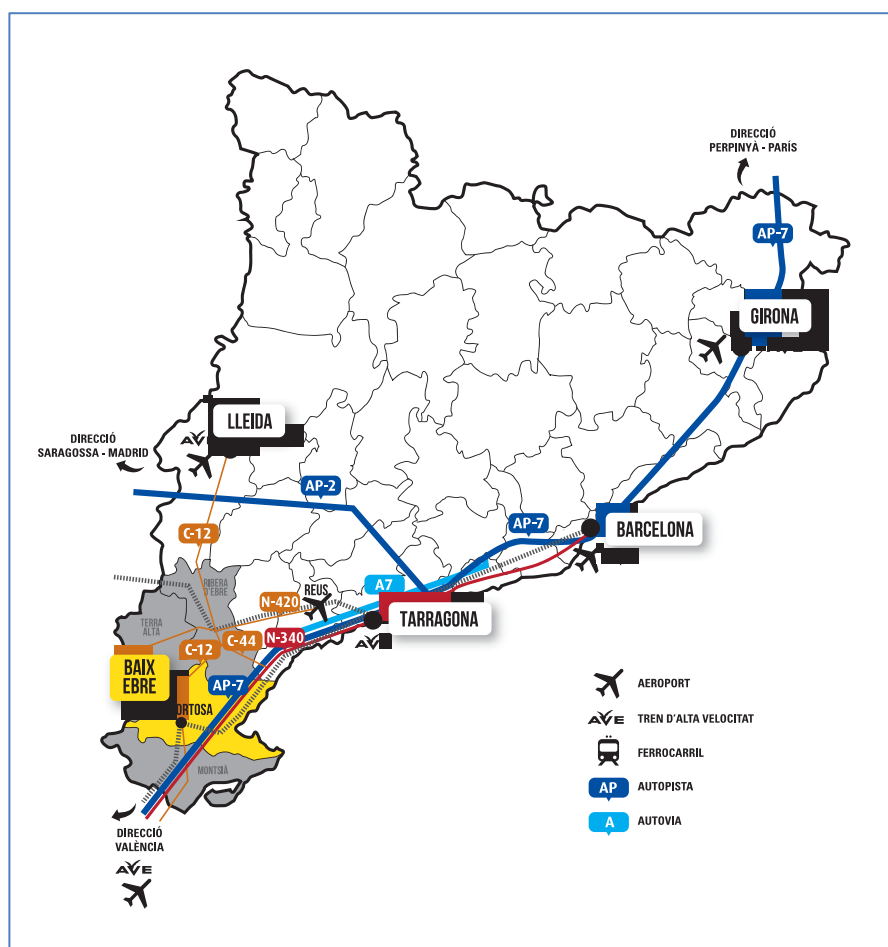
Baix Ebre marks even the most ancient of its traditional festivals with evident enthusiasm.








Longstanding traditions are honoured though, in ancient [traditional festivals](#), like “Corpus a la Mare de Déu del Carme”, the Holy Week processions or pilgrimages. Here the roots of tradition go deep, and it is plain to see that the natives genuinely enjoy marking their cultural identity.

Text by *Toni Orensanz*
Journalist, author and scriptwriter

LOCATION MAP



ACCESS TO THE COUNTY OF BAIX EBRE

	<p>Baix Ebre is at the crossroads of Catalonia, Valencia and Aragon. The coast connected by the Mediterrani AP-7 motorway and the N-340, which link France and the south of the Península. Access from Catalonia to Aragon and France via inland more mountainous areas uses the C-12, known as the Ebro axis. A connecting route between coast and inland is the C-42, which connects l'Aldea and Tortosa.</p>
	<p>Nearest airports:</p> <ul style="list-style-type: none"> • Barcelona: 165 Km • Valencia: 180 Km • Zaragoza: 184 Km • Reus: 80 Km <p><i>All distances from the capital of Baix Ebre, Tortosa.</i></p>
	<p>Train stations:</p> <ul style="list-style-type: none"> • L'Ametlla de Mar • L'Ampolla-El Perelló • Camarles-Deltebre, • L'Aldea-Amposta-Tortosa. <p><i>More information at: http://rodalies.gencat.cat/en/index.html & www.renfe.es</i></p>
	<p>Tortosa bus station from where local (Terres del Ebre) and national services operate. Connections available to Barcelona, Valencia and Zaragoza. <i>More information at: www.hife.es</i></p>
	<p>Nautical Club of L'Ametlla de Mar Moll de Ponent. Espigó esportiu Apartat de Correu 104, 43860 L'Ametlla de Mar Tel: 977 457 240 www.cnametllamar.com</p> <p>Port of Calafat Port Urbanització Calafat 43860 L'Ametlla de Mar Tel: 977 486 181 / 977 486 214</p> <p>Port of l'Ampolla Av. Marítima Ramon Pous, s/n 43895 l'Ampolla Tel: 977 460 211</p> <p>Port of Deltebre Oficines del Port s/n 43540 Sant Carles de la Ràpita Tel.: 977 740 456</p>

Baix Ebre

Centre d'informació del Parc Natural del Delta de l'Ebre Ecomuseu
Tel. 977 489 679
C/ Doctor Martí Buera, 22
43580 - Deltebre

Punt d'informació turística Benifallet
Tel. 977 462 334
Av. Lluís Companys, 3
43512 - Benifallet

Oficina de turisme El Perelló
Tel. 977 491 021
Lluís Companys, 2
43519 - El Perelló

Oficina de turisme L'Ampolla
Tel. 977 593 011
Rda. del mar, 12
43859 - L'Ampolla

Centre de visitants del Parc Natural dels Ports
Tel. 977 500 845
Tel. 977 504 012
Av. de la val de Zafán, s/n
45550 - Roquetes

Oficina de turisme Camarles
Tel. 977 470 040
Trenta-u, s/n
43894 - Camarles

Punt d'informació turística L'Aldea
Tel. 977 450 012
Av. Catalunya, s/n
43896 - L'Aldea

Oficina de Turisme Tortosa - Jardins del Príncep
Tel. 977 449 648
Tel. 977 442 005
Pujada al Castell de la Suda, 1
43500 - Tortosa

Ebre Terra Oficina Comarcal de Turisme del Baix Ebre
Tel. 977 480 627
Carrer Sant Miquel, 1
43580 - Deltebre

Oficina de turisme Deltebre Consell de Riumar
Tel. 977 489 309 ext. 4
C/ Coll verd, s/n
Nucli de Riumar
43580 - Deltebre

Oficina de turisme L'Ametlla de Mar
Tel. 977 456 477
Av. Amistat Hispano Italiana, s/n
43860 - L'Ametlla de Mar

Punt d'Informació Turística Centre Interpretació del Renaixement
Tel. 977 444 668
C/ Sant Domènec, 13
43500 - Tortosa

Oficina de turisme de Catalunya a les Terres de l'Ebre a Tortosa
Tel. 977 585 871
Tel. 977 449 648
Rambla Felip Pedrell, 3
43500 - Tortosa

Montsià

Centre d'informació del Parc Natural del Delta de l'Ebre Casa de Fusta
Tel. 977 261 022
Bassa de l'Encanyissada
Partida de la Cuixota
43870 - Amposta

Oficina de turisme Amposta
Tel. 977 703 453
Av. Sant Jaume, 42-52
43870 - Amposta

Oficina de turisme Alcanar
Tel. 977 737 639
Lepanto, s/n Pg. Marítim
43569 - Les Cases d'Alcanar

Oficina de turisme Ulldecona
Tel. 977 573 394
Pg. de l'Estació, s/n
43550 - Ulldecona

Centre de visitants del Parc Natural dels Ports al Montsià
Tel. 977 576 156
Passeig de la Clotada, 23-25
43560 - La Sénia

Oficina de turisme La Galera
Tel. 977 718 339
Sant Llorenç, 36 (baixos)
43515 - La Galera

Oficina de turisme Sant Carles de la Ràpita
Tel. 977 744 624
Plaça Carles III, 13 (baixos)
43540 - Sant Carles de la Ràpita

Ribera d'Ebre

Centre d'Informació de la Reserva Natural de Sebes Mas del Director
Tel. 977 265 112
Camí de Sebes s/n
43750 - Flix

Oficina de turisme Ascó
Tel. 977 406 583
Pl. de l'Estació, 3
43791 - Ascó

Centre de visitants del Parc Natural dels Ports a la Terra Alta Prat de Comte
Tel. 977 428 177
Carretera T-330 km. 27
43595 - Prat de Comte

Oficina de turisme Gandesa
Tel. 977 420 910
Av. Catalunya, 5-7
43780 - Gandesa

Terra Alta

TOURIST PRODUCTS

The county of Baix Ebre combines defining features that single it out from other areas. Here there is an interplay of contrasts as the mountains, river and sea lend their beauty to over 900km² of territory.

This colourful mosaic bestows each corner of the place with its own texture, taste and aroma. There is so much to see and do here, and many ways of getting to know this extraordinary area and its way of life from the inside.

CYCLE TOURISM (29): Baix Ebre is a cyclist's paradise, whether the enthusiast is a fan of cycling by road or in the hills or just going for a ride with the family. As well as the "Via Verda" or Green Trail, it has a wide network of paths and cycleways for those who like to explore by bike.

NAUTICAL ACTIVITIES (12) : From fishing, to trips on kayaks, punts and shallow draft vessels, leisure time spent near the water, including walks alongside the riverbanks and canals have become the most popular and biggest tourist attractions of the Baix Ebre.

ECOTOURISM (11): Nature lovers will enjoy their stay, focusing on conservation of the environment, birdwatching, enjoying and photographing the diverse scenic beauty from the Ports to the Ebro Delta and its paddy fields...

WALKING (3): The rugged hills of "els Ports" provide challenging hikes for the most demanding and experienced of hiker, but it is also true that there are easy walks and trips around the area for the general public and families.

LOCAL CULTURE AND WAY OF LIFE (8): It is clear that those who live near the River Ebro have their very own cultural traditions, different from those of the rest of Catalonia, something that can be appreciated by visitors to the towns and villages of this region who are drawn by folklore and historic features.

GASTRONOMY (4): Baix Ebre is a flavourful place, and what can be seen all around you in the countryside ends up being served at tables laid ready in homes and restaurants, whose larders and kitchens remain faithful to the land, sea and air around. Take in the scenery here and you will take in its gastronomy too.

INDEX OF PROVIDERS

Nom empresa/entitat	Pàgina web
Delta Hotel	www.deltahotel.net
Estació de Benifallet	www.estaciodebenifallet.com
Deltacleta	www.deltacleta.cat
Oleamar	www.oleamar.com
Casa turística Lo Fangar	www.casaturisticalofangar.com
Barraca de Salvador	www.barracadesalvador.com
Rutes Muntanya	www.rutesmuntanya.com
Gubiana dels Ports	www.gubiana.com
Hostal Cling 43	www.hostalcling43.com
Hotel L'Algadir del Delta	www.hotelalgadirdelta.com
4 camins	www.4camins.com
Camping Ampolla	www.campingampolla.es
Riu a l'Ebre	www.riualebre.com
Deltaventur	www.parc deltaventur.com
Hotel Rull	www.hotelrull.com
Mar Natura	www.marnatura.net
Nòmada Viatges	www.nomadaviatges.com
Plancton Diving	www.planctondiving.cat
Tuna Tour	www.tuna-tour.com
Beniemocions	www.beniemocions.cat
Turisme Ametlla de Mar	www.ametllamar.cat/turisme
4x4 Deltanatur	www.deltanatur4x4.com
Associació d'Empresaris Delta de l'Ebre	www.deltadelebre turisme.com
Observatori de l'Ebre	www.obsebre.es
Estels del Sud	www.estelsdelsud.com
Delta Polet	www.deltapolet.com
La Jueva de Tortosa	www.lajuevadetortosa.com
Molí de Rafelet	www.moliderafelet.com
Ajuntament de Benifallet	www.benifallet.cat
Mel Muria	www.melmuria.com
La Calafa	www.lacalafa.cat
Masia Iaia Mercè	www.laiaia merce.com
Wilderness Ebrelands	www.wildernessebrelands.com

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CYCLE TOURISM



CYCLE TOURISM

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DELTABIKE



Discover the Ebro Delta, where this splendid river meets the sea, and the Marquess's beach by bike. From your very hotel the Nature Reserve's cycle routes (2 – 3 – 5 – 8 – 9) are marked.

Uniquely situated, The Delta Hotel is surrounded by gardens and indigenous vegetation as well as a lagoon dotted with islands, typical of those found on the Delta.

The restaurant, where you can taste the best quality local produce in the special Tasting Menu which varies with the season, has magnificent views across the Delta's paddy fields.

Duration:

1 day

Suitable for?

Couples / families

What's included?

- Lunch or dinner with special Delta Tasting Menu (starters + rice dish + desserts and drinks) of products in season
- Full day MTB bike rental

Notes:

For those who come by train we can bring your bikes to the station: Renfe-L'Ampolla (5€ supplement)

DELTA HOTEL

T.: 977 480 046

E-mail: reserves@deltahotel.net

web: www.deltahotel.net

#families #cycletourism #gastronomy #nature

A RIDE FOR ALL THE SENSES



Enjoy a few days in the most peaceful and relaxing of places, a world of its own, the vast open spaces of the Ebro Delta. At a comfortable pace, bicycle riding is the ideal way to get to know this area as it offers up its many charms to the visitor.

No sense is left out, and you will have the chance to sample the best local produce when you sample the GastroDelta menu, it will delight your tastebuds and leave you with a good taste in your mouth when you look back on your visit.

Duration:

3 days / 2 nights

Suitable for?

Couples

What's included?

- Two nights bed and breakfast
- One meal from menu GastroDelta (starters + rice dish + desserts and drinks)
- Lunch/dinner from hotel menu
- Full day MTB bike rent

Notes:

Welcome glass of DO Terra Alta wine

DELTA HOTEL

T.: 977 480 046

E-mail: reserves@deltahotel.net

web: www.deltahotel.net

#families #cycletourism #gastronomy #nature



A TASTE OF THE “VIA VERDA” CYCLEWAY

Take a look round the hilltop town of Horta de Sant Joan and the museum there dedicated to Picasso, before setting out along the “Via Verda de la Val de Zafán”. Enjoy the stunning natural surroundings as you make your way to the Fontcalda Sanctuary, inviting you to paddle in its pleasant thermal waters .

Itinerary:

First Day: Horta de Sant Joan – Antiga Estació de Benifallet (25km)
Accommodation: Antiga Estació de Benifallet
Second Day: Estació De Benifallet – Tortosa (25km)

Duration:

2 days / 1 night

What's included?

- Accommodation in shared rooms for 2 to 6 people
- Full board
- Bicycle, helmet and repair kit provided

- Daily luggage transfer service
- Transfer from route's end to vehicle
- Assistance along the route
- Accident and civil liability insurance

Suitable for?

Families / groups / cyclists

Notes:

THE PRICE DOES NOT INCLUDE:

- Your transport to the biking break
- Picnic on first day
- Services not described in the itinerary

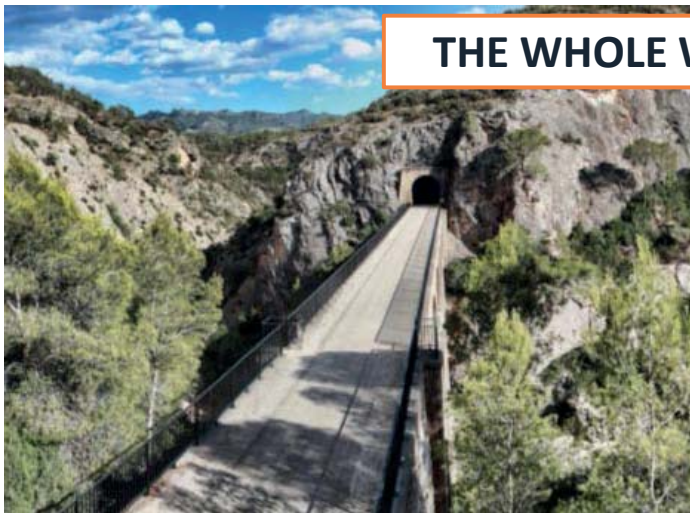
ESTACIÓ DE BENIFALLET

T.: 652 940 703 (Vicent Ibáñez)

E-mail: info@estaciodebenifallet.com

web: www.estaciodebenifallet.com

#biking holidays #nature # ViaVerda Cycleway



THE WHOLE WAY FROM ALCAÑIZ TO TORTOSA

Cycle the length of the “Via Verda” railway track turned cycleway, staying in train carriages converted for the purpose at disused railway stations, country houses, hostels and hotels. This 3 day break starts off with a tour of d’Alcañiz before the ride commences. The route passes through the equinox tunnel at Valdealgofra, allows time to rest at stations along the way and takes you into historic Tortosa at the route's end.

Itinerary

First Day: Alcañiz – Antiga Estació de Cretes (43km)
Second Day: Estació de Cretes – Estació de Benifallet (36km)
Third Day: Estació de Benifallet – Tortosa (25km)

Duration:

2 days / 1 night

What's included?

- Accommodation in shared rooms for 2 to 6 people
- Full board
- Bicycle, helmet and repair kit provided

- Daily luggage transfer service
- Transfer from route's end to vehicle
- Assistance along the route
- Accident and civil liability insurance

Suitable for?

Families / groups / cyclists

Notes:

THE PRICE DOES NOT INCLUDE:

- Your transport to the biking break
- Picnic on first day
- Services not described in the itinerary

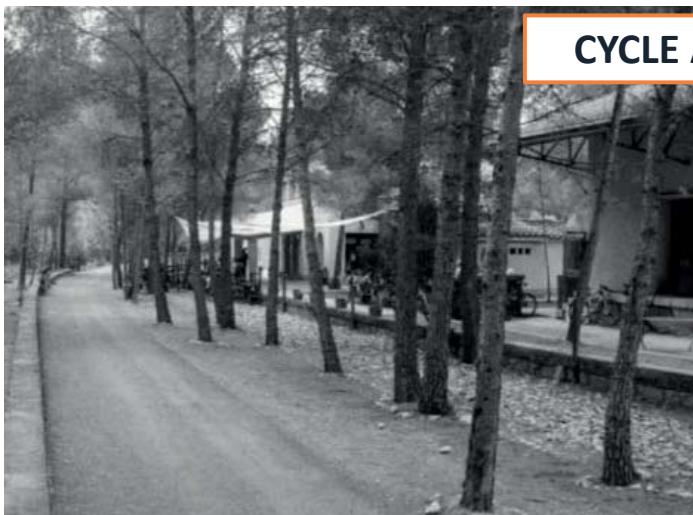
ESTACIÓ DE BENIFALLET

T.: 652 940 703 (Vicent Ibáñez)

E-mail: info@estaciodebenifallet.com

web: www.estaciodebenifallet.com

#biking holidays #nature # ViaVerda Cycleway



CYCLE ADVENTURE from Alcañiz to the sea!

Cycle the length of the "Via Verda" railway track turned cycleway, staying in train carriages converted for the purpose at disused railway stations, country houses, hostels and hotels. This 4 day biking break starts with a tour of historic d'Alcañiz before setting off. It takes in the Arabic dam across the Ebro at Xerta and the suspension bridge at Amposta before arriving at the Ebro Delta Nature Reserve with its rich birdlife, finally taking you to where the great river meets the Mediterranean.

Itinerary

First Day: Alcañiz – Antiga Estació Torre del Compte (33km)
Second Day: Torre del Compte – Estació de Benifallet (57km)
Third Day: Estació de Benifallet – Amposta (38km)
Fourth Day: Amposta – Desembocadura de l'Ebre (33km)

Duration:

4 days / 3 nights

What's included?

- Accommodation in shared rooms for 2 to 6 people
- Full board
- Bicycle, helmet and repair kit provided
- Daily luggage transfer service
- Transfer from route's end to vehicle
- Assistance along the route
- Accident and civil liability insurance

Suitable for?

Families / groups / cyclists

Notes:

THE PRICE DOES NOT INCLUDE:

- Your transport to the biking break
- Picnic on first day
- Services not described in the itinerary

ESTACIÓ DE BENIFALLET

T.: 652 940 703 (Vicent Ibáñez)

E-mail: info@estaciodebenifallet.com

web: www.estaciodebenifallet.com

#biking holidays #nature # ViaVerda Cycleway



L'ORIGEN: From Puebla de Híjar to St. Carles de la Ràpita

Cycle the length of the "Via Verda" railway track turned cycleway, staying in train carriages converted for the purpose at disused railway stations, country houses, hostels and hotels. This 4 day biking break will allow to ride through land of drums, La Torica bridge, enjoy the landscapes at Els Ports Natural Park, visit Museu Picasso in Horta de Sant Joan, and takes you to the Alfacs Bay.

Itinerary

First Day: Puebla de Híjar – Alcañiz (33 Km)
Second Day: Alcañiz – Antiga Estació de Cretes (43km)
Third Day: Estació de Cretes – Estació de Benifallet (36km)
Fourth Day: Estació de Benifallet – Amposta (38km)
Fifth Day: Amposta – Sant Carles de la Ràpita (25km)

Duration:

5 days / 4 nights

What's included?

- Accommodation in shared rooms for 2 to 6 people
- Full board
- Bicycle, helmet and repair kit provided
- Daily luggage transfer service
- Transfer from route's end to vehicle
- Assistance along the route
- Accident and civil liability insurance

Suitable for?

Families / groups / cyclists

Notes:

THE PRICE DOES NOT INCLUDE:

- Your transport to the biking break
- Picnic on first day
- Services not described in the itinerary

From
450€
price person

ESTACIÓ DE BENIFALLET

T.: 652 940 703 (Vicent Ibáñez)

E-mail: info@estaciodebenifallet.com

web: www.estaciodebenifallet.com

#biking holidays #nature # ViaVerda Cycleway

FANGAR BAY & LES OLLES LAKE BY E-BIKE



If what you want is to be close to water, don't miss this chance to explore Fangar Bay. Here, traditional fishing techniques are used and mussels and oysters farmed alongside deserted beaches and lagoons. This extraordinary landscape captivates and has you reaching for your camera. Have a fun trip on the Delta, without breaking into a sweat, thanks to electric bicycles, the green way to get around.

Duration:

½ or full day

What's included?

- E-bike
- Helmet
- Insurance
- Assistance along the route.
- GPS optional

Suitable for?

Families / groups / bikers

Notes:

22€ ½ day / 27€ full day
Available all year round

DELTACLETA

T.: 648 725 862 (Ferran Folch)

E-mail: info@deltacleta.cat

web: www.deltacleta.cat

#family #biking holidays #nature #e-bikes

E-BIKE ALONG LANES TO THE MOUTH OF THE SEA



Setting off from the town of Deltebre, this pleasant bicycle route takes you down to the Mediterranean following the final stretch of the most important river in Spain, which totals 910km in length. Where it meets the sea, enjoy the glorious scenery and then return by criss-crossing paddy fields beside the river. The E-bike is equipped with GPS to guide you.

Duration:

½ or full day

What's included?

- E-bike
- Helmet
- Insurance
- Assistance along the route.
- GPS optional

Suitable for?

Families / groups / cyclists

Notes:

22€ ½ day / 27€ full day
Available all year round
Possible to pre-book in any of the restaurants in route.

DELTACLETA

T.: 648 725 862 (Ferran Folch)

E-mail: info@deltacleta.cat

web: www.deltacleta.cat

#family #biking holidays #nature #e-bikes

LEARN ABOUT THE DELTA ON THIS E-BIKE RIDE



Take an e-bike ride past the two most important protected lagoons in southern Europa. A chance to get to know the heart of the reserve without tiring yourself out or harming the environment. A visit to the "Món Natura" Ebro Delta visitor centre will make this special time even more interesting.

Duration:

½ or full day, depending if we have lunch in route or not.

What's included?

- E-bike
- GPS
- Visit to Mon Natura

Suitable for?

Families / Groups

Notes:

Free or guided visit available, 26 or 28 € (2h approx.). Children without bike will need to pay just for the entrance ticket,

DELTA CLETA

T.: 648 725 862 (Ferran Folch)

E-mail: info@deltaclea.cat

web: www.deltaclea.cat

#family #biking holidays #nature #e-bikes

BIKING TO YOUR PICNIC SPOT ON THE DELTA



Feel like heading off to see the Delta and going where the fancy takes you without having to worry about where you will have lunch? If you stay at one of the many houses we can offer and do a cycle route (according to your needs) you won't have to worry. We will arrange to have your picnic taken to where you are or you can pick it up at one of our restaurants. A perfect day for a picnic in glorious surroundings!

Duration:

2 days / 1 night

What's included?

- Self-catering accommodation
- Tailor-made, non-guided routes
- Picnic: sandwich, drinks, fruit and pastry
- Bike hire

Suitable for?

Families / groups

Notes:

Offer available in May and October. Road side assistance applies only to the Riumar area, and is payable outside this boundary.

OLEAMAR

T.: 696 430 492 (Esther Bonet)

E-mail: gestio@oleamar.com

web: www.oleamar.com

#family #biking holidays #nature



DESTINATION RESTAURANT

Take a break on the Ebro Delta, cycling in the Riumar area and trying the local produce in dishes typical of the Delta, and many of them unique to it. At the "Tasca Marinera" or the "Xiringuito del Port" your table awaits.

Set off from your accommodation and take in Zigurat viewpoint and Lo Garxal while you work up an appetite on your way.

Duration:

2 days / 1 night

What's included?

- Self-catering accommodation
- Menú at Xiringuito del Port / Tasca Marinera
- Bike rentals

Suitable for?

Families / groups

Notes:

Offer available in May and October.

Road side assistance applies only to the Riumar area, and is payable outside this boundary.

Seasonal menu

OLEAMAR

T.: 696 430 492 (Esther Bonet)

E-mail: gestio@oleamar.com

web: www.oleamar.com

#families #biking holidays #nature #gastronomy



CYCLING WEEKEND WITH PAELLA LUNCH!

A weekend of fun activities in natural surroundings at our house on the beach. Borrow our bikes to do some of the routes from home: Platja de la Marquesa, Platja de la Bassa de l'Arena and Platja del Fangar (10km), Fangar Bay (10km), etc. And when you get back, what could be better, a paella ready to serve! Good plan?

The youngest members of your group will enjoy the boat and ponies trips too, that's for sure!

Duration:

3 days / 2 nights (fully week also available)

What's included?

- Accommodation
- Paella at the house
- Basket of garden produce
- Boat trip from mooring at the house
- Pony rides
- Use of bicycles

Suitable for?

Families

Notes:

We can arrange for better quality bikes by contacting local bike hire firms if required.

We can also organize other activities (kayaks etc)

Price based on 4 people.

CASA TURÍSTICA LO FANGAR

T.: 699 225 043 (Andreu Díez)

E-mail: andreulofangar@gmail.com

web: www.casaturisticalofangar.com

#families #biking holidays #nature



COLOURS OF THE DELTA

Stay in a traditional Ebro Delta dwelling house and discover your surroundings by bike, the ideal way to get around here. The property has its own lake where you can fish or explore by boat and the children will love being around our horses, donkeys, swans, hens and native birds.

The little vegetable plot welcomes helping hands if you'd like to do some gardening and enjoy the vegetables in season.

Apart from all this we recommend a visit to "Món Natura" visitor centre.

Days full of fun and new experiences!

Duration:

3 days / 2 nights

What's included?

- Accommodation
- Dinners
- Sunday breakfast
- Bike hire
- Brochure Ruta de les Llacunes
- MónNatura entrance ticket
- Welcome pack (rice, eggs, typical bread with tomato).

Suitable for?

Families / groups

Notes:

Max. 6 people

BARRACA DE SALVADOR. Deltebre

T.: 627 542 784 (Susana Gómez)

E-mail: info@barracadesalvador.com

web: www.barracadesalvador.com

#families #biking holidays #nature



MTB Tour in the "Serra de Cardó" (self guided)

Circular MTB self guided route around the Cardó – Boix range of hills, one of the most spectacular coastal ranges. There will be time to visit the cave paintings at Cabrafeixet, the spring water spa at Cardó, the hermitage at Coll de l'Alba, the Don Ramon hostel and medieval village of Fullola.

Duration:

2 days

What's included?

- GPS + road book provided
- En route assistance
- Luggage transfer

Suitable for?

Groups / MTB high-level profile

Notes:

Control points are located at places of interest on the route where participants bicycles can be left safely during the visit. Shorter or longer stays available on request.

RUTES MUNTANYA

T.: 630 633 169 (Mingo)

E-mail: mingo@rutesdemuntanya.com

www.rutesdemuntanya.com

#mtb #sportive #group



MTB Tour in the “Serra de Cardó”(guided)

Circular MTB guided route around the Cardó – Boix range of hills, one of the most spectacular coastal ranges. There will be time to visit the cave paintings at Cabrafeixet, the spring water spa at Cardó, the hermitage at Coll de l’Alba, the Don Ramon hostel and medieval village of Fullola.

Duration:

2 days

What's included?

- Tour guide
- GPS + road book provided
- Support vehicle
- Luggage transfer

Suitable for?

Groups / MTB high-level profile

Notes:

Control points are located at places of interest on the route where participants bicycles can be left safely during the visit.
Shorter or longer stays available on request

RUTES MUNTANYA

T.: 630 633 169 (Mingo)

E-mail: mingo@rutesdemuntanya.com

www.rutesmuntanya.com

#mtb #sportive #group #tour guide



HIRE A BIKE ON THE “VIA VERDA” CYCLEWAY

Based in Gubiana dels Ports, we offer a bicycle hire service on all sections of the Via Verda, from Tortosa-Roquetes-Alcañiz.

Customized to clients needs, flexible conditions.
Nothing is too much trouble!

Duration:

Full day

What's included?

- Bike hire

Suitable for?

Experienced riders

Notes:

Min. 4 pax / max. 12
We are happy to give advice on your best options, routes, etc.

GUBIANA DELS PORTS

T.: 637 085 052 / 977 474 223

E-mail: caro@gubiana.com

www.gubiana.com

#biking holidays #ViaVerda Cycleway #families #hire



Ascent of Mont Caro by bike & support vehicle

Gubiana dels Ports offers up a real treat for cyclists with a passion for stretching themselves on mountain passes. This is one of Catalonia's toughest challenges with 15% gradients in sections up to the top of Mont Caro.

A climb of 1.423mts in 23,3kms suitable for only the most experienced riders. Let us make it happen!!!

Duration:

Half Day

Suitable for?

Experienced riders

What's included?

- Full support and roadside assistance
- All provisions provided
- Photos taken en route

Notes:

Minimum 4 people.
Special prices for groups of 8 or more.

GUBIANA DELS PORTS

T.: 637 085 052 / 977 474 223

E-mail: caro@gubiana.com

www.gubiana.com

#racing bikes #road cycling #mountain passes



MICE OFFER: TORTOSA - ASSUT DE XERTA

This ride is offered to companies who are holding meetings, workshops and conventions in the area. Clients are collected from the Parador or Hotel and transferred to Roquetes by car.

Bicycle hire + local guide + explanations of the landscape and hydraulic engineering of the Ebro River at l'Assut damn + support vehicle + provisions on route.

Duration:

3h approx.

Suitable for?

Companies

What's included?

- Bike rental
- Guide
- Support vehicle
- Snack and drinks

Notes:

- Minimum 4 pax

GUBIANA DELS PORTS

T.: 637 085 052 / 977 474 223

E-mail: caro@gubiana.com

www.gubiana.com

#biking holidays #MICE #businesses

Foodies in the Saddle Gastronomy & biking on the Delta



A trip round the Deltebre area to get to know the local produce and the rich and varied Mediterranean cuisine that has grown out of an abundance of marvellous ingredients like seafood, fish, duck, rice, oils, honey, salt...

Tastings will be held at:

Angulas Roset (eel producer), Mari Neus (butcher) Marisc Mediterrani (seafood and shellfish), Botiga de l'Ebre Moli de Rafelet (rice production), Granja Luisiana (duck farm).

Duration:

2 days / 1 night

What's included?

- Bike hire.
- 1 night bed and breakfast
- Guide.
- Tastings

Suitable for?

Cyclists and foodies

Notes:

- 14 km. tour approx.
- 2 pax minimum

HOSTAL CLING 43

T.: 659 335 577

E-mail: info@hostalcling43.com

www.hostalcling43.com

#biking holidays #gastronomy #local product

For cake & pastry lovers: the best of the Delta's sweet fare



L' "Esquelètic" is a route around the town and its outskirts, stopping at the various bakeries, each one with its own local specialities to sample some tasty treats. The bakers are on hand to explain how they are made, the ingredients used and what they are eaten with. The way back along the river takes in the ferry and bridge "Lo Passador" across the river and the fields under cultivation locally as well as the river park, the island "l'illa de Gràcia" and the church.

Duration:

2 days / 1 night

What's included?

- Bike hire.
- 1 night bed and breakfast
- Guide.
- Tastings

Suitable for?

Cyclists and foodies

Notes:

- 10 km. tour approx.
- 2 pax. minimum

HOSTAL CLING 43

T.: 659 335 577

E-mail: info@hostalcling43.com

www.hostalcling43.com

#biking holidays #gastronomy #local product



A BIKE RIDE TO APPRECIATE THE DELTA

Discover the art of capturing and collecting seafood and shellfish with the help of a professional mussel and oyster producer. After that we will ride past the “green filters” planted to keep the water clear and on to “les Olles”, the lagoon where many aquatic birds can be seen living among the vegetation. Back in the saddle we head for the “Torre de Camarles” from which vantage point we can admire the vastness of the Delta, its farmlands stretching out before us.(4,7 km 15 min.)

Duration:

2 days / 1 night

What's included?

- Bike hire.
- 1 night bed and breakfast
- Guide.
- Tastings

Suitable for?

Groups 6 pax. Bikers

Notes:

- 36 km. tour aprox.
- 2 pax. minimum

HOSTAL CLING 43

T.: 659 335 577

E-mail: info@hostalcling43.com

www.hostalcling43.com

#biking holidays #landscape



BIKING HOLIDAYS FOR FOODIES

At the l'Algadir del Delta Hotel we think the best way to get to know the Ebro Delta is by bicycle, not least because 220 kilometers of cycleways are on the very doorstep. The immediate Ebro Delta area has its own network of cycle routes which links up with the inland areas of the Ebro, together providing a paradise for cyclists whatever their ability. Nature lovers cannot fail to appreciate the Ebro Delta landscapes, home to more than 350 different species of birds and considered one of the most important wetland areas in Europe.

Duration:

2 days / 1 night

What's included?

Two nights half board stay at the hotel (breakfast and dinner) bike hire, secure parking, route maps provided. The services of a guide and picnic lunches can be arranged by special request.

Suitable for?

Bikers

Notes:

Half board guests will be able to sample a wide variety of the produce on offer in the Delta, such as fish, fowl, seafood, shellfish and of course some of the many rice dishes that form part of the rich cuisine of the area.

HOTEL ALGADIR DELTA

T.: 977 744 559

E-mail: gerencia@hotelalgadirdelta.com

www.hotelalgadirdelta.com

#biking holidays #landscape #gastronomy



PEDALLING BESIDE THE RIVER

Setting off from the new bridge over the Ebro the “Pont lo Passador”, this pleasant ride follows the river along the riverbank until it reaches the mouth of the river at Migjorn, close to the “illa de Buda”.

Pont lo Passador gives way to the riverside cycleway along which you can enjoy views of the great river on one side and rice fields on the other. A well kept secret is the magnificent views to be had from the viewing tower “Mirador de Migjorn”. From here you can also go up river to the tiny village of Balada, situated opposite the island “l’illa de Gràcia”.

Duration:

½ or full day (10am to 1 pm and 3 pm to 7 pm)

Suitable for?

Bikers

What's included?

- Tour map
- Bike hire

Notes:

Leisure bikes
MTB bikes
Bikes for the children
Children’s chairs

4 CAMINS

T.: 628 520 049

E-mail: info@4camins.com

www.4camins.com

#biking holidays #ebro river



4 Ways: Getting to the heart of the Ebro Delta

Lagoons and gastronomy of the Delta: The 4 ways are four routes of differing lengths, shown by colour. Each is known by the name of a lagoon on the delta and is associated with a restaurant which hosts riders on its route. The 4 ways menu offers cyclists an exclusive menu at a special price. The four different menus share one common ingredient: rice. Each participating cyclist is registered on completing each route on the official “Full de Ruta”.

Duration:

½ or full day (10am to 1 pm and 3 pm to 7 pm)

Suitable for?

Bikers

What's included?

- Tour map
- Bike hire
- Lunch menu “4 camins” in a restaurant according to the tour

Notes:

Green route Platjola: 15 km
Blue route Tancada: 20 Km
Red route l’Encanyisada: 25 Km
Black route Illa de Buda: 33 Km

4 CAMINS

T.: 628 520 049

E-mail: info@4camins.com

www.4camins.com

#biking holidays #gastronomy

BIKING HOLIDAYS ON THE EBRO DELTA



Sleep in a comfortable chalet, wake up and have breakfast in the midst of Nature, jump on a bike and head off to discover the extraordinary surroundings and soak up the beaches, dunes, lagoons, canals, paddy fields and all. Great for families with children!!

Make your stay a green one and come by train. The campsite can be reached easily from the railway station at L'Ampolla.

Duration:

Various options depending on length of stay (from March to November)

What's included?

- Accommodation in bungalow or pitch
- Information and maps of the route

Suitable for?

Bikers

Notes:

The campsite has chalets as well as tent pitches and facilities that include a Bar-Restaurant, Supermarket, Pool, sports field and children's playground, courts, etc.

CÀMPING AMPOLLA

T.: 977 460 535

E-mail: reservas@campingampolla.es

www.campingampolla.es

#biking holidays #families

COMBINED BIKE-KAYAK TRIP "EXPLORING THE DELTA"



Bicycle ride along the old Sirga way which crosses the rice growing paddy fields of the delta, revealing their secrets. It takes you into the picturesque village of Balada opposite the island "Illa de Gràcia".

To explore the majestic River Ebro we board kayaks and enjoy seeing the banks of the river, their riverside woodlands still intact and supporting the flora and fauna of this natural ecosystem, declared a Biosphere Reserve. We disembark on the jetty at Riu a l'Ebre.

Duration:

½ day

What's included?

- Bike, helmet and bike lock hire.
- Kayak, oars and life jacket hire.
- Transfer of bikes from Balada to the jetty at Riu a l'Ebre

Suitable for?

Bikers

Notes:

Especially suitable for families with children

RIU A L'EBRE

T.: 600 471 078

info@riualebre.com

www.riualebre.com

#biking holidays #families

DISCOVER THE DELTA IN KAYAK AND BIKE



We offer you a unique experience, discover the Ebro Delta Natural Park in Kayak and Bike.

The package includes the **Explora el Delta** activity that combines a bicycle route along the old Sirga path and kayak navigation on the Ebro River.

Duration:

2 days

Suitable for?

All welcome

What's included?

- 1 night in double room
- Breakfast buffet
- Activity Explora el Delta.

Notes:

Price according to season

HOTEL RULL

T.: 977 48 77 28

E-mail: info@hotelrull.com

www.hotelrull.com

#biking holidays #kayak #landscape

VISIT BUNKERS BY MTB



Follow the coastal path on mountain bike and visit the bunkers used in the Spanish Civil War.

This MTB ride along the coast of l'Ametlla de Mar takes in some places of interest where history comes alive.

Duration:

½ day

Suitable for?

Bikers

What's included?

- Bike hire
- Visit to the Civil War bunkers

Notes:

Available all year

MAR NATURA

T.: 632 595 729

E-mail: info@marnatura.net

www.marnatura.net

#biking holidays #history #culture #civil war

TRIP BY BIKE: Alcañiz – the mouth of the River Ebro



Self-guided route along “la Via Verda”, “Camí Natural del Baix Ebre” and “Camí de Sirga del Delta de l’Ebre”.

Four days of biking and sightseeing to include Baix Ebre. The first day is from Alcañiz to Arnes along the “Via Verde” or Greenway, the second from Arnes to Tortosa via Horta de Sant Joan, and the third day is spent in the city of Tortosa itself. Then the “Camí de Sirga” towpath takes you to Deltebre so that you can spend the fourth day at the final destination, the mouth of the River Ebro.

Duration:

Four days bike-tour

Suitable for?

Bikers

What's included?

- Accomodation
- Self-guided tours along the diferent cycle ways in the area.

Notes:

Available all year

NÒMADA VIATGES

T.: 977 481 497

E-mail: info@nomadaviatges.com

www.nomadaviatges.com

#biking holidays #culture #greenway # camidesirga



NAUTICAL ACTIVITIES



NAUTICAL ACTIVITIES

- | | | | |
|---|--|----|------------------------------------|
| 1 | Diving with oceanographers | 10 | Paddle Surf Ride in the Ebro Delta |
| 2 | Kayak to underwater caves | 11 | Rush of adrenaline with kitesurf |
| 3 | Tuna-Tour Experience | 12 | Sail alone with your Windsurf |
| 4 | Kayak on the Ebro River | | |
| 5 | Large scale – fishing trawling | | |
| 6 | Craft fishing - trammel nets | | |
| 7 | Biokayak | | |
| 8 | Snorkel Experience in l'Ametlla de mar | | |
| 9 | Kayak through the Ebro Delta | | |



DIVING WITH OCEANOGRAPHERS

Plàncton Diving (SSI/ACUC) provides all the services you would expect from a diving center: guided dives from the shoreline or from a boat with a specialist, diving gear hire including tank hire, diving insurance arranged. A complete range of courses is on offer: try scuba diving courses, courses for beginners (Open Water Diver-SSI), advanced, technical diving courses, assistant instructor and instructor...

Duration:

Varies from activity to activity. Check website.

What's included?

- Marine biology seminar on species recognition by an oceanographer or marine scientist
- Qualified diving guide or instructor
- Equipment
- Insurance

Suitable for?

All welcome

Notes:

In order to do a diving course you need a valid medical certificate of less than two years old. Anyone over 8 years old in good health can do try scuba diving on completion of a health questionnaire. These dives to depths of no more than 6 meters are with an instructor who supervises the equipment. Equipment is included for courses and only and can be rented from us for dives.

PLANCTON DIVING

T.: 625 971 371 / 676 207 887

E-mail: info@plancton.cat

www.planctondiving.cat

#diving #marine life #newexperiences



KAYAK TO UNDERWATER CAVES

Trip in kayak along the coast of l'Ametlla de Mar to some underwater caves which can be seen by snorkelling a short distance.

Fun trip following the coastline off l'Ametlla de Mar. Once at the underwater caves we snorkel down to have a good look at their impressive features and the life that abounds there.

Duration:

Varies from activity to activity. Check website.

What's included?

- Trip in kayak
- Snorkelling

Suitable for?

All welcome

Notes:

All year long

MAR NATURA

T.: 606 823214

E-mail: info@marnatura.net

www.marnatura.net

#kayak #snorkelling #nature #aventure



TUNA-TOUR EXPERIENCE

World first! Rare opportunity to swim with bluefin tuna fish. Underwater adventure which leaves all five senses tingling. The tour starts when you set sail from l'Ametlla de Mar aboard a catamaran bound for Balfegó. Here you can swim among hundreds of bluefin tunas in the Mediterranean. Back at the port with a healthy appetite, it is time to taste some of this marvellous fish.

Duration:

2-3 hours

Suitable for?

All welcome

What's included?

- swim with bluefin tuna fish
- Trip in catamaran
- Taste of Tuna Fish

Notes:

From April to October

TUNA -TOUR

T.: 977 047 707

E-mail: reservas@tuna-tour.com

www.tuna-tour.com

bluefin tuna #gastronomy #catamaran



KAYAK ON THE EBRO RIVER

Take a trip down the Ebro in a kayak and discover the wonders of the surrounding area.

Choose a route and enjoy these fabulous landscapes as the river twists and turns through narrow ravines, past unspoilt islands, castles, Iberian settlements... Navigate your way down this most ancient of strategic trade routes where conquerors and kings, nobles and merchants have passed before you and take in the sights that they too have seen in their day.

Duration:

Varies from tour to tour

Suitable for?

All welcome

What's included?

- Kayak hire

Notes:

All year long

BENIEMOCIONS

T.: 619 334 384 (Lluís) / 630 874 236 (Joan)

beniemocions@hotmail.com

www.beniemocions.cat

#kayak #nature #riuebre

LARGE SCALE – FISHING TRAWLING



The activity begins early in the morning with the spectacular sunrise over the Mediterranean and all the vessels leaving the harbour together.

On the voyage out to sea you have magnificent views of the coastline as you begin to experience the work of a professional fisherman.

You'll spend the whole day with the crew, sharing the traditional "ranxo" fish lunch they prepare on board themselves. A truly unique experience

Duration:

Times: 6:15 am to 5 pm (approximately).

What's included?

- Fishing activity
- Lunch

Suitable for?

All welcome

Notes:

Available from July to September

TURISME AMETLLA DE MAR

T.: 977 456 477

E-mail: turisme@ametllademar.cat

www.ametllademar.cat

#fishing #traditions #Mediterranean

CRAFT FISHING - TRAMMEL NETS



On this excursion we follow the coastline, staying in shallow waters to enjoy from a privileged position the scenery, the cooling offshore breeze and the essence of the sea.

The fishermen will share with you this traditional fishing technique, which consists of the "calar" and "xorrar" (lowering and raising) of the nets. You'll be surprised at the weird and wonderful creatures brought up in the catch, some of which you've probably never seen before..

Duration:

Half day (approx. 4 hours)

What's included?

- Fishing activity

Suitable for?

All welcome

Notes:

Available from July to September

TURISME AMETLLA DE MAR

T.: 977 456 477

E-mail: turisme@ametllademar.cat

www.ametllademar.cat

#fishing #traditions #Mediterranean



BIOKAYAK

Sign up for our star summer attraction: BioKayaking! This route to find out all about l'Ametlla de Mar coastline is a combination of sea kayaking and underwater snorkelling (a shallow dive with mask and tube). The excursion begins at the Port Natural de l'Estany beach where you will be met by instructors and kayak southwards in the sea as far as the Roca de l'Illot, a small cove 5km south from our departure point. Here, you will be given wetsuits, masks and tubes and the oceanographers will take you snorkelling to see the underwater marine life as you have never seen it before. When finished, after a short rest, we will kayak back to the starting point.

Duration:

From 9 am to 2 pm

Suitable for?

All welcome

What's included?

- Kayak hire and equipment
- Snorkelling
- Water sports instructors

Notes:

From the 1st June to the 30th of September. Once a month.

PLANCTON DIVING

T.: 625 971 371 / 676 207 887

E-mail: info@plancton.cat

www.planctondiving.cat

#Kayaking #snorkeling #adventure #nauticalsports



SNORKEL EXPERIENCE IN L'AMETLLA DE MAR

During these lively two-hour excursions, our guide will teach you how to see underwater life through different eyes and you'll see creatures you'd probably never have seen otherwise.

As well as all the necessary equipment, the activity also includes explanations of the biology and behaviour of the sea fauna and flora, an underwater photo, and other surprises.

Duration:

2 hours

Suitable for?

Activity for over 7 years

What's included?

- Equipment
- Biologist guide
- Underwater photo

Note:

1st June to 30th September. Every day from 10:00h to 19:00h with previous booking

PLANCTON DIVING

T.: 625 971 371 / 676 207 887

E-mail: info@plancton.cat

www.planctondiving.cat

#marine environment #snorkel #adventure



KAYAK THROUGH THE EBRO DELTA

Kayaking or canoeing down the Ebro Delta is just as spectacular as the trip down river from Miravet to Benifallet; the scenery is completely different but both trips make for sensational experiences. An unforgettable kayak adventure with the help of Deltaventur staff.

Duration:

2 hours

Suitable for?

All welcome

What's included?

- Kayak rental
- Optional guiding

Note:

All year round

DELTAVENTUR

T.: 977 481 030

E-mail: info@parcdeltaventur.com

www.parcdeltaventur.com

#kayak #nature #Ebredelta



PADDLE SURF RIDE IN THE EBRO DELTA

Paddle Surf (surf rowing) is an ancient form of sliding in which the navigator uses an oar or paddle to propel themselves through the water while standing on a surfboard.

We want to promote all the nautical sports which can be practiced in the Ebro Delta. The Club provides all the facilities and materials necessary to learn or practice this sport.

Duration:

4 hours

Suitable for?

Activity for over 13 years.

The service is offered to individuals or small groups (2 to 5 people).

What's included?

- Water sports instructors
- Neoprene, lifejacket and specific material
- Boat rescue
- CR and accident insurance

Notes:

All year long

4X4 DELTA NATUR

T.: 606 744 058 - 639 157 333

E-mail: info@deltanatur4x4.com

www.deltanatur4x4.com

#paddlesurf #nature #adventure



RUSH OF ADRENALINE WITH KITESURF

The Kitesurf course is carried out with a little wind. The Ebro Delta has this ideal wind to enjoy it!

The kite surfing is a sailing method standing up on a surfboard while being pulled along by a large kit and it subject to you for four or five lines, allowing the water slide with a table designed for this.

We want to promote all the nautical sports which can be practiced in the Ebro Delta. The Club provides all the facilities and necessary materials to learn or practice this sport.

Duration:

4 hours

Suitable for?

Activity for over 13 years.

What's included?

- Water sports instructors
- Neoprene, lifejacket and specific material
- Boat rescue
- CR and accident insurance

Notes:

All year long

4X4 DELTA NATUR

T.: 606 744 058 - 639 157 333

E-mail: info@deltanatur4x4.com

www.deltanatur4x4.com

#kitesurf #nature #adventure



SAIL ALONE WITH YOUR WINDSURF

Windsurfing is carried out with a little wind. The Ebro Delta has this ideal wind to enjoy it!

Windsurfing is a surface water sport that combines elements of surfing and sailing. It consists of a board with displacements powered by wind on a sail. The rig is connected to the board by a free-rotating universal joint and consists of a mast, 2-sided boom and sail. Windsurfing is mounted on a surfboard and the craft guided by the standing rider.

The Club provides all the facilities and necessary materials to learn or practice this sport.

Duration:

4 hours

Suitable for?

Activity for over 13 years.

What's included?

- Water sports instructors
- Neoprene, lifejacket and specific material
- Boat rescue
- CR and accident insurance

Notes:

All year long

4X4 DELTA NATUR

T.: 606 744 058 - 639 157 333

E-mail: info@deltanatur4x4.com

www.deltanatur4x4.com

#windsurf #nature #adventure



ECOTOURISM



ECOTOURISM

- | | | | |
|---|--|----|---|
| 1 | Bird River | 10 | The Gola Migjorn in the Ebro Delta
By 4X4 |
| 2 | Safari in the Biosphere Reserve | 11 | Crossing Ports from Caro to Fredes
by Jeep |
| 3 | Safari on the Ebro Delta | | |
| 4 | Ebro Delta Express | | |
| 5 | Birdwatching guided tour | | |
| 6 | Birdwatching by bike | | |
| 7 | Family Science Weekends | | |
| 8 | Birdwatching break: The Pink Seagull | | |
| 9 | Guided Tour to the Observatory de l'Ebre | | |



BIRD RIVER

Three day break to admire the birds as they glide by on the Ebro Delta.

Over 300 species of bird are found in the Ebro Delta nature reserve and getting to know them on this three day/two night break cannot fail to please.

Duration:

3 days / 2 nights

What's included?

- 2 nights accommodation
- Visit to the Nature Reserve's Ecomuseum
- Walk on the Fangar peninsula to admire the many seabirds
- Lunch in Deltebre (local produce)
- Tour of the lagoons l'Encanyissada, la Tancada and Riet Vell Nature Reserve to observe the rich variety of birds
- Entrance to "Món Natura" visitors centre
- Typical lunch for finishing

Suitable for?

All welcome

Notes:

All year long

ASSOCIACIÓ D'EMPRESARIS DELTA DE L'EBRE

E-mail: info@deltadelebreTurisme.com / Web: www.deltadelebreTurisme.com

#Wildlife #deltadelebre #birdwatching



SAFARI IN THE BIOSPHERE RESERVE

Come and enjoy a wildlife and cultural safari with expert guides in these areas of great natural beauty and interest. Our aim is to observe the birdlife, particularly flamingos, the star attraction of this Biosphere Reserve with its many and varied landscapes.

Itinerary:

- Day 1 Pick up from Barcelona/airport and transfer to Ebro Delta
Afternoon: Excursion if time allows
- Day 2 Full day excursion in the Ebro Delta Nature Reserve
- Day 3 Full day excursion to the Ports Nature Reserve
- Day 4 Transfer to Barcelona/airport

Duration:

4 days / 3 nights

What's included?

- Half board accommodation
- Fully guided tours throughout visit
- Transfer from BCN airport
- Binoculars and telescopes

Suitable for?

All welcome, experts and beginners
Individual and groups (check availability)

Notes:

Single room supplement: 45€
Picnics: 8,50€ / person and day
In association with www.audouinbirding.net

DELTA HOTEL

T.: 977 480 046

E-mail: reserves@deltahotel.net

www.deltahotel.net

#birdwatching #nature #photography



SAFARI ON THE EBRO DELTA

Come and enjoy a wildlife and cultural safari with expert guides in these areas of great natural beauty and interest. Our aim is to observe the birdlife, particularly flamingos, the star attraction of this Biosphere Reserve with its many and varied landscapes.

Itinerary:

Day 1 Pick up from Barcelona and transfer to Ebro Delta
 Afternoon: Excursion if time allows
 Day 2 Full day excursion in the Ebro Delta Nature Reserve
 Day 3 Transfer to Barcelona

Duration:

3 days / 2 nights

What's included?

- Half board accommodation
- Fully guided tours throughout visit
- Transfer from BCN airport
- Binoculars and telescopes

Suitable for?

All welcome, experts and beginners
 Individual and groups (check availability)

Notes:

Single room supplement: 30€
 Picnics: 8,50€ / person and day
 In association with www.audouinbirding.net

DELTA HOTEL

T.: 977 480 046

E-mail: reserves@deltahotel.net

www.deltahotel.net

#birdwatching #nature #photography



EBRO DELTA EXPRESS

Come and enjoy a wildlife and cultural safari with expert guides in these areas of great natural beauty and interest. Our aim is to observe the birdlife, particularly flamingos, the star attraction of this Biosphere Reserve with its many and varied landscapes.

Itinerary:

Day 1 Pick up from Barcelona and transfer to Ebro Delta.
 Afternoon excursion
 Day 2 Excursion in the Ebro Delta Nature Reserve and transfer to Barcelona

Duration:

2 days / 1 night

What's included?

- Half board accommodation
- Fully guided tours throughout visit
- Transfer from BCN airport
- Binoculars and telescopes

Suitable for?

All welcome, experts and beginners
 Individual and groups (check availability)

Notes:

Single room supplement: 20€
 Picnics: 8,50€ / person and day
 In association with www.audouinbirding.net

DELTA HOTEL

T.: 977 480 046

E-mail: reserves@deltahotel.net

www.deltahotel.net

#birdwatching #nature #photography



BIRDWATCHING GUIDED TOUR

Come and enjoy a wildlife and cultural safari with expert guides in these areas of great natural beauty and interest. Our aim is to observe the birdlife, particularly flamingos, the star attraction of this Biosphere Reserve with its many and varied landscapes.

Itinerary:

Pick-up at Delta Hotel and visit to Ebro Delta.

Duration of the activity 8 hours

127€

(price pax in
a double
room)

Duration:

2 days / 1 night

What's included?

- Binoculars and telescopes
- Half board accommodation
- Fully guided tours throughout visit

Suitable for?

All welcome, experts and beginners
Individual and groups (check availability)

Notes:

Single room supplement: 15€

Picnics: 8,50€ / person and day

In association with www.audouinbirding.net

DELTA HOTEL

T.: 977 480 046

E-mail: reserves@deltahotel.net

www.deltahotel.net

#birdwatching #nature #photography



BIRDWATCHING BY BIKE

Discover the extraordinary biodiversity of this unique place. Pedal your way around the not-to-be-missed areas of the Delta and those with a wealth of birdlife.

Your guide on this 3h trip will open up this world to you, helping you to appreciate the richness contained in this natural paradise with its birds galore.

Duration:

2 days / 1 night

What's included?

- Self-catering accommodation
- Birdwatching tour (3 hours)
- Bike hire

Suitable for?

Families / groups

Notes:

- Offer available between May and October.
- Road side assistance applies only to the Riumar area, and is payable outside this boundary.

OLEAMAR

T.: 696 430 492 (Esther Bonet)

E-mail: gestio@oleamar.com

www.oleamar.com

#family #biking holidays #nature #birdwatching



FAMILY SCIENCE WEEKENDS

If you like the idea of spending a weekend with the family learning about science together this is for you. Does doing science workshops sound fun to you? It is! Now you have the chance to share the joy of applying science to the world around us in a fun way with your kids.

The whole weekend is set up so that you don't have to worry about anything other than enjoying our oceanography experiments, marine biology workshops and field trips into the fascinating natural world around us.

Duration:

Weekend activities

What's included?

Saturday morning (2h): Open air treasure hunt for families.

Teamwork activity: working out with clues and tests related to oceanography and marine biology. Afternoon (3h): Workshop and experiments in the classroom.

Sunday morning (2h): Field trip to get to know the environment around l'Ametlla de Mar, including its history, geology, biology...

Suitable for?

All welcome

Notes:

High season: from June to September, daily.

Low season: certain weekends

PLANCTON DIVING

T.: 625 971 371 / 676 207 887

E-mail: info@plancton.cat

www.planctondiving.cat

#diving #marine life



BIRDWATCHING BREAK: The Pink Seagull

A chance to spend a weekend enjoying the scenery and birdlife that abounds on the Ebro Delta.

This two day break takes you to some of the finest spots on the Reserve and makes sure you appreciate all it has to offer. A staggering variety of birds occupy the river's many channels, lagoons, paddy fields and dunes. We will do about 50km in minibus, another 30km by bike and make some short forays on foot to get close up to the birds in their natural habitat.

Duration:

2 days

What's included?

- Hire a van
- Hire a bike

Suitable for?

All welcome

Notes:

All year available

NÒMADA VIATGES

T.: 977 481 497

E-mail: info@nomadaviatges.com

www.nomadaviatges.com

#birdwatching #cycling tourism #touring by car #Nature

GUIADED TOUR TO OBSERVATORY “DE L’EBRE”



See and use the instruments at the Observatory, both old and new, to do some stargazing.

Guided visit to this center of geophysical research founded in 1904. Using a “coelostat”, an instrument from around this time, to observe sunspots and get to know about the research done here.

Duration:

1 hour and half

Suitable for?

All welcome

What's included?

- Guided visit to the observatory

Notes:

All year available

OBSERVATORI DE L’EBRE

T.: 977 500 511

E-mail: secretaria@obsebre.es

www.obsebre.es

#science #culture #stargazing

THE GOLA MIGJORN IN THE EBRO DELTA BY 4X4



Come and enjoy this magnificent experience in the Ebro Delta. That trip is a combination of a car (4x4) and boat sailing in the “Gola de Migjorn”.

We offer you tourist activities and amazing visits in the heart of the Ebro Delta. We have different possibilities and different routes which allow us to know the most beautiful corners of the Ebro Delta.

Duration:

3 hours

Suitable for?

Individuals or groups (min. 4 people).

What's included?

- The guide
- Transport during the guided route
- CR insurance and accident insurance

Notes:

All year long, beginning at 10 am.

4X4 DELTA NATUR

T.: 606 744 058 - 639 157 333

E-mail: info@deltanatur4x4.com

www.deltanatur4x4.com

#birdwatching #ecotourism #touring4x4 #nature

CROSSING THE PORTS FROM CARO TO FREDES BY JEEP



Enjoy the scenery of the Ports Nature Reserve on this jeep ride and get a good look at its wildlife. One day trip along the forest trails through the Ports in 4x4 vehicles with short walks. The dense woodland comes alive thanks to our expert guides who point out plant species, birds of prey in flight and mountain goats, as well as spots that are the stuff of legend. A meal in a hillside restaurant rounds off the day.

Duration:

1 day

Suitable for?

All welcome

What's included?

- 4x4 guided tour
- Dinner in a restaurant (local food)

Notes:

All year available

GUBIANA DELS PORTS

T.: 637 085 052

E-mail: caro@gubiana.com

www.gubiana.com

#4x4 trips #walking #the Ports National Park #guided hikes



WALKING



WALKING

1

Coastal path walks between cliffs and the sea

2

Southern Stars

3

Walking on the Delta



COASTAL PATH WALKS BETWEEN CLIFFS AND THE SEA

Enjoy the splendid views while you walk this wonderful section of the GR-92 long distance path along the Tarragona coastline. The last part from L'Ametlla - L'Ampolla takes you to the doorway of the Ebro Delta Natural Reserve. Once in the fishing village of L'Ampolla, carry on walking along the long, sandy beaches to lagoons (Bassa de les Olles) and beauty spots galore where you can enjoy the scenery and rich birdlife here. The Delta is home to many species of bird, including flamingos.

Duration:

Various options (March to November)

What's included?

- Accommodation in tent or bungalow
- Information and maps

Suitable for?

Hikers

Notes:

Ideally suited to environmentally friendly transport, train connection on doorstep and no need of a vehicle to come and enjoy the area.

CÀMPING AMPOLLA

T.: 977 460 535

E-mail: reservas@campingampolla.es

www.campingampolla.es

#walking #GR92



SOUTHERN STARS

A marvellous walk divided into 5 stages that takes you through the wonderfully diverse scenery that makes up the Ports Nature Reserve.

This trail can be started at any of the five stageposts and is approximately 100kms in length. Blue stars mark the way and if the walker wishes, they can have a special route card stamped at each stagepost and be rewarded with the Southern Stars T-shirt on completion of the walk.

Duration:

5 days walking tour

What's included?

- Documentation
- Accommodation
- Insurance

Suitable for?

Walkers

Notes:

Graded walk: Moderate
Available all year

ESTELS DEL SUD

T.: 619 931 278

E-mail: info@estelsdelsud.com

www.estelsdelsud.com

#Walking #Ports Nature Reserve #Nature



WALKING ON THE DELTA

Guided walks for groups that enjoy walking and want to get to know the Delta by taking in its many charms on foot. This six part itinerary can be done over six days, or just one section on one day, but the aim is the same: to get to know the different ecosystems in the Delta. They consist of coastline and coves, paddy fields and bays, dunes and sandy expanses, unspoilt beaches and lagoons, rivers and river islands, mountains and panoramic views.

Duration:

From 1 to 6 days depending on the stages

Suitable for?

Groups

What's included?

- 1 guided walk per day

Notes:

Available all year

DELTA POLET

T.: 677 456 224

E-mail: deltapolets@gmail.com

www.deltapolet.com

#Nature #guided walks #traditions #landscapes #culture # ecotourism



CULTURE & WAYS OF LIFE



CULTURE & WAYS OF LIFE

- | | |
|---|--|
| 1 | A River rich in traditions |
| 2 | Fishing as in past times |
| 3 | Family Fun on the Delta |
| 4 | Ecocultural Safari on the Ebro Delta |
| 5 | The Jews in Tortosa |
| 6 | Visit to the “Moli de Rafelet” Rice mill |
| 7 | Benifallet Caves |
| 8 | Benifallet Ferries |



A RIVER RICH IN TRADITIONS

Get to know about the traditional ways of life here on this short break.

Three days and two nights to explore the Ebro Delta traditions and its unique way of life, a symbiosis between Man and Nature. Hands on experiences include: traditional rice growing, punting, bowling competition and net throwing demonstrations.

Duration:

3 days / 2 nights

Suitable for?

All welcome

What's included?

- Two nights accommodation
- Look around the Ecomuseum visitors centre and guided interactive experiences
- Lunch in a typical local restaurant
- Guided tour to the "Trabucador" fascinating area. Stop off at an organic paddy field, some salt pans and learn about fishing with the help of local experienced monitors

Notes:

All year available

ASSOCIACIÓ D'EMPRESARIS DEL DELTA

E-mail: info@deltadelebreTurisme.com / Web: www.deltadelebreTurisme.com

#traditions #culture #traditionalactivities



FISHING AS IN PAST TIMES

"El rall" is a traditional way of fishing still used on the Ebro Delta where the water is shallow, such as in canals, culverts, ponds, bays and beaches, with the use of a net (el rall).

Few of these practices have survived into the present day, making "el rall" all the more special, rooted as it is in the ecologically sound ways of the past, it is no less than an ancient art.

Come and relive the experience by learning to fish like our ancestors did.

Duration:

½ day

Suitable for?

Families / groups

What's included?

- Fishing activity

Notes:

BARRACA DE SALVADOR. Deltebre

T.: 627 542 784 (Susana Gómez)

E-mail: info@barracadesalavador.com

www.barracadesalavador.com

#traditions #nature #culture



FAMILY FUN ON THE DELTA

Aimed at families with children. A fun learning experience for young and old in which the need to conserve traditions and ecosystems for a more sustainable future comes alive. A great way to convey values while providing children and young people with interesting and memorable experiences. They will learn about how rice is traditionally grown, how to observe birds and how useful the scientific observation of birdlife is to the survival of species. We will hold a talent spotting contest in the Catalan game of skittles for all ages.

Duration:

½ day (from 10 am to 2 pm).

What's included?

- Guided interactive visit (rice growing, birdwatching and skittles).

Suitable for?

Families

Notes:

Children upwards of 3 years old

DELTA POLET

T.: 677 456 224

E-mail: deltapolets@gmail.com

www.deltapolet.com

#traditions #rice #ecotourism #skittles



ECOCULTURAL SAFARI ON THE EBRO DELTA

Unique way to experience traditional practices and local customs on the Ebro Delta.

Guided tour of the Ebro Delta: Get to know the history, culture and social fabric of the places we visit; see the most inhospitable corners and the magical views that the Delta has in store; take part in the way of life by trying some of the things that have been done here for centuries.

Duration:

½ day (from 10 am to 2 pm).

What's included?

- Guided tour and activities

Suitable for?

All welcome

Notes:

Children upwards of 3 years old

DELTA POLET

T.: 677 456 224

E-mail: deltapolets@gmail.com

www.deltapolet.com

#traditions #rice #culture



THE JEWS IN TORTOSA

A theatrical way to experience the Jewish community's past in the city.
Let Blanca, a Jew living in "la Alhama" of Tortosa at the end of the XV century, show you the Jewish quarter. Through song, mime and the spoken word, she brings the past of this very special place alive for the visitor.

Duration:

2 h approx

What's included?

- Guided tour through the Jewish quarter

Suitable for?

People interested in culture

Notes:

Specific dates during the year

LA JUEVA DE TORTOSA

T.: 698 080 050

E-mail: lajuevadetortosa@gmail.com

www.lajuevadetortosa.com

#theatrical visits #Tortosa #guided visits



VISIT TO THE "MOLI DE RAFELET" RICE MILL

Guided tour of the only working wood and stone rice mill in all Catalonia and Spain.

On this guided visit the visitor will learn how rice is cultivated, dried in the sun, brought to the mill and transformed into the wholegrain or white rice that we eat. The last stage of the tour takes place in the packing room where each variety of rice and the dishes typically made from it are explained.

Duration:

1h -1h30' approx.

What's included?

- Guided tour to a local rice mill

Suitable for?

All welcome

Notes:

MOLÍ DE RAFELET

T.: 977 480 055 / 679 629 547

E-mail: info@moliderafelet.com

www.moliderafelet.com

#guided tours #rice mill #gastronomy #tradition #wooden mill



BENIFALLET CAVES

Tour of the Meravelles and del Dos Caves, with their outstanding number of first class formations. At Cova Meravelles, as well as the classic stalactites and stalagmites, there are a great many other spectacular formations like columns, flowstones, rimstones, soda straws, gourds, and helictites

Duration:

1h 30' aprox.

What's included?

- Guided visit to the Coves

Suitable for?

All welcome

Notes:

1st November to Easter : coves opened on weekends and public holidays (10:00h to 13:30h and 16:00h to 18:00h).

Easter to 1st November opened all days (10:00h to 13:30h and 16:00h to 19:30h).

AJUNTAMENT DE BENIFALLET

T.: 977 267 800 (Coves) 977 462 005 (Ajuntament)

E-mail: covesmeravelles@gmail.com

www.benifallet.cat

#coves #culture #geology #naturalheritage



BENIFALLET FERRIES

An hour-long guided trip sailing down the Ebro in a small boat complete with fascinating facts about the flora, fauna, key places along the route and the history of the river and the vessels that were used here. Take in the colourful scenery and experience this area full of life on board a replica of the ancient form of transport used to navigate the River Ebro.

Duration:

1 hour

What's included?

- Boat trip

Suitable for?

All welcome

Notes:

Easter and July-August. Every day

April, May, June, September and October only weekends and public holidays.

Timetable: (11:00h, 12:30h, 16:30h and 18:00h).

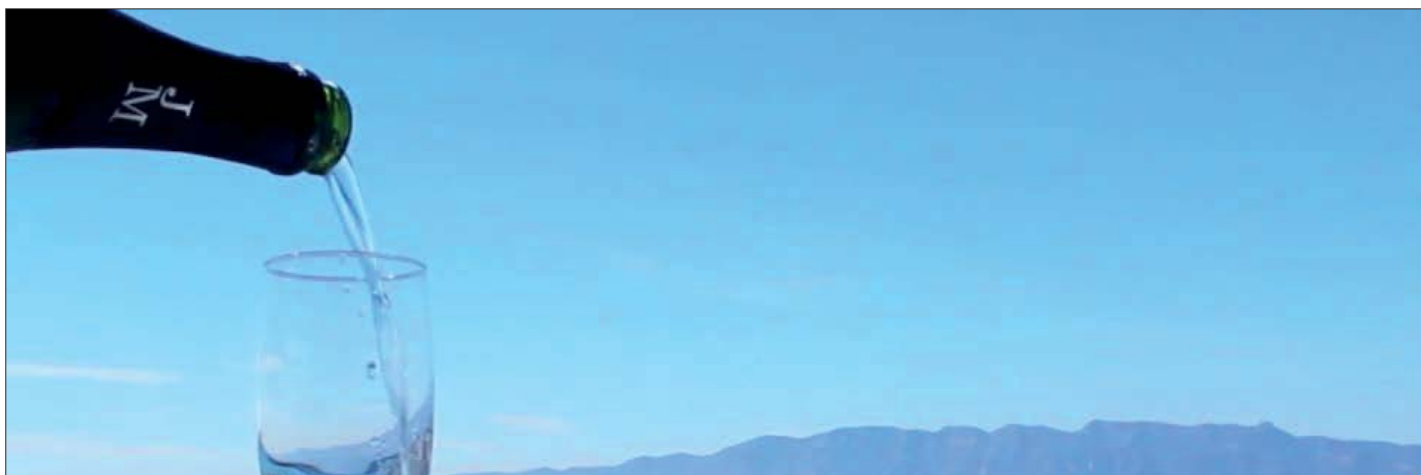
AJUNTAMENT DE BENIFALLET

T.: 977 462 005

E-mail: covesmeravelles@gmail.com

www.benifallet.cat

#llagut #ebreriver #rivertraditions #traditionalboat



GASTRONOMY



GASTRONOMY

- 1 A Flavourful River
- 2 Getting the feel of Beekeeping
- 3 Savoury “tapas” and mandarin oranges
- 4 Rice Experience



A FLAVOURFUL RIVER

Gastronomic getaway to the Delta. A three days break to enjoy culinary delights that make the most of centuries of experience producing the ingredients and continuous modern-day innovation.

Duration:

3 days / 2 nights

Suitable for?

Families

What's included?

- 2 nights accommodation
- Boat trip to oyster and mussel farms to see how they are cultivated and a tasting of this locally produced shellfish
- Entrance to the “Ecomuseu” visitors centre
- Visit to a rice field and a wooden mill
- 2 gastronomy experiences (local produce lunches)

Notes:

Children upwards of 3 years old

ASSOCIACIÓ D'EMPRESARIS DEL DELTA

E-mail: info@deltadelebreturisme.com / Web: www.deltadelebreturisme.com

#gastronomy #flavours of the delta #local produce #local food



GETTING THE FEEL OF BEEKEEPING

Guided tour of the Mel Muria beekeeping visitor centre in Perelló.

New technology makes it possible for visitors to the world of bees to have interactive learning experiences of beekeeping. Trips to the beehives out in the fields dressed in beekeeper suits, candlemaking workshops and cakemaking with honey can also be arranged....

Duration:

2 hours approx.

Suitable for?

Families

What's included?

Guided Tour to "Mel Muria" visitors centre (optional activities on request).

Notes:

Open all year from Monday to Sunday morning

CENTRE D'INTERPRETACIÓ MEL MURIA

T.: 977 490 034

E-mail: melmuria@melmuria.com

www.melmuria.com

#honey #beekeeping #traditions



SAVOURY "TAPAS" AND MANDARIN ORANGES

This two hour tour of mandarin orange groves gives insight into the surrounding area and its history. It is followed by a savoury snacks cookery demonstration and tasting including organically grown mandarin oranges from "la Calafa". Harvesting oranges and buying jam are two options available too.

Duration:

2 hours.

Suitable for?

Those interested in organic agriculture

What's included?

- Tour of mandarin orange groves
- Savoury snacks cookery demonstration and tasting to include organic mandarin oranges

Notes:

Activity done on specific days

LA CALAFA

T.: 615 183 103 / 615 065 832

E-mail: lacalafa@gmail.com

www.lacalafa.cat

#traditions #mandarines #organicfarming



RICE EXPERIENCE

Day long tour of the Ebro Delta Nature Reserve to get to know the customs and traditions of the area as well as the people and gastronomy of these unique natural surroundings. Take part in interactive activities centred on rice growing, traditional games and fishing practices, punting... visit lagoons too and watch the birdlife.

Duration:

1 day

Suitable for?

All welcome

What's included?

- Guiding
- Activities

Notes:

All year round on specific dates

WILDERNESS EBRELANDS

T.: 616 905 748 / 630 633 169

E-mail: info@wildernessebrelands.com

www.wildernessebrelands.com

#traditions #rice #deltadelebre #cultue #gastronomy



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