

*Welcome to  
Mas Montbrió Belvedere!*



*We wish you a wonderful stay!  
Lisette and Ronald*

## *All you need to know from A - Z*

### **A**

#### *Airconditioning*

Please turn off the air conditioning when leaving your room. Thank you.

#### *Adopt an olive tree*

Looking for the perfect gift or souvenir? Consider the adoption of one of our olive trees! You choose the name of your tree and we will make you an adoption certificate of your tree.

Every year in November we harvest the olives. After pressing and bottling we will send you 10 cans with 500ml each from our beautiful olive oil. On the back of the cans we put the name of your tree.

For more information please check our website:

<https://www.montbriobelvedere.com/en/olive-oil/>

# B

## *Banks*

In Montbrió del Camp (2.0 km from the Mas) are several banks where you can withdraw money using your credit or debit card.

## *Bath ropes and pool towels*

You can rent a bath rope at a rate of € 6.00 per stay.

Pool towels are provided at a rate of € 4.00. Please do not use the towels of your room at the pool area. You can dry your pool towels on the clothes horse rack on the terrace.

## *Beaches*

Four out of Cambrils' nine beaches have been awarded a so called “blue flag” ensuring the high quality of the sand, water and facilities on the beach.

During summer all beaches are manned by a lifeguard and the beach police.

On each of Cambrils' beaches you will see a flag. The colour of the flag will let you know the water conditions at that time. There are three different flag colours:

**Green flag:** swimming allowed.

**Yellow flag:** swim with caution.

**Red flag:** swimming not allowed.

Cambrils Beaches from South till North (L'Arcadia beach, being closest to Mont-roig el Camp and Cap de Sant Pere beach being closest to Salou):

### **L'Ardiaca Beach**

This beach is located slightly outside of the centre of Cambrils. There is a breakwater along its length, ensuring that the water is safer for children. It is one of Cambrils' less crowded beaches. There are outdoor showers, toilets, sun loungers and parasols to rent, pedal boats and chiringuito (a beach restaurant) selling food and drinks.

### **La Llosa Beach**

This beach is located slightly outside of the centre of Cambrils. There is a breakwater along its length, ensuring that the water is safer for children. It is comparable in terms of facilities to L'Ardiaca Beach and it is about as crowded.



### **D' Horta Beach**

D' Horta beach is one of Cambrils' smallest beaches. It is located close to the centre of Cambrils. This makes it a popular and sometimes crowded option.

There are outdoor showers, toilets, sun loungers and parasols to rent and a chiringuito (a beach restaurant) selling (excellent) food and drinks.

### **La Riera Beach**

This is one of Cambrils' most central beaches. It is small and generally busy. It does not have as many facilities as some of the other beaches, but it does have showers.

### **Prat d'En Forés Beach (blue flag beach) in front of McDonalds**

This is one of Cambrils' most popular beaches. It is also one of its larger beaches: 967 metres in length. This beach is awarded not only a “blue flag” but also a 'blue flag wave point’ - meaning that it is good for surfing. It is one of the most well-serviced of Cambrils' beaches. In the water area of this beach there is a 'sea platform' - an area that you can swim out to in the sea.

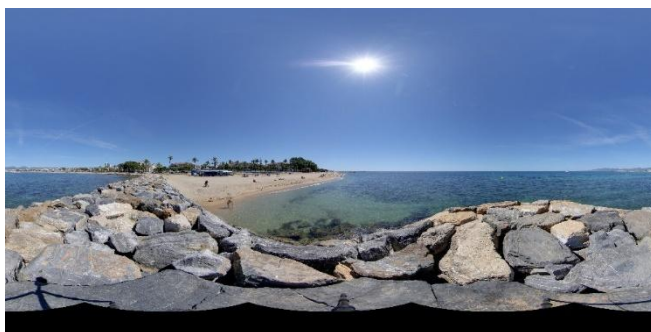
There are showers, toilets, sun loungers and parasols to rent, pedal boats and a small shack selling food and drinks.



### **El Cavet beach**

This is a beach slightly further from Cambrils' town centre. It offers a sandy beach and calm water. It is one of the least crowded of Cambrils' beaches.

It offers showers, toilets, canopies and sun loungers



### **L'Esquirol beach**

This is one of Cambrils' most picturesque beaches. It is reasonably long (895 metres) and quite crowded. It is located in a semi-urban area, away from the main port area. It provides disabled access. It has showers and a toilet, pedalos, sun loungers and parasols to hire.

### **Vilafortuny beach (blue flag beach)**

This is one of the Cambrils' longest beaches (1,415 metres). It is generally very crowded in summer months. It has been awarded with a “blue flag” and a “blue flag wave point” due to the generally strong waves. It offers showers, toilets, sun loungers, canopies and pedalos to rent.



### **Cap de Sant Pere beach**

Cap de Sant Pere Beach offers a picturesque stretch of fine sand and calm water. It is located at one of the furthest points from the port area of Cambrils. However, it is close to Cambrils largest camping grounds, ensuring that it is very busy in the summer months. It offers showers, toilets, a foot wash, pedalos, canopies and sun loungers to rent.

### **Nudist Beach at Platja del Torn (blue flag beach)**

In L'Hospitalet de l'Infant you will find Platja del Torn. An idyllic nudist beach outside the inhabited center of L'Hospitalet, discretely hidden from view, stretching about 1700 m. Accessible from exit 38 at the A-7.

### *Biking and bike rental*

Cambrils is a very popular biking spot.

**Upon your request we provide you with a PDF file with 45 cycling routes starting from the Mas.**

Racing bikes and mountain bikes can be rented at **Montbike** in Montbrió del Camp. They speak English.

Address: Carrer de Magdalena Blay, 43340 Montbrió del Camp.

Telephone: 0034 977 82 69 68

Electric Bikes and City Bikes:

**Rodabike**

C/ Pau Casals,59

43850 Cambrils

Tel.: 0034 977 794 653

## *Bowling*

### **Bowling Diverland**

Avinguda Alcalde Pere Molas

Vila-seca

Tel: 0034 977 325 555

### **Ozone Bowling Reus**

Centre Comercial La Fira

Avinguda Sant Jordi, 6

43201, Reus

Tel: 0034 977 590 327

## *Breakfast*

Breakfast is served from 08h30 till 10h00.

## *C-D*

### *Car Park*

Behind the Mas you will find ample parking space. Please, park your car there.

### *Changing of towels*

We will change the towels every three days and clean the room every 2 days. This way we save water and energy. Thank you for your understanding!

### *Check Out*

We request that you leave your room by 11h00 on the day of departure.

### *COVID-19 Measures, just in case...*

In order to safeguard your health and create a safe and Covid-19 free environment we implemented the Covid-19 guidelines and recommendations issued by the Spanish government and the WHO.

### **Hygiene in Mas Montbrió Belvedere**

Those of you who have visited us before, know that we pay a lot of attention to our hygiene protocols.

We already clean every corner of the Masia on a daily basis, including terraces, hammocks, furniture, common areas, rooms, corridors, reception, breakfast room and kitchen.

Next to that, we

- clean the filters of our air conditioning machines on a regular basis.
- keep the temperature in the common areas at around 23°C.
- wash all towels and linen at 60°C.
- provide upon your arrival extensive information about the house and its environment, including emergency numbers and addresses of nearest hospitals.
- have pedal bins in the rooms and the toilets on the ground floor.
- give you the opportunity to pay contactless by phone or credit card.
- have more than enough space at the poolside and in the garden in order to respect social distancing and privacy.
- ventilate the rooms and common areas every day.
- we instructed our staff and trained them in preventive COVID-19 measures for hotels.
- we provided our staff all the necessary protective equipment for their personal use, such as masks and gloves.

We have taken all these precautions with the well-being and health of you and our staff in mind. They will be subject to change, always complying with Covid-19 measurements required by the Spanish government.

### *Drinking water*

The Mas obtains its drinking water from a private well on its own property. In the basement there are large water treatment facilities, that make the water from the well fully suitable for consumption.

### *Drinks*

In the kitchen, you will find an American refrigerator filled with various drinks. We ask you kindly to write down on the list attached to the fridge what drinks and how many you have used.

You will find glasses in the kitchen drawers. Please be so kind to bring them back to the kitchen. Thank you.



## *E-F-G*

### *Emergency Numbers*

In case of emergency (Fire/Police/Ambulance) call **112**  
and call us on:  
**0034 633 615 215** or **0034 68 555 6754**.

You are on the premises of  
Mas Montbrió Belvedere in Cambrils  
GPS: N41 06.099, E 1 00.224  
Google maps: mas montbrio belvedere

### *General Practitioner*

**Miss Ilse Maes**

Calle Frederic Monpou 12  
Cambrils

You can make an appointment on-line at: <http://ilsemaes.com/nl/reservas>

**Tel: 0034 977 792 335.**

**Emergencies: 0034 619 908 976**

Or

**Dr.Tomás Gomez Sanz**

C/ Carmen 1-A-2º

43850 Cambrils

Tel 0034 677 586 452

Dr Gomez visits the Mas on your request.

### *Golf*

Located within a range of 35 km from the Mas you have the choice of 5 golf courses and 1 pitch and putt course:

#### **1. Gaudí Golf Club Reus**

This club is located just outside the city of Reus, 14 km from the Mas. It is part of an estate where the roads are lined with olive and almond trees. It is an 18-holes course with a par 72. The whole of the golf course is reasonably flat.

Club de Golf Reus Aiguesverds  
Carretera Cambrils, km 1.8 (Mas Guardia)  
43206 Reus  
Tel: +34 977 752 725  
<https://www.gaudigolfclub.com/en/>

## **2. Club de Golf Costa Dorada Tarragona**

This club is just North of Tarragona at 35 km from the Mas. It is 55 hectares and is integrated into a valley and its paths are lined with pine trees, olive trees, willows and even palm trees. There is a swimming pool, crèche service, restaurant and play area on site. The club house is set on a hill and offers traditional Catalan architecture.

### **Club de Golf Costa Dorada Tarragona**

Ctra. De El Catllar, Km 2.7

43764 El Catllar

Tel: +34 977 653 361

<http://www.golfcostadoradatarragona.com/>

## **Lumine- Port Aventura Golf**

There are three golf courses located within the grounds of the Port Aventura theme park: North Course, Centre Course and South Course. All at 20km from the Mas.

### **3. The North Course (Lumine lakes)**

This course was designed by Greg Norman. It is an 18-holes course that is a challenge. It is located within the wetlands of the region. The North Course club house is a modern building offering a restaurant, a sauna, a driving range, a golf school, a snack bar and dressing rooms.

### **4. The Centre Course (Lumine Ruins)**

This is a smaller course, 9-holes and par 34, also designed by Greg Norman. is situated on the highest point of the resort, between the North and South course.

### **5. The South Course (Lumine Hills)**

This 18-holes, par72 golf course offers views of the sea beyond a skyline of white pine



trees. Of the three courses this is the one that is used by professional competitors. It is the longest of the three courses. The facilities on offer include a restaurant, a sauna, a driving range, a golf school, a snack bar and dressing rooms.

Tickets are available online or via telephone:

### **Port Aventura Golf**

Camí del Racó

43480 Vila-seca

Tel: +34 977 129 070

<http://www.lumine.com/en/golf>

**6. On the premises of Hotel Mas Gallau in Cambrils (next to the A-7 direction Tarragona) you will find a pitch and putt course.**

Address: Avinguda de Vilafortuny, 134. 43850 Cambrils

Tel: 00 34 977 378293

<http://www.pitchandputtcambrils.com>

*Groceries*

In Montbrió del Camp are several bakeries and small shops and supermarkets. You also find a big SPAR supermarket. Shops open between 8.00 and 9.30, and close at 13h30. In the afternoon, they open between 17.00 and 20.00. Sunday morning most shops open from 9h30 till 13h30.

In Cambrils you will find other big supermarkets such as Esclat, Lidl, Aldi and Dia.

In the large fridge in the kitchen, you will find a small transparent box with your room number, to store food.

# H-I-J-K

## *Horseback riding*

### **Quadres Julivert**

Carretera de Reus a Vinyols, km 4  
43330 Riudoms

Tel: 0034 675 439 403 / 0034 600 500 664

### **Hípica Escornalbou**

T-310 direcció Mont-roig del Camp  
Vilanova d'Escornalbou

Tel: 0034 620 215 772

### **Club Hípico Tomas Santiago**

Cami de las Desvesas, 6  
Cambrils

Tel.:0034 659 29 50 36

## *Hospital*

### **CAP (Centre d' Asistencia Primaria) Cambrils, at 10 minutes' drive from the Masia**

Plaça del Ajuntament, 4

### **Hospital Universitari Sant Joan de Reus at 15 minutes' drive from the Masia**

Av. del Dr. Josep Laporte, 2  
Reus

## *Invites*

If you would like to invite friends or acquaintances to the Mas, please consult Lisette first. The price per invite is €15 per day.

## *Keys*

You have received three keys that allow you

- Access to the premises
- Access to the house's main entrance
- Access to your room

Please guard the keys carefully as we do not have a fully operational reception. Loss of a key (25 €) will be charged to your account.

## *Kitchen*

At your disposal is the large kitchen on the ground floor. The price for using the kitchen is €10 per day. This includes unlimited consumption of coffee and tea during that day. **Please clean the kitchen after use. Thank you!**

## **L-M-N-P-Q**

### *Laundry room*

Our laundry room is located on the upper floor next to the fitness room. Besides a washing machine and a tumble dryer, it is also equipped with an ironing board and iron. **We offer you a laundry service, i.e., we wash and dry your laundry and bring it back to your room. Ironing you can do yourself. The costs of this laundry service are 15€.**

### *Liability*

Please note that the use of all facilities, including the swimming pool, in the Mas is at your own risk. We can accept no liability for any loss, damages, or accidents.

### *Pharmacies*

The nearest pharmacy is in Montbrió del Camp.

**Farmàcia Mestres Vidiella**

Calle San Jordi 13

Tel: 0034 977 826 060

Opening hours:

Monday - Friday: 09h00-13h30 and 17h00-20h30

Saturday: 9h00-13h30

**Pharmacy Barcelona in Cambrils is also open 365 days a year.**

Avinguda Independència, 1

Tel: 0034 977 360 466

Opening hours:

Monday – Saturday: 08h30-21h00

Sundays and Bank holidays: 09h00-13h00.

### *Police (Mossos d'escuadra)*

Avinguda Adelaida, 46, 43850 Cambrils, Tarragona

Tel: 0034 977 92 91 70 or **112**

### *Quiet times*

We request you to respect our quiet times that are between 23h00 and 07h30.

# R

## *Restaurants*

Cambrils is known for its (sea food) cuisine.

Please check <https://cambrils-turisme.com/gastronomia/> for a list of all Cambrils' restaurants.

In nearby (2 km) Montbrió del Camp you will also find some nice restaurants:

### **Braseria Raconet (Mediterranean food)**

Carrer de Fructuos Canonge

Tel: 0034 977 833 300

### **Asador El llagar, grill restaurant**

Carretera Cambrils, km 6,2

Tel: 0034 977 83 33 26

### **In Vilanova d'Escornalbou, a 10 minute-drive, you will find El Reiet del Camp (typical Catalan food)**

Carrer de la Font, 9, 43311 Vilanova d'Escornalbou, Tarragona

Tel: 0034 977838230

In the summer you can eat in the garden.

**During the week the restaurants in Montbrió del Camp and Vilanova only serve (hot) lunch and are closed for dinner. On Friday and Saturday evening they open for dinner at around 20.30.**

If you want to enjoy the excellent food made by Michelin star chefs, you would go to:

### **El Rincon de Diego, 1 Michelin star**

Carrer Drassanes 7

Tel: 0034 977361307

<http://www.rincondediego.com>

### **Can Bosch, 1 Michelin star**

Rambla Jaume 1 number 19

Tel: 0034 977 360 019

<http://www.canbosch.com>

Would you rather eat on the beach, try one of the famous "chiringuitos". These are small eateries on the beach where the food, mostly fish, is often excellent. Although informal, the prices are similar to those of the restaurants.

We are happy to make any reservation for you.

# S

## *Septic Tank*

The Mas is not connected to the public server. We purify wastewater through our own biological wastewater treatment plant. We pump the purified water into the olive orchard.

Other sanitary waste we collect in a septic tank. To prevent clogging, please do not throw tampons, pantliners, sanitary towels, condoms, cleansing wipes or other trash in the toilet. Thank you.

## *Sea Angling*

In Cambrils sea angling is allowed on all the beaches in the town as from June through to September at restricted hours in the night-time, from 21:00 to 03:00, if you have the necessary permits.

The possibility of fishing goes along with the obligation to do so in a responsible manner, taking special care of the conservation of resources and the coastal ecosystem so that future generations can continue to enjoy it.

The license can be bought online for 15 days:

[https://web.gencat.cat/es/tramits/tramits-temes/3587\\_Llicencia-de-pesca-recreativa-de-superficie](https://web.gencat.cat/es/tramits/tramits-temes/3587_Llicencia-de-pesca-recreativa-de-superficie)

## *Shop opening hours*

Opening hours depend on the owner, but generally shops open at 9h30 and close for siesta at 13h30. They open again at 17h00 until 21h00.

## *Sightseeing in Cambrils*

### **Parc Sama, at 2 km from the Mas**

Ctra. T- 314 Vinyols i els Arcs

Close to the Mas, lies the majestic Parc Sama, created by Jose Fontseré i Mestres in the romantic style of the 19th century. It has a lake, grottoes, fountains, etc.

*For opening hours and tickets please check*

<http://www.parquesama.com>





## **Museu Moli de les Tres Eres**

Via Augusta, 1

This museum is the site of a functioning hydraulic flour mill. It has been restored and is available to be viewed. The museum of the also the site of an archaeological remains from the 13th century.

You can book a guided tour or visit the mill on your own

*For opening hours and tickets please check:*

<https://cambrils-turisme.com/en/experiencies/visit-the-moli-de-les-tres-eres-museum/>



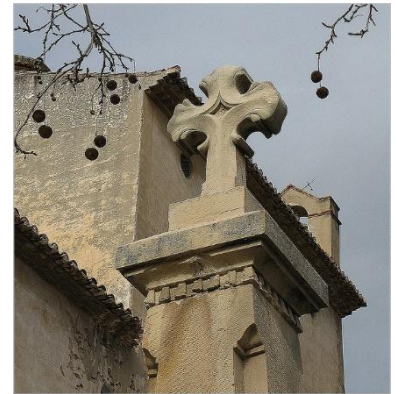
## **Torre de l'Ermita**

Calle Verge del Cami on the corner of Avinguda del Baix Camp.

The "Torre de l'Ermita" (Hermitage Tower) is a mediaeval watchtower located next the Sanctuary of 'La Mare de Déu del Camí'. It offers beautiful views over Cambrils.

*For opening hours and tickets please check:*

<https://cambrils-turisme.com/en/experiencies/visit-the-torre-de-lermita-tower-of-the-shrine/>



## **Old Town**



About 1 km inland from the port area of Cambrils you will find Cambrils' old town. The area is steeped in history and is rich with things to see and do. On Wednesdays the weekly market is held here.

For more information about what to do in Cambrils please visit <https://cambrils-turisme.com/en/experiencies/>

All year round, Cambrils organizes various activities, concerts, gastronomic events etc. For the actual agenda please check <https://cambrils-turisme.com/en/agenda/>



## *Sightseeing near Cambrils*

In the little village of Montbrió del Camp, around 2km from our B&B you will find a small wine museum, owned by Roger, who inherited the museum from his father.

### **Museu del Vi “Els Cups” (wine museum) at 2 km from the Mas**

Avinguda Sant Jordi 11

Montbrió del Camp

[www.museudelvi.com](http://www.museudelvi.com)

*Opening hours:*

Saturday: 10h00-14h00.



The first Saturday and Sunday of September, Montbrió del Camp hosts an artistic event called *Montbriart*. Visitors walk the streets of the village and enjoy a variety of local art, which is displayed by the artists themselves in the various historic buildings of the village. Highly recommended!

For more information about Montbrió del Camp please check our website

<https://www.montbriobelvedere.com/en/activities/montbrio-del-camp/>

About 5 km west of the village of Montbrió del Camp you will find the **reservoir of Riudecanyes**, with great trails and small beaches.



You can also rent canoes and pedal boats, provided that the water level is high enough, at

### **Riudecanyes Aventura**

Tel.0034 650972649

<http://riudecanyesaventura.cat/>

From the reservoir, it is a 10 minutes-drive to the castle of Escornalbou:

### **Castillo Monasterio de Sant Miquel de Escornalbou**

(around 15km from our B&B)

Carretera. d'Escornalbou

43771 Riudecanyes



You can visit the interior of the castle with a guided tour only. The tour lasts around 1,5hours.

*For opening hours, tours and tickets please check:*

<http://patrimoni.gencat.cat/en/monuments/monuments/castle-and-monastery-of-escornalbou>

### **Mont-roig del Camp (10 km from our Mas)**

In this village, just 10 km south of our B&B on the N-310, you will find the beautiful monastery Mare de Deu de la Roca. Mont-roig del Camp is the birthplace of the artist Miró

### **Finca Mas Miró (12 km from our Mas)**

Finca Mas Miró, s/n, 43300 Mont-roig del Camp  
GPS coordinates: 41.060628, 0.993909

The house where Joan Miró, stayed nearly all the summers in his life. This is where he decided to be a painter, the place which he made unforgettable in many of his paintings. The location he chose to build his first studio is now open for the public.



*For opening hours and tickets please check:*

<https://www.masmiro.com/en/visits>

### **Monastery Ermita Mare de Déu de la Roca**

Caretera de Colldejou  
43300 Mont-roig del Camp

At 294 meters altitude, close to the village of Mont-Roig, you will find the monastery la Mare de Deu de la Roca, dating from the year 1230. There are spectacular views of the area and the little church is well worth a visit. On site, you will also find a small restaurant. Closed on Tuesdays.



*Opening hours Ermita*

*Summer:* 9.00-19.00

*Winter:* 9.00-18.00.

Thursdays closed

A beautiful walking route starts from the parking lot:

<https://www.komoot.com/plan/@41.1252351,0.5516000,9.000z?sport=hike&waypoint=hl:1082652>

### **Reus, at 14 km from the Mas**

Reus is a picturesque town that was once famous for the production of Vermouth.

Today it is a bustling town that spans 59 km<sup>2</sup> and has 100,537 inhabitants. The city is famed for its importance to the modernist movement and is full of modernistic buildings in the style of Gaudi and Lluís Domènech i Montaner.

Reus is also home to the Gaudi centre, where you can learn the history and reasoning behind his distinctive architectural style. The town centre has an impressive variety of shops and restaurants.

The **Gaudi centre**, the **Casa Navás** and the former psychiatric centre **Pere Mata**, rare definately worth a visit.

Please bear in mind that many shops close between 13.30 and 17.00 h.

For more information check the website of Reus' tourist information office, located in the Gaudi museum: <http://www.reusturisme.cat>

### **Tarragona, at 25 km from the Mas**

Tarragona has some stunning Roman architecture. It has been recognised by UNESCO and is definitely worth a visit.



For more information on Tarragona please check: [www.tarragonaturisme.cat](http://www.tarragonaturisme.cat)



A nice way to visit Tarragona is by “trennet touristic” or the tourist train. The train stops at all places of interest in the centre. It is a hop on hop off train. You can always get off and then again on at next passing train. Price per day: 9,90 € for adults and 7,90 € for children under 13.

### **Montblanc, at 50 km from the Mas**

Montblanc is a small medieval town close to Tarragona and less than 50 minutes from our B&B. It was founded in the twelfth century by King Alfonso I. It has a well-preserved medieval wall that dates back to the fourteenth century. It offers a variety of military and civil buildings. For more information check:





[https://www.montblancmedieval.cat/?set\\_language=en](https://www.montblancmedieval.cat/?set_language=en)



### **Castells (Human towers)**

A unique experience is attending one of the “castells”. Throughout Catalonia, there is a tradition of building 'castells', human towers. This phenomenon is so popular that there is a regional Sunday evening program entirely devoted to its competition. There are 65 officially registered 'colles' (teams) that try to make as many variants of 'castells' as possible throughout the year in the castell competition.

The calendar of the Castell performances can be found [here](#).

### **El Priorat and El Penedès at 40-50 minute-drive from the Mas)**

**The Priorat** region, at a 40-minute scenic drive through the mountains, is known for its excellent DOQ Priorat and DO Montsant wines. There are several vineyards to visit and most of them also offer wine tasting. Reservation of your bodega tour and wine tasting is often required. Please note that most vineyards are closed in the weekend.



**El Penedès**, about 50 minutes by car from the Mas, is the region where the Spanish Cava is produced. You can visit the various cava cellars here, some of which are quite impressive, such as those of [Freixenet](#) and [Anna Codorniu](#) in Sant Sadurni 'Anoia. Guided tours are organized in different languages. You go by train through the underground cava cellars. The tours are also suitable for children. Check the websites of the bodegas for tour times and languages.

You can also visit small producers of cava and (sparkling) wines in the Penedès. It is best to check the website of the [Catalan wine tourism](#). There you will also find other activities such as cycling through the Penedès region

### **Espluga del Francolí d Poblet (50 km from our Mas)**

In this small town, you will find a beautiful agricultural museum, huge caves, and you can learn how brandy is made in the restored distillery Fassino Balanya. Monday is in Espluga everything closed.

Please note that museums close between 14h00 and 17h00.

<https://esplugaturisme.cat/>

On 2.5 km from L'espluga del Francolí, you will find the beautiful **monastery of Poblet**, the largest inhabited Cistercian Monastery in Europe. In 1991, it was declared World Heritage site by UNESCO. A must do!

For more information check:

<https://poblet.cat/index.php?&&&&ZW4%3D>



### **Siurana, a 50 minute-drive from the Mas**

Siurana is a small fortress with ruins of an ancient castle, spectacularly situated on a high rock. You reach the tiny village via a winding road through the mountains. Once up there you can enjoy breath-taking views of the surrounding hills, the reservoir of Siurana and the Montsant mountain range.



You can combine Siurana very well with the beautiful village of **Prades** and with walks in the Siurana-Prades area. .

**Miravet Castle**, Carrer del Castell, 7,  
43747 Miravet, a 50-minute drive from the Mas.

At the top of the old center of Miravet, you will find this impressive fortress of Arab origins. Built by the Muslims in the 9th century, the castle was one of the last Islamic fortresses in Catalonia. The fortress consists of several parts including the

Romanesque chapel. From the castle you have a beautiful view over the meander of the Ebro.

For guided tours check: <http://www.turismemiravet.cat/horarismiravet/castell/>



Miravet has a long tradition of making traditional ceramics and currently has 6 active workshops in La Raval dels Canterers. La Raval is a neighborhood on the outskirts of the town where the ceramic tradition is kept alive.

Raval dels Canters is located at the entrance to Miravet on the T-324 road that comes from Móra d'Ebre and Benissanet, the neighborhood is on a small plateau, where it was protected from the floods of the Ebre and near the galatxos of the river from which they extracted the mud.

[Navigating the Ebro River](#) from Miravet is a way to get to know the river and enjoy the landscape, while at the same time understanding how the ancient navigation of the fishermen who circulated the river with all kinds of goods and people used to be.

**Kano/rafting companies:**

- Lo Roget (tel.: 0034 977 40 65 83)
- Benifallet (tel.: 0034 977267800 - 0034 977462005)





### **Visit the Ebro Delta, at 1 hour drive from the Mas**



The Ebro delta, where the Ebro flows into the Mediterranean Sea, is a beautiful nature reserve. The most surprising thing maybe is, that from our region with mountains and olive trees, after a 50-minute drive, you end up in the lowlands, where rice is grown and flamingos and countless other birds nest in a huge freshwater area. There are beautiful beaches, you can take a boat trip on the river, eat Paella, do bird watching, ride a bicycle, watch flamingos, visit rice field and producers and much more.

### **Visit to the picturesque village of Horta de Sant Joan in combination with cycling the *Via verde*, an old train track**

Horta de San Joan is one of the most beautiful villages in the province of Tarragona. The surrounding mountains and the medieval alleys of the historic centre, give it an almost magical character. Horta de Joan is at 1 hour drive from the Mas.





After your visit of the village, you can rent bicycles at Esgarni in Horta de Sant Joan and cycle from there to Benifallet, about 25 kilometers away. You agree with the bicycle rental company at what time you want to be picked up again in Benifallet. Only the first 200m of the route is steep, after that everything goes downhill. The bicycle rental company also rents out child seats, trailer bicycles, carts,

baskets, tire repair kits and flashlights, in case there is no light in the various railway tunnels you have to pass.

Take your swim suits with you, as there is a small river along the cycle path, where you can swim and cool off.

### *Smoking*

Smoking is prohibited by law in all publicly accessible areas, as in all the interior of our Mas. Please note that all areas in the Mas are fitted with smoke detectors.

### *Sustainability*

When we bought the house, our primary goal was to transform the deteriorated farmhouse into a sustainable and comfortable accommodation with minimal environmental impact. For this reason, we invest a lot of time and effort in the design and construction of several sustainable energy installations and the implementation of various "eco-practices".

#### **We installed:**

- a geothermal installation to cool and heat the house. This is a geothermal heat pump that uses the earth as a storage medium to accumulate unwanted heat in summer and extract heat in winter. Geothermal energy is known as one of the most energy effective heating / cooling systems available.
- a waste-water treatment plant, which changes wastewater into water to irrigate the olive trees.
- 46,4 KW of photovoltaic panels, reducing our CO2 footprint with 45 tons of CO2 per year.  
These 46,4 KW provide for 60% of all our electricity consumption.
- 40m2 of solar panels to heat the pool.
- LED lighting: 95% of the bulbs are LED.
- we planted more than 100 trees to compensate for our CO2 emissions
- all rooms have an A + led television,
- the windows are energy efficient windows and offer better insulation and more efficiency. They have double glazing, which has high insulation.
- our washers, dryers and dishwashers are of class A or higher.
- all toilets have a double flush



- all wash basins in the rooms have a special faucet that reduces the water consumption with 85%.

**We also adapted several "Eco-practices":**

- we collect the rainwater and the condensation of the air conditioning in our water reservoir.
- we separate our waste; In your room you find a basket for paper to help us recycling.
- we only change the towels you leave for us on the floor of your bathroom.
- we give all food leftovers to our chicken.
- we preferably use nearby suppliers and local products. For example: honey from our neighbour, eggs from our chicken, vegetables and fruits from our neighbour that has 50hectares of ecological fruits and vegetables, and fruit from our own garden.
- we do not have minibars in the rooms. Instead, you share a refrigerator in the communal kitchen.

In November 2014, TripAdvisor rewarded us, after an exhaustive audit carried out by Canadian and North American technicians, with the "Eco leader" distinction. A great acknowledge as sustainable accommodation. In the province of Tarragona only 5 hotels (!) are rewarded.

In November 2016, Endesa granted us the A +++ energy efficiency classification. And in 2018 we received official recognition of being the best project in sustainability and hotel rehabilitation in all of Spain!



We are proud to offer you a sustainable accommodation!

### *Swimming Pool*

The swimming pool in the garden is freely accessible from 10-22h.00. There is no supervision, **so please watch your children!** We will not accept any liability in case of loss or damage.

The water of the pool contains salt and chlorine. **The staircase in the house is not resistant to chlorine and salted water and is slippery when wet. Please refrain from climbing the stairs with wet feet / footwear. Thank you.**

# T

## Taxis

In Montbrió del Camp, Tel: 0034 639 356 002

When you need a taxi on the day of departure, we recommend that you book your taxi one day in advance. Airport taxis are available 24 hours a day. Tel: 0034 977 345 050. We are happy to make the reservation for you.

## Theme parks

### Port Aventura / Ferrariland (15 minutes-drive from the Mas)

Avinguda Alcalde Pere Molas

43840 Salou

<http://www.portaventuraworld.com>

You are close to Europe's biggest theme park:  
**PortAventura world**, which consists of:



#### -Portaventura

<https://www.portaventuraworld.com/en/portaventura>

#### -Portaventura Ferrari Land

<https://www.portaventuraworld.com/en/ferrari-land>

#### -Portaventura Costa Caribe Aquatic Parc

<https://www.portaventuraworld.com/en/aquatic-park>

Portaventura is comparable to Disneyland Paris and founded by Universal Studios.

Portaventura Ferrari Land is unique in Europe. It has F1 simulators, pit-stop simulators, a race circuit, roller coasters and more.

Portaventura Costa Caribe Aquatic Park is a beautiful waterpark with various waterslides and swimming pools for young and old.

### Aquopolis Costa Dourada

Avinguda Pau Casals, 65, 43481 Vila-seca

<https://costa-dorada.aquopolis.es/?lang=en>

With its size of 11 hectares Aquopolis Water Park is the largest water park in Catalonia. It offers a range of water slides to suit both the thrill seekers and the little ones.

Aquopolis is also home to a 'Dolphinarium', where you watch dolphins and sea lions and even dive with them. A few times a week you can watch shows with the animals.



### Jumpland Aventura

Cami de Vilafortuny, 43850 Cambrils

<http://www.jumplandaventura.com>



A great adventure park, with various climbing circuits. Big fun!

**Please check the websites of the various theme parks for their opening hours and restrictions.**

### *Trains*

Cambrils' train station offers connections to all major cities in Catalonia and beyond. The train station is located at Avinguda de Charles Robert Darwin, next to Cambrils' soccer fields.

For train schedules please check: <http://rodalies.gencat.cat/en/horaris/>.

# W

## *Walking and hiking*

De mas sits in the heart of Cambrils' hiking routes. Lisette is happy to provide you with a Cambrils' hiking map.

A beautiful walking route along the coast is El Camí de Ronda de Salou. It starts at the end of Salou's boulevard and is 13 km long.



And you will also find a very nice walking route at Pratedip (6 km from the Mas):  
<https://www.komoot.com/smarttour/e952576943/pratedip-vuelta-circular-por-la-sierra-de-cabrafiga>

And in the surroundings of Mare de Deu de la Roca in Mont-roig del Camp (10 km from the Mas) :  
<https://www.komoot.com/smarttour/e951864723/el-areny-vuelta-circular-por-la-mare-de-deu-de-la-roca>

For more hiking routes in the province of Tarragona, check:  
<https://www.komoot.com/guide/62983/hiking-in-tarragona>

## *Waste*

We separate all our waste. Please help us to do so. In your room, you will find a paper bin.

In the big kitchen, you will find the following waste bins: paper, organic waste, plastic and cans (envases), glass and “other” (deixalles).

## *Water*

Water is very scarce in this region. Please do not waste it.

## *Weekly market*

Every Wednesday from 08h30 - 14h00 on the Passeig de Albert and Avinguda del Mil·lenari in Cambrils a general market takes place. The biggest weekly general market is held on Sunday in Bonavista (Tarragona just before the N340) from 8.00-13.30. This is the largest market of the Costa Dorada.

Overview of market days in villages close to the Mas:

- Monday: Salou, L'Ametlla de Mar, Reus
- Tuesday: Tarragona, Montblanc
- Wednesday: Cambrils, Reus
- Thursday: Tarragona, Vila-Seca
- Friday: Montblanc, Mont-roig del Camp, Móra d' Ebre, Tarragona
- Saturday: Reus (also flea market at Passeig de Prim)
- Sunday: Bonavista near Tarragona

### *Wellness*

#### **Centre Termal Aquatonic**

Carrer Nou, 38 bis

43340 Montbrió del Camp

Tel: 977 814 000

[www.aquatonic.es](http://www.aquatonic.es)



#### **Foot-care and Reflexology**

Our collaborator Wilma is an excellent foot-care specialist. She provides relaxing podology and foot reflexology services in your room. The price per treatment of 1 hours is 35 €. She speaks English.

You can call her on +34 607 431 550.

### *Wi-Fi*

We have free Wi-Fi installation at your disposal. The name of the network is “for clients”. The password is costa\_dorada.