



# THE GRAND PENEDÈS EXPERIENCE 2023

A unique local lifestyle journey thru southern Catalonia  
from Barcelona to the Ebro Delta National Park.  
Your exclusive slow travel adventure with knife, fork, and  
lovely people.

## highlights

PENEDÈS | BARCELONA | TARRAGONA | DELTA EBRE | PRIORAT | MONTSANT |  
VILAFRANCA DEL PENEDÈS | CAVA | WINE | LOCAL LIFESTYLE | SUSTAINABLE |  
SMART TRAVEL | SLOW FOOD | FOODLOVERS | TRAVEL WITH FRIENDS | LOCAL  
HOST | CULINARY HOLIDAY | VIP TASTINGS | SLOW TOURISM | MADE IN  
PENEDÈS | VISITPENEDÈS | LUXURYTRAVEL |

## THE GRAND PENEDÈS EXPERIENCE 2023

PENEDÈS | BARCELONA | TARRAGONA | DELTA EBRE | PRIORAT | MONTSANT | VILAFRANCA DEL PENEDÈS | CAVA | WINE | LOCAL LIFESTYLE | SUSTAINABLE | SMART TRAVEL | SLOW FOOD | FOODLOVERS | TRAVEL WITH FRIENDS | LOCAL HOST | CULINARY HOLIDAY | VIP TASTINGS | SLOW TOURISM | MADE IN PENEDES | VISITPENEDES | LUXURYTRAVEL | SOUTHERN CATALONIA |

### About

#### *It's Penedès and Southern Catalonia, what else!*

A region that runs from the metropolis of Barcelona in the south to the geographical limit of Catalonia along 175 km of coastline and 35 km inland.

Nature, agriculture, vineyards, Mediterranean Sea and mountains at Priorat and Montsant, the roman city of Tarragona and the incredible natural park of the Ebro Delta await our travellers.

#### *Penedès, a delight for the senses*

The Penedès may be small but it's full of surprises. It's a varied region although principally known for its wines and sparkling cava. They say it's in the "rovell de l'ou" (literally in the "egg yolk", the centre of everything) thanks to its strategic location in the "golden triangle" that brings together three key elements: the sea, the countryside and proximity to a large city like Barcelona. The fame of the Penedès is worldwide: its wines and sparkling Cavas enhance the meals of kings, of all the families on the Iberian Peninsula and all continents.

Its cava and wines are renowned but not much is known about the region itself, its culture or people. Winegrowing is fundamental for the Penedès region and the driving force behind its economy. But many other aspects shape its character just as much as its vines. History. Nature. Gastronomy. People. Anecdotes. Its variety of leisure and sports activities. Rural tourism and luxury tourism, which are growing slowly but surely. Festivals, human castles and markets.

New generations and people from outside the region have rediscovered its calm, rural feel and are renovating rural buildings, giving them life and colour. Castles and other historical buildings are being restored; wineries are smartening themselves up to attract visitors.

Cultural life in the Penedès is much more than just festivals and human castles, surprising visitors and sometimes even the locals. Back in the last century, intellectuals and artists settled here to enjoy the light and peace and quiet while still being close to a large city. The region has been joined by contemporary artists and actors or people from the world of film and television who have decided to live here, in peace and quiet but not too far from the madding crowd.



The scope of your journey remains within the area of the **Gran Penedès** and its three counties: the Garraf, the upper or Alt Penedès and the lower or Baix Penedès, with quite clear natural boundaries. The Garraf, a range of hills overlooking the sea, and the legendary Montserrat to the north stop the sea breezes and cold north winds from penetrating the region, providing protection and a mild microclimate, perfect for growing grapes. Because, just as there's more than one Penedès in administrative terms, there's also a Penedès for every occasion. The Alt and Baix Penedès, within their official limits. The historical Penedès, whose confines go even further and correspond with those of the Marca Hispanica, whose brave colonists defended the Carolingian Empire against the Muslim invader. But the most attractive is the Penedès of the senses, which embraces everything. Without any clear boundaries, this Penedès refers to the **"good life"** that can be enjoyed in the region, to its nature and vineyards, to its winegrowing history and its state-of-the-art innovation; to the gastronomy that accompanies the wines that have taken the name of the Penedès throughout the world.

There can be no doubt that the Penedès is gaining more and more friends, both from home and abroad. Artists and actors, journalists and families, an increasing number of city dwellers who want to change their way of life without totally depriving themselves of their natural habitat choose the Penedès as a place to live.

**In the second part of our journey,** we will continue from the Penedès the historical roman Via Augusta that will take us to the city of Tarragona where we will be able to admire its ancestral culture and world heritage monuments. The romans knew quiet well where were to find their best cities, and that is why they chose Tarragona. Excellent seafood gastronomy, Mediterranean beaches, important archaeological remain.

In the interior of the region, we will visit the mountainous area of Priorat-Montsant, a jewel of nature and a special land to live and practice sustainable agriculture. Excellent winemakers and local producers. We will meet peoples who seek their future and struggle to survive with their effort.

From there, we will glide along the Ebro River until we reach its river mouth in the Mediterranean Sea and the national park, the main rice producing area in our country.



Endless views of rice fields. Nature is getting into fusion. It is no surprise this lovely region is the perfect place to eat paella. And if you love bird watching, there is no better area. A wide variety of different species of birds can be observed. The southern area of Catalonia combines the best gastronomy with wild nature.



### What's going on!

This is a **slow travel adventure** where we like to combine local lifestyle, secrets of every place and enjoying good food and wines. There always will be time for a relaxing moment on an amazing spot. It's not how many we see, but to enjoy what we see as a traveller, not a tourist.

Immerse yourself in south Mediterranean way of life, food and cava wine culture of Catalonia.

This exclusive **7-day** experience is a slow travel and local celebration on our style. We researched and personally discovered every place we will visit. Most of them are our favourites and some our secret places.

Explore, enjoy, taste, learn, talk, relax and have fun.

We'll take you to the authentic markets, regional cooks and Chefs, artists and artisans, winemakers and experts who all together are keeping ancient traditions and skills that make our region unique and singular over the history.

### Have a look to our selected highlights:

#### **Travelling:**

- The Penedes region from seaside to mountain
- Historical Vilafranca's old town and the "Castellers" human towers of the wine city
- Tarragona & the romans, following the Via Augusta
- Priorat-Montsant hills on high heels
- Ebro Delta Nature Park, rice & oysters, Miravet, Horta Sant Joan following the river.

## Gourmand moments and activities

- Flavours of the Penedès, our personal trip discovering the most representative fruits, vegetables, and local products
- Wine Bars & Cellars
- VIP Tasting by Exclusive Corpinnat sparkling wines (the most selected family-owned wineries)
- An evening with our private Cheff. A cooking workshop.
- Farm to table cooking, organic, natural and traditional Catalan.
- All that fire, Mediterranean seafood BBQ
- Vineyard picnic
- A historic cellar going back to origins, vertical tasting at Huguet de Can Feixes
- Olives, oils & vinegars from southern Catalonia
- Ceramics from amphora making to palace buildings.
- Bread and cheese aging
- Painting with wine and walk on nature discovering local herbs.
- Harvest and grape crushing
- White dinner & life music
- Vermouth & aperitives
- Brandy, gin and digestifs
- Tapas & friends
- Sweet dreams are made of this... local sweeties.
- Hiking & biking the balcony of the Penedès



Pair it all up with time before or after in Barcelona, and you'll never run out of fun things to do, eat, or see.

## **Dates & Rates**

### **Are you ready for a singular journey?**

We as your local experts and hosts would like to welcome you at our **Grand Penedès Experience**.

*Please let us know your preferred travel time for your private group and we will design your singular experience.*

*Minimum of 6 guests.*

### What's included?

We selected charming rural accommodations or small country hotels their quality standards are from minimum 3star plus. (Each room with private bathroom).

Our included services are:

- Accommodation B&B (rate is based on double room occupancy)
- All transports, except airport or Barcelona city transfers (rate on request)
- All activities tickets or special renting rates.
- Tastings
- Food & beverages during all the meals
- All taxes

### **What's my investment in this adventure?**

**2.023 €**

For single room supplement, please add 250 €.



### **Travellers & Hosts**

For our **Grand Penedès Experience**, we host a small group of fun-loving travellers, food lovers to explore local lifestyle with carefully selected experts in every field. We spend a time together, we cook, learn, explore, taste and experience the best secret food spots, markets, gastro bars, wineries, history, culture and more of this unique area of southern Catalonia.

Groups are limited from 6-15 guests. Private groups of friends and family will be welcome with a tailor-made experience based on this one.

*This is a perfect way to celebrate your anniversary, birthday, or other special event! It's not following a scheduled program, it's a fabulous time together with us, Florian & Verónica, your local hosts and our lifestyle team.*



## Who we are?



VisitPenedès is our latest and most current project since 2016. We put all our 35 years' experience into, working in the hospitality and tourism management sector.

In 2007 we fell completely in love with this special region and decided to spend the rest of our life enjoying this superb land and it's rural lifestyle. Far from being a developed touristic area, surrounded by thousands of hectares of vineyards and pure nature, with the great metropolis of Barcelona nearby, the Penedès is all we need to feel at home and completely satisfied.

Over the past years we ran a small country hotel, getting the hang of guest service and well-being in the region. We built up our little travel company, we published a book presenting history, culture and lifestyle of the Penedès, we helped to develop different projects to get on the map for visitors our amazing piece of local heaven and we supported with our contributions and knowledge the Penedès as a quality destination.

We love staying with people and have good times with our guests and friends. Good food and drink are a daily must. We also love visiting the incredibly local markets to buy good food which is always produced in the most natural way. Our friends say we are rather good cooks.

We always expect to live to the fullest this beautiful Penedès area, introducing new visitors to this special place in our world. Our motto, "from the simple, the best".

***Passionately inspired, our team from VisitPenedès and our hand-picked partners in whom we trust, want to be your local hosts and exclusive travel advisors for your unique experience.***



## Good to know!

### Booking conditions:

- All booking enquiries, confirmation or cancellation will be always made by e-mail.
- **We guarantee that no other guest will be treated as good as yours.**
- To confirm any booking services a 35% pre-payment must be made.
- The final balance must be paid 45 days before starting date.
- Cancellation policy will be established for every booking. Detailed conditions are pending on hired services.
- To enjoy the high adventure value of this trip, enjoyment of culture, dining, wine, local artisans and winemaking is a basic requirement. We are out and about several times on foot and in nature. Please note that there is sometimes no seating in the cellars and vineyards and that the tastings can also be enjoyed standing up. The vineyard expeditions take place in all weathers. Please equip yourself for all weather conditions.
- Cancellation fee



If the trip cannot be started as planned, the following flat-rate compensation will be due as a percentage of the travel price:

- up to 45 days before departure: 35%
- 44th day to 22nd day before departure: 50%
- 21st to 8th day before departure: 75%
- 7th day to 1st day before departure or in the event of no-show: 100%

The moment for calculating the deadline is the receipt of the declaration of withdrawal. The customer can provide a replacement until the start of the journey, who will take over rights and obligations in his or her place. The replacement person must be reported to us before the trip. We recommend taking out cancellation insurance.

- Services not used

If the customer does not make use of individual travel services offered (because of early return, due to illness or for other reasons), there is no entitlement to a partial refund of the travel price.

- Extension of stay - long for more!

This pleasure trip can also be extended. Perhaps you would like to rest for a few more days and continue enjoying the region or visit Barcelona.

You have special wishes or needs; we are happy to put together exclusive stays for you.

For any further information... CONTACT US:

[info@visitpenedes.info](mailto:info@visitpenedes.info) ; +34 607850337; [www.visitpenedes.info](http://www.visitpenedes.info)

*Our team looks forward to helping you!*

Connect with the locals, take time to genuinely experience another culture, relax with the easy flow of life, enjoy fresh air and freedom from crowds.

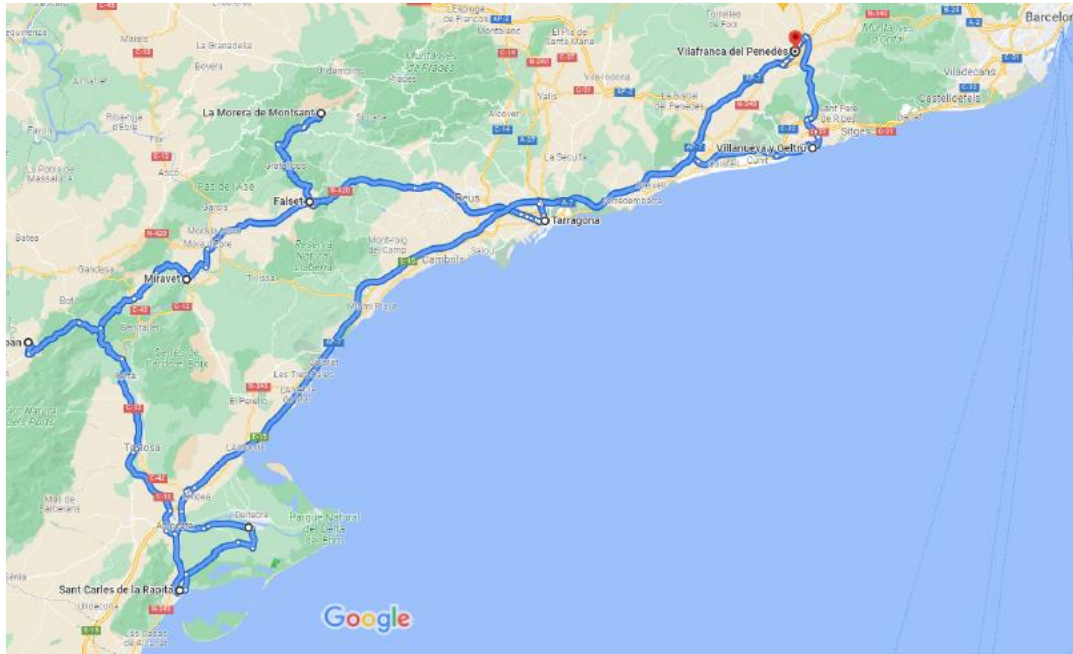


*Welcome to our celebration of Good Moments in southern Catalonia!*



*- See you soon in the Penedès 2023 –*





## Program:

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
MORNING	Until 11.00 Arrival	Baix Penedès	Tarragona & the romans, following the Via Augusta	Miravet, Horta Sant Joan	Montserrat	Wake-up grape harvesting and crushing	CHECK OUT
	Accommodation	Olives, Oils & vinegars from southern Catalonia					END
	Welcome intro	Flavors of Penedès - Parc de les Olors		Priorat-Montsant hills on high heels		Painting with wine and walk on nature discovering local herbs	
		Castellet lake walk to Oriol Rossell		Siurana			
	Break			Vinyes Domenech	Can Feixes A historical cellar going back to origins, vertical	Relaxing morning	
	Little lunch	Vineyard picnic at the winery	Paella cooking	Lunch at winery	Cooking with grapes at Can Feixes outdoor	Vermouth & aperitifs	
AFTERNOON	A panorama view of the Penedès	History of Vilafranca's old town and the human towers	Delta Nature Park, rice & oysters				
	Hiking & biking the balcony of the Penedès	Wine Bars in Vilafranca			Ceramics palace buildings in Sitges		
	Montrubi winery/Carles Llarc ceramist		River tour Ebro Delta		Shopping time		
	Farm to table cooking, organic, natural and traditional Catalan	Sweet dreams are made of this... local sweets An evening with our private cheff- cooking workshop	Accommodation Delta All that fire, mediterranean seafood BBQ	Alojam. En Marça o vuelta Penedès Bread & cheese aging	Tapas & friends Sitges	Exclusive Corpinnat sparkling tasting Farewell white dinner & life music	
	(schedule should be open for changes, pending on travel dates)						

## Register & Pre-booking

Please send us a mail to [info@visitpenedes.info](mailto:info@visitpenedes.info) with your contact data and your personal wishes, questions or additional information required.

It would be a pleasure to assist you personally.