TARRAGONA

A MEDITERRANEAN SECRET

TARRAGONA
CRUISE PORT
COSTA DAURADA

WELCOME TO COSTA DAURADA

25° C SUMMER

10° C WINTER

MAIN ATTRACTIONS AND APPROXIMATE TIMES FROM THE PORT

MAIN CITIES
01 Tarragona · 10'
02 Reus · 19'

CISTERCIAN ROUTE
03 Poblet Monastery · 45'
04 Santes Creus Monastery · 37'
05 Vallbona de les Monges Monastery · 58'

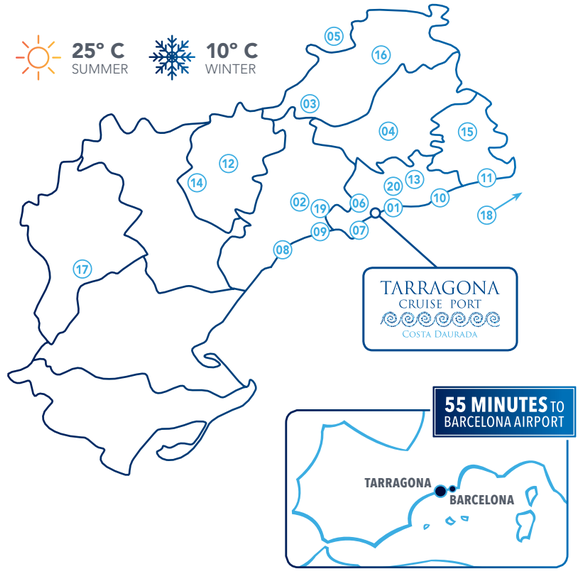
PARKS & RESORT
06 PortAventura World · 16'

GOLF COURSES
07 Lumine Golf · 19'
08 Bonmont Golf · 32'
09 Aigüesverds Golf · 22'
10 Golf Costa Daurada · 16'
11 La Graiera Golf · 32'

WINE TOURISM
12 DOQ Priorat · 40'
13 DO Tarragona · 20'
14 DO Montsant · 40'
15 DO Penedès · 44'
16 DO Conca Barbera · 43'
17 DO Terra Alta · 1h 10'

AIRPORTS
18 Barcelona Airport · 55'
19 Reus Airport · 13'

TRAIN STATIONS
20 High speed train station · 20'
01 City train station · 8'



TARRAGONA, UNESCO DESTINATION

“ The exquisite flavour of time.

The archaeological remains of old Roman Tarraco, considered a World Heritage Site since 2000, is recognized internationally by UNESCO, which recently declared it a site of Outstanding Universal Value, the highest category attainable.

What's more, the area is home to the Monastery of Poblet, a UNESCO World Heritage Site; the Ebro Delta, a UNESCO Biosphere Reserve; and human towers and Mediterranean cuisine, declared UNESCO Intangible Cultural Heritage of Humanity.

World Heritage — ARCHAEOLOGICAL ENSEMBLE OF TARRACO

Biosphere Reserve — EBRO DELTA

World Heritage — POBLET MONASTERY

Intangible Cultural Heritage of Humanity — MEDITERRANEAN DIET

Intangible Cultural Heritage of Humanity — HUMAN TOWERS

FIND YOUR PERFECT STAY IN TARRAGONA

LET'S START!

Which type of tourism do you prefer?

- **ACTIVE TOURISM** → I'm interested in...
  - **NATURE**
    - **EBRO DELTA** → Discover more than 325 different species that live in this natural biosphere. **P. 14**
    - **ADVENTURE SPORTS** → Discover the wide range of activities you can do all over the Costa Daurada! **P. 19**
    - **GOLF** → Discover the seven golf courses in the area. **P. 19**
  - **FAMILY LEISURE** → **PORTAVENTURA WORLD**
  - **SHOPPING** → **CRUISES AMICVM** → Leisure, dining and shopping establishments that offer efficient and high-quality service to cruise passengers.
- **CULTURAL TOURISM** → I'm interested in its...
  - **PAST** → I prefer
  - **PRESENT** → I prefer
    - **CULTURE & TRADITIONS**
    - **GASTRONOMY**

I prefer
- fun for the whole family → **PORTAVENTURA PARK** → Discover six worlds in a single destination. A journey beyond your wildest dreams begins here. **P. 20**
- more refreshing activities → **CARIBE AQUATIC PARK** → Let yourself go and enjoy the Caribbean atmosphere at one of Europe's best water parks. **P. 20**
- adrenaline and speed → **FERRARI LAND** → More than 70,000 m² full of excitement, adrenaline and fun for the whole family. **P. 22**

- **HISTORY**
  - **ARCHAEOLOGICAL ENSEMBLE OF TARRACO** → Don't miss the Roman Route that passes through the city center and around it. Its grandeur is sure to take your breath away. **P. 6**
  - **MEDIEVAL TARRAGONA** → Follow in the footsteps of legends and relive history through the many well-preserved monuments. **P. 8**
- **RELIGION** → **CISTERCIAN ROUTE** → Discover the Cistercian Route, a collection of three monasteries that retain all the cultural richness of the medieval past. **P. 12**
- **ART** → **REUS AND ITS ART NOUVEAU HERITAGE** → Be amazed by the modernist legacy of the city that is the birthplace of the renowned architect Antoni Gaudí. **P. 10**

- **HUMAN TOWERS** → The most impressive and magnificent human construction. **P. 16**
- **CULTURE AND TRADITIONS** → Immerse yourself in the region's culture through festivals like Santa Tecla, Sant Jordi, Tarraco Viva, etc. **P. 26**
- **MEDITERRANEAN DIET** → Discover the traditional Mediterranean flavours and aromas. **P. 18**
- **WINE TOURISM** → Get the pleasure of tasting the 6 different Designations of Origin. **P. 24**

ARCHAEOLOGICAL ENSEMBLE OF TARRACO

AMPHITHEATRE

“ A fascinating trip into the ancient past.

Tarraco was the capital of the Roman empire’s largest province, Hispania Citerior, which spanned over half the Iberian Peninsula. It became a major hub and this era saw the region’s greatest urban growth.

The main aim of the Roman Route is to offer visitors the chance to experience history through the city’s major surviving monuments. These date back to the time when Tarraco was at the peak of its grandeur.

ROMAN CIRCUS AND PRAETORIUM

CULTURAL TOURISM

PAST CULTURE

HISTORY

YOU CAN'T MISS...

8 UNESCO MONUMENTS IN THE CITY CENTRE

- Amphitheatre
- Praetorium and Roman Circus
- Provincial Forum
- Temple (imperial cult complex)
- City walls
- Local Forum
- Roman Theatre
- Paleochristian Museum and Necropolis

6 UNESCO MONUMENTS IN THE NEARBY

- Aqueduct
- Centcelles monument ensemble
- Scipio Tower
- Mèdol Quarry
- Els Munts Villa
- Berà Arch

AQUEDUCT

MEDIEVAL TARRAGONA

CATHEDRAL

“ Follow in the footsteps of legends.

The city of Tarragona is home to a number of monuments that give testimony to its medieval past. Abundant remains from Roman times are complemented by and coexist alongside Tarragona’s rich medieval heritage, reaching their utmost expression in the city’s cathedral, as well as other exceptional examples of medieval art and architecture.

Strolling through the city, visitors will discover jewels like the city walls, museums, ancient structures, the Chapel of St. Paul, the king's castle and the cathedral - the city's most emblematic building and home to Tarragona's richest collection of medieval art.

CITY WALLS

CULTURAL TOURISM

PAST CULTURE

HISTORY

YOU CAN'T MISS...

TARRAGONA MEDIEVAL ROUTE

- City walls
- Pla de la Seu
- Cathedral
- Cloister
- Diocesan Museum
- Chapels of St. Paul and St. Tecla
- Church of St. Llorenç
- Old Santa Tecla Hospital
- Jewish quarter
- King’s castle
- Provost’s castle
- Church of Our Lady of the Miracle
- Tamarit castle

TAMARIT CASTLE

CLOISTER

ART NOUVEAU HERITAGE OF **REUS**

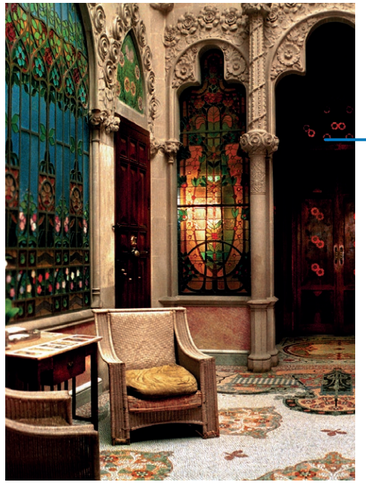
PERE MATA INSTITUTE

“ Admire the mark of genius.

Reus is a typical Catalan city, internationally recognized for its important Art Nouveau heritage and for its close link with the architect Antoni Gaudí, as well as being an ideal shopping destination.

In the late 19th and early 20th centuries some great Catalan Modernist buildings were constructed in Reus, making it the most important Catalan Modernist city in Catalonia after Barcelona.

You can visit the Gaudí Centre, a modern interactive museum dedicated to the life and works of Gaudí, where visitors can also find out more about the important architectural heritage of the city.



NAVÀS HOUSE

CULTURAL TOURISM

PAST CULTURE

ART

YOU CAN'T MISS...

- Visit the Gaudí Centre and learn about Gaudí's art education and the secrets of his architecture.
- Navàs House is one of the best examples of Catalan Modernism in Europe, notable for the excellent state of preservation of its magnificent interior decor.
- Try Reus' famous vermouth in the different tastings along the Vermouth Route.
- Take a stroll through Reus' shopping area and discover the many top brands and great variety of local products there.

GAUDÍ CENTRE

REUS SHOPPING

VERMOUTH, THE TRADITIONAL DRINK OF REUS

POBLET AND THE CISTERCIAN ROUTE

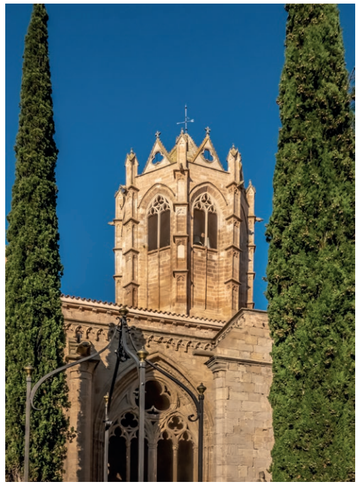
POBLET MONASTERY

“ A gem of the Cistercian Route.

Costa Daurada’s interior is home to a fascinating mystical and religious legacy. The Cistercian Route links three monasteries, a set of architectural, historical and cultural monuments of great interest from Catalonia’s illustrious medieval past.

Among these is the Poblet Monastery, which remains active even today, and has been declared a World Heritage Site by UNESCO.

SANTES CREUS MONASTERY

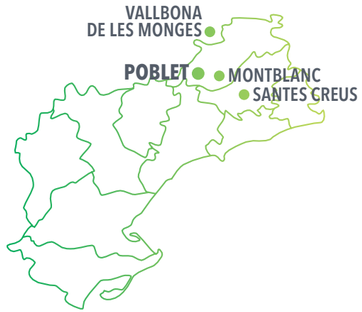


VALLBONA DE LES MONGES MONASTERY

CULTURAL TOURISM

PAST CULTURE

RELIGION



YOU CAN'T MISS...

- Delve into the Poblet Nature Park on a hiking path to the Mirador de la Pena.
- Nearby you can visit Montblanc, declared a Collection of Historical-Artistic Monuments in 1947, which preserves a large part of the medieval walled town.
- Take your bike on the GR®175, The Way of the Cistercian Route! The only path that connects the Monasteries of Poblet, Santes Cruces and Vallbona de les Monges.

MONTBLANC WALLS

HIKING THE CISTERCIAN ROUTE

THE EBRO DELTA

“ An incredible and unique landscape.

The Ebro Delta is a rich and diverse region where the waters of the Ebro cross rice fields, lagoons and sand flats until finally merging into the Mediterranean Sea.

The Ebro Delta is a land of great biological richness, perfect for birdwatching, especially during the migration season, since it's home to more than 325 species, 60% of the species in Europe.

UNESCO declared the Terres de l'Ebre to be a unique area of natural and human interest, the only one of its kind in the world, and bestowed on it the recognition of Natural Biosphere Reserve.

EBRO DELTA

VIEWS FROM LA PUNTA DE LA BANYA

PUNTA DEL FANGAR

ACTIVE TOURISM

NATURE

GASTRONOMY

YOU CAN'T MISS...

- Enjoy a tasty paella of fresh seafood or a delicious black rice made with rice from the Ebro Delta.
- Visit Trabucador Beach and let yourself be entranced by the numerous colonies of flamingos that live there, or watch the more than 325 species of birds that live in the Ebro Delta.
- Visit Rafelet Mill and discover how rice is grown and the entire process of bringing it to market, from beginning to end.
- Go for a stroll along Punta del Fangar to the lighthouse.
- Kayak the Ebro River.

FLAMINGOS IN THE EBRO DELTA

PAELLA

KITESURFING AT TRABUCADOR BEACH

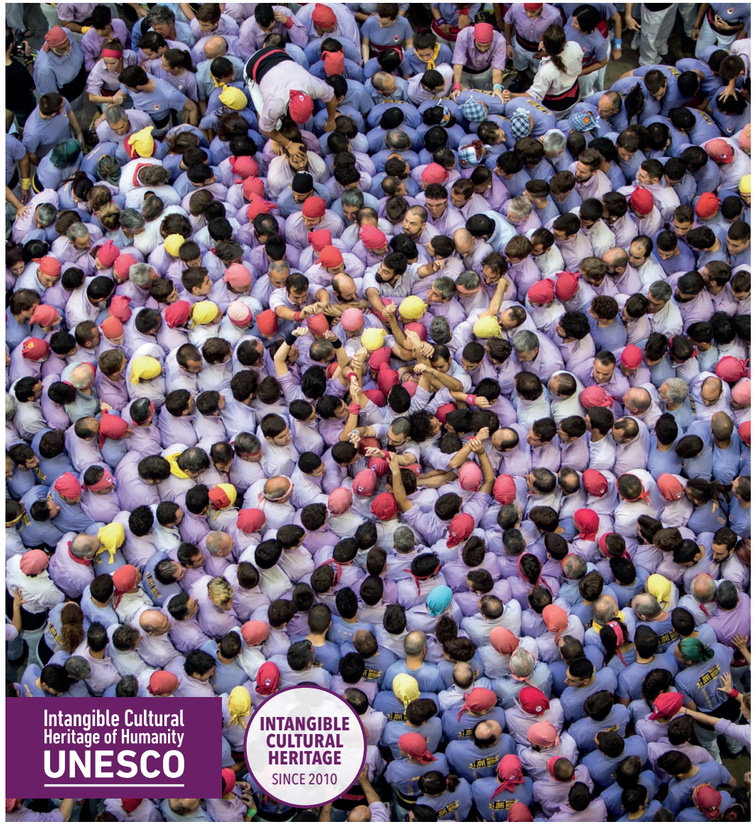
HUMAN TOWERS

> **“ The most magnificent human construction.**

Castells, or human towers, began in the region of Tarragona and were based on Valencian dances. The city of Tarragona has four groups of *castellers*, and today the city lives and breathes the *casteller* tower-building spirit and ambience like never before.

When building *castells* everyone has a specific task and position, from the oldest to the youngest. If someone is missing, the tower cannot be built. A great of deal of bravery is involved too.

Because this is such a spectacular and completely unique tradition, in 2010 UNESCO declared it to be Intangible Cultural Heritage of Humanity.



COLLA JOVE XIQUETS DE TARRAGONA AT TARRAGONA HUMAN TOWER COMPETITION

HUMAN TOWER EXHIBITION

CULTURAL TOURISM

PRESENT CULTURE

CULTURE & TRADITIONS

YOU CAN'T MISS...

- From June to September don't miss out on all the activities happening in "Tarragona, city of human towers".
- If you are in Tarragona in October of any even year, don't miss the Biennial Human Tower Competition, the largest *casteller* event in the world.
- Visit Valls, the city considered to be the birthplace of human towers and km 0 for the world of *castellers*.

MONUMENT TO HUMAN TOWER BUILDERS IN TARRAGONA

BIENNIAL HUMAN TOWER COMPETITION

MEDITERRANEAN DIET

CULTURAL TOURISM | PRESENT CULTURE | GASTRONOMY

“ Taste the richness of the coast.

Traditional Mediterranean flavours and aromas are the basis of Tarragona’s cuisine. The area’s wealth of fresh ingredients, top-quality seafood, and traditional craft products provide the inspiration for an extensive list of delicious dishes.

Romesco is a very popular traditional dish as well as a cold sauce used to accompany all kinds of foods.

One of the foundations of the local culinary tradition is olive oil, which is of an exceptionally high quality and is made in the region under a Protected Designation of Origin.

TAPAS, TRADITIONAL SPANISH SNACK

XATÓ WITH ROMESCO SAUCE, TARRAGONA

CALÇOTS WITH *CALÇOT* SAUCE, VALLS

SNACK WITH VERMOUTH, REUS

ACTIVE TOURISM IN TARRAGONA

ACTIVE TOURISM | NATURE

“ Enjoy yourself in beautiful nature.

Tarragona is ideal for doing any sport, especially watersports (sailing, windsurfing, rowing, water-skiing, scuba-diving etc.) or adventure sports (such as routes by bike, quad, segway, and climbing).

The Costa Daurada’s excellent climate offers golfers the opportunity to enjoy their favourite sport all year round, with seven golf courses in the vicinity.

In addition, the area offers many footpaths, and its incredible countryside and excellent network of paths make walking trips an unforgettable experience.

SAILING IN TARRAGONA

KAYAKING IN SIURANA

CLIMBING IN SIURANA

GOLFING ON THE COSTA DAURADA

PortAventura World

“ A world of unique experiences.

PortAventura World is a unique holiday destination with 3 theme parks for the whole family and five 4-star and one 5-star themed hotels.

It's home to one of Europe's foremost theme parks and water parks: PortAventura Park and Caribe Aquatic Park. Also, in 2017, a third theme park dedicated to the prestigious Italian firm Ferrari was added: Ferrari Land.

PortAventura Park boasts six marvellously decorated theme areas that together create a fascinating world. There are 40 rides and up to 40 dazzling shows every day as well as more incredible surprises.

Caribe Aquatic Park is an amazing water park, an authentic Caribbean pirate island that will delight guests of all ages with its 16 exciting rides and slides.

SHAMBHALA, PORTAVENTURA PARK

CARIBE AQUATIC PARK, THE MOST REFRESHING FUN

DISCOVER THE FAMILY AREA OF SÉSAMOAVENTURA

ACTIVE TOURISM

FAMILY LEISURE

YOU CAN'T MISS...

- 2019 grand opening: New family attraction in the SésamoAventura theme area.
- From September to November PortAventura Park gets all dressed up for Halloween. Monsters, chilling characters and terrifying shows will enthrall the whole family.
- Music, lights and color take center stage at PortAventura Park from November to January. Remember what it's like to be a kid and let yourself be swept away with the excitement of Christmas!

ENJOY DAILY SHOWS AT PORTAVENTURA PARK

HALLOWEEN AT PORTAVENTURA PARK

CHRISTMAS AT PORTAVENTURA PARK

FERRARI LAND

RED FORCE, EUROPE'S HIGHEST AND FASTEST VERTICAL ACCELERATOR

“ Live the passion, feel the emotion.

Enjoy Ferrari Land for the first time ever in Europe. 70,000 m² of pure fun in a unique theme park that pays homage not only to the technological side of Ferrari, but also its role as an emblem of Italian genius and the origins of the brand.

Speed, innovation, adrenaline, leading attractions on an international scale – including Europe's highest and fastest vertical accelerator, Ferrari Land offers you a totally unique adventure that can only be experienced in the new PortAventura World theme park.

FERRARI LAND COMBINES TRADITION AND TECHNOLOGY

MARANELLO GRAND RACE

ACTIVE TOURISM

FAMILY LEISURE

YOU CAN'T MISS...

- The New Kids' Area, opened in 2018 with 5 themed Ferrari world attractions specially for the youngest ones.
- Experience speed like never before with Red Force. Standing at 112 meters, it accelerates from 0 to 180 km/h in just 5 seconds.
- Stroll through the streets of Ferrari Land, set in Italy, and enjoy recreations of emblematic buildings like the Colosseum in Rome and the St. Mark's Campanile in Venice.

FERRARI LAND GALLERY

ENJOY THEMED SHOWS IN FERRARI LAND

WINE TOURISM WITH 6 DESIGNATIONS OF ORIGIN

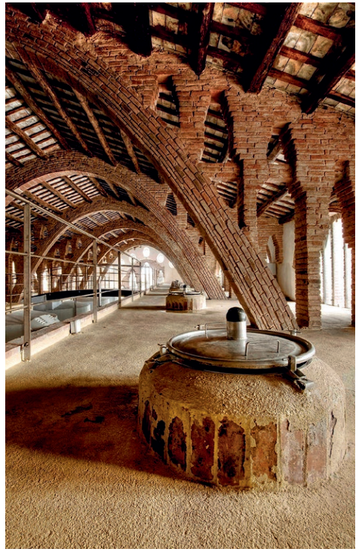
ADERNATS, NULLES

“ Explore the origin of great sensations.

Thanks to its six Designations of Origin, the Costa Daurada is home to a wide range of attractive options for touring the wine area, including winery tours, walking tours of the vineyards, festivals, wine tastings, and lunches with wine pairings.

No discussion of local wine would be complete without mentioning the DOQ Priorat, one of the only two areas with this distinction in Spain.

THE GRAPE HARVEST

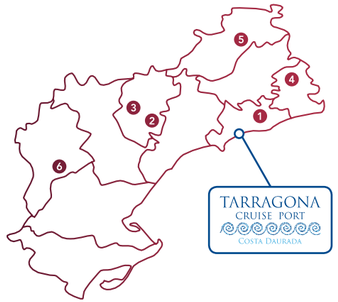


CATHEDRAL OF WINE, NULLES

CULTURAL TOURISM

PRESENT CULTURE

GASTRONOMY



USEFUL INFORMATION

DESIGNATIONS OF ORIGIN (DO) AND APPROXIMATE TIME FROM THE PORT

1. DO Tarragona	20′
2. DOQ Priorat	40′
3. DO Montsant	40′
4. DO Penedès	44′
5. DO Conca Barbera	43′
6. DO Terra Alta	1h 10′

VIEWS OF SIURANA AND SURROUNDINGS

CELEBRATE TRADITIONS AND CULTURE

THE FIRE OF THE DEVILS

“ The living culture of a region.

Tarragona is also synonymous with festivals, and when they arrive, the celebrations spill over into the streets. The city’s countless local traditions added to the more widespread Catalan festivities mean the calendar is full year round.

The list of festivities and celebrations is extensive, both in the capital, Tarragona, and all along the Costa Daurada.

PROCESSION ON GOOD FRIDAY

SANT JORDI, DAY OF BOOKS AND ROSES

FAREWELL TO A CRUISE SHIP

CULTURAL TOURISM

PRESENT CULTURE

CULTURE & TRADITIONS

YOU CAN'T MISS...

- Sant Jordi, a Catalan holiday dedicated to love and culture, the city brims with scarlet roses and endless books.
- The Easter processions, which have been officially declared a Traditional Festival of National Interest.
- Tarraco Viva in May in Tarragona. This multiple day event is designed to raise awareness of ancient Roman history and culture with maximum scientific rigor.
- Santa Tecla, the patroness festivity of Tarragona, which has been officially declared a Traditional Festival of National Interest.

SANTA TECLA CELEBRATIONS, PATRONESS OF TARRAGONA

TARRACO VIVA, TARRAGONA

THE PORT OF TARRAGONA TODAY

WIND STAR DOCKED ON THE MARINA

ADVANTAGES OF MOORING IN TARRAGONA

- Attractive discounts on port fees
- Uncongested port
- Exclusive quay for cruise ships & exclusive access from the outer harbor
- Free tourist information onboard
- Main team objective: achieving maximum satisfaction
- Located only 55 minutes by car from Barcelona airport and 15 minutes from Reus airport

CRUISE BERTHS

Quay Levante Breakwater

- Quay length: 707 m
- Max. draft: 19 m
- Quay width: 17m
- Night restrictions: 200 m (maximum length for night docking)
- Dock height at low tide: 4.35 m
- Passenger terminal available

Quay Moll de Costa (city dock)

- Quay length: 350 m
- Max. draft: 7 m
- Ship dimensions for berthing: 140 m
- Private concession

LOCATION

Longitude: 1° 14'E
Latitude: 41° 05'N

TYPE OF OPERATIONS

Transit calls
Homeport (only 55 min from Barcelona airport)

HARBOUR

Opening times: open 24 hours

WIND CONDITIONS

Prevailing: NW

ANCHORAGE

Available: yes
Compulsory: no
Ship tenders allowed: yes
Pilotage compulsory: yes
Tugs available: yes
Tidal movement/range: none

ACCOMMODATION

Minimum ship stay: no limit
Maximum ship stay: no limit

CLEARANCE

Clearance time: 30 minutes
Procedures: routine control

SERVICES

Ship repair
Bunkering
Waste and rubbish disposal
Sewage disposal
Water supply
Provisions
Banking in city centre

RIVIERA CRUISE SHIP

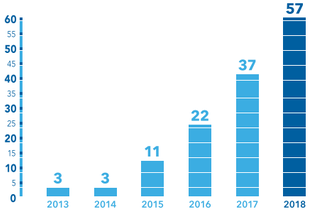
PARTIAL TURNAROUND OPERATIONS SINCE 2017

CRUISE TERMINAL

THE FUTURE OF THE PORT OF TARRAGONA

The port has grown substantially in recent years in the cruise segment and recognized the need to expand its infrastructure to continue ensuring excellence in cruise operations.

57 CALLS & 98,000 CRUISE PASSENGERS IN 2018



91.3% OF PASSENGERS
recommend Tarragona as a destination.

COSTA NEORIVIERA AND WIND STAR, 2017

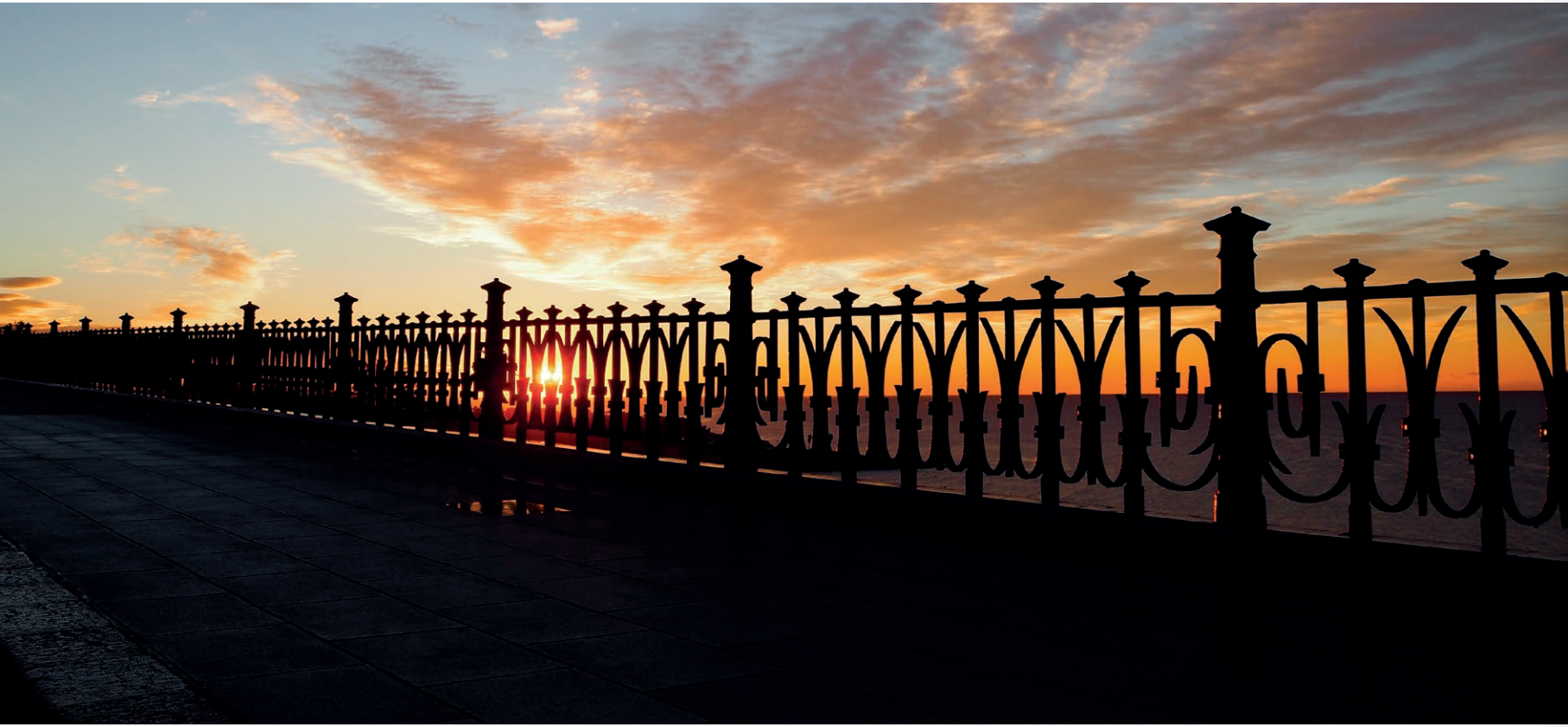
COSTA MEDITERRÁNEA, 2018

SEABOURN OVATION, 2018

ADDITIONAL NEW CRUISE BERTH: BALEARS BERTH*

- More than 700-meter berth line
- Draft: 16 m
- 4 hectares for ground operations
- Available for turnarounds
- Full services provided
- Operative between May and September 2021

* Project underway, subject to variation



TARRAGONA
CRUISE PORT
COSTA DAURADA

FOR MORE INFORMATION
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Tarragona turisme · Ajuntament de Tarragona · Reus promoció · Costa Daurada · Patronat de Turisme · Diputació Tarragona · Cambra Tarragona · PortAventura World · Port de Tarragona

Images courtesy of David Oliete - Concurs de castells, Joan Capdevila Vallve, Manel R. Granell, Pep Escoda, Rafael López-Monné / Patronat Municipal de Turisme de Tarragona; Joan Capdevila Vallve, Carina Roig / Patronat de Turisme de la Diputació de Tarragona; Patronat de Turisme de Terres de l'Ebre; Reus Promoció; Ajuntament de Montblanc; Roc Baldric / La Ruta del Cister; PortAventura World; Adernats - Vinícola de Nulles; Pep Escoda, Marc Gasch / Port de Tarragona; Francesc Virgili; David de la Cruz; Pili Borrellas. Published in February 2019.