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 areat 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





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

Languages: Reservations and

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



Girona Stone walking trail

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

Duration: 2 h 15 min

> €110 per group and guide Guide service. Comfortable footwear

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





Kayak trips from Sobràniques 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

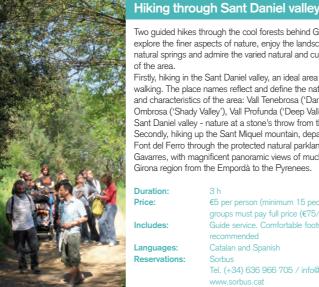
Rental equipment, insurance, taxes and necessary transfers

Catalan, Spanish, French and English Kavak del Ter

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

Punt de sortida: Colomers (Baix Empordà







Departure point: Plaça de Sant Pere Galligants





Active tourisme in Girona Choose your activity!



Self-quided 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, Campllong, 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.

and its medieval villages, with optional ascent to Els Àngels

La Selva County. Magnificent traditional farmhouses and rural

Grau hermitage, with with unique views views of the Costa Brava.

Catalan, Spanish, English and French

www.bikecat.com Placa Lledoners, 1 17004 Girona



Three circular ATB bike trips in the Girona area running along signposted trails, woodland paths and trial tracks:

• Gavarres mountains: Girona (Pl. Catalunya) - Quart - Els

• La Crosa volcano: Girona (Placa de Catalunya) - Fornells de la Selva - La Crosa volcano - Bescanó - Sant Grau - Girona.

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

3-4 h (approx. 30 km, with 500 m elevation gain) €40/GPS

GPS with route tracker, €40 per unit (1 GPS per group, max. 5 persons); guided bike trip, €180 per group (1 guide per group, max. 8-10 persons 2 guides for larger groups); optional farmer's breakfast, €15 per person; rental of ATB (dual suspension), €45; rental of helmet and gloves, €5

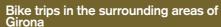
Catalan, Spanish and English Senglar Routes eservations:

> Tel. (+34) 698 656 609 / (+34) 630 393 852 info@senglar-routes.com

www.senglar-routes.com Departure point: Centre Biker Girona

C/ Joaquim Botet i Sisó, 12 - ground floor

17003 Girona



Mountain bike trips in the surrounding areas of Girona - 2 options to choose from:

• Mountain biking initiation: For people who want a gentle introduction to mountain biking - short distance and not much uphill riding. Suitable for anyone with a general fitness level.

 Discover Girona: For people who want to discover the surrounding areas of Girona and find new areas and paths for going on bike rides. Suitable for those with a higher level of fitness.

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

nguages: Catalan, Spanish and English Catalan, Spanish and English

eservations 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



Rural electric bikes

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.

€25 (Burricleta), €20 (Mini-burricleta) Burricleta. Tel. (+34) 972 101 201 pladelestany@burricleta.com http://ca.burricleta.com/ca

Departure point: C/ Mercaders. 6



Balloon trips to see the emblematic sights of Girona - the historic centre, the cathedral and the Jewish quarter, moving onwards on a gentle breeze over the Gavarres Massif and the Girona counties.

Balloon flight, farmer's breakfast, transfer in

sebasfi@hotmail.com / www.volsgirona.com

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

4x4, flight certificate and insurance Catalan, Spanish and English Vols Girona. Tel. (+34) 659 93 62 03

Departure point: Parc de la Devesa

(in front of Pont de Pedret roundabout)

Canyoning

Canyoning along the Riera de Salenys (Gavarres, Girona), including abseiling (canyoning with rope), different kinds of bridges and vertical sections. The trip is fun and entertaining; it follows the path of a river and is an ideal initiation into this type of activity.

From €40/person. Aged 10 and over. Children must be accompanied by an adult Equipment and insurance. Photo and video

report. Customers must bring swimsuit, towel and sports footwear

Catalan and Spanish Aventura Girona

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

Aparcament del Pavelló de Fontajau o de Mas Gri (Decathlon) car parks











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









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

Les Serres (85 km): Itinerary through River Llémena valley and

Costa Brava (105km): Spectacular trip to Tossa and Sant

Guide service. Optional rental of Garmin team

Bikecat

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



