



**Gastromap**  
Catalonia is appetising



# Catalan gastronomy is appetising

Catalonia boasts a unique culinary richness, thanks to its diverse terrain and climate, which provide perfect conditions for a vast array of local products, from garden to sea, and from plains to mountains. Many producers welcome visitors to partake in memorable experiences, offering insights into the operations of their wineries, mills, and farms. You can embark on inspiring wine routes and delectable culinary journeys across Catalonia. Additionally, you'll have the chance to dine at Michelin-starred restaurants, slow food venues, and culinary collectives committed to showcasing local produce, as well as stay in delightful gastronomic hotels. The calendar is packed with food and wine festivals throughout the year, making Catalonia a perpetual culinary magnet. Catalonia is appetising.

## More info



WORLD REGION OF GASTRONOMY  
CATALONIA AWARDED 2025

## **Catalonia, World Gastronomy Region 2025**

Step into the World Gastronomy Region for the year 2025. Catalonia is proud to be the first region globally to earn this accolade and is excited to share it with you. We welcome you to explore this vibrant land, experience its diverse landscapes, and immerse yourself in the delights of its culinary arts.



## **Discover the 9 wine routes of Catalonia**

These routes wind through the scenic vineyards of the region's wine appellations. Along these routes, you can visit wineries, participate in wine tastings and food pairings, and immerse yourself in diverse wine tourism activities. You'll also find recommendations for accommodations and restaurants where you can savour a meal paired with excellent wines.

## More info

## **Gastronomic hotels, far more than just a place to rest**

The gastronomic hotels of Catalonia are the perfect stay for those passionate about wine and food. With a gourmet spirit, you can explore a selection of distinctive hotels where you can indulge beyond mere relaxation. Here, you'll experience the flavours of Catalan cuisine, prepared with fresh, local, and seasonal ingredients, all paired with exquisite Catalan wines to savour at your leisure.

## More info



# A homeland of both the sea and the mountains

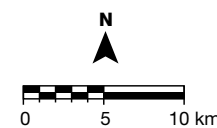
The **gastronomy** of Catalonia's Costa Brava region is defined by its rich array of products, with the sea and mountains providing the primary inspirations. Here, you'll find fertile rice paddies and orchards, plentiful seafood, and a well-established tradition in crafting wines and oils under the Empordà designation of origin, alongside fruits like PGI apples and specialties like L'Escala anchovies. From these local ingredients, the area has nurtured a wave of modern, avant-garde cuisine, exemplified by legendary establishments like the former El Bulli and the prestigious El Celler de Can Roca.



## MAIN PRODUCTS



## OTHER REPRESENTATIVE PRODUCTS



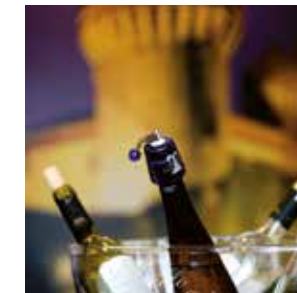
- Markets
- Museums and interpretation centres
- Ports and fish markets
- Protected Designation of Origin (PDO)
- Protected Geographical Indication (PGI)
- Wine routes
- Gastronomic routes
- Experiences



**1 Vertical tasting at an artistic winery.** Sample three distinct vintages of three renowned wines from **Terra Remota** winery, while enjoying art exhibitions in partnership with the Clément Cividino gallery.



**2 Picnic among vineyards.** Savour a meal amidst the vines at **Celler La Vinyeta**, where you can enjoy a basket filled with cold meats and cheeses. Explore this socially conscious initiative and sample their exquisite wines.



**3 Visit Winery and Gastronomy 1923.** Experience the newly unveiled **Perelada Winery**, an exemplar of sustainable architecture. Enjoy a tasting of three wines followed by lunch at the Celler 1923 wine bar.



**4 Girona food tasting & market tour.** Wander through the city's streets with **Girona Food Tours**, making stops at the market and various spots, culminating your journey at Jordi Roca's Rocambolesc ice cream parlour.



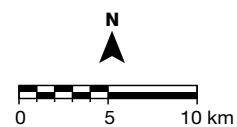
**5 Seafood show-cooking.** The **Fishing Museum - Espai del Peix** brings live cooking sessions that showcase and allow you to taste lesser-known fresh fish from the Palamós fish market.



**6 Tastings in the open sea.** This experience from **La Gastronòmica** combines fine wine, delicious food, and a passion for the sea, offering a tasting session aboard a traditional boat in a stunning cove.

# Preserving the heart of Mediterranean cuisine

The Costa Daurada's landscapes are shaped by vineyards and olive groves, interspersed with almond and hazelnut trees. A good drink is always within reach here, whether it's a glass of vermouth or one from the region's five wine appellations, which you can explore through the four wine routes of the area. This region is famous for the calçot, giving rise to one of our most celebrated gastronomic traditions: the calçotada. In Valls, every January, the Great Calçotada Festival honours this grilled onion delicacy, paired with romesco sauce. The culinary scene is rounded out with Siurana PDO olive oil and fresh catches from the sea, maintaining the Mediterranean culinary spirit.



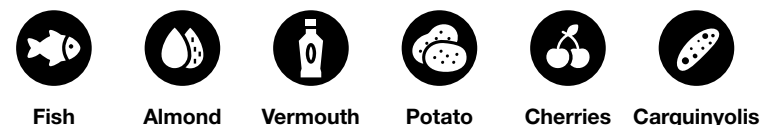
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## MAIN PRODUCTS



## OTHER REPRESENTATIVE PRODUCTS



**3 DISHES**  
**Calçotada**  
**Blancmange**  
**Romesco fish stew**



**Explore and taste among the vineyards of Priorat.** Embark on a 4x4 adventure climbing through the vineyards on the slopes of Montsant Natural Park, and savour the estate wines at **Scala Dei Wineries**.



**"An Enchanting Harbour" route.** From the moment fishing boats dock at the harbour to the vibrant seafront promenade, discover this coastal town renowned for its first-class gastronomy with **Turisme de Cambrils**.



**Visit to the Wine Cathedral of Nulles.** **Vinícola de Nulles** provides a journey through vineyards over 80 years old and past dry stone walls, leading to a visit of their wine cathedral where you can discover **Adernats** products.



**Visit and tasting at Vermouth Padró.** Engage with the ingredients of vermouth through sight, touch, smell, and taste at **Casa Vermouth Padró**, dating back to 1776. Finish with a tasting session of eight vermouth varieties.



**Discover Torclum oil with a rice dish.** Stroll through **Torclum's** sustainably managed olive groves, sample their extra virgin olive oil, and conclude with a traditional Calafell drag at Vell Papiol restaurant.



**Tasting of artisanal wines and vinegars.** Surrounded by vineyards with views of the sea at El Vendrell, savour wines from the DO Penedès and globally acclaimed vinegars at **Avgvstvs Forvm Winery**.



# Wine, cava, and agricultural heritage in Barcelona's orchards

Despite urban expansion, local farming persists in Barcelona's surrounding orchards, providing chefs with zero-kilometre, high-quality ingredients. You'll find a variety of produce like ganxet beans, peas, artichokes, asparagus, strawberries, cherries, and peaches. The culinary wealth extends to premium poultry, including El Prat chicken and capon, Penedès rooster, and Muscovy duck, complemented by exquisite seafood such as Arenys and Vilanova prawns and fresh market fish. Explore the gastronomic diversity of the region also through the wine and cava of the Penedès and DO Alella wine routes.



**Further  
experiences**

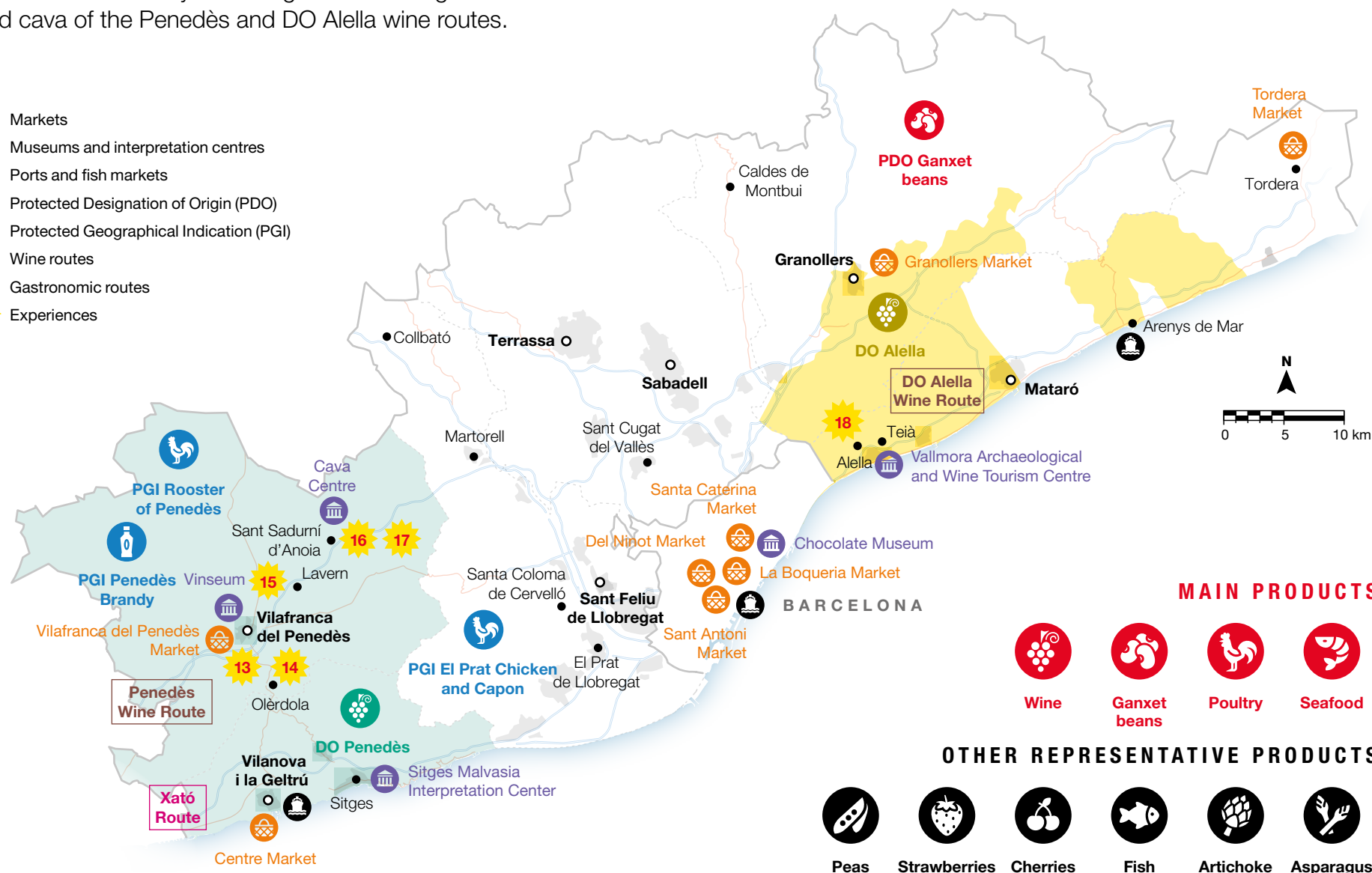
**3 DISHES**

**Xató**

**Roasted Penedès  
rooster**

**Stewed peas**

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**MAIN PRODUCTS**



Wine



Ganxet  
beans



Poultry



Seafood

**OTHER REPRESENTATIVE PRODUCTS**



Peas



Strawberries



Cherries



Fish



Artichoke



Asparagus



**13**

**Visit with a wine and cheese pairing.** Seek harmony between four **Familia Torres** wines and four distinct cheeses, following a comprehensive tour of the vineyard and winery.



**14**

**Premium wine tasting amidst the vineyards.** Discover **Finca Viladellops**, a wine village and winery nestled in the Garraf massif, where you'll sample five exquisite wines.



**15**

**Bike & Taste through Penedès vineyards.** Cycle at your leisure with **Bikemotions** through the wine-growing landscape, pausing at a winery to enjoy their wines and cavas with an aperitif.



**16**

**Discovery tour in the birthplace of cava.** Embark on a journey to the origins of cava at **Codorníu** winery, a masterpiece of modernist architecture. Witness the aging process of bottles in the subterranean galleries and enjoy tasting two varieties of cava.



**17**

**Creative cuisine infused with an eco-sustainable philosophy.** Enjoy a meal at **Gramona's** gastronomic space rooted in Mediterranean tradition, paired with their wines, while you visit the estate and explore the vineyards.



**18**

**Brunch & Wine.** Blend wine, culinary delights, and nature at **Alta Alella Winery**, located in the Serralada de Marina Park. Take a tour of the vineyards, winery, and cava cellars, followed by a brunch perfectly paired with their offerings.

# Cuisine with character in the heartland of cured meats

The gastronomy of central Catalonia is renowned for its pork products, beginning with Vic sausage, fuets, and an array of other sausages. The region's fertile land also supports a diverse selection of vegetables, showcasing native legumes like Oristà and Mura chickpeas or beans from Collsacabra and Castellfolit. Here, mushrooms and sought-after truffles abound, adding depth to the cuisine's bold personality. Montserrat mató cheese is a testament to the variety of cheeses crafted here, which pair wonderfully with the wines and cavas you'll encounter along the Wine Route of the DO Pla de Bages.

## MAIN PRODUCTS



Cold cuts Wine Cheese Chickpeas

## OTHER REPRESENTATIVE PRODUCTS



Pork Truffle White beans Chestnut Pâté Cod

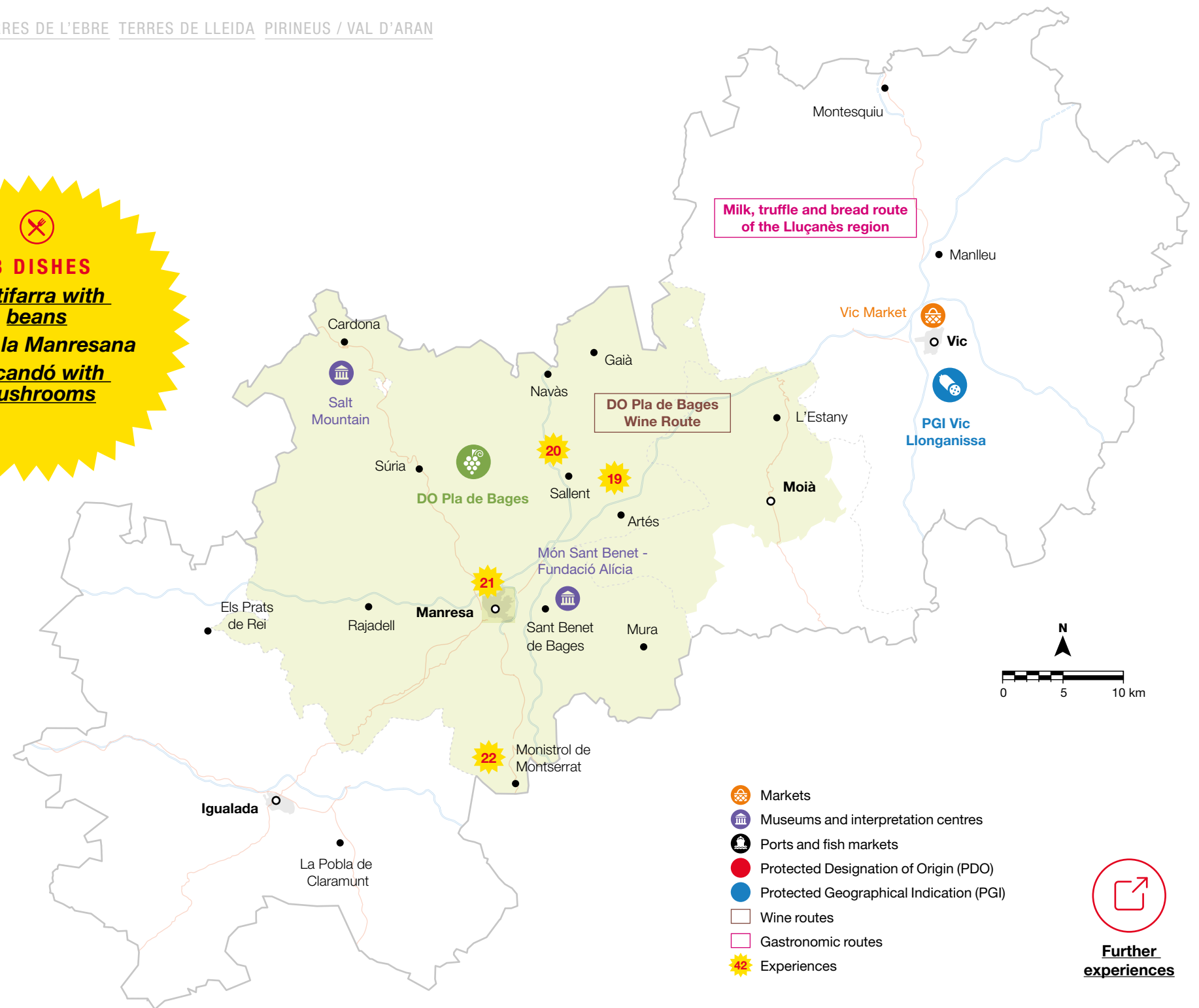


3 DISHES

**Botifarra with  
beans**

**Cod a la Manresana**

**Fricandó with  
mushrooms**



19

### Winemaking at Abadal winery.

Spend a day as a winemaker, crafting your own unique blend, and leave with a bottle of your very own creation.



20

### Immersion in Pla de Bages.

Savour six wines from the DO Pla de Bages at **Hotel Restaurant Mas de la Sala**, delve into the history of this family estate spanning four centuries, and indulge in a meal paired with wine tasting.



21

### Wine Trail and night at Cabanes de l'Oller.

Explore four estates of **Oller del Mas**, tasting their wines; savour a vermouth on the scenic terrace, and unwind in a woodland cabin.



22

### Montserrat by rack railway, lunch, and wine.

Experience Montserrat via the historic Rack Railway with **Castlexperience**, explore the monastery and the mountain, enjoy a traditional lunch, and partake in a wine tasting.



# Gastronomic vitality and fusion: from Catalonia to the world

The city of **Barcelona** is home to all the gastronomic essence of Catalonia. No other place captures the lively spirit of neighbourhood markets and offers such an authentic taste of traditional meals at local eateries. Here, you can also dine at Michelin-starred restaurants known for their innovative cuisine, exploring flavours from around the globe. The city is a treasure trove for foodies and wine enthusiasts, with a packed calendar of food and wine events, highlighted by the Market of Markets in October.



**3 DISHES**

**Sarsuela**

**Crema Catalana**

**Canelloni**



## **Barcelona Beer Festival.**

You can sample beers at the largest beer festival in Southern Europe, featuring over 650 varieties.



## **A route along the Moll de Pescadors (Fisherman's Pier).**

With **Cap a Mar**, join a fisherman for a visit to the Barceloneta Moll del Relotge (Clock Pier), where traditional fishing still thrives.



## **A farmer's breakfast at a winery.**

Experience the **L'Olivera - Can Calopa** winery. Within the Collserola Natural Park, it is the only spot in Barcelona where wine is produced. Delight in a breakfast featuring artisan cheeses and charcuterie.



## **Market visit & Tapas & Cooking Workshop.**

Select the finest ingredients at one of Barcelona's iconic markets, cook a complete lunch, and enjoy it with a glass of excellent wine, all with **bonKITCHEN**.



**Oil tasting and tapas.** Enjoy an oil tasting and tapas event with **Hola Olive**. Sample three premium extra virgin olive oils, perfectly paired with tapas crafted by Chef Xavi Lahuerta.



**Further experiences**



# A region of rice fields, vineyards, and ancient olive trees

The cuisine of Terres de l'Ebre revolves around local produce like PDO Ebro Delta Rice and a variety of fish and shellfish, including eels, mussels, oysters, and crabs, all sourced from its unique landscape. The area's bounty extends to wine, oil, and garden produce. Wines from DO Terra Alta and DO Tarragona, oils under PDO Terra Alta and PDO Baix Ebre-Montsià, along with PGI Clementines from Terres de l'Ebre, other fruits, and artichokes, reflect the culinary heritage of the region. Visitors in June or September can partake in the Rice Planting Festivals and the Rice Harvest Festivals.



**Further experiences**

## MAIN PRODUCTS



Wine



Oil



Rice



Citrus

## OTHER REPRESENTATIVE PRODUCTS



Seafood



Duck



Goat



Artichoke



Honey



Cakes



**28**  

**Wine tasting paired with tapas.** Discover Bot's vineyards, where the grapes for **Sant Josep Vins** cooperative's wines are grown. Sample three or five wines at the winery, each complemented by a selection of tapas.



**29** 

**Experience oil tasting and learn to make 'clotxa'.** Learn how to prepare this traditional farmer's breakfast, with **Identitat Extra Virgin Olive Oil**. This is a five-generation family endeavour that crafts organic extra virgin olive oil from ancient olive trees.



**30** 

**Rice fields by bike and mill visit.** Take a bike tour of **Lo Nostre Arròs**, a family enterprise nestled in the Delta de l'Ebre Natural Park, to uncover the secrets behind producing high-quality rice and its mill.



**31** 

**Delta de l'Ebre rice workshop.** Cook rice using local Delta products alongside chef Joan Capilla from **L'Algadir del Delta**, a restaurant honoured with the Michelin Green Star.



**32** 

**Seafood tasting menu.** Enhance your understanding of oyster and mussel farming in Els Alfacs bay with **Njoy Catalonia**. Ascend the mussel farms at Musclarium and conclude with a delightful tasting menu.



# The rural territory bursts into bloom

The **western culinary landscape** is deeply rooted in humble rural traditions. During spring, the fruit orchards transform into a vibrant display of blooming trees, with pears leading the show followed by apples, nectarines, figs, peaches, cherries, and more. The ancient olive trees of the Garrigues PDO and the distinctive wines of the Lleida Wine Route stand out equally in this region. Agramunt torróns and snails have gained international fame, the latter celebrated during the Aplec del Cargol de Lleida in May. Traditional dishes include hearty stews, casseroles, and game recipes.

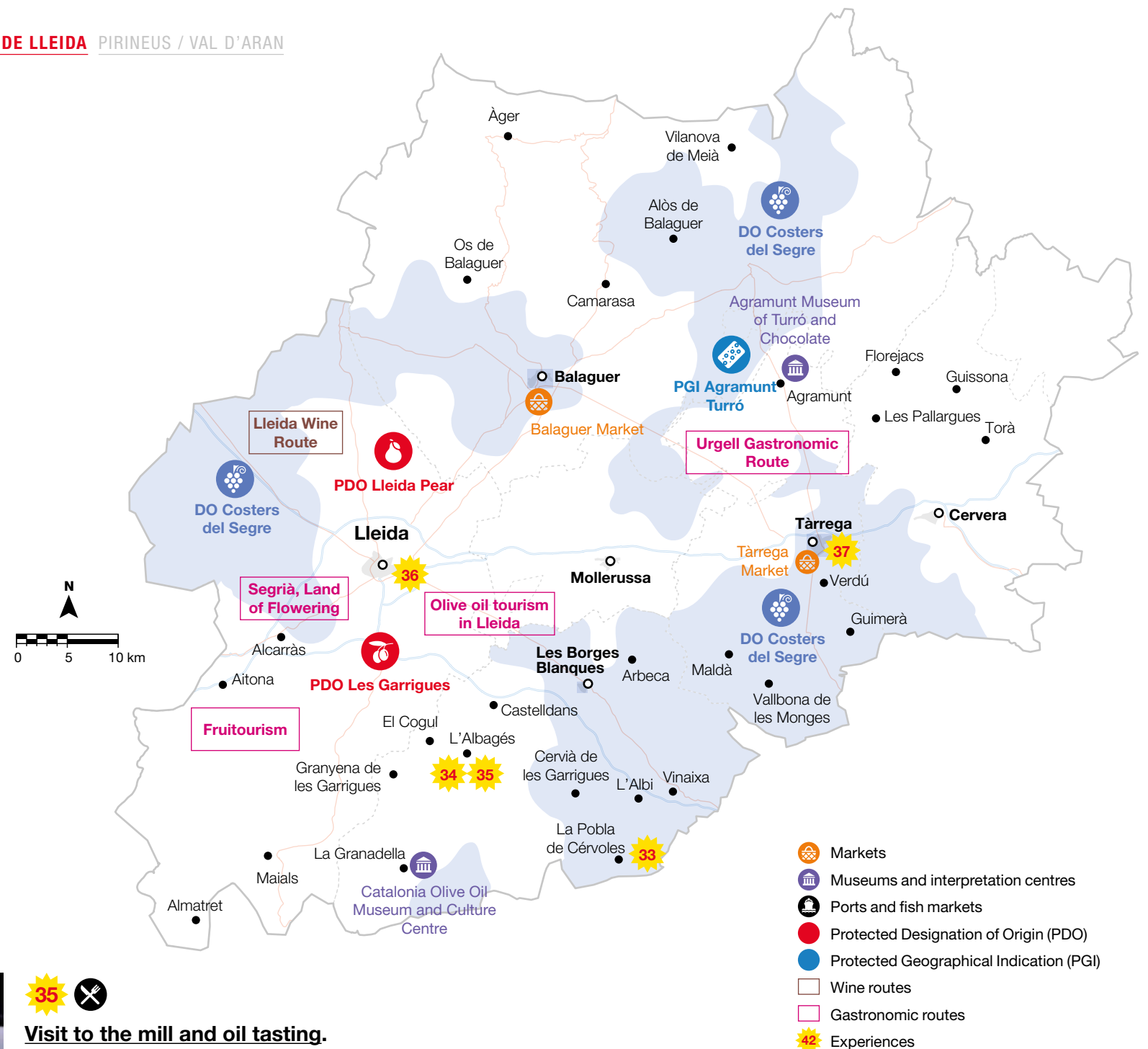
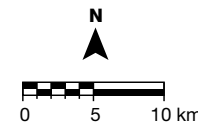
## MAIN PRODUCTS



## OTHER REPRESENTATIVE PRODUCTS



**Further experiences**



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### **Breakfast and tasting amidst art.**

Experience the fusion of art and cuisine at the Artists' Vineyard, an open-air museum part of **Mas Blanch i Jové** winery. Enjoy a breakfast while sampling four wines and two extra virgin olive oils.



### **Visit to the mill and oil tasting.**

Explore one of the world's most innovative mills at **Cuadrat Valley Finca Agrícola** and savour their extra virgin olive oils, complemented by local products.



### **Les Garrigues in a balloon.**

Take off to watch the sun rise over vineyards and olive trees. Enjoy a local breakfast with **Clos Pons** oil, visit the winery and toast with Flocs cava.



### **Visit sustainable vineyards and tasting.**

Explore the sustainable and organic vineyards of **Raimat Natura** on foot or by bike. Visit its historic winery, over a century old, and enjoy a tasting of its wines alongside local cuisine.



**Borges experience.** Join an enlightening and interactive journey at **Mas de Colom - Casa Borges**, a restored 16th-century farmhouse, where you'll explore the values of the Borges Group.



# Hearty and consistent mountain cuisine

**Pyrenean gastronomy**, crafted to withstand the harsh mountain climate, offers a hearty and reliable gastronomic experience. It's characterized by soups, *civets*, stews, roasts, and *tupins*. The cuisine relies heavily on game, lamb, or veal from the Catalan Pyrenees (PGI) for many of its recipes. Sausages like girella and xolís are staples, along with dairy products including butter and cheese from Alt Urgell and Cerdanya (PDO). These cheeses, among others, take centre stage at the San Ermengol Fair in La Seu d'Urgell in October. Volcanic cuisine complements this with specialties like Santa Pau beans (PGI) and potatoes from the Vall d'en Bas.

### MAIN PRODUCTS

  
Cold cuts

  
Cheese

  
Veal

  
Mushrooms

### OTHER REPRESENTATIVE PRODUCTS

  
Lamb

  
Wine


  
Game

  
Beans

  
Butter

  
Trout




**38**  **Km 0 menu and honey tasting.** Immerse yourself in the life of bees with ApiFerro, visiting hives set amidst nature with breathtaking views of the Mont-rebei gorge, sampling the honey, and savouring a km 0 menu at the Restaurant del Llac at **Hotel Terradets**.



**39**   **Activities to discover Pyrenean cuisine.** With **Outdoor Adventour**, sample the finest local products and immerse yourself in the culinary traditions of Vall Fosca, Vall de Boí, and Val d'Aran.



**40**  **Guided family farm trip.** Enjoy a family trip to Verger Cerdà Farm at **Cerdanya EcoResort**, where you can meet the animals and explore the permaculture gardens.



**41**  **A day as a farmer.** Explore **Mas la Coromina**, an organic farm nestled in the Natural Park of the Volcanic Zone of La Garrotxa, where they specialize in producing ATO milk and cheeses.



**42**  **Volcanic cuisine tasting workshop.** Discover the art of preparing dishes with volcanic recipes at **La Quinta Justa** restaurant in Olot. Traditional Catalan cuisine with a selection of local products.



  
**Further experiences**



**3 DISHES**  
**Xisqueta lamb shank**  
**Trinxat de la Cerdanya**  
**Stew and boiled meat**



More information

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- www.youtube.com/user/CatalunyaExperience

Tourist promotion bodies

Patronat de Turisme de la Diputació de Tarragona  
www.costadaurada.info  
www.terresdelebre.travel

Patronat de Turisme Costa Brava Girona  
www.costabrava.org

Patronat de Turisme de la Diputació de Lleida  
www.aralleida.cat

Oficina de Promoció Turística de la Diputació de Barcelona  
www.barcelonaesmoltmes.cat

Turisme de Barcelona  
www.barcelonaturisme.com

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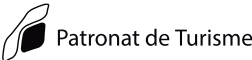
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