



ESPORTEC
OUTDOOR SPORT

MICE OUTDOOR
EXPERIENCES

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ESPORTEC

ESPORTEC OUTDOOR SPORT S.L. is a sports services company (C-433) and travel agency (GC-4023) dedicated to promoting sports practice and the spirit of adventure.

Our specialty is Physical and Sports Activities in the Natural Environment, and that's why we want to showcase the possibilities offered by our surroundings, whether it's by the sea or in the mountains.

In order to guarantee the best quality, price, and control, we carry out all the activities ourselves, without intermediaries.

All activities are led by Licensed Professionals in Physical Activity and Sport Sciences and leisure directors according to current regulations: Decree 56/2003, Laws 1/2000 and 3/2008.

We want our adventures to be unique and original, always respecting the environment that surrounds us. That's why we continually design new products and outputs.



MICE OUTDOOR EXPERIENCES

The current challenges have highlighted the attitude of employees when it comes to achieving company objectives.

It is well known that a cohesive group, built on friendship and respect, is much more capable of facing work challenges, both in the short and long term.

For this reason, Esportec Outdoor Sport offers various activity sessions with the goal of creating experiences that strengthen personal bonds within the team, thereby enhancing performance.

We create bonds by overcoming challenges!

MICE OUTDOOR EXPERIENCES

In each of the proposed activities, we will pursue one of these objectives:



COMMITMENT & MOTIVATION

To foster commitment and enhance team motivation.
Talent retention.



PERFORMANCE & RESULTS

Enhancing the performance and outcomes of the work team. Fostering a culture of effort and achieving common goals.



COMMUNICATION & GROUP COHESION

Encouraging camaraderie (group cohesion), integration, and communication among team members.



LEADERSHIP

Fostering the spirit of leadership Idea generation.



TEAMWORK

Fostering teamwork Improvement of the work climate.

We aim to promote values such as teamwork, enthusiasm, solidarity, effort, empathy, and cooperation.

MICE OUTDOOR EXPERIENCES

Our facilities are ideal for combining meetings and events with team-building activities in a natural environment.

- MEETINGS AND WORK SESSIONS
- CONGRESSES AND CONVENTIONS
- INCENTIVE PROGRAMS
- EXHIBITIONS AND EVENTS

We are creators of experiences for companies. We generate ideas, create customized projects, and share memorable experiences of all kinds, which can be combined according to the consumer's preference.

Build your moment!



BENEFITS OF OFFSITES IN NATURAL ENVIRONMENTS

→ MENTAL RESTORATION & IMPROVED CONCENTRATION

Exposure to nature has a relaxing effect, enhancing mood and increasing concentration.

→ STRESS REDUCTION

Nature provides the perfect environment to combat both acute and chronic stress. Whether through contemplation or engaging in activities, being in natural surroundings has a positive impact on stress levels.

→ PHYSICAL ACTIVATION

Hormones like endorphins, serotonin, and dopamine are released during physical activity. Outdoor exercise, in particular, contributes to a pleasant feeling and improved mood.

→ LEARNING NEW SKILLS

Participating in activities in natural settings takes employees out of their comfort zones. Facing new challenges fosters personal growth and skill development.

→ BETTER HEALTH & REDUCED ABSENTEEISM

Active lifestyles lead to healthier habits among employees. Improved health directly correlates with better work performance and reduced absenteeism.

OFFSITESESPORTEC



PENEDÈS EXPERIENCE



COSTA DAURADA EXPERIENCE



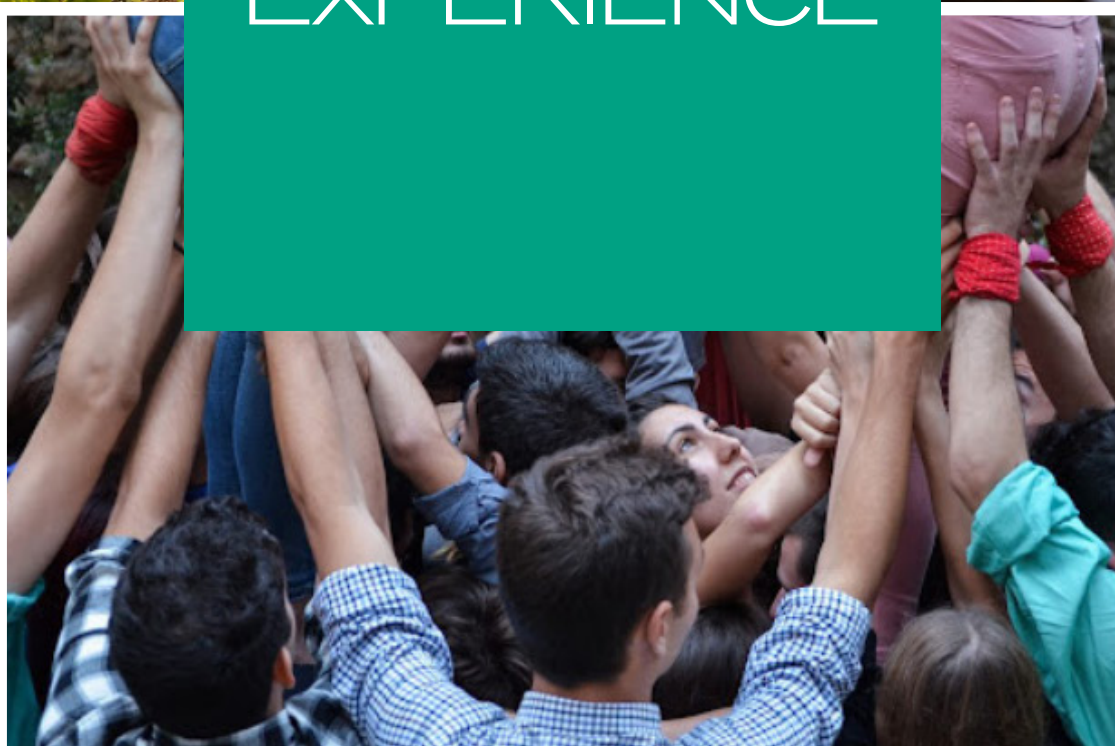
AVENTURA EXPERIENCE



SNOW EXPERIENCE



PENEDÈS
EXPERIENCE



PENEDÈS EXPERIENCE

The Penedès Experience combines Segway tours through vineyards, cellar visits, cultural routes, and even the passion of “castells” (human tower building).

All of this is complemented by a diverse gastronomic offering and quality accommodations, whether along the coast or in tranquil rural towns.



GRAN PENEDÈS

Located just 42 km from Barcelona and Tarragona, Penedès is a wine-growing and rural destination. It offers unique spaces for meetings and events, including wineries, Catalan farmhouses (masies), outdoor estates, vineyards, and Romanesque castles.

Vilafranca del Penedès, the capital of Alt Penedès, is the epicenter of wine culture and “castells” (human tower) traditions.

Coastal villages, beaches, and hiking trails in Baix Penedès provide an ideal setting for rejuvenation. Inland, you can explore nature and cultural heritage through various wine tourism activities.

Just a few kilometers from Barcelona, Garraf offers a unique Mediterranean landscape with vineyards and the Garraf Natural Park. Sitges, synonymous with culture, sun, and beaches, also provides facilities and diverse options for business tourism.

Sitges has become a leading MICE (Meetings, Incentives, Conferences, and Exhibitions) destination in Catalonia after Barcelona.

PROPOSALS



CELLARS
TASTINGS &
GUIDED VISITS



CASTELLS
(HUMAN TOWERS):
CULTURE & TRADITION



CULTURAL VISITS
HISTORY & HERITAGE



ECOROUTES
SEGWAY AMONG
VINEYARDS



ECOROUTES
MEDITERRANEAN
CORNERS

CELLARS

TASTING & GUIDED VISITS

Explore wineries in the Penedès and Garraf regions. Enjoy enotourism experiences that include tasting their prized wines and cava (sparkling wines).

ACTIVITY	VISIT AND TASTING AT A PENEDE`S OR GARRAF WINERY (OF YOUR CHOICE)
DURATION	2 HOURS
INCLUDES	<ul style="list-style-type: none"> → TRANSPORTATION → WINERY VISIT → TASTING OF STILL AND SPARKLING WINES
GOALS	<ul style="list-style-type: none"> COMMITMENT AND MOTIVATION COMMUNICATION AND GROUP COHESION
COMBINES WELL WITH	ECOROUTES





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1. CAN BONASTRE WINE RESORT MASQUEFA

Can Bonastre Wine Resort is a small paradise among vineyards, located just 35 minutes from Barcelona. The farmhouse offers 12 designer rooms for groups with views of the magical Montserrat mountain and the vineyards of the winery. They specialize in organizing and coordinating conferences, meetings, and private corporate events.

2. JEAN LEON TORRELAVIT

Jean Leon is a legendary name in the world of Penedès wines. Established in 2002, the Visitor Center offers a very interesting session that concludes with the tasting of some house products. Additionally, the different vineyard plots that make up the estate are crisscrossed by signposted paths, providing the opportunity for a stroll.

3. GIRÓ RIBOT

SANTA FE DEL PENEDEÈS
Giró Ribot is a family winery with an international projection. They organize visits to discover how they produce wines and cavas, as well as for tastings and pairings.

4. ARTCAVA. CELLER CAN BATLLE AVINYONET DEL PENEDEÈS

Artcava is a charming small winery that produces 18,000 bottles per year of high-quality artisanal cava with their own hands; without adding anything, neither chemicals nor expedition liqueurs. Only passion. They offer personalized guided tours, which can conclude with a nice meal at the estate's restaurant.

5. PARÉS BALTÀ PACS DEL PENEDEÈS

Parés Baltà is a family winery since 1970, but with youthful and fresh ideas. They cultivate their vineyards in an ecological and biodynamic manner, creating a mosaic of soils, climates, and grape varieties that give unique personality to their wines.

6. TORRES PACS DEL PENEDEÈS

The Torres surname has been linked to wine for over three centuries, ever since the family planted the first vineyards in Penedès. From its origins, Torres has successfully combined tradition and innovation, aiming to lead the quality wine and brandy sector while always respecting the environment.

7. CAVA & HOTEL MASTINELL VILAFRANCA DEL PENEDEÈS

The Cava & Hotel Mastinell enotourism complex includes a 5-star Gaudi-inspired hotel, offering cavatherapy and vinotherapy treatments, along with various enotourism activities. Additionally, there's the "En Rima" Gastronomic Space featuring Mediterranean cuisine, and the cellar where Mastinell wines and cavas are crafted.

8. FINCA VILADELLOPS VILADELLOPS

Finca Viladellops is based on the climate, terroir, and history of this place. Their wines aim to express the personality of the Massís del Garraf, with a calcareous-clay soil formed by low mountains that stretch from the sea to an altitude of 500 meters.

9. CAVES ORIOL ROSSELL**SANT MARÇAL**

Oriol Rossell is a small family business dedicated to producing quality wines and cavas from grapes grown on their own estate. Their commitment to quality also extends to ecological practices. They have different spaces designed for hosting product presentations, workshops, and appetizers.

10. CAN RÀFOLS DELS CAUS**AVINYONET DEL PENEDÈS**

Can Ràfols dels Caus is a winery for vinification and aging, completely embedded in the rock of Garraf, invisible from the outside and designed at different levels to facilitate gravity-based winemaking. They offer wines that express the character, authenticity, uniqueness of the terroir, the winemaker's touch, and the varietal typicity.

11. GRAMONA**SANT SADURNÍ D'ANOIA**

Gramona represents the fifth and sixth generations of a family with a viticultural tradition. They work with a unique grape variety: Xarel·lo, which is the backbone of their sparkling wines. Visiting Gramona allows you to get up close with the tradition of this family of winemakers and cellar masters since 1850. Located amidst the vineyards, the Celler Batlle reflects the family's commitment to landscape respect and renewable energy use.

12. JUVÉ I CAMPS**SANT SADURNÍ D'ANOIA**

Juvé i Camps spans four generations of a family dedicated heart and soul to viticulture, specializing in crafting premium cavas. Their estate covers a total of 271 hectares of vineyards for each grape variety. Their centenary cellar can host any type of event.

13. TORELLÓ VITICULTORS**GELIDA**

Torelló Viticultors has been producing wines and sparkling wines since 1951, with a viticultural history dating back to 1395. Both the vineyards and olive trees at the Can Martí estate are ecologically certified by CCPAE. The estate preserves two medieval farmhouses: Can Martí de Dalt (Mas de la Torrevella) and Can Martí de Baix, which houses the cellar and facilities.

14. XERIGOTS**VILAFRANCA DEL PENEDÈS**

At Obrador Xerigots, located in a former 19th-century warehouse on Comerç Street in Vilafranca, there is a cheese maturation space. This area, once used for storing wine in ancient ceramic cups, now offers a fascinating journey. Visitors can explore various cheese-making processes, challenge their senses to differentiate between different types of milk and levels of maturity, and witness the special synergy between wine and cheese during tastings. It's a delightful experience that combines culinary exploration with the art of pairing.

15. VINS EL CEP**ESPIELLS**

Vins El Cep was born from the union of four winemaking families and four estates. Since 1980, they have been producing unique, high-quality wines and cavas that express their terroirs. Located in the Costers de l'Anoia, at Can Llopart de les Alzines, an estate dating back to 1499 and surrounded by vineyards, they are pioneers in organic and biodynamic viticulture. Vins El Cep strives to achieve the perfect balance between respect for nature and high quality in the winery.

16. SEGURA VIUDAS**SANT SADURNÍ D'ANOIA**

Segura Viudas is an award-winning winery in the most prestigious national and international wine and cava tastings. Their vineyard, Segura Viudas (called "The House of the Grape" in the 12th century), is part of a millenary winemaking tradition, as they have been cultivating vineyards since the year 1126. Segura Viudas continues to respect winemaking traditions while incorporating modern and ecological methods.



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CASTELLS

CULTURE & TRADITION

The Castellers de Vilafranca are one of the most important and renowned entities in Vilafranca del Penedès. They have represented Catalonia and its culture on numerous occasions abroad.

The Colla (group) was founded in 1948 due to the strong passion, tradition, and roots of castell building in Vilafranca. Over a thousand castellers participate, united by their cooperative spirit, teamwork, and constant drive for improvement.





CAL FIGAROT HEADQUARTERS OF THE VERDS (GREENS)

The Casa Raventós i Via, popularly known as Cal Figarot, serves as the social headquarters of the Castellers de Vilafranca. It includes a neogothic building from the late 19th century, housing various facilities for the group. An adjacent 600 m² space is used for rehearsals, and the magnificent courtyard is the true heart of the social center.

ACTIVITY VISIT TO CAL FIGAROT AND CASTELL
WORKSHOP WITH **TOP GREEN TOWERS**

DURATION 2–4 HOURS

INCLUDES

- FACILITATORS AND TRAINERS
- CASTELLER TECHNICIANS & MUSICIANS
(IN VARIOUS POSSIBLE FORMATS)
- ACCIDENT INSURANCE AND
CIVIL LIABILITY COVERAGE
- DIDACTIC MATERIALS

GOALS

- COMMITMENT AND MOTIVATION
- PERFORMANCE AND RESULTS
- COMMUNICATION & GROUP COHESION
- LEADERSHIP
- TEAMWORK

**COMBINES
WELL WITH** CULTURAL VISITS, ECOROUTES & CELLARS

CULTURAL VISITS

HISTORY & HERITAGE

Vilafranca del Penedès combines its medieval and modernist past with its wine tradition. Cultural visits allow us to discover the city's history and legacy in a relaxed and enjoyable manner.



ACTIVITY HISTORICAL ROUTE IN VILAFRANCA & VISIT TO VINSEUM AND/OR CASA DE LA FESTA MAJOR

DURATION 3-4 HOURS

INCLUDES

- TRANSPORTATION
- GUIDED TOUR IN VILAFRANCA
- GUIDED VISIT TO INVINSEUM AND/OR CASA DE LA FESTA MAJOR

GOALS COMMITMENT AND MOTIVATION
COMMUNICATION AND GROUP COHESION

COMBINES WELL WITH CELLARS



HISTORICAL ROUTE THROUGH VILAFRANCA DEL PENEDÈS

Vilafranca's strategic location as a route connecting Christian and Muslim lands led to intense growth in the second half of the 12th century.

Notable historical buildings from this period include the Palau Reial (Royal Palace), where King Pere III the Great passed away, and the Palau Baltà, where the Concordia de Vilafranca was allegedly signed in 1461, a key event in the 15th-century civil war.

The economic resurgence after the phylloxera disaster paved the way for modernism. Agricultural landowners and traders embraced modernist trends, resulting in buildings reflecting their economic status.

This historical route through Vilafranca del Penedès explores medieval houses, churches, and streets, revealing the main symbols of modernist Vilafranca.



VINSEUM MUSEUM OF WINE CULTURES OF CATALONIA

At VINSEUM, we discover the character of the Penedès region, which has centered its activity around viticulture for centuries.

The museum houses a permanent collection of objects related to wine production. Weekly activities include tastings, guided tours, family workshops, concerts, and film screenings.

CASA DE LA FESTA MAJOR (HOUSE OF THE MAIN FESTIVAL)

The Casa de la Festa Major provides an immersive experience of the sensations felt during the five days of a festival with origins dating back to the 17th century.

It exhibits a collection of festive imagery and bestiary, along with information about dances, casteller groups, key figures, and traditional events.

In 1991, it was declared a National Heritage Festival of Interest.

ECOROUTES

SEGWAY AMONG VINEYARDS

Fully personalized segway routes through vineyards, testing your balance on a fun and sustainable vehicle.

Along the way, you can visit heritage elements of great beauty, such as the Sant Martí Sarroca Castle or the Olèrdola Castle and its monumental complex. These routes combine well with winery visits and cultural tours in Vilafranca del Penedès and the surrounding towns.

ACTIVITY	SEGWAY TOUR OF YOUR CHOICE
DURATION	2 HOURS
INCLUDES	<ul style="list-style-type: none"> → GUIDED TOUR → SEGWAY AND HELMET → ACCIDENT INSURANCE AND CIVIL LIABILITY COVERAGE
GOALS	COMMITMENT AND MOTIVATION COMMUNICATION AND GROUP COHESION
COMBINES WELL WITH	CELLARS & CASTELS

MORE INFORMATION: **SEGWAY CATALUNYA**





PENEDÈS TOUR

Guided tourist ecoroute on a Segway through the vineyards of Penedès. We will enjoy the best views on two wheels and discover together the history of the region and its most emblematic places.



VILAFRANCA & ROUTE AMONG VINEYARDS

Semi-urban itinerary that combines culture and territory. We will enter the old town of Vilafranca del Penedès by segway to see the main monuments of the city. We will take a step back and we will contemplate the fields of vines and the olive trees of its natural environment.



BAIX PENEDÈS TOUR

Adventure route with segway through the mountain and beach environment of the Baix Penedès. Leaving from Sant Vicenç de Calders, we will cross lanes and paths until we reach the Coma-ruga beach area.

ECOROUTES

MEDITERRANEAN CORNERS

Discover the beauty of the Mediterranean coast as you tour its beautiful beaches or explore the surrounding mountains on a handlebar platform. Our guided itineraries will allow you to immerse yourself in the natural and cultural landscape of this region bathed in the calm waters of the Mediterranean Sea.

ACTIVITY	SEGWAY TOUR OF YOUR CHOICE
DURATION	2 HOURS
INCLUDES	<ul style="list-style-type: none"> → GUIDED TOUR → SEGWAY AND HELMET → ACCIDENT INSURANCE AND CIVIL LIABILITY COVERAGE
GOALS	COMMITMENT AND MOTIVATION COMMUNICATION AND GROUP COHESION
COMBINES WELL WITH	CELLARS & CASTELLS





GARRAF EXPERIENCE

An ecotourism route through the mountains that cradle the popular town of Sitges, from where we will enjoy spectacular views towards the sea. We will also have the opportunity to visit the abandoned village of Jafra and learn about the legends that surround it.



SEGWAY SITGES CITY MEDITERRANEAN TOUR

Itinerary through the seaside town of Sitges. We will explore the Sitges seafront, the emblematic Vinyet neighborhood, and its beaches with the comfort and fun provided by the Segway.



COSTA DAURADA EXPERIENCE



COSTA DAURADA EXPERIENCE

Our locations on the Costa Daurada allow us to enjoy protected natural coastal spots and discover them in unique ways, such as kayaking, paddle surfing, or coasteering. These marine activities and stays by the sea offer opportunities to engage in various water-based activities.

We also offer guided Segway tours through the paradisiacal surroundings of the Tarragona coast and its most important beaches and viewpoints.



COSTA DAURADA EXPERIENCE



ACTIVITY	CHOOSE FROM VARIOUS WATER ACTIVITIES
DURATION	2-3 HOURS
INCLUDES	<ul style="list-style-type: none"> → WELCOME AND BRIEFING → WATER AND REFRESHMENTS → ACCESS TO CHANGING ROOMS WITH SHOWERS → LOCKABLE AREA, OR LOCKERS FOR PERSONAL BELONGINGS → LIABILITY AND ACCIDENT INSURANCE → ALL NECESSARY EQUIPMENT FOR THE ACTIVITIES
GOALS	COMMITMENT AND MOTIVATION PERFORMANCE AND RESULTS COMMUNICATION AND GROUP COHESION LEADERSHIP TEAMWORK
COMBINES WELL WITH	PENEDÈS EXPERIENCE

LOCATIONS



TAMARIT

The Costa Daurada coastline offers many possibilities to enjoy water sports. Protected by the castle, Tamarit is a long and tranquil beach located very close to Altafulla. Its natural beauty and heritage make it the perfect backdrop for offsite events.



LA MORA

La Móra cove, with its 450 meters in length and 50 meters in width, is a semi-urban beach composed of fine golden sand. It borders calm and warm waters, easily accessible due to the lack of steep slopes. The tip of La Móra, surrounded by Mediterranean forest, is a space declared of natural interest.



TARRAGONA

Tarragona is a city steeped in history. Its location on the shores of the Mediterranean in the Costa Daurada, along with its warm-water beaches and tourist and business facilities, makes it an important center for tourism and business.



ALTAFULLA

Altafulla is a well-preserved village that respects its protected environment, with a mild and warm climate. The village was declared a cultural asset of national interest in 1998 by the Government of Catalonia, mainly due to the Vila Closa and its neighborhoods. Two years later, in 2000, it was also declared a UNESCO World Heritage Site for the Roman villa of Els Munts.

WATER-BASED PROPOSALS



SEA KAYAKING

Guided tours in open kayaks, visiting caves and coves. We'll discover the flora and fauna that inhabit this privileged environment of the Costa Daurada.



PADDLE SURF (STAND-UP PADDLEBOARDING)

Guided paddle surf tours, exploring the seabed and the natural surroundings.



BIG SUP (GROUP PADDLE SURF)

A group mode of paddle surfing that combines outdoor exercise with balance training, coordination, and teamwork.

WATER-BASED PROPOSALS



COASTEERING & SNORKELING

A combination of sports activities along the coast, including hiking, cliff jumping, snorkeling, cave exploration, rappelling, and canyoning.



BEACH GAMES

Beach games to encourage achieving challenges and group cohesion, adapting Olympic sports modalities as a connecting theme.



ORIENTEERING COURSES

Using a map, participants must find different points along a surprise route to reach the final location in the shortest possible time.

SEGWAY TOURS

Guided routes on the Segway through the paradisiacal surroundings of the Tarragona coast and along the coastal front of Tarragona, its beaches and viewpoints most important.

ACTIVITY	SEGWAY TOUR OF YOUR CHOICE
DURATION	2 HOURS
INCLUDES	<ul style="list-style-type: none"> → GUIDED TOUR → SEGWAY AND HELMET → ACCIDENT INSURANCE AND CIVIL LIABILITY COVERAGE
GOALS	COMMITMENT AND MOTIVATION PERFORMANCE AND RESULTS COMMUNICATION & GROUP COHESION
COMBINES WELL WITH	PENEDÈS EXPERIENCE



CITY TOUR MARE NOSTRUM

A Segway tour along the Tarragona coastline, the maritime district of Serrallo, and its beaches. We'll explore the city's balconies and viewpoints that overlook the sea. Following the coast, we'll enjoy the maritime landscape and visit Tarragona's most representative beaches.



ALTAFULLA OFF ROAD TOUR

A Segway tour in Altafulla, visiting the medieval ensemble of Vila Cloa and the Roman villa of Els Munts. We'll put the Segway to the test on sandy terrain, entering the mouth of the Gaià River and following unpaved trails all the way to Tamarit Castle.



AVENTURA EXPERIENCE



AVENTURA EXPERIENCE

Adventure activities and stays where we can engage in various physical sports in natural environments of different intensities, all under controlled conditions. We tailor experiences, from single-day multi-activities to multi-day adventures.

ACTIVITY	SPECIFIC ACTIVITY OR MULTI-ACTIVITIES
DURATION	3-4 HOURS
INCLUDES	<ul style="list-style-type: none"> → TRANSPORTATION (IF NEEDED) → SPORTS INSTRUCTORS → ACCIDENT AND LIABILITY INSURANCE → TECHNICAL EQUIPMENT
GOALS	COMMITMENT AND MOTIVATION PERFORMANCE AND RESULTS COMMUNICATION AND GROUP COHESION LEADERSHIP TEAMWORK
COMBINES WELL WITH	SNOW EXPERIENCE



LOCATIONS



PORT DEL COMTE

The Port del Comte ski resort isn't limited to winter activities. Throughout the year, it offers a range of possibilities in a tranquil mountain environment.

The Vall de Lord, with its black pine forests, limestone rock, and the Llosa del Cavall reservoir, is ideal for adventure activities (acrobatic park, tubbies, Segway, climbing, hiking, kayaking) beyond the winter months.



LA CERDANYA

Cerdanya is a fantastic place for adventure activities and stays. With its majestic mountains and well-marked trails, Cerdanya is a paradise for hiking, mountaineering, and cycling enthusiasts.

Along the Segre River, you can try rafting and kayaking, while the numerous climbing areas provide a great challenge for vertical lovers.

ADVENTURE PROPOSALS



ROCK CLIMBING & RAPPELLING

Sport climbing on rock. We'll try different routes that test our flexibility and balance.



ADVENTURE PARK

Adventure circuits with zip lines of varying lengths to challenge balance and get an adrenaline rush.



OUTDOOR & ORIENTEERING

Combining orienteering with various means of transportation (walking, Segway, snowshoes, etc.).



SPELEOLOGY

We will explore caves and grottoes and overcome different obstacles with safety and respect.

ADVENTURE PROPOSALS



VIA FERRATAS

Secure climbing on equipped routes with bolts, grips, handholds, chains, Tibetan and Nepalese bridges, and zip lines.



CANYONING

Progressing through a canyon, overcoming various obstacles: walking, swimming, rappelling, or using ropes.



KAYAKING

Recreational kayaking in calm waters (rivers or lakes).



SNOW EXPERIENCE



SNOW EXPERIENCE

Snowshoe excursions, alpine skiing lessons, backcountry skiing or Nordic skiing outings, snowboarding classes, avalanche and high mountain training. The possibilities offered by our locations in the Pyrenees make them an ideal territory for winter activities and stays.

ACTIVITY CHOOSE FROM VARIOUS SNOW-RELATED ACTIVITIES

DURATION 3-4 HOURS

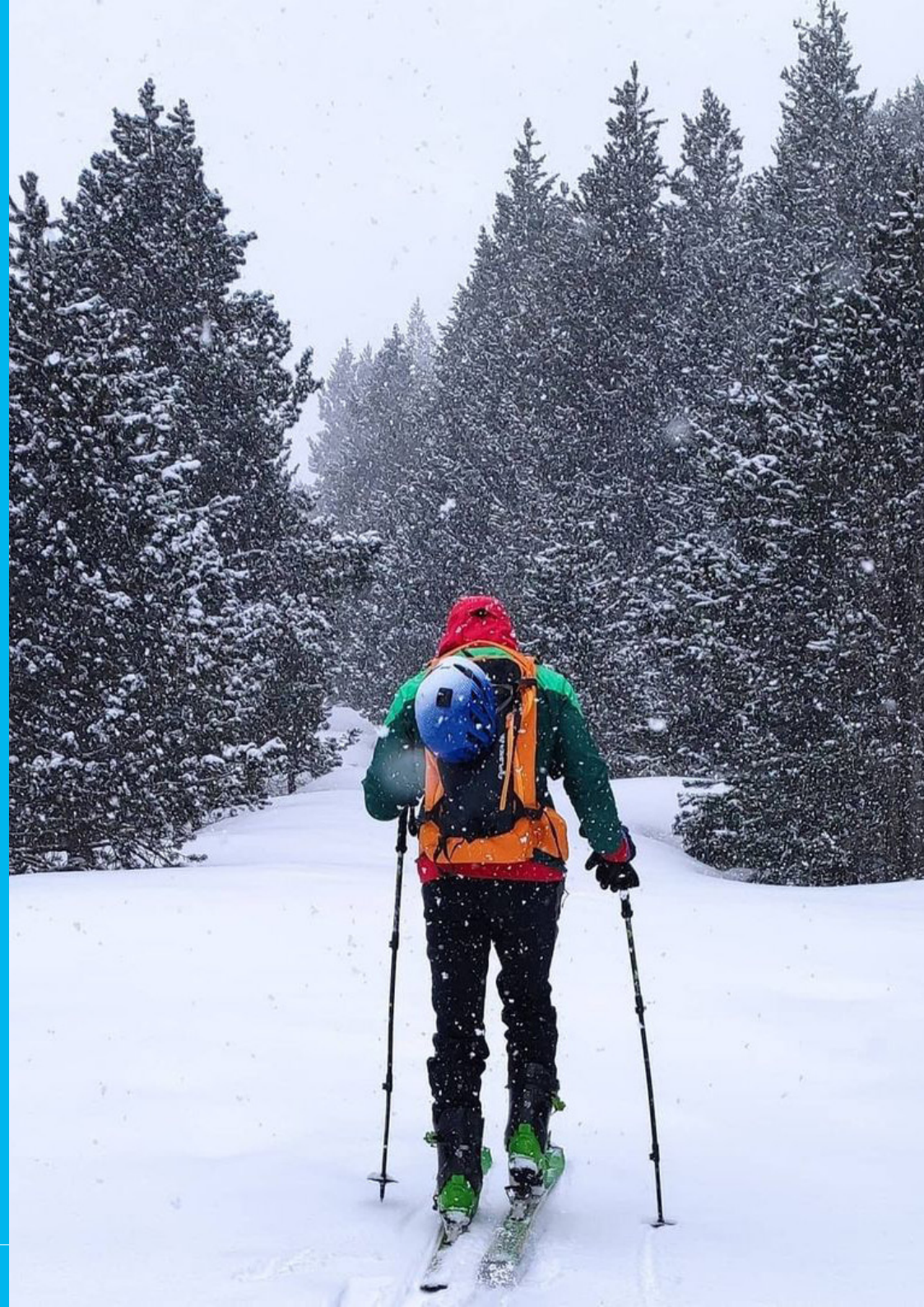
INCLUDES

- TRANSPORTATION (IF NEEDED)
- SPORTS INSTRUCTORS
- ACCIDENT AND LIABILITY INSURANCE
- TECHNICAL EQUIPMENT
- ACCOMMODATION (IF NEEDED)

GOALS

- COMMITMENT AND MOTIVATION
- PERFORMANCE AND RESULTS
- COMMUNICATION AND GROUP COHESION
- LEADERSHIP
- TEAMWORK

**COMBINES
WELL WITH** AVENTURA EXPERIENCE



LOCATIONS



PORT DEL COMTE

Located in the Catalan Pre-Pyrenees, spanning the regions of Solsonès and Alt Urgell, the Port del Comte ski resort is perfect for all kinds of winter snow activities.



LA CERDANYA

The topography of La Cerdanya and the opportunities it offers make it an ideal territory for winter activities and stays. The ski resorts of La Molina and Masella, which together form the Alp 2500 ski domain, position La Cerdanya as one of Europe's most important winter sports hubs.

PROPOSALS

SNOWSHOEING

Snowshoe excursions are a fun and safe way to enjoy the snow and bond with your team. We offer guided excursions of varying durations and difficulty levels.

ALPINE SKIING

Alpine skiing is the king of winter sports. We organize skiing outings tailored to different skill levels and group motivations. They guarantee both fun and group cohesion.

NORDIC SKIING

Nordic skiing is considered one of the most complete sports because it harmoniously engages the body without tension, allowing you to enjoy the forested terrain with good company. The slopes are gentle, with gradual inclines.

SNOW SURFING (SNOWBOARDING)

Snowboarding is a thrilling board sport that complements skiing. We offer introductory courses and surf days ideal for fostering a spirit of achievement.

WINTER MOUNTAIN ACTIVITIES

High mountain excursions, especially in winter, come with risks that require knowledge. We organize stays to learn how to navigate winter mountain conditions (snow science, safety, equipment, and avalanche rescue workshops), including practical excursions to apply the knowledge.

LODGINGS

PORT DEL COMTE
LA CERDANYA
COSTA DAURADA
PENEDÈS & GARRAF

LODGINGS IN PORT DEL COMTE



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1. HOTEL GOLF NATURA PORT DEL COMTE 65 PLACES

Located 500 meters from the ski slopes and within a golf course, it stands at an altitude of 1,800 meters. All rooms feature heating, a television, wooden ceilings and floors, a balcony with views of the ski slopes, and a full bathroom with a hairdryer. The rooms accommodate 4–6 people, with one room accommodating up to 10 people.

2. HOTEL PORT 1730 PORT DEL COMTE 120 PLACES

It is located right at the base of the ski resort, at an altitude of 1730 meters. All facilities have been recently renovated. The rooms feature central heating, a television, a full bathroom, and views of the ski slopes and the valley. The hotel also has a spacious dining area with a wonderful central fireplace and several game rooms. The rooms accommodate 4 and 6 people.

3. HOTEL AVET LA COMA I LA PEDRA 35 PLACES

Es troba a 1.000 metres de les pistes. It is located 1,000 meters from the ski slopes, at an altitude of 1,600 m. It is a small mountain hotel with a warm and rustic atmosphere. The rooms have a full bathroom. In addition, the hotel has central heating, multipurpose room, wifi, gym, jacuzzi and sauna. Rooms for 4 people.

4. HOTEL JAPONÈS PUIGPINÓS LLADURS 8 ROOMS

The Hotel Japonès Puigpinós is a 12th-century farmhouse (year 1131), completely renovated and transformed into a point of connection between two cultures: traditional Catalan and the minimalist elegance of Japan. The sturdy stone structure of the farmhouse contrasts with the pure Japanese essence decoration of the eight rooms, ideal for rest and immersion in Japanese culture and the natural surroundings of Solsonès. It's a truly unique option.

5. HOTEL LA VELLA FARGA LLADURS 15 ROOMS

La Vella Farga is an isolated Catalan farmhouse situated on a large esplanade with views in all directions. The wide variety of spaces—halls, rooms, stables, and the cellar—make it hospitable in its own right. The events and meetings room, 'els Aros,' located in the annex building of the hotel, features large windows that allow magnificent light entry and extraordinary views.

6. HOTEL CAL JOAN DEL BATLLE LA COMA I LA PEDRA 6 ROOMS

Cal Joan del Batlle is the hotel-experience that varies throughout the year. The establishment adapts to the landscape in which it is immersed, mimicking nature with the passing of the seasons.

LODGINGS IN LA CERDANYA



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1. CERDANYA ECO-RESORT PRULLANS 116 ROOMS

Hotel, camping, apartments, bungalows, and glamping in the heart of Cerdanya. With a clear ecological orientation and services for all tastes and ages: pools, wellness with SPA, sports facilities, and restaurants serving local Catalan cuisine (KMO), seasonal, ecological, and of high quality.

2. VILLA PAULITA PUIGCERDÀ 38 ROOMS

Villa Paulita is a charming hotel located in the heart of Puigcerdà, facing the lake. It offers 38 rooms of different categories, private parking, spa services, and two fully equipped meeting rooms for conferences, presentations, incentives, or activity preparation.

3. HOTEL HG LA MOLINA LA MOLINA 65 ROOMS

The HG La Molina Hotel is located right at the base of La Molina ski resort, adjacent to the Llarga slope, and offers excellent views over the Cerdanya valley. It provides free Wi-Fi in common areas, a game room, meeting room, ski and gear storage. The hotel also features a grill restaurant, lounge-cafeteria, garden with a solarium, swimming pool, and the HG Wellness Center SPA zone (with a water circuit and massage cabins), as well as laundry facilities.

4. SM HOTEL FONTANALS GOLF SORIGUEROLA 60 ROOMS

Located at the Fontanals golf course, with spectacular views of the Catalan Pyrenees, it features cozy rooms equipped with a hydromassage bathtub and satellite TV. The hotel also has a seasonal outdoor pool, event rooms, a golf course, tennis courts, and paddle tennis.

5. HOTEL & SPA LA COLLADA LA MOLINA 90 ROOMS

Located in the Collada de Toses, the Hotel & Spa La Collada has a privileged location with splendid views and is only 5 minutes from the La Molina ski resort and 8 minutes from the Masella ski resort. The hotel offers a wide variety of services, including a luxury spa, parking and ski storage, and transportation to the ski slopes (subject to availability). It is an ideal place to relax and enjoy nature after a day of activity in the mountains.

6. HOTEL PARK PUIGCERDÀ & SPA PUIGCERDÀ 54 ROOMS

Hotel Park Puigcerdà & Spa is a 4-star hotel located in Puigcerdà. It features an outdoor pool, a spa with a gym, and spacious gardens. The rooms offer panoramic views of Tossa d'Alp and Cadí, and the hotel has large rooms equipped for meetings and conferences.

LODGINGS IN COSTA DAURADA



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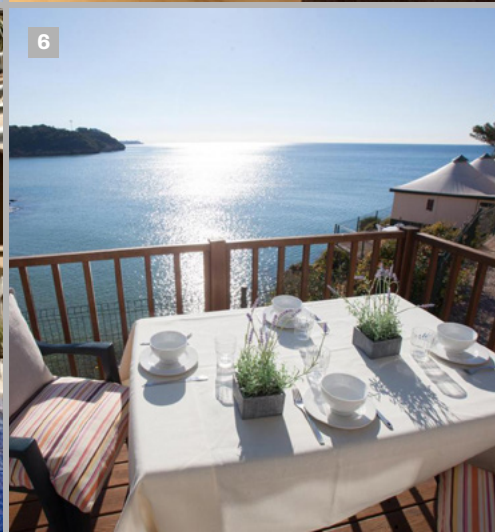
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1. HOTEL LE MERIDIEN RA EL VENDRELL 157 ROOMS

Located in El Vendrell, Le Méridien Ra offers highly exclusive services. The two restaurants provide a first-class gastronomic experience. Additionally, the hotel complex features an outdoor pool and a spa area, all accompanied by Wi-Fi connectivity and 24-hour reception. The hotel also has 15 meeting rooms for organizing the most select events.

2. ALTAFULLA MAR HOTEL ALTAFULLA 135 PLACES

The hotel features versatile and configurable multipurpose rooms spread across 700 m², catering to business and organizational needs. Equipped with Wi-Fi, all rooms have natural light and private terraces with sofas and direct access to the central garden, ideal for a private coffee break. The rooms are spacious and modern, and there is a bright buffet restaurant and a seasonal Japanese restaurant. Other amenities include an outdoor pool and a gym. Breakfast and parking services are also available.

3. HOTEL GRAN CLAUSTRE ALTAFULLA 39 ROOMS

The Gran Claustre Hotel is one of the most unique and exclusive hotels on the Costa Daurada. Located in the old town of the medieval village of Altafulla, the hotel offers a perfect combination of its traditional structure and modern decoration. It has three meeting rooms and two outdoor spaces for meetings and events.

4. TAMARIT BEACH RESORT TAMARIT 15 ROOMS

Located on the beachfront, it offers diverse accommodations to meet the needs of all guests. It features a wellness and health center with a variety of exclusive treatments, a marina club for water sports, and a wide range of services including restaurants, take-away food, ice cream shops, clothing and accessory stores, ATMs, and laundry facilities, among others.

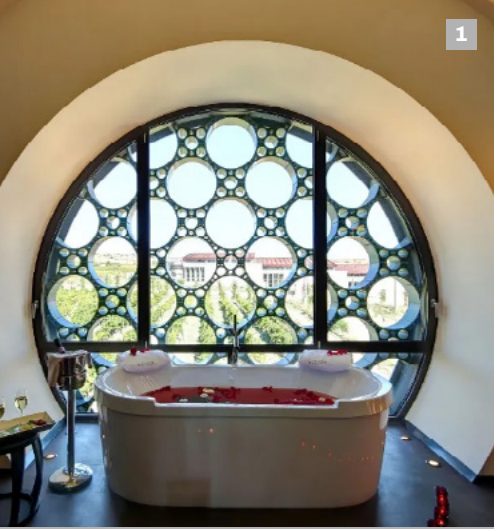
5. HOTEL CIUTAT DE TARRAGONA TARRAGONA 431 ROOMS

Located in the center of Tarragona, the hotel offers concierge service, room service, and a rooftop pool, terrace, and bar. The hotel has four meeting rooms with natural light and soundproofing.

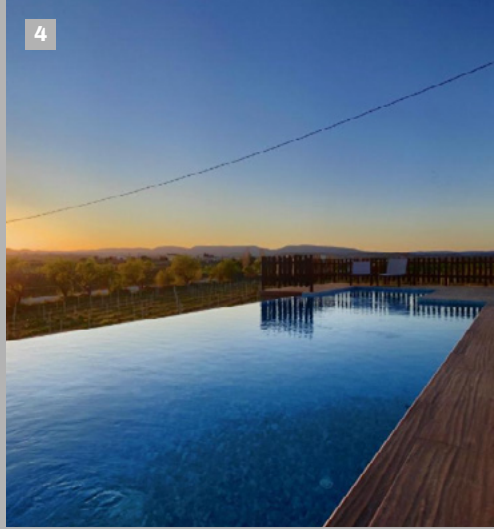
6. CAMPING TORRE DE LA MORA CTRA. NACIONAL 340, KM. 1171 TARRAGONA

Located on the beachfront, between the Móra beach and the Marquesa forest, this 4-star campsite has simple and rustic bungalows, mobile homes and entertainment services, swimming pool, water park, playgrounds, area sports, gym and restaurant. The campsite also offers a laundry service, a supermarket and a Wi-Fi zone.

LODGINGS IN PENEDÈS & GARRAF



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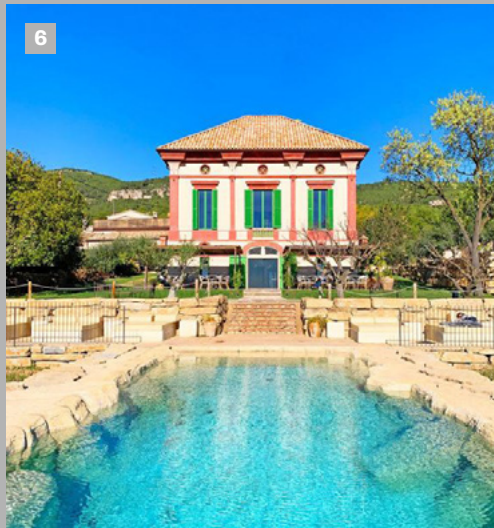
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1. CAVA & HOTEL MASTINELL VILAFRANCA DEL PENEDÈS 11 ROOMS

The hotel, designed in Gaudí-inspired architecture, is a 5-star establishment that also offers cava therapy and wine therapy treatments, in addition to various wine tourism activities. It houses the 'En Rima' Gastronomic Space, featuring Mediterranean cuisine, and the cellar where Mastinell wines and cavas are produced.

2. MERCER CASA TORNER I GÜELL VILAFRANCA DEL PENEDÈS 17 ROOMS

The Mercer Casa Torner i Güell is a small 4-star hotel located in the historic center of Vilafranca del Penedès, in a modernist building dating back to 1884. It features 14 rooms and 3 suites, all equipped with amenities for leisure and work.

3. CAL TÒFOL SANT MARTÍ SARROCA 3 ROOMS

Cal Tòfol features three elegant suites, each with a private indoor jacuzzi, a safety deposit box, and complimentary Wi-Fi. The gourmet tasting menu is crafted from the finest local ingredients and presented with special care. The hotel also offers complimentary bicycles for guest use and provides mini spa services and massages.

4. B&B WINE AND COOKING EL PLA DEL PENEDÈS 15 ROOMS

B&B Wine & Cooking is a completely renovated 400-year-old farmhouse that offers room rentals with breakfast. The accommodation features a spacious garden with a pool and views of the vineyards.

5. HOTEL BOUTIQUE FONT DE LA CANYA AVINYONET DEL PENEDÈS 8 ROOMS

Hotel Boutique Font de la Canya is located in a spectacular environment surrounded by olive trees and vineyards. Situated in Avinyonet del Penedès, it offers 8 warm and spacious rooms, along with a marvelous garden that provides panoramic views of the surroundings and the Montserrat mountain.

6. CASA GRAN L'AVELLÀ 10 ROOMS

Located in the historic farmhouse in the village of L'Avellà, in the most idyllic mountainous area of the Penedès. The accommodation consists of 10 comfortable rooms with their own identity, all of them designed for guests to relax and connect with the winery. Guests can also enjoy the chalet of MontRubí, a historic heritage building that houses a Wine Bar with a magnificent terrace, the restaurant and the cozy wooden lounge. In addition, they have exclusive access to the swimming pool surrounded by vines, the massage room, lounges with fireplaces and the gym.

LODGINGS IN PENEDÈS & GARRAF



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7. HOTEL RESTAURANT SOL I VI SANT SADURN D'ANOIA 29 ROOMS

Wine tourism Hotel in a Catalan farmhouse surrounded by vineyards. Lush gardens, spacious terraces surrounding the pool, spacious marquees, and magnificent architectural spaces create a special setting for events.

8. HOTEL MIM SITGES 77 ROOMS

Hotel MiM Sitges is a 4-star superior hotel located in the center of the city and less than 100 meters from the Sitges seafront promenade. It features a complete spa with a beauty and wellness area, a water circuit, a gym, and a nutritionist. Additionally, on the rooftop, there's the Sky Bar, which offers spectacular views of the city.

9. HOTEL IBERSOL ANTEMARE SITGES 110 ROOMS

Hotel MiM Sitges is located just 50 meters from Sitges beach, surrounded by beautiful gardens. It features 12 meeting rooms with natural light and capacities ranging from 10 to 300 people, equipped with state-of-the-art technology. Additionally, the hotel offers an outdoor pool that is open during the summer.

10. HOTEL ESTELA BARCELONA SITGES 65 ROOMS

The Hotel Estela Barcelona is a Mediterranean-style building located on the seafront, in the Aiguadolç sports harbor. The hotel seamlessly combines events and conferences with an art-gallery hotel concept. It features three modular rooms with a capacity for 300 people, all equipped with natural light.

11. HOTEL CALIPOLIS SITGES 170 ROOMS

Hotel Calipolis Barcelona is a stylish 4-star hotel located in the heart of Sitges, just 50 meters from the beach. It is surrounded by beautiful gardens and offers a tranquil atmosphere. The hotel features eight conference rooms equipped with state-of-the-art technology, ensuring the success of any meeting or convention. Additionally, the sea-view rooms provide spectacular vistas of the Mediterranean and the Sitges seafront promenade.

12. HOTEL GRAN VILLA ROSA VILANOVA I LA GELTRÚ 20 ROOMS

This spectacular villa was built in 1460 as a wine castle and has been restored and renovated with luxurious comforts, while maintaining an ancient and majestic atmosphere. With spacious outdoor and dining areas, magnificent interiors, 20 suites, a beautiful chapel and a stunning event hall, Gran Vila Rosa is the perfect venue for family and business events. The conference room, called El Celler, can accommodate up to 300 people.

RESTAURANTS

PORT DEL COMTE
LA CERDANYA
COSTA DAURADA
PENEDÈS & GARRAF

RESTAURANTS PORT DEL COMTE & LA Cerdanya



1. RESTAURANT DE L'HOTEL FONTS DEL CARDENER LA COMA I LA PEDRA

At Restaurant Fonts del Cardener, they blend traditional and contemporary cuisine. With fresh, locally sourced mountain products, they highlight local meats, grilled fresh fish, and roasted vegetables. A carefully curated selection of desserts and cellar references complements the experience, satisfying all palates. Whether you're a meat lover, seafood enthusiast, or vegetarian, there's something delightful for everyone.



2. RESTAURANT GRAN SOL SOLSONA

The Restaurant Gran Sol offers a blend of traditional Catalan cuisine with contemporary and market-inspired dishes. The menu is a personal interpretation by the chef of current Mediterranean cuisine. During summer nights, they host special events and unforgettable dinners on the garden pergola. Whether you're seeking classic flavors or innovative creations, the Restaurant Gran Sol caters to a variety of culinary preferences.

3. FORMATGERIA DE LLÍVIA LLÍVIA

La Formatgeria de Llivia is a restaurant located in an old cheese factory amidst a paradisiacal environment, surrounded by mountains and meadows. It offers Cerdanya cuisine with modern touches. The menu includes a wide range of flavors, from fondues and raclettes to other succulent dishes.



4. MOOMA CERDANYA DAS

Located at the Cerdanya Aerodrome, an exceptional space in an unbeatable environment in Das, Mooma Cerdanya offers a wide variety of options on its menu. Mooma is renowned for its creative and innovative cuisine; their chefs blend local ingredients with modern techniques to create unique and delicious dishes.



RESTAURANTS COSTA DAURADA



1. CLUB MARÍTIM TORREDEMBARRA
TORREDEMBARRA

CMT Torredembarra offers a selection of the finest Mediterranean cuisine dishes. Fresh ingredients come directly from the fishermen's market, and the house specialty revolves around pasta and rice-based dishes. From squid ink pasta with langoustines or lobster to crab paella, fideuà, and seafood sarsuela, their menu promises delightful flavors from the sea.

2. RESTAURANT BRISA
PLATJA DE TAMARIT

Located on the seafront in one of the most beautiful spots of the Costa Daurada, with views of the famous Tamarit Castle, its cuisine is Mediterranean with a modern twist. It stands out for its fish and rice dishes (such as paella), but it also offers a wide variety of meat dishes on its menu.

3. RESTAURANT LA CALETA
TARRAGONA

With excellent market cuisine, it offers a cozy and romantic atmosphere. The restaurant is located in a romantic vintage aesthetic house with a terrace, surrounded by nature and sea views, where Mediterranean and modern cuisine is prepared.

4. EL TERRAT RESTAURANT
TARRAGONA

Led by chef Quach, El Terrat is synonymous with seasonal cuisine and homemade products. With one eye on the sea and another on the land, Quach proposes a gastronomic experience focused on telling the story through food. Without shrillness and with foreign ingredients, because it remains faithful to the calendar of the garden, the land and the sea. The objective is clear: to bring to the table the cultural symbiosis that unites the Mediterranean Sea.

RESTAURANTS PENEDÈS & GARRAF



1. CAL FIGAROT BY NARRIKA
VILAFRANCA DEL PENEDÈS

Cal Figarot by NARRIKA is a restaurant located in an emblematic building owned by the Castellars de Vilafranca. Here, you can enjoy Basque cuisine surrounded by the rich culture and casteller tradition. The name "NARRIKA" pays a small tribute to the famous NARRIKA in Donostia, from where its owner hails.

2. EL CIGRÓ D'OR
VILAFRANCA DEL PENEDÈS

El Cigró d'Or is a warm and tranquil space where you can enjoy good cuisine. The featured products on the Cigró d'Or menu are loyal to the local region. Chef Oriol Llavina tends to the stoves and, for all to see, offers a cuisine with a conscious focus on local and seasonal ingredients. The restaurant proudly celebrates modernized Catalan cuisine.

3. SUMOLL
LA GRANADA

Located in a farmhouse in the heart of Penedès, surrounded by vineyards that supply the wines to the Ferré Catasús cellar (also owned by the founding family), the restaurant's personality is characterized by a prominent detail in every corner and a balanced menu dominated by Mediterranean and Catalan cuisine.

4. JARDÍ RESTAURANT EL CELLERET
PACS DEL PENEDÈS

El Celleret, located at Finca El Maset in Pacs del Penedès, next to the Família Torres winery, is an ideal place to enjoy a meal with spectacular views. This elegant and welcoming gastronomic space offers the finest local cuisine. Naturally, all the wines served here are from the Torres family, perfectly complementing the dishes with excellence.

RESTAURANTS PENEDÈS & GARRAF



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5. EL POU SITGES

El Pou de Sitges is a tapas restaurant located in the center of Sitges. Its historic premises, which in the past served as a cellar producing Malvasia de Sitges wine, retain this unique character at the heart of the restaurant. The foundation of their dishes combines traditional cuisine with influences from Catalan, Japanese, and Peruvian cooking, all while preserving the rich essence of Mediterranean flavors and using high-quality ingredients.

6. VIVERO BEACH CLUB SITGES

Located on the Sitges Seafront Promenade, with a privileged view of the sea, it is an ideal place to enjoy a meal with spectacular views. The restaurant focuses on classic Mediterranean cuisine with modern touches in its fish and rice dishes. The ingredients are of high quality, and their specialties include seafood dishes.

7. LA DAURADA BEACH CLUB VILANOVA I LA GELTRÚ

Located at Moll de Ponent, with spectacular views of the Mediterranean Sea, La Daurada offers a selection of rice dishes as well as other options like squid and clam fideuà. They also have a “sea and fire” section with grilled fish and meats. Classics include salt-baked sea bream and steak tartare. Its unique setting and modern facilities make it a popular venue for events and parties.

8. RESTAURANT CASA NOVA SANT MARTÍ SARROCA

At Casa Nova, chef Andrés Torres offers a unique gastronomic experience based on sustainability and culinary excellence. The restaurant stands out for its commitment to the environment, using local and organic ingredients, reducing waste and promoting ethical practices. Its exclusive private lounge can accommodate up to 14 diners.

MEETING ROOMS

PORT DEL COMTE
LA CERDANYA
COSTA DAURADA
PENEDÈS & GARRAF

PORT DEL COMTE

	LOCATIONS	MEETING ROOMS	CAPACITY LARGEST ROOM	TOTAL CAPACITY
HOTEL GRAN SOL	SOLSONA	2	200	280
HOTEL SANT ROC	SOLSONA	4	73	157
HOTEL LA VELLA FARGA	LLADURS	1	20	20

LA CERDANYA

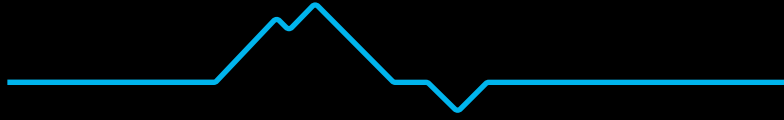
	LOCATIONS	MEETING ROOMS	CAPACITY LARGEST ROOM	TOTAL CAPACITY
CERDANYA ECO RESORT	PRULLANS	9	200	540
VILLA PAULITA	PUIGCERDÀ	3	60	115
XALET DEL GOLF	BOLVIR	3	70	110
HOTEL DEL PRADO	PUIGCERDÀ	3	60	90
HOTEL SM FONTANALS GOLF	SORIGUEROLA	2	60	90
HOTEL HG	LA MOLINA	1	80	80
HOTEL DEL LAGO	PUIGCERDÀ	1	20	20

COSTA DAURADA

	LOCATIONS	MEETING ROOMS	CAPACITY LARGEST ROOM	TOTAL CAPACITY
PORT AVENTURA CONVENTION CENTER	VILA-SECA	18	1.950	3.000
PALAU FIRAL I DE CONGRESSOS	TARRAGONA	18	1.145	2.600
INFINITUM	SALOU	4	300	730
HOTEL CIUTAT DE TARRAGONA	TARRAGONA	4	400	515
JARDÍ HISTÒRIC PARC SAMÀ	CAMBRILS	1	370	370
HOTEL ALTAFULLA MAR	ALTAFULLA	3	180	200

PENEDÈS & GARRAF

	LOCATIONS	MEETING ROOMS	CAPACITY LARGEST ROOM	TOTAL CAPACITY
FINCA MAS SOLERS	SANT PERE DE RIBES	9	1.200	1.800
HOTEL LE MERIDIEN RA	EL VENDRELL	15	500	1.782
FREIXENET	SANT SADURNÍ D'ANOIA	5	328	1.420
HOTEL CALIPOLIS	SITGES	8	380	1.290
CAVA JUVÉ & CAMPS	SANT SADURNÍ D'ANOIA	8	300	850
CAL FIGAROT	VILAFRANCA DEL PENEDÈS	2	500	560
AUDITORI MUNICIPAL	VILAFRANCA DEL PENEDÈS	1	484	484
BODEGA TORRE DEL BEGUER	SANT PERE DE RIBES	6	250	400
CAVA & HOTEL MASTINELL	VILAFRANCA DEL PENEDÈS	5	200	365
HOTEL ESTELA BARCELONA	SITGES	3	180	300
HOTEL IBERSOL ANTEMARE	SITGES	12	120	300
FAMÍLIA TORRES	PACS DEL PENEDÈS	11	118	148
SEGURA VIUDAS WINERY	TORRELAVIT	1	80	80



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