

EXPERIENCES

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Patronat de Turisme

Diputació Tarragona

1

Birdwatching
Birdwatching is becoming increasingly popular in the Terres de l'Ebre region. Some itineraries have already been defined to observe the life of the birds that live around the river, as well as in other nature reserves in the countryside and mountain areas.

Family visits to nature interpretation centres

2

An interpretation centre that offers guided tours and fun educational activities to get to know the Ebro Delta and the biodiversity that surrounds it.

3

The Ebro delta by bicycle
The flat terrain of the Delta make cycling easier. Choose from a variety of cycling itineraries.

Crossing els ports on foot, "the stars of the south"

4

A magnificent 100 km trek divided into 5 stages that borders the entire Els Ports Natural Park. The route is marked with blue stars and can be started from any of the five points along the itinerary.

5

Forest bathing
Connect to nature with all five of your senses in the forests of Els Ports Natural Park. Discover natural spaces of exceptional environmental quality and come into contact with the volatile particles from their trees and plants. They will help strengthen your body's defences and immune system and improve your wellbeing.

The Via Verde with the family

6

The Zafán Valley Via Verda is one of the most spectacular "Green Ways" in the whole of Spain. Its 130-km-long itinerary offers you a wide variety of magnificent contrasting landscapes and scenery.

7

Observing wild goats
Walking or cycling routes on which to observe the wild goats that live in the mountains of Els Ports Natural Park.

Canyoning on the river Canaleta

8

Fast-flowing waters, rocks, waterfalls, whirlpools, slides and natural pools large enough to swim in. A descent of the Canaleta river ravine is an experience not to be missed by nature and adventure lovers.

9

Hiking through the Arnes Straits
Walk through this wildlife refuge, one of the most interesting areas in Els Ports Natural Park thanks to the diversity of flora and fauna that make the straits of the Arnes River their home.

Via ferratas and running in Tivissa

10

Tivissa is the ideal place to get started in the world of via ferratas as it has different areas in which to enjoy the practice. The imposing mountains have also made it an ideal setting for organising mountain races.

11

Posidonia and snorkelling on the coast
Explore the secrets of the seabed and the marine flora and fauna of the Terres de l'Ebre by snorkelling off the coast of l'Ametlla de Mar.

Mountain biking on the GR-99, the "camí de Sirga"

12

The GR-99 is a marked long distance footpath that follows the River Ebro for more than 900 km from its source at Fontibre (Cantabria) to where it flows into the Mediterranean on the Ebro Delta.

13

From cove to cove on the coastal footpath
An itinerary along a largely unspoilt coastline of great beauty. The stony stretches are interspersed with small rocky coves that captivate all who see them.

Sports cycling in the Terres de l'Ebre

14

The Terres de l'Ebre is a Biosphere Reserve with protected nature reserves all across its more than 3000 km². It is ideal for road cycling thanks to the many well maintained, low-traffic routes that run through it taking in river, sea and mountain landscapes.

15

Hot air balloon flights over the Delta
Stop for a while, contemplate, take deep breaths and renew all your energies with a balloon flight to see the Ebro Delta from the air in all its glorious detail. Fly over the river, the rice fields, the lagoons, the beaches, the mussel beds, etc.

16

Get to know Monumental Tortosa
Tortosa is a city of paramount importance in the history of Catalonia. It preserves a magnificent monumental nucleus declared a Historic-Artistic Site in 1976.

Participate in historical re-enactment festivals

17

Looking for a way to take a trip back in time and celebrate it with good food, performances and an atmosphere for the occasion? The historical re-enactment festivities will take you back to earlier times. The Tortosa Renaissance Festival and the market in Amposta town square are just two outstanding examples.

18

Tour of les Meravelles Caves
The best known caves in the Terres de l'Ebre are famous for their fantastic stalactite and stalagmite formations.

Eco-cultural safari around the Delta

19

An immersive experience in the Ebro Delta's culture and traditions. A guided tour on which you will discover at first hand the history and social reality of those who live here.

20

The craft triangle
An experience for adults and families to learn about the three craft trades of the Montsià region: woodworking, palm weaving and pottery making.

Ulldecona, the castle and rock art

21

Guided tours to get to know the history of Ulldecona from its prehistoric rock paintings, a UNESCO World Heritage Site, to the imposing mediaeval castle

22

Tour of the Terres de l'Ebre Museum
The Museum's permanent exhibitions present the memory and identity of the Terres de l'Ebre. It heads the "Ebro, Nature & Culture" network that brings together other museums and interpretation centres and offers guided tours, itineraries and workshops to learn about the heritage of the Terres de l'Ebre.

Route of the millennial olive trees

23

An itinerary on which to discover the spectacular millennial olive trees in the Arion district of Ulldecona. Two of the 400 specimens growing there have been declared "Monumental Trees".

24

Tour of Picasso's Horta de Sant Joan
A cultural tour that delves into the life of Pablo Picasso during his stays in Horta de Sant Joan. The works on display at the Picasso Centre show the artist's fascination with the town.

Relive the battle of the Ebro

25

Guided tours of the scenarios of the Battle of the Ebro during the Spanish Civil War. Guided tours along the old Val de Zafán railway line that played a significant role during the Battle of the Ebro. The itinerary covers the route between the former stations of Bot and Pinell de Brai.

26

Tour of the old town of Corbera d'Ebre
A guided walk through the ruined village of Corbera to discover its tragic history, the stories of volunteers from all over the world who came here to fight, and the ongoing process of recovering the historical memory.

27

Discover Miravet Castle and the "Raval de Canterers"
An imposing fortress surrounded by a wall overlooking the River Ebro and the nearby territory. The structures of an Andalusian fortress on which the Templar castle was built can still be seen. Miravet's long tradition of pottery making dates back to the Muslim era. Today it has seven active potteries located on the outskirts of the town that you can visit and buy their wares.

All aboard the history train

28

A Railway Interpretation Centre where, through objects, photographs, plans and an audiovisual, you can see the evolution of railway signalling and communication systems throughout history.

29

Cultural festivals
Discover the Terres de l'Ebre through its music, literature, cinema, dance, etc. and all the cultural festivals that are held throughout the year.

Iberian settlements

30

If you're interested in ancient societies and archaeology, the Terres de l'Ebre preserves many vestiges of the Iberian period, including those of Tivissa, Alcanar, Benifallet, Gandesa and Vinebre.

31

E-bike and wines
E-bike routes taking advantage of the region's cycle-tourism network to visit wineries and taste the wines of the Terra Alta designation of origin.

The Terra Alta wine route

32

Immersed in a territory of Picasso-like inland Mediterranean landscapes where the Templar monks were already cultivating vineyards in the 13th century, this is a privileged area for harvesting ripe, healthy grapes with their own special character. A viticulture with a long tradition and respect for the environment that gives the wine a unique identity.

33

Visit the Terra Alta's "wine cathedrals"
The jewels in the crown of agrarian Modernist architecture designed by César Martinell, a disciple of Gaudí. You'll find them in the towns of Pinell de Brai and Gandesa.

Visit the local producers

34

The four counties of the Terres de l'Ebre offer you a wide variety of local products. Taste the first Mediterranean sake made with rice from the Ebro Delta, stroll through a botanical garden and drink tea or have lunch surrounded by trees, plants and animals.

35

Mussel and oyster tasting on the old mussel farms
Tastings of mussels and oysters paired with cava and wine on the historic mussel farms in Els Alfacs and El Fangar Bays.

Visit Muria honey

36

A guided tour of the Perelló Apiculture Interpretation Centre. An interactive and educational journey into the world of bees.

37

Visit the rice mills
Visit the "LaTorra" and "Moli Rafelet" rice mills to learn more about the history and stories of rice production in the Ebro Delta.

Taste a "Clotxa"

38

A traditional "sandwich" from Ribera d'Ebre prepared by farmers before they go out to work in the fields. It consists of a half-kilo loaf of bread hollowed out and refilled with onion, garlic, olive oil, tomato and herring.

39

Tuna-tour Experience
A unique experience available nowhere else in the world! Swim in the sea among the bluefin tuna native to this area. The activity ends with a tuna tasting on the boat.

Traditional rice festivals

40

Many towns in the Terres de l'Ebre hold traditional rice festivals: one to celebrate the planting in June and another for the harvest in September or October.

41

Olive oil tourism
The Terres de l'Ebre has two PDOs (Protected Designations of Origin): Baix Ebre-Montsià and Terra Alta. The producers offer you all kinds of activities that show you everything you need to know about olive oil: how it is made, the varieties, its bouquet, how to taste its nuances, etc.

Join in with the gastronomic festivals in the Terres de l'Ebre

42

A wide variety of gastronomic festivals featuring, among other delights, oysters, prawns, artichokes, citrus fruits, rice, etc., are organised throughout the year in the Terres de l'Ebre. The most popular include those dedicated to the mantis prawn in l'Ametlla, l'Ampolla, La Ràpita and Alcanar in February.

43

Learn to sail/ water sports
Sailing, windsurfing, kayaking and paddle surfing are just some of the nautical activities and water sports available in the coves of l'Ametlla and l'Ampolla and the bays of the Delta.

Boat hire: the Delta from the sea

44

Vessels for all types of nautical activities, both for beginners and those who want to put into practice the experience they already have.

45

River and sea kayaking
Kayaking itineraries through extraordinary natural landscapes: meanders, unspoilt islands, castles, Iberian settlements and many more.

Fishing tourism. La Pantana

46

A tour featuring one of the oldest fishermen's associations in Europe, the Brotherhood of Saint Peter (12th century). Discover the Pantana fishery and how tradition and landscape merge in the l'Encanyissada lagoon.

47

Fishing on Riba-roja reservoir
Riba-roja reservoir is one of the largest in Spain and offers optimal conditions for sports fishing.

Cruise the Ebro on a "llaüt"

48

The Sirgador in Tortosa, the Llagut in Benifallet and Lo Roget in Ascó emulate the traditional llaüts or catboats. They offer enjoyable cruises along different stretches of the River Ebro.

49

Cruises to the mouth of the Ebro
Itineraries to enjoy the spectacular scenery, flora and fauna of the Ebro Delta from on board a tourist boat.

Getaways to enjoy the river and the sea

50

Short breaks to enjoy the Terres de l'Ebre's river- and seascapes, practice your favourite water sports, discover the art of fishing, sail the bays of the Delta, etc.

Terres de l'Ebre, Biosphere Reserve

Declared a Biosphere Reserve by UNESCO in 2013, the Terres de l'Ebre offer much more than a rural holiday. Immerse yourself in a territory marked by the character of an extraordinary people.

With a history linked to the Ebro, religious festivals of mediaeval origin, music and dances with their own identity and a gastronomy that creates a fusion of the best cuisine from the mountains, river and sea. The Terres de l'Ebre awakens new and exciting sensations in all who visit them.

From the Ebro Delta Natural Park, one of the most spectacular nature reserves in southern Catalonia, to Els Ports Natural Park, with its wild goat habitats, a riverside and mountain landscape with monumental towns, charming half-hidden mediaeval villages, and cultivated fields.

From the Terres de l'Ebre we offer you a wide range of activities and getaways to discover all these attractions and to get to know a territory where a surprise awaits you around every corner.

Would you like to see more?
Go to and book your experience at:
www.terresdelebre.travel/experiencies

SIGNES CONVENCIONALS / SIGNOS CONVENCIONALES / CONVENTIONAL
SIGNS / SIGNES CONVENTIONNELS / VERKEHRSSZEICHEN

BAIX
EBRE

TORTOSA

ELS PORTS

Sant Carles
de la Ràpita

Ulldecona

l'Aldea

Tivissa

Clau de la carretera

Distàncies kilomètriques

Carriada natural

Carriada natural

Carriada natural

Carriada natural

Carriada natural

Carriada natural

Carriada natural

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Patronat de Turisme Diputació Tarragona



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