Res'pir a quality charter for outdoors and nature tourism

As part of the European project Res'pir, the city of Girona is working closely with its French partners in the Ariège region to develop a procedure on quality for and active and nature-based tourism. It aims to ensure quality standards for these activities, in line with the three axes of sustainable tourism (economic, social and environmental).

Throughout 2012, companies in the active and nature-based tourism industry appearing in this catalogue have been working together to define a series of objectives to ensure that visitors enjoy authentic, unforgettable and quality experiences in the great outdoors.





Kayak trips on the River Ter

Open-deck (single and double) kayak trips on the River Ter, through the Ribes del Ter park, designed for beginners who want to enjoy a pleasant and peaceful time amidst the natural landscapes that border the River Ter as it flows through

1h30min aprox €20/person

Kayak, double paddles, life jacket and basic paddling tuition

Catalan, Spanish and English

Caiac i Natura Tel. (+34) 699 770 647 info@caiacinatura.com

www.caiacinatura.com Departure point: Ribes del Ter Park, Fontajau



One day Trail Running Tours

One-day trail running tours on the Costa Brava, from Palamós to Llafranch: pass through Iberian villages, visit Dali's house, go through remote coves with crystal clear blue waters that are not known about by many people, finishing in the towns of Calella and Llafranch, where the gentle sea breeze can be savoured along its

Duration: 4 h approx (plus transfers). Distance 16 km, elevation gain 200 m

€80/person

Guide service during the whole trip. Dinner at Llevant Restaurant in Llafranch, Transfers

> Girona-Palamós and Llafranch-Girona Catalan, Spanish and English Running and Trekking Costa Brava

(+34) 696 70 91 19 info@runningcostabrava.com

www.runningcostabrava.com Plaça Catalunya (Girona)



Nature trails in Girona's green spaces

Different nature trails through the city's green spaces, to discover Girona's diversity of landscapes, wealth of species and natural

€9 per person (minimum 5 people). Smaller groups must pay full price (€45/group)

Guide service. Comfortable footwear

recommended Catalan, Spanish and English

Reservations and

Languages:

departure point: Naturalistes de Girona C/ de les monges, 20 17007 Girona Tel. (+34) 972 223 638 info@naturalistesgirona.org www.naturalistesgirona.org



Hiking through Sant Daniel valley

Two guided hikes through the cool forests behind Girona city to explore the finer aspects of nature, enjoy the landscape, discover natural springs and admire the varied natural and cultural heritage

Firstly, hiking in the Sant Daniel valley, an ideal area for this type of walking. The place names reflect and define the natural features and characteristics of the area: Vall Tenebrosa ('Dark Valley'), Vall Ombrosa ('Shady Valley'), Vall Profunda ('Deep Valley') and lastly Sant Daniel valley - nature at a stone's throw from the city. Secondly, hiking up the Sant Miguel mountain, departing from Font del Ferro through the protected natural parklands of the Gavarres, with magnificent panoramic views of much of the Girona region from the Empordà to the Pyrenees.

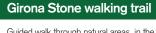
€5 per person (minimum 15 people). Smalle groups must pay full price (€75/group) Guide service. Comfortable footwear

recommended Catalan and Spanish

Tel. (+34) 636 966 705 / info@sorbus.cat

www.sorbus.cat

Departure point: Plaça de Sant Pere Galligants



Guided walk through natural areas in the high part of east Girona, offering spectacular city views and the opportunity to explore the Pedreres ('Quarries') district to discover its historical function for

2 h 15 min

€110 per group and guide Guide service. Comfortable footwear

recommended

Catalan, Spanish, English, French, German, Italian, Portuguese, Dutch and Russian

Reservations and departure point: Punt de Benvinguda

Tel. (+34) 972 211 678 pbturisme@ajgirona.org pbgirona@gmail.com



Active tourisme in Girona Choose your activity!



Kayaking along the Baix Ter

Kayak trips from Sobrànigues to Colomers. A peaceful, stunning and contemplative trip on kayak or Canadian canoe for 2 adults and 1 or 2 children.

1 h 30 min approx

€20 adults, €15 young people (up to 14 years). €5 children (up to 6 years) and €15 retired

people (up to 75 years). Children and young people must be accompanied by an adult. Large families or oneparent families, 10% off. Groups of 20-30 people, 10% off; more than 30 people, 15% off

Rental equipment, insurance, taxes and

necessary transfers Catalan, Spanish, French and English Kayak del Ter

> Tel. (+34) 662 159 469 info@kayakdelter.com www.kayakdelter.com

Punt de sortida: Colomers (Baix Empordà





Discover Girona

From another perspective

Observing the Jewish Quarter of Girona from the air, paddling

down the River Ter, exploring the Gavarres Mountains on foot,

running or by bike, trying out the best cycling routes or enjoying the

emotion of canyoning and via-ferratas a few guilometres away from

the city: we suggest thirteen activities to discover Girona and its

Experience in an original and entertaining way the discovery of a

territory, the practice of sport and contact with nature!

surroundings from another point of view.

Active tourisme in Girona Choose your activity!



Self-guided bike trips along the Sant Feliu de Guíxols Narrow-Gauge Railway greenway. Departing from Girona, the route leads first to the town of Cassà de la Selva, well known for its cork industry and modernist buildings. It continues over an inland landscape, passing crop fields, woods and waterways, through the villages of Sant Andreu Salou, Campliong, Fornells de la Selva and Quart, and finally back along the greenway to Girona.

2 h 30min (36 km) €19. Children up to 12 years, €15

Bike rental, route map with descriptions. Bikes available: ATB, road bikes and standard bikes Catalan, Spanish, English and German

departure point:

Cicloturisme i Medi Ambient C/ Impressors Oliva 2A 17005 Girona Tel: (+34) 972 221 047 www.cicloturisme.com



Guided road bike trips along professional training circuits. Departing from Girona, these three route proposals explore the diversity of landscapes in the surrounding area:

Medieval Empordà (65 km): Trip to Baix Empordà County and its medieval villages, with optional ascent to Els Àngels

• Les Serres (85 km): Itinerary through River Llémena valley and La Selva County. Magnificent traditional farmhouses and rural

• Costa Brava (105km): Spectacular trip to Tossa and Sant Grau hermitage, with with unique views views of the Costa Brava.

Tel. (+34) 639 829 272 info@bikecat.com

www.bikecat.com Plaça Lledoners, 17004 Girona

From €45 Guide service. Optional rental of Garmin team Catalan, Spanish, English and French

2 h (Initiation) or 2-3 h (Discover Girona) From €39/person

Guide, GPS or road book. ABT rental, talk on the bike ride and basic mountain biking techniques, energy drink, brunch at the Centre Biker once the bike ride has been completed. overview and analysis of bike ride on the centre's screens, pick-up service in case of problems en-route. Optional insurance

guages: Catalan, Spanish and English Catalan, Spanish and English Reservations and

> Centre Biker Girona C/ Joaquim Botet i Sisó, 12, ground floor 17003 Girona

Tel. (+ 34) 972 912 914 / (+34) 620 276 196 imor@centrebikergirona.com www.centrebikergirona.com



• La Crosa volcano: Girona (Plaça de Catalunya) - Fornells de la

3-4 h (approx. 30 km, with 500 m elevation gain)

GPS with route tracker, €40 per unit (1 GPS per

group, max. 5 persons); guided bike trip, €180

2 guides for larger groups); optional farmer's

breakfast, €15 per person; rental of ATB (dual

per group (1 guide per group, max. 8-10 persons

suspension), €45; rental of helmet and gloves, €5

Tel. (+34) 698 656 609 / (+34) 630 393 852

C/ Joaquim Botet i Sisó, 12 - ground floor

River Llémena valley: Girona (Pl. Catalunya) - Taialà - Sant

Catalan, Spanish and English

info@senglar-routes.com www.senglar-routes.com

Bike trips in the surrounding areas of Girona

Mountain bike trips in the surrounding areas of Girona - 2

uphill riding. Suitable for anyone with a general fitness level.

on bike rides. Suitable for those with a higher level of fitness.

Discover Girona: For people who want to discover the

• Mountain biking initiation: For people who want a gentle

introduction to mountain biking - short distance and not much

Senglar Routes

Departure point: Centre Biker Girona

Selva - La Crosa volcano - Bescanó - Sant Grau - Girona.

Medir - Sant Gregori - Girona.



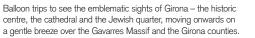
Bike rides at a different pace, moving effortlessly on a Burricleta, the first rural electric bicycle. Half-day, one-day, gastronomic, overnight and night routes are available.

Burricleta has routes for all tastes and audiences. Let our specialists at the Burricleta centres advise you; they know the environment better than anyone and will help you to plan an unforgettable Burricleta experience.

½ day (4 h morning or afternoon) €25 (Burricleta), €20 (Mini-burricleta) Catalan, Spanish and English http://ca.burricleta.com/ca

Departure point: C/ Mercaders, 6





Approx. 4 h 30 min (activity starts at 7.30 am) €160/person





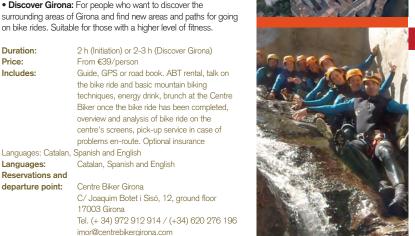






Àrea de Promoció i Ocupació www.girona.cat/turisme









From €40/person. Aged 10 and over. Children

Equipment and insurance. Photo and video

report. Customers must bring swimsuit, towel

(+34) 633 161 679 / info@aventuragirona.com

Aparcament del Pavelló de Fontajau o de Mas

must be accompanied by an adult

and sports footwear

Catalan and Spanish

www.aventuragirona.com

Gri (Decathlon) car parks

Aventura Girona











