



# Press Dossier



# Contents

## 1. Summary ..... 3

Terres de l'Ebre, a Natural Paradise.....	5
Nature and Protected Areas .....	6
A Wide Variety of Tourism Experiences.....	7
Culture and Heritage .....	8
Gastronomy .....	9

## 2. Presentation..... 10

The Terres de l'Ebre: a Unique Land with a Mediterranean Essence .....	12
Technical details .....	13
Visitor information 2025.....	14
Weather data .....	15
The Tourism Board .....	16

## 3. Nature and Protected Areas ..... 17

Ebro Delta Natural Park.....	19
Els Ports Natural Park .....	20
The Coast.....	21
The Ebro.....	22
Cardó–El Boix Mountains .....	23
Sebes and Flix Meander Nature Reserve....	24
Pàndols-Cavalls Mountains .....	25
Inland: Nature and Scenery with a Soul ..	26

## 4. Eco- and Active Tourism..... 27

Terres de l'Ebre on Two Wheels.....	29
Birdwatching .....	32
Hiking.....	33
Water Sports.....	34
Activities in the Countryside .....	35

## 5. Culture and Heritage ..... 36

Prehistory .....	38
Middle Ages .....	39
Renaissance.....	40
Contemporary Period .....	41
Museums and Cultural Centres .....	42

## 6. Festivals and Traditions..... 43

Festivals in the Terres de l'Ebre .....	45
Renaissance Festival .....	46
Passion Plays in the Terres de l'Ebre .....	47
Traditional Rice Harvest Festivals .....	48
Altres festes tradicionals.....	49

## 7. Gastronomy and Wine Tourism ..... 50

Designation of Origin (DO) Products .....	52
Protected Designation of Origin (PDO) Products.....	53
Protected Geographical Indication (PGI) Products .....	54
Treasures of the Ebro from the Sea and the Land .....	55

## 8. Gastronomic Experiences ..... 57

The Terra Alta DO Wine Route .....	59
Olive Tourism among Thousand-year-old Olive Trees .....	60
A Calendar to Savour .....	61
Tours with a Taste of the Territory .....	62
Where Fine Dining Meets Culinary Roots....	63

## 9. Visit the Terres de l'Ebre..... 65

Accommodation.....	67
Mobility .....	68
Tourist Information Offices.....	69
FAQS .....	71

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# Summary

[Terres de l'Ebre, a Natural Paradise](#)

[Nature and Protected Areas](#)

[A Wide Variety of Tourism Experiences](#)

[Culture and Heritage](#)

[Gastronomy](#)

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The **Terres de l'Ebre** (Lands of the Ebro) are a true **natural paradise** in the south of Catalonia, where the river, the delta and the mountains make up a unique environment full of contrasts. It is a region with **areas of great natural value** that offer **a wide variety of opportunities for tourism**: cultural and heritage experiences, gastronomy with a strong sense of identity, and sustainable activities that invite you to discover the landscape with all your senses.

# Terres de l'Ebre, a Natural Paradise

Located in the south of Catalonia, the **Terres de l'Ebre** embrace the Ebro River on its final kilometres before it flows into the Mediterranean. It is a unique natural territory with a marked **Mediterranean** footprint throughout its 3,309 km<sup>2</sup>. Two natural parks stand out in this geographical area: **Els Ports Natural Park**, which encompasses the steep, rugged massif spanning Catalonia, the Valencian Community and Aragon; and the **Ebro Delta Natural Park**, which hosts the largest aquatic habitat in Catalonia.

The unique nature of the landscape also conditions its agriculture, with extensive rice fields and Grenache blanc vineyards, as well as unique fishing catches such as mantis prawn and crayfish. Marine cultivation of oysters and mussels further enhances the area's productive wealth and enriches its gastronomy.

The heritage legacy ranges from rock art to Modernist architecture and bears witness to human presence and activity over millennia. In recent years, this presence has expanded, especially to the coastal areas, with the establishment of new population centres.

The **Ebro River** forms the backbone of a territory with an extraordinary natural, cultural, social and anthropological ecosystem. It is recognised by UNESCO as a **Biosphere Reserve**.



**The Terres de l'Ebre form a distinctive natural region that is home to two nature reserves: Els Ports and Ebro Delta Natural Parks.**

# Nature and Protected Areas



Ebro Delta Natural Park.

More than  
360 bird  
and 50 fish  
species

Water is the common thread of life in the **Terres de l'Ebre**. Both the fresh waters of the **Ebro River** and the salt waters of the Mediterranean shape a singular landscape, leaving a lasting imprint on the territory's natural environment, agriculture, people and culture. Since 2013, this legacy has been recognised and protected by UNESCO through its designation as a **Biosphere Reserve**.

The **Ebro Delta Natural Park** was established in 1983 to protect 7,736 hectares of this unique environment. Overall, the Delta extends across more than 32,000 hectares of lagoons, rushes and reed beds, providing habitat for over 360 bird species and some fifty fish species.

**Els Ports Natural Park** was inaugurated in 2001 with the aim of preserving an area of 35,050 hectares, including an 861-hectare nature reserve and a 205-hectare wildlife refuge.

In addition to its two natural parks, the singularity of the **Terres de l'Ebre** is also reflected in other protected areas, such as the **Sebes** and **Flix Meander Nature Reserve**. Together, they encompass around 250 hectares of wetlands, riverside woodlands and river islands and islets, providing a habitat for numerous animal species.

Other protected nature areas included in the **Natura 2000 Network** that complete this ecological mosaic are **Serra de Godall**; **Cap de Santes Creus**, **Tivissa** and **Vandellòs**; **Pas de l'Ase**, **Riba-roja**; **Ribera de l'Algars**; **Ribera de l'Ebre** in **Flix**; **Secans del Montsià**; **Serra del Montsià**; **Serres de Cardó** and **El Boix**; **Serres de Pàndols i Cavalls**; and **Serra de Llaberia**.

# A variety of outdoor activities

The **Terres de l'Ebre** offer an ideal setting for outdoor sports, both on the water and in the countryside. The region provides a wide range of activities to suit all ages, tastes and fitness levels. Cycle tourism has a prominent place, with itineraries such as the **Via Verda** greenway, which follows the old **Zafán Valley** railway line down to the sea.

Mountain routes can also be explored on two wheels —road, gravel or mountain biking— along itineraries that blend nature, sport and heritage.

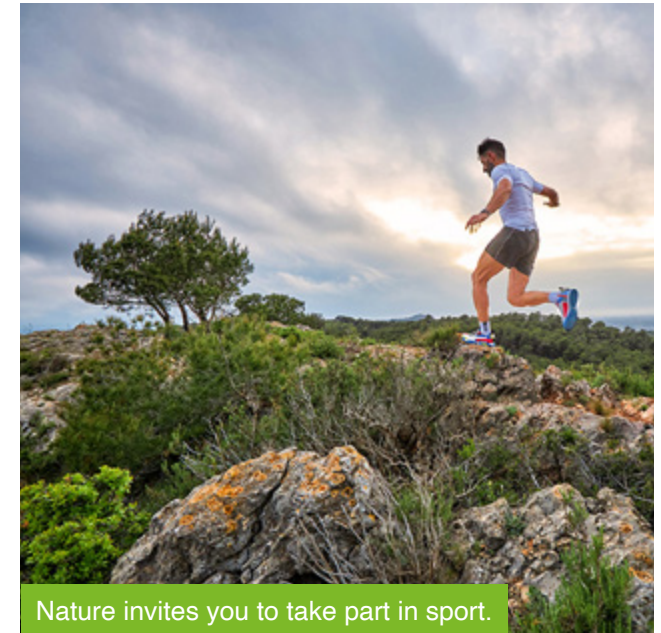


Water in the Ebro Delta.

Adrenaline junkies can go canyoning or climb impressive rock walls in the **Massís dels Ports, Serra del Montsià, Serra de Llaberia** and **Serra de Pàndols-Cavalls**, all places of great scenic beauty and geological interest.

Water is, as always, at the heart of this area. The **Ebro River** is perfect for canoeing, offering calm, accessible stretches for all skill levels. River sailing is also very popular, especially between **Ascó** and **Amposta** or between **Riba-roja** and the last stretch of the Ebro before its mouth. Traditional **llaüts** offer an authentic and leisurely way of sailing on this ancient river while enjoying the landscape and history surrounding it.

**Els Alfacs** and **Fangar Bays**, with their constant mistral winds, are ideal for sailing and other wind sports. The kitesurfing at **Punta de la Banyà** is unbeatable thanks to its shallow waters and the arm of the Delta that protects it.



Nature invites you to take part in sport.

**The Ebro Delta is the ideal setting for outdoor sports, both on water and in the countryside.**

# Culture and Heritage

Spanning from prehistory to Modernism, and passing through the Middle Ages and the eras of conquest and reconquest, the **Terres de l'Ebre** have amassed a rich and diverse architectural legacy. One of the most outstanding examples is the cave paintings of **Serra de Godall**, with eleven rock shelters that preserve nearly four hundred painted hunting figures that are protected as a **UNESCO World Heritage Site**.

This prehistoric testimony tells us about the first settlers and their relationship with their environment.

Iberian remains are also of great interest, with settlements such as the Castellet de Banyoles in **Tivissa** and La Moleta del Remei in **Alcanar**. They are unique examples of the culture of the Ilercavons, the name by which the Iberians of the **Terres de l'Ebre** are known.

During the conquest and reconquest, the territory was filled with castles and fortifications. Particularly impressive is **Miravet Castle**, an imposing stronghold overlooking the river and dominating the surrounding landscape.

The Middle Ages also left a legacy of well-preserved historic centres, such as those of **Batea, Arnes, Tivissa** and, especially, **Tortosa**, where visitors can discover outstanding buildings, including the Royal Colleges, a jewel of the Catalan Renaissance.

At the turn of the 19<sup>th</sup> to the 20<sup>th</sup> century, the Modernist movement left its mark on the **Terres de l'Ebre** in unique architecture. Buildings such as **Tortosa's** old slaughterhouse and its market are notable examples of this architectural style that transformed the urban planning and aesthetics of the time.



Tortosa Cathedral.

# Gastronomy

The exceptionality of the **Terres de l'Ebre's** agricultural products is reflected in the protected designations of origin and geographical indications that distinguish them and highlight their value.

Rice from the **Ebro Delta** has **Protected Designation of Origin (PDO)** status, as do several high-quality olive oils, including those of the **Terra Alta** and **Ebre-Montsià**. As for wines, the **Terra Alta Designation of Origin (DO)** is recognised for its excellence, especially those made with the Grenache blanc grape.

Clementines from the **Terres de l'Ebre** also benefit from a **Protected Geographical Indication (PGI)** that guarantees their origin and quality.

In addition to those with official protection, there is a whole range of local products that capture the essence of the territory and its culinary tradition.

Notable among them are oysters, mussels, eels, sea nettles, king prawns, baldanes (sausages), crestó de **Rasquera** (an indigenous variety of kid goat), clotxa (a typical dish of peasant cuisine) and pastissets, traditional sweets of Arab influence that are deeply rooted in the local gastronomic culture.

**The Terres de l'Ebre region has a wide variety of local products that transmit the essence of the territory and its culinary tradition.**



The  
gastronomy  
of the Terres  
de l'Ebre  
has its own  
identity

The Terres de l'Ebre have their own DNA.



# Presentation

[The Terres de l'Ebre: a Unique Land with a Mediterranean Essence](#)

[Technical details](#)

[Visitor information 2025](#)

[Weather data](#)

[The Tourism Board](#)

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With a marked Mediterranean essence, the **Terres de l'Ebre, a Biosphere Reserve**, enjoys a **mild climate** that invites you to experience the region all year round. It is a destination with a **diverse range of accommodation** adapted to all traveller profiles. The region is also committed to consolidating itself as an **outstanding Mediterranean benchmark in sustainable and nature tourism** that respects the landscape and local communities.

# Terres de l'Ebre: an authentic land with a Mediterranean essence

Located in the far south of Catalonia, the **Terres de l'Ebre** are endowed with a natural, cultural and economic wealth. With two **Natural Parks** that protect ecosystems of great ecological value, the region is recognised by UNESCO as a **Biosphere Reserve**, a distinction that highlights its commitment to sustainability and the conservation of natural and human heritage.



The area of the mussel farms.



© Joan Capdevila

Natural water spaces.

Farming continues to be one of the economic pillars of the **Terres de l'Ebre**, especially in the irrigated areas near the mouth of the **Ebro River**, where rice cultivation has a marked presence. Added to this is a service sector that is constantly evolving and has great potential for growth linked to sustainable tourism, gastronomy and local crafts.

The **Terres de l'Ebre** are also marked by a dynamic and vibrant cultural vitality. Folklore, popular festivals, customs and a deep-rooted, authentic gastronomy create a rich and diverse identity. This intangible heritage is passed down from generation to generation.

The **Terres de l'Ebre's** typically Mediterranean climate — warm summers, mild winters and little rainfall— offers ideal conditions for enjoying outdoor activities all year round. Between the sea and the pre-coastal mountain range, the four counties that make up this region enjoy an incomparable natural environment that invites discovery and harmonious coexistence between nature and humankind.

# Technical details

**Land area**  
3.308 Km<sup>2</sup>

**Population**  
190.648\*

**Languages**  
Western Catalan and  
Castilian Spanish

**Kilometres of coastline**  
142 Km

**Main roads**  
N-340, N-420 i C-12

**Motorways**  
AP-7 - Exits 39 and 42



\* Idescat 01/12/2025

# Visitor information 2025\*



**778,970**

Accommodation in hotels



**720,799**

Accommodation in campsites



**17,933**

Accommodation in holiday apartments



**41.5%**

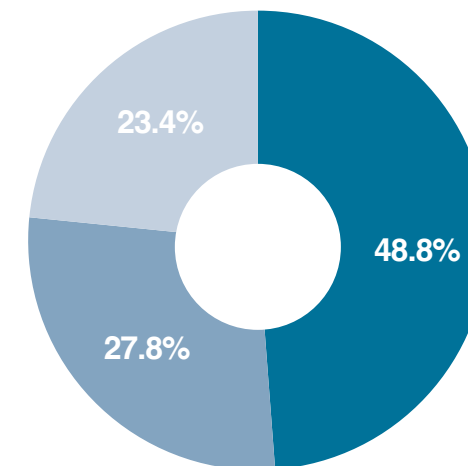
% Tourist occupancy



**1,573,752**

Overnight stays

- 427,763 (27.2%) Catalan market
- 396,883 (25.2%) Spanish market
- 427,763 (27.2%) International market



\* Data as at 31/12/2025. Own sources.

# Weather data

The Mediterranean climate of the Terres de l'Ebre varies depending on the proximity to the sea. Thus, the Delta regions, namely Baix Ebre and Montsià, have warm winters, with an average temperature of around 10°C and hot summers, with average temperatures of over 20°C and peaks exceeding 35 or 40°C. The wind is also a characteristic of the climate of this maritime area of the Terres de l'Ebre. The mistral blows intensely, especially during the winter, with gusts sometimes exceeding one hundred kilometres an hour; while the *marinada* is more frequent in the summer.

The climate of the inland regions, Ribera d'Ebre and Terra Alta, transitions to the dry, continental lands of inland Catalonia. The main difference lies in the winter temperatures, which are noticeably cooler and last for more months than on the coast.

Precipitation throughout the Terres de l'Ebre ranges between 400 and 700 millimetres annually, except in the mountainous areas of Els Ports, where it can reach from 800 to 1100 mm per year.

## Ebro Delta Natural Park

The climate in the Ebro Delta Natural Park is coastal Mediterranean, characterised by mild temperatures in winter, heat in summer and high humidity. Rainfall is moderate and often in the form of heavy showers in autumn. Winds such as the mistral and the *marinada* are also frequent and noticeable.

### Main characteristics:

- **Temperatures:** mild in winter (severe frosts are rare) and warm in summer (average 24-26°C), moderated by the proximity of the sea
- **Wind:** very frequent. The *mistral* (from the northwest) is dry and strong, while the *marinada* (from the southeast) is damp and cool, key to the functioning of the ecosystem.
- **Precipitation:** below 400 mm per year
- **Humidity:** generally high, which increases the sensation of heat in summer
- **Sun:** many hours of sunshine per year, making it a very bright area.

## Els Ports Natural Park

Els Ports Natural Park has a Mediterranean climate with sub-Mediterranean influences and strong contrasts. It is characterised by mild temperatures in the southeast, cold winters in the interior and an increase in precipitation with altitude. The “wind from above” (NW) is common with gusts exceeding 150 km/h, causing the *cella de mistral* due to the foehn effect.

### Main characteristics:

- **Contrasts:** rapid changes between calm and hurricane-force winds from the northwest
- **Temperatures:** milder in the southeast (Mediterranean influence) and more continental in the interior. The higher the altitude the lower the temperature.
- **Precipitation:** 1100 mm per year
- **Wind:** frequent “wind from above” (northeast), often exceeding 150 km/h
- **Phenomenon:** formation of the *cella de mistral* (cloud condensed on the summit)

# Tourism Board

The **Tarragona Provincial Tourism Board** in the **Terres de l'Ebre**, an organisation linked to the **Tarragona Provincial Government**, works to promote the sustainable management of the tourist destination, to improve its competitiveness and to project its image in the various markets. The Board always works in close collaboration with public and private agents, joining efforts to position the **Terres de l'Ebre** as a destination in which nature and authenticity are differentiating elements.

The **Tarragona Provincial Government Tourism Board** develops strategic actions to give visibility to the brand, favour its presence in international markets, promote new tourist products, consolidate existing ones and continuously improve the tools and channels that allow visitors to be reached with efficiency and impact.

## **Terres de l'Ebre Tourism Board**

Carrer de Santa Anna 3, 1a  
43500 Tortosa  
977 444 447  
[terresdelebre@dipta.cat](mailto:terresdelebre@dipta.cat)  
[www.terresdelebre.travel](http://www.terresdelebre.travel)

## **Ambition**

The **Terres de l'Ebre** region aims to consolidate its position as the Mediterranean benchmark in sustainable and nature tourism, with a model rooted in the territory that generates real value and opportunities for its residents.

The region is committed to a balanced, seasonal development. It preserves authenticity as a differential value and projects tourism as an active showcase of the territory: a window open to its natural, cultural and productive heritage. With people and the landscape at its heart, the Terres de l'Ebre aspires to grow with meaning, promoting tourism that transforms without disfiguring, inspired by respect and identity.

**The Terres de l'Ebre regions  
aims to consolidate itself  
as the Mediterranean  
benchmark in sustainable  
and nature tourism.**





# Nature and Protected Areas

[Ebro Delta Natural Park](#)

[Els Ports Natural Park](#)

[The Coast](#)

[The Ebro](#)

[Cardó–El Boix Mountains](#)

[Reserva Natural de Sebes i Meandre de Flix](#)

[Serres de Pàndols-Cavalls](#)

[Inland: Nature and Scenery with a Soul](#)

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The **Terres de l'Ebre** region stands out for its exceptional **natural environment** and a **great diversity of protected areas: Ebro Delta Natural Park, Els Ports Natural Park, the Mediterranean coast** and the **Ebro River** as the vital axis of the territory. This landscape mosaic is completed by the **Cardó and El Boix Mountains, the Sebes and Flix Meander Nature Reserve** and the **Pàndols-Cavalls Mountains**. Inland, nature and landscapes with soul reign supreme.

# Ebro Delta Natural Park

The **Ebro Delta Natural Park** was established in 1983 with the aim of protecting a unique natural environment consisting of 7,805.8 hectares on the final stretch of the **Ebro River**. It is a privileged area with the most extensive aquatic habitat in Catalonia, as well as preserving traditions, culture and gastronomy unique to the region.

The area is home to 764 vascular flora taxa and around five hundred species of vertebrates that inhabit marine bays where mussels and oysters are also cultivated. The Park encompasses unique places such as **El Fangar Lighthouse**, located in a deserted area surrounded by dunes; the 14th- and 15th-century watchtowers that can still be seen in **L'Aldea**, **Amposta**, **Camarles** and **La Ràpita**; and the typical huts (barraques) built of wood, mud and plant fibre.

To travel through the **Ebro Delta Natural Park** is to discover a habitat that hosts 391 different species of birds during the year, according to the official list published by the Park.

Probably the most popular are the flamingos and the Corsican gulls, which have breeding colonies there throughout the year.

In addition to its ecological value, the **Ebro Delta** preserves a deeply rooted culture and gastronomy. They make the park a unique space, where nature and local identity coexist in harmony.



El Fangar lighthouse is surrounded by sandbanks and dunes

# Els Ports Natural Park

With an area of 35,050 hectares in Catalonia, **Els Ports Natural Park** was established in 2001 with the aim of preserving its geological, biological, scenic and cultural values. It is a rugged, wild environment with spectacular orography and hosts great ecological and scenic wealth.

The diversity of habitats has enabled the development of a rich and varied fauna of great biological interest, notable not only for the abundance and diversity of species but also for the presence of endemic and very rare animals within Catalonia. Numerous vertebrate species benefit from protection, while some invertebrates are unique in the world.

**Els Ports Natural Park** is part of the **Natura 2000 European** ecological network, a **Special Protection Area for Birds (ZEPA)** and a **Special Conservation Area (ZEC)**. It is part of the core area of the **Terres de l'Ebre Biosphere Reserve**.

Located in the interior of the **Terres de l'Ebre**, the park encompasses nine municipalities and has become established as a destination for sustainable, family-friendly tourism. It offers more than thirty signposted itineraries that allow you to walk or cycle an extensive network of long-distance trails and greenways. There are some 200 kilometres of paths on which to immerse yourself in nature in its purest state.

The highest point in the **Park is El Caro** at an altitude of 1,441 metres. From its viewpoint, you can enjoy spectacular panoramic views of the surrounding territory, with the **Ebro Delta** on the horizon and a mosaic of landscapes that captivate visitors at any time of the year.

More than 1,300 types of plant have been identified in this natural area. It is home to species that are not found anywhere else in the world. Due to the presence of species listed as endangered and others that are vulnerable, it plays an essential role in the conservation of threatened Catalan flora. We also find many monumental trees and it is worth highlighting the Partial Natural Reserve of Les Fagedes dels Ports, an exceptional botanical jewel in the crown of southern Catalonia.

**Els Ports Natural Park** is a unique setting in which unspoilt nature coexists with local tradition and culture and where each visit becomes an authentic experience of connection with the territory.



# The Coast

With 142 kilometres of coastline, the **Terres de l'Ebre** offer a remarkably diverse shoreline ranging from impressive cliffs and coves hidden among pine trees that reach right down to the sea, to long, easily accessible beaches with shallow, transparent waters.



Cala Llenya in L'Ametlla de Mar.



The coastline is 142 kilometres long.

The **GR 92** long-distance footpath follows the coast and takes you on a journey of discovery through this unique natural environment; it offers several direct access points to the Mediterranean beaches. Right on the coast you will find the traditional fishing towns of **L'Ametlla de Mar, L'Ampolla, La Ràpita** and **Les Cases d'Alcanar**. Life revolves around the sea in these towns. Fishing is an essential activity and a source of authentic gastronomic treasures that the local cuisine transforms into delicious dishes.

**Fishing is an essential activity in the maritime towns of Terres de l'Ebre and a source of authentic gastronomic treasures.**

# The Ebro

The **Ebro River** rises in **Fontibre** (Cantabria) and is the longest river in Spain. It gives its name to the regions of southern Catalonia, where it flows for its last few kilometres. It enters Catalonia at Mequinensa and continues eastwards. Up to **Ascó**, it flows slowly with wide meanders over a plain formed by horizontal sediments that contain the ancient lignite beds of **Mequinensa** and **Almatret**.

The **Ebro** crosses a major geological barrier of limestone rock, forming the well-known **Pas de l’Ase**. Once through this pass, the river widens again into a more open, agricultural area formed by horizontal sediments, corresponding to the **Móra d’Ebre** depression.



Miravet.

Family experiences in the Delta.



At **Miravet**, the river has another surprise in store. It leaves the flatlands and squeezes between mountains in a rugged landscape that extends as far as **Benifallet**. This new boxed-in section is known as the **Barrufemes Pass** or **Benifallet Gorge**. Then, the river widens again until it reaches **Xerta**. From there, without any significant obstacles, passes through the largest towns on the delta plain, **Tortosa** and **Amposta**, and continues to shape its own mouth.

Formed over the centuries by changes in its course, the **Ebro Delta** marks the river’s final passage before it reaches the sea.

# Cardó and El Boix Mountains



Cardó Spa.

The **Cardó** and **El Boix Mountains** in Baix Ebre and Ribera d'Ebre counties, form a natural area of great scenic and ecological value that covers more than 16,140 hectares on the left bank of the **Ebro River**.

The landscape is dominated by holm oak and mixed shaded woodlands, while rock vegetation adapted to the cliffs and rocky outcrops gives it a rugged and authentic character.

The main land uses in this area are forestry and agriculture. There is also a unique heritage element: the old **Cardó Spa**, which was built on the site of a Carmelite monastery that had been confiscated in 1835. It was refurbished as a spa to take advantage of the recognised medicinal properties of the site's waters.

The spa was in operation until the late 1960s. Despite the closure of the establishment, water continued to be bottled there for a few more years.

**The old Cardó Spa was built on the site of a Carmelite monastery that had been confiscated in 1835.**

# Sebes and Flix Meander Nature Reserve



Flix Meander.

The Flix Meander has great ecological value



The **Sebes and Flix Meander Nature Reserve** covers some 250 hectares of important ecological value made up of riverine forests, river islands, marshes and open water areas. This mosaic of habitats is home to around 200 animal species, including the white stork, the corncrake, the red-breasted plover and the little heron.

The area provides a range of facilities and resources that enable visitors to gain an in-depth understanding of the reserve's natural and environmental values. In addition, activities related to sustainable agriculture, ecosystem conservation and environmental education are conducted with the aim of preserving this unique environment and engaging society in its protection.

**The Sebes and Flix Meander Nature Reserve is home to around 200 animal species, including storks, corncrakes and kingfishers**

# Pàndols-Cavalls Mountains

The **Pàndols-Cavalls Mountains** cover an area of 9,647.53 hectares and are the natural extension of Els Ports towards the northeast. They form a geological unit of notable size and complexity with remarkable geological singularities, water courses and deep gorges.

**The two mountain ranges form a vast and rugged natural complex of significant ecological and scenic interest.**



The Canaletes River Strait is striking



Located between the Canaletes and Sec rivers.

# Inland: nature and scenery with soul

## Aligars - Serra Fulletera Mountains

Connecting the two banks of the **Ebro** valley and linking with **Els Ports** and the neighbouring mountains to the west and the **Cardó mountains** to the east, they cover more than 3,400 hectares encompassing the municipalities of **Benifallet, Paüls, Miravet, Rasquera, Pinell de Brai** and **Prat de Comte**.

## Cap de Santes Creus

Located south of **Ametlla de Mar**, this is one of the most spectacular stretches of Catalonia's rocky coastline. Covering more than 4,600 hectares, it occupies areas of the municipalities of **L'Ametlla, Mont-roig del Camp i Vandellòs** and **Hospitalet de l'Infant**.

## Tivissa-Vandellòs Mountains

The territory is divided into two main units: the inland mountains of **Tivissa** and the mountains of **Vandellòs**, closer to the sea. The area is home to a typically Mediterranean fauna.

## L'Ase Pass

Nestled in the southwest of the **Montserrat** mountain range, this small landscape gem combines cliffs, scrub and farmland. It provides a habitat for the Bonelli's eagle and is part of a striking gorge carved by the **Ebro River**.



## Riba-roja

Near **Riba-roja d'Ebre** stretches one of the most spectacular pine forests in the southern central Catalan depression, a landscape largely untouched by human activity and notable for its abundant plant life.

## Ribera de l'Algars

In the **Terra Alta** region—encompassing **Batea, Horta de Sant Joan, Caseres,** and **Arnes**—flows a well-preserved river that shelters otters and Iberian fish species. Nestled among dryland crops, it offers a serene natural retreat.

## Secans del Montsià

Located between the **Galera** plain and the foot of the **Godall** mountain range, they form a fully Mediterranean landscape combining natural vegetation, traditional olive groves and a fauna of great interest. The presence of the Eurasian sparrowhawk, a bird of prey that nests there, is particularly noteworthy.

## Serra de Godall

Located in the **Montsià** region, the **Godall** mountain range forms a natural space that serves as an ecological link between the Montsià plain and the mountainous landscapes of **Els Ports Natural Park**. Rich in birdlife, it is a key habitat where the Eurasian sparrowhawk nests and the Bonelli's eagle, a protected species, hunts.

## Montsià Mountains

The **Montsià Mountains** are a coastal range whose location and morphology offer an excellent natural viewpoint over the coast and inland Montsià county. They are also of outstanding faunal interest, as they preserve unique biotopes that are virtually absent from the surrounding agricultural landscape.



# Eco- and Active Tourism

[The Ebro on Two Wheels](#)

[Birdwatching](#)

[Hiking](#)

[Water Sports](#)

[Canyoning](#)

[Climbing](#)

[Horse riding](#)

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The Terres de l'Ebre region is a paradise for ecotourism and outdoor activities enthusiasts. Both along the coast and inland, a wide range of opportunities awaits to let you experience sport and nature to the fullest: the **Via Verda (Greenway)**, **mountain biking**, **gravel cycling**, **birdwatching**, **hiking**, **water sports**, **diving**, **canyoning**, **rock climbing**, **horse riding** and more. A rich catalogue of experiences invites you to discover the immensity of the territory from the very heart of nature.

# Terres de l'Ebre on two wheels

## Pedalling through the Terres de l'Ebre | Cycling

Cycling is one of the best ways to tour and discover the **Terres de l'Ebre**. The region's extensive network of tracks and roads connects the flat coastal plain to the winding routes that climb into the mountains to offer the most demanding itineraries. It is an idyllic world for those who enjoy cycling, with options for all tastes and fitness levels.

Both on the coast and inland, the options for enjoying and discovering the **Terres de l'Ebre** on two wheels are very attractive and well adapted to all cyclists. From flat routes through the **Delta** in sections of just over ten kilometres to much more intrepid hill and mountain proposals.

As part of the **Via Verda (Greenway)** digitalisation project, the **Tarragona Provincial Tourism Board** has developed a platform on which all the information on the **Terres de l'Ebre** [cycle routes](#) is centralised.

This tool also has a route planner to ensure that users don't lose their way.



The Via Verda (Greenway).

# The Ebro on two wheels

## The Vall de Zafán Via Verda

The **Vall de Zafán Greenway** largely follows what was once the railway line from **Arnes** to **Tortosa**. It is now an adapted and accessible route that goes through tunnels, crosses bridges and passes former stations that have been converted into restaurants and places to stay, all surrounded by spectacular scenery and picturesque landscapes. It is a safe way for the whole family to enjoy exercise and, at the same time, to discover the nature and history of the territory.

In addition, thanks to a project promoted by the **Tarragona Provincial Tourism Board**, the **Via Verda greenway** has been extended by just over twenty-seven kilometres and now passes through **Roquetes**, **Tortosa** and **Amposta** to reach the **Ebro Delta** and the Mediterranean at **La Ràpita**.

### Technical details

**Route:** over 100 kilometres in the Terres de l'Ebre.

**Location:** between Arnes and La Ràpita.

**Municipalities:** Arnes, Horta de Sant Joan, Bot, Prat de Compte, Pinell de Brai, Benifallet, Xerta, Aldover, EMD Jesús, Tortosa, Roquetes, Amposta and La Ràpita.

**Elevation gain:** slope.

**Difficulty:** low.

**Users:** bikers and walkers.

**Accessibility:** some sections accessible to people with physical disabilities

The Via Verda (Greenway) now reaches the Ebro Delta



Lookout points at the end of the Via Verda.

# The Ebro on two wheels

## Family cycle touring

For a more leisurely ride, cycle routes offer another way to discover the surroundings in peace and quiet. Ideal for families and groups of friends, they run along rural paths and minor roads in the **Ebro Delta Natural Park**, bordering rice fields, lagoons, solitary beaches and nature areas filled with wildlife. They include proposals such as the Ebro Nature Path, the GR 99, the the Way of Saint James, the route from L'Aldea to La Bassa de les Olles, or from Amposta to L'Encanyissada, , without forgetting the routes through the **Ebro Delta Natural Park** and the EuroVelo. The Tortosa to Aldea Greenway runs in part along the old section of the Cava railway line between Tortosa and Cava and is an attractive route through the Delta Natural Park.



## Sport cycling: road cycling, mountain biking and gravel biking

For the most demanding cyclists, the mountain areas of the **Terres de l'Ebre** present an exciting challenge. There are many proposals such as, for example, the Terres de l'Ebre Grand Tour with over two hundred kilometres of road and a total accumulated elevation gain of 4,180 metres. Other routes in the **Terres de l'Ebre** include the Crossing of the Terra Alta from **La Sénia** passing through **Tortosa**, all the way around **Els Ports Natural Park**, as well as routes along roads and tracks that are a real pleasure to ride on and are ideal settings for road cycling.

Gravel biking enthusiasts will also find exceptional routes to discover in the **Terres de l'Ebre**, with different distances and elevation gains in the unique natural surroundings of two natural parks: the **Ebro Delta** and **Els Ports**.

For off-road enthusiasts, mountain biking on the paths and trails of the **Terres de l'Ebre** is a unique way of experiencing the region.



**Cycling through the Terres de l'Ebre is a feast for the senses.**

# Birdwatching

The great wealth of natural landscapes in the **Terres de l'Ebre** —cliffs, steppes, farmland, the coast and wetlands— creates a mosaic of habitats that attracts a wide diversity of birds.

This unique natural setting makes it a haven for birdwatching enthusiasts.

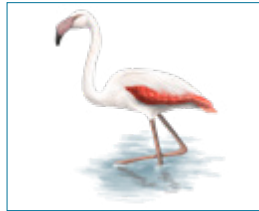
The **Ebro Delta** is considered one of the most attractive nature areas in southern Europe and an international ornithological reference in the western Mediterranean. The **Terres de l'Ebre** offer specific itineraries that allow you to observe birds in their natural habitat, both around the river and in protected mountain areas. There are unique outdoor experiences for experts and amateurs alike.

## Ebro Delta

**Audouin's gull**



**Flamingo**



**Sterna**



## Els Ports

**Bonelli's eagle**



**Wallcreeper**



**Egyptian vulture**



**Short-toed snake eagle**

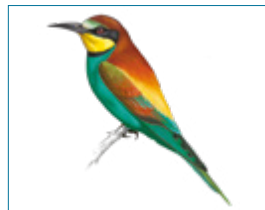


**Eurasian griffon vulture**



## Sebes, Cardó - El Boix, Secans del Montsià

**European bee-eater**



**European roller**



**Montagu's harrier**



Consult the birdwatching itineraries.

# Hiking

The **Terres de l'Ebre** are an ideal destination for hiking enthusiasts, offering itineraries for all ages and fitness levels. From the **Route of the Southern Stars**, which crosses **Els Ports Natural Park** within a protected area of more than 35,000 hectares, to the flat trails of the **Ebro Delta** and the paths linking inland towns with the coast, each itinerary invites you to discover nature with a steady step and an open mind.

The **Camí de Ronda (Coastal Path) (GR-92)** between Ametlla de Mar and Alcanar will surprise you with its sheer cliffs, unspoilt coves and old pirate hideouts, while the **Camí Natural de l'Ebre (Ebro Nature Path) (GR-99)** accompanies the **Ebro River** to its mouth.

**The GR 92 surprises you with its sheer cliffs, unspoilt coves and old pirate hideouts, while the GR 99 follows the Ebro River to its mouth.**

The Terres de l'Ebre are a paradise for hiking enthusiasts



# Water Sports



## Kayaking and canoeing

**The Ebro**, the backbone of the territory, is navigable for its whole passage through the **Terres de l'Ebre**. Canoeing or kayaking is an active and immersive way of connecting with the nature along the river banks, while tourist boat trips offer a more leisurely experience. Sailing the Ebro powered by a motor, oars or paddles allows you to discover lush riverside woods, delight to the birdsong and observe the scenery. It is a unique way to understand the living force of the **Ebro River**.

## Diving

The **Terres de l'Ebre** seabed preserves great biological wealth, including one of the most important Posidonia (seagrass) colonies on the **Mediterranean coast**, making it a living spectacle for diving and snorkelling enthusiasts.

## Sailing

The two calm, protected bays of the **Ebro Delta** are ideal for safe sailing while taking advantage of the strength of the wind in incomparable natural settings.

## Kitesurfing, paddle surfing and water bikes

In the **Terres de l'Ebre**, the sea is a source of adventure, fun, and discovery. From kitesurfing and windsurfing, which harness the power of the wind, to activities such as paddle surfing, water cycling, kayaking and sailing, the possibilities for enjoying the water are as varied as they are endless.

## Water Sports Resorts

Water sports resorts, such as **La Ràpita-Terres de l'Ebre** and the **Costa Daurada** and **Terres de l'Ebre Water Sports Park**, offer a wide range of unique, fun and sustainable experiences with which to discover this paradise from the sea.

# Activities in the countryside



## Canyoning

The gorges and ravines of the **Terres de l'Ebre** hide a wild, unknown world that is often inaccessible unless you go canyoning. This adventure activity allows you to discover places of great beauty, especially in **Els Ports**, which has some of the most spectacular scenery in the region. Places such as the **Canaletes River**, the **Vall Figuera ravine** and **Racó de la Gralla** offer optimal routes for canyoning.

## Rock climbing

For altitude and adrenaline lovers, the **Terres de l'Ebre** offer near-untouched rock faces set within spectacular landscapes. In the **Els Ports Natural Park** and the mountain ranges of **Montsià**, **Llaberia**, **Pàndols** and **Cavalls**—especially around **Pinell de Brai**—you will find climbing routes opened in recent years that are ideal for adventurous climbers eager to experience the rock in its purest form. This is a true vertical paradise for all tastes, offering a wide range of disciplines, from classic routes to the most demanding sports climbing.

## Horse riding

Exploring the **Terres de l'Ebre** on horseback is a magnificent way to connect with nature. Following rural paths through mountains and meadows at a gentle pace allows you to discover spectacular landscapes, such as those of **Els Ports Natural Park** and the **Montsià Mountains**, from a unique, unhurried and intimate perspective. It is an experience that connects you to the land and brings a true sense of harmony with nature.





# Culture and Heritage

[Prehistory](#)

[Middle Ages](#)

[The Renaissance](#)

[Contemporary Period](#)

[Museums and Cultural Centres](#)

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The **Terres de l'Ebre** have been inhabited since prehistoric times and preserve remarkable heritage throughout the territory. In some cases, these sites are safeguarded under **UNESCO World Heritage status**, alongside other forms of protection that ensure their conservation. They offer a unique window into human activity in the **Terres de l'Ebre** across the millennia.

# Prehistory



## Rock art

**Uldecona, El Perelló** and **Freginals** are the three municipalities that preserve rock paintings of high value, all listed as **World Heritage Sites** since 1998. In **Uldecona** you will find the **Els Abrics de l'Ermita Rock Art Interpretation Centre** in the **Godall** mountains. What makes this site unique is the diversity of depictions it preserves: more than a hundred archers, numerous animal species and hunting-related motifs. With a history exceeding eight thousand years, this extraordinary collection stands as a testament to a remarkable cultural legacy.



## Meravelles Caves

Inhabited since the Neolithic, the **Meravelles Caves** near **Benifallet** showcase nature's geological artistry. Its caverns, with their stunning stalactites and stalagmites, are open to visitors.



## Iberians

The footprint of the Iberians can be traced along the length of the **Ebro River** and explored close at hand at the archaeological sites of **La Moleta del Remei** and **Mas d'en Serra**. In **Alcanar**, **Casa O'Connor** hosts the **Iberian Culture Interpretation Centre**, offering visitors a gateway to the region's Iberian heritage and a wealth of insights into this ancient culture.

# Middle Ages



## The Andalusí legacy

**Tortosa** preserves a remarkable Andalusí legacy, reflecting its important role in the 10th century during the Islamic period. Of particular significance from this time is **La Suda Castle**, built under the caliphate of Abderraman III atop an ancient Roman acropolis. The castle is notable for its engineering feats, including its gates and a well that drew water from the **Ebro River** to supply the fortress. It also has the only preserved Islamic necropolis in the country.

## Miravet Castle

**Miravet Castle** rises majestically above a meander of the **Ebro River**, dominating the landscape and captivating the gaze of anyone who approaches it. Built by Muslims in the 9th century, it was one of the last Islamic bastions in Catalonia until it was conquered in 1153 by Ramon Berenguer IV and ceded to the Order of the Temple. The fortress invites you to take a journey back in time and imagine life within its walls in the Middle Ages. This same feeling of reliving centuries past also accompanies those who visit the **Monastery of Sant Salvador** in **Horta de Sant Joan**, another place full of history and spirituality.

## Tortosa Catedral

Ramon Berenguer IV promoted the conquest of **Tortosa**. It was the year 1148 and it was then that **La Suda de Tortosa** became a prison. It passed through the hands of the Montcada family, the Knights Templar and was also one of the favourite residences of King Jaume I, who turned it into a royal palace. The Gothic windows, the powder magazine nave and the parade ground are witnesses to this period, when the construction of the Gothic cathedral in **Tortosa** began on the site of the earlier Roman forum and Muslim mosque.

The cathedral, which has a Baroque facade, is another of the historical jewels of the capital of the **Terres de l'Ebre**. Of particular note are the main Santa Maria altarpiece, La Cinta chapel and the Olivera door.

# The Renaissance

**Tortosa's** important political, demographic and economic weight in the 16<sup>th</sup> century is reflected in its architecture. The **Royal Colleges** are the most important Renaissance complex in Catalonia. There are three buildings, the most important of which is the **College of Sant Jaume** and **Sant Maties**, where young Muslim converts were educated. The building is organised around a central courtyard that shows considerable Italian influence. Of the **College of Sant Jordi and Sant Domènec**, only the two-sectioned portal is preserved; the rest was destroyed by Francoist bombing during the Spanish Civil War. The Gothic style **church of Sant Domènec** with its single nave completes the **Royal Colleges** complex.

The Renaissance buildings reveal the major political, demographic and economic weight of Tortosa during the 16<sup>th</sup> century.

Tortosa holds a yearly Renaissance Festival



The Royal Colleges are the most important Renaissance complex in Catalonia.

# Contemporary Period

## Modernism: Wine Cathedrals and Old Slaughterhouse

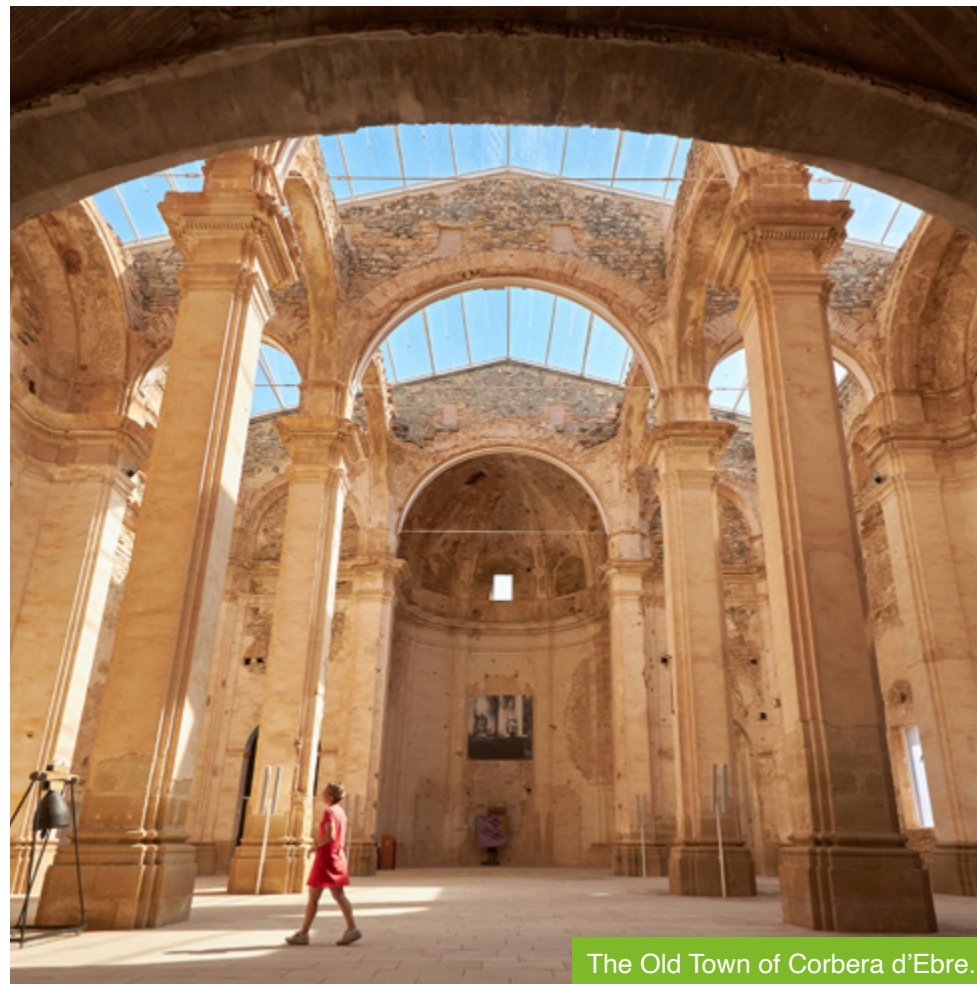
The agricultural cooperatives of **Pinell de Brai** and **Gandesa** are known as the **Wine Cathedrals**. They are an extraordinary example of how architecture can serve the land and culture of wine. Designed by the architect Cèsar Martinell, a disciple of Antoni Gaudí, they were built at the beginning of the 20th century and elegantly combine the Modernist style with the functionality of wine production.

Another outstanding example of Modernism in the territory is the **Antic Escorxador** (Old Slaughterhouse) of **Tortosa**. Designed by the architect Pau Monguió, it has a rectangular plan featuring exposed brickwork, ceramics and glazed tiles, the last two elements inspired by Mudejar architecture.

## The Spanish Civil War

The **Terres de l'Ebre** were the scene of one of the most striking episodes in contemporary history: the Battle of the Ebro, the last great offensive of the Spanish Civil War. Today, this chapter still resonates among the stones of the **old town of Corbera d'Ebre**, its ruins still preserved as a symbol and witness to the past. In recent years, the territory has reactivated tourism linked to historical memory of the Civil War, with proposals that invite you to understand, remember and reflect. The **Consortium of Memorial Sites of the Battle of the Ebre** (COMEBE) has interpretation centres and organises itineraries that allow you to visit the scenes of the conflict and understand what life was like in the trenches.

In **Tortosa** there are 20 air raid shelters, of which Number 4 is open to the public. It is on the street named after Ernest Hemingway in honour of the American journalist who crossed the Ebro River during the Civil War.



The Old Town of Corbera d'Ebre.

# Museums and Cultural Centres

The **Terres de l'Ebre** are home to more than forty museums and cultural interpretation centres that offer an insight into the region's rich historical, artistic and natural heritage. Among the key institutions is the **Terres de l'Ebre Museum**, whose permanent collections on archaeology, history and the natural environment provide a comprehensive overview of Ebro culture. Also noteworthy is the **Tortosa Museum**, housed in a former Modernist-style slaughterhouse building. Other museums focus on more specialised themes, such as the Spanish Civil War, river navigation, traditional crafts and gastronomy.

In terms of natural heritage, there are interpretation centres linked to protected nature areas that help you understand such unique ecosystems as the **Ebro Delta** and **Els Ports Massif**.

And for art lovers, the **Picasso Centre** in **Horta de Sant Joan** cannot be missed. The painter lived in the town for two key periods (1899 and 1909). The museum exhibits reproductions of the works he created during those periods, offering a privileged initiation to the birth of Cubism.

**The Terres de l'Ebre are home to more than forty museums and cultural dissemination centres that showcase the region's unique wealth.**





# Festivals and Traditions

[Festivals in the Terres de l'Ebre](#)

[Renaissance Festival](#)

[Passion Plays in the Terres de l'Ebre](#)

[Traditional Rice harvesting Festivals](#)

[Other traditional festivals](#)

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The **Terres de l'Ebre** region lives its culture intensively through a rich array of festivals and traditional celebrations. Notable examples include the **Renaissance Festival** of Tortosa and the passion plays of Uldecona, Vilalba dels Arcs and Cava, which help keep popular heritage alive. Other highlights include the rice festivals held in l'Aldea, l'Ampolla, Amposta, Deltebre and La Ràpita and many other celebrations that connect tradition, identity and territory.

# Festivals in the Terres de l'Ebre

Throughout the year, different parts of the **Terres de l'Ebre** are transformed into a vibrant cultural stage, hosting a wide array of festivals that fill their most emblematic and singular landscapes with music, performing arts, cinema, literature and more. These local and international events merge heritage and contemporary culture, offering a unique way to experience the region through art.

The **Festivals Terres de l'Ebre** brand gives voice to this creative wealth and highlights the diversity and multidisciplinary nature of the cultural events of a land that lives and celebrates its identity with an open mind.

**The Festivals Terres de l'Ebre brand gives voice and visibility to the cultural multidisciplinary nature of the region's festivals.**



# Renaissance Festival

Each year, in the latter half of July, **Tortosa** is transported back in time to become a living recreation of the thriving town it became in the 16th century.

More than 3,000 people dressed in period costumes, 60 daily performances and more than 500 actors bring life to streets, squares and taverns in one of the most unique historical celebrations in the country. The **Renaissance Festival** is, however, much more than historical re-enactment; it is an immersive experience with plays, concerts, street performances, nighttime itineraries and traditional gastronomy. Declared a **Festival of National Tourist Interest**, a **Local Festival of Tourist Interest in Catalonia** and distinguished with the **Tourism Plaque of Honour**, this essential event invites you to experience history with all five senses.



The festival is held in the second half of July

Tortosa is transformed during the festival.

More than 3,000 people dressed in period costumes, 60 daily performances and more than 500 actors give life to the Renaissance Festival.

# Passion Plays in the Terres de l'Ebre

Visiting the **Terres de l'Ebre** at Easter can be a doubly enriching experience. Alongside its spectacular landscapes, gastronomy and leisure activities, you can also take part in Easter celebrations filled with emotion and deeply rooted in local tradition.

Among all the events, the **Uldecona Passion Play** stands out. It is a representation recognised throughout Catalonia and Spain for its artistic quality and the impressive involvement of the people. Inspired by the Biblical gospels, the work has the participation of hundreds of residents and is a true example of living cultural heritage.

The **passion plays of Vilalba dels Arcs** and **La Cava (Deltebre)** also play a prominent role, bringing great richness and diversity of expressive forms to Easter in the Terres de l'Ebre.

**The Uldecona Passion Play, declared an Intangible Heritage Treasure of Catalonia, has been performed for more than 500 years.**



The Vilalba passion play is performed in the streets and squares of the town

Vilalba dels Arcs.

# Traditional Rice Harvest Festivals

The people of the **Terres de l'Ebre** keep their folklore alive through traditional festivals that celebrate the origin and identity of the territory. Among the most emblematic are the rice planting and harvesting festivals held in towns such as **L'Aldea, L'Ampolla, Amposta, Deltebre** and **La Ràpita**. These celebrations faithfully recreate the manual labour of the **Delta's** farmers before the advent of mechanised agriculture. Traditional costumes, dances, music and the involvement of the townspeople make these festivals an immersive and emotional experience.

Rice is not just a crop; it is a cultural and gastronomic symbol. There is no better way to experience it than by tasting it on site in dishes such as seafood paella, black rice with squid or rice with cod—flavours that captivate the palate and tell the story of the **Delta** with every bite.

**The planting and harvesting festivals are complemented by the Rice Gastronomic Days.**



The festivals recreate the manual work of farmers

The traditional festivals.

# Other Traditional Festivals

The **Terres de l'Ebre** vibrate year round with popular festivals that highlight the roots and vitality of the region's culture. Tradition takes on different forms in each town, but always has a strong involvement of the community.

In **Prat de Comte**, for example, the **Aiguardent Festival** and the unique **Cresol (oil lamp) Race** celebrate the most authentic festive spirit. In **Miravet** and **Paüls**, their respective **Cherry Festivals** fill the towns with flavour and colour, while the **Godall Carnival** offers an explosion of joy and creativity.

The **festivals of Sant Antoni del Perelló** and **Ascó**, the latter declared a **Festival of National Interest**, combine spirituality, tradition and popular culture with great local participation.

And the **Festival of Sant Galderic**, patron saint of farming, travels to a different municipality in **Ribera d'Ebre** or **Terra Alta** each year, keeping alive the peasant memory and links with the land.

**In each town of the Terres de l'Ebre, tradition and festivals take various forms that make them unique and original.**



The Cherry Festivals of Miravet and Paüls are... simply delicious!

Cherry Festivals.



# Gastronomy and Wine Tourism

Designation of Origin (DO) Products

Protected Designation of Origin (PDO) Products

Protected Geographical Origin (PGI) Products

Treasures of the Terres de l'Ebre from the Sea and the Land

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The cultural and historical wealth of the **Terres de l'Ebre** is reflected in a deeply Mediterranean gastronomy. Rice is its emblematic product, accompanied by fresh fish, seafood, vegetables, fruit and other local products, such as wine, extra virgin olive oil, pastries and honey. Many of these foods have quality designations that guarantee the authenticity and excellence of **Terres de l'Ebre cuisine**.

# Designation of Origin (DO) Products

## Wines with the Terra Alta Designation: character, quality and recognition

**Terra Alta Designation of Origin** wines are the result of a unique territory and a demanding certification process that guarantee their quality. The region is especially renowned for its white wines, made mainly with Grenache blanc, a grape that offers great freshness and balance in the young versions and complexity and elegance when they have been aged in oak barrels. The red wines are modern in character and stand out for their intensity, body and varietal expression, with a marked predominance of the grape. Today, **Terra Alta** wines are enjoying growing prestige and well-deserved recognition on international markets.

The wine-growing landscape of the **DO Terra Alta** is dominated by native varieties such as Grenache blanc (of which it accounts for 30% of world production), Grenache noir, Hairy Grenache, Macabeo and Samsó or Carignan. Those varieties make up 75% of the vineyards planted. Since 2020, the **DO Terra Alta Regulatory Council** has also authorised Morenillo, an indigenous variety of the only **Terres de l'Ebre** DO wine.

The wines from the **Terra Alta** are the essence of a wine heritage rooted in the land and with its own identity.

**'Wine lovers' seek out wine tourism activities.**



DO Terra Alta wine tastings.

# Protected Designation of Origin (PDO) products

## Olive oil from Baix Ebre–Montsià: tradition, quality and Mediterranean flavour

**Protected Designation of Origin Baix Ebre–Montsià** extra virgin olive oils (EVOO) are clean, transparent and free of impurities, with colours that vary from greenish yellow to golden yellow depending on the area and time of harvest. Intense and highly aromatic, they are the fruit of one of Catalonia's oldest and most extensive olive-growing landscapes.

This highly prized olive oil is produced by eleven cooperatives registered with the **Regulatory Council** that market different brands under the **PDO**. It is an authentic product rooted in the territory that speaks of love of the land and the know-how of generations of olive growers.

## Baix Ebre-Montsià and Terra Alta PDO extra virgin olive oils are pure liquid gold

## Terra Alta olive oil: the pure essence of an exceptional natural environment

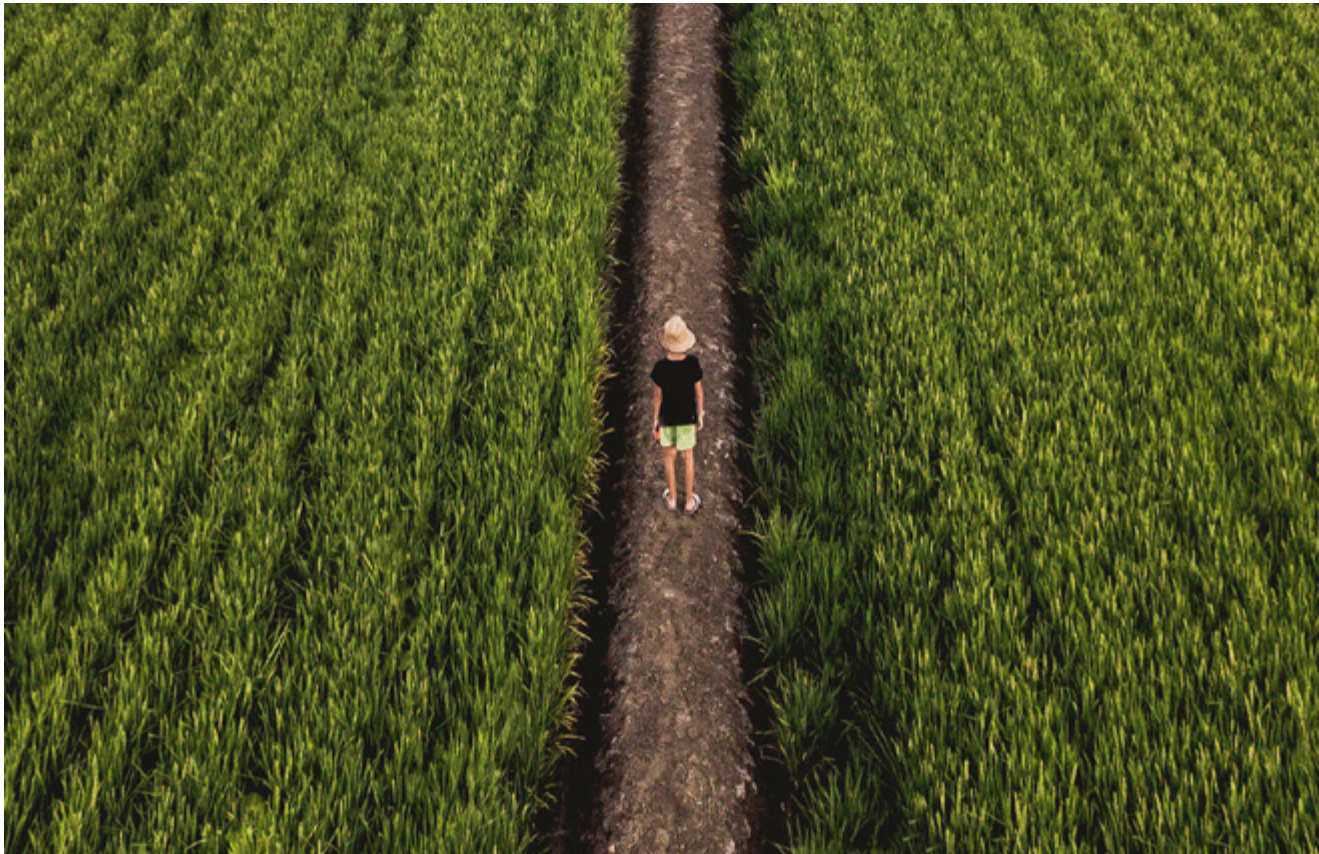
**Terra Alta Protected Designation of Origin Extra Virgin Olive Oil** stands out for its cleanliness, transparency and absence of turbidity. Its golden colour has nuances that vary between pale yellow and old golden yellow, depending on the time of harvest.

The taste is fruity at the beginning of the campaign and becomes slightly sweet as it progresses, offering a balanced and harmonious palette of flavours.

This **PDO** is born in a privileged natural environment within the **Terres de l'Ebre Biosphere Reserve**. From **Els Ports Natural Park to the Sebes Nature Reserve**, the **Terra Alta** is a rural paradise where products of the highest quality are grown in conditions that respect the environment and have a strong link to the agricultural tradition of the territory.



# Protected Designation of Origin (PDO) Products



**Ebro Delta rice is highly prized for its extraordinary gastronomic quality**

**Ebro Delta rice: the heart of a cuisine with deep roots**

**Ebro Delta Protected Designation of Origin** rice is from the *Oryza sativa* L species, with varieties such as Bahia, Tebre, Fonsa, Bomba, Montsianell, Gleva, JSendra, Guara and Olesa.

Its cultivation is concentrated in the rice fields of **Amposta, Camarles, Deltebre, L'Aldea, L'Ampolla, La Ràpita** and **Sant Jaume d'Enveja**, in the heart of the Ebro Delta Natural Park.

This rice is highly valued for its gastronomic quality. Once cooked, the grain has great homogeneity, an optimal texture and an extraordinary capacity to absorb flavours. That is why it is the undisputed basis of the traditional Delta cuisine, from paellas to “soggy” or honeyed rice dishes, and a key ingredient in the culinary identity of the **Terres de l'Ebre**.

# Protected Geographical Indication (PGI) Products

## Terres de l'Ebre clementines: sweetness and flavour with a seal of quality

In addition to the products with a quality seal, the **Terres de l'Ebre** treasure a wide variety of products without official certification but equally representative of the territory and of recognised excellence. It is also worth noting that this is the area with the highest concentration of organic producers in Catalonia, a clear commitment to healthy and environmentally friendly food. Many of these products can be purchased directly from farm shops, agricultural cooperatives and local markets, where personal attention and the origin of the product go hand in hand.

The **Terres de l'Ebre** clementine is a unique fruit. Resulting from the fusion between the common mandarin and the bitter orange, it stands out for its natural sweetness and intense flavour. Grown under integrated systems that respect the environment, this variety offers a lively, bright orange skin with an elastic texture and a thin but strong peel.

The fruits are balanced, juicy and sweeter than average, with an extended ripening period that guarantees their quality and freshness for longer. The **Terres de l'Ebre Clementine Protected Geographical Indication (PGI)** is

a guarantee of confidence and excellence for consumers, with unmistakable sensory characteristics and an intense colour that enhance their enjoyment.

The production area covers the municipalities of **Baix Ebre** and **Montsià** counties, where the microclimate and soil provide the ideal environment for growing these mandarins. The varieties protected under the **PGI** include the fine mandarin, the hernandina and the clemenules, all of which represent an agricultural tradition rooted in the territory and with a future full of flavour.



## Treasures of the Terres de l'Ebre from the sea and the land

The **Terres de l'Ebre** region is a true natural pantry where the sea and the land join hands to offer a rich, authentic gastronomy rooted in the territory.

Marine cultivation and sustainable seafood farming have achieved recognised excellence in the **Ebro Delta**. It is the area par excellence for the production of mussels and oysters, raised in waters full of nutrients thanks to the unique combination of fresh and salt water. You can also find clams, cockles, razor clams and sculpins, as well as highly prized species such as mantis prawns, king prawns and eels. Fresh, tasty seafood that defines the delights of the local cuisine.

The land also offers its own wealth of resources. The vegetables grown in the region's market gardens —such as the tender, tasty and highly appreciated artichoke— form an essential part of many traditional dishes. In addition, the **Terres de l'Ebre** are a fertile territory for sweet fruit cultivation, such as the excellent quality cherries with an unmistakable taste that result from exceptional climatic conditions and the patient work of the farmers.

# Treasures of the Terres de l'Ebre from the Sea and the Land

## Confectionery: sweets with their own identity

Traditional pastries occupy a prominent place on the tables of the **Terres de l'Ebre**. Each town has its own speciality. They are often linked to festivals and traditions and recipes that have been passed down through the generations. Accompanied by a sweet wine or rice liqueur, these artisanal pastries usually mark the end of most special meals.

Among the most emblematic proposals are the *cóc de brosat* and the *garrofetes del Papa Lluna* (said to heal stomach problems) typical of **Tortosa**; *periquillos* (or orelletes or testes) from **Ulldecona**; *punyetes* from **Roquetes**; and *coques de sagí*, *coques de panoli* and the classic *pastissets* and *casquetes de cabell d'àngel* found all across the region.

These small delicacies evoke flavours remembered, local identity and a gentle pride of belonging.



Les Salines de la Trinitat.

## Les Salines de la Trinitat: the white and rosé of the Delta

The **Salines de la Trinitat** salt pans are located at the southern end of the **Ebro Delta** on the **Alfacs peninsula**, they occupy around 1,000 hectares and are the only active salt production area in Catalonia. Around 100,000 tonnes of salt are extracted there every year, part of which is exported to northern Europe. The salt pans are in the **Punta de la Banya** partial nature reserve, a very fragile environment of high ecological value.

Among the most appreciated varieties is the Flor de Sal, a pure fine salt harvested using traditional techniques. It has a subtle flavour and a delicate aroma.

The Flor de Sal is pure and fine with a delicate aroma



# Gastronomic Experiences

[The DO Terra Alta Wine Route](#)

[Olive Tourism among Thousand-year-old Olive Trees](#)

[A Calendar to Savour](#)

[Tours with a Taste of the Territory](#)

[Where Fine Dining Meets Culinary Roots](#)

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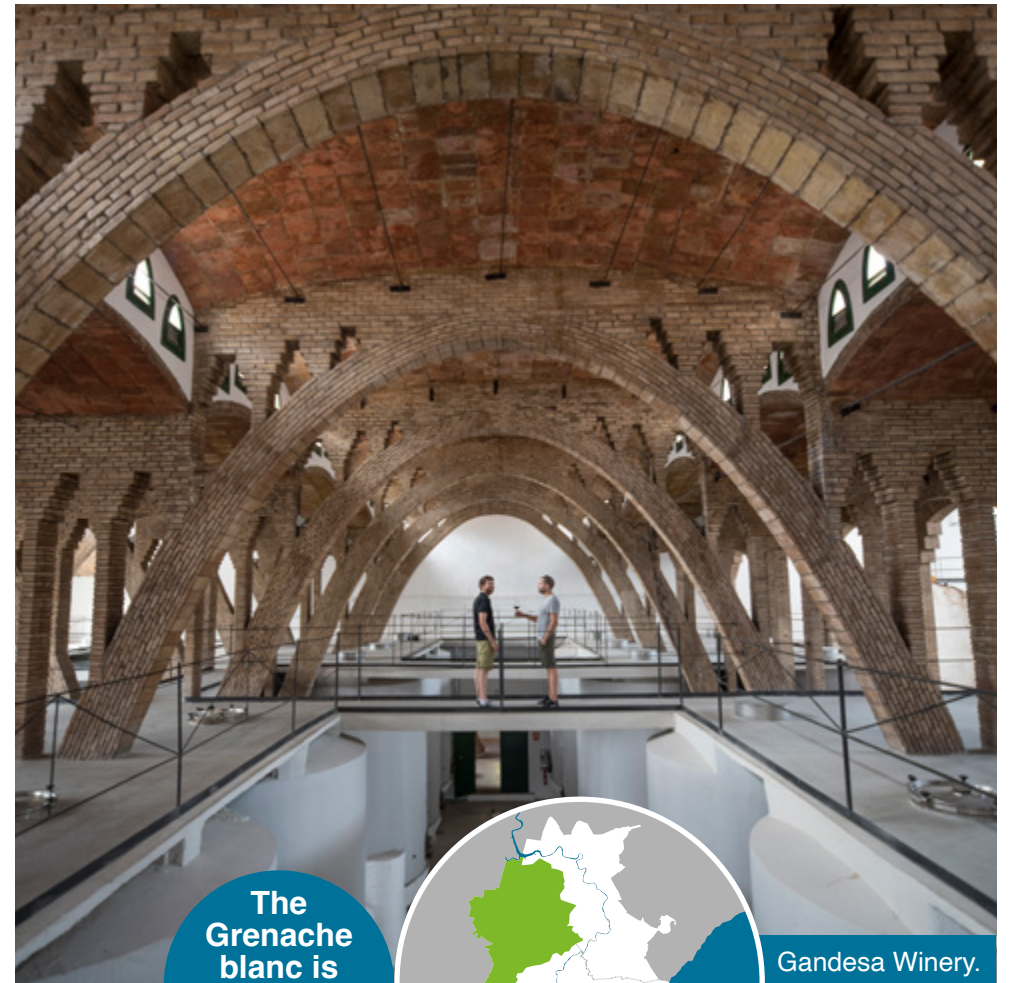
The **Terres de l'Ebre** offer a whole universe of **food and wine experiences** linked to the landscape and tradition.

Proposals such as the **Terra Alta DO Wine Route** or **olive oil tourism among thousand-year-old olive groves** invite you to discover the territory through its flavours. A rich gastronomic calendar rounds off the experience, offering flavour-filled journeys through the territory and gourmet cuisine grounded in tradition, ready to be savoured.

# The DO Terra Alta Wine Route

The **Terra Alta** is an inland region with a Mediterranean spirit. Shaped by landscapes that captivated Pablo Picasso, the area is also steeped in a winemaking tradition that can trace its origins back to 13<sup>th</sup>-century Templar monks. The region's climate, altitude and calcareous soils have always created ideal conditions for viticulture, especially for the Grenache Blanc grape—an emblematic variety at the forefront of wines of internationally recognised quality. The wineries of the **DO Terra Alta** offer unique experiences in which to taste and enjoy their wines.

**Several wineries in the DO Terra Alta invite visitors to enjoy unique wine tourism experiences centred on discovering their wines.**



The Grenache blanc is the most emblematic variety

Gadesa Winery.

# Olive Oil Tourism among Thousand-year-old Olive Trees

Walk among vast expanses of olive groves and marvel at the ancient trees; taste the new olive oil; discover the native varieties; and learn about the production process in the mills. The culture of olive oil in the **Terres de l'Ebre (DOP Oli de la Terra Alta and DOP Oli del Baix Ebre-Montsià)** offers these experiences and many more.

Throughout the **Terres de l'Ebre** different producers organise experiences designed to allow you to discover the secrets of extra virgin olive oil, the true liquid gold that is never missing from the table. **Ulldecona** has the largest concentration of ancient olive trees in the world, a unique setting in which to enjoy truly unforgettable experiences.

You can also visit the fairs and festivals organised around olive oil and enjoy the meals that many of the mills and cooperatives offer in the heart of nature.

**At Fondo de l'Arión in Ulldecona you will find the Natural Museum of the Millenary Olive Trees.**



Terra Alta  
and Baix  
Ebre-Montsià  
are the two  
DOPs

Thousand-year-old olive trees.

# A calendar to discover

The **Terres de l'Ebre** offer much more than scenery; they are a destination in which to enjoy good food with intensity, proximity and identity. At different times of the year, many towns and villages host gastronomic festivals and events that showcase seasonal produce and local cuisine. They take place in authentic settings where people are the true protagonists.

## January

- Clotxa Festival in Benifallet
- Porca Tapas Route in Mora d'Ebre

## February

- Mantis Prawn Gastronomic Festival in L'Ampolla, La Ràpita, Alcanar and L'Ametlla de Mar
- Artichoke Festival in L'Aldea
- Amposta Rice and Artichoke Festival, Gastronomic Festival and Tapas Route

## March

- Millenary, Godall Olive Oil and Asparagus Fair

## April

- Red Tuna Day, Tuna Gastronomic Festival and Red Tapas Route in L'Ametlla de Mar
- Ulldecona Goes for Tapas
- Firabril, Honey and Olive Oil Fair in El Perelló

## May

- L'Ampolla Oyster Gastronomic Festival and Oyster Day
- *Fideus Rossejats* Day and *Fideus Rossejats* Festival in L'Ametlla de Mar
- *Recapte* Gastronomic Festival, La Sénia
- Cherry and Aromatic Herb Festival, Paüls
- Honey Festival, Arnes
- DO Terra Alta Spring Festival, various venues

## June

- Traditional Terres de l'Ebre rice-planting festivals in various towns
- Mussel Gastronomic Festival in Deltebre

- Dolça Tardor (Sweet Autumn): Deltebre Mussel Festival
- King Prawn Gastronomic Festival in Alcanar and Les Cases d'Alcanar
- Cherry Festival, Miravet
- Dolça Tardor (Sweet Autumn): *Mostillo* Festival, Horta de Sant Joan
- Grape Harvest Festival, Corbera d'Ebre
- Gandesa Wine Festival
- New Wine and New Olive Oil Festival

## July

- Ebro Delta Mussel Day, Les Cases d'Alcanar

## August

- Camarles Rice *Baldana* Gastronomic Festival
- Almond Festival in Pobla de Massaluca

## September

- Traditional Ebro Delta Rice Harvest Festivals and Rice Gastronomy Festivals in various municipalities

## October

- Prat d'Almos *Aguardiente* (distilled spirit) Festival
- *Mondongo* Festival, Bot de Comte
- Fresh Fish and Rice Dishes Gastronomic Festival, L'Ametlla de Mar

## November

- Olive Oil and Mediterranean Fair in Santa Bàrbara
- *Clotxa* Festival, Ribera d'Ebre
- King Prawn Gastronomic Festival, La Ràpita
- Juniper Oil Festival, Ribarroja de Ebro

## December

- La Fatarella Olive Oil Festival
- Alcanar Clementine Gastronomic Festival
- New Olive Oil Festival, La Serra

**You can see the full programme of festivals on the [Terres de l'Ebre website](#)**

# Tours with a Taste of the Territory

Local produce in the **Terres de l'Ebre** should not merely be tasted, but experienced! You can visit and tour the facilities of a wide variety of the region's producers and learn about the origin, production methods and passion behind each dish.

You can take a boat trip to a mussel farm from **La Ràpita** or **L'Ampolla** and taste the molluscs, oysters and giant oysters straight from the sea in which they are grown. Another unique experience is swimming among giant bluefin tuna on an unforgettable tour in **L'Ametlla de Mar**.

Rice, the undisputed star of the **Delta**, can also be learned about from the inside with visits to rice fields and mills in **La Ràpita**, **Deltebre**, **L'Aldea**, **L'Ampolla** and **Amposta**.

In **Tortosa**, artisanal chocolate is a real treat for those with a sweet tooth. Cheese lovers will find little gems in **Rasquera**, **Flix** and **Torre de l'Espanyol**, where you can visit the factories that produce cheeses with character and great attention to detail. And to sweeten the journey, nothing better than honey from **El Perelló** and **Arnes**, harvested with the wisdom of a long beekeeping tradition.

**The Terres de l'Ebre offer tours and tastings at local producers.**



Rice is the undisputed star of the Delta

Rice growing in the Delta.

# Where Fine Dining Meets Culinary Roots

In the **Terres de l'Ebre**, signature cuisine coexists with traditional gastronomy prepared with meticulous care, using local products and following recipes handed down to us by our ancestors. This combination of innovation and authenticity has placed the territory on the country's gourmet cuisine map.

The region currently has four **Michelin Star\*** restaurants:

- **Les Moles**, in **Ulldecona**: chef **Jeroni Castell**.
- **Villa Retiro**, in **Xerta**: chef **Fran López**.
- **L'Antic Molí**, also in **Ulldecona**: chef **Vicent Guimerà**.
- **El Citrus del Tancat**, in **Alcanar**: chef **Aitor López**.

The **Terres de l'Ebre**, region also boasts an establishment distinguished with a **Michelin Green Star**:

- **Restaurant l'Algadir del Delta**, in **Poble Nou**: chef **Joan Capilla**.
- **Restaurant l'Antic Molí**, in **Ulldecona**: chef **Vicent Guimerà**.
- **Restaurant Les Moles**, in **Ulldecona**: chef **Jeroni Castell**.
- **Restaurant Bistró Amunt**, in **Ulldecona**: chef **Vicent Guimerà**.

**The Terres de l'Ebre boasts four Michelin-starred restaurants and one with a Michelin Green Star.**



The Terres de l'Ebre are a gastronomic temple

Cuisine is one of the main attractions.

\* Edition 2025

# Where Fine Dining Meets Culinary Roots

The uniqueness and authenticity of the cuisine of the **Terres de l'Ebre** has been especially highlighted and valued from the Repsol Guide\*, and has the following restaurants distinguished with the Sols and Soletes Repsol.

## TWO SOLS REPSOL

- ☀️☀️ Villa Retiro, Xerta
- ☀️☀️ Les Moles, Ulldecona

## ONE SOL REPSOL

- ☀️ L'Antic Molí, Ulldecona
- ☀️ Citrus del Tancat, Alcanar

## SOLETES REPSOL

### L'Ametlla de Mar

Ca Merino  
Restaurant La Subhasta  
Subhasta de l'Estany

### L'Ampolla

Els dolços de Pastisseria Bahía  
La Taverneta  
La terrassa  
Restaurant de Sant Jordi Beach  
Club

### Amposta

Restaurant La Tancada

### Les Cases d'Alcanar

Arròs & Brases  
Les Barques Can Joan

### Deltebre

L'Arròs de Ladis Alcalà  
Mas de Prades  
Reversible

### El Perelló

El Racó de Santa Llúcia  
El Xiringuito Morro de Gos

### Horta de Sant Joan

Restaurant Miralles

### Poble Nou del Delta

Cal Faiges

### La Ràpita

Albert Guzmán Restaurant  
Cinteta  
Musclarium

### Tortosa

La terrassa de Lo Torronero  
Les delícies de Peralta Pastissers

### Ulldecona

El Caçador  
Lo Paseo



\* Soles edition 2026 and soletes 2025.



# Visit the Terres de l'Ebre

[Accommodation](#)

[Mobility](#)

[Tourist Information Offices](#)

[FAQS](#)

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The **Terres de l'Ebre** has a diverse range of accommodation adapted to all tastes and needs, including hotels, campsites, rural houses, holiday homes, hostels and mountain refuges. The destination is easily accessible by plane, train, car or bus and has a network of tourist offices that offer information and personalised attention to help you make the most out of your visit to the region.

# Accommodation

The four counties of the **Terres de l'Ebre** offer visitors a wide variety of accommodation including a carefully selected choice of hotels, campsites, rural houses, holiday homes, hostels and mountain refuges.

**Terres de l'Ebre offers carefully chosen experiences that combine comfort, authenticity and a close connection with the territory.**



Traditional hut.

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# Mobility

Thanks to the region's infrastructure network, there are various means of transport at your disposal to travel to the **Terres de l'Ebre**.

## By car

One of the main axes of the **Terres de l'Ebre** road network is the **AP-7 motorway**, which runs from La Jonquera on the French border to the south of Spain, bordering the Mediterranean coast. Another important road is the **C-12**; known as the **Eix de l'Ebre**, it crosses the territory from south to north and connects with Lleida province. Both the **AP-7** motorway and **N-340** highway run south from Barcelona following the Mediterranean coast of Spain. Finally, the **N-420** highway connects the region with Zaragoza via Teruel, passing through **Terra Alta** and **Ribera d'Ebre** counties. In addition, there is a complete network of secondary roads that communicate the different towns and villages of the **Terres de l'Ebre**.

## By bus or coach

The Hife coach company offers connections from Barcelona and its airport to different towns in the **Terres de l'Ebre** and is one of the best options for reaching places such as **Tortosa**, **Sant Carles de la Ràpita**, **Amposta** and **Deltebre**.

## By plane

**Reus Airport** is some 80 kilometres from the **Terres de l'Ebre**. **Barcelona Airport** is 150 kilometres away and offers a wider range of international flights.

## By rail

The train is a sustainable transport option for reaching the **Terres de l'Ebre** from anywhere in Spain. **L'Aldea-Amposta-Tortosa** station is on the so-called **Mediterranean Corridor** and connects with the long- and mid-distance trains. There are daily trains that connect the cities of Barcelona and Valencia with the **Terres de l'Ebre**. The **R16 Regional Mid-Distance** line also stops at other coastal towns including **L'Ametlla de Mar**, **L'Ampolla** and, located inland, **Tortosa**. There is also a line that connects Tarragona with Zaragoza and passes through several towns in the **Ribera d'Ebre**, including **Móra la Nova**.

# Tourist Information Offices

## **TORTOSA TOURIST OFFICE**

Felip Pedrell, 3  
43500 Tortosa  
Tel. 977 449 648  
[turisme@tortosa.cat](mailto:turisme@tortosa.cat)  
[www.tortosaturisme.cat](http://www.tortosaturisme.cat)

## **ALCANAR TOURIST OFFICE**

Lepanto, s/n  
43569 Les Cases d'Alcanar  
Tel. 977 737 639  
[turisme@alcanar.cat](mailto:turisme@alcanar.cat)  
[www.alcanarturisme.com](http://www.alcanarturisme.com)

## **L'AMETLLA DE MAR TOURIST OFFICE**

Av. Amistat, s/n  
43860 L'Ametlla de Mar  
Tel. 977 456 477  
[turisme@ametllamar.cat](mailto:turisme@ametllamar.cat)  
[www.visitametllademar.com](http://www.visitametllademar.com)

## **LA RÀPITA TOURIST OFFICE**

Parc de Garbí, s/n  
43540 La Ràpita  
Tel. 977 744 624  
[turisme@larapita.cat](mailto:turisme@larapita.cat)  
[www.turisme.larapita.cat](http://www.turisme.larapita.cat)

## **AMPOSTA TOURIST OFFICE**

Av. Sant Jaume, 42-52  
43870 Amposta  
Tel. 977 703 453  
[turisme@amposta.cat](mailto:turisme@amposta.cat)  
[www.turismeamposta.cat](http://www.turismeamposta.cat)

## **L'AMPOLLA TOURIST OFFICE**

Rda. del Mar, 12  
43895 L'Ampolla  
Tel. 977 593 011  
[info@ampollaturisme.com](mailto:info@ampollaturisme.com)  
[www.ampolla.org](http://www.ampolla.org)

## **ULLDECONA TOURIST OFFICE**

Pg. de l'Estació, 6  
43550 Ulldecona  
Tel. 977 573 394  
[turisme@ulldecona.cat](mailto:turisme@ulldecona.cat)  
[www.turismeulldecona.com](http://www.turismeulldecona.com)

## **EL PERELLÓ TOURIST OFFICE**

Lluís Companys, 2  
43519 El Perelló  
Tel. 977 491 021  
[turisme@elperello.cat](mailto:turisme@elperello.cat)  
[www.elperelloturisme.com](http://www.elperelloturisme.com)

## **BENIFALLET TOURIST OFFICE**

Av. Lluís Companys, 3  
43512 Benifallet  
Tel. 977 462 334 / 977 267 800  
[covesmeravelles@gmail.com](mailto:covesmeravelles@gmail.com)  
[www.benifallet.altanet.org](http://www.benifallet.altanet.org)

## **CAMARLES TOURIST OFFICE**

Trenta-u, s/n  
43894 Camarles  
Tel. 977 470 040  
[ocupacio@camarles.cat](mailto:ocupacio@camarles.cat)  
[www.camarles.cat](http://www.camarles.cat)

## **GANDESA TOURIST OFFICE**

Av. Catalunya, 3-5  
43780 Gandesa  
Tel. 977 420 910  
[turisme@gandesa.cat](mailto:turisme@gandesa.cat)  
[www.gandesa.cat/turisme](http://www.gandesa.cat/turisme)

## **LA SÈNIA TOURIST OFFICE**

Pg. de la Clotada, 23  
43560 La Sénia  
Tel. 977 713 000  
[turisme@lasenia.cat](mailto:turisme@lasenia.cat)  
[www.lasenia.cat](http://www.lasenia.cat)

## **ASCÓ TOURIST OFFICE**

Ctra. Camposines, 21  
43791 Ascó  
Tel. 977 406 583  
[turisme@asco.cat](mailto:turisme@asco.cat)  
[www.ascoturisme.cat](http://www.ascoturisme.cat)

## **TORTOSA COUNTY TOURIST OFFICE**

Barcelona, 152  
43500 Tortosa  
Tel. 977 445 308  
[turisme@baixebre.cat](mailto:turisme@baixebre.cat)  
[www.baixebre.cat/turisme](http://www.baixebre.cat/turisme)

## **LA GALERA TOURIST OFFICE**

Sant Llorenç (baixos), 36  
43515 La Galera  
Tel. 977 718 339  
[terracota@galera.altanet.org](mailto:terracota@galera.altanet.org)  
[www.galera.cat](http://www.galera.cat)

## **TERRES DE L'EBRE TOURIST OFFICE**

Rbla. Felip Pedrell, 3  
43500 Tortosa  
Tel. 977 585 871  
[ot.terresebre@gencat.cat](mailto:ot.terresebre@gencat.cat)  
[terresdelebre.travel](http://terresdelebre.travel)

# Tourist Information Offices

## **EBRETERRA – TOURISM INTERPRETATION CENTRE**

Sant Miquel, 1  
43580 Deltebre  
Tel. 977 480 627  
[info@ebreterra.cat](mailto:info@ebreterra.cat)  
[www.baixebre.cat/node/812](http://www.baixebre.cat/node/812)

## **L'ALDEA MUNICIPAL TOURIST OFFICE**

Ermita de l'Aldea  
43896 L'Aldea  
Tel. 977 450 012  
[turisme@laldea.cat](mailto:turisme@laldea.cat)  
[www.laldea.org](http://www.laldea.org)

## **RASQUERA MUNICIPAL TOURIST OFFICE**

Pl. Major, 7  
43781 La Fatarella  
Tel. 977 413 609  
[turisme@lafatarella.cat](mailto:turisme@lafatarella.cat)  
[www.lafatarella.cat](http://www.lafatarella.cat)

## **TERRA ALTA COUNTY COUNCIL**

Bassa d'en Gaire, 1  
43780 Gandesa  
Tel. 977 420 018  
[consellcomarcal@terra-alta.cat](mailto:consellcomarcal@terra-alta.cat)  
[www.terra-alta.cat](http://www.terra-alta.cat)

## **HORTA DE SANT JOAN TOURIST OFFICE**

Pl. Catalunya, s/n  
43596 Horta de Sant Joan  
Tel. 977 435 043  
[aj.horta@altanet.org](mailto:aj.horta@altanet.org)  
[turismehortadesantjoan.cat](http://turismehortadesantjoan.cat)

## **RIBERA D'EBRE COUNTY COUNCIL**

Pl. Sant Roc, 2  
43740 Móra d'Ebre  
Tel. 977 401 851  
[consell@riberaebre.org](mailto:consell@riberaebre.org)  
[www.turismeriberaebre.org](http://www.turismeriberaebre.org)

## **RASQUERA MUNICIPAL TOURIST OFFICE**

Ribera d'Ebre, 2  
43513 Rasquera  
Tel. 977 409 061  
[ajuntament@rasquera.cat](mailto:ajuntament@rasquera.cat)  
[www.rasquera.cat](http://www.rasquera.cat)

## **SANT JAUME D'ENVEJA TOURIST OFFICE**

Plaça 23 de juny  
43877 Sant Jaume d'Enveja  
Tel. 977 468 165  
[info@santjaumeturisme.cat](mailto:info@santjaumeturisme.cat)  
[www.santjaumeturisme.cat](http://www.santjaumeturisme.cat)

## **TIVISSA TOURIST OFFICE**

Foig, 3  
43746 Tivissa  
Tel. 977 417 316  
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## **MONTSIÀ COUNTY COUNCIL**

Pl. Lluís Companys, s/n  
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Tel. 977 704 371  
[consell@montsia.cat](mailto:consell@montsia.cat)  
[www.montsia.cat](http://www.montsia.cat)

## **ROQUETES TOURIST OFFICE**

[turisme@roquetes.cat](mailto:turisme@roquetes.cat)

## **DELTEBRE TOURIST OFFICE**

c/ Coll Verd, 54  
43580 Riumar – Deltebre  
Tel. 977 489 309  
[turisme@deltebre.cat](mailto:turisme@deltebre.cat)  
[atraccionatural.cat](http://atraccionatural.cat)

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# FAQS

## Where can I find more information?

Tourist information offices and the Provincial Tourism Board website

## Which is the best season for birdwatching?

Each season of the year is characterised by a different landscape and different bird species. They are all exceptionally beautiful and invite you to enjoy birdwatching in the **Terres de l'Ebre**.

## Where can I see flamingos and other birds?

In the lagoons of the **Delta**, especially in the **L'Encanyissada** and **Tancada** areas.

## What bike routes can I do with my family?

The **Via Verda** is the perfect route to take with the family, as there are no motorised vehicles and it is low difficulty. Consult the bike route planner to personalise your itinerary and find new routes waiting for you to discover.

## Are there any water sports activities?

You can go kayaking on the **Ebro River** and in the **Delta bays**; kite surfing in the **Delta**; and fishing in **Flix** and **Riba-roja** reservoirs.





@terresebre



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