

Res'pir

a quality charter for outdoors and nature tourism

As part of the European project Res'pir, the city of Girona is working closely with its French partners in the Ariège region to develop a procedure on quality for and active and nature-based tourism. It aims to ensure quality standards for these activities, in line with the three axes of sustainable tourism (economic, social and environmental). Throughout 2012, companies in the active and nature-based tourism industry appearing in this catalogue have been working together to define a series of objectives to ensure that visitors enjoy authentic, unforgettable and quality experiences in the great outdoors.



Active tourism in Girona

Choose your activity!



Kayak trips on the River Ter

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

Duration: 1h30min aprox
Price: €20/person
Includes: Kayak, double paddles, life jacket and basic paddling tuition
Languages: Catalan, Spanish and English
Reservations: Caiac i Natura
 Tel. (+34) 699 770 647
 info@caiacinatura.com
 www.caiacinatura.com

Departure point: Ribes del Ter Park, Fontajau



One day Trail Running Tours

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

Duration: 4 h approx (plus transfers). Distance 16 km, elevation gain 200 m
Price: €80/person
Includes: Guide service during the whole trip. Dinner at Llevant Restaurant in Llafranch. Transfers Girona-Palamós and Llafranch-Girona
Languages: Catalan, Spanish and English
Reservations: Running and Trekking Costa Brava
 (+34) 696 70 91 19
 info@runningcostabrava.com
 www.runningcostabrava.com

Departure point: Plaça Catalunya (Girona)



Kayaking along the Baix Ter

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

Duration: 1 h 30 min aprox
Price: €20 adults, €15 young people (up to 14 years), €5 children (up to 6 years) and €15 retired people (up to 75 years). Children and young people must be accompanied by an adult. Large families or oneparent families, 10% off. Groups of 20-30 people, 10% off; more than 30 people, 15% off

Includes: Rental equipment, insurance, taxes and necessary transfers
Languages: Catalan, Spanish, French and English
Reservations: Kayak del Ter
 Tel. (+34) 662 159 469
 info@kayakdelter.com
 www.kayakdelter.com

Punt de sortida: Colomers (Baix Empordà)



Hiking through Sant Daniel valley

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

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

Duration: 3 h
Price: €5 per person (minimum 15 people). Smaller groups must pay full price (€75/group)
Includes: Guide service. Comfortable footwear recommended
Languages: Catalan and Spanish
Reservations: Sorbus
 Tel. (+34) 636 966 705 / info@sorbus.cat
 www.sorbus.cat

Departure point: Plaça de Sant Pere Galligants



Nature trails in Girona's green spaces

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

Duration: 2 h
Price: €9 per person (minimum 5 people). Smaller groups must pay full price (€45/group)

Includes: Guide service. Comfortable footwear recommended
Languages: Catalan, Spanish and English

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



Girona Stone walking trail

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

Duration: 2 h 15 min
Price: €110 per group and guide
Includes: Guide service. Comfortable footwear recommended
Languages: Catalan, Spanish, English, French, German, Italian, Portuguese, Dutch and Russian

Reservations and departure point: Punt de Benvinguda
 Tel. (+34) 972 211 678
 pbturisme@ajgirona.org
 pbgirona@gmail.com



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Active tourism in Girona

Choose your activity!



Discover Girona From another perspective

Observing the Jewish Quarter of Girona from the air, paddling down the River Ter, exploring the Gavarres Mountains on foot, running or by bike, trying out the best cycling routes or enjoying the emotion of canyoning and via-ferratas a few kilometres away from the city: we suggest thirteen activities to discover Girona and its surroundings from another point of view.

Experience in an original and entertaining way the discovery of a territory, the practice of sport and contact with nature!

Active tourism in Girona Choose your activity!



Cycling along the Narrow-Gauge Railway greenway

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

Duration: 2 h 30min (36 km)
Price: €19. Children up to 12 years, €15
Includes: Bike rental, route map with descriptions. Bikes available: ATB, road bikes and standard bikes
Languages: Catalan, Spanish, English and German
Reservations and departure point: Cicloturisme i Medi Ambient
 C/ Impressors Oliva 2A
 17005 Girona
 Tel: (+34) 972 221 047
 info@cicloturisme.com
 www.cicloturisme.com



Road cycling from Girona

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

- **Medieval Empordà (65 km):** Trip to Baix Empordà County and its medieval villages, with optional ascent to Els Àngels sanctuary.
- **Les Serres (85 km):** Itinerary through River Llémena valley and La Selva County. Magnificent traditional farmhouses and rural landscapes.
- **Costa Brava (105km):** Spectacular trip to Tossa and Sant Grau hermitage, with with unique views views of the Costa Brava.

Duration: 3-4 h
Price: From €45
Includes: Guide service. Optional rental of Garmin team bicycle
Languages: Catalan, Spanish, English and French
Reservations: Bikecat
 Tel. (+34) 639 829 272
 info@bikecat.com
 www.bikecat.com
Departure point: Plaça Lledoners, 1
 17004 Girona



Enjoy the mountains on an ATB

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

- **Gavarres mountains:** Girona (Pl. Catalunya) - Quart - Els Àngels - Girona.
- **La Crosa volcano:** Girona (Plaça de Catalunya) - Fomells de la Selva - La Crosa volcano - Bescanó - Sant Grau - Girona.
- **River Llémena valley:** Girona (Pl. Catalunya) - Taialà - Sant Medir - Sant Gregori - Girona.

Duration: 3-4 h (approx. 30 km, with 500 m elevation gain)
Price: €40/GPS
Includes: GPS with route tracker, €40 per unit (1 GPS per group, max. 5 persons); guided bike trip, €180 per group (1 guide per group, max. 8-10 persons, 2 guides for larger groups); optional farmer's breakfast, €15 per person; rental of ATB (dual suspension), €45; rental of helmet and gloves, €5
Languages: Catalan, Spanish and English
Reservations: Senglar Routes
 Tel. (+34) 698 656 609 / (+34) 630 393 852
 info@senglar-routes.com
 www.senglar-routes.com
Departure point: Centre Biker Girona
 C/ Joaquim Botet i Sisó, 12 - ground floor
 17003 Girona



Bike trips in the surrounding areas of Girona

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

- **Mountain biking initiation:** For people who want a gentle introduction to mountain biking - short distance and not much uphill riding. Suitable for anyone with a general fitness level.
- **Discover Girona:** For people who want to discover the surrounding areas of Girona and find new areas and paths for going on bike rides. Suitable for those with a higher level of fitness.

Duration: 2 h (Initiation) or 2-3 h (Discover Girona)
Price: From €39/person
Includes: Guide, GPS or road book. ABT rental, talk on the bike ride and basic mountain biking techniques, energy drink, brunch at the Centre Biker once the bike ride has been completed, overview and analysis of bike ride on the centre's screens, pick-up service in case of problems en-route. Optional insurance

Languages: Catalan, Spanish and English
Languages: Catalan, Spanish and English
Reservations and departure point: Centre Biker Girona
 C/ Joaquim Botet i Sisó, 12, ground floor
 17003 Girona
 Tel. (+ 34) 972 912 914 / (+34) 620 276 196
 imor@centrebikergirona.com
 www.centrebikergirona.com



Rural electric bikes

Bike rides at a different pace, moving effortlessly on a Burricleta, the first rural electric bicycle. Half-day, one-day, gastronomic, overnight and night routes are available. Burricleta has routes for all tastes and audiences. Let our specialists at the Burricleta centres advise you; they know the environment better than anyone and will help you to plan an unforgettable Burricleta experience.

Duration: ½ day (4 h morning or afternoon)
Price: €25 (Burricleta), €20 (Mini-burricleta)
Includes: Electric bike rental, GPS with tracks
Languages: Catalan, Spanish and English
Reservations: Burricleta. Tel. (+34) 972 101 201
 pladelestany@burricleta.com
 http://ca.burricleta.com/ca
Departure point: C/ Mercaders, 6
 17004 Girona (From August)



Balloon trips

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

Duration: Approx. 4 h 30 min (activity starts at 7.30 am)
Price: €160/person
Includes: Balloon flight, farmer's breakfast, transfer in 4x4, flight certificate and insurance
Languages: Catalan, Spanish and English
Reserves: Vols Girona. Tel. (+34) 659 93 62 03
 sebasfj@hotmail.com / www.volsgirona.com
Departure point: Parc de la Devesa
 (in front of Pont de Pedret roundabout)



Canyoning

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

Duration: 2h30min-3h
Price: From €40/person. Aged 10 and over. Children must be accompanied by an adult
Includes: Equipment and insurance. Photo and video report. Customers must bring swimsuit, towel and sports footwear
Languages: Catalan and Spanish
Reserves: Aventura Girona
 (+34) 633 161 679 / info@aventuragirona.com
 www.aventuragirona.com
Punt de sortida: Aparcament del Pavelló de Fontajau o de Mas Gri (Decathlon) car parks



Oficina de Turisme
 Rambla de la Llibertat, 1
 17004 Girona
 Tel. 972 01 00 01

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

