

accessible tourism

good practice guide, catalonia



19 destinations selected so that
everyone can experience them.
A great range of accessible leisure,
cultural and sports activities.
A land that we can all enjoy,
Catalonia.



catala



Unnya

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Since the end of the 1990's, the European Union has promoted a series of initiatives to contribute to the development of accessible tourism.

The Catalan tourism sector has boosted the **accessibility of its services**, making a reality the principle that a respectful and diverse society should recognise the equality of conditions for people with disabilities. This principle is enshrined in the "Barcelona declaration: the city and people with disabilities" that to date has been signed by 400 European cities.

There are many Catalan companies and destinations that have adapted their products and services **accordingly**. In little more than three years, the majority of beaches and natural parks in Catalonia have been adapted.

Turisme de Catalunya wants to promote such good practice with this publication. Rather than an inventory of accessible installations, the publication deals with destinations that offer adapted tourism. It includes accommodation, beaches, natural landscapes, monuments, museums, restaurants and open air activities, **all of which are adapted so that everyone can enjoy what Catalonia has to offer**.

The information in this guide is complemented by a web, www.turismeperatothom.com/en/ that describes and evaluates the access conditions of all the companies and facilities of touristic interest within the good practice destinations and also the Catalan tourism sector in general.



The best destinations

In this publication you will find a selection of **19 destinations with an integral range of tourist resources adapted** so that everyone can enjoy the important Catalan cultural and natural heritage. This is a small sample of a land that **strives to adapt to the requirements of people with limited mobility.**

You just can't afford to miss a legacy as unique as ours that combines antiquity and modernity, Romanesque and Modernisme architecture, sea and mountains, traditional and the most innovative cuisine, sailing and horse riding!

1. Vall de Boí



2. Val d'Aran



3. Pallars Sobirà



4. La Seu d'Urgell



5. La Molina - La Cerdanya



6. Camprodon – Rural Tourism in the Pyrenees



7. La Garrotxa



8. The Dalí route



9. Costa Brava - Alt Empordà



10. Vic - Osona



11. Costa Brava - Baix Empordà



12. Montserrat



13. Maresme



14. The Cister route



15. Garraf - Sitges



16. Barcelona



17. Costa Daurada



18. Delta de l'Ebre



19. Lleida





Adapted beach



Ski station



Adapted horse riding centre



Amphibious seat



Adapted kayak



Guided activities



Adapted sailing boat



Museums and monuments



Adapted scuba diving



Hot air balloon flight



Adapted train



Water park



Adapted cycling



Natural park



Adapted golf



Theme park



Adapted accommodation



Vall de Boí



Vall de Boí, in the heart of the Lleida Pyrenees near Aigüestortes National Park, is a very special environment for enjoying nature and sport.

Vall de Boí is a group of valleys and mountain ranges in the county of Alta Ribagorça, in the province of Lleida. From here we can go to Aigüestortes National Park and Sant Maurici lake, with an extraordinary landscape and more than a hundred lakes set in one of the most beautiful and unspoiled spots in Catalonia. The many hiking paths allow us to discover it and rest in the natural environment.

The Boí-Taüll resort is a wonderful place for any outdoor activity. In the winter season you can enjoy the full charm of the Pyrenees with adapted skiing, and in summer do not forget to take an excursion in Aigüestortes National Park. The Boí-Taüll resort complex has six hotels and a short way away is Caldes de Boí spa, partially accessible, with mineral hot springs of different compositions and temperatures.

Vall de Boí is also an interesting cultural destination thanks to the Romanesque churches which have been declared UNESCO World Heritage.

The beauty and singularity of Vall de Boí make it the ideal place for enjoying a complete holiday in the midst of nature.

<i>This destination offers you...</i>				
Accommodation	Consult all the accommodation available at this destination in the directory, on page 49.			
Museums and monuments				
The Vall de Boí Romanesque Interpretation Centre	(P)	●		
Sant Climent de Taüll	(P)			
Sant Feliu de Barruera	(P)			
Sant Joan de Boí	(P)			
Santa Maria de Taüll	(P)	●		
Santa Eulàlia d'Erill La Vall	(P)			
La Nativitat de Durro church	(P)			
Ski stations				
Boí Taüll	●	●	●	●
National parks				
National Park of Aigüestortes and Sant Maurici Lake	●		●	●

(P) Monuments accessible panoramically.

Val d'Aran



Val d'Aran has features which are quite different from the other Catalan valleys, since it is on the Atlantic side of the mountains. The Baqueira-Beret resort attracts lovers of winter sports.

Val d'Aran, in the Central Pyrenees, provides visitors with all the entertainment of nature, art and sport.

The high mountain landscape combines quite different natural environments and is the ideal setting for a range of mountain activities: hiking, climbing, cycling, archery... Nevertheless, skiing is king owing to the presence of Baqueira-Beret resort, which has the necessary infrastructure for everyone to enjoy the sport.

After a day of adventure, the best way to relax is to take a stroll in the valley, where you will find Romanesque churches in incomparable natural settings, and then restore your strength by sampling the Olla Aranesa, the typical local stew.

As it is so close, you can also visit Aigüestortes National Park and Sant Maurici lake.



This destination offers you...



Accommodation

Consult all the accommodation available at this destination in the directory, on page 50.

Ski stations

Baqueira Beret



Pallars Sobirà



Pallars Sobirà is a high mountain county set amid peaks like Pica d'Estats, although most of the sporting activities take place in the valleys. Many of them are accessible to everyone.

The relief of the mountains of Pallars Sobirà makes them ideal for sports in the open air. The highest peak in Catalonia is here, Pica d'Estats (3143 metres). That is why it is not strange that the first sport introduced into this area was mountaineering.

And today horse-riding is beginning to be particularly important thanks to the efforts of Peufort Horse Riding Centre, the first riding centre in Pallars Sobirà which has managed to make this sport accessible to everyone.

Nature and learning to live with it is the aim of the Planes de Son Centre, totally integrated into the landscape, with facilities that are unique in the Pyrenees.

Owing to the importance of the The-Romanesque and Romanesque historical heritage, the beauty of the landscapes and the availability of outdoor sports, the tourist sector has grown and the range of establishments has multiplied. Most of them are accessible.



This destination offers you...



Accommodation

Consult all the accommodation available at this destination in the directory, on page 50.

Museums and monuments

The Butterflies Museum



Activities

Peufort Horse Riding Centre



Les Planes de Son



National parks

National Park of Aigüestortes and Sant Maurici Lake



La Seu d'Urgell



La Seu d'Urgell, capital of the Pyrenees and world canoeing venue, invites you to enjoy this sport and all its cultural heritage, in a typical mountain landscape

The city is a major tourist centre thanks to its cultural and artistic heritage, because it is the venue for top level sports events and because it is close to the Andorra and La Molina ski slopes.

La Seu d'Urgell was once a military fortress and later became the seat of the bishop of the diocese of Urgell, which consecrated the landmark building of the city, the Romanesque cathedral of Santa Maria d'Urgell. Its cloister is outstanding, as are the Diocesan Museum and the church Sant Pere i Sant Miquel. The town council has laid out accessible routes for panoramic visits to this heritage.

La Seu d'Urgell and the surroundings offer a range of sports and leisure activities all year round.

Moreover, the Segre Olympic Park, laid out on the occasion of the Barcelona 92 Olympic Games, has the most advanced technology in the shape of a set of canals for adapted flat-water canoeing.

La Seu d'Urgell is an active city, services centre and cultural capital of a large area of the Pyrenees.



<i>This destination offers you...</i>				
Accommodation				
Consult all the accommodation available at this destination in the directory, on page 51.				
Museums and monuments				
Santa Maria d'Urgell Cathedral	(P)	●		
Sant Miquel Church	(P)	●		
Diocese Museum	(P)	●		●
Activities				
Segre Olympic Park	●	●	●	●

(P) Route accessible panoramically.

La Molina - La Cerdanya



La Molina, in the county of La Cerdanya, is a pioneer resort for adapted skiing.

La Cerdanya is a natural corridor between Catalonia, Andorra and France. The combination of the high mountain landscape and the widest valley in Catalonia makes it ideal for any kind of sport. The high mountain cooking, typical of the Pyrenees, is another of the attractions of La Cerdanya. Local products are used to produce recipes such as trinxat (bubble and squeak) or pa de fetge (liver loaf).

The impressive ski resorts are the centre of interest for many travellers who want to spend a few days enjoying nature and sport. For its beauty and singularity, do not forget to visit the famous Mediaeval castle in Llívia.



This destination offers you...



Accommodation

Consult all the accommodation available at this destination in the directory, on page 52.

Ski stations

La Molina



DON'T MISS IT!

At La Molina you can ski with adaptations in one of the best prepared ski stations with the assistance of the best qualified professionals.

What are you waiting for?

T. 972 892 031

Web: www.lamolina.cat



Camprodon – Rural Tourism in the Pyrenees



Camprodon, a town in the county of El Ripollès, is a pioneer in the world of rambling and tourism thanks, amongst other things, to a generous nature.

Camprodon is in the county of El Ripollès, one hour from Barcelona and Girona, in a beautiful natural mountain area, with a long tradition in the world of rambling. The magnificent landscape invites us to make long excursions, whilst the two rivers, the Ter and the Ritort, and the abundance of springs make for an ideal walk. The climate, with heavy snow in winter, makes it perfect for skiers. Camprodon offers sport in a natural environment, such as excursions in the snow and adapted guided cycling routes along the Girona Green Way.

For blind and partially sighted people, the Guies Nord-Sud offer outings with snowshoes over the mountains and even the chance to build an igloo.

Camprodon also has interesting Romanesque monuments and a busy shopping centre and is close to the Vallter 2000 ski slopes.



This destination offers you...



Accommodation

Consult all the accommodation available at this destination in the directory, on page 52.

Activities

North South Mountain Sports	●	●	●	●
Green Way	●	●	●	●

La Garrotxa



La Garrotxa is a county between the mountains and the plain. The landscape, originally volcanic, makes this area quite unusual and excellent for outdoor activities of all kinds.

La Garrotxa is a varied territory. We can distinguish two zones: the Fluvià river valley, called Alta Garrotxa, and the southern part where we find the capital of the county, Olot.

The La Garrotxa volcanic area nature reserve is the finest example of a volcanic landscape on the Peninsula, where you can engage in a host of activities. Here we find the Fageda d'en Jordà, a very special wood where beeches grow in volcanic soil.

<i>This destination offers you...</i>				
Accommodation				
Consult all the accommodation available at this destination in the directory, on page 53.				
Museums and monuments				
Miniatures and Micro-miniatures Museum	●	●	●	
Volcanoes Museum	●	●		
Natural parks				
Natural Park of La Garrotxa	(P)			
Activities				
Green Way	●	●	●	
Vol de Coloms	●	●	●	●
<div data-bbox="92 1688 890 2130"> <p><i>DON'T MISS IT!</i></p> <p>The company, Vol de Coloms has developed the first adapted hot air balloon that allows you to take a flight over the natural park of the volcanic area of the Garrotxa.</p> <p>T. 972 680 255 Web: www.voldecoloms.cat</p> </div> <div data-bbox="895 1688 1509 2130">  </div>				

(P) Route accessible panoramically.

The Dalí Route, also known as the Dalí Triangle, links the towns of Púbol and Cadaqués with Figueres. At these three places you will find the keys to interpret the work of this quite peculiar Catalan painter.

Figueres is home to the Dalí Theatre-Museum, which is partially accessible to a people with reduced mobility. The capital of the county of Alt Empordà is marked by the exceptional personality of the Surrealist painter Salvador Dalí.

The Theatre-Museum and its annex, Torre Galatea, are two places well worth seeing, both outside and in. Moreover, visitors can pause at the Catalonia Toy Museum.

The Dalí Route forms a right-angled triangle with Figueres at the top. On one of the sides is Púbol, where you can visit the castle which the painter gave to his muse, accessible except for the crypt and the attic. On the other side of the Dalí triangle, in Portlligat, is Dalí and Gala's house, not accessible at present.

To end the route you can visit the Jewel Museum, the most accessible one of the Gala-Dalí Foundation.



This destination offers you...



Accommodation

Consult all the accommodation available at this destination in the directory, on page 53.

Museums and monuments

Gala-Dalí Castle (Púbol)		●	●	
Theatre House Dalí Foundation	(*)	(*)		
Jewellery Museum	●	●		
Toy museum of Catalonia	●	●	●	●

(*) 20% Accessible.

Costa Brava - Alt Empordà



Alt Empordà is outstanding for the beauty of its coastline and the Catalan Pyrenees. The peace and quiet of the countryside and the blue of the horizon vie with the steep relief of its coast and the coves which have made the Costa Brava world famous.

The natural areas of Alt Empordà are of great ecological interest: the Aiguamolls nature reserve is a haven for many migratory birds and an attractive spot for nature lovers. Much of the landscape we see from Empordà is dominated by the Pyrenees, where an enormous range of recreational activities is on offer. Kayaking can be an unforgettable experience and, thanks to the sensitivity of some companies, it is now accessible

to everyone. If you like to walk, whether through the Pyrenean range or on the many beaches along the coast, you can capture the full beauty of the landscape. Alt Empordà has joined modernity and the conservation of nature, which makes it a unique place.

<i>This destination offers you...</i>				
Accommodation	Consult all the accommodation available at this destination in the directory, on page 54.			
Beaches				
L'Escala - Riells	● (A)	●	●	●
Roses - Perola	● (A)		●	●
Roses - Rastrell	● (A)	●	●	●
Roses - Santa Margarida	● (A)	●	●	●
Natural parks				
Els Aiguamolls de l'Empordà	●	●	●	
Activities				
Escala Yacht Club	●	●	●	●
Kayaking	●	●	●	

DON'T MISS IT!

Would you like to sail on crystal clear water? The Escala Yacht Club has boats that are completely accessible. Prepare yourself to enjoy the sea by sailing.

T. 972770016

Web: www.nauticescala.com



(A) Amphibious seats are available on this beach.

Vic - Osona



Osona is a county in the hinterland close to Barcelona. Its beauty, diversity and the quality of its landscapes, as well as its important cultural resources, make it highly appreciated as a holiday destination.

The county of Osona is in the province of Barcelona and its features are the broad green fields and meadows. Gastronomy is an important element, since it has much top quality produce of its own.

Vic is the capital of the county and a large episcopal diocese that stretches from the Pyrenees to La Conca de Barberà.

Vic cathedral, built in neo-Classical style, towers over the city centre. Beside it we find the Bishop's Palace, the Roman temple and the church of La Pietat. This route around the centre of Vic and the Episcopal Museum – which was declared of National Interest by the Catalan government in 2001 – is totally accessible.



<i>This destination offers you...</i>				
Accommodation				
Consult all the accommodation available at this destination in the directory, on page 54.				
Museums and monuments				
Episcopal Museum of Vic	●	●	●	●
Activities				
Route through the Historic City Centre of Vic.	●	●		●
<div data-bbox="82 1749 890 2141" style="display: inline-block; vertical-align: top; width: 50%;"> <p><i>DON'T MISS IT!</i></p> <p>The Vic tourism office offers an audio guide for blind or partially sighted people and an accessible route to facilitate the tour for those with reduced mobility.</p> <p>T. 93 886 20 91 Web: www.victurisme.cat</p> </div> <div data-bbox="890 1749 1503 2141" style="display: inline-block; vertical-align: top; width: 50%;">  </div>				

Costa Brava - Baix Empordà



The Costa Brava is a mixture of wild landscapes and hidden coves with their crystal clear waters, the green of the pine trees and the blue of the sea. A place that combines culture, nature and recreation to perfection.

The ease of access, the natural beauty of the environment, the beaches, the importance of the historical and cultural heritage and the wide range of activities offered by Baix Empordà makes it the ideal place to spend a long holiday.

Mountains, plain and sea combine in this magnificent natural environment. In Baix Empordà you can enjoy a stretch of the Green Way with adapted bicycles and the accessible beaches.

<i>This destination offers you...</i>				
Accommodation				
Consult all the accommodation available at this destination in the directory, on page 55.				
Beaches				
L'Estartit	● (A)	●	●	●
L'Estartit - Mas Pinell	● (A)	●	●	●
Platja d'Aro - Cala Rovira	● (A)	●	●	●
Platja d'Aro - Platja Gran	● (A)	●	●	●
Platja d'Aro - Sa Conca	● (A)	●	●	●
Sant Feliu de Guíxols - Sant Pol	● (A)		●	●
Activities				
Green Way	●	●	●	
Diving Center - El Rei del Mar	●	●	●	●
<div data-bbox="108 1653 375 1691"><i>DON'T MISS IT!</i></div> <div data-bbox="108 1731 703 2000"> <p>The Rei del Mar (“King of the sea” in English) offer adapted scuba diving in the Illes Medes marine reserve. Made up of seven small islands, a few reefs and with over 1,300 plant and animal species, this is an obligatory stop for diving fans.</p> </div> <div data-bbox="108 2040 542 2114"> <p>T. 972 751 392 Web: www.elreidelmar.com</p> </div> <div data-bbox="895 1619 1509 2139">  </div>				

(A) Amphibious seats are available on this beach.

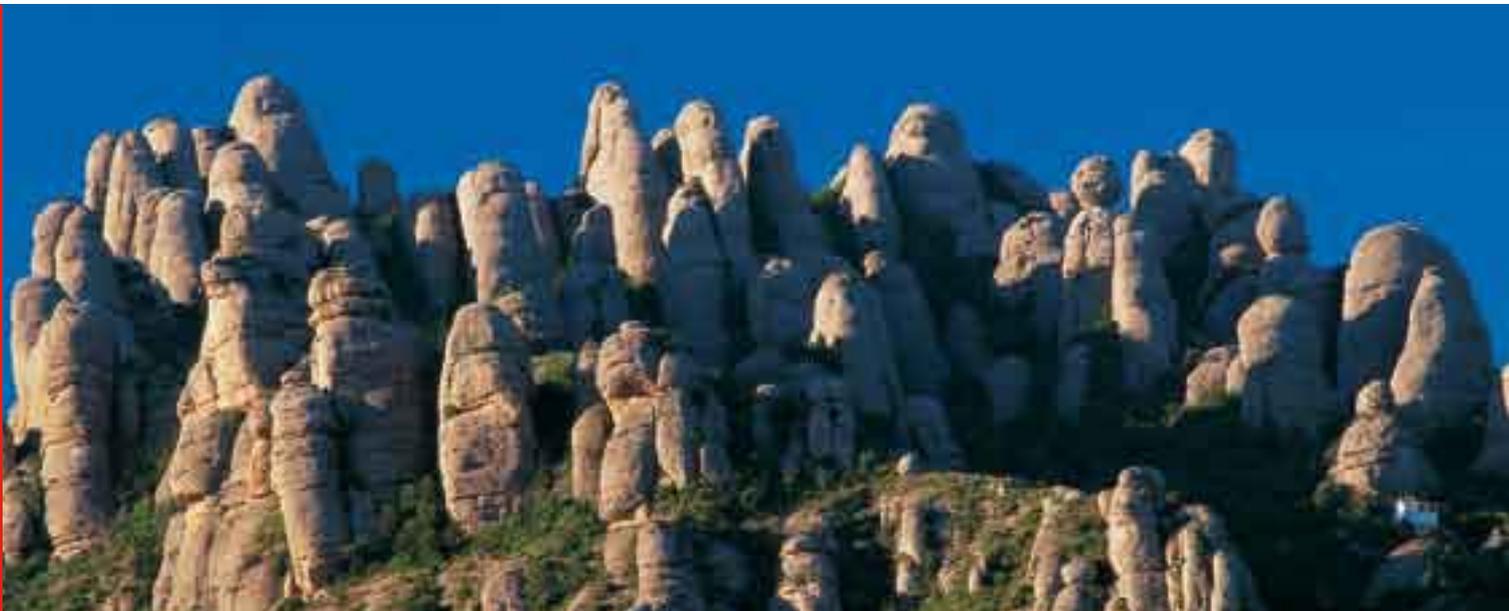
Montserrat



Montserrat is a monastery and shrine where culture and spirituality converge in a unique natural environment.

Montserrat is a nature reserve, a museum and a shrine to the patron saint of Catalonia. Riding up to the abbey on the rack and pinion railway is an attraction in itself, both for the sweeping views and the impressive climb. Once there you can move around with the adapted tourist train that will allow you to enjoy a pleasant tour around the precinct.

In the museum you can see works by painters as famous as El Greco, Picasso or Dalí; and in the Montserrat Audiovisual Room an exhibition of the most representative parts of the monastery. Both are accessible.



This destination offers you...



Accommodation

Consult all the accommodation available at this destination in the directory, on page 56.

Museums and monuments

Basilica	●	●	●	●
Chapel	●	●	●	●
Audiovisual	●	●	●	
Montserrat Rack Railway	●	●	●	●

Activities

Cremallera de Montserrat	●	●	●	●
“Mirador dels Apòstols” building	●	●	●	●
Tourist Train	●	●	●	●

Maresme



The Costa del Maresme in the province of Barcelona has spots that are not to be missed with a wide range of tourist attractions: recreation, beach, culture and sport.

A few kilometres north of Barcelona is the coastal county of El Maresme. The gateway is El Masnou, a fishing village where you can take in the full beauty of its old seaside houses which contrast with the more stately looking mansions.

This part of the Mediterranean coast will fascinate you with its mild climate and wide sandy beaches and calm waters.

El Maresme has a great atmosphere with its street life and its cookery, based on fresh fish and garden produce. All of that goes to make up its naturally Mediterranean character.

The famous town of Calella is set in a unique natural landscape, between the Montnegre nature reserve and a wide beach which has been awarded the “Q” for Quality and the blue flag of European beaches. There are also amphibious chairs that make it easy to move around the sand and bathe with total safety.

Santa Susanna beach is also adapted and accessible to everyone. Likewise, we find a wide range of adapted accommodation, given the large number of tourists who visit the area.



<i>This destination offers you...</i>				
Accommodation				
Consult all the accommodation available at this destination in the directory, on page 56.				
Beaches				
Calella - Gran Garbí de les Roques	● (A)	●	●	●
Calella - La Platjola (Can Lluís)	● (A)		●	●
Calella - Platja Gran	● (A)	●	●	●
Pineda de Mar	● (A)	●	●	●
Santa Susanna	●	●	●	●
Activities				
Marineland			●	

(A) Amphibious seats are available on this beach.

The Cister route



Along the Cistercian Route travellers can enjoy the charm of the Cistercian monasteries that link the three counties of La Conca de Barberà, Alt Camp and Urgell.

In the 12th century the Cistercian order entered Europe, bringing their architecture and religion to the West. There are samples in the counties of La Conca de Barberà, Alt Camp and Urgell. Along this Cistercian Route you can visit the museums, churches, monasteries, castles, chapels and shrines scattered all over the zone. Two of the outstanding monasteries, Poblet, which has been declared World Heritage by UNESCO, and Santes Creus, make a visit easy with models and guides in braille which go to show, once again, that the cultural heritage can be accessible to everyone.

Along this Cistercian Route you can play sports or walk in the incredible natural settings. The area is also rich in local produce: cavas (sparkling wine), calçots (spring onions) and coques de recapte (savory pastries), which are the visitors' delight.

<i>This destination offers you...</i>				
Accommodation				
Consult all the accommodation available at this destination in the directory, on page 56.				
Museums and monuments				
Monastery of Poblet	●	●		●
Monastery of Santes Creus	●	●	●	●
Monastery of Vallbona de les Monges	(P)			
<div data-bbox="108 1648 373 1686"><i>DON'T MISS IT!</i></div> <div data-bbox="108 1727 695 1995"> <p>The Monastery of Poblet is the most emblematic example of how heritage conservation is not incompatible with accessibility. The monastery tour is completely accessible for people with reduced mobility and wheelchair users.</p> </div> <div data-bbox="108 2036 453 2112"> <p>T. 977 870 089 Web: www.poblet.cat</p> </div> <div data-bbox="895 1615 1509 2136">  </div>				

(P) Panoramic accessibility.

Garraf - Sitges



El Garraf is a county bathed by the Mediterranean. The cliffs, the jagged relief and the limestone distinguish it from the rest of Catalonia.

El Garraf is outstanding for its range of cultural attractions and because it is a pioneer of tourism in Catalonia.

Sitges is the most popular seaside town in the area. It has immense adapted beaches with amphibious chairs and an excellent tourist infrastructure.

One of the charms of El Garraf is its nature reserve, which has two circuits adapted for the blind and people with reduced mobility. The sensory circuit is equipped with information in braille and other elements that encourage the development of the senses. The second itinerary will introduce you to the botany of the environment.

<i>This destination offers you...</i>				
Accommodation				
Consult all the accommodation available at this destination in the directory, on page 58.				
Beaches				
Sitges - Balmins	● (A)	●	●	●
Sitges - Barra	● (A)	●	●	●
Sitges - Botigues	● (A)	●	●	●
Sitges - Garraf	● (A)	●	●	●
Sitges - Rivera	● (A)	●	●	●
Sitges - Sant Sebastià	● (A)	●	●	●
Museums and monuments				
Castell d'Olèrdola	●	●	●	●
Natural parks				
Garraf Natural Park	●	●	●	●
<p><i>DON'T MISS IT!</i></p> <p>The Garraf Natural Park is a rugged, rocky natural space. It has two circuits, adapted for blind and partially sighted people and for those with reduced mobility, that are designed to help develop the senses.</p> <p>T. 93 597 18 19 Web: www.diba.es/parcs/</p>				

(A) Amphibious seats are available on this beach.

Barcelona

An internationally renowned destination with an ample supply of accessible accommodation, cultural and gastronomic routes. In this guide we will pick out the Gothic Route and the Modernisme (Art Nouveau) Route, the work of the great architect Gaudí, as well as other important accessible museums such as the Museum of Catalan History.

The Gothic Quarter (Barri Gòtic) is in the centre of old Barcelona. We begin the tour at Portal del Bisbe, flanked by two cylindrical towers of the old Roman wall that mark the entrance to the old walled precinct. From here we can walk around the Bishop's Palace, Plaça de Sant Felip Neri, the cathedral or Plaça del Rei.

As a counterpoint to Gothic Barcelona we have the architecture of Gaudí, inspired by nature, with its religious reminiscences and Baroque shapes.

The three highlights of Gaudí's work are: Park Güell, La Sagrada Família and La Pedrera. The facade of this mansion, which he converted into an impressive undulating mass of stone, recalls an eroded rock formation in constant movement.

In Barcelona you can also relax lying on the sand on any of the adapted beaches, play golf at Golf Montjuïc or go horse riding guided by professionals at Hípica Don Caballo.

And, most of all, do not forget to visit the National Museum of Catalan Art (MNAC) and the Museum of Catalan History, both totally accessible.



Barcelona is a city of great cultural interest with an important architectural heritage which is a product of the encounters of the different cultures that have passed through.

<i>This destination offers you...</i>				
Accommodation				
Consult all the accommodation available at this destination in the directory, on page 59.				
Museums and monuments				
City Archive	●	●		
Archive of the Crown of Aragon	●	●		
Caixaforum	●	●	●	●
Casa Batlló	●	●	●	●
Cathedral		●		
Cosmocaixa	●	●	●	●
La Pedrera	●	●	●	●
MNAC – National Museum of Catalan Art	●	●	●	
Museum of the History of Catalonia	●	●	●	●
Museum of the History of the City of Barcelona	●	●	●	
Diocese Museum	●	●		
Frederic Marès Museum	●	●	●	
Maritime Museum	●	●	●	●
Picasso Museum	●	●		●
Park Güell		●		●
Sagrada Família	●	●	●	
Santa Maria del Mar	●	●		
Beaches				
Barcelona - Barceloneta	●	●	●	●
Barcelona - Bogatell	● (A)	●	●	●
Barcelona - Mar Bella	●	●	●	●
Barcelona - Nova Icària	● (A)	●	●	●
Barcelona - Nova Mar Bella	●	●	●	●
Barcelona - Sant Sebastià	● (A)	●	●	●
Activities				
Golf Montjuïc	●	●	●	●
D. Caballo Horse Riding Centre, Vilanova del Vallès	●	●	●	●
Vallès Golf -Terrassa	●	●	●	●

(A) Amphibious seats are available on this beach.

Costa Daurada

The area has a large number of hotels, camp sites and apartments all perfectly adapted for the disabled. Moreover it has services for family tourism, with special attention to children and the elderly. At the centre of the Costa Daurada is the town of Cambrils, set amidst the Llaberia, Argentera and La Mussara sierras, from where we can begin the Senses Route, where architectural barriers of all kinds

have been eliminated. The route offers the essence of Cambrils through hearing, smell and taste. On our little adventure we shall have the added enjoyment of a mild climate, with average temperatures of 25 °C in summer and 12 °C in winter.



The Costa Daurada, in the south of Catalonia, is a coastline 216 kilometres long with fine sandy beaches that stretches from Calafell to Amposta, in the province of Tarragona.

<i>This destination offers you...</i>				
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Accommodation

Consult all the accommodation available at this destination in the directory, on page 61.

Beaches

Cambrils - Horta de Santa Maria	● (A)	●	●	●
Cambrils - L'Ardiaca	● (A)	●	●	●
Cambrils - L'Esquirol	● (A)	●	●	●
Cambrils - Llosa	● (A)	●	●	●
Cambrils - Regueral	● (A)	●	●	●
Cambrils - Vila Fortuny	● (A)	●	●	●
Salou - Cala Crancs		●	●	●
Salou - Cala Font			●	
Salou - Cala Llengüadets			●	
Salou - Cala Penya Tallada			●	
Salou - Cala Vinya			●	
Salou - Capellans		●	●	●
Salou - Llarga	● (A)	●	●	●
Salou - Llevant	● (A)	●	●	●
Salou - Ponent	● (A)	●	●	●
Vila-Seca- La Pineda	● (A)	●	●	●

Activities

The Route of the senses, Cambrils	●	●	●	●
Port Aventura	●	●	●	●

DON'T MISS IT!

At Port Aventura you will find hotels, water parks, golf courses, beach clubs.... All the installations contemplate and are adapted for all types of people. Port Aventura is an excellent place to spend a great holiday. We're waiting for you!

T. 977 779 186

Web: www.portaventura.es



(A) Amphibious seats are available on this beach.

Delta de l'Ebre



The Ebro Delta nature reserve is one of the prettiest and most unusual landscapes of Catalonia, of international importance for its diversity of animal species, mostly birds.

The Ebro Delta countryside changes over the year because of the rice cycle, the crop that gives the Delta its look. In this natural environment you will find long fine sandy beaches, plants, animals and birds and local cooking.

The Ebro is one of the longest rivers of the Iberian Peninsula, with one of the greatest flows of water. This is an ideal spot to spend a quiet holiday amidst nature and some exceptional landscape.



This destination offers you...



Accommodation

Consult all the accommodation available at this destination in the directory, on page 62.

Beaches

L'Ametlla de Mar - L'Alger	● (A)	●	●	●
L'Ampolla - Avellanets	● (A)	●	●	●
Deltebre - Riumar	● (A)	●	●	●

Natural parks

The Delta de l'Ebre Natural Park	●	●	●	●
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DON'T MISS IT!

The Delta de l'Ebre Eco-Museum demonstrates that it is possible to build a world without barriers. There is a scale model to help understand the museum, Braille information panels to facilitate reading and specialised personnel.

T. 977 482 181

Web: www.parcscatalunya.net



(A) Amphibious seats are available on this beach.

Lleida

Lleida is one of the oldest cities in Catalonia, half way between the sea and the mountains, with a strong spirit of hospitality. That is why it is an important services centre as its wide range of hotels, some accessible, confirms.

Despite its many attractions, Lleida is almost unknown to tourists. Visitors interested in history and art will find a large number of monumental buildings in the city that reflect the passage of the different cultures over the years: from Roman remains to new buildings like the Palau de la Diputació and a number of Modernisme houses.

The old cathedral or Seu Vella, partially accessible, is the city landmark.

Apart from the cultural heritage, Lleida has many natural spaces such as the Mitjana Park, an ecosystem of great natural and ecological value.

In Lleida you will find a different way of enjoying leisure and culture.



Lleida is a city on the banks of the Segre river with an important cultural heritage that ranges from its Mediaeval walls to the Romanesque buildings around the cathedral.

This destination offers you...



Accommodation

Consult all the accommodation available at this destination in the directory, on page 63.

Museums and monuments

Gardeny Castle	●	●		
New Cathedral	●	●		
The Panera Art Centre	●	●		
Sant Llorenç's Church	●	●		
The Lleida Water Museum	●	●		
Roda Roda – The Lleida Automotive Vehicle Museum	●	●		
Museum of the Diocese and County of Lleida	●	●		●
Ansem Clavé Archeological remains.	●	●		
Auditori Archeological remains.	●	●		
Paeria Archeological remains.	●	●		●
Sant Joan Archeological remains.	●	●		
Seu Vella	●	●		●

DON'T MISS IT!

Amongst the cultural offer of Lleida, we cannot forget the museums, making special mention of the Museum of the Diocese and County of Lleida and of the Paeria Archeological remains Museum for the effort that they have made so that these two spaces are accessible to all.

T. 973 283 075

Web: oliba.uoc.edu/lab/lleida



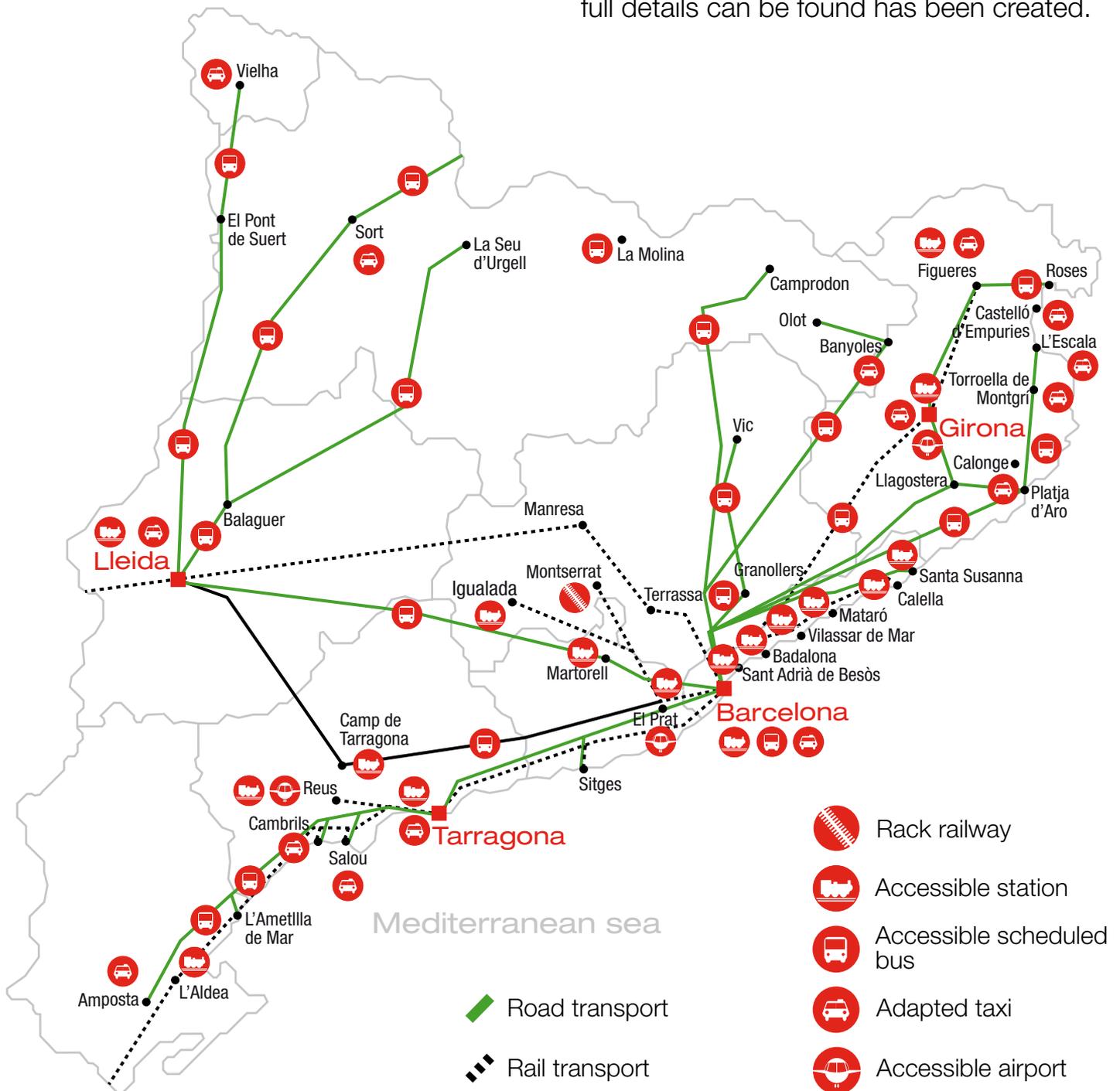
Accessible transport in Catalonia

Most public and private infrastructures have either already been adapted or have improvement plans to facilitate access, payment and validation of tickets so as to guarantee freedom of movement for users.

In this way, everyone in the capital cities of Catalonia may enjoy travel by air, rail, metro and bus where these services are available.

Also, in some municipalities, taxis offer adapted transport. Regarding scheduled coach services, prior notification is necessary if an adapted vehicle is required. For tourist outings, completely accessible vehicles can be contracted from specialist companies.

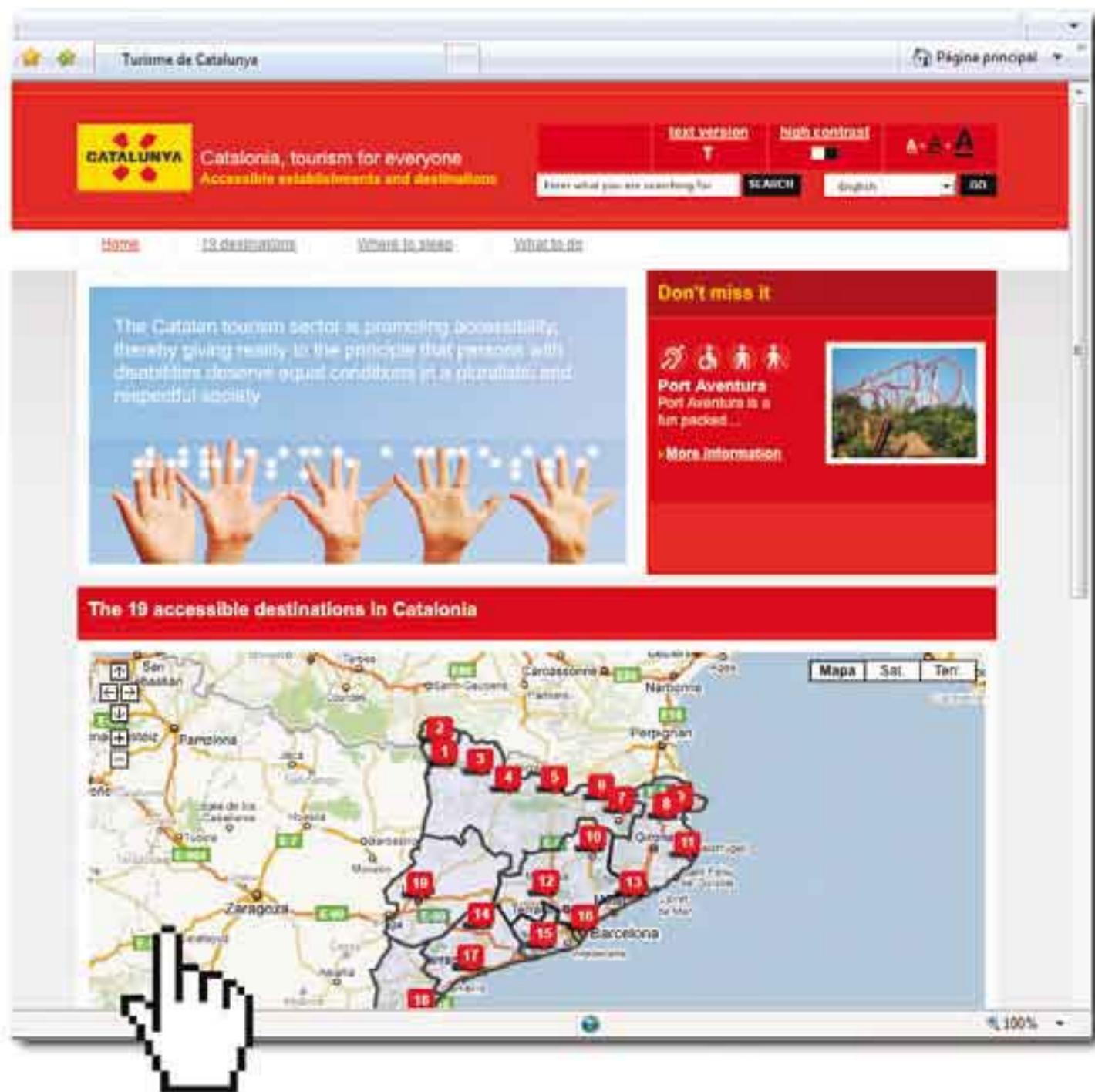
Due to the amount of information available a dedicated web page, www.turismeperatothom.com/en/, where full details can be found has been created.





To complement all the information in this guide with updates and more details visit our internet site, www.turismeperatothom.com/en/, the accessible web.

You can consult all this information and that of all the tourist resources and establishments in Catalonia, and download our **audio guide** of all the destinations in mp3 format.



Directory of companies and activities

This directory includes all the accessible tourist establishments, museums, areas and resources that appear throughout this publication.

Consult www.turismeperatothom.com/en/ to see the permanently updated range of accessible tourism on offer in Catalonia.



Adapted for people with physical disabilities



Adapted for deaf and hard of hearing people



Panoramically accessible



Adapted for people with reduced mobility



Adapted for blind and partially sighted people



Continued on the following page

Vall de Boí

Accommodation

AUGUSTA APARTHOTEL
973696200
www.boitaullresort.es



BALNEARI CALDES DE BOÍ
973696230
www.caldesdeboi.com



BOÍ TAÜLL RESORT
973696200
www.boitaullresort.es



CALDES
973 696 230
www.caldesdeboi.com



CAN MESTRE
973690306



EL RANTINER
973696184
www.hotelesrantiner.com



LA PLAÇA
973696026
www.hostal-laplaza.com



MANANTIAL
973 696 230
www.caldesdeboi.com



PASCUAL
973696014
www.hostalpascual.com



RESIDENCIAL LA SOLANA
973696000
www.boitaullresort.es



ROMÀNIC
973696706
www.boitaullresort.es



TAÜLL
973696050
www.boitaullresort.es



Ski stations

BOÍ TAÜLL
934146660
www.boitaullresort.es



Museums and monuments

THE VALL DE BOÍ ROMANESQUE INTERPRETATION CENTRE
973696715
www.centreromanic.com



ESGLÉSIA LA NATIVITAT DE DURRO
973696715
www.centreromanic.com



SANT CLIMENT DE TAÜLL
973696715
www.centreromanic.com



SANTA EULÀLIA D'ERILL LA VALL
973696715
www.centreromanic.com



Directory of companies and activities

SANT FELIU DE BARRUERA
973696715
www.centreromanic.com



SANT JOAN DE BOÍ
973696715
www.centreromanic.com



SANTA MARIA DE TAÜLL
973696715
www.centreromanic.com



National parks

NATIONAL PARK OF
AIGÜESTORTES AND SANT
MAURICI LAKE
973624036
mediambient.gencat.ct



Val d'Aran

Accommodation

ACEVI VAL D'ARAN
973643233
www.acevihotels.com



ESTAMPA
973640 048
www.hotelcasaestampa.com



ETH REFUGI D'ARAN
973643 002
www.elrefugiodearan.com



PARADOR NACIONAL VAL
D'ARAN
973640 100
www.parador.es



SOL VIELHA
973638 000
www.solmelia.com



Ski stations

BAQUEIRA BERET
www.baqueira.es



Pallars Sobirà

Accommodation

CARDÓS
973623100
www.hotelcardos.com



CONDES DEL PALLARS
973620350
www.condesdelpallars.com



LES BRASES
973621071
www.hotelbrases.com



LO PALLÉ DE CAL BOSCH 1
(Casa Rural)
973620040
www.calbosch.com



PENSIÓ LA CREU
973626437
www.pensiolacreu.com



PESSETS II
973620000
www.hotelpessets.com



ROCA BLANCA
973624156
www.rocablanca.net



SAURAT
973624162
www.hotelsaurat.com



Museums and monuments

MUSEU DE LES PAPALLONES
973620743



National parks

NATIONAL PARK OF
AIGÜESTORTES AND SANT
MAURICI LAKE
973624036
mediambient.gencat.cat



Activities

PEUFORT HORSE RIDING
CENTRE
618303873 / 609732776
www.hipicapeuafort.es



LES PLANES DE SON

973626722
973626722
www.lesplanesdeson.com/



La Seu d'Urgell

Accommodation

AVENIDA
973350104
www.avenhotel.com



LA SEU
973352400



NICE
973352100
www.hotelnice.net



PARADOR DE LA SEU
D'URGELL
973352000
www.parador.es



Museums and monuments

SANTA MARIA D'URGELL
CATHEDRAL
973353242
www.museudiocesaurgell.org



SANT MIQUEL CHURCH
973353242
www.museudiocesaurgell.org



DIOCESE MUSEUM

973353242
www.museudiocesaurgell.org



Activities

SEGRE OLYMPIC PARK
973360092
www.parcolimpic.com



La Molina - La Cerdanya

Accommodation

GRAN HOTEL TERMES LA
COLLADA
972892100
www.granhoteltermeslacollada.com



SUPER MOLINA
972145003
www.hotelsupermolina.com



GUITART LA MOLINA
972892770
www.guitarhotels.com



Ski stations

LA MOLINA
972892031
www.lamolina.cat



Camprodon – Rural Tourism in the Pyrenees

Accommodation

CAMPRODON
972740013
www.hotelcamprodon.com



GRÈVOL
972741013
www.hotelgrevol.com



Activities

NORTH SOUTH MOUNTAIN
SPORTS
669268922 / 605227978
www.guiesnordsud.net



GREEN WAY
www.viesverdes.org



La Garrotxa

Accommodation

COMTE DE TALLAFERRO
972590110
www.grupcalparent.com



HOTEL APT. LA PERLA
972262326
www.laperlahotels.com



HOTEL MIRALLAC
972571045



SPA SANT FERRIOL
972571045
www.santferriol.com



Museums and monuments

MINIATURES AND MICRO-MINIATURES MUSEUM
972591842
www.museuminiaturesbesalu.com



VOLCANOES MUSEUM
972266762



Natural parks

NATURAL PARK OF LA GARROTXA
972264666



Activities

GREEN WAY
www.viesverdes.org



VOL DE COLOMS
972680255
www.voldecoloms.cat



The Dalí route

Accommodation

BON RETORN
972504623



CAN CARRERAS DEL MAS (Casa Rural)
972490276 / 626396322
www.cancarrerasedelmas.com



EMPORDÀ
972500562
<http://www.hotelemporda.com>



RONDA
972503911
<http://www.hotelronda.com>



DURAN
972501250
<http://www.hotelduran.com>



Museums and monuments

THEATRE HOUSE DALÍ FOUNDATION
972488655
www.salvador-dali.org



GALA-DALÍ CASTLE (PUBOL)
972488655
www.salvador-dali.org



JEWELLERY MUSEUM
972677500
www.salvador-dali.org



TOY MUSEUM OF CATALONIA
972504585
www.mjc.cat



Costa Brava - Alt Empordà

Accommodation

PRESTIGE CORAL PLATJA
972252110
www.prestigehotels.com



PRESTIGE GOYA PARK
972252140
www.prestigehotels.com



PRESTIGE SAN MARC
972252130
www.prestigehotels.com



PRESTIGE VICTÒRIA
972252120
www.prestigehotels.com



TERRAZA
972256154
www.hotelterraza.com



Beaches

L'ESCALA - RIELLS
www.costabrava.org



ROSES - PEROLA
www.costabrava.org



ROSES - RASTRELL
www.costabrava.org



ROSES - SANTA MARGARIDA
www.costabrava.org



Natural parks

ELS AIGÜAMOLLS DE
L'EMPORDÀ
972454222
www.parcdecatalunya.net



Activities

ESCALA YACHT CLUB
972776949
www.nauticescala.com



KAYAKING
972773806
www.kayakingcostabrava.com



Vic Osona

Accommodation

BALMES VIC
938891272
www.hoteljbalmes.com



NH CIUTAT VIC
938892551
www.nh-hotels.com



PARADOR NACIONAL DE
VIC-SAU
938122323
www.parador.es



Museums and monuments

EPISCOPAL MUSEUM OF VIC
938869360
www.museuepiscopalvic.com



Activities

ROUTE THROUGH THE
HISTORIC CITY CENTRE OF
VIC.
938862091
www.victurisme.cat



Costa Brava - Baix Empordà

Accommodation

APT.HOTEL COMTAT SANT JORDI

972816061

www.aparthotel-santjordi.com



APT. LET'S GO COSTA BRAVA

972830159



CONFORTEL CALETA PARK

972320012

www.confortelcaletapark.es



COSMOPOLITA

972817350



ELS PINS

972817219

www.hotelespins.com



LES ILLES

972751239

www.hotellesilles.com



MEDES II

972750880

www.hotelmedes.com



PANORAMA

972751092



SANTA ANNA

972751326

hotelsantanna.com



Actividades

EL REI DEL MAR DIVING CENTER

("King of the sea" in English)

972751392

www.elreidelmar.com



GREEN WAY

www.viesverdes.org



Beaches

L'ESTARTIT

www.costabrava.org



L'ESTARTIT - MAS PINELL

www.costabrava.org



PLATJA D'ARO - CALA ROVIRA

www.costabrava.org



PLATJA D'ARO - PLATJA GRAN

www.costabrava.org



PLATJA D'ARO - SA CONCA

www.costabrava.org



SANT FELIU DE GUÍXOLS - SANT POL

www.costabrava.org



Montserrat

Accommodation

ABAT CISNEROS
938777701
www.montserratvisita.com



CEL·LES ABAT MARCET
938777701
www.montserratvisita.com



Museums and monuments

MONTSERRAT CHAPEL
www.abadiamontserrat.net



MONTSERRAT BASILICA
www.abadiamontserrat.net



ESPAI AUDIOVISUAL
www.abadiamontserrat.net



MONTSERRAT MUSEUM
938777745
www.abadiamontserrat.net



Activities

MONSERRAT RACK RAILWAY
932051515 / 902312020
www.cremallerademontserrat.com



“MIRADOR DELS APÒSTOLS”
BUILDING
www.abadiamontserrat.net



TOURIST TRAIN
www.abadiamontserrat.net



Maresme

Accommodation

AQUA HOTEL MONTAGUT
937679128
www.aquahotel.com



AQUA HOTEL ONABRAVA
937678370
www.aquahotel.com



CAPRICI VERD
937677046
www.hotelcapriciverd.com



MARITIM
937660620
www.ghthotels.com



MIAMI PARK
937660778
www.aparthotelmiamipark.com



TERRAMAR
937690804
www.hotel-terramar.com



TOP AMAIKA
937691350
htophotels.com



Activities

MARINELAND
937654802
www.marineland.es



Beaches

CALELLA - GRAN GARBÍ DE LES ROQUES

www.ccmaresme.es



CALELLA - LA PLATJOLA (CAN LLUÍS)

www.ccmaresme.es



CALELLA - PLATJA GRAN

www.ccmaresme.es



PINEDA DE MAR

www.ccmaresme.es



SANTA SUSANNA

www.ccmaresme.es



The Cister route

Accommodation

CLASS VALLS

977608090

www.hotelclassvalls.com



HOSTAL DEL CARME

973311000

www.hostaldelcarme.com



HOTEL MAS CAN ROS

977080000

www.hotelmascanros.com



Museums and monuments

MONASTERY OF POBLET

977870089

www.poblet.cat



MONASTERY OF SANTES CREUS

977638329

www.altcamp.info



MONASTERY OF VALLBONA DE LES MONGES

97330266

www.vallbona.com



Garraf - Sitges

Accommodation

CALÍPOLIS
938941500
www.hotelcalipolis.com



DOLCE SITGES
938109000
www.dolce.com



MELIÀ SITGES
938110811
www.meliasitges.solmelia.com



PORT SITGES RESORT
93 8113177
www.portsitges.com



SAN SEBASTIÁN PLAYA
938948676
www.hotelsansebastian.com



SUNWAY PLAYA GOLF
938941839
www.sunway.es



Beaches

**SITGES -
BALMINS**
www.sitges.cat



SITGES - GARRAF
www.sitges.cat



**SITGES -
RIVERA**
www.sitges.cat



**SITGES -
BARRA**
www.sitges.cat



SITGES - SHOPS
www.sitges.cat



**SITGES -
SANT SEBASTIÀ**
www.sitges.cat



Natural parks

GARRAF NATURAL PARK
935971819
www.diba.es/parcs/garraf.htm



Museums and monuments

CASTELL D'OLÈRDOLA
938901420



Barcelona

Accommodation

ABBA SANTS
936003100
www.abbahotels.com



ALBERGE PERE TARRES
934102309
www.peretarres.org/alberg



BARCELÓ ATENEA MAR
935316040
www.barceloateneamar.com



BARCELÓ SANTS
935035300
www.barcelosants.com



CATALONIA BARCELONA
PLAZA
934262600
www.hoteles-catalonia.es



CONFORTTEL AUDITORI
932437600
www.conforttelhoteles.com



DIAGONAL PORT
932302000
www.rafaelhoteles.com



GRAN BARCINO
933022012
www.gargallo-hotels.com



H10 MARINA
933097179
www.h10hotels.com



HILTON BARCELONA
934957777
www.hilton.com



HILTON DIAGONAL MAR
935070707
www.hilton.com



JAZZ
935529696
www.nnhotels.com



SAGRADA FAMILIA
934366115
www.hotelsagradafamilia.com



SALLES HOTEL PERE IV
933209650
www.salleshotels.com



SILKEN CONCORDIA
933249180
www.hoteles-silken.com



Museums and monuments

CITY ARCHIVE
933181195
www.bcn.cat/arxiu/arxiuhistoric



ARCHIVE OF THE CROWN OF
ARAGON
93 485 42 85



CAIXAFORUM
934768600
WWW.LACAIXA.ES/OBRASOCIAL



CATHEDRAL
WWW.CATEDRALBCN.ORG



CASA BATLLÓ
932160306
WWW.CASABATLLO.ES



COSMOCAIXA
932126050 / 932537404
WWW.LACAIXA.ES/OBRASOCIAL



LA PEDRERA
902400973 / 934845900
OBRASOCIAL.CAIXACATALUNYA.ES



MNAC – NATIONAL MUSEUM
OF CATALAN ART
93 6220376
WWW.MNAC.CAT



MUSEUM OF THE HISTORY OF CATALONIA

932254700
www.mhcat.net



MUSEUM OF THE HISTORY OF THE CITY OF BARCELONA

932562100
www.museumhistoria.bcn.cat



DIOCESE MUSEUM

933152213



FREDERIC MARÈS MUSEUM

932563500
www.museumares.bcn.cat



SANTA MARIA DEL MAR

933102390
www.bcn.es



MARITIME MUSEUM

933429920
www.museumaritimbarcelona.com



PICASSO MUSEUM

933196310
www.museupicasso.bcn.es



PARK GÜELL

934132400
www.bcn.es



SAGRADA FAMILIA

www.sagradafamilia.org



Beaches

BARCELONA - BARCELONETA

www.bcn.es



BARCELONA - BOGATELL

www.bcn.es



BARCELONA - NOVA ICARIA

www.bcn.es



BARCELONA - NOVA MAR BELLA

www.bcn.es



BARCELONA - MAR BELLA

www.bcn.es



BARCELONA - SANT SEBASTIÀ

www.bcn.es



Activities

GOLF MONTJUÏC

93 4871277
www.golfontjuic.com



DON CABALLO HORSE RIDING CENTRE, VILANOVA DEL VALLÈS

93 8459081
www.fp.doncaballo.com



VALLÈS GOLF - TERRASA

93 7259998
www.realclubdegolfelprat.com



Costa Daurada

Accommodation

BELVEDERE
977352015
www.h-belvedere.com



CARIBE RESORT
977358800
www.hotelcariberesort.com



EL PASO
977358000
www.portaventura.es



ESTIVAL PARK
977371200
www.estivalpark.es



PLAYA PARK
977380909
www.hotelplayapark.com



PORT AVENTURA
977358500
www.portaventura.es



SOL COSTA DAURADA
977011400
www.solmelia.com



SOL PIRAMIDE SALOU
977358700
www.solmelia.com



TRYP PORT CAMBRILS
977358600
www.solmelia.com



VILLAMARINA CLUB
977380504
www.villamarina.com



Beaches

**CAMBRILS -
HORTA DE SANTA MARIA**
www.costadaurada.org



**CAMBRILS -
LA LLOSA**
www.costadaurada.org



CAMBRILS - L'ARDIACA
www.costadaurada.org



CAMBRILS - L'ESQUIROL
www.costadaurada.org



CAMBRILS - REGUERAL
www.costadaurada.org



CAMBRILS - VILA FORTUNY
www.costadaurada.org



SALOU - CALA CRANCS
www.costadaurada.org



SALOU - CALA VINYA
www.costadaurada.org



SALOU - CALA FONT
www.costadaurada.org



SALOU - CALA LLENGÜADETS
www.costadaurada.org



SALOU - CAPELLANS
www.costadaurada.org



SALOU - PLATJA LLARGA
www.costadaurada.org



SALOU - LLEVANT
www.costadaurada.org



**SALOU -
CALA PENYA TALLADA**
www.costadaurada.org



SALOU - PONENT
www.costadaurada.org



VILA-SECA - LA PINEDA
www.costadaurada.org



Accommodation

PORT AVENTURA
93 4871277
www.portaventura.es



THE ROUTE OF THE SENSES,
CAMBRILS
93 8459081
www.turcambrils.info



Delta del Ebre

Accommodation

AMETLLA DE MAR
977457791
www.hotelametllamar.com



DELTA HOTEL
977480046
www.deltahotel.net



RULL
977487728
www.hotelplayapark.com



Beaches

DELTEBRE - RIUMAR
www.deltadelebro.org



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