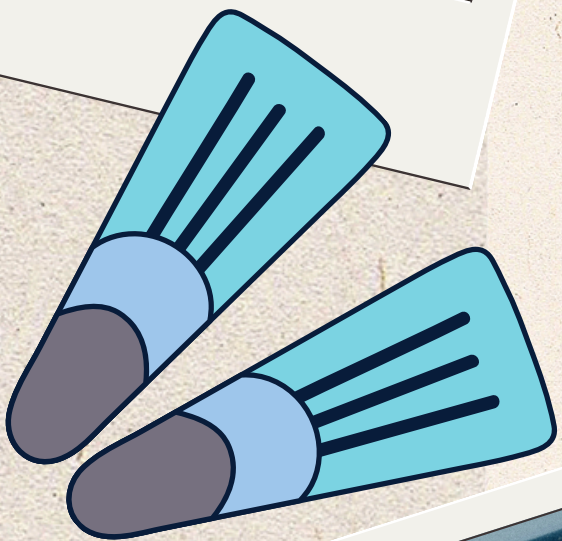




Maria et Romeo

COSTA BRAVA Travel Guide



Costa Brava and Empordà

Welcome to our little paradise: the Empordà and the Costa Brava. Medieval villages, clear Mediterranean water, olive trees, rice fields, and golden sunsets. It's the place that feels most like home to us, and we couldn't think of a better place to celebrate us and our love.



Towns to visit

Pals – hilltop medieval town, cobbled streets, panoramic views

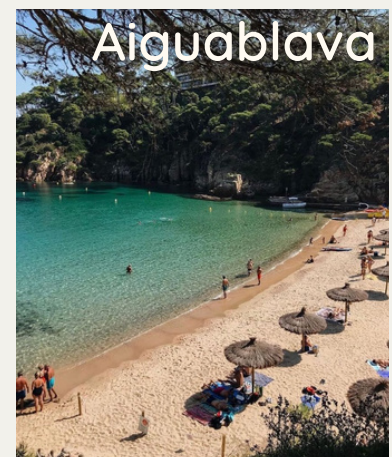
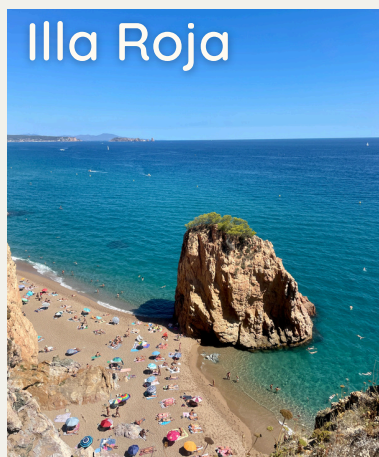
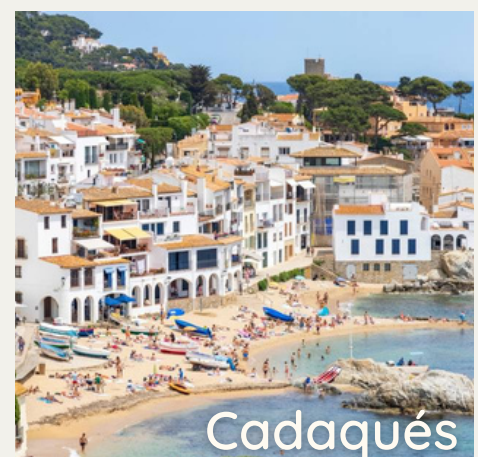
Peratallada – stone archways, flower-filled balconies

Begur – castle ruins, cute shops, gateway to stunning beaches

Monells – central square, arcades, film-set town

Calella & Llafranc – whitewashed houses, seaside walk path

Cadaqués – beautiful fisherman town, further north (1h by car)



Platja Illa Roja – iconic red rock, nudist, great hike from Pals Beach

Sa Riera – wide sandy beach with beautiful view, continued hike

Cala Aiguafreda – tiny, rocky cove, calm waters, great snorkeling

Sa Tuna – charming fishing village, pebbled beach, postcard views

Platja Fonda – secluded, dark sand, dramatic cliffs, peaceful vibe

Cala Aiguablava – bright blue bay, shallow waters

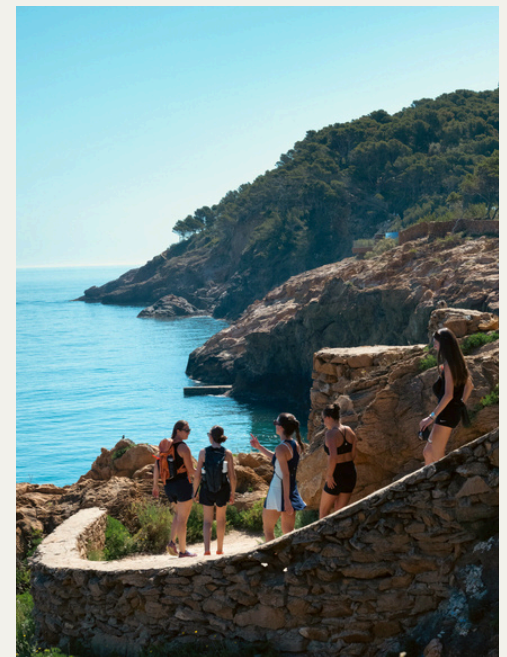
Beaches & “Calas”

Outdoor Activities

Hiking

The Costa Brava coastline offers stunning hikes—here are our favorites:

- **Pals - Begur**: 9km | ↗ 380m - favorite
- **Tamariu - Aiguablava**: 12km | ↗ 500m
- **Calella - Far de Sant Sebastià**: 8km | ↗ 250m
- Rice fields, **Basses d'en Coll** - perfect for runs



Cycling

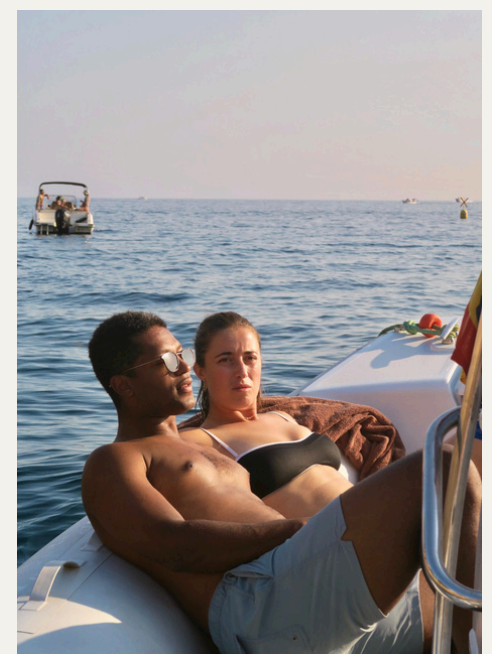
The Empordà region is a cycling paradise, perfect to explore towns or go for road rides.

Bike rental: **Gran Fondo** or **JK**

- **Pals - Peratallada - Monells**: 32km | ↗ 170m.
Stop in Monells for breakfast
- **Rice fields - Peratallada**: 51km | ↗ 160m.
Peratallada for breakfast
- **Rice fields - Pals**: 16km | ↗ 50m

Water and Other Activities

- Windsurf/ / SUP (**rental/ lesson**)/ **Wingfoil**
- Cove Kayaking (**rental or guided tour**)
- Diving & Snorkeling - **Triton Llafranc**
- Boat day (**with** or **without** skipper, or **luxury**)
- Other: **Tennis, Padel, Golf** - **Empordà, Pals, Aro**



Other activities

Gastronomical and Other Experiences

- Olive oil tasting in [Fontclara](#).
- Wine tasting: [Perelada](#), [Mas Geli](#). Check out all wineries [here](#).
- Paella show cooking ([@paellabravaa](#)) or [class](#).
- Visit [Peralada Casino](#) night - casual formal attire.
- Museums: [Dalí museum](#) and [Dalí house museum](#).

Shopping and Markets

Every morning there is a food market, worth visiting, in a different town. Here are our favorites, plus other shopping area recommendations:

- Monday: [Torroella](#)
- Wednesday: [Begur](#)
- Sunday: [Palafrugell](#)
- Our to-go groceries: Esclat, Jodofi
- Groceries directly at the farm: [Marisa Hortícola](#)

Clothing and souvenirs:

- Begur town has many cute stores, great for an evening stroll.
- Calella, Peratallada and Pals, are great towns for souvenirs.
- [Massimo Dutti Outlet](#). 30 min car drive from Pals.
- [La Roca Village](#): luxury outlet mall, on the way to Barcelona.



Flavors of Costa Brava & Catalunya

Here are some traditional dishes you should taste while you're here:

Rice & Noodles

- Arròs – paella, rice with seafood/ meat
- Arròs negre – black rice with squid ink
- Fideuà – “paella” with noodles

Sea & Coast

- Esqueixada – fresh cod, tomato & olive salad
- Gambes de Palamós – iconic red prawns

Meats & Sausages

- Cargols a la llauna – grilled snails
- Embotits – dried meats:

Vegetables & Classics

- Pa amb tomàquet – bread with tomato
- Escalivada – roasted pepper, eggplant, onion

Others

- Mató amb mel – fresh cheese with honey
- Crema catalana – custard with burnt sugar
- Cava – catalan sparkling wine



Where to eat

All restaurants are pinned in the map, but here are of our favorites:

- Vicus (modern catalan)
- La Llagosta (seafood tapas)
- Toc Al Mar (fish, paella)
- Grava Pals (brunch & breakfast)
- Mas Sorrer (drinks)
- Can Dolç (traditional)
- Soca-rel (paella, tapas)
- Sol i Mar (seafood, paella)
- Mooma (breakfast)
- Cap Sa Sal (paella, views)

Important Things to Consider

- **Transport:** No Uber! Taxis exist but are expensive. Best to have a car.
- **Business hours:** Many shops and restaurants close midday (2–5pm).
- **Cash:** Some small places may not take cards. Carry some cash.
- **Tipping:** Not mandatory; round up or leave ~5–10% for good service.
- **Food timing:** Lunch is often 1:30–3 PM, dinner 8:30–10 PM.
- **Gas stations:** You need to prepay at the desk before filling.
- **Plugs:** Traditional European plug.
- **AC:** Bring/ buy a hand fan, as AC is not always used.
- **Driving:** The region is known for its cycling tourism. It is mandatory to yield 1.5m when passing.

Extra Cultural Facts

- **Language:** Catalan is main language; Spanish widely understood; English sometimes, but not always.
- **Breakfast:** Traditional breakfasts are only bocadillos (sandwiches) with dry meats, cheese, or omelette. Avocado toast, yogurt, or granola are rare.
- **Catalonia & Politics:** The region has strong Catalan identity; independence movement is important politically and culturally. You will see many flags in the buildings for independence.
- **Local etiquette:** People are friendly but reserved; basic greetings in Catalan/ Spanish appreciated. Cheat sheet in the next page!



Book a taxi

Catalan Cheat Sheet

Greetings & Basics

- Hello → Hola (OH-lah)
- Good morning → Bon dia (BON DEE-uh)
- Good evening → Bona tarda (BO-nuh TAR-duh)
- Goodbye → Adéu (uh-DAY-oo)
- Please → Si us plau (see oos PLOW)
- Thank you → Gràcies (GRAH-syuh)
- Yes / No → Sí / No (SEE / NO)

Useful Phrases

- Do you speak English? → Parles anglès? (PAR-luhs uhng-GLES)
- I don't understand → No ho entenc (NOH oo uhn-TENG)
- Excuse me / Sorry → Perdó (puhr-DOH) / Disculpi (dis-KOOL-pee)
- How much does it cost? → Quant costa? (KWAN KOS-tuh)
- Where is ... ? → On és ... ? (ON es ...)

Food & Drinks

- Water → Aigua (EYE-gwah)
- Wine → Vi (BEE / VEE – both used)
- Beer → Cervesa (suh-VEH-zuh)
- Bread → Pa (PAH)
- Cheese → Formatge (for-MAHT-juh)

Polite Basics

- Cheers! → Salut! (suh-LOOT)
- Enjoy your meal → Bon profit! (BON proo-FEET)