



As well as its wonderful beach, Torredembarra boasts an architectural, urban and natural environment of immeasurable beauty. The following pages include a group of routes on which to discover all of these special areas in our town, either on foot or by bike.

We hope that this guide will help you find out more about some of the remarkable areas of Torredembarra. They will certainly not leave you indifferent.

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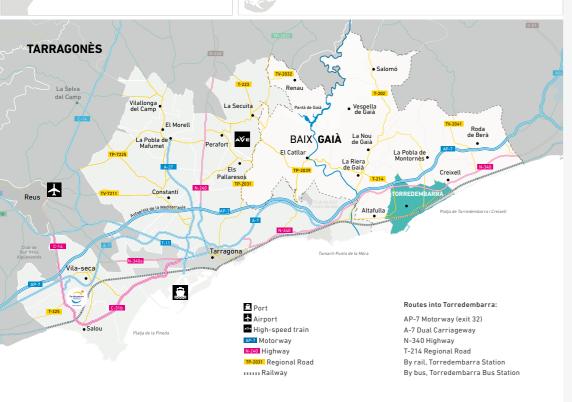
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CAMP DE TARRAGONA COSTA DAURADA From Torredembarra: Tarragona: The Cistercian Trail O 12 km · N-340 / A-7 Barcelona: 30 km · N-240 85 km · AP-7 Reus Airport: 30 km · N-340 / A-7 Terres de l'Ebre: El Prat Airport - Barcelona: 70 km · AP-7 90 km · AP-7 Camp de Tarragona AVE High-Speed Railway Station: 27 km · N-340 / A-7 València: 275 km · AP-7



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TORREDEMBARRA



BEACH IN THE ELS MUNTANYANS

NATURE RESERVE

Els Muntanvans forms part of the Beach of Torredembarra and Creixell Nature Reserve, which is included in the Natura 2000 Network (Costes del Tarragonès). The reserve covers 65.24 hectares, of which 37.98 are within the municipality of Torredembarra. This area runs from the railway line to the sea and from Clarà bridge to the town boundary with Creixell, along a length of 2.2 km and a width of no more than 200 m. Its main value is that it preserves the ecosystem of dunes and salt marshes (brackish water lagoons), most of which has long since disappeared from the Catalan coastline.

1 Leaving Cal Bofill, walk along the seafront in the direction of Barcelona. On the left is the Sailing Club, followed by the Clarà bridge that leads to the neighbourhood of Clarà and La Pobla de Montornès. It is here that dune area begins. Continue walking and, after a few metres, cross the beach towards the access point marked by the signpost. This will take you to a wooden footbridge that separates the El Sol lagoon from Clarà lagoon. This area is home to the glasswort (Arthrocnemum fruticosum), a succulent plant that dominates the lagoons. Among the floodplains and the dunes is an area of flatter, more stable land where rushes (Juncus sp.) are the predominant plant.

② Go back along the beach and continue walking in the direction of Barcelona. After around 165 m is another signpost that indicates a new access point taking you back into the salt marsh area. Here there are lower dunes to the left and larger dunes to the right, with more and less plant life. However, they all develop and grow in the same direction, from east to west, i.e. in the direction of the prevailing easterly winds of our coastline.

3 Go back to the seafront once again. Continue walking in the direction of Barcelona and, after around 700 m, you will find a pine grove on the left that is called Pins de Creixell or Pins de Cal Valent, or what is locally known as "els Pins". Just in front of the grove are some more eroded dunes, where the roots of the European beachgrass (Ammophila arenaria) and other plants that keep these sand stores in place can be seen.

Continue walking until you reach another signpost that takes you along a footbridge to the El Saler lagoon. This is where you are most likely to see different species of water birds, such as moorhens (Gallinula chloropus) or coots (Fulica atra).

Go back to the seafront and head back to Cal Bofill. If walking in the winter, the seabirds inhabiting the beach during this season can be seen: gulls (Larus sp.), shearwaters (Puffinus sp.) and cormorants (Phalacrocorax sp.).

If you look closely at the sand,

vou are bound to find remains of animals and plants that the sea has swept to shore. These remains particularly include brown strands that are around that look like they are made of straw. These are the remains of a vascular underwater plant (with roots and flowers), Neptune grass (Posidonia oceanica) that grows to form huge meadows of great ecological importance. The meadows of Neptune grass help protect the beaches from erosion and many animal and plant organisms find food and protection in them Furthermore, it is considered a bio-indicator of the quality of coastal saltwater; so, if you find remains of Neptune grass on the beach, this means that the water is really clean!



0	Starting point	Cal Bofill
4	Difference in level	Flat
	Type of ground	Wooden footbridge and beach
ť	Duration on foot	2 h
%	Duration by bike	Not suitable for bikes
-	Length	5,3 km
000	Difficulty	Low. Parts suitable for people with reduced mobility
Ä	Points of interest	6

Route 1 Baix a Mar 10 Marítima Residencial Sud H.D. 2 Cal Bofill Environmenta 11 Town boundary with Creixell 12 Relax Sol Campsite Salt marsh plant life Activity Centre Lagoons, salats or solsonars 3 La Rasa 13 Clarà Campsite Access points 4 Torredembarra Sailing Club 14 La Noria Campsite Railway 5 Cal Freu 15 El Sol Lagoont Dunes or Muntanyans 6 Clarà Bridge 16 Clarà Lagoon Developed areas 7 Les Dunes Housing Development 17 El Gaianet Lagoon

8 Nova Torredembarra H.D.

Clarà Mar Housing Development

- #A Free guided tours of the nature reserve: 10.00 a.m. on the first Sunday of every month, from Cal Bofill, Environmental Activity Centre.
- haranged guided tours: Cal Bofill, Environmental Activity Centre. Tel. 977 64 16 72.

- → Torredembarra local bus stop at Cal Bofill
- From Torredembarra railway station and/or the "Estació de tren de Torredembarra" stop operated by the Penedès bus company.
- Walk along the promenade in the direction of Barcelona for around 15 mins., to the starting point.





18 El Saler Lagoon

19 Pines of Creixell or Pines of Cal Valent





6 /

ROUTE 2

EL SOL AND CLARÀ LAGOONS

AND ADJACENT DUNES

This route takes you to the lagoons in front of the oldest neighbourhood of Torredembarra: Clarà. In the past, the lagoons were transformed into areas where crops were grown (cotton, among others) and, during the second half of the 20th century they were used as dump sites for soil and rubble. Partial extraction of these dump sites exposed the original ecosystem, the salt marshes, which are now practically inexistent on the Catalan coastline.

1 From Cal Bofill, cross the sports track alongside it and head for the street called Carrer de Joaquim Costa, which runs parallel to the railway track. On the seafront, you will come across La Rasa, a small brook that acts as an outlet for inland water (continental water) and that, when it rains, fills up and runs into the sea. The original route of this intermittent watercourse ran through the site where the church is now located, but it was diverted due to the problems it caused to the buildings in the seafront neighbourhood when it rained.

Continue walking in the direction of the Clarà Bridge and. at the end of the street, you will find Cal Freu, what used to be an Information Centre. A mural of a huge spiny-footed lizard, a typical species of Els Muntanyans, can be seen on the wall of the Sailing Club along with a map of the coastline from Altafulla to Roda de Berà.

3 Leave the street and continue walking under Clarà bridge before you reach the esplanade where the nature reserve is accessed. On the right-hand side, on the seafront, is an automatic weather station that sends data to the meteocat website: http:// www.meteocat.com/observaxema/dades?codi=DK. There is also a wooden observation tower from the top of which you are given a great panoramic view of the El Sol lagoon and the dunes, and fantastic views of the beach, the sea and the salt marshes, right to the Clarà Mar housing development.

Alongside the railway track is the entrance to a green path that runs around the lagoons. This is a shady area with a line of evergreens (Myoporum laetum) alongside the track, and several tamarisks (Tamarix sp) around the lagoon. A leisurely stroll along this small path will take you to the first wooden bridge that connects the entrances of the Relax Sol and Clarà campsites with the beach. Cross the bridge until you reach the sand for a view of the different environments characterising the nature reserve: salt marsh with reeds and salicornia. rushes and finally, the dunes.

6 Return to alongside the railway track to go back to the small path running to the second bridge and the entrance to the La Noria campsite. The path stops here. From this second ridge and looking towards the Clarà Mar housing development (to the left when looking at the sea), you are given a privileged view of the reserve with the typical ecosystem of coastal lagoons, and the wildest area of Els Muntanvans!

6 This is the furthest point on the route and it's now time to head back on a wonderful walk along the seafront to the starting point: Cal Bofill

MAR MEDITERRÀNIA

Route

Access points

Developed areas

Railway

11

Starting point Cal Bofill Difference in level Dirt track and wooden footbridge Type of ground Duration on foot 5 Duration by bike Not suitable for bikes Low. Parts suitable for people ooo Difficulty

BARRI MARITIM

- Baix a Mar 2 Cal Bofill Environmental Salt marsh plant life Activity Centre Lagoons, salats or solsonars 3 La Rasa
- 4 Torredembarra Sailing Club 5 Cal Freu Dunes or Muntanyans 6 Clarà Bridge
 - Z Les Dunes Housing Development
- 8 Relax Sol Campsite 9 Clarà Campsite 10 La Noria Campsite II El Sol Lagoon

Espai d'Interès Natural

"Els Muntanyans"

Platja de Torredembarra i Creixell

12 Clarà Lagoon 13 El Gaianet Lagoon

- ₩ Free guided tours of the nature reserve: 10.00 a.m. on the first Sunday of every month, from Cal Bofill, Environmental Activity Centre.
- 紀 Arranged guided tours: Cal Bofill, Environmental Activity Centre, Tel. 977 64 16 72.

■ How to get there

A Points of interest 5

E BAIX A MAR

- → Torredembarra local bus stop at Cal Bofill
- → From Torredembarra railway station and/or the "Estació de tren de Torredembarra" stop operated by the Penedès bus company.
- Walk along the promenade in the direction of Barcelona for around 15 mins., to the starting point.









EL SALER LAGOON AND ADJACENT DUNES

The El Saler lagoon is the largest in Torredembarra. It did not have a name until the historian Antoni Virgili found it in a document dating back 1,000 years (11th century). The name comes from the salt that was mined from the lagoon when it dried up in the summer and the salt crystallised to form a characteristic white layer. Salt was a very valuable product and was used for many centuries as a method of payment, hence the word "salary".

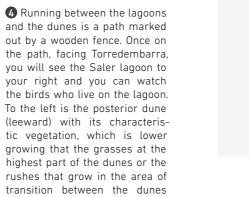
The El Saler lagoon is the largest in Torredembarra and is right in front of the Marítima Residencial Sud housing development, between the railway track and the sea. Walk through the underpass in the street called Carrer Ferrocarril de la Marítima until you reach the footbridge that runs to the beach. Different environments of the reserve can be seen from both sides of the footbridge: the lagoons, the rushes, the grey dunes (permanent dunes covered with plants). the yellow dunes (semi-mobile dunes with little vegetation) and finally the beach. Once on the seafront, you have two choices: walk to Els Pins de Creixell (or Pins de Cal Valent) or walk to the tamarisk grove along Creixell.

2 Pins de Creixell or Pins de Cal Valent (els Pins). Facing the sea, turn right and walk for around 400 metres until you reach Els Pins. These 400 metres run along a section of beach signposted as being principally a nudist beach. Alongside Els Pins is a hut with a chimney, locally known as the emissary's hut. Go around the hut to reach an entrance that you will use to reach Els Pins. From here, you can see the wetlands, a large reedbed and the pine grove emerging from the El Torrent de Gibert ecological connection running from La Pobla de Montornès. In the background is El Puiol, a small mountain full of white pines. At this point, head back to the starting point: the underpass at the Marítima Residencial Sud housing development.

3 The tamarisk grove along Creixell. Facing the sea, turn left and walk around 275 metres to the end of the nature reserve. The end of the reserve is indicated by a fence of wooden sleepers that also marks the start of the municipality of Creixell. The first line of yellow and grey dunes, the reedbed and the first tamarisk can be seen from this point,

and the dunes is a path marked out by a wooden fence. Once on the path, facing Torredembarra, you will see the Saler lagoon to your right and you can watch the birds who live on the lagoon. To the left is the posterior dune (leeward) with its characteristic vegetation, which is lower growing that the grasses at the highest part of the dunes or the rushes that grow in the area of transition between the dunes and the lagoons.

6 At this point, head back to the underpass at the Marítima Residencial Sud housing development and walk in the opposite direction towards the street named Carrer Ferrocarril.





Route

Salt marsh plant life

Dunes or Muntanyans

Developed areas

Access points

Railway

Lagoons, salats or solsonars

c. Ferrocarril, Urb. Marítima Starting point Residencial Sud Housing Development Difference in level Wooden footbridge and beach Duration on foot 1 h 30 min & Duration by bike Not suitable for bikes 2,2 km → Length Low. Parts suitable for people ooo Difficulty A Points of interest 5

- Baix a Mar 2 Cal Bofill Environmenta Activity Centre
- 3 La Rasa 4 Torredembarra Sailing Club
- 5 Cal Freu
- 6 Clarà Bridge
- 7 Les Dunes Housing Development 8 Nova Torredembarra H.D.
- Clarà Mar Housing Development
- 10 Marítima Residencial Sud H.D. 11 Town boundary with Creixell

- 12 Relax Sol Campsite 13 Clarà Campsite
- 14 La Noria Campsite
- 15 El Sol Lagoont
- 16 Clarà Lagoon
- 17 El Gaianet Lagoon 18 El Saler Lagoon
- 19 Pines of Creixell or Pines of Cal Valent

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- 於 Arranged guided tours: Cal Bofill, Environmental Activity Centre, Tel. 977 64 16 72.
- How to get there
- → Torredembarra local bus stop at Marítima Residencial Sud
- → Bus stop operated by the Penedès bus company at Marítima Residencial Sud















DISCOVER THE FAUNA OF ELS MUNTANYANS

Beaches are places full of life, flora and fauna. Any of the five access points marked on the map will enable you to discover the different environments of the Els Muntanyans nature reserve and watch some of the animals that live there. Good luck!

BY THE SEA

In the winter, you will find the birds that spend these months on the beach and that migrate to colder climates in the summer. You can see large groups of gulls and terns swooping down onto the sand. You might also see the Kentish plover (Charadrius alexandrinus), a small shorebird that walks quickly over the sand and that flies off as soon as it detects your presence. If you look out to sea, you will see the spectacular cormorants (Phalacrocorax carbo) overhead and, if you're really luck, you might see them dive down into the sea to fish for food.

In the summer, equipped with goggles, a snorkel and, better still, flippers, you can swim among wrasses, seabream, sea bass and other smaller fish.

ON THE DUNES

ent animals can be found in the sand: the North African hedgehog (Atelerix algirus), the Western spadefoot toad (Pelobates cultripes) and different birds. You are very likely to see dung beetles (Scarabeus sp) and, almost inevitably, some very characteristic sand cones. These sand cones are traps built by antlion larvae (Myrmeleontidae, sp.) to catch other insects. Among the dune plant life, you will probably soon come across a light-coloured lizard: the spiny-footed lizard (Acanthodacty-

lus ervthrurus). This lizard has a very high population in Els Muntanyans, which is quite significant given that it is considered the most endangered species of lizard in Catalonia.

IN THE RUSHBEDS

Behind the dunes, the land is flatter and more stable and the predominant plant is the rush (Juncus sp.). In this area, you are very likely to see rabbits, field mice and voles (Microtus duodecimcostatus) or, rather more. their remains in the form of excrements and burrows. The sand cones of the antlion larvae (Myrmeleontidae, sp.) can also be found here. If you hear a loud. insistent "snip... snip...snip" sound, you are listening to the zitting cisticola (Cisticola juncidis), a tiny brown-coloured bird. If you visit the reserve in the The footprints of many differ- evening, you will be accompanied by the greater horsetail bat (Rhinolophus ferrumequinum) the greater mouse-eared bat (Myotis myotis) or the pipistrelle bat (Pipistrellus pipistrellus).

IN THE SALT MARSHES

You have now reached the lagoons. They are full of water in the winter and might even be completely dry in the summer, half-full in the autumn and half-empty in the spring. This is the natural circle of coastal salt marshes.

The salt marsh is the habitat of shorebirds. These are birds with feed off worms and insect that ronmental health of the wetland where they live. Several of these (Bubulcus ibis), the redshank (Tringa totanus) or the sanderling mallards (Anas platvrhynchos).

a sharp beak and long legs that live in the mud on the shore. Their presence is indicative of the envibirds can be found in our lagoons, such as the pied stilt (Himantopus himantopus), the cattle egret (Calidris alba). As well as shorebirds, you can also find water birds such as moorhens (Gallinula chloropus), coots (Fulica atra) and

MAR MEDITERRÀNIA

Route

Beach

Developed areas

- Starting point Cal Bofill ■ Difference in level Flat Type of around Wooden footbridge and beach Duration on foot & Duration by bike Not suitable for bikes 5,3 km Low. Parts suitable for people ooo Difficulty A Points of interest 4
- Baix a Mar 2 Cal Bofill Environmenta Salt marsh plant life Activity Centre Lagoons, salats or solsonars 3 La Rasa
- Access points 4 Torredembarra Sailing Club Railway 5 Cal Freu Dunes or Muntanyans 6 Clarà Bridge
 - 8 Nova Torredembarra H.D. Clarà Mar Housing Development
- 10 Marítima Residencial Sud H.D. 11 Town boundary with Creixell 12 Relax Sol Campsite

13 Clarà Campsite

10

- 14 La Noria Campsite 15 El Sol Lagoont
- 16 Clarà Lagoon
- 7 Les Dunes Housing Development 17 El Gaianet Lagoon
 - 18 El Saler Lagoon
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How to get there

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- → Walk along the promenade in the direction of Barcelona for around 15 mins., to the starting point.















PLATJA DE TORREDEMBARRA

VEGETACIÓ DELS MUNTANYANS

A beach is not just a large extension of sand. It is also home to different species of plants that can be found in the dunes, around the saltwater lagoons or on the beach itself in the form of remains swept in by the sea. They all play an important role in their ecosystem.

SEA

The seabed at Torredembarra beach is characterised by a series of rocky bars (les Antines) that alternate with the sandy bed. Above it is an extremely important biological community, the meadow of Neptune grass (Posidonia oceanica). Neptune grass is a vascular plant (with roots and flowers) that is endemic to the Mediterranean and forms large meadows of up to 20 or 40 metres in depth, which many organisms use as a breeding ground or for shelter. Furthermore, it helps maintain the biological quality of coastal waters and plays a role in protecting the beach. Alternating with the meadows of Neptune grass is another vascular plant, the slender seagrass (Cymodocea nodosa); green algae such as codium (Codium sp) and brown algae such as cistoseira (Cystoseira sp).

BEACH

can be found on the beach. The sea carries with it two species of codium: deep green coloured balls (Codium bursa) and strands with spongy fronds, also deep green in colour (Codium tomentosum). Especially in the winter, you will find strands measuring around two centimetres wide and balls that look like they are made of straw: these are the remains of the leaves and roots of the Neptune grass (Posidonia oceanica). You will also see much thinner strands that are connected by orange-coloured fronts, which are the remains of another vesicular sea plant, the slender seagrass (Cymodocea nodosa). The presence of algae and vesicular plants are indicative of the environmental health of a beach; so, if you find their remains on the beach, it means that the water is very clean! At the very front of the dunes is a plant community that is responsible for fixing the sand thanks to its long, powerful roots. Especially noteworthy in this community is the sand-couch grass (Elymus farctus), a short grass that forms a very loose cover.

The remains of the algae and ve-

sicular plants that live in the sea

DUNES OR MUNTANYANS

Crowing the dune is primarily the marram grass (Ammophila arenaria), a tall grass that flowers in July. Other dune plants are very sharp, such as the sea holly (Eringium maritimum) and the prickly samphire (Echinophora espinosa), which flowers in the middle of August when the sand is at a temperature of 50 degrees or more. Without a doubt, the most spectacular is the sea daffodil (Pancratium maritimum), which belongs to the narcissus family, and has white, scented flowers, Leeward (windward), were the sand is more secured fixed, you will find more woody plants such as the felty germander (Teucrium polium) short in height and glaucous in colour, and the shaggy sparrow-wort (Thymelea hirsuta). a medium-height shrub with a dishevelled appearance.

THE RUSHBEDS

Behind the dune, the land is flatter and more stable, the proportion of sand decreases and it is damper. The plant life clearly reflects these changes and the typical dune plants are no longer to be seen. Here you will find a strip of rushes of various species (Juncus sp.) and other smaller plants that include the goose's tonque (Plantago crassifolia), a green plant with cylindrical leaves that grow around a tip with a few fronds in the middle.

SALT MARSHES

You will finally reach the salt marshes, the wetland where the ground is no longer sand but clay, which floods intermittently throughout the year. Around the lagoons is grasswort (Arthrocnemum fruticosum), a fleshy plant with succulent fronds that change colour from green to red depending on the time of year and the temperature. These communities of grasswort are quite rare on these coasts and constitute a very valuable part of the landscape. The lagoons are also home to beds of reed (Phragmites australis), a thin, tall reed topped with a silky, violet-coloured plume, Local trees in the area include iust two species: the tamarisk (Tamarix canariensis) and the stone pine (Pinus pinea).

ROUTE 5

INFORMATION

Although the diversity and quantity of plant species is not excessively large in these ecosystems, the plants found here are very interesting and easy to spot and study. You can use the resources available at Cal Bofill Environmental Activity Centre should you have any doubts or queries. We will be delighted to help you discover the botanical secrets of the coastal ecosystems.

MAR MEDITERRÀNIA

0	Starting point	Cal Bofill
4	Difference in level	Flat
	Type of ground	Wooden footbridge and beach
ť	Duration on foot	2 h
%	Duration by bike	Not suitable for bikes
	Length	5,6 km
000	Difficulty	Low. Parts suitable for people with reduced mobility
Ä	Points of interest	5

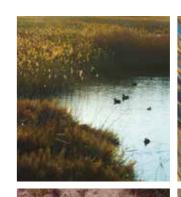
- Route Beach Salt march plant life Lagoons, salats or solsonars Access points Railway Dunes or Muntanyans Developed areas
- Baix a Mar 2 Cal Bofill Environmenta Activity Centre 3 La Rasa 4 Torredembarra Sailing Club
- 5 Cal Freu 6 Clarà Bridge 7 Les Dunes Housing Development 8 Nova Torredembarra H.D. Clarà Mar Housing Development
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■ How to get there

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- → Walk along the promenade in the direction of Barcelona for around 15 mins., to the starting point.









TORREDEMBARRA BEACH

BAIX A MAR & CAL BOFILL

TORREDEMBARRA

Up until the 18th century. Torredembarra was a small fortified village, predominantly agricultural yet also with a fishing and maritime activity established on the coast in the so-called Botiques del Mar. These huts were primarily places where the fishing equipment was stored and only a few were inhabited. In the 19th century, the Botigues made up the Barri de la Marina or Baix a Mar neighbourhood, which was politically and religiously attached to Clarà.

In 1861, the first mayor of the district independent to Clarà. Josep Biscamps, was appointed because, according to records. 35 families already lived there and "order had to be preserved". Gradually, the Barri de la Marina neighbourhood grew in terms of inhabitants, economic movement and political and religious importance in relation to Clarà. Hence, in 1896 the parish church was built in Baix a Mar, the parish church of Sant Joan (Saint John).

1 The route begins at Cal Bofill, a modernist building from the early 20th century built by the Bofill family. Dr. Bofill came to live in Torredembarra attracted by the healing properties of the beach and became the town's mayor on two occasions during the first half of the 20th century. It is currently the headquarters of the Municipal Environmental Activity Centre. If the house is open, you can go in through the door on the corner of the promenade and sit in the pretty gallery to enjoy wonderful views of the sea and the beach. You can also visit the exhibition and the modernist elements of its interior, such as the central dome and the fountain.

2 Leave Cal Bofill and enter the fishermen's neighbourhood along Carrer Isaac Peral, the street that runs parallel to the promenade. just behind what is known as the "seafront". On this street, stop at houses 17. 19 and 21. Cal Nel·lo. Cal Brinca and Cal Roig. These are two-storey houses painted white with Arabic tiled roofs, typical of the old fishermen's houses.

3 Continue walking for a few metres to reach the square known in the neighbourhood as "the church square". Here you will find the church built in 1974 to replace the old one, which had been severely damaged by the water running down from La Rasa. The

old Església de Mar (Sea Church) had been inaugurated in 1896, the work of the important architect from Tarragona Ramon Salas i Ricomà, and was used to guide the fishermen when they were "at sea". The square is called Josep Valls i Ivern after the man who made a large donation to build it.

A Facing the church, on the left

is the street known as Carrer Indústria. Walk along Carrer Indústria until vou reach the square called Placa d'Antoni Roig Copons, where you will find the modernist building that was home to the old La Marítima Cooperative and is now the La Ola Marina Bar. It was founded in 1895 by around thirty fishermen who came together to guarantee different services for its members, ranging from the supply of food products. household goods and fishing equipment, to help in building or buving homes and boats. It very soon became the centre of social life in Baix a Mar. Standing in front of the other houses in the neighbourhood, the building also acted as a good reference when at sea. The building is currently occupied by a supermarket and a bar decorated with fishing motifs.

6 Cross the square to Cal Man. on the corner of the streets called Carrer Comerc and Carrer Pérez Galdós. This house is another example of a fisherman's house that

has preserved the roof and the basic structure. Leaving Cal Man to your left, head for the promenade (Passeig Colom). Right in front of you, in the middle of the water, you will see El Bloc, a block of concrete that, together with an engine, "la Màquina", forms the pulley system that the fishermen used to launch and retrieve their boats. Nowadays, this block is the base of the imposing iron sculpture called Alfa i Omega by Rafael Bartolozzi, a symbol of the end of the Francoist system of municipal organisation and the start of democracy.

ROUTE 6

6 On the sand in front of the block are the gussis, which are small, traditional boats. Alongside them is a miniature replica of the Rescue Hut locally known as "el Salvavides", which was built in 1890 in front of the church and was demolished in 1974.

7 To the left, facing the sea and on the corner of the beach is the former fish market, locally known as El Pes and now home to the Beach library. Different details inside and outside are reminiscent of its initial role. Right next to this building is one of the old Botiques del Mar, which was shared by two families: Cal Coco and Cal Joan de la Mercè. and the only one to remain standing in Baix a Mar. Continuing along the promenade in the direction of Barcelona, walk back to the starting point: Cal Bofill.

Starting point Cal Bofill ■ Difference in level Flat Type of around Tarmac roads Duration on foot 45 min 5 Duration by bike Length Low. Suitable for people ooo Difficulty A Points of interest 7

Route

 Cal Bofill/Environmental Activity Centre

The Cooperative Cal Man

2 Cal Nel·lo, Cal Brinca and Cal Roig

6 Rescue hut

3 Church of Sant Joan

7 El Pes (Beach library)

Free guided tours of the nature reserve: 10.00 a.m. on the first Sunday of every month, from Cal Bofill, Environmental Activity Centre.

紀 Arranged guided tours: Cal Bofill, Environmental Activity Centre, Tel. 977 64 16 72.

■ How to get there

- → Torredembarra local bus stop at Cal Bofill
- → From Torredembarra railway station and/or the "Estació de tren de Torredembarra" stop operated by the Penedès bus company.
- → Walk along the promenade in the direction of Barcelona for around 15 mins., to the starting point.















GIBERT OR SALIETA **TORRENT & EL PUJOL**

The Gibert Torrent originates upstream, in La Pobla de Montornès, and should run along the so-called Cal Valent Pines (as known by La Pobla locals) or Pines de Creixell (according to Torredembarra locals) located on the Els Muntanyans beach. The route begins at the mouth of the torrent.

1 The mouth of the torrent as such does not exist, and its water runs over half-developed fields. the 340 main road and the railway track. This route begins in the Clarà Mar housing development, by the sea, around 1,500 m from Cal Bofill, walking along the beach in the direction of Barcelona. Alongside the housing development are Els Pins de Creixell or Els Pins de Cal Valent. Between these pines and the railway track are fields filled with sea rushes (Juncus acutus and Juncus maritimus), intermingled with bushes of shaggy sparrow-wort (Thymelaea hirsuta) and a great many stone pines that took root following the dispersion of the larger pines closer to the beach. Ruderal plant life has grown up among them, including the rare. small Juncus minutulus and the bee orchid (Ophris apifera), the only orchid to have be found in the nature reserve to date

2 Cross the railway track using the crossing in the Clarà Mar Housing Development and head for the Marítima Residencial Nord Housing Development. You will first walk alongside wetland in a low-lying area where a saltwort meadow grows that is becoming increasingly more like quite a thick reed swamp alongside the railway track. When walking by, you can hear the typical reed-inhabiting birds, such as the zitting cisticola (Cisticola juncidis) that makes a "snip...snip...snip" noise when it flies to mark its territory.

3 You will reach a pine grove and take the path alongside it to walk lose to two of the 112 norias that existed in the municipality of Torredembarra until recently. Once you reach the road, walk in the direction of Barcelona until you reach the crossing and cross over to the mountain side. Once on the other side, return in the direction of Tarragona until there are no more houses before turning right to take the street called Carrer Cap de Salou.

4 Walking along Carrer Cap de Salou, you'll leave a pine grove spotted with almond trees behind you. At the end of the road there is a path that will take you to a tarmac path called Camí Moliner. At this point, turn left. Continue walking and, just after passing a farmhouse, take the dirt track on the right to an open area full of bare substratum and brushwood with thyme (Thymus vulgaris).

pine grove (Pinus halepensis) that spreads out to the peak of El Puiol. There is a gentle slope at the beginning and a lot of stones, but the surroundings become prettier the higher you climb. Once at the peak, you will find an abandoned farmhouse (Mas Pujol). The views from here are fantastic and you now have two options, either continue on the path to enter the pine grove or turn back and head for the starting point.

6 Follow the path into a white











Urbanització Clarà Mar Starting point Flat, a short part with ■ Difference in level a 10% gradient Dirt tracks and Tarmac paths Type of ground Duration on foot So Duration by bike 50 min Length 4.2 km Low. Suitable for people ooo Difficulty with reduced mobility A Points of interest 5

■ Route Beach

Salt marsh plant life

Lagoons, salats or solsonars Access points

■ Railwav

Dunes or Muntanyans Developed areas

Activity Centre 3 La Rasa 4 Torredembarra Sailing Club 5 Cal Freu

6 Clarà Bridge

Baix a Mar

7 Clarà Mar Housing Development

2 Cal Bofill Environmenta

Marítima Residencial Sud Housing Development

9 Marítima Residencial Nord Housing Development

To El Sol Lagoon III Clarà Lagoon

12 El Saler Lagoon

13 El Gaianet

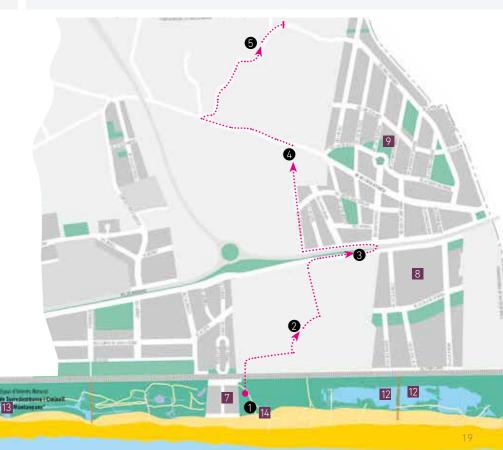
14 Pines of Creixell or Pines of Cal Valent

Free guided tours of the nature reserve: 10.00 a.m. on the first Sunday of every month, from Cal Bofill, Environmental Activity Centre.

於 Arranged guided tours: Cal Bofill, Environmental Activity Centre, Tel. 977 64 16 72.

How to get there

→ Torredembarra local bus stop in the Nova Torredembarra Housing Estate. Walk for 5 minutes in the direction of Barcelona to the starting point.



TORREDEMBARRA BEACH ROUTE 8

EL ROQUEROF TORREDEMBARRA

The wind, the rain and the pounding of the waves shape the majestic, imposing rocks that form this special space. Despite the walk being flat and easy, you will be able to see typical Mediterranean plant life and discover the highest lighthouse in Catalonia. The route begins in its most emblematic spot: The Roca Foradada, or Pierced Rock.

1 To find the Roca Foradada, enter the port and head for the free car park. Walk alongside the rocks and, after a few metres, you will reach a spot where you can see two large crags that collapsed hundreds if not thousands of years ago and fell right down to the sea bed. These are called the Roques Arriades. Keep walking until vou reach a cave with a small lake inside. Before the port was built, this cave joined the sea and small beach was formed right at the back with a small vertical opening. This is the Roca Foradada.

Head back to the promenade and, when leave the Marina, you will see a small arch made of rock on your right. This arch was the seawater entry that led to the saltpans located on the site that is now the railway station. This place is known as Rec de Sant Joan.

2 Now take the signposted path that follows El Roquer. Start with a small slope alongside a white pine grove (*Pinus halepensis*). At the end of the small slope is an olive grove

(Olea europaea) to the left and another white pine grove on the right. Following on this pine grove, there are several shrubs of shaggy sparrow-wort (Thymelaea hirsuta), quite a strange plant with its dishevelled appearance. Just after the last houses, on the right is a fence with the letter "M" on it. This is the fence around the lovely gardens of the Mercadé estate. The property is home to the remains of an old defence fortress, which is why this sector is called Sota el Fortí.

3 Continue along the flat path and. before it starts to turn, you will see quite a strange arched gate leading to the Mercadé estate. Enter an area of white pines and you will see the first American aloes (Agave americana). Half-way through the turns in the path, you will see some very long modernist-style steps that cross the gardens. These steps end at a small landing stage. Once around the turns, the path continues to Cap Gros (mentioned by king Jaume 1st), or Big Head, a name it was given because, when seen from the side, it looks like someone's profile. It is dangerous to go too close because there is a risk of falling.

On arriving at Cap Gros, to the left is a small path that climbs up to the port. Continue along the stone steps through the place known as El Balconet. You will pass two large thickets of broom (Spartium junceum) on your left and alongside

the steps are different species of ruderal plant life, such as the false yellowhead (Inula viscosa). When you reach the top of the steps, to the right is a white pine and a prickly pear (Opuntia ficus-indica). From here you will see the end of the port and the sea that once again pounds the rocks of El Roquer. To the right, the Mercadé estate comes to an end and you will come across another area of houses.

5 The flat path will take you to a lane on the right that runs to the square known as Placa Sol Raig, but you will carry straight on. Once you reach an esplanade and just where the port ends, you will see that the cliff becomes a pointed block that rises up into the sky. This is the Punta de la Llanca. Keep walking in the direction of the Lighthouse, up some stone steps that are the remains of an old guarrv. You will then reach the bare rock that you descend to reach the nearest point to the water: El Codolar. At the end of the descent, take the path that climbs to the right and it will take you to the path around the cliffs to Torredembarra Lighthouse. Built by Josep Llinàs, it is the highest lighthouse in Catalonia and the last one to be built in Spain in the 20th century. The rock upon which it stands is called La Punta de la Galera. From the lighthouse, walk around a few hundred metres to a ledge where you will find a flat, round rock measuring around four

metres in diameter that stands

vertically, resting on another rock, known as el Rellotge, or the Clock.

From here, the land remains flat over bare rock and drops down towards the El Canyadell beach. Once you have descended and are only around 5 or 6 metres above sea level, you will come across a large, underwater cave. On wild days, the largest waves compress the air inside the cave. This air finally explodes, with a thundering sound that spews out water and foam. You are now standing over La Bramadora.

Behind the El Canyadell cove, which is shared by the municipalities of Altafulla and Torredembarra, is the Bosquet del Canyadell, a white pine grove planted on agricultural terracing. It is a reminder of the fact that, in the early 20th century, Els Munts, the hills, were used for dryland farming.

This shady grove is home to local species of Mediterranean forests, such as the mastic (Pistacia lentiscus), the wild madder (Rubia peregrina) or the asparagus (Asparagus officinalis). Crossing the pine grove, you will reach the wooden bridge that takes you to Avinguda del Canyadell and the end of the route. Turn back along the same route for the new panoramic views on show in the other direction.

Points of interest

Starting point
Port of Torredembarra

Short parts with a 5% gradient.

Short parts with a 5% gradient.

Difference in level
Short parts with a 5% gradient.

Points of ground
Dirt and rocky paths

I Duration on foot
Short parts with a 5% gradient.

Not suitable for bikes

Length
Low. Not suitable for bikes

Low. Not suitable for people with reduced mobility

Points of interest

13

FrarotPunta de la LlançaBufador del CodolarLighthouse

MAR MEDITERRÀNIA

10

5 Cap Gros

3 Els Munts

Rec de Sant Joan

1 Port

2 La Casona del Carme

Department of Tourism

★☐ Free guided tours of the Torredembarra coastline: 10.00 a.m. on the first Sunday of every month, from Cal Bofill, Environmental Activity Centre.

Arranged guided tours:
Cal Bofill, Environmental Activity
Centre. Tel. 977 64 16 72.

■ How to get there

- Torredembarra local bus stop to the Port. Walk for 5 minutes towards the port to the starting point.
- Torredembarra railway station and/ or "Estació de tren de Torredembarra" bus stop operated by the Penedès bus company. Walk for 15 minutes along the promenade in the direction of Tarragona to the starting point.



Route

Beach

Plant life

Access points

Developed areas







TORREDEMBARRA BEACH ROUTE 9

COASTAL ROUTE AROUND EL ROQUER OF TORREDEMBARRA

The starting point of this route is El Canyadell beach where you will walk around the rocks towards Torredembarra lighthouse with the sea to your right. Stop at the first rocks you come to for a close-up of the intertidal ecosystem among the rocks.

The rocky intertidal ecosystem is divided into three areas that are defined according to their depth; supralittoral mesolittoral and infralittoral. which are hope to very diverse animal and plant species.

SUPRALITTORAL ZONE

This is the transitory zone between the land and the sea that is splashed by the waves but that is never permanently underwater. Life here is very difficult due to the lack of water and the significant changes in salinity and temperature.

The most abundant organisms here are lichen (mixtures of fungi and algae), such as the Verrucaria symbalana that forms a black stain on the rocks that looks like tar. Small black periwinkles (Littorina neritoides) and brown periwinkle (L. punctata) can be found, both of which are herbivores and some limpets (Patella sp.).

MESOLITTORAL ZONE

Below the black stains of the Verrucaria in the supralittoral zone, there is a narrow zone that is constantly affected by the waves. Organisms that tolerate a certain degree of submersion but that cannot survive permanently underwater live in this zone. Two types of communities that are often well delimited are found in El Roquer.

On one hand are the mixtures of the Cladophora and Enteromorpha algae. The former, with very thin green filaments that grow from a very small stem. The latter has leaves in the form of almost transparent green tapes of irregular width that grow from a single point. Among these algae there is a large number of barnacles (Chthalamus sp.), a type of limpet in the shape of small volcanoes.

On the other, there is the community of Corallina, Ceramium and mussels (Mytilus galloprovincialis) with Lithophillum tortuosum. Corallina is a pinkish-white algameasuring 8 cm in length and with a half fan, half coral appearance with very thin, limp fronds. Ceramium, however, is also algae but is purple in colour and has a lot of filaments. Lithophyllum tortuosum is known as crustose red alga, fixed to the substrate with wavy, vertical layers that are reminiscent of a brain. The sea lettuce

(Ulva rigida) and beadlet anemone (Actinia equina) grow among these vertical layers.

ty changes a great deal over the year. In the summer the white algae dried by the sun can be seen, whereas in the winter it is full of pink, fresh and wet Corallina.

Particularly noteworthy among the moving animals are the marbled rock crab (Pachygrapsus marmoratus) and the combtooth blenny (Blennius canevae) that "walks". despite being a fish, even out of the water. Sargo (Diplodus sargus), which are silver in colour with a black spot at the base of their tail. swim up from the seabed along with gilt-head bream (Sparus aurata), which are very similar but do not have the black spot.

INFRALITTORAL ZONE

The environmental conditions are more favourable in this zone: it is always underwater, there is sufficient light and the nutrients are constantly being renewed thanks to the tide. This is the case down to a depth of 50 cm.

Different species of algae indicate that it is a long way to the surface. The Padina pavonica is one of them. Its appearance is reminiscent of a small mushroom with almost no stalk and white in colour, with dark concen-

tric lines. Another quite calcified alga is the Acetabularia acetabulum, small whitish discs joined to the rock by a thin stalk. It is also The appearance of this communi- home to two globe-shaped algae, the Colpomenia sinuosa, yellowish in colour and measuring 5 cm. in diameter, and the Codium bursa. dark green in colour and forming balls that measure up to 30 cm in diameter

> There is also a wide variety of sponges covering the surface. The most typical is the Crambe, an orange or red sponge that can take up large areas in shallow water. There is also the soft, blue Phorbas tenacior with its characteristic honeycomb surface, and the Ircinia dendroides, which is pink on the top and dark grev underneath. Another with a very different appearance is the Svcon raphanus, dark white in colour and shaped like a bag surrounded by spikes. Other organisms living in this zone include tunicates, which are animals that live attached to the substrate as adults. The Clavelina lepadiformis forms long transparent sacks

INFRALITORAL

- 24 Ircinia dendroides
- 20 Colnomenia sinuosa
- 21 Codium bursa
- 22 Crambe crambe
- 23 Phorbas tenacion
- 19 Acetebularia acetabulum 25 Svcon raphanus

 - 26 Clavelina lepadiformis 27 Halocynthia papillosa
 - 28 Eulalia viridis
 - 29 Sphaerechinus granularis

Starting point El Canvadell beach ■ Difference in level Flat Type of ground Dirt and stone tracks Duration on foot 5 Duration by bike Not suitable for bikes Lenath Low. Suitable for people ooo Difficulty A Points of interest 3

- Free guided tours of the Torredembarra coastline: 10.00 a m on the first Sunday of every month, from Cal Bofill, Environmental Activity Centre.
- * Arranged guided tours: Cal Bofill Environmental Activity Centre

Tel. 977 64 16 72.

- → From Torredembarra railway station and/or the "Estació de tren de Torredembarra" stop operated by the Penedès bus company

→ Torredembarra local bus stop at Plaça

Semma. Walk for 5 minutes towards the

sea to the starting point.

→ Walk for 45 minutes along the promenade in the direction of Tarragona and then around El Roquer to the starting point.

with white strips, and the Halocvnthia papillosa has a deep red cylindrical body with two perpendicular siphons. If you look carefully among the rocks, you will also see sea worms such as the yellowy-green Eulalia viridis, or sea urchins such as Sphaerechinus aranularis, with their purple cone-shaped body and white-tipped spines.

A good way of seeing marine life is using goggles, a snorkel and

fins or rubber shoes. Protective diving gloves are also necessary. Never dive alone. You must always be accompanied by someone and the sea must always be calm. The best time of the year is the summer, first thing in the morning. Before you start feeling tired, look for a safe place to get out of the water.

You will remain above the sea's surface on this route.

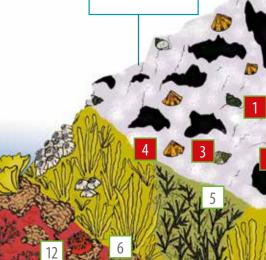




Littorina neritoides 2

Littorina punctata 3

Patella sp. 4



HISTORIC CENTRE OF TORREDEMBARRA

The passage of time has left many different buildings in Torredembarra, all full of meaning. The old town holds a great wealth of architecture and art, making it an excellent place for a cultural route.

1 WALL

Of the wall that surrounded the town in the 17th century there are still two entrances remaining, the Padrines gate (1) (Carretera de la Riera-Plaça del Castell) and the Bassa gate (7) (Carrer Ample). There are also the remains of a buttress on Carrer Mañe i Flaquer. The route begins at the Padrines Gate.



2 THE CASTLE

gate you will find the Icart Castle. the current headquarters of Torredembarra Council. This is the only new civil construction from the Catalan Renaissance period that remains in Catalonia. Lluis Icart, the lord of the town, started building it in 1565 and finished it 15 years later. The building was intended as a residence / fortress to dominate the populace. With a square layout and four towers on the sides, it was positioned at the highest part of the town and, following Mediterranean tradition. housed a patio with a porticoed facade and arcades. The rooms were structured around the central patio. Between the main door and the patio is a rectangular section that acted as the portico. covered by a vault that is attributed to master craftsman Pere Blai.

Crossing through the Padrines

3 SPECIAL STREETS

The area around the castle square, made up of the streets named Ample, Baix de San Pere, Eduard Benot and Carnisseria, is worthy of special attention, as you will find some interesting buildings here, mainly dating from the 18th and 19th centuries. Although it is not on the route, the street called Carrer d'Antoni Roig is worth mentioning, as an example of the urban expansion that took place in the town during the 17th century thanks to the increase in trade and the money from the Indians (emigrants re-

turning from the Americas). In this street, you will see Baroque-style buildings from the 18th century and other Modernist buildings from the 19th and 20th centuries.

⚠ ESGLÉSIA PARROQUIAL DE SANT PERE

Entre els carrers d'Eduard Benot i de Joan Güell, es troba l'actual església de Sant Pere que, unida amb l'antiga, forma tot un cos que es va acabar de construir l'any 1680. Posteriorment, al s. XVIII s'hi van afegir bona part dels seus elements arquitectònics i ornamentals: l'orgue barroc (al 1705), la finalització dels campanars, el creuer i l'absis. Dins d'aquesta església destaquem dos elements: el Quadre de Santa Rosalia i l'Orgue Barroc (1705).

QUADRE DE SANTA ROSALIA Conten que l'any 1640, Torredembarra va patir una epidèmia de pesta. Un pelegrí que passava per la vila es va dirigir a Cal Saia, una de les cases situades al carrer Ample. La mestressa el va rebre però li va dir que no el podia atendre perquè tenia tota la família malalta. Tot i això li va donar un bocí de pa. En agraïment, el pelegrí li va indicar la solució a l'epidèmia: "Aneu a Tarragona, a cal Shima un mercader del carrer Cavallers, a les golfes hi trobareu un Quadre de Santa Rosalia de Palerm, porteu-lo a Torredembarra amb molta devoció i la pesta s'acabarà". Els torrencs van

anar a buscar el quadre, el van trobar i el van passejar per tota la vila, i la pesta va desaparèixer. Des de llavors, Santa Rosalia és la patrona de Torredembarra. El dia 15 de juliol es celebra la festa del Quadre de Santa Rosalia (festa petita) i al 4 de setembre la festa patronal, Santa Rosalia.

6 LA TORRE DE LA VILA

Just davant de l'església de Sant Pere Apòstol es troba la Torre de la Vila. És l'edifici més antic que es conserva a la població. Construït probablement entre els segles XII i XIII, és d'estil mudèjar i es creu que podria formar part del castell vell.

6 EDIFICI ANTONI ROIG

Sortint del nucli antic pel carrer del Freginal i arribant al carrer Alt de Sant Pere trobarem l'edifici Antoni Roia. És un edifici noble, d'estil modernista, que va ser inaugurat l'anv 1892. Antiga Escola Roig, va ser construït amb el patrocini de l'indià torrenc Antoni Roia i Copons, aui va fundar el Patronat Roig a finals del s. XIX. Aquesta fundació s'encarregava de donar educació als nens i nenes de Torredembarra. i a més, disposava d'un fons que permetia donar una dot de casament a les donzelles pobres de la vila. Aquesta tradició encara es conserva en els nostres dies Actualment és la seu dels serveis municipals d'ensenyament benestar social i de diverses entitats del municipi.

Portal de Padrines

Difference in level Flat

Difference in level Flat

Type of ground Tarmac roads

Tarmac roads

Tarmac roads

Tarmac roads

Duration on foot 1 h 45 min

A fessisalia

Duration by bike 30 min

Length 2 km

Difficulty Low. Suitable for people with reduced mobility.

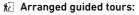
Points of interest 7

- Developed land
- Old town Historic centre
- Route

- Padrines gate
 The Icart castle
- Town Hall

 3 Pl. del Castell square
- Parish church
- of Sant Pere Apòstol

 Torre de la Vila tower
- Antoni Roig buildingThe Bassa gate



contact the Department of Tourism. Tel. 977 64 45 80 e-mail: turisme@torredembarra.cat

P

How to get there

- Torredembarra local bus stop, at the Market.
- Stop operated by the Penedès bus company in front of the post office.
 Walk for 10 minutes towards Plaça del Castell square to the starting point.













CLARÀ, ELS MUNTANYANS, **BAIX A MAR & THE PORT**

The town of Torredembarra can take pride in being one of the few municipalities in Catalonia to still retain an architectural heritage and natural landscape belonging to the so-called "costa plana catalana" (Catalan flat coast), as you will discover on this route.

EL MORO VILLA

The visit begins at the El Moro Roman villa, a site formed by a group of structures from Roman times: thermal baths, services area and residential sector. A study of the remains discovered shows two stages of construction: the first corresponds to the republican period (2nd century BC to 1st century AD) and the second to the Augustan period (1st century AD to 2nd century AD).

CLARÀ

Leave the El Moro Villa and head for the path known as Camí del Pou. This path will take you to the Placa de l'Església (Church square) that still preserves its Medieval charm and where you will find two emblematic buildings: the Chapel and Cal Xeco. The tatter is a building constructed on top of the former Medieval Castle of Clarà, which has been declared heritage of local cultural interest.

3 MUNTANYANS

Cross the Clarà bridge to reach the area of natural interest, the Els Muntanyans beach, which is noteworthy for its environmental importance. The most well-preserved dunes and salt marshes of the Tarragona coastline after the Ebro Delta can be found along its two-plus kilometres. It is well worth a visit at any time of year. You can swim, sunbathe, relax and even observe the animals

and plants that inhabit the area. At the start of the promenade is the Cal Bofill building that houses the municipal Environmental activity centre.

BAIX A MAR

You will reach the promenade (Passeig Colom) and take a stroll around Baix a Mar, the fishermen's neighbourhood. This is where the first families of fishermen set up home in the late 18th century. The neighbourhood was formed by a couple of streets running parallel to the coastline and in the 19th century was completely developed to form the urban structure that remains virtually intact to this day. Walking towards the marine vou will find buildings full of meaning, such as the building that housed the fish market and the Alfa i Omega sculpture by Rafael Bartolozzi, one of few sculptures to be located in the sea.

MARINA AND FISHING PORT

At the end of the promenade is the entrance to Torredembarra marina. On the fishing dock here, you can find out about the town's long seafaring tradition and can enjoy a wide range of cuisine and nightlife.

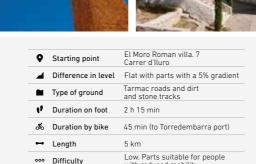
CLIFFS AND LIGHTHOUSE

where you can enjoy the spectacular landscape. A flat, gentle stroll will enable you to observe the typical Mediterranean plant life and discover Torredembarra lighthouse, the tallest in Catalonia and the last one to be built in Spain in the 20th century. Walking along the rocky coastline of Torredembarra, vou will reach El Canyadell cove, with exceptional panoramic views. This marks the end of the route.



path that runs along the cliffs





Route

Beach ■ Plant life

Developed land

Cal Bofill, Environmental Activity Centre

2 Clarà Bridge

3 La Casona del Carme. Department of Tourism 4 Marina

5 Els Muntanyans 15 Bramadora 16 El Canvadell beach

6 Els Muntanvans beach 7 El Barri Marítim beach

B La Paella beach

9 Punta de la Llanca

10 Bufador del Codolar 11 Codolar

12 Punta de la Galera

13 Cova de la Galera

● Vila del Moro

@ Els Muntanvans Baix a Mar

14 Rellotge

Port

6 Lighthouse

How to get there

A Points of interest 7

- → Local bus stop at Camí del Moro. Walk 2 minutes to the starting point.
- → The local bus makes several stops at different points on the route.

4

A 3

MAR MEDITERRÀNIA

THE MILL & L'ARBOSSERÀ ROUTES

THE MILL ROUTE

1 The two routes start at the same point: IES Torredembarra (Secondary School). You will find the information panel containing a map of the route, a summary of the points of interest and recommendations for must-sees.

A few metres away from this point is the first wooden boundary marker where you start the route along the path known as Camí dels Caus. The two routes overlap on this section. Immediately to the left is the path called Camí de l'Arbosserà. Do not take this path and keep walking straight on.

2 The surrounding countryside is typically Mediterranean. The stone walls and old carob trees offer a typical example of the country's cattle tracks. Continue along the Camí Vell de la Pobla until you reach the second information panel, where you can stop for a while to find out about the panorama and learn about the different plants and animals that can be seen along the route. Keep walking between the wonderful stone walls until you reach a crossroads. Take the path called Camí del Molí on the left and walk among the fields and crops until you are alongside the motorway. From here on, continue walking to the left, following the different boundary markers that guide you along the route.

28

At this part of the route take the path called Camí de l'Arbosserà, towards Les Roques Planes, rocky formations that are typical of the municipality. On this route, you will find a small stone hut that was used by farmers as a shelter and to store their utensils. If you're lucky, you might come across a flock of sheep and goats that live in a farmyard that is indicated a windmill.

The route ends with a gentle walk downhill among farmhouses and carob trees, before you reach the Camí Vell de la Pobla once again. Turn right to return to the starting point of the route.

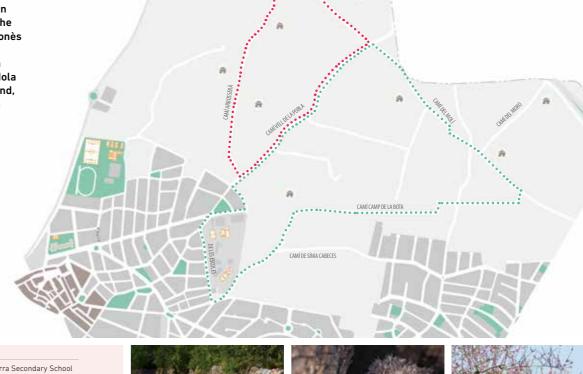
L'ARBOSSERÀ ROUTE

If you decide to take the long route, follow the joint section of the route until the crossroads on the Camí del Molí. Continue right at the crossroads among stone walls and metal fences. You will see a wider variety of cropland on this route, a true representation of farming in the Camp de Tarragona region. First you will reach fields of almond trees, followed by vines, carob trees, olive trees and farmland.

2 Later on, once you have passed the farmhouses, you will come to the dry-stone huts built on private land. On reaching the second crossroads with Camí del Moro, carry straight on. The stone walls are older on this section and are quite dilapidated. At the boundary marker where you must turn right in the direction of the path called Camí del Camp de la Bota, there is a large, ancient carob tree incrusted in a wall.

3 This area gives a clearer idea of just how far the cropland reached, now occupied by young pines. There is an abundance of aromatic plants in this section. such as rosemary, thyme and lavender. Later on, you will meet Camí del Moro once again, but carry straight on until you come to some small almond tree fields and a little farmhouse. This area is full of well cared for farmland leading to the last section of the route, with the last of the wooden boundary markers. You will begin to see houses and the school before reaching Carrer de les Escoles, the starting and end point

On these two routes, you can enjoy a panoramic view of the northern part of the Tarragonès county: in the background is the pre-coastal mountain range with the peak of La Mola (318 m) and in the foreground, typical rural Mediterranean countryside.



THE MILL ROUTE

0	Starting point	Torredembarra Secondary School
4	Difference in level	Short part with a 5% gradient
~	Type of ground	Tarmac path and dirt track
ę\$	Duration on foot	1 h
ోం	Duration by bike	25 min
-	Length	2,6 km
000	Difficulty	Low. Suitable for people with reduced mobility
Ä	Points of interest	4

9	Starting point	Torredembarra Secondary School
4	Difference in level	Short part with a 5% gradient
	Type of ground	Tarmac path and dirt track
ť	Duration on foot	1 h 45 min
యే	Duration by bike	45 min
-	Length	3,7 km
000	Difficulty	Low. Suitable for people with reduced mobility
Ä	Points of interest	4

L'ARBOSSERÀ ROUTE







TORREDEMBARRA BEACH ROUTE 13

BLUE PATH

The Blue Path, is a distinction that the ADEAC awards to Councils that try to maintain paths in order to transform them into valuable resources of recreational, tourism and. especially, environmental education activities. The Torredembarra Blue Path starts at Cal Bofill. **Environmental Activity** Centre and Blue Flag Centre, and continues through the fishermen's neighbourhood of Baix a Mar to discover especially interesting buildings for their history and heritage. Baix a Mar was pedestrianised in 2012. Finally, the path follows the 2.2 kilometres of the Els Muntanyans beach and the nature reserve, with dunes and salt marshes, and up to 11 habitats of ecological interest.

1 Cal Bofill. Modernist building from the early 20th century. It consists of different rooms in environmental activities are offered, and houses the permanent exhibition of the Els Muntanyans nature reserve (see Route 6 for further information).

2 Alfa Omega. Sculpture by the artist Rafael Bartolozzi, erected in 1999. It symbolises the end of the Francoist system of municipal organisation and the start of democracy. The traditional gussi boats and a replica of the Rescue hut (see Route 6 for further infor-

3 Baix a Mar. "El Pes" fish market. Botiques del Mar: Cal Coco and Cal Joan de la Mercè (see Route 6 for further information).

A Placa de Joaquim Valls Ivern Square (Church Square). Parish Church of Sant Joan (Saint John). Modernist building that housed the old La Marítima Cooperative. Cal Man fisherman's house (see Route 6 for further information).

6 Botiques del Mar and fishermen's huts. Carrer Isaac Peral. Botiga del Mar: Cal Coco and Cal Joan de la Mercè. Fishermen's huts: Cal Nel·lo, Cal Brinca and Cal Roig (see Route 6 for further

6 Sailing Club. Non-profit organisation that has a Sailing School that is recognised by the Catalan Sailing Federation. The club was declared a Public Utility in 2001 in recognition of all of the activities it organises.

7 Els Muntanyans. Clarà bridge. Automatic weather station. Observation tower. Views of El Sol lagoon and a panoramic view of the dunes, the beach, the sea and the salt marshes (see Route 2 for further information).

8 El Sol and Clarà lagoons along the wooden footbridges. Part suitable for people with reduced mobility. Grasswort (Arthrocnemum fruticosum). Rush (Juncus sp.) (see Route 2 for further information)

 El Sol and Clarà lagoons along the path alongside the railway track. Path running parallel to the railway track. Evergreens (Myoporum laetum). Tamarisks (Tamarix sp). First wooden bridge between El Sol Lagoon and Clara Lagoon, and the entrances to the Relax Sol and Clarà campsites. Second wooden bridge with panoramic views of the wildest area of Els Muntanyans, and entrance to the La Noria campsite (see Route 2 for further information).

10 Coastal lagoons. Grasswort (Arthrocnemum fruticosum). Birdwatching: pied stilt (Himantopus himantopus), cattle egret (Bubulcus ibis), sanderling (Calidris alba). moorhen (Gallinula chloropus), coot (Fulica atra), and mallard (Anas platyrhynchos) (see Routes 4 and 5 for further information).

Information panels, El Gaianet lagoon. Panel explaining the fauna of Els Muntanyans. Other panels describing different animal and plant species along the route.

The rushbeds. Behind the dune. Rushbed with rushes of different species (Juncus sp.) and plantain (Plantago crassifolia). Birdwatching: zitting cisticola (Cisticola juncidis) (see Route 5 for further information).

13 The dunes. Observation of flora. Dune: beachgrass (Ammophila arenaria), sea holly (Eringium maritimum), prickly samphire (Echinophora espinosa). sea daffodil (Pancratium maritimum). Leeward (windward): felty germander (Teucrium polium) and shaggy sparrow-wort (Thymelea hirsuta). Observation of fauna: North African hedgehog (Atelerix algirus), Western spadefoot toad (Pelobates cultripes), dung beetle (Scarabeus sp), antlion (Myrmeleontidae sp.). spiny-footed lizard (Acanthodactvlus ervthrurus) (see Routes 4 and 5 for further information).

Starting point Cal Bofill Difference in level Tarmac roads, wooden Type of ground footbridge and beach Duration on foot 5 Duration by bike Parts suitable for bikes

Low. Parts suitable for people

1 Cal Bofill/Environmental Activity Centre

2 Alfa Omega / Rescue Baix a Mar

MAR MEDITERRÀNIA

■Joaquim Valls Ivern Square

6 Botiques del Mar Fishermen's huts 6 Sailing Club

Els Muntanyans

 El Sol and Clarà laggons along Seagrass wooden footbridges The beach 9 El Sol and Clarà lagoons along the Beach facilities

path alongside the railway track

Coastal lagoons Information panels

FI Saler Jagoon

Rushbeds

Pines of Cal Valent

Dunes

The birds

The tamarisk grove

M Seagrass (Posidonia oceanica). Submarine vascular plant of great ecological importance. Bioindicator of the quality of coastal seawater (see Routes 1 and 5 for further information).

ooo Difficulty

A Points of interest 20

The beach. Flora and fauna (see Routes 4 and 5 for further

16 Beach facilities (swimming season). Life-saving service. Accesses for people with reduced mobility. Selective waste collection points. Toilets. Showers.

Pines of Cal Valent. Urbanització Clarà Mar Housing Development. Section of beach signposted as being principally a nudist beach. Emissary's hut. Gibert Torrent. El Pujol (see Routes 3 and 7 for further information).

18 El Saler Lagoon. Fixed grey dunes. Semi-mobile yellow dunes. Tamarisk grove. Lagoon with highest concentration and diversity of birds. Local habitats (see Routes 3, 4 and 7 for further

19 The birds. Shorebirds. Water birds. Migratory birds (see Route 4 for further information).

20 The tamarisk grove. Emerging tamarisk (Tamarix gallica) forest. End of the Els Muntanyans area. Boundary of the municipality of Torredembarra and Creixell. End of the Blue Path (see Route 3 for further information).

How to get there

- → Torredembarra local bus stop at Cal Bofill.
- → From Torredembarra railway station and/or the "Estació de tren de Torredembarra" stop operated by the Penedès bus company.
- → Walk along the promenade for around 15 minutes in the direction of Barcelona until you reach the starting point.

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BLUE PATH

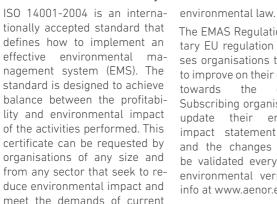


ADDITIONAL INFORMATION

Quality certificates

Torredembarra beaches are certified under four types of environmental quality standards.

ISO 14001 and EMAS Quality Certificates



The EMAS Regulation is a voluntary EU regulation that recognises organisations that continue to improve on their commitment towards the environment. Subscribing organisations must update their environmental impact statement each year and the changes made must be validated every year by an environmental verifier (further info at www.aenor.es)

PLATGES VERGES

Ecoplayas Flag

The Ecoplavas [Ecobeaches] flag is awarded nationwide and recognises any municipalities and supra-municipal bodies that stand out thanks to the ennability quality of their beaches. This award raises awareness www.ategrus.org/)

of their efforts, innovation and successes. The goal is to promote excellence in the design, facilities and maintenance of the great asset of the beaches vironmental, tourist and sustai- and to promote their tourist development (further info at

Platges Verges Flag

The Platges Verges [Virgin Beaches] Flag is awarded by ter of the highest quality. The goal GETE-Ecologistes en Acció de Catalunya to highlight the value of beaches that maintain a natural and unspoilt environment with the least possible impact caused by ment and speculation that have human activity, the least amount of construction in the immediate

al waste and, in general, offer wais actually to highlight beaches where the natural environment has remained unaltered, despite the pressures of urban developtaken root along the entire Catalan coastline (further info at www. vicinity, a lack of urban or industri- tarragona.ecologistesenaccio.cat)



What can you expect from a Blue Flag beach?

tification system created and formed by 49 non-governmental organisations (NGO), one for each Member State. ADEAC is the member responsible for Spain.

Every year, ADEAC awards Blue Flags to beaches, ports and piers that meet certain criteria.

The Blue Flag is an award and which are reviewed regularly. an environmental quality cer- agreed upon and increasingly more demanding in terms of lemanaged by the Foundation for gality, health, cleanliness, safety Environmental Education that is and environmental information and management. Over recent years, a Blue Flag distinction has also been created for Environmental Education Centres and for Blue Paths (further info at http://www.adeac.es).



Blue Footpath

The Blue Footpath is an award presented by ADEAC to Local Councils that make an effort to maintain pathways with a view to transforming them into valuable resources for recreational, tourist and, above all, environmental education activities.

Torredembarra received this award for the first time in 2012 for a trail that aims to raise awareness on the fishing heritage in the Baix a Mar guarter, and the natural values of the Els Muntanyans Protected Area.

The route begins in Cal Bofill, the Environmental Activities Centre and Blue Flag Centre, where the permanent Els Muntanyans exhibition can be enjoyed. It then leads into the fishermen's guarter of Baix a Mar to discover the heritage buildings of interest. Finally, the trail follows the 2.2 kilometres of the Els Muntanyans Beach alongside the marshes, with sand dunes and lagoons and up to 11 habitats of ecological interest.

It is an easy trail with sections adapted for people with reduced mobility.





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