ROUTE GUIDE
COSTA DORADA - CATALONIA
ENGLISH
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.
Routes into Torredembarra:

- AP-7 Motorway (exit 32)
- A-7 Dual Carriageway
- N-340 Highway
- TP-2031 Regional Road

By rail, Torredembarra Station

By bus, Torredembarra Bus Station

From Torredembarra:

- Tarragona: 12 km · N-340 / A-7
- Barcelona: 85 km · AP-7
- Terres de l’Ebre: 90 km · AP-7
- València: 275 km · AP-7

The Cistercian Trail: 30 km · N-240

Reus Airport: 30 km · N-340 / A-7

El Prat Airport - Barcelona: 70 km · AP-7

Camp de Tarragona AVE High-Speed Railway Station: 27 km · N-340 / A-7
Els Muntanyans forms part of the Beach of Torredembarra and Creixell Nature Reserve, which is included in the Natura 2000 Network (Catalan coastline). The reserve covers 65.24 hectares, of which 37.98 hectares are within the municipality of Torredembarra. This area runs along the railway line to the sea and from Clàr bridge to the town boundary with Creixell, along a length of 2.2 km and a width of more than 200 m. Its main value is that it preserves the ecosystem of dunes and salt marshes (lagoon habitats). The reserve includes the Beach of Torredembarra and Creixell Nature Reserve, which is included in the Natura 2000 Network (Costes del 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 Clàr lagoon. This area is home to the glasswort (Arthrocneum 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.

Go back to the seafort once again. Continue walking in the direction of Barcelona and, after around 750 m, you will find a pine grove on the left that is called Pins de Creixell or Pins de Cal Valet, 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 sandstone 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 can find remains of plants that the sea has swept to shore. These remains particularly include brown strands that are around one centimetre wide, and balls of Neptune grass that grow to two or three centimetres in diameter. The meadows of Neptune grass help protect the beaches from erosion and many animal and plant organisms feed 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!

If you look closely at the sand, you 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 one centimetre wide, and balls of Neptune grass that grow to two or three centimetres in diameter. The meadows of Neptune grass help protect the beaches from erosion and many animal and plant organisms feed 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!
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 tracks. 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.

2. 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’s bridge before you reach the esplanade where the nature reserve is access-ible. On the right-hand side, on the seafront, is an automatic weather station that sends data to the meteocat website: http://www.meteocat.cat/observa-ciones/wxdata/dates/1?do=DK. There is also a wooden observa-tion tower from the top of which you are given a privileged 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.

4. 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 (Mymorun laevis), 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 con-nects 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 character-ising the nature reserve: salt marsh with reeds and salicornia, rushes and finally, the dunes.

5. 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 re-serve with the typical ecosystem of coastal lagoons, and the wild-est area of Els Muntanyans!

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.

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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 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 Ferrer carrit (de la Maritima 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 seashore, you have two choices: walk on Els Pins de Creixell (or Pinyes de Cal Valant) or walk to the tamarisk grove along Creixell.

Pins de Creixell or Pins de Cal Valant (a little Pines). Facing the sea, turn right and walk for around 410 metres until you reach Els Pinos. These 410 metres run along a section of beach signposted as being principally a nudist beach. Alongside Els Pinos is a hut with a chimney, locally known as the emissary’s hut. So around the hut is an entrance that you will use to reach Els Pinos. From here, you can see the wetlands, a large reedbed and the pine grove emerging from the El Torrent de l’Ebre. A ecological connection running from La Pobla de Montornés. In the background is El Pujol, a small mountain full of white pine. At this point, head back to the starting point: the underpass at the Marítima Residencial Sud housing development.

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 municipal of Creixell. The first line of yellow and grey dunes, the reedbed and the first tamarisk can be seen from this point.

Running between the lagoons 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.

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 Ferrer carrit.

The Marítima Residencial Sud housing development. It has a beach (Sal) and a small walled area with a wetland, lagoons, salt, or salineras. A section of beach signposted as being principally a nudist beach. The name comes from the salt that was used for many centuries as a method of payment, hence the word “salary”.

Free guided tours of the nature reserve: 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:
- Terredembarra local bus stop at Marítima Residencial Sud.
- Bus stop operated by the Penadalic bus company at Marítima Residencial Sud.

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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 guillemots 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 common oystercatcher (Haematopus ostralegus) and, almost inevitably, sandpipers of different species. You can see large groups of gulls and terns, including little gulls and terns (Sterna albifrons), that live there. Good luck!

**IN THE RUSHEEDS**
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 duodenocricetus) or, rather more, their remains in the form of excrements and burrows. The sand cones of the antlion larva (Myrmeleontidae, sp.) can also be found here. If you hear a loud, insistent “snip...snip...snip” sound, you are listening to the pitting cicada (Cicatrina juncitilis), a tiny brown-coloured bird. If you visit the reserve in the evening, you will be accompanied by the greater horsechestnut bat (Rhinolophus ferrumequinum), the greater mouse-eared bat (Myotis myotis) or the pipistrelle bat (Pipistrellus pipistrellus).

**IN THE SALTMARSHES**
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 a sharp beak and long legs that feed off worms and insect that live in the mud on the shore. Their presence is indicative of the environmental health of the wetland where they live. Several of these birds can be found in our lagoons, such as the pied stilt (Himantopus himantopus), the redshank (Tringa totanus), the sanderling (Calidris alba) and the dunlin (Calidris alpina). As well as shorebirds, you can also find water birds such as seagulls (Larus argentatus) and mallards (Anas platyrhynchos).
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 salt lagoons or on the beach itself. They all play an important role in their ecosystem.

**SEA**

The seabed at Torredembarra beach is characterised by a series of rocky bars,  with its shores 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. Many organisms use it 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). The presence of algae and vascular plants is 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 arenaria), a short grass that forms a very loose cover.

**DUNES OR MUNTANYANS**

The remains of the algae and vascular plants that live in the sea 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 connect- ed by orange-coloured fronts, which are the remains of another vascular sea plant, the slender seagrass (Cymodocea nodosa). The presence of algae and vascular plants is 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 arenaria), a short grass that forms a very loose cover.

**PLATJA DE TORREDEMBARRA**

DELS MUNTANYANS

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**DUNES OR MUNTANYANS**

Growing the dune is primarily the marram grass (Ammophila arenaria), a tall grass that flows in July. Other dune plants are very sharp, such as the sea hol- ly (Euonymus maritimus) and the prickly samphire (Echinopora 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 daf- fi (Plantanthera maritima), 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 foley germander (Teucrium polium) short in height and glauc- ous in colour, and the shaggy sparrow-wort (Thymus bracteatus), a medium-height shrub with a di- shelled 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 the stone pine (Pinus pinea). The lagoons are also home to beds of reed (Phragmites au- strial), a thin, tall reed topped with a silvery, violet-coloured plume. Local lines in the area include just two species: the tamarisk (Tama- rix canariensis) and the stone pine (Pinus pinus).

**SALT MARSHES**

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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. It was established on the coast in the so-called Botigues 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 a move to 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 from Clarà, Josep Riscamps, 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).

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.

Leaving Cal Bofill to your left, head for the promenade in the direction of Baix a Mar. Continuing along the promenade in the direction of Barcelona for around 15 minutes, you will see El Bloc, a block of concrete that, together with an engine, “la Maquina”, 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 Afà i Omega by Rafael Bartolozzi, a symbol of the end of the Franquist system of municipal organisation and the start of democracy.

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 Salavíclous”, which was built in 1890 in front of the church and was demolished in 1974.

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 Botigues 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
Duration in hours: 2
Type of ground: Tarmac roads
Difficulty: Low
Points of interest: 7

Free guided tours of the nature reserve: 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 at Cal Bofill.
- From Torredembarra railway station and/or the “El Estació de tren de Torredembarra” stop operated by the Penedes bus company.
- Walk along the promenade in the direction of Barcelona for around 15 minutes, to the starting point.

Joan (Saint John).

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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. There are two-storey houses painted white with Arabic tiled roofs, typical of the old fishermen’s houses.

Leaving 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 hovuses 17, 19 and 21 Cal Nel, Cal Brinca and Cal Roig. These are two-storey houses painted white with Arabic tiled roofs, typical of the old fishermen’s houses.

Continue walking for a few metres to reach the square where the old La Marítima Cooperative and the modernist building from the early 20th century built by the Bofill family are occupied by a supermarket and a library. Different details inside and outside are reminiscent of its initial role. Right next to this building is one of the old Botigues 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
Duration on foot: 45 min
Duration by bike: 20 min
Length: 1.583 m
Difficulty: Easy
Points of interest: 7

Free guided tours of the nature reserve: 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 at Cal Bofill.
- From Torredembarra railway station and/or the “El Estació de tren de Torredembarra” stop operated by the Penedes bus company.
- Walk along the promenade in the direction of Barcelona for around 15 minutes, to the starting point.

Joan (Saint John).
The Gibert Torrent originates upstream, in La Pobla de Montornés, 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 1,300 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 many stone pines that took root as that existed in the municipality of Torredembarra until recently. Ruderal plant life has grown up as that existed in the municipality of Torredembarra until recently. Ruderal plant life has grown up and take the path alongside it to the starting point.

2. You will reach a pine grove (Pinus halepensis) that spreads out to the peak of El Puig. There is a gentle slope at the beginning and a lot of stones, but the surroundings become prettier as you get to the highest you climb. Once at the peak, you will find an abandoned farmhouse (Mas Puig). 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.

3. 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 sallower 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 “ship...ship...ship” noise when it flies to mark its territory.

4. Follow the path into a white bush or Pines of Cal Valent with thyme (Thymus vulgaris).

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

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

7. 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.
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.

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 split 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 Arriagados. Keep walking until you reach a cave with a small lake inside. Beyond the small slope is an olive grove and only around a few hundred metres to the left and another white pine grove on the right. Following on this pine grove, there are several shrubs of shaggy spar- row grass (Phyllocladus hispanicus), quite a strange plant with its dishevelled appearance. Just after the last houses, on the right is a fence with the latter “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 del Fort.

Continue along the flat path and, before it starts to turn, you will see quite a strange arched gate lead- ing to the Mercadé estate. Enter an area of white pine trees and you will see the first American aloes. Agra- ve amaricana. 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 pointed block that rises up into the sky. This is the Punta de la Llança. Keep walking in the direction of the Lighthouse, up some stone steps that are the remains of an old quar- tering. It is a reminder of the fact that, in the early 20th century, Els Munts, the hills, were used for dry- land farming.

This shaggy grove is home to local species of Mediterranean forests, such as the mastic (Pistacia len- tiscus), the wild madder (Rubia peregrina) or the asparagus (Aspar- agus officinalis). Crossing the pine grove, you will 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 on very rare days pounds the El Roquer. To the right, the Mercadé estate continues to an end and you will come across an- other area of houses.

The flat path will take you to a lane on the right that runs to the square known as Placa Sol Monja Blanca and 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 Llança. Keep walking in the direction of the Lighthouse, up some stone steps that are the remains of an old quar- tering. It is a reminder of the fact that, in the early 20th century, Els Munts, the hills, were used for dry- land farming.

Now take the signposted path to the left and an- other white pine grove on the right. The steps are different species of ruderal plant landings, such as yellowest (Hypoxis hirsuta). When you reach the top of the steps, to the right is a white pine and a prickly pear. From here you will see the end of the port and the sea that on very rare days pounds the Roques Arriagados. To the right, the Mercadé estate continues to an end and you will come across an- other area of houses.

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

This shaggy grove is home to local species of Mediterranean forests, such as the mastic (Pistacia len- tiscus), the wild madder (Rubia peregrina) or the asparagus (Aspar- agus officinalis). Crossing the pine grove, you will reach the wooden bridge that takes you to Arnúquides 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.

### EL ROQUER OF TORREDENMARBAG

**ROUTE 8**

#### Starting point
Port of Torredembarra

**Differences in level**
Short parts with a 5% gradient.

**Type of ground**
Dirt and rocky paths

**Duration on foot**
1h 15min

**Duration by bike**
Not suitable for bikes

**Length**
2.5 km

**Difficult**

**Points of interest**

- 1

**Access points**

- Port
- Beach
- Botanical gardens area
- Plant life

**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 “Estaral” 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.

**Free guided tours of the Torredembarra coastline:** 10:00 a.m. on the first Sunday of every month, from Cal Bottí, Environmental Activity Centre.

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

**Arranged guided tours:**

- Torredembarra’s local bus stop to the Port. Walk for 5 minutes towards the port to the starting point.
- Torredembarra railway station and/or “Estaral” 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.
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 transitional zone between the land and the sea that is splashed by the waves but that is never permanently underwater. Life here is very diverse 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 Verticillium symbarium that forms a black stain on the rocks that looks like tar. Small black periwinkles (Littorina neritoides) and brown periwinkle (L. sp.) can also be found, both of which are herbivores, and some limpets (Patella sp.).

MESOLITTORAL ZONE
Below the black stains of the Verticillium 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 under water 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 alga. 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 (Chthamalus 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 Lithophyllum tortuosum. Corallina is a pinkish-white algae measuring 8 cm in length and with a half ball, half coral appearance with very thin, long fronds. Ceramium, however, is also algae but is purple in colour and has a lot of filaments. Lithophyllum tor- tusum is known as crustose red algae. Fixed to the substrate with very thin, limp fronds. The latter, with very large diameter, and the Codium bursa, measuring 30 cm in diameter.

INFRA-LITTORAL 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 m.

Different species of algae indicate that it is a long way to the sea. The Padina pavonica is one of them. Its appearance is reminiscent of a small mush room with almost no stalk and white in colour, with dark concentric lines. Another quite calcified alga is the Acetabularia acutabu- lum, small whitish discs joined to the rock by a thin stalk. It is also home to two globe-shaped algae, the Colpomenia sinuosa, yellowish in colour and measuring 5 cm in diameter, the Codium, which is dark green in colour and forming balls that measure up to 3 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 tenacii with its charac- teristic honeycomb surface, and the Ircinia dendroides, which is pink on the top and dark grey underneath. Another with a very different appearance is the Sym- on raphanus, dark white in colour and shaped like a bag surround- ed by spikes. Other organisms living in this zone include tunicates, which are animals that live attached to the substrate as adults. The Clavelina spalliates forms long transparent sacks with white strips, and the Hal- cynthia papillosa has a deep red cylindrical body. Two per- pendicular stripes. If you look carefully among the rocks, you will also see sea worms such as the yellow-green Euclia viridis, or sea urchins such as Sphaer- echinus granularis, 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 neces- sary. Never dive alone. You must always be accompanied by some- one 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.
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
The area around the castle square, made up of the streets named Ample, Baix de San Pere, Eduard Benot and Carrer Sarsina, 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 Pteroni 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 Indies (imigrants returning 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.

THE CASTLE
Crossing through the Padrines 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. Luis Icart, the lord of the town, started building it in 1665 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 point of the town and, following Mediterranean tradition, housed a patio with a porticoed façade 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 craftsmen Pere Blai.

SPECIAL STREETS
The area around the castle square, made up of the streets named Ample, Baix de San Pere, Eduard Benot and Carrer Sarsina, 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 Pteroni 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 Indies (imigrants returning 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
Between the streets of Eduard Benot and Joan Guell, there is the actual església of Sant Pere that, united with the antiga, forma tot un cos d’església que, s’hi va 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
En 1892, la famosa Escola Roig va ser inaugurada l’any 1892. Antic, d’estil modernista, que va Francesco Dotari i Copons, qui va fundar el Patronat Roig a finals del s. XVIII. Aquest fundació s’encarregava de donar educació als nens de Torredembarra, i a més, disposava d’un fons que permetia donar una dot de casa -ment a les donzelles pobres de la vila. Aquesta tradició encara es conserva en els nostres dies. Actualment, és la de les seues entitats municipals: d’ensenyament i benestar social i de diverses entitats del municipi.

ANTONI ROIG BUILDING
The Antoni Roig building (festa petita) and the Icart Castle (festa patronal) is a site of the festivities of the town.

ESPECIAL AREAS
The area around the castle square, made up of the streets named Ample, Baix de San Pere, Eduard Benot and Carrer Sarsina, 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 Pteroni 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 Indies (imigrants returning 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.

3 SPECIAL STREETS
The area around the castle square, made up of the streets named Ample, Baix de San Pere, Eduard Benot and Carrer Sarsina, 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 Pteroni 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 Indies (imigrants returning 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.

5 LA TORRE DE LA VILA
Just davant de l’església de Sant Pere, es troba la Torre de la Vila. És l’edifici més antic que es conserva a la pobleació. Construit 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 d’Ample, s’hi troba l’Edifici Antoni Roig, emplà el carrer del Freginal i arribant al carrer d’Eduard Benot. És l’edifici més recent de la vila, de forma rectangular i de planta baixa. És un edifici noble, d’estil modernista, que va ser inaugurat l’any 1892. Antic, d’estil modernista, que va ser inaugurat l’any 1892. Antic. Escola Roig va ser construït amb el patrocini de l’indú torrenc Antoni Roig i Copons, qui va fundar el Patronat Roig a finals del s. XIII. 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 casa -ment a les donzelles pobres de la vila. Aquesta tradició encara es conserva en els nostres dies. Actualment, és la de les seues entitats municipals: d’ensenyament i benestar social i de diverses entitats del municipi.

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

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.

OLD TOWN OF TORREDEMBARRA

HISTORIC CENTRE OF TORREDEMBARRA

Starting point: Portal de Padrines
- Difficulty level: Flat
- Type of ground: Tarmac roads
- Duration on foot: 1h 45 min
- Duration by bike: 30 min
- Points of interest: 7
- Length: 2 km

TARIFS DE DEENS
- Arranged guided tours:
- Contact the Department of Tourism.
- Tel. 977 64 45 80
- E-mail: turisme@torredembarra.cat

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.
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 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.

**CLARÀ, EL S MUNTANYANS, BAIX A MAR & THE PORT**

**EL MORO VILLA**

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.

**CLARÀ, EL S MUNTANYANS, BAIX A MAR & THE PORT**

**BAIX A MAR**

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.

**CLIFFS AND Lighthouse**

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.

**MARINA AND FISHING 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.

**How to get there**

- 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.
At this point, 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 del Moro, carry straight on. 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 del Moro, carry straight on. The stone walls are older on this section and farmland. At this part of the route take the path called Camí del Moro, carry straight on. The stone walls are incrusted in a wall. If you’re lucky, you might come to see a flock of sheep and goats that live in a farmyard that is indicated a windmill.

L’ARBOSSERÀ ROUTE

Start point Torredembarra Secondary School.
Difference in level Short part with 5% gradient.
Type of ground Tarmac path and dirt track.
Duration on foot 1 h.
Duration by bike 25 min.
Difficulty Low, suitable for people with reduced mobility.
Points of interest 4.

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 las Escobas, the starting and end point of the route.

THE MILL ROUTE

Start point Torredembarra Secondary School.
Difference in level Short part with 5% gradient.
Type of ground Tarmac path and dirt track.
Duration on foot 1 h 45 min.
Duration by bike 45 min.
Difficulty Low, suitable for people with reduced mobility.
Points of interest 4.

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 Blue Path, a distinction from the early 20th century. It consists of different routes in which environmental activities are offered, and houses the permanent exhibition of the Eix Muntanyans nature reserve.**

- **Sailing Club.** Non-profit organization that has a Sailing School that is recognized by the Catalan Sailing Federation. The club was declared a Public Utility in 2001 in recognition of all of the activities it organizes.
- **Els Muntanyans.** Clàr 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).

**Seagrass** (Posidonia oceanica). Submarine vascular plant of great ecological importance. Bi-indicator of the quality of coastal seawater (see Routes 1, 3 and 5 for further information).

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

- **Beach facilities (swimming season).** Life-saving service. Access for people with reduced mobility. Selective waste collection. Tents. Showers.
- **Pines of Cal Valant.** Unbaited Clàr Mar Housing Development. Selective waste collection. Location of Barcelona until you reach the starting point.

**How to get there**
- Torredembarra local bus stop at Cal Bofill.
- From Torredembarra railway station and/or the “Estación 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.
Quality certificates
Torredembarra beaches are certified under four types of environmental quality standards.

ISO 14001 and EMAS Quality Certificates
ISO 14001-2004 is an internationally accepted standard that defines how to implement an effective environmental management system (EMS). The standard is designed to achieve balance between the profitability and environmental impact of the activities performed. This certificate can be requested by organisations of any size and from any sector that seek to reduce environmental impact and meet the demands of current environmental law.

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).

Ecoplayas Flag
The Ecoplayas (Ecobeaches) flag is awarded nationwide and recognises any municipalities and supra-municipal bodies that stand out thanks to the environmental, tourist and sustainability quality of their beaches. This award raises awareness 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 and to promote their tourist development (further info at www.ategrus.org/).

Platges Verges Flag
The Platges Verges (Virgin Beaches) Flag is awarded by 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 human activity, the least amount of construction in the immediate vicinity, a lack of urban or industrial waste and, in general, offer water of the highest quality. The goal is actually to highlight beaches where the natural environment has remained unaltered, despite the pressures of urban development and speculation that have taken root along the entire Catalan coastline (further info at www.tarragona.ecologistesenacco.cat).

ADDITIONAL INFORMATION

What can you expect from a Blue Flag beach?
The Blue Flag is an award and an environmental quality certification system created and managed by the Foundation for Environmental Education that is formed by 49 non-governmental organisations (NGOs), 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, which are reviewed regularly, agreed upon and increasingly more demanding in terms of legality, health, cleanliness, safety 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 quarter, 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 quarter 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.