EL BAIX EBRE

TOURIST PRODUCTS FOR PROFESSIONALS









www.baixebre.cat



This initiative is subsidised by the Employment Service of Catalonia in the framework of the Project "Work in 7 counties" and cofinanced by the European Social Fund.











ÍNDEX

BAIX EBRE	4			
INTRODUCTION EBRO DELTA NATURE RESERVE THE PORTS NATURE RESERVE TORTOSA THE RIVER EBRO CYCLETOURISM THE COAST GASTRONOMY FESTIVALS AND TRADITIONS				
LOCATION MAP	14			
ACCESS TO BAIX EBRE	15			
TOURIST INFORMATION OFFICES				
TOURIST PRODUCTS				
NAUTICAL ACTIVITIES	18			
1- Ebreluxe tour				
2- Kayak to underwater caves				
3- Magic Nights on the Ebro Delta				
4- Boat trips on the Ebro Delta				
5- Tuna-Tour experience				
6- Kayak on the River Ebro				
7- A Fisherman's Day				
CYCLETOURISM	22			
1- La Val de Zafán Cycleway				
2- Visit bunkers by MTB				
3- Trip by bike: Alcañiz – the mouth of the River Ebro				
4- Contrasting landscapes between ancient guard towers				
ECOTOURISM	24			
1- Ecosafari on the Ebro Delta				
2- Birdwatching Break: The pink Seagull				
3- Bird River				

 1- Sunset on "La Barcina" and Supper in the Fresh Air 2- A Fairywood, "La fageda del Retaule" 3- Southern Stars 4- Walking on the Delta 	
CULTURE AND WAYS OF LIFE	28
 A river rich in Traditions Ecocultural Safari on the Ebro Delta Guided tour for Japanese Tourists Tortosa The Jews in Tortosa Visits to the "Molí de Rafelet" rice mill Route of the Templars in the Terres de l'Ebre 	
GASTRONOMY	33
1- A Flavourful River2- Getting the Feel of Beekeeping	
OTHER OPTIONS	35
 1- Guided visit to the Observatory "de l'Ebre" 2- Family Break on the Delta 3- Ebreschool 4- Crossing the Ports from Caro to Fredes by Jeep 	
INDEX OF PROVIDERS	37

WALKING 26

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.....



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

© Nòmada Viatges

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 magestic 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 the Camarga in France, with which it has close historical links, is the second 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 300 species that are found here. Especially when you consider that in Europe as a whole there are only 600 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 themelsves 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

The Ports Nature Reserve is the the third largest in size in Catalonia. It goes beyond Baix Ebre into other Catalan counties (Montsià i Terra Alta), as well as into Aragon and Valencia, and the Government of the Second Republic (in 1932) recognised the need to protect this area and its natural wealth.

Hardly surprising then, that in 1966 the range was declared a National Hunting Reserve, and has long been a favourite destination among tourists with an interest in hunting.

The vastness of the Ports (800 square kms) provides for many and varied possibilities, but most especially for Nature lovers, walking, climbing and caving. Amongst certain groups of Catalan walkers the Ports provide a must see vantage point from where you can see as far as the Pyrenees in one direction and the Balearic Islands in another on a clear day.

Eventhough the Ports are largely unknown to the general public, their immense, wild expanses undiscovered, 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 distintive 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 magestic 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 navegable 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, eventhough barbary 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 follows the course of the river from Fontibre in Cantabria, arriving at the delta after forty two stages and 1.200 kms. The GR 99 was the first footpath to be recognised in the "Xarxa d'Itineraris Naturals", a programme of

promoting footpaths by the Agriculture, Food and Environment Ministry of the Spanish Government.

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 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.



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.

© Gastroteca.cat

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.

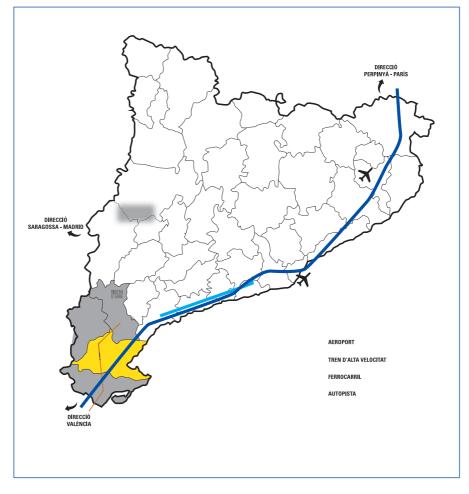


Longstanding traditions are honoured though, in ancient **traditional festivals**, like "Corpus a la Mare de Déu del Carme", the Holy Week processions or pilgrimages. Here the roots of tradition go deep, and it is plain to see that the natives genuinely enjoy marking their cultural identity.

Text by *Toni Orensanz* Journalist, author and scriptwriter





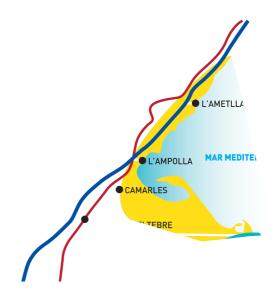


ACCESS TO THE COUNTY OF BAIX EBRE

	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.			
★	Nearest airports: • Barcelona: 165 Km • Valencia: 180 Km • Zaragoza: 184 Km • Reus: 80 Km All distances from the capital of Baix Ebre, Tortosa.			
	Train stations: L'Ametlla de Mar L'Ampolla-El Perelló Camarles-Deltebre, L'Aldea-Amposta-Tortosa. More information at: www.renfe.es			
	Tortosa bus station from where local (Terres del Ebre) and national services operate. Connections available to Barcelona, Valencia and Zaragoza. <i>More information at:</i> www.hife.es			
	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 Port of Calafat Port Urbanització Calafat 43860 L'Ametlla de Mar Tel: 977 486 181 / 977 486 214 Port of l'Ampolla Av. Marítima Ramon Pous, s/n 43895 l'Ampolla Tel: 977 460 211 Port of Deltebre Oficines del Port s/n 43540 Sant Carles de la Ràpita Tel.: 977 740 456			

TOURIST INFORMATION OFFICES AND INFORMATION POINTS

Towns in the county of Baix Ebre:



TOWN	INFO	TEL	ADRESS	WEBSITE AND EMAIL
Tortosa	Oficina Turisme del Baix Ebre (Consell Comarcal)	977445308	Barcelona, 152 43500 · Tortosa	www.baixebre.cat turisme@baixebre.cat
Tortosa	Oficina Municipal de Turisme Tortosa	977449648	Rbla. Felip Pedrell, 3 43500 · Tortosa	www.tortosa.cat turisme@tortosa.cat
Deltebre	Oficina Municipal Turisme Deltebre	977489679	Goles de l'Ebre, s/n 43580 · Deltebre	www.turismedeltebre.com turisme@deltebre.cat
L'Ametlla de Mar	Oficina Municipal Turisme L'Ametlla de Mar	977456477	Av. Amistat, s/n 43860 · L'Ametlla de Mar	www.visitametllademar.com turisme@ametllamar.cat
L'Ampolla	Oficina Municipal Turisme L'Ampolla	977593011	Rda. del Mar, 12 43895 · L'Ampolla	www.ampolla.org info@ampolla.org
El Perelló	Oficina Municipal Turisme el Perelló	977491021	Lluís Companys, 2 43519 · El Perelló	www.elperello.cat turisme@perello.altanet.org
Benifallet	Oficina Municipal Turisme Benifallet	977462249	Av. Lluís Companys, 3 43512 · Benifallet	www.benifallet.altanet.org mbenaiges@benifallet.altanet.org
Camarles	Oficina Municipal Turisme Camarles	977470040	Trenta-u, s/n 43894 · Camarles	www.camarles.cat turismecamarles@tinet.cat
L'Aldea	Oficina Municipal Turisme L'Aldea	977450012	Ermita Pol. 7, Parc 229 · L'Aldea	www.laldea.org scervellera@laldea.org
Deltebre	Centre d'Informació del PN Delta de l'Ebre. Ecomuseu	977489679	Martí Buera, 22 43580 · Deltebre	www.parcsnaturals.gencat.cat/ca/del ta_ebre pndeltaebre@gencat.cat
Roquetes	Centre del visitant al PN dels Ports al Baix Ebre	977500845 977504012	Av. de la Val de Zafán, s/n.	www.parcsnaturals.gencat.cat/ports pndelsports@gencat.cat

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.

NAUTICAL ACTIVITIES (7): 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.

CYCLE TOURISM (4): 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.

ECOTOURISM (3): 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 (4): 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 (7): It is clear that those who live near the River Ebro have their very own cultural tradions, 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 (2): 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.

OTHER OPTIONS (4): Pay a visit to the Ebro Observatory, multi-activity packs for famílies and schools or make your own way around the county by car and have your own Ebre experience.

NAUTICAL ACTIVITIES (7)

1. EBRELUXE TOUR

Stay of seven days and six nights with exclusive activities and excursions to allow you to enjoy the very best of the riches of the landscape and local cuisine.

- EBRETOURSDREAMS - www.ebretours.com



This trip brings together a sure to please combination and serves up Terres de l'Ebre to those with cultivated tastes. Includes: Trip in yacht around Ràpita Bay to a mussel farm where you will taste the seafood, wine and olive oils of the area. Trip by catamaran to swim with tuna fish off l'Ametlla de Mar, visit to the Ebro Delta and meals in restaurants with Michelin stars.

Suitable for: gourmets, lux travellers,

Season: June to September

Key words: exclusive, luxury, gastronomy, yacht, catamaran, wine and oil tasting



2. 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.

- MAR NATURA - www.marnatura.net

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.

Adreçat a: all ages. Season: all year

Key words: kayak, snorkelling, underwater, adventure

NAUTICAL ACTIVITIES

3. MAGIC NIGHTS ON THE EBRO DELTA

Kayak out to Gràcia Island and have dinner aboard the former ferryboat Olmos.





When the sun is about to set the fun starts and you head off to enjoy the Delta at its most romantic with the last rays of sunlight you can admire the wetland wildlife. Local produce is the order of the day onboard the Olmos, our floating restaurant.

Suitable for: the fit and active

Season: fixed dates from the month of Abril to September **Key words:** kayak by night, adventure, gastronomy, Ebro Delta



4. BOAT TRIPS ON THE EBRO DELTA

Itineraries to enjoy the view and Delta birdlife from aboard a variety of vessels.

- CREUERS DELTA DE L'EBRE - www.creuersdeltaebre.com

Trips to the mouth of the River Ebro, the River Mijorn, Sant Saume d'Enveja and Sant Carles de la Ràpita aboard vessels with historic interest. Enjoy the river and the surrounding landscapes while working up an appetite for lunch in one of the restaurants in the area at the end of the trip.

Suitable for: the general public

Season: all year

Key words: river cruises, Ebro Delta, boat trips

NAUTICAL ACTIVITIES

5. TUNA – TOUR EXPERIENCE

World first! Rare opportunity to swim with bluefin tuna fish.

- TUNA-TOUR - www.tuna-tour.com



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 appetiite, it is time to taste some of this marvellous fish.

Suitable for: foodies, famílies, groups

Season: April to October

Key words: adventure, bluefin tuna, gastronomy, catamaran, exclusive



6. KAYAK ON THE RIVER EBRO

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

- BENIEMOCIONS - www.beniemocions.cat

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 conquerers and kings, nobles and merchants have passed before you and take in the sights that they too have seen in their day.

Suitable for: everyone

Season: all year

Key words: canoe, kayaking, Nature, culture, history

NAUTICAL ACTIVITIES

7. A FISHERMAN'S DAY

Get close enough to find out what a fisherman's day is really like.



- TURISME AMETLLA DE MAR www.ametllademar.cat

From the comfort of a nearby boat get to know the traditional art of fishing. The visitor will be able to watch all the action on board a working fishing vessel without suffering any discomfort.

When it is time for lunch try "ranxo", the dish typically made from the catch by the fishermen themselves in "l'Indret".

Two other fishing experiences are on offer:

- Trawling: Trip down the coastline to enjoy the scenery and be alongside the fishermen throughout their working day, eating the traditional "ranxo d'abordo" prepared by them on the boat. Half day or full day excursion.
- Tresmall: art of fishing near the coast, in shallow water, using an ancient method known as "tresmall" when shoals of fish are trapped in stategically placed nets.



Suitable for: everyone (famílies, groups, school trips...)

Season: all year

Key words: traditional fishing, coastline

CYCLE TOURISM (4)

1. LA VAL DE ZAFÀN GREEN CYCLEWAY

A cycling adventure from l'Aragó al Mar through two nature reserves, els Ports and the Ebro Delta.





From one to five days, starting at the old Benifallet railway station, get to know the most impressive of restored railway tracks converted into a bicycle trail: "La Via Verda" de la Val de Zafàn. Its 130kms can be extended to include the mouth of the River Ebro and its magnificent delta, connecting Aragon with the sea. Scenery that is sure to impress.

Suitable for: adults, families and groups.

Season: all year.

Key words: Nature, scenery, biking holidays



2. VISIT BUNKERS BY MTB

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

- MAR NATURA - www.marnatura.net

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

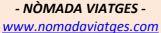
Suitable for: everyone Season: all year

Key words: history, culture, biking holidays, civil war

CYCLE TOURISM

3. 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.

Suitable for: groups Season: all year

Key words: Nature, scenery, biking holidays, culture, greenway, Camí de Sirga, Tortosa



4. CONTRASTING LANDSCAPES BETWEEN ANCIENT GUARD TOWERS

A weekend cycling experience along a route overlooked by ancient surveillance towers in the Terres de l'Ebre.

- VIU L'EBRE www.viulebre.com

A weekend stay of three days and two nights that includes accommodation, a 35km route by bicycle along the "Towers of the River" path, two meals in typical restaurants of Tortosa and Muntells and a visit to the Eco Museum of Delta de l'Ebre. An opportunity for healthy activity and to enjoy nature in an idyllic setting.

Suitable for: All ages **Season:** All year round

Keywords: culture, cycling tours, delta de l'ebre, weekend get-away

ECOTOURISM (3)

1. ECOSAFARI ON THE EBRO DELTA

Weekend getaway to the River Ebro Nature Reserve.

Organised by **Delta Hotel** www.deltahotel.net



This package of three days and two nights at the Delta Hotel is a great way to get to know the Ebro Delta and its abundant wildlife. Apart from bed and breakfast at the hotel, an excursion to the Reserve with a naturalist is included, where you can observe and photograph the birdlife. Also included is a visit to the Delta's Ecomuseum and a chance to sample some of the many specialities of the local cuisine for supper.

Suitable for: everyone **Season:** April to September

Key words: birdwatching, gastronomy, Ebro Delta, Nature, fauna

Product to be comercialized by travel agency.



2. BIRDWATCHING BREAK: The Pink Seagull

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

- NÒMADA VIATGES - www.nomadaviatges.com

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.

Suitable for: everyone. **Season:** all year

Key words: birdwatching, cycling tourism, touring by car, Nature

3. BIRD RIVER

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

- ASSOCIACIÓ D'EMPRESARIS DELTA DE L'EBRE -

www.deltadelebreturisme.com



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.

ITINERARY:

Dia 01: Arrival. Dinner at accommodation if required.

Dia 02: Birdwatching in the northern half of the delta

Tour of the area around the village of Deltebre and a visit to the Nature Reserve's Ecomuseum. Following this we will go for a walk on the Fangar peninsula and admire the many seabirds. The morning ends in a restaurant in Deltebre, tucking into local produce. Nothing more strenuous than a boat ride to the mouth of the River Ebro after lunch.

Dia 03: Birdwatching in the southern half of the delta

Tour of the lagoons l'Encanyissada, la Tancada and Riet Vell Nature Reserve to observe the rich variety of birds. Then on to "Mónnatura", a visitor centre which has the only salt pans in the Delta that are open to the public. Then we round off the day in a restaurant in Poblenou or la Ràpita where we can try some of the delta's marvellous local fare.

ACCOMMODATION OPTIONS:

- Càmping Ampolla Playa: <u>www.campingampolla.es</u>
- Irismondiu Allotjament turístic www.irismondiu.net
- Masia Tinet www.masiatinet.com
- Hotel del Port*** www.hoteldedelport.es
- Deltahotel www.deltahotel.com
- Hotel Restaurant Can Batiste <u>www.canbatiste.com</u>
- Hotel l'Algadir del Delta www.hotelalgadirdelta.com

Suitable for: foodies, famílies, groups

Season: all year

Key words: birdwatching, Ebro Delta, gastronomy

WALKING (4)

1. SUNSET ON "LA BARCINA" AND SUPPER IN THE FRESH AIR

Half day guided walk in the Ports Nature Reserve up to the top of "la Barcina" (1354m).

- GUBIANA DELS PORTS - www.qubiana.com



Evening walk to enjoy the view from the top of Barcina dels Ports and the magnificent sunset which turns the Mont Caro rock faces orange, illuminating the mountain goats as they come out to graze. Those who wish can continue on to the Portell precipices to take spectacular photos. At Pous de la Neu (1.000m) we will enjoy a hearty dinner of local produce.

Suitable for: the fairly fit and families with children

Graded walk: easy **Season:** all year

Key words: walking, els Ports Nature Reserve, Nature, mountain goats, birdwatching



2. A FAIRYWOOD, "LA FAGEDA DEL RETAULE"

Full day guided walk in the protected "les Fagedes" beechgrove reserve located in the Ports Nature Reserve

- GUBIANA DELS PORTS -

www.gubiana.com

An hour by jeep takes us as close as we can get to this hidden treasure in a vehicle. The rest of the way is done at a leisurely pace with plenty of breaks and talks about aspects of the surrounding countryside. Once in this remote beechwood we are transported to a magical, fairytale world by the mysterious, shady quality of these beech trees.

Suitable for: walkers Graded walk: moderate

Season: all year

Keywords: Nature, scenery, walking, flora, ecotourism

3. SOUTHERN STARS

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

- ESTELS DEL SUD - www.estelsdelsud.com



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.

Suitable for: walkers Graded walk: Moderate

Season: all year

Key words: walking, Ports Nature Reserve, Nature, crossing



4. 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.

- DELTA POLET - www.deltapolet.com

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.

Suitable for: groups Graded walk: easy Season: all year

Key words: Nature, guided walks, traditions, landscapes, culture, ecotourism

1. A RIVER RICH IN TRADITIONS

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

- ASSOCIACIÓ D'EMPRESARIS DELTA DE L'EBRE -

www.deltadelebreturisme.com



Short break of three days and two nights. The Ebro Delta is unique and the way of life here a symbiosis between Man and Nature. Hands on experiences include: traditional rice growing, punting, bowling competition and net throwing demonstrations.

ITINERARY:

DAY 1: Arrival, Dinner at accommodation if required

DAY 2: Discovering the northern half of the delta

After a look around the Ecomuseum visitor centre we go on a guided tour of the Nature Reserve's most striking spots and enjoy some interactive experiences of what goes on here. In the evening we will eat traditional fare in a typical local restaurant.

DAY 3: Discovering the southern half of the delta

Guides and monitors take us to the "Trabucador", and all around this fascinating area. We stop off at an organic paddy field, some salt pans and learn about fishing with the help of experienced monitors in these traditional practices.

ACCOMMODATION OPTIONS:

- Càmping Ampolla Playa: www.campingampolla.es
- Irismondiu Allotjament turístic <u>www.irismondiu.net</u>
- Masia Tinet www.masiatinet.com
- Hotel del Port*** www.hoteldedelport.es
- Deltahotel <u>www.deltahotel.com</u>
- Hotel Restaurant Can Batiste <u>www.canbatiste.com</u>
- Hotel l'Algadir del Delta www.hotelalgadirdelta.com

Suitable for: everyone Season: all year

Key words: traditions, culture, traditional activities, history of the delta

2. ECOCULTURAL SAFARI ON THE EBRO DELTA

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



- DELTA POLET - www.deltapolet.com

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.

Suitable for: everyone Season: all year

Key words: traditions, culture, ecotourism, Ebro Delta



3. GUIDED TOURS FOR JAPANESE TOURISTS

Various tours around Terres de l'Ebre aimed at Japanese tourism.

- **DELTANIHON** - www.deltanihon.com

Guided tours around Terres de l'Ebre for Japanese tourists. The packages include: transport to area, guided visits in Japanese, lunch on one day visits or full board for several days. The following visits are available: Bimillenium Tortosa, Photography in la Ebro Valley and the Delta, Torreó de l'Indià –Villaretiro and Tuna-tour.

Suitable for: travel agents specialised in Japanese tourism

Season: all year

Key words: guided visits,

4. TORTOSA

Past and present intermingle here, often in one and the same place.

- TORTOSA TURISME - www.tortosaturisme.cat



Tortosa has a special feel to it, making it unique: its streets, its people, the historical and artistic heritage it boasts, the surrounding countryside and the River Ebro, the festivals it celebrates and the cuisine on offer... Some of the tourist attractions the city offers are the following:

TORTOSA CATHEDRAL: the legacy of the past can be appreciated here more than in any other building in the city, there is no excuse for not taking time out to visit it. The permanent exhibition "Santa Maria de Tortosa" provides a deeper understanding of the role the city has played in the region.

GUIDED VISITS "TORTOSA AND THE BATTLE OF THE EBRO": Tortosa played a key role throughout the Civil War in Catalonia. It suffered intense air raids and many buildings were flattened. The population was evacuated and reconstruction work, designed by the Franco regime, would go on for 20 years. (Guided visits by *Terra Enllà*: www.terraenlla.com)

TORTOSA CARD: a tourist card allows free admission to the permanent exhibition in the Cathedral, The Renaissance Centre, the Holy Week Visitor Centre, the Prince's Gardens and the Museum of Tortosa. It also provides discounts in restaurants and other attractions in the city.



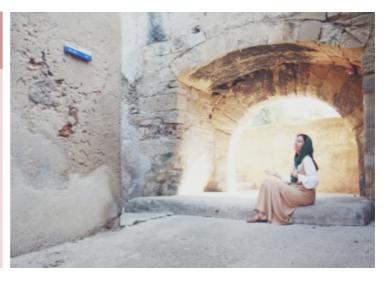


© Terra Enllà

5. THE JEWS IN TORTOSA

A theatrical way to experience the Jewish community's past in the city.



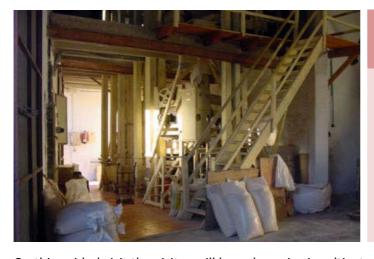


Let Blanca, a Jew living in "la Alhama" of Tortosa at the end of the XV century, show you the Jewish quarter. Through song, mime and the spoken word, she brings the past of this very special place alive for the visitor.

Suitable for: all interested in the city's cultural history

Season: all year

Key words: theatrical visits, Tortosa, guided visits



6. VISITS TO THE "MOLI DE RAFELET" RICE MILL

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

- MOLÍ DE RAFELET www.moliderafelet.com

On this guided visit the visitor will learn how rice is cultivated, dried in the sun, brought to the mill and tranformed 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.

Suitable for: everyone

Season: all year. Open every day except Sunday afternoon.

Key words: guided tours, rice mill, gastronomy, tradition, wooden mill

7. ROUTE OF THE TEMPLARS IN THE TERRES DE L'EBRE

Discover the history of the Knights
Templar in a region home to two
impressive castles along with other
Templar heritage found here with
this 4x4 weekend get-away
experience.

- VIU L'EBRE - www.viulebre.com



Cultural get-away weekend discovering the Templar past in Baix Ebre. Includes one night's accommodation in the Parador Hotel, located in a former Templar fortress (Tortosa), the Route of the Templars through the Terres de l'Ebre by 4x4 vehicle (organized by the company Gubiana Ports) and a meal at a restaurant near the area.

Suitable for: All ages **Season:** All year round

Keywords: culture, templars, medieval castles, weekend get-away, 4x4 routes, touring by car

GASTRONOMY (2)

1. A FLAVOURFUL RIVER

Gastronomic getaway to the Delta

- ASSOCIACIÓ D'EMPRESARIS DELTA DE L'EBRE -

www.deltadelebreturisme.com



A three day break to enjoy culinary delights that make the most of centuries of experience producing the ingredients and continuous modernday innovation .

ITINERARY:

DAY 1: Arrival

Dinner at accommodation if required

DAY 2: The gastronomic delights of the bay

Boat trip to oyster and mussel farms to see how they are cultivated, bred and collected. Later a tasting of locally produced shellfish: oysters and mussels accompanied by white wine followed by a dinner of local produced fare at a Delta restaurant.

DAY 3: The world of rice at your feet

Tour of the Delta's Nature Reserve Ecomuseum visitor centre, then on to the paddy fields. Before a foodie feast at a restaurant in the Delta, a visit to the only working wooden rice mill in the whole of Catalonia, "el Molí del Rafelet".

Accommodation options:

- Càmping Ampolla Playa: www.campingampolla.es
- Irismondiu Allotjament turístic www.irismondiu.net
- Masia Tinet <u>www.masiatinet.com</u>
- Hotel del Port*** www.hoteldedelport.es
- Deltahotel <u>www.deltahotel.com</u>
- Hotel Restaurant Can Batiste <u>www.canbatiste.com</u>
- Hotel l'Algadir del Delta www.hotelalgadirdelta.com

Suitable for: everyone Season: all year

Key words: gastronomy, flavours of the delta, local produce, local food

2. GETTING THE FEEL OF BEEKEEPING

Guided tour of the Mel Muria beekeeping visitor centre in Perelló

> - MEL MURIA www.melmuria.com



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....

Suitable for: everyone

Season: All year from Monday to Sunday morning **Key words:** honey, beekeeping, traditions, local food This visit is featured on the website <u>CATALUNYA.COM</u>

OTHER OPTIONS (4)

1. GUIADED VISIT TO THE OBSERVATORY "DE L'EBRE"

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





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

Suitable for: everyone Season: all year

Key words: science, culture, stargazing



2. FAMILY BREAK ON THE EBRO DELTA

Weekend of fun for all the family on the Ebro Delta.

- HOTEL RULL - www.hotelrull.com

The whole family can enjoy visiting the Delta together. The break includes: two nights accommodation, lunch or dinner of "Illa de Buda" tasting menu for adults and kid's choice menu for children, one day of cycling and kayaking and a boat trip to the mouth of the River Ebro on the second.

Suitable for: families **Season:** all year

Key words: families, kayak, biking, Ebro Delta *Product to be comercialized by travel agency.*

OTHER OPTIONS

3. EBRESCHOOL

School trip of five days/four nights to discover "les Terres de l'Ebre" by learning and doing.

- EBRE TOURS DREAMS - www.ebretours.com



A fun package of activities in the natural environment of "les Terres de l'Ebre" that is aimed at schools. Bikeriding along "la via verda" cycle trail, birdwatching, watersports and boat trips are some of the ways youngsters get to know and learn about the area.

Suitable for: schoolchildren

Season: all year

Key words: schoolchildren, training, land, kayak, birdwatching



4. 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.

- GUBIANA DELS PORTS -

www.gubiana.com

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.

Adreçat a: everyone Season: all year

Key words: 4x4 trips, walks, the Ports National Park, guided hikes

INDEX OF PROVIDERS

Name of provider	Webpage
Ebretoursdreams	www.ebretours.com
Mar Natura	www.marnatura.net
Riu a l'Ebre	www.riualebre.com
Creuers delta de l'Ebre	www.creuersdeltaebre.com
Tuna Tour	www.tuna-tour.com
Beniemocions	www.beniemocions.cat
Turisme Ametlla de Mar	www.ametllademar.cat
Estació de Benifallet	www.estaciodebenifallet.com
Nòmada Viatges	www.nomadaviatges.com
Delta Hotel	www.deltahotel.net
Associació d'Empresaris Delta de l'Ebre	www.deltadelebreturisme.com
Gubiana dels Ports	www.gubiana.com
Estels del Sud	<u>www.estelsdelsud.com</u>
Delta Polet	www.deltapolet.com
Deltanihon	www.deltanihon.com
Tortosa turisme	<u>www.tortosaturisme.cat</u>
La Jueva de Tortosa	www.lajuevadetortosa.com
Molí de Rafelet	www.moliderafelet.com
Mel Muria	www.melmuria.com
Observatori de l'Ebre	www.observatoridelebre.com
Hotel Rull	www.hotelrull.com
Viu l'Ebre	www.viulebre.com

This dossier has been prepared with the support of:









Fore more information:

CONSELL COMARCAL DEL BAIX EBRE

C/ Barcelona 152

43500 Tortosa

T: +34 977 445 308

turisme@baixebre.cat

www.baixebre.cat